

**Capitol Volkssport Club
Membership Meeting September 14, 2010
Chambers House (at Panorama City)**

Board Meeting – 5:00 pm. No Host Dinner – 6:00 pm. Meeting – 7:00 pm

SIZZLIN’ THIRD THURSDAY WALK

It was perfect weather for walking. The sun had appeared just a short time before the 3 p.m. start, and while it was still cool under the trees, in the sun it was 72 degrees. There was a 10K and 5K walk available.

I only did the 5K because I was scheduled to man a checkpoint later on. Both walks started at Burfoot County Park which is about 8 miles north of Olympia. The trail wound through woods that were hushed in the late summer sun. There were many steps to the beach and the tide was high. The Capitol Building shimmered in the distance, but the Olympics could barely be seen in the light haze.

Because of the very high tide, I was unable to walk around the rocks in front of a charming beach cottage. The breeze was fresh as white caps played along the shore. Two kilometers more of enchanting woodlands led me to the highway to Boston Harbor. This road was lined with juicy blackberries.

The sun was warm at Boston Harbor. Sailboats dotted the blue sound. Normally busy, Boston Harbor was quiet this rsday afternoon. The breeze sang through the trees as the wind waves splashed the sandy beach. It was pleasant to walk with the sun on my back and think of nothing in particular.

After the walk my friend and I drove to the checkpoint where a deer ran out in front of our car. I drove the rest of the 10K after we closed the checkpoint. I wished I had walked its gentle hills and peaceful gardens.



Lesley and Perki at checkpoint



Three walkers at finish table

107 people walked with us today. It was a perfect day for a volkswalk. Make sure you don't miss the next one. * Lesley Willardson

*(Editor's note: Third one of these "sizzlin third Thursday walks" will be in Yelm on September 16. It begins at the city park between 3 and 6 p.m. More info is available on our website.)



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB September 2010 FRIDAY WALKS

For more information contact:

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

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

Please check www.capitolvolkssportclub.org for any update or changes to these walks

| DATE | TIME & LOCATION | EVENT | CARPOOL INFORMATION |
|---------------------|---|--|---|
| Friday Sept 3 | 10 am Safeway Food & Drug 520 Cleveland Ave Tumwater | Tumwater Historic Parks YRE 1743 11K 2+ | N./A |
| Friday Sept 10 | 10 am Bee Hive Restaurant 300 Main St Montesano | Lake Sylvia Seasonal Y 1216 12K with 5K option 2+ | 9 am Top Foods Parking Lot Near Pier 1 |
| Friday Sept 17 | 10 am Spar Coffee Bar 2123 N. 30th Tacoma | Tacoma Water- front/Historic District YRE 1263 10K with 7K option 2 | 9 am Martin Way Park 'n Ride At the back of the lot |
| Friday Sept 24 | 10 am IGA Store Winlock | Workout in Winlock YRE 791 10K 2+ | 9 am Martin Way Park 'n Ride At the back of the lot |
| Friday October 1 | 10 am Walgreen Drugs 12105 Pacific Ave Parkland | Parkland YRE 1999 10K with 5 K option 1 | 9 am Martin Way Park 'n Ride At the back of the lot |
| Friday October 8 | 10 am Guesthouse Inn & Suites 701 E Heron St Aberdeen | Aberdeen Rail Trail YRE 656 11K with 5K option 2 | 9 am Top Foods Parking Lot Near Pier 1 |

The 2010 AVA NW Regional Convention,

by Peter Sweet

This is a report on the 2010 AVA NW Regional Convention in Anchorage, AK. Ten people from CVC attended the convention: the Berrys, the Morrisons, the Tuckers, the Shields, and the Sweets. There is a group picture on the CVC website at present. I really did not know what to expect, but I thought “Walking in Alaska; that should be fun,” and it was. The AVA has conventions annually, and apparently these are regional meetings in even numbered years, and national meetings in alternate years. The Northwest Region of AVA consists of Washington, Oregon, Idaho, and Alaska. Walkers came to the meeting from places as far away as Florida and Connecticut; it was not limited to people living in the AVA NW Region. The next AVA meeting will be a national meeting held in Iowa in June of 2011; this was charmingly advertised by a woman in a cow costume, who promised us an “a-maizing” time. Having driven through Iowa, I can well believe it.

There was actually very little meeting, and a good deal of walking. The meetings consisted of an AVA question and answer session one evening, various informal gatherings, and the AVA Awards Banquet Saturday evening.

We traveled to Anchorage from Seattle on Monday, arriving in the late afternoon. We settled into dorm rooms at the University of Alaska Anchorage (UAA), then had dinner at a nearby Chinese restaurant and walked around a bit. The first thing we noticed was a large sign warning us to beware of moose, all over campus. Moose are actually rather dangerous, especially female moose with young. If annoyed sufficiently, they may charge, knock one down, and trample on one. This is often fatal; in terms of fatalities, more people are killed by moose than by bear in the average year in Alaska. On Saturday evening, after returning from the banquet about 11 PM, we saw a female moose and her calf eating in the planting strip between a parking lot and a parking garage, just about 200 yards from where we slept.

Tuesday morning a 10K walk around the UAA Campus was planned. The Campus is several miles east of downtown Anchorage, in gently rolling country with clumps of white birch and spruce trees, and lupine and mushrooms, as well as other wildflowers. A very pleasant surprise was the small number of mosquitoes. We brought DEET, but did not have to use it. We were

in Alaska in June of 1976, and in some places mosquitoes were so numerous as to prevent any outdoor activities, so this was a very welcome development. There are a number of creeks and small lakes on and around the UAA Campus, and the walk followed several of these. In the distance we could see the Chugach mountains to the east. The weather was sunny and about 60. In the afternoon, we and the Morrisons took the bus downtown and did some shopping. In a number of ways, Anchorage is like any other city of its size: they have Starbucks, Taco Del Mar, Costco, etc., but the souvenirs are Alaska-themed. There were lots of moose/bear/wolf/Iditerrod shirts, Eskimo dolls, fur items, both fake and real carved ivory, etc. Anchorage has some lovely downtown parks, and the climate must suit tuberous begonias, as they were both numerous and prosperous. Mixed in with the flowers were some vegetables as well: curly-leaf parsley and cabbages.

The first “regular” event of the convention was dinner Tuesday evening. After dinner we walked around the UAA Campus some more, noticing another distinctive Alaskan thing; that it didn't really ever get dark. As it turned out, it started getting a little bit dark about 11 PM, but we went to bed in daylight and got up in daylight all week.

Wednesday a trip to the Portage Valley was planned, and overnight the weather had changed from 60 and



sunny to 60 and misty; this continued most of the rest of our time in Alaska. Some wag has said that “summer in Anchorage is like winter in Seattle.” I don't think I would go that far, but I think summer in Anchorage is a lot like spring in Seattle ...
(Continued on page 4)

(Continued from page 3) ...**AVA NW Regional Convention.**

The Portage Valley is about an hour east of Anchorage, near the end of Turnagain Arm. This is a large body of shallow water and huge mudflats surrounded by spectacular mountains, with the second largest tidal range in North America (just about everything in Alaska is large). Once we arrived at Portage Lake, we boarded the MV Ptarmigan for a cruise on the lake. This lake is very deep and was created by a glacier, which is still present in part, and the water is an opaque milky blue due to the ground up rock it contains. It began to rain, and this increased until by the time we got off the ship, it was raining sideways. We were driven to the Portage Lake Visitor Center, after which we went for a walk along streams and a river in the Portage valley. Due to the sideways rain, Perki and I opted for the 5K version of the walk, although some hardier souls in the group did 10K. Once within the forest, the rain subsided somewhat, returning to vertical, and we were able to see salmon in the streams, as well as fresh moose droppings. The latter are distinctive, cylindrical and about an inch long, and when dried can be fashioned into hat ornaments and jewelry.

After the Portage Valley walk, we boarded the bus for a tour of the Alaska Wildlife Conservation Center. This is a place where animals are taken when they cannot be returned to the wild for one reason or another. Most of the animals have large enclosures, and live in a more or less "normal" fashion. We saw moose, elk, brown and black bear, caribou, red fox, and other animals.

Thursday's walk started at the Alaska Native Heritage Center, located a bit north of the UAA Campus. This 10K walk went along cross country ski trails at the neighboring high school, then into town and through neighborhoods to a large and recently-built Russian Orthodox church. For historical reasons, most Alaska native people are Russian Orthodox, and most of the people who attend the church are Alaska native people. The walk finished at the Native Heritage Center, where we toured replica dwellings of each of Alaska's six groups of native people, watched a totem pole being carved, and saw native dances. After dinner another 10K walk was available, but we chose to have a rest instead. Those who did the walk were rewarded with a wonderful sunset.

Friday we had a morning of shopping in Anchorage, followed by a 5K or 10K walk through downtown and along a recently-restored salmon stream. In the afternoon, we toured the Anchorage museum, with very interesting displays of local artwork, Alaska history, and native artifacts.

Saturday's walk was at Mt. Alyeska, Alaska's only ski resort, about an hour east of Anchorage. Two walks were available; a 5K walk through the town of Girdwood, and a 10K walk along a stream to a tram crossing a canyon. Feeling we had had enough of following streams, we chose the former. There were lots of interesting houses, a jade museum, and the opportunity to observe hang gliders landing in the meadow outside of town. In the afternoon, we explored the very posh hotel at Mt. Alyeska, and rode the tram up the mountain to walk in the meadows and tour a museum located at the 2200 foot level on the mountain. In the evening was the AVA awards banquet at the hotel, where our own Bob Morrison received awards for his recent service to ESVA.

Sunday morning some people did one or another of the Anchorage YRE walks. We cleared out of our dorm rooms, then picked up a rental car and drove down to Seward, about 130 miles southeast of Anchorage near Prince William Sound. We stayed overnight there in a youth hostel, toured the Alaska Sealife Center Monday (close-up observation of seabirds and mammals), then drove back to Anchorage just in time for our flight home. We woke up in Seward, AK, and went to bed in our own home, which is pretty amazing, when I stop to think of it.

One of the highlights of the trip was meeting people with common interests from other parts of the world. One woman from the Anchorage club actually lives in Barrow, and another woman from Connecticut came up early and flew up to Barrow to do a walk there. At the youth hostel where we stayed in Seward, we met people from Holland and Australia as well.



Train/Volkssporting Excursion to Seattle

On Sunday, **October 3, 2010**, Capitol Volkssport Club members and friends are going to hop on the Amtrak Train and head to downtown Seattle for a volksmarch and lunch. Due to the high cost of tickets you have two options for this trip.

1. From the **Olympia Amtrak Station** you will depart on **Train 500** at 10:18 A.M. and will arrive at 12:00 P.M. in Seattle. The return trip on **Train 509** leaves from Seattle at 5:30 P.M. and arrives in Olympia at 6:54 P.M. The cost is approximately **\$46.00** per person for the round trip train ticket.

2. The second option is to drive to the **Tacoma Amtrak Station** and meet the same train which departs there at 10:56 A.M. and returns at 6:15 P.M. The round trip cost from Tacoma is approximately \$29.00 per person.

! When we arrive in Seattle we will start our **Downtown/Waterfront walk** at the train station. Some highlights of this walk are the Seattle Center, museums, and the International District. We plan to have lunch along the way, so be sure to bring snacks to keep you going until we stop.

! If you plan to join us on this trip please purchase your ticket from Amtrak on line or at the Amtrak Station. You need to be at the station at least 1/2 hour before the

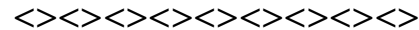
departure time.

! We will have a sign up sheet at the September meeting or please email or call us and let us know where you are starting your



trip (Olympia or Tacoma). Last year we had a terrific time in Portland, so we anticipate another spectacular trip. See you there.

Karen Younkins
jcyounkins@comcast.net
360-357-9185



Victoria BC, Museum grounds

Watch for an article in October Newsletter about walk in Victoria BC, Beacon Hill. (Ed. H.S.)



Portland train trip from last year...



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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 American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 51 countries that make the International Peoples Sports Club (IVV).

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. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

“Nothing in life is to be feared. It is only to be understood”.

— Marie Curie —



Newsletter deadline

Thursday, September 30, 2010.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: harisauk@peoplepc.com