



CAPITOL VOLKSSPORT CLUB JULY 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

The following article was written by Bill Spaulding and published in *The American Wanderer* recently.

“Traditional Events plus Local Festivals Equals Maximum Exposure”

One of my favorite AVA memories is in June of 2017 when my wife and I walked the Crazy Horse event in South Dakota. I was inspired not only by the amazing sculpture, but by the nearly 10,000 fellow walkers in attendance. To connect a sanctioned walk with a public event like this was genius! In 2018 David Bonewitz, AVA President, and wife, Mindy, members of our Executive Council,



L to R: Bill, Holly, Carol Riley, Dave Peeler

National Staff, and our Regional Director, Tom Baltes, and wife, Louise, used this event to increase awareness and membership for America's Walking Club. They distributed a colorful and attractive brochure about America's Walking Club, had new walker packets at the ready and actively welcomed and educated participants about our wonderful organization.

When we moved to Olympia, Washington, seven years ago, we became aware of the local Olympia Harbor Days Festival. Thinking about the Crazy Horse Event, last year I emailed Carol Riley requesting a meeting. Carol is employed by the Olympia Kiwanis Club as Executive Director of Olympia Harbor Days. I intended to simply ask if Capitol Volkssport Club could set up a start point near the festival and have our route go through the festival. I didn't know if permits or a fee would be required. The meeting turned into something very different.

Carol asked many questions about our local club, national organization, and distribution numbers for our regional magazine *The Pathfinder* and national newspaper *The American Wanderer*. She was excited about our walk. Olympia Harbor Days has been in existence for 45 years and for many years the kick-off for the festival was a fun-run. Several years ago that event went away and they haven't been able to replace it. Our walk fit the bill! She also liked the low maintenance aspect of the event we were proposing. She doesn't need to get volunteers to run it (we have our own) and she doesn't need to work with the city to get a permit and permission to block off streets. Finally, she loved the advertising our club and state organization websites, meetup.com, *The Pathfinder*, and *The American Wanderer* would offer her event. She purchased the front cover of our regional publication as well as

ad space inside. We told her we would be taking promotional material to Canadian events that we attend and she was pleased to have access to that market. Until this conversation, I didn't realize how much our club has to offer a community event. Our Olympia Harbor Days Walkabout, including our club name and logo, will be featured in an extensive print, online, and radio campaign funded by numerous event sponsors.

Taking our cue from our national and regional leaders, we will have members who will actively welcome walkers and talk to them about our organization. Our booth will have interesting visuals to illustrate walking clubs in our region and their YRE and traditional events.

The Olympia Harbor Days Walkabout will not attract 10,000 walkers, but we are excited to see the results of our increased exposure to the public as a result of our new partnership with the Olympia Kiwanis Club. During the Olympia Harbor Days weekend you can tour vintage tug boats, steam ships, and tall ships, enjoy a northwest salmon bake, and hear live music on the waterfront. There will be an abundance of food vendors as well as arts and crafts vendors. Details about the Olympia Harbor Days Walkabout, August 30, can be found at capitolvolkssportclub.org and harbordays.com.



CONGRATULATIONS TO OUR CLUB MEMBERS!



At the National Convention held June 9 - 16 in Albany New York the following awards to our club members were handed out:

1. Nancy Wittenberg - The President's Award
2. Julie Heath - 1st Place in the "photo of people" category
3. Bill Spaulding - 1st Place for Club Newsletter



The winning photo - Walkers on the Salt Creek Rec. Area walk during the NW Regional Conf. in Port Angeles, WA. Looking across the Strait of Juan de Fuca to Vancouver Island.

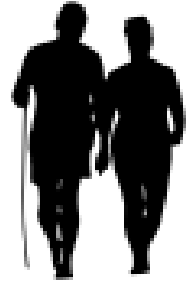




WE WELCOME OUR NEW MEMBERS!

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

David Black - Lacey, WA
Pamela Grieg - Shelton, WA



HELLO JULY!

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.....

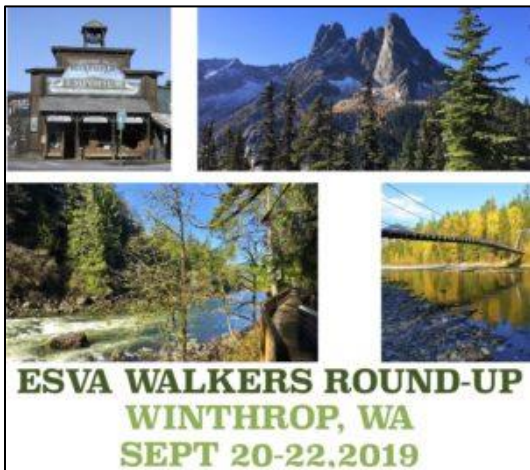


check out our website: www.capitolvolkssportclub.org

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



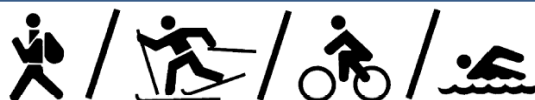
DON'T MISS THIS ONE!

ESVA Walkers Round-up is coming!

September 20 - 22, 2019

Find out all about this great event!

Visit www.esva.online for more information!



WALLACE WEEKEND (AND KELLOGG TOO)! AUGUST 23-25 2019:



PLAN AHEAD FOR THIS VOLKSSPORT FILLED WEEKEND IN IDAHO'S SILVER VALLEY. THREE TRADITIONAL WALKS PLUS THE YEAR AROUND EVENTS ON THE TRAIL OF THE COEUR D' ALENES WILL BE AVAILABLE DURING THE WEEKEND.

For more information check out the Lilac City Volkssport Association website:

<http://www.lilaccityvolks.com/home.html>



THE COLUMBIA RIVER VOLKSSPORT CLUB

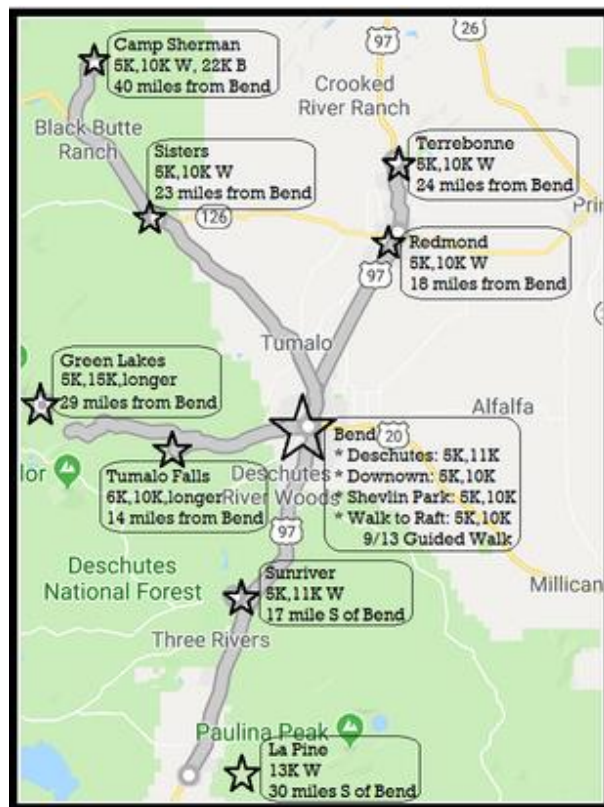
CRVC is again presenting an amazing Oregon venue. Sunny skies, shimmering rivers, snow-kissed mountains, alpine lakes and sagebrush plains serve as the backdrop for our four days of walking, hiking, biking and swimming. Headquartered in Bend, OR.

12 Walks, 2 Bikes and a swim!

* Events in Bend, Sunriver, Sisters, and Redmond.

* City walks in Redmond, Bend, and Sunriver (1A)

Hikes to Tumalo Falls, Green Lakes, Paulina Lake, Eagle Rock, and along the Metolius and Deschutes Rivers (1B, 2B, 3C)



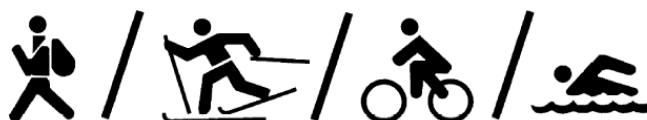
CHECK OUT THEIR WEBSITE AT:

<http://www.walking4fun.org/central-oregon.html>



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!



WHAT A GROUP OF HAPPY WALKERS! WHAT'S GOING ON?

The Capitol Volkssport Club is hosting friends and members from Portland and Vancouver walking clubs **10:00 a.m. on July 17th in Centralia**. They are coming up on the train to do our 5K and 10K walks. We encourage you to come down and walk with them and stay for lunch after!

DETAILS: We will leave from the parking lot by Starbucks (by the Fred Meyer on Trospers Road) at **9:15 a.m.** and carpool to the train station in Centralia.

Let's show our support to our Oregon neighbors by attending this event!



Portland and CVC Club members from 2016's event



OTHER GREAT WALKS IN JULY:

July 2 nd	Millersylvania State Park Walk	Millersylvania State park Capitol Volkssport Club
July 4 th	Vancouver Anniversary Walk	Vancouver, WA Vancouver USA Volkssporters
July 4 th	Seattle Group Walk	Seattle, WA Emerald City Wanderers
July 6 th	Daryl Pulley Commemorative Walk	Portland, OR Columbia River Volkssport Club
July 6 th	Key Peninsula Annual Walk	Key Peninsula Parks Key Peninsula Volkssport Club
July 13 th	Searching for Bigfoot	Silver Falls State Park (Shelter E) Silverton Walk Abouts
July 13 th	Water Flume Trail Walk	Asia Pacific Cultural Center Evergreen Wanderers
July 20 th	"Old South Salem" Walk	Salem Health Rehab Center Building M Willamette Wanderers
July 27 th	Renton Always Specquackular	Renton Senior Center Interlaken Trailblazers
July 27 th	Columbia to Column	Columbia Hall, Clatsop Comm. College Tunnaround Trekkers

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

Want more information? Remember: Check our website -

www.capitolvolkssportclub.org



Save the Date! You're Invited!

Capitol Volkssport Club's Summer Potluck!



There will be three guided
walks available to choose from
- two 5k and one 2k

When: Tuesday, August 13th 2019; 4-7:30 p.m.

Walkers will leave on the walk at 4:30. We'll eat dinner at 6:00.

There will be a brief business meeting during the picnic.

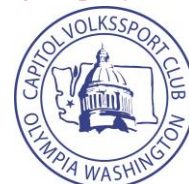
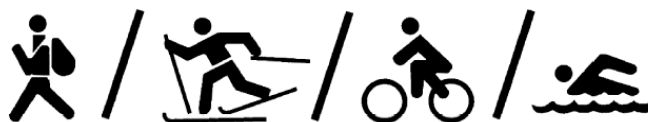
We will have a final discussion on club names and vote for the name we like best.

What to bring: It's potluck! Board Members will bring Main Dishes. YOU bring salads, sides and desserts! The Club will provide coffee, tea, water, paper plates and utensils!

Where: Priest Point Park (Picnic Shelter #1)
2222 East Bay Drive NE, Olympia, WA 98506



We hope to see you there!



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
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: ollysweetp@yahoo.com
Meetup.com administrator and <i>Pathfinder</i> Editor:	Chase Davis	(360) 584-6446	E-mail: NWPPathfinder@comcast.net
Print Media Liaison: Marsha Majors	(425) 422-6835	E-mail: mamajors13@yahoo.com	

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



Everyone! There's still time!

Yes! June was the time to pay your membership dues! However it's not too late!

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

WE WANT YOU!

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

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:

JULY 9th, 2019

Social and Dinner: 5:30

Presentation: 6:30

Club Meeting: 7 - 8:00 p.m.



Izzy's Pizza
3540 Pacific Ave.

JOIN US!

Carol Riley, Executive Director for Olympia Harbor Days will be talking about the event and our participation with this great function!



CVC's Next Board Meeting: All members welcome!
Monday, July 22nd Home of Holly Spaulding
Time 1 p.m. Lunch will be provided
Walk at 10:00 a.m. at Bayview for those interested



June 6th
Willipa Hills Trail



June 10th
Downtown Olympia



June 18th
Club Members at the AVA Convention
Albany, NY

Tom and Barb Malone
At Crazy Horse Event
June 1st





Burfoot/Boston Harbor Walk
Tuesday Evening June 25th

Bremerton/Port Orchard
Walk
Wednesday June 26th



Thursday, June 27th
Olympia Waterfront Walk

Sunday June 30th
Des Moines Creek Walk
(A Link Light Rail event!)

