



August, 2013

**CVC Annual Potluck -  
Tuesday, August 13, 2013**

**Will be held in the Rose Garden  
at Priest Point Park  
2600 E. Bay Drive NE, Olympia**



We will have a potluck (please bring a salad or dessert to share). Club will provide water, paper plates and utensils. Jeanne Allen will lead a 5k walk beginning at 5:30 PM with dinner at 6:30 PM. A brief meeting will follow dinner.



**EVENT AND DISTANCE AWARDS**

**EVENTS**



75

Elizabeth Morrison



100

Ginny Miller



850

Robert Morrison  
Sheila Morrison



1100

Susan Berry



2500

Bonita Tucker

**DISTANCES**



1000 km

Ginny Miller



4500 km

Jeanne Allan



10000 km

Robert Morrison  
Sheila Morrison



13000 km

Susan Berry



15000 km

Carolyn Warhol

*Congratulations, and keep walking!*

## NEWS FROM THE TRAIL...



## Upcoming Walks - August 2013

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday August 1	10:00 AM Spar Coffee Bar 2123 North 30th St Tacoma	Tacoma Downtown YRE 1262 11K 2A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday August 5	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk start- ing at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Tuesday August 6	6:00 PM Scatter Creek WA South Unit Parking Lot 180th & Guava Rochester	<u>Grand Mound-Scatter Creek Wildlife Area Walk</u> Seasonal YRE 0945 10K with 5K and 6K op- tions 1B	5:30 PM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 20 min. Let Jeanne know (360- 790-4600) if you are driv- ing directly.
Thursday August 8	10:00 AM ABC Grocery 22309 - 7th Ave S Des Moines	Des Moines South Walk YRE 1461 10K with 5K option 2B	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 50 minutes.
Monday August 12	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk start- ing at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bay- view Parking Lot.
Tuesday August 13	5:30 PM Priest Point Park Rose Garden 2600 East Bay Drive Olympia	Priest Point Park Option of YRE 0260 6K 1C	N/A Stamp books before or after at Bayview Thrift- way Deli (516 - 4th Ave W, Olympia).
Thursday August 15	10:00 AM Pierce County Ferry Dock 56 - Union Ave Steilacoom  Bring a lunch with you.	<u>Anderson Island walk</u> YRE Y0999 10K with 5K and 12K op- tions 2A	8:45 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min. Ferry fare is \$5.00 (\$2.50 seniors) for foot passen- gers. Purchase tickets at the ferry dock or online <a href="#">here</a> .

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**Upcoming Walks — August 2013**

Monday August 19	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 August 20	6:00 PM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Thursday August 22	10:00 AM Arrow Lumber and Hardware 201 Calistoga Orting	Town and Foothills Trail Orting Walk YRE 0920 10K with 5K option 1A	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 1 hour.
Monday August 26	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 August 27	5:30 PM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A
Thursday August 29	10:00 AM Mount St. Helens Motel 1340 Mt. St. Helens Way NE Castle Rock  I-5 Exit 49	Castle Rock Town and Country Walk YRE 1468 11K with 5K option 1A	9:00 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 1 hour. Register, then drive 2 miles to start point.

\*\*\* 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.

### *A Beary Nice Time . . .*

was had by the 135 people who participated in the volksmarch at the McCleary Bear Festival on Sunday, July 14<sup>th</sup>. The weather was perfect, and many compliments were received on everything from the diversity of the walk (town, meadow,



forest) to the ice cold water at the check-point.

Walkers came from Portland, Edmonds,



BEAR...

Silverdale and many places closer to home; but our guest who came the farthest was H.W. Bear, who came in a box from Flor-

ida. Happy Wanderer Bear is the mascot of the local volkswalking club in Port Orange, and a book has been written about him and his adventures. We and the McCleary Bear Festival are now part of his story. Read more about him at



Lesley...

[hwbear.com](http://hwbear.com).

Special thanks to those who spent hours walking the trails and writing the directions, those who woke up early to mark trails, and everyone else who had a part in making this event a success. (If I name names, I'll miss someone.) You're all much appreciated!!

Perki





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



### CVC OFFICERS

President — Bob Morrison, (360)-923-5381

E-mail: morrisonr@comcast.net

Co-Vice-P. — Liz Morrison, (360)-748-3886

E-mail: morsuns@yahoo.com

Julie Heath, (360)-264-4670

E-mail: ijheath@comcast.net

Secretary — Ann Spargo (360)-753-6812

E-mail: aspargo@comcast.net

Treasurer — Sheila Morrison (360) 923-5381

E-mail: sheila.morrison@comcast.net

ESVA Rep. — Bonnie Tucker (360) 491-4767

E-mail: bonniedale@comcast.net

Co-Membership Susan Berry, (360)-491-7266

E-mail: lsberry@comcast.net

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: olysweetp@yahoo.com



### 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 55+; \$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](http://www.capitolvolkssportclub.org)

**AVA Website:** [www.AVA.org](http://www.AVA.org)

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

*"We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive at where we started  
And know the place for the first time."*

*- T.S. Eliot, Little Gidding*

### **Newsletter deadline**

**Friday, August 30, 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