



Capitol Volkssport Club Newsletter June-July 2024 President's Message Submitted by Karen Younkins, President Capitol Volkssport Club

Hello CVC members,

It looks like the cool, rainy weather of April is beginning to yield to the warmth of summer. I hope you are all able to get out and enjoy the outdoors and take in the beauty our corner of the country has to offer.

I would like to thank all of the people who were involved in "Wild and Woodsy in Washington" again this year! Pam and Chase Davis headed up the event with team members: Carol Froelich and Kent Dimmitt, John and Carol Warhol, Cheryl and Larry Bush, and Karen Younkins. Steve Strachan provided our start point at the Washington Association of Sheriffs and Police Chiefs, and Sue Strachan was at the start point working at the event throughout the weekend. Supporting this event by walking or hiking at workers' walks, working at the event, participating in the Meet and Greet, Dinner Buffet, NW Trek event, providing cookies, joining in group walks and individual walks was greatly appreciated. Again, the club profited by around \$1200 (exact data will be provided by Pam Davis).



On May 3 around 45 people went to Poulsbo on a beautiful spring day to celebrate Joy Adams by walking the year-round walk in Poulsbo. Joy passed away from cancer in January and was a very active walker with CVC. Thanks go out to Carol Froelich and Kent Dimmitt, Chuck Andrews, Barb and Tom Malone, Liz Morrison, Don Witt, and others who helped organize this 5K and 10K walk. Many of Joy's family members joined us, as we gathered for an informal memorial for Joy at the American Legion Park afterwards. It was nice to hear about Joy's life from family and CVC members.

In less than a week several of us from CVC will be traveling to Kingston, Ontario, for the Canadian Volkssport Walking Festival, and those who attended the Spring in Winthrop event will just be returning. There are many such events taking place around the world and in our own backyard. Have you ever considered attending a multi-day event such as these? These events are a perfect opportunity to meet other walkers from far and wide. It's also a time to enjoy the camaraderie of fellow walkers and make new friends.

For those not able to travel long distance I would suggest joining us for our Monday afternoon, Tuesday evening, Thursday morning, or Second Sunday walks. CVC is one of the most active clubs in the country, and we offer a huge variety of walking possibilities. Come out and join us for a walk and experience the fun, fitness, and friendship volkssporting has to offer.

See you on the trail,
Karen

Capitol Volkssport Club News



Monday Walk Time Changes to Summer Schedule

Beginning Monday, June 17, 2024, the regularly scheduled Monday walks will begin at 10:00 am. Please sign-in at 9:45 am to be ready to depart by 10:00 am. The summer schedule will continue through September 30, 2024. Monday walks begin at the Bayview Thriftway, 516 4th Ave W, Olympia.

Portland 5T's Train Trip Update

The June 20th Amtrak train trip that most walkers scheduled for their Portland 5T's Trip was bumped to a later train (10:30 AM instead of 8:30 AM). When we called to find out why, we were told that the original train had been cancelled.

But there was MORE TO THE STORY!

The first train WAS cancelled, but it was replaced by another train at ALMOST the same departure time as the first.

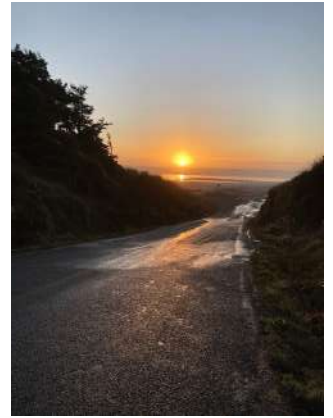
Here is what you need to do:

- Call Amtrak and speak to a **live agent**.
- Tell them that you have an appointment in Portland at 11:00 AM (because you do!) and that the later train will not work for you.
- The new train number is 503 and it leaves Olympia at 8:33 AM.

Walking Centralia with the Rose City Roamers July 10th

Help welcome Dick Baker and the Rose City Roamers, as they arrive to walk Centralia with us on Wednesday, July 10th. Their train is scheduled to arrive at 9:52 a.m., so the plan is to start walking from the depot shortly thereafter. We will offer both the 10k and 5k routes and want to have our club members ready to host our friends from the south. Some of us remember how much fun it was when they made a similar trip a number of years ago. So, clear your calendars for another great day of walking with our Portland friends.





Back to the Beach—Here We Come Aug 13-15, 2024

Ready for a break at the beach? CVC has just the get-away for you Aug 13-15. We're planning a special walking event for CVC family and friends. We will provide group walks of all year-around events (YRE) in Grays Harbor County, plus add a couple old favorites from Seabreeze. Dogs are welcome on all our walks.

There will be a group walk in Aberdeen on the way to the beach on the morning of Aug 13th, then Damon Point in Ocean Shores that afternoon. Late afternoon and evening will be open for motel check-in and dinner on your own.

Wednesday morning, Aug 14th, we will travel to the end of the North Beach, where we will revisit Seabrook, a growing planned community. You will be amazed to see all the changes since Seabreeze 2019. The afternoon walk will feature the beach and the enduring appeal of the historic resorts of Moclips and Pacific Beach. Your day of sand and surf will be capped off at a 6:00 no-host dinner at the Pizza Factory in Ocean Shores.

Thursday morning, we will walk the Ocean Shores Bayside YRE and bid the beach good-bye. Our last event will be the 5k version of the Hoquiam YRE on the way home.

THINGS TO KNOW BEFORE YOU GO

Lodging: Make your own arrangements, as there is no event motel. Ocean Shores has the greatest number of motels, but each of the towns on the North Beach has accommodations.

Registration: on-site registration at specified start points

Cost: \$3.00/walk.

Start Times: Morning walks—meet at 9:30; group walk starts at 10:00

Afternoon walks—meet at 1:30; group walk starts at 2:00

All walks will have guided options for 5K and 10K. Hoquiam will have only a 5k guided walk, but 10K directions will be available. **Leaders are needed for the 10 K walks.** If you're interested in volunteering to lead one of these walks, please notify Liz or Bonnie.

Watch your email for an updated schedule, listing specific start points.

Also watch for a survey in June that will request your commitment for attending the event. We will need numbers to give the restaurant, as well as to know how many directions to print.

Questions or comments to Bonnie at 360-628-9518, bonniedale@comcast.net



More Capitol Volkssport Club News

CVC Summer Picnic- Save the Date!

Thursday, August 8, 2024

Picnic Shelter #1 at Squaxin Park (formerly Priest Point Park).
No alcohol will be allowed due to the greater cost for rental & insurance.
More information to follow.



REMINDER OF 2023-24 CAPITOL VOLKSSPORT CLUB DUES

July 1ST begins a new membership year. Dues can be mailed to Sheila Morrison at any time or given to her in person at a walk or club meeting. Dues become delinquent on September 30th, 2024.

Dues are as follows:

\$8 for members under 55

\$6 for members over 55

\$12 for a family membership

Mailing address for Sheila Morrison: 6634 Milano Ct SE, Olympia, WA 98513

2 Motions to Be Brought Before the Membership for Voting On at the July Monthly Meeting (from Pam Greig-Davis)

Hi CVC Members!

I am making two separate motions to be voted on in the July monthly meeting. I believe both of these motions are going to help make our club a little stronger.

1. The first motion is in regards to how we publish information (like this) when there is a vote to be taken.

Currently, the CVC Bylaws read as follows:

ARTICLE IX – AMENDING OF BYLAWS

Section 1: Amendments may be made to the Bylaws by two-thirds (2/3) of the voting members present at a scheduled business meeting, provided that written notice of suggested changes has been published in the CVC newsletter not less than 30 days or more than 90 days prior to the meeting.

Section 2: Amendments may be proposed by the Executive Board, the Bylaws Committee, or an individual member.

Section 3: Amended Bylaws become effective at the close of the meeting at which they were adopted.

I move that the wording of Section 1 of Article IX be changed to:

Section 1: Amendments may be made to the Bylaws by two-thirds (2/3) of the voting members present at a scheduled business meeting, provided that written notice of suggested changes has been published in the CVC newsletter or sent out via a club-wide email not less than 30 days or more than 90 days prior to the meeting.

The reason for this change is that the newsletter is no longer published monthly, and that leaves a long time between an idea (like this one) and an actual vote to incorporate the idea. With the addition of an email notification, it would allow things to happen in a more timely manner.

2. The second motion is to add a new TRAILMASTER position into the club.

Currently, the vice president has the responsibility for anything involving the walks. That includes sanctioning all walks (year-round, traditional, and traveling-guided walks), providing backup to all event trailmasters and coordinators, overseeing all of the box tenders, and maintaining the Online Start Box (OSB). That is a whole lot for one person to take care of!

Currently, the CVC Bylaws read as follows:

ARTICLE IV – DUTIES OF OFFICERS

Section 2: VICE PRESIDENT

Shall assist the President, in his/her absence, and perform the duties of that office; serve as member of the Executive Board. Shall register all year round events (YRE) and publish related brochures. Shall serve as a backup to event Trailmaster and Coordinators.

I move that a new club position be established under the title of TRAILMASTER.

I propose that this position would serve as an assistant to the VICE PRESIDENT and would assume some of the walk-related responsibilities (such as maintaining the OSB). This position would NOT be a new board position. I propose that the elected VICE PRESIDENT can appoint the TRAILMASTER, and the two of them can decide which tasks each party will assume. In this way, the TRAILMASTER position will offer assistance to the VICE PRESIDENT position.

I believe there is no need to amend the current Bylaws to incorporate this motion. This motion is being made primarily to be more transparent about the manner in which the walk-related club duties are distributed within the club.

We can discuss both of these motions at the June CVC meeting. Please be ready to discuss any thoughts or ideas you might have on either of these two motions. You can also contact me with your thoughts and ideas.

Thanks, Pam Greig-Davis (360-790-9733)



UPCOMING CVC WALKS:

Be sure to check the CVC Webpage (www.capitolvolkssportclub.org) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

Every Monday Walks are scheduled: June 3, 10, 17 & 24; July 1, 8, 15, 22, 29. Walks begin at Bayview Thriftway, 516, West 4th Ave., Olympia. Walks take you through the diverse neighborhoods of our capitol city. The summer schedule begins June 17, with walks starting at 10:00 am.

Tuesday Evening Walks Are Back! Beginning Tuesday, April 16, 2024, evening walks resume. Meet at the specified location at 5:45 pm for sign-in and the 6:00 pm departure. See the CVC website for the full schedule (www.capitolvolkssportclub.org). Here are a few Tuesday walks not to be missed:

Tuesday, June 11, 2024: Olympia Beerwerks Traveling Guided Walk begins and ends at one of Olympia's favorite outdoor beer parlors, 420 Steele St, Olympia. There are 12K & 5K options.

Tuesday, June 18, 2024 Five Friendly Park Traveling Guided Walk takes you on a lovely, summer evening stroll through some of Olympia's nicest parks.

Tuesday, July 2, 2024 Nisqually Wildlife Area is a great place to enjoy a cool breeze from Puget Sound on a long summer afternoon.

Thursday Walks coming up around the beautiful northwest. Sign-in for walks is 9:45 am, with walks starting at 10:00 am. Here are a few standouts:

Thursday, June 6, 2024 Tacoma Downtown Walk travels through historic neighborhoods and past beautiful viewpoints to Puget Sound. 11K & 5K options available.

Thursday, June 20, 2024 Kalama Waterfront Park. Travel south on I-5 to a walk along the beautiful Columbia River.

Thursday, July 18, 2024 Port Gamble Historic Walk. Visit this historic community in Kitsap County and walk along the wooded trails of Port Gamble Forest Heritage Park.



“Walking gets the feet moving, the blood moving, the mind moving. And movement is life.” – Carrie Latet

One More CVC Event: Staircase Rapids Hike

A special summer hike has been added to the CVC July calendar, Staircase Rapids, on **Friday, July 12, 2024**. If you have never been to Staircase Rapids, this is an excellent opportunity to see this gorgeous part of the Olympic National Park. This walk is only seasonally sanctioned by the CVC from July through September, and there is a 10K & a 5K route. For CVC members, the walk is \$2. **We will meet at the Shelton Fred Meyer at 9:00 am**, to sign in and facilitate car pools and/or car caravans. **We plan to leave Fred Meyer by 9:20 am**. (Shelton Fred Meyer Address: 301 E Wallace Kneeland Blvd, Shelton). This hike is in the southeast corner of the Olympic National Park, so an America the Beautiful Pass is required to enter the park. Without the America the Beautiful Pass, there is a \$30 fee per car which includes the driver and several passengers. For those without a park pass, carpooling is an excellent option!



UPCOMING WALKING OPPORTUNITIES NEAR & FAR

June 8, 2024 National Get Outdoors Day – Nisqually State Park

Celebrate National Get Outdoors Day with a trail walk at Nisqually State Park. This new state park is a gem in the rough but has some great trails for walking. This state park is located outside of Eatonville and will host a 5K and a 10K. Registration is from 9 am – 12 pm. No Discovery Pass will be required on National Get Outdoors Day! The IVV Participant fee is \$4.00. Guests are encouraged to make a donation. Address: 43371 Mashel Prairie Rd, Eatonville, WA



July 4, 2024: Celebrate the 4th with the Emerald City Wanderers in

Seattle. Walk in a Duwamish neighborhood that dates back for many centuries. This walk will visit a traditional Duwamish village site, later occupied by European settlers; a portion of the West Duwamish Greenbelt; and the Pigeon Point Neighborhood of West Seattle. Enjoy scenic views of the city and of the Duwamish River, and walk thru a portion of the West Duwamish Greenbelt. **Start Location:** Pathfinder K-8 School, 1901 SW Genesee St, Seattle, WA 98106. **Start Time:** 8:45 am – 9:30 am.

August 2-4, 2024: Northwest Hiking Weekend, Glacier, WA (near Mt. Baker)

Three hikes around the Mt Baker area are highlighted on the Four Plus Foolhardy Folks website. Chain Lakes is the highlight!!! Check back to their website closer to the event date for complete details: www.fourplushikers.weebly.com



August 22 – 25, 2024: Wallace, Idaho Event. Visit the Lilac City Volkssport page at www.lilaccityvolks.com closer to the event.



September 19-24, 2024: Kicking Around Kitsap – the AVA Northwest Regional Conference



Explore the beautiful Kitsap Peninsula and the surrounding area. There are 8 walks planned as well as a bike route and a swim. The Walkfest includes fun socials and dinners. Location: the festival will be headquartered at the Boy Scout Hall in Silverdale, WA. Daily hours at the Hall are Thursday, 9:00 am – 4:00 pm. Friday & Saturday, 8:00 am – 4:00 pm. Sunday, 8:00 am – 3:00 pm. See the Evergreen Volkssport page for more information and updates:

<https://2024nwregionalavawalkfest.weebly.com>

October 11 – 13, 2024: Kelowna Wine Walks, Kelowna, British Columbia

Spend Canadian Thanksgiving Weekend in British Columbia’s beautiful wine country. Visit with some of our Canadian friends that visited us during our Wild & Woodsy event. Enjoy 4 walks, each passing at least 2 wineries. Two event dinners, social time and party time, are included. For the registration form and more information:

<https://www.surreytrekkers.com/wine-walks-kelowna/>



October 17 – 20, 2024: Shady Cove Walk Event

Join the Rogue Valley Walkers and the Columbia River Volkssport Club for walks and hikes in the Rogue River Valley. The walk center will be at the Edgewater Inn, 7800 Rogue River Drive, Shady Cove, OR 97539. A block of rooms will be reserved for walks before the event with discounts offered to event participants. Visit the Rogue Valley Walkers webpage for more details:

<https://roquevalleywalkers.com>

Capitol Volkssport Club Meetings

Join in your CVC monthly club meetings to

- Find out the latest plans for walks and social events
- See presentations from club members about recent walking trips
- Meet club members and share walking experiences

When: June 13, 2024 at 5:00 pm; July 11, 2024 at 5:00 pm

Where: Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road.



Welcome to Our New Capitol Volkssport Club Member

Arlene Drewery

We hope to see you on a walk soon!





Capitol Volkssport Club Officers and contact information:

President:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
Co Vice-Presidents:	Larry and Cheryl Bush	(303)-548-0788	E-mail: bikecb@aol.com
Secretary:	David Black	(919) 302-3175	E-mail: dblackarchitect@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: greigenterprises@msn.com
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Newsletter:	Carol Froelich	(360) 292-0830	E-mail: cfroeli@gmail.com
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: olysweetp@yahoo.com
Meetup.com Admin	Chase Davis	(360) 584-6446	E-mail: NWPathfinder@comcast.net

Remember - A great way to find out about all the walks coming up in our region is by subscribing to **THE NORTHWEST PATHFINDER Washington & Oregon's Premier Event Newsletter**

The Northwest Pathfinder is the official newsletter of the Pathfinder Volkssport Club of the Northwest published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map. The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$14.00.

For more information or to subscribe to The Northwest Pathfinder, contact:

Chase Davis
NWPathfinder@comcast.net
 360-584-6446
 Join and pay online!
www.esva.online/nw-pathfinder-home-delivery/



CVC PHOTO GALLERY



Spring Flowers treat walkers around the Olympia Capitol grounds.

Wild & Woodsy brought together walkers from across the state, Canada, & Florida



W & W walkers at Mima Falls



Big Smiles at Big Creek



The rain didn't dampen spirits at the W & W Pub Crawl



Socializing at the W & W dinner after a walk adds to the fun



Beautiful springtime walking around the South Sound

Point
Defiance
reflections



Beautiful afternoon at Scatter Creek



Tacoma walkers enjoy PLU flowers



Tacoma Ruston walkers



Walkers
scouting
Westside
Nature
Trails for
Wild &
Woody



Sunny skies in Chehalis

Who are those walkers?



Walkers, friends and family members say a final goodbye to CVC member, Joy Carlson Adams, in her hometown of Poulsbo



Joy Carlson Adams



Joy's family joined the memorial

