



CAPITOL VOLKSSPORT CLUB



NEWSLETTER

September, 2017

The next CVC General Membership meeting will be on Tuesday, September 11, 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. Ian and Julie Heath and Bob and Sheila Morrison will show pictures and describe their recent adventures in Peru and the Galapagos Islands; a brief business meeting will follow.

I find it hard to believe August is about over.

Teachers are already back to work setting up classrooms and getting lessons ready for students coming back to school. CVC members are looking at events in October and December!

August has been a fun month. I think a highlight was the impromptu Eclipse Extravaganza headed up by Pat Harmon. From all the reports, everyone had a fantastic time. The eclipse was truly an amazing sight in our area. I am happy I had the opportunity to observe it. I was amazed at how cold it got! I am appreciating the sun even more since then. We also had our annual picnic with a 5K walk before. It is always fun to have a dinner outside. Thanks to Julie for heading up the meeting and to everyone who attended.

Our club has the usual full schedule of walks twice a week this September (Tuesday night walks will no longer be offered due to shorter days). In addition, we will start planning our December events, the Holiday Walk and our Christmas Dinner. We also will have our Thursday special Salmon Walk October 5th.

Our September meeting is back at Izzy's at 5:30. the Heaths and Morrisons will be sharing their trip to Ecuador and the Galapagos right after dinner. I can't wait to hear about their adventures! There will be a short business meeting wrapping up the evening. We also would like anyone interested in helping at the Holiday Walk to attend a meeting before dinner. We need some help to insure the walk is a success. If you are able to help, please meet at 4:30 in our room at Izzy's.

Have a lovely end of Summer and a delightful beginning of fall .

Liz

NEWS FROM THE TRAIL...



Upcoming Walks - September 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday September 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday September 5	*** No Walk ***	Tuesday evening walks have ended for the year due to shorter days.	*** No Walk ***
Thursday September 7	Register by 9:45 AM Walk leaves at 10:00 AM Boathouse Marina and Tackle 5400 North Pearl St Tacoma	Tacoma Point Defiance Walk YRE 0366 10K 2B	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.
<p>*** Please Note ***</p> <p>If you looked at the September walks prior to July 7, the walks for September 14 and 28 were reversed. The current walks scheduled for those dates are as shown below. Please accept the webmaster's apologies for any inconvenience.</p> <p>*** Please Note ***</p>			
Monday September 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 14	Register by 9:45 AM Walk leaves at 10:00 AM Belfair Safeway	Belfair Theler Wetlands and Pacific Salmon Center Walk YRE 0189 10K with 5K option	Remote Start Walk Meet at Westside HaggFoods near Pier 1 Imports.

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	23961 NE State Route 3 Ste B Belfair After registering, drive to start point	1B	Be early - carpools leave at 8:45 AM Drive time approx 1 hour.
en Monday September 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 21	Register by 9:45 AM Walk leaves at 10:00 AM Stafford Suites 15519 - 62nd St Ct E Sumner	Sumner - Main Street USA Walk YRE 0159 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 40 min.
Monday September 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 28	Register by 9:45 AM Walk leaves at 10:00 AM 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 Y0838 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.

*** 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 MEMBER

Jan Morill

Welcome to our club and keep walking!





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.

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

*" Our way is not soft grass. It's a mountainpath with lots of rocks. But it goes upward,forward,toward the sun.
—Ruth Westheimer—*

Newsletter deadline
Thursday, September 28, 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