



CAPITOL VOLKSSPORT CLUB

DECEMBER 2019 NEWSLETTER

VOLUME 2, EDITION 12

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

In February of 2014 I joined a group of CVC members who had gathered at Ocean Shores to test walk directions for the Seabreeze Walking Festival in February 2015. I was a new member of CVC and thought it unusual that so many people would go to the beach to walk in the winter. We split up into groups each testing a different walk route. As I walked along in the wind and rain, I realized that the weather would be similar in February 2015 and that it was a unique idea to put on a walking festival at the beach in the middle of winter. What an odd, optimistic group of people I had decided to hang with in my retirement!

Cold, wet, and hungry, we all met at Mike's Seafood for lunch after we were done working on our assigned routes. I began to understand the appeal of spending three hours in the cold winter air walking and then enjoying a well-deserved warm meal with friends. The following February I volunteered at the Seabreeze Walking Festival and had a wonderful time. There were 375 participants that year and the weather was sunny and mild.

CVC has hosted its signature Seabreeze Walking Festival since 2011 under the leadership of Bonnie Tucker. Our biennial event is well attended by locals as well as guests from Oregon, California, the east coast, Canada as well as AVA executives. If we are to host the event again in 2021, it will be without Bonnie as a committee chair. She has chaired our very successful Seabreeze Walking Festival since 2011 and is ready to pass the position on to someone new. I've read through the *Seabreeze Files* box that she has prepared for the next committee chair. It is thorough and organized. It includes a timeline for completion of tasks, a list of the subcommittees and their responsibilities, and "lessons learned" from previous events. There is detailed information about every aspect of the event as well as statistics gathered about previous Seabreeze events. All we need now is a Chairperson and possibly a Co-Chairperson. Why am I writing about this more than a year before the event is to take place? Because planning and implementing need to begin a year out. Several club members have expressed an interest in working on the committee, but no takers for the Chairperson position or several other critical positions. The club members that have responded favorably to working on Seabreeze are experienced volunteers and sub-committee chairs and would be real assets to the Chairperson.



Here is a list of the positions that need to be filled on the Seabreeze Committee.

Admin: Chairperson Co-Chairperson

Subcommittees: Trails/Routes Chair
 Publicity/Marketing Chair
 Registration and Finish Chair
 Kitchen Oversight Chair
 Social Committee Chair

How could your skills and abilities support this CVC signature event? We will be discussing staffing for the committees during our January 14 club meeting. It is imperative that all positions be filled to ensure a successful event. Some members have suggested to me that we retire the event for 2021 giving us time to consider other locations and dates for a CVC sponsored multiday event. Give it some thought, and let's talk about this important decision in January.

Before we take on projects for 2020, let's enjoy the remainder of 2019. Early this month we have our Holidays in the Capitol City Walk (December 7) and our Christmas Party (December 10). Later in the month it's time to relax and enjoy the holidays with loved ones. Bill and I wish you all a warm and happy holiday season and we look forward to our adventures with you in the new year!



HELLO DECEMBER!

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



SAVE THE DATE AND ENJOY OUR ANNUAL HOLIDAY IN THE CAPITOL CITY WALK!

Enjoy Washington's capital city all dressed up for the holidays. Both the 5km and the 10km will stroll through the Olympia Farmer's Market, past downtown shops full of Christmas cheer and through the Capitol building to see the giant Christmas tree.

New Start Point: Olympia Community Center, 222 Columbia St NW, Olympia WA

Start Time: 10:00 am – 1:00 pm

Finish Time: 4:00 pm

Trail: 1B; Walks are mostly on sidewalks, except for a short uphill trail section. Not suitable for strollers.

Award: IVV credit is \$3.00. Free participants are welcome. All participants must sign the event registration waiver.

Cookies and coffee will be available at our checkpoint for both 5 and 10k walkers!

For more information: Carol Froelich, carolkent2@comcast.net

MARK YOUR CALENDARS FOR THESE GREAT WALKS AND EVENTS!

Link Light Rail Walk - Capitol Hill

Saturday, December 14

Hosted by the Daffodil Valley Volkssport Club
Location: QFC Grocery, 417 Broadway E.
Seattle, WA

NOTE: No restrooms at the Link Light Rail Station or QFC

Start Time: 9:45 a.m. (More details at Meetup.com, South Sound Walkers)

Christmas Ships Walk

Saturday, December 21

Hosted by the Columbia River Volkssport Club
Location: Rogue Brew Pub - Barrel Room
928 SE 9th Avenue
Portland, OR

Start Time: 4:00 - 7:00 p.m. Finish Time: 10:00 p.m.

Note: The combined fleet is scheduled to depart Riverplace Marina at 4:30 p.m. and best viewing will be on the Tillicum bridge after 4:30 p.m.

New Year's Eve Celebration Walk

Tuesday, December 31

Hosted by the Emerald City Wanderers
Location: St. John The Baptist Episcopal Church
3050 California Avenue SW
Seattle, WA

Start Time: 4:00 p.m.- 7:00 p.m. Finish Time: 10:00 p.m.

New Year's Eve Walk

Tuesday, December 31

Hosted by the Columbia River Volkssport Club
and the Vancouver USA Volkssporters

Location: REI - Portland
1405 NW Johnson Street
Portland, OR

Start Times: 10:00 a.m. - 1:00 p.m. (10km) Finish Time: 4:00 p.m.
10:00 a.m. - 2:00 p.m. (5 km)



Subscribe to The Northwest Pathfinder

A Northwest Walking Guide and Newsletter

The northwest Pathfinder is a newsletter that provides information about upcoming group walks and walks you can do on your own!

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**, and **Thursday** scheduled walks as well as
ALL our year around walks you can do anytime! Our website list links to the
many great regional events on the horizon!



2020 CVA CONVENTION

Mt. Shasta CA. May 1 - 3, 2020

THERE'S NOTHING MORE BEAUTIFUL THAN
SPRING TIME IN NORTHERN CALIFORNIA

JOIN US FOR THE

2020 CALIFORNIA VOLKSSPORT ASSOCIATION CONVENTION



The Shasta Sundial Strollers of Redding, California will be hosting the 2020 California Volkssport Association (CVA) Convention, Friday, Saturday, and Sunday, May 1-3, 2020. The convention will be held in Mt. Shasta, California at the Best Western Plus/Tree House. A block of rooms have been reserved so don't miss this opportunity to see some of the most spectacular views in the state.

During the convention, you will have the opportunity to enjoy three routes. Two will be in natural settings and one will take you through the bohemian town of

Mt. Shasta. The photo to the left is of one of three waterfalls on the McCloud River that are along the McCloud River Trail route. The water will be flowing at this time of year so there will be many photo opportunities.

Our club is diligently planning as many opportunities for fun, fitness, friendship, and food that are humanly possible, so make your reservations fast by calling 530-926-3101 and reserve your room by February 29, 2020. Rooms are reserved under the Shasta Sundial Strollers. There are other hotels in the area as well as places to camp but will book up fast as this is a popular tourist area during this time of the year.

For more information email ShastaSundialStrollers2@yahoo.com or call Cynthia Turbin at 530-949-2810. Visit: <https://www.visitcalifornia.com/attraction/mount-shasta> to learn more about this part of California. We hope that you will join us on the trails in one of the most beautiful places in California. See you on the trails!





Mark Your Calendars!
See the North with '2020' Vision!



The Canadian Volkssport Federation is excited to announce that our 2020 Convention and AGM will be held in Yellowknife, Northwest Territories, **June 12-14, 2020.**

The land of the midnight sun, Yellowknife, beyond the 60th parallel, awaits adventurous Volkssporters from across Canada, the USA and the rest of the Volkssport world.

Yellowknife sits on the shore of the world's 10th largest lake, Great Slave Lake, and enjoys summer days with nearly 24 hours of sunlight. Once a gold rush town and now a diamond mining town, Yellowknife is the hub of northern activities. Boasting several beautiful Volkssport sanctioned city and backwoods walks, you will be impressed with this historic city of 20,000 people. Keep your eyes open for northern bird and wildlife while walking.

The average daytime temperatures in June are 13-20C – ideal walking weather. June promises between 19 and 20 hours of sunlight a day, a truly unique experience.

Check out this site for good information about Yellowknife in June:

<https://ykonline.ca/yellowknife-in-june/>

This is a once in a lifetime adventure into Canada's north country, with the added bonus of walking with new and old Volkssport friends from across Canada and beyond. Join us on this adventure. An all-encompassing **bus tour**, featuring spectacular waterfalls and northern scenery is being arranged. More details to follow shortly. Note: if you're planning on taking the bus tour, hotel accommodations will be taken care of.

Book your hotel now.

CHATEAU NOVA YELLOWKNIFE

Group Reservation#: 2808538

Toll Free: 1-866-722-6682

We have an exceptional group rate of \$179/night for the best hotel accommodations in Yellowknife.

Check out the facilities and reserve your room early. <http://www.novahotels.ca/chateau-nova-yellowknife/>

Registrations for the Convention is in progress! We look forward to seeing you at this very special Volkssporting event, sponsored by the Canadian Volkssport Federation.



COME WALK WITH US FOR FUN, FITNESS AND FRIENDSHIP!

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.



Distance and events awards:

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

Congratulations to our members for their achievements!

EVENT AWARDS



Ginny Miller
175 Events



Ginny Miller
200 Events



Mike Extine
425 Events



Cindy Extine
475 Events



Chase Davis
Janet Paige
750 Events



Bob Morrison
1900 Events



John Walhol
2000 Events

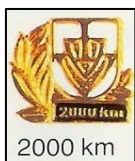


Carolyn Warhol
Buffy Wittenberg
2400 Events



Nancy Wittenberg
2700 Events

DISTANCE AWARDS



Ginny Miller
2000 Km



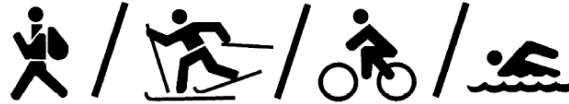
Chase Davis
8000 Km



Dale Tucker
13000 Km



Bob Morrison
20000 Km



Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding88@gmail.com
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ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
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Sales & Information Chairperson:	(Vacant)		
	Holly Spaulding	(253) 770-0691	E-mail: holly.spaulding88@gmail.com
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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.



**Some people walk in the
rain, others just get wet.**

Roger Miller

BrainyQuote

Our Next Meeting will be during our Christmas Party! (See Below)



YOU'RE INVITED! JOIN US FOR OUR ANNUAL HOLIDAY POT LUCK!

Please join us for great food, Santa, and friendship on **Tuesday, December 10th** for our annual Holiday pot luck!

Location: The Jacob Smith House
4500 Intelco Loop SE
Lacey, WA 98503

Time: 5:00 - 8:00 p.m.

Volunteers to Set-up will meet at 4:00 p.m.

Coffee, Tea and Water will be provided.

Bill Spaulding will bring the Turkey! You are asked to bring complimentary dishes, salads and desserts and your alcoholic beverage of choice.





PLEASE SUPPORT OUR EFFORTS WITH GARFIELD ELEMENTARY!

Again this year for our Christmas party gift exchange, we are partnering with a Title I School, Garfield Elementary, in the Olympia School District. Between 50-53 percent of the students at Garfield live at or below the national poverty level. We are helping provide snacks for children who come to school hungry and have no school supplies.

Please give generously from the following lists:

Crackers (Goldfish, Animal Crackers, Cheez-Its, Graham Crackers, etc.)

Granola Bars (Nutri-Grain, Kashi bars, Nature Valley, etc.)

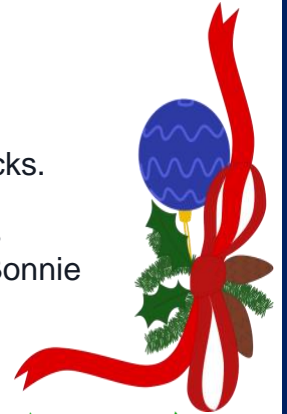
Cereal Snacks (Cheerios, Kix, Golden Grahams, etc.)

Chips (Pretzels, pita chips, baked chips, popcorn, Pirate's Booty, etc.)

This year they have requested peanut-free and some that are **lactose free** snacks.

If you can't come to the party, but would still like to participate, either bring your gifts (unwrapped) to one of the Thursday group walks before Dec 11. Bill Spaulding or Bonnie Tucker will collect them.

ON BEHALF OF THE KIDS AND THE TEACHERS, THANK YOU!



CVC's Next Board Meeting: January 6 2020, Time: 9:30 a.m.

Lacey Fire Station #33
6500 Mullen Road SE
Olympia, WA 98513

ALL MEMBERS WELCOME!
(Coffee and Snacks will be provided)



Left: Olympia, November 5 (Walking Patti from Toronto, Canada)



Right: Monday, November 4
Chehalis Workers Walk



Left: Thursday, November 7
Yelm



Below: Monday, November 11
Dash Point



Left: Dash Point



Right: Thursday, November 21
Puyallup





Left: Thursday, November 21
Puyallup



Right: AVA President David Bonewitz
with USA Walkers at the 16th IVV
Olympiad in Provence, France

Note: Bob and Sheila Morrison
will present slides and talk
about their participation in this
event during our JANUARY 14th
CVC Meeting!



Left: Friday, November 29 Opt Out Walk
Sumner, WA



Right: Saturday, November 30
Turkey Trot Walk
Edmonds, WA

