



# Newsletter

[WWW.LAKEFREDERICKTRAVELCLUB.COM](http://WWW.LAKEFREDERICKTRAVELCLUB.COM)

MEETS THE 2ND MONDAY OF EVERY MONTH FROM 11:30 A.M. – 1:00 P.M. IN RACHEL'S KITCHEN

## 2023 Committee

George Darnell  
*President*

Doc Holladay  
*Vice President*

Gary McDowell  
*Treasurer*

Chris Oxford  
*Membership Coordinator*

Pam Toliver  
*Communications Coordinator*

Dan Mortland  
*Program Director*

Greg Payonk  
*Cruise & Foreign Travel*

## **UPCOMING EVENTS**

Next Meeting  
Monday, October 9, 2023  
Rachel's Kitchen  
11:30 a.m.  
Please bring a dish to share.

## October 2023 ISSUE

### President's Message

September was a good month for the Travel Club. Both of our trips were filled, and I think everyone had a good time. Read the trip reports for Harpers Ferry and Sperryville in this newsletter.

Unfortunately, registration for the Potomac Eagle Train Ride did not reach the minimum needed for discount tickets. So, we cancelled this trip. If you still want to take this ride, you can make reservations on their website. To replace this trip, we are planning a whirlwind tour of four wineries in the Blue Ridge foothills. See the trip announcement in this newsletter. Registration is limited and will not be open until after this newsletter is published.

The deadline for our Oktoberfest at the Bavarian Inn will have passed by the time you read this newsletter. But, we reached our minimum registration, and this trip is a "GO."

Looking farther out, registration for our night at the Charles Town Races on November 16 is open on MTL. If you would rather drive yourself, please let us know. We will still need our minimum for the bus.

Thanks to Peggy Sabado's initiative, the Travel Club is joining several groups in Lake Frederick, including the Veterans Association, in sponsoring "Wreaths Across America" in Winchester National Cemetery on Saturday, December 16. See the Bulletin on MTL for information on how you can sponsor wreaths and attend the ceremony. Hopefully, this will become an annual event for Lake Frederick.

We are planning a repeat of our 2022 trip to DC to see the Christmas lights. We will be adding a stop at the US Botanical Gardens to see their Christmas display. Once we confirm that they will be open late on Tuesday nights, we will publish an announcement for December 19.

Michelle is still mending. She saw her Selma Associates doctor last week and he confirmed that healing will be a slow process. She was able to join us for the Sperryville trip and is looking forward to Oktoberfest at the Bavarian Inn. We are also signed up for an American Cruise Line paddle wheeler trip from Memphis to Nashville for our 65<sup>th</sup> anniversary in October 2024. Let us know if you would like to join us and we may be able to get a group discount.

Don't miss our potluck luncheon on October 9th at 11:30 a.m. in Rachel's Kitchen. Bring a neighbor and introduce them to us. If you would like to have one of our new lanyard name badges, send me the name to put on the badge.

I am pleased to announce that our member, Dan Mortland, has volunteered to be our program director for our luncheons. He may have something for our October meeting. Also, Greg Payonk has volunteered to be our cruise and foreign travel director. Watch his announcements in our newsletter.

I know that some of us are not fond of potluck lunches, and we are considering a few catered lunches, by registration, for members who have travelled with us. We may have a wine and cheese holiday party in December.

That's it for this month. I hope to see some of you at the many Shenandoah Lodge events scheduled in October. Thanks for all the well wishes for Michelle. Safe travels and enjoy this beautiful Fall weather. See you around the lake.

George Darnell

## Harpers Ferry, WV, Trip Report

### By Mike Erickson

September 14, 2023

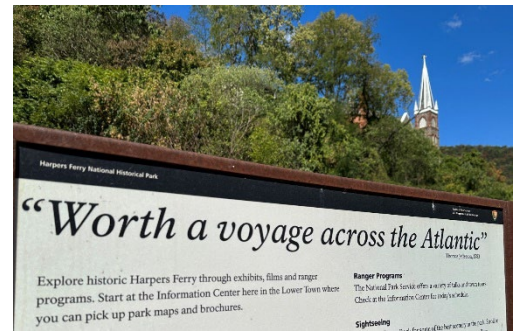
Many thanks to Mike Ericksen for arranging this trip and providing a draft of this report. When we heard about the construction on Route 340 near Harpers Ferry, we were concerned that it might affect our trip. But turned out that the construction was across the Shenandoah, and it did not affect our trip, except for the noise we could hear as we walked along the old canal.



Our historical excursion to Harpers Ferry National Park took place on Thursday, September 14, 2023. We left the Lodge at 8:30 a.m. in a Shenandoah Shuttle bus, driven by Pam, a veteran school bus driver, who delivered 18 intrepid adventures to the historical [park visitors center](#). Many of us had NPS senior lifetime visitor passes that got us through the gate. After we were met by our professional guide, Rick Snowden, suggested we use the modern restrooms before he directed our bus to different areas around the park.

For two and a half hours our guide articulated the most fascinating accounts. For example,

"Stonewall" Jackson's troops approached Harpers Ferry at Bolivar Heights and charged to within a few hundred yards of Union fortifications. Union General Rufus Saxton was awarded the Medal of Honor for this initial defense of Harpers Ferry. A few months later, "Stonewall" Jackson would batter the Harper' Ferry garrison again, this time with artillery. At the same time, Confederate General A.P. Hill would outflank the Union position on Bolivar Heights, resulting in the surrender/capture of 12,500 troops. It was the largest surrender of Federal troops in American history until the fall of Bataan during WWII.



The town of Harpers Ferry benefits from abundant natural resources, being situated at the confluence of the Potomac and Shenandoah Rivers. This area was advertised as "one of the best situations in the United States for... factories." Bordered by Virginia and Maryland, it has been a strategic and majestic site since the time of Washington and Jefferson, who visited there often. The town's largest source of industry, the United States Armory, had over 20 factory buildings and 400 employees. Lewis and Clark outfitted their expedition here before exploring the Louisiana Purchase.

The Baltimore and Ohio Railroad and the Chesapeake and Ohio Canal also provided a steady flow of people and commerce throughout the town. These assets made the town strategically important to both sides during the Civil War. The town changed hands eight times but remained under the control of the Union for 80 percent of the war. Now, Harpers Ferry is the headquarters of the Appalachian Trail (AT) Conservancy, and you are likely to see AT backpackers crossing the footbridge over the Potomac River.

Our guide walked us to the firehouse known as "John Brown's Fort" and told us how he and his men were captured by U.S. Marines led by Robert E. Lee. The firehouse had been restored and moved to its current site in a park on the edge of town from its original location.





After a stimulating summary of the activities surrounding the John Brown uprising, our tour concluded in the Lower Town of Harpers Ferry. Our group had reservations to feed our appetites at a local culinary establishment dubbed "The Rabbit Hole" restaurant. The fare was surprisingly mouth-watering and included generous portions with several health-focused options. After lunch on the outdoor balcony overlooking the railroad station, we had scheduled free time to explore the many park museums and shops. The National Park Bookshop there supports interpretive and educational programs of the National Park Service.

While the day was still young, we hopped on our bus and travelled to historic Charles Town. This was the site of the speedy trial and execution of the famous Abolitionist, John Brown, who raided Harpers Ferry and killed some of its citizens. It was only fitting that we ended our trip at the "Abolitionist Ale Works," just in time for happy hour. Thoroughly refreshed, we boarded our bus and were back at the lodge for a group photo by 5:00 p.m.





## Little Washington, Sperryville, Flint Hill Tour

**September 29, 2023**

By George Darnell

An enthusiastic group of 20 travelers met at the lodge to turn in their travel waivers and pick up their lanyard name tags before boarding our Shenandoah Shuttle with Julie driving. We headed into Front Royal on our way to Skyline Drive. We had hoped that our several Senior Lifetime passes would cover the entrance fee. No such luck. The ranger insisted that we pay the fee for buses and Julie put it on Shenandoah Shuttle's credit card. As we headed higher up the parkway, we realized we were driving into clouds and would not see much from the overlooks. Many of us had flown through clouds in our travels, but driving through them was a new experience for some.

We made a restroom stop at Dickey Ridge Visitor Center and found ourselves in a misting rain. Not a good sign. But the sun began to break through as we neared the Route 211 exit to Sperryville. As we snaked our way down the mountain, we began to pass roadside shops selling everything from apples to quilts. Some of us wanted to stop and shop, but that was not on our tight schedule.



As we turned onto Main Street in Sperryville we passed several historical buildings. The only modern building was the post office. We stopped at a huge STOP sign at the end of the street and turned left to make our way across the Thornton River to the large parking lot in front of what was once the Sperryville Emporium, the largest business in town during the 1970's and 80's. Built in 1905, the historical two-story building served as the county high school, complete with stage and auditorium that served as a gym. Now, that part of the school serves as a restaurant, wine shop, and golf pro shop for the 9-hole course outside.

Julie parked the bus, and we walked back into town across the footbridge over the Thornton River. The bridge has several signs that give the history of the area. "Sperryville was founded in 1820, and currently has a population of barely over 340. Located near the Appalachian Trail and several Civil War trails, you're surrounded by a rich history that has inspired artists, brewers, distillers, craftspeople, and many others for two hundred years." Several of the old buildings in town now house fine jewelry and art objects. The prices were not exactly modest.

Some of us enjoyed lunch in the Main Street deli, which may have been the general store back in the day. There is a popular pizza shop next door that didn't open until evening. They share a group of picnic tables out back by the parking lot, where some of us enjoyed our lunch. Others discovered that the restaurant next to the golf course was serving lunch inside and on a covered patio next to the golf course. After lunch, Julie loaded us all back on the bus to take us to the Copper Fox Distillery, a short drive along the river across a one-lane bridge.

The Copper Fox Distillery is in an old apple packing warehouse that is showing its age. They gave us a tour of the distillery, explaining the many steps in turning grain into fine tasting whiskey. Then we settled down around tables, in a room that reminded me of a 20's speakeasy, to enjoy our tastings. They also have a rustic deck overlooking a grassy area with tables and chairs along the Thornton River. We had hoped to visit the antique warehouse across the street, but they went to lunch just after we arrived. Bummer!

The next stop was Quievremont Winery. This is a delightful vineyard between Sperryville and Little Washington. It has a spacious modern tasting room with modern restrooms and a long deck with tables and chairs overlooking a lake and a large open field. They had a large food truck parked out front for a special event in the evening. We sampled our wines and gravitated to the deck to enjoy our favorite wines and conversation. All too soon it was time to leave for Little Washington.





Our driver, Julie, informed us that GPS does not have “Little Washington,” just Washington, VA. We sometimes forget that this is a local term to distinguish it from Washington, DC. None the less, she got us there and we parked in the Trinity Episcopal Church across from the famous Inn at Little Washington. This historic village, laid out by George Washington when he was a young surveyor, is listed in the National Register of Historic Places. The first thing that strikes you as you walk around this village is the flowers. They are everywhere, in hanging baskets, in pots on steps, and planted in flower beds. It’s like walking into a greeting card. We had free time to wander the town and visit the shops. Finally, we boarded our bus and took a scenic backroad to Flint Hill.

The destination for dinner, Griffin Tavern, had changed ownership and is now “The Dark Horse,” an Irish Pub. They were waiting for us and seated us in a private room for dinner. The menu was extensive, but fish and chips seemed to be the most popular order. We enjoyed our meals and conversation before saying goodbye to Flint Hill and traveling over Chester Gap back to Lake Frederick.

When we arrived at the Lodge there were several other buses in the circle unloading what looked to be a wedding party. Julie managed to find room for us to unload, some of us with our bags of treasures collected on the trip. We tipped her, said our goodbyes, and made our ways home.





## **Trips Planned for 2023**

- Oct 12-14—Colors of Autumn: Falling-water, Pittsburgh tour & river cruise, Potomac Eagle train ride; 3 days/ 2 nights/ 6 meals; \$839 pp dbl, \$1039 sgl., R/T Coach – **(SOLD OUT)**  
Call 540-885-1528  
<https://www.shenandoahtours.com/>
  - Oct 19 –Oktoberfest at the Bavarian Inn in Shepherdstown \$75
  - Oct 27 – Fall Foliage Wine Tour - \$60
  - Nov 16—Night at Charles Town Horse Races - \$60
  - Nov 27-29 — Candlelight Christmas at Biltmore Estate & Grove Park Inn; 3 days/2 nights/4 meals; \$799 pp double/\$919 single; R/T motor coach - **(SOLD OUT)**  
Call 540-885-1528  
<https://www.shenandoahtours.com/>
  - Nov 28-30—Longwood Gardens/Miracle of Christmas in PA; 3 days, 2 nights, 4 meals; \$769 pp dbl, \$899; \$100 dep by Sep 15, R/ Coach -  
Call 540-885-1528  
<https://www.shenandoahtours.com/>
  - Dec 16 -- Wreaths Across America in Winchester National Cemetery – carpool; lunch at Piccadilly Public House
  - Dec 19 – Christmas Lights in DC \$80
- Please note: Shenandoah Tours fill quickly; make reservations early!
- Also note: The cost of vans for day trips is now \$95/hour.

## **Trip Registration Deadlines for 2023**

- Oct 4—Oktoberfest at the Bavarian Inn
- Oct 13 – Fall Foliage Wine Tour
- Nov 2—Night at Charles Town Races
- Dec 1—Wreaths Across America in Winchester
- Dec 5 – Christmas Lights in DC

## Oktoberfest at the Bavarian Inn

October 19, 2023



We delayed our Oktoberfest trip from September in hopes of seeing some fall colors and enjoying cooler weather. This trip features a late lunch and brewery visit at the famous Bavarian Inn and Brothers Brewery, a lovely resort overlooking the Potomac River and Maryland border in Shepherdstown, West Virginia. Bookending lunch are stops at the Vibrissa Brewery in Winchester and Abolitionist Ale Works in Charles Town, West Virginia.

Our first stop, Vibrissa's production brewery, located adjacent to the Mount Hebron Cemetery, was previously the site of the Winchester Star newspaper. Sampling Vibrissa's varied offerings will start us on our way. Food and non-alcoholic drinks are available but save room for the Bavarian lunch.

Following Vibrissa, we will travel through the fall colors of Virginia and West Virginia to Shepherdstown and the Bavarian Inn. The Inn specializes in German fare. We will spend a leisurely early afternoon ordering lunch from their menu, with separate checks, and partake in their microbrewery's tasty ales, or German imported draughts, or wines by the bottle. Hopefully, an Oktoberfest on tap will be available! If the beer and food isn't enough, then we can try one of their outstanding desserts, maybe a piece of apple strudel or Black Forest cake.

Our final stop is Charles Town with beer tasting at the Abolitionist Ale Works. Abolitionist Ale has an extensive list of Farmhouse ales and sours along with traditional pilsners and IPA's. A nice outdoor patio is available at their location that hopefully we can use on this fall afternoon.

### SCHEDULE

- 11:15 a.m. Leaves Lodge
- 11:45 a.m. Arrive Vibrissa
- 1:00 p.m. Leave Vibrissa
- 2:00 p.m. Arrive Bavarian Inn
- 4:00 p.m. Leave Bavarian Inn
- 4:30 p.m. Arrive Charles Town
- 5:30 p.m. Leave Charles Town
- 6:15 p.m. Arrive Lodge

The minimum for this trip is 12 and maximum is 18.

Registration is \$75 for transportation. Lunch, tastings, purchases, tips for servers and driver are not included.

**Register on MTL Events and drop off your registration check,  
payable to “**Lake Frederick Travel Club,**”  
with your contact information and the date of the trip,  
with the lodge concierge no later than October 4, 2023**

George Darnell  
(703-850-2132)  
[darnellgd@hotmail.com](mailto:darnellgd@hotmail.com)

## Fall Foliage Wine Tour

October 27, 2023



For this trip we will visit four wineries in a whirlwind tour of the Blue Ridge foothills to capture views of the Fall colors while sipping our wine. We will stop for a hearty breakfast at a Front Royal favorite, Mom's Restaurant, before heading for the hills. We will visit the following wineries: Chester Gap; Little Washington; Philip Carter; and Fox Meadow. This trip is limited to 14 travelers and will go rain or sunshine.

**Schedule:**

- 9:00 Leave Lodge
- 9:30 Breakfast at Mom's Restaurant
- 10:30 Leave
- 11:00 Chester Gap Winery
- 12:15 Leave
- 1:00 Little Washington Winery
- 2:15 Leave
- 3:00 Philip Carter Winery
- 4:15 Leave
- 4:45 Fox Meadow Winery
- 6:00 Leave
- 6:30 Arrive Lodge

All times are approximate and subject to change depending on the conditions of the day of the trip. \$60 covers roundtrip van transportation. Meals, tastings, purchases, and driver tip are not included. The minimum for the trip is 10 and the maximum is 14.

**Register on MTL Events and drop off your registration check,  
payable to "Lake Frederick Travel Club,"  
with your contact information and the date of the trip,  
with the lodge concierge no later than October 13, 2023**

George Darnel  
(703-850-2132)  
[darnellgd@hotmail.com](mailto:darnellgd@hotmail.com)



## An Evening at the Charles Town Races November 16, 2023



We don't need to travel to Kentucky for Thoroughbred Racing, or to Las Vegas to try our luck at the gambling tables and slots. We have both right here in nearby Charles Town, WV. For this trip we will take a bus to Charles Town for a seated dinner in the Barstool Sportsbook restaurant with separate checks. After dinner, we will have time to visit the Hollywood Casino and paddock, before placing our bets and watching the races from the grandstand. When we have had our fill of the "high life," we will board our bus for the short ride back to the lodge.

### Schedule

- 4:30 Leave Lodge
- 5:15 Arrive Hollywood Casino
- 5:30 Dinner at the Barstool Sportsbook
- 7:00 Visit casino and paddock – First Race Starts
- 10:00 Board bus for home
- 10:15 Bus leaves
- 11:00 Arrive Lodge

The minimum for this trip is 12 and maximum is 18. Registration is \$75 for transportation only.

Dinner, purchases, bets, and tip for the driver are not included. Register on MTL Events and drop off your registration check, payable to "**Lake Frederick Travel Club**," with your contact information and the date of the trip, with the lodge concierge no later than November 2, 2023.

George Darnell  
(703-850-2132)  
[darnellgd@hotmail.com](mailto:darnellgd@hotmail.com)

## Wreaths Across America – Saturday, December 16, 2023

Winchester National Cemetery (VAWNCW)

The Lake Frederick Travel Club will be taking a group from the community this year to the Winchester National Cemetery (VAWNCW) located on 401 National Avenue in Winchester, to participate in laying wreaths on the graves of local American Heroes on Saturday, December 16, 2023. Our plan is to leave the Shenandoah Club parking lot at 10 AM on Saturday December 16th. This is a rain or shine event. Due to the lack of parking at the cemetery, we will take a bus and be dropped off at the cemetery around 11:00 AM. We will participate in laying wreaths on graves prior to the ceremony, which will take place at noon there in the cemetery. Following the event, we plan to stop for lunch on the way back to Lake Frederick.



We would like to secure a group of 25 to 30 people to join us on this adventure. Please check out MTL and sign-up ASAP to secure your seat on the bus. We will be posting costs for participation soon, once we get a better idea what size bus we will need. If you need assistance or further information please feel free to contact Peggy Sabato at [sabatopk@gmail.com](mailto:sabatopk@gmail.com).



*Remember – Our Fallen U.S. Veterans*

*Honor – Those Who Serve*

*Teach – Your Children the Value of Freedom*

Each December on National Wreaths Across America Day, the mission is to Remember, Honor and Teach and is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 3,700 additional locations in all 50 U.S. states, at sea and abroad.

### **\$17 Sponsorship places a Fresh Balsam Wreath on the Headstone of an American Hero.**

We remember their lives. Join us by sponsoring a veterans' wreath at the Winchester National Cemetery. Check out the following statistics for wreath sponsorship in Winchester; we have a long way to go to get a wreath on every grave this year. Let's do our part to Honor our local heroes. When you make a purchase, please indicate that you would like your wreath to go to the Winchester, VA National Cemetery (VAWNCW). Thank you so much for supporting Winchester National Cemetery and Wreaths Across America!

AS OF SEPTEMBER 1ST  
228 Wreaths Sponsored of the 5,561  
2.2% to Goal 5,441 To Go!

Honor your beloved Veteran by sponsoring a wreath. Get the details by clicking on the following link and select 'Sponsor Wreaths'. [www.wreathsassacrossamerica.org/VAWNCW](http://www.wreathsassacrossamerica.org/VAWNCW)