



Capitol Volkssport Club Newsletter

June 2025/July 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:

June 12th —5 PM
July 10th —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,

Summertime is coming soon so it is time for us to plan events and walks for 2026! Please be ready to share your ideas for walks and hikes at our June meeting. Let us know if you are thinking about a new walk (such as a walk in LBA woods). Gather some friends and walk in places that don't have volkswalks. One of these walks might turn into an event for CVC or a regular everyday walk.

I would like to thank Chase Davis for editing the Northwest Pathfinder for the last several years. He and his team have provided us with a wonderful publication every two months which included all the year round events in Washington, Oregon, Idaho, and Alaska. Chase is still sending us the upcoming walks through Meetup, and we can access information through the AVA website, the Evergreen State Volkssport Association website, Facebook, and our everyday walks through the Capitol Volkssport Club website.

This spring I have been lucky enough to go on some Dambo troll walks on Vashon Island, West Seattle, and Issaquah. Since 2013 Thomas Dambo, the self-described "semi-good" artist, has built and hidden more than 120 giant trolls in 17 countries. Each one is whimsical, magical and with a message for everyone living on our planet. Thomas Dambo's "Northwest Trolls" include six giant troll sculptures located in various spots around Washington and Oregon. The trolls, made entirely of recycled materials, are part of an environmental story and are meant to encourage exploration and find these trolls in locations like Bainbridge Island, Issaquah, West Seattle, and Ballard. Trolls are installed for three years and may stay in their locations longer, if the host organization so chooses.



President's Message continued on page 2...



Another trip I took in April was to the Roosengaarde Tulip Farm near Mount Vernon. The weather was wonderful, the tulips and daffodils were in full bloom, and visiting with friends made the trip terrific!

I look forward to seeing you on the trail soon.

Karen

Capitol Volkssport Club Officers and Contact Information:

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* SS AC = South Sound Area Coordinator

Other Walking Links

[South Sound Walkers Meetup](https://www.meetup.com/south-sound-walkers) (<https://www.meetup.com/south-sound-walkers>)

[Evergreen State Volkssport Association](http://www.esva.online) (ESVA) (www.esva.online)

[Oregon Trails State Volkssport Association](https://www.otsva.org/) (OTSVA) (<https://www.otsva.org/>)

[American Volkssport Association](http://www.ava.org) (AVA) (www.ava.org)

[International People's Sports Federation](https://ivv-web.org/) (IVV) (<https://ivv-web.org/>)

[Canadian Volkssport Federation](https://walks.ca/) (CVF) (<https://walks.ca/>)

[IVV Americas & Oceania](https://www.ivv-ao.org/) (IVV-AO) (<https://www.ivv-ao.org/>)

[International Marching League](https://imlwalking.org/index.php?page=home.html) (IML) (<https://imlwalking.org/index.php?page=home.html>)

[U.S. Freedom Walks Festival IML](#) [Texas Trail Roundup IML](#)
[La Marche Maple Leaf March Ottawa Canada IML](#)

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 (*our neighbors to the North also add Fermented Fruits*)!

Every Monday Walks are scheduled: June 2, 9, 16, 23, and 30; July 7, 14, 21, and 28. 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 summer walking period!** Please sign in by 9:45 am to be ready to depart by 10:00 am. Please contact Jeanne (360-790-4600 or e-mail kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

Twice a Month Tuesday Evening Walks are scheduled: June 3 and 17; July 1 and 15. The evening walks will continue twice a month through mid-September 2025. Please sign in by 5:45 pm to be ready to depart at 6:00 pm. The walks will be 10k or 5k through roughly the end of August, after which time they will be 5k only due to decreasing daylight. 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 Tuesday evening walks as some start locally and others are traveling guided walks.

Every Thursday Walks are scheduled: June 5, 12, 19, and 26; July 3, 10, 17, 24 and 31. Please sign in by 9:45 am to be ready to depart at 10:00 am. 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.



UpcomingNear and Far Events:

June 14, 2025—Mountlake Terrace Link. The Sound Steppers are hosting a walk starting at the Link Station. Walk through Mountlake Terrace neighborhoods on several local trails and through Ballinger Park. Walkers can arrive on the Link or parking is available. **Start/Finish Location:** Link Station, 6001 236th St SW, Mountlake Terrace WA. **Start Table Open:** 9:00 am— 10:30 am. **Distances Offered:** 5k (2A), 10k (2B).

June 19, 2025—Hoquiam Town and Waterfront Traveling Guided Walk. Walk along Grays Harbor in a rural setting, past parks and the historic Hoquiam Depot. The walk goes over bridges and along the waterfront. **Start/Finish Location:** Public Parking lot by US Bank, 727 Simpson Ave, Hoquiam WA. **Start/Finish Times:** Register by 9:45 am on June 19, 2025 ONLY. Walk begins at 10:00 am. **Distances Offered:** 10k with 5k option (1B).

June 28, 2025—Raymond—Hosted YRE. Daffodil Valley (DVVA) will be hosting their Raymond YRE walk. This is an OSB walk but there will be registration and stickers available at the start point. Come and join the group and walk this unique community known for its metal sculptures, carriage museum and Willapa Hills Rail Trail. **Start Location:** Raymond Visitor Center, 415 Commercial St, Raymond WA. **Start Time:** 10:00 am. **Distances Offered:** 6k (1A), 11k (2A).

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Upcoming Events continued....

July 29, 2025— Puyallup “All Along the Riverwalk Festival” Traveling Guided Walk. DVVA is hosting a TGW in conjunction with the festival. The festival is an arts and education event with active artists sprinkled along the Puyallup Riverwalk. **Start Location:** Grayland Park, 601 N Meridian, Puyallup WA. **Start Time:** 9:30 am—11:00 am. **Distances Offered:** 6k / 10k (1A).



Celebrate Trails Day—Volunteer Opportunity

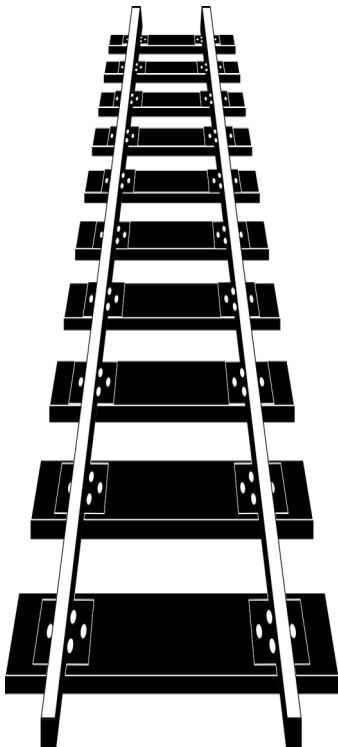
Chuck Andrews participated on Saturday, April 26th from 10:00 am—12:00 pm, in a work party on the Foothills Trail where a group of 60 volunteers came together and planted 200 native trees along the Foothills Trail between the East Puyallup and McMillan Trailheads—a project that will improve wildlife habitat, protect stream health, and enhance the trail experience for everyone who uses it.

The Foothills Coalition is seeking volunteers for their next stewardship work party where they will return to care for the trees they planted, continue removing invasive blackberries and even plant more trees this fall.

You can learn more and sign up on their website at: <https://foothillscoalition.org/trail-work/>

If you feel inspired to support the trail in a bigger way, please consider becoming a member of the Foothills Rails-to-Trails Coalition for as little as \$20/year.

Below is a photo of Chuck with his work group!





REMINDER OF 2025-26 CLUB DUES

It is time again to renew your annual membership. They are due July 1st through September 30th. They can be mailed to me at any time or given to me in person at a walk, Club meeting or at the annual picnic in August.

There are several members who have prepaid and I will email you to remind you that you do not need to pay this year.

Dues are as follows:

\$8 for members under 55

\$6 for members over 55

\$12 for a family membership

Sheila Morrison
6634 Milano Ct SE
Olympia, WA 98513



Save the Date: August 14, 2025

Capitol Volkssport Club Annual Club Picnic

Millersylvania State Park Shelter #3

10K walk—registration at 3:15, start at 3:30

5K walk—registration at 4:15, start at 4:30

Dinner at 6 PM.

Please bring a potluck dish to share. More details
will be in the August/September newsletter.

On the Road Again Part 3—by Diane

After Antarctica and the first of a 2 week recovery from the RSV illness at my brother's home in Good-year AZ we continued to Sedona AZ for the second week of recovery. Unfortunately, I was not able to do my favorite 2 Sedona YREs—just no energy and respiratory issues. So 2 weeks with no walking — it was mentally excruciating!

We then started on our trip to San Antonio to meetup with 2 of my 3 female cousins and their father, my last surviving Howell uncle, for a mini-reunion as well as time with our son and 3 grands. On the way we spent time in Santa Fe NM, where now that my health had returned, I was able to walk the Santa Fe Capital, Santa Fe College/Museum, Los Alamos and 2 Albuquerque YREs. It was great to move my body again in cool but sunny weather.

For the first time ever on an annual road trip my husband had to make an emergency trip home from El Paso to troubleshoot our all-house generator as a winter storm and numerous power outages had ceased operation of our in-ground well which we share with the daughter of the family that previously owned the property we bought back in 2005. Despite troubleshooting by our neighbors a circuit board was blown and the digital error code was hidden from view by all until the Generac repairman visited. So after 5 days at home, a circuit board bypass installed by Generac Services, and confirmation water was flowing to both residences, Rick flew to join me now in San Antonio.

Two days after Rick joined me in San Antonio, I flew to Salt Lake City (SLC) to join a fellow Puget Sound Genealogy Society member and attend the annual 3-day RootsTech Genealogy Conference as well as spend 4 days at the LDS FamilySearch Library researching an ancestor in the American Revolution and 3 ancestor sisters that were accused of being witches in Salem MA. So I am now a member of DAR and currently documenting the required evidence for membership in the Associated Daughters of Early American Witches.

When I returned from SLC I was able to walk a couple of the San Antonio Riverwalk YREs before we moved to the hidden WorldMark gem in Stablewood Springs TX. Beautiful resort, classified as a dark sky site with visits by astronomers with their awesome telescopes on the weekends. I participated with one of my granddaughters in YREs in Boerne, Kerrville, Comfort, and Bandera. From there we moved to another hidden WorldMark gem in Marble Falls TX. Amazing views of Lake Marble Falls/Colorado River from our balcony. Here I was able to take one of my granddaughters to a traditional event in Castroville TX.

Finally, we returned to San Antonio and met my 2 cousins, minus their father who was ordered to not travel after a recent surgical procedure, for a 2 week reunion. My youngest cousin (62 yo) walked the Riverwalk a few times with me and my oldest granddaughter. She also walked on her own a few times and later with her husband when he joined us in SA. For once my son and grands were able to meet some of my family members for a family meal with, of course, world-famous TX BBQ. The last time they saw my son was when he was 18 months and they were elementary school students! At the end of the reunion my youngest cousin returned to DE with info on the First State Webfooters club. Highlight for me: I completed the El Camino de San Antonio Missions Trail and earned my 30k credit towards the Camino Ingles and received the certificate signed by San Antonio's Most Reverend Archbishop Gustavo Garcia-Siller.

As soon as our family visit in San Antonio ended we began our trip home with of course a stop in Las Cruces NM to attend the AVA 23rd Biennial Convention. Great walks, great fun, amazing socials and food, old friends, new friends and new suggestions for Special Programs! Trip Stats: 11/26/2024 to 5/9/2025; 165 days; 5 month 14 days; 11,685 miles in the car; 17,238 flight miles to and from Ushuaia Argentina and SLC trip; and 1,928 nautical RT miles from Ushuaia to Antarctica. Great to be HOME!The End



Photos (top left to bottom right): Mural - Old Town Albuquerque NM; "Skittles" - Boerne TX; Cowboy Capital metal sign - Bandera TX; Dambo Troll "Malin" - Austin TX; kinetic wind sculpture "Singing Mountain" - Easton Park TX; UTEP "Old Main" Bhutanese style bldg El Paso TX; giant Rabbit sculptures Santa Fe NM; San Antonio Mission Trail - Alamo, San Fernando Cathedral, Mission Concepción, Mission San Franciscan de la Espada, Mission San Juan, and Mission San José.

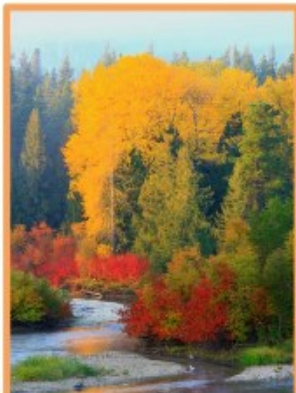


SAVE THE DATE



**"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: Linda Darkenwald, Cindy Extine, Julie and Ian Heath, Perki Sweet, and Bonnie Tucker.

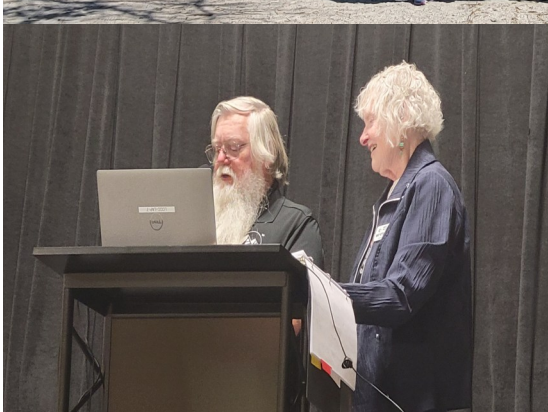
Vashon Island



Bayview Monday Walk



AVA Convention Las Cruces



Island Walks Festival on Vancouver Island, BC (Kinsol Trestle, Torfino, Ucluelet 1 and 2)



Woodard Bay Beach



Dupont

