



## Capitol Volkssport Club Newsletter

April 2025/May 2025



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### 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:

April 10th —5 PM  
May 8th —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,

Springtime has finally arrived and I am thrilled to mention several upcoming walks in our area. The first one is Tacoma VS Ruston walk on April 5 which features a walk to the Point Ruston Public Market and parts of Point Defiance Park. It also goes through the neighborhood where I grew up on Stevens St. There are many beautiful old homes, modest bungalows, and great views of Commencement Bay.



The second walk is Vashon Island on April 12. I'm looking forward to taking the Vashon ferry, walking through the woods, seeing "Oscar the Troll," and enjoying Vashon Island.

The third walk in April is the Hawks Prairie Neighborhood walk near Lacey on April 26 which features the William Ives Trail, neighborhoods, and golf courses.

NW Trek is on April 27. Registration is required in order to get the group discount entrance fee of \$16 (\$12 for seniors and \$10 for children under 18). **Registration forms must be received by April 12, 2025.** You can find the registration form at [Capitovolkssportclub.org](http://Capitovolkssportclub.org).

Please check the Northwest Pathfinder for information on all of these walks.

This week I was reading an interesting article on how to stay fit into your 60's and beyond, so I'd like to share a little bit about what I read. Many of you are already doing these things, but it is a reminder to some of us to get back out there and exercise.

Aging has its challenges, but staying fit after 60 should not be one of them. The age of 60 is a crucial milestone in life. Yes, it's harder to do the things you could easily do in your 30s and 40s. It's because your muscles and bones become less flexible. Your **muscle mass decreases 3-8%** per decade after the 30s. This rate of decline is even higher after the age of 60.

*President's Message continued on page 2...*

You need **more water** in your 60s to compensate for the changes in your body temperature regulation. In an interesting study it was found that while exercising **older people's bodies don't adjust** the rate of sweat loss to prevent further dehydration. This results in a greater strain on the heart, evidenced by a more pronounced increase in heart rate compared to younger men and women.

Therefore, we need more liquid. But not all liquids are created equal. A person needs to drink at least 64 ounces of fluids such as water or beverages daily. Unfortunately, these beverages do not include caffeinated drinks and alcohol!

**Walking** is an age-old method to boost health irrespective of your age. Experts recommend walking at least 150 minutes a week for adults above 65 years of age. You might find that your friends are already active and can help motivate you. If they're not, maybe they'd be interested in going on a walk together. Reach out to family members and colleagues who live close by, too.

With all of these facts and figures in mind active participation in Volkssporting is one of the best ways to stay healthy and fit as we get older. I can't think of a more enjoyable way of getting exercise than going for a walk with our wonderful club.

See you on the trail, Karen



### 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/)

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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

## 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: April 7, 14, 21, and 28; May 5, 12, 19, and 26. 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.

**Twice a Month Tuesday Evening Walks** are scheduled: April 15; May 6 and 20. The evening walks will continue twice a month through mid-September 2025. The walks will be 10k or 5k through roughly the end of August, after which time they will be 5k only due to decreasing daylight. These walks highlight areas in the NW both near and far in distance. Check the CVC Webpage ([www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)) for more details on the Tuesday evening walks as some start locally and others are traveling guided walks.

**Every Thursday Walks** are scheduled: April 3, 10, 17, and 24; May 1, 8, 15, 22 and 29. 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. 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.



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

**April 5, 2025—Tacoma vs Ruston: Battle of Charm-n-views.** Evergreen Wanderers are hosting their traditional walk allowing views of Commencement Bay and Puget Sound. Two loops can be done individually or combined for a “charm-n-view” packed experience. Walk through the charming Pt. Ruston community and/or nearby Tacoma. **Start Location:** VFW Narrows Bridge Post, 4741 Baltimore St, Tacoma WA. **Start Time:** 9:00 am— Noon. **Finish Time:** 3:00 pm. **Distances Offered:** 5k (1A), 7/12k (2B).

### Wild and Woodsy Lite 2025

**April 26, 2025—Lacey Hawks Prairie Neighborhood Traveling Guided Walk.** CVC is hosting a tour through the impressive Hawks Prairie neighborhoods, woods, and golf courses. **Start Location:** 3060 Williamette Drive NE, Lacey WA. **Start Time:** 9:00 am—1:00 pm. **Finish Time:** 4:00 pm. **Distances Offered:** 10k (1C) with two 5k options (one rated 1A and the other rated 1C). **\*\*Note: ESVA BOD Meeting at 2:00 pm.**

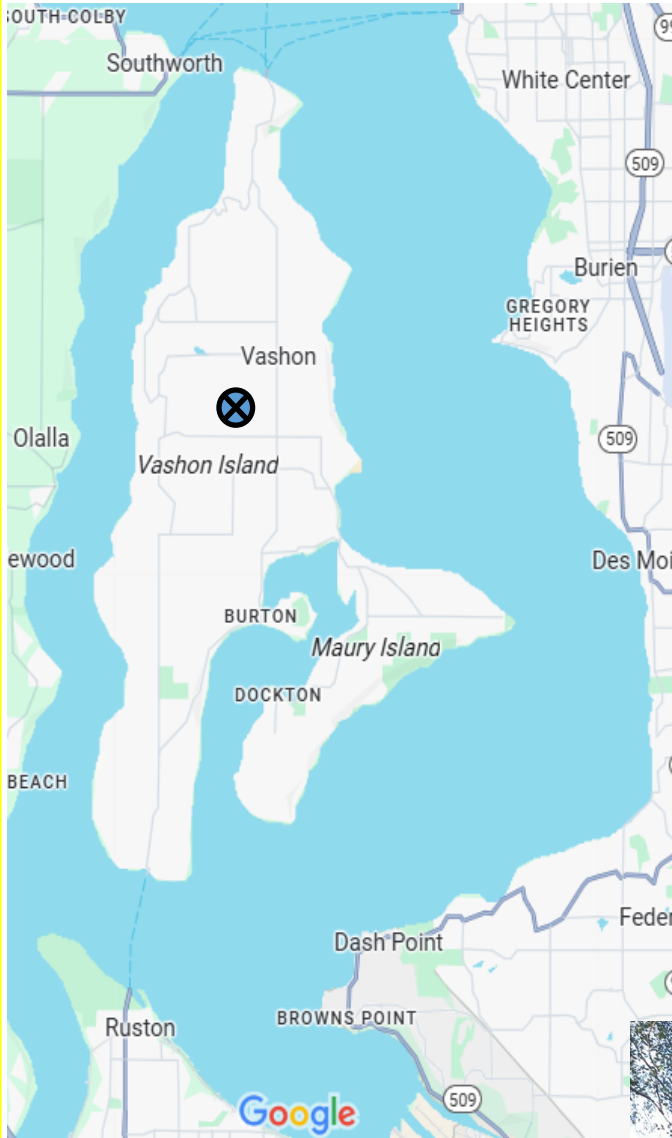
**April 27, 2025— Eatonville Northwest Trek Traveling Guided Walk.** CVC is hosting a walk through Northwest Trek Wildlife Park on paved and grass trails with views of amazing animals. **Start Location:** 11610 Trek Drive East, Eatonville WA. **Start Time:** Check-in and start anytime between 9:30 am—1:00 pm. **Distances Offered:** 10k (2C) with 5k option (2A). **\* Advance registration REQUIRED plus an additional fee. See following link for registration form which is due Pam Greig-Davis by April 12th!** [nwtrek\\_regform\\_20250427.pdf](http://nwtrek_regform_20250427.pdf)

# Vashon Island Forest, Town and Troll Walk

Saturday, April 12, 2025

*Daffodil Valley Volkssport Association*

Vashon Island is a peaceful community located on one of the Pacific Northwest's Puget Sound Islands. Made up of two islands—Vashon and Maury—separated by a bridge overstretching an isthmus. Most refer to the Island as simply “Vashon.” The island stretches from West Seattle to Tacoma, and there are many activities and things to do. Access to Vashon is via ferry on both the North and South tips.

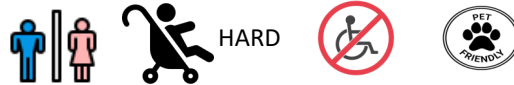


Walk groomed forest trails & town sidewalks. The 5k route has 3k in the Island Center Forest & an additional 2k at Point Robinson Park that has both Oscar the Bird King Troll and a lighthouse. The 8k route includes Forest trails & a walk through the town. For the 10k, you will walk the 8k and drive to Point Robinson Park for the additional 2k. **\*Route is split between 2 different parks that you must drive between.**

**Start Point:** SW 188th Trailhead of the Island Center Forest. No registration at Point Robinson where the optional 2k is located.

**Start/Finish Time:** Start table is open 9:00 am—Noon.

**Distance/Rating:** 5k, 8k, 10k / 2B



**Driving to the Start:** From the Point Defiance Ferry to Tahlequah on Vashon Island: Exit ferry. LEFT on Tahlequah. RIGHT on Vashon Hwy SW. Follow as road winds north. LEFT on SW 188th St. Follow to end and parking lot. From Seattle, Fauntleroy, or Southworth ferry: Exit ferry. Straight onto Vashon Hwy SW. Follow for several miles. RIGHT on SW 188th St. Follow to end and parking lot.

**POC:** Carolyn Warhol,  
jcwahol@comcast.net  
(253)347-0324

**\*\* Be sure and check the ferry schedule!**



# Welcome to the “Triangle of Fire” Events

Friday, May 23, 2025—Monday, May 26, 2025

## Olympic Peninsula Explorers



Join us as we walk the Triangle of Fire—3 historic military installations built to protect the Puget Sound area from enemies invading through the Strait of Juan de Fuca towards Seattle. The Puget Sound Naval Station was formed in Bremerton in 1891 and the government decided it needed to protect its valuables, so sites were selected on Whidbey Island (Casey), north of Port Townsend (Worden) and on Marrowstone Island (Flagler) forming defenses from every angle—thus earning the name “Triangle of Fire.”

Forts Worden, Casey and Flagler, once busy and included buildings for housing and training, large fields and even a balloon hangar are now historical parks and all that remains of that era are the cement remains of fortifications for giant weapons. The forts were not of much use during WWI as those battlefields were overseas so eventually after WWII they were deactivated and sold to the state which turned them into parks.

Check out the AVA website for more details on each of the walks by clicking on this link: [FIND A FEST](#)

### Details - Triangle of Fire

[Help](#)[FESTS LIST](#)

When 2025-05-23 - 2025-05-26  
Where  
Website/Brochure <https://opevolkssport.org/>  
Sponsoring Club/Organization **Olympic Peninsula Explorers**  
Point of Contact **Clay Baulch (cbaulch31@gmail.com)**  
Status of Fest **Scheduled**

View	Date(s)	Type	Name	City	State	Description
<a href="#">View</a>	2025-05-23 - 2025-05-26	Walk	Triangle of Fire - Ft. Casey	Port Townsend	WA	Featured group walk Sunday 25 May at 10:00. Meet at Haines Place parking area in Port Townsend.
<a href="#">View</a>	2025-05-23 - 2025-05-26	Walk	Triangle of Fire - Ft. Flagler	Port Townsend	WA	Featured group walk Friday 23 May at 10:00. Meet at Ft. Flagler State Park at the parking area just past the parade grounds (intersection of Flagler & Wansboro roads). Registration available that day.
<a href="#">View</a>	2025-05-23 - 2025-05-26	Walk	Triangle of Fire - Ft. Worden	Port Townsend	WA	Featured group walk Saturday 24 May at 10:00. Meet at Haines Place parking area in Port Townsend.



## 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
Co Vice-Presidents:	Larry & Cheryl Bush	(303) 548-0788	bikecb@aol.com
Secretary:	Mary Clem	(912) 248-5868	maryleonaclem@gmail.com
Treasurer:	Pamela Davis	(360) 790-9733	greigenterprises@msn.com
ESVA Rep:	David Black	(919) 302-3175	dblackarchitect@gmail.com
ESVA SS AC*	Bonnie Tucker	(360) 628-9518	bonniedale@comcast.net
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Newsletter:	Diane Howell Evans	(360) 900-8681	devansava@aol.com
Webmaster:	Peter Sweet	(360) 556-1604	olysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	(360) 584-6446	NWPathfinder@comcast.net

\* SS AC = South Sound Area Coordinator

## On the Road Again Part 2—by Diane

I promised more on Antarctica in the last issue so here goes! It was an amazing trip and one on our bucket list as we closed in on visiting all 7 continents. Rick only had 2 left—Antarctica and Australia. I on the other hand had 3—Antarctica, Australia and Asia. The ship was not your normal cruise ship as the cabins were sparse but comfortable. Meals were all at a specific time and most times they were buffet-style with a few sit-down plated service. All guests and crew ate together so you were able to meet a variety of folks from different countries. The ship could accommodate 108 guests and I believe with the crew we approached 140 total on board. Sailing from Ushuaia, Argentina, on 1/22/25 through the Drake Passage was a very calm transit (at least to me) and crew called the passage “Lake Drake.” Beautiful views of glaciers, whales, seals, penguins, birds, etc. The first walk was on 1/25 with the last on 1/29—a total of 6 walks. Usually the day included a walk and a zodiac tour of the local area. On the last day before returning we actually had two walks on separate islands. And then we began our return to Ushuaia through the Drake Passage but this time it was rough and even though I grew up with parents who liked to fish and spent many camping vacations on boats and have been on many cruises, some with rough waters, this transit had me laid out with motion sickness and one hurling incident for the 3 day transit. I didn’t want to see food, hear about food or see any one eating food on plates heaped high with buffet items! Just wanted to lie flat with eyes closed till we were back in port.

Our walking group was a mixture of folks from the all the AVA regions except the NC, SC and RM. The NW had the most travelers. Plus there was one traveler from our northern neighbor of Alberta Canada. There was a very large group from China celebrating the 2025 Chinese New Year of the Snake by a trip to Antarctica. Some could speak or understand English and they all included us in their celebration of the New Year at the ship’s onboard BBQ. Many were impressed with our walking group and after our first walk one young man wanted to take my photo and then asked me my age! He then replied in broken English “Good, good - healthy!” Many others remarked their parents couldn’t walk like all the grey haired folks in the group.

Rick even celebrated his 75th birthday in Antarctica and the chef made a special cake and WAI had all of the group seated together to celebrate his special day. A milestone and memory for sure.

Scott Isom and Roger Dorway, our WAI guides, took lots of photos of the group on our various walks so please check out the Facebook page for Scott Isom to see our daily activities and amazing photos. Following are some of my photos from the trip.

## Photos from 2025 Expedition to Antarctica.....



#1 & 2 - Palaver Pt; #3, 4, 5 and 6 - Damoy Pt; #7, 8, 9, and 10 - Petermann Island; #11 & 12 - Stony Pt; #13 - Deception Island; #14 - Livingston Island; #15 - Post Office we didn't land at (postage would have been almost \$9 or 9000 pesos for one post card).

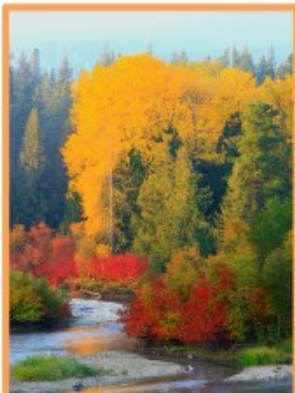


**SAVE THE DATE**



**"Autumn Walks in Leavenworth and Beyond"  
Oct 2-5, 2025 (Walks sanctioned till Oct 8)**

**Hosted by: Interlaken Trailblazers and  
Central WA Sunstriders Volkssport Clubs.  
Come join us for the walks, hikes and fun!**



**Headquarters for this event will be at the Lake Wenatchee Recreation Clubhouse, about 9 miles west of Leavenworth.**

- **4 feature walks and bike: Wellington/Iron Goat Trail, Lake Wenatchee State Park, Lake Wenatchee trails, Leavenworth Ski Hill and Town + Bike. 10 nearby YR/SYR walks**
- **Socials at hall.**

**Link to register for lodging in the area:**

**<https://leavenworth.org/lodging-landing/>**



# CVC Photo Gallery

*Thank you to all the contributors: Chase Davis, Julie and Ian Heath, and Liz Morrison.*



Bonnie and I headed to Ballard in search of wild things and culture. We had a really fun day exploring the area. The Ballard walk starts in a small store right across from Larson's Bakery. What a great place to start a walk! We stopped at the bakery for a bit of Kringle and bought some bread to bring home. The walk directions say to notice Larson's but it really is a must stop. We walked through some lovely neighborhoods. There are a lot of brick houses. I actually lived in a brick house on 27th in Ballard until I was four. It was interesting to think about that during our wanderings. We counted nine Little Free Libraries in the neighborhoods, stopping at each one. I brought a book home from one. The walk directions had us following an

old street car route to the National Nordic Museum. We stopped to admire and take a picture with Frankie Feetsplinters. The National Nordic Museum was on our to do list so went inside and thoroughly enjoyed the museum. The staff is really friendly and informative.

Our next stop was the Chittenden Locks and garden. I always enjoy looking at the Locks. The last part of the walk is mostly uphill back to the car. We did pass Larson's Bakery again and it was dinnertime so at my urging we stopped for a savory croissant and coffee. Yum.

We had a great day and are looking forward to visiting another "Wild Thing."

## Spanaway Park & Bresemann Forest



Karen, Sandra, and Bonnie standing next to statue of George and Mary Jane Washington. He founded Centralia.



Chase and Pam in Little Rock AR



Tacoma Proctor District and St Patrick's Church