

THE SACRAMENTO WALKING STICKS
NO SWEAT GAZETTE



APRIL & MAY 2024

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TAKE NOTE

SAVE THE DATES: April 1st – 7th

2024 NATIONAL WALKING WEEK

Join The Sacramento Walking Sticks and celebrate the 5th year of America’s Walking Club National Walking Week. Last year 38 Clubs across 19 states participated in 75 events. For more information on The Sacramento Walking Sticks calendar of National Walking Week click here. For more information on National Walking Week go to ava.org.



SAVE THE DATE: April 16th

SWS CLUB MEETING

6:00 PM RANCHO CORDOVA LIBRARY

SAVE THE DATE: April 21st

BOOK WALK

RESCHEDULED

SAVE THE DATES: April 23rd and May 23rd

FULL MOON WALKS

APRIL -PINK MOON, WEST SACRAMENTO CLARKSBURG BRANCH LINE

MAY –FLOWER MOON, ELK GROVE LEVEE OUTLOOK

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

2024 CVA CONVENTION

APRIL & MAY 2024

FOOTNOTES

Walking is the ultimate travel adventure. You never know where your feet will take you.

~ Richard A. Schmidt

GREETINGS,

After [36 years of volkswalking](#), I continue to marvel and enjoy the walks I'm doing. It doesn't matter if they're local or out of town or even those out of state. I appreciate the people who've designed the routes for all of us to enjoy and I love that there are still so many places I still want to see. In 2010 my husband and I drove from St. Joseph, Missouri to Sacramento along the Pony Express route and I volkswalked in each state. My goal is to someday drive and walk in each state along Route 66. What about you?

The American Volkssport Association (our Mother Ship) has, again, ordained that we'll be celebrating **National Walking Week, April 1-7**. The *Sticks* have embraced the concept, and we will be giving all of you opportunities to do group walks day and night, practically every day. There's a full schedule in this newsletter that you can print and post, in hopes that it'll give you the incentive to come out as much as you can. Please encourage your family, friends and coworkers to also join in the fun to go exploring neighborhoods they've never been to before. Remember that children of all ages are more than welcome, too, and so is the family dog.

I also want to urge and nudge you to come out for part of or all of the **2024 CVA Annual Convention, April 26-28** in Rohnert Park, CA. There is information about this Convention in the newsletter and you're welcome to join in and see what it's all about. Attendees will be coming from up and down the state and it's interesting to meet them at the socials provided as well as on the walks. Thank you to the two clubs hosting the Convention this year—the *Sonoma County Stompers and the Vaca Valley Volks*.

The month of [February brought some storms](#) and rains that cancelled/postponed many of our walks. On the flip side, we hosted a great turnout for the Woodland Friendship Walk! I saw so many familiar faces that morning and later that night, I saw some of the same at the Full Moon walk in Elk Grove. What a treat that was. Our Early Risers walk in March was supposed to be in Galt at the Cosumnes River Preserve but it turned out there were road closures and detours that prohibited some of us from getting there! Two of our members were able to find their way to the Preserve parking lot and the rest of us met up in Galt for breakfast. It was quite an adventure and shows that you never know what the adventure is gonna be like.

Please put on your calendars, **Thursday, April 16th, the Sticks will host another quarterly membership meeting**. This meeting will be held at the Rancho Cordova Public Library, 9845 Folsom Blvd, Sacramento from 6 to 8:00 p.m. Wear your *Sticks* name button to the meeting, National Walking Week and the Convention to help people learn your name and what club you belong to. If you've lost your button and need a new one made, please contact Steve Hughart @ 916.616.7150.

Thank you for coming out and participating in our walks and bike events. We also encourage you to join in on nearby club's events as well. Share with us your thoughts on what you enjoyed at the events you're doing. I recently received [my newest Special Program booklet called A-MAZE-ing Labyrinths](#) and I'm soooo excited to do a walk with a labyrinth. There's a thrill when you get to stamp the booklet the first time and then the fun is in the hunt as you look for walks that will qualify for more stamps.

I hope to see you on the trails, to walk and talk,

Barbara Nuss, Sticks President



APRIL & MAY 2024

NATIONAL WALKING WEEK APRIL 1st—7th

TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS
USING THIS LINK : WWW.SACRAMENTO WALKINGSTICKS.ORG

MON 1 ST	9:15 am Year Round Event Sacramento American River Starbucks 610 Watt Ave., Sacramento , 95864 Beverly Bales, 916.488.8570	6:15 pm Year Round Event East Elk Grove Recreation Trails Starbucks 8868 Bond Road ,Ste 100, Elk Grove, 95624 Paul Robb, 916.430.6649
TUE 2 ND	9:15 am Year Round Event Sacramento Sierra Oaks Vista Starbucks 610 Watt Ave., Sacramento , 95864 Beverly Bales, 916.488.8570	6:15 pm Year Round Event Sacramento Ashton Park Starbucks 610 Watt Ave., Sacramento , 95864 Beverly Bales, 916.488.8570
WED 3 RD	9:15 am Year Round Event Sacramento MidTown to East Sac CVS Pharmacy 5039 Folsom Blvd., Sacramento , 95819 Gail Samcoff, 916.429.8377	6:15 pm Year Round Event Davis University Fleet Feet Sports 615 2 nd St ., Davis, 95616 Amul Purohit, 1.530.400.1106
THUR 4 TH	10:00 am Year Round Event California Volkssport Association Sacramento Capital Wayne Holloway Memorial Walk Best Western Sandman Hotel 236 Jibboom St., Sacramento , 95814 Heidi Foster, 916.792.1720	6:15 pm Year Round Event Sacramento Fab 40's Starbucks 5039 Folsom Blvd., Sacramento , 95819 Gail Samcoff, 916.429.8377
FRI 5 TH	7:30 am Year Round Event Sacramento 5k Curtis Park w/ Breakfast at Café Dantorels at the halfway mark Vic's Ice Cream Parlor 3199 Riverside Blvd., Sacramento , 95818 Barbara Nuss, 916.283.4650	6:15 pm Year Round Event Elk Grove Regional Park Old Town Pizza & Tap House 9677 Elk Grove-Florin Rd. Elk Grove, 95624 Paul Robb, 916.430.6649
SAT 6 TH	9:15 am Friendship Walk - Sacramento Arden Park Starbucks , 4301 Arden Way, Sacramento 95864 Myrna Jackson, 916.481.6714	
SUN 7 TH	9:15 am Year Round Event- West Sacramento Clarksburg Branch Line Trails Nugget Market , 2000 Town Center Plaza , West Sacramento 95691 Susan Martimo, 916.705.9599	

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2024 CVA CONVENTION APRIL 26TH—28TH

THE CALIFORNIA VOLKSSPORT ASSOCIATION ANNUAL CONVENTION IN ROHNERT PARK, CALIFORNIA



THE SONOMA COUNTY STOMPERS & VACA VALLEY VOLKS

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

WALK START TABLE	Hampton Inn– Breakfast Area 6248 Redwood Drive		Friday Noon-4pm Saturday 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	

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ROAD TRIP

FULL MOON WALK AND ROAD TRIP DUO IN PITTSBURG, CA.

I'm home from another outstanding overnight adventure in Pittsburg! Walking along the marina with the full moon up above was breathtaking. Boats and lighting along the marina were spectacular and across the water there were blinking red lights from the wind turbines. Thank you to Craig and Jane for joining our night walk and sharing Pittsburg with us. Going up and back on the river road was amazing without one drop of rain! It was everything and more than I could've hoped for.—*Barbara Nuss*

Our road adventure was great. Barb and I drove on the River Road and that was really fun- way better than the freeway! We played a few Sorry games with Gale and Steve after we arrived at the hotel and I'm very happy to say Gale won one game and I won one game! Usually, Barb really comes out ahead, so Gale and I were happy. We walked to the marina and the moon was shining through a little covering of clouds. As we walked the moon came out bright and clear and it was beautiful! What a beautiful walk-- the temperature was perfect, the moon cooperated with us and some of the boats had strings of lights, which were so pretty and they reflected off the water, which doubled the beauty.-*Janet Riley*

Craig Wirth was an engaging and informative leader as we explored the town he has called home for more than 20 years. -*Marie Robb*

The Sacramento Walking Sticks periodically do "road trips". They also regularly do full moon walks which tonight was in Pittsburg CA, and your Sloth Hiking Team gave it a try. Steve and I didn't walk far, but we did represent for the gimpier among us. Very pleasant to meet up with Pittsburg host Craig Wirth and Jane Petrie Wirth our able guides. All good to be out and about on a beautiful moonlit evening.- *Joanne Jensen*

[Click for PHOTOS](#)

Placer Pacer Road Adventure, April 19th

Lincoln Trails

Bay Area Bandits Road Adventure, May 17th

Alameda Bay Farm Island



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ROVING REPORTER

CARMICHAEL HIDDEN PARKS

When walking in the Hidden Parks of Carmichael, it is easy to notice the balance between past and present. Threading through areas that have remained untouched in their natural state alongside a community that grew up in and around it. The walk weaves in and out of neighborhoods claiming Carmichael as home alongside its open spaces and parks. Carmichael Hidden Parks is a Year Round Walk authored by Myrna Jackson and Sally Coones. This is a walk worth your time.

Kay Muther, a volunteer responsible for the illustrated history of Carmichael, tells the story of the area from the beginning. The rolling hills, covered with lush grass and oak trees, stretched along the north side of the American River in 1909 when Daniel W. Carmichael bought the first 2,000 acres. He called it Carmichael Colony No. 1 and offered it for sale in 10-acre lots. The terms were \$1,500 each with 10 percent down and payments of \$10 a month. Advertising appeared in area newspapers and in the national press, including Sunset Magazine.

The colony was part of a much larger Mexican land grant known as Rancho San Juan, which was only sparsely settled. The original inhabitants were Native Americans, probably Maidu Indians. White families began farming nearby around 1860, but it was much later before serious growth occurred.

In 1911, Carmichael purchased an additional 1,000 acres to the west of Carmichael Colony No. 1. Colony No. 2 had originally been part of the 44,000-acre Mexican land granted to Eliab Grimes in 1844.

Before Carmichael acquired it, horseman Ben Ali Haggin and his associates raised racehorses there.

Mary and Charles Deterding were the first permanent settlers in the colony areas, establishing their 400-acre ranch, known as San Juan Meadows, on the west side of the American River in 1907. By 1927, 300 families were making a living in Carmichael, many of them farmers, orchardists or dairymen.

Businesses grew up alongside what was then called H Street, now Fair Oaks Boulevard. Roadside stands offered summer fruits, vegetables, and eggs. In the 1920s, the Arrowhead Store and the Williams Family Grocery provided many of the local consumer needs. Service stations were added, but it wasn't until 1963 that a major shopping center, Crestview Center, was built at the corner of Manzanita and Winding Way.

It is at the Crestview Center where you begin the Carmichael Hidden Parks walk. My family settled in Carmichael back in 1972. I can remember horse farms on our route to the Crestview Theater which was once located in what is now Food Maxx. My first savings account was across the street at the El Dorado Savings Bank. Depending on the time of day you arrive for the walk, it is recommended that you grab a bite to eat at the Hungry Hollow. This restaurant has been in Crestview since 1974, and they make a great hash! It was a pleasure to be on old stomping grounds.

Cory Coones
Images of America, Arcadia Publishing,
Kay Muther, 2004

[Click for PHOTOS](#)

APRIL & MAY 2024

APRIL 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 9:00 ^{AM}-12:00 ^{PM} / FRIENDSHIP WALK 9:15 ^{AM}

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 MORNING WALK Sacramento <i>American River</i> EVENING WALK East Elk Grove <i>Recreation Trails</i>	2 MORNING WALK Sacramento <i>Sierra Oaks Vista</i> EVENING WALK Sacramento <i>Ashton Park</i>	3 MORNING WALK Sacramento <i>Midtown/East Sac</i> EVENING WALK Davis <i>University</i>	4 MORNING WALK Sacramento <i>Capital/ Holloway Memorial</i> EVENING WALK Sacramento <i>Fab 40's</i>	5 EARLY RISER Sacramento <i>Curtis Park w/ Breakfast</i> EVENING WALK Elk Grove <i>Regional Park</i>	6 FRIENDSHIP Sacramento <i>Arden</i>
7 MORNING WALK West Sacramento <i>Clarksburg Branch Line</i>	8	9 MORNING WALK Sacramento <i>Ashton Park</i>	10 EVENING WALK Sacramento <i>American River</i>	11 MORNING WALK Davis <i>Tunnel & Bridge</i> MORNING RIDE <i>Pocket Area Tour</i>	12	13 FRIENDSHIP San Francisco <i>Presidio</i>
14	15	16 MORNING WALK Folsom <i>Historic</i> CLUB MEETING Rancho Cordova Library 6 ^{pm}	17 MORNING WALK Campus Commons <i>Sierra Oaks</i>	18 MORNING WALK Elk Grove <i>Around the Lakes</i>	19 ROAD TRIP <i>Lincoln Trails</i>	20 TRADITIONAL Auburn <i>American River Outlook</i>
21 BOOK WALK San Francisco <i>Maritime</i> 11:00 ^{am}	22	23 MORNING WALK Sacramento <i>North Natomas</i> PINK MOONWALK West Sacramento <i>Clarksburg Branch Line</i>	24 EVENING WALK West Sacramento <i>River Walk</i>	25 MORNING WALK Elk Grove <i>Regional Park</i> MORNING RIDE <i>Rancho Cordova</i>	26 CVA CONVENTION (see schedule on page 5)	27 CVA CONVENTION (see schedule on page 5)
28 CVA CONVENTION (see schedule on page 5)	29	30 MORNING WALK Sacramento <i>Curtis Park</i>	TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : WWW.SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS			

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MAY 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 9:00 AM-12:00 ^{PM} / FRIENDSHIP WALK 9:15 ^{AM}

MON	TUE	WED	THUR	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		1 EVENING WALK Folsom <i>Historic</i>	2 MORNING WALK Roseville <i>Sculpture Park</i>	3	4 FRIENDSHIP Sacramento <i>Gold River</i>
6	7 MORNING WALK Sacramento <i>Curtis Park</i>	8 EVENING WALK Sacramento <i>Arden Park</i>	9 MORNING WALK Sacramento <i>North Laguna Creek</i> MORNING RIDE Sacramento <i>River Front Tour</i>	10 EARLY RISER Sacramento <i>North Natomas</i>	11 FRIENDSHIP Lodi <i>San Joaquin Co.</i>
13	14 MORNING WALK West Sacramento <i>Clarksburg Branch Line</i>	15 EVENING WALK Sacramento <i>Midtown/East Sac</i>	16 MORNING WALK Sacramento <i>Fab 40's</i>	17 ROAD TRIP Alameda <i>Bay Farm Island</i>	18 FRIENDSHIP Vacaville <i>Vacaville Lagoon</i>
20	21 MORNING WALK Roseville <i>Maidu Park</i>	22 EVENING WALK Fair Oaks <i>Historic</i>	23 MORNING WALK Elk Grove <i>Around the Lakes</i> MORNING RIDE Natomas <i>Flood Plain Tour</i> NEW MOONWALK Elk Grove <i>Levee Outlook</i>	24	25 FRIENDSHIP Rancho Cordova <i>Lake Natoma</i>
27 MORNING WALK Sacramento <i>Fab 40's</i>	28 MORNING WALK Sacramento <i>Sierra Oaks Vista</i>	29 EVENING WALK East Elk Grove <i>Recreational Trails</i>	30 MORNING WALK Elk Grove Elk Grove Creek <i>Watershed</i>	31	

THE WALKING BOOK CLUB



THE SACRAMENTO WALKING STICKS WALKING BOOK CLUB INVITES YOU TO JOIN US ON **SUNDAY, APRIL 21, 2024 AT 11 AM** FOR A BOOK WALK IN SAN FRANCISCO, CALIFORNIA.

We'll meet at the San Francisco Maritime National Historical Park Visitor Center, 499 Jefferson St, San Francisco, CA 94109. We'll do a portion of the Maritime Highlights route but will be riding the Cable Car (\$8 adult, \$4 Senior— one way) up the hills to the Fairmont Hotel.

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 but many in the Sacramento area have preferred in the past 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 \$8.00f or up to 24hrs **Arrive at the Ferry Building at 10:15.**

TAKE THE SHORT HOP FERRY TO PIER

41, Gate F at 10:35: After arriving at the Ferry Building, walk a short distance to the Short Hop Ferry at Gate Free.

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. 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.

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. - Garage
- ◆ 452 Beach St - Fisherman's Wharf Parking Lot.



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

APRIL & MAY 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.

WALK WITH AMERICA'S VETERANS



The goal of this special program is to walk for fitness while discovering the many ways our country's veterans are honored for their military service. "Collect" 15 different qualifiers in the logbooks for 6 different awards which are military "challenge" coins that honor the six military services. ONE qualifier is collected with each AVA: America's Walking Club stamp. When in doubt about a qualifier, post a question with a picture in the new Facebook group created to administer and discuss this special program, or ask the POC below. All qualifiers must be for military service from 1890 to the present, nothing earlier (Revolutionary or Civil War) will count.

THIS PROGRAM ENDS IN 2027

WALK STICK'S WALKS



THIS PROGRAM DOES NOT END

This program is for Sacramento Walking Sticks Members Only!

Cost: \$0 for members who walk for credit. 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).

Get yours at our next event or Membership Meeting.

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

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THANK YOU NOTES

THANK YOU

Chalking is only a small part of preparing for a walk. It isn't even always necessary, just nice. I appreciate clear and concise walk directions. [Some walkers rely on the map and this is where Warren Tellefson comes in.](#) And not lately, he's been responsible for formatting and polishing up walk directions for I'm not sure how many years, but a long time.

Warren takes what he's been given and produces a perfect product for the most part. He fine tunes hands on by contributing to the worker's walk. He's fascinating to walk with, full of historical knowledge. We learned down on the Preserve that Warren is Mr. Nature besides!

So anyway, thank you from me. I'm a fan of the Warren Tellefson family. - *Phyllis Wichelns*

THANKS

Thank you to Ann Whitehead for taking a moment and reaching out to the Gazette Newsletter team when you noticed room for improvement in our February/March 2024 edition. Your observation resulted in the improvement of the monthly calendars for our future editions! We are grateful for your participation.

MEMBERS THAT CONTRIBUTED CONTENT FOR THE FEBRUARY/MARCH 2024 EDITION

(If you prefer your name not be listed then alert the newsletter team in your correspondence.)

- | | | | |
|-----------------------|--------------------|-------------------------------|---------------------------|
| ◆ Barbara Nuss | ◆ Eliza Kropp | ◆ John & Kaia
McLaughlin | ◆ Nancy Alex |
| ◆ Bill & Cathy Maffei | ◆ Gail Samcoff | ◆ Paul & Marie Robb | ◆ Priscilla Fife |
| ◆ Carole Soenke | ◆ Gorgiana Alonzo | ◆ Myrna Jackson | ◆ Sally & Cory Coones |
| ◆ Chris & Julia Smith | ◆ Heidi Foster | ◆ Miles & Phyllis
Wichelns | ◆ Steve & Gail
Hughart |
| ◆ Don Ratliff | ◆ Jennifer Stanley | | |
| ◆ Ellen Franz | | | |

Sincerest apologies if I overlooked anyone. .



APRIL & MAY 2024

VOLUNTEER HIGHLIGHTS

THE MAKING OF STICKS' WALKS

DIRECTIONS

I have been asked to write a little about my part in the preparation of the directions that the Walking Sticks use on their walks. First I would like to say that the hardest part of putting together those walk directions is done by the volunteers who go out there in the field, figure out where we should walk, and then write up the directions.

What I get from them is a line by line list of typed directions from the start to the end of each walk. My job is to put them into our Sticks' format that you are used to using. They include the directions with individual distances and an easy to read map. As to that format, it was originally developed by Steve Hughart who did many of the directions before he taught me how to do them.

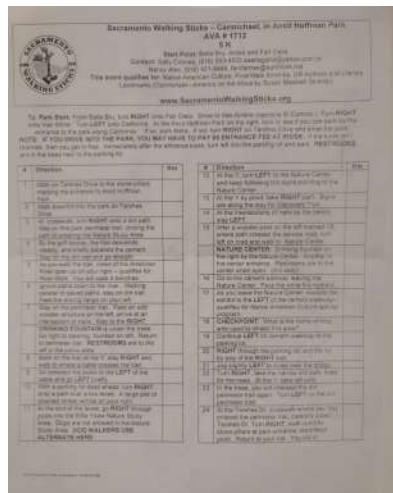
When I get a new set of directions I first check the total distance on the route. This is especially important since there is an AVA rule that a 5K walk cannot be shorter than 5.00K. I do this check using Google Maps.

Then there are two documents that are produced: the line by line directions with individual distances for each direction and the cumulative distance along the route, and the map of the route. All distances are in meters as per AVA rules.

The next thing I do is format the directions that were given to me. This is done with a combination of Microsoft EXCEL and WORD. Going back to Google Maps, I accurately measure the distance along the route for each individual direction and use EXCEL and WORD to merge the distances and words into the document used on the walks.

Next a map of the route is created. This is done by downloading a map from an open source that allows free copying (Google Maps does not) and then using Adobe Photoshop, to create the map. Photoshop has tools that can draw the lines on the maps, make the arrows, and write road names and such. The symbols you see on the maps were developed by Steve Hughart a number of years ago.

The last step is to put the directions and map together and ship the draft directions for checking to the volunteers that originally made them. The original walk designers will walk the walk (sometimes as a Volunteer's Walk) with the directions and map I give them; they'll note any mistakes or discrepancies, and then they'll ship it back to me for corrections. Once the file is updated, it is then printed and placed in the Walk Box-es we use all over the Sacramento Area. Also, the final electronic files are stored on memory sticks held by four of the officers of the club.



By Warren Tellefson

SPRING 2018

VOLUNTEER OPPORTUNITIES

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



OPEN VOLUNTEER POSITION

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 responsibilities for the club but is ready to mentor our next Special Programs Coordinator! Let us know if this could be you!

WORKER WALKS

Every now and then you will see an email request land in your inbox asking for walkers to show up for a **Worker Walk**! This a dry run that has never been walked by members or the public. Worker Walkers use the recently completed maps to flush out inconsistencies and report if there are areas that could be addressed to improve the walker experience. This practice run is usually conducted a few days before the event and is usually attended by a few walkers. If you ever see that email and have time, it is a nice gesture to support the members that have diligently researched and mapped out the walks that we enjoy!



MORE SACRAMENTO WALKING STICKS HEROES

YEAR ROUND EVENTS (YRE) POINT OF CONTACTS

Point of Contacts are the folks that manage the walk boxes for the year round walks that we all enjoy! The walk box is where the registration paper work, fee envelope, stamps for special programs and most importantly, the map are found! The POC's are a very important part of the Sacramento Walking Sticks network of volunteers. [Click here](#) to see Year Round Walks on the website and walk contacts can be found on page 15.

CARMICHAEL: registration for Ancil Hoffman and Hidden Parks is now **REMOTE**. Point of Contact on Page 15.

CITRUS HEIGHTS: registration for Stock Ranch is now **REMOTE**. Point of Contact on Page 15

DAVIS: registration box for South Davis/El Macero and Tunnel & Bridges Walk/Bike is at **SAFEWAY GROCERY STORE, 2121 COWELL BLVD., DAVIS 95618**

FOLSOM: registration box for Historic Folsom is at the **FOLSOM PUBLIC LIBRARY, 411 STAFFORD STREET, FOLSOM 95630**

SACRAMENTO: registration box for the Jane Graham's Land Park Loops is at **SPROUTS FARMERS MARKET, 4408 DEL RIO RD., SACRAMENTO 95822**

WEST SACRAMENTO: registration box for River Walk is at **ARTHUR F. TURNER COMMUNITY LIBRARY, 1212 MERKLEY AVE., WEST SACRAMENTO 95691**

APRIL & MAY 2024

POINT OF CONTACT VOLUNTEERS

CLICK HERE FOR YEAR ROUND WALK DESCRIPTIONS AND DIRECTIONS		
CARMICHAEL	Barbara Haig, 323.578.9194 Myrna Jackson, 916.481.6714	Ancil Hoffman Park Hidden Parks
CITRUS HEIGHTS	Dave Barnes, 651.955.6042	Stock Ranch
DAVIS	Amul Purohit, 1.530.400.1106	South El Macero Southeast Tunnels & Bridges University
ELK GROVE	Paul Robb, 916.430.6649	Charlie Fowble Memorial East Recreation Trail East Regional Park Elk Grove Creek Watershed
ETNA	Catherine Wieder, 562.716.0114	Historic Town
FAIR OAKS	Marcia Maurer, 916.844.4673	Historic Town
FOLSOM	Heidi Foster, 916.792.1720	Historic Town
GALT	Paul Robb, 916.430.6649	Consumnes River Preserve
GOLD RIVER	Roxie Jones, 916.813.7015	Gold River
RANCHO CORDOVA	Sue Hopper, 916.296.2289	Placer Pacer-Lake Natoma Walk or Bike Trail
ROSEVILLE	Jan Jerabek, 916.253.9501 Don Ratliff, 916.645.8280	Placer Pacer- Maidu Park Placer Pacer -Roseville Bike Tour
SACRAMENTO	Beverly Bales, 916.488.8570	American River Ashton Park Sierra Oaks Vista
	Heidi Foster, 916.792.1720	Wayne Holloway Memorial Walk American River Bike Tour Sacramento Riverfront Bike Tour
	Myrna Jackson, 916.481.6714	Arden Park Arden Bike Tour Campus Commons/Sierra Oaks
	Jennifer Stanley, 916.456.6538	Land Park Curtis Park
	Gail Samcoff, 916.429.8377	Elmhurst to East Sac The Fab 40's Midtown/East Sac
	Rutherford Smith, 530.219.5610	Hidden Murals Walk
	Kathi Brewster, 317.410.5132	North Natomas South Natomas Natomas Flood Plain Bike Tour
	Eva Nelson, 916.261.9016 Nancy Alex, 916.217.4903	North Laguna Creek Wildlife Area Pocket Area Walk or Pocket Area Bike Trail
WEST SACRAMENTO	Susan Martimo, 916.705.9599	Clarksburg Branch Line Trail River Walk
WOODLAND/ZAMORA	Judy & Jim Tischer, 530.383.1370	Historic Woodland Walk and Rural Yolo County Walk

APRIL & MAY 2024

MEMBERS ONLY

WHAT? WHY?

BIRTHDAYS, ANNIVERSARIES AND NEW MEMBER INTRODUCTIONS HAVE MOVED

Currently, the *No Sweat Gazette* is posted on the Sacramento Walking Sticks website for: *member and non-members alike*. This welcomes all people who want to join the walks, whether or not they are Sticks members.

But for those who do join the club, we wanted to provide a platform for Members Only details that is not made public to non-members. It will be familiar content but now it is in a publication that celebrates member occasions and achievements only among members. A publication that shares members details with a select audience of other members.

Members Only No Sweat Gazette is a publication that include birthdays, anniversaries, new member introductions, and some information on Sticks merchandise. We are working on learning how to capture the results of Special Program accomplishments by members. *Let us know if you have an idea to share with the Members Only community.*

- ◇ The *No Sweat Gazette* will release earlier in the month and include calendars for planning, photos, volunteer focus and articles shared by walkers. This version will continue to post on the website for general access by the public.
- ◇ The *Members Only No Sweat Gazette* will release later in the month so you'll know your friends' celebrations and achievements before they happen. This version will not post for general access.

Since you are already reading this, you have received the current *No Sweat Gazette*! You will receive your *Members Only No Sweat Gazette* for April/May before the end of March!

Feedback can be sent to sticksnewsletter@aol.com.

APRIL & MAY 2024

WALK, WALK, TALK, WALK, EAT



MENU

CUTRIS PARK WALK

APRIL 5TH 7:30^{AM}

JOIN THE EARLY RISERS AT THE
HALFWAY MARK OF THE 5k
CURTIS PARK WALK FOR A BITE
TO EAT AT CAFÉ DANTORELS

[CLICK HERE FOR MENU](#)

ELK GROVE REGIONAL PARK WALK

APRIL 5TH 6:15^{PM}

AFTER THE WALK STOP BY
THE OLD TOWN PIZZA & TAP HOUSE
ELK GROVE

[CLICK HERE FOR MENU](#)

ANYDAY ANYTIME WALK

VIC'S ICE CREAM PARLOR

[CLICK HERE FOR MENU](#)



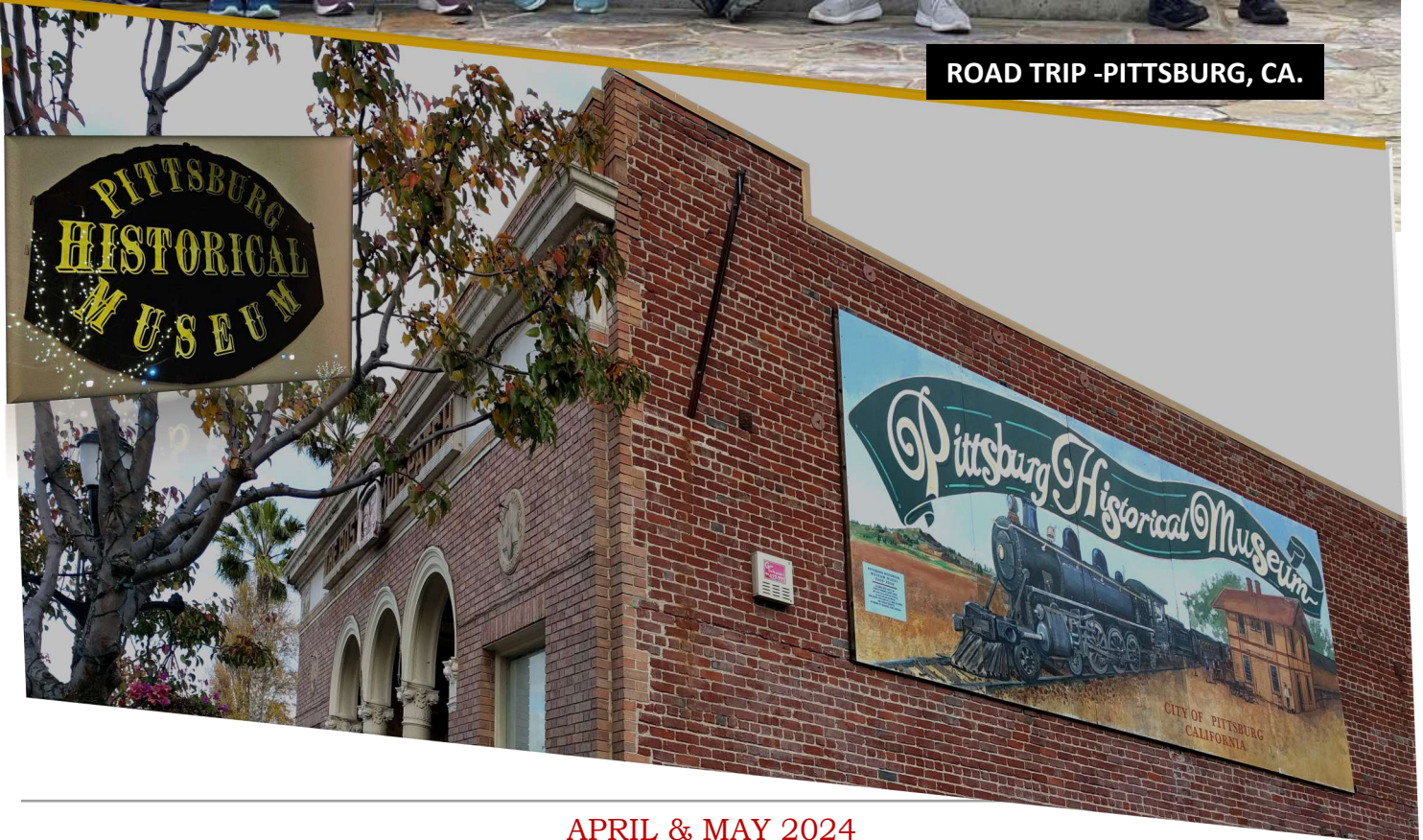
"In a shout out to Nancy Alex and our Sacramento Walking Sticks friends and hosts~~*Remember I said we "walk, walk, talk, walk, EAT"?* Here is some proof...Nancy arranged an Oscar watch party last week. Fun!" **J. Jensen 2017**

APRIL & MAY 2024

PHOTO GALLERY FEBRUARY 2024



ROAD TRIP - PITTSBURG, CA.



APRIL & MAY 2024

PHOTO GALLERY FEBRUARY 2024



FULL WOLF MOON WALK – PITTSBURG, CA.

APRIL & MAY 2024

PHOTO GALLERY FEBRUARY 2024



ROAD TRIP & WOLF MOON-PITTSBURG, CA.



APRIL & MAY 2024

PHOTO GALLERY MARCH 2024



CLIFF, ANNE & MIRA



HIDDEN PARKS
OF CARMICHAEL

BARBARA



MYRNA



ANNE , CORY & MIRA

THANK YOU TO OUR PHOTOGRAPHER &
FELLOW WALKER GORGIANA ALONZO

APRIL & MAY 2024

FUN, FITNESS AND FRIENDSHIP: RETROSPECTIVE 2020



BARBARA & ANNA



FREEPORT REGIONAL WATER PROJECT



SUE, JILL & BUD

THIS 2020 FACEBOOK MEMORY WAS SHARED BY JOANNE JENSEN.

OVER THE YEARS, JOANNE HAS POSTED SACRAMENTO WALKING STICKS EVENTS ON FACEBOOK THEREBY PRESERVING A VISUAL HISTORY!

YOU CAN VISIT JOANNE ON FACEBOOK BY SEARCHING FOR HER NAME.

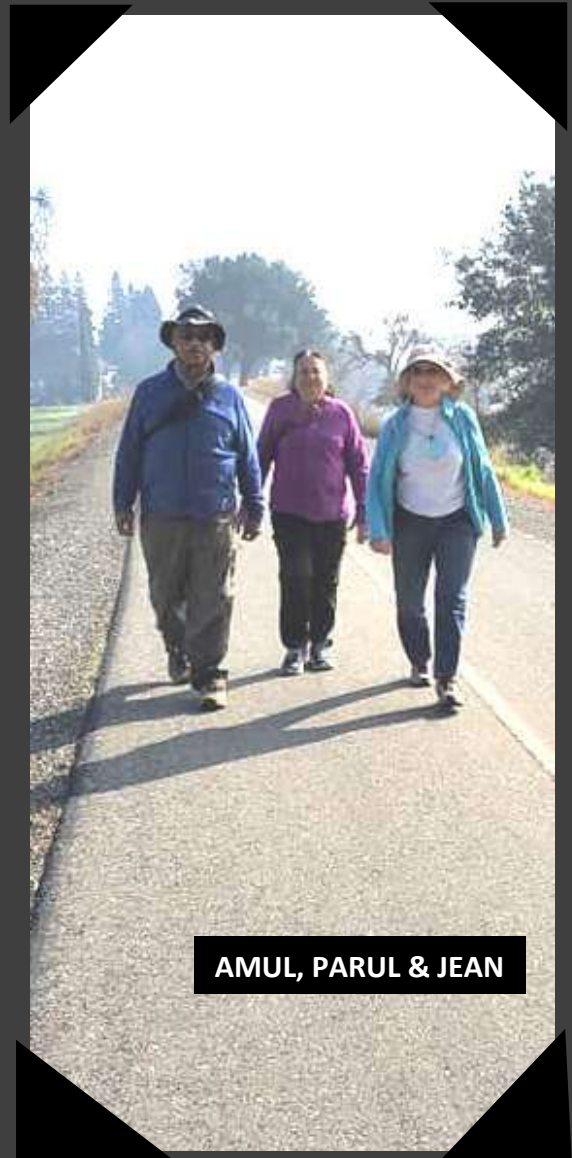
APRIL & MAY 2024

FUN, FITNESS AND FRIENDSHIP: RETROSPECTIVE 2020



NANCY & DENISE

**THINK ABOUT DUSTING OFF
YOUR PHOTO ALBUM AND
SENDING US SOME OF YOUR
FAVORITE MEMORIES!**



AMUL, PARUL & JEAN



RICHARD & JEAN

APRIL & MAY 2024



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

AVA.org



SacramentoWalkingSticks.org

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.

APRIL & MAY 2024