



All Weather News
July 2012
<http://www.allweatherwalkers.org/>
Deadline for Aug news: July 24



New Officers – Jan Breneman

Earl Bowen will be the club's new President and Dick Baker is now Vice President. Secretary Pat Gorman and Treasurer Liz Connors continue in their prior positions. Jan Breneman, as Past President, is also part of the Board of Directors. Be thinking about what you can do to help make their duties a little easier in the coming year. "Many hands make light work" has never been more true.

Editor's note: Jan just finished three years as President, and we all owe her a big thanks for a great job. You may not know that she proofreads every issue of the newsletter. This makes me look good, and I, personally, owe her additional thanks.

At our June meeting, three members came forward and offered to take over one duty of the President and/or Vice-President. All clubs have problems getting officers, and the same people are asked to serve year after year. It would help greatly if each of us offered to take over just one small job. AWW is blessed in that we have a lot of knowledgeable former officers who can back you up in any task you might wish to assume. It greatly helps the club if you would do this.

E.g., chairing a walk can be daunting if you've never done it. I have a standing offer to do the maps for these walks. Others are available to assist with all aspects of chairing a walk.

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

1. RE: Keizer YRE 1264: Roth's in Keizer has closed so the start box has been moved to Safeway, 4990 River Rd (at Chemawa Rd), Keizer, OR 97303. From I-5 Northbound exit 260 or Southbound 260B (Keizer) turn towards Keizer and after the traffic signal and RR track turn left at the next light - Chemawa Rd. Continue on Chemawa after it curves until you reach Safeway, on the left, just before River Road. The two-drawer black cabinet holding the registration materials is near the Customer Service desk at the front of the store. Payment is to be mailed to the club. – Nancy Hamby

2. Just had word from Candy at AVA that the Starting Point deadline has been extended from July 1 to August 1. Be sure to get your Starting Points ordered. – Sam

3. A good friend of mine passed away today. James B. “Buzz” Gorman passed away on June 29, 2012. Buzz, with Pete Hauser, founded the Longview Border Crossers.



President’s Corner – PREZ RAMBLINGS – Earl Bowen

We are starting a new era in All Weather Walkers history and as a club. I’m looking forward with excitement as to what will happen in the next 20 years for the club, its members, and what interesting walks we will put on.

I am asking everyone's help in locating new areas to walk, such as parks or new residential areas, or maybe walks that we put on years ago and would be good to do again. Many eyes and ears may see or hear things in the newspapers, publications, or on the TV about community events, activities, or new parks or special areas just opened or dedicated that we could incorporate into an event. If you see, hear, find, or read about something let me know and I will check it out to see if a walk can be done there. Things to consider are plenty of parking there or nearby and a good place or shelter for the event starting area or setup.

If you are new to the club or have not helped on a walking event please feel free to volunteer and let us know what you would like to do or help. The event chairperson will gladly assign you to help with an experienced worker so you can learn and not be overwhelmed. Most of us that have been with the club for some time started out working with an older member that knew the ropes of what to do at an event. Helping out on or during an event results in one’s learning more about club operations. You get to know the club members, and have lots of fun and enjoyment.

I am looking forward to meeting and getting to know each of the club members better and working with each one on a future event that you have helped to plan and locate.



From Norman Haller of the Ospreys: 24 Clever Ideas to Make Life Easier



Find tiny lost items like earrings by putting a stocking over the vacuum hose.



Make an instant cupcake carrier by cutting crosses into a box lid.

To be continued---



WALKING WITH POLES

A person who is 5'6" and weighs 155-165 pounds and walks with a stride length of 70-80% of their height (4.76 feet or 2.3 feet per step) at a 3 mph pace will experience about 192 pounds of peak force per foot strike. Over the course of a mile, this accumulates to 425,856 pounds of peak force transmitted to the lower extremity. Research has shown that by walking with poles an individual can reduce the force per foot strike by about 2-4% (5.76 pounds of peak force). Thus, over the course of that same mile, the lower extremity is spared approximately 6 tons of peak force. - Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 46.

Editor's Note: I've been walking with poles for over 5 years, and they have prevented at least 6 falls. I use ski-like poles because the hand grips make them much more comfortable (and gripable) over distances. Poles can be very expensive, but the original ones I bought at Walmart at about \$10/each are still in good shape. Highly recommended for us older folk.



Next Meeting: July 10 - 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.



Club Events/Weekend/Wednesday Walk Calendar:

July 21 - Camas History

October 27 - Cedar Creek Grist Mill

Pacific Park by Jan Breneman

Our Pacific Park walk on May 26th was a resounding success, thanks to many members who chipped in both before and after, some even performing

multiple duties. Linda Barneson, Pat Gorman, Earl Bowen, Dick & Barbara Baker, Bob & Fran Fuller, Jill McLean, Jean Moeller, Nira Lang, Don Webb, Leah Townsend and Bonnie Goodlett were generous with their time and ever-present smiles.

Dry weather helped too, although we had some threatening skies. Mild-to-cool temperatures were perfect for walking this day and we received lots of compliments on the (mostly) new route. Many of the neighborhoods hadn't been volkswalked before and the new territory was especially appreciated by veteran walkers.

Camas History & Cape Horn Walks – Jan Breneman

The Camas History walk route is partly derived from one of the first volkswalks held in Clark County. In 1987, Lacamas Park didn't have enough trails to make up a full 10km, so Judy Noall incorporated local historic sites to fill in. You will see most of those early sites on July 21st – and more. Many people signed on to help at our June potluck meeting, but there are still a few positions to fill. I may be sending out a short list in a couple of weeks.

Remember we are holding a **Cape Horn Kick-off** on Monday, July 16. Joe Titone is leading the easier 5km, and Linda Barneson is helping with the much more challenging 11km route. Contact Jan B. for all the complete details.

AVA Challenges – Jan Breneman

Some new national challenges on a few of our walk routes have recently come to light:

- >Camas History: Works Projects Administration (WPA). U.S. Post Office, 1936.
- >Round Lake YRE: Works Projects Administration (WPA). Bridge between Round Lake and Lacamas Lake.
- >Washougal 5 & 12k: Golden Cinemas. Route adjustment to include former theater 2 blocks east of Papa's.

Group Walks: Wednesday Walks – 9:30am
<http://home.comcast.net/~titone7604/Wed/wed.htm>

In July, (except for Jul 18), Wednesday Walking will be doing sanctioned events or special events instead of YRE's.

On July 4th, there will be a group walk that will be doing VUV's annual 4th of July

event. The group will start at 9:30 from the Grand Central Fred Meyer in Vancouver.
http://www.ava.org/gen3/data/event_details.asp?eventid=92924

On Jul 11th, CRVC sanctioned an evening event starting at the McMenamins Pool & Tavern in NW Portland. The group walk will start at 9:30 am - not in the evening.
http://www.ava.org/gen3/data/event_details.asp?eventid=93022

July 18: note special walk in Centralia and a walk in our area for those not wishing to travel.

a) On 18 July, we will be taking the train to Centralia to do their YRE walk. The train leaves Oregon City at 7:30, Portland at 8:30 am, Vancouver at 8:45, Kelso at 9:20 and arrives in Centralia at 10:01 am. The Olympia club will meet us there. The YRE walk midpoint is at the train station so we can start the walk there. The walk covers the city and goes near the outlet malls. For those doing the shorter walk they have busses that can take you to and from the outlet malls (5 km away). Bus fares are \$1 a trip or \$2 all day and run about every 30 minutes. You can also take the bus to the start of the Chehalis walk. We return by the 4:00 pm train. Lunch will probably be at the Olympic Club - McMenamins Hotel and complex. Advance reservations for the train recommended.

http://www.capitolvolkssportclub.org/cvc_yrevents/centralia_yre.html

b) Meet at 9:30 am. Don Weber will lead the 11K and Joe Titone will lead the 5K.
http://www.ava.org/gen3/data/event_details.asp?eventid=90573

On Jul 25th , CRVC sanctioned an evening walk from the Rams Head McMenamins on NW 23rd in Portland. The Wednesday walking group walk will start early again at 9:30 am.

http://www.ava.org/gen3/data/event_details.asp?eventid=93023

On August 1st , VUV sanctioned a walk starting at Our Daily Bread Parking Lot at 8680 N Ivanhoe, Portland starting at 9:30 am. The walk will do a short section of St Johns cross the St. Johns Bridge & walk on 2 trails in Forest Park.

http://www.ava.org/gen3/data/event_details.asp?eventid=93002

Weekend Walking – 10a.m.

<http://home.comcast.net/~titone7604/weekend/weekend.htm>

North Bonneville Seasonal, [YRE 1616](#) - 5/10K - rated 1A

This event is being held in conjunction with Gorge Days

<http://www.gorgedays.net/>

NORTHWEST REGION'S CALENDAR OF EVENTS –

Jul 4 Wk Vancouver USA Vancouver 360-891-9441

Jul 7 Wk Key Peninsula Lake Bay-Key Peninsula 253-857-3655

Jul 11 Wk Columbia River Portland 503-649-7675
Jul 13 GW International Wanderers Anchorage 360-260-9393
Jul 14 Wk Daffodil Valley Tacoma-Swan Creek Park 253-841-0580
Jul 14 GW International Wanderers Homer 360-260-9393
Jul 14 Wk Yachats Coastal Gems Yachats – OTSVA Annual Mtg 541-961-4279
Jul 15 GW International Wanderers Ninilchik 360-260-9393
Jul 16 GW International Wanderers Seward 360-260-9393
Jul 17 GW International Wanderers Girdwood 360-260-9393
Jul 18 GW Daffodil Valley Puyallup-Clark's Creek Park 253-845-6592
Jul 21 Wk All Weather Walkers Camas 360-835-9686
Jul 25 Wk Columbia River Portland 503-649-7675
Jul 28 Wk Olympic Peninsula Explorers Port Angeles 360-452-0593
Jul 28 Wk East County Windwalkers Estacada 503-665-0950
Jul 28 Wk Interlaken Trailblazers Renton – IKEA Renton River Days
425-235-0528
Jul 28 Wk Capitol Volks Olympia – Senior Games 360-357-9185

Aug 1 GW VUSAV Portland-St Johns/Forest Park 360-991-8806

Aug 3-5 Wk Cedar Milers Vernonia-Jamboree 503-484-6475
Aug 3-5 Wk Cedar Milers Vernonia-Town to Tophill Trailhead
Aug 3-5 Wk Cedar Milers Vernonia-Tophill Trailhead to Buxton
Aug 3-5 Wk Cedar Milers Vernonia – Buxton Trailhead to Banks

Aug 8 GW VUSAV Lake Oswego – Tryon Creek 360-991-8806
Aug 11 Wk Eugene Springfield Elkton 541-726-7169
Aug 15 GW Daffodil Valley Puyallup-South Hill Park 253-845-6592
Aug 15 GW VUSAV Vancouver-Burnt Bridge Trail 360-991-8806
Aug 16 Wk Over-the-Hill Gang Reg Conf-NW Trek 253-875-3064
Aug 17 Wk Four Plus Foolhardy Folks Regional Conference
– Crystal Mountain 206-595-9697
Aug 18 Wk Evergreen Wanderers Regional Conference
– Tacoma Waterfront 253-564-1766
Aug 18-19 Sw Daffodil Valley Regional Conference - Auburn
Aug 19 Wk Sea-Tac Volks Regional Conference-Camp
Aug 22 GW VUSAV Hillsboro – Orenco Station 503-693-9898
Aug 25 Wk Longview Border Crossers Longview 503-728-0400
Aug 29 GW VUSAV Portland – The Grotto 360-991-8806



July Birthdays: Heins, Joan 7/4 Pulley, Daryl 7/4 Hale, Dee 7/7	Achievements: please contact the editor with event and distance milestones none reported
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Early Beginnings, by Jan Breneman

I first heard about volkssporting in 1991 from my company's newsletter. It was just a brief article, but a significant beginning. My son Tracy (then 15) and I walked the Woodland tulips that spring, and another one in Camas on Mother's Day. I had convinced both my sons to come with me that special day, but it was tough! Tracy actually lasted several more walks until other teenage pursuits lured him away, but still has fond memories to this day. Older son Eric never did another one – I wore him out for good! As for me, I'm still here to tell the tale – and plenty more...

Many of those first walks were put on by Columbia River Volkssport Club II, a long-ago Washington arm of the current Oregon club. In 1992, Judy Noall, then with the Vancouver-Clark Parks & Recreation, held a meeting to form All Weather Walkers from that group. Everyone from the old and new were members of both clubs that first year. Daryl Pulley was our first president and I was its first secretary. The two of us, Earl Bowen, and Jill McLean are the only charter members remaining today. Over the years, I have learned a lot from each of them. Notwithstanding some frustrations along the way, there have been huge satisfactions, too – here's to 20 more great years!

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Welcome to new member: Barbara Diltz

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ALL WEATHER WALKERS MEETING MINUTES
 May 8, 2012; 6:30 p.m.
 Terrace Cafe, Legacy Salmon Creek Medical Center

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

Present: Jan Breneman (President), Pat Gorman (Secretary), Jean Moeller, Barbara Baker, Dick Baker, Leah Townsend, Joan Heins, Linda Barneson, and Joe Titone.

The minutes of April 10, 2012 were approved as submitted.
There was no correspondence to discuss.
A card was signed for Liz who is in the hospital for surgery.

Treasurer's Report: No report because Liz is in the hospital.

Membership Report: The new list will be distributed before the potluck. It has been reviewed by Linda, Jan, and Liz.

Weekend Walks: Joe Titone reported there were six weekend walks in April. Attendance varied from 24 to 42 each with a total of 175 walkers. There are two Weekend Walks scheduled for May.

Wednesday Walks: Dick Baker reported Wednesday Walks are continuing to average 35 to 40 walkers each week. On June 12 the Wednesday Walk will be marking trail for two of the Columbia Gorge Walks. In July and August there will be eight sanctioned walks as Wednesday Walks.

OLD BUSINESS:

Planned 2012 Events Updates:

May 26 Pacific Park. The sign-up sheet for volunteers was passed. The Pathfinder ad is placed.

July 21, Camas. The ad for the Pathfinder has been submitted. Fallen Leaf Park is not going to be included in the route.

The ESVA Meeting. This will be scheduled in Vancouver in the third quarter of 2013. The Eastland banquet room can hold up to 40 people and is a possible site for the luncheon. Gustav's is also a possibility. A walk is sanctioned for 7/27/13, Columbia Springs is a possibility.

State Park Walk. There would be a \$25 permit fee for the club and \$10 per car to park. There was discussion of a seasonal at Beacon Rock.

- There will be a group outing and walk at Seaquest on 6/02/12. Meet at Legacy Hospital at 9am to carpool.
- Jan reminded members that we need volunteers to run for President and Vice President. Liz and Pat are willing to continue in their positions another year.

NEW BUSINESS:

- The ESVA will hold its state meeting on July 21 during our Camas walk. Earl will help with the state meeting arrangements. The meeting and lunch will be held in the church.

- The Cape Horn Group Walk is July 16 (Monday). There will be 5K and 11K walking groups. The walk is rated 3C. This is a breaking-in for our new Seasonal Walk. Bring your lunch, hiking sticks, and water.
- 2013 Starting Points will only be printed for the number ordered. The club will pre-order 10 by July 1, 2012.

ANNOUNCEMENTS:

- Papa's will have new hours and may not be open on Sundays. Contact Jan if you need access or help to walk on Sundays when the route map and stamp are not available.
- Refreshment list:
 - June Potluck
 - July Nira
 - August Earl
 - September Jan
 - October The Bakers
 Other months will be filled in later.

The next meeting will be the Potluck on June 12, 2012. The next regular meeting is July 10.

The meeting was adjourned at 7:39 p.m.

Respectfully submitted by Pat Gorman, Secretary

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