



Capitol Volkssport Club

NEWSLETTER

April, 2016

The next CVC General Membership meeting will be on Tuesday, April 12, 2016 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

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March has certainly been rainy and blustery. Some of us have trudged through the rain and some of us have had the opportunity to travel to sunnier places. I do love to see the bright green foliage coming back and all the beautiful spring flowers!

The ESVA meeting was well attended in February. After attending the meeting, I discovered the ESVA Facebook page. It has a lot of Washington news and you can post pictures to the page, too. There was a picture of the walk at Northwest Trek. It looks like all involved were happy to be there. It is interesting and good resource for keeping up with what is going on in our state.

We voted to change our by-laws last meeting to reflect all officers, President, Vice President, Treasurer, Secretary, and Membership Chair will serve a two year term. Our ESVA Representative already has language for a two year term. All these offices need to be voted on at the June meeting this year. We will need a nominating committee to present the candidates. The committee will convene in April and present nominations for the June election.

Several of us are working on the Girl Scout Walk. A proposal for a walk on Sunday, May 22, has been sent to the Girl Scout Office in Dupont. If all is accepted, we will pursue an event reservation at the Capitol and we are off and running! I think it

will be a fun activity to be with the girls. I should know more by our meeting time. We will need lots of volunteers to walk with us.

April has a lot of interesting looking walks. I always look at the sign for Hulda Klager Lilac Garden and think I should go. I am excited that there is not only a festival but a Volksswalk there on April 16. The walk in Tacoma on the Water Flume looks good, too, as does the April 23 Half Marathon in Vancouver. The Pathfinder Volkssport Club is also offering it's first event on April 30 called Bridging Our States. If you are planning on attending any of these events or others, be sure to take some Save the Date for Seabreeze flyers.

Our next meeting is on April 12 at Izzy's. See you there!
Liz

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Welcome new members

*Cheryl Evans, Susan Rotas and
Renee Hunter*

*Welcome to our club and see
you on the trail!*



NEWS FROM THE TRAIL...



Upcoming Walks - April 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday April 4	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.
Tuesday April 5	Register by 5:45 PM Walk leaves at 6:00 PM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 5K option 1A	N/A
Thursday April 7	Register by 9:45 AM Walk leaves at 10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 20 min.
Monday April 11	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 April 14	Register by 9:45 AM Walk leaves at 10:00 AM Safeway 1405 East Main St Puyallup	Puyallup Town Walk YRE 0242 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 45 min.

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Monday April 18	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.
Tuesday April 19	Register by 5:45 PM Walk leaves at 6:00 PM 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.	Nisqually Wildlife Area Walk Seasonal Walk Y 0838 10K with 5K option 1B	N/A Register at Chevron Station then drive to NWR Visitor Center. No pets. \$3.00 park entrance fee, waived for holders of Federal Golden passports or Federal duck stamps.
Thursday April 21	Register by 9:45 AM Walk leaves at 10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	Chehalis Historic Walk YRE 1605 10K with 5K option 1A	Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 30 min.
Monday April 25	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.
Tuesday April 26	Register by 5:45PM Walk leaves at 6:00 PM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K option 1B	N/A

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<p>Thursday April 28</p>	<p>Register by 9:45 AM Walk leaves at 10:00 AM West Olympia Safe- way 3215 Harrison Ave NW Olympia</p>	<p>Olympia Evergreen State College Walk YRE 0657 10K 2C</p>	<p>9:45 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.</p>
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*** 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 Tuesday walks, please contact Peter or Perki (360-459-8167, e-mail 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.

EVENT AND DISTANCE AWARDS

EVENTS



10



75



300



1250



2000

4400

Guichard Maryanne Evans Cheryl Morrison Elizabeth Morrison Robert Wittenberg Nancy Bauska Roy

DISTANCE



14000 km

Morrison Sheila

Dangers of Distracted Walking

Don't Text and Walk

Texting While Crossing Street.

Texting and walking is being tagged as a cause of a spike in pedestrian fatalities in 2015. The Governors Highway Safety Association cites distracted walking as a new factor that may be contributing to this deadly trend.

More and more of us are texting, navigating, and talking on cell phones while walking, and [pedestrian accidents are increasing](#). Ohio State University researchers used emergency room data compiled by the US Consumer Product Safety Commission. From 2003 to 2010, the injuries sustained while walking and using a mobile phone doubled and increased as a percentage of the total pedestrian injuries.

The younger age groups and men were more likely to have an injury while using a cell phone and walking. We've all heard mom tell us again and again to look both ways before crossing the street.

(Reprinted from About.com)



... at ESV A meeting in February.



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

True enjoyment comes from activity of the mind and exercise of the body; the two are united.

— Alexander von Humboldt —

Newsletter deadline

Thursday, April 28, 2016

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