



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



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

1. no input this month

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

1. **YRE/Seasonal Changes:** Be sure to check the AVA website before you go. □
Grants Pass Walks: Start Box is now located at the “Inn on the Rogue” in the lobby. Ask at the desk. Directions to the Inn: From the North, take the second Grants Pass exit 55. You will be on Grants Pass Parkway (Hwy 199). Turn right on “M” Street. Left on 7th Street to the Inn.

Winthrop, WA Seasonal is still **not** open. The motel is undergoing a remodel.

2. **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 plus tax for king or Double Queen rooms. You get a FREE full buffet breakfast, free parking. All rooms have microwaves, refrigerators and free wi-fi.

3. The Year Round Events (2 walks and 1 bike) located at the McDonald's on Airport Way in Portland, Oregon are now back up and Operational as of this date (23 May 2014). The Walk Box (2 Drawer Filing Cabinet) has been Repainted a McDonald's Yellow and is back for our use at the McDonald's. The YRE's that were effected are:

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|-------|-----------|----------------|--------------|
| 96275 | YRE# 846 | Columbia River | Portland, OR |
| 96277 | YRE# 1640 | Wetlands/IKEA | Portland, OR |

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President's Corner – Joe Titone

1. A big thanks to Jan Breneman and all the wonderful volunteers who made the Tenny Creek walk a success. We had 157 walkers and I'll be posting the pictures soon.

2. What a day for Tom Baltes who walked 60K (37.2 miles) on his 60th birthday (Memorial Day). He was accompanied the whole way by Joe Kelly and many others who walked part of the way. There was a barbecue afterwards at his house and his wife Louise and Karen Kelly prepared a spread fit for a king. Both Tom and Joe looked like they had just finished a short walk in the park. Pictures soon.

3. We usually spend a lot of time at our election party asking (cajoling) members to be a club officer. This year we have a proposed slate ready:

Joe Titone – President

Nira Lang – Vice President

Tom Baltes – Treasurer

Jan Breneman – Secretary

I will be proposing the above, but others may run also if you notify me.

4. Remember to notify me if you're coming to the 6/10 election party/potluck. The club will be buying barbecued chicken and spare ribs and I need to know how much to order.

5. I need a few volunteers to help with opening the facility, setting up and cleaning up. Please let me know if you can help.

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Next Meeting: June 10 - 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, 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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| June Birthdays: not listed on new membership list | Achievements: please contact the editor with event and distance milestones none reported |
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Welcome to new members – Steven Brewster, Doug & Sherry Davis

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Jan Breneman's corner:

Tenny Creek Success!

The Tenny Creek Walk on Saturday went off without a hitch, with 157 walkers enjoying dry skies and mild temperatures – just perfect for walking. Putting on a volkswalk on a three-day holiday has been known to have its ups and downs, but willing club volunteers stepped up, and the new walk route drew people from the Oregon Coast and – believe it or not – one person from the Seattle area. The 6/10 km route was in a completely fresh area for walking, and even some local residents were surprised at the lovely neighborhoods and new parks that were featured so close to home.

The idea for this walk started in November 2011, when the manager at the 78th Street Heritage Farm agreed that a volkswalk as part of its Harvest Fun Day was a great idea. But eventually the farm and personnel changed, and when plans developed at the church, it ended up to be a big improvement for the eventual final route.

Thanks one and all to those who gave up part of their holiday weekend to help make this walk event yet another super-success... Tom and Louise Baltes (trailer delivery and Trail Marking), Joe and Karen Kelly, and Steve Brewster (Trail Marking); Joan Heins and Jill McLean (Checkpoint); Jean Moeller and Dick Baker

(Registration); Leah Townsend, Barbara Salem, and Barbara Baker (Start Table); Bonnie Goodlett and Cheryl Snodgrass (Finish Table); Liz Connors (afternoon closing help and trailer towing); and Earl Bowen and Don Webb (Trail Sweepers). “Many hands make light work” was never truer than when staging a volkswalk! The ample start area under the covered play shed worked out beautifully for our needs. Steve Olson, Facilities Manager at the First Church of God, was most helpful as our plans developed.

From start to finish, things went like clockwork. This was one of the most trouble-free walk events that I have been in charge of. Some might say it is careful preparation and organization – and there is that. But also the high level of expert help received is a mega-confidence booster!

And to top it off, Liz, Cheryl, and I were all treated to the cutest duck family while packing up at the end! Liz put a photo on our Facebook page. Just go to www.facebook.com and search for “All Weather Walkers”.

New Home for AWW Trailer

When things slowed down a little later in the day at the Tenny Creek walk, Cheryl Snodgrass and I had time to purge some old event records, which cut the box space needed in half. A trailer clean-out had been discussed at May’s meeting, but with some minor rearranging, that doesn’t seem to be necessary now – only an inventory, which can hopefully be done sometime before the Ridgefield walk on October 4.

Afterwards, Liz towed the AWW storage trailer to its new place at Columbia Drain in the Salmon Creek area. Thank you, Liz, for arranging the new storage place at friend Jim Peschka’s plumbing business. Thanks also to the stewardship of Joan Heins. For years she has kept the trailer inside their shop, not just under cover – but fully enclosed. If that wasn’t enough, we could all count on her to keep it clean and tidy, not a simple feat, especially after a cold, rainy-day walk. It was all too easy to slam things together and go home. Joan cheerfully dried dozens of arrows and ribbons, made sure the water jugs were wiped out, tied plenty of clothespin ribbons, and various other tasks. Don would “unhook” re-usable plastic ties for the next walk event, too. As Joan now readies her home for sale, it was time to let the trailer duties go. We owe her a huge debt of gratitude and now we all need to pick up the slack and take extra time to leave the trailer well prepared for the next scheduled walk. THANKS, JOAN!

HOW TO WALK UP A SLOPE

If there are two of you, lean against each other to tackle the incline. This position lessens the weight on your legs and makes the climb easier – although outbursts of laughter can often counteract the benefits.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 73.

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