



The No Sweat Gazette

October, 2020



No Masks. No Fire Smoke. Ahh, The Memories!



*Sticks Members On Mill Valley Walk, Aug 23, 2019
Photo: Jeannie Whitlock*

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Finding The Walk Box

By Zori Friedrich

No Sweat Gazette Roving Reporter

When you become a Sticks member, you soon get inundated with new jargon such as “year-round walk,” “event book,” “walking for credit,” “insert card,” and one of my favorites — Walk Box! One of the adventures of starting a year-round walk on your own is to “find” the Walk Box at the venue where it is kept. Sometimes the box is in plain sight just as listed in the Start Point catalog (Start Point — another “jargon” term!). But other times, it’s a hunt to find the box! I’m an experienced walk box hunter and wanted to share two of my favorite stories.

A few years ago, Sticks member Janet Riley and I were in Greenville, North Carolina for a couple of days of sightseeing and walks before our tour with Walking Adventures International in South Carolina. Our instructions were to register at a firehouse where the walk box was kept, but alas, the front glass station doors

were locked! We could see the walk box on the other side of the doors and we could see cars in the firehouse parking lot — someone had to be in there! We knocked on the door....ok, maybe pounded when no one responded! We couldn’t just leave....we were so close to the walk box just on the other side of the door! Then eagle-eyed Janet spotted a small sign - “For non-emergencies, please call” Never mess with Sticks members when they are ready to walk — so we made the call. After explaining our dilemma to the operator (she must have thought “what box are they talking about?!”), she said she would call the firehouse directly. Few minutes later, the larger than life uniformed Fire Chief came to our rescue to let us in! He was delightful offering two cold bottles of water and the use of the restrooms before wishing us a good walk!

On another occasion with Janet in Salem, Oregon, the walk box was kept at the Customer Service Center in a Safeway. Trust me, it’s never a good sign when you ask for the walk box and you get a glazed, confused look on the employee’s face. To his credit, he was diligent searching on, behind and under the counter with no results. Exasperated, he turned to ask his colleague “Do you know if we sell walk boxes!?” Well happily the box did turn up, and when duly registered, off we went with our trusty map in hand to enjoy a marvelous walk. Once again, we conquered the hunt for the walk box!

What’s your favorite story of “hunting” for the walk box....it would make for good conversation on one of your walks!

Yes! I’m walking with the sticks during the pandemic!

I missed the Sticks so much during the lockdown that I was happy to join the Memorial Day walk, our first group walk in two and one half months. With a lot of input from members, Barbara set up a protocol for registration, payment, and stamping that kept our members safe and that Paul and I have used ourselves as POCs for the Elk Grove walks.

I’m so happy to be walking as a group again, and I feel completely safe. In fact, I find that most of our

members choose to wear masks while they walk, too. I don’t like wearing a mask when I walk (it’s hot, my glasses fog up, etc.), but I’ll bring up the rear and put some distance between myself and the other walkers, so that they feel comfortable, too. It works for me! For example, Paul, Barbara, and I walked the 5K in Oakdale on September 4 and found the Spanish American War monument in Dorada Park there. It was a great walk!

—Marie Robb



Fifty-Plus Years of Photography

By Bruce Calkins

No Sweat Gazette Roving Photographer

I started taking photographs when I was about 12 with a Polaroid camera. The nearly instant feedback helped me hone my skills. It helped me visualize the image I wanted. I began to learn how to take “the shot,” timing the photo to effectively capture the moment.

In 1972, I joined the Army and got stationed in Germany. I had a good job that paid pretty well, and I had regular hours, which gave me some “off-time” for photography. The Post to which I was assigned had a small photo lab, so I started taking lots of photos with black and white film and began developing them myself. This helped me learn more about photography, how to operate a camera, and what capabilities to look for in a camera. The Post Exchange also offered some good deals on camera equipment, of which I took full advantage. I started to learn about photographic equipment.

Germany also introduced me to winter. Being a native Californian, I did not really know seasons. We have two: a long dry season and a short, intense wet one. Germany had four, and for the first time, I experienced all of them. Winter was glorious! I loved walking in the woods and taking pictures. Snow and ice and the light through the trees were wonderful. I started to learn about lighting.

Then came people, marriage, kids, and family. Day-to-day around the home shots are good opportunities for photography, but gatherings of people, family outings and special events, are even better. Catching the mess of kids eating cake, of dancers spinning, of that home run swing, or

the new teetering bicycle are fantastic events worthy of a photograph. Birthdays, weddings, anniversaries are all excellent times for photography. And, sadly, getting photographs of loved ones while you can is critical. We are all here too briefly not to get the shot when you can. I began to appreciate captured memories.

Events also take you to places that are often picturesque and unique. Getting photos of people during activities at these places can be a once-in-a-lifetime opportunity. And many of these places have interesting architecture. At different times of day, they offer views and lighting that can make very captivating photographs. Catching a ray of sunlight or a storm cloud or a reflection in a puddle can produce an interesting photo. I began to see photo opportunities.

Recently, I have been taking more nature photos. As Sacramento Walking Sticks members, my wife, Nancy, and I had been walking regularly up until the pandemic. We have not walked with the group much lately but now get out almost daily for a local walk on our own. I almost always have my camera. And while I do not walk fast, I do see things through my camera’s lens that often others do not. I like lawn art. I like flowers. I like insects. I like birds. I like squirrels. I like shadows. And I take pictures of all of these things and more while on walks. I have learned to appreciate what I see.

Some people have asked me which is best: digital or film photography? For most of my life I used a film camera, but, in the early 80’s, I started using digital images. I had all my

photos digitally scanned during developing, so digital imagery was not new to me. It was just a matter of when it became digital: at the time of the shot or at the time the film was developed. Regardless of when the image becomes digital, it is easier to use digital. However, now that my cameras (and phone) take digital images, I take a lot more photos. And the more you take, the better you get. I take about 600 shots a week. I keep about 200. With film, it would cost me a fortune, so yes, I like digital. People also ask me what kind of camera is best. The best camera is the one you have with you and use. I have learned that quantity can lead to quality.

As one of the photographers contributing to the No Sweat Gazette, I hope that I can share what I have learned in 50+ years of taking photos. I take photos because I love to. I have learned that sharing my photography is almost as much fun as the photography itself.

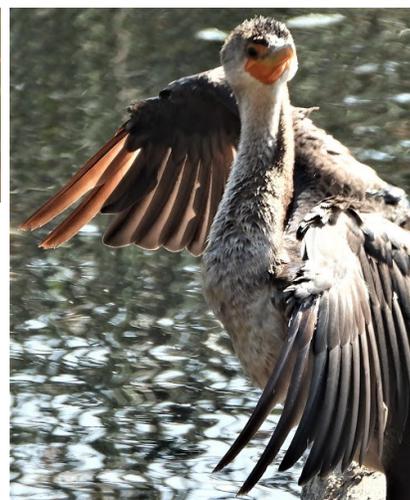
I hope you will take photographs and share them with us. I would love to learn from you.

Editor’s Note: *Since around the beginning of the pandemic, Bruce has been emailing me the photos he takes on his daily walking excursions nearly every day. It has turned out to be a daily fun few minutes for Kaia and me to check out what he gets up to with his camera each day, and he often comes up with some pretty spectacular photos of local wildlife. I’m pretty sure he would share with you, too, if you ask. Bruce’s email:*

becalkins@gmail.com

Photos From Bruce Calkins

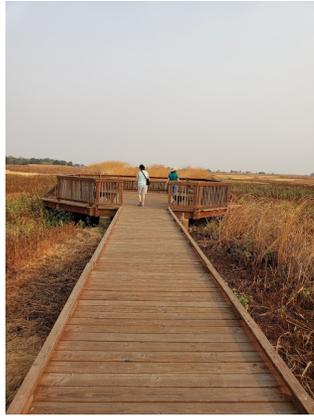
No Sweat Gazette Roving Photographer



A Smokey Memorial Day at Cosumnes River Preserve

By Barbara Rigler, No Sweat Gazette Roving Reporter

The Sticks have begun to start the summer walks earlier to avoid most of the heat of the day, so that

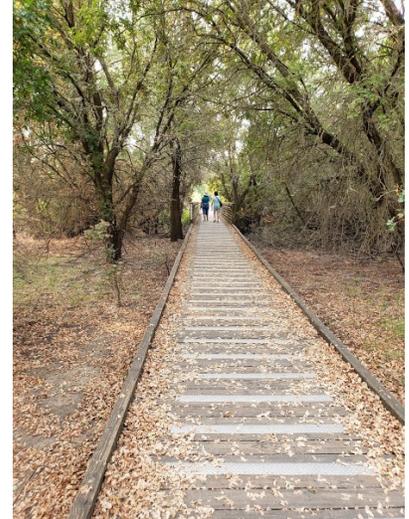


was very nice! We started out September 7, Labor Day to walk through the Cosumnes River Pre-

serve. There were a total of 8 of us walkers. This time of year the Pre-

serve area is very dry. Though it was very dry, I enjoyed the varying colors/shades of gold, brown, reds, and there were still a few areas of green and a bit of moisture left. I'm not sure when exactly, but this area will be flooded and all will turn lush and green, and the birds and other wild life will be more active. I hope to walk this trail again at that time. I met two other walkers that I had not met before and we enjoyed chatting and walking together. At the end, several of us enjoyed a delicious lunch at Pete's Pizza in Elk Grove for more interesting conversation and fun! Looking forward to the fall time... as I'm sure we all are... cooler

weather, hopefully lots of rain, and clean air!



Meet Our Club's Namesake, The Stick Insect, AKA The Walking Stick

Ten Fascinating Facts about Walking Sticks:

1. Sticks can regenerate Limbs.
2. Sticks can reproduce without males.
3. Sticks actually act like sticks.
4. Sticks' eggs resemble seeds.
5. Nymphs eat their own molted skin.
6. Sticks have interesting defenses.
7. Ants aid the safe incubation of their eggs.
8. Some sticks change color.
9. Sticks can play dead.
10. Sticks are the world's longest insects.

For all the exciting details about our namesake, check out

<https://www.thoughtco.com/fascinating-facts-about-stick-insects-1968575>



Editor's Note: The below book review by David L. Ulin appeared in *The New York Times* on September 10. The subject books are: *"In Praise of Walking, A New Scientific Exploration,"* By Shane O'Mara and *"In Praise of Paths, Walking Through Time and Nature,"* By Torbjorn Ekelund. Book reviews aren't normal content for the NSG, but, intertwined with his summary of the thoughts asserted in both books, Ulin's personal perspective on walking is provoking, I think, as it encourages a search for the deep personal motivation each of us might bring to walking.

HOW WALKING CHANGES US

By David L. Ulin, *The New York Times*

"My God," Bruce Chatwin once averred, "is the God of Walkers. If you walk hard enough, you probably don't need any other god." We know that walking is good for us, that "if undertaken in regular doses," as Shane O'Mara writes in *In Praise of Walking: A New Scientific Exploration*, "it provides the small, cumulative and significant positive changes

for lung, heart and especially brain health." What interests me, however, is less physiological, more elusive: walking as a way of life.

I am a city walker, which is to say I walk to root myself. I define my neighborhood by walking, both its boundaries and my place within them, my connection to community. Even in the middle of a lockdown, I am out most mornings, to get exercise, yes, but also to remind myself of where I am. This is the hard part — to pay attention, to remain in the present, to look outward as well as inward, now from behind the forbidding filter of my face mask, while recognizing, as Torbjorn Ekelund reflects in *In Praise of Paths: Walking Through Time and Nature*, that "the path is order in chaos."

Despite their echoed titles, *In Praise of Walking* and *In Praise of Paths* offer two very different approaches.



Walking is a mechanism for engagement, a direct connection to the world

The first is clinical and the second experiential; to move between them is like going back and forth from laboratory to street. This is perhaps unsurprising, given that O'Mara is a professor of experimental brain research at Trinity College Dublin, and Ekelund is a founder of the Norwegian nature journal *Harvest*. But the contrast also reflects starkly different responses to the questions of how and why we walk — what walking means.

For O'Mara, the answers are practical. "The emerging science," he insists, "is giving us a clear picture: Regular walking confers enduring and substantial benefits on individuals, and on society at large." It improves our "moods, clarity of thought, our creativity," as well as "our connectedness to our social, urban and natural worlds."

Ekelund is more concerned with myth and memory, which is why he builds his book around the notion of

the path. "The world's largest religions," he reminds us, "all make use of path metaphors. ... The metaphorical implications of the path are obvious and easy to understand because, in a way, life is all about choosing the right way." What he's addressing is the intention to walk one's way to meaning: the walk as spiritual exercise, a kind of vision quest

in which the answers we arrive at are less important than the impulse to seek them. A key strategy for finding ourselves, then, is to first get lost.

Ekelund makes this point throughout *In Praise of Paths*, describing a series of walks, through both urban and natural landscapes, in which he willfully seeks to lose himself. With his friend John and their respective children, he searches out the Nordmannsslepene, or the Nordic tracks, a set of mountain paths dating back millennia. To do so requires leaving the marked trail and watching the literal lay of the land. "The crack in the cliff was a sign," Ekelund tells us, after observing a variation in the landscape. "We heightened our attention and fixed our eyes on the ground ahead of us."

He is describing the art of walking hard, which is not merely a matter of exertion but of presence as well.

Out there, off the beaten track, he and John have nothing to guide them but intuition, their ability to read the land and persevere. Walking becomes a mechanism for engagement, a direct connection to the world.

Later in the book, the two take another trip, this time to the Nordmarka, a vast forest in northern Oslo, to try to walk a straight line for two days without instruments. “A sense of direction and the ability to orient oneself and to judge distances were all vital skills for humans of the Stone Age,” Ekelund writes. But on the evening of the second day, when he and John connect to GPS to chart their progress, they are stunned to discover that they have serpented for nearly 14 miles while traveling a point-to-point distance of less than four.

“We had danced our way through the forest,” Ekelund acknowledges. “One step forward, four to the left. One step forward, four to the right.” And yet, the implication is, this was precisely the idea.

If walking, for Ekelund, is a process necessary in its own right, O’Mara’s concerns are more prosaic and hidebound. He is a walker also, although he doesn’t reveal a lot about his journeys. An account, for instance, of the tetrapod trackway on Valentia Island, off the coast of Ireland (tetrapods, which lived some 380 million years ago, were the first four-limbed vertebrates in existence), ends just as it’s getting started. His

study of city walking is marked by such analytics as the “walkability index” and “aggregation effects” — pragmatic rubrics perhaps, but also undifferentiated, homogenizing, suggesting that all cities are, or should be, walked the same.

O’Mara’s reliance on statistics and scientific data makes his investigation come off as abstract. His account of a 2011 experiment to recreate the journey of Ötzi the Iceman — a 5,000-year-old mummy found in the Alps on the Austrian-Italian border — eschews what Ötzi might have seen in favor of the physiological response of his stand-in, an unnamed 62-year-old Italian man. “There were positive changes in virtually every single measured area of his functioning,” O’Mara informs us. “His body mass index — often used to determine obesity — declined by about 10 percent.”

Similarly, O’Mara’s sense that streets need to be “welcoming, with entertainment, seating, refreshment and diversion available,” minimizes their equally necessary serendipity. It’s not that O’Mara is wrong about the utility of streetscapes but that he takes too narrow, too systematic, a view. As a contrast, consider Virginia Woolf, who in her 1927 essay “Street Haunting” recalls the city at dusk in winter: “How beautiful a London street is then, with its islands of light, and its long groves of darkness, and on one side of it per-

haps some tree-sprinkled, grass-grown space where night is folding herself to sleep.”

Woolf is mapping internal as much as external space, the way who we are, and what we’re thinking, inevitably influences what we see. There is no point to her walk except for the walk itself, through streets that are themselves mutable and ever changing, depending on the perspective of the walker, who must do the hard work of remaining conscious in the world.

The issue with “In Praise of Walking” is O’Mara’s assumption that how good an activity may be for us is the most essential measure of its worth. If no one disputes the benefits of walking, I’d argue that they’re more difficult to quantify. “We have an inherent urge to wander that we seldom think about,” Ekelund notes, “but that we are reminded of every time we follow a path.” In that sense, he walks — as I do even now, in this time of social distance — to be connected, not least to himself.

“We think of a path as the way to somewhere else,” Ekelund continues, “toward the future and what lies ahead. But a path also points backward, to the time and the place we came from.” Each stage of the journey, in other words, has value on its own terms — which means *it is the journeying rather than the arriving that offers the most necessary right of way.*



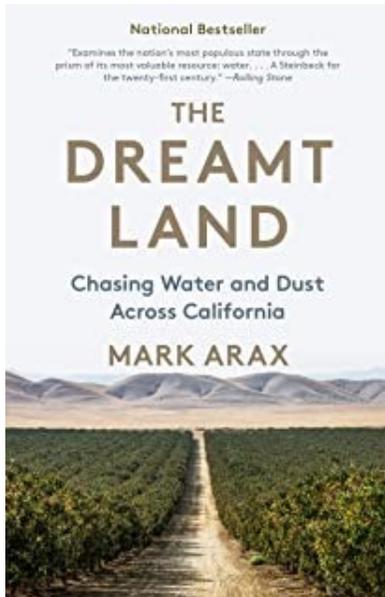


Walking Book Club

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



October 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 October 4, 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.



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

Click here for Carpool Guidelines:

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



FOOTNOTES

By *Barbara Nuss, President*



Greetings,

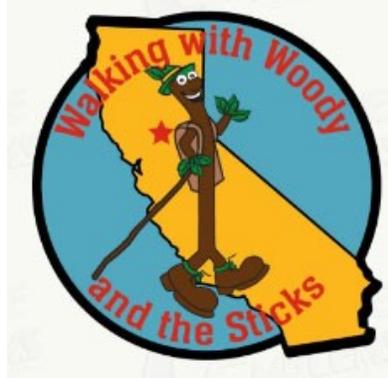
So, we shut our walking down on Pi Day, March 14th when we heard the news about COVID-19. It wasn't easy staying home and isolating from everyone we knew ... and we slowly got back to walking together Memorial Day weekend. Small groups were walking, and we were wearing masks and social distancing as best we could. I, for one, loved walking and talking with other people and seeing the world outside my neighborhood again. And then the fires began mid-August and they still haven't stopped up and down the coast of California, Oregon and Washington. We opened up the walks again and hope that you'll be the judge of whether or not the air quality is OK to walk in or not. What next?

If you haven't noticed, many Traditional Events have been cancelled in the last months due to restrictions and worry over COVID-19. The *Delta Tule Trekkers Club* hosted a lovely event in Acampo last Saturday and had a good turnout of people. My impetus for going was to get another "A" in my *Walking with Woody* booklet and enjoyed walking with *The Compass* editor Suzi Glass who drove up from San Jose with her husband John and their two grown grandsons. One of them will be going into the Marines and what a joy to talk with him about that.

The next scheduled Traditional Event will be on Saturday, October 24th in Ripon at the Caswell Memori-

al State Park. Every year the *Delta Tule Trekkers* host a Spooky Halloween Walk here and every walker is encouraged to wear a costume that will be judged with prizes after the walk. If you've never been, the State Park is quite a place—you're walking through a forest of old oak trees along paved and dirt trails and by the river. Where's Ripon you ask? Near Stockton.

If you're curious about the Walking with Woody special program—it's great fun and you're encouraged to



join in! The Sticks mascot is an insect called a walking stick—his name is Woodrow Stick but to his friends, he's known as Woody. The Sticks thought it would be fun to bring together all the California clubs and their walking events by setting up a booklet that spells out S.A.C.R.A.M.E.N.T.O. W.A.L.K.I.N.G. S.T.I.C.K.S. When I did the walk in Acampo, I got one of the 3 A's I needed. I also had an A from a walk in Alameda and another done in Auburn. I enjoyed the program so much that I'm on my 2nd Walking with Woody booklet and am thoroughly enjoying it as much as the 1st one. There's something magical

about planning your next letter and the feeling of accomplishment is indescribable. Books can be purchased for \$10.00. Send a check or money order made payable to SWS to Tammi Kerch, 2333 Coffeeberry Rd, West Sacramento CA 95691-4558. She'll want to know your name, home and email addresses and your telephone number.

Every year the California clubs have the option to add new Year-Round Events or cancel some that they have. To find out more information about these events, go to www.CVA4U.org. You have till December 31st to walk or bike the following events before they are put away:

Sacramento Walking Sticks—Folsom bike ride, Humbug Willow Creek

Delta Tule Trekkers—Oakdale and Sutter Creek walks

Sonoma County Stompers—Santa Rosa (Believe it or not!) walk

Central Coast Beach Boardwalkers—Port Hueneme (Channel Islands) walk

Low Desert Roadrunners—South Pasadena walk

I mentioned in our last newsletter about The Big Give. This is an annual fund raiser for our parent organization AVA and in these hard times, they need our help. As much as the clubs depend on revenue made from their walks—so does the AVA to

keep their operation functioning. Thank you to all Big Give individual and club donors for their continued support during these challenging times! The fundraising goal for #BigGive2020 was \$80,000 and with your help, they were able to raise over \$100,000! More than 500 individuals went out of their way to give to our mission. From the bottom of our hearts, THANK YOU! A full report will be shared in the upcoming *Checkpoint*. Click on the link for the Big Give Thank You video: <https://www.facebook.com/Americaswalkingclub/videos/365236241165346>. Also, if you haven't given and you wanted to—it's never too late. You can always send a check or money order made payable to AVA to: AVA Headquarters, 1001 Pat Booker Rd, Ste 101, Universal City, TX 78148-4147.

Curious what the *Checkpoint* is? To receive an electronic copy of AVA's monthly digital newsletter, just send your request to Hector at Hector@AVA.org. Please note on the

subject line: Request for Checkpoint.

Thank you, to John McLaughlin for putting out these wonderful monthly newsletters! They're such good reading. Also, a thank you for volunteering goes out to Sticks member Heidi Foster for taking on the job of Vice President of the North for the California Volkssport Association. Heidi will be the POC (Point of Contact) for the CVA's walk and two bicycle Year-Round Events. She is taking over the duties from Sticks member Nancy Alex—we appreciate your service Nancy. Sticks member Beverly Bales will take on a second term as treasurer for the CVA.

One last thing to mention—with the changing of the season, make sure you're prepared to walk. I encourage you to find a good size box and put it in the trunk of your car and start filling it with items you'll need in the months to come. For night walks, you'll want to bring a small flashlight and if you pop into a Harbor Freight store, buy yourself an inexpensive

reflective vest. Believe me, it'll start to get a bit chilly soon so why not take one of your sweatshirts, a pair of gloves, a muffler or a scarf and hat and put those in the box. Many of these items can be found at the Dollar Tree so having extras on hand won't break the bank. Rain will be forthcoming, so put an umbrella and a rain poncho and/or rain hat in the box—that way, you won't think twice about not walking because you'll find your umbrella and pop it up to keep you dry! Take a few Ziploc gallon bags and slip them in—they're great for holding walk directions in as well as your books. If you find a small First Aid kit, how nice that would be if you or someone with you needed a band aid or ointment.

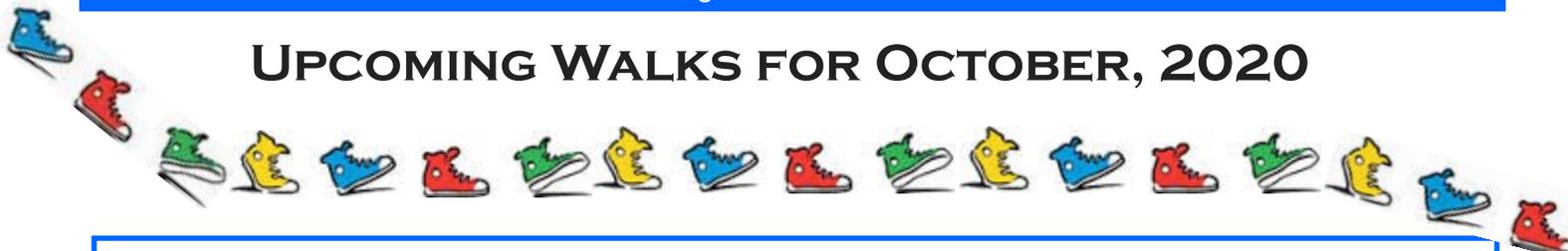
Keep in touch by email or phone and I hope to see you on the trails.

Barbara Nuss, President
nussb@surewest.net, 916.283.4650

More fond memories of the days with no 6-foot distancing, no face masks, and blue, blue skies! Sticks members enjoying the multi-day Monterey Road trip, December 14, 2019



UPCOMING WALKS FOR OCTOBER, 2020



Thursday	Oct 1	9:15 am	Folsom
Thursday	Oct 1	8:00 pm	Zamora—Full Hunter's Moon
Saturday	Oct 3	9:15 am	Galt, <i>Friendship Walk</i>
Tuesday	Oct 6	9:15 am	Gold River
Wednesday	Oct 7	6:15 pm	Sacramento—Sac State (Evening Walk)
Thursday	Oct 8	9:15 am	Sacramento—Pocket Area
Thursday	Oct 8	9:15 am	Sacramento Floodplain (Bicycle)
Friday	Oct 9	10:00 am	Road Adventure to Truckee
Saturday	Oct 10	9:15 am	Folsom, <i>Friendship Walk</i>
Tuesday	Oct 13	9:15 am	Sacramento—North Laguna Creek Tuesday
Wednesday	Oct 14	6:15 pm	Elk Grove Regional Park (Evening Walk)
Thursday	Oct 15	9:30 am	Davis—University
Saturday	Oct 17	9:30 am	Historic Benicia
Tuesday	Oct 20	9:15 am	Sacramento—River and Miller Park
Wednesday	Oct 21	6:15 pm	Sacramento—North Laguna Creek (Evening Walk)
Thursday	Oct 22	9:15 am	West Sac—Clarksburg
Thursday	Oct 22	9:15 am	Sacramento—Riverfront (bicycle)
Friday	Oct 23	6:30 am	Sacramento—Arden Park EARLY RISER
Saturday	Oct 24	TBA*	Ripon Spook Walk, <i>Traditional Event</i>
Tuesday	Oct 27	9:15 am	Elk Grove Regional Park
Wednesday	Oct 28	6:15 pm	Sacramento—Midtown to East Sac (Evening Walk)
Thursday	Oct 29	9:15 am	Sacramento—Midtown to East Sac
Saturday	Oct 31	9:30 am	Auburn, <i>Friendship Walk</i>

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 October!



24 Years:
Virginia Jelinek
Sharon Olson

16 Years:
Gale Hughart
Steve Hughart
Carolyn Pretzer

15 Years:
Londi Medrano

14 Years:
Cynthia Turbin
Lois Will

13 Years:
Jack Halligan

12 Years:
Betty Quinlen
John Quinlen
Iva Woodring

11 Years:
Barbara Beddow
Beth Daugherty
Juanita Jagar

9 Years:
Frances Fehrman
Theresa Ihara
Lana Paulhamus
Bonnie Sutton

8 Years:
Jim Houpt

7 Years:
Victoria Cameron
Ally Grayson

6 Years:
Patricia Rahrer
Margaret Williams

5 Years:
Diane Holloway-Rider
Russell Rider

4 Years:
Cat Scrima

3 Years:
Norma Wesolowski

2 Years
Gorgiana Alonzo
Kitty Williamson

1Year
Lina Prost



Happy Birthday in October!

October Birthdays:

7 William Rivera
8 Kathy Ellis
9 Jean Alford
9 Tammy Goosby
11 Miles Wichelns
12 Teri Huntington
14 John Sailor
14 Jennifer Stanley
15 Vicki Volek

18 Harlene Adams
19 Carol Addy
19 Marcia Maurer
19 Debbie Thomas
21 Rita Rippetoe
22 Christine Richards
22 Bonnie Sutton
23 Bob Chaplin
23 Paulette Johnston
23 Holly Lakatos

23 Peggy Ursin
25 Roy Simpson
26 Rhonda Bowie
26 Randy Carollo
27 Barbara Beddow
29 Marilyn Jack
29 Sam Korff
29 Monica Moriarty
30 Amul Purohit



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:
Beth Daugherty
Jack Halligan
Jeff Molander
Cat Scrima
Melinda Vaughn

Multi-year Heros
Renewed for multiple years
after letter sent:
Jocelyn Blinn
Pat Carlson
Mary McGhee
Pat Sanchez
Janet Whetstone

Email Heros:
Renewed for 1 year
after email sent:
None

Welcome New Members!

Barbara Groff

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>