

SWEAT GAZETTE

January 1984 Celebrating 25 Years 2009 2009



Sacramento Walking Sticks
P.O. Box 191834
Sacramento, CA 95819-7834

SacramentoWalkingSticks.org

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Next Walking Sticks Meeting:

February 12, 2009

SMUD Customer
Service Center
6301 S Street
Timberline Room 3
Third Floor
7:00 p.m.

A 5k walk starts at 5:00, meet at the front of the building.



We walk for fun, friendship and fitness! Walk with us!

President's Greeting

Happy New Year, everyone! If you were unable to attend our New Years event, you really missed out on a good time! The walk routes were fun and a little different than last year, thanks to Myrna Jackson. Myrna redesigned the routes to include a few new Special Program spots (America's Gardens, Artistic Heritage, Historic Churches, Museums, and Veteran Memorials) that became effective January 1. We had a great turn out. Everyone seemed to be enjoying the walking and festivities. There was also a terrific variety of food and desserts to enjoy both days.

The success of this event is due entirely to the people who volunteered their time and energy. I'd like to thank the everyone who worked tirelessly doing everything from shopping for the food, working the start/finish table, keeping the food tables orderly, greeting walkers, to cleaning up the room afterwards: Nancy Alex, Bev Davis, Jean Davis, Chuck Donaldson, Carol Doring, Heidi Foster, Kay Gaines, Phil Hickey, Steve Hughart, Myrna Jackson, Lynn Johnson, Steve Lavezzo, Barbara Nuss, and Ann Whitehead. If I forgot someone's name, I'm sorry.

Thanks to all who brought the food and desserts. We had a variety of great dishes and desserts to enjoy both days. I have included on the last page a few of the recipe "favorites" that were sent to me.

Speaking of new programs for 2009, the Sticks have 6 new YREs this year. They are: Ancil Hoffman, Citrus Heights, Elk Grove Regional Park, Folsom, Gold River/Sunrise, and Upper Lake. That makes a total of 25 walking events and 1 bike event for our club. Talk about variety! The TWITTs (Twice a Week Itenerant Two Timers - Tuesday Thursday walkers) walked the Elk Grove Regional Park walk January 6th. I was one of those walkers and I can tell you that this

walks is a real gem! Be sure and check this one out. It is not only a wonderful walk, it's a cornucopia of special programs full of the rich history of Elk Grove. It even qualifies for an Island Walk! I've previewed the Upper Lake walk. Another winner! I can't wait to walk the others. Check out our website for more information about start times and locations.



Ever want to attend a Sticks Monthly meeting? One of my goals for 2009 is to get our membership more involved in club events. That doesn't mean I'm going to harrass you into volunteering or participating, it means I want to find ways to appeal to everyone to gladly donate their time and energies to keep the momentum of the club moving. Club meetings play a vital role in any organization. It's a good place to hear about the planning and organizing of upcoming events, club decisions and education. Every member has something to contribute. Do you have a walking related topic you want to discuss? Do you know someone who would like to make a health/fitness presentation? Call me at 916-364-5063 to be put on the agenda. We meet on the second Thursday of every month at the SMUD Customer Service Center, 6301 S Street, Sacramento at 7pm.

Are you looking for other ways to become involved? How about a committee? We're forming a Sunshine Committee, Social Committee, Event Planning Committee for the 25th Anniversary Event, and Newsletter Committee. If you're interesting in volunteering for any of these committees, call

(continued on next page)



New Members!

- | | |
|---------------------|--------------------|
| Mirea Danielsen | Shaina Jo Prigmore |
| Donalee Hallenbeck | Shawn Prigmore |
| David Harzoff | Anthony Rangel |
| Karen Keeling-Moore | Cristina Rangel |
| Alan Leach | Tom Swift |
| Dawna Prigmore | Stan Whiteside |



February

- | | |
|---------------------|-----------------------|
| 5 Randy Finger | 17 Ronnie Morris |
| 5 Chris Kvalsund | 20 Dustin Tellefson |
| 6 Greg Samcoff | 21 Jeff Hill |
| 6 Kristoffer Silvea | 21 Margaret Jaramillo |
| 7 Tom Swift | 23 Susan Ferguson |
| 8 Nancy Manning | 25 Phil Hickey |
| 8 Helen Wakefield | 27 Lee Moore |
| 12 Karen Wall | 27 Gwen Pol |
| 13 Janet Riley | 28 Rosalind K. Pierce |
| 16 Nancy P. Fox | |



6 years:

Yvonne Brandon

5 years:

Rosalind K. Pierce

4 years:

Marlo McClurg-MacKinnon

3 years:

John Joseph
Marty Anne Langley
Leslie Leedy
Karen Lopes
Catherine McElligott
Roger McElligott
Mary Louise
McMonegal
Marilyn Neubauer
Steve Oesterreicher
Otto Saltenberger
Leonard Strickland

2 years:

Lenore Blaauw
Toni Delgadillo
Mary Donniss
Richard Donniss
Zori Friedrich
Cathy George
Pat Hamilton
Kate Harper
Ted Leedy
Albert Ratliff
Jack Ratliff
Molly Ratliff
Paul Ratliff
Sophia Ratliff
Sharon Young

1 year:

Fred Bohmfalk
Kathy Engelhardt
Joan Mallum
Diane Rake
Don Rake
April Silva
Michael Silva
Steve Silva
Jennifer Stanley
Susan Z'berg

(Presidents Greeting - continued from front page)

me and I'll put you on the list and notify you of meeting time and location.

Do you have other ideas to energize the club? Let me know. Instead of telling us what we "ought" to do, why not be part of what we're "going" to do. Let's make 2009 (our 25th Anniversary) the beginning of another 25 years of Sacramento Walking Sticks' success.

See you out walking!
Gale

UPCOMING WALKS



January

- 15 9:00 am Sacramento Ashton Park (TWITT Walk)
Starbucks, 610 Watt Avenue, Sacramento
- 17 varies Benicia (Friendship Walk)
First Street Cafe 440 First Street Benicia 94510
- 19 varies Sacramento - Arden (Friendship Walk)
Starbucks 4301 Arden Way Sacramento 95864
- 20 10:00 am Jackson - Town (TWITT Walk)
Best Western Amador Inn 200 S. Hwy 49 Jackson 95642
- 22 9:00 am Gold River Sunrise
Starbucks 2095 Golden Centre, Suite 10 - Gold River 95670
- 24 varies Davis - Southeast (Friendship Walk)
Common Grounds 2171 Cowell Blvd., Ste D Davis 95616
- 27 9:00 am Sacramento Land Park (TWITT Walk)
Inspirations Gift Boutique 3200 Riverside Blvd, Sac 95818
- 29 9:00 am Folsom Historic (TWITT Walk)
Karen's Bakery & Cafe, 705 Gold Lake Dr, Folsom 95630
- 31 varies Folsom Historic (Friendship Walk)
Karen's Bakery & Cafe, 705 Gold Lake Drive, Folsom 95630

February

- 2/3 10:00 am Lodi (TWITT Walk)
McDonald's 200 West Lodi Avenue Lodi 95240
- 5 10:00 am Sacramento - CSUS (TWITT Walk)
Mercy Hospital 4001 J Street Sacramento 95819
- 7-8 8:00 am Vallejo - Mare Island Flyway Festival
Mare Island Vallejo
- 10 10:00 am Zamora (TWITT Walk)
Zamora Mini Mart 9920 County Road 99-W Zamora 95698
- 12 10:00 am Sacramento - Sierra Oaks (TWITT Walk)
Starbucks 458 Howe Ave #B Sacramento 95825
- 12 5:00 pm Walk before the Membership Meeting
(meeting: 7: pm, SMUD Customer Service Center)
- 14/16 varies Monterey - (Friendship Walk) La Casa Bodega Deli
& General Store, 500 Del Monte Ave Monterey 93940
- 17 10:00 am Davis - Southeast (TWITT Walk)
Common Grounds 2171 Cowell Blvd., Ste D Davis 95616
- 19 10:00 am Carmichael - Ancil Hoffman Park (TWITT Walk)
Bella Bru Cafe, 5038 Fair Oaks Boulevard, Carmichael 95608
- 21 8:00 am San Francisco - Mission Delores
Douglass Playground, 26th St & Douglass St, San Fran
- 24 10:00 am Elk Grove - Laguna W - 'Lakes (TWITT Walk)
Starbucks 5060 Laguna Blvd Elk Grove 95758
- 26 10:00 am Jackson Historic (TWITT Walk)
Best Western Amador Inn 200 S Hwy 49 Jackson 95642
- 28 varies Ione (Friendship Walk)
Ione Market, 313 Preston Ave, Ione 95640

PUBLICIZING OUR EVENTS

By Barbara Nuss



Thank you Sticks members for your continued help in publicizing our events to the community. Let's make our goal in 2009 to get even more people walking – how? Publicity, that's how.

1. Word of mouth. Did you know that's our most effective tool? When you tell someone about your walking adventures it becomes real and personal to them and they want to join in the fun.
2. Ask friends, family, neighbors and co-workers to join you. Some people want to walk and have the best of intentions but they need that personal touch of someone inviting them or carpooling with them the first time out.
3. Canvassing the area. People will hear or see our walks advertised in the media (print, radio and TV).
4. Publicize at sites you're involved in. Many of us have newsletters that come out thru our work, church or other activities—why not ask them if you could add a piece in about your walking club? Example: The College where I work has a Health newsletter published by the nurse's office and they've mentioned us as has the Public Information Officer in her weekly press to the staff.
5. Presentations. Do you know of any organizations that you work for or volunteer at that might want us to give a presentation on volkssporting and what it has to offer? There are many of us that are willing and able to speak to groups.
6. Host a walk. If you have a group of any size that would like us to host a walk, we'll probably do it. I've hosted a walk for a Red Hat group as well as for a Convention Group that came to town. Did you know that there is a Girl Scout patch that girls of any age can earn by walking one of our walks?

These are just a few of the possibilities I thought up—let's brainstorm together and see what we come up. Any ideas and suggestions are welcome—please send them to me or call me at 916.283.4650 or email me at nussb@surewest.net. *Thanks!*



For Sale:
Club T-shirts (\$14)
and sweatshirts
\$20. Get Yours!



Look who attended the
New Years ball drop!

(From left to right: Joanne Jensen, Kristi Wakefield,
Furry Friend, Emilie Brosin, and Pat Wood.)

Walking As A Hobby

by Chris Mellen

A few years ago in 1992, I was introduced to Volksswalking and became interested in the sport as a means of good health and the concept of recording events and distance (km). Walking and talking with other people who had similar goals, and slowly I made it a point to meet everyone who walked actively in the club. How many brochures were given to people through the years I see walking and explain Volksswalking too as an avid walker.

I embraced this sport and the activities so much so that my productivity extended to a leadership role, walk group planner, bus trip provider, AVA Special Events Organizer (College Program) RD and attendance to six AVA Conventions.



Our Walk n Mass Club membership grew through the years with the help of most of the same group of Board members then as they remain today. Each provides their talents to the club. Some with more spark than others.

The socials offered are a big part of the club atmosphere, as most people walk together and there are those that have their "pace."

From this club, evolved ten years ago a weekly "Walk n Eat Group" who meet to walk Year Rounds and then lunch once a week.

Walkers come and go for various reasons as is the case with many groups but there is always someone new that brings fresh energy which is healthy. After all, Fun, Fitness, Friendship is what our organization strives for.

LOOK WHAT'S COOKIN'!

If you attended our New Years Eve/Day event, you know there was some scrumptious food on hand. Here's some of the yummie recipes. The Pumpkin Rachel and the Black-eyed Pea Soup recipes were sent to me by Myrna Jackson. The Riviera Maya Pastel Helado (Lime Torte) recipe is from Nancy Alex. Chuck Donaldson made a killer Green Chile Stew. He got the recipe from the Dos Coyotes website www.doscoyotes.net/chef.html. Check it out!

Pumpkin Rachel

(From Carol Doring's Granddaughter)

Preheat oven to 350 degrees



Mix together

- 1 1/2 cups sugar
- 4 eggs
- 2 tsp cinnamon
- 1 (29 oz) can pumpkin
- 1 (12 oz) can evaporated milk
- 1/2 tsp salt
- 1/2 tsp cloves
- 1 tsp ginger

Pour into 9" x 13" pan

2 sticks of butter melted
1 yellow cake mix without pudding

Sprinkle cake mix over pumpkin mix.

Drizzle melted butter over top.

Bake for 1 hour at 350 degrees.

Riviera Maya Pastel Helado (Lime Torte)



- 1 can (14 oz) sweetened condensed milk
- 1 can (12 oz) evaporated milk
- 1/2 cup freshly squeezed lime juice
- packages (6 oz each) Maria's cookies
- 1 can (15-20 oz) peaches - drained - reserve syrup

In medium bowl, combine condensed milk, evaporated milk and lime juice and beat with electric mixer 3 to 4 minutes until incorporated. (Blender may be used instead of mixer.)

Dip cookies into the reserved peach syrup and then put a layer of cookies into a 9-x 9 inch pan with high sides. If needed, break up cookies to cover the pan completely.

Add a layer of the filling, then repeat layers until all the cookies and the filling are used up, ending with a layer of filling.

You will have about 4 layers of both the cookies and the filling.

Use peaches to decorate top layer.

Refrigerate until firm, about 4 hours. To serve, cut into squares or wedges.

Note: Maria's cookies are a round and flat Mexican cookie that is similar in taste and texture to animal cracker cookies. They are available at stores that carry Mexican foods and are usually packaged in a bright orange tube.

SMOKY BLACK-EYED PEA SOUP

(From Raleys/Bel-Air Magazine)

Prep Time: 15 minutes

Cook Time: 1 hour, 15 minutes

- 2 (32 oz) containers chicken stock
- 6 oz dried black-eyed peas
- 2 cups diced smoked turkey ham
- 1 cup chopped onion
- 1 (14.5 oz) can diced tomatoes
- 1/2 cup chopped celery
- 2 tsp. Cajun seasoning
- 1/2 tsp. Cayenne pepper
- 1 cup chopped bell pepper

Combine stock, black-eyed peas, turkey ham and onion in a large pot. Bring to a boil; reduce heat to low and simmer, covered, for 45 minutes. Add tomatoes, celery and seasonings; simmer for 30 more minutes, adding bell pepper during the last minutes of cooking.

Makes 10 servings

Nutrition per serving: 130 cal, 10g protein, 3.5g total fat (1g sat, 0g trans). 14 g carbohydrate, 1g fiber, 6g sugar, 20mg cholesterol, 730mg sodium. (3 points)

