



The annual get together

Christmas Party



Tuesday, December 11th
6:00 pm. At home of Berry's
4806 26th Ave SE, Lacey
Meat, coffee, tea, will be furnished.
Bring a vegetable, salad, or dessert.

ANNUAL CHRISTMAS WALK

December 8th 3:00 to 9:00 pm

The walk starts at the United Churches, 110 11th Ave SE
Enter from Washington Street. Worker's walk is Dec. 8th at 9.00AM from United Church.

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



Sheila Morrison



1150

Lloyd Berry



13000 km

Lloyd Berry



17000 km

Susan Shield

Congratulations and keep walking!



NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS

December 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, December 6	10 am Safeway 6200 SE Pacific Lacey	Lacey Historic YRE 0950 Difficulty level 1B	N/A
Thursday, December 13	10 am Safeway 520 Cleveland Tumwater	Historic Parks YRE 1743 11K Difficulty level 2B	N/A
Thursday, December 20	10 am Bayview Thriftway Store Deli 516 4th Ave W Olympia	Bayview to Priest Point Park YRE 260 Difficulty level 1A	N/A Parking pass required to park in Bayview Parking lot. Park- ing passes available in regis- tration binder
Thursday, December 27	10 am South Bay Market 3425 Schincke Rd NE Olympia	Woodard Bay Trail YRE 1009 Difficulty level 1A	N/A

For more information contact:Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com



WELCOME NEW MEMBER
 Joan Boileau

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

Looking for Seabreeze Volunteers

2013 Seabreeze Walking Festival in Ocean Shores, on Presidents' Weekend, Feb 16-18, will be here before you know it! CVC will be hosting another fun-packed, beach weekend of six walks, a bike, and two-year-round walks. There will be Volksmarches along the beach,



on the bayside, and at Point Damon, a former state park. A bike ride around the perimeter of town, with distances of 25 K or 30 K, will also be available. Three more walks will occur on the North Beaches—Griffiths-Friday State Park, Roosevelt Beach, and Moclips.

If you haven't already made your motel reservations, hesitate no longer, as rooms are filling quickly for the holiday weekend. Tickets for the \$20 pasta buffet are also going fast, so register by printing the form on the CVC website and send it, along with your money, to Karen Younkins. Or you may register at the Christmas party on Dec. 11th.

We're looking for lots of help from our friends. We'll need cookies, brownies or cupcakes for three days of snacks for walkers. Then everyday we'll need workers to staff the Waiver Station, Registration, Finish, and Sales/Information. In addition, Susan and Elizabeth may need help with the daily soup line. The worker schedule will be available at the Christmas party. Hope you'll be able to help in one or more of these slots. And we hope everyone can bring desserts.

Remember, it takes a whole club to put on a quality event, and it's lots of fun to be involved!

If you have questions, call Bonnie Tucker at 360-491-4767 or email her at bonniedale@comcast.net

Daffodil Volkssport Club ...

...the Daffodil Volkssport Club will be doing our walk Dec. 12th starting at Bay View Market starting at 9:30. Come join in the walk.

Brisk Morning Walk Reduces Food Attraction

By Wendy Bumgardner, About.com Guide

September 14, 2012 A small study found that women who took a brisk 45-minute morning walk were less attracted to photos of food. Even better news is that they didn't eat any more calories on the morning-exercise day, and were more active the rest of the day than on they day they didn't do morning exercise. The brisk walk was at an average of 3.8 mph on a treadmill.

The study included equal numbers of women of normal weight and obese women. Brain response to photos of food was measured by EEG. After morning exercise, their brains showed less attention to food than on non-exercise mornings. Food intake was measured by weighing the food on the exercise day and the control day, and total daily activity was measured with an accelerometer. Of interest, the obese women got less moderate-intensity exercise over the course of the day as the normal-weight women.

What's the best time of day to exercise? This study would say not to worry that morning exercise could make you hungrier all day. But don't use it as an excuse to sit the rest of the day! (Reprinted from About.com, Ed)



Capitol Volkssport Club
 P.O. Box 2778
 Olympia WA 98507



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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.

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.**

CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

*"If you are seeking ideas, go out walking. Angels whisper to a man when he goes for a walk."
 ~ Raymond Inmon ~*

Newsletter deadline
Saturday, December 29, 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