



# Capitol Volkssport Club

## NEWSLETTER

December, 2017

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## Annual CVC Christmas Party

Tuesday, December 12th

5pm until 8pm

at the Jacob Smith House 4500 Intelco Loop SE, Lacey



*BYOB if desired, and please bring a dish to share.*



November has been a wonderful month! It is so nice to be with family and friends. I feel thankful for having so much joy around me. I love the special food, camaraderie, breezy walks, and snuggling up in a quilt. I was also happy to walk the OPT Outside walk sponsored by the Daffodils. It was just perfect.

December is also full of fun plus relaxing with family and friends. I am looking forward to the CVC activities coming up. Our Holiday Walk is on December 9<sup>th</sup> from 2-8 this year. The following week, December 12<sup>th</sup>, is our Christmas potluck held at the Jacob Smith House, starting at 5 PM. It is wonderful to have so many volunteers for both events.

There are multiple events throughout December culminating in the New Year's Eve and Day walks in Seattle and also in Portland. I am hoping to attend several of these. I still need to finish my Centurion Challenge!

More news for our club is Tom Baltes, our Regional Director, will be driving up from Camas for our January meeting to fill us in a bit about who he is and what he does. We also will be looking to our membership for a variety of events we will be sponsoring in 2018 and 2019. We will need a committee formed to start the process of putting together Seabreeze 2019. We also will be hosting our 35<sup>th</sup> Anniversary walk on September 22, 2018, and also have our 2018 Holiday Walk to plan for. All of these things take a lot of planning plus a lot of people helping to make sure our events are fun and a success.

I am looking forward to seeing you all at our walk on the 9<sup>th</sup>!  
Happy Walking,

Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - December 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday December 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 7	Register by 9:45 AM Walk leaves at 10:00 AM  Centralia Safeway 1129 Harrison Ave Centralia	<a href="#">Centralia Historic Walk</a> YRE 0957 10K with 5K option 1B	Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday December 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 14	Register by 9:45 AM Walk leaves at 10:00 AM  South Bay Market 3425 Schinke Rd Olympia	<a href="#">Woodard Bay Walk</a> YRE 1009 10K with 5K option 1A	N/A
Monday December 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday December 21	Register by 9:45 AM Walk leaves at 10:00 AM  Lacey Safeway 6200 SE Pacific Lacey	<a href="#">Lacey College and Park Walk</a> YRE 0950 10K (rated 1B) with 5K option (rated 1A)	N/A
Monday December 25	<b>*** No Walk ***</b>	<b>Merry Christmas</b>	<b>*** No Walk ***</b>
Thursday December 28	Register by 9:45 AM Walk leaves at 10:00 AM  Bayview Thriftway Deli 516 - 4th Av W Olympia	<a href="#">Olympia - Capitol Lake and South Capitol Neighborhood</a> YRE 0260 10K with 5K option 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 lpolz@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.



# The Umbrella Story

Three friends walking on a rainy Sunday afternoon  
Starting at Bayview, walk directions in a plastic bag  
Raincoats on, gloves on, head bands on, umbrellas in hand,



Starting across the 4th Avenue Bridge.

“Oh no!” shouted Bonnie, as her bumbershoot took flight.

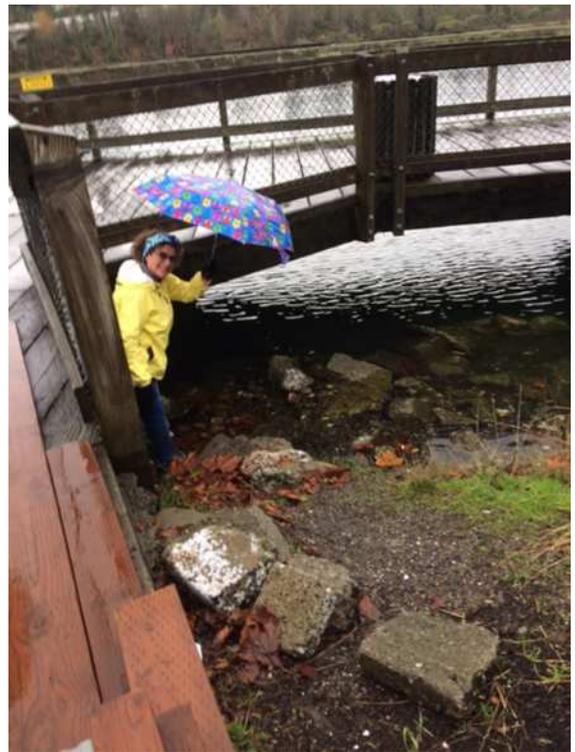
“And it’s my favorite umbrella.” As she hurried back to her car

To get a replacement, Pat and Liz stood on the bridge, Visiting and watching the umbrella floating in Puget Sound.

Suddenly Pat said, “Here it comes. It’s going under the bridge.”

“No sweat,” replied Liz. “I got you covered.”

And so she did.



The three friends laughed themselves silly and walked and walked and walked.

Welcome new members

Larry & Cheryl Bush and Sue Japhet

Welcome to our club and see you on the trail!





EVENT AND DISTANCE AWARDS



EVENTS



Cheryl Evans



Kris Colburn  
Chase Davis



Kris Colburn  
Chase Davis



Chase Davis



Cindy Extine



Nicholas Shields

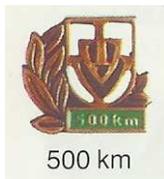


Susan Shields

3400 ev

Bbonnie Tucker

DISTANCES



Pat Lehnert



Kris Clburn  
Chase Davis



Mert Turner



Mert Turner



Mert Turner



Mert Turner



Mert Turner



Robert Morrison

*Congratulations 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.

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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)



### **Newsletter deadline**

**Friday, December 29, 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