



The No Sweat Gazette

July, 2020



STICKS ARE HEADING BACK TO THE WALKING TRAILS!

President's Greeting

Pat yourselves on the back, Sticks members—we are doing very well during this COVID-19. Our Club is following guidelines, and we are out walking again! We recently celebrated National Donut Day as well as doing our first Full Moon walk since March 9th. We even had an Early Riser walk, so July's calendar will hold lots of walking adventures that I hope you can post on your calendar and join in on. We know that not everyone is ready and willing to walk yet, and we understand that.

Thank you to all our POC's (Point of Contacts) for the Year-Round Events. If we knew then what we know now, we would have swooped up all our walk boxes from all our start locations. It looks like we may be losing our Starbucks for the Sac State walk as well as 24 Hr. Fitness for our Carmichael-Ancil Hoffman walk. There are a few other locations we have our fingers crossed, hoping they open soon.

A big shout-out to John McLaughlin, our newsletter editor, for giving us such a great publication to

read and share with others during this strange time. Finally, thank you to Suzie Madison for updating our Calendar of Events on the Sticks website. None of you could imagine how many changes we make behind the scenes to give all of you such amazing walking opportunities.



July is filled with amazing adventures—here and there. Please be careful with your health and others'; bring and wear your masks, carry your own hand sanitizer with you, and keep your 6-foot distance. Enjoy the walks, and where they take you, keep hydrated, wear your hat/cap/visor and sunglasses, and delight in our summer weather. Thank you, delta breezes!

Hope to walk and talk with you soon ~ *Barbara*

President
Barbara Nuss

Vice President
Beverly Bales

Secretary
Judy Gregory

Treasurer
Steve Hughart

Publicity
Barbara Nuss

Our New POCs

For Our New Davis Year Round Events

Editor's Note: *The Sacramento Walking Sticks have recently adopted one bicycle and three walking Year Round Events from the Davis Dynamos. These new Sticks YREs were in serious need of POCs to take charge of them, when Davis residents and Sticks members Parul and Amul Purohit generously came forward to volunteer for all four of the POC positions. The No Sweat Gazette asked them to share how they first became involved with the AVA and eventually assumed these four important volunteer positions. Following is their account:*



Parul & Amul in Portugal, 2019

By Parul Purohit

It all started in 2007 exactly the week after the AVA convention that was held in Sacramento. I had been watching the Sacramento Walking Sticks webpage for several months since a friend had mentioned that there was a walking club in town. At the time, my husband Amul was not interested, so I was on my own and was not courageous enough to venture out and try something new. I realized that there were a lot of out of town walks and that made me hesitant. It so happened that there was a friendship walk from Natomas on the Saturday after the AVA convention, and I convinced my daughter to come with me. Fortunately, Barbara Nuss was there, and every-

body who knows Barbara knows how she charms everybody and makes them so welcome. She also mentioned that there was a chapter in Davis where we live, and I started attending the meetings, became a member and found out about the AVA, CVA and the local Northern California events. I was hooked! I wish that I had started this adventure a few weeks prior because then I could have attended the annual AVA meeting of 2007.

Amul was still on the sidelines, so I ended up calling up Barbara to find out if I could walk with her group. She was always available, sometimes picking me up at the Davis Nugget off Route 80 if we were going West or from her house if we were going East.

Over the years, I have made many friends from the Sacramento Walking Sticks and Davis Dynamos. Since I was 'hanging out' with the Sacramento Walking Sticks so much, I became a member of that club too. After a few years, Amul decided to join the walks. Socializing is very important to him, so when he found out that he could walk and talk, he was hooked too. Now we both go together for the walks.

Walking has become our sport of choice, and we are grateful for having the opportunities that our local clubs offer. It was during one of these walks that we found out about the Camino Walks in Spain, and we have done these twice; the Francis route of 800 km and the Portuguese route of 350 km. Amul of all people has become totally converted and wants to go to the Camino Walks every year.

Now we have an opportunity to do something for the club that has given us so much and let us see so many places that we would not have otherwise visited. When the Davis Dynamos transferred its 3 walks and 1 bike trip to the Sacramento Walking Sticks, we agreed to be the POCs for these events since we live in Davis. We are looking forward to a long association with the Sacramento Walking Sticks Club.

While we are headed out again after the COVID-19 shutdown, most of us cautious, hesitant, and a little leery for sure, here is something snatched from the New York Times (June 8) you might find interesting. It is the result of a survey of 511 epidemiologists who were asked when they might resume a variety of activities IF their current predictions of the virus hold true. Of interesting note to us Sticks walkers might be that 31 percent of them will hike with friends this summer, and 7 percent will stop wearing face coverings this summer.

Activities 511 epidemiologists said they might start doing soon

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Bring in mail without precautions (n = 379)	64	16	17	3
See a doctor for a nonurgent appointment (507)	60	29	11	<1
Vacation overnight within driving distance (372)	56	26	18	<1
Get a haircut at a salon or barber shop (485)	41	39	19	1

Later in the next year

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a small dinner party (n = 509)	32	46	21	<1
Hike or picnic outdoors with friends (506)	31	41	27	<1
Send kids to school, camp or day care (304)	30	55	15	<1
Work in a shared office (434)	27	54	18	1
Send children on play dates (272)	23	47	29	1
Ride a subway or a bus (408)	20	40	39	1
Visit elderly relative or friend in their home (485)	20	41	39	<1
Travel by airplane (512)	20	44	37	<1
Eat at a dine-in restaurant (506)	16	56	28	<1
Exercise at a gym or fitness studio (406)	14	42	40	4

Maybe a year or more

	THIS SUMMER	3 TO 12 MOS.	1 YR.+	NEVER AGAIN
Attend a wedding or a funeral (n = 501)	17	41	42	<1
Hug or shake hands when greeting a friend (503)	14	39	42	6
Go out with someone you don't know well (363)	14	42	42	2
Attend a church or other religious service (220)	13	43	43	2
Stop routinely wearing a face covering (513)	7	40	52	1
Attend a sporting event, concert or play (489)	3	32	64	1

National Donut Day Walk

By Jeannie Whitlock, rjjwhit@att.net
No Sweat Gazette Roving Reporter

If donuts are involved, I am walking. Giggle.



It was a lovely day—a bit cool to begin which was appreciated after our scorcher previous days. There was a lovely breeze and everyone seemed very pleased to be back among friends sharing a much wanted walk.

Paul, Marie, Barbara, Joann, Jennifer, Heidi, Richard and Jeannie, and Theresa for a quick walk by.

Everyone wore masks at the sign up. However, as the walk progressed, most removed their masks. Social distancing was attempted.

Everyone seemed pleased to touch base with friends and share family stories.

I don't remember passing anyone on the walk which began at the McDonald's in Elk Grove. The walk past homes is always interesting.

There was a planned walk in West Sacramento that same night. We didn't go because of the protests and curfew that the City of Sacramento and the City of West Sacramento had planned.

This was the second walk with the Sticks for Richard and me during this pandemic. We had participated in the Memorial Day walk which was lovely.

Yes, I got my donut (4) at the end of the walk. Thinking I would not eat them all at once. I was wrong. Boy, were they good.



Unidentified Photos From Three Sticks YRE's From Anonymous Contributors. Can You Guess Which Walks They Are From? (If you give up, find the answers at the bottom of page 11)



Photo 1



Photo 2



Photo 3



Letters to the Gazette

*In this newsletter's ongoing endeavor to make itself more interesting to all of you and especially to invite many more of you to participate in **YOUR** newsletter, here's a new feature. The idea is to offer a sort of club bulletin board on which any of you can post anything you want to say about walking and the Sticks to share here with your fellow Sticks members.*

You might want to say something like, "Great walk into East Sac on Thursday. Ten of us showed up, it was hot, but we all smiled through it." Or, "I met a new friend, Sally Speedwalk, on the Davis walk last Saturday. She is new to the Sticks and new to Sacramento. Welcome, Sally. We look forward to seeing you on another walk soon!" Or, "Really enjoyed the full moon walk on July 5. Barbara's Moon Pies were scrumptious, so I grabbed an extra while nobody was looking...tee hee." Or, "Great walk at Cosumnes preserve last week. Thanks, What's-your-name, for sharing your peanut butter sandwich with me." ...You get the idea. Be as creative as you like, and anything light and humorous will be enthusiastically received.

Please send your messages to sticksnewsletter@aol.com by the 15th of the month preceding any

next monthly issue of The No Sweat Gazette.

The following email, sent to The No Sweat Gazette by Nancy Calkins, inspired the creation of this new feature. While it might be slightly longer—or shorter—than a message you'd want to send, it is a perfect example of a letter to the gazette:

From Nancy Calkins:

I just had to share this story with everybody.

We walked parts of North Laguna Creek trail recently. As we were approaching the pedestrian light on Big Horn, a woman pointed out a turkey and her (numerous) chicks. She saw Bruce's camera and thought it would make a great shot. She was right, and Bruce started taking pics. She asked that we email her the pics which we were glad to do. In the process of recording her email, we found out it was already in Bruce's contacts!! Surprise!! How cool is that?? We quickly concluded that we were all members of the Sacramento Walking Sticks!! The photos are the Mama turkey and chicks along with Bruce, Nancy and Victoria - Sticks Together! It took an

amazing number of coincidences to get to the second photo below.



Bruce, Victoria, Nancy

[A Question For You From Letters To The Gazette:](#)

With reference to feeling comfortable and safe within the COVID-19 pandemic, are you attending Sticks walks and other group activities yet? If so, why? If not, why not? Also, how do you feel about whether, when, or where to wear a mask?

Please send your responses to: sticksnewsletter@aol.com, and we'll print them here in the next monthly Issue. THANK YOU!

Hot Walkin' Nights—Wednesday, June 10, 2020

By Tammi Kerch

Eight brave souls ventured out into the Woodland heat to pound some pavement. At 95 degrees, we set off on a 5K tour, and because we were just so excited to be together, we overshot a turn and then opted to detour over to Reiff's Gas Station Museum to take in the view of this very unique home. Several of the group had never been and found themselves quickly reminiscing about the "good ole days" of yesteryear.



hope that whoever inherits all of this someday realizes the value both monetarily and emotionally.

I have to admit that this section of Woodland is quite quaint. Your eyes are drawn to old Victorians, large front porches, and even a few chickens frolicking in a front yard. We also took a short jaunt into the cemetery before it closed for the evening. Several homeowners are in the process of renovating their front yards, thanks to the COVID Quarantine and going stark raving mad at being sheltered in place. A few places are beginning to open for dine in, so a few members of this adventure group went into Pete's Brewhouse for dinner. This was situated just across the street from Nugget Market where the evening began.

I guess we made enough of a happy ruckus that it drew out the homeowner. Mark quickly chimed in with his hometown humor and offered our small group the nickel tour. He began collecting his antiques and collectables approximately twenty years ago, via flea markets, estate sales, garage sales, and occasionally ebay. He has cookie and coffee tins, pedal cars, wringer washers, freezer boxes, all sorts of kitchen gadgets, and everything in between. He even has an old coffee grinder from the 1800's that still works. Many were surprised to know that the old an-

tique stove in his kitchen is his everyday stove. Yes, don't get lost on that fact, Mark actually lives amongst all these treasures and uses many of them in his everyday life. I didn't get a phone number, but he does weddings and other small gatherings in his back yard and gives traditional tours at \$10 a person. He wouldn't take the nickel offered for our tour. You can't miss this home as it has gas pumps out front, a car imbedded in the side of the garage, and part of a small airplane on the roof, which can all be found at the corner of McKinley and Jefferson. Clearly, Mark has a passion for the past. I just

Fun Fact: Mark has acquired most of his treasures in the state of California as it is too costly to ship large items. He did purchase a large scale while on a travel trip to Oregon.

Don's Bike Rides Starting Again

By Warren Tellefson (wtellef@sbcglobal.net)

No Sweat Gazette Roving Reporter

After being suspended due to the virus pandemic, Don's Bike Rides have started up again. Every other Thursday a hardy group of bike riders do a 25K (15 mile) bike ride in the greater Sacramento Area. There are ten separate bike routes we rotate through with two additional ones being added this summer. All the rides are basically flat and are in Lincoln, Roseville, Fol-

som, Davis, the Pocket Area, the Sacramento River Levee and the American River Bike Trail. We meet at various start locations and ride out and back. See the Sticks on-line calendar for the dates and start locations. If you wish to be on a bi-weekly "Bike Alert" list, contact Don Ratliff at dratliff1515@gmail.com.



Amazing Views of Nature While Walking

By Bruce Calkins, becalkins@gmail.com
No Sweat Gazette Roving Photographer



To see more of Bruce's photos, go to: <https://photos.app.goo.gl/BKx9hNPrqn7Qq6PM6>



Walking Book Club

Priscilla Fife, Book Walk Coordinator
916.616.6003 • prfife@gmail.com

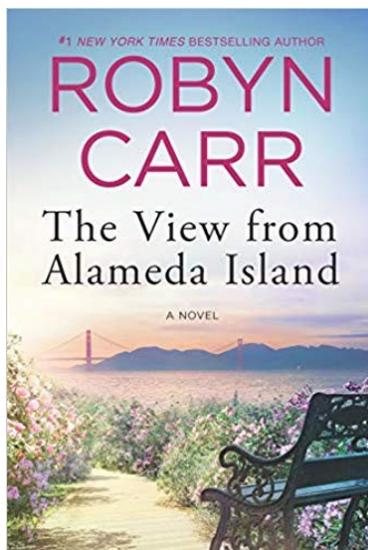


July Book Recommendation: *The View From Alameda Island* by Robyn Carr

Available online in Paperback, Kindle, and Audible Audiobook, 26 print copies, 6 large print copies and e-Books available through Sacramento Public Library.

Book Description from Amazon: #1 New York Times bestselling author Robyn Carr delivers a poignant and powerful story about how one woman's best intentions lead to the worst of situations and how the power of love helps her to heal and ultimately triumph.

From the outside looking in, Lauren Delaney has a life to envy—a successful career, a solid marriage to a prominent surgeon and two beautiful daughters who are off to good colleges. But on her twenty-fourth wedding anniversary Lauren makes a decision that will change everything.



Lauren won't pretend things are perfect anymore. She defies the controlling husband who has privately mistreated her throughout their marriage and files for divorce. And as she starts her new life she meets a kindred spirit—a man who is also struggling with the decision to end his unhappy marriage.

But Lauren's husband wants his "perfect" life back, and his actions are shocking. Facing an uncertain future, Lauren discovers an inner strength she didn't know she had as she fights for the love and happiness she deserves.

Please join us on Sunday, July 12, 10 am in Alameda. The walk will be the Alameda Victorian 5K. Cafe au Lait where the walk box is housed is open from 7-2 every day. I will probably take the walk box out to my car and have people register for the walk there. The restroom is available but the cafe had their key stolen, so anyone wanting to use the restroom must ask at Feel Good Bakery next to the restroom for the key. Restrooms are also available at Lincoln Park on the 5 and 10K and also in Franklin Park on the 10K. Face masks and social distancing are required.

The No Sweat Gazette

The newsletter of America's largest AVA-affiliated walking club, the **Sacramento Walking Sticks**, P.O. Box 277303, Sacramento, California 95827, published monthly.

Reader submissions are welcome and vigorously encouraged.

Submit articles, proposals for articles, photos, any questions, comments, or suggestions to:
sticksnewsletter@aol.com

Roving Reporters: Kim Dagan, Jean & Richard Whitlock, Nancy & Warren Tellefson

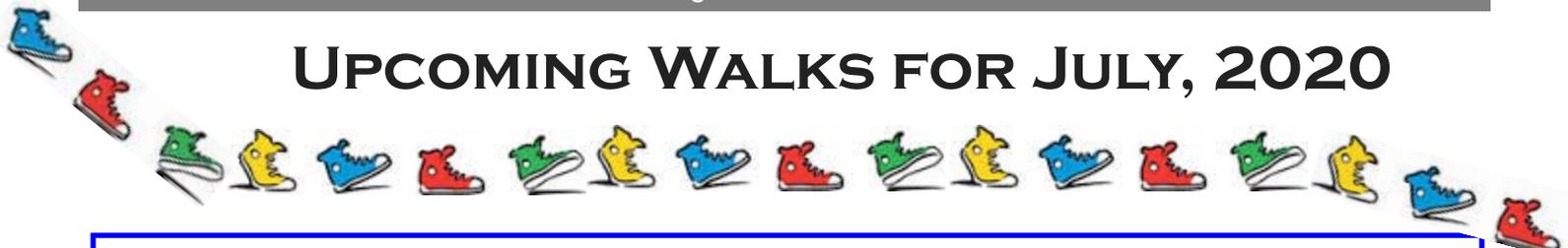
Roving Photographers: Bruce Calkins, Theresa Ihara

Editor: John McLaughlin

Click here for Carpool Guidelines:

<http://www.sacramentowalkingsticks.org/docs/CarpoolGuidelinesWestSacParkRide.pdf>

UPCOMING WALKS FOR JULY, 2020



Wednesday	Jul 1	6:15 pm	West Sac—River walk (Evening Walk)
Thursday	Jul 2	8:15 am	Sacramento—Arden Park
Thursday	Jul 2	8:15 am	Sacramento—American River (Bicycle)
Friday	Jul 3	10:00 am	Road Adventure to Union City
Sunday	Jul 5	8:00 pm	Gold River, Full Buck Moon
Tuesday	Jul 7	8:15 am	Elk Grove—Creek watershed
Wednesday	July 8	6:15 pm	Folsom (Evening Walk)
Thursday	Jul 9	8:15 am	Sacramento—Capital
Saturday	Jul 11	8:15 am	Sacramento—Hidden Murals
Sunday	Jul 12	10:00 am	Alameda—Victorian, <u>BOOK WALK</u>
Tuesday	Jul 14	8:15 am	Sacramento—North Laguna Creek Wildlife Area
Wednesday	Jul 15	6:15 pm	Elk Grove—Charlie Fowble (Evening Walk)
Thursday	Jul 16	8:15 am	Sacramento—Arden Park (Bicycle)
Thursday	Jul 16	8:45 am	Davis—SE Tunnels and Bridges
Saturday	Jul 18	9:15 am	San Francisco—Presidio, <i>Friendship Walk</i>
Tuesday	Jul 21	8:15 am	Sacramento—Fabulous 40s
Wednesday	Jul 22	6:15 pm	Sacramento—North Natomas (Evening Walk)
Thursday	Jul 23	8:30 am	Roseville—Sculpture Park
Friday	Jul 24	6:30 am	West Sac—River Walk, EARLY RISER
Saturday	Jul 25	8:15 am	Sacramento—South Natomas, <i>Friendship Walk</i>
Tuesday	Jul 28	8:15 am	Fair Oaks
Wednesday	Jul 29	6:15 pm	Sacramento—Land Park (Evening Walk)
Thursday	Jul 30	8:15 am	Lincoln (Bicycle)
Thursday	July 30	8:15 am	Sacramento—Campus Commons/Sierra Oaks

For more information about the walks, including start locations, please check the Calendar of Events on the Sticks website: www.SacramentoWalkingSticks.org or the weekly Walk Alerts.

Congratulations on your Sticks Anniversary in July!



16 Years:
Chuck Donaldson

15 Years:
Janet Riley
Dan Robinson

14 Years:
Dustin Tellefson
Nancy Tellefson
Warren Tellefson

13 Years:
Karen Bagdasarian

12 Years:
Christine Richards

11 Years:
Paula Ewing
Rickie Kinley
Randall Williams

10 Years:
Angie Ellison
Cindy Ranzenberger
Linda Sullivan

9 Years:
Amul Purohit
Anjan Purohit
Anvi Purohit
Parul Purohit
Denise Sisneroz

8 Years:
Paulette Johnston
Terri Pennello
Jenifer Taylor
Robert Taylor

7 Years:
Les Chisholm
Peggy Chisholm

6 Years:
Janice Critchlow
Gail Schurr

5 Years:
Jeanine Counselman
Yvonne Nicholson
Melinda Vaughn

4 Years:
Robert Futrell
Kathy Mannion
Betty Yee

1 Year:
Scott Murphy

Happy Birthday in July!

July Birthdays:

1 Dipti DeSai
3 Ally Grayson
3 Gail Samcoff
3 Esther Weaver
5 Janice Critchlow
5 Art Porter
5 Pam St.Martin
6 Bob Chiurazzi
6 Sharyn Lieth
6 Teresa Yates
7 Brenda Dougherty
7 Nikki Hall
7 Nancy Jewhurst
7 Loretta Larbig
7 Sue Myers
7 Cathy Reiner
7 Heather Reynolds

8 Barbara Hodges
9 Gretchen Moffat
9 Lina Prost
11 Judy Gregory
11 Theresa Ihara
12 Zoey Johnson
13 Diane Holloway-
Rider
13 Roxie Jones
13 Steve Oesterreicher
14 Heidi Foster
15 Bud Simmons
16 Connie Stewart
18 Betty Quinlen
18 Bonny Williams
18 Don Zajic
20 Mary McGhee
20 Marty McKnew
21 Suzanne Hermreck

21 Suzi Tucker
22 Linda Carpenter
22 Philip Medlin
22 Karla Peters
23 Julie Baumhoff
23 Patricia Di Ianni
24 Shu Davies
24 Pat Mason
24 Cristina Rangel
25 Julie Bohmfalk
26 Londi Medrano
27 Curt Coffi
27 Priscilla Fife
27 Pat Thomas
27 Jackie Vincent
28 Tori Dell
28 Janice Warta
28 Lois Will
30 Rose Lease

31 Coreen Coones
31 Bev Davis
31 Jeff Molander



Renewal Heroes

by Steve Hughart

This club asks its members to renew based on the month in which they first joined. Many clubs renew their members once a year. Since the Sticks has over 550 members, having a renewal drive once a year would overwhelm the all-volunteer Membership Committee. Our membership renewal process is fully explained on a new web page. First go to the Membership page and then follow the link at the top of the page (*Get all the details on the [Membership Renewal Process here.](#)*).

In an effort to reduce the time our volunteers spend on processing renewals, we encourage everyone to renew early and to renew for more than one year. The folks who have done this in the past are clearly “Renewal Heroes,” especially to the Membership Committee.

**Super-heros
Renewed for multiple
years AND responded
to one of the renewal
emails:**

Sally Coones
Dorothy Cousins
Vicki Diepenbrock
Roger Flansberg
Tammy Goosby
Teri Steinman
Linda Sullivan
Jenifer Taylor
Robert Taylor

**Multi-year Heros
Renewed for multiple
years after letter sent:**

Tracy Harrison
Carol Hobbs
Amnon Igra
Lauretta Larbig
Kathleen Leahy
Helyne Meshar
George Myers
Sue Myers
Renee Palmer
Barbara Reynolds
Diane Ryder

Jim Shelatz
Jytte Taylor
Debbie Thomas
John Walton
Nancy Welch
Vivian Yost

**Email Heros:
Renewed for 1 year
after email sent:**

Bob Chiurazzi
Debbie Davis
Stuart Davis
Kris Ericson-Cano

Kay Gist
Jane Graham
PJ Jones
Gretchen Jung
Kay Stinson



Welcome New Members!

Cathy Guy
Don Guy

Sticks Apparel

The Anchor Group
linda.sue.ames@gmail.com

Land's End
LandsEnd.com/business



**For more information (including Land's End
Customer/Logo Numbers), visit:**

<http://www.sacramentowalkingsticks.org/Store.html>

Photo locations from Page 4: Photo 1—Arden Park, Photo 2—Wrights Lake Trail/Carson Pass, Photo 3—East Sac to Elmhurst