



Capitol Volkssport Club Newsletter

December 2025/January 2026



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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 8th —5 PM
 March 12th —5 PM
 May 14th—5 PM
 July 9th—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 Jim and Karen Younkins

Hello everyone,

We are excited to share with you some changes in CVC meetings. Starting in 2026 we will go to a new meeting schedule. We will have our regular business meetings in **January, March, May, and July**. In February, April, and June we will have informal get togethers without a business meeting. At this time we are in the process of planning the details of these informal gatherings. Following this trial in July the Club can revisit the issue and make changes if warranted.

A financial statement and any other important information will be sent out to members every month.

I've had a great time looking through Jim's blog posts and pictures from Australia, and since you probably don't want to hear about our neighborhood walks, here's another blog entry from the Melbourne area.

Today started off in Melbourne pretty much the same as the last two days. Breakfast at our favorite coffee shop, then a brief walk around downtown. It was cold and cloudy as we wandered into parts of the city we hadn't yet seen. It was too cold to stay out for very long, but we did manage to take a stroll through Chinatown.

It should be obvious that visiting in winter would be very different than doing the same in summer. Somehow, though, I don't think we really expected it to be quite so cold. The weather has somewhat limited our motivation to explore the city.

The highlight of the day was a drive down along the east shore of Port Philip Bay. Greg, our good friend, picked us up from our hotel at 10:45 and we headed out of town. Much to my surprise the clouds began to disperse as we left the city. By the time we got down to the shore the sun was out.



Greg followed as close as possible to the shore of Port Philip as we headed south. As we drove through affluent neighborhoods with multi million dollar houses the views of Port Philip got better and better. It turned out to be a perfect winter day for sight seeing. In the

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community of Mornington we stopped at the Mornington Tourist Railway. This was the first time during our trip that we actually stopped to see trains.

Today the Railway was running a steam engine on their train. After a brief tour of the facility the train returned from it's 5km run up the line. We stayed and watched as they made ready for their next departure.

We continued south along Port Philip to the community of Portsea where we stopped for lunch at the beautiful old Portsea Hotel. We had a fantastic view of the water and the shore on the far side of the bay as we ate. After lunch we continued south to Point Nepean National Park.



Finally it was time to head back to Melbourne. Again we followed the shore as much as possible. We got to watch sunset over Port Philip as we drove north. It was a very pretty day to explore the area to the south of Melbourne.

Jim and Karen



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
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Sales & Information:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
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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

A short walk can change the tone of your whole day!

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*)! *For the January event dates, please check out the CVC webpage or call Jeanne or Barb for confirmation as the January group walk schedule was not published yet. Thank you.

Every Monday Walks are scheduled: December 1, 8, 15, 22 and 29; January 5, 12, 19, and 26. 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: December 4, 11, and 18; January 8, 15, 22, and 29. 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.

NO Walks on the following dates:

- Thursday, December 25th—Merry Christmas
- Thursday, January 1st—Happy New Year



Upcoming Events:

...Near and Far

December 20, 2025—Portland OR—Christmas Ships Walk. The Columbia River Volkssport Club is hosting a walk that includes the Christmas Ships Parade. **Start/Finish Location:** Tiny's Coffee House, 1412 SE 12th Avenue, Portland. **Start Table Open:** 3:00 pm—4:30 pm. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Walk on pavement along the Willamette River, crossing the river using the Tilikum Crossing Bridge and returning on the Hawthorne Bridge for viewing of the Christmas Ships parade. Both the Columbia River and Willamette River Ship Fleets will be in the area for viewing. The combined fleets are scheduled to depart Riverplace Marina at 4:30 pm and go to Lake Oswego by the George Rogers Park area. They are expected to return to the Riverplace Marina around 8:00 pm. There will be a Meet & Greet with some of the captains starting at 8:00 pm for those interested in going down to the pier and seeing the ships.

December 31, 2025—Seattle WA—New Year's Eve Night Walk. The Emerald City Wanderers are hosting a walking event on New Year's Eve which offers views of the Christmas lights in West Seattle as you walk down to Elliott Bay. View downtown and shipping lights from Alki Beach and Harbor Avenue. **Start/Finish Location:** St John the Baptist Episcopal Church, 3050 California Ave SW, Seattle WA. **Start Table Open:** 3:30 pm—6:30 pm. **Finish by:** 9:30 pm. **Distances Offered:** 5k (1A) / 10k (2A).

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Upcoming Events continued....

December 31, 2025—Vancouver WA—New Year’s Eve Walk. The Vancouver USA Volkssporters are hosting a walking event on New Year’s Eve which offers three different 5k loops and one 6k loop all returning to the start/finish/checkpoint area. The SE loop (1A) will mainly be in the Pacific Community Park on paved or gravel trails. The NW loop (1B) goes mainly thru nice neighborhoods and one small wooded park with dirt trails. The SW loop (1A) is mainly through neighborhoods with expensive homes on quiet streets and sidewalks. The NE loop (1A) is 6k and goes into a very nice neighborhood and on paved trails in wooded areas. Door prizes of sparkling soda and champagne randomly awarded. **Start/Finish Location:** McMenamins East Vancouver, 1900 NE 162nd Ave, B-107, Vancouver WA. **Start Table Open:** 9:45 am—Noon for 10/15/21 km; 9:45 am—1:00 pm for 5km. **Distances Offered:** 5/10k (1A); 15k (1B); 21k (1B).

January 1, 2026—Seattle WA—New Year’s Day Walk. The Emerald City Wanderers are hosting a walking event on New Year’s Day which will walk through neighborhoods and along the waterfront, including the Jack Block Park with its’ spectacular views of the Port and downtown. **Start/Finish Location:** St John the Baptist Episcopal Church, 3050 California Ave SW, Seattle WA. **Start Table Open:** 8:30 am—11:30 am. **Finish by:** 2:30 pm. **Distances Offered:** 5k (1A) / 10k (2A).

January 1, 2026—Portland OR—New Year’s Day Walk. The Columbia River Volkssport Club is hosting a New Year’s Day walk along the Willamette River. Start in Sellwood Riverfront Park and then follow the paved Greenway Corridor to the Ross Island Bridge and return. **Start Location:** Sellwood Riverfront Park, 1221 SE Oaks Park, Portland OR. **Start Table Open:** 9:30 am—11:00 am. **Distances Offered:** 5k/10k (1A).



Membership Meeting Change—Trial

Bi-monthly meetings will be held in:

January 2026; March, 2026;

May, 2026; and July, 2026

Social activities will be planned for the months of February, April and June. Stay tuned for more details.

Other Walking Links

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

[NW Washington, Olympic and Kitsap Peninsula Walkers Meetup](https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers/)

(<https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-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. FreedomWalks Festival IML](#)

[Texas Trail Roundup IML](#)

[La Marche Maple Leaf March Ottawa Canada IML](#)

CVC Photo Gallery

Thank you to the following contributors: Carol Froelich, Julie and Ian Heath.



South Prairie Walkers and Bicyclist—October 16, 2025



Olympia Capital and Town—Oct 9, 2025

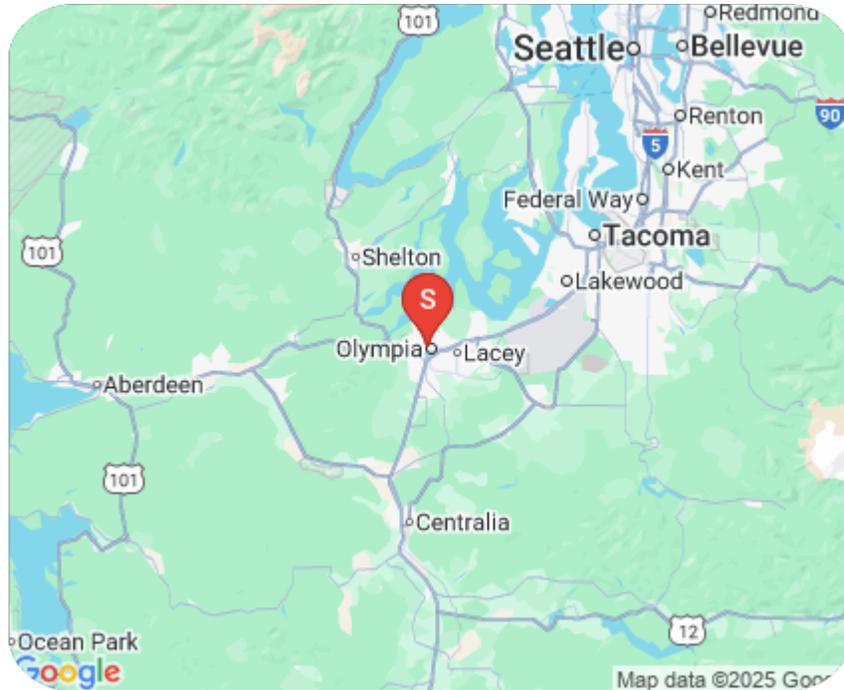


Leaves on the Chehalis—Oct 23, 2025



Halloween Yard—Oct 19, 2025

Start phrase: WA Council of Police and ...



Directions to the start table

200 Union Ave. S.E. Olympia, WA. I-5 Northbound: Exit #105 (State Capitol/City Center). Keep LEFT, toward City Center. At the traffic circle take the second exit to stay on 14th Ave. SE. RIGHT on Capitol Way S. Right on Union Ave about 300 feet. WA Council of Police and Sheriffs is on your left. Use free on-street parking. I-5 Southbound: Exit #105A (State Capitol/City Center). Keep Left. Continue as above.



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



Capitol Volkssport Club

AVA-0148

Invite you to a

WALKING EVENT

2025

Saturday, Dec 13th, 2025

For one day only

HOLIDAY WALK

Olympia, WA

The walk goes through the Capitol grounds, past the Capitol Christmas trees, the Farmer's Market and more.

Web: my.ava.org/event-view.php?sn=129338



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

SANCTIONED EVENT
Eligible for credit towards IVV Achievement Awards



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SANCTION #: SN: 129338
EVENT TYPE: Walk
STATUS: Future event
DATES: Sat, Dec 13th, 2025 for one day
TIMES: Start table open: 9:00AM-12:00PM Closes 3:00PM
DISTANCE: 5, 10km, Rating: 2B
CONTACT: Nancy Wittenberg
newwittberg@gmail.com
(253) 208-1331
COUNTY: Thurston County
SPECIAL PR: No special programs
Restrooms: Yes Pets: Yes
Strollers: Hard Wheelchairs: No
AWARD: IVV CREDIT ONLY
FEES: The fee for event credit is \$3.00. Anyone may participate for free, after signing the waiver, if no credit is desired. Donations are welcome but also not required.

Important event information

Restrooms are available at the start and along the route.

Event conditions

This event will take place regardless of weather conditions except if noted in the sanction. Please check the website before traveling to the event using the URL on the bottom of the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid credit fees.

Stipulations for the event

This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult.

Event disclaimer

The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

Comments

Walk on sidewalks, boardwalks and well-groomed trails along the waterfront, through the Capitol Campus, neighborhoods and the Farmer's Market. Pets are not allowed in the Farmer's Market but can walk around the outside of it.

AVA 50 Years Celebration

2026 Calendar of Signature Events - Updated as of 11-16-25

Date(s) of Event	Region	Name of Event	Location	Host Club	POC	Email
January 9-11, 2026	Pacific	AVA Chairman's Anniversary Weekend	Boulder City, NV	Las Vegas High Rollers & Strollers	Al Korejwo & Carl Cordes	lvhrs1985@yahoo.com chairman@ava.org
February 20-22, 2026	Southwest	6th Annual AVA/IVV & IML Texas Trail Roundup	Fredericksburg & San Antonio, TX	Texas Trail Roundup & AVA National Office	Amanda Jauregui	amanda@ava.org
March 20-22, 2026	Atlantic	Atlantic Regional Conference (+ Pre- walk)	Williamsburg, VA	Virginia Volkssport Association	Sandy Croushore	szcroushore@verizon.net
April 17-19, 2026	North Central	Memories on the Mighty MO	Council Bluffs IA & Nebraska City NE	Nebraska Trailblazers	Sandy Spaulding & Jill Champley	netrailblazers@gmail.com
May 16-20, 2026	Northeast	Walk the Story that Changed the World: A Multi-day Event on Revolutionary War Battle Sites	Lake George, NY	Empire State Capital Volkssporters	Louise Remillard & Lea Darling	louiseremillard3@gmail.com leadarling27@icloud.com
June 6, 2026 (Crazy Horse) & June 7, 2026 (Outlaw Ranch)	North Central	40th Annual Crazy Horse Memorial Volksmarch (Saturday Only) and Outlaw Ranch (Sunday Only)	Crazy Horse & Custer, SD	Black Hills Volkssport Assn.	Anne Horst & Mary Jayne Jordan	abaustian@aol.com mjjordan920@gmail.com
June 19-21, 2026	Mid-America	Mid-America Regional Conference	IL & IN	3 Mid-America Clubs	Roxie Geiser-Weaver	geiserweaver@gmail.com
July 24-25, 2026	Pacific	50 Works of Art for 50 Years of Walking	San Francisco, CA	San Francisco Bay Bandits	Mary Bond & Priscilla Fife	bondsfg@gmail.com prfife@gmail.com
July 28 - August 1, 2026	Rocky Mtn	Rocky Mountain Rendezvous	Colorado Springs & Other Unique Front-Range Locations, CO	Falcon Wanderers	Terry Lunghofer	tlunghofer0031@gmail.com
August 28-29, 2026	Northeast	AVA 50th Anniversary Walk in Boston	Boston, MA	Walk 'N Mass & AVA's Walking Waves II	Carol Giesecke & Rob McDaniel	ne_rd@ava.org mcdanielr99@yahoo.com
September 7, 2026	Mid-America	Annual Mackinac Bridge Walk	Makinaw City & St Ignace, MI	Mid-America RD	Bob Buzolich	sonofbuzz@prodigy.net
September 24-27, 2026	Northwest	NW Regional Conference "Walking in the Footsteps of Lewis and Clark"	Astoria, OR	Oregon Trails State Volkssport Association	Ed Hainline, Pat Jewett & Sandi Severtsen	opahainline49@gmail.com nw_drd@ava.org nw_rd@ava.org
October 16-18, 2026	Atlantic	25th Annual AVA/IVV & IML FreedomWalk Festival	Arlington, VA	U.S. Freedom-Walk Festival Club	Dolores Grenier / USFWF Club	USFreedomWalk@gmail.com
October 28 - Nov 1, 2026	South Central	South Central Roundup "Halloween Clicks on Route 66"	KS, MO, OK	Sunflower Sod Stompers + Other SC Clubs	Terri Tyler	tttyler50@gmail.com
November 6-8, 2026	Southeast	35th Annual Walk Around Florida	Tampa Bay Area, FL	Suncoast Sandpipers	Alice Lawrence	pipers@tampabay.rr.com
November 14, 2026	Mid-America	Ohio Wander Freunde Honors Veterans	Dayton, OH	Ohio Wander Freunde	Dawn Gruber	dgruber333@aol.com
December 5, 2026	Southeast	Weihnachten Lights Spectacular	Helen, GA	Alpine Helen Volksmarch Club	Rod Powell	roderick.2002@yahoo.com