



# Capitol Volkssport



## NEWSLETTER

July, 2017

***The next CVC General Membership meeting will be on Tuesday, July 11, 2017 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.***

**A no-host dinner begins at 5:30 PM. The program begins at 6:30. Jim and Karen Younkins will show pictures and describe their recent adventures in Germany; a brief business meeting will follow.**

***June has been another busy month.*** We started with the 2017 AVA Biennial Convention. There were lovely walks and a lot of warm weather in Montana. Many people posted pictures of some of these walks on the ESVA web page. The convention itself was wonderful. It is always fun to see friends from other parts of the country and also make new friends. I enjoyed the workshops I attended, too. The big news was the election of officers. It is so exciting to have three of the four officers coming from the west coast. Our new officers are President, David Bonewitz, Vice President, Nancy Wittenberg, Secretary, Sam Korff, and Treasurer, Bob Morrison. Congratulations to all and a special yahoo! to Nancy, Sam, and Bob!

July looks like a month with plenty of walking opportunities. I am so happy the Pacific Northwest is my home for many reasons, the number of YRE's and events sponsored by Northwest clubs is one of them. Check out your Northwest Pathfinder for the list coming up in the next two months!

The July Membership meeting is July 11, at Izzy's. Karen and Jim are putting on a program about their trip to Germany. We will have a short business meeting after the program.

See you on the trail!

Liz

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Come and join us at the July 11th CVC meeting for a slide presentation of Jim and Karen Younkins' trip to Germany. In the following pictures Jim and Karen are enjoying the churches of Hamburg and beautiful Berg Eltz near Trier. Highlights of their trip include the Fulda 2916 IML Event., historic castles and cathedrals, scenic Rothenburg, Dusseldorf and surrounds, and much, much more.



## NEWS FROM THE TRAIL...



## Upcoming Walks - July 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday July 3	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 4	*** No Walk ***	Happy Fourth of July	*** No Walk ***
Thursday July 6	Register by 9:45 AM, then drive to start point Walk leaves at 10:00 AM from start point  76 Station and Store 100 Barksdale Ave N DuPont	DuPont Boyhood Memories Walk YRE 0193 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:15 AM  Drive time approx 20 min.
Monday July 10	2:00 PM Bayview Thriftway Deli	<a href="#">Olympia local walk starting at Bayview</a>	N/A
	516 - 4th Ave W Olympia	Varies 1A	Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 11	*** No Walk ***	You could come to the <a href="#">CVC Meeting</a> at Izzy's instead.	*** No Walk ***
Thursday July 13	Register by 9:45 AM Walk leaves at 10:00 AM  Port Gamble General Store and Cafe 32400 Rainier Ave NE Port Gamble	<a href="#">Port Gamble Historic Walk</a> YRE 1685 11K with 6K option 2B	<b>Remote Start Walk</b>  Meet at Westside Haggen Foods near Pier 1 Imports.  Be early - carpools leave at 8:00 AM  Drive time approx 1 hour 40 min.
Monday July 17	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

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Tuesday July 18	6:00 PM Millersylvania State Park Parking lot by the boat launch 12245 Tilley Rd S Olympia	Millersylvania State Park Walk 10K with 5K option 1B	5:30 PM Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer.  Drive time approx 20 min.  A Discover Pass is required for park entry.
Thursday July 20	Register by 9:45 AM Walk leaves at 10:00 AM  Spar Coffee Bar and Cafe 2121 North 30th St Tacoma	Tacoma Downtown YRE 1262 11K with 5K option 3A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 30 min.
Monday July 24	2:00 PM Bayview Thriftway Deli	<u>Olympia local walk starting at Bayview</u>	N/A
	516 - 4th Ave W Olympia	Varies 1A	Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 25	Register by 5:40 PM Walk leaves at 6:00 PM  Tenino Market 669 Lincoln Ave E Tenino  Leave Tenino Market by 5:50 PM to drive to City of Tenino Park Sign 300 West Park Ave Tenino	<u>Tenino Town and Trail Walk</u> YRE 0678 10K (rated 2C) with 5K and 10K options (rated 1A)	<b>Remote Start Walk</b>  Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer.  Be early - carpools leave at 5:15 PM  Drive time approx 30 min.

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Thursday July 27	Register by 9:45 AM Walk leaves at 10:00 AM  Best Western Plus 701 E Heron St Aberdeen	<u>Hoquiam Town and Waterfront Walk</u> YRE 0546 10K with 5K option 2B	<b>Remote Start Walk</b>  Meet at Westside Haggan Foods near Pier 1 Imports.  Be early - carpools leave at 8:30 AM  Drive time approx 1 hour.
Monday July 31	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

\*\*\* For Tuesday walks, please contact Perki (360-459-8167, e-mail pandpsweet@gmail.com) to ask questions about the walks or make start point meeting arrangements.

\*\*\* For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) to ask questions about the walks or make start point meeting arrangements.

\*\*\* If you are a rider in a carpool, please feel free to offer the driver gas money. If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.



EVENT AND DISTANCE AWARDS  
EVENTS



100

Chase Davis



125

Chase Davis



275

Mike Extine



325

Cindy Extine



425

Liz Morrison



1450

Robert Morrison



2200

Nancy Wittenberg

DISTANCE



1000 km

Chase Davis



1500 km

Chase Davis



3500 km

Cindy Extine



4000 km

Liz Morrison



9000 km

Jeanne Allan



10000 km

Carolyn Thompson



16000 km

Sheila Morrison



17000 km

John Warhol



22000 km

Nancy Wittenberg

*Congratulations and keep walking!*

CONVENTION WALKS IN Billings....



Carolyn, Bonnie and Nancy at Swords Rimrock Park Walk in Billings



Ian, Julie and Johnny at Swords Rimrock Park



Bill at Swords, Rimrock Park



Yellowstone River Walk



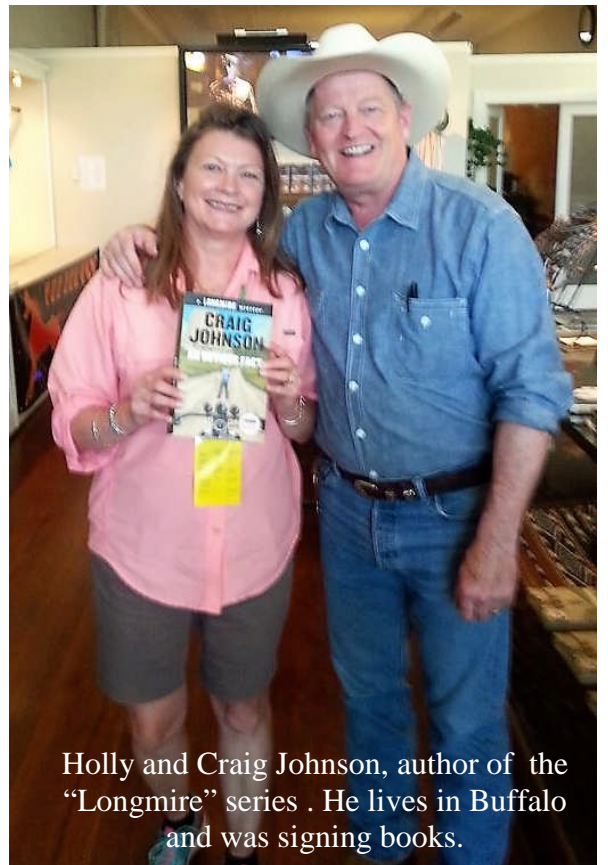
Downtown Billings Walk



Peter and buffalo



CVC and friends at Little Bighorn, where General Custer made his last stand



Holly and Craig Johnson, author of the "Longmire" series . He lives in Buffalo and was signing books.



# Capitol Volkssport Club Olympia WA 98507



### CVC OFFICERS

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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 most of our 50 states.

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### Yearly CVC dues are:

\$8.00 (individual) per year; \$6:00 for 55+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. Membership for returning/ongoing members is July. Send a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.

**CVC Website:** [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

*The longest journey begins  
with the single step  
—Loo Tsu, Too Te Ching —*

**Newsletter deadline**  
**Friday, July 28, 2017**  
 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: hjsaukants@q.com