

Volkswalking *continued from front page*

cal clubs then host local walking events. The walking routes are marked and maps are provided. Most Volkswalking events are 10 kilometers, or 6.2 miles, long; most also offer a shorter 5 kilometer option. Volkswalking events are usually accessible to strollers and many are wheelchair friendly.

Other Volkssporting events include popular bike rides, which are 25 kilometers or 15 miles. Swimming and cross-country snow skiing events complete the set of Volkssports.

Recently a Volkssporting club in Banks was folded, opening the door for a new club to be formed that could fill a void in the Vernonia area. Information about starting a club is available at the website for the American Volkssport Association at www.ava.org. The first step in starting a new club is to contact the Regional Director. I spoke with Northwest Regional Director Sam Korff who said, "We would love to see a club started in Vernonia!" Korff offered assistance to anyone interested on pursuing a new

club; Korff can be reached by email at korffs@wildblue.net or by phone at 503-369-9906.

A club in Vernonia could provide organized exercise and social activities for its members. A local club could also host their own events several times a year—events that could draw hundreds of visitors to Vernonia who may stay to eat, shop, or overnight in campgrounds and Bed and Breakfasts.

Anyone can participate in any Volkssporting event; you do not have to be a member of a club to participate. Events are open for no charge. Members of a club who wish to receive credit for completing an event pay a small fee, usually about \$3. When a milestone is reached, such as ten or fifty events or 1000 km walked, club members are recognized for their achievement. One woman from Portland has participated in 5,300 events; a gentleman from Battleground, WA has logged 35,000 km.

A trail rating system is used to signify the degree of difficulty of the terrain of the trail. Trails go from completely paved and flat to rugged walks with significant gains in altitude of over 3500 feet.

Clubs often provide a self-guid-

ed walking event that is available year round for visitors. The local club selects a trail, draws maps and writes detailed walking instructions, and sets up a permanent starting point. Visitors may arrive during the stated open hours, register, take a map, and enjoy the trail. Some are scenic, some are historical, some are just for exercise.

Cedar Miler President Parrow says she started volkswalking in 1984 when she was stationed with the Air Force in Louisiana. A friend found a Volkswalk in town and invited Parrow along and she was hooked right from the beginning. "I like that it is noncompetitive," says Parrow. "The walks usually take you away from the busy streets and take you to places you never knew existed. It's fun and you meet all kinds of new people."

Parrow says she is part of a group that call themselves the "Wednesday Walkers" who meet every Wednes-

day at 10:00 AM, fifty-two weeks a year, and walk somewhere around the Portland area, Parrow says between twenty-five to eighty people participate each week in these events.

Parrow, by the way, has a direct connection to Vernonia, She is the daughter of Art and Enid Parrow and older sister to Vernonia City Councilor Randy Parrow.

Volkswalking activities are a fun and healthy way to regularly interact with friends and neighbors. It also could be an economic boost for a small town that already draws motorcyclists and bicycle riders. Why not Volkswalkers?

For more information about volkswalking you can go to the Cedar Milers Volkssport Club page on Facebook. For a list of upcoming events in Oregon go to www.walkoregon.org. For events in Washington go to www.esva.org.

Get wise to age-fighting.

Think fine lines should be quoted — not appear on your face? A simple and effective daily program with TimeWise® skin care can help reduce the appearance of fine lines and wrinkles. So skin looks firmer. And feels softer. Start looking younger now! Contact me to experience TimeWise® for yourself.

MARY KAY

Kirby Focht
Independent Beauty Consultant
www.MaryKay.com/KirbyFocht
503-407-0369



Vernonia's Voice is published twice each month on the 2nd and 4th Tuesday. Look for our next issue on October 9th.

Serving since 1953

Fuiten, Rose & Hoyt
Funeral Home & Crematory

*Third Generation
Family Owned & Operated*



Jeffrey and Kathryn Hoyt,
Gregory and Rachel Hoyt,
Samantha Humphrey,
Ross Mathews,
Peni Flores
Attendant: Ray Pelster

Gregory and Rachel Hoyt
2308 Pacific Ave., Forest Grove 503-357-2161
741 Madison Ave., Vernonia 503-429-6611
E-Mail: Fuitenrosehoyt@aol.com
Website: www.fuitenrosehoyt.com

Serving since 1873

Forest Grove Memorial Chapel
2308 Pacific Ave., Forest Grove 503-357-3126
*Serving all cemeteries for
marker sales and installation*

VERNONIA

SERVICE & REPAIR

NAPA AUTOCARE CENTER

Warranty on all parts and labor

ASE CERTIFIED

Now offering
2 and 4 wheel
alignments

58605 NEHALEM HWY. S.
Next to Storage, Too
503/429/7972

Salmon Festival *continued from front page*

ganization has helped provide learning games and educational information over the years. It is always a big hit when Claudia, the giant Salmon makes it upstream to Vernonia for the festival.

them while they are still young, which can be a benefit for them and our natural environment in the future."

"Giving people a first-hand experience with living and breathing



Claudia the salmon is always a popular educational tool at the Vernonia Salmon Festival. Claudia arrives each year thanks to the Upper Nehalem Watershed Council.

"The UNWC have been involved since the beginning," says Peyton. "We've been pleased to be given the opportunity to provide visitors with information about the health of the watershed and salmon recovery efforts. Kids love the water and learning about our natural world. The Salmon Festival provides an opportunity to engage

salmon can have a huge impact," continues Peyton. "People seeing salmon in their natural environment, during their natural life cycle can really change their perspective."

The Vernonia Salmon Festival will be held on October 6th from 10:00 AM to 6:00 PM at Hawkins Park.

Classified Ad Rates
\$5/month
Rideshare/Carpool Ads FREE

CLASSIFIED ADS

To place an ad call: 503-367-0098
email: scott@vernoniasvoice.com

FOR RENT

3 bdrm 2 bath house plus bonus room. \$1050 per month. Please call 503-961-3489

Long Term RV Space for rent. 503-793-0921

\$701 - 3 bdrm, 2 bath townhouse now available. Income restrictions apply. Water, sewer, garbage paid. *Equal Housing Opportunity.* 503-429-6052

Self Storage - Fine, insulated storage units in Clatskanie. 20 sizes, on site managers - John & Kris Lillich. Visa/MC/AmEx accepted. 503-728-2051

SERVICES

ABC For Life Training Center-- CPR-AED, First Aid, Basic Life Support, NRA Handgun Safety, Concealed Handgun Permit

SERVICES

Class OR, FL, AZ, ME, NH, VA, CT. On-site or off-site. Individual or group. www.abcforslife.net, 503-709-1878.

Guitar Lessons all styles, taught by a professional with 30 years experience. \$25/hr. John 503-235-8996 or 503-789-3835

Photo Restoration and enlargements. Save your family photos before they're gone forever! Have your pics digitally repaired, enlarged or copied. I will pick up & deliver. Call 503-980-3289

Safety Course Classes - Required for the Oregon Concealed Handgun License-fulfills application requirements. Also personalized firearms proficiency training classes available. Small classes ensure individual attention. Local and flexible scheduling. Please call 503-429-7342 for details.

FOR SALE

House for Sale Possible owner contract with low down. Two homes: double lot on quiet dead-end street in town. Main house has 2 or 3 bdrm, 1 bath and needs repair but is livable. Second home is unfinished. Property is at end of road on large lot with 2 car carport and greenhouse. Great investment property! For more information call 503-308-2073 or 503-351-1934.

Treharne Firewood Service-- Fir cut, split and delivered - \$170/ cord local. Jerry Budge 503-429-1811

WANTED

Wanted BALDFACE HORNETS & YELLOWJACKETS (Live!) collected for medical use. No charge. 360-578-2018

WANTED

I Buy Guitars, amps and other musical instruments. Call John 503-235-8996 or 503-789-3835

Your Ad Here Do you have a house for rent, a boat for sale, or a service to offer? Reach thousands of local readers each month. E-mail scott@vernoniasvoice.com or call 503-367-0098

VACATION RENTALS

KONA, HAWAII Paradise Villa condo located on the 18th fairway of the Kona Country Club with sweeping ocean views and beautiful sunsets. 3 bdrms, 2 bath. 503-369-2638 or go to our website at www.konacondo.info for more information, pictures, availability & cost.