



All Weather News
Feb 2018
<http://www.allweatherwalkers.org/>
Deadline for Mar news: Feb 24



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: "Tom Baltes" tlbaltes@aol.com, our RD (or above)

1. Last month I reported that Sally Ross from the Mossbacks and Coastal Gems was undergoing rehab following a serious medical issue. Here's her update: "Dear VW Friends, Thank you so much for all your expressions of support and concern during my recent medical crisis. After three weeks of confinement, I'm finally home. What a relief! I'm up to walking six blocks at a time. Hope to be on the trails soon! Love, Sally". Since receiving her note I've heard that Sally is back to walking longer distances. What great news and testament to the benefits of living a healthy Volkssporting life!
2. The National Park Service has set four fee-free days in 2018. The dates are Jan 15, Martin Luther King Jr. Day; Apr 21, first day of National Park Week; Sep 22, National Public Lands Day; and Nov 11, Veterans Day. These are all great opportunities to visit your parks where many seasonal and traditional events are hosted.
3. New Stamps: The new stamps are now in effect and from initial experience I believe we're going to be very happy with them. One recommendation to walkbox owners is to have gel stamp pads versus the older ink pads. Also, you might want to practice on a separate piece of paper before stamping your books to determine the best technique to get a clean imprint.

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Next Meeting: Feb 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:

3/24/2018 - Frenchman's Bar - Vancouver Lake
4/14/2018 - ~~Lewisville Park~~ **cancelled**
8/18/2018 - Washougal Arts Fair

Group Walks: Wednesday Walks – 10:00 am
<http://www.vancouverusavolkssporters.org/Wed/wed.htm>

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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: Our Next Event

On Saturday, March 24, AWW will walk the full distance between Frenchman's Bar and Vancouver Lake Parks – River to Lake, you might say. This is a flat, paved, all-weather 6k or 11k path that suits just about anyone who enjoys nature and the outdoors.

When this route was last featured in the leap year of February 2016, it was a brisk, sunny day, a welcome change after the long, cold winter months – and with luck, we will again see large boats in the river channel. We can hope for equal or better views and weather conditions this March.

When this event was planned, we forgot that the daily parks fee of \$3 per vehicle had been reinstated, but in addition to enjoying not one, but TWO of our favorites, it's an opportunity to support our local parks.

Please consider volunteering to staff a table, help marking or sweeping the trail, or “manning” a checkpoint (this is a great spot to share with a friend or family member) at the Vancouver Lake Park turnaround. It’s not too early to contact me this early – you get your prime choice of duty spot and time. I hope you put it on your calendar and come out to join us!

Full details are at http://www.allweatherwalkers.org/Weekend_Events.htm
You can reach me, Jan Breneman, at home 360/835-9686; cell 360/356-4220, or email janbreneman@gmail.com.

WALKING AND BRAS

According to walking writer Wendy Bumgardner the seven problems of walking in a normal bra are:

Strap attack • Staying hooked • Moisture control • Appearance • Motion control without compression • Chafing • Support.

Reprinted from Walker’s Pocket Companion, Malcolm Tait, Pavilion Books, London UK, 2007, Page 111.

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