



Capitol Volkssport Club Newsletter October - November 2023

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

Hello CVC members,

I hope you had a wonderful September full of vacations, trips to Bend, Oregon, Vancouver, British Columbia, other terrific places, or just enjoyed our beautiful Pacific Northwest. Autumn is my favorite season with the cool crisp mornings and leaves falling everywhere

The AVA's Big Give is still continuing. You can donate online at ava.org or mail a check to **American Volkssport Association, 1008 South Alamo Street, San Antonio, Texas 78210.** Your contribution will help with the purchase of equipment necessary for walks to take place, as well as sustain the program and administrative operation of the organization. One of the things I appreciate most about AVA is my ability to find up to date information about all of the walks in the USA by going to ava.org. Our trip planning is much easier this way.

In August Jim and I had a terrific trip to British Columbia, Idaho, and Walla Walla. Jim, of course, will tell you that the trains and curvy roads were the highlights, but I will also mention that we enjoyed walking several permanent trails in BC. The weather started out beautiful in Vancouver BC, but as we continued north to Prince George we had to contend with smokey weather. Many roads were closed, but luckily we were able to stay in the hotels we had reserved without any problems.



One of the highlights was the Capilano Suspension Bridge in North Vancouver. Once we met the challenge of walking across the actual Capilano Bridge we hiked on the Treetop Adventure (an elevated walkway in the treetops), Nature's Edge (a boardwalk that meanders down into the forest), and Raptors Ridge (an interpretive exhibit on birds of prey).

Around halfway to Prince George we turned right and drove in the forest for around an hour to Barkerville. Barkerville is a living museum operated by the BC Park system.

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The town has been managed as a National Historic site since 1958. Barkerville was founded in the mid 1800's as a gold rush town, and today it looks much as it did in the beginning. Docents wear period clothes and are anxious to talk about the history of the town and the gold rush.

Two new towns to us are Golden and Invermere. In Golden we walked by the Kicking Horse River and in nice neighborhoods. Invermere is near the headwaters of the Columbia River. At Invermere the Columbia River is no bigger than our Deschutes River in Tumwater. We saw views of Lake Invermere and enjoyed looking at the trendy shops, hotels, and eateries as we meandered by on our walk.



I would like to mention that everywhere we went people were friendly and helpful. We met people in neighborhoods, on the trails, and in the restaurants. If we were confused about directions there was always a local there to assist us.

Sincerely,
Karen Younkins



Capitol Volkssport Club News



Important Time Change! Fall is here and with it comes a time change for the weekly Monday walks sponsored by the CVC. The Monday walks will start at 2:00 pm, with sign in at 1:45 pm at Bayview Market, 516 4th Ave W. Olympia, WA



CVC Christmas Walk: Volunteers Needed

Our annual Christmas Walk is scheduled for December 9, 2023, starting from the Harbor House (217 Thurston Ave NW, Olympia, WA) along the Olympia Waterfront. Start time is 10:00 am – 12:00 pm, finish by 3:00 pm. All participants must register, carry and return a start card. Joy Adams, the walk chair, is in need of volunteers for registration the day of the event, as well as donations of cookies and snacks for walkers. Joy will have a volunteer signup sheet at the next CVC meeting on October 12, or you can email her at joyadams22@gmail.com or text her at 503-367-7481

SAVE THE DATE: CVC Holiday Potluck, Thursday December 14, 2023 at the Jacob Smith House, 4500 Intelco Loop, Lacey, WA 98503



“When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out.” – **Ralph Waldo Emerson**



More Capitol Volkssport Club News



Welcome to our new CVC members!



Steve Brown
Allan & Carolyn Fuller
Al & Sachiko Johnson
Heidemarie Kupfahl
Susan LeDuc



UPCOMING CVC WALKS:

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

Every Monday, including October 2, 9, 16, 23, 30 & November 6, 13, 20, & 27 walks begin at Bayview Thriftway, 516, West 4th 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.

Every Thursday the CVC offers group walks starting at 9:45 am. All walk destinations can be found at the CVC webpage, but here are a few interesting routes coming up in October and November.

Thursday, October 5, 2023: Aberdeen Waterfront, Town and Hilltop Walk. This walk takes you past some of the grand homes built by Aberdeen timber barons and up hidden staircases only the locals know.

Thursday, October 26, 2023: Chehalis Willapa Hills Trail Walk takes you through verdant farm lands, along the Chehalis River and over a new pedestrian bridge crossing Hwy 6.

Thursday, November 9, 2023: Tenino Town and Trail Walk travels through town, along the Yelm-Tenino Trail and into the Heernett Environmental Foundation Wildlife Area.

Thursday, November 16, 2023 Tacoma Waterfront and Historic District takes you along a paved waterfront trail and through historic neighborhoods past some of Tacoma's grand old homes.

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: the CVC is planning a club event at Ocean Shores
(see Bonnie Tucker or Liz Morrison for information)**





Capitol Volkssport Club Meetings



Join in your CVC monthly club meetings to

- Find out the latest plans for walks and social events
- See presentations from club members about recent walking trips
- Meet club members and share walking experiences

When: Thursday, October 12, 2023 at 5:00 pm; Thursday, November 9, 2023 at 5:00 pm

Where: Family Center of the Olympia-Lacey Church of God. The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road.

Vancouver Walk Festival, September 22-24, 2023

Submitted by David Black

It was a great festival in a beautiful location. There were a couple of hundred attendees from all over the US and Canada. The walks were good, the event was well-organized, and the weather was great. Just a few light showers on Saturday. CVC members John and Melanie Peters, and Bonnie Tucker were there, along with folks from other Washington clubs, like Buffy Wittenberg, John and Carolyn Warhol who are also CVC members. This seems to have been a one-off rather than an annual event, but they got a lot of good comments, so maybe they will repeat it.



UPCOMING WALKING OPPORTUNITIES NEAR & FAR



Saturday, October 7, 2023: Port Angeles Crab Fest Walk

Start point: Port Angeles High School, 304 East Park Ave, Port Angeles, WA

Start time: 9:00 am – Noon; Finish time: 4:00

Trail: 2B – 11km; 2A – 6km; 2B – 5km

Enjoy the annual Dungeness Crab and Seafood Festival, Oct 6-8 with music, 75 craft, merchant and food booths. For more information and events visit the website:

crabfestival.org Walk sponsor: Olympic Peninsula Explorers

Saturday, October 14, 2023: Issaquah Trails and Town

Start point: Tibbets Valley Park, 965 12th Ave NW, Issaquah, WA

Start time: 9:00 am – 10:00 am

Finish time: 1:00 pm

Trail: 2B, 10km & 5km; the 5km is a shorter version of the 10km.

Walk on well-groomed trails on Squawk Mountain and parks and around downtown Issaquah. Walk sponsor: Interlaken Trailblazers



Saturday, October 28, 2023: Remlinger Farms Halloween Walk in Carnation, WA

Start point: Remlinger Farms, 32610 NE 32nc St. Carnation, WA

Start time: 9:00 am - Noon

Finish Time: 3:00 pm

Trail: 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](#).



Saturday, November 11, 2023: Chapman Trail Veterans Day Walk

Start point: Celebration Church, 13603 86th Ave E, Puyallup, WA

Start time: 9:00 am – 11:00 am

Trail: 10 km / 5 km; trail rating 1B

Walk in honor of Veterans Day on the groomed trails of the Nathan Chapman Memorial Trail, a future section of the Pipeline Trail and through some quiet neighborhoods. Nathan Chapman was a soldier who lost his life in Afghanistan.



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

360-584-6446

Join and pay online!

www.esva.online/nw-pathfinder-home-delivery/



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CVC PHOTO GALLERY



Enjoying Anderson Island on a gray August day.



Lots of CVC members enjoyed the picnic and walk at Millersylvania State Park



Walking Adventures in Port Gamble



Sunny skies in Gig Harbor



An unusual character joined the Westside Monday walkers



Capitol Lake views on another Monday walk



Walkers enjoy the arrival of the salmon at Tumwater Falls



Some CVC members went walking farther afield this summer and early fall.



Bob & Sheila Morrison and Nancy Wittenberg learned about ancient burial chambers on a walk in Devon, England



Pam and Chase Davis enjoying walking adventures in Alaska



Carol Froelich and Kent Dimmitt walked along a trail from Fort Charles above Kinsale, Ireland