



ALBANY FITWALKERS NEWSLETTER

FEBRUARY

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 **OTSVVA** www.walkoregon.org **AVA** www.ava.org

MEETING Wednesday, Feb. 10, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*.
Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Bamboo Diner**, 210 First St. SW,
Albany. Please order when you arrive, instead of waiting for everyone to give us plenty of time to arrive at
the meeting by 7pm.

YOU ARE INVITED
TO JOIN THE FAMILY FOR PUNCH AND CAKE AT
THE 60TH WEDDING RECEPTION OF
PHOEBE & RANDY
ON SUNDAY, FEBRUARY 21, FROM 12 TO 2:30 PM, AT
THE FIRST UNITED METHODIST CHURCH,
1115 28TH AVE. SW, ALBANY.
(Across Umatilla St. from Nita)
NO GIFTS PLEASE

**If Your Dues Are Not Paid For 2010 This Is The Last Newsletter You
will Receive.**

And You'll Miss Getting the Free Walk Coupon.

(Please ignore this notice if your dues are paid.)

FITNESS

FUN

FRIENDSHIP

FOOD

Come Walk With Us!!!



THURSDAY WALKS

NOTE: NEW START TIME IS 10AM

Thursdays **10 -12:30** walk Year-Round Events in neighboring towns.

Carpool/Walk info; Contact Nancy @ nanzzz06@yahoo.com or 503-930-4806

February 2010

Feb. 04 - Carlton-Wine Country YRE
1587 10km Rated 1+

Feb. 11 - Charbanneau YRE 1401
10km Rated 1+

Feb. 18 - Beaverton Greenway Park
YRE 1026 10km Rated 1+

Feb. 25 - McMinnville Wildcats YRE
1916 10km/5km option Rated 1+

March 2010

March 4 - Beaverton Nature Park YRE
1438 11km Rated 1

March 11 - Cottage Grove Mosby
Creek YRE 0180 5/10/13km option
Rated 1

March 18 - Forest Grove Town YRE
0241 10km/5km option Rated 1

March 25 - Gladstone YRE 0773
10km Rated 1

AND WALK ALBANY

2011 Year Round Ideas

- (1) Shedd and the Thompson Mill
- (2) West Albany
- (3) Fish Hatchery
- (4) **What's your idea?**



SATURDAY WALKS

February 2010

Feb. 06 - Portland Pre-Superbowl
Event #86229 10km/5km option rated
1+

Feb. 13 - Portland Heartbreaker
Event #83223 10km/5km option rated
3+ and Hillsboro Love Your Heart
Event #86284 10km/5km option rated
1+

Feb. 20 - Eugene /Springfield
McKenzie Riverbend YRE 0800
10km/5km option Rated 2

Feb. 27 - No Walk

March 2010

March 13 - West Eugene Wetlands
Event #86000 11km/5km option Rated
1+

March 20 - Beaverton St Patrick's Day
Event 10km/5km option Rated 1

March 27 - Sherwood Merrywalkers
Event

2010 OFFICERS

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

*Sunday Stroll is the last Sunday of
each month. Come to the walk on
Feb. 28.*

2010 Committees
Membership

- 1. Jean
- 2. Jan
- 3.

Bike & Pedestrian Commission

- 1. Nita
- 2.

Thursday Walks

- 1. Nancy
- 2. Julia
- 3.



Peony, Hostas & More Event
June 5, 2010

- 1. Judy
- 2. Phoebe
- 3. Julia
- 4.

##

Chip in.
Help out.
Contribute.
Sign up for a
Committee.

Maintain mailing list
and send out monthly
newsletters

Historian

- 1. Stephanie
- 2.
- 3.

Publicity

- 1. Rozy
- 2. Karen
- 3.

Future Events

- 1. Phoebe
- 2. Karen
- 3.

Year Round Events

- 1. Ann
- 2. Julia
- 3. Karen

Ankeny Winery
Event

May 1, 2010

- 1. Lolly
- 2. Jan
- 3.
- 4.

##

It takes a village.
It takes the whole club
To keep Albany
Fitwalkers one of the
finest walking clubs
In Oregon.

Job Possibilities:

Fill in for Rozy on the
Sunday Strolls when she
is out of town.

Sub for Nita at Commission meetings.

Newsletter

- 1. Sandy
- 2.
- 3.

Trail Master

- 1. Leroy
- 2.
- 3.

Sunday Strolls

- 1. Rozy
- 2.
- 3.

Midge Cramer Trail
Event

September 11, 2010

- 1. Michelle
- 2. Nita
- 3.
- 4.

##

Our mind gives us a
thousand ways to say
no. There is only one
way to say yes and that
is inspired by the
heart.

Join a committee for
Valentine's Day.

Help with pre-event
planning and tasks.

**Oregon Trail State
Volkssport Association**

Albany Fitwalkers own Vice president,
Rozy Weatherby is the President of
OTSVA!



**About Volkswalks and
Volkssports**

TRAIL RATINGS

The following trail rating system is used to indicate the degree of difficulty of a trail for the AVA sanctioned walk.

(1) An easy walk on pavement or on a well maintained trail with no significant hills. Probably suitable for strollers or wheelchairs.

(2) A moderately easy walk on some pavement or some woodland or open field trails. Or entirely woodland and field trails that may not be well maintained. No significant difficulty with hills. May not be suitable for strollers or wheelchairs.

(3) A moderate walk in any setting with some difficult terrain, one or two substantial hills/or steps. Strollers and wheelchairs questionable.

(4) A difficult walk. Most likely in a natural setting with poorly maintained paths and steeper or hilly inclines. Highly unlikely to be suitable for strollers or wheelchairs. Participants with certain health problems should take caution.

(5) A very difficult walk. All in rough fields or woods. Many steep hills or high altitude trails, or very rough, uneven terrain, steep or unstable inclines. Not suitable for any person who is not in good physical health.

Precautions: Please be aware that weather conditions will cause a variance in the trail rating. Inclement weather or an unexpected hot or cold day can increase the degree of difficulty of a trail as much as one or two full points, so each participant should adjust their pace accordingly. It is advisable to carry water to all walking events. It is possible to become dehydrated in cold weather as well as in hot weather. It is always the goal in the AVA to provide the participant with a safe and enjoyable event. You alone know your own limits. >>

Fitwalkers	
Year Round Events	
Historic Albany	5,10 & 13K – rated 1
North Albany	5 & 10K – rated 2
SE Albany	5 & 10K- rated 1
Parks & Lakes	5 & 10K – rated 1
Brownsville	5 & 10K –rated 1+
Lebanon	6 & 11K – rated 1

Green Gardens

Both black-and-white and colored newsprint are safe to use for mulch or compost. One study of newsprint's use as animal bedding found that it contained fewer heavy metals than plain old straw. But glossy magazines and colored supplements and inserts, which are often produced with heavy-metal-based dyes, should not be used in your garden. Even when soy based inks are used, magazine pages do not break down effectively in compost. So recycle magazines or archive them for curious heirs.

*Hey, Mr. Green by Bob Schildgen,
Sierra Magazine >>*



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START CHANGES

(1) The start point for NW10/1685, Port Gamble, WA, has changed. The walk box is now at the Olympic Outdoor Center, 32379 Rayonier Ave., Port Gamble. The center is right across the street from the old start store, so the printed directions are still (almost) good.

Healthy Heart Nuts

It might seem surprising that a little pistachio nut can be one of the secrets of a healthy heart, but it's true.

The mighty little pistachio nut contains phytosterols – a substance that blocks your body from absorbing cholesterol.

The results: a small handful of pistachios daily may help prevent your arteries from clogging, keep your blood vessels clean, your heart healthy and strong.

And there are four other delicious nuts and seeds that may also help protect your heart because they are high in phytosterols:

1. Sunflower seeds
2. Pumpkin seeds
3. Pine nuts
4. Flaxseeds, whole.

Consumer Reports on Health >>

Northwest Regional Conference

**July 30 - August 8, 2010
Anchorage, Alaska**

IN WASHINGTON

(2) The start point for the Quincy, WA, YRE has also changed. The new location is SUBWAY Sandwiches, 450 "F" St., across the driveway from the Traditional Inns, which has gone out of business. >>

THE NEW WALKER PACKET

Some Albany Fitwalkers have one. Some have only heard about them. The New Walker Packet is an AVA program to get walkers started right, at a cost everybody can afford and a great value. Packets are sold at Volkssports events for \$5. The New Walker Packet has everything needed to get off on the right foot and at a great savings and can also be purchased through Albany Fitwalkers or at the AVA online merchandise store.

The New Walker Packet includes an event book, good for the first 10 events anywhere in the world until the first Achievement Award is earned (a \$5 value). First distance book, is also included, good for the first 500K anywhere in the world (a \$5 value). Three (3) coupons for free credit at events, so you can go to three events for free and still get credit (a \$9 value). These coupons are good only at events in the USA.

A coupon for a free issue of The American Wanderer (TAW) along with 10% off the first **AVA Merchandise** order. And, of course, the New Walker Packet includes plenty of information about **volkssporting**. >>

Thanks for the Thanks And Everything

Julia recently presented each of the Albany Fitwalker start point locations with a certificate of appreciation. She shepherded the project from start to finish. Thanks, Julia.

And thanks, Julia, for sticking with the Year-Round Events Committee, even though your reports will only be quarterly and your involvement a step lighter.

Julia's analysis of the YRE data has been invaluable, showing that YREs make a profit for the club. It takes at least 28 credit walkers during the year to make a YRE self-sufficient. So walk each one with a friend.

The numbers show that the Sunday Strolls were a major source of walkers (42%) and of revenue. Thus it's wise do the monthly strolls again in 2010. >>



Wamble

Here is a curious walking word, "wamble", meaning to move in a weaving, wobbling or rolling manner; an unsteady or rolling movement. Possible usage: *As she got close to the 10km marker she was wambing.* Or how about *Wambing Rose, or Shake, Wamble, and Roll? The wambing wreck from Georgia Tech!* If you've got one, let Sandy know at, cramerss2@aol.com . >>



2010 Census to Begin

WARNING: 2010 Census Cautions from the
Better Business Bureau

Be Cautious About Giving Info to Census
Workers *by Susan Johnson*

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

** If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

** Census workers are currently only knocking on doors to verify address information.

Do not give your Social Security number, credit card or banking information to anyone,

even if they claim they need it for the U.S. Census.

REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.

While the Census Bureau might ask for basic financial information, such as a salary range, you don't have to answer anything at all about your financial situation.

The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Any one asking for that information is NOT with the Census Bureau.

The census bureau has decided not to work with the organization named Acorn on gathering this information. No Acorn worker should approach you saying he/she is with the Census Bureau.

The Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau. >>

**Get Your Sweetie
The Purse Hook
for Valentine's Day**

Gold or Platinum

\$15 each

Contact

Sandy 541-926-1596

FEBRUARY 2010

DATES TO REMEMBER



MEETING Wednesday, Feb. 10, 2010, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Bamboo Diner**, 210 First St. SW, Albany. Please order when you arrive, instead of waiting for everyone to give us plenty of time to arrive at the meeting by 7pm.

FEBRUARY HOSTED EVENTS 2010

- Feb 6-7 Walk Four Plus Foolhardy Folks Eatonville WA 253-531-2796
- Feb 6 Portland - Pre-Super Bowl Walk , Columbia River Volkssport Club
- Feb 13 Hillsboro. Oregon - Love Your Heart Walk, Tualatin Valley
- Feb 13 Portland - Heartbreaker Walk, Columbia River Volkssport Club
- Mar 13 Eugene Walk , Eugene Springfield Mossback Volkssport**
- Mar 14 Kalama Walk Border Crossers
- Mar 20 Beaverton - St Patrick's Walk Cedar Milers

Albany Fitwalkers Planned Event Walks JOIN US!

- May 1, 2010 Ankeny Hill Winery — Chairs: Jan and Lolly.
- June 5, 2010 Peony & Hostas — Chair: Judy
- Sept. 11, 2010 Corvallis Fairgrounds/Midge Cramer Trail - Chair: Michelle

Must Do Events

Apr 23	NW	International Walk Fest	Vancouver	WA	360-718-2449
Apr 24	Walk	International Walk Fest			
Apr 25	Walk, Bike, and Swim	International Walk Vest			

Corvallis Cruisers Year Round Walks
 A River Runs By It
 OSU/Covered Bridge

**JULY 30 -
 AUGUST 8,
 2010**



Eugene-Springfield Mossbacks Year Round Events

- *University of Oregon & Historic Masonic Cemetery Walk/*Willamette River Walk/*Roses and History Walk
- *Kalupuya Talking Stones/*Springfield Fun & Fitness Walk/*Cottage Grove Country Covered Bridges/
- * Cottage Grove Downtown Covered Bridges/*Roseburg Fairgrounds & Historic Downtown Walk
- *Bandon Beach, Lighthouse & Old Town/*Port Orford Cape Blanco Lighthouse (Seasonal)
- *Winchester Bay Umpqua River Lighthouse Walk

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

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