

THE SACRAMENTO WALKING STICKS  
*NO SWEAT GAZETTE*



OCTOBER, NOVEMBER & DECEMBER **2024**

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# TAKE NOTE

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**November 12<sup>th</sup> 2024**

**SWS QUARTERLY MEMBERSHIP MEETING**

*Rancho Cordova Public Library*

*6-8pm*

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**April 28<sup>th</sup> -May 2<sup>nd</sup> 2025**

**AVA BIENNIAL CONVENTION**

**LAS CRUCES, NEW MEXICO**

*Hosted by*

*American Volksporing Association*

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**JUNE 6<sup>th</sup> - 8<sup>th</sup> 2025**

**CALIFORNIA VOLKSSPORT ASSOCIATION  
ANNUAL CONVENTION**

**LIVERMORE, CALIFORNIA**

*Hosted by*

*San Francisco Bay Bandits & Delta Tule Trekkers*

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**Aug 14<sup>th</sup> - Aug 17<sup>th</sup> 2025**

**IVV OLYMPIAD**

**TAMPERE, FINLAND**

*Hosted by*

*American Volksporing Association*

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COVER PHOTO- Wednesday Night Walk in Folsom, Ca.

PHOTOGRAPHER- Marie Robb

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# FOOTNOTES

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*Greetings Everyone,*

**I'm back and so thankful to be back and in such good health.** If you saw me out at a walk before August 5<sup>th</sup>, you'll remember I was a mess of hurt. It was excruciating to get up off a chair and then to start walking. When I did attempt to do a volkswalk, I used my walking stick and rarely did I ever do more than a mile of walking. Finally, I got the OK from Dr. Kim that surgery was the next step, and it happened on August 5<sup>th</sup>. By the end of the first week, I took myself off Oxycodone and quickly noticed "the pain was gone!" I attribute my quick healing to being active doing this and that—day after day after day. I hadn't lost my muscle tone and once Dr. Kim did the surgery, I was able to heal. Imagine if you'd been sedentary because you hurt so much, had surgery and now you must regain your strength!

I saw my doctor on September 17<sup>th</sup> and got a thumbs up from him. So, I went on my first walk the next night in Gold River and it was fabulous to be back! We walked from Gold River to Fair Oaks, and I made it across the Fair Oaks Bridge and turned to walk back to Gold River. I walked without a stick and had no pain. Win/Win and I look forward to walking more often and walking a bit further, too. Thank you to all of you who had me in your thoughts and also helped out in various ways while I was recuperating.

Speaking of walking—have you ever seen the movie **The Way with Martin Sheen**? It's about a man's walking journey on the Camino de Santiago in Spain. It's funny, sad, inspiring and will get you thinking about doing the Camino, too. **It so happens that four of our Sticks members are on the journey now—Barbara Binaco, Janet Riley and Amul and Parul Purohit.** I'm hoping they'll want to share their stories with us when they return to Sacramento.

Have you ever been on one of my Road Adventures before? I pick a walk from another club, and we drive over during the week to walk, explore and have lunch together. Our last one was in Alameda, and we've got one coming up in Calistoga on Monday, October 14<sup>th</sup>. This walk is hosted by the *Sonoma County Stompers* and our walk leaders from the *Sticks* will be Sally and her daughter Cory Coones. More information will be forthcoming ~ hope you can join in.

Moon walks will be back: **October's Hunter Moon** will take place in West Sacramento on the Clarksburg Branch Line Trail; **November's Beaver Moon** will take place in Elk Grove and the walk in **December will be a Cold Moon** in Sacramento's Pocket Area. They'll be phenomenal.

When was the last **Sticks Membership Meeting** you went to? Or maybe you've never been? We've got our last meeting for 2024 all set in stone—we're meeting at the Rancho Cordova Public Library on Tuesday, November 12<sup>th</sup> from 6 to 8 pm. They're fun, interesting and we hope you'll make an effort to come join in.

Last but not least—**we've got some extra-special walks coming up**, so print out the calendar in this newsletter and hang it up so you won't miss any of them. Remember, too, you can always invite family and friends to join you at any of these. We'll be celebrating Halloween walking in the Sacramento Fab 40's. Thanksgiving morning we like to walk the Run to Feed the Hungry together. And December will be filled with our Christmas Lights Night Walks:

Looking forward to seeing you out on the trails in the months to come,

**Barbara Nuss, your President**



*Barbara's first walk after hip replacement surgery.  
Gold River on Wednesday, September 18<sup>th</sup> with the Robb Family*

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## FALL WALKIN'

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*"A fallen leaf is nothing more than a summer's wave goodbye"*

**October 5<sup>th</sup> at 9:15<sup>am</sup>**

**Friendship Walk- Maidu Park**

**Roseville, 6 or 12k**

*Hosted by Placer Pacers*

*Nice walk through neighborhoods, bike paths and Maidu Park.*

**SPECIAL PROGRAMS:** *Par-For-The-Course/Walking with Vets/CC Placer County*

**October 12<sup>th</sup> at 8:00<sup>am</sup>**

**Traditional Walk- Historic Winters**

**Winters, 5 or 10k**

*Hosted by Vaca Valley Volks*

*The walk starts at City Park. It continues through quiet streets with historic homes and along the Putah Creek Nature Trail. Despite it's small size Winters is home to unique shops, restaurants, galleries, and a one-of-a-kind coffee house while at the same time offering it's residents a host of amenities, recreation activities, and avoids the traffic congestion of faster growing Northern California counterparts.*

**SPECIAL PROGRAMS:** *Town Hall-City Hall/ CC Napa County*

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## HALLOWEEN WALKIN'

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October 31<sup>st</sup> at 6:15<sup>pm</sup>  
Halloween Night

**Sacramento**

Fab 40's

Hosted by SWS

October 26<sup>th</sup> at 8:30<sup>am</sup>

**Traditional Spooky Walk**

**Ripon, 5 or 10k**

Hosted by Delta Tule Trekkers

A fun-filled spooky walk along paved and dirt trails through the woods.

Beware! Ghosts and goblins may be lurking along the trails.

Wear your costume for a contest at noon.

Prizes for the best!

**SPECIAL PROGRAMS:** *Par-For-The-Course/ Rails-To-Trails/ CC San Joaquin County*

This event is held inside Caswell Memorial State Park that has a required entrance fee.

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## THE HUNT: SPECIAL PROGRAMS

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The Special Program speaks to the detective in us all. The hunt begins with a program that peaks your interest. For example, The Lighthouse Program. When you sign up for the Lighthouse program, a small passport-style book is sent to you, and it is your job to search out the walks that will have your program somewhere along the walk! At least you know walks on the ocean will help to complete this program. Each time you do a walk that includes your program, you will get a stamp at the registration desk. Once you complete the required number of walks, you turn in your book, and a patch or pin of completion is sent to you.

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

## 2025 : *walking with the wild things*

***Wild Things - they CAN be found among us! Maybe you've seen some or even met some on a walk. They can take on many different shapes and appearances such as trolls, gargoyles, fairies, and gnomes. Once you start looking for them, you are almost certain to find them "hiding in plain sight."***

An event must go by a Wild Thing (troll, gargoyle, fairy, or gnome) to qualify. Complete 15 qualifying events to receive a fully-embroidered patch designed by Dorman Batson. A qualifying stamp shall only be used once per year per qualifier but may be repeated in a different year.

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

This special program is hosted by the Capitol Volkssport Club.

Please print and complete [this request form](#) and mail it with a check for \$12 per book payable to Capitol Volkssport Club (or CVC), C/O Pam Greig-Davis, 6623 Riviera Ct SE Lacey, WA 98513. Please include your mailing address and email address with your request.

Program runs January 1, 2025 - December 31, 2027. Redeem completed books by December 31, 2028.

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## SPECIAL PROGRAMS

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### *Walking the United States (50 States/51 Capitals)*

**TWO WALKS: EVENING OF OCTOBER 30<sup>TH</sup> AND MORNING OF NOVEMBER 23<sup>RD</sup>**



Walk our land and achieve the goal of walking in each state and/or each state capital. Special record books now available to chart your progress towards this goal.

Earn special recognition! Complete an AVA walk in all 50 states or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate.

Runs indefinitely

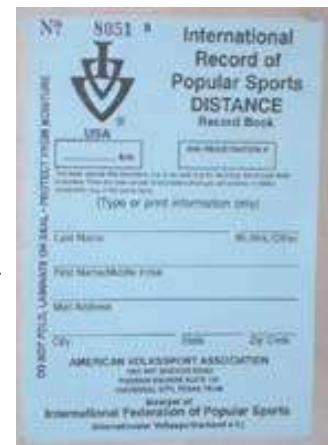
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### *Distance Books*

#### **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.

The first 500 km Pin and Patch:



[To learn about walking for "credit" and how to start your new walker packet, click here.](#)

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## WALKING THE UNITED STATES: CAPITALS

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The Evening of October 30<sup>th</sup> at 6:15<sup>pm</sup>

North Natomas

Sacramento

Hosted by SWS

The route is through new residential areas, lovely local parks, protected marshlands and waterways, and by the Natomas Center of American River College.

**SPECIAL PROGRAMS:** *Par-For-The-Course/ Rails-To-Trails/Walking United States Capitals/ CC Sacramento County*



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## WALKING THE UNITED STATES: CAPITALS

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The Morning of November 23<sup>rd</sup> at 9:15<sup>am</sup>

Wayne Holloway Memorial Walk

Sacramento Capitol, 5 or 10k

Hosted by CVA

The walk is mostly on sidewalks through historic downtown Sacramento. The route goes through historic "Old Sac" with its many shops and museums. It goes through the Capitol Building and passes Sutter's Fort, the old Governor's Mansion and many more. There are accommodating establishments along the route, the first after you enter Old Sacramento. The 6 km route includes the above mentioned places except Sutter's Fort. Dogs are not allowed in the Capitol Building, Sutter's Fort, Governor's Mansion or museums.

**SPECIAL PROGRAMS:** *Step to the Beat/Walking United States Capitals/ CC Sacramento County*

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## ROVING READERS

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### *ALL ABOARD THE ARKS- a book walk*

*By Cory Coones*

*The Last Thing He Told Me*, by *Laura Dave* was our book. A mystery centered around a family that lived on a houseboat in Sausalito, California. Our walk followed the shoreline and footsteps of those living a waterborne life. Fabulous Fun.

At the end of the walk we had some great lunch options! One of the best BLATs (Bacon, Lettuce, Tomato with Avocado) I have ever had!! Lunch was brought back to shade at the Bay Model Visitor Center and discussion ensued.

*CLICK FOR PHOTOS*



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## ROVING REPORTER

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*A Trip to the Great Lakes- a journey*

*From Jean Lucas- Great Fun!*



Lake Huron  
Arch Rock

Arch Rock is Mackinac Island's most iconic natural formation. Sculpted from the adjacent cliffside by ancient Lake Nipissing, this graceful 50-foot span has defied gravity for the past 4,000 years. The arch towers nearly 150 feet above Lake Huron, one of the largest bodies of freshwater on planet Earth.

*CLICK FOR PHOTOS*



# OCTOBER WALKS & RIDES

MORNINGS AT 9:15 <sup>AM</sup> / EVENINGS AT 6:15 <sup>PM</sup> / MOONWALK AT 8:00 <sup>PM</sup> / ROAD TRIPS AT 10 <sup>AM</sup> / TRADITIONAL EVENT 8:00 <sup>AM</sup>-12:00 <sup>PM</sup> / FRIENDSHIP WALK 9:15 <sup>AM</sup>

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 MORNING WALK Davis (10am) <i>University</i>	2 EVENING WALK Sacramento <i>Pocket Area</i>	3 MORNING WALK Carmichael <i>Ancil Hoffman Park</i>	4	5 FRIENDSHIP Roseville <i>Maidu Park</i> Placer Pacers
6	7	8 MORNING WALK Sacramento <i>Midtown to East Sac</i>	9 EVENING WALK East Elk Grove <i>Recreational Trails</i>	10 MORNING WALK Sacramento <i>No. Laguna Creek Wildlife Area</i> MORNING RIDE Sacramento <i>American River</i>	11	12 TRADITIONAL Winters <i>Historic Town</i> Vaca Valley Volks
13	14 ROAD TRIP Calistoga	15 MORNING WALK Sacramento <i>Elmhurst to East Sac</i>	16 EVENING WALK West Sacramento <i>Clarksburg Branch Line</i>	17 MORNING WALK Sacramento <i>South Natomas</i> MOONWALK Hunter Moon West Sacramento <i>Clarksburg Branch Line</i>	18	19 TRADITIONAL Cambria <i>Scarecrow Festival</i> Central Coast Beach <i>Boardwalkers</i>
20	21	22 MORNING WALK Sacramento <i>Hidden Murals</i>	23 EVENING WALK Sacramento <i>Elmhurst to East Sac</i>	24 MORNING WALK Sacramento <i>Arden Park</i> MORNING RIDE Sacramento <i>Arden Park</i>	25	26 TRADITIONAL Caswell State Park <i>Spook Walk</i> Delta Tule Trekker
27	28	29 MORNING WALK East Elk Grove <i>Recreational Trails</i>	30 EVENING WALK Sacramento <i>North Natomas</i>	31 MORNING WALK Folsom <i>Historic Town</i> EVENING WALK Sacramento <i>FAB40's Halloween</i>		


## NOVEMBER WALKS & RIDES

**MORNINGS AT 9:15 <sup>AM</sup> / EVENINGS AT 6:15 <sup>PM</sup> / MOONWALK AT 8:00 <sup>PM</sup> / ROAD TRIPS AT 10 <sup>AM</sup> / TRADITIONAL EVENT 8:00 <sup>AM</sup>-12:00 <sup>PM</sup> / FRIENDSHIP WALK 9:15 <sup>AM</sup>**

SUN	MO	TUE	WED	THUR	FRI	SAT
TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : <a href="http://SACRAMENTO WALKINGSTICKS.ORG">SACRAMENTO WALKINGSTICKS.ORG</a> OR CHECK WALK ALERTS					1	2 FRIENDSHIP Auburn Placer County Museum Placer Pacers
3	4	5 MORNING WALK Sacramento <i>Sierra Oaks Vista</i>	6 EVENING WALK Sacramento <i>Jane Graham Land Park Loop</i>	7 MORNING WALK Sacramento <i>Capitol</i>  MORNING RIDE Sacramento <i>Lincoln Bike Tour</i>	8	9 TRADITIONAL San Francisco gam <i>Downtown Up &amp; Down SF Bay Bandits</i>
10	11	12 MORNING WALK Elk Grove <i>EG Creek Watershed</i>  MEMBERSHIP MEETING <i>Rancho Cordova Library 6<sup>pm</sup></i>	13 EVENING WALK Sacramento <i>Hidden Murals</i>	14 MORNING WALK Sacramento <i>Ashton Park</i>	15 MOONWALK Beaver Moon Elk Grove <i>Recreational Trails</i>	16 FRIENDSHIP YOU PICK <i>Mill Valley Loop Sausalito Loop Vaca Valley Volks</i>
17	18	19 MORNING WALK Sacramento <i>Curtis Park</i>	20 EVENING WALK Elk Grove <i>EG Creek Watershed</i>	21 MORNING WALK Elk Grove <i>Around the Lakes</i>  MORNING RIDE Davis <i>Circle Tour</i>	22	23 FRIENDSHIP Sacramento <i>Wayne Holloway Memorial Walk Capitol CVA</i>
24	25	26 MORNING WALK Galt <i>Consumnes River Pre- serve</i>	27 EVENING WALK Davis <i>Tunnel &amp; Bridges</i>	28 <i>Thanksgiving</i>  Feed the Hungry Run	29	30 FRIENDSHIP Petaluma <i>Historic Town Sonoma County Stompers</i>

# December Walks & Rides

**MORNINGS AT 9:15 AM / EVENINGS AT 6:15 PM / MOONWALK AT 8:00 PM / ROAD TRIPS AT 10 AM / TRADITIONAL EVENT 8:00 AM~12:00 PM / FRIENDSHIP WALK 9:15 AM**

SUN	MO	TUE	WED	THUR	FRI	SAT
1	2	3 MORNING WALK Sacramento <i>American River</i>	4 EVENING WALK Sacramento <i>Sierra Oaks Vista</i>	5 MORNING WALK Sacramento Pocket Area MORNING RIDE Roseville <i>NW Roseville Tour</i>	6	7 TRADITIONAL Sutter Creek <i>Christmas Walk</i> <i>Delta Tule Trekkers</i>
8 THEATER OF LIGHTS Sacramento <i>West Sac to Old Sac</i>	9	10 MORNING WALK Davis <i>So. Davis-El Macero</i>	11 EVENING WALK Sacramento <i>Capitol</i>	12 MORNING WALK Fair Oaks <i>Historic Town</i>	13 CHRISTMAS LIGHTS Sacramento <i>West Sac to the Capitol</i>	14 TRADITIONAL Willow Glen 3:30 <sup>pm</sup> <i>Christmas Lights</i> <i>South Bay Striders</i>
15 MOONWALK Cold Moon Sacramento Pocket Area- Levee	16	17 MORNING WALK Davis <i>Tunnels &amp; Bridges</i>	18 EVENING WALK Sacramento <i>No. Laguna Creek</i> <i>Wildlife Area</i>	19 MORNING WALK Roseville Sculpture Park MORNING RIDE Sacramento <i>Pocket Area</i>	20 CHRISTMAS LIGHTS Sacramento <i>Fab 40's</i>	21 FRIENDSHIP Davis <i>Tunnels &amp; Bridges</i> SWS
22 CHRISTMAS LIGHTS Sacramento <i>T Street</i>	23	24 MORNING WALK Carmichael <i>Hidden Parks</i>		26 MORNING WALK Sacramento <i>Campus Commons/</i> <i>Sierra Oaks</i>	27	28 FRIENDSHIP Lincoln <i>Lincoln Trails</i> <i>Placer Pacers</i>
29	30	31 MORNING WALK Elk Grove <i>EG Regional Park</i>	<p>TO FIND START LOCATIONS AND CONFIRM TIMES PLEASE VISIT THE CALENDAR OF EVENTS USING THIS LINK : <a href="http://WWW.SACRAMENTO WALKINGSTICKS.ORG">WWW.SACRAMENTO WALKINGSTICKS.ORG</a> OR CHECK WALK ALERTS</p>			

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# *Christmas Walking*

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## *Local Christmas Light Walks*



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## VOLUNTEER HIGHLIGHTS

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## Q & A

*With Priscilla Fife*

**Q. Have you always been a reader? What is your relationship with reading over the years?**

**A.** I've always been a reader. I still remember what a thrill it was to get my first library card in San Antonio, Texas and how I loved going to the library. I still have some of my Bluebonnet Reader Award Certificates for reading a certain number of books each year in Elementary School.

As a child, I loved all the Little House books by Laura Ingalls Wilder and The Boxcar Children by Gertrude Chandler Warner. I still have copies of some of my favorite books: The Boxcar Children, The White Stag by Kate Seredy, Back of the North Wind by George McDonald and The Giant Golden Book of Elves and Fairies illustrated by Garth Williams. As I grew older, my dad would

send me books for birthdays and Christmas which I still have - The Golden Treasury of Poetry edited by Louis Untermeyer, and The Black Stallion series by Walter Farley and other books about horses.

As a teenager, I became obsessed with science fiction and fantasy. What a great escape from the stresses of teen life! I could get completely off the planet! This continued into young adulthood.

As a teacher of young children for 30 years, I fell in love with children's literature. And I saved my favorite books to share with my grandchildren when they came along.

Now my tastes are very eclectic. I still love science fiction but also enjoy historical fiction and detective novels. And some history

and science books are very interesting. And I still love poetry. My current favorite poet is Mary Oliver.

**Q. What book has been the most influential on you as a person?**

**A.** One of the authors who has had a great influence on me is Ursula K Leguin. Her books are considered science fiction but are really about people of different cultures trying to understand and accept each other.

Doris Lessing also greatly influenced me. She wrote about growing up in a British colony in Africa, becoming involved in the socialist movement as a young woman and gradually becoming disillusioned with the reality of what the Soviet Union became.



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## VOLUNTEER HIGHLIGHTS

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She also wrote about becoming an independent woman in spite of the social restrictions imposed on her.

Recently, I've been influenced by the writings of Kim Stanley Robinson. His books are also considered science fiction but show a way forward through the difficult times ahead for us due to the severe climate changes we have brought on ourselves using fossil fuels and destroying the natural environment. His books give me hope for the future.

**Q. Do you have a personal preference on the way you read? Book, Audio?**

**A.** I prefer to read a print copy of a book - I like to look at the cover, turn the pages, read the book description, read about the author and so on. Sometimes print copies will have discussion questions and author interviews at the end. I like audiobooks but no longer have a cd player in my car. I know I can get them on my cell phone but have never gotten around to learning how to do it.

**Q. What is your history with the SWS book club?**

**A.** In 2009, I moved from Texas, where I had lived my whole life, to Sacramento to help care for my grandchildren while my daughter attended nursing school. I joined

the Walking Sticks and loved it. I mentioned one time to Barbara Nuss how much I missed my Austin book club. She suggested I start a walking book club and had a list of books to get started.

At first, I said no but then decided to give it a try. I was sure that the supply of books somehow related to places where we walk would soon run out. So in October 2010, we started with The Wildwater Walking Club by Claire Cook. We did a 5K walk on the Gold River/Sunrise YRE.

For many years, I tried to do a walk every month but now, I do a walk when I find a book I want to share that has some connection to a YRE in Northern California.

**Q. Where is the farthest location a book walk has taken you?**

**A.** Dana Point in Southern California at the 2013 CVA Convention. The next farthest point was Lake Tahoe where we walked a mystery set in Lake Tahoe. Then Lake Winnemucca when we read Wild by Cheryl Strayed.

**Q. What is your favorite reward in helping others see the world around them through your book choices?**

**A.** When someone tells me how much they enjoyed the

book. Especially, if the book was able to touch them in some way or when they relate some personal experience to the book.

**Q. What do you like to share with new walkers when talking to them about the book club walks?**

**A.** I want them to know that reading the book is not required but I hope they will. That book discussions are open to everyone, even if they haven't read the book. I want them to know that no one is ever required to talk during the discussions. I explain how the places we walk will have some connection to the book although sometimes the connection is pretty vague - When we read a 'Chet and Bernie' mystery in which the narrator is the detective's dog, we walked in a park with a dog park.

**Q. How do you pick a book? What elements do you have to consider?**

**A.** The best selections are books that take place in places where we have YRE walks available. Next best is a book about walking specifically. Then there are books that I just love and can find some connections to a place where we walk.

*Continued on next page*

# VOLUNTEER HIGHLIGHTS

The books always have to have multiple copies available through the public library and also be available online. The walks are kept to 5 or 6 km, so we have time for lunch and discussion afterwards.

Many books are recommended to me by other walkers and I learn about others online and on the radio and tv.

**Q.** What aspect of designing a walk around a book do you find the most fun?

**A.** The most fun is finding the places mentioned in the book and designing a walk to include them.

**Q.** How many miles/hours does it take to design a walk?

**A.** Lots. If I need to modify an existing YRE to include places mentioned in the book, I research online, make a proposed walk route using a mapping program, do an exploratory walk, and sometimes do a another walk to check the directions. But I love doing it otherwise I wouldn't still be doing it.

**Q.** Do you have a book you like to recommend to others?

**A.** There isn't just one. There are too many wonderful books out there. The book I've enjoyed the most recently is A Thousand Acres by Jane Smiley.

*Thank You for all you do Priscilla!  
No Sweat Gazette Reporter*

Angel  
Island  
2024



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## THANK YOU NOTES

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**Thanks** to all the walkers, over the past year, who shared kind words, improvements, ideas, walking stories and/or photos. It has been a privilege compiling your stories and experiences on the pages of the newsletter for others to enjoy. See you in 2025.

*The newsletter will always be at it's best when  
its content reflects member experiences.*

### MEMBERS THAT CONTRIBUTED CONTENT FOR THE AUGUST/SEPTEMBER 2024 EDITION

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

- ◆ Barbara Nuss
- ◆ Barbara Haig
- ◆ Carole Soenke
- ◆ Debbie Thomas
- ◆ Eliza Kropp
- ◆ Gail Samcoff
- ◆ Janet Riley
- ◆ Jennifer Stanley
- ◆ Joanne Jensen
- ◆ Joann McCrea
- ◆ Jocelyn Blinn
- ◆ Kris Ericson-Cano
- ◆ Nancy Harris
- ◆ Paul & Marie Robb
- ◆ Priscilla Fife
- ◆ Robert Perricone
- ◆ Sally Coones
- ◆ Steve & Gale Hughart
- ◆ Zori Lozano-Friedrich



## YEAR ROUND WALK UPDATES



My grandson, Adam on a Wednesday night walk in Folsom.

He's only 2 ½ years old, but he rejected his stroller and insisted on walking with us.

He did a great job of keeping up!

*Marie Robb*

### MORE SACRAMENTO WALKING STICKS HEROS

Point of Contacts are the folks that manage the walk boxes for the year round walks that we all enjoy! The walk box is where the registration paper work, fee envelope, stamps for special programs and most importantly, the map are found! The POC's are a very important part of the Sacramento Walking Sticks network of volunteers. [Click here](#) to see Year Round Walks.

**PLEASE NOTE:**  
CHANGES TO  
WALK BOX  
LOCATIONS

**CARMICHAEL:** registration for Hidden Parks is now at **FOODMAXX 4708 MANZANITA, CARMICHAEL 95608.**

**CARMICHAEL:** registration for Ancil Hoffman is now **REMOTE.**

**CITRUS HEIGHTS:** registration for Stock Ranch is now **REMOTE.**

**DAVIS:** registration box for South Davis/El Macero and Tunnel & Bridges Walk/Bike is at **SAFEGWAY GROCERY STORE, 2121 COWELL BLVD., DAVIS 95618**

**FOLSOM:** registration box for Historic Folsom is at the **FOLSOM PUBLIC LIBRARY, 411 STAFFORD STREET, FOLSOM 95630**

**SACRAMENTO:** registration box for Curtis Park & Land Park Loop is at **PARKSIDE PHARMACY 4404 DEL RIO ROAD, SACRAMENTO 95822**

**WEST SACRAMENTO:** registration box for River Walk is at **ARTHUR F. TURNER COMMUNITY LIBRARY, 1212 MERKLEY AVE., WEST SACRAMENTO 95691**

## 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>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
	Heidi Foster, 916.792.1720	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

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# SAUSALITO BOOK WALK AUGUST 2024

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Diane



Josie & Sally



Charlotte



Terri



Cory & Dave

# SAUSALITO BOOK WALK AUGUST 2024



# SAUSALITO BOOK WALK AUGUST 2024



Josie & Dave on the South Forty Dock





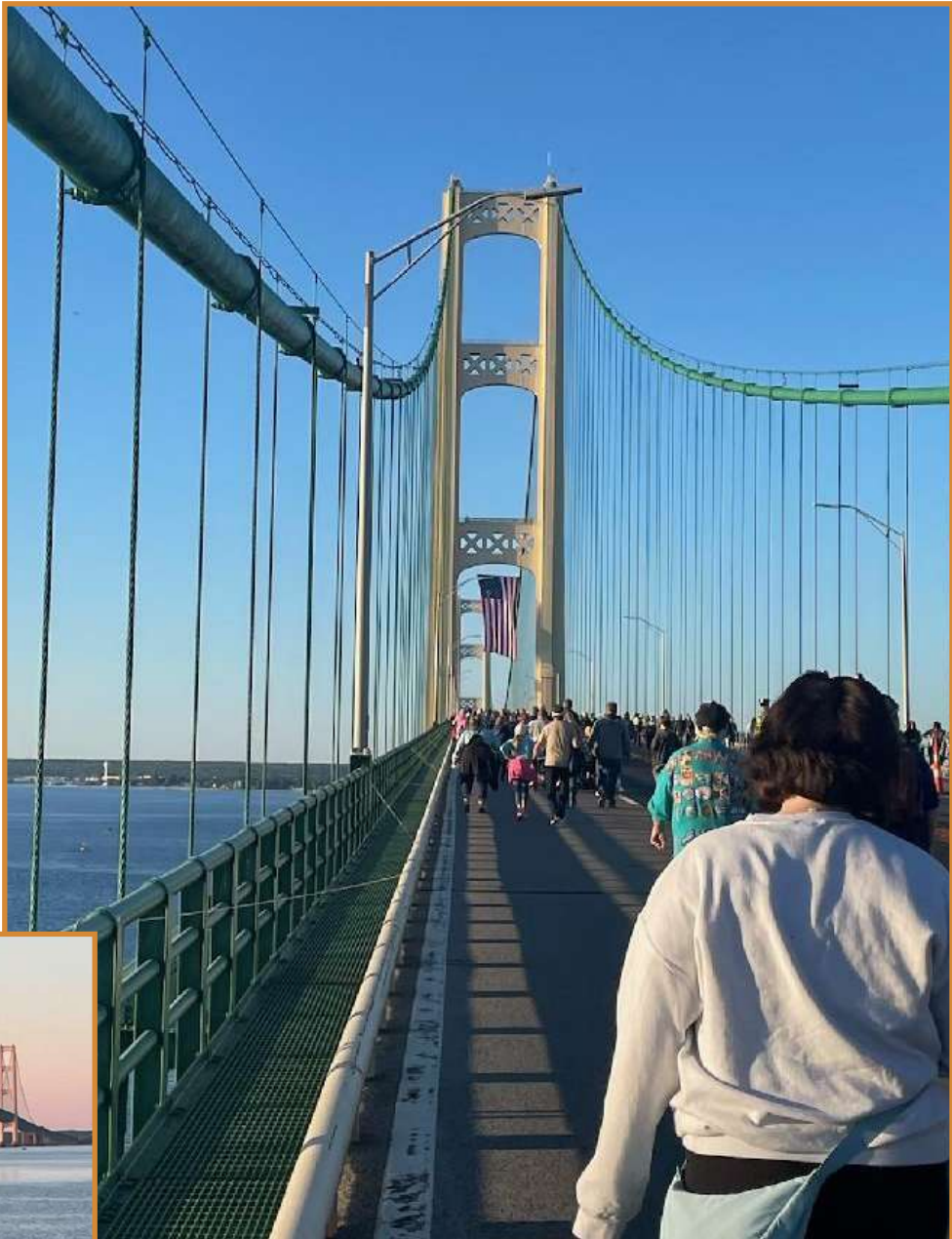
# SAUSALITO BOOK WALK AUGUST 2024



THE GREAT LAKES 2024

Mackinac Bridge  
on Labor Day

The Mackinac  
Bridge crosses the  
Straits of Mackinac,  
which connects  
Lake Michigan and  
Lake Huron.

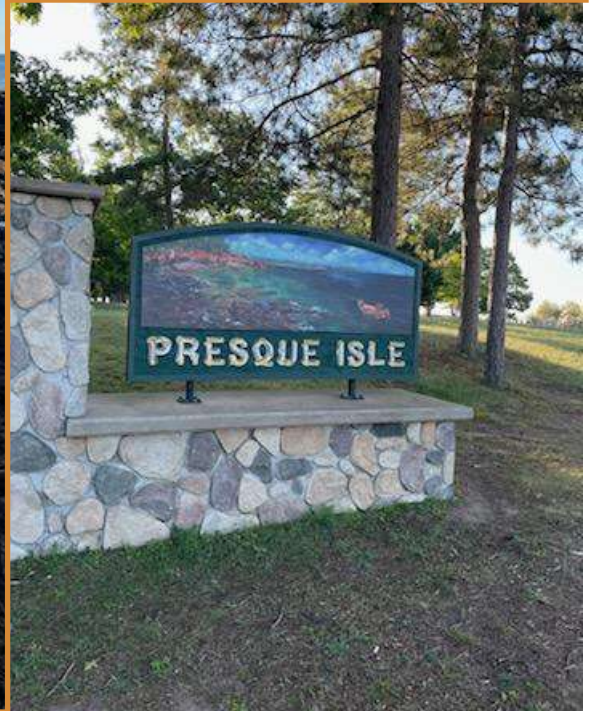
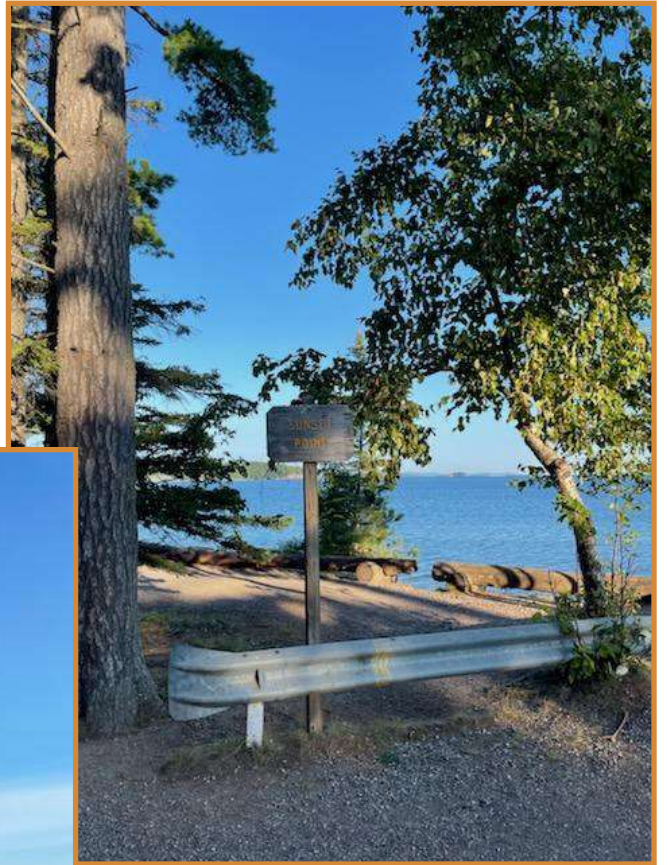


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# THE GREAT LAKES 2024

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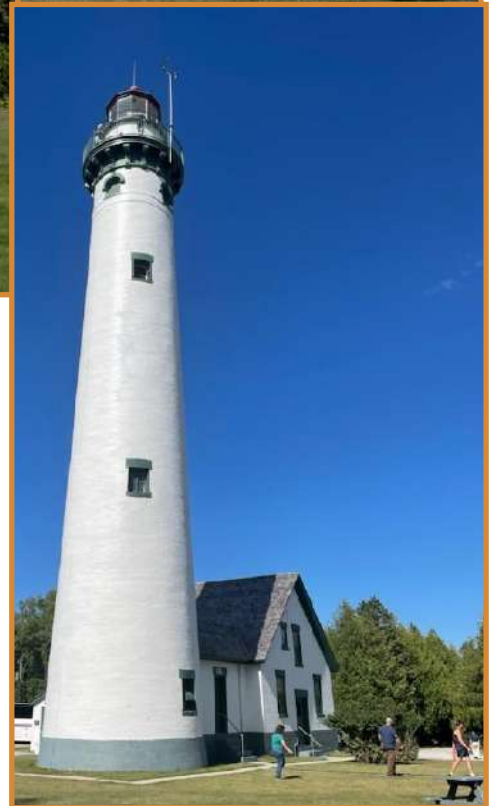
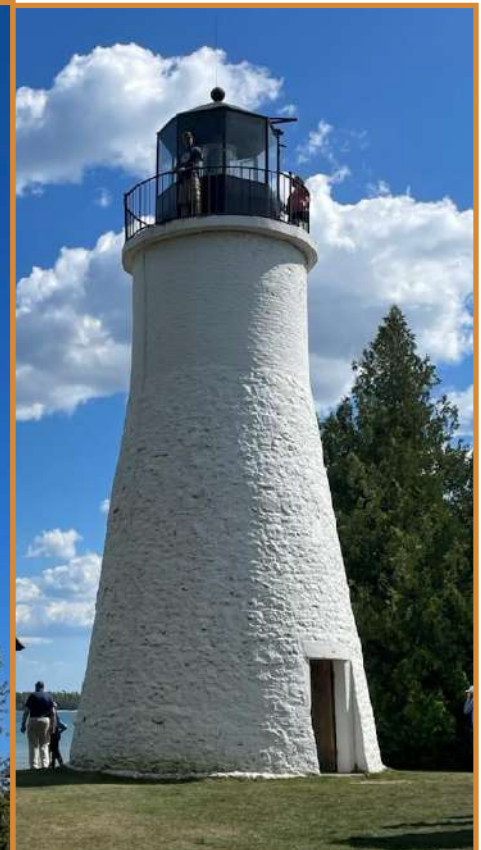
Lake Superior  
Presque Isles State Park



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# THE GREAT LAKES 2024

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Lake Erie and Lake Huron  
Lighthouses

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# THE GREAT LAKES 2024

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## Lake Michigan Sturgeon Bay Fish Boil



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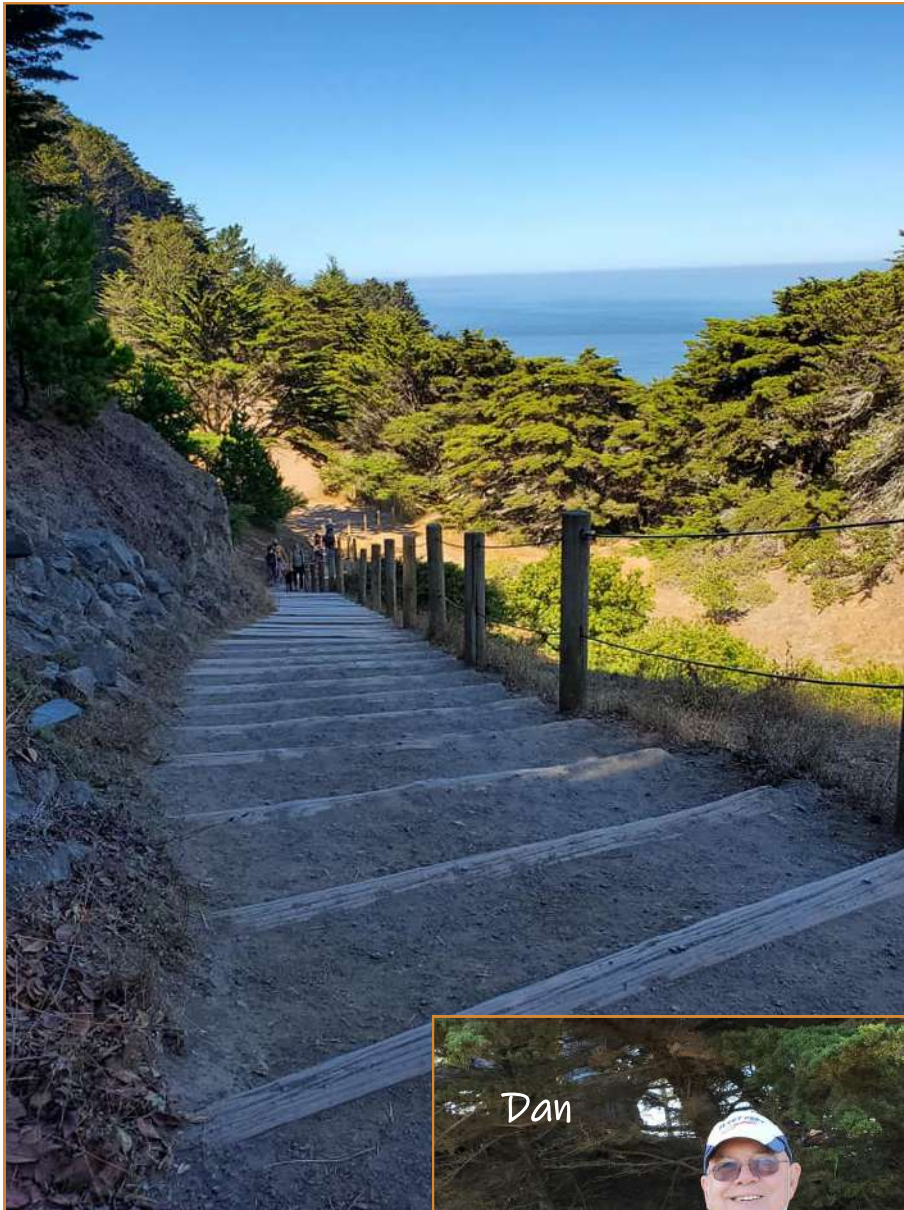
FUN, FITNESS, & FRIENDSHIP; RETROSPECTIVE 2020

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Photos by Joanne Jensen

FUN, FITNESS, & FRIENDSHIP; RETROSPECTIVE 2020



Anne



Cory & Sally



Dan





**AMERICA'S  
WALKING CLUB**

— ESTABLISHED 1976 —

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



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

## **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.

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