

## ALBANY FITWALKERS NEWSLETTER

**APRIL**

**WALK ALBANY**

**2011**

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**, April 13, 2011, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Spice & Ice**, 637 N. Hickory St., Hickory Plaza, North Albany. Please order when you arrive, instead of waiting for everyone to give us plenty of time to arrive at the meeting by 7pm.

**SUNDAY STROLL**  
April 17, 2011 Start 2 PM  
Lebanon Samaritan Hospital YRE 0715  
525 Santiam Hwy,  
Lebanon, Oregon  
5/10K Rated 1+

*Quadruple chocolate brownies, fruit and water served.*

### HAPPY BIRTHDAY

Nita - April 5

Jayne - April 13

Lolly - April 14

**FITNESS**

**FUN**

**FRIENDSHIP**

**FOOD**

## Foolin' Around Millersburg



**Saturday, April 2**

Start between 8:00 AM and 1:00 PM, finish  
by 4:00

Start at  
**Millersburg Park**  
Alexander Lane NE  
Millersburg, OR

This walk, the first to take place in Millersburg in years, offers the choice of a 5km or 10km both beginning at spacious Millersburg Park Walk along country lanes, through rural farmland spread out over slightly rolling hills, providing beautiful views of the surrounding countryside. Enjoy an early glimpse of spring as you meander through newer residential areas, beautifully landscaped to display all the colors of springtime. There is little shade along the route, allowing full enjoyment of the much anticipated springtime sunshine and unobstructed views of the surrounding countryside. Rural country roads, paved pathways and sidewalks make this route assessable by wheelchairs and strollers. Dogs on leashes are welcome, but their companions must clean up after them.



*I'd rather be walking with friends.*

## Fitwalkers Get New Website

For months Karen worked at creating a new website for the Albany Fitwalkers. Now it is up and running (walking). The address may be the same, [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org) but the look is totally different.

Greeted by the club logo on an appealing walking path, the reader can still find the calendar of club events, the link to AVA walk events and the newsletter. The new tabs at the top include a Photo Album, added slide show of Gorge walks (at the bottom) and a Facebook page.

Ok, so maybe the up grade is wonderful but Facebook! Isn't that a little techie for many of us (like the newsletter editor)? Not to worry

Not only does Karen assure us that "You can find us on Facebook!" she will teach us how to use it. And Karen says, "I'll be sharing it via my Facebook page. If you have one, I hope you do the same."

The more 'hits' the site receives, the closer to the top Fitwalkers will be found in Google searches." Another mystery to learn about.

### Kudos for Karen

**What a marvelous website! Beautifully put together Karen! Love the Walk video and all the new changes! Great job!**  
Sue

*Cheers and applause to you Karen, for creating this great website for Fitwalkers. I already used your weather link to look at tomorrow's forecast for our Thurs. group walk. Thank you thank you thank you!*

*Judy*

Karen,  
We very much appreciate YOU!!! Kassadee and I both think the new website is excellent! Kassadee says "you are very talented":C)  
Stephanie

## COME WALK WITH US



### THURSDAY WALKS

#### Carpool to YREs

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

Julia at [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net) or 541-967-3001  
Phoebe at [ranphoeb@pacifier.com](mailto:ranphoeb@pacifier.com) or 541-926-1735

**March 31 - Tigard** Summerfield, Y0542, 10 km, rated 1.

In April walks start at 9 AM.

**April 7 – West Linn** Historic Willamette, Y2041, 5km rated 2, 10 km rated 2++.

**April 14 – Corvallis** River Runs By It, Y1295, 10/12km, rated 1+.

**April 21 – Lake Oswego** Mountain Parkways Roller Coaster, 5/10km, rated 2+.

**April 28 – Springfield Ruff Magnolia Park and Thurston Area** Y0800 5/10 km, rated 1+.

### Thursday Walks Walked February 10 – Eugene Willamette River Greenway Walk



Phoebe, Sharon, 3 Mossbacks, Leroy, Dorothy, Bill, and Judy Photo by Julia

## AND WALK ALBANY



### Thursday Walks Walked

#### Tualatin Hedge Creek Wetlands March 10

Ten walkers attended the new walk. Three went on the 5k, while the rest took the 10k. At the wetlands a good sized swimming nutria, ducks and a beautiful red-tailed blackbird were spotted. Photo by Sherwood Merrywalkers

*Mosey  
with the  
Mossbacks*



#### Reservations Required.

For more information call (541) 747-6470, or see [www.mossbacks.org](http://www.mossbacks.org)

**April 5, Tues. Yachats** Gerdemann Gardens YRE carpool (7-3:30) 10km, rated 3+.

**April 9, Sat. Charleston** YRE carpool (7-5), 5km, rated 1, 10km rated 3+.

**April 15-17, Fri., Sat., Sun. Road trip to Vancouver, B.C. Phoenix Festival Walks**

**April 16, Sat. Sherwood** Great Easter Egg Walk Carpool (8-4:30), 5/10km, rated 1+.

**April 23, Sat. Springfield** Ruff Magnolia Park and Thurston Area YRE (8-11) 5/10 km, rated 1+.

**April 30, Sat. Milwaukie** Walk (8-5)

### Thursday Walks Walked February 3 - Dundee Walk



Leroy, Sharon (Merrywalker), Tom (Mossback), Bill, Dorothy, Judy, Phoebe, a mossback Photo by Julia

## Getting to Know You

Donna, born in Corvallis grew up in Alpine, OR., a rural area where walking was a part of daily life. "We walked or didn't go."



Because she was interested in organized walking, Donna attended a Robert Sweetgall session at Oregon Health and Wellness Conference in the 1980's. There she learned about Volkswalking.

Donna, a retired teacher, has 2 daughters, 3 grandchildren, and "no pets - but I do pet sitting for others from time to time." [*often in wonderful Coastal locations*]. She also enjoys reading, gardening, and traveling.

Albany Fitwalkers has provided the motivation to keep active, knowledge of new areas, and positive interaction with others that Donna had hoped to gain.

Donna belongs to several different groups and says "Fitwalkers is one of the BEST clubs."

Picture above of Donna taken by the Mossbacks at the Gillespie Butte Walk, March 5, 2011.



## OTSVA

Oregon Trail State Volkssport Association

The next Steering Meeting is April 30, at the Bomber Restaurant in Milwaukie, OR., in conjunction with the Milwaukie Spring Walk.

The next State Meeting is May 7, at the Sherwood YMCA in conjunction with the Triple Crown - Derby Day Walk

**Albany Fitwalkers Officers**  
**President – Jim**  
**Vice President – Rozy**  
**Secretary – Karen**  
**Treasurer – Jan**

## See you on the trail

## REMEMBERING

from  
**March 2006 Newsletter**  
**First Page**

Beautiful March 19 marked the **second** of Fitwalkers **Sunday Strolls**, the West Albany Walk, starting at Boccherini's was led by Rozy with assistance from Phoebe, and Jan manning the check point and brownies. Ten Eugene Mossbacks were among the 27 walkers.

The monthly group walks are scheduled at 2 PM on a Sunday. We need at least one host per walk. To sign up as host for one of the walks call or e-mail Rozy at 541-926-7890, [wrozy@yahoo.com](mailto:wrozy@yahoo.com).

**April 23** Boccherini's, North Albany,  
**May 28** K-Mart, Parks & Lakes,  
**June 11** Alterra Villas, Southeast Albany

## Scouting Footprint

Elisabeth Stearns, walked the January Shedd Sunday Stroll to receive the AVA Girl Scout patch and become the first Scout to participate with Albany Fitwalkers in the AVA program.

Elisabeth walked a second time at the February 27, Historic Albany Sunday Stroll. She earned an OTSVA footprint patch which Girl Scouts earn for doing another walk. Girls can earn a footprint a month by walking sanctioned events. Fitwalkers voted to cover the cost of patches for participating Scouts.



Photo by Elizabeth's Mother, Susan Sterns



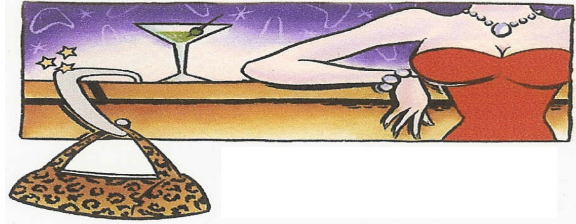
**2009-2010 AVA patch**  
designed by a Girl Scout in Oregon

### Albany Fitwalkers 2011 COMMITTEES

Year Round Events - Nancy  
 Membership - Jean and Jan  
 Thursday Walks - Phoebe, Julia, and Judy  
 Newsletter - Sandy and Julia  
 Publicity - Rozy and Karen  
 Albany Bicycle & Ped Committee - Nita  
 Historian - Stephanie  
 Website - Karen and Jim  
 Girl Scout Liason - LuAnn

## THE PURSE HOOK

\$16 each Gold or Platinum



Contact Sandy [www.cramerss2@aol.com](mailto:www.cramerss2@aol.com)

## Spread the Word

Nametags are great to wear at meetings or events, or even when you're out on walks for other clubs. It gives recognition to our club and helps us to learn each other's names more quickly. Cost - \$3.00.

T-shirts, sweatshirts and hats with the club logo are also available for sale. If you're interested in any apparel, contact Jan [jmhagemeister@msn.com](mailto:jmhagemeister@msn.com) or 541-924-3847.

## 17<sup>th</sup> Biennial Convention 2011

### American Volkssporting Association

Deadline for pre-registration is Wednesday, May 4. No discounts are given after this date. Forms and packets are available from the convention web site

<http://www.ava.org/clubs/ava2011convention/>

JUNE 18-26, 2011 • DES MOINES, IOWA



## Top 10 Vegetables With the Most Nutritional Bang for Your Buck

[Sally Deneen](#) 

Leafy greens are touted as being good for you, and now here's added incentive to pick them up at the supermarket or farmer's market: They're among the best buys in terms of getting the most nutritional bang for your buck.

If you want to watch your wallet and also buy fresh vegetables that provide pretty good nutrition, below are the choices that offer the best combination of those factors, says Jennifer Langston of [Sightline](#) Institute, a nonprofit sustainability think tank, who developed the [rankings](#) with her co-worker Eric Hess.

Here are their rankings of the best, cheapest veggies:

1. Cabbage
2. Collard greens
3. Mustard greens
4. Turnip greens
5. Carrots
6. Cauliflower heads
7. Brussels sprouts
8. Broccoli florets
9. Spinach
10. Cauliflower florets

So if you want to spend only so much money on fresh vegetables, go green -- as in cabbage and leafy greens. They'll bring the most nutrition for relatively little money.

You may wonder why sweet potatoes didn't make the Top 10 or why broccoli is lower on the list. After all, both made [The Best 10 Foods](#) list created by the food police at Center for Science in the Public Interest. It's because they're relatively pricey. The list above emphasizes foods based on both cost and nutrition.

Here's how Langston and Hess came up

with these rankings: They tracked down the [price-per-cup](#) of various produce items, as revealed in a new report by the U.S. Department of Agriculture. They also got the nutritional scores for various produce items, as determined by the [ANDI](#) (Aggregate Nutrient Density Index) rating method used by the Whole Foods chain and others. They then divided each vegetable's ANDI score by its price per cup.

**Bottom line:** It's not enough to just buy the cheapest vegetables. Try buying the cheapest vegetables that offer the best nutrition for the price.



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### BMX track in Bryant Park

The Albany Bicycle & Pedestrian Advisory Commission supports Albany Parks and Recreation Department plans to establish a dirt BMX bicycle track in an undeveloped area of Bryant Park, replacing the current unauthorized track near the park. It further recommends that the track design standards of the American Bicycle Association and Northern Arizona University) be utilized in its construction to provide for both safety of the participants and the public.

**OTSVVA  
Certificates for Service to  
Albany Fitwalkers and  
NW Volkssporting**



Jim received a certificate of recognition for more than three years and Rozy for five years of service including those to OTSVA.



Jan received her certificate for over five years of service including those to Pathfinder.

**Congratulations**

**FOR SALE**

Immaculate townhome in quiet neighborhood, move-in ready. Perfect for empty nesters, couple starting a family, students. Upstairs master bath has separate entry for 2nd and 3rd bedrooms; 1/2 bath downstairs.

Home is very light with many over-sized windows on both floors. Private, fenced, professionally landscaped and easy care backyard. Enjoy spring and fall bloomings and evergreens year round. Adjacent to Porter Park. [www.1791nwgrantcircle.com](http://www.1791nwgrantcircle.com)

**Top Five of the Top 10 Walks in 2010**

**1. St. Mary's City, Maryland** This walk is a newcomer to our top ten list. It explores Historic St. Mary's City, an 800-acre outdoor living history museum and the site of Maryland's first capital. Half of the walk is through the woods and on natural paths along the St. Mary's River. See the reconstructed State House of 1676, archaeological excavations and the Godiah Spray Tobacco Plantation. At the waterfront, there is a replica of the square-rigged Maryland Dove, which (along with the Ark), brought the first settlers and supplies from England.

**2. Point Lobos, Carmel, California** This walk has been on the top ten list often in the past 10 years. The natural trail around the Point Lobos Reserve offers breathtaking views of Carmel Bay and the Big Sur coastline. Spot frolicking sea otters, scuba divers, and -- in season -- gray whales spouting. However, be warned that almost every green shrub, sprout and hedge in the park is, in fact, [poison oak](#).

**3. Silver Falls, Oregon** This classic Northwest hike is in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber, lush fern and the sparkling stream that creates the waterfalls.

**4. Mt. Rainier National Park, Washington - Skyline Trail** Take a hike in Paradise, or rather, around Paradise Inn at the 7000 foot level of the tallest mountain in the Cascades Range. It is an extreme walk, rated difficult, but you'll see glaciers and plenty of wildflowers.

**5. San Antonio, Texas - Riverwalk** This route is simply fun, and you'll have earned your burrito and margarita by the end of it. The route meanders along Paseo del Rio or Riverwalk, through the King William District, La Villita, HemisFair Park, Institute of Texan Cultures and Menger Hotel. Walkers also pass the San Antonio war memorials and through Mission San Antonio De Valero, better known as "The Alamo."

**HELP WANTED**

Membership Chairperson to maintain Albany Fitwalkers membership list and assist Jan with contacts.

Contact Jim at  
[albanyfitwalkers@gmail.com](mailto:albanyfitwalkers@gmail.com)

**2011  
ALBANY  
FITWALKERS  
YEAR ROUND  
EVENTS**

**Shedd Historic Flour Mill**

32655 Boston Mill Rd  
Shedd, OR  
YRE 2030 5/10 Km Rated 1  
Closed New Years,  
Thanksgiving, and Christmas

**Historic Albany**

Ray's Food Place  
North Albany, OR  
YRE 0215  
5/10/13 Km, Rated 1

**Brownsville**

Chevron Gas Station  
203 W Bishop Way  
Brownsville, OR  
YRE 1272  
5/10 Km, Rated 2

**Lebanon**

Samaritan Hospital  
525 Santiam Hwy  
Lebanon, OR  
YRE 0775  
5/10Km with 2Km option,  
Rated 1+

**Timber Linn Veteran's  
Memorial Parks**

Holiday Express  
105 Opal Ct, NE  
Albany, OR  
YRE 0795  
5/10 Km, Rated 1

**Southeast Albany**

Brookdale Villas Courtyard  
1929 Grand Prairies Rd SE  
Albany, OR  
YRE 0377

**Vancouver  
Discovery Walk  
Festival  
April 9, 2011**

single-day walk/bike/swim  
events, \* Walk: 5K/10K  
Family Fun Walk, Bike:  
15K/25K/50K distances  
Swim: two 300-meter  
swims  
**Register at the event.**



**Victoria Volkssport  
Phoenix Festival  
April 15- 17, 2011**

**In beautiful Victoria, B.C.**  
10 walks, distances from 5 km  
to 42 km



Attend an AVA event  
in the month of May  
and earn an AVA  
National Physical Fitness  
&

Sports Month patch.

Design courtesy of  
Dorman L. Batson,  
Northwest Region National



**Join in the  
Rogue Valley Riches  
Walks**

**May 13-14-15, 2011**

**Rogue Valley Riches Walks  
at Shady Cove**

[Brochure .pdf](#)

By Walk Oregon Trail State  
Volkssport Assn. [View](#)

[Details](#)

Lost Creek Lake Walk

Casey State Park Walk

Upper Rogue Walk

Gold Hill Walk

OTSVA meeting and

Trail Master Training

**Vancouver USA  
Marathon/Half  
Marathon/5K  
June 19, 2011**



*Registration closes Jan. 31st!*

**October 9, 2011**

**PORTLAND MARATHON  
SECOND ANNUAL HALF**



# DATES TO REMEMBER - APRIL 2011

## APRIL HOSTED EVENTS 2011

Event Location and Name	Date(s)	Host Club	Click for Details
<b>Millersburg- Foolin' Around Millersburg Walk</b>	<b>4/2/2011</b>	<b>Albany Fitwalkers</b>	<a href="#">View Details</a>
Vancouver-Discovery Walk Festival+ Bike, 2 Swims	4/9/2011	International Walk Fest	<a href="#">View Details</a>
Sherwood - Great Easter Egg Hunt	4/16/2011	Walk Sherwood Merrywalkers	<a href="#">View Details</a>
Milwaukie – Spring Walk	4/30/2011	Rose City Roamers	<a href="#">View Details</a>
Sherwood - Walk for the Birds	5/1/2011	Walk Sherwood Merrywalkers	<a href="#">View Details</a>
Beaverton - Triple Crown - Derby Day Walk	5/7/2011	Sherwood Merrywalkers	<a href="#">View Details</a>
Gresham - A Butte of a Mother's Day Walk	5/8/2011	East County Windwalkers	<a href="#">View Details</a>
<b>Rogue Valley Riches Walks</b>	<a href="#">Brochure .pdf</a>	5/13-5/15/2011	Oregon Trail State Volkssport Assn.
Shady Cove - Lost Creek Lake ,	5/13/2011-5/15/2011	Walk Oregon Trail State Volkssport Assn.	<a href="#">View Details</a>
Shady Cove - Casey State Park,	5/13/2011-5/15/2011	Walk Oregon Trail State Volkssport Assn.	<a href="#">View Details</a>
Shady Cove - Upper Rogue,	5/13/2011-5/15/2011	Walk Oregon Trail State Volkssport Assn.	<a href="#">View Details</a>
Shady Cove - Viewpoint Mike	5/13/2011-5/15/2011	Walk Oregon Trail State Volkssport Assn.	<a href="#">View Details</a>
Shady Cove - Gold Hill,	5/13/2011-5/15/2011	Walk Oregon Trail State Volkssport Assn.	<a href="#">View Details</a>

## Fitwalkers Events for 2011

**April 2, 2011, Millersburg Walk - Chairs - Rozy, Nancy and Karen.**

June 4, 2011, 8<sup>th</sup> Annual Brooks Peony & Hosta Walk - Judy and Phoebe

## SUNDAY STROLLS THROUGH MAY, 2011

17 April 2011	Lebanon 525 Santiam Hwy, Samaritan Hospital Lebanon, Oregon	YRE 0775 5/10K Rated 1+ Start 2 PM
29 May 2011	Timber Linn Veteran's Memorial Timber Linn and S E Price Road Albany, OR	<b>Start Point change</b> YRE 0795 5/10 K Rated 1 Start 2 PM

## ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

## JOIN US!!

JUNE 18-26, 2011 • DES MOINES, IOWA

