

# ALBANY FITWALKERS NEWSLETTER



OCTOBER

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](http://www.albanyfitwalkers.org) **OTSVVA** [www.walkoregon.org](http://www.walkoregon.org) **AVA** [www.ava.org](http://www.ava.org)

**MEETING** Wednesday, Oct. 10, 2012, 7:00 at *Villa Courtyard & Brookdale Senior Living*. Pre-meeting Eating a.k.a. The Workers Wok – 5:15 at **Sizzlers** Albany. Please order when you arrive, instead of waiting for everyone. This gives us plenty of time to arrive at the meeting by 7pm.

## WELCOME NEW MEMBER DOUG

**HAPPY BIRTHDAY** Sandy – Oct. 3, Donna – Oct. 11

### SUNDAY STROLL

**October 28**

Lebanon Walk 2pm, 5/10km with 2km option, 1A.  
Samaritan Lebanon Community Hospital 525 Santiam Hwy, Lebanon, Oregon Walk  
begins at 2PM. Arrive early to sign in.

*Quadruple chocolate brownies, fruit and water served.*

FITNESS

FUN

FRIENDSHIP

FOOD



# COME WALK WITH US

## THURSDAY WALKS

Carpool to YREs

Walk from 10:00am to 12:30pm

Thursday Walks are also posted on the Club calendar at [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org). A weekly e-mail usually comes out on Monday or contact Julia at [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net), or 541-967-3001. (on Thurs with cellphone: 541-979-0139)

**Oct. 11:** Willamette/West Linn – Summer Route

**Oct. 18:** Graham Oaks Nature Park, Wilsonville (new YRE this year & we enjoyed it this spring & there's Biscuits afterwards)

**Oct. 25:** Summerfield (Tigard) – not being renewed in 2013. Karen is coordinating walk.

*November Thursday walks to be announced.*



## Walk with the Wanderers

[willwander.weebly.com](http://willwander.weebly.com)

Meeting the third Wednesday of each month, 7PM Room 1, Building D, Salem Hospital  
Pre-meeting walk 5:30 PM, Building A  
Everyone Welcome  
meeting Oct. 17, 2012

## Salem Second Sunday Stroll

Sunday, October 14, start 2 PM – South Salem Walk

## Build Lebanon Trails

[Buildlebanontrails.com](http://Buildlebanontrails.com)



**Oct 13, Sat.** Marks Slough Trail Development Day from 10 am to 2 pm. Cleaning up along the 1 1/2 mile long trail.

**Nov. 6, Tues.** Monthly Lebanon Trails Committee (LTC) Meeting. 7-8:30 pm at the Lebanon Community Hospital. Help make decisions on what trail projects and events the committee will be working on in the near and distant future.

**November 10, Sat.** BLT and the Lebanon Trails Committee sponsors an obstacle race at the Cheadle Challenge Mudfest. Join us and volunteer to help out. It is going to be great fun watching the participants run through mud, fire and water while climbing under and over obstacles. Respond to this email if you want to be added to the growing list of volunteers for this event. The event is being organized by the Lebanon Community Foundation with proceeds going to making more improvements to this wonderful Park.

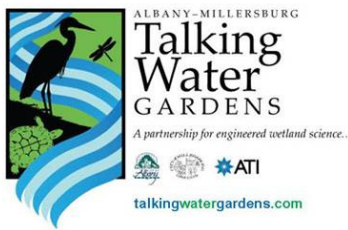
**December 1** The annual Historic Downtown Walk. Joyce Weatherly our local historian annual Christmas Tree Lighting at Ralston Park. will be sharing historic information about each site visited. The walk concludes with the December 1st is the annual Historic Downtown Walk. Joyce Weatherly our local historian annual Christmas Tree Lighting at Ralston Park.

*Mosey with the Mossbacks*



**Carpool requires reservations and \$10 fee.**  
Meet at WAAC, 215 West C St., Springfield. For more information call (541) 747-6470 or see [www.mossbacks.org](http://www.mossbacks.org)





September 15, 2012

**Editor's Note: Due to technical difficulties involving the use of a new laptop computer (yeah!), the pictures of the Talking Water Garden Event and the recently presented OTSVA awards will be sent at a later date.**

### The Golden Shoes Award

*Awarded quarterly to a club member who goes above and beyond the call of duty in working for the club. Who do you vote for in the third quarter 2012?*

### HELP WANTED

Volunteer to store event equipment  
Contact Phoebe

### WALKERS WANTED

Veterans Day Parade Nov. 10  
Contact Nita to commit

The new Fitwalkers Jefferson YRE starts May 15 rather than June 1 and runs through December 2013.

No Peony Walk in 2013 while the club reconsiders the event for 2014.

Oregon Trails State Volkssporting Association

## OTSVA

The next NW Regional Conference is scheduled for in 2014 in Portland, hosted by OTSVA with help from the clubs around the area who have walks. One of the walks will be in Salem (a capital walk). Another potential walk may be at Silver Creek Falls.

October 7

**YRE Closing October 31**  
Gresham-Springwater Corridor Bike

**YRE Closing November 15**  
Silver Falls Silverton walk



OTSVA sanctions the Portland Marathon, which also includes a half-marathon, a 10km downhill dash and a 10km family walk. After October 7, go online to [portlandmarathon.org](http://portlandmarathon.org) and register for next year's events. You will receive discounts for early registration and be assured a spot in the 2013 events.



# American Volkssporting Association



**Fun, Fitness, Friendship**



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

## Preparing for



**Form 303** - Certificate of Service, Meritorious Service and Certificate of Appreciation

**Form 303 PA** - President's Award (Sent directly to President)

**Form 302** - Hall of Fame, Distinguished Achievement, Trailblazer, and Ted Ballman Memorial Youth Award

Nomination forms and guide are on <http://www.ava.org/forms/avaformn.htm>.

THE NEW AVA LOGO STICK-ON PATCH is now available for \$5 at event OTSVA merchandise tables or through AVA.org. The attractive patch can be used a number of times before the "stick" runs out.

**Recognition Awards** nominations due to your Regional Director by **midnight Thursday, 1 November**. Use one form for each person.

Use **GoodSearch** to raise Money for AVA. Register at [www.Goodsearch.com](http://www.Goodsearch.com) before searching the internet. Join up and help out.

## AVA AND MY STRIDE

AVA is partnering with My Stride, an organization sharing our philosophy for the promotion of healthy lifestyles. AVA volkssporters earn prizes for distance walking achievements. Convert your distance walked in kilometers, into steps. And count all the other steps you take during any given day.

Go to [www.mystride.net](http://www.mystride.net). Click on the AVA registration button and follow the instructions. \$5.50 a year winners for both contests is made by the My Stride computer.

The logo for Pegastian Press features a cartoon fairy with blue wings and a purple dress, holding a wand. The text 'Pegastian Press' is in a large, colorful, bubbly font.

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***Jemper is a valuable possession  
– don't lose it.***

Newsletter published monthly  
Submissions are taken at any time. Deadlines for specific Newsletter publication must be received by the 25th of the month. Send submissions to: Sandy at: [cramerss2@aol.com](mailto:cramerss2@aol.com) or 630 5th Ave SW Albany OR 97321

# DATES TO REMEMBER - OCTOBER 2012



## AVA HOSTED EVENTS 2012

Otter Rock - Devil's Punchbowl/Beverly Beach - Fall Beach Blast	10/13/2012	Walk	Yachats Coastal Gems Volkssport Club	<a href="#">View Details</a>
Sherwood - Soup/Fall Foliage Walk	10/21/2012	Walk	Sherwood Merrywalkers	<a href="#">View Details</a>
Woodland - Cedar Creek Grist Mill	10/27/2012	Walk	All Weather Walkers	<a href="#">View Details</a>
Grove Trolley Trail Walk	11/3/2012	Walk	Rose City Roamers	<a href="#">View Details</a>
Vancouver Veterans Parade	11/10/2012	Walk	Vancouver USA Volkssporters	<a href="#">View Details</a>
Sherwood	12/1/2012	Walk	Sherwood Merrywalkers	<a href="#">View Details</a>

### THURSDAY WALKS

Oct. 11: Willamette/West Linn – Summer Route

Oct. 18: Graham Oaks Nature Park, Wilsonville

Oct. 25: Summerfield (Tigard) – not being renewed in 2013. Karen is coordinating walk.

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

October 28 2 PM Lebanon

November 25 2 PM North Albany

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

### SALEM SECOND SUNDAY STROLL

Sunday, October 14, start 2 PM – South Salem Walk

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

**Build Lebanon Trails (BLT)** Saturday - Oct 13, Marks Slough Trail Development Day, 10 am to 2 pm.

Nov. 10 - Albany Veterans Day Parade

### 2013

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

May 15 - New Fitwalkers Jefferson YRE starts.

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

## ALBANY FITWALKERS VOLKSSPORT CLUB

POST OFFICE BOX 1218, ALBANY OR 97321

Join Us