



All Weather News
July 2015
<http://www.allweatherwalkers.org/>
Deadline for Aug news: July 24



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

1. Results of the IVV-Americas Vote:

Here are the numbers from our lawyer

Total ballots	201
Total votes	200
Yes - join	57
No - not join	143

It should be noted that 24 ballots were submitted in error but, except for one, were accepted. These decisions were made by the ED

As the ballots were secret and identified clubs, I asked Lori to retain the ballots until after the Convention.

Please inform your clubs of the results. I will officially notify IVV-Americas and IVV.

Dennis Michele
President. American Volkssport Association

2. The walk box at the Lyle Mercantile is missing. Locals suspect those against Rails to Trails have taken it. They have ordered new stamps for these walks, and will let you know when these are available. Meanwhile, let nwittenberg@q.com know if you were intending to walk these. She can email you a start card and upon your scan and email it back to her, she can email you directions. We can arrange insert cards or a convenient time for her to stamp your books.
nwittenberg@q.com

Nancy Wittenberg, nwittenberg@q.com

(do not email requests directly to this group, but to nwittenberg@q.com)

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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:

- » **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. I received the following from Kim Baker. We will discuss the below at the July meeting.

I noticed in this month's club newsletter that there will be some discussion at the July meeting about which YREs the AWW will establish or renew for 2016. Dan & I won't be able to attend the meeting that month, but wanted to pass along our thoughts for consideration.

First of all, since we are both so busy with FT jobs, we are very appreciative of the AWW, as well as other local clubs, for doing all of the legwork that must be involved in keeping so many YREs available. Although you may not see us at very many Volkssporting events (due to the fact they are held most often on Saturdays, when one of us is working), we choose 1 or 2 YREs to complete every Sunday. We greatly enjoy the variety, and the fact there are so many options right in our own backyard.

Often, we'll travel a couple of hours to do one of our favorite walks, but some days we just want to do one that's closer to home. And the walk that's closest is the one that AWW sponsors in Felida. We have done that walk backward & forward, with and without the hill (we still remember the old route), and have even modified it at times to include the Cougar & Salmon creek greenways. It has become one of our favorites over the 10 years we've been Volkswalking.

We hope that the Felida walk will continue to "make the cut" for many years to come! But if the club should still decide that it's no longer financially feasible to keep the Felida walk, please consider replacing it with a west-side Vancouver

walk, such as Frenchman's Bar/Vancouver Lake, Salmon Creek/Klineline, or Burnt Bridge Creek west.

Thank you

2. Joan Heins is moving to East Vancouver. We will need to replace her as YRE monitor for UW (from Legacy Salmon Creek) and Hazel Dell (from Black Rock Coffee House). You can volunteer for either or both. Please let me know if you're interested or call Joan (576-1958) to find out what's entailed in doing this.

3. The American Wanderer (the official newspaper of the AVA) had a front page article about Tom Baltes's epic ride across America.

Starting on August 16, 2015 I plan to bike 4,000 miles across America to promote Volkssporting and raise funds for Volkssporting and the Arthritis Foundation. My wife, Louise and I have been Volkssporters since 1980 with over 30,000 kilometers walked in 22 countries and all 50 states. We continue to be active walkers and in recent years have developed an interest in biking. My fund raising goal with this ride across the northern tier route from Seaside, OR to the Maine coast is to raise \$30,000 for Arthritis research and the same amount for Volkssporting. You can learn more about my goals, route, how to donate and follow my journey in this website: www.tomsbikeride.wordpress.com. I hope you'll spread the word about my ride to all Volkssporters, family and friends in your area and consider just a small donation. Every dollar donated matters and in my website I challenge supporters to donate a penny or two for each mile I ride. I'm prepared to work hard for that donation and earn your support for both worthy causes. As part of my training I've walked over 700 miles and biked more than 1,000 miles during the first 4 months of the year and with less than 4 months to go I'll ride another 2 to 3,000 miles to work on my endurance.



You might wonder why I'm doing this ride and connecting these two programs. The answer is quite simple. Volkssporting is a perfect fit to help people with arthritis find an active life within their abilities. In their literature, the Arthritis Foundation (AF) promotes walking, biking and swimming for arthritis sufferers for better health. This connection between programs became obvious because I have two siblings with very debilitating Rheumatoid Arthritis, another sibling and several in-laws with joint replacements, and other family members and friends with various forms of arthritis. We've promoted Volkssporting to help them improve their well-being with good results. I'm convinced there are real opportunities for AVA and AF to develop a mutually beneficial partnership at the national and regional levels. I'm working with the western region AF staff in Portland OR and Seattle WA to promote our program in conjunction with walking and biking events they host in Oregon and Washington. If you have an Arthritis Walk in your area I encourage your club to reach out to the local staff to arrange sanctioned Volksmarches in conjunction with their walk, as both organizations will benefit.

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Next Meeting: July 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:

July 11, 2015 North Bonneville (Gorge Days)
Aug. 22, 2015 Camas Hidden Pathways
Sept. 26, 2015 Lewisville Park

Group Walks: Wednesday Walks – 0930 am
<http://home.comcast.net/~titone7604/Wed/wed.htm>

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

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July Birthdays: Heins, Joan July 4 Starr, Sharon July 12 Ellsberg, Patrick July 13	Achievements: please contact the editor with event and distance milestones
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Welcome to new members – none reported

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Jan Breneman's Corner:

AVA Convention Thoughts

The Northwest has a great national reputation for its natural resources, beautiful scenery, and enthusiastic walking community. It's no surprise, then, that the National AVA Convention in Salem the third week of June was a huge success, with hundreds of visitors from all over the U.S. and beyond. Weather is usually a big gamble, but even that cooperated in spades for the entire nine days.

Though I missed walking Silver Falls and Salem, I thoroughly enjoyed doing Bend, Clear Lake, Vancouver, Eugene, Lincoln City, Mt. St. Helens, and Portland. I loved seeing all the activity at the starts, and then dozens of fellow walkers (out of several hundred each day) as I was on the trails.

After seeing what help was needed, I had intentionally waited to sign up late, and my three lone volunteer shifts paled in comparison to at least a dozen dedicated people who were everywhere every day – and there were undoubtedly more who weren't seen, but surely they were working just as hard behind the scenes. A big shout-out and THANK YOU to all the hours and dedication put in by so many people who made the entire week possible.

12 FILMS THAT WALKERS MIGHT WANT TO CATCH

The Dog Walker 2003
The Snow Walker 2003
Time Walker 1982
The Night Walker 1965
Johnnie Walker 1992
The Sleep Walker 1911
Wall Street Walker 1970
Dead Man Walking 1988, 1995
Should Sleepwalkers Marry? 1927
Pimple's the Case of Johnny Walker 1915
The Bibulous Wire Walker 1902
Walker 1987, 1992

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 90

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