



# *The No Sweat Gazette*

*Summer, 2021*



# *“Summertime, and <sup>walkin’</sup> the ~~livin’~~ is easy...”*



*Sticks members getting in some springtime practice on the Curtis Park evening walk, May 20, for all the fabulous upcoming SUMMERTIME walks. Photo: Bruce Calkins*

President  
Barbara Nuss

Vice President  
vacant

Secretary  
Judy Gregory

Treasurer  
Steve Hughart

Newsletter  
John McLaughlin

# 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](mailto:sticksnewsletter@aol.com)

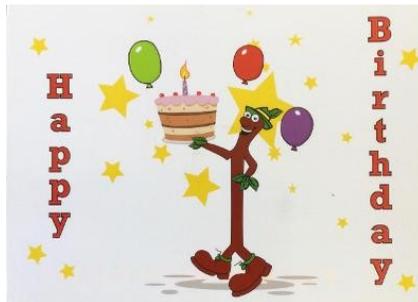
**Roving Reporters:** Zori Friedrich, Marie Robb, Nancy Calkins

**Roving Photographer:** Bruce Calkins

**Editor:** John McLaughlin

If you're a sticks member, you receive a birthday postcard sometime during your birthday month every year, and it's pretty certain that receiving one of these cards brings a smile to your face. While it is "just a birthday card," sending one to each of our members is one important practice that demonstrates the member-friendly, high quality of our walking club. So where do these cards come from? Who sends them? What's the story behind them? Well, the one answer to the three questions is: Sticks member **Janet Riley**.

Janet has been generously applying her time & effort, her pen & kitchen table, and her pleasing penmanship for about ten years to address and write a personal birthday note on a birthday post card to every one of us Sticks members. Working anonymously, singlehandedly, and completely behind the scenes, Janet has always striven to make sure that these cards show up in our mailboxes during each of our birthday months, year after year. In addition to sending the birthday cards for the



past ten years or so, she has also been sending out Get Well and Sympathy cards to any of us who have faced the challenges of illness, injury, or loss of a loved one. Because she alone is our club's Sunshine Committee, Janet needs our help to assure that the Sunshine Committee operates as it should. Consequently, she extends the following requests to all members:

—If you know of someone who is ill, had surgery, or lost a loved one, please let me know. I know I have missed sending cards lots of times just because I didn't know anything had happened.

—If you move or change your address, please let Steve Hughart,

[hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net) or Barbara [nussb@surewest.net](mailto:nussb@surewest.net) or me [janet\\_d\\_riley@hotmail.com](mailto:janet_d_riley@hotmail.com) know. Sometimes I get ready to send a birthday card and realize the address is old. Sometimes I don't realize the address is not current, so I send a card to the wrong address. Steve maintains the roster, so Barbara and I always let him know if we find out about a change of address.

**Editor's Note:** Much of the first two paragraphs above appeared in the Summer 2017 Edition of this newsletter as an introduction to an article written by Janet about her experiences as a Sticks member and as the sole member of the Sunshine Committee. Because we all receive cards from Janet at least for our birthdays, it's good to be reminded here of who is behind the cards as well as to introduce newer members to her. If you'd like a copy of the Summer 2017 Edition containing Janet's article, just email me at [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com), and I'll be pleased to email that edition to you.

You might notice in the blue box above that **Theresa Ihara's** name is missing as a Roving Photographer. Theresa decided that it is time for her to step down, which is completely understandable. Still, I am extra sad to see Theresa leave our newsletter team because she

has been working with me on this newsletter for as long as I have been working on it, about six years now. Theresa not only kept these pages graced with her photos plenty often, but she also submitted some very interesting articles including but not limited to one about her ancestors'

experiences as immigrants on Angel Island, one on her trip to China with photo of her standing on the Great Wall, and one about her recent virtual walking experiences while relegated to isolation during covid. **Thanks a million for everything, Theresa!** —John McLaughlin

# Historic Woodland and Dead Cat Alley

By Marie Robb

No Sweat Gazette Roving Reporter

I always thought of Woodland as a place we passed as we drove north on I-5, not a place to visit. The Walking Sticks offered me an opportunity to explore and appreciate the history and charm of Woodland. What literally put Woodland on the map was the arrival of the railroad in 1869; less than twenty years later, Main Street bustled with new stores, hotels and restaurants, as well as banks to handle the ample accounts of local business people and farmers. Dozens of Victorian homes bear witness to the city's claim to fame in 1888 as the richest town in the United States. Now, I love walking the shaded streets and looking for the markers on the houses to inform me when they were constructed. My favorite is the Gable Mansion on First Street. Built in 1885, it is a gem in the heart of Woodland's historic neighborhoods. When the rose trees surrounding the estate are in bloom, it's a vision to behold.



**Gable Mansion**

My next walk in Woodland, however, will be with a new eye, thanks to my friend, Jack Din. Jack and I attend Jazzercise classes together; he loves that I clap after every routine, and I love his t-shirts with sassy and hilarious sayings. One day after class, Jack told me that he was born

in Woodland on Dead Cat Alley. He was impressed that I knew about Dead Cat Alley from our walks in Woodland. He shared that his family operated the Tai Lee Laundry on



**Marie and Jack**

First Street from 1925 to 1947. In fact, Jack was born in the original Wyckoff Building (which later became Tai Lee Laundry). Of course, at the time they just called it The Alley, and the laundry's drying yard occupied the space on one side of the alley. One theory suggests that the name of Dead Cat Alley arose from a rat problem in the area. Supposedly, rats roamed the alley and scavenged the garbage from the many restaurants. The rodents were poisoned; therefore, the cats that fed upon them were also "extinguished." It is true that more dead cats were found in that alley than in any other part of town. Jack supports that theory, telling me "I always found stray cats." The Din family grew their World War II Victory Garden across the street. Jack remembers working in the laundry and attending Woodland High School. When I mentioned the Gable Mansion, he said "I walked by there every day on my way to school." He did not like walking past the mansion at night, though; it was too dark and scary! Jack also remembered

the colorful name of another alley: Dog Gone Alley.

Another former resident of Woodland (and Walking Sticks member), Terry Holland, will be happy to share even more stories on a walk through his hometown. Terry can recall the history of most of the downtown buildings, like an antiques business that used to be a men's store; Terry worked there during high school. Or the cabin on Lincoln Avenue that served for many years as a meeting place for the Boy Scouts of America. He'll make sure you admire the beautifully preserved engines in the Woodland – Springlake Fire Museum on Court Street, the original location of Woodland Fire Station 1. High on Terry's list of Woodland memories, though, is meeting his wife Sharyn during an evening of "cruising." Even the start location is historic: the Nugget Market was the first of its kind in the area. I recommend finishing the walk with one of their superb deli sandwiches and a picnic in Walnut Park. On the way back to your car, be sure to check out Reiff's Gas Station Museum on Jefferson Street. The entire house is an automotive museum of retro 1950s nostalgia, antiques and car culture. It must be seen to be believed!



**Reiff's Gas Station**

# North Table Mountain Ecological Reserve

By Jennifer Stanley

At the suggestion of Dan, the Day Trippers took I-5 north on March 12th to Orville in search of and to explore the North Table Mountain Ecological Reserve.

As described on the State of California Fish and Wildlife website:

*Created by ancient lava (basalt) flows, the approximately 3,300-acre North Table Mountain Ecological Reserve is an elevated basalt mesa with beautiful vistas of spring wildflowers, waterfalls, lava outcrops, and a rare type of vernal pool, called Northern Basalt Flow Vernal Pools. Typically fissures in the basalt soak up winter rains, forming seasonal streams and waterfalls. In a few places, however, the underlying bas-*

*alt is impermeable to water forming a temporary pool. Soon to dry up after rains end, only specialized plants and animals adapted to this habitat can survive over time.*

The mountain did not disappoint this group. As the photos below show, early Spring is its peak season!

The day started out fairly cool but by the afternoon it had warmed up nicely. WARNING! This is a difficult hiking terrain, maybe a bit more than we all realized when we started out. Plus, trails are narrow, sparsely marked, and we crossed many streams by stepping on rocks. With support from Nancy's online trail app and help from other hikers,

we wondered over narrow, boulder-laden trails into and out of canyons to find the various waterfalls; I think we discovered 4 or 5 of them. We also had the pleasure of seeing a good number of cattle grazing on the rich vegetation. They were huge, so we kept our distance.

After 5 hours and 8.5 miles, we arrived back at the parking lot (thank god!) to have a late, well needed lunch. FYI, there are no restrooms or porta potties available, and you need to bring your food, water, etc.

A good night's rest was needed by all! But a great day!



## ON ANOTHER SUBJECT from Miles Wichelns:

We very much enjoyed the Danville walk on Saturday, April 17. It felt good to select a walk the way we did before the pandemic kept us so close to home—finding one in a new place

where we would see unfamiliar sights and walkers, and if the weather were nice have a terrific time. Saturday delivered all that. Danville charmed us, with lovely residential areas and a downtown which seemed to be thriving. I was particularly impressed to see so

many masks in evidence, not just by our walkers but by pretty much everyone. This was my first walk (and second road trip) farther from home than West Sacramento in over a year, and I'll be happy to think of it as my return to organized walking.

# Road Adventure to Reno!

By Zori Friedrich, No Sweat Gazette Roving Reporter

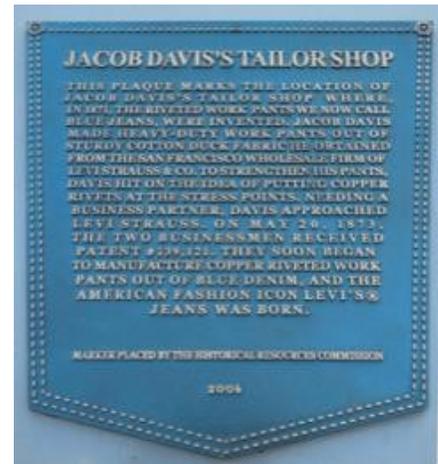
More than twenty walkers participated in the Sticks Overnight Road Adventure to Reno in May. My images of Reno largely consisted of its mega-casinos, star-quality entertainment, and the famous neon arch announcing *The Biggest Little City in the World!* Wow did I have a lot to learn about this bustling city just over the California border into Nevada!

Judy Gordon, Point of Contact for the Historical and University walks, greeted the walkers in the lobby of the National Automobile Museum (featuring over 200 spectacular cars!) and served as our guide sharing a plethora of fun facts, trivia, and local history of the sights along the walks. Highlights included the Nevada Museum of Art, the Bowling Stadium featuring 78 lanes used only for tournaments, and the Greater Nevada Field, home to the Reno Aces (triple-A ball team). But wait! There are more attractions than buildings! We toured the Rancho Rafael Regional Park, Idlewild Park, and the Wilbur D. May Arboretum and Botanical Gardens filled with lush flowers, trees, and outstanding views of the surrounding areas. And let's not forget the river! The path along the

river offers sights of kayakers and ducks both enjoying the cool waters of the Truckee River! There is no lack of historical markers to read along the walks, but my favorite sits downtown, unassuming, and alerting passers-by of the former location of Jacob Davis' Tailor Shop! Who the heck is Jacob Davis you ask? In 1871 Jacob made heavy-duty pants out of sturdy cotton fabric and decided to put copper rivets on the pants — you guessed it, the pants we now know as "Jeans." Last but not least, for walkers looking to claim a university stamp, we strolled through the beautiful campus of the University of Nevada (UNV). After finding the restrooms and a Starbucks in the union, we continued the walk with smiles!

The sights were grand, but I cannot neglect to mention some of the people who joined us on this adventure: Monica Moriarity, formerly from Sacramento but now living in Carson City, made an appearance! Debbie Thomas of the Sundial Strollers came all the way from Redding. And a big shout out for Judy Gordon, our Reno guide who walked with us both days, shared her love of Reno, and gave us great tips for places to eat in

the river district! And, of course, a huge thank you to our Barbara Nuss for scheduling road adventures for us to enjoy and make memories!



Debbie Thomas, Nancy Mitchell, Zori

**Editor's Note:** Zori's fun and informative article inspires me to mention here that I grew up in Reno, graduated from Reno High in 1964. My heart remains in Reno, for it was a terrific small town to grow up in during the 50s and 60s. In second grade, 1953, I was taught and never forgot the chorus of the Nevada State Anthem. Since I left Reno for good in 1966, I've always been disappointed by how few of the many Nevada residents I met over the years knew or even had heard of the Nevada State song when I'd sug-

gest singing it, say, around a Sierra Club campfire out in the Nevada desert. Nevertheless, my wife Kaia and I sing it at the top of our lungs each time we drive across the border into Nevada. FYI and in a small attempt to keep the song alive and circulating, here are the lyrics to the Chorus. Catch me on a walk, and I'll be glad to sing it so you'll know the tune. Special thanks for intensifying this memory to Reno residents and my dear lifelong friends,

*Jim and Linda O'neil.*

## "Home Means Nevada"

*Home means Nevada,  
Home means the hills.  
Home means the sage and the pine.  
Out by the Truckee's silvery rills,  
Out where the sun always shines,  
There is the land that I love the best,  
Fairer than all I can see.  
Right in the heart of the Golden West,  
Home means Nevada to me.*

# The Sticks Orangevale Traditional Event

If you were fortunate enough to attend this event on April 24, you know what a great experience it was, with a variety of walks to choose from that led you through fascinating neighborhoods and, on two of the walks, across a wooded trail, along the banks of the American River, and past an active Eagle's nest. It is always a treat for those of us who attend such walks simply to show up and enjoy the events, but all Sticks events, including this one, require plenty of planning and hard work to make them happen. On April 24, a good number of Sticks volunteers turned out to manage the Start table and the Checkpoint table, to haul the Sticks trailer, and to set everything up and take it down again. But Myrna Jackson and Sally Coones thought of the area, designed the walks, and orchestrated most everything about the event. They were the first to show up on April 24 and the last to leave. It was thanks to their creative thinking and their determined, ongoing efforts across several months that we were all able to enjoy such a fun day in Orangevale on the walking trail. The *No Sweat Gazette* asked and Myrna agreed to tell us in her own words about how they developed this event as follows:

After Sally talked about the trail that passed the river and the eagle's nest, we decided it would be nice to have a Sticks event there. Barbara had long wanted a walk in Orangevale, so I looked up the parks in the area and found Pecan Park on the map. I drew a circle between the park and the river trail. Things developed from there. I put some ideas on Mapmywalk, and then we drove around the areas to explore.



Sally & Myrna

The easiest walk to design was probably the 11k, since so many places there have only some streets that go through. Found the area of duplexes on the map (Hallenoak Ln), then when we drove it, it finally came down to "it's got to be this route." The 5k was pretty easy since again there weren't many streets to choose from. We developed the 6K because we figured some folks would prefer a shorter route but would want to see the eagles. I first came up with some streets in the area, but Sally and her daughter found some better ones.

After the first workers' walk, there were more ideas and tweaks to be done, mostly wording. Also, Barbara thought it would be nice if we could start by going up through the park - hence the first part. When we finally thought "we had it," first drafts were sent to Warren Tellefson, who produces our club's walk maps and instructions. Then, suggestions kept popping up and changes were made (mostly minor thank goodness) until we came up with the final instructions for all three walks, the 5K, 6K, 11K.

Chalking wasn't too bad. I did the 11k without the trail portion and the first part of the 5k. Sally did the rest of the 5k and the 6k with help from her daughter.

Barbara provided the snacks and sterile registration slips and pens. Sally got the water. We also provided the soap, paper towels and extra toilet paper for the restrooms.

As far as working with the Orangevale Park District, one of the easiest ever, I had to fill out a rental application and a letter that made me the POC, but they did not charge us anything. Also had to get insurance from AVA that met their requirements.

We were very pleased with the turnout. —Myrna Jackson

The success of a Traditional Walk is team work. Myrna and I would like to thank all the volunteers and all the folks who walked the different routes. We hope everyone had as much fun walking as we did developing the walks. —Sally Coones



# 2020 – The Lost Year? Or Time for Reflection and Discovery Along North Laguna Creek?

By Nancy Calkins

No Sweat Gazette Roving Reporter

No one can say that 2020 is what they expected. However, was it really a lost year? For us in the last year, we drove less than 2,000 miles – a combined total on the four cars we own. We had groceries and other items delivered directly to the house. For the most part, we stayed close to home. But sitting around all day was not a good option, as sciatica soon became a problem.

After living in our house for over 12 years, we started taking daily walks on trails within a few steps of our front door. We are so fortunate that the City and County of Sacramento, the City of Elk Grove and Cosumnes Services District had the foresight to dedicate the area on both sides of nearby Laguna Creek for biking/walking trails.

There are numerous trails that connect parks throughout Elk Grove to create a refuge not only for wildlife, but also for residents and their dogs! As we walked, we started seeing other regular walkers, with whom we exchanged pleasantries, often engaging in conversation and occasionally exchanging names. Walking got us out of the house, and it now keeps us connected with our community and helps us maintain our sanity!

Walking daily on the trails near our house gives us a renewed appreciation for our immediate surroundings and our community. Due to Bruce's passion for photography, we have learned to identify most of the local wildlife along North Laguna Creek and recognize differences in seasonal behaviors. Over the year's period, we have seen many types of birds,

lots of waterfowl, and a variety of raptors. Commonly seen are jays, magpies, finches, mallards, geese, killdeer, egrets, herons, red-tailed and red-shouldered hawks, kites, and kestrels. Less frequently, we see cormorants, along with wood, mandarin and merganser ducks. For a special treat, we occasionally see a pod of pelicans. The turtles are favorites for the kids, seen almost year-round from the bridge at North Laguna Park. From this vantage point, we occasionally see muskrat and river otter.

Every winter, heavy rains cause the grasses and weeds to grow tall. Beginning in April, another unique spring activity in Elk Grove is watching the City's "maintenance crew" of rented sheep or goats —2,000 grazers—eating away. The herd, often seen along the creeks and trails, can clear two to four acres per day. There is no better natural or "green" way to accomplish weed abatement than by using goats and sheep, thus reducing the need for removal by manual, mechanical or herbicidal means. In addition to reducing fire risk, benefits include less soil erosion, improved air and water quality, and reduced impact to fish and wildlife habitats.

Back in 2013, Bruce created two 5K walks with a start point at 24-Hour Fitness near the United Artist Theater on Center Parkway in South Sacramento. One 5K walk goes to the east and one to the west, or if combined a 10K walk with the start point in the middle.

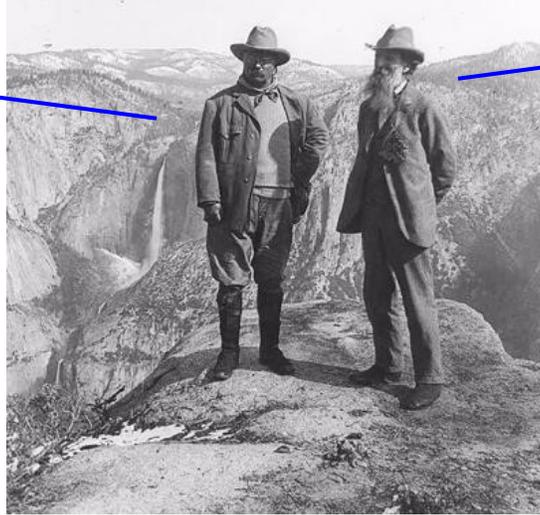
Over the past two years, the North Laguna Creek Wildlife Area trails

have been improved. A new section of trail along with new pedestrian crosswalks with traffic lights now connect trails more safely in two places—across Bruceville Road and over Big Horn Blvd. These improvements meant we needed to revise the instructions to three of the walks. Because of the new link from the main Creek trail down to Big Horn Blvd, we created a new route as well. We already had the West, East and 10K, so we drafted a new 5K "Center" walk and another 10K down to Wackman Park. Warren Tellefson whipped our drafts into the final walk instructions. Myrna Jackson helped us fine-tune the instructions, and especially the 10K route.

Now we have five walks originating from 24-Hour Fitness. However, the Fitness center has been constrained by the COVID pandemic and is not currently hosting our Walk Box as it did in the past. The Walk Box is now at our house and we bring it to scheduled walks. The North Laguna Creek Wildlife is a Year-Round Event (YRE) and if you want to walk one of the five routes anytime, on your own, email either of the Points of Contact: Bruce, [becalkins@gmail.com](mailto:becalkins@gmail.com), or Nancy, [calkins\\_family@yahoo.com](mailto:calkins_family@yahoo.com), and we will help you register by exchanging your signed liability waiver for the instructions for a walk. As another step forward during the past year, the American Volkssport Association (AVA) has developed an online registration process which we are researching as an option for the North Laguna Creek walks.

*Theodore Roosevelt  
In Yosemite, 1903*

*John Muir*



*This marvelous photo appeared in the last (Spring) Edition, and readers were invited to take a shot at writing a caption or a dialogue between Teddy and John, with fun and humor in mind. Many thanks to those of you below who participated!*

**Teddy:** Two questions, John. First, where's the wise guy on the hill you said has answers to all life's questions? And secondly, how in the world do we get down from here?

**John:** He must be covering another mountain top today; with all the questions folks have raised this past year, there aren't enough gurus to go around. I may not be as wise as he is, but I can answer your second question: Always bring a parachute when you come up here. Bye now!  
—Miles Wichelns

**Teddy:** Dude, if you aren't going to wear a mask, back off a couple of feet.

**John:** Don't be a goody two shoes just because you've had both vaccines, bud. —Kris Ericson-Cano

**John:** Don't think that I am in any way trying to disable you from

forming the Bull Moose Party a few years from now in 1912, but would you please step back about 4 paces without looking so we can be properly socially distanced without our masks?

—Anonymous Sticks Member

**Teddy:** Gosh, John, you look troubled this morning.

**John:** Yes, Teddy, I am. I can't believe that I forgot to get my book stamped at the start point at the bottom behind us for the AVA *sheer cliff climbing* special program.

—Kaia McLaughlin

**Teddy:** Just for the sake of dreaming, wouldn't it be wonderful if we had been born way later in this century so that we could have joined the Sacramento Walking Sticks early in the 21<sup>st</sup> century?

**John:** Why do you say that, Teddy?

**Teddy:** Well, then we'd have Warren's Walk Instructions to help us find our way off of this #&\$\*#@%& mountain!

—Art Randolph

**Teddy:** Great Walk! Now it's time to haul out the jerky for a snack.

**John:** I know you like to "rough rider" it, my friend, but I'm trying one of Barbara's restaurants. —Erica Stroud

**John:** In my capacity as part time realtor, I do hope that you'll buy the valley, Mr. Roosevelt.

**Teddy:** I am definitely interested, but I'm concerned that as soon as they install those newly-mandated water meters, I'll have to drastically turn down the waterfall!

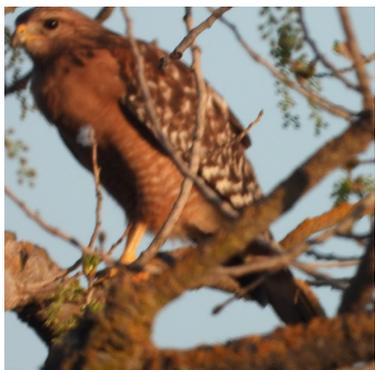
—Anonymous Sticks Member



*Here's next edition's fun photo. That's Albert Einstein on the right at Nassau Point, Long Island, New York, Summer, 1939, perhaps having a pre-Sticks-walk chat with who knows who. Please send your captions or dialogues to [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com) by September 10. Thank You!*

# More Wild Things

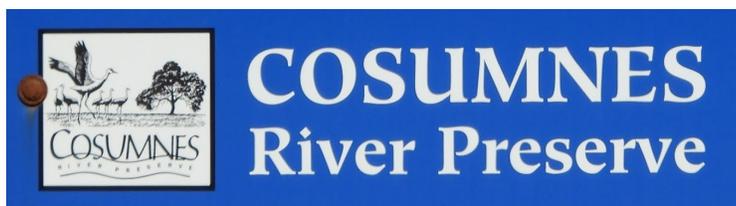
From Bruce Calkins, No Sweat Gazette Roving Photographer



## SUMMER TIP For Walking at Cosumnes River Preserve

Bruce and I walked Cosumnes River Preserve in late May. As we started out, it was already over 80 degrees, so we skipped the west side of Franklin Blvd. which is all out in the open and is not as interesting now that sandhill cranes have migrated and the wetlands are nearly dry. We started at the Visitor's Cen-

ter and did our own variation of the River Walk. We used our phones to read the numbered information about the preserve, so that was fun. From the Visitor's Center we walked over the bridge and kept to the right heading south, then took the short out-and-back path to see part of the river. We came back to the main trail, kept to the right, kept to the right...you get the idea. In doing so, we were always in sight of



# COSUMNES River Preserve

shade!!! When we reached railroad bridge over the river, we had to make a decision: complete a loop or turn around and stay in the shade. We decided to stay with the shade! This route makes a nice walk for warmer days.

—Nancy Calkins



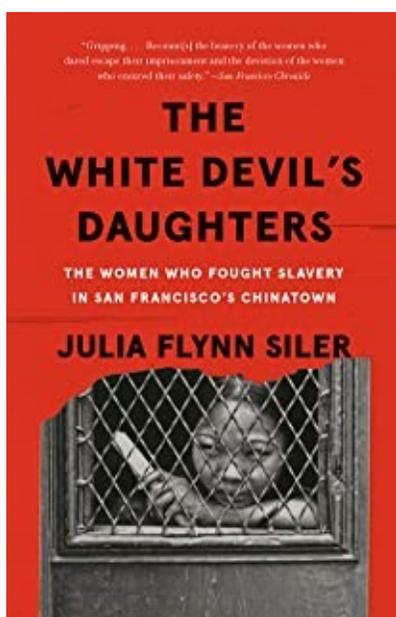
## Walking Book Club

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



**July Book Recommendation** (this book walk was rescheduled from June so that walkers can come by ferry from Vallejo if they wish):

***The White Devil's Daughters: The Women Who Fought Slavery in San Francisco's Chinatown*** by Julia Flynn Siler



Book Description from Amazon: During the first hundred years of Chinese immigration--from 1848 to 1943--San Francisco was home to a shockingly extensive underground slave trade in Asian women, who were exploited as prostitutes and indentured servants. In this gripping, necessary book, bestselling author Julia Flynn Siler shines a light on this little-known chapter in our history--and gives us a vivid portrait of the safe house to which enslaved women escaped. The Occidental Mission Home, situated on the edge of

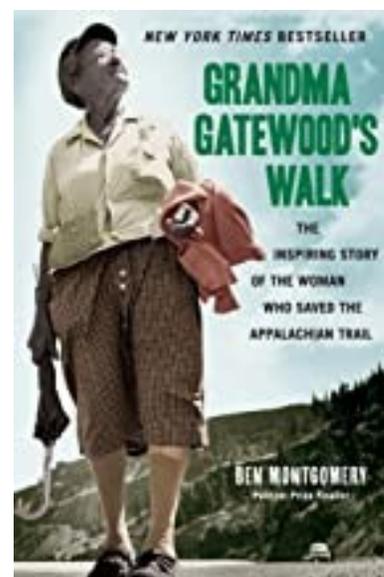
Chinatown, served as a gateway to freedom for thousands. Run by a courageous group of female Christian abolitionists, it survived earthquakes, fire, bubonic plague, and violent attacks. We meet Dolly Cameron, who ran the home from 1899 to 1934, and Tien Fuh Wu, who arrived at the house as a young child after her abuse as a household slave drew the attention of authorities. Wu would grow up to become Cameron's translator, deputy director, and steadfast friend. Siler shows how Dolly and her colleagues defied convention and even law--physically rescuing young girls from brothels, snatching them from their smugglers--and how they helped bring the exploiters to justice. Riveting and revelatory, *The White Devil's Daughters* is a timely, extraordinary account of oppression, resistance, and hope.

8 print copies as well as audiobooks and e-books available through the Sacramento Public Library System. Available online in paperback and Kindle formats

**Please join us on Sunday, July 18, at 10 am, for a 5K walk through San Francisco's Chinatown.** We'll have lunch and our discussion somewhere in Chinatown, location to be determined. We'll meet at the Ferry Building to begin our walk for those of you who wish to come by ferry from Vallejo rather than drive into San Francisco and pay for expensive parking.

**August Book Recommendation:** ***Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail*** by Ben Montgomery

6 copies available through Sacramento Public Library System, as well as e-Books and e-audiobooks. Available online in hardcover, paperback, Kindle and audio CD.



Book Description from Amazon: Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, sixty-seven-year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. By September 1955 she stood atop Maine's Mount Katahdin, sang "America, the Beautiful," and proclaimed, "I said I'll do it, and I've done it."

Click here for Carpool Guidelines:

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

Driven by a painful marriage, Grandma Gatewood not only hiked the trail alone, she was the first person—man or woman—to walk it twice and three times. At age seventy-one, she hiked the 2,000-mile Oregon Trail. Gatewood became a hiking celebrity, and appeared on TV with Groucho Marx and Art Linkletter. The public attention she brought to the trail was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance, and very likely saved the trail from extinction.

Author Ben Montgomery interviewed surviving family members and hikers Gatewood met along the trail, unearthed historic newspaper and magazine articles, and was given full access to Gatewood's own diaries, trail journals, and correspondence. *Grandma Gatewood's Walk* shines a fresh light on one of America's most celebrated hikers.

**Please join us on Sunday, August 28 ( the day after the Emerald Bay Hike at Lake Tahoe) at 10 am for a 5K hike** on the Pacific Crest Trail at Donner Pass. **Bring a lunch** and we'll eat on the trail! While the 13K is rated as 4D, the 5K is described as a moderate grade on the way to historic Donner Pass. You must register for this event by Web registration or Online Start Box.

**September Book Recommendation: *Lillian Boxfish Takes a Walk*** by Kathleen Rooney

22 copies available through the Sacramento Public Library System as

well as large print copies, Audiobook on CD and e-books. Available online in hardcover, paperback, Kindle and e-audiobook.



Book Description from Amazon: "Rooney's delectably theatrical fictionalization is laced with strands of tart poetry and emulates the dark sparkle of Dorothy Parker, Edna St. Vincent Millay, and Truman Capote. Effervescent with verve, wit, and heart, Rooney's nimble novel celebrates insouciance, creativity, chance, and valor."  
—*Booklist* (starred review)

*"In my reckless and undiscouraged youth," Lillian Boxfish writes, "I worked in a walnut-paneled office thirteen floors above West Thirty-Fifth Street..."*

She took 1930s New York by storm, working her way up writing copy for R.H. Macy's to become the highest paid advertising woman in the country. It was a job that, she says, "in

some ways saved my life, and in other ways ruined it."

Now it's the last night of 1984 and Lillian, 85 years old but just as sharp and savvy as ever, is on her way to a party. It's chilly enough out for her mink coat and Manhattan is grittier now—her son keeps warning her about a subway vigilante on the prowl—but the quick-tongued poetess has never been one to scare easily. On a walk that takes her over 10 miles around the city, she meets bartenders, bodega clerks, security guards, criminals, children, parents, and parents-to-be, while reviewing a life of excitement and adversity, passion and heartbreak, illuminating all the ways New York has changed—and has not.

A love letter to city life in all its guts and grandeur, *Lillian Boxfish Takes a Walk* by Kathleen Rooney paints a portrait of a remarkable woman across the canvas of a changing America: from the Jazz Age to the onset of the AIDS epidemic; the Great Depression to the birth of hip-hop.

Lillian figures she might as well take her time. For now, after all, the night is still young.

**NO book walk in September but please come to San Francisco on September 18 and enjoy a walk in Downtown San Francisco sponsored by the San Francisco Bay Bandits.**



South Natomas 10K walk  
April 29



Early risers, Hidden Murals,  
May 3





# FOOTNOTES

By Barbara Nuss, President



*"If I am walking with two other men, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, And the bad points of the other and correct them in myself." Confucius*

## Greetings,

I hope that you are all well and enjoying these last few days of spring ~ summer officially comes on the 21<sup>st</sup> and we're feeling its effects with our ever-increasing higher temperatures. By now you've noticed that registration for morning walks now begins at 8:15 a.m.; that also includes Friendship Walks on the weekend. Our Hot Walkin' Nights summer series has begun on Wednesday nights, and it will continue to begin at 6:15 p.m., except for our UC Davis night on July 7<sup>th</sup>. We'll be starting registration earlier so that we get to experience the weekly Wednesday night Farmer's Market in Davis on our return from the walk.

Thank you to *Sticks* members Myrna Jackson and Sally Coones for all their hard work on designing and hosting our Orangevale walk at Pecan Park April 24<sup>th</sup>. Attendance was very high, and it got rave reviews on so many levels. The beauty of our sport is that it takes us to places we've never been to or walked before and, for most of us, Orangevale was new. Many of us got to stamp an "O" in our Walking with Woody special program booklet and seeing the eagle's nest was amazing. For all those who helped out in any way, Thank you!



We continue monthly to wake up very early and meet up for a 3-mile walk and have breakfast after-

wards. In April we walked in Woodland and discovered a wonderful little café called *Rafael's Family Restaurant*, and in May we went to *Crepeville* after checking out murals in downtown Sacramento. In June we went to another *Crepeville* in Davis after our University walk. We're going to try something new these next three months—we'll have registration begin at 7:00 a.m. in hopes of attracting more of you to join in. Remember that traffic will be light getting to wherever the start location is and you'll be surprised how fun it is to be an **Early Riser**.

Our monthly **Road Adventures** have been fun as well and it's always great to see new people join in. Thanks to *Sticks* members Craig and Jane Wirth for being our docent walk leaders when we drove to Pittsburg back in April. Lunch turned out great; we weren't allowed inside restaurants, so we all picked out our favorite foods at different café's and brought our food out to the town park with its picnic tables. Last month we opted for an overnight adventure in Reno and *Tahoe Trail Trekker* member Judy Gordon was an amazing host as well as docent walk leader. I urge you to drive up to the Auto Museum to register for the River Walk and/or the University of Nevada at Reno walk because they're wonderful. We found some delicious restaurants and even had breakfast at Peg's Glorified Ham & Eggs which used to have a location many of us frequent-

ed on Douglas Blvd in Roseville. Small world. Please note that we will have another overnight adventure in July to Calistoga/Eureka and then day trips in August to Sebastopol and September to Mill Valley. Hope you'll want to come join us.



Every other year there is a **national AVA Convention** of folksporting and June 26-July 3 there's one in Madison,

Wisconsin. *Sticks* member Heidi Foster and I will attend and be the *Sticks* delegates and I will also be the delegate for the *Sonoma County Stompers Club*. There will be a lot of meetings, one of which we'll be voting for a new Board of Officers, as well as informative workshops. The walks will take us in all directions in Madison as well as nearby cities. I'm looking forward to seeing people I've met over my 33 years of being a folksporter and hearing about their walking experiences as well as the club(s) they belong to. I have been on the Publicity Committee for AVA for the last couple of years and will have the opportunity to meet up with the other members from Oregon, Texas and North Carolina. So where is the next Convention going to be in 2023? We'll find out soon.

**AVA Headquarters new address.** This past year AVA moved its Headquarters from Universal City to San

Antonio Texas. Why keep bringing this up to you? It's because if you stamp your Event and Distance books for volkswalk credit, one day soon you'll fill up your book(s). You typically would send it to the Universal City address that's stamped on the front of your book—no longer. You will send your completed book(s) plus your Record book to:  
**AVA Headquarters, 1008 S Alamo St, San Antonio, TX 78210**



Every year the CVA (California Volkssport Association) hosts a Convention typically the first weekend of May. They rotate the Convention from the northern to the central to the southern clubs so that we all get a chance to host and enjoy the host's region. Our last face-to-face get-together was in San Diego and the *Shasta Sundial Strollers Club* was set to host in Mt. Shasta when COVID-19 hit. We opted to have the general membership meeting on ZOOM instead and hoped we'd be able to meet up in 2021. Well, the *Strollers* hit a snag when their host hotel was bought out and the new owners weren't as amenable to their requests. Ty Fredriks from the *Central Coast Beach Boardwalkers Club* offered to host until there were major health constraints with his mother. I received a plaintiff call from CVA President Betsy McDevitt ask-

ing if the *Sticks* would host the **CVA Convention October 1-3, 2021** and I answered "of course we will." We haven't had months to think, plan, prepare but that's OK. I'm confident we can make it work! Details are sketchy right now but rest assured that we'll be hosting the event with three walks that you can do and enjoy. We'll have a Meet/Eat/Greet on Friday night as well as a group dinner on Saturday night. You're all invited to the general meeting on Saturday. Information will be forthcoming – most importantly is that you keep Oct 1-3 open on your calendar. Please help us spread the word and invite your friends, family and coworkers to come and join in the walks.

As we know more, I will be asking for helpers in many different ways. We'll be doing worker's walks together to make sure the routes are just right and the directions are spot on. Help will be needed with registration and the finish table and all kinds of other jobs. Between then and now—do you have a **name button** to wear? Wearing your button will show people that you're a Sticks member and help them address you by name if they have a question or concern. If you need one, please contact Steve Hughart, [hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net) or cell 916.616.7150.

Thank you to John McLaughlin, our newsletter editor, for putting our upcoming walks in each newsletter. I apologize if sometimes there are changes to these pages. Please know that you can always check out Sticks website >

[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
 > Click on the link for **Calendar of Events**. You'll find up-to-the-minute walks and bike rides with information like the date we're meeting, time and start location. There's even a MapQuest link to use. We had to say good-bye to Suzie Madison who had been the keeper of this site for quite some time. She and her husband Dave moved to Wakeforest, North Carolina to be near to relatives on both sides. Thank you Suzie for a job well done!! We asked for someone to step forward to fill her spot and Thank You Brittna Snowden for putting your hand up!! Brittna's first volkswalk was our Isleton walk and she's been coming out ever since. She lives in Elk Grove and works in the IT Dept and she's doing a great job.

Hope to meet up with you on a walk,  
*Barbara Nuss, Sticks President*  
 H 916.283.4650, C 916.217.9092  
[nussb@surewes.net](mailto:nussb@surewes.net)



# UPCOMING WALKS FOR JULY, 2021



Thursday	Jul 1	8:15 am	Rancho Cordova—Lake Natoma
Saturday	Jul 3	8:15 am	Campus Commons/Sierra Oaks, <i>Friendship Walk</i>
Monday	Jul 5	7:00 am	Sac—North Laguna Creek, <b>EARLY RISER</b>
Tuesday	Jul 6	8:15 am	Sacramento—Fab 40s
Wednesday	Jul 7	4:15 pm	Davis—University ( <b>Evening Walk</b> , note early start)
Thursday	Jul 8	8:15 am	Elk Grove—Regional Park
Thursday	Jul 8	8:15 am	Sacramento—American River ( <b>Bicycle</b> )
Saturday	Jul 10	8:15 am	Stockton—Tom Swift Memorial, <i>Friendship Walk</i>
Tuesday	Jul 13	8:15 am	Davis—SE Tunnels and Bridges
Wednesday	Jul 14	6:15 pm	Sacramento—Arden Park ( <b>Evening Walk</b> )
Thursday	Jul 15	8:15 am	Sacramento—Ashton Park
Saturday	Jul 17	8:15 am	Citrus Heights, <i>Friendship Walk</i>
Tuesday	Jul 20	8:15 am	Sacramento—American River
Wednesday	Jul 21	6:15 pm	Sacramento—Sierra Oaks Vista ( <b>Evening Walk</b> )
Thursday	Jul 22	8:15 am	Sacramento—Arden Park ( <b>Walk and Bicycle</b> )
Friday	Jul 23	8:00 pm	<b>Sac—Pocket Area, Full Buck Moon Walk</b>
Saturday	Jul 24	8:15 am	Rancho Cordova—Lake Natoma, <i>Friendship Walk</i>
Monday	Jul 26	10:00 am	<b>Road Adventure to Calistoga</b>
Tuesday	Jul 27	10:00 am	<b>Road Adventure to Eureka</b>
Tuesday	Jul 27	8:15 am	Gold River
Wednesday	Jul 28	6:15 pm	Woodland ( <b>Evening Walk</b> )
Thursday	Jul 29	8:15 am	Sac—North Laguna Creek Wildlife Area
Saturday	Jul 31	8:15 am	Alameda—Bay Farm Island, <i>Friendship Walk</i>

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

## UPCOMING WALKS FOR AUGUST, 2021



Tuesday	Aug 3	8:15 am	Elk Grove—Charlie Fowble Memorial
Wednesday	Aug 4	6:15 pm	Carmichael—Hidden Parks <b>(Evening Walk)</b>
Thursday	Aug 5	8:15 am	Sacramento—North Natomas
Thursday	Aug 5	8:15 am	Lincoln <b>(Bicycle)</b>
Saturday	Aug 7	TBD*	San Francisco—Maritime
Tuesday	Aug 10	8:15 am	Folsom
Wednesday	Aug 11	6:15 pm	East Elk Grove Rec Trails <b>(Evening Walk)</b>
Thursday	Aug 12	8:15 am	Zamora
Saturday	Aug 14	8:15 am	North Laguna Creek Wildlife Area, <i>Friendship Walk</i>
Monday	Aug 16	7:00 am	Sacramento—Elmhurst to East Sac, <b>EARLY RISER</b>
Tuesday	Aug 17	8:15 am	Sacramento—Pocket Area
Wednesday	Aug 18	6:15 pm	Folsom <b>(Evening Walk)</b>
Thursday	Aug 19	8:15 am	Sacramento—Elmhurst to East Sac
Thursday	Aug 19	8:15 am	Davis <b>(Bicycle)</b>
Friday	Aug 20	10:00 am	<b>Road Adventure to Sebastopol</b>
Saturday	Aug 21	8:15 am	Sacramento—Hidden Murals, <i>Friendship Walk</i>
Sunday	Aug 22	8:00 pm	<b>N. Laguna Wildlife Area Full Sturgeon Moon Walk</b>
Tuesday	Aug 24	8:15 am	Galt—Cosumnes River Preserve
Wednesday	Aug 25	6:15 pm	W. Sac—Clarksburg Branch Line Tr <b>(Evening Walk)</b>
Thursday	Aug 26	8:15 am	Sacramento—Curtis Park
Saturday	Aug 28	9am-1pm	S. Lake Tahoe—Emerald Bay, <i>Traditional Event</i>
Tuesday	Aug 31	8:15 am	Sacramento—Arden Park

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. \* To Be Determined

# UPCOMING WALKS FOR SEPTEMBER, 2021



Wednesday	Sep 1	6:15 pm	Elk Grove—Around the Lakes <b>(Evening Walk)</b>
Thursday	Sep 2	8:15 am	Fair Oaks
Thursday	Sep 2	8:15 am	Northwest Roseville <b>(Bicycle)</b>
Saturday	Sep 4	8:15 am	Carmichael—Hidden Parks, <i>Friendship Walk</i>
Monday	Sep 6	8:15 am	Sac—River and Miller Park, <u>Labor Day</u>
Tuesday	Sep 7	8:15 am	East Elk Grove Recreation Trails
Wednesday	Sep 8	6:15 pm	Woodland <b>(Evening Walk)</b>
Thursday	Sep 9	8:15 am	Sacramento—Hidden Murals
Saturday	Sep 11	8—11 am	Stockton—Remembrance of 9/11, <i>Traditional Event</i>
Monday	Sep 13	7:00 am	Sacramento—South Natomas, <b>EARLY RISER</b>
Tuesday	Sep 14	8:15 am	Elk Grove Creek Watershed
Wednesday	Sep 15	6:15 pm	East Elk Grove Rec Trails <b>(Evening Walk)</b>
Thursday	Sep 16	8:15 am	Sacramento—Ashton Park
Thursday	Sep 16	8:15 am	Sacramento—Pocket Area <b>(Bicycle)</b>
Friday	Sep 17	10:00 am	<b>Road Adventure to Mill Valley</b>
Saturday	Sep 18	TBD*	San Francisco—Downtown, <i>Traditional Event</i>
Monday	Sep 20	8:00 pm	<b>Zamora Harvest Moon Walk</b>
Tuesday	Sep 21	8:15 am	Sacramento—Pocket Area
Wednesday	Sep 22	6:15 pm	Sacramento—Midtown to East Sac <b>(Evening Walk)</b>
Thursday	Sep 23	8:15 am	Sacramento—North Laguna Creek Wildlife Area
Saturday	Sep 25	8:15 am	W. Sac—Clksbrg Branch Line Trail, <i>Friendship Walk</i>
Tuesday	Sep 28	8:15 am	Gold River
Wednesday	Sep 29	6:15 pm	Carmichael—Hidden Parks <b>(Evening Walk)</b>
Thursday	Sep 30	8:15 am	West Sac—Clarksburg Branch Line Trail
Thursday	Sep 30	8:15 am	Rancho Cordova—Lake Natoma <b>(Bicycle)</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. \*To Be Determined

# ***Congratulations on your Sticks Anniversary in July, August, September!***



**30 Years:**  
Joyce Backus

**22 Years:**  
Tori Dell

**17 Years:**  
Chuck Donaldson  
Liz Kono

**16 Years:**  
Janet Riley  
Dan Robinson

**15 Years:**  
Helen Alexander  
Patti McAllister  
Dustin Tellefson  
Nancy Tellefson  
Warren Tellefson

**14 Years:**  
Karen Bagdasarian  
Joanne Jensen  
Jan Radimsky

**13 Years:**  
John Burke  
Kathleen Burke  
Vicki Diepenbrock  
Alice Jacobs  
Nancy Manning

Christine Richards  
Helen Wakefield  
Kristi Wakefield  
Lewis Wakefield  
Jenny Wong

**12 Years:**  
Janice Chung  
Rickie Kinley  
Terry Way  
Randall Williams

**11 Years:**  
Angie Ellison  
Judy Kaminski  
Cindy Ranzenberger  
Carol Shields  
Linda Sullivan  
Janet Whetstone

**10 Years:**  
Monika Dulay  
Anne Lynch  
May Lynch  
Amul Purohit  
Anjan Purohit  
Anvi Purohit  
Parul Purohit  
Denise Sisneroz  
Denise Spaeth

**9 Years:**  
Beverly Bales  
Kim Dagan  
Anna Dinwiddie  
Paulette Johnston  
Carol Olsen  
Terri Pennello  
Steve Purcell

Rutherford Smith  
Jenifer Taylor  
Robert Taylor

**8 Years:**  
Les Chisholm  
Peggy Chisholm  
Teri Huntington  
Rodger Shields  
Herbert Webber

**7 Years:**  
Janice Critchlow  
Bill Maffei  
Cathy Maffei  
Karen Medlin  
Philip Medlin  
Gail Schurr

**6 Years:**  
Julie Baumhoff  
David Carpenter  
Linda Carpenter  
Jeanine Counselman  
Dan Drummond  
Martha Drummond  
Nancy Jewhurst  
Ellen McCreary  
Yvonne Nicholson  
Stuart Noda  
Blake Thomson  
Melinda Vaughn

**5 Years:**  
Robert Futrell  
Kathy Mannion  
Olga Smith  
Barbara Taubitz  
Betty Yee

**4 Years:**  
Liz Cheyne  
Thomas Hart

**3 Years:**  
Kathi Brewster  
Pat Moody  
Eva Nelson  
Scott Nelson  
Candi Okada  
Robert Perricone  
Rebecca Rivera  
William Rivera  
Julio Rivera, Jr.  
Julio Rivera, Sr.

**2 Years:**  
Elinor Anklin  
Jocelyn Blinn  
Pat Carlson  
Peggy Flens  
Mary McGhee  
Pat Sanchez

**1 Year:**  
Donna Castorino  
Gemma Costuna  
Reesa Costuna  
Ruby Costuna  
Barbara Dugal  
Barbara Groff  
Sarah Gutierrez  
Diana Hagle  
Deanne Jurkovich  
Cindy Macias  
Karen Matolo  
Nancy Mitchell  
Rose O'Meara

# Happy Birthday in July, August, September!



## July:

1 Dipti DeSai  
 3 Ally Grayson  
 3 Gail Samcoff  
 3 Esther Weaver  
 4 Jeff Dunn  
 5 Janice Critchlow  
 5 Art Porter  
 5 Pam St.Martin  
 6 Donna Castorino  
 6 Bob Chiurazzi  
 6 Sharyn Lieth  
 6 Teresa Yates  
 7 Brenda Dougherty  
 7 Nikki Hall  
 7 Nancy Jewhurst  
 7 Lauletta Larbig  
 7 Sue Myers  
 7 Cathy Reiner  
 7 Heather Reynolds  
 8 Barbara Hodges  
 9 Gretchen Moffat  
 11 Judy Gregory  
 11 Theresa Ihara  
 11 Margaret Robbins  
 12 Zoey Johnson  
 13 Diane Holloway-Rider  
 13 Roxie Jones  
 13 Steve Oesterreicher  
 14 Heidi Foster  
 15 Bud Simmons  
 16 Danelle Hartke  
 16 Connie Stewart  
 18 Betty Quinlen  
 18 Bonny Williams

18 Don Zajic  
 20 Mary McGhee  
 20 Marty McKnew  
 21 Suzanne Hermreck  
 21 Suzi Tucker  
 22 Linda Carpenter  
 22 Philip Medlin  
 23 Julie Baumhoff  
 23 Patricia Di Ianni  
 24 Shu Davies  
 24 Pat Mason  
 24 Cristina Rangel  
 25 Julie Bohmfalk  
 26 Londi Medrano  
 27 Priscilla Fife  
 27 Pat Thomas  
 27 Jackie Vincent  
 28 Tori Dell  
 28 Janice Warta  
 30 Rose Lease  
 31 Coreen Coones  
 31 Bev Davis  
 31 Jeff Molander

## August:

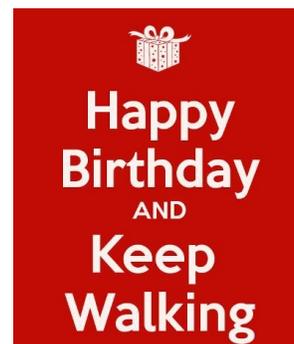
1 Barbara Fairburn  
 1 Ynez Fritsch  
 1 Jack Halligan  
 1 Art Mark  
 1 Herbert Webber  
 2 Diane Younglove  
 4 Doug Rathgeb  
 4 Marilyn van Loben Sels  
 5 Ann McCandless  
 5 Paul Robb  
 5 Brittina Snowden  
 6 Kaia McLaughlin  
 8 Tracie Heatherly  
 8 Barbara Taubitz  
 9 John Szabo  
 10 Rosa Rogers  
 10 Elisa Ungerman

1 Kathi Brewster  
 12 Pat Carlson  
 15 Nancy Mitchell  
 15 Felice Risling  
 17 Jan Radimsky  
 18 Myrna Jackson  
 18 Yvonne Nicholson  
 18 Carol Shields  
 19 Claudia de LaTorre  
 20 Robert Perricone  
 21 Tracy Harrison  
 21 Mary Jacobi  
 21 Marvin Warta  
 22 May Lynch  
 22 John Quinlen  
 22 Susan Rubinstein  
 23 Diane Hughes  
 23 Kitty Williamson  
 24 Karen Medlin  
 25 Sarah Gutierrez  
 26 Lenore Blaauw  
 26 Priscilla Plescov  
 27 Suzanne Jacobs  
 28 Rutherford Smith  
 29 Debra Coubal  
 29 Barbara Rigler  
 30 Leonard Strickland

## September:

1 Dennis Lue-Sang  
 2 Olga Smith  
 2 Phyllis Wichelns  
 3 Diana Mollart  
 5 Angie Ellison  
 5 Bruce Leistikow  
 5 Janice Lew  
 5 Jackie Sinigaglia  
 6 Mendel Carlson  
 6 Rolf Zschoernig  
 8 Yvonne Fee  
 8 Marty Langley  
 8 Carolyn Pretzer

8 Jane Wirth  
 10 Kit Carlson  
 11 Mabelle Gieck  
 11 Judy Kaminski  
 12 David Denes  
 13 Deanne Jurkovich  
 13 Chris Loupy  
 14 Carol Clark  
 14 Barbara Groff  
 15 Dan Robinson  
 16 Reesa Costuna  
 16 Anjan Purohit  
 17 Nancy Calkins  
 17 Rodger Shields  
 21 Roger Flansberg  
 21 Marjorie Lue-Sang  
 21 Valerie Sanders  
 22 Joan Mallum  
 22 Jack Weaver  
 23 Ashleigh Mitchell  
 24 Victoria Cameron  
 25 Bernard Cody  
 26 Elinor Anklin  
 27 Tina Campbell  
 27 Suzy Holtzman  
 27 Craig Wirth  
 28 Yvonne Brandon  
 28 Starla Ledbetter  
 29 Anvi Purohit  
 30 Robert Bonar  
 30 Catherine Brouwer



# 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:**  
Harriet Lamanna  
Christine Richards  
Jim Tischer  
Judy Tischer  
Janis Williams  
Teresa Yates

**Multi-year HerosRenewed for  
multiple yearsafter letter sent:**  
Romana Bough  
Debbie Davis  
Stuart Davis  
Stormy Dickens  
Kathy Ellis  
Vickie Jones  
Martha Korff  
Sam Korff  
Barbara Leach  
Gene Mattocks  
Cathy Reiner

**Email Heros:  
Renewed for 1 year  
after email sent:**  
Brenda Dougherty  
Janet Reynolds  
Suzi Tucker  
Jackie Vincent

## Welcome New Members!

Teresa Carney  
Evelyn Chun  
Lendah Cole  
Barbara Fairburn

Asha George  
Margaret Robbins  
JoAnn Romero

Kathy Ruiz  
Amanda Serrano  
Maria Torres

### 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>