



CAPITOL VOLKSSPORT CLUB DECEMBER 2021 – JANUARY 2022 NEWSLETTER



President's Message

Submitted by Karen Younkins

For the past year Julie Heath has doubled up as president and vice president for CVC. She has done a wonderful job, and we appreciate all of her hard work. Thanks, Julie.

Here's just a little about Jim and myself. I've been volksmarching for several years, and we decided to join CVC and become active members in 2008. We love to go on trips and often combine walking or hiking with Jim's love of classic minis or his love of trains. We were on a mini cooper adventure in McCall, Idaho, in September and spent a couple afternoons hiking on the Ponderosa State Park Summer Trails.

The Eastside neighborhood walk is a favorite of ours (thanks, Jeanne Allan for this walk), and we try to do this walk a few times a week.

I would like to thank the club for changing the meeting date and time so I am able to take over the President's responsibilities. Since I have been membership chair for several years I have not paid attention to all the work members are faithfully doing for our club - officers, box tenders, organizing weekly walks, event organizers, keeping in touch with ESVA and AVA happenings, and much more. I encourage more of you to volunteer to help organize and work at events. It really does take a village to accomplish great things.

I hope many of you were able to join AVA's Opt to go Outside during Black Friday. By walking we may be fighting obesity, diabetes, heart disease, high blood pressure, cancer, and depression among other health related issues - all while having fun!

In this issue ...

- CVC Holiday Walk
- Aberdeen Lights Walk
- CVC Bylaws & Standing Rules Changes
- More CVC News
- Winter Walk Challenge
- Walking the Willapa Hills
- Future Walking Events
- Club Photos





Capitol Volkssport Club News

Capitol Volkssport Holiday Walk on Saturday, December 11, 2021



In just a few days, our club will be hosting our annual (except last year!) holiday walk; and we will be looking for all of you. The start point for the walk is the Harbor House, located at 217 Thurston Ave NW, just north of downtown Olympia. Metered parking is free on Saturdays. Walkers may begin walking any time between 10 am and noon. All must register, carry and return a start card by 3 pm. This is a map only walk. The route will not be marked with streamers, as in the past.

The 10K walk is actually two 5K loop walks. They both begin and loop back to the Harbor House, where you can take a break and enjoy coffee and cookies before you walk the second loop. One of the walks goes through some of the Eastside neighborhoods and the Olympia Farmers Market. The other walk goes through the capitol campus and along the waterfront. Be sure to stop and view the holiday tree at the capitol.

Rain or shine (and we're hoping for "shine"), we hope to see you and a few of your friends at our holiday walk. An event such as this is an easy way to introduce others to volkswalking.

Aberdeen Holiday Lights Walk on Friday, December 17, 2021

Location: Aberdeen Safeway, Starbucks ... 221 W Heron St, Aberdeen, WA 98520

Register: 3:45 p.m. Starting Time: Walk begins 4p.m. Guided Walks: 5K rated 1A & 10K rated 2A

Join this festive CVC event! The Aberdeen Holiday Lights Walk will capture some of the best holiday lights Aberdeen has to offer. For the past couple years, folks here in Aberdeen have REALLY been getting into decorating for the holidays ... ALL of them!! This year (as we did in 2020, but hopefully without the rain) will include winding around the downtown area and past historic homes, then going to the Highlands to see the Harbor lights at night!! The 10K also includes some secret stairs that connect several levels of the bluffs and hillsides.

There will be Muffins at a stop along the way and possibly another adult treat (which may involve a drawing). The post-walk plan is to gather for dinner after the walk, so we'll be meeting at: Duffy's Restaurant, 1605 Simpson Ave, Aberdeen, WA 98520

PS ... The Aberdeen Food Bank would SOO appreciate a donation of canned goods, if that works for you! 😊

- Also, dress for the weather with layers, be prepared for rain, bring a change of dry clothes (just in case), and get ready to see great lights and have a fun time! 😊

Thanks, and hope to see you!! Mert



More Capitol Volkssport Club News



WEAR YOUR CAPITOL VOLKSSPORT GEAR & NAME TAGS

It's always a great advertisement for our club if members wear CVC name tags at walks. The CVC Holiday Walk is coming up December 11 – a great opportunity to publicize the CVC. If you need a name tag please email Karen Younkins and CVC will purchase one at the club's expense. Your name will be the same as it is on the roster unless you send in a different request.

CHANGES TO THE CVC BYLAWS & STANDING RULES

From Capitol Volkssport President, Karen Younkins
During the November membership meeting it was decided to form a committee to review and update CVC's Bylaws and Standing Rules. This committee proposes the changes, which can be found on the documents on pp. 9-11 of this newsletter. As per section 1 article 9 of the CVC Bylaws we will be voting on these changes at our regular meeting on January 13, 2022. Please direct any comments to Liz Morrison, Karen Younkins, or Julie Heath.

Hooray! Welcome to our new CVC member: Suzanne Fell



CVC “Where the Salmon Run” Walk Was a Great Success!

Thanks to Barb & Tom Malone and all the volunteers who made this event a success. 79 walkers participated in the Salmon-themed event and the CVC made \$246. Plus, there were lots of positive comments about the event.

Wild & Woodsy Event Planning Meeting: Thurs., December 2, 2021 at 7:00 pm.

Watch for an email with the Zoom link for the meeting.

CVC General Membership Meeting: Thurs., December 9, 2021 at 5:00 pm.

Note that this is a new day and time! The meeting will be via Zoom; check your email for the Zoom link prior to the meeting. If for some reason you don't receive the Zoom link, email the Membership Chair, Sheila Morrison.



*Take long walks in stormy weather or through deep snows
in the fields and woods, if you would keep your spirits up.
-Henry David Thoreau*





HAVE FUN! KEEP ON WALKING! STAY INSPIRED!

**2022 WINTER WALK CHALLENGE CONTEST
SPONSORED BY THE EVERGREEN STATE VOLKSSPORT ASSOCIATION**

As we approach the cooler and wetter winter season, are you looking for ways to stay motivated and keep walking? The Winter Walk Challenge might be your answer. For every ten walks you do from January 1, 2022 until March 31, 2022, you can earn a chance to win VISA gift card worth up to \$100. Walks must be done in the four-state region of Alaska, Idaho, Oregon and Washington. For more information on the event and forms to record your winter walks, follow this link: <http://www.esva.online/events/>



Excerpts from walking the Willapa Hills Trail

By Lesley Willardson

Last summer Sue and I and Nora, the dog, spent Sunday afternoons walking both ways of the Willapa Hills Trail. On our fourth Sunday of the venture we started from Ceres. There isn't much at Ceres except a sandy area for parking along with a notice saying you need a Discover Pass to park there. I laughed at this and said to Sue, "Who would care if anyone parks here, it's the back of beyond." From here we walked back towards Spooner Road and an hour later retraced our steps. When we got back to our car who should be in the sandy parking lot but a Park's Department truck with two rangers inside! Good thing we had a Discover Card.

Now we were starting to get into the hills. There was a road out of Ceres so we took it to see where it went. It wound around and around as it climbed and then turned to gravel. There were steep drops and truly breathtaking views of a glorious valley. It felt remote.

On week seven as we walked west from Rainbow Falls State Park we met two people on what they called an Amish push bike. It had big wheels and a place to put your foot so you moved it like a scooter or a skateboard. There was no seat and it was lightweight. The lady demonstrated how it worked and when we saw them later on a regular road they were going at quite a clip. We explored Rainbow Falls Park but somehow missed the falls, still it's a lovely spot.



Stay tuned for more adventures on the trail.
Lesley, Sue and Nora



WHERE CAN YOU WALK? WHEN?
LOOKING FOR UPCOMING CVC WALKS & EVENTS?
INTERESTED IN BECOMING A MEMBER?

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. Interested in joining our CVC walking club?** For complete information about becoming a member as well as where our weekly and year around walks are, when they start and directions to the start point **check out our website:**

www.capitolvolkssportclub.org



FUTURE EVENTS

PLAN AHEAD FOR THESE WALKING ADVENTURES NEAR & FAR

**New Years Walks, December 31, 2021 & January 1, 2022
West Seattle, Washington**

Bid 2021 farewell with a scenic walk on New Year's Eve in West Seattle. You'll enjoy holiday lights and decorations in residential and business neighborhoods, along with great nighttime views of downtown Seattle, Magnolia and ship traffic across Puget Sound and Elliott Bay. Then return in the morning on New Year's Day for a separate event to start the year off right. There will be different routes for this event. This walk is hosted by the Emerald City Wanderers. More information will be available at their website closer to the walk dates: <http://www.emeraldcitywanderers.org/new-years/>



Wild and Woodsy

Our CVC Event to Showcase our Beautiful South Sound Area

April 22 -24, 2022

Event Registration is now open on the CVC website:

https://capitolvolkssportclub.org/cvc_specialevents/wild&woody_2022_se_pix/w&w_reg_form.pdf



This three-day event will include walks in the Olympic National Forest, the Olympic National Park, state and city parks, and local neighborhoods. Included are a Meet & Greet and an event dinner at the Rivers Edge Restaurant in Tumwater.



UPCOMING WALKING OPPORTUNITIES NEAR & FAR



Canadian Volkssport Federation Festival Penticton, British Columbia, Canada May 27-29, 2022

Five spectacular walks are scheduled, showcasing the beautiful area in and around Penticton. Rolling vineyards and wine tours, craft beer scene, sparkling lakes, golden beaches, vast mountain ranges and one of the best year-round climates in Canada are just a few of the things that entice people to Penticton. A Meet & Greet is scheduled for Friday evening and a banquet will be held Saturday evening. Visit the CVF website for more information and registration: <http://walks.ca/cvf-fcv-2022-festival/>



Northwest Regional Conference in Ashland, Oregon June 16-19, 2022

Travel to southern Oregon for walking adventures, hiking, biking and swimming in June of 2022. This fun event will provide daily featured walks in Ashland, Jacksonville, Medford, and Casey State Park. It is hosted by the Oregon Trail State Volkssporting Association and Rogue Valley Walkers. Also offered are 3 self-guided challenge hikes in the Rogue River Gorge, Grizzly Peak, and Mount Ashland Meadows, a peaceful bike along the Bear Creek Greenway, and a swim. A Meet & Greet is planned for June 16 and a banquet is scheduled for June 18. Visit the event website for more information and registration: <https://www.walking4fun.org/nw-region-conf-2022.html>

**SAVE
THE
DATE**
**18th IVV Olympiad and
IML Texas Trail Roundup**



2023
18th OLYMPIAD
SAN ANTONIO, TEXAS USA

February 19-23, 2023/IVV Olympiad
February 24-26, 2023/IML Texas Trail Roundup

Seven glorious days of walking, biking and swimming including the world-famous Riverwalk and World Heritage missions. Then, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!

IVVOlympiad2023.org

AMERICA'S WALKING CLUB
ESTABLISHED 1976

IML TEXAS TRAIL ROUNDUP



Capitol Volkssport Club Officers and contact information:

President:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
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
Membership:	Sheila Morrison	(360) 888-9822	E-mail: sheila.morrison@comcast.net
Sales & Information:	Sheila Morrison	(360) 888-9822	E-mail: sheila.morrison@comcast.net
Newsletter:	Carol Froelich	(360) 292-0830	E-mail: cfroeli@gmail.com
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: NWPPathfinder@comcast.net
Print Media Chair:	position vacant		

On the Trail with Capitol Volkssport members...

Where the Salmon Run and the walkers enjoy the updated facilities at the WDFW Tumwater Fish Hatchery.



Neither high tides nor rain will detour the Monday walkers.

More autumn memories from the trail



Octoberfest fun,
Winlock dancers,
Mima Falls hikers,
Remlinger Farms
Halloween walk, &
the Big Creek hike



Photo credits: Jeanne Allen,
Melanie Peters, Perki Sweet,
Carol Froelich

Proposed Bylaw Change

Article III – Term of Office

Section 3 as it now reads

In case the President is unable to fulfill their term of office, the Vice President will succeed to the office.

Section 4 as it now reads

A special election will be held to fill the vacancy of any other elected office.

Proposed Change

Combine sections 3 and 4 to read;

In case a member of the Executive Board is unable to fulfill their term of office, a special election will be held to fill the vacancy.

Article IV – Duties of Officers

Section 2 now reads:

Shall assist the President, in his/her absence, and perform the duties of that office; serve as a member of the Executive Board. Shall register all year round events (YRE) and publish related brochures. Shall serve as advisor to event Trailmaster and Coordinators.

Proposed Change

Section 2:

Shall assist the President, in his/her absence, and perform the duties of that office; serve as member of the Executive Board. Shall register all events, Year Round (YRE), Seasonal, Traditional and Traveling Guided Walks. Shall serve as backup to event Trailmaster and Coordinator.

Article VII – Membership

Section 2 now reads

Membership year shall run from July through June. Any member who has not paid the annual renewal fee by the end of October will be dropped from the membership roster effective November 1.

Proposed Change

Section 2:

Membership year shall run from July through June. Any member who has not paid the annual renewal fee by the end of September will be dropped from the membership roster effective October 1.

Proposed Standing Rules Changes

Standing Rule 01-1 Expense Reimbursement to Club Membership

Paragraph 3 as it now reads

Expense report must be submitted within 60 days from the time the expense was incurred. An exception is expenses in May and June, which must be submitted by July 3 in order to complete fiscal year end reports. Blank forms are available from the treasurer or secretary.

Proposed Change Paragraph 3

Expense reports must be submitted within 60 days from the time the expense was incurred. An exception is expenses in November and December, which must be submitted by January 3rd in order to complete year end reports. Blank forms are available on the club website or from the treasurer.

Paragraph 4 as it now reads

The treasurer at his/her discretion can approve and pay expense reports totaling up to \$50 before review by the Board. Expense reports above \$50 will be reviewed and approved by the board before payment.

Proposed Change to Paragraph 4

The treasurer at his/her discretion can approve and pay expense reports totaling up to \$75 before review by the Executive Board. Expense reports above \$75 will be reviewed and approved by the board before payment.

Standing Rule 01-2 Commitment of Club Funds

Rule as it now reads

Club members are authorized, without prior approval, to commit the club up to \$50 for supplies or services for club use. Expenditures from \$50-\$150 must be approved by the Executive Board, prior to commitment. Expenditures exceeding \$150 must be reviewed and approved by a quorum of the membership at a general membership meeting, prior to commitment.

Proposed Change to Rule

Club members are authorized, without prior approval, to commit the club up to \$75 for supplies or services for club use. Expenditures from \$75-\$150 must be approved by the Executive Board, prior to commitment. Expenditures exceeding \$150 must be reviewed and approved by a quorum of the membership at a general membership meeting, prior to commitment.

Standing Rule 01-3

Dues for new members as it now reads

Dues for new members will be as follows A. People who join any time between July – December, full year's dues, as in annual dues above B. New members joining between January – June will be ½ of the above dues.

Proposal is to remove this section of Standing Rule 01-3

Standing Rule 02-2 Club Event Planning

Rule as it now reads

Both individual events and YRE's conducted by the club will be planned and carried out using the American Volkssport Association "Event Handbook". The club vice president will furnish the event coordinator the current edition of the Event Handbook to use in planning the event. The vice president will serve as advisor to event trailmasters and coordinators. The handbook will be returned to the vice president following the event.

Proposed Change to Rule

Both individual events and YRE's conducted by the club will be planned and carried out using the American Volkssport Association "Event Handbook". The club vice president will furnish the event coordinator the current edition of the Event Handbook to use in planning the event. The vice president will serve as backup to event trailmasters and coordinators. The handbook will be returned to the vice president following the event.

Standing Rule 03-1 Responsibility of Year Round Event (Site) Tenders**Rule as it now reads**

Standing Rule 03-1 Responsibility of Year Round Event (YRE) Site Tenders

Site tender shall maintain one or more YRE sites. The boxes shall have registration sheets, walk directions, stamp, inkpad, pens, money envelopes, and walk information. Each walk shall have general instructions for walkers to follow along with a contact phone number. ESVa and club YRE brochures should also be included.

Proposed change to rule

Standing Rule 03-1 Responsibility of Year Round Event (YRE) Box Tenders

Box tender shall maintain one or more YRE sites. The boxes shall have registration sheets, walk directions, stamp, inkpad, pens, envelopes, and walk information. Each walk shall have general instructions for walkers to follow along with a contact phone number. ESVa and club brochures or business cards should also be included.

Standing Rule 03-3 Site Tender Monthly Activity Report**Rule as it now reads**

Standing Rule 03-3 Site Tender Monthly Activity Report

YRE site tenders will complete a YRE Monthly Participation Report each month for each YRE for which they have responsibility. The cut off date for the report is the last day of the month. The completed report and YRE money must be submitted to the treasurer no later than the regular monthly club meeting for the succeeding month. The treasurer, after obtaining financial data from the Monthly Participation Reports will compile it and report it to the membership.

Proposed Change to Rule

Change two underlined words (site) to Box