

vacavolks.org

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www.cva4u.org/



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Vaca Valley Volks Newsletter

Winter (Dec, Jan, Feb) 2020

MEMBER ACTIVITIES:

Granite Bay Walk

We did a 10K walk through Granite Bay and along the Folsom Lake shore. The walk started and ended walking past the beautiful homes for which Granite Bay



is known.

The walk then followed the Granite Bay Trail along the shoreline of Folsom Lake. The lake reservoir is formed by Folsom Dam, built in 1955 to control and retain the American River. You can see across the lake from many vista points on the walk.

Going down to the beach, you will find the granite boulders were



weathering rapidly, and the beach wasn't sand, it was small pieces of granite! Granite outcrops weathering down to small particles. You can easily identify pieces of biotite lying on the ground.

Novato and Hamilton AFB

We joined the Sonoma County Stompers for a great walk on an absolutely gorgeous fall day. The walk went through Novato and the former Hamilton AFB. Starting out, we passed by some of the beautiful area homes. As we approached the



Reservoir Hill Vista Trail, walkers had the option to walk up the hill on the 10K walk and get a vista view of the bay and former



Hamilton AFB, or to continue on the 5K that wound through the old base.

Hamilton AFB was closed in 1988, but many of the buildings have been repurposed. Today it is a mixed-use community with hangars converted into office space for businesses. There is a library, a community center, a museum, hiking trails and residential homes. Most exciting of all, Hamilton Field is part of a huge tidal wetland restoration effort. Almost 1,000 acres of airfield will become seasonal wetlands, alive with fish and shorebirds.





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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.

NEXT VVV SPONSORED WALK:

Rosie the Riveter

Our next walk will be Rosie the Riveter on 9 May. The Rosie the Riveter memorial is a tribute to the millions of American women who worked in factories and shipyards during World War II. The memorial is located at Marina Bay Park, Richmond, CA, the site of former Kaiser Richmond Shipyard #2. The memorial itself is the length of a Liberty ship with a form of the ship being built.

The first part of the memorial is a sculpture evoking a ship's



hull under construction and is made of stainless steel. "Image ladders" recall those used by workers to traverse the prefabricated ship parts. Etched granite pavers begin at the hull and cover the length of the keel walk, including a timeline of events on the home front and individual memories of the period. Midway is the "Ship's Stack", shaped to recall a ship's smoke stack, this structure holds a ring of panels combining



blueprints used in ship fabrication with women's memories of work in the

shipyards. A marina overlook stands at would be the fantail of a Liberty ship - designed to give you a feeling for the size of these ships. The walk continues around the marina, passing through park areas, past "Home Front Interpretative Markers" and the Shipyard Stories sculpture - a model of a Liberty Ship smokestack covered with stories and photographs of the men and women who worked in the shipyards during World War II.

RECENT WALK:

New Year's Walks

Several of our members attended the annual Walking Sticks New Year's Eve and New Year's Day walks. There were different 5K and 10K walks each day. The New Year's Day 5K went by the McKinly Park pond where walkers were treated to the sight of several colorful Wood Ducks on the pond. Other walks toured midtown and downtown Sacramento viewing art and architecture in different neighborhoods.



The walk started and finished at the Pioneer Community Church, across from Sutter's Fort. As is the Walking Sticks tradition, there was an amazing pot luck at the end of the walk.





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VIRTUAL WALK

The Appalachian Trail



We hope you're ready for adventure. Take on the Great Appalachian National Scenic Trail (from Georgia to Maine or Maine to Georgia) and get fit along the way! Originally conceived by Forester Benton in 1922, this trail stretches 2,200 miles of forest and wildlands. Don't worry, we'll pass through a few towns along the way for breaks.

Registration opened December 1, 2019. Once you have paid, you will receive an email on how to register on Walker Tracker. Any steps logged prior to January 1, 2020, will not count toward the AT Challenge. Check the AVA website in for more information and the registration payment link

2020 CVA Convention

The Shasta Sundial Strollers will be hosting the 2020 convention in Mt Shasta, 1-3 May. The convention will be held at the Best Western Plus/Tree House. Make your reservations early – 530-926-3101. Mt Shasta is a small community with an abundance of natural outdoor opportunities. There will be three walks associated with the convention- Lake Siskiyou, McCloud River and Mt Shasta Town walks.



SOME FUTURE EVENTS:

January

- 31/1 TW Sacramento-New Year's**
- 2 DB Natomas Flood Plain**
- 4 FW Carmichael**
- 11 FW Davis University**
- 16 DB Sacramento Riverfront**
- 18 FW Elk Grove- Creek**
- 25 TW Alum Rock-Hot chocolate**
- 30 DB Pocket area**

February

- 1 FW Sacramento-Pocket area**
- 8/9 TW Mare Isd-Flyway Festival**
- 13 DB Sacramento-Am. River**
- 15 FW Woodland**
- 16 TW Corona Heights/Haight Ashbur**
- 22 FW Galt Cosumnes River**
- 27 DB Arden**
- 29 TW Stockton – River Walk**

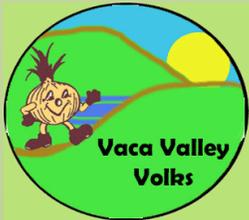
March

- 7 FW Ca—Hidden Parks**
- 12 DB Lincoln**
- 14 TW Pi Day Celebration**
- 21 FW Placerville**
- 26 DB Folsom**
- 28 FW Galt**

1 TW Sac New Year

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

See <http://vacavolks.org/calendar.php>
for more information



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NOTES FROM AVA:

AVA started making changes with the move to do business as AVA: America's Walking Club. While they are proud of our Volksmarching tradition and history, it was not resonating with our potential customers. We 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, we have invested some of our 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. We are not changing who we are or what we do. What we are trying to change is how we are seen by the public so we can attract new walkers and donors and ultimately grow! Keep watching for those changes to roll out from the Board. 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.

With the new logo, we were looking for something that would excite the next generation of walkers while also recognizing the legacy of the AVA. This



AMERICA'S WALKING CLUB

— ESTABLISHED 1974 —

logo, with its path around the mountains and energetic color, represents the future of America's Walking Club. The path also suggests the excitement of exploring new trails and paths--the joy of exploring new areas on foot.

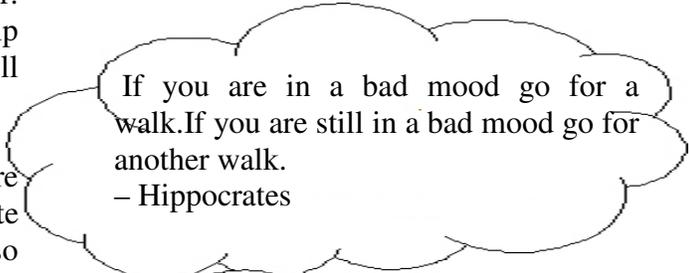
The mountains stylize the letters AVA as a reference to our history. The reference to our founding date also acknowledges our organization's significant history in a modern way. Finally, the prominent

words on the logo--America's Walking Club--make our mission, encouraging fitness through walking, clear to those viewing the logo.

This logo checks all the boxes. It is respectful of our history and clearly representative of our future in a way that will resonate with the new walkers we want to inspire. Come walk with us. We are America's Walking



Shop at <https://smile.amazon.com/> and 0.5% of your eligible amazonsmile purchase will be donated to AVA directly from Amazon! Simply sign in or create an account, select American Volkssport Association Inc – Universal City as your charity of choice and begin shopping. It's that simple!



If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.
– Hippocrates

