

September, 2011

CAPITOL VOLKSSPORT CLUB MEETING

September 13th, 2011

at

Apollo's Pizza and Pub

2010 Harrison Ave NW

6:00 PM no host dinner

7:00 PM membership meeting

Program—Hints on being a trailmaster

Sam Korff, our regional director, will share with us information on being a trailmaster.

Come and learn the ins and outs of this activity

Health Fair

The club will be part of a Health Fair at the First United Methodist Church of Olympia on September 18th. It will be from 9:30 am to 1:00 pm. We will be one of 25 to 30 organizations participating. Sheila and Bob Morrison will gather together materials for display and handouts. They welcome any suggestions. If you could help on the 18th, please contact them.

Group Walks

On the 18th, we walked across the Tacoma Narrows Bridge and back. Beautiful weather and beau-

tiful scenery. Just in case, you think you might be too old to walk, we met a 96-year-old man walking across the bridge. (more on page 2)

gust 20th. We walked by the cranberry bogs along country roads. The weather was perfect – sunny so we could see the scenery and not too hot to be uncomfortable. Following the walk we had a picnic lunch and a short business meeting. Following are the items discussed.

We voted to pay the bill for the website for the coming two years. We had been asked to participate in a Health Fair at the United Methodist Church on Sept. 18th. Sheila and Bob Morrison volunteered to gather materials together for a Health Fair.

We were asked to do a walk for Oktoberfest on Oct. 1 at JB McChord Ft. Lewis. The members decided there was not enough time to do a walk this year.



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Grayland Adventure (more about this walk see pages 3 & 4)

CVC members carpoled to Grayland on Sat., Au-

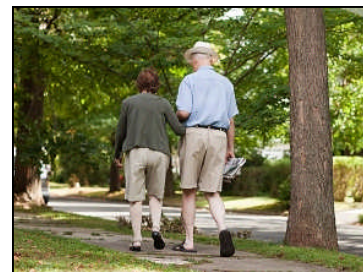
Welcome new members

Thelma (Cheryl) Pries

May LaTourelle & Daniel PC Fannin

Judy McNickle

Valerie Lange



Did you see any arrows or ribbons....we must be lost....

Welcome to our club and see you on trail



NEWS FROM THE TRAIL

*Please note that our group walks through the end of the year are listed on the club web site.:
<http://www.capitolvolkssportclub.org/upcomingwalks.html>*

Tacoma Narrows Bridge Walk August 18th, 2011

About a dozen of us set out from the start point, a very spacious YMCA on North Pearl St. in Tacoma. The walk heads north under Highway 16, then west through the neighborhood of houses with nice views on the north side of the bridge. After winding through this neighborhood for a bit, the walk crosses Highway 16 on the pedestrian overpass. This was interesting, as I've previously only seen this bridge from underneath in a car. The pedestrian overpass is quite spacious; plenty of room for a car, if there was a way to get one onto it ... Once over Highway 16, the walk heads toward the bridge, following the south side of the new bridge. After the customary group picture with the bridge in the background, we headed onto the bridge. Oddly enough, there are apartments in the woods below the bridge. They are right next to the Narrows, but have no view at all due to being surrounded by large maple trees (perhaps in the winter ...).

The walk crosses the bridge on the south side of the new bridge.

The walkway is also quite spacious, at least 12 feet wide, with a concrete Jersey barrier between the walkway and the traffic, and a metal railing about four feet high between the



View from the footbridge

walkway and the water. The walkway is paved, rather than being a grating, so it isn't very scary at all. The former walkway, on the north side of the old bridge, is now closed.

The day was sunny and warm, with a nice breeze on the bridge. There were a few boats out, and it was possible to look down on flying seagulls, which is always interesting. Once we got close to the first bridge tower, it became apparent how truly LARGE the bridge is. This is not so obvious when driving across it, but when I stood next the towers, I felt rather ant-

sized in comparison.

As we neared the far side of the bridge, we saw a huge cable of some sort lying on the beach; it appeared to be about 3" through, and who knows how long. We had no clue what it might have been, and getting a closer look at it would have re-



quired a lot of climbing, so the mystery remains. The answer to the checkpoint question was read off the dedication plaque on the far side, and then we headed back. On the way, we encountered a group of people who were walking from a retirement home in Gig Harbor to Tacoma, after which they were going to return via the bus. One of these people was a 96-year old man, and another was a woman with a walker, which contained her oxygen bottle. These folks appeared to be doing just fine; I hope I can do as well as they if I live to be that old.

Leaving the retirement home walkers behind after taking some pictures, we finished crossing the bridge to the east, and headed into War Memorial Park. This dates from 1950 or so, and includes memorials to World Wars 1 and 2, as well as the ship's bell from the USS Tacoma and a plaque giving the history of the ship. The park also offered some shade, which was most welcome, as the day had gotten rather warm. Upon exiting the park, the walk continues down 6th back to Pearl St. and the YMCA. Several of us decided to have lunch, and did so in the Subway which is inside the YMCA.

A good time was had by all.

Best wishes -
Peter Sweet



Off to Grayland . . .

Skies were blue, the sun was shining brightly, and enthusiasm was high as fifteen Capitol Volkssport Club members and friends gathered for a day of walking on the peninsula. Four walks were offered. The Grayland



Community Hall, the starting point for our group walk, was built in 1930 and is an impressive building used for many community events. After slathering ourselves with sun screen, we began the walk, a 10K with a 6K option, along country roads beside cranberry bogs. The walk was peaceful as there was very little traffic and lots to see . . . horses grazing, a dog in a stroller, weather-beaten buildings, other volkswalkers, and four towering windmills spinning in the ocean breeze. We may have even seen the cranberries that will be on our tables this coming holiday season!

After the group walk, we gathered together behind the



Community Hall for a picnic lunch and a brief CVC meeting. Probably the item of most interest on the agenda was the upcoming train trip to Vancouver,

Washington, October 13. Details about that trip are elsewhere in this newsletter. After lunch and our meeting, at least three CVC members attended the ESVA meeting, others went home, and still others took more walks.

Jeanne Allen, Sheila Morrison, and Peter and Perki Sweet drove the scenic route to Raymond and walked



5K there in 92 degree heat, after applying more sun screen. There were many unique sculptures that we saw “up close” that we usually don't see so well just driving through town. We also peeked into the Carriage Museum and agreed that needed another look when we had more time. Other than the firemen having a bar-b-q at the fire station, the town seemed to be sleeping. We decided the people were either too hot to come outside or they were at the Pacific County Fair (advertised on the theater marquee). Our walk was quite leisurely, as we stopped twice, for cold drinks and for ice cream at the DQ! Air conditioning never felt so good!

The Daffodil Valley Volkssport Club is to be commended for hosting this event for all of us to enjoy. It is always fun to go to the beach and explore out-of-the-way places. Perki Sweet



Here is a very interesting impressions about the Cranberry Bog walk the next day from Lesley Willardson

August 25, 2011

CRANBERRY BOG WALKS

The first walk was most interesting. I had long wanted to visit this area but other things Always got in the way. So when the Daffodil Valley Club had a walking event in the area I jumped at the chance to see it. Most people walked on Saturday and the ESVa meeting was held on that day too. Because I had to work on Saturday I decided to take Sunday off and go by myself. I was not disappointed.

The day started out overcast but the forecast was good. By the time I reached Grayland Community hall the sun was attempting to push through the clouds even though there was still a light misting of rain.

The narrow roads ran between individually owned cranberry bogs and each are had a pond and what looked like a pump house. The bogs were lower than the road And I understand they are sometimes flooded for harvesting as the berries float to the top. Within each area of bogs were the current farm houses on slight rises. Sometimes There was a wooded area between bogs. I read that this area was settled mostly by Finns and the original abandoned homes were still standing but gradually falling apart.

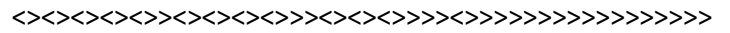
It was so quiet. The Sunday morning silence was soothing as I walked. I watched A man move some pipes in one of the fields and another man move some tools from his shed to his neighbor's house across the street. By one house some Children were playing on a swing set and their voices were muted in the misty air.

I only walked 6 k as I also wanted to see the ocean. This walk went the other direction past more cranberry bogs and picturesque old barns. The bright orange berries in the (I think) Hawthorne trees contrasted so well with the bright green hedgerows. As I got closer to the ocean I could hear the dull roar of it grow louder. The mist was heavier nearer the sea. By the time I actually reached the beach the mist was thick. The ocean was far out and there were several tide pools and temporary creeks to cross to reach it. Once there I could not see anyone through the mist. I could hear seemingly disembodied voices, it was pleasantly eerie. I took off my shoes and eased my hot aching feet in the cold water. As I walked the beach the mist sometimes lifted to reveal shadows in the distance. I walked towards the shadows and splashed through warm tide pools and the cold ocean. I could have stayed there all day it felt so out of this world.

Once I left the beach the sun came out. I bought a cup of coffee from the grocery store and a bag of chips and sat on the wall by the post office enjoying the sun on my face. What a pleasant day this had been. Once again Volkswalking provided me with an experience I never would have had otherwise. Even though I did it alone I passed people along

the way who were doing the same thing as I was, so I still felt that I was part of a group but could think my own thoughts as I walked. Volkswalking has something for everyone you should give it a try.

Lesley Willardson



Capitol Volkssport Club October Train trip

Hello everyone,

You are invited to come on our annual train trip/volksmarch on Thursday, October 13, 2011. Our destination this year is Vancouver, WA! We will be taking the Amtrak Cascades 501 which departs Olympia at 8:50 A.M. and arrives in Vancouver at 10:30 A.M. The full price for a one way ticket is \$21.00, but it is cheaper if you use an AAA or Senior discount.

After having a wonderful lunch at a restaurant on the 10 km walk, many of us will be taking the Amtrak Cascades 516 home. This train departs Vancouver, WA at 3:05 P.M. and arrives in Olympia, WA at 4:42 P.M.

If you want to walk another 10 km walk, you may choose to take the Amtrak Cascades 508, which departs Vancouver, WA at 6:30 P.M. and arrives in Olympia, WA at 8:07 PM.

You will need to go the Amtrak website to book your ticket (or you can buy one from the kiosk at any Amtrak station). I would advise you to purchase your ticket in advance because the train can be full. We will meet Oct. 13th at 8:30 A.M. at the Olympia Amtrak station.

I will have a sign up sheet at the September meeting, so we can get an idea how many people will be attending.

Get ready for another adventure!!

Karen





Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

PRESIDENT – Susan Berry (360-485-9097)

E-mail: lsberry@comcast.net

VICE-PRESIDENT— Jim Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

SECRETARY— Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail.com

TREASURER – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

ESVA REP. – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

MEMBERSHIP—Karen Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

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: ollysweetp@yahoo.com

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

In every walk with nature one receives

far more than he seeks.

— John Muir —



Newsletter deadline

Friday, September 30, 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