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MEETS EVERY ODD MONTH THE 2ND MONDAY AT 11:30 A.M. IN RACHEL'S KITCHEN
AND EVERY EVEN MONTH THE 2ND TUESDAY AT 4:30 P.M. IN RACHEL'S KITCHEN

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SEPTEMBER 2019 ISSUE

Northern Isles Cruise to England, Scotland, Norway and Iceland

August 4-18, 2019



UPCOMING EVENTS

Next Monthly Meeting
Monday, September 9

Rachel's Kitchen
11:30 a.m.

Shared Potluck

Tim Youmans, Guest Speaker

by Sheila Lutjens and Dave Stum

The notion of two first-time cruisers writing an article for a travel club newsletter feels a bit presumptuous, especially since many of our colleagues on board had already experienced twenty cruises and more.

While veterans may have taken a few

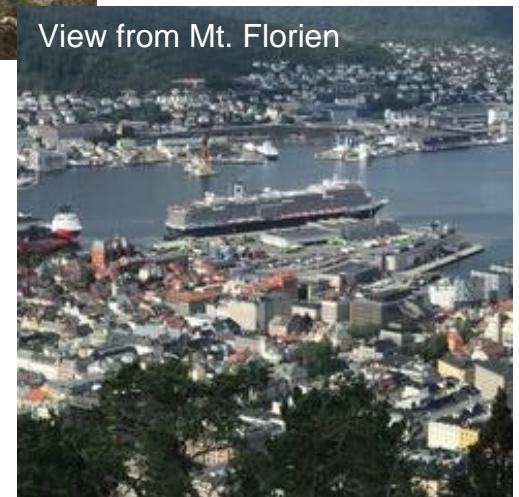
things for granted, we, Sheila and Dave, had one "wow experience" after another aboard the newest ship in the Holland America fleet, as the Nieuw Statendam took us and roughly 2400 other guests to five ports in this Northern Isles cruise. Judy regularly checked in on her flock of two dozen or so folks from the Lake Frederick Travel Club group, to be sure we were enjoying the ride. And the ship crew, from the captain right down to the room stewards and wait staff, provided exceptional customer service.

Amidst a long list of positive experiences and only an occasional negative, our highlights included:

- Enjoying a typically rainy English day while exploring portions of a Roman fortress and Hadrian's Wall, once the northern border of the Roman Empire.



- That same evening attending the Tattoo in Edinburg, Scotland, among a truly international audience that exuberantly expressed appreciation for performances by musical groups from all over the world (and for us a new appreciation of bagpipes).
- Getting up close and personal to waterfalls, volcanic craters and hot springs in Iceland, and even soaking in the Blue Lagoon.
- Sailing through fjords into ports at Alesund and Bergen, Norway, and then taking the tram up Mt. Florian to enjoy magnificent views before walking back down and wandering through that beautiful town.
- Watching wonderful performances onboard by a dance troupe as well as blues and rock musical groups, with our favorites being several concerts by a string quartet and by Post Modern Jukebox.
- Having knowledgeable tours on all of our excursions (we only wish there had been more walking and less time on buses), and informative lectures and slide presentations about every stop along the way.
- Our only regret is that there simply was not enough food (LOL). Quite to the contrary, there were multiple restaurants on board serving a variety of cuisines at all hours, and even a chef from American's Test Kitchen teaching us how to poach salmon and prepare the world's best brownies. And a bonus was an opportunity to better know our neighbors at Lake Frederick, truly a wonderful group of people.



by Tony Cruff

Members of the Lake Frederick Travel Club, along with family members and friends, boarded Holland America's newest cruise ship, the Nieuw Statendam, on August 4, 2019, to begin a fourteen-day sea journey that carried them and 2,600 other passengers to the northernmost islands of Iceland, just shy of the Arctic Circle. It was a wonderful trip, and I was glad I was aboard. Judy did a great job of organizing the trip and keeping us all in line and happy. Not only did we visit the Icelandic Island of "fire and ice," but the journey took us to England, Scotland, and Norway as well. We returned to Amsterdam after sailing through the North Sea into the North Atlantic Ocean and back again.

The first full day of our cruise was spent at sea. On August 6, we were treated to a day ashore at the city of Newcastle upon the Tyne, located along on the north east coast of England. Today it goes simply by the name of Newcastle. The city is a well-known shipping port. It's also known for its popular Newcastle Brown Ale. It's a city of museums, castles, and bustling shops. We were able to spend the day enjoying all the city had to offer as well as travel further afield to York where some of our group toured the city and countryside until the ship set sail for the next disembarkation site on the east coast of Scotland.

After sailing all night, we arrived for an early morning mooring by anchor at South Queensferry, Edinburgh, Scotland, one of the oldest cities



in Europe. It has the castles, abbeys, cathedrals, and a historic old town to prove it. It was the only city on the cruise where we disembarked and reembarked using the small boats known as "tenders." The weather turned bad at times with rain, making standing in line for a tender to take us back to the ship more than a little miserable. Those who wished to wait out the rain in one of the city's bars and pubs, or by taking in some of the night life. Others attended the Royal Edinburgh Military Tattoo (see multiple pictures on our Lake Frederick Travel Club website www.LakeFrederickTravelClub.com). We had until 1 a.m. the next morning to be back on board before the ship left for our next port on the west coast of Iceland.



Waters of the Blue Lagoon

After spending the following day at sea, we docked in Reykjavik, Iceland, in the early morning hours of August 10. Reykjavik is the capital of Iceland and the largest city of a country with little more than 300,000 inhabitants. It's a late comer in the settlement of other parts of Europe. This means that Iceland is largely an island of open spaces broken up by mountain ranges. We had the opportunity to view Iceland's beauty, including its waterfalls, geysers and an active volcano by tour bus. Stops along the way offered ample opportunity to purchase wool sweaters and other items unique to Iceland's rich Nordic heritage. We had two full days to explore all of the scenic beauty and cultural heritage the city of Reykjavik and its environs had to offer.

The itinerary called for us to visit next the small fishing village of Isafjordur further north along the west coast of Iceland. This would have been the most northerly positioning of any stop along the cruise.

Unfortunately, the weather didn't cooperate. A gale was soon to be upon the ship, and since tenders were to be used to disembark and reembark the ship's passengers, the visit to Isafjordur was cancelled. Instead, the ship continued on further to the north, clearing Iceland's coastline and sailing to the next destination where the ship entered a fjord and avoided the gale's high seas.



Sod Homes in Akureyri

Our arrival at Akureyri, Iceland, brought a welcome relief to the rolling movements of the ship during the storm. We were able to spend the day touring the museums, churches, a remarkable botanical garden, and the beautiful scenery of the region featuring a spectacular "waterfall of the gods" in a mountainous region outside the city. The day ended with a slow cruise of the fjord leading back



Godafalls Falls in Akureyri

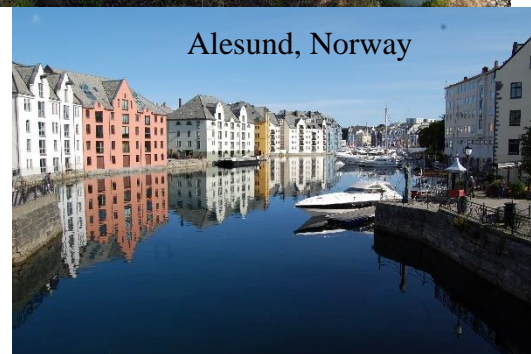
out to the sea.

Following a day at sea, we arrived at Alesund, Norway. We had a full day off the ship to peruse the many unique features in this quaint fishing village. Some tours focused on the beautiful scenery. Others focused on the art nouveau architecture and style of painting for which the city is famous.

Another night at sea brought us to the city of Bergen along Norway's southwest coast. This beautiful city, surrounded by mountains and the sea, and an abundance of water all around, offered ventures into the outdoors, including a dramatic tram ride up a mountainside overlooking the gateway to the fjords below. An abundance of shops offered last minute gifts to take home. A bustling fish market featured local delicacies for the adventurous diner. Bergen was the perfect ending to the presentation of the Nordic beauty, history, and culture we experienced for fourteen days in a remarkable part of the world.



Bergen, Norway



Alesund, Norway

Our final day at sea brought us back to Amsterdam and to the end of our cruise. Memories of what we had seen, learned, and enjoyed helped ease the pain we faced in finding our luggage, dealing with security and customs, and meeting our flights that would take us back to the real world.

by Maureen Kantor

Many of us have heard "a great time was had by all." That certainly is the case for those who participated in the Lake Frederick Travel Club's 14-day Holland America cruise to the Northern Isles aboard the *Nieuw Statendam*. We embarked from Amsterdam, The Netherlands, and cruised to Newcastle upon Tyne, England, South Queensferry (Edinburgh), Scotland, Reykjavik and Akureyri, Iceland, and then Alesund and Bergen, Norway.

My very favorite part of the trip was time spent in Edinburgh. In the morning, I took a guided bus trip with an informative and witty guide named Dee. We explored the beautiful, historic city and then had time on our own to visit Edinburgh Castle, a dominating fortress built in the 12th century that sits on Castle Rock overlooking the city. Dee told us about many notables from Edinburgh who include Alexander Graham Bell (drove by his home), Tony Blair, Sean Connery, and, most recently, Dolly The Sheep! The city itself is beautiful and one that I would like to return to someday.

In the evening, I returned to the Castle to be entertained by the Royal Edinburgh Military Tattoo. What an extravaganza! There were military bands from China, New Zealand, Nigeria, Trinidad, France, Germany, and, of course, more than 250 pipers and drummers from Scottish Regiments as well as the Tattoo Dance Company. The music was highlighted by incredible architectural light projections on the Castle and fireworks. The 2020 Virginia International Tattoo is scheduled for April 30-May 3 in Norfolk, Va., for those interested in seeing a Tattoo closer to home.

Bergen, Norway, which lies in the center of "the 7 mountains" was my second favorite stop. It is the country's largest port and the second largest city in Norway. Bryggen is an area on the wharf with traditional wooden houses that was once a center for the Hanseatic League's trading empire in the 14th century. It was designated a UNESCO World Heritage site in the 1970's and is a natural focal point arriving in Bergen.

Bergen came to prominence for its dried-cod trade in the early 12th century and still flourishes today. A visit to the Fish Market verifies this as dried cod are hanging at a number of the stalls along with a great selection of treasures from the sea which vendors will happily cook for you for your lunch. It's a very lively atmosphere here as well as in the many cafes and shops along the wharf. I capped off my self-guided walking tour with a ride up the Mount Floyen Funicular for a panoramic view of the city, mountains and beautiful sea.

Colonial Estates Wineries Trip July 1, 2019

by George Darnell, Trip Coordinator

Thirteen Lake Frederick Travel Club members toured three Virginia Wineries located on estates that date to the colonial era. Our first stop after leaving the lodge in a Classy Cowboy van was Eggspectation in Haymarket for a wonderful brunch ordered from an extensive and exciting breakfast menu. After fortifying ourselves we set off for our first winery near Aden, Va.

The van's GPS tried to find the shortest route to our first stop, and we wound up on gravel backroad into Nokesville. When we arrived at Effingham Manor, they were waiting for us with a long table set up under trees on the lawn. While giving us a tasting of their excellent wines, they told us that Effingham Manor House was used as a dwelling for most of its 250-year history. It was built in the Tidewater style by William Alexander, the patriarch of the property, former Colonel of the local militia, and County Justice. The gabled roofs, double chimneys, and enclosed stairwells are prime examples of the extensive detail and style that guided the Alexander family when the house was built



After our tasting, we toured the house and grounds, including a swimming pool converted into a Koi pond and a modern event center built on the grounds for weddings and large gatherings. We lingered beyond our scheduled departure and got caught up in rush hour traffic leaving Manassas on our way to the Winery at La Grange in Haymarket.

La Grange is rich in history; it had been originally carved out of Robert "King" Carter's Bull Run Tract in the 1600s and later became known as La Grange. The property's ownership changed many times during the past four centuries, with the farm's acreage increasing and decreasing over the years. Fortunately, the three-story red brick manor house built by George Green survived. Today it serves its many wine tasting guests and is rumored to be haunted.



Our attendant for our private tasting was waiting for us at a U-shaped bar. Corrine Osius recognized him as a dance instructor she knew, and they had fun catching up on old times between tastings. After the tasting, he invited us to tour the house and notice the two fireplaces side by side upstairs which have an amusing history.



By then we were really behind schedule and feared a traffic jam in Haymarket getting back on I-66. But this time the van's GPS saved us by finding Waterfall Road, a backroad that runs parallel to I-66 into The Plains, where we rejoined I-66. We headed toward Valerie Hill on the West side of Stephens City and arrived later than expected. But Josh, our attendant, was very gracious and treated us to their wines without the usual colorful descriptions.

The tasting room at Valerie Hill is in a Federal style brick manor house dating to 1807. It has been carefully restored and many of her rooms are open to the public to enjoy award-winning wines and light fare. The estate is rumored to be haunted. A chimney and foundation stones in the picnic grounds is all that remains of a large outbuilding.

After our tasting we didn't have as much time as we wanted to explore the house and grounds and linger for a while. Many of us decided to return on our own to enjoy a more leisurely visit. We arrived back at the lodge about 6:30 p.m., thoroughly wined out.

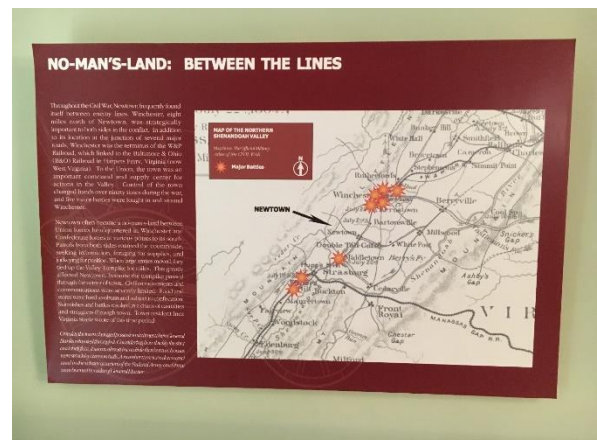
Many thanks to everyone who joined us: Sue Winfield; Fred & Nancy Grondhuis; Corrine Osius; Marcy Stoots; Gary & Janet McDowell; Ellen D'sa; Reginald and Cynthia Sanders; Stephanie Pendleton; and George & Michelle Darnell.

Frontier Heritage Trip

July 22, 2019

by George Darnell, Trip Coordinator

Eleven members of the Lake Frederick Travel Club boarded a Classy Cowboy Van and headed to the Stephens City Museum, which Rick Kriebel, Manager of Collections and Programs, was kind enough to open for us on Monday when it is usually closed. Rick gave us a brief history of Stephens City and its role in building wagons for the pioneers travelling the Wilderness Road through the Shenandoah Valley (now Rt 11). In the mid-1800s there were as many as 12 wagon makers providing the sturdy "Newtown Wagons" to travelers. Newtown was the name of Stephens City until the US Postal Service made them change the name because there were too many cities in Virginia named "Newtown."



Newtown was saved from the Valley Burning during the Civil War when a junior officer in the Union Army refused the order to burn the town. Therefore, many early buildings can still be found in the original settlement.

After showing us around the museum Rick joined us in the van for a short drive South to the old Stephens City High School, which is now a museum annex housing a Newtown Covered Wagon and a Buckboard wagon.



We stopped for a group photo on the front steps of the high school with Rick (rear row in front of open door) before boarding the van for a modern ride up Rt 11 to Woodstock, passing through Strasburg along the way. (South is "up the valley" because the Shenandoah flows North to Harpers Ferry.)



We arrived early at the Woodstock Brewhouse and waited in a cool patio beer garden until they opened early for us. They let us sample their beers and wander around until the kitchen was open. They even took us on a tour of the brewery in the basement and showed us the brewing process. The Brewhouse is housed in a recently renovated industrial-age gem of a building. Originally known by long-time residents of Woodstock as the Casey Jones work clothes factory, it made uniforms for the military during WWII.



After finishing our lunches of traditional and Virginia favorites accompanied by our favorite beers and non-alcoholic drinks, we jumped on I-81 for our ride through Harrisonburg to Staunton.

After several wrong turns thanks to a confused travel app, we finally found the Frontier Culture Museum, paid for our tickets in a large gift shop, and began touring the expansive grounds on paved roads and paths. Michelle and I decided to rent a \$10 golf cart because her walking is limited. The rest of the group toured the grounds on foot and still made it back to the van on time.

To tell the story of early immigrants and their American descendants, the Museum has moved or reproduced examples of traditional rural buildings from England, Germany, Ireland, West Africa, and America.

The Old-World exhibits show rural life and culture in four homelands of early migrants to the American colonies. There is also a small wigwam village to show how the natives that they encountered in the valley lived.

The American exhibits show the life these colonists and their descendants created in the colonial backcountry, how this life changed over more than a century, and how life in the United States today is shaped by its frontier past.

After visiting the exhibits and listening to the docents describe what life was like in each dwelling we boarded the van for a short drive to CrossKeys Vineyards.

Like many Virginia wineries CrossKeys is a family operation. Bob and Nikoo Bakhtiar bought the property in the shadow of the Massanutten Mountains near the Civil War Battle of Cross Keys. They planted their first vines in 2001 and now manage one of the largest vineyards and wineries in Virginia. CrossKeys gave us an unhurried private seated tasting at a banquet table in the reception hall. We found most of their wines to our liking. My favorite was a peach flavored white wine, which I had with dinner.



(Bill & Kim Matlick; Fred & Nancy Grondhuis; Margie Nolan & Mike Gooden; George & Michelle Darnell; Abby & Joyce Paysour; Debbie McInain)

After our tasting we took a group photo and then ordered our dinner from our Bistro server. The Bistro has a full service restaurant menu with many continental and American favorites. Wine is available by the glass or bottle along with non-alcoholic drinks. The Bistro serves brunch on the patio and inside on Sundays. It is well worth the 1.5 hour drive down I-81 to relax in the heart of the Valley.

When we finished our meal we thanked our hosts and boarded the van for Lake Frederick. After a long, but satisfying day, we headed to our cars to relax in our own homes. Thank you Classy Cowboy for another safe trip.

Monticello Wine Trail Trip August 19, 2019 by George Darnell, Trip Coordinator

Ten members of the Lake Frederick Travel Club boarded a Classy Cowboy Van and headed up I-81 toward Staunton. After a rest area stop, we exited onto I-64 toward Charlottesville. At the crest of the Blue Ridge we took Rt. 250 and several switchbacks down the mountain to Veritas Vineyard and Winery, our first stop. Terry, our attendant was waiting for us at the long tasting counter. She guided us through several of their white and red wines and then encouraged us to explore the grounds.



(Regina & James Walker; Paul & Louise Bozzo; Corinne Osius; Janet & Bobby Nichols; Paul Offenbacher & Mary Bernard; George Darnell)



This beautiful setting off Route 151 in Nelson County surrounded by mountains has been the choice of many brides, especially those from nearby UVA. After resting on the large porch and enjoying food they had available, we boarded our van and headed toward Charlottesville for our next stop.

Gary, our driver, skillfully avoided downtown and took us along scenic backroads to Barbourville Vineyards. Again, our attendant was waiting for us and he regaled us with stories of the Barbour family, Thomas Jefferson, and the Presidents from Virginia while he poured our wines. He told us that Thomas Jefferson and other Virginians were not able to transplant European grapes in Virginia because of a microscopic parasite in the soil that attacked the roots. It was not until they discovered the secret of grafting imported vines to native vines that Virginians were successful.



Gary drove us to the ruins of the Barboursville Estate, which was destroyed by a chimney fire in 1884. The family was able to save themselves and most of their furnishings from the fire. Thomas Jefferson, a close friend and political ally of the Barbours, designed the estate.

Our final winery, Early Mountain, was closer than we expected, and we arrived a little early. But they were expecting us and served a variety of white and red wines in their expansive tasting room. We lingered a while but were soon back in the van for our ride home.



We turned off US 29 at Madison and followed the old Sperryville Turnpike along the Eastern foothills of Blue Ridge. We passed turnoffs to Graves Mountain Lodge in Syria, a great place for family-style Sunday dinner, and Old Rag Mountain, a favorite of climbers in the Metro area. We also passed Griffin Tavern in Flint Hill, but we decided to save a visit for another day.

We arrived back at the lodge a little after 6 p.m., thanked Gary, and headed to our homes. It was a great trip on a bright, sunny (and warm) day.

UPCOMING TRIPS



Three "Bs" Winery Tour September 16, 2019 \$30 per person

The Travel Club is sponsoring a tour of three wineries close to Lake Frederick whose names start with "B"S:

- Bluemont: <https://www.bluemontvineyard.com>
- Barrel Oak: <http://www.barreloak.com>
- Blue Valley: <http://www.barreloak.com>

We will leave the Lodge at 10:00 a.m. and return at approximately 5:45 p.m.

All three have food for purchase to accompany their wines. The \$30 covers the cost of the transportation. All other costs—wine tasting, etc.—are the responsibility of each traveler. You can drop your check off at the Concierge desk. **Please be sure to mark your check with a note in the Memo line as to the trip you are reserving—Three Bs Winery Tour**

Oktoberfest Route 151 Brews Tour

September 30, 2019

\$30 per person

We have selected the popular "Spirits Alley" along Route 151 in Nelson County for our Oktoberfest Brews tour. We will visit three popular breweries and perhaps a cidery if we have time. This will be a long day. Here is what we will visit:

- Blue Mountain Brewery at the top of Route 151 in Afton, VA, near the entrance to the Blue Ridge Parkway:
<https://bluemountainbrewery.com/afton-brewpub/>
- Wild Wolf Brewing Company in Nellysford:
<https://www.wildwolfbeer.com/>
- Devils Backbone Base Camp
<https://dbbrewingcompany.com/location/basecamp/>
- Bold Rock Hard Cidery (optional)
<https://boldrock.com/visit/nellysford-cidery/>

To reserve a seat on the tour, drop off a \$30 check made out to Lake Frederick Travel Club with your contact information and the date of the tour at the lodge concierge desk. All other expenses are the responsibility of each traveler. A minimum of 8 and a maximum of 14 travelers are needed for this trip.

New York City Christmas Showtime

November 22-24, 2019

3 Days / 2 Nights

Double Occupancy \$869 per person

Single \$1,329

Deposit of \$150 per person, balance due September 20

New York is celebrating its most festive time of the year--the Christmas season! Come with us and enjoy the exciting city all decked out in its finest array. Sparkling Christmas lights and the decorated windows adorning the ships along Fifth Avenue and throughout the city are a feast for our eyes. See the amazing Rockettes in their spectacular Radio City Music Hall Christmas Spectacular, enjoy a great sightseeing tour and have time for shopping too. See it---experience it---live it---book your seat now.

Come with us to see New York City all decked out in its Christmas array.

- See the amazing Rockettes in their Radio City Music Hall Christmas Spectacular
- Enjoy a great sightseeing tour
- Bus transportation to New York
- Accommodations for two nights in the heart of the theatre district near Rockefeller Center and 5th Avenue
- Guided tour from Rockefeller Center to Greenwich Village to the Cathedral of St. John the Divine, from 5th Avenue to Central Park, from Times Square to Little Italy the sights and sounds of the city entice us.

The Christmas Magic on the great stage at Radio City Music Hall with the Christmas Spectacular featuring the Rockettes. The "Parade of the Wooden Soldiers", "New York at Christmastime", and "The Living Nativity" are all part of the dazzling show.

Deposit of \$150 per person due when booking and is non-refundable if cancelled 60 days or less prior to departure. Balance is due by September 20th, 2019. Cancellation Protection \$58 per person twin, \$93 single.

Candlelight Christmas at Biltmore Estate & Grove Park Inn Gingerbread Houses

December 3-4, 2019

2 Days / 1 Night / 3 Meals

Double Occupancy \$429 per person

Single \$499

Deposit of \$50 per person Balance due October 21, Trip Protection \$39 each

Come along and enjoy the most wonderful time of the year by celebrating the Biltmore Estate in grand style! Visit America's largest home all dressed in its finest array for the Holiday Season---decorated trees, wreaths, bows, and poinsettias. An additional treasure is a visit to the Grove Park Inn to see the amazing display of gingerbread houses, and delight in these sugar and spice creations. Enjoy a special dinner at Biltmore Estate and a holiday buffet at historic Grove Park Inn. This is a one-of-a-kind holiday experience we'll never forget.



A Colonial Christmas in Williamsburg
December 9 -11, 2019
3 Days / 2 Nights / 3 Meals
Double Occupancy \$325-345 per person
until September 7

Our journey to Williamsburg includes:

- 2 nights lodging at The Woodlands Resort, a Colonial Williamsburg Hotel located at the Visitor Center
- Shuttle service to and from the Colonial District
- Two-day admission ticket to Colonial Williamsburg
- Admission to The James River Plantation Candlelight Tour of three historic plantation homes
- Admission to Busch Gardens Christmas Town
- Continental Breakfast Daily
- Transportation from the Lodge and back home again

I have reserved both 2 double-bed rooms and king suites and arranged for you to call and pay for your own room with your credit card. This will allow you to choose your room and your credit card will be on file if you want to make any other charges. I have also gotten a room price that includes a Holiday Package that includes the Williamsburg Admissions and the Busch Gardens Christmas Town Admissions plus a few other amenities. The price for the Holiday Package for the double room will be \$380 per room for the 2 nights, 2 persons. The Holiday Package for the king suite will be \$420 for 2 nights, 2 persons.

In addition to the room and admission tickets, we have the Plantation Tour and our Transportation from the Lodge. This will be \$135 per person to The Travel Club.

The total per person cost of the Christmas in Williamsburg trip will be \$325, double or \$345 King Suite. This is a good price and they will only hold the rooms until Friday, Sept 7th. Ask for details for reserving your room.

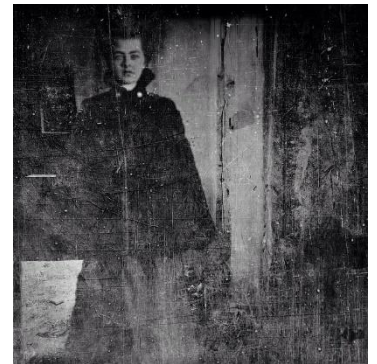
judyllbogner@aol.com

Christmas Tea at Rosemont Manor,
Berryville December 19, 2019
\$79 per person

A Special Christmas Tea in the beautifully decorated manor house all dressed up for Christmas. A welcome talk and holiday beverage, a beautifully served lavish three course Christmas Tea in the dining room, and time after Tea to explore the Manor House highlight this trip. We will spend several hours enjoying the Tea and Tour, and we can walk around the grounds and enjoy the views and peaceful grounds. This is not a Tea especially for women. The men attending our Rosemont Tea in the Spring enjoyed it just as much as the women. Transportation to and from the Lodge is included.

SHORT TOURS IN THE PLANNING – SAVE THE DATES

- November 18—
Middleburg Wine
Dinner & Ghost Tour



- December 16—Bull
Run Winery & Festival
of Lights

