



**All Weather News**  
**October 2015**  
<http://www.allweatherwalkers.org/>  
**Deadline for Nov news: Oct 24**



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

1. no comments this month

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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:**

» **November 11** – (Wednesday) Veterans Day

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President's Corner: Joe Titone

1. The club donated \$100 to AVA on behalf of Tom Baltes for his ride across America. As of this writing, he's in New York.
2. Our next meeting will have a vote to discuss whether our club supports the creation of an Asst Regional Director for our region.
3. I will be meeting with Romana Paynter to discuss one of our 4 events next year – an Un-Marathon.
4. I wrote to our RD about Albany's scheduling a walk on 9/10 which conflicts with one of ours. This is what she said:

This s what I sent to Rozy about the conflicts. Regarding yours, I asked that they resolve these and will follow up with them.

Nancy

Sent: Wednesday, September 2, 2015 4:48 PM  
Rozy,

It appears that I did not print out either Vancouver event at the time I approved them, so they didn't get on the list. However, both were entered and approved before your two. During the time of YRE renewals, I enter that I want YRE's to approve separately from Traditional events. However, when all YREs available for that date have been presented to me for approval, it then starts on the traditional events without my asking for them. That may have been what happened.

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Next Meeting: Oct 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:**

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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Oct Birthdays: Emery, Earl 10/9 Townsend, Leah 10/20	Achievements: <a href="#">please contact the editor with event and distance milestones</a> none reported
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Welcome to new members – none reported

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## Jan Breneman's Corner: BENEFITS OF WALKING

- Improved efficiency of your heart and lungs.
- Increased body fat burn.
- Raised metabolism so you are burning calories faster, even while you rest.
- Helps to control your appetite.
- Increased levels of energy.
- Helps relieve stress.
- Slows the aging process.
- Reduced levels of cholesterol in your blood.
- Lowers high blood pressure.
- Helps to control and prevent non-insulin dependent diabetes.
- Reduced risk of some forms of cancer including colorectal, prostate, and breast.
- Aids rehabilitation from heart attack and stroke.
- Aids intestinal regularity.
- Helps promote restful sleep.
- Strengthens your leg muscles, hips, and torso.
- Strengthens your bones and reduces loss of bone density in older women.
- Reduces any stiffness in your joints from inactivity or arthritis.
- Relieves many chronic backache problems.
- Improved flexibility.
- Improved posture.
- Promotes healthier skin resulting from increased circulation.
- Improved mental alertness and memory.
- Prompts intellectual creativity and problem solving.
- Improves your mood.
- Helps to prevent and/or reduce depression.
- Improved self-esteem.
- Increased sexual vigor.
- Helps to control additions to nicotine, alcohol, caffeine, and other drugs.

- Stops you watching so much television.  
Reprinted from Walker's Pocket Companion, Malcolm Tait, Pavilion Books,  
London UK, 2007, Page 92.

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