



Capitol Volkssport Club



NEWSLETTER

June, 2017

The next CVC General Membership meeting will be on Tuesday, June 13, 2017 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM followed by the business meeting at 6:30 PM.
2017-2018 CVC officers will be elected at this meeting.

June is almost here! Graduations and weddings are the clue summer is coming. I am ready for some sun! As I am writing this, snow is falling in the mountains and there is wind and heavy rain at my house. The good news is the grass is really green!

May saw a lot of great walks for our club. It also included the ESVA meeting in Spokane with a lovely walk at Manito Park. The upcoming AVA Convention was discussed plus some good news for those collecting Washington counties and driving to Convention or to Winthrop. Odessa will be sanctioned for Lincoln County starting August 1. This is your chance to get that county this year.

We have chosen our candidates for office at the national level as well as determined how we feel about the by-laws changes. I feel confident traveling to Billings this month and appreciate the opportunity to represent our club. I am looking forward to walking and experiencing some of the workshops as well as the meetings. Some of our members are making a wonderful driving trip and doing pre and post convention walks. We can look forward to hearing about some of these great walks at one of our meetings.

We have a lot to be thinking about as we head into the summer months. We have some club officers to vote on plus thoughts on which of our walks we should sanction. We also have some ideas to encourage participation in our walks and plans for our 35 birthday in January. The first thing, though, is the annual picnic in August. We will talk about it at our next meeting.

We meet at Izzy's June 13 . See you there!

Liz



NEWS FROM THE TRAIL...



Upcoming Walks - June 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday June 1	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 5	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 6	Register by 5:45 PM Walk leaves at 6:00 PM Dairy Queen parking lot 6350 Capitol Blvd SE Tumwater	South Tumwater Walk N/A 10K 1B	N/A Park in a no-tow zone.
<p>*** Please Note ***</p> <p>The previous entry for June 8, Tenino, was erroneous. The scheduled walk for June 8 is Lacey College and Park. Please accept the webmaster's apologies for any inconvenience.</p> <p>Please Note</p>			
Thursday June 8	Register by 9:45 AM Walk leaves at 10:00 AM Lacey Safeway 6200 SE Pacific Lacey	Lacey College and Park Walk YRE 0950 10K with 5K option 1B	N/A

Continued on page 3...

(Continued from page 2)

Monday June 12	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 13	*** No Walk ***	You could come to the CVC Meeting at Izzy's instead.	*** No Walk ***
Thursday June 15	Arrive by 10:00 AM to register ABC Store 22309 - 7th Avenue SE Des Moines Store opens 10:00 AM	Des Moines Creek Stroll YRE 0605 10K with 5K option 2B	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 19	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 20	Register by 5:40 PM at Safeway, then leave at 5:50 PM to drive to the Evergreen State College start point. Walk leaves at 6:00 PM from the Evergreen State College West Olympia Safeway 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	Remote Start Walk 5:40 PM Drive time approx 10 min. Small parking fee at the college.

(Continued on page 4)

(Continued from page 3)

Thursday June 22	Register by 9:45 AM Walk leaves at 10:00 AM Best Western Plus (formerly Guesthouse Inn and Suites) 701 E Heron St Aberdeen	Aberdeen Waterfront, Town and Hilltop Walk YRE 0656 10K, 15K and 27K options (rated 2B) and 5K and 7K options (rated 1A)	8:30 AM Meet at the Westside Hagggen 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 26	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 27	Register by 5:45 PM Walk leaves at 6:00 PM 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 5:15 PM Drive time approx 30 min.
Thursday June 29	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 Trospen and Little-rock 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 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.

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.

Welcome new member

Daniel M. Stalling

Welcome to our club and see you on the trail!





Capitol Volkssport Club
Olympia WA 98507



CVC OFFICERS

President — Liz Morrison, (360)-748-3886
 E-mail: morsuns@yahoo.com
Vice-Pres. — Julie Heath, (360) 264-4670
 E-mail: ijheath@comcast.net
Secretary — Barb Malone (360)-485-3693
 E-mail: ravnliz08@yahoo.com
Treasurer — Sheila Morrison (360) 923-5381
 E-mail: sheila.morrison@comcast.net
ESVA Rep. — Holly Spaulding (253)-770-0691
 E-mail: holly.spaulding@comcast.net
Membership Karen Younkins(360) 357-9185
 E-mail: jcyounkins@comcast.net
Sales & Information Chairperson
 Lesley Willardson (360)-359-8436
 E-mail: heathfield@hotmail.com
News editor — Harry Saukants (360)-432-2318
 E-mail: hjsaukants@q.com
Publicity — Perki Sweet (360) 459-8167
 E-mail: pandpsweet@gmail.com
Webmaster — Peter Sweet (360) 459-8167
 E-mail: olysweetp@yahoo.com



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

*"All the great thoughts are
 conceived by walking."
 —Friedrich Nietzsche—*

Newsletter deadline

Friday, June 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