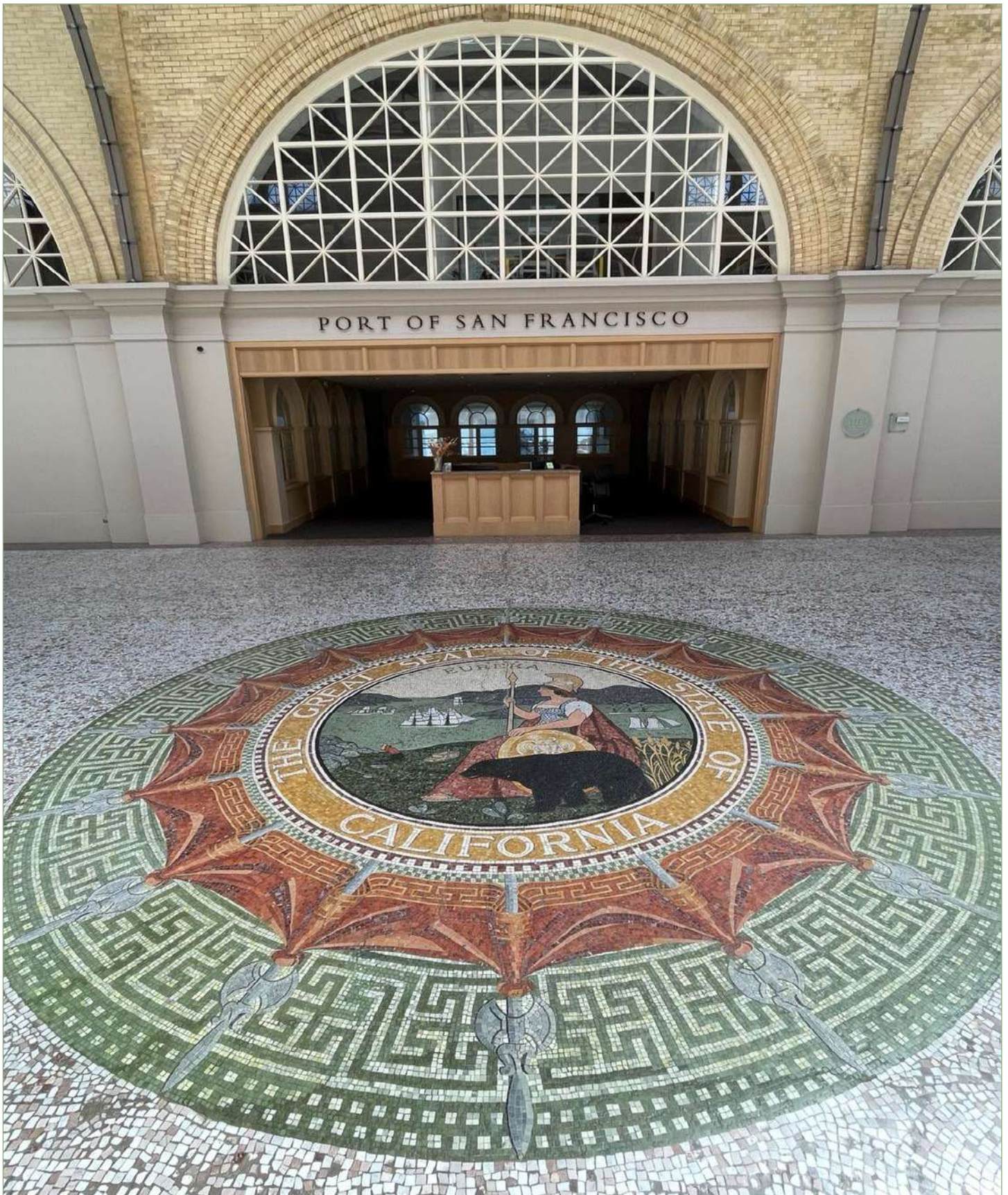


THE SACRAMENTO WALKING STICKS

NO SWEAT GAZETTE



AUGUST SEPTEMBER 2024

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2024 AVA Individual Donor Campaign

The Big Give

September 18th—19th

[Click to Donate](#)

SAVE THE DATE— JUNE 6TH - 8TH 2025

CALIFORNIA VOLKSSPORT ASSOCIATION
ANNUAL CONVENTION

LIVERMORE, CALIFORNIA

Hosted by

San Francisco Bay Bandits & Delta Tule Trekkers

COVER PHOTO- THE SAN FRANCISCO FERRY BUILDING GRAND NAVE
PHOTOGRAPHER- JOANN MCREA

AUGUST & SEPTEMBER 2024

FOOTNOTES

***Walking is the ultimate travel adventure.
You never know where your feet will take you. ~ Richard A. Schmidt***

What I love about this quote is that it can mean travel adventures in your neighborhood, city or cities nearby as well as across the USA, National Parks and countries abroad. What I've loved about my volkssporting experiences these past 36 years are the sights I see on the walks I do. Club members have designed routes that take us to places we would rarely find on our own and we have the option to explore further if we so desire. Example: I did a walk years ago in downtown Cleveland Ohio and walked past the Rock and Roll Hall of Fame. If I'd had the time and desire, what a great option it would've been to go inside and explore.

Have any of you been wondering why you don't see me walking much? Well, I've recently been given the OK to have my left hip replaced ... just waiting now for a surgery date to come up. I'm in a lot of pain as you can see when I get up from a chair or walk any length. I'm also a caregiver for my husband who is having issues with his right leg amongst other issues. However, I love to show up and help out with walk registration and am using my mom's favorite mantra "this too shall pass."

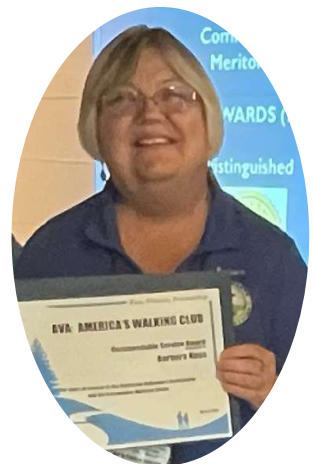
When I retired in 2016, I started the Early Risers Walks and Road Adventures to Year-Round walks in northern California. I haven't scheduled any for August and September but if any of you would like to be a leader for any—let me know and we can add it to our calendar. The Full Moon Walks will continue as they are a fan favorite with many of you.

Thank you, **Gail Samcoff**, for taking on the job of renewing all of the Sticks Year-Round walks for 2025. She is taking this over from **Janet Riley** who has been diligently renewing the walks for several years. Thank you, **Cory Coones**, for the fine job you're doing with the *Sticks No Sweat Gazette*. She's also helping with some other tasks on our website.

Looking forward to seeing you at the walks ~ call or write with any questions you have and if you like something, please let us know. If you have time to volunteer, we will welcome your help,

Barbara Nuss, President

916.283.4650, nussb@surewest.net



ALTITUDE ADJUSTMENT

TAHOE TRAIL TREKKERS TRIFECTA: **AUGUST 9TH - 11TH**

TAHOE CITY LAKE FOREST

FRIENDSHIP WALK; AUGUST 9TH @ 10^{AM}

Both the **5k** and **11k** are on a paved bike trail thru Tahoe City to the charming Lake Forest neighborhood, are on dirt trails for a short distance, have lake views and visit the state park picnic area. The **11k** walk returns on the new Tahoe Lakeside Trail and historic Commons Beach area and cross the Truckee River Dam.

Special Programs: Par-For-The-Course, Step to the Beat, CC: Placer County

DONNER MEMORIAL STATE PARK COLDSTREAM VALLEY

TRADITIONAL WALK; AUGUST 10TH @ 9^{AM}

Both the **10k** and **5k routes** bring you to the shore of beautiful Donner Lake and out to China Cove. The 10k walkers will continue through Coldstream Valley while the 5k walkers make their way back to the campgrounds.

Special Programs: CC: Nevada County

TRUCKEE STEINERS MEMORIAL RIVER WALK

FRIENDSHIP WALK; AUGUST 11TH @ 10^{AM}

Both the **6k** and **10k** are on paved undulating expanded river view trail. There is variable shade, views of volcanoes and you will find information signs along the way pointing out historic sites along the Truckee River.

Special Programs: CC: Nevada County

AUGUST & SEPTEMBER 2024

ALTITUDE ADJUSTMENT

BAY BANDITS VOLKSMARCH CLUB

FORT FUNSTON & LAKE MERCED

TRADITIONAL WALK ; AUGUST 17TH @ 9^{AM}



The 11k presents you with coastal views from this former military location. You will climb rustic steps to reach the viewpoint for the Pacific ocean and hang gliders. There are rustic paths and inclines, as well as access to beach.

The 5K is a walk around one of San Francisco's natural lakes, Lake Merced. This was once inhabited by the Ohlone and is the present location of Harding Park S.F.'s premier golf



Special Programs: Par-For-The-Course, Walking with America's Veterans, CC: San Francisco County

AUGUST & SEPTEMBER 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.

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

PAR-FOR-THE-COURSE



During this special program, participants will be collecting IVV event stamps (each event stamp may only be used once per year) for event trails that go past outdoor physical activities including but not limited to: exercise stations (par course/stations), golf (frisbee and miniature too), playgrounds, baseball, basketball, soccer, bocce ball, racquetball sports, volleyball, hop scotch and the list goes on. Examples of non qualifiers are skateboard parks, bike parks, treasure hunting and geocaching. Participants are encouraged to find their inner child and "play on the path*" with family and friends. The special program is hosted by the First State Webfooters of Delaware. There will be 3 levels of awards, Bronze, Silver and Gold magnets. You must complete one book per award . **Book sales end 12.31.2025.**

AUGUST & SEPTEMBER 2024

SPECIAL PROGRAM: PAR-FOR-THE-COURSE

PAR-FOR-THE-COURSE ON SIX FRIENDSHIP WALKS DURING AUGUST & SEPTEMBER

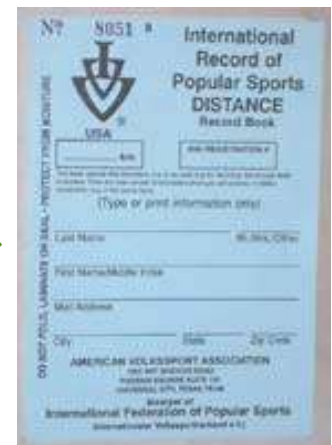
STANISLAUS COUNTY	HISTORIC TOWN	DAEGLING MEMORIAL	LANDS END & BEYOND	ASHTON PARK WALK	CLARKSBURG BRANCH
AUGUST 3 rd MODESTO	AUGUST 24 th SEBASTAPOL	SEPTEMBER 7 th OLYMPIC VALLEY	SEPTEMBER 14 th SAN FRANCISCO	SEPTEMBER 21 st SACRAMENTO	SEPTEMBER 28 th W. SACRAMENTO

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.

The first 500 km Pin and Patch:



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

AUGUST & SEPTEMBER 2024

ROVING REPORTER

A VISIT TO AVA HEADQUARTERS- *where it all happens*



By Debbie Thomas

Earlier this year, when fellow Sticks member **Zori Lozano-Friedrich** invited me to join her and five other friends (one of which was **Janet Riley**, another SWS member) on a Road Scholar tour to San Antonio, Austin and the Hill Country of Texas, I jumped at the chance.

The three of us added two days to our trip, one at each end, so we could do the San Antonio and Austin AVA walks, and we were not disappointed. An added bonus was that the AVA Headquarters was just 20 minutes walking distance from the Alamo.

We “ditched” the tour group to go and visit AVA Director Henry Rosales and Bookkeeper Marian Duval. The two of them gave us the “grand tour” of the little Craftsman that houses all the AVA history, stamping equipment, and admin offices. A full wall mural and pictures of the national and regional

directors was admired, as we personally know many of the people featured on both. Henry and Marian were very accommodating, giving us bottles of water, snacks, AVA swag (T-shirts and ball caps) and taking our “donation”, **a copy of the CVA brochure that just happens to feature the three of us on the cover and inside. They had us autograph it!** We had a very spirited discussion about the information taken on the recent AVA survey. We were told, Hector Hernandez, who does all the IT work, has a separate location across town.

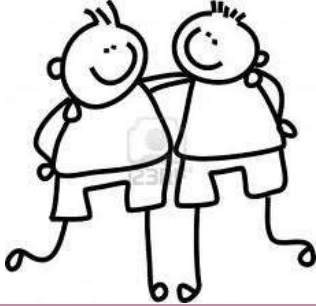
Janet left her many finished books so that they could update her records (she saved a bunch in postage!) *We left the office knowing we were listened to and appreciated that we came to visit the headquarters of AVA.*

[CLICK FOR PHOTOS](#)

AUGUST & SEPTEMBER 2024

BECOMING A MEMBER

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



Individual \$15 per year

Senior 55+ \$10 per year

Family \$25 per year

[CLICK HERE TO BECOME 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 additional step of completing 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 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.
- ◆ No Sweat Gazette— *Member Only Edition*
- ◆ Any donations made to the club are tax deductible.

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 jeanb@dcn.org.

AUGUST & SEPTEMBER 2024

WALKING BOOK CLUB



THE SACRAMENTO WALKING STICKS WALKING BOOK CLUB

5K WALK IN SAUSALITO SUNDAY, AUGUST 25TH AT 10^{AM}

Special Programs include Walking the USA A-Z, Walking with Woody "S"

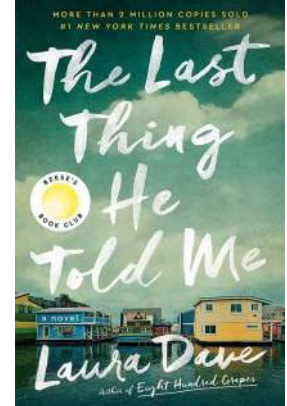
THE LAST THING HE TOLD ME

By Laura Dave

Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year: Protect her. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers—Owen's sixteen-year-old daughter, Bailey. Bailey, who lost her mother tragically as a child. Bailey, who wants absolutely nothing to do with her new stepmother.

As Hannah's increasingly desperate calls to Owen go unanswered, as the FBI arrests Owen's boss, as a US marshal and federal agents arrive at her Sausalito home unannounced, Hannah quickly realizes her husband isn't who he said he was. And that Bailey just may hold the key to figuring out Owen's true identity—and why he really disappeared.

Hannah and Bailey set out to discover the truth. But as they start putting together the pieces of Owen's past, they soon realize they're also building a new future—one neither of them could have anticipated.



Lunch and book discussion will be at the picnic tables near the Bay Model Visitor Center along the Sausalito shoreline. There are opportunities to buy sandwiches along the way.

Start Location; US Army Corps of Engineers Bay Model Visitor Center., 2100 Bridgeway, Sausalito, CA. 94965

From the East:

Take I-80 W. Take exit 33B for CA-37 toward Novato/San Rafael. Merge onto US-101 S via the ramp to San Rafael/San Francisco. Take exit 445A toward Marin City/Sausalito. Use the left 2 lanes to turn left onto Donahue St. Continue onto N Bridge Blvd. Use the right 2 lanes to turn right onto Bridgeway. Turn left onto Marinship Way (ignore the 'NO OUTLET' sign). Turn right on the drive between 2 warehouses to the parking lot by the water.

From the South:

Take US-101 N and I-280 N to CA-1 N/Junipero Serra Blvd. Take exit 49B from I-280 N. Take exit 49B on the left for CA-1 N toward 19th Avenue/Golden Gate Brg. Get on US-101 N from 19th Ave. Follow US-101 N to Rodeo Ave in Sausalito. Take exit 444 from US-101 N. Continue onto Rodeo Ave. Turn left onto Nevada St. Turn right onto Bridgeway. Turn left onto Marinship Way (ignore the 'NO OUTLET' sign). Turn right on the drive between 2 warehouses to the parking lot by the water.

From the North:

Take US-101 S. Take exit 445A toward Marin City/Sausalito. Use the left 2 lanes to turn left onto Donahue St. Continue onto N Bridge Blvd. Use the right 2 lanes to turn right onto Bridgeway. Turn left onto Marinship Way (ignore the 'NO OUTLET' sign). Turn right on the drive between 2 warehouses to the parking lot by the water.



CONTACT:

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

AUGUST & SEPTEMBER 2024

ROVING READERS

ESCAPING A HOT DAY THRU A PORTAL- a book walk story

By Jennifer Stanley

On a hot Sacramento Sunday (June 23rd) many Sacramento Walking Stick members found a portal to cool off in. We headed to the Bay Area by car, ferry and BART to join the San Francisco Bay Bandits Book Walk. Priscilla Fife, President of the Bay Bandits and host of the Book Walk program didn't fail to give us all a great walk in SF with many interesting historic stops along the Embarcadero.

Many walkers read the suggested book "Portal the San Francisco Ferry Building and the Reinvention of American Cities" by John King. So of course, our first stop was in the Ferry Building itself. Priscilla had arranged for the group to visit the second floor of the building (private and city government offices are located) where we were able to view the historic California State Seal inlaid tile on the floor. We also had a view of the active main floor below where many commercial businesses are located. Very busy on a Sunday afternoon.

Departing the Ferry Building we walked west along the Embarcadero to Broadway noting the glass tile line that designates the current shoreline below us. At the

Embarcadero Plaza under the Bocce Ball Courts we learned that beneath the courts lie a buried ship called *Rome*. One of many ships abandoned by sailors eager to head inland during the Goldrush era.

We continued east down the Embarcadero to Oracle Park where the monument to Willy Mays stands on the corner and was this day covered with flowers left to mark his recent passing.

On our return to the Ferry Building we had one last stop at the corner of Mission and Stuart Streets where there lies the *Bloody Thursday Memorial* in memory of two longshoremen who were shot by SF police on July 5, 1934 during a workers strike.

Returning to the Ferry Building we had lunch at a local cafe and shared our thoughts on King's book "Portal". If you love the Ferry Building or just love SF I highly recommend the book and spend a cool summer day in SF.

Thank you Priscilla!!

[CLICK FOR PHOTOS](#)



FERRY BUILDING PROMENADE

AUGUST & SEPTEMBER 2024

AUGUST WALKS & RIDES- *Adjusted for Summer Start Times*

MORNINGS AT 8:15 ^{AM} / EVENINGS AT 8:15 ^{PM} / MOONWALK AT 8:00 ^{PM} / ROAD TRIPS AT 10 ^{AM} / TRADITIONAL EVENT 8:30 ^{AM} -12:00 ^{PM} / FRIENDSHIP WALK 8:15 ^{AM}						
SUN	MON	TUE	WED	THUR	FRI	SAT
<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>				1 MORNING WALK Sacramento Gold River MORNING RIDE Roseville NW Roseville Tour	2	3 FRIENDSHIP Modesto Stanislaus County
4	5	6 MORNING WALK Sacramento Hidden Murals	7 EVENING WALK Sacramento Campus Commons/ Sierra Oaks	8 MORNING WALK Roseville Sculpture Park	9 FRIENDSHIP Tahoe City Lake Forest	10 TRADITIONAL Donner Memorial State Park
11 FRIENDSHIP Truckee Steiner Memorial River Walk	12	13 MORNING WALK Sacramento North Natomas	14 EVENING WALK Folsom Historic Walk	15 MORNING WALK West Sacramento River Walk MORNING RIDE Sacramento Pocket Area Tour	16	17 TRADITIONAL San Francisco Fort Funston
18	19 MOONWALK Sturgeon Moon Elk Grove Creek Watershed	20 MORNING WALK Sacramento Jane Grahams Land Park Loop	21 EVENING WALK Sacramento Fab 40's	22 MORNING WALK Elk Grove Around the Lakes	23	24 FRIENDSHIP Sebastopol Historic Walk
25 BOOK WALK Sausalito 10 ^{am}	26	27 MORNING WALK East Elk Grove Recreational Trails	28 EVENING WALK West Sacramento Clarksburg Branch Trail Loop	29 MORNING WALK Carmichael Ancil Hoffman MORNING RIDE Rancho Cordova Lake Natoma Tour	30	31 FRIENDSHIP Placerville Old Hang town

AUGUST & SEPTEMBER 2024

SEPTEMBER WALKS & RIDES- *Adjusted for Summer Start Times*

MORNINGS AT 8:15 ^{AM} / EVENINGS AT 8:15 ^{PM} / MOONWALK AT 8:00 ^{PM} / ROAD TRIPS AT 10 ^{AM} /TRADITIONAL EVENT 8:30 ^{AM} -12:00 ^{PM} / FRIENDSHIP WALK 8:15 ^{AM}						
SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3 MORNING WALK Davis <i>SE Tunnels & Bridges</i>	4 EVENING WALK Carmichael <i>Ancil Hoffman</i>	5 MORNING WALK West Sacramento <i>River Walk</i>	6	7 FRIENDSHIP 10 ^{am} Olympic Valley <i>John Daegling Memorial Walk Tahoe Trekkers</i>
8	9	10 MORNING WALK Sacramento <i>Fab 40's</i>	11 EVENING WALK Sacramento <i>South Natomas</i>	12 MORNING WALK Roseville Maidu Park MORNING RIDE Sacramento <i>American River Tour</i>	13	14 FRIENDSHIP San Francisco <i>Lands End & Beyond SF Bay Bandits</i>
15	16	17 MORNING WALK Sacramento <i>Jane Graham Land Park Loop</i> MOONWALK Harvest Moon <i>Zamora</i>	18 EVENING WALK Sacramento <i>Gold River</i>	19 MORNING WALK Citrus Heights <i>Stock Ranch</i>	20	21 FRIENDSHIP Sacramento <i>Ashton Park</i>
22	23	24 MORNING WALK West Sacramento <i>Clarksburg Branch Line</i>	25 EVENING WALK Sacramento <i>Midtown to East Sac</i>	26 MORNING WALK Sacramento <i>North Natomas</i> MORNING RIDE Sacramento <i>Natomas Flood Plain</i>	27 TRADITIONAL 8 ^{am} Orcutt <i>Chalk Festival Central coast Beach Boardwalks</i>	28 FRIENDSHIP West Sacramento <i>Clarksburg Branch Trail</i> TRADITIONAL 8 ^{am} Orcutt <i>Chalk Festival Central coast Beach Boardwalks</i>
29	30	Walk times change back <i>October 1st</i> Mornings 9:15 ^{am} & Evenings 6:15 ^{pm}				

AUGUST & SEPTEMBER 2024

ROVING REPORTER



WALKING IN WAIKIKI

By Nancy Harris

Just returned home from Hawaii!! I took the 4 mile Waikiki AVA walk in the morning hours so the weather was nice and cool. The walk took me through the hotels into the heart of Waikiki and on to the beaches. One part of the walk went through surfboard alley where surf boards lined up on each side of the walkway. The gardens at The Royal Hawaiian were all in bloom!

AUGUST & SEPTEMBER 2024

ROVING REPORTER

A RENO FRIENDSHIP WALK—*Fun Times*

By Barbara Haig

It all began with wanting to make a trip to Reno to view the Maynard Dixon exhibition at the Nevada Museum of Art. I had been postponing my trip due to weather and family obligations, but when I saw the Reno Friendship Walk in the Sticks announcements, I thought, “Why not go up on Friday and spend the night? That way I will be ready to meet the Reno group and do the Truckee River Walk on Saturday, June 1.”

I got to the meeting place at the National Automotive Museum and signed in. What a great museum! They have an amazing collection of unique and rare automobiles from the days when glamour was king. And the staff is also very nice. Judy was there from the Reno group to greet walkers and man the register.

After about twenty minutes two more walkers appeared. Barbara, her dog Oreo, and her daughter Lisa. Then, no one. So, the three of us set out. Further conversation revealed that we were all members of The Sacramento Walking Sticks. I guess we win the award for Friendly!

The weather was almost perfect for walking, and after navigating the circuitous route through the city, we found the good stuff, the Mansion neighborhood. Lots of lovely, stately homes. Some are on huge lots with beautiful arbors and sparkling pools as well as fountains. But the real appreciation of these homes came later when we viewed them from down below as we strolled along the Ray Smith Riverwalk.

There were other interesting things to see along the way including Reno’s structure which was created for inclusion in the Burning Man phenomenon. I was told by my waiter Friday night that the City of Reno constructs a piece of art each year and is creating a space by the river where they will be displayed. This is the first in the park.

Getting back to the Automobile Museum was a bit arduous and slightly exhausting. But we all had a good time, even a very tired Oreo. Let’s be honest, even though he had four legs to work with, compared to ours, they were considerably shorter!



RAY SMITH RIVERWALK

AUGUST & SEPTEMBER 2024

ROVING REPORTER

June 15TH -NORTH NATOMAS FRIENDSHIP WALK



By Robert Perricone

This was my first time in the North Natomas area. The highlight for me was the lake at North Natomas Regional Park and the egrets taking over the trees on the islands. Thank you for the walk!

[CLICK FOR PHOTOS](#)

AUGUST & SEPTEMBER 2024

THANK YOU NOTES

Thanks to **Everyone** who sent in photographs and/or comments. Appreciate your thinking of the No Sweat Gazette while you are out and about.

Thanks to all you **Roving Reporters** who provided inspiration and variety to the June/July edition of the No Sweat Gazette.

Thanks to **Jennifer Stanley** for making the Gazette better! Your observation has resulted in a new layout to help avoid issue in the future.

Thanks to **Steve Hughart** for rescuing Gazette staff all the way from an Alaskan cruise ship.

LAST EDITION oops:

Apologies to all Point of Contact volunteers whose walks were missing from the POC Volunteer list. **Correction** on the misidentified walker in the Roswell, New Mexico photo. It was Kim Dagan with the aliens!

MEMBERS THAT CONTRIBUTED CONTENT FOR THE JUNE/JULY 2024 EDITION

- | | | | |
|------------------------------------|--------------------|----------------------------|----------------------------|
| ♦ <i>Barbara Nuss</i> | ♦ Heidi Foster | ♦ Kris Ericson-Cano | ♦ Tammy Kerch |
| ♦ <i>Bruce & Nancy Calkins</i> | ♦ Janet Riley | ♦ Paul & Marie Robb | ♦ Warren & Nancy Tellefson |
| ♦ <i>Carole Soenke</i> | ♦ Jean Lucas | ♦ Miles & Phyllis Wichelns | |
| ♦ Dave & Josie Barnes | ♦ Jennifer Stanley | ♦ Priscilla Fife | |
| ♦ Doug Rathgeb | ♦ Joanne Jensen | ♦ Sally Coones | |
| ♦ Gail Samcoff | ♦ Joann McCrea | ♦ Steve & Gale Hughart | |
| | ♦ Jocelyn Blinn | | |



AUGUST & SEPTEMBER 2024

YEAR ROUND WALK UPDATES



Big Crowd today! *Eliza Kropp*

PLEASE NOTE:
CHANGES TO
WALK BOX
LOCATIONS

MORE SACRAMENTO WALKING STICKS HEROS

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.

CARMICHAEL: registration for Hidden Parks is now at **FOODMAXX 4708 MANZANITA, CARMICHAEL 95608.**

CARMICHAEL: registration for Ancil Hoffman is now **REMOTE.**

CITRUS HEIGHTS: registration for Stock Ranch is now **REMOTE.**

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 Curtis Park & Land Park Loop is at **PARKSIDE PHARMACY 4404 DEL RIO ROAD, SACRAMENTO 95822**

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

AUGUST & SEPTEMBER 2024

POINT OF CONTACT VOLUNTEERS

[Click here](#) to see Year Round Walks

<i>CARMICHAEL</i>	Barbara Haig, 323.578.9194 Myrna Jackson, 916.481.6714	Ancil Hoffman Park Walk Hidden Parks Walk
<i>CITRUS HEIGHTS</i>	Dave Barnes, 651.955.6042	Stock Ranch Walk
<i>DAVIS</i>	Amul Purohit, 1.530.400.1106	South Davis El Macero Walk/ Southeast Tunnels & Bridges Walk/ University Walk/ Circle Davis Bike Tour
<i>ELK GROVE</i>	Paul Robb, 916.430.6649	Charlie Fowble Memorial Walk/ Elk Grove Creek Watershed Walk/ East Elk Grove Recreation Trail/ East Elk Grove Regional Park Walk
<i>ETNA</i>	Catherine Wieder, 562.716.0114	Historic Town Walk
<i>FAIR OAKS</i>	Marcia Maurer, 916.844.4673	Historic Town Walk
<i>FOLSOM</i>	Heidi Foster, 916.792.1720	Historic Town Walk
<i>GALT</i>	Paul Robb, 916.430.6649	Cosumnes River Preserve Walk
<i>GOLD RIVER</i>	Roxie Jones, 916.813.7015	Gold River Walk
<i>SACRAMENTO</i>	Beverly Bales, 916.488.8570	American River Walk/ Ashton Park Walk/ Sierra Oaks Vista Walk
	Heidi Foster, 916.792.1720	Wayne Holloway Memorial Walk/ American River Bike Tour /Sacramento Riverfront Bike Tour
	Myrna Jackson, 916.481.6714	Arden Park Walk/ Arden Park Bike Tour/Campus Commons Walk
	Jennifer Stanley, 916.456.6538	Land Park Walk /Curtis Park Walk/ Miller Park Walk
	Gail Samcoff, 916.429.8377	Elmhurst to East Sacramento Walk/ The Fab 40's Walk/ Midtown Walk/East Sacramento Walk
	Rutherford Smith, 530.219.5610	Hidden Murals Walk
	Kathi Brewster, 317.410.5132	North Natomas Walk/South Natomas Walk/ Natomas Flood Plain Bike Tour
	Eva Nelson, 916.261.9016	North Laguna Creek Wildlife Area
	Nancy Alex, 916.217.4903	Pocket Area Walk and Bike Tour
<i>WEST SACRAMENTO</i>	Susan Martimo, 916.705.9599	Clarksburg Branch Line Trail /River Walk
<i>WOODLAND/ZAMORA</i>	Judy & Jim Tischer, 530.383.1370	Historic Woodland Walk/Rural Yolo County Walk

AUGUST & SEPTEMBER 2024

VOLUNTEER OPPORTUNITIES

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

RONALD MCDONALD HOUSE

SODA POP CAN TABS

At the registration check-in table you may have noticed a bucket full of pop tabs! Gail Samcoff collects and makes sure these get to the Ronald McDonald House. They still collect *pop tabs* to help raise funds for their programs that provide family-centered care to families and children. They collect tabs instead of entire aluminum cans because it's more hygienic to store tabs than cans and collection and storage is generally easier due to the small size of the tab alone. There is also a higher concentration of aluminum in the tab itself, so those little tabs can really add up!

YOUR POP TOP DONATIONS ARE ALWAYS WELCOME.

*There are temporary Volunteer opportunities
August thru December 2024!*

THE CLUB IS LOOKING FOR WALKERS TO LEAD MOONWALKS, ROAD TRIP ADVENTURES AND/OR EARLY RISERS WALKS

[Click here to read Barbara's story about her absence](#)

FULL MOON WALKS- *mother nature has already decided the dates*

ROAD TRIP ADVENTURES -month of October already reserved!

EARLY RISER WALKS- *usually on Fridays*

YOU CHOOSE.

Your walk will be announced in the *Sacramento Walking Sticks Walk Alerts*, the *No Sweat Gazette Calendar* , and the *Sacramento Walking Sticks Website Calendar*.

Contact Barbara Nuss at 916.283.4650 or nussba@surewest.net

AUGUST & SEPTEMBER 2024

ROAD TRIP REPORTS

ALAMEDA BAY FARM ISLAND — *a road trip story*



By Cory Coones

It is always a surprise when I am taken in by a day of firsts. I cannot think of the last time I experienced one. Friday, May 17th turned out to be one of those days where I seemed to be doing everything for the first time.

First SWS Road Trip Adventure Great reason to take a spin out of town for the day!

First SWS Carpool One just need be a passenger in a car with women older than oneself to be reminded how much you still have to learn. It was an emotional sting to be the youngest and only person in the car who had to ask what matte car paint was. This is how you stay hip, carpool with older women!!

First walk at Alameda Bay Farm Island Prior to development, Bay Farm Island was farmland for asparagus and called Asparagus Island. Now it is a lovely maze of homes, bridges, canals, views and breezes along the shoreline! Wonderful walk.

First view of San Francisco With family in the city and myself from the bay, San Francisco has been a constant throughout my life. It was nice seeing the familiar from a new vantage point.

First ice cream cone on the way home from a SWS event Alameda and back to Sacramento makes for a long day so I was grateful to be a passenger but the ride home turned out to be special for reasons other than that because we stopped for ice cream. *Oh yes.*

What remained familiar that day in Alameda was the lovely people I got to spend my time with.

[CLICK FOR PHOTOS](#)

ALAMEDA BAY FARM ROAD TRIP 2024



Alameda Bay Farm Island



CORY, SALLY, PRISCILLA, CHARLOTTE, NIKKI, & BARBARA



AUGUST & SEPTEMBER 2024

ALAMEDA BAY FARM ROAD TRIP 2024



ALAMEDA HIGHWAY BRIDGE /WOODEN WALKING BRIDGE



BAY FARM ISLAND CANALS AND BRIDGES

AUGUST & SEPTEMBER 2024

AVA TEXAS 2024



AVA Director Henry Rosales, AVA Bookkeeper Marian Duval and SWS Gals at the AVA Headquarters in San Antonio, Texas.



Should we have been insulted?
We line dancers were heartbroken.....

Our tour bus driver took us all out for a Texas Two Step spin!

Janet dancing.



Debbie debating President Johnson at the LBJ Presidential Library

AUGUST & SEPTEMBER 2024

AVA TEXAS 2024



One of many murals
highlighting Texas on the
AVA Austin City Walk



Zori says, "Hi, y'all!"
from the Texas Bluebonnets



Debbie, Zori and Janet
with friends on the
AVA San Antonio Riverwalk

AUGUST & SEPTEMBER 2024

SAN FRANCISCO BOOK WALK JUNE 2024



Group Introduction. Walkers arrived from Sacramento, Davis, San Jose, Burlingame and Alameda to name a few.

Priscilla Fife arranged for book walkers to visit the Grand Nave of the San Francisco Ferry Building.



Ferry Building Marketplace on ground floor.



Seal of California floor mosaic inlaid on the second floor

AUGUST & SEPTEMBER 2024

SAN FRANCISCO BOOK WALK JUNE 2024

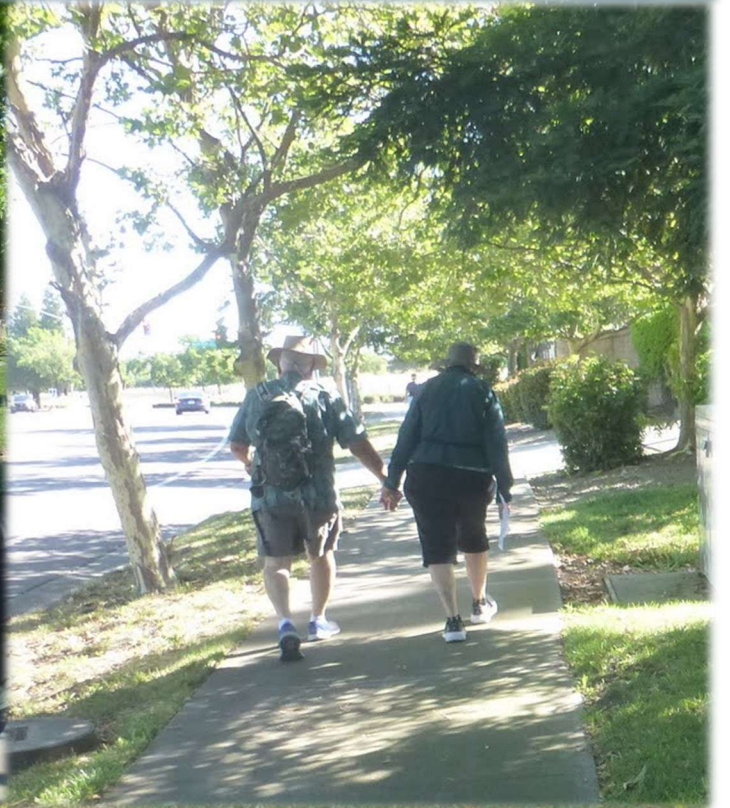
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NORTH NATOMAS FRIENDSHIP WALK 2024



AUGUST & SEPTEMBER 2024

NORTH NATOMAS FRIENDSHIP WALK 2024



AUGUST & SEPTEMBER 2024

FUN, FITNESS, & FRIENDSHIP; RETROSPECTIVE 2015



DOUG, JEAN, RENEE & NANCY



MONO LAKE

AUGUST & SEPTEMBER 2024

FUN, FITNESS, & FRIENDSHIP; RETROSPECTIVE 2015



EASTERN SIERRA

My Favorite Photos from a July
2015 Sticks adventure in the
eastern Sierra Nevada's
Joanne Jensen



TUFTA TOWER

AUGUST & SEPTEMBER 2024



[SacramentoWalking Sticks.org](http://SacramentoWalkingSticks.org)



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

AVA.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.
