

The *COMPASS*

A Publication of the *California Volkssport Association*

January

February

March

2019



ON THE WAY TO RAINBOW FALLS.
PICTURE BY STEVE DMYTRIW



America's Walking Club



Renew



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CONTENTS, AVA & CLUB WEBSITES

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WEBSITES

AVA: www2.AVA.org

CVA: www.cva4u.org

IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DD: www.davisdynamos.org

DTT: www.DeltaTuleTrekks.org

GVG: www.greenvalleygaiters.org

LDR: www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SCS: www.SonomaCountyStompers.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS: www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekks.org

VVV: www.VacaVolks.org

COMPASS Article Deadlines

February 10 for April, May & June events

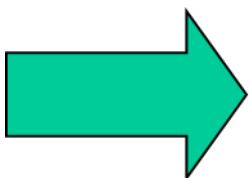
May 10 for July, August & September

August 10 for Oct., Nov. & Dec. events

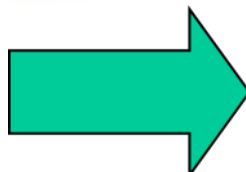
November 10 for Jan., Feb. & March events

send to

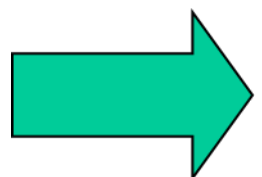
Suzi Glass: glass2walk@gmail.com



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See Page 7





Starting to Walk? The COMPASS is for YOU!

Who we are.....

We are an organization of walking clubs located throughout California. Our members are individuals and families (and even some dogs!) who love to explore this beautiful state - on foot! We have 17 walking clubs offering more than 200 trails in California through cities, parks, beaches, forests, mountains, historic sites and charming town neighborhoods. Walks range from flat, paved trails that accommodate strollers and wheelchairs, to more challenging hikes up winding mountain trails. There's something for everyone.

California Volkssport Association (CVA) members are of all ages and capabilities, and range from reformed "couch potatoes" and weekend warriors to avid hikers and former runners. We are friendly, non-competitive, family-oriented and united in our love of the outdoors. In California, our focus is on walking and hiking, but we also participate in biking, cross-country skiing, swimming and even kayaking!

Volkssporting ("people sports") originated in Germany, and was imported to the US more than 40 years ago by members of the US Military. CVA is part of the US national organization, the American Volkssport Association (AVA), which is part of the international organization, IVV. We are one big happy family of walkers located all over the world!

Walks are typically 5k (3.1 miles) or 10k (6.2 miles). Some walks, "Year-round Events," are available anytime. You just go to the starting point, sign in, pick up a map and hit the trail. Others, "Traditional Events," are scheduled on a specific day. Traditional Events are great opportunities to meet other walkers from around the state. In early May every year, California walkers converge in a different part of the state for the annual CVA Convention – a weekend of unique walks and hikes, social events, making new friends, and catching up with old ones.

Research shows that walking is one of the easiest and best ways to achieve good health – both physically and mentally. It's low cost, easily accessible, and requires minimal equipment (well-fitting shoes, a hat, water, and sunscreen are what we recommend). What are you waiting for?

Hope to see you on the trail!

"Walking is man's best medicine." - Hippocrates

How to get started.....

This magazine lists the Traditional Events where people will be present to welcome and guide you.

1. Look through this magazine to find an event in your area.
2. Check with the event contact if you want additional information.
3. Be sure to bring along water, a hat, a snack, and sunscreen.
4. Arrive at the start table within the designated "start times" (in the event description).
5. Tell the start table volunteers that you are a new walker, and they will help you from there.
6. Ask questions, make new friends, enjoy the fresh air and scenery, and have fun!

Where to learn more.....

The CVA website address is 'cva4u.org'. This provides more detailed information about our organization and the clubs in California. The national organization website is 'ava.org' which leads you to all of the events and clubs within the nation.

2019 CVA CONTACTS: California Clubs & CVA Officers

CB: Coronado Beachcombers Herman Husbands 619-287-0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com	SBS: South Bay Striders Chris Zegelin 408-259-5157 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com	CVA OFFICERS President Betsy McDevitt 530-412-HIKE 371 Cuckoo Court Applegate, CA 95703 President@CVA4u.org
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COMPASS SUBSCRIPTION DEADLINES

Subscribe by February 15th for 3 issues in 2019

Subscribe by May 15th for 2 issues in 2019

Subscribe by August 15th for the final issue in 2019

Subscribe by November 15th for all 4 issues in 2020

Message from the Prez Betsy McDevitt

Hi Folks,

I hope that everyone was able to #optoutside on November 23, 2018! At least 6 CVA clubs sponsored walks on that Friday. This was the 3rd year that AVA partnered with REI to optoutside on Black Friday.



PLEASE consider volunteering to become CVA's Webmaster this May, 2019. Chris Zegelin can tell you what the job entails (see the By-Laws excerpt below). You would have help from Mike Woodworth with small problems. Please step up to help your state association. We need you!

From our CVA By-Laws:.....4.6 WEBMASTER. The webmaster will:

- (a) Keep and maintain the CVA Website;
- (b) Keep track of a yearly calendar and post up-to-date information;
- (c) Post approved brochures for upcoming events if available;
- (d) Coordinate information with the SEC. (Amd. 2 May '09)

CVA clubs and PARD sponsor 198 year-round and seasonal events in California for our walking & biking pleasure! CCBB, SBS, SCS, SFBB and SWS have new YREs this year. You have many events to choose from in 2019!

Our 2019 CVA Convention will be held in San Diego on May 3,4, & 5! The Southern California clubs hosting this weekend are the LDR, CCBB, and GVG! These clubs have been working hard on our Convention for the past 6 months. You can find more information about this Convention elsewhere in this Compass. Please come and join the fun!

AVA will be selling 2019 Calendars. CVA's State Executive Council (SEC) voted to "buy" the May page. The picture part of the page advertises our CVA Convention in San Diego, California. All clubs who submitted their 2019 Traditional Events by October 31, 2018 will have their 2019 events advertised nationally!

Also, remember that AVA's 21st Biennial Convention will be held this June 9-16. The host city is Albany, New York, with events in the surrounding areas.

Happy New Year!

Betsy

GENERAL INFORMATION

All activities of the American Volkssport Association shall be carried on so as to be responsive to the needs of all persons, without regard to race, religion, sex, age, national or cultural origin, place of residence, economic circumstance, lifestyle or social status. Events are open to everyone.

IVV/AVA SANCTIONS: All events in The COMPASS are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

IVV RECORD BOOKS: IVV issues special awards for participants who complete specified milestones (10, 30, 50, etc. events and/or 500, 1000, 1500 km, etc.). Those who wish to receive awards for completing these milestones record them in official IVV record books which are submitted to AVA when each milestone is reached. These official IVV books may be purchased at the Start/Finish for \$6.00 each. New Walker Packets containing both an Event and Distance book plus coupons for free walks and information about volkssporting are also available for \$5.00.

REGISTRATION AND FEES: All participants must register for each event. Participants who wish to receive IVV credit for an event and record the event in an official IVV record book will be charged a registration fee of no more than \$3.00. An event may also have a special award available for an additional fee to those who have completed the course. ***Awards will not be sold outright.***

If there are not enough awards available on the day of the event, the sponsoring club may choose to reorder additional awards to be mailed to those who paid the appropriate fee.

Pay close attention to the event advertisement.

Sponsors may advertise that only a specified number of awards will be available and that ***no*** reorders will be made.

Where pre-registration is offered, participants are encouraged to pre-register as instructed in the event advertisement or flyer. ***No refunds will be made to pre-registered persons who do not participate.***

PROCEDURES: At the event start, each participant will receive a start card which must be filled out with the person's name and address. Participants who do not wish to receive IVV credit and are walking for free must also fill out a start card. ***In addition to a start card, each participant must also sign a waiver.***

This card must be carried during the event and personally presented at the checkpoints along the route. All cards remain the property of the sponsoring club and **must be turned in at the completion of the event**, whether or not the participant receives IVV credit or an award.

DISCLAIMER: The American Volkssport Association and its officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against, any and all claims and damages to or loss of property arising out of or attributed to the operation of events conducted by the AVA. ***Participants must sign a disclaimer (waiver) for all events. A parent or guardian must sign for those under 12 years old.***

STIPULATIONS: With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to the directions of the control personnel. Littering is not permitted. Check each event advertisement or flyer to determine if the route is suitable for baby strollers and wheelchairs and if pets are permitted. ***All events will take place regardless of weather conditions.***

REFRESHMENTS: Water will be available at the Start/Finish and control points. Other refreshments are often provided either at the Start/Finish or at the control points. It is a good idea to carry water, especially in warmer weather.

YEAR ROUND/SEASONAL EVENTS: Registration materials for Year Round/Seasonal events will include instructions for remitting the IVV credit fee and the fee for the award, if one is available, to the sponsoring club. You may participate for free if no award or credit is desired. All participants, including those walking for free, must register and sign the waiver form for each event. You may only have one **Event** credit per day. You may participate in an event without limit for **Distance** credit, but you must obtain a new start card (and pay the registration fee of no more than \$3.00) each time you participate except when completing the course twice in one day.

Trail Ratings

What do the trail route/ratings mean?

The following trail rating system is used to indicate the degree of difficulty of a trail for the AVA sanctioned walk.

Part 1 – INCLINE/ELEVATION	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Cumulative elevation gain from Starting Point: up to 200 feet.	A. Almost entirely on pavement.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Cumulative elevation gain from Starting Point: 200 - 1000 feet.	B. A significant part of the route is on well-groomed trails with very few obstacles.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Cumulative elevation gain from Starting Point: 1000 - 2000 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand.)
4. Lots of significant hills or stair climbing. Cumulative elevation gain from Starting Point: 2000 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Cumulative elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

Examples

- When determining elevation gain, if a route goes up for 50 feet and down for 50 feet and back up for another 75 feet, the cumulative gain would be 125 feet.
- A route that is mostly on flat pavement would be rated 1A.
- A beach walk would be rated 1C.
- A route with moderate hills on well groomed trails would be rated 2B.

Precautions: Please be aware that weather conditions will cause a variance in the trail rating. Inclement weather or an unexpected hot or cold day can increase the degree of difficulty of a trail, so each participant should adjust their pace accordingly. It is advisable to carry water to all walking events. It is possible to become dehydrated in cold weather as well as in hot weather. It is always the goal in the AVA to provide the participant with a safe and enjoyable event. You alone know your own limits.

Subscribe to The COMPASS

by February 15, 2019

to receive 3 issues of the California Volkssport Association publication in 2019.

(Subscriptions are on a calendar year basis)

ONLINE you may Renew or Subscribe to *THE COMPASS* by following these steps:

1. Go to the CVA website: www.cva4u.org
2. From the left column list, click on "The COMPASS".
3. Scroll down to the line
"If you wish to receive the Compass via the mail, please click HERE for the subscription page."
4. Click on the "HERE", fill in the required information, and follow the directions for your donation/payment.

Or by **MAIL**, please make your check for the suggested donation of \$11.25, Payable to The California Volkssport Association (CVA).

Complete the form below

Send it and your check, payable to CVA, to:

COMPASS Subscriptions
Jean Lucas
2423 Regis Drive
Davis, CA 95618-2543

Name	
Address	
City	
State & Zip + 4	
Phone	
Club Name	
Email	
CHECK BOX(ES)	<input type="checkbox"/> New <input type="checkbox"/> Renew <input type="checkbox"/> Address Change

Questions? Call Jean Lucas 530-756-4919
or compass@cva4u.org



Sacramento Walking Sticks

New Year's Eve and Day Walks

Sacramento, CA



Monday 12/31/2018 – Sanction #PA18/112294

Tuesday 01/01/2019 – Sanction #PA19/112300

Start Location: Pioneer Congregational United Church of Christ, 2700 L St,
Sacramento CA 95816

Start Time: 5:00 pm – 6:00 pm (New Year's Eve) & 9:00 am to Noon (New Year's Day)

Finish Time: 9:00 pm (New Year's Eve) & 3:00 pm (New Year's Day)

Trail Description: 1A rating on all routes. There will be different **5K** (3.1 miles) and **10K** (6.2 miles) routes both days. Our New Year's Eve event will again be at the Pioneer Congregational United Church of Christ across from Sutter's Fort. As usual, we will be enjoying their fellowship hall and big kitchen. Plan on joining our amazing potluck after you finish your walks.

For New Year's Eve, we will be walking through East Sacramento and the fabulous holiday decorations of the Fab 40s. The difference between doing the Fab 40s before Christmas and after Christmas is we'll have it to ourselves to enjoy and take all the time we want.

On New Year's Day, we'll be touring Midtown and downtown areas viewing art and architecture in different neighborhoods. As always, we'll be enjoying the utter quiet of the city, seeing new things, and learning more interesting details about Sacramento.

Miscellaneous: Restrooms and water are at the start and along the route. Strollers and wheelchairs are rated "Medium." Dogs on leash with clean-up are welcome; they are not allowed inside the church. Special Programs may include Co: Sac, CP, PC, St x St, TH, WF.

Fees: Everyone can walk for FREE (donations welcome) or \$3.00 for Volkswalk credit.

Contact: Barbara Nuss, 916.283.4650, nussb@surewest.net or
Nancy Alex, 916.217.4903, fanifarmer@sonic.net

Directions to the Start/Finish:

From Capitol City Freeway going North: take the N St. exit. At bottom of ramp, turn left on 30th St. staying in left lane.

Turn left on L St. Pioneer Church will be on the left between 28th and 27th Streets, directly opposite Sutter's Fort.

From Capital City Freeway going South: take the J St. exit, veering slightly right at the bottom of the ramp to 29th St. Drive to L St. and turn right. Pioneer Church will be on the left between 28th and 27th Streets directly opposite Sutter's Fort.



www.SacramentoWalkingSticks.org

SPECIAL EVENT PROGRAMS

Do you like to read? Follow the Olympics?
Walk in various cities? Frequent ice cream
parlors?

Then there is a Special Event
Program for you!

Review the list below, check ava.org or
The American Wanderer for program rules
and contact the sponsoring club for a book.
Read *The COMPASS* event descriptions for
Traditional Events or check the 2019
Starting Point book for Special Program
Listings, using the abbreviations below.

2019 Special Event Programs

Abbrev.	Name of Program	Ends
AT	Appalachian Trail	2028
BC	Border Crossings	2023
Br	Bridges	2018
Car	Carousels Across America	2021
CP	Walk in a City Park	2018
IC	Ice Cream Parlors	2019
Inv	Walking the Path of Inventions	2018
LFL	Little Free Libraries	2021
LL	Lady Liberty	2018
LP	Doin' the Louisiana Purchase	2018
NP	National Parks Centennial	2018
PC	Ports of Call	2018
P.O.	United States Post Offices	2018
PR	Points of Reference	2018
S.N.O.B.	Special National Officers' Book	2018
SSS	State Street Sashay	2018
St x St	Walk the USA Street by Street	2018
TH	Treasure Hunt	2018
UR	Underground Railroad	2019
USA	Walk USAA-Z	no end
VP	Vice Presidential Walks	2018
WF	Water Fountains	2018
WLO	Walk Like An Olympian	2020
50St	50 States	no end
51Cap	51 State Capitals	no end

For programs with ending dates of 2018, you
may still turn in completed books and receive
awards in 2019.

walk with the



Saturday, January 26th, 2019 Holly's Hot Chocolate Walk

Sanction #PA19/113496

LOCATION: Chris and Holly's house

15680 Alum Rock Ave., San Jose, CA 95127

START: 8:30am to 12noon. FINISH: 3:30pm

DISTANCES: 5 and 10K TRAIL RATING: 2B – Easy hills,
mostly paved with some packed gravel and dirt

FEE: \$3 for IVV credit; Free if no credit desired

MISCELLANEOUS: Restrooms and water are available at
the start. There is a restroom in the park at 7K. Pets
are not allowed in the park. Routes are hard for both
strollers and wheelchairs.

CONTACT: Chris or Holly at 408-259-5157

chris@zegelin.com, ilex56@yahoo.com

SPECIAL PROGRAMS: Br (10K), Co: Sclar, CP



Come for a wonderful walk in the park.....

The route is new this year. The walk is a gentle climb
into the hills above San Jose. The views of the valley
are wonderful. The walk is on paved and packed dirt
trails. All are passable, even in the rain. The 5k takes
you to the best views while the 10k adds the creek
side trail.

.....and stay for Hot Chocolate, tea or coffee and
goodies served at the Finish around the fire pit on the
patio. A warm and delicious end to this walk!



DIRECTIONS: From either south or north on 280, take the
Alum Rock Ave. exit towards the hills (east). Cross White
Rd and continue approximately 2 miles toward the hills.
Pass the Mt. Hamilton exit, and go 300 yards further. We
are on the right at the next intersection. Look for a low
brick wall on the corner. Parking is street side starting at
the Mt. Hamilton turnoff.

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VACA VALLEY VOLKS
presents walks at the
SF BAY FLYWAY FESTIVAL
February 9 and 10, 2019

Sanction #PA19/113454

LOCATION: Walnut Ave. and Connolly St.
Vallejo, (Mare Island), CA 94592

START: 9:00 AM to Noon **FINISH:** 4:00 PM

DISTANCES & TRAIL RATINGS:

5 km Rated 1A 11 km Rated 2A

The walk is mainly on paved roadway & sidewalks.

SPECIAL PROGRAMS: Co: Sol, PC, PR, USA.

ADDITIONAL INFORMATION: Vaca Valley Volks continues participation in the 22nd annual San Francisco Bay Flyway Festival. In addition to the AVA sanctioned event, there is birding, nature walks, art exhibits, movies, lectures and many other environmentally-focused events.

See www.sfbayflywayfestival.com for a full schedule.

MISCELLANEOUS: Water and restrooms will be available at the Start/Finish. Strollers are OK. Wheelchairs will have difficulty due rough & unpaved roads and lack of curb cuts. Pets allowed on leash with clean-up on all but the San Pablo Bay Trail portion of the event. Alternate pet route available. The event is open to everyone.

AWARD: The Award is a patch featuring an Osprey
Ordering 50. There will be no re-order. No refunds.

Pre-register by January 26, 2019.

Pre-registration Day of Event

Credit Only \$3.00 \$3.00

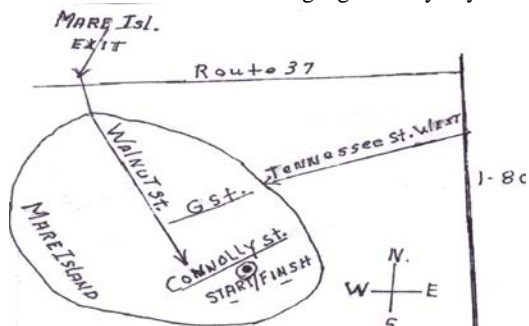
Credit & Award \$7.00 \$7.00

Make checks payable to Vaca Valley Volks.

Mail to Linda Haviland, 662 Canterbury Cir., Vacaville, CA 95687

DIRECTIONS: From Interstate I- 80 W/B (Exit 33A) or I-80 W/B (Exit 33) onto Route 37 and continue W/B about 2.5 miles to the Mare Island exit. Exit 17 for Mare Island. Continue onto Walnut Ave for approximately 1.3 miles. Cross "G" St. Continue on Walnut Ave and follow signs to Flyway Festival and Start Point.

Alternate route from I 80 E/B and W/B: exit on Tennessee St. and continue West on Tennessee St. through Vallejo for about 2.5 miles and continue across bridge onto Mare Island. Turn left on Walnut Ave. and continue on Walnut following signs to Flyway Festival.



For information call Howard McGill
(707) 447-9431 or e-mail hiwayhowie@aol.com

** REMINDER: 2/10 - Deadline for 2nd Q 2019 COMPASS Articles **

Around the Pacific Region				
Date	Event	Club	Location	State
01/01/19	W	Saguaro Sun Striders	Deem Hills, Phoenix	AZ
01/12/19	W	Saguaro Sun Striders	Mystery Castle, Phoenix	AZ
01/26/19	W	Tucson Volkssport Klub	Mountain Park, Tucson	AZ
02/18/19	W	Menehune Marchers	Great Aloha Run, (piggyback event), Honolulu	HI
03/02/19	W	Thunder Mountain Trekkers	Fairbanks	AZ
03/14/19	W	Saguaro Sun Striders	Pi Day - Lake Pleasant Park, Morristown	AZ

Please copy or cut this form to pre-register for the Vaca Valley Volks Walk on Mare Island by January 26th.

WALK PRE-REGISTRATION FORM for California Events	Name:	Phone: () .	Email:	State:	Zip:	Date(s):	Walk:	Award:	Check #
	Address:	City:							



DICKENS FESTIVAL WALK REVISITED

**February 23,
2019**
ONE DAY ONLY

Sanction #PA19/113473

SPONSOR: Low Desert Roadrunners

LOCATION: Fairmount Park,
Riverside, CA 92501

On the corner of Market St. & Redwood Dr.
Look for the AVA/IVV Banner

START: 8 am till noon **FINISH** by 3 pm

DISTANCES: 10K /5K option **TRAIL RATING:** 2B
Pets okay on leash with clean-up.
Routes difficult for wheelchairs & strollers.

FEES: \$3 for IVV credit or walk free
No pre-registration

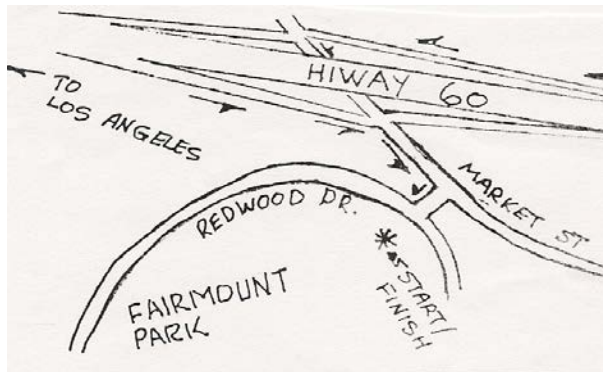
AWARD: Credit only. "B" awards available

SPECIAL PROGRAMS: CP, USA, WF

ADDITIONAL INFO: Restrooms & water available
at the start/finish. The walk goes by the lake, winds
through some older homes and Evergreen
Cemetery, then visits the Dickens Festival
that features Victorian dress and activities.

POINT OF CONTACT: SUE OBRADOVITZ
(951)333-6806 Email osuejoe2@aol.com.

DIRECTIONS: **Eastbound on Hwy 60:** Exit Market
St. and stay in the right lane. Turn right at the first
street (Redwood Dr.) just past the Riverside sign.
Turn right again at the stop sign. **Westbound on
Hwy 60:** Exit Market St. and turn left on Market
going under Hwy 60. Merge to the right lane and
turn right at the first street (Redwood Dr.) just past
the Riverside sign. Turn right again at the stop sign.
Both: Look for the AVA/IVV Banner.



Celebrate With Us in Golden Gate Park! It's Our 35th Anniversary!



Join us for a walk and some BBQ!
Saturday, February 23, 2019
San Francisco

Sanction #PA19/113483

SPONSOR: San Francisco Bay Bandits, AVA 204/CA08

LOCATION: Beach Chalet Athletic Fields

1500 John F. Kennedy Dr., San Francisco, CA 94121

START: 9:00 AM to 12:00 PM. **FINISH:** 3:00 PM

DISTANCES: 14K (!), 10K, 6K. **RATED:** 2B

DESCRIPTION: From the park's West End, head East on the
South side and return via the North side on a mixture of dirt and
paved trails. Enjoy forests, playgrounds, flower gardens,
windmills, sports fields, museums, monuments, lakes and San
Francisco history. You can march all the way near the
Panhandle (reeeeally East!) or take one of the opportunities in
between to return earlier.

SPECIAL PROGRAMS: Br, Car, CP, PC, St x St,
TH, USA, WF, 50St

MISCELLANEOUS: Dress in layers!! Restrooms and water at
start and along the way. Dogs okay on leash with pickup.
Difficult for wheelchairs; medium for strollers. Parking lot and
street parking (JFK Dr.) and along the beach on the Great
Highway.

FEES: \$3.00 for AVA credit. Free if no credit is desired.

CONTACT: MARY BOND
(415) 336-0609 or bondsf@gmail.com

DRIVING DIRECTIONS: GPS Users: Beach Chalet
Athletic Fields. **FROM NORTH:** 101-S, cross GG
Bridge. Use R 2 lanes to take exit 438 for CA-1
toward GG Park/19th Ave. Continue on CA-
1/Veterans Blvd to take Park Presidio to Fulton St &
turn R. Turn L onto 47th Ave, R onto JFK Dr, L (sign:
"Beach Chalet Soccer Fields") into parking lot.
FROM EAST: Fr. Bay Bridge, use R 2 lanes (after
Fremont exit) to Exit 1B & merge onto US-101N/
Central Fwy toward GG Bridge. Continue onto
Central Fwy & Octavia Blvd. Use any lane to turn L
onto Fell St. In 1½ miles, keep R to stay on Fell (at
Shrader) & turn R onto Stanyan St, stay in L lane to
turn L onto Fulton St. In 3 miles turn L onto 47th
Ave, R onto JFK Dr, L (sign: "Beach Chalet Soccer
Fields") into parking lot.
FROM SOUTH: 280 N to 19th Ave (Hwy 1), thru GG
Park towards Park Presidio, staying in the L lane to
the 25th Ave turn off (Left at light). At 25th & Fulton St
light (exiting park), turn L onto Fulton. Turn L onto
47th Ave, R onto JFK Dr, L (sign: "Beach Chalet
Soccer Fields") into parking lot.



invite you to walk among the

Monarchs & Banana Slugs

In Santa Cruz

March 9 & 10, 2019

Sanction #PA19/113568

Location: Natural Bridges State Park, Santa Cruz

Back entrance on Delaware Ave., 95060

Start time: 9:00am - 12:00pm **Finish** by 3:00 pm

Distances: 5k/10k **Trail Rated:** 2B

Special Programs: Br, Co: SCruz, PC, PR

Description: The route is a lopsided figure 8 that begins in the Natural Bridges State Park with its extensive Monarch Grove and interesting beach area. The rest of the distance is up the hill and through the University of California, Santa Cruz, with its beautiful redwoods, unique arboretum and bridge system over deep ravines.

Miscellaneous: Water and restrooms are available at the start, in the State Park and the university. Dogs may *only* be on the roads in Natural Bridges but are okay on campus leashed and with clean-up. The route is medium for strollers but hard for wheelchairs. Wear clothes in layers as the beach area can be windy and cool in March. Parking along Delaware is free. If you use the parking lot off the main park entrance on Cliff Dr. the vehicle parking fee is \$10 (or \$9 for Seniors).

Fees: \$3 for credit or walk for free without credit.

Contact: Holly Pelking at ilex56@yahoo.com or 408.259.5157. Or, go to www.SBStriders.org

Directions: From Highway 1, turn towards the ocean at the light at Western Dr. (the last traffic light north of Santa Cruz). At Mission St. turn Right. 200 feet later, turn Left onto Natural Bridges Drive. In 0.5 miles, turn Right onto Delaware. Park along Delaware near the back entrance of Natural Bridges State Park.

walk

ROHNERT PARK

March 23, 2019



5K and 10K Walks

Sanction #PA19/113495

Sponsor: Sonoma County Stompers

Special Programs: Co: Son, St x St, USA

Start Point: Bear Republic Lakeside

5000 Roberts Lake Rd., Rohnert Park, CA 94928

Start Time: 9AM to 1PM **Finish:** by 4PM

Trail: Rated 1A. Two 5K loops-One route passes by the Graton Resort Casino, the newest and largest Casino in Northern California. There should be some specials to entice you to come in and leave some money. There have been some winners also. The second loop passes through newer upscale golf course neighborhoods. Moderate difficulty for strollers and difficult for wheelchairs. Dogs are allowed on leash and picked up after. **FOR PET POLICY IN EATING AREAS, SEE bearrepublic.com**
Fees: Everyone is welcome. Anyone may walk for no credit or free. \$3.00 for AVA Credit. 'B' awards available.
Miscellaneous: Water and restrooms are available at the start/finish, food and refreshments are nearby. Parking is available but please park away from the restaurant. The Bear Republic Lakeside Pub (Start/Finish point) has indoor/outdoor seating with a large and diverse menu. It opens for service at 11:30AM. If bringing a dog, see Pub's website for rules/regulations and a certificate that needs to be printed, filled out and brought with you. The Doubletree Hotel is next door if you wish to spend the night and do one of our other nearby walks.

Directions: From the South: Going North on Hwy 101 exit at the 484B exit, take ramp RIGHT toward Santa Rosa Ave. Turn RIGHT onto Santa Rosa Ave which becomes Roberts Lake Rd. Just past the lake, turn LEFT into Parking lot. Note the Racer5 sign. The Doubletree is next door. **From the North:** Going South on Hwy 101 exit at the 484A exit, take ramp RIGHT and follow signs for Golf Course Dr./Wilfred Ave. Turn LEFT onto Golf Course Dr. Turn LEFT onto Roberts Lake Rd. In 400 Ft. RIGHT into Parking lot. The Doubletree is next door.

Contact: Marilyn Nasi

707.539.8083 cell: 707.486.8528 day of event

www.SonomaCountyStompers.org

"WALKING AROUND SAN DIEGO"

Welcome to the 2019 CVA Convention in
Beautiful San Diego, Southern California

May 3, 4, & 5, 2019

Hosted by the Southern California LDR, GVG & CCBB Clubs



Where:

The convention will be held at the
Crowne Plaza Hotel, 2270 North Hotel
Circle, San Diego, CA 92108.

The special room rate
is \$134.00 per night
up to 4 people per
room. There will be an
\$8.00 per day parking
charge.



Please make your reservations early!
The cut off date is April 3, 2019,
Call (866) 257-7930 for reservations.
Tell them you're with the
"State Walking Convention"

Volkssporting Events:

There will be three 5/10K walking
events around San Diego. See the next
compass and the CVA website (cva4u.org)
for more details.

CVA 2019 Annual Meeting:

The annual meeting will be held at
1:00 pm, Saturday, May 4, at the hotel.

Social Activities:

There will be a free *Meet and Greet*
Friday evening at the hotel.

Arrangements are being made for
Saturday lunch and dinner.

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More information will be available in the next Compass and on the
CVA Website (cva4u.org).

SEE YOU IN SAN DIEGO...



LOOK WHO'S WALKING!

The walkers named below were listed in the October/November issue of *The American Wanderer* because they achieved new levels in numbers of Events and/or Distances walked or biked. Take a moment to congratulate them when you see them on the trail!

Name	Events
Felicity Brown	10 Events
Barbara Rigler	50 Events
Christine Williams	75 Events
Linda Garrison	150 Events
Gail Samcoff	500 Events
Debbie Gley	525 Events
Tom Swift	650 Events
Sally Coones	800 Events
Joanne Jensen	800 Events
Beatrice McKelvin	1,250 Events
Judy Gordon	1,450 Events
Barbara Nuss	1,600 Events
Holly Pelking	1,700 Events
Neil Cohen	2,200 Events
Bud Simmons	2,600 Events
Jean Vik	3,100 Events
Myrna Jackson	3,800 Events
Name	Distance
Linda Garrison	1,500 KM
Roxalie Jones	2,500 KM
Gail Samcoff	5,000 KM
Tom Swift	6,000 KM
Joanne Jensen	7,000 KM
Sally Coones	8,000 KM
Marilyn Nasi	8,000 KM
Holly Pelking	20,000 KM
Neil Cohen	25,000 KM
Tim Jenkins - walking	30,000 KM
Tim Jenkins - biking	30,000 KM

**START HERE – 1 COLUMN OF 4
TALLY THE YRES AND SEASONAL
EVENTS YOU COMPLETE IN 2019
WITH THIS GUIDE.**

Alameda - Bay Farm	
Alameda - Victorian	
Anaheim - Disneyland	
Auburn	
Avila Beach	
Avila Beach - Bob Jones Bike Trail	
Benicia Historic	
Benicia - State Rec	
Beverly Hills	
Big Bear Lake- North Shore	
Big Bear Lake - Village	
Bonita - Library	
Buellton	
Calistoga	
Cambria	
Campbell - Los Gatos Creek	
Capitola	
Carlsbad - Beach	
Carlsbad - Residential	
Carmel - Mission	
Carmel - Pt. Lobos	
Carmichael - Ancil Hoffman Park	
Carmichael - Hidden Parks	
Carpinteria	
Carson Pass - Pacific Crest Trail	
Cherry Valley	
Chula Vista	
Citrus Heights	
Claremont - Downtown/Colleges	
Claremont - Hills	
Corona - Historic	
Coronado	
Crestline - Lake Gregory	
Dana Point - Harbor & Doheny	
Dana Point - Orange Co.	
Davis - Circle Davis Bike	
Davis - So Davis/El Macero	
Davis - Southeast Tunnels	
Davis - University	
Donner Pass - Pacific Crest Trail	
El Cajon - Library	
El Cajon-Rancho San Diego	
Elk Grove - Charlie Fowble Mem	
Elk Grove - Creek Watershed	
Elk Grove - East Elk Grove Rec	
Elk Grove - Old Town	
Encino - Nature & Historic	
Etna - Historic	
Eureka - Old Town/Victorians	
Fair Oaks - Historic	
Folsom - Historic	
Folsom - Humbug Willow Crk Bike	
Galt - Cosumnes River	
Galt - Sacramento Co.	

TALLY THE YRES AND SEASONAL EVENTS YOU COMPLETE IN 2019 WITH THIS GUIDE.

Gold River - Jedediah Smith Mem		Redondo Beach		Santa Monica - End of Route 66	
Healdsburg		Riverside		Santa Rosa - Believe It or Not!	
Huntington Beach		Roseville - Maidu Park		Santa Rosa - Luther Burbank	
Ione		Roseville - NW Roseville Bike Tour		Santa Rosa - Prince Greenway/ Historic Santa Rosa	
Jackson - Historic Town		Roseville - Peggy Plummer Mem		Sebastopol	
Kirkwood - Lake Winnemucca		Roseville - Sculpture Park		Simi Valley - Home of Reagan Lib	
Laguna Beach		Round Valley - Pacific Crest Trail		Solana Beach - Library	
Laguna Niguel		Sacramento - American River		Solvang	
Lincoln - Bike tour		Sacramento - Am River Bike		Sonoma	
Lodi		Sacramento - Arden Park		South Pasadena	
Lompoc		Sacramento - Ashton Park		Spring Valley - Library	
Long Beach-Naples/Belmont Shore		Sacramento - Campus Commons/ Sierra Oaks		Squaw Valley - Olympic Valley - John Daegling Memorial	
Los Angeles - Bel Air, UCLA		Sacramento - Capitol - Wayne Holloway Memorial		Squaw Valley - Shirley Canyon	
Los Angeles Griffith Pk Bridle Path		Sacramento - Curtis Park		Squaw Valley - Tahoma	
Los Angeles Griffith Pk Observatory		Sacramento - Elmhurst to East Sac		Stockton - NW Stockton-Trinity Pkwy	
Los Gatos - Town		Sacramento - Hidden Murals		Stockton - San Joaquin Co.	
Los Olivos		Sacramento - Land Park		Sutter Creek	
Manteca		Sacramento - Midtown/East Sac		Tahoe City - Lake Forest	
Marina Del Rey		Sacramento - Natomas Flood Plain Bike Tour		Tehachapi - Kern Co.	
Menifee - Menifee Lakes		Sacramento - North Laguna Creek		Truckee- Tony Steiner Memorial River Walk	
Menifee - Menifee Valley		Sacramento - North Natomas		Union City - Old Town	
Menifee - Sun City - Residential		Sacramento - Pocket Area		Vacaville - Historic	
Mill Valley		Sacramento - Pocket Area Bike		Vacaville - Joe Sutter/Jo Hefner Memorial - Lagoon Valley	
Mission Hills-San Fernando Mission		Sacramento - River and Miller Park		Vacaville - So. Rec Trail Bike Tour	
Modesto		Sacramento - Sac State		Ventura - Santa Cruz Island	
Monterey - Historic		Sacramento - Sac Riverfront Bike		Ventura - City/Beach	
Monterey - Peninsula/Lovers Pt.		Sacramento - Sacramento-Arden Margaret Thornburg Memorial Bike		Vista - Library	
Morongo Valley Canyon Preserve		Sacramento - Sierra Oaks Vista		Weimar - Lillian Webber Memorial	
Morro Bay		Sacramento - South Natomas		West Sacramento - Clarksburg Branch Line Trail	
Murrieta - Santa Rosa Plateau		Sacramento - The "Fab 40s"		West Sacramento - River walk	
Newport Beach - Balboa Island		San Clemente - Beach & Pier		Whitewater - Pacific Crest Trail	
Newport Beach -Balboa Is/Cross		San Diego - 4S Ranch Library		Whittier - Home Town	
Oakdale		San Diego - Harbor Island		Windsor	
Oceanside - Mission San Luis Rey		San Diego - Harbor Is & Recruit Ship		Woodland - Historic	
Oceanside - San Diego Co.		San Diego - Mission De Alcala		Yorba Linda - Orange Co.	
Palm Springs - Celebrity		San Diego - Old Town		Yosemite National Pk - Cloud's Rest	
Palm Springs - Park Trail		San Diego - Old Town & Mission Vally		Yosemite National Pk - Half Dome	
Petaluma - Historic		San Diego - Recruit Ship		Yosemite National Pk - Valley Floor	
Pismo Beach		San Diego - Waterfront		Yuba City - Historic - Sutter Co.	
Pittsburg		San Francisco -High Lights		Zamora - Rural Yolo Co.	
Placerville - Old Hangtown		San Francisco - High Lights			
Port Hueneme - Channel Islands		San Francisco - Land's End & Beyond			
Poway - Library		San Francisco - Presidio			
Rancho Cordova- Lake Natoma		San Gabriel - Mission		Nevada Walks by CA Clubs	
Rancho Cordova - Lake Natoma		San Jose - Almaden Lake		Carson City - Capital	
Rancho Cordova-Lake Natoma bike		San Jose - Historical Downtown & Univ.		Reno - Gene Averkin Memorial	
Red Bluff - Victorians		San Juan Capistrano - Alt Rte: Veterans & Descanso Parks		Reno - UNR/San Rafael	
Redding - Lema Ranch/Churn Crk		San Juan Capistrano - Orange Co			
Redding - Riverwalk		San Luis Obispo			
Redding - Sundial Bridge		Santa Barbara			
Redlands - Downtown		Santa Cruz - Natural Bridges			
Redlands - Palms & Palaces					
Redlands - Westside					

2019 Year Round & Seasonal Events Sponsored by California Clubs for more information see 2019 STARTING POINT or call Point of Contact (POC) listed.
Shaded entry denotes a change since the 2019 STARTING POINT was published.

Alameda - Co: Ala - 2 walks: Bay Farm (Y0619) & Victorians (Y0620) TEMPORARY start by remote registration. Contact POC Priscilla Fife (916) 616-6003 or email prfife@gmail.com, by VVV.

Anaheim - Disneyland - Co: Orng - walk (Y0794) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Auburn - Co: Pla - walk Placer County Museums (Y0034) start: Flour Garden Bakery, 340-C Elm Ave, Auburn, CA 95603, POC: Jan Jerabek (530) 401-3219, by PP

Avila Beach - Co: SLO - walk Avila Beach (Y1963) & Bob Jones Trail bike tour (Y0426), start: Pismo Lighthouse Suites, 2411 Price St., Pismo Beach, CA 93449, POC: John Fletcher (805) 736-8531, by CCBB

Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346) & Historic (Y0213), start: First Street Café, 440 First St, Benicia, CA 94510, POC: Howard McGill (707) 447-9431, by VVV

Beverly Hills - Co: LA - walk Stars' Homes & Hollywood Flats (Y2042), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Big Bear Lake - Co: SnBer - 2 walks: North Shore Trail (Y0303) & Village (Y0337), start: Cozy Hollow Lodge, 40409 Big Bear Blvd (SR 18), Big Bear Lake, CA 92315, POC: Jerry Johnson (909) 825-9382, by GVG

Bonita - Co: SD - walk Bonita Library (Y2192), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Buellton - Co: SB - walk Town (Y0799) start: CVS Pharmacy, 218 E. Hwy 246, bldg 3, Buellton, CA 93427, POC: Ty Fredriks (805) 714-1552 by CCBB

Calistoga - Co: Napa - walk (Y0268), start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi (707) 486-8528, by SCS

Cambria - Co: SLO - walk Cambria Beach and River (Y2358), start: The Bluebird Inn, 1880 Main St., Cambria, CA 93428, POC: Ty Fredriks (805) 714-1552 by CCBB

Campbell - Co: SClar - walk Los Gatos Creek (Y0853), start: Campbell Inn, 675 E. Campbell Av, Campbell, CA 95008, POC: Jim Boes (408) 379-9027, by SBS

Capitola - Co: SCruz - walk Secret Paths & Stairways (Y1183), start: Coffeetopia, 3701 Portola Dr, Santa Cruz, CA 95062, POC: Holly Pelking (408) 859-7978, by SBS

Carlsbad - Co: SD - walk Beach (Y2197), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Carlsbad - Co: SD - walk Residential (Y0200) start: Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Jean Vik (951) 317-7860, by LDR

Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) & Carmel - Point Lobos (Y0445), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass (408) 592-3935, by SBS

Carmichael - Co: Sac - walk Ancil Hoffman Park (Y1712), start: 24 Hr Fitness, 5114 Arden Wy, Carmichael, CA 95608, POC: Sally Coones (916) 283-4535, by SWS

Carmichael - Co: Sac - walk Hidden Parks (Y2418), start: SaveMart, Crestview Village Shopping Center, 4708 Margarita, Carmichael, CA 95608, POC: Myrna Jackson (916) 481-6714, by SWS

Carpinteria - Co: SB - beach walk (Y1856), start: Holiday Inn Express Suites, 5605 Carpinteria, Carpinteria, CA 93013, POC: John Fletcher (805) 736-8531, by CCBB

Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936), start: Hardman House Hotel - 917 North Carson St, Carson City, NV 89701, POC: Judy Gordon (775) 331-9296, by TTT

Carson Pass - Co: Alp - seasonal walk 6/1/19-10/31/19 Pacific Crest Trail (Y0880) start: web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935 by CVA

Cherry Valley - Co: Riv - walk (Y1836), start: Shell Gasoline Station, 10501 Beaumont Ave, Cherry Valley, CA 92223, POC: Art Line (951) 845-3732, by GVG

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Chula Vista - Co: SD - walk (Y0982), start: South Bay YMCA, 1201 Paseo Magda, Chula Vista, CA 91910, POC: Herman Husbands (619) 287-0560, by SBR	Donner Pass - Co: Nev - seasonal walk 6/1/19 - 10/31/19 Pacific Crest Trail (Y1038) start: web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935 by CVA
Citrus Heights - Co: Sac - walk Stock Ranch (Y0224) start: SAS Shoe Store, 7247 Greenback Lane, Citrus Heights, CA 95621, POC: Sally Coones (916) 283-4535, by SWS	El Cajon - Co: SD - walk El Cajon Library (Y2193) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Claremont - Co: LA - 2 walks: Downtown/Colleges (Y0743) & Hills (Y1424) start: Knights Inn, 721 So. Indian Hill Blvd, Claremont, CA 91711, POC: Bob Gebo (951) 924-2208 by LDR	El Cajon - Co: SD - walk El Cajon Rancho San Diego Library (Y2199) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Corona - Co: Riv - walk Historic (Y0913) start: Corona Regional Medical Center, 800 So. Main, Corona, Ca 92882, POC: Jean Vik (951) 737-8341, by LDR	Elk Grove - Co: Sac - walk: Charlie Fowble Memorial (Y0997), start: McDonald's, 2733 Elk Grove Blvd, Elk Grove, CA 95758, POC: Brenda Dougherty (925) 864-4733, by SWS
Coronado - Co: SD - walk (Y0352) start: Museum of History & Art, 1100 Orange Ave., Coronado, CA 92178. POC: Herman Husbands (619) 287-0560, by CB	Elk Grove - Co: Sac - 2 walks: East Elk Grove Rec Trail (Y1423) & Old Town (Y1775), start: Starbucks, 8868 Bond Rd, Suite 100, Elk Grove, CA 95624, POC: Paul Robb (916) 430-6649, by SWS
Crestline - Co: SnBer - walk Lake Gregory (Y1826) start: Goodwin's Market, 24089 Lake Gregory Dr, Crestline, CA 92325 POC: Art Line (951) 845-3732, by GVG	Elk Grove - Co: Sac - walk Elk Grove Creek Watershed (Y0785), start: Peet's Coffee & Tea, 8234 Laguna Blvd. Suite 100, Elk Grove, CA 95758, POC: Paul Robb (916) 430-6649 by SWS
Dana Point - Co: Orng - walk Harbor & Doheny Beach (Y2201) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD	Encino - Co: LA - walk Nature & Historic (Y0934) , start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD
Dana Point - Co: Orng - walk (Y1343), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD	Etna - Co: Sisk - walk - Historic (Y1121), start: Bob's Ranch House Restaurant, 585 Collier Way (Highway 3), Etna, CA 96027, POC: Catherine Wieder (530) 496-3407, by SWS
Davis - Co: Yolo - bike Circle Davis Tour (Y0007), POC: Jo Ann Pelz (530) 756-2315 & 2 walks: Southeast Tunnels & Bridges (Y1624), POC: Jean Lucas (530) 756-4919, South Davis/El Macero (Y0617), POC: Jo Ann Pelz (530) 756-2315 start: Common Grounds Coffee, 2171 Cowell Blvd., Davis, CA 95616, by DD	Eureka - Co: Hum- walk Old Town/Victorians (Y1061) start: North Coast Co-op, 25 4th St., Eureka, CA 95501, POC: Don or Sue Deal (707) 762-4148, by SCS
Davis - Co: Yolo - walk University (Y0404), start: Fleet Feet Sports, 615 Second St, Davis, CA 95616, POC: Jo Ann Pelz (530) 756-2315, by DD	Fair Oaks - Co: Sac - walk Fair Oaks-Historic (Y1064) start: Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd., Fair Oaks, CA 95628, POC: Marcia Maurer (916) 844-4673, by SWS

2019 Year Round & Seasonal Events Sponsored by California Clubs

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Folsom - Co: Sac - walk Historic (Y0165), & bike Humbug Willow Creek Tour (Y0884), start: Karen's Bakery & Café, 705 Gold Lake Dr, Ste # 340, Folsom, CA 95630, POC: Heidi Foster (916) 792-1720, by SWS

Galt - Co: Sac - walk (Y1303) start: McDonald's Hamburgers 324 Pine St, Galt, CA 95632, POC: Gloria Stemler (209) 745-1728, by DTT

Galt - Co: Sac - walk Cosumnes River Preserve (Y1314) start: McDonald's 2733 Elk Grove Blvd., Elk Grove, CA 95758, POC: Brenda Dougherty (925) 864-4733, by SWS

Gold River - Co: Sac - walk Jedediah Smith Memorial Trail (Y1793), start: Starbuck's 2095 Golden Centre Ln, Suite 10, Gold River, CA 95670, POC: Lois Will (916) 599-7152, by SWS

Healdsburg - Co: Son - walk Wine Country (Y0415) start: Adel's Restaurant, 198 Dry Creek Road, Healdsburg, CA 95448 POC: Marilyn Nasi (707) 486-8528, by SCS

Huntington Beach - Co: Orng - walk (Y0899), start: Albertson's Market, 7201 Yorktown Ave, Huntington Beach, CA 92648, POC: Tom & Marge Loppnow (714) 960-5339, by LDR

Ione - Co: Ama - walk (Y0606), start: Ione Plaza Market, 313 Preston Ave, Ione, CA 95640 POC: Don or Dianne Driever (209) 887-2807, by DTT

Jackson - Co: Ama - walk Historic Town (Y0255), start: Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin (209) 565-7729, by DTT

Kirkwood - Co: Alp - seasonal walk 6/1/19 - 9/30/19 Lake Winnemucca (Y1844) start: remote registration - contact POC: Nancy Alex (916) 217-4903 or fanifarmer@sonic.net, by SWS

Laguna Beach - Co: Orng - walk (Y1651), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

During this walk, find out for whom Heilser Park was really named.



Laguna Niguel - Co: Orng -walk (Y1342), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Lincoln - Co: Pla - bike tour (Y0402), start: Starbuck's Coffee, 110 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Rattiff (916) 645-8280, by PP

Lodi - Co: SJ - walk (Y0170), start: McDonald's Hamburgers 200 West Lodi Ave, Lodi, CA 95240, POC: Cathy Pauley (915) 479-1060, by DTT

Lompoc - Co: SB - walk Santa Barbara County (Y0430), start: South Side Coffee Company, 105 So. H, Lompoc, CA 93436, POC: John Fletcher (805) 736-8531, by CCBB

Long Beach - Co: LA - walk Naples/Belmont Shore (Y1452) start: Gelson's, 6255 East 2nd St, Long Beach, CA 90803 POC: Mary Brooks (562) 421-0477, by LDR

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**You can
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Berkeley's
on this LA
walk.**



Los Angeles - Co: LA - walk Bel Air, UCLA, Westwood & Marilyn (Y2043) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Menifee - Co: Riv - 3 walks: Lakes (Y1212), Menifee Valley (Y1213), & Sun City Residential (Y0701) start: Best Value Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Bob Gebo (951) 924-2208, by LDR

Mill Valley - Co: Mrn - walk Mill Valley (Y0391) start: Mill Valley Community Center, 180 Camino Alto, Mill Valley, CA 94941, POC: Jill Simmons (707) 448-5148, by VVV

Mission Hills - Co: LA - walk San Fernando Mission (Y0908), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Modesto - Co: Stan - walk (Y0167), start: Starbucks, 800 Oakdale Rd, Modesto, CA 95355, POC: Jim & Diane Gomes (209) 815-6041, by DTT

Monterey - Co: Mont - 2 walks - Historic (Y1261) & Peninsula/Lovers Point (Y1341), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass (408) 592-3935, by SBS

Los Angeles - Co: LA - walk Griffith Park Bridle Path (Y2138) start: web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935, by SBS

Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126), start: Big Morongo Canyon Preserve, 11055 E Drive, Morongo Valley, CA 92256 POC: Charlie Thorne (951) 780-3579, by LDR

Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250) start: web remote registration at www.cva4u.org, POC: Holly Pelking (408) 859-7978, by SBS

Morro Bay - Co: SLO - walk (Y0664), start: La Serena Inn, 990 Morro Ave., Morro Bay, CA 93442, POC: John Fletcher (805) 736-8531, by CCBB

Los Gatos - Co: SClar - walk Town (Y0074), start: Los Gatos Coffee Roasting Company, 101 W. Main St, Los Gatos, CA 95030 POC: Holly Pelking (408) 859-7978, by SBS

Murrieta - Co: Riv - walk Santa Rosa Plateau Ecological Preserve (Y2011), start: Baron's "The Marketplace", 32310 Clinton Keith Road, Wildomar, CA 92595, POC: Kathy Bundy (951) 218-3755, by LDR

Los Olivos - Co: SB - walk Wine Country (Y2357) start: R Country Market in Los Olivos, 2948 Grand Ave., Los Olivos, CA 93441, POC: Ty Fredriks (805) 714-1552, by CCBB.

Newport Beach - Co: Orng - 2 walks Balboa Is (Y0251) & Balboa Is Cross Channel View (Y1270), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

Manteca - Co: SJ - walk (Y2024), start: Frank's Downtown Café, 162 Maple Ave., Manteca, CA 95336, POC: Judy Rosendin, (209) 239-2564, by DTT

Oakdale - Co: Stan - walk (Y0565), start: Motel 6, 825 East F Street, Oakdale, CA 95361, POC: Arlene Jones (209) 847-1477, by DTT

Marina Del Rey - Co: LA - walk Muscle Beach - (Y1255), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD.

Oceanside - Co: SD - walk Mission San Luis Rey (Y2200) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD

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Oceanside - Co: SD - walk Oceanside (Y1750), start: Oceanside Marina Inn, 2008 Harbor Drive North, Oceanside, CA 92054, POC: Jean Vik (951) 317-7860, by LDR

Palm Springs - Co: Riv - 2 walks Celebrity Walk (Y1887) & Park Trail (Y0724), start: Desert Regional Medical Center, 1150 No. Indian Canyon Dr, Palm Springs, CA 92262, POC: Sue Obradovitz (951) 735-0457, by LDR

Petaluma - Co: Son - walk -Historic Petaluma (Y0233), start: CVS Drug Store, 365 East Washington St., Petaluma, CA 94952, POC: Don & Sue Deal (707) 762-4148, by SCS

Pismo Beach - Co: SLO - boardwalk (Y1821), start: Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA, 93449 POC: Ty Fredriks (805) 714-1552, by CCBB

Pittsburg - Co: CC - walk (Y0947) start: Steeltown Coffee & Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Craig and Jane Wirth, (935) 305-9055, by VVV

Placerville - Co: EID - walk Old Hangtown (Y0580) start: Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Bette Haskell (530) 647-2726, by PP

Port Hueneme - Co: Ven -walk Channel Islands (Y0828), start: CVS Pharmacy, 581 W. Channel Islands Blvd., Port Hueneme, CA 93041, POC: Ty Fredriks (805) 714-1552 by CCBB

Poway - Co: SD - walk Poway Library (Y1295), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

Rancho Cordova - Co: Sac - walk Lake Natoma (Y0855) & bike Lake Natoma tour (Y0036), start: Starbuck's Coffee 12195 Tributary Point Dr, Rancho Cordova, CA 95670, POC: Don Ratliff (916) 645-8280, by PP

Red Bluff - Co: Teh - walk Red Bluff Victorians (Y2022), start: Durango RV Resort, 100 Lake Ave., Red Bluff, CA 96080, POC: Debbie Thomas (530) 347-7422 by SSS.

Redding - Co: Sha - 3 walks Lema Ranch/Churn Creek Trail (Y0951), Riverwalk (Y1066) & Sundial Bridge (Y0705), start: LaQuinta Inn, 2180 Hilltop, Redding, CA 96002, POC: Cynthia Turbin (530) 949-2810, by SSS

Redlands - Co: SnBer - 3 walks Downtown (Y0584), Palms & Palaces (Y0187) & Westside (Y1837), start: Redlands Family YMCA, 500 E. Citrus Avenue, Redlands, CA 92373, POC: Art Line (951) 845-3732, by GVG

Redondo Beach - Co: LA - walk (Y0490) start: Carl's Jr., 701 N. Pacific Coast Highway, Redondo Beach, CA 90277, POC: Dottie Schwieger, (951) 505-9738 by LDR

Reno, NV - Co: Washoe - 2 walks Gene Averkin Memorial (Y0023) and UNR/San Rafael (Y0935), start: National Automobile Museum, 10 Lake Street South, Reno, NV, 89501, POC: Judy Gordon (775) 331-9296, by TTT

Riverside - Co: Riv - walk (Y1478), start: Riverside Community Hospital, 4445 Magnolia Ave, Riverside, CA 92501, POC: Sue Obradovitz (951) 735-0457, by LDR

Roseville - Co: Pla - 3 walks - Maidu Park (Y0560), Peggy Plummer Memorial (Y1241) & Sculpture Park (Y0266), start: remote registration contact POC: Judy Stroud (916) 773-9371 or email gone2walk@surewest.net by PP

Roseville - Co: Pla - bike - NW Roseville Tour (Y1239), start: remote registration contact POC: Don Ratliff, (916) 645-8280 or email dratliff1515@gmail.com by PP

Round Valley - Co: Alp - seasonal walk 6/1/19 - 10/31/19 walk Pacific Crest Trail (Y0983), start: web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935 by CVA

Sacramento - Co: Sac - walk American River (Y0990), start: Starbucks Coffee Co., 610 Watt Ave., Sacramento, CA 95864, POC: Beverly Bales, (916) 488-8570, by SWS

Sacramento - Co: Sac - bike American River Tour (Y0006) & Capitol Wayne Holloway Memorial Walk (Y0003), start: Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814, POC: Nancy Alex (916) 217-4903, by CVA

Sacramento - Co: Sac - walk - Arden Park (Y0558) & bike Sacramento-Arden Margaret Thornburg Memorial Tour (Y0607), start: Starbucks, Arden Plaza, 4301 Arden Way, Sacramento, CA 95864, POC: Myrna Jackson (916) 481-6714, by SWS

Sacramento - Co: Sac - 2 walks Ashton Park (Y1049) & Sierra Oaks Vista (Y0905), start: Starbucks Coffee Co., 610 Watt Ave, Sacramento, CA 95864, POC: Beverly Bales, (916) 488-8570, by SWS

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Sacramento - Co: Sac - walk Campus Commons/Sierra Oaks (Y1767), start Starbucks Coffee Co., 458 Howe Ave, #B, Sacramento, CA , 95825 POC: Myrna Jackson (916) 481-6714, by SWS	San Diego - Co: SD - walk 4S Ranch Library (Y2203), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) & River & Miller Park (Y0938), start: Land Bark Pet Supplies, 3200 Riverside Blvd., Sacramento, Ca, 95818, POC: Jane Graham (916) 446-8087, by SWS	San Diego - Co: SD - 2 walks: Harbor Island (Y1604), & Waterfront (Y0852), start: Wyndham Bayside Hotel, 1355 No. Harbor Dr, San Diego, CA 92101, POC: Jean Vik (951) 317-7860 by LDR
Sacramento - Co: Sac - 3 walks: Elmhurst to East Sac (Y1422), Midtown/East Sac (Y1873) & The "Fab 40's" (Y0583), start CVS Pharmacy, 5039 Folsom Blvd., Sacramento, CA 95819, POC: Gail Samcoff (916) 429-8377, by SWS	San Diego - Co: SD - 2 walks Harbor Island & Recruit Ship (Y2188) and Recruit Ship (Y2189) , start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - Hidden Murals walk (Y2337), start: Fleet Feet Sports, 2311 J St., Sacramento, CA 95816. POC: Rutherford Smith (530-5610) by SWS	San Diego - Co: SD - walk Mission De Alcala (Y2191) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - bike: Natomas Flood Plain Tour (Y0767) & 2 walks North Natomas (Y2186) and South Natomas (Y0588) start: Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, CA 95833, POC: Joanne Jensen (916) 996-0401, by SWS	San Diego - Co: SD - walk Old Town (Y1426), start: Best Western Hacienda Hotel, 4041 Harney St, San Diego, CA 92110, POC: Jean Vik (951) 317-7860 by LDR
Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043), start: 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Bruce & Nancy Calkins (360) 970-6393, by SWS	San Diego - Co: SD - walk Old Town & Mission Valley (Y2190) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - walk Pocket Area (Y0234) & bike Pocket Area Tour (Y1313), start: CVS Drugstore, 7465 Rush River Drive #500, Sacramento, CA 95831, POC: Nancy Alex (916) 217-4903 by SWS	San Francisco - Co: SF - walk SF High Lights (Y1479), start: San Francisco Maritime National Historical Park Visitors' Center, 499 Jefferson St, San Francisco, CA 94109, POC: P. Fife (916) 616-6003, by SFBB
Sacramento - Co: Sac - bike Sacramento Riverfront Tour (Y0959), start: Sandman Hotel, 236 Jibboom St., Sacramento, CA 95814, POC: Nancy Alex (916) 217-4903 by CVA	San Francisco - Co: SF - walk Lands End & Beyond (Y1943), start: Seal Rock Inn, 545 Point Lobos Av., San Francisco, CA 94121, POC: P. Fife (916) 616-6003 by SFBB
Sacramento - Co: Sac - walk Sac State (Y1822) start: Starbucks Coffee Co., 1420 65th St., Sacramento, CA 95819, POC: Brenda Dougherty (925) 864-4733, by SWS	San Francisco - Co: SF - walk: Presidio (Y1564), start: Presidio Visitors Center, 210 Lincoln Blvd., Main Post, Presidio of San Francisco, CA 94129, POC: P. Fife (916) 616-6003 by SFBB
San Clemente - Co: Orng - walk Beach & Pier (Y1060), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929, by PARD	San Gabriel - Co: LA - walk San Gabriel Mission (Y2198) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

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San Jose - Co: SCLar - walk Almaden Lake (Y2436), start: Almaden Lake Village Rental Office (closed Sundays), 1945 Coleman Rd., San Jose, CA 95123. POC: Suzi Glass (408) 592-3935 by SBS.

Santa Monica - Co: LA - End of Route 66 walk (Y0834), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

Walkers connect to a creek trail and another park from this idyllic lake.



Santa Rosa - Co: Son - walk Believe It or Not! (Y2437), start: CVS Pharmacy 24 Hour, 2771 Fourth Street, Santa Rosa, CA 95405, POC: Marilyn Nasi (707) 486-8528, by SCS

Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) & Prince Greenway/Historic Santa Rosa (Y0758), start: Lucky Market, 915 Village Ct, Santa Rosa, CA 95405, POC: Marilyn Nasi (707) 486-8528, by SCS

Sebastopol - Co: Son - walk near Santa Rosa (Y0793) start: The Sebastopol Inn, 6751 Sebastopol Ave behind Gravenstein Station, Sebastopol, CA 95472. POC: Marilyn Nasi (707) 486-8528, by SCS

Simi Valley - Co: Ven - Home of the Ronald Reagan Library walk (Y0846) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

San Jose - Co: SCLar - walk Historical Downtown & University (Y0240), Temporary start: Campbell Inn, 675 East Campbell Ave., Campbell, CA 95008 POC: Philip Braverman (408) 287-1701, by SBS

Solana Beach - Co: SD - walk Solana Beach Library (Y2196) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

San Juan Capistrano - Co: Orng - walk Alternate Route: Veterans & Descano Parks (Y2202) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

Solvang - Co: SB - walk (Y0428), start: Solvang Shoe Store, 1663 Copenhagen Dr., Solvang, CA 93463, POC: John Fletcher (805) 736-8531, by CCBB

San Juan Capistrano - Co: Orng - walk (Y1886), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

Sonoma - Co: Son - walk (Y0752), start: Best Western/Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi (707) 486-8528, by SCS

San Luis Obispo - Co: SLO - walk (Y0458), start: Holiday Inn Express Hotel, 1800 Monterey Ave, San Luis Obispo, CA 93401, POC: John Fletcher (805) 736-8531, by CCBB

South Pasadena - Co: LA - walk (Y1761), start: Lucha's Comfort Footware, 921 Fair Oaks, South Pasadena, 91030, POC: Joan Holzborn (805) 577-1576, by LDR

Santa Barbara - Co: SB - walk (Y0137), start: Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: John Fletcher (805) 736-8531, by CCBB

Spring Valley - Co: SD - walk Spring Valley Library (Y2194) start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD

Santa Cruz - Co: SCruz -walk Natural Bridges (Y0328), start: Togo's Sandwich Shop, 902 Ocean St., Santa Cruz, CA 95060, POC: Holly Pelking (408) 259-5157, by SBS

Squaw Valley - Olympic Valley Co: Pla - seasonal walk 5/1/19 - 11/30/19 - John Daegling Memorial (Y1785), start: The Village at Squaw Valley, 1750 Village East Road, Olympic Valley, CA 96146, POC: Diane Morrison, (509) 396-4171, by TTT

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Squaw Valley - Shirley Canyon Co: Pla - seasonal walk 5/1/19 - 10/31/19 (Y2263) start: web remote registration at www.cva4u.org., POC: Suzi Glass (408) 592-3935 by PARD	Vista - Co: SD - walk Vista Library (Y2187) start: web remote registration at www.cva4u.org., POC: Neil Cohen (818) 789-3929 by PARD
Squaw Valley - Tahoma Co: Pla - seasonal walk 5/1/19 - 11/30/19 (Y2262) start: Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, POC: Marion Burrowes (530) 525-7756, by TTT	Weimar - Co: Pla - walk Lillian Webber Memorial (Y0854), start: Weimar Institute, 20601 W. Paoli Lane, Weimar, CA 95736, POC: Jan Jerabek (530) 367-5960, by PP
Stockton - Co: SJ - walk - Northwest Stockton - Trinity Parkway (Y0194), start: Panera Bread Restaurant, 10718 Trinity Parkway, Stockton, CA 95219, POC: Tom Swift (209) 298-5829, by DTT	West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515) start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098 , by SWS
Stockton - Co: SJ - walk Stockton San Joaquin County (Y1304), start: Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes (209) 931-0557, by DTT	West Sacramento - Co: Yolo - walk River Walk (Y0545), start: La Bou Bakery & Café (closed Sundays), 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098 , by SWS
Sutter Creek - Food & Antique - Co: Ama - walk (Y0103), start Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin (209) 565-7729, by DTT	Whitewater - Co: Riv - walk Pacific Crest Trail (Y0975), start: web remote registration at www.cva4u.org, POC: Jean Vik (951) 317-7860 by CVA
Tahoe City - Lake Forest Co: Pla - seasonal walk 5/1/19 - 11/30/19 (Y0195), start: Tahoe House Bakery & Gourmet, 625 W. Lake Blvd, Tahoe City, CA, 96145, POC: Diane Morrison (509) 396-4171 by TTT	Whittier - Co: LA - walk Home Town (Y2047), start: web remote registration at www.cva4u.org., POC: Neil Cohen (818) 789-3929 by PARD
Tehachapi - Co: Kern - walk (Y0850), start: web remote registration at www.cva4u.org, POC: Neil Cohen (818) 789-3929 by PARD	Windsor - Co: Son - walk (Y2419), start: CVA Pharmacy, 9030 Brooks Rd, So, Windsor, CA 95492, POC: Shirley Hightower (707) 696-0244, by SCS
Truckee - Tony Steiner Memorial Co: Nev - seasonal walk 5/1/19 - 11/30/19 (Y1667), start: Hampton Inn & Suites Tahoe - Truckee, 11951 CA Highway 267, Truckee, CA 96161, POC: Jennie Gordon (916) 204-3839, by TTT	Woodland - Historic - Co: Yolo - walk (Y0539), start: Nugget Market, 157 Main Street, Woodland, CA 95695, POC: Jim & Judy Tischer (530) 383-1370, by SWS
Union City - Co: Ala -walk Old Town (Y1248) start: Togo's Sandwich Shop (Union Landing Shopping Center) 32220 Dyer Street, Union City, CA 94587 POC: John Glass (408) 592-3866, by SBS	Yorba Linda - Co: Orng - walk (Y0735), start remote registration. Contact POC Dottie Schwieger, (951) 505-9738 or HiDotWalk@aol.com, by LDR
Vacaville - Co: Sol - 2 walks & bike, Historic (Y1586) & Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331), bike South Recreational Trail Tour (Y1573), start: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC: Jill & Bud Simmons (707) 448-5148, by VVV	Yosemite National Park- Co: Mrp - 2 seasonal walks 5/1/19 - 10/31/19 Clouds Rest (Y0734) & Half Dome (Y0765), start:web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935, by PARD
Ventura - Co: Ven - walk Santa Cruz Island (Y0872), start: web remote registration at www.cva4u.org., POC:Ty Fredriks (805) 714-1552 by CCBB	Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727) start: web remote registration at www.cva4u.org, POC: Suzi Glass (408) 592-3935, by PARD
Ventura - Co: Ven - Ventura City/Beach walk (Y0860), start: Vagabond Inn, 756 E. Thompson Blvd, Ventura, CA 93001, POC: John Fletcher (805) 736-8531, by CCBB	Zamora - Co: Yolo - walk Rural Yolo County (Y1429), start: Zamora Mini Mart, 9920 County Rd 99-W, Zamora, CA 95698, POC: Jim & Judy Tischer (530) 383-1370, by SWS

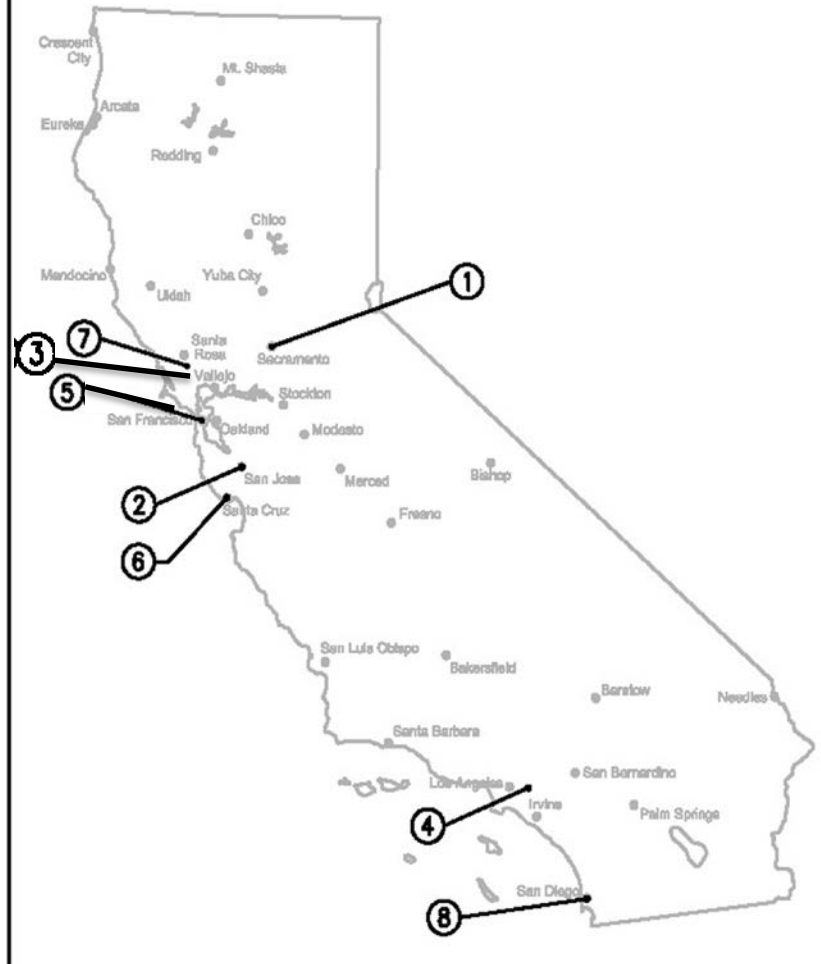
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2019 CVA Events in the First Quarter

No.	Date(s)	Event	Club	Location	County
1	01/01/19	W	SWS	New Year's Day - Sacramento	Sac
2	01/26/19	W	SBS	Holly's Hot Chocolate Walk, San Jose	Sclar
3	02/09 & 02/10/19	W	VVV	SF Bay Flyway Festival, Vallejo	Sol
	02/10/19		All	COMPASS articles due for the 2019, second quarter issue	
	02/15/19		All	COMPASS subscription deadline for 3 issues in 2019	
4	02/23/19	W	LDR	Dickens Festival Revisited, Riverside	Riv
5	02/23/19	W	SFBB	Golden Gate Park - Club 35th Anniversary, San Francisco	SF
6	03/09 & 03/10/19	W	SBS	Monarchs & Banana Slugs, Santa Cruz	SCruz
7	03/23/19	W	SCS	Rohnert Park	Son
8	05/03 - 05/05/19	W	CCBB, GVG, LDR	CVA Convention and Annual Meeting, San Diego	SD

CVA Event Locations



Map by Judy Gregory, SWS