



Capitol Volkssport Club Newsletter

December 2024/January 2025



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Capitol Volkssport Club Meetings

Join us at our monthly (second Thursday of the month) CVC club meeting and learn about:

- the latest plans for walks and social events
- presentations from club members about their recent walking trips
- fellow club members and their walking experiences and achievements

When:

January 9th—5 PM
February 13th—5 PM

Where: Family Center of the Olympia-Lacey Church of God, 5005 Lacey Blvd SE.

Church is located on the SE corner of Lacey Blvd and Ruddell Road.

President's Message

By Karen Younkins

Hello CVC members,

I'm excited about our upcoming events - Christmas Party and Holiday Walk. Please check the advertisements for these events in this newsletter. If you haven't signed up for the Christmas Party please email me telling me how many are coming and what you are bringing. I have sent out a list of what food is coming, so that might help you decide what to bring. This also helps the team know how many place setting to set for the meal. Don't forget your unwrapped gifts for Garfield Elementary!

Since our next newsletter is in February I would like to thank in advance all of the workers for our Christmas Party and Holiday Walk. Cheryl and Larry Bush helped Jim and I with all the details of the Christmas Party.

Here's some very important information about the Holiday Walk. The start is from **10 AM to 12 PM** and the Capitol building is open from **11 to 4**. If you get to the Capitol before 11 you will miss the beautiful trees decorating the rotunda. Please wear your Capitol Volkssport clothing, hats, coats, and NAME TAGS! Most important, please come and walk with us if you are available.

I would like to thank our fearless leaders on our walk - David Black and Chuck Andrews for writing the directions, Pam Greig for printing the directions, and Nancy Wittenberg, for everything else.

Now, back to better weather! Even though the Surrey Trekkers' October Wine Walk event in Kelowna, BC was cancelled, Jim and I decided to go to Kelowna anyway. One of the walks we went on was on the Kettle Valley Rail-Trail at Myra Canyon (4,200 feet elevation) near Kelowna. Our little green mini managed to make it up the steep 5 mile gravel road with only a few weird looks from all drivers of the SUVs and 4 wheel drive vehicles.



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President's Message continued from page 1...

The weather was wonderful (around 70 degrees) and we managed to hike over 13 of the 18 trestles on this part of the KVR. Established in 1915, the Kettle Valley RR ran from a connection with the Canadian Pacific at Hope, BC to the resource rich area around Castlegar, BC. Abandoned in the early 1970's, nearly 400 miles of the line have been transformed into an amazing rail-trail known as the KVR.

Since it was Canada's Thanksgiving the trail was full of bikers and families hiking. Dads had little bikes over their shoulders when a child was done riding, but everyone was smiling and enjoying the views.



See you on the trail, Karen



Join us for the
Annual CVC Christmas Party
Thursday, December 12

5PM until 8PM

at the Jacob Smith House
4500 Intelco Loop SE, Lacey

5-5:45 - Visit with friends (BYOB)

5:45 Dinner



This year we will be taking donations of snacks for Garfield Elementary School. Please refer to the following approved donation list on the next page.



Christmas Gifts for Garfield Elementary School 2024

Once again, for our Christmas party gift exchange, we are partnering with Garfield Elementary School, a Title 1 School, in the Olympia District.

Between 50-53 percent of the students at Garfield live at or below the national poverty level. We are helping provide snacks for children who come to school hungry. Please give generously from the updated lists below:

Fruit: Pouches of applesauce, designed to be eaten without a spoon

Crackers: Goldfish, Animal Crackers, Cheez-Its, Graham Crackers

Granola Bars: Nutri-Grain, Kashi bars, Nature Valley, etc—NO NUTS..

Chips: Pretzels, pita chips, baked chips, popcorn, Pirate's Booty, etc.

If you can't come to the party with your gift on Dec. 12th, but would still like to participate, either bring your gifts (unwrapped) to the Holiday Walk on Dec 14th. Bonnie Tucker will collect them.

Thanks for including the kids in your Christmas! Bonnie



Upcoming CVC Weekly Group Walks:

Check the CVC Webpage (www.capitolvolkssportclub.org) for a complete listing of our upcoming club walks. These scheduled walks are a great way to walk with others, exercise, socialize, and maybe enjoy food and beverage before or after the walk— Fun, Fitness, Friendship and Food!

Every Monday Walks are scheduled: December 2, 9, 16, 23, 30; January 6, 13, 20, 27. Walks begin at Bayview Thriftway, 516 West 4th Ave, Olympia. The walks take you through the diverse neighborhoods of our capital city. **New Start Time for fall/winter walking period!** Please sign in at 1:45 pm to be ready to depart by 2:00 pm. Please contact Jeanne (360-790-4600 or e-mail kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

Every Thursday Walks are scheduled: December 5, 12, 19, 26; January 2, 9 (TGW), 16, 23, 30. Walks start with a 9:45 am sign-in and a 10:00 am departure. These walks highlight areas in the NW both near and far in distance. Check the CVC Webpage (www.capitolvolkssportclub.org) for more details on the Thursday morning walks. Please contact Barb (360-485-3693 or e-mail ravnliz08@yahoo.com) to ask questions about the walks or make start point meeting arrangements.



The NORTHWEST PATHFINDER—A Northwest Walking Guide and Newsletter

A great way to find out about all the walks coming up in our region is to subscribe to *The Northwest Pathfinder Club*. The Pathfinder is a newsletter published bi-monthly (6 issues a year) by the NW Pathfinder Club and sent to all members. It contains a wealth of information about upcoming events, both group walks and walks you can do on your own, in Washington, Oregon, Idaho and Alaska. It also includes information regarding trail ratings, challenges, Meetup groups, member club listings and an event locator map. Annual membership dues are \$14*. For more information, renewals, address changes, and issue not received for *The Northwest Pathfinder* contact:

Chase Davis
NWPathfinder@comcast.net
(360) 584-6446

Join and pay online with PayPal.
www.esva.online/nw-pathfinder-home-delivery/

Join via snail mail.

Make a check/money order* payable to "NW Pathfinder Club"
Include the following: Full name, full address including 9-digit zip code, e-mail address and phone number. Mail to:

NW Pathfinder Club
c/o Chase Davis
6623 Riviera Court SE
Lacey WA 98513-4965



* Foreign delivery: e-mail for current price—US Funds

Capitol Volkssport Club Officers and Contact Information:

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>e-Mail</u>
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* SS AC = South Sound Area Coordinator

CVC Walks—Retired and New Host for 2025

The CVC Board and box tenders discussed current active CVC YRE/Seasonal walks for upcoming 2025 renewals and determined the following 2024 walks will no longer be offered as YREs/Seasonals beginning in 2025. They will most likely be offered as Traveling Guided Walks on Thursdays or possibly on Tuesday evenings in 2025. Please enjoy these walks in the **LAST** month of 2024! Be sure and check the *NW Pathfinder* as several are OSB only.

- Aberdeen (Y2996)
- Hoodsport Staircase Rapids (Y2893)
- Hoquiam (Y3027)
- Lacey SE Bike (Y1931)
- Ocean Shores Bayside (Y0004)
- Ocean Shores Beach Damon Point (Y0379)
- Olympia Ward Lake and Deschutes River (Y2133)
- The Evergreen State College (Y0657)
- Port Gamble (Y1685) (closed 9/30/24)
- Shelton Vance Creek Railriders (Bike) (Y3315)
- Tenino (Y0678)

Thank you to the following volunteers who served as POCs/box tenders for the above list of non-renewed YREs/Seasonals: Mert Turner, Pam Greig-Davis, Barb Malone, Carol Froelich, Bob Morrison, Jeanne Allan, Perki Sweet, and Mary Clem. Your time and dedication to this club task is greatly appreciated.



The Over-the-Hill Gang Volkssport Club, which is in the process of disbanding, has transferred several of their YREs to other area clubs. CVC will be hosting the following OTHG walks in 2025:

- Dupont Historic Village (Y995)
- Dupont Sequelitchew Creek Trail (Y193)

Thank you to Mary Clem who has volunteered to serve as POC/box tender for these 2 Dupont YREs!

Upcoming Events:Near and Far

December 9, 2024—Sumner. Daffodil Valley Volkssport Association is hosting a traveling guided walk on the Sumner Link Trail along the White River. This will be an out-and-back route. **Start Location:** 4711 142nd Ave. E, Sumner. **Start Time:** 9:15 am. **Finish Time:** N/A. **Distances Offered:** 5k/10k (1A).

December 14, 2024—Olympia. Don't forget our club's annual Holiday Walk! Plan to join us on Saturday, December 14th, at the Harbor House in Olympia. Walk on sidewalks (some uneven), boardwalks, and well groomed trails along the waterfront, through the Capitol Campus, south Olympia neighborhoods and the Farmer's Market. Strollers and wheelchairs may have difficulty. Restrooms available at the start/finish point and along the route. Pets permitted but not in buildings or the Farmer's Market. Maps and directions will be provided. There will be no trail markings. **Start Location:** 217 Thurston Avenue NW, Olympia. **Start Time:** 10:00 am—Noon. **Finish Time:** 3:00 pm. **Distances Offered:** 5k/10k (2B). See you there!

December 31, 2024—New Year's Eve Walk on Alki. Emerald City Wanderers are hosting their annual New Year's Eve walk. Shorter trail remains on top of the hill, whereas the longer trail goes downhill to Elliott Bay and along Alki Beach and Harbor Drive. Enjoy holiday lights as well as the downtown lights of Seattle across the Bay. **Start Location:** St. John the Baptist Episcopal Church, 3050 California Avenue SW, Seattle. **Start Time:** 4:00 pm—7 pm. **Finish Time:** 10:00 pm. **Distances Offered:** 5k (1A) and 10k (2A).

December 31, 2024—New Year's Eve Walk in Portland (Sellwood) OR. Columbia River Volkssport Club is hosting a traveling guided New Year's Eve walk. Two loops are offered: The West Loop will go through Sellwood Park then down to the Willamette River and through Sellwood Waterfront Park then return on the Springwater Trail past the Puppet Museum to New Seasons Market. The East Loop will go through Westmoreland Park and residential and commercial areas of Sellwood. Many interesting shops and restaurants in Sellwood commercial area. **Start Location:** New Seasons Market, 1214 SE Tacoma St, Portland. **Start Time:** 9:00 am—10:00 am. **Distances Offered:** 5k/10k (1A).

January 1, 2025—New Year's Day Walk. Emerald City Wanderers are hosting their annual New Year's Day walk. **Start Location:** St. John the Baptist Episcopal Church, 3050 California Avenue SW, Seattle. **Start Time:** 9:00 am—NOON. **Finish Time:** 3:00 pm. **Distances Offered:** 6k (1A) and 10k (2A).

January 1, 2025—New Year's Day Walk. Vancouver USA Volkssporters are hosting a New Year's Day walk and are offering three different five (5) km loops and one (6) km loop with all returning to the start/finish/checkpoint area. The SE loop (1A) will mainly be in Pacific Community Park on paved or gravel trails. The NW loop (1B) goes mainly thru nice neighborhoods and one small wooded park with dirt trail. The SW loop (1A) is mainly through neighborhoods with expensive homes on quiet streets and sidewalks. The NE loop (1A) is 6 km and goes into very nice neighborhood and on paved trails in wooded areas. Door prizes of sparkling soda and champagne randomly awarded. **Start Location:** McMenamins East Vancouver, 1900 NE 162nd Ave., B-107, Vancouver WA. **Start Time:** 9:30 am to noon for 10/15 km, 9:30 am to 1pm for 5 km. 9am to 11am for 21 km. **Finish Time:** Unavailable. **Distances Offered:** 5k/10k (1A), 15k(1B), 21k(1B).

New 2025 Special Programs

Walking With the Wild Things



Program runs January 1, 2025 - December 31, 2027. Redeem completed books by December 31, 2028. *Wild Things* - they CAN be found among us! Maybe you've seen some or even met some on a walk. They can take on many different shapes and appearances such as trolls, gargoyles, fairies, and gnomes. Once you start looking for them, you are almost certain to find them "hiding in plain sight." An event must go by a Wild Thing (troll, gargoyle, fairy, or gnome) to qualify. Complete 15 qualifying events to receive a fully embroidered patch designed by Dorman Batson. A qualifying stamp shall only be used once per year per qualifier but may be repeated in a different year. If an event has more than one qualifier on the event route, the stamp may be used again if paid for and walked a separate time for each qualifier. For trail planning, trolls may be found on the following Dambo Trolls locator website: <https://www.thomasdambo.com/trollmap>. However, qualifiers are not required to be listed on this locator and not all trolls on this locator are found on AVA event routes. This special program is hosted by our own club and books are \$12 and will most likely be available at the club's Holiday Walk. POC for this Special Program is Pam Greig-Davis and can be contacted at greigenterprises@msn.com or (360)790-9733.

Grain Elevators: Monarchs of the Plains



Program runs January 1, 2025 - December 31, 2027. Redeem completed books by December 31, 2028. Any sanctioned YRE, seasonal, or traditional event in the US or Canada that walks/bikes where the participant can view a grain elevator, silo, mill, grain loading facility, granary, or grain crib qualifies. Also, one of the previously listed that has been repurposed or re-utilized, qualifies. Many of these grain storage facilities are located on private property, which means we cannot easily make the route go directly past the elevator. Thus, if you can see it, that qualifies. For more information and pictures, go to our website <https://WoodlandWanderers.org/Grain/>. One stamp per event per year. The Special Program booklet contains space below each stamp for additional information regarding the ownership or use of the elevator, such as a logo, company name, etc. The Special Program booklet contains room for 14 stamps. To purchase a Special Program booklet, send your mailing address, email address, and a check for \$12 made out to Woodland Wanderers and mail to: Woodland Wanderers, c/o Sherry Sayers, 3524 N Cascade Ave, Lot #58, Colorado Springs, CO 98007.

AVA Special Programs Notifications

12/31/24—Last Chance to Redeem Great Lake Books



12/31/25—New Deadline to Redeem

Border Books



12/31/24—Last Chance to Purchase City/

Town Hall Books



CVC Photo Gallery

Thank you to all the contributors: Chuck Andrews, Carol Froelich, Julie Heath, and Perki Sweet.



Salmon Run Walk 10-05-24—Listening to Salmon Talk at Tumwater Falls/ Fishery Facility.



Shady Cove, OR— Oct 17-20

Dam Rumley walk across the Lost Creek Dam and around the east side of Lost Creek Lake.



The walks were sponsored by CRVC / ROGUE VALLEY WALKERS.



Shady Cove continued....



Blue Grotto Walk

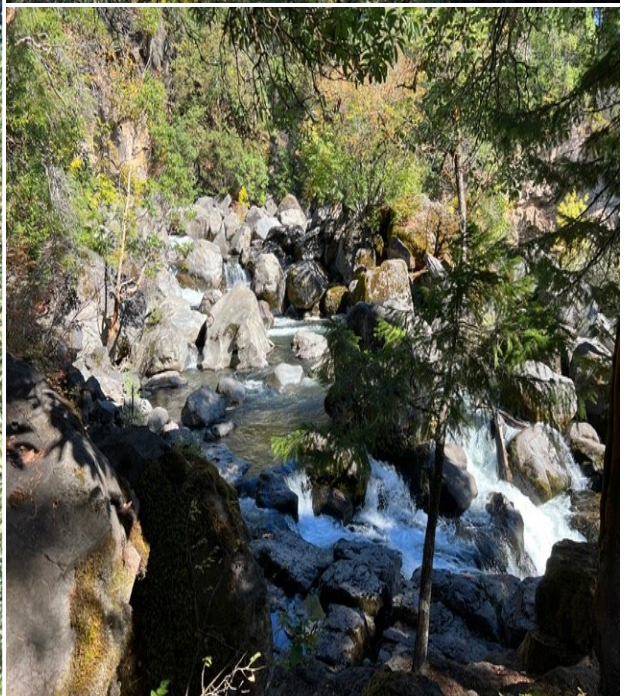
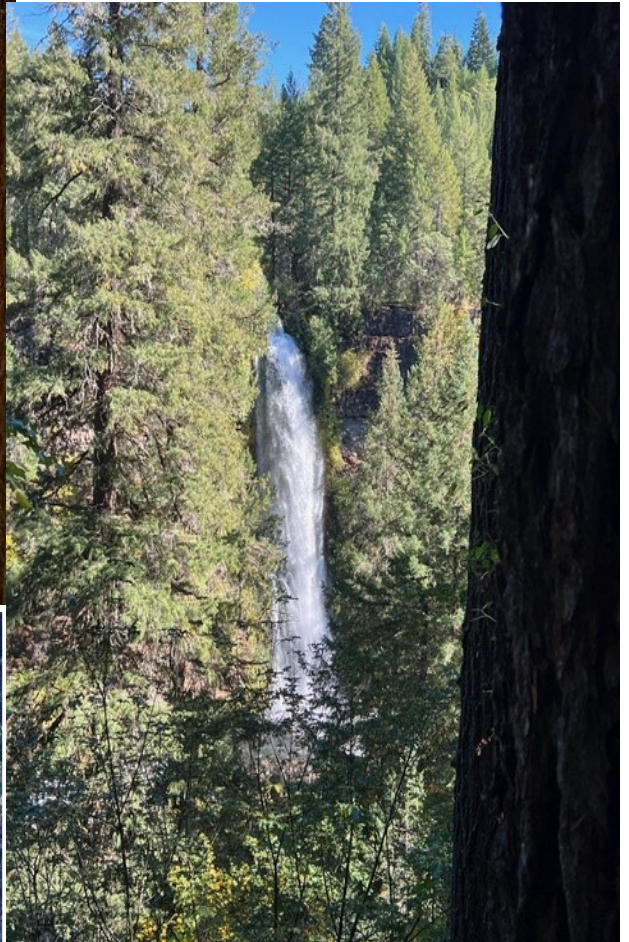


The Blue Grotto is a seasonal stream that falls 40 feet over a greenish rhyolite cliff near Lost Creek Lake. Best time to visit is in the spring with the water flow where one can walk underneath the falls.

Shady Cove continued....



Prospect Trail, water falls and boulders.



Shady Cove continued.....



Two Table Rocks, Upper and Lower, are the remnants of prehistoric lava beds. The entire area around these two table rocks was eroded away, leaving these two lava rock covered “Buttes” 800 ft above current valley floor (their tops are the old valley floor elevation).



Rogue River and Edgewater Hotel on the River
(Central Meeting Point)



Drive Home thru Crater Lake NP with recent snow still on the ground.



Good time
enjoyed by all!



**Chehalis Willapa Trail Walk
10/24/24**—group photo followed by lunch at Sweet Inspirations.



Buckley Walk 11/09/24



Pre-Thanksgiving Walk

