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

2022 Committee

George Darnell
President

Doc Holladay
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Pam Toliver
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Gary McDowell
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Chris Oxford
Membership Coordinator

Peggy Sabato
Newsletter Coordinator

TBD
Website Manager

Judy Bogner
Member at Large

UPCOMING EVENTS

Next Meeting
Monday, May 9, 2022

Rachel's Kitchen
11:30 a.m.

Potluck

Please Bring a Dish to Share!

May 2022 ISSUE

Message from the President, George Darnell

Many thanks to John Toliver for helping us learn to take better pictures with our mobile phones at our April meeting. We have come a long way from the Kodak Brownie that I grew up with. Don't miss John's monthly hikes for the club. He is a wealth of knowledge about the great outdoors. Speaking of hikes, we have a spring hike and Bear Chase lunch planned at Cool Springs Battlefield on May 13. This is an easy do. See included announcement.

Thanks also to the Zenith Associates for helping us with our trips. I think we have settled on a simple pricing structure and a simplified registration process. We can now register directly with Zenith for their trips at [The Zenith Group Travel](#). There is still room on our Vint Hill trip on June 3; all-inclusive for \$139 each. Other trips they are helping us with are Experiencing Richmond; West Virginia Panhandle Tour; and Falling Waters Tour. (See included flyers.) Get your reservations in early if you are interested.

Michelle and I signed up for the Shenandoah Tours Great Smoky Mountain Memories trip, July 19-21, for her birthday. I hope some of you can join us. Thanks to Sam Kerns, Rick Turner, and a 55-passenger bus from Varsity Travel we will be doing our Gettysburg Battlefield tour again this year. See included announcement.

Except for the Apple Blossom Parade on the 30th, April was a quiet month for travel as folks celebrated Easter and Passover with their families. The Lodge did a wonderful job with Easter Bruch.

Don't miss our May 9th meeting. You can have lunch with us before going to the Conservation Club meeting in the Event Center.

Save this newsletter and visit our website for information on our trips—[Lake Frederick Travel Club](#).

Trips Planned for 2022

- May 13 — Cool Spring Hike & Bear Chase Lunch \$20 pp for van
- May 14-19 — Royal Caribbean 5-day Cruise from Baltimore to Bermuda; 6 days/ 5 nights; only inside cabins available from \$389 pp double <royalcaribbean.com> plus R/T shuttle
- Jun 3 — Vint Hills Farm for Cold War Museum, Brewery, Winery, and Lunch \$139 all inclusive
- Jun 5-8 — Niagara Falls Moments to Remember; 4 days/3 nights; \$719 pp double, \$929 single, R/T coach - Contact <https://www.shenandoahtours.com/>
- Jun 28-30 — Experiencing Richmond; 3 days; 2 nights; \$1,115 pp dbl, \$1,636 sgl <www.zenithgrptravel.com>
- Jul 19-21 — Great Smoky Mountain Memories: Dollywood, Titanic Museum & Hatfield & McCoy Dinner Feud; 3 days/2 nights; \$659 pp double, \$889 single R/T coach - Contact <https://www.shenandoahtours.com/>
- Aug 1-13 — The Best of Alaska: Klondike, Denali & Glacier Bay Cruise & Train Tour; 13 days/12 nights; from \$4742 plus airfare (TBA) - Contact <https://www.shenandoahtours.com/>
- Aug 18 — Gettysburg Bus Tour \$60 pp
- Aug 26 — Wine Tour TBA
- Sep 15-16 — WV Panhandle Tour with overnight at the Bavarian Inn, Shepherdstown \$312 pp dbl, \$469 sgl <www.zenithgrptravel.com>
- Sep 29 — Oktoberfest Brewery Tour TBA
- Oct 5-11 — Iceland Land Tour R/T Dulles; 7 days/6 nights/7 meals; \$3999 pp double/ \$4850 single incl airfare- Contact <https://www.shenandoahtours.com/>
- Oct 19-21 — Wonders of WV: Hawks Nest State Park & New River Gorge; 3 days/ 2 nights/ 5 meals/ RT Coach; \$609 pp double; \$809 single - Contact <https://www.shenandoahtours.com/>
- Oct 27 — F Fallingwater Tour: R/T transportation, guided tour, grounds access, and bagged lunch incl. \$192 <www.zenithgrptravel.com>
- Nov 3-14 — 11-day American Cruise Lines Chesapeake Bay American Revolution Cruise R/T Baltimore; from \$5,110 pp dbl plus R/T shuttle <https://www.americancruiselines.com/> on sale now
- Nov 25-28 — A Country Christmas at Opryland Hotel, Nashville; 4 days/3 nights/2 meals; \$1169 pp double, \$1579 single, R/T coach - Contact <https://www.shenandoahtours.com/>
- Nov 29-30 — Candlelight Christmas at Biltmore Estate & Grove Park Inn; 2 days/1 night/2 meals; \$529 pp double/\$609 single; R/T motor coach - Contact <https://www.shenandoahtours.com/>
- Dec 4-7 — Christmas at the Greenbrier by Amtrak R/T Manassas; \$1597 per couple
- Dec 9 — Christmas at Union Station in DC by MARC train R/T from Charles Town

Please note: Shenandoah Tours fill quickly; make reservations early!

Cool Spring Hike & Bear Chase Lunch

May 13, 2022



This Spring we will explore the 2.7-mile trail loop at Cool Spring Battlefield Park along the Shenandoah River. The park is managed by Shenandoah University and has historical markers along the trail. The area just off Route 7 was once a premier golf course and many parts of the trails follow paved golf cart paths. Other trails are mowed and maintained by the University. This makes Cool Spring an ideal area for casual hikers and off-road cyclists. Depending where you stand, you can find a front-row view of a great blue heron rookery (nesting colony) or a close-up look at a variety of rock types, including quartz, which ancient peoples used to make spear points and today are used for kitchen countertops. Don't forget your hiking poles and shoes.

After exploring the Cool Spring area, we will move to the other side of the mountain for lunch at Bear Chase Brewing Company. They have a variety of craft beers, non-alcoholic drinks, and food that we can enjoy at tables inside or out on the lawn overlooking the Loudoun Valley.

On the way home, we will pass by Mount Weather and stop by Locke Store in Millwood to browse and shop in this classic country store with carry-out deli and wine shop.

Schedule:

9:00 a.m.	Board van at Lodge
10:00 a.m.	Start hike
12:45 p.m.	Enjoy lunch at Bear Chase
2:15 p.m.	Depart Bear Chase
2:45 p.m.	Arrive Locke Store
3:30 p.m.	Depart for Lake Frederick
4:00 p.m.	Arrive at Lodge in time for Happy Hour

\$20 covers roundtrip van transportation. Minimum for the trip is 8 and maximum is 14. To reserve a seat, drop off a check with the lodge concierge made payable to "Lake Frederick Travel Club" with your contact information and the date of the trip.



Experience Richmond

Tour Itinerary

6/28/22-6/30/22

Tuesday 6/28

- **1:30 pm:** Meet your *private motorcoach* at designated pick-up location to travel to Virginia's state capitol, **Richmond**.
- **4:00 pm:** Arrive at the **Jefferson Hotel** to check-in for your *two-night stay* in one of their **Premier King Suites**. This *luxurious hotel* provides guests an extraordinary travel experience in the *heart of downtown Richmond*.
- **5 pm-7 pm:** Take some time to enjoy dinner on your own at one of the many restaurants in the area. Some Restaurants in walking distance include:
 - **Lemaire** – The Jefferson's farm-to-table American cuisine restaurant
 - **Bar Solita** – Mediterranean kitchen with tapas
 - **Parterre** – Seasonal, locally sourced dishes
 - **Perly's** – Authentic Jewish Deli and Restaurant
- **7:30 pm:** Meet your motor coach at The Jefferson Hotel to depart for **Richmond Riverfront Canal Cruises**.
- **7:45 pm:** Arrive at **Richmond Riverfront Canal Cruises** for a private, historically narrated tour down the James River and Kanawha Canal on an *authentically styled, flat-bottomed boat*. Enjoy this *hour-long boat ride* with a guide to tell you all about the centuries of Richmond's history.
- **9:00 pm:** Meet back with your motorcoach to return to the hotel for the evening.

Wednesday 6/29

- **7 am-9 am:** Enjoy a *traditional Southern breakfast*, included in your hotel package, at the Jefferson's *farm-to-table* restaurant, **Lemaire**.
- **10:00 am:** Meet your motorcoach at the hotel to depart for the day's excursions.
- **10:15 am:** Arrive **The White House of the Confederacy**. Built in 1818, this *National Historic Landmark* served as the executive mansion for President Jefferson Davis. Here, your group will enjoy a *one-hour, guided tour* of the building, exploring the lives of the people who lived and worked here. After the tour, meet your motorcoach in front.
- **11:30 am:** Arrive at the **Virginia State Capitol**. Built in 1788, this is the second oldest working state house in the US. Enjoy an *hour long, guided tour* of the building, which has been home to many important historical events in Virginia and the nation.
- **12:30 pm:** Enjoy lunch on your own at one of the restaurants in walking distance to the Capitol and enjoy the views of the city. Nearby restaurants include:
 - **Merriweather's at the Capitol** – American dining
 - **Maple Bourbon** – Simple Southern comfort food
 - **Native Plate** – Asian-inspired dishes
 - **Soul Taco** – Casual Mexican eatery
 - **Sub Central** – Sandwich shop

Wednesday 6/29 (cont.)

- **2:30 pm:** Take a five-minute walk with your group to **RVA on Wheels** and check-in for trolley tour.
- **2:45 pm:** Your group will be treated to a *two-hour, private trolley tour* of **Hollywood Cemetery** with a *talented tour guide*. Established in 1847 on the Banks of the James River, this picturesque land spans *135 acres of valleys, hills, and stately trees*. The cemetery, featuring natural and architectural beauty, serves as the resting place for many prominent people, *including two US presidents*.
- **5:15 pm:** Meet back with your motorcoach at the Virginia State Capitol.
- **5:30 pm:** Arrive at **Hardywood Park Craft Brewery**. Operating in Richmond's *Historic German Brewing District*, this newly-renovated venue features *three bar locations, an outdoor beer garden, and an artisanal pizza kitchen* using local ingredients. Kickback and relax with your group and enjoy some beer and pizza. Their beer garden also includes corn hole and bocce ball for your enjoyment!
- **8:00 pm:** Meet back with your motorcoach to return to the hotel for the evening.

Thursday 6/30

- **7 am-10 am:** Enjoy breakfast at the hotel. Take some time to pack your bags and checkout of the hotel.
- **11:00 am:** Meet your motor coach in front of the Jefferson Hotel.
- **11:15 am:** Arrive at **Maymont Mansion**, a *100-acre historic estate and park*. Here, your group will be treated to a *guided tour of the mansion*, which takes you back in time to the *Victorian Era* while your tour guide leads you through the home of a prominent Southern couple from 1893-1925. Then, a horticulturalist will take you through a *walking tour of the estate's beautiful gardens*, featuring their formal *Italian Garden*, traditional *Japanese Garden*, fragrant *Herb Garden*, and the *Arboretum*.
- **1:30 pm:** Meet back with your motor coach one last time to return home. A *boxed lunch* provided by **Apple Spice Catering Co.** will be provided to each passenger on the bus to enjoy on the way home.
- **4:00 pm:** Arrive back at designated pick-up location.

Pricing:

Min: 15 Max: 25

Double Room: \$1,115 Per Person

Single Room: \$1,636 Per Person

Tour Inclusions: Transportation to/from all venues, 2 nights at Jefferson Hotel, Breakfast at hotel, Private Canal Tour, White House of Confederacy Guided Tour, VA State Capitol Guided Tour, Private Trolley Tour of Hollywood Cemetery, Maymont Mansion Tour, Maymont Garden Tour, Apple Spice Co. Boxed Lunch

For reservations, visit [The Zenith Group](#).

RESERVATION CUT OFF & PAYMENT DATE: 5/20/22

*Cancellation Policy: Please let The Zenith Group know prior to **2 weeks before** the trip of any cancellations. Minimum Occupancy must be met to receive full refund for trip



Gettysburg Battlefield Bus Tour

August 18, 2022

If you've always wanted to know more about the largest battle ever fought in North America, Gettysburg, join two of our own Gettysburg enthusiasts (Sam Kerns and Rick Turner), for a day trip to the hallowed grounds of the Gettysburg National Battlefield Park. On our trip to the battlefield, they will share what happened during the Gettysburg Campaign, including events in our own back yard. The time on the battlefield will give you an overview of the events with a few interesting stories about some of the 165,000 participants.

8:00 a.m. Depart the lodge in a 55-passenger deluxe motorcoach.
Sam and Rick will present material on the way.

9:30 a.m. Rest Stop at the Sheetz in Thurmont, MD; then on to Gettysburg Battlefield

Stop 1: The Eternal Light (Day 1 of Battle)

Stop 2: Lee Monument (Days 2 and 3)

Stop 3: Lunch at the [Appalachian Brewery](#) located on the battlefield. Click the link for the menu.

Stop 4: Peach Orchard (Day 2)

Stop 5: First Minnesota Regiment Monument (Final stop of Day 2)

Stop 6: The Angle (Pickett's Charge Day 3) Highwater mark of the Confederacy

4:15 p.m. Return home with rest stop just south of Gettysburg at the Mason/Dixon Welcome Center

6:00 p.m. Return to lodge.

Minimum for this trip is 30 and maximum is 50. Registration is \$60 for transportation and printing of handouts. Lunch and driver tip are not included. Drop off a check payable to "Lake Frederick Travel Club" with contact info and date of trip with lodge concierge no later than **July 31, 2022**.

George Damell
(703-850-2132)
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**Wild & Wonderful
West Virginia Panhandle Tour
9/15/22**

Experience the wonders of West Virginia with this overnight tour featuring a luxurious stay in the Bavarian Inn, an exciting trip to Hollywood Casino with live horse racing, and a guided tour of the picturesque town of historic Harper's Ferry.



Tour Itinerary

Day 1- Thurs. 9/15

- 9:00 am:** Meet your private motorcoach at your designated pick-up spot for trip departure.
- 11:15 am:** Arrive at **Harper's Ferry National Historical Park**. Consisting of over 4,000 acres, this land is home to many sites that played an important role in the history of the nation. Once arrived, an *educated tour guide* will board your bus and take you through significant sites in the area, and talk to you about notable events that took place such as the John Brown Raid, Civil War, and more!
**Keep in mind this tour is partially a walking tour, so wear comfortable shoes and clothes for a more enjoyable experience. Feel free to bring any snacks along for the tour.*
- 2:00 pm:** The tour ends at the lower end of the town of Harper's Ferry, so your group will have free time to explore the museums and shops in the area, or grab a bite to eat before departure.
- 4:00 pm:** Meet motorcoach to depart Harper's Ferry.
- 4:45pm:** Arrive at the historic **Bavarian Inn** for check-in and experience "*European elegance on the Potomac*." This beautiful property has been hosting guests for over 40 years and features *classical furnishings, private balconies*, and an *infinity pool* that overlooks the Potomac River. Take some time to settle in to your room and explore the property before dinner.
- Evening:** Enjoy dinner in the estate's deluxe **Potomac Room** for a *4-diamond* dining experience while overlooking the Potomac and the property grounds. This restaurant features chef-prepared German and American fare. Let us know if you'd like to dine here and The Zenith Group will make your reservation for you in advance. If you'd like a more relaxed setting, head over to **Bavarian Brothers Brewing**, the inn's newly-added venue. This brew pub allows guests to sample beer and enjoy comfortable cuisine and small bites in a German-style beer hall.



visit FALLINGWATER



Date: 10/27/22

Designed in 1935 by architect Frank Lloyd Wright, Fallingwater is a widely acclaimed work of organic architecture in the Laurel Highlands in Fayette County, Pennsylvania. The native sandstone building sits over a waterfall and is surrounded by 5,100 acres of natural land, streams, and trails, creating a scenic coalition of art and nature. With original Wright-designed furniture still intact, this landmark was named the "best all-time work of American architecture."

Itinerary

- 8:00 am: Meet your motor coach at Lake Frederick or designated pick-up location.
- 11:00 am: Arrive at Fallingwater
- 11:30 am-12:30 pm: Private guided-tour of property and interior.
- 12:45pm-2:00pm: Enjoy bagged lunch provided by Fallingwater Cafe.
- 2:00pm-4:00pm: Free time to explore the area which includes gardens, trails, and iconic views.
- 4:30pm: Meet back with motor coach for departure
- 7:30 pm: Arrive back at designated pick-up location

Pricing:

- | | | |
|-------------------------|--------------------|-----------------------|
| - 20 guests: \$195 each | Minimum Guests: 20 | Reservation Deadline: |
| - 25 guests: \$169 each | Maximum Guests: 55 | 9/25/22 |
| - 35 guests: \$140 each | | |

Includes: All transportation, private guided tour, grounds access, lunch

Apple Blossom Parade Report

By George Darnell

April 30, 2022



After a two-year Covid hiatus, the Apple Blossom Parade returned to Winchester on April 30, 2022. And what a beautiful day for a parade it was; sunny in the high 60's and low 70's! At noon, Ken picked up Pat Johnson, Mary Supik, and George and Michelle Darnell at the lodge and used his Boston driving skills to wend his way through the closed and crowded streets of Winchester to our drop off. Caroline met us and guided us to our reserved seats in the reviewing area on Handley Blvd next to the high school.



We watched a wonderful hometown parade, with floats and marching high school bands from Maryland and West Virginia joining our local high schools. Cadets from Randolph Macon Academy escorted some of the floats and had a marching unit of their own. Massanutten Academy was also there in polished form.

And there were the Shriner miniature cars, antique cars, high-wheeled bicycles, skate boarders, police motorcycles, and local dignitaries joining parade marshal, Terry Bradshaw, in entertaining the enthusiastic crowd. An "awe" moment for us was a darling three-year old girl getting a hug from the Easter Bunny as her parents and grandparents took pictures.



We left a little early to beat the crowd and Ken met us on a side street near Oak Stone



Pizza to drive us home. We were back at the lodge by 5:00 p.m. Many thanks to Ken and Caroline for our first Zenith trip!

