

# Vaca Valley Volks Newsletter

## Winter (Dec, Jan, Feb) 2018



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### MEMBER ACTIVITIES:

#### North Carolina Fall Leaves

Jill and Bud Simmons and John and Linda Haviland did a week long walking adventure in the fall leaves of North Carolina.



They started off touring the Biltmore Estate near Ashville. The next day they walked on the Blue Ridge Parkway and attended an Appalachian musical performance by Glenn Bolick. The following

day found them at Chimney Rock. The 300+ foot monolith forms the foundation of a splendid park that has been in existence for over 100 years. They hiked to the base of Hickory Nut Falls upon arrival and then climbed up a significant set of stairs to the crowning piece of the park, Chimney Rock. A full final day in Western North Carolina, starting with a ride on the steam-powered Great Smoky Mountains Railroad, chugging up the tracks to Fontana Lake and the Nantahala Gorge



### MEMBER ACTIVITIES:

#### El Dorado Trail

Many VacaVolks joined the Placer Pacers for a walk along the El Dorado Trail in Placerville. Passing through California's historic Gold Rush country, the El Dorado Trail runs more than 35 miles from Camino west to the line between El Dorado and Sacramento



counties. The route follows two former rail lines, the Southern Pacific Railroad and Michigan-California Railroad. Start Point was Hangtown Grange 464 building. In 1849 Placerville earned its most common historical nickname, "Hangtown", because of the numerous hangings that had occurred there. Since the walk follows the old track bed, it is a constant low grade all the way up. It was uphill 3 miles, then downhill 3 miles. It was a beautiful fall day for a



walk with great scenic views. After the walk, many members meet for great food in The Cellar at the nearby Smith Flat House.





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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 (CONT):**

**Turkey Trot**

Several VacaVolksers joined in for the 9<sup>th</sup> Annual Turkey Trot hosted by Solano Community College. Over 2,400 people ran, jogged or walked 5K or 10K (or a kids 1K) on Thanksgiving morning for fun, exercise and to earn money for those in need.

In accordance with our new policy to promote Volkssporting at local walks, Linda Haviland coordinated



putting a booth with literature at the walk. Howie McGill answered our last minute request to man the table and he was there all Thanksgiving morning. He said we did generate interest in walking and Vaca Valley Volks.

The Turkey Trot generates funds for local agencies – this year it was Meals on Wheels, Mission Solano and the Salvation Army of Kroc Center Suisun City. Although this is not a sanctioned AVA walk, maybe we can generate a VacaVolks team next year and at least start out as a group.

Hopefully this will be the beginning of a new trend of joining in with other agencies in their walks and runs and promoting Volkssporting at the same time.



**#OptOutside**

Three of our members participated in the #OptOutside program on Black Friday. The REI Outdoor Store started a movement called

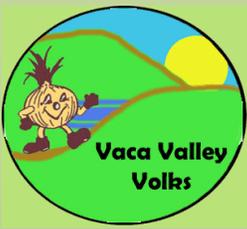


“#OptOutside.” They closed their stores nationwide on Black Friday, paid all their employees for the day and asked everyone to spend it doing something outdoors with family and friends. The AVA Program Committee requested that each club at least organize a group walk of a YRE on Friday, November 24. Vaca Valley Volks decided to do the Vacaville Historic YRE. Kathy Gaehler organized the walk and Linda Benoit, Joyce Goobie and Kathy enjoyed strolling through historic Vacaville instead of hitting the malls!

**Caswell Memorial Park**

Janis and Steve Dmytriw joined the Delta Tule Trekkers for their Spooky walk through Caswell Memorial Park. It was a really nice walk through a forest of old oak trees, hanging vines and wild grapes along dirt and paved trails. The wild grape vines are not indigenous and are trying to take over the forest.





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**Upcoming VacaVolks Walks**

**Mare Island Flyway**

We will again sponsor an annual Mare Island Flyway walk on February 10-11, 2018 in conjunction with the 22nd annual San Francisco Bay Flyway Festival. The Flyway Festival is held on Mare Island and is an annual celebration of the migration through San Francisco Bay of more than 1 million shorebirds and hundreds of thousands of ducks, geese, hawks and other wildlife at the peak of migration. In addition to our AVA walk, there are guided and self-guided tours, wildlife shows, art exhibits, lectures and non-profit organizations and commercial vendors with items for sale.



Traditionally, Vaca Valley Volks has makes a unique patch available for the flyway walk, with a different bird each year. This year will be no different, and the featured bird for 2018 will be the Black Necked Stilt. But, in addition to our normal patch, we will also make a unique undated "Mare Island Crane" patch available which reflects back on Mare Island's history as a Naval shipyard. The three cranes are the ones that once worked on Mare Island's three dry docks.



The one 5 K will do the San Pablo Bay trail out to the water and back. This can be combined with the "Officers Row" and Historic section 5K to make 10 K. The other portion will be a straight out and back to the top of the hill and the Special Program Points of Reference for the survey marker at the hill top.

**Walnt Creek East**

Vaca Valley Volks will sponsor a walk around the historic city of Walnut Creek on March 3, 2018. This is a totally new walk starting at The Orchards in the Shadelands part of the city. This area was named after the Shadelands Ranch, established by an early American settler of California, Hiram Penniman, in 1856 as one of the first and largest farms in California's Ygnacio Valley.

Built in 1975, the Shadelands development was Walnut Creek's first business park and was originally designed as a traditional office and R&D center. It has grown ever since, and The



Orchards at Walnut Creek development is a continuation of that growth. From the start point at The Orchards, you walk through pleasant resident neighborhoods to the Ygnacio Valley Canal Trail. Following the Ygnacio Canal Trail, you will zig zag across the canal and pass along the Lime Ridge Open Area. After passing by the open area, you pass through a tunnel under Ygnacio Valley Road as you approach the championship 18 hole Boundary Oaks Golf Course. The walk continues through Arbolado Park then visits the Shadelands Ranch Museum and a farmers market





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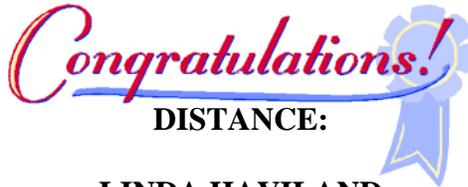
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WENDEL WALTZ  
MICHELE WALTZ



DISTANCE:

LINDA HAVILAND  
WYLE HAVILAND  
500K

**NOTES FROM AVA:**

**401K: Invest in Your Health**

This is a Virtual Online Program (VOP) from AVA that allows you to track your walking Kilometers or your daily steps. It allows you to access an online challenge, post your steps, view your progress and see others' progress. You can choose post just your Volkssport kilometers, or log all steps by syncing your Fitbit, Garmin, Apple Watch, etc. You will be able to post comments, upload pictures and even communicate with other walkers.

The program starts January 2018 and costs only \$18 per year. Once you register, you simply log on to the app and enter the number of kilometers or daily steps you completed. Kilometers will be automatically converted to steps so you can watch your progress. You can register on the AVA website which has PayPal and credit card buttons (or you can a check in to AVA). Payment options should be up and running by Dec 15.

Invest In Your Health is the first VOP challenge, it will be followed by others. You can participate in as many as you like without paying an additional registration fee for the year. See you online!

**New AVA Stamps**

AVA is sending out new stamps that will cost less to maintain and more easily identify the associated walk.

The stamps will come in one rubber strip that will be attached to a wood handle with adhesive tape. Clubs will keep the wood handles, and just peel off old stamps and affix new ones for the next event.

The stamps will look like these:



The first part is common to all AVA stamps – the year, the international AVA logo, the country and a glyph for the type of event. Then there are two short lines describing the walk and the last 4 digits of the walk sanction number. The top walk here is a traditional one, but the lower is a YRE and that is identified as such by the small letter Y before the stamp number.

The actual sanction numbers have 6 characters, but can be uniquely identified in a specific year by the last 4 digits – leaving more space for descriptive words.

**New Year's Walks**

Remember, Walking Sticks have the last walk of the year and first walk of the new year in Sacramento. Check your *Compass* for details

