



NO SWEAT GAZETTE
JULY & AUGUST 2026

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CLUB MEETING
Carmichael Library
AUGUST 13TH
6 TO 8 PM

COVER PHOTO
BY BRUCE CALKINS

*Big Thanks to Bruce
for sharing his
Temecula Photos with
the No Sweat Gazette!*

SAN FRANCISCO BAY BANDITS TRADITIONAL WALK

50 WORKS OF ART FOR 50 YEARS OF WALKING IN SAN FRANCISCO



Friday, July 24th & July 25th

G & 11 k - Rated 1A

No hills, little stair climbing and entirely on pavement

Please note that lobbies are open on Friday but closed Saturday. Walkers can view indoor art through windows.

Registration 9:00^{am} to Noon.

Finish by 3^{pm}

Pre-register with Mary Bond at bondsfb@gmail.com

[Click here for all the details and driving directions](#)

SF has art from the Living New Deal era, the 1986 1% & 2% For Art mandate for new construction, The recent Big Art Loop pieces are largely from Burning Man events, and more.

Installed in plazas, on buildings, in lobbies, in gardens, some are immediately awe-inspiring, some take time to appreciate, some may excite you, and some may leave you cold.

This is an outdoor museum and the city is the gallery.

CORALEE By Artist Dana Albany

Special Programs; Anniversaries Hurrah/Par-For-The-Course/Rails-To-Trails/Step to the Beat/Walking with America's Veterans /Walking with the Wild Things

"I love walking because it clears your mind, enriches the soul, takes away stress and opens up your eyes to a whole new world." Claudette Dudley

GREETINGS,

How's summer been treating you so far? Every time I watch the news, I'm more thankful for where I live. Yes, we've had some warm weather, but we don't have humidity along with it and there's usually a bit of a delta breeze in the air. Floods, tornadoes, fires raging ... but so far, so good here in the Sacramento region.

Let's give a big shout out **THANK YOU to the Low Desert Roadrunners Club and the Central Coast Beach Boardwalkers for hosting the CVA Convention in Temecula in May.** There is so much planning involved—where shall we have the walks, what host hotel will we use, where will the big dinner be, etc. I was so proud that so many of you Sticks members joined in the big event, too. Our new slate of officers is:

President	Ron Sponaule,
Vice-President, North	Paul Robb
Vice-President, South/Central	Charlotte Henshaw
Secretary	Dinae Gomes
Treasurer	Cathy Pauley

Last, but not least, **our next CVA Convention will be up north and hosted by the Tahoe Trail Trekkers Club.** You might want to mark your calendars for 2 upcoming walks. The first is July 24-25 and hosted by the San Francisco Bay Bandits Club. They'll be helping celebrate AVA's 50th anniversary by hosting a traditional event called **50 Works of Art for 50 Years of Walking.** You'll need to pre-register, and for more information contact the club: Mary Bond at bondsfa@gmail.com or 415.336.0609

The second walk is on September 19th, otherwise known as **International Talk Like a Pirate Day!** The Sacramento Walking Sticks Club will be hosting this fun event, and more information will be forthcoming. For now, the walk will start at Joe's Crab Shack in Old Sacramento and we're hoping you'll want to dress up like a pirate and definitely talk like one. To brush up between now and then, you might want to binge watch some of those Pirates of the Caribbean movies starring Johnny Depp.

There are lots of walks to go on locally and you might want to **challenge yourself to a day or weekend getaway in California.** There are some outstanding walks in Tahoe or Monterey or along the coast between Carmel and Ventura. You could look up what clubs have to offer and walk a few of theirs. Remember that you can always contact their President and/or the walk's POC (point of contact) for more information if you need it.

I hope to see you on a walk in the months to come. Feel free to invite your family and friends to join you on a walk or bike ride in the months to come.

Barbara Nuss, President of the Sacramento Walking Sticks Club
916.217.9092, suki2010@mycci.net

VOLUNTEER OPPORTUNITIES

SUNSHINE COORDINATOR

- Makes all the members feel special!!
- Sends Member Birthday Cards
- Sends Member Get Well, Sympathy and Congratulation Cards

SPECIAL PROGRAMS COORDINATOR

- Works with Point of Contacts on applicable special programs

CLUB OFFICER SECRETARY

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

GOT SNEAKERS?

RECYCLE TENNIS SHOES

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

Feel free to contact Kim at kimadagana@gmail.com to arrange for you to drop shoes off at my house, or meet you



RONALD MCDONALD HOUSE

SODA POP CAN TABS

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

2026 CVA CONVENTION

TEMECULA, TEMECULA, OH TEMECULA!

Jennifer Stanley

Temecula means "place of  the sun"

The weekend of CVA Convention, May 15, 16 & 17th, weather wise was a mix. The mornings were overcast and cool, perfect walking weather. It cleared and sunny in the afternoons.

Old Town Temecula and near my Murrieta (site of the convention) have Historic Old Towns (Temecula was founded in 1859*). *I enjoyed many historic sites, local history (Temecula was on the immigrant trail), gardens and veteran memorials while walking.*



Immigrant Trail Mosaic

What I was most surprised of was the numerous beautiful horse ranges and large homes on the edge of town and the hillsides. I do need to include the many new home subdivisions that have sprouted up through out the area. Temecula has a population of 110,003 as of the 2020 census and was incorporated in December 1989*.

*wikipedia

2026 CVA CONVENTION



Tracy



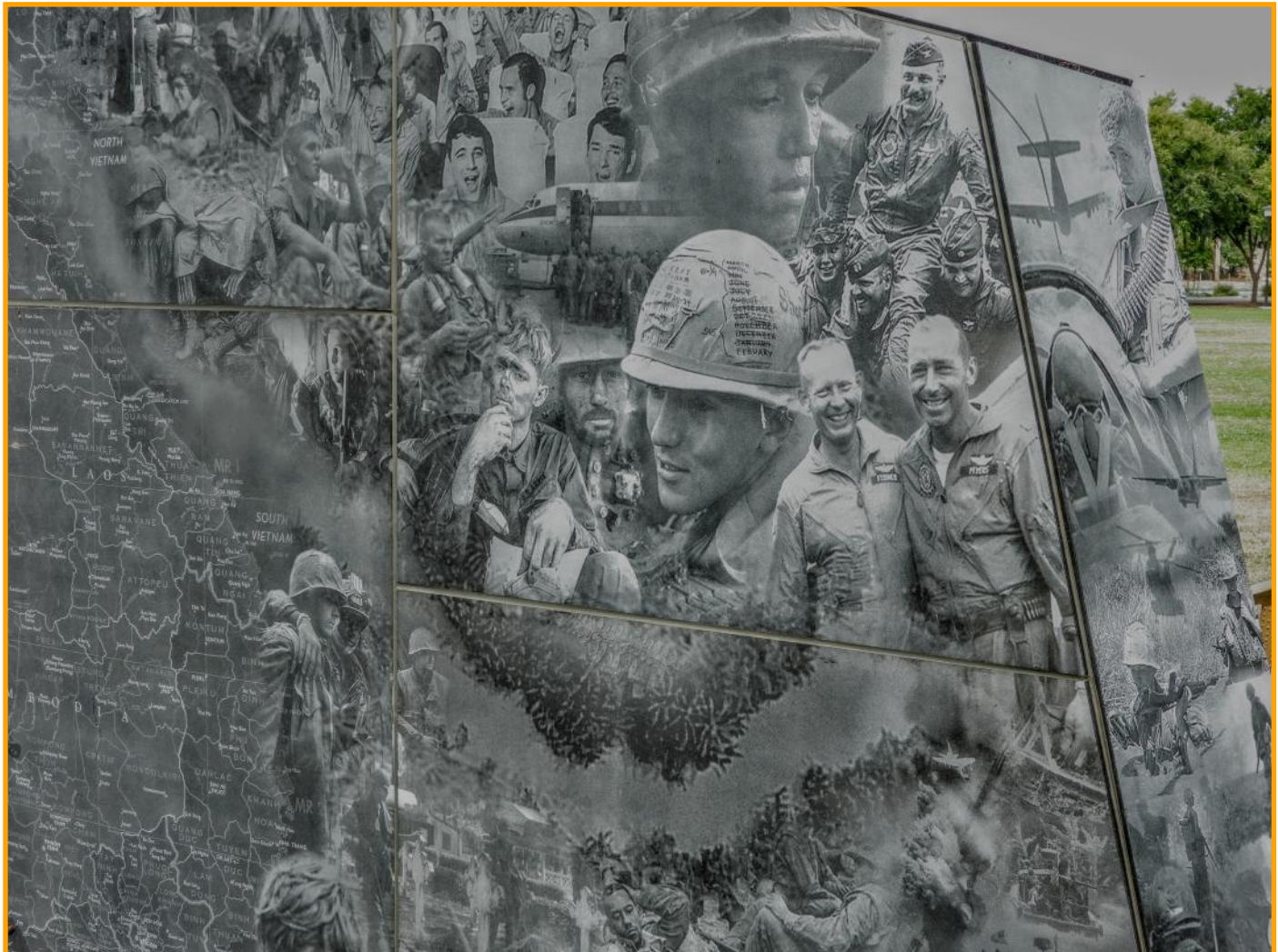
*Hanging out, walking and eating
with walking club friends
from throughout California
made the weekend memorable!*

Mike, Jennifer & Dan

2026 CVA CONVENTION

MURRIETA VETERANS MEMORIAL

Photos by Bruce Calkins



VIETNAM VETERANS MEMORIAL



VIETNAM
VETERANS
MEMORIAL



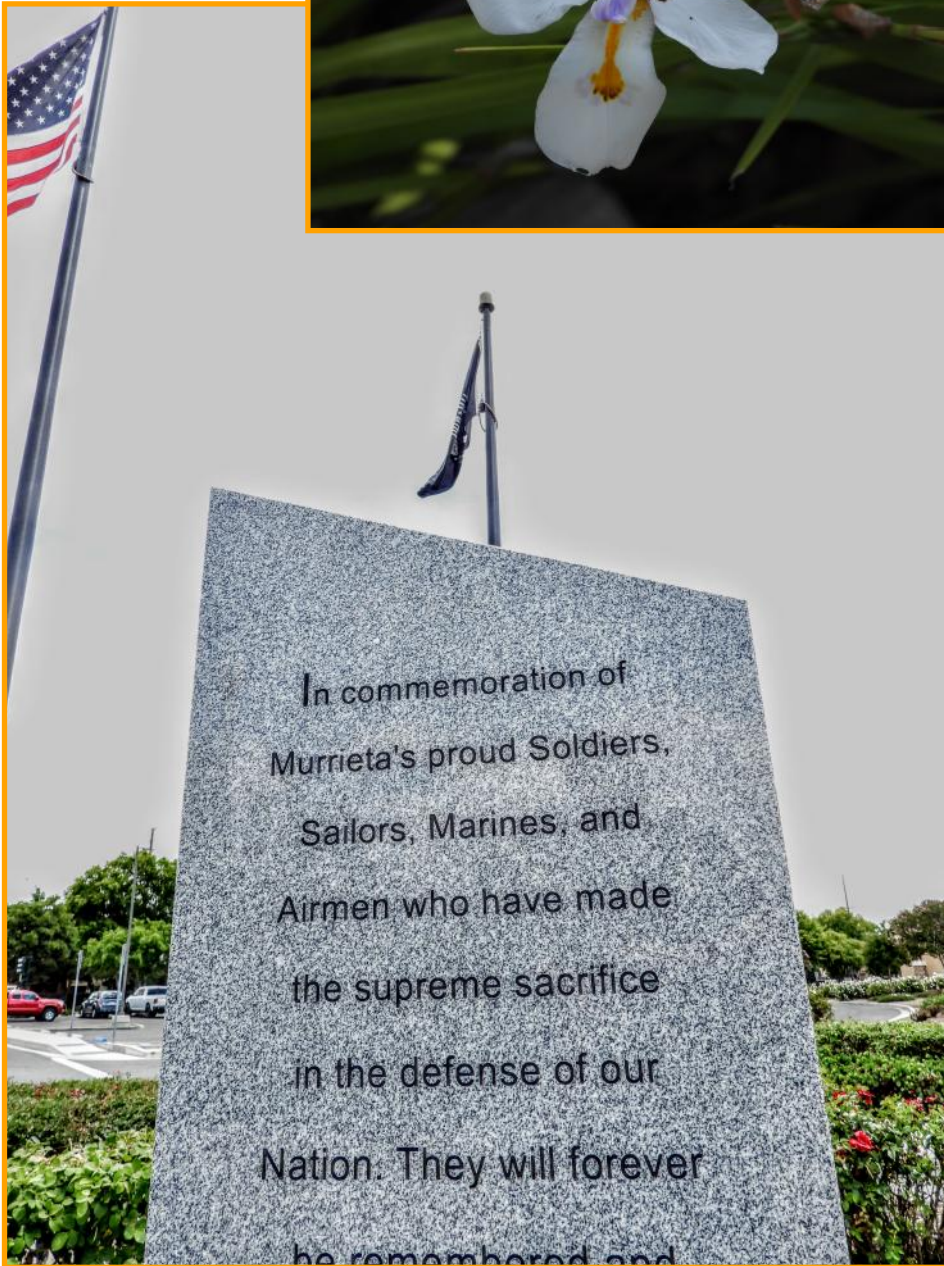
2026 CVA CONVENTION

MURRIETA VETERANS MEMORIAL

Photos by Bruce Calkins



VETERANS
MEMORIAL
OBELISK



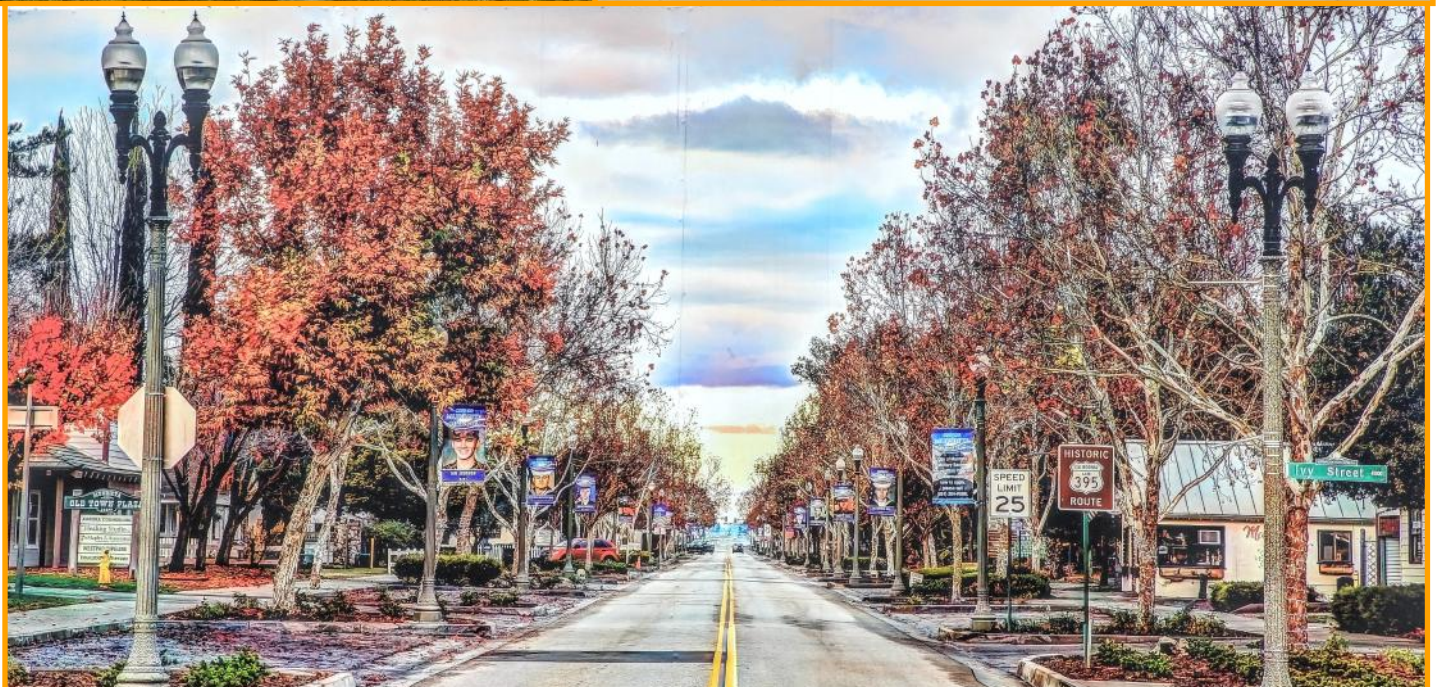
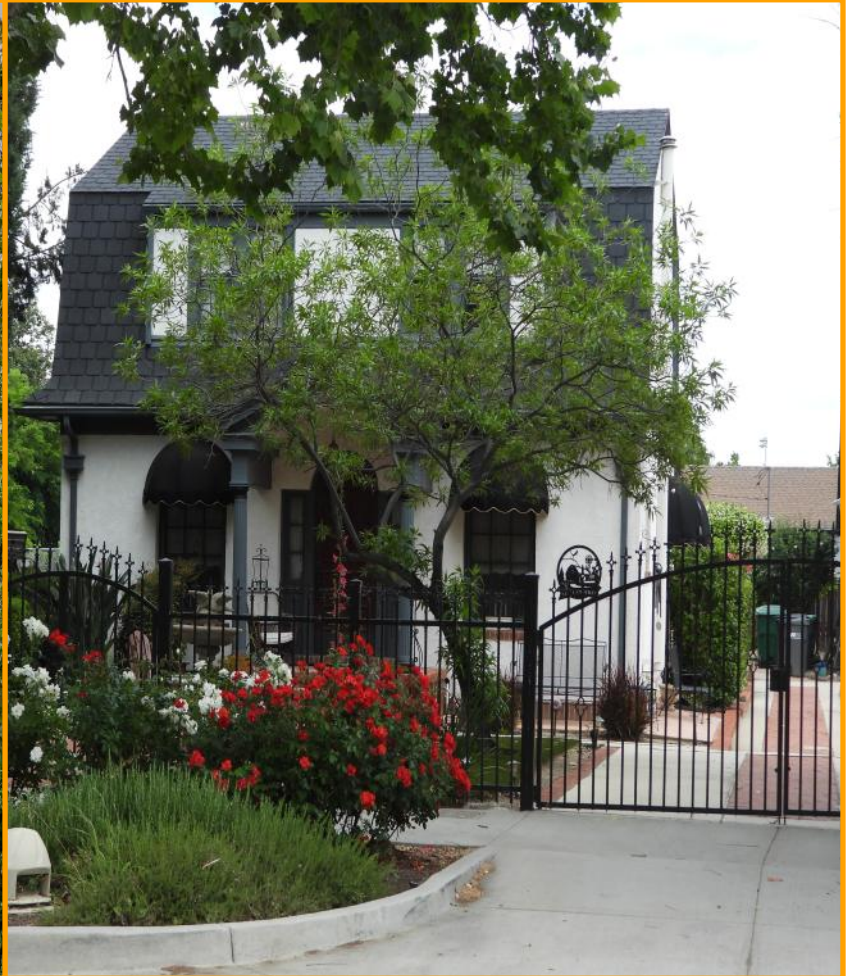
2026 CVA CONVENTION

HISTORIC MURRIETA

Photos by Bruce Calkins



2026 CVA CONVENTION



2026 CVA CONVENTION

ATTENDING IN MURRIETA

Barbara Nuss

Bruce Calkins Photos



I'm so glad I was able to attend the CVA Convention in Temecula. Janet Riley and I drove down and stayed at a nearby Holiday Inn.

I was impressed the entire weekend with how well everything was planned out for all of us- the Meet & Greet featured a full-on meal for us! How fun it was to see so many familiar faces from all over California.

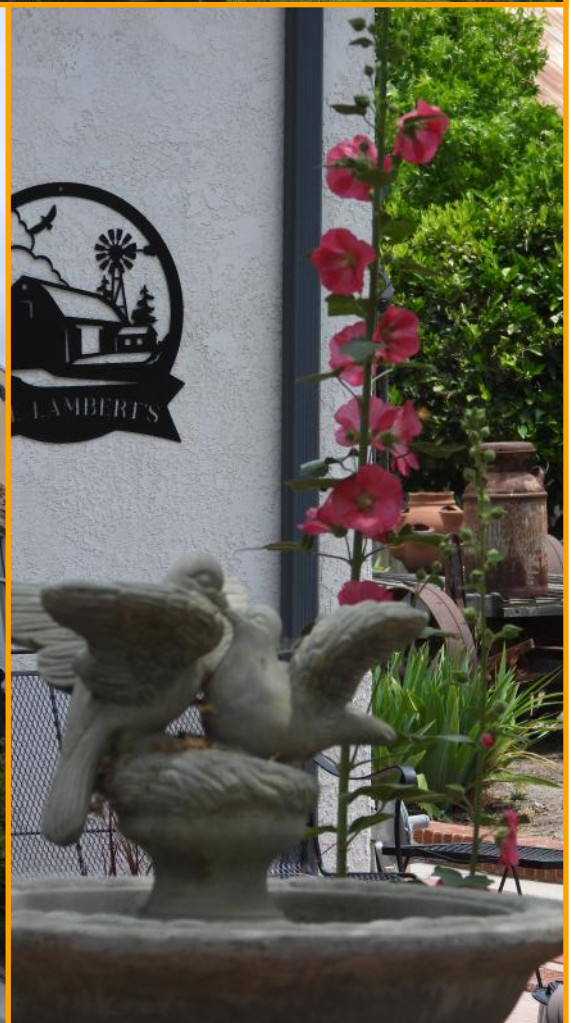
I went on only one walk Saturday morning and that featured the Rose Garden in Temecula. What a great surprise to meet up with Dan Green there! Dan is now living in Redding, and it was wonderful catching up.

Dinner at Black Bear Diner was delicious and **thanks to Ty Fredricks for his great job emceeing.**

Again, it was wonderful to see everyone who attended and what a great Convention it was. Thank you to all the CVA Officers for the time and effort they give to keep everything working so well.



2026 CVA CONVENTION



ADAM'S ADVENTURES

Gold River

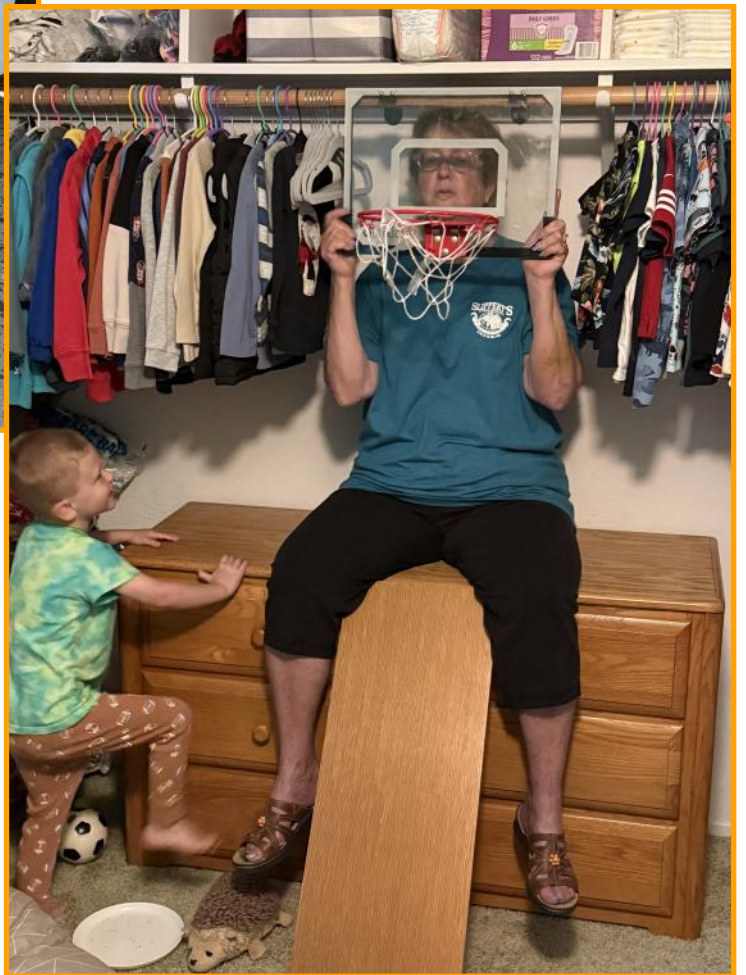
Marie "Mimi" Robb



ON a hot Wednesday in June, we spent the day with Adam: shooting basketballs in his bedroom, keeping cool with water balloon fights, and hiding rocks to find in the house. Sounds fun?

It was, but shooting basketballs Adam's way involved me sitting on his dresser with my head **BET**IND the basketball hoop.

Tossing water balloons Adam's way meant that he could throw them and drench us, but we were not allowed to throw water balloons at him. Hiding rocks was fun, but Adam defeated the purpose when he stayed in the room where I was hiding them. When it was his turn to hide the rocks, he laughed happily as he showed us where he hid them.



And he was ready for a Sticks walk in Gold River, one of his favorites. The heat didn't bother Adam, and he loved running along the path toward the bike trail (unlike his Mama who ran with him in 90-degree heat). At the pedestrian bridge that crosses the American River, he noticed the drainage holes and thought it would be great fun to return with balls and drop them down the holes into the river.



The labyrinth after the bridge is Adam's favorite part of the walk. He lined us up behind him and led us around and around to the center. He marveled, "How does it get closer and closer?" Before walking back to the start, we played Red Light/Green Light. He started running and slipped on some debris on the labyrinth.

He fell hard, scraping his hands and knees. That was the end of the fun: "I want to go home!" Mama held him, sat with him, and comforted him until he calmed down. Then, a very subdued little boy sat in the stroller all the way back, complaining occasionally about his painful scrapes. When Adam was in his car seat, ready to go home and tell Daddy, I kissed him goodnight, and he announced sadly, "This is a bad walk!"

TAHOE TRAIL TREKKERS TRADITIONAL WALK

A BEACH TO CASINOS STROLL NEVADA BEACH, NEVADA

SATURDAY, AUGUST 8TH

5 & 10k -Trail Rating 1B
Registration 9:00^{am} to Noon.
Finish by 3^{pm}

[Click here for all the details and driving directions](#)

Event is inside a city park and has an entrance fee of \$12 but alternative parking is available



Enjoy nature with a relaxing walk thru woods and meadows then, if doing the 10k, join the bustle of casinos, shops and eateries in Stateline. Trail is asphalt, except for a short distance on dirt, and mostly level with short, slight up-hills.

Special Programs; 5k - 50 States, Nevada & Walking USA/
10k—50 States, California, Par-For-The-Course & Walking USA

THANK YOU NOTES

CONTRIBUTORS TO THE MAY JUNE 2026 EDITION

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

- ♦ Barbara Nuss
- ♦ Gorgiana Alonzo
- ♦ Heidi Foster
- ♦ Kim Dagan
- ♦ Kris Ericson-Cano
- ♦ Myrna Jackson
- ♦ Priscilla Fife
- ♦ Tracy Harrison
- ♦ Robb Family—Paul, Marie, Adam & Ronan
- ♦ Steve Hughart



CENTRAL COAST BEACH BOARDWALK
TRADITIONAL WALK
LET'S WALK-ELEBRATE
TY FREDRIKS RETIREMENT
ORCUTT

SATURDAY, AUGUST 1ST

Start 9:00^{am} / Finish by 2^{pm}

5.5 & 10.5 k -Trail Rating 1A

[Click here for all the details](#)



After 20 years of teaching, Ty is switching gears. He is leaving Orcutt Academy High School and joining the Educational Outreach Team at the new Planes of Fame Air Museum at the Santa Maria Airport, which just happens to be 5k away. Ty's former and current students, past and current colleagues, family, friends, neighbors, and his extended Volksmarching inner circle are invited to experience this unique walk with crafts, games, activities, and all-around frivolity while walking from his old work to his new work.

NOTE: Walkers wishing to enjoy a 5k event are strongly encouraged to buddy up and leave one car at the airport and carpool to the school so a ride is waiting for them. Questions about this event can be directed to Ty Fredriks, tyandginger@gmail.com or (805)714-1552

Special Programs; Anniversaries Hurrah, Par for the Course, Step to the Beat

BECOME A MEMBER



<i>Individual</i>	\$15 per year
<i>Senior 55+</i>	\$10 per year
<i>Family</i>	\$25 per year

You do not have to belong to our 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! If you are not already a member we ask you to consider becoming one!

CLICK HERE TO BECOME A MEMBER

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.

JULY 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	F	SAT
			1 <i>Evening Walk Woodland Historic Downtown</i>	2	3 <i>4th of July Happy 250th</i>	4
5	6	7 <i>Morning Walk Citrus Ranch Stock Ranch</i>	8 <i>Evening Walk Sacramento Hidden Murals</i>	9 <i>Walk/Bike Ride Sacramento Arden Park Tour</i>	10	11
12	13	14 <i>Morning Walk Fair Oaks Historic Town</i>	15 <i>Evening Walk Carmichael Ancil Hoffman</i>	16	17	18 <i>Friendship Walk Tahoe Trail Trekkers Tahoma or Tahoe City Walks</i>
19	20	21 <i>Morning Walk Sacramento Hidden Murals</i>	22 <i>Evening Walk Davis SE Tunnels &</i>	23 <i>Bike Ride Lincoln Lincoln Tour</i>	24 th & 25 th <i>Traditional walk SF Bay Bandits 50 Works of Art for 50 Years of Walking</i>	
26	27	28 <i>Morning Walk Sacramento Curtis Park</i>	29 <i>Evening Walk Elk Grove Around the Lakes</i>	30	31	

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	F	SAT
						1 <i>Traditional Walk</i> <i>CC Beach Boardwalkers</i> <i>Orcutt</i> <i>Retirement Celebration</i> <i>Friendship Walk</i> <i>Delta Tule Trekkers</i> <i>Ione</i>
2	3	4 <i>Morning Walk</i> <i>Sacramento</i> <i>South Natomas</i>	5 <i>Evening Walk</i> <i>Sacramento</i> <i>North Natomas</i>	6 <i>Bike Ride</i> <i>Davis</i> <i>Circle Davis Tour</i>	7	8 <i>Traditional Walk</i> <i>Tahoe Trail Trekkers</i> <i>Beach to Casino Stroll</i>
9	10	11 <i>Morning Walk</i> <i>Sacramento</i> <i>Jane Graham</i> <i>Land Park Loop</i>	12 <i>Evening Walk</i> <i>Sacramento</i> <i>Jane Graham</i> <i>Land Park Loop</i>	13	14	15 <i>Friendship Walk</i> <i>Sonoma County Stompers</i> <i>Online Start Box Only</i> <i>Petaluma</i> <i>Historic Town</i>
16	17	18 <i>Morning Walk</i> <i>Sacramento</i> <i>Pocket Area</i>	19 <i>Evening Walk</i> <i>Fair Oaks</i> <i>Historic Town</i>	20 <i>Bike Ride</i> <i>Roseville</i> <i>North West Tour</i>	21	22 <i>Friendship Walk</i> <i>Sac Walking Sticks</i> <i>Sacramento</i> <i>American River</i>
23	24	25 <i>Morning Walk</i> <i>Gold River</i>	26 <i>Evening Walk</i> <i>West Sac</i> <i>Clarksburg Loop</i>	27	28	29 <i>Friendship Walk</i> <i>SF Bay Bandits</i> <i>San Francisco</i> <i>Lands End and Beyond</i>
30	31					

AWARDS

DISTANCE AWARDS	
<i>Awards as of June 2026</i>	
TAMMI KERCH	1500 km
PARUL PUROHIT	2000 km
ZORI LOZANO- FRIEDRICH	3500 km
CAROLE SOENKE	6500 km
SALLY COONES	11000 km
DOUG RATHGEB	13000 km
JEAN LUCAS	15000 km

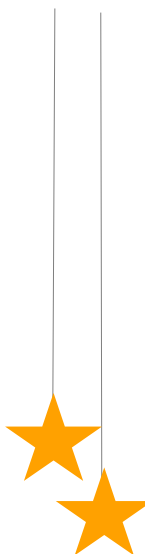
Distance Books

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	
<i>Awards as of June 2026</i>	
DEBRA COUBAL	10 events
MICK COUBAL	10 events
TAMMI KERCH	300 events
ZORI LOZANO- FRIEDRICH	450 events
CAROLE SOENKE	1050 events
SALLY COONES	1150 events
DOUG RATHGEB	1350 events
JEAN LUCAS	1400 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](#).

LANDS' END MERCHANDISE

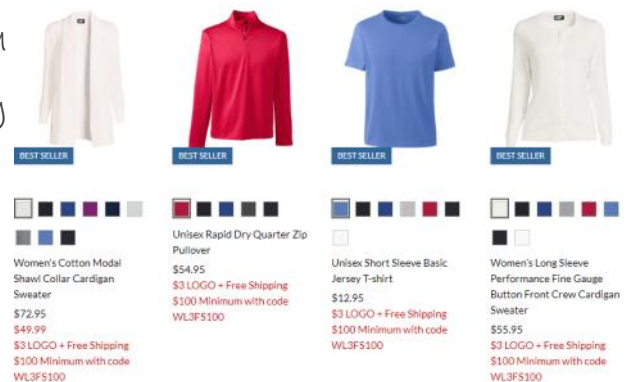
VISIT THE SACRAMENTO WALKING STICKS STORE
FOR ADDITIONAL ORDERING INFORMATION



The embroidered Sacramento Walking Stick's logo is available from Land's End Business Outfitters. For an extra charge you can have your first name embroidered above the Sticks logo.

You can pick any garment that will take embroidery. You choose the garment type, size, style, and color from anything that is available through Land's End Business Outfitters.

If you subscribe to the Lands' End online mailing list you will be notified of all the great sales you can get in on. You can find free logo's, free shipping and lower garment costs.



<https://business.landsend.com> or call 1.800.338.2000

Use your own postal address for delivery

LOGO NUMBER: 0976579W

TRADITIONAL WALK COMING IN SEPTEMBER.....

**SHIVER ME TIMBERS, *IT WILL SOON BE THAT TIME
AGAIN TO WALK AND TALK WITH A SWASHBUCKLER SWAG.***

SATURDAY SEPTEMBER 19TH

**INTERNATIONAL TALK LIKE A PIRATE DAY
*HOSTED BY SACRAMENTO WALKING STICKS***



[CLICK HERE FOR MORE BOOTY](#)

Special Programs; walking the US- Capitals

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



SACRAMENTOWALKINGSTICKS.ORG