



CAPITOL VOLKSSPORT CLUB OCTOBER 2019 NEWSLETTER

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

Peace and pleasure were my constant companions as we worked our way through pine trees up the trail to Sun Mountain Lodge in the Methow Valley last month. We were on one of the hikes offered by the Winthrop Walkers Roundup September 20 - 22. After a hearty lunch at Sun Mountain Lodge, I was sleepy. We meandered down the grassy mountain side on our way back to the Chickadee Trail Head. The sun warmed my shoulders and made the pine trees and the vanilla leaf fragrant. The quiet, the kindhearted breeze, and the rhythm of my steps lulled me into a walking meditation; and gratitude took over.

Gratitude for the wonderful people I've met in my six years as a Volkssporter. I have friends who share my enjoyment of walking and hiking and who are so willing to share their beautiful places with others. They have drawn me to places and experiences I wouldn't have discovered without their generosity.



Walter Kraule Memorial Trail near Sun Mountain Lodge

I missed an opportunity for great places and experiences at the Salute to Central Oregon Event in Bend September 12-15. But I received good reports from those who attended. It's been a great summer!

WELCOME FALL! WE'LL SEE YOU ON THE TRAIL!





A Short Message from the President of AVA

Submitted by David Bonewitz, Ph.D. - National President, American Volkssport Association

CHANGE

This is a short note about a topic that we have discussed previously—change. There are times when change is essential. Recall Blockbuster—they failed to change and from a peak in 2004 of 9,094 stores there is now only one physical Blockbuster in the entire world (located in Bend, OR). While there are other examples of businesses that failed to change as the world changed around them, I think you get the point.

The curves that I showed in the “State of the AVA Nation” clearly show that AVA has been on a downward trajectory for some time. It is obvious that we must make significant changes if we are going to survive. We started making changes with the move to do business as AVA: America’s Walking Club. While we are proud of our Volksmarching tradition and history, it was not resonating with our potential customers. We haven’t thrown away our tradition and history, but we recognized that we needed to put the America’s Walking Club out in front if we were going to attract new folks. Now, we have invested some of our resources to hire a public relations company (Mass Media) to guide us to the changes that will give us a fighting chance to turn things around. They have the expertise and have been working hard to help us find the areas that need to change for the best results.

We are not changing who we are or what we do. What we are trying to change is how we are seen by the public so we can attract new walkers and donors and ultimately grow! Keep watching for those changes to roll out from the Board. In closing, changes for AVA: America’s Walking Club will not likely be comfortable for some, but truthfully, we have two choices. We can change, or we can die a slow death. Which will you choose?

“Time for you to get those walking shoes on, and let’s get going.”

David Bonewitz, AVA President.



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

We encourage **ALL** our members to get out and walk! Where can you walk you ask? **We have a 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!

WALK TO LIVE! LIVE TO WALK! WALK WITH US!

SALMON ALERT!

Now is a great time to visit Tumwater Falls Park! The salmon are running up river. You can watch the Washington State Department of Fisheries harvest salmon eggs.

Start our Tumwater Falls 6 or 11km walks from the Tumwater Safeway, 520 Cleveland Boulevard!



OTHER GREAT WALKS COMING UP:

Kubota Garden and Much More

Hosted by the FS Family Wanderers
Location: Just Outside Atlantic City Boat Ramp
8702 Seward Park Ave. S. Seattle, WA
Guided Walk Start Time: 10:00 a.m.

Saturday, October 5th

Auburn Garden and Much More

Hosted by the SeaTac Volkssport Club
Location: New Day Christian Fellowship
1312 2nd Street SE
Auburn, WA
Start Time: 9:00 a.m. - Noon

Saturday, October 12th

Link Light Rail Walk - Othello Station

Hosted by _____
Location: Le's Deli & Bakery
4219 S. Othello St. #105
Seattle, WA
Start Time: 10:00 Sharp

Saturday, October 12th

Trick or Treat Trek at Remlinger Farm

Hosted by the Emerald City Wanderers
Location: Remlinger Farms
32610 NE 32nd Street
Carnation, WA
Start Time: 9:00 a.m. - Noon

Saturday, October 26th

Not Too Scary Halloween Walk

Hosted by the Yachats Coastal Gems
Location: Yachats Lions Club
4th Street
Yachats, OR
Start Time: 8:00 a.m. - Noon

Saturday, October 26th



Link Light Rail Walk - Capitol Hill Station Saturday, November 2nd

Hosted by the Emerald City Wanderers

QFC - Broadway

1401 Broadway

Seattle, WA

Start Time: 10:00 Sharp



DON'T MISS THIS ONE!
SAVE THE DATE!
IT'S PUB CRAWL TIME AGAIN!



Carol Froelich and Christy Schutte have developed the 2nd Annual Pub Crawl Walk in Olympia!

The walk is scheduled for Monday, October 21st, 2019. The walk will start at Bayview Market, 516 4th Ave. W., Olympia at 2:00 p.m.

(NOTE: This is a Friendship Guided Walk. It is not a sanctioned AVA walk. There is no registration and no authorized stamp for the walk)

The route is similar to last year's route, stopping at Northwest Beerwerks and Whitewood Cider Co. The last stop for dinner is new - Well 80 Brewpub on 4th Ave E. They have a nice private area which will be reserved for our dinner. The Well 80 folks are excited to host our group. The walk from Well 80 back to the Bayview Market start point is 9 blocks along 4th Ave. The total route is about 5 miles. Carol Froelich will have written directions available at Bayview Market.

JOIN US FOR A FUN AFTERNOON!



Remember - A great way to find out about all the walks coming up in our region is by subscribing to THE NORTHWEST PATHFINDER,

Washington & Oregon's Premier Event Newsletter



The Northwest Pathfinder is the official newsletter of the **Pathfinder**

Volkssport Club of the Northwest published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map. The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$14.00

For more information or to subscribe to the *The Northwest Pathfinder*, contact

The Northwest Pathfinder

4430 S. 263rd Street

Kent, WA 98032-7159

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



WANT NEWS FROM OUR NATIONAL ORGANIZATION? IT'S JUST A CLICK AWAY!

The *Checkpoint* is an electronic newsletter providing the club member with news from all the office representatives involved in our National Office. The newsletter is available Via Email to all club members who request it.

To receive an electronic copy of the Checkpoint, send your request to Hector at hector@ava.org.
Please note on the subject line: Request for Checkpoint.



Baby - It's cold out there! No excuses: How to layer up for walking in cold weather

Extracted from Harvard Health Publishing

"It's too cold." "It's too hot." "It's raining."

Weather-related excuses are some of the most common reasons that walkers don't walk. But with the right clothing and preparation, almost any type of weather can be walking weather.

A key to staying warm when you're walking in cold temperatures is to stay dry — and that's exactly what layering helps you do. By removing layers as you warm up, you'll avoid excessive sweating, which can cause you to become chilled, especially later in your walk.

Then you can replace layers as you cool down to remain warm.

Try this three-step layering system on your next walk. With the right clothing, you might even enjoy winter walking!

First layer: Start with a light synthetic fabric, such as Cool-Max or polypropylene, closest to your skin. It will pull sweat away from your skin and allow it to dry quickly.

Second layer: This is your insulation. Look for a fleece, sweater, or sweatshirt made of a synthetic fabric like Polartec, or a wool blend that provides warmth while wicking away moisture. (Avoid cotton, because it stays wet.) Depending on the temperature, you may want insulating bottoms, too. You can also select different thickness levels for more or less insulation, or double up on this layer if it's really cold.

Third layer: This one protects you from wind, rain, or snow. A waterproof or water-resistant (depending on where you live) breathable jacket and pants, such as those made of Gore-Tex, will keep you warm and dry. Look for styles with vents that you can easily open and close to stay comfortable. Velcro or drawstrings at your waist and wrists will also prevent cold air from sneaking in. When choosing layers, dress for a temperature that's about 10 degrees higher than the day's forecast, because you'll be generating your own heat as you get moving. And don't forget to cover your ears, hands, and head.

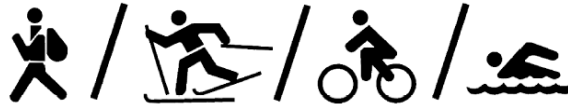
To learn more about how to get the most out of your walks, read [Walking for Health](#), a Special Health Report from Harvard Medical School.





QUOTE OF THE DAY.....

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. -Paul Dudley White



Capitol Volkssport Club Officers and contact information:

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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 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

Send me pictures of our club members on walks! Thank you!

See you on the trail!



Our Next Meeting:

OCTOBER 8TH, 2019

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

Social and Dinner: 5:30

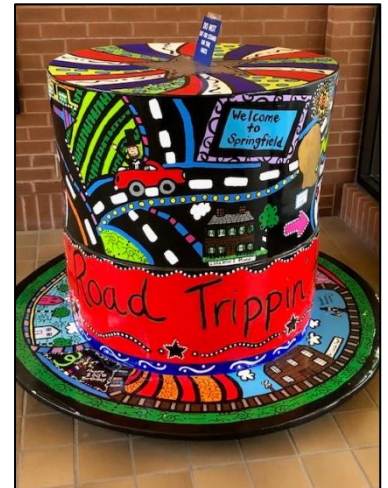
Presentation: 6:30

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

Tess Sutton travelled across the country enroute to the National Convention in Albany, New York!

Join us as Tess describes how three people and one goldfish drove 9255 miles in 28 days completing 48 Walks, (329.3 kilometers walked), and attended the National convention in Albany, NY.....all summed up in 15 minutes (or so)!

JOIN US!



CVC's Next Board Meeting: Currently no Board Meeting is scheduled in the near future.



Burfoot Park
September 3rd





Theler Wetlands - Belfair
September 5th

Thank you Marsha Majors for hosting
a club booth at the Panorama Health
Fair in September!



Group Walk in Twisp, WA
Winthrop Walkers Roundup
September 20-22nd





Train trip to
Portland -
Portland 5T Walk
September 26th



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