

September 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 PICNIC 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

19 September to 22 September --- NW Regional Conference

This year's conference will be held in Washington in the Kitsap Peninsula from September 19 to the 22. They have planned 8 walking events, a Buffet Dinner on Friday night (September 20), a pizza and salad buffet on Saturday night (September 21).

9 October – General Meeting - 6:00PM

Meeting will be held electronically via Jitsi. There will be a notice of the meeting and a link to join sent out prior to the meeting.

2024 Club Officer Directory

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SEP 4 @ 9:40 TO 9:55 AM (WEDNESDAY) GLADSTONE, OR

Safeway Parking Lot,
95 82nd Dr.

Gladstone to Oregon City – YRE 695

. The 10K Route rated 1A goes past the Cove in Oregon City as well as Clackamette Park, parts of downtown Oregon City and paved paths through 2 parks in Gladstone. 5K route rated 1A crosses the Clackamas River using the Pedestrian Bridge and follows the paved path past the Cove and returns to Gladstone crossing the Oregon City Bridge going over the Clackamas River to the finish.
5 and 10 km rated 1A (easy)



Group Walkers – Princess Ilchee 17 Aug 2024

SEP 7 @ 9:00 AM TO NOON (SATURDAY) AUBURN, WA

New Day Church, 1312 2nd St SE

Auburn Art & Park – Event

Walk on city sidewalks and trails around Auburn, through several city parks, and downtown area. View some unique art sculptures in parks, Veteran's Memorial, and on city sidewalks
5 and 10 km rated 1B (easy)

9 SEP @ 9:00 TO 9:15 (MONDAY) GRAHAM, WA

Frontier Park, 21800 S. Meridian

Walk Frontier Park – (TGW)

The walk will walk the woods of Frontier Park and in the nearby neighborhood
5 and 10 km rated 1B (easy)

SEP 11 @ 9:40 TO 9:55 AM (WEDNESDAY) CAMAS, WA

Heritage Park, 303 NW Lake Rd.

Lacamas Lake Walk – YRE 364

Route is on Heritage Trail, a lovely wooded nature path meandering through old growth trees, native plants and seasonal wildflowers. Walk beside beautiful Lacamas Lake and Camas Meadows Golf Course
5 and 10 km Rated 1B (easy)

SEP 14 @ 9:00 AM TO NOON (SATURDAY) HYAK, WA

Palouse to Cascades State Park Rail-Trail Parking Lot, Unmarked NF906 Rd.

Hyak Rail Trail and Tunnel Walk – Event

Two separate out and backs along this portion of the old Milwaukee Railroad Right of Way, now the Palouse to Cascades State Park Rail Trail. The westbound goes through the 3 1/2K Hyak tunnel for an experience unlike most other walks. Bring a good flashlight.
5, 8 and 10 km rated 1B (easy)

SEP 14 @ 8:30 to 9:00 AM (SATURDAY) SALEM, OR

Salem Hospital, Bldg. M, 755 Mission St SE

Governor's Mansion/Fairmount Hills (TGW)

The walk will take you through Bush Pasture Park to Fairmount Hills neighborhood where the Governor's Mansion is located. Other lovely mansions/gardens are seen on the walk plus Deepwood Museum. *The annual Salem Art Fair & Festival (10 AM-7 PM) held in nearby Bush's Pasture Park. Do the walk and then enjoy the Fair for a fee.*
5 km rated 2A and 10 km rated 2B (moderate)

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NORTHWEST REGIONAL CONFERENCE

SEP 19 @ 9:00AM TO 4:00PM (THURSDAY)

SEP 20 @ 8:00AM TO 4:00PM (FRIDAY)

SEP 21 @ 8:00AM TO 4:00PM (SATURDAY)

SEP 22 @ 8:00AM TO 3:00PM (SUNDAY)

SILVERDALE, WA

Silverdale Boy Scout Hall,
9161 Washington Ave NW

Bainbridge Island - Grand Forest Walk

One 5K stays within Battle Point Park. The other 5K and 10K are on park and forest paths that take you around Battle Point Park and onto the Forest to Sky trail to the Grand Forest. Battle Point Park 5K Rated 1B (easy), Grand Forest 5 & 10 km rated 3C (Difficult)

Bainbridge Island – Troll, Town & Trail Event

Explore the parks, trails and waterfront on Bainbridge Island. Troll included.
5 & 10 km rated 2B (Moderate).



Meet Pia the Peacekeeper Troll

Hansville - Lighthouse and Greenway Walk

Walk the tip of the Kitsap Peninsula on paths that take you through the forested Greenway or along roads/paths near the shore to Lighthouse.

5K Rated 1B (easy) 11K Rated 2B (moderate)

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Kingston - White Horse Trail Event

During weekdays, utilize complimentary public transit to walk the White Horse trail from the Indianola waterfront. An alternate 10k route utilizes the trail and park but does not require a bus ride. A 5k optional route walks to Carpenter Lake Nature Preserve with a boardwalk trail out to the lake edge.
5 & 10km - rated 2B (moderate)

Port Ludlow - McCormick Trail Event

The 5km features the McCormick Loop and one hill. The 10km includes part of the Timberton Loop and the McCormick RR Trail, a newly cleared section of an old railroad line that was used for logging. The McCormick Trail section is flat and wooded. It connects to two other trails that make a loop. The trail may be muddy and there are several climbs on the 10K.

5km rated 2B (moderate) 10km rated 3B (hard)

Port Orchard - South Kitsap Regional Park.

Both 5K and 10K are on forest paths that take you around the edge of the park and into the woods. The route includes a section of the Explorer Children's Trail. The 10K route continues into a neighborhood outside the park circling a golf course with a loop around Bill Bloomquist Rotary Park.

5 and 10km rated 2C (moderate)

Silverdale - Old Town Event

This walk starts at the Silverdale Scout Hall. Walk on sidewalks and tucked away urban trails within Silverdale seeing old and new along the way with many great views of Dyes Inlet.

5km rated 1B (easy) 10K rated 2B (moderate).

Suquamish and Poulsbo Event.

Walk in two Kitsap County towns. Suquamish is rich in Native American history while Poulsbo reflects the culture of Norwegian immigrants.

4km rated 1B (easy). 6km rated 2B (moderate)

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**SEP 18 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Cedar Hills Park, 2300 SW Cedar Hills Blvd
Commonwealth Lake Group Walk—YRE 1436

Walk through neighborhoods, local parks, around Commonwealth Lake, and a short trail along a quiet waterway and park. 10 km continues along school and through neighborhoods to Roxbury Park, beautiful homes, and Central Park.

The 6 km & 10 km are rated 2A (moderate)



10 km Wed Walkers at Blue Lake Park – 28 Aug 2024

**SEP 25 @ 9:40 TO 9:55 AM (WEDNESDAY)
RIDGEFIELD, WA**

Davis Park, 300 block of Main St.

Ridgefield Wildlife Trails Walk – (TGW)

The 5 km walk will go down Main St. then enter into the US Fish and Wildlife Refuge area on developed trails. The 10 km will continue into Abrams Park, more trails & nice home 5 rated 1B (easy) 10 km rated 2B (moderate)



Wed Walkers at The Grotto – 7 August 2024

**SEP 24 @ 9:45 TO 10:00 AM (TUESDAY)
CORVALLIS, OR**

Willamette Park 1350 Goodnight Ave
River and Lakes – (TGW)

Walk a trail along the Willamette River and through areas of newer home plus a wetland and along two small lakes
5 and 10 km rated 1B (easy)



5 km Walkers at The Grotto – 7 August 2024

**SEP 28 @ 9:00 TO 11:00 AM (SATURDAY)
SEATTLE, WA**

Magnolia Community Park, 2550 34th Ave W

Meandering in Magnolia Walk - Event

40th Club year Celebration. Walk around Magnolia neighborhoods, enjoying amazing views of Puget Sound and the Olympics. Explore upscale residential neighborhoods and shops. 10km route goes into Discovery Park 6km rated 2A, 10 km rated 2B both moderate



Wed Walkers start of Whipple Creek – 14 Aug 2024

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Minutes of August 2024 meeting

Ed called the meeting to order at 6:05 PM.

The last meeting minutes were sent to everyone in the July newsletter and resent to everyone on August 10. The motion to approve was called and voted approved as written.

The treasurer (Jim Wolf) was away but Jim sent a report for the income and expenses for June and July along with some annual fees that were paid. The annual financial income statement for AVA shows a gain of \$9.07 for the fiscal year not including the interest on the CD. There was some discussion of the fact that given the AVA fee increases we may need to tap into that interest to break even in the coming year.

Old Business

1. Dick reported that the Peninsula walk on July 27 had 35 walkers with a net loss of \$32.25.
2. Dick reported that the Grotto traveling guided walk on August 7 had 40 walkers with a net loss of \$15.25. There was some discussion about traveling guided walks and the need to do more of them to make the sanction fee worthwhile. The Albany club does a lot of them.
3. The Wine Walks event in Kelowna was canceled due to lack of registrants.
4. Dick is still looking into traditional event walks we can do, e.g. Blumenauer Bridge, Forest Park and Walt Ottoson.
5. Dick is still looking into traveling guided walks to do, e.g. Beverly Cleary, Gabriel Park, Hawthorne & SE Parks, and Hoyt Arboretum. Gabriel Park is a nice area but fairly hilly.
6. CRVC and Rogue Valley are hosting the Shady Cove event in October. Ed and Pat Jewett are traveling down soon to finalize the remaining walks, especially a walk at Lower Table Rock.
7. Susan asked about work on the club website. Heidi is busy but is working on it and is expected to be done by Christmas. It will be similar to the Vancouver club website and is being moved from Weebly to a new hosting company. Susan will pay the upcoming renewal fee and will be reimbursed by the club.
8. New club officers were elected by email vote as suggested at the last meeting. Ed Hainline (president), Debbie Esmond (vice-president), Carolyn Smith (secretary) and Jim Wolf (treasurer).

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New Business

1. The YREs and seasonals are due for renewal for 2025. Dick suggested that some walks become PPSFs (per participant sanctioning fee) and some become ½ year seasonals (April 1 to September 30) due to their low participation. There was some discussion about which walks to change and what participation numbers were like for each of them. It was agreed that the Gladstone Happy Rock walk would become a seasonal, the Portland Hollywood Rose City walk would become a seasonal, the University of Portland walk would become a seasonal, and the Oregon City End of the Oregon Trail walk would become a PPSF. Both walks in Wilsonville will remain YREs as will both in SE Portland since all get good participation.
2. Ed suggested that Dick Baker be appointed to one of the club's member-at-large positions. These members can attend and vote at club board meetings. The motion was called and voted approved.
3. Ed mentioned that some of Nancy Wittenberg's walks that she owns as AVA chairman are being transferred to area clubs since she is leaving office in April. CRVC is taking over 4 of those walks.
4. There was some discussion of the AVA's Strider program. There was discussion about not understanding why existing AVA members can't count as Striders given most Medicare health plans cover exercise activities. Dick said he counted 1 Grotto walker as a Strider.
5. The AVA's Big Give is coming up in September. Last year the club gave \$100. There was some discussion of giving \$9.07 (the club's annual profit) to emphasize what the AVA's fee increases have caused. A motion was called to give nothing and voted approved. Individual club members are still welcome to give their own contributions though.

Next Meeting

The next club meeting will be Wednesday, October 9 via Jitsi (I think). Debbie Esmond will set up the meeting and send out the meeting notice.

The meeting was adjourned at 7:15 PM. Minutes submitted by Carolyn Smith.