

vacavolks.org

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Vaca Valley Volks Newsletter

Winter (Dec '16, Jan, Feb) 2017

COMPLETED VVV EVENT

Vacaville East walk

Sixty-five walkers joined us on a warm fall weekend for a new walk in East Vacaville, along the outlet stores. The walk was in partnership with HealthSpring Fitness and started in their new facility.



After leaving HealthSpring we joined the Ulatis Creek trail and followed Ulatis Creek through residential areas and parks. The walk then went by the eye catching Vacaville Cultural Center, home to the main Vacaville Library, the Performing Arts Center and the Community Center. After passing the Cultural Center, the walk went through the new Vacaville Transportation Center and under the clock tower. After leaving



the center, the walk went along behind the outlet stores (we only lost a few walkers who went on shopping trips) The check point was at Starbucks, where you could get a cup of pumpkin spice coffee to keep up your strength. Continuing past the Outlet stores, the walk enters residential streets before again following Ulatis Creek for a short distance. It then swung back though quiet residential streets, by parks and schools and returned to the Fitness Center.



MEMBER ACTIVITIES:

Alameda Bay Farm Walk

As part of the club's 30th Anniversary walk series, several members did the Alameda Bay Farm walk. The area was once an island with a major asparagus farm on it. Although part of Alameda, landfill connected it to the Oakland peninsula. Alameda, meanwhile, was once a peninsula, but became an island when the channel was dug out to provide access for shipping.

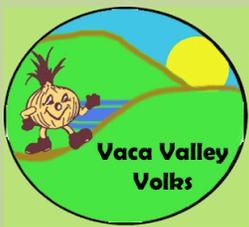


The walk itself is a beautiful walk, starting out crossing a couple of bridges, then followed the Bay Farm Island Loop Trail along the bay with good views of San Francisco and the Bay Bridge. The walk turned at the ferry terminal and went back along a series of beautifully landscaped lagoons.

Redding Extravaganza

Jill and Bud Simmons attended the *Shasta Sundial Strollers'* Redding Extravaganza, celebrating their 10th anniversary. It was a series of three walks around Redding and Whiskeytown National Park with a dinner afterward. Bud and Jill did all three walks and reported that the Brandy Creek walks were strenuous, but beautiful. The Iconic Walk passed many Redding landmarks, like the Cascade Theater, the Pilgrim Congregational Church, and the Sundial Bridge. After the walks, a dinner was held at Cattleman's, with Henry Rosales, National Executive Director, in attendance.





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EACH MONTH
(Except February),
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MEMBER ACTIVITIES (CONT):

Apple Hill

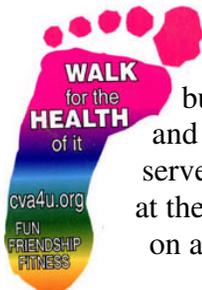
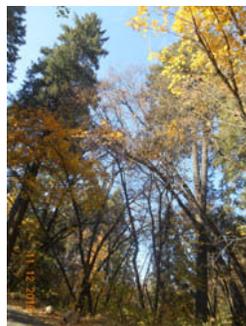
Many of our club members joined the Placerville Pacers on their annual Apple Hill (Camino) walk. The walk started at the El Dorado Orchards and provided 5, 10 and 13K walks.

The walks were mostly on narrow roads that went past Christmas tree farms, vineyards and some of the world famous apple orchards of the area. The 10K walk went past the orchards, looped around the Lava Cap winery, then up and over to Boa Vista. We got to see cows munching on leftover pumpkins



that didn't make it to Halloween. The 5K walk set out straight for the winery,

passing by apple orchards, and many Christmas tree farms and vineyards. It continued down the oak shaded road, where an Acorn Woodpecker had decorated the trunk of a redwood tree with his winter food storage. The walk continued down a relatively steep hill to the turn-around point. A side trip to the Lava Cap winery was possible at this time, then the walk went back up the hill and arrived at the checkpoint at Boa Vista Orchards. Here you could buy anything made of apples and all kinds of crafts. We were served hot apple cider in a booth at the checkpoint. The walk went on and ended back at El Dorado Orchards



Vacaville - Lagoon Valley

Twenty two hardy walkers did the Vacaville – Lagoon Valley (Jo and Joe Memorial) walk in the rain. A group 30th Anniversary YRE combined with a Friendship walk to make it a memorable, if wet, event. We started out at Digger's Deli and carefully crossed over I-80 and out Butcher Road. The rain came in waves – sometimes letting up, as if to promise ending, but then it would come heavy again. We went past the redwoods in Hume Grove

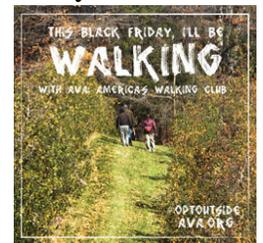


and over the hill to Lagoon Valley. They were nice enough to fill the lagoon for us this year. Walking along the backside of the lagoon required a little care because the middle of the trail was very muddy, and care had to be taken to walk on the more firm grass edge. Many completed the 10K – just in time for the rain to finally let up. We can be happy the rain held up until our walk – because we need the rain. Right? Say it again, we needed the rain!



#OptOutside

This year AVA partnered with REI in their #OptOutside program. REI Outdoor Store started a movement called “#optoutside” where they closed their stores nationwide on Black Friday, paid all their employees for the day and asked everyone to spend it doing something outdoors with family and friends. Several of our club members walked with the Sacramento Walking Sticks as they did one of their YREs.





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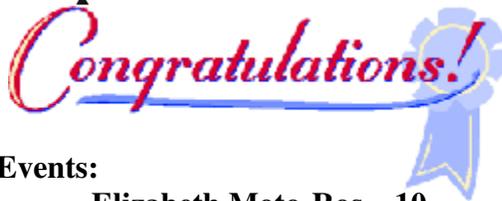
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New Vacavolks Historian

We now have a historian! Judy McGanahan has volunteered to be our new historian. The primary duty of the historian is to maintain the Vaca Valley Volks scrapbook. If anyone has pictures, articles, patches or other items that show what the club has done, please give them to Judy at a monthly meeting.



Events:

- Elizabeth Moto-Ros – 10**
- Janis Dmytriw – 100**
- Steve Dmytriw – 100**
- Jane Wirth – 350**
- Craig Wirth - 350**

Distance:

- Janis Dmytriw: - 500km**
- Steve Dmytriw – 500km**
- Jill Smmons -25,000km**
- Bud Simmons – 25,000km**



Nancy Kroehler

Sausalito YRE

Our last Vaca Volks 30th Anniversary sponsored group walk will be our Year Round Event (YRE) in Sausalito on 10 Dec. We will be leaving the Digger's Deli parking lot 8:30am. If you need a ride, or would like to car pool, please meet there before 8:30. Plan to start a group walk in Sausalito around 9:30am at the Mill Valley Community Center, 180 Camino Alto, Mill Valley.

SOME UPCOMING WALKS:

December

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

January

- 31/1 TW Sacramento**
- 7 FW Carmichael
- 14 FW Elk Grove Creek Watershed
- 21 FW Galt-Consumes River Preserve
- 28 FW Lodi

February

- 4 TW Presidio-Valentine walk**
- 11 TW Mare Island-Flyway Festival**
- 18 FW Davis-Southeast
- 25/26 TW Ripon-Almond Blossom Festival**

March

- 4 FW Davis-University
- 11/12 TW Spenceville**
- 14/15 TW Sacramento-Pi-Day**
- 18 TW Healdsburg
- 25 TW Rancho Seco**

TW-Traditional
FW-Friendship
DB- Bike

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

New Year's Walk

The Sacramento Walking Sticks continue the tradition of putting on two different walks on New Year's Eve and New Year's Day. The start location has changed - new start location: Yav Pem Suab Academy , 7555 S Land Park Dr, Sacramento, CA 95831. Come enjoy both walks, and enjoy the food and friendship at the finish.





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NOTES FROM CVA:

CVA Sponsored Walks

The CVA is not a club, and as such it does not normally sponsor a walk or bike tour. There are special cases however, especially when an event is considered unique. Here are three.

The Capitol Walk

You will see the old Governor's Mansion on the walk. Ronald and Nancy Reagan refused to live there when he was Governor because it was "a firetrap."

The walk is daily, dawn to dusk. It is mostly on sidewalks through historic downtown Sacramento. The route goes through historic "Old Sac" with its many shops and museums. It goes through the Capitol Building and passes Sutter's Fort, the old Governors House and many more. Most sites are open 10 AM - 5 PM. Dogs are not allowed in the Capitol Building, Sutter's Fort, Governors House or museums. Carry water in hot weather. There are accommodating establishments along the route, the first at the AMTRAC Station. The 6 km route includes the above mentioned places except Sutter's Fort.

The American River Bike Tour

Daily dawn to dusk. A mostly level ride through Discovery Park, and along American River Bike Trail. The bike trail is occasionally flooded in the spring. Water & restrooms are not currently available at the start. There are public restrooms in Discovery Park about 1 KM into the ride and porta-potties along the trail. Carry water in hot weather.

Sacramento Riverfront Tour

Daily dawn to dusk. A mostly level 25K ride Bike along the Sacramento riverfront through historic "old Sac", parks and pleasant neighborhoods on paved trails, a few city streets, and one short dirt trail. Carry water in hot weather.

NOTES 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).

Please note on the subject line: Request for Checkpoint. Send your request to Samanta at intern@ava.org.

