

	<p style="text-align: center;"><b>All Weather News</b> <b>April 2010</b></p> <p style="text-align: center;"><a href="http://www.allweatherwalkers.org/">http://www.allweatherwalkers.org/</a> <b>Deadline for May news: April 24</b></p>	
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from Sam Korff, our Regional Director:

1. Temporary change of start location for walks 0276 Yachats Easy, 1419 Yachats Challenge, and 1486 Cape Perpetua: due to a temporary closure, the start box has been moved to the **OVERLEAF LODGE at 280 Overleaf Lodge Ln** on the Northwest side of Yachats on Hwy 101. The plastic file start box will be on a shelf next to the registration desk. The starting point remains at Shirley's. Please do not park in the business lot. For questions, call Sue and Jim Finlayson at 541-547-4532 (note: Shirley, who was one of the first instigators for setting up the walk, and hosting the start box forever, passed away March 6th quite unexpectedly. We will miss her. Thanks, Sue Finlayson)

2. For those of you who knew him, Ford Forster passed away this morning. You may send cards to Margaret Forster at 5720 NE Duniway Rd, Dayton, OR 97114-7014. Arrangements have not yet been made. As news is made available, I will keep you informed.

For those of you who did not know Ford, he was a long time member (maybe the founder) of the Mac Trackers of McMinnville, Oregon. He served four years as the Oregon Trail State Volkssport Assn president. He served numerous times on various committees to make volkssporting better. I think he achieved that. I'm not certain of his age, but believe he was in his mid to late 80s. One of my best memories of him was when he walked 30 km with me at the Discovery Walk Festival a few years back. His mind was a keen one, and he managed to focus immediately on the heart of problems.

Ford Forster will be missed by volkssporters everywhere, and especially by those who knew him.

3. Event 84592, the Ankeny Winery Walk sponsored by the Albany Fitwalkers is cancelled. The route was deemed too dangerous, and there was inadequate parking.

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## President's Corner – Jan Breneman

Here are just a few quick odds and ends to keep you up to date:

...the North Bonneville seasonal walk begins April 1. The terrific and scenic drive east through the Columbia Gorge is a big part of the fun, no matter how many times you have done this terrific and scenic walk.

...the 2010 membership renewal period closes April 1 and an updated list will be mailed in May. If you have moved, changed phone numbers or have a new email address lately, let Phyllis Clancy know before May 1. This way all information will be current on the new list.

...the Discovery Walks are in just a few weeks. To volunteer (if you haven't already), fill out the form at <http://www.discoverywalk.org/iml/page8volunteer.html> or call Romana at (360) 521-8288.

...the May 1 walk at Firstenburg Community Center is right around the corner. The route is brand new and we will schedule a Worker's Walk at the April 13 meeting. Contact me at (360) 835-9686 to sign up.

...on May 1, as we are packing up the trailer, you can also help by taking inventory of the several storage boxes. This chore isn't going away and after several years, needs to be done. All you have to do is hand-write a list of a box's (or maybe two boxes) contents and get your list to me so I can type it into a master file. I have the Registration and Awards boxes, the most tedious ones to inventory.

...our very popular Annual Meeting & Potluck this year will be Tuesday, June 15, one week later than normal. Please mark on your calendars now; the invitation will be mailed the first part of May.

...once again elections are coming up in June. Many hands make light work. Consider developing a new route and/or chairing an event walk, or taking a turn

as an officer – everyone has to start somewhere. Mentors are plenty and we are here to help. Can you chip in?

...Linda Barneson has a DVD: “*Poles for Hiking, Trekking & Walking*” for loan to any fellow member. Even if you currently use hiking poles, you will probably learn a few pointers, just in time for the early hiking season. [ljbwa@hughes.net](mailto:ljbwa@hughes.net) or phone (360) 837-2111.

## **LONESOME GEORGE**

Lonesome George, a rare Mute Swan, has been a resident of the wildlife refuge east of Washougal since 2006 and has become something of a local celebrity. According to reports, he is the only Mute Swan in the state of Washington. Sometimes he spends a little time at the other two Columbia Gorge refuges (Pierce Lake NWR and Franz Lake NWR), but seems to mostly prefer Steigerwald. He’s easy to spot, especially coming from the east on SR-14 (as I often do from my home), standing out as a large white object among the water and grasses of Steigerwald Lake. I saw him again just a few days ago from the new Gibbons Creek Trail, the closest ever – he’s HUGE!

Swans are usually seen in pairs, but this one’s a bachelor, and true to his species, a cantankerous one. Mute Swans are territorial, to other waterfowl and humans alike. George looks pretty docile and as usual with wildlife, he’ll probably ignore you if left alone. I certainly wouldn’t want to get in his way. Still, he is a magnificent creature and it’s a real treat to spot him. If you’re lucky, you might get a glimpse when doing the Year Round out in Washougal this spring – maybe on a group walk soon. Stay tuned! ☺

## **WALK LIKE AN ANIMAL**

Basilisk lizards are part of the iguana family. They have the nickname “Jesus Christ Lizard” because when fleeing from a predator, they can run on top of the water. Basilisks actually have large hind feet with flaps of skin between each toe. The fact that they move quickly across the water, aided by their web-like feet, gives them the appearance of walking on water. Smaller basilisks can run about 10-20 meters on the water without sinking. Young basilisks can usually run further than older ones. They dwell in Central and South American rainforests. -- Reprinted from the *Walker’s Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 8

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Next Meeting: Tuesday, April 13 - 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.

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Book Review – Joe Titone (originally written for USC retirees)

*What Your Doctor Hasn't Told You and the Health Store Clerk Doesn't Know - The Truth About Alternative Treatments and What Works* by Edward L. Schneider (268 pages, pub. 2006)

Dr. Schneider is Dean Emeritus in Gerontology at USC and a former Deputy Director of NIH's Institute on Aging – impressive credentials.

The title is so long that it may be off-putting for some, but it a great source of information especially for our aging population. Chapters include joint pain, sleep, male and female problems (several chapters), cancer, heart disease and many others.

We're bombarded from many sources with all sorts of miracle cures and treatments that it's difficult for the layman to determine what works and what doesn't. Much advice is contradictory, and one wants to make sure that we are taking drugs/supplements and performing actions that will actually help or at least do no harm.

After two chapters devoted to an overview and a section on how to use the book, Dr. Schneider begins with Joint Pain: Improving Function, Easing Discomfort. Most of us will experience some form of arthritis as we age, and we all hear stories of things that work miraculously. I have arthritis in my knees and feet, but it hasn't kept me from walking five days a week because I use mostly natural supplements and some mild drugs to control the pain. From discussing arthritis with my many walking friends, I've found that people use different means of coping. What's clear is that nothing works for everyone.

Arthritis may affect sleep, so Dr. Schneider also refers you to his chapter on improving sleep. He then goes into such topics as Conventional Medicine: Surprising News, preventing arthritis, how to prevent it from getting worse if you have it, and then provides details on alternatives to conventional medicine. Of

particular interest is a discussion of alternative treatments/supplements that one should not use.

While not every chapter will be of interest to all, the book is an invaluable reference in sorting out competing claims, giving you lots of information you probably didn't know, and suggesting possible alternatives to what you may be doing. It's easy to read, and I keep referring to it as I need.

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Welcome to new members: none
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#### **2009/2010 Club Event/2009 Weekend/Wednesday Walk Calendar:**

##### **Events:**

5/1/2010 - May Day at Firstenburg

September 4-6, 2010 - Mt. St. Helens events: Coldwater Lake (5/10km), Silver Lake/Seaquest 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 –**

Apr 3	Wk	Emerald City Wanderers	Seattle, WA 206-789-1960
Apr 10	Wk	MacTrackers Walking Club	Amity, OR – Daffodil Festival 503-472-0254
Apr 10	Wk	Anchorage Volkssport Club	Anchorage, AK – Ship Creek 907-338-4025
Apr 10	Wk	Lilac City Volkssport Assn	Spokane, WA – ESVA Meeting 509-624-6518
Apr 11	Wk	NW Tulip Trekkers	Camano Island
86273	WA	360-387-6797	
Apr 12	GW	NW Tulip Trekkers	Camano Island
86277	WA	360-387-6797	
Apr 13	GW	NW Tulip Trekkers	Camino Island
86278	WA	360-387-6797	
Apr 17	Wk	Longview Border Crossers	Longview – Earth Day
86523	WA	503-728-0400	
Apr 23	NW	International Walk Fest	Vancouver
86180	WA	360-718-2449	
Apr 24	Wk	International Walk Fest	Vancouver
86181	WA	360-719-2449	
Apr 25	Wk	International Walk Vest	Vancouver
86182	WA	360-719-2449	

Apr 25	Bk	International Walk Fest	Vancouver
86183	WA	360-719-2449	
Apr 25	Sw	International Walk Fest	Vancouver
86184	WA	360-719-2449	
Apr 25	Sw	International Walk Fest	Vancouver
86185	WA	360-719-2449	
May 1	Wk	All Weather Walkers	Vancouver, WA - May Day Walk 360-835-9686
May 1	Wk	Sound Steppers Volkssport Club	Everett , WA 206-214-5274
May 1	Wk	Anchorage Volkssport Club	Anchorage, AK – Alaska Wildberry 207-514-4447
May 1-2	Wk	Four Plus Foolhardy Folk	Moses Lake, WA – Potholes State Park
86247		253-838-3554	
May 1-2	Wk	Four Plus Foolhardy Folk	Moses Lake – Potholes State Park
86248	WA	253-838-3554	

<p><b>April Birthdays:</b>  LaVenture, Gary – 1 Apr  Clancy, Phyllis J. – 5 Apr</p>	<p><b>Achievements:</b>  Jan Breneman – 9,000 KM</p> <p><a href="#">please contact the editor with event and distance milestones</a></p>
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## ALL WEATHER WALKERS MEETING MINUTES

**February 9, 2010; 6:30 p.m.**

The Terrace Café, Legacy Salmon Creek Medical Center

Meeting called to order by President Jan Breneman at 6:37 p.m.

Present: Jan Breneman (President), Daryl Pulley (Secretary), Jean Moeller (Treasurer), Joe Titone (Newsletter editor), Earl Bowen, Leah Riedel, Liz Connors, Joan Heins, Carol Whiteman, Arlene Patelinghug, Alice McKay, Phyllis Clancy, Barbara Smith.

### WELCOME & INTRODUCTIONS

Minutes: Minutes for January 12, 2010 were corrected when Liz Connors declined to have her name changed to Collins.

Treasurer's Report: Jean reported that we had expenses in January of \$325.35, income of \$265.95 for closing balance of \$1,874.35.

Correspondence: Alice McKay thanked everyone for the nice cards and appreciated that her husband's obituary ran in full in the newsletter.

### REPORTS

Membership Committee: Phyllis Clancy reported that we have 31 memberships which include 41 members because of couples. A small number of members have not renewed their membership but they will be contacted.

Weekend Walking: There were two weekend walks this January. One was Cooper Mountain with 37 people and Willamette Bluff with about 20 people. Coming up will be weekend walks: Sherwood – 02/14/10, Battleground – 02/20/10 and Columbia Sportswear – 02/27/10.

Wednesday Walking: Joe reported that the regular group is about 35 people. Wednesday Walking group did a group walk at the Super Bowl and 20+ walkers were in attendance. They are now offering 5K walks.

## **OLD BUSINESS**

The Legacy Salmon Creek post walk report was given by Earl Bowen. We had 201+ walkers, 139 credit walkers and 62 free walkers. After the sale of the four new walker packets and several all weather walker clothing items, there was a profit of \$388. Everyone thanked Earl and Earl thanked everyone.

### 2010 Events:

May Day Spring Walk: Jan reported that the Firstenberg Walk on May 1<sup>st</sup> maybe an 11K and she was still working to finalize the route. The start will be from 1-5 and finish by 8 PM. Jan had several concerns about parking and the several members of the club assured her that everything would be fine.

June 5-6, 2010: The unknown sponsor turns out to be Weightwatchers and the club decided not to host a walk given the cost of participation.

AWW Challenge Drawing 2009: Liz Connors announced that 3 club members have completed the AWW challenge and after a drawing Dick Baker was the winner of the \$50 prize.

AWW Challenge 2010: Liz passed out books and it was confirmed that you can do 8 of the 10 club year rounds anytime during the year. If you did the walks twice during the year, you can turn in 2 books and have two chances for the drawings.

## **NEW BUSINESS:**

Excess YRE Start Boxes: The club has 2 YRE excess Start Boxes. The club agreed to see if Vancouver USA would like either of the boxes and then to contact Sam Korff, the regional director to see if any club in the region would like to receive any the Start Boxes. Most year rounds paperwork is in portable file boxes.

Weekend Walking: Joe Titone reported that the weekend walking group is thinking about sanctioning some group walks. Dick Baker was working on some possible trails.

ESVA meeting Report: Jan reported that each club will get 25 pathfinders per day when they sponsor an event. They can pay for extras if they want them. Each run of pathfinders, the club will get 5 copies per club even if the club does not host a walk. Jan reported that Bob's Red Mill was being considered as an AVA sponsor. The AVA was going to vote on whether or not helmets would be required for bike rides and to change some walk descriptions from

walks to hikes depending on the trail. AVA was also considering certifying trail masters and changing the name from American Volksport Association (AVA) to American Association of Popular Sports.

Annual Meeting: Jan was investigating the location for the annual meeting. The PUD facility was not available for June 8<sup>th</sup> but was available for June 15<sup>th</sup>. Club members made other suggestions for meeting place and Jan was going to investigate with a decision to be made by next month's meeting.

Announcements: Earl Bowen announced that the club received a publicity award from ESVA for publicity done at the Legacy Salmon Creek Walk. Jan reminded club members about the heartbreaker walk on February 13, 2010 and Daryl Pulley reminded club members about the walk in Hillsboro on February 13, 2010.

A club member brought up the need for double arrows and it was suggested that the President checked with Sam Korff and the AVA to replace some of the club's double arrows.

The meeting was adjourned at 7:50 pm by President Jan Breneman.

Refreshments were provided by Daryl Pulley and Jan Breneman for the social time. Leah and Jean will handle next month's refreshments.

Respectfully submitted by Daryl Pulley, Secretary

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