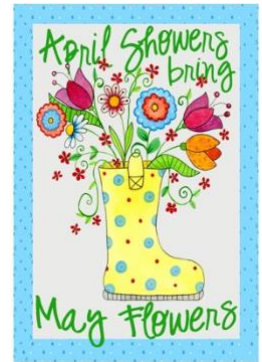




AMERICA'S WALKING  
CLUB



## CAPITOL VOLKSSPORT CLUB APRIL-May NEWSLETTER

### Our Newsletter - Change at the helm!

Spring is a time for new beginnings, in nature, life and for Capitol Volkssport Club.

CVC President, Holly Spaulding and Newsletter Editor, Bill Spaulding have moved to Florida to be with their adorable twin grandsons, leaving open two club offices. My name is Carol Froelich, and I have volunteered to take over as newsletter editor. Bill is a tough act to follow as newsletter editor, but I'll do my best. Before he left, Bill spent some time orienting me to the newsletter, so you'll likely notice some of his touches in future newsletters. My goal is to put out a bi-monthly newsletter, and I encourage club members to contribute articles, photos, and notes of interest. The deadline for submissions to the next newsletter is May 24, 2021. You can contact me by email at:

[cfroeli@gmail.com](mailto:cfroeli@gmail.com)

Spring has thankfully brought greater availability of the COVID vaccine, allowing many club walkers to feel less vulnerable. Many have resumed walking on our weekly Monday and Thursday walks, masking up and practicing safe social distancing, of course. Sunshine, hail, and rain have greeted us, typical of northwest spring weather. But everyone seems so happy and relieved to return to walking with friends on familiar routes. And keep your eyes open, because though many routes are familiar, there are some revisions for 2021 and there is also new artwork, trail-work along the way. So, get out and enjoy the great Volkssport walks our area has to offer. There are lots of opportunities both near and far to enjoy the spring weather.

### Thank you, Danke, Merci, Gracias!



"Thank You" doesn't seem sufficient to express the gratitude that the CVC owes to our departing officers. **Holly Spaulding** did a fantastic job serving as CVC president for three-plus years, CVC co-vice president, ESVA secretary & representative. **Bill Spaulding** served tirelessly as CVC newsletter editor, Tumwater walk master, Christmas slideshow producer, Seabreeze chairperson, Harbor Days walk organizer, and Where the Salmon Run organizer. And thank you to **Marsha Majors** for serving as print media / publicity chair for the past 2 years! Our club thrives because of the generous contributions of our officers.



**AVA's National Walking Week is April 1 – 7!**  
**Walk for fun! Walk for health!**

## **WHERE CAN YOU WALK? WHEN?**

### **Upcoming walks and events**

**(Our website is also your link to many walking opportunities coming up!)**

#### **CVC Monday Afternoon Walks Resume**

Meeting place is Bayview Market 516 4<sup>th</sup> Ave W, Olympia. Meet at 1:45 pm for a 2:00 pm walk departure. Meeting for walk sign-in is outside the left side of the store at a picnic table. Masks and distancing are part of the protocol.

#### **Upcoming Thursday Walks with our CVC Club**

##### **April**

Apr 8: Ocean Shores Bayside (0004) 10K. Meet at Ocean Shores IGA, 101 E Chance-A-la Mer.

Apr 15: Shelton Historic (2625) 5, 6, 10K. Meet at Fred Meyer, 301 E Wallace Kneeland Blvd.

Apr 22: Tenino Town & Trail (678) 5, 10K. Meet at Tenino Market, 669 Lincoln Ave E.

Apr 29: Tacoma Downtown (1262) 5, 11K. Meet at Spar Coffee Bar & Café, 2121 N 30<sup>th</sup> St.



##### **May**

May 6: Enumclaw Town (1076) 5, 10K. Meet at Guest House Hotel, 1000 Griffin Ave.

May 13: Westport Marina & Beach (837) 5, 10, 11, 12K. Meet at Westport Public Parking, Nyhus St.

May 20: Olympia Evergreen College (657) 7, 10K. Meet at Barnes & Noble, 1530 Black Lake Blvd SW

May 27: Winlock Workout (791) 10K. Meet at IGA Grocery, 206 E Walnut St.





## TUESDAY EVENING CVC WALKS RESUME APRIL 20!

These will continue through September of 2021. Sign-in is at 5:45 pm, departure is 6:00 pm and walks will be 10K or 5K through roughly the end of August, after which time they will be 5K only due to decreasing daylight. See the CVC website for more dates and locations.

### April

Apr 20: Olympia Waterfronts (0260) 5, 10K. Meet at Bayview Thriftway, 516 4<sup>th</sup> Ave W

Apr 27: South Tumwater Walk 5, 10K. Meet at Dairy Queen parking lot, 6530 Capitol Blvd. SE Tumwater

## Mark Your Calendars: Upcoming Washington State Volkssport Events



### Samish Island: Saturday, April 10, 2021

This event offers beautiful views of Padilla Bay, Anacortes, San Juan Islands, Samish Bay and Mount Baker. Walk on paved county roads and mowed grass trails with loops that begin and end at the church.

**Start Location:** Community of Christ Church  
11507 Scott Road  
Bow, Washington 98232

**Start Time:** 9:00 a.m. to 12:00 p.m.

**Finish Time:** 4:00 p.m.

**For more information:** <https://fourplushikers.weebly.com>

### Depot Park, Duvall, WA: Saturday, April 17, 2021

Interlaken Trailblazers invites you to explore small town Duvall for a springtime walk. The special walk includes all the current ESVA programs: Rails to Trails; Historic Depot; Distillery and Brewery.

**Start Location:** Depot Park, Duvall, WA

**Registration:** 9:00 – 10:00 am

**Finish:** 1:00 pm

**For more information:** <http://www.interlakentrailblazers.org/>



### Northwest Hiking Weekend Teanaway River Valley: July 9 – 11, 2021

Three rigorous hikes, offered over three days, in the Teanaway River Basin outside of Cle Elum, WA provide some of the finest hiking in our beautiful state.

**START LOCATION:** Cle Elum Hardware store, 811 W. Davis St., Cle Elum, WA 98922

**START TIMES:** 8 AM - Noon, Friday, Saturday and Sunday.

**Rating:** 3C, 4C, 5C

For more information, Four Plus Foolhardy Folks webpage:

<https://fourplushikers.weebly.com/>



## Looking for More Walking Adventure? Journey Farther from Home ....



 22<sup>ND</sup> AVA BIENNIAL CONVENTION  
MADISON, WI | JUNE 26 - JULY 3, 2021

### AVA Convention This Summer in Madison, WI!

Travel to beautiful **Madison, Wisconsin** for the 22<sup>nd</sup> AVA Biennial Convention, **June 26 – July 3, 2021**. Enjoy walking, biking or swimming events with AVA members from across the country. Socialize, attend workshops and even walk the Frozen Tundra of Green Bay, WI! Check out the AVA website for all the details:  
<https://ava.org/2021-convention/>

#### **Help Wanted: Capitol Volkssport Club Publicity Chairperson**

**Job Description:** promote Capitol Volkssport Club activities and special events to various media and social media outlets; promote attendance at club meetings (when they resume); keep publicity records; attend CVC Board meetings as a non-voting member.

Contact for more information: Perki Sweet for more information, [pandpsweet@gmail.com](mailto:pandpsweet@gmail.com)

#### **Gift Basket Donations Needed**

Pamela Davis is organizing a **gift basket** for the Silent Auction at the AVA Convention in June. Please contact her with donations or for more information:

[greigenterprises@msn.com](mailto:greigenterprises@msn.com)

**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/)*





**Capitol Volkssport Club Officers and contact information:**

President:	position vacant		
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:griegerenterprises@msn.com">griegerenterprises@msn.com</a>
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: <a href="mailto:morsun1@outlook.com">morsun1@outlook.com</a>
Membership:	Karen Younkins	(360) 357-9185	E-mail: <a href="mailto:jcyounkins@comcast.net">jcyounkins@comcast.net</a>
Sales & Information	Sheila Morrison	(360) 888-9822	E-mail: <a href="mailto:sheila.morrison@comcast.net">sheila.morrison@comcast.net</a>
Newsletter:	Carol Froelich	(360) 292-0830	E-mail: <a href="mailto:cfroeli@gmail.com">cfroeli@gmail.com</a>
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: <a href="mailto:olysweetp@yahoo.com">olysweetp@yahoo.com</a>
Meetup.com administrator and <i>Pathfinder</i> Editor:	Chase Davis	(360) 584-6446	E-mail: <a href="mailto:NWPPathfinder@comcast.net">NWPPathfinder@comcast.net</a>
Print Media Chair:	position vacant		



**Monday walkers on the Garfield Nature Trail**



**Beautiful Monday afternoon on Capitol Lake.**

**Spring is here!**



**Switchback Trail is open again for walkers to enjoy.**



**Pam and Chase on a West Port Adventure**



**Gayle enjoying Ocean Shores on a sunny day.**



**Springtime Trillium along the trail**