

THE SACRAMENTO WALKING STICKS *No Sweat Gazette*

FEBRUARY & MARCH 2025



TAKE NOTE

- 3 President Greeting
- 4 Roving Readers
- 5 Hot Chocolate Walk
- 6 Special Programs
- 8 Roving Reporter -Labyrinths
- 10 Road Trip -Calistoga
- 11 Roving Reporter -SF Uptown & Down
- 12 Roving Reporter -Mill Valley
- 13 Roving Reporter - San Francisco Glow
- 14 February Calendar
- 15 March Calendar
- 16 Roving Reporters -Holiday Lights
- 17 Roving Reporters -Holiday Lights
- 18 Roving Reporter -New Years Day Walk
- 19 Volunteer Highlights
- 20 Thank You Notes
- 21 Point of Contact Volunteers
- 22 Become a Member
- 23 Photo Gallery

Contact Update

New email address for
Barbara Nuss
suki2010@mycci.net

Some Tuesday and Thursday
morning walk times are
being adjusted to help
account for morning traffic.
[Click here](#) to confirm times and
locations and check Barbara's
Footnotes for additional details.

Membership Meeting

Tuesday, February 11th
At 6pm
Carmichael Public Library

COVER PHOTO- Jocelyn, Sally, Cory, Josie, Dave and Nancy
PHOTOGRAPHER- Warren Tellefson

FOOTNOTES

Best wishes for a Happy New Year, 2025!

It's true what they say about time flying as you get older because 2024 was here and gone in a flash second. The *Sacramento Walking Sticks* hosted their annual New Year's Day event this year at Sutter's Landing Park to McKinley Village and Back. The weather was chilly but clear and we were thrilled to have 122 walkers come out to join in the fun. There were 73 Sticks and 49 non-members who came to walk. We had a lot come from the Sacramento region and I was thrilled to see people come from Manteca, Alameda, Walnut Creek, Burlingame, Murphys and Aptos. They drove from Mountain View, Vernalis, Concord, Pittsburg and El Macero—what a turnout! Personally, I was so surprised to see so many walkers I hadn't seen in such a long, long time ~ we all had huge smiles on our faces when we saw each other. And the smiles when they all came back were just as amazing. Thank you all for joining in our fun.

I've asked the weather gods to give us good walking weather but just in case, bring your umbrellas and rain ponchos and keep them in your car. Make sure you also have gloves and a warm coat or sweatshirt in case the temperature is low. Being prepared makes all the difference.

2024 was a great year for walking and did you know the *Sticks* celebrated their 40th year as a volkswalking club? What an incredible accomplishment! How long have you been volkswalking and how long have you been a member? I started volkswalking 36 years ago and became a member of the *Sticks* 21 years ago. Oh, the places I've walked and the people I've met all these years. I'm so glad I did what I did when I did it. I may not be walking 10K's these days, but I'm back to walking 5K's and loving it! It's amazing what you can do with a new hip.

This year everyone is welcome to attend the annual CVA Convention in Livermore from June 6-8. It will be hosted by the *Delta Tule Trekkers* and the *San Francisco Bay Bandits Clubs*. Check out the [CVA4u.org](https://cva4u.org) website for all the details—where it'll be located, where the walks will be, host hotel, etc. You are also invited to attend the biennial AVA National Convention in Las Cruces, NM from April 28-May 2. For more information, visit: <https://ava.org/2025-convention>.

I also want to shout out and **thank all of you Sticks members** who come out and support our walks and other club's walks. The rate increase has had an impact, but we are still operating and will continue with your support. We have been blessed to have our No Sweat Gazette Newsletter back so please continue to send photo's and comments about walks you've been on!

In the months to come, please send me your thoughts on what you like and what you'd like to see improved or changed. Your input is important, and it will very much be considered. You may have already noticed the start time changes to our Tues/Thurs morning walks in hopes that you won't have to worry about traffic. We've also made a similar change to when our Full Moon walks get started as well.

In closing, I am so grateful to be the President of your club. **Thank you for all you give back to me, in so many ways.**

Take care,

Barbara Nuss | suki2010@mycci.net | C 916.217.9092



ROVING READERS

THE SACRAMENTO WALKING STICKS WALKING BOOK CLUB
INVITES YOU TO JOIN US ON

SUNDAY, JANUARY 26TH AT 10^{AM}

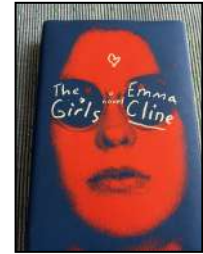
FOR A 6K BOOK WALK IN SONOMA, CALIFORNIA.



The Girls

by Emma Cline

Northern California, during the violent end of the 1960s. At the start of summer, a lonely and thoughtful teenager, Evie Boyd, sees a group of girls in the park, and is immediately caught by their freedom, their careless dress, their dangerous aura of abandon. Soon, Evie is in thrall to Suzanne, a mesmerizing older girl, and is drawn into the circle of a soon-to-be infamous cult and the man who is its charismatic leader. Hidden in the hills, their sprawling ranch is eerie and run down, but to Evie, it is exotic, thrilling, charged--a place where she feels desperate to be accepted. As she spends more time away from her mother and the rhythms of her daily life, and as her obsession with Suzanne intensifies, Evie does not realize she is coming closer and closer to unthinkable violence.



Registration:

will be at the Best Western Sonoma Valley Inn, 550 Second St W, Sonoma, CA, at 10:00 AM. Walk starts at 10:15

Lunch and Book Discussion:

Bring a Lunch! We'll have lunch and our book discussion at a park in Sonoma along the walk route. After lunch you have the option to visit the Cline Family Cellars, owned by the author's family, located nearby at 24737 Arnold Drive, Hwy 121, Sonoma, CA

95476 for a free walking tour of the grounds. They offer wine by the glass as well as bottle service. If some people would like to do a tasting, they offer a standing tasting at \$25/person for groups of 4. The walking tour is a self-guided experience through the grounds. There are maps in the farmhouse and no reservation is required for groups under 8 guests. 37 Arnold Drive, Highway 121, Sonoma, CA 95476

Walk Description:

We'll walk by the historic Sebastiani winery, Mission San Francisco Solano, art galleries and colonial-era Sonoma Plaza where the City Hall is located and which seasonally holds a weekly Farmers Market. Home to the original Williams Sonoma on Broadway, near the Plaza.



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

Special Programs; Par for the Course/CC: Sonoma County/Rails to Trails/Step to the beat

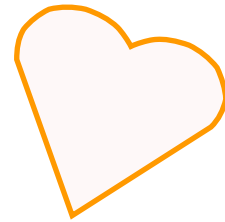
WALK FOR THE CHOCOLATE



Holly's Hot Chocolate Walk on Saturday, February 15th

Start 8:30 am to Noon/Finish 3:30 pm

San Jose, 5k or 10k



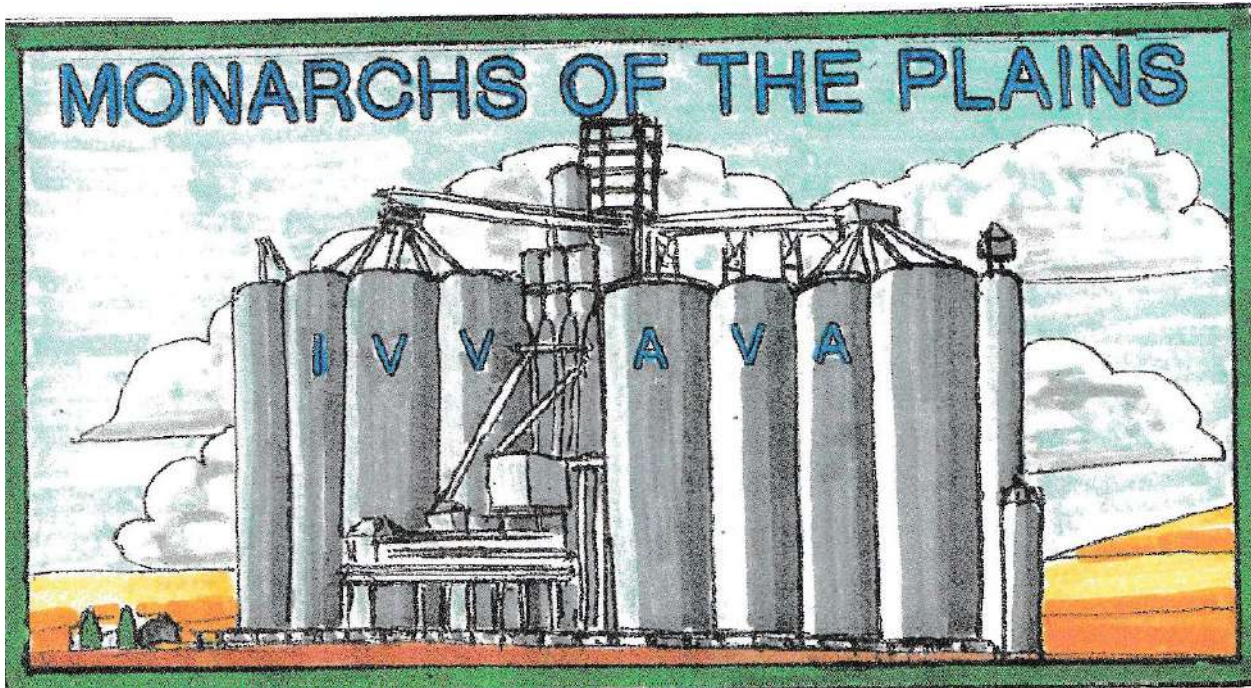
Come for a walk in San Jose's oldest park established in 1872!

This walk is a gentle climb into the hills above San Jose. The views of the valley are wonderful. The walk is on paved and packed dirt trails. All are passable even in the rain. The 5K takes you to the best views while the 10K adds the creek side trail.

...and at the finish line stay for Hot Chocolate, tea or coffee and goodies! Served fireside.

Special Programs; [Par for the Course/CC: Santa Clara County/Rails to Trails/www](#)

THE HUNT; NEW 2025 SPECIAL PROGRAMS



Grain Elevators: Monarchs of the Plains

Inspired by Terri Tyler and the Sunflower Sod Stompers in Topeka, Kansas.

Objective: To enjoy a sanctioned event within view of a grain elevator, silo, farm granary or farm crib.

Any sanctioned YRE, seasonal, or traditional event in the US or Canada that walks/ bikes where the participant can view a grain elevator, silo, mill, grain loading facility, granary, or grain crib qualifies. Also one of the previously listed that has been repurposed or re-utilized, qualifies. Many of these grain storage facilities are located on private property, which means we cannot easily make the route go directly past the elevator. Thus, if you can see it, that qualifies.

For more information and pictures, visit <https://woodlandwanderers.org/Grain/>.

Program runs January 1, 2025 - December 31, 2027.

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

THE HUNT; NEW 2025 SPECIAL PROGRAMS

Walking with the Wild Things - Historic Fair Oaks 5/10k walk qualifies

In the 2024 June edition of *The American Wanderer*, Carolyn Warhol shares the origins of the Wild Things program.

"The idea for this program started when Thomas Dambo, internationally known troll artist, installed six large, wooden trolls in the Pacific Northwest area. Dambo uses recycled wood and local volunteers to create these trolls. Many clubs in Washington and Oregon started creating troll themed YREs and Traditional routes so that walkers could enjoy these unique structures. To make this special program more interesting and more do-able for everyone across the United States, the AVA Special Programs Committee decided to include gargoyles, fairies, and gnomes."

For trail planning, Trolls locator can be found by [clicking here](#).

Program runs January 1, 2025 - December 31, 2027.



ROVING REPORTER

WALKING LABYRINTHS!

By Carole Soenke

27 Sept 2024 Santa Maria, CA **Labyrinth walk**

Escaped the hot September heat of Sacramento to the cooler coast. Beautiful 70° day to walk a 5k. The labyrinth is in the Serenity Garden at the Bethal Lutheran Church in Santa Maria.

The frog greeting guests at the Santa Maria Inn where I overnighted. A great room at a very reasonable price. Near the Inn I recommend the menu at The Pantry, for price, portions and flavor. Very tasty.

[Click here for photos](#)



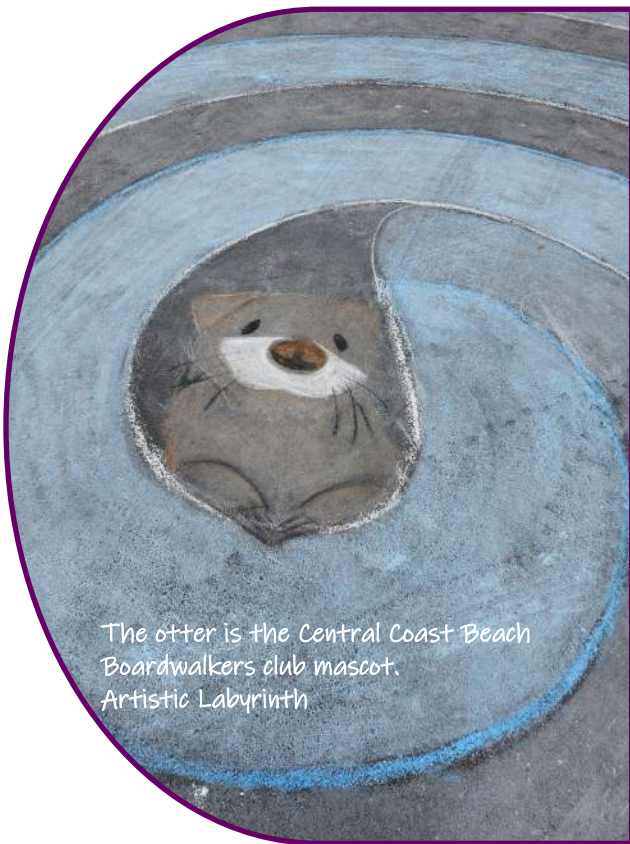
28 Sept 2024 Orcutt CA **Chalk Fest walk.**

Great walking weather! I say this since fog was welcomed coming from a very hot 100° Sacramento summer.

Orcutt is a lovely rustic town to walk. The drivers in both Santa Maria and Orcutt were VERY aware of letting pedestrians have the right away.

Other walkers that I saw made the trip were Cynthia Wilson Turbin and Debbie Thomas from Redding. As well as, Holly Pelking and Chris Zeglin from San Jose. **A great 2 day trip!**

Thank you Central Coast Beach Boardwalkers!



The otter is the Central Coast Beach Boardwalkers club mascot.
Artistic Labyrinth

ROVING REPORTER

Continuing my search for labyrinths. The Rosicrucian Labyrinth will be #9 of the #14 needed to complete this special program.

10 November 2024 San Jose, CA *Rose Garden*

This is a gem of a walk found in San Jose. Thanks to Chris Zeglin and Holly Pelking of the South Bay Striders for this walk. You can smell the scent of the roses on the street as you walk by.



10 November 2024 San Jose, CA
Rosicrucian Park
Peace Garden & Labyrinth.



ROVING ROADSTER

Calistoga

October 2024

By Cory Coones

This walk started off backwards in more than one way but it did not hinder our groups flexibility to enjoy the day! When looking at the map I had overlooked an environmental factor called West & East and then swapped the locations of the Fire department with the Police. But as luck would have it, master map maker, Warren Tellefson was in attendance and saved the day! At the end of what should have been the beginning of the walk it was clear where I had made my mistake. I can only say, I wish more of my mistakes were this fun.

Folks came from Burlingame, Sacramento, Carmichael, Citrus Heights and Auburn to pass a sunny October Monday walking the charming town of Calistoga.

On the way home some made a detour to gather around a picnic table at St. Helena's Roadside Refresher; Gotts and have a bite to eat. The food was good and the conversation even better.

[Click for photos](#)

ROVING REPORTER

San Francisco Downtown Up & Down

"The walk was beautifully assembled with raised walkways, historic buildings and several sculpture parks. Priscilla and her crew did a wonderful job laying out a great walk!"

Dave Barnes November 2024

"The Transamerica Redwood Park was stunning. Absolutely amazing to experience."

Sally Coones November 2024



[*Click for photos*](#)

Anne, Josie and Sally

ROVING REPORTER



Sally, Tom, Nancy, Pat, Jennifer and Myrna

Mill Valley Friendship Walk

By Cory Coones

I began 2024 riding as a guest in a car pool on the way to the Alameda Bay Farm walk so it seemed fitting to end the year as a first time car pool driver to the November Mill Valley Friendship walk. Guests, Sally Coones and Myrna Jackson began friendly banter over who would sit in the back seat until I settled it by making them both sit in the back. I was not alone in the front of the cabin as I had the pleasure of Jennifer Stanley's company! The whispers and giggles coming from the back initiated the fun ahead.

The walk, the company and the food made for a magical day. Thanks to the Vaca Valley folks Club for making such a great day possible!

[Click for photos](#)

ROVING REPORTER

Let San Francisco Glow!

By Jennifer Stanley

On December 12th I had the pleasure of joining the SF Bay Bandits, Mary Bond, Priscilla Fife and Pat Thomas on a Christmas light walk in San Francisco. The trip started out with rain predicted throughout the evening, not a good sign. Our good luck prevailed and by the time we arrived from Alameda on the ferry the sky cleared.

We met up with Mary (Bay Bandits Treasurer), our guide for the evening, at "Irish Times" and had a bite to eat. We left the pub at around 5 pm and caught the bus to Nob Hill to visit Huntington Park, the Fairmont Hotel. Then from there, down the hill to Union Square to see the beautiful tree

and Macy's wreath covered windows. Just walking the streets we saw many holiday trees and decorations in building lobbies and courtyards. But moving on we sought out a number of fantastic videos being screened on buildings (Let SF Glow). We especially enjoyed the large projection on the Pacific Stock Exchange. All and all we saw half a dozen videos on various buildings. The finale, was at the historic Ferry Building where we enjoyed three separate shows projected on the clock tower.

Tired and chilled Priscilla, Pat and I caught the last 9:10 pm ferry and returned to Alameda.

Many thanks to Mary for organizing this holiday event.

[Click for photos](#)



Historic Ferry Building

FEBRUARY WALKS & RIDES

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

| S | M | TUE | WED | THUR | FRI | SAT |
|----|----|---|--|---|---|---|
| | | | | | | 1 FRIENDSHIP <i>The Victorians</i> <i>Alameda</i> <i>San Francisco Bay Bandits</i> |
| 2 | 3 | 4 MORNING WALK <i>Tunnels & Bridges</i> <i>Davis</i> | 5 EVENING WALK <i>Historic Town</i> <i>Woodland</i> | 6 MORNING WALK <i>Ashton Park</i> <i>Sacramento</i> | 7 | 8 FRIENDSHIP <i>Sculpture Park</i> <i>Roseville</i> <i>Placer Pacers</i> |
| 9 | 10 | 11 MORNING WALK <i>East Recreational Trail</i> <i>Elk Grove</i> CLUB MEETING <i>Carmichael Library</i> <i>6pm</i> | 12 SNOW MOON <i>Clarksburg Trail</i> <i>West Sacramento</i> | 13 MORNING WALK <i>Hidden Murals</i> <i>Sacramento</i> MORNING RIDE <i>American River Tour</i> | 14 FOOTLOOSE FRIDAY <i>University of Pacific</i> <i>Stockton</i> | 15 TRADITIONAL <i>Holly's Hot Chocolate Walk</i> <i>Alum Rock</i> <i>South Bay Striders</i> |
| 16 | 17 | 18 MORNING WALK <i>Regional Park</i> <i>Elk Grove</i> | 19 EVENING WALK <i>University Walk</i> <i>Davis</i> | 20 MORNING WALK <i>El Macero</i> <i>South Davis</i> | 21 | 22 FRIENDSHIP <i>Historic Town</i> <i>Woodland</i> <i>Sacramento Walking Sticks</i> |
| 23 | 24 | 25 MORNING WALK <i>Curtis Park</i> <i>Sacramento</i> | 26 EVENING WALK <i>Fab 40's</i> <i>Sacramento</i> | 27 MORNING WALK <i>Arden Park</i> <i>Sacramento</i> MORNING RIDE <i>Arden Park Tour</i> | 28 | |

MARCH WALKS & RIDES

TO FIND START LOCATIONS AND CONFIRM TIMES

VISIT THE CALENDAR OF EVENTS USING THIS LINK :

SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS

| S | M | TUE | WED | THUR | FRI | SAT |
|----|----|--|--|---|---|--|
| | | | | | | 1 FRIENDSHIP <i>Charlie Fowble Memorial Sacramento Sacramento Walking Sticks</i> |
| 2 | 3 | 4 MORNING WALK <i>Historic Town Folsom</i> | 5 EVENING WALK <i>Recreational Trail Elk Grove</i> | 6 MORNING WALK <i>Sierra Oaks Vista Sacramento</i> | 7 | 8 FRIENDSHIP <i>San Joaquin County Manteca Delta Tule Trekkers</i> |
| 9 | 10 | 11 MORNING WALK <i>Historic Town Woodland</i> | 12 EVENING WALK <i>Ancil Hoffman Carmichael</i> | 13 MORNING WALK <i>Jane Graham Loops Sacramento</i> MORNING RIDE <i>Lincoln Tour</i> WORM MOON <i>Gold River Sacramento</i> | 14 AFTERNOON WALK <i>Pi Day The Fab 40's Sacramento</i> | 15 FRIENDSHIP <i>Historic Town Calistoga Sonoma County Stompers</i> |
| 16 | 17 | 18 MORNING WALK <i>Historic Town Fair Oaks</i> | 19 EVENING WALK <i>Tunnel & Bridges Davis</i> | 20 MORNING WALK <i>Elmhurst to East Sac Sacramento</i> | 21 FOOTLOOSE FRIDAY <i>Sculpture Park Roseville</i> | 22 FRIENDSHIP <i>Arden Park Sacramento Sacramento Walking Sticks</i> |
| 23 | 24 | 25 MORNING WALK <i>Ancil Hoffman Park Carmichael</i> | 26 EVENING WALK <i>Watershed Walk Elk Grove</i> | 27 MORNING WALK <i>Around the Lakes Elk Grove</i> MORNING RIDE <i>Circle Davis Tour</i> | 28 | 29 FRIENDSHIP <i>Historic Town Benecia Delta Tule Trekkers</i> |
| 30 | 31 | | | | | |

ROVING REPORTER

Sacramento Capitol Light Walk



A small but mighty group braved the winds tonight. We traversed from the old La Bou in West Sac to the Christmas Tree in front of the capital. And then we topped off the evening at Burgers n Brew.

*Barbara
Nuss*

[Click for photos](#)

ROVING REPORTER

T Street Light Walk



Sticks Members enjoying the holiday lights along S & T Streets, and 48th. The house at 48th has been decorating their yard for the past 40 years!

Tammi Kerch

For many years I cycle commuted M street to get to and from work. But never have I seen the neighborhood in such splendor and glory as I saw during the Fab 40^s Christmas Light walk.

A great group of walkers came out to be a part of a fabulous community happening.

Cory Coones

[Click for photos](#)



Fab 40^s Light Walk

Joann and Pat

ROVING REPORTER

McKinley Village Walk New Years Day

There was mention of families, couples, individuals and friend groups who have made The New Years Day walk a tradition.

This year 122 walkers gathered to "walk in" the New Year together.

Tractor Levitation—Jeff Myers



Myrna, Cathy and Brandon



Eliza and Family

VOLUNTEER HIGHLIGHTS

Got Sneakers?

Kim Dagan and Zori Lozano-Friedrich on New Years Day collecting gently used sneakers!!

Working with an organization, **Got Sneakers?** they will make sure the donated shoes are collected and get to the right place! Serviceable tennis shoes can earn the club \$1 to \$7 and sneakers too beat up to wear are recycled. Either way your donation helps the earth!



Kim and Zori

RONALD MCDONALD HOUSE

SODA POP CAN TABS

Gail Samcoff holding bulk pop can tabs collected at walk registration tables throughout the year. Gail makes sure these get to the Ronald McDonald House. The pop tabs help raise funds for programs that provide family-centered care to families and children.



Gail

**YOUR POP TOP DONATIONS
ARE ALWAYS WELCOME.**

THANK YOU NOTES



MEMBERS THAT CONTRIBUTED TO THE OCTOBER/NOVEMBER/DECEMBER 2024 EDITION

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

- ◆ Barbara Nuss
- ◆ Carole Soenke
- ◆ Dave & Josie Barnes
- ◆ Gail Samcoff
- ◆ Jennifer Stanley
- ◆ Joann McCrea
- ◆ Jocelyn Blinn
- ◆ Kim Dagan
- ◆ Kris Ericson-Cano
- ◆ Paul & Marie Robb
- ◆ Phyllis Wichelns
- ◆ Priscilla Fife
- ◆ Sally Coones
- ◆ Tammy Kerch
- ◆ Zori Lozano-Friedrich

Special Thanks from Barbara Nuss

Thanks to all of the volunteers who keep the *Sticks* running so smoothly. **Steve Hughart** is our Treasurer as well as our Membership Coordinator plus he's also our webmaster. **Gale Samcoff** is our Vice-President, and she is the POC for 3 of our Year-Round walks plus being our club historian. You should've seen what she brought to our celebratory meeting for our 40th anniversary! **Judy Gregory** is our secretary and keeps us scheduled for our quarterly meetings.

Nancy Alex

Beverly Bales

Dave & Josie Barnes

Kathi Brewster

Heidi Foster

Barbara Haig

Myrna Jackson

Roxie Jones

Marcia Maurer

Susan Martimo

Eva Nelson

Amul Purohit

Paul & Marie Robb

Jennifer Stanley

Rutherford Smith

Judy Tischer

Catherine Wieder

POINT OF CONTACT VOLUNTEERS

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

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

BECOME A MEMBER



Individual \$15 per year

Senior 55+ \$10 per year

Family \$25 per year

[CLICK HERE TO BECOME A MEMBER](#)

You do not have to belong to any walking club to join in on the fun. All are welcome at the event table. We all complete the registration card for liability purposes, pay the walk event fee, grab a map and go, go, go!

Becoming a supporting member of *The Sacramento Walking Sticks* requires the additional step of completing a membership form and annual fee. If you are not already a member we ask you to consider becoming one! There are many good reasons to join.

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

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

[The American Wanderer \(TAW\)](#)

A bi-monthly newspaper published by the American Volkssport Association (AVA) highlighting clubs and events across the United States is available as a benefit to Associate and Lifetime members. Visit ava.org.

[The Compass](#)

A quarterly newspaper published by the California Volkssport Association (CVA) highlighting clubs and events across the state of California. You can set up your subscription by contacting jeanb@dcn.org.

WALKING LABRYINTHS

Ginger, Ty and Chris

Bethal Lutheran Church



Carole
Santa Maria &
Orcutt
September 2024

MILL VALLEY FRIENDSHIP WALK



Pat, Cory, Sally and Myrna



Jennifer



Cascade Falls, Mill Valley

MILL VALLEY FRIENDSHIP WALK



Myrna



Sally



Pat

SAN FRANCISCO DOWNTOWN UP & DOWN



Dave



SAN FRANCISCO DOWNTOWN UP & DOWN



Dave and Josie

LET SAN FRANCISCO GLOW



Pacific Stock Exchange



Fairmont Hotel , Nob Hill



Transamerica Building

LET SAN FRANCISCO GLOW



Huntington Park, Nob Hill



Mary, Priscilla, Pat and Jennifer



Union Square

CALISTOGA ROAD TRIP



Barbara, Josie and Nancy

Dave and Josie

CALISTOGA ROAD TRIP

Sally, Jocelyn, Warren and Nancy



Palmer House



Downtown Art Gallery

CALISTOGA ROAD TRIP



Warren



CALISTOGA ROAD TRIP



Dave, Sally, Jocelyn, Cory, Josie and Warren

SACRAMENTO CAPITOL LIGHT WALK



State Capitol Tree



Marie, Tammi, Barbara and Barbara



Old Sacramento from across the river

FAB 40'S LIGHT WALK



Karen, Shelia,
Ashleigh and Lori



Barbara



Meagan and Barbara



Tracy and Myrna



Marsha and Meagan

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.

