



Capitol Volkssport Club

NEWSLETTER

June, 2016

The next CVC General Membership meeting will be on Tuesday, June 14, 2016 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

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

June is almost busting out all over! The flowers (and lawn) in my yard are growing and looking beautiful. I am loving walking in neighborhoods and seeing all the bright color and the roses! They are so fragrant!

May has been a busy month for Volkssporting. Every weekend has had an opportunity to walk at an event. It was a long drive, but some members went to Darrington for the Remember Oso Walk. Others attended JBLM for Armed Forces Day, and Bonnie and I went to Vancouver for the Walk to Cure Arthritis. The month is not over as I write this. There is still a walk in Portland. Many of us are traveling to Langely to the Canadian Convention. I am sure there will be many favorite walks from all these events we can hear about at our next meeting.

May also was our Girl Scout Walk held on the Capitol Grounds and around Capitol Lake. It was an almost perfect day with just a little rain. The girls were interested in the monuments at the Capitol and liked the walk around the lake. We were pleased with the turn out for this first walk and are looking forward to more opportunities to walk with the girls and their families.

Our May meeting was really productive and I am looking forward to our next meeting, June 14, at Izzy's. We will get updates for a busy CVC summer, Anderson Island, Millersylvania, and our picnic. There also is the ESVA meeting June 4, in Edmonds.

Happy Walking,
Liz



Girl Scout Walk



Walkers at Evergreen Colledge

NEWS FROM THE TRAIL...



Upcoming Walks - June 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday June 2	Register by 9:45 AM Walk leaves at 10:00 AM Best Western (formerly Guesthouse Inn and Suites) 701 E Heron St Aberdeen	Aberdeen Town and Waterfront Walk YRE 0656 10K with 5K and 7K options 2B	8:30 AM Meet at the Westside Haggan Foods parking lot near Pier 1 Imports. Drive time approx 1 hour. In Aberdeen, turn left onto Kansas St. at Burger King just before bridge to downtown.
Monday June 6	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 walk-box to park in Bayview Parking Lot.
Tuesday June 7	Register by 5:45 PM Walk leaves at 6:00 PM or when carpool arrives Scatter Creek WA North Unit Parking Lot 17100 Case Road Rochester	Grand Mound-Scatter Creek Wildlife Area Walk 10K 1B	Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Be early - carpools leave at 5:30 PM Drive time approx 20 min. Discover Pass needed for parking in the wildlife area lot. Call 360-790-4600 if you plan to join the group at the parking lot.

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Thursday June 9	Register by 9:45 AM Walk leaves at 10:00 AM Safeway 3842 Bridgeport Way University Place	University Place Walk YRE 1639 10K with 5K and 12K options (12K option is the perimeter of Chambers Bay Golf Course) 2A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:00 AM Drive time approx 40 min.
Monday June 13	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 walk- box to park in Bayview Park- ing Lot.
Thursday June 16	Register by 9:45 AM Walk leaves at 10:00 AM Arrow Lumber and Hardware 201 Calistoga Orting	Orting Town and Foothills Trail YRE 0920 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 8:45 AM Drive time approx 50 minutes.
Monday June 20	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 walk- box to park in Bayview Park- ing Lot.
Tuesday June 21	Register by 5:45 PM, walk leaves at 6:00 PM Millersylvania State Park Kitchen #3 12245 Tilley Rd S Olympia	Millersylvania State Park Walk 10K with 5K option 1B	5:15 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.

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<p>Thursday June 23</p>	<p>Register by 9:45 AM Walk leaves at 10:00 AM</p> <p>Island Home Center and Lumber 17633 - 97th Place SW Vashon Island</p>	<p>Island Center Forest Seasonal Walk Y 1566 10K with 5K option 2B</p> <p>The walk goes through the business center of Vashon on sidewalks and road shoulders, and through Island Center Forest on well-groomed trails.</p>	<p>Meet at Martin Way Park&Ride at the back of the lot.</p> <p>Be early - carpools leave at 8:15 AM for Point Defiance to catch 9:15 AM ferry. Round trip fare is \$18.20 for car and driver (this should be shared by riders), senior passenger fare is \$2.65, and adult passenger fare is \$5.30</p> <p>Ferries also leave at 8:25 AM and 10:05 AM. Return ferries leave Vashon Island at 12:10 PM, 2:10 PM, and 3:10 PM, plus later times. Restaurants are available for lunch, or bring a picnic lunch. Drive onto Ferry at Pt Defiance then drive to Start Point on Vashon Island. Carpooling suggested to save ferry fare costs.</p> <p>Drive time approx 1 hr 30 min including ferry ride</p>
<p>Monday June 27</p>	<p>2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia</p>	<p>Olympia local walk starting at Bayview Varies 1A</p>	<p>N/A</p> <p>Pick up parking pass in walk-box to park in Bayview Parking Lot.</p>

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Monday June 27	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 June 28	Meet at 5:45 PM to register, walk starts at 6:00 PM Burfoot County Park 6927 Boston Harbor Road NE Olympia	Burfoot County Park and Boston Harbor Walk 9K rated 2C	N/A
Thursday June 30	Register by 9:45 AM Walk leaves at 10:00 AM Winlock IGA 206 East Walnut Street Winlock	Workout In Winlock YRE 0791 10K 1A	Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Be early - carpools leave at 8:30 AM Drive time approx 1 hour.

*** 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)

Alternative Housing – Seabreeze 2017

As you know, our upcoming Seabreeze Walking Festival coincides with Presidents' Day weekend, and housing may be scarce and/or pricey in Ocean Shores. Airbnb might be an option for you. Airbnb is a website for people to list, find, and rent lodging. It has over 1,500,000 listings in 34,000 cities and 190 countries. It even has **over 300 listings for Ocean Shores!**

Signing up with Airbnb is free and painless. A short paragraph telling about yourself is required, along with contact information and a profile picture (I used my facebook picture.)

I had previously reserved a nearby hotel for three nights, for a total of \$458. After looking at Airbnb, I canceled that reservation and now have a queen sized bed in a home with an ocean view and most of the amenities of a hotel, plus more! Check out my room at <https://www.airbnb.com/rooms/9490144?guests=1&s=UqRYvboH>. Although it is advertised at \$56 a night, the total cost, including fees is \$219 for three nights . . . less than half of what that hotel cost! This room shares a bathroom with another room; however, two more club members have reserved that room! There is still a room with a double bed and private bath available in this house. The location is 1.5 miles from the Lion's Club, but I consider it well worth the savings. Caution: Be sure to read reviews of the hosts. **Most** are excellent.

Peter and I will be using Airbnb on our upcoming trip to California; so if you want first-hand information on our experiences before you make your reservations, ask me more after June 10.

Airbnb sounds like a good deal to me!

Perki



EVENT AND DISTANCE AWARDS

EVENTS



10

Susan Cobb



50

Yoko Melrose



75

Yoko Melrose



250

Mike Extine



300

Tess Sutton



325

Liz Morrison



1300

Sheila Morrison



1400

John Warhol



1800

Carolyn Warhol

3100

Bonita Tucker

DISTANCE



1000 km

Yoko Melrose



1500 km

Yoko Melrose
Juli Heath



2000 km

William Spaulding
Holly Spaulding



3000 km

Tess Sutton



8000 km

Jeanne Allan

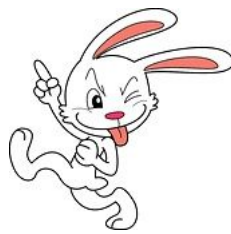
Congratulations and keep walking



WELCOME NEW MEMBER

Frank Chestnut

Welcome to our club and see you on the trail!





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

It is exercise alone that supports the spirits, and keeps the mind in vigor.
— Cicero —

Newsletter deadline
Thursday, June 30, 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