

Vaca Valley Volks Newsletter

Fall (Oct, Nov, Dec) 2019



vacavolks.org

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RECENT VVV EVENTS:

Skyline Park

In September, we had forty-three walkers join us for a challenging new walk through the undeveloped lands of Skyline Wilderness Park in Napa, CA. Skyline is neither a state or federal park, but 850 acres of private, volunteer-run and maintained wilderness, undeveloped except for the trail system and which takes in numerous natural features and ecological habitats.



The trails are well laid out, but are gravel or hard packed dirt with hills.



Skyline is a great park for hikers with trails of all difficulty levels. Our walks stayed on the moderate trails. The main and most heavily used trail is the Lake Marie Trail which begins in the sparse, sun-beaten oaks near the park's entrance and ends in the cool, shaded Bay Laurel forest adjacent to Lake Marie.

The walk went past caves,



foundations of old buildings and even a small quarry before reaching Lake Marie. And, of course, there were wonderful views of the Napa Valley.

Historic Martinez

In July, sixty three walkers joined us for a walk among the many historic markers in Martinez. It was a beautiful summer day, a little cool for a California summer – which made it



perfect for walking . The walk started out walking through town and passing several murals. Then it went by the old train depot and the new Amtrack terminal.

The railroad arrived in 1877, and in 1879 and Martinez obtained the world's largest ferryboats ("Solano" and "Contra Costa") to transport trains across the Strait from Benicia to Port Costa. Later the walk passes a plaque dedicated to the ferry boat "Carquinez". Many of the historic old homes had information plaques in front of them.





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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.

Rush Ranch

In April we had fifty-one walkers join us for a bovine adventure at Rush Ranch Open Space. We shared much of the walk with herds of friendly cows. The walk started at the new visitor center.

It was a beautiful clear day and as advertised we had three loops. The



Marsh trail started out passing an appaloosa mare and her foal, then went over a

small hill topped by an overlook that provided a great 360-degree views of the surrounding area. The trail explored an area that is partly managed wetland and partly the salt marsh along Suisun Slough. It a man-made levee that separates the freshwater and salt marshes with two tidal gates, which are adjusted a few times a year to manage the salinity in the managed portion of the marsh. Fishing boats from Suisun Harbor were seen going out. And there were cows.

The South Pasture Trail, like its name implies, was a walk through



pastureland that started 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 used a very rickety elevated walkway bridge to cross

Spring Branch Creek. And there were cows.

The third loop, Suisun Hill Trail, went across Grizzly Island Road, and climbs up into the Potrero Hills. Just under two miles long, the



walk climbed 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 a distant view of Suisun Harbor. And, of course, more cows.



The following members received Commendable Service or Meritorious Service Awards for continuous outstanding service and support to Vaca Volks and AVA Volkssporting:

- Priscilla Fife**
- Howard McGill**
- Judy McGranahan**
- Jill Simmons**
- Bud Simmons**
- Jane Wirth**
- Craig Wirth**

Additionally, our newsletter took Second place in the AVA Publicity Contest at the National AVA Convention in New York. Congrats to our newsletter author, Steve.





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MEMBER ACTIVITIES

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 goes 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.



SOME FUTURE EVENTS:

October

- 3 *DB Pocket area*
- 5 **TW Granite Bay , Folsom Lake**
- 12 **TW Isleton**
- 17 *DB Lincoln*
- 19 **TW Albany/Berkeley**
- 19 **TW Cambria scarecrow**
- 20 **TW Cambria Beach**
- 26/27 **TW Ripon-Spook Walk**
- 31 *DB Arden*

November

- 2 FW Sacramento Capitol
- 9 **TW - El Dorado Trail**
- 14 *DB Circle Davis*
- 16 FW Vacaville- Jo & Joe
- 23 **TW Novato Hamilton Field**
- 27 *DB Roseville*
- 30 FW Roseville-Sculpture

December

- 7 FW Sutter Creek
- 12 *DB Rancho Cordovas*
- 14 **TW Christmas in Monterey**
- 21 FW Rancho Cordova
- 26 *DB Vacaville*
- 28 FW Auburn
- 31/1 **TW Sac-New Year's Eve**

January 2020

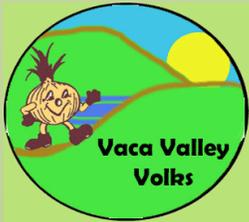
- 1 **TW Sac New Year**

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

For more information, see
<http://vacavolks.org/calendar.php>

Next VVV Sponsored Walk

Our next walk will be the annual Mare Island – Flyway Festival walk in February 2020. Keep looking for further information as we again celebrate the migration of thousands of birds through our area



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NOTES FROM CVA:



The California Volkssport Association (CVA) has a new web site – it is posted at the old location,

<http://www.CVA4U.org> . Please stop by and visit – they are looking for suggestions or questions

NOTES FROM AVA:

One of the big take-a-ways from the American Volkssport Association (AVA) convention in New York is that we, as a club, must change with the times.

AVA started making changes with the move to do business as AVA: America’s Walking Club. While we are proud of our Volksmarching tradition and history, it was not resonating with our potential customers. AVA haven’t thrown away our tradition and history, but we recognized that we needed to put the America’s Walking Club out in front if we were going to attract new folks. Now, AVA has invested some of its resources to hire a public relations company (Mass Media) to guide us to the changes that will give us a fighting chance to turn things around. They have the expertise and have been working hard to help us find the areas that need to change for the best results. AVA is not changing who we are or what we do. What they are trying to change is how we are seen by the public so we can attract new walkers and donors and ultimately grow!

During the convention three bylaw amendments were introduced and approved

1. The AVA fiscal year will be changed to a calendar year. This was important because all AVA events are planned on a calendar basis. Finances, reports and

other resources will now be aligned with events.

2. Up to three additional members are allowed on the board who are not Regional Directors. This gives Lifetime and Associate members a voice in the governance of AVA and allows the board to include community members who can contribute external expertise, resources and authority.

3. Committee structure has been changed to move committees that are operational in nature under the direction of The Executive Director. Committees that are important to help the NEC Board govern the AVA will remain under the Board.

Our Vaca Valley Volks representatives at the convention, Bud and Jill Simmons and Howie McGill

reported that the meetings were short and the walks well planned. Howie even stopped by on his way to do the Crazy Horse walk.



Got his bucket list stamped!

The 2021 Biennial AVA convention will be in Madison Wisconsin. It’s more than dairy farms, breweries and the “frozen tundra” of the Green Bay Packers

