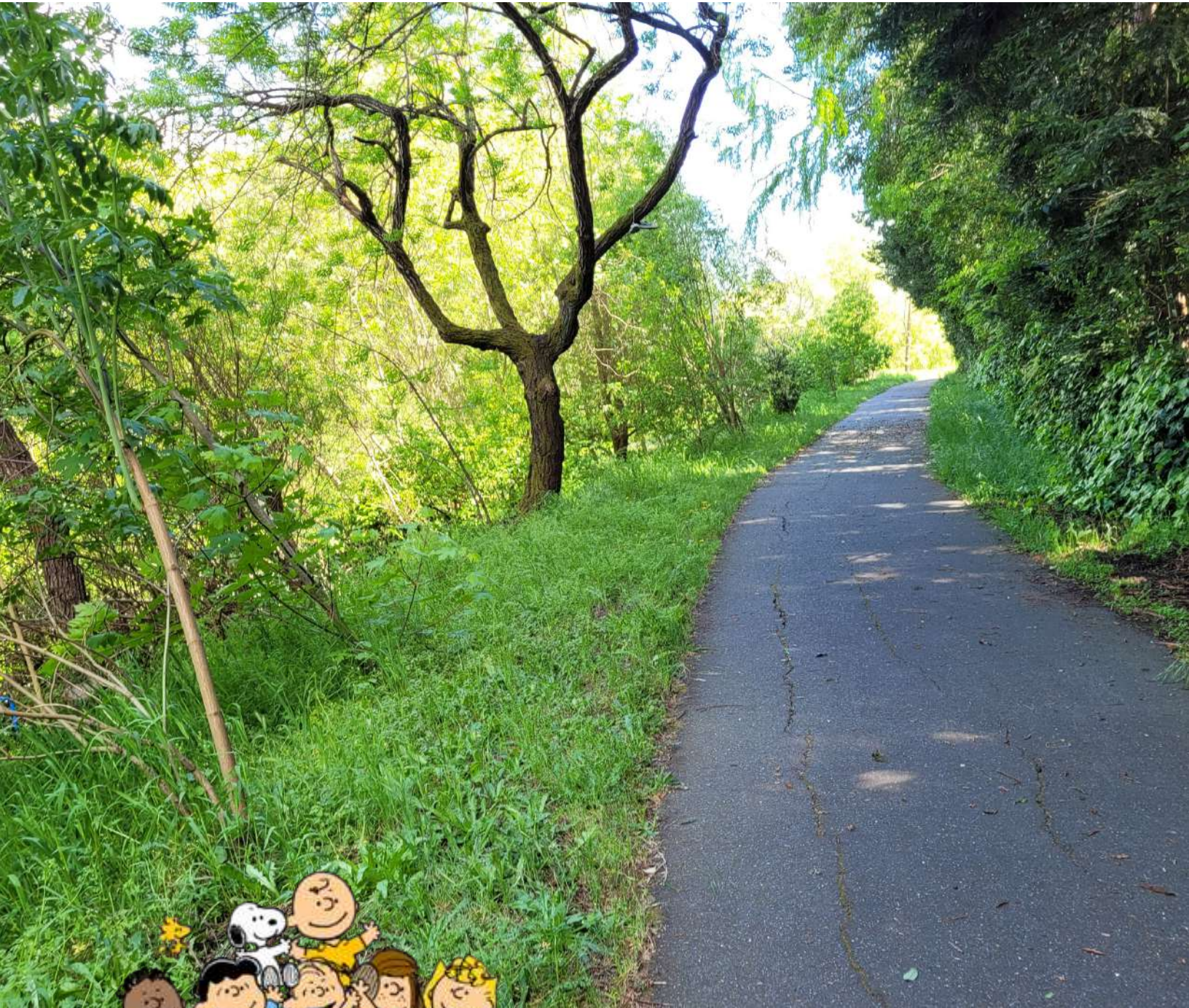


# THE SACRAMENTO WALKING STICKS ***NO SWEAT GAZETTE***



JUNE & JULY 2024



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## TAKE NOTE

Earlier walk times for the Summer!

Beginning June 4<sup>th</sup> at 8:15<sup>am</sup>



The sticksnewsletter email has moved to GMAIL

[sticksnewsletter@gmail.com](mailto:sticksnewsletter@gmail.com)

The AOL account is being monitored during this transition  
Links have been updated

*Effective June 1<sup>st</sup> the Sacramento Walking Sticks  
Annual Membership Fee will increase  
for the first time since 1984.*

Renew at your old rates with a postmark before June 1<sup>st</sup>

[Click here for new rates.](#)

## SAVE THE DATES:

**MOON WALKS** registration begins at 8:00 pm

June 21<sup>st</sup> Friday- *Strawberry Moon at Gold River*

July 21<sup>st</sup> Sunday - *Buck Moon at Citrus Heights*

## SAVE THE DATES:

**2025**

Aug 14<sup>TH</sup> – Aug 17<sup>TH</sup> **IVV OLYMPIAD**  
**TAMPERE, FINLAND**

April 28<sup>TH</sup> -May 2<sup>nd</sup> **AVA BIENNIAL CONVENTION**  
**LAS CRUCES, NEW MEXICO**

COVER PHOTO- COTATII WALK AT CVA CONVENTION 2024  
PHOTOGRAPHER- CAROLE SOENKE

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## FOOTNOTES

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### *Greetings,*

I hope that you're all doing well and looking forward to the summer before us. Thankfully we haven't been hit with horrific weather like so many of the states suffering with severe storms, rain and tornadoes. In preparation for the heat that we'll be getting soon, our morning start times will change back to 8:15 a.m. for registration starting June 4<sup>th</sup>. [It's all about Beating the Heat!!](#)

How many of you participated in at least one of the walks featured for **National Walking Week, April 1<sup>st</sup>-7<sup>th</sup> ?** What a week it turned out to be. I was an official greeter and brought treats and water to as many as I could make – [\*what a fun surprise to see so many of your familiar faces.\*](#) There was only one day that we had rain and for that I was grateful. A shoutout to all the POC's (Point of Contacts for the YRE's or Year-Round Walks) that hosted the walks that week: [\*Beverly Bales, Paul & Marie Robb, Parul Purohit, Barbara Nuss, Myrna Jackson and Susan Martimo.\*](#) We couldn't do what we do without you and all the other POC's we have.

Our next adventure was the **CVA Convention in Rohnert Park, April 26<sup>th</sup>-28<sup>th</sup>**. The Convention was a great success—thank you to the *Sonoma County Stompers* and the *Vaca Valley Volks Clubs* for putting it all together for everyone in attendance. It was so fun to see so many familiar faces of so many walkers from all over California. It was truly like “old home week.” The Meet & Greet on Friday night was filled with delicious appetizers and [\*Janet Riley and Parul Purohit surprised me with a Happy 70<sup>th</sup> Birthday Chocolate Cake!\*](#) [\*Everyone sang Happy Birthday and then we all had a delicious piece of cake.\*](#) The walks were wonderful and so was the group dinner on Saturday night at Mary's Pizza Shack. I am so proud to say that there were 40+ Sticks members in attendance out of the 100 that were present! [More details on the convention, photos and award winners can be found in the Members Only June/July edition of the No Sweat Gazette. Lot's of smiling faces!](#)

**CONGRATULATIONS TO STICKS MEMBER PAUL ROBB WHO WILL BE TAKING OVER FOR HEIDI FOSTER THE DUTIES OF THE VICE-PRESIDENT OF THE NORTH FOR THE CALIFORNIA VOLKSSPORT ASSOCIATION.**

Almost done – I did want to alert you that we will be celebrating *National Donut Day* on Friday, June 7<sup>th</sup>. We'll be meeting up at Vic's Ice Cream Parlor and walking over to Marie's Donuts on Freeport Blvd. It's an outing you just won't want to miss out on.

There are two Traditional Walks I encourage you to participate in—June 8<sup>th</sup> the *Delta Tule Trekkers Club* will host their annual Calaveras Big Trees in Arnold. There's nothing like walking amongst those tall, tall trees. The *South Bay Striders Club* will be hosting the University of California Santa Cruz walk on June 29<sup>th</sup>—I was stunned the first time I did the walk. Up and down, in and out of redwoods, dormitories and at the very end the most beautiful arboretum—who knew there was so much to see at the University? And since you're in Santa Cruz, why not walk the Natural Bridges volkswalk and then check out the walks in Monterey—the Historic and/or the Peninsula/Lover's Point and don't forget the walk in Carmel.

Hope to see you out on the walks,

[\*Barbara Nuss, Sticks President\*](#)





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## GOOD GRIEF! CONVENTION FUN!

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BARBARA, PAUL AND MARIE

*"In the book of  
life, the  
answers aren't  
in the back"*

*- Charlie Brown*

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[Click for PHOTOS](#)

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JEAN, DOUG, HEIDI AND PAUL



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# UNIVERSITY WALKIN'

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**JUNE 1<sup>ST</sup> 9:15<sup>AM</sup>**

*Tahoe Trail Trekkers*

UNIVERSITY OF  
NEVADA, RENO

This 10k route will take you to the UNR campus founded in 1874. The second highlight of this walk is Rancho San Rafael, the largest park in the county.

**Programs on this walk are:**

AMaze-ing Labyrinths, Par-For-the-Course, Town Halls/City Halls, Walking with America's Veterans, CC: Washoe County, Univ



**JUNE 22<sup>ND</sup> 9:15<sup>AM</sup>**

*Sacramento Walking Sticks*

UNIVERSITY  
CALIFORNIA, DAVIS

Walk is on city streets (including portions of the historic Lincoln Highway), bike paths through UC Davis and the University Arboretum. Area of walk is mostly shaded and exceptionally beautiful in the spring through the UC Davis campus and Arboretum.

**Programs on this walk are:**

Par-For-The-Course, Rails-To-Trails, Step to the Beat, Town Halls/City Halls, CC: Yolo County, Univ



**JUNE 29<sup>TH</sup> 9:00<sup>AM</sup>**

*South Bay Striders*

UNIVERSITY  
CALIFORNIA,  
SANTA CRUZ

The 5k and 10k routes are completely on the hills of USCS CAMPUS with it's unique arboretum, bridge system over deep ravines and sculptures and murals along the way.

**Programs on this walk are:**

CC: Santa Cruz, WwW, Univ





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## ROVING REPORTERS

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### APRIL'S NATIONAL WALKING WEEK [click for photos](#)

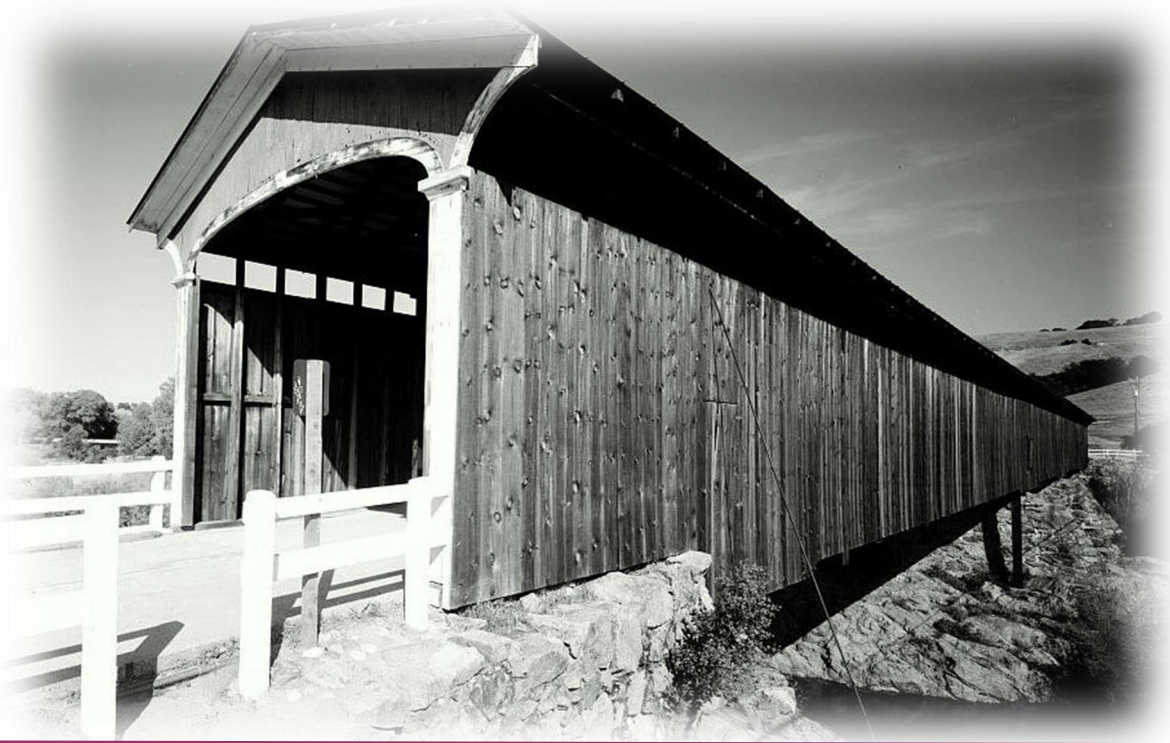
<b>MON</b> <b>APRIL</b> <b>1<sup>ST</sup></b>	<p>9:15 am</p> <p>Sacramento American River</p>  <p>The First of the First!! 7 walkers. <i>Phyllis Wichelns</i></p>	<p>6:15 pm</p> <p>East Elk Grove Recreation Trails</p> <p>It was a beautiful evening for a walk. This walk has been off limits for awhile so the railroad bridge over the creek could be repaired. It is also a trail that oftentimes gets flooded during major rain storms. It felt great to be able to explore this trail again. We were a small group of seven for this Monday evening walk. <i>Tammy Kerch</i></p>
<b>TUE</b> <b>APRIL</b> <b>2<sup>ND</sup></b>	<p>9:15 am</p> <p>Sacramento Sierra Oaks Vista</p> <p>13 walkers and two pups today! <i>Phyllis Wichelns</i></p>	
<b>WED</b> <b>APRIL</b> <b>3<sup>RD</sup></b>	<p>9:15 am</p> <p>Sacramento Mid Town to East Sac</p> <p>5 walkers this morning! <i>Phyllis Wichelns</i></p>	<p>6:15 pm</p> <p>Davis University</p> <p>This evening's walk was done by Barbara Haig and myself. Although it is staying lighter longer, Barbara and I opted for the alternate walk to-night. This walk takes us through varying streets of downtown Davis and through different parts of the U.C. Davis campus. <i>Tammy Kerch</i></p>
<b>FRI</b> <b>APRIL</b> <b>5<sup>TH</sup></b>		<p>6:15 pm</p> <p>Elk Grove Regional Park</p> <p>Tonight's walk brought out seven of us. It is always nice to see the changing of the seasons as we walk through this park. From the old Rhoads School District founded in 1872 to the murals on the community buildings of the swim center. Then our path takes us around the south side of Pirates Island where we were able to watch the new duck families escort their ducklings along the waters. <i>Tammy Kerch</i></p>

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## ROVING REPORTER

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### KNIGHT'S FERRY COVERED BRIDGE WALK



This year's walk came with a special treat. KF was having a Civil War reenactment after the walk. It was expected to be a rainy morning, however, the rains held off for most walkers until after the first reenactment.

One of the confederate soldiers had shared with us afterwards that the night before was a downpour and they were hunkered down in their tents. They take these reenactments very seriously and camp out in canvas style tents just as they soldiers did back then.

*Tammy Kerch*

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[Click for PHOTOS](#)

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# ROVING REPORTER

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## WALKING NEW MEXICO



*By Jennifer Stanley*



WHITE SANDS , NM

Albuquerque was the start and end of a walking trip that covered north, south, east and west of this beautiful state.

Eight California walkers and 40 other folks from around the country spent ten days on a Tater Tour. The Sticks members included myself, Janet Riley, Kim Dagan, Dana Beales, Charlotte Henshaw, Susan Profito, Dan Robinson and past member Nancy Mitchell. We were only out numbered by 9 walkers from Washington.

Ten walks included the largest city of Albuquerque, Santa Fe (the State Capitol and major Art Center), and smaller rural towns. The town of Roswell known as an alleged UFO crash site (the actually site is 75 miles away) provided us with ufology and alien-themed and spacecraft iconography.

A highlight for me and others was the day spent at Carlsbad Caverns National Park in the Guadalupe Mountains. The cave is known for its many calcite formations and stalactites. One of the most accessible and best-preserved cave complexes in the world. Some of the group were able to acquire tix's for a special tour of the King's Palace, "magnificent"!

The last day we visited Salinas Pueblo Missions National Monument a complex of Spanish missions. Once thriving Native American trade communities of Tisa and Tompiro language-speaking Pueblo people inhabited these remote frontier areas of central New Mexico.

The State of New Mexico has a population of a bit over two million. Sacramento County population is estimated at 1.5 million.

[Click for PHOTOS](#)



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## ROAD TRIP REPORT

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### CALIFORNIA STATE UNIVERSITY, CHICO ROAD TRIP

*By Marie Robb*

The only time I went to CSU, Chico was during my freshman year of college. A group of students from CSU, Sacramento took a bus to attend the football game between our two schools. My strongest memory of the trip was the intense cold during the game. Several of us missed the entire second half because we went back to the bus to warm up! I never saw the campus.

I was excited, therefore, to return to the campus in March and to explore it fully with a walk. The Central Coast Beach Boardwalkers maintain this walk through an OSB, giving us an opportunity for a University stamp in our efforts to complete the special program that they offer.

Barbara Nuss, Josie and Dave Barnes, Paul and I were the small group who ignored the threat of rain in the afternoon. Just as we were looking at our directions to begin, our niece Sarah and her boyfriend Nick joined us. What a delightful surprise! We had planned to meet them for lunch, and we were thrilled that they wanted to walk with us, also.

Sarah has been living in Chico for 8 years while she attended CSUC and continued as she began her career as a nurse. It was fun to have a local guide to keep us heading in the right direction and to share

inside information. When we approached "Stonehenge," a creative arrangement of rock columns, Sarah shared the student lore: if you touch one of the stones before an exam, you'll have good luck on the test.

As we walked across the footbridge over Big Chico Creek, Sarah told us that there are nine footbridges on campus that cross the creek. I loved the idea of walking across a creek on my way to and from classes, as well as the beautiful brick buildings throughout the campus and the striking public art.

The walk continued past Bidwell Mansion, the jewel of Bidwell Mansion State Historic Park. John Bidwell was deeply involved in the development of his adopted state, its agriculture and the city of Chico. His 3-story, 26-room mansion boasted running water, flush toilets, modern gas lights, and an air cooling system. A guided tour is required; Paul and I visited several years ago and recommend a day trip. It is a fascinating look at a part of California's early history. After the tour, a lovely lunch awaits just a couple of blocks away at Tres Hombres.

Thank you, Ty and Ginger Fredriks, for giving us the opportunity to explore another University campus, to earn a stamp in our program book, and to participate in another road adventure!



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[Click for PHOTOS](#)

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## ROVING REPORTER

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### BURLINGAME TO BROADWAY AND BEYOND

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#### *A Day in Burlingame- By Jennifer Stanley*

Have you ever been to Burlingame, CA? No! Neither had I, until March 16th when the San Francisco Bay Bandits held a walk there "Burlingame to Broadway and Beyond". It was a beautiful sunny day in the low 70's.

The walk started at the Burlingame Community Center, a very active spot on a Saturday. The Center holds exercise classes, various types of workshops for adults, as well as play areas for kids. The park behind the Center leads you past a playground, basketball and baseball fields, bocce courts and near by you could hear the pickle ball players-bong, bong, bong. Plus evening outdoor concerts in the summer. A very active community.

Upon leaving the park, you will soon pass the historic high school. Very impressive!

The walk continued through various neighborhoods from medium size homes to giant mansions (10k). All are well maintained, nicely landscaped, and interesting architecture. The neighborhoods reminded me of East Sacramento and mid-town.

When we arrived on Broadway, the heart of Burlingame business district, it was filled with families and millennials enjoying the warm day, the restaurants, shops and ice cream ☺. A couple of live music groups provided a festive feeling.

Next time you see this walk on the calendar, consider going. I loved it!

Many thanks to the SF Bay Bandits, Priscilla, Pat, and Jocelyn.

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#### *Carole Soenke*

16 March 2024 Burlingame, CA.

Thank you San Francisco Bay Bandits for a very nice Traditional Event. Great walking weather. I walked the 6k. Red Chinese Moon gate.

Shout out to the Humane Society and SPCA. Barbara Nuss and I walked the labyrinth at St. Paul's Episcopal Church.

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[Click for PHOTOS](#)

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BARBARA, FELLOW WALKER & CAROLE



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## BECOMING A MEMBER

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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](#)

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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 below to join.

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

- ◆ To get that great feeling that you are helping support "the system" that brings you such great walks.
- ◆ Take part in special walks/events that are offered only to Sticks members and their friends.
- ◆ Members who walk with their dogs and who walk for credit can get a free *Doggie Do Walk* book and a special name button for their dog.
- ◆ To help motivate you to get out and walk more.
- ◆ To get your very own name button.
- ◆ No Sweat Gazette– *Member Only Edition*
- ◆ Any donations made to the club are tax deductible.

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### 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](http://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](mailto:jeanb@dcn.org).

## JUNE WALKS & RIDES- *Adjusted for Summer Start Times*

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

SUN	MO	TUE	WED	THUR	FRI	SAT
						1 FRIENDSHIP Reno Historical Reno UNR/Rafael Park
2	3	4 MORNING WALK Carmichael Hidden Parks	5 EVENING WALK Roseville Sculpture Park	6 MORNING WALK Sacramento Midtown/East Sac  MORNING RIDE Sacramento American River Front	7 MORNING WALK Sacramento Curtis Park  Vic's for National Donut Day	8 TRADITIONAL Arnold Calaveras Big Trees Delta Tule Trekkers
9	10	11 MORNING WALK Sacramento Capital Memorial Walk	12 EVENING WALK Sacramento Curtis Park	13 MORNING WALK Sacramento Elm Hurst to East Sac	14 EARLY RISER Carmichael Hidden Parks  Hungry Hollow in Crestview	15 FRIENDSHIP Sacramento North Natomas
16	17	18 MORNING WALK Citrus Heights Stock Ranch	19 EVENING WALK Elk Grove Recreational Trail	20 MORNING RIDE Sacramento Arden Park Tour	21 MOONWALK Strawberry Moon Sacramento Gold River	22 FRIENDSHIP Davis UC Davis
23 BOOK WALK San Francisco Portal	24	25 MORNING WALK Fair Oaks Historic Town	26 EVENING WALK Gold River Gold River	27 MORNING WALK Sacramento Ashton Park	28	29 TRADITIONAL Santa Cruz UC Santa Cruz South Bay Striders
30		TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : <a href="http://WWW.SACRAMENTO WALKINGSTICKS.ORG">WWW.SACRAMENTO WALKINGSTICKS.ORG</a> OR CHECK WALK ALERTS				



# JULY WALKS & RIDES- *Adjusted for Summer Start Times*

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

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2 MORNING WALK Folsom <i>Historic Town</i>	3 EVENING WALK Carmichael <i>Ancil Hoffman Park</i>	4 MORNING WALK Sacramento <i>American River</i>  MORNING RIDE Lincoln <i>Lincoln Bike Tour</i>	5	6 FRIENDSHIP Fair Oaks <i>Historic Town</i>
7	8	9 MORNING WALK Sacramento <i>Midtown/East Sac</i>	10 EVENING WALK Sacramento <i>Sierra Oaks Vista</i>	11 MORNING WALK Woodland <i>Historic Woodland</i>	12	13 FRIENDSHIP Vacaville <i>Historic Town</i> <i>Vaca Valley Volks</i>
14	15	16 MORNING WALK Davis <i>UC Davis</i>	17 EVENING WALK Sacramento <i>Pocket Area</i>	18 MORNING WALK Galt <i>Cosumnes River Preserve</i>  MORNING RIDE Davis <i>Circle Davis Tour</i>	19	20 TRADITIONAL Tahoe City <i>Tahoma</i> <i>Tahoe Trail Trekkers</i>
21 MOONWALK Buck Moon Citrus Heights <i>Stock Ranch</i>	22	23 MORNING WALK Sacramento <i>South Natomas</i>	24 EVENING WALK Sacramento <i>South Natomas</i>	25 MORNING WALK Sacramento <i>Pocket Area</i>	26	27 FRIENDSHIP Modesto <i>Stanislaus County</i> <i>Delta Tule Trekkers</i>
28	29	30 MORNING WALK Sacramento <i>Campus Commons/</i> <i>Sierra Oaks</i>	31 EVENING WALK Davis <i>El Macero</i>			
TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : <a href="http://WWW.SACRAMENTO WALKINGSTICKS.ORG">WWW.SACRAMENTO WALKINGSTICKS.ORG</a> OR CHECK WALK ALERTS						

# THE HUNT: SPECIAL PROGRAMS



## A-MAZE-ING LABYRINTHS

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CALISTOGA – BARBARA

SONOMA – CAROLE

INDIAN SPRINGS  
LABYRINTH  
INVITES YOU TO  
TAKE A WALK

CALISTOGA – CAROLE



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## THE HUNT: A-MAZE-ing Labyrinths

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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.

B. Nuss March 2024

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

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JUNE & JULY 2024

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# WALKING BOOK CLUB

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**THE SACRAMENTO WALKING STICKS WALKING BOOK CLUB INVITES  
YOU TO JOIN US ON SUNDAY, JUNE 23, 2024  
FOR A BOOK WALK IN SAN FRANCISCO**

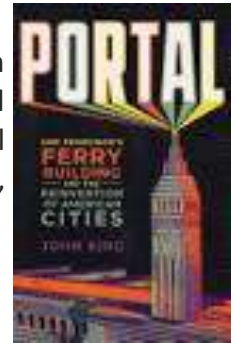
*We will be at the Ferry Building, 1 Ferry Building, San Francisco, CA 94105, at 10:30 AM.  
Walk starts at 10:45*

**The walk will be a 5 K portion of the Maritime YRE Embarcadero/Ballpark route.**

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**Portal: San Francisco's Ferry Building and the Reinvention of American Cities**  
**by John King**

A two-time Pulitzer finalist explores the story of American urban design through San Francisco's iconic Ferry Building. Conceived in the Gilded Age, the Ferry Building opened in 1898 as San Francisco's portal to the world-the terminus of the transcontinental railway and a showcase of civic ambition. In silent films and World's Fair postcards, nothing said "San Francisco" more than its soaring clocktower.--



5 print copies from Sacramento Public Library System & eAudio book and eBook.  
Available online in Hardcover, Audible Audiobook and Kindle.

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**GETTING TO THE START POINT:** Ferry Building, 1 Ferry Building, San Francisco, CA 94105,

**BY FERRY:** I will meet walkers by the Vallejo Ferry Landing. Walkers coming on the Vallejo Ferry should take the 9:15 AM ferry from Vallejo and will arrive at the Ferry Building at 10:15 AM. Drive to the Vallejo Ferry Terminal, 289 Mare Island Way, Vallejo, CA 94590, Ferry tickets are \$9.30 for adults and \$4.60 for seniors (\$18.60 or \$9.20 for round trip). Parking is \$8.00 (this is old information - could not find current prices online) for up to 24 hours



**ARRIVING ON BART:** Walnut Creek BART Station: 200 Ygnacio Valley Rd, Walnut Creek, CA 94596. Parking is \$3 a day (do not leave valuables in your car). Click here for BART Fares: <https://www.bart.gov/tickets>.

Take BART Yellow S around 9:20 AM

Get off at Embarcadero Station around 10 AM. Turn LEFT on Market Street to walk 2 1/2 blocks to the Ferry Building. I will be near the Vallejo Ferry Landing, Gate E.

**DRIVING:** Take I-80 W across the Bay Bridge. Take Exit 2C on RIGHT at Fremont Street just after crossing the bridge. LEFT on Fremont at the bottom of the ramp. Fremont becomes Front Street after crossing Market. Continue on Front Street about 4 blocks to Clay Street. RIGHT on Clay. Garage will be immediately on LEFT.

**BEST Parking Rates:**

Golden Gateway Garage at 250 Clay Street: \$8 All day Saturday & Sunday

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

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**JUNE & JULY 2024**



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## THANK YOU NOTES

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Thanks to all you walkers who have met my mom, Sally Coones out on the trail and took a moment to share your well wishes on the No Sweat Gazette! She has shared each thoughtful gesture. Much appreciated. Cory Coones

Thanks to Phyllis Wichelns for sharing that she enjoyed finding the No Sweat Gazette in her in-box! We appreciated her thoughtful words of encouragement! Newsletter Team

Thanks to Joanne Jensen for starting the Fitness and Friendship Retrospective Photo Gallery! Newsletter Team

Thanks to Kris Erickson-Cano for her patience early, early on a Sunday morning running tests so I can troubleshoot an unexpected result! Cory Coones

Thanks to Ellen Franz for communicating to us her support of the No Sweat Gazette. Newsletter Team

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### MEMBERS THAT CONTRIBUTED CONTENT FOR THE APRIL /MAY 2024 EDITION

(If you prefer your name not be listed then alert the newsletter team in your correspondence. Sincerest apologies if I overlooked anyone.)

- |                   |                     |                               |                               |
|-------------------|---------------------|-------------------------------|-------------------------------|
| ◆ Ann Ofsink      | ◆ Janet Riley       | ◆ Myrna Jackson               | ◆ Sally Coones                |
| ◆ Barbara Nuss    | ◆ Jean Lucas        | ◆ Nancy Alex                  | ◆ Steve & Gail<br>Hughart     |
| ◆ Carole Soenke   | ◆ Joanne Jensen     | ◆ Paul & Marie Robb           | ◆ Warren & Nancy<br>Tellefson |
| ◆ Cliff Eskes     | ◆ John McLaughlin   | ◆ Miles & Phyllis<br>Wichelns |                               |
| ◆ Gorgiana Alonzo | ◆ Kris Ericson-Cano | ◆ Priscilla Fife              |                               |
| ◆ Heidi Foster    | ◆ Mira the Pup      |                               |                               |



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# VOLUNTEER OPPORTUNITIES

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



## OPEN VOLUNTEER POSITION

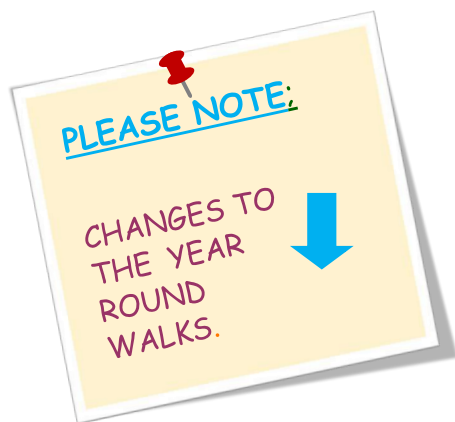
### **SPECIAL PROGRAMS COORDINATOR**

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!

## 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.***



## MORE SACRAMENTO WALKING STICKS HEROS

### **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.

**CARMICHAEL:** registration for Ancil Hoffman and Hidden Parks 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 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**



## POINT OF CONTACT VOLUNTEERS

CLICK HERE FOR YEAR ROUND WALK DESCRIPTIONS AND DIRECTIONS		
CARMICHAEL	Barbara Haig, 323.578.9194	Ancil Hoffman Park
CITRUS HEIGHTS	Dave Barnes, 651.955.6042	Stock Ranch
DAVIS	Amul Purohit, 1.530.400.1106	South El Macero Southeast Tunnels & Bridges
ELK GROVE	Paul Robb, 916.430.6649	Charlie Fowble Memorial East Recreation Trail East Regional Park
ETNA	Catherine Wieder,	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	Cosumnes River Preserve
GOLD RIVER	Roxie Jones, 916.813.7015	Gold River
SACRAMENTO	Beverly Bales, 916.488.8570	American River Ashton Park
	Heidi Foster, 916.792.1720	Wayne Holloway Memorial Walk American River Bike Tour
	Myrna Jackson, 916.481.6714	Arden Park Arden Bike Tour
	Jennifer Stanley, 916.456.6538	Land Park
	Gail Samcoff, 916.429.8377	Elmhurst to East Sac The Fab 40's
	Rutherford Smith, 530.219.5610	Hidden Murals Walk
	Kathi Brewster, 317.410.5132	North Natomas South Natomas
	Eva Nelson, 916.261.9016	North Laguna Creek Wildlife Area
	Nancy Alex, 916.217.4903	Pocket Area Walk and Bike Tour
WEST SACRAMENTO	Susan Martimo, 916.705.9599	Clarksburg Branch Line Trail
WOODLAND/ZAMORA	Judy & Jim Tischer,	Historic Woodland Walk and Rural Yolo County

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# WALK, WALK, TALK, WALK, EAT

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## UNIVERSITY CALIFORNIA, DAVIS

SATURDAY, JUNE 22<sup>ND</sup>

### CREPEVILLE

MENU

### BURGERS & BREW

MENU

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## UNIVERSITY CALIFORNIA, SANTA CRUZ

SATURDAY, JUNE 29<sup>TH</sup>

Visit the [UCSC Dining](#) to learn about  
locations and hours for Dining Cafes,  
Markets and other dining options right on campus

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### CURTIS PARK

FRIDAY, JUNE 7<sup>TH</sup> NATIONAL DONUT DAY

### VIC'S ICE CREAM

MENU

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## CARMICHAEL HIDDEN PARKS

FRIDAY, JUNE 14<sup>TH</sup>

### HUNGRY HOLLOW-Crestview Center

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MENU





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## CHICO ROAD TRIP- MARCH 2024

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DAVE, JOSIE, NICK, PAUL, SARAH, MARIE & BARBARA



BIDWELL MANSION



STONEHENGE- PUBLIC ART



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## BURLINGAME WALK- MARCH 2024

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San Francisco Bay Bandits  
Burlingame to Broadway  
and Beyond



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## BURLINGAME WALK- MARCH 2024

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JUNE & JULY 2024

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## BURLINGAME WALK- MARCH 2024

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JUNE & JULY 2024



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## KNIGHT'S FERRY WALK- MARCH 2024

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### KNIGHT'S FERRY COVERED BRIDGE WALK



Knights Ferry Civil War reenactment





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# WALKING NEW MEXICO- 2024

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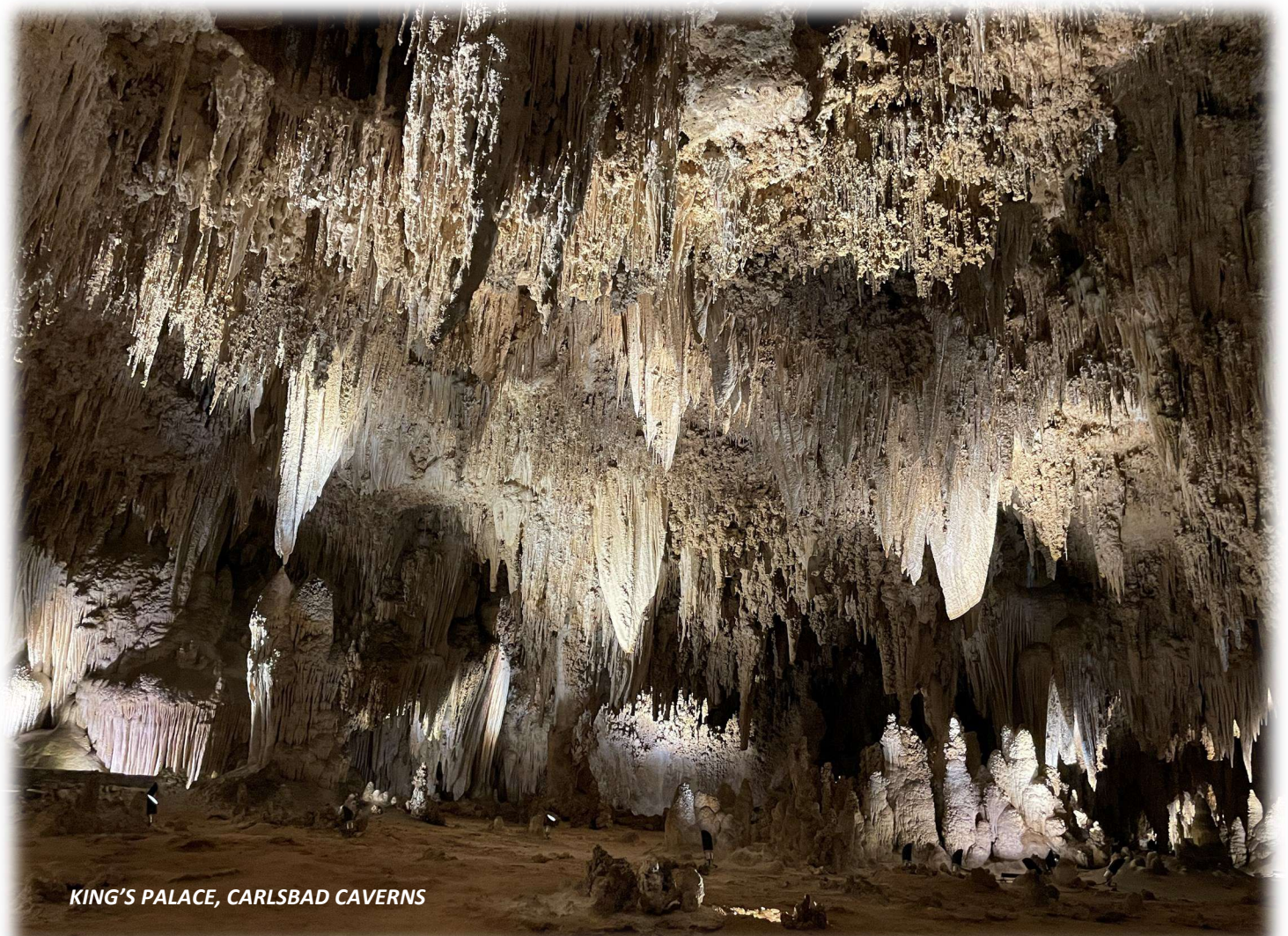


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JUNE & JULY 2024

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KING'S PALACE, CARLSBAD CAVERNS



CARLSBAD CAVERNS



# NATIONAL WALKING WEEK- APRIL 2024

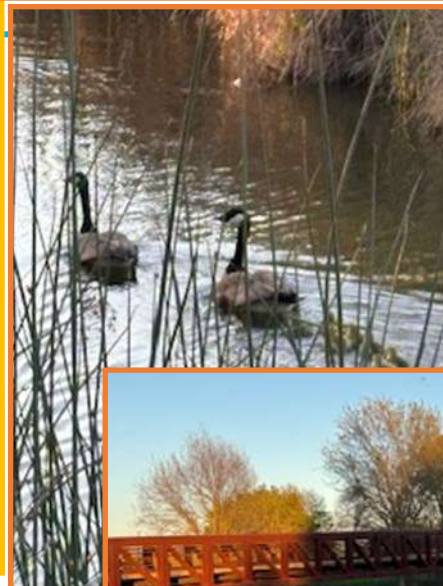


↑ Sacramento American  
River walk

Sacramento Sierra  
Oaks Vista walk  
→



Davis  
Alternative  
Walk  
←



Elk Grove  
Recreational  
Trail



Elk Grove  
Regional Park

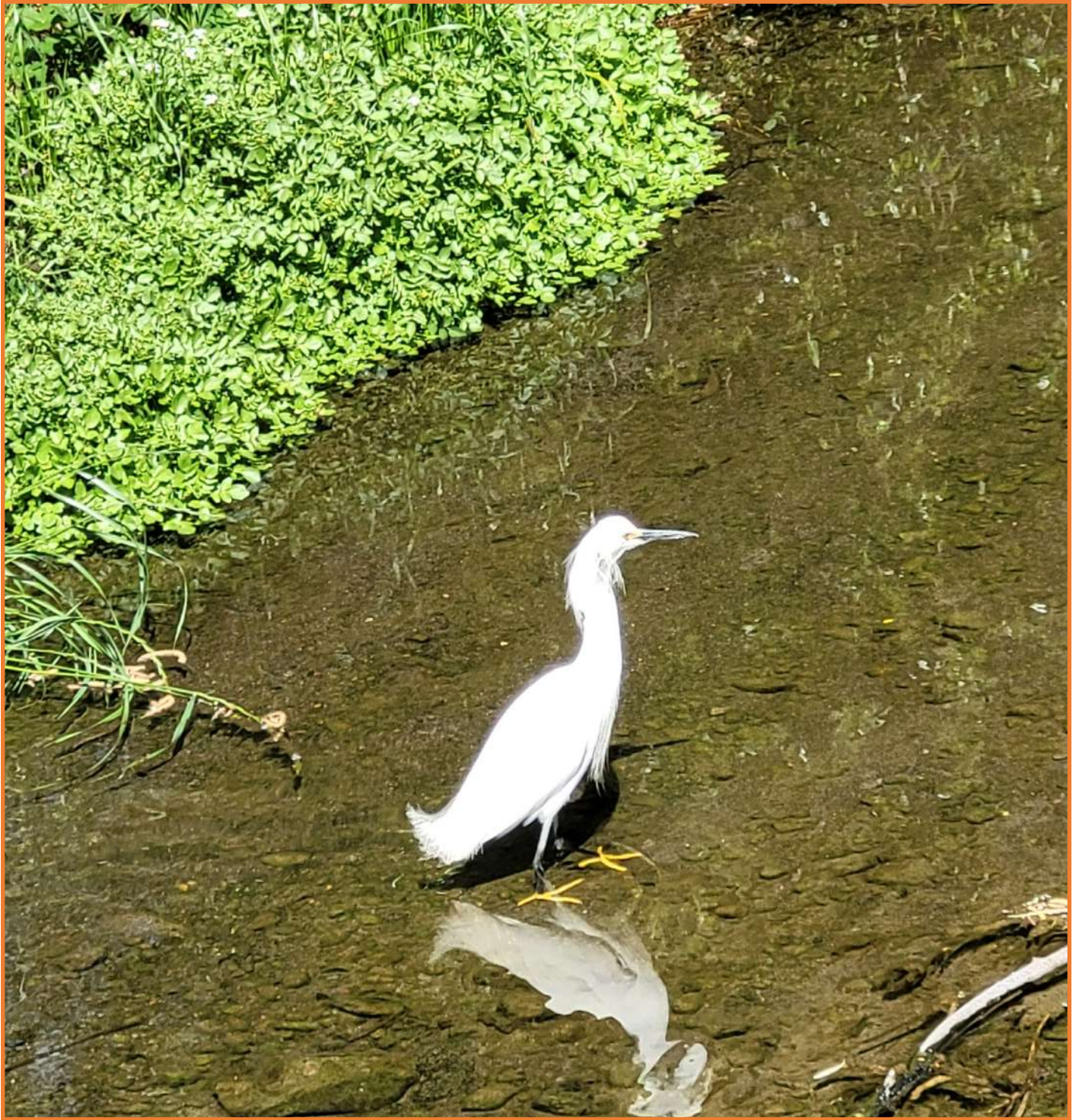


JUNE & JULY 2024



## RHONERT PARK

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PARTY, DINNER AND AWARD EVENT PHOTOS ARE POSTED IN  
THE MEMBERS ONLY JUNE/JULY EDITION OF THE NO SWEAT GAZETTE

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## CVA CONVENTION- APRIL 2024

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### COTATI



PARTY, DINNER AND AWARD EVENT PHOTOS ARE POSTED IN  
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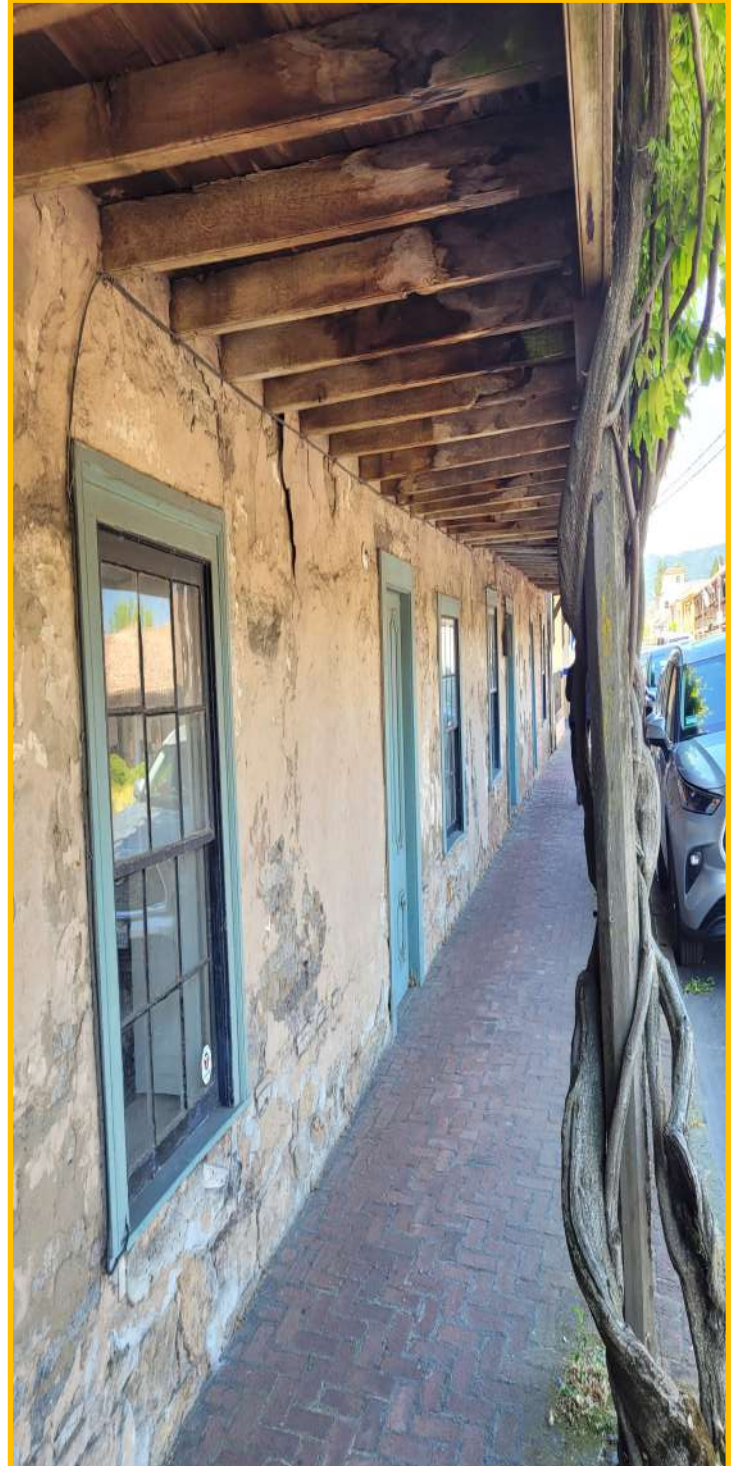


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## CVA CONVENTION- APRIL 2024

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### SONOMA



PARTY, DINNER AND AWARD EVENT PHOTOS ARE POSTED IN  
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JUNE & JULY 2024





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



**AMERICA'S  
WALKING CLUB**

— ESTABLISHED 1976 —

[AVA.org](https://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.