

THE SUGARLOAFER

PRESIDENT'S REPORT by Anthony (Tony) Laing

Here we are well into 2021. While the pandemic restrictions have curtailed our walking events, both the Traditional Events and now our Wednesday walks, we have a large number of YREs—about 18--that we offer to club members to walk on your own. We do see the light at the end of the tunnel with a vaccine in the offing.

Most of us take walks on our own. I try to walk at least a mile and a half every day. My favorite time of day to walk is late in the afternoon toward sunset when the bare trees are outlined against a grey winter sky.

As we get older, we sometimes find some new trend that is not new to us because we have been doing it for years. For me, the latest is the concept of “Forest Bathing”. In the early 1980s, the Japanese came up with this concept.

It basically means to go walking into a forest area and soaking in the nature around you. Just stop for a few minutes and observe the trees around you. The word, “bathing,” refers to the idea of absorbing the experience using all of the senses, rather than anything to do with water. Forest bathing aims to bring healing through connection to nature and trees. The practice is said to enhance well-being, reduce stress and restore calm. I’ve been doing this for years without knowing that it had a name. When I walk in the Olney Mill Park near my house, I stop at a fork in the path and look up to the top of a Tulip Poplar tree that houses a large Red Tailed Hawk nest. I take a few deep breaths and focus on the tops of the trees. These few minutes are quite calming. I encourage all of you to be sure and stop for a few seconds or minutes in your walks, take some deep breaths, and just soak in the atmosphere around you.

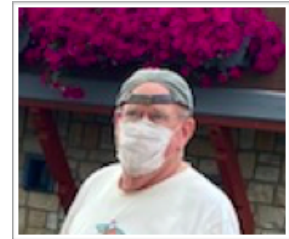
We hope to resume our Traditional Walks with the Gaithersburg/Washington Grove Walk on May 1. When asked to do so, please volunteer to help make this walk a success.

Annual Meeting: Because of the pandemic we will not hold an annual meeting in March. Instead, we’ll use the monthly meeting scheduled for March 9 as our annual meeting and elect officers for the upcoming term from July 1, 2021 to June 30, 2022. We’ll host the annual meeting online via Google Meet. More information to follow via email.

Thank You to the Newsletter Editor: Janet Brown has been our newsletter editor for several years. She and her husband, Martin, are moving to Annapolis in the spring and she will relinquish her role as editor. The club and I owe a debt to Janet for the outstanding job that she has done these past few years. She has been a font of wisdom with her unfailing sense of humor and common sense. We’ll miss her. Janet, thank you for a job well done! Since Janet is leaving, we are in need of a new editor. If anyone is interested, please let me know.

Thank You to the Secretary: Martin Brown has been handling the job of Secretary for the past year. Since he is moving with Janet to Annapolis, he’ll also be leaving his position. Martin, thank you for another job well done! Darla Fera has agreed to put her name in nomination for the position of Secretary.

Still Looking for an Events Coordinator: Jone Parr retired last year as our Events Coordinator. We’re still looking for a replacement. The duties are listed in the SVSVC Clubs Roles and Responsibilities on our website. Let me know if you are interested in this position.



SVSVC 35TH ANNIVERSARY IN 2022 by Anthony (Tony) Laing

Looking ahead, the club will celebrate the 35th anniversary of our founding in 2022. In keeping with our tradition, we'll try to celebrate with special events and perhaps a luncheon. We'll need a committee of three members to coordinate the activities for our anniversary year. Let me know if you are interested in joining this committee and having some fun!

WHAT'S NEW?

- **Sugarloafers plan a traditional walk event on May 1**, in Olde Towne Gaithersburg/Washington Grove, starting at Java Junction at the Gaithersburg Train Station. More information on page 7 or at AVA.org/events. Be sure to check the AVA website close to May 1 to be sure the walk will be held. It was cancelled in 2020.
- **The Sugarloafer newsletter** will now be published two times a year.
- **The AVA office has moved!** Send your completed walk books and inquiries to 1008 S. Alamo Street, San Antonio, TX 78210.
- **New seasonal walk in Laytonsville:** From March 1 to December 31, 2021, the Laytonsville/Davis Airport seasonal is available through the Online Start Box (OSB). Set in a quiet corner of Montgomery County, Davis Airport has the charm of an old-fashioned country airstrip. The walk also goes through the orchards and grounds of the JSS Spiritual Mission. The 5k/10k walk is rated 2C and qualifies for the Airport Special Program.
- **The Lakeforest Year-Round** has been cancelled. The Dairy Queen has closed.
- **Westminster Box Tender Retiring:** MANY THANKS to Iris Wingert for several years of excellent tending of our YRE Box in Westminster at the Jiffy Mart. That YRE is now online registration only.

SUGARLOAFERS SPONSOR AIRPORT SPECIAL PROGRAM by Carolyn Thurber

As many of you know our club is sponsoring the AVA Special Program, Airports--Celebrating American Flight. Even though there are several walks at area airports, we are still developing more. January 1 saw the beginning of Patuxent/Tipton Airport YRE. On March 1 a seasonal volksmarch will begin at Davis Airport. Both of these walks are in the Online Start Box and walkers can register and get instructions there. At the present time we have sold 97 books for this special program. Our goal is to sell 100 books. We are very close and we're hoping some club members will help us reach our goal. To buy an airport book, send a check for \$10, payable to SVSVC, to Mike Cannon, 13801 Wisteria Drive, Germantown MD 20874-1042. Include your name and address and Mike will mail you a book.

MEMBERSHIP MILESTONES from The American Wanderer, December 2020

Events

Amelia Kostelac 10
 Karin Mironescu 175
 Kathy Berry 525
 Jeff Giddings 900 & 950
 Alice Filemyr 950, 1000 & 1050
 Ward Parr 1400

Distance (in kilometers)

Kathy Berry 5,500k
 Michael Cannon 6000k & 6500k
 Jeff Giddings 9000k
 Alice Filemyr 10,000k
 Carolyn Thurber 10,000k

**NUMBER OF WALKERS FOR OUR SUGARLOAFER EVENTS (YRE & SEASONAL)
IN 2020 (COMPARED TO 2019)**

by Jone Parr

YRE	2019 Totals	2020 Totals
Y1539 Montgomery Mall/Cabin John Park	163	125
Y1367 Lakeforest Mall	239	138
Y0889 Montgomery Village Lakes	81	103
Y0339 Seneca Creek State Park	58	245
Y0887 Rock Creek Park	156	324
Y1167 Sligo Creek Park	52	237
Y1368 Damascus	80	129
Y0886 Westminster	23	23
Y2330 Appalachian Trail	34	39
Y2496 Urbana	58	75
Y2503 Montgomery Airpark/Lois Green	--	88
Y2504 Little Bennett	--	64
Y0552 DC Zoo/Adams Morgan	70	26
Y0553 DC Embassy	41	22
Y1395 DC Georgetown	34	22
Seasonal Cherry Blossoms	72	18
Seasonal Silver Spring/Takoma Park	48	64
Seasonal Kensington	88	46
Seasonal Ijamsville	--	25
Seasonal Meadowside	--	67
Seasonal Matthew Henson	--	126
TOTALS	1297	2006

We hope you will walk our YRE & Seasonal trails often in 2021!

ADVENTURES ON THE TRAIL

Pandemic Wanderings by Gale & Klaus Waibel

2020 started off with a lot of promise. In January we flew to Jacksonville, FL to participate in Walk Around Florida sponsored by the First Coast Trail Forgers. In February we traveled with Walking Adventures to Cuba. At the end of February we flew to San Antonio, TX for the IML Texas Trail Roundup events.



The rest of the year was supposed to be additional exciting travels to walks in Costa Rica, Morocco, New Mexico, Iowa, and Vancouver Island. Unfortunately, the COVID-19 pandemic halted all those plans. Knowing that travel was now out of the question we chose to stay close to home and created some new walking plans to keep us motivated. The first was setting a goal of at least one walk per day. Then we decided to go for a nice round number like 400 walks for the year which of course meant we had to occasionally double up for the day. Our house location allows us to basically walk out our front door and be on the trail for our club's Sligo Creek Park YRE and the Freestate Happy Wanderers Wheaton Regional Park YREs. These we walked about 200 times.

For the sake of variety we "rediscovered" the "I Walked 'Em All" challenge sponsored by the Freestate Happy Wanderers which is to walk 12 of their 14 YREs. Our first was the Wheaton Regional Park YRE on Mar 6 and we completed the 14th YRE in Ocean City on Oct 15. We were braver by October and spent one overnight on the Eastern Shore so we could walk the remaining Maryland YREs there. We also ventured additional one-night stays in Western Maryland, Southern Pennsylvania and Delaware.

At the same time we were working on the Freestate challenge we thought why not also walk all 18 of the Sugarloaf YREs and seasonals. This was an informal quest but similar to a program our club had some years ago when you earned a "boot" for completing 10 YREs. Our first was the Gaithersburg Airpark YRE on Jan 10 and the last Gaithersburg LakeForest Mall YRE on Sep 27.

Back in 2000 we completed the Maryland Volkssport Association challenge "Walk Across Maryland" that required one to participate in a sanctioned event in each of the 23 counties of Maryland as well as the city of Baltimore. That led to the next idea of walking all 78 of the Maryland YREs. Our first was the College Park YRE on Jan 7 and our 78th was the American Chestnut Land Trust YRE on Nov 21. Not all Maryland counties at present have a YRE so that part of the challenge went unmet.



Unfortunately some health issues threw off Klaus' quest and he finished 384 events. Gale, however completed #403 in Savage on Dec 31. We hope that we will soon get our vaccinations in 2021 and be able to resume our travels which in some cases will be the same events that were cancelled in 2020 and deferred to 2021 or in some cases to 2022.

(Top photo is at the Paw Paw Tunnel. Bottom photo is on the Washington Monument Trail.)

INTERESTING ARTICLE ON WALKING AND CREATIVITY

submitted by Carolyn Thurber

Need to Spark Creativity? Go on a Walk by Jeffrey Davis, Psychology Today (December 28, 2018), Copyright © 2018 by Jeffrey Davis, psychologytoday.com.

Reprinted in Reader's Digest, October 16, 2020.

Here are quotes from the article. Read the entire article on the Reader's Digest webpage, using this link: [Need to Spark Creativity](#).

- “If a president, a legendary philosopher, and one of the bestselling authors of all time credited the same secret for their success, would you try to follow it too?” The author quotes from Friedrich Nietzsche, Thomas Jefferson and Charles Dickens who all made the case for walking as a creativity booster.
- The author describes that the movement in walking is the key but the scenery is almost as important.
- Davis also describes how our brains have to work harder to process in different environments.
- Davis suggests setting a creativity goal that starts with walking rather than a fitness goal.

PLANNED EVENTS IN MARYLAND, March-September 2021

Due to Covid-19 shutdowns, you need to check the Events listing on the [ava.org](#) website, [ava.org](#), to confirm that the event hasn't been cancelled or rescheduled.

March 27: Baltimore/Patterson Park or Harbor East, Baltimore Walking Club

March 28: Greenbelt Guided Walk, Greater Greenbelt Volksmarchers

April 10: Arbutus, Spring Walk through UMBC, Columbia Volksmarch Club

May 1: Olde Towne Gaithersburg/Washington Grove, Seneca Valley Sugarloafers Volksmarch Club

May 19: Greenbelt Night Walk, Greater Greenbelt Volksmarchers

June 5: Millersville, Kinder Farm Park, Freestate Happy Wanderers

June 12: Highland, End of Spring Walk in the Park, Columbia Volksmarch Club

June 16: Greenbelt Night Walk, Greater Greenbelt Volksmarchers

June 19: Germantown/Little Seneca Lake, Seneca Valley Sugarloafers Volksmarch Club

July 21: Greenbelt Night Walk, Greater Greenbelt Volksmarchers

August 18: Greenbelt Night Walk, Greater Greenbelt Volksmarchers

August 21: Hagerstown, Augustoberfes, Antietam Pathfinders Volksmarch Club

September 11: Myersville Easterday Memorial Walk, Seneca Valley Sugarloafers Volksmarch Club

September 25: Darlington, Conowingo Dam, Baltimore Walking Club

October 2, Frederick, Oktoberfest, Seneca Valley Sugarloafers Volksmarch Club

SUGARLOAFER SANCTIONED EVENTS

Check for detailed information at ava.org. Register for each event using only one mode, Physical Start Box (PSB) or Online Start Box (OSB). Access the OSB at my.ava.org. You can also access the OSB at sugarloafer.org/links/links.php.

TRADITIONAL EVENTS:

May 1: Olde Towne Gaithersburg/Washington Grove 5k, 10k. Times: 8am-11am, finish by 2pm
Start Point: Java Junction, 5 S Summit Ave, Gaithersburg 20877
POC: Martin and Janet Brown, ml1357brown@gmail.com, 240-671-9794

June 19: Germantown/Little Seneca Lake, 5k, 10k. Times: 8am-11am, finish by 2pm. Start Point: IHOP, 20009 Century Blvd, Germantown 20874. POC: Tony Laing, laingat@gmail.com, 301-980-8932

September 11: Myersville, Easterday Memorial Walk, 5k 10k. Start Point: 11847 Easterday Rd, Myersville 21773. POCs: Carolyn Thurber, cbthurber@verizon.net, 301-926-0915 and Anna Nevius, nevius@comcast.net, 240-261-6764

October 2: Frederick/Frederick Fairground, 5k, 10k. Start Point: Frederick Fairground, 797 E Patrick St, Frederick 21701. POC: Jone Parr, jone.p@comcast.net, 301-385-0054

SEASONAL EVENTS

NEW!! March 1 - Dec. 31, 2021: Laytonsville, Davis Airport (Y2036), 5k/10k, Online Start Box
POC: Kathy Berry, k.berry@verizon.net or 240-281-0760

March 14 - April 26: Bethesda, Kenwood Cherry Blossoms/Spring Flowers (Y0191), 5k/10k
OSB or PSB at Starbucks, 4611-E Sangamore Rd, Bethesda MD 20816
POC: Alison Andrews, alison.cellphone@gmail.com, 301-828-5257

May 1 to Sept. 30: Silver Spring/Takoma Park (Y2031), 5k, 6k, 10k, 15k, 20k, OSB or PSB at Safeway
909 Thayer Ave, Silver Spring 20910. POC: Darla Fera, dmfera@starpower.net, 301-649-2601

Nov. 1 - Dec. 30: Kensington/Garrett Park Fall Colors & Holiday Lights (Y2060) 5k, 10k, 15k, 20k
Online Start Box. POC: Maribeth Evans, evansm0612@gmail.com, 301-787-5410

BARGAIN DISCOUNT COUPONS for Sugarloafer YRE Walks with Physical Start Boxes.

Coupons are available for \$30 for 12 Sugarloafer walks (a \$6 savings). Each coupon is good for a Sugarloafer YRE or Seasonal Event. Sugarloafers' Discount Coupons are available from:

Carolyn Thurber, cbthurber@verizon.net 301-926-0915

Jone Parr, jone.p@comcast.net 301-385-0054

Our coupons don't expire!

YEAR-ROUND EVENTS

Bethesda: Montgomery Mall/Cabin John Park (Y1539), 5k/10/20k, Online Start Box
POC: Anna Nevius, nevius@comcast.net, 301-233-1748

Clarksburg: Little Bennett Regional Park (Y2504), 5k, 10k, Online Start Box
POC: Jeff Giddings, jhgiddings@gmail.com, 240-753-0119

Damascus: Damascus Regional Park/Damascus Neighborhoods, 5k, 7k, 10k, 20k, Online Start Box or
PSB at Liberty Gas Station, 26242 Ridge Rd, Damascus, MD. POC: Kathy Dove, robcdove@comcast.net, 301-233-1870

Gaithersburg: Montgomery County Airpark/Lois Green Park (Y2503), 5k,10k.
OSB or PSB at DC Metro Aviation Services, 7940 Airpark Rd, Gaithersburg
POC: Martin Brown, ml1357brown@gmail.com 240-671-9794

Gaithersburg: Montgomery Village Lake Trails (Y0889), 5k,10k, 20k, Online Start Box
Seneca Creek State Park (Y0339), 5k, 10k, 20k
POC: Pat King, kingslag19@gmail.com, 301-977-1302

Gaithersburg: Seneca Creek State Park (Y0339), 5k, 10k, 20k, Online Start Box
POC: Pat King, kingslag19@gmail.com, 301-977-1302

Ijamsville: Neighborhood trails (Y2709), 5k, 10k, Online Start Box
POC: Kathy Berry k.berry@verizon.net, 240-281-0760

Laurel: Patuxent Refuge North Tract/Tipton Airport (Y2828), 6k, 11k, Online Start Box
POC: Kathy Berry k.berry@verizon.net, 240-281-0760

Myersville: Appalachian Trail in Maryland, 5k to 66k, Online Start Box
POC: Jeff Giddings, jhgiddings@gmail.com, 240-753-0119

Rockville: Meadowside Nature Center (Y2707), 6k, 11k, Online Start Box
POC: Kathy Berry k.berry@verizon.net, 240-281-0760

Rockville: Rock Creek Park (Y0887), 5k, 10k, 20k, OSB or PSB at Subway, 5548 Norbeck Rd, Rockville
POC: Lee Powell, powellbl@aol.com, 301-977-1302

Silver Spring: Matthew Henson Trail (Y2695), 5k, 10k, Online Start Box
POC: Kathy Berry k.berry@verizon.net, 240-281-0760

Urbana: Neighborhood trails, 5k, 6k, 10k, 11k, OSB or PSB at Giant Food at Merchant District Town Shopping Center, Urbana.
POC: Kathy Berry k.berry@verizon.net, 240-281-0760

Washington, DC: Embassy Row/National Cathedral (Y0553), 5k, 10k, 20k.
Historic Georgetown (Y1395), 10k 11k; National Zoo/National Cathedral/Adams Morgan (Y0552)
OSB or PSB at McDonald's, 2616 Connecticut Ave. Wash. DC.
POC: Jone Parr, jone.p@comcast.net, 301-385-0054 and Carolyn Thurber cbthurber@verizon.net, 301-926-0915

Westminster: City and college trails (Y0886), 5k, 10k. Online Start Box.
POC: Jone Parr, jone.p@comcast.net, 301-385-0054

Wheaton: Sligo Creek Park (Y1167) 5k, 11k. OSB or PSB at Caramelo Bakery, 11301 Georgia Ave. Wheaton.
POC: Maribeth Evans, evansm0612@gmail.com, 301-787-5410

SAD NEWS

Heather Coxon, long-time club member and former Vice President of the Sugarloafers, lost her husband Bruce in early January after a brief illness.

AVA NEWS

- If you are looking for a way to walk the world virtually, check out **VOP 2021** on the American Volkssport Association website, ava.org. This is a virtual program using computer-generated maps to allow you to convert your steps to move along a route. Every step counts -- on a YRE, a traditional event, or in your living room. There is a new walking adventure every quarter, beginning with Kindness Around the World, followed by National Parks of America, Global Cuisine, and Get Fit on Route 66.
- The AVA 22nd Biennial Convention “Say Cheese” will be held June 26 to July 3 in Madison, WI. Registration is underway. There are many scheduled walks at the convention and in the surrounding area. Check out details at ava.org.
- The 20th Annual US FreedomWalk Festival will be held in Arlington, Oct. 15-17. In 2020, despite the pandemic, walkers from around the world participated in person (with masks and social distancing) and virtually. More information is on the AVA website.
- The AVA will hold a Special Membership Meeting on March 17, at 8pm EST, 7pm CST. Register for the meeting at the AVA website.

SENECA VALLEY SUGARLOAFERS VOLKSMARCH CLUB OFFICERS:

President	Anthony (Tony) Laing	301-980-8932
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Treasurer	Alice Filemyr	240-753-0009
Communications	Maribeth Evans	301-787-5410
Membership	Carolyn Thurber	301-926-0915
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Website: sugarloafers.org

E-mail: sugarloafernews@gmail.com

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NEXT DEADLINE To be announced