



No Sweat Gazette

September & October 2026

TAKE NOTE

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4th Quarter CLUB MEETING
Arden-Dimick Library
November 12th
6pm

TRADITIONAL WALK

International Walk Like a Pirate Day

Hosted by Sacramento Walking Sticks

Saturday, September 19th

*Get in touch with your inner pirate
and bring your crew.....*



[Click here for more information](#)

5 & 10 K- Rated 1A

Registration 9^{am} to noon Finish by 3^{pm}

Special Programs- Walking the US- Ca

FOOTNOTES

Walking is the ultimate travel adventure.

You never know where your feet will take you. ~ Richard A. Schmidt

Greetings,

Can you believe summer is almost over and Labor Day is right around the corner?? We had a wonderful turnout for the Sacramento-American River Friendship Walk today, August 22nd, and returnees said they were in shade most of the walk. In September there will be three Traditional Events for you to plan on attending: The Delta Tule Trekkers will be hosting Lodi Lake to Woodbridge on the 12th, the Sacramento Walking Sticks will host Talk Like a Pirate Day on the 19th and congratulations to the Vaca Valley Volks who will be celebrating their 40th Club Anniversary on an Historic Walk in Vacaville.

Speaking of pirates, I'm hoping we get a great turnout from all of you Sticks members. I'll be sending you a Help Wanted/Needed list soon—the walk route is a fine one and how fun to greet people at our registration table. I'm pretty sure our 1st Pirate Walk was held in 2006, hard to think it was that many years ago now.

Pull Tabs—Thank you all who save pull tabs for the Ronald McDonald House. This also applies to friends, family and co-workers of all of you who are saving them, too. This morning at the walk I received a huge bagful of tabs from Barbara Fox who used to be the Delta Tule Trekkers secretary. This week I also received a large bag of tabs from Phil Medlin, a long-time Sticks member who now lives in Cameron Park. And did I mention that Bruce and Nancy Calkins brought us a huge bagful of tabs and a large bagful of sneakers from their home in New Mexico? Every little bit helps the causes ...

We're adding one new Year-Round to our stash—the Sacramento-Miller Park walk that begins at La Bou on Del Rio Rd. Everything is fixed up and cleared now so walking the route will be a joy to do once again. Four of our Year-Rounds have new homes:

Davis-Bike Ride South Davis/El Macero and Southeast Tunnels & Bridges

New Address: World Traveler Coffee Roasters (next to Dos Coyotes)

2171 Cowell Blvd, Davis 95618

Sacramento-Campus Commons/Sierra Oaks

New Address: Safeway (University Village)

424 Howe Ave, Sacramento 95825

One more heartfelt Thank You goes out to Janet Riley, our Hospitality Chairperson who is stepping away after 14 years of service. She has diligently written and sent birthday postcards to each of us over the years. When she learned of a death or anniversary, etc.—cards were sent out as well. Our new Chairperson is Marcia Maurer who is also the Point of Contact for our Fair Oaks Year-Round walk. Thank you both for your service.

Looking forward to walking into fall with all of you,

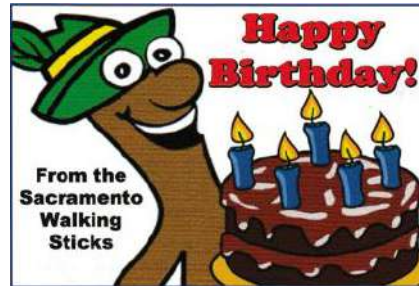
Barbara Nuss, Sticks President

916.217.9092, suki2010@mycci.net



VOLUNTEER HIGHLIGHTS

New Hospitality
Chairperson



The club is saying thank you to *Janet Riley*, for her *14 years of service* as our Hospitality Chairperson! Her dedication greatly impacted and influenced our community!! Touched our lives every year, and sometimes more....



At the same time, we welcome, *Marcia Maurer*, our *NEW Hospitality Chairperson!!*



Updates on the Got Sneakers Program!!

To date, Kim has sent in **9 bags of shoes....** Each bag with approximately 20 pairs!! That is getting **close to 200 pairs of shoes recycled.** The club has received maybe \$15 total for all those shoes! **The program does a great job of keeping shoes out of the landfill** even if it is not as lucrative as we hoped!

It is an investment in the world we leave to younger generations. As it turns out the shoes of the younger generation are the most profitable! They grow so fast they outgrow their shoes before they are worn out.

Kim is generously offering her time to those members that are committed to recycling tennis shoes. Feel free to contact Kim at kimadagana@gmail.com to arrange for shoe drop off.

VOLUNTEER OPPORTUNITIES

Special Programs Coordinator

- Works with Point of Contacts on applicable special programs

Club Officer Secretary

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

SACRAMENTO WALKING STICKS BOOK CLUB WALK
JOIN US ON SUNDAY SEPTEMBER 13TH AT 10:30AM
FOR A BOOKWALK IN SAN FRANCISCO

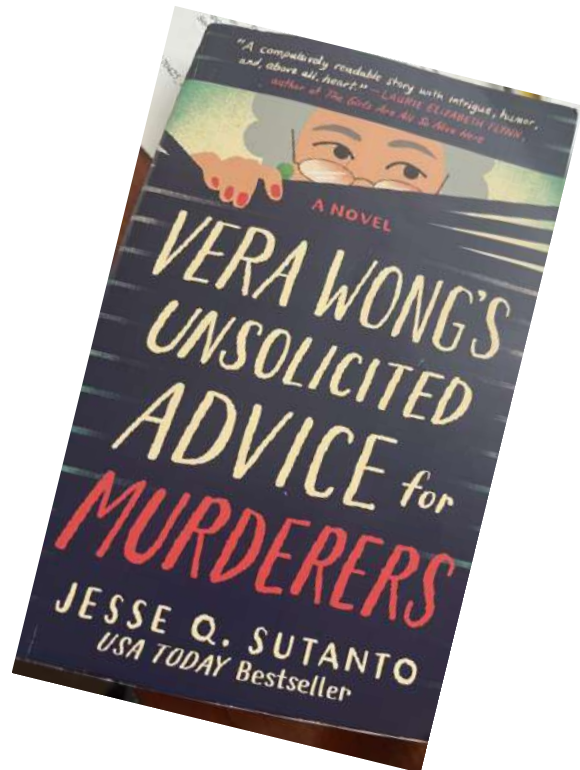
Vera Wong's Unsolicited Advice for Murders

by Jesse Q. Sutanto

Vera Wong is a lonely little old lady--ah, lady of a certain age--who lives above her forgotten tea shop in the middle of San Francisco's Chinatown. Despite living alone, Vera is not needy, oh no. She likes nothing more than sipping on a good cup of Wulong and doing some healthy detective work on the Internet about what her college-aged son is up to. Then one morning, Vera trudges downstairs to find a curious thing--a dead man in the middle of her tea shop. In his outstretched hand, a flash drive. Vera doesn't know what comes over her, but after calling the cops like any good citizen would, she sort of...swipes the flash drive from the body and tucks it safely into the pocket of her apron. Why? Because Vera is sure she would do a better job than the police possibly could, because nobody sniffs out a wrongdoing quite like a suspicious Chinese mother with time on her hands. Vera knows the killer will be back for the flash drive; all she has to do is watch the increasing number of customers at her shop and figure out which one among them is the killer.



Priscilla Fife
prfife@gmail.com



ROVING PHOTOGRAPHER

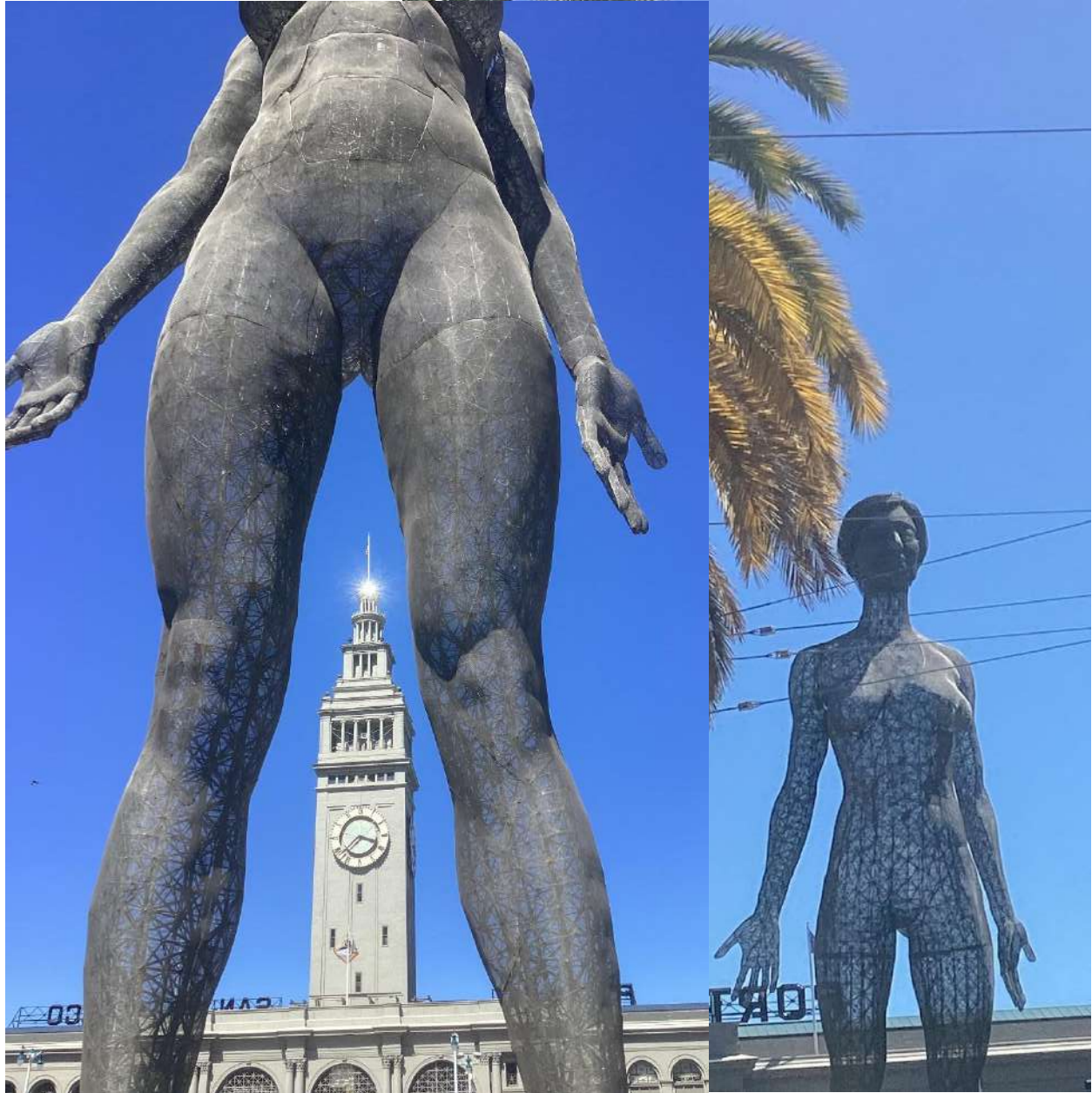
San Francisco 50 Works of Art

Debbie Thomas



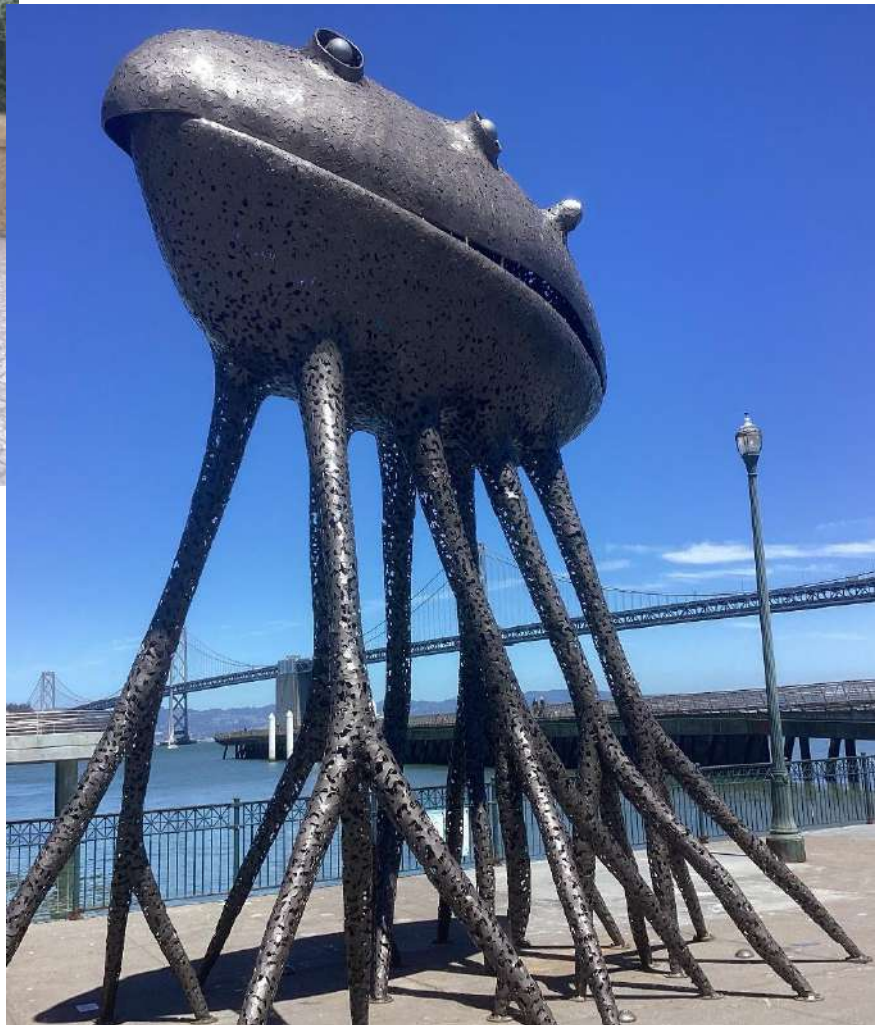
San Francisco 50 Works of Art

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San Francisco 50 Works of Art

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ADAM'S ADVENTURES



Adam holds the
distinct honor
as the club's
youngest member!



SEPTEMBER WALKS & RIDES

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

S	W	TUE	WED	THUR	F	SAT
		1 Morning Walk Historic Folsom	2 Evening Walk Campus Commons Sierra Oaks	3 Bike Ride Sacramento Pocket Area Tour	4	5 Friendship walk Lake Natoma Sacramento Walking Sticks
6	7	8 Morning Walk North Laguna Wildlife Area	9 Evening Walk Historic Woodland	10	11 1	12 Traditional walk Lodi Lake to Woodbridge Delta Tule Trekks
13 Book Club Walk San Francisco Maritime Heights	14	15 Morning Walk Wayne Holloway Memorial Walk	16 Evening Walk Midtown to East Sac	17 Bike Ride Rancho Cordova Lake Natoma Tour	18	19 Traditional walk International Talk Like A Pirate Day Sacramento Walking Sticks
20	21	22 Morning Walk East Elk Grove Recreational Trails	23 Evening Walk Elk Grove Creek Watershed	24	25	26 Traditional walk Historic Vacaville 40 th Vaca Valley Volks
27	28	29 Morning Walk Campus Commons Sierra Oaks	30 Evening Walk Arden Park			

OCTOBER WALKS & RIDES

TO FIND START LOCATIONS AND CONFIRM TIMES VISIT THE CALENDAR OF EVENTS USING THIS LINK : SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS						
S	W	TUE	WED	THUR	F	SAT
				1 Bike Ride Natomas Flood Plain Tour	2	3 Friendship Walk Lands End SF Bay Bandits
4	5	6 Morning Walk Ancil Hoffman Park	7 Evening Walk UC Davis University	8	9	10 Friendship Walk Manteca, San Joaquin County Delta Tule Trekkers
11 Sunday Stroll Curtis Park	12	13 Morning Walk South Davis El Macero	14 Evening Walk Hidden Parks	15 Bike Ride American River Tour	16	17 Traditional Walk 35 th Anniversary Sonoma County Stompers
18	19	20 Morning Walk Elk Grove Regional Park	21 Evening Walk Elmhurst to East Sac	22	23	24 Traditional Walk Cambria Scarecrow Festival Central Coast Beach Boardwalkers
25 Traditional Walk Templeton Town Central Coast Beach Boardwalkers	26	27 Morning Walk Ashton Park	28 Evening Walk Sierra Oaks Vista	29 Bike Ride Arden Park Tour	30	31 Traditional Walk Caswell Spooky Walk Delta Tule Trekkers

AWARDS

<i>Awards as of June 2026</i>	
Tammi Kerch	1500 km
Parul Purohit	2000 km
Zori Lozano- Friedrich	3500 km
Carole Soenke	6500 km
Sally Coones	11000 km
Doug Rathgeb	13000 km
Jean Lucas	15000 km



Distance Books

DOCUMENT THE KILOMETERS YOU WALK!

1. Be sure to write your name and address on your Blue Distance book.
2. Each Blue Distance book is good for 500 kilometers. You mail in each Blue Distance book as you complete it in order to receive each award.
3. Each 500 kilometers has a different pin & patch award. The highest distance award is achieved when you reach 8,000 kilometers.
4. As you approach the 400 kilometers mark in your book consider purchasing your next Blue Distance book.

To learn about walking for "credit" and how to start your new walker packet, click [here](#).



<i>Awards as of June 2026</i>	
Debra Coubal	10 Events
Mick Coubal	10 Events
Tammi Kerch	300 Events
Zori Lozano- Friedrich	450 Events
Carole Soenke	1050 Events
Sally Coones	1150 Events
Doug Rathgeb	1350 Events
Jean Lucas	1400 Events

Event Books

DOCUMENT THE NUMBER OF EVENTS YOU WALK!

1. Be sure to write your name and address on your green event book.
2. Each Green Event book is good for 10 events. You mail in each Green Event book as you complete it in order to receive each award.
3. After you complete 10 events follow the instructions on the book and sent in to AVA.
4. As you approach the 5th event mark in your book consider purchasing your next Event book.

To learn about walking for "credit" and how to start your new walker packet, click here.

BECOME A MEMBER



<i>Individual</i>	\$15 per year
<i>Senior 55+</i>	\$10 per year
<i>Family</i>	\$25 per year

You do not have to belong to our 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! If you are not already a member we ask you to consider becoming one!

[CLICK HERE TO BECOME A MEMBER](#)

The American Wanderer (TAW)

A bi-monthly newspaper published by the American Volkssport Association (AVA) highlighting clubs and events across the United States is available as a benefit to Associate and Lifetime members. Visit ava.org

The Compass

A quarterly newspaper published by the California Volkssport Association (CVA) highlighting clubs and events across the state of California. You can set up your subscription by contacting jeanba@dcn.org.

LANDS' END MERCHANDISE



VISIT THE SACRAMENTO WALKING STICKS STORE FOR ADDITIONAL ORDERING INFORMATION

The embroidered Sacramento Walking Stick's logo is available from Land's End Business Outfitters. For an extra charge you can have your first name embroidered above the Sticks logo. You can pick any garment that will take embroidery. You choose the garment type, size, style, and color from anything that is available through Land's End Business Outfitters.



If you subscribe to the Lands' End online mailing list you will be notified of all the great sales you can get in on. You can find free logo's, free shipping and lower garment costs.

<https://business.landsend.com> or call 1.800.338.2000

Use your own postal address for delivery

LOGO NUMBER: 0976579W

CUSTOMER NUMBER: 4567112

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.



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

AVA.ORG



CVA4U.ORG



SACRAMENTOWALKINGSTICKS.ORG