



CAPITOL VOLKSSPORT CLUB

JUNE NEWSLETTER

VOLUME 3, EDITION 6

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

If all goes as planned, we will move into phase three and will be allowed to gather in groups of less than 50 by June 22. Governor Inslee's website says that currently outdoor athletic activity is limited to five participants and an instructor. This eliminates the possibility of gathering for a group walk or a meeting. So tentatively we will start group walks the week of June 22, and our next meeting will be July 14. At the July meeting we will hold elections and the new board will assume their positions immediately. More details about the procedures for our group walks and meeting will come out closer to those dates.

In the meantime, keep on walking! Following is a list of our walks and the status of the availability of start boxes – both physical and online. If you don't wish to go into a start point business to register and get directions, you may use an online start box (OSB) if one is available. There are a couple of things to know about the OSB. To use it, you will need to set up an account at my.ava.org. You don't need to be a member to do this. You will be asked to give a card number with which to load your "Event Bank". These are the funds you use to pay for directions, maps, and credit. When you load your "Event Bank" there is a transfer fee on a sliding scale. The smallest amount of money you can transfer is \$2.00 for which there is a \$.46 fee. The largest amount of money you can transfer is \$100 for which there is a \$3.40 fee. It is less expensive to transfer \$100 than to transfer small amounts each time you pay for a walk. For credit walkers, the cost is \$3.00 (\$2.00 for directions and maps & \$1 for credit). For non-credit walkers, the cost is \$2.00 for directions and maps. On the OSB there is no CVC member discount for credit walkers.

Walk/Bike	Physical Start Point Open	Online Start Box Available	Comments
Aberdeen Waterfront, Town, & Hilltop	Yes	Not Yet	
Centralia Historic	Yes	Yes	*See Note Below
Chehalis Historic	Yes	Yes	*See Note Below
Chehalis Willapa Hills SP Trail	Yes	Yes	*See Note Below
Chehalis Willapa Hills SP Trail Bike	Yes	Yes	*See Note Below
Lacey College & Park	Yes	Yes	*See Note Below
Lacey Southeast	See Comments ➔	Not Yet	Sheila & Bob have the start box for the walk and bike. They live on the Chehalis Western Trail. Next time you walk by, call ahead to set a time to register, get directions, pay & stamp.

Lacey Southeast Bike	See Comments ➔	Not Yet	A good opportunity to catch up paying and getting credit for the walking you've been doing on the Chehalis Western Trail the past couple of months.
Ocean Shores Bayside	Yes	Not Yet	
Ocean Shores Beach	Yes	Yes	*See Note Below
Olympia Capitol Downtown	Yes	Not Yet	
Olympia The Evergreen State College	No	Yes	*See Note Below
Olympia Historic Eastside	Yes	Not Yet	
Olympia Ward Lake	No	Yes	*See Note Below
Olympia Waterfronts	Yes	Not Yet	
Olympia Westside Hills	Yes	Not Yet	
Olympia Woodard Bay	Yes	Yes	*See Note Below
Port Gamble Historic	Yes	Yes	*See Note Below
Shelton Historic	Yes	Yes	*See Note Below
Tenino Town and Trail	Yes	Yes	*See Note Below
Tumwater Historic Parks	Yes	Yes	*See Note Below
Westport	Yes	Not Yet	
Winlock	Yes	Yes	*See Note Below

*Note: Select **EITHER** online start box (OSB) registration **OR** physical start box (PSB) registration and get credit via the same method you used to register (OSB or PSB). Please do not use a combination of both methods. To do so causes bookkeeping and walker count inaccuracy. Thank you for your support!

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

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



THOUGHTS TO GET YOU THROUGH THE DAY

Small Kindnesses by Danusha Lameris

Danusha is the current Poet Laureate of Santa Cruz County, California. www.danushalameris.com

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."



Eastside Olympia

Dr. Fauci's Smile by Kim Stafford

Kim Stafford is a writer in Oregon who teaches and travels to raise the human spirit. www.kimstaffordpoet.com



Now we live for the day
the good doctor can stand
at the microphone, his
furrowed brow softening,
a modern renaissance beginning
as a wistful Mona Lisa smile
slowly ghosts his face, and he
speaks the four-beat line:

We got through it.

What does it take to get there?
Shelter in place. Lead a simple life.
Learn how little you need.
Prepare to smile.



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. 263rd Street
Kent, WA 98032-7159

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



Capitol Volkssport Club Officers and contact information:

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

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:
JULY 14 - LOCATION TBD!



Distance and events awards:

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

EVENT AWARDS



Debra Taylor
100 Events



Mike Extine
475 Events



Jan Paige
900 Events



John Warhol
2100 Events



Carolyn Warhol
Elisabeth Wittenberg
2500 Events



Nancy Wittenberg
2800 Events

DISTANCE AWARDS



Bill Spaulding
6500 km



Holly Spaulding
7000 km



Janet Paige
8000 km

Congratulations to our members for their achievements!



Congratulations to our club members who have completed books for the following AVA Special Programs!

ICE CREAM PARLORS:

Chase Davis
Pamela Davis
Nancy Wittenberg
Elisabeth Wittenberg





LITTLE FREE LIBRARIES:

- Bonnie Tucker
- Carolyn Warhol
- Tess Sutton
- Chase Davis (Twice!)
- Nancy Wittenberg
- Eisabeth Wittenberg
- Roy Bauska



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 Thank you!



Left:
Tolmie State
Park



Right:
Eastside
Olympia

Right: Dosewallips River
Trail

Far Right: Fort Borst Park

