



Capitol Volkssport Club

NEWSLETTER

January, 2015

Wow! 2015 is already here!

CVC has a lot planned for this new year but first, a reflection on 2014.

What a great year for CVC! We had fun events and a lot of members traveled to several states as well as countries. We are all looking forward to hearing about these adventures plus seeing pictures! Thinking of highlights for our club, the Quinault walks in September were well attended (148 walkers) with many reporting a wonderful experience there. Many thanks to Mert and Norm for getting this together plus kudos to the group of tireless volunteers who made this event a success!

Our Holiday Walk was also fabulous. We had 176 walkers, a perfect day/evening for walking, Lights all around and lots of compliments for our club. Thank you Susan for taking the helm on this one and thanks to all who supplied cookies and worked the start/finish tables and the checkpoint.

Our August picnic as well as the holiday pot luck were well attended and a lot of fun. Again, thank you Susan for welcoming us once again to your lovely home for the holiday dinner. We welcomed new members to both dinners. Speaking of new members, we have had several people join our group this year. What a great feeling to have so many new people share our love of walking and socializing!

CVC joined with The Daffodil

Volkssport Club and the Evergreen Wanderers to host The Time To Walk 10-11-12-13-14 event. Another terrific day to walk with a lot of friends old and new.

A big moment for CVC came at our holiday dinner when Nancy Wittenberg presented our club Best of the Northwest certificate for excellence in Publicity and Promotion of Volkssporting. Perki Sweet also received a certificate and pin for her hard work and wonderful articles. Thank you Perki!

Looking ahead, we will have a Board meeting Tuesday January 13, 5:30 PM at Izzy's. Nancy Wittenberg has graciously offered to fill us in on our club working on the Pathway to Excellence program.

Our big event this year is Seabreeze, February 14-16. Members of the committee will be working on the finishing touches for this event in January and early February. At last count we have 92 walkers planning on the dinner. Be sure to get your tickets for the dinner if you wish to attend. It is a lot of fun and the food is marvelous.

There are many events planned by other clubs this coming year, too. The first to come to mind is the AVA Convention held in Salem June 13-21st. There also is the Phoenix Festival April 17-19 plus many more.

Happy Walking.

Liz

NEWS FROM THE TRAIL...



Upcoming Walks - January 2015

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday January 1	*** No Walk ***	Happy New Year	*** No Walk ***
Monday January 5	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 walkbox to park in Bayview Parking Lot.
Thursday January 8	10:00 AM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A
Monday January 12	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 walkbox to park in Bayview Parking Lot.
Thursday January 15	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.
Monday January 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 walkbox to park in Bayview Parking Lot.
Thursday January 22	10:00 AM Centralia Safeway 1129 Harrison Ave Centralia	<u>Centralia Historic Walk</u> YRE 0957 10K with 5K option 1B	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.

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Monday January 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 walkbox to park in Bayview Parking Lot.
Thursday January 29	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup River Walk YRE 0915 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 45 min.

*** For Monday or Tuesday 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) 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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EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



10

Froelich Carol



1000

Morrison Robert



1050

Morrison Sheila



15000 km

Shields Nick



18000 km

Wittenberg Nancy



1400

Shields Nick



1450

Shields Nick



2800

Tucker Bonita



CONGRATULATIONS AND KEEP WALKING!

Thank You.

My deep appreciation to all those who helped make the annual Christmas walk a success. Without such help, the walk would not be possible. Thanks for stepping up and donating your time. There were 171 walkers and they returned to the finish with many, many positive comments. My favorite comment was that we were such a friendly club. That is so true.

Everyone seemed to enjoy the Christmas party. Wasn't the food great? It was great fun to visit with each other.

Again thanks for making CVC such a great club.

Susan Berry

Welcome New Members

Merlynn Judd and Raenette Campbell



Welcome to our club and see you on the trail

The fabulous 2015 SEABREEZE WALKING FESTIVAL at OCEAN SHORES, WA, FEB 14-16, 2015, is

coming up sooner than you think! This biennial favorite, presented by Olympia 's Capitol Volkssport Club will, once again, offer 6 trails through town, along the beach, through State Parks, and up the coast of the North Beach. There will be a bike route, as well as two YRE 's within Ocean Shores and numerous

YRE 's on the way to the beach. For a new twist on the bike ride, this year you and a friend can rent a surrey and peddle for 13K! For those who don 't want to travel with their bikes, there are a couple bike rental shops in town. You may complete the festival events in any order you wish.

The Evergreen State Volkssport Association will meet next door at the Galilean Chapel on Feb. 14th.

SOCIAL: The ever popular Saturday Night Social will return, with Italian buffet and BYOB. The registration form is on the club website at www.capitolvolkssportclub.org Tickets are going quickly, so now is the time to order. No tickets will be sold at the door.

LODGING: Remember this is Presidents Day Weekend, as well as Valentine's Day, so make your hotel reservations early. You can go to www.oceanshores.org to find lodging.

LOCATION: Ocean Shores Lions Club, 832 Ocean Shores Blvd NW, Ocean Shores, WA

Visit the Capitol Volkssport Club's website at www.capitolvolkssportclub.org to keep up to date.

Give yourself a nice gift this season. Mark this on your calendar. And don't miss out!

Q u e s t i o n s ?

Contact me, Bonnie Tucker, bonniedale@comcast.net or 360-491-4767





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.

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

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

"People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem."

~ Chris Adams ~

Newsletter deadline

Thursday, January 29, 2015

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