

Vaca Valley Volks Newsletter

Fall (Sept, Oct Nov) 2016



vacavolks.org

Steve Dmytriw,
President
sdmytriw@excite.com

Bud Simmons,
Vice President,
jillmail@sbcglobal.net

Jill Simmons,
Treasurer
jillmail@sbcglobal.net

Janis Dmytriw,
Secretary
jdmytriw@excite.com



www.cva4u.org/



www.ava.org



COMPLETED VVV EVENT

Club Challenge walk – Mill Valley

In continuing group walks to celebrate our club's 30th anniversary, several members did the Mill Valley walk.

On a beautiful day for a walk – not too hot, not too cold, we started the walk at the community



center and then went through the charming Marin County town of Mill Valley.

We continued through a woodsy area with many towering redwoods dotted with spacious beautiful homes. Mill Valley was known for its wood cutting mill and as a location for residents of San Francisco to visit to get away from the cool and foggy San Francisco summer weather. All of the charm of the downtown area is on the walk and in addition, the walk goes to a small fresh spring waterfall.

The highlight of the walk was going down the woodsy trail along the babbling brook until you reach the waterfall. We climbed around the waterfall a little before going on. After the waterfall view, we continued along Cascade Drive. We saw coastal redwood trees that rival any in Northern California and homes that exceed most in California. Marin County is famous for wealth and a unique way of life.



MEMBER ACTIVITIES:

Columbia River Gorge

Several club members travelled north to Oregon to participate in the 2016 Columbia River Gorge Biennial Classic – 12 walks, a swim and a bike in the beautiful hills of Oregon. Many of the walks followed along streams and waterfalls. Here is a brief summary of a few of them:

Starvation Creek:

No one really starved here. The descriptive name refers to an 1884-1885 event when a Pacific Express passenger train was trapped near the creek in snow from a blizzard for twenty-one days, from December 16 to January 6, 1885. No one died, but they were hungry!



Multnomah Falls:

Besides a climb up to 1,756 feet, this walk is known for the Benson Bridge that you cross half way up the falls. The views from the 52 foot long bridge, and the overlook at the top of the falls, are spectacular. The walk goes up by Multnomah Falls, but comes back down along Wahkenna Falls with a stop at Lemmon's Viewpoint for a photo op.



Herman Creek Pinnacles:

This was a walk which did not follow a major waterfall (just some small rapids). It's main attraction are mysterious pyramid shaped rock mounds. Best guess so far, The





vacavolks.org



www.cva4u.org/



www.ava.org

REGULAR MEMBERSHIP MEETINGS:

1ST 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.

Pinnacles are a basaltic formation that most likely formed below the surface of the Earth and was later exposed by erosion of softer surface materials. There are several basalt “fields” that are essentially just long flows of basalt that formed as a large plasticity flows sometimes called flood basalts. The theory is that pinnacles did not make it to the surface, and cooled below the surface of the earth in their current shapes only to be later exposed by erosion.



California Costal Adventure

Several club members joined the *Bay Bandits* and the *South Bay Striders* for their California Costal Adventure, a series of 14 walks and bike events along California’s Central coast. Here’s a brief summary of a few of them:

Golden Gate Bridge:

This walk across the famous Golden Gate bridge is on many people’s bucket lists. The walk started in the Presidio, went past the old stables and defensive earth works to the bridge . On the other side of the bridge, we all rested and then returned.



Natural Bridges:

This is a walk along the beautiful Santa Cruz coast to the Santa Cruz wharf. It starts in the Natural Bridges State Park, It ventures to the coast, where you can see the remains of the natural bridges after which the park is named, but it collapsed one night.



Capitola Secret Stairs and Pathways:

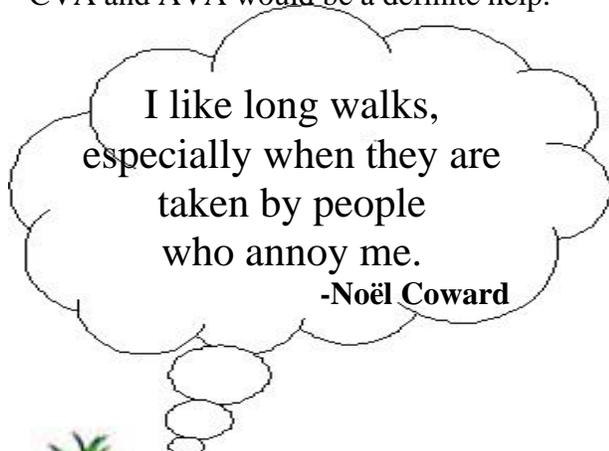
The stairways and paths may not really be secret, but the often narrow paths were definitely almost hidden. The walk went through Capitola and by the brightly painted beach condos of “Little Venice”. The 80+ concrete stairway leading up out of Capitola Village was obvious, but many of the other narrow stairways were not. Some you had to know about to find them.



FROM CVA:

Fun Walks

Fun Walks - events in the form of social or family orientated events were discussed at the 2016 Annual California Volkssport Association Convention. The “fun walks” would be another category of events, possibly partnering with other groups. The immediate focus of these groups is obtaining insurance under the AVA umbrella policy. Vaca Volks has a fledgling “fun walk” program we are trying to institute, and emphasis from CVA and AVA would be a definite help.



I like long walks,
especially when they are
taken by people
who annoy me.
-Noël Coward





vacavolks.org



www.cva4u.org/



ww2.ava.org

**REGULAR
MEMBERSHIP
MEETINGS:**

1ST 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.



SOME UPCOMING WALKS:

September

- 1 DB Vacaville
- 3 TW **Livermore-Brushy Peak**
- 10 TW Woodland-Walk History
- 15 DB Sacramento-Natomas
- 17 TW **Folsom-Humbug**
- 24 FW Roseville
- 29 DB Sacramento-Riverfront

October

- 1 FW Roseville-Fountains
- 8 FW Auburn
- 7-9 TW **Redding Extravaganza
3 walks and a dinner**
- 13 DB Sacramento-Pocket Area
- 15 TW **SanFran-Ghost Walk**
- 22/23 TW **Vacaville**
- 27 DB Sac-American River
- 29/30 TW **Ripon-Spook Walk**

November

- 5 FW Ione
- 10 DB Sacramento-Arden
- 12/13 TW **Camino-Apple Hill**
- 19 FW Vacaville-Jo & Joe
- 26 FW Placerville

December

- 8 DB Lincoln
- 10 FW Sonoma
- 17 FW Elk Grove Creek
Watershed
- 22 DB Folsom-Humbug Willow
Creek
- 31/1 TW **Sacramento**

TW-Traditional Walk

- FW-Friendship walk
- DB- Don's Bike

See web page, <http://vacavolks.org>,
Scheduled Walks for more information

Alameda Bay Farm Walk

As part of the 30th Anniversary
effort to walk all nine of our Year Round
Events (YREs), we will do a group walk
of Alameda Bay Farm on Sunday,
October 2,2017. We would like to start

the actual walk in Alameda at 9:30 am.
and will be leaving the Digger's Deli
parking lot (Alamo Plaza, 876 Alamo
Dr) in Vacaville at 8:30am. If you need a
ride, or would like to car pool, please
meet in the parking lot before 8:30. If
you are driving directly there, we'll see
you at Cafe au Lait, 3215 Encinal Ave
Ste D, Alameda You can do these Year
Round Walks (YRE's) at any time on
your own, but this will be an opportunity
to walk with a group.

The route is mainly paved and
goes by parks, along canals and along
San Francisco Bay, offering a skyline
view of San Francisco and the bay. This
11 km walk includes 3 km of picture
postcard views of Alameda Island,
Oakland, the Bay Bridge and San
Francisco Bay. On the way back you
walk along a very large Lagoon on a
public walking path that features
beautiful up-scale homes, outstanding
landscaping and waterfowl. Registration
box is under the counter on left wall.

Vacaville East Walk

A reminder, the Vacaville East walk
will be held on October 22 and 23 in
partnership with HealthSpring Fitness..
This is a new Vacaville walk that starts
at the HealthSpring Fitness Center
(across from Vaca Valley Hospital).
The walk then joins the Ulatis Creek
trail and follows Ulatis Creek through
residential areas and parks. The walk
goes by the eye catching Vacaville
Cultural Center, home to the main
Vacaville Library, the Performing Arts
Center and the Community Center
before going past the Premium Outlet
Stores and
back
through
residential
areas. We
hope to see
you there.





vacavolks.org



www.cva4u.org/



ww2.ava.org

REGULAR MEMBERSHIP MEETINGS:

1ST 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.



FROM AVA:

AVA Convention In Billings

The 20th Biennial American Volkssport Association Convention will be held in Billings, Montana from June 7th -9th, 2017.

There are 36 miles of trails in Billings, with over 7 miles along the Yellowstone River. A stretch of trail along the Rimrocks has fantastic views of the mountains beyond. On a clear day, five mountain ranges can be seen. Billings has 39 city parks, and more than 500 geocache treasures in the city alone! The Yellowstone River is the longest free-flowing river in the United States.



The downtown brewery tour will be incorporated into one of our sanctioned events. The Western Heritage Center is an affiliate of the Smithsonian, and is on the National Register of Historic Places. The Yellowstone Art Museum was originally the Yellowstone County jail, built in 1884 (\$5 admission).

Stay AVA Connected on Facebook

Stay connected to AVA by joining our open discussions with the Executive Director on our Facebook page. This is a great way to share your thoughts and suggestions to continue improving our beloved organization. We rotate two monthly discussions—one during the day and one in the evening. Due to some confusion on how to access the Open Discussions, I have created a PowerPoint tutorial on how to join in. I hope that you all find this helpful. If you have any suggestions as to how we can improve our Open Discussions or what we can do differently, please send them to Samanta@ava.org. Thank you!

America Walks Study Application

Are you interested in participating in a walking research study? America Walks Study is looking for individuals who enjoy keeping track of their daily steps. The app will measure walking behavior in the U.S. for a 30 day period. It will keep track of your daily steps taken and will assess how your steps compare to other walkers within the same state and across America. To enroll in this study simply download the free app, complete a 2 question pre-screener, a demographic survey, and give your informed consent. Please add AVA to your name when signing consent; we would love to know how many of our members participated. The last day to enroll is September 30th. Participants must be 18 and over, must reside in the U.S., and must own an iPhone or Android to download the free app. Participants can opt out at any time. For more information



Checkpoint



The Checkpoint is a monthly newsletter and is the official voice of The American Volkssport Association. It contains up to date information on AVA programs and direction. To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at intern@ava.org.

