



# *The No Sweat Gazette*

*Spring, 2022*



# *Happy Spring!*



*With the morning sun poking through a fork in its bare branches, this stately oak stands strong and proud between seasons on the Cosumnes River Preserve, patiently awaiting the arrival of its new leaves on their way with the coming Spring. Photo taken by the group who passed the tree on the Sticks February 4 Early Riser walk at Cosumnes River Preserve.*

President  
Barbara Nuss

Vice President  
vacant

Secretary  
Judy Gregory

Treasurer  
Steve Hughart

Newsletter  
John McLaughlin

# New Adventures—Walk Changes

By Jennifer Stanley  
No Sweat Gazette Roving Reporter

I would first like to thank Jane Graham for her years of being the POC for all the walks in Land Park and the local area. Jane gave us many unique routes and things to view including the river, the tile house, the city historic cemetery and of course our favorite ice cream walk from Vic's to Gunther's and much more. Thank you, Jane.



I joined the Sacramento Walking Sticks a few years after retirement from the State of California. Maybe 18 years ago. Not only have I enjoyed the great walks locally and throughout California, hosted by various AVA Clubs, but it has inspired me to include walks on travels around the U.S. and abroad.

I was asked by Barbara Nuss to take over these local walks, starting on January 1st. My first assignment was to find a new location for the walk box itself. Fortunately, I was able to secure a site at Sprouts Market at the corner of Del Rio Road, Sutterville Road and Land Park Drive. With the location site in place, all the walks had to be rerouted start to finish.

This task has taken about six weeks, and with the assistance of Warren Tellefson mapping, distancing info and instruction formatting, we are close to completion. That said, I hope you walkers will enjoy the revised routes with some new areas not covered in the past.

The first walk I designed was the 6K Sutter Landing/ McKinley Village New Year's Day walk

2020.

Now as a POC and a roving reporter I hope to contribute more new adventures in our local area. See you on the trails!!

Below are a few pictures from the Monday, January 17th, Martin Luther King Jr Holiday Road Adventure to San Jose to walk the YRE at Almaden Lake. It was a beautiful

sunny day as we walked along trails in the Almaden Lake area. The South Bay Striders Club hosted the walk, and we were grateful to have President Chris Zegelin lead the 10K

group walkers. After the event, several walkers went out to lunch at a local cafe. It was a fun day.

—Dana Beales



# Bandelier National Monument

By Nancy Calkins,  
Former No Sweat Gazette Roving Reporter,  
Former Sacramento resident, now living in New Mexico

Adolph Francis Alphon Bandelier (August 6, 1840 – March 18, 1914) was a Swiss-born American archeologist who explored the indigenous cultures of the American Southwest, Mexico, and South America.

In 1916, Bandelier National Monument was established, honoring Adolph Bandelier and recognizing his work in the archeological and historic preservation of sites of the Ancestral Pueblo peoples who lived in Northern New Mexico from approximately 1150 CE to 1550 CE. They lived in cliff dwellings and erected buildings on the flat land from stones of volcanic tuff. By 1550, the Ancestral Pueblo people had moved from this area to pueblos along the Rio Grande.



**Photo Above:** Overlook before arriving at Visitor's Center. Panoramic picture from the overlook of the surrounding canyons and mesas.



**Photo Above:** Sandhill Crane – picture at Museum.



The primary features of Bandelier include mesas, sheer-walled canyons, and several thousand Ancestral Pueblo dwellings.

An interesting connection with the California Flyway! One of the most often seen and heard wildlife in the skies over our home in White Rock is the Sandhill Crane.

**Photo Below:** Creek with ice.

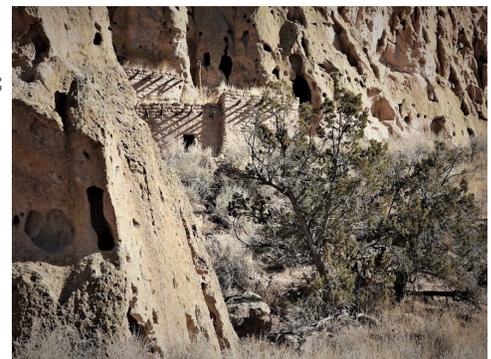


This was our third visit to Bandelier. Our previous visits were in 2013 and 2019. This time we took a different route to see cliff dwellings and the rock foundation ruins. We walked on a dirt road along the creek, which gave us a broader perspective of the cliff dwellings.



**Photo Above:** People on the stairs at the cliff dwellings

**Photo Below:** Cliff dwellings.



This monument also has over 33,000 acres of designated wilderness and for this visit we chose to take a three-mile hike to the Upper Falls. If you want to see and learn more about the Puebloan ruins, I suggest the National Park Service's website <https://www.nps.gov/band/learn/historyculture/index.htm> and the National Parks Foundation website <https://www.nationalparks.org/connect/explore-parks/bandelier-national-monument>, including the movie <https://www.youtube.com/watch?v=a8Fk2KMHrmw>. One traveler's video also gave good pictures of the cliff dwellings and ruins, some of which, like the Alcove House, we have not explored yet. <https://www.youtube.com/watch?v=DujzkWGNVeU>

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**Photo Below:** Abert's Squirrel

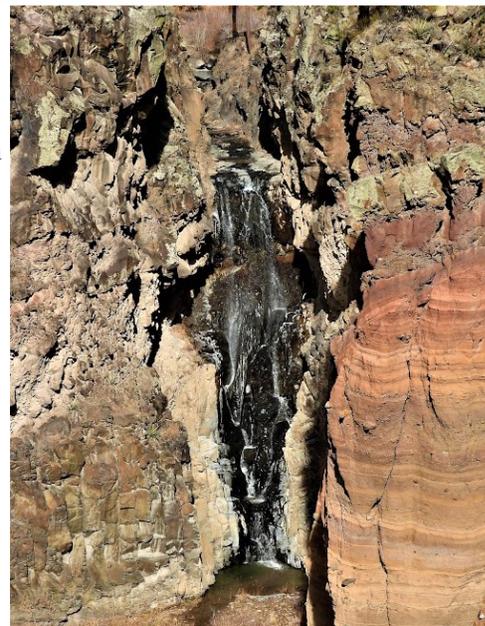


We were excited to snap a shot of this local tufted-eared squirrel. We don't see as much wildlife as we expected here, but we think it's because there is more open-space for wildlife to live away from humans.

**Photo at Right:** Our Destination, Upper Falls

Lovely view of the falls. We took the opportunity to take this hike in the winter, since the falls are often dry in the summer. We also plan to visit Bandelier during spring-time when the wildflowers are blooming. We hope you can visit us and see Bandelier in person!

There is also a National Preserve nearby at Valles Caldera and many sights in Santa Fe.



**Seasoned Sticks Travelers on the Sonoma Road Trip, February 21st.** It was a good walk, but it was VERY windy and that added a chill. But, since it can be a very hot walk in summer, there were no complaints. Photo taken in front of the Sonoma Mission. Front row: Paul Robb, Barbara Nuss, Carole Soenke  
Back row: Heidi Foster, Dennis Lue-Sang, Mary Bond, Marjorie Lue-Sang, Pat Thomas, Marie Robb.

—Carole Soenke



**Hungry for breakfast**, blinded by a bright, cloudless sunrise, and jonesing for that first after-walk cup of coffee, this hearty group of Sticks Early Riser walkers, posing here at the boardwalk lookout at Cosumnes River Preserve on February 4, nevertheless cheerfully continued on the walk to eventually pass that oak tree whose photo is on page 1 of this Edition.

—John McLaughlin

**"HI" from Torrey Pines State Natural Reserve, La Jolla, CA!**

—Cat Scrima



# Kia Ora (Hello) from New Zealand!

By Marie Robb

No Sweat Gazette Roving Reporter

On the Sticks' Wednesday night walks, our leader Barbara often asks, "Who traveled the furthest to be here tonight?" Karen White always claims that honor, because she comes from New Zealand! Karen is here in Sacramento on a work visa, and I couldn't stand the idea of her leaving without the rest



of the club knowing what a wonderful addition she has been to our group and what a friend she has become. Karen consented graciously to be interviewed for our club newsletter; her answers are full of fascinating details and provide a wonderful cultural exchange.

**Have you always lived in New Zealand?** Kiwis (slang for New Zealander; viewed as a term of endearment and a moniker to be proud of) are a nation of intrepid travelers; curious about the rest of the world, most of us have itchy feet! In the early 1990s, I headed to the United Kingdom, where I worked and travelled around Europe. I ended up back in New Zealand, where I married, had a daughter, and spent the next 20 years working and raising a child. I also got divorced and nursed my mum through her fight with and subsequent death from cancer. Then, I envisaged the rest of my life and thought "What's next? I need an adventure!"

**What gave you the idea for coming to the United States?** Over the years I was lucky enough to visit the United States on four other occasions as a tourist. I decided that if I was going to take on this challenge,

it needed to be an English-speaking country, so the "country with the star-spangled banner" made the most sense.

**How did you make that happen?**

To be honest, it wasn't the easiest to arrange. The amount of "red tape" was daunting. It took 2-3 years to complete all the paperwork and wait for my passport to be stamped with one of the 60,000 work visas issued each year. Then COVID-19 and the pandemic hit, so that delayed me a few more months. My daughter Aimee kindly agreed to look after my house and my wee dog Tanner. Finally, my two suitcases and I set foot on American soil in September 2020. As an Occupational Therapist, my specialty is working in schools with children who have disabilities. Initially, the medical travel company that brought me here planned to have me work in Fairfield. A change in plans sent me to Sacramento instead. What a blessing that change was!

**How did you find the Sticks?** I arrived in Sacramento at the end of October—in the middle of a pandemic! No schools were open! Nothing was open: no restaurants or movie theatres, no clubs or social

venues, no tourist spots or sightseeing places! I didn't know a soul, until I met Eva Nelson; we worked at the same school. She introduced me to the Walking Sticks, and Tammi Kerch and I have been walking with the Sticks ever since.

**Do you have a favorite Sticks walk?** Not

really. All are unique and since I was seeing it all for the first time, everything was interesting and novel. The Sticks walks have shown me places that I might otherwise never have visited. Eva, Tammi and I have been exploring almost every weekend—sometimes with the Sticks and sometimes making our own adventures. Having explored a lot of California, I must say that Yosemite is a park of outstanding awesomeness; San Francisco is also a highlight. The Golden Gate Bridge is breath-taking, and Alcatraz is steeped in history.

**What are some cultural differences that you noticed when you moved here?** One of the first challenges was learning to drive on the other side of the road! I couldn't even drive with music playing as I had to concentrate so hard on what I was doing. Also, I'm not used to celebrating Christmas during cold weather. In New Zealand, Christmas is in the sun with BBQs and Christmas carols about "Santa in his shorts!" At times, it's hard to believe that we speak the same language. For me, cookies are "biscuits," freeways are "motorways," gas is "petrol," candy is "sweets" or "lollies," ketchup is "tomato sauce,"

ground beef is “mince,” jelly is “jam,” powdered sugar is “icing sugar,” an eraser is a “rubber,” a flashlight is a “torch,” a clothespin is a “peg,” and your bathing suit is “togs.” The differences have certainly made for some interesting and hilarious conversations!

**What is New Zealand like?** New Zealand is smaller in size than California; it has just over 5 million people. I come from Auckland, the largest city with nearly 2 million people and 50 volcanoes—don’t worry,

they are all extinct! Parts of New Zealand are very mountainous, and we are known for being “outdoorsy” people. We simply love the water and beaches; it doesn’t take long to drive to a beach in New Zealand, regardless of where you live. We have lovely warm weather in the summer, but it can be humid. Certain parts of New Zealand have amazing ski fields in the winter. We are an interesting cultural melting pot with the Maori being our indigenous people. I also can’t forget to

mention our rugby team: The All Blacks! The best rugby team in the world!

New Zealand is known for its scenery; it is a beautiful place with lovely people. If you ever get the opportunity, I invite you to visit Aotearoa, “the land of the long white cloud.” I am also so grateful to have met some truly welcoming and lovely people who walk with the Sticks. The Sticks have enriched my time in Sacramento. Aroha (love)!



*From Friendship Walk in Jackson*

*Marie (left), Karen, Barbara Haig, Tammi Kerch*

*Karen couldn’t believe that we found a functioning phone booth!*



A wonderful road trip to Knights Ferry with great friends Marie and Paul Robb and Barbara Nuss (pictured below with her friend the Zonkey). We met this cute couple with their Ford Model A from Modesto, walked the covered bridge, had a bite to eat with Nancy Alex at Rivers Edge in town, met a Zonkey and Doug Rathgeb left behind by his wife! A great day overall.

—Heidi Foster



# Road Adventure!! — On to Sonoma!

By Zori Friedrich  
No Sweat Gazette Roving Reporter

**A** Monday holiday can assure you that our President Barbara Nuss is cooking up a Road Adventure for walking, talking, laughing and of course let's not forget eating! —after all, what's a Sticks walk without finding a local eatery to nosh!



City Hall

It was an extra chilly and breezy Monday on February 21st, President's Day, when 14 walkers gathered for introductions before setting out for the 5 and 10K trails. Among us was a brand new walker (Marie!) who shared a well-known tale — she had received the Walk Alerts for many years, and having a day off, finally decided to drive to Sonoma and try us out! Marie set out with the 10Kers and by the time she arrived back to the start point she was primed to join the Sticks thanks to Debbie Thomas (former Sundial Stroller) who chatted up the club during the walk (Great recruitment strategy Debbie!).

Both the 5 and 10K walks included the historic Sonoma Plaza which lies at the heart of the Sonoma Valley. At one time it was a Mexican military outpost and housed one of the California Missions. In the middle of the plaza stands City Hall which was dedicated in 1908. Little known fact — in case you find yourself on Jeopardy! — each side of the building is exactly alike so that the vendors around City Hall would not face the “back” of the building. This and many more historic details were included in the

walk directions provided by the host club, Sonoma County Stompers! City Hall took on a different meaning for two of our walkers who stamped their City Hall books which is a new Special Program (oh what a feeling to stamp a brand new book!).



General Vallejo's Home

In addition to Sonoma Plaza, another fabulous part of the walk was the paths around Orange Lawn, a Victorian residence designed in 1872. Many of the neighboring homes are spectacular, built in the same period style with luscious lawns and flowering gardens.

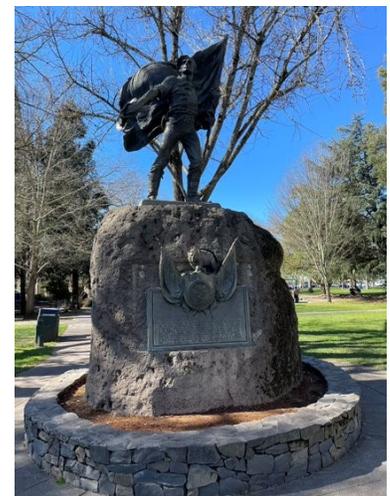
After a basket of chips and salsa followed by hearty lunch at La Casa

Restaurant (as I mentioned, eating is always part of a Road Adventure!), we headed back to Sacramento with wonderful memories of a day well spent!

Now you may think a Road Adventure destination is too far to drive there and back in one day, so consider this tip:

make it a 2-day adventure and come and stay the night before to start fresh on the walk day. Many of the adventures are near other AVA walks so you can get two walks for the price of one Road adventure! Friends of mine came the day before to walk in Calistoga, another scenic, historic walk in wine country! A walk in Calistoga and a walk in Sonoma extended our folks-walking experience.

As I end this article, I'm off to check the Sticks calendar anxious to see what Barbara has in store for us for her next Road Adventure! Hope to see you there!





# 2022 CVA Convention

hosted by  
**Central Coast Beach Board-walkers**

**San Luis Obispo, CA**  
**May 13 – 15, 2022**

**SLO Elks Lodge**  
**222 Elks Lane**

**San Luis Obispo, CA 93401**

**FOUR SANCTIONED 5/10K WALKS**  
**FRIDAY NIGHT MEET & GREET**  
**SATURDAY NIGHT GROUP BBQ**  
**ANNUAL CVA MEETING**  
**ONE AMAZING BUS TOUR!**

## THE WALKS

Maps for all walks available at the Elks Lodge throughout the weekend and at each walk's start table. Elks Hours: Friday 12-5 pm, Saturday 8 am - 2 pm, and Sunday 8 am – 2 pm.

**Thursday, 5/12: SLO. Famous SLO Farmer's Market. 4-6PM, finish by 9PM. The Kinney SLO, 1800 Monterey St, SLO. Sanction #121234**

**Special Programs:** *USA (S); 50St, Clock, WWW*  
5K walk is rated 1A, 10K rated 2A. Enjoy the lively Thursday night Farmer's Market that San Luis Obispo has become famous for! 5K experiences all that Farmers has to offer, and the 10K makes it out to Cal Poly for our UW bookholders J.

**Friday, 5/13: Los Osos, Morro Bay Estuary, 12-3PM, finish by 6PM. Los Osos Community Park School House, 2180 Palisades Ave, Los Osos.**

**Sanction #121232 Special Programs:** *USA (L); 50St, WWW.* 5K walk is rated 2B, 11K rated 3B. Both walks experience the Sweet Springs Nature Preserve, and the 11K takes you through the Elfin Forest. Enjoy a quiet beach community overlooking the Morro Bay Estuary. Experience a relaxing walk starting in a 150-year-old school house! Wheelchair/stroller rating is hard.

**Saturday, 5/14: California Coastal Trail/Pismo Beach, 8AM-12PM, finish by 3PM. Sanction #121233 Special Programs:** *USA (P); 50St, Clock, LFL* 5K walk is rated 1A, 10K rated 2A.

Start at the beautiful Pismo Lighthouse Suites, and meander along rugged coastline behind beautiful coastal resorts. You will even enjoy a stroll to the end of the iconic Pismo

Pier (alternate route for walkers with dogs). 5K/10K route. Wheelchair/stroller rating is medium.

**Sunday, 5/15: Arroyo Grande, Historic Downtown/Oaks Preserve. 8-11AM, finish by 2PM. Centennial Park, Olohan Alley, Arroyo Grande Sanction #121231. Special Programs:** *USA (A); 50St, Clock, LFL, WWW*

5K rated 1A and 10K alternate walk rated 1A; 10K Oaks walk rated 3C. A challenging hike along paved, climbing streets into a rustic oak preserve with maintained trails. Bring your walking sticks! Wheelchair/stroller rating is hard.

**FRIDAY NIGHT MEET & GREET:** Catch up with old (and new!) friends while enjoying light hors d'oeuvres and non-alcoholic beverages. 7-8:30 pm at the Elks Lodge. Delegate registration available.

**CVA ANNUAL MEETING:** Saturday, May 14, 3PM at the Elks Lodge. Delegate registration on Saturday, 2:45-3:00 pm and at Meet & Greet.

**SATURDAY NIGHT GROUP DINNER:** Enjoy the famous Elks BBQ buffet-style dinner in the lodge after the Annual Meeting. Meet at 6PM for a no-host drink and mingling before dinner. Dinner is \$35, and special dietary accommodations are available (please note on Registration Form).

**NOTE: Dinner is Pre-Reg ONLY. NO tickets sold at door. Order deadline is April 30.**

## CONVENTION AWARD:

## LOGO CANVAS TOTE BAG



Relive your Convention memories as you reuse this durable tote bag throughout the year! Only \$8 each. Fifty bags available for sale; preorders highly recommended. No reorders.

## SHOWCASE YOUR CLUB DOOR PRIZES:

It's giveaway time! We ask each club to donate a gift basket highlighting your

club's walks. Please email a description of the contents and your club's name by April 30 to Jo Billman at [graficnsstuff@gmail.com](mailto:graficnsstuff@gmail.com). Jo will make a pretty sign for you! Drop off your gift basket to the Elks Lodge on Friday.

## LODGING

Discounted room rates have been negotiated with two highly-rated hotels just four miles from our venue, both offering free parking, breakfast, and wi-fi. The rooms have been reserved from 5/12/22 through 5/15/22. Receive the discounted rate by mentioning **CVA Convention**.

**Sands Inn and Suites**, 1930 Monterey St, San Luis Obispo, CA 93401. \$149/night. Code: CVAWC (805) 544-0500

**La Cuesta Inn**, 2074 Monterey St, San Luis Obispo, CA 93401. \$175/night. Mention CVA Convention for deal. (805) 543-2777

**RVs**

**Montano de Oro State Park**, 3550 Pecho Valley Rd, Los Osos, CA 93402. 805-528-0513 [https://www.parks.ca.gov/?page\\_id=592](https://www.parks.ca.gov/?page_id=592)

**Avila/Pismo Beach KOA** 7075 Ontario Rd, San Luis Obispo, CA 93405 Phone: (805) 595-7111

**Port San Luis RV Campground** 3950 Avila Beach Dr, Avila Beach, CA 93424 Phone: (805) 903-3395

**DIRECTIONS**

Take 101 South or North to San Luis Obispo.  
Exit Madonna Rd (exit 201) and turn right for a quarter-mile to Higuera St.  
Right on Higuera for a quarter mile to Elks Lane.  
Right on Elks Lane, the lodge is on your right.

**MISCELLANEOUS**

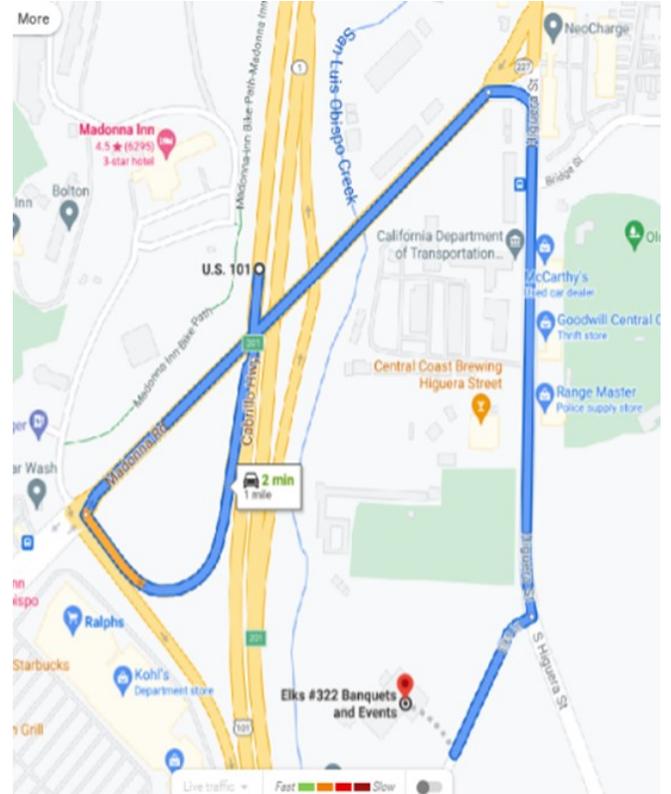
Pets on leashes with clean-up are allowed at all events, except for the Pismo Pier and Sweet Springs Nature Preserve in Los Osos. Some routes are extremely difficult for wheelchairs and strollers, but alternate routes will be available. Water and restrooms with flush toilets are available at each starting point. Walking sticks recommended in the James Way Oak Preserve.

**REGISTRATION**

**PRE-REGISTRATION:** Complete the registration form below between now and April 30 and mail to: 335 Pabst Lane, Santa Maria, CA 93455  
Make checks payable to: **CCBB**.  
Contact: Ty Fredriks; (805) 714-1552  
[tyandginger@gmail.com](mailto:tyandginger@gmail.com)

or

**ONLINE REGISTRATION:** The CCBB is excited to offer online registration for those attendees wishing to pay by credit card. Visit the website below for the order form and a link to a secure payment page. Registration web address:  
[www.beachboardwalkers.org/cva-annual-convention](http://www.beachboardwalkers.org/cva-annual-convention)



*Have fun at  
the 2022 CVA  
Convention!*

<b>Name:</b>			
<b>Address:</b>			
<b>City/St/Zip</b>			
<b>Phone:</b> (    )			
<b>Email:</b>			
<b>Events</b>	<b># for Credit</b>	<b># for Free</b>	<b>Total</b>
	<b>\$3.00</b>	<b>Donation?</b>	
SLO Farmer's Market			
Los Osos/MB Estuary			
CA Coastal Trail/Pismo			
Arroyo Grande Oaks			
Friday Meet & Greet	How many attending? ____		n/c
Sat. Dinner(\$35) Special Diet?	How many? ____ x \$35		
Award Tote Bag(\$8)	How many? ____ x \$8		
Donation to host club (totally voluntary :)			
<b>TOTAL:</b>			

## *Stop Email from Going to SPAM*

*By Kris Ericson-Cano*

**H**ow many of you have become totally frustrated because many of your legitimate incoming emails are disappearing into the SPAM folder? Generally, we want our email service to hide obnoxious emails from us, but the service sometimes gets it wrong. For example, many of you must search your SPAM folder for Barbara's walk alerts or the Sticks newsletter.

There is a simple solution that works "most" of the time. Add the sender to your contacts or address book. Lately, that would mean you add my email address, [SacKris@gmail.com](mailto:SacKris@gmail.com), for walk alerts and the newsletter. However, for emails from other senders, most email services allow you to move your mouse cursor over the sender's name and click "Add to Contacts".

If this simple fix does not work for you, I suggest you check out the article at the following website that includes detailed instructions for individual email services:

<https://www.howtogeek.com/290046/how-to-stop-legitimate-emails-from-getting-marked-as-spam/>

Yes, that is a long list of characters to enter manually. Another way to reach the web page is to google "How to Stop Legitimate Emails from Getting Marked as Spam". That's a little bit easier, right?



### 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>



## Walking Book Club

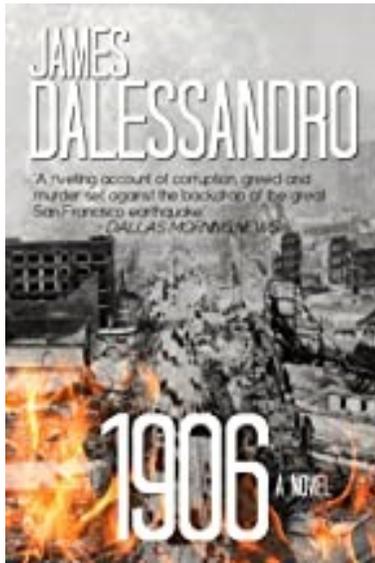
**Priscilla Fife**, Book Walk Coordinator  
916.616.6003 • [prfife@gmail.com](mailto:prfife@gmail.com)



### April Book Recommendation: 1906, A Novel by James Dalessandro

4 print copies and 5 eAudio-books on Overdrive available through Sacramento Public Library System

Available online in Kindle and Audible Audiobook through Amazon and in Nook and in paperback through Barnes and Noble.



#### Book Description from Amazon:

Set during the great San Francisco earthquake and fire, this page-turning historical novel reveals recently uncovered facts that forever change our understanding of what really happened. Narrated by a feisty young reporter, Annalisa Passarelli, the novel paints a vivid picture of the Post-Victorian city, from the mansions

of Nob Hill to the underbelly of the Barbary Coast to the arrival of tenor Enrico Caruso and the Metropolitan Opera. Central to the story is the ongoing battle—fought even as the city burns—that pits incompetent and unscrupulous politicians against a coalition of honest police officers, newspaper editors, citizens, and a lone federal prosecutor. James Dalessandro weaves unforgettable characters and actual events into a compelling epic.

"A riveting account of corruption, greed and murder (set against) the great San Francisco Earthquake"

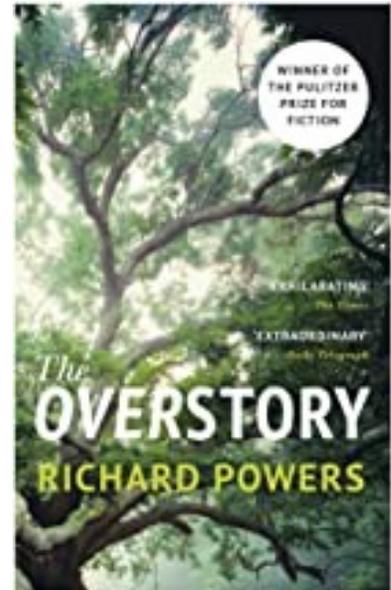
—Dallas Morning News

James Dalessandro is CEO and founder of San Andreas Films. He teaches Advanced Screenwriting and Television Writing at the Academy of Art University in San Francisco, and lives in the San Francisco Bay Area with his wife, Katie and best pal Giacomo Pochini.

**There will not be a book walk for this book** but please join the San Francisco Bay Bandits in **San Francisco on Saturday, April 16 for their 1906 Earthquake and Fire Walk Event**.

**May Book Recommendation: The Overstory: A Novel by Richard Powers**

28 print copies available through the Sacramento Public Library System, also eBook and eAudio-book. Available online in hard-cover, paperback, and Kindle formats.



#### From Amazon:

Winner of the Pulitzer Prize in Fiction. Winner of the William Dean Howells Medal. Shortlisted for the Man Booker Prize. A New York Times Notable Book and a Washington Post, Time, Oprah Magazine, Newsweek, Chicago Tribune, and Kirkus Reviews Best Book of the Year.

"The best novel ever written about trees, and really just one of the best novels, period." —Ann Patchett

Click here for Carpool Guidelines:

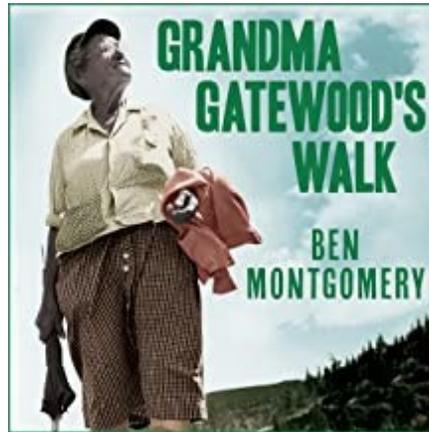
<http://www.sacramentowalkingsticks.org/docs/CarpoolGuidelinesWestSacParkRide.pdf>

The Overstory, winner of the 2019 Pulitzer Prize in Fiction, is a sweeping, impassioned work of activism and resistance that is also a stunning evocation of—and paeon to—the natural world. From the roots to the crown and back to the seeds, Richard Powers’s twelfth novel unfolds in concentric rings of interlocking fables that range from antebellum New York to the late twentieth-century Timber Wars of the Pacific Northwest and beyond. There is a world alongside ours—vast, slow, interconnected, resourceful, magnificently inventive, and almost invisible to us. This is the story of a handful of people who learn how to see that world and who are drawn up into its unfolding catastrophe.

Please join us on **\*SATURDAY\*, May 21, 2022 at the Delta Tule Trekkers' Calaveras Big Trees Walk Event.** After enjoying your walk, meet me at a picnic table near the start point for our book discussion. Bring a lunch or the Delta Tule Trekkers may be offering hot dogs and other lunch offerings at the event - check the Walk Alert.

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

6 print copies available at Sacramento Public Library as well as eBooks and eAudiobooks. Available online in hardcover, paperback, Kindle and Audible Audiobook formats. 2014 National Outdoor Book



Award Winner in History / Biography

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.”

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, June 5** ( the day after the Tahoe City Friendship Walk on June 4!\*) **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.** This will be our 3rd attempt to do this walk as it was cancelled twice before due to the wildfires, so cross your fingers that this time it will happen.





# FOOTNOTES

*By Barbara Nuss, President*



## Greetings,

The days and months are flying by, and I am thankful all the time that I found volkswalking back on Valentine's Day 1988. I love where the walks take me, the people I meet along the way and the good health I have because of all the walking I've done over the years. Our recent Road Adventure to Sonoma was SO MUCH FUN and even though I've done the walk several times, it felt fresh and new because of the group I walked with. I'm working on the City Hall Special Program and got to stamp my book for it, and what was above the name on the City Hall building? A clock—one of many we spied while walking in the town. I finished 2 of the Walking 'Round the Clocks special programs and what fun they were!

If you go out to the Sticks website, [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) and click on the link for Special Programs, you'll get a list of those that are

current right now. They are fun and very addicting because you'll find yourself wanting to take a Road Adventure on your own that will help you get your stamp for your program. I did the Historic Vacaville and Benicia walks and got to stamp my City Hall book. It's kind of like that feeling "made you look!"

Coming soon our Club will be hosting a Traditional Event celebrating Pi Day on Monday, March 14<sup>th</sup> which celebrates the ratio between the circumference of a circle to its diameter—approximately 3.14 – on Pi Day! Or another way to look at it is, walk and when you finish, stop in at Marie Callendar's for Pie! We'll be registering people from 9:00 a.m. till 12:00 Noon and what a route we have to offer.

We will also be hosting a Traditional Event on Saturday, April 23<sup>rd</sup> in Folsom at Davies Park. Myrna Jackson has designed this route with her helper Sally Coones.

We'll be walking on many bike trails in the Cascades residential area that includes the "painted rock" trail and Linda Creek Trail. We'll walk thru two neighborhood parks in Inwood Estates and enjoy the Hinkle Creek Nature Trail before returning to Davies Park. There aren't nearby restaurants so you might want to bring a picnic lunch to enjoy at the park when you return.

April 1-7 we will join in with others across the United States as we celebrate National Walking Week. Our club will feature walks on most days that week—at all hours. There will be a schedule in this newsletter as well as on our website on our Calendar of Events link. This is a great opportunity for all of us to invite our friends, relatives, neighbors, and co-workers to join us. Dogs are welcome on leash with pickup and children of all ages are also welcome to come.

It wasn't that long ago that the *Sacramento Walking*

*Sticks* hosted the CVA Convention, and in May, we'll have another CVA Convention we can attend. This time the *Central Coast Beach Boardwalkers Club* will be the host from Thursday, May 12-Sunday, May 15 in San Luis Obispo. I encourage ALL of you to attend as many events as you can—there's a brochure in this newsletter, and feel free to look at their website, [www.BeachBoardwalkers.org](http://www.BeachBoardwalkers.org), and find a couple of their YRE's (Year-Round Events) to walk either before or on your trip home.

Guess what starts up Wednesday night, June 1<sup>st</sup> in Folsom? Our annual summer walking program "The Hot Walking Nights." Every Wednesday night we'll meet up and walk together, enjoying the delta breezes and the fun places we find for refreshment after our walk. I grew up in Lincoln, Nebraska and lived with humidity throughout the summer—it was as hot early in the morning as it was late at night with nary a breeze to cool you down. So, I value our breezes that kick in around 6:30 pm and hope you will, too, after you walk with us this summer.

March 14, 2020, we were all set to host Pi Day when we got shut down with COVID-19. Two years later we all have stories of how we lived thru the pandemic; what we did and how we survived. As your club president let me say how proud I am of our club for continuing to thrive during these years. We gave up monthly meetings, I stopped publicizing to the media, and we quit hosting our New Year's Eve event, but we continued to walk in small groups and survived. We lost members and yet we also continued to gain new members along the way. Pat yourselves on the back, a job well done. If you are one of our newer members, here are some thoughts for you:

—Never hesitate to ask questions. If you're in a group setting, ask those around you. And you can always write/call me as well.

—Go out on our website, click on the Glossary link. Steve Hughart designed our website and when he did, he added that link. That first year he walked, he peppered me with questions ALL THE TIME, and he's sharing those with you and their answers.

—Would you like to have a Sticks embroidered shirt or jacket? Go out to our website and click on the link for S.W.S. Store. If you order from Lands End Business Outfitters, you can also ask them to embroider your name above your Sticks logo. They have sales all the time and the clothes last forever.

—The Sticks website is awesome. Look around and get familiar with the links, etc. Then try out the California website, [www.CVA4U.org](http://www.CVA4U.org). The webmaster is Judy Gregory who is also our Sticks secretary. She's put together a great website, too. Then there's also the national site, [www.AVA.org](http://www.AVA.org).

Hope to see you on the trails,  
Barbara Nuss, President  
[nussb@surewest.net](mailto:nussb@surewest.net),  
916.283.4650

*Although there are many ways to achieve a healthier lifestyle, walking is proven to have the highest success rate because people are less likely to quit doing it, than with other physical activities.*

~ Samantha Morgan~

## UPCOMING WALKS FOR APRIL, 2022



Saturday	Apr 2	9:30 am	Fair Oaks, <i>Friendship Walk</i>
Sunday	Apr 3	11:00 am	West Sacramento—River Walk
Monday	Apr 4	9:15 am	Sacramento—American River
Monday	Apr 4	6:15 pm	Sac-Campus Commons/Sierra Oaks <b>(Evening Walk)</b>
Tuesday	Apr 5	9:15 am	Elk Grove Regional Park
Wednesday	Apr 6	9:15 am	Sacramento—Ashton Park
Wednesday	Apr 6	6:15 pm	Gold River <b>(Evening Walk)</b>
Thursday	Apr 7	9:15 am	Sacramento—North Natomas
Thursday	Apr 7	6:15 pm	Carmichael—Ancil Hoffman Park <b>(Evening Walk)</b>
<b><i>All above entries in blue celebrate National Walking Week</i></b>			
Saturday	Apr 9	TBD*	DTT 35th Anniversary in Lathrop, <i>Traditional Event</i>
Monday	Apr 11	7:30 am	West Sac—Clarksburg <b>(Early Riser)</b>
Tuesday	Apr 12	9:15 am	Galt—Cosumnes River Preserve
Wednesday	Apr 13	6:15 pm	Sac—American River <b>(Evening Walk)</b>
Thursday	Apr 14	9:15 am	Elk Grove—Creek watershed
Thursday	Apr 14	9:15 am	Northwest Roseville <b>(Bicycle)</b>
Saturday	Apr 16	TBD *	SF—Earthquake & Fire Walk, <i>Traditional Event</i>
Sunday	Apr 17	8:00 pm	<b>Full Pink Moon, W. Sac—Clarksburg Loop 3</b>
Monday	Apr 18	10:00 am	<b>Road Adventure to Northwest Stockton</b>
Tuesday	Apr 19	9:15 am	Sacramento—Land Park
Wednesday	Apr 20	6:15 pm	Sac—North Natomas <b>(Evening Walk)</b>
Thursday	Apr 21	9:15 am	Carmichael—Ancil Hoffman
Saturday	Apr 23	TBD*	Folsom—Davies Park, <i>Traditional Event</i>
Tuesday	Apr 26	9:15 am	Sac—N. Laguna Creek Wildlife Area
Wednesday	Apr 27	6:15 am	Sacramento—Fab 40s <b>(Evening Walk)</b>
Thursday	Apr 28	9:15 am	Sacramento—Midtown/East Sac
Thursday	Apr 28	9:15 am	Sacramento—Pocket Area <b>(Bicycle)</b>
Saturday	Apr 30	TBD*	Sparks, NV—Marina, <i>Traditional Event</i>

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

## UPCOMING WALKS FOR MAY, 2022



Sunday	May 1	9:30 am	Reno—UNR, San Raf Reg Park, <i>Friendship Walk</i>
Tuesday	May 3	9:15 am	Sacramento—American River
Wednesday	May 4	6:15 pm	Sac—N. Laguna Creek <b>(Evening Walk)</b>
Thursday	May 5	9:15 am	Sacramento—Curtis Park
Saturday	May 7	9:30 am	Auburn—Museums, <i>Friendship Walk</i>
Monday	May 9	7:30 am	Sacramento—Land Park, <b>Early Riser</b>
Tuesday	May 10	9:15 am	Woodland
Wednesday	May 11	6:15 pm	Sacramento—Arden Park, <b>(Evening Walk)</b>
Thursday	May 12	9:15 am	Roseville—Sculpture Park
Thursday	May 12	9:15 am	Rancho Cordova—Lake Natoma <b>(Bicycle)</b>
Thursday	May 12	TBD *	<i>Convention</i> —SLO Farmers' Market
Friday	May 13	TBD*	<i>Convention</i> —Los Osos & Estuary
Saturday	May 14	TBD*	<i>Convention</i> —Arroyo Grande Oaks Hike
Sunday	May 15	TBD*	<i>Convention</i> —California Coastal Trail
Tuesday	May 17	9:15 am	Zamora
Wednesday	May 18	6:15 pm	Sacramento—Pocket Area <b>(Evening Walk)</b>
Thursday	May 19	9:15 am	Citrus Heights
Saturday	May 21	TBD*	Calaveras Big Trees, <i>Traditional Event</i>
Saturday	May 21	TBD*	Sticks Book Discussion After Calaveras Walk
Tuesday	May 24	9:15 am	Sac—Campus Commons/Sierra Oaks
Wednesday	May 25	6:15 pm	Sac—South Natomas <b>(Evening Walk)</b>
Thursday	May 26	9:15 am	Sacramento—Fabulous 40s
Thursday	May 26	9:15 am	Sacramento—Natomas <b>(Bicycle)</b>
Saturday	May 28	9:30 am	Rancho Cordova—Lake Natoma, <i>Friendship Walk</i>
Tuesday	May 31	10:00 am	Sacramento—South Natomas

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 JUNE, 2022



Wednesday	Jun 1	6:15 pm	Folsom ( <b>Evening Walk</b> )
Thursday	Jun 2	8:15 am	Carmichael—Ancil Hoffman Park
Friday	Jun 3	8:30 am	Nat. Donut Day, Sac—Curtis Park
Saturday	Jun 4	9:30 am	Tahoe City—Lake Forest, <i>Friendship Walk</i>
Sunday	Jun 5	10:00 am	Book Walk, Donner Pass
Tuesday	Jun 7	8:15 am	Elk Grove—Creek Watershed
Wednesday	Jun 8	6:15 pm	Sac—Sierra Oaks Visa ( <b>Evening Walk</b> )
Thursday	Jun 9	8:15 am	Sacramento—North Natomas
Thursday	Jun 9	8:15 am	Sacramento—American River ( <b>Bicycle</b> )
Friday	Jun 10	7:30 am	Carmichael—Hidden Parks, <b>Early Riser</b>
Saturday	Jun 11	TBD*	Vacaville, <i>Traditional Event</i>
Monday	Jun 13	10:00 am	<b>Road Adventure to Alameda Victorians</b>
Tuesday	Jun 14	8:15 am	W. Sac—Clarksburg Branch Line Trail
Tuesday	Jun 14	8:00 pm	<b>Full Strawberry Moon Citrus Heights</b>
Wednesday	Jun 15	6:15 pm	Elk Grove around the lakes ( <b>Evening Walk</b> )
Thursday	Jun 16	10:00 am	Davis—University
Saturday	Jun 18	10:00 am	Union City, <i>Friendship Walk</i>
Tuesday	Jun 21	8:15 am	Sacramento—Curtis Park
Wednesday	Jun 22	6:15 pm	Sacramento—Land Park ( <b>Evening Walk</b> )
Thursday	Jun 23	8:15 am	Sac—Arden park ( <b>Walk and Bicycle</b> )
Saturday	Jun 25	9:30 am	S. Davis/El Macero, <i>Friendship Walk</i>
Tuesday	Jun 28	8:15 am	Sacramento—American River
Wednesday	Jun 29	6:15 pm	Carmichael, Ancil Hoffman ( <b>Evening Walk</b> )
Thursday	Jun 30	8:15 am	Sacramento—Fabulous 40s

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 April, May, June!***



**17 Years:**

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

**16 Years:**

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

**15 Years:**

Nancy Alex

**14 Years:**

Sally Barton  
Marilyn Jack

**13 Years:**

Harriet Lamanna  
D. Mattocks

**12 Years:**

Sondra Cooper  
Dorothy Cousins  
Ellen Garry  
Kay Gist  
Carol Hobbs  
Stephanie Lindsay  
George Myers  
Sue Myers  
Cathy Reiner  
Carole Soenke  
Maril Stratton

**11 Years:**

Jim Tischer  
Judy Tischer  
Denise Yoshikawa  
Brenda Dougherty  
Carolyn Kay  
Rita Pierson  
Barbara Reynolds

**10 Years:**

Lauretta Larbig

**9 Years:**

Sue Hansen  
Bill Schulte  
Suzi Tucker  
Maureen White

**8 Years:**

Mike Fosgett

**7 Years:**

Charles Gieck  
Machelle Gieck  
Rose Lease  
Judy Gregory  
Evelyn Lease  
Marcia Maurer  
Barbara Seidman  
Teresa Yates

**6 Years:**

Nelly Bermudez  
Roger Flansberg  
Tom Frame

**5 Years:**

Tracie Heatherly  
Sue Scudder  
Jackie Vincent  
John Walton  
Christine Williams  
Vivian Yost

**4 Years:**

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

**3 Years:**

Debbie Davis  
Stuart Davis  
Dipti DeSai  
Tammy Goosby  
Suzanne Jacobs  
Diane Ryder  
Debbie Thomas

**2 Years:**

Kris Ericson-Cano

**1 Year:**

Teresa Carney  
Evelyn Chun  
Lendah Cole  
Barbara Fairburn  
Asha George  
Margaret Robbins  
JoAnn Romero  
Kathy Ruiz  
Amanda Serrano  
Maria Torres

**CONGRATULATIONS!**

# Happy Birthday in April, May, June!



## April:

1 Dorie Oca-Schmunk  
 1 Marsha Robinson  
 2 Susan Barstis  
 5 Bonnie Dier  
 6 Myrna Johnston  
 6 Nancy Welch  
 9 Judy Tischer  
 10 Grace Moi  
 11 Josie Brooks  
 11 Dan Drummond  
 11 Bill Maffei  
 11 Inge Small  
 12 Carol Barake  
 12 Steve Lavezzo  
 12 Claudette Tinson  
 13 Julio Rivera, Jr.  
 15 Stephanie Lindsay  
 16 Becky Highsmith  
 16 Barbara Nuss  
 16 Sue O'Donnell  
 16 Denise Yoshikawa  
 17 Doug Fee  
 17 Andi MacDonald  
 17 Pam Saltenberger  
 17 Gail Schurr  
 18 Victoria Goldblatt

20 Harriet Lamanna  
 20 Bettie Mah  
 20 Karen Topich  
 21 Nancy Tellefson  
 22 Marie Fitts  
 25 Peggy Flens  
 27 Ellen Frantz  
 28 Lewis Wakefield  
 29 Dana Beales  
 29 PJ Jones

## May:

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

22 Jill Simmons  
 23 Maria Jett  
 25 Suzie Madison  
 25 Warren Tellefson  
 26 John McLaughlin  
 27 Sharyn Holland  
 27 Dick Owens  
 28 George Myers  
 28 Stuart Noda  
 28 Denise Spaeth  
 30 Roland Ricketts  
 30 Blake Thomson  
 31 Cathy Maffei

## June:

1 Beverly Bales  
 1 Carol Olsen  
 3 Cat Ricketts  
 3 Norma Wesolowski  
 5 Jeanine Counselman  
 5 Peggy Eggers  
 6 Vicki Diepenbrock  
 6 Cynthia Turbin  
 7 Neil Johnson  
 8 Berta Boegel  
 8 Barbara Dugal  
 9 Les Chisholm  
 9 Ron Miller  
 10 Judy Baumann  
 10 Vikki Johnson  
 13 Paul Ransom  
 13 Sherry Reed  
 14 Sally Coones

14 Russ Schmunk  
 15 Jane Graham  
 15 Rickie Kinley  
 15 Cathleen Madge  
 15 James Moi  
 17 Ted Fitts  
 18 Jytte Taylor  
 18 Terry Way  
 19 Kathleen Burke  
 19 Mick Coubal  
 19 William Roth  
 19 Chris Smith  
 20 Steve St.Martin  
 21 Patti McAllister  
 22 Alice Jacobs  
 22 Stephanie Turner  
 23 Evelyn Lease  
 24 Juanita Jagar  
 25 Joanne Jensen  
 26 Diane Ryder  
 27 Peggy Briggs  
 27 Chuck Donaldson  
 28 Sabitre Rodriguez  
 29 Joanna Watzig  
 30 Martha Drummond  
 30 Sharon Olson  
 30 Barbara Reynolds  
 30 Susan Z'berg



# 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:**

Nancy Alex  
Brenda Dougherty  
Roger Flansberg  
Sue Gaston  
Sharyn Holland  
Terry Holland  
Bryan Jacobi  
Mary Jacobi  
Carolyn Kay  
Dick Owens  
Johanne Owens  
Priscilla Plescov  
Teri Steinman  
  
Jill Simmons  
Peggy Ursin

**Multi-year HerosRenewed for  
multiple yearsafter letter sent:**

Jean Alford  
Bonnie Apple  
Judy Baumann  
Peggy Briggs  
Josie Brooks  
Randy Carollo  
Debra Coubal  
Mick Coubal  
Tracy Harrison  
Amnon Igra  
Jennifer Johnson  
Neil Johnson  
Chris Loupy  
Joan Mallum  
Marty McKnew  
Helyne Meshar  
Grace Moi  
James Moi  
Dorie Oca-Schmunk  
Gail Ohanesian

Cristina Rangel  
Janet Reynolds  
Cat Ricketts  
Roland Ricketts  
Russ Schmunk  
Chris Smith  
Julia Smith  
Doug Thompson  
Mike Vogel

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

Harlene Adams  
Sharon Jacks  
Ann McCandless  
Renee Palmer  
Heather Reynolds  
Pat Thomas  
Lisa Tillman  
Stephanie Turner  
Tim Turner

## Welcome New Members!

Peggy Eggers  
Marie Fitts  
Ted Fitts

Susan Kasimatis  
Eliza Kropp  
Joann McCrea

Sabitre Rodriquez  
Sharon Salpas  
Jim Wagner