



September

# CAPITOL VOLKSSPORT CLUB

## SEPTEMBER 2020 NEWSLETTER

VOLUME 3, EDITION 9

### President's Message

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



We know that regular physical activity is important for staying healthy. Moderate-intensity physical activity is associated with better immune function and helps reduce feelings of stress and anxiety (which many of us are experiencing).

Our members take this knowledge to heart and have been walking most days, if not every day, individually or in small groups. The full page of awards that members have earned the past few months and the pictures members have submitted of their walking activities are a testament to their belief.

**STAY POSITIVE. STAY ACTIVE. STAY SAFE!**



### **WE WELCOME OUR NEW MEMBERS!**

We **welcome** our newest members to our Club.  
We look forward to meeting you on the trail!

**Ann Quinn - Olympia, WA**

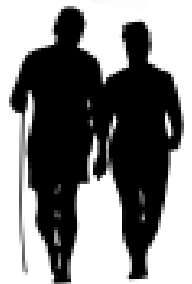
**Beyonda Wilkerson - Lacey, WA**

**Joy Adams - Olympia, WA**

**Jim Elder - Olympia, WA**

**Sue & Steve Strachan - Bremerton, WA**

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



Hurricane Hill Walk



Port Gamble Walk



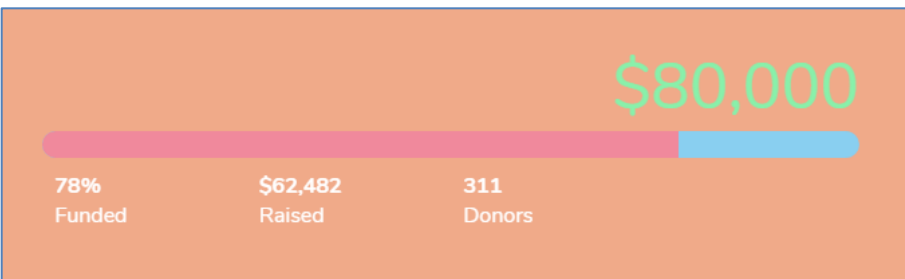
## Give \$10 on September 10!

This September 10, we ask you to please spare a minute of your time and consider donating \$10 or more to our Big Give campaign. Your generosity is needed to continue our mission. We feel humbled and grateful that many of our supporters have already given to our Big Give campaign to help relief some of the financial burdens that COVID-19 has brought us. But our fundraiser is not over yet! That is why we come to you, to help us spread the word of our work and invite your family and friends to give \$10 on September 10.

Ten dollars is the minimum amount to donate online, but a small gift of \$10 can make a BIG impact! In fact, if you donate on this day, the Big Give will match any donation dollar for dollar up to \$100 during five Match Minutes taking place at **7:15am, 10:15am, 1:15pm, 4:15pm & 9:15pm Pacific Time** (transactions must be completed within the 1-minute to be matched).

Every gift helps continue our mission. Our mission, as America's Walking Club, is to continue to keep you physically active and healthy despite the current challenges. More and more people are taking up walking during this current pandemic. Why? Because walking is a safe and fun activity to engage in! Walking can be done around your neighborhood or on one of our sanctioned trails. Walking gives you the opportunity to explore and be one with nature. It helps relieve stress and can help reduce anxiety and depression. There are many health benefits to walking! Now more than ever, it is important to exercise regularly to maintain a healthy body and mind. That is why we are dedicated to bringing you the Join us and become a fundraiser champion for our cause during the Big Give 2020.

**Double your impact and give \$10 or more on September 10 (through the [thebiggivesa.org](http://thebiggivesa.org))** to help us reach our \$80,000 goal or donate online now through the end of the campaign by visiting [ava.org](http://ava.org).



**WALK LONG, STAY STRONG!**



A promotional graphic for the Big Give campaign. It features a hiker in a purple jacket and a backpack standing on a trail. The text 'GIVE \$10 ON SEPTEMBER 10' is prominently displayed at the top. Below it, the slogan 'No gift is too small.' is written. The America's Walking Club logo is visible, along with the 'big give' logo and the date '09.10.2020'. The website 'thebiggivesa.org' is listed at the bottom. A quote from Nancy Wittenberg, AVA Vice President and Chair of the Fund Development Committee, is included: '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'.

You may also mail your donations to:

The American Volkssport Association, 1001 Pat Booker Rd, Ste. 101, Universal City, TX 78148, now through September 10, 2020!

## Walking: Your steps to health

Exciting benefits of walking for heart health, including lower risk of heart attack and stroke

*Extracted from Harvard Men's Health Watch  
Published: August, 2009; Updated: July 18, 2018*

Why should you start walking for heart health? Walking doesn't get the respect it deserves, either for its health benefits, its value for transportation, or its role in recreation!

### Walking for heart health

Hundreds of medical studies show that regular exercise is good for health — very good, in fact. But many of these studies lump various forms of exercise together to investigate how the total amount of physical activity influences health. It's important research, but it doesn't necessarily prove that walking, in and of itself, is beneficial. In a report that included findings from multiple well done studies, researchers found that walking reduced the risk of cardiovascular events by 31% cut the risk of dying by 32%. These benefits were equally robust in men and women. Protection was evident even at distances of just 5½ miles per week and at a pace as casual as about 2 miles per hour. The people who walked longer distances, walked at a faster pace, or both enjoyed the greatest protection.

### Benefits of walking for your health

The cardiovascular benefits of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress. And if cardiac protection and a lower death rate are not enough to get you moving, consider that walking and other moderate exercise programs also help protect against dementia, peripheral artery disease, obesity, diabetes, depression, and colon cancer.

### Walking the walk

Walking has it all. Simple and natural, it doesn't require any instruction or skill. It can be a very modest form of exercise or it can demand enough skill and intensity to be an Olympic sport. You can walk alone for solitude or with friends for companionship. You can walk indoors on a treadmill or outside in the city or country, at home or away. You can get all the benefits of moderate exercise with a very low risk of injury. And to boot, walking is inexpensive.

All things considered, Charles Dickens got it right: "Walk to be healthy, walk to be happy."

**Ready, set, walk!**





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

**WALK TO LIVE! LIVE TO WALK! WALK WITH US!**  
**OTHER GREAT WALKS COMING UP:**

**Labor Day Weekend Walk**

**Saturday, September 5**

Hosted by the Emerald City Wanderers

Location: Seattle University

Lower Mall (800 11<sup>th</sup> Ave.)

Start Time: 9:00 a.m. - Noon      Finish Time: 3:00 p.m.

**Walk Subject to Cancellation - Check with David Madsen, 206-478-7101 before attending.**

**Bellingham City, Bay and Whatcom Creek Walk**

**Saturday, September 12**

Hosted by the NW Tulip Walkers

Location: Bellingham Community Center

315 Halleck Street

Start Time: 11:30 a.m.      Finish Time: 2:30 p.m.

**Walk Subject to Cancellation - Check with Tom Wallace, 360-491-5560 before attending.**



**Meandering Around Magnolia Walk**

**Saturday, September 19**

Hosted by the FS Family Wanderers

Location: In front of Magnolia United Methodist Church

2836 34<sup>th</sup> Ave. W., Seattle, WA

Start Time: 9:30 a.m. - 10:30 a.m.

**Walk Subject to Cancellation - Check with Michelle Roberts, 206-552-1775 before attending.**

**Volkssport at Bloomsday 44**

**Sunday, September 20**

Hosted by the Lilac City Volkssport Association

Location: Riverside Ave., Spokane, WA

Start Time: (Determined by Bib Number)

All participants must register for and adhere to Bloomsday Association requirements.

Info and Registration can be found at: [www.bloomsdayrun.org](http://www.bloomsdayrun.org)

**Pre-Registration:** AVA Registration and paperwork associated with AVA/IVV credit will be accomplished between September 17-19 at Tom Sawyer Country Coffee, 608 N. Maple St.

More Information: Contact Alan Heritage, 509-465-2690; [agheritage@hotmail.com](mailto:agheritage@hotmail.com)

**Preston Fall Guided Walk**

**Saturday, September 26**

Hosted by the Interlaken Trailblazers

Location: Preston Park and Ride

30303 SE High Point Way, Issaquah, WA

Start Time: 8:45 - 9:15 a.m.

NOTE: This is a guided walk - register and be ready to walk at 9:15 a.m.

**Walk Subject to Cancellation - Check with Sharon Moats, 206-909-5176 before attending.**

## Cedar Creek Grist Mill Walk

Saturday, September 26

Hosted by the All Weather Walkers  
Location: Green Mountain Baptist Church  
8314 NE Spurrel Rd., Woodland, WA  
Start Time: 9:00 a.m. - Noon  
Finish Time: 3:00 p.m.

**Walk Subject to Cancellation - Check with Liz Connors, 360-798-6956 before attending.**

## Historic Willamette Mission Walk

Saturday, October 3

Hosted by the Willamette Wanderers  
Location: Mission Lake Boat Ramp  
10991 Wheatland Road NE, Gervais, OR  
Start Time: 9:00 a.m. - Noon  
Finish Time: 3:00 p.m.

**Walk Subject to Cancellation - Check with Lin Crimshaw, 971-599-0778 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. 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/)*



### **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

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

**Edward Stanley**

I have two doctors, my left leg and my right.

**G.M. Trevelyan**

Naches Loop and Dewey Lake Walk  
August 10



## Distance and events awards:

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

Congratulations to our members for their achievements!

## EVENT AWARDS



Marsha Majors  
200 Events



Marsha Majors  
225 Events



Marsha Majors  
250 Events



Marsha Majors  
275 Events



James Younkings  
300 Events



James Younkings  
325 Events



James Younkings  
350 Events



Cindy Extine  
550 Events



Karen Younkings  
700 Events



Karen Younkings  
750 Events



Chase Davis  
900 Events



Chase Davis  
950 Events



Sheila Morrison  
2100 Events

## DISTANCE AWARDS



Marsha Majors  
2000 KM



James Younkins  
4500 KM



Mike Extine  
5000 KM



Holly Spaulding  
Bill Spaulding  
7000 KM



Holly Spaulding  
7500 KM



Chase Davis  
9000 KM



Chase Davis  
10000 KM



Karen Younkins  
12000 KM



Rosemarie Hirsch  
15000 KM



Sheila Morrison  
22000 KM

No  
Image

Nancy Wittenberg  
28000 KM



### Capitol Volkssport Club Officers and contact information:

President:	Holly Spaulding	(253) 770-0691	E-mail: <a href="mailto:holly.spaulding88@gmail.com">holly.spaulding88@gmail.com</a>
Vice-President:	Julie Heath	(360) 264-4670	E-mail: <a href="mailto:ijheath@comcast.net">ijheath@comcast.net</a>
Secretary:	David Black	(919) 302-3175	E-mail: <a href="mailto:dblackarchitect@gmail.com">dblackarchitect@gmail.com</a>
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: <a href="mailto:griegenterprises@msn.com">griegenterprises@msn.com</a>
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: <a href="mailto:morsun1@outlook.com">morsun1@outlook.com</a>
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Sales & Information	Sheila Morrison	(360) 888-9822	E-mail: <a href="mailto:sheila.morrison@comcast.net">sheila.morrison@comcast.net</a>
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Meetup.com administrator and <i>Pathfinder</i> Editor:	Chase Davis	(360) 584-6446	E-mail: <a href="mailto:NWPathfinder@comcast.net">NWPathfinder@comcast.net</a>
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**Capitol Volkssport Club**  
C/O Holly Spaulding  
4627 Timothy Street SE  
Lacev. WA 98503



### Our Next Meeting:

**We will let you know when we can start meeting in person.  
Stay connected through walking!**



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





Woodard Bay North Walk  
August 4



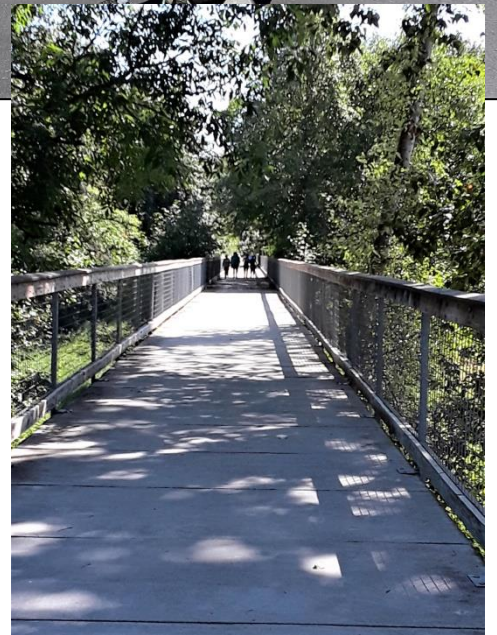
Olympia Waterfront Walk  
August 6



Priest Point Picnic Walk  
August 11



Above and Right  
Chehalis Willipa Trail Walk  
August 13



Left - Happy  
Birthday  
Nancy!

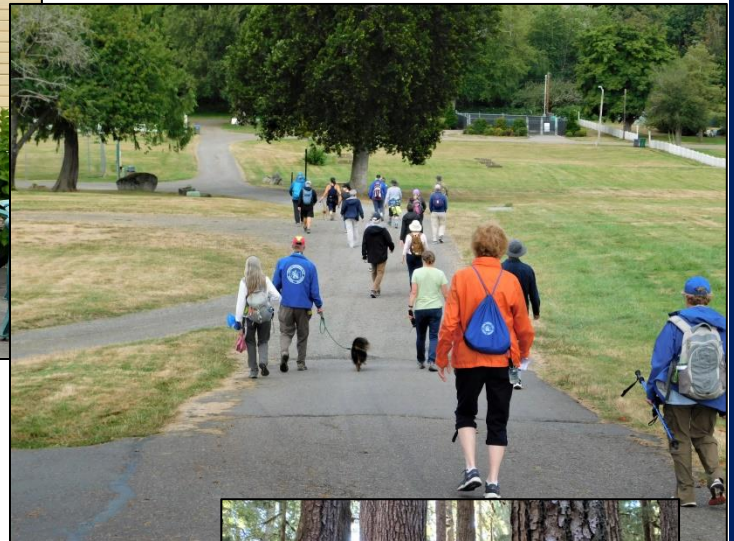




Left and Below  
South Tumwater Walk  
August 18



Left and Below  
Port Gamble Historic Walk  
August 20



Left:  
Centralia Walk  
August 27



Right: Sol Duc Falls Loop  
Walk, August 30

