



## Capitol Volkssport Club Newsletter

October/November 2024



### In this Newsletter.....

- President's Message—Page 1
- Club Meeting Info—Page 1
- CVC Holiday Party—Page 2
- Where the Salmon Run—Page 3
- Weekly Group Walks—Page 4
- Officer List—Page 5
- Retired and New—Page 5
- Events Near and Far—Page 6
- Photo Gallery—Page 7-10

### Capitol Volkssport Club Meetings

Join us at our monthly (second  
Thursday of the month) CVC club  
meeting and learn about:

- the latest plans for walks and social events
- presentations from club members about their recent walking trips
- fellow club members and their walking experiences and achievements

#### When:

October 10<sup>th</sup>—5 PM

November 14<sup>th</sup>—5 PM

**Where:** Family Center of the  
Olympia-Lacey Church of God,  
5005 Lacey Blvd SE.

Church is located on the SE corner  
of Lacey Blvd and Ruddell Road.

## President's Message

By Karen Younkins

Hello CVC members,

My favorite season is the Fall - watching the leaves change color, feeling the cool air in the mornings, harvesting fruits and vegetables in our yard, and celebrating my birthday month of September!

Our September meeting was very small because many of you were off traveling the world. I am looking forward to hearing all about your adventures and hope some of you will be able to share pictures with the club.



Our “Back to the Beach” adventure was terrific. Bonnie Tucker and Liz Morrison spent many days checking out walks in the Ocean Shores area and came up with six terrific walks for the group—from Aberdeen on the way out and Hoquiam on the way back. 30 CVC members, 4 guest walkers, and one for credit dog walked during the event.

Liz was ill and could not come, so Barb Malone stepped up and led walks. Sheila Morrison took care of the money, and Chase Davis created the maps for us. We had a great time going out for pizza in Ocean Shores on Wednesday evening. If I missed someone who worked on this event, please forgive me.

Remember that Aberdeen, Hoquiam, Ocean Shores Bayside, and Ocean Shores Damon Point will be retired after Dec. 31, 2024. Other walks that are being retired are Olympia Ward Lake, The Evergreen State College, Port Gamble (closed Sept. 30), and Tenino. Please check your Northwest Pathfinder to see whether or not these walks have a physical start point or are only on OSB for the rest of the year.

*(continued on Page 2)*

*President's Message continued from page 1...*

We stamped our books in April at Wild and Woodsy, but we finally walked Millersylvania State Park in September. We chose to walk in the early morning when the trails were quiet. The weather was beautiful and the scenery was spectacular.

I hope all of you have been able to get out and enjoy the Autumn weather. Many of you participated in the Northwest Regional Conference in late September which took place in the beautiful Kitsap Peninsula. I can hardly wait to hear about all of your adventures.

Sincerely,  
Karen Younkins



## SAVE THE DATE

### Annual CVC Christmas Party

#### When:

Thursday, December 12, 2024  
5 PM—8 PM

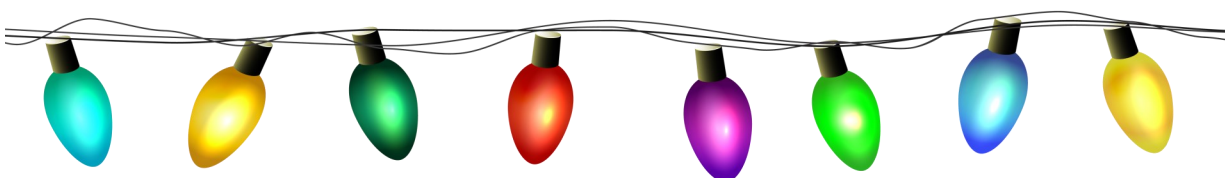
#### Where:

Jacob Smith House  
4500 Intelco Loop SE  
Lacey WA



#### Information:

Details will be sent to you in November.





## Where the Salmon Run— October 5, 2024



Join us for our guided walk! Register at 9:00 a.m. We will have both 5K and 10K guided walks. Or if you prefer, you may walk alone with directions. If you choose to walk alone you may not be included in the talk at the Capitol Building. Enjoy watching the salmon run and listen to a short history on the salmon hatchery operations by a Washington Department of Fish & Wildlife representative. 10K walkers will walk around Capitol Lake to the Capitol and meet with a docent who will provide a short talk on the Capitol building. Enjoy vistas along the Deschutes River, the Capitol campus, Port of Olympia and the South Capitol Neighborhood Historic District!

### TUMWATER FALLS HATCHERY AND SALMON SPAWNING:

Late September through early October, you will have the unique opportunity to watch this amazing natural process. Watching the salmon migration is a fantastic and fun experience. Our walk will guide you along the most scenic parts of the Deschutes River where you will have numerous vantage points to watch salmon swim upstream! The local salmon, running through four fish ladders, are primarily hatchery Chinook. At the last ladder, the fish are directed into a holding pond owned by Washington Department of Fish and Wildlife.



Enjoy the viewing windows built into the pens allowing you to get up close to see these beautiful fish! Some hatchery salmon are released in the upper Deschutes River to spawn naturally and provide nutrient enhancement.

### A VISIT TO THE CAPITOL:



Washington State's Legislative Building completed in 1928 serves as both a working governmental center and a symbol of Washington's free and democratic government. It is the centerpiece of the five historic buildings designed by New York architects Walter Wilder and Harry White. Conceived in the architectural competition of 1911 and selected by the State Capitol Commission, Wilder and White's designs for the Legislative Building were completed and set into motion in 1922. The Washington State Capitol building's exterior is primarily sandstone, quarried near Mt. Ranier at Wilkeson. The granite steps and foundation stones are from a quarry in Index, north of Seattle.

**WALK START POINT:** Brewery Park at Tumwater Falls (at the corner of "C" St and Deschutes Pkwy), 110 Deschutes Way SW, Tumwater WA 98501.

**FOR MORE INFORMATION:** Visit our website at [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org) or contact Barbara Malone at [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com)

## Upcoming CVC Weekly Group Walks:

Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for a complete listing of our upcoming club walks. These scheduled walks are a great way to walk with others, exercise, socialize, and maybe enjoy food and beverage before or after the walk— Fun, Fitness, Friendship and Food!

**Every Monday Walks** are scheduled: October 7, 14, 21, 28; November 4, 11, 18, 25. Walks begin at Bayview Thriftway, 516 West 4th Ave, Olympia. The walks take you through the diverse neighborhoods of our capital city. **New Start Time for fall/winter walking period!** Please sign in at 1:45 pm to be ready to depart by 2:00 pm. Please contact Jeanne (360-790-4600 or e-mail [kokolo@olywalking.net](mailto:kokolo@olywalking.net)) to ask questions about the walks or make start point meeting arrangements.

**Every Thursday Walks** are scheduled: October 3, 10, 17, 24, 31; November 7, 14, 21. Walks start with a 9:45 am sign-in and a 10:00 am departure. These walks highlight areas in the NW both near and far in distance.

**\*Please note there is no Thursday, November 28th, morning walk as that is Thanksgiving Day! Happy Thanksgiving!** Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for more details on the Thursday morning walks. Please contact Barb (360-485-3693 or e-mail [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com)) to ask questions about the walks or make start point meeting arrangements.



### The NORTHWEST PATHFINDER—A Northwest Walking Guide and Newsletter

A great way to find out about all the walks coming up in our region is to subscribe to **The Northwest Pathfinder Club**. The Pathfinder is a newsletter published bi-monthly (6 issues a year) by the NW Pathfinder Club and sent to all members. It contains a wealth of information about upcoming events, both group walks and walks you can do on your own, in Washington, Oregon, Idaho and Alaska. It also includes information regarding trail ratings, challenges, Meetup groups, member club listings and an event locator map. Annual membership dues are \$14\*. For more information, renewals, address changes, and issue not received for *The Northwest Pathfinder* contact:

Chase Davis  
[NWPathfinder@comcast.net](mailto:NWPathfinder@comcast.net)  
(360) 584-6446

Join and pay online with PayPal.  
[www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)

Join via snail mail.

Make a check/money order\* payable to "NW Pathfinder Club"  
Include the following: Full name, full address including 9-digit zip code, e-mail address and phone number. Mail to:

NW Pathfinder Club  
c/o Chase Davis  
6623 Riviera Court SE  
Lacey WA 98513-4965



\* Foreign delivery: e-mail for current price—US Funds



## Capitol Volkssport Club Officers and Contact Information:

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>e-Mail</u>
President:	Karen Younkins	(360) 357-9185	jcyounkins@comcast.net
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Meetup.com Admin:	Chase Davis	(360) 584-6446	NWPathfinder@comcast.net

\* SS AC = South Sound Area Coordinator

## CVC Walks—Retired and New Host for 2025

The CVC Board and box tenders discussed current active CVC YRE/Seasonal walks for upcoming 2025 renewals and determined the following 2024 walks will no longer be offered as YREs/Seasonals beginning in 2025. They will most likely be offered as Traveling Guided Walks on Thursdays or possibly on Tuesday evenings in 2025. Please enjoy these walks in the remaining 3 months of 2024! Be sure and check the *NW Pathfinder* as several are OSB only.

- Aberdeen (Y2996)
- Hoodspoint Staircase Rapids (Y2893)
- Hoquiam (Y3027)
- Lacey SE Bike (Y1931)
- Ocean Shores Bayside (Y0004)
- Ocean Shores Beach Damon Point (Y0379)
- Olympia Ward Lake and Deschutes River (Y2133)
- The Evergreen State College (Y0657)
- Port Gamble (Y1685) (closed 9/30/24)
- Shelton Vance Creek Railriders (Bike) (Y3315)
- Tenino (Y0678)

Thank you to the following volunteers who served as POCs/box tenders for the above list of non-renewed YREs/Seasonals: Mert Turner, Pam Greig-Davis, Barb Malone, Carol Froelich, Bob Morrison, Jeanne Allan, Perki Sweet, and Mary Clem. Your time and dedication to this club task is greatly appreciated.



The Over-the-Hill Gang Volkssport Club, which is in the process of disbanding, has transferred several of their YREs to other area clubs. CVC will be hosting the following OTHG walks in 2025:

- Dupont Historic Village (Y995)
- Dupont Sequalitchew Creek Trail (Y193)

Thank you to Mary Clem who has volunteered to serve as POC/box tender for these 2 Dupont YREs!

## Upcoming Events: .....Near and Far

**October 5, 2024—Tumwater.** Don't forget the "Where the Salmon Run" guided walk. Plan to join us on Saturday, October 5<sup>th</sup>, at the Brewery Park at Tumwater Falls. Come and see the fall run of Chinook salmon as they return to the Deschutes River to spawn. Registration for the 5 & 10K guided walks will open at 9:00 am. We plan to have a short talk given by a Washington State Department of Fish and Wildlife representative before we begin walking. The address for the park is 110 Deschutes Way SW, Tumwater. Hope to see you there!

**October 11-13, 2024—Kelowna Wine Walks.** The Surrey Trekkers Volkssport Club has **CANCELLED** the Kelowna Wine Walks in Kelowna, British Columbia, due to circumstance outside their control. For those who pre-registered and paid fees for registration, walks and dinners, you will be receiving a full reimbursement check. For those who made hotel reservations at the Econo Lodge, 1070 Harvey Ave, Kelowna, under "Surrey Trekkers Volkssport Club", please contact them at 1.800.667.6133 to cancel your reservation.

**October 12, 2024—Easton—Lake Easton Fall Color Walk.** Four Plus Foolhardy Folks are hosting a walk on state park trails/roads, road through historic Easton, and the Palouse to Cascades rail trail. Great views of Lake Easton and surrounding mountains. Discovery Pass required. **Start Location:** Lake Easton State Park, 150 Lake Easton State Park Rd, Easton WA. **Start Time:** 9:00 am—Noon. **Finish Time:** 5:00 pm. Distances Offered: 5k (1B) and 10k (1C).

**October 17-20, 2024—Shady Cove (Rogue River Valley), OR.** The Rogue Valley Walkers and the Columbia River Volkssport Club are sponsoring 9 walks/hikes over the 4 days. The Edgewater Inn, 7800 Rogue River Dr, Shady Cove, is the host hotel. 15 rooms have been reserved. Use the group code "CVC" to reserve a room. For more details on each walk/hike, visit the club's webpage at: [Rogue Valley Walkers](#).

**October 26, 2024—Carnation Remlinger Farms Halloween Walk.** Emerald City Wanderers are hosting their annual Halloween walk and offering the AVA National October Volkssports Month path designed by Dorman Batson. **Start Location:** Remlinger Farms, 32610 NE 32nd St, Carnation WA. **Start Time:** 9:00 am to Noon. **Finish Time:** 3:00 pm. Distances Offered: 6k/11k (1B). Wear a costume and be eligible to win a prize!

**November 9, 2024—Buckley.** Join the Daffodil Valley Club and walk the new Foothills Trail bridge over the White River which connects the towns of Buckley and Enumclaw. **Start Location:** Cedar Community Church, 192 Cedar St, Buckley WA. **Start Time:** 10:00 am—Noon. Distances Offered: 5k/10k (1A).

**November 30, 2024—Edmonds Turkey Trot.** Join the Sound Steppers for their traditional Guided Walk in Edmonds. **Start Location:** Edmonds United Methodist Church, 828 Caspers St, Edmonds WA. **Start Time:** 9:00 am—10:30 am. Distances Offered: 5k/10k (1A). Non-perishable foods and paper product donations requested for Edmonds Food Bank at start location of walk.



# CVC Photo Gallery

Thank you to all the contributors: Jeanne Allan, Linda Darkenwald, Chase Davis, Carol Froelich, Barbara Malone, Bonnie Tucker and Karen Younkins.













