



**All Weather News**  
**February 2014**  
<http://www.allweatherwalkers.org/>  
**Deadline for Mar news: Feb 24**



¥¥¥

Your membership dues are now payable. \$6 for an individual and \$12 for a family should be sent to

Membership, All Weather Walkers  
PO Box 241  
Vancouver, WA 98666-0241

¥¥¥

From: Candace Purcell Interim Executive Director/Financial Director  
[candy@ava.org](mailto:candy@ava.org)

1. **Event and Distance Books Submission**

You must submit the correct book for each level completed for both events and distances. Clubs should have available at least one or two books for each level. If a club does not have the correct book for sale, walkers must use an insert card until the proper book is obtained. Please note that when doing only five kilometer (km) walks, you will not reach the number of required kilometers without the use of insert cards. Listed below are the levels of completion for each book.

**Events.** For 10, 30 and 50 events use a Green book. A Purple book is required for 75 thru 600 events and a Rose book for 601 thru 1,500 events. Use a Gold book for 1,501 and higher events.

**Distance.** For 500 thru 8,000km use a Blue book. An Orange book is required for 8,001 to 22,000km. For 22,001 thru 25,000km, use a Yellow book. Note that in this first Yellow book, you will record increments of 3,000km (up to 25,000km) and then submit the book. Thereafter, purchase a second Yellow book to record distance for more than 25,000km. This is the highest level distance book and should be used to record all other distances higher than 25,000km

¥¥¥

From: Nancy Wittenberg [nwittenberg@q.com](mailto:nwittenberg@q.com) (our Regional Director):

1. Change in Start Point for Albany, Oregon: Albany – Historic (Y0215) & Albany -- North Albany (Y0934) (p. 369 in 2014 Starting Point)

Start Point as of 1/1/2014: **Subway, 637 NW Hickory #110.** (In the same shopping center as Ray's Grocery Store which was the previous Start Point, but enter the shopping center by another road) 637 NW Hickory St.

From I-5 north or south, take Exit 233 (Hwy 20). Follow signs for City Center & Corvallis. Take Lyon St. across the bridge over the Willamette River. Turn right on North Albany Rd. (2nd stoplight) and then first right on Hickory St. (stoplight). Subway store will be seen but their entrance near Starbuck's is to be used. Turn left into shopping center's parking lot & then another left for the Subway location. Wood file cabinet is to the right by entrance & before the Service Counter. Open daily from 7 AM to 10 PM (Sunday closes at 9 PM). For further information: Julia Westerberg, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net), 541-967-3001.

2. **New Seasonals in Alaska:** The Dairyland Walkers, a walking tour group part of the Madison Area Volkssport Association in Wisconsin, has sanctioned three seasonals in Alaska that they will do on their cruise to Alaska: Ketchikan, Haines and Seward. Instead of sanctioning for only one day, they have sanctioned their walks from April 1 through October 31 as a benefit to all of us. Walks are remotely registered through Tom Doyle at [tjdoyle98@msn.com](mailto:tjdoyle98@msn.com). Contact him for information to register and get your directions by email. If you are or will be in one of these towns in Alaska, please arrange to do their walk.

3. **From Dave Scull, Atlantic Region Director:** "I took the article by Chuck in the TAW on the regions and added a few more statistics, like population and participation (from the convention report). Guess what? If every region could match the best in class volkssport penetration rate in the Northwest of 4,700 participants (over two years) per million population, then AVA would see about 740,000 participants a year. I have been unable to find the historical numbers but memory says this is about what we had at our peak in the early 90's. I am wondering if it is the wide open spaces in the northwest region that make for better events?"

4. Remember to register for the NW Regional Conference Portland State University, June 23-28: Go to <http://www.walkoregon.org/conf/nw2014.htm> for information and registration.

5. **New Executive Director:** The NEC unanimously approved the Executive Committee's choice for **National Executive Director**. Her name is **Stephanie**

**Sinclair.** She is young, fit and full of energy and ideas. She was there the entire NEC and walked with us on the Downtown Tucson walk Saturday morning along with many from Arizona clubs. Her husband works for AAA Baseball as an umpire supervisor. She lives in San Antonio and starts work January 27. She intends to get out to our regions to be visible and listen to us all.

6. **From:** Ric Catron [mailto:rcatron@co.kitsap.wa.us]  
**Sent:** Tuesday, January 07, 2014  
**Subject:** Port Gamble YRE - 1685

Happy New Year Nancy – It appears the walk box for our Port Gamble walk is temporarily unavailable. Can you please get word out to all clubs? I will notify you when we have access again. Thanks.

7. **Special Programs:** The NEC approved six special programs with some changes beginning January 1, 2015 and turned down one other. They are; Amphitheatres, Animal Safari, Boardwalks, Doin' the Louisiana Purchase (extended to four years), Food for Thought, and Volcanos. You'll see more later in the TAW. These special programs will be given the option of paying a flat fee to AVA to hold their special program, with only a final report at the end of their program, rather than the periodic reporting and payments now required. Special programs beginning 2016 will be under the flat fee/single reporting method. Details later.

[¥¥¥](#)

President's Corner – Joe Titone

Genesis of a walking club: So how did the Walkie-Talkies come into being? It was 1984, and I was in my seventh year of playing competitive tennis 4 times a week. My eyes were not particularly bad, but I was having increasing difficulty seeing where the ball bounced because of its speed. Close calls are always a matter of controversy, and one tends to favor one's self.

I began looking for alternate forms of exercise, and saw ads for 10K runs which allowed walkers. My doubles partner and I decided to enter the race just to see what it was like. We did several long walks up and down hills in preparation. As it turned out, the 10K was absolutely flat (almost all are we discovered) and it was quite easy to finish.

I then read about a fitness studio where an aerobics instructor was holding walks on Saturdays. I showed up and discovered that we had a 15-minute

stretch/warm-up before the walks. He offered A, B, and C routes (C being the shortest) up and down hills (never a flat walk). He was clever in that each group finished at about the same time so we could have a post-walk cool down/stretch for about 15 minutes.

So here I was a 44-year old, fit tennis player who was ready to conquer a new activity. Find out how I did next month and what happened to bring the Walkie-Talkies into being.

¥¥¥

Next Meeting: February 11 - ALL ARE WELCOME! Details and map are now at <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.

¥¥¥

**Club Events/Weekend/Wednesday Walk Calendar:**

Saturday, May 24, 2014: Tenny Creek Walk from Vancouver Church of God (King's Way Chr. Sch.)

Mt. St. Helens for the NW

Saturday, June 28: Regional Conference – joint AWW/VUV walk at Mt St Helens

Group Walks: Wednesday Walks – 1000 am

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

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

¥¥¥

February Birthdays: Breneman, Jan 2/9 Bowen, Earl 2/27	Achievements: <a href="#">please contact the editor with event and distance milestones</a> none reported
--	---

¥¥¥

Welcome to new members – Patrick & Vicki Ellsberg

¥¥¥

Jan Breneman's corner: **RAMBLING RIDDLE**

A man walks 10 miles south, 10 miles east, and 10 miles north to arrive back at his starting point. A bear follows him. What color is it? (Answer next month.)

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 69.

### ALMOND CAKE

1-1/2 cups slivered almonds, toasted at 350 degrees for 8-10 minutes.

*Note: you can use blanched sliced almonds for the batter, but they could be hard to find.*

3/4 cup All-Purpose Flour

3/4 tsp. Salt

1/4 tsp. Baking Powder

1/8 tsp. Baking Soda

4 large Eggs, at room temperature

1-1/4 cups Sugar

3/4 tsp. Almond Extract

5 Tbsp. Unsalted Butter, melted

1/3 cup Vegetable Oil

Topping: 1/3 cup toasted blanched sliced almonds, 2 Tbsp. Sugar

Adjust oven rack to middle position and heat oven to 300 degrees. Grease 9-inch round cake pan and line with parchment paper. Pulse 1-1/2 cups almonds, flour, salt, baking powder, and baking soda in food processor until almonds are finely ground, about 10 pulses. Transfer almond mixture to bowl.

Process eggs, 1-1/4 cups sugar, and almond extract in now-empty processor until very pale yellow, about 2 minutes. With processor running, add melted butter and oil in steady stream, until incorporated. Add almond mixture and pulse to combine, 4 to 5 pulses. Transfer batter to prepared pan.

For topping, sprinkle top of cake evenly with 1/3 cup sliced almonds, followed by 2 tablespoons sugar.

Bake until center of cake is set and bounces back when gently pressed and toothpick inserted in center comes out clean, 55 to 65 minutes, rotating pan after 40 minutes. (Top will rise but fall a little upon cooling.) Let cake cool in pan on wire rack for 15 minutes. Run paring knife around sides of pan. Invert cake onto greased wire rack set over a rimmed baking pan, discard parchment, and reinvert cake onto second wire rack. Let cake cool, at least 2 hours. Cut into wedges and serve. (Store cake in plastic wrap at room temperature for up to 3 days.) Serves - 10.

¥¥¥¥¥¥