



Capitol Volkssport Club Newsletter October-November 2022

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

Greetings,

We had an amazing summer this year. In fact, maybe even a bit too hot for some of us. As I write this the last gasps of summer are providing perfect walking weather. It won't be long before we are in the depths of our cool, rainy fall weather. This is the perfect time to get out and enjoy the changing seasons.

Shoes! Shoes! Shoes!

Greg Klein, the owner of South Sound Running, is coming to talk to us at our October meeting. He was originally trained by Chet James at Super Jock n 'Jill in Seattle, WA. From this foundation, after thousands of fittings, they have done their best to refine this fitting process. South Sound Running believes how you are fit is just as important as the shoes you buy. This fitting process has evolved over the 20 years that they have been in business.

Change of plans!

As you may know our 5 - Ts walk, which was scheduled for Sept. 15th, had to be cancelled at the last minute. Amtrak was forced to temporarily suspend service to Portland due to the impending national railroad strike. Luckily the strike was averted and service has returned to normal.

Instead, a small group of us headed to the Woodard Bay North Walk in Olympia for our scheduled Thursday walk. The weather was perfect, and we enjoyed the birds and views. We saw many moms and small children enjoying a walk in the forest. As we stopped for our group picture a couple ladies offered to take our picture. So we were able to talk with them about CVC and advertise our club.



Capitol Volkssport Club News

Where the Salmon Run Guided Walk in Tumwater, October 15, 2022

Join the Capitol Volkssport Club Saturday October 15, 2022 to view the Chinook salmon as they return to the Deschutes River. Registration begins at 9:00 a.m. Our guided walks will start at 10:00 a.m. at the Brewery Park at Tumwater Falls (110 Deschutes Way SW, Tumwater, WA 98501 – at the corner of “C” Street and Deschutes Way). Restrooms are available at the start point.

We will have the opportunity to meet Keith Phillips, the stone carver from Tenino who completed a new monument to the Olympia Brewery and a drinking fountain at the park. Keith is also a new member of our club. In addition to viewing the salmon through windows, we will have a short talk from a hatchery specialist from the Department of Fish and Wildlife. 10K walkers will be divided into 2 groups – fast walkers and medium/slow walkers. 5K walkers will be divided into 2 groups also - fast walkers and medium/slow walkers.

NEW THIS YEAR, walkers will be allowed to walk on their own with directions if preferred. There will be no talks given at the Capitol Rotunda this year as the Department of Enterprise Services at present has no trained docents.



Save the Date for these upcoming Capitol Volkssport Club Events!

The Return of our annual Holiday Potluck, Thursday December 8, 2022 at the Jacob Smith House, 4500 Intelco Loop, Lacey, WA 98503

Annual Capitol Volkssport Christmas Walk, Downtown Olympia, Saturday, December 10, 2022



Paths are the habits of a landscape. They are acts of consensual making. It's hard to create a footpath on your own... Like sea channels that require regular dredging to stay open, paths need walking. –Robert Macfarlane

More CVC Club News & Activities

UPCOMING CVC WALKS:

Be sure to check the [CVC website](#) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

Monday, October 10, 2022: Octoberfest Walk following our Eastside Olympia CVC route, with refreshment stops at Northwest Beerwerks, and Whitewood Cider Co. For added enjoyment, join members for dinner after the walk at Well 80 Brewhouse.

Thursday, October 13, 2022: Ocean Shores Bayside Walk which takes you through developed and undeveloped areas of Ocean Shores pausing at several of the city parks with views up and down Duck Lake, and along the North Bay.

Thursday, October 20, 2022: Walking Winlock. Winlock is home to the world's largest egg, and is the first incorporated city in Lewis County. Walk by historic buildings and homes as well as two local history museums.

Monday, October 31, 2022: join this **Olympia Monday walk which will celebrate Halloween** by walking through the South Capitol Neighborhood to view its creative Halloween displays.

Thursday, November 10, 2022: The **Historic Centralia Walk** takes you past historic homes, the historic train station, parks and a lake.



UPCOMING CVC MEETINGS:

CVC meetings for all members are held the second Thursday of each month at 5:00 p.m. **Location:** Family Center of the Olympia-Lacey Church of God, 5005 Lacey Blvd SE, Lacey, WA (on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road)



Thursday, October 13, 2022 at 5:00 p.m. Greg, manager of South Sound Running, will tell us all we need to know about SHOES... when to get a new pair, how to fit your feet, what socks to wear, etc. Bring your questions for Greg.



“Does the walker choose the path, or the path the walker?”

— Garth Nix



Welcome to our new CVC members!

**Rose Best
Megan Casebourn
Mary Clem
Diane Johnson
Diane & Richard Koeb
Jesse Laib**

**Cathy Lee
Brian List
Carol Mukasa
Cheryl Patterson
Beth Secord
Sue-Lon Webert**



THE END OF THE TRAIL

Two old broads and a middle-aged dog finally finished walking the Willapa Hills trail. Because we walked back and forth each time we completed 112 miles.

The ending was anti-climactic as the final trailhead was a dusty, shabby spot alongside Highway 6. We had expected it would be in a pretty park along the river in South Bend. The final walk did have some pretty scenes along the widening Willapa River. It was lined with blackberries too. It also passed some fish processing places with bad smells.

From Raymond it was paved. The walk into Raymond was one of the prettiest of the whole trail alongside a slough on a tree-lined path. On this part of the trail, we passed an old house on stilts over a marshy area. An older gentleman was sitting on the porch listening to jazz as we passed by. Birdhouses were hung everywhere and Adirondack chairs scattered on dry spots of the marsh. It was so peaceful. We decided he was an old Vietnam Vet who just wanted to be left alone.

The majority of the trail from Frances was dirt and rocks. At times it was overgrown and in danger of falling into the river. Some sections required guesswork as it disappeared altogether. On these sections we only met an occasional fisherman or farmer. Lebam which is Mabel spelled backwards, has a general store and a church and post office. Menlo is a tad larger and hosts the Pacific County Fair. There is a high school there too. The setting is gorgeous with long views of the hills.

Willie Kiel's grave is worth a visit. He was 19 and so looking forward to going west on a wagon train. He died a few days before the family departed. They put his body in a casket of whiskey and so he sat in the front of the train.

A fit walker could walk this trail in three or four days, but for us it was a fun way to spend Sunday afternoons for most of two summers. Now we are looking for another challenge!

Lesley Willardson, Sue and Nora.



UPCOMING WALKING OPPORTUNITIES NEAR & FAR

Swan Creek Park in Tacoma, WA, October 8, 2022. Start time: 9:00-Noon; Finish Time: 3:00 pm. Distance: 11 km / 6 km; trail rating 2C. Sponsored by Evergreen Wanderers. For more information, see [Meetup / South Sound Walkers Group](#).

Colors of Sunrise in Puyallup, WA, October 22, 2022. Start time: 9:00-Noon; Finish Time: 3:00 pm. Distance: 10 km / 5 km; trail rating 1A. Sponsored by Daffodil Valley Volkssport. For more information, [See Meetup / South Sound Walkers Group](#)

Remlinger Farms Halloween Walk in Carnation, WA, October 29, 2022. Start time: 9:00-Noon; Finish Time: 3:00 pm. Distance: 11 km / 6 km; trail rating 1B. Stroll along the Snoqualmie Valley Trail and through the quaint downtown of Carnation, before returning to the Farm. Wear your Halloween costume – there will be prizes! Sponsored by Emerald City Wanderers. For more information, see the [Emerald City Wanderers website](#).



Save the date for these November Walks:

OptOutside-Summer Walk, November 25, 2022. See [Meetup / South Sound Walkers](#) for more information in November.

Turkey Trott in Edmonds, WA, November 26, 2022. See the [Sound Steppers Volkssport webpage](#) for more information in November.

Visit the [IVV Olympiad website](#) for the schedule of events and registration information.



SAVE THE DATE

18th IVV Olympiad and
IML Texas Trail Roundup
Walking Festival



2023
18th OLYMPIAD
SAN ANTONIO, TEXAS USA

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

Eight glorious days of walking, biking and swimming including the world-famous River Walk and World Heritage missions. At night, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!
*Rodeo is optional at an additional cost.

[IVVOlympiad2023.org](#)
[texastrailroundup.org](#)





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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Walking for Good



In an essay titled "Stepping Out," David Sedaris recounts how he turned an obsession with earning steps on his Fitbit into the practice of picking up trash in the beautiful area of England where he lives. Sedaris shines light on a serious point: that walking can be used not only to improve an individual's well-being, sense of place, and attention, but it can also be a way of taking care of others and inspiring acts of devotion.

CVC PHOTO GALLERY



Melanie comments on art found in the Art Box on the Eastside Walk.



Sunny August day for the Shelton Walk.



Walkers celebrate Nancy Wittenberg's birthday with a walk at Staircase in the Olympic National Park.



Aberdeen walkers discover a goat on the trail to check off on the Chinese Horoscope Challenge.



Walkers discover some Aberdeen history from Teddy the dog, the captain & the coach of the Aberdeen football team from 1915.



Sheila, Joy & Bob share volkssporting information at Panorama City.



Walkers enjoyed the shade of the Woodard Bay Trail on a summer day, and Joy found berries.

Many CVC members enjoyed the beautiful fall colors & hospitality of Winthrop



Pearrygin Lake and Lake Ann offered beautiful views near Winthrop.



Walkers on the Lake Ann Trail

Can you spot the CVC members in the Winthrop barn?

