



## CAPITOL VOLKSSPORT CLUB JULY 2018 NEWSLETTER

### President's Report

*Submitted by Holly Spaulding, President, Capitol Volkssport Club*

Welcome to the new board members and the returning board and committee members. There are an unlimited number of opportunities competing for volunteers out there. I sincerely thank the board and committee members for selecting CVC as a lucky recipient of their volunteered time and talents! The CVC leadership group is enthusiastic and devoted to the goal of supporting and enhancing the already successful, active, and growing club which was passed to us by the previous leadership group.

First up are decisions about the sanctioning of our club walks. Our club likes to have our walks sanctioned before the end of August each year. Walks can be sanctioned any time. However, if we want our walks published in the Start Point book, our request for sanctioning must be submitted by August 31. The directions for the walk don't need to be finalized, but the start point needs to be established and the challenges that the walk satisfies need to be identified. Please attend our July 10 meeting and help us consider: ideas for new walks; the walks we currently have; if some walks should be put aside for a while; if we should set a limit on the number of walks we manage. Let's also talk about recruiting volunteers for the box tender positions. Depending on the location of the walk box, the position requires about an hour a month for bookkeeping and replenishing the walk box with walk directions. Vice President Julie and I will be attending a training class for trail masters and box tenders at the Port Angeles Northwest Regional Walking Festival and Conference. When we return, we will be qualified to mentor any current or new box tenders that wish our assistance.

I look forward to serving our club as president for next two years!

See you on the trail -



## Everyone! It's Time!

**Yes! It's time to pay your membership dues!**

Karen will be at the July 10th club meeting at Izzys and will be happy to collect your membership dues! If you cannot come to the July meeting, a good time to pay dues will be at the August picnic!

You are always welcome to mail your club membership dues, (see below for all the details!)

# WE WANT YOU!



## 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 Eastside St. NE, Olympia WA 98506.**



## MEET OUR NEW CLUB OFFICERS!

At our June CVC Club meeting we elected new officers! Please say hello and welcome these club members next time you see them. They are volunteering their time and commitment to making our club the best in the Northwest!



### **President - Holly Spaulding**

Holly has been a CVC member for 5 years.



### **Treasurer - Ian Heath**

Ian has been a CVC member for 5 years.



### **Secretary - Linda Darkenwald**

Linda has been a CVC member for 2 years.

### **Returning officers and committee members:**

**Vice-President - Julie Heath**

**Membership - Karen Younkins**

**ESVA Representative - Liz Morrison**

**Sales & Information Chairperson - Lesley Willardson**

**Publicity - Perki Sweet**

**Webmaster - Peter Sweet**

**Sunshine Chairperson - Pat Brower**

**Thank you all for your commitment to working to make the Capitol Volkssport Club the best in the Northwest!**



## WHERE CAN YOU WALK? WHEN?

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](http://www.capitolvolkssportclub.org)

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

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### NOTE: Monday walks at Bayview Thriftway now start at 9 a.m.

Due to the warmer weather, Jeanne Allen has changed the walk start times for our Tuesday walks.

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### IMPORTANT NOTICE!

#### **CHANGE OF WALKBOX LOCATION**

There is a new start point location for the Evergreen State College Walk. The walk box is now located at

Barnes & Noble  
1530 Black Lake Blvd. S.W.  
Olympia, WA 985032

KJ Anderson (female) was really excited about helping us out! The box will be at the Customer Service desk in the middle of the store. The store also has restrooms and a Starbucks with tables and chairs adjoining. Stop in, register for the walk and enjoy the bookstore while you're there!

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### 2018 NW REGIONAL WALKING FESTIVAL AND CONFERENCE!

Enjoy a weekend in the beautiful Port Angeles, WA area with astounding views of the Strait of Juan de Fuca while hiking in and adjacent to the beautiful Olympic National Park. Event dates are July 13-15, 2018. Come early and stay later to enjoy this awesome area!





For all the information you need on this wonderful event and to register for this event go to:

<http://www.esva.online>

Registration is now open!  
Walk with Us!



**CVC SPECIAL EVENT!**  
**MARK YOUR CALENDARS!**  
**MONTESANO TOWN AND LAKE GUIDED WALK**

**Date:** Saturday, August 25, 2018. Registration at 9:00  
Guided Walk starts at 10:00 a.m.



Lake Sylvia

**Description:** The 10K walk goes through the city park and past the Grays Harbor county courthouse, along with many historic homes and beautiful gardens. After walking through the town, walk to Lake Sylvia State Park and around the lake; a walking stick may be helpful for this part of the walk. The 5K walk stays within the town.

**EXTRA!** The event takes place on the last day of the Montesano Saturday Morning Market (9:00 AM - 1:00 PM), where you can enjoy local artists, fresh local food, vendors, and music.

**Cost:** IVV Credit only is \$3.00. Free walkers are welcome, but all walkers must register, and carry and return a Start Card. There is no need to pre-register.

**ESVA Challenges:** 39 Counties Second Edition - Grays Harbor County, Restaurants, Womb To Tomb

**AVA Special Programs:** Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**AVA Sanction#/Distance/Rating:** 110504 - 10K (rated 2C) with 5K option (rated 2A)

**POC:** Mert Turner  
360-593-2126 mert0722@msn.com



Historic Home

**WALK TO LIVE! LIVE TO WALK! WALK WITH US!**



## **EIGHT GREAT BENEFITS OF WALKING**

Article from *The Berkeley Wellness*, January 2016

Of all the ways to stay fit, walking is the easiest, safest, and least expensive. It can also be the most fun, especially on a fine day, with a good companion and an enticing goal a few miles away. On city streets or in the woods, walking is the best way to experience a landscape. If it's rainy, you can always walk in the mall or use a treadmill. And after your workout, you know you've done yourself some good.



A brisk walk (usually 3 1/2 to 4 miles per hour, depending on the length of your stride) burns nearly as many calories as running the same distance at a moderate pace and confers similar health benefits. Even slow walking confers some benefits, as do short walks.

Here's just a small sampling of scientific findings about walking from the past few years:

- 1. Metabolic benefits.** Mile for mile, brisk walking can reduce the risk of developing high blood pressure, diabetes, high cholesterol, and heart disease as much as running, according to a large observational study in *Arteriosclerosis, Thrombosis, and Vascular Biology*. The farther people ran or walked and the more calories they burned, the greater the reduction in risk. Of course, it takes much longer to walk a mile than to run it, so you need to spend more time walking to get the same benefits as you would running.
- 2. Healthy arteries.** Sitting for long periods has many adverse effects on the body, including reduced ability of arteries to relax and contract (called endothelial dysfunction), which increases cardiovascular risk over the long term. But taking short (5-minute) walking breaks every hour or so can prevent this sitting-induced arterial stiffening, as was seen in a small study of young men in *Medicine & Science in Sports & Exercise*.
- 3. Blood sugar control.** Walking after meals helps control blood sugar in inactive older people with prediabetes, according to a small study in *Diabetes Care*. Walking for 15 minutes half an hour after each of three daily meals was better for 24-hour blood sugar control than walking for 45 minutes in a single daily session.
- 4. Chronic diseases.** Many studies on people with a variety of chronic conditions, notably heart disease, diabetes, and prostate or breast cancer, have linked walking (and physical activity in general) with better health outcomes. For instance, a Chinese study in the *Clinical Journal of the*



*American Society of Nephrology* found that people with chronic kidney disease who walked regularly were half as likely to die during a one-year period than those who rarely walked. They were also less likely to need dialysis or a kidney transplant. The researchers controlled for age, initial kidney function, and factors such as diabetes and heart disease.

**5. Low back pain.** For people with chronic low back pain, walking can be as beneficial as a strength-training program targeting abdominal and back muscles, according to an Israeli study in *Clinical Rehabilitation*. The participants exercised twice a week, either walking briskly on a treadmill or doing strength-training exercises, working up to 40 minutes per session. After six weeks, the groups had similar reductions in pain and disability. Interestingly, a small Turkish study in the *International Journal of Physical Medicine and Rehabilitation* found that people with low back pain benefited more from regular walking (three times a week for four weeks) than from using a treadmill, largely because of the somewhat different biomechanics involved.

**6. Knee osteoarthritis.** A study in *Arthritis Care & Research* looked at 1,800 people with or at high risk for knee osteoarthritis but with no functional limitation at the start. Compared to more sedentary participants, those who took at least 6,000 daily steps (as measured by an activity monitor over a seven-day period) were least likely to develop mobility problems two years later. The authors recommended initially aiming for 3,000 steps a day (about 1.5 miles) and working up to 6,000 or more a day.

**7. Improved mood and attitude.** In a British study in the *Scandinavian Journal of Medicine and Science in Sports*, university office workers reported increased enthusiasm and relaxation and reduced stress after 30-minute lunchtime walks. Walking was done in groups, so the social aspect may have played a role.

**8. Bottom line:** Other types of exercise may be as beneficial as walking, and more strenuous exercise may confer additional benefits. But the simplicity of walking makes it a great option. You need no equipment or special clothing, and you can do it just about anytime, alone or with friends.

If you need more encouragement to walk, check out the U.S. Surgeon General's 72-page report called [\*Step It Up!\*](#)—a "Call to Action" to promote walking and walkable communities.



On Monday, June 18<sup>th</sup>, Liz Morrison, Julie Heath, Mert Turner and Karen Younkins drove to Shelton and met with Harijs Saukants to present him with a certificate of appreciation and a gift basket to recognize his 19 years of membership and service to the Capitol Volkssport Club.

**Thank you Harry!**



## **Our Next Meeting:**

Join us for our next club meeting:



Izzy's Pizza  
3540 Pacific Avenue  
Olympia, WA

**Tuesday, July 10th, 2018**

**Social and Dinner is at 5:30 Presentation by Tom and Barb Malone 6:30  
Club Meeting after the Malone's presentation!**

*Submitted by Barb Malone:*

We took part in a four night project to help researchers save endangered Leatherback sea turtles. We gathered their eggs and took them back to a fenced nursery to be watched until they hatched. Hatchlings were then released and returned to the sea. The organization, SEE Turtles, is based in



Beaverton, Oregon. The site we worked at is a very primitive site on the Caribbean Coast of Costa Rica. The trip included seeing a variety of Costa Rica's wildlife thru a walk in the tropical wet jungle, a picture taking boat ride on the canals used as roads and a visit to a butterfly sanctuary.



## **Club Officers and contact information:**

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding@comcast.net
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
Secretary:	Linda Darkenwald	(360) 789-4486	E-mail: darkenwald@comcast.net
Treasurer:	Ian Heath	(360) 264-4670	E-mail: ijheath@comcast.net
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
Membership:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
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: olysweetp@yahoo.com
Sales and Information Chairperson:	Lesley Willardson	(360) 359-8436	E-Mail: heathfield@hotmail.com
Sunshine Chairperson:	Pat Brower	(360) 918-1947	E-Mail: tugcap@aol.com

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





## Newsletter Deadline - The Last day of the Month

Do you have something to put in the newsletter?

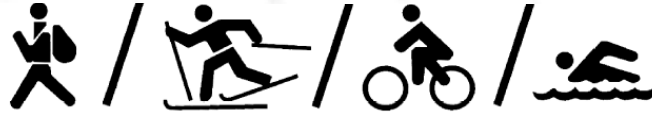
You can get ahold of Bill Spaulding by e-mail at: [cvcnewsletter18@gmail.com](mailto:cvcnewsletter18@gmail.com)

See you on the trail!



I have two doctors, my left leg and my right.

-G.M. Trevelyan



Come Walk with us!



Thursday, June 7th  
Proctor, Tacoma, WA

Thursday, June 14<sup>th</sup>  
Tumwater, WA







Tuesday, 22 June  
Chehalis Western Rail Trail  
Lacey, WA



Thursday, June 28  
Theler Wetlands  
Belfair, WA



Saturday, June 30<sup>th</sup> club members participated in a Boys & Girls Club 5k walk hosted by Thrive Community Fitness in Lacey.

Everyone wore their “colors” which generated a lot of interest from walkers and runners participating in this event.



**Fun, Fitness, Friendship**