

The Roamer

Rose City Roamers
Newsletter



July 2014

Walking for
Fun * Fitness * Friendship

CALENDAR

July 27 Sunday Parkways Walk Event
North Portland 9:00am start

Aug 24 Sunday Parkways Walk Event
Northeast Portland

UPCOMING EVENTS

CLUB MEETING

Our next Club meeting will be September 2 at 7pm at Portland Adventist Hospital Education Room A. This is our Potluck Picnic meeting. Bring your favorite picnic food item and enjoy the meeting, chicken & drinks will be provided. As a-reminder bring serving utensils for your dish.

UPCOMING RCR WALKS

July 27 -- Sunday Parkways -- N Portland
Location: Fernhill Park Near corner of NE
Ainsworth St. & 37th Ave.
Start Times: 9:00 am to 1:00 pm, Finish by 4:00 pm

AUGUST 2014

August 24 -- Sunday Parkways -- NE Portland
Portland Providence Medical Center
4805 NE Glisan St. at 49th Ave., Social Room - East
Side
Start Times: 9:00 am to 1:00 pm, Finish by 4:00 pm
August 30, 31 -- Hazelia Field at Luscher Farm
Location: Hazelia Field Dog Park 17800 SW
Stafford Rd. (near corner with Overlook Dr.), Lake
Oswego, OR
Start Times: 9:00 am to noon, Finish by 3:00 pm

WALK NOTES by Dick Baker

Sunday Parkway - East (10 and 11 May)

For the 2 day Sunday Parkways, we had a total of 158 walkers come and enjoy the route. About half for each day. As always it does take a lot of volunteers to make the walk successful. First I would like to thank Ed Hainline who helped me layout the walk, measure it and then mark it for the event. Barbara Baker for helping proof the instructions; Barbara and Ed for helping me set up each day; Cheri Stone, Carol and Walk Ottoson, Barbara Baker, Denise Esmond, Debbie Esmond, Phyllis Markee, Jan Gleaves, Noreen Kirk and Lena Davis for working at the Start, Registration, Sales and Finish; Judy DeBenedetti, Sandy Hiles, Dave Huff, Daryl Pulley, Pat Schroeder and Susan Treacy for helping me at the checkpoint and Susan Treacy for sweeping the trail at the end of Sunday. Thank you all for your time and effort.

WANTED: CLUB HISTORIAN

Rose City Roamers is looking for a club historian to organize and update the club's records. We are looking for someone who has the ability to create a lighter version of our scrapbooks, using electronic images or photo-copy reproductions. If you or someone you know would be interested please contact Judy deBenedetti at 503-929-2310 or email her at Judydebenedetti@msn.com.

TRADITIONAL WALK EVENTS

7/12/2014 Sandy, OR Sandy Mountain Days Festival Walk

Contact: East County Windwalkers Rebecca Shierman (503) 880-1632 **E-Mail:** rshierman@yahoo.com
96279

Distance - Trail Ratings: 10 K - 2A

Description: TRAIL: 10km-(2B). 5km-(1B) 10km - Walk on well developed gravel pathways along the Tickle Creek Trail with old growth trees. Route continues through neighborhoods, and wooded paths to Meinig Memorial Park where the main festival takes place. 5 km is along Tickle Creek and back only.

Strollers: medium | **Wheelchairs:** NO | **Pets:** Yes | **Restrooms:** Yes

Start Times: 8 a.m. to 1 p.m.

Location: Sandy Mountain Days Festival

Start Point / Driving Directions: Smoky Hearth Restaurant 16607 Champion Way SANDY OR

DIRECTIONS: I-205: Exit #22, east to I-84 (US30). I-84: Exit #16 (238th Dr/Wood Village). RIGHT onto 238th Dr. At Glisan, 238th Dr becomes 242nd. LEFT on Burnside, becomes US26E. Follow US26 to Sandy. After first signal light at Orient Dr/Jarl Rd take exit to RIGHT onto Champion Way (behind ARCO Station). RIGHT on Industrial Way. Left into mall parking area with Smoky Hearth Restaurant in the middle section

Awards & Fees: IVV Credit Only

Comments: The Sandy Mountain Days Festival features 150 artisans showing their wares along with free live music, and food booths.

CHALLENGES: WOC: COW/KLUBS, Festivals,

Auditorium, Bank, Chinese Food, City Hall, Dog Parlor, Forests, Landmarks, Library, Mountains, Watering Holes, Waterways

AVA: Honoring Our Flag, Walking America's Museums, Walking USA A-Z

7/19/2014 Columbia City, OR Columbia City Walk

Host Club: Border Crossers **Contact:** Sam Korff (503) 369-9906 **Website:** longviewbordercrossers.org

E-Mail Contact: korff.sam@wildblue.net

98689

Distance - Trail Ratings: 10 km - 2A

Description: Walk on paved roads and trails. Walk along the Columbia River, through the new Veterans Memorial Park, by the Caples House DAR Museum on the National Historic Register, and by the City's many parks. The city is dominated by the Columbia River, which is nearly a mile wide here. Fir-clad slopes provide a backdrop west of town. Across the river are the foothills of the Cascade Range. Five snow-covered peaks are visible from the city: Mt St Helens, Mt Adams, Mt Hood, Mt Rainier, and Mt Jefferson. Event includes Birds&Beasts, Dog Related, Mountains, Water Towers, Waterways

Strollers: hard | **Wheelchairs:** NO | **Pets:** Yes | **Restrooms:** Yes

Special Programs: Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Walking the USA A - Z, You'll Never Walk Alone

Start Times: 8:00 a.m. to 12:00 noon. Finish by 4:00 p.m.

Location: Columbia City School, Columbia City

Start Point / Driving Directions: 2000 Second Ave, Columbia City, OR Columbia City is located on Hwy 30 in Oregon. Drive east or west to Columbia City and turn east toward the Columbia River on "I" Street. Turn LEFT on Second Ave to the School, next to the library

Awards & Fees: IVV Credit Only

Comments: Please DO NOT park in the library parking lot - leave space available for library patrons.

7/23/2014 West Linn, OR

Host Club: 4-D's Volkssport Club **Contact:** Becky Forsythe (360) 281-8429 **E-Mail Contact:** rgforsythe@usa.net

98719

Distance - Trail Ratings: 5km, 10km -

Description:

Strollers: | **Wheelchairs:** | **Pets:** | **Restrooms:**

Special Programs: This event doesn't have any special Programs assigned.

Start Times: Location: Mcmenamins West Linn Pub

7/26/2014 Newberg, OR Strolling Through the Past

Host Club: Valley Volkswalkers **Contact:** BL Cline (503) 329-5386 **E-Mail Contact:**

ValleyVolkswalkers@Yahoo.com

98282

Distance - Trail Ratings: 5K, 10K - 1A

Description: Walk on sidewalks and street shoulders past Hoovers-Minthorn Museum on the National Registry and a Bed & Breakfast the Lions Gate and many other older homes. Optional two block walk to enjoy the Newberg Old Fashion Festival Parade, starts at 10 am to Noon, so bring your children.

Strollers: medium | **Wheelchairs:** hard | **Pets:** Yes | **Restrooms:** Yes

Special Programs: Bakeries Family Owned, Celebrating Golden Cinemas, Fraternal Organization, Honoring Our Flag, Main Street, National Register of Historic Places, WPA Works Projects Administration

Start Times: 8 am to 1 pm finish at 4 pm

Location: Jaquith Park Baseball field parking lot at the corner of N. Main St. and Creekside Ln., Newberg, Oregon 97132

Start Point / Driving Directions: Start/Finish at Jaquith Park Ball Fields (1400 Block) N. Main St., Newberg, Or. 97132. From Northbound on 99W Left on N. Main St./Hwy 240 or Southbound 99W/ Hwy. 219 to Right on N. Main St./Hwy 240. N. Main St. jogs at Illinois St. continue on N. Main St. to Ball Fields on your Right.

Awards & Fees: IVV Credit Only

Comments: Restrooms within the Park and along the route. WOC: Deli, Docks, Candy Shop, Chinese Food, City Hall and Bakery.

7/27/2014 Portland, OR Portland Sunday Parkways Northeast

Host Club: Rose City Roamers **Contact:** Dick Baker (360) 991-8806 **Website:** www.rosecityroamers.org

E-Mail Contact: dickbkr@q.com

98511

Distance - Trail Ratings: 5 and 10 km - 1A

Description: The walk will follow much of the City of Portland's Sunday Parkway route. The City will close 8 miles of streets for non-mechanized transportation (bikes walking skateboards) and will have many activities beginning at 11 am in Alberta, Fernhill and Woodlawn parks. If you would like to walk without the bikes come early at 9 am. At 9 am you will walk on the sidewalks. If you want to do the activities come at 11 am and you can walk in the center of the streets or on the sidewalks.

Strollers: medium | **Wheelchairs:** hard | **Pets:** Yes | **Restrooms:** Yes

Special Programs: Honoring Our Flag, Murals

Start Times: 9 am to 1 pm

Location: Fernhill Park

Start Point / Driving Directions: NE Ainsworth Street & 37th Av. From I-5 northbound take exit 305A Lombard East to 42nd Av., RIGHT on 42nd Av. RIGHT on Holman St. LEFT on 37th Av. From I-5 southbound take exit 304 RIGHT on Rosa Parks, RIGHT on Interstate, RIGHT on Lombard east to 42nd Av. RIGHT on 42nd Av. RIGHT on Holman, Left on 37th Av. Street Parking only

Awards & Fees: IVV Credit Only

Comments: Last year an estimated 28,000 people came to the Northeast Sunday Parkways

7/30/2014 Wood Village, OR Ramona Falls Guided Walk

Host Club: Columbia River Volkssport Club **Contact:** Dick Baker (360) 991-8806

Website: www.walking4fun.org **E-Mail Contact:** dickbkr@q.com

98688

Distance - Trail Ratings: 11 km - 2B

Description: The walk is along a portion of the Pacific Coast Trail to Ramona Falls, a 120 foot cascading lacy waterfall, and returning. This is one of the most popular walks in the Mount Hood Area.

Strollers: NO | **Wheelchairs:** NO | **Pets:** No | **Restrooms:** Yes

Start Times: 8:10 am to 8:25 am

Location: Wood Village Walmart, NE Corner of Parking Lot, 23500 NE Sandy Blvd.

Start Point / Driving Directions: NE Corner of Parking Lot, 23500 NE Sandy Blvd. I-84 east bound take exit #16 and turn left (North) to Sandy Blvd. Left on Sandy to entrance to Walmart. Once registered walkers will carpool to trailhead

Awards & Fees: IVV Credit Only

Comments: This is a group walk. Registration will be at the Walmart Parking lot in Wood Village until 8:25. At 8:30 carpools will leave the parking lot with instructions on how to get to the trailhead.

8/6/2014 Portland, OR The Grotto Guided Walk

Host Club: Vancouver USA Volkssporters **Contact:** Dick Baker (360) 991-8806 **Website:**

www.vancouverusavolkssporters.org **E-Mail Contact:** dickbkr@q.com

98694

Distance - Trail Ratings: 5 and 10 km - 1A

Description: Walk on sidewalks and park paths starting in the Grotto's lower portion. Then walk in residential neighborhoods and parks with the 10 km going around a golf course. When you return you can walk the upper portion of the Grotto for an addition 1 km. \$4 fee(\$3 for seniors required for the upper portion but the views and gardens are worth going.

Strollers: medium | **Wheelchairs:** NO | **Pets:** | **Restrooms:** Yes

Special Programs: This event doesn't have any special Programs assigned.

Start Times: 9:05 to 9:25 for registration leave at 9:30

Location: The Grotto

Start Point / Driving Directions: NE Sandy Blvd. and 85th Ave. I-205 Northbound take exit 23 B, straight at first light. Right on Sandy to 85th Ave. Left into Grotto parking lot. I-205 southbound Exit #23 RIGHT on Killingsworth. Right on Sandy Blvd. to 85th Ave. LEFT into Grotto parking lot

Awards & Fees: IVV Credit Only

Comments: Pets not allowed in the buildings or the upper portion of the Grotto. Restrooms at start/finish and at golf course for the 10 km walkers.



YEAR-ROUND EVENTS (YRE)

PORTLAND – Northwest

CROSTOWN, 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 –

LAKE OSWEGO, CIRCLE THE LAKE NEIGHBORHOODS

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

GROUP WALKS

7/2/14

9:30 AM New Seasons Market, 1453 NE
61st Ave, Hillsboro, OR

[YRE 1182](#) rated 1A CM: in parking lot
Helvetia Tavern, 10275 NW Helvetia
Road, Hillsboro, OR

7/9/14

9:30 AM Red Lion Hotel - Jantzen Beach,
909 N Hayden Island Dr, Portland, OR

[YRE 754](#) rated 1A CRVC: start box on
east side of main floor
Island Cafe, 250 NE Tomahawk Island
Dr, Portland, OR (short drive)

7/16/14

9:30 AM Fairview/Wood Village Fred
Meyer, 22855 NE Park Lane, Wood
Village

[YRE 1489](#) rated 1B ECWW: on right at
double door entrance
Bumpers Grill and Bar, 21935 NE Halsey
St, Fairview (1 km from finish)

7/23/14

9:30 AM McMenamins West Linn Pub,
2090 SW 8th W, West Linn

[Event](#) rated 2A 4-D's: in front
McMenamin's West Linn Pub, 2090 SW
8th W (at finish)

7/30/14 - *****note earlier start time*****

8:30 AM Fairview/Wood Village Walmart,
23500 NE Sandy

[Event](#) Ramona Falls rated 1B CRVC: NE
corner of parking lot
Bring snacks, water and camera

I had the pleasure of speaking with President Sullivan, against the grand backdrop of James Madison's Montpelier mansion, about her passion for Volkswalking and the unique experiences she's gathered from participating in walks. She graciously allowed me to interrupt her stride as she was headed toward the trail accompanied by her polished walking stick and official Volkswalking materials.

Q: Tell me a little about your passion for Volkswalking, how many you've done, and when you started.

A: I started in 1984 and it was mostly because I had two kids by then and I really needed some exercise. This was near my house and it was walking around town in Austin, Texas and I thought well, how hard can that be? And a man began to walk with me; his name was O.W. Maxy, who's kind of famous in Volksmarching history. By the time I'd done 10k with him, I was convinced that this was something I really needed to do. So, I started Volkswalking in Texas where there's a lot of it.

But I've done it in a lot of places. I've done a walk in Stonehenge, I did one in Hadrian's Wall in Scotland and I've done a vineyard in France. So, you can do it anywhere in the world, just about. Here, in the United States, we have a network of clubs and the clubs organize walks. We organize this walk every year, sometime close to Jefferson's birthday. This is our fourth walk and we're fortunate because given where we're located, we've got so many beautiful historic sights. So, this one, with Montpelier, came about because Kat (Katherine Imhoff, President of Montpelier) and I met and had lunch one day and we talked about what a great place this would be to walk. And as you can see, it is.

It's beautiful countryside, it's a gorgeous morning. You go at your own pace, it's not competitive. You can compete with yourself if you want to but other than that, it's not competitive. People bring their families; it's really a family activity. At some walks, you can bring your dog. I think the dogs are here [laughter]. It's for fun and fellowship and I'm really glad that UVA is a part of this now.

The other thing I'd like students to know is that walking is a great lifetime activity. It may not look like much fun when you are 18-22 and you can do lots of other things, which is great, but you can always walk. The only equipment you need is a pair of shoes. As you get older, you will find that sometimes walking is the very best exercise that you can do because other things happen in your life. In my case, it was kids. So, what can I do pushing a stroller? Well, it turns out Volksmarching works pretty well for pushing a stroller. So, I've done plenty of that too.

Q: What were your best and worst moments Volkswalking?

A: Okay, so my worst moment was in Oregon. It was a driving rain. It was so muddy that we were all falling down. It was really grim. So, we truncated that walk at 5k because we couldn't have gotten any wetter. I had already fallen down three times; I really just didn't want to keep up with that [laughter], that one was pretty tough.

My best, oh well, there's just too much competition for that one. There have just been magnificent walks in all kinds of places. We did a torchlight walk for one of the AVA (American Volkssporting Association) conventions on the mall in Washington, D.C. where there were a couple of thousand Volksmarchers, all of us with torches. It was really cool. That was a great one. But there have been lots of great ones.

I have to say that the one that was in 2011, which was our first Cavalier Volksmarch, was pretty special too. It was on Grounds, and I talked to so many people who said that they never knew this was here. So, it turns out that you can lay out a great 10k on Grounds [laughter].

Q: Is the Cavalier Volksmarch something you want to continue here?

A: Oh, absolutely. I think we have unlimited potential for terrific walks. By the way, there are other Virginia Volksmarch clubs that organize near us. There's a really active club in Fredericksburg that has some wonderful walks. There is a year-round walk you can do in Charlottesville, so you can start down at the Charlottesville visitor's center any time of the year and do a walk around Charlottesville. And there's one in Staunton that's year-round. There's a lot of it all over Virginia. If you go to ava.org, you can find a list of all the year-round events.

There are two kinds of events. One is a walk that you can do anytime. Just sign up for it and do it, you can do it by yourself. There are events like this one, called regular events, where you've got a lot of people, you've often got food, and it's very festive but it only happens over a one or two day period. So, it's nice, I think, in your Volksmarching career to mix the two together and some of both.

The last year round event I did was in New York City, which was pretty exciting.

Q: You've said that the walk is about fun and fellowship, but I was wondering if you have one particular favorite element of doing the walk.

A: You know, I find that after you've been walking about 30 minutes, [it's] a kind of contemplative activity. Your body is in a rhythm, your mind kind of slows down, and it's a good time to solve problems for me. I've done some of my best thinking when I'm out on a Volksmarch. That's one of the things I prize.

It's also a great fitness opportunity. I've reached the age where walking is highly recommended by doctors for fitness. I like being able to do that for myself and I also think it's useful for the UVA community to see me out walking [laughter].

And we've had some really inspiring stories at some of these Volksmarches. The first year, we had a man who did the Volksmarch to celebrate completing cardiac rehab. He had come back from a heart attack and the way he celebrated was to do a 10k walk with us. I just thought that was a great story.

Elise White is a fourth-year College student majoring in English and African-American Studies. She writes for IM-Rec Sports and loves to sing, laugh and learn people's stories.



A CONFERENCE FOR BABY BOOMERS

Is there an upside to downsizing? Every day 10,000 Baby Boomers retire. What's next for them? Retirees are freer to travel and enjoy recreational activities; however they can be held back, coping with large homes where they raised their families and everything they've accumulated over the years. Downsizing offers a way forward to a life of less stress and greater freedom, yet many don't know how to begin or how to navigate through the financial, physical and emotional challenges of this transition. Thus, The Upside of Downsizing® a free Conference is a great benefit to anyone wanting to simplify their life.

During the presentation portion of the conference, the guests receive helpful ideas and insight about making a smooth and successful transition to a healthier and more manageable living environment – leading to a better quality of life. There are four presenters who are local to the area: Real Estate Specialist, Home Stager, Counselor, and Estate Planning Attorney. The guests will learn:

- Why and when to downsize
- How to protect their hard-earned assets
- Overcoming emotional and physical obstacles
- Preparing their home to attract buyers
- Selling their home in today's market
- Six Step Checklist to downsizing successfully

Following the presentation, the conference includes a complimentary lunch and exhibitors who provide services and products to Boomers and Seniors. Conference will be held August 6 from 9:30am – 3:00pm with a break between 11:30-noon location is at St Pius X Catholic Church Community Center at 1280 NW Saltzman Road Portland, OR 97229 Feel free to contact me at 503-614-9778 or send me an email at mspann@upsideofdownsizing.com, if you have questions.

Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why.

Eddie Cantor

2014 Club Officer Directory

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