



REGIONAL AVA NEWS AND INFORMATION

SHARON MOATS (RD) AND ED HAINLINE (DRD)

#6 January 2, 2022

New Year Greetings to our clubs of the NW Region!

Heavy snow and ice cancelled or diminished year end walks in our region. Thanks to all the volunteers who worked their way through this situation and were able to provide, diminished, but workable walking opportunities for the walkers who were able to get out and join in.

Please be aware that not all POC's will be able to service their Walk Boxes for new year as snow and ice persist in many areas of our states. Be patient and use the OSB when available. Also, check the hours of smaller business that host walk boxes. During this time of year many have reduced hours both to weather and COVID spread. Keep your walking safe with the right equipment during this time.

Attached here are the Winter Walking Contests for WA and OR. Set your goals and walk! Full explanation of the programs is included with the log sheets. Thanks, Ed Hainline, for once again hosting this program for both states.

AVA-IT indicates that there was a problem in the "Special Programs" section in that the new programs for City Hall/Town Hall and Rails-to-Trails did not update in all cases. Clubs, please take a moment to refresh your SP Program section if you do not see all your special programs in your club account.

With the announcement of United Healthcare (AARP) medical plans joining in the E3H Program many of our walkers may be eligible for some walking credit benefits. Be sure to watch your health plan communication for information. We do not have information on how clubs will process the E3H vouchers for our tradition events, etc. I will be communicating to clubs when we receive information.

As we, as an organization, strive to get all our walks into the OSB please let me know if you your club needs help in this task. Tom and Louis Baltes have been very generous with their time to achieve this. We also have several clubs that have expressed an interest in helping.

I have also included the links for 2 upcoming multi-day events in our region. Please register as soon as you can to help the event planners going forward in their planning. Both events promise new trails to visit and enjoy!

April 22-24, 2022, Wild and Woodsy, Lacey WA

https://www.capitolvolkssportclub.org/cvc_specialevents/wild&woody_wa_2022.html

June 16-19, 2022, NW Regional Conference, Ashland, OR

<https://www.walking4fun.org/nwrc-events.html>

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