

Liberty Bell Wanderers – March 2020

*Donate to: The Big Give – March 26, www.thebiggivea.org
Canadian Convention in Yellowknife 6/2020 – Cancelled
No walks or meetings until further notice
Register for LBW bus trip – 10/3-6 to Massachusetts*

A Message from your President, Dave Doerffel

I have been reading all the information from the CDC and state/local authorities. I have also been consulting several key members of our club and also just read **the guidance sent from the AVA President today**. The Coronavirus is spreading rapidly across the US and it is clear that we need to take action to protect all club members. There has also been a great deal of information recently published by many walking/hiking groups like the Colorado Mountain Club, the Adirondack Mountain Club, and the Sierra Club. With all of this in mind, **I have made the following decisions.**

Effective immediately, all LBW club activities are on hold. Specifically, our scheduled traditional event at Lorimer Park on April 4, 2020 and the Traveling Guided Walks (TGW) are postponed until this fall. All scheduled club YRE walks through the end of April are cancelled. For the remembrance ceremony, it will likely become part of our picnic in September, but no decision on that will be made until at least July. The TGWs will be scheduled for dates in the fall by the Walking Committee when we meet in July. As for the walks scheduled for May, a decision will be made sometime in late April based upon the best information at that time. All LBW club meetings at the Giant Food Store are cancelled until this fall.

This guidance does not mean that you cannot go out and do any of our **YREs on your own**. If you can reach the walk box, which may still be possible for some locations like hotels or grocery stores, then use the normal procedures. If the walk box cannot be reached because the facility is closed, then you could download a registration log (AVA Form 900A), sign it, and mail the signed form and payment to the POC. We can get you a copy of the stamp to cut and paste into your book. We can provide you with more specific information if you are interested. One of the biggest problems is finding open restrooms or places to wash your hands. Many facilities are being closed.

I also have the **following general advice** for all club members, although I am sure you have already been hearing this over and over.

1. First and foremost, if **you feel sick, stay home**. Do not feel obligated to lead or go on any walk or event.
2. **Limit carpooling** to people you know.
3. **Avoid crowds** whenever possible. This may mean we have to avoid walks that require riding SEPTA trains, such as the Philadelphia walks.
4. **Wash your hands** for a minimum of 20 seconds whenever you have to touch surfaces. After you have washed your hands, use a paper towel or tissue to open a door.
5. If washing is not possible, **use a hand sanitizer** with a minimum 60 percent alcohol content. Squirt the product onto your hands and rub them together until your hands are dry. Note: Non-alcohol-based hand sanitizers are not considered effective against corona viruses. Please check the label.

6. **Cover your cough** or sneeze with tissues and throw them away. Otherwise, cough or sneeze into your elbow.
7. Avoid touching your face, nose or mouth with unwashed hands.
8. Consider bringing **your own pen** for signing.
9. We will also have to carefully consider our normal habit of going out to eat after our walk. We will probably not go out to eat under most circumstances.
10. The concept of **social distancing** is also going to become a way of life for a time. We should probably start trying to keep at least six feet from others.
11. It may be a good idea to carry a **pair of surgical gloves** in your pocket. They still seem to be available on Amazon and a box of 100 is around 10-12 dollars.
12. Finally, hand shaking must be avoided. A kind hello or **elbow bump** is more than adequate.

Face masks are still not recommended for most people. The minimum mask type that is effective against the Corona virus is the N95 standard mask. However, they must be properly fitted and changed every few hours to be effective. Even Amazon has admitted that a significant number of masks being sold are probably fakes. Many doctors are indicating that there is some value to wearing a **cloth mask if you are the one who is sick and coughing**. But why would you be out walking among other people if you know you are sick?

While on the subject of hand sanitizer, good luck finding it in the stores. The formula for making hand sanitizer is isopropyl alcohol, aloe vera gel, and tea tree oil. **Mix 3 parts isopropyl alcohol to 1 part aloe vera gel. Add a few drops of tea tree oil** to give it a pleasant scent if desired. When mixing this in a bowl, make sure the **bowl and mixing spoon have been sterilized with alcohol** before mixing to avoid contamination.

Ann and I are going to try this, if we can find the aloe vera and isopropyl alcohol. We will let you know how it works.

I do hope that everyone gets out to walk and exercise. It is important for our health and well being. Doing a 5K around your neighborhood everyday can do wonders for your spirit. But we also need to stay well during this pandemic.

Exciting LBW Bus Trip Oct. 3-6, 2020: by Bill Ridge

This year we will travel to **Massachusetts** to celebrate the 400th anniversary of the Pilgrims arrival at Plymouth. Our trip will run from October 3rd through 6th. We will do AVA walks in **Sandwich, Provincetown, and Plymouth**. We will also have an escorted town walk on **Martha's Vineyard**. Other attractions as well! See the attached **trip flyer** for additional information and pricing.

Minutes from the LBW Meeting March 6, 2020

President David Doerffel opened the meeting with the Pledge of Alliance at 1:10 p.m. on Friday March 6, 2020 at the Willow Grove Giant.

Attendance: 16

Hopefully it was because of the rainy damp weather and not the Corona virus / COVID 19.

There were no new members to introduce

Secretary: There were no corrections brought to the attention of the Secretary. The Meeting Minutes from January 3, 2020 stand as is. Note: We are going through some very unprecedented times. People are anxious and worried about not only their future but their present. We need to be vigilant about our surroundings, practice proper hygiene and social distancing. It is OK to go out and take a walk. It is amazing what a nice stroll outside in the fresh air with your spouse, significant other, family member or friends, will do for your spirit. Of course, you can always go out by yourself. So put on your walking

shoes, turn off the 24/7 news cycle and go out and take a walk. Remember, **we are a walking club, so go out and take a walk.** Spring is in the air, temperatures are warming, the birds are chirping, and squirrels are scurrying around looking for their next meal. Go out and enjoy the wonders of nature. Let's look forward to May 1, 2020 when we can hopefully start our walks again.

Treasurers Report: Carol Evans

Opening Balance: \$8267.61 **Income:** \$658

Expense: \$885.75

Ending Balance: \$8039.86

Bus Trips: Bill Ridge:

Bill has put together another great trip – **A Pilgrim Memorial Trip to Southeast Massachusetts from October 3 – 6, 2020.**

The year **2020 marks the 400th anniversary of the Pilgrims** arrival in Massachusetts aboard the Mayflower. AVA is having a Special Program to remember this event.

LBW will do so by visiting the two towns most associated with the Pilgrims. Our trip will include time on **Cape Cod and Martha's Vineyard.** We will stay three nights at the **Bayside Resort in West Yarmouth on Cape Cod.**

Highlights of the trip:

- ✓ AVA walks in Sandwich MA, Provincetown MA, and Plymouth MA
- ✓ Visit the Pilgrim Museum in Provincetown
- ✓ Visit the Plimouth Plantation near Plymouth
- ✓ Ferry ride to/from Martha's Vineyard
- ✓ Guided town walk at Oak Bluffs on Martha's Vineyard

More information will be available to membership as it is released.

Membership: Joyce & Nancy Deibert

As of March 6, 2020, there are **93 members.** There were 7 new members in 2019; 18 members from 2019 did not renew their membership. Those who did not initially respond last fall, were sent individual emails and / or were called.

Circulation: Joyce and Nancy Deibert

Congratulations to Joyce and Nancy for their efforts in slimming down to number of mailed newsletter **from a high of 30+ to just 12** as of March 6, 2020. Five of the 12 members who receive a newsletter by mail also included an additional donation to help with the cost of mailing. This was completely voluntary.

Sunshine Fund: Irene Signorelli

The January 2020 balance was \$352; \$3 was spent for a condolence card leaving a **balance of \$349**

Newsletter: Betty Good

Anyone wishing to add anything to the newsletter, forward it to Betty Good NLT March 20, 2020.

Social Media: Gayle Hendricks

Due to Gayle's hard work at keeping the LBW website updated (www.libertybellwanderers.net). Social Media has enhanced getting the word out about LBW and AVA. As a result, **new people are coming out and walking with us.**

Trail Master: Pat Graeber:

New dates for Traveling Guided Walks (TGW)

Tyler State Park – Thursday, October 15; 2020

Antietam Lake Park - Thursday November 5, 2020

Walking Committee: Carol Evans, Carol Talaga & Kate Boyce:
Walks are canceled due to Corona Virus / COVID 19 until at least April 30, 2020.

Vice President: Betty Green:

Betty will be putting together information on **how to order** shirts, hats, etc. from Land's End. It will be included in the newsletter (if ready) and a stand-alone Google Groups Email.

Atlantic Region Director: Mike Green:

The August 2020 Atlantic Region conference scheduled for August 2020 in Plymouth Meeting has been canceled due to the Coronavirus.

Raffle Winner:

Birthday girl Nancy Deibert picked the winning number held by **Linda Mueller. Linda got a whopping \$11!**

President's Comments:

Stowe, VT Snowshoe Trip with the New Hope Nordic Cross Country Ski Club: LBW members who went to **Stowe, VT from February 7–11, 2020** all had a great time. Members were able to snowshoe at the Von Trapp Resort and Craftsbury Commons. **Special thanks to Dave Brown** who helped lead the group on Saturday February 8, 2020 at the Von Trapp Resort up to the cabin – a 3–mile 750–foot elevation gain trail. On Sunday February 9, 2020, he led us on one of the many snowshoe trails at Craftsbury Commons. Craftsbury Commons was flat, so it was a lot easier.

Big Give 2020 club donation: In 2019 LBW donated \$250. It was suggested that since we no longer have to donate funds to the VE, that we up our 2020 donation. President David called for a motion to increase the **2020 donation to \$500** after a short discussion. Ellie Kuntz made the motion; Betty Green seconded the motion. The motion passed unanimously. NOTE: Postponed until the fall due to COVID 19 / Corona Virus.

GroupWorks and Element 3 Health walking referrals:

Tick / Lyme Disease reminder: It is the season for ticks and Lyme Disease, please be careful when walking in wooded or grassy areas. Make sure you thoroughly check yourself and pets, if you bring them along, for ticks.

Corona Virus / COVID 19 discussion: Please see attached letter entitled Notes From Your LBW President About Corona Virus

Next Meeting: NOTE: **Meetings are canceled until further notice due to COVID 19 / Corona Virus**

Meeting adjourned at 2:10 p.m. After a 5–minute break, Nancy and Joyce Deibert gave a presentation on their adventure with Roads Scholar and the Rose Parade.

Presentation: Joyce and Nancy Deibert presented their Road Scholar trip to the Rose Parade. Pictures included them preparing flowers for the float, attending band fest, seeing the actual parade, and seeing the floats up close and personal in a viewing area. Showed the process of how the floats were made and many close–up pictures of the flowers on the floats.

P.S. Kudos to Joyce & Nancy for the excellent slide show!

As a viewer of these slides, I now know all the work that goes on behind the scenes to prepare these beautiful floats for just this one day parade. Betty Good

OFFICERS & EXECUTIVE COMMITTEE 2019

President	Dave Doerffel	267-566-0432
Vice President	Betty Green	845-774-5335
Secretary	Ann Doerffel	267-566-0431
Treasurer	Carol Evans	215-675-9134
Trip Coordinator	Bill Ridge	215-256-9629
Membership	Jean Meyers	215-674-5943
Circulation N/L & Membership	Joyce & Nancy Deibert	215-657-2530
E-mail Newsletter	Ann Doerffel	267-566-0431
Newsletter	Betty Good	bjg42@verizon.net
Program	All Members Contribute	
Web Master	Gayle Hendricks	e2feet@gmail.com
Sales	Bill Ridge	215-256-9629
Publicity	Ann Doerffel	amdoerffel@gmail.com
Sunshine	Irene Signorelli	267-808-2820
Trailmaster	Pat Graeber	610-287-3065

LBW Website www.libertybellwanderers.net

Atlantic Region http://www.mdvolks.org/new_walklist.php

KSVA (Keystone Volk Assoc.) website <http://www.ksva.net>

Facebook <http://www.facebook.com/LibertyBellWanderers>

LBW Calendar: <http://lbwcal.nodegreen.com>