



Capitol Volkssport Club

NEWSLETTER

January, 2016

Happy New Year!

December has been an eventful month for CVC. We had a successful Holiday Walk on Dec 5th. 124 walkers came to walk, enjoy new and established friendships, eat cookies, and enjoy the lighted boats. The weather predicted was windy and very wet but it actually did not rain that hard. We even had 11 people come up from Oregon. Our membership outdid themselves in volunteering plus bringing cookies. Thank you to all of you and all those who came for the walk.

We also had a fabulous turnout and so much good food at the pot luck dinner at The Jacob Smith House on December 8. Santa even came bearing gifts and coal (coal was only given to those who were naughty this year) Many thanks to Roy Bauska for being such a magnificent Santa. Also special thanks to Holly and Bill Spaulding for finding the venue and for the wonderful decorations among the many things they did for this event. Thanks to Sheila Morrison for suggesting and heading up the donation drive for hats, scarves, socks, and gloves. We had three overflowing boxes to send to the kids. Also a special thanks to Susan Berry for getting the walk details together and to Bonnie Tucker and Linda Polzin for

taking over the check point site.

Looking ahead to New Year's Eve, many club members will be heading to Seattle to walk at Alki on the 31st and January 1st. I signed up for the Centurion program this year so January 1 will be my first stamp of 100 for 2016. I am excited! There are a lot of new challenges for 2016. There is a listing of them in the TAW, also on the AVA web site under Events/special programs/future programs. There are some great weekend events in Oregon and Washington in January and February including the Nathan Chapman Trail Walk, January 30, hosted by the Daffodil Valley Volkssport Club and the Pre-Super Bowl Walk in Portland. Both are great walks. It would be really fun to get a couple caravans to both these events!

If you have not gotten reservations for the Gorge Walks this June, now is a good time to get them, also for the Canadian Convention in Langley. I just got reservations for the Boise, Idaho NW Regional Conference in September. I am looking forward to the short road trip with walks on the way and on the way home.

Wishing you a very Happy New Year!

Liz

NEWS FROM THE TRAIL...

Upcoming Walks - January 2016

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday January 4	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.
Thursday January 7	Register by 9:45 AM Walk leaves at 10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia Waterfronts YRE 0260 10K 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday January 11	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.
Thursday January 14	Register by 9:45 AM Walk leaves at 10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1A South Chehalis Western Trail option	N/A
Monday January 18	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.
Thursday January 21	Register by 9:45 AM Walk leaves at 10:00 AM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia Capitol Downtown Walk YRE 0653 10K 1A Olympia Capitol option	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

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<p>Monday January 25</p>	<p>2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia</p>	<p>Olympia local walk starting at Bayview Varies 1A</p>	<p>N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.</p>
<p>Thursday January 28</p>	<p>Register by 9:45 AM Walk leaves at 10:00 AM Safeway 1405 East Main St Puyallup</p>	<p>Puyallup River Walk YRE 0915 10K with 5K option 1A</p>	<p>Meet at Martin Way Park&Ride at the back of the lot. Be early - carpools leave at 9:15 AM Drive time approx 35 min.</p>

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

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 is sad to announce the New Year's
Day death of Susan Berry.

She died of breast cancer, which had metastasized. Apparently she has known for about a year and one-half, but chose not to share the news.

Services will be held at the United Churches of Olympia on Sunday, January 17th, at 2:00 p.m. The address is 110 11th Ave. SE. If you came to our Christmas walk, you will recognize this place. And, yes, one of Susan's last accomplishments was securing her church for the start point for the 2016 Holiday Walk!

Susan will be greatly missed by the CVC, where she has provided leadership for a long time in various roles. She has been President several terms, has been trail master numerous times, and has played a prominent role in Seabreeze. Currently she is our ESVA Representative. On the State level, as South Sound Area Coordinator, for a number of years she has faithfully given leadership and encouragement to her clubs. And she's been an active member of the Challenge Committee. She has left some big shoes to fill.

I don't have addresses for the four children, but I think one could safely send a card to the family at Susan's home. The address is 4806 26th Ave. SE, Lacey, WA 98503

Our thoughts and prayers go out to the family.

Bonnie Tucker,

ESVA Secretary



Capitol Volkssport Club
Olympia WA 98507



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

CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

After dinner, rest
awhile, after supper,
walk a mile.
— Arabic Proverb —

Newsletter deadline
Friday, January 29, 2016
 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