

CAPITOL VOLKSSPORT CLUB JUNE 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

Jo Blair travelled frequently for work. After meetings and sales presentations wherever she was, she found the local start point for a volkssport walk and took an evening walk. It was a pleasant alternative to spending time in a bar with co-workers. She learned about the cities to which she travelled, got some exercise, and slept well - all benefits that softened the grind of continual travel. As time went by, Jo retired and forgot about volkssporting.

In April I met Jo who is a Chinook Nation Tribal Elder and Celeste Dybeck who is a Jamestown S'Klallam Tribal Elder. Both women are members of the Quimper Unitarian Universalist Fellowship Church in



Left to Right: Jo, Celeste, Janet and George

Port Townsend, WA. One of the church's outreach programs is the Native Connections Action Group (NCAG). Jo and Celeste are active members of the NCAG. I asked them how they became associated with the Olympic Peninsula Explorers Volkssport Club who will host the Chetzemoka Interpretive Trail Walk and Bike (June 29).

NCAG and the Jamestown S'Klallam Tribe envisioned the Chetzemoka Interpretive Trail when they asked themselves, "How can we develop a higher awareness in the community that we are in S'Klallam territory here in Port Townsend?" They raised funds for signage near historic sites significant to the S'Klallam territory which is now Port Townsend. They then decided that the signage would be more effective if connected by a designated route that encourages people to walk or bike to each site. Next, they wanted something to draw attention and attendees to the opening of the trail on June 29. Jo's volkssport walks came to mind and she looked for a local club. She found the Olympic Peninsula Explorers (OPE) and called George Christensen. George and Janet Lenfant from OPE got opening day trail walks and bike on the volkssport regional schedule.



After the meeting with Jo and Celeste, I walked the 10K route with George, Janet and Bill. The signage wasn't installed yet, but people in the community seemed to be aware of the trail. A couple of times people stopped us to ask if we were walking the Chetzemoka Trail, and a policeman helped us find Chetzemoka's grave in the Laurel Grove Cemetery. We saw the present and past living quietly together at the Port Townsend Golf Course. Near the club house is a bronze sculpture of Chief Chetzemoka. Further out in the parking lot, there is a preserved portion of a camas prairie. The camas blooms were pretty blue in the April sun. .

The Chetzemoka Interpretive Trail is the result of a partnership between the Native Connections Action Group and the Jamestown S'Klallam Tribe. Their request for help drawing attention to the new educational trail is an example of how there are so many ways for America's Walking Club to engage with our communities. These opportunities are all around us.

June 29, 2019, is the 133 anniversary of Chief Chetzemoka's death and this is set as the date for the Tribal Dedication Ceremony for the opening of the trail. Chief Chetzemoka is the last hereditary chief of the S'Klallam people. The start times for the walk are 8:30-11:00 am. The dedication ceremony is at 1:00 pm at Memorial Field (walk start point). After the dedication ceremony, singers and drummers will accompany a procession to the dedication of the new totem pole at the Maritime Center. The totem is a gift to the Northwest Maritime Center from the Jamestown S'Klallam Tribe. The top of the totem features a carver, the middle image is the Spirit of the Cedar Tree, and the bottom image is Chief Chetzemoka in the welcoming position.

On the same day the Northwind Arts Center will have an art exhibit entitled "Chetzemoka Then and Now" (traditional and modern art). The Museum of Art and History will have Indian artifacts on display that aren't normally seen by the public. The artifacts will be provided by the Historical Society of Jefferson County.

Continuing the Discussion on a New Club Name

At our May meeting we had a mini workshop during which we came up with some names to consider for CVC's new name. A couple names were emailed to me by members who could not attend the meeting.

- Capitol Volkssport Club (keep same name)
- Capitol Volkssport Walkers
- Capitol Walking Club
- Olympia Area Walkers
- Olympia Walking Club
- Salish Sea Walkers
- South Sound Walkers - This is the name of our meetup group. The owner of the meetup group has given permission to use this name if we wish.
- South Sound Walking and Eating Society
- Tumwater Trekkers

Let's think about and discuss these names during June and July. At our **annual picnic in August** we will vote for a name. I look forward to your participation in this important decision.

See you on the trail!



HELLO JUNE!

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

TIME CHANGE NOTICE!

Starting on **June 17th** we will be starting our Monday walks at **10:00 a.m.** This will be true through the last Monday of September, September 30th.

WALK CANCELLATION NOTICE!

The Daffodil Club has cancelled their Link Light Rail Walk originally scheduled for June 22nd.

OTHER GREAT WALKS IN JUNE:

June 8 th	Portland - Rose Festival Walk	Portland, OR Rose City Roamers
June 22 nd	Hillsboro - Jackson Bottom Walk	Hillsboro, OR Columbia River Volkssport Club
June 29 th	Port Townsend Walk & Bike	Port Townsend, WA Olympic Peninsula Explorers
June 29 th	Chetzemoka Interpretive Trail	Sandy, OR East County Windwalkers
July 4 th	Sandy - Tickle Creek	Vancouver, WA Vancouver USA Volkssporters
July 4 th	Vancouver Anniversary Walk	Seattle, WA Emerald City Wanderers
July 4 th	Seattle Group Walk	

You can find all the information about these walks and more in **YOUR Pathfinder magazine.**

Not a subscriber?

Join and pay online! www.esva.online/nw-pathfinder-home-delivery

Remember: Check our website - capitolvolkssportclub.org

YOUR link to ALL our Monday, Tuesday and Thursday scheduled walks as well as the many great regional events coming up!

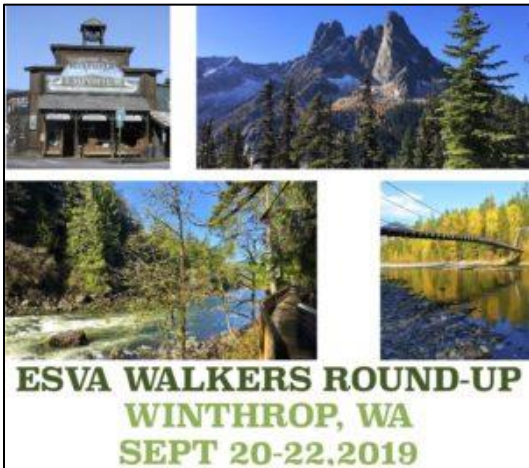


NW HIKING WEEKEND! AUGUST 2-4 2019:

CHUCKANUT MOUNTAINS, NEAR BELLINGHAM

Chase Davis has rented a house. Get ready to enjoy the Fairhaven walking festival! Offering a double bed bedroom in a three bedroom, two bathroom condo in Birch Bay, WA (22 miles north of Bellingham). Fully furnished kitchen plus two fireplaces. No smoking or pets. Four nights: Thursday, August 1 to Monday August 5. Pool, hot tub, BBQ. \$400 for four nights!

Contact Chase Davis at: GX7QR2@comcast.net



DON'T MISS THIS ONE!

ESVA Walkers Round-up is coming!

Find out all about this great event!

Visit www.esva.online for more information!



NOT WALKING WITH US? THINK ABOUT THIS:

The simple activity of walking has so many powerful health benefits. Done correctly, it can be the key to losing weight, lowering blood pressure and cholesterol, and boosting your memory, as well as reducing your risk for heart disease, diabetes, cancer and more.

The next time you have a medical check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted (along with other forms of regular physical activity) as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention. Judging from the research, it's a well-earned reputation.

Walking can have a bigger impact on disease risk and various health conditions than just about any other remedy that's readily available to you. What's more, it's free and has practically no negative side effects.

Walking for **2.5 hours a week—that's just 21 minutes a day**—can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment-required activity has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. In fact, according to some estimates, walking regularly could save Americans over \$100 billion a year in health care costs. Even a quick one-minute jaunt pays off. A University of Utah study in 2014 found that for every minute of brisk walking that women did throughout the day, they lowered their risk of obesity by 5%. No more "I don't have time" excuses!

Start walking with us, Mondays, Tuesday evenings and/or Thursdays, and you'll be helping to make your community stronger, too. Social scientists have found that as more people take to the streets, neighborhood crime rates fall and the local economy improves. It's also a wonderful way to meet new people and connect with neighbors. Take a walk with your children after dinner. It can promote better communication, reduce behavior problems, and improve academic performance.

Walking can even help your mood. A number of studies have found that it's as effective as drugs for decreasing depression. It can help relieve everyday stresses, too. Tension starts to ease as the road

stretches out in front of you. Mood-elevating endorphin levels increase. Many people find that walking helps clear the mind, too—you may even find the solution to a problem that's been bugging you.

So don't wait for your next doctor's appointment to get inspired. Put on your shoes, step out the door, and rediscover the joys of walking. **Come walk with us!**



AVA NEWS - NEW INFORMATION ABOUT THE ONLINE START BOX!

The Online Start Box is moving to AVA!

The AVA IT team will move the Online Start Box from cva4u.org (California Volkssport Assoc.) to **"my.ava.org"** in the very near future. This will require that we shut down the OSB for 5 days. There will be more details and dates published as we get closer.

This effort has required a fairly large rewrite of the OSB software to work well with other systems that are used by AVA. This includes participation and invoicing modules that will come on line in the next few months.

At the same time several improvements have been made.

⇒ We are changing our payment processor to use EVO. No more Paypal. EVO does a direct credit card transaction with no requirement to set up an account. This has been a constant concern for many people. EVO is very secure and has a very good reputation. EVO was selected by AVA HQ.

⇒ A simpler interaction when registering, downloading directions, and completing the event. I have paid a lot of attention to the way it works.

⇒ A new coupon system so that paying for the directions download is clearer. The coupon is automatically applied, so event credit is still \$3 as in the existing OSB, but how and when it is applied is better managed. For example, the coupon will now cross year boundaries.

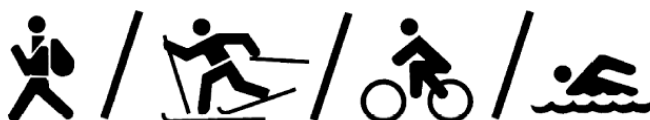
⇒ The web interface is phone friendly. The pages work much better on a phone.

⇒ AVA will now handle the clubs OSB money. This will appear as a credit against participation fees owed. The money flow will be much easier to understand. The major work has been to make sure that 100% of what you have done in the past is transferred across. Money, history, books, and insert cards will be accurately moved. Your account information will also move. Your current login / password will work on the new site.

For about 2 months, you will be able to login on the cva4u.org site and be automatically transferred to the new site at **"my.ava.org"**. If you let your browser auto fill the login, you may have forgotten it. If so, go to "My Profile" on the new site and put in a new password, one that you can remember. That new password will now work exclusively on **"my.ava.org"**. As a note, we heavily encrypt passwords and have no way to tell you what yours is. This move will mark a major step forward for AVA IT. We are already looking at how we can link your awards to your **"my.ava.org"** account. Access to this information has been requested for a decade.

Happy trails... Chris Zegelin, AVA IT committee chair.

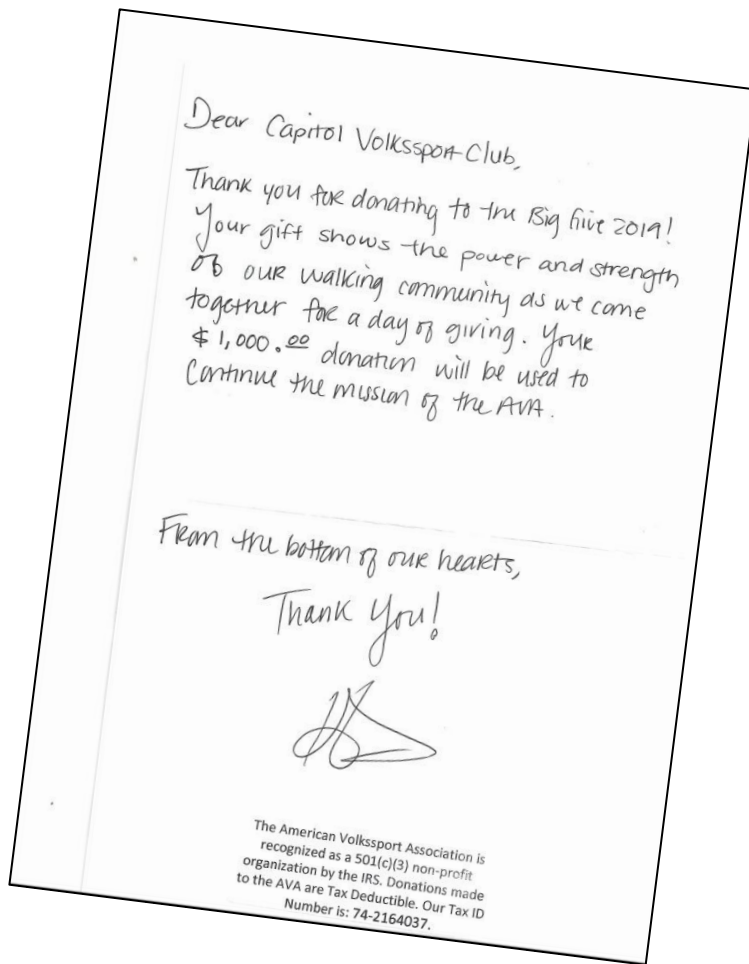
An aside: The single biggest problem that we experience with user accounts is people signing up using a misspelled email address. There is no way that any computer can guess the correct address. So some things work, but account recovery certainly doesn't. If you suspect that this happened to you, contact me at it@ava.org using your correct email address and I will see if we can fix your account. No guarantees.





Another successful fund raising event!
 Our contribution helps to ensure our national organization continues operations!

THANK YOU!
#BIGGIVE2019
RAISED
\$80,077
 THANK YOU TO ALL OUR GENEROUS DONORS!
 Special Thanks to Our Match Donors:
 DAVID & MINDY BONEWITZ (AVA PRESIDENT & FIRST LADY)
 NANCY WITTENBERG (AVA VICE PRESIDENT)
 AVA NATIONAL EXECUTIVE COUNCIL (CURRENT & FORMER MEMBERS)
 AVA DEPUTY REGIONAL DIRECTORS
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 TERRA INVESTMENTS
 WALKING ADVENTURES INTL
America's Walking Club



CENTURION FINISHERS

Congratulations to our club members who finished the centurion challenge so far this year!



Jeanne Allan
 Marsha Majors
 Sheila Morrison
 Tess Sutton
 Carolyn Warhol
 Nancy Whittenberg

Chase Davis (twice!)
 Bob Morrison
 Janet Paige
 John Walhol
 Elizabeth Whittenberg



Capitol Volkssport Club Officers and contact information:

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



Everyone! It's Time!

Yes! June is time to pay your membership dues!

Also - Karen will be at the **June Club Meeting and the August Picnic, August 13th** and will be happy to collect your membership dues then!

You are **always welcome** to mail your club membership dues, (see below for all the details!)

WE WANT YOU!

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:

JUNE 11th, 2019

Social and Dinner: 5:30

Club Meeting: 6:30

Izzy's Pizza

3540 Pacific Ave.

JOIN US!



CVC's Next Board Meeting:

Monday, June 3rd

Time 11:30- 1:30

Walk at 2:00 p.m. for those interested

Home of Linda Darkenwald

Bring a Sack Lunch



Distance and events awards:

These Distance and Event awards were published by AVA in the June 2019 edition of The American Wanderer.

Congratulations to our members for their achievements!

EVENT AWARDS



Ann Hartz
30 Events



Cheryl Evans
300 Events



Mike Extine
375 Events



Cindy Extine
450 Events



Chase Davis
650 Events



Tess Sutton
700 Events



John Warhol
2000 Events



Carolyn Warhol
Buffy Whittenberg
2300 Events



Nancy Whittenberg
2600 Events

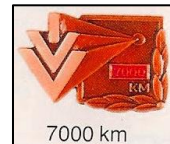
DISTANCE AWARDS



Tess Sutton
6000 Km



Janet Paige
6500 Km



Chase Davis
7000 Km



Jeanne Allan
11000 Km



Bob Morrison
19000 Km



Carolyn Warhol
Nancy Whittenberg
23000 Km

WAY TO GO CLUB MEMBERS!

Editor's Note: Due to computer issues, AVA has published a list of **all** the IVV Distance awards from May 1, 2018 through January 21, 2019. I did not include those awards in this month's edition of our newsletter as there were many from our club. Congratulations to our many members who have distance achievements listed in this month's TAW!





Victoria Phoenix Festival
May 3rd - 5th

Butchart Gardens - Victoria



Puyallup
May 9th



Mud Mountain Dam Walk
May 11th

Evergreen College
May 16th



Olympia Downtown Walk
May 20th



Olympia West Side Hills
Tuesday Night, May 21



Hoquiam Walk
Thursday, May 23

Olympia Waterfront
Monday, May 27



Happy June!
We'll see you
on the trail

