



## All Weather News July 2010

<http://www.allweatherwalkers.org/>  
Deadline for Aug news: July 24



ALL WEATHER WALKERS  
PO BOX 241  
VANCOUVER, WA 98666-0241

### AWW BOARD MEMBERS

Jan Breneman, President  
H 360/835-9686  
[breneman@pacifier.com](mailto:breneman@pacifier.com)

Linda Barneson,  
Vice President & Membership  
H 360/837-2111  
[ljbwa@hughes.net](mailto:ljbwa@hughes.net)

Pat Gorman  
Secretary  
H 360/882-7481  
[gormanp3@comcast.net](mailto:gormanp3@comcast.net)

-  
Emma Jean Moeller, Treasurer  
H 360/887-8778  
[ejm33@hotmail.com](mailto:ejm33@hotmail.com)

### AWW COMMITTEE CHAIRS

Earl Bowen, Trailmaster  
H 360/263-1228  
[earld@tds.net](mailto:earld@tds.net)

Jill McLean, Historian  
H 360/944-5051  
no email

Joe Titone, Newsletter Editor  
H 360/944-8190  
[titone@usc.edu](mailto:titone@usc.edu)

Jan Breneman/Liz Connors, Publicity/Webmaster  
H 360/835-9686  
[breneman@pacifier.com](mailto:breneman@pacifier.com)

~~YNY~~

from Sam Korff, our Regional Director:

Victor McAllister here, on the Olympic Peninsula until late in July. I am helping the OPE club get some things done.

We have had to move the Walk Box from Albertson's in Port Angeles. The Walk Box is now at the Fairmount Restaurant, on Highway 101 West, 1127 Lauridson Blvd. It will have directions and registration info for our Sol Duc, Spruce Railroad and Marymere Falls YREs and Seasonal. We have moved the directions and registration info for the Hurricane Hill Seasonal to the Red Lion Hotel where we already have Port Angeles Historical and Waterfront Trail info and registration.

To get to the Fairmount Restaurant: Driving though Port Angeles on Highway 101 West, turn LEFT on Lincoln Street; continue straight on Lincoln past several stop lights and turn RIGHT on Lauridson Boulevard at the stop light staying on 101 West . Go about about a mile, you will see the Fairmount Shell Station ahead on the right. Just before the Shell Station is the Fairmount Restaurant on the right. The Walk Box is to the right, inside the door. If by chance you are driving east on Highway 101, coming from the west, after you pass the turnoff to the airport, look for the Shell Station on your left. The Fairmount Restaurant is just past the station on the left.

If you have any questions, give me a call at 402-590-6018. Take care, thanks for all you do for Volkssport in the Northwest!

~~¥¥¥~~



at 2010's first Sunday Parkway Walk; can you tell how this photo was doctored?

~~¥¥¥~~



President's Corner – Jan Breneman

## **PREZ SEZ**

No meeting in July. Come join us again on Tuesday, August 10.

On May 22, Vancouver USA Volkssporters invited AWW to join them at a concert at the Liberty Theater in Ridgefield. What a treat to finally see the space behind the Seasons Coffee Shop. The owners have restored the theater very nicely while maintaining a cozy ambiance. The River City Ramblers were a fun and impressive group too! Hopefully we can tag along again – it was a terrific evening!

We had a great turn-out at the Annual Meeting and potluck, with everyone contributing fabulous food and conversation. It's a terrific service the Clark PUD provides with the full-featured community room. We highly appreciate it, as do many other groups who use it.

Elections resulted as me for one more year in the President's chair and Jean Moeller will continue as Treasurer. New board members are Linda Barneson as Vice President and Membership Director; and Pat Gorman will serve as club Secretary. Many Thanks! I welcome them and look forward to working with them in the next year. As Dick Baker (VP) and Daryl Pulley (Secretary), and Phyllis Clancy (Membership Director) end their terms, I wish to also thank them for their valued time and efforts.

Our Labor Day Weekend walks at Mt. St. Helens are fast approaching and we will need plenty of help from everyone. Also be aware that our AWW members' standard \$2 AVA participation fee will not apply for these events. AWW is waiving this advantage out of fairness to the Vancouver USA Volkssporters members, who do not have a similar program. Everyone will pay the usual \$3.

As we enter another year (at least fiscally), I would like to thank Joe Titone for his efforts on behalf of walking everywhere. The Weekend Walking program has continued to receive more interest than ever. As editor of the AWW News, he took on added tasks last year. And as we saw last month, he again accepted extra duty to help with the aforementioned Annual Meeting and potluck. And besides AWW, he donates time to several other groups, too. In addition, his

computer expertise has saved me more times than I can count – and I am always amazed at how often he responds at a moment's notice. You're a true gem, Joe!

## **AWW YRE COMPLIMENTS**

Our Year 'Round Events usually get pretty high marks from walkers. Most especially, we've had some great comments lately from members Ric Catron and Jill McLean about two Year 'Rounds in particular, and they bear sharing with some of you others who might not have done these routes yet.

Before the incessant rains came late in May, Ric walked the WSU Vancouver Cougar Views for the first time. Quoting: *"I had the privilege of taking the AWW YRE on the WSU campus last Sunday. What a great walk! Whoever laid out this walk (Joan Heins and Jan Breneman) did an absolutely brilliant job and needs to be thanked, please pass these kudos along. As a bonus it was a crystal-clear morning. The views of the 3 mountains were spectacular. I love living in the Pacific NW."* This route is rated a more difficult 3, but anyone willing to spend additional time to leisurely walk these trails is well rewarded. There is always a lot to see – and campus students and staff are constantly working on the current trails and developing new ones. As good as the YRE is now, there is probably enough new territory to take a fresh look in the future.

In early June, Jill McLean raved about the new Steigerwald Lake YRE route east of Washougal. *"I'm still under the spell of my walk at Steigerwald Lake last weekend. I think it was because I was unprepared for the richness of wildlife."* Enjoying birding and wildlife are favorite pastimes for Jill, but she was quite surprised at what she observed at the refuge during her recent (and first) visit. Her only disappointment was that she did not bring her field guide; fortunately binoculars were at hand that day. She particularly enjoyed seeing the osprey nest between the two bridges, Lonesome George (the resident mute swan), painted turtles basking on the logs near the wooden bridge at Redtail Pond, purple martins, and a raptor at the end of her stroll back to the parking lot. Whatever the season, other nature sightings in the area could include deer, willets, bats, blue herons, many ducks, and dozens more species. According to refuge manager Jim Clapp, a wildlife checklist specific to Steigerwald NWR is in development and should be available by this fall. But don't wait – come take a look now – and later, too.

[¥¥¥](#)

Next Meeting: **no meeting in July** - 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.

~~¥¥¥~~

Computer Tips – Joe Titone

*From last month: Google <http://www.google.com/> is not just for search. ... I'll describe one particularly useful one in my next newsletter.*

I find Portland to be a poorly signaged city. Most of the street signs have their names only on one side, and house/business numbers are non-existent in many parts of the city. Google's 800-466-4411 comes to the rescue. Call that number, give the city, state and name of the business and Google connects you for free. Alternately, it'll give you the address and phone number. Currently, it doesn't work for private parties, but I'm sure that's in the future.

Twice, we were within feet of a restaurant, but could not find it because it had neither a sign nor a number. Google connected me and the restaurant was able to tell me exactly where it was.

~~¥¥¥~~

I worked with Elaine Steward at USC and both of us are regular contributors to USC's Staff Retirement newsletter. Here's some more interesting information from her.

For a daily email containing information on interesting new Web sites, sign up at [netted.net/](http://netted.net/)

A safety tip: Put your car keys beside your bed at night. In the event that you think there is an intruder in the middle of the night, setting off your car alarm may deter the intruder.

For information on how to prepare for all sorts of emergencies, go to [www.ready.gov/america/index.html](http://www.ready.gov/america/index.html) Links which include contact information specific to your state are included.

For a source of instructions for organizing one's financial records designed specifically for seniors, go to [www.todaysseniors.com/pages/Organizers.html](http://www.todaysseniors.com/pages/Organizers.html)

For a fun *free* website where one can print an envelope with a custom lining



from Google (I chose Paris) and a personal message, go to [mapenvelope.com/](http://mapenvelope.com/) I had to use Firefox as my browser for the envelope to print correctly, but it was worth it! (Print-out is scored so one can properly fold the envelope. Envelope is invitation sized.)

To test your ability to focus, go to [www.nytimes.com/interactive/2010/06/07/technology/20100607-distraction-filtering-demo.html?th&emc=th](http://www.nytimes.com/interactive/2010/06/07/technology/20100607-distraction-filtering-demo.html?th&emc=th)

Cell phone safety tips from Verizon Wireless

**Save Emergency Numbers in Your Phone:** You may need to reach family members, friends, medical professionals, and emergency contacts during a weather emergency, power outage or while traveling.

**Remember Your Charger:** Get a [car charger](#). In emergency situations, it also helps to have a back-up power source such as a spare battery.

**Learn How to Use Your [Phone's Features](#):** You never know when you'll need to snap a photo, speed dial, take notes or save a phone number. And download Google Maps if you can. It can come in handy if you need directions and to help you locate emergency services.

**Text Message in an Emergency:** When a disaster strikes and communications networks are busy or you want to conserve your phone's power, a [text message](#) can be your best bet.

**[Go Handsfree](#):** Use a Bluetooth or corded headset whenever using your phone while driving.

For those of you who are **QUICKEN users**, I recommend that you use the scheduled transactions feature so that, should someone else have to pay your bills, they will not miss anything. You can schedule reminders for any cycle from weekly to annually. This will also help you to avoid late payments if a bill should get lost in the mail.

If you travel a lot, and would prefer to ship your luggage than to check it, check out [www.luggagefree.com/](http://www.luggagefree.com/)

[¥¥¥](#)

Welcome to new members: Robert and Francine Fuller

~~¥¥¥~~

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

**Events:**

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 –**

Jul 3-4	Wk	Vancouver USA 360-891-9411	Vancouver – Fourth of July
Jul 10	Wk	Yachats Coastal Gems 541-547-3520	Yachats – OTSVA Meeting
Jul 10	Wk	Key Peninsula Volkssport 253-857-3655	Penrose State Park
Jul 10	Wk	4Ds Volkssport Club 360-281-8429	Terrebonne – Smith Rock
Jul 10	Wk	Anchorage Volkssport Club 907-301-0122	Anchorage – Museum
Jul 15	Wk	Evergreen Wanderers 253-564-1766	Tacoma
July 16-18	4Wks	Four Plus Foolhardy Folk 425-228-3058	Seki
Jul 17	Wk	Daffodil Valley Volkssport 253-848-2544	Puyallup
Jul 17	Wk	East County Windwalkers 503-665-0950	Gresham – Art Festival
Jul 17	Wk	Sherwood Merrywalkers 503-625-8986	Sherwood – Robin Hood Festival
Jul 18	Wk	Rose City Roamers 360-991-8806	Portland – Sunday Parkways – Outer SE Portland
Jul 24	Wk	Interlaken Trailblazers 253-235-0528	Renton-IKEA Renton River Days – ESVa Meeting
Jul 24	Wk	Capitol Volkssport Club 360-273-0390	Tumwater – Senior Games
Jul 24	Wk	Eugene-Springfield Mossback 541-747-6470	Corvallis
Jul 31	Wk	Valley Volkswalkers 503-892-9140	Oregon City – First City Celebration & Art Fair
Jul 31	Wk	Lilac City Volkssport Assn 208-765-3160	Hayden, ID
Aug 3	Sw	Anchorage Volkssport Club 907-338-4025	Regional Conference - Swim - Anchorage
Aug 3	Wk	Anchorage Volkssport Club 907-522-0219	Regional Conference – Conference Hq
Aug 4	Wk	Anchorage Volkssport Club 907-338-4025	Regional Conference – Portage Valley
Aug 5	Wk	Anchorage Volkssport Club 907-338-4025	Regional Conference – Anchorage
Aug 5	Wk	Anchorage Volkssport Club 907-248-9252	Regional Conference – Glen Alps Trailhead
Aug 6	Wk	Anchorage Volkssport Club 907-338-4025	Regional Conference – Anchorage
Aug 7	Wk	Anchorage Volkssport Club 907-688-0190	Regional Conference – Girdwood
Aug 7	Bk	Anchorage Volkssport Club 907-248-9252	Regional Conference – Girdwood
Aug 11	GW	Vancouver USA Volkssporters 360-991-8806	Moulton Falls
Aug 14	Wk	Rose City Roamers 503-285-2915	Oregon City – Canemah Park
Aug 15	Wk	Silverton Walkabouts 503-873-8786	Aurora
Aug 18	GW	Vancouver USA Volkssporters 360-991-8806	Portland – Trolleys, Trains, Trails, Trams
Aug 19	Wk	Capitol Volkssport Club 360-491-7266	Olympia – Burfoot Park
Aug 21	Wk	Ponderosa Pathfinders 360-281-8429	Bend
Aug 22	Wk	Evergreen Wanderers 253-964-1560	DuPont – Ft Nisqually
Aug 24	Wk	Tualatin Valley Volks 503-324-6191	Hillsboro
Aug 25	Wk	Vancouver USA Volkssporters 360-991-8806	Portland – Gabriel Park

~~¥¥¥~~

July Birthdays: Heins, Joan 7/4 Pulley, Daryl 7/4 Hale, Dee 7/7	Achievements: please contact the editor with event and distance milestones
--	--

~~\*\*\*~~

Here's an interesting letter Jan received through our web site:

Dear Members of the All Weather Walkers,

In 2005 I attended your walking event in the Gorge on Labor Day weekend. Before heading out on a beautiful hike (which included a bear sighting!), I dropped my name in a drawing.

A few days later, I found a letter in my mailbox from your club. My first reaction was mild distress. "Oh dear. I hope they're not going to send me a flyer for every event. That would be an awful waste of paper." However, upon opening the letter, I discovered that I had won a drawing for a free pair of New Balance shoes. To my best recollection, this was the first time I'd ever won a drawing.

I took the letter to the New Balance store which was located in a ritzy new shopping mall. I expected that I would be given a specific pair of shoes, but after reading the letter the clerk told me to chose any shoes in the store So I selected a pair of hiking boots (retail \$110).

A few weeks later I was leaving on a vacation to New Zealand. In spite of the fact that they weren't broken in, I took my new boots. Upon arriving, I took on my first big hike in years, the four day, 53 km Milford Track and completed it alive and *with no blisters!*

Since then my free boots have taken me to many incredible places. They have climbed the pyramids of central America and The Great Wall of China, through jungles, up volcanos, and even walked around some cities. Time has taken its toll. Last year, I got them resoled in Mexico so as to eek just a little more life out of them.

The boots you gave me have earned their retirement. Today I returned to the New Balance store to and purchased new ones.

Thank you for your generosity. I wish you many happy walks.  
Jennifer Choban



Jan replied:

What a compliment to hear how well your New Balance shoes worked out for you -- and for 5 years! I just wish AWW could take all the credit 😊. Still, I am happy that you had such a great introduction through our Columbia Gorge events in 2005. New Balance was a very strong and enthusiastic sponsor of volkssporting at the time; they've changed their focus since then and we sure do miss them. Through that program, I also became a super-fan of New Balance shoes and just bought my umpteenth pair last month.

I hope that in the years since the Gorge walks, you have enjoyed more volkswalks in our area. You may be interested to know that All Weather Walkers and Vancouver USA Volkssporters are hosting another big weekend over Labor Day, but at Mt. St. Helens this time, to commemorate the 30th Anniversary of the blast. It's a great opportunity to help break in those new boots!

Jan Breneman, President  
All Weather Walkers  
[www.allweatherwalkers.com](http://www.allweatherwalkers.com)

~~¥¥¥~~

ALL WEATHER WALKERS MEETING MINUTES  
**May 11, 2010; 6:30 p.m.**  
The Terrace Café, Legacy Salmon Creek Medical Center

The Meeting was 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), Dick Baker (Vice President), Barbara Baker, Bonnie Goodlett, Phyllis Clancy, Earl Bowen, Leah Riedel..

**WELCOME & INTRODUCTIONS**

Minutes: Minutes for April 13, 2010 meeting were approved as submitted.

Treasurer's Report: Jean reported that we had expenses in March of \$392.98, income of \$371.00 for closing balance of \$2,598.59.

Correspondence: Jan reported that no correspondences were received.

## **REPORTS**

Membership: Phyllis reported that we have 39 members (36 memberships) and the corrected membership list will be mailed soon with the potluck invitation. Trial memberships were deleted from the membership list.

Weekend Walking: Joe reported that a walk was held at Mt. Hood Medical Center and 14 walkers participated. Additional weekend walks are scheduled on 29<sup>th</sup> of May at the Peninsula Crossing and on the 31<sup>st</sup> of May is the Steigerwald Lake Walk. Dick then reported on his cohosting the June 6<sup>th</sup> Walk with Weight Watchers. It will be a 5K and it will be the Vancouver Historical 5K starting at 12 noon. Dick asked club members to attend and to be paired up with walkers who may not be familiar with Volkswalks.

Wednesday Walking: Dick and Joe reported that there are over 30 participants on most Wednesday walks and many people were staying for lunch which is held after the walks.

## **OLD BUSINESS**

The Firstenburg May Day Spring Walk - May 1, 2010: It was a success with 129 walkers, 70 credit and 16 AWW credit (workers). The club purchased flowers to give to several participants based on what time of the day they registered.

Mt. St. Helens Walk: Dick told club members that Ellen Rose at Mt. St. Helens Motel at Castle Rock was supportive of the club. Club members can call (360) 274-7721 if they would like to spend the night in Castle Rock. The Pathfinder ad for the Mt. St. Helen weekend needs to be in by July 2, 2010. Dick and Jan agreed that prewalks will be scheduled and in fact, the Wednesday walkers may be doing one or two of the prewalks.

Annual Meeting: The Annual Meeting is scheduled for June 15, 2010 at Clark County PUD. It will be a potluck and elections will be held with nominations from the floor. Joe reported that there will be a new source for the barbeque – Goldies. All the club members seemed excited about that. Jan noted that invitations will be in the mail this week.

## **NEW BUSINESS:**

Event Planning for 2011: Discussion was had about where walk should be or could be. Dick reported that he would do a Moulten Falls Walk in August. Jan

has been looking for new trails. A member reported that Liz maybe working on the Cedar Hill Gristmill Walk and Jan added that she was looking at new trails in Camas to coincide with a future Camas Days festival.

Announcements: Dick reminded everyone about the Northeast Parkways Walk which starts at 9:00 am at Fernhill Park at 37<sup>th</sup> and Simpson. He will be sending an email concerning the change in location.

The club agreed that there would be no July 13<sup>th</sup> meeting and the newsletter will so reflect the club's decision.

On August 10<sup>th</sup>, the Bakers agreed to provide refreshments and on September 13<sup>th</sup>, Joe Titone agreed to provide the refreshments.

The meeting was adjourned at 7:18 pm. Next meeting will be the third Tuesday, June 15, 2010 which will be the Annual Meeting.

Refreshments were provided by Bonnie Goodlett and a social time was held.

Respectfully submitted by Daryl Pulley, Secretary

~~\*\*\*\*\*~~