



Capitol Volkssport Club Newsletter

October 2025/SNovember 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:

October 9th —5 PM
November 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.

*** See Page 4 for important info on future club meeting schedule!**

President’s Message

By Jim and Karen Younkins

Hello everyone,

I hope you are enjoying the change in weather. Our bodies are very confused because we came from Winter in Melbourne (cold, rainy, and windy) to Fall here in Western Washington.

Jim wrote a wonderful blog while we were “down Under” in Australia for the month of August. We traveled to Sydney, Adelaide, Melbourne, Brisbane, Hervey Bay, and many small towns in the countryside near Hervey Bay. We stayed in the CBD - Central Business Districts - in the large cities, so we could take in many sights by either public transportation or by walking or hiking. In Hervey Bay we stayed several days with friends who took us on adventures including a hike - rated too hard for me - and through many great small towns.

Here is Jim’s blog entry from Adelaide: “Our last day in Adelaide has been fun. We are finally figuring out how to get around on public transit. Go figure, just the day before we have to leave. Today we explored a couple of the older neighborhoods close to downtown.”



“Karen really likes to see the architecture of the older buildings everywhere we go. Whether it’s Walla Walla, Sydney, or Adelaide. I get it because I do too. In Australia there’s a lot of regional differences in architecture of the past. Modern buildings are pretty much the same where ever you travel, but older buildings really reflect regional differences.”

We actually finished that walk we started four days ago on Sunday, hurray! When all of our walks are put together we walked what felt like 20 miles. It was really about 20 km, still a lot for us. It was probably a lot more if you count all of the backtracking we did. We’ve been in parks, museums, and neighborhoods. Not to mention I think I know our way around downtown like the back of my hand.”

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Here's Jim's blog from Sydney: "Today we walked from Bondi Beach to Coogee, along the rocky coastline of Sydney. There is an express bus that runs from the Quay directly to Bondi. What luck! I'm sure glad I didn't drive a bus here. The streets are narrow and the traffic is insane.

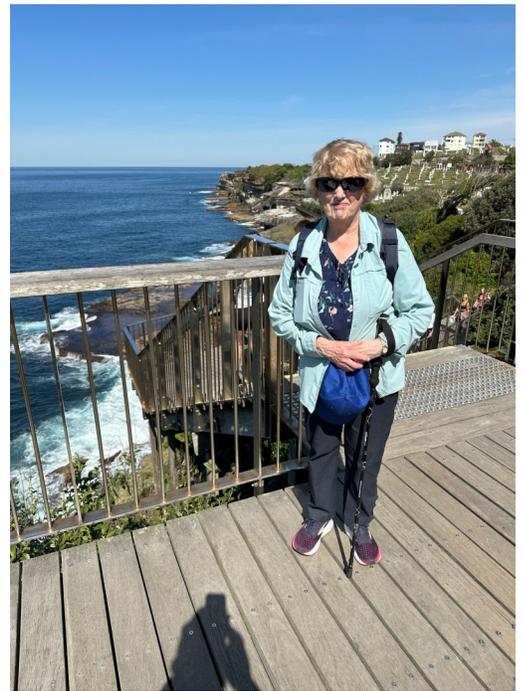
After a 30 minute bus ride we arrived at our destination, the famous Bondi Beach. It's not at all what I expected. A broad boulevard running along the beach with broad expanses of lawn and lots of parking. The beach itself is beautiful. The surf is what draws people here and it's perfect.

Our walk started at the north end of the beach and took us along the promenade to the other end of the beach and then up into the cliffs. The entire coast is a series of beaches separated by very rocky cliffs and promontories. It seemed like we were either climbing stairs, or descending long downhill grades for the entire 7km walk. The only flat areas were along the beaches we passed.

This coastal walk is very popular with both tourists and locals alike. We saw families, joggers, tourists (like us), school groups, you name it. They are all on the trail. We only did 7k of the 18k trail. The trail is listed as "moderate," but it's not moderate for a couple of old folks like us. It was all we could do to make it to Coogee Beach."

We hope you are all enjoying the wonderful opportunities we have to walk in the Pacific Northwest and afar.

Sincerely, Karen and Jim



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) 556-1604	olysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	(360) 584-6446	GX7QR2@comcast.net

* SS AC = South Sound Area Coordinator

I don't get it...the trail looked so flat on the map!

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: October 6, 13, 20, and 27; November 3, 10, 17, 24, and 29. 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 by 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: October 2, 9, 16, 23 and 30; November 6 (TGW), 13, and 20. 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.

*****Please Note:** The Port Gamble trail, previously scheduled for Thursday, October 2, is closed due to construction work. New walk is now the Chehalis Willapa Trail, YRE 0356, 10k with 5k and 21k options, rated 1A. Register by 9:45 am at the Holiday Inn and Suites, 730 Liberty Place, Chehalis. Walk leaves at 10:00 am. After registering at hotel drive to start point, approximately 30 minutes away. Limited parking at trailhead. Additional parking at nearby state park with Discover Pass.

Thursday, November 27: NO WALK—Happy Thanksgiving!



Upcoming Events:

....Near and Far

October 2-5, 2025—Autumn Walks in Leavenworth/Lake Wenatchee Area. The Central Washington Sunstriders and Interlaken Trailblazers Volkssport Clubs are hosting 4 walks and a bike. Plus 10 nearby YR/SYR events. **Headquarters Location:** Lake Wenatchee Recreation Clubhouse located 9 miles west of Leavenworth. **For more details,** visit: <http://www.interlakentrailblazers.org/>

October 11, 2025—Port Angeles—Dungeness Crab Fest Walk. Olympic Peninsula Explorers are hosting a walking event in conjunction with the annual Port Angeles Dungeness Crab Festival. * **ESVA Meetings** held at 1:00 and 2:00 pm. **Start/Finish Location:** Port Angeles High School, 304 E Park Ave, Port Angeles WA. **Start Table Open:** 9:00 am—12:00 pm. **Distances Offered:** 5k (2B)/6k (2A)/11k (2A).

October 16-19, 2025—Shady Cove OR Multi-day Events. Columbia River Volkssport Club is hosting 6 walks plus 11 additional YREs available in the area. **Start Location:** Edgewater Inn Community Center, 7800 Rogue River Drive, Shady Cove, OR. **Start Time:** Registration available Thursday-Sunday 7:00am-9:00am - **ONLY.** **Finish Time:** Stamping available same time as the start time is. **For more details,** visit: <https://www.walking4fun.org/blog/shady-cove-october-event>

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Upcoming Events continued...

October 25, 2025—Carnation—Remlinger Farms Halloween Walk. Emerald City Wanderers are hosting their traditional Halloween walk at Remlinger Farms. Those who come to the walk in costume will be eligible for prize drawing! **Start Location:** Remlinger Farms, 32610 NE 32nd Street, Carnation WA. **Start Table Open:** 9:00 am—Noon. **Finish By:** 3:00 pm. **Distances Offered:** 6k/10k (1B).

November 6, 2025—Evergreen State College (TGW). CVC members Sheila and Bob Morrison are hosting this walk. **Start Location:** Register at Barnes & Noble Books parking lot, 1530 Black Lake Blvd SW, Olympia WA. Walk leaves at 10:00 am from the Evergreen State College kiosk at the top of the entrance loop. Small parking fee at the college. **Distances Offered:** 7k (1B)/10k (2C).

November 10, 2025—Puyallup WA—South Hill Park & Chapman Trail (TGW). DVVA is hosting a 5k route on the asphalt Chapman Trail from South Hill Park to Heritage Park and back. The 10K will continue to another county asphalt trail and then along the gravel Pipeline Trail into nearby neighborhoods before circling back. **Start Location:** South Hill Park, 14201 86th Ave. E, Puyallup WA. **Start Table Open:** 9:15 am—9:30 am. **Distances Offered:** 5k/10k (1A).

November 29, 2025—Edmonds—Turkey Trot. The Sound Steppers are hosting a walk the Saturday after Thanksgiving. Two relaxing 5K routes on paved sidewalks/streets that start from United Methodist Church. Enjoy this wonderful town on the coast. Lots of places to shop and eat. **Start Location:** Edmonds United Methodist Church, 828 Caspers St. Edmonds WA. **Start Table Open:** 9:00 am—10:30 am. **Distances Offered:** 5k/10k (1A).

IMPORTANT CVC MEETING INFORMATION



The CVC Board would like to begin having bimonthly meetings on the second Thursday of each month at 5 PM. We will be having the regular October meeting and then would like to have regular meetings in November, 2025; January, 2026; March, 2026; May, 2026; and July, 2026. This will be voted on at our November meeting.

The CVC Board



Proposed Amendments to CVC Bylaws

CVC Club Members will vote on these proposed amendments at the November 13, 2025 Membership meeting.

ARTICLE II – ELECTIONS

Section 1:

The officers designated by Article IV of this constitution shall be elected from and by the membership at the **MAY** (used to be June) meeting.

Section 2:

A nominating committee chairperson shall be appointed in **MARCH** (used to be April).

On September 20, 2025 Sheila Morrison and Karen Younkins propose an amendment to the CVC ByLaws. We propose that Article VII, Membership, Section 2, be changed from the existing reading to "Any member who has not paid the annual renewal fee by September 15 will be dropped from the membership roster effective October 1."

ARTICLE VII – MEMBERSHIP

Section 1:

Membership will be on a voluntary basis without regard to age, race, sex, color, or national origin.

Section 2:

Membership year shall run from July through June. Any member who has not paid the annual renewal fee by the end of September will be dropped from the membership roster effective October 1.

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 or sent out via a club-wide email 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.



CVC Photo Gallery

Thank you to the following contributors: Carol Froelich, Julie and Ian Heath, Cathy Lee, Sheila Morrison, Carolyn Warhol and Karen and Jim Younkins.



Farrells Marsh



Puyallup Art Walk



Moclips



Olympiad



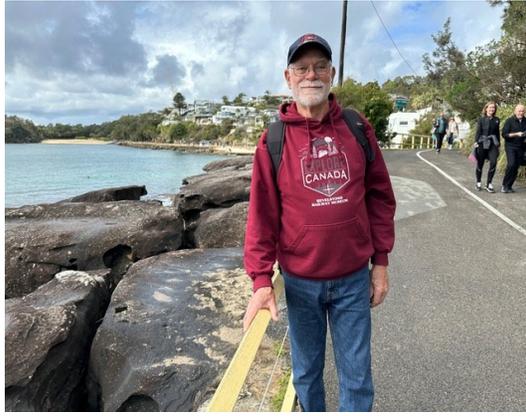
Moclips



Darlin Creek Preserve



Sydney Harbor, NSW, AUS, James Craig sailing ship



Manly Beach, Sydney, New South Wales, Australia



Portsea, near Melbourne, Victoria, Australia



Mert's Memorial Walk



Olympiad



Olympiad



Olympiad



Olympiad



Cathy Lee—WA 39 Counties



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