



Capitol Volkssport Club



NEWSLETTER

March, 2017

***The next CVC General Membership meeting will be on Tuesday,
March 14, 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. Tom and Barb Malone will show pictures and describe their recent adventures in China; a brief business meeting will follow.

Hello CVC volkssporters!

February was a busy month for Capitol Volkssport Club. We were in final planning mode for Seabreeze. I am pleased to report our event was wonderful. We had some cold rainy weather but that did not stop our friends and neighbors joining in the event. We had well over 30 up from Oregon and several from Canada. Sheila has reported we had 348 walkers who did 902 walks.

We also had a lot of compliments on the dinner, plus our ticket takers kept everyone in a happy mood while waiting in line. There was also a wonderful variety of soups and cookies. I was feeling pretty well fed by the time I headed for home.

Our guests included Henry Rosales, AVA Executive Director, and his fiance, Maria. We also had Dani from Walking Adventures, a sponsor of our event. Nancy J. Smith was also there. She brought with her t shirts with her original photographs. These were very popular and we are so pleased she came up from Oregon with her shirts, including one with Washington wildflowers and the words "Wild in Washington". Nancy is also sending a donation to our club to help with our expenses.

Our club worked as a team to pull this off beautifully. Thank you to all who participated as well as all who worked tirelessly at the event.

Moving on to March, there are two events listed for March. One is in Ruston, WA and the other in Hillsboro, OR. April has several listed, check your Pathfinder for information.

Our next meeting is at Izzy's on March 14. Barb and Tom will have a presentation on their trip to China. I can't wait to see pictures and hear their stories.

Happy Walking!

Liz

NEWS FROM THE TRAIL...



Upcoming Walks - March 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday March 2	Register by 9:45 AM Walk leaves at 10:00 AM Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU Campus) Walk YRE 1999 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 25 min.
Monday March 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 walkbox to park in Bay- view Parking Lot.
Thursday March 9	Register by 9:45 AM Walk leaves at 10:00 AM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with shorter options 1A	N/A
Monday March 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 walkbox to park in Bay- view Parking Lot.
Thursday March 16	Register by 9:40 AM Walk leaves at 10:00 AM Tenino Market 669 Lincoln Ave E Tenino Leave Tenino Market by 9:50 AM to drive to City of Tenino Park Sign 300 West Park Ave Tenino	Tenino Town and Trail Walk YRE 0678 10K (rated 2C) with 5K option (rated 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.

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Monday March 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 walkbox to park in Bayview Parking Lot.
Thursday March 23	Register by 9:45 AM Walk leaves at 10:00 AM Lowe's Home Improve- ment 3511 5th St SE Puyallup	South Hill Stroll YRE 0013 10K with 6K option 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 March 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.
Thursday March 30	Register by 9:45 AM Walk leaves at 10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K 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 30 min.

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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 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.

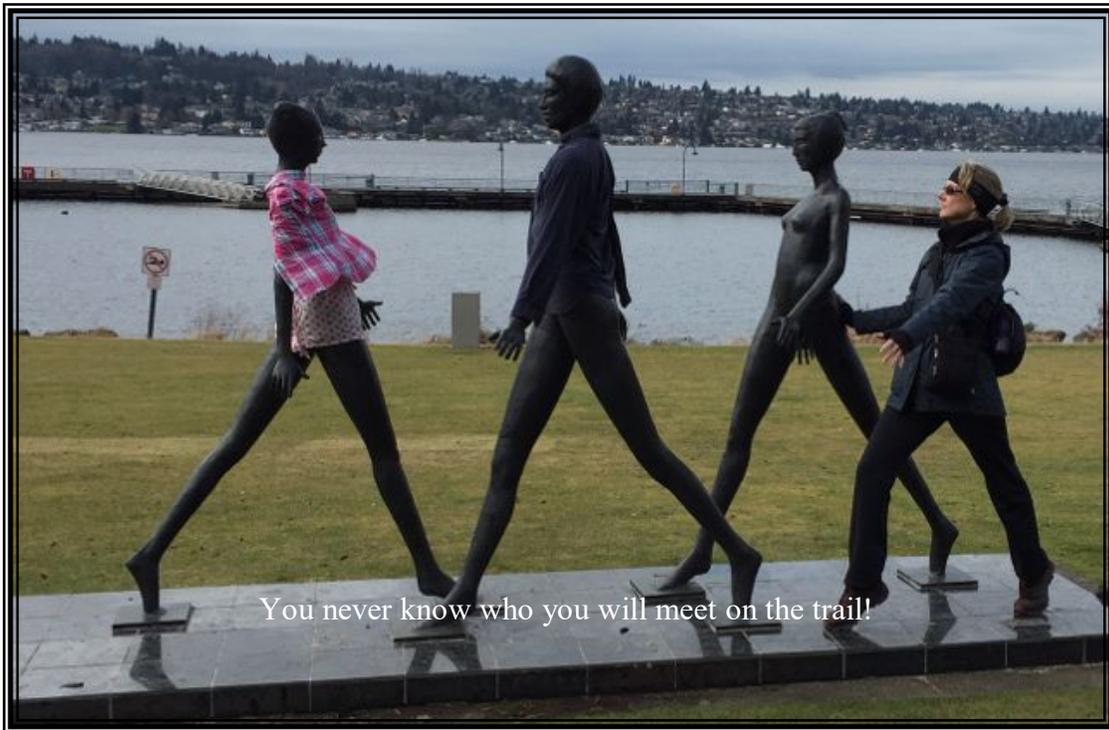


Welcome new members



Doug Hartz, Laurette Rodgers,
John & Lana Stomieroski, and
Teresa Wiggerhaus

Welcome to our club and see you on the trail!



You never know who you will meet on the trail!



The Olympics make a guest appearance to CVC and friends on a lovely but cold February morning in Steilacoom.



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

Wholesome exercise in the free air, under the wide sky, is the best medicine for body and spirit.— Sarah Luise Arnold —

Newsletter deadline

Thursday, March 30, 2017

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