



All Weather News
May 2015
<http://www.allweatherwalkers.org/>
Deadline for June news: May24



From: "Nancy Wittenberg" newwittenberg@gmail.com , our RD

1. From: Henry Rosales [mailto:execdir@ava.org]
Subject: RE: Anonymous Donor and Big Give Fundraising Event
March 30, 2015

Dear Fellow NEC Members,

I am continually amazed at the love for our sport by so many of our long time Volkssporters and of their continuing generosity. In early February I was approached by a very long time Volkssporter who indicated a desire to make a sizable contribution to the AVA. I met with Henry and the prospective donor to discuss the conditions and method of the contribution. The donor indicated the desire to remain anonymous and to have the contribution matched by the AVA. Just prior to this meeting, the AVA had received information regarding the BIG GIVE (explained in Henry's email below.) When this idea was presented to the prospective donor as a possible means of obtaining the AVA's match, it was immediately received by the donor as the condition of the donor's contribution.

I am excited about this opportunity to increase the revenue of the AVA and am asking for your help in getting the word to all the AVA Volkssporting family and friends. Henry has included in his email the way the BIG GIVE works and how and when contributions can be made. This is the perfect time for those who desire to make a contribution to the financial well being of the AVA and to have their giving doubled. This is a one day (24 hour) window of opportunity to maximize the generosity of our beloved friend and loyal Volkssporter.

Thanks for all you do for Volkssporting.

Joanne Forinash
Director, Southwest Region
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Dear NEC Officers and Directors,

On May 5th, 2015, the AVA will join San Antonio and surrounding counties in a 24 hour giving campaign called the Big Give. The Big Give S.A. is part of the national day of giving called Give Local America.

The Big Give S.A. is a 24-hour day of giving that will take place from midnight to midnight on May 5, 2015.

The purpose of this community-wide giving challenge is to increase public awareness of the impact local nonprofits make in addressing our community's social challenges, bring nonprofits and donors together, expand the idea of online giving, connect people to the causes that move them the most and, of course, make giving FUN. By turning giving into a shared region-wide experience, we can significantly impact the future of South Central Texas and make a huge collective difference. Last year's event raised over \$2,000,000 for 467 participating agencies!

The minimum donation amount is \$10.00. I recommend the AVA goal should be to raise \$30,000 for the AVA in 24 hours! Every dollar that is given will be matched (up to \$30,000) by an anonymous donor who is also a lifetime volkssporter! This means if we reach our goal of securing \$30,000 in donations we will leverage an additional \$30,000 for a total of \$60,000! There is also an opportunity for AVA to get extra cash prizes for our participation from the organizing groups.

How the Big Give works:

On May 5th beginning at 1:00a.m. through 12 midnight friends, families, club members, etc. are encouraged to go online at <https://thebiggivesa.org/#npo/american-volkssport-association> and click the donate button to make an online contribution. The funds are collected by a 3rd party processor and after fees are deducted (approximately 7.48%) the remainder is disbursed to AVA no later than June 30, 2015. All disbursements will be made by check and come from the San Antonio Area Foundation. The donor will immediately receive an email receipt from the San Antonio Area Foundation confirming the gift. In addition AVA will also send out a thank you card to all donors.

Everyone can participate by making a contribution and/or sending information on the Big Give to family members, friends and associates. I will be sending

additional information in the next couple of weeks that you can simply forward to everyone. To learn more please go to: <https://thebiggivesa.org/#home>

As always you can call me with questions. Have a great weekend.

Henry

Henry J. Rosales
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From: "Bonnie Tucker" pnwwalker@comcast.net

1. 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:

- » **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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President's Corner: Joe Titone

1. From Leah: I saw an article in the Columbian: WSUV chose four women to be honored as "Women of Distinction" for making a difference in the lives of others. One of those women was Kia Calderon. She is a student at WSUV and plans to teach social studies when she completes her degree. She promotes children's well-being to legislators and volunteers with the PTA and was most notably honored for donating a kidney to a man she met on Facebook. Now she counsels other potential donors and helps them navigate the process.

2. YRE monitors: It was decided at the last meeting that you were to use the form devised by Barbara Baker in reporting to Tom. Copies of the form were provided to you both electronically and on paper. It was also decided that the Quarterly Log sheets should be sent to Tom and not archived as we have been doing.

3. From Tom Baltes: I'm riding 4000 miles across America to raise funds to fight arthritis and promote Volkssporting – a walking, biking and swimming program that's appropriate for everyone, including those with arthritis. Please help support both causes and read more at www.tombikeride.wordpress.com

4. Find your stride with Volkssport by Carla Christian (the *Reflector*, Battle Ground newspaper published April 29, 2015

Volkssport is a German term meaning 'Sports for all people'



Photo courtesy of Vancouver USA Volkssporters

When Clark County resident Tom Baltes was stationed in Europe with the military in the 1980s, he discovered a way to explore his new community and stay active. Baltes, together with his wife, Louise, and later their children too, joined the popular German activity Volkssporting.

Two decades later, retired and living in New Mexico, he discovered that Volkssporting was alive and well in the United States, and they have not looked back. Tom Baltes is now the president of Vancouver USA Volkssporters, and Louise serves as their secretary.

Baltes has walked almost 31,000 kilometers (that's over 19,000 miles) in 22 countries.

"It's such a fabulous way to see a community," said Baltes.

Tom and Louise seek out Volkssporting walks in every town and country they visit. “You are getting a guided tour of the best walking routes in a community.”

Volkssporting is such a central part of Baltes’ life, he has turned to the sport to mark life milestones. When Baltes turned 60 years old last year, he celebrated by walking 60 kilometers in 9 hours and 50 minutes. He is already planning his 65th birthday Volkssporting adventure, a modified personal triathlon that will include 65 kilometers of walking, bicycling and kayaking (also Volkssporting events).

Volkssports are free, non-competitive events which are open to anyone to promote physical fitness and good health. Volkssport is a German term meaning “Sports for all people,” and includes such diverse activities as biking, swimming, cross-country skiing, or kayaking. The most popular activity worldwide is walking. There are 23 active Volkssporting clubs in Washington who sanction over 250 events annually, as well as over 350 clubs in all 50 U.S. states, and groups in over 30 countries around the world.

Traditional Volkssporting events are scheduled for a particular date and location. The hosting club plans a route and handles registration and event setup, and routes are rated for their length and difficulty. Participants complete the event at their own pace, and can collect stamps in a club record book for events they complete.

Year round, or seasonal, events are completed independently, and can be done at any time. These walks are a great way to explore an interesting route in an area. The start location is typically a facility which has agreed to host a “walk box” with all needed Volkssporting materials, including route maps and stamps.

Many Volkssporters participate as much for the comradery as the exercise. Joe Titone of Camas is the president of All Weather Walkers, a Volkssport club in Vancouver. Since moving to Clark County from California 14 years ago, he has participated in “several thousand” walks and now has about 200 friends in the Volkssport community. “It’s a very sociable community,” he says, noting that participants are welcoming to all comers.

For an extra challenge, each year the American Volkssporting Association (AVA) creates walk themes. Walkers use special program books to record credit for completing AVA walks within a classification, such as the All 50 State Capitals, or Civil War Battlefields. They appeal to many interests – a 2012 challenge was the Worldwide Bakery Challenge, where qualifying events must pass a bakery anywhere in the world.

Volkssporters can earn stamps, pins and patches for the miles and events they cover. Baltes has a vest completely covered in patches from the almost 2,600 events he has completed, and laughingly admits he enjoys the bragging rights it earns among fellow members.

There are many opportunities to join a Volkssporting walk close to home, and anyone is welcome. On Wed., April 22, Vancouver USA Volkssporters will hold their weekly Wednesday walk in Battle Ground, starting at 10 a.m. from the Safeway store. They will organize both a 10K and a 5K group, and meet for an optional lunch at Mill Creek Pub afterwards.

Area clubs are hosting traditional walks at the Historic Vancouver 4th of July in Vancouver on July 4, Seaquest State Park in Castle Rock on Sept. 19, and Lewisville Park in Battle Ground on Sept. 26.

Year round (map-guided) walks are offered at host businesses around north Clark County – the Town and Wetlands Walk at La Center Marketplace; Battle Ground Lake State Park or Greenways at the Battle Ground Safeway; and Whipple Creek Walk starting at Starbucks on Tenney Road. Simply ask at the place of business for their Volkssporting box, and you'll be on your way.

There are many informal group walks and year round walks as well. For local walks, check the websites for area groups – Vancouver USA Volkssporters at www.iinet.com/~vusav/index.html; All Weather Walkers at www.allweatherwalkers.org; and Longview Bordercrossers at www.longviewbordercrossers.org.

The 2015 National Convention of the AVA will be in Salem, OR, this year, and special walks are scheduled at Fort Vancouver and Mt. Saint Helens, as well as other locations around Oregon. This will be a chance to walk with Volkssporters from around the country.

The American Volkssport Association has a New Walker program to get you started keeping track of your events and distance through the IVV (Internationaler Volkssportverband, the international Volkssport organization) awards program.

Membership information and more can be found at www.ava.org.

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Next Meeting: May 12 - 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:

June 20, 2015 Mt St Helens (AVA Convention)
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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May Birthdays: McLean, Jill 5/3 Kann, Heidi 5/10 Ponder, Barbara 5/11 McKay, Alice 5/13 Salem, Barbara 5/20 Ruger, Debbie 5/22 Jensen, Carol 5/25	Achievements: <u>please contact the editor with event and distance milestones</u>
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Welcome to new members – none reported

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Jan Breneman's Corner: I found the item below in an old file, originally a "Wellness Minute" from Wendy Bumgardner in June of 1998... Jan Breneman.

Wellness Tips We Can Learn From A Dog

Never pass up the opportunity to go for a joy ride.
Allow the experience of fresh air and the wind in your face to be pure ecstasy.
When loved ones come home, always run to greet them.
Take naps and stretch before rising.

Run, romp and play daily.
Be loyal.
Never pretend to be something you're not.
If what you want lies buried, dig until you find it.
When someone is having a bad day, be silent, sit close by and nuzzle them... gently.
Thrive on attention and let people touch you.
Avoid biting when a simple growl will do.
On hot days, drink lots of water and lay under a shady tree.
When you're happy, dance around and wag your entire body.
Delight in the simple joy of a long walk.

PEOPLE YOU'D HATE TO MEET WHILE WALKING

(all locations in the United Kingdom)

William Davies... Born in 1627, Davies was a farmer who supplemented his wages robbing the wealthy on Bagshot Heath and Salisbury Plain. Unlike his contemporaries, who tended to have short careers, Davies continued moonlighting as a highwayman for 40 years, until he was shot during a coach holdup in 1690.

Katherine Ferrers... Born in 1662, the wife of a Lord in Hemel Hempstead, Katherine Ferrers supposedly took to the roads out of boredom with Ralph Chandler, a local farmer. She died after a holdup in 1684, and subsequently became known as the Wicked Lady Ferrers.

Moll Cutpurse... Born in 1589, tomboy Mary Frith was trained to make clothes but became far more adept at picking gentlemen's purses out of them. Known for dressing as a man, she swaggered around the streets of London with a sword, and ran a gang of thieves who robbed coaches in Hounslow Heath. After relieving a prominent Republican of his money, she was sent to Newgate prison, but managed to bribe her way out. After this Mary decided to retire – and sell stolen goods instead! She died naturally in 1659.

John Rann... Initially a coachman with a taste for fashionable clothes, John Rann was born in 1750. Known as '16 String Jack' – for the number of ribbons he wore round his breeches. John was a busy highwayman, who was tried and acquitted six times for robbery before eventually being caught with a victim's watch and hanged in 1774.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 88.

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