



# CAPITOL VOLKSSPORT CLUB

## MAY NEWSLETTER

VOLUME 3, EDITION 5

### President's Message

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

Closer to May 13 (our meeting date) I'll send a Zoom meeting invitation to everyone. You don't need a Zoom subscription to join the meeting. Just click on the link in my email and enter the meeting number and password which will also be in my email. Although I've attended Zoom meetings, I haven't hosted one so no guarantees as to how it'll go. It will be good to see you!

I was happy to hear at the ESVA Zoom meeting on Saturday that start boxes may now have **both** a physical start box and an online start box (OSB)!

The unavailability of start boxes during the COVID-19 restrictions has highlighted the benefit of having OSB's. The next several weeks I'll be working on setting up OSB's for box tenders who have requested one. Once the OSB is set up, box tenders will operate their physical start point just as they are now. Bookkeeping/reporting for the OSB will be done by the AVA and CVC's treasurer. I like this expansion of ways to register and take part in our program!

The Big Give 24 Hour Day of Giving is postponed until September 10. However, members and clubs are not waiting until then and have continued to send in donations to AVA headquarters. To date \$48,273 (60%) of our \$80,000 fundraising goal has been donated by our awesome clubs and members! Every donation, big or small, will be especially helpful this year.

I hope you are walking and recording the sanctioned walks that you do. Box tenders owe me lots of stamps and I owe them lots of money! I'm hoping we can settle up early this summer.

We will not be able to walk together until federal, state, and local authorities allow for the gathering of groups large enough to allow our group to walk. Allowing groups of ten people to gather will not be sufficient for us to return to scheduled group walks. At the ESVA meeting on Saturday we started a list of procedures that we will consider implementing when we walk:

1. Registration will take place outside the start point place of business.
2. One person, wearing a mask, will stamp everyone's books.
3. Walkers will bring their own pens for signing in or have wipes available.
4. Sanitizer available onsite.
5. Make sure walkers are parking their cars away from the front door of the business or parking on the street.
6. Before scheduling a group walk, check to make sure the start location is open for business and check which restrooms along the route are open.
7. Have walkers use public restrooms along the route and not the start point host restroom when possible.

There is much concern that start points at hospitals, coffee shops, grocery stores, etc. will no longer be willing to host start boxes after the restrictions are lifted. New procedures will help us not to become a hazard and nuisance to our start point businesses. They will also help us stay healthy.

The Ritzville and Republic YRE's are on online start box now. The Vantage and Icicle Gorge YRE's won't be renewed next year.

The Winter Walking Contest has Washington and Oregon Volkssporters competing as they walk between January 1 and March 31. The winners are:

Most Walks Completed Between January 1 and March 31

Jan Paige, Federal Way	178 walks
Pat Ellsberg, Vancouver	102 walks
Chase Davis, Lacey	60 walks

Prize Drawing

Pam Grieg-Davis, Lacey	\$100
Jean Ohl, Vancouver	\$75
Jan Paige, Federal Way	\$50

Following are the ESVA election results:

<b>President</b>	Joe Blazek, Ellensburg	<b>VP</b>	Todd Oberlander, Sequim
<b>Secretary</b>	Holly Spaulding, Lacey	<b>Treasurer</b>	Sharon Moats, Enumclaw
<b>South Sound Area Coordinator</b>	Carolyn Warhol, Puyallup		
<b>Challenge Committee Chair</b>	Sherry Ogur, Mountlake Terrace		

**WALK LONG, STAY STRONG!**



**WHERE CAN YOU WALK? WHEN?**

We encourage **ALL** our members to get out and walk! However because of the current health crisis in our country walking in groups is still forbidden. **But you can walk our walks!** **PLEASE** check our website for complete information on where our walks are and points of contact for our walk box tenders. They can send you directions if you need them. Keep track of your walks and as walk boxes become available to access, register and pay for your accrued 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.”







**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

**American Volkssport Association**

1001 Pat Booker Road, Suite 101  
Universal City, Texas 78148.4147  
210.659.2112 • 210.659.1212 Fax  
• [www.ava.org](http://www.ava.org)

Dear AVA Club Presidents and Officers,

At the March 17, 2020, Electronic Board Meeting the AVA Board of Directors unanimously agreed to immediately suspend all AVA Traditional events through April 30th, 2020, due to COVID-19. In addition, the Board recommended that all club related events to include group walks, meetings, social gatherings, etc. be postponed through April 30th, 2020.

As the Nation begins looking to a return to normal, at the Electronic Board Meeting on April 21, 2020, the Board of Directors unanimously agreed to rescind this suspension effective May 1, 2020 with stipulations. Based on the recommendations of the National Coronavirus Recovery Commission, the Board sees the return to normal AVA activities to be approved on a Regional basis. Each Regional Director will advise their Region when they are prepared to begin approving sanction requests. However, clubs should recognize that even within Regions there may be different timelines with regard to returning to some form of business as usual. Clubs should listen to and follow the directions of State, Local and Federal authorities on local circumstances surrounding rules and guidelines for returning to normal as we continue to battle the COVID-19 virus. We expect that social distancing, wearing of masks and gloves, and limitations on the size of gatherings will continue on a regional, state, and local level. Regional Directors will be asking clubs if they are following those guidelines as they look to approve sanction requests.

While this has been a very disruptive time in the life of our clubs and AVA, as we return to some form of "normal," this may present us with an excellent opportunity to make a positive impact on our communities. There is every indication that COVID-19 has caused many people to seek ways to improve the quality of their health. Clubs should look at this as an opportunity for attracting new participants as we know the mental and physical benefits of walking, biking, and swimming are just what people need.

The Board had previously determined that Traditional events that were rescheduled during the 2020 calendar year would not require an additional sanctioning fee. We recommend that all clubs try and reschedule postponed Traditional events, already sanctioned and paid for, within this calendar year. There is no waiver of a processing fee for YRE and Seasonal events because the processing fees make up fifty percent of the forty-dollar (\$40) sanction fee. The National Office will delay billing of the processing fees (sanction fees) for YRE's and Seasonals if requested. Please contact Marian at the National Office should you have any concerns.

If a Traditional event was CANCELLED or cannot be rescheduled for whatever reason, clubs should submit a request to their RD indicating why they could not reschedule the event this year or why it was cancelled. The RD will present this to the National Office who would make the call whether or not to grant a credit for a 2021 sanctioned Traditional event. Just to be clear the National Office is giving a credit for Traditional events already sanctioned and paid for but did not happen in 2020.







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In addition, there is some discussion over asking sponsors of Special Programs to extend their end of program dates by 6 months to allow participants time to make up for missed opportunities to participate in qualifying events. A decision on this will be made at the next Electronic Board Meeting on May 19.

COVID-19 has had a significant adverse impact on the budget of AVA as it has with so many small and large businesses. We have taken and will continue to take actions to keep AVA afloat. An example of this was the cancellation of the in-person Board Meeting that was to have been held in July which will save AVA \$10,000. In place of that in-person meeting will be an extend Electronic Board Meeting. Another example was the decision to close the National Office on Fridays to cut back on personnel expenses. In addition to cost-saving efforts, the National Office has taken action to apply for various grants and forgivable loan programs for which AVA may be eligible. All of this is to ensure that you know that at the national level we are doing everything we can to weather the COVID-19 storm. You can help by contributing to The Big Give which is on-going until September.

It is important that we continue to take action to help slow the spread of COVID-19. Your club members are the most valuable part of AVA: America's Walking Club and many are in one of the very vulnerable populations for COVID-19. It is critical that we do what we can to keep everyone healthy.

Stay Safe and Healthy So You Can Keep Walking.  
David Bonewitz, PhD  
President



## THOUGHTS TO GET YOU THROUGH THE DAY

### THRIVING IN THE NEW NORMAL

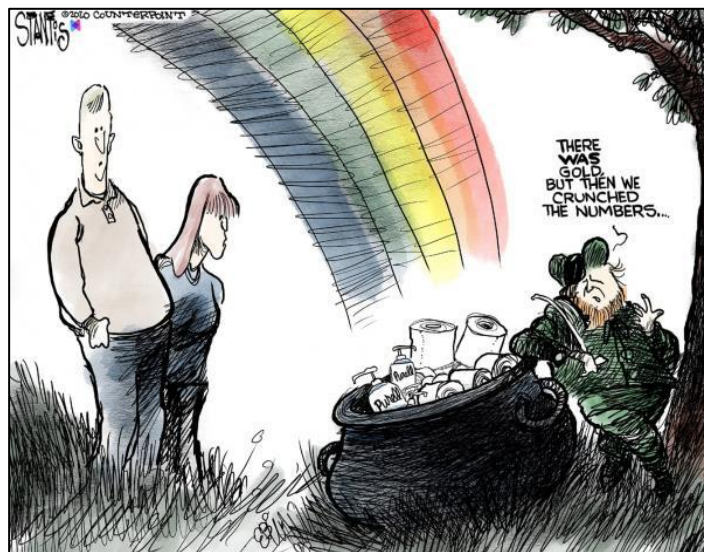
//April 2, 2020

#### These Inspiring Quotes Can Keep Us Positive During the Pandemic

*They have the power to improve our mental well-being.*

By Elaine Lipworth, Content Writer at Thrive Global

Inspirational phrases can always help to shift our energy and boost our mood. In times of crisis like we're experiencing now, meaningful and memorable words of wisdom can have even more resonance, giving us a fresh perspective or insight when we are feeling stressed or fearful and need it

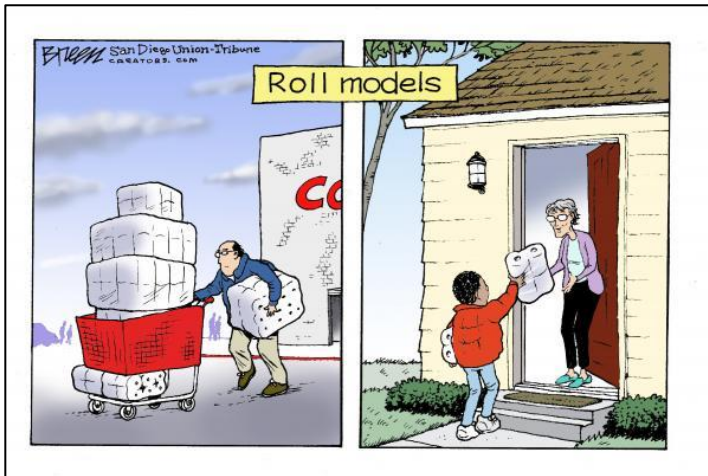


most. Keep them by your bedside. Tape them to the mirror or desk, write them down, and look at a couple whenever you feel in need of a little mental, emotional, or spiritual inspiration. Here is a collection of positive and powerful quotes that speak to what we're going through now.

**The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy.**

—[Martin Luther King Jr.](#)

This iconic quote resonates perfectly at this moment in time, when we are all challenged to be our best selves.



**Opportunities to find deeper powers within ourselves come when life seems most challenging.**

—[Joseph Campbell](#), author

Similarly, Campbell understood that when things seem the hardest, human beings find the tenacity and inner resources to take on anything.

**You have power over your mind — not outside events. Realize this, and you will find strength.**

—[Marcus Aurelius](#)

Aurelius and other Stoic philosophers urged us

to step outside of our thoughts and be aware of them instead of being imprisoned by them.

**Danger gathers upon our path. We cannot afford — we have no right — to look back. We must look forward.**

—[Winston Churchill](#)

A great quote from the wartime British Prime Minister, really about the strength of the human spirit to endure. Yes, things are likely to get worse, but we can power through with courage.

**The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way.**

—[Victor Frankl](#), Austrian neurologist and Holocaust survivor, author of [Man's Search for Meaning](#)

Whatever is going on, we have the power to decide how we respond.



*"I got you a rat to remind you of the subway"*

**In the midst of chaos, there is also opportunity.**

—[Sun Tsu](#)

These difficult times are giving us the opportunity to look inward, reflect on what truly matters, and connect with ourselves and our loved ones on a [deeper level](#).

**Logic will get you from A to Z; Imagination will get you everywhere.**

—[Albert Einstein](#)

The physicist had endless curiosity and the quote is a reminder that humans have huge wells of imagination (as well as science) to draw from and to get us through the pandemic.



What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.

—Ralph Waldo Emerson

A wonderful reminder from the 19th-century American philosopher about the value looking inside to find meaning.

The wound is the place where the light enters you.

—Rumi

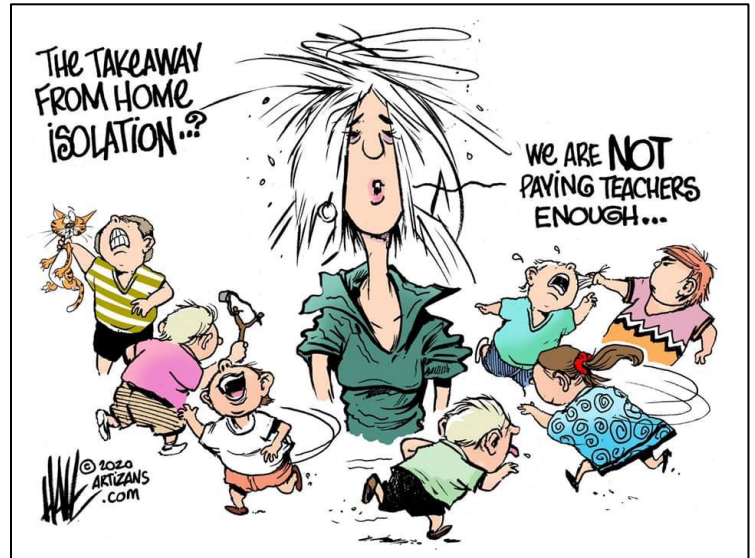
A simple truth from the 13th-century Persian poet and Sufi mystic.

Man cannot remake himself without suffering, for he is both the marble and the sculptor.

—Dr. Alexis Carrel, Nobel Prize-winning French surgeon and biologist

A reminder that there is no light without darkness — that applies to all of us and to life itself.

— Published on April 2, 2020



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.**



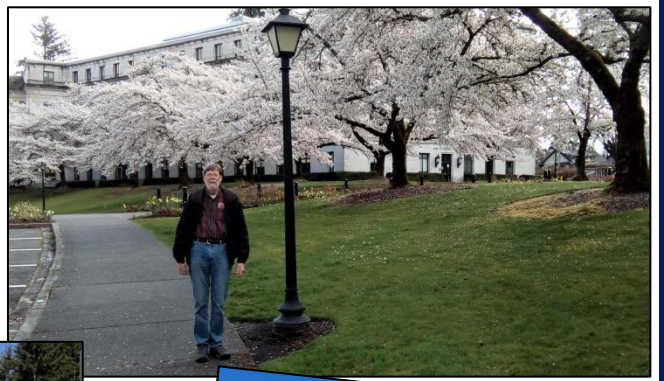
**Editor's Note:** As you know, I like to add photos of our club walking together. However, with the current situation, I know you are all out enjoying spring in our region - but walking by yourselves! I would love to post "selfies" of our members walking, biking or hiking the trails and city sidewalks! If you feel like it, send me a photo or two to: [cvcnewsletter18@gmail.com](mailto:cvcnewsletter18@gmail.com)

**Thank you!**





Bill & Holly  
Bremerton



Peter Sweet  
Olympia



Chase & Pam  
Gig Harbor



Woodard Bay Walk

Ian Heath & Johnny  
Yelm - Tenino Trail



Bill & Holly  
Evergreen  
College

Julie & Johnny  
Capitol Forest

Mt. Rainier View  
in Chehalis



Chase Davis  
Gig Harbor

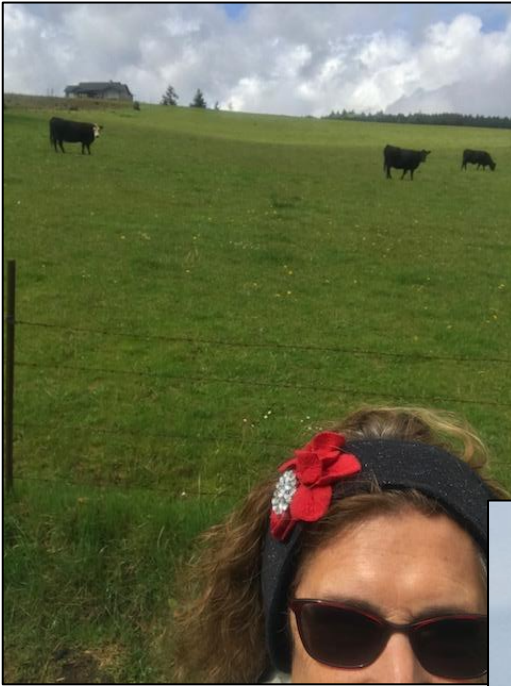




Trillium on  
Tenino walk

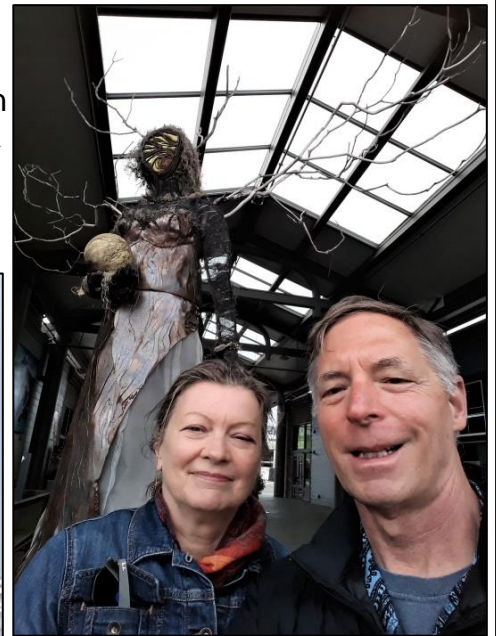


Ian & Julie's Quarantine Project  
(New egg layers!)



Bill & Holly  
Point Ruston  
Tacoma

Liz Morrison  
Walking in  
Chehalis



Ocean Shores  
Beach Walk  
(Online Start Box!)

Spring Flowers  
Tenino Walk



Ian & Johnny  
Scatter Creek

