

## WALKING

While walking thru the park one day, I saw a group of ROTC fellows doing their morning jog. I walked past them remembering how in basic training our company marched down the Avenue. The words "People want to know who we are" came back to me and two things came to mind: EXERCISE AND COMRADESHIP

Walking at your own pace is a good exercise, doing it with a fellow veteran alongside you, is even more rewarding.

If you are able to walk, (check with your doctor) and want to enjoy the fellowship, promote our Chapter, and tone up, then give me, Larry Gallagher, a call at

718-619-5545 or email me at [emflgmn@aol.com](mailto:emflgmn@aol.com) .

Wear appropriate clothes, footwear, Chapter 421 caps or shirts. Bring some bottled water and a small snack if needed.

There are many safe places to walk. The mall in the morning, Clove Lake Park, the boardwalk, etc., etc. We can exchange cell numbers with others to set a time and place to meet.

Larry Gallagher