



ALBANY FITWALKERS NEWSLETTER

MARCH

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**, March. 9, 2011, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Pop's Branding Iron**, 901 Pacific Blvd. SE, 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

March 27, 2011 Start 2 PM

Brownsville YRE 1272,

Brownsville Chevron Gas Station

203 W Bishop Way, Brownsville, OR

5/10 Km, Rated 2

Quadruple chocolate brownies, fruit and water served.

**Welcome new Albany Fitwalkers members
Karen, Jill, Lynn and Casey!**

FITNESS

FUN

FRIENDSHIP

FOOD

COME WALK WITH US



THURSDAY WALKS

Carpool to YREs

www.albanyfitwalkers.org.

Julia at pjwesterberg@comcast.net or 541-967-3001
Phoebe at ranphoeb@pacifier.com or 541-926-1735

March 3 - Pre-Millersburg event walk to check the directions.

March 10 - Hedges Creek Wetlands in Tualatin, YR1431, 10 km, rated 1.

March 17 - Stayton Covered Bridge, YR1936, 5/10km, rated 1+.

March 24 - Silverton Big Little City, YR1477, 5/10 km, rated 2 (or) West Linn Historic Willamette, YR2041, 5/10 km, rated 1+, which was cancelled earlier.

March 31 - Tigard Summerfield, YR0542, 10 km, rated 1.

AND WALK ALBANY

Gresham Town & More YRE

President Reggie Blake from East County Windwalker announced that the new revised Gresham Town & More YRE is now up and running. 5km and 10 km routes are both rated one.

This route, which provides magnificent views of Mt. Hood in good weather, takes you through quiet neighborhoods, both new and established, as well as part of the Springwater Trail. The route is mostly on sidewalk or trail, but includes some roadside areas. It is feasible for strollers, but wheelchairs would be difficult.

*Mosey
with the
Mossbacks*



Reservations Required. For more information call (541) 747-6470 or see www.mossbacks.org

March 4, Fri. Mark trail for Gillespie Butte/Delta Ponds Pedestrian Bridge Walk (8-1)

March 5, Sat. Gillespie Butte/Delta Bridge Walk (8-1), 4km, rated 3, 6km rated 1+.

March 12, Sat. Bus trip to Amity Daffodil Festival walk, (8-4:30), 5/10/20 km, rated 2.

March 19, Sat. Carpool to Winchester Bay YRE (8-4),

March 26, Sat. Carpool to Beaverton Saint Patrick's Day Pub Walk (8-5) 7/10 km, rated 1.

HAPPY BIRTHDAY

Sue March 6

Leroy March 23

Brenda March 26

The **Ponderosa Pathfinders** are disbanding on June 30. Their Year- Rounds will remain available, however, as another club has offered to manage the walks.



LEBANON

Second Saturday Hikes for more information go to

www.BuildLebanonTrails.com.



"Moving together toward a healthier America"

American Volkssporting Association

The Open Door Closed

Maybe it was the third issue of the new *"Open Door, AVA's community forum."* Or perhaps it was *"Shout Out, AVA member feedback to Open Door"* Or the last straw might have been the AVA 2011-2012 Operational Plan sent out the first week in February for review, discussion and questions.

What ever the reason, the AVA National Executive Council met on February 18 and voted to remove the new Executive Director, Nicole Rogers, creator of *"The Open Door."*

Sam Korff, NW Regional Director said **"Sure, her ideas were radical, but I think she was just what AVA needed to be shaken out of its lethargy to become a financially viable organization. I fear that her dismissal will allow some to return to their sleepiness."**

President, Curt Myron, and Vice-President, Wayne Holloway, resigned because of the Executive Council's action.

Curt Myron explained his actions in a letter to Volkssporters: **"As you may have heard, on Friday, February 18, eight members of the National Executive Council forced a vote to take the Council into closed session where, as the new President has announced, the**

firing of the AVA Executive Director was accomplished.

This action, and the manner in which the firing was accomplished, reflect the current board's direction, which I believe is detrimental to our sport. Because I will never support any action I believe detrimental to AVA, I resigned. The Vice President resigned also and the meeting continued without us.

I greatly appreciate the support I have received from most of you and I wish you well.

AVA bylaws do not cover this situation regarding succession to the presidency. Consequently, the Executive Council selected a new acting director and officers.

Candace Purcell, at AVA Headquarters, will serve as the Interim Acting Executive Director, in Nicole's place.

As Executive Director Candy directs headquarters daily operations, fundraising and sponsorship development, marketing, website development, membership communications, NEC administrative functions and communications, financial management, information systems, human resource management, international (IVV) reporting and communications, and guarantees overall effective administrative / operational stewardship of AVA. In addition, the Executive Director is required to be a visionary leader that is strategically bound to meet AVA's mission beyond the daily headquarters activities.





The National Executive Council appointed the following officers:

Dennis Michele - interim AVA President,
Marvin Stokes - interim Vice President ,
Annette Tollett - interim Treasurer

Election of officers takes place at the June AVA Convention. Candidates are as follows: President - Heinz Johnson, Vice President - Becky Forsythe, Wayne Holloway, and Marvin Stokes. Secretary - Bonnie Johnson and Jesse Miller. Treasurer - Annette Tollett.

Five Motions

Results of voting on the five motions before the National Executive Council follow:

Motion A. The everyday use of the stamp at YREs - **motion withdrawn**.

Motion B. The requirement to inform YRE and seasonal participants of any difference between the registration point and the actual event start point - **passed**

Motion C. This motion dealt with New Walker Coupons – **passed with modifications**

Motion D. Restricting pre- and post – convention events - **failed**.

Motion E. Reporting actual vs advertised distance at events - **passed**.



American Volkssporting Association 2011 Biennial Convention

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/index.asp>

For an additional discount at the Convention sign up for the [Volkssports Associate Membership](#). Cost for an individual is \$25 per year. Benefits include 6 issues of the newspaper *The American Wanderer (TAW)* and 10% discount on most merchandise. Family \$30 includes 6 issues of the newspaper and 10% discount on most merchandise. Life cost varies depending on your age. Add your spouse to a Life membership for only \$100.00. May be paid in 3 installments. Includes newspaper and 15% discount on most merchandise.

Also members receive a Membership ID Card, Travel Discount Car Rentals, and a Convention discount. Contact Karen@ava.org

Rozy, Jim, and Leroy are going to the Convention. How about you?



Workers' Schedule
Fool'n Round Millersburg
 Saturday, April 2, 2011

Friday, April 1, 4:00 PM – Mark Trail	
1. <i>Karen</i>	4.
2. <i>Phoebe</i>	5.
3. <i>Nancy H</i>	6.

Saturday, April 2 – Central Command

Registration/Start Table	
7:30 AM – 10:30 AM	10:30 AM – 1:30 PM
1.	1. <i>Lolly</i>
2.	2.

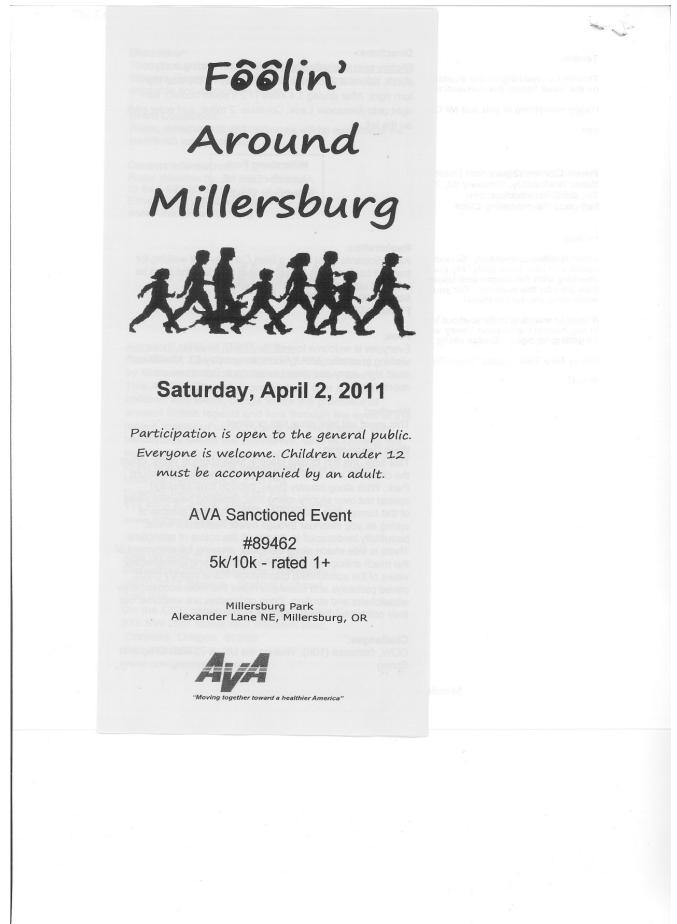
Check Point Table	
8:30 AM – 12:00 PM	12:00 PM – 3:30 PM
1. <i>Casey</i>	1. <i>LuAnn</i>
2. <i>Lynn</i>	2.

New Walker Table	
8:00 AM – 10:30 AM	10:30 AM – 1:00 PM
1. <i>Phoebe</i>	1. <i>Rozy ?</i>

Finish Table	
9:00 AM – 12:30 PM	12:30 PM – 4:00 PM
1.	1. <i>Sandy</i>
2.	2.

Trail Sweep	
1. <i>Nancy H</i>	3. <i>LuAnn</i>
2. <i>Rozy</i>	4. <i>Nancy W</i>

Sign up now for the job of your choice.



Help The Oregon Garden get \$10,000

Rainbird (sprinkler systems) is giving away \$10,000 to water projects. The Oregon Gardens could benefit by this. To vote go to

<http://www.iuowards.com/Projects.aspx#search>

Type in Oregon for the State and click on the \$10,000 box. Click the 'thumbs up' beside 'Wetlands Treated Waste Water' to give points to The Oregon Garden.

Vote 1 time every day through March 22. Rainbird wants to give this money away – might as well go to Oregon!

Getting to Know You

Nancy H of Jefferson, Oregon, started walking in the old country. "I love to walk and be outdoors. I did my first volkswalk in Germany. There were a group of us that would go to the surrounding small communities from where we lived and participate in volkswalks and get to know the local town folks. It was a great way to learn about German culture while we were there."

"I am happy to have found Fitwalkers (Karen W actually got us interested)!! I get to meet people who like to walk and enjoy the outdoors. I have thoroughly enjoyed the walks that I have done in the surrounding communities. I am so pleased to have learned about them through Fitwalkers."

Nancy and her husband, Jeff Marcec, own Hamby Realty in Jefferson, list and sell real estate in the valley, and also do property management. They have one daughter, Julia, who is a sophomore at Western Oregon University and is planning on

becoming a high school English teacher. Their dog, None', is the boss at home.

In addition to walking, Nancy likes to cook, quilt, play pinochle, camp and go boating in the summertime. Another quilter joining the subculture of the Albany Fitwalkers.

Nancy suggests that Fitwalkers develop a two-stage orientation for new members. "A newbie, just learning about Fitwalkers, is hit with a lot of information the first meeting. Keep the initial orientation small. After the member takes home the new walker packet and has an opportunity to look on the website to learn more about AVA the information sinks in a little better. Then to hear it again from a "seasoned member" after the second meeting, taking 15 minutes to go over things again, the information sticks even better."

As one of the co-chairs with Rozy and Karen, Nancy has been working hard on the up and coming "Foolin' Around Millersburg" walk, coming up on April 2.



**As a member of The Albany Fitwalkers Volkssporting Club,
the bearer is entitled to free credit for one Albany Fitwalkers
sanctioned event.**

One coupon per family.

Name _____

2010 free walk coupon

Free Fun!!!



Fitness!!!

Friendship!!!

The Foot

Each foot has 125,000 sweat glands, so the potential to have feet that perspire heavily known as bromhidrosis from the latin bromis for “bad smell” and hidrosis for “sweat”) Normally, we excrete ½ cup of sweat per foot per day. You sweat more when you exercise, and naturally, because the foot is closed up inside the shoe, it sweats more than other parts of your body.

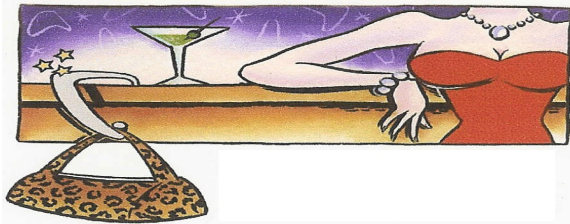
Look for shoes and socks that wick sweat away from your feet, and don't wear shoes or socks that are too tight, which aggravates the problem by reducing air circulation around the feet.

Try following the cornstarch “shake and bake” method - Rob Sweetgall, a cross-country walker, claims that cornstarch works better than any other commercial foot powder by absorbing sweat and lubricating the foot inside the shoe. To apply, wipe your foot with a wet washcloth. Allow your feet to air dry, since the evaporating water will draw heat out of your feet. Place your foot into a plastic bag that contains a handful of cornstarch. Once all the surfaces of your foot have been covered with the powder, remove your foot and put on a clean dry pair of socks.

At the beginning of the day and before you walk, some podiatrists recommend using an antiperspirant deodorant on your foot to fight both odor and perspiration.

THE PURSE HOOK

\$16 each Gold or Platinum



Fuel-Saving Tips

According to the U.S. Department of Energy (DOE), for each mile per hour over 60 mph, the added expense is like paying an extra 24 cents per gallon for gas. And don't forget, a well maintained car gets the best gas mileage. In particular, keep your tires inflated properly. This improves fuel economy by up to 3 percent.

March/April 2011 Viamagazine.com

Letters to the Editor

Sandy, I read your article in the FW Newsletter about cell phone numbers being released to telemarketers. I have heard this before and checked the Do Not Call website. They refute this.

Judy

www.ftc.gov/bcp/edu/microsites/donotcall/index.html

Sandy, I just read the newsletter and thought it was great. I did want to mention one thing. The information on Cell Phone Numbers Going Public is False. I saw this some time ago and decided to check Snopes.com. which says it is False, this has been circulating since 2006. Go to www.snopes.com/politics/business/cell411.asp for more information.

If you are unfamiliar with Snopes, it is a web site discussing urban legends, Internet rumors, e-mail forwards, and other stories of uncertain or questionable origin. It is the best-known resource for validating and debunking such stories in American popular culture, receiving 300,000 visits a day.

Your fellow walker,
Mary Ann

Thanks Judy and Mary Ann. I'll use Snopes from now on to check out net news. I'm happy this was just a panic attack article with no other scam involved.

More About Cell Phones

The truth about traffic safety and cell phones may surprise you. Crash risk is four times higher when drivers use a cell phone – handheld or hands-free. A study by the Insurance Institute of Highway Safety showed no difference in the number of accidents in the months before and after hands-free laws were enacted in two states and the District of Columbia. Talking on a phone of any kind has the same effect: distraction.

Girl Scout Walks Our Walk

Elisabeth Stearns is Albany Fitwalkers' first Girl Scout to receive the AVA Girl Scout patches.

She walked the Shedd Sunday Stroll and has received the AVA/Girl Scout patch. At walks look for Elisabeth with her patch sewn on her vest/sash.



**2010-2011 AVA patch
designed by a Girl Scout in Arizona**

Elisabeth is now going after the footprint patch from OTSVA which Girl Scouts get if they do another walk.

Julia guided Elisabeth and her mother Susan Stearns through the steps to earn the patch. LuAnn volunteered to be the official liaison for the badge program offered by the AVA.

Girl Scout Walk-Together Program

AVA clubs work with their local Girl Scout Council to promote walking as a Health and Wellness activity. Participants who pay the credit fee earn the current year's "Girl Scout Walk Together" patch.

Youth Programs

Take a child or youth on an AVA walk and earn a special award. avayouth@ava.org

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
Girl Scout Liason - LuAnn

Are you on a committee?

Sign up now.

**Pegastian
Press**
Your Complete Printing
& Sign Resource.
Offset Printing * Digital Printing
Bindery & Lamination
Wide Format Printing
Magnetics * Banners
Vehicle Lettering
(541) 928-3533

Albany Fitwalkers Officers

President – Jim

Vice President – Rozy

Secretary – Karen

Treasurer – Jan

SUNDAY STROLLS PAST

Shedd Museum -- Thank-you

The Shedd Museum Volunteers and Linn Co.Hst'l Soc. (its sponsor) wish to thank-you and the Albany Fitwalkers each for the fit walk activities of a couple of Sundays back [January 30], in the Shedd area. We appreciated the walkers dropping in on our exhibit. We are here to share, and appreciate all visitors.

Several walkers asked about how to make arrangements for museum openings. We are open by appointments, which can be arranged through

Bob McCormick at 541-491-3730,

Doreen Eagy at 541-369-2610,

Ross Sprenger at 541-491-3737, and Glen Harrison at 541-926-4680. For those people "cell" calling from the door, we do try to accommodate. However we do need to be given time to clean up and get there, so we suggest they go to store and take a break, or better yet "take a hike" about the town until our arrivals. (Not just sure every one would accept being told to "take a hike"!).

Thought if you had a news letter you might convey our appreciations and contacts.

Thank-you Sincerely,

Bob McCormick, Shedd Museum Volunteer

And Thanks to You

We were so pleased that the Shedd Museum was open on January 30 for the Albany Fitwalker's Sunday Stroll. Thanks for taking the initiative to open when you saw the article in the newspaper. We are grateful for this kind of community response to our events. The opening of the museum was an added bonus.

Again, thanks so much for your interest. And thanks for staffing such a wonderful museum.

HELP!!

Fitwalkers were overwhelmed with 71 walkers showing up for this new walk. Who could resist such perfect weather to walk.

Sunday Strolls don't have formal worker lists.

All members were urged to serve as hosts, making participants feel welcome during Sunday Strolls as well as other club events.

Julia reminded members to complete the address portion of the sign-in sheet. Members not normally walking Sunday Strolls may wish to come out and help.

February 27 Sunday Stroll Historic Albany

Despite threatening weather, 30 walkers attended the Stroll and two-thirds did the entire 10K!! A little wind and very little precipitation.

Thanks to the early arriving Fitwalkers who helped collect money, sign people up and explain things.

SALEM SUNDAY STROLL **Cancelled**

The Sunday Stroll in Salem scheduled for Sunday, March 6, has been cancelled. We will try again when better weather and time for publicity allow.

**2011
ALBANY
FITWALKERS
YEAR ROUND
EVENTS**

**Please note
corrections to
start points**

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 +

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
5/10Km, Rated 1

**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



**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 - MARCH 2011

MARCH HOSTED EVENTS 2011

Event Location and Name	Date(s)	Host Club	Click for Details
Eugene-Gillespie Butte/Delta Ponds Bridge Walk	3/5/2011	Mossbacks	View Details
Amity - Amity Daffodil Festival Walk	3/12/2011-3/13/2011	Mac Trackers Walking Club	View Details
Vancouver - Fruit Valley Walk	3/19/2011	All Weather Walkers	View Details
Beaverton - St. Pat's Teddy Bear Walk	3/26/2011	Cedar Milers	View Details
Millersburg- Foolin' Around Millersburg Walk	4/2/2011	Albany Fitwalkers	View Details
Vancouver - Discovery Walk Festival Walk, Bike, 2 Swims	4/9/2011	International Walk Fest	View Details
Sherwood - Great Easter Egg Hunt	4/16/2011	Walk Sherwood Merrywalkers	View Details
Milwaukie - Spring Walk	4/30/2011	Rose City Roamers	View Details
Sherwood - Walk for the Birds	5/1/2011	Walk Sherwood Merrywalkers	View Details

Fitwalkers Events for 2011

April 2, 2011, Millersburg Walk - Chairs - Rozy, Nancy and Karen.
June 4, 2011, 8th Annual Brooks Peony & Hosta Walk - Judy and Phoebe

JUNE 18-26, 2011 • DES MOINES, IOWA

SUNDAY STROLLS THROUGH MAY, 2011

6 March 2011	Assist Salem Club with their walk.	CANCELLED	
27 March 2011	Brownsville Chevron Gas Station 203 W Bishop Way Brownsville, OR	YRE 1272 5/10 K Rated 2 Start 2 PM	
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	Start Point change 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!!