

September, 2012

*Next CVC Board meeting at Apollo's
 September 11, 2012
 5:00 PM
 Everyone is welcomed. This is your chance to help plan CVC's activities
 Come and share your ideas..*

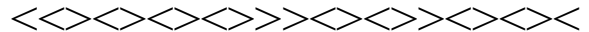
THANK YOU!

Thank you all you CVC members of your kind thoughts and cards while I was in hospital. Thank you Lloyd and Susan for a nice fruit tray while I was at the Mother Josef's care center recuperating from the tough surgery (I have a new hear valve from "pigs parts", sounds like in the movie!). I am at home and feel good. I have to do a lots of walking to gain back my strength . After 3-4 months I'll be ready to be on the trail again (so the doctor tells me!).

Your Newsletter editor Harijs Saukants

Walk with The Wanderers

Monday, September 24, presents an opportunity for CVC members and friends to meet and walk with The Wanderers, a South Sound hiking group. One of their members has done several Monday walks with our group, and a joint walk was suggested. The walk will start at 2 pm at the Priest Point Park rose garden and go from there. Hope to see you then!



* * * * *

Welcome new members

Patricia Brauer, Kathy Mclsaac and
Raenette Campbell



*Welcome to our club and see you
on the trail!*

* * * * *

Seabreeze will be on President's weekend of 2013, February 16th through February 18th. We will have six walks and two year round walks plus one bicycle ride. We currently have Four Trailmasters. We will be using the Lion's Club again this year too. The cost will be \$20 and BYOB.



NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS

September 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, September 6	10am Safeway 1100 S Market Blvd Chehalis	Chehalis Historic YRE 1605 10K with 5K option Diffi- culty level 1A	9:30 am Starbucks on the corner of Trosper and Littlerock Rd in Tumwater by Fred Meyer. Drive time approx 30 min.
Thursday, September 13	10 am Forza Coffee Co 4828 Bridgeport Way W Ste. D. University Place	University Place YRE 367 10k with 12K option Difficulty level 2A	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 40 min.
Thursday, September 20	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 Discover Pass required to park at trailhead
Thursday, September 27	10 am South Bay Market 3425 Schincke Rd NE Olympia	Woodard Bay Trail YRE 1009 Difficulty level 1A	N/A

For more information contact:

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



Regional Convention Held in Auburn

The AVA Northwest Regional Convention sponsored by the Evergreen State Volkssport Association was held at Camp Barachah in Auburn, Washington, August 15 to 19. More than 100 Volkssporters from Washington, Oregon, Idaho, Alaska, British Columbia and Texas enjoyed the walks, swimming event and festivities.

The Convention began with a Meet & Greet on Wednesday August 15th. Everyone enjoyed the opportunity to connect with walkers from around the region over good food and drink.

On Thursday, August 16th, Volkssporters participated in a walk and tram ride at Northwest Trek. We felt fortunate that the new zip line was a not a requirement for credit! In spite of the heat there were many animals to see from the tram.

Friday featured a gondola ride to the top of Crystal Mountain and a return hike down to the lodge. The 2,600 foot descent proved to be challenging to a few of the walkers although walking through meadows of wild



Crystal Mountain walk

flowers and around a serene lake all accompanied by spectacular views made the trek worthwhile. The photo shows a Capitol Volkssport Club contingent at the summit with Mt. Rainier in the background.



Tacoma City walk

Saturday, offered a walk through Tacoma, starting at Freight House Square and passing the Lemay American Car Museum on the way downtown.

Back at Camp Barachah in the afternoon, we enjoyed a presentation by Sam Korff and Dick Baker with tips for the trail master and how to map the walk using various resources. Saturday evening entertained attendees with a group barbeque and awards program, followed by an opportunity to dunk the NW Regional Director, Sam Korff. This was Sam and Martha 49th wedding anniversary. Martha celebrated by giving Sam his first, but by no means the only dunking of the night . The photo shows Sam in his dashing new dunking outfit, purchased especially for the occasion.

The Convention ended on Sunday with a forest walk



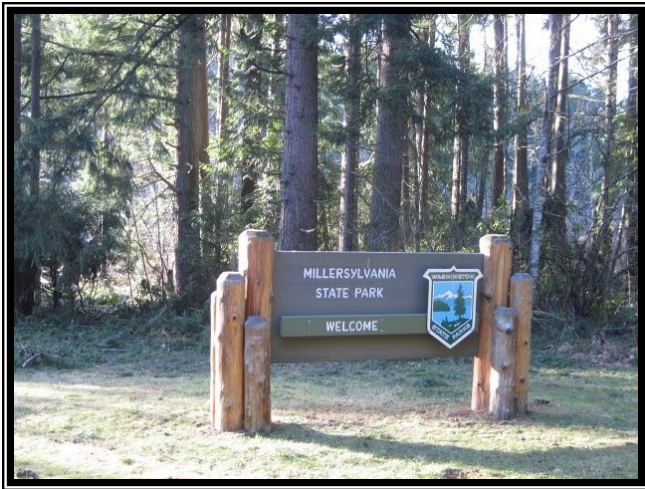
RD gets dunked

and swim at Camp Berachah. Thanks to ESVA and, The Over-the-Hill Gang, Four-Plus Foolhardy Folks, Evergreen Wanderers and Daffodil Valley Volkssport Club for a great 2012 conference.

The 2014 conference is now being planned by OTSVA for downtown Portland, Oregon.



Step Back in Time at Millersylvania State Park

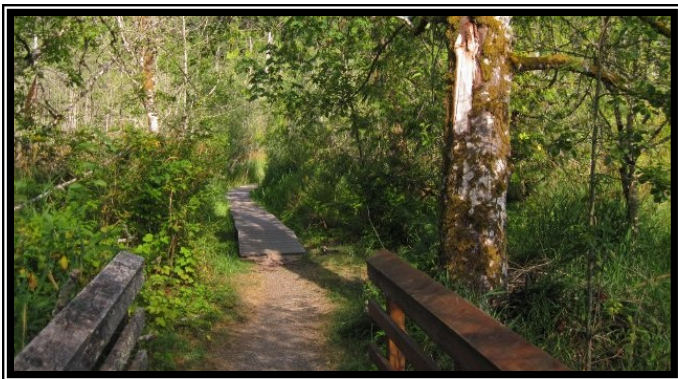


The Capitol Volkssport Club invites you to take a day off from the hustle and bustle of



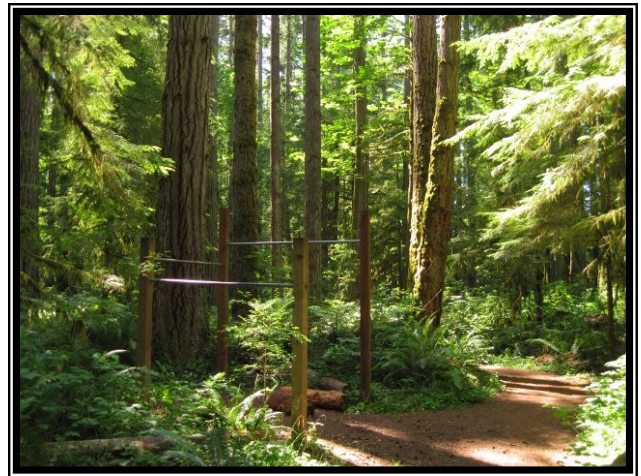
MSP beach and lake

busy schedules and come to the Millersylvania State Park Autumn Walk, Saturday, September 29. Millersylvania State Park is



MSP boardwalk

easy to find. Leave I-5 at exit 95 (both north and south bound). Drive east and follow the park signs about 3 miles to the



MSP fitness trail

park. Once inside the park, follow the signs to Kitchen 3. Since this event coincides with National Public Lands Day, admission to the park is free!

The Civilian Conservation Corps developed Millersylvania into a lovely state park in the 1930s. After leaving the starting point, a CCC building, the trail goes past Deep Lake and other old buildings built by the CCC. The walk then enters a path that passes an old orchard, a fitness trail, and then mostly mature forest. Boardwalks and bridges take you through wetlands, marshes, and across Spruce Creek. The walk is truly a step back in time when life was quieter and simpler. Take time to enjoy the beauty of the forest. (Cont. on page5)



MSP trees and trail

(Cont. from page 4)

Registration for the 5K and 10K walks, both rated 1C, begins at 9 am and continues through 12:30 pm; walkers should finish by 4 pm. Challenges include Thurston County, All Clubs, Forests, State Parks and S.N.O.B. (AVA Treasur-



MSP boardwalk and path

er) . Water and restrooms are located at the start/finish and various places throughout the park. You are encouraged to bring your whole family, a picnic lunch and your leashed dog. Capitol Volkssport Club will furnish water and dessert as long as they last. If sun is predicted, bring your beach chairs and sunscreen. Make a family fun day of this Volkssporting event. For further information, check out the club website at www.capitolvolkssportclub.org.

If you were not at the CVC meeting on August 14, and did not have the opportunity to sign up to help with this event, we still need helpers with Start/Finish, Registration, Parking, and the Sales/Dessert tables. Please email Bonnie Tucker at bonniedale@comcast.net to let her know where you can help.

Anderson Island – A New YRE for 2013

It was the loveliest of summer days when our group of sixteen set out for Anderson Island. We parked our vehicles a short kilometer away and walked the picturesque streets of Steilacoom to the ferry dock. Shortly after 2 pm we climbed the stairs to the ferry seating area. Barely a ripple marred the surface of the Sound as almost imperceptibly the ferry started moving. Some of our group sat and others leaned on the rail enjoying the cool breeze. The trip only took eighteen minutes and we were allowed off the ferry before the cars.

Once on dry land again it was quite hot. Our walk started with a long hill from the dock. The road was lined with trees and it was shady in parts but still hot. It was probably a good 20 minutes before we reached the top of the hill. There were many trees but they were all tall and thin. Evidently in the steam ship era the trees were almost all cut down to build ships or feed the engines.

As the road leveled out we passed a pretty flower decked community center and a church. Alongside the road were many madrona trees and thick hedgerows. Now and again wild flowers peaked through. It was peaceful. At 2.7 kilometers we turned and passed a farm and a museum. The farm was listed as one hundred years old. There was a small apple orchard, well fenced. Deer are a problem on the island as there are no natural predators.

We took another turn and before long passed a fire station and over to the side a General Store. Pat, our leader, said we would be stopping by the store on our way back. We had the roads to ourselves for the most part. Only occasionally was there a vehicle and once even a golf cart. Before long we came upon several homes and as we turned a corner we saw a rather large lake. It was surprisingly large for such a small island. Anderson Island is 5 miles by 3 and a half miles and 13 miles in circumference. The lake was obviously the place to be. There were boats and rafts along with diving boards and children running in and out of the water. It was a happy scene. (Cont. on page 6)

(Cont. from page 5...Anderson Island)

We rested briefly in the small park across from the lake. Then Pat took us to the second lake on the island. She called this the kayaking lake which was teardrop shaped. I believe it was called Lake Josephine and the larger one Lake Florence. Hmm must have been named after pioneers! We then moved on and retraced some of our steps to The General Store.

The General Store was actually quite large and it contained everything you would need on a day to day basis. It was also the Post Office, the Deli and a place to rent videos. Most of us bought an ice cream and sat outside to eat it. It was hot in the general store. Next door was a coffee shop but it closed at 2 pm every day. Some of us would have enjoyed a cup of coffee. It was getting very hot by now but we soldiered on. The roads remained empty. Sometimes we got to walk in shade from the tall madrona trees or thin pine trees. Pat assured us we were near the local swimming hole. We turned another corner and there it was. The islanders who were not at the other park were all here. It was crowded with families having a good time. We didn't get to soak our feet here but we did sit a spell.

Refreshed we moved on. We passed what looked like a large estate and then other houses here and there among the trees and bordering the lake. It wasn't long before we started downhill towards the ferry dock. It was a long hill and the views were marvelous. You could see most of McNeil Island and at one point Mount Rainier and even Mount Baker. At the bottom of the hill we went onto the beach and listened to the waves slide over the gravelly beach. Some of us rested on a log and let the peace of the island wash over us. It was only as we

walked off the beach that we saw the No Trespassing sign. But it probably didn't matter.



Ferry Dock

There weren't many people returning on the 5:40 pm ferry. It also stopped at tiny Ketron Island, home to 17 people and 13 houses. There was an old ferry listing in the harbor awaiting repair. Two people got off one of whom was a gentleman who told us he had commuted from Ketron Island to Steilacoom for 10 years on a bicycle on pontoons. He said it was a two mile trip each way and he had racked up 7000 miles. The ferry pulled in on time and we walked back to our vehicles. I was sorry to leave as I am sure the others were also. There was a feeling of time standing still on Anderson Island and it was with regret we returned to our everyday lives.

Thank you Pat for creating this walk for us. I know it is one we will enjoy time and time again.

Submitted by Lesley Willardson

THE
Spirit
 OF WALKING



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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 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

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 walks.

Membership for returning/ongoing members is July.

Send membership dues to: CVC,
P.O. Box 2778, Olympia WA

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

"There is nothing like walking to get the feel of a country. A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast". -Paul Scott Mowrer-

Newsletter deadline

Saturday, September 29, 2012

Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: