



THE SUGARLOAFER

The Newsletter of the Seneca Valley Sugarloafers Volksmarch Club

MESSAGE FROM THE PRESIDENT

by Anthony Laing

Here we are in the middle of the summer and all of our 2020 traditional events have been canceled except the Halloween Walk at Easterday Farm which is still tentative. I keep telling myself that this is only temporary.



Using the country wisdom that I grew up on, I can only say that God willing and the Devil doesn't object, we should have a vaccine by this time next summer. Then life will resume and being an eternal optimist, I think it will be better than before.

Many of us have learned to use the Online Startbox (OSB) as we responded to the COVID-19 the best way we could by moving the Seasonals and YREs to the OSB through a process of parallel registration. We gave walkers the option in some cases of either choosing to use the physical box or go the OSB route. This action also disproves the old adage that you can indeed teach an old dog a new trick. If I can figure out how to use the OSB, anybody can!

Meanwhile, we resumed our 5k Wednesday walks on June 24th. We started with a walk at Seneca Creek State Park followed by walks at the Lake Needwood Trail, and the Damascus Regional Park. It was a great feeling to have our walking fellowship back albeit with masks and social distancing. We still have plenty of laughter and fun at the beginning and end of the trail. Most folks never seem in a hurry to leave.

I find these walks particularly calming as we traverse through shaded woods on hot mornings. I always enjoy seeing the tall trees and the sounds of birds singing around us. And, we can continue to walk in our own neighborhoods as I try to do every day.

Better days are ahead. When Traditional Events return, please volunteer to help keep our club vibrant, active, and fun.

JUNE 9 ANNUAL MEETING AND ELECTION OF OFFICERS

by Anthony Laing

Since we couldn't hold our annual meeting on March 22 as planned, we held a combined and hybrid annual meeting on June 9 with our monthly business meeting. We used the Google Meet app.

The highlight of the annual meeting was the election of the Executive Board for the July 1, 2020 – June 30, 2021 term. The candidates as nominated and elected were:

- Anthony (Tony) Laing, President
- Dave Fenster, Vice President
- Martin Brown, Secretary
- Alice Filemyr, Treasurer

I want to thank our outgoing Secretary, Jeff Giddings for his selfless work these past few years. Jeff continues to give tirelessly to Volksmarching in his role as Deputy Director—AVA Atlantic Region.

NEXT MEETING: August 11. This may be held at the Pavilion at Olney Mill Park, 19600 Charlene Manor Rd, Olney MD 20832. Watch for emails about location. If this site is not available, we will use Google Meet for a virtual meeting. Masks and social distancing apply.

Club Officers:
President: Tony Laing, 301-980-8932
VP: Dave Fenster, 301-926-3477
Secretary: Martin Brown, 240-671-9794
Treasurer: Alice Filemyr, 240-753-0009
Communications: Maribeth Evans,
301-787-5410

The Sugarloafers is published 4 times a year
by the Seneca Valley Sugarloafers
Volksmarch Club, Inc. Editor: Janet Brown.
Sugarloafers Address: PO Box 3716,
Gaithersburg, MD 20885-3716.
website: www.sugarloafers.org
e-mail: sugarloafersnews@gmail.com
NEXT DEADLINE OCTOBER 15

THE SUGARLOAFER

By June 30, 2020 Jone Parr asked the club to find new people to take over the role she has played as the Sugarloafer Trail Master and Events Coordinator. Since 2008, she has created the yearly schedule of walk events, Wednesday walks, seasonal and year-rounds, created the POC instructions, mentored POCs in hosting all types of walks, checked trails and instructions to insure error-free routes, befriended new club members and tirelessly worked to make Volksmarching with the Sugarloafers a rewarding experience. Those who have been privileged to work with her feel a deep sense of gratitude for her thoughtful instructions and sense of fun. Now she is free to walk just for pleasure. She has taught many of us well and we hope to continue the same thorough approach to planning club walks.

THANKS TO JONE PARR

by Anthony Laing: Back in the 1970's I started Volksmarching with the Ramstein Roadrunners when I was in the Air Force in Germany and participated in over 60 walks. I always thought it would be cool to map out a walk. When I resumed Volksmarching back in the States with the Sugarloafers, I approached Jone with a suggestion to map out a walk on the Underground Railroad in Sandy Springs. She was more than delighted with this suggestion. So, after a few preliminary walks, we got the walk sanctioned for November 2015. The event was a major success, and we got many rave reviews about the history and geography on the walk.

But, nothing in life goes smoothly. The start point is managed by Montgomery Parks & Planning. Woodlawn Mansion using the same parking area is managed by a separate entity that also scheduled an event the same day. We were soon down to one vacant spot on the grass. Someone asked Jone where to park. She pointed at me and said: "Ask him". We soon laughed heartily as the Gods of Volksmarching were apparently watching over us. People started to leave both events. Plenty of parking spaces became available. I found out that when working with Jone, she could always be counted on to be gracious, diligent, thorough and unflappable. And she brought a lot of fun into the club and the walks.

Soon after this Volksmarch, Jone was on the nominating committee and asked me to run for Club President. Now, how could I say no to Jone? So, five years later, I am still President.

Jone has never served on the Executive Committee and has never formally run the club in an executive position. She is a throw-back to the old-time party bosses in a positive sense - she is the one behind the scenes running the show. In her role as Trailmaster/Event Coordinator, she has mentored me over these past five years more than anyone in the club. She knows the ins and outs of Volksmarching. My pleasant challenge has always been to stay one step ahead of Jone.

And she is an unsung Sugarloafers club hero. She does tasks that very few of us are even aware of. For one specific example, she created an archive of all of the club walks going back 30 years to the start of the club that are kept in two large notebooks. This is an invaluable resource. For this and so many actions, I can only humbly say to Jone: Thank you for a job well done!

by Carolyn Thurber: I have worked with Jone on a number of projects since joining the Sugarloafers. Thoroughness and attention to detail are her hallmarks. By using these qualities, she has made our Volksmarches the finest around and given our club a reputation for excellent events.

by Pat King: Truly it has been my pleasure and privilege to get to know Jone these past few years since I joined the Sugarloafers. Her warmth and friendliness made me feel welcomed right from the start and I soon learned how much she contributed, in a myriad of ways, to the club.

Jone has an incredible generosity of heart and accomplishes so much that I'm convinced she has more than 24 hours in her day. Walking with her is a delight – there's always something interesting to discuss, something at which to laugh, and always something along the way to admire.

To Jone, our incredible Trailmaster, "Parr" excellence, a heartfelt thank you for everything.

THE SUGARLOAFER

THANKS TO MARIA INOCENCIO

For 15 years Maria was the POC for the Montgomery Village and Seneca Creek State Park year-rounds. As POC she also led many Wednesday walks on those trails. Thank you for your years of dedication to the Sugarloafers.

NEW MEADOWSIDE NATURE CENTER SEASONAL WALK

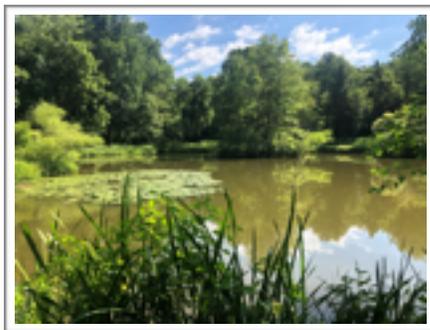
by Kathy Berry

The Sugarloafers have a new walk, with 11k and 6k distances, that starts at the Meadowside Nature Center in Rockville (5100 Meadowside Ln, Rockville, MD 20855). There are both natural surface trails and paved trails on the 11k, and only natural surface on the 6k. Both walk distances take you along the Pioneer Trail, past a pond (with fish, turtles, lily pads) to a "Homestead" where you'll see log cabins, a corn crib and you can have lunch or a snack at the picnic tables (great place for the grandkids!). Other interesting sights abound, including a covered bridge, and some challenges, especially if it has rained lately, so be prepared for some mud!

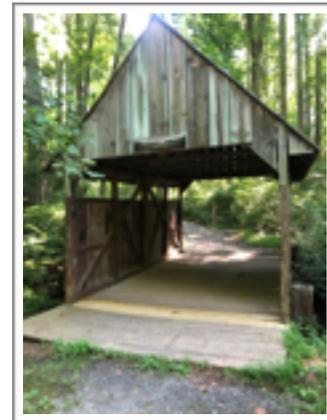


View of Lake Frank from the dam

The 6K trail starts off on Pioneer Trail, with the pond and log cabins, but goes on a few different trails and then follows the creek out to Muncaster Mill Rd. and back on the same side of the creek (no creek crossing or guardrail on the 6K), and back to Meadowside Nature Center. It's a nice walk in the woods with lots of views of water and sounds of a babbling brook! Register for this walk on the Online Start Box.



Lily Pond, one of the first sights on the walk



The 11k takes you all the way around Lake Frank with some very pretty views, and includes a rocky creek crossing (I did it, you can, too!), and a short trail out to Sunfish Pond and back, as you follow a creek (more nice views), and a step over the guardrail at Muncaster Mill Rd so you can follow the creek on the other side back to Meadowside Nature Center.



Covered bridge and reflection on Sunfish pond

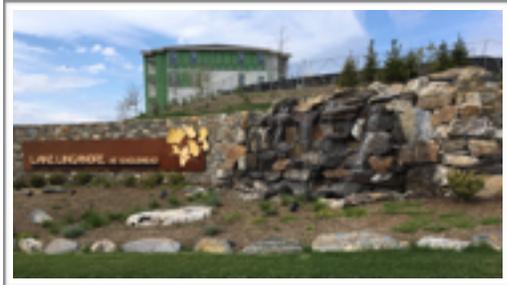
THE SUGARLOAFER

IN THE WORKS: IJAMSVILLE WALK

by Kathy Berry

Coming Soon! A new Seasonal Walk in Ijamsville, Maryland! Maybe September!

A new seasonal walk in Ijamsville, Maryland with 10k and 5k distances is under development. If you Google Ijamsville, you'll find that it's an old historic town, but the historic part is not good for a walk because it has no sidewalks or shoulders. This new walk is in a new development with three schools (elementary, middle and high school) and lots of new and under construction housing (townhouses, single-family houses, apartments with and without elevators). Lots of plastic kid vehicles, bikes and other toys in yards, and friendly people! I don't know what the people in the few existing homes who used to have rolling hills in their backyards think of all this new construction!



This walk starts in the small parking lot of the Oakdale Recreation Center, which is attached to the Oakdale Elementary School. Mostly the walk follows sidewalks through the neighborhoods, with some good views of mountains in the distance. There are two ponds, a few grassy areas, and a waterfall at the entrance to the area called "Lake Linganore at Eaglehead."

Registration will be on the Online Start Box. Those of us who are working on the A-Z book will be able to get an "I" walk. With this walk I will be able to complete my third A-Z book.

SILVER SPRING/TAKOMA PARK SEASONAL OPENS MAY 1, ENDS SEPTEMBER 30

The start point for this 5/6/10/15k 2A trail is the Thayer Avenue Safeway in Silver Spring. Hours: Mon-Sat: 7am to Midnight/Sun: 7am to 10pm. The 5k/10k Silver Spring trails are on sidewalks through downtown Silver Spring's retail area and residential areas. The 6k/10k Takoma Park trails are on sidewalks through the south end of Silver Spring and into Historic Takoma Park. The 10k has one steep hill and includes the border crossing into DC. 6k/10k trails go along Sligo Creek Trail and back to Downtown Silver Spring. Several trails qualify for Special Programs. For more details, check out Sugarloafers.org or contact POC Darla Fera, 301-649-2601, dmfera@starpower.net.

MEMBERSHIP MILESTONES

The American Wanderer June 2020

EVENTS

Alison Andrews.....	300
Kathy Berry.....	100
David Freshwater.....	550
Margery Auerbach.....	575
Carolyn Thurber.....	1900
Klaus Waibel.....	4900
Klaus Waibel.....	5000
Klaus Waibel.....	5500

DISTANCE

Jeff Giddings.....	8000k
Alice Filemyr	9000k

WELCOME NEW MEMBER LUCY SWAN
Sugarloafers now have 163 family members.

THE SUGARLOAFER

UPDATE: AIRPORTS SPECIAL EVENT PROGRAM

by Mike Cannon

Well, here is some good news to publish in our newsletter. I am happy to report that we have now passed the break-even point for our Airports Special Event Program! That makes our program a success. With 90 participants, we have exceeded all our costs and generated both a profit for our club, but also good publicity for us both regionally and nationally. And we have hopes that as things return to more of a normal nature, we will pick up a few more participants and get to my personal goal of 100 participants.

Also, we have received our first completed book, from Sharon Moats in Enumclaw, Washington. She had the distinction of including 3 Sea Plane terminals among her sites, which I had not envisioned when I created the program. Upon being asked if they were OK, I gave my approval to these sites. The reason is that they too afford an opportunity to see aircraft operating, albeit in a way that while rare out here, is not uncommon in Puget Sound. I am hoping to add a link to our club's website where we can list all the participants who have completed the program, along with any pictures they have taken on their quest. I intend to bring this up for a vote in our August Club meeting. I think it is a neat way to record accomplishments and encourage others to join in.

Maybe some of you reading this can help out and join the program if you have not already done so. We have numerous walks in our area which qualify for this program. The program requires 12 qualifying sites to complete, but a site can

be used once every year, so a participant can finish by visiting just 4 sites for a three year period. And between our Montgomery Airpark walk, the Greenbelt club's College Park Airport walk, the BWI/ Glen Burnie walk run by the FreeState Happy Wanderers, plus some other not too far away sites, I feel everyone who wants to can pretty easily earn the Certificate of Completion and the Patch, pictured here.



To join, send a request to:
**Seneca Sugarloafers, P.O. Box 3716,
Gaithersburg, MD 20885-3716** and
include a \$10 donation.

To those already participating, I will mention there is an upcoming Airport walk on Thursday, September 3rd, in Manassas. I intend to go, and I hope I will see others of you there. Until, keep Walking, and stay safe!

THE SUGARLOAFER

SUGARLOAFER SANCTIONED SEASONAL WALKS

Be sure to check dates. For detailed information visit www.sugarloafers.org

Location (YRE Number)	Distance	Start Point	Point of Contact Phone/E-mail
Kenwood/Cherry Blossoms Seasonal (Y1091) March 14 - April 26, 2020			
Silver Spring/Takoma Park Seasonal Y2031 May 1-Sept 30, 2020	5k/6k/10k/15k	Safeway 909 Thayer Ave, Silver Spring or Online Start Box—use only 1 type of registration	Darla Fera dmfera@starpower.net 301-649-2601
Matthew Henson Trail (Y2695) May 1 to Dec 31, 2020	5k and 10k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Kathy Berry, 240-281-0760 k.berry@verizon.net
Meadowside Nature Center June 15 - Dec 30, 2020	6k and 11k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Kathy Berry, 240-281-0760 k.berry@verizon.net
Kensington/Garrett Park Fall Colors and Holiday Lights Nov1 - Dec 30, 2020	5k/10k/15k/20k	Safeway, 10591 Connecticut Ave, Kensington MD or Online Start Box. Use only 1 type of registration	Maribeth Evans 301-787-5410 evansm0612@gmail.com

Planned Maryland Weekend Events August-December

Due to the shutdown at this time no one knows if these events will be held. Check the sugarloafers.org website to confirm that the event hasn't been rescheduled. Click on Links. Click on the icon of the AVA to search events by state.

Date	Event/Location	Sponsoring Club
August 19	Greenbelt, MD 5k/10k	Great Greenbelt Volksmarchers
Sept. 5	Manhattan Beach in Severna Park 5k/10k	Annapolis Amblers
Sept. 16	Wednesday Night Walk, Greenbelt	Great Greenbelt Volksmarchers
Sept. 26	Conowingo Dam, Darlington	Baltimore Walking Club
Oct. 10	Oktoberfest, Havre de Grace 6k/10k	Baltimore Walking Club
Oct. 10, 11	Laurel MD	Freestate Happy Wanderers
Oct. 31	Easterday Farm, Myersville MD 5k/10k POSTPONED TO 2021	Seneca Valley Sugarloafers
Nov. 7	Fall Walk in the Village and Park, Columbia	Columbia Volksmarch Club
Nov. 27	Friday Opt Out of Shopping Walk, Beltsville	Freestate Happy Wanderers
Dec. 31	End of the Year Walk, Savage MD	Freestate Happy Wanderers

**CHECK AVA.ORG TO CONFIRM EVENT
WILL BE HELD**

THE SUGARLOAFER

SUGARLOAFER SANCTIONED **YEAR-ROUND EVENTS (YREs) Check for detailed information at www.sugarloafers.org. Register for each event using only 1 mode, at a location or the Online Start Box**

Location (YRE Number)	Distance	Start Point	Point of Contact Phone/E-mail
Rock Creek Park (Y0887)	5k, 10k, and 20k	Subway, 5548 Norbeck Rd Rockville, MD	Lee Powell , 301-424-4261 powellbl@aol.com
Seneca Creek State Park (Y0339)	5k, 10k, and 20k	At this time Online Start Box only. Use Online registration at sugarloafers.org/Links	Pat King 301-977-1302 kingslag19@gmail.com
Montgomery Village Lake Trails (Y0889)	5k, 10k, and 20k		
Zoo/National Cathedral / Adams Morgan (Y0552)	5k, 10k, and 20k		
Embassy Row / National Cathedral (Y0553)	5k, 10k, and 20k	McDonald's 2616 Conn. Ave. Washington, DC	Jone Parr 301-385-0054 jone.p@comcast.net and Carolyn Thurber 301-926-0915 cbthurber@verizon.net
Historic Georgetown (Y1395)	10k and 11k		
Sligo Creek Park (Y1167)	5k and 11k	Caramelo Bakery, 11301 Georgia Ave., Wheaton, MD or Online Start Box	Maribeth Evans 301-787-5410 evansm0612@gmail.com
Lakeforest Mall (Y1367)	5k and 10k INDOOR Walk	Dairy Queen in Lakeforest Mall, Gaithersburg, MD	Pat King 301-977-1302 kingslag19@gmail.com
Montgomery Mall / Cabin John Park (Y1539)	5k, 10k, and 20k INDOOR and Outdoor Walk	At this time Online Start Box only. Use Online registration at sugarloafers.org/Links	Anna Nevius 240-994-1748 nevius@comcast.net
Damascus-Regional Park (Y1368)	5k, 7k, 10k and 20k	Liberty Gas Station, 26241 Ridge Rd, Damascus, MD	Kathy Dove 301-233-1870 robdove@comcast.net
Westminster (Y0886)	5k and 10k	Jiffy Mart Gas Station, 74 W Main St, Westminster MD	Iris Wingert 410-871-0148 irwinge0141@gmail.com
Appalachian Trail in Maryland (Y2330)	5k to 66k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Jeff Giddings 240-753-0119 jhgiddings@gmail.com
Urbana (Y2496)	5k, 6k, 10k, 11k	Giant Food at Merchant District Town Center Shopping Center, Urbana or Online Start Box	Kathy Berry, 240-281-0760 k.berry@verizon.net
Airpark / Lois Green Park (Y2503)	5k and 10k	The Airport Café, 7940 Airpark Rd, Gaithersburg, MD or Online Start Box	Martin Brown, 240-671-9791, ml1357brown@gmail.com
Little Bennett Regional Park (Y2504)	5k and 10k	Online Start Box only. Use Online registration at sugarloafers.org/Links	Jeff Giddings 240-753-0119 jhgiddings@gmail.com