

SACRAMENTO WALKING STICKS

The No Sweat Gazette

April 2010



President's Greeting

*"Live in your imagination today, for tomorrow it can become your reality."
~ Kevin Eikenberry ~*

Greetings Sticks Members,

Have you ever day dreamed about something that became a reality? I can remember wishing that there was a way to get the word out about the walks we do in hopes of getting people out to join us. I can also think back when I hoped we could grow the Sacramento Walking Sticks Club. Guess what? More and more new people are coming out and giving our walks a try. And our Club continues to grow. What are you wishing for in relation to your walking?

I also have these creative ideas about walking adventures and each one just seems to have its own unique spin to it. The children's event to Sacramento City College Children's Theatre was a hit for all of us who went. Thanks to **Jane Graham** for a superb route thru Wm Land Park and to **Doug Lawson**, the SCC theatre director, for the terrific Beauty and the Beast stage production. We had children of all ages come out with their parents and grandparents. They LOVED the walk, the play and, of course, ice cream at Vic's afterwards.

We had an outstanding Art in Public Places event, thanks to **Dixie Laws** (Education Coordinator) and her docents. They took us up and down Franklin Blvd, from Broadway to Fruitridge Rd, and told us interesting details about the murals that were painted on various buildings along the way. Our walks take us to so many interesting places and how fun it is to connect with public groups like this and learn more about what we're seeing. It was truly a magical experience.

The Sticks have a treasure trove of walks coming up and I'm counting on all of you to support the Club by coming out to WALK them!! Invite your friends and co-workers to join you and post the events on bulletin boards in your work areas. The Club is also in need of volunteers to help "work" the events - we need people at the start/finish tables, greeters, setup and teardown and small group leaders. Please call or write and let us know of your desire and availability. We'll be hosting a 2-day event April 24/25 in Walnut Grove & Locke, a Saturday event on May 8th in Folsom to celebrate World Walking Day, and a Saturday event on May 29th in Knights Landing (just beyond Woodland off I-5).

It's been so gratifying to meet so many of you new members on the walks the last couple of months. It's so neat that you're wearing your name buttons - it's so helpful for us to get to know you. Also, did you know that you can order Lands End clothing and have our Sticks logo embroidered on it? And for \$5.00 more, you can ask to have your name embroidered, too. Check out the SWS Store link on the Sticks website for the details.

Looking forward to seeing you at our events,
Your president ~ Barbara Nuss

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:

May 13, 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

WELCOME NEW MEMBERS!

Marian Ashe
Mary Babayco
Susan Barstis
Josie Brooks
Bruce Calkins
Matthew Calkins
Nancy Calkins
Diane Clewet
Liz Conlon
Margie Eisenhower
Kathy Ellis
Sue Ellen Goodell
Robin Haswell
Elijah Hatten
Gary Hatten

Melissa Hatten
Savanah Hatten
Craig Hays
Angela Hetzel
Greg Hood
Jack Howe
Helena Hurst
Roxanne Jelinek
Bonnie Jones
Jacob Jones
David Kreyssig
Sandi Lapre
Linda MacLeod
Jeri McCarley
Ellen Melton

Helga Michaels
Phyllis Montero
Linda Noll
Robert Noll
Celia Parks
Art Porter
Cathy Reiner
Sally Short
Diana Vizzard
Will Vizzard
Carol Voxland
Carole Ward
Ann Williams
Audrey Young

HAPPY ANNIVERSARIES!

5 Years:
Elizabeth Biggert
Phil Hickey
Carol Jauregui
Sherry Reed
Teri Steinman

3 Years:
Nancy Alex
Marie Hall

2 Years:
Martha Morris
Ronnie Morris
Marilyn Vogler

4 Years:
Martha Korff
Sam Korff
Steve Lavezzo
Liz Orr
Kendall Smeeth
Catherine Wieder
Terry Wieder

1 Year:
Jean Fox
Ross Harper
Dorothy Lauritzen
Melissa Lauritzen
Mary Reilly
Carolyn Sanchez

WELCOME TO APRIL AND MAY!

APRIL

01 Marsha Robinson
01 Diane Wright
02 Susan Barstis
02 Jim Stott
03 Jenny Wong
06 Nancy Diehl
06 Myrna Johnston
09 Liz Conlon
09 Page O'Connor
11 Josie Brooks
12 Helen Alexander
12 Steve Lavezzo
12 Candy Mero
12 Mellonie Richardson
13 Susanna Marks
14 Savanah Hatten
16 Tracy Martin-Suits
16 Jill Munyan
16 Barbara Nuss

17 Gail Schurr
18 Lewis Wakefield
18 Andy (Kuo) Yu
19 Bob Adams
19 Will Vizzard
20 Harriet Lamanna
20 Bettie Mah
21 Nancy Tellefson
23 Karlene Brown
23 Marilyn Neubauer
24 Betsy Ditter
25 Ellen Melton
26 Michael Gilmore
28 Catherine Holzer
29 Jo Bohannan
29 Elijah Hatten
29 Jack Howe
30 Bill Lloyd

MAY

02 Jeffery Durrett
03 LaDell Cress
05 Ove Juul
05 Anthony Rangel
05 Ava Simpson
06 Sheri Johnson
06 Chris Nolan
07 Jodie Jones
09 Bridget Heilman
11 Susan Brown
11 Paul Ratliff
12 John Moran
13 Josh Swonger
15 MaryAnn Goodwin
15 Linda Music
15 Brenda Storey
15 Sharon Young
17 Martin Hasa
17 Helga Michaels

19 Kristine Hadano
19 Hank Krizl
19 Anita Petersen
21 Angela Hetzel
21 Ben Kinikin
22 Kymberly Andrews
22 Jill Simmons
25 Warren Tellefson
26 Jim Goff
26 Stan Jones
27 Sharyn Holland
27 Carole Ward
28 Carmen Krizl
28 Sarah Lagomarsino
28 Rick Maxfield
30 Daniel Maxfield
31 Sandy Conrad
31 Audrey Young

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

Finding Events On The AVA Website

By Steve Hughart

The AVA website provides several ways to get comprehensive information on events throughout the United States. First, you should go to the AVA website, ava.org. Figure 1 below is a partial screen shot of the AVA home page.



figure 1

Click on the “Find Walking Events” link where shown in figure 1 and you will go to a page that is partially shown by figure 2 below:



figure 2

This is a page that you will probably want to bookmark, especially if you use these functions regularly. From this page you link to other pages that do the actual searching. There are 3 ways you can search for events:

1. Get a list of events that meet criteria that you specify
2. Show a map of Regular/Traditional/Sanctioned events
3. Show a map of Year Round/Seasonal events

The link “2010 Starting Point Changes” is a document, listed by city within state that describes important changes to the *2010 Starting Point*. This is important if you rely on the *Starting Point* for Year Round information as there can be important changes since the book was printed.

First, let’s look at how you can get a list of all the events you might be interested in based on various criteria. Click on the “Find Walking Events” link that is pointed to by the upper arrow in figure 2 above. You should get to a page that looks like figure 3 below:



figure 3

figure 4

Don’t worry about the “No events found” message at the bottom of the page. You haven’t asked the website to search for anything yet.

First choose a state from the top drop down box as shown in figure 4 above, if you want to narrow your search to only one state. If you want the entire United States, leave the “All States” selection as it is. Figure 4 above shows the drop down list and one would only need to click on “CALIFORNIA” to narrow the search to only California events, for example. You are limited to only one state or all states. The “Optional City” box can be used to narrow your search even further to only those events that start in one particular city. Be careful here because the city criterion is:

- Case sensitive (“sacramento” is not the same as “Sacramento”)
- Relies on the sponsoring club spelling the city correctly and getting the capitalization correct as well
- Relies on the sponsoring club choosing the same nearby city that you think it should. Some events are placed in rural settings and may be assigned a different city than you’d expect.

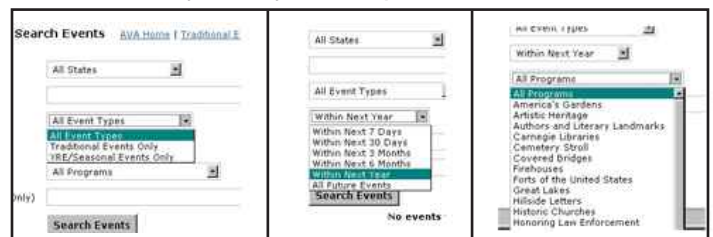


figure 5

figure 6

figure 7

The “Event Types” box in figure 5 above gives you 3 choices:

1. All events, both sanctioned and year round (the default - do nothing to choose this option)
2. Traditional/Regular/Sanctioned events only
3. Year Round/Seasonal events only

The “Start Dates” drop down box allows you choices to narrow your search by start date. The choices are shown in figure 6 above.

The “Special Programs” drop down box as shown in figure 7 above allows you to narrow your search even further. The default is “All Programs” but if you are interested in one specific special program, this option can be very helpful. Unfortunately, only the national programs are listed, so state (California Counties or Missions) or regional programs (Worldwide Libraries) are not there.

The “Optional Country” text box is probably useless since the search function only looks through the AVA database. Unless an AVA affiliated club sanctions a walk in another country, no events would be listed. If you are looking for events outside the United States, start at the IVV website (ivv-web.org).

Now you should press the “Search Events” button. You will get to a list of events sorted by city within dates. Click on any row in this list and you will be taken to the details page for that event.

Refer back to figure 2 above and the double-arrow points to the 2 interactive map options. Since these both operate in the same way, I’ll only describe how to search for Regular/Traditional/Sanctioned events. Use the same method to look for Year Round/Seasonal events on the interactive map. These maps are very useful if you are not familiar with where cities are exactly and for trip planning.

Figure 8 below shows a partial screen-shot of the Interactive Map for Regular Events. Use the “Select Area” drop down box to choose a specific state that

you are interested in. Then press the “Map Events” button.

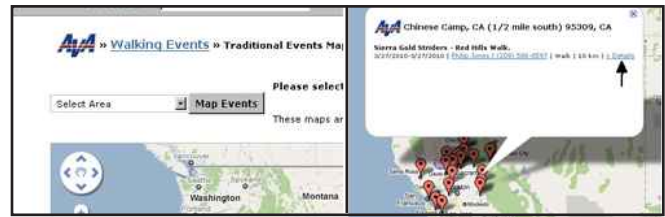


figure 8



figure 9

In a few moments you will see a map similar to figure 9 (California was chosen). Figure 9 shows many of the orange balloons close together. You can use the traditional “+” and “-” controls in the upper left of the map to zoom in and out. You can also drag the map by holding the mouse button down anywhere on the map and dragging it to where you want it to be centered.

Click on any of the orange balloons to get some details of the event as shown in the white area in figure 9. In the case where there is more than one event in a city, then the white area will show all events for that city. Click on the “Details” (arrow is not part of the web page) link to go to the details page for that event.

I hope that you use these search functions before you go on your next trip. You may have to do several searches, but since the computer is doing most of the work, you should be able to find events that will fit your tastes, location, and time frame.

Next month we will discuss the Windows Clipboard, screen shots, and handy things to copy and paste.

Help Wanted

Assistant Webmaster

No experience necessary if you are willing to learn and have a Windows PC available to you. You don't need to be an expert PC user, but you should be willing to make a time commitment to learn some stuff and maintain some of the club's web pages. If you think you might be interested, please contact me. There is no age requirement (all of our content is rated “G”) and the pay is lousy (i.e. none).

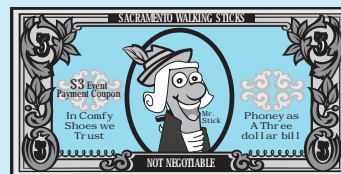
Contact:
Steve Hughart
916.364.5063

SAVE THE DATE!!! DECEMBER 8, 2010



Our annual Christmas Party We have secured a special location this year at the Casa Garden Restaurant on 2760 Sutterville Road.

MORE INFORMATION COMING!



Got your Sticks
Bucks yet?
They're
convenient!