



AMERICA'S WALKING
CLUB



CAPITOL VOLKSSPORT CLUB SEPTEMBER 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

I appreciate the active participation of our members the past several months in the consideration of changing our club name. After considering several name alternatives, we voted at our annual picnic. For those of you who weren't able to attend the picnic, the voting results are as follows: South Sound Walkers 6 votes; Capitol Walking Club 7 votes; Capitol Volkssport Walkers 15 votes; and Capitol Volkssport Club (current name) 20 votes.

August 30 was our inaugural Olympia Harbor Days Walkabout. We optimistically prepared for about 200 walkers and had 66 walkers. We sold three new member packets. I like this connection with our local maritime festival. Let's call this year a trial run. Next year we'll implement some "lessons learned" and try again. It's a worthwhile relationship to pursue.

Next spring, we will be looking for someone to coordinate our travelling guided walk (TGW) walks. In this job you would learn how to sanction walks (not difficult), how to test walk directions, and you would be able to select the walks that we use for our TGW's. We have a huge notebook of previously sanctioned walks to choose from. You can also develop a new walk route if you'd like. It's a short-term position that runs from the last Tuesday in April through September and you would be responsible for four to six walks during that time. More than one person could share this job. Please let the board know of **any** club volunteer position that interests you. You can inquire about a volunteer position **without obligation** to take the job.

Please review the information in this newsletter about the September 26th train trip to Portland. There have been some updates/changes to the event.

Hope to see you on the trail this beautiful September.



Join the Team

Submitted by Marsha Majors, Print Media Liaison, Capitol Volkssport Club

I am sure you have all heard the saying, "many hands make light work". We all know it is true, but we all lead busy lives and have many commitments. We know, too, that no organization is successful without people who are willing to keep it going and make it better. Volunteering for an organization builds commitment and develops a feeling of ownership.

Benefits of volunteering:

- Feeling good about ourselves
- Gaining new skills and knowledge
- Using skills and knowledge that bring you joy
- Contributing to a cause you are passionate about
- Socializing with others who share a common interest
- Experimenting with a new activity or skill

Ways to contribute:

- Tending a walk box
- Planning, coordinating, or helping with an event
- Serving as a board or committee member
- Designing flyers
- Developing or checking a new walk or bike route or maintaining an existing one
- Providing food for an event
- Conducting research to find and recruit a vendor or event sponsor
- Presenting a program at a meeting
- Writing an article for the newsletter

Some ways to prevent burnout and have a positive experience:

- Ask to try something before you commit
- Be specific about the task you are volunteering to do
- Ask to work with someone so you can try an opportunity or learn more about it
- Offer to teach someone else how to do a job that you have experience doing

We have all been around the block enough times that we know the benefits of volunteering. We also know that volunteering can lead us into a trap where we are doing far more than we bargained for and getting burned out. The great thing is that we can watch out for each other and make volunteering a positive, learning experience.

WE'LL SEE YOU ON THE TRAIL



Editors Note:

The following article from AVA President David Bonewitz was published in the September 2019 edition of *The American Wanderer*:

President's Challenge

At our Albany Biennial Convention, during my "State of the AVA Nation" presentation, I issued a challenge to our clubs. While there will be some further refining to this challenge, here are the core elements.

For the next two years, each year:

- * Hold one more Traditional Event than the last year with target of at least 25 paid participants
- * Recruit 8-10 new club members who walk as paid walkers an average of 10 events
- * Recruit/convert three new/existing club members to become AVA Associate Members
- * Plan for the future. If you are a club officer, recruit, train and groom someone to do your job. In other words, develop a succession plan.

These elements are the core to developing more capacity at the club level and that is what we will be focusing on for the next two years. The challenge isn't easy, whether your club hasn't done a Traditional event in years or if it already does a number of Traditional events. Likewise, recruiting new members means a club must have an outreach plan. The work being done by the public relations firm working for AVA should help here. Getting new or old members to become AVA Associate Members means that a club will need to make it clear to folks that there is a difference between being a club member and being an associate member of AVA. Finally, succession planning at the club level is essential if a club is going to survive for the future.

There will be special recognition at the 2021 Convention for those clubs who accomplish the President's Challenge.



WE WELCOME OUR NEW MEMBERS!



AMERICA'S WALKING CLUB

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

- William Hansen (Returning Member) – Olympia, WA
- Dean & Kanell Mings – Olympia, WA
- Karen Fraser – Olympia, WA



HELLO SEPTEMBER!

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



THE COLUMBIA RIVER VOLKSSPORT CLUB

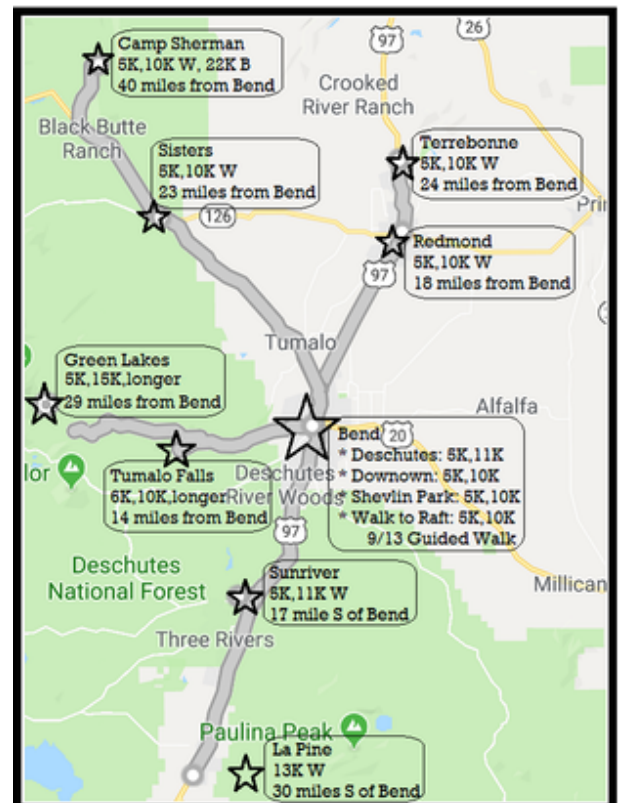
Salute to Central Oregon: Rivers, Mountains, and More

September 12-15, 2019

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)



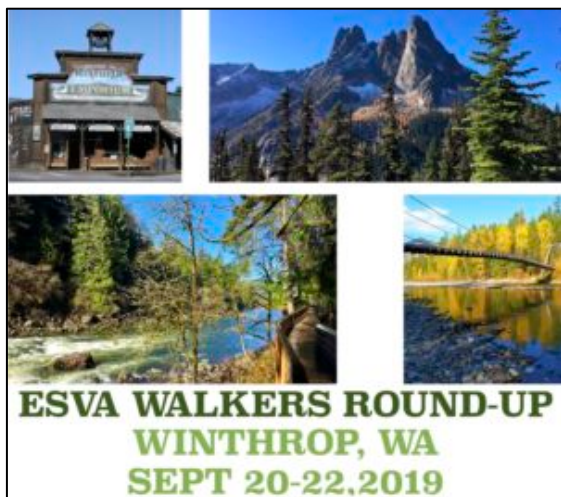
CHECK OUT THEIR WEBSITE AT: <http://www.walking4fun.org/central-oregon.html>

THATS NOT ALL - WALK YOUR WAY FROM OREGON TO WASHINGTON!

- * Walk September 16th in Madras, OR - 9:15 a.m.
- * Walk September 17th in The Dalles, OR - 9:15 a.m.
- * Walk September 18th in Yakima, WA - 9:15 a.m.
- * Walk September 19th in Leavenworth, WA - 9:15 a.m.



THOUGHT YOU WERE DONE? NOPE! 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!



Capitol Volkssport Club's Fall Train Ride to Portland!

AVA
AMERICA'S
WALKING CLUB

WHAT: Tilikum Crossing, Trolley, Train, Trail, & Tram Walk (5-T's Walk)
5K Rated 2B; 10K - Rated 2C

WHEN: **Thursday, September 26, 2019**

Depart Olympia/Lacey Station:
Amtrak Cascades #501 at 8:45 am
Arrives in Portland at 11:00 am
(Free Parking at Olympia/Lacey Station)

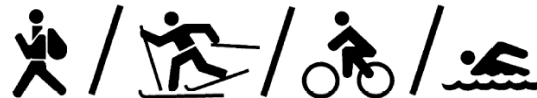
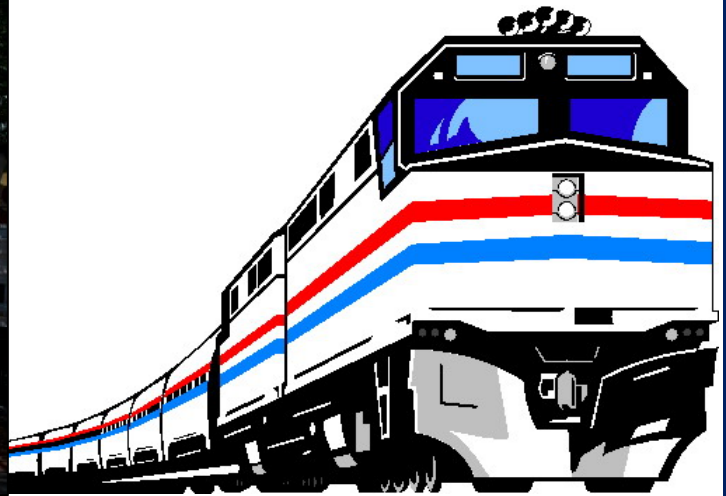
Depart Portland Union Station:
Amtrak Cascades #508 Portland at 7:20 pm - arrives in Olympia at 9:11 pm

WHERE: Olympia/Lacey Amtrak Station
6600 Yelm Highway SE
Olympia, WA. 98513

COST: \$40 Roundtrip per Person
 For travelers boarding at the Olympia/Lacey Station, tickets **cannot** be purchased at the station. Purchase your ticket online.
 \$3 for credit stamp – free walker option available
 \$2.50 for seniors (65+) for all day pass on trolley and train. For those younger than 65 the pass is for two hours.

NOTE: Registration and payment will be taken care of on the train. Books will be stamped when we arrive at Union Station.

FOOD: The train café car has a limited menu of sandwiches and snacks, wine and beer. Depending on freight train activity, the passenger train can run as much as two hours late. Bring your lunch if you want to eat before we start the walk, or you can find a restaurant along the walk route.



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!

OTHER GREAT WALKS IN SEPTEMBER:

September 7 th	Sandy River Walk	East County Wind Walkers
September 8 th	Titpoeing Through The Dahlias Walk	Columbia Gorge Gateway Troutdale, OR
		Valley Volkssporters
		Swan Island Dahlias, Canby, OR
September 11-16 th	Monkey See, Monkey Do!	Columbia River Volkssport Club
		Smith Rock SP, Terrebonne, OR
September 28 th	Talk Like a Pirate Day Walk	Vancouver Walking Club
		VGSA Sports Complex, Vancouver, WA

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

Join and pay online!

Not a subscriber?

www.esva.online/nw-pathfinder-home-delivery

Want more information? Remember: Check our website -

www.capitolvolkssportclub.org



Distance and events awards:

These Distance and Event awards were published by AVA in the September 2019 Issue of *The American Wanderer*.

Congratulations to our members for their achievements!



EVENT AWARDS



Daniel Stalling
50 Events



Doug Hartz
Deborah Taylor
75 Events



Kris Colburn
350 Events



Kris Colburn
375 Events



Kris Colburn
Mike Extine
400 Events



Chase Davis
Janet Paige
700 Events



Rosemarie Hirsch
1400 Events



Rosemarie Hirsch
1450 Events



Rosemarie Hirsch
1500 Events



Sheila Morrison
1900 Events

DISTANCE AWARDS



Daniel Stalling
Debora Taylor
500 Km



Kris Colburn
2500 Km



Cindy Extine
5000 Km



Bill Spaulding
5500 Km



Holly Spaulding
6000 Km



Tess Sutton
6500 Km



Janet Paige
7000 Km



Chase Davis
7500 Km



Rosemarie Hirsch
14000 Km



John Warhol
Sheila Morrison
20000 Km



Nancy Whittenberg
26000 Km



Find a Group Walk near you



Are you looking for a group to walk with on weekdays or weekends? Check out these Volkssport meet-up groups for their schedules. Local walking clubs are using Meetup to schedule group walks. Meetup is a website (Meetup.com) and it's also an app for your smart phone. You can find Meetup events that offer walks in your local region, or you can look further from home when you travel. That'll add some spice!

All Meetup web addresses start with **www.meetup.com/...**

Oregon

Portland and SW Washington: **.../Walking-Oregon-and-SW-Washington/**

Willamette Valley and Mid-Coast: **.../Willamette-Valley-and-Mid-Coast-Walkers/**

Medford area: **.../Rogue-Valley-Walkers-Meetup/**

Washington

Bellingham area: **.../NW-Tulip-Trekkers-Walking-Club/**

Des Moines/Burien/Normandy Park: **.../Des-Moines-Waterland-Walking-Group/**

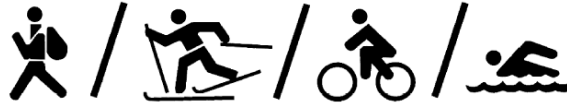
Kent: **.../Kent-Outdoor-Fitness-Meetup-Group-Volkssport/**

North Puget Sound: **.../walkers-574/**

Olympic Peninsula: **.../meetup-group-xevTilbx/**

South Puget Sound: **.../South-Sound-Walkers/**

Spokane: **.../Spokane-walkers/**



Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding88@gmail.com
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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
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Sales & Information Chairperson:	(Vacant)		
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**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:

SEPTEMBER 10th, 2019

Social and Dinner: 5:30 p.m.

Club Meeting: 6:30p.m.



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

JOIN US!

CVC's Next Board Meeting:

**Our Board meeting will be in October. All members are welcome to attend!
We will post the date, location and time in the October's Newsletter.**



Tuesday August 6th
Olympia Beer Walk



Thursday August 8th
Tenino, WA



Club
Picnic
August
13th
Priest
Point Park



Thursday, August 15th
Westport, WA



Thursday, August 22nd
UPS/Proctor District Walk
Tacoma, WA



August 2nd - 4th
NW Hiking Weekend
Chuckanut Mountains
Bellingham, WA



Thursday, August 29th
Enumclaw, WA

SEE YOU ON THE TRAIL!

