



## Capitol Volkssport Club Newsletter

February 2025/March 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:

February 13th —5 PM  
March 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 hope many of you have voted for the new CVC challenge which starts soon. Once the votes have been counted Pam will be creating booklets and making them available.

There are also many current challenges that you might be interested in. The ESVA challenges are "Tell Me A Story" and the Winter Walking Challenge. The CVC sponsored AVA challenge is "Walking With the Wild Things." This picture is a gargoyle in Olympia. I know there are many other challenges that can keep you occupied as you walk in the cold, wet weather.

Our board and committee members have been busy working for CVC. Chase Davis is busy with the Northwest Pathfinder, sending us Meet Up reminders, and working on the Online Walkbox options. Cheryl and Larry Bush are registering the walks and keeping the Traveling Guided Walks running smoothly. Barb Malone has worked very hard to give us a great selection of Thursday walks, and Jeanne Allan has been busy with the Monday walks. Mary Clem has been writing our CVC minutes; David Black has been writing minutes for the ESVA meetings; Diane Evans has been producing our wonderful newsletters; Peter Sweet has been keeping our website in top shape; Pam Greig has been a good steward with our money; and Sheila Morrison has been adding new members to our membership list. Bonnie Tucker is busy working as our area coordinator.



*President's Message continued on page 2...*

President's Message continued from page 1...

Please talk to your friends or neighbors who might be interested in walking with CVC. If they are hesitant to start, mention that a 5K lasts around 1 hr. 15 minutes. Explain to them how the walks are rated. You can find a complete list of the trail ratings in *The Northwest Pathfinder* - p. 7 - in the January/February issue.

Since Covid we have not had official carpools for our walks, but many people are still gracious about filling up their cars with walkers. If you are riding with someone please offer to give them gas money for their trouble. Please do not hesitate to reach out to others about carpooling.

See you on the trail, Karen



### Update on AVA sticker program

If you are stamping books we have a major change. Sharon Moats has asked the Northwest Region Clubs to participate in a pilot AVA program where the stamps have been replaced by stickers. If you are using these stickers and find that there are not many left in a **CVC Start Box**, please contact our Trailmasters - Pam Greig Davis - [greigenterprises@msn.com](mailto:greigenterprises@msn.com) - or Chase Davis - [GX7QR2@comcast.net](mailto:GX7QR2@comcast.net). They will then be able to get more stickers for the Start Box.

If you are using stickers for a walk that is not sponsored by CVC and the supply is getting low please contact the Box Tender for that walk. Their information should be in the Start Box.

Thank you, box tenders, for checking on these sticker sheets as well.

♥ Happy Valentines Day ♥

### 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](mailto:NWPathfinder@comcast.net)

(360) 584-6446

Join and pay online with PayPal.

[www.esva.online/nw-pathfinder-home-delivery/](http://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

## Upcoming CVC Weekly Group Walks:

Check the CVC Webpage ([www.capitolvolkssportclub.org](http://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: February 3, 10, 17, and 24; March 3, 10, 17, 24 and 31. 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](mailto:kokolo@olywalking.net)) to ask questions about the walks or make start point meeting arrangements.

**Every Thursday Walks** are scheduled: February 6, 13, 20, and 27; March 6, 13, 20, and 27. 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](http://www.capitolvolkssportclub.org)) for more details on the Thursday morning walks. Please contact Barb (360-485-3693 or e-mail [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com)) to ask questions about the walks or make start point meeting arrangements.

## Upcoming Events: .....Near and Far



**February 15, 2025—Orting.** DVVA is hosting a walk in the “Small Town with a Big View.” There are two 5k loops. One loop is an out-and-back along the Puyallup River levy road and the other loop goes along the Carbon River and through Orting. Includes sections of the Foothills Rails-to-Trails path, the new City Hall and the chance to see eagles. **Start Location:** 101 Washington Ave NW, Orting WA. **DO NOT** park in Big J’s parking spaces. Use city parking lots or street parking. **Start Time:** 9 am—11 am. **Finish Time:** N/A. **Distances Offered:** 5/10k (1B).

**March 9, 2025— Spring Forward: Remember to set your clock an hour ahead!**



**March 15, 2025—Beaverton OR.** The Cedar Milers are hosting their annual St. Patty’s Day Teddy Bear collection walk for the Portland Dougy Center. Preference includes bears and other stuffed animals about 12-14” in height — just the right size for a child to hold and hug! Trail will head east through Beaverton, passing through several parks, neighborhoods, and some retail areas. Pets permitted but not in buildings. Suitable for strollers. OTSVA meeting 1 pm-2pm. Check at start for OTSVA meeting location. **Start Location:** 3205 SW Cedar Hills Blvd, Beaverton OR. Enter the mall through front doors under Big Powell’s Books sign. **Start Time:** 9:30 am—Noon. **Finish Time:** 3:00 pm. **Distances Offered:** 6k/10k (1A).

**April 5, 2025—Tacoma vs Ruston: Battle of Charm-n-views.** Evergreen Wanderers are hosting their traditional walk allowing views of Commencement Bay and Puget Sound. Two loops can be done individually or combined for a “charm-n-view” packed experience. Walk through the charming Pt. Ruston community and/or nearby Tacoma. **Start Location:** VFW Narrows Bridge Post, 4741 Baltimore St, Tacoma WA. **Start Time:** 9:00 am— Noon. **Finish Time:** 3:00 pm. **Distances Offered:** 5k (1A), 7/12k (2B).

## Capitol Volkssport Club Officers and Contact Information:

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>e-Mail</u>
President:	Karen Younkins	(360) 357-9185	jcyounkins@comcast.net
Co Vice-Presidents:	Larry & Cheryl Bush	(303) 548-0788	bikecb@aol.com
Secretary:	Mary Clem	(912) 248-5868	maryleonaclem@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	greigenterprises@msn.com
ESVA Rep:	David Black	(919) 302-3175	dblackarchitect@gmail.com
ESVA SS AC*	Bonnie Tucker	(360) 628-9518	bonniedale@comcast.net
Membership:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Sales & Information:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Newsletter:	Diane Howell Evans	(360) 900-8681	devansava@aol.com
Webmaster:	Peter Sweet	(360) 459-8167	olysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	(360) 584-6446	NWPathfinder@comcast.net

\* SS AC = South Sound Area Coordinator

## On the Road Again—by Diane

Well, we decided once again to make a road trip to Texas to see our son and grandkids with a slight detour to Antarctica with WAI and a planned return home after finishing the last walk of the AVA 2025 Biennial Convention in Las Cruces NM. In the middle would be my solo trip by air to Salt Lake City to attend the RootsTech Conference at the Salt Palace followed by a meetup with members of my Puget Sound Genealogy Society for the annual FamilySearch Library trip I coordinate for the group.

We left on Nov 26th heading south to Carlsbad CA for a week. I enjoyed walks in Carlsbad, Dana Point, and Oceanside. I met up with a co-worker from my early days in the DC private sector, who I hadn't seen in 30+ years, and she did the short trail with me in San Juan Capistrano. Of course the walk was followed up with lunch and catching up on our families and other co-workers. I was very lucky to have Kathy Bundy, President of the Low Desert Roadrunners, join me on the Wildomar and Murrieta YREs. The Veteran Memorials in Murrieta are so varied and take some time to digest the massive art work displays. Amazing!

We then headed to Las Vegas for a splurge at the Trump Towers to see these rooms of glass and gold we always keep hearing about. Not disappointed! Been there, done that! Since I was trying to complete the last 2 pages of my second Centurian book the days were spent doing 2-3 short trails of all the YREs hosted by the Las Vegas High Rollers and Strollers. They are all conveniently located so 2-3 can be done each day with minimal travel. So one day it was Hoover Dam, Boulder City Historic and Veterans Memorial Park. The next day it would be Green Valley, Seven Hills and Sunset Park. Summerlin and Fremont completed another day. In between each of those days both the North and South Vegas Strip walks were completed. I love the Strip walks as I have fancy restrooms and a variety of good food on the trail at very posh spots; I can people watch all along the trails; and I get to satisfy my Cannoli cravings at Carlo's! December is also the best time to see the casino atriums all decorated for the holidays. This trip I also was able to view the tear down of the Holiday decorations and the almost overnight installation of the Chinese New Year decorations. I wasn't on site 24/7 but it sure appeared they worked 24/7!

We were in Vegas through mid-January when we headed to Phoenix AZ for our trip to Antarctica. Amazing expedition ship and crew, great walks, wonderful WAI group and guides. Lake Drake on the way to Antarctica but not the same on the way back to Ushuaia Argentina. More on Antarctica later. Hubby and I returned to the US with a respiratory virus on Feb 3rd and we are still down and out for the count!

# Trail Photos from 2024-2025 Road Trip.....



Row 1—Carlsbad; Row 2—Dana Point; Row 3, Lighthouse and top 2—Oceanside; Row 3, bottom 2— Murrieta; Row 4—Hoover Dam RR Trail, Boulder City Historic Town, and Boulder City Veterans Memorial Park.



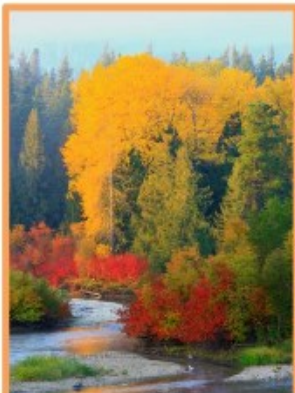
**SAVE THE DATE**



**"Autumn Walks in Leavenworth and Beyond"  
Oct 2-5, 2025 (Walks sanctioned till Oct 8)**

**Hosted by: Interlaken Trailblazers and  
Central WA Sunstriders Volkssport Clubs.**

**Come join us for the walks, hikes and fun!**



**Headquarters for this event will be at the Lake Wenatchee Recreation Clubhouse, about 9 miles west of Leavenworth.**

- **4 feature walks and bike: Wellington/Iron Goat Trail, Lake Wenatchee State Park, Lake Wenatchee trails, Leavenworth Ski Hill and Town + Bike. 10 nearby YR/SYR walks**
- **Socials at hall.**

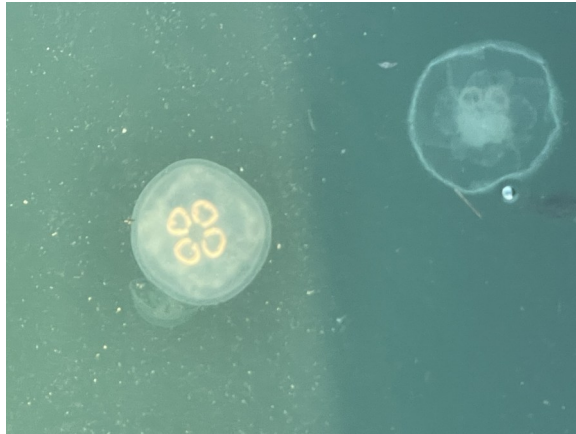
**Link to register for lodging in the area:**

**<https://leavenworth.org/lodging-landing/>**



# CVC Photo Gallery

Thank you to all the contributors: Carol Froelich, Julie and Ian Heath, and Bonnie Tucker.



Olympia Waterfront Walk and Christmas Party Photos





Christmas Party Photos continued and Tumwater Falls Photos — Gnomes and Gargoyles!!







Garfield Elementary School principal gratefully receiving CVC Christmas donations. Since 2017 we have given supplies in support of the student body, half of whom live at or below the national poverty level.



Group Photos:  
 Top—Shelton  
 2nd row, right—Chehalis Willapa; left—Steilacoom in the fog  
 Bottom—Olympia’s Eastside at Madison Scenic Park