



Capitol Volkssport Club

NEWSLETTER

October, 2015

The next CVC General Membership meeting will be on Tuesday, October 13, 2015 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM, program at 6:15, followed by a brief business meeting afterward.

September brought more wonderful weather and a lot of adventure and walking for our club members. Several members traveled to close and far away places. I can hardly wait to hear of all the adventures! Whidbey Island Walking Festival was a great experience for those who went plus a really fun time joining with fellow walkers. A fun day closer to home was a Friendship Walk with Kitsap Volkssporters on Anderson Island, and we have a new month of adventures coming up!

October is National Volkssport Month and there are fun walks planned almost every weekend. Walks nearby start with Oct 3 Oktoberfest walk/bike at JBLM, Oct 11 is the Great Columbia Bridge Crossing , Oct 17 is a Friendship Walk with Kitsap Volkssport Club in Bremerton and Gig Harbor, Oct 25 is A Seattle Ghost Walk , which leaves the 31 for you to be ready for Trick or Treaters.

We also have important items to decide in the next couple of months. We need to vote on whether we want a Deputy Regional Director at the October meeting. If this passes, we will then vote for who that person will be. There will be discussion and information about this at the October meeting.

There are two changes to our regular routines, as well. The first is there will be a Membership Meeting every month. We will still meet at Izzy's except for the August and December pot luck dinners. The second change is a new venue this year for the Holiday dinner. We will be meeting at the Jacob Smith House for our Holiday Pot Luck on December 8.

The October 13 meeting will be held at Izzy's Pizza, 3540 Pacific Ave SE, Olympia starting at 5:30 with a no host dinner. Until then, enjoy walking in this glorious weather! Liz

XX

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCE



250



1200



1300



1700



1900



1000 km

Morrison Liz

Morrison Sheila

Warhol John

Warhol Carolyn

Wittenberg Nancy

Heath Julie

Congratulations and keep walking

NEWS FROM THE TRAIL...



Upcoming Walks - October 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday October 1	10:00 AM YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma - University of Puget Sound YRE 0850 10K/11K 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.
Monday October 5	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 8	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 October 12	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday October 15	10:00 AM West Olympia Safeway 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	10:00 AM Meet at Safeway to register, then drive to the Evergreen State College start point. Drive time approx 10 min. Small parking fee at the college.

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Monday October 19	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.
Thursday October 22	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K op- tion 1B	N/A
Monday October 26	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.
Thursday October 29	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	DuPont Boyhood Memories Walk YRE 0193 10K with 5K op- tion 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min. After registering at store drive to start point.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywalking.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.



Hello fellow Volkssporters!

Exciting times are to be had here in Tumwater! Come walk the Tumwater Historical Walk and watch the magic of the salmon running the Deschutes River!

Over the next few weeks, you have the unique opportunity to watch this amazing natural process. A vital part of our community, witnessing the salmon migration is a fantastic, miraculous experience. And, it's even more remarkable to watch salmon swim upstream from locations that you pass by on our walk! Around mid-September, most of the fish will likely be out of Budd Inlet and in Capitol Lake or the Deschutes River.

Through mid-October, salmon viewing will be optimal at Tumwater Falls Park.

Tumwater Falls Hatchery and Salmon Spawning

The local salmon, running through four, local fish ladders, are primarily hatchery Chinook. At the last ladder, the fish are directed into a holding pond owned by Washington Department of Fish and Wildlife.

The fish accumulate in the holding ponds until they are processed, three times a week. Portions of the fish are artificially spawned during the processing.

Some hatchery Chinook will be let up the Deschutes River to spawn naturally and provide nutrient enhancement. Last year, over 500 hatchery Chinook were passed up stream into the Deschutes River. In addition, all the wild Coho (possessing an adipose fin) and other stray salmon are let go above the falls in the Deschutes River.

About 10,000 fish were projected to enter the Strait of Juan de Fuca and Puget Sound. Along the way, they will meet sport, commercial and tribal fisheries. The hatchery will spawn about 2400 fish, about equally distributed between male and females.



Our walk box is located at the Safeway Store, 500 Cleveland, Tumwater, WA 98501

All versions of our walks take you through the Tumwater Falls area for your viewing pleasure!

For more information on this walk contact us:

Bill Spaulding
william.k.spaulding@gmail.com
253-414-8224

Holly Spaulding
holly.spaulding@comcast.net
253-770-0691

WALK TO LIVE!

LIVE TO WALK!

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(...Tumwater Historical walk continued from page 4)

The name “Deschutes” comes from the French for “of the falls.” The series of falls along the river have played an important role in the human settlement of the area. The first human inhabitants of the area were native Coastal Salish groups. The ancestors of what is now known as the Squaxin Island Tribe used the lower end of the Deschutes River and Budd Inlet to harvest salmon and shellfish.

The oldest permanent American pioneer settlement in Washington was in Tumwater. In 1845, Michael T. Simmons led the first group of settlers to Tumwater Falls. The city was named New Market. The city’s early growth was influenced by the close proximity to the power-generating falls of the Deschutes River, nearby saltwater access and abundant timber.

Another pioneer in the Simmons party, George Bush, a free black man, led a second group south to the prairie area surrounding the middle Deschutes. The decision of the group to settle north of the Columbia River was made in part because an Oregon law prevented black people from owning land. Though Washington was still a part of the Oregon Territory, the ban was not enforced north of the Columbia River.

Early American settlers used the power of the falls on the lower Deschutes to mill lumber, when a wooden dam was constructed across the middle falls. Soon after, the falls were used to produce electricity. In 1896, Leopold Schmidt founded what became known as the Olympia Brewing Company in Tumwater along the Deschutes River. They used the nearby artesian wells to brew their beer and the slogan “It’s the Water” to promote its products.



The falls on the lower Deschutes River also had an influence on the species of fish in the river. Unlike most rivers in the Pacific Northwest, the Deschutes did not have a native run of salmon. It is widely believed that the falls prevented the Deschutes from having a native run. In the 1950’s, local fishermen built fish ladders around the falls and imported Chinook salmon from the Green River to start a Deschutes salmon run.



THURSDAY WALKS FOR 2016

It's hard to believe but 2016 is just around the corner! Our Thursday walks have been very popular events for our members and friends, especially with the tasty lunches afterwards. Now it is time to put together the schedule for 2016. If there is a favorite walk that you would like to have on the schedule, or if there is a time of year when one of the walks is especially beautiful or interesting there may be a place for it in the schedule. In the coming year there are some new walks in the area for us to try and these walks will be included in the new schedule.

When scheduling walks during times of possible inclement weather the walks are scheduled closer to the Olympia, Lacey, Tumwater areas. During the late spring, summer and early fall some of the distant walks are scheduled with driving distances that are no more than a one hour drive to the registration point. In 2016 a walk or two may be added to the schedule that might take a bit longer to get to, but are well worth the time spent.

Some suggestions and requests have already been made. If you would like to request a special walk or make a suggestion for Thursdays walks contact Linda Polzin, at lpolzin@thurston.com, or call 360-481-7119. Your input will make our Thursday walks even more successful and full of fun for the coming year.

Six Things You Should Not Drink When Walking

What you should drink: a cup of water each mile or every 30 minutes. If you are walking for more than an hour or losing lots of sweat, you should consider drinking an electrolyte (salt) replacement sports drink. The guidelines current as of 2006 are to "drink when thirsty" rather

1. Untreated Water from a Lake, Stream, or Spring

In many places, nasty parasites such as *Giardia lamblia* and *Cryptosporidium* are found in "unspoiled" mountain streams because these parasites infest the local squirrels and other animals, who then contaminate the water. If you are going for a hike, carry a water filter or purification tablets and do not drink untreated water from any natural source. Take it from me: I spent years in the hospital microbiology lab helping diagnose people who made this mistake.

2. Alcoholic Beverages

Alcoholic beverages such as beer and wine will make you more dehydrated, as well as impair your athletic ability and judgment. They will also make you more prone to heat sickness and other problems. Save the celebratory drink for after your walk. Before major walks, abstain from alcohol the evening before as well. Drinking during a walk may be a European tradition, but I recommend against it, having seen walkers get into difficulty after drinking alcohol.

3. Caffeine

Caffeine was long accused of dehydrating you by making you have to urinate more, and it can also act as a laxative. Newer research as of 2002 put that common wisdom into doubt, at least for those who commonly drink caffeinated drinks. If you find yourself making too many restroom stops, you may want to limit your caffeine intake to see if it is causing the problem. Stick to decaf or drink as little of the caffeinated stuff as possible before your walk. Coffee drinkers can get a nasty headache if they go cold turkey, so experiment with how little you really need. Drinking highly caffeinated energy drinks is also not recommended, as it is too little fluid for the amount of caffeine.

4. Milk and Cream

Some people tolerate milk very well. But many people are lactose intolerant and can have stomach cramps, gas, nausea and diarrhea from milk and milk products. Some people only experience these symptoms during exercise. If you have any such symptoms, avoid milk products for 12 hours before your walk.

5. Carbonated Beverages

Many walkers report gas, belching, and stomach cramps from drinking carbonated beverages while walking. If you experience any of these symptoms, save the sparkling drinks for after the walk. Another good reason to avoid them is that you wouldn't want to carry one along in your water carrier pack, or you would have a nice fizzy shower when you popped the top.

6. Too Much Water and No Salt Replacement

American College of Sports Medicine guidelines are to "drink when thirsty" rather than drinking constantly and pushing too much water. Studies of slower marathon runners and run/walkers showed that some of them were verging on hyponatremia -- dangerously low sodium levels -- whether they were drinking plain water or water and sports drink. Don't overdo the water. If walking for more than an hour and sweating, you should replace the salt lost in your sweat with an electrolyte-replacement sports drink such as Gatorade or Powerade, or with a snack that contains salt such as mini pretzels or trail mix that includes salted nuts.



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



CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

After dinner, rest awhile, after supper, walk a mile.
— Arabic Proverb —

Newsletter deadline
Wednesday, October 28 , 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