



The Sugarloafer

November December 2011 January 2012

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

Welcome to our new members!

Penelope Brasher
Sally & Tom Conley
Evalee Gress
Laurene & Jimmy Holsinger
Celeste Houser-Jackson
Martie Nebb
Donna V. Zoldi

Seneca Creek State Park Moonlight Walk

Jone Parr

On Saturday, November 12, we will be having our annual night Volksmarch in Seneca Creek State Park. Registration is from 6:30 p.m. to 7:00 p.m. at the Park Offices, 11950 Clopper Road, Gaithersburg, MD.

What a special opportunity! You will be able to experience our beautiful Seneca Creek State Park in the moonlight. The Park will reopen that evening especially for our Volksmarch. This walk is in memory of Bill Larson, who was a beloved, longtime Sugarloafer member and a volunteer ranger at Seneca Creek State Park.

The 6km and 10km trails (rated 1+) are on the park roads and the full moon will be shining! Maps and written instructions will be provided.

Please bring a flashlight. Dogs are NOT allowed on our trails at night. You must finish walking by 10:00 p.m. The Park gates close promptly at 10:30 p.m.

For more information, contact Jone Parr at 301.926.8580 or 301.385.0054 (cell) or Jone.P@comcast.net.

We'll be looking for you on November 12th.

Kensington Holiday Lights - Seasonal

Maribeth Evans

Come to Kensington again this holiday season for a good start to enjoying the holiday spirit! Both trails, the 10K and the 5K, will lead you to the Festival of Lights at the Mormon Temple Visitors' Center. We will also schedule a few group walks during this three-week event; we will schedule weekday and weekend groups so everyone can enjoy the festivities.

Hope you can join us for at least one of them.

Dates: Thursday, December 8—Friday, December 30.
Start Point: Kensington Safeway, Customer Service, 10541 Connecticut Ave., Kensington, MD 20895, phone 301.945.4273.

POC: Maribeth Evans, 301. 946.5496 or gammie0612@verizon.net

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President's Message

Jim Hathaway



The 25th Anniversary Committee has been hard at work planning events for our 25th Year. The kick-off will be the Annual Lunch at Romano's Macaroni Grill on January 21. The lunch will include a salad and an entree. The Club will provide a cake for dessert. As usual there will be a short program and door prizes. Reservation information will be mailed to you in November. We hope you can attend this inaugural event for our anniversary year.

To provide a celebratory air at each regular event during our 25th year, the Anniversary Committee expects to have a memento for each walker. These will commemorate our 25th Anniversary and will be items which are useful for walkers.

A *Walk 12 in 2012* program is being developed to encourage walkers to do Sugarloafer walks next year. A nice reward will be given to each walker who completes the program. As in the past, there will be a set of 12 coupons which can be purchased at a discounted rate. These are good for our YREs.

We are considering having Tater Tours plan a bus trip for us in 2012. In order to have enough people for the trip, this will be a joint venture with the Freestate Happy Wanderers Volksmarch Club.

We are looking into a 5-day trip to Chicago. If you have ideas for a great volksmarching trip, please contact me at HathawayJD@aol.com.

Our Club functions well because of the volunteers who step forward to perform the needed tasks. This insures that the Club will be able to offer quality Volksmarches as well as provide a social atmosphere. I think you would find serving the Club by working a walk, serving as an officer or being a committee member a rewarding and enjoyable experience.

Our December meeting will be held at the home of Elaine Hadidiacos. At the end of the meeting, there will be a cookie exchange. Please bring 2-3 dozen of your favorite cookies to exchange with other members. Details are in this newsletter.

One of our long-term members, Ed Branges, is experiencing a serious health problem. Our thoughts are with Ed as he goes through his medical treatments.

Member Milestones

Compiled by Dot Marshall



Distance (km)

Gale Waibel 20,000

Events

Michael Cannon	30	Evelyn Naranjo	525
Jerry Rafats	30	Robert Dove	800
Margery Auerbach	300	Klaus Waibel	3,000

Walk the C&O Canal Towpath!

Jone Parr

On Saturday, Jan. 14 we are sponsoring a volksmarch on the C&O Canal Towpath in Cabin John, MD starting at Carderock and going to Great Falls.

NEW THIS YEAR...we will start in the THIRD parking lot at Carderock. And the turn-around for the 10km trail will be at the entrance to the Great Falls Overlook trail. We will have a 1km option to walk to Olmstead Island to see the Great Falls of the Potomac River. The trail is on the towpath (relatively flat, natural surface) going upsteam from Carderock again this year, detouring around the breach in the towpath (caused by Tropical Storm Hanna in Sept., 2008), to the Widewater area, to Locks # 15 and # 16, to Great Falls Overlook, and returning to Carderock. Trail distances are 10km and 5km, rated 1B.

Pre-registration is required to walk for AVA credit. No money can be collected in the park. To **pre-register**, send \$ 3.00 check, payable to SVSVC, to Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015. Please write "C&O and your phone number" on the check, and mail the check early enough to be received by Tues., Jan. 10.

Walk start time is 10 -11 a.m. (**credit walkers must pre-register**). Everyone must finish by 2 p.m.

For more information about this event, contact:

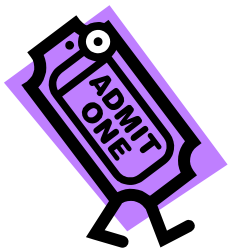
Jone Parr at 301-926-8580 or Jone.P@comcast.net
OR Maribeth Evans at 301-946-5496 or gammie0612@verizon.net.

We surely do hope you will come and walk with us!!

September 18th Club Picnic & Walk

Margie Martin

What a beautiful day for walking. Fourteen did the club's year-round Adams Morgan walk under the guidance (& misguidance) of Jim Hathaway. Thanks, Jim!!! There were several drummers in Meridian Park. We were hoping for more, but enjoyed a brief stop anyway. Thanks to all who participated in supporting our club.



YRE Discount Coupons

\$30 for a sheet of 12.

Contact Faye Foote (301.598.5251)

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

Help Wanted!

Maribeth Evans needs a few more volunteers for our Group Walks in 2012. It doesn't take much time in addition to leading the group walk. It's a simple process. See the Group Walk article on page 6 for more details. Maribeth can be reached at 301.946.5496 or gammie0612@verizon.net

We Celebrate our 25th Anniversary in 2012

2012 is the 25th anniversary of the Seneca Valley Sugarloafers Volksmarch Club. To celebrate we are planning a number of special activities.

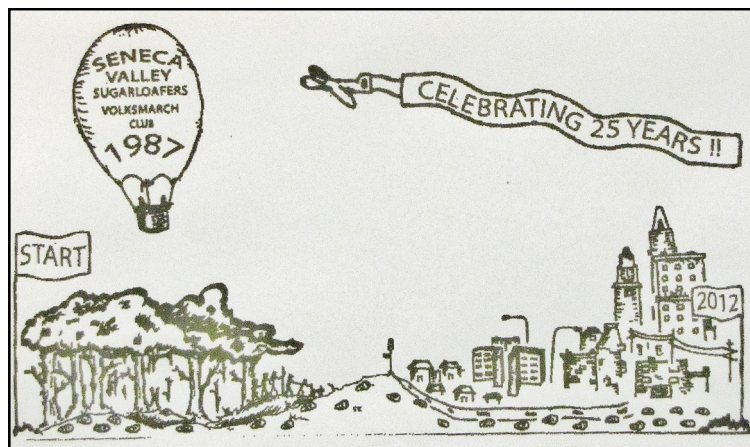
Annual Member Luncheon: Saturday, January 21, 2012. 11:30 a.m. Romano's Macaroni Grill, 211 Rio Boulevard, Gaithersburg. See the invitation later in this newsletter for details and RSVP.

12 in 2012 special walk program. Complete 12 of our walks and get a special award. Program cards are free. We encourage you to walk as many different walks as you can. You are allowed to repeat walks on the program card. You can complete as many special program cards as you like. You are eligible to earn only one award during the year.

Freebies. We have some exciting freebies planned for the luncheon and at the traditional walk events.

Tator Tours. We are researching options for a bus trip. More details as they become available.

Special 25th Anniversary Logo. Thanks to Valerie Pabst for the idea and to Elijah Evans (Maribeth's grandson) for the final design.



Club Events

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

Thurs., Dec. 8—Fri., Dec. 30: Kensington & Mormon Temple Holiday Lights (Seasonal)

Sat., Jan. 14: C&O Canal Towpath, Cabin John, Trail: Carderock to Great Falls

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read and all the friends I want to see.

~John Burroughs

Tator Tour to the Finger Lakes District of New York

Janet Brown

On a clear, warm day in October, eleven Sugarloafers joined walkers from Annapolis, Virginia, Texas, Kansas and Iowa on a Tator Tour trip to the Finger Lakes of NY. Each day began by singing along with Willie Nelson in "On the Road Again." After four days of fellowship on steep rocky canyon trails, our last day's chorus was loud and strong. The weather was warm and clear. We saw the trees changing into fall color more each day. We tasted wine and cheese, hiked steep waterfall trails, visited two museums and two college campuses. The stunning scenery, plus the camaraderie of the road and the trail made a great travel experience.

Where would YOU like to go on next year's Tator Tour travel adventure? Contact Jim Hathaway or Maribeth Evans with your ideas.



Notice of Election of Club Officers

At the January 21 Annual Luncheon, we will elect the officers for the term July 1, 2012 to June 30, 2013. Nominations are welcome for any of the officer positions. They may be made by communicating with Club President Jim Hathaway (301-229-1356 or HathawayJD@aol.com) before the Luncheon.

MEMBERSHIP LIST

In November each Sugarloafer family will receive an up-to-date membership list. Please check your listing to see if corrections or additions are needed. If so, notify Carolyn Thurber, 301-926-0915 or cbthurber@verizon.net. Keep her informed when changes occur throughout the year. Also, keep this list handy to help you find walking partners and friends..

Club Group Walks

Maribeth Evans

Efforts are in the works now to plan for 2012. At the moment, several months are available.

What's involved in organizing, you ask? Pick a date, choose a walk (YRE or event), set a time, choose a meeting place (usually start point – carpooling maybe necessary) & send me an email (gammie0612@Verizon.net) with details to send out to members. If doing a club YRE, check availability of walking instructions & start cards in start box – would only need about 3-4 copies of instructions.

As you can see, eight months in 2012 are available. If you're interested in being the point of contact for a group walk, please contact Maribeth Evans at gammie0612@verizon.net or 301.946.5496. A Point of Contact (POC) is needed for eight of the months next year. The POC will organize the monthly club 10k/5k group walk – a different POC for each month. Do I have any volunteers?

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.

2011 Group Walks

Nov -- Jone Parr, Jone.P@comcast.net, 301.926.8580

Dec -- NO group walk planned

2012 Group Walks

January—open

March—Maribeth Evans, 301.946.5496

May—Missie Plotkin, 301.229.1356

July—open

September—open

November—open

February—open

April—Jim Hathaway, 301.229.1356

June—open

August—open

October—Janet Brown, 301.869.9784

December—open



"Moving together toward a healthier America"

It Bears Repeating

New Trail Rating System - Effective 2012

Source: AVA Trailmaster Guide and Certification Document

AVA has instituted a change in the trail rating system. Instead of numerals with or without a “+”, a new two part numerical/alpha rating system will give event organizers a reliable tool so participants will have an idea what to expect on a route, whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route. Use words to describe conditions not covered in the rating system. This is also a safety issue since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions. Further, if you underrate your event, this is deceptive advertising.

PART 1 – Incline

PART 2 – Terrain

1.	Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point is up to 500 feet	A.	Almost entirely on pavement. Probably suitable for strollers and wheelchairs
2.	Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point is 500 – 1,500 feet.	B.	A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
3.	Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point is 1,500 – 2,500 feet.	C.	A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers or wheelchairs.
4.	Lots of significant hills or stair climbing. Elevation Gain from Starting Point is 2,500 – 3,500 feet.	D.	A significant part of the route is on very difficult terrain.
5.	Many steep hills. Elevation gain from Starting Point is more than 3,500 feet.	E.	The majority of the route is on very difficult terrain.

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well-groomed trails would be rated 2B.

December Meeting and Cookie Exchange

Please note that our December meeting and Annual Christmas Cookie Exchange scheduled for Tuesday, December 13, 2011 at 7:30 p.m. will not be held at our usual Shady Grove Rehabilitation Center location. Instead, we have been invited to have our meeting and cookie exchange at Sugarloafer members, Chris and Elaine Hadidiacos' home in Rockville, MD. (See address and directions to the Hadidiacos' below).

In the past, this location has proven to be more festive for our cookie exchange meeting and should help put everyone in a "holiday spirit"! Elaine decorates every room in their home and has an extensive collection of angels!

If you wish to participate in the "cookie exchange" portion of the meeting, please bring 3 dozen or more cookies in a plate or cookie tin and an extra empty plate or tin to put your "take home" cookies in. You can then exchange your cookies for the same number of assorted cookies that other participants have brought. Of course, home baked cookies are always preferred. We usually have enough cookies for tasting and for bringing home, so unless you plan to consume more than a few cookies at the meeting, you needn't count those against the number you bring back home with you.

Please RSVP if you plan to attend to Elaine Hadidiacos: elainetenor@hotmail.com or 301.340.1372.

Directions to Hadidiacos' residence: 16 Farsta Ct., Rockville, MD. 20850 (park anywhere on the street)

FROM I-270 South:

1. Head north on I-270
2. Take exit 5—Falls Rd.
3. Bear right onto Maryland Ave. towards Rockville
4. At the light turn right onto Potomac Valley Rd.
5. At end, turn right onto New Mark Esplanade
6. Take 2nd. Right onto Scandia Way
Immediate left onto Farsta Court to #16 at end of Cul-de-Sac

FROM I-270 North:

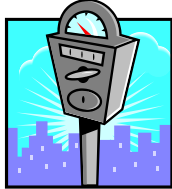
1. Head south on I-270
2. Take exit 5 –Falls Rd.
3. Bear left at fork towards Rockville
4. Go diagonally across Falls Rd.
5. At the light turn right onto Potomac Valley Rd.
6. At nd, turn right onto New Mark Esplanade
7. Take 2nd. Right onto Scandia Way
Immediate left onto Farsta Court to #16 at end of Cul-de-Sac

FROM MD-355 SOUTH:

1. Head north on MD.-355/Rockville Pike
2. Turn left at MD-28/East Jefferson Street
3. Turn left at MD-189/Great Falls Rd. (go approximately 0.7 miles)
4. Stay in left lane at the light to go across Maryland Ave. onto Potomac Valley Rd.
5. At end, turn right onto New Mark Esplanade
6. Take 2nd. Right onto Scandia Way
Immediate left onto Farsta Court to #16 at end of Cul-de-Sac

Sugarloafer Monthly Meetings (November 2011—January 2012)

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
November 8			
Dec 13 - other location			
Jan 21 (annual luncheon/ banquet) - other location			
Feb 14			



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 (November 2011—January 2012)

Dinners are the last Tuesday of the month.

ALL Sugarloafers are welcome to come to our monthly dinners. Meet and visit with club members. Enjoy a delicious dinner! Please contact the POC to make your reservation.

WOMEN'S DINNERS—begin at 6:00 p.m. except the Nov/Dec meeting which begins at 6:30 p.m.

December 6 Nov/Dec com- bined men's & women's dinners	Zio's Italian Restaurant , 9083 Gaither Road Gaithersburg, 301-977-6300 www.ziosrestaurant.com	Nov/Dec - Rose Ann Nichols, 301.926.2952, rosieambles@aol.com
January 21 (Saturday)	Annual Luncheon — Saturday—see details elsewhere in this newsletter	Jan - Martha Pedersen, 301.987.5895, martha_pedersen@hotmail.com
February 28	Baronessa Italian Restaurant , 1302 E. Gude Drive, Rockville 301-838-9050 www.baronessarest.com	Feb - Carolyn Petruzzelli, 301-933-3054

MEN'S DINNERS—begin at 6:30 p.m.

December 6 Nov/Dec com- bined men's & women's dinner	Zio's Italian Restaurant , 9083 Gaither Road Gaithersburg, 301-977-6300 www.ziosrestaurant.com	Nov/Dec - Steve Nichols, 301.921.6316, stevennichols@gmail.com
January 21 (Saturday)	Annual Luncheon — Saturday—see details elsewhere in this newsletter	Jan - Martha Pedersen, 301.987.5895, martha_pedersen@hotmail.com
February 28	Red, Hot & Blue , 16811 Crabbs Branch Road, Derwood, 301.948.7333, (Grove Shopping Center off of Shady Grove Road) http:// redhotandblue.com/maryland/gaithersburg.htm	Feb - Tony Laing, Laingat@gmail.com

Change in Box Tender for Rock Creek Park YRE

Jone Parr

Verk Eubanks has been our Rock Creek Park YRE Box Tender for many years, and has decided to retire. He has done a super job of keeping the start box supplied, making deposits, doing the quarterly updates, etc. He did his job quietly and efficiently while no longer a walker. Thank you for your years of service to the Club. We will miss you, Verk.

Alice Filemyr has agreed to become our new Box Tender for the Rock Creek YRE. She lives nearby and welcomes the opportunity to walk to Caribou Coffee and check on our box. I know she will do a great job. Many thanks for volunteering to help us, Alice.

In Memoriam

Jim Hathaway

Ellen Wilson, wife of Ken Wilson, died recently after a long illness. Ken is the state treasurer for the MVA. Cards can be sent to Ken at 7804 Buttermere Lane, Bethesda, MD 20817. Contributions can be sent to Second Chance Pet Adoptions, 6003 Chapel Hill Road, #133, Raleigh, NC 27602. Burial will be at Arlington Cemetery on Tuesday, November 8, 2011, at 9:00 a.m.

International Walker Does DC/Zoo Volksmarch

Mr. Jan Jorgensen, a walker from Norway, completed our D.C. National Zoo Volksmarch in September. He left a short biography with his start card. Mr. Jorgensen has completed the Walk in 50 States program twice. Our walk was the last one he needed to complete his second tour of our 50 states. He used to complete 20K to 135K non-stop walks. Due to injuries, he is now limited to volksmarches of 5K to 18K.

Mr. Jorgensen claims to be the only Norwegian to walk all 50 states twice.

Want to Share a Recent Walk Experience With Other Sugarloafers?

Did you have a great experience on one of our volksmarches? Did you walk a volksmarch offered by another club and you want to tell everyone about it? Submit an article to *The Sugarloafer*! Email your article 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. Articles can also be mailed to Martha Pedersen, 16 Mills Road, Gaithersburg, MD 20877.1925.

Sugarloafer Sanctioned YREs (2011 & 2012)

Location (YRE Number)	Distance	Start Point	Point of Contact Phone/ Email
Rock Creek Park (Y0887)	5/10/11/12/20 km	Caribou Coffee Rockville, MD	Alice Filemyr 240.753.0009 Alice.filemyr@gmail.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
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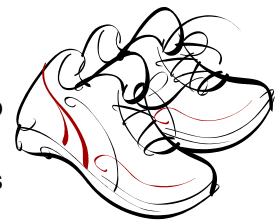
Articles should be submitted by email to
Martha Pedersen, Newsletter Editor at
martha_pedersen@hotmail.com.

Deadline for the February/March/April issue is
January 15, 2012
Submissions accepted anytime.

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
Janis Wolford	Secretary	301.421.1150
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 November 2011 – January 2012

Date	Location	Contact	Sponsoring Club
November 2011			
05	Elkridge, MD Patapsco Valley State Park	John 410.290.6510 johndye@comcast.net	Columbia Volksmarch Club
05	Newport News, VA Newport News Park	Diane 757.890.9220 walkingtheusa@gmail.com	Peninsula Pathfinders
06	Fort A. P. Hill, VA	Paul 540.455.0772 paul.farrow@us.army.mil	Germanna Volkssport Association
11/13	Gettysburg, PA Haunted Gettysburg Weekend	Tom 717.677.6511 ywrw@hotmail.com	York White Rose Wanderers
11/13	Gettysburg, PA Haunted Gettysburg Weekend	Tom 717.677.6511 ywrw@hotmail.com	York White Rose Wanderers
11/13	Gettysburg, PA Haunted Gettysburg Weekend	Tom 717.677.6511 ywrw@hotmail.com	York White Rose Wanderers
12	Gaithersburg, MD Seneca Creek State Park Night Walk	Jone 301.926.8580 Jone.P@comcast.net	Seneca Valley Sugarloafers
12	Gettysburg, PA Swim	Tom 717.677.6511 ywrw@hotmail.com	York White Rose Wanderers
12	Ortana, PA Adams County Winery	Tom 717.677.6511 ywrw@hotmail.com	York White Rose Wanderers
19	Baltimore, MD Gwynns Falls/Leakin Park/Dickeyville	James 443.504.5552 farleyfam@comcast.net	Baltimore Walking Club
December 2011			
03	Alexandria, VA Holiday Walk	Tom 703.765.3128 tbaerwal@nsf.gov	Washington DC Area VM Club
08-30	Kensington, MD	Maribeth 301.946.5496 gammie0612@verizon.net	Seneca Valley Sugarloafers
09/10	Williamsburg, VA Night Walk	Annette 757.766.3065 ahtollett@yahoo.com	Peninsula Pathfinders
09/11	Williamsburg, VA Swim	Annette 757.766.3065 ahtollett@yahoo.com	Peninsula Pathfinders
10	Eastport, MD Annapolis Lighted Boat Parade	Marie 410.867.7511 littlewalker1@comcast.net	Annapolis Amblers
10/11	Williamsburg, VA	Annette 757.766.3065 ahtollett@yahoo.com	Peninsula Pathfinders
12	Columbia, MD CVC Holiday Walk & Party, Night Walk	John 410.290.6510 johndye@comcast.net	Columbia Volksmarch Club
17	Washington, DC Christmas in DC	Annette 757.766.3065 ahtollett@yahoo.com	Virginia Volkssport Association
17	Fredericksburg, VA Night Walk	Gary 540.842.8094 garysc2502@verizon.net	Germanna Volkssport Association
18	Springfield, VA	Bob 703.455.1878 rmcmamc@aol.com	Northern Virginia Volksmarchers

30	Baltimore, MD Christmas Lights & Neighborhoods of	Sue 410.252.3165 suethewalker@verizon.net	Baltimore Walking Club
31	Columbia, MD Memory Walk for Volunteer Bill Kugler (event #89894)	Linda 410.437.2164 wahasse@ix.netcom.com	Freestate Happy Wanderers
31	Columbia, MD Memory Walk for Volunteer Bill Kugler (event #89893)	Linda 410.437.2164 wahasse@ix.netcom.com	Freestate Happy Wanderers
31	Smithfield, VA	Ken 757.490.9324 536_kle@netscape.com	Gator Volksmarsch Club

January 2012

01	Columbia, MD Memory Walk for Volunteer Bill Kugler (event #89896)	Bill 410.437.2164 wahasse@ix.netcom.com	Freestate Happy Wanderers
01	Columbia, MD Memory Walk for Volunteer Bill Kugler (event #89895)	Bill 410.437.2164 wahasse@ix.netcom.com	Freestate Happy Wanderers
01	Smithfield, VA	Ken 757.490.9324 536_kle@netscape.com	Gator Volksmarsch Club
14	Cabin John, MD C&O Canal, Carderock	Jone 301.926.8580 Jone.P@comcast.net	Seneca Valley Sugarloafers

February 2012

25	Baltimore, MD (event #92357)	Frank 410.592.3171 fkupres@comcast.net	Baltimore Walking Club
25	Baltimore, MD (event #92358)	Frank or Marie 410.592.3171 fkupres@comcast.net	Baltimore Walking Club

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

The Seneca Valley Sugarloafers Volksmarch Club is turning 25!

You're invited to celebrate at our annual member lunch and business meeting. We have some special favors and door prizes to kick off our anniversary year.

Who: All Seneca Valley Sugarloafer members and their guests are invited.

Location: Romano's Macaroni Grill, 211 Rio Boulevard, Gaithersburg, MD 20878 (phone 301.963.5003)

Date: Saturday, January 21, 2012

Time: Lunch service begins promptly at 11:30 a.m. You can arrive as early as 11:00 a.m.

Menu: You will be able to select your salad and entrée from a special menu. A number of pasta, chicken, and fish dishes are available. Grilled King Salmon is an additional \$3.00. Their wonderful rustic bread and dipping oil is included.

Cost: The cost per person is \$26.25. There is an additional \$3 per person charge for salmon. Cash bar.

Deadline: Reservations must be received by Saturday, January 14, 2012. Seating is limited to 70 so reserve early to guarantee your seat.

Mail your check and completed reservation form to: Martha Pedersen, 16 Mills Road, Gaithersburg, MD 20877-1925.

Questions? Call Martha at 301.987.5895 or email to martha_pedersen@hotmail.com.

Seneca Valley Sugarloafers Volksmarch Club Annual Lunch and Business Meeting

Names of attendees: _____

Address: _____

Phone: _____ Email: _____

Number attending: _____

Number of non-salmon lunches _____ times \$26.25 = _____

Number of salmon lunches _____ times \$29.25 = _____

Total enclosed: \$ _____

Mail reservation form and check payable to SVSVC to: Martha Pedersen, 16 Mills Road, Gaithersburg, MD 20877-1925.

Reservations should arrive by January 14, 2012.

Celebrate our 25th Anniversary Sponsor a Sugarloafer Walk in 2012!

To celebrate the 25th anniversary of the Seneca Valley Sugarloafers Volksmarch 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.

In order to update our 2012 YRE walk instructions, please send your sponsorship check with the following form by **November 15th**. If you wish to sponsor a traditional walk later in the year, you can do that up to 2 months before the scheduled event.

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### 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](http://www.sugarloafers.org)

## *The Sugarloafer*

Seneca Valley Sugarloafers

Volksmarch Club, Inc.

P. O. Box 3716

Gaithersburg, MD 20885.3716