



## Capitol Volkssport Club Newsletter August - September 2023

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

Hello everyone,

I hope you have been enjoying the hot weather this summer. Please remember those sun hats, sunscreen, and water with electrolytes (such as Nuun) if you are walking in the heat. Even though we volksmarchers want to continue on and not take breaks please check with your fellow walkers periodically to see how they are doing. On our Sunday afternoon walks we are going to try to have a sweeper at the end to be sure everyone makes it to the finish.

Please join us for the Anderson Island Walk (see the Pathfinder) on Aug. 5 and our CVC picnic at Millersylvania State Park on Aug. 10. Details about our picnic will be in this newsletter.



*Here's a picture of smoky Olympia in 2020.*

This year we have already had some smoky days and, unfortunately, I think that we may have more as the hot weather continues. Below is some information from the internet to help you make good decisions about whether to walk or not.

Air quality is measured **with the Air Quality Index or AQI**. The AQI works sort of like a thermometer that runs from 0 to 500 degrees. However, instead of showing changes in the temperature, the AQI is a way of showing changes in the amount of pollution in the air.

N95 masks don't just protect against COVID, they also protect against pollution. According to Women's Health, those higher-quality masks can filter out the small particles associated with smoke pollution.

Watch for signs that air pollution is affecting you, such as coughing and shortness of breath. Asthma sufferers should keep quick-relief medication handy. On days when the AQI is more than 300, everyone should avoid outdoor physical activity and remain indoors.

Stay safe out there and enjoy our wonderful Pacific Northwest trails and scenery.

Sincerely,  
Karen Younkins



# Capitol Volkssport Club News



## Anderson Island Walks: Saturday, August 5, 2023

Take a summertime ferry ride to visit this nearby, south Puget Sound Island. There are two walk routes available: a 7K and an 11K. The 7K route, which is on the north end of Anderson Island, begins by walking on to the ferry in Steilacoom. It follows quiet country roads with views of Puget Sound and Mount Rainier. Because this is a Traditional Event, the walk credit fee for CVC members is \$3. **Start time:** 8:45 am – 12:15 pm. **New Start location: Steilacoom Perkins Park & Playground**, 201 7<sup>th</sup> Street, Steilacoom, WA – just off the traffic circle at Union Ave & Martin Street, one block from the ferry terminal.



The 11K route on the south end of Anderson Island requires driving on to the island. You'll explore trails in three parks, visit beaches, learn history of homesteaders on the island and enjoy beautiful view of Puget Sound and Mount Rainier.

**Parking** for the 7K is available at a pay lot directly behind the Anderson Island Ferry Terminal in Steilacoom (56 Union Ave, Steilacoom) Price: 10.99 plus tax. Most street parking in the town of Steilacoom is limited to 2 hours, maximum. There is also a large free parking lot on Anderson Island at the ferry terminal, if you decide to drive on to the island. There are small free parking lots at the 11K start point, Andy's Wildlife Park, and a couple of blocks south at Jacob's Point Park.



### Anderson Island Ferry Information: Location: 56 Union Ave, Steilacoom

#### Ferry Fares:

<u>Walk-on</u>	<u>Car &amp; Driver</u>
Adult: \$6.21	Adult: \$28.86
Senior/Youth: \$3.08	Senior: \$23.96

Purchase tickets at the ferry terminal or online: <https://www.piercecountywa.gov/7661/Pierce-County-Ferry-Tickets> You will need ID to purchase senior tickets at the terminal.

#### Ferry Times for Saturday, August 5, 2023

Departing Steilacoom Dock:

9:30 am; 10:35 am; 12:10 pm; 2:45 pm

Departing Anderson Island Dock:

10:05 am; 11:10 am; 12:45 pm; 3:15 pm; 4:25 pm



## More Capitol Volkssport Club News



# Join us for CVC's 40th Anniversary Summer Picnic




**When:** Thursday, Aug. 10, 2023

3:15 Registration for 10K walk, leave 3:30

4:15 Registration for 5K walk, leave 4:30

6:00 Potluck dinner

**Where:** Millersylvania State Park, 12245 Tilley Rd. SW, Olympia, WA, Shelter #3. Discover pass is required if you park in the park.

**What is provided:** Plates, Utensils, Water, chicken, 40th  Anniversary Cake

**What to bring:** Potluck Dish to share

**Club Dues:** \$8 regular membership, \$6 if you are 55+ years of age, \$12 for a family. Please write checks to CVC, and put your name on an envelope if you are giving cash.



### Welcome to our new CVC Member!

Renee Hunter



## CVC 2022-23 Annual Club Dues Renewal Time!

**It's that time again!** July 1<sup>st</sup> began a new membership year. Your CVC dues can be mailed to Sheila Morrison, or submitted to Sheila at a walk, a club meeting or the annual picnic on August 10, 2023. 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 30<sup>th</sup>. **Thanks to those who have already paid!**

**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

## More Capitol Volkssport Club News

Save the date for the fun events coming in 2024!



**CVC's Popular Wild & Woodsy Event Returns to the Olympia area:  
Thursday, April 25 – Sunday, April 28, 2024**



**Back to the Beach with CVC  
August 13-14, 2024**

CVC is planning a special walking event for friends and family next August 13-14, 2024. And yes, dogs are welcome. We will drive to Grays Harbor on Tuesday, August 13th, walk Aberdeen in the morning as a group, and move on to Ocean Shores for an afternoon walk. People will be on their own to check into their accommodations and find dinner. Wednesday, August 14<sup>th</sup> will be a day spent on the North Beach, with group walks in Moclips and Seabrook. We will try to find a restaurant, where we can dine together that evening. Closer to the date we will ask for a head count, in order to make the dinner reservation. Thursday morning may feature one of the Ocean Shores YRE's and then a walk of the Hoquiam YRE on our way home.

**It's not too early to reserve a room!** Yes, some or all of the motels will take reservations already for August of next year. We advise you make your reservations now at a place, which will allow you to cancel later, if you are unable to attend. Please remember that Ocean Shores is a convention town and that August is during high season (most popular and most expensive). Why are we going then? Because you asked for better weather (so keep your fingers crossed) and summer. We chose mid-week, which is less expensive and has more rooms available. If you're still working, please request vacation for these three days, as we really want you to join us!

We want to keep this trip flexible, so more people can participate. Many of us live close enough to Ocean Shores to go down for one day, if staying overnight is not possible. If you don't want to do that much walking, you will be able to pick and choose which walks you wish to do. There will be 5 k and 10 k versions of all the walks, and we will schedule group walks of all events. In addition, it will be possible to walk individually, if that works better for your schedule. We wish to provide something for everyone at the beach, one of our favorite places. Stay tuned, as more information becomes available. Liz and Bonnie, co-planners



## IMPORTANT CAPITOL VOLKSSPORT WALK REMINDERS

**Monday summer walk** times extend through September 30, 2023. Walks begin at 10:00 am, with sign-in at 9:45 am, at Bayview Thriftway, 516 Fourth Ave W, Olympia, WA

**Tuesday evening walks** continue through Tuesday, September 26, 2023. Walks begin at 6:00 pm, with sign-in at 5:45 pm.

Be sure to check the Capitol Volkssport website for the full schedule of walks offered:

<https://capitolvolkssportclub.org/upcomingwalks.html>

Here are few upcoming **CVC Thursday walks** to interesting routes out of town:

**Thursday, August 17, 2023: Kalama Waterfront Park.** Registration: 9:45 am. Approximate drive time to start point, 1 hour.

**Thursday, August 24, 2023: Gig Harbor Historic Waterfront Walk.** Registration 9:45 am. Approximate drive time to start point, 45 minutes.

**Thursday, August 31, 2023: Ocean Shores Bayside Walk.** Registration: 9:45 am. Approximate drive time to start point, 1 hour and 30 minutes.



### CVC Monthly Club Meetings:

Thursday, August 10, 2023 at the CVC Club Picnic.

Thursday, September 14, 2023 at 5:00 pm at the Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, Lacey, WA

## UPCOMING WALKING OPPORTUNITIES NEAR & FAR



### Lakewood Historical Walk – Saturday, August 19, 2023

Walk the city of Lakewood and visit many historic sites. Start by going through Seeley Lake Park, pass the Little Church on the Prairie, the Lakewood Historical Museum, and visit two cemeteries. There are 5/10K routes on basically flat and easy footing (1B). See **South Sound Walkers Meetup** for more information.

<https://www.meetup.com/south-sound-walkers/>



### Labor Day Weekend Walk in Ballard – Saturday, September 2, 2023

Explore evolving Ballard. Craftsman homes to condo & apartments, retail core to restaurant row, craft breweries and coffee shops, Ballard Commons, and, of course, the Chittenden Locks. Two routes, 5K & 10K rated 1B for easy terrain.

Registration 9:00 am to noon. See the **Emerald City Wanderers website for more information.**

<http://www.emeraldcitywanderers.org>

# UPCOMING WALKING OPPORTUNITIES NEAR & FAR

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

Sponsored by Columbia River Volkssport Club, this grand event includes fourteen walks/hikes and one bike route. See some of Central Oregon's most beautiful sites: Benham Falls; Camp Sherman & the Metolius River; Green Lakes below the Three Sisters peaks and more. Visit the club's website for more information: <https://www.walking4fun.org>



## WalkFest Vancouver 2023, September 22-24, 2023

Visit the beautiful port city of Vancouver, BC, Canada for an event featuring 10 sanctioned walks and an optional evening harbor cruise with onboard banquet. Visit the website for more information to start planning your visit:

<https://vancouverventurers.com/walkfest-vancouver-2023/>

## Bow – Samish Island, WA – Saturday, September 30, 2023

Walk on a combination of rural country roads and groomed trails on beautiful Samish Island. Enjoy breathtaking views of the Salish Sea, San Juan Islands, local oyster and clam commercial aquatic ranching and scenic Mt. Baker. Walk rating: 1B. More information at the Four Plus Foolhardy Folks website: [www.fourplushikers.weebly.com](http://www.fourplushikers.weebly.com)



**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:*

Chase Davis

[NWPathfinder@comcast.net](mailto:NWPathfinder@comcast.net)

360-584-6446

Join and pay online!

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

**Capitol Volkssport Club Officers and contact information:**

President:	Karen Younkins	(360) 357-9185	E-mail: jcyounkins@comcast.net
Co Vice-Presidents:	Larry and Cheryl Bush	(303)-548-0788	E-mail: bikecb@aol.com
Secretary:	David Black	(919) 302-3175	E-mail: dblackarchitect@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: greigenterprises@msn.com
ESVA Rep:	Bonnie Tucker	(360) 628-9518	E-mail: bonniedale@comcast.net
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 Admin	Chase Davis	(360) 584-6446	E-mail: NWPPathfinder@comcast.net

## CVC PHOTO GALLERY



Bainbridge Island walkers braved the rain!



Sunny skies at Damon Point



Eatonville pooch greets walkers with a smile



Walkers enjoy Tumwater Falls and rose garden



Tacoma walkers tackle another hill

# MORE PHOTOS FROM THE TRAIL



A long summer day means a beautiful Tuesday night walk on the Chehalis-Western Trail



Tuesday night at Billy Frank Nisqually Wildlife trail.



Walkers enjoy a new walking option: Sunday afternoon in Lacey



Shelton walkers enjoy the shady creek trail



The Westport beach offers fun for all



Monday walkers enjoyed a visit to the Widget, Mary & John's boat, just before it went off to new owners.