



**All Weather News
January 2010**

<http://www.allweatherwalkers.org/>
Deadline for Feb news: Jan 24



ATTENTION ALL VOLUNTEERS

Jan. 30, 2010, Sat., the Washington State Volkssport meeting will be held at the Legacy Salmon Creek Hospital. On the same day there will be a volkssport walking event put on by our Club. With 3 of the club's members attending the state meeting we will need everyone's help to put on the walk, especially during the afternoon shift.

You can sign up at the next AWW meeting on Tuesday evening, Jan 12, 2010. Or you can contact Earl Bowen at 263-1228 or earld@tds.net to sign up. Thank you for your help.

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Time for Renewal

No, we aren't talking about a rest from the holiday season's busy-ness (although there's that, too). It is a new year and it's time to renew your 2009 AWW membership – \$6/single, \$12 family. AWW helps you keep informed of the walk schedules, as well as motivated to stay healthy, enjoy our many local trails, and WALK. Send your dues to:

All Weather Walkers
Attn: Treasurer
PO Box 241
Vancouver, WA 98666-0241

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from Sam Korff, our Regional Director: The Starting point for the LINCOLN CITY (Oregon) YEAR ROUNDS has changed, effective Nov 2, 2009.

Regarding: AVA YR311 & YR312

For about 20 years, the walks have started at the Sea Gypsy Motel. They have decided to close their office.

The NEW START POINT is next door to the Sea Gypsy.

COZY COVE BEACH FRONT RESORT INN
515 NW Inlet, Lincoln City, Oregon

This motel is just North of the Sea Gypsy. Look for the bright blue awning. You can drive to the COZY COVE for registration, but it is suggested to park at the large State Park's lot in the D River Wayside/Ocean viewpoint.

Directions to COZY COVE: Hwy 101 to North West 2nd Street (turn toward ocean), turn right, on Inlet, then left into Cozy Cove lot.

Questions: Sheila Day, ph: 503-324-6161, email: 1ofthesedays@msn.com

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President's Corner – Jan Breneman

Happy New Year, everyone! The year 2009 is now gone and as we turn to 2010, we can look forward to many terrific walks in our great Pacific Northwest – not the least of which All Weather Walkers will contribute. As you can see in the list of club events here, our schedule includes some old favorites and new walks sure to please.

And if I may look ahead even further to the more distant future, suggestions (and some research already) include a wonderful falls hike along the Lewis River and two different walks in the Camas area. Jill McLean has suggested a historic walk similar to one done way back in 1987; and I was inspired to explore a new route in west Camas as a result of our recent Columbia Overlook and Prune Hill walks. Perhaps 2011?

The days/years keep marching along and the mind keeps rolling with it. Stay tuned!

GOOD FOR YOU!

Do you have a walking resolution? It doesn't have to be strictly organized or even exciting – the real goal is that your exercise becomes a healthy habit, and as simple as a walk. Walking is a perfect exercise for almost everyone and it is so refreshing and easy to do, that it can become that holiday-inspired habit you may be searching for. Research shows that a walk has a long list of benefits. It helps to:

- control body weight;
- control blood pressure;
- decrease risks for heart attack;
- raise levels of good cholesterol;
- lower your risk of stroke;
- reduce risk of breast cancer and diabetes;
- increase bone density;
- prevent depression;
- decrease stress;
- relieve arthritis pain;
- improves sleep;
- strengthens muscles and joints;
- lengthen your life overall.

WHEW – a breathtaking list! Sounds like the secret to the fountain of youth, but really it is just a simple walk.

A famous 20-year health study following nurses showed that as little as three hours of brisk walking per week correlates with a 30 to 40 percent reduction in the risk of developing heart disease. A Harvard study of 11,000 men showed that stroke risk decreased by half when they participated in walking 5 hours per week. All this sounds great but it means nothing unless we do it! So begin now and let the holiday good times inspire you... take a walk!

MAD FOR WALKING

Colonial Jack left Portland, Maine, on June 1st 1908, on an attempt to walk around the border of the USA, all the while pushing a wheelbarrow. The journey measured 9,000 miles in total; it was Jack's aim to complete the odyssey in 400 days (not including Sundays), covering an average of 22.5 miles per day. Starting from Portland, Maine, he walked along the Canadian border to Seattle, descended the Pacific coast to Los Angeles, crossed the southern border and coastline to Jacksonville, Florida, and finally returned to Portland along the Atlantic coast. He finished the walk in 357 days, averaging over 25 miles per

day. Colonial Jack is rightly remembered as having accomplished one of the greatest walking feats in history.

Reprinted from the *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 7.

Next Meeting: Tuesday, January 12 - ALL ARE WELCOME!
details and map are now [here](#)

Sections that rarely change are also at this link: AWW Challenge information, AWW Challenge results, list of officers/valued associates, and Weekend Walking description.

AWW Challenge Completions

Congratulations to those people who have completed the AWW Challenge so far:

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|--------------------------|
| First Half-Year |
| Dick Baker |
| Second Half-Year |
| Dick Baker Joan Heins |

Welcome to new member: Becky Casey

2010 Starting Point: AWW will not have any for sale. Please contact Martha Korff korffs@wildblue.net (503) 728-0400 if you want a copy.

2009/2010 Club Event/2009 Weekend/Wednesday Walk Calendar:

Events:

1/30/2010: walk from Legacy - Salmon Creek in conjunction with an ESVA meeting

5/1/2010 - May Day at Firstenburg

September 4-6, 2010 - Mt. St. Helens events: Coldwater Lake (5/10km), Silver Lake/Sequest State Park (5/10km), Hummocks Trail (5/20km), and Spirit Lake (6/12km).

12/18/10 – Holiday Lights in Camas

Group Walks: Wednesday Walks -

<http://home.comcast.net/~titone7604/Wed/wed.htm>

Weekend Walking: <http://home.comcast.net/~titone7604/weekend/weekend.htm>

NORTHWEST REGION'S CALENDAR OF EVENTS –

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|----------|----------|----------------------------------|------------------------------|
| Jan 1 | Wk | Emerald City Wanderers | Seattle, WA 206-789-1960 |
| Jan 1 | Wk | Vancouver USA Volkssporters | Vancouver, WA 360-991-8806 |
| Jan 9-10 | SS, Xski | Evergreen Wanderers | Cle Elum, WA 253-582-7474 |
| Jan 16 | Wk | Daffodil Valley Volkssport Assn | Puyallup, WA 253-841-0580 |
| Jan 30 | Wk | All Weather Walkers 360-263-1228 | Vancouver, WA – ESVA Meeting |
| Feb 6-7 | Wk | Four Plus Foolhardy Folks | Eatonville, WA 253-531-2796 |
| Feb 6 | Wk | Columbia River Volkssport Club | Portland, OR 503-228-4434 |
| Feb 13 | Wk | Columbia River Volkssport Club | Portland, OR 503-453-6018 |
| Feb 13 | Wk | Tualatin Valley Volks | Hillsboro, OR 503-324-6191 |
| Feb 27 | WK | Interlaken Trailblazers | Woodinville, WA 253-813-6776 |

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| <p>December/January Birthdays:</p> <p>Hernandez, Noemi - Jan 1 Connors, Liz - Jan 5 Snodgrass, Cheryl – Jan 21</p> | <p>Achievements: please contact the editor with event and distance milestones</p> |
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ALL WEATHER WALKERS MEETING MINUTES: Oct + Nov + Dec

October 13, 2009; 6:30 p.m.

The Terrace Café, Legacy Salmon Creek Medical Center

Meeting called to order by Vice President Dick Baker at 6:35 p.m. and introductions made.

Present: Liz Connors, Dick Baker (Vice President), Daryl Pulley (Secretary), Jean Moeller, Joe Titone (Newsletter editor), Barbara Baker, Earl Bowen, Leah Riedel, Joan Heins and Melissa Wells (guest).

WELCOME & INTRODUCTIONS

Minutes: Minutes of August and September meetings were approved as corrected.

Treasurer's Report: Jean reported that the checkbook balance as of September 30, 2009 was \$2,039.49. September expenses totaled \$377.98. Total income was \$94.00. A complete report was submitted.

Correspondence: Leah reported that a very nice "Thank you" note was received from City of Ridgefield.

REPORTS

Membership Committee: There was no membership report.

Weekend Walking: Joe Titone noted 3 events since the last meeting. There was a Tryon Creek Walk with 9 New Walkers. 3 October Walks are planned. The first is at Hayden Island on October 18, 2009 and 2 walks in Sherwood on the October 31st and November 1st.

Wednesday Walking: All is well. Dick Baker reported that there are approximately 30 people on each Wednesday walk.

ESVA Meeting: Earl Bowen reported that there was a discussion of the number of pathfinders which would be given to clubs 5 per month and 10 per event. ESVA has a new pamphlet titled "Come Walk with Us." There is an offer in the pamphlet to allow for a subscription to the *Pathfinder* for 3 issues for free. On November 15th financial reports are due the AVA. In April the ESVA election will be held for the President, Secretary, First Vice President and Southwest Area Coordinator.

OLD BUSINESS

It was reported that the North Bonneville and Washougal seasonal walks were done and Ridgefield will not be renewed in 2010.

Upcoming 2009 Events:

The Prune Hill Views Walk: Scheduled for October 17, 2009. Joe requested volunteers. Jan will lead a 10K AARP walk and Joe will do a 5K AARP walk at the Prune Hill Event.

2010 Events:

January 30, 2010 – Walk from Legacy Salmon Creek to Junction Wood (ESVA meeting).

May 1, 2010 – May Day Walk from Firstenburg Community Center.

September 4 - 6, 2010 – Mt. St. Helens Events - (Cold Water Lake: 5-10K walk; Hummock's Trail: 5-20K walk; Spirit Lake 6-12K walk; Seaquest State Park – 5-10K walk)

December 18, 2010 – Holiday Walk added from Lacamas Swim and Sport in Camas.

NEW BUSINESS:

Trailer Organization & Inventory – Several members commented that not everything was labeled or put back in its designated place. Joan Heins said that she would check the trailer out. Lists would be available for items in boxes and in trailer.

AVA Executive Council Agenda Item – Will discuss the remote start registration during the November meeting.

Regional Director Sam Korff noted that the Yellowstone event will be managed by a Seattle Club; Glacier will be a remote start location with insert cards as Bryce and Zion were done in the past.

Sam Gram # 6 – Sam Korff encouraged all clubs to prepare their brochures in a quality manner. On the front of the brochure should be the event name, name of the sponsoring club, picture of the award, if any, sanction number, IVV/AVA logo, statement of these events count for credit toward IVV achievement program, date of event and state and finish times. A copy of Sam's and Sam Gram # 6 is attached hereto for dissemination to the members.

Continuing Pin Series for the X-mas Walk in 2010 – Next pin that would be done would be the Nine Lords A Leaping.

It was announced that on December 19, the Border Crossers in Longview will have 2 walks including a night walk and the Columbia River Volkspport Club will have a X-mas boat walk.

The meeting was adjourned at 7:15 pm by Vice President Dick Baker.

Refreshments for October were provided by Dick and Barbara. Refreshments for November will be provided by Jean and Leah.

Respectfully submitted by Daryl Pulley, Secretary

November 10, 2009; 6:30 p.m.

The Terrace Café, Legacy Salmon Creek Medical Center

Meeting called to order by President Jan Breneman at 6:34 p.m. and introductions made.

Present: Jan Breneman (President), Dick Baker (Vice President), Daryl Pulley (Secretary), Jean Moeller (Treasurer), Joe Titone (Newsletter editor), Barbara Baker, Earl Bowen, Leah Riedel, Joan Heins and Becky Casey (new member).

WELCOME & INTRODUCTIONS

Minutes: Minutes for October 13, 2009 were approved as corrected.

Treasurer's Report: Jean reported that the checkbook balance as of October 31, 2009 was \$2,136.88. October expenses totaled \$550.61 and October income totaled \$648.00.

Correspondence: Jan reported that the insurance forms have been received for the Firstenburg Walk.

REPORTS

Membership Committee: Jan reported that Becky Casey joined the club tonight and previously Kamlish Minhas joined the Club at the Prune Hill Walk. Joe added that he is putting together a dues reminder to all the members that the dues will be due January 1, 2010.

Weekend Walking: Joe noted that there were 3 walks during October and 2 walks in November. The first walk will be Saturday, November 21st starting at Providence Hospital and going to Mt. Tabor. The second walk will be November 27th starting at 3:00 pm from Good Sam Hospital.

Wednesday Walking: Dick Baker reported that there will be a walk on November 11th from West Coast Athletic Center in NW Portland and November 18th in Vancouver from the Red Lion.

OLD BUSINESS

Joe reported that we had 93 people at the Prune Hill Views Walk. Some walkers walked in heavy rain. Joe suggested that the walk might be better to do in the Spring as he felt that the Club lost money.

2010 Events:

January 30, 2010 – Earl reported that the ESVA Meeting and the Walk Event for January 30, 2010 from Legacy Salmon Creek will soon be completed. The Pathfinder advertisement is in.

May 1, 2010 – May Day Walk from Firstenburg Community Center. Jan reported that the walk has been sanctioned, insurance forms have been received and City permit obtained.

September 4 - 6, 2010 – Mt. St. Helens Events are still on track (Dick Baker).

December 18, 2010 – Holiday Walk was not discussed.

Once again the trailer organization and inventory was thoroughly discussed and Joan Heins was thanked for all of her work. Joe agreed to purge the old start cards out of the trailer and Jan agreed to work on an inventory list for each box that was in the trailer. It was noted that the Club wanted to push some T-shirts and sweatshirts for sale at the January 30, 2010 walk.

NEW BUSINESS:

For the Starting Point, Club members were encouraged to contact Martha Korff (503) 728-0400. Martha has ordered books from AVA.

New Advertisement: ESVA will vote on January 30, 2010 at the meeting concerning new publicity in the form of a booklet titled "Come, Walk With Us." The Club voted to approve the use of the new publicity.

Earl advised that the Evergreen State Volkspport Association needs a new Southwest area coordinator and elections will be held in April/May, 2010. If anyone is interested, they should contact Earl Bowen.

The new member Becky Casey explained that it was difficult for potential new members to find the location of the All Weather Walker meeting. After discussion, Jan agreed to put the meeting location on the webpage and make it clear that the meeting was held in the far back of the cafeteria of the medical center.

Announcements: Jan announced that she will not be at the December 8th meeting and she reminded everyone that the December 8th meeting was a holiday cookie party with everyone bringing cookies. Jan also reminded everyone that dues are due in January.

The meeting was adjourned at 7:30 pm by President Jan Breneman.

Refreshments for November were provided by Jean and Leah. Free door prizes were obtained and awarded by Joe Titone. The three lucky club members were present.

Respectfully submitted by Daryl Pulley, Secretary

Draft Minutes of December 8, 2009
All Weather Walker General Meeting

Meeting was opened by Dick Baker, Vice President.

The November meeting minutes were not available so approval will be at the January 2010 meeting. Joe will put them in the January newsletter.

The **treasurer's report** was given and accepted.

No correspondence

Phyllis gave the **membership report** – currently 35 members. A discussion was had on the value of trial memberships and it was agreed that we should develop a written policy at a later date. Membership dues cover January 1 thru December 31st of each year; \$6.00 a person/\$12.00 family.

Weekend Walking – Joe reported that four weekend walks had been held; Mt Tabor had 19 walkers, Good Sam Hospital had 28 walkers, Laurelhurst had 26 and Alameda /Fremont had

12. Joe reported the next upcoming walk will be at Good Sam Hospital on Dec 20 at 1:00 pm, Forest Park.

Wednesday Walking – Dick reported that Wednesday Walking continues to have good attendance and gave the locations for the upcoming walks.

Old Business – Brochures for the **30 January 2010 Legacy Salmon Creek Medical Center walk** were handed out. Earl is in charge and will have a sign up sheet at the next meeting. AWW will be hosting the ESVA meeting, to be held in Legacy Salmon Creek Medical Center. New Area Coordinator needed, as Earl will not be running for the next term, beginning July 1, 2010.

New Business – 2009 and 2010 AWW Challenges were discussed. So far according to Liz only 1 person had completed the 2009 challenge. A new person joined and was interested in the challenge. We will wait till our Jan meeting to see if anyone else completes the 2009 challenge. A brief discussion was made on the 2010 Challenge and whether we should continue. It may depend on how many walkers complete this year's challenge.

Northwest Pathfinder Motions: Dick led the discussion on the NW Pathfinder motions. The club voted to approve the using of "Come Walk With Us" Brochure as the primary means for ESVA publicity with limited use of the Pathfinder (5 per club and 10 per event) for those more interested in volkssporting. The club voted against making the Pathfinder a one State publication.

An announcement was read on doing a group walk on Dec 19 in Longview, contact Jan.

December Cookie Meeting A discussion was held if we wanted to give cookies to some of the places that support our YRE's and the Legacy Salmon Creek Medical Center. We agreed to provide cookies to the Country Store (Felida YRE), Vancouver Rehab (Frenchman's Bar and Burnt Bridge Creek YRE's), AM/PM (Washougal YRE) and the remaining container to the Seafarers Center. Christmas cards were signed to go with the containers. It was suggested and generally agreed that we should provide a stipend to the hospital foundation for the use of the hospital for an YRE start and meeting place. Amount to be determined at January meeting. It was also agreed that we should have the President sign a thank you letter to all of the YRE Start Points.

Submitted by: Barbara Baker, acting at the request of Daryl Pulley, secretary

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