



All Weather News
March 2019
<http://www.allweatherwalkers.org/>
Deadline for Apr news: Mar 24



Membership Renewal - by Bob Hall, VP/Membership 360-369-8296
bobhallfamily@aol.com

It's that time of year again. Time to renew your membership to All Weather Walkers (AWW)! 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

This year we are asking our members to review their experience and provide feedback on what you liked and where we might improve...

One way to respond is to copy the survey from the newsletter and paste it into an email and send it to Bob Hall, VP/Membership at bobhallfamily@aol.com. Another way to respond is to print the survey out, fill it in with a pen, and mail it to the club's mailing address:

PO Box 241
Vancouver WA 98666-0241

Name:

How many times do you walk per week?

0.

1-3 times.

4-5 times.

6-7 times.

How far do you typically walk per walk?

Less than 5K.

5K.

5K-10K.

More than 10K.

How many Total Year Round Events, Group Walks and Traditional Walks did you complete in 2018?

0.

1-10.

10-50.

More than 50.

How do you learn about upcoming walks. Check all that apply:

Walk Oregon (Wendy Bumgardner email)

Meetup notifications

Joe Titone emails

Pathfinders Booklet

AVA Event Search Menu

Communication from All Weather Walkers

Other club newsletters

Tom Baltes Walk and Talk

Other. Please specify:

What did you enjoy most this year?

What suggestions do you have for a better experience next year?

Are you renewing your membership? [] Yes [] No

Click here to renew: <http://allweatherwalkers.org/Application.htm>

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

1. **Central Oregon Salute.** The registration link is up and ready for everyone to pre-register for the Columbia River Volkssporting Club's major event in the Bend, OR area September 12-15, 2019. Signup now at this site: <http://www.walking4fun.org/central-oregon.html>. Also, the following weekend the Evergreen State Volkssport Association has their **Rendezvous in Winthrop** and during the four days between events we'll be doing group walks each day working our way from Bend to Winthrop. Stay tuned for news on those activities.

2. **Walk Across Canada.** For those who participated in the 401K Challenge, a Virtual Online Program (VOP), we have a different challenge this year to "virtually" walk across Canada. As part of the program we have a Regional competition, with the Northwest solidly in second place. What make me most proud is that we have 44 members on our team so far, which is double that of the nearest region and five times the participants of the leading region. Combined, we've walked nearly 60 million steps so far. If you've been on the fence, it's not too late to go to the AVA website and join the VOP challenge and then join our team. It's great fun to see so many walking friends stepping out on this challenge.

3. **Fun Facts.** I received a report ranking the top 50 AVA clubs from 2017 data based on Paid Participation. The Atlantic Region was tops with 13 clubs in the ranking and we are next with 8 clubs in the ranking. Our top clubs were **Capitol Volkssport Club 3rd**, Interlaken Trailblazers 12th, Daffodil Valley Volks 13th and Columbia River Volks at 16th, while Emerald City Wanderers, Rose City Roamers, NW Tulip Trekkers and Vancouver USA are in the second half of the grouping. Not surprisingly, Black Hills is at number 1 due to the Crazy Horse numbers. At

number 2 is the Empire State Capital Club, which is hosting our convention this year. One observation I made from the data is that our region is slightly more skewed toward YRE numbers versus Traditional Events (TEs) and my suggestion to you is that **we need more TEs**, as there are a lot of open weekends in our Future Events List.



1. President's Corner February 2019

Hello fellow walkers!

Here's a riddle my daughter asked me:

“The more you take, the more you leave behind. What is it?” (answer at the bottom)

I missed the deadline for the February newsletter but would like to start having a few words in the President's corner so I will send this out on my own this month.

I joined the Virtual Online Program this year (I didn't try it last year) and have really been enjoying it. I did not have a device to keep track of my steps, so I got onto Ebay and bought a used Fitbit Charge HR for around \$20. It's the same type of fitness tracker that my son has, so I have a built-in “help desk” at home, and this one also works without a smartphone. I connect it to my desktop computer once a day to upload my steps. It has been really interesting to see what my highs and lows are for movement on typical days, and after doing a 5 or 10K walk, along with all the other statistics it gives you about your health like heart rate and sleep. It's pretty encouraging and enlightening, and the Virtual Online Program is a good motivator. You don't even have to get out on official AVA walks to participate, though I will still be doing that. If you'd like to try it, go to AVA.org. There is a fee of \$22 which includes a t-shirt on completion of the program at the end of the year. We'd love to have more people on our Northwest Team!

The Winter Walking contest is on! You can walk in either Washington or Oregon, just enter in the state where you live. For Washington, the entry forms are at the Evergreen State Volkspport Association website, www.ESVA.online. Get one entry for every 10 walks you do between January 1 and March 31st, to be in the drawing to win one of three Visa gift cards!

The Seabreeze Walking Festival at Ocean Shores, WA event weekend is February 16-18th this month. See the ESVA website listed above for more information. Six walks and a bike event will be available.

I also heard about a non-AVA challenge which was started to get folks out in nature, and am trying to keep up with that on my own. It's called the 52 Hike Challenge, with a website of the same name, and yes, you can count your hikes in town as well. I've been counting my volkswalks toward it and hope to do some hikes further out of town whenever family members can come along with me. Time in nature is something that really makes me happy, but I have difficulty making it a priority sometimes.

If you'd like to walk with others as well, be sure to look up the Walking Oregon and SW Washington group on Meetup.com. If you come on our group walks regularly, you might consider signing up and RSVPing to the walk—we're hoping that when potential members see a large group attending, they'll be more likely to join us.

I have to get up my courage and bundle up to make myself get out in the winter, but I am always glad I did, afterward. I hope that you are able to do the same! See you at our monthly meeting on March 12th!

The answer is: Footprints!

2. Here's a new multi-day walking event happening in September of this year!

----- Forwarded Message -----

From: Annette St-Pierre <walking_the_world@yahoo.com>

Subject: Time to Register for Salute to Central Oregon

Online registration is now available for our Central Oregon event -- Salute to Central Oregon: Rivers, Mountains and More. The link here

<http://www.walking4fun.org/central-oregon.html>

will take you to the page that has all of the pertinent information about the event. Beneath the Central Oregon tab are tabs to take you to pages showing the events, the souvenirs, the banquet menu, and then registration. The Saturday dinner is limited to the first 100 registrations. There is also an online mail-in form.

Central Oregon. September 12-15, 2019

Annette St-Pierre
Columbia River Volkssport Club
<http://www.walking4fun.org>
503-780-4568

3. I sent out Walk Talk #20.

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Next Meeting: Mar 12 - 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:

Vancouver Murals & Decorated Storm Drains, 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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AWW Meeting 12 Feb 2019

The meeting was called to order by Janet Traweek at 6:35 pm in the Salmon Creek Hospital. The minutes of the 8 Jan meeting were approved as published.
Treasurer's Report: Opening balance \$3,741.10, income \$330.00, expenses \$239.25, and closing balance was \$3,831.85.

Membership Report: Membership renewals are almost complete; only 11 outstanding renewals. Bob Hall will contact these 11 members to see if they want to renew their memberships or be dropped from our membership rolls.

Announcements:

- New Walk Route. Bob, Jan, and Janet have developed two potential 5km loops leaving from the Firstenberg area. May be considering offering an early start/finish event in August pending approval of a start location and open weekend date on the calendar.

Old Business

- 2 Nov Grass Valley Meander. Tom proposed a guided walk in Camas starting at the LaCamas Athletic Club that will go through various neighborhoods and past a Little Free Library. There will be two 5km loops.
- Club Secretary Replacement. Louise volunteered to take over secretarial duties from Nira Lang.

New Business

- 25 May Murals Walk. Joe contacted the Columbian about our Murals walk and they offered their parking lot for our Start Point. Need to contact Joe to see if he needs help with the publicity, routes, or any other details (Pathfinder and Columbian advertisements, online web description, flyers, MeetUp, etc.)

Regional Director Notes

- Greeter Position. There was a Board motion to make the Greeter position a formal club position that is out for further study. Many clubs have found having an official Greeter a great recruiting tool and have gained several new members just by having the right person greeting new walkers.
- Free Walker Dilemma. Tom passed out a series of graphs based on 2017 walker participation and financial data across all AVA regions. Most glaring was the fact that the NW Region has 51% of the free walkers reported. While we do gain some members from those new walkers who tried us as “free” walkers, this is not sustainable. Our national office is bleeding off over \$100,000 each year and at this rate will only be able to survive another couple of years unless all our clubs do their part to support the program and we can begin to grow our membership. Currently, the NW region is the biggest contributor to AVA’s financial needs, but more is needed. There is an immediate need to re-educate our walkers to what our program offers and the cost to deliver it. The \$3.00 participation fee is for registering for our events, not for stamping achievement books. We need to figure out how to reduce the free walker number within our region before there is a top-down mandate to eliminate “free” walkers. Steps will include revising our start cards, logs, and reporting methods. Some of the things we’ve done in the past few months are:

- Adding a note at the end of each MeetUp advertisement to encourage a minimal \$1 donation to help us continue to provide our program to all walkers.
- Made donation boxes more visible at our Guided walks and Traditional events.
- Developed a tent placard encouraging donations
- Identified the need to change start cards, registration logs, and reporting methods. Should be standardized, but don't want to micromanage clubs.
- Need an ongoing program to educate clubs and walkers on real cost of doing business.
- Need to start using participation/donation/award (patch or walk souvenir).
- Big Give. Need to consider donating as much as \$1 per each "free" walker the Club had for 2018. Bob Ellis will research his financial records and provide the number of free walkers at the next club meeting.

Meeting Snacks: Provided by Dick and Barbara Baker.

Next Meeting: Tues, 12 Feb 2019 at 6:30 Legacy Salmon Creek Hospital Cafeteria.

Next Meeting Snacks: Janet Traweek

The meeting was adjourned at 8:00.

Louise Baltes, Acting Secretary

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