

Walking Friends is published 10 times a year by the Tulsa Walking Club (club # 0291 of the American Volkssporting Association.) Anyone wanting to contribute articles for the newsletter may mail them to the editor (Linda Woodard, 5706 S 130th West Ave., Sand Springs, OK 74063 or email jadewoody@sbcglobal.net.) Submission **deadline is the 20th of each month** except July & November. (There is no separate August nor December newsletter.) TWC reserves the option to edit or refuse any item submitted for publishing at its discretion. Items received become the property of the club.

TWC membership meetings are held each month (except July, August and December) on the second Wednesday at 7:00PM at the **LaFortune Community Center, 5202 S Hudson Ave.**, Tulsa, OK. Members are encouraged to attend, and visitors are welcome. Club dues are \$12.00 annually, pro-rated for new members. Membership is not required to participate in Club events.

TWC 2009 Club Officers

Teresa Arnold, President	918/355-5820
Rhonda Minson, V. President	918/742-8212
Cheryl Hiatt, Secretary	918/749-5493
Linda Woodard, Publications	918/245-2935
Jeannie Richey, Treasurer	918/455-4908
CathyChildress, Asst. Treasurer	918/857-4696
Bob Pugh, Trail Meister	918/446-7924
Dorothy Brown, Walk Supplies Coord.	918/437-8404
Faylene York, TWC Historian	918/492-4296
Frank Reigel, Webmeister	814/968-5848
Lew York, Wheelmeister	918/492-4296

Walk Coordinator's Information:

Please send start point location, trail rating, start/finish times, driving directions and any other information for your walk's flyer to jadewoody@sbcglobal.net or 5706 S 130th W. Ave, Sand Springs, OK 74063, **3 months before** the event's date. This helps to publicize your walk!

NOTE: Glen Conyers, Regional Director, wants a statement on all walk flyers stating if the trails are wheelchair and stroller accessible, or not, **and GPS coordinates**. A trail rating is between 1 (easy) and 5 (needs climbing equipment).

For National walk information call AVA at 1-800-830-WALK or AVA's website: <http://www.ava.org> and Tulsa Walking Club: <http://www.ava.org/clubs/TulsaWalkingClub/>

NOVEMBER MEETING changed to NOVEMBER 10 (TUESDAY.)
November '09 and December '09 fliers are included with this newsletter.

**Tulsa Walking Club
P. O. Box 701856
Tulsa, OK 74170-1856**

Coming 3-Month Schedule of OK, KS, MO, TX Area one-time Events, 2009

Date	Location	County	Event	Club
Nov. 7	LaFortune YRE	9:00AM	Tulsa County	W TWC
Nov. 7	Lawton	9A-Noon	Comanche County	W HFW
Nov. 7	Village @ Skyline		Colorado Springs, CO	W FALW
Nov. 14	Heritage Syrup Festival		Rush County, Gilmer, TX	W ETT
Nov. 21	Rentiesville	9:30AM	McIntosh & Muskogee Counties	W TWC
Nov. 21	Fossil Rim, Glen Rose, TX	8:00AM	DALTK's 30th Anniversary Walk	W DALTK
Dec. 4 & 5	Leavenworth		6 swims event (3/da)	S KJ
Dec. 5	Sand Springs'Christmas Lights	4:30PM	Tulsa County (GuidedW)	& TWC Party
Dec. 5	Christmas walk		Colorado Springs, CO	W FALW
Dec. 13	College Hill Christmas Lights		Wichita, KS	W WS
Jan. 1 2010	Bartlesville YRE Group Walk	9:00AM	Washington County	W TWC
Jan. 2	Utica Sq. YRE, Tulsa	9:00 AM	Tulsa County	W TWC
Jan. 14-18	Savannah-Bakers Dozen		Savannah, GA (10W,2S,1B)	W THW
Jan. 16	RiverWalk YRE (96 th & Riverside)	8:45AM	Tulsa County	W TWC

For information about above events, contact:

TWC= Tulsa Walking Club, Teresa Arnold 918/355-5820

WWC=Wandergruppe Walking Club, Joe Fountain 405/692-8720

WWW= World Wide Walkers, Ken Miles 918/745-0212

WS=Wichita Skywalkers, John Wickham 316/788-6406

ETT= East Texas Trekkers, Jan Wood, 903/534-9301

OHH= Ozark Hill Hikers, Doug Evett, 479/381-2406

SSS= Sunflower Sod Stompers, Terri Tyler, tyler@topeka.k12.ks.us

WTTW=West Texas Trail Walkers, Jim Carlo, 214/693-1776

THW= The Happy Wanderers, www.happywanderersfl.org

HFW=Holy Family Walkers, George Snyder 580/357-2930

KJ=KS Jaywalkers, T&N Tesch 913/727-3289, L. Yother 913/684-4503

DT=Dogwood Trailblazers, Doris Conyers 417/781-4474

DALTK=Dallas Trekkers, Helen Bateman 214/732-3419

FALW=Falcon Wanderers, Karen Seay 719/632-9320

RMW=RockyMtn. Wanderers, K. Svoboda, 303/680-7118

TCW= Tarrant Cty Walkers, Reid, www.walktx.org/TarrantCountyWalkers

URGMW= UpperRioGrande Mountain Walkers, 800/327-2102

Membership Application Form for the Tulsa Walking Club

Annual dues are \$12.00 per family, due annually by Jan. 1.

Make checks payable to the Tulsa Walking Club. Please print clearly.

First Name _____ Last Name _____

Family Members _____

Address _____ City _____ State _____

Zip _____ Home Phone _____ Work Phone _____

Email Address _____

Birth date - month _____ day _____ (no year)



Return completed application with fee to any club officer or mail to: Tulsa Walking Club, PO Box 701856, Tulsa, OK. 74107-1856.
Affiliated with the American Volkssport Association (AVA) and the International Federation Of Popular Sports (IFPS).

MEMBERSHIP RENEWAL TIME

TWC memberships run from 1 Jan. to 31 Dec. each year. The 2010 club Phone Directory will reflect the renewal/new members who submit their application and dues in a timely manner. **BE SURE TO UPDATE ANY CHANGES IN YOUR INFORMATION. Early renewals are encouraged.**

**Congratulations and Best Wishes for
NOVEMBER**

Birthdays

11 Angela Jackson
12 Donna Ontiveros
14 Jim Dillinger
13 Carmen Zamora
20 Cynthia Hines
20 Jeannie Richey
24 Melissa Martin
25 Mary Baugh

Anniversaries

1 Barbara Ann & Earl Underwood
22 Faylene & Lewis York

DECEMBER

Birthdays

9 Michele Cunliffe
17 Taylor Chandler
17 Cathy Childress
21 Hoyt Jordan
24 Denise Graham
25 Susi Kildow
26 Jennifer Nerren
29 Howard Irving
29 Jerry Hixenbaugh
30 Sue Day

Anniversaries

30 Jerry & Barbara Hixenbaugh

TWC Members' HEALTH WATCH
Bernice Sober, Judy Miles, Susan Rice,
Ronda Chandler, Melissa Martin,
Sue Dav, Jim Dillinger

**Two new TWC officers for
2010!!**

Rhonda Minson – President
918/742-8212
Susi Kildow – VP
918/346-1655

New Newsletter Editor

Melissa Martin
P O Box 4359
Tulsa, OK 74159-0359

Donations for a **Memorial to AVA** in memory
of *Jim Renner* will be accepted through our
November walk.

NEW YEAR RESOLUTIONS

The time is almost here to make your New Year Resolutions. We hope one of your resolutions will be to increase your walking goals for 2010.

In order to assist you with your walking goals for 2010, the Tulsa Walking Club has plans to walk three of the YREs in January, as a group.

1. Friday, January 1, 2010, Bartlesville YRE

The registration for this day will be at Joallyn Park, from 9:00 AM to 10:00 AM. From Tulsa, take Highway 75 north to the second stoplight as you enter Bartlesville. Turn left on Price Road. After approximately ¼ mile, you will see the park (large pond) on your right. Turn right on Locust Street, then immediately right again into the parking lot.

2. Saturday, January 2, 2010, Utica Square YRE

We will meet at the Med-X Store at 8:45 AM to register, and ready to walk at 9:00 AM. Cynthia Hines, the walk coordinator, has a new route for us to walk.

3. Saturday, January 16, 2010, RiverWalk YRE

Registration for this walk will be at the trailhead at 96th & Riverside at 8:45 AM. The group walk will begin promptly at 9:00 AM.

Come join us for all of these walks and share your Christmas memories with us.

Dorothy Brown

FORTS OF THE UNITED STATES

(Program runs Jan 1, 2010 to Dec. 31, 2012)

TWC is sponsoring this new AVA Special Event Program. To participate, walkers must purchase a book to collect their qualifying stamps: towns, state parks, or military installations with "fort" in their name; an actual fort; or marker where fort once was located.

Books are \$10 and available Dec. 1, 2009 and after from POC, ***TWC's own Teresa Arnold***. A full-color embroidered patch will be issued upon completion of 25 qualifying events.

Welcome New Members

Terry and Maggie Sanders
6138 N Wheeling Ave.
Tulsa, OK 74130
425-1009

tmsand12@sbcglobal.net

YRE 3RD Quarter Report

Jeannie Richey writes:

"We had **379 3rd quarter**
YRE walkers."

Way to go, TWC!

Walking Friends

From the Tulsa Walking Club
NOVEMBER & DECEMBER 2009

TERESA'S TIDBITS

Welcome to November!! Although this typically means the beginning of the busy holiday season, please don't forget to make time for yourself and your health by keeping to your walking schedule. I love this time of year! We generally have bright, sunny, but cool days - perfect for walking!! I also particularly enjoy the season of Thanksgiving. We should be thankful each day, not just one day, but at least it is a start. What are you thankful for this year? I am thankful to be able to walk with good friends, and for the opportunity to have served the Tulsa Walking Club as its president for the past three years. Please welcome Rhonda Minson in her new role as President and Susi Kildow, as Vice-President, and offer to help them in whatever capacity that you are able, as well as extend your thanks to Cheryl Hiatt and Jeannie Richey for continuing in their roles as Secretary and Treasurer, respectively. We have a great slate of officers; please support them.

Our November walks include the first Saturday walk at the LaFortune YRE on the 7th, and our third Saturday walk on the 21st will be at the Honey Springs Battlefield in Rentiesville, which is South of Muskogee (please see attached flyer). You will find this historic site very interesting, and the trails are very well laid out. Come and explore this piece of Oklahoma history with us! Let's carpool and have a great turn-out!

Our December walk will be in Sand Springs on the 5th with a party at the Woodard's to follow. PLEASE NOTE: The December walk is a Guided Night Walk. There is a specific start time for both the 10K and 5K trails. Then we will all caravan together to Randy and Linda's house. (see attached flyer)

There are still some walks for 2010 that either need coordinators or helpers. Please consider assisting in this regard. Our next meeting, the last one of 2009, will be **TUESDAY**, November 10th, because of Veteran's Day on the 11th. We will be having a great program, so be sure and attend.

In October of 2010, TWC will be celebrating its 25th Anniversary AND hosting the Regional Roundup. We need lots of input. What did you enjoy about our 20th Anniversary? Anything you would like to see again? Anything that you would not? Other ideas? There are committees for various activities and your special talents and skills are needed! We will be having monthly committee meetings. Please consider helping out. You won't want to miss out on the fun!!

Happy Thanksgiving! Get out and enjoy the change in seasons, and enjoy the fall colors.

Love wholeheartedly, be surprised, give thanks and praise, then you will discover the fullness of your life.
--Brother David Steindl-Rast

Yours in Walking, *Teresa*

October 17, 2009, Walk

GREAT TURNOUT for the Greenwood Historical District/Osage Prairie Trail! 68 enthusiastic walkers – in spite of unexpected detours. More at the November Club meeting.

Adelle and Dorothy

Change in Meeting Date:

Due to Veteran's Day falling on our meeting date, our facility will not be available. Therefore, TWC will be meeting on **TUESDAY, November 10**, 2009, still at 7 PM at the LaFortune Community Center.

This will be the last meeting for the year! **Please Come!**