



The Sugarloafer

February-March-April 2011

The Newsletter of the
Seneca Valley Sugarloafers Volksmarch Club, Inc.
Established 1987

Welcome to our new
members!

Kathy Sheram
Kenny & Mary Farris
Gary & Judy Spizler
Lois Gray
Jessalyn Brach
Janis Wolford
Jeffrey Giddings &
Alice Filemyr

Bethesda Trolley Trail Walk

Jim Hathaway

On March 19 we are offering a new Bethesda Trolley Walk. This walk will go south from the Knights of Columbus/Rock Creek Mansion in Bethesda. Our trail follows the south boundary of the National Institutes of Health (NIH) and winds through a park and around the buildings that make up NIH and the National Library of Medicine. It is a quiet, peaceful space away from the hustle and bustle of Bethesda. We will continue on through some residential and business areas of Bethesda. You may also learn some little known facts about mail boxes. Mark the date to join us for this Volksmarch.

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Kenwood Cherry Blossom & Spring Flower Walk

Jim Hathaway

March 18—May 16 are the dates for our ever popular Kenwood Cherry Blossom & Spring Flower walk. The area is beautiful in early spring when the cherry blossoms are in bloom. In late spring and early summer, you can enjoy the abundance of dog woods, azaleas, and other spring flowers.



New Takoma Park Walk

Maribeth Evans

Saturday, April 30 our club is sponsoring another walk from the Wayne Avenue Garage in Downtown Silver Spring. This event will go south through Silver Spring and then through portions of Takoma Park. More details to come; hope to see you there!

President's Message

Jim Hathaway



As we start the New Year, we have three new walks in the works that are sanctioned. The first will be the Bethesda Trolley Trail going south this year. Last year we went north from the Knights of Columbus start point and everyone enjoyed the trial. This year we will be going south through a park that borders NIH and then into the residential and business sections of Bethesda. The next new walk will be through Tacoma Park which has a lot of interesting architecture. Then comes our Warren Buffett walk through northwest DC. This walk will take you on the same paths Warren walked when he was a teenager and the walk directions will have a lot of Warren tales and Warren history. And, of course, we will again have our traditional and well-loved Kenwood Cherry Blossom walk. The Club is also developing a walk on the Gold Mine loop to the C & O Canal.

We have converted our year-round trails, which had two alternate trails, into one 20km trail with two 10km trail options. This is in compliance with the new AVA requirement about having two trails, but only one event stamp. This new requirement was opposed by the Maryland Volksmarch Association and the Sugarloafers, but the National Executive Council of the AVA decided otherwise.

Member Milestones



Distance (km)		Events	
Michael Cannon	500	Martha Merenda	50
Janet Brown	1,000	Janet Brown	125
Carolyn Thurber	1,500	Evelyn Naranjo	500
Dot Marshall	20,000	Paul Sullivan	500
		Klaus Waibel	2,900

We have made donations to organizations that have helped our club with walks in the past. Donations went to the Friends of The Agricultural History Farm Park, The Big Slack-water Fund of the C & O Canal Association, Knights of Columbus Rock Creek Council, the Patient Assistance Fund of the Adventist Rehabilitation Hospital of Maryland, and Friends of Seneca Creek State Park.

2012 will be the 25th anniversary of the Club. We are planning to celebrate all year. If you have any ideas for our celebration, send them to me at HathawayJD@aol.com.

As always, we thank our wonderful volunteers who complete the many tasks necessary to organize the walks and keep the Club functioning. The Club could not exist without all your hard work.

Club Events

Mar 19: Bethesda Trolley Trail, South

Mar 18—May 16: Kenwood Cherry Blossoms & Spring Flowers (Seasonal)

April 30: Takoma Park

May 14: Warren Buffet History Trail, Chevy Chase

Sept: Club Picnic and Volksmarch—Cabin John Park, Bethesda

Oct 7—10: Club Tater Tour trip to Finger Lakes region of New York

Nov: Moonlight Walk, Seneca Creek State Park, Gaithersburg

Dec: Kensington Holiday Lights (Seasonal)

Winter Walk on the C & O Towpath

Jone Parr

Our Volksmarch on the C & O Towpath at Carderock on Saturday, January 15th, was enjoyed by 119 walkers, as temps approached the low 40s!

There was still a little snow from earlier in the week which made the scenery picturesque.

This year our trail went upstream (north) to the widewater area; the 100+ ft. breach in towpath caused by Tropical Storm Hanna in September 2008; the dirt ramp detour built in the canal to get around the breach; and on up to Locks # 15 and # 16, with the 1836 lock house still standing. The walkers discovered this section of the C & O to be quite interesting. Plus there was a surprise....kids were playing hockey out on the ice in the canal!

MANY, MANY THANKS!! to each of our volunteers: Jim Hathaway, Bonnie Recore, Sue Yun, Ward Parr, Carolyn Petruzzelli, Heather Coxon, Sandy Kahn, Alison Andrews, Pat Astill, Hester Lehnert, Yvonne Pennington, Moira Little, Marilyn



Photo by Ward Parr

Phukan, Diane White -- and **special THANKS** to Carolyn Thurber, who handled all our 99 pre-registrations.

POCs...Jone Parr and Maribeth Evans

Total walkers =	119
~~~~~	
Credit walkers =	91
Free walkers =	28
~~~~~	
5 km walkers =	21
10 km walkers =	94
15 km walkers =	4
~~~~~	

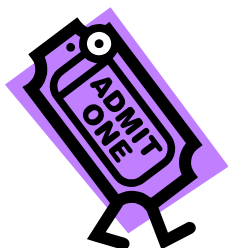
## Kensington Holiday Lights Seasonal Wrap-up

Maribeth Evans

Our two-week seasonal from Dec 16 - Dec 30 had a great response for its first year. There were 86 total walkers and 74 were for IVV credit!!

The weather wasn't too uncomfortable for this time of the year; we even had some snow for a few days of the walk. So thanks for coming out and for being part of a successful event. This great response helped to ensure it as a possible annual club walk.

Thanks again and Happy New Year!!



## YRE Discount Coupons

\$30 for a sheet of 12.

Contact Faye Foote (301.598.5251)

Good for one Sugarloafer YRE - our Discount Coupons do not expire. A great value for any walker.

## Moonlight Walk at Seneca Creek State Park

Jone Parr

This year our Bill Larson Memorial Moonlight Volksmarch at Seneca Creek State Park was quite different. We were sharing the park with the Montgomery County Road Runners Club, who had a race and fun walk which was finishing up just as our volksmarch was beginning. They had paid to have the decorative and festive Winter Lights displays turned on. And they stayed on until 9pm for our walkers...a real treat!

It was a very pleasant night for walking, with mostly clear skies and a bright full moon.

Seven members of Bill Larson's family came to our volksmarch, including 2 daughters, 2 granddaughters, and a niece. His family is quite pleased that we have this volksmarch in Bill's memory.

Once again Kay Hoffman, Volunteer Ranger at Seneca, graciously offered to be the



Photo by Ed Branges



Photo by Ward Parr

Ranger On Duty. We are indebted to her for her tremendous help!

Maribeth Evans and Carolyn Petruzzelli had hot and cold cider and a very tempting array of delicious baked treats and other snacks for sale. It was so nice to see our walkers taking time afterwards to sit and eat and drink and visit.

**THANK YOU** to our bakers and snack contributors: Brigitte DeHart, Pat Giesecke, Marilyn Phukan, Sandy Kahn, Gretchen Carroll, Tania Olsen, Maribeth Evans, and Carolyn Petruzzelli.

And **MANY THANKS** to all of our event volunteers: Carolyn Thurber, Joe Ginther, Ward Parr, Pat Astill, Yvonne Pennington, Jim Hathaway, Diane White, Faye Foote, Ed Branges, Pat Niwenzin, Kevin Shaw, Sandy Kahn, Tina von Schweinitz, Desiree Farve, and Alison Andrews.

We had a most successful volksmarch event!!

**Total walkers = 120**

~~~~~  
Credit walkers = 69

Free walkers = 51

~~~~~  
10 km walkers = 69

6 km walkers = 51

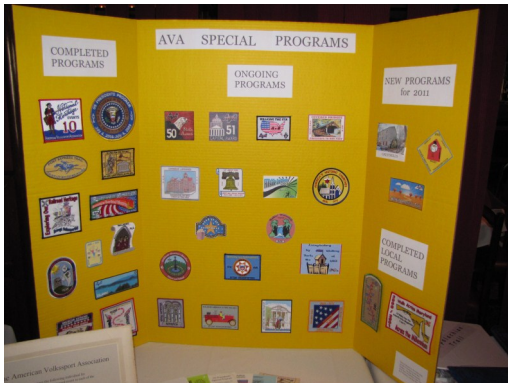
~~~~~  
Yes, these two sets of numbers ARE correct ... amazing!!

Did you know . . . Denny's Restaurant (where our start box is in Montgomery Village) gives 20% off your total check to AARP members every day between 4 p.m. and 10 p.m. Also, coffee is \$1 for you and your guests 24/7.

Sugarloafers' Annual Luncheon

Martha Pedersen

Walking is Special was the theme for this year's annual luncheon meeting. Sixty-seven members celebrated at the Far East Restaurant, Saturday, January 22<sup>nd</sup>. A display of special program patches, as well as information about those programs and two of our upcoming walks, met each attendee.



Jim Hathaway welcomed everyone and turned the program over to Carolyn Thurber. She spoke about *Walking is Special* and the various special programs available. Bing Inocencio offered the blessing. Everyone enjoyed the food and fellowship that followed. The two sheet cakes were decorated with foot prints and "Walking is Special Come Walk With Us".

After lunch, Kathy Vasconez gave a report on *Walk 10 in 2010*. Alecia Naugle coordinated this program but was unable to attend. A full report on *Walk 10 in 2010* is provided in this issue.

Klaus and Gale Waibel gave a brief history of their *Walking Through the Decades*. It was interesting to hear how their walking has changed over the years. Avid volksmarchers, they have walked the high points in many states. They are systematically walking the length of the Appalachian Trail.

Nadine Mildice & Kernan Chaisson drew numbers for door prizes. The lucky winners were allowed to choose from an array of prizes.

Martha Pedersen introduced and recognized the outgoing officers. We are indebted to these people for their service to the Sugarloafers. Martha then announced that Donna Breslyn would not be continuing as Secretary. Janis Wolford was nominated for Secretary. She accepted the nomination. Martha then gave the Nomination Report. Jim Hathaway conducted the election. The following officers were elected and will take office on July 1. All terms are for one year.

| | |
|-------------------|-----------------|
| President | Jim Hathaway |
| Vice Presidents | |
| Communications | Maribeth Evans |
| Membership | Carolyn Thurber |
| Volksmarch Events | Jone Parr |
| Secretary | Janis Wolford |
| Treasurer | E. Linda Rafats |

After the elections, Jim Hathaway's State of the Club message conveyed enthusiasm about the progress made during 2010 and optimism for 2011. See his President's Message in this issue. Jim mentioned some of the options to celebrate the Club's 25<sup>th</sup> Anniversary in 2012. Linda Rafats spoke about the 2012 Walk Sponsorship to celebrate the Sugarloafers' 25<sup>th</sup> Anniversary. Winning tickets for the remaining door prizes were drawn under Nadine and Kernan's direction. Jim Hathaway then closed the meeting.

The club thanks our Door Prize donors: Victorian Lyric Opera Company – Rockville, National Philharmonic at Strathmore, Olney Theater, Giant Food – Flower Hill, Trader Joe's – Gaithersburg, Bloom Grocer – Gaithersburg, Amalfi's Restaurant – Rockville, Potomac Pizza, Armand's Pizzeria & Grille – Rockville, Elaine Hadidiacos, Judy Sholes, Jim Hathaway, and the Seneca Valley Sugarloafers Volksmarch Club.

Thank you to the Far East Restaurant and their staff for all of their help.

Thank you also to the luncheon committee: Jim Hathaway, Valerie Pabst, Jone Parr, Carolyn Thurber, Yvonne Pennington, Janet Brown, and Maribeth Evans.

A special thank you to Yvonne Pennington for making the address label favors.

Treasurer's Report

E. Linda Rafats

If you are paying for walking, you might not think too much about where that money goes. Before I was treasurer, I didn't either. The Seneca Valley Sugarloafers (SVS) obtains most of its income from event fees, those \$3.00 increments you spend to get credit for your walks. Out of that \$3.00, \$1.25 is sent to AVA and \$0.10 is sent to the Maryland VA. We also pay money to AVA each time a walk is "sanctioned" or approved by the National Office. The remainder stays with the club. The vast majority of income is spent supporting the walks. We use some income to give back to the community that supports walkers. This year Sugarloafers donated money to the Friends Of Seneca Creek State Park (where we have Wednesday walks and events), Friends of The Agricultural

History Farm Park (where we had the October walk), The Big Slackwater Fund of the C&O Canal Association (where we walk two times a year), the Knights Of Columbus Rock Creek Council (which in 2010 provided – and will provide again in 2011 - a warm start place for us for the March Bethesda Trolley Trail walk), the Patient Assistance Fund of the Adventist Rehabilitation Hospital of Maryland (which hosts the monthly meetings). A multitude of Sugarloafer volunteers donate their time with no monetary reimbursement for one-time events, Year Round Events, the newsletter, the Web site, and running the Club so that you and I can have enjoyable walks throughout the year. Without them, we would not have the healthy treasury that the Club has today.

Sugarloafer YRE Participation

Compiled by Jone Parr

| YRE | 2009 Totals | 2010 Totals |
|--|--------------|--------------|
| Y 1539 – Montgomery Mall / Cabin John Park | 229 | 176 |
| Y 1367 – Lakeforest Mall | 120 | 130 |
| Y 0889 – Montgomery Village Lakes | 127 | 118 |
| Y 0339 – Seneca Creek State Park | 101 | 103 |
| Y 0887 – Rock Creek Park | 184 | 172 |
| Y 1167 – Sligo Creek Park | 98 | 119 |
| Y 0552 – Zoo / Adams Morgan | 181 | 103 |
| Y 0553 – Embassy Row | 90 | 123 |
| Y 1395 – Georgetown | 72 | 82 |
| Totals | 1,202 | 1,126 |

Freestate Happy Wanderers
 Volksmarch Club is sponsoring
 a Meet Up group. Check it out!
[http://www.meetup.com/
 Maryland-Walkers-Hikers-
 Volksmarchers/](http://www.meetup.com/Maryland-Walkers-Hikers-Volksmarchers/)



Did you get address labels at the annual luncheon meeting? If so, they are the perfect size to use on volksmarch start cards.

Walk 10 in 2010 Update

Alecia Naugle

Our club's "Walk 10 in 2010" Program was a success!! As of January 15, we have received books from 42 individuals who completed 10 (ten) Sugarloafer year-round (YRE) or event walks for IVV credit in 2010. Record books were provided to credit walkers free of charge, and completed record books must be submitted no later than January 31, 2011. Alecia Naugle was the point of contact for this program.

Each of the following individuals listed received a "Walk" pin as a reward for completing this special program:

| | | | |
|--------------------|------------------|-------------------|---------------------|
| Ed Branges | Kathy Vasconez | Claire Filemyr | Yvonne Pennington |
| Maria Inocencio | Dorothy Marshall | Gale Waibel | Pat Astill |
| Faye Foote | Bing Inocencio | Klaus Waibel | Carolyn Petruzzelli |
| Jone Parr | Carol Hyland | Janet Brown | |
| Carolyn Thurber | Jim Hathaway | Jerry Rafats | |
| Ken Wilson | Christina Mailki | E. Linda Rafats | |
| Mel Feathers | Donald Mailki | Alice Filemyr | |
| Kevin Theall | Robert Peterson | Jeffrey Giddings | |
| Maribeth Evans | Richard Ley | Diane White | |
| Ward Parr | Valerie Pabst | Dean Kempton | |
| Kathy Berry | Linda Thompson | Alison Andrews | |
| Tina VonSchweinitz | Martha Merenda | Thomas B. Jackson | |
| Elaine Hadidiacos | Donald Smith | Clayton Mansfield | |

Also of note, several individuals completed multiple books:

| | |
|---------------------------|----------------------|
| Ed Branges (4 books) | Faye Foote (4 books) |
| Maria Inocencio (3 books) | |

Club Group Walks

Details for these group walks will be sent out via e-mail from Maribeth Evans. We hope you will plan to join us!

If you do not have e-mail, would you please call the leader to get the walk details?

Feb. -- Jim Hathaway
hathawayjd@aol.com
 301.229.1356

March -- no leader yet!

April -- Carolyn Thurber
cbthurber@verizon.net
 301.926.0915

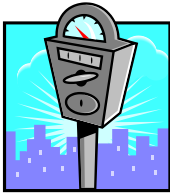
May -- Missie Plotkin
[missie\\_dragon@yahoo.com](mailto:missie_dragon@yahoo.com)
 301.980.6982

Would YOU consider being a leader for one of our group walks? We have notes to help you with the planning.

Please contact Jone Parr at
Jone.P@comcast.net or 301.926.8580.

Sugarloafer Monthly Meetings (February – May 2011)

| | | | |
|----------------------------------|---|---|--|
| MONTHLY BUSINESS MEETINGS | 7:45 PM on the second Tuesday of the month (unless noted) | Adventist Rehabilitation Hospital of Maryland
9909 Medical Center Drive
Rockville, MD 20850
***NOT Shady Grove Adventist** | Maribeth Evans
301.946.5496
Gammie0612@verizon.net |
|----------------------------------|---|---|--|



There is a charge to park in the lot at the front door of the Adventist Rehab Hospital for our meetings. The fee is \$1.50/hr. You will get a ticket as you drive in. You pay when you leave, via cash or credit card, in the lobby at a machine. (The club will give you a volksmarch coupon worth \$3.) At this time there is still FREE parking on the street !

Sugarloafer Monthly Dinners (February – May 2011)

Dinners are the last Tuesday of the month. Men's dinners start at 6:30 p.m. Women's dinners start at 6:00 p.m.

| MEN'S DINNERS | | |
|-----------------|--|--|
| February 22 | Ambrosia Grill , 802 Hungerford Drive, Rockville, 301.251.5816, http://ambrosiagrille.com/ | Feb - Kenneth D. Weiss, 301.947.8150, WeissFam@aol.com |
| March 29 | TBD | |
| April 26 | TBD | |
| May 31 | TBD | |
| WOMEN'S DINNERS | | |
| February 22 | Clyde's at Tower Oaks Lodge , 2 Preserve Parkway/ Wooten Parkway, Rockville, 301.294.0200, www.clydes.com | Feb – Valerie Pabst, 301.294.1191, vpabst@verizon.net |
| March 29 | Original Ambrosia , 12015 Rockville Pike (Montrose Crossing Shop. Ctr.) Rockville, 301.881.3636, www.theoriginalambrosia.com | Mar – Carolyn Thurber, 301.926.0915, cbthurber@verizon.net |
| April 26 | La Madeleine , 11858 Rockville Pike Mid-Pike Plaza Shop. Ctr., Rockville, 301.984.2270, http://lamadeleine.com/ | Apr – Pat Niwenzin, 301.585.0269, redhatterpat@verizon.net |
| May 31 | Batik , 200 Main St (in Kentlands), Gaithersburg, 301.869.8661, www.batikasiancuisine.com | May – Maria Inocencio, 301.990.8831, binocencio@comcast.net |

MEMBERSHIP LIST

In November, each member family received a Sugarloafer membership list. Please check your list for correctness. If changes are needed, contact Carolyn Thurber at cbthurber@verizon.net or 301.926.0915. Keep this list in a handy place. Use it to find walking companions and others who live in your area. Perhaps you can carpool to events, meetings, and other club activities.



"Moving together toward a healthier America"



Sugarloafer Sanctioned YREs (2011)

| Location
(YRE Number) | Distance | Start Point | Point of Contact Phone/
Email |
|---|------------|--|---|
| Rock Creek Park (Y0887) | 5/10/20 km | Caribou Coffee
Rockville, MD | Verk Eubanks
301.460.4513
Verkanneeubanks@msn.com |
| Seneca Creek State Park (Y0339) | 5/10/20 km | Denny's Restaurant
Gaithersburg, MD | Maria Inocencio
301.990.8831
binocencio@comcast.net |
| Montgomery Village Lake Trails
(Y0889) | 5/10/20 km | | |
| Zoo/National Cathedral/Adams Mor-
gan (Y0552) | 5/10/20 km | McDonald's
Washington, DC | Jim Hathaway
301.229.1356
hathawayjd@aol.com |
| Embassy Row/National Cathedral
(Y0553) | 10/20 km | | |
| Historic Georgetown (Y1394) | 10/11 km | | |
| Sligo Creek Park (Y1167) | 5/11 km | Carmelo Bakery
Wheaton, MD | Maribeth Evans
301.946.5496
gammie0612@verizon.net |
| Lakeforest Mall (Y1367)
INDOOR WALK | 5/10 km | Silver Diner in Lakeforest
Mall
Gaithersburg, MD | Jackie Johnson
301.977.6870
trvlnpr@comcast.net |
| Montgomery Mall/Cabin John Park
(Y1539)
INDOOR and Outdoor | 5/10/20 km | Caribou Coffee in Mont-
gomery Mall
Bethesda, MD | Heather Coxon
301.926.9065
heathercoxon@yahoo.com |

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P.O. Box 3716, Gaithersburg, MD 20885.3716

Articles should be submitted by email to
Martha Pedersen, Newsletter Editor at
[martha\\_pedersen@hotmail.com](mailto:martha_pedersen@hotmail.com).

Deadline for the May/June/July issue is April 15, 2011

| | | |
|-----------------|--------------------|--------------|
| Jim Hathaway | President | 301.229.1356 |
| Maribeth Evans | VP, Communications | 301.946.5496 |
| Carolyn Thurber | VP, Membership | 301.926.0915 |
| Jone Parr | VP, Events | 301.926.8580 |
| Donna Breslyn | Secretary | 301.294.7820 |
| E. Linda Rafats | Treasurer | 301.251.1543 |

Wednesday Walks—5km

We have a 5km group
walk every Wednesday
morning. Join us for a
casual walk and good company.
It's a great way to meet other
Sugarloafers. Check your email
from Maribeth Evans or contact Ed
Branges, at 301.340.9418 or
ebran@webtv.net for more infor-
mation.



| Regular Volksmarch Events in our Area – Sugarloafer Walk Events are highlighted
February – May 2011 | | | |
|--|---|--|----------------------|
| Date | Sponsoring Club | Event Location | Contact Phone |
| February 2011 | | | |
| 5 & 6 | York White Rose Wanderers | York, PA Winter Walk | 717.292.3777 |
| 19 | Freestate Happy Wanderers | Beltsville, MD (Vansville Community Center) | 301.572.5574 |
| 26 | Baltimore Walking Club | Baltimore ("Du"Burns Arena) | 410.592.3171 |
| March 2011 | | | |
| 12 | Peninsula Pathfinders | Hampton, VA (Dandy Point Marina) | 757.851.9252 |
| 12 | Baltimore Walking Club | Baltimore, MD (Channel 45 – BmoreHealthyExpo) | 410.592.3171 |
| 19 | Seneca Valley Sugarloafers | Bethesda, MD (Knights of Columbus) | 301.229.1356 |
| 26 | Freestate Happy Wanderers | Laurel, MD (Pallotti High School) | 301.717.3604 |
| 26 | Virginia Vagabonds | Gloucester, VA (Walter Reed Hospital) | 757.766.3065 |
| April 2011 | | | |
| 02 | Virginia Vagabonds | Yorktown, VA | 757.766.3065 |
| 02 | Piedmont Pacers | Westminster, MD | 301.829.3685 |
| 09 | Lee Lepus Volksverband | Richmond, VA (Richmond North Side) | 804.768.0055 |
| 09 | Columbia Volksmarch Club | Ellicott City, MD | 410.290.6510 |
| 09-10 | First State Webfooters | Smyrna, DE (Blackbird State Forest) | 302.697.1191 |
| 16 | Annapolis Amblers | Chester, MD (Kent Narrows Walk) | 410.224.0907 |
| 17 | Atlantic Region Meeting -
Region Director Election | TBD | 757.766.3065 |
| 16-17 | Germanna Volkssport Association | Fredericksburg, VA (Dorothy Hart Community Center) | 540.786.6550 |
| 17 | Cavalier Volkssporting Club | Charlottesville, VA | 434.924.7773 |
| 23 | Washington DC Area Volksmarching Club | Alexandria, VA (Baerwald Residence) | 703.765.3128 |
| 25 | Washington DC Area Volksmarching Club | Alexandria, VA (Barrett Branch Library) | 703.765.3128 |
| 30 | Seneca Valley Sugarloafers | Takoma Park, MD (Wayne Avenue Garage, Silver Spring) | 301.946.5496 |
| 30 | Peninsula Pathfinders | Williamsburg VA (New Quarter Park) | 757.890.9220 |
| May 2011 | | | |
| 07 | Virginia Vagabonds | York County, VA | 757.766.3065 |
| 14 | Seneca Valley Sugarloafers | Chevy Chase, MD (Warren Buffet History Trail) | 301.610.7752 |
| 23 | Washington DC Area Volksmarching Club | Alexandria, VA (Barrett Branch Library) | 703.765.3128 |

All events are day walks except the Alexandria, VA Barrett Branch Library night walks (April 25 & May 23).



Looking for something different for your winter walking? Try the Idita-Walk! It's an event to promote physical fitness in the spirit of the [Iditarod Sled Dog Race](#). The Iditarod Sled dog race is 1049 miles long from Anchorage to Nome, Alaska. To complete the Idita-Walk, simply walk 30 minutes a day for 35 days between **February 1, 2011** to **March 31, 2011** for a total of **1049 minutes** (any combination of minutes will work - just reach 1049 during the 59 day event!).

Register by February 15th to participate. Details at <http://idita-walk.com/idw/Index.asp>

2011 American Volkssport Association 17th Biennial Convention


The 17th Biennial American Volkssport Association Convention will be held in Des Moines, Iowa, June 18-26, 2011. It is a week full of workshops, social events, volksmarchs, business meetings (just three), and lots of camaraderie. Check out the convention website at <http://www.ava.org/clubs/ava2011convention/index.asp>.



Congratulations to our new officers!

The following were elected to serve as Club officers for the upcoming year. Their one-year term starts on July 1, 2011.

President—Jim Hathaway
 VP, Communications—Maribeth Evans
 VP, Membership—Carolyn Thurber
 VP, Events—Jone Parr
 Secretary—Janis Wolford
 Treasurer—E. Linda Rafats



We're on the Web!

www.sugarloafers.org

The Sugarloafer

Seneca Valley Sugarloafers

Volksmarch Club, Inc.

P. O. Box 3716

Gaithersburg, MD 20885.3716