



# Capitol Volkssport Club Newsletter

February/March 2026



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## Club Meeting Schedule

The CVC general membership meets on the second Thursday of each month at 5:00 PM in the 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.

## Upcoming Business Meeting

### Dates:

March 12, 2026

May 14, 2026

July 9, 2026

For information on the February informal get-together, see notice from Karen on page 2.



## President's Message

By: Jim and Karen Younkins

We are excited to share with you some changes in CVC meetings. Starting in 2026 we will go to a new meeting schedule. We will have our regular business meetings in **January, March, May and July**. In February, April, and June we will have informal get-togethers without a business meeting. At this time, we are in the process of planning the details of these informal gatherings. Following this trial in July the club can revisit the issue and make changes if warranted.

I would like to express my appreciation to all of the CVC board members – Pam Greig Davis, Cheryl and Larry Bush, Mary Clem, David Black, Sheila Morrison – for all their hard work in continuing to make this club one of the best in the northwest!! Along with these wonderful people, Barb Malone and Liz Morrison have also been a great help this year. Chase Davis has faithfully advertised our “Meet-Up” walks as well as worked on the OSB responsibilities. We can't forget Diane Evans, Newsletter Editor; Bonnie Tucker, ESVA South Sound Area Coordinator; and Peter Sweet, Webmaster. Perki and Peter Sweet have organized our room at the Family Center of the Olympia – Lacey Church of God.



President's message continued - Page 2

PHOTOS, ARTICLES FOR APR/MAY  
NEWSLETTER DUE: **MARCH 26,**  
**2026.**

**SEND TO NEW E-MAIL:**  
**DEVANSCVC@YAHOO.COM**



## **February 9, 2026**

### **Informal Meeting**



On Monday, February 9, we are planning a special event for CVC members.

**Please email me by noon on Saturday, February 7, if you plan to come to The Cove so I can make reservations.**

Come and join us for our Monday Walk at the Bayview Thriftway Deli. Registration will be at 1:45 and our walk will begin at 2 PM. Be sure to pick up a parking pass from the walk box to park in the Bayview parking lot. Afterwards you are all invited to The Cove Sports Bar and Grill, 311 Capitol Way North, Olympia, for conversations (no meeting), drinks, and dinner.

I imagine that we will be at The Cove around 4 PM. Happy Hour lasts until 5 PM. Please mention that you are from the Capitol Volkssport Club so we will be seated near each other. I'm looking forward to having great conversations with all of you.

Sincerely,  
Karen

*Presidents Message continued....*

Thanks go out to all of you who volunteered to help at the Holiday Dinner, went to the storage locker to pick up supplies and took them back, set up, greeted, cleaned up, and helped to get all the wonderful gifts to Bonnie for the kids at Garfield El.

Nancy Wittenberg headed up our Holiday Walk. Liz Morrison created the directions, Chase made the maps, and Chase and Pam proofed the walks. Chase and Pam arranged this free facility and worked with Teresa Taylor to make sure everything ran smoothly. Great appreciation goes out to all the volunteers who worked at the start point and brought cookies or other snacks for the event.

As you may know, this is the time of the year for you to think about how you can be more involved with CVC.

There are many responsibilities of the president of CVC. Here are some of the ones that are very important to me.

- **Presides over the General Membership and Board Meetings. Since last September I have prepared the agenda for the General Membership Meetings with input from the board members and other interested members.**
- **Contact person for AVA and ESVA. When information needs to be sent to the general membership the president makes sure this happens.**
- **Recruits chair for the Summer Picnic, Holiday Party, and Holiday Walk. The president makes sure that we have a venue for these activities.**
- **Encourages members to send information to Peter Sweet for the website and to Diane Evans for the newsletter.**

We hope to see you soon on the trail.

Sincerely, Karen and Jim



## Capitol Volkssport Club Officers and Contact Information

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>e-Mail</i>
President:	Karen Younkins	(360) 357-9185	jcyounkins@comcast.net
Co Vice-Presidents:	Larry & Cheryl Bush	(303) 548-0788	bikecb@aol.com
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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
Membership:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Sales & Information:	Sheila Morrison	(360) 888-9822	sheila.morrison@comcast.net
Newsletter:	Diane Howell Evans	(360) 900-8681	devanscvc@yahoo.com (NEW)
Webmaster:	Peter Sweet	(360) 556-1604	olysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	(360) 584-6446	GX7QR2@comcast.net

\* SS AC = South Sound Area Coordinator

## 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 (our neighbors to the North also add Fermented Fruits)!

**Every Monday Walks** are scheduled: February 2, 9, 16, and 23; March 2, 9, 16, 23 and 30. 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 winter walking period! Please sign in by 1:45 pm to be ready to depart by 2:00 pm. \*Remember to pick up parking pass in walkbox to park in Bayview Parking Lot. Please contact Jeanne (360-790-4600 or e-mail her at [kokolo@olywalking.net](mailto:kokolo@olywalking.net)) to ask questions about the walks or make start point meeting arrangements.

**Every Thursday Walks** are scheduled: February 5, 12, 19 and 26; March 5, 12, 19, and 26. Please sign in by 9:45 am to be ready to depart at 10:00 am. 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 her at [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com)) to ask questions about the walks or make start point meeting arrangements.

**Upcoming Events:**

**....Near and Far (information taken from AVA.org event list)**

**February 7, 2026—Portland OR—Pre-Super Bowl Walk.** The Columbia River Volkssport Club is hosting a walk that offers two 5k routes and one 11k route. One 5k route goes into the Alberta District and the other 5k goes past the U of O campus and a Peace Pole. The 11k goes out to the Alameda District. **Start/ Finish Location:** McMenamins Kennedy School, 5736 NE 33<sup>rd</sup> Ave, Portland. **Start Table Open:** 9 – 11:30 am **ONLY. Distances Offered:** 5k/10k (1A) 11k (2A). **Important Event Information:** There will be a

*Near and Far continued on Page 4*

Near and Far continued.....

group walk for both route distances (5k and 11k) starting at 10 am. The 11k and 5k U of Oregon routes will be marked this year with arrows or ribbons. Maps/directions available too.

**February 14, 2026—Orting WA—Two Rivers Walk.** The Daffodil Valley Club is hosting a walk that is described as a “Small Town with a Big View.” **Start/Finish Location:** Orting Station, 101 Washington Ave NW, Orting. **Start Table Open:** 9:00 am - Noon. **Distances Offered:** 5k/10k (1B). **Important Event Information:** There are two 5k loops. One route is part Foothills Trail and part Puyallup River levy road. The other route goes along the Carbon River and through the town of Orting. It includes sections of the Foothills Rails-to-Trails route, the new City Hall and a possibility of seeing eagles along the rivers. **\*NOTE:** parking is in the city parking lots or along the street. Please **DO NOT** park in Big J’s parking spaces.

**March 7, 2026—Cumberland WA—Explore and walk in 2 WA State Parks.** The Interlaken Trailblazers Club is hosting two 5k loops. One loop-rated 1B-is in Nolte State Park which circles Deep Lake, a summertime haven for locals. The second 5k loop-rated 2B-is in Kanasket Palmer State Park and explores the park along the Green River. **Start/Finish Location:** Cumberland Fire Station, 35431 Veazie Cumberland Road SE. **Start Table Open:** 9:00 am – 10:30 am. **Distances Offered:** 5k (1B) / 5k (2B). **Important Event Information:** You will register in Cumberland behind the Athletic Field (at the corner) and drive 2 miles to Kanasket Palmer SP or drive 1 mile to Nolte SP. **\*NOTE:** Discover Pass required or 1 day pass covers both parks.

**April 4, 2026—Seattle WA—Easter at the Arboretum.** The Emerald City Wanderers Club is hosting a lovely springtime stroll through the Arboretum. **Start/Finish Location:** TBD. **Start Table Open:** 9:00 am – 10:30 am. **Distances Offered:** 6k/10k (2B). **Important Event Information:** The address/location has not been set at this point in time (1/27/26). Please check AVA.org listing or the club’s website for an update closer to the event date. Parking is street parking. Car-pooling recommended.

**NW Multiple-day Events:** *Traditional events & group walks of YREs so be sure and check the club’s web page or our RD/DRD monthly Newsletter for event details.*

Date	Type	Club Host	Event Name	Location
4/ 17-19	3W	Four+ Fool Hardy Folks	NW Hiking Weekend	Steamboat Rock SP WA (Northern Canyon, Old Stagecoach Rd and Steamboat Rock)
4/ 23-26	7W	Capitol Volkssport Club	Wild & Woodsy in WA	Olympia WA (Pub Crawl, Five Friendly Parks, Here a Park - There a Park, Millersylvania SP, Hawk Prairie Neighborhood, Squaxin Park, and Tumwater)
5/ 2-3	2WB	Olympic Peninsula Explorers	Trolls, Trees & Honor	Gardiner WA (Gardiner, Miller Peninsula SP, and Olympic Discovery Bike Trail Bike)
5/ 7-9	3W	Interlaken Trailblazers	Exploration of Northwest WA	(Lynden, Ferndale and Birch Bay)
7/ 24-26	4W	Olympic Peninsula Explorers	Island Hopping Wkend	Anacortes WA (Anacortes Tommy Thompson Trail, Friday Harbor, Guemes Island, and Anacortes Downtown and Waterways)
9/ 24-27	TBD	OTSA	NW Reg Conference	Astoria OR

## Other Walking Links

### WA Meetup Groups:

[North Puget Sound](http://www.meetup.com/walkers-574) (<http://www.meetup.com/walkers-574>)

[South Puget Sound](http://www.meetup.com/south-sound-walkers) (<http://www.meetup.com/south-sound-walkers>)

[NW WA, Olympic Peninsula, Kitsap Peninsula](https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers) (*\*private group*)

(<https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers>)

### OR Meetup Groups:

[Portland and SW Washington](http://www.meetup.com/Walking-Oregon-and-SW-Washington)

(<http://www.meetup.com/Walking-Oregon-and-SW-Washington>)

[Willamette Valley and Mid-Coast Walkers](http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers)

(<http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers>)

### NW State Volkssport Associations:

[Evergreen State Volkssport Association](http://www.esva.online) (ESVA) ([www.esva.online](http://www.esva.online))

[Oregon Trails State Volkssport Association](https://www.otsva.org/) (OTSVA) (<https://www.otsva.org/>)

### National and International Associations:

[American Volkssport Association](http://www.ava.org) (AVA) ([www.ava.org](http://www.ava.org))

[International People's Sports Federation](https://ivv-web.org/) (IVV) (<https://ivv-web.org/>)

[Canadian Volkssport Federation](https://walks.ca/) (CVF) (<https://walks.ca/>)

[IVV Americas & Oceania](https://www.ivv-ao.org/) (IVV-AO) (<https://www.ivv-ao.org/>)

### International Marching League Organizations:

[International Marching League](https://imlwalking.org/index.php?page=home.html) (IML) (<https://imlwalking.org/index.php?page=home.html>)

[Texas Trail Roundup](https://texasrailroundup.org) (February) (<https://texasrailroundup.org>)

[Maple Leaf March](https://marchemapleleafmarch.ca/) (October) (<https://marchemapleleafmarch.ca/>)

[US FreedomWalks Festival](https://www.usfreedomwalk.org/) (October) (<https://www.usfreedomwalk.org/>)

### Upcoming Traditional Events by Region (by week, by month or by year):

<https://my.ava.org/regional-te-list.php?time=month&rsl=NW>

*\*Private Group – you must specifically join the group in order to receive notifications of upcoming walks.*

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## Club Challenges – Update

2025 Challenge books for the CVC Colored Door challenge are due to Pam in February.

**2026 Club Challenge** – new challenge is Coffee Shops, Tea Shops and Wine Bars! Watch for more information soon!



**Shamrocks, sunshine and a sprinkle of Irish Magic!**



# Chehalis Historic Walk

By Elizabeth Morrison



CVC Thursday morning walkers went to our Chehalis Historic Walk October 23<sup>rd</sup>. It was a sunny day with perfect temperatures for a crisp Fall walk. We enjoyed walking with friends and seeing all the Halloween decorations. (some pretty spooky)

We started our walk in the West Side Historic District. Several of the homes have NRHP Plaques. Heading to the main streets of town, we passed the Lewis County Historical Museum located in the Northern Pacific RR Depot(1912). The McKinley stump (replica) is in front of the museum. It was to be a platform for a President McKinley speech. He canceled his trip to Chehalis and was assassinated shortly after that. His successor, Theodore Roosevelt did come to Chehalis and spoke from this stump platform in 1903.

Our walk continued through the main streets of town. There are several buildings with NRHP Plaques housing various businesses, some with colorful murals. There also is the Vernetta Smith Timberland Library built in the Carnegie style.

The next section took us up “haunted steps” joining several hillside streets. We saw lovely homes as well as the Scout Lodge built by the WPA. Continuing the walk going down, we went by The Penny Playground, an all inclusive playground, and the McFadden House. This house was built in 1850 for Judge Obadiah B. McFadden. It is the oldest continuously lived in residence in the State of Washington.

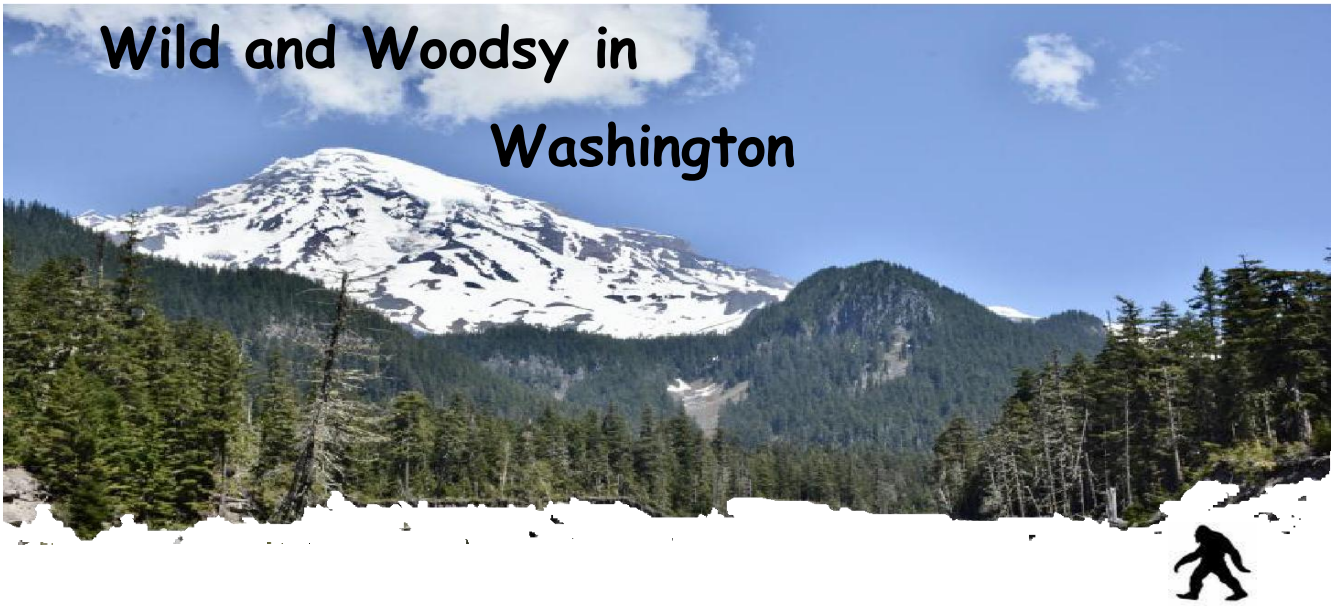


Heading back through town we passed many old structures ranging from 1890 through 1927. The next stop was at Sweet Inspirations for lunch, always a good choice for a welcoming small town cafe. Finishing up our walk, we returned back to the West Side Historic Neighborhood and our cars.

*Note: Editor’s sincere apologies to Elizabeth for missing her article and photos for inclusion in the Dec 2025/January 2026 newsletter.*



# Wild and Woodsy in Washington



## Olympia, WA

Thursday, Friday, Saturday, and Sunday  
April 23 - 26, 2026

Thursday Afternoon - Pub Crawl Group Walk  
Friday Night - Casual Pizza + Salad Dinner  
Saturday Night - Restaurant Dinner Buffet  
Sunday - Nisqually Wildlife Refuge Group Walk

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Join us in the beautiful Puget Sound Region for this four-day event. There will be walks in the Olympic National Forest, state and city parks, and local neighborhoods. There are also bikes and many YREs that you might enjoy in the area, including city, country, beaches, and forests.

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### **Event Starting Point:**

Washington Association of Sheriffs & Police Chiefs  
3060 Willamette Dr. NE  
Suite 200  
Lacey, WA 98516

### **Hours:**

Thursday, April 23 - Noon - 5 PM  
Friday, April 24 - 8 AM - 5 PM  
Saturday, April 25 - 8 AM - 5 PM  
Sunday, April 26 - 8 AM - Noon

## Notes from the Road 2025-2026....

*By Diane Howell Evans*

We left Seabeck on December 5th for our road trip to Phoenix AZ to meet up with my brother, Rick, and his wife and my last paternal uncle, Harold, and his wife. Once again, we are being joined by my cousin, Debbie, and her fiancé, Scott. Missing this year will be my other cousin, Gary, and his wife who have now relocated from Scottsdale to the Dallas TX area to be near their daughter and grandkids. Last year Scott and I tackled Camelback selecting the more dangerous route with boulder climbs and cable handrails but got hung up when I just couldn't get my short legs up a huge rock. Maybe this year we will try for the more civilized trail up Camelback!

We first spent 2 weeks in Palm Springs which offers 2 YREs – one is named the Park Trail and the other the Celebrity Trail. The Park Trail goes through the downtown shopping area and then residential areas where one neighborhood showcases a fenced in house with some awesome very large yard art! The Celebrity Trail certainly takes you through an area with homes once owned by famous stars of the past. Unfortunately, they are mostly fenced in with no view of the house. Howard Hughes house is visible as well as a few others, but Elizabeth Taylor's old compound is completely surrounded by stone and cement walls. Trail passes the compound on a side street so at the cross street which is the front of the compound I turned the corner to see if I could see the house and found a sign that said "Armed Response." Never mind, return to the trail!

I was joined by 2 members of the Low Desert Roadrunners to walk the Whitewater YRE which was mostly on the PCT. Later that week I joined them in Riverside for their Holiday Eve Christmas Lights walk through an area of downtown Riverside. Great weather in December with only one overnight rain.

From Palm Springs we moved to Las Vegas for a 1½ months. Once again great weather with a few windy days. Walked the Strip numerous times as well as all the other Las Vegas High Rollers and Stroller (LVHRS) YREs. Still lots of construction going on – especially with the new Hard Rock Resort! As usual, lots of people-watching on the Strip!



*1- Tinker Bell (fairy)  
in Boulder City*

I am sure you most likely saw all the photos posted on Facebook of the 3 walks for the first 50<sup>th</sup> Anniversary Signature Event hosted by AVA Chairman, Carl Cordes, and his club LVHRS. Eighty- eight participants from 20 states. The Railroad Tunnels walk had 84 participants, Bootleg Canyon – 78 participants and the Veterans Memorial Park – 75 participants. There was also an option to join the monthly Boulder City Wine Walk on Saturday which had 25 paid participants and 23 who paid \$4 to walk the AVA 5k YRE but not partake of wine. The Fajita Buffet was sold out and the restaurant went out of their way to accommodate everyone – great food and service! Host hotel also provided great service and the S/F room was

sufficient as folks came and went and only occasionally did we all run into each other. The club also had some of their YRE PSBs at the event which many took advantage of making plans to walk together. Many photos posted of the local YREs as well as those from the North and South Las Vegas Strip trails on Facebook. Next 50<sup>th</sup> Anniversary Signature Event is the TTR with Friday's walk in Fredericksburg TX where it all began!



2 - Fairy in Lake  
Havasu Rock Garden

We are in Lake Havasu AZ right now for another day. Did the 10k YRE this AM which showcases the London Bridge, Lake Havasu parks and trails on the first 5k and an amazing rock garden on the second half of route. Big events this weekend include the London Bridge Model Boat Club's 23<sup>rd</sup> Annual Remote Control Boat Race plus the annual Winterfest Street Fest. Leave tomorrow for the final trek to Phoenix for the family reunion and my weeklong trip to San Antonio for the TTR. More later.



### CVC Photo Gallery

*Contributors: Ian and Julie Heath, Elizabeth Morrison and Bonnie Tucker*

**Holiday Party**  
**12-4-25**







DuPont Walk 12-11-25



Holiday Walk 12-13-25



Olympia 1-8-26

Yelm 12-18-25