



The No Sweat Gazette

Winter, 2020

President's Greeting



"You do not find the happy life. YOU MAKE IT"
Camilla Eyring Kimball

Greetings Sticks members,

What a fantastic year it's been for our Club. Our outreach to the community by health fairs, publicity efforts and word of mouth continues to bring new people out to our walks and events. Thank you to ALL of you for spreading the word by handing out our business cards to inviting friends, family and co-workers to come join in our fun. We have been the largest AVA Club since 2011 and it takes all of us to keep it growing and evolving.

2019 was busy with the usual goings on as well as the May CVA Convention in San Diego and the June AVA Convention in Albany NY. We continued to host group walks on major holidays as well as on Tues/Thurs mornings and Wed evenings ~ we even had a few Foot-loose Friday walks, thanks to Sally Coones. In May we introduced our special program "Walking with Woody" and invited everyone to join in and walk throughout the state of California. This program is simple, fun and addicting and if you haven't tried it ~ I think you'll like it.

Since I retired three years ago, I've thoroughly enjoyed setting up Road Adventures to walk various club's YRE's (year-round events) during the work week. This past year we even had a few overnight adventures that were fantastic. We've got another one planned for Dec 13-15 that will take us to Monterey to enjoy their annual Christmas in the Adobes. I'll be sending out more information about this trip very soon and hope that you'll want to join in. We also continued walking under the Full Moon each month as well. New this year was the Early Risers walks that came once a month and brought us together at 6:30 a.m. Each month brought us to a different location in town to walk as a group for 3-miles; sometimes we saw the sun rise and not once was it too

hot, cold, windy or wet. What also made this great fun was the pairing of a place nearby for breakfast; boy, did we come up with some jewels!

So, what do I have up my sleeve for 2020? Well, how about a walk that takes in a docent tour and a meal? For instance, on Veteran's Day a few of us stepped into East Lawn Cemetery on Folsom Blvd and were enthralled with the banners displayed showing off famous people buried there. I found out we can get a docent tour and learn more. How cool will that be? I still want to get a tour of our Railroad Museum and did you know there's a Telephone Museum in Old Town Roseville? Stay tuned for details on upcoming outings.

I'm looking forward to seeing many of you at our upcoming annual Christmas Party at the Casa on Wed, December 4th. Thank you, Heidi Foster, for organizing this cherished event. Nancy Alex is hard at work planning our New Year's Eve and Day walks for our enjoyment. We'll need your help to man the start/finish tables both days as well as bringing in your favorite dishes for the tables at the Pioneer Congregational Church where the event will be held. You'll remember that Nancy fell headfirst off her bicycle last December and missed the New Year's events completely. We're looking forward to having her back again this year.

If you're having problems receiving your walk alerts and/or Sticks newsletter—please write or call me so we can fix things. You are not alone, and help is close by.

Hope to walk with you on a Christmas lights night walk,
Barbara Nuss, President
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The No Sweat Gazette

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Reader submissions are welcome and vigorously encouraged.

Submit articles, proposals for articles, photos, any questions, comments, or suggestions to:

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***Editor:** John McLaughlin*

From this



Fun, Fitness, Friendship

To this



AVA has just released its new logo!
Read below what AVA says about it. What do you think?

Brand Logo Design: Rationale

With the new logo, we were looking for something that would excite the next generation of walkers while also recognizing the legacy of the AVA. This logo, with its path around the mountains and energetic color, represents the future of America's Walking Club. The path also suggests the excitement of exploring new trails and paths--the joy of exploring new areas on foot.

The mountains stylize the letters AVA as a reference to our history. The reference to our founding date also

acknowledges our organization's significant history in a modern way.

Finally, the prominent words on the logo--America's Walking Club--make our mission, encouraging fitness through walking, clear to those viewing the logo. This logo checks all the boxes. It is respectful of our history and clearly representative of our future in a way that will resonate with the new walkers we want to inspire. Come walk with us. We are America's Walking Club.

— From AVA's *Checkpoint*, November, 2019

Rutherford Smith, Our Featured YRE POC*

Editor's Note: for any of us who attended the recent Sticks New Year's celebration Hidden Murals walk that was seemingly designed just for one-time use on that New Year's Eve and Day, it seemed like a crazy hope that somehow somebody could turn the midtown murals walk into a Sticks Year Round Event. But, thanks to Rutherford Smith, it wasn't such a crazy hope after all, for Rutherford is now the POC for the new Hidden Murals YRE. So the No Sweat Gazette asked him to tell us something about himself and about how he got the walk going. He generously agreed, and his response in his own words follows:

I am now the POC for the Hidden Murals Walk, but of course I couldn't be so if I hadn't been introduced to the Sacramento Walking Sticks a few years ago. It was Doug Rathgeb and Jean Lucas who introduced me to the Sticks while I was performing maintenance on the Air Conditioner in their home. (I am now retired from a career in Heating and Air Conditioning.)

While talking with Jean and Doug that day, I learned that they had just returned from a trip of out of town walks. I was intrigued by their account of the walking group. Just prior to that, I had been informed by my doctor that I needed regular exercise. I wondered why climbing roofs and crawling attics all day wasn't enough. The doctor said that that was work and I needed recreational exercise. After a couple of months walking around my neighborhood, I was bored and ready for a change of venue. My wife Olga and I did our first walk in Historic Woodland. We started out slowly with mostly weekend walks while I was still working. We joined the Sticks in September, 2013, and now the Sticks is a valuable part of our retirement activities.



Olga & Rutherford on Chicken Foot Lake hike

I started noticing a lot of interesting murals popping up all over town in 2016 and learned that "The Sacramento Mural festival was first conceived as an idea to activate spaces in alleyways and buildings throughout Sacramento." That's when I mentioned to Barbara the possibility of creating a YRE. In the summer of 2017, the city program "Wide Open Walls" started commissioning artists for the murals.

I had wondered why there weren't any purely midtown walks, and I came to find out that one significant barrier was that adequate free parking is very scarce. Nonetheless, I was encouraged by Sticks officers and friends to create a walk, so I started connecting the dots on a map in various ways to put together 5k and 11k walks. I had a lot of help and encouragement. The biggest hurdle was finding a start point with bathrooms and parking. I was unable to get permission from Rite Aide on F street to keep the walk box there. Fortunately, one of our members was able to get permission to

keep the walk box at Fleet Feet on J street. My wife Olga and I did a lot of walking and revising of routes before we secured a start location. Nancy Alex paved the way with that New Year's walk showcasing many murals. Learning to use the mapping software and directions template was challenging for me. We got the Hidden Murals YRE going in 2019. I did not expect to be the POC for the walk, but I'm glad I can do it and learn about the many ways club member volunteers contribute to a fun, well-organized club. Currently, I am also helping as POC on the three Land Park walks for Jane Graham until she is feeling better.

As for some personal information about me, my favorite SWS YRE is the Gold River-Jedediah Smith Memorial Trail walk that crosses the Fair Oaks bridge over the American River and goes through Fair Oaks Village. My favorite out of town walk is the Secret Paths and Stairways in Capitola. I enjoy travel and visits with friends and family combined with walking for fun.

Like lots of us, I guess, I have a bucket list which includes visiting Old Trafford in Manchester England to watch my soccer team, Manchester United, play a worthy adversary from the premier league. (I became a soccer fan during the five years we lived in Singapore as missionaries for our church.) I also hope to travel to Spain, Portugal, Italy and Greece, as well as to sail on San Francisco Bay.

My wife, Olga, and I have been married for 37 years and have a son, Edward, who is married and lives in San Diego. Olga was diagnosed with Alzheimer's disease shortly after I retired. It is a journey we are

(continued next page)

determined to make the best of and appreciate all the love and support from the many folks we walk with.

Our most memorable walk was at Crazy Horse Memorial in the Black Hills of South Dakota. We pulled our

little Casita travel trailer across the country to join thousands of others experiencing this remarkable memorial to the "Dakota war leader who took up arms against the United States government to fight the encroachment of white settlers on Na-

tive American territory." We visited Mt. Rushmore, Custer State Park, Yellowstone, Grand Teton National park and San Diego on our return trip.

**The YRE (Year Round Event) POCs (Points of Contact) work with local establishments to keep walk boxes. They periodically service the walk boxes to ensure they have directions, maps, sign-in sheets, envelopes, and so forth. Many times, the YRE POC suggests and helps develop the routing for the YRE along with preparing the maps and directions. They ensure any modifications are identified and made when route circumstances change.*

DON'T MISS THE UPCOMING STICKS' ANNUAL NEW YEAR'S EVE AND NEW YEAR'S DAY TRADITIONAL EVENTS!



They'll be held again this year at the Pioneer Congregational Church, 2700 L Street, Sacramento. Sign up for the New Year's Eve walks on Tuesday, December 31, between 4PM and 5PM, and the New Year's Day walks on Wednesday, January 1, between 9AM and Noon. As was true in previous years, the festivities will be substantial with the offering of great walks, delightful camaraderie, delicious food & refreshing (non-alcoholic) drink aplenty, and oh so much more. Watch for more information in Barbara's walk alerts and Sticks Stuff emails...



Editor's Note: As you see, this edition of the *No Sweat Gazette* has come out early in December. That means we cannot report here on all the exciting Holiday Events Sticks members will enjoy between now and the close of New Year's Day. Consequently, an Extra Edition covering all those events will be sent out during the first week in January. Please help fill the Extra Edition pages with your photos and/or brief comments about any of the Holiday Events you attend, ranging from Holiday Lights Walks, to the Sticks Christmas Party, to the Sticks Road Adventure to Mon-

terey, to the New Year's Eve and New Year's Day Events, to anything else walking- and Holiday-related. THANK YOU!

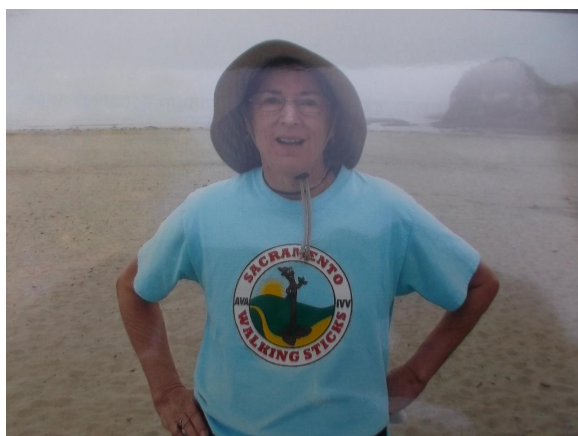
sticksnewsletter@aol.com

A Remarkable Accomplishment!

Phyllis Wichelns was the first to finish last year's "Let's Do 32" Program, and by bagging her second "I" on the Isleton walk on October 12, she finished first again, this time our popular *Walking With Woody* program. But she didn't make it so straightforward as to simply capture all the letters she could find close to home; instead, she made sure she completed walks from many different California AVA clubs. According to our *Walking With Woody* Program Coordinator, Tammi Kerch, "I can tell you that Phyllis walked in the following locations: Santa Barbara, Acampo, Crestline, Redding, Alameda, Martinez, Eureka, Napa, Tahoe City, Orcutt, Weimar, Avila Beach, Lompoc, Kirkwood, Ione, Davis, Galt, San Francisco, Truckee, Isleton, Claremont, Knights Ferry, San Jose, and Davis as her Wild Card." (See page 11 for more information about Tammi.)

So what was Phyllis' strategy? How did she actually go about gallivanting all over California to complete these walks—and so quickly? She tells us below in her own words:

I didn't start out to finish first. I just like to finish what I start, and keeping at it helps me to accomplish that. Also, I am fortunate to be retired and have a willing partner. With that said, Barbara Nuss calls me OCD, and she's right. Here was my strategy: I first looked at each California club's



Phyllis getting an "A" on the foggy Avila Beach Walk

Year Rounds. I did not take the Coronado Beachcombers walk because we walked it in May. I planned to take the South Bay Roadrunners walk, but the Club was closed in July. A Davis Dynamos walk was always going to be my Wild Card because their walks all begin with the letter D.

Hard to come by letters: A, E, G, I, K, N, O. The Shasta Sundial Strollers only offer R's, and I wanted to walk a Redding YRE that I had not taken before. Same with the San Francisco Bay Bandits, and their S's. (They just sponsored an event in Albany, but I no longer needed an A by that point.) I wanted the Tahoe Trail Trekkers to take care of my T's because I had plans for the other 2 S's. And I wanted to walk them before the end of the Season. (Same with Kirkwood.)

*So here's how it went: **June:** 6/22 1st walk, Galt, Delta Tule Trekkers and 6/29 Lompoc, Central Coast Beach Boardwalkers, **July:** Ione, 7/13 and 7/20 Acampo and Martinez Events, Vaca Valley Volks,*

*last weekend in July Lake Tahoe West Shore Event. **August:** 8/3 Alameda, 8/10 Weimar, Placer Pacers. Regret not taking the SF Event walk on the 17th, 8/21 Kirkwood, SWS, 8/24 Friendship walk in Davis.*

*For my birthday I wanted to travel to Southern California. On 8/27 we drove to Palmdale. We walked Crestline the next morning, Green Valley Gaiters. We stayed overnight up at Big Bear Lake. We walked Claremont Hills 8/29, Low Desert Roadrunners. We stayed overnight in Glendale to visit our daughter. We walked Santa Barbara and Avila Beach on the way home. (I had wanted to walk the SB county seat.) **September:** 9/7 Knight's Ferry Event, 9/10 Eureka, Sonoma County Stompers, 9/14 SF, 9/21 Napa Event, 9/28 Orcutt. **October:** 10/5 San Jose, South Bay Striders, and 10/12 Isleton.*

Amazing! CONGRATULATIONS on this remarkable accomplishment, Phyllis, and thanks for sharing the details with us!



Notes From The Isleton Traditional Event, OCT 12, 2019

Isleton was chosen for the “I” in its name and had the special quality of being in the delta. It’s a part of Sacramento County and a place that had never been walked before, a place most of us drove past and never stepped foot in. October was a perfect month to walk there because people would’ve melted in the heat, even in September, and if we’d chosen November, it probably would’ve rained. Thankfully, we didn’t have to postpone the event due to the surrounding fires.

We had a total of 87 people walk—50 walked for Volkswalk credit and 37 walked for free. Of the 69 people signed up for the Walking with Woody program—30 walked the Isleton event. 42 people who walked are currently Sticks members. And people came from an interesting variety of places:

Alameda, Applegate, Auburn, Benicia, Carmichael, Davis, Elk Grove, Fair Oaks, Fairfield, Folsom, Granite Bay, Lincoln, Linden, Lodi, Modesto, Newcastle, Orangevale, Pittsburg, Rancho Cordova, Roseville, Sacramento (29), San Jose, Shingle Springs, Stockton, Vacaville, West Sacramento. We had two people come from out of state—Judy Gordon drove down from Sparks NV and a fellow came from Farmington New Mexico.

Craig and Jane Wirth handled the 10k Checkpoint at Oxbow Marina, and I’m glad I gave them Sticks business cards—they handed quite a few of them out during their two shifts. People asked lots of questions about what was going on, and the Wirth’s let them know! There was even a fellow who’d done volksmarches in Germany years ago when he was stationed there who NEVER knew such a thing existed here in the states.

Imagine his surprise when he found out there was one right there in his town of residence, Isleton.

We did have one injury. It was in the very early stages of people signing in. Jane Wirth mis-stepped in front of the public library and fell. They went to ER at Kaiser Antioch when they got home, and she was hurt but will recover. Seems she and Nancy Alex are in competition to see who gets hurt the most this year. Just kidding.

I hope all walkers had a chance to do one of the walks in Isleton and have lunch at one of the interesting and almost exotic restaurants in downtown Isleton. Thank you, Connie and Dan, for chalking the 5k route when we were desperate because it hadn’t been done by start time. We did get a complaint from someone about the barking dogs; I was thankful the dogs were inside their yard and not loose like on some walks I’ve done before. Another person remarked that the 10k route was hazardous; it wasn’t the best choice of routes, but the alternative would’ve been to walk the 5k twice.

The Chamber of Commerce provided goodie bags for all, and the coupons from local merchants were a special touch and a wonderful gesture. Five stars go to the Isleton Public Library and Librarian Natalie Beaver for welcoming us by opening her public restrooms for us as well as having a cartload of books for sale. That was very special and worth noting. Thank you to our Set Up Team for getting everything in ship shape for everyone and to all of our volunteers for the event--job well done! ...it was a perfect, fun, successful day.

—Barbara Nuss



Cambria!

By John McLaughlin

Because we had never been to the area before, it was especially exciting when Kaia and I headed to Cambria on Friday, October 18, to spend the weekend on the central California Coast and join the Cambria Scarecrow Festival & Oktoberfest 10k & 5k Volksmarches put on by *The Central Coast Beach Boardwalkers*.

We drove into Cambria for the first time early on Saturday morning from our affordable “ocean view” motel seven miles north where we had spent Friday night. At 8:30, the streets and sidewalks of the town were pleasantly empty of tourists, but singles and pairs and clusters and lines of scarecrows stood all over town to greet us. Hundreds of them, tall and proud and human-sized, in all manner of configuration, contortion, and costume, stood in empty fields, in parks, on sidewalks in front of businesses—pretty much everywhere we looked.



Cambria obviously takes its annual Scarecrow festival seriously because, with so many scarecrows scattered all over the place, you'd think every Cambria resident must've

been *required* to publicly display one during the full month of October. Still, the large scarecrow population added fun, interest, and a quirky, pseudo-frightening Halloween quality to the entire weekend.

At the starting point for Saturday morning's walk at Cambria's Bluebird Inn, we were instantly coaxed into feeling like royalty as we stepped toward the welcoming blaze of a cozy patio fire that was generously surrounded by plenty of clipboards holding registration forms and a tempting variety of morning snacks and sips. And that warm, welcoming feeling at the Start Point kept flowing as we were greeted there by Ty and Ginger Fredriks, President and



Vice President respectively of the *Boardwalkers*. Both of them were helpful and friendly throughout the weekend, far beyond normal expectations, and many thanks and kudos to them for their exhaustive efforts toward making the two-day event so exciting, satisfying, and special.



Ginger and Ty



Saturday's 10k walk took us through many interesting and charming downtown streets of Cambria, up a hill to old Santa Rosa Chapel and cemetery, later up a hill to Nitwit Ridge to see an impressive, huge house

built out of recycled materials, back to Main Street past a dazzling array of shops, across Highway 1 toward the ocean to walk through a neighborhood of exquisite homes, many of them perched right there high above the crashing surf, and finally to the turn-around checkpoint where we could pause with elevated view and wonder at the ocean sights as well as all the magnificent homes in this extravagant neighborhood.



Returning to the Start point early on Sunday, we received the same royal welcoming from Ty and Ginger and the warming patio fire. Today's 10k walk, though, was a wholly different experience, for it took us



Fiscalini Nature Preserve

straight to the ocean shores, then along a kilometers-long boardwalk running close and perpendicular to the pounding surf, later down a truly wilderness trail that meandered through trees

and brush along the Santa Rosa Creek, and then across the expansive, pine grove-framed country fields of the Fiscalini Nature Preserve until returning to the start point.

From the prescribed routes, the charming surroundings, the interesting attractions, the scarecrows, the stunning scenery...to the Start Point, the Check Points, the walk directions and maps, the clear sidewalk chalking and AVA-labeled ribbons hanging on bushes and trees to mark the wilderness route—all these things about the two 10K walks Kaia and I took in Cambria that weekend were absolutely first class and entirely worth the effort to travel down to the central coast.



Walking down Cambria's Main Street on Saturday, we were surprised and happy to run into our friends from the Sacramento area, Marillyn and Don Ratliff, but, disappointingly, we met nobody else from the Sticks or Northern California.



So then, the only thing left to say is this: **Mark your calendars and be sure to go on these Cambria walks next year.** Really! ...When I asked President Ty if they'll hold the event again next year, he responded with already a flicker of excited anticipation in his eye, "Oh, yeah!" he chuckled, "There'll be a whole lot of angry walkers if we don't."

Walking Adventures in South Dakota

By Janet Riley and Zori Friedrich

After hearing from so many Sticks members about the thrill of participating in the annual Volksmarch to climb to the arm of Crazy Horse Memorial in South Dakota, we jumped at the chance to tackle this challenge when Walking Adventures International offered a trip to the Crazy Horse Memorial, Mt. Rushmore and the Badlands.

It was a cool, foggy morning for the trek up the mountain with thousands of walkers, but we stayed at the top of the arm until the sun broke through and were rewarded with an awesome view of the sculptured face of Crazy Horse!



Zori, Janet, and the Chief!

Another highlight of the trip was walking the 10K Presidents' Walk in

Rapid City, which was recommended by the local POC. Downtown Rapid

City presented full-sized statues of all the former US Presidents, from Washington to Obama! Very impressive. Below is Janet with JFK and John John.



Walking Sticks Walking

By Theresa Ihara, NSG Roving Photographer



Knight's Ferry, 09/07



Napa Skyline Wilderness Park, 09/09



Cosumnes River Preserve, 09/09



Napa Skyline Wilderness Park, 09/09



Knight's Ferry, 09/07



Knight's Ferry, 09/07



Lake Winnemucca, 09/05



Napa Skyline Wilderness Park, 09/09



Knight's Ferry, 09/07



Isleton, 10/12



Napa Skyline Wilderness Park, 09/09



Lake Winnemucca, 09/05



Napa Skyline Wilderness Park, 09/09



Lake Winnemucca, 09/05



Napa Skyline Wilderness Park, 09/09

EGYPT 2019 “YES-RULES OR NO-RULES.”

By Jennifer Stanley

My friend Jennifer and I traveled to Egypt a few days ahead of the travel tour we had booked. We flew to Cairo and decided to explore a few local sites on our own. We checked our travel book and the Internet to find the museums we wished to visit, their locations, days, and hours. Since the Art Museum was close to our hotel, we set out for it on foot, always eager to keep up with our walking skills.

We very quickly learned that there were many what we called Yes-Rules. And plenty of No-Rules to round out the picture.

For instance, the first No-Rule: Cairo is not pedestrian-friendly (speaking of walking). Heavy traffic, a lack of stop signs and crossing lanes, and very few traffic lights made crossing streets a risky adventure. If there were sidewalks, they were often obstructed by broken concrete, holes, and the goods of vendors spread out from curb to wall. As a result, locals walk more in the streets than on sidewalks. Since there are no designated pedestrian crossings, one leaps across anywhere and hopes for the best. It's pretty scary.

Another No-Rule: Despite all our research on museums and other sites of interest, despite what we thought we had learned about their schedules, when we arrived there after braving the hazards of travel in the city, the places were often closed. This happened to us

more than once. Sometimes there would be locks on the doors with no explanations and no further information. Sometimes there was a person there to tell us a place was closed and had no idea when it might open again – maybe next week, maybe months from now, maybe never. All this was accompanied by a shrug of the shoulders and a roll of the eyeballs.



Jennifer practicing a walking alternative

But here's a Yes-Rule: Rule of Security. Every public building had metal detector machines that we and our belongings had to pass through. This was the case at every hotel, museum, and ancient site, though not so at restaurants or shops. For you who are considering a visit here, pack lightly in order to pass through checkpoints quickly.

Another Yes-Rule involved tourist photography. Sometimes no cameras were allowed, period. In other venues, we might take photos but would have to buy a special ticket to do so. Interestingly, phone cameras were acceptable almost everywhere, without additional cost.

Yet another Yes-Rule: Currency. The Egyptian pound (EP) must be used when purchasing tickets to sites and when paying camera fees. Credit cards won't do. Cash only! Many vendors will also require the Egyptian pound, though some will settle for US dollars. They still work here and there in the world.

Here's a definite Yes-Rule: Water. Do not drink the local water! Hotels, restaurants, and tour companies should provide you with bottled water. They did us. A bottle of water only cost US 30 cents or 50 EP. A great investment! And it wouldn't hurt to add dehydration supplements to your water to keep you going. Egypt can draw the moisture out of anything, even you.

And finally, here's a Yes-Rule of my own: tour companies and licensed guides are a must in Egypt. A few days on your own can certainly add to your adventure in that fascinating country, but professional guides will keep you safe and will open doors to treasures otherwise off-limits to the lone traveler.

Now you are ready to discover Egypt's enduring legacy, from the treasures of Tutankhamen in Cairo and the great temples of Luxor to the Valley of the Kings and the Pyramids of Giza...and, yes, even the risky walking in downtown Cairo. Hope you have a great time.

A Note From “Walking With Woody” Coordinator, Tammi Kerch

I became a Sticks member in February 2014, but due to my running schedule, didn't become an active participant until Jan 1, 2018. This was due to a very persuasive group sitting around the New Year's Day Walk table convincing me to do the Let's Do 32 special program. No! No! I'll think about it during my walk, Ok fine. I'll do it. -smile-

Because I ran Tue/Thur/and every Saturday, my commitment to LD32 was only on Wednesday nights. Oh, and while I'm at it, Barbara encouraged me to also do the Walking the U.S.A. Street by Street. Oh sure, why not. Two books in one year...and thus a new Wednesday night habit was formed. I pulled off both book commitments in the timeframe and along the way created some new friendships.

I am a back of the pack run/walker, but find I prefer walking at a faster clip than most. However, I can be found wherever there is good conversation so my pace will fall in stride with said person(s). I love this club. I love the energy, the commitment, the pride they have for the club.

Fast forward to March of 2019 and I get an email from Barbara asking if I want to help with this new Walking with Woody book she has been pondering for some time. My first thought was nah, I don't want to get that involved. After my brain let it sink in overnight, I thought it might actually be fun. And so, my first task

was to create the book. Do you have any idea how difficult it is to figure out how to get SACRAMENTO WALKING STICKS on the correct fold of the correct page? OMG, that took a bit of time. Although I did the layout and language of the book, Barbara called on a friend with the skills to make it pretty and colorful (I'm a spreadsheet kind of person, so hats off to those that know publisher).



Tammi on the trail

And here I thought that was the difficult part of the program...now I regularly comb the Club websites and the COMPASS to get data on upcoming walks to keep everyone informed. I send out my witty emails quarterly and as new information becomes available. Barbara and I both handle book distribution, but I am tasked with tracking everyone and thus created a spreadsheet to track who you are, book number request/completion date, etc. I will also be tracking the individual cities that each of you walk once you turn in your book. I am sure we will utilize this information in some capacity. And my last spreadsheet is the list of cities by club that I update regularly. I have to admit, I feel like a kid in a candy store every time I get an envelope in the mail requesting a Walking with Woody book. And then off to the post office I go to get you your book as quickly as possible so you don't miss a critical letter.

Happy walking, —Tammi

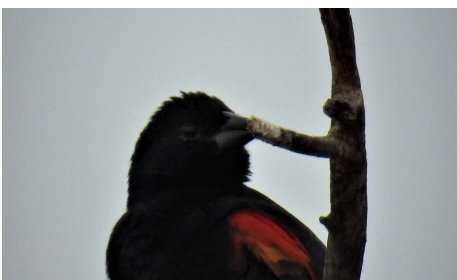


Winnemucca Lake Hike, 9/5/19. Above Left to right: —Sticks President Barbara Nuss handing out pre-hike goodies at trailhead parking lot. —View of Caples Lake from trail. —(Same view of Caples Lake from trail behind me and some of my English Language students from Russia 18 years ago in **Oct, 2001.**) —Janet Riley approaching Round Top Lake on extended hike beyond Winnemucca Lake. **Right:** Group photo taken by Bruce Calkins at Carson Pass parking lot. —John McLaughlin



Glimpses of Wildlife From the Trail

***Through the Camera Lens of Bruce Calkins, NSG Roving Photographer
...At the Cosumnes River Preserve Walk, November 26, 2019***



AVA BIKE RIDES

DO YOU RIDE A BICYCLE? DID YOU KNOW THAT AVA OFFICIALLY RECOGNIZES BIKE RIDING JUST LIKE THEY DO WALKING? DID YOU KNOW THERE ARE 10 PERMANENT YEAR ROUND BIKE TOURS IN THE GREATER SACRAMENTO AREA?

Every two weeks on a Thursday there is a group of us that get together and ride our bikes on those routes. Our group is led by Don and Marillyn Ratliff and you can find the rides on the Walking Sticks calendar on Thursdays labeled **DON'S BIKE**. The calendar will tell you when and where the rides are.

We rotate through the following tour locations: Lincoln, Roseville, Folsom, Davis, four separate rides on portions of the American River Bike Trail, the Sacramento River levee trail and the Pocket Area (South Sac). The rides are basically flat with occasional bridges over freeways and we ride along at our own pace. Come and join us at one of the Thursdays, and if you want an email reminder before each ride, contact Don Ratliff at dratliff1515@gmail.com to get on our mailing list.

—Warren Tellefson, No Sweat Gazette Roving Reporter





Walking Book Club

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



January book recommendation: *The Library Book* by Susan Orlean

The Sacramento Public Library System has 29 print copies, 5 large print, 8 CD Audiobooks, 1 eAudiobook and 1 eBook available

Available online in Kindle, Audiobook, Hardcover, Paperback, and Audio CD formats



Book description from Amazon:

A dazzling love letter to a beloved institution—and an investigation into one of its greatest mysteries—from the bestselling author hailed as a “national treasure” by *The Washington*

Post.

On the morning of April 29, 1986, a fire alarm sounded in the Los Angeles Public Library. As the moments passed, the patrons and staff who had been cleared out of the building realized this was not the usual fire alarm. As one fireman recounted, “Once that first stack got going, it was ‘Goodbye, Charlie.’” The fire was disastrous: it reached 2000 degrees and burned for more than seven hours. By the time it was extinguished, it had consumed four hundred thousand books and damaged seven hundred thousand more. Investigators descended on the scene, but more than thirty years later, the mystery remains: Did someone purposefully set fire to the library—and if so, who?

Weaving her lifelong love of books and reading into an investigation of the fire, award-winning *New Yorker* reporter and *New York Times* bestselling author Susan Orlean delivers a mesmerizing and uniquely compelling book that manages to tell the broader story of libraries and librarians in a way that has never been done before.

In *The Library Book*, Orlean chronicles the LAPL fire and its

aftermath to showcase the larger, crucial role that libraries play in our lives; delves into the evolution of libraries across the country and around the world, from their humble beginnings as a metropolitan charitable initiative to their current status as a cornerstone of national identity; brings each department of the library to vivid life through on-the-ground reporting; studies arson and attempts to burn a copy of a book herself; reflects on her own experiences in libraries; and reexamines the case of Harry Peak, the blond-haired actor long suspected of setting fire to the LAPL more than thirty years ago.

Along the way, Orlean introduces us to an unforgettable cast of characters from libraries past and present—from Mary Foy, who in 1880 at eighteen years old was named the head of the Los Angeles Public Library at a time when men still dominated the role, to Dr. C.J.K. Jones, a pastor, citrus farmer, and polymath known as “The Human Encyclopedia” who roamed the library dispensing information; from Charles Lummis, a wildly eccentric journalist and adventurer who was determined to make the L.A. library one of the best in the world, to the current staff, who do heroic work every day to en-

Click here for Carpool Guidelines:

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

sure that their institution remains a vital part of the city it serves.

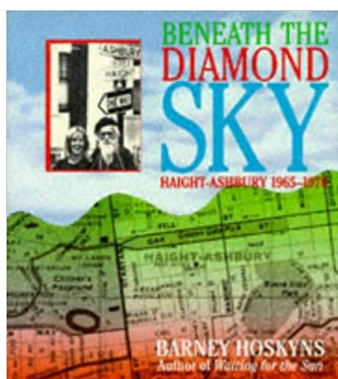
Brimming with her signature wit, insight, compassion, and talent for deep research, *The Library Book* is Susan Orlean's thrilling journey through the stacks that reveals how these beloved institutions provide much more than just books—and why they remain an essential part of the heart, mind, and soul of our country. It is also a master journalist's reminder that, perhaps especially in the digital era, they are more necessary than ever.

Please join us on Saturday, January 18 (because La Bou where the walk begins is closed on Sundays) at 10 am, in West Sacramento for the 6K West Sacramento River Walk. We'll be walking by the West Sacramento Public Library and may have our book discussion there. We can eat at La Bou on our return or stop somewhere along the way.

February Book Recommendation: *Beneath the Diamond Sky: Haight-Ashbury, 1965-1970* by Barney Hoskyns. Or any other book about the "Summer of Love" in San Francisco.

Sacramento Public Library System has 4 copies available. Available online in hardcover.

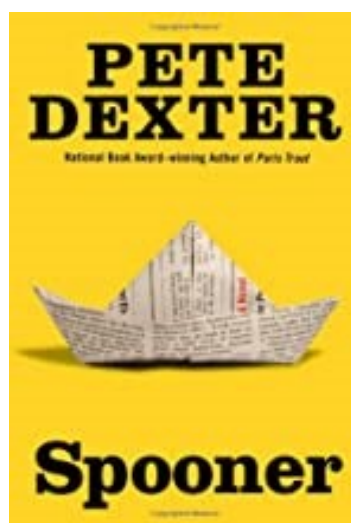
There will be no group walk for this book but **please join us on**



Sunday, February 16 for the San Francisco Bay Bandits' Corona Heights/Haight-Ashbury Traditional Event. The event will be held on a Sunday rather than the usual Saturday due to parking issues on Saturdays.

March Book Recommendation: *Spooner* by Pete Dexter (Author lives Curtis Park)

Sacramento Public Library has 5 print copies, 1 large print copy, and 1 EBook. Available online in Hardcover, Paperback and Kindle formats.



Book Description from Amazon:

Warren Spooner was born after

a prolonged delivery in a makeshift delivery room in a doctor's office in Milledgeville, Georgia, on the first Saturday of December, 1956. His father died shortly afterward, long before Spooner had even a memory of his face, and was replaced eventually by a once-brilliant young naval officer, Calmer Ottosson, recently court-martialed out of service.

This is the story of the lifelong tie between the two men, poles apart, of Spooner's troubled childhood, troubled adolescence, violent and troubled adulthood and Calmer Ottosson's inexhaustible patience, undertaking a life-long struggle to salvage his step-son, a man he will never understand.

Please join us on Sunday, March 15, at 10 am for a 5K walk in beautiful Curtis Park where the author resides. We'll grab a sandwich at the Sandwich Spot, 2108 11th Ave, Sacramento, CA 95818 and eat in Land Park (weather permitting) and have our book discussion there..



Upcoming Walks for January, 2020



Wednesday	Jan 1	9am-Noon	New Year's Day with the Sticks
Thursday	Jan 2	9:15 am	Sacramento—North Natomas
Thursday	Jan 2	9:15 am	Natomas Flood Plain (Bicycle)
Saturday	Jan 4	9:30 am	Carmichael—Ancil Hooffman, <i>Friendship Walk</i>
Tuesday	Jan 7	9:30 am	Zamora
Wednesday	Jan 8	6:15 pm	Folsom (Evening Walk)
Thursday	Jan 9	9:15 am	Roseville—Maidu Park
Thursday	Jan 9	7:00 pm	Sticks Membership Meeting
Saturday	Jan 11	9:30 am	Davis University, <i>Friendship Walk</i>
Friday	Jan 10	8:00 pm	Elk Grove Creek Watershed—Full Wolf Moon
Tuesday	Jan 14	10:00 am	Sacramento—River and Miller Park
Wednesday	Jan 15	6:15 pm	Sacramento—Elmhurst to East Sac (Evening Walk)
Thursday	Jan 16	9:15 am	Elk Grove Regional Park
Thursday	Jan 16	9:15 am	Sacramento Riverfront (Bicycle)
Friday	Jan 17	6:30 am	Sacramento—Pocket Area— Early Riser
Saturday	Jan 18	10:00 am	West Sacramento River Walk— <u>BOOK WALK</u>
Saturday	Jan 18	9:30 am	Elk Grove—Creek Watershed, <i>Friendship Walk</i>
Monday	Jan 20	10:00 am	Road Adventure to San Jose on MLK Day
Tuesday	Jan 21	9:15 am	Sacramento—Pocket Area
Wednesday	Jan 22	6:15 pm	Sacramento—Land Park (Evening Walk)
Thursday	Jan 23	9:15 am	Sacramento—Campus Commons/Sierra Oaks
Saturday	Jan 25	8am-Noon	Alum Rock—Hot Chocolate Walk, <i>Traditional Event</i>
Friday	Jan 24	10:00 am	Road Adventure to Alameda—Bay Farm Island
Tuesday	Jan 28	9:15 am	West Sacramento—River Walk
Wednesday	Jan 29	6:15 pm	Elk Grove Creek Watershed (Evening Walk)
Thursday	Jan 30	9:15 am	Carmichael—Hidden Parks
Thursday	Jan 30	9:15 am	Pocket Area (Bicycle)

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.

Upcoming Walks for February, 2020



Saturday	Feb 1	9:30 am	Sacramento—Pocket Area, <i>Friendship Walk</i>
Monday	Feb 3	6:30 am	Sac, Campus Commons/Sierra Oaks— EARLY RISER
Tuesday	Feb 4	9:15 am	Roseville—Sculpture Park
Wednesday	Feb 5	6:15 pm	Sacramento—North Natomas
Thursday	Feb 6	9:15 am	Sacramento—Midtown to East Sacramento
Sat/Sun	Feb 8,9	8am-Noon	Mare Island—Flyway Festival, <i>Traditional Event</i>
Sunday	Feb 9	8:00 pm	Elk Grove, Charlie Fowble Mem—Full Snow Moon
Monday	Feb 10	10:00 am	Road Adventure to Benicia—Historic
Tuesday	Feb 11	9:15 am	Folsom
Wednesday	Feb 12	6:15 pm	Sacramento—Arden Park (Evening Walk)
Thursday	Feb 13	9:15 am	Elk Grove—Charlie Fowble Memorial
Thursday	Feb 13	9:15 am	Sacramento—American River (Bicycle)
Thursday	Feb 13	7:00 pm	Sticks Membership Meeting
Saturday	Feb 15	9:30 am	Woodland, <i>Friendship Walk</i>
Sunday	Feb 16	TBD*	Haight-Ashbury Traditional Event/ <u>BOOK WALK</u>
Monday	Feb 17	9:15 am	Sac—Hidden Murals, Celebrating Presidents' Day
Tuesday	Feb 18	9:15 am	Carmichael—Ancil Hoffman
Wednesday	Feb 19	6:15 pm	Sacramento—South Natomas (Evening Walk)
Thursday	Feb 20	9:30 am	Woodland
Saturday	Feb 22	9:30 am	Galt—Cosumnes River Preserve, <i>Friendship Walk</i>
Tuesday	Feb 25	9:15 am	Sacramento—Curtis Park
Wednesday	Feb 26	6:15 pm	Sacramento—Capital (Evening Walk)
Thursday	Feb 27	9:15 am	Sacramento—Sierra Oaks
Thursday	Feb 27	9:15 am	Arden (Bicycle)
Saturday	Feb 29	8am-Noon	Stockton—River Walk, <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.

Upcoming Walks for March, 2020



Tuesday	Mar 3	9:15 am	West Sac—Clarksburg Branch Line
Wednesday	Mar 4	6:16 pm	Gold River (Evening Walk)
Thursday	Mar 5	9:30 am	Elk Grove—East Recreational Trails
Friday	Mar 6	10:00 am	Road Adventure to Sebastopol
Saturday	Mar 7	9:30 am	Carmichael—Hidden Parks, <i>Friendship Walk</i>
Monday	Mar 9	8:00 pm	Sacramento—North Natomas Full Worm Moon
Tuesday	Mar 10	9:15 am	Sacramento—South Natomas
Wednesday	Mar 11	6:15 pm	Sacramento—Pocket area (Evening Walk)
Thursday	Mar 12	9:15 am	Sacramento—Elmhurst to East Sacramento
Thursday	Mar 12	9:15 am	Lincoln (Bicycle)
Thursday	Mar 12	7:00 pm	Sticks Membership Meeting
Saturday	Mar 14	9 am-Noon	Celebrate Pi Day with the Sticks
Tuesday	Mar 17	9:15 am	Sacramento—Capital
Wednesday	Mar 18	6:15 pm	Carmichael—Hidden Parks (Evening Walk)
Thursday	Mar 19	10:00 am	Sacramento—Land Park
Saturday	Feb 21	9:30 am	Placerville, <i>Friendship Walk</i>
Friday	Mar 20	6:30 am	Sacramento—Sac State— Early Riser
Tuesday	Mar 24	9:15 am	Elk Grove—Creek Watershed
Wednesday	Mar 25	6:15 pm	West Sac—Clarksburg Branch Line (Evening Walk)
Thursday	Mar 26	9:15 am	Folsom (Bicycle)
Thursday	Mar 26	10:00 am	Citrus Heights
Saturday	Mar 28	9:30 am	Galt, <i>Friendship Walk</i>
Tuesday	Mar 31	9:15 am	Sacramento—Sac State

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



Congratulations on your Sticks Anniversary!

In January, February, or March

**30 Years:**

Gail Samcoff

17 Years:

Yvonne Brandon

16 Years:

Jean Lucas

15 Years:

Jytte Taylor

Pat Thomas

14 Years:

Cynthia Hearden

John Joseph

Marty Langley

Karen Lopes

Mary McMonegal

Steve Oesterreicher

Otto Saltenberger

Leonard Strickland

13 Years:

Carol Addy

Lenore Blaauw

Betty Faciane

Nancy Fox

Zori Friedrich

Pat Hamilton

Myrna Johnston

12 Years:

Jennifer Stanley

Susan Z'berg

11 Years:

Priscilla Fife

Bruce Leistikow

Monica Moriarty

Gail Ohanesian

10 Years:

Harlene Adams

Sue Barela

Susan Barstis

Julie Bohmfalk

Josie Brooks

Bruce Calkins

Nancy Calkins

Coreen Coones

Kathy Ellis

Sharyn Holland

Terry Holland

Helena Hurst

Nikki Johnson

Zoey Johnson

Roxie Jones

Joan Lamoreau

Susan Martimo

Pat Mason

Chris Nolan

Ron Nolan

Pat Piotrowski

Art Porter

William Roth

Joanna Watzig

9 Years:

Pat Drouin

Patricia Elliott

Carol Gallardo

Sue Gaston

Nikki Hall

Tracy Harrison

Becky Highsmith

Chris Highsmith

Suzy Holtzman

Carol O'Brien

Dorie Oca-Schmunk

Dick Owens

Johanne Owens

Gisela Parker

Senta Parker

Russ Schmunk

8 Years:

Bernard Cody

Anita Davies

Shu Davies

Mike Drouin

Pam Saltenberger

Michael Shapiro

Rosella Shapiro

Jamie Walker

Esther Weaver

Miles Wichelns

Phyllis Wichelns

7 Years:

Linda Bjorklund

Peggy Briggs

Felicity Brown

Ellen Franz

Suzanne Hermreck

Amnon Igra

PJ Jones

Gretchen Jung

Barbara Leach

Dennis Ledbetter

Starla Ledbetter

Janice Lew

Chris Loupy

Dave Madison

Suzie Madison

Joan Mallum

Helyne Meshar

Gretchen Moffat

Melissa Noteboom

Anne Ofsink

Connie Ramos-Haugen

Paul Ransom

Caitlin Robb

Marie Robb

Paul Robb

Cathy Sailor

John Sailor

Chris Smith

Julia Smith

Pam St.Martin

Steve St.Martin

Kay Stinson

Doug Thompson

Christina Wagner

6 Years

Tammi Kerch

Teresa Licholai

Ann McCandless

Molly McClure

Cheryl McDonald

Jackie Sinigaglia

5 Years:

Bonnie Apple

Judy Baumann

Brigitte Dinaberg

Sharon Grunow

Barbara Hodges

Bryan Jacobi

Mary Jacobi

Mary Scott

Janice Warta

Marvin Warta

4 Years:

Jean Alford

Kit Carlson

Mendel Carlson

Pat Galeria

Maria Jett

Art Mark

Marty McKnew

Katherine Smith

Bonny Williams

3 Years:

Mary Adams

Dana Beales

Jean Bonar

Robert Bonar

Barbara Franklin

Vickie Jones

Kathleen Leahy

Jean Whitlock

Richard Whitlock

Dave Whitlow

Marcie Whitlow

2 Years:

Noelle Anderson

Barbara Binaco

Mary Cho

Judy Cuchna

Linda Haviland

Andi MacDonald

William MacDonald

Pat McKnight

Grace Moi

James Moi

Jacqueline Patterson

Janet Reynolds

Cat Ricketts

Roland Ricketts

Betty Staley

Don Zajic

1 Year:

Leah Allen

Curt Coffi

Debra Coubal

Mick Coubal

Gail Cunha

Gary Cunha

Fina Dempsey

Claudia Erickson

Lori Marschall

Paul Martinez

Gary McFarland

Ashleigh Mitchell

Ronnie Mitchell

Shelia Mitchell

Liz Perry

Susan Rubinstein

Shu Sebesta

John Szabo

Arleen Welsch



Happy Birthday!



January:

1 Candi Okada
2 Jan Jerabek
2 John Joseph
2 Mike Vogel
3 Steve Purcell
6 Pat Hamilton
7 Sally Barton
7 Dennis Ledbetter
7 Parul Purohit
8 Amnon Igra
8 Virginia Jelinek
8 Arleen Welsch
8 Janis Williams
9 Janece Killingsworth
9 Mary McMonegal
10 Tom Frame
10 Martha Korff
10 Shelia Mitchell
12 Jocelyn Blinn
13 Alice Gentry
14 Kathy Mannion
15 Bonnie Slavin
16 Mike Fosgett
16 Robert Futrell
16 Otto Saltenberger
17 Terry Wieder
19 Joanna Tabarez

19 Kristi Wakefield
20 Barbara Duggen
20 Michael Shapiro
23 Teri Steinman
24 Fina Dempsey
24 Susan Waldo
25 Barbara Seidman
25 Dorothy Spangler
25 Bob Wikse
26 Johanne Owens
27 Margaret Williams
28 Jean Whitlock
29 Jacqueline Patterson
30 Liz Kono
30 Pat McKnight

February:

2 Leah Allen
2 Scott Nelson
2 Lana Paulhamus
3 William MacDonald
6 Eva Nelson
6 Greg Samcoff
6 Kay Stinson
8 Nancy Manning
8 Helen Wakefield
9 Bonnie Apple
12 Karen Bagdasarian

13 Janet Riley
14 Judy Cuchna
15 Molly McClure
16 Nancy Fox
18 Layla Bentley
19 Janet Shaw
19 Katherine Smith
20 Dustin Tellefson
20 Doug Thompson
21 Dave Whitlow
24 Carol Hobbs
25 Phil Hickey
26 Connie Ramos-Haugen
27 Stuart Davis

March:

1 Joy Griffith
1 Catherine Wieder
2 Liz Cheyne
4 Richard Spangler
5 Anne Lynch
7 Linda Haviland
8 Anne Ofsink
9 Bruce Calkins
9 Mike Drouin
10 Anna Dinwiddie
13 Julie Osborne
16 Anita Davies

16 Sharon Grunow
17 Nelly Bermudez
17 Beth Daugherty
17 Paula Ewing
18 Barbara Binaco
18 Kathy Kushner
18 Denise Sisneroz
18 Christina Wagner
19 Janice Chung
19 Sabina von Sydow
20 Melissa Noteboom
21 David Carpenter
21 Lynn Mahoney
22 Marian Dennison
24 Terry Holland
26 Jenifer Taylor
27 Betty Faciane
27 Charles Gieck
27 Gale Hughart
27 Kathleen O'Kelly
28 Priscilla Edwards
28 Gary Younglove
29 Melinda Vaughn
29 Richard Whitlock
30 Maureen White

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:**

Kymberly Andrews
Dana Beales
Lenore Blaauw
Priscilla Fife
Heidi Foster
Zori Friedrich
Sharon Grunow
Myrna Jackson
Jennifer Johnson
Neil Johnson
Dave Madison
Suzie Madison
Grace Moi
James Moi
Chris Nolan
Ron Nolan

Connie Ramos-Haugen

Caitlin Robb
Marie Robb
Paul Robb
Bonnie Slavin
Rolf Zschoernig

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

Gorgiana Alonzo
David Denes
Virginia Jelinek
Judy Kaminski
Pat Moody
Lana Paulhamus
Betty Quinlen
John Quinlen
Marilyn van Loben Sels
Kitty Williamson

Email Heros:

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

Rhonda Bowie
Bob Chaplin
Janece Killingsworth
Anne Lynch
May Lynch
Patricia Rahrer
Cynthia Turbin
Pat Wood



Welcome New Members!



Jocelyn Blinn

Curt Coffi

Lisa Coffi

Bonnie Dier

Randall Gutfeld

Neil Johnson

Mary McGhee

Lina Prost

Brittina Snowden

Welcome