

# Chargin' Charlie

April 2023

**40th Anniversary Volksmarch**

**Saturday April 22nd 2023**

# Celebrations



**What:** Walk scenic 5 or 10 kilometers (3 or 6 miles)

**Where:** 6050 Burke Commons Road in Burke, Virginia

**When:** Start 10 km from 9-11 am or 5 km from 9-noon

**Who:** Hosted by Northern Virginia Volksmarchers Club

**Why:** *"Walking for Fun, Fitness and Friendship"*

Cherry tree blossoms in Washington D.C. peaked and spring arrived this March. This popular annual event commemorates the 1912 gift of 3,000 cherry trees from Tokyo's mayor to the city. This week Susan and I enjoyed walking with relatives around the Tidal Basin which was adorned clouds of the colorful blossoms.



The festival continues through mid-April followed by three wonderful Northern Virginia Volksmarchers events. Join a 5 km volksmarch through Fairfax City on Monday **April 10<sup>th</sup>** prior to our next club meeting. The guided group walk departs from the Daniels Run Elementary

School entrance at 6 pm. Our monthly meeting in the Art Room starts at 7:30 pm. The monthly Wednesday Walk is **April 19<sup>th</sup>** at 10 am in Springfield. The 5 and 10 km routes begin at the South Run Recreation Center (located at 7550 Reservation Drive). Ron Jones and Sandy Koontz planned this event and our club's 40th Anniversary Volksmarch on April 22nd.

This historic event in Burke will retrace the footsteps from the first club walk held there in April 1983, when we were named the Burke Centre Volksmarchers. The NVV website highlights that this event attracted 1,137 walkers. After holding three walks in Burke the club expanded walk locations and changed its name to the Northern Virginia Volksmarchers. On **April 22nd** walkers can choose 5 or 10 km routes which start from the Villa Bella Italian Restaurant (located at 6050 Burke Commons Road) between 9am and noon. A unique NVV 40th Anniversary token created for this celebration will be awarded to the first 100 participants, and free anniversary cake will be served. Spring walking weather is here, so ensure these three events are on your calendar.



## NVV 40<sup>th</sup> Anniversary Certificate of Appreciation and AVA sticker for traditional, year-round and seasonal walk hosts

A new NVV seasonal volksmarch was launched during March. It starts at the Workhouse Arts Center in Lorton. The 5 and 10 km routes wind around the historic prison and through scenic Occoquan Regional Park. Walk highlights include strolling along the Occoquan River and optional visits to a suffragist museum and memorial, plus a historic brick kiln and Brickmakers Cafe. Public restrooms are available at the cafe and start point when the gallery is open. If not using AVA's Online Start Box, look for the red three-ring start binder on the left side of the glass double doors of Building W-16 (located at 9518 Workhouse Way). Hours for the Workhouse Arts Center and Suffragist Museum are at <https://www.workhousearts.org/visitor-information>



**Love sculpture at Workhouse Arts Center, Memorial and Brickmakers Café at Occoquan Park**

Celebrate spring by joining NVV's 40<sup>th</sup> Anniversary traditional volksmarch, our club's monthly Wednesday Walk, pre-meeting evening stroll, new seasonal or any of the terrific year-rounds.

Steve Brown, NVV President

## **Minutes March 13, 2023**

President Steve Brown called the meeting to order at 7:30 at Daniels Run Elementary School. Present were Roy and Marg Wagner, Karen and Barry Plott, Sandy and Ralph Koontz and Helen and Jim Garamone.

There was a walk just before the meeting, but the weather did not cooperate and only one walker showed up and Steve walked with her.

Steve noted that Helen was mentioned in The American Wanderer for completing 21,000 kilometers. He also noted that Barry is at more than 30,000 kilometers.

We moved to notable walks and Sandy and Ralph talked about their trip to the Tampa area. They raved about the trail system in the area with good paths, plenty of wildlife and a Tiki Bar at the end of one trail! One specific bike trail they mentioned was the Shark River Trail where they passed 84 gators in 15 miles.

Karen's knee replacement is going well (She looked great), and she is gearing up to not only walk but ride her beloved horses again.

Steve spoke about the Olympiad in San Antonio, saying it was well-run and with plenty to do. He brought back all sorts of swag from the event and there was a lottery with Marg winning the shirt, Ralph the poncho, Barry a backpack.

Treasurers report - Barry said the club is up \$350 for the year. He noted the year-round events make money, but the traditional walks lose it.

Anniversary walk - Sandy briefed on NVV's 40<sup>th</sup> Anniversary Walk. The walk is set for April 22 in Burke, Va., where the first club walk happened. She has the routes set up and called for volunteers to man the start/finish table. Reserve your seat(s) for lunch at Villa Bella by emailing Sandy Koontz at [shkoontz@gmail.com](mailto:shkoontz@gmail.com) prior April 14<sup>th</sup>.

Helen noted the club has only two year-round walks left to have the on-line start box option added.

Wednesday April 19<sup>th</sup> at 10 am is guided walk at South Run Recreation Center. If you plan to join the group, kindly inform Ron Jones at [outdoorsy\\_guy1@yahoo.com](mailto:outdoorsy_guy1@yahoo.com)

The next meeting is April 10 at Daniels Run Elementary at 7:30 pm.

Steve adjourned the meeting at 8:14 pm.

Submitted by Jim Garamone



*A medieval bridge on the Camino in Spain.*

## **Camino de Santiago or St James Way**

The Camino de Santiago is a legendary pilgrimage with routes in France, Spain and Portugal that culminate at the shrine of the apostle Saint James the Great at the cathedral of Santiago de Compostela in Galicia in northwest Spain. Tradition holds that the remains of the apostle are buried there.

The pilgrimage started sometime in the 9<sup>th</sup> Century and has survived through wars, famines and natural disasters to become one of the most famous and recognizable routes in the world.

Often called simply the Camino or The Way – the journey draws at least 200,000 participants a year.

Our very own Ron Jones earned his Compostela -- a certificate of accomplishment given to pilgrims on completing The Way – last month.

Here is his story.

Last year at the Stuttgart Annual Walk in October, Hans Vogt and I talked about hiking the Camino de Santiago in Spain this year. Therefore, it was no surprise when he wrote me on his first day of retirement in November that he was planning the trip!

When I arrived in early March, we did some practice hikes with pack along the St James Way in the Black Forest in Germany. First a one-day walk: Endersbach to Esslingen. Certainly a thrill to approach the medieval fortifications of Esslingen from above and then walk down the steep steps into the Old Medieval City. Then a two-day walk: Horb am Neckar to Alpirschbach, staying overnight at Leinstetten. A good shake-out

walk. The Rafting Path (Flosserpfad) from Lossburg to Alpirschbach was especially nice in spring. It was used for centuries to float pine logs downstream and then up to the Netherlands where they were driven into the mud to support the houses of Amsterdam.



*A stone marker for the Camino in Germany and Ron at the real thing in Spain.*

Next, we flew to Galicia to do the English Way — Ferrol to Santiago -- there are 12 different Caminos in Spain and Portugal. Pilgrims coming by ship from England, Ireland and other Northern Countries used this route. We walked 115 km in six days and saw the very old towns, farms and forests of one of the most ancient parts of Spain.

The trail followed a long estuary and then went up into rolling hills and eventually gained the high plain where Santiago is located. Each day the trail length varied from 10 to 25 km. Luckily, the hardest days were towards the end, by which time we had built up our stamina. It was a huge thrill to finally walk into Santiago and see the Cathedral and Tomb of St James.



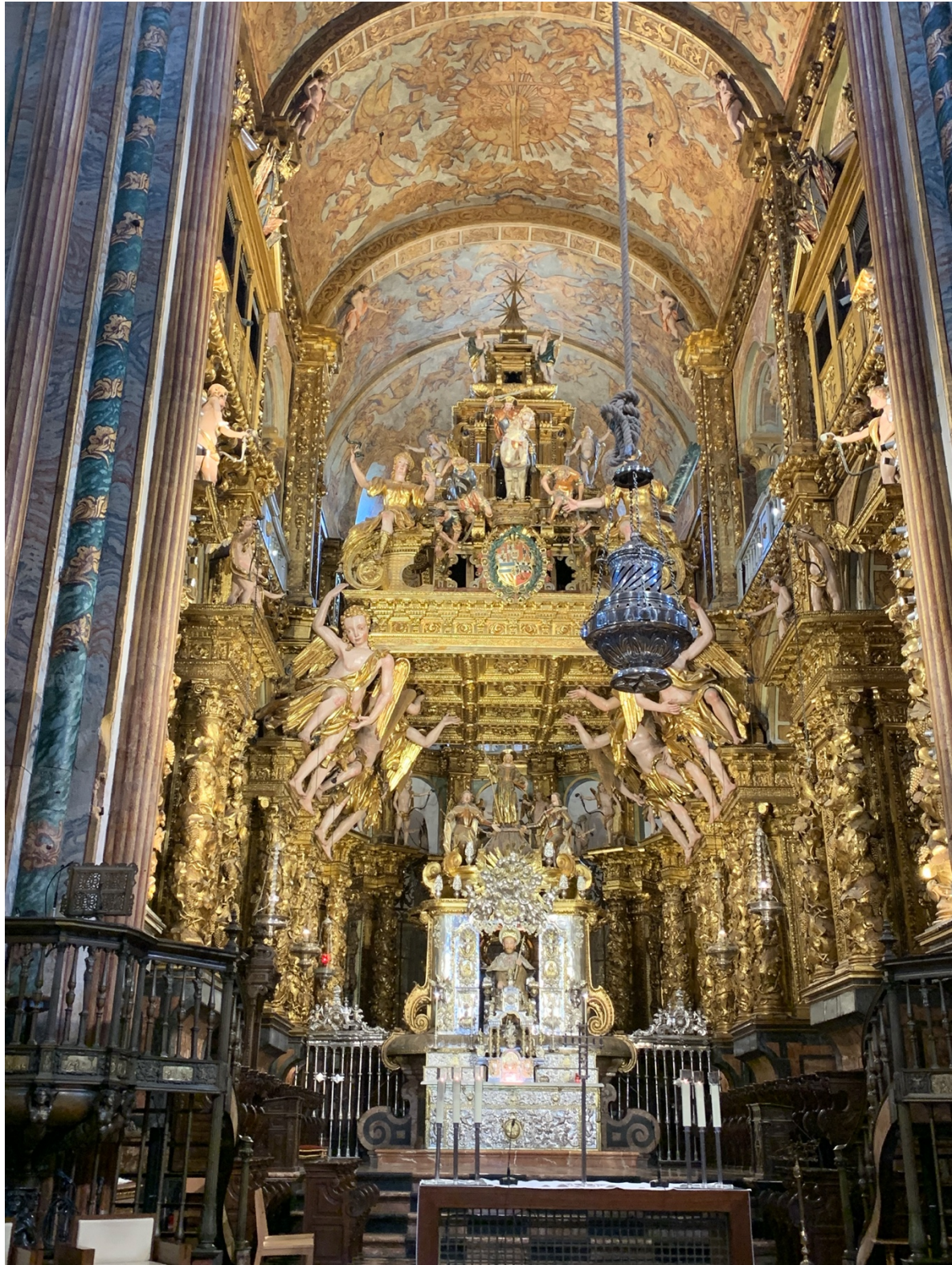
*The countryside along the Camino.*

At the end we received a certificate called the Compostela. Hans used a travel company, <http://www.pilgrims.es/> to find nice hotels, which also had great breakfasts. I would highly recommend this adventure to anyone!

“Wandering Ron” Jones



*Ron and Hans at the cathedral.*



*Inside the cathedral.*



## Upcoming events

April 22 - NVV 40<sup>th</sup> Anniversary Walk. Start point is at Villa Bella Restaurant, 6050 Burke Commons Road, Unit C, Burke, VA 22015 in Burke Town Center. Register from 9 am-12 noon. Start 10km from 9-11 am to finish by 1:30 pm. Free birthday cake from 1:30 to 2 pm at Villa Bella.

April 15 - Glenview Mansion and Croydon Creek Start point is at Norby's Cafe, 5562 Norbeck Road, Rockville, Maryland

April 29 - Montpelier Mansion Tea Fest at 9650 Muirkirk Rd. Laurel, Maryland. Start between 10 am and noon, finish by 3 pm.

## Quote

It does not matter how slowly you go as long as you do not stop.

Confucius

## Parting shot(s)



Santiago Matamoros (Slayer of the Moors) and the tomb of Saint James.