



# CAPITOL VOLKSSPORT CLUB

## NEWSLETTER

July, 2015

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**There will be a CVC Board meeting Tuesday, July 14, 2015 at 5:30 PM at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.**

**There will be a no-host dinner at 5:30, followed by the board meeting at 6:15.**

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Our AVA convention is over but was everything it promised to be! The walks were spectacular and the weather could not have been nicer. I attended several interesting workshops plus the meetings. It was interesting to see how the governing body of our group works. The issues we discussed at our last meeting were voted on the first day. This is how the voting went: (copied from Nancy's N.E.W.) **Bylaws Proposed Amendments Results:**

- To require a 2/3 vote of clubs to affiliate with another organization **failed**.
- To require a 2/3 vote to amend by-laws **failed**.
- To call for a voice vote by the President, rather than the Secretary if there is only one candidate for National office **passed**.
- To expand the definition of "Mail" to electronic means **passed**.
- The clarification of RD election procedures **passed**.
- To establish the position of Deputy RD should a region choose to have one **passed**. Our region needs to decide if we want to do this (I am in favor) and have an election like

we did for RD.

The new AVA officers are:

**New National Officers:**

President – Dennis Michele  
Vice President – Holly Pelking  
Secretary – Sam Korff  
Treasurer – Larry Lehman

We also voted on the next convention site. It will be in Billings, Montana, June 7-9, 2017.

Convention is so interesting and fun, I hope many mark their calendars for this one!

It was also fun to see Bob give his treasurer report to the assembled group.

There also were many opportunities to connect with other volkssporters from all over the country. The food was good and the company was the best!

***Closer to home, mark your calendar for our annual potluck picnic. It will be on August 11, 5:30 PM with a 5K walk at 4PM. The venue is Priest Point Park, Shelter 1 which is located by the Rose Garden.*** Board members will be bringing a main dish so please bring a salad or dessert. Water, soda, coffee, eating utensils, and plates will be provided.

Our next board meeting will be on July 14 at Izzy's. Dinner is at 5:30 and anyone may join in this business meeting.

There are a lot of upcoming walks to enjoy this summer. 4<sup>th</sup> of July walks are being held both north and south of us. Check your Pathfinder and the AVA site for latest information.

See you on the trail!  
Liz

## NEWS FROM THE TRAIL...



## Upcoming Walks - July 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday July 2	10:00 AM Spar Coffee Bar and Cafe 2123 North 30th St Tacoma	Tacoma Waterfront/Historic District Walk YRE 1263 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 July 6	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 7	6:00 PM Burfoot County Park 6927 Boston Harbor Road NE Olympia	Burfoot County Park and Bos- ton Harbor Walk 10K (rated 2C)	N/A
Thursday July 9	10:00 AM Winlock IGA 206 East Walnut Street Winlock	Workout In Winlock YRE 0791 10K 1A	9:00 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 1 hour.
Monday July 13	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 14	5:45 PM South Bay Market 3425 Schinke Rd Olympia	<a href="#">Woodard Bay Walk</a> YRE 1009 10K with 7K option 1A	N/A

(Continued on page 3...)

*(Continued from page 2)***Upcoming Walks - July 2015**

Thursday July 16	10:00 AM Boathouse Marina and Tackle 5400 North Pearl St Tacoma	Tacoma Point Defiance 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 July 20	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday July 21	6:00 PM Millersylvania State Park Kitchen #3 12245 Tilley Rd S Olympia	Millersylvania State Park Walk 10K with 5K option 1B	5:30 PM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer.  Drive time approx 20 min.  A Discover Pass is required for park entry.
Thursday July 23	10:00 AM Nisqually Wildlife Refuge Visitor Center  Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	<a href="#">Nisqually Wildlife Area Walk</a> Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center.  <b>No pets.</b>  \$3.00 park entrance fee, waived for holders of Fed- eral Golden passports or Federal duck stamps.
Monday July 27	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

Continued on page 4....

Continued from page 3....

<p>Tuesday July 28</p>	<p>6:00 PM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm</p>	<p>Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A</p>	<p>5:00 PM Meet at Martin Way Park&amp;Ride at the back of the lot.  Drive time approx 30- 60 min.</p>
<p>Thursday July 30</p>	<p>10:00 AM ABC Store 22309 - 7th Avenue SE Des Moines  Store opens 10:00 AM</p>	<p>Des Moines Creek Stroll YRE 0605 10K with 5K option 2B</p>	<p>9:00 AM Meet at Martin Way Park&amp;Ride at the back of the lot.  Drive time approx 50 minutes.</p>

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@integra.net)

to ask questions about the walks or make start point meeting arrangements.

\*\*\* For Tuesday walks, please contact Perki (360-459-8167 or email pandpsweet@gmail.com)

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.



Hello Walkers,

It's hard to believe but it's true. A year has passed since you paid your CAPITOL VOLKSSPORT CLUB Membership dues. Don't miss out, renew today!

Life's getting crazy so I'm thinking, now more than ever, we need the enjoyment we get from walking together and enjoying the great outdoors.

CVC dues are still only \$8.00 - individual; \$12.00 - family; and \$6.00 - seniors 55 years +. What a bargain!

Please send a check made out to CVC to the address below or pay Karen Younkins at our CVC picnic on August 11th. Thanks.

Capitol Volkssport Club  
Karen Younkins  
711 Eastside St. NE  
Olympia, WA 98506

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**Welcome new member**  
*Maryanne Guichard*



Welcome to our club and see you  
on the trail!



**The conventions walks were beautiful.  
We even got free cupcakes on one of**





**Capitol Volkssport Club  
Olympia WA 98507**



**CVC OFFICERS**

- President — Liz Morrison, (360)-748-3886  
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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.

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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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.*



**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)

After a day's walk everything has twice its usual value.  
 — George Mccauley Trevelyan —

**Newsletter deadline**  
 Wednesday, July 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