

Vaca Valley Volks Newsletter

Winter (Dec, Jan, Feb, Mar) 2019

vacavolks.org

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RECENT VVV EVENT:

Rio Vista Bass Derby

Sixty-six walkers joined us to enjoy the walk and Bass Festival in Rio Vista.

The walk went through parks, past museums, along a river walk, through the oldest Bass Derby on the West Coast and a downtown car show. There was a large amusement area for the kids, two blocks of food vendors and



of course the fishing derby.

The 71st Annual Bass Derby Festival opened with a variety of local artists for festival goers enjoyment on the weekend of October 12-14. The Beer Garden stage lit up with sounds from all genres including Rock & Roll, R&B, Soul, Pop, and Country Strong.

Rio Vista was also visited by a lost humpback whale in 1985, despite being 60 miles upriver from the Pacific Ocean. The young whale, nicknamed "Humphrey", attracted throngs of curiosity seekers before he was eventually guided back to sea by rescuers. Our walk passed the marker commemorating Humphrey's visit.



Friendship Walk

We had a successful Friendship walk of our Lagoon Valley Year Round (YRE) Walk. Twenty-two walkers enjoyed a beautiful fall day to do the walk.

The walk starts at Diggers Deli then picks up the Lagoon Valley trail at the end of Butcher's Road, continues past Hume Grove with its redwood trees and over the hill to the lagoon itself. (The lagoon was more of a mud flat than lagoon, but it will soon fill again.) Before returning, the walk passes the historic Pena Adobe home.



Friendship walks are group walks of different club's YREs. There is a schedule posted of the walks, and if you wish to join, just show up at the designated time at the YRE start point. The schedule is not sponsored by any club or association but is the sole effort of Don Ratliff and is subject to change, although reluctantly. The annual Friendship Walk schedule will be emailed to all VacaVolks by Steve when it is received. Due to the possibility of change, check the Placer Pacers web site for the latest version (<http://www.placerpacers.org>).





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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.

MEMBER ACTIVITIES:

Point Lobos

Several VacaVolks did the walk around Point Lobos State Nature Preserve as one of the 25+ events of the *California Coastal Adventure* put on jointly by the San Francisco Bay Bandits and the South Bay Striders. The walks ranged along the coast from the Golden Gate Bridge, through Santa Cruz, Pacific Grove and ending with Point Lobos.



Point Lobos State Natural Preserve has been called "the greatest meeting of land and sea in the world" and "the crown jewel of the state park system." The walk started out going through a forested area, but soon reached the ocean. It then followed along the coastline, with spectacular views of the ocean and cliffs. The Whaling Station



Museum at Whalers Cove is the only on-site whaling museum on the west coast. It documents the historic whaling activities at Point Lobos. Next to the museum are two of the old "try pots" used to boil whale blubber and view parts of a Fin whale skeleton that are over 100 years old.

El Dorado

We joined the Placer Pacers who again sponsored a walk along the El Dorado Trail in Placerville. The walk started in the Hangtown Grange Hall. In 1849 Placerville earned its most



common historical name, "Hangtown", because of the numerous hangings that had occurred there.

The trail is on the old Southern Pacific track bed and is a constant grade uphill 3 miles, followed



by 3 miles downhill! There were many places along the route to stop and enjoy beautiful views of the hills, vineyards and meadows. Of course, Apple Hill was nearby after the walk to fill all apple pie needs!





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SOME FUTURE EVENTS:

December

- 1 FW Rancho Cordova
- 8 FW Sutter Creek
- 13 DB Sacramento American R.
- 15 FW Auburn
- 22 FW Sacramento-Sierra Oaks
- 27 DB Sacramento - Arden
- 29 FW Benicia - Historic
- 31/1 TW Sacramento-New Year's

January

- 31/1 .TW Sac,New Year's
- 5 FW Carmichael
- 10 DB Lincoln
- 12 FW Sacramento
- 19 FW Elk Grove
- 24 DB Folsom
- 26 TW San Jose-Hot chocolate

February

- 2 FW Galt
- 7 DB Davis
- 9/10 .TW Mare Island-
- 16 FW Davis- University
- 21 .DB Roseville
- 23TW..Golden Gate Park - SF

March

- 2 TW Johnny Cash Trail-
- 7 DB Rancho Cordova
- 9/10 TW Santa Cruz
- 16 FW West Sacramento
- 21 DB Vacaville
- 23 TW Rohnert Park
- 24 FW Weimar
- 30 FW Placerville

TW – Traditional Walk

FW – Friendship Walk

DB – Bicycle event



EVENTS

- Lenona Lauricella -10 events**
- Michele Waltz 30 events**
- Jane Wirth 425 events**
- Craig Wirth 425 events**
- Bud Simmons 2,600 events**

DISTANCE

- Linda Haviland 500K**
- Tim Jenkins 30,000K**
- Tim Jenkins 30,000K Bike**



Lisa Buckman.

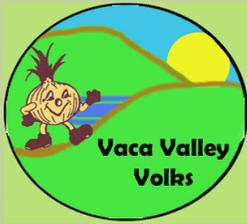
Mare Island Flyway

Our next walk will be the annual San Francisco Bay Flyway walk at Mare Island. 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 we offer a patch for the walk featuring a different local bird each year, and this year the patch will feature the osprey. Additionally we still have a few “Mare Island Crane” parody patches available.



The walk proceeds along “Officer’s Row” where the higher ranking officers on the island once lived. Some walks go out the San Pablo trail. The ship building ways and dry docks were very active during WW II, and the “Ghost Ship” near the top of the island was built as a tribute to the shipyard workers. The walk to the “Ghost Ship” goes past the historic naval cemetery. St Peters Chapel, built in 1901, is the oldest continuously operational chapel in the Navy and can be visited on the walk.



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NOTES FROM AVA:

AVA has some new Virtual Online Programs for 2019. Join the Virtual Online Challenges for 2019. Get ready to stay active and have fun while exploring the country known for its hockey, maple syrup, and polite people. While physically walking anywhere in the USA or in the world, you can also walk virtually through Canada, the world's second largest country. AVA has partnered with the Canadian Volkssport Association to bring you many of the permanent IVV trails in Canada. Many of the cities we visit will have one or more IVV trails and we will bring you fun facts and highlight interesting places to see. Who knows? Maybe you will be so enticed by the beauty; you will have to visit them in person!



Walkin' Canada

Our friends to north would enjoy that! This program will run from January 1 to December 31, 2019. Look for the Walkin' Canada logo on the AVA website after December 15. The program cost is \$22.00 and you will receive an AVA Walkin' Canada T-shirt upon completing the walk across Canada. Canada has been scaled to meet our walking challenge.

Regional Team Challenge

In 2019 AVA brings you not one, but two challenges right out of the gate. When you register for Walkin' Canada you may also join ranks with walkers in your region. Each of the ten AVA regions will have a team. It doesn't matter how many walkers you have, large or small, all teams have an equal chance to win bragging rights by walking towards the elusive Traveling

Trophy which will be awarded to the region who acquires the most steps by the conclusion of the AVA Albany convention and award dinner.

Could this be your region? What a terrific way to get some friendly banter about the sport we love! Once enrolled in Walkin' Canada, you will receive an invitation to join your regions team by your Regional Director or a designated representative.

Sounds like a good time, eh? Put on your hat and boots and let's walk!

21st AVA Biennial Convention

June 9-16, 2019



The 2019 AVA Biennial Convention will be held near Albany, New York. A block of rooms for the 2019 AVA Convention has been reserved with the Red Lion Hotel Albany. They have blocked room nights for June 11-15 at a discounted group rate of \$109 + tax per night.

The hotel will began taking reservations starting June 11, 2018. To make your reservations: please dial 1-844-248-7467 or 518-458-7250. Please make sure to ask for the American Volkssport Association Block to get the discounted rate. Stay tuned for hotel updates on Facebook and website.

