



Capitol Volkssport Club

NEWSLETTER

June, 2014

The Capitol Volkssport Club General membership meeting

will be held Tuesday, June 10, 2014 at [Izzy's Classic Buffet-Olympia](#), 3540 Pacific Ave Se, Olympia · (360) 456-0314, 5:30-6:30PM Social & Dinner (no host), 6:30-8:00 General Meeting. We will elect our 2014/2015 Officers at this meeting. The nominating committee will present the following slate of officers, but others with the time and energy to serve are encouraged to let their interest be known.

- o **President – Liz Morrison**
- o **Co-Vice Presidents – Julie Heath, Holly Spaulding**
- o **Secretary – Barb Malone**
- o **Treasurer – Sheila Morrison**
- o **Membership – Karen Younkins**
- o **ESVA Representative – Susan Berry**

Save the date: CVC Potluck Picnic @ Tumwater Historical Park – August 12th, 6k walk begins at 4:00 PM, Dinner 5:30 PM, more information in the July newsletter.

EVENT AND DISTANCE AWARDS

EVENTS



10

Julie Heath



30

Ann Spargo



150

Elizabeth Morrison



2700

Bonita Tucker

3900

Roy Bauska

DISTANCE



500 km

Ann Spargo



11000 km

Sheila Morrison



16000 km

Carolyn Warhol

Congratulations and keep walking!

NEWS FROM THE TRAIL...



Upcoming Walks - June 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday June 2	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 Parking Lot.
Tuesday June 3	6:00 PM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Thursday June 5	10:00 AM Chehalis Safeway 1100 S Market Blvd Chehalis	<u>Chehalis Historic Walk</u> YRE 1605 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trospen and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday June 9	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 Parking Lot.
Thursday June 12	10:00 AM Walgreen Drugs 12105 Pacific Ave Parkland	Parkland (PLU Cam- pus) Walk YRE 1999 10K with 5K option 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 25 min.
Monday June 16	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 Parking Lot.
Tuesday June 17	6:00 PM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A

(Continued on page 3...)

(Continued from page 2)

Thursday June 19	10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K 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 June 23	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 Parking Lot.
Tuesday June 24	6:00 PM Thrive Fitness 5401 Corporate Ctr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A
Thursday June 26	10:00 AM ABC Store 22309 - 7th Avenue SE Des Moines Store opens 10:00 AM	Des Moines South Walk YRE 1461 10K with 5K option 3B	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 50 minutes.
Monday June 30	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 Parking Lot.

*** For Monday or Tuesday 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 lpolzin@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.



Storage Unit

Lee Smith has kindly allowed CVC the use of his backyard shed to store our equipment for more years than any of us can remember. However, he is moving soon and asked us to vacate the shed at the end of April. Thank you very much Lee, for accommodating us all these years. We wish you all the best of in your new home.

All of the Club's equipment has been moved to a storage space at NORTHWEST SELF STORAGE, 8745 Martin Way East, Lacey. Thanks to Tom & Barb Malone, Gary Orstad, Peter Sweet and Bob & Sheila Morrison, for helping with the move. With four pickups, we were able to haul everything to the new location at, in one trip. After the move, Bonnie Tucker, Sheila Morrison & Bill Spaulding spent another morning reorganizing our belongings so that it's possible to find what you need. Thanks to all these kind volunteers.

Keys and the password to open the gate are available by contacting Julie Heath, Holly Spaulding or Sheila Morrison.

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Six counties in Four Days . . .

An Eastern Washington Road Trip

Four years ago, Peter and I decided it might be fun to try to walk in all the counties of the state of Washington, one of our ESVA challenges. Walking in most of the western Washington coun-

ties was easy to do by just attending special events or stopping for a walk on our way to another destination. Eastern Washington counties require a little more planning. Many of the walks are seasonal and don't open until April 1.

So on Wednesday, April 30, a bright and sunny day in Richland, we left my brother's place and headed down the road for Walla Walla and a 10K walk. Much of the walk is through the lovely campus of Whitman College. Flowers were in bloom all over the campus and in the beautifully landscaped homes along the route. A special attraction in Pioneer Park is the aviary, home to many varieties of exotic birds and water fowl. For those so inclined, there is plenty of opportunity to sample wine on the route in the downtown area. We had a delicious lunch at El Sombrero, just across the street from the starting point. From Walla Walla (Walla Walla County) we drove to Dayton. The drive itself was spectacular, as the rolling wheat fields displayed tapestries of color.

By the time we got to Dayton (Columbia County), it was too hot to walk. So we checked into our hotel, rested up, and did the 5K option of the walk in the evening, when it had cooled down somewhat. The 10K option would have taken us further along the Touchet River Trail. Both options go past the historic court house and the historic train depot. The creator of the walk identified sixteen houses or buildings built before 1900.

By 10 a.m. the next morning, we were in the city park of Pomeroy (Garfield County) beginning another walk. Walk directions for Dayton and Pomeroy were at the same hotel in Dayton and appeared to be written by the same person who carefully identified over twenty old buildings in the 5K walk. Garfield county, registering 2,300 people, is the least populated county in our state. Pomeroy has a population of 1,420. We were able to walk freely all over the streets and sidewalks, as it seemed that nobody was there! Because it was so hot and we made several stops (for ice cream, to inspect the court house, coffee for Peter), it took us two hours to walk 5K. We drove the other 5K, which included the cemetery. There were definitely more people there than in town!

(Continued on page 5)

(Continued from page 4)

Six counties in Four Days . . .

Three down and three to go! We moved on to Clarkston and had lunch at a very funky restaurant called Hazel's. We sat in a booth that had a surf board on top and looked like beach hut. Elvis was in another room, and every booth was decorated with a different theme. The food was delicious. After lunch we checked into our hotel and swam in the hotel pool to cool off. We felt much better when we took the Clarkston walk (Asotin County) in the evening. It was still 83 degrees at 6 p.m. so we just did another 5K. Both 5K and 10K went through the town of Clarkston, a park, a residential area, and along the Snake River. The 10K crossed the bridge over the Snake River into Idaho, and the walk continued along the river.

Friday's walking began in Pullman (Whitman County) and home of the WSU Cougars. The 11K walk began with going down a long hill, which was discouraging since I knew we had to return the same way. The first part of the walk was along a public trail. Then it continued along the backs of pastures, maintenance buildings and things that weren't too interesting. The best part was stopping at Ferdinand's Creamery on the WSU campus for peach and mango milk shakes. After that we viewed the new cougar sculpture in front of the new stadium, passed a few other campus buildings and made our way to a park where we rested up before the last few Ks and the return trip UP the hill in 75 degree weather. We had a late lunch, calzones at Sella's, a favorite hangout of our boys when they were at WSU.

On to Ritzville, our sixth and last county of this adventure. Imagine our surprise when signing the register in Ritzville (Adams County) to see our own Bonnie Tucker's name just ahead of us in the book! Again, we checked into our hotel, had a

nice swim in the pool and cooled off before tackling the first 5K of this 10K walk. Most of this walk was through a very quiet town on a very warm evening. In the morning the weather had changed to cool and windy. We did the last 5K of the walk which went through more town, along a paved trail beside the town, and through the county fair grounds.

Ah . . . Thirty-one counties down, and eight more to go. I think two more carefully planned trips will do it!

Submitted by
Perki Sweet





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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

*Wholesome exercise in the free
air, under the wide sky, is the best
medicine for body and spirit.*

~ Sarah Louise Arnold ~

Newsletter deadline

Saturday, June 28, 2014

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