



**AMERICA'S WALKING
CLUB**



**CAPITOL VOLKSSPORT CLUB
MAY 2018 NEWSLETTER**



WELCOME MAY!

WHERE CAN YOU WALK? BIKE? WHEN?

We encourage ALL our members to get out and walk! Where can you walk you ask? Peter Sweet maintains our great website which lists all our walks and bike rides. For complete information as to where our weekly and year around walks are, when they start and directions to the start point.....

check out our website:

www.capitolvolkssportclub.org



Our website is also **YOUR** link to many great regional events coming up!

- | | |
|--|----------------------------|
| 2018 AVA NW Regional Walking Festival, Port Angeles, WA | July 13-15, 2018 |
| Montesano Town & Lake Guided Walk | August 25, 2018 |
| Whidbey Walking Festival | September 7-9, 2018 |
| CVC 36th Anniversary Walk | September 22, 2018 |

ALSO: Check the Pathfinder for many great Saturday Walks



President's Report

Submitted by Liz Morrison, President, Capitol Volkssport Club

April has been wonderful for walking and working in the yard. We have had a good share of rain but also lots of sun. I am enjoying seeing trees and flowers blooming as well as hearing the birds and even lawn mowers on my walks. I really love the smell of freshly mowed grass. Our walkers were out in force this past month with plenty of places to go. There have been walks from Woodinville to Battleground and East to Othello. Bloomsday is coming up the first weekend in May. The Daffodils are sponsoring an event in Enumclaw May 12, and JBLM is celebrating Armed Forces Day May 19. Our May meeting will be at Izzy's on May 8. The no host dinner is at 5:30 followed by Sheila, Bob, Carolyn, and John's trip to Italy. We will have a brief meeting after the presentation.

See you walking and at the meeting! Liz






THANK YOU to all who made a personal donation! You can read how AVA will use this money on their website: www.ava.org



WHY WOULDN'T YOU SUBSCRIBE TO THE CHECKPOINT?

The Checkpoint is the official voice of the American Volkssport Association AVA: AMERICA'S WALKING CLUB. The Checkpoint is available via Email to All Club Members Who Request It. It's FREE!

To receive an electronic copy of the Checkpoint, email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line:

"Request for Checkpoint" Send your request to Samanta at samanta@ava.org.



Dress for AVA Success!

Wear our colors! Leslie Willardson has all the goods! Name Tags, Jackets, Hats, Bags and more!

Contact her at: heathfield@hotmail.com





Alaska Winter Walking

by Tom and Louise Baltes

Tom Baltes is our NW Regional Director

In February 2018 we had the pleasure of traveling to Anchorage AK to visit with the Anchorage Volkssporting Club and participate in their Traditional Event during the annual Fur Rendezvous Festival that precedes the launch of the Iditarod dog sled race. We learned a lot about Alaska and the local people by taking part in this winter festival and in our exploration of Anchorage on foot. First, we want to ask you what the common elements are in the first two photos, which are a shot of Louise walking with a group in Jacksonville FL in January and Tom passing a bicycle mounted policeman on a trail in Anchorage? There are two common elements, first that we're walking events with local members and second, it was 28 degrees on the first day of our visits to both locations! We were better prepared for the cold in AK than we were in FL.



When we left Portland on the morning of 21 February we weren't sure we'd get off the ground, as there had been quite a snow storm the night before. While waiting in the terminal and after boarding our aircraft we observed two ground workers fall hard on the icy ground around the terminal. It didn't inspire confidence that we were in a safe situation, but the flight went fine and we arrived in Anchorage only a half hour late. While the airport weather conditions were similar, the ground conditions were much better in Anchorage where they have better snow removal equipment. Here you can see a stuffed moose in the airport that greeted our arrival:



Tom and Louise Baltes



We thought it funny when we saw the sign on a trail we walked as part of the club's YREs in Anchorage. Apparently, they have a large population of moose in the city limits and encounters are more common than you might expect. The club president and his wife saw a mom and two yearling moose on their way downtown from Elmendorf Air Force Base for their Traditional event. The base is only two miles from the downtown.

The club annually hosts one of their Traditional events during the Fur Rendezvous, which is a week long festival to cheer up the community as winter begins to wind down, but isn't quite over. Throughout the downtown there is quite a festive feeling, with three days of 24 mile short track dog sled racing to show off some of the top sled dog racers and their beautiful animals. It was truly amazing to see how energetic those dogs are and ready to race. After running the 24 miles in an hour and a half the dogs still seemed anxious to perform--a real tribute to breeding and training. We watched in fascination as the different teams got their dogs out of their specially built trucks and trailers and began to harness them and start hooking them to their sleds. Before the race the city road crews moved fresh snow onto the route and smoothed it with ski slope equipment. Each day they raced over 20 teams on an out and back route from the downtown.



On the streets and in the local shops there were lots of fun activities. We had a chance to photograph the royalty of the festival all decked out in their furs. Interesting that San Francisco just outlawed animal furs, while in Anchorage it was not uncommon to see people with some fine fur coats, hats and other adornments.

We were able to watch the racing while doing both year round and traditional events through the city. On several walls of large buildings we observed extensive murals depicting historical information about the city, its rich history and those who helped build that history.

The mural below depicts events from Cook's exploration through modern day and Louise and I also noted the extensive aviation component of the modern history.



The visit was not all out of doors activity for us. A block away from our hotel was the city civic center and while we were there they had a Broadway performance of the Little Shop of Horrors. We managed to snag tickets and thoroughly enjoyed the performance. On another day we got tickets for the local melodrama, which involved the typical villain and hero situation, but the crowd was very engaged in the performance throwing popcorn at the villain, as well as each other. I believe we went through a half dozen bags ourselves and the floor was literally covered. Several of the walks we did took us past the ice/snow sculptures that were being worked on, so we had a chance to watch their progression. There were several very good artists and a couple not so creative, but nonetheless, they were having a lot of fun. The last point we would make about the trip is that the club in Anchorage is much like all the clubs around with some very dedicated walkers who really are working hard to recruit new members. Many of them are extensive travelers with WAI or on their own and love to explore the world on their feet. While there we had the pleasure of joining in on a potluck hosted by Peggy and Ken Kugel. Thank you Peggy and Ken and all the Anchorage Volkssporting Club members for a lovely evening!



**Bottom line: get out and walk no matter the weather.
See you on the trail! Tom and Louise**



**SEABREEZE WALKING FESTIVAL WILL RETURN TO OCEAN SHORES, WA,
FEBRUARY 16-18, 2019.**

NEWS FLASH! GREAT FOOD AND MUSIC FOR EVERYONE!

Barb Malone has snagged Pelligrino's to cater our Saturday night dinner!
Yum! Yum! The Seabreeze Committee will have more details on the

menu that
will be
catered for
your
dining
pleasure!



WHO ARE THESE GUYS? NEW WALKERS?

No...(Maybe). However....Meet the
Burren Band!



This wonderful group will be performing during our catered dinner Saturday at our SEABREEZE Walking Event, Ocean Shores, Washington from February 16-18, 2019!

The Burren Band draws together musical influences from Ireland, Brittany, the Balkans with maybe just a touch of rock 'n roll. Featuring a variety of instruments (fiddle, whistles, low whistles, bouzouki, banjo, guitars, bodhran and bass), The Burren Band plays traditional Celtic and original tunes and songs.

Want to know More?

The committee is still preparing the brochure, but you can visit the Capitol Volkssport Club's website at www.capitolvolkssportclub.org to keep up to date. We look forward to seeing our old friends return, and it will be fun to make new friends. **Don't miss out on this one!**



Northwest Pathfinder Washington & Oregon Event Newsletter

The Northwest Pathfinder is the official newsletter of the **Pathfinder Volkssport Club of the Northwest** published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map.

The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$12/\$25 (Foreign Delivery – US funds)

Join now to receive the Northwest Pathfinder: [Click here to access the Pathfinder Membership Form](#)

MORE INFORMATION

For more information about *The Northwest Pathfinder*, contact
The Northwest Pathfinder
c/o Eleanor Borgardts
4430 S 263rd St
Kent WA 98032
or eborgardts@comcast.net
253-854-5263



Distance and events awards:

Distance and Event awards are published by AVA in *The American Wanderer* every two months. Stay tuned for new announcements in June!





Club Officers and contact information:

President:	Liz Morrison	(360)-748-3886	E-mail: morsun1@outlook.com
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Capitol Volkssport Club
P.O. Box 3313
Lacey, WA 98509-3313



Our Next Meeting:

MAY 8, 2018
Social and Dinner: 5:30
Club Meeting is at 6:30



Izzy's Pizza
3540 Pacific Ave.

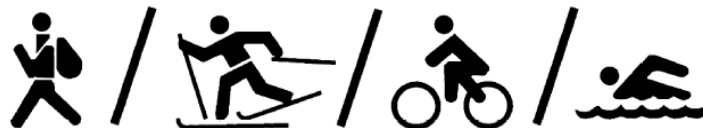
Bob and Sheila Morrison, John and Carolyn Warhol will show slides on their trip to Italy

EXTRA!! EXTRA!!



Yearly Dues for the Capitol Volkssport Club:

\$8.00 (individual) per year;
\$6:00 for 55+; \$12.00 for family.
As a club member our YRE walks are only \$2.00.
Non-Members pay \$3.00
Membership dues for returning members are due in July.
Dues are payable to our Membership Chairperson:
Karen Younkins, 711 EastsideSt. NE, Olympia WA 98506.





Newsletter Deadline - The Last day of the month

Do you have something to put in the newsletter?

You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!

.....To submit photos for our Newsletter!



Walking tip Submitted by Carl Froelich:



“ I read an article in a fitness journal that I found very interesting. It compares walking for time vs walking for distance and the fitness benefit of each. I thought other Volkssport folks might be interested.”

<https://blog.myfitnesspal.com/walk-for-time-or-distance>

(Good Read! Thank you Carol)



Quote of the Day!

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.

-Ellen DeGeneres



WALKS IN APRIL - COME WALK WITH US!

Willipa Trail Walk



Distilleries,
Wineries
and
Breweries
Walk



Hiking Weekend in Othello



Chambers Bay Walk



Centrailia Walk



Hiking Weekend in Othello



Tuesday Night Walk - Tumwater



Workers Walk - Ocean Shores



**GREAT WALKS! GOOD TIME FOR ALL!
SEE YOU NEXT MONTH!**