

Newsletter

June/July 2011

AVA-026, OK-01

Wandergruppe Walking Club, Inc.

P.O. Box 950181

Oklahoma City, OK 73195-0181

President's Message

The Memorial Day multi event weekend is over and if you weren't there you definitely missed some **fun, fitness and friendship**. Myrna and I went out to Elk City early Friday to discover Labor Day type temperatures in the 100+ degree category, but the next morning was very pleasant in the 70's with a nice breeze. The last walk which was Wandergruppe's walk in El Reno on Monday required you to hold your hat as we had winds in the 40mph category. Distance books, maps, and everything else not tied down ended up in the park pond, so we spent a good deal of the day fishing our stuff out of the water. That one will be remembered for a long time. A Big Thank You goes out to all the Oklahoma Clubs for putting on this weekend. Remember folks we have another multi event coming up in October, so start making plans now as we will return to far southeastern Oklahoma.

Due to AVA's National Convention, Wandergruppe will not have a club meeting in June. We will resume our regular third Sunday meetings in July at our usual location and time, Denny's at S.W. 74th and Pennsylvania off of I-240. We will have lots to discuss.

If you missed our last walk you also missed seeing the new club signs that Ross Kiddie recently had made. We had several comments that our new signs were very visible and easy to read. Not only that, they held up in the wind. Thanks also go out to Anne Grenier for her help. Her research and price quotes was instrumental in our final decision.

Our September 10th walk has been scheduled to be in Edmond. We have not walked in Edmond for awhile and this walk will feature many of the new statues that the city has erected. More information will follow as details are worked out, but the start point will be at the Edmond downtown Community Center at 28 E. Main Street. Our start point will be inside the building.

We have some club members who are dealing with some health issues. I hope you will keep them in your thoughts and prayers in the days ahead, and we hope to see them all real soon at a meeting or event. They are Al Heberlein, Barry Sartori and Ross Kiddie. I'm sure all would appreciate hearing from you by card, call or email.

Some of our fellow Volksmarchers were affected by the recent tornado in Joplin, MO. I know of two families who lost their homes, cars, everything and one person received injuries requiring staples and stitches. Glenn Conyers our regional director reported that his house and property did sustain some damage, but is livable and gas has now been restored so they have hot water for showers. Houses on both sides of the Conyers were completely destroyed. These storms are strange things, and always worthy of our respect. Anyway the June 4 walk in Joplin was cancelled, and again we need to keep these folks in our thoughts and prayers for a speedy recovery.

That's it for now except be sure to check out pictures from our Memorial Day weekend on the website.

Hope to see you on a trail soon, some of you in Iowa in a couple of weeks.

Joe Fountain, President

Meeting Notice

NO JUNE CLUB MEETING DUE TO THE AVA NATIONAL CONVENTION. Our next club meeting will be Sunday, July 17th at 3:00pm at the **Denny's Restaurant located at S.W. 74th and Pennsylvania.** All club members and interested parties are always welcome at our meetings.



Oklahoma Milestones

The following are awards issued as mentioned in the **April/May 2011 American Wanderer.**

Laura Huskins	OKC	50 Events
Matthew Huskins	OKC	50 Events
Sharon Pearson	Tulsa	75 Events
Steven Bentley	Lawton	100 Events
James Weaver	OKC	325 Events
Myrna Fountain	OKC	350 Events
Joe Fountain	OKC	350 Events
Barbara Klein	OKC	600 Events
Kenneth Miles	Tulsa	2800 Events

Laura Huskins	OKC	500 km
Matthew Huskins	OKC	500 km
Raymond Stone	Norman	2000 km
Dorothy Brown	Tulsa	40,000 km

The following are awards issued as mentioned in the **June/July 2011 American Wanderer.**

Ken Meinheit	Tulsa	10 Events
Judy Miles	Tulsa	1000 Events
Robert Doleman	Ft. Sill	1300 Events
Kenneth Miles	Tulsa	2900 Events



Congratulations to all our Oklahoma walkers on their achievements!!! It is not my intention to overlook anyone's achievement. If I missed you I apologize and please let me know and I will list your accomplishment in our next newsletter. Once again congratulations to each and every one of our Wandergruppe members and our Oklahoma Walking friends who achieved milestones over this period.



Upcoming Events

June 11	Art Deco Walk, Tulsa	Tulsa Walking Club
July 9	Penn Sq Mall YRE, OKC	Wandergruppe Walking Club
July 16	Bristow City Park, Bristow	Tulsa Walking Club
Aug 13	Sooner Mall YRE, Norman	Wandergruppe
Aug 20	Oxley Nature Park, Tulsa	Tulsa Walking Club

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Local Walking Programs

The Wandergruppe YRE Challenge: This event is open to all walkers. To qualify for this challenge you will need to walk 8 (eight) of Wandergruppe YRE events in any consecutive four day period. Be sure you send in all your start cards and fees together along with your T shirt size and a T shirt will be mailed to you. In this challenge all of Wandergruppe YRE walking events will qualify.

Wandergruppe Membership Challenge: For Wandergruppe members only. This has been extended through 2011. Bring a friend to one of our regularly scheduled walks or one of our group walks and if your friend buys a new walker packet or you buy one for them you will walk free for that day. If your friend joins our club you will walk your next three regular events with Wandergruppe Walking Club for free. Think about who you can invite to a walk, maybe a family member, neighbor, church member, or fellow worker on the job who is interested in improving their health while having fun. Invite them to come see what we are about!

TIPS FOR KEEPING ALLERGENS OUT OF YOUR HOUSE AFTER WALKING

Allergy season is in full swing now and for those of us who have allergies you probably know that when you arrive home after spending time outdoors, you carry in dust and pollen on your shoes and clothes and in your hair (long hair and loose hairstyles tend to trap more irritants than short or tightly bound strands).

Solution: When outside, cover your hair with a hat or scarf. When you get home, remove your head covering and shoes inside the door, change into clothes that you wear only indoors, and shampoo and dry your hair. Wash your comb and brush weekly to keep them free of any irritants they've picked up.

Club Officers

President: **Joe Fountain** Home: 692-5720; Work: 524-5511; Cell: 664-8571
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Vice President: **Raymond Stone** Home: 401-9055
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Treasurer: **Ross Kiddie** Home: 387-3231; Cell: 830-2568
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Secretary: **Anne Grenier** Home: 381-9389
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NEXT CLUB MEETING:
Sunday, July 17th at 3:00 pm
Denny's Restaurant, 1617 SW 74, Oklahoma City

Club Website: www.wandergruppe.com

AVA Walk Info:

<http://www.ava.org>

Anyone wanting to contribute articles for the newsletter may email them to Joe Fountain at: friend6139@aol.com. Wandergruppe reserves the option to edit or refuse any item submitted for publishing at its discretion. Items received become the property of the club.

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