

ALBANY FITWALKERS NEWSLETTER

SEPTEMBER/OCTOBER

WALK ALBANY

2010

Albany Fitwalkers, a member of the American Volkssporting Association, is a non-competitive group meeting the second **Wednesday** of each month at *Brookdale Villas Courtyard*, 1929 Grand Prairie Rd. SE, Craft Room A, Albany OR. Visitors are welcome. Dues are \$10.00.

WALKER WEBSITES

FITWALKERS www.albanyfitwalkers.org **OTSVA** www.walkoregon.org **AVA** www.ava.org

MEETING & EATING

MEETING Wednesday, September 15, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok **-5:30** at Valentino's Pizzeria, 641 NW Hickory St. #160, North Albany Plaza, North Albany. Take the first left into the plaza.
Please order when you arrive rather than waiting for everyone

MEETING Wednesday, October 13, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok **-5:30** at Elmer's, 2802 Santiam Hwy SE, Albany. Near Albertsons.
Please order when you arrive rather than waiting for everyone

Sunday Strolls

Sept 26 2PM Lebanon Walk, Meet at Samaritan Lebanon Hospital,
525 N. Santiam Hwy, Lebanon
Oct. 31 2PM College Walk, Meet at Java Network 5444 Pacific Blvd
SW, Albany
(Last chance to walk this in 2010)
Triple Chocolate brownies, fruit and water on both walks!!

FITNESS

FUN

FRIENDSHIP

FOOD

Mosey With the Mossbacks!!



For more information call (541) 747-6470 or email www.mossbacks.org

Sat. Sept. 4 Carpool to measure Elkton Route, 8 am – 4pm.

Tues. Sept. 7 Check new Springfield YRE, 8:30am – 11:30am.

Sat. Sept. 11 Carpool to Albany Walk, 7am – 1:30pm.

Thurs. Sept. 16 Carpool to Mount Angel YRE and Oktoberfest, 7am-6pm.

Sat. Sept. 18 Carpool to Canby Dahlia Walk, 7am-3:30pm.

Sun. Sept. 19 Carpool to Sisters Stride Walk, &am-4pm.

Fri. Sept. 24 Mark trail at Shotgun Creek, 8:30am-2:30pm.

Sat. Sept. 25 Shotgun Creek Walk, 9am-2pm.

Tues. Sept. 28 Check new Cottage Grove YRE, 8:30am-2pm.

Come Walk With Us!!!

THURSDAY & SATURDAY WALKS 2010



Thursdays **10 -12:30** walk Year-Round Events in neighboring towns. Coordinators Phoebe, Judy, and Julia are rotating weekly walks. A walk will be cancelled if no one can attend and you will be notified of the cancellation on Wednesday evening by an e-mail.

For Thursday walks in September and October 2010 go to www.AlbanyFitwalkers.org

AND WALK ALBANY

The September Bike Commute Challenge is coming soon. Plan to sign up and introduce coworkers to bike commuting.

500 Bicycle Legal Rights cards, 500 Pedestrian Rights cards, copies of "Pedal Power, A Legal Guide for Oregon Bicyclists" and "Oregon Pedestrian Rights: A Legal Guide for Persons on Foot" and "Action Pamphlet #1, a Do-it-yourself Guide to Ticketing Bad Drivers," and a Bicycle Commute Challenge poster from the BTA are available to interested parties.

Build Lebanon Trails Saturday, October 9

Second Saturday Hikes - West River Trail Hike 10:00am-12:00. For more information go to www.BuildLebanonTrails.com



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Happy Birthday
Randy H - September 4
Sandy C - October 3 and
Donna S - October 11

**MAGNIFICENT
MILESTONES**

Events

Mary Ann C. - 10

Christine P. - 30

Phoebe H. - 2,600

**Congratulations and Way to
Walk**

**Two Rivers Run Through It
September 11, 2010**

On September 11, see a different side of our town as well walk along two rivers (Calapooia and Willamette), in two counties (Linn and Benton), starting at the Two Rivers Market, 250 Third Avenue SW. between 8am and 1pm and the finish is by 4pm.

In addition to the Albany Community Garden open house, there are a number of activities planned in the area of this walk on September 11.

Haven't signed up for a work station yet? Contact Jean at WanderingJEB@gmail.com to find out what's available.

2011 Year Round Events

It is official. The Boston Mill Walk, in Shedd, will replace the college walk next year.

The Mill is opened 9:00-4:00, seven days a week, a camp host on duty and restrooms. Tours are available also. And how timely that Grist Mills are a new 2011 walk challenge.

The Lebanon walk is being revised to exclude Gills Landing and include Cheadle Lake, and will have an 11 or 6k option

Annual Potluck

A good time and good food were had by all at the Aug.11, pot luck meeting held at Leroy and Carol's house. No small gathering, attendees included

Michael, Evie, Dorothy & Bill, Jan, Randall & Phoebe, Jim & Rozy, Julia & Paul, Mary Ann, Leroy of course, Helen & Terry, Stephanie and Kassadee, Terry & Sue, Donna, Jayne, John & Shona, and Karen.

Stephanie, Club Historian, shared the nicely done notebook she created containing the 2010 Albany Fitwalkers History. Newsletters and meeting minutes are included plus photos of various walking events and Sunday strolls. Stephanie welcomes suggestions and photo contributions.

**ALBANY FITWALKERS
2010 OFFICERS**

PRESIDENT - JIM W
VICE PRESIDENT - ROZY W.
SECRETARY - KAREN W.
TREASURER - JAN H.

Greening Glass Bottles

The biggest problem with recycled glass is that there's not enough of it. We recycle only 25% of the glass in the U.S. solid-waste stream, a national disgrace, considering the landfill space and energy we'd save with more recycling.

About 70 % of recycled glass goes into new containers or useful products like fiberglass insulation. Glass separated by color is preferable to mixed, since neither green nor brown can be used to make clear glass. To save space, bottles are crushed into cullet, which is melted back into "new" glass. If the cullet is too mixed or contaminated, some is, alas, dumped, but it also winds up in all sorts of items: beads, tiles, countertops, frictionators (a neat word for match tips), highway reflectors, and road aggregate.

Only 11 states have bottle-deposit laws, thanks to opposition from corporations and trade associations. States with the economic incentive of deposits average a 63 percent recycling rate, compared with a puny 12 percent in states without, says the Container Recycling Institute. CRI's web site (container-recycling.org) displays a counter tallying how many cans and bottles have been littered, incinerated, or sent to landfills since January 1, and it's shocking to see the numbers fly by. In mid-July, we were already at 69 billion; 182,000 more got tossed while I typed these last two sentences!

By Bob Shildgen,
Sept./Oct. Sierra Magazine

Hooray for Oregon, being one of the 11 bottle-deposit states and thus green bottlewise!

Wanted - Awards Coordinator for Albany Fitwalkers

Contact Jim at albanyfitwalkers@gmail.com.

Walk Seasonals While You Can

YRE Ending September 31

Baker City - 10km, 1
Burns - 6/10km, 1+
Condon - 10km, 1
Enterprise - 5/10km, 2+
Fort Rock - 5/10km, 2+
Fossil - 10km, 1
Gilchrist - 5/10km, 1+
John Day - 10km, 1
LaGrand - 5/10km, 1
Paulina Lake Resort - 13km, 4
Pendleton - 5/10km, 1
Prineville - 10km, 1

YRE Ending October 31

Albany College Walk - 5/6/10km, 1+
Gresham - 35km, 1
Port Orford - 10k, 2+

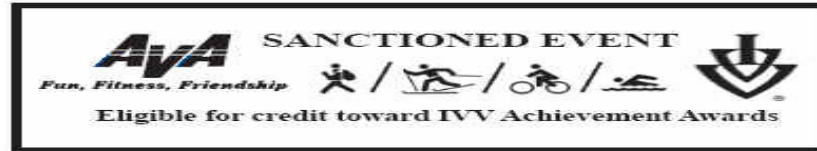
YRE Ending November 15

Silverton's Silver Falls - 11/12m.3+

Next OTSVA state meetings are September 26, 1:30 at the Sunday Parkways-NW Portland Walk, and November 6, 1:30 at the Portland Rock Creek Walk.

SEPTEMBER/OCTOBER 2010 DATES TO REMEMBER

**HOSTED
EVENTS**



2010

September

Sept 4-6 Toutle,WA-Mt. St. Helens-SilverLake/Seaquest State Park Walk,5/10km,2+ All Weather Walkers
Sept 4-6 Toutle, WA - Mt. St. Helens- Coldwater Lake Walk, 5/10/13km, 2, All Weather Walkers
Sept 4-6 Toutle,WA -Mt. St. Helens-Hummocks/Boundary Trail Walk, 5/7/20km, 4, Vancouver USA Volks.
Sept 4-6 Toutle, WA -Spirit Lake Walk, 6/12km, 4, Vancouver USA Volkssporters
Sept. 11 Albany, OR – Two Rivers Run Trough It, 5/10km Albany Fitwalkers
Sept. 16 Yelm, WA - Sizzling 3rd Thursday Summer Walks, 5/10km, 1. Daffodil Valley Volkssport Assn.
Sept. 18-19 Canby - Dahlia Walk, 6/10km, 1. Valley Volkswalkers
Sept. 19 Sisters - Stride into Autumn Walk, 10/15km, 2, Ponderosa Pathfinders
Sept. 25 Marcola - Shotgun Creek Walk, 5/10km, 3, Eugene Springfield Mossback Volkssport
Sept. 26 Portland - Sunday Parkways NW Portland Walk, 5/10 km, 1+, Rose City Roamers

October

Oct. 2-3 Dayton – Heiser Pumpkin Patch Walk, 5/10km, 1+. Mac Trackers Walking Club
Oct. 3 Astoria - Great Columbia Crossing Walk, 10km, 2, Oregon Trail State Volkssport Assn.
Oct. 10 Portland-Portland Marathon and Mayor's Walk, 10/21/42km, 2, OTSVA.
Oct. 23 Happy Valley – Happy Valley/Scouters Mt.Walk, 5km – 1+, 10km- 3, East County Windwalkers
Oct. 23 Portland – Harvest Moon Walk, 5/10km, 1+, Columbia River Volkssport Club
Oct. 24 Sherwood - Fall Foliage Soup Walk, 5/10km, 1+, Sherwood Merrywalkers

November

Nov. 6 Vancouver - Veterans Day Parade, Walk Vancouver USA Volks
Nov. 6 Portland - Rock Creek Walk, Cedar Milers

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

Volkssport Information Lines <http://www.ava.org>

JOIN US!