

Capitol Volkssport Club Meeting Minutes

October 13, 2022

Olympia-Lacey Church of God Family Center

President Karen Younkings, Presiding

1. The meeting was called to order at 5:15 by President Karen. She announced the names of our newest members: Beth Secord, Rose Best, and Diane and Richard Koeb. She also announced the latest members who have earned achievement awards: Susan Strachan (350 events, 3,000K), Tess Sutton (1,150 events, 9,000k), and Janet Paige (1,600 events, 9,000 K).
2. The minutes of the September 8, 2022, meeting were approved as published on the CVC website.
3. The September 2022 treasurer's report was approved as sent to the members by email.
4. At this point in the meeting we had a program presented by Greg Klein, owner of South Sound Running, who gave very important information on the choice of shoes (and socks). High points included fitness walkers should buy running shoes; the mid sole lasts for about 400 miles of proper support; and best socks are polyester/lycra.
5. The next order of business was upcoming special walks:
6. Where the Salmon Run October 15th - Barb Malone reported all is in order and ready.

7. Holiday Walk December 10th - Sheila Morrison said a volunteer sign up sheet will be passed around at the November meeting.
8. Aberdeen Christmas Walk December 17 - Mert Turner sent a message that the event will start at 5:30 with information to be posted on the CVC website.
9. Westside Nature Trail walk scheduled for March 25, 2023 - Westwood Baptist will allow use of the parking lot. Use of bathroom would require services of their custodian at a charge of \$100-125. It was moved, seconded and passed that we pay for bathroom use for this event.
10. Earth Day Walk on April 29,2023 - Pam Greig-Davis has received permission from the Washington Association of Sheriffs and Police Chiefs for complimentary use of their facility again. The ESVA meeting will be held there in the afternoon.
11. Northwest Trek Walk on April 30 - Pam Greig-Davis will make arrangements for this event. It was moved, seconded and passed to add this event by pre-registration.
12. At the recent ESVA meeting October 1 in Winthrop they want to donate \$500 to either the AVA Big Give or The Pathfinder Club. Each member club needs to vote on which they would like to see ESVA donate. It was moved, seconded and passed that CVC votes for the AVA Big Give.
13. Vance Creek Railriders Pedal Power trip quarter3 event for July, August,September - Pam Greig-Davis proposed that we sponsor this as a seasonal event which qualifies for bike credit. It was moved, seconded and passed that we sponsor this event.
14. Diane Malone suggested that we bring our own mug to meetings rather than use disposable cups.

15. Pam Greig-Davis reported that three have already finished the Chinese Zodiac challenge.
16. President Karen announced that CVC has been included as a beneficiary in a will. Anonymous at this time.
17. Meeting was adjourned.

Submitted by Ginny Miller, Secretary