



# CAPITOL VOLKSSPORT CLUB

## NEWSLETTER

June, 2015

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### June and convention time is finally here!

Check out the walk, workshop, and general session schedule for the National Convention at [www.nationalavaconvention2015.com](http://www.nationalavaconvention2015.com). The diversity of the walks and workshops is amazing. Another plus is traveling to different spots in Oregon for the walks. We will have a brief overview of issues being voted on at our next meeting.

The June meeting will be on June 9<sup>th</sup> at Izzy's Pizza. Holly and Bill Spaulding will share pictures from their latest trip. It is such a gift to hear and see friends' adventures!

We also have the opportunity to join Tater Tour's guided walk right here in Olympia. The walk starts at Bayview promptly at 9:30 on June 12<sup>th</sup>. It was suggested we be there by at least 9:15 to get signed up and ready to go.

Don't forget to check the website for a variety of information including past newsletters and meeting minutes.

See you at the June meeting and on the trail.  
Liz

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### EVENT AND DISTANCE AWARDS

#### EVENTS



Tess Sutton



Mike Extine



Dale Tucker



Bonita Tucker

4200

Roy Bauska

#### DISTANCE



1000 km

Holly & William Spaulding



7000 km

Jeanne Allan



18000 km

Elisabeth Wittenberg

**Congratulations and keep walking!**

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This is the start point for Tokyo volkswalks. Behind us is the Volkssport Headquarters for Japan. They were so nice to us. They gave us several small gifts and Bonnie left some of our new business cards. It was a lovely walk with great friends in a fantastic city.

## NEWS FROM THE TRAIL...

Upcoming Walks - June 2015

<b>Date</b>	<b>Time/Location</b>	<b>Event/Distance/ Rating</b>	<b>Carpooling Info ***</b>
Monday June 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 walkbox to park in Bay- view Parking Lot.
Tuesday June 2	6:00 PM  City of Tenino Park Sign 300 West Park Ave Tenino	Tenino Town and Trail Walk 10K (rated 2C) with 5K option (rated 1A)  Walk along the Yelm- Tenino Trail, through surrounding woods, and around residential areas.	5:30 PM  Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer.  Drive time approx 30 min.
Thursday June 4	10:00 AM  Belfair Safeway 23961 NE State Route 3 Ste B Belfair  After registering, drive to start point.	Theler Wetlands and Pacific Salmon Center Walk YRE 0189 10K with 5K option 1B	9:00 AM  Meet at Westside Hag- gen Foods near Pier 1 Imports.  Drive time approx 1 hour.
Monday June 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 walkbox to park in Bay- view Parking Lot.
Tuesday June 9	*** No Walk ***	You could come to the CVC Meeting at Izzy's instead.	*** No Walk ***
Thursday June 11	10:00 AM  76 Station and Store 100 Barksdale Ave N DuPont  After registering at store drive to start point.	DuPont Boyhood Memo- ries Walk YRE 0193 10K with 5K option 1A	9:30 AM  Meet at Martin Way Park&Ride at the back of the lot.  Drive time approx 20 min.

(Continued on page 3...)

*(Continued from page 2)***Upcoming Walks - June 2015**

Monday June 15	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday June 16	6:00 PM West Olympia Safeway 3215 Harrison Ave NW Olympia	<a href="#">Olympia Evergreen State College Walk</a> YRE 0657 10K (rated 2C) with 5K option (rated 1A)	5:45 PM  Meet at Safeway to register, then drive to the Evergreen State College start point.  Drive time approx 10 min.
Thursday June 18	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup River Walk YRE 0915 10K with 5K option 1A	9:15 AM  Meet at Martin Way Park&Ride at the back of the lot.  Drive time approx 45 min.
Monday June 22	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday June 23	6:00 PM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	<a href="#">Southeast Lacey Walk</a> YRE 0586 10K with 5K option 1A	Meet at Thrive Fitness at 5:45 PM to register.
Thursday June 25	10:00 AM Tumwater Safeway 520 Cleveland Ave Tumwater	<a href="#">Tumwater Historic Parks Walk</a> YRE 1743 11K with shorter options 2B	N/A
Monday June 29	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.

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**Upcoming Walks - June 2015**

<p>Tuesday June 30</p>	<p>6:00 PM  76 Station and Store 100 Barksdale Ave N DuPont</p>	<p>DuPont Boyhood Mem- ories Walk YRE 0193 10K with 5K option 1A  Walk on sidewalks and groomed trails through the historic city of DuPont and surrounding woods.</p>	<p>5:30 PM  Meet at Martin Way Park&amp;Ride at the back of the lot.  Drive time approx 20 min.  After registering at store drive to start point.</p>
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\*\*\* 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.

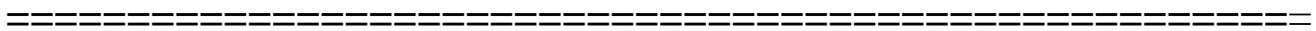
\*\*\* For Tuesday walks, please contact Perki (360-459-8167 or email pandpsweet@gmail.com) to ask questions about the walks or make start point meeting arrangements.

\*\*\* For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com)

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.





**Capitol Volkssport Club**  
Olympia WA 98507



**CVC OFFICERS**

- President** — Liz Morrison, (360)-748-3886  
E-mail: morsuns@yahoo.com
- Co-Vice-P.** — Julie Heath, (360) 264-4670  
E-mail: ijheath@comcast.net  
Holly Spaulding, (253)-770-0691  
E-mail: holly.spaulding@comcast.net
- Secretary** — Barb Malone (360)-485-3693  
E-mail: ravnliz08@yahoo.com
- Treasurer** — Sheila Morrison (360) 923-5381  
E-mail: sheila.morrison@comcast.net
- ESVA Rep.** — Susan Berry (360) 491-7266  
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.

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**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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.

**CVC Website:** [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

**AVA Website:** [www.AVA.org](http://www.AVA.org)

**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

"After a days walk everything has twice its usual value."

— George Macauley  
Trevelyan —

**Newsletter deadline**

**Monday, June 29, , 2015**

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