



# *The No Sweat Gazette*

*September, 2020*



# *FACE MASKS!*



*Sticks Members Ready for Moon Walk, August 3.*

*Photo: Bruce Calkins*

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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](mailto:sticksnewsletter@aol.com)

**Roving Reporters:** Nancy & Warren Tellefson, Zori Friedrich, Barbara Rigler

**Roving Photographers:** Bruce Calkins, Theresa Ihara

**Editor:** John McLaughlin

If you look in the blue box above, you'll notice a change of names after Roving Reporters. A few years ago, in effort to help ensure quality and ample content for this newsletter, I asked a few select folks to become Roving Reporters. It was a risky concept that called for a sizable, recurring commitment from them, so we owe big thanks to Kim Dagan, Richard and Jeannie Whitlock, and Nancy and Warren Tellefson for having generously agreed to the task. You have seen their contributions in many issues over these past few years, and I'm sure you agree that their joining the newsletter team turned out to be a pleasant bonus for all of us.

Sorry to say that Jeannie and Richard Whitlock and Kim Dagan have decided for now to step down for a well-deserved break from their Roving Reporter duties. Thank you for everything, you guys! You are always welcome to rejoin the newsletter team at any time. And thank you Nancy and Warren for electing to continue contributing periodically as Roving Reporters.

Now, I am very pleased to introduce our **new** Roving Reporters, Zori Friedrich and Barbara Rigler. I know and have walked with both Barbara and Zori, and I decided to ask them because I know them both to be optimistic, upbeat, always smiling, and lots of fun. Consequently, I'm sure that their periodic write-ups will help bring some pleasantness to *The No Sweat Gazette* in these very difficult times. Thank you, Zori and Barbara, for accepting the invitation to join our newsletter team! Because the NSG is coming out monthly now, our Roving

Reporters will not necessarily contribute to every edition, but you'll hear from them periodically.

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In this and the last issue, you might have noticed the glaring absence of greetings from Sticks President Barbara Nuss on the front pages. With these more frequent monthly issues during these trying pandemic times, I thought it might just be a fun change to cover the front page with a photo or photos of Sticks members for a while. That's not in any way to belittle or push aside comments from Barbara, though. In fact, I'm happy to announce a new column entitled **FOOTNOTES** which appears on page 9 of this issue. This new place for Barbara's comments, I think, moves her message to a better, more prominent and pleasant position than first thing on the front page. That's because her comments in **FOOTNOTES** will finalize and bring good closure to a newsletter. Further, she has an entire page or more now to share all she wants with us with room for photos, too. This way, as she chooses, Barbara can use the whole page, or some of the page, or make no comments at all in any given issue. I hope you like this new feature from Barbara as well as the photos on the front page. By the way, because I need to choose a photo or photos of Sticks every month for the front page, please send your favorite photos of Sticks members walking, standing, or gathering to:

[sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com)

THANK YOU!

John McLaughlin, Editor



# *In memory of Sticks Member Dr. Anne-Louise Radimsky*

*By Lucie-Anne Radimsky*

“Where She Landed, She Led”. This quote is truly indicative of the spirit of my mother, Anne-Louise, who left this world on her terms surrounded by her family in the comfort of her home on July 2 of this year (December 3, 1941- July 2, 2020)

My mom, an active member of the Walking Sticks since 2007, participated in over 275 events and walked 2,000 Kilometers, accompanied by her loving husband, Jan, and at times by her youngest daughter, Marie-Louise, and her eldest daughter, me. My mother walked to make my father happy, but she came to enjoy the experience with every passing kilometer while enjoying the company of many wonderful people she came to call friends. I can almost envision my mother cutting to the front of the walking group in her fancy footwear better suited for Paris sidewalks – she did always like to be first.

My mom, Dr. Radimsky, was larger than life and a force to be reckoned with at every stage of her life. Equipped with her charming French accent and several prominent degrees from academic powerhouses, she set out to live her life by her rules. She was bound for great things and great things she did. Beyond her academic achievements which were numerous, she was always heavily involved in her community. She founded the Foreign Students Union at UC Berkeley, served on St. Ignatius and Loretto High School committees and boards, taught computers at several local elementary schools, volunteered and



*Jan and Anne-Louise*

served on the Board of the Mercy Hospital Guild, served as Vice-Chair of ACM, served as Meeting Director for her daughters’ gymnastic and swim meets, sang in the St. Ignatius choir and wrote the newsletter, served on the Altar Society and Eucharistic Minister at Sacred Heart. There was nothing she could not do and, more importantly, nothing she couldn’t do well.

To the outside world she was a well-dressed ball of energy, worldly, smart, and dedicated. To her family, she was a loving mother and wife, demanding of excellence but always there to give us the emotional support when we needed it most. She used to tell me on a regular basis that “we’ll do something with you, if the pigs don’t eat you.” And to this day, I still believe her, for, so far, the pigs have avoided snatching me up for dinner. She believed in both her daughters and she taught us that the sky was the limit. We have her to thank for our mindset that we are capable of anything we set our minds to.

She was pretty darned close to perfection. She cooked Cordon Bleu style meals nightly after working

long days that continued through dinner when students would call asking for more support and she would be there. As a full-time working mother of two children myself, I have tremendous respect for what my mother accomplished. She made it look relatively easy which, of course, I have learned is more a testament to my mother’s work ethic and intense desire to be effective than reality.

I know that my mother touched many lives in this world and for that I am so thankful. Our family is also appreciative for the Walking Sticks Community, and we will continue to walk beside you and look forward to sharing and hearing stories about our dear mom and wife. She will be walking beside us in spirit I’m sure. My mother’s legacy will go on in the form of a Memorial Scholarship that we are setting up through California State University of Sacramento. Anyone who is interested in supporting this effort is asked to contact me, Lucie-Anne Radimsky, [lradimsky@gmail.com](mailto:lradimsky@gmail.com)



*Family Photograph*

*(More comments about Anne-Louise next page)*

**A**nne-Louise Radimsky inspired me and taught me so much about Computer Science, teaching, and life.

She was a favorite Computer Science professor of mine as I took classes from her at Sac. State in the 1980s. She was tough and we had to toe the line. There was no sleeping in her classes. At the same time, she was very fair and compassionate, and she would go above and beyond to help her students.

In 1991 she was the chair of the Computer Science Department when she hired me. We taught many classes together over the next 20 years. I retired in 2010 and she kept right on teaching. She was a superb professor!

She did her first Volkswalk on March 23, 2002 when I invited her to join me on the Folsom Power House Volkswalk. We walked 10km and she became a Volkswalker.

The first walk I did with both Jon and Anne-Louise was on May 31, 2004 when we walked 10km on the Natomas YRE - Creeks to the River walk.

It has been wonderful to have had Anne-Louise as a mentor, a co-worker, and a friend for so many years! I treasure the memories. I will miss her.

—Roxie Jones

## WALKING FORT BRAGG

By Nancy and Warren Tellefson, No Sweat Gazette Roving Reporters

The Tellefson Family was in Fort Bragg (North Coast) the first week in August and even though our one year old “Starting Point” showed no walks in town, the community was ideal for one.

You should start your walk at the California Western Railroad Station, home of the “SKUNK TRAIN”. The



name comes from the early 1900s passenger car that had a gasoline engine and used kerosene stoves for heating. The exhaust from both smelled like a skunk. The railroad provides excursion trains from Fort Bragg east into the mountains and is

running daily even with COVID-19. We saw a three-car train come into the station with everyone wearing masks.

For the beer lovers, in the same block is the brewery for the North Coast Brewing Company. Across the street is their Tap Room. We are not sure if the brewery is offering tours with the current restrictions; however, the Tap Room was busy using outdoor seating.

Fort Bragg is definitely a tourist town, so if you are into shopping, there is every kind of store you can imagine. Also, as you wander around town, there are plenty of restaurants to please your appetite. However, if you are ready for seafood, walk down to the city wharf where there are several seafood restaurants right on the dock. There are also fish processing facilities that handle the catch from local fishing boats.

Finally, you have to walk out to “Glass Beach.” These two small beaches are unique in that mixed in the sand and gravel you usually find



on a rocky beach are large amounts of glass particles the size of gravel and sand. The story goes that in the 1800s the town dumped its garbage into the ocean here. The garbage decomposed and was washed away and all the glass was ground up by the surf and left to mix with the natural gravel.

So, why doesn't Fort Bragg has an AVA walk?

# The Money

By John McLaughlin, No Sweat Gazette Editor

So you are a proud and happy member of the Sacramento Walking Sticks. You know that the Sticks is the best darned AVA walking club in the world, and so of course you gladly support it financially by paying your annual membership dues, handing over \$3.00 for every walk you walk for credit, occasionally dropping a few bucks into the donations jar, and even once in a while buying a special patch or maybe even a Sticks t-shirt. That's good. The Sticks needs your money to exist; it needs money from all of us to exist, to function, to continue to be the best darned AVA walking club in the world.

But once you pull that green stuff out of your wallet and send it in for membership dues, or pass it across a walking table to a smiling volunteer for credit on a walk, or put it in a walk box envelope or donation jar, what happens to it next? How is your money split up? What do the Sticks do with it? Well, I recently asked Sticks Treasurer Steve Hughart exactly those questions, and he gladly offered the answers.

A most important thing to say here first, though, at the beginning of an article like this about money, is that it would neither be in the interest of security nor would it be practicing just plain good sense to publish actual dollar amounts here in this newsletter. "We don't want to open ourselves up to fraud or other problems," Steve told me. However, Steve was vigorously adamant in saying that all of our club's finances down to the last penny are completely transparent, and you as a Sticks member are always very welcome to make an appointment with Steve

([hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net)), pay him a visit, and he will gladly open the books to you for your complete and thorough inspection.

Because the Sticks needs money to operate, it naturally has sources of income. Again, we're not going to disclose actual dollar amounts here, but the annual income received by the Sacramento Walking Sticks comes from four separate categories, which are:



— **Events** such as friendship walks, traditional events, individual visits to YRE walk boxes. In fiscal Year 2018-2019, which will be the year described for this article, monies received from events amounted to 38.64% of the total income for that year.

— **Membership Dues.** These come in three categories: Senior, \$5 per year; Individual, \$8 per year; and Family, covering all members in an immediate family, \$14 per year. Monies received in this category in FY 2018-2019 provided 18.71% of total income.

— **Donations** which show up in those familiar Donations boxes on start tables and from other sources such as when members add donation amounts to their membership dues. Our club received 31.4% of its

total income from donations. Generous group of walkers we are!

— **Specialties** which, simply put, is selling stuff like special patches and t-shirts and so on. Percentage of total income from this category in FY 2018-2019 was 11.25%.

There it is above, the sources of our club's income received from you. Now on to EXPENSES, how the club spends your money. All percentages listed below come from amounts spent during Fiscal Year 2018-2019.

As with income, the club's expenses are separated into categories as follows:

— **Events.** This category includes costs related to Year Round and Traditional events including a \$20 annual AVA fee for each of our Year Round Events, park fees, Rental fees, such as the Church for the New Year Event (which, incidentally, requires that we purchase a One Million Dollar insurance policy), snacks, and so on. This category accounted for 23.26% of our expenses for the year.

— **Administration.** These expenses cover just what you'd think: cost of the Sticks website, mailings of Walk Alerts and Newsletter via Mail-Chimp, printing forms and walk instructions, and, yes, even purchasing some pens and paper clips. This category consumed 17.95% of our expense money.

— **Miscellaneous.** This category accounts for 6.66% of our expenses.

— **Specialties.** These include purchase of items such as patches, books, new-walker packets—7.1% of annual expenses.

— **Donations.** We are a generous



bunch of walkers, and we periodically make donations to charitable groups such as The Big Give, sponsored by AVA, and food closets. We spend 16.12% of our total expenses on donations.

— **California Volkssport Association Fees.** Of course, all California AVA clubs gladly send money to CVA in order to fund that important organization. To do our part, we pay CVA fees of \$10 per year per event. — **AVA Traditional Event Sanction Fees.** We pay the AVA \$30 for every organized Sticks traditional event during the year. This accounted for 10.41% of our expenses.

— **AVA Credit Fees.** Have you ever wondered what happens to that \$3.00 you so gladly pay for another walk credit and another stamp in your books? Well, \$1.25 of it goes straight to the AVA, and we keep the remaining \$1.75 to help pay the above expenses. The total buck-twenty-fives we sent to AVA in FY

2018-2019 accounted for 17.28% of our expenses that year.

So that's it, folks. Now we have a pretty good idea of where our money comes from and where we spend it. The above is just a sketchy overview, of course, and the flow of our club's money is actually far more complex and complicated. It truly does take a great deal of attention to detail and some highly skilled money management to ensure that all our dollars come in and go out just as they should and with accounting precision. We all owe our Treasurer, Steve Hughart, hearty applause for all the years he has invested in managing our money and balancing our books to keep The Sacramento Walking Sticks financially fit and going strong.

Before speaking with Steve, I didn't have a good idea of all the sources of our Club's income and certainly no

idea about all the expenses—and I assumed I wasn't alone with that lack of knowledge. That's why I wanted to present this information here in *The No Sweat Gazette*. After learning about our financial details above, I have to say I'm amazed that we belong to such a fun, successful, and life-enhancing club which clearly offers inestimable value to many of us ... and yet none of us has to go broke paying to belong to it. It is a financial bargain, indeed, and I'd say it's about the best deal in town!



## Walking and Reading in Alameda

Text and Photos By Barbara Rigler

No Sweat Gazette Roving Reporter, [ibarigler@gmail.com](mailto:ibarigler@gmail.com)

We had a grand time Sunday, July 11 on our Book Club Walk, in Alameda!

The book for discussion was, [The View From Alameda Island](#) by Robyn Carr. Unfortunately, the discussion part had to be cancelled, as there were no restaurants open for us to gather. There were about 15 of us, all wearing our masks and keeping our distance!



Priscilla did a wonderful job of leading us on the walk and filling us in on the history of the buildings and town! Thank you Priscilla Fife!

The weather was lovely at about 88 degrees when in Sacramento it was about 100 degrees! A few of us detoured on the way home to Stockton to Toots Sweets for a delicious sandwich for lunch on their patio.



# Talk About a Small World!

By Jan Jerabek

Bella and I turned off Cottonwood onto one of the many walking trails at Sun City Lincoln Hills. Admiring the open space Vista from one of several benches was a walker munching her breakfast and her cap partially covering her Starbucks beverage. "That's rare," I thought since all the coffee shops are closed during the coronavirus attack. Interrupting her peaceful moment, I asked if she had gotten the drink nearby.

"Yes, I'm from out of town ... with curbside pickup, and the barista told me they just opened with that service." I asked the lady where she was from, and she hesitantly said, "Wyoming. Uh, near Jackson Hole."

"Oh, I know someone who lives nearby at Pinedale ... I knew her when we lived in Germany."

"Pinedale ... that's where I live!"



"Do you know of the cowboy shop?"

"Oh, Sure."

Knowing the town isn't that large, I pressed further. "Do you know ... I think she's still the owner, Caroline Cushing Bing?"

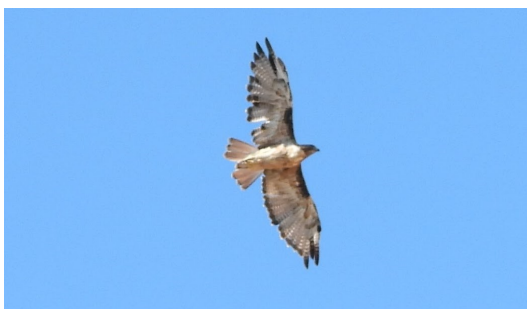
"Oh my gosh, she's my best friend, and you were friends in Germany??"

"I was a teacher in Bindlach, Germany, in 1964, and Caroline was a student in my eighth-grade class!" We were both flabbergasted. The lady's husband ambled down the trail, and we three and Bella introduced ourselves. Dan had been visiting his 96-year-old father who lives about a block away. Norma told me that Caroline and her husband had been in Arizona for several weeks and just today were returning to Pinedale.

Bella and I thought best to head home. "What a small world," I thought and headed to my computer and Facebook where I'd seen Caroline post a few things over the many years. I messaged her about meeting Nora and Dan in Lincoln, California. Such a happy ending to what I thought was going to be another same old same old day. Isn't life grand?

# The Delight of Flight

By Bruce Calkins, No Sweat Gazette Roving Photographer, [becalkins@gmail.com](mailto:becalkins@gmail.com)







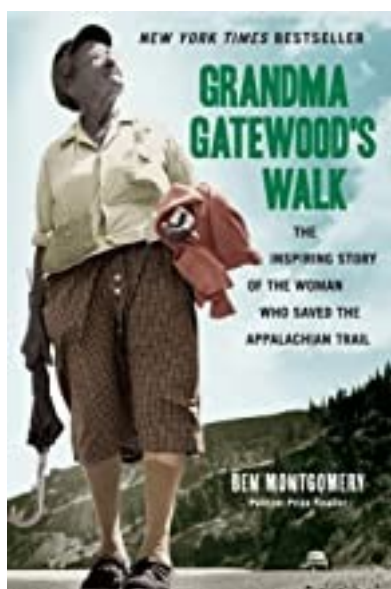
## Walking Book Club

**Priscilla Fife**, Book Walk Coordinator  
916.616.6003 • [prfife@gmail.com](mailto:prfife@gmail.com)



I'm not scheduling a book walk but recommending a book and possible walks for people to do:

September Book Recommendation: *Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail* by Ben Montgomery



Available online in hardcover, paperback and Kindle formats. 12 print copies available through Sacramento Public Library System. Also available in eAudiobook and eBook formats.

Book Description from Amazon: **2014 National Outdoor Book Award Winner in History / Biography.** Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than

two hundred dollars. The next anybody heard from her, this genteel, farm-reared, sixty-seven-year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. By September 1955 she stood atop Maine's Mount Katahdin, sang "America, the Beautiful," and proclaimed, "I said I'll do it, and I've done it."

Driven by a painful marriage, Grandma Gatewood not only hiked the trail alone, she was the first person—man or woman—to walk it twice and three times. At age seventy-one, she hiked the 2,000-mile Oregon Trail. Gatewood became a hiking celebrity, and appeared on TV with Groucho Marx and Art Linkletter. The public attention she brought to the trail was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance, and very likely saved the trail from extinction. Author Ben Montgomery interviewed surviving family members and hikers Gatewood met along the trail, unearthed historic newspaper and magazine articles, and was given full access to Gatewood's own diaries, trail journals, and correspondence. *Grandma Gatewood's Walk* shines a fresh light on one of America's most celebrated hikers.

There will be no group book walk in September but here are some walks I was considering for it before the

pandemic changed life as we know it. I chose these because the Appalachian Trail is too far away but the Pacific Crest Trail is right here. Maybe you will want to do one of these with some of your social bubble buddies.

The 4 PCT walks are sanctioned under their location, then the walk is named Pacific Crest Trail. They are: Carson Pass - Pacific Crest Trail, Donner Pass - Pacific Crest Trail, Round Valley - Pacific Crest Trail, Whitewater - Pacific Crest Trail. The first 3 are seasonals in the Sierras near Lake Tahoe. Whitewater is a YRE in Southern California near Banning and Palm Springs.

We had a nice book walk here in Alameda on July 12 for the book, *The View From Alameda Island* by Robyn Carr. We walked the Alameda Victorian 6K since the main character in the book lives in an Alameda Victorian. But, alas, we did not have a meal together and book discussion because only take out was available and the group picnic areas are off limits.



Click here for Carpool Guidelines:

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





# FOOTNOTES

By *Barbara Nuss, President*



The *Sacramento Walking Sticks* is an incredible volkssport club, made up of some of the greatest people I've ever met. It's a privilege and honor to be your club President, especially during this time in our history. We cancelled our Traditional Event on March 14<sup>th</sup>—Pi Day and laid low till Memorial Day, the end of May. It's been 2 ½ months since then and I'm proud to say, "we're doing great." There are many of you Sticks members who are hunkering down till a vaccine comes along and we respect you for that. Others are taking a step of caution and coming out walking with a partner on their own and/or joining in the walks being offered weekly. We're being careful and wearing our masks and social distancing as much as we can—and so far, so good. Thoughts on what I've noticed ...

People are thrilled to be out walking with other people. There's something about the walking and talking that goes beyond words. I'm seeing people out that I haven't seen in a long, long while and also meeting new people at almost every walk I've attended. We have new members joining here and there and I find that amazing. Attendance throughout the week is good, not great, and that's a wonderful thing. We're not looking for 100 people out at a Hot Walkin' Night event; we're happy with whoever shows up. As long as we're careful and cautious.

A big shout out and THANK YOU goes to Sticks member Kris Ericson-Cano who is sending out the walk alerts on Mail Chimp that I write up.

What a huge jump in numbers for how many more people are receiving their alerts, which means they're able to open up the alerts and newsletter to enjoy their contents.



*Kris*

Another big shout out and THANK YOU goes to Sticks member Beverly Bales who has resigned her position as club Vice-President after three years. She was instrumental in designing and coordinating the *Let's Do 32!* Special Program for our club members and continues to be the Point of Contact for our Sacramento-American River, Ashton Park and Sierra Oaks Vista Year-Rounds. She is also the Treasurer for the California Volkssport Association. Any of you interested in putting your hand up to volunteer to fill her position for our club? If so, please contact our Secretary, Judy Gregory at [JGregory122@yahoo.com](mailto:JGregory122@yahoo.com).



*Beverly*

One of our members, Anne-Louise Radimsky, passed away in July and

there's a lovely article about her in this newsletter. Anne-Louise and husband Jan came frequently to the Wednesday night walks and stayed often for dinner afterward. I gave her an old walk route several years ago that took in streets in their neighborhood and she gave us back one of our favorite Year-Round's—the Sacramento-Sierra Oaks Vista walk. I'll miss her but am so thankful that Jan and his daughter's family have been coming out and walking with us.

During this COVID-19 pandemic, we've had several changes to many of our walk start locations. We are doing our best to keep all of our walks active and useable; however, it's best for you to check and see first if a walk box is at a physical start location or whether it's at the home of the Point of Contact or POC. Go out to [www.AVA.org](http://www.AVA.org) > click on Clubs Only > Choose Legacy Website > Then click on Clubs > Club Listings > Choose California and scroll to Sacramento > click on the link "Events sponsored by this club" > Scroll to find the one you want and click on the bottom right-hand link "More information: Directions, Ratings, etc." You'll get a full-page ad that you can print out with all kinds of information you'll need. We're sorry for any inconvenience this may be for you but we're doing the best we can right now.

You may have noticed that we cancelled not only the Pi Day walk but also our annual Ice Cream walk from Vic's to Gunther's in August and our

Talk Like a Pirate event in September. My concern was parking and lack of bathrooms on the walk routes. Brace yourself—the Sticks will not be hosting their annual New Year’s Eve walk either. We’re not even sure if the Church would be open for rental, no way could we offer a potluck and even if we had food brought in from a restaurant—how could we social distance? There were just too many variables; we are discussing the possibility of a New Year’s Day walk. Keep your fingers crossed.

Another THANK YOU to Suzie Madison who continues to be my helper in keeping the Calendar of Events current on the Sticks website. There are numerous changes that can occur in a blink of an eye and as quick as I ask her to make a change—that’s as quick as it gets done. Suzie has also taken on another job that is important to all the central and northern clubs in California—she is taking on the role of Friendship Walk Coordinator. This schedule was designed

and maintained by Wayne Holloway who passed away May



*Suzie*

2017. He made sure that every single weekend we’d all be walking together, as friends, using Year-Round Events by all the clubs on weekends when there wasn’t a hosted Traditional Event. He handed this job to Don Ratliff who coordinates the bi-weekly group bike rides and now Don hands this job to Suzie. To see the most current schedule, click [View Don's 2020 Friendship Walk and Bike Schedule As of July 27, 2020](#)

Last, but not least, we ALL need to participate in the American Volkssport Association’s 2020 Big Give. AVA is our Mother Ship and

COVID-19 has strongly affected her. The postponement of Traditional Events during their busiest time of the year has significantly impacted their budget. This is their sixth year participating in this annual fundraising campaign and we hope it’s a great one. If you’re able to, please consider donating by mailing your check to AVA, 1001 Pat Booker Rd, Ste 101, Universal City, TX 78148 or make an online donation by visiting [www.AVA.org](http://www.AVA.org) (click on the “Make a Donation” button) now through September 10. Every gift matters. Help keep AVA on its feet so that we as a club can stay alive and well.



Hope to see you on the trails, Barbara Nuss, 916.283.4650, [nussb@surewest.net](mailto:nussb@surewest.net)



*Sticks members ready for Campus Commons Walk on July 30th  
Photo by Kim Dagan*

# UPCOMING WALKS FOR SEPTEMBER, 2020



|           |        |          |  |
|-----------|--------|----------|--|
| Tuesday   | Sep 1  | 9:15 am  | Sacramento—Curtis Park                                 |
| Wednesday | Sep 2  | 8:00 pm  | <b>Zamora—Harvest Moon</b>                             |
| Thursday  | Sep 3  | 9:15 am  | Sacramento—Sac State                                   |
| Friday    | Sep 4  | 10:00 am | <b>Road Adventure to Oakdale</b>                       |
| Saturday  | Sep 5  | 9:15 am  | Roseville—Maidu Park, <i>Friendship Walk</i>           |
| Monday    | Sep 7  | 9:30 am  | Galt—Cosumnes River Preserve, Labor Day                |
| Tuesday   | Sep 8  | 9:15 am  | Carmichael—Hidden Parks                                |
| Wednesday | Sep 9  | 6:15 pm  | West Sacramento—River Walk ( <b>Evening Walk</b> )     |
| Thursday  | Sep 10 | 9:15 am  | Sacramento—American River                              |
| Thursday  | Sep 10 | 9:15 am  | Roseville ( <b>Bicycle</b> )                           |
| Saturday  | Sep 12 | TBD*     | Acampo, <i>Traditional Event</i>                       |
| Tuesday   | Sep 15 | 9:30 am  | Davis—South Davis/El Macero                            |
| Wednesday | Sep 16 | 6:15 pm  | Sacramento—North Natomas ( <b>Evening Walk</b> )       |
| Thursday  | Sep 17 | 9:15 am  | Sacramento—Land Park                                   |
| Saturday  | Sep 19 | 9:15 am  | Placerville—Old Hangtown, <i>Friendship Walk</i>       |
| Monday    | Sep 21 | 6:30 am  | Sacramento—Fab 40s, <b>EARLY RISER</b>                 |
| Tuesday   | Sep 22 | 9:15 am  | Sacramento—Sierra Oaks Vista                           |
| Wednesday | Sep 23 | 6:15 pm  | Carmichael—Ancil Hoffman Park ( <b>Evening Walk</b> )  |
| Thursday  | Sep 24 | 9:15 am  | Fair Oaks  |
| Thursday  | Sep 24 | 9:15 am  | Rancho Cordova—Lake Natoma ( <b>Bicycle</b> )          |
| Saturday  | Sep 26 | TBD*     | Smittle Creek—Lake Berryessa, <i>Traditional Event</i> |
| Tuesday   | Sep 29 | 9:15 am  | Carmichael—Ancil Hoffman Park                          |
| Wednesday | Sep 30 | 6:15 pm  | Fair Oaks ( <b>Evening Walk</b> )                      |

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



# ***Congratulations on your Sticks Anniversary in September!***



**29 Years:**  
Joyce Backus

**21 Years:**  
Tori Dell

**16 Years:**  
Pat Wood

**14 Years:**  
Patti McAllister

**12 Years:**  
Alice Jacobs

**9 Years:**  
Monika Dulay  
Anne Lynch  
May Lynch

**8 Years:**  
Kim Dagan  
Joyce Kelly-Reif  
Steve Purcell  
Rutherford Smith

**7 Years:**  
Rodger Shields  
Herbert Webber

**6 Years:**  
Jeff Bucher  
Bill Maffei  
Cathy Maffei  
Deborah Ondricka

**5 Years:**  
Julie Baumhoff  
David Carpenter  
Linda Carpenter  
Nancy Jewhurst  
Stuart Noda  
Blake Thomson

**4 Years:**  
Rita Fuhrman  
Bob Wikse

**3 Years:**  
Thomas Hart

**2 Years:**  
Kathi Brewster  
Robert Perricone  
Rebecca Rivera  
William Rivera  
Julio Rivera, Jr.  
Julio Rivera, Sr.

**1 Year:**  
Jocelyn Blinn  
Randall Gutfeld  
Mary McGhee

# ***Happy Birthday in September!***

**September Birthdays:**

1 Dennis Lue-Sang  
2 Olga Smith  
2 Phyllis Wichelns  
3 Linda MacLeod  
3 Diana Mollart  
5 Angie Ellison  
5 Bruce Leistikow  
5 Janice Lew  
5 Jackie Sinigaglia  
6 Mendel Carlson  
6 Rolf Zschoernig  
8 Yvonne Fee  
8 Marty Langley

8 Carolyn Pretzer  
8 Jane Wirth  
10 Kit Carlson  
11 Machele Gieck  
11 Judy Kaminski  
12 David Denes  
13 Deanne Jurkovich  
13 Chris Loupy  
15 Dan Robinson  
16 Reesa Costuna  
16 Anjan Purohit  
17 Nancy Calkins  
17 Rodger Shields  
21 Roger Flansberg  
21 Marjorie Lue-Sang

21 Valerie Sanders  
22 Joan Mallum  
22 Jack Weaver  
23 Ashleigh Mitchell  
24 Victoria Cameron  
25 Bernard Cody  
26 Elinor Anklin  
27 Tina Campbell  
27 Suzy Holtzman  
27 Craig Wirth  
28 Yvonne Brandon  
28 Starla Ledbetter  
29 Senta Parker  
29 Anvi Purohit  
30 Robert Bonar

30 Catherine Brouwer  
30 Dan Dobbs



# 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:**  
Bill Maffei  
Cathy Maffei  
Norma Wesolowski

**Multi-year Heros  
Renewed for multiple years  
after letter sent:**  
Nancy Manning

**Email Heros:  
Renewed for 1 year  
after email sent:**  
Peggy Flens

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## Welcome New Members!

Donna Castorino

Barbara Dugal

Diana Hagle

### Sticks Apparel

**The Anchor Group**  
[linda.sue.ames@gmail.com](mailto:linda.sue.ames@gmail.com)

**Land's End**  
[LandsEnd.com/business](http://LandsEnd.com/business)



**For more information (including Land's End  
Customer/Logo Numbers), visit:**

<http://www.sacramentowalkingsticks.org/Store.html>