



KERRVILLE TRAILBLAZERS NEWSLETTER

January - February, 2012

A Bimonthly Publication of the Kerrville Trailblazers
Volkssport Club/Member of Texas Volkssport Association (TVA)
the American Volkssport Association (AVA)
www.walktx.org/kerrvilletrailblazers
www.ava.org



President's message for January 2012....

Our organization will be thirty years old in 2012. We will celebrate that anniversary in various ways. None of which are set in stone yet. Barbara Duke volunteered to head up the planning committee. If you are interested in serving on the committee to organize our thirtieth anniversary activities, please let Barbara know.

As I considered why charter members organized a walking club back in 1982, I thought perhaps some wanted to share their love of walking with others or perhaps some were interested in walking for health reasons. I googled "benefits of walking", found many articles, reviewed them and decided to share some of those benefits with you.

The American Podiatric Medical Association reviewed "two long-term studies confirming the beneficial effects of regular walking on a person's overall health and well-being. One study revealed that regular walking lowered the risk of death from cancer and cardiovascular disease and, in general, prolonged life. Increasing the walking distance from just one to two miles produced even greater results."

Benefits beyond extending life include:

- Controlling weight, blood sugar and cholesterol levels. A brisk walk can burn up to 100 calories per mile.

- Improves cardiovascular fitness and circulation. Walking causes the heart to beat faster and increases its size
- Facilitates medical rehabilitation and recovery from many ailments, including heart attack.
- Generates a sense of well-being, and can relieve depression, anxiety and stress by naturally producing endorphins, the body's natural tranquilizer.

My reasons for joining Trailblazers included getting to know people who enjoy being outdoors, becoming acquainted with the area around Kerrville, and disciplining myself to walk on a regular basis. I knew a bit about the group before I moved here and thought I'd like to become a member. I showed up one Saturday morning and met many interesting people. A few weeks later, I volunteered to take on a responsibility. Since that time, I've made a few close friends among club members.

During our thirtieth year, it's my hope we can expand our membership. I recommend setting a goal of thirty new members...why not! So start looking around for folks who enjoy being outdoors and love walking in the beautiful Texas Hill Country. Bring them with you and invite them to join.

Pris

Our 2012 Officers:

President: Pris Wright	Vice President: Jim McMahon
Secretary: Sue Digiampaolo	Trail Directors: Carol Talpey and Edna Platte
Treasurer: Paula Ejzak	
<u>Standing Committee Chairpersons</u>	
Event Coordinator: Vacant	Year Round Events: Jan Parker
Membership: Pat Kobe	
Registration: Judy Perry	Sales and Awards: Barbara Duke
<u>Special Committee Chairpersons</u>	
Audit: Vacant	Highway Cleanup: Virgil Altwein
Historian: Vacant	Newsletter: Vacant
Nominating: Selected in September	Parade Marshall: Appointed later
Photographer: Vacant	Supplies: Vacant
Telephone: Dotte Dunne	Directory: LuAnn Andreasen
Publicity: Vacant	Event Coordinator: Vacant

Editor's Outlook

First of all I want to thank the Trailblazers for all the visits, Cards & phone calls I received during my "ordeal." I am absolutely convinced that it has helped me to better cope with this experience. It also proved to me what a caring group Trailblazers is.

This is my final newsletter since I want to give someone else the opportunity to provide us with our news. Thank you everyone who helped me by sending the information I needed for the newsletter on a timely basis. It's been my pleasure to be the editor. *Pat*

IVV EVENT / Distance AWARDS

(As of November, 2011)

Patrick Powers: 200 events

2012 Trailblazer Membership Drive

Please pay your dues if you haven't already done so..\$12 to join or renew your membership or \$20 for a family membership. We want to make sure that we get your name in the new directory so please respond to Pat Kobe our Membership Chair by January 10th. If you need a form, send an email to Pat Powers (ppowers4512@gmail.com) & I'll either mail or send one to your email add. You can also mail them to the Kerrville Trailblazers, PO Box 2097, Kerrville, Tx, Attn: Treasurer.

As of 12/21, 62 members or new members have paid their 2012 membership dues. In 2011 there were 93 members listed in the directory. LuAnn Andreasen has agreed, once again, to put the 2012 Membership Directory together for us.

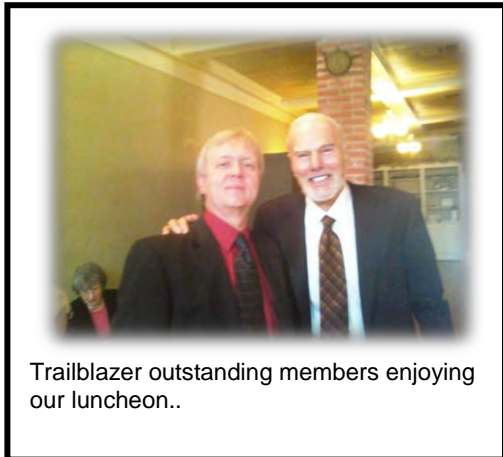
If you no longer wish to be a Trailblazer, it would be very helpful if you would contact Pat @ 895.3703 or kobe@rockymountains.net & let her know.

If you change your address, telephone number, or email during the year, don't forget to let Pat know so changes can be made in the directory.

Miscellaneous news

- Checkbook balance as of November 30: \$2,737.91
- YRE's: At the October meeting, Jan Parker reported 9 walkers for September. There were 166 walkers for the first 9 months of the year.

Trailblazer Christmas luncheon pics



Trailblazer outstanding members enjoying our luncheon..



Trailblazer members enjoying good conversation & food at our annual Christmas party at Rails Restaurant.



More members enjoying our great luncheon.



Our 2012 officers being sworn in.

The Christmas luncheon held again at Rails Restaurant was a rousing success. The food was delicious and more importantly the company couldn't be beat which makes the food taste better. About 35 Trailblazers attended our holiday affair.

AVA SANCTIONED EVENTS FOR JANUARY & FEBRUARY 2012

Details for walk events and directions to walk events may be found at www.ava.org

Select: Find Events – Find Events – State (Texas) – Event Types (Traditional) – Search Events

December 31st & Jan 1st, Fredericksburg Tx Contact: Phyllis Eagan, (210) 496-1402, Email: papre1947@yahoo.com On Dec. 31st, meet @ St. Joseph's Hall, 212 W. San Antonio St., in Fredericksburg about 11:30 p.m. for wine/cheese, followed by the Memorial Walk, which starts between midnight and 12:30 a.m. The New Year's Walk starts on Jan. 1st between 9:00 a.m. & noon, Pecan Creek School, 3410 Pecan Creek Rd.

Check out ava.org for additional walks in the San Antonio area.

Kerrville Trailblazers
PO Box 2097
Kerrville, Tx 78029

MARK YOUR CALENDARS

Monthly Meetings – 7 p.m.

On Monday, January 23, we will meet in the dining room at the Dietert Center located at 451 Guadalupe St #101. The Board meetings are held at 6 p.m. and the general meetings at 7 p.m.

Mark your calendars for Future Trash Pick-up Dates: March 1st @ 8:00am. Meet at the Super S grocery store parking lot, near the liquor store, at the corner of Junction Highway & Harper Road.

The trash Pickup on December 1st went very well, thanks to the eighteen who assisted Virgil Altwein who graciously gives of his time to manage this project and appreciates the good turnout. Those who helped were: Jim & Melinda Wasson, Inez & Jake Bligard, Jan Parker, Sue Digiampaolo, Paula Ejzak, Edna Platte, Carol Talpey, Robert Theis, Pris Wright, Asa Jewell, Judy Perry, Nancy Brown, Barbara DiHarce, Jim McMahon, Nina Wagner & an extra big thanks to David Kobe who handled the trash bag pickup.

