



## CAPITOL VOLKSSPORT CLUB NOVEMBER 2018 NEWSLETTER

### President's Message

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

Those of you who have attended the CVC Christmas party the past few years and enjoyed the big screen yearly overview powerpoint slideshow are familiar with Julie Heath's photography. Julie provides many of the photos we use in this annual overview of our club's adventures during the year. This year she submitted a picture taken at Smith Rock State Park, Terrebonne, Oregon, to the Starting Point Photo Contest and won! Her photo will be on the front cover of the Start Point Book which lists all year around walks in the United States. Thank you, Julie, for taking such an amazing picture and congratulations on being the **1<sup>st</sup> Place Winner** in the Starting Point Photo Contest!



Front Cover of the 2019 Start Point  
*Photo by Julie Heath, Capitol Volkssport Club*



*Focus on Your Future* was the theme for the Natural Resource Building Wellness Fair on October 11. Thank you Marsha M., Chase D., Alesia C., and Sue O. for representing us at this event! It was great to have so many enthusiastic members there to interact with attendees! They said that there was quite a bit of interest in our activities and that they handed out a lot of information.

In October our Monday walkers invited everyone to help them celebrate Octoberfest. They organized an absolutely fun Octoberfest Brewery

Walk in downtown Olympia (**photo on page 7**). Participants enjoyed tastings at Northwest Beerworks, Whitewood Cider Company, and Fish Tale Brew Pub along the 10K walk. Most walkers stayed at Fish Tale for dinner together. Thank you to our Monday walkers! This is "fun, fitness, and friendship" at its best! Let's do this next year!

**Looking forward to seeing you all in your rain gear on the trail this month!**



## WHERE CAN YOU WALK? WHEN?

### Upcoming walks and events

(Our website is also your link to all the great regional events coming up!)

# #OptOutside

November 23, 2018



## GUIDED WALK on the SUMNER LINK TRAIL

Where:  
REI Sumner Distribution Center  
1700 45<sup>th</sup> St. E.  
Sumner, WA

Time: 10 AM  
Hosted by:  
Daffodil Valley Volkssport

For more information:  
[www.meetup.com/South-Sound-Walkers](http://www.meetup.com/South-Sound-Walkers)  
253-845-6592

## IT'S THAT TIME OF YEAR AGAIN!

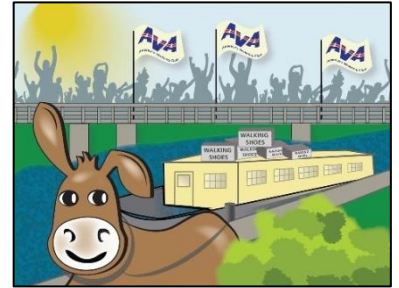
Join the Daffodil Valley Volkssport Club and walk off all that Turkey you ate or are going to eat!



There was a great turn-out for last year's event!



## AVA NATIONAL CONVENTION IS COMING UP!



The Empire State Capital Volkssporters of the Northeast Region are delighted to be your hosts for the 21st biennial AVA convention. Other Northeast Regional clubs are partnering with us to offer you walks in places full of history and charm that extend from the Atlantic Ocean to the Great Lakes.

**Walk'n'Mass Volkssport Club**  
**Two Town Walking Club**  
**Twin State Volkssport Association**  
**Niagara Frontier Volkssport Club**

For the convention days they have planned entertainment in the evenings and a series of workshops featuring both volkssporting topics and local history. The Empire State Capitol Volkssporters Club's mascot, Sal the mule, bids you to come to Albany to be an active convention participant to meet volkssporters from across the U. S., Canada and beyond and to share in the camaraderie of volkssporting!

### **2019 CONVENTION HOTEL UPDATE!**

The block of reserved rooms at the 2019 AVA Convention Hotel (Red Lion Hotel Albany) have been sold out. They have arranged for another block of rooms at a nearby hotel,

### **Red Roof Inn Albany Airport.**

The block room rate is \$77.99. The Red Roof Inn is not a full-service hotel and a continental breakfast is not included.

To make your reservations: please dial (518) 459-1971. Please make sure to ask for the American Volkssport Association Block to get the discounted rate.

**Red Roof Inn Albany Airport**  
**188 Wolf Road**  
**Albany, NY 12205**  
**Block code: B112AVA6**

For convention registration and other information relating to this great event, please visit:

[HTTP://WALKESCV.ORG/AVA2019CONVENTION/WELCOME.HTML](http://WALKESCV.ORG/AVA2019CONVENTION/WELCOME.HTML)

### **CO-CHAIRS FOR THE CONVENTION ARE:**


Lea Darling at: [leadarling@verizon.net](mailto:leadarling@verizon.net)

Teresa Kennedy at: [Forty6er#K@aol.com](mailto:Forty6er#K@aol.com)



### **OTHER GREAT WALKS COMING UP:**

November 18 <sup>th</sup>	Walk	Eatonville, WA	Hosted by the Four Plus Foolhardy Folks
November 23 <sup>rd</sup>	Group Walk	Vancouver, WA	Hosted by the Vancouver USA Volkssporters
November 24 <sup>th</sup>	Walk	Edmonds, WA	Hosted by the Sound Steppers Club





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!

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



Remember - A great way to find out about all the walks coming up in our region is by subscribing to **THE NORTHWEST PATHFINDER,** Washington & Oregon's Premier 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)

For more information or to subscribe to the *The Northwest Pathfinder*, contact

The Northwest Pathfinder  
4430 S. 263<sup>rd</sup> Street  
Kent, WA 98032-7159  
or [NWPathfinder@comcast.net](mailto:NWPathfinder@comcast.net)  
360-584-6446

**Distance and events awards:**

**CONGRATULATIONS!** (From the October/November edition of *The American Wanderer*)

**DISTANCE AWARDS:** We omitted a significant achievement last month! Bonnie Tucker completed her 40000 Km distance award!



40000 Km  
Bonnie Tucker

Congratulations Bonnie!

**Quote of the Day:**

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. **-Soren Kierkegaard**



## YOU'RE NEVER TOO OLD!

*From National Institute of Health excerpt December 2016*

### Keep Active as You Age

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. **Brisk walking**, dancing, and other endurance exercises improve the health of your heart, lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It's called **Go4Life**.

"Older adults can exercise safely, even those who have physical limitations," Hodes says. "Go4Life is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions."

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book [Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#) is the core resource for the campaign. Other free materials, such as tip sheets, are also available. [Workout to Go](#), a mini exercise guide, shows you how you can be active anytime, anywhere.

To learn more, visit the [Go4Life](#) website at [go4life.nia.nih.gov](http://go4life.nia.nih.gov). You'll find exercises, success stories, and tips to help you stay motivated. Or call 1-800-222-2225, or e-mail [niaic@nia.nih.gov](mailto:niaic@nia.nih.gov) ([link sends e-mail](#)).



## 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
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Sales & Information Chairperson:	(Vacant)		
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Webmaster:	Peter Sweet	(360) 459-8167	E-mail: ollysweetp@yahoo.com

Capitol Volkssport Club  
C/O Holly Spaulding  
4627 Timothy Street SE  
Lacey, WA 98503



### 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.



### **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](mailto:cvcnewsletter18@gmail.com)

**SPECIAL REQUEST!** I'm looking for photos of our club members to add to our slide show we show during the Christmas Party. I'm looking for photos of our club members and local or regional walks. If you have a few - please send them to me!

Thanks - Bill

See you on the trail!





Left - Tenino YRE - October 4th



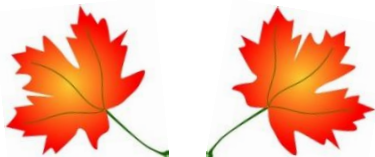
Right - "Octoberfest Pub Walk" (Monday Walk) October 8th



Left - Sue O. at the Nat. Resources Bldg. Wellness Fair, October 11th



Right - Olympia Downtown Waterfront October 15th





Left - Olympia - Monday Walkers  
October 22nd



**Right and Below**  
The Trick or Treat Trek Walk  
Remlinger Farms, Carnation Wa.  
October 27th

