



Capitol Volkssport Club

NEWSLETTER

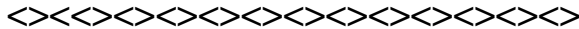
March, 2015

CVC board March meeting at Izzi's....

February has been a relatively nice month. It was fabulous weather for our Seabreeze festival. Check out Bonnie's article for the details. We also had a fun travel adventure presented by Jim and Karen at our last membership meeting. What an experience they had and the pictures were spectacular! Looking on to March, hopefully it will not come in like a lion! We have another wonderful activity planned in the train trip to Portland on March 12. There is also a **board meeting scheduled for March 10th at Izzi's, 5:30.**

April may bring us showers but it also will bring a special look at Portugal from Bob and Sheila's travels. We also will be very close to Victoria's Phoenix Festival, April 17-19 for those who are going. It is really a very fun long weekend with beautiful views of Victoria. If you are interested, now is the time to sign up. Then it is only a month until the AVA Convention in Salem. More walking fun!

Our twice weekly walks are also a great time to keep in touch with friends.
See you on the trail! Liz-



Train, Tram, Trolley, Trail - March 12, 2015

The Capitol Volkssport Club is having another spectacular train trip to Portland on March 12, 2015. We will be departing from the Lacey/Olympia train station on the Amtrak Cascades 501 at 8:50 AM and will be arriving in Portland at 11:20 AM. Our return train will be Amtrak Cas-

cades 508 leaving at 6:50 PM and arriving in Lacey at 8:42PM. This year many of us will be going on a 4 T's walk - Train, Tram, Trolley, and Trail - which sounds quite exciting. **Our first stop on the walk will be at Providence Portland Medical Center where there are three other walk options available, including the route we took last year. Two are rated 1A and the other 1B.**

Adult fare is \$40. There are senior citizen and AA discounts. We suggest that you purchase your tickets ahead of time, bring water, snacks, and money for the trolley and tram. We hope many of you will join us for this great trip.



Welcome New Members

Jack Geiger and Donna Schumann

WELCOME TO OUR CLUB AND
SEE YOU ON THE TRAIL!



NEWS FROM THE TRAIL...



Upcoming Walks - March 2015

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday March 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 walkbox to park in Bayview Parking Lot.
Thursday March 5	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 Trosper and Lit- tlerock Road near Fred Meyer. Drive time approx 30 min. After registering at hotel drive to start point.
Monday March 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 walkbox to park in Bayview Parking Lot.
Thursday March 12	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min.
Monday March 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 walkbox to park in Bayview Parking Lot.

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Thursday March 19	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K with shorter options 2B	N/A
Monday March 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 walkbox to park in Bayview Parking Lot.
Thursday March 26	10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday March 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 walkbox to park in Bayview Parking Lot.

*** 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 lpolzin@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.





Seabreeze 2015

The 2015 Seabreeze Walking Festival is already history! One year's planning by your hard-working Seabreeze Committee and help from a total of 30 enthusiastic volunteers resulted in another resounding success. 375 participants, our highest number yet, came from



"Start Here..."

around the Northwest to enjoy six walking routes and one bicycle event. They completed 1067 festival events, as well as 114 walks of the two Ocean Shores year-rounds. So many people commented on the friendly welcome provided by our club members, the excellent layout of the Lions Club, the interesting walking routes, the yummy soup and cookies, the delicious Italian dinner, and the FANTASTIC



Registration

WEATHER! How could it have been more perfect?

We sold nine New-Walker Packets and hope these individuals will continue to walk with us. In addition, we gained a couple new club members. Welcome to Jack and Donna Zeiger! Upon observing so many people walking and having fun, one Ocean Shores woman dropped in to see what was happening. She was pleased to see pictures of her neighbor's yard of beach combed treasures on our information board and her own house featured on the cover of the Oyehut YRE notebook. She decided to walk with us for two days.

Kudos to everyone, with special mention to Perki and Peter for their outstanding PR, to Jim for his design of the brochure, Jeanne and



Which walk shall we do first...

helpers for providing interesting walk routes and beautiful printed directions, Pat H for her procurement of the prizes and her and Yoko's presentation of them to the winners, Bob and John for the Bob and John Show at dinner, Karen for so ably managing dinner ticket sales, Barb and Susan for great soups, and Sheila and Linda P for registration that ran like a well-oiled machine.



Heading out for the trail

Home baked cookies, delicious homemade soups, hot coffee, smiles and more smiles—all provided the extras, which people have come to expect, when CVC puts on an event. When it became apparent people wanted group walks,



Don't mess with the ocean...

Bob offered to guide a group on Sat. morning, and John led a popular evening beach walk on Sun. night. Bill and Norm were outstanding in their willingness to be “on call” for anything that needed to be done. Mert, Bill, and Holly pitched in to recycle, which helped to solve the garbage issue. Susan’s arrangement for the ESVA meeting brought additional participants to the festival. In addition, Walking Adventures International gave a generous donation, which helped offset the cost of the Lions Club rental. Many others played important roles, but there’s just not enough room to mention everyone. You know who you are, Blue Shirts. We couldn’t have done it without you. Liz and Bonnie



Ready to party....



Where did all the meatballs go...



Looking for arrows at Griffiths-Friday



End of the party!



Capitol Volkssport Club
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 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

*“Walking is also an
ambulation of mind.”*
— Gretel Ehrlich —

Newsletter deadline

Tuesday, March 31, 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