



Newsletter

WWW.LAKEFREDERICKTRAVELCLUB.COM

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

2026 Committee

George Darnell
President

Doc Holladay
Vice President

Nanci Bowers
Treasurer

Cindy Holmes
Membership Coordinator

Nanci Bowers
Newsletter Coordinator

Pam Toliver
Website Coordinator

Dan Mortland
Program Director

Greg Payonk
Cruise & Foreign Travel

UPCOMING EVENTS

*Next Meeting
August 13, 2026
Rachel's Kitchen
11:30 a.m.*

AUGUST 2026 ISSUE

President's Message

Welcome to the Dog Days of August!

I hope August gets a little cooler than July, but I doubt it. We are preparing the newsletter early this month to give our Treasurer and Newsletter Editor a chance to enjoy her cruise to Alaska in late July and early August. Nanci Bowers stepped in to help me with so many duties after our accident so I can focus on getting Michelle home. She is still in rehab in Front Royal as of mid-July. The wound on her leg is healing well, but she is still working on her mobility. Thanks for your prayers and well wishes!

Gary McDowell

We were saddened to learn of Gary McDowell's passing. We sent the family a sympathy card signed by our members at the July 13 meeting. A memorial service is scheduled at Amherst Chapel, 1600 Amherst Street, Winchester, VA 22601 on Saturday August 8, 2:00 p.m. Memorial contributions may be made to Blue Ridge Hospice (333 W. Cork Street, Winchester, VA 22601). Please keep Gary and his family in your thoughts and prayers.

July Meeting

Many thanks to Cathy Berlow for arranging an informative presentation by representatives from the Frederick County Parks and Recreation Department about the trips and activities available to us. Cathy will serve as our liaison to the department. Watch for future announcements, and be sure to read her report in this newsletter. We are also pleased to share a courtesy trip announcement from Parks and Recreation for a Washington, DC, trip to the Library of Congress National Book Festival (See Cathy's Travel Club Meeting Report in this newsletter for details).

July and August Trips

Nanci Bowers led our July Wine Tour around Fauquier County. Nanci told me she really enjoyed Grey Ghost Vineyard. Read her trip report in this issue. We have 13 adventurous

travelers for our July 24 Trail Ride and Brewery Lunch. Nanci will be leading this one too. Look for her report in our September Newsletter. Mike Ericksen will be leading a tour of Harpers Ferry in August. This popular trip is sold out.

Gettysburg Motor Coach Trip

Sam Kerns and Rick Turner will be leading their popular tour of Gettysburg on September 16 using a Varsity Motor Coach with onboard restroom. See the trip announcement in this issue and register on MTL Events. We need a few more travelers to break even.

Trip Ideas for 2026 Updated

We try to project our trips for the year on our Trip Ideas page in each newsletter to help you plan. Trip details or cancellations will be included in newsletters throughout the year. Trip registration is not open until a trip's details are included in a newsletter and we have posted it on MTL Events. See our [Trip Ideas](#) for the remainder of 2026 in this issue.

If you have any suggestions, especially if you can help in the planning, please send them to me with as much information as you can.

Read about our overnight Pennsylvania Disasters and Railroads trip on October 13 and 14 in this issue. Sam Kerns will lead this tour.

Shenandoah Tours <https://www.shenandoahtours.com/>

We returned to using Shenandoah Tours for some of our trips. See the selection of trips that Doc Holiday made in this issue.

Registering for Travel Club Trips

If you register for trip on MTL please drop off a check to Lodge Concierge. This includes club members who are not MTL members and family and friends travelling with a club member. We do not post our trips on MTL Events for registration until they have been announced in our newsletter. Or send Nanci Bowers, Treasurer, an email or text with questions at bowers647@verizon.net – 703-832-6925.

Website Manager Needed – Still Need a Volunteer!

We still need volunteer to become our Website Manager. Please consider volunteering. Contact Pam Toliver (ptoliver@soft-spec.com) so she can provide training needed to take over the website.

Club Leadership in 2027

Many of you know that Michelle and I are planning to move to The Summit, a CCRC in Lynchburg, VA. Our Blue Ridge Trip passed it on our way home after visiting Jefferson's Poplar Forest this Spring.

We will be scheduling a club leadership meeting on Thursday, August 27th. If you are interested in continuing your position on the Travel Club Board or joining us to make sure the club continues to provide a useful service to Lake Frederick, please send me an email to get an invitation to the meeting.

Trip Ideas for 2027

It's not too early to think about our trips for 2027. I am thinking about repeating some of our most popular trips from past years. If you have any favorites, you would like us to repeat, or an idea for something new, let me know. See the preliminary list of trips on the last page of this issue.

August 13th Meeting

Join us for our August 13th lunch meeting in Rachel's Kitchen from 11:30 a.m. to 1:00 p.m. Don't forget your dish to share. *See you around campus and at our monthly meeting*

George Darnell, President

703-850-2132

darnellgd@hotmail.com



Frederick County Parks and Recreation Presentation

By: **Cathy Berlow**

The Lake Frederick Travel Club meeting on July 13 was well attended, with members hearing about opportunities to travel with the Frederick County Parks and Recreation Department.

Sarah Young, 55+ Active Adults Tour Coordinator, and Tanner Lippold, All Ages Tour Coordinator, spoke about the travel tours and activities available to County residents. Sarah and Tanner were very interested in finding opportunities to work with our community to expand their program offerings and to gather our suggestions and interests. The County is also open to local pickup and drop-off depending on our participation. In some cases, pickup might be at our Clubhouse or at Sherando Park, where we could include other County residents to meet the trip minimum. County transportation is provided by 11-passenger vans and a 20-passenger bus. Currently, County staff drive the vans, and certified commercial driver's license (CDL) school bus drivers operate the small bus. The County is looking to hire additional drivers so they can expand local trips into the DC Metro area and offer more weekday activities. They also use commercial bus companies for tours when needed.



The Parks and Recreation Summer Activities Guide is available online at www.fcprd.net; click Register Now. Hard copies are also available in the Clubhouse Crow's Nest. The Fall Activity Guide should be available in early August. Popular trips fill up fast, so don't delay in signing up. When tours become available, registration can be completed online or by calling the Parks and Recreation Department directly at 540-665-5678.

In addition to the County Activity Guide's tours and activities, Cathy Berlow, our Travel Club liaison to the Frederick County Parks and Recreation Department, will be working on scheduling a few trips for the Lake Frederick community soon. Trip suggestions are always welcome and may be sent to Cathy or any Board member. Some of the County trips in the Fall Activity Guide to look for are: **50+**: Mystery Trip. **All Ages**: Gettysburg Railroad, Tangier Island, Mount Vernon, Mitchie Tavern and Monticello, Jefferson Hotel and Lewis Ginter Botanical Garde

This is a Courtesy Notification by the Lake Frederick Travel Club. If you are interested in this trip you must register with Frederick County Parks and Recreation Club (See Link Below). *TRIP PICK UP AND RETURN LOCATION IS SUNNYSIDE PLAZA –this is the location Lake Frederick Residents use for Early Voting.*

Join us for a trip to Washington, DC, for the Library of Congress National Book Festival at the Walter E. Washington Convention Center on August 22, **\$55 per person**. Registration is open as at least 30 people needed to for this trip to go. Deadline to sign up is August 18th. Enjoy author talks, book signings, interactive programs, and family-friendly activities celebrating the joy of reading. This year's festival is part of the Library's celebration of the nation's 250th birthday. Not interested in the festival? No problem! Spend the day exploring Washington, DC and enjoying the city at your own pace. The price covers transportation and admission. Additional items can be purchased separately.

Festival Website: <https://www.loc.gov/events/2026-national-book-festival/>

To sign up, visit the link: <https://secure.rec1.com/VA/frederick-county-va/catalog/index/a9d12d46788d2affd04280727e45ecc0?>

Summer Winery Tour – July 10, 2026, Trip Report

By: Nanci Bowers

It was a beautiful summer day as 12 of us boarded a bus to visit three wineries in Fauquier County, Virginia. As is typical of Lake Frederick Travel Club members, everyone arrived well before departure time, and we managed to leave on time. Our driver, Julie, was wonderful and kept us on schedule as we enjoyed the views Virginia has to offer.



Our first stop was Mediterranean Cellars, a boutique winery with excellent wines in an old-world atmosphere. Our group surprised the on-duty wine representative; somehow, we were not expected. But that did not stop us from having a nice time! I ordered some small-plate pizzas and bread with dip to get us started. Our wine-tasting choices from the menu were plentiful. Sometimes a slow start event gets things moving, and our group soon developed a happy atmosphere. Let's say we were a bit jollier when we left.



Our next stop was Gray Ghost Vineyards on Route 211, headed toward Sperryville. Gray Ghost is one of the oldest vineyards in the county. This was our first visit to the vineyard, and it did not disappoint. As a group, we opted for the wine-tasting selection served in take-home wine glasses. Al Kellert, pictured on the left, delighted us with wine jokes while providing information about wine color and clarity.



The last stop, Philip Carter Winery, sits on a ridge with views of the east side of the Blue Ridge. Some of us decided to select wine flights along with food. The wine and food were wonderful, and we had a fabulous time.

Finally, after a day filled with wine and a bit of food, we boarded the bus and headed back to the Lodge. As a first-time tour leader, I was delighted that all 12 persons made it back home safely. **Whew!**



Each vineyard offered its own distinctive charm, style, and winemaking approach. If you have the opportunity, please visit them and be sure to mention that you learned about their winery through the Lake Frederick Travel Club!

TRIP IDEAS 2026 – VERSION 14

AUGUST

- 14--Harpers Ferry Tour

SEPTEMBER

- 16--Gettysburg Tour

OCTOBER

- 13-14--PA Disasters & Railroads Overnight Trip
- 29 – Arlington National Cemetery Tour

NOVEMBER

- 13--Fall Wine Tour

DECEMBER

- 12--Wreaths Across America
- 17--Candlelight Christmas at Mount Vernon

Gettysburg Battlefield Bus Tour - September 16, 2026

If you have always wanted to learn more about Gettysburg—the largest battle ever fought in North America—join two of our own Gettysburg enthusiasts, Sam Kerns and Rick Turner, for a day trip to the hallowed grounds of Gettysburg National Military Park. We will follow Robert E. Lee's route to the battlefield while learning about the Gettysburg Campaign, including events that took place in our own backyard. Our time on the battlefield will provide an overview of the battle, along with interesting stories about some of the 165,000 participants.



We make several stops on the battlefield and walking is over paved walkways.

Schedule

- 7:45 a.m. Check in at Lodge
- 8:00 Depart the lodge. Sam and Rick will present material on the way.
- 9:30 Rest Stop at the Sheetz in Chambersburg, Pa; 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, Menu and beer selection can be found at <abcbrew.com/battlefield>.

Stop 4: Little Round Top (newly renovated) (Day 2)

Stop 5: Short walk to Joshua Chamberlain's 20th Maine battle line (right down the hill from the summit of Little Round Top)

Stop 6: First Minnesota Regiment Monument (Final stop of Day 2)

Stop 7: Short walk to The Angle (Pickett's Charge Day 3) High-water mark of the Confederacy

- 4:15 p.m. Return home with rest stop just south of Gettysburg at the Mason/Dixon Welcome Center
- 6:15 Return to lodge.

The minimum for this trip is 32 and maximum is 50

Registration is **\$60.0** for transportation (**Varsity Motor Coach (Restroom on Bus)**).

Lunch, purchases, tips for the guide and driver are not included.

Register on MTL Events and drop off your registration check, payable to "[Lake Frederick Travel Club](#)." Please include your contact information, the name and date of the trip, with the Lodge Concierge representative **No Later than August 31, 2026**. The Travel Club Treasurer will confirm receipt of your check.

Pennsylvania Disasters & Railroads Tour, October 13 thru 14, 2026



Join the Travel Club for this exciting two-day tour of Pennsylvania Disasters and Railroads arranged by Sam Kerns. As a bonus, it may be the peak for fall foliage in the beautiful Allegheny Mountains. Cost \$185 for the bus and entrance fees. Meals and room are not included. Special discounted room rate of \$165.39 at newly remodeled Hampton Inn Altoona (see details below).

Day 1- October 13

7:30 a.m. Check in at Lodge

7:40 Depart Lodge

- Visit Allegheny Portage Railroad, Includes the Lemon House and features how canal boats traversed the Allegheny Mountains.
- Lunch at the Cresson Springs Family Restaurant
- Visit Johnstown Flood National Memorial, see and learn how the 1899 flood destroyed Johnstown.
- Dinner at Champs Sports Bar or Cracker Barrel (both in the same parking lot as the Hampton)
- Overnight Stay at Hampton in Altoona, For the special discounted rate. Call 814-941-3500 or use the link: <https://www.hilton.com/en/attend-my-event/lakefredricktravelclub2026/>

Day 2 - October 14

8:30 a.m. Depart Hampton Inn Parking Lot.

- Visit World Famous Horseshoe Curve Where we take a very short ride on a funicular (currently under repair) up to the main line.
- Visit Railroaders Memorial Museum (*Altoona is on the mainline*) a museum dedicated to the men and women who built the railroads.
- Lunch at Al's Tavern in Altoona
- Visit Flight 93 Memorial, an experience you will not forget.
- Dinner at the Jean Bonnet Tavern in Bedford (founded in 1779)
- 10:00 p.m. Arrive Lodge (The Tavern is 101 miles or 2 hours from Lake Frederick)

Registration for 35 travelers is \$185 for transportation and admissions. Hotel Lodging, food and drinks are not included in the registration fee.

Hotel Reservations. You are responsible for making your hotel reservations at **Hampton Inn Altoona** (*now part of the Hilton Hotel Brand*) 180 Charlotte Drive Altoona, Pennsylvania 16601 USA. To obtain the Lake Frederick Travel Club Special Rate: Contact the Hampton Inn Altoona at 814-941-3500 or use the link provided: [Hampton Inn Altoona](#)

Register on MTL Events and drop off your registration check, payable to "[Lake Frederick Travel Club](#)." Please include your contact information, the name and date of the trip, with the Lodge Concierge representative **No Later than September 1, 2026**. The Travel Club Treasurer will confirm receipt of your check.

For additional information see the Bulletin on MTL posted by Sam Kerns. Contact George Darnell (703-850-2132) darnellgd@hotmail.com

Calendar of Shenandoah Tours Trips for 2026, V11



Sep 14-17 – Niagara Falls “Moments to Remember” by motor coach. 4 Days/3 Nights/ 4 Meals; \$1029 pp double/\$1419 single; Deposit \$100 pp. (Page 11) Contact: https://www.shenandoahtours.com/	Nov 27-30 – A Country Christmas at Opryland Hotel by motor coach. 4 Days/3 Nights/ 2 Meals; \$1499 pp double/\$1999 single; Deposit \$150 pp. (Page 43) Contact: https://www.shenandoahtours.com/
Sep 23-29 – Iceland “Land of Fire and Ice.” 7 Days/6 Nights/7 Meals; \$4618 double/\$6377 single; Deposit \$699 pp. (Page 33) Contact: https://www.shenandoahtours.com/	Dec 1-3 – Candlelight Christmas at Biltmore Estate by motor coach. 3 Days/2 Nights/4 Meals; \$979 pp double/\$1099 single; Deposit \$100 pp. (Page 44) Contact: https://www.shenandoahtours.com/
Nov 18-20 – Magical Smokey Mountain Christmas by motor coach. 3 Days/2 Nights/3 Meals; \$709 pp double/\$879 single; Deposit \$100 pp. (Page 42) Contact: https://www.shenandoahtours.com/	Dec 8-10 – Virginia’s Festival of Lights by motor coach. 3 Days/2 Nights/4 Meals; \$819 pp double/\$999 single; Deposit \$100 pp. (Page 46) Contact: https://www.shenandoahtours.com/

NOTE: For Shenandoah motor coach tours, we need a minimum of 8 people for pick up in Lake Frederick. Otherwise, pick up is at Routes 522 & 50 in the Red Roof Inn parking lot.

Travel Club Trip Ideas for 2027



Lake Frederick Travel Club leaders will meet in August to begin planning for calendar year 2027, and we would like your input. Please help us choose trips and share ideas for the list below. By working together and using available tour and travel resources, we can make 2027 an enjoyable travel club year.



Email your suggestions to George Darnell - darnellgd@hotmail.com, Nanci Bowers – bowers647@verizon.net, and Cathy Berlow - cathy.berlow@gmail.com.

Jan – Winter Wine Tour Surprise	Aug – Air & Space Museum and Middleburg Wine Tour
Feb – Presidents Day Outing to Smithsonian History Museum	Aug – Summer Brewery Tour
Mar – St. Patricks Brewery Tour	Sep – Women’s Wine Tour
Mar – Cherry Blossom Walking Tour	Sep – Antietam and Shepherdstown Tour
Apr – Spring Wine Tour	Oct – Arlington National Cemetery Guided Tour
May – Winchester History Walking Tour	Oct – Frostburg Train Ride and Berkley Spring Tour
May – Manassas Battlefield Tour	Nov – Gentlemen’s Brewery Tour
June – Staunton and Lexington Overnight Tour	Nov – Fall Wine Tour
June – Vint Hill Farm Station Tour	Dec – Holiday Tea and Tour of Rosemont Manor
June – Montpelier, Culpeper, and Wineries Tour	Dec – Wreaths Across America
July – Potomac River Dinner Cruise	Dec – D.C. Christmas Lights Tour
July – Front Royal Pavilion Concerts	

Other Trips to Consider

- Baltimore Tour of Railroad Museum, Ft. McHenry, and Inner Harbor
- Capon Springs, WV Tour

Note: We will include selected trips from Shenandoah Tours when their 2027 catalogue is published.