



November 2010

Capitol Volkssport Club Membership Meeting November 9, 2010 Chambers House (at Panorama City)

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

October train trip to Seattle

On a beautiful fall day in early October fourteen Capitol Volkssport Club members and friends boarded the Amtrak train in Olympia



and Tacoma for our second train/Volkssporting adventure. This year we headed for Seattle to walk the downtown/waterfront walk. We began our slightly modified walk, conveniently, at King Street Station. We made our way through the International District, through downtown to the Pike



Place Market, and on to Westlake Center. Our lunch stop was at the Gordon Biersch Brewery and Restaurant where we enjoyed a delicious meal and great beer. When all 14



of us descended on the start point (which was the middle of our walk) at the Quality Inn by the Seattle Center you can imagine the look of the lone volkssporter from Seattle who had come to sign up for the walk at the same time! We then walked through Seattle Center, past the Olympic Sculpture Park, and along the waterfront. We continued through Pioneer Square and through a hidden gem (continued on Page 3)





NEWS FROM THE TRAIL

 CAPITOL VOLKSSPORT CLUB
 NOVEMBER/DECEMBER 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 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	Sheltonville YRE 405 10K	1+ 9 am Top Foods Parking Lot Near Pier 1
Friday November 19	10 am Chevron Station 3025 Steilacoom BLVD Steilacoom	Fort Steilacoom YRE 1996 10K with 6 K option	1+ 9 am Martin Way Park 'n Ride At the back of the lot
Friday November 26	No Walk Day after Thanksgiving		

ARE YOU THINKING OF:

Walk a-maize-ing Iowa

2011 AVA National Convention

Tuesday, June 21 — Meet and Greet — Come by the Plex Tuesday evening and reconnect with old walking friends or get to know some new friends.

Thursday, June 23 — Fun Social — Thursday evening we'll transport you to Iowa State Fairgrounds for real Iowa picnic, complete with a three-piece chicken dinner.

Friday, June 24 — Banquet — Did you know 2011 is the 35th anniversary of Volkssporting in the US? Come help us celebrate at the Friday night banquet!

Saturday, June 25 — Riverboat Ride — Enjoy a relaxing riverboat ride on the Mississippi on Saturday evening. Who knows? May be Mark Twain will be among the passengers as you cruise along the Mississippi

Convention website: <http://www.AVA.org/clubs/ava2011convention/index.asp>

October train trip (continued from page 1)

- the Waterfall Garden Park near S Main. Some of us ladies were thrilled to stop at the Panama Hotel, a hotel that was featured in



the novel - Hotel at the Corner of Bitter and Sweet by Jamie Ford. During World War 2 many interned Japanese families who had lived in the Central District left belongings in the basement of the hotel and never returned to claim them. As we wandered back through the International District past several museums we took a few minutes to walk through Uwajimaya (the city's largest Asian market) with Yoko Melrose's guidance.

WALK AROUND LAKE UNION IN SEATTLE

On October 2nd, 2010 it so happened that I had to be in Seattle to attend some other business. That gave me and my friends (one from Portland Oregon and from Seattle) the opportunity to do the Lake Union YRE Walk.

I've done this walk many years ago. It was arranged by one of the Seattle Volkssport clubs. I was surprised that I could recognize only a few areas. There were no bike trails or walking trails at that time. It was interesting to see the tremendous amount of changes around the Lake Union.

The trail has also a new name: Cheslahud (pronounced CHES-la-hud), in honor to a Duwamish village chief, John Cheslahud, in the late 1800's who befriended Seattle pioneer

We departed Seattle as the sun was setting



for our train ride home. If you are a walker who has many challenge books, this is the walk for you. There are 19 challenges on this walk. Our advice to anyone who wants to go on this terrific walk is to plan to take the whole day to enjoy the delightful sights of downtown Seattle. Where to next time - Vancouver, WA, Portland, Salem? — Karen — All pictures by Jeanne Allan.

David Denny and guided settlers in his canoe to Lake Union, Lake Washington and Lake Sammamish. The chief and his wife were the last Duwamish family to live on Lake Union, on land Denny gave him at the foot of Shelby Street.



My friends at the bronze statue of Sadako Sasaki

(Continued on page 4)

WALK AROUND LAKE UNION... (Continued from page 3)

The trail was officially opened on December 3, 2008. Most of the route is called "Cheslahud Loop" (CL).

After registering at the Fisheries Supply store, start and finish point, we were heading downhill to Northlake Way to Pacific Street and NE 40th Street passing "Peace Park and



Bronze statue of Sadako Sasaki

Thousand Cranes sculpture". Peace Park was the dream of Dr. Floyd Schnoe, who after winning the Hiroshima Peace Prize in 1998 used the \$5,000 prize money to clear a small lot near the University of Washington. From a pile of wrecked cars, garbage, and brush, he

worked with community volunteers to build the beautiful Peace Park. It is currently the home of Sadako and the Thousand Cranes sculpture, created in 1990 by artist Daryl Smith. The statue is a life-size bronze of Sadako Sasaki, the young Japanese girl who survived the Hiroshima bombing only to die of radiation sickness at age of 12.



Inara Vehvilainen (Rose City Roamers) and her dogs, and Harry, at one of the Street End Parks

The walk leads to University Bridge. By following Fairview Avenue and quite a number of small alleys and side streets past a number of "street end parks", East Allison Street End Park, Louisa Street End Park, East Boston Street End Park and some more Street end Parks. Apparently the walk avoids most busy streets with these "street end parks", providing places to take a break at the lake shore. We passed a number of condos, shipyards and houseboats. It is worth mentioning that at these houseboats the movie "Sleepless in Seattle" was made here!

At the south end of the lake, South Lake Union Park, we stopped at Museum/center for Wooden Boats for checkpoint.

Lake Union Park is a unique urban gem, close to the center of downtown Seattle. The park provides access to green space and



the water and celebrates the cultural, maritime, and industrial heritage of the city and region.



The site's role as a park became possible on July 1, 2000, when the US Navy conveyed the deed to its five acres of land to Seattle Parks and Recreation. The transfer consolidated... (Continued on Page 5)

WALK AROUND LAKE UNION... (Continued from page 4)

the South Lake Union site into a 12-acre park. In partnership with the [Seattle Parks Foundation](#), Seattle Parks and Recreation opened the new park on September 25, 2010.

At Lake Union Park, you can cross Waterway 3 on a pedestrian bridge. The change in this area is unbelievable! And there is an interesting quote from Internet "South Lake Union PI":

"Before park construction began, all that stood at the site was the deteriorating armory building and a vast, unkempt parking lot. No reminder existed of the beauty that was Lake Union before the Denny party arrived in 1851 or of what happened there after, when the idea of Seattle began to take root. It was there on the south shore that David Denny built the Western Mill and Thomas Mercer, after settling with his four daughters, proposed that the lake be given the English name "Union" because he hoped that all the city's waterways would one day meet and connect there. For better or for worse, this is where "mema harishu" or "tenas chuck" became Lake Union and modern Seattle was born."



Under the Aurora Bridge

After leaving Lake Union Park we followed Westlake Ave, passing "street end parks", yacht brokers, and houseboats. Ahead was Aurora Bridge. Going under the bridge was another interesting sight. Then we crossed Fremont bridge and on 34th

where we passed the sculpture of "Late for the Interurban", with JP Patches & Gertrude, beloved characters from a children's show.

A bronze statue honoring Western Wash-

ington icons J.P. Patches (Chris Wedes, pronounced WEE-dus) and his faithful sidekick Gertrude (Bob Newman) was dedicated on



Patches and Gertrude statue

August 17, 2008 in the Fremont neighborhood of Seattle. From 1981, J. P. (Julius Pierpoint) Patches hosted one of the longest-running children's TV shows in American history, on KIRO TV in Seattle, and left an indelible impression on hundreds of thousands of Western Washington children who grew up watching him.

And we were on the way to finish point. It was a very educational and interesting walk. It took

us little longer than usual, because of 11K distance and also so many interesting stopping points on the way (+picture taking!). Harry



I'm trying to keep up with them (Patches and Gertrude)



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). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

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

“Know the true value of
time, snatch, seize and en-
joy every moment of it.”
— Lord Chesterfield —



Newsletter deadline

Saturday, November 27, 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