

Chargin' Charlie

August 2017

President's Message

This is a first for me. I have never been a president before. But it has not taken very long for me to appreciate how much I depend on others.

Throughout my life I have heard that "many hands make light work." This is especially true in a volunteer organization like ours. We do this because we love to walk, we love the sights and the people we meet. We love the sense of accomplishment we have when we realize we've walked 100 or 1,000 kilometers.

My thanks to our past President Pat Hyland for giving me a jumpstart and patiently answering my many questions.

I am lucky because I am blessed with so many seasoned members who know exactly what to do. We have knowledgeable officers to manage our money and record our history. NVV has experienced trailmasters who take the time to develop quality 5 and 10K courses and prepare clear directions. We also have individuals who are willing to bite the bullet and prepare brochures, manage the storage site and supplies, handle correspondence, update our website, and write monthly newsletters. Don't forget the thankless job of collecting dues and updating the membership roster.

We have eight year-rounds and a seasonal in West Virginia. Our points of contact have already proven their reliability, providing second quarter data quickly and efficiently.

Our new vice president is enthusiastic and eager to contribute.

And I left the biggest for last. We have a number of members who consistently volunteer at traditional events. You are the face of Northern Virginia Volksmarchers to the world and you are the best.

So, thank you.

Helen Garamone

Call for volunteers--Remember the name

It won't be long before Jack Jeter, our new vice president, will start making calls to recruit volunteers for the Burke Lake Oktoberfest /Fort Belvoir Oktoberfest walks.

I know there's a few of you out there who try to avoid telemarketers by not answering your phone if you do not recognize the caller's name. Please answer if Jack Jeter calls. He's one of the good guys.

Next meeting

The Northern Virginia Volksmarchers will next meet at the Art Room in Daniels Run Elementary School, 3705 Old Lee Hwy, in Fairfax on September 11. The meeting starts at 7:30.

Thought for the month

"Sitting has become the new smoking."

James A. Levine
Mayo Clinic

Upcoming walks

Maryland

Aug 12 Odenton Start 7:30-10 a.m.
POC: Deb Peak, 410-695-1031

Aug 16 Greenbelt Night Walk, Start 4 - 5:30
POC: Yvonne Pennington, 301-431-6668

Aug 19 Savage Start 8:30 - noon
POC: Bill Hassell, 410-437-2164

Sept. 2 Greenbelt 30th Anniversary Celebration Start 10
a.m.- 2 p.m.
POC: Yvonne Pennington, 301-431-6668

Sept 9 Columbia (Owen Brown) Start 7:30 - 9 a.m.
POC: John Dye, 410-290-6510

Sept 10 Laurel 9/11 Commemorative Event NEW TRAIL Start 9
a.m. - noon
POC: Phil Wilder, 301-717-3604

Sept. 20 Greenbelt Night Walk Start 4 - 5:30 p.m.
POC: Yvonne Pennington, 301

Sept 24 Annapolis Start 8 a.m. - Noon
POC: Diane Messer, 410-224-0907

Sept 30 Frederick Start 9 a.m. - Noon
POC: Yvonne Pennington, 301-431-6668

Virginia

Sept 16 Burke Lake Start 8 a.m. - 1 p.m.
POC: Susan Brown, 703-644-0189

Sept 23 Lovettsville Start 8 a.m. - Noon
POC: Bob Wright, 703-737-2175

Sept 30 - Oct 1 Fort Belvoir Start 10 a.m. - 2 p.m.
POC: Kristin Mayer, 703-805-2394

Oct. 7 Fredericksburg Start 8 a.m. - 1 p.m.
POC: Paul Farrow, 540-455-0772

The Last Word

About five years ago, Helen and I went to Yellowstone National Park for vacation. I actually had mixed emotions about it. This was not because I didn't want to see the

sights of that one-of-a-kind ecosystem, but because I don't like crowds, and I figured the place would be packed.

My brother-in-law told me not to worry, as most people seldom went more than a quarter mile from their cars.

He was right. We hiked all over the park and once we got a half-mile away from a road, we had the place to ourselves. We saw some amazing sights and animals in perfect peace.

I have noticed since then that this happens almost everywhere we go, most recently on a volksmarch on the Appalachian Trail in Maryland. There were a lot of people near the parking area, but not so many two miles in.

We saw it on our recent trip to Iceland. Huge numbers of people at the trailhead, but fewer and fewer the farther we went along the trail.

It's not that I don't like people. I do. But after working all week in a place with 25,000 other people, sometimes I like a bit of quiet.

And walking, hiking, volksmarching allows me to get that quiet. It allows me to slow down and unwind.

It's fun. I'm away from the madding crowd. Plus I really feel I've earned that beer at the end.

See you on the trail.

Deadline for the next issue is August 23.

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