



The No Sweat Gazette

Spring, 2020

President's Greeting



"If you dream as big as you can dream, anything is possible."
Michael Phelps, winner of 8 gold medals

Greetings Sticks members,

I don't know about you, but I'm loving the weather we've been having of late. Sunday, March 8th, we go back to daylight savings time which means it'll be lighter – longer. For those who've been joining me for the night group walks, it means we'll be walking without flashlights! One more thing I love—being a member of the *Sacramento Walking Sticks Club*. We have a plethora of fantastic walks all over the Sacramento region, group walks that we can join in day or night plus fun adventures all over California—who wouldn't want to be a member?

We'll all have an opportunity in the next 30 days to invite our friends, family and co-workers to join us on our walks as we host a Traditional Event on March 14th or Pi Day as we like to call it. It falls on a Saturday this year, so we'll be walking from Marie Callender's Restaurant & Bakery all morning on a 3- and 6-mile route through neighborhoods and parks. We'll return to Marie's and hopefully stay for lunch and a slice of pie (kids eat FREE all day on Saturday's). Then on April 1-7, we'll be hosting our walks morning and night to celebrate AVA's National Walking Day and Week. We're hoping publicity will bring out many new people to join in our walks and I'm counting on ALL OF YOU to welcome and encourage them to keep coming out to walk with us and become Sticks members.

Special Programs—have you signed up for any? What about the *Walking with Woody* or the *University Walkin'* programs? I encourage you to try one out and see what you think—I find them slightly addictive and a great incentive to get me out walking in a place I might not have gone to on my own. For instance, there are 2 new walks in Keene that I'm going to because I need a K or

two for my *Walking with Woody* book. Where's Keene? Near Bakersfield and Tehachapi and the walk is hosted by the *Green Valley Gators Club* down by Redlands. We have an Overnight Road Adventure to drive down there on Fri/Sat, March 27 and 28. Even if you aren't working this special program—come join us for the fun and adventure. In April we'll have another fun Overnight Adventure to Reno on April 24 and 25 so we can get the University of Reno stamp for our *University Walkin'* program. Lastly, several of us are working on the new *Rock-in' Around the Clock* program and it is crazy to be on a walk and spot all the clock towers! Our recent trip to San Jose, we must've seen at least 6 and there was 1 on our Historic Benicia trip in February. We spotted several on our Sacramento-Hidden Murals walk on President's Day as well as several on the Sacramento-Capital night walk we did. The programs don't cost much, \$10.00 usually, and then you pay \$3.00 for each walk you do to get the stamp to put in your booklet. If you're already walking for volkswalk credit, then this stamp is part of your event and distance stamping.

Finally, we have our CVA Convention coming up in Mt Shasta on May 1-3, hosted by the *Shasta Sundial Strollers Club*. I encourage all of you to attend, if not for the entire three days, then at least for one. They'll have three great walks to choose from plus you can join in their Saturday night group dinner. For more information, go out to the www.CVA4U.org website to get all the details you need.

Hope to walk and talk with you soon,

Barbara Nuss, President
916.283.4650,
nussb@surewest.net

President
Barbara Nuss

Vice President
Beverly Bales

Secretary
Judy Gregory

Treasurer
Steve Hughart

Publicity
Barbara Nuss

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 quarterly every March, June, September, and December.

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

Not Getting Emails From The Sacramento Walking Sticks?

If you have suddenly stopped getting emails from the club or you've never received any, it is likely that the emails are going into your Spam folder (a "Junk" folder is the same). Basically, your email server has decided that the sender may be sending spam. There is an easy fix:

First, add the email addresses below to your Contacts list:

nussb@surewest Barbara Nuss
sticks.membership@yahoo.com The SWS Membership Committee

If your email server sees that the sender is in your Contacts, it will route the emails to your inbox without problem. This takes care of all future emails.


The next thing to do is to go into your Spam folder to find "old" emails that you want to read. Before you start searching what is likely to be a long list of emails, sort the emails *by sender*. Then you can scroll through and look for those senders who you don't want to miss in your inbox. You just might find emails from friends and family there too!

Once you find an email that you want in your inbox, mark it (and any other from that sender) as "Not Spam" or the equivalent label. You can then move these emails to your inbox or do whatever you want with them.

Not all email programs work identically. If you are having difficulty finding a function, you should con-

sult the Help option in your email program. You might also look for a solution with Google. If you have a GMAIL account, there is a setting you can change to force all Walk Alerts to go to your primary inbox. Follow these directions:

Login to your email account at gmail.com from a computer. (will not work with a cell phone or tablet).

Click on the gear icon  in the upper right-hand corner.

Click on *Settings* in the drop-down menu.

Click on *Filters and Blocked Addresses* at the top of the page.

In the section labeled **The following filters are applied to all incoming mail**, click on *Create a new filter*.

Type **Sacramento Walking Sticks** in the *From* field and click on *Create filter*.

Select *Never send to spam*. Click on *Create Filter*.

You can set up filters for any incoming email. This is handy if you have emails that you want to delete immediately, or send to a personal file, etc.

—Steve Hughart

The Big Give—A Word From AVA Headquarters:

Dear AVA Family,

We are counting down the days to our annual fundraiser, the Big Give. On March 26, please keep us in mind and help us reach our goal of \$80,000! Share with friends and family members about the important work we do and ask them to join us in making a difference. Walk long, stay strong with America's Walking Club!

How You Can Participate

1. Share the attached Big Give Flyer with family & friends.
2. Mail your donation checks to the AVA National Office before April 30, 2020. Mail checks to: American Volkssport Association 1001 Pat Booker Road, Ste 101, Universal City, TX 78148.
3. Make an early online contribution anytime from March 19 to March 25, 2020. To donate online visit <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
4. Make an online contribution the day of March 26, 2020 to help us leverage additional cash prizes. To donate online visit <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
5. Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is \$100. *Fee for bank transfer donations is \$3.00 per transaction. Fee for all other online donations is 6.2% + \$0.30.
6. Fundraise on behalf of the AVA by creating a Peer to Peer page. If you need assistance creating or personalizing your page, please send an email to emily@ava.org (note on subject line Peer to Peer Help) or you can reach her at 210-659-2112.



**WALK LONG,
STAY STRONG!**



2020 is year six of the Big Give! Last year, our generous donors raised \$81,665.70! 409 individuals came together to support our cause. This year, our goal is to surpass \$80,000 once again.

Why donate to the Big Give? Our walking programs help people live a longer healthier life by lowering the risk of heart disease, diabetes, obesity, depression and even some cancers. As America's Walking Club, our mission is to bring these walking health benefits to people of all ages and abilities. Walk long, stay strong with America's Walking Club.

Please consider donating online to the Big Give on March 26, 2020. Your donations will help increase accessibility of walks in more communities. Access to AVA walks will reduce the risk of disease and will help bring people together all while having fun! Donations can be made online through thebiggivesa.org or you can mail a donation check to American Volkssport Association 1001 Pat Booker Rd, Ste 101, Universal City, TX 78148 now through April 30, 2020.



For more information on the Big Give, feel free to reach me at samanta@ava.org. Thank you for your support!

Samanta Sanchez
Communications Specialist
1001 Pat Booker Road, Ste 101
Universal City, Texas 78148
(210) 659-2112
(210) 659-1212 fax
ava.org

Happy New Year!

Barbara's Famous Road Adventures Have Begun

By Phyllis Wichelns

On the Martin Luther King holiday, five of us Walking Sticks met at 0700 at the West Sac Park and Ride for the first Road Adventure of the year to San Jose. I was prepared to drive, but Barbara said climb aboard, and I was happy to ride. Traffic was not an issue on the way down though. (There was some on 680 on the return. Thank you Tammi for helping out with the driving.)



After walking through San Jose State, the highlights were: the Peralta Adobe, Little Italy, the Shark Tank, the Native American tribes wall, the train station, the Children's Discovery museum, the Center for the Performing Arts, the Tech museum, and the Museum of Art.

Before returning, we lunched as a group.

We had time for coffee/hot chocolate/breakfast before 1000. Suzi Glass had picked up the Walk Box from Campbell, a very big help. First Carole, and then Jocelyn met us at the Start. Parking was FREE for the holiday.

We had two walkers from Pittsburg and one from Concord join three from San Jose. The San Jose downtown walk is a good one to take with a group. For one thing, there were some misleading directions to discuss. I got much farther along than I did with Miles last year. (He was back in Sacramento marching for MLK, by the way.)

It was interesting to hear from those who live and work in San Jose, and those who used to live and work and/or go to school in San Jose.

Barbara makes road trips fun as some of you well know. I would recommend trying one out.

Sunshine, Water, and a Cozy Fog on the February 1st Pocket Area Friendship Walk

Photos and Comments by Joanne Jensen



The fog gives way to sunshine, but we celebrate water at this place on the Sacramento River. Also got to meet lots of the real Sacramento Walking Sticks usual suspects on the way. Might have done about 7 or 8K when I got back! Easy does it for the Sloth team.

Ever Thought About a Winter Walking Vacation?

By Kim Dagan, kimadagan@gmail.com
No Sweat Gazette Roving Reporter

It's true that we members of the Sacramento Walking Sticks are blessed with a wealth of interesting local walks and some pretty awesome weather most of the year. Still, I always thought it would be great to get away to a sunny, warmer location for a winter vacation. When I saw that Tater Tours had a trip to Florida this past January, I signed up. On a cold, overcast Wednesday in mid January, my roommate Janet and I flew to Jacksonville, Florida ... a day before the Tater Tour group was to meet. Since we had some unscheduled time that first day, we took the recommendation of my seatmate on the plane and took an Uber to San Marco, one of Jacksonville's most historic neighborhoods where we admired San Marco Square, strolled down shady streets and enjoyed the sights along the St. John's River.

The next day our very congenial group of "Tots" (including two more members of the Sacramento Walking Sticks!) was off to participate in the special MLK Day Weekend event in the Jacksonville area. We walked on Ft. George Island, Hanna Park, downtown Jacksonville and up and down the Jacksonville Beaches. We had lovely, warm weather, rainy weather, cold weather and gale force winds ... pretty much every kind of weather!

Our next stop was St. Augustine, the oldest city in the U.S. and sight of the famous Castillo de San Marcos National Monument, Flagler College and many historic cathedrals, hotels and government buildings.

The next couple nights were spent at a waterfront hotel in Daytona Beach,

which afforded us the opportunity to walk in Flagler Beach, Ormond Beach, New Smyrna Beach and Daytona Beach ... with more cold temps, rainy weather and high wind warnings!

On Thursday, we headed inland for a wonderful morning at Blue Spring State Park ... definitely the highlight of the trip for me. Blue Spring State Park is the winter home of the West Indian Manatees. On the day we visited and walked along the beautiful, tropical lagoon boardwalk 524 manatees were present.

Our Florida extravaganza finished up with a couple days in Orlando featuring walks along International Drive visiting the massive Orlando Convention Center in the rain, and through every corner of Universal Studios Citywalk and Disney Springs on our final day with perfect walking weather.

Returning home, 10 days later, I can definitely say that I am hooked on taking a winter, walking vacation and ready to go back to Florida to explore more of the sunshine state.



Blue Spring State Park



Gale, Kim, and Janet on the beach



Ormond Beach, Florida



Manatees at Blue Spring State Park



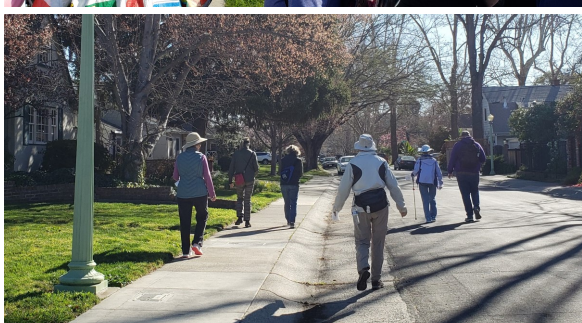
Gale and Janet at Orlando Portofino Resort

The Gathering of Sticks

By Theresa Ihara, travel2md@gmail.com

No Sweat Gazette Roving Photographer

Photos below: Elk Grove Creek Watershed, Jan 18, Sac Pocket Area, Jan 21,
Charlie Fowble Elk Grove, Feb 13, Cosumnes River Preserve, Feb 22, Curtis Park, Feb 25.



The Joy of Spring

By Nancy Calkins

Remember those dark days of winter?

You may have attended the Sacramento Walking Sticks' New Year's Eve and New Year's Day events and picked up a bag of irises to plant in anticipation that spring was just around the corner! Now that the days are longer and the sun is shining, I'm sure your irises have grown bright green shoots and may show signs of blooming, beautiful purple flowers.



Well, here is a surprising, unexpected connection with those New Year's irises to our favorite Christmas dinner location, Casa Garden: Some bags of them were left after the New Year's events, and, with the help of Kaia McLaughlin and Myrna Jackson, those irises found a new home at Casa Garden! They will

add beauty to the grounds when various events like weddings, anniversaries, and Christmas parties are held there! Even more important, the Sticks found another way to support Casa Garden and the Sacramento Children's Home. The Joy of Spring for all!

Editor's Note: But what Nancy did not mention is that she and husband Bruce dug up the Iris bulbs from their yard, put them in paper sacks, wrote and printed description and instructions to staple onto each sack, and displayed them on the stage at the New Year's Event as a very clever and creative way to raise donations for the Sticks. Big applause and cheers to Nancy and Bruce Calkins!



Don't Miss the 2020 CVA Convention, May 1-3!

(From Walk Alert, 2/27/2020)

The Shasta Sundial Strollers

Club in Redding will be hosting the Convention in Mt Shasta this year. There will be 3 walks to choose from. All the information is in the Convention Brochure at the link below.

The host hotel will be the Best Western Plus/Tree House in Mt Shasta. The block of rooms reserved is sold out. There are still rooms available outside of the block at the normal rates. Call the hotel for quotes. There are rooms at 2 additional hotels in Mt Shasta. You can find lodging in nearby Weed, CA. There's also a KOA Kampground in Mt Shasta as well as

the Mt Shasta Golf Resort located 7 minutes from the Best Western Plus/Tree House. Here is contact information for the hotels:

Best Western Plus/Tree House, 111 Morgan Wy, Mt Shasta CA 96067, 530.926.3101.

Cold Creek Inn, 724 N Mt Shasta Blvd, Mt Shasta CA 96067, 1.800.292.9421, Special rates reserved under Shasta Sundial Strollers (\$122.81 tax included) for 2 Queens. Breakfast isn't provided. Deadline to reserve rooms is April 10, 2020.

Inn at Mt Shasta, 710 S Mt Shasta Blvd, Mt Shasta CA 96067,

530.918.9292, Aaron-Hotel Manager. Special rates available under Shasta Sundial Strollers (\$166.88 tax included) for 2 queens. Breakfast isn't provided. Deadline to reserve rooms is April 10, 2020.

CONTACT: Cynthia Turbin, President of the Shasta Sundial Strollers, 530.949.2810, ShastaSundialStrollers2@yahoo.com

For Convention Brochure: https://mcusercontent.com/9fa581f10c55c1c086aaf9cf/files/e6205df48-a24c-4ef8-9e4b-2985d3f558ef/2020_CVA_Conv_Brochure_1.pdf

Health Fair Heroes Throughout the Years

Here is a photo of Anne Ofsink (left) and Kaia McLaughlin working diligently on January 29 to introduce the world to the Sticks at the *Office of Statewide Health Planning and Development* health fair. Under the tireless and creative direction of Anne, these dedicated Sticks members work very hard at several health fairs per year. And it's the large number of Walk Alert sign-ups they always get from visitors to these health fairs that plentifully rewards Anne and Kaia for their efforts. After the *No Sweat Gazette* forwarded these comments and the photo to Sticks President Barbara Nuss, she responded:

"Perhaps you could mention that Priscilla Fife was our Health Fair Coordinator for many years and then handed it on to Beverly Bales who, in turn, handed it off to Anne Ofsink. Why has the club grown so large and remained so large all these years? For sure it's our presence at all the Health Fairs we've been to all these many years. Each Sticks Health Fair Coordinator has relied on Sticks volunteers to help her at the tables. Bravo!"



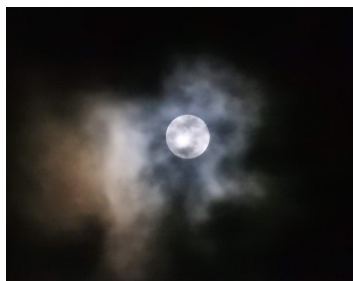
So after the all the stress, excitement, and commotion surrounding sitting at the Sticks' tables during several health fairs over a short period of time, where do these Health Fair Volunteers go for R&R as well as to find opportunity to hone their walking skills developed over many Kilometers of walking on Sticks walks?

Well, To Death Valley, of course, on February 23rd, for some nights of tent camping and some days of hiking, and back-road exploring in that fabulous National Park.



***By the Light of the Silvery Moon
Wolf Moon Walk—Elk Grove Creek Watershed
January 10, 2020***

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





Walking Book Club

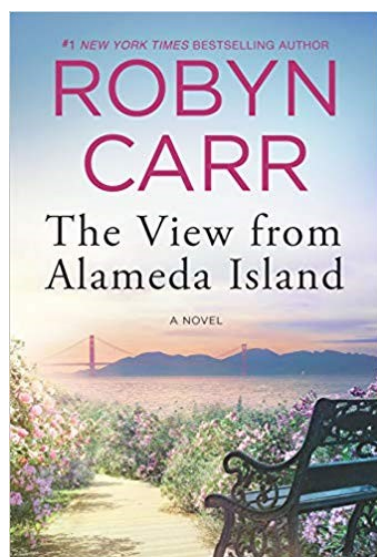
Priscilla Fife, Book Walk Coordinator
916.616.6003 • prfife@gmail.com



No April Book Walk

May 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.

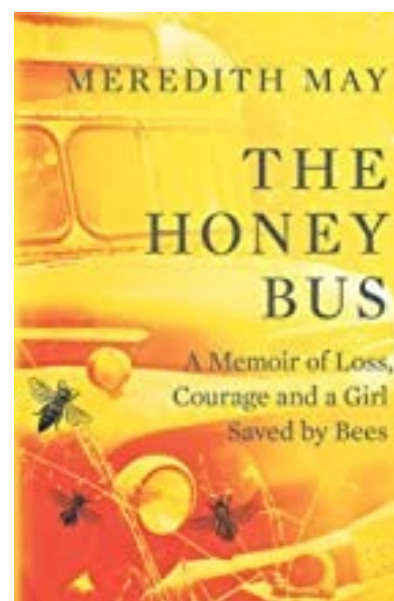
Lauren won't pretend things are perfect anymore. She defies the controlling husband who has privately mistreated her throughout their marriage and files for divorce. And as she starts her new life she meets a kindred spirit—a man who is also struggling with the decision to end his unhappy marriage.

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, May 17 at 10 am for 6K walk in Alameda. We'll be doing the Alameda Victorian 6K. Lunch and book discussion to follow at Little House Cafe, 2300 Blanding Ave, Alameda, CA 94501

June Book Recommendation: **The Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees.** by Meredith May

Sacramento Public Library has 6 print copies, 1 large print copy, 1 CD Audiobook and 4e Audiobooks. Available online in hardcover, paperback, Large Print, Nook, Kindle and audiobook formats



Book description from Amazon:

An extraordinary story of a girl, her grandfather and one of nature's most mysterious and beguiling creatures: the honeybee.

Click here for Carpool Guidelines:

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

Meredith May recalls the first time a honeybee crawled on her arm. She was five years old, her parents had recently split, and suddenly she found herself in the care of her grandfather, an eccentric beekeeper who made honey in a rusty old military bus in the yard. That first close encounter was at once terrifying and exhilarating for May, and in that moment she discovered that everything she needed to know about life and family was right before her eyes, in the secret world of bees.

May turned to her grandfather and the art of beekeeping as an escape from her troubled reality. Her mother had receded into a volatile cycle of neurosis and despair and spent most days locked away in the bedroom. It

was during this pivotal time in May's childhood that she learned to take care of herself, forged an unbreakable bond with her grandfather, and opened her eyes to the magic and wisdom of nature.

The bees became a guiding force in May's life, teaching her about family and community, loyalty and survival and the unequivocal relationship between a mother and her child. Part memoir, part beekeeping odyssey, **The Honey Bus** is an unforgettable story about finding home in the most unusual of places, and how a tiny, little-understood insect could save a life.

Please join us on Sunday, June 7 in Carmel at 10 am for our book walk. We'll be doing the

5K Carmel Mission Walk. We'll meet at the Lopez Taqueria to register and then drive to the start point. Here's a link for the walk details: <https://my.ava.org/event-view.php?sn=114912>

The location for our book discussion will be determined soon.



Join the Sticks for a Pi/Pie Day Celebration!

Bring your appetite for great walking with friends, your sweet tooth's craving for some delicious and decadent dessert, and at least your vague knowledge that "Pi is a name given to the ratio of the circumference of a circle to the diameter. That means, for any circle, you can divide the circumference (the distance around the circle) by the diameter and always get exactly the same number. It doesn't matter how big or small the circle is, Pi remains the same. Pi is often written using the symbol of the Greek letter " π " and is pronounced "pie," just like the dessert." (math.com) and that Pi is expressed in a wide variety of formulas such as, for example, *Euler's Formula*:

$$(PI^2)/6 = \sum_{(n=1.. \infty)} 1/n^2 = 1/1^2 + 1/2^2 + 1/3^2 + \dots$$
 (or more generally...)
$$\sum_{(n=1.. \infty)} 1/n^{(2k)} = (-1)^{(k-1)} PI^{(2k)} 2^{(2k)} B_{(2k)} / (2(2k)!) B_{(k)}$$
 $B_{(k)}$ = the k^{th} Bernoulli number. eg. $B_0=1$ $B_1=-1/2$ $B_2=1/6$ $B_4=-1/30$ $B_6=1/42$ $B_8=-1/30$ $B_{10}=5/66$. Further Bernoulli numbers are defined as $(n\ 0)B_0 + (n\ 1)B_1 + (n\ 2)B_2 + \dots + (n\ (n-1))B_{(n-1)} = 0$ assuming all odd Bernoulli #'s > 1 are $= 0$. $(n\ k)$ = binomial coefficient $= n!/(k!(n-k)!)$ **(NOTE: memorization of this formula helpful but not required for registering for the walks or for ordering pie from Marie Callender's.)**



According to Sticks President Barbara Nuss, "This year we will be celebrating Pi Day on Saturday, March 14th with a Traditional Event and EVERYONE is invited to join in our fun. We will offer an outstanding walk (3 and 6 mile routes to choose from) out of the last Marie Callender's restaurant in town--on Freeport Blvd near the Executive Airport." **Watch Barbara's Walk Alert's for more information.**



Here's the Sacramento Walking Sticks schedule for AVA's Declared **National Walking Week** :

April 1-7: National Walking Day and Week. We'll be offering morning and evening walks every single day. Day-time walkers will have the option of walking a 5 or 10k route; nighttime walkers will all be in a group walking a 5k.

April 1 Elk Grove-Charlie Fowble Memorial #997

Start: Tea Garden Restaurant, 9109 Laguna Main St #100, Elk Grove CA 95758

Registration: Daytime—9:15 a.m. Nighttime—6:15 p.m.

Sacramento Walking Sticks, POC Paul Robb, 916.430.6649, Paul.Robb65@gmail.com

April 2 Daytime, Folsom #165

Start: Karen's Bakery & Café, 705 Gold Lake Dr, Ste 340, Folsom CA 955630

Registration: 9:15 a.m.

Sacramento Walking Sticks, POC Heidi Foster, 916.792.1720, HeidiWalks@sbcglobal.net

Nighttime, Fair Oaks #1064

Start: Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd, Fair Oaks CA 95628

Registration: 6:15 p.m.

Sacramento Walking Sticks, POC Marcia Maurer, 916.844.4673, marshinguat@gmail.com

April 3 Daytime, Sacramento-Elmhurst to East Sac #1422

Start: CVS Pharmacy, 5039 Folsom Blvd, Sacramento CA 95819

Registration: 9:15 a.m.

Sacramento Walking Sticks, POC Gail Samcoff, 916.429.8377, GailSamcoff@gmail.com

Nighttime, Gold River #1793

Start: Starbucks Coffee, 2095 Golden Centre Ln, Ste 10, Gold River CA 95670

Registration: 6:15 p.m.

Sacramento Walking Sticks, POC Roxie Jones, 916.813.7015, Roxalie@ymail.com

April 4 Daytime, Roseville-Sculpture #266

Start: 350 N Sunrise Ave, Roseville CA 95661

Registration: 9:15 a.m.

Placer Pacers, POC Don Ratliff, 916.645.8280, dratliff1515@gmail.com

Nighttime, Sacramento-Arden Park #558

Start: Starbucks, 4301 Arden Wy, Sacramento CA 95864

Registration: 6:15 p.m.

Sacramento Walking Sticks, POC Myrna Jackson, 916.481.6714, myjackwalks@yahoo.com

April 5 Daytime, Sacramento-Ashton Park #1049

Start: Starbucks Coffee, 810 Watt Ave, Sacramento CA 95864

Registration: 9:15 a.m.

Sacramento Walking Sticks, POC Beverly Bales, 916.488.8570, BalesB@att.net

Nighttime, Sacramento-The Fab 40's #583

Start: CVS Pharmacy, 5039 Folsom Blvd, Sacramento CA 95819

Registration: 6:15 p.m.

Sacramento Walking Sticks, POC Gail Samcoff, 916.429.8377, GailSamcoff@gmail.com

April 6 Daytime, Sacramento-Sierra Oaks Vista #905

Start: Starbucks Coffee, 810 Watt Ave, Sacramento CA 95864

Registration: 9:15 a.m.

Sacramento Walking Sticks, POC Beverly Bales, 916.488.8570, Bales@att.net

Nighttime, West Sacramento-River Walk #545

Start: La Bou Bakery & Café, 849 Jefferson Blvd #101, West Sacramento CA 95691

Registration: 6:15 p.m.

Sacramento Walking Sticks, POC Susan Martimo, 916.372.5098, SusanMartimo@sbcglobal.net

April 7 Daytime, Sacramento-Hidden Murals #2337

Start: Rite Aid, 2211 F St, Sacramento CA 95816

Registration: 9:15 a.m.

Sacramento Walking Sticks, POC Rutherford Smith, 530.219.5610, HeadWing@att.net

Nighttime, Elk Grove Regional Park (Full Moon Walk) #1775

Start: Old Town Pizza & Tap House, 9677 Elk Grove-Florin Rd, Elk Grove CA 95624

Registration: 8:00 p.m.

Sacramento Walking Sticks, POC Pau Robb, 916.430.6649, Paul.Robb65@gmail.com

Announcing the following opportunities to volunteer for the Sacramento Walking Sticks. Volunteering for the Sticks is fun, satisfying, rewarding, and it is solely thanks to our volunteers that our club remains strong, fabulous, and pulsating with life, vigor, and activity.

We need:

—A new Super POC. Susan Martimo has volunteered for 9 years and is ready to give it to someone else. Duties are to maintain ALL the walk boxes we have scattered here and there. If there is a new YRE, she gets a new walk box ready (labels, binder, graphics, pen pouch, ink pad, etc.). Sometimes the boxes get dirty and need replacing or we have a new POC which means changing up the contact information.

—Our start location at Land Bark Pet Supplies on Riverside Blvd is no longer. If anyone wants to help find a new location for the three walks (Sacramento-Curtis Park, Land Park and River & Miller Park), please let us know. ALSO: We need a new POC for these 3 YRE's.



Barbara Nuss, President

www.SacramentoWalkingSticks.org

916.283.4650

nussb@surewest.net

Upcoming Walks for April, 2020



Wednesday	Apr 1	9:15 am	Elk Grove—Charlie Fowble
Wednesday	Apr 1	6:15 pm	Elk Grove—Charlie Fowble
Thursday	Apr 2	9:15 am	Folsom
Thursday	Apr 2	6:15 pm	Fair Oaks
Friday	Apr 3	9:15 am	Sacramento—Hidden Murals
Friday	Apr 3	6:15 pm	Gold River
Saturday	Apr 4	9:15 am	Roseville—Sculpture Park
Saturday	Apr 4	6:15 pm	Sacramento—Arden Park
Sunday	Apr 5	9:15 am	Sacramento—Ashton Park
Sunday	Apr 5	6:15 pm	Sacramento—Fab 40's
Monday	Apr 6	9:15 am	Sacramento—Sierra Oaks Vista
Monday	Apr 6	6:15 pm	West Sacramento—River Walk
Tuesday	Apr 7	9:15 am	Sacramento—Hidden Murals
Tuesday	Apr 7	8:00 pm	Elk Grove Regional Park—Full Pink Moon
Wednesday	Apr 8	6:15 pm	Zamora (Evening Walk)
Thursday	Apr 9	9:15 am	Sacramento—American River
Thursday	Apr 9	9:15 am	Circle Davis (Bicycle)
Saturday	Apr 11	9:15 am	West Sac, Clarksburg Branch Line, <i>Friendship Walk</i>
Tuesday	Apr 14	9:15 am	Sacramento—Aston Park
Wednesday	Apr 15	6:30 am	Elk Grove—Charlie Fowble, EARLY RISER
Wednesday	Apr 15	6:15 pm	Sacramento—Curtis Park (Evening Walk)
Thursday	Apr 16	10:00 am	Davis—South Davis, El Macero
Saturday	Apr 18	TBD*	Lockeford (Clements), <i>Traditional Event</i>
Tuesday	Apr 21	9:15 am	Sacramento—North Laguna Creek
Wednesday	Apr 22	6:15 pm	Elk Grove, East Rec Trails (Evening Walk)
Thursday	Apr 23	9:15 am	Gold River
Thursday	Apr 23	9:15 am	Roseville (Bicycle)
Fri/Sat	Apr 24/25	TBD*	Reno—Overnight Road Adventure
Sunday	Apr 26	TBD*	Weimar, <i>Traditional Event</i>
Tuesday	Apr 28	9:15 am	Sacramento—Fab 40's
Wednesday	Apr 29	6:15 pm	Sacramento—Fab 40's (Evening Walk)
Thursday	Apr 30	9:15 am	Sacramento—Arden Park

NOTE: All walks above in this blue type color are offered in conjunction with AVA's Declared National Walking Week. Please see pages 12 and 13 of this newsletter for more information.

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

Upcoming Walks for May, 2020



Friday	May 1	TBD*	CVA Convention, Mt Shasta
Saturday	May 2	TBD*	CVA Convention, Mt Shasta
Sunday	May 3	TBD*	CVA Convention, Mt Shasta
Tuesday	May 5	9:00 am	Fair Oaks
Wednesday	May 6	6:15 pm	Sacramento—American River (Evening Walk)
Thursday	May 7	9:15 am	Rancho Cordova (Bicycle)
Thursday	May 7	10:00 am	Davis—SE Tunnels and Bridges
Thursday	May 7	8:00 pm	Sacramento—Sac State, Full Flower Moon
Saturday	May 9	TBD*	Richmond—Rosie the Riveter
Monday	May 11	6:30 am	Sacramento—Arden Park, EARLY RISER
Tuesday	May 12	9:00 am	Sacramento—Elmhurst to East Sac
Wednesday	May 13	6:15 pm	Sacramento—Hidden Murals (Evening Walk)
Thursday	May 14	9:00 am	Elk Grove—East Rec Trails
Saturday	May 16	9:15 am	Folsom, <i>Friendship Walk</i>
Sunday	May 17	10:00 am	Alameda— <u>BOOK WALK</u>
Monday	May 18	10:00 am	Road Adventure to Petaluma
Tuesday	May 19	9:00 am	Gold River
Wednesday	May 20	6:15 pm	Sacramento—Campus Commons (Evening Walk)
Thursday	May 21	9:00 am	Sacramento—Hidden Murals
Thursday	May 21	9:15 am	Natomas Floodplain (Bicycle)
Saturday	May 23	TBD*	Danville, <i>Friendship Walk</i>
Monday	May 25	9:15 am	Sacramento—River and Miller Park
Tuesday	May 26	9:00 am	Sacramento—Land Park
Wednesday	May 27	6:15 pm	Sacramento—Ashton Park (Evening Walk)
Thursday	May 28	9:00 am	Elk Grove—Charlie Fowble Memorial
Sat/Sun	May 30/31	TBD*	Calaveras Big Trees, <i>Traditional Event</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

Upcoming Walks for June, 2020



Tuesday	Jun 2	8:15 am	Sacramento—N. Laguna Creek Wildlife
Wednesday	Jun 3	6:15 pm	Sacramento—Pocket Area (Evening Walk)
Thursday	Jun 4	8:15 am	Sacramento Riverfront (Bicycle)
Thursday	Jun 4	10:00 am	Davis—University
Friday	Jun 5	8:00 pm	West Sac—Clarksburg, Full Strawberry Moon
Saturday	Jun 6	TBA*	San Rafael, <i>Traditional Event</i>
Sunday	Jun 7	10:00 am	Carmel, <u>BOOK WALK</u>
Tuesday	Jun 9	8:15 am	Sacramento—Sierra Oaks Vista
Wednesday	Jun 10	6:15 pm	Sacramento—Sac State (Evening Walk)
Thursday	Jun 11	8:15 am	Sacramento—North Natomas
Friday	Jun 12	6:30 am	Gold River, EARLY RISER
Saturday	Jun 13	8:15 am	Davis—South Davis/El Macero
Tuesday	Jun 16	8:15 am	Sacramento—Midtown to East Sac
Wednesday	Jun 17	5:30 pm	Davis—University (Evening Walk)
Thursday	Jun 18	8:15 am	Sacramento—Pocket Area (Bicycle)
Thursday	Jun 18	8:15 am	Zamora
Saturday	Jun 20	TBA*	Nevada City, <i>Traditional Event</i>
Tuesday	Jun 23	8:15 am	West Sacramento—Clarksburg
Wednesday	Jun 24	6:15 pm	Elk Grove—East Rec Trails (Evening Walk)
Thursday	Jun 25	8:15 am	Sacramento—Ashton Park
Saturday	Jun 27	TBA*	Lake Tahoe—Emerald Bay, <i>Traditional Event</i>
Tuesday	Jun 30	9:00 am	Woodland

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 Announced



Congratulations on your Sticks Anniversary!

In April, May, or June



15 Years:

Elizabeth Biggert
Sally Coones
Jane Graham
Phil Hickey
Sherry Reed
Rosa Rogers
Teri Steinman

14 Years:

Martha Korff
Sam Korff
Steve Lavezzo
Priscilla Plescov
Rita Rippetoe
Marsha Robinson
Catherine Wieder
Terry Wieder
Janis Williams

13 Years:

Nancy Alex
Dorothy Spangler
Richard Spangler

12 Years:

Sally Barton
Marilyn Jack

11 Years:

Barbara Duggen
Harriet Lamanna
D. Mattocks
Donald Prince
Susan Waldo

10 Years:

Sondra Cooper
Dorothy Cousins
Ellen Garry
Kay Gist
Carol Hobbs

Stephanie Lindsay
Linda MacLeod
George Myers
Sue Myers
Cathy Reiner
Carole Soenke
Maril Stratton
Jim Tischer
Judy Tischer
Denise Yoshikawa

9 Years:

Brenda Dougherty
Carolyn Kay
Rita Pierson
Barbara Reynolds

8 Years:

Mary Griffith
Lauretta Larbig

7 Years:

Sue Hansen
Chrisite Hill
Bill Schulte
Suzi Tucker
Maureen White
Owen Wintersmith

6 Years:

Mike Fosgett
Charles Gieck
Machelle Gieck
Rose Lease

5 Years:

Angelina Becerril
Christian Becerril
Joseph Becerril
Judy Gregory
Evelyn Lease
Marcia Maurer

Barbara Seidman
Teresa Yates

4 Years:

Nelly Bermudez
Roger Flansberg
Tom Frame
Carolyn Sanchez

3 Years:

Tracie Heatherly
Wendy Jordan
Sue Scudder
Connie Stewart
Jackie Vincent
Vicki Volek
John Walton
Christine Williams
Vivian Yost

2 Years:

Tim Bell
Stormy Dickens
Meiling Huang
Diane Hughes
Vikki Johnson
Nancy Welch

1 Year:

Debbie Davis
Pat Davis
Stuart Davis
Dipti DeSai
Tammy Goosby
Joy Griffith
Suzanne Jacobs
Diane Ryder
Debbie Thomas
Stephanie Watts
Pamela Webb



Happy Birthday!



April:

1 Dorie Oca-Schmunk
1 Marsha Robinson
2 Susan Barstis
3 Jenny Wong
5 Angelina Becerril
5 Bonnie Dier
6 Myrna Johnston
6 Stephanie Watts
6 Nancy Welch
7 Teresa Licholai
8 Cassandra Wintersmith
9 Judy Tischer
10 Grace Moi
11 Josie Brooks
11 Dan Drummond
11 Bill Maffei
11 INge Small
12 Helen Alexander
12 Patricia Elliott
12 Steve Lavezzo
13 Julio Rivera, Jr.
15 Christian Becerril
15 Thomas Hart
15 Stephanie Lindsay
16 Becky Highsmith
16 Barbara Nuss
16 Denise Yoshikawa
17 Doug Fee
17 Andi MacDonald
17 Pam Saltenberger
17 Gail Schurr
18 Victoria Goldblatt
20 Harriet Lamanna

20 Bettie Mah
20 Karen Topich
21 Nancy Tellefson
25 Peggy Flens
27 Ellen Franz
28 Lewis Wakefield
29 Dana Beales
29 PJ Jones

May:

2 Gretchen Jung
3 Debbie Davis
4 Peggy Chisholm
4 Helyne Meshar
5 Anthony Rangel
5 Julio Rivera, Sr.
6 Tammi Kerch
6 Chris Nolan
7 Pat Drouin
8 Jamie Walker
9 Sue Hansen
10 Ted Hussey
10 Cindy Ranzenberger
14 Tim Bell
14 Sue Scudder
16 Caitlin Robb
17 John Walton
17 Gerri Wigglesworth
19 Sondra Cooper
19 Rebecca Rivera
21 Kim Dagan
21 Carole Soenke
22 Jill Simmons
23 Maria Jett

23 Cathy Sailor
25 Randall Gutfeld
25 Suzie Madison
25 Warren Tellefson
26 John McLaughlin
27 Sharyn Holland
27 Dick Owens
28 George Myers
28 Stuart Noda
28 Becky Shaw
28 Denise Spaeth
30 Roland Ricketts
30 Blake Thomson
31 Shawn Adams
31 Cathy Maffei

June:

1 Beverly Bales
1 Carol Olsen
3 Cat Ricketts
3 Norma Wesolowski
5 Jeanine Counselman
6 Vicki Diepenbrock
6 Cynthia Turbin
7 Neil Johnson
7 Elizabeth Shelatz
8 Berta Boegel
9 Les Chisholm
9 Wendy Jordan
10 Judy Baumann
10 Pat Davis
10 Vikki Johnson
11 Felicity Brown
13 Paul Ransom

13 Sherry Reed
13 Carolyn Sanchez
14 Sally Coones
14 Russ Schmunk
15 Jane Graham
15 Rickie Kinley
15 Cathleen Madge
15 James Moi
18 Jytte Taylor
18 Terry Way
19 Kathleen Burke
19 Mick Coubal
19 William Roth
19 Chris Smith
20 Steve St.Martin
21 Patti McAllister
22 Alice Jacobs
22 Stephanie Turner
23 Evelyn Lease
24 Juanita Jagar
24 Owen Wintersmith
25 Joanne Jensen
25 Kathleen Macko
26 Diane Ryder
27 Peggy Briggs
27 Chuck Donaldson
28 Carol Gallardo
29 Ellen McCreary
29 Joanna Watzig
30 Martha Drummond
30 Sharon Olson
30 Barbara Reynolds
30 Susan Z'berg

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>



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:**

Julie Bohmfalk
Bernard Cody
Sharyn Holland
Terry Holland
Steve Lavezzo
Bruce Leistikow
Jean Lucas
Doug Rathgeb
Jamie Walker

Multi-year Heros

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

Harlene Adams
Layla Bentley

Linda Bjorklund
Yvonne Brandon
Josie Brooks
Debra Coubal
Mick Coubal
Judy Cuchna
Anita Davies
Ally Grayson
Becky Highsmith
Chris Highsmith
Bryan Jacobi
Mary Jacobi
Ashleigh Mitchell
Shelia Mitchell
Gail Ohanesian
Chris Smith
Julia Smith
Stephanie Turner
Joanna Watzig
Diane Younglove

Gary Younglove
Susan Z'berg

Email Heros:

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

Peggy Briggs
Barbara Hodges
Heather Reynolds
Cat Ricketts
Roland Ricketts
Susan Rubinstein
John Szabo
Doug Thompson
Janice Warta
Marvin Warta



Welcome New Members!



Shawn Adams
Brian Becker
Laurie Becker
Romana Bough
Catherine Brouwer
Randy Carollo
Linda Cox
Claudia de LaTorre
Patricia Di Ianni

Doug Fee
Yvonne Fee
Ynez Fritsch
Victoria Goldblatt
Jan Heckey
Mark Heckey
Sharon Jacks
Barbara Kohn
Leona Lucchetti

Dennis Lue-Sang
Marjorie Lue-Sang
Richard MacGill
Kathleen Macko
Becky Shaw
John Shaw
Inge Small