

December, 2011

CAPITOL CHRISTMAS PARTY

Come celebrate Capitol Volkssport Club and its wonderful members at the annual Christmas Party



Pot luck (meat will be furnished) BYOB

Tuesday, Dec. 13th 6:00 pm

4806 26th Ave SE, Lacey



Please RSVP to 491-7266 (Susan Berry) I need to know how many places to set or you might find yourself sitting on the floor.

HELP NEEDED

Help is needed for our annual Christmas walk on Dec. 10th.

1 person is needed for registration from 3 to 6.

1 person for start from 3 to 6.

Someone to trail sweep 5 km walk at 7:30.

One additional person could be used at the check-point (Phoenix Inn) from 3 to 6.

In addition, there is a need for muscle power to set up at the Inf. Center at 4:00 on Friday. Display racks need to be moved.

Muscle power is also needed at 8:30 on Sat. to move display racks back into place.

Please contact Susan at 491-7266 if you can help. Thanks so much.

EVENT AND DISTANCE AWARDS

EVENTS



10

Cheryl Pries



575

Robert Morrison



600

Sheila Morrison



900

Susan Berry



2200

Bonita Tucker

Welcome new members

Jack & Janie Daray



Welcome to our club and see you on the trail!

Congratulations and keep walking!

+++++

There is a group walk on Dec 3rd to Renton "Dancing with the Clams" event. Meet at Martin way Park and Ride lot at 3:00 pm. Please note time change. See you Saturday.



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

December 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, December 1	10 am South Bay Market 3425 Schincke Rd NE Olympia	Woodard Bay Trail YRE 1009 Difficulty level 1	N/A
Thursday, December 8	10 am Safeway 6200 SE Pacific Lacey	Lacey Historic YRE 0950 Difficulty level 1+	N/A
Thursday, December 15	10 am Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town YRE 0635 Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 35 min
Thursday, December 22	10 am Bayview Thriftway Store Deli 516 4th Ave W Olympia	Capitol Lake and South Capital neighborhood YRE 260 Difficulty level 2	N/A Parking pass required to park in Bayview Parking lot. Park- ing passes available in regis- tration binder
Thursday, December 29	10 am Safeway 520 Cleveland Ave Tumwater	Tumwater Historic Parks YRE 1743 Difficulty level 2+	N/A

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA.



Monday Afternoon Walks in December and January

Join Jeanne & Lesley for walks on Monday afternoon.

Meet to walk at 2:00(new time) at Bayview Deli, 516 W. 4th Avenue, Olympia

Contact: Jeanne at 790-4600

Have you seen the “Ava the dragon”?

Ava the dragon makes walking fun....

This is Ava—and she has been appearing on



the AVA Facebook page. She has been walking in Europe this fall and has made her way back to the states. If you find her in a start box or at an event, take her for a walk, take a photo of her and post it on the AVA Facebook page. Include the walk location and the date. Then take Ava to your next walk event start point or leave her in a different start box for the next walker. Don't keep her for more than two weeks! If you find her and don't plan to do another walk soon, post her adventure on Facebook and leave her in the same start box she was found in.

Ava is sponsored by the 4D's Volkssport Club. After you post Ava on Facebook, send a self addressed, stamped envelope to the **4D's Volkssport Club, P.O. Box 3071, Battle Ground, WA 98604**, and you will be sent a patch featuring Ava. Let's see how much fun we can have with Ava. Where will she turn up next? (Reprinted from The American Wanderer, December 2011/January 2012 ;;Ed.)

Challenge yourself in 2012!

By Rozy Weatherby

Most Volkssport YRE's are non-competitive, self-guided walks done at your own pace. We offer fun, healthy, non-competitive activities for individuals, families, groups or clubs. Sure, it says non-competitive, but many of us need a challenge or two to get us going.

Besides the many national challenges of 50 states, 51 capitals, etc. some set their own goals or personal challenges. Dar Parrow of the Oregon Cedar Milers club tries to walk 100 walks in each year. Many try to do more walks this year than in the previous year. Bruce of Canada set a goal of doing 100 walks on the way to, during and after the AVA Convention in Iowa this year, walking three or four a day.

For January 2012, only 14 states have at least one traditional event sanctioned. They are AZ, CA, CO, FL, HI, IA, MD, OH, OK, TX, UT, VA, WA and WI. Texas leads the pack with eight walks scheduled. Florida and Maryland have three, while Arizona, Ohio, Virginia and Washington have two each. Washington does have a two-day snowshoe and cross country ski in Cle Elum.

In Oregon in 2010, we had no traditional events scheduled in January, so a challenge was issued to walkers to do 10 Oregon YREs in January. Those doing so received a nice certificate.

For 2012, Oregon is hosting two challenges.

Walk 12 Oregon YREs or Traditional Events in the first two months of the year. Certificates will be awarded to those completing 12 or more walks. Gift certificates from REI will be issued to the top three walkers with the most Oregon walks. Also, be the first credit walker at an Oregon YRE. All credit walkers on that first day will be credited... Friendship, you know. So if the Wednesday walking group was the first to walk the YRE on January 4th, all of them would qualify as first walkers. Support smaller clubs by being the first credit walker at their YRE.

The more you walk, the better you feel (fitness), ...the better you feel, the more fun you have...the more fun you have the more friends you make...so let's all walk more in 2012. (Reprinted from The American Wanderer, December 2011/January 2012, Ed.)





Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

PRESIDENT – Susan Berry (360-485-9097)

E-mail: lsberry@comcast.net

VICE-PRESIDENT— Jim Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

SECRETARY— Leslie Willardson (360) 753-5596

e-mail: HeathField@hotmail.com

TREASURER – Sheila Morrison (360) 923-5381

e-mail: Sheila.morrison@comcast.net

ESVA REP. – Bonnie Tucker (360) 491-4767

e-mail: bonniedale@comcast.net

MEMBERSHIP—Karen Younkins (360) 357-9185

e-mail: jcyounkins@comcast.net

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: ollysweetp@yahoo.com

The 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 Volkssporting 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 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

In every walk with nature one
receives far more than he
seeks.

—John Muir—

Newsletter deadline

Friday, December 30, 2011.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or E-mail: hjsaukants@q.com

