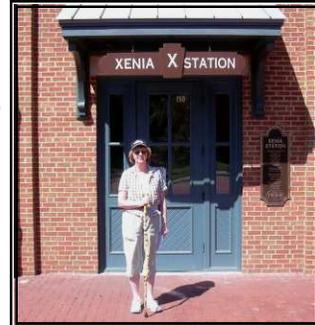


April, 2013

CVC Meeting , April 9th, 2013

At Apollo's Pizza and Pub, 2010 Harrison Ave NW
6:00 PM for no host dinner, program will start at
7:00 PM with meeting to follow;

*The program is "Walking the Alphabet"
presented by Pete and Perki Sweet.*



Important notes...

It is time to start thinking about 2014 walks the club wishes to sponsor. If you are a current walk tender, do you wish to continue your walk? What are some new walks we could do?

Are there walks we need to give a rest? Put on your thinking caps and come with ideas.

Elections are coming up in June. Think how you can help and volunteer.

CVC is having a walk at the **McCleary Bear Festival on Sunday, 14th**. There is a need for ;a couple of volunteers to help finalize the walk. **Can you help?**

EVENT AND DISTANCE AWARDS

EVENTS

DISTANCES



10

Elizabeth Morrison



30

Sheila Morrison



800



1500 km

Mike Extine



11000 km

John Warhol

Congratulations and keep walking!

NEWS FROM THE TRAIL...



Upcoming Walks - April 2013

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday April 1	2:00 PM Bayview Thriftway Deli 516 - 4th Ave 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 April 4	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Steilacoom Historic Town Walk YRE 0635 10K with 5K option 2B	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 35 min.
Monday April 8	2:00 PM Bayview Thriftway Deli 516 - 4th Ave 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 April 11	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	Chehalis Historic Walk YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Little- rock Road near Fred Meyer. Drive time approx 30 min.
Monday April 15	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
*** First evening *** *** walk of 2013 ***Tuesday April 16	5:30 PM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with 5K option 1A	N/A
Thursday April 18	10:00 AM Forza Coffee Co. 4828 Bridgeport Way W Ste. D University Place	University Place Walk YRE 0367 10K with 12K option 2A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 40 min.

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Monday April 22	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday April 23	5:30 PM Thrive Fitness 5401 Corporate Ctr Lp Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1B	N/A
Thursday April 25	10:00 AM Beehive Restaurant 300 Main St Montesano Drive to trailhead.	Slough To Slough Walk Seasonal YRE 0932 11K 1B	9:15 AM Meet at Westside Top Foods near Pier 1 Imports. Drive time approx 40 min. A Discover Pass is required for the trailhead parking lot.
*** New Walk *** Monday April 29	2:00 PM Pierce County Ferry Dock 56 - Union Ave Steilacoom Ferry leaves at 2:10 PM	Anderson Island walk 10K with 5K and 12K options 1A	1:00 PM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min. Ferry fare is \$5.00 (\$2.50 seniors) for foot passengers.
Tuesday April 30	5:30 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Bayview to Priest Point Park Walk YRE 0260 10K 1B	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

*** If you plan to walk, but don't plan to carpool, please let Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com) or Sheila (360-923-5381) know you are walking, and the group will wait for you at the starting point.
 *** 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.

Hoquiam – A New YRE for 2013

The day looked gloomy, and the weather forecast was “iffy,” but eight Capitol Volkssporters, clad in rain gear, and a dog, also in rain gear, walked anyway! We wanted to experience the new Hoquiam walk. For those who have been club



Sunshine by Hoquiam River

members for a long time, this is a revived old walk; but to most of the walkers on March 21, it was a new experience.

Our first stop was the Guesthouse Inn and Suites in Aberdeen, where we signed in. Then



Elton Bennett Park Trail Entrance

we drove four miles to the Levee Feed Lot in Hoquiam. From there we walked through part of downtown Hoquiam to two sets of railroad tracks, where we crossed and hiked on a trail that led us to the Hoquiam River. We hiked alongside the river in glorious sunshine and made a loop that took us back to town. Then we walked through more of the town and proceeded uphill to a cemetery. This is the part of the walk that makes it a “B” walk! And it is also the only part of the walk where we needed our rain



Elton Bennett Park & dog...

clothes. We experienced rain, hail and possibly thunder, although some thought the noise was an airplane.

After leaving the cemetery, where we saw four deer, we carefully made our way down the wet road to the Elton Bennett Park. This is really more like a canyon or ravine. As the sun came out again, the lighting on the trees and plants was very pretty. There were some

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wooden bridges and steps to ease the walking experience; but there were also trees and branches blocking the trail in places, so our "climbing over logs" skills came in handy.

From the park, we walked back to



Trail in Elton Bennett Park

town passing more houses, businesses, and the river. We also crossed a bridge built in 1928 that is on the national historic register. After our arduous walk, we drove back to Aberdeen for a delicious lunch at Billy's. More pictures of the Hoquiam walk can be seen on our website at



View of Hoquiam from a bridge

www.capitolvolkssportclub.org.

10 Rules for Walking Partners

1. Don't Stand Up Your Partner: If you've agreed to a time and place to meet to walk, keep that date except in cases of true emergencies. Notify your walking partner of any no-shows as far in advance as you can. If your life is so chaotic that emergencies happen more often than not, you shouldn't schedule anything with a walking partner.

2. Be on Time: If you are always late, it may cut into your walking partner's day or shorten your walking time. If you are late once in awhile, call your walking partner before you are actually late to let her know you are still coming and your estimated arrival time.

3. Agree on Speed and Hills: Are you going to walk together and match pace? You will need to see if your speed is compatible. You may be good for each other in all other ways, but if your speeds are too different, you won't be able to actually walk together. If your partner hates hills and you love the challenge, discuss this and adjust your routes as needed.

4. Mind Your Conversation Topics: Keep your conversation on the same level as polite dinner conversation. Don't talk religion or politics until you are sure such topics are welcome. Don't unload all of your personal problems onto your walking partner. Don't assume she is happy to share all of the details of your problems with your spouse, money, or medical ills.

5. Share Important, Relevant Medical Information: If you have a chronic condition that might require medical attention while walking, let your walking partner know about it and any drugs you carry to counter it. Asthma, angina, epilepsy, diabetes, and allergic reactions to bee stings might require your walking partner to help you or call for medical help. You don't have to make this a common part of your conversation, but let your partner know up front if these problems might occur and what she should do.

6. Ask Before Bringing a Friend or Dog: Adding a dog adds complexity to walking with somebody else. Ask first. Give your walking partner warning if you are bringing somebody else along, too. This is the same courtesy as if you were showing up for dinner for two with a third person.

7. Agree on Stops: If you need a restroom every hour, let your walking partner know that this will be a recurring stop. If you like to stop at the coffee shop in the middle of the walk, discuss this.

8. Agree on MP3 Players or Silent Times: Some walking partners like to listen to music and walk together for safety and to maintain pace, but not for conversation. Others may want to limit their conversation when they are getting tired or tackling a hill. Discuss this in advance so your partner can bring her own MP3 player -- or not be hurt that you aren't talking to her.

9. Limit Phone Calls: Don't break off your conversation with your walking partner to take non-emergency phone calls while walking together. Imagine this is a family dinner and inform your usual callers that you won't be available during this time.

10. Don't Whine: If your feet hurt or you're uncomfortable because it is extraordinarily hot or cold outside, it's likely that your walking partner is feeling the same thing. Hearing about it, however, makes the miles go slower. (Reprinted from About.com; Ed.)



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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 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

Walking is also an ambulation of mind.
- Gertel Ehrlich -

Newsletter deadline
Wednesday, May 1st, 2013
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