



# *The No Sweat Gazette*

*March, 2021*



# *Hang In There!*

## *Better Days Are In Sight.*

*Then, We'll ALL Walk Together Again.*



*Sticks members out and about. No masks and not socially distanced.  
Yes, coming soon is the return of good days like these.*

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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 monthly.

Reader submissions are welcome and vigorously encouraged.

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

[sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com)

**Roving Reporters:** Zori Friedrich, Marie Robb, Nancy Calkins

**Roving Photographers:** Bruce Calkins, Theresa Ihara

**Editor:** John McLaughlin

## Farewell to a Dear Old Sticks Holiday Friend

By Heidi Foster

Life often leads you in directions you never thought you'd go. The same is true of walking. I started out walking with the Sacramento Walking Sticks after my husband died, looking for a way to fill the hole he left. As usual, one thing leads to another. Myrna Jackson, a long time Sticks member and volunteer for the Casa Garden Restaurant invited me to one of the Casa's recruitment coffees. Another door had opened, and I volunteered as a server, then a hostess for their special events and then became a Board member as the VP of Special Events at the Casa. I enjoyed working with brides and groups planning their weddings and parties- so what better venue for our own walking club's annual Christmas party than the Casa Garden Restaurant? It was a win-win all the way around as we had our own private room and we donated to the Sacramento Chil-

dren's Home via the Casa and helped the Casa thrive at the same time.

Each year we brought Christmas presents or gift cards for the children, donated proceeds from tips and any additional monies made from selling raffle tickets for fun prizes. Our tradition grew as the years went by as we played trivia games, ate the delicious food prepared by the wonderful Casa volunteers and staff, and who could forget singing our crazy walking song to the tune of the 12 Days of Christmas?! It's sad to see the Casa Garden Restaurant close during these difficult times, but we carry the memories of those wonderful parties and the satisfaction of volunteering and giving to a great cause.



Above and clockwise:  
Heidi Foster, volunteer wait  
staff, 3 photos of happy Sticks  
Christmas Partiers at Casa  
Garden Restaurant.

# The AVA Virtual Online Program

By Theresa Ihara  
No Sweat Gazette Roving Photographer

It was only after finding about the AVA Virtual Online Program through a GroupWorks email, that I decided to participate this year. I've never participated in one of these programs before.

This year's program is called:  
AVA'S VOP 2021: A New Adventure Every Quarter

There is a different focus each quarter:

- 1<sup>st</sup> Quarter: Kindness Around the Globe
- 2<sup>nd</sup> Quarter: National Parks of America
- 3<sup>rd</sup> Quarter: Global Cuisine
- 4<sup>th</sup> Quarter: Get Fit on Route 66

The goal of each quarter is to walk 495,000 steps.

I had a lot of questions, so Barbara suggested contacting Carl Cordes, Director of the Pacific Region. After several emails, he suggested I contact Jan, the VOP Coordinator.

Eventually I was registered and Jan was able to get all my steps since 1/1/21 recorded.

Now I enjoy getting emails from the program whenever I hit a milestone. Since this quarter is "Kindness Around the Globe", I've received information about Whitehorse, Canada, which is the largest city in the Canadian Yukon. I've also received information about Kiska Island, Alaska; Okinawa, Japan; Jakarta, Indonesia; Shenzen, China; Islamabad, Pakistan; and Cairo, Egypt. With information about the area, I am mindful of how it can apply to me.

I also get weekly progress reports. It also mentions who is ahead of me in steps, and who is behind me in steps.

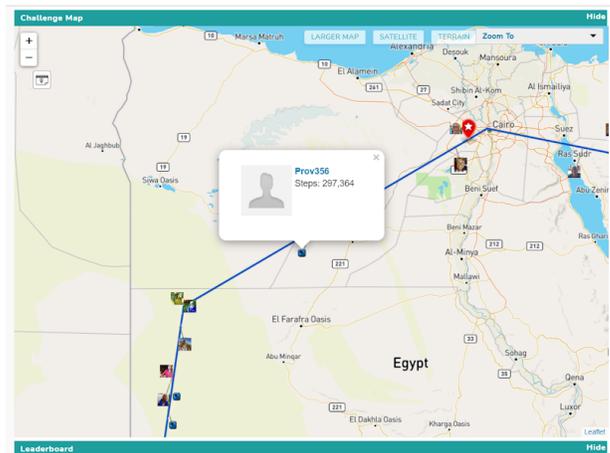
I also get badges whenever I achieve something.

I've joined a team – The Pacific Region. There's 14 of us out of a total of 261 people in this program.

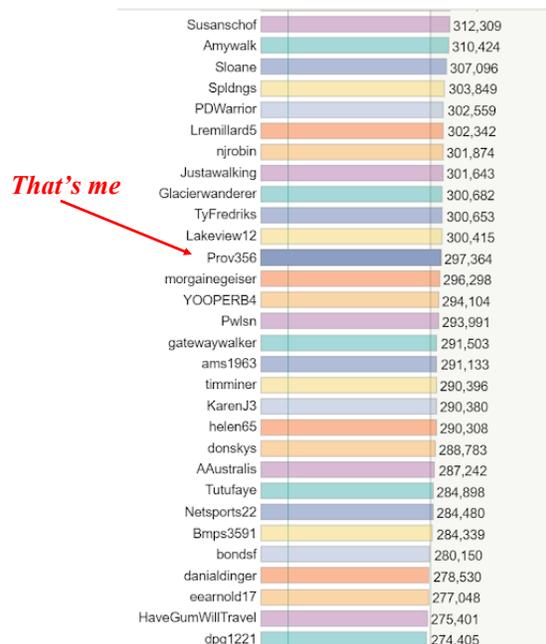
This is really an ideal program for me right now since I haven't been on any of the scheduled Sticks walks. This program counts all steps – whether you are out and about, or just staying at home. I'm not getting 10k in a day, but I get about 10,000/day – which is more than I would have if I were not doing this program.

T-shirt: When I registered, I paid for a t-shirt. I found out that at the end of the year, I'll be asked for the t-shirt size. I don't know what it looks like.

If anyone wants to participate in this program, check it out at <http://ava.org/>



The map above shows where I am on my imaginary walk around the globe with other walkers in the vicinity. The bar chart below shows walkers' "names" on left and their numbers of steps on the right in real time. I'm "Prov 356". I'm in the middle of the group currently with 297,364 steps.



That's me

# Do You Have a Walking “Bubble”?

By Zori Friedrich

No Sweat Gazette Roving Reporter

A year ago who would have thought that words like Social Distancing, Masks, and Sanitizing would pop up almost daily in our conversations? We’ve all had to assess our personal circumstances to determine another pandemic term — Bubble. A simple pleasure like walking with others certainly has presented challenges. Who is in your “walking” bubble? Some of us are a bubble of one, for others it may be limited to household members, and yet for others it may be a small circle of folks. But whatever the size of your bubble, we all are pursuing the same goal of staying safe while enjoying beautiful outdoors, getting some exercise and lifting our spirits.

My small bubble of trusted Sticks friends recently decided to venture to Redding, a part of the State that was experiencing lower covid numbers. We envisioned walking over the beautiful Sundial Bridge as part of a 5K walk and Lema Ranch, another favorite year round walk. Both walks were reminiscent of the years the Sundial Strollers hosted the fabulous Redding Extravanzas.

The week before our trip were gorgeous days of Spring-like weather, but as our departure date neared, the forecast was turning to rain and possible snow. Snow in Redding? — no way as the town sits at 500 feet elevation.

Checking several weather apps which displayed varying weather predictions, we headed north. Our first stop was Red Bluff as we were fortunate to receive the walk directions from Cynthia Turbin, the Sun-

dial Strollers President (this walk has since been discontinued as a year round walk). Despite breezy and cloudy conditions, we completed the 5K along the quaint downtown and the historic Victorian district with marvelous homes from the 19th century.

Grabbing dinner fixings for the two night excursion, we settled in to our cozy house rental and planned our itinerary for the next day’s walk. Next morning, those walking plans came to a halt as we looked out the windows and lo and behold the weather forecasters were right this time — we were staring at the winter wonderland of snow outside. (See photos)



We love to walk, but it was time for Plan B! We had food, we had games, we had books....it was an indoor day! After determining that Stroller members Cynthia and Debbie Thomas, who live in the area, had very small social bubbles, we enjoyed their company and caught up on plans for the 2021 CVA convention slated for October of this year in Shasta.

Luckily, rain through the night melted the snow-covered driveway and streets, and we headed home leaving

the opportunity to walk the Sundial Bridge for another day. Yes, walking these days has its challenges, but we certainly didn’t think snow would be one of them!



As I write this, Sticks members have begun receiving their covid vaccines, and it gives me hope that we are headed to days when we won’t need to think about safe walking “bubbles.” But in the meantime friends, enjoy walking in the safety of your bubbles with those who make you laugh, and enjoy the simple joys of life.



# Shout out – and say “THANK YOU!!”

By Nancy Calkins  
No Sweat Gazette Roving Reporter

Bruce and I are daily walkers on the trails in the North Laguna Creek Wildlife Area. We are very fortunate to have access to several trails right from our front door and many others within a short drive in Elk Grove. We appreciate the various groups who maintain the parks, clean the restrooms and pick up litter as their efforts make the trails very enjoyable for walkers, their four-legged furry friends, skaters and bicyclists. Several of these groups are well-known – the City of Elk Grove, Sacramento County and Cosumnes Community Services District. There are lesser-known groups who are also major contributors to keeping our parks and trails maintained and clean. One is totally volunteers – The Anti Trash Group. The group leader just saw a need and started organizing weekly clean-up events and announcing the date/time/place on Nextdoor. However, as SWS members, we know that organizing events is not as simple as placing a notification on Nextdoor; it means coordination with local agencies and obtaining waivers from the volunteers. We participated in a clean-up event in January and plan to make trash pick-up part of our regularly scheduled activities.

Here’s information about another local group, SRCC:

**Training tomorrow's workforce.** *The Sacramento Regional Conservation Corps (SRCC) is Sacramento’s largest education and workforce training program for young adults 18 – 25 years of age. Established by the Sacramento Metropolitan Chamber of Commerce, the SRCC improves communities in the Sacramento region by engaging young adults from high-risk environments in a values-based approach to defining success.*

*SRCC provides the opportunity for young people to realize their potential in their education, professional career, and life through community building, technical skills and job training. SRCC creates highly qualified employees that contribute to the community and a sustainable future. The Corps currently serves Sacramento, Yolo, El Dorado, Placer and eastern Solano Counties.*

We’ve seen SRCC working on two projects. Once weeding in a park near the Cosumnes River Library and more recently replacing rotted posts and re-stringing the wire cable to repair the barrier between the trails and the North Laguna Creek Wildlife area.

We like to stop and say “Thank You” to the workers of all these groups as our daily walks are a life-line during these times.



**Cleanup aftermath 1/23/21, Comments by Leader David Irons:** We keep picking up steam and doing better and better. The motivation I see is truly inspiring. Us spreading out into small groups and going out in many different directions seems to be paying off. Look at this pile we made while socially distancing.



1/20/2021 Two SRCC team members we encountered along North Laguna Creek trail. They were repairing the posts on the boundary between the trail and creek.

# Early Riser Walks are Fun—Really!

By Marie Robb

No Sweat Gazette Roving Reporter

I am actually a night owl; I always loved to stay up late, enjoying the quiet while my children were asleep. During the years that I worked, I dreaded the sound of the alarm clock, waking me before dawn. I saw the sunrise every day on my way to work—big deal! My attitude completely changed when I retired. I still love to stay up late, but now I can sleep in until 7:30 or 8:00. Afternoon naps are a favorite activity. Once a month, however, I wake up happily to my 5:30 a.m. alarm to attend the Early Riser Walk. It is a joy to meet fellow Early Risers and to begin our walk in the dark with flashlights. Anticipation builds as the world grows lighter, and we await the first glimpse of sunrise. We have



we have seen the sunrise many times. The colors truly are beautiful at that early hour. On a Fair Oaks walk, we even encountered a deer, who stared at us for a full minute, surprised that anyone else was up so early! Before the pandemic, we always finished our walk with breakfast; it is a treat to dine at restaurants that aren't usually open for dinner, like the O Café in Fair Oaks, Nopalito's in East Sacramento, Carol's Restaurant

in West Sacramento . . . I look forward to the time when we can gather again for meals. Until then, I will rise early, enjoy an invigorating walk, and—take an afternoon nap! been disappointed: one winter walk in the Pocket area took us up on the river levee, but thick fog hid the sunrise that day. Another recent walk in Elk Grove provided us with a quick glimpse of the sunrise—and then the clouds rolled in! Undaunted, we continue to meet every month, and

*Teddy Roosevelt (left) and John Muir in Yosemite, 1903. They appear to be discussing why the heck nobody had yet invented walking sticks so that it might have been considerably easier to make the hike to the overlook.*

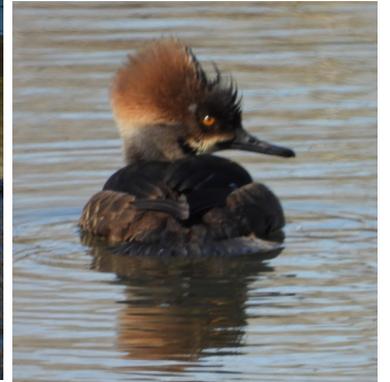
*Photo from the article, "The Evolution of Hiking Boots" June 7, 2018, by Albert Muzquiz.*



# Ripples and Reflections

By Bruce Calkins

No Sweat Gazette Roving Photographer, [becalkins@gmail.com](mailto:becalkins@gmail.com)





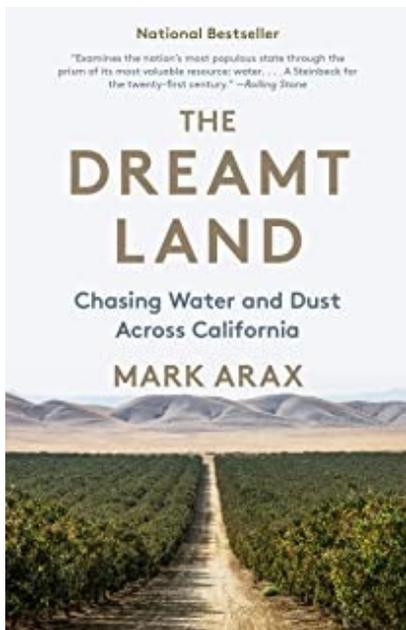
## Walking Book Club

**Priscilla Fife**, Book Walk Coordinator  
916.616.6003 • [prfife@gmail.com](mailto:prfife@gmail.com)



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

Available online in Kindle, Audible Audio, and Hardcover formats. 15 print copies available through the Sacramento Public Library system. Also available in eAudiobook and ebook formats from the library. Book description from [Amazon.com](https://www.amazon.com):



A vivid, searching journey into California's capture of water and soil—the epic story of a people's defiance

of nature and the wonders, and ruin, it has wrought.

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

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

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

**Please join us on Sunday March 28, at 10:00 am for a 5K walk in Manteca, CA.** After our walk we'll find a place to eat and have our book discussion.

**Note:** This book walk was originally scheduled for October 4 but cancelled due to Covid. It will be postponed again if new restrictions arise. Check future Walk Alerts for updated information. **Also note:** the book walk scheduled for February 28 in Elk Grove is still scheduled to meet.



Click here for Carpool Guidelines:

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



# FOOTNOTES

By *Barbara Nuss, President*



"I love walking because it clears your mind, enriches the soul,  
Takes away stress and opens up your eyes to a whole new world."

*Claudette Dudley*

## Greetings Sticks members,

I hope you're all doing well and that you had an enjoyable Valentine's Day. Can you believe the lovely weather we've been having? I watch the news and see the snow, ice and sleet across the USA and here we are, blessed with sunshine and warm temperatures. Or as some would say, "perfect weather for walking." That was the case for the Friendship Walk we hosted Saturday, Feb 6<sup>th</sup> in Woodland. The weather was perfect in temperature with blue skies and sunshine plus a turnout of people from all over! Our next Friendship Walk we're hosting will be on Saturday, Mar 6<sup>th</sup> in Southeast Davis as we discover all the tunnels and bridges along the route. Are you curious what a **Friendship Walk** is? They are Year-Round walks of clubs in Northern and Central California that are placed on the calendar on open weekends in the hope that walkers from all over will drive over and walk the walk. For one thing, you know that you'll see your friends or familiar faces in a town you've never walked before, and it gives you the opportunity of discovering a city you've never been to before. You're given walk directions with a map, so you won't

get lost and there's no time limit for finishing which allows you to stop along the way and shop, read signs and talk to people. There's nothing like asking a local "where's a good place to eat?" and finding a restaurant that is unique and serves up tasty and delicious food.

Now is a perfect time to walk our Galt-Cosumnes River Preserve route and we'll feature that on Tuesday, Feb 23<sup>rd</sup>. Priscilla Fife is hosting a Sticks Book Walk on Sunday, Feb 28<sup>th</sup> and we'll be walking over to the Elk Grove Regional Park. The book is *Daughter of Molokai'I* by Alan Brennert and deals with the Japanese internment camps. The main characters are based in our area and it gave the book a real hometown flavor—still time to read the book, if you can. Also, remember that you're more than welcome to join in the Book Walks even if you haven't read the book; I've thoroughly enjoyed listening to the discussion on many an occasion.

If you're new to our walks, there's a lot of vocabulary that may surprise you ~ we're so much more than a walking club. What is volkswalk credit? Or what is a volkswalk? To help you

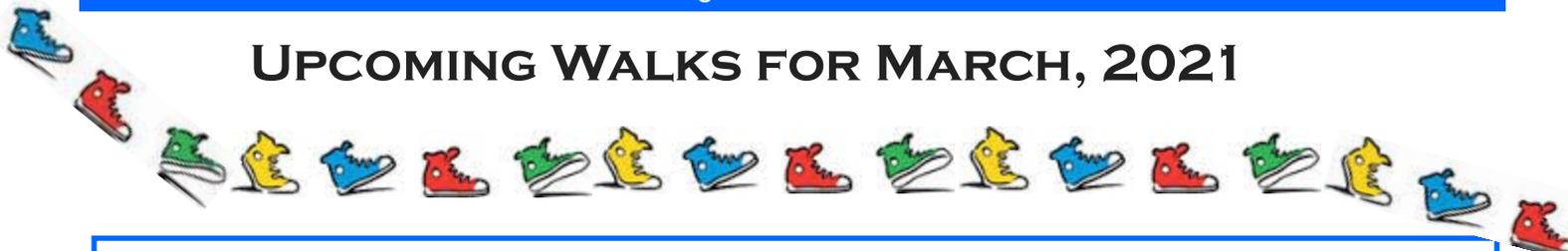
out, Steve Hughart added a link on our website, [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org), titled simply **Glossary**. That first year he walked with us, he peppered me with questions and when he designed our website, he took those questions and put answers to them for all of you to learn from. Also, you can write or call me with your question(s) and I'll do my best to give you the answers you seek.

In the weeks to come, let's remember to take care of ourselves. The walks will continue, and we ask that you come wearing your mask and that we social distance along the route. Let me know if you need help printing registration slips for sign-in. If you prefer to not engage in group walks at this time, I hope you are getting out and walking on your own. March 14, 2020 is when we stopped walking together ... what a year it has been.

Wishing the best for each of you,  
Barbara Nuss, Sticks President  
916.283.4650,  
[nussb@surewest.net](mailto:nussb@surewest.net)



# UPCOMING WALKS FOR MARCH, 2021



Tuesday	Mar 2	9:15 am	Davis—University
Wednesday	Mar 3	6:15 pm	Sacramento—Ashton Park <b>(Evening Walk)</b>
Thursday	Mar 4	9:15 am	Sacramento—Fabulous 40s
Thursday	Mar 4	9:15 am	Sacramento—Natomas <b>(Bicycle)</b>
Saturday	Mar 6	9:30 am	Davis—Tunnels and Bridges, <i>Friendship Walk</i>
Tuesday	Mar 9	9:15 am	Sacramento—Elmhurst to East Sac
Wednesday	Mar 10	6:15 pm	Sacramento—Sac State <b>(Evening Walk)</b>
Thursday	Mar 11	9:15 am	Sacramento—Curtis Park
Saturday	Mar 13	8—11 am	San Luis Obispo—Cal Poly, Traditional Event
Sunday	Mar 14	3:14 pm	Sac—Campus Commons/Sierra Oaks, Pi Day
Tuesday	Mar 16	9:15 am	Davis—SE Tunnels and Bridges
Wednesday	Mar 17	6:15 pm	Sac—Pocket Area, St Patrick's Day <b>(Evening Walk)</b>
Thursday	Mar 18	9:15 am	Sacramento—Land Park
Thursday	Mar 18	9:15 am	Sacramento—American Rive <b>(Bicycle)</b>
Friday	Mar 19	10:00 am	<b>Road Adventure to Benicia</b>
Saturday	Mar 20	9:15 am	Galt, <i>Friendship Walk</i>
Monday	Mar 22	6:30 am	Elk Grove Regional Park, <b>EARLY RISER</b>
Tuesday	Mar 23	9:15 am	West Sac—River Walk
Wednesday	Mar 24	6:15 pm	Carmichael—Ancil Hoffman Park <b>(Evening Walk)</b>
Thursday	Mar 25	9:15 am	West Sac—Clarksburg Branch Line Trail
Saturday	Mar 27	9:15 am	Placerville, <i>Friendship Walk</i>
Sunday	Mar 28	8:00 pm	<b>Full Worm Moon, Sacramento—North Natomas</b>
Tuesday	Mar 30	9:15 am	Sac—Campus Commons/Sierra Oaks
Wednesday	Mar 31	6:15 pm	Gold River <b>(Evening Walk)</b>

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

# ***Congratulations on your Sticks Anniversary in March!***

**16 Years:**

Jytte Taylor

Nancy Calkins

Kathy Ellis

Art Porter

Paul Ransom

Kay Stinson

Janet Reynolds

**14 Years:**

Carol Addy

Betty Faciane

**10 Years:**

Suzy Holtzman

**5 Years:**

Maria Jett

Art Mark

Katherine Smith

Bonny Williams

**2 Years:**

Leah Allen

**12 Years:**

Bruce Leistikow

**9 Years:**

Jamie Walker

**3 Years:**

Barbara Binaco

Andi MacDonald

William MacDonald

Pat McKnight

**11 Years:**

Susan Barstis

Josie Brooks

Bruce Calkins

**8 Years:**

Ellen Franz

Dennis Ledbetter

Starla Ledbetter

**1 Year:**

Cathy Guy

Don Guy

Dennis Lue-Sang

Marjorie Lue-Sang



# ***Happy Birthday in March!***

**March Birthdays:**

1 Catherine Wieder

2 Liz Cheyne

5 Anne Lynch

7 Linda Haviland

8 Anne Ofsink

9 Bruce Calkins

9 Mike Drouin

10 Anna Dinwiddie

13 Don Guy

13 Julie Osborne

16 Anita Davies

16 Sharon Grunow

17 Nelly Bermudez

17 Beth Daugherty

18 Barbara Binaco

18 Denise Sisneroz

18 Christina Wagner

19 Janice Chung

19 Sabina von Sydow

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



# 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:**  
Sondra Cooper  
Frances Fehrman  
Mike Fosgett  
Phil Hickey  
Pat McKnight  
Barbara Nuss  
Katherine Smith

**Multi-year Heros  
Renewed for multiple years  
after letter sent:**  
Coreen Coones  
Victoria Goldblatt  
Tammi Kerch  
Pam Saltenberger  
Don Zajic

**Email Heros:  
Renewed for 1 year  
after email sent:**  
PJ Jones  
Gretchen Jung  
Pat Thomas

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## Welcome New Members!

*Sharon Finley*

*Sue O'Donnell*

### Sticks Apparel

**The Anchor Group**  
[linda.sue.ames@gmail.com](mailto:linda.sue.ames@gmail.com)

**Land's End**  
[LandsEnd.com/business](http://LandsEnd.com/business)



**For more information (including Land's End  
Customer/Logo Numbers), visit:**

<http://www.sacramentowalkingsticks.org/Store.html>