



CAPITOL VOLKSSPORT CLUB

NOVEMBER 2020 NEWSLETTER

VOLUME 3, EDITION 11

President's Message

Submitted by Holly Spaulding, President, Capitol Volkssport Club

The Octoberfest Walk happened on a lovely autumn Monday this year. Carol Froelich led the group on an 8K route that Jeanne Allen has adapted into a YRE. First stop was Northwest Beerwerks for beer and cider. Walkers sat outside in the beer garden that has been completely updated for COVID-safe seating. There are dividers between tables, temporary roofs, and heaters to make outdoor drinking and eating very comfortable. The next stop was Whitewood Cider. There was not an organized dinner stop since walkers couldn't sit together. Walkers were encouraged to try Well 80, the Fish Tale Brew Pub, or Three Magnets Brewing. It was a smaller event than usual, but I'm told everyone in attendance was in good spirits and happy to celebrate Octoberfest. We are definitely looking forward to a bigger celebration in 2021.

Hasn't being a Volkssport member been a lifesaver for us during the pandemic? We've had access to directions and maps for interesting walk routes anywhere we want to walk, whenever we want to walk; and we've had (masked) group walk and (masked) socializing opportunities three days a week this spring, summer, and fall. I appreciate my ready-made group of Volkssport friends in Jacksonville, Florida, where I'll be until February. CVC members also have access to a roster of over a hundred fellow walkers and hikers. When the need arises for an impromptu outdoor adventure, you know who to call for a bike ride, a hike in the mountains, or an urban stroll. In 2020, the year of uneasiness and worry, confusion and anxiety, CVC membership has been an effective survival resource for all of us.

Since arriving in Jacksonville, Florida, in September, Bill and I have been walking through environments much different than Western



Washington. We especially enjoy the pretty marshes that are scattered everywhere along the coast and along the intercoastal rivers. Marshes are different than wetlands, bogs, and swamps. The marsh is expansive lowland dominated by water and tall green grass. The only sound on the open marsh is the breeze moving through the grass. Any trees and shrubs in the area are growing on higher ground and not in the marsh. The colors of the lush green grass, the blue sky, and



white clouds are stunning. A boardwalk or pier is required in order to walk through the marsh because the water is deep and you can get stuck in the mud. Along the boardwalk, miniscule white snails cling to the blades of grass like tiny pearls, and the muddy areas are covered with small black crabs scurrying around. The sun is intense out on the marsh and we consume much more water on our walks than we did in Washington.



The canopy in the forested areas bordering the marsh is made up of three types of native pine trees and the forest floor is jam packed with palmetto palms, shrubs, and plants – jungle tangle. The jungle tangle and the venomous snakes make it difficult to use the outdoor restroom option that is always available in the Washington forests! 😊

The view of the sky here is uninterrupted by any type of elevation. So the sky seems huge and you notice the cloud movements and configurations much more. When we hear the growl of distant thunder and notice the menacing dark blue-grey clouds moving our way, we start moving toward shelter. We've learned to respect these two warnings of heavy down pour and dangerous lightening.



STAY POSITIVE. STAY ACTIVE. STAY SAFE!



The Big Give!

**HERE'S TO YOU! WE COULDN'T HAVE DONE IT WITHOUT YOU.
\$103,760 RAISED!**

We are so grateful to all our donors for the success of this year's Big Give fundraising campaign. Our goal of \$80,000 was surpassed once again. With your help, we were able to raise \$103,760! More than 800* donors (118 clubs and 712 individuals) spared a minute of their time to give back to our mission. Special thanks to all those individuals who donated during the five Match Minutes. An additional \$2,300 was raised through the five Match Minutes. This has been the most successful Big Give campaign to date. We couldn't have done it without you. Thank you! Stay tuned for more #BigGive2020 updates in the upcoming November Checkpoint.

*Donor numbers include duplicate donors. **\$2,300 is included in the amount raised total.

Congratulations to all our AVA Prize Winners!

The winners of a 2021 Starting Point Book or AVA T-shirt are: Kevin M. Carlson, Barbara Jacobson, Catherine Greutert, Bob Morrison, Lynn Blazek, Daniel Barnett, Theresa Booker, Carolyn Ott, Linda Dennis, and Jesus Martinez III. The winners of free AVA Memberships for their club members are: East Texas Trekkers, Inc., Windy City Walkers, Tecumseh Trailblazers, and Ridgewalkers Walking Club. Please expect an email from samanta@ava.org with instructions on how to redeem your prize. The lucky winners of an all paid 2021 Convention Registration will be drawn during next month's Electronic Board Meeting. The meeting link will be posted on our AVA website. You don't want to miss it!

**“When we give cheerfully and accept gratefully, everyone is blessed.” —Maya Angelou
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:

White "House" Walk

Saturday, November 7

Hosted by the Four Plus Foolhardy Folks

Location: White Horse Golf Club

22795 Three Lions Place NE, Kingston, WA

Start Time: 10:00 a.m. - 11:00 a.m. Finish Time: 3:00 p.m.

Walk Subject to Cancellation - Check with Vik Petzal, petzal2004@yahoo.com before attending.



Olympia Holiday Walk! **Saturday, December 12**



Hosted by the **Capitol Volkssport Club**

Location: Double Tree Inn

415 Capitol Way, Olympia, WA

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

Walk Subject to Cancellation - Check with Perki Sweet, 360-459-8167 or Sheila Morrison, 360-888-9822 before attending.

NOTE: Watch for an email to our members to recruit helpers for marking and sweeping the trail and help at the start/registration tables, etc.

Christmas Ships Walk

Saturday, December 19

Hosted by the Columbia River Volkssport Club

Location: Rogue Brew Pub - Barrel Room

928 SE (th Avenue, Portland, OR

Start Time: 4:00pm - 7:00 pm, Finish Time: 10:00 pm

Walk Subject to Cancellation - Check with Judy Koonce, 503-230-1387 before attending.

New Year's Eve Celebration Walk

Thursday, December 31

Hosted by The Emerald City Wanderers

St. John the Baptist Episcopal Church

3050 California Ave. SW, Seattle, WA

Start Time: 3:00 pm - 4:30 pm, Finish Time: 7:30 p.m.

Walk Subject to Cancellation - Check with Mike Nagan, 206-851-2101 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



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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Capitol Volkssport Club
C/O Holly Spaulding
4627 Timothy Street SE
Lacey, 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: william.k.spaulding@gmail.com Thank you!



A BIG thank you to all of you who have sent me photos over the past 2 months! Since there was no newsletter in October, I have too many photos to put in one newsletter. Here are a few with where they were taken. Most were from September and October. Our club was busy this Fall! Good work walkers!



Monday October walk - Olympia



Tenino



Left
Last Tuesday Evening
Walk

Right - Nisqually



Right - Burfoot Park

Below:
Magnolia



Waffle Stop Coffee!



Chehalis Willapa Trail



Below: Westside Hills
Olympia

Tenino



Tenino

Shelton



Right: Aberdeen



Right:
Trail of The
Coeur d'Alenes



Left: Aberdeen



Left: CVC Octoberfest Walk
Olympia

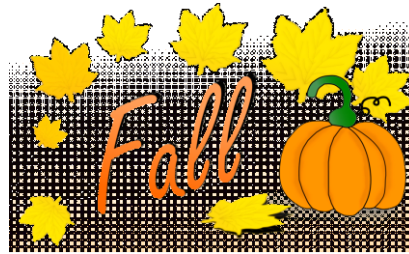


Left and
Right:
Monday Walks in Olympia



Left: Pomeroy

Right:
Centralia



Happy Fall!



Right: Aberdeen



Left:
First Coast Trail
Forgers Club
in Jacksonville

