

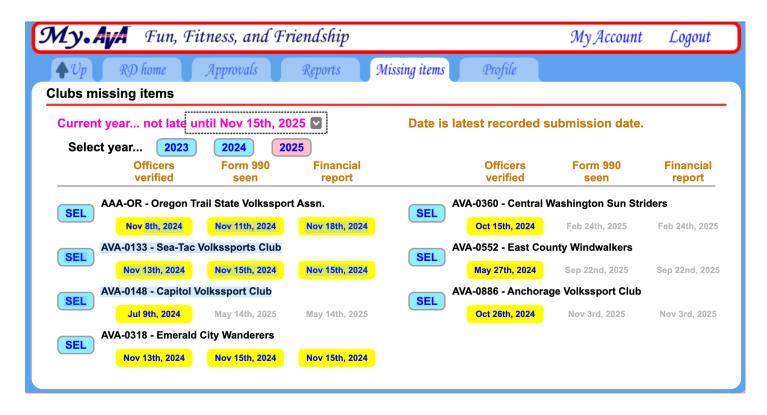
NW Regional AVA News and Information for Alaska, Idaho, Oregon, & Washington

SANDI SEVERTSEN (RD) and PAT JEWETT (DRD)

#5 NW Regional News 11/7/2025 Hello Northwest Walkers!

ACTIONS FOR CLUBS:

Be sure to get your AVA and IRS Reports completed and sent to AVA before November 15, 2025. If your club is not on the list, you are complete on all items. Everything in yellow needs completion. For some clubs this may be just updating your member number or your club officers. Completed reports may be e-mailed to marian@ava.org.



ATTACHED ITEMS:

I've attached some fun opportunities for you to enjoy. Time to get your calendars ready!:

- January 1-March 31, 2026 (ESVA members only). Walking Contest which includes Alaska,
 Idaho, and Washington.
- May 16-23, 2026 Emerald City Wanderers hosting Holland America Cruise

CLUBS: WOULD YOU LIKE SPECIAL ATTENTION TO A NEW 2026 WALK?

Every January, I looked forward to exploring parts of the Northwest, by way of clubs
offering new or updated Year Round Events (YRE) for us to enjoy. If your club has a <u>new or</u>
<u>significantly updated YRE for 2026</u> you'd like to advertise through this newsletter, please

respond back and let me know the city, state, YRE name, and YRE #. I'll include it in the December newsletter. Then you can mark your calendars, just like I'll be doing, for 2026. Example:

Sedro Woolley, WA Northern State Hospital Y3534

FOR YOUR INFORMATION:

NW Deputy Director, Pat Jewett, does a great job of keeping the Future Event List (FEL) updated with Traditional Events (see top of that list for descriptions of walking events). Pat helps clubs to advertise walks even before they are sanctioned on AVA, so walkers can save the future date. For the list of all sanction walks, see https://my.ava.org/regional-te-list.php?time=month&rsel=NW

Here's a guide to understand what the anacronyms mean:

1. TRADITIONAL EVENTS;

<u>"TGW"</u> is a traveling guided walk for one day. Sign in is open on the day of event for 15 to 30 minutes before walk starts. This is a great opportunity for clubs to bring back walks that are no longer available as YRE's.

"WK" is a traditional walk where sign in is anywhere from 1.5 hours to 3 hours in the morning, for one walk. The walk will have written directions and maps on the day of event, along with volunteers during these hours. (it's up to the club to mark walk with arrow/ribbons.)

2. SEASONAL EVENTS:

<u>"SYR"</u> is when a club holds <u>several walks</u> for more than one day with volunteers usually in the morning, at the start table. These walks have written directions/maps.

FOLLOW UP:

• Thank you for letting me know your thoughts about AVA's proposed on-line walking app "GOWALK". I am preparing a note to send to AVA, summarizing the Northwest Region's thoughts, concerns, questions. Your input has been appreciated.

EVENTS COMING UP.

- 11/29 Turkey Trot. Start table open 9:00-10:30am at Edmonds United Methodist Church, 828 Caspers St, Edmonds, WA
- 12/13 Olympia Holiday Walk. Start table open 10:00-noon at Washington Council of Police & Sheriffs, 200 Union Ave SE, Olympia, WA
- 12/20 Portland Christmas Ships walk. Start table open from 3:00-4:30pm at Tiny's Coffee House, 1412 SE 12th Ave, Portland, OR.

Until next time, see you on the trail! Sandi Severtsen (NWRD) Pat Jewett (NWDRD)

Hello from Sandi and Pat in Shady Cove, Oregon