



The Sugarloafer

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

Feb—April 2010

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Walk 10 in 2010

Alecia Naugle

The Seneca Valley Sugarloafers are sponsoring this special program to encourage participation in our year-round (YRE) and event walks. Walk 10 (ten) events for IVV credit during the 2010 calendar year and receive an award!! 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 alecianaugle@verizon.net or 301-528-4308 for more information.

2010 Club Events

- March 6**
Bethesda Trolley Trail

- 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**
Agricultural History Farm Park, Derwood

- November**
Moonlight Walk, Seneca Creek State Park, Gaithersburg

- December**
Kensington Holiday Lights (SEASONAL)

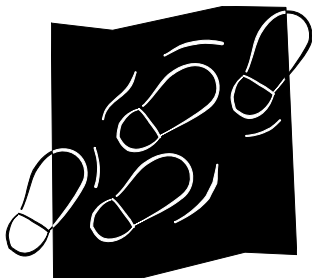
WELCOME TO OUR NEW MEMBERS

Rick Andrews
Victoria Moon
Lester Worch
Judith Gushee
David Eyer
Dennis & Sue Thornton
Amy Spillman

Bethesda Trolley Trail Walk

Jim Hathaway

On March 6th, we will have the new Bethesda Trolley Trail walk. It will start from the Knights of Columbus / Rock Creek Mansion, 5417 W. Cedar Lane, near Old Georgetown Rd., in Bethesda. The Bethesda Trolley Trail is currently under development and new signage has gone up along portions of the trail. The trail will eventually go from downtown Bethesda to downtown Rockville. We will use a portion of the trail which is complete and marked for our walk. Please join us for a walk along this old transportation route.



President's Message

Jim Hathaway



The state of the Sugarloafers is very good. Our membership numbers are stable, volunteering is up, and walks are being established and re-

newed. During

2009, we established new year-round walks at Montgomery Mall / Cabin John Park and Adams Morgan / Zoo. We designed new trails for the Kensington and Historic Rockville events, and we held new events at the C&O Canal/ Greenway Trail in Seneca and at Oktoberfest in Kentlands. We also reviewed and updated most of our continuing year-round walks, including a major overhaul of the Embassy Row walk. It now includes more embassies and more interesting commentary than ever! Since the AVA Special Programs are proving to be so popular, we have noted them in our instructions for all walks.

To accomplish all this we have had excellent support from members of the Sugarloafers who volunteered their time. Our volunteers bring new energy and fresh ideas to the club. Still, we can always use more volunteers. If you

haven't signed on to help with an event, a year-round walk or some other aspect of club activities, I encourage you to do that in 2010. I think you'll find it is a good way to meet new people as you are helping the club. And, I encourage you to attend our monthly meetings.

Having fun as we walk has always been a Sugarloafer goal. And we surely did have fun on our co-sponsored Tater Tours trip to Boston in September. So, we are again planning with Tater Tours for a trip to the North Carolina coast in May, 2010. Would you like to join us ?

We tried a different kind of club picnic last fall. We had a Brown Bag Picnic in the beautiful park during our group walk on the Cabin John Park YRE trail. Club members liked this, and we're planning another one for this year.

As we enter 2010, the club has exciting new walks and projects underway. Our "Walk 10 in 2010" program has been launched. Be sure you get a free book and do 10 of our walks this year... (that's 1 Sugarloafer walk per month). We

have three new events already underway: Bethesda Trolley Trail on March 6th, Downtown Silver Spring on June 12th, and Blockhouse Point Park at the C&O Canal on July 17th. Plans are still forming for a new trail at the Agricultural History Farm in Derwood and for new events in the Somerset area of Bethesda and in Kensington for Holiday Lights. In addition, the Sugarloafers have applied to sponsor our own AVA Special Program.

In 2010, there will also be an Atlantic Region Conference in Annapolis on March 19-21. In connection with the conference, there will be several walking events. Since Annapolis is within easy driving distance, I would encourage you to attend the conference and / or the walking events.

I look forward to a very productive year for our club. I hope you will join me in making it happen.

YRE Discount Coupons

\$30/sheet with 12 coupons per sheet

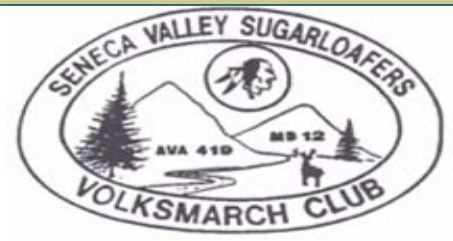
Contact Faye Foote (301-598-5251)

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

Kenwood Cherry Blossoms and Spring Flowers Trail

Jim Hathaway

The Kenwood Cherry Blossoms trail will be changed this year to include an optional 1km walk to pass Fort Sumner. This will allow the people who are doing the Forts special program an opportunity to walk past the location of a Civil War fort. The dates have also been extended this year so that you can walk it once to view the cheery blossoms and again in a few weeks to observe the dog woods, azaleas and other spring flowers.



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 Aleciاناugle@verizon.net.

Deadline for the May/June/July issue is April 15, 2010.

Jim Hathaway	Pres	3 01-229-1356
Carolyn Thurber	VP (Temporary)	301-926-0915
Jone Parr	VP (Temporary)	301-926-8580
Maribeth Evans	VP (Communications)	301-946-5496
Judy Sholes	Sec	301-948-1462
Earle Young	Treas	703-525-7434

Moonlight Walk at Seneca Creek State Park

Jone Parr & Kevin Shaw

Do you remember the weather on Sunday, Nov. 1? Well, it rained until about 2pm. But after that it turned out to be a very pleasant evening for walking at Seneca Creek State Park.

By the start time for our Bill Larson Memorial Moonlight volksmarch, it was very cloudy. Our walkers who enjoyed the park roads trail did get an occasional glimpse at the bright full moon.

Again this year Kay Hoffman, Volunteer Ranger at Seneca, graciously offered to be the Ranger-On Duty at the park for our walk. 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 goodies and apples for sale. It was so nice to see the walkers taking time afterwards to sit, eat, drink, and visit.

THANK YOU to our delicious baked goodies and apples contributors: Brigitte DeHart, Pat Giesecke, Jeannette Penner, Faith Matway, Valerie Pabst, Ed Branges, Maribeth Evans, Carolyn Petruzzelli, Lee Powell, Jackie Johnson, Sandy Kahn, Marsha Garil, Missie Plotkin, and Hester Lehnert.

And **MANY THANKS** to our event volunteers: Carolyn Thurber, Joe Ginther, Pat Astill, Yvonne Pennington, Jim Hathaway, Heather Coxon, Faith Matway, Ed Branges,

Lee Powell, Jackie Johnson, Sandy Kahn, and Ward Parr. We had a most successful volksmarch event !

80 total walkers!!!
 Credit walkers = 57
 Free walkers = 23
 6 km = 37
 10 km = 39
 20 km = 4

Historic Rockville Area Walk

Maribeth Evans

Seems ages ago, but hard to forget with all that rain we had prior to our walking event. Conditions were even iffy on the day of the walk; a little drizzle

at the start, even a bit chilly, but by late morning, we actually had some sun and no rain...yea!! Our numbers for the event

108 total walkers!!!
 Credit walkers = 87
 Free walkers = 21
 5 km = 13
 10 km = 93
 20 km = 2

weren't too shabby either: 108 walkers & 87 were IVV credit...yea again!!

It was a great walk. Rockville is full of history, historic homes and historic sites. And, we need to give a big round of applause to Valerie Pabst, a long time Rockville resident & co-POC. Without

her knowledge and familiarity of the area, this walk wouldn't have gone down the trail — I'd still be looking for a start

point. Thanks to all of the volunteers who came out to (wo)man the posts regardless of the weather. They provided fun and fellowship and are always there when we need them.

An extra big thanks to those who helped with putting up and taking down our tent/canopy...a real challenge! Note to self: read directions carefully.

Thanks again, fellow Sugarloafers and hope to see you on the trail soon.

2009 Sugarloafer YREs

Jone Parr

Over 1200 walkers enjoyed our Sugarloafer Year-Round Events in 2009! That is a 30% increase over 2008.

In 2009, we added the YRE at Montgomery Mall with an inside trail and with an outside trail to Cabin John Park. Also the new Adams Morgan trail added interest for the Zoo YRE.

As you walk our YRE trails this year, remember to stamp your special Sugarloafer program book "Walk 10 in 2010."

YRE	2008 Totals	2009 Totals
Y1539 - Montgomery Mall /Cabin John Park	-----	229
Y1367 - Lakeforest Mall	88	120
Y0889 - Montgomery Village Lakes	129	127
Y0339 - Seneca Creek State Park	81	101
Y0887 - Lake Needwood	130	120
Y0888 - Parklawn	76	64
Y1167 - Sligo Creek Park	88	98
Y0552 - Zoo & Adams Morgan	137	181
Y0553 - Embassy Row	104	90
Y1395 - Georgetown	88	72
Totals	921	1202

Winter Walk on the C & O Towpath

Jone Parr

Our Sugarloafer Volksmarch on the C & O Towpath at Carderock on Sat., Jan. 16, was enjoyed by 102 walkers !

What a difference a year makes! It was 30 degrees warmer than last year...with temps in the low 50s.

The trail went downstream (south) to Locks # 14 - # 8, the "Seven Locks" area. These Locks had swing gates and drop gates with the old gear mechanisms still in place. And three of the Lock Houses were still standing. The walkers discovered this to be an interesting sec-

tion of the towpath, with many scenic Potomac River views along the way.

MANY, MANY THANKS !! to each of our volunteers: Joe Ginther, Valerie Pabst, Desiree Farve, Carolyn Petruzzelli, Peg Ba-loga, Alison Andrews, Pat Astill, Hester Lehnert,

Yvonne Pennington, Kathy Vasconez, Anita & Ted Barila, Diane White -- and **special THANKS** to Ward Parr.

102 total walkers!!!	
Credit walkers =	89
Free walkers =	13
5 km =	14
10 km =	85
20 km =	3

Sugarloafers' Annual Luncheon

Carolyn Thurber

Our Annual Luncheon theme was "Walk 10 in 2010." Over 60 members celebrated at the Far East Restaurant on January 30. A program of photos of the club's activities in 2009 was available for viewing.

Alecia Naugle welcomed everyone and spoke about the theme. The club is encouraging walkers to do 10 Sugarloafer events or year-round walks in 2010. A free record book is offered to credit walkers. We are expecting that this will generate more interest in our walks.

After the blessing by Bing Inocencio, lunch was served. It was a good fellowship time as we twirled the lazy susans and filled our plates.

Jone Parr gave recognition to all who had walked the Sugarloafer YREs in 2009. She then named the box tenders and thanked them for their service to the club. A special thanks went to Ed Branges who was the YRE Coordinator from 1992 to 2009. Ed helped set up our first YRE at Seneca Creek State Park, then went on to set up others, to monitor the boxes and to oversee all box tenders for our year-round trails.

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

Jone Parr recognized outgoing officers. Earle Young has been Treasurer for six years. Serving for three years are Judy Sholes as Secretary and Lee Powell as Sales Chairman. We are indebted to these people for their service to the Sugarloafers. Jone then gave the Nomination Report and introduced the nominees. Jim Hathaway conducted the election. The following officers were elected and will take office on July 1.

President	Jim Hathaway
Vice Presidents	
Communications	Maribeth Evans
Membership	Carolyn Thurber
Volksmarch Events	Jone Parr
Secretary	Donna Breslyn
Treasurer	Linda Rafats

After the elections, Jone presented volunteer opportunities for club members. We hope that folks will step forward to handle the duties of coordinating Monthly Group Walk Coordinator, Sales Chairman, YRE Coordinator & Literature Chairman.

Jim Hathaway's State of the Club message conveyed enthusiasm about the progress made during 2009 and optimism for 2010. See his President's Message in this issue. Jim introduced Maryland Volkssport Association President Bob Schmick who gave a short talk on volksmarching.

Next, more Door Prize Drawings were conducted by Nadine & Kernan. The club thanks our Door Prize donors: Giant Food, National Philharmonic at Strathmore, Olney Theater, Trader Joe's, Potomac Pizza, Whole Foods, Judy Sholes, Lee Powell, Sugarloafer Volksmarch Club.

Members' Milestones



Events

Diane Arcieri	30
Janet Brown	75
Melissa Plotkin	100
Evelyn Naranjo	450
Paul Sullivan	450
J. Ward Parr	575
Jone Parr	950
Gale Waibel	1500
Dorothy Marshall	1600

Distance (km)

Evelyn Naranjo	4500
Paul Sullivan	4500
Dorothy Marshall	19000

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		
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 (Feb—May 2010)

MONTHLY BUSINESS MEETINGS

Feb 9

March 9

April 13

May 11

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 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 (Feb—May 2010)

MONTHLY MENS DINNERS

Feb 23

March 30

April 27

6:30 PM on the last
Tuesday of the month

Middlebrook Inn
TDB
Zio's

Neil Dorian
Manuel Porres
Tony Laing

MONTHLY WOMENS DINNERS

Feb 23

March 30

April 27

6:00 PM on the last
Tuesday of the month

Thai in Germantown
TDB
TDB

Marcia Garil
Kathy Vasconez
Faith Matwey

Tater Tours & Seneca Valley Sugarloafers are co-sponsoring a bus trip along the North Carolina coastline from Friday, May 14 to Monday, May 17. We'll drive from Maryland straight to North Carolina for a YRE in New Bern, NC then spend two nights at Sheraton Hotel in Atlantic Beach. On Saturday, it's a short drive to walk in Beaufort, a historic waterfront district & in the afternoon, we walk the YRE in Morehead City. On Sunday, it's another short drive to Pine Knoll Shores for a quiet nature walk through the Roosevelt Nature Preserve & in the afternoon, we'll tour the Battleship USS North Carolina in Wilmington. We'll spend one night at the Fairfield Inn & Suites in Wilmington. On the last day we'll do the Wilmington YRE that's along the waterfront & out to the Cape Fear Museum. Make your reservations early !! Visit www.tatertours.com for more details.



Atlantic Region Schedule — Selected Local Events (Feb—April 2010)

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

Date	Sponsoring Club	Event Location	Contact Phone
Feb 20	Freestate Happy Wanderers	Vansville, MD (Vansville Community Center)	301-572-5574
Feb 27	Baltimore Walking Club	Baltimore, MD (DuBurns Arena)	410-592-3171
March 6	Seneca Valley Sugarloafers	Bethesda, MD (Knights of Columbus)	301-229-1356
March 19— May 15	Seneca Valley Sugarloafers	Bethesda, MD (Kenwood Cherry Blossoms and Spring Flowers SEASONAL)	301-229-1356
March 19-21	ATLANTIC REGION CONFERENCE	Annapolis, MD	410-960-6226
March 19	Maryland Volkssport Association	Annapolis, MD (Doubletree Hotel)	
March 20	Maryland Volkssport Association	Annapolis, MD (Doubletree Hotel)	
March 21	Columbia Volksmarch Club	Savage, MD (Savage Park)	
April 10	Baltimore Walking Club	Baltimore MD (The Rotunda)	410-252-1573
April 17	Freestate Happy Wanderers	Laurel MD (Fairland Regional Park)	301-572-5574
April 24	Loudoun Walking & Volkssport Club	Leesburg VA (St John the Apostle Parish Center)	703-737-2175

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

Our Atlantic Region Conference is being held in Annapolis on March 19 -21. This will be a fun weekend of walks, workshops, a business session, several social gatherings and dinners based at the Doubletree Hotel. Won't you plan to come for all or part of it ? For more information: www.ava.org/clubs/reg_atlantic/index.htm

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

P.O. Box 3716
Gaithersburg, MD 20885-3716

The Sugarloafer
Seneca Valley Sugarloafers
Volksmarch Club, Inc

