



Capitol Volkssport Club

NEWSLETTER

November, 2017

*There will be a CVC General Membership meeting on Tuesday,
November 14, 2016 at
Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.*

A no-host dinner begins at 5:30 PM, program at 6:30,
followed by the business meeting from 7:00-8:00 PM.

I am writing this late. It is already November and the first snow has fallen. I feel winter coming but I am always happy with the changing of the seasons. We have done some walking in the rain and for some reason, I prefer that to walking in the sun. The sun we have had in October has been lovely, though.

Our October "Where the Salmon Run" was a huge success and the weather was perfect. We were able to see salmon swimming upstream as well as hear a short talk about them. The 10k group went to the Capitol Building and also enjoyed a brief talk. I heard lots of compliments about the route and our club.

Some of us headed north to Remlinger Farms for the Trick or Treat Walk. Again, beautiful weather and scenery. Many other fun walks were held in October including the "Daffodil Rocks Walk" and several from our club did The Great Columbia Crossing.

November is a busy month for us. We have our November meeting on the 14th. Cindy and Mike Extine will be sharing their trip to Greece before the general meeting. I can't wait to see pictures! We also will be asking people to sign up for various jobs at our annual Holiday Walk on December 9th. Bonnie has been busy getting the route done. It looks like a nice combination of things we have done at different times. We also will be talking a bit about the Christmas dinner meeting on December 12 at Jacob Smith House. Our donations will again go to children but this time more geared to school. Also we will talk about our 35th anniversary year that is sneaking up on us in January.

I hope you all have a wonderful Thanksgiving. I know I am looking forward to Turkey and dressing!

Happy Walking,
Liz



NEWS FROM THE TRAIL...



Upcoming Walks - November 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday November 2	Register by 9:40 AM at Safeway, then leave at 9:50 AM to drive to the Evergreen State College start point. Walk leaves at 10:00 AM from the Ever- green State College West Olympia Safe- way 3215 Harrison Ave NW Olympia	Olympia Evergreen State College Walk YRE 0657 10K 2C	Remote Start Walk 9:40 AM Drive time approx 10 min. Small parking fee at the college.
Monday November 6	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk start- ing at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 9	Register by 9:45 AM Walk leaves at 10:00 AM Bayview Thriftway Deli 516 - 4th Av W Olympia	Olympia West Side Hills Walk YRE 1967 10K 2B	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Monday November 13	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk start- ing at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 16	Register by 9:45 AM Walk leaves at 10:00 AM Thrive Fitness 5401 Corporate Center Loop SE Lacey	Lacey Southeast "States" Walk YRE 0586 10K with 5K option 1A	N/A

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Monday November 20	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 23	*** No Walk ***	Happy Thanksgiving	*** No Walk ***
Monday November 27	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday November 30	Register by 9:45 AM Walk leaves at 10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis After registering at hotel drive to start point. Limited parking at trailhead. Additional parking at nearby state park with Discover Pass.	 Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	Remote Start Walk Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Be early - carpools leave at 9:15 AM Drive time approx 30 min.

*** For Monday walks, please contact Jeanne (360-790-4600 or email koko-lo@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 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

It is exercise alone that supports the spirits, and keeps the mind in vigor

— Cicero —

Newsletter deadline

Thursday, November 30, 2017

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