



CAPITOL VOLKSSPORT CLUB JUNE 2018 NEWSLETTER

President's Report

Submitted by Liz Morrison, President, Capitol Volkssport Club

What a wonderful month May has been! There have been so many opportunities to walk with friends and neighbors and so many more to look forward to in the coming summer months. I really like the messages on Facebook from the AVA sharing information about walking and wellness. I also enjoy reading and seeing pictures sent in to the ESVa and other sites by walkers in our community as well as other communities here and throughout the US and Canada.

Volkssporting has been a joy to me, meeting and making new friends, walking places I probably would never have gone to, plus a sense of belonging to something very special. I would like to take this opportunity to thank all the members of Capitol Volkssport Club for the support I have been given as president these last four years. I am also excited to see a new president and other officers lead our wonderful group of walkers.

The election of new officers will be at the June meeting, June 12, 2018 at Izzy's. The list of candidates is in the May minutes sent out on May 15th. I look forward to seeing you all at the meeting and on the trail.

Happy Walking! Liz



ZANDER – NOT YOUR ORDINARY DOG!

Submitted by Perki Sweet

How many dogs do you know that have walked at least 10k in 48 states? For Mert, Norm and Zander, walking is a family affair! Mert Turner and Norm Adams, members of Capitol Volkssport Club in Olympia, Washington, recently walked in Biloxi, Mississippi, thereby completing their goal of walking in all 50 states! What is special about this couple is that their dog, Zander, walked in all of those states too, with the exceptions of Alaska and Hawaii.



Zander is nine years old, and weighs seven pounds. Although he looks like a chihuahua, his DNA profile indicates a pomeranian, Yorkshire terrier, mini dachshund mix (he has "min pin" legs). Nearly four years ago, when Zander and family had completed just a few of the walks, tragedy struck; and it looked as if Zander might not walk again. He was viciously attacked and almost eaten alive by two pit bull dogs while walking in his own neighborhood! However, Zander is a fighter, and after surgeries to reattach his shoulder, repair internal injuries, med his broken leg with pins, and lots of TLC from his family and friends, Zander hit the trails again.



He sometimes prefers to be carried when big dogs approach, particularly when not on a leash! Once the big dogs are gone, “Z” is ready to be back on the ground and walking or running under his own steam.

When asked about Zander’s favorite walk, both Mert and Norm agreed that it is the walk in Westport, Washington, just 40 minutes from their home in Aberdeen. Westport is right on the beach at the Pacific Ocean; and Zander loves to just get out and run, chase birds, sniff things that have washed up on the shore, then run some more!

Mert and Norm just walk.



NEW PARTNERSHIPS WITH LOCAL ORGANIZATIONS

Submitted by Holly Spaulding

On a gorgeous Saturday in May, 162 walkers participated in the “Just Another Dam Walk” event hosted by the Daffodil Valley Volkssport Club.

The Daffodils partnered with the **Army Corps of Engineers**, Seattle District, for the event.

Richard Smith, who is a geologist and the Dam Safety Program Manager for the Seattle District of the Army Corps of Engineers, was the point of contact for John and Carolyn Warhol. He gave permission to use the trails and covered picnic area at Mud Mountain Dam for the event free of charge. Both Richard and the Assistant Dam Safety Program Manager, Katie Garon, were at the event to welcome walkers and answer questions



about the dam. Dam Safety Awareness Day is May 31. National Dam Safety Awareness Day commemorates the tragic failure of the South Fork Dam in Johnstown, Pennsylvania, on May 31, 1889, which resulted in the loss of over 2,200 lives, and was the worst dam failure in the history of the United States. Dam monitoring and inspection are a large part of the Corps’ mission. Dams have many purposes such as hydroelectric power, water supply, and river navigation. The Mud Mountain Dam is on the White River and operates for the purposes of flood damage reduction and recreation.

31 May is National Dam Safety Awareness Day

There are more than 87,000 dams in the United States and most are privately owned.

Texas has the most dams (7,395) followed by:

- Kansas (6,403)
- Georgia (5,420)
- Missouri (5,556)
- Mississippi (5,114)

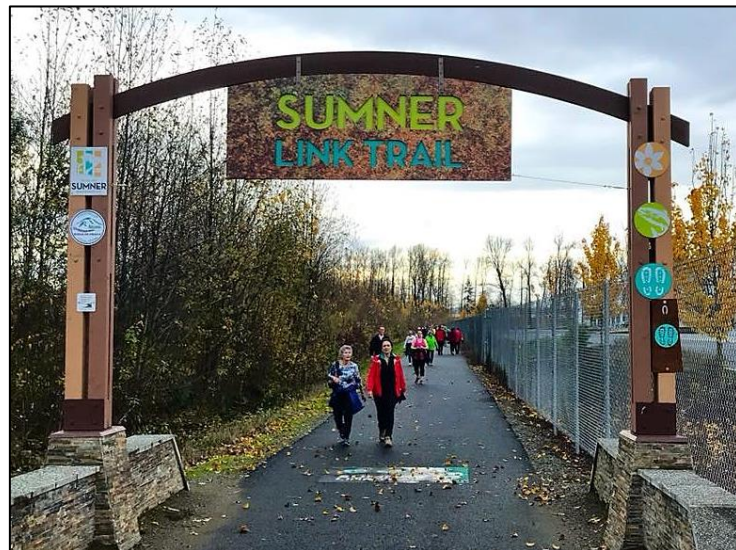
Washington has 784 (35th)

Did you know...?

Map of the United States showing dam density by region.

Richard was aware of Volkssporting because his brother was a Volkssporter in Europe. Thinking that a volksmarch would be a great activity to both highlight Dam Safety Awareness Day and the Mud Mountain Recreational Area, he searched the internet for local Volkssport groups and found John Warhol’s name. I talked with Richard after the event and he felt that both his goals for partnering with Volkssport were well accomplished and he would like to do it again next year.

The Army Corps of Engineers is the second community partnership that the Daffodils have entered into recently. In November 2017 they partnered with REI for an Opt Outside event. Opt Outside day is the day after Thanksgiving. REI closes their stores and encourages their employees and everyone to engage in outdoor activity instead of consumerism on Black Friday. Carolyn Warhol started thinking about the Sumner Link Trail as a possible event site and contacted Sumner City Hall to see about the details. She was referred to the Community Outreach Representative at Sumner City Hall. From there she was referred to the Outreach Specialist at the REI warehouse in Sumner because parking for the event would have to be in the REI warehouse parking lot. The REI warehouse was pleased with the support Volkssporting was giving their Opt Outside program and provided not only free parking, but snacks and free REI products. They also promoted the Volkssport event to REI employees. I was one of over 100 walkers on that chilly, foggy day, who enjoyed the pretty rural walk. REI is interested in doing an Opt Outside Volkssport event again this year.



These kind of partnerships raise awareness of Volkssporting with other organizations and the public, add variety to the types of places we go, provide additional support for our events, and are just fun!

Great job with outreach partnerships John, Carolyn and Daffodil Valley Volkssport Club!

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WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

We encourage ALL our members to get out and walk! Where can you walk you ask? We have a 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

Hot News! Tuesday Evening Walks are ongoing!

Don't forget to check our website for the schedule of Tuesday evening walks on our upcoming walks page.

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



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:

CONGRATULATIONS to the following club members on their distance and event achievements!

(From the June/July edition of The American Wanderer)

EVENT AWARDS:



10 Events
Daniel Stalling



175 Events
Carol Froelich



300 Events
Kris Colburn



325 Events
Mike Extine



450 Events
Janet Paige



475 Events
Janet Paige



525 Events
Liz Morrison



550 Events
Liz Morrison



2100 Events
Elizabeth Whittenberg



2400 Events
Nancy Whittenberg



4700 Events
Roy Bauska

DISTANCE AWARDS:

(NOTE: Distance awards published in the TAW from the Oct/Nov 2017, Dec 2017/Jan 2018 and Feb/Mar 2018 issues were incorrect due to a coding error in the awards database. The Distance Awards listed below are from December 2017/January 2018 through the current issue)



500 Km
Sue Opp



1500 Km
Carol Froelich



2000 Km
Kris Colburn
Cheryl Evans



2500 Km
Julie Heath
Janet Paige



3000 Km
Chase Davis
Janet Paige
Julie Heath



3500 Km
Janet Paige
Mike Extine



4000 Km
Janet Paige
Bill Spaulding
Holly Spaulding



4500 Km
Liz Morrison
Bill Spaulding
Holly Spaulding
Tess Sutton



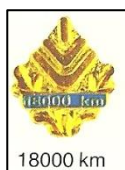
5000 Km
Janet Paige



10000 Km
Jeanne Allan



17000 Km
Sheila Morrison



18000Km
John Walhol



21000 Km
Elisabeth
Whittenberg



22000 Km
Carolyn Warhol



Our Next Meeting:

Join us for our next club meeting:



Izzy's Pizza
3540 Pacific Avenue
Olympia, WA

Tuesday, June 12th, 2018

Social and Dinner is at 5:30 Club Meeting is at 6:30



Club Officers and contact information:

President:	Liz Morrison	(360)-748-3886	E-mail: morsun1@outlook.com
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
Secretary:	Barb Malone	(360)-485-3693	E-mail: ravnliz08@yahoo.com
Treasurer:	Sheila Morrison	(360) 923-5381	E-mail: sheila.morrison@comcast.net
ESVA Rep:	Holly Spaulding	(253)-770-0691	E-mail: holly.spaulding@comcast.net
Membership:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
Sales & Information Chairperson:	Lesley Willardson	(360)-359-8436	E-mail: heathfield@hotmail.com
Newsletter	Bill Spaulding	(253) 414-8224	E-Mail: william.k.spaulding@gmail.com
Publicity:	Perki Sweet	(360) 459-8167	E-mail: pandpsweet@gmail.com
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: ollysweetp@yahoo.com

Capitol Volkssport Club
P.O. Box 3313
Lacey, WA 98509-3313



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?

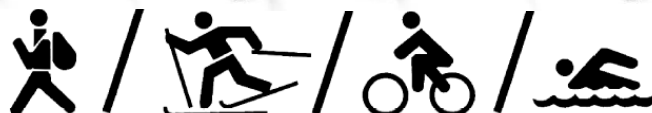
You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!



When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out.

Ralph Waldo Emerson





Willow Creek Canyon Walk - Madras, OR 5 May



Smith Rock State Park - Terrebonne, OR 6 May



Just Another Dam Walk! - Enumclaw, WA 12 May



Thursday walk - Puyallup, WA 10 May



Ward Lake Walkabout - Tuesday 15 May



Canadian
AVA
Convention
Nova Scotia
25-27 May