



AMERICA'S WALKING
CLUB



CAPITOL VOLKSSPORT CLUB JUNE - JULY 2021 NEWSLETTER

The Capitol Volkssport Club is back and running at full force. In this issue you'll find information about lots of upcoming CVC activities, events and route modifications.

Reminder: The CVC newsletter is published bi-monthly. The deadline for August-September newsletter submissions is **July 24, 2021**. Read on for more information about:

- Monday Walk Time Change for Summer Season
- New CVC Great Mailbox Scavenger Hunt for 2021-2022
- CVC Summer Picnic in August
- A New CVC 3-Day Event to Coincide with the Procession of the Species
- Shelton CVC Route Bridge Repair Project with City of Shelton
- CVC Route Modifications
- July is CVC Club Dues Renewal Time
- CVC Gift Basket for AVA Convention Auction
- Plus, Walking Opportunities to Fill Your Summer



New Start Time for Monday CVC Walks

Beginning **June 7, 2021**, the start time for Monday CVC Club walks changes to 10:00 am, and will extend through the end of September, 2021. This time adjustment is to take advantage of cooler morning temperatures through the warmer summer months. Be sure to arrive 15-20 minutes ahead of time to sign in for the walk. Monday walks begin at Bayview Thriftway, 516 4th Ave W, Olympia. Hope to see you there!

Join the Fun! Presented by Capitol Volkssport Club!

THE GREAT MAILBOX SCAVENGER HUNT

How to participate:

- Walk or bike 12 different AVA or IVV sanctioned walk or bike events from May 1, 2021 through April 30, 2022.
- Each walk/bike event must have a qualifying mailbox on the route.
- To qualify a mailbox must be either artfully decorated or designed to look like something other than a mailbox such as: a vehicle, train, boat, animal, etc.
- Print out a Great Mailbox Scavenger Hunt booklet: a booklet was sent with this edition of the newsletter
- In your GMSH booklet, include a brief description or small photo of each mailbox.
- Any AVA or IVV sanctioned event worldwide qualifies.
- The route can be a traditional or year-around walk/bike.
- You may hand the book in any time between May, 2021 and April 30, 2022 when you have completed all twelve events. Hand in completed booklets to Pam Greig-Davis.



Save the Date! You're Invited!

**Capitol Volkssport Club's
Summer Picnic!
There will be a 5K Loop
Walk – (optional)!**



When: Tuesday, August 10th 2021: 4-9:00 p.m.

Walk registration will be on site. We will leave on the walk at 4:30 and eat dinner at 6:00

Picnic Details: Information will follow, as per COVID updates.

**Where: Priest Point Park, (Picnic Shelter #1)
2600 East Bay Dr. NE, Olympia, WA**





WILD and WOODSY in WASHINGTON



A new Capitol Volkssport 3-Day Event!
Dates: April 22 - 24, 2022 to coincide with
the Olympia Procession of the Species

Walks will feature local attractions: mountains, coasts, parks, woods & forests, wildlife and our beautiful capitol city. Bike rides on local bike trails will be offered.

Highlights: Friday night social; Saturday evening catered dinner; Sunday optional walk at Northwest Trek; Arts Walk browsing in Olympia; the Procession of the Species in Olympia.

Join in the planning at the next meeting: June 10, at 7:00 pm. Contact Pam Greig-Davis to be included in the Zoom meeting invitation greigenterprises@msn.com



New Bridges Coming to the CVC Shelton Walk



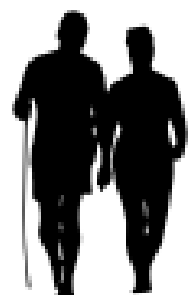
Photo of CVC walkers in Shelton on April 15, 2021

The Capitol Volkssport Club approved an expenditure of \$600 to replace two bridges over Shelton Creek on the Teresa Johnson Memorial Trail which climbs the hill behind the Shelton Public Library. The bridge project is a collaboration between the CVC, the city of Shelton and the Shelton School District. Construction of the bridges will take place at the end of May. The new bridges will include plaques recognizing the CVC contribution. The city of Shelton also plans to publicize the bridge project with a press release to newspapers, social media, etc. including pictures of the bridges and the fact that the Capitol Volkssport Club donated the money. Thanks to Pamela Greig-Davis for coordinating this great project! Hooray for collaboration on safer walking routes!

WE WELCOME OUR NEW MEMBERS!

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

Wendy Eklund
Jane Parks
Kris Johnson



July is CVC Club Dues Renewal Time!

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.**



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



CVC GIFT BASKET DONATION FOR AVA NATIONAL CONVENTION



This great selection of Washington-themed items will be included in the CVC gift basket that the club is donating to AVA Convention Auction. Thanks to Pamela Greig-Davis for putting this together!

- 2 Washington state-themed masks made by Liz Morrison
- 2 bottles of Washington state wine - 1 red, 1 white
- 2 Washington state glycerin soaps - "Apple" & "Seattle Rain"
- 6 oz. "Sasquatch Approved" Smoked Salmon
- 1 bottle of huckleberry-infused vodka from Westport Winery
- 1 jar of pickled blueberries from Bow, Washington
- 2.5 pounds of Almond Roca Candy
- 8 oz. of Aplets and Cotlets
- 8 oz. of Fruit Festives
- 1 Starbucks "Washington" mug

CVC Year-Round Walking Event Updates

Willapa Trail YRE 0356 to Use Temporary Adna Trailhead: Due to construction of a pedestrian/bike bridge over Highway 6, the Willapa Hills Trail will be closed from approximately mile post 2.8-4 1/2. This closure will last for about a year. Consequently, the walk from the Chehalis Trailhead will be limited to 5k or 8k. If you would like to walk longer distances, please use the Adna Trailhead Walk (5k,10k,21k) The distance to Adna is 5.3 miles. Driving directions are on the top of the walk directions. **Willapa Bike** can only be offered from the Adna Trailhead. Thank you for your patience with the construction. The bridge over Highway 6 will be not only a safe walk/ride, but also will have a nice viewpoint on a clear day.

CVC Year-Round Walking Event Updates – continued

The CVC YRE 0791 in Winlock has a new name: **Walking Winlock**



UPCOMING WALKING OPPORTUNITIES NEAR & FAR

Walk With Your Capitol Volkssport Club!

Check out our Capitol Volkssport Club Webpage at the link below for all our scheduled club walks in June & July. Regular walks are scheduled Mondays, Tuesday evenings, and Thursdays. Link: [Capitol Volkssport Club](#)

Tacoma's Snake Lake Area on Saturday, June 5, 2021

Address: 1919 South Tyler St, Tacoma, WA. **Registration:** 9:30 am – 10:00 am. Walk paths through the Snake Lake Nature Center, nearby residential areas, parks, and on the Scott Pierson Trail around Cheney Stadium. 5K or 10K walks are rated 2B. **Dogs are not allowed in the Snake Lake Nature Center.**

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/>



Walk the Trails of Tehaleh on Saturday, July 31, 2021

Address: The Post at Tehaleh, 19001 Cascadia Blvd. E., Bonney Lake, WA. **This is not a group walk.** **Registration:** between 9:00 am – 1:00 pm. Walk on trails of this newer community. The trails connect homes and parks while winding through pines, wetlands, alpine meadows, and forests. 5K or 10K walks are rated 2B.



Port Ludlow on Saturday, August, 28, 2021

Port Ludlow is a seaside community with over 26 miles of beautiful trails. It's located between Hood Canal Bridge and Port Townsend.

START: The bridge Deck. 121 Marina View Drive, Port Ludlow, WA

TIME: 8 A.M. to 1 P.M.

FINISH: 4 P.M.

Rating: 5K is rated 1B, 10K is rated 3B

For more information: Four Plus Foolhardy Folks webpage

<https://fourplushikers.weebly.com/port-ludlow-2021.html>



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/



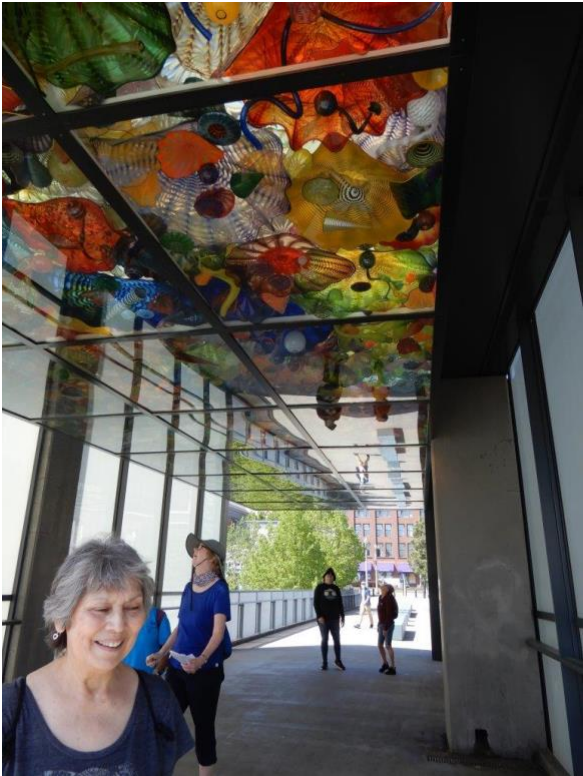
Capitol Volkssport Club Officers and contact information:

President:	position vacant		
Vice-President:	Julie Heath	(360) 264-4670	E-mail: ijheath@comcast.net
Secretary:	David Black	(919) 302-3175	E-mail: dblackarchitect@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: greigenterprises@msn.com
ESVA Rep:	Liz Morrison	(360) 748-3886	E-mail: morsun1@outlook.com
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Meetup.com administrator and <i>Pathfinder</i> Editor:			
	Chase Davis	(360) 584-6446	E-mail: NWPathfinder@comcast.net
Print Media Chair:	position vacant		

Views from the CVC trail....



Fun at Westport



Tacoma Adventures

Photo credits: Jeanne Allen, Carol Froelich, Julie Heath, Perki Sweet

Scatter Creek on a lovely Tuesday evening walk



Exploring Evergreen State College



Sunny Ocean Shores

Monday Afternoon Walking Adventures

