



¥¥¥

From: "Nancy Wittenberg" [newittenberg@gmail.com](mailto:newittenberg@gmail.com), our RD

1. Starting Point 2016 Cover Contest : (click here for pre-order form) AVA Headquarters is searching for photos to be placed on the front and back covers of the Starting Point book. Color photos only please.

Photographers must attempt to incorporate in their photo submissions the AVA logo and walkers in action (preferably frontal shots with faces showing). Images should, in some way, express our core values of "fun, fitness, and friendship."

Starting Point 2016: Here are a few recommendations to enhance your photo selection chances. (1) When using your digital camera, adjust for the highest resolution available and set the frame/picture size for the largest possible frame. (2) Submit your image as an attachment to your email or send us an electronic file on a PC formatted CD ROM. Image resolution should be a minimum of 5.2 megapixels (2560x2048). (3) Don't format the photo in your camera for size or lighten/darken the image. Do not crop it. The more the image is changed, the more the detail and quality is lost. (4) Finally, avoid downloading photos from the internet. They are low resolution and do not reproduce well.

Deadline for submission is August 14, 2015. Entries will become the property of AVAHQ, will not be returned and may be used for AVA marketing and promotional purposes. Judges will select winners based on technical quality, originality, creativity, interest and AVA related themes. First place entry earns the front cover with second selected image appearing on the back. The two winning photographers each will receive an official AVA jacket.

Email your submission to [avawebmaster@ava.org](mailto:avawebmaster@ava.org) or mail your CD to: American Volkssport Association, 1001 Pat Booker Road, Suite 101, Universal City, Texas 78148.

2. National Volkssport Month – October 2015: October is National Volkssport Month. Clubs hosting events during the month of October can order patches by filling out and returning this form to AVA national headquarters at least 30 days prior to the event(s). Supplies are limited, so orders will be filled on a first come, first served basis. Clubs may place preorders until supply is exhausted. Don't miss the chance to offer this collectible patch to walk participants. ([click here](#))

3. New National Officers: President – Dennis Michele Vice President – Holly Pelking Secretary – Sam Korff Treasurer – Larry Lehman

4. Your Event Directions:

- I still want a copy of any YRE/Seasonal walk directions that have changed. If they changed last year and you didn't send me a copy (email preferred) send me them now. This should include a decent map with the route direction shown.
- Besides the "Copyright © 2015 My Club's Name" on the directions, not the map, it is recommended that a statement similar to "These directions may be used only upon registration at a currently sanctioned IVV/AVA event." be placed in the footing. This may not prevent theft of directions, but it might deter some, and will show that we require registration (signed waiver) should there be a liability issue.

[¥¥¥](#)

From: "Bonnie Tucker" [pnwwalker@comcast.net](mailto: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

[¥¥¥](#)

President's Corner: Joe Titone

1. from Tom Baltes who attended this event: We were honored to participate in the ribbon cutting today. Dick, you probably have some shots as well, so it might be good publicity. Might even consider a short article for TAW about the value of engaging with our communities. I'm constantly impressed by the reach our clubs have had into local communities, including two of the Port Commissioners who chatted with us this morning.

From: jrawls@Portvanusa.com

Hi Jan and Tom,

Thanks again for ALL your help with the bike/ped path event today. Thought you both might like to see the ribbon cutting photo taken by one of our staff members.

It was a memorable day and hopefully we'll do it again in about a year when the next segment is finished.

Thanks to you both for taking time to come today!



2. This is the month that Tom Baltes embarks on his epic ride across America. Louise will be supporting him, and we all wish them the best.

¥¥¥

Next Meeting: Aug 11 - 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:**

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>

[¥¥¥](#)

<p>August Birthdays:          Brewster, Steven 8/11          Emery, Clarito 8/17          Galbraith, Cindy 8/20          Steve Pickett 8/20          Whiteman, Carol 8/24</p>	<p>Achievements: <a href="#">please contact the editor with event and distance milestones</a>          none reported</p>
---	--



Welcome to new members – none reported



Jan Breneman's Corner:

Thanks!

... to Louise Baltes for repairing our AWW banner (the wide teal, black and white one), which had been in disrepair for many months. Made of sailcloth, a back seam had come undone and the material had shredded badly enough that even washing would risk more damage. The sailcloth and bonding material couldn't be found in the matching teal color, so what to do? Enter Louise, whose stitching talents were ideal for this small but troublesome problem. She took apart the banner's backing, stitched and glued with contrasting white cloth, until it looked almost like new again – and made it an overnight turnaround project, to boot. Many thanks to this crafty walker and AWW member!

**BEAR FACTS**

Polar bears can walk over enormous distances in the winter when the Arctic sea is frozen. One female polar bear who was fitted with a radio collar astounded scientists when she walked over an area of 30,000 square miles.

In Canada polar bears hunt seals in the spring, until the breaking ice forces them ashore – where there's nothing to eat. There they wander around until the ice reforms in a starving stupor – known locally as a "walking hibernation". Reprinted from Walker's Pocket Companion, Malcolm Tait, Pavilion Books, London UK, 2007, Page 90

