



I need volunteers for the Fruit Valley Walk on Sat March 19.

Sign up at the next AWW meeting or call Earl at 263-1228 or email at earld@tds.net

More workers make for an easier job and event and more fun for everyone.
Thanks for volunteering.

Earl Bowen, event chairperson.

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Welcome to the third edition of the Open Door! The Open Door is in a real groove now and becoming a part of AVA's culture. We love it! A big thank you to all of you who have sent your positive comments supporting the community forum that the Open Door provides. It is nice to know that in this season of showing your appreciation for those in your life that you all have let us know that you appreciate us here at AVA National Headquarters. We're certainly grateful and care for all of you! You are the heart and soul of AVA. There is nothing more important than you—our AVA family!

Fun University Walks: A few of the AVA staff had a great time doing the recent University walks put on by the Randolph Roadrunners at Trinity University and the Lone St*r Walkers at St. Mary's University in January! It's so easy to forget the beauty of University campuses. We noticed several Volkssporters admiring architecture, reminiscing about their college days, and enjoying the beautiful campus tours.

Once again, the Randolph Roadrunners and the Lone St*r Walkers put on great walks! Thanks! If you had a great walk and would like to share it, let us know and we'll choose one or two to mention in the next Open Door!

Exciting Upcoming Event! AVA will be participating in the Get Outdoors! Event on March 5th with a booth and a 15 minute presentation on volkssporting! We were

invited to participate for free by the San Antonio River Authority and the National Park Service. The event will be held at the San Jose Mission National Park from 10 Am to 4PM in San Antonio, TX. They expect 5,000 + people at the event. What a great opportunity to let volkssporting shine!

Dear AVA Members and Fellow Volkssporters,

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

As AVA faces some critical financial decisions, we must review our current practices as an Association, including the current practice of allowing free walkers.

How do you feel about the free walker practices? What recommendations would you make with regards to free walkers and supporting AVA as a National Association?

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

AVA Operational Plan: Learning How to Fly (again): In the first week of February, I (Nicole) sent out the 2011-2012 Operational Plan for you all to review, discuss, and pose questions about. As you consider my recommendations, I want to share a story with you that I heard recently. The folktale goes like this... Only when a bird is flying does it have the greatest sense of true freedom to be what it is with the greatest sense of direction of getting to anywhere it wants to go. These feelings of freedom and direction are not taken for granted by the bird because it remembers that the only way it learned to fly and earn the ability to experience these gifts was to fall. You see the bird has to fall to learn how to fly. It has to have courage and belief that it can fly to even think about trying to flap its wings and stop the drop to the inevitable hard ground below.

Volkssporting in America has been falling for a period of years now and many of us have noticed its decline or if you will, decent toward the ground. It is time to be courageous and believe that volkssporting can fly once again with a strong sense of direction and no fear of falling ever again. I look forward to feeling the wind of your flapping wings as we move forward together lifting AVA to new heights across this beautiful country!

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From: WILLIS KORFF korffs@wildblue.net (our Regional Director)

1. From: **NANCY WEINSTEIN** <nancyw2@clearwire.net>

Date: Mon, Feb 7, 2011 at 7:29 PM

Subject: Startpoint change

Dear Sam,

Please circulate this as appropriate. Thanks. Nancy Weinstein:

The Ken's Market startpoint for FS Family Wanderers' Top of the Hill/ Back of the Hill (YRE1529), and Counterbalance (YRE1530) year round events is no longer valid. POCs are looking for a new one in the vicinity and will put the word out as soon as we secure it. Thank you for your patience and understanding.

2. Due to a liability issue, the restrooms at the Charleston, OR, Arago Pack Trail and Shore Acres Garden, Y1763 registration point, Chuck's Seafood, are no longer available for public use. There are restrooms available at Sunset Beach about one mile away as you drive to the 5K or 10K trailheads. Restrooms are also available at the 10K trailhead which is about six miles from Chuck's. We apologize for the inconvenience.

3. FS Family Wanderers year round events #1529 and 1530, Queen Anne Top of the Hill, Back of the Hill and Counterbalance, now start and finish at the Bustle Cafe, located at 535 W McGraw St. The cafe is open 5:00 a.m. to 9:00 p.m., Monday through Thursday, 5:00 a.m. to 6:00 p.m. Friday, 6:00 a.m. to 6:00 p.m. Saturday and 7:00 a.m. to 8:00 p.m. on Sunday. Follow the same driving directions, as the cafe is across the street from the previous startpoint, and continue to park on the street or take Metro bus #2 or #13 when doing these walks. Contact POCs Nancy or Ross Weinstein at nancyw2@clearwire.net if you need further information.

4. The National Executive Council (NEC), in a closed session on Friday Feb 18, exercised its right in accordance with the AVA Bylaws .to approve the hiring of the Executive Director. By a majority vote, the hiring was disapproved. As a result of the vote, the President and Vice President resigned. As this situation was not covered by the Bylaws, the remaining members elected Dennis Michele, SE Regional Director as interim president until new elections were held at the upcoming convention. Marvin Stokes, treasurer, was elected interim Vice President, Both men, as required by the Bylaws, resigned from their previous respective positions on the NEC. Annette Tollett was elected to fill the vacant

treasurers position. These actions were necessary to complete the NEC meeting and the business before it which had to be accomplished.

From a personal stand point, it is regrettable that these matters had to be done, but it was necessary to keep the NEC and the AVA operating. I take no great pleasure in bring interim President and will not seek election to this position at the upcoming elections at the convention

Dennis Michele, Interim President, AVA

5. Results of voting on the five motions before the National Executive Council:

Motion A. The everyday use of the stamp at YREs. I withdrew the motion because the council would have voted it down. Rather than create more tension, I withdrew the motion, to be considered at a later date. The first meeting after convention, I will resubmit the motion.

Motion B. The requirement to inform YRE and seasonal participants of any difference between the registration point and the actual event start point. This motion passed.

Motion C. This motion dealt with New Walker Coupons. There were modifications but this passed. Every place where it referred to Regular Events, that wording should be changed to Traditional Events. Every place where it referred to the IVV stamp, the term IVV certification stamp was substituted, and the fourth paragraph was deleted entirely.

Motion D. Restricting pre- and post – convention events. This motion failed.

Motion E. Reporting actual vs advertised distance at events. This motion passed.

6. New Special events which will begin on January 1, 2012. These will replace the many that ended in December 2010 and those which will end December 2011.

- a. Celebrating Golden Cinemas - movie theater buildings
- b. Works Progress Administration Projects – qualifications to be published soon
- c. America's Bakeries – does not conflict with International Bakeries
- d. Strolling Somewhere Over the Rainbow – must have a color in the town or location name, such as Yellowstone, Red River, Silver Falls, etc
- e. Classic American Diners – qualifications to be published soon

- f. America's Murals – does not conflict with NW region challenges
- g. Main Street – qualifications to be published soon

7. Other changes.

AVA will adopt Canada's rating system. This will be defined before convention.

Wording in the AVA Policy Manual will be updated to show that the AVA convention may be held in April, May, or June. Regardless of when the convention is held, the term of office for officers and Regional Directors will begin on July 1 following the convention and end on June 30.

Cost of shipping from AVA to clubs and individuals will be updated so that clubs and individuals will bear these costs.

Ultimately, the cost of production of start cards and trail marking supplies will be passed on to the clubs.

At this time, when a person sends in a completed event or distance book, they receive a card that allows them to receive up to 4 books with AVA paying for shipping. This stops until AVA is solvent.

State associations will pay \$50 annually to be a club as do regular clubs.

8. AVA has often said that most of the organization's problems can be solved by increasing participation. Northwest Region and two other regions are doing just that. We are holding up our end of the bargain. The other regions continue their decline, some more drastic than others. Northwest Region continues to add approximately 1000 more participants each year. We have approximately 27% of all participation nationwide – that percentage is for Traditional events and YRE/seasonals as well as the combined totals. We also have approximately 27% of the free/non-IVV participants nationwide. This proves the value of allowing free participants. There are regions where they don't allow free walkers (or say they don't), but people continue to show up and be allowed to walk for free. Of course, it's impossible to deny participants at YREs the opportunity to walk for free, and from the statistics just shown, inadvisable to try to cut off free walking at traditional events.

9. (From my point of view - the world according to Sam) - I am indeed dismayed that events resulted in the dismissal of Nicole Rogers. Sure, her ideas were

radical, but I think she was just what AVA needed to be shaken out of its lethargy to become a financially viable organization. I fear that her dismissal will allow some to return to their sleepiness. For those of you who wanted no change or change at a much slower rate, you have your way, but in rebuilding the organization, we will now have to reinvent the wheel, if that is possible at this juncture. I feel that it was a short-sighted decision based not on any particular action she had taken, but on what she proposed. It is my understanding that it is the duty of the National Executive Council to control events, whether real or proposed. I feel that the council fell short in its decision.

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From: Curt Myron (former AVA President)

Dear Volkssporters:

As you may have heard, on Friday, February 18, eight members of the National Executive Council forced a vote to take the Council into closed session where, as the new President has announced, the firing of the AVA Executive Director was accomplished.

This action, and the manner in which the firing was accomplished, reflect the current board's direction, which I believe is detrimental to our sport. Because I will never support any action I believe detrimental to AVA, I resigned. The Vice President resigned also and the meeting continued without us.

I greatly appreciate the support I have received from most of you and I wish you well.

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Members only web page – Joe Titone

I'm still working on this project. The only difficulty is setting up a password protected web page which will allow entry for members only. It's important to do this because we may have some sensitive information in this part of the web site.

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President's Corner – Jan Breneman

PREZ SEZ

This month has All Weather Walkers' first weekend event of 2011 – the Fruit Valley walk on March 19. It's always exciting to experience the bustling activity of a "regular" event... walkers greeting each other, enthusiasm for the outdoors, post-buzz about the route, or volunteers visiting during quiet times later in the day. I regret I won't be there. When filling in my new year's calendar, I discovered a conflict with a weekend family trip to the coast.

Chairperson Earl Bowen might not call it "exciting" right now, but he is sure to look back on the day's events with extreme satisfaction. Please refer to the [walk brochure](#) and contact Earl for more information or with an offer to help. ENJOY!

THE ART OF THE DEAL *by Jan Breneman*

One minute, Linda Barneson and I were loosely pondering the possibility of changing the Start Point – there was more than one reason to. But time was growing short... even so, it couldn't hurt to ask, right? So a post-walk lunch at Angelo's Pizza was on... and **Voila!** Linda had secured a handshake deal with the owner in under 5 minutes. The new Start Point is much simpler, with better restrooms and an inside set-up in case of inclement weather. Hopefully, we won't need to be concerned on May 28, the event date.

For the Washougal River Greenway / Lookout Ridge walk in Camas, I had been concerned about too much distance for months. This is a challenging 3 or even 3+ route, so keeping it to a 10k was important. Linda and I recently re-measured the route and investigated one idea that would require a property owner's permission and a subsequent insurance liability fee – a reluctant option – and one we are now able to avoid after all; and this new development makes the distance much more suitable. Donald Trump has nothing on Linda!

(By the way, if hills aren't for you, do the easy (1+) 5k twice – I promise you won't regret it.)

POTENTIAL RAMBLING ANTHEMS

The Cake Walk, by Taj Mahal

These Boots were made for Walking, by Patsy Kline/Nancy Sinatra

Walking in the Air, from *The Snowman*

Ramblin' Blues, by Robert Johnson

Walking on Sunshine, by Katrina and the Waves

Walking After Midnight, by Loretta Lynn/Patsy Kline

Walking on the Moon, by The Police

Walk this Way, by Aerosmith

The Walk, Jimmy, by McCracklin

Ramblin' Man, by Tom Paxton

Ramble On, by Led Zeppelin

Reprinted from the *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 24

(Can YOU think of other songs that apply a walking theme?)

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Next Meeting: March 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 –

Mar 5 Wk Eugene-Springfield Mossbacks Eugene 541-747-6470
Mar 12 Wk Mac Trackers Amity – Daffodil Festival 503-472-0254
Mar 19 Wk AWW 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
Apr 9 Wk IML Vancouver-Discovery Walk Festival 360-818-4280
Apr 9 Bk IML Vancouver-Discovery Walk Festival 360-818-4280
Apr 9 Sw IML Vancouver-Discovery Walk Festival 360-818-4280
Apr 9 Sw IML Vancouver-Discovery Walk Festival 360-818-4280
Apr 16 Wk Daffodil Valley Volks Puyallup, WA 253-845-6592
Apr 16 Wk Sherwood Merrywalkers Sherwood 503-625-8986
Apr 23 Wk Emerald City Wanderers Seattle 206-789-1960
Apr 29-May 1 Wk Four Plus Foolhardy Folks
 Grand Coulee – Steamboat Rock, WA 253-838-3554
Apr 29-May 1 Wk Four Plus Foolhardy Folks
 Grand Coulee – Northrop Canyon, WA 253-838-3554
Apr 29-May 1 Wk Four Plus Foolhardy Folks
 Grand Coulee – Old Stagecoach Trail WA 253-838-3554
Apr 29-May 1 Wk Four Plus Foolhardy Folks
 Grand Coulee – River Walk, WA 253-838-3554
Apr 30 Wk Rose City Roamers Milwaukie 503-929-2310
Apr 30 Wk Daffodil Valley Volks Puyallup, WA 253-845-6592
May 1 Wk Sherwood Merrywalkers Sherwood – Walk for the Birds
 503-625-8986

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March Birthdays: Collins, Drea 3/8	Achievements: none reported please contact the editor with event and distance milestones
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Welcome to new member: Carol A. Colvin

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All Weather Walkers Meeting Minutes
February 8, 2011; 6:30PM
Legacy Salmon Creek Medical Center

Jan Breneman called the meeting to order at 6:30 pm.

Present: Pat Gorman (Secretary), Joe Titone (Newsletter Editor), Dick Baker, Barbara Baker, Jan Breneman (President), Jean Moeller, , Linda Jean Barneson, Leah Riedel, Liz Connors, Carol Colvin, Lucy Schiebel (guest), Earl Bowen, and Joan Heins.

All present introduced themselves and welcomed a new member and a guest. The minutes of the December 14th, 2010 Meeting were approved as submitted. Treasurer's Report: Jean reported for the months of December and January because of the cancelled meeting in January. The account balance as of 12/31/10 was \$2,641.64. There were \$312.10 in expenses and \$212.52 in income during December. The balance as of 1/31/2011 is \$2,942.64 With January expenses of \$101.00 and income of \$402. Jean reported that we actually made 58 cents per book on the Starting Point Books.

Membership Committee: There are currently 44 club members. We have two new members and it is dues renewal time. 50% have renewed.

Weekend Walks: Eight clubs did eight walks in January with 296 walkers for the month.

Wednesday Walks: The February 9th walk starts here at Legacy Salmon Creek Medical Center. Dick had been away so did not have numbers of participants of recent walks.

Old Business

Jill McLean donates copies of the new year's YRE directions/maps for AWW. Fliers are available for the Fruit Valley Walk scheduled for March 19, 2011. There will be 5/10/15 K routes and directions for all three distances.

Lookout Ridge will be 5/28/11. Jan is working to get it down to a 10K. Jan reported that the City of Camas is asking for \$25 plus a certificate of insurance to approve this walk. She will get the Pathfinder ad completed by the end of February. The starting point will be on Third Avenue by the old bowling alley. The Moulton Falls walk will use the same route as before.

The Ridgefield Bird Fest is scheduled for October 8th. It is expected they will approve our plan for a walk on that date but it will not be final until their next Board meeting. We will use the same trail as used previously and make sure information about the walk includes the fact that we walk even if weather is inclement and that part of the trail may be influenced by the weather.

Many of the books given out for the 2010 AWW Challenge have not been returned. Completed books were received from Jan, Joan and Earl. The drawing will be deferred to March to give others a chance to get the book returned. Minutes will be researched to clarify rules before a decision is made on doing the challenge again.

New Business

The PUD building has been reserved for our regular meeting date for the Annual Meeting. The meeting and potluck will be June 14, 2011. Mark your calendars. Jan read and discussed some motions being proposed for AVA.

1. This would allow participants to get an event stamp for a walk as often as you want as long as you pay the fees and do the walk. Approved by AWW members.
2. Remote starts must be published including information on the distance, facilities and support available. Approved by AWW members.
3. This would clarify how to report "Free Walker Coupons" in the policy manual. This would be done by the club rather than the walker. Some members felt the instructions are too complicated so feedback at AWW's meeting was mixed.
4. Add a paragraph in the policy manual stating that when conventions are offering IVV event clubs offer events for the week before, during and after within 400 miles. AWW is opposed
5. The Policy Manual would be revised to show if there are distance or route changes for a walk it is to be posted at the start rather than reported on the after action report. AWW supports this motion.

The AVA is developing a strategic plan to combat the decrease in club and members. They want to make some big changes that we will notice over the next few years.

Announcements

There is an ESVA meeting over Presidents Day Weekend (February 19-21). Dick Baker will attend.

Workers are needed for Vancouver's Discovery Walk.

The refreshment schedule is as follows:

Linda - March

Joe - April

Barbara - May

The meeting was adjourned at 7:30pm. The next meeting will be 3/08/11

Respectfully submitted by Pat Gorman, Secretary

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