

May, 2013

**Next CVC Meeting Tuesday, June 11th, 2013,
At the Lacey Cheers**

Remembering Lloyd Berry (1932-2013)

By Peter Sweet

Lloyd Berry, one of the pillars of the Capitol Volkssport Club (CVC), passed away peacefully at home on April 15, 2013. He was born May 29, 1932. He studied engineering at Washington State University, during which time he married Susan (Keys) Berry in 1955, and graduated as an engineer in 1956. After graduation, he went to work as a project engineer for the Washington Department of Transportation, from which he retired after 30 years of work. He and Susan have been married for 57 years, and have three sons, one daughter, and 9 grandchildren. Lloyd loved hiking, mountain climbing, camping, and most any other outdoor activity, as well as stained glass and Sudoku puzzles. He was much

loved by his wife, children, grandchildren, and the congregation of his church.

I guess the above gives the basic facts; the rest of these remarks come from my personal experience with Lloyd. I have known Lloyd only about five years. I first met him at the CVC booth at a wellness fair in the building where I worked at the State Capitol. Lloyd told me about Volkssport and CVC, and my wife and I decided to investigate the activity. Finding it congenial, we joined the club, and began going to meetings and doing walks. We soon observed that however the walk participants might arrange themselves, Lloyd was to be found at the front of the group. It was his opinion that two



Lloyd and Susan

hours, not more, was an appropriate amount of time to devote to a 10K walk. I asked him about why this was important, and he held to his opinion firmly without offering a detailed justification; perhaps it stems from his engineering background.

Lloyd promoted the cause of Volkssport, and CVC in particular, in many ways. He served as the CVC Treasurer for ten years, followed by two years as Vice President. He was a faithful worker at CVC events, especially favoring the shifts early in the day (when the rest of us might still be sleeping ...). Recently Lloyd was recognized nationally for completing 1200 events and walking a total of 13,000 K.

As far as walking with Lloyd goes, I soon discovered he could walk the socks off me any time of the day, and was able to do so as recently as January of this year. It was a great shock when he became sick in March, and he will be greatly missed, both on and off the trail. It is quite weird doing a walk and not seeing him at the front of the pack.

Happy trails, Lloyd, until I see you again.

NEWS FROM THE TRAIL...



Upcoming Walks - May 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday May 2	10:00 AM Chevron Station 10246 Martin Way E, Olympia I-5 Exit 114 Nisqually	<u>Nisqually Wildlife Area Walk</u> Seasonal YRE 0838 10K with 5K option 1B	9:45 AM Register at Chevron Station then drive to Refuge. No pets. \$3.00 park entrance fee, waived for hold- ers of Federal Golden passports or Federal duck stamps.
Monday May 6	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday May 7	5:30 PM Burfoot County Park 6927 Boston Harbor Road NE Olympia	Burfoot County Park and Boston Harbor Walk 10K 2C	N/A This walk is not sanc- tioned, so AVA credit will not be available.
Thursday May 9	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Monday May 13	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday May 14	6:00 PM Scatter Creek WA North Unit Parking Lot Case Road Rochester	<u>Grand Mound-Scatter Creek Wildlife Area Walk</u> Seasonal YRE 0945 10K with 5K option 1B	5:30 PM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 20 min. Notify Jeanne (360- 790-4600) if you are

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driving directly to the walk
a **Discovery Pass** is required
for the trailhead parking lot.

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Thursday May 16	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K 2B	N/A
Monday May 20	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday May 21	6:00 PM Nisqually Wildlife Area Visitor Center I-5 Exit 114 Nisqually	<u>Nisqually Wildlife Area Walk</u> Seasonal YRE 0838 10K with 5K option 1B	Stamp books before or after at Chevron Sta- tion (10246 Martin Way E, Olympia I-5 Exit 114 Nisqually). No pets. \$3.00 park entrance fee, waived for hold- ers of Federal Golden passports or Federal duck stamps.
Thursday May 23	10:00 AM Spar Coffee Bar and Cafe 2123 North 30th St Tacoma	Tacoma Waterfront/ Historic District Walk YRE 1263 10K with 7K option 2A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday May 27	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.

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Tuesday May 28	6:00 PM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Thursday May 30	10:00 AM Beehive Restaurant 300 Main St Montesano	<u>Montesano Lake Syl- via Walk</u> Seasonal YRE 1216 12K with 5K and 15K options 3C	9:15 AM Meet at Westside Top Foods near Pier 1 Im- ports. Drive time approx 40 min. A Discover Pass is required for park en- try.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolz@thurston.com) or

Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

*** If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.

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New ...April 16, 2013

If you haven't yet joined us on our Monday afternoon walks now there is an additional reason to do so. Jeanne has developed another variation of a walk that starts at Bayview in downtown Olympia. Today we walked it for the first time. It is still a walk in progress so small changes are possible but the bones are there.

We travelled to the upper east side of Olympia through some interesting neighborhoods. Many of the houses are beautiful, old Victorian mansions. Some of them are even for sale. Several of the smaller, regular homes are painted in bright, unusual colors. There are some minor hills to climb but nothing exhausting. The first surprise on this walk is the public **vegetable gardens** that have sprung up on an empty lot. A gentleman we talked to said the produce of the gardens is for anyone in the neighborhood to enjoy.

The second surprise is **Mission Creek Park**. This park has one mile of trails in, around and

through the park. Some times of the year the center is a wetland. On this day the sun was shining and the birds were singing merrily-lots and lots of birds. The trails are well marked and quite lovely. The park isn't what you would call spectacular but still pleasant. In some parts of the park there are large trees and in other parts it's grassland. We exited the park at the far north end. There are several entrances and exits.

After this we meandered through mid century neighborhoods some with sidewalks and some without. Our next surprise, at least for me, was the **San Francisco Bakery**. We popped in to check the menu, the oysters sounded scrumptious. There is a pleasant eating area outside as well as inside. From here we transversed Bigelow Park and the restrooms were closed. Jeanne then took us on a short trail that looked like someone's back garden. Jeanne assured us it was a public trail. One of the houses on the trail had shored up their front garden with extensive huge rocks. They also created the stairs to the house with large rocks. It was a sight to see.

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The final surprise on this walk was the beautiful **Bigelow House**. The acre garden was covered with daffodils that really were, "fluttering and dancing in the breeze," (William Wordsworth) Elizabeth showed us the artesian well that Mr. Bigelow used for his water supply. She told us that he used hollowed out logs to create pipes to send the water to his house which is downhill from the well. Elizabeth gave us a brief commentary about the history of Bigelow House.

One the next street a homeowner was working in his yard and we asked him about the unusual looking tree in his yard. He said it was a 140 year old pear tree that still produces very large pears. We passed a couple more Victorian houses and then we were back on East Bay road. This was followed by a quick jaunt through the outside of the Children's Museum and the Lott water works and back to Bayview.

According to Jeanne's GPS we walked 10.16K. It took us almost three hours because of the stops we made to stand and stare. But it was fun. I highly recommend it. So next time you have a couple of hours free on a Monday afternoon come and join us. We meet every Monday at 2pm at Bayview Market in downtown Olympia in the deli area. See you there!

Lesley

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THANK YOU.....
Many, many thanks to everyone for the cards, thoughts, flowers, and prayers sent my way with the passing of Lloyd,. They meant so much to me as they said you cared about Lloyd. I can't thank you enough for your support and caring. It meant a lot and helped me though this difficult time. Keep walking and I will see you on the trail.
Susan

Phoenix Festival 2013

A dozen of us CVC members, plus my husband Dale, ferried from Port Angeles to the third Victoria Volkssport Phoenix Festival April 19-21. What a fun time we had, as we enjoyed the hospitality of the three Victoria clubs who combined forces to host the weekend!

Dale and I went early on April 16 and returned



Ready to walk

late on April 23 to take advantage of walking local year-rounds, as there are at least 17 YRE's in the greater Victoria area, plus many more up island. The Warhols and Morrisons also went early to walk Duncan, famous for its totem poles, and Chemainus, mural town. I enjoyed the Colwood walk, which took me along the Galloping Goose Trail and through the wooded campus of Royal Roads University to Hatley Castle, a national historic site. Most of the other YRE's I took had a waterfront emphasis, complimented by gorgeous homes and gardens



Just walkin' in the rain...

of the wealthy.

Thursday evening Liz Morrison, Jeanne Allan, Pat Harmon, and Kirsten Mountjoy joined us and 44 others
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...for a guided walk of Victoria's heritage sites. This route took us from our hotel, past the Parliament Buildings, down Trounce Alley, through Chinatown, and best of all, to a beautiful Jewish synagogue, celebrating its 150th anniversary. A member of the sponsoring club arranged for us to tour the synagogue and hear the fascinating history of the



CVC group walk

Jewish community in Victoria.

Friday morning was a CVC group walk along the beautiful Songhees Walkway, followed by lunch at Spinnaker's Pub. Shortly thereafter we registered and joined the Friendship Walk through Esquimalt to several waterfront viewpoints. Afterwards at the Meet and Greet we connected with Val Lance and Vikki Nelson, the only walker from Idaho! Vikki, Kirsten, and Jeanne all won "draw prizes". We finished the day by partying at Kirsten's and Liz's suite.

Saturday most of us walked the 10K festival



Friendship walk

walk, but Jeanne stretched herself to do the half-marathon. That evening we all enjoyed the festival dinner for 170 at the Strathcona Hotel, where Liz won a set of four festival beer glasses. After a few hours of sleep, we convened for our final festival walk on Sunday, a lovely route along the Songhees Waterway. And then the rains came!

Monday was the sunniest day. Pat, Jeanne, and I walked through gorgeous Beacon Hill Park and along "the ocean", viewing Hurricane Ridge in all its glory across the water. After fish and chips (again) on the wharf, it was time to head home. Can't wait until the next Phoenix Festival in April 2015!

Bonnie Tucker



Lunch at Barb's Fish and Chips



CVC knows how to party.....



On the Saturday trail...



Beacon Hill Park YRE



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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

~ It is remarkable how ones wits are sharpened by physical exercise!

~ Pliny the Younger ~

Newsletter deadline

Wednesday, May 28th, 2013

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