



All Weather News
May 2014
<http://www.allweatherwalkers.org/>
Deadline for June news: May 24



From: Stephanie Sinclair, Executive Director ssinclair@ava.org

1. *Nationwide Public Relations Campaign Underway*

AVA has been in the news quite a bit this month thanks to our nationwide media relations campaign. If your Club receives media coverage, please send a pdf scan of the newspaper or the online news link to our Executive Director at ssinclair@ava.org

What to do if you receive a phone call from a member of the media—

Thank them for their call and ask them to contact Aguillon & Associates directly by contacting Melissa Aguillon at (210) 254-9160 or Melissa@aguillon-associates.com

This will help us that we make the most of media opportunities by ensuring we generate positive news articles with consistent messaging.

2. *Updates to AVA.org:* New photos are included in the AVA homepage slideshow. These new photos include captions. This was a nice suggestion from a longtime volkssporter. If you would like to submit a photo for the slideshow, please send it to avawebmaster@ava.org Photos with a horizontal layout work best. We're looking for photos with beautiful scenery, interesting locations, and smiling faces. Please include your Club name, event name, and event date. This is a fun way to promote your Club's events.

3. *Let's Get Started Page—*looking for a quick overview to share with friends on how to get started with volkssporting? We've pulled this information out of the About Us page to give it an independent page under the About Us tab http://www2.ava.org/Lets_Get_Started.php

4. *AVA In The News—*check out this new page for a compilation and links to recent media articles. These are great resources to share with local businesses or new participants.
http://www2.ava.org/AVA_In_The_News.php

5. *IVV World Walking Day—Thursday May 8, 2014*

Scheduled for May 8, 2014, walks are held by International Association of Popular Sports (IVV) associated clubs worldwide. Stamps for WWD events will include a special slug which will be mailed with WWD certificates, if applicable. IVV WWD certificates can be signed by Club presidents. Walks may be hosted beginning May 3 through May 11.

All are welcome to join the AVA National President, Executive Director, SW Regional Director, and headquarters staff for the first ever headquarters hosted WWD traditional event. Visit the www.ava.org homepage for more information.

6. *National Physical Fitness & Sports Month—May 2014*

May is National Physical Fitness & Sports Month. The 2014 patches, designed by Dorman Batson of the Northwest Region, are available for order from AVA HQ for \$2.50 each. Please click here to access the 2014 NPFSM patch Club Order Form. Please note, Clubs may also order remaining supplies of the 2012 and 2013 NPFSM patches for use as B awards at the discounted price of \$1.50 each on the order form linked above.

7. *Save the Date 12-13-14*

Regional Directors are seeking buy-in from their respective clubs to conduct an AVA national day of volkssporting at 10:11 a.m. on December 13, 2014. Events that day would take advantage of a special date configuration that won't happen again for another five decades (10, 11, 12, 13, 14). The NEC is asking clubs to check their event schedules for December 13. There has been discussion about creating a national participation patch and a special event slug. More information to follow.

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

1. Good news! The Tumwater Historic Parks YRE is now fully open. The downed tree has been removed from the trails through Watershed Park. This beautiful walk, which takes you through Tumwater Falls Park, Watershed Park, and Trillium Park awaits your attention. Check it out on a pretty day.
2. **Starting Point Changes:** Here are the latest, but be sure to check the www.ava.org website. Gig Harbor – Y1234 has a new start point: Ace Hardware,

3104 Judson St., Peninsula Shopping Center. Hours Mon – Sat 9am – 6pm; Sun 10am – 4pm. An additional 1K option has been added to both the 5K and 10K.

3. **WA State Centennial State Parks Challenge:** The WA State challenge committee has extended the completion date for this challenge to May 31, 2014. No further books are for sale, but if you have a book, you can still do WA state parks walks to finish and return completed books.

4. **AVA Convention 2015 Hotel Reservations:** The Grand Hotel, Salem, OR, will accept reservations now. Call 877-540-7800. Mention the American Volkssport Convention. Dates are **June 13-21, 2015**. Room rates are \$127 for king or Double Queen rooms. You get a FREE full buffet breakfast, free parking. All rooms have microwaves, refrigerators and free wi-fi.

5. **Columbia River Gorge Biennial Classic: June 19-22, Cascade Locks, OR, Marine Park.** See www.columbiagorgewalks.com for information about the 13 walks and one bike and social events. These are some of the most spectacular walks and day hikes anywhere.

6. **NW Regional Conference:** Portland State University **June 23-28**, including seven walks and 4 swim events. Go to <http://www.walkoregon.org/conf/nw2014.htm> for information, video, brochure and links to registration. You don't need to register if you're just doing walks, but if you want awards or to go to any event meals, pre-registration is required, \$5 more per meal if after June 1.

7. This seasonal was added by the Sound Steppers. I believe it was held previously. Look it up on the AVA website for particulars: Everett, WA Y1202, Langus Riverfront Park and Spencer Island Nature Trail. Start: Everett Animal Shelter, 333 Smith Road, Everett, WA

8. **From:** Willis Korff [<mailto:korff.sam@wildblue.net>]
Please let the appropriate people know that we have had to close the Clatskanie Oregon YRE Y1319. The store has done a remodel and there is no room for the start cabinet. We are considering a couple of different options and hope to have the YRE back up and running.

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President's Corner – Joe Titone

This month I'll describe some general aspects of walking in Los Angeles, and next month I'll describe some of the more interesting walks we did.

Much like Vancouver is a bedroom community for Portland, Los Angeles's San Fernando Valley (almost all of which is part of the city of Los Angeles despite neighborhood names such as Studio City and North Hollywood) is L.A.'s bedroom community. The difference is that the two are separated by the Santa Monica Mountains. The San Fernando Valley has the Santa Susanna Mountains to the North, the San Gabriel Mountains to the East, and a Coast Range on the West along the Pacific.

Along with these mountains are over 400 public staircases that make it easier to navigate these hilly areas. Some of these are quite ornate. E.g., in the Beachwood area (right below the Hollywood Sign) is a staircase that used to have water running down it with frogs and fish. This no longer happens but you can still see how this worked. These are also "ghost" staircases that lead nowhere. These were built in anticipation of housing developments, but the latter never happened.

There are many historical neighborhoods. Since the film industry started over 100 years ago, each generation's stars lived in a different succession of upscale neighborhoods as others fell out of fashion and new areas were built. One of our walks went by Rudolph Valentino's castle on a hill, or Aaron Spelling's 50,000 square foot mansion with a heliport, or John Barrymore's house, etc.

In contrast to these very upscale neighborhoods are those we could never walk in because of personal dangers. I have not found this to be a problem in the Portland/Vancouver area, but it is a problem in every big city I've lived in.

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Next Meeting: May 13 - 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:

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

Saturday, June 28: Regional Conference – joint AWW/VUV walk at Mt St Helens. Start thinking about volunteering for this joint event.

Oct. 4: Ridgefield BirdFest walk

Group Walks: Wednesday Walks – 1000 am
<http://home.comcast.net/~titone7604/Wed/wed.htm>

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

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May Birthdays: McLean, Jill 5/3 Smith, Barbara 5/11 Salem, Barbara 5/20 Ruger, Debbie 5/22 Jensen, Carol 5/25	Achievements: please contact the editor with event and distance milestones none reported
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Welcome to new members – Kim Calderon, Kia Calderon-Dillon, Aydan Dillon Cameryn Dillon, & Brycen Dillon

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Jan Breneman's corner:

Washougal Seasonal Change: Just a reminder – on May 1, the US Fish & Wildlife Service opens the seasonal leg (which has been closed for nesting season until now) on the Gibbons Creek Trail to the Columbia River. This means the Washougal YRE will have its seasonal route open for the temporary leg through September 30. Come out and enjoy this nature trail along the river, creek, and lakes without the entrapments of roads and city lights. As peaceful as it is, though, there is safety in numbers – this trail has grown very popular and on summer days the trailhead can be busy. There is something new to see no matter what time of year it is!

WALK LIKE AN ANIMAL

The dipper is a British water bird shaped like a large wren, that has a unique way of hunting its prey. It feeds on water snails and the larvae of caddis flies, which it grabs from below the surface of fast-running waters by walking along the

bed of the stream, completely submerged. It walks into the current, its strong claws gripping the bottom, while it flicks pebbles with its beak looking for food. Using the flow of the current to help press it down, the dipper can remain underwater for up to 23 seconds.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 71.

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