

Next meeting will be the annual get together

Christmas Party

Tuesday, December 11th

6:00 pm. At home of Berry's

4806 26th Ave SE, Lacey

Meat, coffee, tea, will be furnished.

Bring a vegetable, salad, or dessert.

ANNUAL CHRISTMAS WALK

December 8th 3:00 to 9:00 pm

The walk starts at the United Churches, 110 11th Ave SE

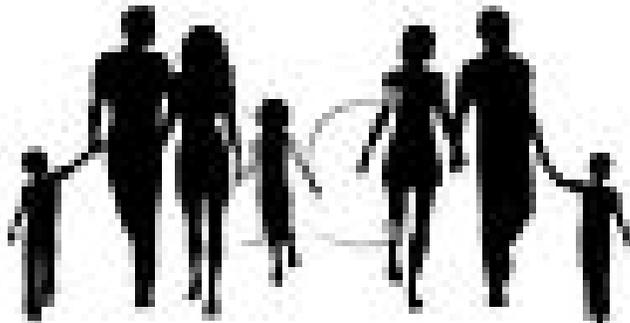
Enter from Washington Street.

Workers are needed for registration, start, sales, and finish. Please contact Susan Berry (491-7266 or Lsberry@comcast.net if you are able to help. There is also a need for cookies. A donation of 2-3 dozen would be appreciated.

The workers walk will be 9:00 am on Dec. 8th starting at the United Churches. Remember Wagner's has had free goodies in the past.

Nov. 14th, the Daffodil Puyallup Club is doing the Lacey walk that starts at Safeway at Carpenter and Pacific. The walk starts at 9:30

They will also be doing the Bay View Thriftway Store walk on Dec. 12th.



NEWS FROM THE TRAIL...



**CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS**

November 2012

DATE	TIME & LOCATION	EVENT	CARPPOOL INFORMATION
Thursday, November 1	10 am YMCA Tacoma Mor- gan Branch 1002 South Pearl St Tacoma	Tacoma -University of Puget Sound YRE 850 10K/11K Difficulty level 1A	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 35 min
Thursday, November 8	10 am Safeway 1405 East Main St Puyallup	Puyallup YRE 242 10K with 5K option Difficulty level 1A	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 35 to 45 min.
Thursday, November 15	10 am Bayview Thriftway Store Deli 516 4th Ave W Olympia	Capitol Lake and South Capital Neighborhood YRE 260 Difficulty level 1A	N/A Parking pass required to park in Bayview Parking lot. Park- ing passes available in regis- tration binder
Thursday, November 22	No Walk Happy Thanksgiving		
Thursday, November 29	10 am Thrive Fitness 5401 Corporate Cen- ter Lp SE Lacey WA	Lacey Southeast YRE 0586 10K with 5K and 6K options Difficulty level 1B	N/A

For more information contact:

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

Reminder—Seabreeze Walk -

Seabreeze will be on President's weekend of 2013, February 16th through February 18th. We will have six walks and two year round walks plus one bicycle ride. We will be using the Lion's Club again this year and we will have the Italian Buffet again this year too. The payment for dinner reservations may be made to Karen or Sheila. The cost will be \$20 and BYOB.

Millersylvania State Park Autumn Walk

What a glorious fall day it was on Sept 29th, when we hosted



the Millersylvania walk. A year of route planning, complicated by the January storm, paid off with 208 walkers completing our event. Many brought their four-legged friends, and some people carried a picnic lunch for afterwards. "What a beautiful park!" "Our family used to camp here, when I was a child." "How come I've never been here before?" These com-



Starting point

ments were typical of the exclamations made by happy walkers on a beautiful fall day. 99.9% of our customers had a wonderful experience, though a small minority was confused by the turn-around signs, and a couple 5 K walkers missed the change to green markings. On the whole, it was a resounding success, some want to know when the walk will be offered again, and the regional park ranger would like to work with us next year. All of that remains to be seen.

We had walkers from as far away as Anacortes and Whidbey Island, Battleground, and Ellensburg. We were so pleased, when Nancy and Buffy Wittenberg hurried south to do our walk, upon completing the 4+ event at Granite Falls. I'm not sure how many New Walker Packets we sold, but we had 9 coupon users, who are new walkers just getting started.

Perki, Sheila, and I want to thank the 25 volunteers, who helped make our event such a success. Bob, Peter, and Cindy

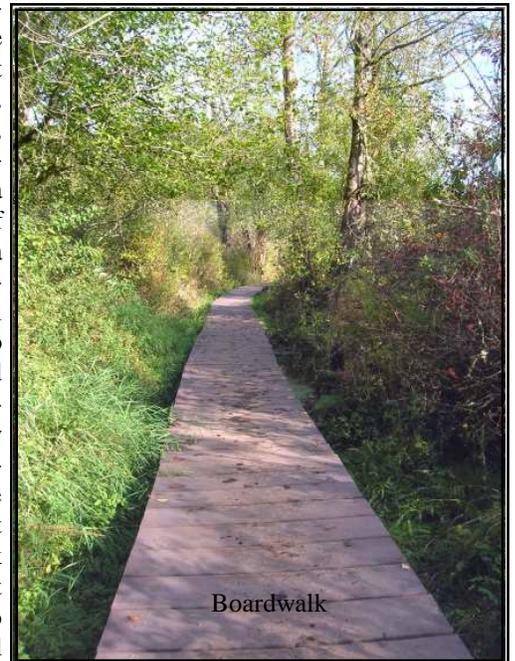


Deep Lake

Lawrence all tested the trails previous to our large marking party Friday afternoon. Then before daybreak Saturday morning Linda and John Adolphson, their friend, and two dogs checked the trails. More early birds, like Lloyd and Peter putting up the orange signs, Susan marking the green trail, and Linda and Ginny setting up the work stations, assured an early start for our first walker all the way from Edmonds! Jim and Bob played an invaluable role in parking cars in limited space, and our customer service providers (at Registration, Start, Finish, Sales, Checkpoint, etc) did a wonderful job of extending a great CVC welcome. Special thanks also go to those who baked cookies, consumed happily by hungry walkers. And we certainly don't want to overlook the important folks who cleared the trail and looked for

any lost walkers—Lesley, Ann and Sugar, Cindy, and Jeanne. I haven't named everyone, but you Blue Shirts know who you are. As you can see, it takes a whole club to put on a successful event. Heartfelt thanks to all of you.

Bonnie Tucker



Boardwalk



Capitol Volkssport Club
P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

- President — Vacant
Vice-P.— Elizabeth Mooney (360)-359-3303
E-mail: esmooney@hotmail.com
Susan Berry (360)-556-0683
E-mail: lsberry@comcast.net
Secretary — Ann Spargo (360)-753-6812
E-mail: aspargo@comcast.net
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: 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 62+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. 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

Our way is not soft grass, it's a mountain path with lots of rocks. But it goes upward, forward, toward the sun.

- Ruth Westmeyer -

Newsletter deadline

Friday, November 30 2012

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