



## Capitol Volkssport Club Newsletter December – January 2023-24

### President's Message Submitted by Karen Younkings, President Capitol Volkssport Club

Hello CVC members,

I hope you have had a wonderful Thanksgiving and are gearing up for the Holiday season. If you are working at, or even just attending, our Holiday Walk on Dec. 9. please wear your CVC name tag and/or other CVC clothing items. It is nice for other people to know who we are!!

As 2023 comes to a close I would like to take a moment to thank all of you for participating in our walks, volunteering at our events, trekking to the storage locker, and being involved in many other ways with our club. We are a group of volunteers, so everyone is important!

Thanks go out to Peter and Perki Sweet who have reserved the Olympia, Lacey Church of God as our meeting spot for another year. They tirelessly make coffee for us each month.

Our box tenders are working hard making sure that the boxes are up to date. They host the walks when they are able. Cheryl and Larry Bush keep all of our walks registered.

David Black gives important details in our minutes and has been organizing our Second Sunday afternoon walks.

Sheila Morrison makes sure that dues are paid and new members are recognized.

Pam Greig Davis pays our bills and works closely with AVA to be sure that everything runs smoothly. Pam is also heading up our Wild and Woodsy event which will be happening from April 25 - April 28, 2024.

Chase Davis writes our "Meet Up" information and sends it to us in a timely manner.

Carol Froelich spent much time on Anderson Island organizing the walk we had there in August.

Joy Adams is heading up our Holiday Walk on Dec. 9, starting at the Harbor House in downtown Olympia.

Julie and Ian Heath are busy working on the terrific Christmas Party we are having on December 14.

Bonnie Tucker and Liz Morrison have been to Ocean Shores several times this year to be sure our "Back to the Beach" event runs smoothly next August.

As you can see, we are a very active club. I've tried to mention many key people, but I'm sorry if I missed you. It takes dedicated volunteers like you to make CVC one of the most dynamic clubs in the region.

Thank you.  
Karen Younkings





## Capitol Volkssport Club News



### **CVC HOLIDAY WALK – SATURDAY, DECEMBER 9, 2023**

Get in the holiday spirit! Walk through Olympia, the Farmers' Market, and the Capitol Campus to enjoy holiday decorations, great shopping, and the company of your Volkssport friends.

**Start point:** Harbor House at 217 Thurston Avenue NW in Olympia, WA  
**Start time:** 10 am to noon. Must finish by 3:00 pm

**Distances:** 5k and 10k walks available. Both walks are rated 2B.

**Cost:** IVV credit, \$3. Guests are welcome, donations happily accepted.

See the CVC website for further details: [capitolvolkssportclub.org](http://capitolvolkssportclub.org)



### *Annual CVC Christmas Party*

*Thursday, December 14th*

*5:00 PM until 8:00 PM*

*at the Jacob Smith House*

*4500 Intelco Loop SE, Lacey*

*5:00 – 5:45 Visit with Friends (BYOB)*

*5:45 Dinner*

*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

Once again, 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 updated list:

Cheese & fruit: string cheese, pouches or packets of apple sauce

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

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

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



School Supplies: Crayons, markers, Elmer's glue, 8 1/2" x 11" school folders with brads/pockets, colored pencils, pink erasers, primary journals, baby wipes, Kleenex, hand sanitizer

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 9th. Bonnie Tucker will collect your donations.

On behalf of the kids and the teachers, thanks!



### CVC Apparel Store Coming Soon

Do you need to upgrade your CVC apparel or add a new item? Creative Ink and Embroidery will open an online store with CVC apparel in January, 2024. Details with a link to the store will be sent in an email to all club members, and orders must be made at the beginning of February. Apparel with the CVC logo will include men's & women's t-shirts, polo shirts, sweatshirts, vests, fleece items, jackets, hats and a cinch pack. Orders will be ready to pick up in April in time for the CVC Wild & Woodsy event and all your spring and summer walking events. Thanks to David Black and Sheila & Bob Morrison for their work to get the store open and for choosing the apparel items.



*CVC members sporting their club apparel at the summer picnic.*

### CVC Dues Update for 2024

The AVA has decided to raise the fee we pay per walker from \$1.25 to \$2.00. After a lengthy discussion, it was voted for CVC to keep the current fee structure for a period of 6 months and then reconsider the issue as necessary. The club can revisit the fee structure sooner if required.



# More CVC Club News & Activities



## NEW CVC CHALLENGE FOR 2024: FLAGS



### **Important Details about the Flags in this Challenge: 16 entries required in four different "flag categories":**

- political and organization flags (USA, other countries, Boy Scouts, POW's, etc.)
- colleges and schools (universities, high schools, etc.)
- professional sports teams (football, basketball, baseball, soccer, etc.)
- seasonal flags and banners (holidays, seasons, "welcome", etc.)

There will be two "required" entries per category (2 political/organization, 2 colleges, 2 professional sports, and 2 seasonal), and then the other eight entries can be in any category.

Challenge Starts: January 1, 2024

Challenge Ends: December 31, 2024

This Flags Challenge is free to CVC members and free digital copies of the book will be sent out by Karen Younkens before January 1.

Pam Greir Davis will be the POC for the challenge, and CVC members can send their completed books to her. CVC members can complete as many books as they want to do. Prizes will be awarded at the end of this challenge.

Pam Greir Davis:

[greirenterprises@msn.com](mailto:greirenterprises@msn.com)

6623 Riviera Ct SE, Lacey, WA 98513

**Save the date for these fun CVC events coming in 2024!**



### **CVC's Popular Wild & Woodsy Event Returns to the Olympia area:**

**Thursday, April 25 – Sunday, April 28, 2024**

New walks including a pub crawl on Thursday afternoon, and a walk near our Tumwater dinner venue will be offered. More information coming soon on the CVC website.

### **Back to the Beach with CVC**

**August 13-14, 2024: the CVC is planning a club event at Ocean Shores**

Join your CVC friends for this favorite club destination with it's beautiful walks. Be sure to make reservations for you lodging in or near Ocean Shores as soon as possible. Summer is a very busy time at the beach. (see Bonnie Tucker or Liz Morrison for information)





## More Capitol Volkssport Club News



### *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 4, 11, 18, & January 1, 8, 15, 22, 29,** 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.

**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 December & January.

**Thursday, December 7, 2023: Chehalis Historic Walk.** This walk takes you past many historic buildings and homes. In December, Chehalis will be decked out for the holidays!

**Thursday, December 21, 2023: Fort Steilacoom Walk.** Walk along trails and through Steilacoom neighborhoods.

**Thursday, December 28, 2023: Tacoma Proctor District & University of Puget Sound.** This walk takes you through the lovely university campus and past historic homes. Great lunch spots in this area are guaranteed.

**Thursday, January 4, 2024: Woodard Bay North.** Start the new year with a beautiful nature walk out to Woodard Bay.

**Thursday, January 18, 2024: Gig Harbor Historic Waterfront Walk.** Enjoy this seaside town with quaint shops, restaurants, and parks.

### UPCOMING WALKING OPPORTUNITIES NEAR & FAR

#### **New Year's Walks, December 31, 2023 & January 1, 2024 West Seattle, Washington**

Bid 2023 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>



#### **Puyallup West Foothills Trail, January 6, 2024**

The walk starts at the Elks Lodge, goes through the first stage of the new Van Lierop Park and then onto the west section of the Foothills Trail. It is an out-and-back route that skirts farmlands and if the weather is clear, has a wonderful view of Mt. Rainier. 5K & 10K Routes. Start Time: 9:00 am – 12:00 pm. Start location: Puyallup Elks, 314 27<sup>th</sup> St NE, Puyallup. Fee: \$4.

# UPCOMING WALKING OPPORTUNITIES NEAR & FAR

## SAVE THE DATE FOR THESE 2024 EVENTS

- **ESVA Northwest Regional Conference in Kitsap County:** September 19 -22, 2024
- **Kelowna Wine Walks, Kelowna, British Columbia:** October 11 – 13, 2024. Enjoy 4 walks, each passing at least 2 wineries. Social time and party time, included. For more information: [Surrey Trekkers](#)
- **Shady Cove in Southern Oregon.** Join the Rogue Valley Walkers October 17 – 20, 2024 for beautiful walks and hikes in the Rogue River Valley. For more information: [Rough Valley Walkers.](#)



## Winter Walking: Exercising in Colder Temperatures Offers Many Advantages

“Even though the temperature has dropped, this doesn’t mean you have to bring your workouts indoors. When it gets into the 40s and 30s, you can still enjoy your regular outside routines, like walking, running and even cycling,” says Dr. Adam Tenforde, an assistant professor of sports medicine and rehabilitation at Harvard-affiliated Spaulding Rehabilitation Network.

“In some ways, winter can offer benefits you don’t get in summer. For instance, cold weather may actually improve your endurance,” says Dr. Tenforde. Studies also have shown that exercising in cold weather can transform white fat, specifically belly and thigh fat, into calorie-burning brown fat.

Plus, winter workouts help you get exposure to sunlight, which may help ward off seasonal affective disorder, a type of depression that some people experience during the winter months.

“You have to respect the colder weather and make sure you’re properly prepared, just as you would with summer heat and humidity,” says Dr. Tenforde. Here are some tips to stay safe and healthy while you enjoy your cold-weather workouts.

**Wear layers.** Start with a thin layer of synthetic material which draws sweat away from your body. Next add a layer of fleece or wool. Always avoid cotton which absorbs sweat and can make you colder. Top this with a waterproof, breathable outer layer.

**Protect your head, hands and feet.** Wear gloves, heavier socks and a wool or fleece cap. And remember to protect your eyes from wind and glare with dark glasses.

**Choose a safe surface.** Make sure your route offers good footing and is clear and safe to navigate. Wear shoes with good traction and consider walking poles for support and to help avoid slips and falls.

“Always remember to monitor how your body feels during cold-weather exercise,” says Dr. Tenforde. “Enjoying outdoor exercise remains the priority.”

*Summarized from Harvard Health Publishing*





**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: <a href="mailto:jcyounkins@comcast.net">jcyounkins@comcast.net</a>
Co Vice-Presidents:	Larry and Cheryl Bush	(303)-548-0788	E-mail: <a href="mailto:bikecb@aol.com">bikecb@aol.com</a>
Secretary:	David Black	(919) 302-3175	E-mail: <a href="mailto:dblackarchitect@gmail.com">dblackarchitect@gmail.com</a>
Treasurer:	Pamela Davis	(360) 790-9733	E-mail: <a href="mailto:greigenterprises@msn.com">greigenterprises@msn.com</a>
ESVA Rep:	Bonnie Tucker	(360) 628-9518	E-mail: <a href="mailto:bonniedale@comcast.net">bonniedale@comcast.net</a>
Membership:	Sheila Morrison	(360) 888-9822	E-mail: <a href="mailto:sheila.morrison@comcast.net">sheila.morrison@comcast.net</a>
Sales & Information:	Sheila Morrison	(360) 888-9822	E-mail: <a href="mailto:sheila.morrison@comcast.net">sheila.morrison@comcast.net</a>
Newsletter:	Carol Froelich	(360) 292-0830	E-mail: <a href="mailto:cfroeli@gmail.com">cfroeli@gmail.com</a>
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: <a href="mailto:olysweetp@yahoo.com">olysweetp@yahoo.com</a>
Meetup.com Admin	Chase Davis	(360) 584-6446	E-mail: <a href="mailto:NWPathfinder@comcast.net">NWPathfinder@comcast.net</a>

**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, January 11, 2024 at 5:00 pm

**Note:** December's meeting will take place at the CVC Christmas Party on December 14, 2023. See the previous announcement for details.

**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.





# CVC PHOTO GALLERY



Lots of fun walking during the fall and at Halloween



**“After a day’s walk, everything has twice its usual value.”**

*G. M. Trevelyan*



Walkers enjoy whimsical Winlock on a beautiful fall day



Port Ludlow walkers met a curious creature on the trail.



Some CVC walkers found walking adventures farther from home, at Arches National Park, Yosemite National Park and on Puget Sound waters.

