

# ALBANY FITWALKERS NEWSLETTER



OCTOBER-

WALK ALBANY

2013

*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](http://www.albanyfitwalkers.org) **OTSVA** [www.walkoregon.org](http://www.walkoregon.org) **AVA** [www.ava.org](http://www.ava.org)

**MEETING** Wednesday, October 9, 2013, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at Applebee's, 1525 Geary St. SE, Albany, Please order when you arrive. This gives us time to get to the meeting by 7pm.

## **Salem Second Sunday Stroll hosted by Willamette Wanderers**

**Sunday, October 13**, 2:, PM, Keizer Willamette Mission State Park Seasonal Walk, **Closes November 30**, 10K Rated 1A. . This walk takes you throughout this historic park on natural and paved paths suitable for strollers, wheelchairs, and pets. Park fee entrance fee \$5. [wrozy@yahoo.com](mailto:wrozy@yahoo.com) or 541-981-3794

## **Albany Sunday Strolls Hosted by Albany Fitwalkers**

**Sunday, October 27**, 2pm, 10 km, 5 km - 1A - Timberlinn Park Walk, **Not available in 2014**. Walk by newer residential areas and the new Timber Ridge school. The route goes through Timber Linn Park with lakes, streams, and a veterans' memorial. Start at Holiday Inn Express Hotel near airport.

## OCTOBER HAPPY BIRTHDAYS

Sandy - 10/3 and Donna -- 10/11

Albany Fitwalkers AVA Birthday, 26 years old!!

REGISTER FOR THE 2<sup>ND</sup> ANNUAL 5K ZOMBIE CHASE HELD SATURDAY OCTOBER 19 AT 10 AM. BENEFITS THE PROGRAMS AT MAPLE LAWN SCHOOL. START AT MONTETH PARK AND BE AFRAID ALONG THE DICK CLARK WATERFRONT TRAIL. FOR MORE INFORMATION CONTACT [ALBANYPARKSANDRECREATION.ORG](http://ALBANYPARKSANDRECREATION.ORG)

2013 Officers President- Lolly, Vice President - Karen, Secretary - Bev, Treasurer - Jan

**FITNESS**

**FUN**

**FRIENDSHIP**

**FOOD**

## RICHARD

**It is with great sadness that I inform the Oregon AVA clubs of the death of my good friend Richard Retin on September 13, 2013. Although he had joined the Willamette Wanderers of Salem & Keizer only last Fall, he was an active member and had contributed much to advance AVA. Besides being an AVA credit walker and an AVA Associate Member, he was an enthusiastic Centurion participant. Richard had great organizational, computer, and map-making skills which he used to enhance the club's YRE/traditional directions/maps. He was the Co-Coordinator**



**of the club's recent Keizer Rapids Park event walk on August 10<sup>th</sup>. Faced with the task of creating a map for the forest part of the walk where there was no previous map of the trails, he tackled the task with enthusiasm and created a map which drew many compliments at the event. He was always willing to share his expertise with other AVA clubs. He later became a member of the Albany Fitwalkers Club and was a regular participant in the Thursday weekly walks sponsored by both clubs. Richard was an energetic volunteer, a great problem solver, and helped in the creation of new walks. He definitely was a rising leader in AVA and would have been an excellent Club officer. Oregon AVA has lost a wonderful walking advocate.**

**Richard recently received an Oregon Flame Award for Enthusiasm from the Oregon Trail State Volkssport Association. He is pictured above with his award.**

**Julia,**

**Member of Albany Fitwalkers & Willamette Wanderers**

This announcement was sent to all the Oregon clubs

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**MEETING** Wednesday, November 13, 2013, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at Cascade Grill, 110 Opal St. SE, Albany, by the airport motel. Please order when you arrive. This gives us time to get to the meeting by 7pm

**November 13 PROGRAM** – Wrapping up 2013.

## **Salem Second Sunday Stroll with the Willamette Wanderers**

**Sunday November 10**, 2pm, New Keizer Walk Five Parks & a River

## **Albany Sunday Strolls hosted by Albany Fitwalkers**

**Sunday, Nov 27** - 2pm, North Albany Walk, 5/10km, rated 1A (1 gradual hill). A walk through North Albany in Benton County, passing 2 golf courses, through new residential and rural areas with views of Thornton Lake, Christmas tree farm, farm animals, hazelnut grove and crops. Modified 5km available, rated 1.. Start at Ray's Foods

## **NOVEMBER HAPPY BIRTHDAY**

Judy – 11/5 and Nancy – 11/27

2013 Officers President – Lolly, Vice President – Karen, Secretary – Bev, Treasurer – Jan

**FITNESS**

**FUN**

**FRIENDSHIP**

**FOOD**



## Lebanon Trails

[BuildLebanonTrails.com](http://BuildLebanonTrails.com)

meeting the first Tuesday of each month  
7:00pm – 8:30pm

Samaritan Lebanon Hospital.

Next meeting **Tues, Oct. 1, 2013**

Following meeting **Tues. Nov.5**



**COME WALK  
WITH US**

### THURSDAY WALKS

Carpool to YREs

Walk from 10:00am to 12:30pm

A weekly e-mail comes out on Monday or contact  
Julia at [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net), or 541-967-3001. (on Thurs with cellphone: 541-979-0139)

**Oct.3** – Forest Grove

**Oct 10** – NE Salem Historic

**Oct 17** – Fremont-Belmont neighborhood in  
Portland

**Oct 24** – to be announced

**Oct 31** – Parks & Lakes (testing the new 2014  
walk involving Talking Water  
Gardens/Waverly Park/Swan Lakes area

**November** walks to be announced

**Sat. Oct. 12** – Trails Development Day, 10 – 12

**Sat. Nov 9** – Cheadle Challenge Volunteer Day,  
10-12.

### Sweet Home Trails

[www.shtrails.com](http://www.shtrails.com)



**Sat. Nov. 23** - trail race

starting at Lewis Creek, running  
west on the Foster Lake trail then back on the  
reservoir bottom! Come run or volunteer!

Contact [shtrails@gmail.com](mailto:shtrails@gmail.com)

### Silver Striders Strolls

Albany Parks & Recreation program at the

Albany Senior Center

Tues. and Thurs. 9:30am

Led by Helen

For information call 541-730-1514

### Mosey with the Mossbacks

[www.mossbacks.org](http://www.mossbacks.org).

Reservations Required.

[Mossbacksclub@comcast.net](mailto:Mossbacksclub@comcast.net), or 541-726-7169

**October**

**Tues. Oct. 1, 7-4.** Carpool to check Yachats  
Halloween Walk

**Fri. Oct. 4, 3-7.** Carpool to check  
Creswell/Garden Lake Park Walk

**Sat. Oct. 12, 8-5:30,** Carpool to Portland  
Alexandra Bridge Walk

**Sat. Oct. 19, 8-5:30,** Happy Valley Hills &  
Hollows Walk

**Mon.-Weds. Oct 21-23,** Bandon Trip

**Sat. Oct. 26, 8-4:30,** Carpool to Yachats  
Spooky Halloween Walk

**November – To Be Announced**



### Walk with the Wanderers

[willwander.weebly.com](http://willwander.weebly.com)

Meeting the third  
Wednesday of each  
month

7:00pm – 8:30pm

Bldg D, Salem Hospital,  
890 Oak St, Salem

Meeting **Wed, Oct. 16** and **Wed., Nov. 20.**



### Salem Second Sunday Stroll

**Sun. October 13,** 2:00 PM, Willamette Mission,  
5K/10K, rated 1A

**Sun. November 10,** 2:00 PM, New Keizer Walk  
Five Parks & a River. This new walk developed by  
Julia and being introduced in 2014.

The day, water, sun, moon, night – I  
do not have to purchase these things  
with money. – Plautus

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## **Fitwalkers News**

### **Meeting Program**

**DEAR FITWALKERS,**

**JULIA'S EMAIL TELLING US OF RICHARD'S DEATH WAS A SAD LOSS TO ALL OF OUR MEMBERS. JULIA IS BRING A CARD TO OUR OCTOBER MEETING THAT WE CAN SIGN SO THAT SHE CAN SEND IT TO HIS FAMILY FOR US.**

**RICHARD WAS DUE TO BE OUR PROGRAM SPEAKER AT THE OCTOBER 9, MEETING. I SUGGEST THAT WE MAKE OUR OCTOBER PROGRAM A JOYFUL REMEMBRANCE OF RICHARD BY SHOWING ANY PICTURES THAT YOU MAY HAVE OF HIM OR TELLING ABOUT ANY TIMES WHEN YOU SHARED A MOMENT WITH HIM.**

**THIS IS JUST A REMINDER TO US ALL THAT LIFE IS BRIEF AND DEATH CAN BE SUDDEN AND THAT WE SHOULD NOT WASTE ONE MINUTE ON TRIVIAL MATTERS BUT CONTINUE TO BE THANKFUL AND APPRECIATIVE OF OUR FAMILY, FRIENDS AND BLESSINGS.**

**I DO APPRECIATE YOU ALL AND HOPE THIS SUGGESTION MEETS WITH YOUR APPROVAL.**

**LOLLY**

**October is National Volkssporting Month**

## **YRE CHALLENGE**

The Albany Fitwalkers challenge you to do all 8 of their year round walks for AVA credit before the New Year rolls around. Three walks are being revised in 2014 and two are not being renewed. This could be your last chance to enjoy these walks. You receive an Albany pin and a coupon for a free walk upon completion of the program.

List of current Year Round Events:

Albany Historic –( Sunday Stroll Dec 8, 2 PM)

Albany North Albany –( Sunday Stroll Nov 24, 2 pm ) Revised 2014 – in new area

Albany - Southeast Parks revised?

Albany Timber Linn Park – ( Sunday Stroll Oct 27, 2 PM ) Revised 2014 - goes to Talking Waters, Swan Lakes

Albany - Walk the West Side Not Renewed 2014

Brownsville - Historic – ( Sunday Stroll Sept 29, 2 PM )

Jefferson - Town Walk

Lebanon - Not Renewed 2014

You have 4 full months to complete this challenge. Any walks done in September count.

Nancy checks the logs and the payment envelopes and makes the final decisions. So write your names and addresses clearly.

Rozy is retired and available to walk with you most days, but wants to finish by the end of October.

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Edu **OREGON TRAILS STATE  
VOLKSPORTING  
ASSOCIATION  
OTSVA**

Next OSVA Meeting Oct. 19, at the  
Happy Valley Hills & Hollows Walk  
hosted  
by the East County Windwalkers  
/- /- /- /-

**THE 2013 OREGON FLAME AWARDS**

Club Excellence Award

ALBANY FITWALKERS for our well marked trails, our over-the-top snacks, for helping the Willamette Wanderers club, and for drawing younger walkers.

Awards for Enthusiasm

RICHARD for his all around avid enthusiasm.

ROZY for her enthusiasm that keeps us coming back for more.

Awards for Individual Excellence

JULIA for all the time she spends coordinating Thursday walks and her tireless work getting our walks just right.

NANCY for being an avid walker, and for carrying out the Monday walks during the summer.

LOLLY for her enthusiasm and leadership as well as all the time and effort making the A-Z Albany Stride such a success.

KAREN W the quiet, exemplary fitwalker who keeps our club's strict adherence to AVA rules.

Individual Recognition

DONNA for her 20 years as a Fitwalker, for helping keep the Corvallis Cruisers together, and as an inspiration to other walkers.

LEROY W. for 39 years as an AVA member beginning in Germany, walking 50,000 K so far, and for walking on seven continents!

**CONGRATULATIONS!!  
WAY TO WALK AND WORK**

**Northwest Regional  
Conference 2014**

Come to Portland State University (PSU) to attend the 2014 Northwest Regional Conference, June 23-28, 2014. Walk on the Portland Waterfront, in Salem, at Silver Creek Falls, through the Oregon Garden, take a walk to several major Portland landmarks, and experience a special Portland treat, the unique 4Ts Walk (Train, Trolley, Trail, and Tram). Ondine Hall at Portland State will be the very affordable walk, talk, and eat headquarters. Think your body will be too tired for that? There's a special benefit for staying in the dormitory, free access to the PSU Fitness Center hot tub as well as a swim event Monday-Thursday! Add workshops, a Meet and Greet, a visit to Bridgeport Brewery, the famous Portland Food Carts, and a Hail and Farewell, then top that off with the final day's two events at Mt St Helens and you have an event that should not be missed. For up-to-date information visit [www.walkoregon.org](http://www.walkoregon.org) or email Dick Baker at [dickbkr@q.com](mailto:dickbkr@q.com).

**GET OUT AND  
WALK OREGON**



**American Volkssporting  
Association**



**2013 National Volkssport Month  
October**



Patch design courtesy of Dorm Batson, Northwest Region. The limited edition patch is 100% embroidered.

Serious national recognition of Volkssporting began in 1987 with the Nationwide Volkssport Weekend. In 1991, the AVA National Executive Council (NEC) expanded the celebration to the entire month of September, and now of course, that has changed to October. The name was also changed to the National Volkssport Month.

October was selected to take advantage of more favorable weather conditions in most parts of the country. Additionally, October dates often coordinate with local autumn festivals such as Oktoberfest. This month

normally generates the largest percentage of established, sanctioned activities during the year.

Any October event is designated as part of the national celebration and each participant qualifies. Contact a local club or sanctioned event for details.

**Record Book Cost Increase**

Beginning October 1, 2013, the cost of record books increases by \$1 making the total cost \$6. The shipping fee remains the same at \$1.50 for one to four books

**MAGNIFICENT MILESTONES**

	<u>Events</u>	<u>Distance</u>
SKAREN MCG:	275 & 300	3000Km

**CONGRATULATIONS!!  
WAY TO WALK**

*Chocolate is nature's way of making up for Mondays Author unknown  
Especially now that the seasonal Monday walks and concerts are over for the year. Sandy*

**AVA CENTURION ACHIEVEMENT  
CHALLENGE**

Register now for the 2014 Challenge. The program is for Associate Members, the fee is \$25. No carryover of events from one calendar year to the next so hurry up and complete your 2013 record walks before Dec. 31, 2013. Books are due at AVAHQ no later than February 15, 2014. Make this special serious commitment to the "Fitness" aspect of our "Fun, Fitness, Friendship" slogan

## Five Native American "Super Foods" for Better Health and Delicious Dining



From [John Mitzewich](#), former About.com Guide

"Super foods" are foods which have a significantly higher nutritional value than most others. Five such foods, native to the Americas, appear on almost all "super food" lists. If you want to eat a healthier diet, start including these delicious foods in your meals.

**Blueberries** are native to North America and were an important food source for the Native tribes for centuries. These Native Americans used the blueberries in something called *pemmican*, which was dried meat pounded with blueberries and fat. Since you may not have any dried bison meat around, try an old fashion [blueberry crisp recipe](#).

Blueberries are full of flavor and nutritional goodness, yet are very low in calories. They are very high in vitamin content, fiber and most importantly, antioxidants. In recent studies blueberries were found to be at the top of the list of fruits in their ability to destroy free radicals, an important factor in preventing various types of cancer. Red wine has been touted for its antioxidant benefits, but blueberries have almost 40% more antioxidants than red wine.

**Pumpkin Seeds** another American "super food" that the Native tribes prized for its culinary and medicinal value. They probably didn't make [pumpkin seed pesto](#).

High in fiber and protein, these seeds are also a rich source of minerals including magnesium, manganese, iron, and zinc. Pumpkin seeds are believed to be beneficial for things like prostate health, bones strength, and arthritis. Pumpkin seeds also contain compounds called phytosterols, believed to reduce levels of harmful cholesterol and also improve the body's immune system.

**Avocado** has been cultivated in Central America for over 5,000 years. The Mayans believed the avocado had magical powers and was an aphrodisiac. We can't confirm those claims, but can confirm that the avocado is clearly one of the world's healthiest foods. Loaded with vitamins, minerals, and fiber, the avocado is also very high in oleic acid. Oleic acid is a type of monounsaturated

fat that can lower cholesterol. It has also shown promise in offering protection against breast cancer.

Studies show that another unique benefit of avocados is that when they are added to salads, the body absorbs more nutrients from the other vegetables and fruits than it would have if the avocado weren't included. That's why the recipe linked is for a colorful, and delicious [avocado, arugula and grapefruit salad](#).

**Sweet Potatoes** can replace part of your regular potato intake. They may even become your potato of choice. Now, there's nothing wrong with the old baked russet potato. This is not meant to imply that they are unhealthy, but when compared to the nutrient-rich sweet potato, the winner is clear!

The sweet potato is one of the oldest known cultivated foods in the Americas, going back over 9,000 years, and is packed with vitamins, minerals and fiber. Its sweet flavor has been shown to satisfy the palette, while at the same time curbing one's appetite longer by stabilizing blood sugar levels. Sweet Potatoes are also rich in antioxidants and have anti-inflammatory properties.

Sweet potatoes can be used in just about every recipe that calls for regular potatoes. For oven-baked [sweet potato steak fries](#), a delicious, healthier substitute for standard French fries.

### **Wild Pacific Northwest Salmon**

The majority of salmon sold at the grocery store is farmed. Farmed salmon doesn't have the opportunity to eat a natural diet and is instead given a "feed" often containing grains and other foods not eaten by salmon in the wild. There is also a concern about contaminants and toxins in the farmed salmon.

Wild salmon, low in calories and high in protein, contains large amounts of the essential omega-3 fatty acids. Not produced by the body, it has to be absorbed from the foods we eat. Wild salmon is a bountiful source omega-3 fatty acids. These important fats are thought to be beneficial in many areas including; cardiovascular function, cancer prevention, fighting high blood pressure, and improved brain function.

This delicious and easy [salmon cakes recipe](#) is made using canned wild salmon. Frozen wild salmon is a far better choice than fresh farmed salmon. Canned salmon, an under-used product always contains wild salmon. It's inexpensive, delicious, and you get all the health benefits!



# DATES TO REMEMBER - October + November 2013

## AVA Hosted Events 2013

### October

10/5/2013 - Creswell Walk Eugene Springfield Mossback Volkssport Club [View Details](#)

10/6/2013 - Portland Marathon and 10K Walk OTSVA [View Details](#)

10/12/2013 - Portland - Alexandra Bridge Walk - Columbia River Volkssport Club [View Details](#)

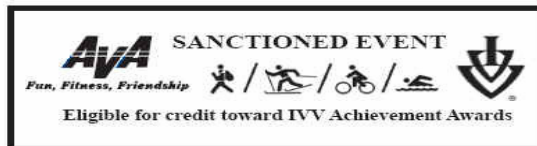
10/19/2013 - Happy Valley Fall Festival Walk - East County Windwalkers - [View Details](#)

10/20/2013 - Sherwood Walk - Sherwood Merrywalkers - [View Details](#)

10/26/2013 - Yachats Spooky Halloween Walk - Yachats Coastal Gems - [View Details](#)

### November

11/2/2013 - Hillsboro Walk - Cedar Milers - [View Details](#)



## Thursday Walks

November - To Be Announced

Aug. 8 - Silver Falls Park

Aug. 15 - Portland neighborhood walk

Aug. 22 - Corvallis River Walk

Aug. 29 - Historic Willamette (West Linn)

## Saturday Walks

### Build Lebanon Trails (BLT)

Sat. October 12 - Trails Development Day, 10 - 12

Sat. Nov 9 - Cheadle Challenge Volunteer Day, 10-12.



### Sweet Home Trails

[www.shtrails.com](http://www.shtrails.com)

Sat. Nov. 23 - Sweet Home Trails first trail race.



## Sunday Walks

### Salem Second Sunday Stroll

Willamette Wanderers

Sun. October 13, 2: PM Willamette Mission,

Sun. November 10, 2:pm, New Keizer Walk Five Parks & a River

### Albany Sunday Strolls

Oct 27 - Timberlinn Park Walk, 2pm (Not available in 2014)

Nov 27 - North Albany Walk, 2pm

Dec 8 - Historic Albany Walk & Albany Parlour Tour, 2pm

## Future Events

Coming in 2014

Northwest Regional Conference, **June 23-28, 2014** in Portland OR, [www.walkoregon.org](http://www.walkoregon.org)

Columbia River Gorge Biennial Classic, **June 19-22**, at Cascade Locks, OR, [www.columbiagorgewalks.com](http://www.columbiagorgewalks.com)

## Fitwalkers 2013 Year Round Walks

**Albany - Historic** - 5/10km, **Start** : Ray's

**North Albany** - 5/10km, **start** : Ray's Foods

**Southeast - Parks** - 5/10km, **Start**:

Brookdale Villas Courtyard

**Timber Linn Park** - 5/10 km, **Start**: Holiday Inn Express Hotel near the airport.

**Walk the West Side** - two 5km,10km **Start**: Ray's Food

**Brownsville Historic** - 5/10km - 2B, **Start**:

Brownsville Chevron Gas Station and Mini-Mart, 203 W. Bishop Way. Brownsville

**Lebanon** - 2/5/10km - 1A, **Start**: Samaritan Lebanon Hospital 525 Santiam Hwy, Lebanon.

**Jefferson Seasonal** - 5/10km - 1A, **Start** Jefferson Thriftway Market, 159 South Main St., Jefferson

Join Us



**ALBANY FITWALKERS VOLKSSPORT CLUB**  
POST OFFICE BOX 1218, ALBANY OR 97321