

NEXT CAPITOL VOLKSSPORT CLUB MEETING

Tuesday May 8, 2012

at

Apollo's Pizza and Pub, 2010 Harrison Ave NW 6:00 PM no host dinner; 7:00 PM member-ship meeting.

Final plans for the Burfoot County Park walk need to be made. Nominations for 2012-2013 CVC officers. Are you willing to help?

Program will be Susan and Lloyd Berry's walk in Switzerland.

Dates to remember

- May 2 - Burfoot Park workers walk. Meet at Burfoot Park at 5:30.
May 8 - CVC Meeting
June 12 - CVC Meeting, election of officers
July 10 - CVC Picnic at Tumwater Historic Park
July 28 - Senior Games Walk

Group Walks

If you haven't joined CVC on group walks, you are missing a lot of fun. Group walks are great for making friends. Conversation makes the walk go faster and are more enjoyable.

Heads up to the evening walks in May. Start times vary.

In May all walks will continue to be on Wednesday.

May 9, 5:30 Lacey Historic. Meet at Lacey Safeway, 6200 SE Pacific.

May 16, 5:30 Nisqually. Meet in front of the Nisqually Visitors Center.

May 23, 6:00 Oly Waterfront, meet at Bayview.

May 30, 6:00 Tumwater. Meet at Tumwater Safeway. 520 Cleveland Ave.

Monday walks will continue every week starting from Bayview at 2:00 pm as long as there is interest.

Still need help with evening walks!

Contact Jeanne Allan 360-790-4600 kokolo@olywa.net

Need a new CVC



shirt, hat, or sweatshirt?

Come to our meeting on May 8th and place your order. Some items will be shown at the meeting so you can get an idea of sizes. You may also order from our catalog at our Burfoot walk on May 12th, or you can contact Karen Younkings with your order before May 15th. Due to inflation this year's prices may be slightly higher than last year's. We won't know the actual costs until we complete the order with Budd Bay Embroidery. Please pay us on delivery. I do have a few t-shirts left from our last order, so you can buy these at a bargain price. Enjoy!!

#####

Welcome New Members Jim & Carole Nagan. Includes a photo of a duck and a sign with the number 4.



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS
 MAY 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, May 3	10 am Stafford Suites 15519 62 nd St Ct E Sumner	Main Street USA --Sumner YRE 0159 10K with 5K option Difficulty level 1A	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 40min
Thursday, May 10	10 am Chevron Station 10246 Martin Way E Olympia	Nisqually Wildlife Refuge Seasonal Walk Y 0838 10K with 5K option Difficulty level 1B Old Difficulty level 1	Carpool N/A No Pets Register at Chevron Station then drive to Refuge. Park entrance fee of \$3.00 per sin- gle or family. Holders of Golden Eagle, Golden Age, Golden Access Passport or Federal Duck Stamps are FREE
Thursday, May 17	10 am Spar Coffee Bar and Café 2123 North 30th St Tacoma	Tacoma Waterfront & Historic District YRE 1263 10K with 7K option Difficulty level 2A Old Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 30 min
NEW WALK Thursday, May 24	10 am Bee Hive Restaurant 300 Main St. Montesano	Slough to Slough Seasonal Walk Y 0932 11K Difficulty level 1B	9:15 am Top Foods West Olympia Parking lot near Pier 1 Drive time approx 40 min
Thursday, May 31	10 am McDonalds Restaurant 5500 Olympic Dr Gig Harbor	Gig Harbor Historic Waterfront YRE 1234 10K with 5K option Difficulty 2A Old Difficulty level 2	9:15 am Martin Way Park and Ride at back of lot Drive time approx 45 min.

For more information contact:

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

Train Trip to Portland

On April 19, twenty-three members and friends



of the Capitol Volkssport group met at the Olympia Amtrak station for the planned train trip to Portland. The tickets and reservations were obtained through the two-for-one special offered by Amtrak, so this was a good deal for us! Four friends from the Puyallup/Tacoma area greeted us on the train. In Kelso five members of the Longview/Kelso Volkssport group joined us. Amtrak reserved a car just for us.



Susan, Bonnie and Yoko

The train experience was very pleasant. The train was clean and modern, the seats were comfortable and there was an eatery on board which provided tasty and nutritious snacks and light meals. The train was surprisingly quiet—not so much clackety-clackety as I remember from years ago.

What with the talking and laughter, the time passed quickly.

In Portland Dick Baker of the Rose City Roamers met us at the station and provided guidance as we made our way through downtown.

The walk began at the historic Portland train sta-

tion and proceeded to the first stop at Good Samaritan Hospital for the check in and book stamping. This destination allowed us to get out of the rain while taking care of the paper work! The early part of the walk was through a lovely old residential area mixed in with businesses. We were told that this neighborhood fought to maintain its identity as “progress” took over much of the area. Then it was time for lunch. Some of the group opted to eat at the hospital while others found a brew house nearby.

At last it was time to walk! Because of the number in our group, we were soon spread out over several blocks, and ended up taking various routes back to the train station.

A couple of noteworthy things:

Did I mention rain? Sorry folks, I have to mention it! **It rained** the entire time we were walking in Portland. And I mean it RAINED! The northwest truly lived up to its soggy reputation that day. We were wet and very glad to reach the train station after walking our 10K.

Also, a must mention is the VooDoo Donut shop where several stopped to purchase and enjoy donuts decorated with froot loops and other interesting delicacies. They had



Outside the Powell book store

donuts the size of dinner plates!

The trip home was much quieter! I think we were tired and recovering from the rain, however, at about Centralia the group got its second wind and the final part of the trip was filled with talk and laughter.

It was a very good day despite the rain!

Submitted by Vicky Brant



Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

PRESIDENT – Susan Berry (360-491-7266)

E-mail: lsberry@comcast.net

VICE-PRESIDENT— Jim Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

SECRETARY— Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail.com

TREASURER – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

ESVA REP. – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

MEMBERSHIP—Karen Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

NEWS EDITOR – Harry Saukants

(360) 432-2318

e-mail: hjsaukants@q.com

PUBLICITY – Perki Sweet (360)-459-8167

e-mail: pandpsweet@gmail.com

WEBMASTER — Peter Sweet (360) 459-8167

e-mail: ollysweetp@yahoo.com

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

Newsletter deadline

Thursday, May 31, 2012.

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

“The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.”

— Thomas Jefferson —