



# Capitol Volkssport Club



## NEWSLETTER

December, 2015

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**The CVC Christmas Potluck will be**  
Tuesday, December 8, 2015 at 5:00 PM at the Jacob  
Smith House,  
4500 Intelco Loop SE in Lacey. BYOB if desired, and  
please bring a dish to share.

November is quickly coming to a close. This month I had the opportunity to speak to a group of Girl Scout leaders and also a TOPS group. I encouraged them all to walk with us so hopefully we will see more new faces joining in some of our walks. In addition, the TOPS group sent a \$10 donation.

I hope everyone had a warm and Happy Thanksgiving. It is such a lovely time to spend with family and friends and the food is amazing! It is a good thing I like to walk. We have also been busy getting ready for our Holiday Walk on December 5<sup>th</sup>. Bill and Holly have gotten the walk directions finished and printed, Susan Berry has all the ground work settled for our Starting Point and Checkpoint, and many other volunteers have signed up as workers and bringing cookies. I am thankful for all of you and so happy to belong to such a vibrant, friendly club.

December also is the month of our Holiday get together. I am excited to go the historic Jacob Smith House this year. It is located at 4500 Intelco Loop SE, Lacey. It takes place on our usual meeting date, December 8<sup>th</sup> but the starting time is 5 PM. Bring your potluck dish and if you want something besides coffee or water, bring your beverage of choice. Don't forget to bring warm winter socks, gloves, scarf, or hat to the dinner to be donated to the needy. You can always check our web page for details of upcoming events.

We are looking forward to starting our new club walks in 2016, Tenino Town and Trail, Westport Marina and Beach, and Montesano Town and Lake Trail starting in May. There also are a lot of new challenges for the upcoming year. I have purchased the Bridges and National Parks book but I am thinking of getting a couple more.

See you at our December 5<sup>th</sup> Holiday Walk! Happy Holidays and Happy Walking!

Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - December 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday December 3	10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	<a href="#">Southeast Lacey Walk</a> YRE 0586 10K with 5K option 1A	N/A
Monday December 7	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.
Thursday December 10	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	<a href="#">Chehalis Historic Walk</a> YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday December 14	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.
Thursday December 17	10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	<a href="#">Olympia - Capitol Lake and South Capitol Neighborhood</a> YRE 0260 10K with 5K option 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday December 21	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.

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Thursday December 24	*** No Walk ***	Merry Christmas	*** No Walk ***
Monday December 28	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 walk-box to park in Bayview Parking Lot.
Thursday December 31	*** No Walk ***	Happy New Year	*** No Walk ***

\*\*\* For Monday walks, please contact Jeanne (360-790-4600 or email [kokolo@olywalking.net](mailto: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 [lpolzin@thurston.com](mailto: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.

• **'Waiter - There's a Fly in My Champagne'**

A multi-national company held a reception to celebrate Christmas. The waiter gave each guest a glass of champagne, but on inspection, each guest noticed that their glass contained a fly.

- The Swede asked for new champagne in the same glass.
- The Englishman demanded to have new champagne in a new glass.
- The Finn picked out the fly out and drank the champagne.
- The Russian drank the champagne, fly and all.
- The Chinese ate the fly but left the champagne.
- The Israeli caught the fly and sold it to the Chinese.
- The Italian drank two thirds of the champagne and then demanded to have a new glass.
- The Norwegian took the fly and went off to fish.
- The Irishman ground the fly and mixed it in the champagne, which he then donated to the Englishman
- The American sued the restaurant and claimed for a \$50 million compensation.
- The Scotsman grabbed the fly by the throat and shouted, 'Now spit out all that you swallowed.'

EVENT AND DISTANCE AWARDS

EVENTS



1150

Robert Morrison



1200

Robert Morrison



1500

Nick Shields



1800

Elisabeth Wittenberg



3000

Bonita Tcker

4300

Roy Bauska

DISTANCES



1000 km

Julie Heath



1500 km

Holly & William Spaulding



2500 km

Liz Morrison



7500 km

Jeanne Allan



9000 km

Karen Younkins



13000 km

Robert Morrison



15000 km

John Warhol



18000 km

Carolyn Warhol





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.

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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)



**Newsletter deadline**  
**Thursday, December 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