

Chargin' Charlie

October 2017

From the President

My dad owned a car. But he chose to walk to work, walk home for lunch, walk back to work, and walk home every day. This was probably four to five miles each day. Rain, snow or shine; he walked.

His lifestyle was not typical for his time and place. One day, his boss pulled him aside and asked if anything was wrong at home. To his boss, that was the only reasonable explanation for why someone would spend that much time walking.

No, he truly walked for the joy of it.

There are myriad health benefits from walking. But they were not promoted as much in my dad's day and that was not his motivation. He simply enjoyed it.

But the health benefits made a difference in my dad's life. He survived a stroke that should have killed him because he had such a good cardiovascular system from the walking.

I'm not my dad. I love walking, but I don't love the heat and humidity of summer or the cold of winter. I always look forward to the fall season.

You can't beat the October weather for walking. You're not sweating, you're not cold and you have the beauty of changing leaves. If I had my way, October would last 60 days.

Let's take advantage of the season and have some fun. Do your health a favor at the same time! Enjoy one of the many walking events in the D.C. metropolitan area.

See you on the trail.

Helen Garamone

Thanks, Jack!

While Jim and I were eating lobster and gallivanting around Canada's maritime provinces, Jack Jeter stepped into the breach and handled the September meeting, Burke Oktoberfest, and Belvoir Oktoberfest walks seamlessly. Thank you, Jack. You did a great job.

NVV meeting date change

Our next meeting has been postponed a week due to Columbus Day. Please mark your calendar for Monday, Oct. 16. Our meetings are held at Daniels Run Elementary School, 3705 Old Lee Highway, Fairfax, at 7:30 in the art room. Easiest way to find the art room is to enter the front door and turn left. Hope you can make it.

Changes in Falls Church Walk

The U.S. FreedomWalk Club is sponsoring a three-month seasonal at Falls Church starting Oct. 1. After Oct. 16, construction may change the route of the 10-km trail.

The 5 km route should avoid any known construction projects.

Volunteers are our heart

Northern Virginia Volksmarchers cannot put on events without support from our members. Thanks to all who volunteered for the very successful effort at the Burke Oktoberfest and the Fort Belvoir Oktoberfest.

The volunteers were: Linda Wilkinson, Paul Hancq, Bob and Monika Holt, Pat Hyland, Kristin Mayer, Hwan Yu, Susan and Jack Jeter, Mary Lowe, David Ackerman, Ralph and Sandy Koontz, Bonnie Recore, Roy and Margaret Wagner, Steve and

Susan Brown, Rebecca McKay, Barry and Karen Plott, Ralph and Sandy Koontz, Angel Sizemore, Jim Truscott, Roy Wagner, Linda Wilkinson and Helen Garamone.

A special shout-out to Bob McLean who brought supplies and worked countless hours.

Awards

The overachievers this month are Helen Garamone with 1,450 Events and Karen Plott at 18,000 kilometers. That's the equivalent of walking from here to Beijing and back, Karen. Good job!

Upcoming events

16th Annual FreedomWalk Festival - Arlington, Va. Oct. 13-15. Ten walk trails, a swim, and a bike. Holiday Inn Rosslyn at Key Bridge. POC: Dolores Grenier - 703 209-0174.

Havre de Grace Oktoberfest, Havre de Grace, Md., Hutchens Park Oct. 14, 10 a.m. POC: Susan Osborn - 410 272-2654.

Thought of the month

"Find peace inside ... by going outside."

Unknown

The Last Word

People don't speak to each other anymore and at the risk of sounding like a crotchety old man, I have to say I miss it.

At work, I can't tell you how many times a contact told me "Just IM me." Or "Just send me an email."

I'm in a newsroom, and the phones don't ring. The new generation of reporters does everything via instant messaging or e-mail. They seldom reach for the phone or - God forbid - actually talk to someone face-to-face.

I see it on the Metro. The ride from Huntington Station to the Pentagon is like a morgue: Everyone has their noses

buried in the iPhones. If you run into an old friend on Metro and start talking, you get dirty looks from the other passengers.

I miss conversation. I miss not being able to pick up the nuances of voice or gestures. Trust me when I tell you that sarcasm doesn't translate well on instant messaging.

It's one reason I like volksmarching. People speak to each other during a walk. They comment on the scenery, the rating of the walk, the club they belong to or just the events of the day. The conversation helps the miles flow.

It helps us connect with each other.

Maybe if Americans did more of that, there would be fewer problems.

Garamone

September 11, 2017 - Meeting Minutes

The meeting was called to order by Vice President Jack Jeter at 7:30 p.m. Members present were: Karen and Barry Plott, Jack and Susan Jeter, Bonnie Recore, Margaret and Roy Wagner, Sandy and Ralph Koontz, Pat Hyland and Bob McLean.

Minutes – Minutes from our June meeting were approved.

Interesting walks – The Plotts reported on an interesting walk in Culpepper, Va. Bonnie Recore walked in Frederick, Md. Sandy Koontz reported that a club in Tacoma, Wa. had “social walks” to build interest in our sport. She also reported that she posted photos from her Six Ponds YRE trail and got a terrific response. She encouraged others to promote their walks this way too.

Treasurer’s Report – Treasurer Barry Plott reported that all of our walks are currently in the black and that there is surplus in excess of \$600.

Corresponding Secretary – Karen received the usual year round walk cards and revenue.

Membership – There are currently 27 paid households.

Year-round Events – There were no reports.

Newsletter – Items for the newsletter should be sent to Jim at jimgaramone@yahoo.com.

Website – Use the following email for correspondence and pictures for Roy Wagner: nvv@scenicroutes.us. Our website now contains the club’s name: Northern Virginia Volksmarchers. Anyone using the former address will be routed to the site.

Old Business – The Oktoberfest at Burke Lake was a success. It drew 102 walkers: 75 paid and 27 free. Some donations were received and sales included 3 club t-shirts.

Barry Plott has created a walk in Cacapon Resort State Park , WV. He encouraged members to walk it.

Pat Hyland gave a report on where we are with planning the Atlantic Regional Conference in March. Some progress has been made.

New Business – There was a question concerning whether or not the club provided address labels for YRE start box envelopes. Each person in charge of a box provides them and the address can be handwritten etc.

There was a brief discussion regarding whether or not NVV would like to make an offer to run the Scottish Walk in 2018. Most members thought it was a great walk and a good idea if a start point other than the library which is currently being used could be found. Parking at the library is a problem.

It was announced that there will be a VVA meeting on September 30 during the Ft. Belvoir Oktoberfest. NVV support for the walk is still needed.

Our next meeting will be October 16, 2017.

The meeting adjourned at 8:20 p.m.

Respectfully submitted,

Pat Hyland, Acting Recording Secretary