



**AMERICA'S WALKING
CLUB**



**CAPITOL VOLKSSPORT CLUB
DECEMBER 2018 NEWSLETTER**

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport

The other night I was browsing meetup.com looking to see what other walking/hiking groups in the region are doing. I was bewildered as to why some of the groups had cancelled outdoor walks due to weather. This is no time of the year to be a fair weather walker! During the dark months of winter in the Pacific Northwest, walking is most critical. We need the serotonin, the vitamin D, to keep our mood buoyant and our bones strong. (Yes, our skin produces some vitamin D in overcast weather.) Just because it's winter doesn't mean we don't need to keep our blood sugar low and our balance steady. We especially need to keep our immune system robust. Walking nourishes us in all these areas and more. Recent research indicates that our "foot's impact during walking causes backward-flowing waves through the arteries that sync with the heart rate and stride rate to dynamically regulate blood circulation to the brain". The result is a significant increase of blood flow and oxygen to the brain. Just because it's winter doesn't mean we have to stop nourishing our brain, stall the production of new neurons and succumb to foggy thinking.



To keep you walking during the 2018-2019 winter months, CVC has twice weekly scheduled walks, hosts a Christmas Walk, participates in the Oregon Trail Volkssport Association (OTSVA) Winter Walking Contest, and hosts the Seabreeze Walking Festival at Ocean Shores, a three day walking event. A Seattle club hosts New Year's Eve and New Year's Day walks. Neither snow nor rain nor heat nor gloom of night stays Volkssporters from the swift completion of their appointed walks!

The number of opportunities for physical activity and social engagement that volkssporting provides to members, no matter the weather, is unique among walking clubs. I'm proud and appreciative of our organization!

Wishing you all the gifts of love, friendship and good health this holiday season and in 2019!





YOU'RE INVITED! JOIN US FOR OUR ANNUAL HOLIDAY POT LUCK!

Please join us for great food, Santa, and friendship on Tuesday, December 11th for our annual Holiday pot luck!

Location: The Jacob Smith House
4500 Intelco Loop SE
Lacey, WA 98503

Time: 5:00 - 8:00 p.m.

Volunteers to Set-up will meet at 4:00 p.m.

Coffee, Tea and Water will be provided.

Pat Harmon will bring the Turkey! You are asked to bring complimentary dishes, salads and desserts and your alcoholic beverage of choice.

PLEASE - RSVP ASAP to: cvcnewsletter18@gmail.com
if you are coming!





PLEASE SUPPORT OUR EFFORTS WITH GARFIELD ELEMENTARY!

Again this year for our Christmas party gift exchange, we are partnering with a Title I School, Garfield Elementary, in the Olympia School District. Between 50-53 percent of the students at Garfield live at or below the national poverty level. We are helping provide snacks for children who come to school hungry and have no school supplies.

Please give generously from the following lists:

Crackers (Goldfish, Animal Crackers, Cheez-Its, Graham Crackers, etc.)

Granola Bars (Nutri-Grain, Kashi bars, Nature Valley, etc.)

Cereal Snacks (Cheerios, Kix, Golden Grahams, etc.)

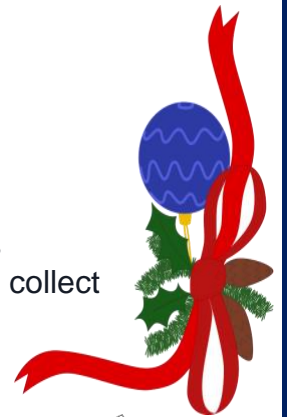
Chips (Pretzels, pita chips, baked chips, popcorn, Pirate's Booty, etc.)

This year they have requested peanut-free snacks.

School Supplies: Dixon Ticonderoga pencils, crayons, markers, rulers, folders with brads/pockets, Fiscar scissors, colored pencils, paper, glue sticks, wide ruled spiral notebooks, pink erasers, Kleenex, hand sanitizer, blue pens

If you can't come to the party, but would still like to participate, either bring your gifts (unwrapped) to one of the Thursday group walks before Dec 11. Bonnie Tucker will collect them.

ON BEHALF OF THE KIDS AND THE TEACHERS, THANK YOU!

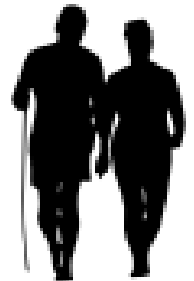


AMERICA'S WALKING CLUB

WE WELCOME OUR NEW MEMBERS!

We welcome our new members to our Club. We look forward to meeting you on the trail!

Barb and Jerry Rice - Lacey
Sandra Anderson - Olympia



HELLO DECEMBER!

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!



CHRISTMAS IN THE CAPITOL CITY - CVC'S CHRISTMAS WALK!

Join us for this wonderful 10 or 5K walk in Downtown Olympia on Dec. 8th 2018!
Start Point is at United Churches

110 - 11th Ave SE, Olympia

Registration will start at 10:00 a.m. to 1p.m.

Cookies are available at the checkpoint! While on the walk stop in to the annual culinary event at Bayview Thriftway where you can sample lots of specialty food and drink!

OTHER GREAT WALKS IN DECEMBER:

December 15 th	Christmas Ships Walk	Portland, Oregon
December 22 nd	Christmas Lights and Soup Walk	Longview, Washington
December 31 st	New Years Eve Celebration Walk	Seattle, Washington
January 1 st	New Years Day Celebration Walk	Seattle, Washington

ALSO: Check the Pathfinder for many great Saturday Walks

Check our website - YOUR link to many great regional events coming up!



SEABREEZE 2019 - THE CURE FOR THE MID-WINTER BLUES!

Submitted by Perki Sweet

We've just had Thanksgiving, Christmas is almost upon us, and you're wondering, "what's next?" The answer is the Seabreeze Walking Festival! In previous issues of *TAW* you have been encouraged to highlight **February 16-18** on your calendar, make lodging reservations in Ocean Shores, Washington. Unfortunately our Saturday night Italian buffet is now sold out!

If you don't have a walking friend, come anyway. Group walks, and the opportunity to make new friends, will happen each day. The six walks of varying lengths were described in *TAW*'s October/November 2018 issue.

The drive to Ocean Shores is a pleasant one; and for those who have extra time, Capitol Volkssport Club has walks that can be done on the way to or from the beach. Those traveling north on I-5 might enjoy the historic walk and many antique shops in Centralia or the sandstone buildings in Tenino. (The Tenino walk satisfies AVA's little free library challenge and the ESVA whiskey-vino-brew challenge.) South bound Volkswalkers will pass through Olympia where the walking options include the state capitol grounds, the Olympia waterfront and the downtown area with its numerous funky shops. The Evergreen State College campus walk in west Olympia offers Native American artwork, an evergreen forest and an organic farm. Continuing west toward Ocean Shores, you will come to Aberdeen, the starting point for walks in both Aberdeen and Hoquiam. Your destination is now less than an hour away.



After arriving at Ocean Shores, you may still be time for another walk before the Seabreeze Walking Festival gets under way. Directions for two year-round walks are available at the local IGA store, 101 E Chance-A-La-Mer NE, in Ocean Shores. If you don't want to walk just yet, check out the shopping. You might also like to explore one of Washington's newest beach resort towns, Oyhut, just south of Ocean Shores. All walking festival walks will begin at the **OCEAN SHORES LIONS CLUB, 832 OCEAN SHORES BLVD. NW AT 8 AM** each day.

Want to know More?

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!



A note from Tom Baltes, Northwest Regional Director:

Hi Everyone - Wondering what to do this winter to get a break from the rain? How about supporting the Texas Trail Roundup in San Antonio, 22 - 24 February, 2019? There will be some great walks and a chance to support their bid for an International Marching League event. Interested?

Register at this site: texastrailroundup.org/2019registration



MARK YOUR CALENDARS! **See the North with '2020' Vision!**

The Canadian Volkssport Federation is excited to announce their 2020 Convention and AGM will be held in Yellowknife, Northwest Territories, June 12-14.

The land of the midnight sun, Yellowknife, beyond the 60th parallel, awaits adventurous Volkssporters from across Canada, the USA and the rest of the Volkssport world.

Yellowknife sits on the shore of the world's 10th largest lake, Great Slave Lake, and enjoys summer days with nearly 24 hours of sunlight. Once a gold rush town and now a diamond mining town, Yellowknife is the hub of northern activities. Boasting several beautiful Volkssport sanctioned city and backwoods walks, you will be impressed with this historic city of 20,000 people. Keep your eyes open for northern bird and wildlife while walking. The average daytime temperatures in June are **13-20C – ideal walking weather**. June promises between 19 and 20 hours of sunlight a day, a truly unique experience. Check out this site for good information about Yellowknife in June: <https://ykonline.ca/yellowknife-in-june/>

This is a once in a lifetime adventure into Canada's north country, with the added bonus of walking with new and old Volkssport friends from across Canada and beyond. Join us on this adventure. An all-encompassing bus tour, featuring spectacular waterfalls and northern scenery is being arranged. More details to follow shortly. Note: if you're planning on taking the bus tour, hotel accommodations will be taken care of.

Book your hotel now!

CHATEAU NOVA YELLOWKNIFE

Group Reservation#: 2808538

Toll Free: 1-866-722-6682

We have an exceptional group rate of \$179/night for the best hotel accommodations in Yellowknife. Check out the facilities and reserve your room early. <http://www.novahotels.ca/chateau-nova-yellowknife/> Registrations for the Convention will commence in April 2019. Stay tuned for more details. We look forward to seeing you at this very special Volkssporting event, sponsored by the Canadian Volkssport Federation.



Distance and events awards:

These Distance and Event awards were published by AVA in the December/January edition of The American Wanderer.



2200 Events
Elizabeth Whittenberg



2500 Events
Nancy Whittenberg



5500 Km
Tess Sutton



22000 Km
Elizabeth Whittenberg

Friends of our club who walk with us!
Doug Hartz - 50 Events



Capitol Volkssport 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
Sales & Information Chairperson:	(Vacant)		
	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding@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

**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

Our Next Meeting: DECEMBER 11th, 2018

Jacob Smith House - After dinner



Quote of the Day!

There is nothing like walking to get the feel of a country. A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast.

-Paul Scott Mowrer



Left - November 1st - Buckley, WA



Right - November 8th - Olympia, WA



Left - Monday Walk - November 12th Olympia, WA

Right - November 23rd - Opt Out Walk Sumner, WA



Left - Lunch after the walk on the Willipa Trail - YUM! November 30th

Right - Monday Walkers!



See you on the trail in 2019!

