

# Vaca Valley Volks Newsletter

## Spring (Apr, May, Jun) 2019

[vacavolks.org](http://vacavolks.org)

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### RECENT VVV EVENT:

#### Mare Island Flyway

We had seventy-two walkers join us for this year's Mare Island walk and celebration of the 23<sup>rd</sup> San Francisco Flyway Festival.

This year's unique festival location was in a tent in a ship building way between two of the overhead crane



supports. We shared it with an owl and the auditorium – everyone else was crammed into a nearby building!

The weather cooperated with little or no rain, but a cool breeze kept us moving. This year we were allowed to pass through the Toro University Campus, which cut out one of the uphill treks. The overhead crane supports on both sides of the tent are being painted in a major renovation of the ship building area. Many of the brick faced buildings will be renovated as a museum.

The walk went to the top of the hill to the old lighthouse site, to bunkers, circle around the Spirit Ship and geologic marker and the dry dock area.



The former Mare Island Naval Shipyard was the U.S. Navy's oldest installation in the Pacific. It was an active navy base from 1854 until closed in 1996. The dry docks and

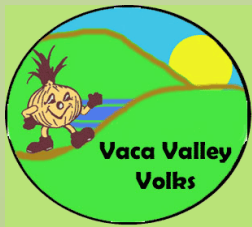
submarine slips are still standing and can be seen on the walk.

The walk passed "Officer's Row" and St Peter's Chapel is the oldest continuously operational chapel in the Navy. Built in 1901, it is a classic example of Victorian Gothic architecture with its tidy brown shingle, cream-colored trim, steep pitched roof and a



soaring octagonal spire. The chapel is non-denominational and houses one of the largest collections of Tiffany glass under one roof.





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**REGULAR MEMBERSHIP MEETINGS:**

1<sup>ST</sup> MONDAY  
EACH MONTH  
(Except February),  
at 7:00 pm.

Meetings are held  
in the cafeteria  
conference room of  
Vaca Valley  
Hospital,  
1000 Nut Tree Rd  
Vacaville.

**MEMBER ACTIVITIES:**

**New Year's Eve/Day**

We again joined the *Walking Sticks* on their annual **New Years Walks** - the last walk of 2018 and the first walk of 2019. Both walks again started at the Pioneer Congregational Church. The New Year's Eve walk went through East Sacramento, decked out in Fab 40's decorations. The new Year's walk toured midtown where we saw art and architecture in different neighborhoods. The walk went by many



beautiful and interesting murals - some covering full buildings. And, as always, we were treated to an amazing potluck after the walk.

**Hollies Hot Chocolate Walk**

Serveral club members joined the *South Bay Striders* for their **Holly's Hot Chocolate Walk**. The walk went around the gentle hills of Alum park in San Jose with wonderful views of the valley.

Alum Park is nestled in the Alum Rock Canyon in the foothills of the Diablo Range, the Park's 720 acres of natural,



rugged beauty. The 10K went down to Penitencia Creek which is lined with big-leaf maple white alder, and western sycamore in addition to Wild honey-suckle vines, the arroyo and red willow. After an invigorating walk, Chris and Holly Zegelin hosted hot chocolate, tea and coffee around the fire pit on their patio.

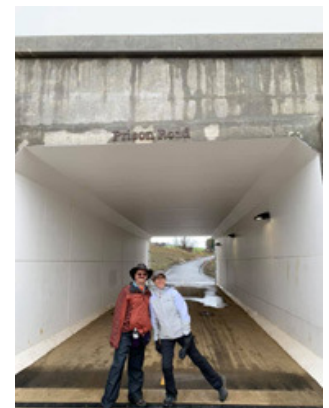
**Johnny Cash Folsom Walk**

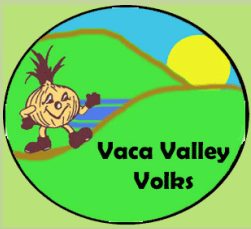
Linda and John Haviland and several other club members did the *Walking Stick's Johnny Cash Folsom walk*. The walk had been postponed earlier because of the heavy smoke from the wild fires up North and was almost rained out again. But the weather held and only a few sprinkles got the walkers.

The walk went along the newly dedicated Johnny Cash trail, the Folsom Lake Overcrossing next to



Folsom Dam and part of the western States trail in the Folsom lake State Recreation Area. The Folsom Lake Overcrossing is a sturdy metal walkway is connected by two distinctive towers. The overcrossing bridge was inspired by the architecture of Folsom Prison and was constructed out of sturdy corten-steel and reclaimed/ recycled concrete .that safely takes trail goers soaring above four lanes of traffic on Folsom Lake Crossing. It is part of a planned Johnny Cash Park will incorporate interpretive and educational elements about Johnny Cash, his band the Tennessee Three, and the At Folsom Prison album.





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**NEXT VVV WALK**

**Rush Ranch**

Rush to Rush Ranch Open Space and for a walk exploring a working ranch in the Potero Hills on April 13th. Rush ranch is a 2,070 acre open space working ranch that is managed by the Solano Land Trust and bordered on one side by the Suisun Marsh, a vital component of the San Francisco Bay-Delta Estuary. It features a visitors center, blacksmith shop, historical ranching equipment, birding and hiking trails.



There are three trails at Rush Ranch, all loops. The Marsh trail starts out passing a small hill topped by an overlook that provides a great 360-degree views of the surrounding area. The trail explores an area that is partly managed wetland and partly the salt marsh along Suisun Slough. The trail



follows a man-made levee that separates the freshwater and salt marshes. The walk passes two tidal gates, which are adjusted a few times a year to manage the salinity in the managed portion of the marsh. At about halfway around the loop you came to Goat Island, a small natural island in the marsh, slightly higher than the levee.

The South Pasture Trail, like its name implies, is a walk through pastureland and starts out passing through a “bone yard” of old farm

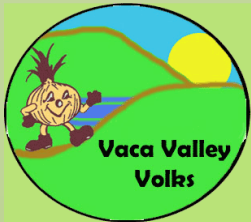
equipment. This area was used by the Patwin tribe, which had a village nearby called Suisun. The walk passes by a grinding rock, more than 10 feet across, used by the Patwin people to grind nuts and grain. Near the south end of the loop there is a bench with a wonderful view of Mt Diablo. This loop uses a rickety



elevated walkway bridge to cross Spring Branch Creek, which is nearly invisible in the driest months of the year.

The third loop, Suisun Hill Trail, starts across the street from the ranch entrance on Grizzly Island Road, and climbs up into the Potrero Hills. Just under two miles long, the walk climbs about 200 feet to the summit of the southern most of the Potero Hills for a 360-degree view taking in Grizzly Island marshes, a group of wind turbines, rolling hills and other vistas. On clear days, the view includes Mount Diablo and the Vacaville hills. Our 11k walk includes all three loops, while the 6k is the Marsh loop and a short walk to the grinding rock.





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**SOME FUTURE EVENTS:**

**April**

- 4 DB *Natomas Flood Plain*
- 6 TW **Pelican Point-Vernalis**
- 13 TW **Rush Ranch**
- 18 DB *Sacramento River front*
- 20 FW
- 27 TW **Lincoln**

**May**

- 2 DB *Pocket area*
- 3/4/5 TW **CVA San Diego-  
Annual Convention**
- 11 TW **San Bruno**
- 16 DB *Sac-American River*
- 18/19 TW **Big Trees State Park**
- 25 FW **Alameda Bay Farm**
- 30 DB *Arden*

**June**

- 1 FW **Galt**
- 8 FW **Hidden Murals-Sac**
- 9/16 TW **AVA Convention-  
Albany NY**
- 13 DB *Lincoln*
- 22 FW **San Fran-Fort Scott**
- 27 DB *Folsom*
- 29 FW **open**

**July**

- 4 TW **San Jose-July 4<sup>th</sup> parade**
- 6 FW **open**
- 11 DB *Circle Davis*
- 13 TW **Heritage Oak Winery-**
- 20 FW **open**
- 25 DB *Roseville*
- 27 FW **Benicia**

- TW – Traditional Walk**
- FW – Friendship Walk**
- DB – Bicycle event**

See <http://vacavolks.org/calendar.php> ,  
for more information



**NOTES FROM CVA:**

The 2019 CVA convention will  
be held in San Diego. There are 3 walks  
associated with it:

**Walk 1: Mission Bay East,** This event takes place on the east side of the largest man-made aquatic park in the country. It is a flat, out & back walk along a wide paved bike/walking path in a lovely waterfront environment. It is suitable for wheelchairs & strollers. **Sorry, dogs are NOT allowed between**

**Walk 2: Seven Historical Bridges,** This event is a delightful exploration of many well-established neighborhoods & historic bridges surrounding Balboa Park. It includes unique wooden, steel & concrete



pedestrian bridges built across some of the many canyons of San Diego. You'll love the sway of the suspension bridge!

**Walk 3: Exploring Ocean Beach,** Ocean Beach is a funky old fashioned beach town with spectacular views of the pounding surf. The walk starts at Dog Beach where you'll enjoy watching the dogs cavorting in the sand. The 5K & 10K will walk on city streets (or on the sand) to the famous fishing pier. The pier is the longest concrete pier on the West Coast. The 5K will walk the pier and then return to the start point. The 10K continues uphill on city streets with a great view of the ocean.

