

Chargin' Charlie

November 2017

President's Message

I've noticed a significant difference between my friends that volksmarch and those that could, but choose not to exercise regularly. The folks I meet on the trail are not just more active; they act and think younger. They seem more able to adjust to a constantly changing world. They travel, they stay in touch via email, they enjoy meeting new people.

My friends that choose a more sedentary lifestyle tend to talk more about their health and their upcoming doctor appointments. They buy Trackphones they never use. They spend entirely too much time alone.

Please note, I am talking about people who have a choice: Not everybody does.

The Washington Post recently touted the physical benefits of walking. But that's only half the story. Equally important, in my view, is the mental/emotional benefit. Walking stimulates energy-producing chemicals that brighten our world. Volksmarching offers a double whammy--the unique combination of walking and the opportunity to mix with fun, positive people in a social environment.

Sadly, not everyone has the same abilities as they age. But volksmarching embraces all kinds of people. Can't walk the distances you used to? We offer a 5K option at almost all walks. Can't walk anymore due to an injury or handicapping condition? We welcome you to our registration table, our holiday dinners, and our meetings. We also try to offer wheelchair-friendly trails.

So stay young in thought, word, and deed. Enjoy life with us and the many walk opportunities in this area.

Helen

Minutes October 16, 2017

President Helen Garamone called the meeting of the Northern Virginia Volksmarchers to order at 7:30 pm at Daniels Run Elementary School. Present: Karen Plott, Bonnie Recore, Jack Jeter, Susan Jeter, Jennifer Hall, Steve Brown, Susan Brown, Jim Garamone.

The minutes from the last meeting were accepted.

Treasurers report: Two major expenses were the storage unit and website. Total payout was \$448.19.

Membership: Two new members are Helen Pennington from Fort Belvoir and Jennifer Hall from McLean.

Notable walks: Bonnie really enjoyed the Fredericksburg walk. Jack and Sue hit the Havre de Grace, Md., Oktoberfest walk and enjoyed it.

Reports: The Burke Lake Oktoberfest September 16 had more than 100 participants. Hooray to the Browns and all other volunteers for their efforts. The Fort Belvoir Oktoberfest walk September 30 had 222 walkers. Bob McLean sold \$170 of NVV merchandise at the walk!

Helen gave an update on the Atlantic Region Conference in March 2018. It will be out near Dulles and a number of clubs are combining to make it a success. Two walks are already set in Ashburn and Leesburg.

New business: The Holiday Party will be at Cedar Knoll Restaurant 6 pm, December 17. Attendees are encouraged to walk the Dyke Marsh year-round earlier that day. The start point is an easy five miles down the George Washington Parkway.

Spring Walk - The club will explore the possibility of the Spring Walk being at Vint Hill, Virginia.

Helen briefed on the results of the Virginia Volkssport Association meeting. The new officers, who are expected to take office in December, are: Chris Kelly-president, Sandy Coughure-VP, Celia Miner-secretary, and Jim Geith-treasurer.

The AVA has recommended walk directions include phone numbers for emergency and non-emergency assistance. They also want to include a new graphic in the directions saying they can only be used with a signed AVA waiver.

Helen said Dee Grenier, of the Freedomfest Walk, approached her to see if the club was interested in sponsoring walks for two days for the Olympiad in 2021. It looks good for the United States to get the Olympiad. It will be the first Olympiad in the States.

This is a five-day event drawing walkers, bikers and swimmers from all over the globe. Steve and Sue Brown attended the Olympiads in Italy and Germany, and said these are huge affairs requiring detailed planning and lots of personnel. Traditionally thousands of walkers participate. The next Olympiad is in 2019 in Provence, France.

The Browns argued - and the club agreed - that doing two days worth of walks would be too much for the organization. The club did agree to set up three walks (five, 10 and 20 kilometers). The Maryland and Virginia Volkssport Associations will also support the event, with the Freedomfest in the lead. All this is contingent on the IML awarding Washington the Olympiad.

The next meeting is Monday, Nov. 13 at Daniels Run Elementary School in Fairfax.

Helen adjourned the meeting at 8:25pm.

Submitted

Jim Garamone, acting secretary

Atlantic Region Conference

One way the upcoming Atlantic Region Conference will keep costs down is to hold a Silent Auction. Please keep this in mind as March 2018 approaches. Volksmarchers love to browse and any sale is a win! See Pat Hyland for more information.

#OptOutside

NVV is holding a group walk at our Springfield- South Run Recreation Center on Black Friday, Nov. 24. The idea behind the program is to get Americans out of the stores and doing something physical. REI is putting its money where its mouth is and closing all its stores on Black Friday - the biggest shopping day of the year. They want their employees to enjoy the day with their families outside, not in stores.

The plan is to meet at 10 a.m. and enjoy several hours of the outdoors. We are one of many clubs holding events in support of the REI #OptOutside program. Hope you can make it!

Welcome!

We are delighted to welcome two new members to the club!
Helen Pennington, Fort Belvoir and Jennifer Hall, McLean.

Upcoming events

Walking with the Bald Eagles - Darlington, Md., Nov. 18.
The walk is along the old Philadelphia Electric Rail Trail along the Susquehanna River. Fishing Pavilion at Conowingo Dam, Shures Landing Rd., Darlington, MD 21034. 8-noon. POC: www.baltimorewalkingclub.com

Annapolis Lighted Boat Parade Walk Dec. 9. Annapolis Athletic Club, 12 pm till 2pm, finish by 5pm. 1031 Bay Ridge Avenue Eastport Shopping Center Annapolis, MD 21403. POC: www.annapolisamblerswalk.com

New Year's Eve, New Year walks at Savage, Md. - Dec. 31 and Jan. 1. Four 5K loops. Trails are on sidewalks, paved paths and natural wooded areas in and near the Savage Mill Historic District. sign in between 8:30 AM to 1 PM and finish by 4 PM. Faith Ministry Center, 9050 Baltimore St. on corner of Foundry and Baltimore St. www.mdvolks.org/freestate/

Williamsburg Christmas Day and Night Walks at Colonial Williamsburg. Start point: The Best Western Hotel (formerly Clarion) 351 York Street, Williamsburg, VA. Dec. 8-9. POC: peninsulapathfinder.org

Holiday Lights Walk - Fredericksburg, Va. Dec. 16, 3-5 pm. Start/Finish: Spencer Devon Brew Pub, 106 George St Fredericksburg, VA 22401. POC: Sharon Vines gvasurveyors@gmail.com.

Quotation

"Me thinks that the moment my legs begin to move, my thoughts begin to flow." Henry David Thoreau