



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

May - June - July 2008 Edition

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The President's Message

Hi Folks -

Happy Spring! Hope you are out walking and enjoying the beautiful flowers. The Celona event showed us a colorful world that is out there waiting for us to enjoy. Seeing all of this beauty always makes me feel like I should go home and do yard work. Not! By the time I get home I am ready for a nap, not yard work. I guess I am just supposed to enjoy other peoples efforts and I do.

We had a great time at Ned Smith thanks to Alice Eckardt and her cohort, Louise Clouser. Thank goodness they thought that walking the whole way up the mountain would not be our cup of tea. They just gave us a little taste of the uphill, not the whole thing.

Louise is working on a revision of a trail outside of Newport that will take us to a covered bridge. Some of the trail we have walked before when she held one in downtown Newport. There is a patch being made of the bridge and food will be available - sandwiches, soup and yes - PIE - supplied by the Oliver Grange of Perry County. The patch is shown on page 3. You can pre-register by sending your money and name and address to Sue Adams, 49 Kathryn Drive, PO Box 493, New Bloomfield, PA 17068-0493.

The memorial walk for Carl Baranski is on the 17th at Caledonia State Park, Fayetteville in Franklin County. The Cumberland Valley Lead Foot Club hosted a walk there not too long ago and it was beautiful. It was not a tough walk. The 5K is rated 1+ and the 10K is rated 2. Carl was one of the founders of the Lead Foot Club and the Keystone State Volkssport Association. He was the first to finish all 50 states in 1988 before there were year round events. He was always happy to help at any club's events and helped at finish at many Hershey Walkfest events. There will be a memorial service at 2 pm in the Oak Pavilion held by his family. This is his only local memorial service. Carl's family is providing refreshments following the service.

Although we love to find new trails and put on events, we also would like you to come and enjoy them. If you want on the email list, just send me a note at SusqRovers@verizon.net. Hope to see you on the trail soon!

Pat

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New Member
 Karen Peiffer New Cumberland
 Welcome!

Mary Burd

There we were---6 of us--- in 1996, trudging up Crazy Horse in South Dakota along with about 10,000 others, doing the annual June Volksmarch. With a 30 year span in our ages, the 78-year-old in our group was the first to reach the summit. Yep, there was Mary! Actually, she and Sharon arrived at the same time, but only because Mary waited so they could finish together. Later she was heard to say, " Do you think I can still get into heaven if I don't finish all 50 states?"

When I met Mary, she had a part-time position as receptionist for the Perry County Council of the Arts in Newport and arranged the gallery displays. She was probably 72 or 73 when she did her first 10k, a Year-Round walk in Chambersburg AND complained the entire route, even though she regularly walked the hills of Perry County on her own.

Well, after purchasing walking shoes one-half size larger (a given after a few walks), there was no stopping her! "Where are we walking this week?" Where is the AVA Convention and are we going?" Yes, we trekked to Austin, Winston-Salem, Muncie, Portland..... Mary would hit stride at about 4 miles and never look back till she was at the FINISH.

As she traveled or worked at a walk, Mary had her nose buried in a crossword puzzle and was always ready with a quick quip. She didn't have her own transportation so one of her duties with the Rovers was to do all the Hershey pre-registrations at home. In recent years Mary had been in an assisted living residence. She was loved and remembered by many in different clubs. Mary passed away on Sunday, March 23, 2008. March 24 would have been her 90th birthday.
 Louise

New Meeting Time and Day

Club meetings are held on the last **Tuesday** of each month at **6:00** PM in the East Shore Library basement meeting room. The Library is located in back of the Colonial Park Mall. Please park by the steps in the Mall parking lot behind Boscovs. The steps will take you to the front of the Library. Everyone is welcome to attend! The next three meetings will be:
 May meeting is cancelled
 June 24, 2008
 July 29, 2008



Events	Distance
30	1,000
Bob Prough	Donna Leaver
Rose Prough	
325	
Trish Bowra	
375	
Bob Lykens	
525	
Joan Simmers	
600	
Sue Peck	

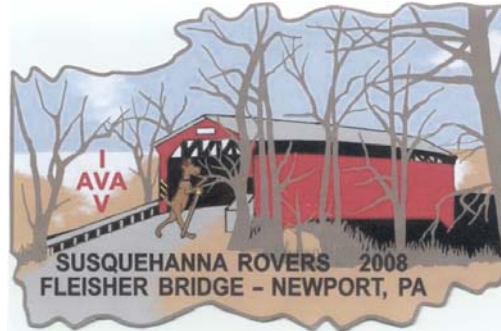
Morning Glory Muffins

- | | | |
|---------------|--|-------------------|
| 2 1/4 C flour | 2 C grated carrots | 3 eggs |
| 1 1/4 C sugar | 1 apple, grated | 1 C vegetable oil |
| 1 T cinnamon | 1/2 C each shredded coconut, raisins, pecans | 1 tsp vanilla |
| 2 tsp soda | (any of these are optional) | |
| 1/2 salt | 1 8 oz can crushed pineapple, drained | |

Heat oven to 350. Grease 24 muffin cups or use paper liners.
 Sift the flour, sugar, cinnamon, soda and salt into a large bowl and stir in the fruit and nuts .
 In a separate bowl whisk the eggs together with the oil and vanilla. Pour this mixture into the bowl of dry ingredients and blend well. Put in cups and bake about 35 minutes.
 Cool 10 minutes before turning out on a wire rack. Better if "ripened" for 24 hours.

Great as a trail snack!

A FALL 10K/5K
COVERED BRIDGE
Walking Event



Newport, PA
Perry County
Saturday and Sunday
September 6-7, 2008

Trail Rating 2+ Sanction # 80528

Other Special Event Credit: Cemetery Stroll, Riverwalk America, Walking Europe in the USA

START/FINISH : Perry County Fairgrounds, 248 Fairgrounds Road, Newport, Pa. 17074

START TIME: 8AM to 1PM

FINISH TIME: All walkers must finish by 4PM

AWARD: The 'A' Award for the walk is a 3.5" full color embroidered patch of Rover at the Fleisher Covered Bridge. Award and credit is \$7 pre-registered and \$8 the day of the event. Only 50 awards will be available. There will be no reorders. IVV credit only is \$3.00. This event is FREE to those who wish to participate without IVV credit. IVV award books and New Walker packets will be available for \$5.00 each.

TRAIL: The 10K (6.2 miles) trail, rated 2+, will take a broad sweep through the countryside (with great views) on paved roads, natural surfaces and paved streets. There is a gradual incline, not a significant hill. Strollers may have some difficulty on the 10K if it is raining. Both trails will go to the covered bridge. A 5K trailed rated 2 is available.

CONDITIONS: Restrooms are available at the Start/Finish. The event is held rain or shine. Food service will be provided by Oliver Grange.

ADDITIONAL INFORMATION: call Louise: (717) 567- 9537 OR e-mail: laclouser@pa.net

DIRECTIONS

From US 22/322: take the Newport exit and follow Rte. 34 into Newport to Stop Sign at 4th St. Turn right onto 4th St. and go 1.2 miles to Fairgrounds Rd. Turn left onto Fairgrounds Rd and proceed to the Fairground entrance on the right.

From the South on Rte.15: take the Rte. 94 exit and follow it North to its intersection with Rte. 34. Follow Rte 34 through Mt. Holly Springs, Carlisle and New Bloomfield **coming into Newport on 4th St. At the Stop Sign on 4th St. continue straight for 1.4 miles to Fairgrounds Rd. Turn left onto Fairgrounds Rd and proceed to the Fairground entrance on the right.

From the South on I-81: take the Rte. 34 exit and follow it through Carlisle and New Bloomfield. Follow directions from **.

Fleisher Bridge was built in 1887 by Yohn and Ritter using the Burr truss design. It is 125 feet long and 17 feet wide with an interior height of 11'9" and spans Big Buffalo Creek. Fleisher Bridge was added to the National Register of Historic Places in 1980

OUR SID

---Our Sid---We aren't the only organization that could make that claim, but we're talking volksmarching here! Sid and Shirley Disend walked the first Volksmarch ever held in Harrisburg in the 80's. It was supported by Hospice and sanctioned by the Baloney Stompers of the Lebanon area. Following that event, Joel Hair contacted local participants announcing the formation of a Harrisburg Club. Sid and Shirley showed up at the first meeting and were active thereafter. This became the Susquehanna Rovers Volksmarch Club.

Sid was involved in all aspects, from marking trails, working at the Start/Finish and Sales to parking cars. But what he was best at was as Greeter---greeting all who came to participate and explaining the healthful benefits to newcomers---and, of course, as resident storyteller. He DID enjoy a good joke.

Shirley and Sid started the Harrisburg Year-Round Event, along with its New Year's Day Kick-Off and breakfast at the Alva Restaurant. That has become tradition. Even if distance walking is no longer comfortable, you still came to breakfast. Had to catch up with Jay and Sid's latest stories!

His and Shirley's Involvement with the establishment of the Greenbelt and the Five Senses Garden provided us with a couple great Volksmarch trails.

"Loving others can fill us with joy," might well have been his motto. Jay Hoover reminds us that Sid was the Rovers' designated hugger and we all were recipients of those wonderful hugs. Of course as his sons would say, "Dad's smartest move was to marry Shirley!" A great team! Sid was one of my favorite people. Yours, too?

Sadly he passed away, April 6, 2008—we will all miss him and his hugs.

Louise

Ned Smith Walk Report

What a great day we had! Luckily the weather experts were wrong and the thunderstorms that they had predicted waited until after 8 pm to march through the area. We had a beautiful day, although it was a bit windy. We had 104 people and about 8 dogs show up to walk and enjoy Mother Nature in the Spring. I had never been to the Ned Smith Center, so I was in for a treat. It is a beautiful facility and we had the use of their upper deck that faced the creek for our start point and a Keystone State Volkssport Association meeting.

Part of the trail was handicapped assessable so we even had a young man in a motorized wheel chair enjoy almost 5K of the event. Alice Eckardt and Louise Clouser laid out the trail and found a beautiful trail with only one steep hill up and down. They said they tried many trails, but felt that our walkers would not appreciate walking the whole way up the mountain, so they only gave us a taste by going up part way. To those that walked it, one hill was enough. A lot of the 10K was on an old railroad bed that was scattered with coal. There was a spot where we felt that there were too many pink ribbons showing and they were going in different directions so we feared that some would get confused and lost, but we were wrong. Every one of our walkers returned safely without our going to find them. Most of the walkers enjoyed the trail and the wildflowers, some even saw a wild turkey.

The Millers were puppy-sitting their grandchildren's dog, so Daisy helped to mark trail, assisted at a check point and protected us from people on bikes, horses and from other dogs. At only 8 months she is an avid Volkspuppy. This is the third trail that she helped to mark. She made us all smile - a lot!



Thanks to all of those that helped make this an event to fondly remember: Daisy, Louise Clouser, Pat Eby, Sue Adams, Trish Bowra, Marcie Lucas, Sharon and Lester Miller, Amy Trommer, Sue Wheeler, Grant Bollen, and Sis and Roy Clugston. A special thanks to Alice for planning this event and making sure that we had a chance to visit such a beautiful place.

We had 104 walkers - 18 wanted our former Ned Smith award and credit, 61 wanted just credit and 25 walked for free. We even had a family of 9 that had two autistic children that enjoyed the trail. We had a whopping 39 Rovers that attended - that is more than normally attends our events. Thanks so very much! We had 99 people from PA, 2 from MD, 1 from VA, 1 from NC and a visitor from England.

It was a truly great day!

Louise's Cabbage Lasagna

1 large head green cabbage (about 4 pounds)
 1/4 C salad oil
 3/4 tsp salt
 1 pound ground beef
 1 small onion, minced
 1 32 oz jar spaghetti sauce (I dare you to find that size these days!)
 1 C water
 1/3 C regular long-grain rice
 1 8 oz package of Mozzarella cheese, coarsely shredded

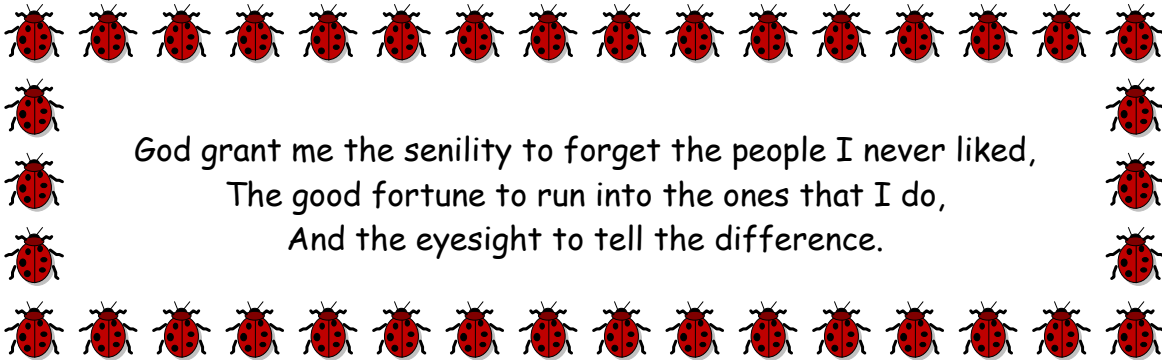
With knife, cut off and discard tough ribs from cabbage leaves.

In a 5 qt Dutch oven, over medium heat, in hot salad oil, cook cabbage and salt until very tender, stirring occasionally.

Meanwhile, prepare meat sauce: In 12 inch skillet over high heat, cook ground beef and onion until pan juices evaporate and meat is well-browned, stirring occasionally. Add spaghetti sauce, water and rice; heat to boiling. Reduce heat to low; cover and simmer 20 minutes until rice is tender, stirring occasionally.

Preheat oven to 350. Into 13" x 9" baking dish, spoon 1/2 cup meat sauce. Top with one-half of cabbage, one-half remaining meat sauce, and all of cheese. Bake 20 minutes or until heated through. Makes 8 servings, 400 calories per serving.

It is delish! (As Rachel Ray would say)



News Alerts

The walk box for Tunkhannock is in the office.

New programs starting in January:

Museums, America's Artistic Heritage, and Walkin' Waterfalls

Notice:

The May meeting has been cancelled!

**Nittany Nomads Volksmarch Club presents a
Historic Bedford Seasonal Walk**

Bedford County

June 10 - October 31, 2008

80682 2008/Y1744

Rated 1+ 5K or 10K

Start Point: Bedford County Visitor's Bureau, 121 S. Juliana St, Bedford, PA

Times: Monday through Saturday 9 am until 5 pm **Not opened on Sundays**

Walk for Credit Only or free

Special Programs: American Revolution Walks, Cemetery Stroll, Courthouses in the USA and Riverwalk America

Point of Contact: Ann Shepherd (814) 237-5759 or email annofpafurnace@yahoo.com

Other Attractions: www.downtownbedford.com

Old Bedford Village, Fort Bedford Museum, Farmers' Market on Wednesday and Saturday and the Fall Foliage Festival on October 4 & 5, and 11 & 12.

Directions: From PA Turnpike Exit 146 (Bedford) turn right (onto Business Route 220) and drive about 2 1/2 miles to downtown Bedford. Turn right onto Pitt Street (at traffic light). Drive 1 block to first traffic light and turn right onto Juliana Street.

**Nittany Nomads Volksmarch Club presents
a Seasonal Walk in**

Black Moshannon State Park

Philipsburg, PA

Center County

June 14 - October 31, 2008

80698 2008/Y1734

Rated 1+ 5K or 10K

Start Point: 4216 Beaver Road, Philipsburg, PA Park Office phone 814-342-5960

Point of Contact: Ann Shepherd, (814) 237-5759 or email annofpafurnace@yahoo.com

Walk for Credit Only or free

Special Programs: USA State Parks

Directions: Take US 322 W to Philipsburg then turn to go 9 miles east on Route 504 to the park. It will take a little over 2 hours - The shortest way according to MapQuest is about 109 miles which does not go to Philipsburg to Route 504. It takes Route 322W (from Harrisburg) for 95+ miles and then 10 more miles through the mountains. You can MapQuest it from your home if you choose to use the shorter route.

Call Ann for more information.

2008 ATLANTIC REGION CALENDAR of EVENTS

<u>Date</u>	<u>Type</u>	<u>Sponsoring Club</u>	<u>Event Location</u>	<u>Contact Phone</u>
May				
10	W	Susquehanna Rovers Group Walk	Tunkhannock PA (10 am)	717-761-1338
10	W	Baltimore Walking Club	Towson MD (YMCA)	410-828-8039
10	W	Liberty Bell Wanderers	Huntington Valley PA (Lorimer Park)	215-663-1328
10	W	Peninsula Pathfinders of VA	Williamsburg VA (new Quarter Park)	757-877-5049
12	NW	Northern VA Volksmarchers	Fairfax Station VA (Fairview Elem School)	703-250-4008
17	W	Cumberland Valley Leadfoot Club	Fayetteville PA (Caledonia State Park)	717-263-8633
17	W	Gator Volksmarch Club	Norfolk VA (Bot Garden Picnic Area)	757-490-9324
17	W	US Freedom Walk Festival Club	Washington DC (John Hopkins Intnat Stud	703-583-5006
17	W	Liberty Bell Wanderers	Huntington Valley (Lorimer Park)	215-663-1328
18	W	Piedmont Pacers	Westminster MD (Union Mills)	410-795-7855
20	NW	Washington DC Area VM Club	Arlington VA (Kate Waller Barrett Lib)	443-292-4650
24-25		Four State Weekend - with Court Houses - See below		
24	W	Virginia Vagabonds	Woodstock VA (Amer Legion Post 199)	757-766-3065
24	W	Riverfront Ramblers	Keiser WV	304-727-2699
25	W	Piedmont Pacers	Cumberland MD (Visitor Center)	301-829-3685
25	W	Nittany Nomads	Bedford PA	814-237-5759
27	M	Susquehanna Rovers	East Shore Library 6:00 Cancelled	717-761-1338
31	W	York White Rose Wanderers	Grove City (G City Comm. Park)	717-624-4808
31	W	York White Rose Wanderers	Volant PA (Volant Mill Parking Area)	717-624-4808
31	W	Loudon Walking Club	Leesburg VA (Morven Park Equset. Ctr)	703-737-2175
31	W	Washington DC Area	Fort Washington MD (Fort Washington Pk)	703-765-3128
June				
1	W	York White Rose Wanderers	Slippery Rock (S Rock Comm. Park)	717-624-4808
1	W	York White Rose Wanderers	Grove City (G City Comm. Park)	717-624-4808
1	GW	Liberty Bell Wanderers	New Britain PA (Lake Galena Park)	215-354-1723
7	W	Great Greenbelt Volksmarchers	Beltsville MD (Beltsville Ag Research Ctr)	301-937-3549
7	W	Loudoun Walking Club	Sterling VA (Claude More Pk)	703-737-2175
7	2W	Virginia Vagabonds	James City County (Jamestown High Sch)	757-766-3065
8	W	Wood & Dale Wanderers	Lakeridge VA (Lake Ridge Comm. Pk)	703-590-5317
9	NW	Northern VA Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-352-5135
14	W	Liberty Bell Wanderers	Kutztown PA (Keystone Hall South, KU)	215-699-9246
14	W	Columbia Volksmarch Club	Columbia MD (Owen Brown Comm Ctr)	410-290-3777
17	NW	Washington DC Area	Alexandria VA (Kate Waller Barrett Br Lib)	443-292-4650
21	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
21	W	Seneca Valley Sugarloafers	Gaithersburg MD (Olde Town)	301-869-0698
21-22	W	Penn Dutch Pacers	Maytown PA (Lloyd Fuhrman Memor. Pk)	717-786-7118
22	W	Finger Lakes Volkssport Club	Montrose PA (Salt Springs State Park)	607-757-0164
24	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
28	W	Peninsula Pathfinders	Hampton VA (Fort Monroe)	757-890-9220
28-29	2W	Northern VA Volksmarchers	Oakton VA (Oak Marr Recreation Ctr)	703-352-5135
July				
13	W	Baltimore Walking Club	Elkton MD (John Stanley Memorial Pk)	410-247-4524
19	W	Annapolis Amblers	St Michaels MD (St Michaels Elem Sch)	410-647-5919
26	W	Columbia Volksmarch Club	Columbia MD (Nightmare Graphics)	410-290-3777
26-27	2W	York White Rose Wanderers	York PA (York Expo Center)	717-624-4808
29	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
August				
2	W	Seneca Valley Sugarloafers	Olney MD (PJ Pumpnickels)	301-977-6870
16	W	Columbia Volksmarch Club	Ellicott City MD (Dorsey's Search Village)	410-290-3777
19	NW	Washington DC Area Club	Alexandria VA (Kate Waller Barrett Br Lib)	443-292-4650
21	W	Gator Volksmarsch Club	Norfolk VA(402 Pembroke Ave Frnt Porch)	757-490-9324
23	W	Piedmont Pacers	Hagerstown (Augstoctoberfest Tent)	410-795-7855
26	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338

Legend: W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim, Sk=Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe, M=Meeting **=New PA County