



THE SACRAMENTO WALKING STICKS

No Sweat Gazette

AUGUST & SEPTEMBER 2025

TAKE NOTES

3RD QUARTER

MEMBER MEETING EVENING

THURSDAY, SEPTEMBER 11TH

AT THE CARMICHAEL LIBRARY

6PM TO 8 PM

4TH QUARTER

MEMBER MEETING DAYTIME

THURSDAY, DECEMBER 11TH

LOCATION & TIME TBD

SPECIAL PROGRAMS : ENDING

12.31.2025

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

COVER PHOTO

CAROLE SOENKE

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

sticksnewsletter@gmail.com

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FOOTNOTES

walk beside me and be my friend.
~Albert Camus

Greetings with BIG NEWS.....

When you glance over the walk/bike schedule for August and September, you may notice a changeup—let me know your thoughts, good or bad change? *For many years we've offered a Tuesday and Thursday morning walk in the Sacramento region and attendance is noticeably down. So, for the next two months, we will only be offering Tuesday morning walks.*

Please email your thoughts or text them (916.217.9092) to me so we can make the right choice in the future.

- ♦ I want twice a week – what days do you want?
- ♦ I want once a week – what day?
- ♦ Do you have a location preference where you want/can walk?

We tried out a quarterly meeting June 12th during the daytime. It was a nice change and we're wondering what you think—would you come to our meetings more if they were offered day or night?



We have 3 different Sticks ladies who deserve a round of applause for all they've done over the years and I'm hoping that you'll raise your hand to take their place in the future.

Judy Gregory, Club Secretary. Judy has stepped down from her position to better help as a care giver for her husband. She faithfully took notes at our meetings and was also a help with CVA.

Judy Tischer, Point of Contact for Historic Woodland & Zamora. Judy is stepping down from her role the end of December 2025. We will miss her help and support tremendously. Our Zamora Walk is shut down permanently, due to an issue with a walker and the Zamora Mini-Mart. We are hoping to keep our Woodland Walk but we need one of you to say you'll be its new POC.

Kathi Brewster, Point of Contact for Natomas bike ride and the North and South Sacramento Natomas walks. Kathi has ongoing health issues that keep her from being the POC—is there anyone willing to take on her duties on a permanent basis?

Barbara Nuss, President
Suki2010@mycci.net

VOLUNTEER HIGHLIGHTS

Behind the scenes, our volunteer Club Officers are always working for the club, for us, to ensure our community and walking experience are successful.



Barbara's Hand, Steve and Gail

INTERESTED IN GETTING INVOLVED WITH THE CLUB?
THE TIME IS RIGHT BECAUSE THE CLUB NEEDS YOU...

Club Officer, Secretary—open

- Attendance at the 4 Membership meetings during the year
- Manages the reservations for library meeting room
- Prepares the meeting agenda
- Takes the meeting notes and file the final minutes
- Signs the Annual financial statement

Walk Location Point of Contact (POC)- open

- North & South Natomas walks & rides
- Woodland Historic walk

2025 CVA ANNUAL CONVENTION

Thank you to the *Delta Tule Trekkers Club* and the *San Francisco Bay Bandits Club* for hosting our annual CVA Convention in Livermore back in June. The 3-day event was amazing in so many ways—the walks were well planned with great walk directions; the host hotel met everyone's needs and the Meet and Greet as well as the Saturday Night Group dinner were amazing. Attendance was outstanding and I was so proud to see how many *Sacramento Walking Sticks* came to participate. Well done! - [Barbara Nuss](#)



Dana, Susan, Diane G. and Diane B.

2025 CVA ANNUAL CONVENTION



Saturday Night
Group Dinner

2025 CVA ANNUAL CONVENTION



Saturday Night
Group Dinner



2025 CVA ANNUAL CONVENTION



*A Pleasant Walk
in Pleasanton*

*San Francisco Bay
Bandits*

Zori, Debbie and Janet



2025 CVA ANNUAL CONVENTION



Sheila, Claudette, Ashleigh and Prince

2025 CVA ANNUAL CONVENTION



Janet, Holly, Debbie, Mike, Parul,
Amul, Zori, Paul, Tracy, Donna, Debbie

Livermore Sycamore Grove

2025 CVA ANNUAL CONVENTION

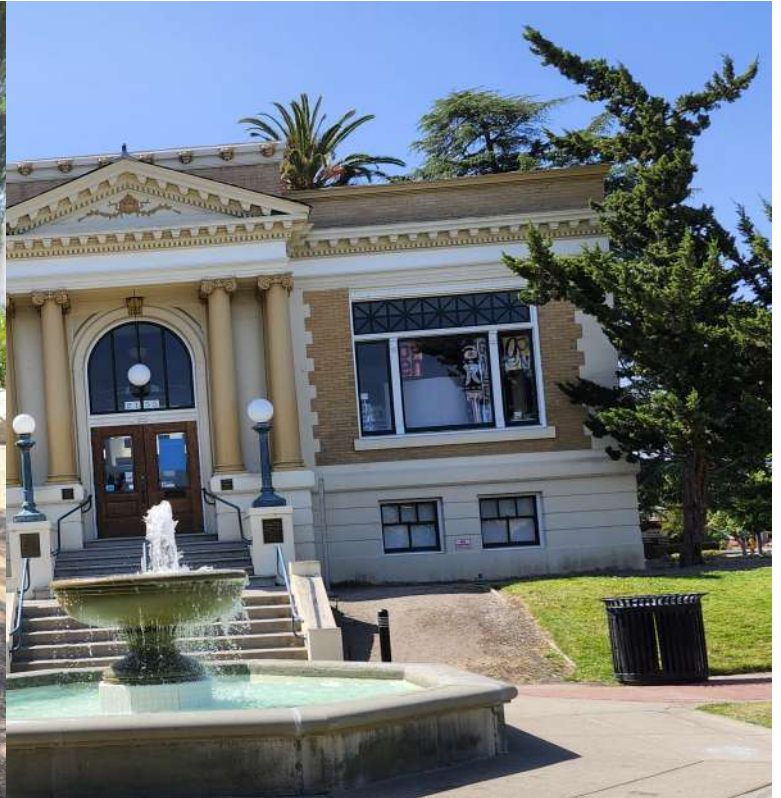


Paul, Janet,
Debbie, Zori
and Holly



Myrna and Sally

2025 CVA ANNUAL CONVENTION



Sally, Tracy, Cory and Myrna at the Carnegie Library

Livermore Historical Downtown



2025 CVA ANNUAL CONVENTION



Carole at the
Livermorium Plaza

The Presbyterian Church was closed when we passed. I cannot remember who decided to just knock on the administration door but like magic someone greeted us and led us to the labyrinth! It was a peaceful space as school was out for the day. Carole passed and it was locked but she was smart enough to take a photo. Picture worth a 1000 words! Something I completely forgot. [Cory](#)



Marie →

My first opportunity to walk with Paul and Marie. I had a great time! [Cory](#)



VOLUNTEER HIGHLIGHTS

THE BIG HAUL of 2025

The Sacramento Walking Sticks favorite charities received a wonderful donation this past June from **Bruce and Nancy Calkins**. They packed tennis shoes and pop can tabs for the trip from New Mexico to California for the 2025 CVA Convention. Shouting out a big THANKS from the club!

We can report the shoes have made their way to the Dagan home for donation to GotSneakers recycle and Barbara passed the tabs over to the Samcoff's for delivery to the Ronald McDonald House.

Both donations working towards making a better world for us all.



Greg, Gail and Barbara



ROAD TRIP REPORTER



IONE

by Cory Coones

I was very lucky to meet Delta Tule Trekkers, Joan and

her daughter, Rachel at the Ione walk registration table. Joan was a delight and spent time sharing her favorite local walks. I will be at Ripon this year!

Growing up in the valley, we would pass Preston Castle on our way up to Sonora to see family. But who knew all that time we were driving past a horse track and the home of a great meatball sandwich? **Now I do!**



Barbara H, Barbara N, and Eliza

SPECIAL PROGRAMS; THE HUNT



A NEW Sighting: Walkin' with Wild Things

"Last night, July 23rd our Hot Walkin' Night walk took us on the Sacramento-Elmhurst to East Sacramento. There was a breeze blowing with lots of shade! We came across a front lawn with gnomes living at 4825 T St, " -Barbara Nuss

ANNIVERSARIES HURRAH:

This NEW special program is hosted by the Falcon Wanderers of Colorado Springs.

The Program booklet has space for 25 events. One stamp can be used twenty-five times or twenty-five stamps can be used one time.

Program runs January 1, 2026 - December 31, 2026. Redeem completed books by December 31, 2027. This shortened period reflects the singularity of the anniversary year.

Any AVA sanctioned YRE, Seasonal, or Traditional event may be completed for this program celebrating the semi-quincentennial (250th) anniversary of the United States and the Golden (50th) Anniversary of the AVA. Any event which a walker believes is representative of our national or volksmarching history may be completed.

Examples include: historic landmarks, geographic landmarks, historic trails, events hosted by the first 100 original AVA clubs (AVA-0001 through AVA-0100) that are still active, original AVA YRE/SE walks with event numbers (Y####) below 250 that are still hosted by a club, events in a town named Fredericksburg, etc.

Examples: refer to the Falcon Wanderers website, <https://www.falconwanderers.org>

Qualifying Events Link:

[https://my.ava.org/find-an-event.php?
sel_sp=ANN](https://my.ava.org/find-an-event.php?sel_sp=ANN)

After November 1st 2025 purchase a \$14 (pr) booklet, check payable to the "Falcon Wanderers". Include your residence mailing address, phone and e-mail address and mail to:

Falcon Wanderers c/o Anniversaries SP
PO Box 17162 Colorado Springs, CO
80935-7162

Questions Terry Lunghofer at
tlunghofer0031@gmail.com

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



In January our daughters Caitlin and Danielle, along with our grandson Adam, joined us for a cold Wednesday night walk in South Land Park. Sporting a winter jacket with reflective tape, a knit cap with a head lamp, and a "pack, pack" filled with snacks, Adam proudly walked up to our group. When we started walking, he was content to ride in the stroller and eat all his snacks. Then he announced he was ready to go home. Our walk was cut a bit short that night!

Look at life through the eyes
of a child- Henri Matisse

ROVING REPORTER



Calaveras Big Trees

by Cory Coones

This spot soothes the heart during confusing, complicated and concerning times.

Towering trees, thousands of years old, and a forest floor as old as time is all it takes to remind one to enjoy the moment before anymore slip away.

Then you get to eat BBQ. Perfect day!



Jean, Cory, Sally and Myrna

ROVING REPORTER



The Delta
Tule Trekkers
put on a
walkers feast
with a side of
hospitality.
The polish
dogs with
kraut
alongside
incredible
beans was
such a treat!



Sally and Pat



Best Seat in Camp!

MEMBERS & AWARDS

WELCOME TO OUR NEW MEMBERS

- ♦ DOUG JOHNSON
- ♦ ELENA LARSON

MEMBER AWARDS

DISTANCE AWARDS	
PARUL PUROHIT	2000 km
ZORI LOZANO- FRIEDRICH	3500 km
CAROLE SOENKE	6500 km
DOUG RATHGEB	13000 km
JEAN LUCAS	15000 km

EVENT AWARDS	
<i>Awards as of March 2025</i>	
DEBRA COUBAL	10 events
WICK COUBAL	10 events
ZORI LOZANO- FRIEDRICH	450 events
CAROLE SOENKE	1050 events
DOUG RATHGEB	1350 events
JEAN LUCAS	1400 events

SPECIAL PROGRAM FINISHERS

Awards as of March 2025

NONE REPORTED AT THIS TIME

MEMBERS, FRIENDS & BEYOND



Hippo sculpture found on the Elmhurst to East Sacramento walk, on a Tuesday morning group walk.

Photo by Georgiana Alonzo



Terilynn Hartup-Steinman passed on April 26th 2025. Born on January 23, 1949, Terilynn graduated from Mira Loma High School in Sacramento. She began her professional life as a cosmetologist before embarking on a long and dedicated career with Bel Air Markets. For over three decades, she worked in the bakery department, where she became a familiar and friendly face to many until her retirement. A woman of warmth and spirit, Terilynn loved the outdoors and found joy in crafting, shopping, and traveling. She was an active member of

the WPAC widows group and enjoyed dancing with the Rascals dance group. Whether going on car rides or embarking on new adventures with her partner Roger, she embraced life with enthusiasm and kindness. Her caring nature, outgoing personality, loyalty, and friendliness left a lasting impression on all who knew her.

"I met Teri many years ago when she was a member of the Sacramento Walking Sticks Club. She was a lovely woman with a smile on her face and a spring in her step. I was so sorry to read of her passing." **Barbara Nuss**

THE OAKDALE- **AUGUST** TRADITIONAL WALK

Join the Delta Tule Trekkers for
The Cowboy Capital of the World
5 or 10k Walk

August 23rd, 2025

starts at 8:30am and ends at 3pm

A beautiful walk along park trails provides wonderful views as we stroll along the Cowboy Capital of the World. Views overlook the Stanislaus River as we go up, down and around toward other interesting areas. Oakdale embodies the spirit of the Old West and is a popular destination for those interested in experiencing authentic cowboy culture in California. Their cowboys have accumulated 22 World Champion titles as of May 8, 2025!

[Click here for more information](#)



SPECIAL PROGRAMS; Rails to Trails, Town Hall/City Hall, Par-for-the-course and
Counties: Stanislaus

THE FOLSOM- **OCTOBER** TRADITIONAL WALK

WALK COMING SOON TO A PARK NEAR YOU.....

Myrna Jackson and Sally Coones have been working on a brand new walk for all of us to enjoy! The walk starts in Folsom at Caitlin Park. Both walking routes include strolling through 3 surrounding parks, neighborhoods, trails and 2 reservoirs that call Folsom home.

[Click here for more information](#)



THE WALK IS SCHEDULED FOR SATURDAY, OCTOBER 11TH

So please put it on your calendar! We hope to see you there for a great turnout. There will be volunteer opportunities to join worker walks, chalk and help the day of the walk.

Barbara Nuss

SPECIAL PROGRAMS; Par-for-the-course and Counties: Sacramento

AUGUST WALKS & RIDES

TO FIND START LOCATIONS AND CONFIRM TIMES

VISIT THE CALENDAR OF EVENTS USING THIS LINK :

SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS

SU	M	TUE	WED	THUR	FRI	SAT
					1	2 SWS Friendship Walk West Sacramento River Walk
3	4	5 Morning Walk Sacramento Hidden Murals	6 Evening Walk Sacramento North Natomas	7	8 *** See Tahoe Weekend below	9 Sturgeon Moon Sacramento North Natomas
10	11	12 Morning Walk Sacramento Land Park	13 Evening Walk Sacramento American River	14 Bike Tour Roseville NW Roseville	15	16 SFBB Friendship Walk San Francisco Lands End and Beyond
17	18	19 Morning Walk West Sacramento River Walk	20 Evening Walk Sacramento Capital Walk	21	22	23 DTT Traditional Walk Oakdale Cowboy Capital of the World
24	25	26 Morning Walk Carmichael Ancil Hoffman	27 Evening Walk West Sacramento Clarksburg Branch	28 Bike Tour Sacramento Pocket Area	29	30 DTT Friendship Walk Modesto Stanislaus County
31	<p>***Join the Tahoe Trail Trekkers Friendship Walks August 8th through August 10th</p> <p>August 8th-Tahoe City Lake Forest Walk and Tahoma Walk</p> <p>August 9th- Olympic Valley John Daegling Memorial Walk</p> <p>August 10th - Truckee Steiners' Memorial River Walk</p>					

SEPTEMBER WALKS & RIDES

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

SU	M	TUE	WED	THUR	F	SAT
	1	2 <i>Morning Walk Sacramento Fab 40's</i>	3 <i>Evening Walk Sacramento South Natomas</i>	4	5	6 <i>SWS Friendship Walk Sacramento North Laguna Creek Wildlife Area</i>
7 <i>Worm Moon West Sac Clarksburg</i>	8	9 <i>Morning Walk Sacramento South Natomas</i>	10 <i>Evening Walk Gold River Alternative</i>	11 <i>Bike Tour Folsom Lake Natoma Club Meeting Carmichael Library 6pm</i>	12	13
14	15	16 <i>Morning Walk Citrus Heights Stock Ranch</i>	17 <i>Evening Walk Sacramento Pocket Area</i>	18	19	20 <i>SWS Friendship Walk Sacramento Ashton Park</i>
21	22	23 <i>Morning Walk Davis University</i>	24 <i>Evening Walk Elk Grove E. Recreational Trails</i>	25 <i>Bike Tour Sacramento River Front</i>	26	27 <i>SCS Friendship Walk Sonoma Sonoma County</i>
28	29	30 <i>Morning Walk Sacramento Arden Park</i>				

THANK YOU NOTES

CONTRIBUTORS TO THE JUNE/JULY EDITION

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

- ♦ Barbara Nuss
- ♦ Barbara Haig
- ♦ Carole Soenke
- ♦ Gail Samcoff
- ♦ Janet Riley
- ♦ Jean Lucas
- ♦ Jennifer Stanley
- ♦ Kim Dagan
- ♦ Kris Ericson-Cano
- ♦ Myrna Jackson
- ♦ Robb Family—Paul, Marie, Danielle, Caitlin, Adam and Olive
- ♦ Phyllis Wichelns
- ♦ Priscilla Fife
- ♦ Sally Coones
- ♦ Steve Hughart
- ♦ Tracy Harrison
- ♦ Zori Lozano-Friedrich



I've had the pleasure of walking and talking with so many wonderful people over the 37 years I've been volkswalking. It's so fun to meet new "friends" and oh, so special to reacquaint with those I haven't seen in a while. Last wed night's walk I had the pleasure of meeting up with Blake, a retired SMUD accountant that hadn't been on one of our walks in a long, long time. There was so much catching up

to talk about that we hardly noticed how far we walked. That's also the feeling I get when I'm meeting a new walker for the first time or hearing about someone's latest trip. Yes, I could walk around my neighborhood and get my steps in but it's so much more fun to walk and talk those steps with all of you!

Thank you for being my friend.

Barbara Nuss

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</i>	Judy & Jim Tischer, 530.383.1370	Historic Woodland Walk

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