



CAPITOL VOLKSSPORT CLUB



NEWSLETTER

March, 2018

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

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

A no-host dinner begins at 5:30 PM. Pictures from the year 2017 activities will be shown. A brief business meeting will follow.

It is the last day of February already!

CVC has been busy, as we tend to be. Monday and Thursday walks are well attended despite the weather. Some snow kept a few of us in rural areas at home but many joined in on the chilly walks last week.

Speaking of chilly walks, several Seabreeze committee members traveled to Ocean Shores to check out facilities and walks. It was a blustery day but a lot was accomplished. We are on our way to our big event! Some of us are also working on the route for Christmas in the Capitol City. We are excited to get that event organized, too.

I also want to mention The Big Give. It is coming up on March 22. If you would like to hear about what The Big Give is and what our organization does, please log on to www.ava.org There is a nice video explaining The Big Give. We will also be discussing if and how much our club would like to donate to this worthy cause at our next meeting.

Also at the March meeting, we will have the picture presentation Ian showed at our December dinner. We know several were unable to attend. The pictures show a wonderful snapshot of our club activities.

Our nominating committee is in the process of looking at those interested in holding an office in our club. If you are thinking you would be a good fit for one of the offices, let Bob and Chase know. If you would like to join the committee, it is not too late. Nominations are not due until the May meeting.

The March meeting will be March 13 at Izzy's.

Liz

GET INVOLVED!!

Have you ever wondered who decides where we're going to walk, how directions appear in walk boxes, and how the walk boxes even get to their locations? Opportunities are available for you to discover the answers to those questions. It is not magic! Several people work together to bring this about; and some of those people would like to share the load. Several positions are available for walk box tenders (that's what we call the people who look after the walk boxes.)

If you would like to help our Capitol Volkssport Club by becoming more active, contact Perki Sweet at pandpsweet@gmail.com or phone her at 360-459-8167. Perki would love to help you get more involved!
(See page 4 for more detail)

NEWS FROM THE TRAIL...



Upcoming Walks - March 2018

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday March 1	Register by 9:45 AM Walk leaves at 10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 25 min.
Monday March 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 March 8	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 March 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 March 15	Register by 9:45 AM Walk leaves at 10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia Waterfronts (south loop) YRE 0260 10K 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday March 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.

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Thursday March 22	Register by 9:45 AM Walk leaves at 10:00 AM Thrive Fitness 5401 Corporate Center Loop SE Lacey	Lacey Southeast "States" Walk YRE 0586 10K with 5K option 1A	N/A
Monday March 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.
Thursday March 29	Register by 9:45 AM Walk leaves at 10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis After registering at hotel drive to start point. Limited parking at trailhead. Additional parking at nearby state park with Discover Pass.	Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	Remote Start Walk Meet at Starbucks at Trosper and Lit- tlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 30 min.

*** 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 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



300

Mike Extine



375

Janet Page



475

————Tess Sutton——



500



1600

Sheila Morrison



1700

John Warhol



2000

Elizabeth Wittenberg



2100

Carolyn Warhol

DISTANCE



500 km

P.Lehnert



2500 km

Chase Davis



3000 km



3500 km



4000 km



4500 km



5000 km



5500 km



6000 km



————Mert Turner——



16000 km

Sheila Morrison



21000 km

21000 km

Carolyn Warhol

Welcome new member

Cherile Ness,

Welcome to our club and see you on the trail!



Box Tender Position

Benefits

- Walks are not **a** cornerstone of Volkssporting – they are **the** cornerstone of Volkssporting! You will discover the heart of Volkssporting and how Volkssporting functions.
- This is an excellent volunteer opportunity for a new member or a member who wishes to learn more about how Volkssporting operates.
- As Box Tender, you are the boss of your walk. You may make changes to your walk to keep it interesting and fun!

Time Requirement

- Approximately one hour monthly per walk box, depending on the box's location.

Position Elements

- Monitor Walk Box
 - Ensure blank registration forms are available for walkers
 - Ensure that a supply of current walk directions is available for walkers
 - Ensure walk instructions are updated with current challenges
 - Stock the walk box with current club and event promotional material
- Monthly Report
 - Collect registration sheets for the month
 - Prepare and submit a monthly report (the form for this is provided) along with collected money to Treasurer
- Sanctioning
 - Yearly (August) - submit updated information, including which new challenges your walk satisfies, to the Vice President so that your walk may be sanctioned by the AVA.

Contact Person

Perki Sweet (360) 459-8167

pandpsweet@gmail.com



**AVA – America's
Walking Club!**



Capitol Volkssport Club Olympia WA 98507



CVC OFFICERS

- President — Liz Morrison, (360)-748-3886
E-mail: morsun1@outlook.com
- Vice-Pres. — Julie Heath, (360) 264-4670
E-mail: ijheath@comcast.net
- Secretary — Barb Malone (360)-485-3693
E-mail: ravnliz08@yahoo.com
- Treasurer — Sheila Morrison (360) 923-5381
E-mail: sheila.morrison@comcast.net
- ESVA Rep. — Holly Spaulding (253)-770-0691
E-mail: holly.spaulding@comcast.net
- Membership Karen Younkins(360) 357-9185
E-mail: jcyounkins@comcast.net
- Sales & Information Chairperson
Lesley Willardson (360)-359-8436
E-mail: heathfield@hotmail.com
- 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: olysweetp@yahoo.com



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.

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
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

*"Our way is not soft grass. It's a mountain path with lots of rocks. But it goes upward, foreard, toward the sun."
—Ruth Westheimer—*

Newsletter deadline

Saturday, March 31, 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