



# Capitol Volkssport Club

**NEWSLETTER**

*January, 2017*

*There will be a CVC General Membership meeting on Tuesday,  
January 10, 2017 at  
Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.*

A no-host dinner begins at 5:30 PM. The program begins at 6:30. Bob and Sheila Morrison will show pictures and describe their adventures walking in England's Cotswolds; a brief business meeting will follow.

## Happy New Year!

I am looking forward to a lot of adventures this coming year. I am heading to Australia the first part of January then when I get home, it will be time for Seabreeze. Many of you have signed up to work and bring cookies. I hope all plan on attending at least for a day. It is a fun weekend with a lot of wonderful walks.

This year there are a lot of opportunities to visit with neighbors at walking festivals and the National Convention. We will try to highlight some of them at meetings and the newsletter.

Our last meeting was at The Jacob Smith House in Lacey. It was a cozy venue and good to see some new people joining us. There was a lot of food and Roy, aka Santa, brought cards and bags of treats as well as a lovely door prize. Bill set up a slide show with members walking on various walks throughout the year. We also had several items donated to young people in our area.

On that note, we had a wonderful turnout of Girl Scouts at our Susan Berry Memorial Holiday Walk. We actually had a lot of brave people who came out and walked on a very blustery night. I think it was a huge success. Thank you to all who helped out and walked the wonderful route supplied by Perki and Peter.

The year of 2016 has brought a lot of changes. The New Year 2017 has so many exciting possibilities. Walking with friends is one of my favorites.

Our January meeting is on January 10th. No host dinner is at 5:30 followed by a program from Bob and Sheila sharing their adventures in the Cotswolds.

Happy Walking, Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - January 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday January 2	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 January 5	Register by 9:45 AM Walk leaves at 10:00 AM  Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia West Side Hills Walk YRE 1967 10K 2B	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday January 9	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 January 12	Register by 9:45 AM Walk leaves at 10:00 AM  Thrive Fitness 5401 Corporate Center Loop SE Lacey	Lacey Southeast "States" Walk YRE 0586 10K with 5K option 1A	N/A
Monday January 16	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.

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Thursday January 19	Register by 9:45 AM Walk leaves at 10:00 AM  Safeway 1405 East Main St Puyallup	Puyallup River Walk YRE 0915 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:15 AM  Drive time approx 35 min.
Monday January 23	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 January 26	Register by 9:45 AM Walk leaves at 10:00 AM  Holiday Inn and Suites 730 NW Liberty Place Chehalis  After registering at hotel drive to start point.  Limited parking at trailhead. Additional parking at nearby state park with Discover Pass.	Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday January 30	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.

\*\*\* 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 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.



*Wel come new members*

Sue Jones and Sue Cook

*Wel come to our club and see you on the trail!*



Morrisons in England, Cotswolds walk





## Capitol Volkssport Club Olympia WA 98507



### CVC OFFICERS

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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)

The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.  
— Herbert Spencer —

### Newsletter deadline

**Tuesday, January 31, 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