



AMERICA'S WALKING CLUB

Capitol Volkssport Club Newsletter February – March 2022



President's Message

Submitted by Karen Younkins, President, Capitol Volkssport Club

Hopefully you have been able to enjoy the cold and crisp January weather we have been having here in Western Washington. Jim and I have joined the Winter Walk Challenge which definitely helps us get out the door every day.

There were remnants of the flooding and landslides as we walked around Capitol Lake and up the hill to our beautiful state capitol grounds yesterday.

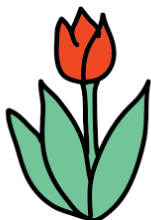


Since I grew up in Tacoma we often walk the waterfront (walk starts at The Spar Restaurant and goes to Point Ruston). There are always babies in strollers, runners, and the friendliest people with dogs on this walk.



Another challenge we have been enjoying is our mailbox challenge. Although this mailbox is not on any of our routes, it is in our quirky Eastside neighborhood. I wonder what kind of machine the mail person would need to deliver mail here?

I am getting very excited about our three day "Wild and Woodsy in Washington" event on April 22-24, 2022. Please check out the CVC website for the brochure, important information, and terrific pictures. Now is the time to register for our Meet and Greet on Friday, April 22, and our Buffet Dinner, on Saturday, April 23 (registration for both closes on March 31). These will be great opportunities for us to visit with our friends and meet new walkers. (Note: a PDF Wild & Woodsy registration form can be found attached to the newsletter email)



As you know putting on an event as complicated as "Wild and Woodsy in Washington" takes many volunteers to be successful. I hope that you will be able to volunteer at the starting point or do other tasks. The sign-up sheets will be available in the near future.

See you on the trail,

Karen and Jim

Walks to Remember - Wild and Woodsy in Washington

By Perki Sweet, previously published in The American Wanderer



April 22-24 is highlighted on your calendar. Reservations have been made at one of Lacey, Olympia or Tumwater's fine hotels. Now you are wondering about those fabulous walks Capitol Volkssport Club has promised for the upcoming Wild and Woodsy walking event. For those of you who like to do all the walks at these special events, all have been sanctioned from April 18 to April 29; so you can get a head start or extend your visit. Directions will be available early in the on-line start box.

Several walks will be within half an hour of the start point. One starts at the walk headquarters at 3060 Willamette Dr. NE, Lacey, WA. These include Priest Point Park, which gives you views of the Capitol Building and Budd Inlet, after you have walked through the woods! Millersylvania State Park, a little further south, was developed by the Civilian Conservation Corps in the 1930s. It is a showcase of old growth forest and lovely trails. Bikes and many YREs can also be enjoyed in the area.



For those willing to drive a little further, the Staircase Rapids Hike and the Big Creek Hike are worth the trip. Both are part of the Olympic National Forest, and the scenery is stunning. After driving along Hood Canal to Hoodspout, the drive continues past Lake Cushman to the start points.

A very special 5K or 10K walk is planned for Sunday, April 24, at Northwest Trek Wildlife Park, about an hour away. Please indicate on your registration form, which can be found at

www.capitolvolkssportclub.org

whether or not you want one of the reduced rate \$15 tickets necessary to enter the park. You do not want to miss seeing the grizzlies, bald eagles, cougars, otters, wolves and other wildlife, all from a safe distance!



If you have not already done so, fill out the registration form included with the brochure at capitolvolkssportclub.org. Check off the Northwest Trek walk, if you plan to participate. Indicate whether or not you wish to attend the Meet and Greet, and what you'd like to eat at the Saturday night dinner (salmon, steak, chicken, vegetarian). Payment for additional walks will be received at the start desk, unless you paid on-line. Register early. It's simple! We're looking forward to seeing you.





Capitol Volkssport Club News

**The New Online Store for CVC Logo Apparel Is Open
for Business!
Order Now Through End of February!**

Creative Ink and Embroidery of Olympia has opened a temporary online store for a selection of Capitol Volkssport Club logo apparel. The link is: <https://stores.creativeink1.com/CapitolVolkssport>. You don't need to create an account to use the store. In the online store, click on the items that you are interested in, and you will see a detailed description of the item and be able to specify sizes. Your selections go to a shopping cart, which is linked to a secure method of payment. You will receive an email confirmation when your order is placed.

The store will remain open until the end of February, following which it will take about a month to produce the items that have been ordered. Creative Ink and Embroidery will either ship the items you order, or you can opt to pick them up at their facility on Steele Street.



Wild & Woodsy Volunteers Needed:

- *Greeters
- *Registration
- *Start Table
- *Finish Table

When: April 22-24, 2022; 2-hour shifts

Friday: 11:00 am to 5:00 pm
 Saturday: 8:00 am to 5:00 pm
 Sunday: 8:00 am to 5:00 pm

Contact Pam Greig-Davis to volunteer:
greigenterprises@msn.com



Capitol Volkssport Club News - continued

Capitol Volkssport Bylaws Change *from CVC President, Karen Younkins*

You might remember that some CVC bylaws and standing rules were voted on and changed at the January, 2022 CVC Club meeting. Unfortunately, we now have a bylaw that does not match the standing rule.

Bylaws and Standing Rules change - Article V111 - Fees, Section 3, states that dues will be prorated as stated in the standing rules. This needs to be eliminated from the bylaws because we aren't prorating any dues.

We will vote on this change at the April, 2022 meeting.



WE WELCOME OUR NEW CVC MEMBERS!

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



Norma Schafer – Olympia
Magdalena Webb - Olympia



HELLO FEBRUARY!

WHERE CAN YOU WALK? BIKE? WHEN?

We encourage **ALL** our members to get out and walk! Where can you walk you ask? Peter Sweet maintains our 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



Check out these fun, Thursday CVC walks in February & March!

February 3: Puyallup River Walk
February 10: Olympia Westside Hills
February 17: Tacoma Proctor District
February 24: Tacoma Point Defiance

March 3: Eatonville Historic Walk
March 10: Tenino Town & Trail
March 17: Olympia Evergreen St College
March 24: Lacey College & Park



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

Valentine's Traditional Walk Event in Orting

When: Saturday, February 12, 2022

Start location: Orting City Park Gazebo, Train St SW & Washington Ave SE

Start time: 9:00 am – 11:00 am

5K/10K, Not a Group Walk



AVA's National Walking Week is April 1 – 7, 2022.

Check AVA.org, the Northwest Pathfinder, and the South Sound Walkers Meetup Group for information about these walks and more:

April 2: Lakeland Hills of Auburn

April 3: Tacoma Proctor District

April 4: Olympia Downtown or Puyallup Riverwalk

April 7: Shelton Historic Walk

Wild & Woodsy Walking Event in Olympia, Washington April 22 -24, 2022

This three-day event will include walks in the Olympic National Forest, the Olympic National Park, state and city parks, and local neighborhoods. The event will include a Meet & Greet and an event dinner at the Rivers Edge Restaurant in Tumwater. A PDF Wild & Woodsy registration form can be found attached to the newsletter email.



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. A Meet & Greet and a banquet are scheduled. 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. The event is hosted by the Oregon Trail State Volkssporting Association and Rogue Valley Walkers. A variety of walks and challenge hikes will be offered as well as 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>



Winthrop & Cascade Loop Multi-day Event

Hosted by the Interlaken Trailblazers

September 30 – October 2, 2022

Hikes & Walks: Rainy Pass/Maple Pass, Blue Lake, Mazama,

Winthrop town walk & more

Check the Interlaken Trailblazers website for updates:

<http://www.interlakentrailblazers.org>



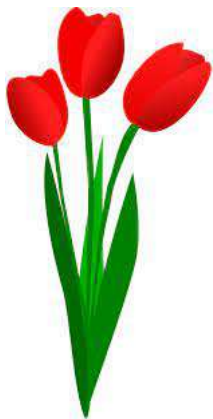
WILLAPA HILLS PART TWO

By Lesley Willardson



On our seventh Sunday of walking the Willapa Hills Trail Sue, Nora (the dog) and I started two miles beyond Rainbow Falls State Park by an abandoned schoolhouse in Doty. We decided it would make a great bed and breakfast or spa. There were a lot of apple, pear, plum and cherry trees on this route as well as many blackberries. We ate our fill as we walked. After a mile we saw a house that seemingly had no other access except to the trail where there were at least 10 hiking poles along with a sign that said take one. They were very well done and had sayings carved into them. I chose one that read I WONDER AS I WANDER and Sue chose one that read WALTZING MATHILDA.

As we were looking for a place to start the following week, we saw a sign for a restaurant called THE OWL AND OLIVE. So, the next Sunday we parked there and walked back to our previous week's stopping point. This part of the walk was one of the prettiest as it followed a gurgling creek with the sun dappling on the water, as a light breeze fluttered the leaves on the trees.



We stopped for lunch at The Owl and Olive. What a good lunch it was, too. The menu was limited to salads and pizzas. I understand they have since added pasta dishes. It's a small farm and the owners have added the restaurant along with outdoor and indoor seating.

There is a barn used for events and outdoor wedding areas in the flower garden and by the river. I highly recommend visiting there as the views are wonderful too. For anyone looking for a near to home walk that feels far away you could start walking west at Pe Ell three miles to The Owl and Olive, have lunch, then return much rejuvenated. Because this is still the Willapa Hills Trail you should be able to get credit for it. Stay tuned for the final segment.

Lesley, Sue and Nora.

CVC General Membership Meeting: Thursday, February 10, 2022 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.

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/



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Print Media Chair:	position vacant		



Memories of Christmas Past: CVC Holiday Walk 2021

86 walkers enjoyed the Holiday Walk which started at the beautiful Harbor House on the Olympia waterfront. Perki Sweet and Bonnie Tucker, chairs of the walk, extend a big thank you to all the volunteers who helped make it happen.



Our youngest walker & new member with his dad at the Holiday Walk.





Aberdeen Christmas lights on display for CVC Walk

Bob, Peter, Ian, Perki, Bonnie & Karen getting in the holiday spirit.



More photos of fun on the trail...



Chase & Pam hit the trail in Florida with former CVC President Holly and Newsletter Editor Bill



Pam, Sheila, Karen and Rosemarie enjoy a beautiful day at Chambers Bay

"Above all, do not lose your desire to walk. Every day, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it."

Søren Kierkegaard



Bonnie congratulates Marsha on completing her Centurion for 2021 at the CVC Holiday Walk!



Des Moines Trail walkers with four-legged friends.



Record January rains don't stop Julie and Rosemarie from enjoying a walk at Woodard Bay.



Jeanne explores Dripping Cave in the Aliso and Wood Canyons Wilderness Park in Laguna Niguel, Orange County.



Peter takes advantage of a beautiful day to walk in Long Beach, WA.



Melanie, John & Kent hiking the nature trails at Alderbrook near Hood Canal.