

“ODDS” AND ENDS

The official newsletter of the Las Vegas High Rollers & Strollers

P.O. Box 60745, Boulder City, NV 89006

Volume 20 Issue 3

July - September 2017

Message from the President

Hello again!

The heat of the summer is here and our club walks are suspended until September, but remember that there are still plenty of ways to get out and stay active. Walking early or late might be an option. Doing a 5km instead of a 10km might be another choice. A rec center or gym track could be another. As always, be sure to take lots of water and use a sun block if you're walking outdoors.

I was able to attend the 20th AVA Convention in Billings, MT as a club representative. (See photos submitter by Mary Ptacek on page 4.) In addition to regular business, we elected national officers for the upcoming term. These new officers are: President – David Bonewitz; Vice-President – Nancy Wittenberg; Secretary – Sam Korff; Treasurer – Bob Morrison.

Our Regional Director for the next two years is Suzi Glass, who will be serving her second term. **Carl Cordes** was elected as Deputy Regional Director (a new position) and will also serve for two years. Congratulations to both.

Mark your calendars for a Traditional Event at Lake Mead on October 21st. The route starts at the remodeled Hoover Dam Lodge. It follows the old railroad trail through construction tunnels used to supply Hoover Dam. It's moderately strenuous, but the views are amazing. We wrap up with a stop at the Alan Bible Visitor Center before returning to the hotel. The hotel is offering special rates to the club and to other walkers who want to get a really early start. We'll put more info about the walk on the club website.



HAPPY BIRTHDAY

AMERICA

If you're going out of town, remember to look at the AVA website for walks near your destination. Clubs work hard to design interesting walks, and they're a great way to learn about a new area.

Happy trails!

Al Korejwo,
President



FUN, FITNESS, FRIENDSHIP

July - September Birthdays

The Las Vegas High Rollers and Strollers would like to wish the members listed below a wonderful birthday.

JULY Ellen Reeves 8 Brenda Harris 30	AUGUST Carl Cordes 1 Trev Brady 13 Tom Maher 16
SEPTEMBER Al Korejwo 28	Happy Birthday To All



NOTE!!

Meetings are held in Panera's located in the Hughes Center (Flamingo and Paradise). The address is 365 Hughes Center Drive Suite 100 (the restaurant faces Flamingo) at 7PM on the fourth Wednesday of the month.

Officers of the

Las Vegas High Rollers and Strollers

President: Al Korejwo (702) 492-1815 email: hkorejwo@earthlink.net

Vice President: Carl Cordes (702) 540-6632 email: carlcordes@aol.com

Treasurer: Brenda Harris (702) 845-1550 email: mmddd_family@msn.com

Secretary: Smith Reeves, (702) 242-4105 email: smithreeves@yahoo.com

Committee chairpersons

Membership:

Publicity and Communications: April Borbon (702) 235-2404 email: aprilborbon@gmail.com

Trail Master: Mary Ptacek (702) 260-7333 email: mtptacek@msn.com

Asst. Trail Masters:

Newsletter Editors: Smith & Ellen Reeves (702) 242-4105 email: smithreeves@yahoo.com

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Special Sales: Brenda Harris (702) 845-1550 email: mmddd_family@msn.com

Club Address

Las Vegas High Rollers and Strollers
 P. O. Box 60745
 Boulder City, NV 89006

Club's email: lvhrs1985@yahoo.com
Website: www.lvhrs.org

AVA NATIONAL HEADQUARTERS

American Volkssport Association
 1001 Pat Booker Road, Suite 101
 Universal City, TX 78148-4147
 Phone (210) 659-2112 Fax (210) 659-1212
 Website: <http://www.ava.org>

ODDS AND ENDS:

Walking Schedule for 2017

June - August	No Gr. Walk**	
September 2	North Strip	8:00 AM
Sept 16	7 Hills	8:00 AM
Sept 30	Boulder City	8:00 AM
October 14	Sunset Park	8:00 AM
October 21	Lake Mead 1-day event	Info at a later date
October 28	South Strip	9:00 AM
November 11	UNLV	9:00 AM
Nov 18	Downtown LV	9:00 AM
Nov 25	Bike Event	9:00 AM
Dec 2	Green Valley	9:00 AM
Dec 9	Lake Mead	9:00 AM
Dec. 16	DT Summerlin?	TBA

**Brenda has proposed a second Saturday swim at the Boulder City Pool at 9AM (6/10, 7/8, 8/12)

Sizzlin’ Summer Strolls (for High Rollers & Strollers only):

To encourage walking in the summer, when we don’t have group walks scheduled, we’re offering a special challenge to club members only – walk 6 IVV-credit walks and win a free club T-shirt!

Can it be simpler?

- Choose from Green Valley Ranch, 7 Hills, Sunset Park or Downtown Las Vegas YRE walks
- Walk at least 6 walks for IVV credit
- Do it between June 1 and August 31
- Get a free club T-shirt!

That’s it!

As always, be careful on the trail – use sun screen, bring plenty of water and avoid the hottest part of the day. Mark “SSS” on your start cards to make it easier to keep track. We’ll publish the list of winners in the autumn newsletter.



Congratulations to Carl Cordes for being elected to a two-year term as our Deputy Regional Director!



MEMORIES FROM THE 20th AVA CONVENTION
BILLINGS, MT

CRAZY HORSE

ON THE TRAIL



LVHR&S Schedule of Upcoming Events
(For directions to the Start Points, check the web site.)

July 26	<u>Meeting</u>	Panera's in the Hughes Center	7PM
Aug 23	<u>Meeting</u>	Panera's in the Hughes Center	7PM
Sept 2	<u>Group Walk</u>	North Strip	Leave Starbucks/Westin 8AM
Sept 16	<u>Group Walk</u>	7 HILLS	Leave Chevron Station 8AM
Sept 27	<u>Meeting</u>	Panera's in the Hughes Center	7PM
Sept 30	<u>Group Walk</u>	Boulder City	Leave Boulder Hotel 8AM
Oct 14	<u>Group Walk</u>	Sunset Park	Leave hotel 8AM

NO WALKS IN JULY THROUGH AUGUST

How About Joining Our Club?

Name: _____

Address: _____

City: _____ State: _____ Zip + 4: _____

Home/Work Phone (_____) _____ (_____) _____

Birthday: Month _____ Day _____

E-Mail Address: _____ Fax Number: (_____) _____

***Individual Membership Dues are \$10.00 per year.**

***Family Membership Dues are \$15.00 maximum per year.**

***Dues are due on January 1st. Members joining after July 1 pay half fees.**

Membership entitles you to receive the newsletter 4 times a year plus other benefits provided by the club. Make checks payable to LVHRS and mail to P.O. Box 60745, Boulder City, NV 89006.