



AMERICA'S WALKING CLUB



CAPITOL VOLKSSPORT

CLUB

APRIL 2018 NEWSLETTER

Our Newsletter - Change at the helm!

Hi! Some of you know me - some of you don't. My name is Bill Spaulding and I will be publishing our newsletter. Those of you who know Harry might ask why the change? What happened to Harry? Nothing actually - Harry is still a loyal club member - but it was time to pass the torch to another, (see the article below). I thought it would be fun to volunteer to help with the newsletter. I'm looking for your input! Take a photo of the group you are walking with - send it to me. I am also looking for articles of interest to share with our fellow club members. If you have ideas - let me know. Even better - send me an article! Thank you for your help.



You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!

Our Mission:

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 AVA's Mision:

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.



Monday Walkers - Olympia



Welcome new members!

We welcome the following new members! The contact information for our new members can be found on our membership roster. Do you need a current roster? Contact Karen Younkins, our Membership Chairperson at: jcyounkins@comcast.net.

**Sue Opp, Tacoma Washington
Gunther & Marijo Hoffman, Olympia, Washington**

**Sandra McMillin, Olympia, Washington
Anne Ellsworth, Lacey, Washington**

Welcome - We look forward to walking with you!!



President's Report

Submitted by Liz Morrison, President, Capitol Volkssport Club

Do you think the saying, "March comes in like a lion, and out like a lamb" will hold true this year? We were just getting ready for a bit of sun and warm weather, then bam! There was hail one day followed by snow the next. I am encouraged though. The last three days have been a mixture of sun and rain. There seems to be at least a window of nice weather to walk in. I have been walking every day getting ready for Bloomsday. It is wonderful that it is an AVA sanctioned event. I plan to walk/jog with one of my teaching friends. It will be so fun! How many CVC members will be there, too? It will be early in May. May seems to be on my radar because May 1st is the first day to sign up for The Great Columbia Crossing held in October. That one is not sanctioned yet but they sometimes do. We had our second Seabreeze meeting held at Karen and Jim's house. Thank you Karen and Jim. We got a lot of things moving plus Julie has put several of the events on the sanction page. Our Christmas walk is also coming together. We are excited to have it during the daytime hours. It will be enjoyable walking through the Market. I am also sending a shout out to Harry. Newsletter articles and pictures have been sent to him but he is retiring from writing the Newsletter. We are so thankful to him for writing the Newsletter and I am thankful he has been patient with me even when I get my notes to him a little late. Bill and Holly have an article about Harry in this edition. I will enjoy reading about Harry and all the years he has been in our club.

Our next meeting will be at **Izzy's on April 10th**. We will have our usual dinner and a short meeting.

Happy Walking! Liz



Walter Cronkite's Secretary

Submitted by Holly Spaulding

On a sunny March morning I had the pleasure of driving into the forest near Shelton to the West Coast Latvian Education Center where I found the home of Harijis (Harry) Saukants. He is the On-Site Manager for the camp and lives in the middle of this peaceful forest location. The camp exists for the purpose of organizing educational and cultural events for people of Latvian ancestry. Harry is Latvian and his journey from Latvia to the United State and Volkssporting is a fascinating story.



Harry was born and grew up in Latvia. He graduated from a five year business high school with fluency in not only Latvian, but Russian, German, and English. He was living in Latvia when Russia occupied it from 1939 - 1941, and remained in Latvia during the German occupation. He left Latvia, as did thousands of Latvians, when the Soviets returned in 1944 because he remembered the cruelty of the Soviets' previous occupation. He went to Germany where, after WW II, he was an interpreter in the American Zone for the U.S. military and various businesses. For a time he was secretary and interpreter for Walter Cronkite in Germany.

Physical activity has always been a big part of Harry's life. He taught Latvian folk dancing for 16 years and was a cross country ski instructor for several years at Mt. Hood, Oregon. In 1988 he was cross country skiing at Mt. Adams and saw a group of cross country skiers registering and stamping books and asked what they were doing. They were Volkssporters and Harry has been a Volkssporter ever since then (30 years). In 1993 he was one of the first members of the Portland, Oregon, club and was an active

member there until 1999 when he moved to Shelton. He then joined the Capitol Volkssport Club and has been a member since 1999 (19 years).

Harry hasn't been walking with CVC for about five years. The last two walks he did with the club were the strenuous Colonel Bob Trail in the Quinault Rain Forest and the Lake Union walk in Seattle. Harry accumulated 16,000K cross country skiing and walking. A couple of years ago at the CVC annual picnic he was awarded a lifetime membership in Capitol Volkssport Club. The club recognized his long time participation in the club and his faithful publication of the monthly newsletter even after he had stopped walking.

In March Harry celebrated his 93rd birthday and retired from publishing the CVC monthly newsletter. Capitol Volkssport Club sincerely thanks you, Harry, for the pleasure of knowing you, and for your devotion to Volkssporting!

2nd Place Newsletter Publicity Award
2003 National AVA Convention



Good news! SEABREEZE WALKING FESTIVAL WILL RETURN TO OCEAN SHORES, WA, FEBRUARY 16-18, 2019.

Submitted by Bonnie Tucker, Co-Chair, Seabreeze Committee

You may have heard some talk about Seabreeze, the biennial walking festival in Ocean Shores, which our club sponsors. The following information has appeared on Walklist and on Facebook. Bottom line is that we don't want any of our members to miss out. Please put this on your calendar, make your reservations, and then be ready to volunteer next February. This biennial favorite will, once again, offer 6 trails through town, along the beach, and up the coast of the North Beach. There will be a bike route, as well as two YRE's within Ocean Shores and numerous YRE's on the way to the beach. Committee members are currently revising old favorites and preparing new routes. In addition, a Saturday evening social is being planned.

LODGING: Remember this is Presidents Day Weekend, so make your hotel reservations early. You can go to www.oceanshores.org to find lodging.

LOCATION: Ocean Shores Lions Club, 832 Ocean Shores Blvd NW, Ocean Shores, Washington

The committee is still preparing the brochure, but you can visit the Capitol Volkssport Club's website at www.capitolvolkssportclub.org to keep up to date. We look forward to seeing our old friends return, and it will be fun to make new friends. **Don't miss out on this one!**



WHERE CAN YOU WALK? WHEN?

Upcoming walks and events

We encourage ALL our members to get out and walk! Where can you walk you ask? We have a great website which lists all our walks and bike rides. For complete information as to where our weekly and

year around walks are, when they start and directions to the start point **check out our website:**
www.capitolvolkssportclub.org

Hot News! Tuesday Evening Walks start April 17th!

Don't forget to check our website for the schedule of Tuesday evening walks on our upcoming walks page. Our first walk is Tuesday, April 17th. The first walk will be at South Bay Market, (the Woodard Bay walk). Register by 5:45 and walk at 6.

Our website is also your link to many great regional events coming up!



The ESVA — A Club of Clubs

The Evergreen State Volkssport Association (ESVA) is an IRS designated 501(c)(3) non-profit organization, registered as a non-profit corporation with the State of Washington and chartered by the [American Volkssport Association \(AVA\)](#) to be the association of all the volkssport clubs in Washington State. [Click here](#) to see the officers of the ESVA (pdf).

The purpose of the ESVA is to promote physical fitness through participation in volkssport events; promote the activities of the AVA and the international organization, the International Volkssportverband (IVV); and encourage and support participation in volkssport events.

The ESVA promotes the exchange of ideas, good will, friendship and cooperation among volkssport clubs and individuals; coordinates the events and activities of member clubs; and, provide the services state volkssport clubs want and need. [Click here](#) to find a list of Washington State volkssport clubs.

Northwest Pathfinder Washington & Oregon Event Newsletter

The Northwest Pathfinder is the official newsletter of the **Pathfinder Volkssport Club of the Northwest** published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map.

The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$12/\$25 (Foreign Delivery – US funds)

Join now to receive the Northwest Pathfinder: [Click here to access the Pathfinder Membership Form](#)

MORE INFORMATION

For more information about *The Northwest Pathfinder*, contact
The Northwest Pathfinder
c/o Eleanor Borgardts
4430 S 263rd St
Kent WA 98032
or eborgardts@comcast.net
253-854-5263



Distance and events awards:



Congratulations to the following club members on their distance and event achievements!

EVENTS:



100 Events
Marsha Majors



125 Events
Marsha Majors



225 Events
Cheryl Evans



325 Events
Chase Davis



350 Events
Chase Davis



400 Events
Janet Page



425 Events
Janet Paige



1000 Events
Carolyn Thompson



1600 Events
Bob Morrison

DISTANCE:



1000 Km
Marsha Majors



3500 Km
Chase Davis



4000 Km
Chase Davis



17000 Km
Bob Morrison



23000 Km
Nancy Whittenberg



Club Officers and contact information:

President:	Liz Morrison	(360)-748-3886	E-mail: morsun1@outlook.com
Vice-President:	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
Newsletter	Bill Spaulding	(253) 414-8224	E-Mail: william.k.spaulding@gmail.com
Publicity:	Perki Sweet	(360) 459-8167	E-mail: pandpsweet@gmail.com
Webmaster:	Peter Sweet	(360) 459-8167	E-mail: olysweetp@yahoo.com



Our Next Meeting:

Join us for our next club meeting:



Izzy's Pizza
3540 Pacific Avenue
Olympia, WA

April 10th 2018

Social and Dinner is at 5:30 Club Meeting is at 6:30



Yearly Dues for the Capitol Volkssport Club:

\$8.00 (individual) per year;

\$6:00 for 55+; \$12.00 for family.

As a club member our YRE walks are only \$2.00.

Non-Members pay \$3.00

Membership dues for returning members are due in July.



**Dues are payable to our Membership Chairperson:
Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.**



Newsletter Deadline - The Last day of the month

Do you have something to put in the newsletter?

You can get ahold of me by e-mail at: cvcnewsletter18@gmail.com

See you on the trail!



Evergreen College
Walk

CVC Members walking on a
sunny March day in Olympia

