



CALENDAR

- | | |
|----------|--|
| March 19 | St Patrick Day Walk |
| March 20 | Highway Cleanup 9am
Alder School Hwy 224 |
| March 29 | Board Meeting, Pavilion lobby |
| April 5 | Club Meeting 7pm Adventist Health
LL Patio Room (next to cafeteria) |

CLUB MEETINGS

Our next club meeting will be on April 5, 2016 at 7pm in the lower level of Portland Adventist Medical center. Meetings are open to membership and guests.

HIGHWAY CLEANUP

Joan Larson is the contact person for the Highway clean up projects. If you can help please send her an email or call. Leave your contact information so in case of cancellations you will be notified.

UPCOMING RCR WALKS & EVENTS

2016 Winter Walk to Win Contest

The Oregon Trail State Volkssport Association is sponsoring a 2016 Winter Walk to Win Contest to benefit the walking clubs of Oregon on January 1 through March 31, 2016. Open to all paid credit walkers and non-credit (Free) walkers WHO make at least a \$1.00 Donation to the Walk. ALL Walkers will be walking in Oregon ONLY. Prizes awarded to winners of the drawing:

- 1st – \$75.00 REI Gift Card
- 2nd – \$50.00 REI Gift Card
- 3rd – \$25.00 REI Gift Card

Walkers will be awarded one (1) chit for entry in the drawing for every 10 Oregon walks logged. Three (3) winners will be selected in a random drawing to be held at the *April 9, 2016, OTSVA State Meeting. Odds of winning depend on the total number of walks logged. Walker need not be present to win.

The log sheet will contain the walker's name and address, the walk name, walk number (YRE or Event Stamp Number), email address and date walked. To qualify, log sheets must be received by the OSTVA Recognition Chairperson no later than * April 8, 2016, via email or mail: Ed Hainline 11410 SE 90th Ave #1511 Happy Valley OR 97086-4604 edhainline@comcast.net.

** Changes to dates*

Central Oregon Winter Walk

This past January some of us ventured over to Central Oregon to walk some of the year round event walks of the Columbia River Volkssport Club for the club's "20 in 16" challenge.

Those of us making this expedition in the winter to Central Oregon were Annette St-Pierre, Cynthia Nawalinski, Caren Arlas, Barbara Baguskas, Carolyn Koonce, Dick Koonce and me, Ed.

We departed on January 7th, early in the morning, to meet in Sisters to do the year round event there that afternoon.

We went through Salem and took Highway 20 toward Central Oregon. Parts of the trip

were on cleared highway, though we could see the snow on the side of the roads, out in the fields and on the trees. It was snowing on us while we were traveling along the road.



When we got close to Detroit Lake, we could see the lake level was still way down. We could see tree stumps where there usually is water. Once we got past the Detroit Lake area and on up the pass, going by Hoodoo Ski Area and seeing Mt Washington, there was lots of snow for us to see and it was snowing on us as we drove through. Thank goodness for AWD vehicles. They made the trip so much easier for us to get to Sisters and beyond.

We were in 2 vehicles – Annette had her Honda Pilot AWD and Dick K had his (and Carolyn's) Toyota RAV-4 AWD.

In the Toyota RAV-4 were Carolyn & Dick Koonce, Barbara Baguskas and Caren Arlas. I was in the Honda Pilot with Annette St-Pierre and Cynthia Nawalinski.

We met at the starting location at 1:00pm so all of us could walk the Sisters YRE together. It was an experience. Since there was ice and snow on the ground, we used our snowtrax to help us keep upright and not be sitting on the ground unexpectedly.

The walk was challenging for some of us. Walking on the snowy/icy surface was a skill or talent some of us had forgotten or had never done before.



The walk takes us through the town of Sisters and through some nice looking neighborhoods. We even saw some wild turkeys out walking, going across the driveway of someone's home. We walked along the newer developed section of homes in Sisters and saw some really nice homes there, with so many different home structures.

Once we finished the walk, we all headed for our lodging in Bend. We stayed at the Days Inn on Business 97/Third Street. They are in the process of renovating the hotel. Some of the rooms had been finished and were quite nice. That night we went to Black Bear Diner for dinner. They have old-fashioned home-style meals here. If you have never been to a Black Bear Diner, you should give them a try sometime and hopefully you will like the food they prepare for you.

Overnight we had some snow come visit us and the vehicles were snow covered for the beginning of our Friday morning.

After breakfast at the hotel (some liked it and some weren't as pleased), we went to the Bend Athletic Center, start point for 2 year round walks. We decided to do the Deschutes River walk and then on Saturday do the Broken Top Neighborhoods walk since the weather forecast was predicting more snow on Saturday night.



After registering and putting snowtrax on our shoes, some of us were off to carefully go out and do the walk. Since we had fresh snow on the ground and ice under it, our footing was slow and steady. Some of us still had a slippery go of it, especially when we had to go downhill to be alongside the Deschutes River. It was well worth the walk, or I should say slide.

Once we were down by the river, we walked along side of it for quite a while. What a beautiful experience, especially for me – I don't do snow trips, so this was a real experience for me. It reminded me of being over in Germany and doing what they call over there, Volksmarches (never could figure it out, since we weren't marching – just walking) in the snow during the Christmas holidays.

(That's another story). We walked past the Les Schwab Amphitheater on one side of the river and then, on the opposite side of the river, the Old Mill District, with lots of shops, eateries, a movie theater and a REI store. Caren and Barbara wanted to go to REI, so they left the group and off they went to "window shop and sightsee, going across the bridge into the Old Mill District. The rest of us – well almost, I forgot to mention Annette didn't join us today due to the knee trouble she had been having and did some catching up on some admin paperwork instead – continued on. It was still slippery even with



having on our snowtrax and we would slide along in spots when we were walking.

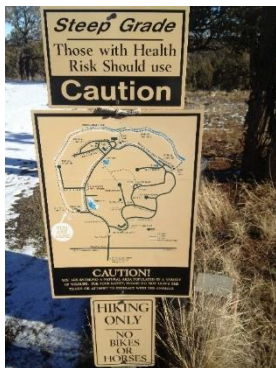
A short while later we got to the section where we could cross over the river using the Colorado Avenue Bridge, which still had construction going on, but the City of Bend had a detour so we could walk across the actual bridge. Once we were on the other side, we walked through some nice neighborhoods and then into downtown Bend. On our way, some of us thought it would be nice to stop in town for lunch and it was decided to go to the Deschutes Brewery. I think it was Cynthia's idea and it was a good one. We called Annette to have her join us for lunch. Nice lunch and the service there

was good. After lunch, we (minus Annette) headed out to finish up our walk for the day, going back through the Old Mill District and then on to the Bend Athletic Center. During our walk we would have our snowtrax on our shoes and then in spots take them off. I know I had mine off and on at least twice.

That night we went to dinner at the Pine Tavern (best to have reservations here). Annette had made reservations for the 7 of us. We had a nice dinner and service was superb. Our waiter was great!

Overnight the snow fairy had paid us a visit once again! It does snow quite often in Bend in the winter and we were able to enjoy it immensely.

Saturday morning our walk is the other walk in Bend. The Broken Top Neighborhood year round is on flatter ground than what we had dealt with yesterday. We still had a problem with keeping our traction and staying upright.



Since it had snowed in the night and the ground was still frozen, we would come across patches of ice covered with fresh snow. Thank goodness for our snowtrax! They saved the day for most of us. All

seven of us were able to do this walk and enjoy being out in a rural neighborhood seeing lots of deer tracks. Some of us even had the opportunity to see the deer. This is a really nice walk and has so much to offer of the private neighborhood area, a nice golf course and a small lake to enjoy. People we would come across while out on our walk

were so friendly. Once we finished this walk (taking in consideration there is snow and ice on the ground, so we were not in any big hurry to get finished) and arrived back at the Bend Athletic Center, some wanted to go get a quick bite to eat. It was decided to go back to our hotel first and then those who wanted to get a bite to eat could and others could rest up prior to going to dinner at a fantastic Thai restaurant – The Wild Rose.

(Reservations are a must if you want to have the opportunity to eat there – Annette had made our reservation there also and we were



all very pleased she had recommended this place to us – the food was superb!)

Over Saturday night we had some light snow fall once again and got to experience it falling when we got up for the day and headed to the hotel lobby for breakfast. After breakfast, we loaded up the vehicles and checked out to be on our way towards the Redmond area and the Eagle Crest Resort.

Once at Eagle Crest Resort, some of us decided not to do the walk. Dick got a chance to visit with his brother Mike and Annette thought it was too hilly and slippery for her knee. The remaining 5 of us headed out onto the trail. We really had to watch where we were going since there was snow on top of

frozen snow on the ground. This walk has a nice country environment and some nice neighborhood areas to walk in, plus going downhill towards the river after walking past the small rodeo arena. Just prior heading downhill, Annette met us with our walking



sticks so we could remain upright going down the hill. Cynthia decided 5k was enough for her so she stayed back with Annette.

Once we got to the bottom and were walking along the snowy trail, we noticed in the river some ducks and Canadian geese were floating in the river for a nice ride down the current. We all had to stop and watch them for a while and even get some photos. Then it was off again to walk along the river until we got to the area to now walk back uphill (keeping in mind what goes down usually goes back up somewhere along the walk). Annette and Cynthia met us at the top so we could rest for a moment and place our walking sticks back into the vehicle. We (Carolyn, Caren, Barbara and Ed) headed out and said we'd meet them (Annette and Cynthia) back at the start.

When we got back to the Start/Finish at the Eagle Crest Resort Ridge Sports Center, Dick had made it back and was there with Annette and Cynthia waiting for us to return. We thought about lunch (we needed food and Ed needed coffee!). It was decided to go to Redmond (since we were going through there on the way home) and stop at the Black Bear Diner (think we like it there!). All of us had a very nice meal.

After our lunch/breakfast, we said our goodbyes to each other and off we went either in the Honda Pilot or Toyota RAV4, headed northward on US 26 for the Mt Hood area.

When we (Annette, Cynthia & Ed) got close to Government Camp and the Mt Hood area, we were back in lots of snow. It was very pretty to travel through the area and see all the snow on the trees and on the side of the road. There was a lot of snow in the area and it was quite deep.

This ends this trip. Where and when is the next one?



TRADITIONAL WALK EVENTS

3/19/2016 - 3/19/2016

City / State: Portland, OR

Event Name: St. Patrick's Day - Teddy Bear walk

Event Type: Walk

Event ID: 104230

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

Description: Two 5K loops the Rock Creek Regional Trailway system passing Bethany Lake and area neighborhoods along the trail.

Start Time - 9am to 1pm

Start Point . Driving Directions - From Sunset Hwy, Exit 64. At top of ramp, Right onto NW 185th for 1 mile. Cross West Union Rd and Right into shopping area and parking.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

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

Start Times:

Location: West Hills

Start Point / Driving Directions:

Awards & Fees: ZZ

Comments: This is our regular St. Patrick's Day - Teddy Bear walk

Host Club: Cedar Milers

Contact: Dan Webster (503) 591-5893

Website: No Website Listed

E-Mail Contact: 2008cedarmilers@gmail.com



Dates: 4/9/2016 - 4/9/2016

City / State: Eugene, OR

Event Name: West Eugene Wetlands

Event Type: Walk

Event ID: 104310

Distance - Trail Ratings: 5k, 11k - 1B

Description: Walk 5km or 11km paved paths and gravel (rated 1+) thru restored Willamette wet prairie and Tsanchiifin Walk, the wetland environmental education trail. Many waterfowl, raptors, and other creatures live in this protected Bureau of Land Management area. The educational and exercise benefits of this event make it an especially good one for families with children to walk together. The West Eugene Wetlands are located at the heart of the hands-on environmental education effort in Eugene.

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

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

Start Times: 8:00 am to 1:00 pm. Finish by 5:00pm.

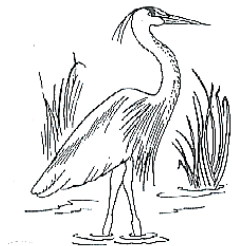
Location: West Eugene Wetlands

Start Point / Driving Directions: Register and start walking at Willamette Resources Educational Network (WREN), 751 Danebo Ave., Eugene.

Directions to start point:

By Bus: LTD Bus 43 W. 11th Av./Barger. Get off at 11th & Commerce, several block walk to Start/Finish.

By Auto: From I-5 north or south, Exit 195 (Junction City/Florence), stay on Beltline Hwy W, to its end at W. 11th Av.



Turn right onto W. 11th Av. Very shortly, turn right onto Danebo Av. Cross Amazon Creek Bridge. Immediately turn right, up into driveway of the Willamette Resources Educational Network (WREN).

Limited parking: carpooling appreciated.

Awards & Fees: IVV Credit Only

Comments: Family friendly. Water and portable toilets at the Start/Finish and at the checkpoint on the 11 km. route. Carry water. Leashed pets welcome, obey scoop laws.

Host Club: Eugene Springfield Mossback Volkssport

Contact: Sally Ross (541) 726-7169

Website: www.mossbacks.org

E-Mail Contact: mossbacksclub@comcast.net

5/7/2016 - 5/7/2016

City / State: Oregon City, OR

Event Name: COME WALK IN OREGON CITY WITHOUT THE HILL

Event Type: Walk

Event ID: 104206

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

Description: On Red Soil Campus follow Tax Signs to behind Development Services Building.

Amenities: Strollers: medium | Wheelchairs: medium | Pets: Yes | Restrooms: Yes

Special Programs: Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Volcanoes

Start Times: 8 AM to NOON and Finish by 2 pm

Location: Behind Development Services Building on Clackamas County Red Soil Campus Parking Lot

Start Point / Driving Directions: 150 Beaver Creek Road Oregon City | 205 Northbound and Southbound Exit 10 Merge to Hwy 213 South towards Molalla. Turn LEFT onto Library Court to Parking Lot behind Clackamas County Development Services Building

Awards & Fees: IVV Credit Only

Comments: Trails will pass thru many City Parks and new residential areas. A Saturday Market will be held next door.

Host Club: Valley Volkswalkers

Contact: BL Cline (503) 329-5386

Website: valleyvolkswalkers@yahoo.com

E-Mail Contact: valleyvolkswalkers@yahoo.com



5/14/2016 - 5/14/2016

City / State: Brooks, OR

Event Name:

Event Type: Walk

Event ID: 103587

Distance - Trail Ratings: 5 and 10K -

Description:

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

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

Start Times:

Location: Adelman Peony Gardens

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Albany Fitwalkers

Contact: Rozy Weatherby (541) 981-3794

Website: www.albanyfitwalkers.org

E-Mail Contact: wrozy@yahoo.com

5/22/2016 - 5/22/2016

City / State: Keizer, OR

Event Name:

Event Type: Walk

Event ID: 104463

Distance - Trail Ratings: 5K, 10K -

Description:

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

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

Start Times:

Location: Schreiner's Iris Gardens

Start Point / Driving Directions:

Awards & Fees:

Comments:

Host Club: Willamette Wanderers

Contact: Rozy Weatherby (541) 981-3794

Website: willwander.weebly.com

E-Mail Contact: wrozy@yahoo.com

5/30/2016 - 5/30/2016

City / State: Portland, OR

Event Name: Vanport: Oregon's Lost City

Event Type: Walk

Event ID: 104645

Distance - Trail Ratings: 10k 5k - 1B

Description: Come walk Oregon's Lost City on the anniversary of its disappearance in 1948. The route will go through the International Raceway, Delta Park and along the dykes that failed.

Amenities: Strollers: | Wheelchairs: | Pets: | Restrooms:

Special Programs: Honoring Our Flag

Start Times: 9am-Noon

Location: Portland International Raceway

Start Point / Driving Directions: TBA

Awards & Fees: IVV Credit Only

Comments: Vanport was built in 110 days and destroyed in a single day leaving 18,000 people homeless. See what happened and enjoy Oregon's History during the Vanport Mosaic Festival.

Host Club: Oregon Trail State Volkssport Assn.

Contact: Maryann Brown (541) 961-4279

Website: www.walkoregon.org **E-Mail Contact:** otsva@walkoregon.org



GROUP WALKS

3/2/16

10am Fishers Landing Fred Meyer, 16600 SE
McGillivray Blvd, Vancouver

[YRE 1017](#) rated 1A AWW East entrance lobby -
Garden area
Makoto Japanese Buffet, 1119 SE 163rd Place,
Vancouver (1/2 km away)

3/9/16

10am Shari's Parking Lot, 13645 NW Cornell Road,
Portland

[YRE 823](#) rated 2A CM: start moved for this day only
Shari's, 13645 NW Cornell Road (at finish)

3/16/16

10am Foot Traffic, 7718 SE 13th Ave, Portland

[YRE 2113](#) rated 1B CRVC
Jade Bistro, 7912 SE 13th Ave (4 blocks from finish)

3/23/16

10am Safeway, 904 W Main St, Battle Ground

[YRE 398](#) rated 1A VUV: at info counter
Mill Creek Pub, 1710 SW 9th Av. #101 (short drive)

3/30/16

10am Days Inn Motel, 9717 SE Sunnyside Rd,
Clackamas

[YRE 1455](#) rated 2B RCR
Gustav's German Pub & Grill, 12605 SE 97th Av.
Clackamas (3 blocks from finish)

4/6/16 - **note earlier start time**

9:30 am Pioneer Community Center, 615 5th street,
Oregon City

[YRE 773](#) rated 2A VV

to be announced

4/13/16

10am Mt Hood Medical Center, 24800 SE Stark,
Gresham

[YRE 1482](#) rated 1A ECW: in main entrance
Bumpers Grill and Bar, 21935 NE Halsey St, Fairview
(short drive)

4/20/16

10am Lakeside Chalet Restaurant, 3533 NE Everett
St. Camas, WA

[YRE 1460](#) rated 2B AWW: ask at counter
Lakeside Chalet, 3533 NE Everett St. Camas (at finish)

4/27/16

10am Palio Dessert & Espresso, 1996 SE Ladd Ave,
PDX [YRE 1714](#) Rated 1A CRVC
Genies Café, 1101 SE Division (near end of walk)

YEAR ROUND WALKS

PORTLAND – Clackamas

MT TALBERT NATURE PARK

Start: DAYS INN MOTEL

9717 SE Sunnyside Rd.

Contact: Judy D., 503-698-4398

PORTLAND – North

HISTORIC ST. JOHNS,

SWAN ISLAND-UNIV PORTLAND

Start: WEST COAST HEALTH & FITNESS

7522 N.Lombard St.

Contact: Sue C., 503-289-5888

PORTLAND – Northwest

CROSSTOWN, DOWNTOWN, FOUR PARKS

Start: LEGACY GOOD SAMARITAN HOSPITAL 1015 NW

22nd Avenue

Contact: Sue C., 503-289-5888

Parking validation pass or fee required.

PORTLAND-Northeast

HAWTHORNE BLVD DISTRICT --

MT TABOR HILL & STAIR CLIMB --

Start: STARBUCKS COFFEE

3639 SE Hawthorne Blvd.

Contact: Susan T 503-975-9151

PORTLAND – Northeast

ALAMEDA/HOLLYWOOD, HIGHLIGHTS- HAWTHORNE

LAURELHURST AREA

Start: PROVIDENCE PORTLAND

4805 NE Glisan St.

Contact: John H., 503-654-3494

PORTLAND – Southwest

TRYON CREEK STATE PARK

Start: TRYON CREEK STATE PARK

11321 SW Terwilliger Blvd.

Contact: John H., 503-654-3494

PORTLAND – Southeast

REED COLLEGE,

CRYSTAL SPRINGS GARDENS

Start: Pace Setter Athletic

4203 SE Woodstock Blvd

Contact: John H., 503-654-3494

LAKE OSWEGO –

LAKE OSWEGO-LO RIVER RUN,

LAKE OSWEGO-NEIGHBORHOODS

Start: McDONALD'S RESTAURANT

16044 SW Lower Boones Ferry Rd.

Contact: Ed H., 360-921-1909

LAKE OSWEGO-

MOUNTAIN PARKWAYS ROLLER COASTER

Start: NEW SEASONS MARKET

3 Monroe Parkway, Suite H Lake Oswego

Contact: Joe K, 503-260-7033

Tualatin

Hedges Creek

Ibach Park and Hidden Tualatin

Start: Starbucks at Hedges Creek

8639 SW Tualatin-Sherwood Road

Tualatin, OR

Contact: Joe K, 503-260-7033

Tualatin

Three Cities, Three Parks

Start: REI - Tualatin

7410 SW Bridgeport Road

Tigard, OR

Contact: Joe K, 503-260-7033

In Remembrance

Mary Keene, a long-time member of the Rose City Roamers, passed away on February 2, 2016. Mary was born in 1934. Mary was active at club meetings and events where often she would serve cakes and other desserts at the end of the walk or meeting. Mary was active in her Church and with Meals on Wheels. Mary had served with the Marine Corps.



May your blessings
outnumber
The shamrocks that
grow,
And may trouble avoid
you
Wherever you go.

Irish Blessing

2016 Club Officer Directory

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dickbkr@q.com

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M@L=Member at Large)

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American Volkssport Association

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Universal City TX 78148