

| | | |
|---|---|---|
|  | <p style="text-align: center;"> All Weather News September 2014 http://www.allweatherwalkers.org/ Deadline for Oct news: Sept 24 </p> |  |
|---|---|---|

From: Candace Purcell candy@ava.org

1) **Know who to call:** Karen for all book processing, awards issued, memberships, National programs such as Centurion, 50 state, A-Z and service awards. karen@ava.org

2) ***New Rules for Logging Kilometers Over 22,000 Kilometers***

The NEC voted at the June 2014 meeting to allow new rules for logging kilometers earned over 22,000. Presently, once you reach 22,000 you fill a yellow book for 3,000 to reach 25,000 and continue in the yellow book for 5,000 after that. You now have the option of continuing to use the orange book after reaching 22,000 kilometers. As you finish each new 1,000 kilometers over 22,000, you will receive a certificate. You will receive the normal pins, patches and certificates for 22,000, 25,000 and increments of 5,000 over 25,000. Please make sure each orange book you send in has the total kilometers at the top that you have reached so Karen may log in the correct level you have obtained. This change is effective immediately.

¥¥¥

President's Corner: Joe Titone

1) Members Kim Calderon and her adult daughter Kia are driving cross-country for Kia to donate a kidney to a man in Michigan. They are making it a mother-daughter sojourn and doing volkswalks along the way. Check out:

losingakidney.blogspot.com

2. From: "Bonnie Tucker" pnwwalker@comcast.net

We had a call from a women who is living in her RV and would like to "donate" her medals that she got in Germany starting in the early 1970's through who knows when to someone who might like to display them or just have them. She is very proud of them but they have been in storage for a while. If anyone is interested they may contact Jan Dalzell at 253-820-3926.

3. From: National Friends of the Poor Walk/Run

Saturday, September 20th, 2014

(Date is subject to change; each walk location may vary.)

22,000 walkers raised over \$2.1 million in 2013

http://www.svdpusa.net/fop/index.php?Submit=View+Event+Website&action=walk_events&eventid=931

¥¥¥

Next Meeting: Sept 9 - ALL ARE WELCOME! Details and map are now at

<http://www.allweatherwalkers.org/static.htm>

Sections that rarely change are also at this link: list of officers/valued associates, and Weekend Walking description.

¥¥¥

Club Events/Weekend/Wednesday Walk Calendar:

Oct. 4: Ridgefield BirdFest walk

July 11, 2015 North Bonneville (Gorge Days)

Aug. 22, 2015 Camas Hidden Pathways

Sept. 26, 2015 Lewisville Park

Group Walks: Wednesday Walks – 1000 am

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

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

¥¥¥

| | |
|--|---|
| Sept Birthdays: Paynter, Romana 9/12 Baltes, Louise 9/16 Paynter, Burt 9/17 Caderon, Kim 9/18 Titone, Joe 9/22 Eaton, Julie 9/24 | Achievements: please contact the editor with event and distance milestones none reported |
|--|---|

¥¥¥

Welcome to new members – none reported

¥¥¥

Jan Breneman's Corner: 1) 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.

2. The 5 Most Dangerous Animals You're Likely To Encounter While On A Walking Safari:

Lion... Stand absolutely still and avoid eye contact. If it is during the day, the lion is likely to be too full to be interested in you.

Hippo... Make sure you do not get between the hippo and its water. If you do, run away from the water.

Buffalo... If it charges, run away very fast and hid behind a tree.

Elephant... If it charges, run away very fast and climb a tree.

Aardvark... Probably the most dangerous animal of all, as you are likely to trip up in one of its holes when you're running away from everything else.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 75.

¥¥¥¥¥¥