



The No Sweat Gazette

November, 2020



“Herd Mentality,” Pre-COVID Sticks Style.



*Elk Grove, 2018
Photo: Bruce Calkins*



*North Natomas, 2018
Photo: Bruce Calkins*



*Calistoga Road Trip, 2018
Photo: Bruce Calkins*



*Ancil Hoffman Park, 2018
Photo: John McLaughlin*

President
Barbara Nuss

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Beverly Bales

Secretary
Judy Gregory

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Steve Hughart

Newsletter
John McLaughlin

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: Nancy & Warren Tellefson, Zori Friedrich, Barbara Rigler

Roving Photographers: Bruce Calkins, Theresa Ihara

Editor: John McLaughlin

ABC's, LOL, and now.....OSB

By Beverly Bales

Businesses are having trouble adjusting to this new era just like we are. Sadly we've been asked by our Starbucks location on Watt Avenue and Fair Oaks to remove the walkbox for now. The reason they gave is that we weren't practicing social distancing as we registered outside of their location; a good thing to remember while attending other walks outside of businesses.

I now have the Walkbox at my home. I'm happy to meet up with any walkers at Starbucks parking lot to get them registered and give them a map. You can call me at (916) 488-8570 or email me at balesb@att.net.

BUT, drumroll please... I've initiated another exciting way for you to sign up for walks. This was completed with welcome assistance from Warren Tellefson (our map guru) and Steve Hughart (IT and treasurer extraordinaire).

It's the **OSB**. AVA has an Online Start Box (OSB) where you'll be able to register and print maps. I used it last year for registration

and copies of maps when I went to Los Angeles and New York. Now we'll be able to use this method for **American River #0990, Ashton Park #1049 and Sierra Oaks Vista #0905** walks. So far, Janet Riley, Carole Soenke and I have used this method for the Ashton Park and American River walks. Janet had some issues with the Special Programs, but she did some trouble-shooting and solutions are in the works.

First you'll need to register with AVA by creating an ID (I use my email address) and password. This can be done through **my.ava.org**. Once that is completed, you'll be able to login to register and get maps. Since you will be paying for credit walks or for maps only through this venue, you'll need to put some money in an account. I started with \$20 using my credit card. The system deducts \$2 when the maps are downloaded to you so you can get a printout for all or just the pages you want. Once you finish the walk, go back into your account and get your stamps for the books you've selected. I am waiting to print out my insert card

until I have more walks listed. The system charges another \$1, which totals the same \$3 for our normal credit walk.

To select a walk, use the menu tab **Find a...** at the top of the page. Then select **Event**. Select Search by **State, California**. Scroll all the way down to Sacramento. There are the three walks. They are designated as OSB and PSB (Physical Start Box). You can view and then register for the OSB event. Once you register and print out your map/maps, you have 60 days to complete the walk. Since you have the map before you walk, some of you may choose to start at a different location than the Start location on the map.

As with anything new, there is a learning curve, but don't get discouraged. I know this is a lot of information to process, so I'd like to hear your challenges.... And successes.

Have fun!

—Beverly

Editor's Note: You might remember the April 5 COVID-19 Special Edition of The No Sweat Gazette in which many of you shared your comments about how you were doing then, in the midst of the lockdown and the pandemic. (You can find that COVID-19 edition by going to sacramentowalkingsticks.org and clicking on [newsletters](#).) On September 21st, I sent out a message to all Sticks members asking for any follow-up comments you might like to make about what you've been doing and how you're doing six months after the COVID-19 Special Edition. Following are your responses—THANK YOU!

My Contribution to the COVID Six-Month Update

By Marie Robb

It's hard to believe it's been 6 months since our world turned upside down. Paul and I led such busy lives before lock-down: walking, exercising, camping, trips, theatre, Sacramento Speaker Series, River Cats baseball . . . our girls used to joke that we were never home. Suddenly, all that was taken away from us. I was grateful that our children were in town (Caitlin moved home from San Francisco and lived with us for 3 months), so we were able to see them and didn't have to self-isolate from them. We settled into a rather nice routine in the evenings of dinner and a movie—a routine that we continue today, since many of our previous activities haven't opened up again. I was NOT accustomed to cooking dinner every night—that required a huge attitude adjustment on my



part! Caitlin helped by cooking at least once a week, and we did take-out once a week to support our local eateries.

Happily, we were able to continue walking. Even though we couldn't always check in and stamp our books, we had the directions for all of our favorite Sticks walks, and we did those regularly. We are thrilled

that the Sticks have started walking again, and we love doing the Wednesday night walks and the weekend friendship walks, along with the Full Moon and Early Riser walks. We also go camping once a month; it's a lovely getaway, and it's easy to social distance in a travel trailer. And I have time to indulge my passion: scrapbooking! In the last 6 months, I've created 5 digital photo albums, and had them printed. It felt great to finally scrapbook a trip that my mother and I took in 2010 and to complete a 2015 family yearbook, for example. We even used the time to clean out our garage, a chore I'd been meaning to do for years. So, my family has been okay during the pandemic, and I count my blessings every day that we continue to be healthy and to thrive.

Newport Beach Equals Two "N"s in Woody Book!

By Zori Friedrich, No Sweat Gazette Roving Reporter

Our very own Sacramento Walking Sticks is sponsoring the Walk With Woody special program and I was feeling pretty smug that I had racked up a few letters to stamp in my book. Then (sigh!, well make it a giant sigh!) COVID hit and walks came to a screeching halt in March. My Woody book gathered dust.



Zori at the pier

I was recently looking longingly at the other letters I still needed to complete and spotted two blanks for "N". Aha! Since Memorial Day, some walks had resumed and I saw a possibility for an "N" walk in Napa on September 26. Then (sigh!, once again, make that a giant sigh!) the walk was cancelled due to unhealthy air quality! My Woody book continued to gather dust.

Luckily, I spotted another “N” possibility from Tammi Kerch’s list — Newport Beach! Two walks were available which meant TWO “N” stamps! Having spent my early years in Southern California, Newport Beach held many memories, so it was time to take a road trip!

Packed the essentials — Woody Book, check; directions to Start Point, check! Now of course with COVID there were some additional preparations....Masks, check; hand sanitizer, check; Clorox wipes, check; review of the county’s COVID restrictions, check! It’s not easy to travel in these times but being prepared gave me piece of mind.

The two walks skirting the perimeter of the two islands that make up Balboa Island were delightful. Late September meant that there were few beach travelers in the area which gave me plenty of room to

walk with social distancing. Coming off the ferry to the island costs \$1.25 for a 10-minute ride (including boarding time!). The walk directions led me down the pier, and gazing at



people sunning on the sand reminded me of the days I would take the bus to Newport Beach with my beach chair, transistor radio (ok, I just dated myself!) and baby oil (who thought of sunscreen in those days!). Then we passed the Balboa Pavilion, which houses a restaurant with lovely marina views and the venue where I attended my 10 year

high school reunion (haven’t been to one since!). Another reminiscing spot came up as we passed the Catalina Flyer ticket kiosk where many years ago I purchased ticket for my first visit to Catalina (checkpoint: what group sang *26 Miles ...across the sea, Santa Catalina is a-waitn’ for me?*). Ending the walk on Marina Street, I passed a store selling frozen bananas covered in chocolate and nuts — there was a time I wouldn’t leave Newport Beach without having this treat, but today it was chocolate frozen yogurt (should have gotten the banana!)

Well there you have it — two “N”s for my Woody Book, a walk full of memories from days gone by, and then safely home awaiting my next walk to get another stamp in my Woody Book! Oh! And the name of the group singing *26 Miles*? It was the Four Preps in 1958!

Still Walking Every Day

By Carol Shields

I haven’t been able to decide whether it’s annoying or gratifying to have the rest of the world discover hiking as the soul satisfying physical activity that we discovered many years ago. When my husband and I were finally able to travel, we tried to choose less popular venues with varying levels of success. We went to Fort Bragg, Eureka, Truckee, and Reno. Heat and Smoke were added elements we tried to avoid. We have an added complication of making sure our dogs are welcome.

Thanks to previous volkswalking events we had participated in Fort Bragg, we know of many walks and places we visit every year. Our touchstones are Glass Beach, Mendocino, Mendocino Lighthouse, and



Rodger & Carol Shields and Little Dude

walking Pudding Creek to MacKerricher State Park to see the sea lions. We drive down to Pomo Bluffs to watch the sunsets and sometimes have the good fortune to see whales feeding at the mouth of the Noyo River.

We were gratified to find so many

interesting hikes in Eureka. The area was a revelation to us. We went back to Arcata three times for their Redwood Park. It has some steep hills, but it is so scenic, and breathing the air is so invigorating, that the hills don’t matter. My shoes still have sand from the many beaches we walked. Trinidad was amazing even if Patrick’s Point is not dog friendly.

We chose Truckee over Tahoe in August due to crowds. We rediscovered some hikes in the local area once again because of some events in which we had previously participated. Donner Lake has public docks to sunbathe and swim from, and we found a great swimming beach where we had plenty of space around us. We hiked way up high

along some ski slopes and found a great park with trails along the Truckee River.

Reno was new for us as far as walking. We liked the beautiful downtown River Walk and found Idlewild Park close to downtown. It has a Rose Garden, a Sensory Garden, lots of shaded green space, and a trail by the river. We went over the hill to Incline Village to a dog park/par course we like and to visit Lake Tahoe. On the return we hiked Tahoe Meadows. We finished up our trip

with a half day at the car museum which can require a significant amount of walking!

We certainly have more to discover wherever we go but the known places draw us back to re-experience over and over. We miss seeing our trail friends but thank you for all the happy memories and places you have led us. Imagine all the personal rewards and health benefits to be found going for a walk and looking at the surrounding world. Who knew?!!



A Bed and Breakfast in Ferndale

Two Very Nice Walks in These Hard Times

By Carole Soenke

1. Ashton Park Revisited:

On Sept 18 2020 in the morning, I walked the revised Ashton Park 5k.

Really nice revision to the walk, Thank you, Bev Bales! Now it takes us between the Jedediah Smith bike trail and the river itself for a bit on the horse trail. Then back into lovely residential areas. Feeling so blessed to be out in non-smoky air again. (This has a qualifier for the



Mayflower SP. It's a bench on the AR trail with the surname Rogers. That was the name of a passenger.)



2. Walking fun in Truckee

I attended the Sacramento Walking Sticks Road Adventure to Truckee, CA on October 9. Our walking path was the recreation trail along the Truckee River. The air was clear with perfect temperature, a nice breeze, and the walking company was great. There were maybe 15 of us, not sure of the count. There was a 10k group and some of us walked the 6k. Thank you to Barbara Nuss (our club president) for putting this together. Sponsoring club is Tahoe Trail Trekkers.



Folsom Fall Fun

By Heidi Foster

October and Fall are finally here and what better walk is there but the 6k *Ghosts of the Past Walk* in old Folsom. These zombies in the photo joined us for a walk through 3 cemeteries and had so much fun looking for the oldest gravesite.

Walking along the river was also a favorite especially for the boy named River in the group. Of course, the reward at the end was a fresh squeezed lemonade at



the farmers' market. Moms armed themselves with coffee and goodies from the famous Karen's Bakery before the walk (a must before taking off with 7 zombies!). Delicious!

What a glorious day with perfect weather. If you come to Folsom to do this walk, bring a paperback to add to the Little Library and enjoy the walk and good eats at the end as you strut up historic Sutter Street.

Some Six Months, Huh?

By John McLaughlin, sticksnewsletter@aol.com

Well, it certainly has been a wild ride over the past six months, hasn't it? Kaia and I have been thoroughly enjoying raising veggies, including enough yams (a new and unusual home-grown crop for us) to feed many of our friends and neighbors. We have ample backyard garden space that consists of four 3-ft by 12-ft raised beds. We attribute the earthy, almost meditative practice of gardening to the maintenance of our relative sanity during these unsettling times.

Other than that, we found camping to be the safest activity for us with COVID in the world. We love the intimate, direct contact with nature we experience by sleeping in our tent (except when there's a prowling bear in the campground at night) which nicely accommodates our camping cots that allow us to sleep in "luxury," off the ground. Earlier this summer, we camped at several State Parks around California, from the ocean beaches to the high Sierras, but, alas, we did have to cancel several camping trips recently because of the fire smoke—a new summer normal, sadly. The selfie photo



was taken in July on the fabulous Coastal Trail out of MacKerricher State Park near Fort Bragg where we were camping at the time.

Except when fire smoke prohibits it, we continue to walk every day, and I ride my bicycle frequently, from our doorstep in River Park. And we do have a few friends we hike with, but only in groups of four or fewer of us. We are so glad that the Sticks walks appear to be back nearly in full force now, and it is wonderful to know the safety precautions you all are taking—big applause to all of you for that!

Still, with COVID once again spiking up across the country, and in accordance with our persistent reading of credible *scientific* literature about the relative levels of risk in this awful pandemic, we continue to choose to avoid group actives. If our birth dates had been even just a few years more recent, I don't think we would be so overly cautious about COVID. But we are in our mid-seventies, and, even though Kaia and I are both fit and in excellent health, ours is not a good age to be catching the virus.

I am in frequent email communication with several other Sticks members in our age group, and it is worth noting, I think, that they are all doing exactly as we are by not participating in group Sticks walks for now. Naturally, we all assess the risk of COVID infection for ourselves and model our behaviors after that. So, while some of us choose to err on the side of caution, I'm sure we all also applaud and cheer-on those of you who are getting out there on Sticks walks. Kaia and I are wholeheartedly with you in spirit, and we look forward to joining you on the trail as soon as we can.

Escaping Crowds in the Time of Covid

By Kris Ericson-Cano

When I moved to San Antonio 4-1/2 years ago, I switched from walking to running. What drove that change was the South Texas heat and humidity. I was used to 10+ mile walks in Sacramento, but doing that in San Antonio put me in the middle of the late morning's treacherous heat. With running, I could cover the same distance quicker



Kris walking the Labyrinth

My previous Sacramento walks usually meandered through charming East town, Midtown, and Downtown. Now that I am back, I have not resumed them because of coronavirus. I dread wearing a mask during the entire walk or constantly pulling it up when someone nears, which is what I do when I am running.

I run early in the morning and in neighborhoods, rather than parks, where I will encounter the fewest people to minimize mask use. However, I have been introduced to a more interesting way to go for both running and walking. That solution is to use the many dirt paths and roads that weave throughout the

American River Parkway with few busy bike trail intersections.

I had no idea there were so many paths to enjoy. One of them near El Manto Park passes by an amazing and huge labyrinth (photo above). Another area of lovely dirt paths is just off the Sticks' 10K Historic Fair Oaks walk at Sacramento Bar. It is exciting to find these new places to explore with minimal human interaction. And, with luck, one can happen upon deer, a flock of turkeys, a noisy woodpecker, and innumerable darting squirrels, like I did just a few days ago.

Following are additional suggestions from Barbara Nuss for walking the "paths less traveled".

The Lake Natoma route in Rancho Cordova gives you the opportunity of walking on paved bike trails as well as dirt trails that take you to the same end.

The Gold River route has horse trails that take you off the bike trails and allow you to be right along the trail. Then before you know it, you're back on the paved and have the option, again, of going back on the horse trail.

The Sacramento-American River walk takes you along the American River.

Zamora is out in the open and there are few cars or people anywhere along the trails.

Our Galt—Cosumnes River Preserve is another walk that takes you out on nature trails with no houses, strip malls, etc.

Who are these unidentified Sticks members from yesteryear, looking so underdressed without face coverings? Hmmm...Would this be considered "indecent exposure" today?



Look Who Is Eyeing Us As We Pass By On The Walking Trails.

By Bruce Calkins

No Sweat Gazette Roving Photographer, becalkins@gmail.com



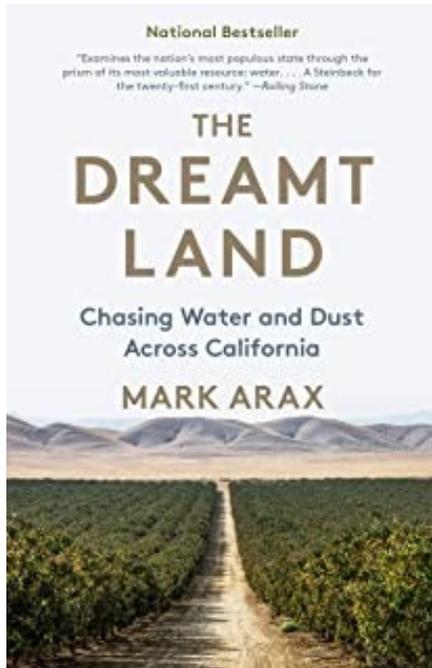


Walking Book Club

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



November Book Recommendation: *The Dreamt Land: Chasing Water and Dust Across California* by Mark Arax



Available online in Kindle, Audible Audio, and Hardcover formats.

15 print copies available through the Sacramento Public Library system. Also available in eAudiobook and ebook formats from the library.

Book description from [Amazon.com](https://www.amazon.com):

A vivid, searching journey into California's capture of water and

soil—the epic story of a people's defiance of nature and the wonders, and ruin, it has wrought.

Mark Arax is from a family of Central Valley farmers, a writer with deep ties to the land who has watched the battles over water intensify even as California lurches from drought to flood and back again. In The Dreamt Land, he travels the state to explore the one-of-a-kind distribution system, built in the 1940s, '50s and '60s, that is straining to keep up with California's relentless growth.

The Dreamt Land weaves reportage, history and memoir to confront the "Golden State" myth in riveting fashion. No other chronicler of the West has so deeply delved into the empires of agriculture that drink so much of the water. The nation's biggest farmers—the nut king, grape king and citrus queen—tell their story here for the first time.

Arax, the native son, is persistent and tough as he treks from desert to delta, mountain to valley. What he finds is hard earned, awe-inspiring, tragic and revelatory. In the end, his compassion for the land becomes an elegy to the dream that created California and now threatens to undo it.

Please join us on Sunday November 22, at 10:00 am for a 5K walk in Manteca, CA. After our walk we'll find a place to eat and have our book discussion - Covid-19 restrictions permitting.

Note: This is the book walk scheduled for October 4 that was cancelled because of poor air quality. Let's try it again in November. However, more bad air or heavy rain will cancel again.



Click here for Carpool Guidelines:

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



FOOTNOTES

By *Barbara Nuss, President*



Greetings Everyone,

We are continuing to navigate our way thru this COVID-19 pandemic and changing up what used to be our “normal.” Would we walk on Halloween in the Sacramento-Fab 40’s neighborhoods where the throngs of people dress up and the mariachi band plays? No, no, no... instead we’ll do our own Halloween walk under the Full **BLUE** Moon in Elk Grove. The *Delta Tule Trekkers Club* in Stockton traditionally has a barbecue going at their Traditional Events and this year’s Spooky Walk in Ripon will go without. And that’s OK because we have fond memories of our walks and hopefully, we can recreate them again, in our future.

We’ve got so much to offer all of you to do in November, from group walks to group bike rides, rain or shine. Fifteen of us met up in Truckee for October’s Road Adventure and we enjoyed ourselves so much that I’ve got another Road Adventure set for Tahoe City. You may have noticed that Run to Feed the Hungry has gone virtual this year on Thanksgiving morning. In the past, the Sticks have gathered at Steve Lavezzo’s house in the early morning to share breakfast and have walked the “other” loop together. By doing so we bypass the hundreds and hundreds of people

walking the “other” 5K loop that starts and ends at CSUS. It’s too good a tradition to give up so please, sign up for the virtual race and donate to help support our Sacramento Food Bank. Pick up and wear your t-shirts and we’ll still be meeting at Steve’s house to walk—we just won’t be sharing breakfast this year.

I’m so proud of our club because through all of this going on around us, we still maintain our love of the sport, we value our camaraderie and welcome and invite people to join in our fun. In October alone we gained 7 new members and we’re 495 members strong. Pat yourselves on the back—each and every one of you. Thank you for your participation in all of our activities and for being so kind and welcoming to all those you walk or ride with.



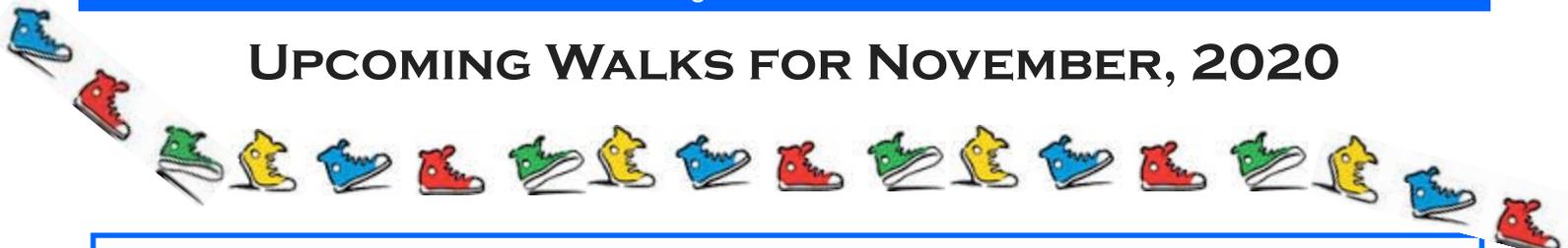
Have you ever attended a Biennial AVA Convention? Clubs throughout the USA host the

event and plan daily group walks for everyone to do. There are meetings with speakers as well as workshops and meals. In 2021, the Convention will be hosted in Madison WI which happens to be the State Capitol, you can bet there’ll be a walk on the grounds of the Capitol. Throughout the event you’ll have the opportunity to meet walkers from all over the USA and talk about their clubs and walks they host. If you’re interested, <http://ava.org/2021-convention/> click this link for more information. Fingers crossed that this event will not be cancelled by COVID-19. The last Convention was in Albany NY and what a memorable event it turned out to be!

Please do not hesitate to contact me if you should ever have questions or concerns about any of our scheduled walks. I’d also love to hear from you if you experienced a great outing or did a walk out of town on your own that turned out to be special and unique. Feedback is always a good thing.

Hope to walk with you on the trails,
Barbara Nuss, President
916.283.4650 or
nussb@surewest.net

UPCOMING WALKS FOR NOVEMBER, 2020



Tuesday	Nov 3	9:15 am	Elk Grove—Creek Watershed
Wednesday	Nov 4	6:15 pm	Citrus Heights—Stock Ranch (Evening Walk)
Thursday	Nov 5	9:15 am	Citrus Heights—Stock Ranch
Thursday	Nov 5	9:15 am	Location To Be Announced (Bicycle)
Saturday	Nov 7	9:30 am	Oakdale, <i>Friendship Walk</i>
Tuesday	Nov 10	9:15 am	Sacramento—Elmhurst to East Sac
Wednesday	Nov 11	9:30 am	Woodland—Day walk for Veterans' Day
Thursday	Nov 12	9:15 am	Carmichael—Hidden Parks
Saturday	Nov 14	TBD*	SF—Lake Merced to Mt Davidson, <i>Traditional Event</i>
Monday	Nov 16	6:30 am	Fair Oaks, EARLY RISER
Tuesday	Nov 17	10:00 am	Cosumnes River Preserve
Wednesday	Nov 18	6:15 pm	Carmichael—Hidden Parks (Evening Walk)
Thursday	Nov 19	9:15 am	West Sacramento—River Walk
Thursday	Nov 19	9:15 am	Sacramento—American River (Bicycle)
Friday	Nov 20	10:00 am	Road Adventure to Tahoe City
Saturday	Nov 21	9:15 am	Ione, <i>Friendship Walk</i>
Tuesday	Nov 24	9:15 am	Sacramento—Curtis Park
Wednesday	Nov 25	6:15 pm	Sacramento—American River (Evening Walk)
Thursday	Nov 26	9:30 am	RUN TO FEED THE HUNGRY
Saturday	Nov 28	9:15 am	Vacaville—Lagoon Valley, <i>Friendship Walk</i>
Monday	Nov 30	8:00 pm	Sac—Laguna Creek Wildlife—Full Beaver Moon

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. *To Be Determined

Congratulations on your Sticks Anniversary in November!



23 Years: Greg Samcoff	14 Years: Marian Dennison	9 Years: Priscilla Edwards Valerie Sanders	3 Years: Barbara Rigler Felice Risling Karen Topich Jack Weaver Judy Weaver Craig Wirth Jane Wirth
17 Years: Barbara Nuss	13 Years: Joanna Tabarez	6 Years: Tina Campbell Renee Palmer Gerri Wigglesworth	1 Year: Rhonda Bowie Lisa Coffi Bonnie Dier Brittina Snowden
16 Years: Peggy Ursin	12 Years: David Denes Bettie Mah Diana Mollart	5 Years: Jeff Molander	
15 Years: Doug Rathgeb	11 Years: Diane Coffman Jan Jerabek Sabina von Sydow Wolfgang von Sydow	4 Years: Lynn Mahoney Margo Schulter	

Happy Birthday in November!

November Birthdays:	9 Mary Adams	19 John Burke	29 Judy Weaver
2 Gorgiana Alonzo	9 Robert Taylor	20 Steve Hughart	30 David Harzoff
3 Renee Palmer	10 Rita Pierson	20 Iva Woodring	30 Christal Wintersmith
4 Joseph Becerril	12 Ron Nolan	21 Diana Hagle	
4 Zori Friedrich	12 Aaron Wintersmith	22 Meiling Huang	
4 Jennifer Johnson	13 Julia Smith	22 Christine Williams	
5 Linda Cox	16 Bill Schulte	23 Susan Martimo	
6 Mary Cho	17 Gail Ohanesian	27 Nikki Johnson	
6 Marie Robb	17 Wolfgang von Sydow	28 Kay Gist	
7 Maril Stratton	18 Ellen Garry	28 Jean Lucas	
8 Alan Leach	18 Pat Piotrowski	29 Dave Madison	



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:**

Marian Dennison
Bonnie Dier
Gail Samcoff
Greg Samcoff
Sabina von Sydow
Wolfgang von Sydow

Multi-year Heros

**Renewed for multiple years
after letter sent:**
Victoria Cameron

Email Heros:

**Renewed for 1 year
after email sent:**
Diane Holloway-Rider
Russell Rider

Welcome New Members!

Diane Dunn
Jeff Dunn

Anna Fock
Danelle Hartke

Dora Mejia
Kyle O’Ryan
Ruey-wen Wang

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>