



THE SACRAMENTO WALKING STICKS
No Sweat Gazette
OCTOBER & NOVEMBER 2025

TAKE NOTES

FALL WEEKDAY WALK TIMES

CHANGE TO 9:30 AM

4TH QUARTER

MEMBER MEETING: DAYTIME

THURSDAY, DECEMBER 11TH

AT THE ARCADE LIBRARY

12PM TO 2:30 PM

SPECIAL PROGRAMS: ENDING

DECEMBER 31ST 2025

- ♦ Walking with Woody
- ♦ Town Hall/City Hall

COVER PHOTO

COSUMNES RIVER PRESERVE

CHANGES TO WALK LOCATIONS

2025 & 2026

[Click Here](#)

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TRADITIONAL WALK

Join the Sacramento Walking Sticks
OCTOBER 11TH AT FOLSOM'S CATLIN PARK
825 Russi Road, Folsom, California.

Registration is 9:00 am to Noon/ Walk ends at 3pm



Both walking loops include strolling through 3 surrounding parks, neighborhoods, trails and 2 reservoirs that call Folsom home.

[Click here for more information](#)

*People usually consider walking on water or in thin air a miracle.
But I think the real miracle is not to walk either on water or in thin air,
But to walk on earth. Every day we are engaged in a miracle which we don't
Even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child –
Our own two eyes. All is a miracle. ~ Thich Nhat Hanh ~*

Greetings,

Autumn is here and a new season is upon us. We'll be changing the registration start time for our weekday walks to 9:30 a.m., hoping that our temperatures will not be rising in the 90's again! All is well with the *Sacramento Walking Sticks Club* ~ did you know that we're celebrating our 40th year as a club? How about that? And we're still the largest club in the USA. If you're not a member, we'd love for you to join. [Click here](#) to become a member.

The club will be hosting a new Traditional Walk on Saturday, October 11th in Folsom, starting at Catlin Park, 825 Russi Rd. This route was developed by Myrna Jackson and Sally Coones and boasts strolling through surrounding parks, neighborhoods, trails and reservoirs. There are two loops to choose from, or you can walk the whole 10k or (6.2 miles) We'll be asking for Sticks member's help with setup, registration, finish table and teardown in the next week or so—and we're also hoping all of you will be free to join in on October 11th.

Also in October, we'll be hosting a group walk in Galt at the Cosumnes River Preserve. We'll be gathering on Sunday morning on October 26th at the Preserve, 13501 Franklin Blvd. More information will be coming but we hope you'll post this on your calendar—you won't want to miss this adventure. We'll have a restaurant picked out for lunch after the walk and hope you'll join in.

What's coming up the end of October? Halloween! Join us on a spooky walk that night as we walk the streets of Sacramento's Fab 40's. If you think our Christmas Lights Night walk is something, you'll be amazed at the house decorations along with all the children and their families who will be out trick or treating. It's amazing!

We'll be celebrating the annual Run to Feed the Hungry as only the Sticks can do. Rather than meet up at Sac State, we meet up for a potluck breakfast at Steve Lavezzo's house in midtown Sacramento and join in the 2nd loop of the walk, along with the 10k runners. Near the end we'll meet up with the "thundering herd" finishing up with their 1st loop and you'll say, "I'm so glad I joined up with the Sticks!" We support the event and wear our t-shirts proudly; we just start at a different location.

Many of our members have been traveling and I don't know about you – but I'd love to hear about their journeys and see a few photos, too. Janet Riley accompanied Amul and Parul Purohit on the Camino de Santiago a few months back. Janet is on the last Tater Tour right now along with Sticks Kim Dagan, Traci Harrison, Connie Ramos-Haugen and Charlotte Henshaw. They will be walking in Nebraska, Kansas, Oklahoma, Arkansas and Missouri and local clubs will be joining them along the way. Mary Ptachek has had an excellent run with her Tater Tours and any of us who went on one or more will remember them always. Amul and Parul attended the IVV Convention in Finland and Jennifer Stanley just returned from a tour in Iceland.



I look forward to seeing you along the trails. Feel free to contact me with any questions you might have. If you need a new event or distance book, let me know. Sticks Bucks are also available anytime. Thank you for walking with us and supporting our club. [Barbara Nuss, President](#)

VOLUNTEER & CHARITABLE OPPORTUNITIES

CATLIN PARK VOLUNTEERS

PRE WALK DAY-

Let Myrna know if you are interested in supporting a Worker Walk to ensure the map is accurate. Date TBD. [Or join Cory & Myrna as a Chalker Friday, October 10th.](#)

Myrna- mjackso1940@yahoo.com

CATLIN PARK VOLUNTEERS

DAY OF WALK-

Let Barbara know if you are interested in supporting check-in or registration points. Slots from 9am to 3pm are available.

Barbara-suki2010@mycci.net

SPECIAL PROGRAMS COORDINATOR open

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

GOT SNEAKERS?

RECYCLE TENNIS SHOES

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

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

CLUB OFFICER, SECRETARY open

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

RONALD MCDONALD HOUSE

SODA POP CAN TABS

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

BOOK CLUB WALK

SACRAMENTO WALKING STICKS WALKING BOOK CLUB

INVITES YOU TO JOIN US ON OUR 6K BOOK WALK IN STOCKTON

SUNDAY, OCTOBER 19TH AT 10^{AM}

Start Point: McDonald's 4515 Pacific Avenue, Stockton, CA 95207

Lunch at McDonald's after our return

THE FOUR WINDS -by Kristin Hannah

Book Description: "The Bestselling Hardcover Novel of the Year."--Publishers Weekly From the number-one bestselling author of *The Nightingale* and *The Great Alone* comes a powerful American epic about love and heroism and hope, set during the Great Depression, a time when the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them. "My land tells its story if you listen. The story of our family ." Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman's only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows. By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa's tenuous marriage; each day is a desperate battle against nature and a fight to keep her children alive. In this uncertain and perilous time, Elsa--like so many of her neighbors--must make an agonizing choice: fight for the land she loves or leave it behind and go west, to California, in search of a better life for her family. *The Four Winds* is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it--the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, *The Four Winds* is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.



SPECIAL PROGRAMS; Par-for-the-course , Rails to Trail,
Step to the Beat



Priscilla Fife
prfife@gmail.com

SUNDAY MORNING STROLLING

OCTOBER 26TH

SUNDAY STROLL

The Lost Slough Wetlands Walk is a 1-mile universally-accessible trail offering an up-close view of lush marshes, wetland plants, water-birds, insects and amphibians. There is also a wooden boardwalk.

We'll be gathering *on Sunday morning on October 26th* at the Preserve, 13501 Franklin Blvd. A restaurant will be picked out for lunch after the walk and hope you'll join in.

[Click Here for more information](#)

NOVEMBER 23RD

SUNDAY STROLL

Walk through this historic and quaint town known for its roaming chickens, starting at Plaza and Village parks. This is a hilly area that will stretch your calves, but it is quite picturesque.

We'll be gathering *on Sunday morning on November 23rd* at the Fair Oaks Coffee House, 10223 Fair Oaks Blvd. You won't want to miss this adventure.

[Click Here for more information](#)



MEMBERS

JOINED
IN 2025

- | | | |
|--------------------|----------------|--------------------|
| • Catherine Bridge | • Doug Johnson | • Russ Haderer |
| • Karen Grunert | • Elena Larson | • Patricia freeman |

Preparing for winter walking gear

- ◆ A rain poncho that you can find at Target, Wal-Mart, REI
- ◆ An umbrella
- ◆ Ziploc gallon bags from the Dollar Tree. These are great to keep your walking directions dry
- ◆ An extra pair of socks and shoes to change into
- ◆ Some bottled water, a flashlight, a baseball cap
- ◆ A jacket or sweatshirt, a pair of warm mittens or gloves, a knitted scarf.
- ◆ A plastic garbage bag to put your rain-soaked shoes and other clothing into and to help keep your trunk dry.



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

You are encouraged to form your own carpools with friends that you meet walking.

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.

- ◆ There is no guarantee that any other folks will show up to participate in any given carpool. Be prepared to drive alone.
- ◆ Arrive at the carpool start location *before the listed time* that the carpool will leave. Give yourself time to get coffee, go to the bathroom, etc.
- ◆ Don't expect the carpool to wait if you are late.
- ◆ 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' wear and tear, maintenance, insurance, and license fees that eventually need to be paid for.

VOLUNTEER HIGHLIGHTS

AN AVA MEMBER SPOTLIGHT SHINING ON OUR BEST!

Sourced from The American Wanderer, September 2025 edition



Name: Barbara Nuss

Club: Sacramento Walking Sticks Year started: 1988

kilometers walked: 18,000

events walked: 2,300

Club involvement: President of the Sticks for many, many

"I first learned about AVA when a library patron gave me a brochure for an upcoming Traditional Walk in Sacramento thru the Fab 40's over Valentine's weekend in 1988. I loved that there wasn't a specific time to start the walk. The route was wonderful and all I had to do was follow the chalk arrows and ribbons marking the way. I was hooked and, in those days, California had a plethora of clubs and Traditional Walks almost every weekend to join in. Stamping my books added to the joy of walking, not to mention the heady experience of completing them.

My most memorable walk was at the AVA National Convention 2007 in Sacramento CA. Northern California hosted the Convention and it took people all over northern California to explore and walk. At the end of the Convention, the walk took people across the Golden Gate Bridge and back. At the time I was the CVA (California Volkssport Association) President and was very involved in all the activities. I will never forget walking across that bridge and seeing people I'd met that week from all over the USA. When I'd started volkswalking, I invited friends, brought my son and never thought of joining a club. Fifteen years later, five of us attended a Sticks meeting, joined the club and months later the club voted me their new president. Four years later in 2007 I became the head of CVA and attended my first AVA Convention. I was overwhelmed with how smoothly the AVA organization ran and loved meeting other walkers from all over the USA. Friendships were formed that week and to this day, crossing the Golden Gate Bridge brings back memories of that 2007 Convention.

My favorite walk is still the Sacramento—Fab 40's Year-Round Event. The homes are elegant, stately and grandiose and yet the sidewalks are open to everyone. The walk is shady and perfect to walk in every season. Every Christmas I offer several Christmas Lights Night Walks, and this is one of our favorites because the homes are heavily decorated and you can see so much more walking than driving. Over the years I've also offered a Halloween Night Walk as well—the decorations are outrageously great and it's so fun to walk amidst families with their children."

MEMBER AWARDS

DISTANCE AWARDS

Awards as of September 2025

PARUL PUROHIT	2000 km
ZORI LOZANO- FRIEDRICH	3500 km
CAROLE SOENKE	6500 km
SALLY COONES	11000 km
DOUG RATHGEB	13000 km
JEAN LUCAS	15000 km

EVENT AWARDS

Awards as of September 2025

DEBRA COUBAL	10 events
MICK COUBAL	10 events
ZORI LOZANO- FRIEDRICH	450 events
CAROLE SOENKE	1050 events
SALLY COONES	1150 events
DOUG RATHGEB	1350 events
JEAN LUCAS	1400 events

SPECIAL PROGRAM FINISHERS

Awards as of September 2025

BARBARA NUSS- STEP TO THE BEAT

ADAM'S ADVENTURES.....Our Youngest Member

The weather was lovely in May for a Wednesday night walk in Folsom. *Adam especially enjoyed the Johnny Cash Trail.* At one point, he ran up behind me, slapped my leg, and commanded: "You—come on!" as he ran ahead. He loved the view from a hill on the trail: "It's so beautiful out there." When I commented, "And you can see the sun setting," his response was "That's so cool." *At the end of Sutter Street, Adam heard the light rail train as it approached; of course, we paused the walk so that he could see it.* It took extra time, but we did complete the entire walk that night! -Marie "Mimi" Robb



Tammi, Paul, Marie, Danielle, Caitlin, Adam, Olive and Guests

THANK YOU NOTES

CONTRIBUTORS TO THE AUGUST/SEPTEMBER EDITION

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

- ◆ Barbara Nuss
- ◆ Barbara Haig
- ◆ Carole Soenke
- ◆ Convention Walkers
- ◆ Debbie Thomas
- ◆ Delta Tule Trekker Walkers
- ◆ Eliza Kropp
- ◆ Gail & Greg Samcoff
- ◆ Gorgiana Alonzo
- ◆ Janet Riley
- ◆ Kris Ericson-Cano
- ◆ Myrna Jackson
- ◆ Mitchell Family— Sheila, Claudette, Ashleigh and Prince
- ◆ Robb Family—Paul, Marie, Danielle, Caitlin, Adam and Olive
- ◆ Sally Coones
- ◆ Steve Hughart
- ◆ Zori Lozano-Friedrich

CHANGES TO YEAR ROUND WALKS

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

A BIG THANK YOU to [Gorgiana](#) for providing the photo of the Hippo sculpture found on the Elmhurst to East Sacramento Walk, [And an apology for my spelling oversight!](#)

[A BIG THANK YOU to Ellen Franz](#) for your kind words!

POINT OF CONTACT VOLUNTEERS

<i>CARMICHAEL</i>	Barbara Haig, 323.578.9194 Myrna Jackson, 916.481.6714	Ancil Hoffman Park Walk Hidden Parks
<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
	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 2026</i>	Myrna Jackson, 916.481.6714 Sally Coones	Historic Woodland Walk

OCTOBER WALKS & RIDES

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

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 Evening Walk Citrus Heights Stock Ranch	2	3	4 Traditional Walk Sonoma County Stompers Kenwood Village Walk
5	6 Moonwalk Elk Grove Around the Lakes	7 Morning Walk Woodland Historic Town	8 Evening Walk Sacramento Midtown to East Sac	9 Bike Ride Natomas Flood Plain Tour	10	11 Traditional Walk Sacramento Sticks Folsom Catlin Park
12	13	14 Morning Walk Elk Grove Around the Lakes	15 Evening Walk Fair Oaks Historic Town	16	17	18 Friendship walk Rancho Cordova Lake Natoma
19 Book Walk Stockton	20	21 Morning Walk Fair Oaks Historic Town	22 Evening Walk Folsom Historic Town	23 Bike Ride Sacramento American River Tour	24	25 Traditional Walk Delta Tule Trekkers Caswell Park Spooky Walk
26 Sunday Stroll Galt Cosumnes River Preserve	27	28 Morning Walk Gold River Gold River Walk	29 Evening Walk Sacramento Arden Park	30	31 Halloween Walk Sacramento Fab 40 ^s	




NOVEMBER WALKS & RIDES

TO FIND START LOCATIONS AND CONFIRM TIMES

VISIT THE CALENDAR OF EVENTS USING THIS LINK :

SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 Traditional Walk Vaca Valley Volks Suisun City Rush Ranch
2	3	4 Morning Walk Davis South Davis/ El Macero	5 Moonwalk West Sacramento Clarksburg Branch Trail Loop 3	6 Bike Ride Sacramento Arden Park Tour	7	8 Traditional <u>Walk & Bike</u> Placer Pacers Placerville El Dorado Trail
9	10	11 Morning Walk West Sacramento Clarksburg Branch Trail Loop 3	12 Evening Walk Elk Grove Elk Grove Creek Watershed	13	14	15 Friendship Walk San Francisco Golden Gate Park
16	17	18 Morning Walk Sacramento Sierra Oaks Vista	19 Evening Walk Sacramento Jane Graham's Land Park Loops	20 Bike Ride Lincoln Lincoln Tour	21	22 Friendship Walk Sacramento Hidden Murals
23 Sunday Stroll Fair Oaks Historic Town	24	25 Morning Walk Sacramento North Natomas	26 Evening Walk Sacramento Campus Commons/ Sierra Oaks	27 Thanksgiving Run to Feed the Hungry Fun walk	28	29 Friendship Walk Online Start Box Only Petaluma Historic Town
30						

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



AVA.ORG