
THE SACRAMENTO WALKING STICKS

NO SWEAT GAZETTE



FEBRUARY & MARCH 2024

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CONTACTS & OFFICERS

President, Publicity Coordinator & Walk Alerts:
Barbara Nuss
nussb@surwest.net

Vice President: Gail Samcoff
gon2wok@netzero.net

Secretary: Judy Gregory
jgregory122@yahoo.com

Treasurer, Webmaster & Membership:
Steve Hughart
hugharts@sbcglobal.net

Book Club Coordinator: Priscilla Fife
prfife@gmail.com

Health Fair Coordinator: Anne Ofsink
anne.ofsink@gmail.com

Point of Contact Coordinator: Gale Hughart
gigiwalks@yahoo.com

Sunshine Committee: Janet Riley
janet_d_riley@hotmail.com

No Sweat Gazette Team
sticksnewsletter@aol.com

TAKE NOTE

AVA PARTICIPANT EVENT FEES

The AVA walking fee increased January 1st for all walkers participating in AVA Sanctioned events. The increased revenue will serve to support the continued success of the organization.

| | |
|--------------------------|--------|
| ◆ Walking for Credit | \$4.00 |
| ◆ Not Walking for Credit | \$2.00 |
| ◆ First Time Walker | FREE |

Robert Buzolich, The Chairperson of the AVA Special Committee, wrote an article in the December 2023 edition of *The American Wanderer* sharing some of the reasoning behind the AVA Club Charges Special Committee recommendations. He writes, “*The \$3 registration fee was implemented in 2003, which was 20 years ago. Since that time, due to inflation, the value of the \$3 has increased to \$4.98.*” He goes on to say, “*Operating expenses have also experienced a similar increase over the same period for the same reason. Consequently, since about 2010, The AVA budget has been forecasting an operating loss during non-convention years.*” He advises that, “*this situation is not sustainable for the AVA. The actions recommended by the committee should have been taken years ago, and simply could no longer be kicked down the road.*”

SAVE THE DATE: April 26th, 27th & 28th

2024 CVA Convention
Hosted by Sonoma County Stompers
Co-hosted by SCS & VVV

OPEN VOLUNTEER POSITIONS

SPECIAL PROGRAMS COORDINATOR– For many years, Jean Lucas has been responsible for bringing, “the fun of the hunt” to the walking detective in us all! Jean will continue to remain active in her other responsibilities for the club but is ready to mentor our next Special Programs Coordinator!

If you are interested in learning more about volunteer positions, please send your inquiry to sticksnewsletter@aol.com and we will put you in touch with folks who can answer your questions!



FOOTNOTES

GREETINGS, Happy New Year 2024! I'm still not used to writing 2024, but I'm working on it—how about you? The *Sacramento Walking Sticks* surprised everyone by hosting a New Year's Day walk and in turn, they surprised us with a surprising turnout!! Who knew that we would have 172 walkers show up on a chilly day that went from a bit foggy to sunshine as the afternoon arrived? And I was thrilled to count that 77 of those who walked were *Sticks* members! Thank you to Jennifer Stanley for designing the routes and securing our start location. Also, a big thank you to those involved in making this Traditional Event so successful—from John McLaughlin who drove our trailer to and from to Warren Tellefson who formats the walk directions and maps for us. Chalkers Miles and Phyllis Wichelns spent hours putting arrows on the sidewalks to help you find your way and there were countless helpers at the start/finish tables as well. Thank you and one more shout out—thank you weather gods for keeping the rain away this year. You'll remember last year we cancelled our New Year's Eve/Day events because of the horrific storm that rolled through our region and because of insurance difficulties with AVA.

We're all excited about the changes to our newsletter and hope that you'll like them, too. Cory and John have been working to make it "just right" and I know they'll be looking forward to hearing what you think once you've read it.

Our *Sticks* membership meeting in January was so enlightening—thank you to all who came. The input given was much appreciated and having fresh, new ideas was so invigorating. One takeaway was the question "are you a Sticks member because you go on their walks?" No, but to become a member is super easy and we apologize that we haven't asked you to join our club before. Clicking on this [link](#) will give you all the information needed to join the club. Do you have to be a member of a club? No, but it truly gives you a sense of belonging.

The calendar is filled in February and March with great walking adventures. There's a fabulous Road Adventure to Sebastopol planned for President's Day, Monday, February 19th and one in Chico planned for Friday, March 22nd. We meet up and start walking at 10:15 a.m. and you can choose to walk a short or long route—we'll meet up for lunch after we walk. Click on this [link](#) and you'll see why this Sebastopol walk is such a fan-favorite, who wouldn't want to see Patrick Amiot's work "up close and personal?" AVA walks take us to places we wouldn't find on our own and give us an amazing adventure along the way.


Speaking of adventures—neighboring clubs have Traditional Walks coming up that you won't want to miss out on. San Jose-Alum Rock on Saturday, February 10, Burlingame on Saturday, March 16 and Knight's Ferry on Saturday, March 23. You'll also want to sign up for the California Volkssport Convention, Friday thru Sunday, April 26-28. There are five walks to do, a Meet & Greet plus a group dinner and a business meeting and it's all set in the Napa Valley.

Before I end, I wanted to share a quick, true story that I heard on New Year's Day. I walked my first walk with Diane Valentine's weekend 1988 from McKinley Park to the Fab 40's and back. We LOVED it and would go every weekend, whenever we could, wherever the walks were! Diane had two daughters at the time who would come when they could and bring their friends. A couple of years later, Diane moved to Texas, and we remain close to this day. A lady was talking with me after she finished her walk on New Year's and shared with me that she was one of those friends who walked with Diane and I back in the 1980's. What?! In fact, she brought "her" daughter on one of our Christmas lights night walks this year. Goes to show that you can do these walks on a regular basis and/or come back anytime to join in ~ you're always welcome.



Hope to walk and talk with you in the new year,
Barbara Nuss, Sticks President

FEBRUARY & MARCH 2024



**YOU ARE INVITED TO SPEND ONE
OR ALL OF THE DAYS WALKING AT THE
CALIFORNIA VOLKSSPORT ASSOCIATION
ANNUAL CONVENTION APRIL 26TH—28TH
IN ROHNERT PARK, CALIFORNIA**

**HOSTED BY
THE SONOMA COUNTY STOMPERS & VACA VALLEY VOLKS**

FEBRUARY & MARCH 2024

2024 CVA CONVENTION

VOLKSMARCH



A Volksmarch is simply a walk along a pre-marked route located in towns and/or countryside. The walks are designed to share and experience community with others in a non-competitive manner and at a non-timed pace. Volksmarching got its name from its origins in Europe. Today there are clubs all around the world.

Visit: NATIONAL: [AMERICAN VOLKSSPORT ASSOCIATION](#) Visit: STATE ORGANIZATION: [CALIFORNIA VOLKSSPORT ASSOCIATION](#)

| WALK START TABLE | Hampton Inn– Breakfast Area 6248 Redwood Drive Rohnert Park. CA. 94928 | | Friday Noon-4pm Saturday 9am-Noon Sunday 9am-Noon | |
|--|--|---|---|---|
| WALK 1 ROHNERT PARK | 5K 10K | Rated 1A- easy for strollers and wheelchairs | Pets Ok | Special Programs: R-to-T, VET, UNIV, STEP |
| WALK 2 COTATI | 5K 10K | Rated 1A– not recommended for strollers and wheelchairs | Pets Ok | Special Programs: VET, PAR, STEP |
| WALK 3 SANTA ROSA | 5K 10K | Rated 1A- easy for strollers and wheelchairs | Pets Ok | Special Programs: R-to-T, VET, PAR, STEP |
| WALK 4 SONOMA W/ LABYRINTH | 6K | Rated 1A- easy for strollers and wheelchairs | Pets Ok | Special Programs: R-to-T, VET, PAR, STEP |
| WALK 5 CALISTOGA W/LABYRINTH | 5K | Rated 1A- easy for strollers and wheelchairs | Pets Ok | Special Programs: R-to-T, PAR, STEP |

| | | | | |
|--|--|--|---|--|
| PRE REGISTERED WALKERS CONVENTION CHECK-IN PICK UP BADGE, MEAL TICKET, WALK DIRECTIONS | Hampton Inn– Breakfast Area 6248 Redwood Drive Rohnert Park. CA. 94928 | | Friday Noon-4pm Saturday 9am-Noon Sunday 9am-Noon | |
| MEET & GREET– FREE | Same as Above | | Friday 5pm-6pm | |
| CVA BUSINESS MEETING – FREE | Garden Room Community Center 5401 Synder Lane Rohnert Park , CA. 94928 | | Saturday 1pm-4pm | |
| GROUP DINNER (PRE REGISTRATION ONLY) | Mary’s Pizza Shack 101 Golf Course Drive Rohnert Park, CA 94928 | | Saturday 6pm | |

FEBRUARY & MARCH 2024

NOTES FROM A ROVING REPORTER

TOO WET TO WALK TODAY?

JOHN MCLAUGHLIN

We all know that Sticks members are a rugged bunch, determined to get out there on the walking trails, rain or shine. But still, there are some days during the year when conditions make it just too unpleasant to brave a walk. Outside, at least.

On such days, then, with too much rain or, on a few occasions, with too much forest fire smoke in the air, my wife Kaia and I choose instead to walk as many miles as we like on the inside track at **Arden Fair Mall**, 1689 Arden Way, Sacramento. While most Mall businesses are open from about 9 to 9, before-hours doors open earlier, so walking is available from 7 am to 9 pm.

To avoid the shoppers, we always go at about 7:00 when both levels of the whole place are often all ours, with no other humans in sight anywhere, though plenty of shop-window mannequins keep us company all along the way. And on “more crowded” days, there are only a few other walkers.

Although it’s never crowded at 7:00 in the morning, we actually have met a few fellow Sticks members on the inside track a couple of times. No matter whether it’s zero or just a few other walkers present, the place is always pleasant and peaceful and quiet with some pretty good background music always playing all along the walks, ranging from oldies to rock to country to classical.

Even though this walking experience is indoors, and we much prefer the great outdoors, we nevertheless always thoroughly enjoy the three or four times per year we might head for that protected inside track in the hallways of Arden Fair Mall because of heavy rain or fire smoke. Check out the map to the right with accompanying info about track distances, entrances, and other fun stuff. We’ll see you out on the Sticks trail one of these days, for sure. But it will also be fun to run into you in the Mall early on one of these cozy, stormy mornings.

ARDEN FAIR INSIDE TRACK

LEVEL 2

LEVEL 1

MAP KEY

- ELEVATOR
- ENTRANCE
- EARLY HOURS ENTRANCE
- LED TOWER/ ELEVATOR
- FOOD COURT
- ESCALATOR
- CAROUSEL

ACCESSIBILITY

ELEVATORS: There are elevators located inside Macy's and JCPenney and in the center of Arden Fair at the LED Tower.

EARLY HOUR ENTRANCES: Before the main entrances of Arden Fair are open, guests can access through the early hour entrances located on the north side of the mall.

DISTANCE PER LOOP: Walking one loop on the first level is approximately .75 miles. One loop on the second level is approximately .5 miles.

HELPFUL TIPS

REST BETWEEN STEPS

SEATING AREAS LOCATED AT:

- Near JCPenney
- Food Court (Level 1)
- Food Court (Level 2)
- Near LED Tower

REFUEL YOUR BODY & TREAT YOURSELF

- Cost Coffee (Level 1)
- El Cafe (Level 1)
- Jamba Juice (Level 1)
- 85°C Bakery Cafe (Level 1)

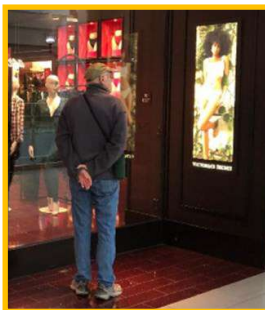
KEY MARKERS

- Carousel (Level 2)
- Kids Play Area (Level 2 - between Panda Express and iHeart)

ART WALK

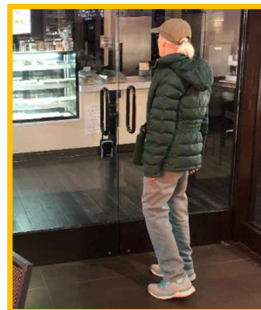
- "Flourish" Mural (Level 1)
- "Blooming" Wall (Level 1)
- "Sacramento Dreaming" Mural (Level 1)
- "DreamSpeak" Wall (Level 2)
- "Foot Locker" Mural (Level 2)

INSIDE TRACK

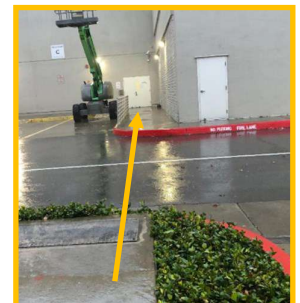


Despite Kaia's "c'mon, let's go!", I'm merely trying to figure out what it is that Victoria insists on keeping secret.

Window shopping is a treat on days like this. Kaia, tempted by all the sweets, is kind of glad that the shop isn't open yet.



This is our before-hours entrance, north side of building. See map above for all

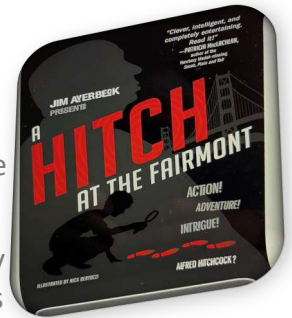


THE WALKING BOOK CLUB

MEET SUNDAY, FEBRUARY 4TH AT 11 ^{AM} FOR A BOOK WALK IN SAN FRANCISCO

A HITCH AT THE FAIRMONT,

by Jim Averbeck, Nick Bertozzi (Illustrations)



An intrepid boy teams up with Alfred Hitchcock himself in this rollicking mystery rife with action, adventure, intrigue, and all the flavor of film noir.

After the mysterious death of his mother, eleven-year-old Jack Fair is whisked away to San Francisco's swanky Fairmont Hotel by his wicked Aunt Edith. There, he seems doomed to a life of fetching chocolates for his aunt and her pet chinchilla. Until one night, when Aunt Edith disappears, and the only clue is a ransom note written... in chocolate?

Suddenly, Jack finds himself all alone on a quest to discover who kidnapped Aunt Edith and what happened to his mother. Alone, that is, until he meets an unlikely accomplice: Alfred Hitchcock himself! The two embark on a madcap journey full of hidden doorways, secret societies, cryptic clues, sinister villains, and cinematic flair.

GETTING TO THE START POINT:

There are many ways to get to the Maritime Visitor Center (Formally: San Francisco Maritime National Historical Park Visitor Center), 499 Jefferson St, San Francisco, CA 94109. Many in the Sacramento area have preferred to take the Vallejo Ferry to avoid expensive parking and bridge tolls.

BY FERRY: Take the 9:15 am Vallejo Ferry to the Ferry Building: Drive to the Vallejo Ferry Terminal, 289 Mare Island Way, Vallejo, CA 94590, Ferry tickets are \$9.30 for adults and \$4.60 for seniors (\$18.60 or \$9.20 for round trip). Parking is \$8.00 (this is old information - could not find current prices online) for up to 24 hours (**do not leave valuables in your car!**). Arrive at the Ferry Building at 10:15. **TAKE THE SHORT HOP FERRY TO PIER 41, Gate F at 10:45:** After arriving at the Ferry Building, walk a short distance to the Short Hop Ferry at Gate F. Tickets are \$1.00 for adults and \$.50 Seniors.

OR TAKE THE STREET CAR in front of the Ferry Building to Jones Street walk to Jefferson, turn left and walk 2 blocks to the Visitor Center. \$3. Simply board and pay using the MuniMobile app, a Clipper Card, or cash. A single adult ticket is \$3 if paid in cash, \$2.50 if paid via MuniMobile or Clipper Card. Youth (ages 5-18), seniors (ages 65+), and travelers with disabilities ride for less (\$1.50 if cash, \$1.25 if MuniMobile or Clipper).

WALK FROM PIER 41 Ferry Landing to the Maritime Visitor Center: Exit Pier 41 and turn RIGHT on the Embarcadero to Taylor Street. LEFT on Taylor 1 block to Jefferson. RIGHT on Jefferson 3 blocks to the Visitor Center, 499 Jefferson.



PRISCILLA FIFE
BOOK WALK
COORDINATOR

DRIVING FROM SACRAMENTO: Take I-80 W to San Francisco. Cross the Bay Bridge staying in the right 2 lanes to take Exit 2C onto Fremont St. After crossing Market St, continue onto Front St. LEFT on Sacramento St. RIGHT on Sansome St. LEFT on Washington St. RIGHT on Columbus St. RIGHT on Leavenworth St. LEFT on Jefferson St. There are several parking garages nearby:

SAN FRANCISCO MARITIME NATIONAL HISTORICAL PARK PARKING:

Some street parking is free on Sundays

- ◆ 3031 Larkin St - Ghirardelli Square
- ◆ Parking Garage 655 Beach St. - Valet/
- ◆ Self Garage 2850 Jones St. -
- ◆ Garage452 Beach St - Fisherman's Wharf Parking Lot.

CONTACT INFO: Priscilla Fife – (916) 616-6003 or prfife@gmail.com

FEBRUARY & MARCH 2024

FEBRUARY GROUP WALKS & RIDES

EARLY RISERS AT 7:30 AM / MORNINGS AT 9:15 AM
EVENINGS AT 6:15 PM/ MOONWALK AT 6:30 PM / ROAD TRIPS AT 10 AM
TRADITIONAL EVENT 8:30 AM-12:00 PM / FRIENDSHIP WALK 9:30

| MON | TUE | WED | THU | SAT | SUN |
|--|---|--|--|---|---|
| <p>TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : WWW.SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS</p> <p>Please note that the calendar only includes the days of the week that have scheduled walks</p> | | | <p>1 MORNING WALK <i>Historic Woodland</i></p> <p>MORNING RIDE <i>American River Tour</i></p> | <p>3 FRIENDSHIP Sacramento <i>Pocket Area</i></p> | <p>4 <i>BOOK CLUB 11am</i> San Francisco <i>A Hitch At the Fairmont</i></p> |
| 5 | <p>6 MORNING WALK Sacramento <i>Gold River</i></p> | <p>7 EVENING WALK Sacramento <i>Hidden Murals</i></p> | <p>8 MORNING WALK Sacramento <i>Fab 40's</i></p> | <p>10 TRADITIONAL South Bay Striders San Jose <i>Holly's Hot Chocolate Walk</i></p> | 11 |
| 12 | <p>13 MORNING WALK Sacramento <i>North Laguna Creek Wildlife Area</i></p> | <p>14 EVENING WALK Sacramento <i>North Natomas</i></p> | <p>15 MORNING WALK Sacramento <i>Arden Park</i></p> <p>MORNING RIDE <i>Arden Park Tour</i></p> | <p>17 FRIENDSHIP Roseville <i>Sculpture</i></p> | 18 |
| <p>19 ROAD TRIP <i>Sebastopol</i></p> | <p>20 MORNING WALK Sacramento <i>Elmhurst to East Sac</i></p> | <p>21 EVENING WALK Elk Grove <i>Regional Park</i></p> | <p>22 MORNING WALK <i>Historic Fair Oaks</i></p> | <p>24 FRIENDSHIP <i>Historic Woodland</i> MOONWALK Elk Grove</p> | <p>25 ROAD TRIP Pittsburg <i>Overnight Moonwalk</i></p> |
| 26 | <p>27 MORNING WALK Carmichael <i>Ancil Hoffman Park</i></p> | <p>28 EVENING WALK Citrus Heights <i>Stock Ranch</i></p> | <p>29 MORNING WALK Zamora <i>Rural Yolo County</i></p> <p>MORNING RIDE <i>Lincoln Tour</i></p> | | |

FEBRUARY & MARCH 2024

MARCH GROUP WALKS & RIDES

EARLY RISERS AT 7:30 AM / MORNINGS AT 9:15 AM
 EVENINGS AT 6:15 PM/ MOONWALK AT 6:30 PM / ROAD TRIPS AT 10 AM
 TRADITIONAL EVENT 8:30 AM-12:00 PM / FRIENDSHIP WALK 9:30 AM

| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|---|---|
| TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : WWW.SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS Please note that the calendar only includes the days of the week that have scheduled walks | | | | 1 | 2 FRIENDSHIP Carmichael <i>Hidden Parks</i> |
| 4 | 5 MORNING WALK Sacramento <i>Pocket Area</i> | 6 EVENING WALK Sacramento <i>Elmhurst to East Sac</i> | 7 MORNING WALK West Sacramento <i>River Walk</i> | 8 EARLY RISERS Galt <i>Cosumnes River Preserve</i> | 9 FRIENDSHIP Manteca |
| 11 | 12 MORNING WALK Roseville <i>Sculpture Park</i> | 13 EVENING WALK Sacramento <i>Sacramento Capitol Wayne Holloway Memorial Walk</i> | 14 GROUP WALK 3:15 PM Campus Commons <i>Pi Day</i> MORNING RIDE Davis <i>Bridges & Tunnel Tour</i> | 15 | 16 TRADITIONAL Bay Bandits Burlingame <i>To Broadway & Beyond</i> |
| 18 | 19 MORNING WALK West Sacramento <i>Clarksburg Branch Trail</i> | 20 EVENING WALK Fair Oaks <i>Historic</i> | 21 MORNING WALK Sacramento <i>Jane Graham's Land Park Loops</i> | 22 ROAD TRIP <i>Chico</i> | 23 TRADITIONAL Delta Tule Trekkers Knights Ferry <i>Covered Bridge Walk</i> |
| 25 MOONWALK <i>North Natomas</i> | 26 MORNING WALK Sacramento <i>Hidden Murals</i> | 27 EVENING WALK Elk Grove <i>Around the Lakes</i> | 28 MORNING WALK Davis <i>University</i> MORNING RIDE <i>NW Roseville Tour</i> | 29 | 30 FRIENDSHIP Elk Grove <i>Around the Lakes</i> |

THANK YOU NOTES



CHALKING

Ever been on a walk, a bit lost, looked down and felt true gratitude that someone took the time to draw chalk directions ensuring you always knew you were on the right path? I sure have.

Well that is exactly what Sticks Members Miles and Phyllis Wichelns were doing on New Years Eve while most of us were inside the comfort of our homes preparing for the next day's walk!

Miles and Phyllis shared that they *"must have walked 20K that evening doing both the 10K and 6K together."*

SAVED THE DAY

Not long ago I helped my mom, Sally Coones, and Myrna Jackson set up for their October 2023 walk in Roseville's Buljan Park. I learned how much travel and preparation goes into set up & breakdown of the registration table, that you will need a dolly because the tubs are packed with all the items you need and you are not close to the set up area! In real time I learned the wisdom of keeping a few rocks under the seat in your car for those windy days as I watched Myrna pull out her bag and save materials from the wind! They both confirmed it was only in recent times that they were responsible for all aspects of set up/down and then the two reminisced about missing the gentleman that had handled all these logistics over the years! It was not until recently, that I learned that man was, John McLaughlin!

Fast forward to New Years Day 2024. The walk team covered their bases in short order (30 days rather than the 90 days required by AVA) to pull off this special walk. Authorization for the use of the area and tables was complete. It was not known until the day of the walk that chairs would not be provided by the venue for the registration team. Imagine everyone's relief when John came driving up with the trailer in tow, carrying chairs!! Just another reminder how valuable and appreciated volunteer support is.

ABOVE AND BEYOND

John and Kaia McLaughlin were walking the New Year's Day walk when they came upon Priscilla Fife and Jennifer Stanley. The two were walking the route in the reverse direction!

Jennifer wanted to approach walkers head on so she could learn how walkers were liking the route and for any feedback on their experience. Priscilla confirmed she was just along for the ride! This is a real above and beyond gesture to ensure the walking experience is outstanding for everyone!

THE BIG GIVE

Congratulations to Myrna Jackson on being a 2023 Big Give donor and winning a Starting Point Book.

FEBRUARY & MARCH 2024

MEETING NOTES

JANUARY 2024 CLUB MEETING

GAZETTE REPORTER

We had a front row seat to the challenges club officers face in running a non-profit in 2024. For example, something as common as printing a sheet of paper has gone from .04 cents to .14 cents.

These are the heroes that have been shaping the clubs direction and financial sustainability over the years.



DO YOU KNOW IF YOU AND YOUR WALKING BUDDY ARE A MEMBER OF THE CLUB?

We ask because some walkers are not aware that completing a form and paying for the walk at the registration event table is not the same as completing a Membership form, paying the annual club fee and becoming a member.

You do not have to belong to any walking club to join in on the fun. All are welcome at the event table. We all complete the registration card for liability purposes, pay the walk event fee, grab a map and go, go, go!

Becoming a supporting member of *The Sacramento Walking Sticks* requires the completion of a membership form and annual fee. If you are not already a member we ask you to consider becoming one! There are many good reasons below to join.

Although donations are welcome, it is important to remember that the focus of the club is participation in events, not money!

- ◆ To get that great feeling that you are helping support "the system" that brings you such great walks.
- ◆ Take part in special walks/events **THAT ARE OFFERED ONLY TO STICKS MEMBERS AND THEIR FRIENDS.**
- ◆ Members who walk with their dogs and who walk for credit can get a free *Doggie Do Walk* book and a special name button for their dog.
- ◆ To help motivate you to get out and walk more.
- ◆ To get your very own name button.
- ◆ Any donations made to the club are tax deductible.

ANNUAL FEE: \$8 - INDIVIDUAL/ \$5 - SENIOR (55 AND BETTER)/ \$14 - FAMILY
TO LEARN MORE ABOUT BECOMING A MEMBER AND TO LOCATE THE FORMS
[CLICK HERE](#)

FEBRUARY & MARCH 2024

DON'S BIKE TOURS

CALLING ALL BIKE RIDERS

These are fun and exciting get-togethers for all levels of bike riders involving casual 15-mile pedals across a variety of interesting and scenic routes. The group rides twice a month and invites you to give them a spin. Check out the events calendar for times and locations.

For more information, contact Don Ratliff at dratliff1515@gmail.com



TESTIMONY FROM A RIDER

“Not long after I began my first pedaling with the group on the Lake Natoma Tour, I realized that I had put off riding with Don’s Bike for far too long. I mean there I was, cruising down an uncrowded, paved bike trail on a gorgeous sunny day along the unspoiled shores and sparkling waters of Lake Natoma in the company of some of the friendliest fellow bike riders you’d ever want to share a trail with, and I felt splendid.

While I usually ride by myself up the American River Bike Trail not far from my home and always enjoy that kind of riding in solitude, sharing the ride with these new pedaling friends added a pleasant new dimension and some unexpected quality to my usual bike riding experiences. In fact, to supplement and complement my normal bike rides by myself during the month, I now plan on regularly joining Don’s Bike tours. I heartily recommend any of you bicyclists to join us, for it really is a whole lot of fun.” *John McLaughlin 2019*

FEBRUARY & MARCH 2024

NO SWEAT GAZETTE AND YOU

CALLING ALL WALKERS

The *No Sweat Gazette* wants to hear from you about all and anything walking related! We are a small team, so seeking out walkers to interview is a challenge. We are hoping you might seek us out! If you are inclined to share your photos, walking experiences and thoughts email us at sticksnewsletter@aol.com.

This can be a one line statement to a full Roving Reporter article and anything in between. If you are shy consider using a Pseudonym. There are some questions below that may be helpful. Hope to hear from you.



THE ONLY THING BETTER THAN SEEING YOU ON A WALK IS SEEING YOU IN THE NO SWEAT GAZETTE

- ◆ Has your experience walking with the group changed you or your life? If so, can you share?
- ◆ If you wanted to attend a membership meeting what day and time is best for you?
- ◆ Do you have access to a “free” space that the membership meetings could meet at?
- ◆ What was your first Sacramento Walking Sticks walk? Who did you walk with?
- ◆ Have you met a best friend on the walks? Would you share how you met and about your walking friendship?
- ◆ Has your dog been a companion on the trail with you? Would you be able to send in a word or two with a photo?
- ◆ What do you think of the *No Sweat Gazette*? Can you provide content ideas or feedback in general?
- ◆ Are you interested in writing a recurring column for the newsletter or managing a corner for walking poetry?



FEBRUARY & MARCH 2024

THE HUNT: SPECIAL PROGRAMS



The Special Program speaks to the detective in us all. The hunt begins with a program that peaks your interest. For example, The Lighthouse Program. When you sign up for the Lighthouse program, a small passport-style book is sent to you, and it is your job to search out the walks that will have your program somewhere along the walk! At least you know walks on the ocean will help to complete this program. Each time you do a walk that includes your program, you will get a stamp at the registration desk. Once you complete the required number of walks, you turn in your book, and a patch or pin of completion is sent to you.

"I have been on walks with members who do not participate in Special Programs but they always end up getting involved in the hunt to help me find whatever that program requires. It is fun for us all!"
-Sally Coones

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|----------------------------------|--|---|--|
| <p>WALK STICK'S WALKS</p> |  <p>RUNS INDEFINITELY.</p> | <p>This program is for Sacramento Walking Sticks Members Only!</p> <p><u>Cost: \$0 for members who walk for credit.</u> Participate for credit in 10 Sacramento Walking Sticks events and you will receive a "Stick's Buck" (a \$4 coupon good for paying credit for any Sacramento Walking Sticks event).</p> <p>Get yours at our next event or Membership Meeting.</p> | <p>A-MAZE-ING LABYRINTHS</p> <p>A play on words: labyrinths are not mazes. Labyrinths are unicursal, meaning one walks in and out on the same path. A labyrinth is an ancient symbol of wholeness. The meditative properties of walking a labyrinth may help one to self-reflect, offer quieting of the mind & spirit, enhance creativity and reduce stress.</p> <p>LABYRINTHS ARE INDEED A-MAZE-ING!</p> <p>This special program offers opportunities for meditative moments by walking labyrinths. An event must go by a labyrinth (or a maze) to qualify. Complete 14 qualifying events to receive an embroidered patch of a classic unicursal labyrinth.</p>  |
|----------------------------------|--|---|--|

TO LEARN ABOUT ALL THE PROGRAMS AVAILABLE TO YOU [CLICK HERE](#)

KEEPING NOTES: **BIRTHDAYS**

FEBRUARY

2nd LEAH ALLEN
2nd SCOTT NELSON
6th EVA NELSON
6th GREG SAMCOFF
6th KAY STINSON
8th NANCY MANNING
8th HELEN WAKEFIELD
9th BONNIE APPLE
10th MARCY BROWER
11th CHARLOTTE HENSHAW
12th KAREN BAGDASARIAN
13th JANET RILEY
14th JUDY CUCHNA
16th NANCY FOX
17th KYLE O'RYAN
19th KATHERINE SMITH
20th DIANE ARDANS
20th DUSTIN TELLEFSON
20th DOUG THOMPSON
21st SUE HOPPER
25th PHIL HICKEY
26th CONNIE RAMOS-HAUGEN
27th STUART DAVIS

MARCH

1st CATHERINE WIEDER
4th WANDA KATO
5th ANNE LYNCH
7th RASHNI DESAI
7th LINDA HAVILAND
8th ANNE OFSINK
9th BRUCE CALKINS
9th MIKE DROUIN
9th TERRI PONSFORD
10th ANNA DINWIDDIE
13th JULIE OSBORNE
16th ANITA DAVIES
16th SHARON GRUNOW
17th BETH DAUGHERTY
18th BARBARA BINACO
18th CHRISTINA WAGNER
19th JANICE CHUNG
19th SABINA VON SYDOW
21st DAVID CARPENTER
22th MARIAN DENNISON
24th TERRY HOLLAND
25th JUNG HSU
26th JENIFER TAYLOR
27th CHARLES GIECK
27th JA'LECE HICKEY
27th GALE HUGHART
27th KATHLEEN O'KELLY
27th DIANA PEACOCK
28th PRISCILLA EDWARDS
28th GARY YOUNGLOVE
29th MELINDA VAUGHN
29th RICHARD WHITLOCK
30th MAUREEN WHITE



KEEPING NOTES: MEMBERSHIP ANNIVERSARIES

34 Years

GAIL SAMCOFF

20 Years

JEAN LUCAS

19 Years

JYTTE TAYLOR

PAT THOMAS

17 Years

NANCY FOX

MYRNA JOHNSTON

15 Years

PRISCILLA FIFE

BRUCE LEISTIKOW

MONICA MORIARTY

GAIL OHANESIAN

14 Years

JOSIE BROOKS

BRUCE CALKINS

NANCY CALKINS

COREEN COONES

KATHY ELLIS

SHARYN HOLLAND

TERRY HOLLAND

NIKKI JOHNSON

ZOEY JOHNSON

ROXIE JONES

SUSAN MARTIMO

CHRIS NOLAN

RON NOLAN

13 Years

SUE GASTON

BECKY HIGHSMITH

CHRIS HIGHSMITH

SUZY HOLTZMAN

DICK OWENS

JOHANNE OWENS

11 Years

LINDA BJORKLUND

ELLEN FRANZS

SUZANNE HERMRECK

AMNON IGRA

PJ JONES

GRETCHEN JUNG

STARLA LEDBETTER

JOAN MALLUM

HELYNE MESHAR

PAUL RANSOM

KAY STINSON

10 Years

TAMMI KERCH

8 Years

MARIA JETT

ART MARK

KATHERINE SMITH

7 Years

VICKIE JONES

6 Years

BARBARA BINACO

PAT MCKNIGHT

JANET REYNOLDS

5 Years

LEAH ALLEN

GARY MCFARLAND

3 Years

CAROL CLARK

SUE HOPPER

2 Years

PEGGY EGGERS

MARIE FITTS

TED FITTS

ELIZA KROPP

1 Year

JUNG HSU

MARY HYLBOM

DANIEL MAXFIELD

RICK MAXFIELD

CARLA MOOK

ELIZABETH SHELATZ

MEMBERSHIP RENEWAL -The Club renews memberships on a monthly basis, much like a magazine subscription. The month you join the club becomes the month your renewal is due. The Membership Committee does its work on or around the 15th of each month to send out renewal notices. You should receive your first renewal email 3 months before your renewal month.

To renew or to learn more about the process [click here](#).

FEBRUARY & MARCH 2024

KEEPING NOTES: NEW MEMBERS

| | | |
|----------------|---------------|--------------|
| MARCY BROWER | KAREN COFFEE | CLIFF ESKES |
| CHLOE' HICKEY | JA'LECE HICKY | BING JOHNSON |
| JO'VEL PREJEAN | GLENN WILSON | KRIS WILSON |

THINGS TO CONSIDER PACKING THIS TIME OF YEAR:

CONSIDER A MEDIUM-SIZED BOX IN YOUR TRUNK TO HOLD YOUR WINTER WALKING GEAR

- ◆ A rain poncho that you can find at Target, Wal-Mart, REI
- ◆ An umbrella
- ◆ Ziploc gallon bags from the Dollar Tree. These are great to keep your walking directions dry
- ◆ An extra pair of socks and shoes to change into
- ◆ Some bottled water, a flashlight, a baseball cap
- ◆ A jacket or sweatshirt, a pair of warm mittens or gloves, a knitted scarf.
- ◆ A plastic garbage bag to put your rain-soaked shoes and other clothing into and to help keep your trunk dry.

CARPOOL GUIDELINES:

YOU ARE ENCOURAGED TO FORM YOUR OWN CARPOOLS WITH FRIENDS THAT YOU MEET WALKING.

The club has tried several times to come up with a more formal system, but there are always more people willing to ride than those willing to drive. If you have any questions or have ideas on how to encourage more carpooling, please go to the Contacts/Officers page and talk to a Board member.

- ◆ There is no guarantee that any other folks will show up to participate in any given carpool. Be prepared to drive alone.
- ◆ Arrive at the carpool start location *before the listed time* that the carpool will leave. Give yourself time to get coffee, go to the bathroom, etc.
- ◆ Don't expect the carpool to wait if you are late.
- ◆ Be prepared to drive others.
- ◆ If you ride with someone else don't ask to be returned early, or some place out of the way.
- ◆ Always offer to pay more than your share of the gas. There's wear and tear, maintenance, insurance, and license fees that eventually need to be paid for.

GLOSSARY:

[Click here](#) to learn the lingo and be in the know!



PHOTO GALLERY OF 2023 WALKS



ANGEL ISLAND BOOK CLUB WALK

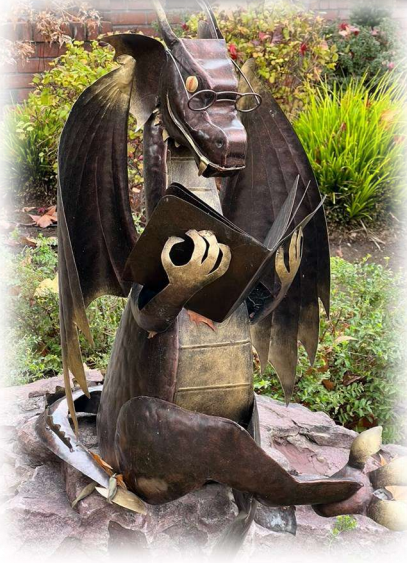
Extraordinary alchemy! Walkers on a Bay Ferry mixed with waves, wind & sun . We walked through a moment in time of our State's history found in the pages of a book by Priscilla Fife. -Grateful Walker



MARIE ROBB & TAMMI KERCH



SACRAMENTO STATE WALK



A FAMILY AFFAIR
Paul & Marie Robb sharing the Fab 40^s Christmas Lights walk with their daughters, Danielle and Caitlin and grandson Adam.



FEBRUARY & MARCH 2024

2024 NEW YEAR DAY MURAL WALK



FEBRUARY & MARCH 2024

2024 NEW YEAR DAY MURAL WALK



ELIZA KROPP'S GRANDCHILDREN

This is my favorite photo from the New Year's walk as it features my grandchildren. My daughter, son-in-law, and grandchildren joined me on the walk. The murals were great. -Eliza Kropp

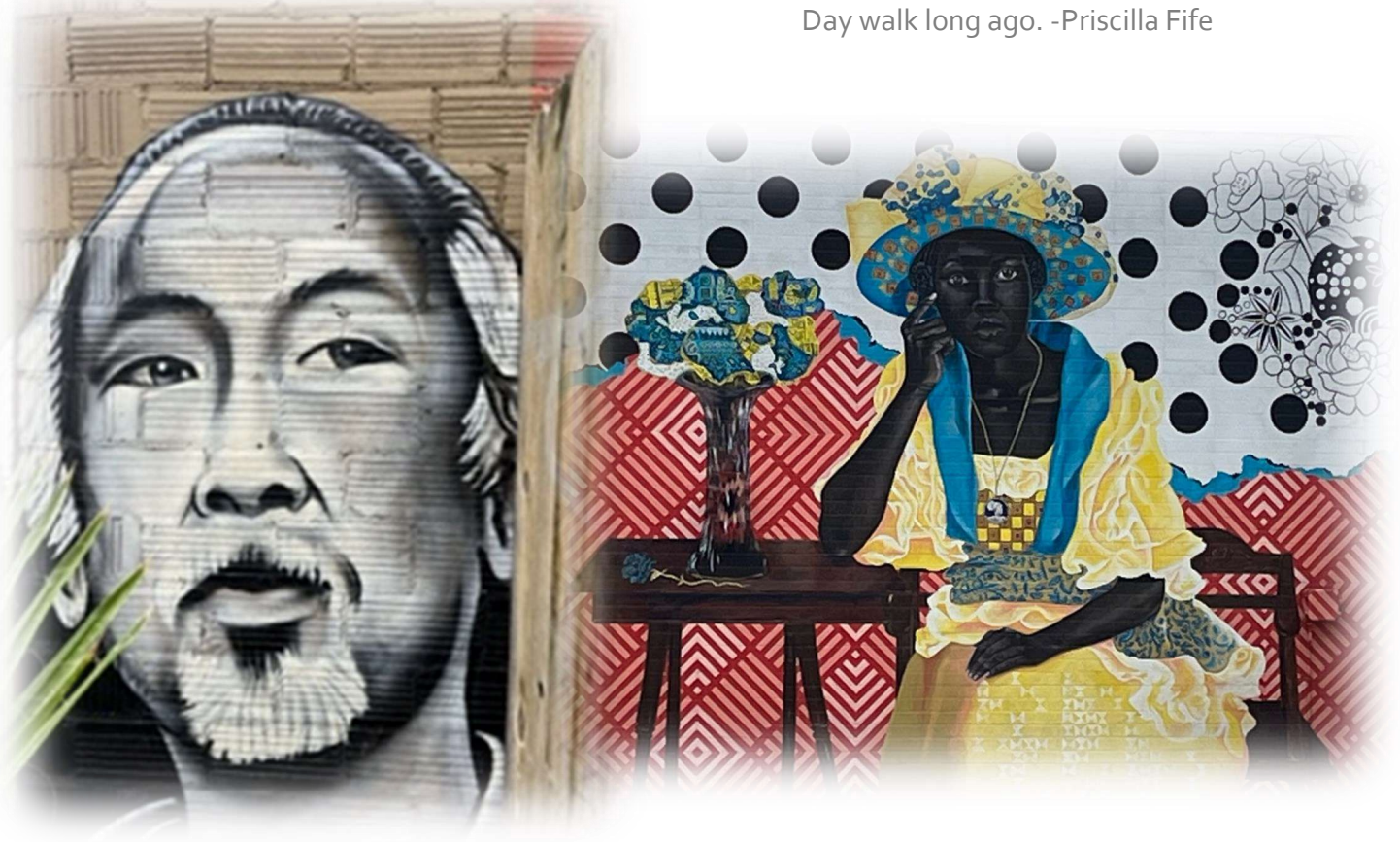


FEBRUARY & MARCH 2024

2024 NEW YEAR DAY MURAL WALK



This sculpture, "Walkin the Dogs" used to be located downtown near the state capital - we walked by it on another New Years Day walk long ago. -Priscilla Fife



FEBRUARY & MARCH 2024

2024 NEW YEAR DAY MURAL WALK



CATHY & JOHNY

JULIA & CHRIS SMITH

My husband, Bill and I did the New Year's Day walk with our son, Michael's new pup, a Cava Poodle mix. Johnny the dog added more time to our 6K walk than usual. He had to "sniff" everything! It was a very fun morning, and a great way to start the new year with man's best friend! -Cathy Maffei

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2024 NEW YEAR DAY MURAL WALK



FEBRUARY & MARCH 2024



**AMERICA'S
WALKING CLUB**
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[SacramentoWalking Sticks.org](http://SacramentoWalkingSticks.org)