



The Sugarloafer

May-June-July 2011

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

Welcome to our new
members!

Naomi Dass

Martin Eckes

Pam McHugh

Lisa Shanley

New Takoma Park Walk

Maribeth Evans



Takoma Park is the metro area's ever changing but ever retaining piece of Americana. Come walk through preserved decades from the late 19th century and on into the 21st century. Feel safe wandering through one of the first nuclear free communities; a town with a unique history & great diversity!! Hope to see you there.

Date: Sat, April 30

Registration: 8 am to noon; finish by 3 pm

Start Point: Wayne Ave Garage Breezeway, 920 Ellsworth Drive, Silver Spring, MD 20910. Breezeway is located on north end of garage on first level & exits onto Ellsworth Dr.

Distance: 6K and 10K options

Check the club's website (www.sugarloafers.org) for directions.

INSIDE THIS ISSUE:

President's Message	2
Member's Milestones	2
Club Events	2
Kenwood Cherry Blossom and Spring Flower Walk	3
Bethesda Trolley Trail—South	3
Change in Club Officers	3
Walk 10 in 2010 update	4
Idita-Walk 2011 update	4
Wanted! Hangers	4
Group Walks	5
AVA Convention	5
Monthly Meetings & Monthly Dinners	6
YREs	7
Wednesday Walks	7
Area Volksmarch Events	8 & 9
Changes to Area YREs	9
25th Anniversary Sponsor a Walk	11

Warren Buffett History Trail

Jim Hathaway

On Saturday, May 14th, our exploration of Warren Buffet (investor, philanthropist, and industrialist) begins at the GEICO Insurance building in the Chevy Chase/Friendship Heights area. You will learn about Mr. Buffet's early years. Was he naughty or nice during his teenage years? How did he live? What did he think about money? What were his early businesses? What schemes did he come up with to make money?

This walk also includes part of the new Tenleytown Historic Trail. This trail has signs telling about the history of the area, including the old time radio and television shows that were broadcast from the area as well as the Civil War and how Ft. Reno protected Washington, DC from attack. You will walk down an old road that Civil War troops used to travel from the central city to the fort protecting the area. Walt Whitman may have written about this road in some of his poems.

Additional sights include American University and the Spring Valley area of Washington, DC.

This Volksmarch has both 5 km and 10km options. Check out the event brochure at <http://sugarloafers.org> or contact the event POCs Jim Hathaway, 301.229.1356 or HathawayJD@aol.com, or Paul Sullivan, 301.610.7752, cell 240.401.3458 or jrsullivanpa@hotmail.com.

President's Message

Jim Hathaway



We have two great walks coming up. The first is the Takoma Park Historic Walk on April 30. This walk features Roscoe, who didn't look both ways before crossing the street, the crayon house, a totem pole, many colorful homes and interesting architectural styles. The town will make you think you have walked back into the 1920's and into small town America. The second walk is the Warren Buffett History Walk on May 14. This walk will take you in the footsteps of Warren Buffett in his teens and will give you the opportunity to learn about the environment in which he grew up. It is very well documented from the book *The Snowball, Warren Buffet and the Business of Life* by Alice Schroeder. In addition you will learn about the history of Northwest DC, including why the highest natural point in DC is not the highest land point in DC.

A is for sidewalks and streets; B is for well groomed trails; C for rocky/rooted paths, etc. See http://www.ava.org/checkpoint/April_2011/Trail_Rating_System_New.pdf for complete details.

Next year is our Sugarloafer Club's 25th anniversary. We are planning various ways to make it a special year...including our Annual Luncheon, new Volksmarch trails, plus a Volksmarch in Black Hill Park (the site of our club's first Volksmarch), and other Sugarloafer activities.

We'd like your ideas for ways to celebrate our 25th! Please contact me at HathawayJD@aol.com

Beginning January 1, 2012, the AVA is changing the trail rating system. The new rating will have two parts...a number and a letter. The number from 1 to 5 is based on # of feet gain in elevation from the starting point. For # 1 the gain is 500 ft or fewer; for # 2 the gain is 500ft – 1500 ft, etc. The letter part of the rating system will provide information concerning the description and condition of the trail. The letters go from A to E.



Member Milestones

Distance (km)		Events (con't)	
Bing Inocencio	2,000	Maribeth Evans	225
Maria Inocencio	2,000	Carol Hyland	350
Ed Branges	16,000	Paul Sullivan	500
		Peg Norelius	650
Events		Ed Branges	1,150
Bing Inocencio	150	Gale Waibel	1,700
Maria Inocencio	200		

Club Events

NOW – Mon., May 16: Kenwood Spring Flowers, Bethesda (Seasonal)

Sat., April 30: Historic Takoma Park, Silver Spring

Sat., May 14: Warren Buffet History trail , Chevy Chase

Sun., Sept. 18: Club Picnic (brown bag) and YRE Volksmarch -- Cabin John Park, Bethesda

Oct 7 – 10: Sugarloafer Club/Tater Tour trip to Finger Lakes region of NY

Sat., Nov. 12: Moonlight Volksmarch, Seneca Creek State Park, Gaithersburg

Dec.: Kensington & Mormon Temple Holiday Lights (Seasonal)

Kenwood Cherry Blossom & Spring Flower Walk

Jim Hathaway

There's still time to enjoy this popular seasonal Volksmarch!

March 18—May 16 are the dates for our ever popular Kenwood Cherry Blossom & Spring Flower walk. Although the cherry blossoms are past their peak, the area offers an abundance of dog woods, azaleas, and other spring flowers.

We have had more than 150 walkers do the Kenwood Cherry Blossom walk this year. This walk attracts a lot of attention and we receive a number of inquiries about the walk from people not familiar with Volksmarching. Hopefully this will result in some new members. We get a lot of comments from this walk indicating how much people enjoy the blossoms.



Bethesda Trolley Trail—South

Jim Hathaway

The Bethesda Trolley Trail volksmarch, held on Saturday, March 19th, had 160 walkers. Again this year we enjoyed an excellent start point. The walkers enjoyed the path around the South end of NIH, as this area is not visible by car and most people did not realize what was in that area. We had to make some last minute changes to the route as a gate was suddenly locked on the trail a few days before the walk. Thanks to everyone who helped modify the trail to by-pass the locked gate.

Change in Club Officers

On July 1, the officers elected at the January annual meeting will begin their new terms.

A special thank you to Donna Breslyn who has served as secretary. Please extend a warm welcome to Janis Wolford as she begins her term as secretary.

Officers who are continuing from last year:

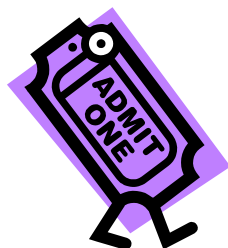
President—Jim Hathaway

VP, Communications—Maribeth Evans

VP, Membership—Carolyn Thurber

VP, Events—Jone Parr

Treasurer—E. Linda Rafats



YRE Discount Coupons

\$30 for a sheet of 12.

Contact Faye Foote (301.598.5251)

Good for one Sugarloafer Year 'Round Events, including seasonal events. Our Discount Coupons do not expire. A great value for any walker.

Walk 10 in 2010 Update

Jone Parr

Our club's "Walk 10 in 2010" Program was a success!! A total of 45 Volksmarchers completed this program. Awards for Mike Cannon, Jim Snyder, and Martha Pedersen were given after the deadline for the previous newsletter. Congratulations to everyone who walked!!

Alecia Naugle was the point of contact for this program.



Idita-Walk 2011 Update

Congratulations to the following for completing Idita-Walk 2011. The goal was to walk 1,049 minutes between February 1 and March 31.

Carolyn Petruzzelli	1,070	Janet Brown	1,620
Kathy Vasconez	1,170	V. Dean Kempton	1,914
Martha Pedersen	1,262	Jone Parr	2,915

If I missed anyone, please let me know and I'll include your accomplishment in the next newsletter. My email is martha_pedersen@hotmail.com

WANTED!

Wire coat hangers with the **hook at the top** made of double wires. We use them to hold signs along our trails.

Please give to Jim Hathaway, Carolyn Thurber, or Jone Parr.

THANKS!



Club Group Walks

Details will be sent out a couple weeks or so before each walk via e-mail from Maribeth Evans.

We hope you will plan to join us! If you do not have e-mail, please call the leader to get the walk details.

May -- Missie Plotkin
missie_dragon@yahoo.com
 301.980.6982

June -- no leader yet !

July --Alice Filemyr
alice.filemyr@gmail.com
 240.353.6236

Aug -- Jim Hathaway
hathawayjd@aol.com
 301.229.1356

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.

THANKS!!

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>.



MEMBERSHIP LIST

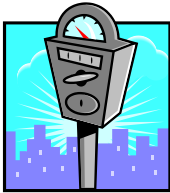
In November, each member family received a Sugarloafer membership list. Please check your list for correctness. If changes are needed, contact Carolyn Thurber at cbthurber@verizon.net or 301.926.0915. Keep this list in a handy place. Use it to find walking companions and others who live in your area.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



"Moving together toward a healthier America"

Sugarloafer Monthly Meetings (February – May 2011)

MONTHLY BUSINESS MEETINGS	7:45 PM on	Adventist Rehabilitation Hospital of	Maribeth Evans
May 10	the second	Maryland	301.946.5496
June 14	Tuesday of the	9909 Medical Center Drive	Gammie0612@verizon.net
July – no meeting	month (unless	Rockville, MD 20850	
August 9	noted)	***NOT Shady Grove Adventist**	



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 (May—August 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

May 31	Sichuan Pavilion , 410 Hungerford Drive, Rockville, (where Taste of Saigon used to be), 240.403.7358, www.ambrosiagrille.com/	May—Ed Branges, 240.340.9418, ebran@webtv.net
June 28	Cuban Corner , 825 Hungerford Drive, Rockville, 301.279.0310, www.cuban-restaurant-rockville.com	Jun - Kenneth D. Weiss, 301.947.8150, WeissFam@aol.com
July 26	Gordon Biersh , 2 East Middle Lane, Rockville 301-340-7159, www.gordonbiersch.com/locations/rockville-md	July - Tony Laing, 301.570.4235, anthony.laing@ed.gov
August 30	Roy's Place , 2 East Diamond Avenue, Gaithersburg, 301.947.5548, www.roysplacrestaurant.com	Aug - Steve Nichols, 301.921.6316, stevnichols@gmail.com

WOMEN'S DINNERS

May 31	Batik , 200 Main St -- (in Kentlands) , Gaithersburg, MD 20878, 301.869.8661, www.batikasiancuisine.com	May -- Maria Inocencio, 301.990.8831, binocencio@comcast.net
June 28	Bonefish Grill , 82 Market St., Gaithersburg, MD 20878, 240.631.2401, www.bonefishgrill.com	June - Faith Matwey, 301.963.9277, dynamidget@comcast.net
July 26	Baronessa Italian Restaurant , 1302 E. Gude Dr., Rockville, MD 20850, 301.838.9050, www.baronessarest.com	Maribeth Evans, 301.946.5496, gammie0612@verizon.net
August 30	Bugaboo Creek Steakhouse , 15710 Shady Grove Rd., Gaithersburg, MD 20877, 301.548.9200, www.bugaboocreek.com	Diane White, 301.926.6425, dewhite1@verizon.net

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 Morgan (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 trvlmpr@comcast.net
Montgomery Mall/Cabin John Park (Y1539) INDOOR and Outdoor	5/10/20 km	Caribou Coffee in Montgomery Mall Bethesda, MD	Heather Coxon 301.926.9065 heathercoxon@yahoo.com

The Sugarloafer is published by the Seneca Valley Sugarloafers Volksmarch Club, Inc. P.O. Box 3716, Gaithersburg, MD 20885.3716

Articles should be submitted by email to Martha Pedersen, Newsletter Editor at martha_pedersen@hotmail.com.

Deadline for the August/September/October issue is July 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 information.

Regular Volksmarch Events in our Area – Sugarloafer Walk Events are highlighted May – August 2011

Date	Location	Contact	Sponsoring Club
May 2011			
7	Washington, DC	Dolores, 703.209.0174 usfwf@yahoo.com	US Freedom Walk Festival Club
7	Hellertown, PA	Larry, 215.442.1337 lbwanderers@aol.com	Liberty Bell Wanderers
7	York High School—Hampton, VA	Sam, 757.766.3085 runebears@gmail.com	Virginia Vagabonds
9	Fairfax Station, VA Evening walk.	Bonnie, 703.591.6579 recoreb@verizon.net	Northern Virginia Volksmarchers
14	Washington, DC	Paul, 301.610.7752 jrsullivanpa@hotmail.com	Seneca Valley Sugarloafers
14	Lorimer Park—Huntingdon Valley, PA	Larry, 215.442.1337 lbwanderers@aol.com	Liberty Bell Wanderers
14	Norfolk, VA	Ken, 757.490.9324 536_kle@netscape.com	Gator Volksmarsch Club
14 & 15	Mt Gretna - Lebanon County, PA	Don, 717.656.6873	Penn Dutch Pacers
21	Grovens area—Baltimore, MD	Don, 410.825.4008 dtkramer@yahoo.com	Baltimore Walking Club
23	Alexandria, VA Evening Walk	Tom, 703.765.3128 tbaerwal@nsf.gov	Washington DC Area VM Club
June 2011			
4	Beltsville, MD Agriculture Research Center	John, 301.937.3549 mcjohn_h@verizon.net	Great Greenbelt Volksmarchers
4	Leesburg, VA Walk for Water	Bob, 703.737.2175 rcwright2@jhu.edu	Loudoun Walking & Volkssport Club
4	Sterling, VA National Trails Day	Bob, 703.737.2175 rcwright2@jhu.edu	Loudoun Walking & Volkssport Club
4 & 5	Boiling Springs, PA Grist Mills & Trails Weekend	Louise, 717.567.9537 laclouser@pa.net	Susquehanna Rovers & York White Rose Wanderers
4 & 5	Gardner, PA Grist Mills & Trails Weekend.	Tom, 717.677.6511 ywrv@hotmail.com	York White Rose Wanderers
4 & 5	Newville, PA Grist Mills & Trails Weekend	Louise, 717.567.9537 laclouser@pa.net	Susquehanna Rovers
11	Cooksville, MD Walks in the Park (Western) Summer Series	John, 410.290.6510 johndye@comcast.net	Columbia Volksmarch Club
11	Chesapeake, VA	Ken, 757.490.9324 536_kle@netscape.com	Gator Volksmarch Club
13	Fairfax Station, VA Evening walk.	Barry, 703.352.5135 tbaerwal@nst.gov	Northern Virginia Volksmarchers

July 2011			
9	Highland, MD Walks in the Parks (Schooley Mill) Summer Series	John, 410.290.6510 johndye@comcast.net	Columbia Volksmarch Club
16	Severna Park, MD Summer Walk on B&A Trail	Bob, 410.960.6226 markt@erols.com	Annapolis Amblers
25	Old Town Alexandria, VA	Tom, 703.765.3128 tbaerwal@nsf.gov	Washington DC Area VM Club
August 2011			
6	Elkridge, MD Walk in the Parks (Rockburn) Summer Series	John, 410.290.6510 johndye@comcast.net	Columbia Volksmarch Club
7 & 8	Port Royal, PA	Joyce, 717.527.4798 jkrow@pa.net	Susquehanna Rovers
20	Greenbelt, MD	John, 301.937.3549 mcjohn_h@verizon.net	Great Greenbelt Volksmarchers
22	Alexandria, VA Evening Walk	Tom, 703.765.3128 tbaerwal@nsf.gov	Washington DC Area VM Club
27	Hagerstown, MD Augustoberfest	Chuck, 410.795.7855 cbm95@comcast.net	Piedmont Pacers

Source: http://www.mdvolks.org/new_walklist.php

Changes to area YREs

Frederick, MD. The start point, the Frederick Visitor's Center, has moved. It is now located at 151 South East Street, Frederick, MD. The best way to reach the new location is to take Exit 54 off I-70, East St., and go in the direction of "Downtown Frederick". Through the round-about and just past the traffic light at E. South St., the Visitor's Center will be on the left, approximately 0.5 miles from I-70. Parking at the Visitor's Center is very limited so please pass the center by, pass Commerce St. and then TURN LEFT onto East All Saints St. and park in the parking garage a short distance ahead on the right. Take your parking ticket with you, return to the Visitor's Center to register for the walk and have your parking ticket validated for 3 hours of free parking if you are not a resident of Frederick County.

Please take time to visit the center and the short movie on the highlights of Frederick County.

Aberdeen, MD. This walk is temporarily closed due to renovations at the Start Point (Diner). The Baltimore Walking Club will let us know when the renovations are complete and the Volksmarch is open again. POC: Susan Osborn, 410.272.2654

If you would like to submit an article about a Volksmarch you completed or an event you attended, please send it to Martha Pedersen, Newsletter Editor, at Martha_pedersen@hotmail.com. Photos are welcome. Submissions accepted at any time. Please put "Sugarloafer Submission" in the subject line.

If I could not walk far and fast, I think that I should just explode and perish.

— Charles Dickens

Celebrate our 25th Anniversary

Sponsor a Sugarloafer Walk in 2012!

To celebrate the 25th anniversary of the Seneca Valley Sugarloafers Volkxmarch Club, we are offering you the opportunity to sponsor a year-round, seasonal, or traditional walk in honor or memory of someone you designate. Event sponsorships are only \$25. your name or your honoree's name will appear on the event brochure and walk instructions. Complete the form below and send it with your check, payable to SVSVC, to the club treasurer, E. Linda Rafats, 1906 S. Fallsmead Way, Potomac, MD 20854-2639.




2012 VOLKSMARCH SPONSORSHIP

I/We would like to sponsor the following year-round, seasonal, or traditional walks for 2012:

In honor/memory of _____

Signed: _____

Please make your check payable to SVSVC and send it with this form to: E. Linda Rafats, 1906 S. Fallsmead Way, Potomac, MD 20854-2639. Include \$25 for each walk you wish to sponsor.



We're on the Web!

www.sugarloafers.org

The Sugarloafer

Seneca Valley Sugarloafers

Volksmarch Club, Inc.

P. O. Box 3716

Gaithersburg, MD 20885.3716