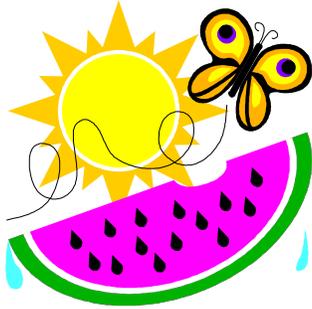
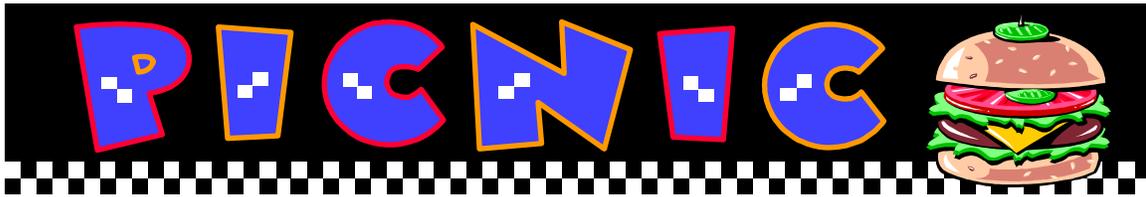




July 2011



It's the Capitol Volkssport Club



When: Tuesday, July 12, 2011

Where: Tumwater Historical Park

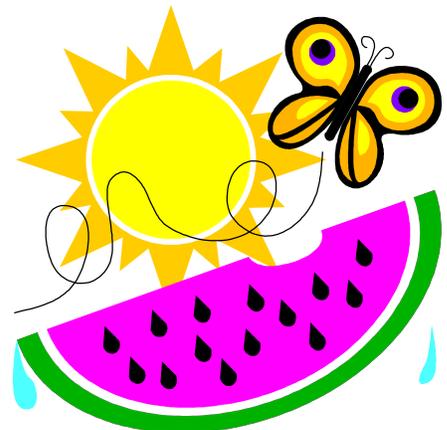
3:30 - Olympia Year Round Inside Out!

(starting in the middle)

6:00 - Dinner

7:00 - Mini-Meeting

**Hope to see
YOU there!**





NEWS FROM THE TRAIL

**CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS**

July 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, July 7	10 am Spar Coffee Bar 2123 N 30th St Tacoma	Tacoma Downtown YRE 1262 11K Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 30 min
Thursday, July 14	10am Safeway 1100 S Market Blvd Chehalis	Chehalis Historic YRE 1605 10K with 5K option Diffi- culty level 1+	9:15 am Starbucks on the corner of Trosper and Little Rock Rd in Tumwater by Fred Meyer. Drive time approx 35 min.
Thursday, July 21	10 am Forza Coffee Co 4828 Bridgeport Way W Ste. D. University Place	University Place YRE 367 10k with 12K option Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 40 min.
Thursday, July 28	10 am Boathouse Marina and Tackle 5400 North Pearl Tacoma	Tacoma Pt. Defiance Park YRE 366 10K Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 40 min

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.



**BOB WINS SEAT ON NEC AT AVA
C O N V E N T I O N !**



Sheila and Bob Morrison attended the 17th Biennial AVA Convention in Des Moines, IA, held from June 18th to 26. Sheila was CVC's delegate, Bob a candidate for Treasurer. Bob received 143 votes while the incumbent, Annette Tollett, received 112. Sam Korff, NW Regional Director, ran for President. He received 116 votes losing to Heinz Johnson, Southwest Region Director, who received 139 votes.

Becky Forsythe, former NW Regional Director, ran for Vice President. She received 108 votes losing to Marvin Stokes, Vice President, who received 147 votes.



Martha Myron and Nancy Wittenberg received distinguished achievement awards. Preston Johnson and Curt Myron were voted into the AVA Hall of Fame.

Four bylaw amendments were proposed, three passed. The bylaws were amended: to add Publicity as a standing committee, as recommended by our auditor's; to require state associations to pay dues just like clubs, and; to allow an event stamp for every walk, effective July 1, 2011. A motion failed that would have limited biennial gatherings to a business meeting only.

The Greater Des Moines Volkssport Association produced an superb convention. It was held at the beautiful Des Moines convention center and approximately



500 Volkssporters attended. In all, the conference offered a total of eleven walks, learning sessions each afternoon, a barn dance one evening and a closing night banquet for attendees. One walk near Council Bluffs was impacted by the high water that has been plaguing the Midwest this season and one suffered from heavy mud slides.

Bob and Sheila's trip began in Kansas City and took them to Atchison, Kansas, St. Joseph, MO, Omaha, NE, Des Moines, IA, Eau Claire, WI, ending in Minneapolis, MN. Sheila reports that connecting with old walking friends and making some new ones confirms



their feeling that Volkssporters are some to the nicest people around.

A Senior Games Preview

It's always a lot of fun to get together with walking friends. So when Karen and Jim Younkins asked for volunteers to "try out" the new walk which our

conductive to visiting. Instead of having to shout over the freeway noise at your walking friends, you can actually carry on a conversation.

And isn't friendship part of what Volkssporting is all about?! For those who also want food, the Dairy Queen is located at about the half-way point of the walk.

We think we worked any "kinks" out of the directions and hope many people join us for a great time on July 23. Walking begins any time after the Senior Games Opening Ceremonies at 9 am and until 1 pm. The finish time is 4 pm. 10K and 5K options are available. See our website, [capitol-
volkssportclub.org](http://capitol-
volkssportclub.org) for further information, more pictures, and directions to Tumwater High School.



Bonnie on the rock chair!



Mare and foal statue

volkssportclub.org for further information, more pictures, and directions to Tumwater High School.



Girls and Frogs

club is sponsoring at the Senior Games on July 23, nine club members, three men and six women, showed up. We met at Tumwater High School at 5:30 pm. Dark clouds were threatening, but that's



This is the wheel according to Lloyd...

all they did. A rain free walk was enjoyed by all! The 2011 walk is somewhat different and safer than last year's walk. Although it crosses the freeway on bridges, at no point is one walking parallel to the freeway, and it's never necessary to cross the road at freeway on or off ramps. In addition to being a safer walk, the walk is more



Mark Twain and Sheila



Capitol Volkssport Club

P.O. Box 2778
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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 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 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

“There is no happiness in
the person who does not
travel.”

— Brahmman —



Newsletter deadline

Friday, July 29, 2011.

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: hjsaukants@q.com