



CAPITOL VOLKSSPORT CLUB JANUARY 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport



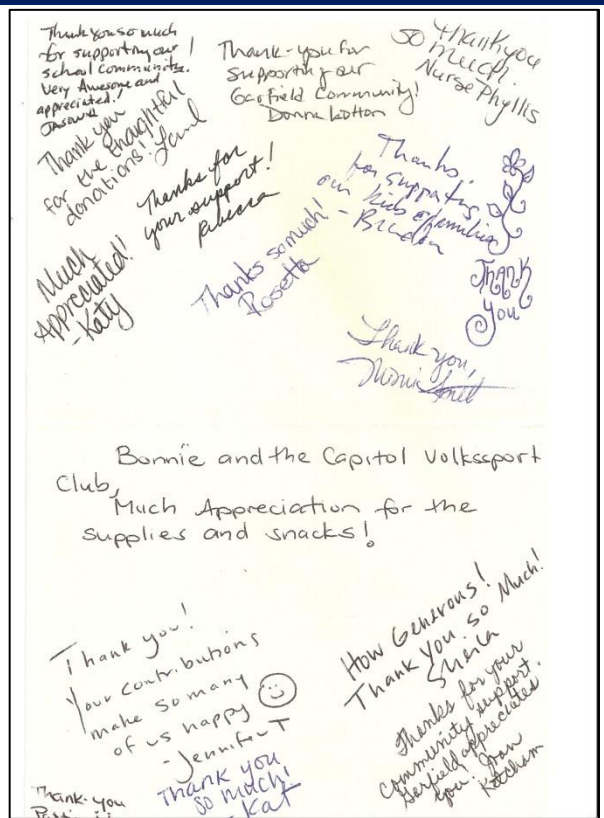
The last month of **2018** was busy and festive for CVC. Thank you to Liz M. for chairing the *Christmas in the Capitol City Walk* committee. Liz initiated a change in the walk time this year. Instead of having an evening walk, as we've had in the past, the walk was a day time walk. Linda P. developed a new walk route too. The result of these changes was a walk with many holiday points of interest along the way. The Olympia Farmers Market was bustling with vendors, customers and musicians; the Christmas tree in the capitol rotunda was beautiful; Wagner's Bakery open house was a hit; the Bayview Thriftway *Taste*

The Holiday Spirit Event was a wonderland of free food and drink samples. The walk wouldn't have been such a success without all the members who manned the various volunteer positions and provided cookies for the walkers! (We only had one complaint from a walker who spent \$200 at the Olympia Farmers Market!)

Thank you to Pat H. for chairing the Christmas party committee. The turkey she roasted for all of us was delicious and the decorations were festive and welcoming! Thank you to Santa Roy for adding extra fun! Thank you to Bill S. for providing the slide show overview of CVC's amazing year of walking adventures. Thank you to Bonnie T. for bringing to our attention the need at Garfield Elementary School. Bonnie collected our donations at the Christmas party and delivered them to Garfield.



(See the picture and thank you card on the next page.)



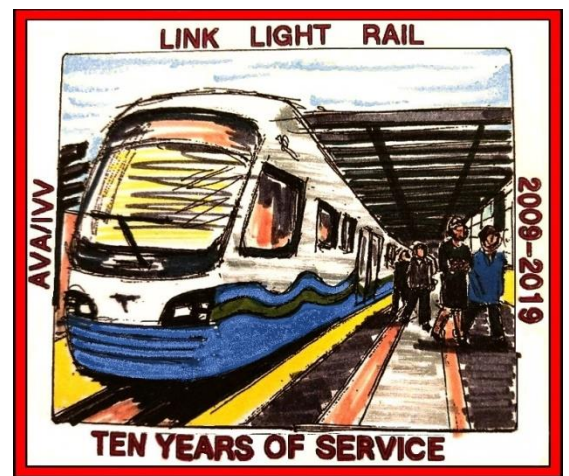
Now on to what's coming up in 2019.

Have you ever felt limited in the places you go because of traffic and parking concerns? Christina Loomis and Scott Schoengarth (Shane-garth) are travel trainers with Intercity Transit. At our club meeting, **January 8**, they will explain how we can use Intercity Transit to expand our field of travel and exploration using public transportation to its fullest extent.

Christina Loomis has worked at Intercity Transit for 14 years and has a Master's degree in Public Administration. Scott Schoengarth has been the Thurston County Bus Buddy Coordinator for nearly three years following his retirement from the State of Washington.

Christina and Scott will talk not only about how to use the transit system effectively and confidently, but also about the new routes and services that are coming our way as a result of the passage of Proposition 1 last November. When I told Christina we have a walk in Westport and can we get there by bus, she said "no problem".

Christina and Scott's presentation is especially good information to have if you are planning to take the Link Light Rail Challenge that began January 1. They will help us know how to use Intercity Transit to link up with additional public transit systems, such as Link Light Rail, that can take us out of our area for walks and adventures. I bought a challenge book and am excited to begin filling it up. Challenge books are \$10 and can be ordered at emeraldcitywanderers.org.



During my time as a volunteer for the Intercity Transit Walk 'n Roll program I've come to appreciate their forward thinking philosophy and their devotion to creating public transportation options for all members of our community. I look forward to hearing from Christina and Scott at our next meeting!

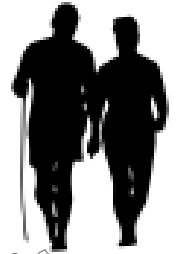
SEE YOU ON THE TRAIL!



**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!
Rosemarie Hirsch - Lakewood, WA



SEABREEZE WORKER WALK REQUEST - COME WALK WITH US!

Please help us check the walk instructions and proof the routes for Seabreeze! You can pay for IVV credit at Seabreeze for these workers walks. We plan to meet for lunch after the walk, but will set that up on the day of each walk.

Saturday, January 12 for Moclips or Seabrook.

Saturday, January 19 for Damon Point or Oyhut.

Saturday, February 9 for Griffiths-Priday or Ocean Shores North Town

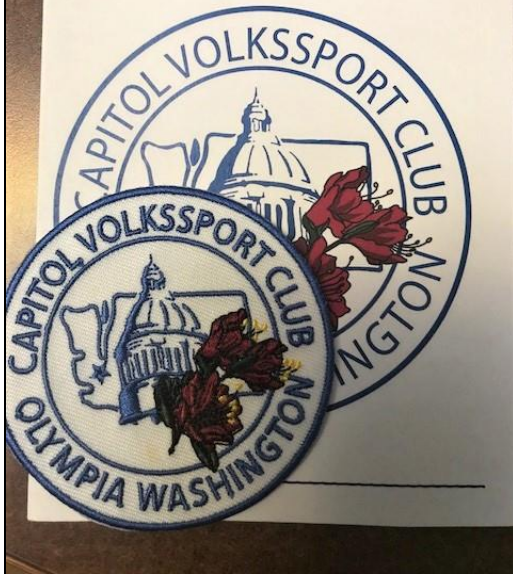
For all of these walks, meet at Haggens parking lot in west Olympia close to Pier 1 Imports to carpool, or drive yourself and meet at the start point at 10 AM.

Contact Chase Davis at GX7QR2@comcast.net for walk directions/start point.

SEE YOU ON THE TRAIL!



35th Anniversary
Walking Challenge



CONGRATULATIONS TO ALL THOSE WHO COMPLETED OUR 35TH ANNIVERSARY WALK CHALLENGE!

In 2018 we challenged our club members to walk one of our sanctioned walks each month as part of our club's 35th Anniversary celebration. Great job everyone! We look forward to many more years of walking FUN with our club members!

John Warhol

Carolyn Warhol

Karen Younkins

Jim Younkins

Bonnie Tucker

Elizabeth Morrison

Mert Turner

Norm Adams

Perki Sweet

Cindy Extine

Mike Extine

Bob Morrison

Sheila Morrison

Val Lance

Barb Malone

Tom Malone

Tess Sutton

Chase Davis

Nancy Wittenberg

Roy Bauska

Marsha Majors

Peter Sweet

Julie Heath

Ian Heath

Bill Spaulding

Holly Spaulding



HELLO JANUARY!

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!

OTHER GREAT WALKS COMING UP:

February 2nd

Pre-Super Bowl Walk

Portland, Oregon

February 2nd

Goodbye Viaduct Walk

Seattle, Washington

February 9th

Heart Breaker Walk

Portland, Oregon

February 16th - 18th

SEABREEZE WALKING FESTIVAL

OCEAN SHORES, WASHINGTON!

ALSO: Check the Pathfinder for many great Saturday Walks

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



MARK YOUR CALENDAR!

VICTORIA PHOENIX WALKING FESTIVAL

Victoria, British Columbia, Canada

May 3 - 5, 2019

GREEK COMMUNITY CENTRE

4648 Elk Lake Drive, Victoria BC V8Z 5M1

Festival opens at 8:00 am Friday and closes at 3:00 pm on Sunday

What is Happening!

Seven walks will be available every day with 5, 6, 10, 11 or 12 km distances.

- One 21 km with open start available on Saturday.
- Want the challenge of a longer walk? Combine walks for 21, 32 or 42 km distances.
- If you collect Volkssport credits you will get credit for each walk.
- All walks begin and end at the Greek Community Centre.
- Walks available with open starts all three days and group walks each day with one in the morning and one in the afternoon.
- The popular swim event is offered again this year on Saturday & Sunday
- Once again, lots of great prizes. 20 tickets included in your registration package to put in the prize boxes of your choice.
- Complimentary coffee available all day. Goodies, cookies etc 8:00 until 10:00 am.
- Lunch, snacks, beer & wine available for purchase from 11:00 onward.
- **Meet & Greet** on Friday with tasty variety of Greek snacks (included in registration fee).
- **Dinner Saturday night** will be the very popular Greek buffet with delicious pasta, meats salads, vegetables & dessert. Sells out at each Festival.
- Cash bar available both nights.
- There will be a pre Festival walk on Thursday evening which will take you to Beacon Hill Park, along the Victoria waterfront and Victoria Harbour. If you are staying in the downtown area and plan to walk to the start point, we have arranged for a walker to meet you on the grounds of the Legislature at the corner of Belleville Street and Government Street to walk to the start point to sign in and continue the walk with the group. For walkers driving to the start point, there is free street parking or pay parking in the arena parking lot across the street.
- After the Festival, there will be a post Festival six days of walking on Vancouver Island. 'Coast to Coast'
- Walks begin Monday morning with a walk on the trails through the Hatley Park National Historic site and along the waterfront of Esquimalt Lagoon. Walks will continue up Island in Chemainus, Westwood Lake/Morrell Nature Sanctuary, Little Qualicum Falls, Cathedral Grove, Ucluelet, Tofino, Qualicum Beach, Parksville and ending in Nanaimo on Saturday, May 11th.
- **Join us for all the walks or one or two. No advance registration required.**

For more information go to: www.vvpf.ca



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.**



Our Next Meeting:

JANUARY 8TH, 2019

Social and Dinner: 5:30

Club Meeting is at 6:30

**Izzy's Pizza
3540 Pacific Ave.**



Presentation by Christina Loomis and Scott Schoengarth (Shane-garth), travel trainers with Intercity Transit.



CVC's Next Board Meeting:

Monday, January 14th Home of Karen Younkins

11:30 - 1:30 Bring a Sack Lunch

After the meeting, for those who would like to, we are joining the Monday walkers at Bayview Thriftway at 2 p.m.



Quote of the Day!

Walking: the most ancient exercise and still the best modern exercise. **-Carrie Latet**





Hugo Peak Walk
November



Monday Walkers
December 3rd



Above - Christmas Walk Event
December 8th



Left - Trail Marking Crew
Christmas Walk
December 8th



Right - Monday Walk - Olympia
December 10th



AMERICA'S WALKING CLUB

Below - The last walk of the Year!
Alki - Seattle
December 31st 2018



**Happy
New Year!**