



# The WILLAMETTE WANDERINGS

## Walking Newsletter

Published Quarterly  
Aug-Oct 2015 Issue

### IN THIS ISSUE:

- Upcoming Walks
- Club News
- and More

**Next issue  
October**

### SUNDAY STROLLS

Aug 8th – 10AM

(Sat & new time)

Sept 13 – 2 PM

Oct 11 – 2 PM

### MEETING DATES

Aug 19

Sept 16

Oct 21

7:00 PM  
Building D  
Salem Hospital

Pre-meeting walk  
possible



## UPDATES ON AVA CONVENTION AND WW CLUB EVENTS

The AVA National Convention was very successful. There was perfect weather for the nine Convention walks which had around 500 people for each walk. Willamette Wanderers was fortunate to have a table there where people could register for four club walks which were modified to start from the Convention Center. Susan, Bonnie, Jim, and Julia enjoyed talking with these walkers. The three non-Salem YRE's also benefitted. A total of 324 walks were done by 168 walkers from 120 cities in 28 US states plus from British Columbia and Germany. Five club t-shirts were also sold plus many old club medals found new homes. Members Beth, Connie, Rozy, the 2 Karens, Nancy, Jean, Sarah, Debra, and Elizabeth also helped at the Convention. The next AVA Convention will be in 2017 in Billings, MT.

The Willamette Mission State Park event walk on Sat., June 6th, was also successful with 151 walkers. Rozy did such an excellent job with the directions that many walkers kept them for their own future walks in that Park.

The Dallas event walk on Sat., Aug 29th in the Dallas City Park is coming up very soon. The flyer for this event is available [Here](#) or can be obtained from Julia, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net). Dallas is an attractive historic town which is enhanced by its parks, Hunter Arboretum, and Rickreall Creek Trail which are on the walk's routes.

## Willamette Wanderers' Continuing Outreach Efforts

The club continues its efforts to become better known in the Salem/Keizer area. Its flyers/posters are often seen at libraries and other community areas. Its walks are publicized in local newspapers. On April 28 Nancy, Bonnie, and Julia represented the club at the weekly Statesman Journal's "Tuesday at Court" at the Court Street Dairy Lunch. They were featured in the newspaper's published recap of that session.

Julia was later interviewed by the free monthly Northwest Boomer & Senior News about her AVA urban walking and the club. The article is in the August 2015 issue found in libraries, senior citizen centers, etc.

The Club has now partnered with Just Walk Salem so if you're looking to add another relaxed walk or a shorter stroll to your routine, check them out. JSW is a grassroots network of weekly neighborhood walking groups. They have multiple walks going every day throughout the city. Check out their schedule at [www.justwalksalem.com](http://www.justwalksalem.com).

The Club will be participating in Keizer's RIVERfair on Sat., Aug. 8th.

Wearing the club t-shirt also helps to promote the club. Adult and children sizes t-shirts are available for \$10.



## Upcoming Willamette Wanderers' Sunday Strolls.

Strolls are subject to change. Reminders will be sent before each walk. At the club's website there is now a Calendar which also lists the monthly Sunday Strolls by the Corvallis and Albany clubs. Thursday walks are also listed as well as Saturday walk events being held in other Willamette Valley towns including Portland/Vancouver, WA. Info: Julia, 541-967-3001, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net).

**Sat., Aug 8, 10:00 AM? Saturday Stroll at RIVERfair at Keizer Rapids Park. "Five Parks & a River," 5/10K, rated 1A.** A Nature walk will also be available perhaps at 12:30 PM. More information will be available later. You can also see the new Big Toy Playground which is amazing.

**Sun., Sept. 13, 2:00 PM – West Salem, 7K (rated 1A) & 11K (rated 2B).** This will be the modified West Salem walk which was available at the Convention. Walk will start at the downtown Grand Hotel.

**Sun., Oct. 11, 2:00 PM – Monmouth, 6K/11K, rated 1A.** Hi-School Pharmacy, 1357 Monmouth St, Independence.

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**Membership Dues for 2015-2016:** It's time to renew your membership. You will soon be receiving a renewal notice. After several years of dedicated service as Membership Chair, Beth has relinquished this position. Debra is now the Membership Chair.

**News at Our Walks:** As you probably noticed, there are road construction projects throughout Salem this summer. The Winter Street bridge at the hospital is being replaced, and Eola Drive in West Salem is closed to pedestrian traffic. Both projects have affected our walks but they can still be walked with slight modifications.

## Don't Miss A Meeting

Club meetings are always opened to members and the public. Mark your calendar and plan to attend on the 3rd Wednesday of each month at 7 PM in the Creekside Overflow Room on the first floor in Building D at Salem Hospital. We need your ideas/assistance.

Aug 19  
Sept 16  
Oct 21  
Park for free in the parking lot just east of Building D.

**Mark  
Your  
Calendar**

## Recent Club Photographs

Virginia Green accepting club t-shirt from Bonnie after speaking to the club on May 20th. She is now an honorary club member.



Below: Nancy, Bonnie, Julia at Tuesday at Court, April 28, 2015 (along with Dar who discussed the upcoming AVA Convention).



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## Thursday Weekly Walks :

*If you wish to do 5K or 10K walks on Thursdays at 10 AM in other towns, contact Julia, 541-967-3001 or [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net) Schedule at club's website calendar.*

## Pre-Meeting

**Walks:** If you are interested in doing a pre-meeting walk, contact Julia, 541-967-3001 or [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net) It may be possible to find others to walk with you in the hospital area. Then eat at hospital's Creekside Grill

## Worth Repeating:

**8/29 Dallas Walk Event, at the Gazebo at Dallas City Park Register: 9AM-1PM Walk Finish: 3PM**

**It's time to send 2015-2016 Membership Dues of \$5/individual, \$10/family**