

Sacramento Walking Sticks
P.O. Box 191834
Sacramento, CA 95819-7834

SacramentoWalkingSticks.org

President
Gale Hughart

Vice President
Steve Hughart

Secretary
Janet Riley

Treasurer
Gail Samcoff

Newsletter Editor
Gale Hughart
gigiwalks@yahoo.com

Next Walking Sticks Meeting:

October 9, 2008
SMUD Customer Service Center
6301 S Street
Timberline Room 3
Third Floor

A 5k walk starts at 5:00, meet at the front of the building.



We walk for fun, friendship and fitness! Walk with us!

President's Greeting

Hi All,

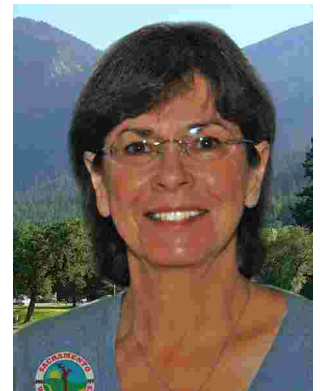
Summer's coming to a close. We can say "Bye bye" to the heat (I hope!) but on the other hand we'll be say "Hello" to shorter walking days! Good news, though! Barbara Nuss is starting a series of Wednesday night walks starting October 1st. Visit the website and click on *Calendar of Events* to find the dates and details.

Friday, September 19th, is International Talk Like a Pirate Day. Our walk will start in Folsom this year at 5:30 at the Visitor's Center at 200 Wool Street. That's right off Sutter Street in old town Folsom. We'll be dressing and talking like Pirates, so wear your best Pirate duds and have your Sea Shanty ready is you have one. *Aye, tis gonna be a grand and glorious event! Ye best be bringin' a torch o' some kind, as will be a gettin' dark early it will!*

The Sacramento Walking Sticks have added 7 new Year Round events for 2009. That brings our total number of events to 25 (and 1 Bike Event). Do you need your "U" for Walking A to Z? We will have Upper Lake to walk in 2009, thanks to Barbara Nuss for scouting this out this route and finding a place to store the walk box. Also on our list of new walks for 2009 is; Ancil Hoffman Park, Arden Arcade, Citrus Heights, Elk Grove Park, Gold River, and Folsom.

The Fall Health Fair season is starting and our Health Fair Coordinator, Janet Riley, is asking for volunteers who could cover a couple-hour stretch at one of our informational booths. Our participation in these health fairs

is a great way to spread the word and joy of walking and it's great visibility for our club! If you are interested in learning more about any of these events and/or can donate your time, please contact Janet at (916) 808-1170 or janet_d_riley@hotmail.com.



Are you a camera buff? If you are I would love for you to send me any recent pictures that you have taken at any of the walk events you have attended. I would like to publish them in our newsletter and on our website. *And* have photos on hand in case we are asked by a publication to provide pictures with any article about our club that the pub may be running. I'd like to get a variety of photos with all kinds of different people, especially walking families, children and dogs. Please send your digital photos to gigiwalks@yahoo.com. If you have prints, please send them to P.O. Box 191834, Sacramento, CA, 95819-7834.

Walk on!
Gale

"That's the best thing about walking, the journey itself. It doesn't matter much whether you get where you're going or not. You'll get there anyway. Every good hike brings you eventually back home."

- Edward Abbey

WELCOME

New Members!

Lin Batten
John Burke
Kathleen Burke
Marilyn DeVille
Vicki Diepenbrock
Alice Jacobs
Kathleen Kinney
Nancy Manning

Ann Owens
Steve Sherman
Helen Wakefield
Kristi Wakefield
Lewis Wakefield
Jenny Wong
Marcela Yu



September

06 Rolf Zschoernig	20 Nancy Gannon
07 Carmen Villarreal	22 Joan Mallum
08 Marty Langley	24 Shannon Pierce
08 Carolyn Pretzer	25 Kathleen Kinney
13 Toni Delgadillo	27 Raymond Canny
15 Dan Robinson	27 Sidney Modiste
17 Joseph Fournier	28 Yvonne Brandon
18 Trevor Harding	28 Cindi Rumenapp

ANNIVERSARIES

11 Years:
Tori Dell

4 Years:
Pat Wood

2 Years:
Charlie Fowble
Theresa Green
Susanna Marks
Patti McAllister

1 Year:
Kris Ericson-Cano
Gary McFarland
Mae SooHoo

UPCOMING WALKS



September

18 8:30 am TWITT Walk - Sacramento - Land Park
Central Valley Coffee
3198 Riverside Boulevard Sacramento 95818

19 5:00 pm International Talk Like A Pirate Day!
Folsom Chamber of Commerce 200 Wool Street Folsom

20 varies Sacramento, Natomas - Friendship Walk
Natomas Bike Shop 3291 Truxel Road Sacramento

21 8:00 am Columbia State Historic Park
State Park Main parking lot, behind Fallon House Columbia

23 9:00 am TWITT Walk - Stockton
McDonald's, 4515 Pacific Avenue Stockton 95207

25 8:30 am TWITT Walk - Sacramento - CSUS
Mercy Hospital 4001 J Street Sacramento 95819

27-28 8:00 am Napa
Oxbow Public Market 610 First Street Napa 94559

28 varies Calistoga
Stevenson Manor Inn 1830 Lincoln Avenue Calistoga

30 9:00 am TWITT Walk - Auburn
Flour Garden Bakery 304-C Elm Street Auburn 95603

October

1 5:30 pm Elk Grove - Alan Kono Memorial - EVENING WALK
Starbucks 8868 Bond Road Elk Grove 95624

2 10:00 am TWITT Walk - Fair Oaks
Fleet Feet 8128 Madison Avenue Fair Oaks 95628

4-5 8:00 am Davis
Common Grounds 2171 Cowell Blvd., Ste D Davis 95616

7 9:00 am TWITT Walk - Zamora
Zamora Mini Mart 9920 County Road 99-W Zamora 95698

8 5:30 pm Sacramento Pocket Area - EVENING WALK
UPS Store 7485 Rush River Drive Sacramento 95831

9 10:00 am TWITT Walk - Natomas
Natomas Bike Shop 3291 Truxel Road Sacramento 95833

9 5:00 pm Membership Meeting Walk -
SMUD Customer Service Center 6301 S St. Sacramento 95817

11-12 8:00 am Salmon Festival Walk - Nimbus Fish Hatchery
2001 Nimbus Road Rancho Cordova 95670

14 10:00 am TWITT Walk - Vacaville Historic
Digger's Deli 866 Alamo Drive Vacaville 95688

15 5:30 pm Sacramento - Curtis Park - EVENING WALK
Vic's Ice Cream 3199 Riverside Boulevard Sacramento 95818

16 9:00 am TWITT Walk - Ashton Park
Big Lots 8700 La Riviera Drive Sacramento 95826

17 varies Colusa Colusa
Riverside Inn 41 5th Street Colusa 95932

18-19 8:00 am Redding Oktoberfest - Sr Center Parking Lot
Benton Dr. & Quartz Hill Rd. Redding 96003

21 8:30 am TWITT Walk - Elk Grove - Laguna West - Lakes
Starbucks 5060 Laguna Blvd Elk Grove 95758

22 5:30 pm Fair Oaks - EVENING WALK
Fleet Feet 8128 Madison Avenue Fair Oaks 95628

23 9:00 am TWITT Walk - Ione
Best Western Amador Inn 200 South Hwy 49 Jackson 95642

25-26 8:00 am Caswell Memorial State Park
Caswell State Park 28000 S. Austin Road Ripon 95366

28 8:30 am TWITT Walk - Curtis Park
Central Valley Coffee 3198 Riverside Blvd Sacramento 95818

29 5:30 pm Sacramento - CSUS - EVENING WALK
East Portal Park 1120 Rodeo Way Sacramento 95819

30 9:00 am TWITT Walk - Lodi
McDonald's 200 West Lodi Avenue Lodi 95240



Ahoy!

Got your costume
and Sea Shanty ready?

September 19th

Folsom Visitors Center
200 Wool Street, Folsom

e y o u r f e e t !

from about.com

x e r c i s e



Toe Pick-ups - This exercise helps strengthen your toes and improve their flexibility. Place a pile of objects on the floor and use your toes to pick them up and move them to make another pile. Do 3 sets of exercises three times per day.



Plantar Fascia Massage - This exercise directly massages the plantar fascia. Sit down and cross your leg over your knee. With one hand, pull your toes back toward your nose. With the other hand, massage the area on the bottom of



Ice bottle massage - This exercise helps to massage and ice your foot at the same time. Fill a bottle with water and freeze it. Roll your foot on the bottle for 10 minutes three times per day.



Toe Rise - This exercise helps to strengthen your toes and calf muscles. Stand on a stable surface and rise up onto your toes by lifting your heels off the ground. Hold the position for 10 seconds. Start out doing 3 sets of 10 exercises and work your way up to doing 3 sets

of 30 exercises. Try to do the exercises three times per day. If you are unstable hold on to a chair or wall for balance.



Towel stretch - This exercise helps to increase ankle dorsiflexion and stretch the calf muscles. Sit on the floor or on a bed and keep your knee straight. Loop a towel around your foot and pull the towel back until you start to feel a stretch in your calf muscles. Hold the position for 30 seconds. Start out doing 3 sets of 10 exercises and work your way up to doing 3 sets of 30 exercises. Try to do the exercises three times per day.



Straight Knee Wall Stretch - This exercise helps stretch one of the calf muscles called the soleus. Line yourself up

squarely in front of a solid wall. Outstretch your arms to lean against the wall. Move one foot forward. The other foot should stay back. Slightly bend the knee (on the leg that is further back) until you feel a stretch in the back of your calf. Hold that position for 30 seconds. Start out doing 3 sets of 10 exercises and work your way up to doing 3 sets of 30 exercises. Try to do the exercises three times per day.



October patches are here and will be available to purchase by anyone who participates in a walking event in the month of October.

"Above all do not lose your desire to walk. Everyday I walk myself into a state of well being and walk away from every illness. I have walked myself into my best thoughts and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill ... if one keeps on walking everything will be alright."

- Soren Kierkegaard.

Walking is good for your head.

By Jeannine Stein
Los Angeles Times Staff Writer

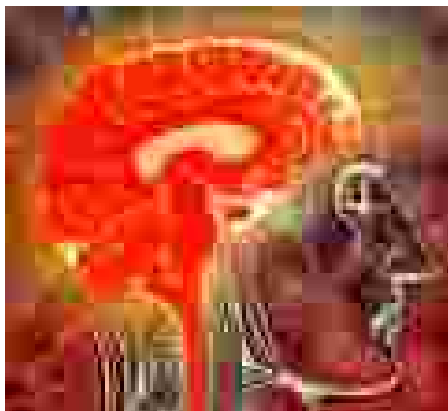
Sure, we knew about the improvements it can provide to aerobic capacity, not to mention muscles and joints, but two recently released studies show that walking can enhance brain function too.

Walking or other repetitive exercise can change the brain in a number of ways, says Dr. Gary Small, professor of psychiatry and aging at UCLA's Semel Institute for Neuroscience and Human Behavior. The heart pumps more blood, affecting not only muscles but also the brain. "Your brain needs blood, because in the blood are nutrients and oxygen, which are good for the cells and will make the brain healthier," he says. "The vessels that deliver the nutrients also branch out and become more effective."

The act of doing a movement over and over can also stimulate the brain's neurocircuits, he adds, resulting in activity in various regions of the brain. That activity may decrease over time as the body becomes more efficient at the activity. But other stimulation can have an effect -- while a person walks outside with a friend, for example, the brain is guiding a number of activities, such as talking and observing.

In one study, stroke patients put through a walking program could walk better and faster afterward, and the repetitive movements also activated areas of their brain. Researchers expected to see most activity in the cortex, which governs motor skills, but instead much activity was seen in the subcortical region, which, says lead author Dr. Andreas Luft, "has some role in walking, but maybe we've underestimated it. We're actually putting this idea back as a potential mechanism of how walking is controlled."

About half of 71 study subjects with some movement disability were asked to walk on a safety-rigged treadmill three times a week for up to 40 minutes, increasing intensity to a moderate level as the study progressed. The others did assisted stretching exercises for the same amount



of time. All were tested in the beginning and after six months for speed and aerobic capacity; about half in each group were given functional magnetic resonance imaging tests before and after to determine brain activity.

The walking group increased its speed by 51%, while the stretching group improved by 11%. The walkers' fitness levels also increased, with aerobic capacity rising about 18%, while the stretching group's fitness levels decreased slightly.

Functional MRI tests revealed intensified activity in the subcortical region in the walking group, which surprised the researchers (the stretching group showed no change). "We found that change can not only happen in the superficial layers of the brain, but in the deeper brain levels as well," says Luft, professor of neurorehabilitation at the University of Zurich in Switzerland. The study appeared in the August issue of the journal *Stroke*.

"The movement repetition that typically goes on in a physical therapy session is very low," says Dr. Daniel Hanley, a professor of neurology at Johns Hopkins Medical Institutions and a co-author of the study, which was conducted at Johns Hopkins, the University of Maryland, and the Department of Veterans Affairs, Maryland VA Medical Center. "We did a lot of repetition with the same leg,

and we think that is associated with the brain changes." The researchers believe the brain is either relearning how to walk, or reprogramming itself to compensate for regions damaged by the stroke.

In the other study, a walking regimen boosted cognitive scores in adults who were encouraged to exercise at home for 24 weeks in a moderately intense regimen (most chose walking). Researchers at the University of Melbourne in Australia did randomized tests on 170 adults 50 and older who didn't have dementia but were considered at increased risk due to memory problems. All participants received education materials on memory loss, stress management, diet, alcohol consumption and smoking, but not on physical activity. Half -- the control group -- were not encouraged to exercise. The others were asked to exercise for three 50-minute sessions per week. Cognitive function was measured over 18 months with the Alzheimer Disease Assessment Scale-Cognitive Subscale, which measures cognitive dysfunction in people with Alzheimer's and other forms of dementia.

Those in the exercise group showed a small improvement in cognitive scores compared to the control group, according to results published in the Sept. 3 issue of the *Journal of the American Medical Assn.* They also displayed better delayed recall. Researchers believe the progress is significant, considering participants engaged in only moderate amounts of physical activity.

