



September, 2013

Tuesday, October 8, 2013 – General Membership Meeting

Cheers Bar & Grill
5805 Lacey Blvd SE
Lacey, WA 98503
4:30-5:30 PM 5k Guided Group Walk from restaurant (IVV Credit)
5:30-6:30 PM Social & Dinner
6:30-8:00 PM General Meeting

- Program: Jim & Karen Younkins – Photos of their trip to Australia & New Zealand

Tuesday, September 10, 2013

– Board Business Meeting

5:30 PM @ Puerto Vallarta Restaurant
1400 Galaxy Drive NE
Lacey, WA 98516

WELCOME NEW MEMBERS

Ralph Young, Sndra Jane Gruver, Nina Perozzo and Siri Childs



Welcome to our club and see you on the trail!

CVC ANNUAL AUGUST PICNIC

We had about 40 people come to the CVC annual picnic. The big hit was the pies! There were requests for recipes, so we thought perhaps you could just publish them in the newsletter. Here they are:

Linda Polzin's **Millionaire Pie**

- 1 cup sweetened, flaked coconut
- 1 15 oz, can crushed pineapple, well drained
- ½ cup chopped pecans
- 1 14 oz can sweetened condensed milk
- 5 tablespoons lemon juice (about 1 lemon)
- 1 cup frozen whipped topping
- 1 6 oz prepared graham cracker pie crust (the small one)

Combine coconut, pineapple, pecans, sweetened condensed milk and lemon juice in a large bowl. Mix well. Fold in whipped topping. Pour into graham cracker crust. Cover and chill at least 3 hours or overnight. Serves 10

Barb Malone's **Root Beer Pie**

- 1 8 oz tub Cool Whip, thawed
- ¾ cup root beer, plus root beer extract to taste
- ½ cup milk
- 1 package vanilla instant pudding
- graham cracker crust

Mix Cool Whip, root beer, extract, milk, and pudding mix and pour into pie shell. Freeze. If you wish, only mix in ¾ of Cool Whip. Use the remainder to top your frozen pie.

Barb Malone's **Peanut Butter Pie**

- ½ cup peanut butter
- 8 oz cream cheese softened
- 1 cup powdered sugar
- ½ cup milk
- 1 8 oz tub Cool Whip
- graham cracker crust

Whip cream cheese and powdered sugar. Add peanut butter. Slowly add milk. Fold in Cool Whip. Pour into crust. Freeze until firm. Remove 10 minutes before serving.

NEWS FROM THE TRAIL...



Upcoming Walks - September 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday September 2	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 Bay- view Parking Lot.
Thursday September 5	10:00 AM Arrow Lumber and True Value Hard- ware 28280 Hwy 410 Buckley	Buckley Walk YRE 0963 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 September 9	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 Bay- view Parking Lot.
Thursday September 12	10:00 AM Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville Walk YRE 0104 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 September 16	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 Bay- view Parking Lot.
Thursday September 19	10:00 AM Boathouse Marina and Tackle 5400 North Pearl St Tacoma	Tacoma Point Defi- ance Walk YRE 0366 10K 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 40 min.
Monday September 23	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 Bay- view Parking Lot.

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Upcoming Walks — September 2013

Thursday September 26	10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis	<u>Chehalis Willapa Trail</u> YRE 0356 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Drive time approx 30 min. After registering at hotel drive to start point.
Monday September 30	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.

*** 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.

FEW PICTURES FROM AUGUST PICNIC





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

*"Walking is also an ambulation of
mind!"*

~ Gertel Ehrlic ~ "

Newsletter deadline

Friday, September 27th, 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