



From: "Tom Baltes" [tbaltes@aol.com](mailto:tbaltes@aol.com), our RD (or above)

## 0. NEW STAMPS REQUIRE NEW STAMPING TECHNIQUE

Effective January 1, 2018, all our events will be using the new stamps which will save us money and provide a stamp with more information in our books. This is a great step forward for AVA, but with every improvement/change comes the need to adjust how we do business. These new stamps are no exception. Please be aware that you will need to be careful how you use the new stamps. If you continue to do your stamping like you always have with our old stamps, you could easily end up with just black mark in your books.

In particular, with the old stamps we all tended to press the stamp deeply into the stamp pad and then press the stamp very hard on our books, rocking and rolling the stamp to account for the uneven slugs in the stamp. With the new stamps, this technique could well result in solid black mark since the new stamps do not have letters/numbers as deep as the old stamps, and most the stamps have smaller letters with less space between the letters.

The suggested procedure for the new stamps is to ink the stamp lightly and do a trial stamp on a piece of paper (e.g., the walk directions) to ascertain imprint quality. You may determine that the stamp has too much ink and have to repeat this process to determine the correct amount of force to ink the stamp as well as the correct amount force to use get a good imprint **before** stamping your book.

It is critical that all Volkssporters get the word on changing how they stamp their books. While this is a very positive step forward for AVA, it won't take but one botched stamp in a book to sour that participant on this as an improvement. Clubs might consider putting an instruction sheet in with the stamp in their Walk Box showing both the botched stamp using the old technique and the new improved stamp using the recommended stamping technique.

Thanks to Bob Schmick (Maryland Volkssport Assoc., President) for pointing out this "black line" issue and ATRD, Mike Green for bringing it to my attention. Thanks also to Chris Zegelin for developing this new improved stamp, to Hector Hernandez for learning how to operate the new stamp cutting equipment and getting all these new stamps produced, and the rest of the folks in the office for working together to get the stamps shipped out to the clubs.

1. With this newsletter I've attached a document prepared by the Southeast Regional Director, John McClellan and AVA Secretary, Sam Korff. The document is titled: "Benefits of Participation in AVA Programs, Clubs & Associate Membership". It's a good tool to help recruit new members and respond to members who may be unaware of the benefits of our program. Please share this with your membership and use it in your new member orientations.

### **AVA: AMERICA'S WALKING CLUB!**

#### **Benefits of Participation in AVA Programs, Clubs & Associate Membership**

##### **Benefits of the New Walker Packet (\$5.00)**

- First Event (10) and Distance (500k) Books (\$12.00 value)
- 3 coupons for s "Free" walk credit (\$9.00 value)
- Coupon for 1 Free issue of The American Wanderer
- 10% OFF first Specialties Order
- 1 Free Patch – National Physical Fitness & Sports Month
- The "Quick Guide" to Volkssporting booklet

##### **Benefits of the IVV Achievement Program (\$6.00 per book)**

- Event or Distance book
- Patch – signifying milestone achieved
- Pin – signifying milestone achieved
- Certificate – signifying milestone achieved; 5x8
  
- Motivation to achieve personal fitness results
- You become part of a "movement"
- Tracks your accomplishments

**(Similar laydown for Centurion, States/Capitals, A—Z, and various "Special Programs")**

### **And also:**

- Special "themed" programs that allow you to see unique/different aspects of an area, or our Nation
- Events in all 50 states and 51 Capitals - you can travel and always find an event
- Unique Programs like "Centurion" or the new Appalachian Trail programs challenge you to achieve extended fitness goals

### **Direct Benefits of AVA Club Membership --**

- Access to Sanctioned Events (under IVV/AVA) ... which means:
  - Organized walks, swims, bike rides...sometimes - *guided*; OR w/ Maps and turn-by-turn directions if you want to go it alone
  - Safe, well thought-out routes in interesting places
  - Gain knowledge of local parks, trails, beaches, neighborhoods and restaurants  
(joining a club, you will learn all about your area...)
  - Historic notes about scenic features, monuments, buildings, sculptures, etc.
  - On Traditional Events: food, water and first aid support at Checkpoints; start/finish
- meet new people; participate in a group - other people to walk with, become friends with
- an event calendar / receive news about upcoming events, via a club newsletter, website, FB page, or MeetUp site (some or all – depends on the club)
- access to local (club) and Regional (RDs) experts / officials that can answer Qs and solve problems
- **(some clubs)** offer discounted costs for event participation to members (usually \$3.00)
- **(some clubs)** offer "fun walks" or other kinds of non-sanctioned events, at NO COST to participants

### **Indirect / Intangible Benefits of AVA Club Membership --**

- Get a "pedestrian's" point of view - you see the world differently on foot...
- An opportunity to volunteer your time & talents to a 501c. network of clubs supporting an educational mission -- to help people learn about the benefits of non-competitive sports

- You get connected, through a club, to a National network of more than 200 other clubs

### **Direct Benefits of AVA (Associate) Membership --**

**LIFETIME.** Cost varies depending on age: \$250 (70+); \$300 (60-69); \$350 (50-59); \$400 (40-49); \$450 (30-39); \$500 (1-29). Add spouse (\$100).

Benefits include:

- Membership card
- Life member recognition pin
- Payment installment plan
- Priority processing of IVV record books
- Opportunity to participate in the Centurion Challenge Program
- Lifetime subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 15% discount on designated AVA merchandise
- Discount rental cars
- AVA Biennial Convention registration discount (10%)

**INDIVIDUAL.** \$25 per year.

Benefits include:

- Membership card
- One-year subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 10% discount on designated AVA merchandise
- Opportunity to participate in the Centurion Challenge Program
- Discount rental cars
- AVA Biennial Convention registration discount (10%)

**FAMILY/FRIENDS.** \$30 per year.

Benefits include:

- Membership card
- One-year subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 10% discount on designated AVA merchandise
- Opportunity to participate in the Centurion Challenge Program
- AVA Biennial Convention registration discount

### **Indirect / Intangible Benefits of AVA Associate Membership --**

- Athletic Event Liability Insurance coverage that supports all clubs' sanctioned events
- An online, searchable database of all events available Nationally
- A published listing (Starting Point) of all year-round events that you can purchase &

carry with you

- Administrative Support to participants & clubs, to include:
  - Processing IVV Books
  - Providing club supplies like marking materials, banners, ...
  - Blank Forms for administration
- News about upcoming / past events, via the TAW
- Recognition of members reaching award Milestones, via the TAW
- Discounted personal equipment/supplies or paraphernalia for walking activities
- You get connected through the AVA, to an international movement with clubs and events in 40+ Nations – Europe, Americas, Asia

## **Health Benefits of AVA's Non-Competitive Sports Events (Walking, Biking, Swimming, Shoe-shoeing X-Country Skiing, Boating, Kayaking)**

### **Volkssporting:**

- ✓ improves posture
- ✓ improves flexibility
- ✓ strengthens muscles of the legs, hips and torso
- ✓ burns body fat; fight v. obesity
- ✓ elevates mood
- ✓ improves mental alertness and memory
- ✓ increases intellectual creativity and problem solving
- ✓ helps relieve stress
- ✓ helps promote restful sleep
- ✓ helps prevent and/or reduce depression
- ✓ improves efficiency of your heart and lungs
- ✓ aids rehabilitation from heart attack and stroke
- ✓ helps control and prevent diabetes
- ✓ lowers high blood pressure
- ✓ reduces level of cholesterol in your blood
- ✓ promotes healthier skin due to increased circulation
- ✓ raises your metabolism so you are burning calories faster, even when you rest
- ✓ reduces stiffness in joints due to inactivity or arthritis
- ✓ relieves most cases of chronic backache
- ✓ increases energy
- ✓ improves self esteem
- ✓ slows aging

2. Bob Morrison, AVA Treasurer, hosted this month's Board Electronic Meeting and the topic was *Earmarking Reserve Funds*. Here's Bob's summary:

AVA has just over \$800,000 in reserve funds that are not identified for any special purpose. The AVA Executive Committee is considering the possibility of earmarking some portion of these funds for specific uses that provide guidance to staff and document that the reserves are more than simply idle monies accumulated without plans for their eventual use. Proposed subcategories of reserve funds currently under discussion include: \$50,000 startup funds to support international events in the U.S. such as the proposed 2021 Olympiad or an IML event (repayable from registration proceeds); \$75,000 startup funds for biennial AVA conventions (repayable from registration proceeds); \$200,000 for strategic

initiative project funding; \$200,000 for major information technology improvement projects. The matter is scheduled for discussion at the January, 2018 NEC meeting in Orlando, FL.

Erin Grosso, AVA Finance Manager, also discussed the belt tightening steps the HQ staff is taking and hopefully will be providing more feedback through the TAW and Checkpoints highlighting their efforts to be good stewards of your financial contributions.

3. Many of you know our wonderfully dedicated Volkssporter, Sally Ross who serves as President of the Eugene Springfield Mossbacks and the Yachats Coastal Gems. Sally recently had surgery and I understand is slowly recovering in a rehab center. Keep her in your prayers.

4. Several clubs have invited me to their special events and club meetings. I really appreciate those invites and will do my best to be there. For example, Louise and I will join the Anchorage AK club for a Traditional event in February during the Fur Rendezvous. Care to join us? 😊

5. The Mossback club has a new email: [mossbackclub@gmail.com](mailto:mossbackclub@gmail.com), so please update your addresses to ensure you effectively communicate with them.

6. Thanks for entrusting me with the opportunity to serve as your RD and for the great start we've had in 2017. I'm truly amazed at the dedication you demonstrate as volunteers, the great events you host and I'm looking forward to an awesome 2018. I'm very excited to have Dennis Standridge as Deputy RD and we'll be sitting down at the New Year's events in the Portland/Vancouver area to continue his orientation to the RD role. Best wishes to you, your clubs and families at Christmas and in the New Year!



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Next Meeting: Jan 9 - 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: MEASURE FOR PLEASURE

All you ever wanted to know about pedometers

Pedometers measure the distance walked or run between two points by counting the number of steps taken, so you need to know your average stride length to calculate the distance covered.

Although mainly used as a walking or running aid, pedometers have been used in the past as an aid to cartographers. Although they have been around for many years the modern invention is credited to Thomas Jefferson (1743-1826).

The principle behind the pedometer is a pendulum mechanism that moves with each detected "gravity" shock to the mechanism, in other words, every time a step is taken. Then the mechanism counts these pulses and electronically multiplies the count by the pre-programmed length of one step.

For a pedometer to work, every step must be firm enough to be felt and must be close to the pre-programmed stride length.

Reprinted from Walker's Pocket Companion, Malcolm Tait, Pavilion Books, London UK, 2007, Page 110.

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These cookies were a favorite at our December holiday cookie party. Enjoy! Jan Breneman

Coconut Lime Dream Bites

1-2/3 cups (6-2/3 oz.) Cake flour, sifted  
1/4 cup plus 1 Tbsp. Sugar

3/4 tsp. Salt, divided  
11 Tbsp. unsalted Butter, cut into 1/2-inch pieces and chilled  
1 cup (7 oz.) light brown Sugar  
4 large Eggs  
1 tsp. Vanilla extract  
1/4 tsp. Baking powder  
1 cup (3 oz.) sweetened shredded Coconut  
1 cup Walnuts, toasted and chopped  
4 tsp. grated Lime Zest + 1/4 cup Lime juice (2 limes)  
2 cups (8 oz.) powdered Sugar

1. Adjust oven rack to middle position and heat oven to 350 degrees. Make foil sling for 13 by 9-inch baking pan.\*
2. Process flour, 1/4 cup granulated sugar, and 1/4 teaspoon salt in food processor until combined, about 30 seconds. Add butter and pulse until mixture resembles coarse meal, about 10 pulses. Transfer mixture to prepared pan and press into even layer with fingers. Bake until edges are lightly browned, about 15 minutes. Let crust cool in pan on wire rack for 5 minutes.
3. Meanwhile, whisk brown sugar, eggs, vanilla, remaining 1/2 teaspoon salt and baking powder together in bowl. Stir in coconut and walnuts. Pour filling over warm crust and bake until filling is set, about 25 minutes. Let bars cool in pan on wire rack for 5 minutes.
4. Combine lime zest and remaining 1 tablespoon granulated sugar in bowl. Whisk powdered sugar and lime juice together in second bowl until smooth. Pour glaze over warm bars and spread into even layer. Sprinkle with lime sugar. Let bars cool completely in pan on wire rack, about 2 hours.
5. Using foil overhang, lift bars out of pan, Cut and serve. Makes 15 bars.

\*Foil Sling: Fold two long sheets of aluminum foil so that one is 13 inches wide and the other is 9 inches wide. Lay the folded sheets in the pan perpendicular to each other, with the extra foil hanging over the edges of the pan. Push the foil into the corners and up the sides of the pan with your fingers, smoothing the foil flush to the pan. (No need to grease foil for this recipe.)

From: America's Test Kitchen Christmas Cookies cookbook (2012), page 19.

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