



CAPITOL VOLKSSPORT CLUB FEBRUARY 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport

IT'S SHOWTIME PEOPLE! In just two weeks a year of dedication and hard work will culminate in our **2019 Seabreeze Walking Festival**. The Seabreeze Committee requests that when members are working, they **wear club logo wear and name tag**. Also, please **arrive at your post a few minutes early** to allow time for transition from the previous volunteer. I'm looking forward to three days of great food and entertainment and fresh ocean air with fellow walkers from near and far!

Welcome to our new Christmas walk co-chairs Carol F., Sue H., and Gayle K. They were immediately tasked with finding a new start point for the walk. The venue that we've used for the past several years is no longer available. They have checked out several options and will make a recommendation to members at our February 12 meeting. We will be voting on a start point location and approving funds to pay for its rental. Be sure to attend the meeting if you would like to take part in making this decision. The co-chairs are finding that rental reservations for December (especially weekends) are already being booked. It's important that we make a decision so that the co-chairs can get a start point reserved.

The guest speaker for our March 12 meeting will be Jane Clark of the Emerald City Wanderers. She is the architect of the new Light Rail Challenge. Jane will have challenge books for sale. Bring your money and plan a spring and summer of exploring the varied districts of Seattle around the Light Rail stations. After completing the challenge, you will not only be a pro at using the Light Rail system, but you will enjoy the savings in parking and gas costs. (Using my senior pass, I rode Light Rail to Westlake station and back for \$2 last weekend!)

On another exciting topic - discussion at the recent National Executive Council (NEC) meeting was that national marketing efforts should focus on helping those clubs which are the best producers. Not only is CVC one of the top 25 clubs nationwide in producing paid participants, we are **number 3 in the nation!** We should be ready when the marketing consultants start thinking about which clubs to work with! Exciting! See the following article by Bob Morrison for the recommendation of the marketing and public relations firm regarding our name.



VOLKSSPORTING IS THE BEST KEPT SECRET

Submitted by Bob Morrison, AVA National Treasurer

The AVA: America's Walking Club National Executive Council met with a marketing and public relations firm from Las Vegas last weekend as part of the semi-annual meeting in Tucson. Local club membership has been shrinking for many years and AVA plans to award this firm a three year \$150,000 contract to help local clubs attract new members. The consultants meeting with us quickly approached the name: Volkssporting. As we all know, the general public doesn't readily understand that Volkssport Clubs are primarily walking clubs open to all. In their forthcoming recommendations, the consultants may very well suggest that the National Office encourage all of our 200+ clubs nationwide to adjust their names to include "walking" or some other readily understandable descriptor.

That discussion started me thinking about the name: "Capitol Volkssport Club." Now admittedly, we are already very successful and regularly attract new members. Naturally, why wouldn't folks want to "come walk with us?!" We walk regularly and offer different walking venues for different needs; our club members are welcoming and quickly make newbies feel included; we lunch together (my personal favorite); and we have good leadership and succession planning for the next generations of leadership. All in all, we are a fun group.

The question is: could we be even more successful in sharing the good things we have to offer with more people in our community if our name was a little more self-explanatory? Capitol Volkssport Walking Club is clear and pays tribute to our heritage. The straight forward name Olympia Walking Club, or something such as that, may attract folks to our fold who might otherwise never consider seeking us out. I did a quick Google search and found hundreds of recommended names. For the record, I am definitely ruling out "The Holy Walkamolies." We don't have to rush to judgement on this matter, but let's begin thinking about how we brand ourselves to the community and how it could be improved.



WE WELCOME OUR NEW MEMBERS!

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

E.J. Garner - Olympia
Denise Kennedy - Olympia
Brian and Carol Namatame - Aberdeen
Welcome back! Martin and Val McCallum



HELLO FEBRUARY!

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

FEBRUARY 16TH - 18TH
SEABREEZE WALKING FESTIVAL
OCEAN SHORES, WASHINGTON!



ENJOY MEETING NEW WALKING FRIENDS!
ENJOY HOT SOUP AND TREATS ALL WEEKEND!

SEE YOU THERE!

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 EastsideSt. NE, Olympia WA 98506.



Our Next Meeting:
FEBRUARY 12TH, 2019
Social and Dinner: 5:30
Club Meeting is at 6:30

Izzy's Pizza
3540 Pacific Ave.



JOIN US!

CVC's Next Board Meeting:
Monday, March 11th Home of Linda Darkenwald
Time 11:30 Bring a Sack Lunch



Quote of the Day!

Many people nowadays live in a series of interiors... disconnected from each other. On foot everything stays connected, for while walking one occupies the spaces between those interiors in the same way one occupies those interiors. One lives in the whole world rather than in interiors built up against it.
Rebecca Solnit



NOTICE!

The editor is going on a road trip! There will be no newsletter March 1st. The next newsletter will be sent out April 1st! No fooling!!





Woodard Bay Walk
Thursday, January 3rd

Olympia Bayside Walk
Monday, January 14th



Tumwater Walk
Thursday, January 17th



Lunch at Pelligrino's after the walk!



SEABREEZE Worker Walk
Seabrook, January 19th



Monday Walk
January 21st

Ward lake Walkabout
January 24th



Olympia West Side
Monday, Jan 28th

Happy
Valentines
Day