



The No Sweat Gazette

August, 2020



The T-Shirts Say It All!



Cathy & Bill Maffei on Sticks' Memorial Day Walk

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Barbara Nuss

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Beverly Bales

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The No Sweat Gazette

*The newsletter of America's largest AVA-affiliated walking club, the **Sacramento Walking Sticks**, P.O. Box 277303, Sacramento, California 95827, published monthly.*

Reader submissions are welcome and vigorously encouraged.

Submit articles, proposals for articles, photos, any questions, comments, or suggestions to:
sticksnewsletter@aol.com

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A Glance at the Past: The Fifteenth Biennial AVA Convention

By Gail Samcoff, Sticks Historian

In the June and July issues of *The No Sweat Gazette*, there were mentions of the 2007 AVA convention. For those who were not in the area then, here is some additional information.

The 15th biennial AVA convention was held June 23-July 1, 2007 in Sacramento. The northern California AVA clubs held 12 walks. They were at Folsom, Squaw Valley, Sugar Pine, Benicia, Old Sacramento, Sonoma, Coloma, Davis, Angel Island, Golden Gate Bridge, San Francisco-Presidio and a 25-50K bike from the Radisson Hotel in Sacramento.

Busses were available to transport the walkers from the hotel to the event start points. Each walk had an award of a 1 3/8 inch medallion depicting an image that represented the area. A gold pan could be purchased to mount the awards on.

The walks were well attended with over 600 walkers per event. There were walkers from all 50 states, Sweden and Japan. Many of the Sacramento Walking Sticks members assisted with registration, check points, setup and tear down, the Gold Rush social, the Forty-Niner barbeque, workshops and other tasks.

The nine day event provided walkers from all over to experience the history and beauty of California the golden state.



Medallion Awards with Gold Pan

It Pays To Rise Early For An Early Riser!

By Zori Friedrich

My eyes usually pop open between 6 and 6:30 AM, so when I spotted an Early Riser Walk for June 12 starting from my neighborhood Starbucks in Gold River, I put the event on my calendar! How could I not participate as the Starbucks is a 3 minute drive from my home! So the night before “just in case” I set the alarm for 6 AM — I didn’t want to oversleep on the one day I really wanted to wake up early!



tree leaves! You’ve heard of the Early Bird gets the worm, well the three of us Early Risers got the goats! We giggled and smiled at them as they gazed back at us probably asking themselves “What are these humans were doing out so early!”

Up over the bridge and into the hills of Old Fair Oaks to enjoy the rest of the walk

Up and ready in minutes (it’s so early no one is going to notice what you look like!), a quick cup of coffee to get the walking juices flowing, and out the door I went. I spotted the legendary Barbara Nuss — mask on, gloves on, and ready to greet the early walkers. Though I couldn’t see her smile behind the mask, her eyes lit up and I could tell she was thrilled to have at least one Early Riser to join in the fun. After an “air” hug, registration was a breeze with my pre-completed registration card

and exact change of \$3 for credit. Didn’t have to wait long before we spotted Sticks member Heidi Foster who lives 10 minutes away. As it turned out we were a mighty team of three headed out to enjoy the quiet of the morning, the cool breezes, and birds singing. The trail for the walk led us into the American River Parkway and our “reward” for getting up early was a delightful scene at the entrance to cross the Fair Oaks Bridge — a team of hungry goats feeding on the dry grasses and

before heading back, but not before a stop at “O” Cafe Bakery Bistro. Displays cases filled with freshly made pastries and breakfast items beckoned us and since “dining in” was now a new option, we relished a moment of “normal” seated at a table eating and chatting — at a distance of course!

So Sticks members, look for the next Early Riser Walk coming to your neighborhood! You won’t be disappointed!

Here’s a walk

*you definitely don’t want to miss...
...for breathtaking scenery from Lands End to the Sea Cliff neighborhood. Enjoy views of the Golden Gate Bridge, unique and elegant million-dollar homes, China Beach, a beautifully tiled stairway entrance to Lincoln Park, 125 year old bunkers at Fort Miley, the Sutro Baths ruins, and the Sutro mansion grounds..*

For more information, check upcoming Sticks Walk Alerts or call Priscilla Fife (916)616-6003 (leave a message) or SFBayBandits@aol.com

Lands End to Sea Cliff

10 K and 5 K

San Francisco

Saturday, August 15, 2020

The Rubicon Trail at Emerald Bay—A Must Do!

By Kaia and John McLaughlin

As soon as we saw that a Traditional walk was going to be held there on June 27th this summer, we reserved a campsite at Emerald Bay State Park at Lake Tahoe. We made the camping reservations in December, but, alas, COVID-19 raised its ugly hand and swiped away the planned Traditional AVA walk for that Saturday in June.

AVA walk or no AVA walk, though, we still had the camping reservations, we desperately needed to get away from home after the shutdown, and so we packed our tent and headed up for three nights of camping.



The AVA walk originally planned for June 27, hosted by the Tahoe Trail Trekkers, called for walking the Rubicon Trail

from the Campground at Emerald Bay State Park to Vikingsholm at the Western terminus of Emerald Bay and back for the 5K walk, and past Vikingsholm along the bayside trail a ways and back for the 10k walk. We found the hike to Vikingsholm and back to be a bit more than 5K; it is a

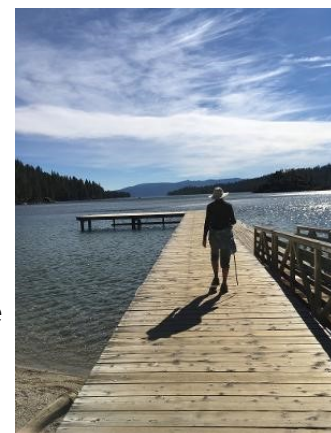


wilderness trail with a long, moderately-steep descent and, of course, the long, steep ascent on return. That, coupled with the high altitude, made it more vigorous than a 5K walk on city streets. Still, it was a truly spectacular walk with stunning World Class views of Emerald Bay mostly all the way as the trail threaded along cliff sides and through lofty pines and a variety of other conifers, interspersed with lots of those beautiful smooth- and red-barked manzanita bushes. Nearly at the end of the trail, we crossed

to the center of the bridge on which we stood to watch and listen to the pounding surf of Eagle Falls as its waters flowed beneath our feet on the bridge to empty into the bay. We will spare you the blizzard of adjectives it would require to even begin to adequately describe the actual beauty of this hike so that you'll go to see it for yourselves.



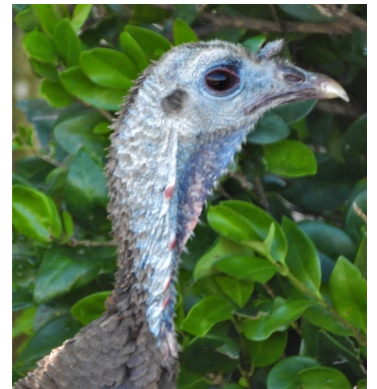
Because in years past we had hiked the northern portion of the Rubicon trail from Bliss State Park to Vikingsholm and back, we decided on this trip to do just the 5K from the South trailhead at Emerald Bay State Park on Saturday, the original date for the AVA walk. It was so gorgeous a walk, though, that we did it again the next morning. We had left early enough, before 8:00 both days, to feel as if we owned the trail and encountered only a few other hikers. But on return, there was quite heavy hiker traffic both ways, both days. This is a popular trail. It was refreshing and reassuring that nearly all hikers we passed closely on the trail lifted their face coverings to cover their noses and mouths, as did we. On both days, after we reached the Vikingsholm area and the adjacent beach, we enjoyed walking barefoot in the sand, wading in the chilly Tahoe water, and grabbing a bite of energy bar while sitting on the far end of the pier, bare feet dangling, gazing East across the beauty of Emerald Bay.



Simply put, this is a Bucket List walk. The bad news is that the Tahoe Trail Trekkers rescheduled this event for August 29th but just cancelled again because of COVID-19. But you can still go on your own! Bring your walking sticks, your wide-open eyes, and plenty of water, and you'll not regret taking this marvelous hike.

Wild Views Just Off The Path

By Bruce Calkins, becalkins@gmail.com
No Sweat Gazette Roving Photographer



To see more of Bruce's photos, go to: <https://photos.app.goo.gl/BKx9hNPrqn7Qq6PM6>

Random Notes on Walk Alerts

By Barbara Nuss

Editor's Note: because the Walk Alerts are such a helpful, constant, and familiar element in Sticks culture, The No Sweat Gazette asked Sticks President Barbara Nuss to tell us in her own words about how they evolved, about what gave her the original idea to get them going on a weekly basis, and about all the research and effort it has taken her to keep producing them regularly. Barbara generously agreed, and her "random notes" about the subject follow. While she writes below in deference to her modest nature, it is important for us to realize that, in addition to everything else Barbara does and has done for the Sacramento Walking Sticks, these Walk Alerts—these gems—have required sizable amounts of her talent, time, and effort behind the scenes to keep them coming to us year after year after year.

My 1st volkswalk was on Valentine's weekend 1988 from McKinley Park thru the Fab 40's and back. For the next 15 years, I volkswalked either alone or I invited friends and family to join me. My son was born in June 1991, and he and his friends came with me all the time. I don't remember when we started to email one another. I either called these people up and invited them and/or used email.

By 2001 or 2002, there was quite a group of us that would get together for these walks. I remember meeting up at Apple Hill and having at least 20 of us in our

group, walking the hills together. By this point, I'm fairly certain that I was using email as a way of coordinating our outings. Wayne Holloway was a member of the Placer Pacers Club in Auburn, and he had come up with this wonderful idea called Friendship Walks. He would have a calendar and put all the Traditional Events from various clubs on it. Any FREE weekends were up for grabs to do a Friendship Walk—anyone could come and walk as a group on a Year-Round walk hosted by a local club that Wayne picked out. He added your name/email address to his Friendship Walk distribution list and he'd send out a walk alert with pertinent information. Wayne had a wonderful way with words, and his alerts were great fun to read. He would send out an alert with information for the Traditional Events as well. I had my own distribution list of "my" group—so I would send out Wayne's alerts with some verbiage of my own. I would put in carpool instructions mostly, so we knew when and where we'd meet up to go and do the walks together.

November 2003, four of my friends and I went to a Sticks meeting and joined the Sacramento Walking Sticks. The club was small then with 15 members, and I volunteered to set up a distribution list for email for our members as well as continuing to send out alerts to non-members, every single week, like clockwork --and then things changed a bit.

Summer came, and I wanted to start a summer series called Hot Walkin' Nights, where we'd walk together and have a bite of dinner afterwards. Sarah Lagomarsino wanted to host a weekday walk now and again throughout the month using nearby Year-Round events. Before I knew it, I was writing up my own walk alerts to let people know about our various opportunities for walking besides the weekend.

I changed the format of my walk alerts to what they look like now—they resemble an ESR that appears on the www.AVA.org website. Mine show the logo of a host club, date, name of walk, when does registration begin/end, start location address, route description, special programs, cost, contact information, and driving directions. I always wanted to be transparent and let everyone know they were welcome to join in for food after their walk, so I'd pick a restaurant and also include that in the alert. People then could call or look up the place online to see what kinds of food they offered as well as prices, and they could then decide if they wanted to join in.

Copy of an ESR (Electronic Sanction Request) http://clubs.ava.org/gen3/data/event_details.asp?eventid=114337

As time went on, I found I could embellish the alert with pictures found on the Internet as well as videos (Huell Howser) and all

sorts of added historical information about any given place we were going to walk. I'd hear from people who were looking at the alert in the evening, they'd click a link I'd put in and find that they were mesmerized with the information they read about, for example, Angel Island or the Calaveras Big Trees. Can you ever put too much information out there to read?

As time went on, the Sticks added regular Tues/Thurs morning walks, Full Moon walks, Early Riser walks, Road Adventures, and even a Walking Book Club. If there was a major holiday, I put a group walk out there because it gave working people a grand adventure on their day off.

The Sacramento Walking Sticks Club is one of the few AVA clubs that volunteered from 2003 to today to attend Health Fairs throughout the city and county and share what we do. Priscilla Fife, Beverly Bales and now Anne Ofsink volunteered to be Coordinators for this endeavor and share what we do. One of the by-products of this commitment was the Walk Alert email listing. On average, the Sticks attended at least 12 Health Fairs every year and each one there would be 20 to 50 names/email addresses that would be signed up to receive Walk Alerts and learn about where we were walking.

When I joined the club in 2003, I heard over and over again that we needed a website to get the word out! (I joined in Nov 2003 and was elected President July 2004) I felt it was important to

make sure we had a solid foundation before we got a website that would potentially draw in more people and looking back, that was the right decision. Eventually Steve and Gale Hughart joined the club Nov 2004 and it wasn't long after that Steve had a bike accident that kept him home for a recovery period. Guess what he chose to do with that time off? Build our website! And two of the most identifiable things he added was 1) an easy-to-read calendar of events and 2) an easy way for people to sign up to be added immediately to our walk alert distribution list.

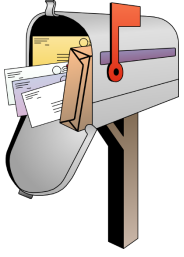
The Sticks were growing because we were friendly and welcoming plus we had a lot of walking opportunities for people to participate in. The walk alerts and newsletter kept people well informed and excited about volkssporting.

The Walk Alerts continued to get written and sent. The Distribution List got longer and longer and as it grew, I had to find a way to manage it. I found that if I limited 50 names to a list, I could send out 2 or 3 of these at a time and my computer server, SureWest, wouldn't look at it like it was SPAM. I would spend at least an hour or two writing one up and then start sending it out on Sunday night. By the end, it took me 5 hours to send out the alert to all the distribution lists I had. Why so long? Because I set a timer for 10 min between sending the alert out to 2 or 3 lists. There were over 2,000 addresses. Many weeks I would send out a separate alert for the weekend

walks—another 5 hours to send it out. Yes, people would Unsubscribe but there were always new people to add on ...

Finally, in 2015, we decided to make a change. Our newsletter editor at that time was Kris Ericson-Cano, and I asked her if she'd research and see if there was a company we could use that was relatively inexpensive and who would send out the alert with a click of a key. Kris found Mail Chimp, and she set the process in motion. She had to take all my files and add them onto Mail Chimp—Sticks Members and Non-Sticks Members. She made easy to follow directions for me to upload the PDF version of the alert I wrote so I could test it first to see if everything was "just right." Once satisfied, I could send it out for everyone's enjoyment. I was over the moon with joy to have so much of my time freed up because now I only composed the alerts.

Currently we still send out an alert for the walks as well as sending out the club newsletter and obituary notices of our members. The club pays roughly \$25.00 a month to Mail Chimp for their services, and that's a savings because we're a non-profit. We had some issues with people receiving their alerts in their SPAM or Junk mail in the past year or so. I'm asking Kris to help me send out the alerts now and we're seeing quite a rise in people opening up the alerts and excited to see them in their inbox once more. We currently have 2,121 subscribers in total.



Letters to the Gazette

Editor's Note: Alas, nobody submitted comments to this exciting new feature in the *No Sweat Gazette*. Okay, no worries—looks like it's back to the drawing board. However, if any of you wishes to publish anything Sticks- or walking-related you'd like to say here to your fellow Sticks members in the upcoming September Issue, it will remain active; otherwise, *Letters To the Gazette* will be discontinued after September due to lack of interest.

Please send remarks to: sticksnewsletter@aol.com



THANK YOU!

Sacramento North Laguna Creek Wildlife Area Morning Group unidentified and masked Sticks walkers ready to head out on Tuesday, July 14.
Photo: Bruce Calkins



Left to Right: Anne Ofsink, Tim Turner, Kris Ericson-Cano, Kaia McLaughlin at Knight's Ferry Recreation Area, bracing for what turned out to be a too-hot hike along the Stanislaus River on July 8

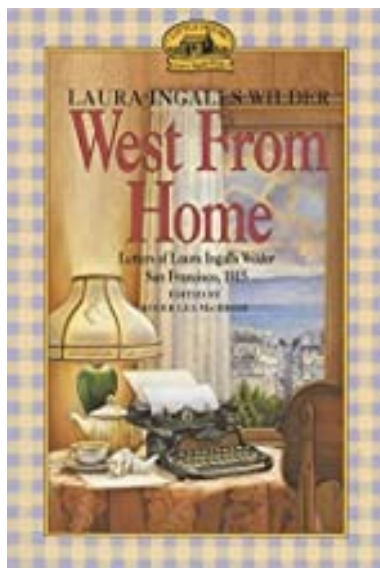


Walking Book Club

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

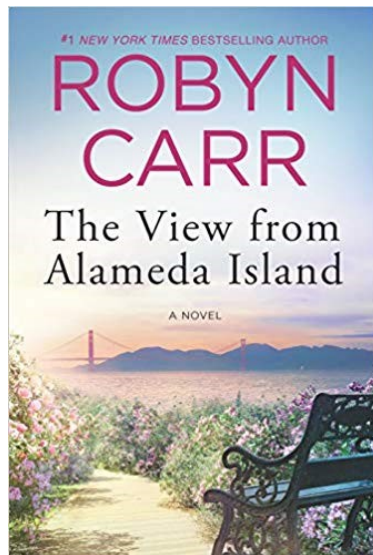


There is no book walk scheduled for August. However, I am recommending *West from Home, Letters of Laura Ingalls Wilder, San Francisco, 1915* edited by Roger Lea MacBride for the Bay Bandits walk event, Lands End to Sea Cliff, on August 15.



Laura Ingalls Wilder, author of the Little House books, was in San Francisco in 1915 visiting her daughter and exploring 1915 Panama Pacific International Exposition as well as Lands End and many other San Francisco landmarks. She wrote letters home to her husband describing the places she visited. It's wonderful to see the city 100 years ago through her eyes. The book is available in some libraries and available online.

We had a wonderful book walk last Sunday here in Alameda. The book was *The View from Alameda Island* by Robyn Carr.



We had 15 walkers and all but two of us walked the Alameda Victorian 6K passing many lovely homes and city landmarks and visiting with a local yard artist.



We found one clock had been removed from Park Street due to



street widening but happily we found another on the newly renovated and earthquake-proofed Alameda High School.

We also found yet another Little Free Library - three on this walk. Sadly the ice cream parlor was not open for takeout yet when we passed by there. And, again sadly, we did not get to share a meal together and have our book discussion as outdoor dining had just been shut down 3 days before our walk. It's takeout only again in Alameda County. I want to thank all the walkers for being so considerate and safe by wearing their masks and social distancing. —Priscilla Fife



Click here for Carpool Guidelines:

<http://www.sacramentowalkingsticks.org/docs/CarpoolGuidelinesWestSacParkRide.pdf>

UPCOMING WALKS FOR AUGUST, 2020



Saturday	Aug 1	TBD*	Richmond—Rosie the Riveter, <i>Traditional Event</i>
Monday	Aug 3	8:00 pm	Sac—River/Miller Park, Full Sturgeon Moon
Tuesday	Aug 4	8:15 am	Folsom
Wednesday	Aug 5	6:15 pm	Carmichael—Ancil Hoffman Park (Evening Walk)
Thursday	Aug 6	8:15 am	Carmichael—Ancil Hoffman Park
Friday	Aug 7	6:30 am	Sacramento—Land Park, EARLY RISER
Saturday	Aug 8	8:15 am	Roseville—Sculpture Park, <i>Friendship Walk</i>
Tuesday	Aug 11	8:15 am	Elk Grove Regional Park
Wednesday	Aug 12	6:15 pm	Roseville—Maidu Park (Evening Walk)
Thursday	Aug 13	8:15 am	Sacramento—Curtis Park
Thursday	Aug 13	8:15 am	Folsom (Bicycle)
Saturday	Aug 15	TBD*	San Francisco—Land's End, <i>Traditional Event</i>
Sunday	Aug 16	TBD*	San Francisco—Golden Gate, <i>Friendship Walk</i>
Tuesday	Aug 18	8:15 am	Sacramento—South Natomas
Wednesday	Aug 19	6:15 pm	Fair Oaks—"The river loop" (Evening Walk)
Thursday	Aug 20	8:15 am	Sacramento—Pocket Area
Friday	Aug 21	10:00 am	Road Adventure to Petaluma
Saturday	Aug 22	8:15 am	Elk Grove Regional Park, <i>Friendship Walk</i>
Tuesday	Aug 25	8:30 am	Roseville—Maidu Park
Wednesday	Aug 26	6:30 pm	West Sac—Clarksburg Branch Line (Evening Walk)
Thursday	Aug 27	8:15 am	Citrus Heights—Stock Ranch
Thursday	Aug 27	8:15 am	Davis (Bicycle)
Friday	Aug 28	Noon	Squaw Valley—Tahoma, <i>Friendship Walk</i>
Saturday	Aug 29	TBD*	South Lake Tahoe, Emerald Bay, <i>Traditional Event</i>
Sunday	Aug 30	9:00 am	Squaw Valley—Olympic Valley, <i>Friendship Walk</i>

For more information about the walks, including start locations, please check the Calendar of Events on the Sticks website: www.SacramentoWalkingSticks.org or the weekly Walk Alerts. *To Be Determined

Congratulations on your Sticks Anniversary in August!



16 Years:

Liz Kono

14 Years:

Helen Alexander

13 Years:

Joanne Jensen
Anne-Louise Radimsky
Jan Radimsky

12 Years:

John Burke
Kathleen Burke
Vicki Diepenbrock

Nancy Manning
Helen Wakefield
Kristi Wakefield
Lewis Wakefield
Jenny Wong

11 Years:

Janice Chung
Terry Way

10 Years:

Judy Kaminski
Carol Shields
Janet Whetstone

9 Years:

Denise Spaeth

8 Years:

Beverly Bales

Anna Dinwiddie
Carol Olsen

7 Years:

Teri Huntington

6 Years:

Karen Medlin
Philip Medlin

5 Years:

Dan Drummond
Martha Drummond
Ellen McCreary
Olga Smith

4 Years:

Barbara Taubitz

3 Years:

Liz Cheyne

2 Years:

Pat Moody
Eva Nelson
Scott Nelson
Candi Okada

1 Year:

Elinor Anklin
Pat Carlson
Dan Dobbs
Mari Dobbs
Peggy Flens
Karla Peters
Pat Sanchez

Happy Birthday in August!

August Birthdays:

1 Ynez Fritsch
1 Jack Halligan
1 Art Mark
1 Herbert Webber
2 Diane Younglove
4 Doug Rathgeb
4 Marilyn van Loben Sels
5 Christie Hill
5 Ann McCandless
5 Paul Robb
5 Brittina Snowden
6 Kaia McLaughlin

8 Tracie Heatherly
8 Barbara Taubitz
9 John Szabo
10 Rosa Rogers
10 Elisa Ungerman
11 Kathi Brewster
12 Pat Carlson
15 Nancy Mitchell
15 Felice Risling
17 Barbara Kohn
17 Jan Radimsky
18 Myrna Jackson
18 Yvonne Nicholson
18 Carol Shields
19 Claudia de LaTorre

20 Robert Perricone
21 Tracy Harrison
21 Mary Jacobi
21 Marvin Warta
22 May Lynch
22 John Quinlen
22 Susan Rubinstein
23 Diane Hughes
23 Joyce Kelly-Reif
23 Kitty Williamson
24 Karen Medlin
25 Sarah Gutierrez
26 Lenore Blaauw
26 Priscilla Plescov
27 Suzanne Jacobs

28 Rutherford Smith
29 Debra Coubal
29 Barbara Rigler
30 Lisa Coffi
30 Leonard Strickland
30 Pat Wood



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:
Beverly Bales

Multi-year Heros
Renewed for multiple years
after letter sent:
Tim Bell
Suzanne Jacobs
Yvonne Nicholson
Rita Pierson
Cindy Ranzenberger
Gail Schurr

Email Heros:
Renewed for 1 year
after email sent:
Angelina Becerril
Christian Becerril
Joseph Becerril
Janice Critchlow
Dustin Tellefson

Welcome New Members!

Gemma Costuna
Reesa Costuna
Ruby Costuna

Sarah Gutierrez
Deanne Jurkovich
Cindy Macias

Karen Matolo
Nancy Mitchell
Rose O'Meara

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>