



CAPITOL VOLKSSPORT CLUB

JULY NEWSLETTER

VOLUME 3, EDITION 7

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

Greetings everyone! I miss you and am sending you virtual hugs!

Time to do your dues! Annual dues are due July 1 each year. Karen normally collects dues at our meetings which we haven't been having lately. Because of the potential presence of the Covid 19 virus on cash/coin, please give Karen a check payable to CVC rather than cash at the July meeting. If you don't plan to come to the July 14 meeting, mail a check to Karen Younkens, 711 Eastside Street NE, Olympia, WA 98506. Dues are \$8 for regular members, \$6 for members 55+, and \$12 for a family. Please get your check to Karen while it's on your mind to avoid forgetting about paying your dues and being dropped from the roster.

Our July meeting will take place July 14 at Rainier Vista Community Park. Details about the meeting location are in this newsletter. We'll gather at 5:30 pm and I'll start the meeting about 6:00 pm. Please bring the following:

- Your Mask
- A lawn chair in case we need seating in addition to the shelter picnic tables for social distancing.
- A sack dinner or take-out food and a beverage if you like. Beverages, utensils, napkins, etc. will **not** be provided. Bring whatever you need.
- Your thoughts and comments about which CVC walks should be sanctioned for 2021. Sanctioning needs to be complete by August 31.

In addition to collecting dues and discussing CVC sanctioned walks for next year, we will hold elections for board positions. Currently, the nominations for board positions are:

President	Holly Spaulding
Vice President	Julie Heath
Secretary	David Black
Treasurer	Pam Davis
Membership Chair	Karen Younkens
ESVA Representative	Liz Morrison

There will be a call for additional nominations at the meeting. If you won't be attending the July meeting and would like to make a nomination, email me and I'll make the nomination at the meeting.

There is no pressure or expectation that you will attend scheduled Volkssport gatherings that you do not feel comfortable attending. I have received several emails that have made me realize that some members may be feeling pressured to return to scheduled CVC activities. Please do not feel apologetic about being uncomfortable joining our scheduled activities. I notify all members of our scheduled events to keep everyone in the loop. My emails are informational only and do not intend to imply that participation is expected. We truly miss you and look forward to seeing you whenever the time is right for you.

WALK LONG, STAY STRONG!





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

WALK TO LIVE! LIVE TO WALK! WALK WITH US!

OTHER GREAT WALKS COMING UP:

Annual Stroll Through History Walk

Saturday, July 4

Hosted by the Vancouver USA Volkssporters

Location: Esther Short Park,
8th & Columbia, (Downtown), Vancouver, WA

Start Time: 8:00 a.m. - Noon Finish Time: 3:00 p.m.

Walk Subject to Cancellation - Check with Burt Paynter, (360) 798-8485 before attending.

N Bonneville/Gorge Days Walk

Saturday, July 11

Hosted by the All Weather Wanderers

Location: Baseball Field,
North Bonneville, WA

Start Time: 9:00 a.m. - 1 p.m. Finish Time: 4:00 p.m.

Walk Subject to Cancellation - Check with Dick Baker, (360) 991-8806 before attending.

The Grotto Guided Walk

Wednesday, August 5

Hosted by the Rose City Roamers

Location: 8840 NE Skidmore Street, Portland, OR

Start Time: 9:30 a.m. (This is a guided walk - allow time to register, use restrooms and be ready to walk before 9:30 a.m.)

Walk Subject to Cancellation - Check with Dick Baker, (360) 573-6048 or Ed Hainline, (360-291-1909 before attending.

Historic Newberg Guided Walk

Saturday, August 8

Hosted by the Willamette Wanderers

Location: Chehalem Cultural center
415 E Sheridan Street, Newberg, OR

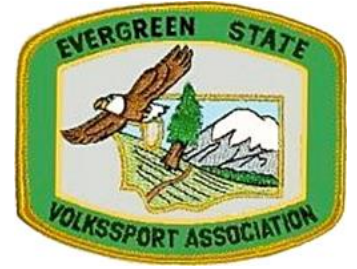
Start Time: 10:00 a.m. (This is a guided walk - allow time to register, use restrooms and be ready to walk before 10:00 a.m.)

Walk Subject to Cancellation - Check with Betty Budzik, (503) 437-5508 before attending.



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/



Historic Eastside/Mission Creek 10K

A THOUGHT TO GET YOU THROUGH THE DAY

The Mountain
By Laura Ding-Edwards

if the mountain seems too big today,
then climb a hill instead.
if the morning brings you sadness,
it's okay to stay in bed.
if the day ahead weighs heavy,
and your plans feel like a curse,
there's no shame in re-arranging,
don't make yourself feel worse.
if a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown!
a day is not a lifetime,
a rest is not a defeat.
don't think of it as failure,
just a quiet, kind retreat.
it's okay to take a moment
from an anxious, fractured mind.
the world will not stop turning
while you get realigned.
the mountain will still be there
when you want to try again,
so climb it in your own time
...and love yourself 'til then.



Left - Olympia Eastside 6k Walk



Happy 4th of July



Big Give 2020

KEEP AVA ON ITS FEET!

AMERICA'S WALKING CLUB
ESTABLISHED 1974

big give

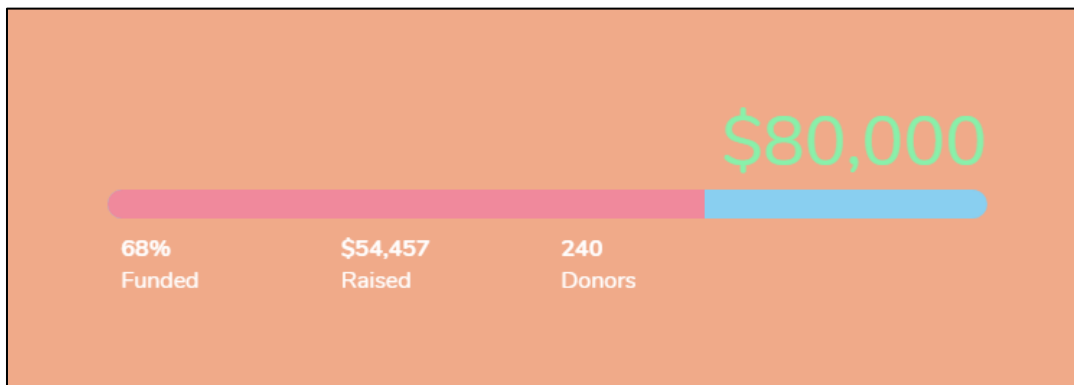
Campaign ends
September 10, 2020.

I walk with America's Walking Club because of the many different types of walks readily available all over the country, because I make friends, because I have seen so many unique/beautiful/fascinating places, and because I like earning pins and patches. What's NOT to like? - Susan Alton

These are difficult times and we are especially concerned for the people we serve. Your wellness is our priority and we want to continue to serve you for many years to come. While we are doing everything possible to sustain daily operations and provide services to our community, the postponement of events during our busiest time of the year is significantly impacting our budget. Now more than ever, AVA needs your support of the Big Give.

If you're able to, please consider donating to our annual fundraiser, the Big Give. To donate, mail your check to the AVA National Office to:
American Volkssport Association 1001 Pat Booker Road, Ste 101, Universal City, TX 78148.

If you would like to help us leverage additional Big Give prize money, we encourage you to visit thebiggivesa.org site (search for AVA) on September 10, 2020 to make a donation. Every gift matters. Help keep AVA on its feet!



For more information on the Big Give, feel free to reach me at samanta@ava.org. Thank you for your support!

Yearly Dues Notice for the Capitol Volkssport Club:



Everyone! There's still time!

Yes! June was the time to pay your membership dues! However it's not too late!

You may send your dues in the mail, or you may bring dues in person to our club meeting (see below for meeting location, date and time).

WE WANT YOU!

At this difficult time with Covid 19 concerns, we would appreciate it if you could write a check to CVC rather than giving Karen Younkings cash.

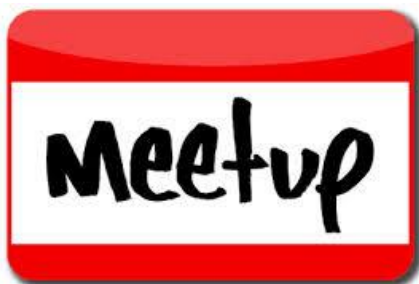


\$8.00 (individual) per year;
\$6:00 for 55+; \$12.00 for family.

As a club member our YRE walks are only \$2.00.

Non-Members pay \$3.00

**Dues are payable to our Membership Chairperson:
Karen Younkings, 711 Eastside St. NE, Olympia WA 98506.**



Find a Group Walk near you!

Are you looking for a group to walk with on weekdays or weekends? Check out these Volkssport meet-up groups for their schedules. Local walking clubs are using Meetup to schedule group walks. Meetup is a website (Meetup.com) and it's also an app for your smart phone. You can find Meetup events that offer walks in your local region, or you can look further from home when you travel. That'll add some spice!

All Meetup web addresses start with www.meetup.com/...

Oregon

Portland and SW Washington: .../[Walking-Oregon-and-SW-Washington/](http://www.meetup.com/Walking-Oregon-and-SW-Washington/)

Willamette Valley and Mid-Coast: .../[Willamette-Valley-and-Mid-Coast-Walkers/](http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers/)

Medford area: .../[Rogue-Valley-Walkers-Meetup/](http://www.meetup.com/Rogue-Valley-Walkers-Meetup/)

Washington

Bellingham area: .../[NW-Tulip-Trekkers-Walking-Club/](http://www.meetup.com/NW-Tulip-Trekkers-Walking-Club/)

Des Moines/Burien/Normandy Park: .../[Des-Moines-Waterland-Walking-Group/](http://www.meetup.com/Des-Moines-Waterland-Walking-Group/)

Kent: .../[Kent-Outdoor-Fitness-Meetup-Group-Volkssport/](http://www.meetup.com/Kent-Outdoor-Fitness-Meetup-Group-Volkssport/)

North Puget Sound: .../[walkers-574/](http://www.meetup.com/walkers-574/)

Olympic Peninsula: .../[meetup-group-xevTilbx/](http://www.meetup.com/meetup-group-xevTilbx/)

South Puget Sound: .../[South-Sound-Walkers/](http://www.meetup.com/South-Sound-Walkers/)

Spokane: .../[Spokane-walkers/](http://www.meetup.com/Spokane-walkers/)



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: NWPPathfinder@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**



Our Next Meeting:

Rainier Vista Park, Lacey, WA

JULY 14, 2020

5475 45th Ave. SE

(Corner of 45th SE & Ruddel Rd.)

Gather at 5:30 p.m. - Meeting at 6:00 p.m.



We will use picnic shelter #1 or #2
Watch for signs when you enter the
park off of 45th or Ruddel Road.

Bring a Lawn chair if needed for
social distancing.

Bring a sack dinner or snack if you
would like.

Have a photo on one of our walks? Send me a copy!
Send to: cvcnewsletter18@gmail.com Thank you!

Below and Right: Westport 10K - June



Right - Proofing new Eastside 6K - June



Above - Ocean Shores Beach Walk
- June

Right - Olympia Historic Eastside/Mission
Creek Walk - June





Left - Northwest Beerwerks Walk -
Our first Tuesday night walk!



Right - Tumwater Historic Park Walk
- June



Left and Below - Millersylvania State
Park Walk - June



Happy 4th of July



WALKING