

June 2012

**CVC Meeting June 12**

**Apollo's Pizza and Pub, 2010 Harrison Ave NW**

**6:00 PM for no host dinner, 7:00 PM membership meeting**

Bring your ideas and suggestions for next year. Do we want to continue to have programs? Do we want to meet monthly or every other month? What could the club do to improve? What is not working? What walks that we now have should be continued? Can there be some changes to make current walks a little different? What walks should be discontinued? What new walks can we have? Your ideas and suggestions are needed. This is your opportunity to improve CVC.

There is also election of officers. The following have agreed to run for office.

Vice-President – Elizabeth Mooney and Susan Berry

Secretary – Ann Spargo

Treasurer – Sheila Morrison

ESVA Representative – Bonnie Tucker

**Please note – there is no candidate for President. Please consider filling this vacancy.** There is a lot of support and help available. The job isn't as time consuming or difficult as you might think. It is a great opportunity to learn and work with others.

**Thank you, Thank you, Thank you**

I can't begin to thank everyone for the help and support of the walk at Burfoot Park on May 12<sup>th</sup>. I really had nothing to do that day because so many pitched in and worked. I left for a meeting at 12:00 with no concern that everything wouldn't be taken care of. And it was. There were 183

walkers, more than I expected. The club received many positive comments on the walk. Walkers loved walking in the woods and having a new place to walk. It is only with members being willing to pitch it and help that CVC can survive. Many, many thanks to everyone who helped.  
Susan

**EVENT AND DISTANCE AWARDS**

**EVENTS**



100

James Younkins



125

Mike Extine



150

Karen Younkins



175

Karen Younkins



650

Bob Morrison



1250

Nick Shields

**DISTANCE**



6500 km

Karen Younkins



8000 km

Sheila Morrison



12000 km

Lloyd Berry

*Congratulations!  
And keep walking!*

NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB  
THURSDAY MORNING WALKS

JUNE 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, June 7	10 am Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville YRE 0104 10K with 5K option Difficulty level 2B Old Difficulty level 1+	<b>9 am</b> Martin Way Park and Ride at back of lot Drive time approx 1 hr
Thursday, June 14	10 am Bee Hive Restaurant 300 Main St. Montesano	Lake Sylvania Seasonal Y 1216 12K with 5K option Difficulty level 3C Old Difficulty level 2+	<b>9:15 am</b> Top Foods Parking lot near Pier 1 Drive time approx 40 min.
Thursday, June 21	10 am Arrow Lumber and True Value Hardware 28280 Hwy 410 Buckley	Buckley YRE 0963 10K with 5K option Difficulty level 1A	<b>9 am</b> Martin Way Park and Ride at back of lot Drive time approx 1 hr
Thursday, June 28	10 am Winlock IGA Winlock	Workout in Winlock YRE 0791 10K Difficulty level 2A Old Difficulty level 2+	<b>9 am</b> Fred Meyer Parking Lot near Starbucks Drive time approx 1 hr

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or [lpolzin@thurston.com](mailto:lpolzin@thurston.com)



**Welcome new member**

**Annette Parbon**



*Welcome to our club and see you on the trail!*

**Monday afternoon walks June 2012**

**Note new time!**

Meet at 3:00 at Bayview, 516 W. 4th Ave., Olympia. Walkers choose the walks. Most will be along the waterfront or lake, but we may choose to go as far away as Nisqually if the group wants to do that.

*IT COULD NOT HAVE BEEN BETTER!*

*These six words describe the Burfoot Park/ Boston Harbor walk that took place May 12, 2012*

● *The sun was shining brightly!*

● *181 people walked, many in summer clothing!*



● *Lots and lots of dogs brought their owners!*

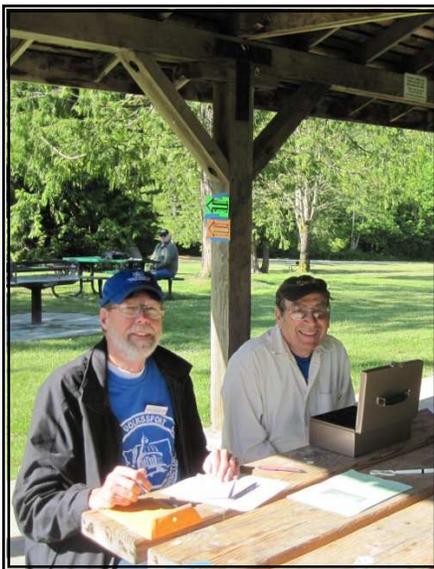
● *Several families walked!*



● *A mother bought a new walker's packet for her little girl!*

● *Many favorable comments were made about the walk and the weather!*

● *Boston Harbor Marina provided a welcoming and comfortable checkpoint for us!*



● *The Olympic Mountains were out, and so were the sailboats!*

*Many thanks to Susan Berry for being the trail master and to all the club members who*

*sat at tables serving our Volkssporting guests!*



### June 2012—Evening walks

All walks this month will continue to be on Wednesday.

**Wed Jun 6 Scattercreek**, North unit, Grand Mound ( On the west side of Case Rd between 165th Lane SW and 180th Ave SW). Walk rated 1B.

5:300 meet at Parking lot at Starbucks near Fred Meyers in Tumwater to carpool. (SE corner of Trospen Rd. SW and Littlerock Rd SW. If you have a parks pass, bring it! We will start walking when we arrive (about 6:00), so if you would like to meet us at the Scattercreek parking lot at the north unit, call ahead, [360-790-4600](tel:360-790-4600). Walk is through a prairie and should be sprinkled with native wildflowers at this time of year!

#### **Wed Jun 13, Lacey SE.**

6:00 Meet at Thrive, 5401 Corporate Center Loop SE Lacey. Walk rated 1B.

#### **Wed Jun 20 Evergreen State College**

6:00 Meet at Westside Olympia Safeway, Harrison Ave. NW Olympia. We will carpool to Evergreen Campus. Walk rated 2C.

#### **Wed Jun 27 Priest Point Park**

6:00 Meet at the Rose Garden Priest Point Park (on East Bay Drive, Olympia) to walk through the park. Walk rated 2C.

Contact for all walks: Jeanne Allan [360-790-4600](tel:360-790-4600)



Capitol Volkssport Club  
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**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.

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

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**CVC Website:** [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

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

**Newsletter deadline**

**Thursday, June 28, 2012**

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