

AMERICAN GOTHIC CHALKERS



THE SACRAMENTO WALKING STICKS

No Sweat Gazette

DECEMBER 2025

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The next best thing to seeing you on the trail is seeing you on the pages of the No Sweat Gazette!

sticksnewsletter@gmail.com

CHANGES TO WALK LOCATIONS

2025 & 2026

[Click Here](#)

MEMBER MEETING: **DAYTIME**

THURSDAY, DECEMBER 11TH

AT THE ARCADE LIBRARY

12PM TO 2:30 PM



Dave & Josie

Walking In Nature

Sue Cartwright



Stepping out in nature,
something happens to me;
Merging into a beautiful world, set free;
Tensions simply melt and float away;
And my mind can wander, wonder and be.

The more I walk the more delights I see;
The trees, the leaves, the flowers,
the birds, the bees;
A place where harmony exists in perfect grace;
A sanctuary for heart and soul, a sacred place.

Where you can feel the air, the wind, the breeze;
Connect to the earth, the rocks,
the plants and trees;
Listening to the wildlife, birds and river springs;
Giving praise to the wonders Mother Nature
brings.

Nowhere brings such happiness inside;
The calm, the buzz of life, the beauty is a balm;
The gift of wild with birds on feathered wings;
Nature is the source of life for every living
thing.

The big Oak
found on the
Stock Ranch
walk.

Photo by
Gorgiana Alonzo



When walking you see things that you miss in a motor car or on the train.

You give your mind space to ponder. ~ Tom Hodgkinson

I hope you are all well and looking forward to our **Holiday Season with its many Christmas Lights Night Walks and fun adventures.** We have a special surprise, too, on New Year's Day when we offer you all a brand-new walk on the Del Rio Trail. Jennifer Stanley has designed the route and we're looking forward to checking it out. You might remember that Jennifer was the one who took us on that fantastic journey to McKinley Village that started out at Sutter's Landing.



Big Give for AVA. For many years our parent organization, AVA, has participated in the Big Give down in Texas. This year with all of the USA Volkswalkers help, they raised \$89,860.00. It's not too late to contribute either—just send a check made out to AVA to: AVA National Office, 10325 S Alamo St, San Antonio, TX 78210. For those of you who donated, you will be receiving in the mail 2 Free Walking Coupons from AVA. Be on the lookout and they can be used on any walk you go on.

I mentioned above the **AVA National Office and their "new" address.** If you walk for **Volkswalk Credit**, please pull out your current Event and Distance books. Look at the front of each one and if the address on the book doesn't match – 10325 S Alamo St – please make note. Write their new address on a Post-it note or on an envelope to use when next you send them in. Thank you! Should you ever need a new Event or Distance book, please contact me so I can help you buy one.

Speaking of books, have you ever **finished a Special Program book?** If you have, we need your help. Please go out to our website, www.SacramentoWalkingSticks.org > click on Member Achievements > click on Special Programs. Scroll through ALL the files and on a notepad, write down the programs you finished and whether your name appears on screen or not. Then send that paper to: Steve Hughart, SWS, P.O. Box 277303, Sacramento CA 95827-7303. Let him know that you have finished these programs and want to be added to our website. As we've said many times, the fun is in the hunt! Remember how we enjoyed looking for clocks on our walks or Little Free Libraries? You should try walking a labyrinth ...

Our next Sticks Meeting will be Thursday, December 11th at Noon in the meeting room of the Arcade Public Library, the next block from Town and Country Village on Marconi Ave. Let me know what you think about this idea—I used to host a once-a-month Road Adventure where we'd drive to one of our neighboring club's walks and then have lunch after. I need to stay closer to home these days and am switching it up to try out a Sunday Stroll in the afternoon, using one of our walks. If one of you would like to take on being the lead for a Road Adventure in the future, let us know at the meeting.

Hope to see you on one of our Christmas lights night walks,

Barbara Nuss
President

NEW YEARS DAY WALK VOLUNTEERS [open](#)

Contact Barbara at suki2010@mycci.net or Jennifer at stansylpha@aol.com

SPECIAL PROGRAMS COORDINATOR [open](#)

Works with Point of Contacts to update walks with applicable special programs!

CLUB OFFICER, SECRETARY [open](#)

- Attendance at the 4 Membership meetings during the year
- Manages the meeting reservations
- Prepares the meeting agenda, takes notes and files the final minutes

RONALD MCDONALD HOUSE

SODA POP CAN TABS

Drop off your pop can tabs, collected at walk registration tables throughout the year. These go to the Ronald McDonald House to help raise funds for programs that provide family centered care to families and children.



GOT SNEAKERS?

RECYCLE TENNIS SHOES

Zori Lozano-Friedrich and I thought we could organize a sneaker collection for the members of the Walking Sticks and our friends and families. To date, we have sent in approximately 45 pairs of shoes which kept them out of the landfill and raised a few dollars for our club. We want any adult or kid's athletic shoes – no sandals, slippers or dress shoes please.

Feel free to contact Kim at kimadagana@gmail.com to arrange for you to drop shoes off at my house, or meet you at a Sticks walk or other convenient location to collect your shoes.

ICELAND

Visit by Jennifer Stanley, September 2025

Iceland is a Nordic Island country between the Arctic Ocean and the North Atlantic Ocean. Geologically active Iceland formed over a hotspot on the Mid-Atlantic Ridge which is the underwater mountain range where the Eurasian and North American tectonic plates are pulling apart.* *I stood on the edge of the tectonic plates; pretty cool!*



Iceland's geologic activity includes earthquakes, geysers, hot springs and *active volcanoes*. This is a very environmentally conscious country. Their power principally comes from geothermal or hydro energy, *the power of mother nature*.



*sourced from Wikipedia and Google AI

A small island country is spread out, so travel with a tour or on a cruise is probably the easiest way to move around, as travel over rugged paths, bumpy, gravelly, slippery, and icy pathways is difficult by car or foot.

Most days included a major **waterfall from melting glacier waters** that pour over rocky cliffs and shrouded in clouds of mist.



ICELAND continued



Crossing the countryside there are grass/hay, horse and sheep farms. I was fortunate to see the sheep (in numbers sheep outnumber people) returning to their farms from the summer highlands where they have been grazing. **Over 1000 sheep were herded down the highway** . Quite a special sight to witness!

One special day trip was made to the **Westman Islands to visit the nesting Puffins!** It was worth the extra cost as they are adorable like no other bird I have ever seen.



Iceland is a beautiful and fascinating country.

SUNDAY STROLLING
Join the Sacramento Walking Sticks
Historic Downtown Woodland Walk
on December, 28TH

Start:

Nugget Market
157 Main Street
Woodland, CA.

Stroll through
Historic Woodland,
established in 1861.

Registration is 10:00 am

Distances: 6k

[Click here for more information](#)



DECEMBER WALKS & RIDES

**TO FIND START LOCATIONS AND CONFIRM TIMES
VISIT THE CALENDAR OF EVENTS USING THIS LINK :
SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS**

SUN	M	TUE	WED	THUR	FRI	SAT
		2 <i>Morning Walk</i> Elk Grove Elk Grove Regional Park	3 <i>Evening Walk</i> Sacramento American River	4 <i>Bike Ride</i> Davis Circle Tour <i>Moonwalk</i> Elk Grove East Elk Grove Recreational	5	6 <i>Traditional Walk</i> Delta Tule Trekkers Sutter Creek Christmas Walk
7		9 <i>Morning Walk</i> Sacramento Curtis Park	10 <i>Evening Walk</i> Carmichael	11 <i>Club Meeting</i> Arcade Library Noon- 2:30	12 <i>Christmas Lights</i>	13 <i>Friendship Walk</i> Davis Southeast Tunnels & Bridges
14 <i>Christmas Lights Walk</i>		16 <i>Morning Walk</i> Sacramento South Natoma	17 <i>Evening Walk</i> Carmichael Ancil Hoffman	18 <i>Bike Ride</i> Roseville NW Roseville Tour	19 <i>Christmas Lights Walk</i>	20 <i>Friendship Walk</i> Lincoln Lincoln Trails
21 <i>Christmas Lights Walk</i>		23 <i>Morning Walk</i> Sacramento North Laguna Creek Wildlife	24	25 <i>Christmas</i>	26	27 <i>Friendship Walk</i> Fair Oaks Historic Town
28 <i>Sunday Stroll</i> Woodland Historic Town		30 <i>Morning Walk</i> Citrus Heights Stock Ranch	31			

West Sacramento- River Walk

Walking to see the State Capitol and **lit up Christmas tree** ~
plus touring the heavily **decorated Wells Fargo Building** along the way.

December 12 , Friday



Sacramento Theater of Lights

Walking from West Sacramento to **Old Sacramento**
to view the Theatre of Lights

December 14 , Sunday



Sacramento- Fab 40s

Walking the festive **neighborhood**

December 19 , Friday



Sacramento- Elmhurst to East Sac

Walking through **the arches!**

And so much more to see...

December 21 , Sunday

All walks; Registration begins at 6:15 pm . Walk begins at 6:30



CHRISTMAS WALK AT SUTTER CREEK

Join the Delta Tule Trekkers
on December 6th

Start:

Parking Lot,
18 Eureka Street,
Sutter Creek, CA 95685

Registration is 8:30 am to Noon/ Walk Ends by 3:00 pm

Distances: 5k & 10k

[Click here for more information](#)

A beautiful walk through a Gold Rush era town filled with history. The entire town is decked out for the holiday season. The Miners Bend Park, many unique shops and eateries are along the route! Stretch your legs on some hilly streets.

NEW YEARS DAY ON THE DEL RIO TRAIL

Join the Sacramento Walking Sticks on January 1st 2026

Start:

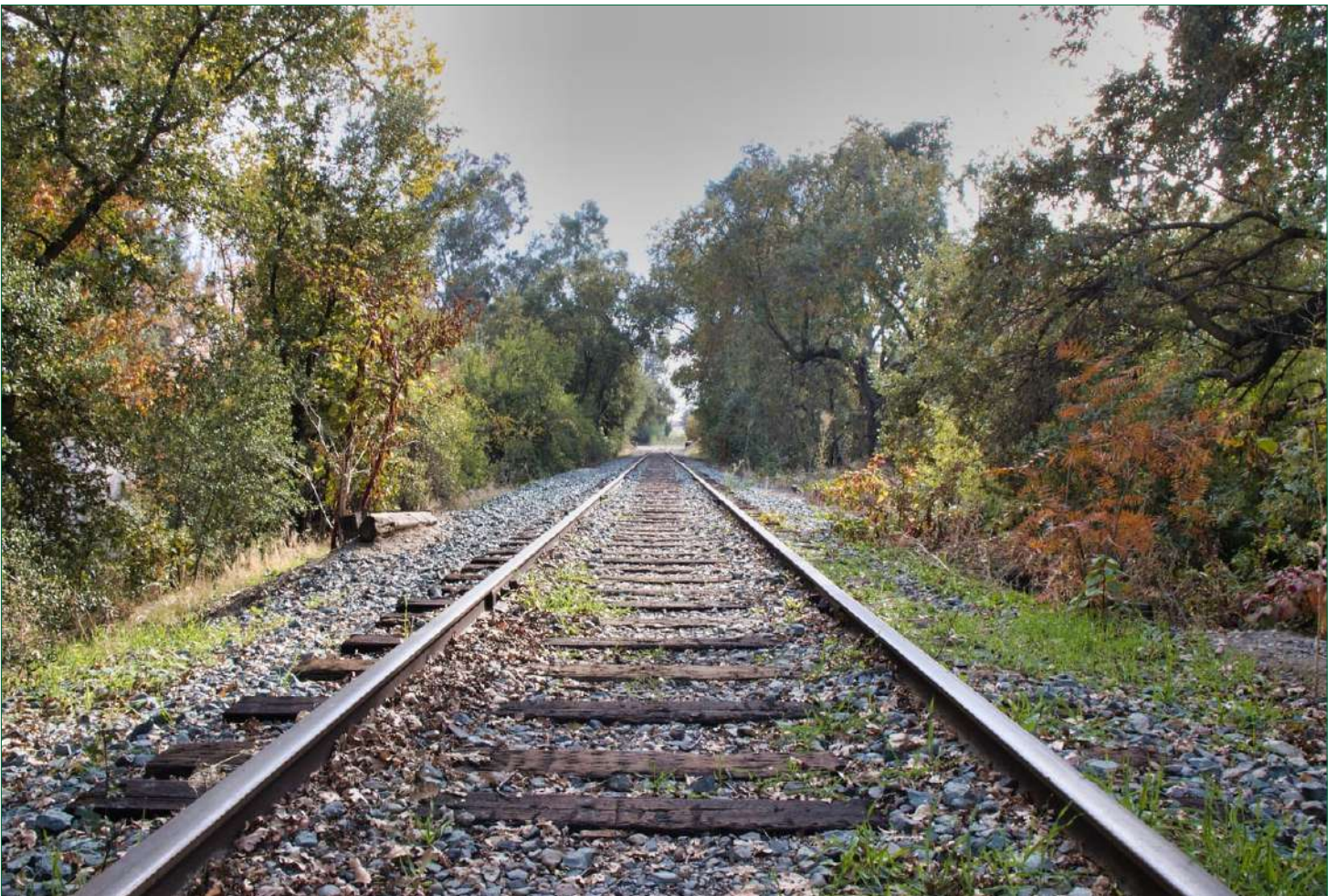
Sprouts Shopping Center,
4408 Del Rio Road
Sacramento, CA 95822

Registration is 9:00 am to Noon/ Walk Ends by 3:00 pm

Distances: 5k & 11k

Contact: Jennifer Stanley stamsylph@aol.com

This is a new walking and biking path that was a rail-line in the past. The route passes residences, businesses, schools, shops, parks and more. When a reconstruction project is completed over I5 the trail will connect to the Sacramento River levee and continue to Old Town Sacramento and beyond.



CATLIN PARK WALK VOLUNTEERS



A Special Walking Stick

Cory Coones

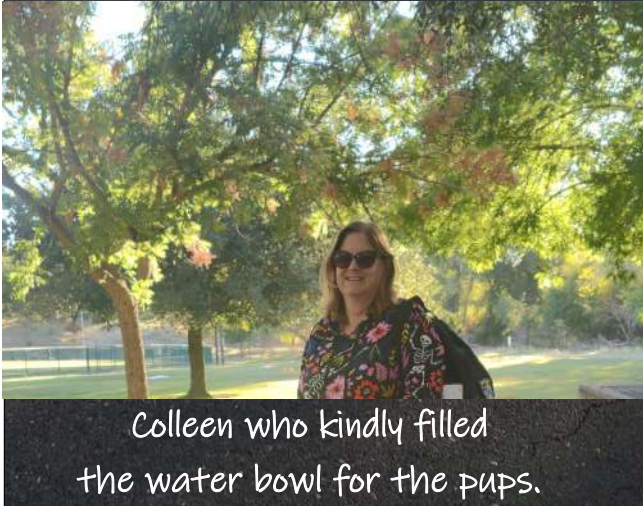
I only had one chalking experience under my belt; the Pecan Park walk earlier in 2025. When we finished chalking that 11k route I knew I needed a more ergonomic approach if I were to chalk in the future! Not soon after, a telescoping chalk stick arrived on a slow boat from Japan.

Happy to say the chalking stick got great reviews!



[Click here for a High 5 to all the volunteers that day.](#)

CATLIN PARK WALK VOLUNTEERS



CATLIN PARK WALK



Carole, Tina & Cole





Arlene, Myrna & Sally

Small World

Cory Coones

As I arrived at Catlin Park the morning of the Folsom walk, I came across a lovely woman stopped on the sidewalk reading the Sacramento Sticks sandwich board sign! As I passed I asked if she was going to join the walk or had any questions.



That is when I learned, Arlene was in her Folsom neighborhood on her daily walk when she recognized the Sacramento Sticks sign. Arlene walks this walk all the time. It turns out that Arlene is the mother to two club members, Melinda and James!! Arlene passed some time with us and asked we say "hi" to her adult kids before she went back to her morning walk! It is a small world after all.

SOLVANG

Dave & Josie Barnes

Walking with the wild Things was a blast from the past. If you have a chance to join the Beach Board Walkers for a Solvang walk next year, be sure to mark your calendars and go. This year Solvang was paired with Orcutt and their Chalk Festival.

Dave and I decided to go as it would give us a chance to “stroll down memory lane”. We were stationed at Vandenberg AFB from 93-95 so we wanted to revisited some favorite roads and restaurants and wineries. Our first day of traveling we spent on the road but by early afternoon we made it to Pismo Beach: you could make this your first stop - lots of places to stop and check out the gorgeous ocean views and breezes. There were several seafood restaurants you could mark down and return to if you have time. We took the back roads to Santa Maria and were just mesmerized by the vast countryside completely planted with produce: not just acres and acres but miles and miles and miles of cabbages, onions, broccoli, potatoes, you name it! Monster sized greenhouses! Really something to see.





As we checked into our hotel, we ran into fellow Sticks: Priscilla and Jennifer: fun to see familiar faces on the road.

For Friday night dinner Dave and I went out to an old haunt : The Hitching Post. We got such a kick out of it: pure entertainment along with a great, reasonably priced steak. The giant grill was in the middle of the room so everyone could watch their steaks lined up, cooked perfectly, and arranged on your plate with your sides. The thing that blew us away was that each meal STILL included a relish tray, shrimp cocktail, garlic bread, salad, a side of your choice AND ICE CREAM. It was like stepping back in time. There were cowboy hats and flannel shirts and lots of hustle and bustle. Just like we remembered it from 30 years ago.

SOLVANG continued

The next day we headed to the first walk: Orcutt - only a 15 minute drive away. We did not know what to expect: **Orcutt?? It turned out to be one of the nicest walks we can remember.** It is just a small rural town with modest homes, but each one was unique and cared for and colorful. Of course, we stopped at a bakery right away to get the flavor of the place. The walk wound us out of town and then back through a mobile home park that was full of flowers and lovely friendly people: a wonderful lady gave us apples to munch on as we continued on.

There was a chalk festival going on so the Main Street was closed and filled with chalk artists, live music and some market stalls. Lots of things to look at and we just slowly strolled through the walk. One place we passed on the walk, was the Far Western Tavern, so we made reservations to check them out for Saturday night dinner.

After Orcutt, we went on to Vandenberg Air Force Base which has now been renamed Vandenberg Space Force Base to check out the many changes. Of course, that would not be everyone's goal but there are so many options for the afternoon: any of the coastal towns : Los Alamos, Lompoc, SLO Town, vineyards!!



We ate our Saturday night steak at the Far Western Tavern and once again, the dinner was a banquet: shrimp cocktail, garlic bread, Santa Maria beans, salad, your side and then your main course. Both meals just made you smile.

Now onto the Sunday morning Solvang walk: we were greeted both days by the friendly Beach Board Walkers and they helped us get started. We have been to Solvang in the past, but one of the great things about the walks is that it takes you "outside the box". This walk took us by the central village, but then on to the edge of town for some views of the lovely hilly countryside. Then back to town to the

Mission - which was wonderful and busy. The walk gave us free access to the museum to see the famous troll. As we wound down, we stopped at a deli and had sandwiches made to eat later on our way home.

We chose to go home via a "wine trail" we had known from the past. We stopped at the Fess Parker Vineyard and then had our deli picnic at the Rancho Sisquoc Winery. This was a perfect way to end the trip: perfect weather and scenery, and wine? We both agreed this weekend had been filled to the brim with great memories.



A Stroll with the Stompers

By Marie Robb

On a gorgeous autumn day in October, Paul and I joined the Sonoma County Stompers for a 10K in Kenwood. We began at Pillowfight Coffee (their breakfast sandwich is delicious!). The first part of the walk took us past charming houses to the **Kenwood Depot**, built in 1888.



We continued to **picturesque vineyards** and scenic landscapes before we turned around and walked back past the Depot.

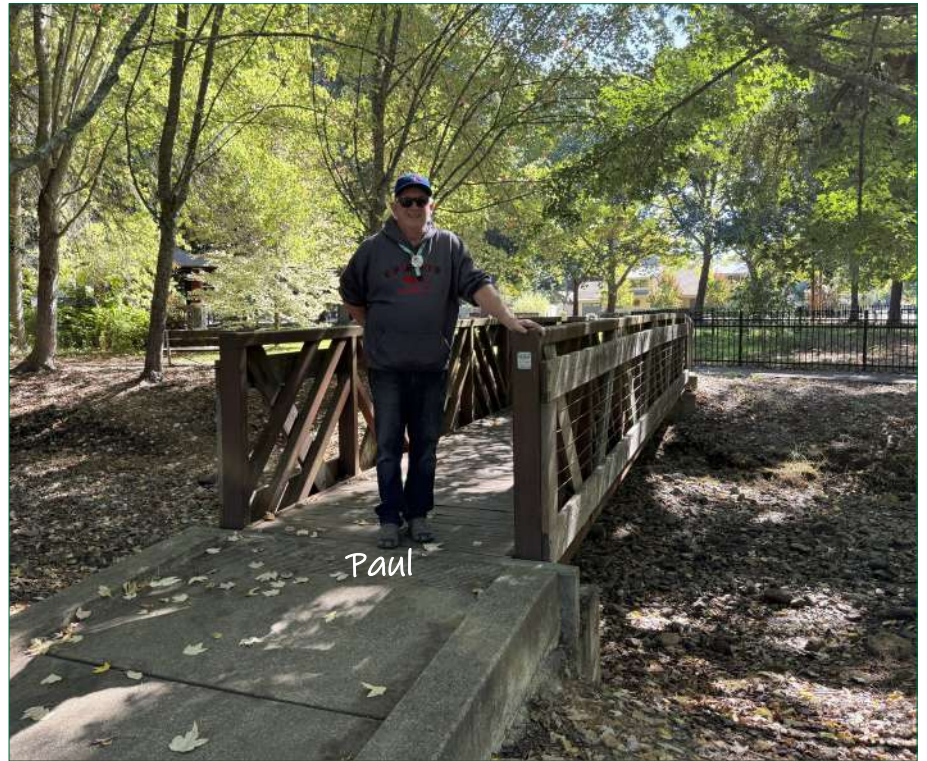


In Kenwood Park we crossed a pedestrian bridge over the location of the World Championship Pillow fights from 1966-2006.

Participants would straddle a pole over a mud pit!

We took a welcome break at Muscardini's--a family-run operation making Italian wines in Sonoma--and walked out with a bottle of sweet vermouth and a coaster.

We finished the walk with a wonderful lunch at Palooza Brewery and Gastropub next to the start location.



Paul



Doug, Jean, Paul, Tracy & Parul

Adam's Adventures

Our Youngest Member

One of our Wednesday night walks was in the **Elmhurst neighborhood**, primarily along T Street. Adam loved the raised lawns that we passed; he walked up and down the steps of every one we encountered.

On one street corner, he was **charmed by a small toy display** at the bottom of the lawn. He squatted to have a closer look. His mama warned him not to touch, but he assured her, "I just want to see it."



Adam

Adam wasn't as careful as we crossed the many streets along T Street. He didn't want to hold our hands. Instead, he told us, "**I'll hold my hands.**" That opinion earned him some time in the stroller!

Marie "Mimi" Robb

Sights Along The Way

Tracy Harrison

Sights that caught my eye during the Friendship walk in Golden Gate Park with the San Francisco Bay Bandits.



CENTRAL COAST

By Jennifer Stanley

At the end of September 26th, 27th, and 28th, after a nice long drive down Hwy 101, Priscilla Fife (President of Bay Bandits) and myself joined the Central Coast Beach Boardwalkers for a weekend of some great local walks in Santa Maria, Orcutt and Solvang.

Arriving Friday evening we headed on our first walk in Santa Maria, passing by the Santa Maria historical library and Town Center Mall.

We spent some time checking on the safety of a small female child who was out and about alone. Once we located her family and she was safe we continued on our way.

It was getting late and dark so we headed back the start point at the Historic Santa Maria Hotel (very nice hotel) and enjoyed dinner in the hotel cafe. We finished the walk late Saturday afternoon primarily walking around the Hancock City College campus.



to

On Saturday we headed to Orcutt. Priscilla did the 5k and I did the 10k. Both walks took us thru neighborhoods and the main downtown center. **A special treat was at the near end of the walk the Orcutt Chalk Fest was in full force.** Some beautiful art work, plus entertainment and food. We joined the CCBB club President Ty Fredrick's, his wife and other walkers who came for the weekend at Blast Brewing Co. for dinner in Orcutt. Enjoyed catching up with the others.



Walk three took us to downtown Solvang. Priscilla and I did the 5k walk together. Solvang, Danish for "sunny field", has been described as the Danish Capital of America (Wikipedia). The town caters to tourists and that day there were plenty. As we neared the end of the local walk the CCBB had arranged for us to have free entry to the California Art Museum to view artist Thomas Dambo's large troll sculpture constructed with recycled and repurposed materials. It is amazing!

Priscilla & Jennifer

French Girl Style in New Orleans

Priscilla Fife

A few Walking Sticks, Dana Beales, Charlotte Henshaw, Terry Way and Debbie Thomas in New Orleans walking the French District the day before the cruise starts!



A Saturday in Placerville

Tracy Harrison

Amul, Parul and I headed West! We picked the walk that included the old railroad trestle. The train trestle is now part of the multi use El Dorado Trail that spans the gold country foothills.



THANK YOU NOTES

CONTRIBUTORS TO THE OCTOBER/NOVEMBER EDITION

- ♦ Barbara Nuss
- ♦ Kris Ericson-Cano
- ♦ Robb Family—Paul, Marie, Danielle, Caitlin, Adam and Olive
- ♦ Ellen Franz
- ♦ Myrna Jackson
- ♦ Sally Coones
- ♦ Gorgiana Alonzo
- ♦ Priscilla Fife
- ♦ Steve Hughart
- ♦ Kim Dagan
- ♦ Zori Lozano-Friedrich



HIGH FIVE

Barbara Nuss

Let's not forget the new walk designed by Myrna Jackson and Sally Coones that we hosted in October. It started out at Catlin Park in Folsom and offered people 2-5k loops. *It was a gorgeous fall day, and everyone returned with smiles on their faces. We had a total of 63 walkers and 37 of those were Sticks Members!*

We had a lot of help to make the walk a success, so let's give them all a High-5—

Walk directions/maps were meticulously done by Warren Tellefson who also checked the routes with his wife Nancy and son Dustin.

Chalking was done by Cory Coones, Myrna Jackson, Dave & Josie Barnes.

Setup was done by John & Kaia McLaughlin who hauled all the gear in the trailer up to the start spot. Myrna Jackson and Sally Coones were on site to give a hand.

Registration table throughout the day had a lot of help - Roger Jensen, Nancy Harris, Ann Whitehead, Priscilla Fife, Dave & Josie Barnes and Barbara Haig.

Teardown was done by Roger Jensen, Myrna Jackson and Barbara Haig.

CHANGES TO YEAR ROUND WALKS	
Gold River Walk POC, Roxie Jones	An unexpected Star Bucks closure required a walk box rescue! Within days of notice! Looking for a new home.
Curtis Park & Land Park Walks POC, Jennifer Stanley	The Parkside Pharmacy is now open Monday to Friday from 10 ^{am} to 6 ^{pm} . They are closed Saturday & Sunday.
Hidden Parks Walk POC, Myrna Jackson	Remote registration.
Historical Woodland Walk POC's, Myrna Jackson & Sally Coones	Sally and Myrna are partnering to cover this walk beginning January 2026.
Natomas North & South Walk and Bike Zamora Walk	These walks will not renew for the 2026 walking year.

Trail Art along the
 El Dorado Trail
 proves you really can
 put lipstick on a pig!

Photo by
 Tracy Harrison



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.



SACRAMENTO WALKINGSTICKS.ORG