



October, 2013

Capitol Volkssport Club General Membership Meeting

Tuesday, October 8, 2013
Cheers Bar & Grill
5805 Lacey Blvd SE
Lacey, WA 98503

4:30-6:00 PM 5k Guided Group Walk from restaurant (IVV Credit) (Bob)

6:00-6:45PM Social & Dinner (no host)

6:45-8:00 General Meeting

- Welcome
- Introductions – Susan
- Karen & Jim Younkins present slides and discuss their trip to Australia & New Zealand
- Membership business
 1. Entertain questions, corrections to previous meeting minutes and Treasurer’s report posted on line
 2. Discuss/Adopt standing rules change (see page 4 for details)
 3. Worker signup for the Xmas walk (bring your calendars)
 4. Christmas Party Potluck
 5. Discuss/Approve 2014 Traditional Events (Quinault, Xmas, bike, others?)
 6. Discuss/Approve 2015 Seabreeze Event

EVENTS

DISTANCES



900

Sheila Morrison



1000

John Warhol



1350

Nicholas Shields



1400

Carolyn Warhol



12000 km

John Warhol

Congratulations, and keep walking!

NEWS FROM THE TRAIL...



Upcoming Walks - October 2013

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Thursday October 3	10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday October 7	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk- box to park in Bayview Park- ing Lot.
Thursday October 10	10:00 AM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K, 12K, 14K, and 16K options 1A (options vary)	N/A
Monday October 14	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk- box to park in Bayview Park- ing Lot.
Thursday October 17	10:00 AM Chevron Station 3025 Steilacoom Blvd SW Steilacoom	Fort Steilacoom Walk YRE 1996 10K with 6K option 1B	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday October 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk- box to park in Bayview Park- ing Lot.
Thursday October 24	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K 2B	N/A

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Upcoming Walks — October, 2013

Thursday October 24	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<u>Tumwater Historic Parks Walk</u> YRE 1743 11K 2B	N/A
Monday October 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bay- view Parking Lot.
Thursday October 31	10:00 AM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K op- tion 1B	N/A

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.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) or

Sheila (360-923-5381) 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.

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**From Kaiser Permanente news-
letter
Which is better: Walking or run-
ning?**

There is much evidence pointing to regular exercise as the single best thing a person can do to improve health and longevity, and walking and running are popular ways to get the exercise you need. So, which is better? We asked Robert Sallis, MD, a sports medicine physician at our Fontana Medical Center in California. It turns out the answer is not as clear as you might think, he says.

While hardcore runners may look down at walkers, evidence suggests the

health benefits are about the same. In fact, recent studies showed that while runners typically expend twice as much energy as walkers for a given amount of time, walkers can get the same health benefit by just walking longer. That means that walking for 30 minutes, 5 days a week, gives about the same health benefit as running for 15 minutes, 5 days a week.

But how about when it comes to burning calories and losing weight — surely running is better for dropping those extra pounds? Again, the answer is not what you might think, says Dr. Sallis. “The difference in calories burned is not much different whether you walk a mile or run a mile. To be

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Proposed Amendment to the Capitol Volkssport Club Standing Rules

At the summer picnic this year, the membership voted to reimburse CVC's delegate to the 2013 biennial convention for the cost of registration. The following amendment to the standing rules would provide for such reimbursement for future delegates.

Existing Standing Rule 01-1 Expense Reimbursement to Club Members

Club members that have paid with personal funds, for materials or services used for club activities, will be reimbursed by the club after submittal to the treasurer of a completed expense report CVC form, accompanied by expense receipts.

Expense reports must be submitted within 60 days from the time the expense was incurred. An exception is expenses in May and June, which must be submitted by July 3rd in order to complete fiscal year end reports. Blank forms are available from the treasurer or secretary.

The treasurer at his/her discretion can approve and pay expenses totaling up to \$50 before review by the Board. Expense reports above \$50 will be reviewed and approved by the board before payment.

Proposed addition to Standing Rule 01-1 Expense Reimbursement to Club Members

The club's official voting delegate attending the biennial AVA convention will be reimbursed for the full cost of registration. The delegate must document attendance the cost of registration.

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.. is better: Walking or running?

sure, running burns more calories per minute than walking, but by walking longer the difference between the two is negligible."

The bottom line? Pick the exercise you enjoy the most and maybe even do a little of both. Running is great exercise because you can get your workout done in a shorter time. The downside is that the increased intensity is harder on the joints, tendons, and muscles, and your injury risk is greater.

In the end, walking may be the more sustainable form of exercise

for most people, but whichever you prefer, know you can get tremendous health benefits from either walking or running, and you should make one or both activities a part of your routine.





Capitol Volkssport Club
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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 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

*"After a day's walk everything has
twice its usual value."*

~ George Macauley Trevelyn ~

Newsletter deadline

Tuesday, October 29, 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