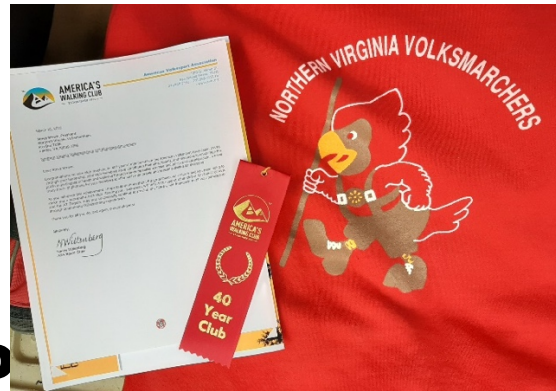


# Chargin' Charlie

May 2023



## Memorable Milestone

On April 22nd we celebrated the 40<sup>th</sup> Anniversary of our club's first volksmarch. Walkers retraced footsteps through Burke Centre, where the initial club event was hosted in April 1983. Each of the sixty-five walkers who enjoyed the 5- and 10-kilometer routes received a unique NVV 40th Anniversary token created for this historic occasion. Following the walk, thirty participants shared the celebratory meal and anniversary cake at Villa Bella Italian Restaurant.



*40<sup>th</sup> Anniversary cake featured Northern Virginia Volksmarchers club mascot Chargin' Charlie*

This memorable milestone volksmarch and celebration would not have been possible without the dedication of over a dozen NVV club members. Sandy Koontz created the scenic routes and orchestrated the savory lunch. Ron Jones coordinated the walk sanction, publicity and sales plus commissioned the token with Chargin' Charlie. The following additional members served at the start/finish point; David Ackerman, Steve & Susan Brown, Mary Fazio, Helen & Jim Garamone, Rob Grunewald, Paul Hancq, Jack Jeter, Mary Lowe, and Margaret Wagner.





A walker enjoys the path around Lake Barton with spring flowers in full bloom

Atlantic Regional Director Jeff Giddings presented a congratulatory letter from the AVA President, a certificate and red ribbon recognizing our 40th year. He and Virginia Volksmarch Association President Tim Miner were awarded a pair of glasses engraved with the NVV logo for their support of our club.

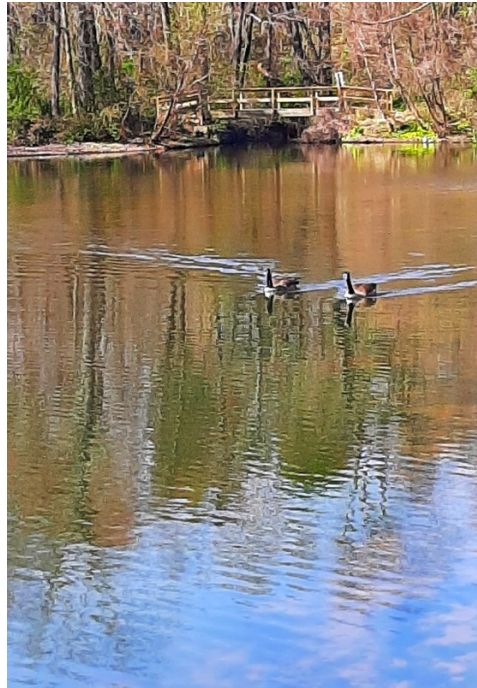


*NVV presidents with certificate & ribbon recognizing club's 40th year + anniversary glasses*

Club member, Harry Jones, recalled participating in our club's first volksmarch in Burke Centre. During the four decades since April 1983, he has recorded walking over 15,000 kilometers



during 1,700 volksmarches. While Harry joined walks hosted by many volksmarch clubs over 40 years, he highlighted that *“Northern Virginia Volksmarchers always offer terrific routes!”*



*NVV members Harry Jones and Karen & Barry Plot represent 100 years of Volksmarching*



Volksmarchers converge on the Veterans Memorial Fountain in Burke.

### Want Ads

Volunteers are the key to enabling our club to continue offering great volksmarches. In addition to staffing start/finish tables, members are needed to help create, coordinate and publicize our

walks. NVV needs volunteers for three positions. 1) A Quartermaster is needed to ensure that supplies (like AVA start cards and books) are available. 2) A club Trailmaster is desired to assist with planning and testing new scenic routes. The NVV Meetup Group has attracted dozens of walkers since Ron Jones created and grew the online community. 3) A club Media Master is needed to help him post information about upcoming club walks.

## May Walks

The annual Embassy Open House walk is scheduled between two Northern Virginia Volksmarchers walks in May. Join a 5-km volksmarch through Fairfax City on Monday May 8<sup>th</sup> before our next club meeting. The guided group walk, designed and hosted by Barry and Karen Plott, will depart at 6 pm from Daniels Run Elementary School (located at 3723 Blenheim Boulevard, formerly Old Lee Highway). Our monthly meeting starts in the school's Art Room at 7:30 pm. The popular European Union Embassies' Open House walk is May 13<sup>th</sup> in Washington DC. Details are online at <https://www.usfreedomwalk.org/may---embassy-walk.html> and the AVA website. NVV's monthly Wednesday Walk is on May 17<sup>th</sup> at the Café Rio Mexican Grill in Burke (located at 6003 Burke Centre Parkway). Ron Jones and Sandy Koontz are teaming up again to host 5- and 10-km guided group strolls departing at 10 am. Join us for more Fun, Fitness and Friendship!

Steve Brown

NVV President

## April NVV Meeting Minutes

President Steve Brown called the meeting to order at 7:30 pm April 10 at Daniels Run Elementary.

Minutes were approved,

Attendees: Ron Jones; Helen and Jim Garamone; Dianne Purdy; Bonnie Recore; Ginny Durr; Mary Fazio; Barry and Karen Plott; Susan and Steve Brown; Sandy and Ralph Koontz; and two new members: Mark and Beth Carter.

Interesting walks: Barry Plott walked Bear, Delaware. Ron Jones was in Stuttgart, Germany. Bonnie Recore walked Lorton and Manassas Battlefield.

Steve advised that the Workhouse in Lorton will soon be opening a brewery and a restaurant.

Barry gave our financial report. We're good.

Ron explained how he deals with AVA for our walks. He also said he needs a backup for the Meetup App.

Helen is trying to confirm that the date of the Scottish Walk in Old Town Alexandria will be held on 1st Saturday of December as usual. The Holiday Extravaganza (co-hosted by NVV and Greenbelt clubs) will still held that weekend (even if the Scottish Walk is not!)

Wednesday walks: Apr 19, South Run. May 17 and Jun 21 are scheduled.

AVA membership meeting will be held via ZOOM on June 14 from 6-9. This is for primary and alternate club delegates, but anyone may also view this meeting.

Last but not least: our 40th Anniversary walk will be held on April 22nd in Burke. Start at 9 am to noon at Villa Bella with lunch and anniversary cake after.

Logo clothing still available from Lands' End.

Submitted by Dianne Purdy

NVV sent the following article along with a passel of photos to The American Wanderer

## **Northern Virginia Volksmarchers Mark 40 Years and Still Walking**

By Jim Garamone

Alexandria, Virginia | April 23, 2023 – The Northern Virginia Volksmarchers Club had a gala celebration of its first 40 years, hosting a 5k and 10k walk with lunch and cake afterward.

The celebration was held where the club started in Burke, Virginia. NVV was the brainchild of two Army officers who volksmarched in West Germany and wanted the same fun, fitness and fellowship they enjoyed there.

The walk drew Volksmarchers from all around the DMV – the District, Maryland and Virginia – along with many club members who have moved away.

While the town of Burke has grown somewhat since 1983, there was plenty of scenery to amble through. NVV President Steve Brown thanked Sandy and Ralph Koontz for setting up a fabulous walk and finding the restaurant for the celebration.

The club received congratulations from AVA Board Chair Nancy Wittenberg. “Through your leadership, your club members have contributed their time, talents and resources to encourage the public to participate in health and wellness through non-competitive exercise and positive social interaction,” Wittenberg wrote in the note. “It takes many hours of planning for your members to offer such memorable and special activities for everyone. As you celebrate this achievement, I hope to learn more about the great things your club is and has been doing that make you a successful AVA club.”

The club is not content to rest on its laurels, said Brown. NVV is planning two major Volksmarch events later this year. The first is a Volksmarch at the Fort Belvoir, Virginia Oktoberfest in the Fall.

The second is the annual Holiday Extravaganza in Alexandria, Virginia. The Volksmarch event – tied to the annual Scottish Walk in Old Town – is hosted by NVV and Maryland’s Greater Greenbelt Volksmarchers and is set for December 2 and 3.

The club also has a passel of year-round events that can take walkers through idyllic woods or past world-class restaurants.

For more information, point your browser to <https://northernvirginiavolksmarchers.club/index.html>.

##end##





Waltzing along the path to 40 years as a club.



Richmond volksmarchers enjoy the Burke trail.





The 40<sup>th</sup> Anniversary Walk Table!

### **Upcoming events**

May 13 – The Annual Embassy Walk. Start box is at the Dupont Metro station. Start 9:30 am to noon. Finish by 4:30 pm. Sponsored by Freedom Walk Festival Club.

May 17 – Three Parks Walk in Greenbelt, Maryland. Evening walk start is at the Greenbelt Community Center 15 Crescent Road between 4-5:30 pm.

### **Quote**

“Go outside. Don’t tell anyone and don’t bring your phone. Start walking and keep walking until you no longer know the road like the palm of your hand ... Just walk, see, sit down if you like. And be. Just be, whatever you are with whatever you have, and realize that that is enough to be happy. There’s a whole world out there, right outside your window. You’d be a fool to miss it.” – Charlotte Eriksson

The next NVV meeting is May 8 at 7:30 pm at Daniels Run Elementary School. If you can get there at 6 pm, there is an evening walk, too.