



All Weather News
February 2011
<http://www.allweatherwalkers.org/>
Deadline for Mar news: Feb 24



Time for Renewal – **last notice**

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 2010 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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(Note: the below is printed as received – there are some minor mistakes)

Welcome to the second edition of the Open Door! We're happy to announce that the first Open Door was a roaring success! We received feedback from 8 of the 10 AVA regions across the country addressing the Shout Out questions. :) Big thanks to all of you who shared your ideas and visions of how to improve AVA's future through positive change and strong leadership! We included everyone's feedback to the previous Shout Out in this edition of the Open Door, so check out your fellow Volkssporter's thoughts on these key issues.

Remember...All comments, praise and criticisms alike, are welcome here. We will continue to place questions that we would like your feedback on in the "Shout Out!" section of each Open Door. If you ever have a question that you would like your fellow Volkssporters to respond to, please feel free to let us know, and we'll include it in the "Shout Out!" section of the next Open Door.

Great Times! AVA staff continue to participate in wonderful volkssmarching events here in Texas. I (Nicole) had a wonderful time at the Highland Park Christmas Walk in Dallas, TX hosted by the Star Trekkers of Irving. There were numerous new walkers and interest about volkssporting abounded. Several of my family members participated in their first volkssmarch at this event and enjoyed the route of lighted homes, as well as the adventure of volkssporting! I also enjoyed the

Fredericksburg New Year's Eve midnight walk hosted by the Texas Volkssporting Association. It was the perfect way to kick off 2011! I spent time with volkssporters from all over the nation, including the AVA's Vice-President, Wayne Holloway from Rescue, CA. It was truly a wonderful time. Thanks to both clubs for celebrating the holiday season with such style! I have also read about several of the other New Year's Eve walks put on around the country that shared the joy of volkssporting, including the New Year's Day walks put on by Washington's Emerald City Wanderers (600 walkers!), Maryland's Freestate Happy Wanderers (197 walkers!), and Minnesota's NorthStar Trail Travellers (188 walkers!).

Coming up this month Kelly, Karen, and I are looking forward to participating in the volksmarches at Monte Vista/Olmos Park, St. Mary's University, and Boerne's Odduary event.

Dear AVA Members and Fellow Volkssporters,

SHOUT OUT! We'd like to know your thoughts about.....

As AVA continues to move forward into 2011, new technology issues need to be considered for our organization. It's time to update our "techie" side and start swimming in today's waters of social media. What would you like to see on our new website? Would you participate in a real-time list-serve or blog with your fellow Volkssporters? Does the idea of a Volkssporting application for smart phones bring a smile to your face? How do you feel about electronic volkssporting, such as using virtual stamps and trail routes?

Now let's talk about it! I will post comments in February's Open Door!

We received so many wonderful Christmas goodies this year, including yummy peppermint bark, jelly beans, cookies, and chocolate covered raisins in addition to several thoughtful Christmas cards. A big heartfelt thank you to all of you that sent these warm wishes to the staff. We will be munching on them through January!

In addition, the AVA headquarters recently started receiving completed applications for new Associate Memberships from the Northeast region thanks to a new campaign being done by the Freestate Happy Wanderers. They have started a do-or-die five year campaign to revive the AVA and participation at the local level! How wonderful is that?! In doing so, they have added a well-worded justification as to why it's so important for everyone to consider being a

national associate member to the regular national associate membership form. It has gotten positive responses!

Yeah! Way to go Freestate Happy Wanderers! If you would like to see or even use the Freestate Happy Wanders national associate membership form, please let us know and we will make sure and provide it to you.

Here at headquarters, we are also organizing an email campaign to address joining the AVA national membership. Linda completed training on building and implementing these type of electronic campaigns, so we are all looking forward to see how this new knowledge will help support the AVA national office. How exciting!

Okay...It's that time again! Be sure and let us know what you think! ☐

AVA MEMBER FEEDBACK TO OPEN DOOR SHOUT OUT # 1:

Member's Name / Club / Region / Member Shout Out Feedback

Tom Jackson / York White Rose Wanders / Atlantic
Off –Road / Natural Trail Volkssporting needs to be encouraged by AVA clubs, but with optional trails offered for those members who are physically challenged.

Susan Till / Atlantic

Focus on families to promote family communication and model fitness.

Bob Wright / Loudon Walking and Volkssport Club / Atlantic

NEC needs to focus on strategy and fundraising and less on operations.

Conventions need to be focused on training and that training needs to be posted online. Clubs and their events need to be strengthened.

Jim Geiser / River City Ramblers / Mid-America

Don't focus on seniors, but the younger crowd. Advertise in college newspapers.

Douglas Wiest / North Central

Consider increasing the YRE event stamp usage as was recently passed by the DVV.

Missie Plotkin / Seneca Valley Sugarloafers / Northeast

Partner with the Health At Every Size(HAES) movement.

Kathy Berry / Freestate Happy Wanderers / Northeast

Partner with groups like Weight Watchers. Offer the ability to have alternative trails on YREs that are not sanctioned.

Sue Kenyon / Northeast

Focus on youth. Partner with American Dietetic Association. Focus on promoting the health of the nation.

Jim Hathaway / Seneca Valley Sugarloafers / Northeast

Get a workable solution to alternate trails for YREs. Support slower paced walking groups with shorter trails. Have event and distance books for children and pets.

George Withers / Lilac City Volkssport Association / Northwest

Support national events such as the Bloomsday walk through a national partnership and promotion. Clearly explain volkssporting guidelines when club activities contradict AVA policies.

Allan Heritage / Lilac City Volkssport Association / Northwest

Support clubs in remote areas with specialized remote stamps that could keep the club active on the same trails.

Patricia Jewett / Columbia River Volkssport Club / Northwest

Consider developing a website like geocaching.com. Discuss volkssporting with producers of the TV program "The Biggest Loser."

Mike Spink / Northwest

Bold leadership with nay sayers being eliminated from the team and the remaining members to charge into the future with energy and optimism.

Richard Koonce / Northwest

Reach out to non-volkssporters. Partner with national organizations with walks like March of Dimes. Develop an exciting website.

Qeldas Pickett / Pacific

Present volkssporting in a competitive way to create a challenge and make it a sport. Entertain walkers through social events with funds secured through sponsorship. Partner with the Surgeon General to promote health and convince people that volkssporting is a cheap way to health

Steve Hughart / Sacramento Walking Sticks / Pacific

Make a conscious decision to grow AVA. Send out press releases about our events. Target our audience. Put on more events. Make it easy to join AVA. Improve our walk directions to be less confusing. Streamline our procedures and reduce paperwork. Understand that AVA is a service organization (that includes clubs). Update AVA website and make it easy to navigate.

Bev MacNiel / Meandering Manatees / Southeast
Focus on seniors and weight reduction information

David Bonewitz / Southeast
Create an easy way for volkssporters to have real time dialogue such as a list-serve and Facebook or Twitter accounts.

Ellen Ott / Randolph Roadrunners / Southwest
Partner with American Dietetic Association and the American Heart Association to participate in their conventions.

Jim Ivey / Southwest
Use geocaching to attract the younger people. Look at merit badges for girl and boy scouts.

Liz LeVan / Southwest
Have the AVA national headquarters responsible for future conventions rather than the clubs. Pet participation with books and dog tags. Focus on seniors with AARP. Get articles about AVA and our events in magazines, especially health and cooking ones. Partner with health insurance companies to offer discounts to volkssporters. Partner with national weight reduction programs. Put AVA brochures at sports retailers. Partner with Michelle Obama's "Get Moving" program. Have a tiered walk fee for kids. Create walking games for kids. Teach how to promote volkssporting throughout USA with a volunteer team. Assign one member number per volkssporter. Increase AVA membership fee and give a portion back to club. Have one AVA business card for AVA representatives

Doyle Piland / Sun Country Striders / Southwest
Survival or failure of AVA depends on the clubs. Member clubs must promote AVA in their local communities and recruit new members and club development. NEC needs to stop focusing on the "hardcore" Volkssporter and focus back on the clubs. The local club is where the shoe meets the trail.

Guni M. / Southwest
Replace the word "volkssporter" with "volkssportler" as done in Germany.

Aaron Wintersmith / Unknown
Include AVA promotional materials with pedometer sales. Create a Volkssporting application for smart phones.

Lori Anderson / Unknown

Partner with Jenny Craig.

Please note: If you submitted a response and don't see it listed here, let me know at Nicole@ava.org!

Questions, Comments, or a Story you want to share? Email me at Nicole@ava.org or call 210-659-2112

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Internet Explorer 8 – by Joe Titone

I recently upgraded to IE8 (from IE7) primarily because it had better security features. However, it has other useful features as well. Three that I particularly like are

1. The ability to restore a previous browsing session. If IE8 ends unexpectedly, e.g. your pc loses power, you will be offered the opportunity to have it come up where you were when it ended. Even if it didn't end abnormally, you can start a new tab and get the same offer.
2. Quicker Google searches: if you copy some text with the intent of pasting it into the Google search box, opening a new tab brings up the option: [Search with Google](#) If you click that link, Google appears with the text already pasted and the search results displayed.
3. Colored tabs: when one tab is opened from another, both become the same color. Right-click on one of the tabs, and you can negate this.

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From VUSAV's Lillian Fullerton:

I talked to Dolores Decker this week and she asked me to pass the word along to the club regarding her health. She has been diagnosed with terminal cancer, in her spine, bones, and pretty much wide spread. I realize most of the club members do not know her. She is feeling ok now but she said the Drs. have given her 6-9 months. Very sad. Her daughter is living with her as well as her daughter's new husband who is from Kodiak, Alaska. She said her daughter has said she will be here for her.

From VUSAV's Sam Mikel: Thanks for letting me know. We lived behind Boyd and Delores for 18 years. They were wonderful neighbors and soon became

Tigger's (our cat) step-parents. If they were worried about him being cold, they allowed him in the laundry room and it wasn't long before I called them first if I couldn't find Tigger. In fact Tigger (age 18) died about a month after we moved ♦ maybe he missed his neighbors.

Several times over the years, Tigger Mikel received his own Christmas card from the Deckers with a poem written to him by Boyd. I still have those.

Wonderful and interesting people.

Editor's note: Boyd Decker (deceased) attended almost every Volkswalk, always dressed in pink. He was known as the Pink Panther.

[☺☺☺](#)



President's Corner – Jan Breneman

PREZ SEZ

One month into the New Year and like many of you, I have resolved to get healthier. Two methods: Volkswalking at least twice a week interspersed with shorter exercise walks near my home, and paying closer attention to diet. It's not too big a stretch for me (pun intended!) but we'll see how it works over time.

If anyone wants to join me on my twice weekly volkswalks, let me know. I can't have too much motivation! Let's put AVA's new tagline to work: "Moving Together Toward a Healthier America!"

The first weekend walk event after several weeks is the Pre-Superbowl Walk on Saturday, February 5. It's a nice, flat route (it is rated a 1+ but they mention a few stairs) and last year we gathered afterwards for a great lunch at the Alameda Café. Whether the same format will repeat is anyone's guess, but we are ever-flexible. Contact me if you would like to partake this year.

MEMBER NEWS

Fran Fuller's husband Bob came through major heart surgery (successfully) on January 12 and is currently recovering in a care center. On a sadder note, AWW treasurer Jean Moeller's husband passed away suddenly on January 22. After being ill for several weeks, he had seemed to be on the mend lately. Please keep Jean in your thoughts and prayers.

20 REASONS TO STAY AT HOME (This article is verbatim but also applies to the U. S.)

Don't walk in Britain if you suffer from:

Acarophobia	fear of mites or ticks
Acrophobia	fear of being in high places
Agoraphobia	fear of open spaces
Ambulophobia	fear of walking
Anemophobia	fear of wind
Apiphobia	fear of bees
Bathmophobia	fear of steep slopes
Batrachophobia	fear of frogs
Brontophobia	fear of thunder
Catapedaphobia	fear of jumping from high and low places
Cryophobia	fear of frost, ice or extreme cold
Eleutherophobia	fear of freedom
Gephyrophobia	fear of bridges or of crossing them
Hylophobia	fear of forests
Karaunophobia	fear of lightning
Limnophobia	fear of lakes
Myrmecophobia	fear of ants
Ombrophobia	fear of rain
Potamophobia	fear of rivers
Taurophobia	fear of bulls

Reprinted from the *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 23.

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Next Meeting: February 8 - 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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Upcoming Club Event/Weekend/Wednesday Walk Calendar:

Events: March 19, 2011 - Fruit Valley
 May 28, 2011 - Washougal River Greenway/Lookout Ridge
 August 13 & 14, 2011 - Moulton Falls
 October 8, 2011 Ridgefield/Birdfest
 October 27, 2012 - Cedar Creek Grist Mill

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 –

Feb 5-6 Wk Four Plus Foolhardy Folks Eatonville – NW Trek	253-
531-2796	
Feb 5 Wk Columbia River Portland-Pre-Super Bowl – OTSVA Meeting	360-
921-1909	
Feb 12 Wk Columbia River Portland-Heartbreaker	503-453-6018
Feb 19-21 Wk Capitol City Volks Ocean Shores – ESVVA Meeting – Ocean Shores	
360-273-0390	
Feb 19-21 Bk Capitol City Volks Ocean Shores – Seabreeze Bike	360-
273-0390	
Feb 19-21 Wk Capitol City Volks Ocean Shores-Griffiths-Priday State Park	360-
273-0390	
Feb 19-21 Wk Capitol City Volks Ocean Shores-Damon Point State Park	360-
273-0390	
Feb 19-21 Wk Capitol City Volks Ocean Shores – Bayside	360-
273-0390	
Feb 19-21 Wk Capitol City Volks Ocean Shores – Beach	360-
273-0390	
Feb 26 Wk Interlaken Trailblazers Woodinville – Snails to Trails	253-
813-1776	
Feb 27 Wk Anchorage Volkssport Anchorage – Fur Rondy	907-
337-0366	
Mar 5 Wk Eugene-Springfield Mossbacks Eugene	541-747-6470
Mar 12 Wk Mac Trackers Amity – Daffodil Festival	503-472-0254
Mar 19 Wk All Weather Walkers Vancouver – Fruit Valley	360-
263-1228	

Mar 26 Wk Cedar Milers Beaverton 503-520-1115
Mar 26 Wk Over-the-Hill Gang Dupont WA 253-875-3064
Mar 26 Wk Over-the-Hill Gang Dupont WA 253-875-3064
Apr 2 Wk Albany Fitwalkers Millersburg OR 541-926-7890

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February Birthdays: Breneman, Jan - 2/9 Bowen, Earl - 2/27	Achievements: none reported please contact the editor with event and distance milestones
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Welcome to new members: Miriam Hammer

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All Weather Walkers Meeting Minutes
December 14 2010; 6:30PM
Legacy Salmon Creek Medical Center

Jan Breneman called the meeting to order at 6:35 pm.

Present: Pat Gorman (Secretary), Joe Titone (Newsletter Editor), Dick Baker, Barbara Baker, Jan Breneman (President), Jean Moeller, Robyn Thompson, Linda Jean Barneson, Leah Riedel, Jill McLean, and Liz Connors.

Jan received an e mail inviting us to participate in a Health Fair at Firstenberg Center in January. There is a cost of \$30.00. It was decided that we will not participate.

The minutes of the November 9th, 2010 Meeting were approved as submitted.

Treasurer's Report: The account balance as of 11/30/10 was \$2,741.22. There were \$370.02 in expenses and \$60.00 in income during November.

Membership Committee: There are no new members. Joe has the name of potential members from the walk.

Weekend Walks: The 11/28 walk in Beaverton included a tour of a church built in 1911 and had 23 participants. On 12/12 there were 8 people at the walk in Sherwood. There is another walk scheduled for 12/26 in Sherwood. There is a walk every weekend in January 2011. AWW has one in Fisher's Landing on 1/8.

Wednesday Walks: The Wednesday Walk for 12/15 is at Providence Hospital. The lowest recent attendance was 20 and that was during heavy rain.

Old Business

December Holiday Walk: Joe reported that the walk made about \$10 despite the very bad weather. There were approximately 44 walkers. He gave thanks to all who helped.

The 2011 Starting Points have not yet been received.

2011 Event Planning:

Leah reported that she has been in contact with the City of Ridgefield. The Bird Fest will be October 8th & 9th. We could do an event walk on Saturday. They need to see maps of the route to give final approval. Jan will check the date against other events to be sure the date is open and then get it sanctioned for October 8, 2011.

New Business

Membership renewal starts in January.

We will discuss in January if we will have an AWW Challenge for 2011.

Jan gave a report on the ESVA meeting for Earl. There will be one meeting in Washington in 2011 in Eastern Washington. The next meeting is 2/19 at Ocean Shores. There will be an IVV meeting in Turkey next year. There is a new WA State Challenge regarding towns. Dick Baker has the booklets.

Dick presented certificates for years of service in the club.

Jean Moeller 3 years as treasurer

Leah Reidel 3 years

Joe Titone 5 years

Barbara Baker 10 years

Joan Heins 10 years

Jill McLean 15 years

Daryl Pulley 15 years

Alice McKay 15 years.

The meeting was adjourned at 7:24 pm to enjoy Christmas Cookies. The next meeting will be 1/11/11.

Respectfully submitted by Pat Gorman, Secretary

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