

The Sugarloafer

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

May—July 2010

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Downtown Silver Spring Walk on June 12

Maribeth Evans

Come discover downtown Silver Spring all over again !! Explore historic and familiar sites as well as the new retail and commercial developments. The walk includes many special programs and follows a route filled with diverse interests - ethnic shops and restaurants, historic sites, a thriving new town center and older, established residential areas.

Save the date, Saturday, June 12; start time: 8 am to noon; must finish by 3 pm. Start/Finsh at Wayne Ave Garage between Wayne Ave and Ellsworth Dr. Volunteers needed so contact Maribeth Evans at 301-946-5496 or gammie0612@verizon.net.

Hope to see you there !!

North Carolina Coast Bus Tour

Maribeth Evans

A few seats are still available for the four-day week-end trip to southern North Carolina beaches. The bus departs the Rockville Swim Center's outdoor pool parking lot on Friday, May 14 and returns Monday, May 17. Five YRE's are included in the price: New Bern, Beaufort, Morehead City, Pine Knoll Shores & Wilmington; this also includes a tour of the USS North Carolina while in Wilmington...an itinerary that's sure to please and be done before the over crowded summer season begins.

SINGLE: \$650; DOUBLE: \$500; TRIPLE: \$450 plus a \$50 Deposit. Contact Mary Ptacek, the Head Tater Tot at 702-260-7333; mptacek@msn.com.

2010 Club Events

March 19 - May 15
Kenwood Cherry Blossoms / Spring Flowers, Bethesda (SEASONAL).

May 14 - 17
North Carolina Coast Bus Tour, co-sponsored with Tater Tours

June 12
Downtown Silver Spring

July 17
Blockhouse Point Park/ C&O Canal Towpath at Pennyfield Lock, Potomac

Sept 12
Group Walk and Brown Bag Picnic at Cabin John Park, Bethesda

October 30
Agricultural History Farm Park, Derwood

November 20
Moonlight Walk, Seneca Creek State Park, Gaithersburg

December 16-30
Kensington Holiday Lights (SEASONAL)

WELCOME
TO OUR
NEW MEMBERS

Nettie Horne
Suzanne Haynes
Barbara Corliss
Ed Knight

President's Message

Jim Hathaway



We are really off to a great start this year with our regular events. The weather forced cancellation of many of the scheduled Volksmarchs

in the region, but ours happened to be scheduled between major snow storms. Our YRE events did suffer in attendance as the snow blocked most of the routes for about 6 weeks. That helped our indoor events as people used the malls to exercise.

Missie Plotkin is creating a Facebook page for the club. Our hope is that it will publicize our Club and events to a wide range of people. It will have links to the AVA web site and our Club web site and will be another tool we can use to keep everyone informed.

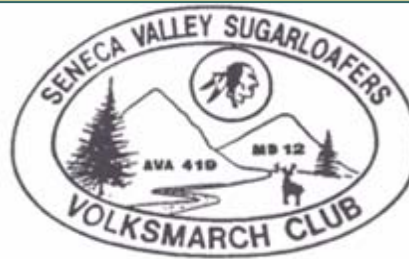
In April, there was a conference of geographers at the Marriott Wardman hotel that had 7,000 people in attendance. We created a grabber for the conference and subsequent Volksmarch to advertise our YRE events which are located across the street from the

hotel. Hopefully this made more people aware of the 5 excellent Volksmarchs that are available from the McDonalds start location.

We have several new events coming up in the next few months. See the details about the Silver Spring and Blockhouse Point walks elsewhere in this newsletter

On May 8th we are having a Girl Scout Group from Pennsylvania doing the Embassy Row walk. Barbara Anderson and Carolyn Petruzzelli have agreed to lead this group. The Girl Scouts will receive patches for completing the walk. That weekend a number of Embassies are having open house as well. I have been told that the Belgium Embassy gave out chocolate candies at last year's open house. The Embassy Row walk goes past the Embassy and this is a good reason to do our YRE on May 8th.

Thanks again to our wonderful Volunteers. We could not operate without you and we really appreciate your service.



The Sugarloafer is published by the Seneca Valley Sugarloafers Volksmarch Club, Inc., PO Box 3716, Gaithersburg, MD 20885-3716; www.sugarloafers.org

Articles should be submitted by email to Alecia Naugle, Newsletter Editor at AleciaNaugle@verizon.net.

Deadline for the Aug/Sept/Oct issue is July 15, 2010.

Jim Hathaway	Pres	301-229-1356
Carolyn Thurber	VP	301-926-0915
Jone Parr	VP	301-926-8580
Maribeth Evans	VP	301-946-5496
	(Communications)	
Judy Sholes	Sec	301-948-1462
Earle Young	Treas	703-525-7434

YRE Discount Coupons

\$30/sheet with 12 coupons per sheet

Contact Faye Foote (301-598-5251)

Our Sugarloafer YRE Discount Coupons now have NO expiration date. They are FOREVER Coupons !

Walk 10 in 2010 Update

Alecia Naugle

As of April 15, we have received books from SEVEN members who have completed 10 (ten) Sugarloafer year-round (YRE) and event walks for IVV credit so far in 2010. Congratulations to: Ed Branges, Maria Inocencio, Faye Foote, Jone Parr, Carolyn Thurber, Ken Wilson, and Mel Feathers. Each will receive a "Walk" pin as a reward for completing this special program.

Record books will be provided to credit walkers free of charge, and completed record books must be submitted no later than January 31, 2011. Please contact Alecia Naugle at aleci-naugle@verizon.net or 301-528-4308 for more information.

MEMBERSHIP DUES

July 1 is the beginning of the Sugarloafers' membership year.

Please check the label on your newsletter. If it says 30Jun10, your membership will expire soon.

You may renew by sending a check to Carolyn Thurber, 17616 Mill Creek Drive, Derwood, MD 20855-1015.

Dues are \$10 for one year; \$25 for three years and \$100 for life membership. Make checks payable to SVSVC.

Kenwood Cherry Blossoms and Spring Flowers Trail

Jim Hathaway

The Kenwood Cherry Blossom walk has been very successful again this year even though the peak of the blossom time was cut short by very warm weather. Normally the blossoms will be in great shape for 10 days or so, but this year the temperatures in the 90's wilted them after about 5 days.

So far, we have had over 250 walkers complete the event. Again our volunteers helped register Volksmarchers on the weekend when the blossoms were at their peak. This helped eliminate any confusion inside Starbucks so that we would not interrupt their

business. This year we added a 1km optional distance that took the walkers past a sign for Ft. Sumner. Ft. Sumner was a Civil War fort which protected Washington and the Potomac River. This allowed the Kenwood walk to qualify for the Forts special program. We also found out that the walk qualifies for the American Gardens special program.

A Tator Tour group came to the Kenwood Cherry Blossom and the Embassy Row walks on April 7th. They had 33 members on the tour and our Club had 10 members who provided snacks and walked with the group. Unfortunately the hot weather had wilted the blossoms, so they were not at their best.

Thanks to all the people who made this event very successful.



Bethesda Trolley Trail Walk

Jim Hathaway

The Bethesda Trolley walk was a big success on March 6th as the weather warmed and a rain storm a few days before, removed the snow from the trail in the nick of time. A week before the scheduled walk, we were considering canceling the walk because of all the ice and snow on the trail, as well as several trees down on one section of the walk. Snow was plowed from the streets onto

the sidewalks on our route which made them impassable. With some last minute changes to the directions, we came up with a route that we could use to complete the walk. The Knight of Columbus provided an excellent start point and we appreciate Neil Dorian for allowing us to use the facility. 186 walkers attended that day and learned about a new trail still under development that will go between Bethesda and Rockville.

186 total walkers!!!
 Credit walkers = 143
 Free walkers = 43
 5 km = 47
 10 km = 139

Atlantic Region Conference

The Atlantic Region Conference was held in Annapolis on March 19 - 21st. There were 3 walks and an opportunity to meet other Volksmarchers from Virginia, Pennsylvania, Delaware and West Virginia. There was a workshop on how to advertise your event and how to write walking directions so that they will be accurate, concise and easy to read. A number of awards were given out, including a large number to Sugarloafer members. I am pleased to report that Ed Branges received the Regional Directors Award for his years of service to the Volksmarch community.

Monthly Club Group Walks

Plans are underway for organizing a Club Group Walk each month. Faye Foote has done a great job of contacting club members about leading one of the group walks for us. And now she has a leader or two for each month of 2010.

Missie Plotkin led the April group on a volksmarch at Mt Vernon.

The May group walk will be held on **Sun., May 2 at Brookside Gardens in Wheaton**. The walk will begin at **1:30pm**. Please come 15 - 20 minutes early to register. Ed Branges will lead the 5km and Jim Hathaway will

lead the 10K.

June -- Maria & Bing Inocencio

July -- Kathy Vasconez & Carolyn Thurber

Aug -- Maribeth Evans

Sun., Sept 12 -- Margie Martin -- Club Group Walk/Brown Bag Picnic in Cabin John Park, Bethesda

Oct. -- Dot Marshall & Jean Francis

Nov. -- Jone Parr

Dec. -- No group walk planned

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

Blockhouse Point Park/ C&O Canal Towpath at Pennyfield Lock Walk to be held July 17

Pat Astill

A new Sugarloafer event will be held on July 17 starting at Pennyfield Lock on the C & O Canal towpath. A 5 km and a 10 km walk can be completed walking only on the towpath from Pennyfield Lock to either the Dierssen Wild Life Management Area (5 km) or continuing to Violettes Lock (10 km). These walks are suitable for strollers and wheelchairs and have an AVA rating 1. The walkers continuing to Violettes Lock from milepost 21 will be walking beside the Potomac River with the cliffs of Blockhouse Point

Park on the berm. At Violettes Lock you can see the remains of a dam across the river and the first intake lock for the C&O Canal. The dam was built to provide a 5 foot deep lake so that there was always ample water for the canal. For the walkers completing the 11 km walk the return will climb into the Blockhouse Point Conservation Park, walk behind the Callithea Horse Farm and to an overlook which will give good views of the Potomac and glimpses of the towpath and canal. During the Civil War a blockhouse was built close to this point to provide surveillance of the Potomac. Views of the canal and towpath would

have been complete as all the trees were felled to enhance the observation. After a check point at the parks entrance on River Road the walk returns to Pennyfield Lock using the South Old River Road Trail to the Muddy Branch Greenway trail and crosses the repaired culvert which allows the Muddy Branch to flow into the Potomac.

Thank You to our Outgoing Club Officers!

Martha Pedersen

A very special thank you to our outgoing officers. Earle Young has served as Treasurer for 6 years. Judy Sholes has served as Secretary for 3 years. Lee Powell has served as Sales Chairperson for 3 years. The club runs entirely on the efforts of our volunteers. Earle, Judy, and Lee have invested extra time and energy to help the club function efficiently. Judy said she was happy to be able to serve as Secretary. She continued, "John and I have discovered a new aspect of our lives. We have met lots of new friends through walking locally and around the world." Lee echoed Judy's comments. For her, being part of Sugarloafers

"opened up a whole new world with new friends and walking in places I never walked before in Maryland and across the U.S." Thank you all.

Congratulations to our new officers. They are Linda Rafats, Treasurer; Donna Breslyn, Secretary; and Pat Niwenizin, Sales Chairperson. Thank you for accepting these positions.

Our gratitude also goes to the officers that are continuing in their current offices - Jim Hathaway, President; Maribeth Evans, VP, Communications; Carolyn Thurber, VP, Membership; and Jone Parr, VP, Events. Their continued commitment is appreciated.

Members' Milestones



Events

Michael Cannon	10
Martha Pedersen	30
Suzanne Richardson	150
Maribeth Evans	200
J. Ward Parr	600
Carolyn Thurber	850

Distance (km)

Carolyn Thurber	500
Suzanne Richardson	1000
Maribeth Evans	2500
James Yun	3500
Sue Yun	5000



ARE YOU IN NEED OF A NEW RECORD BOOK?

Record books are for sale by our club in several locations. They are available at regular events at the sales table. In addition you can find some of the most popular colors in our year-round walk boxes at Caribou Coffee, Montgomery Mall; Denny's, Gaithersburg; Caribou Coffee, Rockville; McDonald's, Washington, D.C. Sales chairperson Pat Niwenizin & membership chairperson Carolyn Thurber each have a supply.

Sugarloafer Sanctioned YREs (2010)

Location (YRE Number)	Distance	Start Point	Point of Contact Phone/Email
Rock Creek Park (Y0887)	5/10/12 km	Caribou Coffee Rockville, MD	Verk Eubanks 301-460-4513
Seneca Creek State Park (Y0339)	5/10 km	Denny's Restaurant Gaithersburg, MD	Maria Inocencio 301-990-8831
Montgomery Village Lake Trails (Y0889)	5/10 km		
Zoo / National Cathedral / Adams Morgan & U St. (Y0552)	5/10/11 km	McDonald's Washington, DC	Jim Hathaway 301-229-1356
Embassy Row /National Cathedral (Y0553)	10 km	ATTENTION: The Adams Morgan walk has been modified because of a bridge closure near the lower entrance to the Zoo. The walk is still available, but only has the 10km option at the moment and does not go to the Zoo. The work on the bridge is scheduled to be completed at the end of May, and once the bridge is re-opened we will reinstate the Zoo portion of the walk.	
Historic Georgetown (Y1395)	10/11 km		
Sligo Creek Park (Y1167)	5/11 km	Caramelo Bakery Wheaton, MD	Maribeth Evans 301-946-5496
Lakeforest Mall (Y1367) INDOOR WALK	5/10 km	Silver Diner at Lakeforest Mall Gaithersburg, MD	Jackie Johnson 301-977-6870
Westfield Montgomery Mall (Y1539) INDOOR OR OUTDOOR OPTIONS	5/10 km	Caribou Coffee at the Mall Bethesda, MD	Heather Coxon 301-926-9065

Sugarloafer Monthly Meetings (May-Aug 2010)

MONTHLY BUSINESS MEETINGS		Adventist Rehabilitation Hospital of Maryland	Maribeth Evans
May 11	7:45 PM on the	9909 Medical Center Drive	301-946-5496
June 8	second Tuesday of the	Rockville, MD 20850	gammie0612@verizon.net
July (NO MEETING)	month (unless noted)	**NOT Shady Grove Adventist**	
August 10			



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

Sugarloafer Monthly Dinners (May-July 2010)

MONTHLY MENS DINNERS			
May 25	6:30 PM on the last	Mykonis Grill, Rockville	Bob Dalrymple, 703-409-6348
June 29	Tuesday of the month	TBD	Jim Hathaway, 301-229-1356
July 27		TBD	TBD
MONTHLY WOMENS DINNERS			
May 25	6:00 PM on the last	Bugaboo Creek Steakhouse, Gaithers.	Diane White 301-548-9200
June 29	Tuesday of the month	TBD	Carolyn Petruzzelli 301-933-3054
July 27		TBD	Peg LeDell 301-252-2971

New start point for Atlantic City, NJ, walk

The start point for the Atlantic City walk has moved to the Margate Public Library, 8100 Atlantic Ave, Margate, NJ 08402, which is south of AC. After checking in you will either drive to the original start location, or have the option of doing a 20K walk north on the boardwalk.

The original start was on a pier in AC that was destroyed in the recent storms on the east coast.

Atlantic Region Schedule – Selected Local Events (May–July 2010)

****Sugarloafer Walk Events are highlighted ****

Date	Sponsoring Club	Event Location	Contact Phone
May 1	Piedmont Pacers	Manchester MD	410-795-7855
May 9	Chesapeake Bay Country Wanderers	Upper Marlboro MD (Rosaryville State Park)	301-805-4278
May 10	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elementary School)	703-455-1878
May 18	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
May 22	Northern Virginia Volksmarchers	Lorton VA (Occoquan Regional Park)	703-455-1878
May 29-31	Baltimore Walking Club	Cumberland MD (Canal Place, Cumberland Walk/Western Maryland Heritage)	410-252-3165
June 5	Great Greenbelt Volksmarchers	Beltsville MD (Agricultural Research Center-BARC)	301-937-3549
June 12	Seneca Valley Sugarloafers	Silver Spring MD (Wayne Ave. Garage)	301-946-5496
June 14	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elementary School)	703-455-1878
June 15	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
June 19	Freestate Happy Wanderers	Solomons MD (Visitor Center)	301-490-7338
June 26	Baltimore Walking Club	Towson MD (Notre Dame Preparatory School)	410-252-3165
July 10	Baltimore Walking Club	Baltimore MD (Digital Harbor High School)	410-383-2722
July 17	Seneca Valley Sugarloafers	Potomac MD (C&O Towpath/Blockhouse)	571-217-9851
July 24	Annapolis Amblers	St Michaels MD (St Michaels Elementary School)	410-224-0907
July 31	Columbia Volksmarch Club	Columbia MD (Nightmare Graphics Oops Sale)	410-290-6510

Complete Atlantic Region Schedule available at: <http://walkvirginia.com/AtlanticRegionCalendar.html>

WWW.SUGARLOAFERS.ORG
WE'RE ON THE
WEB!

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