Greetings Sticks members,

I don’t know about you, but I’m loving the weather we’ve been having of late. Sunday, March 8th, we go back to daylight savings time which means it’ll be lighter – longer. For those who’ve been joining me for the night group walks, it means we’ll be walking without flashlights! One more thing I love—being a member of the Sacramento Walking Sticks Club. We have a plethora of fantastic walks all over the Sacramento region, group walks that we can join in day or night plus fun adventures all over California—who wouldn’t want to be a member?

We’ll all have an opportunity in the next 30 days to invite our friends, family and co-workers to join us on our walks as we host a Traditional Event on March 14th or Pi Day as we like to call it. It falls on a Saturday this year, so we’ll be walking from Marie Callender’s Restaurant & Bakery all morning on a 3- and 6-mile route through neighborhoods and parks. We’ll return to Marie’s and hopefully stay for lunch and a slice of pie (kids eat FREE all day on Saturday’s). Then on April 1-7, we’ll be hosting our walks morning and night to celebrate AVA’s National Walking Day and Week. We’re hoping publicity will bring out many new people to join in our walks and I’m counting on ALL OF YOU to welcome and encourage them to keep coming out to walk with us and become Sticks members.

Special Programs—have you signed up for any? What about the Walking with Woody or the University Walkin’ programs? I encourage you to try one out and see what you think—I find them slightly addictive and a great incentive to get me out walking in a place I might not have gone to on my own. For instance, there are 2 new walks in Keene that I’m going to because I need a K or two for my Walking with Woody book. Where’s Keene? Near Bakersfield and Tehachapi and the walk is hosted by the Green Valley Gators Club down by Redlands. We have an Overnight Road Adventure to drive down there on Fri/Sat, March 27 and 28. Even if you aren’t working this special program—come join us for the fun and adventure. In April we’ll have another fun Overnight Adventure to Reno on April 24 and 25 so we can get the University of Reno stamp for our University Walkin’ program. Lastly, several of us are working on the new Rock-in’ Around the Clock program and it is crazy to be on a walk and spot all the clock towers! Our recent trip to San Jose, we must’ve seen at least 6 and there was 1 on our Historic Benicia trip in February. We spotted several on our Sacramento-Hidden Murals walk on President’s Day as well as several on the Sacramento-Capital night walk we did. The programs don’t cost much, $10.00 usually, and then you pay $3.00 for each walk you do to get the stamp to put in your booklet. If you’re already walking for volkswalk credit, then this stamp is part of your event and distance stamping.

Finally, we have our CVA Convention coming up in Mt Shasta on May 1-3, hosted by the Shasta Sundial Strollers Club. I encourage all of you to attend, if not for the entire three days, then at least for one. They’ll have three great walks to choose from plus you can join in their Saturday night group dinner. For more information, go out to the www.CVA4U.org website to get all the details you need.

Hope to walk and talk with you soon,

Barbara Nuss, President
916.283.4650,
nussb@surewest.net
Not Getting Emails From The Sacramento Walking Sticks?

If you have suddenly stopped getting emails from the club or you’ve never received any, it is likely that the emails are going into your Spam folder (a “Junk” folder is the same). Basically, your email server has decided that the sender may be sending spam. There is an easy fix:

First, add the email addresses below to your Contacts list:

nussb@surewest  Barbara Nuss
sticks.membership@yahoo.com  The SWS Membership Committee

If your email server sees that the sender is in your Contacts, it will route the emails to your inbox without problem. This takes care of all future emails.

The next thing to do is to go into your Spam folder to find “old” emails that you want to read. Before you start searching what is likely to be a long list of emails, sort the emails by sender. Then you can scroll through and look for those senders who you don’t want to miss in your inbox. You just might find emails from friends and family there too!

Once you find an email that you want in your inbox, mark it (and any other from that sender) as “Not Spam” or the equivalent label. You can then move these emails to your inbox or do whatever you want with them.

Not all email programs work identically. If you are having difficulty finding a function, you should consult the Help option in your email program. You might also look for a solution with Google.

If you have a GMAIL account, there is a setting you can change to force all Walk Alerts to go to your primary inbox. Follow these directions:

Login to your email account at gmail.com from a computer. (will not work with a cell phone or tablet).

Click on the gear icon in the upper right-hand corner.

Click on Settings in the drop-down menu.

Click on Filters and Blocked Addresses at the top of the page.

In the section labeled The following filters are applied to all incoming mail, click on Create a new filter.

Type Sacramento Walking Sticks in the From field and click on Create filter.
Select Never send to spam. Click on Create Filter.

You can set up filters for any incoming email. This is handy if you have emails that you want to delete immediately, or send to a personal file, etc.

—Steve Hughart
Dear AVA Family,

We are counting down the days to our annual fundraiser, the Big Give. On March 26, please keep us in mind and help us reach our goal of $80,000! Share with friends and family members about the important work we do and ask them to join us in making a difference. Walk long, stay strong with America’s Walking Club!

How You Can Participate
1. Share the attached Big Give Flyer with family & friends.
4. Make an online contribution the day of March 26, 2020 to help us leverage additional cash prizes. To donate online visit https://www.thebiggivesa.org/organizations/american-volkssport-association-inc
5. Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is $100. *Fee for bank transfer donations is $3.00 per transaction. Fee for all other online donations is 6.2% + $0.30.
6. Fundraise on behalf of the AVA by creating a Peer to Peer page. If you need assistance creating or personalizing your page, please send an email to emily@ava.org (note on subject line Peer to Peer Help) or you can reach her at 210-659-2112.

For more information on the Big Give, feel free to reach me at samanta@ava.org. Thank you for your support!

Samanta Sanchez
Communications Specialist
1001 Pat Booker Road, Ste 101
Universal City, Texas 78148
(210) 659-2112
(210) 659-1212 fax
ava.org
On the Martin Luther King holiday, five of us Walking Sticks met at 0700 at the West Sac Park and Ride for the first Road Adventure of the year to San Jose. I was prepared to drive, but Barbara said climb aboard, and I was happy to ride. Traffic was not an issue on the way down though. (There was some on 680 on the return. Thank you Tammi for helping out with the driving.)

We had time for coffee/hot chocolate/breakfast before 1000. Suzi Glass had picked up the Walk Box from Campbell, a very big help. First Carole, and then Jocelyn met us at the Start. Parking was FREE for the holiday. We had two walkers from Pittsburg and one from Concord join three from San Jose. The San Jose downtown walk is a good one to take with a group. For one thing, there were some misleading directions to discuss. I got much farther along than I did with Miles last year. (He was back in Sacramento marching for MLK, by the way.)

After walking through San Jose State, the highlights were: the Peralta Adobe, Little Italy, the Shark Tank, the Native American tribes wall, the train station, the Children’s Discovery museum, the Center for the Performing Arts, the Tech museum, and the Museum of Art.

Before returning, we lunched as a group.

It was interesting to hear from those who live and work in San Jose, and those who used to live and work and/or go to school in San Jose.

Barbara makes road trips fun as some of you well know. I would recommend trying one out.

Sunshine, Water, and a Cozy Fog on the February 1st Pocket Area Friendship Walk

Photos and Comments by Joanne Jensen

The fog gives way to sunshine, but we celebrate water at this place on the Sacramento River. Also got to meet lots of the real Sacramento Walking Sticks usual suspects on the way. Might have done about 7 or 8K when I got back! Easy does it for the Sloth team.
It’s true that we members of the Sacramento Walking Sticks are blessed with a wealth of interesting local walks and some pretty awesome weather most of the year. Still, I always thought it would be great to get away to a sunny, warmer location for a winter vacation. When I saw that Tater Tours had a trip to Florida this past January, I signed up. On a cold, overcast Wednesday in mid January, my roommate Janet and I flew to Jacksonville, Florida ... a day before the Tater Tour group was to meet. Since we had some unscheduled time that first day, we took the recommendation of my seatmate on the plane and took an Uber to San Marco, one of Jacksonville’s most historic neighborhoods where we admired San Marco Square, strolled down shady streets and enjoyed the sights along the St. John’s River.

The next day our very congenial group of “Tots” (including two more members of the Sacramento Walking Sticks!) was off to participate in the special MLK Day Weekend event in the Jacksonville area. We walked on Ft. George Island, Hanna Park, downtown Jacksonville and up and down the Jacksonville Beaches. We had lovely, warm weather, rainy weather, cold weather and gale force winds ... pretty much every kind of weather!

Our next stop was St. Augustine, the oldest city in the U.S. and sight of the famous Castillo de San Marcos National Monument, Flagler College and many historic cathedrals, hotels and government buildings.

The next couple nights were spent at a waterfront hotel in Daytona Beach, which afforded us the opportunity to walk in Flagler Beach, Ormond Beach, New Smyrna Beach and Daytona Beach ... with more cold temps, rainy weather and high wind warnings!

On Thursday, we headed inland for a wonderful morning at Blue Spring State Park ... definitely the highlight of the trip for me. Blue Spring State Park is the winter home of the West Indian Manatees. On the day we visited and walked along the beautiful, tropical lagoon boardwalk 524 manatees were present.

Our Florida extravaganza finished up with a couple days in Orlando featuring walks along International Drive visiting the massive Orlando Convention Center in the rain, and through every corner of Universal Studios Citywalk and Disney Springs on our final day with perfect walking weather.

Returning home, 10 days later, I can definitely say that I am hooked on taking a winter, walking vacation and ready to go back to Florida to explore more of the sunshine state.
The Gathering of Sticks

By Theresa Ihara, travel2md@gmail.com
No Sweat Gazette Roving Photographer

Photos below: Elk Grove Creek Watershed, Jan 18, Sac Pocket Area, Jan 21, Charlie Fowble Elk Grove, Feb 13, Cosumnes River Preserve, Feb 22, Curtis Park, Feb 25.
Remember those dark days of winter?

You may have attended the Sacramento Walking Sticks’ New Year’s Eve and New Year’s Day events and picked up a bag of irises to plant in anticipation that spring was just around the corner! Now that the days are longer and the sun is shining, I’m sure your irises have grown bright green shoots and may show signs of blooming, beautiful purple flowers.

Well, here is a surprising, unexpected connection with those New Year’s irises to our favorite Christmas dinner location, Casa Garden: Some bags of them were left after the New Year’s events, and, with the help of Kaia McLaughlin and Myrna Jackson, those irises found a new home at Casa Garden! They will add beauty to the grounds when various events like weddings, anniversaries, and Christmas parties are held there! Even more important, the Sticks found another way to support Casa Garden and the Sacramento Children’s Home. The Joy of Spring for all!

Editor’s Note: But what Nancy did not mention is that she and husband Bruce dug up the Iris bulbs from their yard, put them in paper sacks, wrote and printed description and instructions to staple onto each sack, and displayed them on the stage at the New Year’s Event as a very clever and creative way to raise donations for the Sticks. Big applause and cheers to Nancy and Bruce Calkins!

Don’t Miss the 2020 CVA Convention, May 1-3!

(From Walk Alert, 2/27/2020)
The Shasta Sundial Strollers Club in Redding will be hosting the Convention in Mt Shasta this year. There will be 3 walks to choose from. All the information is in the Convention Brochure at the link below.

The host hotel will be the Best Western Plus/Tree House in Mt Shasta. The block of rooms reserved is sold out. There are still rooms available outside of the block at the normal rates. Call the hotel for quotes. There are rooms at 2 additional hotels in Mt Shasta. You can find lodging in nearby Weed, CA. There’s also a KOA Kampground in Mt Shasta as well as the Mt Shasta Golf Resort located 7 minutes from the Best Western Plus/Tree House. Here is contact information for the hotels: 

**Best Western Plus/Tree House**, 111 Morgan Wy, Mt Shasta CA 96067, 530.926.3101.

**Cold Creek Inn**, 724 N Mt Shasta Blvd, Mt Shasta CA 96067, 1.800.292.9421, Special rates reserved under Shasta Sundial Strollers ($122.81 tax included) for 2 Queens. Breakfast isn’t provided. Deadline to reserve rooms is April 10, 2020.

**Inn at Mt Shasta**, 710 S Mt Shasta Blvd, Mt Shasta CA 96067, 530.918.9292, Aaron-Hotel Manager. Special rates available under Shasta Sundial Strollers ($166.88 tax included) for 2 queens. Breakfast isn’t provided. Deadline to reserve rooms is April 10, 2020.

CONTACT: Cynthia Turbin, President of the Shasta Sundial Strollers, 530.949.2810, ShastaSundialStrollers2@yahoo.com

For Convention Brochure: [https://mcusercontent.com/9fa581f10c55c1c086aafe9cf/files/e6205df48-a24c-4ef8-9e4b-2985d3f558ef/2020_CVA_Conv_Brochure_1.pdf](https://mcusercontent.com/9fa581f10c55c1c086aafe9cf/files/e6205df48-a24c-4ef8-9e4b-2985d3f558ef/2020_CVA_Conv_Brochure_1.pdf)
Health Fair Heroes Throughout the Years

Here is a photo of Anne Ofsink (left) and Kaia McLaughlin working diligently on January 29 to introduce the world to the Sticks at the Office of Statewide Health Planning and Development health fair. Under the tireless and creative direction of Anne, these dedicated Sticks members work very hard at several health fairs per year. And it’s the large number of Walk Alert sign-ups they always get from visitors to these health fairs that plentifully rewards Anne and Kaia for their efforts. After the No Sweat Gazette forwarded these comments and the photo to Sticks President Barbara Nuss, she responded:

“Perhaps you could mention that Priscilla Fife was our Health Fair Coordinator for many years and then handed it on to Beverly Bales who, in turn, handed it off to Anne Ofsink. Why has the club grown so large and remained so large all these years? For sure it’s our presence at all the Health Fairs we’ve been to all these many years. Each Sticks Health Fair Coordinator has relied on Sticks volunteers to help her at the tables. Bravo!”

So after the all the stress, excitement, and commotion surrounding sitting at the Sticks’ tables during several health fairs over a short period of time, where do these Health Fair Volunteers go for R&R as well as to find opportunity to hone their walking skills developed over many Kilometers of walking on Sticks walks?

Well, To Death Valley, of course, on February 23rd, for some nights of tent camping and some days of hiking, and back-road exploring in that fabulous National Park.
By the Light of the Silvery Moon
Wolf Moon Walk—Elk Grove Creek Watershed
January 10, 2020
By Bruce Calkins, becalkins@gmail.com
No Sweat Gazette Roving Photographer
Walking Book Club

Priscilla Fife, Book Walk Coordinator
916.616.6003 • prfife@gmail.com

No April Book Walk

May Book Recommendation:
The View From Alameda Island
by Robyn Carr

Available online in Paperback, Kindle, and Audible Audiobook, 26 print copies, 6 large print copies and e-Books available through Sacramento Public Library.

From the outside looking in, Lauren Delaney has a life to envy—a successful career, a solid marriage to a prominent surgeon and two beautiful daughters who are off to good colleges. But on her twenty-fourth wedding anniversary Lauren makes a decision that will change everything.

Lauren won’t pretend things are perfect anymore. She defies the controlling husband who has privately mistreated her throughout their marriage and files for divorce. And as she starts her new life she meets a kindred spirit—a man who is also struggling with the decision to end his unhappy marriage.

But Lauren’s husband wants his “perfect” life back, and his actions are shocking. Facing an uncertain future, Lauren discovers an inner strength she didn’t know she had as she fights for the love and happiness she deserves.

Please join us on Sunday, May 17 at 10 am for 6K walk in Alameda. We’ll be doing the Alameda Victorian 6K. Lunch and book discussion to follow at Little House Cafe, 2300 Blanding Ave, Alameda, CA 94501

June Book Recommendation:
The Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees. by Meredith May

Sacramento Public Library has 6 print copies, 1 large print copy, 1 CD Audiobook and 4 e Audiobooks. Available online in hardcover, paperback, Large Print, Nook, Kindle and audiobook formats.

Book Description from Amazon:
#1 New York Times bestselling author Robyn Carr delivers a poignant and powerful story about how one woman’s best intentions lead to the worst of situations and how the power of love helps her to heal and ultimately triumph.

Book description from Amazon:
An extraordinary story of a girl, her grandfather and one of nature’s most mysterious and beguiling creatures: the honeybee.

Click here for Carpool Guidelines:
http://www.sacramentowalkingsticks.org/docs/CarpoolGuidelinesWestSacParkRide.pdf
Meredith May recalls the first time a honeybee crawled on her arm. She was five years old, her parents had recently split, and suddenly she found herself in the care of her grandfather, an eccentric beekeeper who made honey in a rusty old military bus in the yard. That first close encounter was at once terrifying and exhilarating for May, and in that moment she discovered that everything she needed to know about life and family was right before her eyes, in the secret world of bees.

May turned to her grandfather and the art of beekeeping as an escape from her troubled reality. Her mother had receded into a volatile cycle of neurosis and despair and spent most days locked away in the bedroom. It was during this pivotal time in May’s childhood that she learned to take care of herself, forged an unbreakable bond with her grandfather, and opened her eyes to the magic and wisdom of nature.

The bees became a guiding force in May’s life, teaching her about family and community, loyalty and survival and the unequivocal relationship between a mother and her child. Part memoir, part beekeeping odyssey, *The Honey Bus* is an unforgettable story about finding home in the most unusual of places, and how a tiny, little-understood insect could save a life.

**Please join us on Sunday, June 7 in Carmel at 10 am for our book walk.** We’ll be doing the 5K Carmel Mission Walk. We’ll meet at the Lopez Taqueria to register and then drive to the start point. Here’s a link for the walk details: [https://my.ava.org/event-view.php?sn=114912](https://my.ava.org/event-view.php?sn=114912)
The location for our book discussion will be determined soon.

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**Join the Sticks for a Pi/Pie Day Celebration!**

Bring your appetite for great walking with friends, your sweet tooth’s craving for some delicious and decadent dessert, and at least your vague knowledge that “Pi is a name given to the ratio of the circumference of a circle to the diameter. That means, for any circle, you can divide the circumference (the distance around the circle) by the diameter and always get exactly the same number. It doesn’t matter how big or small the circle is, Pi remains the same. Pi is often written using the symbol of the Greek letter “π” and is pronounced "pie," just like the dessert.” ([math.com](http://math.com)) and that Pi is expressed in a wide variety of formulas such as, for example, *Euler’s Formula:*

\[
\sum_{n=1}^{\infty} \frac{1}{n^2} = \frac{\pi^2}{6} = \frac{1}{1^2} + \frac{1}{2^2} + \frac{1}{3^2} + \ldots \quad \text{(or more generally...)}
\]

\[
\sum_{n=1}^{\infty} \frac{1}{n^{2k}} = \frac{(-1)^{k-1}}{2^{2k}} \frac{B_{2k}}{2k}!
\]

**Bernoulli numbers** are defined as (n 0)B_0 + (n 1)B_1 + (n 2)B_2 + ... + (n (n-1))B_{(n-1)} = 0 assuming all odd Bernoulli #'s > 1 are = 0. (n k) = binomial coefficient = n!/(k!(n-k)!)

(\text{NOTE: memorization of this formula helpful but not required for registering for the walks or for ordering pie from Marie Callender’s.})

According to Sticks President Barbara Nuss, “This year we will be celebrating Pi Day on Saturday, March 14th with a Traditional Event and EVERYONE is invited to join in our fun. We will offer an outstanding walk (3 and 6 mile routes to choose from) out of the last Marie Callender’s restaurant in town--on Freeport Blvd near the Executive Airport.” [Watch Barbara’s Walk Alert’s for more information.](https://my.ava.org/event-view.php?sn=114912)
Here's the Sacramento Walking Sticks schedule for AVA’s Declared *National Walking Week*:

April 1-7: National Walking Day and Week. We’ll be offering morning and evening walks every single day. Daytime walkers will have the option of walking a 5 or 10k route; nighttime walkers will all be in a group walking a 5k.

**April 1  Elk Grove-Charlie Fowble Memorial #997**
Start: Tea Garden Restaurant, 9109 Laguna Main St #100, Elk Grove CA 95758
Registration: Daytime—9:15 a.m.  Nighttime—6:15 p.m.
Sacramento Walking Sticks, POC Paul Robb, 916.430.6649, Paul.Robb65@gmail.com

**April 2  Daytime, Folsom #165**
Start: Karen’s Bakery & Café, 705 Gold Lake Dr, Ste 340, Folsom CA 95630
Registration: 9:15 a.m.
Sacramento Walking Sticks, POC Heidi Foster, 916.792.1720, HeidiWalks@sbcglobal.net
Nighttime, Fair Oaks  #1064
Start: Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd, Fair Oaks CA 95628
Registration: 6:15 p.m.
Sacramento Walking Sticks, POC Marcia Maurer, 916.844.4673, marshinguat@gmail.com

**April 3  Daytime, Sacramento-Elmhurst to East Sac #1422**
Start: CVS Pharmacy, 5039 Folsom Blvd, Sacramento CA 95819
Registration: 9:15 a.m.
Sacramento Walking Sticks, POC Gail Samcoff, 916.429.8377, GailSamcoff@gmail.com
Nighttime, Gold River #1793
Start: Starbucks Coffee, 2095 Golden Centre Ln, Ste 10, Gold River CA 95670
Registration: 6:15 p.m.
Sacramento Walking Sticks, POC Roxie Jones, 916.813.7015, Roxalie@ymail.com

**April 4  Daytime, Roseville-Sculpture #266**
Start: 350 N Sunrise Ave, Roseville CA 95661
Registration: 9:15 a.m.
Placer Pacers, POC Don Ratliff, 916.645,8280, dratliff1515@gmail.com
Nighttime, Sacramento-Arden Park #558
Start: Starbucks, 4301 Arden Wy, Sacramento CA 95864
Registration: 6:15 p.m.
Sacramento Walking Sticks, POC Myrna Jackson, 916.481.6714, myjackwalks@yahoo.com

**April 5  Daytime, Sacramento-Ashton Park #1049**
Start: Starbucks Coffee, 810 Watt Ave, Sacramento CA 95864
Registration: 9:15 a.m.
Sacramento Walking Sticks, POC Beverly Bales, 916.488.8570, BalesB@att.net
Announcing the following opportunities to volunteer for the Sacramento Walking Sticks. Volunteering for the Sticks is fun, satisfying, rewarding, and it is solely thanks to our volunteers that our club remains strong, fabulous, and pulsating with life, vigor, and activity.

**We need:**

— A new Super POC. Susan Martimo has volunteered for 9 years and is ready to give it to someone else. Duties are to maintain ALL the walk boxes we have scattered here and there. If there is a new YRE, she gets a new walk box ready (labels, binder, graphics, pen pouch, ink pad, etc.). Sometimes the boxes get dirty and need replacing or we have a new POC which means changing up the contact information.

— Our start location at Land Bark Pet Supplies on Riverside Blvd is no longer. If anyone wants to help find a new location for the three walks (Sacramento-Curtis Park, Land Park and River & Miller Park), please let us know. ALSO: We need a new POC for these 3 YRE’s.

Barbara Nuss, President

www.SacramentoWalkingSticks.org
916.283.4650
nussb@surewest.net

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April 6  Daytime, Sacramento-Sierra Oaks Vista #905
Start: Starbucks Coffee, 810 Watt Ave, Sacramento CA 95864
Registration: 9:15 a.m.
Sacramento Walking Sticks, POC Beverly Bales, 916.488.8570, Bales@att.net

Nighttime, West Sacramento-River Walk #545
Start: La Bou Bakery & Café, 849 Jefferson Blvd #101, West Sacramento CA 95691
Registration: 6:15 p.m.
Sacramento Walking Sticks, POC Susan Martimo, 916.372.5098, SusanMartimo@sbcglobal.net

April 7  Daytime, Sacramento-Hidden Murals #2337
Start: Rite Aid, 2211 F St, Sacramento CA 95816
Registration: 9:15 a.m.
Sacramento Walking Sticks, POC Rutherford Smith, 530.219.5610, HeadWing@att.net

Nighttime, Elk Grove Regional Park (Full Moon Walk) #1775
Start: Old Town Pizza & Tap House, 9677 Elk Grove-Florin Rd, Elk Grove CA 95624
Registration: 8:00 p.m.
Sacramento Walking Sticks, POC Pau Robb, 916.430.6649, Paul.Robb65@gma
### Upcoming Walks for April, 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location/Note</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Apr 1</td>
<td>9:15 am</td>
<td>Elk Grove—Charlie Fowble</td>
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<tr>
<td>Wednesday</td>
<td>Apr 1</td>
<td>6:15 pm</td>
<td>Elk Grove—Charlie Fowble</td>
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<td>Apr 2</td>
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<td>Apr 2</td>
<td>6:15 pm</td>
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<td>Friday</td>
<td>Apr 3</td>
<td>9:15 am</td>
<td>Sacramento—Hidden Murals</td>
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<td>Friday</td>
<td>Apr 3</td>
<td>6:15 pm</td>
<td>Gold River</td>
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<td>Saturday</td>
<td>Apr 4</td>
<td>9:15 am</td>
<td>Roseville—Sculpture Park</td>
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<td>6:15 pm</td>
<td>Sacramento—Arden Park</td>
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<td>9:15 am</td>
<td>Sacramento—Ashton Park</td>
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<td>Apr 5</td>
<td>6:15 pm</td>
<td>Sacramento—Fab 40’s</td>
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<td>Monday</td>
<td>Apr 6</td>
<td>9:15 am</td>
<td>Sacramento—Sierra Oaks Vista</td>
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<td>Monday</td>
<td>Apr 6</td>
<td>6:15 pm</td>
<td>West Sacramento—River Walk</td>
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<td>Apr 7</td>
<td>9:15 am</td>
<td>Sacramento—Hidden Murals</td>
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<td>Tuesday</td>
<td>Apr 7</td>
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<td>Elk Grove Regional Park—Full Pink Moon (Evening Walk)</td>
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<td>Wednesday</td>
<td>Apr 8</td>
<td>6:15 pm</td>
<td>Zamora (Evening Walk)</td>
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<td>9:15 am</td>
<td>Sacramento—American River</td>
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<tr>
<td>Thursday</td>
<td>Apr 9</td>
<td>9:15 am</td>
<td>Circle Davis (Bicycle)</td>
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<td>Saturday</td>
<td>Apr 11</td>
<td>9:15 am</td>
<td>West Sac, Clarksburg Branch Line, Friendship Walk</td>
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<td>Tuesday</td>
<td>Apr 14</td>
<td>9:15 am</td>
<td>Sacramento—Aston Park</td>
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<td>Wednesday</td>
<td>Apr 15</td>
<td>6:30 am</td>
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<td>Apr 15</td>
<td>6:15 pm</td>
<td>Sacramento—Curtis Park (Evening Walk)</td>
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<td>Thursday</td>
<td>Apr 16</td>
<td>10:00 am</td>
<td>Davis—South Davis, El Macero</td>
</tr>
<tr>
<td>Saturday</td>
<td>Apr 18</td>
<td>TBD*</td>
<td>Lockeford (Clements), Traditional Event</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Apr 21</td>
<td>9:15 am</td>
<td>Sacramento—North Laguna Creek</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr 22</td>
<td>6:15 pm</td>
<td>Elk Grove, East Rec Trails (Evening Walk)</td>
</tr>
<tr>
<td>Thursday</td>
<td>Apr 23</td>
<td>9:15 am</td>
<td>Gold River</td>
</tr>
<tr>
<td>Thursday</td>
<td>Apr 23</td>
<td>9:15 am</td>
<td>Roseville (Bicycle)</td>
</tr>
<tr>
<td>Fri/Sat</td>
<td>Apr 24/25</td>
<td>TBD*</td>
<td>Reno—Overnight Road Adventure</td>
</tr>
<tr>
<td>Sunday</td>
<td>Apr 26</td>
<td>TBD*</td>
<td>Weimar, Traditional Event</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Apr 28</td>
<td>9:15 am</td>
<td>Sacramento—Fab 40's</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr 29</td>
<td>6:15 pm</td>
<td>Sacramento—Fab 40's (Evening Walk)</td>
</tr>
<tr>
<td>Thursday</td>
<td>Apr 30</td>
<td>9:15 am</td>
<td>Sacramento—Arden Park</td>
</tr>
</tbody>
</table>

**NOTE:** All walks above in this blue type color are offered in conjunction with AVA’s Declared National Walking Week. Please see pages 12 and 13 of this newsletter for more information.

For more information about the walks, including start locations, please check the Calendar of Events on the Sticks website: [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) or the weekly Walk Alerts. * To Be Determined
### Upcoming Walks for May, 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location and Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>May 1</td>
<td>TBD*</td>
<td>CVA Convention, Mt Shasta</td>
</tr>
<tr>
<td>Saturday</td>
<td>May 2</td>
<td>TBD*</td>
<td>CVA Convention, Mt Shasta</td>
</tr>
<tr>
<td>Sunday</td>
<td>May 3</td>
<td>TBD*</td>
<td>CVA Convention, Mt Shasta</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 5</td>
<td>9:00 am</td>
<td>Fair Oaks</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 6</td>
<td>6:15 pm</td>
<td>Sacramento—American River <em>(Evening Walk)</em></td>
</tr>
<tr>
<td>Thursday</td>
<td>May 7</td>
<td>9:15 am</td>
<td>Rancho Cordova <em>(Bicycle)</em></td>
</tr>
<tr>
<td>Thursday</td>
<td>May 7</td>
<td>10:00 am</td>
<td>Davis—SE Tunnels and Bridges</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 7</td>
<td>8:00 pm</td>
<td>Sacramento—Sac State, Full Flower Moon <em>(Evening Walk)</em></td>
</tr>
<tr>
<td>Saturday</td>
<td>May 9</td>
<td>TBD*</td>
<td>Richmond—Rosie the Riveter</td>
</tr>
<tr>
<td>Monday</td>
<td>May 11</td>
<td>6:30 am</td>
<td>Sacramento—Arden Park, EARLY RISER</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 12</td>
<td>9:00 am</td>
<td>Sacramento—Elmhurst to East Sac</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 13</td>
<td>6:15 pm</td>
<td>Sacramento—Hidden Murals <em>(Evening Walk)</em></td>
</tr>
<tr>
<td>Thursday</td>
<td>May 14</td>
<td>9:00 am</td>
<td>Elk Grove—East Rec Trails</td>
</tr>
<tr>
<td>Saturday</td>
<td>May 16</td>
<td>9:15 am</td>
<td>Folsom, Friendship Walk</td>
</tr>
<tr>
<td>Sunday</td>
<td>May 17</td>
<td>10:00 am</td>
<td>Alameda—BOOK WALK</td>
</tr>
<tr>
<td>Monday</td>
<td>May 18</td>
<td>10:00 am</td>
<td>Road Adventure to Petaluma</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 19</td>
<td>9:00 am</td>
<td>Gold River</td>
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<tr>
<td>Wednesday</td>
<td>May 20</td>
<td>6:15 pm</td>
<td>Sacramento—Campus Commons <em>(Evening Walk)</em></td>
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<tr>
<td>Thursday</td>
<td>May 21</td>
<td>9:00 am</td>
<td>Sacramento—Hidden Murals</td>
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<tr>
<td>Thursday</td>
<td>May 21</td>
<td>9:15 am</td>
<td>Natomas Floodplain <em>(Bicycle)</em></td>
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<tr>
<td>Saturday</td>
<td>May 23</td>
<td>TBD*</td>
<td>Danville, Friendship Walk</td>
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<td>Monday</td>
<td>May 25</td>
<td>9:15 am</td>
<td>Sacramento—River and Miller Park</td>
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<tr>
<td>Tuesday</td>
<td>May 26</td>
<td>9:00 am</td>
<td>Sacramento—Land Park</td>
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<tr>
<td>Wednesday</td>
<td>May 27</td>
<td>6:15 pm</td>
<td>Sacramento—Ashton Park <em>(Evening Walk)</em></td>
</tr>
<tr>
<td>Thursday</td>
<td>May 28</td>
<td>9:00 am</td>
<td>Elk Grove—Charlie Fowble Memorial</td>
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<tr>
<td>Sat/Sun</td>
<td>May 30/31</td>
<td>TBD*</td>
<td>Calaveras Big Trees, Traditional Event</td>
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</tbody>
</table>

For more information about the walks, including start locations, please check the Calendar of Events on the Sticks website: [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) or the weekly Walk Alerts. *To Be Determined
## Upcoming Walks for June, 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Jun 2</td>
<td>8:15 am</td>
<td>Sacramento—N. Laguna Creek Wildlife</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Jun 3</td>
<td>6:15 pm</td>
<td>Sacramento—Pocket Area <strong>(Evening Walk)</strong></td>
<td></td>
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<tr>
<td>Thursday</td>
<td>Jun 4</td>
<td>8:15 am</td>
<td>Sacramento Riverfront <strong>(Bicycle)</strong></td>
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<tr>
<td>Thursday</td>
<td>Jun 4</td>
<td>10:00 am</td>
<td>Davis—University</td>
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<tr>
<td>Friday</td>
<td>Jun 5</td>
<td>8:00 pm</td>
<td><strong>West Sac—Clarksburg, Full Strawberry Moon</strong></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Jun 6</td>
<td>TBA*</td>
<td>San Rafael, <em>Traditional Event</em></td>
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<tr>
<td>Sunday</td>
<td>Jun 7</td>
<td>10:00 am</td>
<td>Carmel, <strong>BOOK WALK</strong></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jun 9</td>
<td>8:15 am</td>
<td>Sacramento—Sierra Oaks Vista</td>
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<tr>
<td>Wednesday</td>
<td>Jun 10</td>
<td>6:15 pm</td>
<td>Sacramento—Sac State <strong>(Evening Walk)</strong></td>
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<tr>
<td>Thursday</td>
<td>Jun 11</td>
<td>8:15 am</td>
<td>Sacramento—North Natomas</td>
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<tr>
<td>Friday</td>
<td>Jun 12</td>
<td>6:30 am</td>
<td>Gold River, <strong>EARLY RISER</strong></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Jun 13</td>
<td>8:15 am</td>
<td>Davis—South Davis/El Macero</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jun 16</td>
<td>8:15 am</td>
<td>Sacramento—Midtown to East Sac</td>
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<tr>
<td>Wednesday</td>
<td>Jun 17</td>
<td>5:30 pm</td>
<td>Davis—University <strong>(Evening Walk)</strong></td>
<td></td>
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<tr>
<td>Thursday</td>
<td>Jun 18</td>
<td>8:15 am</td>
<td>Sacramento—Pocket Area <strong>(Bicycle)</strong></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Jun 18</td>
<td>8:15 am</td>
<td>Zamora</td>
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<tr>
<td>Saturday</td>
<td>Jun 20</td>
<td>TBA*</td>
<td>Nevada City, <em>Traditional Event</em></td>
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<tr>
<td>Tuesday</td>
<td>Jun 23</td>
<td>8:15 am</td>
<td>West Sacramento—Clarksburg</td>
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<tr>
<td>Wednesday</td>
<td>Jun 24</td>
<td>6:15 pm</td>
<td>Elk Grove—East Rec Trails <strong>(Evening Walk)</strong></td>
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<tr>
<td>Thursday</td>
<td>Jun 25</td>
<td>8:15 am</td>
<td>Sacramento—Ashton Park</td>
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<tr>
<td>Saturday</td>
<td>Jun 27</td>
<td>TBA*</td>
<td>Lake Tahoe—Emerald Bay, <em>Traditional Event</em></td>
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<tr>
<td>Tuesday</td>
<td>Jun 30</td>
<td>9:00 am</td>
<td>Woodland</td>
<td></td>
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</tbody>
</table>

For more information about the walks, including start locations, please check the Calendar of Events on the Sticks website: [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) or the weekly Walk Alerts. * To Be Announced
**Congratulations on your Sticks Anniversary!**

*In April, May, or June*

<table>
<thead>
<tr>
<th>Years</th>
<th>Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Elizabeth Biggert, Sally Coones, Jane Graham, Phil Hickey, Sherry Reed, Rosa Rogers, Teri Steinman, Stephanie Lindsay, Linda MacLeod, George Myers, Sue Myers, Cathy Reiner, Carole Soenke, Maril Stratton, Jim Tischer, Judy Tischer, Denise Yoshikawa, Barbara Seidman, Teresa Yates</td>
</tr>
<tr>
<td>14</td>
<td>Martha Korff, Sam Korff, Steve Lavezzo, Priscilla Plescov, Rita Rippetoe, Marsha Robinson, Catherine Wieder, Terry Wieder, Janis Williams</td>
</tr>
<tr>
<td>13</td>
<td>Nancy Alex, Dorothy Spangler, Richard Spangler,</td>
</tr>
<tr>
<td>12</td>
<td>Sally Barton, Marilyn Jack</td>
</tr>
<tr>
<td>11</td>
<td>Barbara Duggen, Harriet Lamanna, D. Mattocks, Donald Prince, Susan Waldo</td>
</tr>
<tr>
<td>10</td>
<td>Sondra Cooper, Dorothy Cousins, Ellen Garry, Kay Gist, Carol Hobbs</td>
</tr>
<tr>
<td>9</td>
<td>Brenda Dougherty, Carolyn Kay, Rita Pierson, Barbara Reynolds</td>
</tr>
<tr>
<td>8</td>
<td>Mary Griffith, Lauretta Larbig</td>
</tr>
<tr>
<td>7</td>
<td>Sue Hansen, Christsie Hill, Bill Schulte, Suzi Tucker, Maureen White, Owen Wintersmith</td>
</tr>
<tr>
<td>6</td>
<td>Mike Fosgett, Charles Gieck, Machelle Gieck, Rose Lease</td>
</tr>
<tr>
<td>5</td>
<td>Angelina Becerril, Christian Becerril, Joseph Becerril, Judy Gregory, Evelyn Lease, Marcia Maurer</td>
</tr>
<tr>
<td>4</td>
<td>Nelly Bermudez, Roger Flansberg, Tom Frame, Carolyn Sanchez</td>
</tr>
<tr>
<td>3</td>
<td>Tracie Heatherly, Wendy Jordan, Sue Scudder, Jackie Vincent, Vicki Volek, John Walton, Christine Williams, Vivian Yost</td>
</tr>
<tr>
<td>2</td>
<td>Tim Bell, Stormy Dickens, Meiiling Huang, Diane Hughes, Vikki Johnson, Nancy Welch</td>
</tr>
<tr>
<td>1</td>
<td>Debbie Davis, Pat Davis, Stuart Davis, Dipti DeSai, Tammy Goosby, Joy Griffith, Suzanne Jacobs, Diane Ryder, Debbie Thomas, Stephanie Watts, Pamela Webb</td>
</tr>
</tbody>
</table>
Happy Birthday!

April:
1 Dorie Oca-Schmunk
1 Marsha Robinson
2 Susan Barstis
3 Jenny Wong
5 Angelina Becerril
5 Bonnie Dier
6 Myrna Johnston
6 Stephanie Watts
6 Nancy Welch
7 Teresa Licholai
8 Cassandra Wintersmith
9 Judy Tischer
10 Grace Moi
11 Josie Brooks
11 Dan Drummond
11 Bill Maffei
11 Inge Small
12 Helen Alexander
12 Patricia Elliott
12 Steve Lavezzo
13 Julio Rivera, Jr.
13 Christian Becerril
13 Thomas Hart
15 Stephanie Lindsay
16 Becky Highsmith
16 Barbara Nuss
16 Denise Yoshikawa
17 Doug Fee
17 Andi MacDonald
17 Pam Saltenberger
17 Gail Schurr
18 Victoria Goldblatt
20 Harriet Lamanna
20 Bettie Mah
20 Karen Topich
21 Nancy Tellefson
25 Peggy Flens
27 Ellen Fransz
28 Lewis Wakefield
29 Dana Beales
29 PJ Jones
23 Cathy Sailor
25 Randall Gutfeld
25 Suzie Madison
25 Warren Tellefson
26 John McLaughlin
27 Sharyn Holland
27 Dick Owens
28 George Myers
28 Stuart Noda
28 Becky Shaw
28 Denise Spaeth
30 Roland Ricketts
30 Blake Thomson
31 Shawn Adams
31 Cathy Maffei

May:
2 Gretchen Jung
3 Debbie Davis
4 Peggy Chisholm
4 Helyne Meszar
5 Anthony Rangel
5 Julio Rivera, Sr.
6 Tammi Kerch
6 Chris Nolan
7 Pat Drouin
8 Jamie Walker
9 Sue Hansen
10 Ted Hussey
10 Cindy Ranzenberger
14 Tim Bell
14 Sue Scudder
14 Caitlin Robb
17 John Walton
17 Gerri Wigglesworth
19 Sondra Cooper
19 Rebecca Rivera
21 Kim Dagan
21 Carole Soenke
22 Jill Simmons
23 Maria Jett
23 Cathy Sailor
25 Randall Gutfeld
25 Suzie Madison
25 Warren Tellefson
26 John McLaughlin
27 Sharyn Holland
27 Dick Owens
28 George Myers
28 Stuart Noda
28 Becky Shaw
28 Denise Spaeth
30 Roland Ricketts
30 Blake Thomson
31 Shawn Adams
31 Cathy Maffei

June:
1 Beverly Bales
1 Carol Olsen
3 Cat Ricketts
3 Norma Wesoowski
5 Jeanneen Counselman
6 Vicki Diepenbrock
6 Cynthia Turbin
7 Neil Johnson
7 Elizabeth Shelatz
8 Berta Boegel
9 Les Chisholm
9 Wendy Jordan
10 Judy Baumann
10 Pat Davis
10 Vikki Johnson
11 Felicity Brown
13 Paul Ransom
13 Sherry Reed
13 Carolyn Sanchez
14 Sally Coones
14 Russ Schmunk
15 Jane Graham
15 Rickie Kinley
15 Cathleen Madge
15 James Moi
18 Lytte Taylor
18 Terry Way
19 Kathleen Burke
19 Mick Coughal
19 William Roth
19 Chris Smith
20 Steve St.Martin
21 Patti McAllister
22 Alice Jacobs
22 Stephanie Turner
23 Evelyn Lease
24 Juanita Jagar
24 Owen Wintersmith
25 Joanne Jensen
25 Kathleen Macko
26 Diane Ryder
27 Peggy Briggs
27 Chuck Donaldson
28 Carol Gallardo
29 Ellen McCready
29 Joanna Wazig
30 Martha Drummond
30 Sharon Olson
30 Barbara Reynolds
30 Susan Z’berg

Sticks Apparel

The Anchor Group
linda.sue.ames@gmail.com

Land’s End
LandsEnd.com/business

For more information (including Land’s End Customer/Logo Numbers), visit:
http://www.sacramentowalkingsticks.org/Store.html
Renewal Heroes
by Steve Hughart

This club asks its members to renew based on the month in which they first joined. Many clubs renew their members once a year. Since the Sticks has over 550 members, having a renewal drive once a year would overwhelm the all-volunteer Membership Committee. Our membership renewal process is fully explained on a new web page. First go to the Membership page and then follow the link at the top of the page (Get all the details on the Membership Renewal Process here).

In an effort to reduce the time our volunteers spend on processing renewals, we encourage everyone to renew early and to renew for more than one year. The folks who have done this in the past are clearly “Renewal Heroes,” especially to the Membership Committee.

**Super-heros**
Renewed for multiple years
AND responded to one of the renewal emails:
- Julie Bohmfalk
- Bernard Cody
- Sharyn Holland
- Terry Holland
- Steve Lavezzo
- Bruce Leistikow
- Jean Lucas
- Doug Rathgeb
- Jamie Walker

**Multi-year Heros**
Renewed for multiple years after letter sent:
- Harlene Adams
- Layla Bentley

- Linda Bjorklund
- Yvonne Brandon
- Josie Brooks
- Debra Coubal
- Mick Coubal
- Judy Cuchna
- Anita Davies
- Ally Grayson
- Becky Highsmith
- Chris Highsmith
- Bryan Jacobi
- Mary Jacobi
- Ashleigh Mitchell
- Shelia Mitchell
- Gail Ohanesian
- Chris Smith
- Julia Smith
- Stephanie Turner
- Joanna Watzig
- Diane Younglove

- Gary Younglove
- Susan Z’berg

**Email Heros:**
Renewed for 1 year after email sent:
- Peggy Briggs
- Barbara Hodges
- Heather Reynolds
- Cat Ricketts
- Roland Ricketts
- Susan Rubinstein
- John Szabo
- Doug Thompson
- Janice Warta
- Marvin Warta

---

Welcome New Members!

- Shawn Adams
- Brian Becker
- Laurie Becker
- Romana Bough
- Catherine Brouwer
- Randy Carollo
- Linda Cox
- Claudia de LaTorre
- Patricia Di Ianni

- Doug Fee
- Yvonne Fee
- Ynez Fritsch
- Victoria Goldblatt
- Jan Heckey
- Mark Heckey
- Sharon Jacks
- Barbara Kohn
- Leona Lucchetti

- Dennis Lue-Sang
- Marjorie Lue-Sang
- Richard MacGill
- Kathleen MacKo
- Becky Shaw
- John Shaw
- Inge Small