



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

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

1. I'm blind copying in all of you who are club officers. Please see the message and look at the link from an Arizona Club's publicity in a local newspaper. Wayne is Wayne Holloway, Pacific Regional Director. David is David Bonewitz, SE Regional Director. Remember the fun and friendship part in all our brochures and publicity. That is what we are trying to sell.

From: Walk Friend [mailto:walkfriend@wildblue.net]
MOUNTAIN CENTER: Walking club fosters fitness, fun, fellowship
<http://www.pe.com/articles/walking-755950-volkswalking-walks.html>

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From: Burt Paynter walkeriii@comcast.net, ESVA Area 7 Coordinator

1. As we approach 2015, I'm sure the clubs are preparing their Year-Round Events to be current and/or updated when the new year begins. For instance, you might need to prepare & insert new Event Registration Log sheets for the start box, review Registration Instructions to see if updating is necessary, and review Walk Instructions and make changes to clarify and to reflect route changes you want to make or must make due to changed conditions along the route.

One other thing you will need to do is review both the AVA and ESVA Special Challenge Programs and update the list of challenges each YRE meets. Along that line, Diane Hildebrand, Chair of the ESVA Challenge Committee, has asked

us to provide a list of YREs and Traditional Events that will qualify for the new ESVA "Womb to Tomb" challenge. I think only those Traditional Events that are going to occur early in the new year should be included in the list. The list for other Traditional Events will probably be advertised later in the Northwest Pathfinder.

You can send your list of "Womb to Tomb" qualifiers to me and I will forward them to Diane, or you may send them to Diane directly. For your convenience, I have listed the four categories of the "Womb to Tomb" challenge below.

BIRTH (HOSPITAL, ETC.)
SCHOOL (K-12)
VOWS (CHURCH/CITY HALL, ETC.)
DEATH (CEMETERY, FUNERAL HOME, ETC.)

Thank you for your help and all that you do for volkssporting.

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From: "Bonnie Tucker" pnwwalker@comcast.net

In case any clubs are wanting to schedule an event around free days in state parks, here are the dates for 2015.

Free days for 2015:

- » **January 1** – (Thursday) New Year's Day and State Parks' First Day Hikes Day
- » **January 18 and 19** – (Sunday and Monday) Martin Luther King Jr. Day
- » **March 19** – (Thursday) Washington State Parks' 102nd birthday
- » **April 4** – (Saturday) A springtime free Saturday
- » **April 22** – (Wednesday) Earth Day
- » **May 10** – (Sunday) A springtime free Sunday
- » **June 6** – (Saturday) National Trails Day
- » **June 13** – (Saturday) National Get Outdoors Day
- » **August 25** – (Tuesday) National Park Service 99th birthday
- » **September 26** – (Saturday) National Public Lands Day
- » **November 11** – (Wednesday) Veterans Day

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From: "Wendy Bumgardner" walking@teleport.com

Please note the message below is from Britta at faknai@shaw.ca

Please send any questions to her and check their web site at <http://www.vvpf.ca> rather than replying to this message group, as I only know what is below.

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Victoria BC Phoenix Festival April 17-19, 2015

The excitement is growing! We already have more than 100 walkers registered for Victoria's Fourth Phoenix Festival, which will be held April 17 - 19, 2015! So far we have registrations from BC, Alberta, Washington and Oregon.

NEW this year: When we hit 200 registrations, we will put all 200 names in a draw for a Festival Site Lunch Gift Certificate!

The Phoenix Festival is a three day walking event that takes place every two years in beautiful Victoria, located on Vancouver Island, just off the West Coast of British Columbia, Canada.

There is a lovely new venue and all new walks for the 2015 Phoenix Festival. Walkers may choose from 5, 6, 10, 12, 21, 32 and 42 km. walks. Scenic lakes, stunning mountain and ocean views, wooded trails and nature reserves and plenty of spring flowers are all on the program.

The Friday evening Meet and Greet is always fun and there are lots of good restaurant choices near-by if you want to extend your socializing over dinner after the Meet and Greet.

The Saturday evening Dinner promises to be special, indeed. Dinner tickets are limited - and they are selling quickly!

Lunch will be available for purchase at the festival site on Saturday and Sunday, making it easy for walkers to relax between morning and afternoon walks.

For out-of-town walkers, special rates have been negotiated at three local hotels. For those walkers who wish to spend a bit more time in Victoria, we will have guided walks Thursday evening, April 16, Friday morning, April 17 and Monday morning, April 20. Plus, there are walks on Tuesday evening, April 21 and Wednesday morning, April 22.

Visit the festival website for more information and to register: <http://www.vvpf.ca>

Please pass this invitation along to your Volkssport Club members. A warm West Coast welcome awaits all walkers!

Thank you,

Britta Gundersen-Bryden faknai@shaw.ca
Phoenix Festival 2015 Organizing Team



President's Corner: Joe Titone

1. Congratulations to our Treasurer Tom and his wife Louise on the birth of their first grandchild:

Hello from two Italian Grandparents! Please feel free to share this wonderful news with our walking friends. It's now Wed morning for us and we'll head back to the base to see Nikki, then down to Pordenone to put our eyes on Evan again. Give our best to all our walking buddies! Long 2 days for all of us on this end, Nikki in particular. What started as a 5:30am Monday morning inducement appointment at the Aviano base hospital culminated in a 3:17pm on Tuesday afternoon 9 Dec birth of Nikki's baby, Evan Allyn Mochko.....4.95kg or appx 8 lbs, 11 oz. Nikki struggled with natural delivery throughout Mon and into Tue, migrated to epidural pain block, added pain medications, had difficulty dilating despite heavy contractions. At 1pm on Tuesday, the doctor discovered Evan was facing the wrong way and attempted to turn him. After several attempts, Evan was shifted sideways and didn't want to budge. Nikki tried several more attempts to push him out, but at 2:30 they took Nikki away to the OR to attempt forceps delivery, then suction delivery, then ultimately ended up with a c-section. Suffice it to say, Nikki was quite traumatized and suffered infection because of the various procedures, but is recovering with Jeff at Aviano's hospital. Evan was having difficulty breathing and is being treated for infection at the larger Italian hospital in Pordenone. Grandma & Grandpa are back at the kids' home with the cats, as they hadn't been fed for 2 days and were wondering if they'd been abandoned. Long 2 days but everyone seems to be doing well in their various locations. Not as we'd planned, but by the grace of God, all are doing well and improving! Below is one photo of us with Evan prior to his being escorted to the larger hospital in Pordenone by ambulance.



Evan with Dad, Grandpa & Grandma prior to being taken away by military escort to the Critical Care Infant Ward at Pordenone Medical Hospital

Thanks for all your warm & loving thoughts and prayers. Hugs, T&L

A little follow up from yesterday. We visited the Italian hospital this morning, but weren't allowed in the ICU with dad. Evan is much improved and will be released in 4-5 days, although we believe he's ready to go. Nikki should discharge tomorrow (Thu), but has a long way to go before being very mobile. The labor and C Section really wore her out and have her pretty tender. She's hoping to visit her son for the first time tomorrow in Pordenone and have a chance to start breast feeding. We're excited for the parents and look forward to having both Nikki and Evan come home so we can start spoiling them. This is a note we sent to family this morning. Tom Here's a few shots of the last two days. Phew, what an ordeal, but such a wonderful outcome. We're headed out shortly with Jeff to go see Nikki and then down to Pordenone to check on Evan. Nikki had a decent night of resting and sounded good on the phone this morning, although still tired. Can't wait to get both home. T&L



Just arrived....pretty smiley on Monday at 0530



Getting settled in as first mom in this updated and spacious delivery suite



Going through initial care with assisted breathing



Here's the travel buggy for the trip to Pordenone hospital. How many kids do you know who get to go cruising around Italy with a staff of four within 2 hours of birth?!



Bleah, quit poking me!



Dad getting a good grip from Evan!



Who's the most fascinated?



Lots of helping hands...thank you Aviano staff!

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Next Meeting: Jan 13 - 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:

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>

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Jan Birthdays: Ruger, Alan 1/1 Connors, Liz 1/5 McMonegal, Mary 1/9 Nielsen, Diane 1/15 Eaton, Dan 1/18 Snodgrass, Cheryl 1/21	Achievements: <u>please contact the editor with event and distance milestones</u> none reported
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Welcome to new members – none reported

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Jan Breneman's Corner:

2015 Events

Our traditional events this year are a little later than usual, but no less interesting. On July 11, we'll again be in North Bonneville, Washington, for the Gorge Days festival. The city is small, but packs a big punch as far as trails and paths go. If the scenery and festivities aren't enough, we can look forward to a walk from Dick Baker – who always gives us an event to remember!

On August 22, we will be on the border of Vancouver and Camas at the Prune Hill Sports Park. The trail is already set, with two relatively easy 5km loops. We've walked a few parts of the route before (thanks to Joe Titone), but you'll see quite a bit of new territory on this one. A worrisome narrow shoulder on a short strip of road now sports a brand new, wide paved path. It was a grant-funded school safety project, but is serving our walking needs very well, too.

Last, on September 26 at Lewisville County Park, a relatively new club member, Steve Brewster, has agreed to learn the ropes under the tutelage of veteran Earl Bowen. This park is on the National Historic Register and is truly one of a kind!

FOOT AND MOUTH DISEASE

Foot and mouth disease (FMD) is an acute infectious viral disease causing fever, followed by the development of vesicles (blisters) chiefly in the mouth and on the feet. It is probably more infectious than any other disease affecting animals and spreads rapidly if uncontrolled. It affects cattle, sheep, pigs, and goats. Wild and domestic cloven hooved animals are susceptible, as are hedgehogs and rats.

Clinical signs to look for in cattle: slobbering and smacking lips, shivering, tender and sore feet, reduced milk yield, sores and blisters on feet, and raised temperature.

The British Tourist Authority (BTA) estimates that the outbreak of FMD in 2001 helped drive tourism down by about 10% from the previous year, resulting in an estimated loss of £41 million (pounds).

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 80.

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