

SACRAMENTO WALKING STICKS
The No Sweat Gazette

February 2010



President's Greeting

"If you build it, they will come"

Greetings,

You might recall this famous invitation from the 1989 baseball film Field of Dreams where Kevin Costner builds his father Shoeless Joe a baseball field to play on. This invitation was my mantra back in July 2004 when I became president of the Sacramento Walking Sticks. I loved the sport and wanted everyone else to love it, too, but first they had to know it existed. Slowly our club members started to build the club's foundation with e-mail walk alerts, a website, exposure at health fairs and smiling faces. I remember well when Jeanne became our 100th and how excited we were as we continued building. We developed the Hot Walkin' Nights series and added more year-round events as well as starting a weekday series. We became the largest club in California and still we built. We started a Wednesday night walk throughout the year along with Full Moon, Pirate and Pi Day walks. We're making special programs come alive with special events and we're hosting Furlough Friday walks. Since our last newsletter we crossed over the line and can proudly say that we are the largest volkssport club in the entire United States!! And we continue to keep growing.

Thank you Walking Sticks Members for making this happen; it didn't occur overnight or by one single person or action. We've been consistently working at this for many years and each of you were responsible for the club's success because you volunteered or welcomed a new walker or planned a route or told someone about what our club and sport are all about. Each of you made the difference and I'm honored and humbled to be in your midst.

I also want to share the amazing power of publicity that is instrumental in bringing people out to our events and to join our club. Do you remember in the last newsletter reading the article I wrote about Charlie and Betty's walking adventures in 2009? I sent that article and a press release out to our community media in hopes of them writing a feature and boy, did they! Thanks go out to Gamaliel Ortiz, a Sacramento Bee reporter, who did an outstanding feature on our club and Charlie and Betty's accomplishments. The article ran Thursday, February 11th and it hit a chord with our community—people have been writing to know more about our walks and were thrilled to learn we exist. They're coming ... and we're ready for them. Thanks to the steady building that all of you played such a large role in.

So what can you do to help? Wear your Sticks name buttons (ask gigiwalks @yahoo.com for a new one if yours is missing) and a Sticks t-shirt or sweatshirt when you're out on the walks and remember that the person next to you may be walking for the first time. Smile and say hello and give them your best welcome; answer their questions as best you can and encourage them to join the club. Come and participate in our walks and other activities and if you have ideas for events or to improve on what we're doing, write and let your board members know. We're still building.

See you on a walk, Barbara

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

President
Barbara Nuss

Vice President
Gale Hughart

Secretary
Lynn Johnson

Treasurer
Steve Hughart

Newsletter Editor
Gale Hughart
gigiwalks@yahoo.com

Next Walking Sticks Meeting:

March 11, 2010

SMUD Customer

Service Center • 6301 S Street
Forestview 1 - First Floor
7:00 p.m.

*A 5k walk starts at 5:00 meet at
Starbucks (65th & Folsom)*



SacramentoWalkingSticks.org

HAPPY BIRTHDAYS

Harlene Adams	Roxie Jones	Lisa Riddle
Elizabeth Andrews	Stan Jones	Val Riddle
Judi Bartlett	Zoey Jones	Michael Rogoff
Priscilla Brenner	Ove Juul	Sharon Rogoff
Anne Cain	Carmen Krizl	William Roth
Robert Cain	Hank Krizl	Shirley Rowland
Coreen Coones	Catherine Ridgeway	Charlotte Stott
Bev Custer	Susan Martimo	Jim Stott
Milt Custer	Diane McCann	Mary Weatherill
Sherry Dasher	Joe McCann	Diane Wright
Tricia Esparza	Jill Munyan	
Diane Gilmore	Linda Music	
Michael Gilmore	Chris Nolan	
Sharyn Holland	Ron Nolan	
Terry Holland	Andrew Phillips	
Nikki Jones	Faith Recio	

HAPPY ANNIVERSARIES

20 Years: Gail Samcoff	3 Years: Nancy Fox Tahoe Harding Trena Harding Trevor Harding Warren Harding Myrna Johnston Daniel Maxfield Kelli Maxfield Rick Maxfield Joyce Romine
7 Years: Joyce Backus	
6 Years: Jean Lucas	
5 Years: Pat Thomas	
4 Years: Jakie Moran John Moran	1 Year: Priscilla Fife Kerry Hasa Martin Hasa Monica Moriarty Page O'Connor Gail Ohanesian

HAPPY BIRTHDAYS

FEBRUARY	MARCH
03 Alice Stivanelli	01 Catherine Wieder
04 Jenni Roser	02 Carol Doring
05 Randy Finger	02 Lynn Johnson
06 Jim Gray	04 Jan Roser
06 Greg Samcoff	04 Richard Spangler
08 Nancy Manning	06 Leonard Smith
08 Helen Wakefield	07 Debra Midas
12 Madeleine Daniels	08 Jim Shelatz
12 Karen Wall	11 Robert Shipley
13 Janet Riley	17 Alice Corley
16 Jean (Rogene) Fox	17 Beth Daugherty
16 Nancy Fox	17 Paula Ewing
17 Ronnie Morris	17 Warren Questo
18 Nancy Long	17 Katie Ratliff
20 Dustin Tellefson	19 Janice Chung
21 Sue Hopper	19 Sabina von Sydow
23 Susan Ferguson	22 Marian Dennison
23 Ross Harper	24 Terry Holland
23 Noah Ward	27 Betty Faciane
25 Ann Cavazos	27 Gale Hughart
25 Phil Hickey	28 Priscilla Edwards
26 Anne Cain	28 Warren Harding
27 Lee Moore	28 Gary Younglove
28 Rosalind Pierce	29 Joe McCann
	29 Sheri Plummer-Raphael
	31 Xiomara Balladares
	31 Nellie Ramirez
	31 Lou Jean Thomason

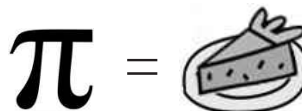


**Don't Miss
Pi (3.14) Day!**
Sacramento, CA

3.14.2009 (March 14, 2010)

Registration from 9:00 am to Noon, finish by 3:14 pm

Start Location: Marie Callender's
5525 Sunrise Blvd,
Citrus Heights, CA 95610-7605



bad math - good eatin'!

For more information
Steve or Gale Hughart (916) 364-5063
hugharts@sbcglobal.net
or
Barbara Nuss (916) 283-4650
nussb@surewest.net

Embroidery Now Available!



Exciting news in regards to Sticks clothing. In the past we've had t-shirts and sweatshirts for you to purchase. Now we have a new alternative for those who may need a larger, smaller or taller size. You'll even have your choice of colors on most items. We have our 4-color logo in the library of Lands' End Business Outfitters mail order. You can sign up to be on their e-mail list and get their up-to-the-minute listings for sales or if you prefer, you can have their catalog sent to your home address.

Visit www.LandsEnd.com/business (1.800.338.2000) and glance thru the merchandise. Do you see a shirt or fleece jacket that you like? Order it and ask to have our Sticks logo put on and you'll be set. The Sticks logo is a separate charge.

Below is important information for ordering your clothes. Also listed are the two numbers you'll need whenever you order. Please write these numbers in your address book or put them in as a Contact in your e-mail address book.

Lands' End Ordering

The Sacramento Walking Sticks have set up an embroidery option that can be applied to almost any garment sold by Land's End. The ordering procedure can also be found on the following web page: <http://www.sacramentowalkingsticks.org/LandsEndOrders.html>

You will need to know two numbers:

Customer Number: 4567112
Logo Number: 0976579W

You will also be asked for a "nickname" for the logo. This is entirely up to you, but some examples are "Stick's Logo," "Walking Sticks," or "SWS Logo." Make up a nickname that is meaningful to you.

If you lose the numbers or need them again, you can write Barbara Nuss (nussb@surewest.net) for help.

Idita-What?



The Idita-Walk is an event to promote physical fitness in the spirit of the Iditarod Sled Dog Race. The Iditarod Sled dog race is 1049 miles long from Anchorage to Nome, Alaska. To complete the Idita-Walk, simply walk 30 minutes a day for 35 days between February 1, 2010 to March 31, 2010 for a total of 1049 minutes (any combination of minutes will work - just reach 1049 during the 59 day event!).

Check it out at:

<http://www.idita-walk.com/idw/Index.asp>

Check out the Finishers Roster—there are several of our members who've already completed the walk and are trekking on.

Juanita Jagar, Jodie Jones, Gail Bird,
Nancy Alex and Mary McMonegal

We have about 30 of our members signed in—most are listed as SWS but Pat Hamilton is w/Tops and there's a few others with different associations.

Did you know The Walking Sticks have walks every Tuesday morning at 10 a.m. and Wednesday night at 5:45? Check out our calendar of events page at SacramentoWalkingSticks.org for start times and places.

Making the Most of Your Computer

Using the MapQuest Link on the Calendar of Events Page

by Steve Hughart

(Editor's note: This will be an occasional column in *The No Sweat Gazette*. It will attempt to show you how to use your computer more effectively, especially with regards to volkssporting websites. Send your topic requests by email to: hugharts@sbcglobal.net)

(This article assumes that you are using a Windows based PC and that you are viewing the Calendar of Events page on our website (Sacramento WalkingSticks.org) go to [and](#) choose the "Calendar of Events" link on the left.)

This article is intended to show you how to make the most of the "MapQuest Map" link that accompanies most events listed on our Calendar of Events page. This link not only takes you to the MapQuest website, it automatically displays a map of the start point for that event!

You can use MapQuest to create a custom set of driving directions from an address that you define as the start point which will most likely be your home or work address. To have MapQuest generate these directions, click on the "MapQuest Map" link for an event that you want to participate in.

Once the map is fully displayed in your browser, look above the map for a drop down box (has a down arrow that you can click) labeled "Get Directions" - see figure 1 below. To the right of this drop-down box is the address of the start point. Leave the drop-down box with "End at" and click in the box labeled "Address, City, State and/or ZIP" and type the address, city, state, and optional zip code of your starting address. Click on the "Get Directions" button.



figure 1

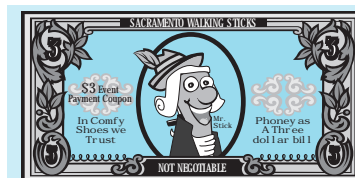
After a few moments, you will see a map and text directions below the map that give you specific driving directions from your start to the finish - the start point of the walk. You will probably want to print this out on paper, but don't use the browser's print function yet - you'll get the entire page, ads and all. Choose the "Print" link, just below the MapQuest logo - see figure 2 below. That will open another browser window with a "printer-friendly" version of the directions, with the text portion above the map.



Figure 2

If you find that the map portion is useful you should probably print the whole thing out at this point. If you don't think you'll need the map while you're driving, drag your mouse over the text portion to highlight it. Then press the <Ctrl> and <C> keys simultaneously. Open a new word processing document and press <Ctrl> and <V> simultaneously. You should see a copy of the text of the driving directions in your document. Print this out.

Next month, I'll talk about changing the settings on your printer so that it defaults to printing in black & white instead of color. Those color cartridges are expensive and you can make them last much longer if you print in color only when it's important. And you want to be spending your money on Volkssporting, not color print cartridges, right?



Got your Sticks Bucks yet? They're convenient!