



THE SACRAMENTO WALKING STICKS

*No Sweat Gazette*

JUNE & JULY 2025

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## TAKE NOTES

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### MORNING WALK TIME CHANGE

*Starting in June*, the Tues/Thurs morning Sticks walks will start registration at 8:15 a.m. because of the growing heat. *Always check the Sticks website for final times and locations.*

### JUNE MEMBERSHIP MEETING

The Sticks are going to be hosting their next quarterly meeting during the day! That's right, we're hoping many of you will come on Thursday, June 12<sup>th</sup> from 1-3:00 pm at the Rancho Cordova Public Library. Everyone is welcome to come, and *we hope to see you there.*

### COVER PHOTO by CORY COONES

We do our best to remember names but apologies if you were not identified, miss identified or if your name is spelt wrong. Let us know for future cameos.

*No Sweat Gazette Team*

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## FOOTNOTES

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*I named my dog "5 miles" so I can tell people I walk 5 miles every day.*

### *Greetings,*

I'm still blown away with Spring being here—we're hardly using the heater in the house anymore and what about you? Are you loving or hating this "change of the seasons?"

*Starting Wednesday night, June 4<sup>th</sup>—our Wed night walks through Wednesday night, August 27<sup>th</sup> will officially be called The Hot Walkin' Nights.*

This name came about many years ago when I suggested we host a night walk in summer. There was some backlash that it would be too hot to walk at night, and I said we should give it a try. Growing up in Nebraska, I knew all too well what it was like to walk in humidity, and I totally appreciated the delta winds that started kicking in around 6:30 pm. Yes, it was still hot, but those breezes made all the difference.



For those who worked—it gave us a chance mid-week to get together and walk/talk/eat, and it wasn't long before we knew we were on to something. What fun name could we use for the series? A friend at work came up with Hot Walkin' Nights and it's stuck ever since. Back then I worked at Cosumnes River College and the fall semester would start mid-August—I was so busy at work that I was thankful the summer walking series was coming to an end. But then I got pushback from the Wednesday night followers who wanted to keep it going! It'll be dark when we walk and they said, "that ok, we'll use flashlights." They had an answer for everything and so ... we gave it a try, and we've been walking Wednesday nights ever since.

Walking Wed night's with young, Adam brings me back to when I brought my son on my volkswalks from his infant days on. My son is turning 34 soon and I have fond memories of bringing him with me. I encourage all parents and grandparents to bring your young ones of any age, walking or in a stroller or on a scooter or a wagon. The joy of walking with young people is amazing!



*Call or write anytime with questions or comments,*

*See you on the trails,*

*Barbara Nuss, President*

*916.217.9092*

*[Suki2010@mycci.net](mailto:Suki2010@mycci.net)*



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# 2025 CVA ANNUAL CONVENTION

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## HISTORIC DANVILLE & LABYRINTH WALK

5 & 11k- OK BUT NOT EASY FOR STROLLERS OR WHEELCHAIRS. PETS OKAY



### 5K

- ◆ Rails to Trails
- ◆ Step to the Beat
- ◆ Walking with America's Veterans

### 11k

- ◆ Rails to Trails
- ◆ A-Maze-ing Labyrinths
- ◆ Par-for-the-Course
- ◆ Step to the Beat
- ◆ Walking with America's Veterans

## A PLEASANT WALK IN PLEASANTON

6,10 & 11k- EASY FOR STROLLERS /WHEELCHAIRS. PETS OKAY



- ◆ Rails to Trails
- ◆ Par-for-the-Course
- ◆ Step to the Beat

- ◆ Town Halls/City Halls
- ◆ Walking with America's Veterans



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# 2025 CVA ANNUAL CONVENTION

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## **HISTORIC LIVERMORE DOWNTOWN WALK**

5 & 10K- EASY FOR STROLLERS /WHEELCHAIRS. PETS OKAY



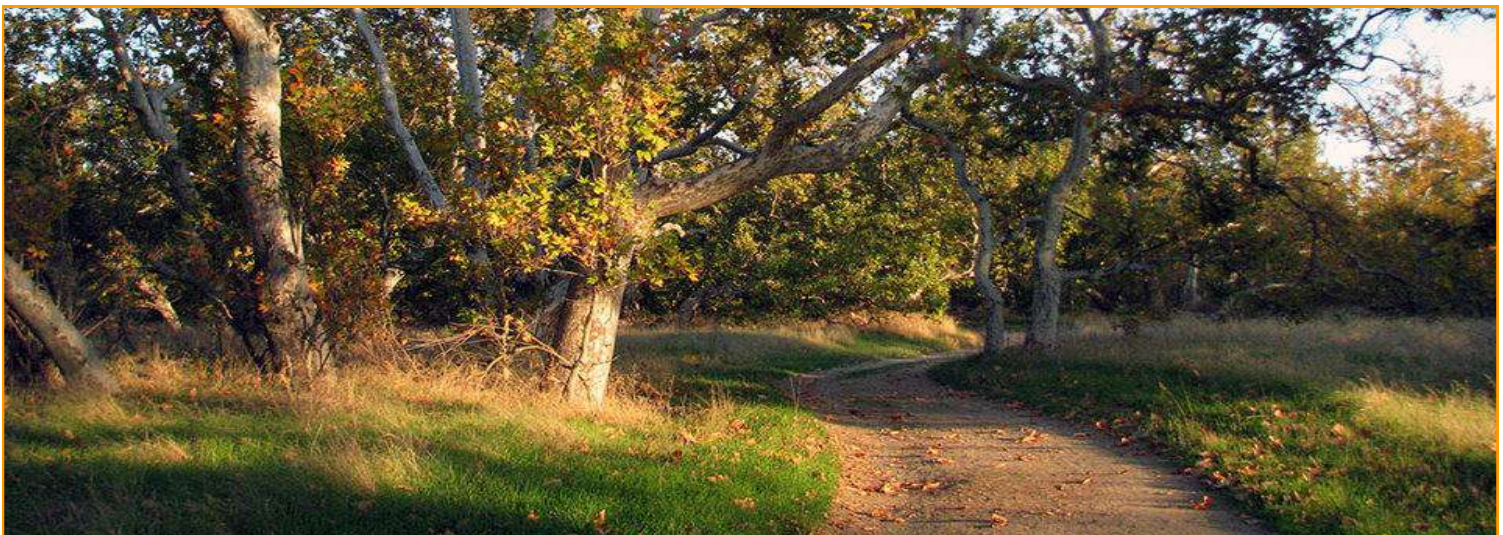
- ◆ A-Maze-ing Labyrinths
- ◆ Par-for-the-Course
- ◆ Step to the Beat
- ◆ Walking with America's Veterans
- ◆ Town Halls/City Halls

CONVENTION BROCHURE [CLICK HERE](#)



## **LIVERMORE SYCAMORE GROVE PARK WALK**

5 & 10K- NOT RECOMMENDED FOR STROLLER/WHEELCHAIRS. PETS OKAY



- ◆ Walking with America's Veterans



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## ROVING REPORTER

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### WALKING WITH THE STICKS' YOUNGEST MEMBER by Marie Robb



A few years ago, our daughters joined us for the **wednesday night walks**. It has been fun exploring the neighborhoods with them and pointing out the sights on these walks that Paul and I love and know so well after 12 years of walking with the Sticks.

The first time our grandson Adam joined us on a walk in **Folsom**, he was 18 months old. He rejected his stroller and insisted on walking with us; we were amazed that he kept up so well.





## ROVING REPORTER

He is 3 and ½ years now, and our walks have changed; Adam is curious about everything, and our pace is very slow as we join him in touching every post at the entrance to the park on **the Gold River walk**, in exploring the mystery of every hole in the ground, in smelling the flowers, in following him as he explains how to walk a labyrinth, in balancing on the keystone that he encounters, and in stepping on every sewer cap that he finds.



Adam & Barbara

During a walk through **Ashton Park**, he saw peacocks up close and heard their cry; in Fair Oaks, the roosters crowed for him. He

has watched goats, deer, squirrels, Canada geese and birds. On a walk through **Campus Commons**, we encountered a flock of turkeys; we tried to get them to gobble for us, to no avail. Then, Adam called to them, and they gobbled back immediately! They exchanged greetings 5 or 6 times; he was enchanted!

Our most recent walk with Adam was a Saturday Friendship **Walk in West Sacramento**. He was excited to discover that our walk led us through 2 parks. Of course, we took breaks to play at each playground. We finished the walk with lunch at Whitey's, a West Sac institution. And that's what the Sticks are all about, right? ***Fun, Fitness, Friendship and Food!***



Adam & Marie

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# SWS BOOK CLUB WALK

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## SACRAMENTO WALKING STICKS WALKING BOOK CLUB

INVITES YOU TO JOIN US ON OUR 6K BOOK WALK

SUNDAY, JUNE 29<sup>TH</sup> AT 10<sup>AM</sup>



Priscilla Fife

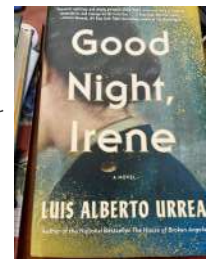
[prfife@gmail.com](mailto:prfife@gmail.com)

**Start Point:** Vic's Ice Cream Parlor, 3199 Riverside, Sacramento  
**Brown Bag Lunch** at Land Park for book discussion

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### Good Night, Irene -by Luis Alberto Urrea

**Book Description:** What if a friendship forged on the front lines of war defines a life forever? In the tradition of *The Nightingale* and *Transcription*, a searing epic based on the magnificent and true story of heroic Red Cross women. In 1943, Irene Woodward abandons an abusive fiancé in New York to enlist with the Red Cross and head to Europe. She makes fast friends in training with Dorothy Dunford, a towering Midwesterner with a ferocious wit. Together they are part of an elite group of women, nicknamed Donut Dollies, who command military vehicles called Clubmobiles at the front line, providing camaraderie and a taste of home that may be the only solace before troops head into battle. After D-Day, these two intrepid friends join the Allied soldiers streaming into France. Their time in Europe will see them embroiled in danger, from the Battle of the Bulge to the liberation of Buchenwald. Through her friendship with Dorothy, and a love affair with a courageous American fighter pilot named Hans, Irene learns to trust again. Her most fervent hope, which becomes more precarious by the day, is for all three of them to survive the war intact.



### The Women - by Kristen Hannah

**Book Description:** At once an intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided. Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path. As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets--and becomes one of--the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam. *The Women* is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten.





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## DELTA TULE TREKKER TRADITIONAL WALK

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### WALK AMONG THE TALL, TALL TREES

5K OK FOR STROLLERS/WHEELCHAIRS. PETS NOT ALLOWED ON PARK TRAILS



*SPECIAL PROGRAMS: RAILS TO TRAILS*

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Calaveras Big Trees State Park  
North Grove Parking Lot  
1170 E. State Hwy 4  
Arnold, California

June 14<sup>th</sup>

registration 8<sup>am</sup> to Noon. Finish by 3<sup>pm</sup>

[CLICK FOR MORE INFORMATION](#)

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## ROVING REPORTER

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### AUBURN CRUISE NIGHT

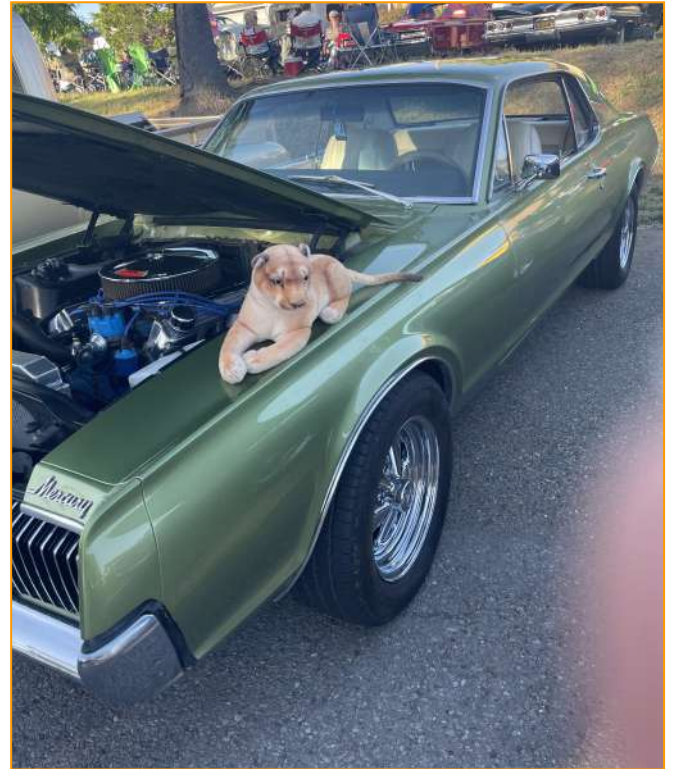
by Jennifer Stanley

The Placer Pacers hosted a Friday evening walk in Auburn on May 9th. The highlight was the classic car show on Lincoln Way. Just four of us Bruce, Betsy, Sylvia (Pacers) and myself (SWS) headed out on the 5k Auburn walk on a 90 degree HOT night.



Jennifer, Betsy, & Sylvia

When we arrived on Lincoln Way (near the end of the walk) the street was packed with beautiful classic autos mostly from the 60's and 70's along 3 or 4 blocks (the cars are parked not cruising).



Also, included were vendors selling t-shirts, food, drinks, ice cream, etc. We had a fun time reminiscing about the first cars we brought and perhaps a family car that brought back good memories.

*The Auburn Cruise Nights take place every second Friday of the month between April and September.*

Check it out, it's fun! No dogs allowed.



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## ROVING REPORTER

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## MEMBERS, FRIENDS & BEYOND

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### A WELL WORN PATH OF THE HEART

by Phyllis Wichelns

Last summer circumstances began to change for my walking partner, and for me. By October I realized that he felt he couldn't go out. I couldn't stand the thought of not walking but he was not comfortable with my leaving the yard.



The solution I came up with was first measuring the length and width of this house's foundation. It's a rectangle with cement on all sides. I could have calculated a pretty complicated math problem, how many feet in that circumference, how many in a mile but I have a Garmin.

Some people would be content with walking for time. I'm not that person, I've always

gone for the distance whether walking or running. I have learned by counting laps that if the Garmin measures a slower pace, it takes more laps to get to 5K.

Demoralizing, but I count the laps for interest, I'm a counter, however I don't stop until the Garmin says 3.1. It's not easy walking in a tight oval, I wouldn't want to do 10K.

Before the novelty of this mind-numbing, sometimes painful activity wore off, my friend Barbara Nuss sent me a Sticks' Step Log. She understands my OCD. Now it is Spring. I am on my second Log.

I have hired Agency helpers for not just errands, but for the occasional walk in the neighborhood or with our group. On my first SWS walk, a Tu/Th walk in March, I walked with Myrna and Sally. I was venting and compared my laps to a hamster wheel. Then I said, I think hamsters have fun, this feels more like how a miserable pony feels forced to go round and round in a circle. And then Myrna said, MERRY-GO-ROUND, and you know what, that visualization of up/down/forward/speed/flying, keeps me going and going.



## FOOTLOOSE FRIDAY

### ADVENTURE IN GALT

by Marie Robb

On a beautiful Friday morning in April, Paul and I joined the Delta Tule Trekkers in Galt. We walked with Barbara Nuss and Tracy Harrison, as well as some locals, who shared the town's history with us. *It was a delight to see painted cows around town as part of a public art project.*

Paul and Tracy also took a side jaunt to view the 50-foot tall thermometer, built by brothers Paul and Bill Giddens, who loved roadside attractions. Look for it on the right side the next time you're driving through Galt on Highway 99!



Paul, Barbara & Tracy

Early in the walk, we stopped at Spaans Cookie Co for some treats. We found gnomes, too, in several yards for our walking with the Wild Things special program. We paused during the walk for a delicious lunch at the Velvet Grill and Creamery.



Paul & Tracy

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## MEMBERSHIP

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WELCOME TO OUR NEW MEMBERS

CATHERINE BRIDGE

KAREN GRUNERT

PATRICIA FREEMAN

### THE CLUB WEBSITE:

EVERYTHING

you could want to know about walking and the club is on the club website.

Information on calendars, club events, memberships, renewals,  
special programs, SWS store, officer contacts,  
member achievements and **MUCH** more!

[WWW.SACRAMENTOWALKINGSTICKS.ORG](http://WWW.SACRAMENTOWALKINGSTICKS.ORG)

### CARPOOL GUIDELINES:

YOU ARE ENCOURAGED TO FORM YOUR OWN CARPOOLS

The club has tried several times to come up with a more formal system, but there are always more people willing to ride than those willing to drive. If you have any questions or have ideas on how to encourage more carpooling, please go to the Contacts/Officers page and talk to a Board member.

- ◆ Arrive at the carpool start location *before the listed time* that the carpool will leave. Give yourself time. Don't expect the carpool to wait if you are late.
- ◆ Be prepared to drive others.
- ◆ If you ride with someone else don't ask to be returned early, or some place out of the way.
- ◆ Always offer to pay more than your share of the gas. There's wear and tear, maintenance, insurance, and license fees that eventually need to be paid for.

### GLOSSARY:

[Click here](#) to learn the lingo and be in the know!



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## MEMBERSHIP

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### WE WOULD LIKE YOU TO BECOME A MEMBER

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

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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!

The biggest benefit of being a member is knowing you are directly supporting a community that is securing the future of the club and supporting the clubs ability to provide fabulous walks.

**[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](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 [jeanba@dcn.org](http://jeanba@dcn.org).

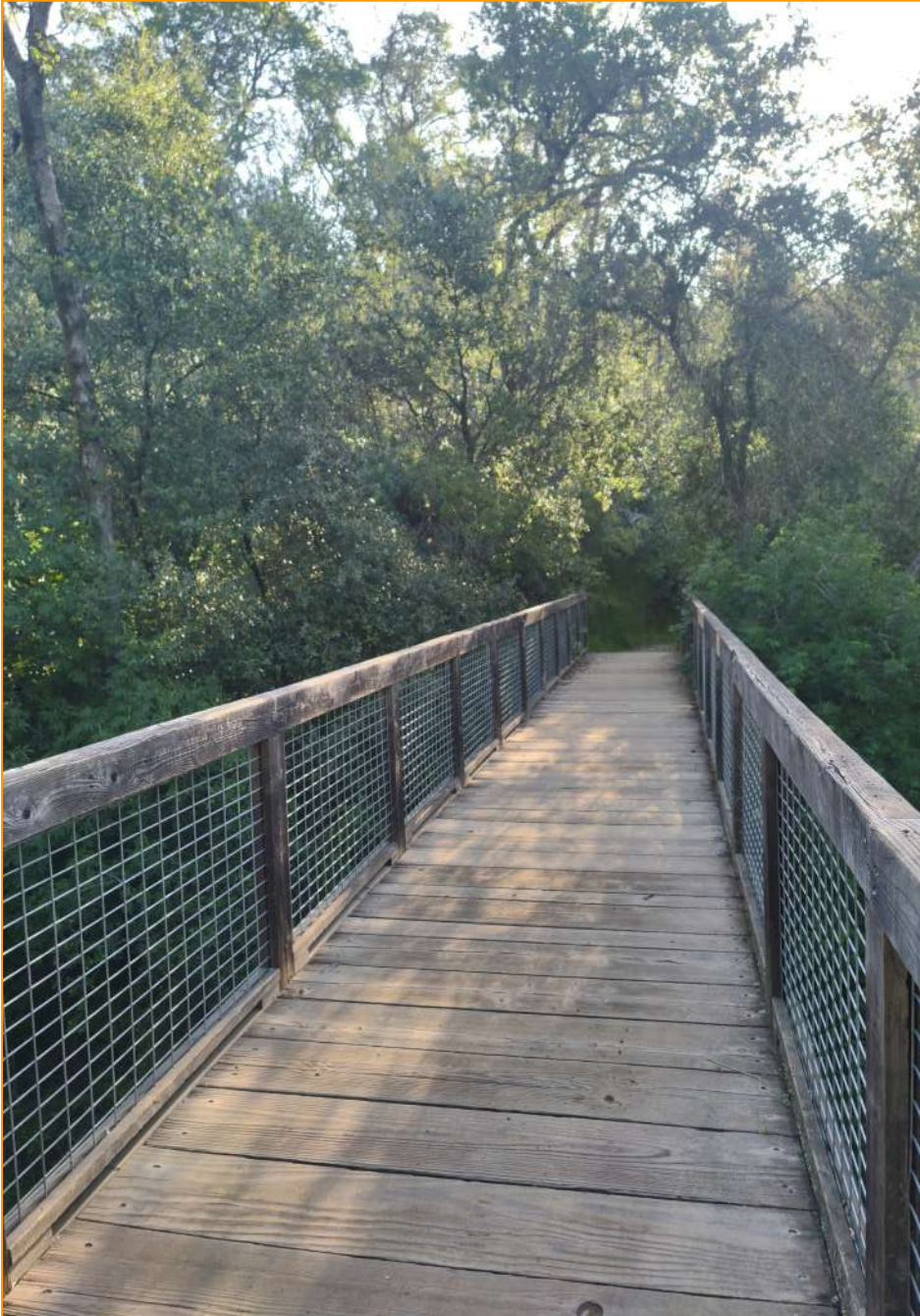
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## ROVING REPORTER

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### PECAN PARK RAVINE TRAIL

by Cory Coones



Things that made for a  
**GREAT WALK!**

- Counting smiles** like people
- When, at a later date**, you ask a walker how they liked that walk and they share they have been back 3 times- sharing the Eagles with a 90+ year old mother, kids and grandkids!
- When in the middle of suburbia** you find yourself on a bridge high above a lush ravine enjoying the cool air as it rises.
- where** the only sounds you can hear are wild.
- where** there are bathrooms at the end.



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## ROVING REPORTER

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- **When walkers gather** round the Checkpoint table and share stories about the hunt for their special program or how each finds themselves there at that moment.

- **When you meet** a walker that you haven't seen for awhile.

- **When you get** to visit a California Bald Eagle family as you walk the bluffs.

[Click here for Natomas Eagle Cam](#)



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## THANK YOU NOTES

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It cannot be overstated how very helpful it is when walkers share

### Special Program sightings!

- ◆ **Tracy Harrison** who spotted A Wild Thing Gnome on the Arden Park 5k Walk.
- ◆ **Sally Coones** who came across A Wild Thing Gargoyle on the Historic Folsom 5 & 10k Walk.
- ◆ **Barbara Nuss** who sighted two Grain Elevators- Monarch of the Plains on the Zamora 5k Walk.
- ◆ **Marie Robb** found multiple wild Thing Gnomes on the Galt Sacramento County 5k Walk.
- ◆ **Barbara Haig** who came across an A-Maze-ing Labyrinth on the Woodland Historic 6 & 11k Walk.
- ◆ **Barbara Nuss** located an A-Maze-ing Labyrinth on the Davis Tunnel & Bridges 10k walk.
- ◆ **Carole Soenke** was quick to find a Wild Thing Gnome on the Historic Fair Oaks 5 & 10k walk.
- ◆ **Anonymous sighting** reported Grain Elevators—Monarch of the Plains on all 3 loops of the Clarksburg Walk.

[CLICK HERE TO LEARN MORE ABOUT SPECIAL PROGRAMS](#)

**A LIST OF THE LOCATION OF A SPECIAL PROGRAM ALONG THE WALK CAN BE FOUND IN THE REGISTRATION WALK BOX AT EACH PARTICIPULAR WALK.**



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## THANK YOU NOTES

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### CONTRIBUTORS TO THE APRIL/MAY EDITION

*(If you prefer your name not be listed then alert the newsletter team)*

- ◆ Barbara Nuss
- ◆ Barbara Haig
- ◆ Debbie Thomas
- ◆ Eliza Kropp
- ◆ Jean Lucas
- ◆ Jennifer Stanley
- ◆ Joann McCrea
- ◆ Kim Dagan
- ◆ Kris Ericson-Cano
- ◆ Paul & Marie Robb
- ◆ Phyllis Wichelns
- ◆ Priscilla Fife
- ◆ Steve & Gail Hughart
- ◆ Sarah “poppins” Laughon
- ◆ Tammi Kerch
- ◆ Zori Lozano-Friedrich

### VOLUNTEERS FROM THE PECAN PARK WALK

<u>Trailer</u>	John McLaughlin
<u>Set Up</u>	John & Kaia McLaughlin, Eliza Kropp
<u>Start Table</u>	Terry Way, Zori Friedrich Nancy Alex, Roxie Jones
<u>Finish Table</u>	Roxie Jones, Barbara Haig John & Kaia McLaughlin
<u>Checkpoint</u>	Rachel Hazlewood, Elizabeth Walker
<u>Teardown</u>	Jan Jerabek & dog Bella, Carole Soenke John & Kaia McLaughlin, Barbara Haig
<u>Chalk/Flag</u>	Cory & Sally Coones, Myrna Jackson
<u>Treats/H<sub>2</sub>O</u>	Barbara Nuss

*Thank you to Myrna Jackson and Sally Coones for all their preliminary work to get the park's permission and their countless trips to make sure the walk directions/map were as perfect as they could be. **Barbara Nuss***



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## ROVING REPORTER

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### CAPITOL WALKS

Jennifer Stanley & Priscilla Fife

Priscilla Fife, President of S.F. Bay Bandits, and I did a tour in April of Washington D.C., Virginia and West Virginia. Of course we had to do any AVA walking event when and wherever we could. Priscilla working on getting her Capitol book stamped and completed. That said, we had two AVA walks. One in Colonial Williamsburg, the original Capitol of Virginia (moved to Richmond in 1780) and the US Capitol, Washington, D.C.

[CLICK HERE FOR MORE PHOTOS](#)





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## ROVING REPORTER

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Priscilla & Jennifer



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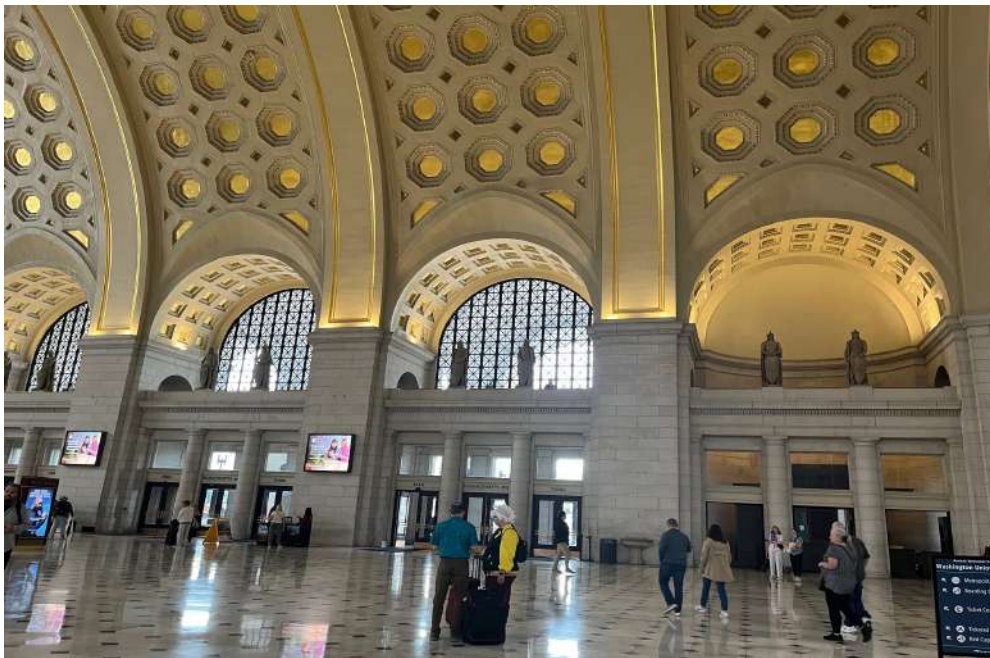
## ROVING REPORTER

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### THE ADVENTURE IN WASHINGTON, D.C.

by Priscilla Fife

Taking the underground Metro from our hotel we began our walk at Union Rail Station.



We circled the Capital Building and continued on to the Capital Mall and the many Smithsonian Museums, war memorials, and monuments. Loved the National Botanical Gardens with all the gorgeous orchids and plants from all parts of the world. We circled around the National Museum of the American Indian which had a cool and refreshing waterfall and waterway along the side. Sadly, not enough time to explore inside.





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## ROVING REPORTER

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We continued on taking a short detour from the walk route to visit the National Archives to see the Declaration of Independence, the Constitution and the Bill of Rights.



Back on track we continued our walk passing by the original city hall (which is now the DC Court of Appeals) with its statue of Lincoln.



We did the 5K route. FYI, if we had done the 10K we would have passed many more historic sites including the Washington Monument which I really wanted to visit again (the last time I was there, I was maybe 6 years old and don't remember much except lots of stairs and looking down at cars that looked like toys from the top). But the monument was the site of a massive protest that day - not a good day to visit. And we were beat, so we headed back to the hotel.

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## ROVING REPORTER

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### THE ADVENTURE IN COLONIAL WILLIAMSBURG by Jennifer Stanley

Registration for this walk took place at a Best Western Hotel on the outskirts of Colonial Williamsburg. So on arriving in the late afternoon (by tour bus) we needed to find the Best Western. Checking with locals we learn there is a free bus near our hotel that travels around the area and goes close to the Best Western. We hopped on. We tell the bus driver where we are headed. After many stops we are the only passengers left. The bus driver helps us out and drops us off at the closest stop and provides directions on walking from there to the Best Western, approximately a half mile further. Thank you driver. We made it!! YEA!! Of course the new employee at the registration desk had no idea what a "walk box" was or where to find it. In time it was located, we registered and set out to walk back to our hotel by following the walk directions. As it was getting late we arrived back at the hotel around 8:30 pm doing only a quarter of the walk. We would continue the next day.





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## ROVING REPORTER

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As of 2022, Colonial Williamsburg is Virginia's largest tourist attraction by attendance. Tourist sites include a living history museum depicting the lifestyles and culture of the 18th-century colonial period.

Within this area is Virginia's first Capitol building. ( page 20. Governor's Palace, Bruton Parish (the oldest continually operating church in the US), the Peyton Randolph House (the first President of the Continental Congress) and the College of William and Mary.

Plus many 18th century businesses, weaving, metal work, blacksmiths, etc. (see photos). We stopped and visited many sites during our walk thru out the area. The walk provided us with an easy way to experience Colonial Williamsburg while visiting the historic sites along the route.





# GOLD RIVER FRIENDSHIP WALK





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## GOLD RIVER FRIENDSHIP WALK

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# JUNE WALKS & RIDES

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

SU	M	TUE	WED	THUR	FRI	SAT
1	2	3 MORNING WALK Davis University Walk	4 HOT WALKIN' NIGHTS Sacramento Hidden Murals	5 MORNING WALK Roseville Maidu Park  MORNING RIDE Rancho Cordova Lake Natoma Tour	6  ANNUAL CVA CONVENTION  <a href="#">Brochure</a>	7  ANNUAL CVA CONVENTION  <a href="#">Brochure</a>
8  ANNUAL CVA CONVENTION  <a href="#">Brochure</a>	9	10 MORNING WALK Sacramento Jane Graham's Land Park Loops	11 FULL MOON WALK STRAWBERRY MOON Sacramento Pocket Area	12 MORNING WALK Sacramento North Laguna Creek Wildlife Area  MEMBERSHIP MEETING Rancho Cordova Library 1pm to 3pm	13	14  TRADITIONAL WALK Calaveras Big Trees hosted by - Delta Tule Trekkers
15	16	17 MORNING WALK Galt Sacramento Co.	18 HOT WALKIN' NIGHTS West Sacramento River Walk	19 MORNING WALK Elk Grove Elk Grove Creek Watershed  MORNING RIDE Sacramento American River Tour	20  FOOTLOOSE FRIDAY TO IONE	21  FRIENDSHIP WALK Santa Rosa Luther Burbank Gardens
22	23	24 MORNING WALK Folsom Historic Town	25 HOT WALKIN' NIGHTS Sacramento Midtown to East Sac	26 MORNING WALK Sacramento North Natomas	27	28  FRIENDSHIP WALK Stockton University Walk
29  BOOK WALK Sacramento Land Park	30					



# JULY WALKS & RIDES

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

S	M	TUE	WED	THUR	FRI	SAT
		1 MORNING WALK Sacramento Pocket Area	2 HOT WALKIN' NIGHTS Carmichael Hidden Parks	3 MORNING WALK Sacramento Arden Park  MORNING RIDE Sacramento Arden Park Tour	4	5 FRIENDSHIP WALK Vacaville Historic Town
6	7	8 MORNING WALK Rancho Cordova Lake Natoma	9 HOT WALKIN' NIGHTS Sacramento Curtis Park	10 MORNING WALK Carmichael Hidden Parks  FULL MOON WALK BUCK MOON Citrus Heights Stock Ranch	11	12
13	14	15 MORNING WALK Gold River Gold River	16 HOT WALKIN' NIGHTS Elk Grove Elk Grove Regional Park	17 MORNING WALK Sacramento Midtown to East Sac  MORNING RIDE Lincoln Lincoln Tour	18 FOOTLOOSE FRIDAY TO PLACERVILLE	19 FRIENDSHIP WALK San Francisco Maritime Walk
20	21	22 MORNING WALK Sacramento Elmhurst to East Sac	23 HOT WALKIN' NIGHTS Sacramento Elmhurst to East Sac	24 MORNING WALK Woodland Historic Town	25	26 FRIENDSHIP WALK Auburn Placer County Museums Walk
27	28	29 MORNING WALK West Sacramento River Walk	30 HOT WALKIN' NIGHTS Sacramento Sierra Oaks Vista	31 MORNING WALK Sacramento South Natomas  MORNING RIDE Davis Circle Davis Tour		

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## VOLUNTEER HIGHLIGHTS

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# J&J



Janet, is the inspiration behind the *Sacramento Walking Sticks Sunshine Birthday Club*. It is her care and time that makes sure each member receives a birthday card each year in the mail!

Jean manages all the new and renewal requests for *The Compass, a California Volkssporting publication*. She is the one that makes sure the Compass is in our mailbox every quarter.

Janet recently returned from Hawaii where she walked 5 AVA walks on Oahu in a week and Jean just got back from the AVA Las Cruces trip! These two have places to go!

Recently, both of these super volunteers were ready to free up some of their volunteer time and welcomed a replacement, *Gail Samcoff, our club Vice President!*

## THANK YOU!

*Janet Riley and Jean Lucas* have been the most recent team behind the management of the Sacramento Walking Sticks AVA certified walks and Special Programs. Throughout the year they keep Special Programs up to date on the AVA website and walk registration boxes. As well as processing the annual AVA walk renewals. Both work directly with Point of Contact volunteers to ensure walk details are accurate so everything runs smoothly. No small feat as this is only part of the volunteer support they provide the club.





## VOLUNTEER HIGHLIGHTS

### 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 [kimadagan@gmail.com](mailto:kimadagan@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.



### RONALD MCDONALD HOUSE

#### SODA POP CAN TABS

Gail Samcoff with 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.

*YOUR POP TOP DONATIONS  
ARE ALWAYS WELCOME.*



## POINT OF CONTACT VOLUNTEERS

<i>CARMICHAEL</i>	Barbara Haig, 323.578.9194	Ancil Hoffman Park 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
	Paul Robb, 916.430.6649	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
	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



# CAPITOL WALK PHOTO GALLERY



## 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](http://SACRAMENTO WALKINGSTICKS.ORG)



[AVA.org](http://AVA.org)