



## Capitol Volkssport Club Newsletter December 2022 – January 2023

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

Hello everyone,

I hope you have been enjoying our wonderful weather this October and November. The fall volkssporting walks and hikes in the Washington and Oregon area have been terrific.

Our annual Holiday Walk will be on Saturday, December 10! CVC is also offering a Christmas Lights walk in Aberdeen on Dec. 17 (more information in this newsletter). The Northwest Pathfinder also lists other great walking opportunities in December. Don't forget the many year-round walks that are available to enjoy.

I am including the invitation to our Christmas Party in this newsletter. There are still spaces available for you to come and join us for a delicious potluck dinner, Carol Froelich's terrific slide show, and five surprising gift drawings. Of course, there will be the opportunity for you to visit with old and new friends. Just email me at [icyounkins@comcast.net](mailto:icyounkins@comcast.net) and let me know that you are coming.



*Some friends and I loved the fall colors and friendly animals as we walked at the Remlinger Farms in October.*



Capitol Volkssport Club News



*Annual CVC Christmas Party*

*Thursday, December 8th*

*5:00PM until 8:00PM*

*at the Jacob Smith House*

*4500 Intelco Loop SE,*

*Lacey*

*Please bring a side dish, salad, or dessert*

*(ham is provided).*

*This year we will be taking donations of snacks and school supplies for Garfield Elementary School.*

*You can find approved donation list on the next page.*





## More Holiday Fun with your Capitol Volkssport Club



### Christmas Gifts for Garfield Elementary School

This year for our Christmas party gift exchange, we are partnering with a Title I School, Garfield Elementary, in the Olympia School District. Between 50-53 percent of the students at Garfield live at or below the national poverty level. We are helping provide snacks for children who come to school hungry and have no school supplies. Please give generously from the following lists:

#### Snacks:

Crackers (Goldfish, Animal Crackers, Cheez-Its, Graham Crackers, etc.)

Granola Bars (Nutri-Grain, Kashi bars, Nature Valley, etc) no nuts please

Cereal Snacks (Cheerios, Kix, Golden Grahams, etc.)

Chips (Pretzels, pita chips, baked chips, popcorn, Pirate's Booty, etc.)



#### School Supplies:

Dixon Ticonderoga pencils, pink erasers, crayons, markers, rulers, colored pencils, paper, glue sticks, Kleenex, hand sanitizer, baby wipes.

If you can't come to the party, but would still like to participate, either bring your gifts (unwrapped) to one of the Thursday group walks, or the Holiday Walk on Dec 10th. Bonnie Tucker will collect your donations.

On behalf of the kids and the teachers, thanks!



### CAPITOL VOLKSSPORT CLUB HOLIDAY WALK SATURDAY, DECEMBER 10TH



**Start Point:** Harbor House, 217 Thurston Ave NW, Olympia, WA

**Start Time:** 10 am to noon

**Finish Time:** 3 pm

Free parking downtown on weekends

There is a 5k and 10K walk version. The walk goes through the Capitol grounds, past the Capitol Christmas trees (new presentation this year), the Farmer's Market and more.

All the volunteer slots have been filled, but I encourage everyone to come join in the festivities. Bring your friends and family! This is an opportunity for new members to support the club and see what a Traditional Walk is all about.



## More Holiday Fun with your Capitol Volkssport Club



### **ABERDEEN HOLIDAY LIGHTS WALK** **Saturday 12-17-22**

**Start time:** 5:30 p.m.

**REGISTRATION:** Begins 5:00 p.m. inside the **Aberdeen Safeway, 221 West Heron St.** near Starbucks. The Walk starts from Safeway at 5:30p.m.

**Walk Rating:** 2A

The 10K will be Guided ... we're looking for someone to lead the 5K, so please call or text Mert at 360-533-4352, if interested.

**WHAT TO BRING:** a flashlight is a good idea, but not required; possible rain gear... be sure to check the weather forecast; **a donation to our local Food Bank would be deeply appreciated!**

**OTHER INFORMATION:** There might be some kind of treat for the 10K folks along the way. Also, sometimes walkers get together for a social opportunity with food after the walk.



## More CVC Club News & Activities

### *UPCOMING CVC WALKS:*

Be sure to check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

**Every Monday, including December 5, 12, 19, & 26, 2022** walks begin at Bayview Thriftway, 516, West 4<sup>th</sup> Ave., Olympia. Walks take you through the diverse neighborhoods of our capitol city. Registration is at 1:45 inside the store near the Deli. Walks begin at 2:00 pm.

**Thursday, December 15, 2022: Chehalis Historic Walk** takes you past many buildings and homes on the National Register of Historic Places as you travel through neighborhoods and along the main street of town. Christmas decorations are sure to be out.

**Thursday, December 22, 2022: Dupont Historic Village** takes you through the historic town Pierre S. du Pont built in 1908 to house the workers for his dynamite plant. You'll also walk on trails and through the later developments as the town of Dupont grew to support local business and the military.



**Welcome to our new CVC members!**

**Linda Hardy  
Lindy Slyker  
Mary Thygesen**



### **Winter Walking Advice**



South Sound Walking Administrator and CVC Club member, Carolyn Warhol, shared this wise advice on the South Sound Walkers Meetup site recently. It's being reposted here because many CVC members do not subscribe to Meetup.

Dear South-Sound-Walkers,



It is that time of year again when the weather affects our decisions to attend or not attend a walking meetup. Our South-Sound Walker meetups are not often cancelled due to inclement weather. We are harty souls that walk in all kinds of weather. Plus, we don't always know the condition of the trail until just before the meetup is to start.

**HOWEVER**, if you are uncomfortable with the walking conditions or with the condition of the roads to get to a walk, then please do not take your life in your hands to try and come. You may just find that many of the rest of us have decided that we also need to stay home on that particular day.



Today as I look out and see white flakes drifting down, I am reminded that as much as I enjoy walking outside, common sense is part of my walking toolkit and needs to be used on occasion.

I wish you all a happy holiday season and the best for a new year.

Carolyn Warhol, Co-organizer

### **Need Some Creative Inspiration? Go for a Walk!**

Bob Morrison shared an interesting article on the connection between walking and creativity:

#### **Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking**

Marilyn Oppezzo and Daniel L. Schwartz  
Stanford University

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>

Four experiments demonstrate that walking boosts creative ideation in real time and shortly after.

\*\*\*If the link doesn't work, look for the link in the CVC newsletter email.



# UPCOMING WALKING OPPORTUNITIES NEAR & FAR

## New Year's Walks, December 31, 2022 & January 1, 2023 West Seattle, Washington

Bid 2022 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 event information is available at their website: <http://www.emeraldcitywanderers.org>



## Northwest Hiking Weekend April 21-23, 2023 Othello, WA

Sponsored by the Four Plus Foolhardy Club  
Visit the club's website closer to the event date for more information: <http://fourplushikers.weebly.com>

## Lacey Earth Day Walk at Northwest Trek Wildlife Park April 29, 2023

Sponsored by the Capitol Volkssport Club  
Visit the club's website closer to the date for more information:  
<http://capitolvolkssportclub.org>



## Bend, Oregon - Salute to Central Oregon September 14 – 17, 2023

Sponsored by Columbia River Volkssport Club  
Visit the club's website closer to the date for more information:  
<https://www.walking4fun.org>

For more information on the IVV Olympiad and the Texas Trail Roundup events, visit the websites:

<http://ivvolympiad2023.org>  
<http://texastrailroundup.org>



**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  
AMERICA'S WALKING CLUB  
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**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. 263<sup>rd</sup> Street  
Kent, WA 98032-7159*

or [www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)



SOME PEOPLE HAVE SAID THERE'S A RELATIONSHIP BETWEEN POETIC METER AND THE FALL OF YOUR FOOT—AND POSSIBLY YOUR HEARTBEAT MIGHT BE THOUGHT OF AS AN IAMBIC BEAT WHEN ITS AMPLIFIED BY WALKING. OFTEN WHEN I GO FOR A WALK I COME BACK WITH A POEM. THERE'S A SENSE OF CREATIVITY ABOUT IT, AND A SENSE OF WELLBEING THAT YOU ARE GETTING THE ORGANS AND LUNGS AND THE BLOOD MOVING. YOU NEVER COME BACK FROM A WALK FEELING WORSE.

—Simon Armitage

# CVC PHOTO GALLERY



Octoberfest graced walkers with beautiful weather. Stops at NW Beerwerks, Whitewood Cider and Well 80 were enjoyed by all.



Though fog enshrouded Steilacoom, temperatures were perfect for a walk. Flowers were abundant, so Joy shot a few photos

**If you enjoy reliving our walking adventures through photos, be sure to come to CVC Christmas Party. There will be a photo slide show with photos from our walking adventures throughout 2022.**



Halloween spirit abounded as walkers roamed from Olympia and Lacey to Carnation.



Centralia walkers enjoyed Borst Park and lunch & beer at Northwest Sausage & Deli afterwards.