



# CAPITOL VOLKSSPORT CLUB

## MARCH NEWSLETTER

### VOLUME 3, EDITION 3

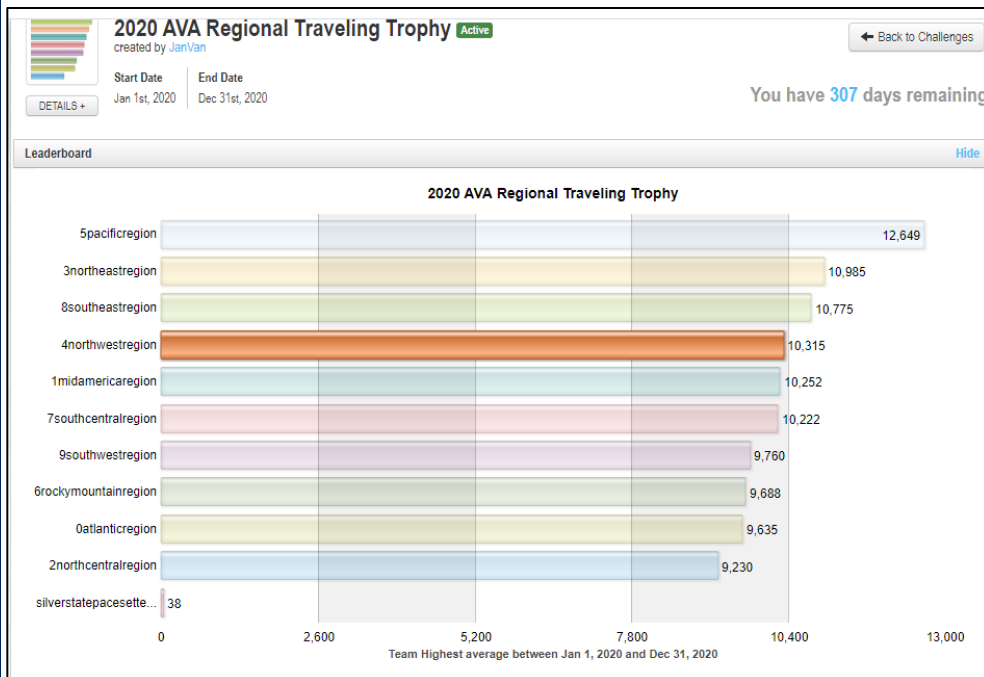
#### President's Message

*Submitted by Holly Spaulding, President, Capitol Volkssport Club*

Barb Malone and Cheryl Bush have been hard at work scheduling walks for us to enjoy in 2020. Barb has completed the Thursday walk schedule through the end of the year and the entire 2020 Thursday walk schedule is posted on our website! Cheryl is done scheduling the Tuesday evening walks which will begin April 21 and will run through September. The Tuesday evening walk schedule will appear soon on our website. Tuesday evening walks register at 5:45 pm and the walks begin at 6:00 pm. Tuesday evening walks include our year around walks and walk routes that are not currently in use as year around walks, but are fun to revisit sometimes. Cheryl and friends scouted a route through the Scatter Creek Wildlife Area North Unit this month for the April 21 walk. She's hoping the timing coincides with the blooming of some wildflowers out there on the prairie.



Barb Malone, Cheryl Bush, Tom Malone, Julie Heath, & Johnny



CVC's Appalachian Trail Team is killing it! Our ten team members have walked a total of 6,742,751 steps since January 1! The NW Regional Team, consisting of 54 members (including the CVC team), has moved from 9<sup>th</sup> place to 4<sup>th</sup> place out of ten regions! Ranking for the regional teams is based on team members' average daily number of steps. NW Region's average daily steps is 10,315. Pacific Region (California, Hawaii, Nevada, Arizona) is in the lead with average daily steps of 12,649. Way to go CVC Team and NW Regional Team! We've got calves to die for!

As many of you know, CVC has hosted a popular and successful biennial three day event at Ocean Shores (Seabreeze Walking Festival) for many years. On February 26 eighteen CVC members attended a meeting to talk about options for a multiday event in 2021. The meeting wasn't a regular club meeting, but all CVC members were invited to attend. The meeting was well attended and productive. Thank you to Pam Greig and Buffy Wittenberg for hosting and leading the meeting. Thank you to the attendees who took part in the discussion, brought forward good points of view, and voted. The group voted almost unanimously not to sponsor a multiday event in 2021 and voted instead to plan a multiday event in 2022. By planning an event in 2022 we will give the hard working Seabreeze Committee a rest, we will avoid competing with several other multiday events in our region in 2021, and we'll have more time to plan for an event in a different location and time of year if we so choose.

Nancy Wittenberg is someone who puts her money where her mouth is. Take time to read her article about the Big Give and the various ways you can participate.

## WALK LONG, STAY STRONG!



## THE BIG GIVE, OUR CHANCE TO SUPPORT A CAUSE WE BELIEVE IN

*By Nancy Wittenberg, AVA Vice President and Fund Development Chair and Capitol Volkssport Club member!*

This year on Thursday, March 26, we again join The Big Give 24-hour day of giving that connects people to the causes that matter the most to them. I know our cause matters to you and your club - encouraging everyone to "Walk Long, Stay Strong"!

We have all personally benefited from our non-profit's services of fun, fitness, and friendship. We have gained in fitness. We have had fun with friends and met new ones who enjoy the same love of walking. In one way or another we have paid a fee for this service to our clubs and though them to AVA when we've participated in events. With the Big Give we have the opportunity to not only be recipients of AVA's services, but to be supporters of our cause as well.

**WALK LONG,  
STAY STRONG!**

AMERICA'S  
WALKING CLUB  
EST. 1980

**big  
give**  
03.26.2020

[thebiggivesa.org](http://thebiggivesa.org)

Your support of our mission helps AVA change and grow so more people can realize the benefits of fun, fitness and friendship. - Nancy Wittenberg  
AVA Vice President  
Chair, Fund Development Committee

Because I believe in AVA's mission and because I continue to see the results in my own life and health, I am again contributing \$10,000 towards a match to begin the Big Give to reach our goal of \$80,000. I know you also believe in our cause. With your support we can make a difference together. My wish to you and to AVA - Walk Long, Stay Strong!

## THE BIG GIVE, HERE'S HOW YOU CAN HELP!

1. Mail your donation checks to the AVA National Office before April 30, 2020. Mail checks to:  
American Volkssport Association  
1001 Pat Booker Road, Ste 101,  
Universal City, TX 78148.

2. Make an early online contribution anytime from March 19 to March 25, 2020.  
To donate online visit <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
3. Make an online contribution the day of March 26, 2020 to help us leverage additional cash prizes.  
To donate online visit <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
4. Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is \$100. \*Fee for bank transfer donations is \$3.00 per transaction. Fee for all other online donations is 6.2% + \$0.30.
5. Fundraise on behalf of the AVA by creating a Peer to Peer page. If you need assistance creating or personalizing your page, please send an email to [emily@ava.org](mailto:emily@ava.org) (note on subject line Peer to Peer Help) or you can reach her at 210-659-2112.



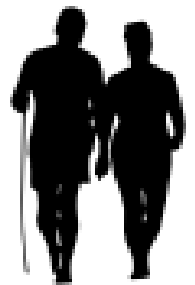
## WE WELCOME OUR NEW MEMBERS!



We welcome our newest members to our Club.  
We look forward to meeting you on the trail!  
**Lynn and Elaine Briggs - Lacey, WA**  
**Nancy Pritchett - Olympia, WA**



**We'll see you on the trail!**



## QUOTE OF THE DAY



You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is!

Ellen DeGeneres



## 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](http://www.capitolvolkssportclub.org)

**Our website is also your link to many great regional events coming up!**





# COME WALK WITH US IN THE LOWER MAINLAND OF BC

## VABC PRESIDENT'S WALK

WEDNESDAY, APRIL 1, 2020

Registration 9:30 - Walk 10:00 am

South Delta Rec Centre, 1720 - 56 St V4L 2B1

Distance: 5,11K Rating: 1A/3A

Walk through residential streets followed by lunch & AGM

Directions To Start: From Hwy #17 - use left 2 lanes to turn Left onto 56 St;  
turn Left on 18 Ave; Rec Centre is on Left.

[Please email [president@volkssportingbc.ca](mailto:president@volkssportingbc.ca) by

**MARCH 25** if you wish to join us for catered lunch]

**Lunch - C\$10.00 per person - sandwiches, veggie plate & dip,  
cookie, coffee, water, pop**

**Payable before the walk on April 1, 2020**

## FOLLOWED BY FOUR MORNINGS OF WALKS

sponsored by Surrey Trekkers and Vancouver Adventurers

**Thursday April 2 - 10:00 am**

Delta - Ladner - Ladner Town

Ricky's All Day Grill, 5239 Ladner Trunk Rd, V4K 1W4

**Friday April 3 - 10:00 am**

Abbotsford - Historic Downtown

Mill Lake Parking Lot, 32995 Bevan Ave, V2S 3C6

**Saturday April 4 - 10:00 am**

Richmond - Steveston - South Dyke

Steveston Community Centre, 4111 Moncton St, V7E 3A8

**Sunday April 5 - 10:00 am**

Surrey - Crescent Beach

Crescent Park, Crescent Rd & 129 St, V4P 1J8

See website: [volkssporting.ca](http://volkssporting.ca) for walk information

Contact: VABC President, Brenda Dudfield 604-584-1900

[president@volkssportingbc.ca](mailto:president@volkssportingbc.ca)





# 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](mailto: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!



### JOIN US ON MONDAYS FOR A FUN TIME WHILE WALKING AND TALKING WITH FRIENDS!

Our Monday walkers meet at 2 p.m. every week at the Bayview Thriftway, 516 4<sup>th</sup> Ave. West, Olympia Walk routes vary each week and cover the downtown waterfront, west side hills, the Capitol campus, historical neighborhoods and much more!





## OTHER GREAT WALKS COMING UP:

### St. Patricks Teddy Bear Walk

Saturday, March 14

Hosted by the Cedar Milers Volkssport Club

Location: 3205 SW Cedar Hills Blvd,  
Beaverton, OR 97005

Start Time: 9:30 a.m. - 1:00 p.m.

Description: "This event is their annual Teddy Bear collection for the Dougy Center in Portland. We prefer bears about 12-14" in height, just big enough for a child to hug.

We'll be heading east through Beaverton, passing through several parks, neighborhoods, and some retail areas. There will be several new challenges plus many current challenges. Suitable for strollers."

### Town, Nature & Overlook Walk

Saturday, March 21

Hosted by Albany Fit Walkers

Location: Jefferson Thriftway  
103 Old Pacific Hwy  
Jefferson, OR

Start Time: Register by 9:450 a.m. (This is a guided walk that leaves at 10)

Description: "Walk one or both 5k loops on paved, dirt and gravel paths thru old and new parts of Jefferson. This guided walk will be a precursor to the traditional walk to be held here in October to celebrate 150 year anniversary of Jefferson. One loop will take you up to the Indian museum with nice views of the surrounding Valley and the other will be parts of the old town passing the historic Conser home."

### Nathan Chapman Trail Walk

Saturday, March 28

Hosted by the Daffodil Valley Volkssport Club

Location: South Hill Community Park  
14201 86<sup>th</sup> Avenue East  
Puyallup, WA

Start Time: 9:00 a.m. to Noon

Description: Walk on pavement along the Nathan Chapman Trail, through the Heritage Sports complex, along a new section of trail that leads to the Water Pipeline Trail and through some neighborhoods.



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 Northwest Pathfinder*, contact

The Northwest Pathfinder  
4430 S. 263<sup>rd</sup> Street  
Kent, WA 98032-7159

or [www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)

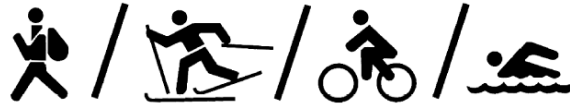


## WANT NEWS FROM OUR NATIONAL ORGANIZATION? IT'S JUST A CLICK AWAY!

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](mailto:hector@ava.org).

**Please note on the subject line: Request for Checkpoint.**



### Capitol Volkssport Club Officers and contact information:

|  |                  |                |  |
|--|------------------|----------------|--|
| President:   | Holly Spaulding  | (253) 770-0691 | E-mail: <a href="mailto:holly.spaulding88@gmail.com">holly.spaulding88@gmail.com</a>     |
| Vice-President:  | Julie Heath      | (360) 264-4670 | E-mail: <a href="mailto:ijheath@comcast.net">ijheath@comcast.net</a>                     |
| Secretary:   | Linda Darkenwald | (360) 789-4486 | E-mail: <a href="mailto:darkenwald@comcast.net">darkenwald@comcast.net</a>               |
| Treasurer:   | Ian Heath        | (360) 264-4670 | E-mail: <a href="mailto:ijheath@comcast.net">ijheath@comcast.net</a>                     |
| ESVA Rep:  | Liz Morrison     | (360) 748-3886 | E-mail: <a href="mailto:morsun1@outlook.com">morsun1@outlook.com</a>                     |
| Membership:  | Karen Younkins   | (360) 357-9185 | E-mail: <a href="mailto:jcyounkins@comcast.net">jcyounkins@comcast.net</a>               |
| Sales & Information                                    | Sheila Morrison  | (360) 888-9822 | E-mail: <a href="mailto:sheila.morrison@comcast.net">sheila.morrison@comcast.net</a>     |
| Newsletter:  | Bill Spaulding   | (253) 414-8224 | E-mail: <a href="mailto:william.k.spaulding@gmail.com">william.k.spaulding@gmail.com</a> |
| Webmaster:   | Peter Sweet      | (360) 459-8167 | E-mail: <a href="mailto:olysweetp@yahoo.com">olysweetp@yahoo.com</a>                     |
| Meetup.com administrator and <i>Pathfinder</i> Editor: | Chase Davis      | (360) 584-6446 | E-mail: <a href="mailto:NWPathfinder@comcast.net">NWPathfinder@comcast.net</a>           |
| Print Media Chair:                                     | Marsha Majors    | (425) 422-6835 | E-mail: <a href="mailto:mamajors13@yahoo.com">mamajors13@yahoo.com</a>                   |

**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:**  
**MARCH 10, 2020**

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

**Social and Dinner: 5:30 p.m.**  
**Club Meeting: 6:30 - 7:30 p.m.**



**Distance and events awards:**

These Distance and Event awards were published by AVA in the March 2020 Issue of *The American Wanderer*.

**Congratulations** to our members for their achievements!

**EVENT AWARDS**



Doug Hartz  
100 Events



Mike Extine  
450 Events



Cindy Extine  
500 Events



Cindy Extine  
525 Events



Tess Sutton  
750 Events



Chase Davis  
Janet Paige  
Tess Sutton  
800 Events



Chase Davis  
850 Events

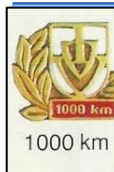


Bob Morrison  
Sheila Morrison  
2000 Events

**DISTANCE AWARDS**



Doug Hartz  
500 km



Doug Hartz  
1000 km



Julie Heath  
4000 km



Mike Extine  
4500 km



Cindy Extine  
5500 km



Bill Spaulding  
6000 km



Tess Sutton  
7000 km



Janet Paige  
7500 km



Bob Morrison  
Sheila Morrison  
21000 km



Carolyn Warhol  
24000 km



Nancy Wittenberg  
27000 km





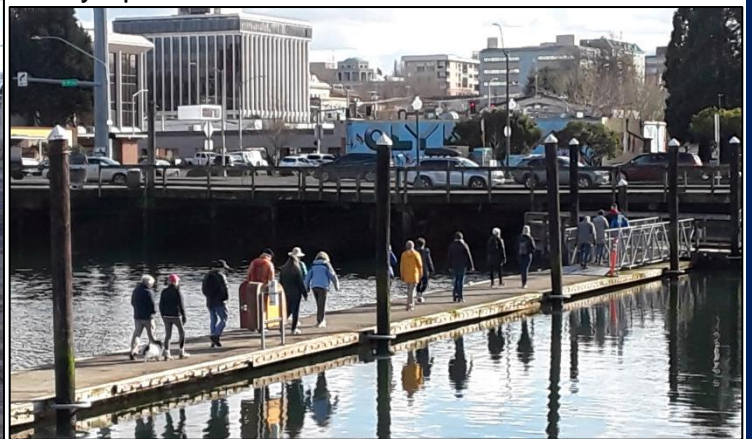
Monday, February 10  
West Side Hills Walk - Olympia



Above and Left: Thursday, February 13  
Woodard Bay



Monday, February 17  
Olympia Waterfront





Thursday, February 20  
Tumwater Parks Walk

Friday, February 21  
Scatter Creek Proofing Walk



Johnny - Leader of the pack!



Monday, February 24  
Olympia Eastside Hills Walk

# Fred Meyer

Thursday, February 27  
Shelton Walk



Thursday, February 27  
Shelton Walk

# Spring