



Rose City Roamers

The Roamer Newsletter

October 2013

*Walking for Fun Fitness Friendship** AVA American Volkssport Assoc member club

CALENDAR

Nov 5 7 pm Club Meeting-Pizza Party/Officer Elections
Adventist Health Ed Center A

NEWS AND EVENTS

Our next club meeting will be November 5th with a pizza party and officer elections. Members and visitors welcome.

OFFICER ELECTIONS

Voting for new officers for the 2014 year will be during our November club meeting. Nominations are open for President and Vice-President. The following offices are up for election: Susan Treacy for Treasurer, Debbie Esmond for Secretary, plus four member-at-large Judy DeBenedetti as membership coordinator and Denise Esmond as newsletter editor.

DUES TIME AGAIN

Dues are still only \$6.00 per person or family. You may choose to renew or join at the November club meeting or you can mail in to the address listed at right. Keep your membership in the club and enjoy club sponsored events, The Roamer newsletter and other member only benefits. Invite a friend to join and walk for fun-fitness & fellowship.

HIGHWAY CLEANUP

Rose City Roamers have renewed their agreement to continue the highway cleanups. The upcoming cleanup day has been scheduled for Sunday, October ____ at 9:00 am starting from the Alder Creek Middle School parking lot.

OCTOBER IS NATIONAL VOLKSSPORT MONTH



Serious national recognition of Volkssporting began in 1987 with the Nationwide Volkssport Weekend. In 1991, the AVA National Executive Council (NEC) expanded the celebration to the entire month of September, and now of course, that has changed to October. The name was also changed to the National Volkssport Month. Any event taking place in October can be designated as part of the national celebration and each participant qualifies. Contact a local club or sanctioned event for details.

The patch design was submitted by Dorm Batson of the Northwest Region and depicts a beautiful fall scene on a full-color, 100% embroidered cloth patch.

Historically, the October month was selected to take advantage of more favorable weather conditions in most parts of the country. Additionally, it was felt that October dates could be more often coordinated with local autumn festivals such as Oktoberfest. This month normally generates the largest percentage of established, sanctioned activities during the year as well.

YEAR-ROUND EVENTS (YRE)

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN

Start: LEGACY GOOD SAMARITAN
HOSPITAL 1015 NW 22nd Avenue
Contact: Sue C., 503-289-5888

PORTLAND – North

HISTORIC ST. JOHNS, PENINSULA CROSSING

Start: WEST COAST HEALTH &
FITNESS 7522 N. Lombard St.
Contact: Sue C., 503-289-5888

PORTLAND – Southwest

TRYON CREEK STATE PARK

Start: TRYON CREEK STATE PARK
11321 SW Terwilliger Blvd.
Contact: John H., 503-654-3494

LAKE OSWEGO – Neighborhoods

LAKE OSWEGO, CIRCLE THE LAKE

Start: McDONALD'S RESTAURANT
16044 SW Lower Boones Ferry Rd.
Contact: Ed H., 360-921-1909

PORTLAND – Southeast

REED COLLEGE, CRYSTAL SPRINGS GARDENS

Start: Pace Setter Athletic
4203 SE Woodstock Blvd
Contact: John H., 503-654-3494

PORTLAND – Clackamas

SUNNYSIDE

Start: DAYS INN MOTEL
9717 SE Sunnyside Rd.
Contact: Judy D., 503-698-4398

PORTLAND – Northeast

ALAMEDA/FREMONT, MT. TABOR NE/SE, BELMONT, MURALS AND MORE

Start: PROVIDENCE PORTLAND
4805 NE Glisan St.
Contact: John H., 503-654-3494

WEDNESDAY WALKS

10/2/13 10:00 AM Starbucks [YRE 116](#) rated 1A
New Location: 8302 E. Mill Plain, ask at counter
Abhiruchi Indian Cuisine, 233 NE Chkalov Dr,
Vancouver (just North of Mill Plain) - drive 1 mile
from finish

10/9/13 - Silver Falls [YRE 171](#) rated 2B SWA:
895 W Main St. Silverton (short drive from
registration) no 5K option for this walk, Be ready no
later than 9:30 AM, to leave registration at
Safeway, Customer Service-Oregon Garden
Resort, 301 Westfield St, Silverton. The walk will
start in the park about 10:00 A.M.

10/16/13 - 10:00 AM Albertson's - New Location:
305 First St, Lake Oswego
[YRE 1611](#) rated 1A CRVC: Service Counter
Manzana Rotisserie Grill (near finish)

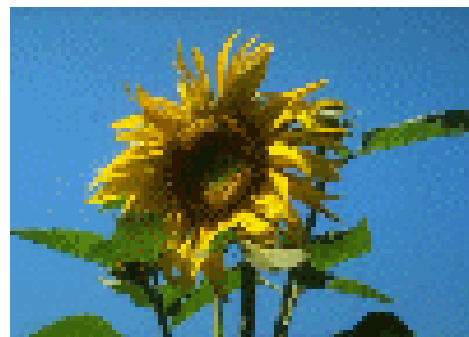
**10/23/13 - 10:00 AM Best Western Pony
Soldier**, 1060 NE Cleveland, Gresham
[YRE - 519](#) rated 1A ECW: at counter
to be determined

10/30/13

10:00 AM **West Hills Racquet & Fitness Club**,
2200 SW Cedar Hills Blvd, Portland
[YRE 1437](#) rated 1A CM: at counter
Bugatti's Beaverton, 2905 SW Cedar Hills Blvd
(drive here to start walk)

11/6/13

10:00 AM **Fishers Landing Fred Meyer**,
16600 SE McGillivray Blvd, Vancouver
[YRE 1017](#) rated 1A AWW: East entrance lobby -
Garden area
Makoto Japanese Buffet, 1119 S 163rd Place,
Vancouver (1/4 mile away - fronts on 164th)



TRADITIONAL EVENT WALKS

10/5/2013

**CRESWELL Walk/Garden Lake Park
95594**

Two 5k loops. 10k total - 1A Description: 2 5k loops totaling 10k. 1st loop-well maintained bark & wood chip trail in Garden Lake Park & new subdivision. 2nd loop-through Creswell City center & Garden Lake Park

Special Programs: Main Street, Murals, Rainbow Color-Named Places Start Times: 8am to 1 pm Location: Comfort Inn Suites 247 Melton Rd. Creswell, OR 97426 Comments: Water & restrooms in start, finish and checkpoint. Eugene Springfield Mossback Volkssport Contact: Sharon Medart/Tony Toftem (541) 912-8092 www.mossbacks.org smtofte46@gmail.com

10/6/2013

Portland Marathon and Expo 95786
42k, 12k, and 10K - 2A Start Times: 7AM until finished Location: Portland Hilton Hotel 921 SW 6th Ave Portland, Oregon Start Point / Driving Directions: Awards & Fees: IVV Credit Only Comments: Preregister at portlandmarathon.org ASAP. Marathon registration open as of 3/01/2013 Half-Marathon closed as of 3/01/2013 10k Family registration opens in April, check portlandmarathon.org Oregon Trail State Volkssport Assn. Contact: Maryann Brown (541) 961-4279 walkoregon.org otsva@walkoregon.org

11/2/2013

**HOPS-TO-IT HILLSBORO, OR 95785
10K/5K**

Special Programs:
Baseball Walks, Rainbow Color-Named Places
New Seasons Market, 1453 NE 61st Ave,
Hillsboro, OR 97124
Host club: Cedar Milers
Contact: Dar Parrow (503) 484-6475
Website: www.cedarmilers.org
E-Mail Contact: dar.parrow@gmail.com

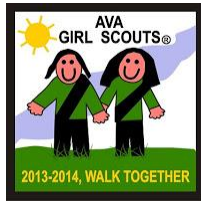
12/7/2013

WALKING SHERWOOD, OR 95833

Distance - Trail Ratings:
10K with 5K option -
This event doesn't have any special Programs assigned.
Location: 18208 SW Woodhaven Drive
Host Club: Sherwood Merrywalkers
Contact: Andrea McKee (503) 625-1612
Website: www.sherwoodmerrywalkers.org
E-Mail Contact:
info@sherwoodmerrywalkers.org

GS Walk-Together Patch

The 2013-2014 Walk-Together Patch



The Girl Scout Walk-Together patch for 2013-2014 is available for events starting in September, 2013. The patch design came from Sydney Vokes, troop #813, Girl Scouts of Southern Illinois Council. Debbie Kruep, President of the Illinois Trekkers Volkssport Club arranged with the Girl Scout council to hold the patch contest. The Walk-Together Patch is not an award that people earn by walking for credit. It is a for-sale item. This means that Girl Scouts, girls and adults, who walk with AVA clubs at either a traditional event or a year-round/seasonal, may purchase the patch even though they walk for free or pay the non-IVV fee. They do not need to walk for credit to earn the patch. If holding a traditional event, the patch can be ordered from AVA on consignment so clubs are not burdened with paying for patches they can't use. **Please be conservative** with your patch orders. AVA must purchase the patches based on club need estimates. Last year, clubs returned several hundred of the patches so that this year HQ has reduced the number of patches purchased to 300 to prevent over ordering. The AVA sends the patches with a Girl Scout Patches Consignment form. Clubs should return the form with the count of patches sold, and the unused patches along with the stamp for the walk. Patches are available on consignment for a scheduled group walk of a year round or seasonal as well. The AVA will bill the club for patches used. The price for the patch is \$2 each. Call or email AVA national headquarters to order patches and indicate what walk they are for. If clubs want to have patches on hand for Girl Scouts who walk their events - traditional or year rounds/seasonals - they may purchase the patches ahead of time. Purchased patches may not be returned. Please remember that unless the club is working with a local troop directly, Girl Scout councils need a great deal of lead time to publish events. It is still summer and most troops are not active until the fall. It would be a good time now for clubs to contact local councils about walks they might be planning for winter or spring. Also most Girl Scout councils are very large, so the Walk-Together activity may only be

appropriate for a local area. Visit the AVA website under Special Programs/Youth Programs to see more information about Walk-Togethers. It includes a downloadable .pdf format copy of a Walk-Together brochure which explains the process of arranging for walks for Girl Scouts.



2013 Officers Directory

Daryl Pulley, President
503-251-4847
daryl.pulley@gmail.com

Noreen Kirk, Vice President
503-285-2915

Joan Larson, Treasurer
503-252-7761
Neverhomejoan@yahoo.com

Debbie Esmond, Secretary
503-777-2717
Esmond1@hotmail.com

Judy DeBenedetti, M@L
Memberships 503-929-2310
Judydebenedetti@msn.com

Susan Treacy M@L
Webmaster jsusan45@mac.com

Denise Esmond M@L
Newsletter Editor 503-544-9625
Deedlence@comcast.net

M@L=Member at Large)

For membership dues mail to:
Rose City Roamers
13319 NE Sacramento St
Portland OR 97230

American Volkssport Association
Mail: 1001 Pat Booker Rd, Ste 101
Universal City TX 78148
Website: www.ava.org

Oregon Trails State Volkssport
Association (OTSVA)