



The **WILLAMETTE WANDERINGS** Walking Newsletter

Published Quarterly
May-July 2015 Issue

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August**

SUNDAY STROLLS

May 10th -- 2 PM
No Stroll in June
July 19th – 10 AM
(3rd Sun & new
time)

MEETING DATES

May 20 in Bldg B
in Wedel
Auditorium
No June meeting
July 15

7:00 PM
Building D
Salem Hospital

Pre-meeting walk
possible



CLUB SPONSORING TWO WALK EVENTS THIS SUMMER

The Willamette Wanderers will be sponsoring two events this summer:

Sat, June 6th in the Willamette Mission State Park and Sat., Aug 29th in City Park in Dallas. The flyer for the June event is available [HERE](#). The flyer for the Dallas event will be available soon. Members will be asked to help staff these events. For those members who haven't done a Sat. walk event, it might help to describe its staffing. The afternoon before the event, teams go out to mark the routes with paper arrows and ribboned clothespins which complement the written directions. These supplies are from the storage unit.

On the event day, the staffing includes those putting out the event tables/supplies. Two-3 members work with people signing up for the walk on "start" cards with some paying the \$3 AVA credit fee. Sometimes there are 2 people at the checkpoint table where the 10Kers have their card stamped half-way through the walk. Another 2 members are at the finish table receiving the walker's copy of the start card and stamping AVA books. There are usually couple members who are gofers, handling club merchandise, answering questions, etc. Members contribute refreshments. After the event, there are members removing the arrows/clothespins and packing up the tables/supplies. This may sound like a lot of people at an event but some members do more than one job. If you haven't worked at an event, here are opportunities for you.

Special May Club Meeting & AVA Convention Update

The club meeting on May 20th will be a special public meeting with noted Salem historian Virginia Green speaking about her work promoting Salem history and walks. She and her son Tom recently partnered with local cultural/service organizations and designer Rick York to publish the complimentary Salem Cultural Heritage Guide of 6 self-guided walking tours. This guide will be available at the meeting.

The meeting will start at 7 PM in the Wedel Auditorium in Bldg B at the Salem Hospital. Take G or H elevator to the basement. Right after exiting and look for meeting sign. Everyone is welcomed.

AVA Convention Update: Thanks to the members who will be helping at the convention at the Grand Hotel from June 13 to 21 and at the special AVA President's walk in Salem on June 19. The nine walks are opened to everyone. You can still volunteer. Volunteers will be provided with special Convention t-shirts. It will be fun talking to walkers from all parts of the US plus Canada and perhaps from other countries. Julia Westerberg will be the club's delegate to the business sessions. Check out www.nationalavaconvention2015.com/ for the latest news.

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.

May 10, 2:00 PM – Salem: Governor's Mansion, 6/10K, rated 1A although there are some inclines to the Mansion. 10K also goes to downtown, Capitol and Willamette Univ. The walk begins at Salem Hospital, Bldg A.

No walk in June because of the AVA National Convention. Club representatives will be at the Convention to register attendees who want to walk the club's routes.

July 19, 10 AM (3rd Sun. & new time – we're testing a summer time change) – West Salem, 5K rated 1A, 10K rated 2B because of 2 hills and woodchip path in Audubon Reserve. Both routes go through Wallace Marine Park, on Edgewater Trail to historic "old" downtown. 10K continues to go to Audubon Reserve and "new" hilly residential area. Walk begins at West Salem Courthouse Athletic Club, 300 Glen Creek Rd NW, Salem.

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News at Our Walks: The Salem Audubon Society oversees the Audubon Reserve which is visited on the 10K West Salem route. They are presently seeking funds to rent goats to clear the ivy/blackberry vines in the lower part of the Reserve ***** There are plans at the Keizer Rapids Park to install playground equipment and sports fields. ***** Governor Kate Brown and her husband are living in the Governor's Mansion. Perhaps you will see them while doing the club's Governor's Mansion walk. ***** No recent owl attacks at Bush Park – did you see the clever warning signs there?

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.

May 20: Bldg B Auditorium

No meeting in June – AVA Convention

July 15

Park for free in the lot just east of Building D.

**Mark
Your
Calendar**

Club T-shirts available in Blue and Teal

Now that warmer weather is here, it's time to wear the club's t-shirt either in blue or teal. Adult/children sizes t-shirts are available for \$10.



Below photo: Iris Event at Schreiner's, May 17, 2014



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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 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 It may be possible to find others to walk with you in the hospital area. Then eat at hospital's Creekside Grill

Worth Repeating:

Virginia Green speaking at May 20 meeting

**AVA Convention
June 13-21, 2015
Grand Hotel, Salem
Visit the
[Convention Website](#)**