



# CAPITOL VOLKSSPORT CLUB

## APRIL NEWSLETTER

VOLUME 3, EDITION 4

### President's Message

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

During our COVID-19 quarantine many start box locations are closed, and we really shouldn't use the start boxes at open locations either because going to a start box isn't an essential activity. However, it is business as usual for the walks that have online start boxes (OSB). For walks that have online start boxes, you can register, pay, and receive credit all online. As I've travelled across the country, I've used the online start boxes a lot. You can pick up directions anytime and place that you have a computer or phone. You can pay, without having to find a stamp and mail payment to the box tender, and receive credit online. Because remote walk/hike start boxes are difficult for box tenders to maintain, many of our remotely located walks/hikes throughout the country would not exist if it weren't for the OSB. In order to get access to the online start boxes, you must open an account for yourself at [ava.org](http://ava.org). On the AVA website, click on the MEMBERS tab and then select the NEW ACCOUNT tab. The STEP 1 page as shown here to the left will appear.

### *Step 1*

If you have an account on "cva4u.org", that account has been copied to this web site. Simply "login" using your credentials from "cva4u.org".

The step by step guide will take you past all of the pages that you need to visit to use the OSB (Online Start Box). This is the step where you begin to create an account.

If you are familiar with computers then this step by step guide will simply help you catch everything.

If you want the help, then it is important that you read the instruction text on the page. It is there to guide you so that you do not make simple, but frustrating mistakes.

Also check out the HELP button (upper right) for more information. Take your time, slow down, and you will find it it doesn't take long when you do it right the first time.

To turn off this guide, click the X above or upper right.

**Got it!**

I opened my AVA account several years ago under a different program, and it was transferred to the new program automatically. I haven't set up an account under the new program so I can't answer questions about the current process. It looks like there is text on each page to guide you as well as a HELP button if you need more information. Give it a try! **If you have difficulty establishing an account, please let me know.** I would like to give feedback to AVA.

CVC's Ocean Shores Beach Walk has an online start box this year. Next year we will consider setting up more of our remote walks with online start boxes.

Be sure to fill out your Winter Walking Contest forms and send them off to Ed Hainline. Record all your walk events from January 1 - March 31, 2020. You may be the big winner! Link to the contest details, log sheets, and Ed's mail and email addresses is <http://www.esva.online/>.

I hope you are all keeping boredom, depression, and frustration in check. Walking helps with all that. If you want to do YRE's, just keep track of the walks you completed. You can pay and get a stamp when life has returned to normal. If you need directions, contact the box tender and they may be able to email directions to you. I know you all miss our walks and talks and I hope we can be back at it by time the summer weather is here.

**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 **September 10, 2020**, 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.



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 September 10, 2020. Mail checks to:  
American Volkssport Association  
1001 Pat Booker Road, Ste 101,  
Universal City, TX 78148.
2. Donate online during AVA's Online Giving campaign on September 10, 2020.

More details about online giving will be released in future publications.



## WE WELCOME OUR NEW MEMBERS!

We welcome our newest members to our Club.

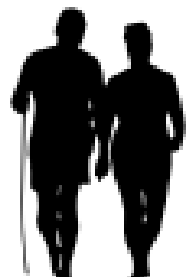
We look forward to meeting you on the trail!

**Vickie Klein - Olympia, WA**

**Nancy Ekstrom - Olympia, WA**

**Julia Herbison - Olympia, WA**

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



AMERICA'S  
WALKING CLUB  
ESTABLISHED 1976





# THOUGHTS TO GET YOU THROUGH THE DAY



"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." **Marie Curie**

## QUARANTINE DIARY

Day 1: I have stocked up on enough non-perishable food and supplies to last me for months, maybe years, so that I can remain in isolation for as long as it takes to see out this pandemic

Day 1 + 45 minutes: I am in the supermarket because I wanted a Twix



Day 2 without sports:

Found a young lady sitting on my couch yesterday. Apparently she's my wife. She seems nice.

**Spring** .....Is coming!



## WHERE CAN YOU WALK? WHEN?

### Upcoming walks and events

We encourage **ALL** our members to get out and walk! However because of the current health crisis in our country walking in groups is forbidden. PLEASE check our website for complete information as to when we can start our regular scheduled walks.

check out our website:

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

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



## Comments from Governor Jay Inslee in *The Olympian* Wednesday, March 25:

"If you feel like going for a walk, gardening, going for a bike ride, we consider these things to be essential activities too for everyone's physical and mental health. We all just have to practice social distancing of at least six feet to protect ourselves and others everywhere, all the time."





**MARK YOUR CALENDARS!**  
**VICTORIA PHOENIX WALKING FESTIVAL IS HAPPENING AGAIN**  
**APRIL 16-18, 2021**

Again the Festival will be held at the Greek Community Centre -  
[4648 Elk Lake Dr, Victoria, BC V8Z 5M1](http://www.vvpf.ca)

**Thursday, April 15**

The Festival begins with a Thursday evening walk around downtown Victoria and along the waterfront.

**April 16, 17 and 18**

- The Festival kicks into high gear with a variety of walks from 5 to 21 km, all eligible for Volkssport credit. All walks are open start, with two optional group starts each day.
- Complimentary Once coffee all day; free cookies between 8:00 a.m. and 10:00 a.m.
- Lunch, snacks, beer and wine available for purchase from 11:00 a.m.
- Meet and Greet on Friday evening with a tasty variety of Greek snacks (included with registration fee). Reconnect with old friends and make new friends.
- Lots of great draw prizes – draws take place Saturday afternoon
- The ever-popular Greek buffet dinner on Saturday evening. Features pasta, meats, salads, vegetables and desserts. (Sells out every festival).

**Post Festival Walks**

Five or six days of walking beginning Monday morning. Check out our website at [http://www.vvpf.ca/](http://www.vvpf.ca) for updates.

**We look forward to seeing you all in April 2021**



**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/)



## 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 Eastside St. NE, Olympia WA 98506.



### Our Next Meeting:

**WE WILL LET YOU KNOW!**

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

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



**Spring**

### **Editor's Note:**

As you know, I like to add photos of our club walking together. However, with the current situation, I know you are all out enjoying spring in our region - but walking by yourselves. I would love to post "selfies" of our members walking, biking or hiking the trails and city sidewalks!

If you feel like it, send me a photo or two to:

[cvcnewsletter18@gmail.com](mailto:cvcnewsletter18@gmail.com)

**Thank you!**



I have two photos from early March walks before we stopped our group walks.



Monday,  
March 9  
Olympia  
Capitol  
Walk

Thursday  
March 12  
Lacey Historic  
Walk

Lunch after the  
walk at Casa  
Mia!

