



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

1. PNW #12 was sent via email by Janet to all AWW members.
2. Columbia River Volkssport Club, the club that for two decades brought you the Columbia Gorge Biennial Classic, is now bringing you a multi-day event in Central Oregon with walks in Bend, Sunriver, Sisters, Redmond, and more!

September 12-15, 2019

Please mark your calendars now and keep an eye on our website for updated information

3. June will soon become July and we are busy getting ready for our NW Regional Walking Festival. Carolyn Warhol has created the Sign-up Genius file for our event. Please take a minute to see where you want to serve and sign up. <https://www.signupgenius.com/go/20f0844acab2da5f58-2018>

Please note: Sign-up for the Saturday Dinner will need to be completed by July 1 so our caterer is prepared.

Registration information is here: <http://www.esva.online/news/2018-nw-regional-walking-festival-july-13-15-2018/>

The dinner menu is posted here also. If you are coming to the dinner we are suggesting attendees to wear a favorite Volkssport Event shirt or an antique club shirt. A no-host bar will be provided by the Eagles Club. If you have a club name-tag bring it and wear it!

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Next Meeting: Jul 10 - 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:**

8/18/2018 - Washougal Art Works

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: [Events Planning](#)

At our annual potluck last month, members discussed changes to a few Year 'Round Events, and also decided to begin planning for our 2019 hosted event calendar. Have questions or some ideas? – come to the meeting on July 10! Jan Breneman.

### **HALF PACE**

Number of paces recommended per day by the US Surgeon General:

10,000

Number of paces taken each day by the average American:

5,000

### **10 PHYSICAL BANES OF A WALKER'S LIFE**

Callouses; Achilles tendonitis; Heel bursitis; Jammer toes; Corns; Chilblains; Haglunds heel bumps; Cracked dry heels; Foot ulcers; Sweaty feet.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 114

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