



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



From: Nancy Wittenberg <newittenberg@gmail.com>, our RD

1. **ED Resignation:** Due to health reasons, Stephanie Sinclair has tendered her resignation. Dennis Michele accepted it with great regret. Stephanie had great ideas and I am very sad to see her go. We hope she can come back to us sometime in the future. The members of the Executive Committee – all officers plus the RD representative, Glen Conyers, SC RD need to make a decision and hopefully present a candidate to the entire NEC at our October 17-18 meeting.

2. **SNOB (Special National Officer Books):** I have SNOB books for sale for \$10 and will have them with me at all the walks and meetings I will attend. It is an AVA special program where you get each AVA officer and RD's stamp at some event. For instance I have a NW Regional Director Stamp which can be used at an event you might have if you request it and I am coming to your event. At the convention next June, each officer and RD will be responsible for having their stamp available at two convention walks at least. This will be an opportunity to fill up the S.N.O.B. book. You would then send it in to the AVA and they will return your award – a SNOB pin. Send your \$10 directly to me or see me at an event.

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President's Corner: Joe Titone

1. Thanks to Leah and Jean for completing the internal review of the club's financial records. No discrepancies were found. Kudos also to Tom, our Treasurer.

2. The 9/1/14 issue of the *Columbian* had an article about our member Kia Calderon-Dillon. See it here:

<http://www.allweatherwalkers.org/news14/1014/kcd.htm>

3. from Jill McLean, our Historian. A Brief Historical Note (c. 460BC – 370BC) Hippocrates was a Greek physician in the third and fourth century BC. Modern medicine refers to him as the father of Western medicine. He was among the first

physicians to convey important “health rules” through his many now-famous quotes. Below are some examples that continue to have amazing relevance to today’s medicine. In fact, one could argue that our modern world has brought science and data into the field, but his initial observations and recommendations were remarkably accurate over 2,000 years ago.

- walking is man’s best medicine
- let food be thy medicine and medicine be thy food
- declare the past, diagnose the present, foretell the future
- first, do no harm
- it is far more important to know what person the disease has than the disease the person has
- if we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health

From: A Short Guide to a Long Life by David B. Agus, MD

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Next Meeting: Oct 14 - 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.

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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 (**we need someone to chair this 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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<p>Oct Birthdays: Townsend, Leah 10/20</p>	<p>Achievements: please contact the editor with event and distance milestones none reported</p>
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Welcome to new members – none reported

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Jan Breneman’s Corner: SPICED PUMPKIN SEEDS

Combine:

- 1/2 tsp. Salt
- 1/4 tsp. Black Pepper
- 1/4 tsp. ground Cumin
- 1/8 tsp. Cayenne pepper
- 2 cups raw & shelled Pumpkin Seeds (Pepitas)

Heat together:

- 1/3 cup real Maple Syrup
- 1 tbsp. unsalted Butter

Grease a shallow rimmed baking sheet or a 9" x 13" pan. Preheat oven to 350 degrees. Mix spices and seeds in large bowl. Heat syrup and butter over medium-low heat in small saucepan until butter is melted. Add to seeds/spices and mix well.

Spread the seeds on the baking sheet and bake, stirring frequently, until the seeds are golden brown and coating is thick, about 40 minutes. Cool until coating hardens.

NOTES:

- These are mildly spicy. For more heat, double the Cayenne pepper.
- I found success with a disposable aluminum 9" x 13" cookie sheet, supported by a solid rimmed pan. A larger rimmed pan (10" x 15" or so) would probably work OK, too.

RED WALKERS

Recent research is suggesting that Chairman Mao Zedong’s famous Long March across China was a lot shorter than has been claimed by the Chinese Communist Party. The trek was undertaken in 1934 by the Red Army and has traditionally been fixed at 7,500 miles, taking a year to complete. 100,000 soldiers and party leaders walked through 11 provinces, 18 mountain ranges and 24 rivers and as a

result Mao gained unchallenged command of the Communist Party. Only 28,000 marchers reached the end. However, a recent retracing of the route (by just two men) has found that the journey was actually about 2,500 miles shorter than the traditional claims.

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

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