



CAPITOL VOLKSSPORT CLUB APRIL NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

In February we were nourished by the ocean-side walks in Ocean Shores. We were soothed by the sounds and rhythm of the ocean and restored by the cool, fragrant breezes. We said goodbye to winter at our Seabreeze event. In March we said hello to spring by walking through clouds of Sakura cherry blossoms at the University of Washington. In April we welcome spring and summer's increased activities.

To our Monday and Thursday walking schedule we add our **Tuesday evening** walks. **April 16** is our first Tuesday evening walk. Registration is at Tumwater Falls Park at 5:45 pm and we begin walking at 6:00 pm. If you are working on your Link Light Rail Challenge (or even if you're not), check out the Link Light Rail Weekend April 12-14. April 27 you can join me as I tag along with the Daffodil Valley Volkssporters to do the Angle Lake Station Walk. May 18 the Daffodils will be doing the Tukwila Station walk and welcome our participation. Details are in this newsletter.



As I mentioned in the last newsletter, CVC is the number three producer in the nation of paid participants. At our last meeting, CVC again took a lead position in the nation by voting to contribute \$1,000 to The Big Give. The vitality and generosity of our members is something of which we can be very proud!

The Big Give is the annual fund raising drive for our national organization. AVA (America's Walking Club) is a nonprofit and money from The Big Give pays for the operation of its infrastructure. Without the national organization, our nationwide network of walks and events dissolves. If you would like to donate individually, please do so by **April 30** which is the last day of The Big Give fundraising event. At www.ava.org you can click on DONATE. There is an explanation of how to donate by phone, fax, or mail. There is a donation form that you can print to mail in with your donation.

Be sure to attend our next meeting **April 9**. Peter and Perki S. will give a presentation on their walking exploration of North and South Carolina, Georgia and Florida last fall!

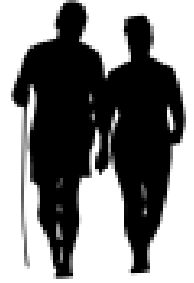




WE WELCOME OUR NEW MEMBERS!

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

Deborah Taylor - Salkum, WA
Jonah Cummings - Olympia, WA
Roy and Candy Vervair - Olympia, WA



HELLO APRIL!

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!



NOTICE - SAVE THE DATE!

Our first **evening walk** will be **April 16th** . Our website has the **updated** information, however please note the update information for this event:

- * Tumwater Falls Spring Walk (Register by 5:45 p.m. - Walk at 6)
- Tumwater Falls Park
- 110 Deschutes Way S.W.
- Tumwater, WA 98501

We'll see you on the trail!



LINK LIGHT RAIL SATURDAY WALKS START NOW!

April 12-14, 2019 Join us on these wonderful walks!

Friday April 12 – Group walks from:

- Tukwila Station – 9:30am
- Columbia City Station – 12:45pm

Saturday and Sunday – Event Walks (Registration and Stamping 9:00am-12:00pm. You may register for both walk events at either start point or at the ESVA meeting)

- Capitol Hill Station to International District Station. You will need to ride the Link Light Rail. Street parking is very difficult to find in this area.
- Mt Baker Station to U of W Station. Prefer you ride the Link Light Rail to the start. Limited free street parking. Parking near the Mt Baker Community Center for ESVA Meeting Attendees.

Saturday, April 13th 5:30pm No Host Dinner at Elliott Bay Brewhouse and Pub – We have a room booked. Join us!

Hotels near the Angle Lake Link Rail Station – Park at hotel on Friday. Lots of parking at the Angle Lake Station garage or at the Tukwila Station on the week-end.

Go to www.esva.online to find out everything you need to know about the Link Light Rail Walks.

SCHEDULE OF LIGHT RAIL WALKS—CHALLENGE BOOK

GENERAL INFORMATION: On weekends the trains will run every 10 minutes. You can go online to kingcountymetro.com and get information: on schedules; stops; and a list of stations and the amount of time between each station. All dates are **Saturdays**. PLAN to be at the start point by 9:45 AM to walk with the group. We will begin walking at **10:00 AM**.

DATE	Station	LOCATION OF START BOX
April 27	<i>Angle Lake Station</i>	Chevron station: 19923 Intl Blvd, Seatac
May 18	<i>Tukwila Station</i>	Arco Gas Station: 1252 Intl Blvd, Tukwila. Ask for the box at the counter. *Botanic Garden-midway on walk (Saturday May 4, 10-2 plant sale)

(Editor’s Note: The Saturday Schedule extends into December. I will publish the walks scheduled for the following month in every newsletter)



OTHER GREAT WALKS IN APRIL:

April 3 rd	National Walking Day Guided Walk	Oregon City, OR
April 6 th	Guemes Island	Anacortes, WA
April 13-14 th	Link Train Mt. Baker Station	Seattle, WA
April 13-14 th	Link Train Capitol Hill Station	Seattle, WA
April 16 th	Tumwater Spring Walk (Evening Walk)	Tumwater, WA
April 20 th	Woodland Tulip Guided Walk	Woodland, WA
April 20 th	Annual Easter Walk	Federal Way, WA
April 23 rd	Olympia Ward Lake (Evening Walk)	Olympia, WA
April 27 th	Carousels Across America Walk	Albany, OR
April 27-28 th	27 th Steamboat Rock St parks Walks	Grand Coulee, WA
April 30 th	Olympia Capitol Downtown Walk (Evening Walk)	Olympia, WA

You can find all the information about these walks and more in YOUR Pathfinder magazine - or: Check our website - [YOUR](#) link to many great regional events coming up!



NEWS FLASH - SAVE THE DATE!

A NOTE FROM

Mich (Michele) Bell

CVF Executive Assistant

The **Canadian Volkssport Federation** is excited to host the 2020 Convention and AGM in Yellowknife, Northwest Territories Situated on the Northern shore of Great Slave Lake. Yellowknife is the capital of the Northwest Territories, Canada. Founded in 1934, the city is located in the traditional territory of the Yellowknives Dene First Nation who formed the nearby community of Dettah in the early 1930s.

Enjoy spectacular walks - 6 of 5/6 km and 6 of 10/11km - featuring scenic views of Yellowknife and nature trails.

Join us, and 250 Volkssporters who have already registered for the convention through the bus tours, for a truly Canadian experience North of the 60th Parallel.

There is room for approximately 100 additional Volkssporters to attend this exciting adventure in beautiful Yellowknife, so register early to ensure your attendance. In order to simplify registration and reduce volunteer time requirements we are offering a bundled rate of \$130 (\$110 US) which includes Registration, the Banquet, the Meet & Greet and all the walks (6 walks of 5/6 km and 6 of 10/11km available).

Registration is now open! The Registration Form can be found on their website: www.walks.ca/yk2020 for more details.

David Cattrall

Organizing Committee Chair

NOTE: IF YOU ARE ON THE BUS TRIP, YOU ARE ALREADY REGISTERED FOR THE CONVENTION. NO NEED TO REGISTER AGAIN.



Distance and events awards:

These Distance and Event awards were published by AVA in the March 2019 edition of The American Wanderer. Congratulations to our members for their achievements!



(EDITORS NOTE: Some of our club members have mentioned the awards listed here are incorrect. I apologize in advance - however my only source of information is The American Wanderer, the national quarterly magazine. I'm sure they will make corrections in their next issue)

EVENT AWARDS



Pat Lehnert
125 Events



Pat Lehnert
Marsha Majors
150 Events



Marsha Majors
175 Events



Carol Froelich
200 Events



Cindy Extine
425 Events



Chase Davis
525 Events



Chase Davis
550 Events



Chase Davis
Janet Paige
575 Events



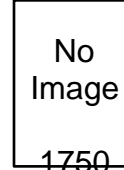
Chase Davis
Liz Morrison
Janet Paige
600 Events



Karen Younkins
650 Events



Valda Lance
950 Events



No
Image
1750
Bob Morrison
1750 Events



Sheila Morrison
1800 Events

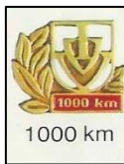


No
Image
3600
Bonnie Tucker
3600 Events

DISTANCE AWARDS



Norm Adams
Pat Lehnert
500 Km



Norm Adams
1000 Km



Kris Colburn
Chase Davis
2500 Km



Mert Turner
3000 Km



Mert Turner
3500 Km



Mert Turner
4000 Km



Mert Turner
4500 Km



Mert Turner
5000 Km



Mert Turner
5500 Km



Mert Turner
6000 Km



Bob Morrison
16000 Km



Carolyn Warhol
21000 Km

WAY TO GO CLUB MEMBERS!



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
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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.**



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



CVC's Next Board Meeting:

Monday, June 3rd, 2019 Home of Linda Darkenwald

Time 11:30 - 1:30 Bring a Sack Lunch



Our Next Meeting:



APRIL 9th, 2019

Social and Dinner: 5:30 Izzys Pizza
Presentation: 6:30 3540 Pacific Ave.
Club Meeting: 7:15

Peter and Perki Sweet will be talking about and showing pictures of the Tater Tour that included travelling and walking through North and South Carolina, Georgia and Florida!

EXTRA!! EXTRA!!



Peter and Perki Sweet in Black Mountain North Carolina.



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



Seattle Tunnel Walk
February 2nd

Right:
Texas Trail Roundup
Chase Davis receiving
His 42K certificate





Monday March 11
Olympia



Below: March 18th
Olympia

Above: March 14th
Olympia



Thursday March 21st
Nisqually Preserve



Thursday March 28th
Puyallup



Left and Below:
Taking the Link Light Rail to the UW
Sakura Blossoms and a great 10K walk!

