



## NEWSLETTER

February, 2018

The next CVC General Membership meeting will be on Tuesday, February 13, 2018 at

Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM. A brief business meeting will follow. Bring your valentine, if desired, and come on out!

### *January has been a month of getting things done!*

We have chairpersons for the three planned Traditional Events on our books. Chase has taken over the Anniversary "Walk in the Park" scheduled for September, he and Bonnie have volunteered for to be co-chairs for Seabreeze in February 2019, and I will head up "Christmas in the Capitol City" scheduled in December. The good news is we have the start point for all three walks secured.

We also had Tom and Louise Baltes at our last monthly meeting. They joined several members before the meeting in Tumwater for a 10k. Bill and Holly headed up the walk and it was a good morning for walking. It is surprising how often we have a window of decent weather when we walk. Tom talked and shared pictures at our meeting.

Tom also presented one of his beautiful hand carved walking sticks to Bonnie in recognition of her dedication to Volkssporting.

February usually has some lovely days. It is a good month for exploring a walk on a weekend. There are a few traditional events

in the Pathfinder including a new trail from our Daffodil neighbors. Our next meeting is Tuesday, February 13, at Izzy's. Until then, happy walking!

Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - February 2018

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday February 1	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 Historic Village YRE 0995 10K 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 February 5	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday February 8	Register by 9:45 AM Walk leaves at 10:00 AM  Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K 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 30 min.
Monday February 12	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday February 15	Register by 9:45 AM Walk leaves at 10:00 AM  Lacey Safeway 6200 SE Pacific Lacey	Lacey College and Park Walk YRE 0950 10K with 5K option 1B	N/A

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Monday February 19	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday February 22	Register by 9:40 AM Walk leaves at 10:00 AM  Tenino Market 669 Lincoln Ave E Tenino  Leave Tenino Market by 9:50 AM to drive to City of Tenino Park Sign 300 West Park Ave Tenino	Tenino Town and Trail Walk 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 9:15 AM  Drive time approx 30 min.
Monday February 26	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview 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](mailto:kokolo@olywalking.net)) 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](mailto: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.



On a Thursday walk in Olympia

***“Peter Sweet had heart surgery on January 9,*** and is now recovering at home. He would like to thank all of you who have sent cards, balloons, e-mails, good wishes, and prayers in his direction. Peter is presently in a state of physical weakness and incapacity he has never previously experienced. People with experience in this realm tell him this is just what should be expected. It is his hope to be back on the trail, if not soon at least sometime, but that is up to God.”

Thanks again for all you do - Peter





# 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.

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**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)

*"Our way is not soft grass, It's a mountain pass with lots of rocks. Buit it goes upward, forward, forward the sun."— Ruth Westheimer—*

**Newsletter deadline**  
**Wednesday, February 28, 2018**  
 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