



CAPITOL VOLKSSPORT CLUB AUGUST 2018 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

Summer is such a busy time for members of America's Walking Club! Event and travel opportunities are plentiful and it's difficult to choose between them!

The last day of June, I joined Bob Morrison and other CVC members at the Thrive Community Fitness 5k Freedom Walk. Paul MacLurg, owner of Thrive, asked Bob to invite our members to participate in their fund raising event for The Boys and Girls Club of Thurston County. In response, Capitol Volkssport Club graciously donated ten registration fees to any ten CVC members who wanted to walk. Participating members wore their CVC "colors" and enjoyed the walk along the Chehalis Western Trail while visiting with fellow walkers about our club and passing out information about us. We passed out at least twenty club brochures and business cards. Thank you Bob for picking up on this opportunity for CVC and AVA to be more visible in the community and spread the word about the "best kept secret in America" to quote AVA's president, David Bonewitz.



I had the pleasure of walking the Ediz Hook walk with David and Mindy Bonewitz at the NW Regional Walking Festival and Conference in Port Angeles July 13 - 15. At the dinner Saturday night David spoke enthusiastically about AVA and the challenges ahead. Although the leadership team is working hard to plan strategically for growth of AVA, he said the truth is - it is at the club level where growth will take place. He explained the challenge of trying to obtain grant money. AVA doesn't raise money for a cause, so we appear to be non-contributory to the community. We know that AVA contributes greatly to the physical and emotional health of our community. However, we don't have the data to prove this. The leadership team is working on acquiring the necessary data to make AVA a successful competitor for grant funds. He also spoke about America Walks which is a much larger non-profit than AVA with whom a partnership is in the development stages. David has been invited to join the Board of Directors of America Walks (americawalks.org).

At the Pacific NW Regional Walking Festival and Conference I was proud to accept an award from David Bonewitz and our Regional Director, Tom Baltes, in honor of our club's 35th anniversary. **We will have our anniversary walk and celebration Saturday, September 22.**



David Bonewitz, Holly and Tom Baltes

July 28 our Alaska Cruise members left for their adventure in Alaska. Bob, Sheila, Liz, Chase, John, Carolyn, Nancy, Buffy and possibly more of our members were among the cruisers from around the country. I love the unique idea of a Volkssport Cruise! Thank you to our member, Buffy Wittenburg, for the wonderful idea and for doing the detail work to make it happen. I look forward to the pictures and stories!

I also look forward to seeing you all at the **Capitol Volkssport Club Annual Picnic on August 14**. There will be a 5k walk lead by Chase Davis at 4:30, then dinner at 6:00. Please bring something to eat that you would like to share with the group. You can leave

your dish at the shelter while you're walking. I'll be there to guard it. There are plug-ins at the shelter for crock pots. Our picnic will be at Shelter number 1, Priest Point Park, 2600 East Bay Drive NE, Olympia, WA.

"Time for you to get those walking shoes on, and let's get going." David Bonewitz, AVA President.



Save the Date! You're Invited!

**Capitol Volkssport Club's
Summer Potluck!
There will be a guided 5K
Walk – (optional)!**



When: Tuesday, August 14th 2018: 4-9:00 p.m.

We will leave on the walk at 4:30 and eat dinner at 6:00

There may be a brief business meeting during the picnic.

What to bring: It's potluck! Bring something to eat that you would like to share with your walking friends!

The Club will provide Coffee, Tea, Water, paper plates and utensils!

Where: Priest Point Park, (Picnic Shelter #1)
2600 East Bay Dr. NE, Olympia, WA



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

(Our website is also your link to many great regional events coming up!)



CVC SPECIAL EVENT! **MARK YOUR CALENDARS!**

MONTESANO TOWN AND LAKE GUIDED WALK

Date: Saturday, August 25, 2018. Registration at 9:00
Guided Walk starts at 10:00 a.m.



Lake Sylvia

Description: The 10K walk goes through the city park and past the Grays Harbor county courthouse, along with many historic homes and beautiful gardens. After walking through the town, walk to Lake Sylvia State Park and around the lake; a walking stick may be helpful for this part of the walk. The 5K walk stays within the town.

EXTRA! The event takes place on the last day of the Montesano Saturday Morning Market (9:00 AM - 1:00 PM), where you can enjoy local artists, fresh local food, vendors, and music.

Cost: IVV Credit only is \$3.00. Free walkers are welcome, but all walkers must register, and carry and return a Start Card. There is no need to pre-register.



Historic Home

ESVA Challenges: 39 Counties Second Edition - Grays Harbor County, Restaurants, Womb To Tomb

AVA Special Programs: Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

AVA Sanction#/Distance/Rating: 110504 - 10K (rated 2C) with 5K option (rated 2A)

POC: Mert Turner

360-593-2126 mert0722@msn.com



**AMERICA'S
WALKING CLUB**

DON'T MISS THIS ONE!

2018 WHIDBEY WALKING FESTIVAL SEPT 7-9, 2018

Coupeville, Washington

A three-day festival of walks on Whidbey Island Washington. Explore the beauty of Puget Sound, with its small towns, mountain views, wildlife, evergreen forests and expansive vistas! New walks and old favorites are being planned for 2018 along with the **new registration location at the Camp Casey Conference Center.**

Just a kilometer north of the Coupeville/Port Townsend ferry landing and adjacent to Fort Casey State Park, is the Camp Casey Conference Center.



The Northwest Tulip Trekkers are hosting this event! Look for more information on [our website](#), or contact: nwtuliptrekkers@gmail.com

More information about the events will be added as they finalize walk and festival plans. Extend your visit and walk some or all of the YRE/seasonal walks on Whidbey Island. Many more walks are available in the surrounding area.

Accommodations

Some accommodations (for groups) are available at Camp Casey, to see what they offer check out the listing under "Lodging & Event Spaces" on their website at: <http://spu.edu/depts/casey/>. They also have a small campground. If you are interested in any of the accommodations at the Camp Casey Conference Center it would be easiest to call them at 866-661-6604 to get information about their facilities and requirements for renting.

Just around the corner from Camp Casey is the Fort Casey Inn (<http://fortcaseyinn.com>) with Historic two bedroom officer's quarters, complete with living area, full kitchen, upstairs bath and sweeping views. In addition to the campground at Camp Casey, Fort Casey State Park has campsites located next to the Coupeville/Port Townsend ferry terminal. <http://parks.state.wa.us/505/Fort-Casey>

Information on other lodging options in the area can be found at:

<http://www.whidbeycamanoislands.com/lodging/>

<http://www.coupevillelodging.com>

<http://www.whidbeyislandbandb.com>



Congratulations to our 401K participants!

Chase Davis
Marsha Majors
Bob and Sheila Morrison
Nancy Whittenberg

Elizabeth Morrison
John and Carolyn Warhol





Seabreeze 2019 – Be There!

Returning by popular demand . . . the sixth biennial Seabreeze Walking Festival is scheduled in Ocean Shores, Washington, **February 16-18, 2019!**

Mark your calendars, make hotel reservations, sign up for the Saturday night dinner and entertainment; and be prepared to have a fabulous time walking, biking and catching up with old friends and making new ones.

The Seabreeze Walking Festival and Presidents' Day occur during the same weekend, so you are urged to make your hotel reservations early. Go to oceanshores.org for a listing of accommodations in the area. The starting point for all walks will be the Ocean Shores Lions Club, 832 Ocean Shores Blvd. N.W. Many hotels are within easy walking distance.

Excitement is building as committee members plan new walks and revise old favorites in this ever changing area of the beach. Walks will be on the beach, on trails, or on sidewalks through small towns and a new development. A biking option will also be available, so bring your bike or rent one at the beach. For more information, watch future issues of *TAW*, and go to

www.capitolvolkssportclub.org

A registration form is available on the club website.

We'll be looking for you at the beach!



MUSIC by the Burren Band!

-- and --

CATERING for

Saturday's Dinner by Pellegrino's!



We encourage **ALL** our members to get out and walk! Where can you walk you ask? We have a great website which lists all our walks and bike rides. For complete information as to where our weekly and year around walks are, when they start and directions to the start point **check out our website:**

www.capitolvolkssportclub.org

Our website is also your link to many great regional events coming up!

WALK TO LIVE! LIVE TO WALK! WALK WITH US!



Distance and events awards:



CONGRATULATIONS to the following club members on their distance and event achievements!

(From the August/September edition of The American Wanderer)

EVENT AWARDS:



10 Events
Ann Hartz
Cheryle Ness



75 Events
Maryanne
Guichard



250 Events
Cheryl Evans



275 Events
James Younkins



550 Events
Tess Sutton



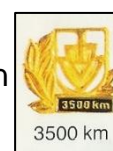
575 Events
Tess Sutton
Karen Younkins



600 Events
Tess Sutton
Karen Younkins



1700 Events
Sheila Morrison



3500 Events
Bonnie Tucker

DISTANCE AWARDS:



2500 Km
Kris Colburn



16000 Km
Bob Morrison



21000 Km
Carolyn Warhol



Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding@comcast.net
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
Secretary:	Linda Darkenwald	(360) 789-4486	E-mail: darkenwald@comcast.net
Treasurer:	Ian Heath	(360) 264-4670	E-mail: ijheath@comcast.net
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
Membership:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
Sales & Information Chairperson:	(Vacant)		
	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding@comcast.net
Newsletter	Bill Spaulding	(253) 414-8224	E-Mail: william.k.spaulding@gmail.com
Publicity:	Perki Sweet	(360) 459-8167	E-mail: pandpsweet@gmail.com
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: olysweetp@yahoo.com

Capitol Volkssport Club
P.O. Box 3313
Lacey, WA 98509-3313





Everyone! It's Time!

Yes! It's time to pay your membership dues!

Karen will be at the **August Picnic, August 14th** and will be happy to collect your membership dues!

WE WANT YOU!

You are always welcome to mail your club membership dues, (see below for all the details!)

Yearly Dues for the Capitol Volkssport Club:

\$8.00 (individual) per year;

\$6:00 for 55+; \$12.00 for family.

As a club member our YRE walks are only \$2.00.

Non-Members pay \$3.00

Membership dues for returning members are due in July.



**Dues are payable to our Membership Chairperson:
Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.**



Newsletter Deadline - The Last day of the Month

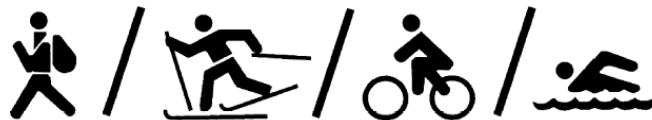
Do you have something to put in the newsletter?

You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!



Walking: the most ancient exercise and still the best modern exercise. -Carrie Latet



Submitted by Julie Heath, Vice President, Capitol Volkssport Club:

Dear Trailmasters,

The club discussed our YRE & Seasonal walks and bikes for 2019 at the July meeting and it was decided to renew all of the walks and bikes that we had for 2018, plus adding in Hoquiam. I have submitted all of these for the NW regional director's approval. Right now, the information will appear the same as for last year with the exception of an address change for Chase Davis and changing Liz Morrison as the contact person for the Centralia & Chehalis walks & bike. If you have any changes that you want to make for 2019, please either print your event from the AVA website, make your changes on it and give it to me, or if there are simple changes, you can e-mail them to me. I need the information by the **end of August** so that everything is correct in the *Starting Point* Book for next year.

THANK YOU!

NOTICE

**TO ALL OUR
TRAILMASTERS!**



Woodard Bay
July 18, 2018



Port Angeles Walking Festival
July 13-15

Glines Canyon Walk
Port Angeles Festival
July 13-15



(Below)Ediz Hook
Port Angeles Festival
July 13-15

Lavender Farm
Port Angeles Festival
July 13-15



Iron Horse Bike
Lake Keechelus, Hyak