

ALBANY FITWALKERS NEWSLETTER



NOVEMBER

WALK ALBANY

2012

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, Nov. 14, 2012, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Carino's Italian**, 1825 14th Ave SE, Albany. Please order when you arrive, instead of waiting for everyone. This gives us plenty of time to arrive at the meeting by 7pm.

HAPPY BIRTHDAY Judy – Nov. 5, Nancy – Nov. 27

SUNDAY STROLL

November 25

North Albany 5pm, 5/10km, 1A.

Beginning at 621 NW Hickory Street, this stroll takes you through North Albany in Benton County, passing two golf courses and residential and rural farming areas. The 10K passes Thornton Lake, a Christmas tree farm, a hazelnut grove and various other farmlands. Walk begins at 2:00 PM. Arrive early to sign in.

Quadruple chocolate brownies, fruit and water served.

FITNESS

FUN

FRIENDSHIP

FOOD

DATES TO REMEMBER - NOVEMBER 2012



AVA HOSTED EVENTS 2012

| | | | | |
|-------------------------------------|------------------|-------------|--------------------------------|------------------------------|
| Hillsboro - Dawson Creek | 11/17/2012 | Guided Walk | Cedar Milers | View Details |
| Sherwood | 12/1/2012 | Walk | Sherwood Merrywalkers | View Details |
| Keizer Christmas Lights Walk | 12/8/2012 | Walk | Willamette Wanderers | View Details |
| Portland Christmas Ships Walk | 12/15/2012 | Walk | Columbia River Volkssport Club | View Details |
| Vancouver - New Years' Eve Walk | 12/31/2012 | Walk | Vancouver USA Volkssporters | View Details |

THURSDAY WALKS

ALBANY SUNDAY STROLLS *Sign in begins 15 minutes before walk*

November 25 2 PM North Albany

December 9 2 PM Historic Albany (Same Sunday as Parlour Tour)

SALEM SECOND SUNDAY STROLL

Sunday, November 11, start 2 PM –NE Salem Walk.

Saturday, December 8, Keizer Christmas Lights Walk

Build Lebanon Trails (BLT) Saturday - **December 1** The annual Historic Downtown Walk and Christmas Tree Lighting at Ralston Park.

2013

April 29 - May 3, 2013, 18th AVA Biennial Convention in Orlando, Fl.

May 15 - New Fitwalkers Jefferson YRE starts.

June 25-29, 2013 13th IVV Volkssport Olympiad in the Gardena Valley, South Tyrol, Italy.

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(541) 928-3533

ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

Join Us

COME WALK WITH US

THURSDAY WALKS

Carpool to YREs

Walk from 10:00am to 12:30pm

A weekly e-mail usually comes out on Monday or contact Julia at pjwesterberg@comcast.net, or 541-967-3001. (on Thurs with cellphone: 541-979-0139)

November Thursday walks to be announced by email.



Walk with the Wanderers

willwander.weebly.com

No meeting in November

aturday, Dec. 8, Keizer Christmas Lights Walk

Build Lebanon Trails

Buildlebanontrails.com



December 1 The annual Historic Downtown Walk joined by Joyce Weatherly, local historian, and the annual Christmas Tree Lighting at Ralston Park.

The Golden Show award went to Julia W. for all of her hard work for the club. Thanks Julia!

Albany Fitwalkers supplies are now stored at Bev and LeRoy's home.

Oregon Trails State Volkssporting Association OTSVVA

2012 Flame Awards

CLUB

EXCELLENCE

Large Trophy

Small Trophy

Albany Fitwalkers

Eugene-Springfield

Mossbacks

Individual

Excellence

Large Trophy

Small Trophies

Maryann Brown

Sandy Reid

Phoebe Harrison

Enthusiasm

Large Trophy

Small Trophies

Karen Wusstig

Nancy Hamby

Jann Mann

INSPIRATION

Large Trophy

Small Trophies

Julia Westerberg

Clara Fay Anderson

Nita Eggers

Angela Manley

American Volkssporting Association



Fun, Fitness, Friendship

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

Preparing for



Build Lebanon Trails

Buildlebanontrails.com



BLT requests "Letters of Support" for Grant Application

Hello Build Lebanon Trails Supporter,

Thank you for everything you do to help Build Lebanon Trails and the Lebanon Trails Committee (LTC) meet their goal of developing and maintaining the proposed 50+ mile Lebanon Trail System.

BLT needs "Letters of Support" from you to show the Oregon State Parks and Recreation Department (OPRD) that BLT and the Lebanon Trails Committee has support from you and the community. Your letter will be included with the grant application discussed below that will be submitted to OPRD on January 17, 2013.

Please take a few minutes to send me a "Letter of Support".

Sincerely,
Rodney Sell
Build Lebanon Trails, Board President,
Lebanon Trails Committee, Chair

Grant

Currently Build Lebanon Trails (BLT) and the Lebanon Trails Committee are working with the City of Lebanon in applying for the 2013 Recreational Trails Grant Program (RTGP) administered by the Oregon Parks and Recreation Department.

The trail project has 3 parts that will expand the Cheadle Lake trail system.

- 1) Build 1800 feet of new trail on the south finger/peninsula at Cheadle Lake which includes a resting bench at the end of the trail.
- 2) Build 1000 feet of new trail on the east finger/peninsula at Cheadle Lake including a 2nd resting bench.
- 3) Pave the existing gravel trail from the north parking lot on River Road to the existing paved section of trail.

Feel free to call Rod Sell at 541-409-1302 or email at rrsell@comcast.net with any questions

about writing a letter of support. E-mails are also an acceptable method for showing your support. Please note that signed letters carry the greatest influence with the grant agencies. Letters and/or emails need to be received before January 5, 2012 to be included with the grant request. (Form letters are not recommended) **Please use your own words**, so that no two letters are the same.

SAMPLE LETTER:

Date: _____
Build Lebanon Trails (BLT)
C/O Rodney Sell
P.O. Box 2604
Lebanon OR 97355

Dear BLT (or Dear Rod) (or City of Lebanon)
I want to express my support for the "Build Lebanon Trails" (BLT) efforts and trail projects in the community and especially for their current effort to add new multi-use trails at Cheadle Lake Park. (Name of organization or I) fully support the BLT program to provide trails in the Lebanon area. I am willing to aid the effort by providing _____ support, (be a trail partner and walk the trail) (materials) (funding) (etc) (and/or volunteer my time to develop and promote this effort.)

The Build Lebanon Trails current focus is to add trails along the peninsulas at Cheadle Lake, to pave a gravel trail to make it easy for the physically challenged and provide resting benches. This trail project is very important (or use) (essential) (needed) (critical) to the citizens of Lebanon and will _____ (provide off road public access to the outdoors) (open a wonderful (natural) (scenic) (fishing) (Kayak/Canoe) (wildlife viewing) (exercise area) (access to free outdoor recreation close to home) **(Add why you think it is needed)**.

(You could also include a statement about what the future will bring for you and/or Lebanon)
(I.E.) I imagine a day not far away when I can step out my front door and within a few minutes reach one of numerous trail heads in Lebanon that will take me anywhere I want to go in Lebanon without using a vehicle.

These trails will take me anywhere I want to go in the community including to the parks, schools and businesses I frequent. Thank you and your committee for supporting this very worthwhile effort. Please keep me informed on how I/we can help.

Sincerely,

Name, Address, Contact phone number and/or email address.