

**Capitol Volkssport Club
Membership Meeting October 12, 2010
Chambers House (at Panorama City)**

Board Meeting – 5:00 pm. No Host Dinner – 6:00 pm. Meeting – 7:00 pm

World's largest egg!

Seven Capitol Volkssporters were joined by five people and one dog from the Winlock



area when they walked in Winlock on Friday, September 24. Winlock was America's second largest egg producing town until the 1950s, and giant chicken statues are everywhere! Peter Sweet took this picture of our group with the World's Largest Egg! Look on the CVC website photo gallery for more pictures of this walk. Perki



AVARDS RECEIVED BY OUR CVC MEMBERS

EVENTS



100

Walter & Linda Curtis



450

Robert Morrison

DISTANCE



500 km

Lind Polzin



1000 km

Walter & Linda Curtis



5500km

Sheila Morrison

Congratulations and keep walking!



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB

October/Early November 2010 FRIDAY WALKS

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

Please check www.capitolvolkssportclub.org for any update or changes to these walks

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Friday October 1	10 am Walgreen Drugs 12105 Pacific Ave Parkland	Parkland YRE 1999 10K with 5 K option	1 9 am Martin Way Park 'n Ride At the back of the lot
Friday October 8	10 am Guesthouse Inn & Suites 701 E Heron St Aberdeen	Aberdeen Rail Trail YRE 656 11K with 5K option	2 9 am Top Foods Parking Lot Near Pier 1
Friday October 15	10 am Arrow Lumber & Hdw 388 Center St E Eatonville	Eatonville YRE 104 10K with 5 K option	1+ 9 am Martin Way Park 'n Ride At the back of the lot
Friday October 22	10 am Spar Coffee Bar 2123 N 30th St Tacoma	Tacoma Downtown YRE 1262 11K	2 9 am Martin Way Park 'n Ride At the back of the lot
Friday October 29	10 am 76 station/store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont YRE 995 10K	1 9 am Martin Way Park 'n Ride At the back of the lot
Friday November 5	10 am Texaco/Grocery 3210 Cooper Pt Rd Olympia	TESC YRE 657 11K	2 N/A Park across the street from store
Friday November 12	10 am Mason Gen Hosp Bldg #1 901 Mt View Dr Shelton	Shelton YRE 405 10K	1+ 9 am Top Foods Parking Lot Near Pier 1

Whidbey Walking Festival 2010

The NW Tulip Trekkers welcomed the Sweets, the Morrissons, and the Tuckers, plus 300 other walkers, under sunny skies, to another great Whidbey Walking Festival 10-12 September. The fun started Friday afternoon with the Mayor's Walk of Historic Coupeville, past Victorian homes and



Coupeville route and site of our delicious Asian dinner

along Main Street. This was followed by delicious Asian dinner for the six of us. Saturday I walked the Coast to Coast event with Sandi and Sherry from the Sound Steppers, through the countryside, the Sunnyside Cemetery, to the old Ebey House and Blockhouse, and along the ridge



Historic Coupeville—Mayors walk

above Ebey's Landing. After a latte break, I connected with Bob and Sheila, with whom I walked through the countryside to Jenne Farm. This fun checkpoint offered free brats and bluegrass. There we met Dale and saw Peter and Perki listening to music from their hay bale benches. This was a linear walk where we hiked out and rode the bus back to town. That evening the Sweets went home, the Morrissons went out for 40th anniversary dinner, and the Tuckers dined in at South Whidbey Island State Park, camp site 8.

Sunday's weather started gloomy, but improved as the day progressed. Two more linear walks were offered. After a bus ride, I once again walked with the Sound Steppers back to town from Fort Ebey via the Kettles Trail and through Ebey State Park. Sheila and Bob did the same trail from a later bus. Then all convened in the city park for a salmon barbecue. I squeezed in another 5 Km on the Penn Cove linear trail along Penn Cove and its mussel beds. Lovely water views all around.

People came from far and wide to attend the festival. A Norwegian won the distinction of traveling the farthest. His mission, upon coming to the States.....again and to do all the AVA challenges. 18 Placer Pacers traveled from Auburn, CA, led by Pres. Don Ratliffe, a former CVC member. Lots of Canadians came from Victoria and the Lower Mainland. Other walkers came from



Looking towards Ebey's Landing

Texas, New York, and the Midwest. The AVA President, Vice President, Executive Director, Treasurer, and several Regional Directors all walked with us.

High points of the weekend were walking with old and new friends, poking through quaint shops, eating a bucket of fresh mussels, traveling by ferry, and walking, walking. My trip was book ended by two great YRE's—walking picturesque Langley and revisiting Fort Casey State Park and Camp Casey, site of the freshman orientation I attended for SPU so many years ago. Ah, thanks to the NWT for another weekend of great memories.

Bonnie Tucker

Beacon Hill Walk, Victoria, BC, August 25, 2010

Alarm clock rings... It is dark outside... 4 o'clock in the morning! I've decided and planned to get on 8:10 am "Victoria Express" passenger ferry (for only \$20 round trip!) that leaves from Port Angeles to Victoria. It is little over 2 hour drive and my plan is to be in Victoria by 10:30 and do one of the Victoria Downtown walks. Drive was very easy because of the "early" morning hours there were no cars (almost) on the road.

Since I have made reservation on internet, the check-in through customs was very fast after a few questions from immigration officials and presenting a passport (which is required for



United States citizens going to Canada). Why it was so significant to take this trip? Here is an excerpt from Victoria Express Home page:

"2010 marks the 20th sailing season for the Victoria Express fleet.



Over the past two decades hundreds of thousands of tourists from around the world have sailed Victoria Express across the Strait of Juan de Fuca section of the Salish Sea to Victoria BC taking advantage of the "Two Nation Vacation." If you ask our typical passenger why they choose Victoria Express they will tell you about the fast 55 minute crossing. Victoria Rapid Transit was formed in 1990 after receiving requests from summer tourists seeking a faster ferry service connecting Port Angeles with Victoria BC. The newly formed passenger-only ferry service reduced both the sailing time and the wait time through customs. We started our service with the Victoria Express, a 100' vessel accommodating up to 149 passengers and expanded with the addition of the Victoria Express II, enabled us to expand sailing services from



Port Angeles to Friday Harbor on San Juan Island via Victoria BC."

After the check-in immediately I boarded the „Victoria Express“, and within a half an hour I was on the way to Victoria. [Victoria is the capital city of BC. The Songhees first nation were the original inhabitants of Victoria BC. In 1778 Captain James Cook was the first European to arrive. 1843 Sir James Douglas established Fort Victoria as a Hudson's Bay Company trading post named after Queen Victoria. When the Cariboo gold rush began in 1858, Victoria BC being the only port on the west coast, turned this small outpost into a bustling city. Today Victoria BC is a moderate size city with approximately 325,000 inhabitants. Every year Victoria sees 3 million visitors pass through enjoying everything she has to offer.] The weather was gorgeous, blue skies and not a single cloud in the sky. Temperature, nice pleasant summer weather. Then after 10-15 minutes the blue sky disappeared. We run into dense fog. I thought by myself „there goes nice weather!“ Then within about half an hour we where back into the beautiful weather! I could see about a mile away a dense layer of fog between the ship and Port Angeles.

About 9:30 and a quick customs checkout I was on my way to the Start/Finish point about few blocks away to the Harbor Towers Hotel & Suites for registration. There is quite a number of walks to choose from. I decided The „Beacon Hill Walk“. It is inter-



esting to note their registration system – if you register for Distance you pay only \$1.00, if you register for Event you pay only



only \$1:00, and if you register for both you pay \$2:00.

The walk started out to Main Street that passes Royal London Wax Museum, Undersea Gardens, Government buildings, The Netherlands Carillon, Royal BC Museum. And I noticed the abundance of flowers everywhere, at buildings, street cor-



ners, in flower pots or hanging from light fixtures. After entering Beacon Hills Park and taking a number of pathways I found myself in the formal sundial garden. Again, flowers, flowers everywhere!

Then after a short climb I was on the Beacon Hills look-



out. What a sight – in a distance The Olympic Mountains, Port Angeles, a band of fog, and blue water. After leaving the Lookout the walk winds through flower gardens and small ponds. At one point was interesting to see Empress Hotel Buildings from the back side.

Walking on Dallas road I went past Sea Wall, Breakwater, Ogden Point Docks and Canadian Coast Guard station. At the end of the Dallas Road walk continued down hill to Fisherman's



Wharf. It is said that "Fisherman's Wharf is a jewel waiting to be

discovered. It is called a photographer's dream. It is exciting to see the floating houses, the majestic views of Victoria's



Inner Harbor, fishing boats, pleasure craft and sea planes.

And on top of all this I was hungry and decided to have lunch. While walking and taking a lot of pictures time also went by real fast. I have been walking almost 3 hours. The last part of walk was on a walkway along the waterfront with beautiful sights of other side of Victoria.



Since I have a few hours left before boarding a ship home, I explored the inner harbor and visitor's center. And then it was time to go through the customs and board the ship. On the way back we encountered quite a rough sea. The waves must be about 10-15 feet and I could see them breaking. The small ship was tossed a little bit more than I expected, but it only lasted about 20 minutes and we were in calm waters again, and also the thick layer of fog. We arrived in Port Angeles about 7:00 PM. And, of course, I still have to drive over 2 hours to get home, but it was worth to have this kind of trip. I enjoyed it very much and I am planning to do that again and walk another route in Victoria.



Harry

Capitol Volkssport Club

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The Capitol Volkssport Club (CVC) of Olympia, Washington is a non profit organization dedicated to promoting public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all. The American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 54 countries that make the International Peoples Sports Club (IVV).

Yearly CVC dues are:

\$8.00 (individual) per year; \$6.00 for 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

"Happiness often sneaks
through a door you didn't
know you left open."
— John Barrymore —



Newsletter deadline

Friday, October 29, 2010.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: harisauk@peoplepc.com