

SACRAMENTO WALKING STICKS
The No Sweat Gazette

March 2010



President's Greeting

"Spring is nature's way of saying, 'Let's party!'"

Greetings Sticks Members,

I love this quote from actor/comedian Robin Williams because it's just how I felt on Sunday at our Pi Day event ~ spring is here, let's get out and walk! The trees and flowers are blooming, the surrounding hillsides are lush green and we've got some fantastic walks coming up for your enjoyment. Let's get out there and party!

Pi Day 2010 was a huge success this year in so many ways. We had great attendance and there were so many new walkers who came to try us out. Kudos go out to Myrna for designing the delightful route in Citrus Heights, Steve for making that route come to life with the walk directions/map and our ever-faithful chalkers, Nancy and Juanita, who marked the route. There were so many volunteers who manned the start/finish table, specialties table and checkpoint—what an awesome job you all did. Lastly I want to extend our gratitude to Marie Callender's and its manager, Doug Unruh, for allowing us to use their facility as our start/finish location. The staff couldn't have been more helpful and friendly throughout our 2-day event and we LOVED the free pie on Pi Day.

Coming up is a great workshop on "How to design a walk route" and it will be followed up with others that will show you how to write up walk directions and design maps. Soon I'll hold a workshop on "You bought a New Walker Packet—now what?" that will hopefully answer your questions and concerns with event/distance credit and all those special program booklets we keep mentioning. If you've got books and insert cards that you can't make heads or tails of—write me and I'll set aside time to help you sort those out.

The end of the month we're going to host another Special Event with children in mind. We'll be walking over to Sacramento City College to see their production of "Beauty and the Beast" (cost is \$4.00 per ticket) and end with ice cream at Vic's. Children of all ages will love the outing and so will you.

Mark your calendars now for these great walking adventures: Apr 24/25—the Sticks will host a walk in Walnut Grove and Locke in the Delta, Apr 30-May 2—the CVA Convention will be held in Idyllwild (southern California) and May 21-23—the Shasta Sundial Strollers will host their annual Redding Extravaganza. In the meantime there will be so many incredible walking adventures for your pleasure; stay tuned to the walk alerts and check out the calendar on the Stick's website.

Looking forward to meeting all of you,

Your president ~ Barbara Nuss

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President
Barbara Nuss

Vice President
Gale Hughart

Secretary
Lynn Johnson

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Next Walking Sticks Meeting:

April 8, 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



Harlene Adams
 Elizabeth Andrews
 Mary Babayco
 Judi Bartlett
 Susan Barstis
 Rosalie Barton
 Priscilla Brenner
 Josie Brooks
 Anne Cain
 Robert Cain
 Bruce Calkins
 Matthew Calkins
 Nancy Calkins
 Diane Clewet
 Janet Conner
 Coreen Coones
 Cathy Cove
 Bev Custer
 Milt Custer
 Sherry Dasher
 Angie Dulay
 Ron Dulay
 Kathy Ellis
 Tricia Esparza
 Susan George
 Diane Gilmore
 Michael Gilmore
 Sue Ellen Goodell
 Craig Hays
 Angela Hetzel
 Sharyn Holland
 Terry Holland
 Greg Hood
 Jack Howe
 Helena Hurst
 Roxanne Jelinek
 Jacob Jones
 Nikki Jones
 Roxie Jones
 Stan Jones
 Zoey Jones

Ove Juul
 David Kreyssig
 Carmen Krizl
 Hank Krizl
 Sandi Lapre
 Susan Martimo
 Diane McCann
 Joe McCann
 Jeri McCarley
 Ellen Melton
 Helga Michaels
 Jill Munyan
 Linda Music
 Chris Nolan
 Ron Nolan
 Linda Noll
 Robert Noll
 Anita Nord
 Mary Nuezel
 Celia Parks
 Andrew Phillips
 Art Porter
 Faith Recio
 Lisa Riddle
 Val Riddle
 M. Catherine Ridgeway
 Judy Robertson
 Michael Rogoff
 Sharon Rogoff
 William Roth
 Shirley Rowland
 Sally Short
 Charlotte Stott
 Jim Stott
 Carole Ward
 Mary Weatherill
 Pat Whittington
 Ann Williams
 Diane Wright
 Audry Young



MARCH

- | | |
|--------------------|--------------------------|
| 1 Catherine Wieder | 19 Janice Chung |
| 2 Carol Doring | 19 Sabina von Sydow |
| 2 Lynn Johnson | 22 Marian Dennison |
| 4 Jan Roser | 24 Terry Holland |
| 4 Richard Spangler | 27 Betty Faciane |
| 6 Leonard Smith | 27 Gale Hughart |
| 7 Debra Midas | 28 Priscilla Edwards |
| 8 Jim Shelatz | 28 Warren Harding |
| 9 Bruce Calkins | 28 Gary Younglove |
| 11 Robert Shipley | 29 Joe McCann |
| 17 Alice Corley | 29 Sheri Plummer-Raphael |
| 17 Beth Daugherty | 31 Xiomara Balladares |
| 17 Paula Ewing | 31 Nellie Ramirez |
| 17 Warren Questo | 31 Lou Jean Thomason |
| 17 Katie Ratliff | |



5 Years
 2005/03 Jytte Taylor

4 Years
 Cynthia Hearden

3 Years
 Carol Addy
 Paula Eldot
 Betty Faciane
 Joan Kelly

2 Years
 Eileen Herrin
 Laurie O'Hanlon
 Gail Schurr

1 Year
 Carol Klein
 Fran Leistikow
 James Leistikow
 Michael Leistikow



SAVE THE DATE!!!
DECEMBER 8, 2010



It's never too early to plan for our annual Christmas Party given how quickly reservations fill up for large parties during the holiday season. We have secured a special location this year at the CASA GARDEN RESTAURANT on 2760 Sutterville Road. MORE INFORMATION COMING!

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.

WALKS!!! WALKS!!!

Walnut Grove / Locke
April 24 & 25, 2010



START LOCATION:

Dr. Paul Barnes Community Park
Grove and Theatre Streets
Walnut Grove

START/FINISH TIMES:

9:00am – 12:00pm – Finish
by 3:30pm

DESCRIPTION: There will be 5K and 10K routes available which are rated 1+. This walk will take you through historic Walnut Grove and Locke and into the beautiful Delta Meadows State Park.

- Strollers/Wheelchairs: Hard – some gravel
- Pets: Not in the State Park

SPECIAL PROGRAMS:

- Artistic Heritage
- Auth & Lit Landmarks
- Cemetery Stroll
- Courthouses
- Hooray for Hollywood
- Historic Churches
- Islands
- Museum Walk
- Railroad Heritage
- RiverWalk America
- State Parks
- Worldwide Bakeries
- Worldwide Libraries



May 8, 2010
Folsom, CA

START LOCATION:

Elvie Perazzo Briggs Park
125 Manseau Drive, Folsom, CA 95630

START/FINISH TIMES:

9:00 - noon – finish by 3:30pm

DESCRIPTION:

Both routes rated 1+. Most of the walk route is on decomposed granite adjacent to bike trail along Willow Creek.

SPECIAL PROGRAMS:

- US Authors and Literary Landmarks

For more information about these and other walks go to SacramentoWalkingSticks.org

Making the Most of Your Computer Turning Color Off on Your Printer

By Steve Hughart

Most ink-jet printers are very inexpensive these days because the manufacturers want you to purchase lots of ink cartridges, especially color ones. But do you really need color every time you print? Do you usually only need to have your print jobs in black and white? If so, this article is for you, unless money is no object!

The object of this article is to guide you through the process of turning color off on your printer as the default setting, not to eliminate the possibility of printing in color. This article is also for Windows based computers although many of the concepts apply to Macs as well. Unfortunately there is no single method of controlling printer preferences as each make and model of printer uses its own *printer driver* (the program that controls a device such as a printer is called a “driver”), so there is no single set of steps that will change the default setting from color to black and white.

The first step is to open the printer driver through the Control Panel of Windows. Different versions of Windows open Control Panel differently, so you’ll have to use Windows Help if you can’t find Control Panel from the Start button on your own. Windows Help should be available when you open the Start button, however.

Once you have Control Panel open, choose Printers and then double-click on your printer. This should open the printer driver. Your next step is to locate the menu choice that allows you to set default settings. First look under the File menu and choose either “settings” or “preferences” if either of these show up. If there’s nothing like that under the File menu, see if there is a Tools menu or an Options menu. If there are few or no menu options, perhaps the printer driver uses tabs. Look for the tab that controls Color, or ?? You may have to look under each menu or tab option to find where you control the setting.

Once you’ve found where you change the setting, choose “Black,” “Black and White,” or “Grayscale” to turn the color off. Once this is done, click on the “OK” or the “Save” button. Now you are ready to test the change.

Beware: Do not make more than one change to your printer’s (or any other device) settings without testing to see if the change worked. It can be tempting to

change a bunch of settings but its easy to make a change that you don’t want when you make multiple changes at one time. If you get in real trouble, you should look for an option to return the printer driver to factory defaults.

Without closing Control Panel, open your word processing program and choose to Print the document. Don’t use the icon to print, but choose Print from the File menu so that the printer options dialog box comes up. Press the “Properties” button that should be near where you choose which printer. Figure 1 below shows where the Properties button is in Word.

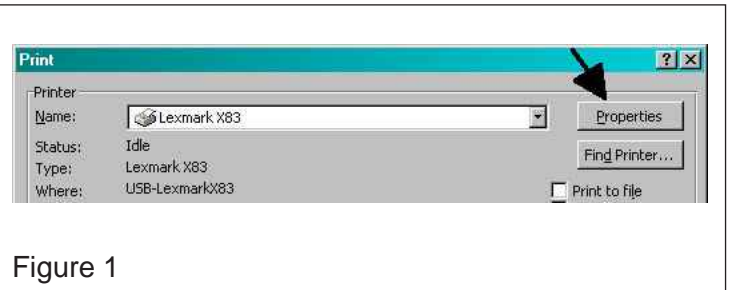
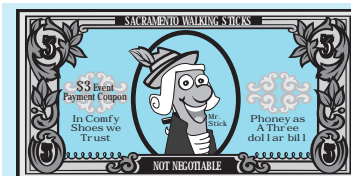


Figure 1

This will bring up the printer driver and should look much like what you’d opened from Control Panel. Find the color/no color option where you found it earlier and see if the color option is turned off. If it has, success! Opening up the printer driver from the application like we just did is how you temporarily turn the color option **on** when you want it.

Was the color option still on? You should try rebooting your machine after saving any files you may be working on. If that doesn’t work, you may need to seek help from an outside source. Try looking on the printer manufacturer’s web page for free help. It’s probably not worth paying for assistance.

Next month we’ll look at the options for searching for events on the AVA website. Until then, happy trails.



Got your Sticks
Bucks yet?
They’re
convenient!