

July 2024 Newsletter



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We meet on the second Wednesday in February, April, June, August, October, and December. Currently most of our meetings are held remote using the internet except for the August Meeting which is normally held at the outdoor patio next to the cafeteria at the Adventist Health Portland, 10123 SE Market St, Portland, OR 97216

Schedule of Club Events

27 July - Peninsula Park Rose Garden Walk 9:00 to 10:00 AM

The walk will go through the gardens and several other parks and along Willamette Blvd. The walk will also be a remembrance of Noreen Kirk a long time member and past president of our club. There will be a 5 and 10 km group walk leaving at 9:30am.

Chair: Dick Baker

7 August –The Grotto Walk, 9:40 - 9:55 AM

The walk will have two 5 km loops – the same as last year. The east loop will walk through the lower level of the Grotto. The west loop will be in the Rose City Neighborhood.

Chair: Dick Baker

14 August – General Meeting - 6:00PM

This is our annual picnic meeting. Bring your own food and we will eat outside in the patio next to the cafeteria at Adventist Health Portland, 10123 SE Market St. Portland. This will be the first meeting with our new officers.

2024 Club Officer Directory

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JUL 3 @ 9:40 TO 9:55 AM (WEDNESDAY) TUALATIN, OR

Starbucks at Hedges Green
8639 SW Tualatin–Sherwood Rd.

Ice Age Walk – YRE 1431

The walk is along the scenic Tualatin River on the Ice Age Trail and to Browns Ferry Park. You will see a Mammoth Skeleton that was uncovered in Tualatin and a cave bear skeleton. 5 and 10 km rated 1A (easy)



Butler Creek Trail Wed. Walkers – 5 June 2024

JUL 6 @ 9:30 TO 10 AM (SATURDAY) ANTOINE PEAK, WA

Antoine Peak West Trailhead Brevier Rd

Antoine Peak Brevier TH Walk - (TGW)

Trail is natural surface and specific route will be determined by trail conditions and weather.
10 km rated 2C (somewhat difficult)



Wed Walkers – Graham Oaks – 19 June 2024

JUL 4 @ 8:00 AM TO NOON (THURSDAY) VANCOUVER, WA

Esther Short Park on Columbia St.
between 6th & 8th Streets

July 4th Stroll thru History – Event

Enjoy an Independence Day walk at the site of the oldest military fort in the Old Oregon Territory. Esther Short Park is the oldest public park in WA. Explore Historic Ft. Vancouver & Historic Uptown. Two 5 km loops. Group walk leaves at 9 am

5 and 10 km rated 1A (easy)

JUL 4 @ 9:00 TO 10:00 AM (THURSDAY) SEATTLE, WA

Pathfinder K-8 School, 1901 SW Genesee St

Independence Day Walk – Event

Celebrate the 4th with a walk in a Duwamish neighborhood that dates back for many centuries. Enjoy scenic views of the city and of the Duwamish River

5 km rated 1A (easy) 10 km – rated 2B (moderate)

JUL 7 @ 4:30 to 4:45 PM (SUNDAY) VANCOUVER, WA

Tech Center Park, ~ 801 SE Tech Center Dr.

Tech Center Park Walk – YRE 1017

Walk will start in the east side parking of the Tech Center Park and walk in the nearby area returning at 5:45 for the concert “5 Guys Named Moe” that starts at 6pm.

5km is rated 1A

JUL 9 @ 8:45 TO 9 AM (TUESDAY) STAYTON, OREGON

Start at covered bridge, 450 N. 7th Street.

Covered Bridge and Parks –YRE 1936

The walk goes through historic Stayton. Route goes through Pioneer Park, and over the reconstructed Jordan-Stayton covered bridge. 5 and 10 km are rated 1A (easy)

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JUL 10 @ VARIOUS TIMES (WEDNESDAY) TRAIN TRIP TO CENTRALIA, WA

Centralia Train Station, 210 N Railroad Ave

Train to Centralia Walk - Event

Social Event and walk. Walkers will board the scheduled 8:30 am train from Portland (845 am for Vancouver). Arriving just about 10 am in Centralia where we will be met by walkers from Olympia and north. A 5 and 10 km walk will start at the train station after everyone has registered.

The walk will tour historic neighborhoods and a city center full of antique shops, outlet stores and enjoy trails of Fort Borst & Riverfront Parks.

We return by train that is scheduled to leave at about 4 pm. Please check the schedule the day before as AMTRAK does make a lot of schedule changes.

5 and 10 km are rated 1B (easy)



5km walkers at Graham Oaks – 19 June 2024

Photo by Angela G.



Wed walkers at start – River Run walk - 5 Jun 2024

Photo by Ed H.

JUL 13 @ 8AM TO 10AM (SATURDAY) ALBANY, OR

Bryant Park, 801 Bryant Way SW

Crazy Daze Walk – Event

A walk in the park and along the Calapooia and Willamette rivers and along the downtown area with Crazy Days Celebration with vendors in the streets.

5 & 10 km, rated 1A (easy)

JUL 17 @ 9:45 TO 9:55 AM (WEDNESDAY)

Holiday Inn Parking Lot,
909 N Hayden Island Dr.

Hayden Island Group Walk – YRE 754

2 five km loops. The east loop is on a path along the Columbia River with great views including Mt Hood on sunny days. The second loop is to the west into the shopping mall and along the river.

5 & 10 km are rated 1A (easy).

Lunch: Island Café, 250 Tomahawk Island Dr.

JUL18 @ 6:15 TO 6:30 PM (THURSDAY) VANCOUVER, WA

Salmon Creek Fred Meyer, 800 NE Tenney Rd. Registration in parking lot

Whipple Creek Group Walk - YRE 157

The walk is on paved streets and sidewalks, through nice residential areas and parks.

The 5km walk is rated 1A (easy)

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Wednesday Butler Creek Walkers – 5 June 2024

JUL 20 @ 9:00 AM TO NOON (SATURDAY) GRESHAM, OR

Gresham City Hall
1333 NW Eastman Parkway

Gresham Arts Festival – Event

Walk through downtown Gresham and the Farmers market and arts festival. Several streets are blocked off for this event.
5 and 10 km are rated 1A (easy)

JUL 24 @ 9:40 TO 9:55 AM (WEDNESDAY) PORTLAND, OR

Columbia Sportswear Outlet,
1323 SE Tacoma St,

Sellwood Bridge Walk – YRE 412

Walk through Sellwood Park, across the Sellwood Bridge into Waterfront Park and return. Most of the walk is on the Greenway Trail with nice views of the Willamette River.
5 and 10 km are rated 1A (easy)

JUL 25 @ 6:15 TO 6:30 PM (THURSDAY) VANCOUVER, WA

Pacific Community Park, 1515 NE 164th Ave. Register in Parking Lot

Maplecrest Group Walk – YRE 2477

The walk is in gorgeous neighborhoods, nice parks, and a forested paved trail.
The 5 km Walk is rated 1A (easy).

JUL 27 @ 9:45 to 9:55 AM (SATURDAY) PORTLAND, OR

Peninsula Park, Corner of N Kerby Ave. & Ainsworth St.

Peninsula Rose Garden Walk – (TGW)

The walk is highlighted by the Rose Garden but will also walk through Arbor Lodge and Columbia Parks and along Willamette Blvd. with views of downtown Portland. The 10 km will go by Noreen Kirk's home as a tribute to her contributions to walking community. Noreen was a long time President of the Rose City Roamers.

5 and 10 km are rated 1A (easy)

JUL 27 @ 8:00 TO 10:00AM (SATURDAY) RENTON, WA

Renton Memorial Stadium Parking
405 Logan Ave

Renton River Days Walk – Event

The main festival is returning this year to Liberty Park and the Community Center. Lots of options to enjoy the festival as you walk along.

5km, 7km & 10kms rated 1A (easy) and the 15km rated 3C (hard).

JUL 31 @ 9:40 TO 9:55 AM (WEDNESDAY) HAZEL DELL, WA

Black Rock Coffee Bar Parking Lot
7710 NE 5th Ave.

Hazel Dell-Burnt Bridge Creek Walk–YRE 425

Route goes into very nice neighborhoods and parks in Hazel Dell neighborhood and along the Burnt Bridge Creek Greenway. 5km does not enter the Burnt Bridge Creek Greenway. 5km rated 1A (easy), 10 km rated 2A (moderate)

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Minutes of June 2024 meeting

Call to Order and Welcome Dick called the meeting to order at about 7:40pm.

Meeting minutes The April minutes were sent out prior to the meeting. There were a couple of corrections that was brought up.

#1. Under Old Business, for National Walking Day, in the second paragraph, the name was incorrect. Instead of Dorothy Speidel, it should be changed to Dorothy Steedle.

#2. Under New Business, for Regional Director, in the last paragraph. The state association name was misspelled. It should be ESVA, not ETSVA.

Motion was called and voted **APPROVED** with the noted corrections.

Treasurer Report Jim reported for the three months.

Motion was called and accepted the financial report.

Old Business Nothing to report for old business

New Business

Walks Noreen Walk:

Dick has been working on a new Traveling Group walk in honor of Noreen. Starting at the Peninsula Rose Garden it will travel to Columbia Park and University of Portland. The 10K will go by Noreen Kirk's house but not the 5K. Date was decided as Saturday, July 27. The start time would be somewhere around 9am with a group at 9:30am.

Blumenauer Bridge: Walk is being worked on with a tentative route for a 5K, but not yet for the 10K.

Discussion on other walks being planned including Gabriel Park;

Walt Ottoson walk is needing some more information. Dick to talk with Lena.

Beverly Cleary walk was something Susan was wanting, but needing a good start point. Still hoping that it can be at Lloyd Center.

SE Portland is another being worked. The above walks will probably be Wednesday walks in August.

Hoyt Arboretum is best to do in Spring.

Website

What do we want to see on the site?

- Dick's idea is like an index for page 1,
- List of officers on page 2.
- Explanation of the trail ratings,
- YRE and Future events on another page.

Do we want a members only section? If so, then what would we want to include, membership roster, minutes of meetings? The above ideas were accepted.

A suggestion for YRE was to have a picture of the start box location, and of the box. Some locations are a challenge to locate the box. Also a few pictures of what you might see along the way to encourage the interest of those perusing the site.

Webmaster Heidi is willing to setup, and maintain the website. We would give her membership in Rose City Roamers. There was no objections to this request.

New Officers Dick was still looking for someone to fill the secretary position.

Carolyn Smith asked what it entailed, and after finding out the requirements, was willing to accept the position.

- Due to the timing of having the new officer's ready before the August meeting, Dick will send out for an email vote the list of new officers. The officers will be: Ed Hainline, President; Debbie Esmond, Vice-president; Carolyn Smith, Secretary; and Jim Wolf, retaining his position as Treasurer.

Regional Director

- **Regional Conf.** It is in September and currently these are the numbers of registered walkers: 21 from Washington, and 1 from Oregon (Ed). The first 100 registered will have option for the Dinner, and Buffet. The plan is to have seven walks. Four walks have been confirmed but still waiting for three walks from OPE club.

- Seasonal and YRE Renewals

For 2025 Sharon has suggested that to wait until the 2nd quarter to decide which walks (PPSF or STD) to keep and which to let stay idle for a year. The Canby walk is a good example of one that may be best to let rest a year. There were only 4 people who walked it all year. Should it be kept or stop at end of quarter? Even though there is construction happening in Canby the walk is still very doable. To decide what to do.

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- **Forms 990A, 990B** The additional of a blank category for participation. The current clubs have forms that work well. Motion made whether to keep the YRE registration form as is currently for Rose City Roamers.

-**“Striders”** Carolyn explained what this was. Medicare Advantage (Part C) health plans will often cover fees for sports/health clubs and activities. You sign up at Grouper groups.com/AVA. It will ask which health plan and your member ID. If you qualify, you will get an email stating you qualify and are officially a “Strider”

There are no fees paid to walk. You identify yourself as a “Strider”. Grouper pays the AVA four dollars, two dollars for AVA, and two dollars for the club. The walk reports will be the drivers for us to receive the club portion, so will need to have the numbers of “Striders” so Jim will be able to report it correctly. AVA has already changed the participation report.

Train Ride Olympia: June 20 (Thursday) meet with Olympia group at train station and the 4T walk. Dick has made some changes so that the 6K isn’t walking UP the hill. The tram tickets are \$8 round trip for the day of. Dick said Pam from Olympia sanctioned the walk as they were wanting to do this walk. Centralia Train ride: July 10 (Wednesday). Best to get the tickets early, as the prices change quite a bit.

Side note: Is the Albany group going on the train ride? Didn’t know will need to contact the club and find out.

August meeting Two discussion points: YRE walks, and Registration form.

Adjourned President adjourned. Meeting stopped at 1H:36M

REMINDER

NEXT MEETING: August 14, 2024 Wednesday on patio at Adventist Hospital.

Note: Time wasn’t confirmed (usually at 6PM).

Editor Note: - Days after the meeting, there are some guidance changes from AVA that were made to the Strider program. Still in flux. Minutes do reflect what was said at the meeting.