



CAPITOL VOLKSSPORT CLUB

AUGUST 2020 NEWSLETTER

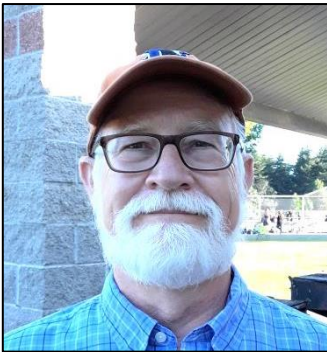
VOLUME 3, EDITION 8

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

CVC members have been keeping busy writing articles for the newsletter (Bonnie and Marsha), taking pictures for the newsletter (Peter, Perki, Julie, Chase), volunteering to serve on the board (Pam and David), walking and staying healthy and safe. Even during the pandemic, CVC members are getting things done. (Articles and pictures from members are encouraged!)

Thank you to departing board members Linda Darkenwald and Ian Heath. Your volunteer service the last two years is much appreciated. Walking and socializing together is a lot of fun. It takes some deciding, administering, and organizing to keep the fun going. When members step forward to help with these tasks, the tasks don't fall so heavily on any one person.



Welcome David and Pam and thank you for volunteering to be Secretary and Treasurer! Of all the volunteer opportunities out there, you've chosen to volunteer some of your time with CVC, and the continuing board members appreciate that and look forward to having you on the team.

Later in the newsletter you will read about the results of Bonnie's OSB survey. One of Bonnie's respondent's stories is worth retelling

(with permission). The walker is Susan Strachan, who lives in Bremerton, and this is her story.

"This is my most unusual VM experience!

Late afternoon yesterday (7/22) we decided to go to Tumwater to do the walk there. It starts at Safeway, goes across the Deschutes River on the old bridge, and the park, winds through some lovely neighborhoods and a little pocket-park - Trillium. All in all a very nice walk (although Capitol Way is a pretty busy street). We did the 6K. As we were returning to Safeway, I asked Steve (my hubby) how much further? He said I think just a block or so, just past those police squad cars. Well.....

Our car was in the parking lot, and everything was locked down because of the shooting, and we were not allowed to get to our car. We were so close to being done! We sat at a bus stop for a while about a block away (Capitol Way and Sunset in front of the State Auditor's Office). Soon people started walking by with groceries and some were pushing loaded grocery carts. We asked someone what was going on, and they said that a police-involved shooting where someone almost ran down an officer with their car. The shoppers had called for rides and were getting picked up by friends and families at the corner where we were waiting. All the shoppers had to leave their cars, and were let out of the Safeway through the back doors. After about an hour, (by now it was about 8:00 PM), Steve asked a state trooper who was doing traffic control, if we could get our car. He said no, that



they were analyzing the crime scene, and that it would be several hours longer before the site would be clear. We didn't have masks (they were in the car) so the trooper gave us some. We called for an Uber, and got a ride back to Steve's office in Lacey. Steve works as the Executive Director of WASPC, so he knows all the Police Chiefs. He was formally a police chief himself, so we knew how long this would take. He made a few calls, and was told that by 11:30 they would be done with the crime scene. So, we hung out at his office, ordered some dinner and waited. At 11:00, he got a call from the Tumwater Police, who said it was going to be about 3 hours more. So, we got a taxi and went to the Hampton Inn to stay the night. We didn't have any fresh clothes, or pajamas, or toothbrushes! So, about 12:30 we arrived at the hotel and went to bed. This morning we got up, got another Uber back to Safeway (which was completely open with no evidence of what had happened) and finally just got home at 9:00 this morning!

I thought you would find this a funny story. Well, it would be funny except for the seriousness of the incident. But, I have never had anything like this happen on a VM before! "

-Sue



THOUGHTS ON THE AT CHALLENGE

Submitted by Marsha Majors



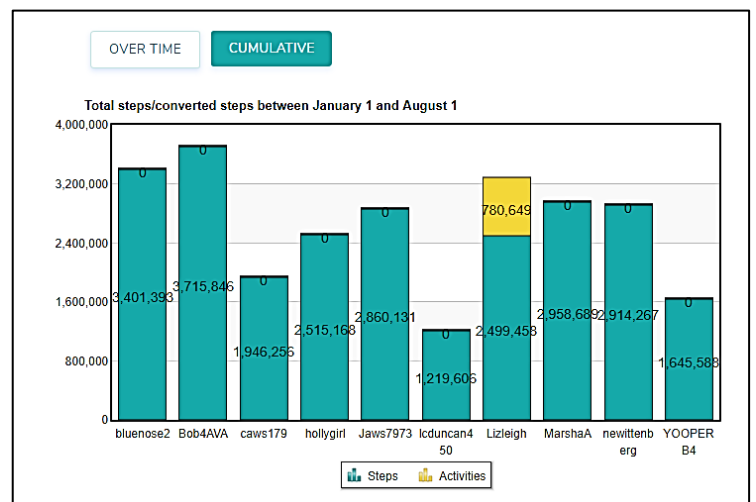
A few days ago, I received a pop up on my email that I had reached Harper's Ferry, West Virginia, the mid-point of my walk on the Appalachian Trail (AT) challenge. It was a significant milestone as well as a reminder of other times I had been to Harper's Ferry.

My first visit was with a group of 13 teenage Girl Scouts and my co-leader, Peggy, on a bicycle trip. We rode in on a Sunday morning and attended a church service and were welcomed at the potluck after the service. We left Harper's Ferry well-fortified for the rest of the day's ride. The second time was on a rafting trip with some friends. Harper's Ferry is a historic town in Jefferson County in the lower Shenandoah Valley of West Virginia. It is situated at the confluence of the Potomac and Shenandoah rivers, where Maryland, Virginia, and West Virginia meet. It is a beautiful place full of history and charm, and I was grateful to have time to explore.

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In walking the virtual AT Challenge, I made my third visit to Harper's Ferry with the only sightseeing being the congratulatory note on my progress. Although the walk is virtual, the steps are not, as I realize after walking at least 15,000 steps each day. I often think about the people walking north or south carrying their packs, sleeping on the ground, and nursing their blistered feet and sore bodies.

There are a number of books published about walking the Appalachian Trail (AT), but the one that I enjoy most is *Grandma Gatewood's Walk* by Ben Montgomery. In 1955, at the age of 67, Emma Gatewood told her family she was going for a walk. She left her home in Ohio, went to Georgia, and started walking north carrying a small knapsack, and ended up in Maine. She walked the AT two more times, once through hiking and once hiking sections; the Oregon Trail route; and across the country from east to west, as well as several other distance walks.



10 CVC members doing the virtual AT hike

HAPPY WALKING TO US ALL!



“WHY PARTICIPATE IN THE ONLINE START BOX?”, ASKS THE SKEPTIC

Submitted by Bonnie Tucker

Since I was somewhat skeptical of the value of the Online Start Box (OSB), I asked to survey the non-CVC walkers who had chosen to use this method of registration for our year-rounds. Eight parties of a total of 13 non-CVC walkers used the OSB in the second quarter of 2020 and walked 16 of our walks. Six parties answered my email.

The pros for having walks listed in the OSB, from a walker's perspective are:

- ◇ Walk box access during COVID
- ◇ Assured access to selected walks at any time; not dependent upon start point open hours
- ◇ No interruption of staff at the start point
- ◇ Walkers can review route beforehand
- ◇ Direct access to remote route, without intermediate stop at the registration point
- ◇ OSB appeals to tech-savvy younger people who can read directions on their phone

If you're curious about the survey, following is a summary of the survey responses:

1. Where do you live?

Coupeville, Federal Way, Bremerton, Kent, Olympia, Puyallup

2. How did you find out about this/these events?

AVA website, ESVVA website

3. Why did you choose to use the OSB instead of a physical start box?

Safest way to register during COVID; don't know if start point is open during COVID; open hours of start point not an issue; ability to print directions and then decide which walks to do; paperless with ability to load directions on phone.

4. Will you use the OSB again?

Yes, for sure! Yes, especially in these times. Nice option for walks with remote start. Yes, although I like the in person start point better so I can stamp my book and not have to deal with insert pages. Yes, I do like the option of BOTH online and physical start. Yes, start boxes are sometimes difficult to find within the business that is hosting it.

5. Do you have any feedback about the event itself? (And then I listed all the walks for which that party had registered.)

Mostly very positive feedback, with suggestions for improved directions for one of the routes. That walk has since been proofed, with new directions already. Happy walkers said:

- ◇ *Port Gamble* is a very nice walk. Wish it were closer; like the combo of half trail and half town.
- ◇ *Ward Lake* was nice through an area we have not visited before.
- ◇ *Woodard Bay* – we didn't even know the trail was there – quiet and tucked away.
- ◇ *Shelton* – every 30 minutes saw skydivers.
- ◇ *Westport* – we have a condo in Westport. I love the beach trail!
- ◇ *Centralia* and *Chehalis* – Like doing walks in small towns; love the historic details and information included in directions/map; excellent directions.
- ◇ *Olympia Waterfront* – Great walk, excellent directions.
- ◇ *Tenino* – excellent directions.

YES, I personally have been convinced of the value of the OSB and plan to use it when we travel and instead of physical start boxes in closed or remote locations. All I have to do now is sign up!

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!

CVC's Annual Potluck Picnic is Cancelled

However - Let's still do the Picnic Walk!



What: 5K Rated 1B
 5K Rated 3B
 10K includes both 5K routes

Where: Priest Point Park
 Shelter #1 - Rose garden Shelter
 2600 East bay Drive NE
 Olympia, Wa 98506

When: Tuesday, August 11, 2020
 Register at 5:45
 Walk Leaves at 6:00

- *Masks Are Required*
- *No more than 10 people can gather at the registration point. We will have to leave on the walk in groups of 10 or less.*

OTHER GREAT WALKS COMING UP:

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.

Moulton Falls Guided Walk

Wednesday, August 12

Hosted by the Vancouver USA Volkssporters
 Location: Moulton Falls
 Lucia Falls Road, Battle Ground, WA
 Start Time: 9:20 a.m. (This is a guided walk - allow time to register, use restrooms and be ready to walk before 9:20 a.m.)
Walk Subject to Cancellation - Check with Dick Baker, (360) 991-8806 before attending.

Starvation Creek Falls Guided Walk

Wednesday, August 19

Hosted by the Rose City Roamers
 Location: Viento State Park
 I-84 Milepost 56, Viento State Park, 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) 991-8806 or Ed Hainline, (360) 921-1909 before attending.

Concert in the Park Walk

Thursday, August 20

Hosted by the Daffodil Valley Volkssport Club
Location: Bradley Lake Park, Auxiliary Parking Lot
531 31st Avenue SE, Puyallup, WA

Start Time: 2:00 - 3:30 p.m. Finish Time: 6:30 p.m.

NOTE: Mapped Walk - Please contact Carolyn Warhol if you would like to walk at a different time this same day.

Walk Subject to Cancellation - Check with Carolyn Warhol, (253) 845-6592 before attending.

Lakewood Historical Walk

Saturday, August 29

Hosted by the Evergreen Wanderers and the Lakewood Historical Museum

Location: Lakewood Senior Activities Center
9112 Lakewood Dr. SW, Lakewood, WA

Start Time: 10:00 a.m. - Noon Finish Time: 3:00 p.m.

Walk Subject to Cancellation - Check with Chuck Repik, (253) 582-7474 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/



Yearly Dues Notice for the Capitol Volkssport Club:

Our membership chairperson, Karen Younkins is accepting dues anytime! At this difficult time with Covid 19 concerns however, we would appreciate it if you could write a check to CVC rather than giving Karen Younkins cash. Thank you!



\$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 Younkins, 711 Eastside St. NE, Olympia WA 98506.**



THOUGHTS TO GET YOU THROUGH THE DAY

Friendship

Oh, the comfort --
The inexpressible comfort of feeling
safe with a person,
Having neither to weigh thoughts,
Nor measure words -- but pouring them
All right out -- just as they are --
Chaff and grain together --
Certain that a faithful hand will
Take and sift them --
Keep what is worth keeping --
and with the breath of kindness
Blow the rest away.
Dina Maria Craik

Waving to you from the Nisqually Walk! July 21



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
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ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
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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



Our Next Meeting: We will try to have a meeting in September, depending on what social distancing rules are in place!

PHASE 3

No Social Gatherings Over 10 People



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



SE Lacey - Chehalis Western Trail Walk, July 2

Below - Lacey Historic, July 7



Left and Below: Olympia Historic Eastside
And Mission Creek, July 9



Left: Olympia
Waterfront,
July 13

Right: CVC
Meeting at Rainier
Vista Park in
Lacey, July 14

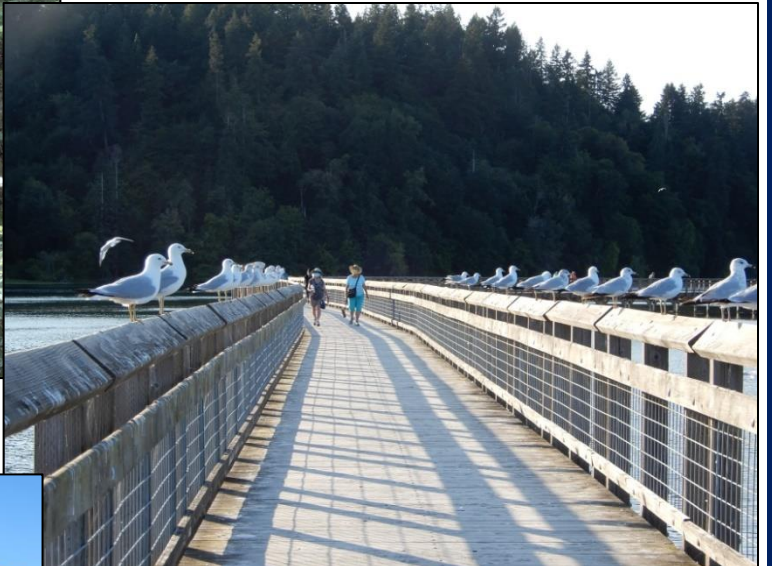




Left: Woodard Bay, July 16



Above and Left: Proofing the new Lake Sylvia Seasonal Walk for 2021!



Right and Below: Nisqually Preserve Walk July 21



Right: Evergreen College Walk July 23