



August, 2011

Capitol Volkssport Club Walking Event

(THIS REPLACES OUR USUAL AUGUST MEETING)

AUGUST 20, 2011

CRANBERRY BOG WALK

**GRAYLAND COMMUNITY HALL 2071 CRANBERRY ROAD GRAYLAND, WA
CAR POOL TIME FROM WEST OLY TOP FOODS: 8:00 AM
WALK TIME: 9:30 AM BRING YOUR OWN PICNIC LUNCH**

Note:

There will be a September 13, 2011 meeting at Apollo as usual complete with a program. The fall and winter meetings will include programs featuring photos from recent travels by members. If anyone has a computer projector available for these meetings, please call Susan Berry at (360) 491-7266.

*Also please save this date: **October 13th, 2011:***

Annual Train Trip

Destination — Vancouver, WA

More information to follow.



Welcome New Members

When you join the Capitol Volkssport Club you have an opportunity to volkssport with new friends, get some enjoyable exercise, help with events, and have a great time. Please welcome our newest members:

Esther Fredson

John and Linda Adolphson

Gene DiDonato

Sharon Nelson

Tom and Barbara Malone



Welcome to Our Club!



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS

August 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, August 4	10 am Islander Motel and Char- ters 421 Neddie Rose Dr Westport	Seaport YRE 0654 10K Difficulty level 1	8:30 am Top Foods Parking Lot on Olympia's West Side near Pier 1 Drive time approx 1 hr 30 min
Thursday, August 11	10 am Safeway 1129 Harrison Ave Centralia	Centralia Historic YRE 957 10K with 5K option Diffi- culty level 1	9:30 am Starbucks on the corner of Trosper and Little Rock Rd in Tum- water by Fred Meyer. Drive time approx 30 min.
Thursday, August 18	10 am YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma Narrows Bridge Seasonal Walk Y0042 10K with 6K option Difficulty level 1+	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 35 min
Thursday, August 25	10 am 76 station/store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont YRE 995 10K Difficulty level 1	9:30 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 20 min.

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

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



50

Ginny Miller



150

Walt & Linda



525

Robert Morrison



500 km

Ginny Miller



1500 km

Linda & Walt Curtis Lloyd Berry



11000 km



550

Sheila Morrison



850

Susan Berry



1150

Nick Shields



16000 km

Susan Shields

Congratulations and keep walking!

THE SENIOR GAMES VOLKSSPORT WALK

We couldn't have ordered better weather for this walk event. Even though the location where we set up magnified every wind gust it was still a perfect walking day. The Senior Games had a large turnout and many participants stopped by our tables to ask about Volkssporting, so we had very good public exposure. One hundred and forty people did at least one of our walks. Many of the walkers were free but we received a lot of donations. The Senior Games donated denim hats for all participants and there were no complaints about not having T. shirts. Our sales pros. sold five new walker packets and several people expressed interest in the group walks.

The directions for these walks were superb; often I get lost on walks but these directions were spot on. I did half of the 10 K. walk and I will complete it tomorrow. The 5 k. that I walked was well thought out; it went over the freeway on Israel Road past some pretty woods. Then it went on Litterock Road which has improved recently and is now a tree lined avenue with wide sidewalks. The walk continued across the walking bridge over the freeway. It wound around attractive neighborhoods where flower gardens were at their peak. The trail across a field where the main power lines are has changed since I last walked there. Now it's well marked and lined with colorful wild flowers. Only a short section of this walk was on busy Capital Way.

Because I live in the area I am familiar with the rest of the walk and it too was well planned. The second 5 k goes around the L. and I. building where the workers have their own picturesque trail. It passes through a forested area and the back of Newmarket Skills Center Campus to yet another forested area. Look carefully as deer thrive here. There are also several cherry and apple trees in what was once someone's orchard. Perhaps you knew that just north of the woods, where City Hall is now, used to be a drive in movie.

As you pass by another new state office building you notice the many lavender flowers dancing in the breeze. After crossing Capital Way you see several bronze statues, such as the one of a mare and her foal and another of frogs by a fountain. There is also a statue of Mark Twain sitting on a bench reading a book. There were some fast last minute changes as The Point Tavern was in the process of being demolished to make way for a 7/11 store. Karen and Jim quickly changed some arrows and nobody lost their way.

Several walkers told us that the directions were good and that the walk was truly lovely. These walks are definitely keepers. Many thanks to all the Volkssport club members who spent so many hours perfecting these walks. Thank you also for doing such a good job of planning the event. Plus a pat on the back for everyone who manned the tables when they could have been walking.

Lesley Willardson

PRESIDENT'S MESSAGE (AVA)

My guarantee

It has been said that the only guarantees in life are death and taxes. I would like to add one more guarantee:

As AVA President I will work hard to provide the right leadership to move the AVA forward.

My major goals are as follows:

First...Team work. The National Executive Council must pull together and operate as a team. Personal differences need to be put aside and we must work together to be totally involved in governing the organization. My job will be to communicate and make sure that everyone is in the loop and takes an active role.

Using the "we" approach needs to be paramount because 15 heads should be better than just one.

Second...AVA Strategic Plan. The plan needs to be realistic, practical and have attainable goals. The main emphasis should be to increase growth in membership, clubs, Volkssport events and financial resources. These things should be developed on two levels: local and national.

Third...Fiscal responsibility. Fiscal conservatism and responsibility are the first steps to get the AVA's finances out of the "red" and back into the "black" column. Financial

boundaries need to be set for our expenditures. It is of the utmost importance that we be good stewards of our limited financial resources.

Fourth...Business integrity. Solid integrity is essential when AVA business is conducted.

Fifth..."Idea Pool". People throughout the 'AVA Nation' have a wealth of knowledge and ideas. We need to provide an electronic means to tap into this recourse. I intend to create an electronic "Idea Pool" that would promote the suggestion of optimal solutions to needs, the identification of problem areas and the proposal of new ideas to benefit the organization. My goal is to promote the sharing of ideas, ownership and camaraderie within the AVA.

Volkssporting is an important element of my life. I unequivocally have the best interests of the AVA at my heart. My guarantee is to simply work hard to provide the right leadership and move the AVA forward.

Join in...Your help is needed! Heinz Johnson

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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

"We are all travelers in the wilderness of this world."

— Robert Louis Stevenson —



Newsletter deadline

August, Wednesday, 31, 2011.

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: hjsaukants@q.com