

# SACRAMENTO WALKING STICKS

# The No Sweat Gazette

July 2010



**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:

**August 12, 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](http://SacramentoWalkingSticks.org)

## President's Greeting

*"I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature."*

~ John Rockefeller

### Greetings,

The Sacramento Walking Sticks have persevered for over 25 years and have achieved something that is pretty remarkable ~ they have become the largest volkssport club out of 305 in the USA with a membership of 491. I would also suggest that the Sticks are one of the most active clubs and friendly beyond words. The increase in membership did not happen overnight nor was there one single person, event or action that made this happen. Small baby steps over a matter of many years with a lot of hours of committed volunteerism propelled this incredible feat – Sticks, pat yourselves on the back for a job well done!

The increase in membership has brought an increase in volunteerism on all levels. We will be hosting more YRE (year-round) events in 2011; it's given us more opportunities to participate in local health fairs along with numerous invitations for speaking engagements. We've been asked to partner with the New Balance Shoe Store located in the Fountains Shopping Center in Roseville and there has been greater participation in ALL the walks, local and far away, that are hosted by the Sticks and various clubs throughout northern and central California.

At our July membership meeting, the 2010/11 Board was elected or should I say that we were re-elected for a 2nd one year term? I will stay on as your President with Gale Hughart as Vice-President, Steve Hughart as Webmaster/Membership Chair/Treasurer and Lynn Johnson as Secretary. Janet Riley will continue as our Sunshine Committee (anyone want to help her?), Priscilla Fife has taken on the duties of Health Fair Coordinator, Heidi Foster will be the Chairperson for the CVA 2011 Convention that the Sticks will be hosting for the State clubs, Fran Leistikow will take over the duties of the newsletter (thank you Gale Hughart for your many years of editing our newsletter) and Gail Samcoff with Myrna Jackson will continue as our club historians.

Please contact one of your Board members if you'd like to help out on any of these new committees that will be forming -- Special Programs Coordinator (planning 5K walks around special programs), Art in Public Places Coordinator (planning walks to encompass the Arts), Social Committee (wouldn't it be fun to have quarterly get-togethers whether they be sit-down or potluck dinners, etc.?) and lastly, a Trail Master Committee that would work with the volunteers for our events as well as servicing the YRE's we maintain. None of these volunteer positions is difficult and you'll have plenty of helpers so it should never be a burden.

I hope to see you out walking at our upcoming events; including the Hot Walkin' Nights in Natomas/Old Sacramento on Aug 4/5, Hot Walkin' Nights in Granite Bay Aug 18/19 and International Talk Like a Pirate Day on Sept 18/19 in Folsom. Watch also for our upcoming Friday Night at the Movies walks that will be coming for your summer fun. This last year has been incredible with our 25th Anniversary Celebration followed with our Blue Moon New Year's Eve to our World Walking Day in Folsom and our Locke and Knights Landing adventures. Thank you for your help and participation that made these events possible. Stay tuned for another over-the-top year of walking memories.

Barbara Nuss, President  
916.283.4650,,



Mary Adams  
 Elaine Char  
 Winston Char  
 Dorothy Cousins  
 Peggy Daly  
 Lil D'Auria  
 Camille Derrick  
 Angie Ellison  
 Deborah Fantasia  
 Ellen Garry  
 Mike Gerrity  
 Paul Hanson  
 Carol Hobbs  
 Carol Ito  
 Liz Jensen  
 Holly Johnson  
 Joyce Kramer  
 Douglas Lewis  
 Jenna Lewis  
 Judith Lewis  
 Elaine Light  
 Stephanie Lindsay  
 Yolanda McGillivray  
 Maria Terese Mui

George Myers  
 Sue Myers  
 Dave Nelson  
 Trina Nelson  
 Ann Obad  
 Chris Pommerenck  
 Rob Pope  
 Pauline Popjevalo  
 Bill Powell  
 Jan Powell  
 Laurie Pownall  
 Therese Price  
 Carole Soenke  
 Patricia Stevenson  
 Marcella Stolle  
 Maril Stratton  
 Linda Sullivan  
 Kathy Sundin  
 Steve Sundin  
 Jim Tischer  
 Judy Tischer  
 Pat Trost  
 Joan Whittaker  
 Denise Yoshikawa



# AARRGGHH! It be acomin' 9/19/10

### 4 Years: (continued)

Nancy Tellefson  
 Warren Tellefson  
 Helen Alexander  
 Charlie Fowble  
 Theresa Green  
 Susanna Marks  
 Patti McAllister

### 3 Years:

Jean Rosenberg  
 Glenda Craddock  
 Angela Dingman  
 Dorothy Spangler  
 Richard Spangler  
 Bennett Bullard  
 Ethan-Saxby Bullard  
 Sandra Bullard  
 Candy Mero  
 Karen Wall  
 Kay Gaines  
 Charles Hart  
 Jinley Hart  
 Joanne Jensen  
 Lynn Johnson  
 Anne-Louise Radimsky  
 Jan Radimsky  
 Sandra Thatcher  
 Kris Ericson-Cano

### 2 Years:

LaDell Cress  
 Elijah Swonger  
 Sally Barton  
 Dana Finger  
 Randy Finger  
 Sarah Finger  
 Debra Midas  
 Warren Questo  
 Sally Watkins  
 Anita Adams  
 Frances Hadano  
 Kristine Hadano  
 Christine Richards  
 John Burke  
 Kathleen Burke  
 Marilyn DeVille

### 2 Years: (continued)

Vicki Diepenbrock  
 Nancy Manning  
 Helen Wakefield  
 Kristi Wakefield  
 Lewis Wakefield  
 Jenny Wong  
 Alice Jacobs  
 Anne Jauernig  
 Kathy Wolff

### 1 Year:

Xiomara Balladares  
 Gail Bird  
 Richard Bird  
 Barbara Duggen  
 Elizabeth Jackson  
 Jodie Jones  
 Harriet Lamanna  
 D. Mattocks  
 Donald Prince  
 Nellie Ramirez  
 Mary Shurtleff  
 Susan Waldo  
 Laraine Silberstein  
 LaVerna Stillwell  
 Brenda Storey  
 Ann Cavazos  
 Jackie Clauson  
 Stacy Conley  
 Paula Ewing  
 Jeanette Hall  
 Rickie Kinley  
 Bill Lloyd  
 Beverly Plunkett  
 Nancy Reed  
 Alice Stivanelli  
 Randall Williams  
 Janice Chung  
 Sandy Conrad  
 Barbara Hill  
 Terry Way  
 Al Gravitz  
 Bridget Heilman  
 Sue Hopper  
 Liam McDaid  
 Merely Spitzer



### 11 Years:

Tori Dell

### 6 Years:

Chuck Donaldson  
 Nancy Diehl  
 Liz Kono  
 Sarah Lagomarsino  
 Pat Wood

### 5 Years:

Rosa Rogers  
 Sally Coones  
 Jane Graham  
 Katie Ratliff

### 5 Years: (continued)

Ava Simpson  
 Janet Riley  
 Dan Robinson

### 4 Years:

Priscilla Plescov  
 Rita Rippetoe  
 Marsha Robinson  
 Dan Wermiel  
 Holly Wermiel  
 Janis Williams  
 Lee Moore  
 Malinda Moore  
 Dustin Tellefson



**June:**

06/03 Bob Brown  
 06/05 Ron Petersen  
 06/05 Jo Stanley  
 06/06 Ellen Carte  
 06/06 Vicki Diepenbrock  
 06/06 Charlie Fowble  
 06/06 Cynthia Turbin  
 06/07 James Murphy  
 06/07 Christina Novello  
 06/07 Michael Rogoff  
 06/07 Elizabeth Shelatz  
 06/07 Chuck Thornton  
 06/09 Anita Nord  
 06/09 Marcella Stolle  
 06/12 Donna Stearns  
 06/13 Diane Gilmore  
 06/13 Sherry Reed  
 06/14 Sally Coones  
 06/15 Jane Graham  
 06/15 Rickie Kinley  
 06/15 Fran Leistikow  
 06/15 Jeanne Ross  
 06/18 Jytte Taylor  
 06/18 Terry Way  
 06/19 Kathleen Burke  
 06/19 William Roth  
 06/20 Ted Leedy  
 06/21 Patti McAllister  
 06/22 Alice Jacobs  
 06/23 Chris Boyd  
 06/23 Robert Epling  
 06/23 Diane McCann  
 06/24 Juanita Jagar  
 06/25 Joanne Jensen  
 06/26 Angie Dulay  
 06/27 Chuck Donaldson  
 06/29 Joanna Watzig  
 06/30 Sharon Olson  
 06/30 Susan Z'berg

**July:**

07/01 David Kreyszig  
 07/02 Martha Morris  
 07/03 Gail Samcoff  
 07/03 Julie Torchio  
 07/05 Art Porter  
 07/06 Marian Ashe  
 07/07 Sue Myers  
 07/07 Cathy Reiner  
 07/08 Robert Cain  
 07/08 Charles Leedy  
 07/09 LaVerna Stillwell  
 07/10 Sandra Thatcher  
 07/11 Catherine McElligott  
 07/12 Judi Bartlett  
 07/12 Zoey Jones  
 07/12 Elaine Light  
 07/13 Bev Custer  
 07/13 Roxie Jones  
 07/13 Steve Oesterreicher  
 07/14 Heidi Foster  
 07/14 Dan Wermiel  
 07/15 Jakie Moran  
 07/15 Bud Simmons  
 07/15 Steve Sundin  
 07/17 Joan Kelly  
 07/17 Dawn Nhan  
 07/18 Sandra Bullard  
 07/18 Betty Quinlen  
 07/19 Arlene Anderson  
 07/20 Margaret Ward  
 07/21 Dana Finger  
 07/23 Diane Rake  
 07/24 Pat Mason  
 07/24 Cristina Rangel  
 07/25 Julie Bohmfalk  
 07/26 Londi Medrano  
 07/26 Joyce Romine  
 07/27 Priscilla Fife  
 07/27 Helena Hurst  
 07/27 Kathy Sundin  
 07/27 Pat Thomas

07/28 Tori Dell  
 07/28 Linda Noll  
 07/28 M. Catherine Ridgeway  
 07/28 Lois Will  
 07/29 Diane Clewet  
 07/29 Yolanda McGillivray  
 07/30 Jacob Jones  
 07/30 Trina Nelson  
 07/31 Coreen Coones  
 07/31 Bev Davis  
 07/31 Jean Rosenberg

08/24 Jeff Goodwin  
 08/26 Lenore Blaauw  
 08/26 Priscilla Plescov  
 08/26 Mary Shurtleff  
 08/28 Sally Short  
 08/30 Angela Dingman  
 08/30 Leonard Strickland  
 08/30 Pat Wood  
 08/31 Elijah Swonger

**August:**

08/01 Marilyn DeVille  
 08/01 Jack Halligan  
 08/01 Joyce Kramer  
 08/01 Melissa Lauritzen  
 08/02 Diane Younglove  
 08/03 Diane Sutton  
 08/04 Debra Gray  
 08/04 Bill Powell  
 08/04 Doug Rathgeb  
 08/04 Val Riddle  
 08/06 Albert Ratliff  
 08/06 Jack Ratliff  
 08/08 Roger McElligott  
 08/08 Betty Staley  
 08/09 Nancy Downer  
 08/10 Molly Ratliff  
 08/10 Rosa Rogers  
 08/10 Charlotte Stott  
 08/10 Elisa Ungerman  
 08/12 Jinley Hart  
 08/14 Stacy Conley  
 08/15 Lisa Riddle  
 08/17 Heidi Lewis  
 08/17 Jan Radimsky  
 08/18 Myrna Jackson  
 08/19 Monique Garcia  
 08/19 Kelli Maxfield  
 08/21 Faith Recio  
 08/22 John Quinlen

**September:**

09/03 Linda MacLeod  
 09/03 Diana Mollart  
 09/03 Diana Vizzard  
 09/05 Angie Ellison  
 09/06 Rolf Zschoernig  
 09/08 Marty Langley  
 09/08 Carolyn Pretzer  
 09/09 Rob Daniels  
 09/09 Holly Johnson  
 09/10 Sue Barela  
 09/11 Joan Whittaker  
 09/12 David Denes  
 09/13 Kathy Wolff  
 09/14 Ann Williams  
 09/15 Lil D'Auria  
 09/15 Dan Robinson  
 09/17 Nancy Calkins  
 09/17 Joseph Fournier  
 09/18 Trevor Harding  
 09/19 Sandi Lapre  
 09/21 Robert Krieger  
 09/23 Tricia Esparza  
 09/24 Peggy Daly  
 09/26 Daydre Roser  
 09/27 Kathy Epling  
 09/27 Suzy Holtzman  
 09/27 Greg Hood  
 09/28 Yvonne Brandon  
 09/28 Steve Cates  
 09/29 Mary Babayco  
 09/30 Jackie Clauson

# 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!**

## Club Shirts from Lands' End



### 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

Embroider  
your name  
for \$5.00  
more!

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](mailto:nussb@surewest.net)) for help.

## NOW IN STOCK

We've just received a new shipment of Club t-shirts in adults and children's sizes. You can order them on our website or purchase them at an event.

Modeled by Club Member  
Elijah Swonger



## Making the Most of Your Computer Having Fun With Cut, Copy, and Paste!

by Steve Hughart



One of the really great things about both Windows and the Macintosh systems is that these operating systems allow you to cut, copy, and paste selected data from one application to another. This may not sound like a big deal, but if you ever used a PC in the old, DOS days, you will understand. This article will show you how to use some of these features in the Windows environment, although the concepts carry over to the Macintosh as well (the specific methods don't however).

There are 2 concepts that you need to understand before we can talk about specific "how-to's." The first is "selection" and the second is the Windows Clipboard.

"Selection" is the way that you tell the computer exactly what data you want to operate on. It can be a block of text, a picture, a file, or almost any other object that the computer displays or uses. The mouse is used most often to make selections, usually by either a single click or by dragging the mouse cursor over an area while holding down the left mouse button. The computer often displays what you have selected by "highlighting" the area or object, usually by making the background a contrasting color (often blue or black when the normal background is white or a light color). Once you have data selected, then you can start the cut (remove) or copy operations.

The Windows Clipboard is a feature that acts as a temporary holding place for data, usually what you want to copy or move from one place to another. The Clipboard is used so often, that it is always available when Windows is running. It's also one of the features that has no display available, unless you procure a special program for that purpose. This is no big deal, because the process of using the Clipboard usually goes like this: Select the data, cut or copy it, move over to the program where you want the data to be, and paste the data from the clipboard. In fact you don't even really need to know about the Clipboard in order to use it. Any cut, copy, or paste operation uses the Clipboard behind the scenes without you having to tell the computer to do so.

It is important to remember that the last thing placed into the Clipboard is what will be pasted when you tell the computer to paste something. You just have to be careful not to copy data without pasting it where you want before making a second copy operation. It also means that you can paste the same data multiple times without having to do multiple copy operations.

*(continued on next page)*

There are some nifty keyboard shortcuts that work almost everywhere while in Windows:

- <Ctrl><C> = copy
- <Ctrl><X> = cut
- <Ctrl><V> = paste

“<Ctrl><C>” means to hold the “Ctrl” key down at the same time as you press the “C” key). Sometimes these keyboard shortcuts are the only way you can cut, copy, or paste, but many programs also have these commands under the “Edit” menu.

The Select, Cut, Copy, and Paste operations are basic commands that should be covered by the Help documents in the programs that you use, so I won’t repeat what’s already been written here. There are a couple of uses for copy and paste that many people don’t know about.

Copying website addresses can be extremely helpful if you are seeking technical assistance or you just want to let someone know of a really cool website you just found (like <http://sacramentowalkingsticks.org>). When you use the method as shown below, you will not make any spelling mistakes either, which is the real plus for using the Clipboard. Technical Support people just hate hearing things like “Well, you know the page I’m talking about. It’s the one with a bunch of links on it...”

#### Copying website addresses:

1. Go to the website in your favorite browser.
2. Single-click in the address bar (off to the right of any text if you can).
3. Press <Ctrl><C> to place the address in the Clipboard.
4. Go to where you want to have the address showing (email, word processing document, spreadsheet, etc.) and make sure the cursor is where you want the address to be.
5. Press <Ctrl><V> to paste the address where you want it.

File names can be tricky and easy to misspell and often defy description. Technical Support people just hate hearing things like “Well, you know the file I’m talking about. It’s the one that the computer uses to do something or other, I don’t know what...”

#### Copying file names:

1. Open Windows Explorer (not Internet Explorer).
2. Find the file in your folders and single-click on the file name.
3. Press the “F2”, button. This will allow you to rename the file, or if you just want to copy the file name, press <Ctrl><C>. (I learned this trick from my supervisor after working in the computer industry for over 20 years.)
4. Go to where you want to have the file name showing (email, word processing document, spreadsheet, etc.) and make sure the cursor is where you want the file name to be.



5. Press <Ctrl><V> to paste the file name where you want it.

Screen-shots can be very useful, especially if you are trying to tell someone how to use a computer to do a specific task. I also use them to document bills I’ve paid on-line. I put a screen-shot of the confirmation page into a word processing document and save it to my hard drive so I have less paper to clutter my office.

#### Screen-shots:

1. Press the <PrtScn> key if you want an image of the *entire screen*. Hold the “Alt” key as well (<Alt><PrtScn>) to place the image of the *active window* (the program you are currently using) into the Clipboard.
2. Move to the program where you want the image placed and make sure the cursor is where you want the image to be.
3. Press <Ctrl><V> to paste the image where you want it.

I hope you’ve found something useful in this article. I encourage you to play around with the various operations, but just be careful when doing a “cut” operation. You might need to know about another favorite keyboard shortcut: <Ctrl><Z> which is the “Undo” operation. But, of course, since you never make mistakes, you probably won’t need to remember this one....



Got your Sticks Bucks yet?  
They’re convenient!