

No Sweat Gazette

November & December 2026

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SMALL WORLD, BIG STICKS SPIRIT



Cover Photo

You never know where you'll run into a familiar face!

Neither STICKS member expected to spot someone they knew in the bustling crowds of an airport, but that is exactly what happened when *Tracy Harrison and Marcia Maurer* crossed paths at Paris-CDG.

Tracy was just arriving to begin her incredible journey walking the Camino de Santiago, while Marcia was arriving with family to attend a special event.

Share your next adventure with the club- submit to sticksnewsletter@gmail

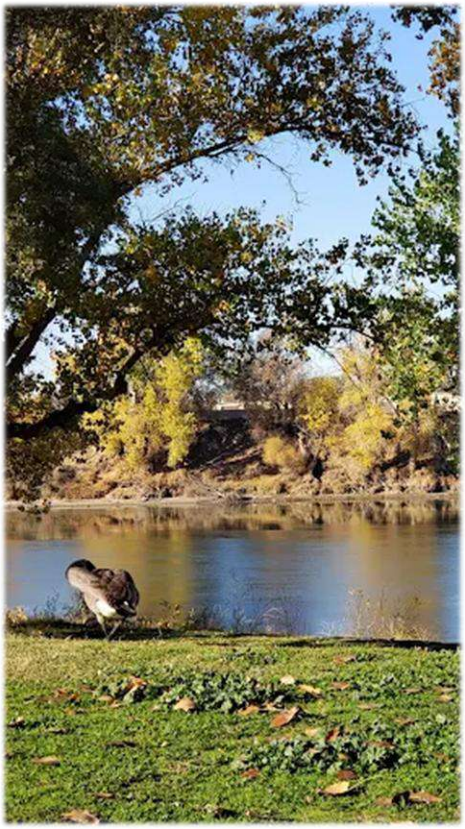
4th Quarter CLUB MEETING

Arden-Dimick Library
November 12th
6pm

TRADITIONAL WALK

2027 New Years Day

The Sacramento Walking Sticks Are Heading NORTH on the Del Rio Trail (last year we went south)





The Walk begins at the Sprouts/La Bou parking lot in the Landpark neighborhood. From there we head north to the Del Rio Trail. We will be crossing the newly rebuilt pedestrian bridge that spans across Interstate 5. It provides a completely car-free, crossing that serves as the literal gateway connecting the neighborhoods of South Sacramento to the main waterfront corridor.

As we get closer to the event more details can be found at sacramentowalkingsticks.org

The path transitions away from the urban, neighborhood-oriented rail-trail environment. It leaves behind the historic, preserved railroad tracks and enters a much more scenic, open riparian atmosphere running directly along the levee. We are heading towards Miller Park and beyond!

FOOTNOTES

An early morning walk is a blessing for the whole day
Henry David Thoreau

Greetings,

It's hard to believe that Halloween, Thanksgiving and Christmas are right around the corner! Where does time go?

I hope all is well with you and your family. I'm still sticking close to home to be there for Phil who is not driving and not in the best of health. Our son drove his English bulldog, Wiggles, to us from Pittsburgh, PA back in March and guess what? He's still with us! Wiggles is like the therapy dog you never knew you needed – bringing joy and love to us both, every day.

So, our International Talk Like a Pirate walk last month fizzled. We're hoping to have a better turnout on New Year's Day 2027 when we offer a new walk. It will begin at the La Bou near the Zoo and take us up on the Del Rio Trail but this year—we're walking in the other direction. We'll walk to Miller Park and return and we'll see everything in-between. Thank you, Jennifer Stanley, for giving us another look at the Del Rio Trail.

You'll note on the Dec calendar that it's chockful of Christmas Lights Night Walks. They'll be held rain or cold and each has its own sparkle. Children of all ages will love what they see.

Speaking of walks, **I need your input and feedback** about changes that are being made For Nov and Dec 2026 ONLY,

- ✓ **Thursday morning walks are being reinstated**. This past year, walker turnout was so low that we only offered Tuesday mornings. Now Tuesday numbers are dropping- Do you want Tues and/or Thurs morning walks again or should they be dropped from the calendar all together?

- ✓ **Wednesday Night walks.** Wed night walks registration will begin at 5:45 pm and the walk will begin at 6:00 pm.

Footnotes continued

P.S

Sunday Strolls are back with the cooler weather! Our next stroll will be Sun, Nov 22nd at the Cosumnes River Preserve with meetup at 10:00 am. We're even having guests ***Ty and Ginger Fredricks*** joining us from Santa Maria, CA. Lastly, Sun Dec 27th we'll be strolling in Woodland. ~ hope you can join in.

The Sunday Stroll in October began at Vic's Ice Cream Parlor and took us to Curtis Park and the infamous Tile House. My group had 2 ladies who'd never been in those neighborhoods before and what fun we had showing them around. Pam came from Gold River and Lynn drove all the way from the San Jose area! Halloween decorations were everywhere; the weather was perfect for walking and the Alice in Wonderland home is still intact. *When the ladies saw the Tile House, there was a look of disbelief at all they saw ... and when they turned down the alley, they almost fell down! What a wonderful time we had and as Pam said, "I loved that we strolled."* And I loved that we capped our enjoyment with a sit down and food at Vic's Ice Cream.



Happy New Year,

Barbara Nuss, Sticks President
916.217.9092, suki2010@mycci.net

VOLUNTEER HIGHLIGHTS



The GotSneakers Roundup

What The Entire GotSneakers Community Has Accomplished Together In August.....

Our reporting runs about two months behind so every pair can be counted and verified, which means these are August's confirmed totals.

Pairs Diverted from landfills	**CO_2E Emissions Averted**
73,945 pairs	2,218,350 pounds
Water Saved	**Partner Payouts**
166,893,865 gallons	$62,129 paid to our partners

To those members that are committed to recycling tennis shoes. Feel free to contact Kim at kimadagan@gmail.com to arrange for shoe drop off.

CONVENTIONS FOR THE 2027 CALENDAR

California Volksporting Association

2027 Annual Convention

TAHOE, CALIFORNIA

HOSTED BY THE TAHOE TRAIL TREKKERS

May 21st through May 23rd ,2027



Check Here for Upcoming Details

American Volksporting Association

2027 Biennial Convention

SPRINGFIELD, MISSOURI

June 29th through July 2nd

Pre-Walks June 26th -27th/ Post Walks July 2nd-4th





Click Here For More Information

Bookwalk In Chinatown

Dave & Josie Barnes



The walk began near San Francisco's ferry building at the bronze sculpture of Ghandi in walking pose. The walking pose symbolizes his 1930 Salt March. A 240-mile journey of nonviolent resistance against British colonial salt taxes. Vera Wong's Unsolicited Advice for Murders is the book that inspired this walk! Priscilla's map brought the book's locations right off the page and into real life.

Vera Wong is a lonely little old lady--ah, lady of a certain age--who lives above her forgotten tea shop in the middle of San Francisco's Chinatown. Despite living alone, Vera is not needy, oh no. She likes nothing more than sipping on a good cup of Wulong and doing some healthy detective work on the Internet about what her college-aged son is up to. Then one morning, Vera trudges downstairs to find a curious thing--a dead man in the middle of her tea shop. In his outstretched hand, a flash drive. Vera doesn't know what comes over her, but after calling the cops like any good citizen would, she sort of... swipes the flash drive from the body and tucks it safely into the pocket of her apron. Why? Because Vera is sure she would do a better job than the police possibly could, because nobody sniffs out a wrongdoing quite like a suspicious Chinese mother with time on her hands. Vera knows the killer will be back for the flash drive; all she has to do is watch the increasing number of customers at her shop and figure out which one among them is the killer.....

Bookwalk In Chinatown



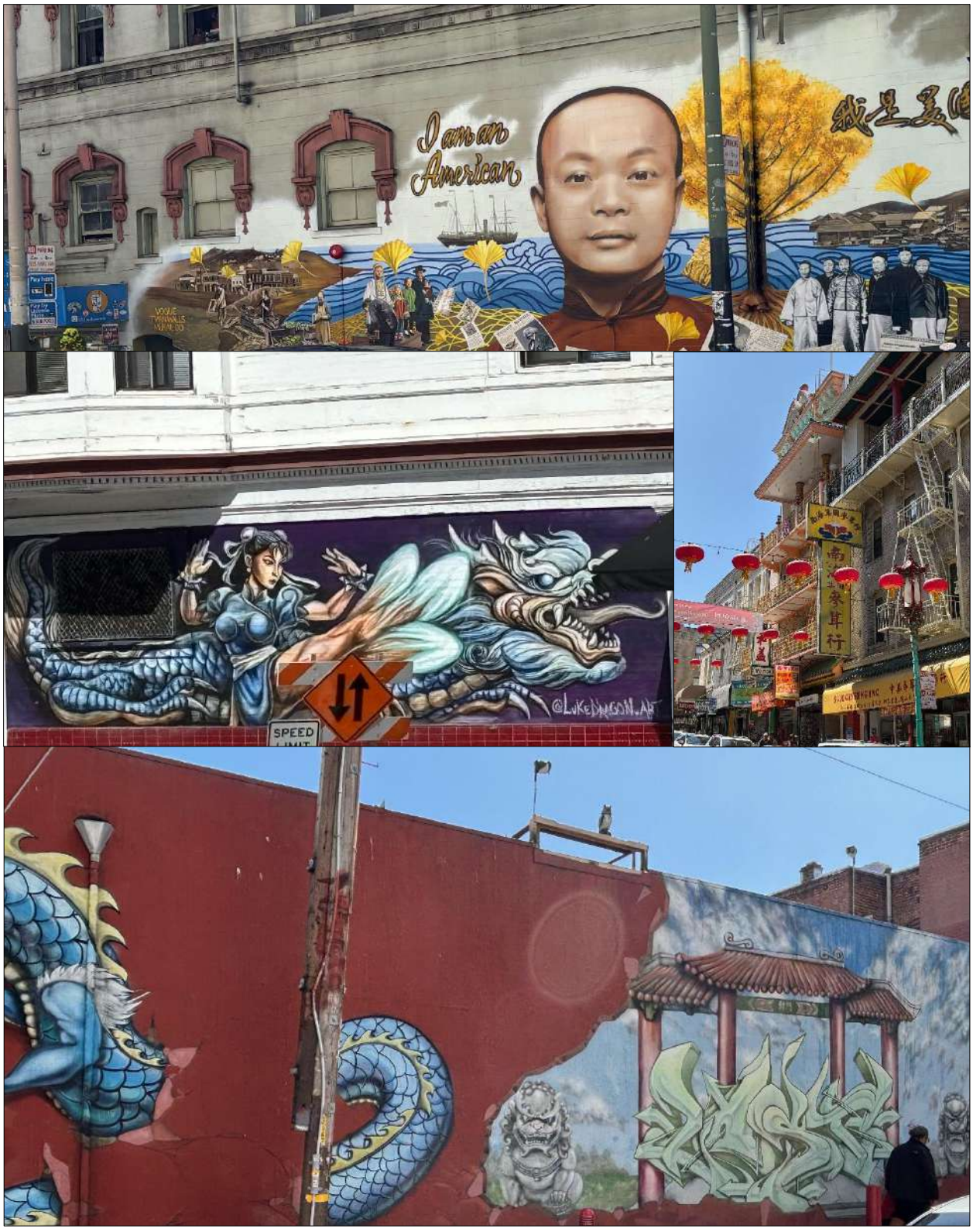








Bookwalk In Chinatown



HOLIDAY WALKS



Christmas Walk at Sutter Creek

Hosted by the Delta Tule Trekkers

Saturday, December 5th

registration 8:30am to noon/ finish 3:00pm

A beautiful walk through a gold rush era town full of charm. The entire town is celebrating with decorations.

To learn more about the walk click here.

Christmas Light Walks In Sacramento

hosted by Sacramento Walking Sticks

Sacramento Capitol Light Walk, December 11th 6pm

Sacramento Fab 40's Light Walk, December 18th 6pm

Sacramento T Street Light Walk, December 20th 6pm

Click here for more details

ROVING REPORTER- Arkansas

Fun and Fabulous Arkansas

Kim Dagan

In late September my sister, brother-in-law and I headed to Arkansas to see the sights of the Natural State. My sister wanted to visit Crystal Bridges in Northwest Arkansas and I suggested we fly into Little Rock so we could visit the Capitol and the Clinton Library and Museum.

We stayed in downtown Little Rock in the River Market District where we could walk to restaurants and experience *the pedestrian Junction Bridge*. Our tour of the beautiful 1915 Capitol started promptly at 9:00am One of the highlights was visiting the Treasurer's Office where I got to hold bundles of shrink-wrapped $100 bills that totaled $600K. We spent the rest of the day at the Clinton Presidential Center where we were impressed by the welcoming, knowledgeable staff.







Fun and Fabulous Arkansas

Day 3 was our drive north to Bentonville with a stop for coffee and lunch in the cool, college town of Fayetteville. Bentonville is a town of ~ 54,000 residents, the birthplace and global headquarters of Walmart and the mountain biking capitol of the world. We visited the requisite Walmart Museum and had a lovely dinner sitting outside on the downtown square. We all had a moment of wondering if we were, instead, on Mainstreet at Disneyland ... it's that cute!



The next day was our bike (make that ebike) day. We rode all around Bentonville, out to the grounds of Crystal Bridges and on to the nearby town of Bella Vista ... all on beautifully paved paths. After a lunch stop at The Bend, a trailside restaurant, we rode back to Bentonville to make a stop at the Peel Museum and Botanical Gardens.

Saturday was our day at Crystal Bridges and we arrived just before the museum opened. We had a reservation for a tour of the Frank Lloyd Wright designed Bachman-Wilson house. This house, an example of Wright's Usonian architecture, was originally constructed in 1956 in New Jersey but was acquired by Crystal Bridges in 2013. They disassembled it, transported it to a newly prepared site on the grounds of the museum and reconstructed it as close to the original plans as possible. After this tour we re-entered the museum and spent many hours engaging with the collection, taking an architecture tour and learning the history of the museum.



Fun and Fabulous Arkansas

Our last stop on our Arkansas adventure was Hot Springs National Park. We took a roundabout drive so we could make a stop in Eureka Springs and visit the amazing Thorncrown Chapel designed by E. Fay Jones, apprentice of Frank Lloyd Wright and amazing local architect and designer. Walking down Bathhouse Row in Hot Springs was like taking yourself back to the early 1900s. We toured the Fordyce Bathhouse, checked out the many thermal fountains and open hot springs and had a great lunch - with homemade root beer - on the lawn of the Superior Bathhouse.



Our final impression of Arkansas? Friendly people, gorgeous natural beauty, world class museums, Presidential Center, botanical gardens, state Capitol and bike paths and trails. I can absolutely recommend Arkansas for a fun, educational and inspirational vacation.

SUNDAY STROLL



Consumnes River Preserve

November 22nd

10am

The Cosumnes River Preserve is a nature preserve of over 51,000 acres. The preserve protects a Central Valley remnant that once contained one of the largest expanses of oak tree savanna, riparian oak forest and wetland habitat in North America.

Click Here For More Details

Historic Woodland

December 27th

1pm

Remarkably preserved architectural heritage. The heart of the city is the federally recognized **Downtown Woodland Historic District**, which covers approximately 370 acres along Main Street and features dozens of contributing buildings spanning classic American architectural styles from 1866 to 1947.



ADAM'S ADVENTURES

ADAM'S 'BARB' WALKS

Marie "Mimi" Robb

Adam has been going on Sticks walks since he was just a few months old. Our president Barb has worked hard to win his friendship; it wasn't easy because he is a shy and cautious boy. Now, as he approaches his fifth birthday, Barb has become one of his favorite people, and she is forever linked to his Sticks walks. Adam refers to our Wednesday night walks as "Barb walks." He loves that we drive to the walks; it's part of the adventure for him.

For example, one Wednesday I wore my Sticks shirt (with the Woody logo) to Adam's house. He asked me, "Are we walking tonight?" I had to tell him, "No, sweetie, not tonight." He was confused: "Then, why are you wearing your Barb shirt?" Duly noted: I will only wear my "Barb" shirt when we are going to walk that night!

At the beginning of September, the Sticks walked through Campus Commons. Before the walk, we had dinner at "Bucklehorn's" (Buckhorn's), one of Adam's favorite restaurants. Barb joined us that night, and he was excited to tell her about starting Transitional Kindergarten (TK).

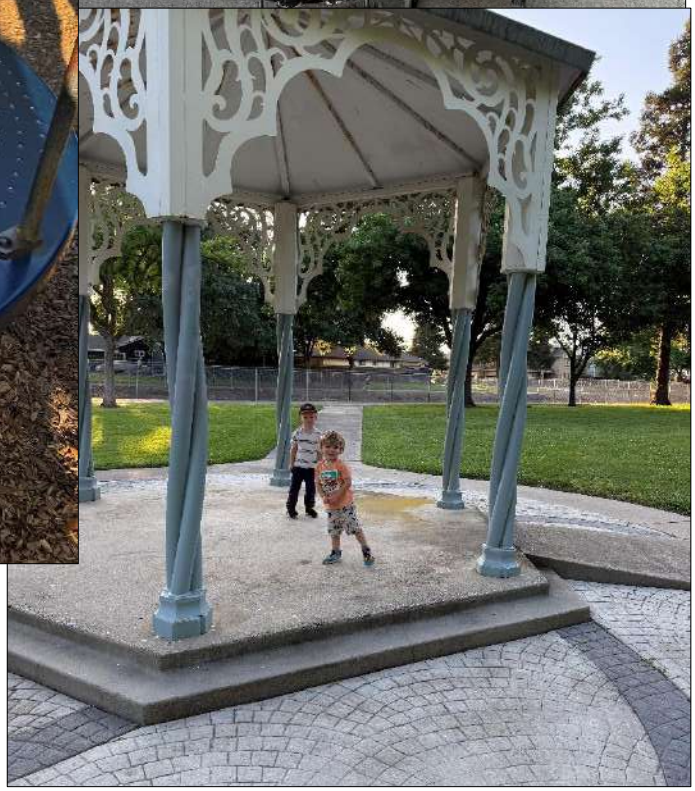


ADAM'S 'BARB' WALKS

And now for an adventure: last spring we walked in the Pocket area. Auntie Jenna and his cousin Ronan joined us. We walked the 5K that kept us on the shaded, lovely greenbelt. The boys were free to run on the path and the grass. They explored a gazebo, discovered wild mushrooms, and shared snacks. Of course, we took time (at the beginning of the walk and at the end) to enjoy the playground at Portuguese Park.







ROVING REPORTER- Vacaville

40TH Year Celebration with the Vaca Valley Volks

Cory Coones

We were welcomed by smiling faces and chocolate cupcakes topped with sprinkles! Reaching 40 years as a club is a milestone to be proud of. On our return, that sweet cupcake proved to be the perfect treat to pair with the wonderful chicken salad sandwich from Diggers Deli!







The Vaca Valley Volks walk officially began where the urban sidewalk gave way to nature. Tom was stationed nearby, ensuring all walkers safely crossed the bridge directly into Andrews Park, where a vibrant farmers market was in full hustle and bustle. From there, we followed a winding path above the Creekwalk trail that guided us straight to Main Street.

40TH Year Celebration with the Vaca Valley Volks

Historic Main Street and Buck Avenue offered a beautifully preserved landscape of historic architecture, featuring everything from grand Victorian estates to elegant Mission-style storefronts. Notable structures like the 1907 Old Town Hall—one of the West's first reinforced concrete buildings—stand proudly alongside revitalized treasures. A perfect example of this preservation is the old Carnegie Library, which has been transformed into a welcoming community hub, coffee lounge, and bar.









We also walked past the "Labyrinthine Heart" sculpture installed in 2025, it is an official part of the iconic "Hearts in San Francisco" project, managed by San Francisco General Hospital Foundation. This is the first time I have seen a heart located outside of San Francisco!

NOVEMBER WALKS & RIDES

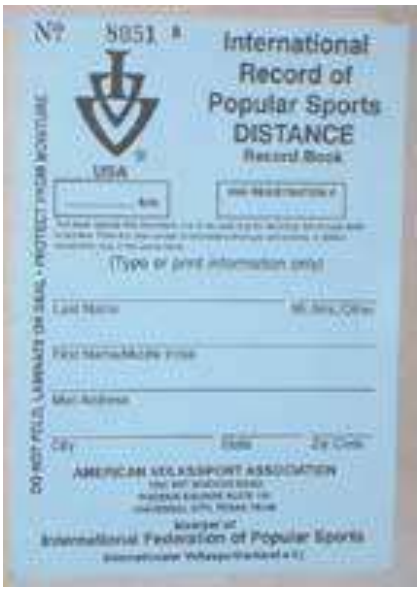
SUN	TUE	WED	THUR	SAT
1	3 Morning Walk Fair Oaks Historic Town	4 Evening Walk Fair Oaks Historic Town	5 Morning Walk Elk Grove EG Recreation Trails	7 Traditional Walk Invitation to Walk Grass Valley Placer Pacers
8	10 Morning Walk Davis University	11 Evening Walk Carmichael Ancil Hoffman	12 Morning Walk Elk Grove EG Creek Watershed Bike Ride Davis Circle Tour Quarterly Meeting Arden Dimick Library	14 Traditional Walk Alameda Naval Air Station SF Bay Bandits
15	17 Morning Walk Citrus Heights Stock Ranch	18 Evening Walk Sacramento Jane Graham's Land Park	19 Morning Walk Sacramento Capitol Wayne Holloway Memorial	21 Friendship Walk Benecia Historic Town Vaca Valley Volks
22 Sunday Stroll Galt Consumnes River Preserve	24 Morning Walk Sacramento Hidden Murals	25 Evening Walk West Sac River Walk	26  Thanksgiving Day Run to Feed the Hungry	28 Friendship Walk Sacramento Hidden Murals Sac Walking Sticks
29	REMEMBER- November and December the following apply; Wednesday Night Walks will register at 5:45pm and walk at 6:00pm Thursday morning walks are reinstated **Confirm Locations and Times Here**			

DECEMBER WALKS & RIDES

SUN	TUE	WED	THUR	FRI	SAT
	1 Morning Walk Sacramento Elm Hurst to East Sac	2 Evening Walk Gold River American River Parkway	3 Morning Walk West Sac Clarksburg Branch LineTrail Bike Ride Roseville NW Roseville Tour	4	5 Traditional Walk Sutter Creek Christmas Walk Delta Trekkers
6	8 Morning Walk West Sac River Walk	9 Evening Walk Sacramento Ashton Park	10 Morning Walk Sacramento Sierra Oaks Vista	11 Christmas Walk East Sacramento to the Capitol	12 Friendship Walk Windsor Historical Town Sonoma Stompers
13	15 Morning Walk Sacramento North Natomas	16 Evening Walk Elk Grove EK Regional Park	17 Morning Walk Davis Tunnel & Bridges Bike Ride Lincoln LincolnTour	18 Christmas Walk East Sacramento Fab 40's	19 Friendship Walk Davis Tunnel & Bridges Sac Walking Sticks
20 Christmas Walk Sacramento T Street	22 Morning Walk Folsom Historic Town	23 Evening Walk Sacramento Sierra Oaks Vista	24 Morning Walk Carmichael Ancil Hoffman Park	25  Christmas	26 Friendship Walk Lincoln Lincoln Trails Placer Pacers
27 Sunday Stroll Woodland Historic Town	29 Morning Walk Saramento Campus Commons	30 Evening Walk Sacramento Capitol Wayne Holloway Memorial	31 Morning Walk Elk Grove EG Regional Park Bike Ride Sacramento Riverfront Tour	REMEMBER- November and December the following apply; Wednesday Night Walks will register at 5:45pm and walk at 6:00pm Thursday morning walks are reinstated **Confirm Locations and Times Here**	

DISTANCE AWARDS

Awards as of September 2026	
Amul Purohit	1500 km



Distance Books

DOCUMENT THE KILOMETERS YOU WALK!

1. Be sure to write your name and address on your Blue Distance book.
2. Each Blue Distance book is good for 500 kilometers. You mail in each Blue Distance book as you complete it in order to receive each award.
3. Each 500 kilometers has a different pin & patch award. The highest distance award is achieved when you reach 8,000 kilometers.
4. As you approach the 400 kilometers mark in your book consider purchasing your next Blue Distance book.

To learn about walking for "credit" and how to start your new walker packet, click here.

EVENT AWARDS



Awards as of September 2026	
Amul Purohit	175 Events
Phyllis Wichelns	475 Events
Barbara Nuss	2300 Events

Event Books

DOCUMENT THE NUMBER OF EVENTS YOU WALK!

1. Be sure to write your name and address on your green event book.
2. Each Greem Event book is good for 10 events. You mail in each Green Event book as you complete it in order to receive each award.
3. After you complete 10 events follow the instructions on the book and sent in to AVA.
4. As you approach the 5th event mark in your book consider purchasing your next Event book.

To learn about walking for "credit" and how to start your new walker packet, click here.

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.

AVA.ORG

CVA4U.ORG

SACRAMENTO WALKINGSTICKS.ORG