



## ALBANY FITWALKERS NEWSLETTER

**DECEMBER**

**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)

### **Wednesday, December 14, Annual Christmas Party Pot Luck & Short Meeting**



You are invited to join us at 6pm for the Annual Christmas potluck on December 14, in the Willamette Room at Brookdale Villa Courtyard (across the hall from meeting room). Spouses are invited. Meat is provided by the club. **Members must RSVP to Jan by December 10**, and plan to bring a salad, side dish or dessert, your table service and beverage. Also bring a \$10-15 gift if planning to participate in the gift exchange.

Please **RSVP** by Saturday, December 10, to Jan at 924-3847 or e-mail [jmhagemeister@msn.com](mailto:jmhagemeister@msn.com). She needs to know the number of people attending.

The nomination committee (Lolly, Jim and Nancy H.) recommendations for 2012 officers are: Vice President, Karen W; Secretary, Connie; Treasurer, Jan H and Loretta. The office of president received its usual level of interest, zero. Nominations can be added at the December meeting before the voting, or you can volunteer to run as President.

**FITNESS**

**FUN**

**FRIENDSHIP**

**FOOD**

## **Sunday Stroll**

### **Christmas Parlour Tour Walk - December 11- Albany**

Join the Fitwalkers at their Historic Albany Year Round Event. This 5/10km, rated one, starts at Two Rivers Market Parking Lot between 2nd/3rd & Broadalbin & Ferry Streets. After doing the walk consider doing the Christmas Parlour Tour. Walkers receive a discount on admission. For information see [www.albanyvisitors.com/albany-events](http://www.albanyvisitors.com/albany-events). Refreshments will be provided.

Start walk between 1:00 and 4:00 and finish by 7:00 pm when the last parlour has closed. Bring a flashlight.

#### **Workers' Schedule** Christmas Parlour Tour Walk Sunday, December 11, 2011

Start: 1:00-4:00/Finish 7:00 **Sunday, December 11, 10:00 AM – Mark Trail**

- |    |         |    |       |
|----|---------|----|-------|
| 1. | Karen W | 4. | LuAnn |
| 2. | Connie  | 5. | Jim   |
| 3. | Nancy   | 6. |       |

#### **Sunday, December 11 – Central Command**

##### **Registration/Start Table**

**12:30 – 2:30 PM**

- 1.
- 2.
- 3.
- 4.

**2:30 – 4:30 PM**

5. Phoebe
- 6.

##### **Check Point Table**

**1:30 – 3:30 PM**

1. Jim
- 2.
- 3.

**3:30 – 5:30 PM**

- 4.
- 5.
- 6.

##### **New Walker Table**

**12:30 – 3:30 PM**

- 1.

**3:30 AM – 7:00 PM**

- 2.

##### **Finish Table**

**1:30 PM – 4:00**

1. Sandy
- 2.

**4:00 – 7:00**

- 3.
- 4.

##### **Trail Sweep**

- 1.
- 2.

- 3.
- 4.

**Supplies for Marking Trail:**

*Karen W. will get these from ???*

**Supplies for Start Table:**

*Karen W. will get these from Phoebe*

**Food/Water:**

*Karen,*

**Gofer:**

To Sign up for your favorite work post let Rozy know at [www.wrozy@yahoo.com](mailto:www.wrozy@yahoo.com)

**Let's walk and work before we party!**

## COME WALK WITH US



### THURSDAY WALKS

Carpool to YREs

Weekly e-announcements are disbanding until spring. However, Thursday Walks are posted on the Club calendar at [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org).

Phoebe ([ranphoeb@pacifier.com](mailto:ranphoeb@pacifier.com)),  
Judy ([fergusonjudy@msn.com](mailto:fergusonjudy@msn.com)),  
Julia ([pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net))

**Dec. 1, 10-12:30, McMinnville, Wildcat-Parks, YRE 1916, 10km, rated 1+**

**Dec. 8, 10-12:30, Salem**

**Dec. 15, Portland, Towns, Trails, Mansions, 10km rated 3**

**Dec. 22, Lake Osego**



## Walk with the Wanderers

### Salem Second Sunday Strolls

December 11, the Willamette Wanders will join the Albany Fitwalkers for the Christmas Parlour Tour Walk.

**January 8, 2012, 2pm Stayton, Covered Bridge Walk YRE 1936, 5/10km, rated 1A**

**February 12, 2012, 2pm Sublimity, Quiet Town with Duck Pond, YRE 1935, 5/10km, rated 1A**

Fitwalkers Frances is now secretary for the Wanderers.

## AND WALK ALBANY

*Mosey  
with the  
Mossbacks*



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

**Dec. 3, Sat. Roseburg, check new YRE Y0649, Roseburg Park Paths** Carpool (8am-5pm), 11km rated 1B

**Dec. 6, Tues. Yachats YRE, 804 Trail.** Carpool (7am-3pm) 10km rated 1+



### BLT

Join **Build Lebanon Trails** on December 3 at 1:30pm for the Downtown Lebanon Historic & Holiday Walk!

Meet at Ralston Park, 925 Park Street, for a walk through downtown Lebanon. Extra parking is available at City Hall. Learn about the history of downtown Lebanon and get acquainted with local businesses. Everyone who joins us will receive a voucher for \$1 off a purchase at participating businesses.

Return to Ralston Park at 5pm to view the lighting of the Christmas tree! The official event flyer is available by [clicking here](#).

### Albany Fitwalkers

#### Officers

**President – Jim**

**Vice President – Rozy**

**Secretary – Karen**

**Treasurer – Jan**

## GIFT GIVING

Consider **AVA Merchandise Store** products as possible gifts for your friends and family at [www.AVA.org](http://www.AVA.org). There are jackets, pins, state and country bars and magnets. And my favorite as a gift (hint, hint) the “awards” t-shirt printed front and back with awards! Don’t forget a copy of Starting Points 2012 makes a great present.

In the t-shirt category, think about the colorful new Willamette Wanderers shirt at [www.WillWander.weebly.com](http://www.WillWander.weebly.com).

Also check out **Footmatters** for hand and feet warmers, insoles and much more for feet and shoes. Go to [www.Amazon.com](http://www.Amazon.com), enter search word “footmatters.” When you’ve finished shopping please enter code “AVAValue” and get a discount.

Brazos Walking Sticks is no longer an AVA sponsor. Yamax is taking their place. They sell pedometers and uv checkers, other possibilities to go under the Christmas tree.



**Nita received the 2011 third quarter Golden Shoe Award for her work with the Albany Bicycle and Pedestrian Committee, overseeing Club participation in the Second Annual Veterans Day Parade, and all her other contributions to Albany fitwalkers. Thanks, Nita!**

## THE PURSE HOOK



**\$16 each Gold or Platinum**  
Contact Sandy [www.cramerss2@aol.com](mailto:www.cramerss2@aol.com)

## OTSVVA

### Oregon Trail State Volkssport Association

The last State meeting of the year is a joint get together with the Evergreen State Volkssport Association at their walk “Christmas at the Fort” on Dec.10. The meeting will be in the Columbia Room, one floor up from the start/finish of the walk.

The doors open at 11:30 and lunch starts at 12 noon. OTSVA is paying for the Subway lunch of sandwich, drink and chips for the Steering Committee and for **one member** of each OTSVA club. During lunch you can meet with the members of the Washington and Oregon clubs in a social way.

The state meeting begins at 1 PM.

### The OTSVA Flame Awards

Inspiration – Rosy  
Enthusiasm – Lolly  
Individual Excellence – Karen W

## MAGNIFICENT MILESTONES

30 Events – Kassadee  
2,700 Events – Phoebe

## Way To Walk



A member of the International Federation of Popular Sports (IVV)

# OTSVA 2012 Challenges

**2012:** Four Cs -  
City Halls, Chinese Food, Candy Shops and  
Coastal Walks.

Earn colorful, 2-1/2 inch, embroidered  
patches for walking 10 different [volkssport  
walking events](#) in a variety of different  
categories.

Each  
be  
toward a  
per year.  
may be  
the same  
different  
different  
event



event may  
counted  
patch twice  
An event  
counted for  
patch or a  
patch in  
years; the  
may be

counted only twice per year for the same  
category. To learn more about Challenges and to  
order books go to [WalkOregon.org](#) and select  
“Challenges” on left.

**Willamette Wanderers Meet Monthly**  
third Wednesday of each month  
7:00 PM  
Room 1, Building D, Salem Hospital

Pre-meeting walks suspended until Spring  
No meeting in December.  
Next meeting January 18, 2012



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**Fun, Fitness, Friendship**

American Volkssport Association®

**New AVA Special Events** begin on  
January 1, 2012.

Celebrating Golden Cinemas - movie  
theater buildings at least 50 years old.

Works Progress Administration Projects –  
1935-1943 WPA or Civilian Conservation  
Corp. projects such as buildings, bridges,  
highways and art work.

America's Bakeries – can not be a chain.

Strolling Somewhere Over the Rainbow –  
has a color in the town or location name,  
such as Yellowstone, Red River, Silver  
Falls, etc.

Classic American Diners – diner looks  
like an old diner or has the word “diner” in  
the name.

America's Murals – 8' x 8' wall murals.

Struttin' Down Main Street – walk route  
has a section on a street named “Main.”

**AVA Special Events Ending  
Dec. 31, 2011**

Artistic Heritage  
Celebrated American Gardens  
Covered Bridges  
Fire Houses  
Historic Churches  
Museums  
Veteran Memorials  
Walkin' Waterfalls

## 2011 YRE'S BEING DROPPED IN 2012

Some year rounds that will not be here next year or are being revised so walk them while you can.

Albany – Timber Linn Memorial Park

Beaverton – Cooper Mountain Nature Park (Y0555)

Corvallis – OSU/Covered Bridge (Y0999)

Eugene - Willamette River Greenway being replaced by Gillespie Butte/ Delta Bridge (same YRE #)

Florence - Bay & Park being replaced by Woahink Lake-Honeyman Park (same YRE #)

Grants Pass – Historic being replaced by ABCD Event (same YRE #)

Parks/Business District being replaced by Name That Park (same YRE )

Gresham – Springwater Trail (Y1716)

Medford– Bike Paths & City Streets being replaced by City Streets & Parks (same YRE )

Parks & Neighborhoods being replaced by East Medford Parks/Neighborhoods (same YRE #)

Newport - Agate Beach Lighthouse being replaced by Newport South Beach (same YRE #)

Yaquina Bay State Park & Lighthouse being replaced by Historic Newport (same YRE #)

Portland – N - Willamette Bluff being replaced by Historic St. Johns (same YRE #)

NE - Laurelhurst being replaced by NE/SE Belmont, Murals & More (same YRE #)

NW – Forest Park & Around Town being replaced by Council Crest (same YRE #)

Roseburg: Douglas County: Park Path and VA Medical Center Ground replaced by Roseburg Park Paths (same YRE #)

Springfield - Ruff Magnolia Park and Thurston Area (Y0800)

Sublimity – City being replaced with Quiet Town with Duck Pond (same YRE #)

Yachats – Cape Perpetua



**Picnic Photo 2011**

## Tips for Weatherproofing Winter Skin

Winter weather is an annual challenge when it comes to taking care of your complexion, especially if you're prone to [dry skin](#). But there's no need to give in to Jack Frost nipping at your toes...or your hands or face! 'Tis the season to switch up your skin-care regimen and winterize your routine. Here's how:

**Skip long soaks.** A long, hot bath or shower may sound nice when the wind's howling out there, but beware: Extended exposure to too-hot water can strip skin's natural oils, leading to — you guessed it — dry skin! So modify your routine by keeping bathing rituals to 15 minutes (max) and keeping water temps moderate. Another quick tip: If skin is already itchy or flaking, add a bit of oatmeal or baking soda to your bathwater for some quick, all-natural relief.

## Memorable trek into Three Sisters Wilderness



*by Nita Eggers*

My friend and her husband, Darlene and Bill Felker, and I did a lot of September backpacking in the Three Sisters area in the 1980s.

Each year some of my family and friends and some of their family and friends would join us. We generally had about six to 10 people.

Then the kids grew up and went off to college or into the service, the friends went their way and it was up to Darlene, Bill and I.

One of those Septembers, Darlene decided she didn't like hiking and was going back to biking. I think that was after a difficult 13-miler we did.

So one Friday as I was leaving from work, my coworkers asked what I was doing that weekend. I said, "Oh, I was going to borrow my friend's husband and we were going backpacking up in the Three Sisters Area."

They didn't really say much. Just stared at me.

Anyway, Bill was so old-fashioned. I had to bring my own tent, but he packed most of that tent and almost everything else for me.

It was one of the best trips we had up there. We met two men, a young boy about 10 or 12 and their sheep dog, Katy. She was so sweet and very big. She also was having trouble with her paws. They were getting raw from the rocks.

Every time we met them (which was several times in the two days) they were going the wrong way, so Bill would get out the map (they didn't have one) and show them the trail they had to take, as they had to meet one of their wives on Sunday. We always wondered afterward if they ever did or if they were still wandering around going the wrong way. It was a good subject for many years.

After the dinner Bill cooked on the first night in the Three Sisters Wilderness, he wanted to go check out the "neighborhood." That day we did 16 miles, and I was exhausted!

One camp offered us hot chocolate and marshmallows. Another gave us cookies and smores. It was a very friendly neighborhood.

I was amazed at how many people were camping in the area. Even our "lost" group was camping close to us.

*Nita Eggers made a number of other treks into the Three Sisters Wilderness, including one in October 1997 to create a memorial to her daughter, Sandra.*

*Sandra, 39, who lived in Boise, Idaho, and her fiance, Kenny, were killed Aug. 24, 1997, by falling rocks while climbing the Matterhorn in Switzerland.*

*Two months later, Nita, daughter Pam Collier, son and daughter-in-law Steve and Evie Eggers and son John Eggers hiked 3½ miles to the base of one of the Sisters.*

*"We took in flowers, put up a flag and scattered her ashes," Nita said. "Sandra loved that area so much. Often when she came home, she'd climb one of those peaks."*

## A passion for walking

Nita Eggers, now 85, no longer backpacks, but she still walks about 12 miles a week, mostly around her west Albany neighborhood.



“On Monday and Wednesday and Friday, I walk to the Mid-Willamette Family YMCA and take a senior class for stretching,” she said.

Through her volkswalking connections, Eggers has walked in all 36 of Oregon’s counties and all 50 states.

She’s remains active in the Albany Fitwalkers, a volkswalking club that she joined in 1987.

“We’ve got a whole bunch of new people, young people,” she said.

The Albany club has weekly walks starting at 9 a.m. Thursdays. Participants carpool to different areas around the Willamette Valley.

For more information about the Albany Fitwalkers, contact Rozy Weatherby, 541-926-6890 or 541-981-3794, or Phoebe Harrison, 541-926-1735. Emails can be sent to [albanyfitwalkers@gmail.com](mailto:albanyfitwalkers@gmail.com). The club’s web address is [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)

Read more:

[http://democratherald.com/sports/recreation/nita-eggers-a-passion-for-walking/article\\_5a8d436e-e30f-11e0-9f40-001cc4c002e0.html#ixzz1fFSHK93k](http://democratherald.com/sports/recreation/nita-eggers-a-passion-for-walking/article_5a8d436e-e30f-11e0-9f40-001cc4c002e0.html#ixzz1fFSHK93k)

**HE WHO LAUGHS LAST, THINKS  
THE SLOWEST.**

**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

## Happy Birthday

<b>TERRY L.</b>	<b>DEC. 6</b>
<b>JAN</b>	<b>DEC. 13</b>
<b>DOROTHY</b>	<b>DEC. 15.</b>
<b>BILL M.</b>	<b>DEC. 21</b>

**Happy Third Anniversary  
Dorothy and Bill, married Dec. 9,  
2008.**

This is the first time two single Albany Fitwalkers members have joined together to walk down the aisle of matrimony.



THE  
*Spirit*  
OF WALKING

# DATES TO REMEMBER -DECEMBER 2011

## DECEMBER HOSTED EVENTS 2011

Event Location and Name	Date(s)	Host Club	Click for Details
Sherwood - Christmas Lights and Blanket Walk	12/3/2011	Sherwood Merrywalkers	<a href="#">View Details</a>
Vancouver - Christmas at the Fort	12/10/2011	Vancouver USA Volkssporters	<a href="#">View Details</a>
OTSVA Meeting at 1pm.			

[Albanv - Step Back in Time This Christmas 12/11/2011 Albanv Fitwalkers View](#)

Portland - Christmas Boat Walk	12/17/2011	Night Walk Columbia River Volks Club	<a href="#">View Details</a>
Portland - New Years Eve Walk	12/31/2011	Columbia River Volkssport Club	<a href="#">View Details</a>
Vancouver- New Years Day Walk	1/1/2012	Vancouver USA Volkssporters	<a href="#">View Details</a>
Portland - Pre-Super Bowl	2/4/2012	Columbia River Volkssport Club	<a href="#">View Details</a>
Portland - Heartbreaker Walk United States	2/11/2012	Columbia River Volks Club	<a href="#">View Details</a>

## ***Albany Fitwalkers 2012 Sunday Strolls –***

### ***January 29 - New West Albany***

Two 5Ks, 10K - Rated 1A. This stroll starts at Two Rivers Market and takes you through West Albany and the lovely residences in the shaded residential neighborhood developed during the 1950s-1970s. Driving Directions: Exit I-5 to downtown Albany. Turn left on Third street. After Broadalbin, turn right into Two Rivers parking lot.

### ***February 26 - Lebanon***

5K/10K with 2K option - Rated 1A. This stroll will take you by many historic buildings, churches, homes and along a canal. 10K goes to south Lebanon and Cheadle Lake and offers a 2K option at the Lake. Revised 5K concentrates on historic north area. Driving Directions: From I-5 take exit 233. Turn toward Lebanon and drive nine miles to Samaritan Lebanon Hospital on the left at 525 N Santiam Hwy. Use rear parking lot and rear hospital entrance. We will meet just inside.

### ***March 18 - Historic Albany***

5K/10K - Rated 1A. Revised since last year, this stroll starts at Two Rivers Market and goes along the Willamette riverfront and through three historic districts: Downtown, Monteith and Hackleman. Along the way you will see many styles of beautifully restored historic homes and the revitalization of the riverfront. Driving Directions: Exit I-5 to downtown Albany. Turn left on Third street. After Broadalbin, turn right into Two Rivers parking lot.

**Northwest Regional Conference - Aug 16-19, 2012**

**ALBANY FITWALKERS VOLKSSPORT CLUB**

**POST OFFICE BOX 1218, ALBANY OR 97321**

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