

# THE COMPASS

*The Official Newsletter of the Peninsula Pathfinders of Virginia - P.O. Box 7100, Hampton, VA 23666*

Volume 28, No. 11

December 2011

Treasurer's Report – 31 October operating account balance: Given at meetings

## PATHFINDERS NEXT MEETING

Next club meeting: **Wed, March 21, 2012, 7 p.m.**  
Hampton Main Library, 4207 Victoria Blvd. Meetings are held the third Wednesday of the month.

Next board meeting: **Mon, Dec 5, 2011 at 7 p.m.**  
Executive board meetings are held the first Monday of each month at Northampton Library, 936 Big Bethel Road, Hampton. All members are welcome.

## CLUB WEBSITE

<http://www.peninsulapathfinder.org>



Peninsula Pathfinders of Virginia  
AVA & VVA Affiliated



*Fun, Fitness, Friendship*

*"Moving together toward a healthier America"*

## INSIDE THIS ISSUE

1	President Note; Trail Talk
2-4	2012 Dates; Meetings; Club News; VVA Update; Atlantic Update; New Members; Travel Ops; Birthdays; Membership Renewal Form
5	Post-It Page

**Jan Newsletter Deadline:** Please send info to Pam Bowers, email: [pbowers3@cox.net](mailto:pbowers3@cox.net) by Dec 27.

## Note from the Club President

Happy Holidays! Ron and I wish everyone a very happy holiday season. We are looking forward to the club events, Dec 9-11, in Williamsburg. Workers walks will take place Nov 30, at 3 p.m. and Dec 4 at 9 a.m. Please contact Betty Bess at 757-539-0136 (email: [bess13@verizon.net](mailto:bess13@verizon.net)) to sign up

for a shift. We need lots of help! Also, on Friday evening, between 6-8 p.m., stop by the Hospitality Suite at the Clarion and say Happy Holidays. If you can, please bring some cookies to share with other club members and our guests. Thank you!

*Diane*

## Trail Talk

This month we focus on our December walks and swim in Williamsburg. Colonial Williamsburg is decorated for Christmas, so walkers can enjoy both the decorations on the doors during the day and the lights and carolers at night. There are two walks: one a "night" walk and one a "day" walk. We recommend bringing a flashlight for the night walk. The day (10 km) walking trail, rated as 1, will wend through the city and Colonial Williamsburg, primarily along city streets. The night (10 km) and both day and night 5 km trails are rated as 1 and travel primarily through Colonial Williamsburg. Day walkers may start between 8 a.m. and 1 p.m. on December 10 and 11; they must finish by 4 p.m. Night walkers may start between 3 p.m. and 6 p.m. on December 9 and 10, finishing by 9 p.m. All trails are suitable for strollers, wheelchairs, and handicapped. Don't forget we also offer a swim event. Swimmers may start between 3 p.m. and 6 p.m. on Friday and Saturday and between 10 a.m. and 1 p.m. on Saturday and Sunday. The swim must be completed by 9 p.m. on Friday and Saturday and by 4 p.m. on Sunday. If

you have never tried a swim event, I recommend giving it a try. You do not have to be a strong swimmer to complete the event. Many thanks to Annette Tollett for her hard work in putting together these events. Hope to see you at all the events, and don't forget to bring a friend!

### Club Dates for 2012

**Board Meetings:** Mar 7, Apr 4, May 2, June 6, Oct 3, Nov 7 and Dec 5

**General Meetings:** Mar 21, Apr 18, May 16, Sep 12, Oct 17 and Nov 14

**Fun Dinners:** June 20, July 18, and Aug 15

**Events:** April 21-Sandy Bottom; May 12-Chippokes State Park; June 9-Norfolk (OPSAIL ICW Gators); Dec 7-9-Williamsburg

**Picnic:** April 21

**2012 Brochures:** Our April 21, May 12, June 9 and December 7-9 event brochures are now available. Pick up copies at the December events or go to [www.peninsulapathfinder.org](http://www.peninsulapathfinder.org) and click on local calendar for the brochures.

**2012 Year Round Brochure and trail updates:** Look in the January newsletter for updates on our year rounds, to include pictures of some of the new patches. The brochure will be available at the December events.

### Wedding Bells

From Dee Pope and Bob Watkins:  
I plan to marry on 11/11/11. At age 54 this is a large step after 20 plus years of living alone! And to marry a dyed-in-the-wool bachelor of the same age! Both of us spent the majority of our life as a single unit. However, that is not what I wanted to relate to you. We found

each other on a national singles-meet-mates website. We made our first date an AVA sponsored walk at Yorktown. We met at the start box and did the 5k town walk, I wanted to do the 10k, but my bachelor was not up to the task! Our dates consisted of Saturday AVA sponsored walks over the following months, as they continue today. This was a wonderful way for two strangers to get to know each other and for a healthy relationship to develop. We found love on AVA walks! We would like to thank everyone who makes the walks happen!! Perhaps, Peninsula Pathfinders and the AVA should advertise their match-making capabilities!!



Bob Watkins

Dee and Bob  
(Editor's Note: Congratulations!!! We KNEW walking was a great hobby!)

### Meetings

**March 21, 2012 Meeting:** Linda LaFleur will talk about Volksmarching with the Koala Club. The Club will come to the US to walk around Niagara Falls and Canada from April 22 - 29. From May 14-29, they will go to China. In June, they will go to Finland and the polar ice cap. From November 10-23, they will go to India and Nepal.



Harold Pittman and Bill Lowell at Nov meeting

### **November Meeting:**

Harold Pittman from Happy Feet talked about walking and what type of shoes to wear. We also welcomed David Hartman back to the area after he spent a few months in Texas.

## Club News

- **November Event:** The event at Newport News Park, on Saturday, Nov 5, welcomed 56 walkers (50 for credit, 6 free walkers) and 15 volunteers.



Welcome back Roccie Lauria



Start Point for the Newport News Park walk, 11/5



Bill Lowell setting up checkpoint

Kudos to Bill Lowell for his hard work setting up the trail. It was a nice day and a beautiful walk.

- At the last board meeting, in an effort to make the club walks more social and

welcoming for new walkers, the board decided to offer a lunch meeting place after group walks. Also, some people who don't have anyone to walk with would appreciate having a "group" to walk with, so a suggestion was made to have someone designated to "lead" the group walk, for new walkers and/or people desiring others with whom to walk.

- Beginning in January, new logs will be used for walks. Walkers will sign

the log in the notebook at the start point and only receive one copy of a start card.

- Starting this month, the Pathfinders operating budget, reported on the first page of the newsletter, will only contain the money available in the operating account. The money kept in a CD is tracked separately, since it's not available for immediate use. That's why the number is much smaller!

## Atlantic Region Update

- Find the **Atlantic Region Calendar** here: [http://www.mdvolks.org/new\\_wal\\_klist.php](http://www.mdvolks.org/new_wal_klist.php)
- **Atlantic Region Conference:** Fredericksburg, VA, March 16-18, 2012. The Germanna Volkssport Association has an interesting program planned. John Hennessy, the Fredericksburg/Spotsylvania National Military Park historian will speak at the banquet and four AVA sanctioned battlefield walks will be offered. Check the Germanna website for updates and registration [www.walkfredericksburg.webs.com](http://www.walkfredericksburg.webs.com)

## VVA Update

The VVA Meeting will be held Saturday, Dec 10 at 1:30 pm at the Clarion Hotel in Williamsburg. Everyone is invited!

The VVA nominating committee has submitted the following slate of officers for 2012-2013. Elections will be held in December.

President: Bill Lowell

Vice president: Annette Tollett

Treasurer: Dolores Grenier

Secretary: Regina Overholt

Thank you to the candidates for keeping Virginia Volkssports energized and exciting.

## Membership Renewal

The 2012 Membership drive has started. Thanks to the 40 people who have already renewed! See the membership short form on page 4 to update your membership.

## Welcome New Members!

Welcome to new members:

Keith Van Camp, Ken Monroe, Aerial Monroe, Linda Thompson (not pictured).



New member Keith Van Camp

Welcome back to members R.L. and G.J. Whitman.



New members Ariel & Ken Monroe

## Travel Opportunity

Pensacola Volksmarch Club is sponsoring the 4th Biennial March Fling, March 16-18, 2012, featuring 6 walks in Alabama. More information may be found at [www.ava.org/pensacolafloida](http://www.ava.org/pensacolafloida)

## Dec 16 - Jan 15 Birthdays

Happy Birthday to the following members:

Dec 18: Mary Parker  
Jan 4: Sharon Hooks

## Awards

Distance: Gary Lofswold 6,000 Km,  
Events: Gary Lofswold 525 and 550



Diane and Ron Berard at Newport News walk

# MEMBERSHIP RENEWAL FORM

**2012 MEMBERSHIP DRIVE IS UNDERWAY.** Please send in your dues—the sooner the better. Please make sure we have the correct information for you on file!

## 2012 MEMBERSHIP RENEWAL SHORT FORM/Peninsula Pathfinders of Virginia

1. **NAME:** \_\_\_\_\_

2. **INFORMATION:**

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE NUMBER WITH AREA CODE: \_\_\_\_\_

SPOUSE'S NAME: \_\_\_\_\_

3. **THIS IS HOW I WANT TO BE INVOLVED IN THE PATHFINDERS IN 2011:** \_\_\_\_\_

4. **2012 DUES** (check payable to PENINSULA PATHFINDERS)

REGULAR MEMBER \$6.00

SPOUSE \$6.00

5. **SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PLEASE PRINT CLEARLY**  
**THANK YOU FOR YOUR CONTINUED SUPPORT**

**MAIL TO:**  
**PENINSULA PATHFINDERS**  
**ATTN: MEMBERSHIP**  
**PO BOX 7100**  
**HAMPTON, VA 23666-0100**



# **PENINSULA PATHFINDERS OF VIRGINIA**

## **THE 'POST IT' PAGE**

Please remove this page from the newsletter and "POST IT" on your refrigerator, or your bulletin board, or with your day calendar.

### **Current Club Officers**

President: **Diane Berard**, 890-9220  
 (email: [Peninsula\\_Pathfinders\\_Prez@cox.net](mailto:Peninsula_Pathfinders_Prez@cox.net) or  
 (preferred): [walkingtheusa@gmail.com](mailto:walkingtheusa@gmail.com))  
Vice President: **Bill Lowell**, 757-357-5355  
 (email: [wlowell@mindspring.com](mailto:wlowell@mindspring.com))  
Secretary: **Robin Williams**, 872-8462  
 (email: [chalkpaw@verizon.net](mailto:chalkpaw@verizon.net))  
Treasurer: **Ron Berard**, 890-9220  
 (email: [walkingtheusa@gmail.com](mailto:walkingtheusa@gmail.com))

Programs: **Pat Parker**, 851-9252  
 (email: [paparker1@cox.net](mailto:paparker1@cox.net))  
Volunteer Coordinator: **Betty Bess**, 539-0136  
 (email: [bess13@verizon.net](mailto:bess13@verizon.net))

### **Other Points of Contact**

Membership: **Art Whittaker**, 723-4934  
 (email: [ETMarvinMartian@msn.com](mailto:ETMarvinMartian@msn.com))  
Web Page: **Diane Berard**, 890-9220  
 (email: [walkingtheusa@gmail.com](mailto:walkingtheusa@gmail.com))  
Newsletter editor: **Pam Bowers**, 564-0147  
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Sales: **Ron Berard**, 890-9220  
 (email: [walkingtheusa@gmail.com](mailto:walkingtheusa@gmail.com))  
Publicity: **Shirley Boyd**, 722-5637  
 (email: [walksboyd@aol.com](mailto:walksboyd@aol.com))

### **Local Activities for Feb 2012- Dec 2012:**

Group walk schedule will be available in late December

Mar 16-18: Atlantic Region Conference, Fredericksburg  
 Mar 24: Event, Vagabonds, Walter Reed Hospital, Gloucester  
 Apr 14: Event, Lee Lepus, Farmville, VA  
 Apr 15: Event, Cavaliers, Charlottesville, VA  
 Apr 21: Event, Pathfinders, Sandy Bottom Nature Pk, Hampton  
 Apr 28: Event, Gators, Dismal Swamp, Chesapeake  
 May 12: Event, Pathfinders, Chippokes State Park, Surry  
 June 9: Event, Pathfinders, OPSAIL 2012, Norfolk  
 June 9: Event, Gators, OPSAIL 2012, Norfolk  
 June 23: Event, Vagabonds, Hampton  
 Oct 6: Event, Vagabonds, Newport News  
 Oct 13: Event, Lee Lepus, Hopewell, VA  
 Dec 7-9: Event, Pathfinders, Holiday Walks, Williamsburg

### **Upcoming Area Volkssport Events**

#### **DECEMBER 2011**

3	Group	Pathfinders	9 a.m.	Noland Trail, Newport News
9-11	Event	Pathfinders	(see brochure)	Clarion Hotel, Williamsburg
17	Group	Vagabonds	9 a.m.	Capitol Trail, James City County
31	Event	Gators	9 a.m. - noon	Smithfield

#### **JANUARY 2012**

1	Event	Gators	9 a.m. - noon	Smithfield
7	Group	Pathfinders	9 a.m.	Fort Eustis
14	Event	Vagabonds	9 a.m.	Newport News
21	Group	Gators	9 a.m.	1 <sup>st</sup> Landing State Park, VB
28	Group	Vagabonds	9 a.m.	TBA