



All Weather News
July 2013
<http://www.allweatherwalkers.org/>
Deadline for Aug news: July 24



My Favorite Trails – from *The Messenger*, June 2013



Linda and Jan

Avid Washougal hiker Jan Breneman likes to walk trails that get her away from traffic, electric lines and the modern trappings of civilization.

That's why the Gibbons Creek Wildlife Art Trail at Steigerwald Lake National Wildlife Refuge fits the bill as one of Breneman's favorite Clark County hikes.

"It's a total getaway," Breneman enthuses. "You can get away from the noise and traffic...and it's very good for birdwatchers."

Hikers enjoy the 2.75-mile trail for its diverse wildlife that lives among the woodlands, fields, wetlands, creeks and lakes.

"We see George the white swan who has adopted Steigerwald Lake year round," said Breneman, who serves as webmaster for the local All Weather Walkers Club. "We also see Canadian geese, blue herons, eagles, deer and toads on the logs."

The 20-year-old All Weather Walkers Club belongs to the network of 300 Volkssporting clubs across the U.S. Volkssporting is a personal fitness, sports and recreation program offering noncompetitive walks, hikes, bike rides and swims.

Breneman, 60, fits the largely female boomer-age profile of the average volkssporter. To meet the six-mile requirement for an official Volkswalk, she hikes both Gibbons Creek and the adjoining Columbia River Dike Trail.

Frenchman's Bar

Breneman also favors the paved 2.5-mile Frenchman's Bar Trail and the connecting 2.5 mile Vancouver Lake trail.

“It’s another one of those trails that get you away from urban life,” Breneman observes. “It’s a clean walk and there’s not a lot of mud because it’s paved.”

Located on the banks of the Columbia River, the trail is reportedly the site of the Lewis and Clark camp in 1805. The trail is usually uncrowded in the winter and early spring, offering views of boats and fishermen on the river. You’ll also enjoy views of migratory waterfowl, Mt. Hood, Mt. Adams and Mt. St. Helens on clear days in Vancouver Lake Park.

For beginning or cautious hikers, Breneman recommends exploring the many interpretive trails open to the public at the WSU Vancouver campus. The Cougar Trails system provides more than six miles of all-weather walking surface as well as unimproved trails through forested areas, creeks and meadows. For information, call 360-546-9788 or visit www.vancouver.wsu.edu.

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

1. From: **russell kruse** <russ.elaine24@gmail.com>

Date: Thu, May 30, 2013 at 10:19 AM

Subject: Mt. Rainier walk

To: Sam Korff <korffs@wildblue.net>

Good morning Sam...Since, due to the sequestration issue, the visitors Center at Ohanapecosh Campground will be closed all summer. That means we have no place to leave our start box so Millie and I decided this morning that we will have to cancel the walk for this year.

2. The Milwaukie sign in book has been stolen again. Y0389 -Milwaukie - Old School Short Cuts is down until a new register can be prepared and a more secure location established. We will let you know as soon as we have better information. - Maryann [541-961-4279](tel:541-961-4279)

3. Please inform everyone that the registration materials for the “Keizer: Fountain & Statues” Y1264 are now in a file box at the Customer Service Desk at the front entrance of the Safeway on the corner of River Rd & Chemawa Rd. (4990 River Rd). They are no longer in a black file cabinet. Payment is still to be sent to the club.

Keizer is just north of Salem. This walk is sponsored by the Willamette Wanderers of Salem & Keizer. The club will be sponsoring an event walk on Sat.,

Aug 10, at nearby Keizer Rapids Park. People may consider walking both the event walk and this YRE. -- Thanks. Julia Westerberg

4. The Lake Oswego Foot Traffic Store is closing this Friday Evening (June 21st, 2013) for good and will pack up and move the contents to the Sellwood Foot Traffic Store at 7718 SE 13th Avenue, Portland (Sellwood location).

I (Ed) will be going to the LO Foot Traffic store this Thursday Evening, prior to closing time (7pm) and picking up the Walk Start file tote box and contents (including stamps) for the following walks:

Iron Mountain YRE # 1609 11KM
George Rogers Park YRE # 1611 5KM and 10KM

These walks will be in a Temporary Closed Status Friday June 21st through Sunday June 23rd, 2013. On Monday June 24th, 2013, the above YRE's will be relocated to:

Albertsons Grocery Store
11 South State Street
Lake Oswego, Oregon 97034
Phone - [503-636-0827](tel:503-636-0827)

These Relocated YRE's are part of the Columbia River Volkssport Club, Club # 242, Portland, Oregon. If there are any questions - contact Ed Hainline [360-921-1909](tel:360-921-1909) or edhainline@comcast.net

5. Forwarded for information. This is in Everett, WA. Event 95544 Y2084 Seasonal from 1 April to 30 Sep 2013.

Soundsteppers is having to close the Langus Park walk in north Everett at the end of this month because the County is closing access to much of the area for some maintenance/repair work. It will be resanctioned for next spring. -- Tracy Waggoner

6. Start box for the following walks will be back at William Shore Pool, Tuesday, June 25th.

Port Angeles Waterfront YRE #361
Port Angeles Historical Tour YRE #608
Hurricane Hill SE #1937

225 E 5th St, Port Angeles Washington

TIME: M-F 5:30 am-8:30 pm; Sat 7:30 am to 4 pm; Sun 10 am to 4 pm (closed 4th of July, Thanksgiving and Christmas)

DIRECTIONS: From the east follow Hwy 101 (Front St.) to Lincoln and turn LEFT on Lincoln. Turn LEFT on 5th Street. Please park on the back (west) side of the pool building. The walkbox is in the front entry.

Janet Lenfant - OPE Treasurer

7. Sam's farewell: In conversations with Nancy Wittenberg, she has said she will continue to keep you informed with her own type of information letter, so watch for her introductory newsletter. I leave office at midnight June 30, 2013 and she will become Regional Director at that time.

I must say that it has been my distinct honor and privilege to serve you as Regional Director of the biggest and best region in the country for the past four years. I thank you for every kindness that you have shown me and Martha. We have truly enjoyed traveling around the region to events. Some of those most memorable events are the Regional Conferences in Alaska and Camp Berachah, the Gorge Events, Ocean Shores (you bring the weather), Shady Cove, and the Discovery Walks. I'll never forget getting soaked in Alaska or getting soaked at the dunk tank at Berachah. One of my favorite walks of all time is Eagle Creek at the Gorge. Shady Cove provided fun in an environment that featured working with Californians as well as Northwest Region. And the Discovery Walks featured the very international flavor of volkssporting.

Of course I will be busy with the 2015 Convention in Salem, but I also plan to serve as the OTSVA Training Committee chairman and will be willing to share the training with ESVA. In that regard, I plan to create training for club officers as well as a How To for specific tasks done by clubs. Specific tasks are already on the AVA Website under Help for Clubs, but at least one hard copy of those items should be in the hands of every club. That will make it easier for clubs to transition from leader to leader. Training for clubs officers will include the tasks done by each club officer to make it easier for clubs to change secretaries, vice presidents, treasurers, and presidents. Before I launch into club officer training though, I would like to know specifically what training you believe your club needs. Having served as club president, state association president, and regional director, I believe I already know what your answers will be, but would like to hear from you what you think is most important in training.

The region is smaller now, fewer clubs but with the same amount of participation. Clubs will need to be strengthened, and new clubs must be formed. We must all work together to increase our participation. Northwest Region still has approximately 25% of all AVA participation. People outside our region say that it's all about our weather – we can walk most of the year. Sure the weather plays a part, but I believe that if we had the extreme weather that other regions have, we would still be out there walking. Part of our success has been that we seem to be more willing to try new things. If they work, we continue to use them, but if they don't work, we abandon them and move on to better solutions – we seem to be more solution oriented than the rest of the country. We also seem to be better able to work together to find better solutions – we don't compete with each other as much as other regions.



President's Corner – Joe Titone

I moved here in 2000 having never heard of Volkswalking. I came from Los Angeles where large numbers of people work out – you see them everywhere – but there is only one Volkswalk club that I know of. There are 13 million people in the metropolitan area, but everyone is always in a hurry. I started walking in 1984 and since 1986 I've been president of a non-Volkswalk club called the Walkie-Talkies. I still run the club from here.

I'm saying this because attendance at events and YREs have been steadily declining. It's hard to imagine, but I'm told that in the 80s and 90s, some events drew 2,000 participants. Now we consider 200 to be a success, and pretty soon it'll be 150.

I'll have my thoughts on what might be done in next month's newsletter. I just wanted to introduce myself and thank you for selecting me as president of this great club.



Next Meeting: July 9- ALL ARE WELCOME! Details and map are now [at http://www.allweatherwalkers.org/static.htm](http://www.allweatherwalkers.org/static.htm)

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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Club Events/Weekend/Wednesday Walk Calendar:

2013: July 6, North Bonneville
July 27, Vancouver: Fairway Village (ESVA Meeting)
September 7, Camas Three Lakes

Northwest Region's Calendar of Events:
<http://www.allweatherwalkers.org/fel.htm> (no updates from last month)

Group Walks: Wednesday Walks – 0930 am
<http://home.comcast.net/~titone7604/Wed/wed.htm>

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

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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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Welcome to new members – none reported

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Jan Breneman's corner: July walks

'Gorge Days' in North Bonneville. By now we all know about the walk that Dick Baker is heading up on Saturday, July 7. All who have volunteered to help, Thanks! If duties are filled and you are not needed, come out anyway and celebrate the Gorge Days festival in Skamania County. This is a big deal in the community – and has grown considerably over recent years. Spend the whole day, as there is a lot to see and do – including two lovely 5 km loops that include paved and natural trails, history, and of course, the Gorge Days Festival with garage sales all over the town, lots of classic cars, music, various booths, and

games for all ages. The Columbia Gorge is usually cooler than the metro area, and it's hard to go wrong out there, especially on a sunny summer day.

Fairway Village Walk and ESVA Meeting. On July 27, a nice, flat route from New Seasons Market in East Vancouver is planned in conjunction with the quarterly ESVA state meeting. Both the 5 km and 10 km trails are on paved paths through new neighborhoods and local parks. You'll see many new neighborhoods and parks, and most walkers will appreciate the surprises. ("Gee, I didn't know this was here.") Then from 1:00-3:00 p.m., the state meeting will be held at the Fisher's Landing Firehouse, 17408 SE 15th Street (just one mile from New Seasons), and everyone is welcome to attend. Thanks to Dick and Barbara Baker for overseeing the meeting arrangements. For additional information, contact Jan Breneman at 360/835-9686 or email breneman@pacifier.com

Rambling Riddle from last month...

If the population of China walked past you in single file, the line would never end. Why?

(Answer: The rate of reproduction would be faster than the speed of the walking line.)

RAMBLING RIDDLE

The Rules of Walkabout

The Australian Aboriginal concept of 'walkabout' promotes self-discovery and challenge as important parts of our life's passage. Yet, traditionally, walkabouts are completed in pairs, discussing an issue or dilemma with a partner.

There are certain accepted rules acknowledged by two people who go walkabout together.

1. The conversation is confidential, and may not be repeated to anyone else. Similarly, neither partner may later approach the other for an update on the conversation, unless previously agreed.
2. Each partner has the same amount of time to discuss their issues.
3. The pace should never be hurried. The third occasional partner on a walkabout is silence.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 61.

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Following are the 2013 State Parks "free days":

Aug. 4 Peak season free day

Sept. 28 National Public Lands Day

Nov. 9 through 11 Veteran's Day weekend

A Discover Pass will still be required on these days to access lands managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife.

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