



The No Sweat Gazette

Autumn, 2021



Happy Autumn!



Photo: Connie Haugen

Sticks members enjoying the 2021 AVA National Convention in Madison, Wisconsin...

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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.

Reader submissions are welcome and vigorously encouraged.

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

sticksnewsletter@aol.com

Roving Reporters: Zori Friedrich, Marie Robb, Jennifer Stanley

Roving Photographer: Bruce Calkins

Editor: John McLaughlin

Important Editor's Note:

Dear Fellow Sticks members,

I have been working on the *No Sweat Gazette* for a long time now, for more than six years. Believe me, I have *thoroughly* enjoyed editing and producing this plucky little club newsletter for all that time, and I would probably keep on doing it until I drop, if I knew that to be the best choice. But more and more lately, I have been questioning whether or not my staying on as Editor for so long really is the best choice.

That's because I think it has been a bit unfair and selfish of me to hold on as Editor beyond, say, my first three or four years on the job without offering the position to other Sticks members who might like to edit this newsletter. Because we have more than 500 capable, motivated, and talented people in our club, I believe that there is simply no excuse for anybody to hold a volunteer position for so long as I have been holding this position, *especially* if there are other Sticks members patiently awaiting an opening for their chances to have a go at it.

I have had a long and gratifying run with this, so when the time comes for me to step down, I will no doubt feel the sting of sadness and a heavy sense of loss. But my anticipation of such strong feelings simply reveals what a delightful, challenging, and rewarding volunteer job this is and how much I have enjoyed doing it—and how much one of you might enjoy doing it, too. In-

deed, I am deeply grateful for having had the opportunity to be the Editor of the *No Sweat Gazette* for so many years, and it has been a very bright spot in my life.

Nevertheless, others certainly deserve a chance to thoroughly enjoy and fall in love with editing this newsletter just as I have done. Further, I will be far happier to pass this job on to you, an enthusiastic new Editor (or team of Editors), than to continue indefinitely so as to selfishly block you from that opportunity.

That's why, here and now, I am excited and pleased to offer this very cool *No Sweat Gazette* Editor position to any of you who might be interested. Just email me at the address below, and I will be more than happy to discuss all the details with you. Then, if you decide to become our next newsletter Editor, I'll assist in every way I can to get you started.

This offer has no deadline or expiration date, as far as I'm concerned. If nobody comes forward with the desire to take over right away, then I will continue doing the job until somebody does. However, I wholeheartedly and vigorously recommend this exciting and rewarding position to anyone interested in exercising their writing skills and unleashing their creative juices, so please do not hesitate to contact me about it if that sounds like you.

John McLaughlin, Editor
sticksnewsletter@aol.com

So Long, Friends!

Sorry to report that we have to bid farewell to two bright stars on our *No Sweat Gazette* newsletter team, Nancy Calkins and Bruce Calkins, Roving Reporter and Roving Photographer, respectively. Bruce's extraordinary photos, especially of wildlife, have been gracing the pages of this newsletter for years. Nancy became a Roving Reporter more recently, but all her articles have been of the highest quality and overflowing with entertaining and important information. Because each and all of their contributions always significantly

added class, interest, excitement, and quality to the newsletter, Nancy and Bruce will indeed be dearly missed.

Moving soon to New Mexico, Nancy and Bruce are headed for new and exciting adventures in their lives, and we wish them happiness and good fortune.

This is not good-bye, though, and we'll hear from them again from time to time. In fact, Bruce advis-



es that, "I will occasionally send you photos, as there is a club in our new area [in New Mexico] and lots of fun trails which I hope to entice others to enjoy." We'll all look forward to that!

Welcome to the Team!

We are pleased to welcome **Jennifer Stanley** to the No Sweat Gazette Newsletter Team as our new Roving Reporter. The NSG asked her to share with us some thoughts about her walking adventures and Sticks history which appear below. Check out page 7 in this edition for Jennifer's first "official" article as Roving Reporter.

I retired in 2003 from the City & County of San Francisco and the State of California. I recall it was sometime in early 2004 I was introduced to the SWS from a friend. I particularly liked walking in local areas that I wasn't familiar with and then doing walks in communities throughout the state. It's great meeting many active people my age. I've been motivated to make my travels more active by walking the Cotswold/Cornwall in the UK with a friend and doing 125 miles on the Camino in Spain. I learned that it's

not smart to go it on your own and so now I travel with WAI (Scotland, UK, Germany, Poland and many US locations) and other tour companies. Best to have support and a group of active people to share the experience with. Life is good!

In 2019 I explored the new McKinley Village housing and art district. I thought it would be a great place for a "sticks" walk. I enlisted a few veteran sticks members (Nancy Alex, Bev, Myrna, and others) to do a preliminary 5k walk with me and help me lay it out with proper detailed instructions. Myrna also designed the 10k portion. The McKinley Village & Art walk was announced as the New Year's Day walk in 2021 which brought a large 177 dedicated walkers.

I also joined the Land Park Walkers who meet on Monday, Wednesday and Friday mornings for a 5k walk around the

park. With the retirement of Jane Graham as POC, Barbara Nuss recently asked me to be the POC for the Land Park, Curtis Park and Miller Park walks starting in 2022. Wish me luck.



Jennifer at the Wisconsin Dells, 2021.

THE IMPORTANCE OF FRIENDS: HUMAN AND ANIMAL

By Marie Robb

No Sweat Gazette Roving Reporter

My husband Paul often talked of moving to Boise, Idaho when we retired. It reminded him of Sacramento in the 80s. What a disappointment it must have been when I told him flatly, "I'm not leaving Sacramento." Our families were here, our doctors, dentists, etc. were established, and I had spent years developing friendships that meant the world to me. I was not willing to move to a new place and start all over again.

What a delightful surprise, then, to join the Walking Sticks over 8 years ago and to make a whole new set of friends. We cherish the relationships that began with a shared interest, and we have collected a treasure trove of memories and experiences from our walks and trips together.

And in 2020 not even a pandemic could prevent a friendship from developing. At my Jazzercise studio in Greenhaven, a lovely couple walked their dogs every day past our class. Toby, the Chiweenie, loved to stop and watch us as we worked out. Our door manager Sandy started giving treats to Toby and Yoda (his name makes sense when you look at those wonderful ears!). Of course, our class became a required stop for the dogs. When

our studio went on lockdown, the classes moved outdoors. Whenever Toby and Yoda came by, I ran to get the treats for them. I must confess I was eager to take a break

from my workout, but I also thoroughly enjoyed the opportunity to talk to

Don, Ritsuko, and their daughter Erika. Their visits were a highlight for me, and this happy routine continued even through the winter months. I couldn't resist taking a picture of the boys in their buffalo plaid coats (their Christmas gift).

One day, Don told us that we had to limit the number of treats we gave Toby; he's a senior dog, and he was having kidney issues. We accepted the new regimen and spread the word. Don mentioned recently that sometimes people he doesn't recognize will give the treats, and they confirm, "Now, they only get two, right?" In the spring we took our classes back inside, but we don't worry about missing Toby

and Yoda. They walk right to our door and wait for us to notice and reward them. Sometimes it takes a little encouragement from Don and Ritsuko to continue walking—I am sure they're hoping for more treats!

Toby fell recently and hurt his hip, making it too painful to walk. Don put Toby in the car and drove him to the studio to let us know that we wouldn't see him for a week or so while he healed. I was so touched that Don realized we would worry if we didn't see him. Toby definitely received extra treats that day. Happily, he is feeling fine now, and he and Yoda continue to charm us all with their daily visits.

It is heartwarming and encouraging to realize that a friendship can develop anytime and anywhere.

But I still won't move to Boise! P.S. I also want to give a shout out to our doggy friends who walk with us: Olive, Henley, Sophie, Shadow. . .



Ritsuko, Don and Boys



Yoda, Left, and Toby in plaid

Dressed in her brand new poncho as protection from the unexpected rain on the Eureka Road Trip walk (see next page), Priscilla Fife, left, is being comforted and consoled by good friend Janet Riley as they stand tucked into a downtown Eureka candy shop, sheltered from the rain. You see, this happened to be Priscilla's birthday, and, as she attempted to treat herself with a little birthday candy, she suddenly became hopelessly overwhelmed and couldn't make a decision because there were simply far too many different kinds of candy there to choose from...



***The Calistoga-Eureka
Road Trip,
JULY 26, 27
By John McLaughlin***

This was a wonderful trip! Many thanks to Barbara for making it happen. I could write pages of comments about how special was each day and each walk, but better you try to make them both next year. Meanwhile, here are a few thoughts and photos to give you some hints:

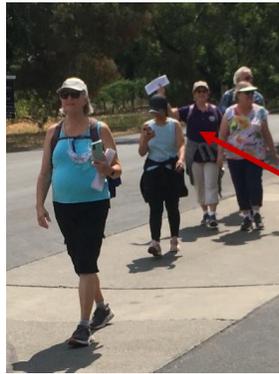


A good group of us met in Calistoga on that warm, sunny Monday and soon split off into the 5K and 10K walkers.

Kaia and I chose the 5K so that we could finish in time to head up to Humboldt-Redwoods State Park where we had camping reservations for the next two nights. Along the 5K way in Calistoga, the group of us enjoyed the meander along the charming town's Main Street, through its older and then newer neighborhoods, past some parks, across some bridges and, finally, back to Main Street.



We had some good laughs along the way, teasing Marie Robb about her seemingly exaggerated desire to



locate the old brothel in downtown Calistoga. Notice Marie waving the instructions in this photo asking, "Ok, where, for Pete's sake, is this famous brothel we're supposed to be walking past?"

After walking a couple more kilometers toward the end of our walk, passing once again into older Calistoga neighborhoods, and enduring several more of Marie's questions about the whereabouts of the brothel, we finally found The Elms, built in 1871, which eventually became the famed house of ill repute. Just milliseconds after we stopped to

gaze at the beautiful building, Marie struck this unabashed and fetching pose. Marie's laugh-provoking sense of humor about the brothel made the walk all the more fun, and we thank her!



Tuesday morning's 10K walk in Eureka was not warm and sunny, but rather cool and rainy. As we



all had been noticing the rivers and streams drying up around us and the longtime absence of rain in Sacramento, the brief rain during the Eureka walk brought smiles and cheers from us all, even as we took shelter for a few minutes from what was beginning to look like hail.



The Eureka 10K walk traces past the Marina, down and across several delightful Old Town downtown streets, and, on the fringes of downtown, past many, many 19th-century, multi-story mansions too amazing to try to describe here with mere words. You really must go on the next road trip to Eureka to see it all for yourselves!



Wonders of Washington State

By Zori Friedrich

No Sweat Gazette Roving Reporter

During early days of the pandemic, many of my planned trips were cancelled (I'm sure you can relate!), and, when travel slowly began opening up again, travel companies were operating on bare bones staff. One of my favorite travel companies, Walking Adventures International (WAI), hunkered down during covid, laying off staff, cancelling all trips, and barely answering phone calls or emails. Since it was a small family-owned business, many of us who had traveled with WAI wondered if they would ever re-emerge.

Well, I'm happy to report that they have made a comeback, offering various destinations with a focus on smaller groups and covid pre-requirements. Janet Riley, my trusty Sticks traveling partner, and I jumped on the chance to register for their Wonders of Washington trip — 10 days to explore two national parks, a wildlife refuge, state parks and more! Plus the trip included 7 AVA walks--that's right, 7 stamps for our "books"! We joined 5 other travelers and our guide Scott starting in Seattle to begin a fabulous, whirlwind, and challenging hiking adventure!

First day out we trekked up the Sunrise trail to the Fremont Lookout for the best view of Mount Rainier National Park. Starting at 6400 feet, we huffed and puffed up 900 feet elevation while contending with the unusually high temperatures for Washington. The reward for our efforts? — enjoying our picnic lunches and gazing at the beautiful snow-capped top of "The Mountain." Two more hiking days at this grand park offered bountiful sights of multi-



Zori, left, and Janet

colored wildflowers, fuzzy marmots, and gushing waterfalls; being from California, we were mesmerized by the waterfalls flowing with water. Yes...WATER!!

Three days in Olympic National Park took us through rainforests, lakes, a view of the "Largest Spruce Tree," and a long stroll on Ruby Beach. The trip wrapped up with a ferry ride from Port Townsend to Whidbey Island for hikes exploring Ebey's Landing, Fort Casey, and Deception Pass. Are you tired yet?! Believe me, Janet and I had no trouble falling asleep at the end of each day!



This trip certainly delivered on its title "Wonders of Washington"! All the hikes offered spectacular sights, but I truly will most remember this trip from all those gushing waterfalls — Sol Duc Falls, Silver Falls, Myrtle Falls, Narada Falls, Christine Falls, AND Snoqualmie Falls! Can't Washington share some of the water with us in California?!



BEAT THE HEAT & SMOKE!!

By Jennifer Stanley
No Sweat Gazette Roving Reporter

In an effort to cool down the Day Trippers (aka the Ferry People), Nancy M. with nephew Matt, Peggy, Dan, Karen and Jennifer (left to rt) once again hopped on the Vallejo Ferry on Saturday morning August 14th. With temperatures to be in the 100's in Sacramento but in the mid-60s in San Francisco, it was a perfect getaway. When we arrived, Peggy picked up her senior Clipper card in the Ferry Building, and Nancy and Jennifer got morning treats of empanadas. Delicious!!



The San Francisco Bay Bandits, as usual, provided great walking instructions for an 11k along the Embarcadero/Ball Park (we made a few changes starting from the Ferry Building rather than the Maritime Historic Museum). Heading out of the Ferry Building, we pass thru the morning farmers market stands. The walk along the Embarcadero was full of interesting sites including "Cupid's Span" sculpture by Claes Oldenburg and Coosje Van Brugge and a number of sea lion pieces. We walked around Oracle Ball Park/SF Giants surrounded by lots of baseball memorabilia. Other highlights included South Park, Yerba Buena Gardens with its fabulous waterfall fountain commemorating Dr. Martin Luther King, Union Square, Chinatown, a stop at the Cable Car Muse-

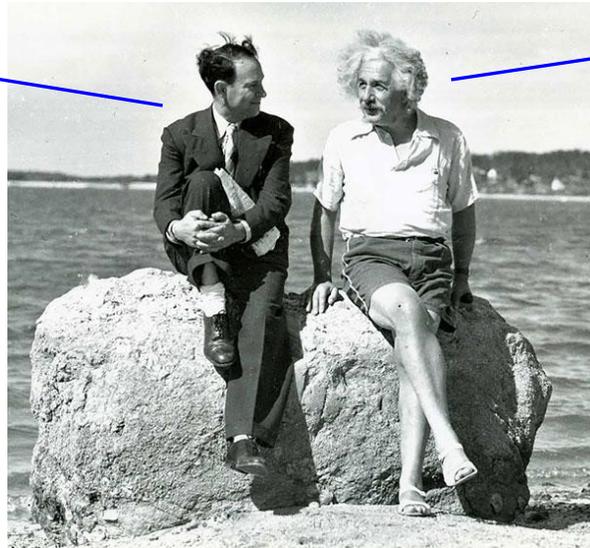
um, North Beach, and, of course, Fisherman's Wharf, finding Laughing Sal at Pier 45 Musee Mecanique. Half the group had a relaxing lunch at an Italian Restaurant in North Beach and the others went on to the Ferry Building to grab some food and catch an afternoon boat back to Vallejo. It was a great day to beat the heat!



Sticks members on the July 5 North Laguna Creek Early Riser walk. This was an extremely rare event. Why rare? Because Early Riser Walk founder, Sticks President Barbara Nuss, who is always present on these monthly early-morning strolls, unexpectedly missed this one. That's because, instead of leading this group, Barbara was still on the long drive home from the AVA Convention in Wisconsin. (See Barbara's comments about the long drive on page 11.)

Unknown Guy

Albert Einstein



Editor's Note: After the photo of Teddy Roosevelt and John Muir in last edition, this is the second photo for which readers were asked to write humorous captions or dialogues. Sorry to say that only three of us participated this time in attempt to generate some humor from this photo as follows. Thank you, Miles and Kris!

From Miles Wichelns,

A conversation between Albert Einstein and his fine agent, Larry:

Larry: I have to tell you, Albert, that while your work as a leg model has been terrific, you're getting a little long in the tooth (and thick in the toenails). We have to find something else for you.

Albert: Hmmm. I'm a pretty smart guy. How about I go into politics?

Larry: Funny you should ask! My fortune teller, Mme. Delta Varriente, checked her crystal ball and found that years from now, a background in modeling might help one be elected governor of California. But even bigger news: About the same time, heads of state on both sides of the Atlantic will sport your hair-style! But why waste your smarts in a field where you won't use them?

Albert: Let's get back to entertainment! I love sashaying on the platform, but if I can't dazzle the crowd any longer, maybe I could host shows, introduce the talent, maybe even share some insights into physics to fill dead space!

Larry: Albert, you're too square to be an emcee! Relatively speaking,

pursuing your interest in physics full-time would serve you far better than entertainment."

Albert: I'll think about it, and thanks, Larry. Give my regards to Curly and Moe.

From Kris Ericson-Cano, *who clearly had fun thinking up these clever comments, all coming from Albert Einstein, above:*

—My scientific formula for gorgeous legs is to join the Walking Sticks at least twice a week.

—My brilliant mind tells me you may want to dress a bit more casual for the annual pirate's walk.

—I'm working on a formula to harness the static energy from my spectacular blowing hair to fuel our Walking Sticks road adventures. Are you in with me?

—Is your tush as sore as mine from sitting on this hard rock? The energy is flowing out of my matter at the speed of light.

—My new formula: $P=SR^2$ translates to Pain=Sitting on Rock 2 Long. Do you think it will catch on like $E=MC^2$?

—Whose idea was it to have hard rock furniture as an AVA special program? My tush is getting too sore to continue and I'm only half-way through the book.

—Wow! That was some fine weed you shared with me. My magnificent mind is mutating into a molten mass of merriment. I also have the munchies so let's try one of Barbara's restaurants.

From John McLaughlin, *Three stand-alone comments:*

—**Albert:** that's right. Now throw your arms back and push off real hard with your right foot, and you'll do a perfect back flip right into the lake. Trust me. I'm a genius.

—**Unknown Guy:** I know you're not a mad genius, Dr. Einstein, but I just can't understand why you insist that we must keep sitting on this rock to keep it from falling **up**.

—**Albert:** Not quite. This does take a considerably high IQ, but you've almost got it. This time, try to lift your right foot over your left shin and put your right knee over your left knee, as you see I've done; then, you'll have mastered the sophisticated art of leg crossing.

Parting Shots

From Bruce Calkins
No Sweat Gazette Roving Photographer



COSUMNES River Preserve

Visitor Center
• Open 10:00 a.m. to 4:00 p.m. daily
• Open year-round, except during
• Winterfest, Christmas
• and New Year's

Cosumnes River Walk
• 1.5 miles, paved, wheelchair
• accessible, open 10:00 a.m. to 4:00 p.m. daily

Lost Slough Wetlands Walk
• 1.5 miles, paved, wheelchair
• accessible, open 10:00 a.m. to 4:00 p.m. daily

Welcome!
The Cosumnes River Preserve is home to thousands of resident and migratory birds, butterflies and insects, plants, reptiles and mammals.
Please obey all rules and posted signs, stay on the trails, and enjoy your visit!



*Thank you, Bruce,
for sharing these special
views of life that
you and your camera
lens have captured
for us for so many
years...*

The AVA National Convention in Madison, Wisconsin

June 26-July 3, 2021

Comments and Photos from Some Who Attended

From Connie Haugen—I've been walking with Mary Ptacek & her Tots on Tater Tours throughout the USA since 2014. After cancellations in 2020, this was a very welcomed trip with her & 40 oth-



ers from around the USA, to the AVA convention in Madison, WI. I'm not a good storyteller, so this is about the friendships I've made as much as the sites I've seen & walked. My story includes the Tater Tours group/friends photo and a few Walking Sticks I saw so far away from home after a year! It was hot and humid for this California Gal!

From Jennifer Stanley—My trip to the convention was via Walking Adventures International (WAI) *Great Lakes and AVA Convention* tour, plus a few extra days in Michigan to visit siblings. Before arriving in Wisconsin for the convention, the tour included scenic walks along the five Great Lakes; Erie, Ontario, Hu-



ron, Superior and Michigan, whose size and scope took us all by surprise! They are HUGE!

Upon arriving in Wisconsin, we joined other convention goers on the local walks. I especially liked the walk along Lake Monona and the Pheasant Branch Conservancy. Madison is the Capitol City of WI and the walk thru of the Capitol building interior was spectacular with stain glass ceilings in the rotunda and legislative chambers, plus beautiful marble corridors and pillars.



The visit to five northwest states (NY, Pennsylvania, Ohio, Michigan & Wisconsin) gave me a greater appreciation for the beauty of the area.

From Janet Riley—In June/July 2021 Kim Dagan and I went to the AVA convention with the Tater Tours and had a fabulous time.

We flew into Minneapolis and had a chance to see the famous Mall of America. What a site to behold! They had carnival rides in the mall, and lots of them! We walked in 4 states: Minnesota, Wisconsin, Iowa and Illinois., walking a total of 21 walks. We walked 3 state capitals: St. Paul, Minnesota; Des Moines, Iowa; Madison, Wisconsin. We walked on 3 college/university campuses: Carleton College in North-

field, Minnesota; Iowa State University in Ames, Iowa; University of Wisconsin in Madison, Wisconsin. Those are the fun statistics, but this trip was much more than that. Iowa is Mary's (Tater Tour leader) home state. Since her sisters and nieces still live there, they joined us on several walks. What fun that was! Iowa was beautiful—lots of corn, green fields, farms and friendly people. My college roommate is from Iowa. I sent her a picture of the Iowa State campus and asked her to guess where the picture was taken. She couldn't tell me, even after growing up in Ames, Iowa! One of the preconvention walks was the Frank Lloyd Wright Walk in Mason City, Iowa. What a walk!

Madison was very beautiful with lots of flowers and trees with green and color everywhere! There were lots of gorgeous lakes. Words really escape me to convey how lovely this town is. Keep in mind that we had beautiful weather and it was summer and not a snowy winter! The Madison's Monona Terrace Convention Center was designed by Frank Lloyd Wright some 20 years prior to building it. This is where the AVA convention was housed. The first night we went to the meet and greet and saw lots of our fellow Sticks! With four more convention walks, we ran into walkers all over Madison. The gift shop in the convention center was everything Frank Lloyd Wright. Yes, we left with a few goodies.

I could go on about our walks and adventures, but suffice it to say the pre walks and convention walks were all great and it was so fun to meet people from all over the US.

Editor's Note: Both Barbara's and Heidi's comments that follow tell a great tale of determination and tenacity, demonstrating that nothing so insignificant as a couple thousand miles of highway between them and the convention would stop them from getting there. Though their comments are lengthy and share the same story, many of you will enjoy reading all about it from both of them.

From Barbara Nuss—I've been volkswalking since 1988 and have attended a total of five national Conventions, so far. Each one has been special because of the walks I've done, the places I've gone to, the people I've met and what I've learned in the workshops and meetings. We wondered if COVID would prevent this Convention from happening and luckily for everyone, it didn't. In fact, we were the 1st Convention held at the Monona Convention Center since the pandemic started. We never did hear how many total walkers came out ~ let's just say that there wasn't an overabundance of people and yet, you couldn't complain that no one came either.

It was planned for many months that I would be flying and rooming with my good friend and Sticks member Heidi Foster. Everything was set and she'd been the one to make the airplane reservations with United Airlines. She was set to arrive at our home within 30 minutes so Phil could drive us to the airport when I got a frantic phone call from Heidi. Seems our flights were cancelled and trying to get another flight was near impossible. What should we do??? I innocently suggested that we drive my car, a newly purchased 2018 RAV4 Toyota and Heidi accepted the idea. Within minutes she arrived at our house, the car was packed up and off we drove for a fill-up and the start of an adventure!

The plan was to drive to Reno and head west on 80, then up to Madison WI. It took us 3 very long days to achieve that goal, but we did it thanks to determination, music and crossword puzzles. I brought ALL my greatest hits CD's—We played Neil Diamond, the Carpenters, Thank God I'm a Country Boy-John Denver, Lesley Gore, Toby Keith, the Doobie Brothers and on and on ... We stopped often to change drivers and every afternoon we'd find a McDonald's for coffee and ice cream. Interspersed between conversation and music were *People Magazine* crossword puzzles.

The Convention always schedules pre-walks which we missed because we got there late Monday, June 28th. However, we made it for all the workshops, meetings and walks that took in the sights. It was so fun to see so many people I knew from all over the USA—from past Conventions I've attended to Sticks members I see on a weekly basis. The Convention hotel was lovely and a block from the State Capitol, then a couple of blocks to the Monona Convention Center. My favorite walk was Friday when we took a bus to get to the Olbrich Gardens. We walked the grounds and all the way back to our hotel. I finished my 3rd Little Free Library special program booklet and when I returned, I showed it off at the Finish Table. Lo and behold if one of the sponsors of the program was there and she gave me my darling patch for completing the program and I was one proud lady! Having worked at a junior college library for 40+ years, these little libraries are a wonderful way for people to read—no matter what their age.

The Convention itself was excellent. I especially enjoyed the presentations on Hiking the Ice Age National Scenic Trail in the state of Wisconsin.

Sticks member Jan Jerabek shared her experience walking the Ice Age Trail so hearing others share their experience was great. We voted for a new board of officers and learned more about who they all were, and I got to learn more about 2023 Olympiad that will be held in San Antonio. Lastly, my new favorite food I tried in Madison is cheese curds ~ who knew they'd be so tasty?

Our long drive home seemed a little less daunting because we knew what to expect. We never repeated a CD and now we had even more to talk about—the people and places we'd just seen. We could've stayed home, but instead we had a Real Life Road Adventure and survived!!!

From Heidi Foster—It was a year in the planning for Barbara and I to go the AVA Convention in Madison, WI. A chance to see and talk to walkers from all over the U.S. and, bonus, get another Capitol under our belts. We arranged for hotel rooms and flights and then there was another COVID surge. Not knowing if the convention would be cancelled, we plowed through and continued to plan our trip. At last, headquarters and the Madison clubs gave the go ahead. We had flights with American Airlines. As the stories hit the news about massive cancellations of flights on American, we continued to be hopeful as we were fully registered for the events and walks. The day of our departure arrived and then the e-mails from American started coming in with delays and finally full cancellation.

Decision time – cancel all together, or get in the car and drive – what, are we crazy? Apparently yes as that's exactly what we did, not really knowing how long the drive was and where it would take us. Barbara

offered her car and off we went albeit a little late in the morning. Next stop Truckee for a quick bite. The waitress felt sorry for us so gave us a free order of garlic chips. I'm liking this trip already.

Six CDS and two crossword puzzles and we were ready to stop for the night in the lovely town of Wells, NV and yes you can go 80 miles per hour thru Nevada without seeing one single highway patrolman. No, we didn't have any prearranged hotel rooms. We saw the Great Salt Lake, the beautiful mountains of Utah and amazing storm clouds tracking us through Wyoming. I had forgotten how beautiful our country really is.

Next stop, Madison, Wisconsin. We made it through Nebraska, Iowa and on into Wisconsin, singing every song on Barb's CDS at the top of our lungs, from the Eagles, Dan Fogelberg, John Denver, Lady Antebellum and Keith Urban and we weren't half bad if I do say so myself. We hit Madison around 10-11:00pm after driving for a full day to find two very comfortable beds in the Concourse hotel.

Once there, Barb started her schmoozing with walkers from every state who she had met over the years. We picked up walk maps and headed to the convention center to get our registration packet. If you have never been to an AVA convention, it is packed with walks, social events, food and workshops which are quite interesting. We went to the meet and greet and dessert social where we listened to a speaker on the trails of the Ice Age. There are so many beautiful places to hike in the U.S. The next evening was the food forage – along your walk you could stop at any of the many breweries mapped out for us. Another new Wisconsin invention – deep

fried cheese curds – these were my favorite, but they only taste good while they're hot.

We wandered down to the lake (spectacular view of the Monona lake from the convention center) and were treated to a waterski show practicing for the next night's event. As we headed back to our hotel, tired and hot, the Capitol lit up with light from the sunset and glowed with a golden hue. Truly beautiful.

We walked each day, not only on the planned walks which were all great, but all over downtown Madison, one of the most walkable cities in the U.S. Next day we attended the business meeting where new officers of the Board were introduced. This is when you realize how much goes on behind the scenes to keep this sport alive and how dedicated these walkers from all over the U.S. are. It makes you feel part of something bigger and better. It is worth my \$25 membership fee per year in the AVA based on the hard work of the administrative employees from San Antonio and the Club members from Wisconsin who worked so hard and so many hours to pull this convention off in the midst of COVID. Our hats off to these folks.

All too soon, the convention was over and everyone left for home or onto another adventure. It was great to see so many of our club members in Madison, a tribute to volkssporting. Following the same path, we headed home, a tired but happy duo. It was truly an adventure. If you ever get the opportunity, go to a national convention and see what others have accomplished as lifetime members of the AVA.

From Priscilla Fife—a few photos with comments:



On the trail in Pheasant Branch Conservancy, Priscilla Fife (left), Terry Way, Jean Lucas.



Monona Bay Walk—The Badger, WI State Animal (left) and Priscilla



View of the Wisconsin Capitol Dome from Monona Terrace



Cheers! Enjoying Old Fashioneds in the Old Fashion Bar, Madison Food and Drink Forage Walk

The Madison AVA Convention—It was a Great Vacation!

By Kim Dagan

Do you know ... Which U.S. city is rated as the #2 Most Walkable City, the #2 Best City for Bikes, the #2 Happiest City in America and the #1 Best Place to Retire in the U.S.A? If you guessed Madison Wisconsin ... You are right!

In late June, about a dozen Walking Sticks members arrived in Madison to attend the Biennial AVA Convention. Some arrived by car, some by train, some flew to the area and my roommate, Janet, and I came on a bus with Mary Ptacek and her bus full of “Tots” on a Tater Tour.

We started our Tater Tour in Minneapolis on June 19th, did walks in the suburbs of Minneapolis where we got views of the Mississippi, at the Capital in Saint Paul, in Northfield MN and in the small town of Albert Lea, MN. Next on our tour was the Hawkeye State (and home state of Mary!) where we spent a wonderful day exploring Mason City, home to several Frank Lloyd Wright buildings, Music Man memorabilia and famous puppets. The following day our walks started in Ames, known for the mighty Iowa State University and ended that night, near Madrid Iowa, walking over the spectacular High Trestle Bridge.

After a couple more days in Iowa, walking in Des Moines and Dubuque (including a walk over the Mississippi), we were on to Madison where we spent the next eight nights. The Convention Pre-Walks in Galena, IL, Oconomowoc WI (my personal favorite!), Green Bay, WI and Sparta, WI kept us busy until the official start of the AVA Convention on June 30th at Madison’s iconic Monona Terrace Community Center.

I do not think I was the only convention attendee to fall in love with the city of Madison and the Monona Terrace. Madison, a city of just over a quarter million, situated on an isthmus between Lake Monona and Lake Mendota, is both the Capitol of Wisconsin and home to the impressive University of Wisconsin-Madison. Our AVA Convention was the first convention hosted by the Monona Terrace since the pandemic started. Designed by Frank Lloyd Wright in 1938, revised by him many times and delayed by budget constraints, legal issues and Wright’s personal scandals, it was finally constructed in the mid 1990’s and opened in 1997.

While in Madison, we did walks at the Pheasant Branch Conservancy, the University of Wisconsin, Olin Park, and Olbrich Botanical Gardens. We were able to explore the beautiful Wisconsin State Capitol Building and take a docent tour of the Monona Terrace. Convention goes attended meetings, workshops and socials. On our last morning in Madison, many of us went to an amazing farmer’s market held on the grounds of the State Capitol ... and then we were off for our last walk and last city of our trip ... Milwaukee. Starting in the downtown area, crossing the Milwaukee River and following the shore of Lake Michigan, we saw the War Memorial, the Milwaukee Art Museum, Lakeshore State Park and the Milwaukee Public Market. Four states, three Capitols, three universities, too many lakes and rivers to count and 14 days of walking adventures ... it was a great vacation!

Editor’s Note: *A few years ago, when I decided to try the wild & crazy idea of recruiting Roving Reporters, Kim was the first I asked, the first who said “yes,” and thus she holds the special place of being our first NSG Roving Reporter. Thanks, Kim, for taking the risk to be first in, it turns out, a line of very special Roving Reporters who clearly have followed your superb example.*



***Iowa State University
Ames, IA***



***High Trestle Bridge
Madrid, IA***



***Mississippi River
Dubuque, IA***



***Madison, WI
From Olin Park***



***Thai Pavilion
Olbrich Botanical Gardens***



Walking Book Club

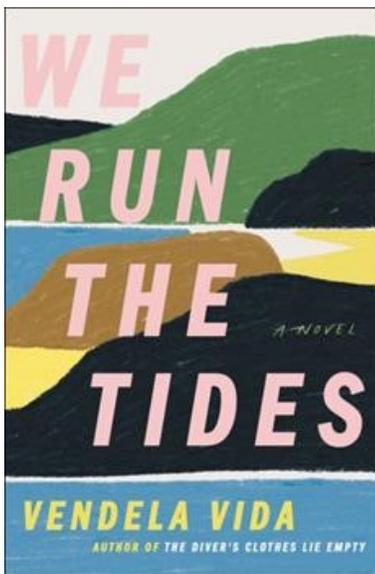
Priscilla Fife, Book Walk Coordinator
916.616.6003 • prfife@gmail.com



The book walk scheduled for Sunday, August 29 on the Pacific Crest Trail at Donner Pass for *Grandma Gatewood's Walk*, had to be cancelled due to fire danger and hazardous air quality. I will try to reschedule it next year in the spring before the fire season starts up again.

October Book Recommendation: *We Run The Tides, A Novel* by Vendela Vida

11 print copies available from the Sacramento Public Library System, also eAudiobooks and ebooks available. Available online in hardcover and Kindle formats.



Book Description from Amazon: An achingly beautiful story of female friendship, betrayal, and a mysterious disappearance set in the changing landscape of San Francisco

Teenage Eulabee and her magnetic best friend, Maria Fabiola, own the streets of Sea Cliff, their foggy oceanside San Francisco neighborhood. They know Sea Cliff's homes and beaches, its hidden corners and eccentric characters--as well as the upscale all-girls' school they attend. One day, walking to school with friends, they witness a horrible act--or do they? Eulabee and Maria Fabiola vehemently disagree on what happened, and their rupture is followed by Maria Fabiola's sudden disappearance--a potential kidnapping that shakes the quiet community and threatens to expose unspoken truths.

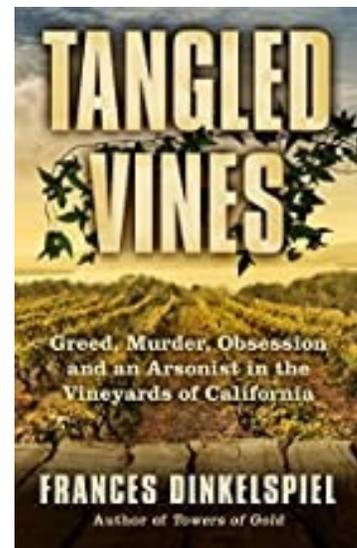
Suspenseful and poignant, *We Run the Tides* is Vendela Vida's masterful portrait of an inimitable place on the brink of radical transformation. Pre-tech boom San Francisco finds its mirror in the changing lives of the teenage girls at the center of this story of innocence lost, the pain of too much freedom, and the struggle to find one's authentic self. Told with a gimlet eye and great warmth, *We Run the Tides* is both a gripping mystery and a tribute to the wonders of youth, in all its beauty and confusion.

Please join us on Sunday, October 17 at 10 AM for a 5K walk from the Legion of Honor Art Museum through the fabulous Seacliff neighborhood where much of the book is set. BRING A

LUNCH and we'll picnic along the way and have our book discussion.

November Book Recommendation: *Tangled Vines: Greed, Murder, Obsession and an Arsonist in the Vineyards of California* by Frances Dinkelspiel

5 print copies and 3 large print copies available from the Sacramento Public Library System. Available online in paperback, large print and Kindle formats.



Book Description from Amazon: On October 12, 2005, a massive fire broke out in the Wines Central wine warehouse in Vallejo, California. Within hours, the flames had destroyed 4.5 million bottles of California's finest wine worth more than \$250 million, making it the largest destruction of wine in history. The fire had been deliber-

Click here for Carpool Guidelines:

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

ately set by a passionate oenophile named Mark Anderson, a skilled con man and thief with storage space at the warehouse who needed to cover his tracks. With a propane torch and a bucket of gasoline-soaked rags, Anderson annihilated entire California vineyard libraries as well as bottles of some of the most sought-after wines in the world. Among the priceless bottles destroyed were 175 bottles of Port and Angelica from one of the oldest vineyards in California made by Frances Dinkelspiel's great-great grandfather, Isaias Hellman, in 1875.

Sadly, Mark Anderson was not the

first to harm the industry. The history of the California wine trade, dating back to the 19th Century, is a story of vineyards with dark and bloody pasts, tales of rich men, strangling monopolies, the brutal enslavement of vineyard workers and murder. Five of the wine trade murders were associated with Isaias Hellman's vineyard in Rancho Cucamonga beginning with the killing of John Rains who owned the land at the time. He was shot several times, dragged from a wagon and left off the main road for the coyotes to feed on.

In her new book, Frances Dinkelspiel looks beneath the casually

elegant veneer of California's wine regions to find the obsession, greed and violence lying in wait. Few people sipping a fine California Cabernet can even guess at the *Tangled Vines* where its life began.

Please join us on Sunday, November 21 in Mill Valley at 10 am. We'll walk to Sausalito where some important events in the book took place. Along the way, we'll find a place to eat and have our book discussion.

No Book Walk in December



FOOTNOTES

By Barbara Nuss, President



"I desire to seek the trail that shall become a delight to my feet. For it will bring me to the fire of human kindness, lighted by those who have gone before me on the Camp Fire trail." *Trailseekers Pledge from Campfire Girls*

Greetings,

The Sticks are very close to hosting the CVA (California Volkssport Association) Convention, October 1-3. Thank you to all who have written me, asking to be put on the list for volunteers to help with whatever's needed during the 3-day event. With all the heat and smoke in the air, it's been tough to schedule days when we can get on the trails for the three walks we'll be hosting to verify that our walk directions and maps are "just so." We'll be spotlighting a walk each day but everyone attending can choose on their own to walk any or all the walks they want to do, whenever they choose. All walkers will pre-register and that will give them the specific walk directions/maps they need for all three walks.

Each year the CVA holds a general meeting on Saturday afternoon to share club's experiences over the past year as well as take care of business matters. Everyone is welcome to attend the meeting which begins at 2:00 p.m. at the Carmichael Elks Lodge. I remember attending my first meeting at Granlibakken Lodge in Tahoe City and trying to keep track of all the different clubs and the names of their board members and the CVA board members. Little did I know then that those same people would become mentors and life-long friends to me.

Another reminder for you – please remember to wear your Sticks name button if you attend the Convention.

It identifies you as a Sticks member and if anyone has a question or comment, they'll feel more comfortable acknowledging you. Can't find your button? Just write Steve Hughart, our Membership Coordinator, at hugharts@sbcglobal.net and he'll help you out.

I was your delegate and also represented the *Sonoma County Stompers Club* at the AVA (American Volkssport Association) National Convention, June 29-July 3rd. There were many Sticks members in attendance; some flew or drove to Madison, Wisconsin and we had several who took bus tours from the Tater Tours and Walking Adventures. The weather was good, the walks were fun, and it was pretty

amazing to see how well EVERYONE did with our COVID restrictions. We wore our masks, sat apart from each other at all meetings and we were careful to walk feet away from one another as much as possible. We have a whole new Board to represent us: Nancy Wittenburg is Chair, Susan Medlin is Vice-Chair, Cecilia Miner is Secretary and Ed McCabe is Treasurer. Carl Cordes returns as our Pacific Regional Director and his Deputy Pacific Regional Director continues to be Suzi Glass.

The National Convention takes place every other year and our next one will be combined with the Olympiad and the Texas Trail Roundup—all will be held in San Antonio, Texas. This will be the first time that AVA will host an Olympiad and people will be coming to attend from all over the world.

Our walks have miraculously been going on despite the oppressive heat and smoke. Hot Walkin' Nights, our Wednesday night summer series, was a great success and this year we were able to have dinners together after almost all the walks. In June we had the most beautiful Road Adventure in Tahoma which lies along the banks of Lake Tahoe. We all had

lunch overlooking the lake and the skies were clear blue—who knew what would be coming in the months to come! In July our Road Adventure was also an Overnighter—we had a large group of walkers in Calistoga with lunch at the Calistoga Inn. Ten of us took the challenge and drove five hours to go north to Eureka. I've learned from the host of that Year-Round Event that they will not be renewing it for 2022, so take the drive north so you can walk the route and stamp your books. Part of the reason we enjoy Eureka in July is the cooler temperature we're in there – little did we know that we'd wake up the next morning to RAIN!! What a surprise that was but it didn't deter us from walking, that's for sure. The start location for the walk is a Co-Op and they had a bin of the most beautiful umbrellas for purchase (I picked a Tiffany-stained glass design) and it was Senior Discount Day. Who knew?) It didn't rain the entire walk and, if anything, it made for a great story to tell of our adventure in Eureka. We found a great place for lunch and were even able to celebrate Sticks member's Priscilla Fife and Pat Thomas's birthdays with ice cream sundaes. The Road Adventure to Sebastopol was postponed for

August due to smoke, stay tuned for another date in the future to explore there.

There are so many wonderful walks that any of us can go on throughout the state of California. Check out the CVA website at www.CVA4U to find them all. These Sticks Road Adventures are unique and fun because we meet up as a group and walk together, the small or longer walk, and then find a unique/charming place to eat afterwards. You're more than welcome to invite/bring a friend with you and staying overnight to continue exploring might even entice you..

Welcome to all of our new members; hopefully you're enjoying the experiences you're having with our Club. Feel free to write or call me anytime with questions or concerns and I'll do my best to answer them or steer you to whoever can. Thank you ALL for coming out to our walks and bike events and keeping the Club alive and strong.

Hope to see you out on the trails,
President Barbara Nuss |
nussb@surewest.net | 916.283.4650

In Memoriam

Lois Will

Sadly one of our long-time walkers passed away earlier this year from COVID-19 and a struggle with Fibromyalgia. She joined our club in 2006 and was a member thru 2019. Lois had a smile that would light up a room. Her love of the sport kept her going as she joined us all over Northern California. She especially loved the walks in San Francisco and Mare Island where she lived when she first married. She continued working into her seventies at the Intel security desk and had an amazing amount of energy, even when her Fibromyalgia flared. She was a real trooper.



Lois was always the first to volunteer to work a registration table at an event. She greeted everyone in her kind and caring way. She loved the New Year's Eve/Day events and was especially helpful. She was our Point of Contact for the Gold River Year-round walk for many years. She made a real contribution to the club and we will miss her.

UPCOMING WALKS FOR OCTOBER, 2021



Friday	Oct 1	TBD*	CVA Convention , Folsom, Johnny Cash Trail
Saturday	Oct 2	TBD*	CVA Convention , Folsom, Humbug/Willow Creek
Sunday	Oct 3	TBD*	CVA Convention , Sac, Sutter's Landing
Tuesday	Oct 5	9:15 am	Sacramento—North Natomas
Wednesday	Oct 6	6:15 pm	Davis—University (Evening Walk)
Thursday	Oct 7	9:15 am	Zamora
Saturday	Oct 9	9:15 am	Sacramento—Curtis Park, <i>Friendship Walk</i>
Tuesday	Oct 12	9:15 am	Fair Oaks
Wednesday	Oct 13	6:15 pm	Sacramento—Sierra Oaks Vista (Evening Walk)
Thursday	Oct 14	9:15 am	Sacramento—Midtown to East Sac
Thursday	Oct 14	9:15 am	Sacramento—Natomas (Bicycle)
Fri-Sun	Oct 15,16,17	10:00 am	Overnight Road Adventure to Redding/Etna
Saturday	Oct 16	9:15 am	West Sac River Walk, <i>Friendship Walk</i>
Tuesday	Oct 19	9:15 am	Elk Grove Regional Park
Wednesday	Oct 20	8:00 pm	W. Sac—Clarksburg Loop Full Blood Moon Walk
Thursday	Oct 21	9:15 am	Elk Grove—Charlie Fowble Memorial
Saturday	Oct 23	9:15 am	Truckee—Steiner's Memorial, <i>Friendship Walk</i>
Tuesday	Oct 26	9:15 am	Sacramento—American River
Wednesday	Oct 27	6:15 pm	South Davis/El Macero (Evening Walk)
Thursday	Oct 28	9:15 am	Sacramento—River and Miller Park
Thursday	Oct 28	9:15 am	Sacramento—American River (Bicycle)
Friday	Oct 29	7:00 am	Sacramento—Sac State, EARLY RISER
Saturday	Oct 30	TBD*	Ripon—Caswell Mem State Park, Traditional Event
Sunday	Oct 31	6:15 pm	Sacramento—Fab 40s, HALLOWEEN

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 NOVEMBER, 2021



Tuesday	Nov 2	9:15 am	Sacramento—Sac State
Wednesday	Nov 3	6:15 pm	Sacramento—South Natomas (Evening Walk)
Thursday	Nov 4	9:15 am	Carmichael—Hidden Parks
Saturday	Nov 6	9:15 am	Alviso Town & Salt Flats, <i>Traditional Event</i>
Monday	Nov 8	7:00 am	Sac—River and Miller Park, EARLY RISER
Tuesday	Nov 9	9:15 am	West Sac—River Walk
Wednesday	Nov 10	6:15 pm	Sacramento—Arden Park (Evening Walk)
Thursday	Nov 11	9:15 am	Sac—Arden Park (Walk and Bicycle)
Monday	Nov 15	10:00 am	Road Adventure to Chico
Tuesday	Nov 16	9:15 am	Sacramento—Sierra Oaks Vista
Wednesday	Nov 17	6:15 pm	Elk Grove Creek Watershed (Evening Walk)
Thursday	Nov 18	9:15 am	Carmichael—Ancil Hoffman Park
Friday	Nov 19	8:00 pm	Gold River Full Front Moon Walk
Saturday	Nov 20	9:15 am	Sac—North Natomas, <i>Friendship Walk</i>
Tuesday	Nov 23	9:15 am	Sacramento—The Fabulous Forties
Wednesday	Nov 24	6:15 pm	Sacramento—Curtis Park (Evening Walk)
Thursday	Nov 25	all day	THANKSGIVING
Saturday	Nov 27	9:15 am	Sacramento—Sac State, <i>Friendship Walk</i>
Tuesday	Nov 30	9:15 am	Sacramento—North Natomas

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 DECEMBER, 2021



Wednesday	Dec 1	6:15 pm	Elk Grove—Around the Lakes (Evening Walk)
Thursday	Dec 2	9:15 am	Woodland
Saturday	Dec 4	TBD*	San Francisco Stroll By The Sea, <i>Traditional Event</i>
Monday	Dec 6	7:00 am	Zamora, EARLY RISER
Tuesday	Dec 7	9:15 am	Folsom
Wednesday	Dec 8	6:15 pm	Sac—Campus Commons (Evening Walk)
Thursday	Dec 9	9:15 am	Davis—SE Davis/El Macero
Thursday	Dec 9	9:15 am	Davis (Bicycle)
Friday	Dec 10	6:15 pm	West Sac River Walk, Christmas Lights Walk
Saturday	Dec 11	TBD*	Sutter Creek, <i>Traditional Event</i>
Tuesday	Dec 14	9:15 am	Davis—SE Tunnels and Bridges
Wednesday	Dec 15	6:15 pm	Citrus Heights (Evening Walk)
Thursday	Dec 16	9:15 am	Sacramento—Land Park
Friday	Dec 17	6:15 pm	Sac—Fab 40s, Christmas Lights Walk
Saturday	Dec 18	9:15 am	Ione, <i>Friendship Walk</i>
Saturday	Dec 18	8:00 pm	Elk Grove Regional Park Cold Full Moon Walk
Sunday	Dec 19	6:15 pm	Sac—Elmhurst to East Sac, Christmas Lights Walk
Tuesday	Dec 21	9:15 am	Sacramento—Elmhurst to East Sacramento
Wednesday	Dec 22	6:15 pm	Folsom (Evening Walk)
Thursday	Dec 23	9:15 am	West Sacramento River Walk
Thursday	Dec 23	9:15 am	Northwest Roseville (Bicycle)
Sunday	Dec 26	9:15 am	Woodland, <i>Friendship Walk</i>
Tuesday	Dec 28	9:15 am	Sacramento—Ashton Park
Wednesday	Dec 29	6:15 pm	Woodland (Evening Walk)
Thursday	Dec 30	9:15 am	East Elk Grove Recreation Trails

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, November, December!



31 Years:

Myrna Jackson

25 Years:

Virginia Jelinek

Sharon Olson

24 Years:

Greg Samcoff

18 Years:

Barbara Nuss

17 Years:

Heidi Foster

Gale Hughart

Steve Hughart

Carolyn Pretzer

Peggy Ursin

16 Years:

Londi Medrano

Doug Rathgeb

Elisa Ungerman

Diane Younglove

Gary Younglove

Rolf Zschoernig

15 Years:

Bev Davis

Marian Dennison

Elizabeth Shelatz

Bud Simmons

Jill Simmons

Cynthia Turbin

Mike Vogel

Ann Whitehead

14 Years:

Kymberly Andrews

Jack Halligan

Joanna Tabarez

13 Years:

David Denes

David Harzoff

Alan Leach

Bettie Mah

Diana Mollart

Betty Quinlen

John Quinlen

Cristina Rangel

Iva Woodring

12 Years:

Barbara Beddow

Diane Coffman

Beth Daugherty

Juanita Jagar

Jan Jerabek

Sabina von Sydow

Wolfgang von Sydow

11 Years:

Janeece Killingsworth

10 Years:

Priscilla Edwards

Frances Fehrman

Theresa Ihara

Julie Osborne

Lana Paulhamus

Heather Reynolds

Valerie Sanders

Kate Simpson

Roy Simpson

Bonnie Sutton

Marilyn van Loben Sels

9 Years:

Jim Houpt

Jennifer Johnson

Holly Lakatos

John McLaughlin

Kaia McLaughlin

8 Years:

Victoria Cameron

Ally Grayson

Ted Hussey

Cathleen Madge

Stephanie Turner

7 Years:

Tina Campbell

Sharyn Lieth

Renee Palmer

Patricia Rahrer

Gerri Wigglesworth

Margaret Williams

6 Years:

Diane Holloway-Rider

Jeff Molander

Russell Rider

Janet Shaw

Bonnie Slavin

5 Years:

Lynn Mahoney

Kathleen O'Kelly

Margo Schulter

Cat Scrima

4 Years:

Dave Barnes

Josie Barnes

Layla Bentley

Berta Boegel

Barbara Rigler

Felice Risling

Karen Topich

Jack Weaver

Judy Weaver

Norma Wesolowski

Craig Wirth

Jane Wirth

3 Years:

Gorgiana Alonzo

Kitty Williamson

2 Years:

Catherine Brouwer

Bonnie Dier

Neil Johnson

Brittina Snowden

1 Year:

Diane Dunn

Jeff Dunn

Anna Fock

Danelle Hartke

Dora Mejia

Kyle O'Ryan

Steve Rushing

Etsuko Stone

Ruey-wen Wang

CONGRATULATIONS!

Happy Birthday in October, November, December!



	25 Roy Simpson	17 Wolfgang von Sydow	6 Kathleen Baldwin
	26 Randy Carollo	18 Ellen Garry	6 Stormy Dickens
	27 Barbara Beddow	19 John Burke	6 Sue Gaston
	28 Evelyn Chun	19 Marianne Deming	8 Gary McFarland
October:	29 Marilyn Jack	20 Steve Hughart	8 Cat Scrima
7 William Rivera	29 Sam Korff	20 Iva Woodring	9 Karen Lopes
8 Kathy Ellis	29 Monica Moriarty	21 Diana Hagle	10 Kris Ericson-Cano
9 Jean Alford	30 Amul Purohit	22 Meiling Huang	10 Vivian Yost
9 Tammy Goosby		22 Christine Williams	11 Chris Highsmith
9 Priscilla Jong	November:	23 Susan Martimo	12 Joyce Backus
11 Miles Wichelns	2 Gorgiana Alonzo	25 Barbara Haig	14 Noelle Anderson
12 Diane Dunn	3 Renee Palmer	27 Nikki Johnson	15 Anna Fock
12 Sharon Finley	4 Zori Friedrich	28 Kay Gist	16 Pat Moody
12 Teri Huntington	4 Jennifer Johnson	28 Jean Lucas	19 Frances Fehrman
13 Sharon Jacks	6 Mary Cho	29 Dave Madison	23 Janet Whetstone
14 Jennifer Stanley	6 Lendah Cole	29 Judy Weaver	24 Jim Tischer
18 Harlene Adams	6 Marie Robb	30 David Harzoff	25 Kathleen Leahy
19 Carol Addy	7 Maril Stratton		25 Janet Reynolds
19 Marcia Maurer	8 Alan Leach	December:	25 Margo Schulter
19 Debbie Thomas	9 Mary Adams	1 Teresa Carney	27 Patricia Rahrer
21 Rita Rippetoe	9 Robert Taylor	2 Randall Williams	28 D. Mattocks
22 Christine Richards	10 Rita Pierson	3 Russell Rider	30 Diane Coffman
22 Bonnie Sutton	12 Ron Nolan	4 Jean Bonar	
23 Paulette Johnston	13 Julia Smith	4 Dorothy Cousins	
23 Holly Lakatos	16 Bill Schulte	4 Kate Simpson	
23 Peggy Ursin	17 Gail Ohanesian	4 Linda Sullivan	



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:**
Elinor Anklin
David Carpenter
Linda Carpenter
Gale Hughart
Steve Hughart
Jan Jerabek
Nancy Jewhurst
Liz Kono
Carol Olsen
Robert Perricone
Barbara Rigler

Olga Smith
Rutherford Smith
Randall Williams
Craig Wirth
Jane Wirth
**Multi-year HerosRenewed for
multiple yearsafter letter sent:**
Jane Graham
Diana Hagle
Paulette Johnston
Deanne Jurkovich
Rickie Kinley
Cindy Macias
Rose O'Meara
Jan Radimsky
Terry Way

**Email Heros:
Renewed for 1 year
after email sent:**
Noelle Anderson
Kathi Brewster
Chuck Donaldson
Peggy Flens
Eva Nelson
Scott Nelson
Rita Rippetoe
Dustin Tellefson

Welcome New Members!

Dori Andreoni
Marianne Deming

Ann Freelove
Priscilla Jong

Wanda Kato
Diana Peacock

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>