



Capitol Volkssport Club Newsletter August-September 2022

President's Message Submitted by Karen Younkins, President, Capitol Volkssport Club



I would like to share part of an article from the University of Washington Alumni Magazine from June 2022 titled, "Why We Walk." It was full of fascinating information, and helps me validate getting out on the trail. Please look for the full article at University of Washington Alumni Magazine - June 2022.

Forget Crossfit and high intensity interval training: walking is America's most popular form of exercise. Today, more than 145 million people include it as part of a physically active lifestyle, according to the Centers for Disease Control and Prevention.

And the numbers continue to rise: Recreational walking has surpassed pre-pandemic levels. The activity brings many known benefits: weight loss, heart health, and lower blood sugar. But lately, scientists are discovering much more. A Stanford study of 176 adults found that walking boosted creativity by 60%. Another study, published in *Frontiers in Public Health*, linked bipedalism and brain power, making the argument that walking and the development of the human brain are profoundly interlinked.

Walking became a habit for Neil Smith about 50 years ago when he moved to Seattle. His motivation was exploring the city's neighborhoods on foot. He kept up walking all through his time as a Boeing engineer. Fifteen years ago, he joined a just-formed group called Sound Steppers and today leads sojourns through neighborhoods and parks throughout the Puget Sound region.

"I'm a planner and I love planning walks," he says as we meet in front of the light rail station on Brooklyn Avenue Northeast at the start of a stroll through campus. Smith sports a bright yellow rain jacket and a fresh pair of Merrell sneakers. His excursions, usually two-hour and 6-mile events once or twice a week, can quickly wear out his footwear. Every Thursday he leads a group of 10 to 14 walkers, mostly regulars who are accustomed to his fast clip. He also joins other groups on weekend strolls, exploring neighborhoods from Samish Island to Seward Park.

The benefits of walking include healthy aging and extend beyond the body to the brain—playing a role in staving off cognitive decline. "Research shows that the earlier we start walking, the better our chances are for healthy aging," says Carolyn Parsey, a neuropsychologist at UW Medicine's Memory and Brain Wellness Center. But "starting anytime will improve your health."

We are so fortunate to live in such a beautiful part of the world. Keep walking and enjoy the outdoors. You might even want to introduce some of your friends to this wonderful sport.

Capitol Volkssport Club News



Save the Date! You're Invited!

Capitol Volkssport Club's Summer Picnic!



When: Thursday, August 11th 2022: 4-9:00 p.m.

Walk registration will be on site at 4:15. All walks will leave at 4:30 and dinner will be at 6:00. There will be 3 walk options: 2 different 5K loops and a 2K option.

Picnic Details: The club will provide paper products, water, and fried chicken. Members need to bring a potluck dish to share.

Where: Squaxin Park (formerly Priest Point Park), at Picnic Shelter #1 near the Rose Garden, 2600 East Bay Dr. NE, Olympia, WA

Please carpool if possible. Parking is limited.

New CVC Challenge: Animals of Chinese Horoscope, Aug 1, 2022 to July 31, 2023

After the very popular CVC Mailbox Challenge ended in April, 2022, the CVC has responded to requests for another challenge with: Animals of the Chinese Horoscope. The hunt goes from August 1, 2022, through July 31, 2023. If you are interested in participating in the new Animals of the Chinese Horoscope Challenge, you may print out the challenge booklet on your home computer. A PDF of the Chinese Horoscope Challenge Booklet is included in the August-September newsletter email. If for some reason your printer will not do two-sided printing you can print just the front page, then turn the paper over and re-insert it into the supply tray and print the back page. This file will yield two booklets. If you don't have access to a printer please contact Pam Greig (greigenterprises@msn.com) and ask for a copy of the booklet.

... Chinese Zodiac ...



SCAVENGER HUNT
AUG. 2022 – JULY 2023
PRESENTED BY:
CAPITOL VOLKSSPORT CLUB



More CVC Club News & Activities

CVC 2022-23 Annual Club Dues Renewal Time!

It's that time again! July 1st began a new membership year. Your CVC dues can be mailed to Sheila Morrison at any time or given to Sheila, or submitted to Sheila at the annual picnic on August 11, 2022. If you are paying in cash, Sheila would like to have it in an envelope with your name on the front. Dues become delinquent on September 30th.

Just a reminder that dues are as follows:

\$8 for members under 55

\$6 for members over 55

\$12 for a family membership

Mailing address: Sheila Morrison, 6634 Milano Ct SE, Olympia, WA 98513



UPCOMING WALKING OPPORTUNITIES

Walk With Your Capitol Volkssport Club!

Check out our Capitol Volkssport Club Webpage at the link below for **ALL** of our scheduled club walks in August & September. Regular walks are scheduled Mondays, Tuesday evenings through the end of September, and Thursdays.

Link: [Capitol Volkssport Club](#)

Check out these fun, CVC Club Walks coming up:

Ocean Shores, Thursday, August 18
Chehalis, Thursday, August 25

Aberdeen, Thursday, September 1
Gig Harbor, Thursday, September 22

CVC's 5T Train Trip & Walk in Portland, OR on September, 15, 2022

- Ride a train, trolley, & tram, plus walk on trails and across the Tillicum Bridge.
- See the CVC website at the link above for full information about this event including how to purchase your train ticket.



IMPORTANT INFORMATION on the CVC Evergreen State College Walk:

The Evergreen State College walk will have only **on-line start box registration** from now on. Barnes and Noble is remodeling and has required the CVC to move the walk box. We have two group walks at TESC scheduled in August and September. Peter and/or Perki, the Trail masters, will take the box to the Barnes and Noble parking lot, so for now group walkers can register there as usual.

Save the Date!

CVC's Where the Salmon Run Guided Walk in Tumwater, WA on Saturday, October 15, 2022. See the CVC website at the link above for full information on the education and fun Fall walk.



Capitol Volkssport Christmas Party at the Jacob Smith House in Lacey – Thursday, December 8, 2022

CVC 2022 Holiday Walk in Olympia – Saturday, December 10, 2022

UPCOMING WALKING OPPORTUNITIES FARTHER AFIELD

Northwest Hiking Weekend in Port Ludlow, WA: August 19-21, 2022

One walk will be an all-new route on Port Ludlow's extensive trail system including wooded trails around Teal Lake and (on the 10K route) the **Port Ludlow** golf course and DNR trails. There will be 2 other routes offered in the same area during the 3-day weekend, and there is also a YRE route in Port Ludlow available. For more information visit: <https://fourplushikers.weebly.com/nw-hiking-weekend.html>



SPECIAL OPPORTUNITY: During the Northwest Hiking Weekend on Aug., 19, 20, 21 there is an opportunity to see the play **“As You Like It”** at the **Finn River Cidery in Chimacum**. All shows are at 3PM, 2 hours with an intermission. Please check for information and tickets at finnriver.com.



Labor Day Walk, Seattle, WA

Saturday, September 3, 2022

5K & 10K Routes on Capitol Hill, through pretty neighborhoods and Volunteer Park. Walk starts at St. Marks Cathedral, 1245 10th Ave E, Seattle. Register from 9:00 – 11:00 am. For more information visit:

www.emeraldcitywanderers.org



Winthrop & Cascade Loop Multi-day Event September 30 – October 2, 2022

Hosted by the Interlaken Trailblazers

Hikes & Walks: Rainy Pass/Maple Pass, Blue Lake, Mazama, Winthrop town walk & more.

Check the Interlaken Trailblazers website for updates:

<http://www.interlakentrailblazers.org>



AVA Start Point Books

It's time to preorder your Starting Point Book which includes updated print information about hundreds of AVA walks across the US. Please contact Bob Morrison before September 30, 2022 with your prepayment, if you wish to order a book. The cost is \$30 plus \$7 for shipping. Volkssport Associate Members must provide their Volkssport Associate Member Number to receive a 10% discount for Individuals and Families or 15% discount for Volkssport Lifetime Members.



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/





**SAVE
THE
DATE**

**18th IVV Olympiad and
IML Texas Trail Roundup**



Congratulations to
Sheila Morrison.
She finished her 100th walk on
July 21, 2022 for the Centurion
Award!



Capitol Volkssport Club Officers and contact information:

President:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
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Meetup.com Admin	Chase Davis	(360) 584-6446	E-mail: NWPathfinder@comcast.net



"A walk is a great prayer. To make eye contact and smile is a kind of prayer, and it changes you." —Anne Lamott

CVC PHOTO GALLERY



Monday walkers praising the Sun God.



Walkers enjoy historic Chehalis



Mert leads hikers along a new route at beautiful Lake Sylvia.

Minus tides in June at Budd Bay bring out the walkers.



Blue bird day at the Nisqually Wildlife Refuge

Gardens in bloom at Point Defiance



Sunny skies greeted walkers in Westport



Smiles and sunshine on the Woodard Bay walk.



Lesley enjoys the low-tide only walk to McMicken Island.



Monday walkers enjoy the public art on the Eastside Olympia walk.



Keith points out some of his stone carvings on the Tenino walk.