



ALBANY FITWALKERS NEWSLETTER

JUNE

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

MEETING Wednesday, June 8, 2011, 7:00 at *Villa Courtyard & Brookdale Senior Living*.
Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at Brewsters, 640 Hickory St., North Albany, the turn below the Chevron. 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

May 29, 2011 Start 2 PM Note Start Point change
Timber Linn Veteran's Memorial YRE 0795
Timber Linn and S E Price Road
Albany, Oregon
5/10K Rated 1

Quadruple chocolate brownies, fruit and water served.

HAPPY BIRTHDAY

Frances and Julia, both June 1

Welcome new members Debby and Patrick from Turner. OR

FITNESS

FUN

FRIENDSHIP

FOOD



**Albany Fitwalkers
Present
Peonies, Hostas, and More
Saturday
June 4, 2011
Adelman Peony Gardens
5690 Brooklake Rd. NE
Brooks, Oregon
6/10km. rated 1+
Start time 8 am to 1 pm**



Enjoy a walk in the countryside through fields of beautiful and colorful peonies at the award-winning and world-renowned Adelman Peony Gardens. There are 183 varieties in 10 acres. Explore the display garden with waterfalls, Peonies are available for purchase in bouquets and in potted containers.

The walk also takes you to nearby Sebright Gardens with several hundred varieties of hostas available for purchase.

See such sights as irises in bloom in the Mid-America Garden, a hazelnut grove, different agricultural fields, remnants of Lake Labish and perhaps views of Mt. Hood.

Eighth Annual Peony Walk

The Eighth Annual Peony Walk is coming up. It is a lot of years since Judy, then a new Fitwalker, proposed the first Peony Walk. Phoebe and Judy met with Carol Adelman in Brooks, to develop the walk. That first year participation was two walkers shy of 200. It has been such a success that it is now an annual event.

That was in **2003**. Judy and Phoebe as a team have seem to the planning ever since. Their hard work paid off. In **2004** the Albany Peony Walk received Honorable Mention in the Best of the Northwest Walks.

In **2006** the route was expanded to include other gardens and flowers in the nearby Brooks area, similar to the wonderful walk it is today.

By **2007**, Rozy, the librarian, not only manages to provide her quadruple brownies to nibble among the blooms, but discovered that author Jane Kirkpatrick wrote of a summer home on Lake Labish in Hold Tight the Thread, enabling walkers to receive a AVA Authors & Literary challenge stamp. Check out the book before you check out Lake Labish.



Workers Needed

There are plenty of job vacancies for this walk. Be sure to sign up and help out.

**It takes a village to raise a child.
It takes a club to put on a Volkswalk.**



Photos by Sherwood Merrywalkers

Getting to Know You

Judy



Where are you from?

Seattle, WA; however,
only lived there 4 years.

What other hobbies and interests do you have?

Traveling, playing racquetball, spending quality time with my 7 grandchildren. I own a small vacation cabin on Whidbey Island., WA. I spend as much time as possible there in the summer.

Tell us about your family.

I'm single. Have 3 children. My two sons and their families live in Salem/Keizer. My daughter lives in Southern California, has no children.

Are you working or retired?

I've been retired from the State of Oregon for 13 years. My education was a B.S (major: dietetics) from U. of Maryland. I have worked in hospitals as a clinical dietitian and in 4 different state agencies: Supervisor/clinical dietitian at Oregon State Hosp.; Food Service Manager at MacClaren School for Boys; coordinator of the USDA Child and Adult Care Food Programs for the State of Oregon at Oregon Dept. Education; Food Service Training Manager at Fairview Training Center.

How did you get involved in walking?

A friend told me about volkswalking.

What are you hoping to gain from Fitwalkers?

Some walking friends who share the same interests.

Anything else you'd like to add?

I've lived in every Western state: CA, OR, WA, Alaska and Hawaii. Have also lived in Maryland, Texas, Kentucky. Have lived in OR 43 yrs., 7 of them in central OR. In the past 10 years, I've traveled to twenty or more countries around the world. Many trips combined volkswalking with sightseeing. Upcoming trips this year are Greece and Turkey in April and the New England states in October.



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Albany Fitwalkers Officers

President – Jim

Vice President – Rozy

Secretary – Karen

Treasurer – Jan



AVA Trail/Route

The AVA Trail has been revised the Canadian

two-part rating system, considering Incline and Terrain to give participants a better idea of what to expect on a route. The new system begins on January 1, 2012.

Rating System

Rating System and based on rating. This is a

Part 1 – INCLINE	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.	A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500 - 1500 feet.	B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 - 2500 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky/ rooted paths or soft sand). Not suitable for strollers and wheelchairs.
4. Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

Examples:

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

PROPOSED BYLAW CHANGES

1. ARTICLE IV, MEETINGS, 4.1 Regular Membership Meetings, 1st Sentence – change to read
“A regular meeting of the AVA shall be held in April, May or June of every odd numbered year, unless ordered by the National Executive Council”.

Rationale – this provides more flexibility in scheduling conventions.

2. ARTICLE V, OFFICERS, 5.7 Term of Office, 2nd Sentence – change to read
“The term of office shall begin on July 1 following the close of the regular membership meeting at which National Officers were elected”.

Rationale – this would provide for standard two year terms no matter when regular meeting held. It would allow turn-over time for new officers.

3. ARTICLE VI, REGIONAL DIRECTORS, 6.7 Term of Office, 2nd Sentence – change to read
“The term of office shall begin on July 1 following the close of the regular membership meeting at which the election of the Regional Director was announced”.

Rationale – same as for change to Term of Office for Officers.

4. ARTICLE III, MEMBERSHIP, 3.1 Regular Membership, (b) State Organizations – delete the phrase “or annual fees” from the end of the last sentence.

Rationale – the NEC voted to have state associations pay dues as one measure to reducing deficit. This change allow for this.

5. ARTICLE III, MEMBERSHIP, 3.6 Fees and Dues, (d) Annual Dues, (1) Regular, 1st Sentence - change to read
“Regular. Regular member clubs, state associations and all associate member clubs shall pay annual dues”.

Rationale – same as 4 above.

6. ARTICLE X, COMMITTEES, 10.3 Standing Committees – change to read
“There shall be the following standing committees: Audit, Bylaws, Convention, Publicity, and Standards and Evaluation”.

Rationale – The Bylaws are the governing rules of the AVA. To recognize the importance that Texas law places on the Bylaws and at the suggestion of the Audit Committee, this change ensures that a committee is instantly available to consider all Bylaw changes which may arise and make appropriate recommendations.

ALL THESE CHANGES AS WELL AS
NEW OFFICERS WILL BE VOTED
ON DURING THE CONVENTION

JUNE 18-26, 2011 • DES MOINES, IOWA



Jim, Rozy and Leroy will attend the Convention and represent Albany Fitwalkers.

A basket, donated by Connie, filled with Oregon products such as goat milk soap, Springhill wine and Oberto dried sausage, is the Fitwalkers' contribution to the fund-raising Convention auction.

If at first you don't succeed, skydiving is probably not for you.

Sun Protection

In everything from makeup to lip balms to face creams, a broad-spectrum sunscreen with a sun-protection factor (SPF) of at least 30 is essential every day in any climate.

“Try chemical-free mineral-based sunscreens for your face,” advises dermatologist Jeannette Graf. “They are great for a number of reasons, including the fact that they can go around the eye area without burning.” They are also generally lighter and don’t clog pores. Don’t forget about your hairline, neck and ears, as the sun shines on those spots as well.

Skip lotion and apply sunscreen directly as soon as you get out of the shower. Or use a body lotion with SPF 15 “I recommend putting it on while you are naked so that you don’t miss a spot,” says Graf.

When you apply sunscreen is important as well. “Put it on 20 to 30 minutes before you go out, because it takes that long for it to absorb into the skin,” Graf adds.

If you spend time outdoors between 10 am and 4 pm, wear a wide-brimmed hat, sunglasses with 100 percent UVA and UVB protection, as well as SPF 30 sunscreen. It is important to use sunscreen in conjunction with hats and sunglasses, because sun, water reflect the sun’s rays so you are protected not only from the top but also from rays reflected from the ground.

**Vancouver USA Marathon/Half
Marathon/5K
June 18 &19, 2011**

Walk to Remember

Hoof it. Walking is good for your brain, a new University of Pittsburg study shows. The more you walk, the more blood your brain gets, preventing the natural shrinkage – and much of the memory loss – that comes with age.

Editors note: Not having walked in awhile, I can’t remember the source of this information....Just kidding . *May /June AARP Magazine.* And for more about the brain benefits of walking go to www.aarp.org/healthywalking.

Community Walk



**Tuesday, May 24, 2011
6:00 PM**

**Salem Hospital - Building A - Main
Lobby**

Join the Willamette Wanderers and the Albany Fitwalkers on the Salem Capitol Walk. Set your own pace on your choice of a five or a 10k stroll through beautiful Bush Park and surrounding historic neighborhoods, past the governor’s mansion, the court house and the capitol building, all while enjoying the beautiful blossoms along the way.

DATES TO REMEMBER -JUNE 2011

JUNE HOSTED EVENTS 2011

Event Location and Name	Date(s)	Host Club	Click for Details
Florence - Rhody Festival Walk	5/21/2011	Yachats Coastal Gems Volkssport Club	View Details
Portland - The Preakness (Triple Crown Walk)	5/21/2011	Vancouver USA Volkssporters	View Details
Camas -Washougal River Greenway/Lookout Ridge	5/28/2011	Walk All Weather Walkers	View Details
Brooks	6/4/2011	Peony & Hosta Walk Albany Fitwalkers	View Details
Portland - Belmont Stakes (Triple Crown Event)	6/11/2011	Rose City Roamers	View Details
Hillsboro - Jackson Bottom Wetlands Walk	6/18/2011	Columbia River Club	View Details
Vancouver - Vancouver USA Marathon	6/18/2011 (5K only)		
	6/19/2011 (21K and 42K only)	International Walk Fest	View Details
Portland	7/4/2011	Walk Vancouver USA Volkssporters	View Details
Gresham	7/16/2011	Walk East County Windwalkers	View Details
Sherwood - Robin Hood Festival Walk	7/16/2011	Walk Sherwood Merrywalkers	View Details

Fitwalkers Events for 2011

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

SUNDAY STROLLS 2011

May 29 - Timber Linn Veteran's Memorial, Timber Linn and S E Price Rd, Albany, OR (**Start Point change**) YRE 0795 5/10 Km, rated 1, Start 2 PM

June 26 - SE Albany, Brookdale Villas Courtyard, 1929 Grand Prairies Rd SE, Albany, OR, YRE 0377 5/10 Km, rated 1, **Start time 5 PM**

July 31 - Historic Albany, Ray's Food Place, North Albany, OR, YRE 0215, 5/10/13 Km, rated 1. Start time 5 PM.

August 21 -Timber Linn Veteran's Memorial, Timber Linn and S E Price Rd, Albany, OR, YRE 0795 5/10 Km, rated 1, Start 5 PM

JUNE 18-26, 2011 • DES MOINES, IOWA



ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

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

JOIN US!!