



The WILLAMETTE WANDERINGS

Walking Newsletter

Published Quarterly
Nov 2014 – Jan 2015 Issue

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- Upcoming Walks
- Club News
- and More

Next issue Feb

SUNDAY STROLLS

Nov 9th -- 2PM

Dec 14th -- 2PM

Jan 11th – 2 PM

(there might be an added time)

MEETING DATES

Nov 19

Dec – no meeting

Jan 21

7:00 PM
Building D
Salem Hospital

No pre-meeting
walks
during winter



Club News: 2015 Officers & 2015 YRE Walks

At the November 19th meeting the officers for 2015 will be elected. If you wish to be considered for an office, especially Secretary, please contact President Jim at BARNEVE@aol.com. Nominees presently are: President, Jim; Vice President, Julia; Secretary-Treasurer, Susan. Margaret, present Treasurer, is helping as Co-Treasurer with the AVA National Convention here in Salem in June 2015.

The Year-Round-Events (YRE's) for 2015 are: Capital – Governor's Mansion, Capital – Waterways, Historic NE Salem, West Salem. Keizer: 5 Parks and a River, and Independence and Monmouth. The last two walks are new, and the starting point for those walks will be Hi-School Pharmacy in Independence. A new YRE flyer will be available before the end of 2014.

Willamette Mission Park Seasonal Walk, with registration at Lutheran Retirement Home in Keizer, will end on Nov 30. South Salem – Sunnyslope, with registration at Roth's on S. Liberty, will end on Dec 31. There is still time to do these walks. Members are always encouraged to suggest new walking areas.

Two Interesting Walking Stories: Wendy & Alisa

Wendy Bumgardner's name is familiar to many Oregon walkers. She is very active in walking events locally and at the state & national levels. She sponsors the weekly on-line walk calendar & authors walking-related columns. Recently she wrote about being in the first AVA walk event in Oregon in Sept 1984 in Forest Grove. Her left foot had nerve damage resulting in a weak ankle prone to sprains. Not only did she do the 10K but it led to an eventual career in walking promotion. See [My First Walk](#). * Wendy gave her permission to

reproduce her story.

In past WW issues there have been articles about Alisa Johnson's desire to do 51 Capitals in 51 Days. Well, she did it! She and her family did their last Capital walk in Olympia, WA on August 17 along with family/friends from local AVA clubs. The highlight of the trip was the people they met, many from AVA clubs. See [51 Capitals in 51 Days](#)* for part of her write-up in the October-November 2014 issue of The American Wanderers, AVA's bimonthly newspaper. (*if links do not open, contact Julia at pjwesterberg@comcast.net.)

Strolls are subject to changes. Reminders will be sent shortly before each walk. There might be additional start times. Info: Julia, 541-967-3001, pjwesterberg@comcast.net.

November 9, 2:00 PM – Historic NE Salem, 6/10K, Rated 1A

The 10K walk features the historic Court-Chemeketa Residential District, the Oregon State Hospital, and parks, crossing streams & passing through shady residential areas. The 6K concentrates on the Court-Chemeketa District. Meet at Salem Hospital at 1:45 by the lobby piano in Bldg A (Admissions/ER).

December 14, 2:00 PM – Historic Albany, 5/10K – Rated 1A

The Wanderers will be joining the Albany Fitwalkers in their Historic Albany walk in conjunction with the City of Albany's Christmas Parlour Tour. Meet in the parking lot at Two Rivers Market between 2nd & 3rd Aves on Ferry Street. Parlour House Tour: <http://albanyvisitors.com/historic-albany/special-events/christmas-parlor-tour>.

January 11, 2015, 2:00 PM – Monmouth, Home of Western OR Univ, 6/11K, Rated 1A (NEW WALK)

Explore old/new residential areas, historic downtown and Western OR Univ campus. Meet at Hi-School Pharmacy, 1357 Monmouth St, Independence.

ALBANY FITWALKERS' SUNDAY STROLLS:

November 30, 2:00 PM – North Albany – Rated 1A for 5K; 2A for 10K

Walk in newer residential areas to North Albany Park with the 10K continuing to Countryman Circle, a rural residential area. Walk will begin at North Albany Fire Station in Gibson Hill Park.

December 14, 2:00 PM – Historic Albany, 5/10K – Rated 1A -- The Wanderers will be joining this club's walk. See above information under WW Sunday Strolls.

Don't Miss A Meeting

Following is a list of meetings scheduled for the Willamette Wanderers for 2014 & 2015. Mark your calendar and plan to attend in the Creekside Overflow Room on the first floor in Building D at Salem Hospital at 7PM on these Wednesdays:

November 19 – Meeting to be held in CHEC Kitchen

No meeting in Dec.

January 21
February 18
March 18

**Mark
Your
Calendar**

West Salem News

If you walked West Salem YRE this summer, you may have seen the ospreys on the nesting perch near the parking lot at the Audubon Reserve managed by the Salem Audubon Society. There is a story in the SAS's Oct 2014 of The Kestrel with photos of one of the 2 chicks raised there this summer... Also 2 new businesses in West Salem opposite the Safeway on Edgewater St: Urban Grange Coffee & West Side Tap House... Trudel's Deli is now Little Lois Café... New pedestrian sidewalk in Wallace Marine Park near Glen Creek Rd... Statesman had a story about the transfer of the 1940s drinking fountain from Annette's to across the street to the Old City Hall. It took 2 ½ years and nearly \$6,000 to make this move, thanks to govt. bureaucracy.

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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 for information/schedule, 541-967-3001, pjwesterberg@comcast.net

Pre-meeting Walks:

No pre-meeting walks during the winter.

Speaker: Plans are underway for a speaker at a Spring meeting – stay tuned for details.

Worth Repeating:

AVA Convention in Salem, June 13-21, 2015, Grand Hotel.

See [Convention](#)

Or

<http://www.nationalavaconvention2015.com/>