



NEWSLETTER

January, 2018

The next CVC General Membership meeting will be on Tuesday, January 9, 2018 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.

A no-host dinner begins at 5:30 PM; Tom and Louise Baltes will be our special guests. Tom is the AVA Northwest Regional Director. He will tell us about his walking adventures and how he views his Regional Director position at 6:30, and there will be a Q & A opportunity. A brief business meeting will follow.

Happy New Year! 2018 already!

CVC had a wonderful December. We had such a beautiful day for our Holiday Walk. It was so different than the weather last year. Thank you to all the volunteers that made this event so successful. Our Christmas dinner was fabulous, we even had Santa. Thanks go out to head elf Pat and all her elf friends plus our Santa.

I am now looking forward to the new year. We have some changes coming. In June we will be electing new officers, we will be celebrating our 35th year as a club all year with a Club walking challenge as well as an anniversary walk in September, new stamps for all our walks, the Winter Walking Contest, and the 401k challenge. I am looking forward to all of them.

We are starting our planning process for 3 different walks, Anniversary, Holiday, and Seabreeze weekend. There are a lot of volunteer opportunities to help plan each of these events.

Some members are also going to the Canadian Convention in May plus the Alaskan Cruise in July and also the NW Regional Walking Festival in Port Angeles July 13-15.

It looks like a busy year loaded with fun Volkssport days.

Our next meeting will be January 9th at Izzy's. Please join us as we welcome our new Regional Director, Tom Baltes and his wife Louise. Tom will let us know about the couple's walking background as well as his responsibilities and philosophy as our RD. He will also take any specific questions you have.

I hope to see you all at the meeting,

Liz

Must read article

Today, ThurstonTalk published a story by Jessica Reeves-Rush about walking with Capitol Volkssport. Please find the story at the link below.

<http://www.thurstontalk.com/2017/12/29/walking-with-volkssport/>

NEWS FROM THE TRAIL...



Upcoming Walks - January 2018

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday January 1	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 January 4	Register by 9:45 AM Walk leaves at 10:00 AM Thrive Fitness 5401 Corporate Center Loop SE Lacey	Lacey Southeast Chehalis Western Trail YRE 0586 10K with 5K option 1A	N/A
Monday January 8	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 January 11	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 15	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 January 18	Register by 9:45 AM Walk leaves at 10:00 AM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Bayview to Priest Point Park Walk YRE 0260 10K 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

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Monday January 22	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 walk-box to park in Bayview Parking Lot.
Thursday January 25	Register by 9:45 AM Walk leaves at 10:00 AM Briggs Community YMCA 1530 Yelm Highway SE Olympia	Olympia Ward Lake YRE 2133 10K with 5K option 1A	N/A
Monday January 29	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 walk-box to park in Bayview Parking Lot.

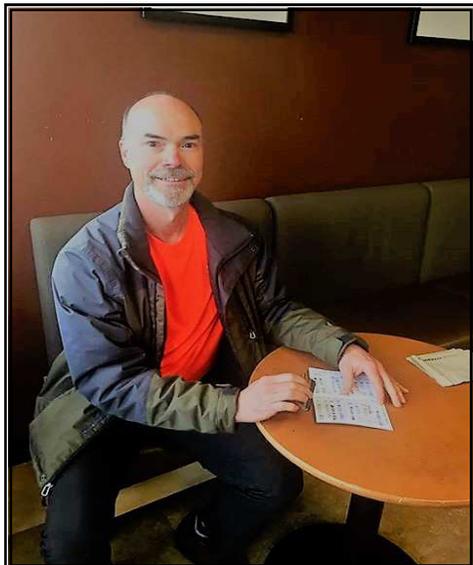
*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com)

Chase is stamping 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.



Chase is stamping his 300th walk



Marsha is showing her book on her 100th walk

Gifts for Garfield Elementary School



"Wow! There's so much!" was the delighted cry that greeted Bonnie on December 13th at Garfield. Thanks to your generosity, we had two double decker cartloads of snacks and school supplies + a personal check for \$75.00 to present! What a difference your gifts will make to

the students and teachers. Once again, you make me proud to be a member of CVC.

Merry Christmas, and thank you!
Bonnie



Welcome new and returning members

Rowena Mayes, Janet Page (returning), Mark Bockhurst, and Curtis and Renae Kyle (returning)

Welcome to our club and see you on the trail!



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.



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CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

"Every mile is two in winter"
 —George Herbert

Newsletter deadline

Wednesday, January 31, 2018

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