



All Weather News
December 2018
<http://www.allweatherwalkers.org/>
Deadline for Jan news: Dec 24



Membership Renewal - by Bob Hall, VP/Membership

What do you say to people about Volkswalking when you meet them for the first time? If you're out on a walk, at a party with friends, at a family gathering, at work, or in line at grocery store, and the topic of walking comes up, how do you talk to family, friends and strangers about this wonderful experience we call Volkswalking?

Here are some thoughts that came to mind as I pondered the question recently. By the way, who am I anyway? I've met some of you on the trails, but I don't think I've met everyone. Let me introduce myself...

I spent 25 years of my life running 5 to 10 miles a day training for distance races on the track, cross country, road races, and marathons. I discovered Volkswalking in Germany while posted to Ramstein Air Base and included weekly events as part of my training. When I returned to the US, I continued Volkswalking for a few years, and have fond memories of carrying small children on my back hiking through the forests of Germany and the Pacific Northwest.

I then spent the next 20 years hunched over a computer making a living, seldom getting out for exercise, and developed a chronic back ache. I started walking again this year to relieve the pain, taking my dog Panda, a giant schnauzer, on 6-mile walks on the weekend. I saw an ad for the Frenchman's Bar walk and made the decision to join the All Weather Walkers club to keep up my motivation. Guess what? My back gradually started to get better. I retired from UPS at the end of August and I began walking 6 miles every day, and today I'm pain free.

I volunteered at a recent AWW club meeting to be the Membership Chair, and ever since I've been doing a lot of thinking about the causes for dwindling membership in all the local walking clubs. Here are some of my ruminations. It occurred to me that you could get all the benefits of a gym membership by just walking a few miles every day. This is what I now tell people when I meet them, and invite them to join All Weather Walkers. Please consider some of these ideas, and feel free to share your own, as you consider renewing your membership to All Weather Walkers for 2019!

Get Your Membership in the All Weather Walkers: 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

Why join a walking club? A regular gym membership can cost hundreds of dollars a year. A walking club, like All Weather Walkers, in comparison has very little overhead. Walking with friends, family, and dogs is fun and promotes fitness. Enjoy good company and meaningful conversation on a long walk while releasing endorphins that give you an added feeling of well-being.

You can Git Yerself Movin' at the G.Y.M. - The human body is designed for walking. Many people with hip and knee replacement testify to the benefits of walking as an excellent therapy. Walking has been shown to help with lower back pain, arthritis, bone loss, and weight problems. I have heard it said that "Motion is Lotion." (Caution: Always consult your doctor before engaging in physical activity)

See Golden Yellow Masterpieces at the G.Y.M. - Have you ever gasped at the sight of the fantastic fall foliage? Take a stroll in the great outdoors and soak in the beauty. Go to the "G.Y.M." by stepping outside your front door! Invite your friends to join you! Join a walking club and enjoy Fun, Friendship and Fitness.

There is Great Year-round Motivation at the G.Y.M. - You can walk year round, in all sorts of weather, on all sorts of terrain. Feel the sun on your face, brace yourself in the wind, and dodge the raindrops as you trek along a forest path, meander along the edge of a meadow, or saunter down a sunlit street lined with manicured lawns. Am I waxing poetic? Yes I am. Taking a walk can be sheer poetry!

Grow Young Muscles at the G.Y.M. - Growth implies continuity. An organization can only grow if it continues to expand and attract a new generation. As clubs mature, they need a way to pass on the torch. How is this possible? Younger members benefit from walking just as much as older members. Lessons learned and habits formed at an early age will stand in good stead in years to come, and will hold at bay some of the ailments that afflict us as we grow older. Young muscles need exercise both physically and in leadership positions. Consider providing opportunities to mentor young people in positions of responsibility, running a club, laying trails, registering walkers, writing articles, and the myriad

activities required to run a successful club. It's never too early to delegate responsibility. Invite your children and grandchildren to join this growing movement!

Gladden Your Mood at the G.Y.M. - Couch potatoes, binge Netflixers, and video game-aholics beware! Studies show that excessive time spent in front of computer and television screens can cause a deterioration in your mental health, leading to depression and feelings of isolation. The solution? Go for a walk with friends! Studies also show that the endorphins released by this physical activity can alter your brain chemistry. In other words, walking is an all-natural, mood-altering drug! So get off the couch, unplug your devices, open the door, and step outside! And then keep on stepping! Don't take my word for it. Google Exercise and Mood and a bonanza of articles will pop up to confirm it! Ask your doctor too! Here's an article from WebMD on Exercise and Depression to get you started.

Giddyup Your Mind at the G.Y.M. - Not only do endorphins improve your mood, they sharpen your mind. A sharper mind remembers more, engages better with the world, is more productive, and is more fun and friendly to be around! Walking new trails can be educational too. Some trails take you along historical routes with markers to commemorate significant events in history. Other trails criss-cross the countryside, exposing natural wonders, and the possibility to discover new flora and fauna. A sharper mind is more capable of absorbing all of this new knowledge. Imagine the thrill of retracing the footsteps of early pioneers and intrepid explorers and naturalists. What wonders await the new walker?

Give Your Mojo at the G.Y.M. to others. Walking gives you new superpowers! Share the word. Why keep the secret all to yourself? Invite your friends and coworkers to join the parade. Walking as a group multiplies your superpower! Where else can you carry on a fun conversation, make new friends, enjoy the scenery, add years to your life, improve your posture, and lose weight. Invite others in on the secret! Once a week, somewhere in the greater metropolitan area of Vancouver and Portland, an intrepid band of walkers meets to breathe in the fresh air, and regale each other with fascinating tales. Occasionally they will travel out of town as a group for a long weekend to blaze new trails, all the while, building up their superpowers.

What are you waiting for? Sign up for your \$6 All Weather Walkers G.Y.M. membership today. Call Bob Hall, Membership Director, at 360-369-8296 or email at Tell me more about this amazing group of people. Did I mention it cost \$6 per year? Crazy! For an additional \$2 or \$3 per walk, get a stamp in your passport. When your passport is full, turn it in for special awards and certificates! Do

something good for yourself! Do something good for the health of your community! Do it today!

Bob Hall
All Weather Walkers
Membership
<http://allweatherwalkers.org/>
360-369-8296



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

1. RD/DRD Election. Louise Dix, President of the Oregon State Volkssport Association, is heading the region's nominating committee for the Regional Director and Deputy RD election for the 2019-21 term. Committee members include Jim Westcott, Willamette Wanderers; Bob Hall, All Weather Walkers; Mike Medolo, Anchorage Volkssport Club; and Helen Ross, Pathfinder Club. Please canvas all club members to ask interested candidates to forward their name and letter of qualifications to one of the committee members by the end of November. Candidates for the positions will be presented to the clubs for voting in December/January, with final decision by 1 February 2019.

2. AVA officer nominations. Candidates are being sought for AVA President, Vice President, Secretary and Treasurer. The process is spelled out in the November Checkpoint. If interested, please consult the guidance in Checkpoint and submit your application. At least two positions are vacating—Secretary and Treasurer—and we need qualified replacements for those positions.

3. Janet sent out:

- a) Walk Talk #16
- b) the Complete Future Events List
- c) Winter Walk Challenge
- d) minutes for the Evergreen State Volkssport Association's meeting
- e) Cancellation of Rogue Valley Riches - May 2019
- f) Texas Trail Roundup
- g) ESVA News and Updates

4. Awards. The November Checkpoint also invites us to nominate qualified individuals for four national awards. Nominations were due to me at the beginning of November, but I can work to the end of the month to finalize nominations. Also available is the President's Award which can be sent directly to the AVA President. Contact me if you have any questions or nominations to offer.

5. Convention 2019. This past week I had an opportunity to visit Albany NY and meet with the local committee working on the convention. They are working very diligently to make this a spectacular event and national meeting. While in NY Louise and I took in several great walks south of Albany at and around West Point. The area is rich in America's history and the Hudson River Valley is stunning. You won't want to miss this convention. We traveled out and back with Southwest Airlines and had great connections from Portland through Chicago to/from Albany.

6. The American Wanderer (TAW) Issues Reduced. Your AVA Board voted to have the TAW published quarterly instead of every two month starting next year. This will result in a savings of \$8,000 per year to AVA. For clubs advertising events through the TAW you'll need to plan a little further out to meet your deadlines.

7. Canadian Convention 2020. Think Yellowknife, Northwest Territory in early June 2020 on the north shore of Great Slave Lake. This will be a chance to get within 250 miles of the Arctic Circle and do some great walks with our Canadian friends.



Next Meeting: Dec 11 - ALL ARE WELCOME! **Annual Cookie Party**

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:

Vancouver Murals, 5/25/19
Ridgefield Birdfest, 10/05/19

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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ALL WEATHER WALKERS MEETING MINUTES November 13, 2018 The Terrace Café, Legacy Salmon Creek Medical Center

Present: Alice McKay, Jan Breneman, Jean Ohl, James Ohl, Bob Hall (Vice President), Tom Baltés, Louise Baltés, Dick Baker, Barbara Baker, Janet Traweek (President), Bob Ellis (Treasurer), Nira Lang (Secretary)
President Janet called the meeting to order at 6:30 pm. October minutes approved as published.

Reports:

Treasurer's Report: Beginning Balance \$3880.07, Income \$226.00, Expenses \$310.00, Closing Balance \$3796.07

Membership: No new members

Announcements:

Alternative to Black Friday #Optoutside event is "A Stately Walk" here in Vancouver, November 23 starting at David Douglas Park at 9am.

Winter Walking Contest details sent on line.

Candidates Needed for Regional Director and Deputy Regional Director.

Submit names by end of November.

Also National Staff Secretary and Treasurer positions will be open.

Old Business:

Standing Rules Changes: Committee to update standing rules 2c, 2d, and 7d appointed. Members of that committee are Bob Hall, Bob Ellis, Tom Baltes & Janet Traweek.

Voting on changes will take place next month.

Walk Box Ownership: AWW will monitor Stevenson & North Bonneville walk boxes. VUV will monitor QFC walk box.

New Business:

2019 Membership Dues: Notices will be placed in the December and January newsletters reminding members to pay dues.

Bob Hall is preparing a survey to send to members asking what they are interested in and ways the club could serve them better. Next month he will bring a sample survey.

Items from the Floor:

American Wanderer, the official newspaper of AVA, will reduce publication from 6 issues per year to 4 issues.

Life and Associate Members of AVA can scan their completed books and email them into Headquarters instead of sending the books. This will soon be available for everyone

Next Meeting December 11 at Salmon Creek Hospital at 6:30pm. Don't forget to bring cookies/treats to sample and share with our Walk Box Hosts.

Nira Lang
Secretary

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