

## Buffalo Beat Spring 2014

Greetings from your exhausted President. We have just finished the first walk of the spring in Sturgis and I am whipped. I think the whole walk was uphill. Is that possible? Thanks to Cathy and Heidi in Sturgis for putting this event together. We were pleased to see Ernie Miller there stamping books and still sharing history lessons with all. More interesting facts from people in the know!!!

We are looking forward to a great walking season. Please watch the website to keep informed. If no web for you, please DO NOT HESITATE to call me at 605-718-3686.

We will be hosting a walk at Stockade Lake next weekend. Crazy Horse is coming up fast. Our bus trip has 35 walkers. Hope you are signed up for this Crossing the Borders themed trip.

We have Event Books at our house. If you were not at the Spring Meeting and would like your copies please call me or pick them up at the next walk you attend.

We have some really great incentive items again this year. So be sure to get the patch by doing your ten (10) walks, any 10 listed in our walking book. Then a shirt or vest can be earned by completing just 10 more events. Remember, you are all winners and the prizes can all be earned as we get out there and get healthier. Bonus, we get fresh air, see the beauty of nature and meet new friends. At the Spring Membership Meeting, it was also decided that with extra effort, you can earn the shirt and vest in just one season. Any questions about the incentive program can be directed to Diane Johannesen. We certainly have plenty of walks to complete this challenge!!

Have you ever thought about being on the Board for BHVA? We will be needing a Vice President, secretary, treasurer and two directors for the upcoming year. It's a great opportunity to have some new input into the workings of your club!

Please mark your calendars for September 12 thru 14 as we will be hosting an anniversary celebration for our state's 125th year of statehood. My where have the years gone. We will be hosting a Meet and Greet on Friday evening after the walk. There are plans for cake and ice cream on Saturday. We have all three clubs in South Dakota working on this project. A patch is being designed also to commemorate the event. There will be four events and the Capitol walk for a total of five walks can be done during the weekend. The plan is to have all of our members earn all of the incentive items.

Special mention of IVV Event Awards go to Steve Ashley for 400 events, Marge Ashley 425 events, 1050 events for Ken Kjar. In the distant category we have Marge and Steve Ashley with 4,000 km, Ken Kjar with 11,000 km and Beth Hendricks with 45,000 km. Keep walking and adding up those totals. We want to see your name in print.

Keep on walking, it's a beautiful world out there, let's enjoy the wonder of nature here in our own back yard. Please contact me anytime with your concerns and suggestions.

Remember we have a great web site at [www.bhva.org](http://www.bhva.org) and also [www.ava.org](http://www.ava.org) a wealth of information can be found at either of these sites.

Karen Elverud  
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