

| | | |
|---|--|---|
|  | <p>All Weather News May 2010</p> <p>http://www.allweatherwalkers.org/ Deadline for May news: May 24</p> |  |
|---|--|---|

Going To The Concert

At their April 8 meeting, members of the Vancouver USA Volkssporters Club voted to go as a group to a concert at the Old Liberty Theater in Ridgefield, WA, on Saturday, May 22. They are inviting all members of All Weather Walkers to join them. The River City Ramblers (www.rivercityramblers.com) will be performing on that date at the Old Liberty Theater (www.oldlibertytheater.com), 115 N. Main Street, Ridgefield. Time is 7:30 p.m. Admission is \$12/person.

It is best to purchase tickets in advance since some of these shows sell out quickly. Nancy Vartanian has agreed to be in charge of ticket sales. If you are planning on attending, please send a check in the amount of \$12/person, made out to Nancy Vartanian, and mail it to her at 2217 NE 179th St., #5, Ridgefield, WA, 98642. She will go ahead and make the reservations. The deadline for Nancy to receive checks is May 8. Don, at Old Liberty Theater, has offered to seat us together, as a group. If you have any questions, please call Nancy at 546-3243 or email her at nancy.v@comcast.net. We are expecting a large turnout and looking forward to a fun evening.

from Sam Korff, our Regional Director:

1. The YRE walk in Auburn Washington that starts at the OFC store have been moving to the Union 76 Station on the corner of Dogwood S and Auburn Way S, the address is 2802 Auburn Way S. - Bob Hellers - The Over Hill Gang
2. Please notify all clubs that the Ritzville WA start point is at The Cedars--the name of the hotel used to be La Quinta Inn. Address and phone number is the same. Thanks Millie Haupt



President's Corner – Jan Breneman

I thought I would share a few things I've learned over the last 15+ years as a volkswalker and event planner:

1. Save the best for last – consider reversing a route to adhere to this directive. And if you have a route that is great all the way through, try to minimize any hills for the walker. Sometimes reversing it makes a difference with hills, too.
2. A trail marking ribbon or arrow should be within sight of the last one. This is often relaxed when on a path or street with no turns for a while, but still is a good rule to keep in mind (Daryl Pulley).
3. Consider sweepers when marking a trail; don't place ribbons and arrows higher than an average person can reach (Liz Connors).
4. If you can drive a route entirely, then it may not be the best it can be. This is just my opinion, based on a love of parks, trails, forests, and greenspaces.
5. If shoes are muddy, walk through wet grass to clean them before going inside (Barbara Baker).
6. When describing a route in the brochure, press, or online, be thorough and tell the reader everything he/she will see while walking. You might know the trail in detail, but a walker (your customer) may very well be interested in the neighborhoods or other sights that you might take for granted after many drive/walk-thrus (Judy Noall).
7. In written directions, use names on street signs – not "common" names. An instruction on a recent walk told me to turn right on "Hwy 99E." The reverse map showed 99E, but the physical street sign said McGloughlin. An out-of-towner might have been confused. (Joe Titone alerted me to another related, and common error: is it a street, avenue, road, boulevard, or ???)
8. Doing the same walk, the instructions had been printed on a deskjet or inkjet printer, and smeared in the rain, even under my umbrella. The same thing would happen with sweaty hands in summer. A laser printer or copy center printout holds up when moist or wet.

9. A few from Joe Titone: it's annoying to have overly wordy instructions. In almost all cases, just telling people where to turn Left (or Right) is sufficient. This doesn't apply in complex areas such as a forest.
10. Ambiguous instructions: one I encountered was: *turn right along the river*. This was for a Left turn and they were using "right along" to mean "next to". I think Left and Right should be capitalized to indicate turns so you then can use the lower cases versions for other meanings..
11. Maps on which the route or the arrows obscure the street names.
12. One from Lena Davis: A person from North Dakota (i.e. someone not familiar with our area) should be able to do the walk alone and on a different day from the event. This means that the directions and the map are so clear that they stand on their own.

There's more that hasn't occurred to us at the moment, but I'll try to jot them down and share with you in future issues.

THE GIRAFFE AND THE ELEPHANT WENT FOR A WALK

The giraffe and the elephant went for a walk.
 They stopped in some shade and started to talk;
 "I wish it would rain," said the giraffe with a sigh.
 "I'm tired of watching the clouds pass us by!"
 "Yes," said the elephant, "Where is the rain?
 I wish I could eat fresh green leaves again.
 The sun is so hot and the land is so dry;
 When will the rain fall from the sky?"
 Later in the day the sky turned grey,
 The flying ants flew out to say,
 "The rain is coming! We smell it in the air!
 And in the distance, thunder we hear!"
 The giraffe and the elephant looked up at the sky
 And heard the black eagle give forth his cry,
 "The rain has come, The rivers will flow;
 The dry season is over; now the green grass will grow!"
A Zulu song

Reprinted from the *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 10



Next Meeting: Tuesday, May 11 - 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.

[¥¥¥](#)

Adventures in Recycling – Joe Titone (originally written for USC retirees)

I don't know how it is where you live, but the Southwest Washington - Portland area is a hot bed of recycling. In particular, the City of Vancouver (WA) has a very user friendly web site that gives clear instructions on how to recycle almost anything.

Recently my wife found many boxes of slides from the time I spent in Japan in the mid-60s. I was amazed that all the ones using Kodak film were still in perfect condition. In contrast, both the Agfa-chrome and Fuji-chrome ones had faded to a uniform sepia. After I had the slides converted to digital images, my problem was what to do with the boxes, the slide trays and the slides themselves.

The cardboard boxes went out with the mixed paper, but the rest was a mystery to me until I found out that you could bring hard plastic items in to the city for recycling. I had to dismantle the trays which were of hard plastic and metal. The latter could be put out with the regular recyclables.

I also dismantled the slides themselves, recycled the mounts with the mixed paper and wound up just having the discard the film. Do any of you have a story to share?

[¥¥¥](#)

| |
|---|
| Welcome to new member: Cynthia Nawalinski |
|---|

[¥¥¥](#)

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/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 –

| | | | |
|-----------|------|--|---|
| May 1 | Wk | All Weather Walkers | Vancouver - May Day Walk 360-835-9686 |
| May 1 | Wk | Sound Steppers Volkssport Club | Everett 206-214-5274 |
| May 1 | Wk | Anchorage Volkssport Club | Anchorage – Alaska Wildberry 207-514-4447 |
| May 1-2 | Wk | Four Plus Foolhardy Folk | Moses Lake – Potholes St Park 253-838-3554 |
| May 1-2 | Wk | Four Plus Foolhardy Folk | Moses Lake – Potholes State Park |
| May 8-9 | Wk | Rose City Roamers 503-698-4398 | Milwaukie – OTSVA Meeting on the 8th |
| May 15 | Wk | Eugene-Springfield Mossback Volkssport | Eugene 541-747-6470 |
| May 15 | Wk | Sea-Tac Volkssport Club | Ft Lewis 253-839-1892 |
| May 16 | Wk | Rose City Roamers 360-991-8806 | Portland – Sunday Parkway – NE Portland |
| May 22 | Wk | Rogue Valley Walkers | Ashland 541-245-9356 |
| May 22 | Wk | Interlaken Trailblazers 425-235-0528 | Bellevue – Bellevue Art and Parks |
| May 22 | Wk | East County Windwalkers | Troutdale 503-665-9894 |
| May 23 | Wk | Willamette Wanderers 503-581-4385 | Keizer – Schreiner's Iris Farm |
| May 29-30 | Wk | Olympic Peninsula Explorers 360-452-0593 | Port Townsend – Triangle of Fire |
| May 29-30 | Wk | Kitsap Volkssporters Club | Nordland – Triangle of Fire 360-697-5526 |
| May 30-31 | Wk | NW Tulip Trekkers 360-731-0758 | Coupeville – Triangle of Fire |
| Jun 5 | Wk | Albany Fitwalkers | Brooks 503-393-4522 |
| Jun 5 | Wk | Treasure Valley Volkssporters | Cambridge, ID 208-345-8259 |
| Jun 5 | Wk | Over-The-Hill-Gang 253-875-3064 | NW Trek |
| Jun 5-6 | Wk | Capitol Volkssport Club 360-273-0390 | Lacey – Trails to a Healthy Heart |
| Jun 5-6 | Wk | Capitol Volkssport Club | Lacey - Trails to a Healthy Heart |
| Jun 5-6 | Wk | PEO Pathfinders 253-661-5890 | Federal Way – Rhody Walk |
| Jun 6 | Wk | Turnaround Trekkers | Astoria 503-325-3863 |
| Jun 12 | Wk | Sherwood Merrywalkers 503-625-8986 | Portland – Rose Parade |
| Jun 17-19 | 8Wks | Columbia River Volkssport Club | Cascade Locks 503-649-7675 |
| Jun 17-19 | 1 Bk | Columbia River Volkssport Club | Cascade Locks |
| Jun 19 | NW | Emerald City Wanderers | Seattle 206-789-1960 |
| Jun 20 | Wk | Northwest Striders 425-888-0737 | North Bend |
| Jun 26 | Wk | Lilac City Volkssport Assn 208-765-3160 | Spokane – Volkssport at Hoopfest |
| Jun 26-27 | Wk | Valley Volkswalkers 503-636-1025 | Lake Oswego – Festival of the Arts |
| Jun 27 | Wk | Sea-Tac Volkssport Club 206-788-7969 | Seatac – Angle Lake Park |
| Jun 27 | Wk | Rose City Roamers 360-991-8806 | Portland – Sunday Parkways – North Portland |

~~***~~

| | |
|---|---|
| <p>May Birthdays: McLean, Jill – 3rd Smith, Barbara – 11th McKay, Alice – 13th Jensen, Carol – 25th</p> | <p>Achievements: please contact the editor with event and distance milestones</p> |
|---|---|

~~***~~

note: March and April minutes below

ALL WEATHER WALKERS MEETING MINUTES

March 9, 2010; 6:30 p.m.

The Terrace Café, Legacy Salmon Creek Medical Center

Meeting called to order by President Jan Breneman at 6:39 p.m.

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

WELCOME & INTRODUCTIONS

Minutes: Minutes for February 9, 2010 meeting were approved.

Treasurer's Report: Jean reported that we had expenses in February of \$274.65, income of \$1,002.50 for closing balance of \$2,602.20.

Correspondence: none.

REPORTS

Membership Committee: Phyllis Clancy reported that we have 39 memberships which include 41 members because of couples. A small number of members have not renewed their membership but are being contacted. Alice McKay – membership will be changed from a family membership to a single membership for 2 years.

Weekend Walking: Joe Titone reported that there were 3 weekend walks this past February. About 20 attended the Sherwood Walk, 23 attended the Battleground Walk and 59 attended Columbia Sportswear Walk. Upcoming walks for March are 3/21 Good Sam Walk and 3/28 Providence Walk.

Wednesday Walking: Dick Baker reported that 2 walks were sanctioned as regular walks for this Summer. The third walk will be sanctioned for the 4th Wednesday of August. One walk that is sanctioned is the 2nd Wednesday at Molten Falls on August 11, 2010 and the 3rd Wednesday of August, there will be a 4 Ts Walk. 3rd Wednesday is August 18, 2010 and will be limited to 40 people. 20 more can do the 6K.

OLD BUSINESS

Jan Breneman reported that on May 1st the club is sponsoring a Firstenberg Community Center Walk. The start time is 1pm -5pm. Flyers were done.

Mt. St. Helens walks are September 4-6th. Dick Baker reported there is nothing new but will do a Pathfinder ad.

Updates:

2 Excess Start Boxes – One will be given to Vancouver USA.

Trailmarking Arows – They have been ordered and will be obtained from OTSVA and Daryl Pulley agreed to bring the arrows back to Jan.

Jan Breneman then reported that the annual meeting will be June 15, 2010 at the PUD building at 6 pm.

NEW BUSINESS:

AWW Challenge: Events will be updated.

Nomination Committee: Jan Breneman requested a volunteer to chair the nomination committee and Jan will follow up.

ESVA Meeting: April 10, 2010 in Spokane and Jan is planning on going.

AWW Website: Liz Connors and Jan Breneman are working on it and Joe Titone will help Liz and Jan.

Announcements: Many seasonal events will begin April 1st including North Bonneville.

The walking poles and DVD: Linda Barneson has a DVD concerning poles.

The meeting was adjourned at 7:24 pm by President Jan Breneman. Next meeting will be Tuesday, April 13, 2010

Refreshments were provided by Leah Riedel and Jean Moeller and a social time was held.

Respectfully submitted by Daryl Pulley, Secretary

ALL WEATHER WALKERS MEETING MINUTES

April 13, 2010; 6:30 p.m.

The Terrace Café, Legacy Salmon Creek Medical Center

Meeting called to order by President Jan Breneman at 6:35 p.m.

Present: Jan Breneman (President), Daryl Pulley (Secretary), Jean Moeller (Treasurer), Joe Titone (Newsletter editor), Leah Riedel, Liz Connors, Dick Baker (Vice President), Barbara Baker, Joan Heins.

WELCOME & INTRODUCTIONS

Minutes: Minutes for March 9, 2010 meeting were approved as corrected.

Treasurer's Report: Jean reported that we had expenses in March of \$28.63, income of \$47.00 for closing balance of \$2,620.57.

Correspondence: There was a request for money from the YMCA. Waterford requested volunteers for neighborhood walks and there was an email from North Bonneville Walk Heritage Trail Committee and Jan responded back.

REPORTS

Membership Committee: Jean reported that we have 38 members and the membership list has been corrected. Only 4 members did not renew and the membership list will be distributed in May.

Weekend Walking: Joe reported that 3 walks were held, two from Providence and one from Good Sam. A walk is scheduled on April 18, 2010 from the Mt. Hood Medical Center. Dick will cohost a walk on June 6, 2010 with Weight Watchers. 5K Walk - Dick is still working on the details.

Wednesday Walking: Dick encouraged Volkswalking Clubs to offer a 5K for all their walks. There are more 5K walkers all the time.

OLD BUSINESS

The Firstenburg May Day Spring Walk - May 1, 2010. The Pathfinder ad is in and the start time of

1 o'clock was emphasized. The volunteer signed-up sheet was handed out. There are some old national physical fitness and sports month patches available. The old patches will be given to kids. Jan will also purchase some plants for club to give away at the walk.

Updates:

The club had the arrows laminated and the metal file box is gone to Lilac City Volkspport Association.

The Annual Meeting will be held June 15 at the PUD. Joe will get the barbeque and the invitations will be sent out to all club members.

ESVA Meeting Report. The Washington State challenge program was very successful. In 2011 the challenge will be Town, clock towers, bakeries, post offices and fire stations. In 2012, it will be city, county, state and federal parks. 2013 is Washington State Park's 100th anniversary. Budget was approved for 2011 and new officers for ESVA and area coordinators were elected. The next ESVA meeting is in Renton at Renton River Days on Saturday, July 24, 2010

NEW BUSINESS:

Hat Pins/ Awards Inventory: Jan took an inventory of approximately 1005 hatpins and 220 B awards which we will try to sell at the May 1, 2010 walk. We will sell everything for \$1.00 a piece.

Announcements: Liz Connors announced that she is working on the website. Joe Titone volunteered to help. Dick Baker reported that the Vancouver Club is going to a concert on May 22, 2010 at 7 pm. Our club was invited. The River City Ramblers will be there at Ridgefield Old Library Theater. Tickets are \$15.00. Call Dick for more information.

The meeting was adjourned at 7:10 pm by President Jan Breneman. Next meeting will be Tuesday, May 11, 2010

Refreshments were provided by Joe Titone and a social time was held.

Respectfully submitted by Daryl Pulley, Secretary

~~*****~~