



# *The No Sweat Gazette*

*February, 2021*



# ***WHEW. WELCOME, 2021!***

*"I'm optimistic for 2021.  
So I'm wishing us all  
A year when we can get out  
And all walk en masse again!"*

*—Zori Friedrich*

*No Sweat Gazette Roving Reporter*

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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:** Zori Friedrich, Marie Robb, Nancy Calkins

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

**Editor:** John McLaughlin

## Meet Our New No Sweat Gazette Roving Reporter!

*Editor's Note: Nancy is the third of our three new and currently-active Roving Reporters to be introduced here. See the January Edition for introductions of Zori and Marie.*

**Nancy Calkins**—Where was my first Volksmarch?? In Germany (1973) with my high school friend, Bruce Calkins, who was stationed at an Army Post north of Munich. By January 1976, Bruce was out of the Army and we were married! Fast forward to January 1985 when our son, Matthew, was born. Fast forward again to around 1996, we are living in Washington state and Matthew is in the Boy Scouts. To assist in earning his badges, we re-introduced ourselves to Volkssports and participated in walks and hikes in the Olympia area.

In 2000, Bruce moves back to California for work, while Matt and I stay in Washington. Matt graduates from high school (2003)...Matt graduates from college (2006)...Matt gets a job. Bruce had been trying to find an appropriate position and move back to Washington without success; so we changed strategies. I looked for a job in Northern California. Amazingly, I found a position

with San Joaquin County in Stockton. Bruce was working in Davis, so Elk Grove was the logical half-way point for commuting in opposite directions. Now here we are in Elk Grove – empty nesters.



*Nancy, dressed appropriately for the times*

Looking for Friends Fitness, Fun, and (oh yes!) Food. We looked up the local Volkssport group in Sacramento and the rest is history. After walking with the Sacramento Walking Sticks for a couple of years, we officially joined the group in 2010 as a family since Matt moved down to California in 2009. Our walking family also included my Mom and her brother, as we all enjoyed getting out together, seeing the sights and

participating in the adventures that SWS brought to us.

Along with the help of many other SWS members, Bruce and I developed five walks originating from the 24-Hour Fitness (South Sacramento/Elk Grove) start point. These walks feature the North Laguna Creek trails where you can see an amazing variety bird and other wildlife right in the middle of the city! We also drafted the first instructions for the walk at the Cosumnes River Preserve about 10 miles south of Elk Grove.

Before retiring in 2017, Bruce spent the last three years of his career in the Portland, Oregon area, while I stayed at my position in Stockton. Again, Volkssporting helped us to meet people, see wonderful places and learn more about Oregon during his stay there. I retired on April 1, 2019 after 19 years with the State of California, nearly 14 years with the State of Washington and close to 12 years with San Joaquin County. Now we walk every day to keep our bodies fit during these times of sheltering-in-place. THANK YOU, SACRAMENTO WALKING STICKS!

# How About a Full Moon Walk?

By Marie Robb

No Sweat Gazette Roving Reporter



The Sticks offer a wonderful variety of walks throughout the week; most of them take place during the day. We enjoy special night walks during Halloween and Christmas to marvel at the decorations, but the Wednesday night walk is the best regular opportunity for those of us who work during the day. A few

years ago, however, the Sticks introduced the Full Moon Walk, and it has become one of my favorite adventures. Once a month, we meet at 8:00 for a walk that shows us the moon in all its glory. We hardly need flashlights because the moon is so bright. It is an exciting moment when we reach an open spot, and we catch our first glimpse of the full moon. That's usually the moment when we pause to channel Audrey Hepburn in *Breakfast at Tiffany's* as we sing "Moon River" or "Shine On, Harvest Moon," and whatever else we can remember. We have found our best full moon sightings on walks in West Sacramento, shining on the water; in the Pocket area on the river levee; in Elk Grove, walking next to a nature preserve; and in North La-

guna along the creek bed, but I think my favorite Full Moon Walk is in Zamora. Yes, it is a long drive to this tiny little town (it helps to stop for dinner in Woodland beforehand!), but I love walking among the almond orchards and seeing that gorgeous moon every time I look up. Bundle up and join us!



Photos: Bruce Calkins

If you are looking for a place to avoid crowds and yet have a wonderful hike in these winter and spring months, Lynch Canyon is a good prospect.

Sometime in 2011 or 2012, Kaia and I attended a traditional event held (I think) by the Vaca Valley Volks. The start point was the Lynch Canyon Open Space Park in Solano County just west of Fairfield off of Highway 80, about an hour from Sacramento. Because it was such an enjoyable, invigorating hike with splendid views, especially once we crested the hills, we returned with Kaia's niece in May of 2013 to do the hike on our own. This time, we had the entire hike with its choice of several trails to ourselves. The only other person we saw the whole time during our 5-plus mile hike was a reporter from the Solano County Daily Republic whom we met as we returned to the parking lot. He was reporting on Lynch Canyon and captured this photo of us that appeared in the newspaper with his article.



Kellie Karkanen, of Martinez, and John and Kaia McLaughlin, of Sacramento, left to right, hike out of Lynch Canyon, on May 5, 2013. (Daily Republic file)

We haven't returned since the photo was taken, but I'll bet the trails remain nearly empty of other hikers on weekdays. Since COVID has us avoiding groups these days, Kaia and I plan on a return hike there soon. This really is an amazing and special hiking area. Here are the details: <https://www.solanocounty.com/depts/rm/countypark/lynchcyn.asp> —John McLaughlin

# Follow-up: Sacramento Children’s Home

By Nancy Calkins  
No Sweat Gazette Roving Reporter

Although SWS could not hold its Christmas event at Casa Garden in 2020, there will be some culinary options in 2021 to support the Sacramento Children’s Home.

The SCH Guild invites you to support the “Drive-Thru Tri-Tip Dinner” on Saturday, February 27, 2021. The event will take place on the grounds of the Sacramento Children’s Home in the Casa Garden Restaurant parking lot between 3 and 7 p.m.

Details on this and other upcoming events, such as a High Tea and Impact Luncheon, will be announced soon on the <http://www.kidshome.org> website.

Here’s some of what Sacramento Children’s Home accomplished in 2020:

*Consider a donation to help the Sacramento Children’s Home and support activities for the children of Sacramento.*

## OUR TOP 7 ACCOMPLISHMENTS IN 2020 Made possible by YOU



Because of COVID, I do not attend Sticks walks at this time, but I pass this house often on my personal walks. All along the way on my walks, there are encouraging lawn signs thanking first responders, celebrating someone’s birthday, graduation, etc., but this sign is unique: *WELCOME TO OUR PORCH*. It is certainly a sign of the times and a welcoming sight every time I walk by their home.

—Theresa Ihara, No Sweat Gazette Roving Photographer

“Welcome to our porch”





## 6 Ways You Are Probably Walking All Wrong

These minor tweaks will give you maximum benefits.

By [Ann Brenoff](#), AARP

Few would argue that walking isn't a simple, effective way to get some low-impact exercise. In fact, doctors regularly suggest this activity as a way to reduce stress, ward off aging diseases and move the scale down a few notches. The question is, are you actually getting the maximum benefit out of the walking you do? The answer is no if you are making any of these six missteps.

### **You always walk at the same pace.**

While we absolutely applaud you for strapping on those sneakers and hitting the pavement, you probably need to pay more attention to your speed. Researchers at Ohio State University found that walkers who varied their pace burned 20 percent more calories than those who kept a constant speed. The very act of changing your speed burns energy, according to the study's author.

What's a good pattern to vary your walking pace? Leslie Sansone, creator of the Walk at Home Workouts and author of *Walk Away the Pounds*, says to always begin with a warm-up pace for two minutes, switch to a brisk pace for the next two minutes and then jog for 30 seconds, repeating the pattern for 20 minutes. Do a cool-down walk to bring your heart rate back down, she says. How brisk is brisk? Fitness pros say 100 steps per minute (3 to 3.5 miles per hour) meets the definition and should leave you sweating and your heart beating faster. Here's a not-so-fun factoid: Although men and women walk at about the same speed when they are in their 20s, once women hit their 60s, their walking speed declines considerably, according to Healthline.

### **You avoid the hills.**

Yeah, we've got your number on this one, don't we? Hills are the bane of many walkers' routes. We avoid them like the plague because they leave us with sore muscles and cause us to breathe harder and faster. But while any walk is better than none, to get the maximum benefit from this low-impact activity, think of those neighborhood hills as your new BFF. To help this budding relationship grow, consider that the National Institutes of Health says you burn 30 percent more calories when you walk on uneven terrain. OK, but what if you live on Filbert Street in San Francisco or Canton Avenue in Pittsburgh and really can't handle those hills? Try climbing stairs or walking on a sandy beach—both qualify as uneven terrain.

### **You forget about your arms.**

Are you guilty of walking with dangling arms? Or, worse yet, holding a cellphone up to your ear? The more muscle groups you engage, the better, so bend your arms at a 90-degree angle and fist-pump the sky as you walk, MyFitnessPal recommends. According to the American Council on Exercise, involving your arms while you stride can boost your heart rate up to 10 beats per minute and increase oxygen consumption between 5 and 15 percent, adding to the number of calories burned during a workout.

### **You also forget about your tummy.**

What makes a walk an honest-to-goodness fitness activity? It has less to do with your feet—even your

arms—and a lot more to what MyFitnessPal calls a tummy tuck. It's the "belly button-to-spine" action that will "make your walk more effective, protect your back and get your abs in on the action," the health website explains. The pros say to suck in your belly toward your spine as you walk, which will engage your core.

### **You don't walk to music.**

Strolling alone in the wilderness and absorbing the sounds of nature is an amazing experience. Unfortunately, it's an unlikely motivator for powering up your walk. Listen to music instead, with the goal of trying to distract yourself from any monotony or misery you may be experiencing. Make a playlist to match your walking tempo, and keep increasing to faster-paced music. Researchers found that songs with 170 to 190 beats per minute generate the best results.

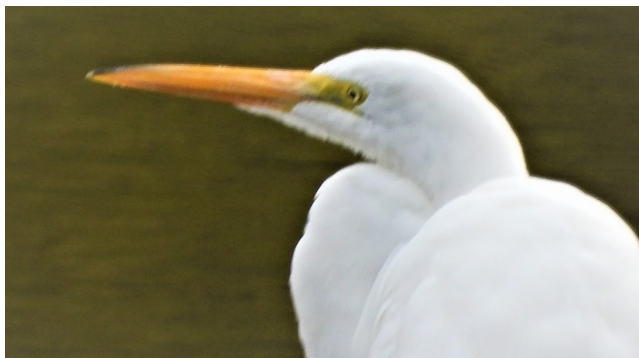
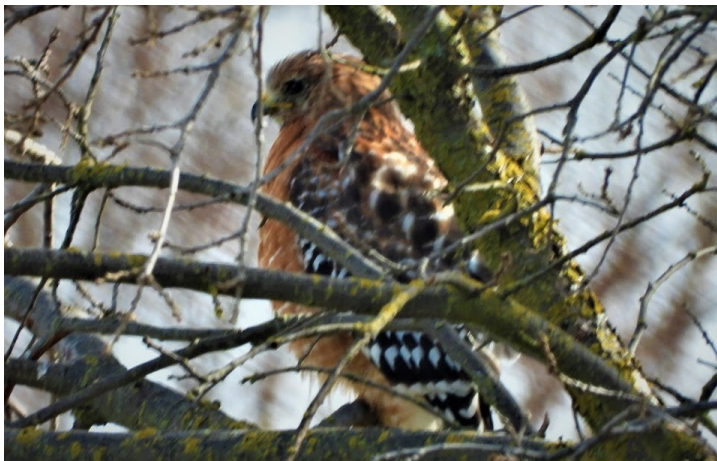
### **You think that walking poles are silly—or remind you of canes.**

Process this: A recent study found that walkers who completed a 1-mile route with poles burned more calories than walking the same course without poles. And the benefits don't stop there. Walking sticks provide additional stability for aging activity seekers. Quality walking can provide balance, absorb shock to joints and assist movement over various terrains. So why are you still sitting there? Get moving, folks!

# Feathers and Some Fur

By Bruce Calkins

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



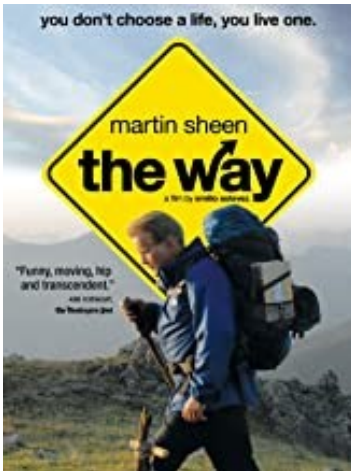


# Movie: *The World Before Your Feet*

By Zori Friedrich

No Sweat Gazette Roving Reporter

Many of us have seen the 2010 movie *The Way* starring Martin Sheen and Emilio Estévez (you haven't? Then homework for you!). It's a movie about walking — right up our alley! The story features a father who joins his son to walk the Camino De Santiago commonly known as "The Camino". The movie was a success in that it inspired thousands of people around the world to take on the challenge of the 500 mile trek (yes, you read that right — 500 miles!).



Now I've discovered another movie about walking titled "The World Before Your Feet", a documentary

about Matt Green who walked all the streets of New York City! If you thought 500 miles

was a stretch, consider that Matt walked 8000 miles through every street in every neighborhood, in every borough of NYC. Matt shares his stories of the people he meets along the way ("Why are you doing this?" they ask?, "Have you ever been mugged?"), the unique history of various neighborhoods, and even famous people buried in Queens (the borough known for its 14 cemeteries!).

So are you inspired to walk all the Streets of Sacramento? I can't even imagine! But as a Stick, I can say as a 14-year member I have walked



some parts of the city that I didn't even know existed (and I've lived in the city since 1981!). Most recently for the New Year's Day walk, I explored McKinley Village and a new neighborhood in-the-making known as Sutter Park. I've explored unique neighborhoods that have a "name" — East Sac, Poverty Ridge, Curtis Park, Elmhurst, Fab 40s and Boulevard Park. Walks have led me past iconic city sights — the State Capitol, the Tile House, and Vic's Ice Cream, Sac State Arboretum and Effie Yeaw Nature Center. Hmmmmm, come to think about maybe I have walked all the streets of Sacramento! But kidding aside, I know I owe all these fabulous walking memories to Sacramento Walking Sticks members — officers, walk designers, map makers, and its endless volunteers.

Hope you find time to watch these walking movies — both are available from Sacramento Public Library.

"The Way" is available for rent or purchase on Amazon Prime Video, and "The World Before Your Feet" is available free for PRIME members on Amazon Prime Video.

Sticks member **Anne Ofsink** did a different form of walking on snowshoes recently. About it, Anne says, "We Sticks love walking, and being outdoors. Missing Michigan in the winter, and not having tried snowshoeing before, I was pleased to find it to be a perfect fit!"



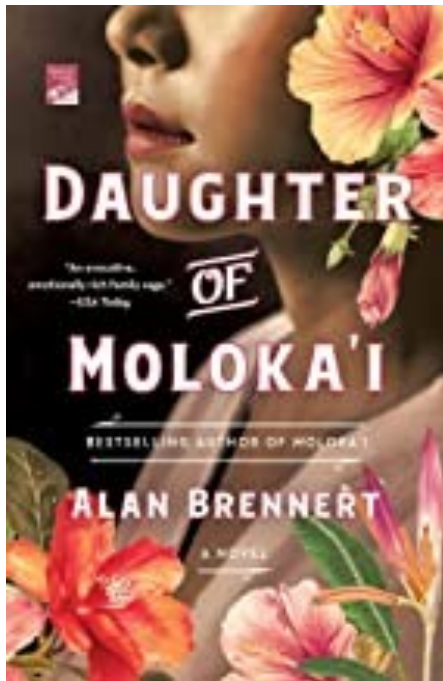


## Walking Book Club

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



### February Book Recommendation - *Daughter of Moloka'i b: A Novel* by Alan Brennert



There are 10 print copies available through the Sacramento Public Library system as well as e-book and e-audiobook formats. Available online in hardcover, Kindle and Audiobook formats.

#### Book description from Amazon:

Alan Brennert's beloved novel, *Moloka'i*, currently has over 600,000 copies in print. This companion tale tells the story of Ruth, the daughter that Rachel Kalama—quarantined for most of her life at the isolated leprosy

settlement of Kalaupapa—was forced to give up at birth.

The book follows young Ruth from her arrival at the Kapi'olani Home for Girls in Honolulu, to her adoption by a Japanese couple who raise her on a strawberry and grape farm in California, her marriage and unjust internment at Manzanar Relocation Camp during World War II—and then, after the war, to the life-altering day when she receives a letter from a woman who says she is Ruth's birth mother, Rachel.

*Daughter of Moloka'i* expands upon Ruth and Rachel's 22-year relationship, only hinted at in *Moloka'i*. It's a richly emotional tale of two women—different in some ways, similar in others—who never expected to meet, much less come to love, one another. And for Ruth it is a story of discovery, the unfolding of a past she knew nothing about. Told in vivid, evocative prose that conjures up the beauty and history of both Hawaiian and Japanese cultures, it's the powerful and poignant tale that readers of *Moloka'i* have been awaiting for fifteen years.

Please join us on Sunday, February 28, 2021 at 10 am for a 5K

walk in Elk Grove Regional Park which is close to the former town of Florin where part of the book is set. **Bring a lunch and we'll eat in the park**, weather permitting, and have our book discussion there.

**Note: This book walk was originally scheduled for January 31 but cancelled due to Covid. It will be postponed again if there continue to be restrictions on gatherings due to the pandemic. Check future Walk Alerts for updated information.**



Click here for Carpool Guidelines:

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





# FOOTNOTES

By *Barbara Nuss, President*



*"A line is a dot that went for a walk." Paul Klee*

## Greetings everyone,

It's a new year and I'm wondering if Santa brought you all your heart desired? I asked for good health and so far, so good! I've heard that a couple of Sticks members have gotten appointments for their COVID vaccination so that's a very good thing. Just as a reminder, we shut our walking down on March 14<sup>th</sup>, Pi Day and had to cancel our event from Marie Callender's on Freeport Blvd. Hard to believe all that's happened since and the good news is that the Sticks are still walking!!

We hosted our first Traditional Event on New Year's Day 2021 and it was a surprisingly successful event. Drum roll please ... we had a total of 177 people come out to walk and way too many dogs to keep count of. Also, worth noting, 86 of those people were Sticks members so give yourselves a pat on the back for coming out and supporting your club!! Trying to keep it on the lowdown, I only publicized it thru walk alerts rather than letting TV, radio or newspapers know. Thank you, Jennifer Stanley, for designing the lovely 6k route from Sutter's Landing Park thru McKinley Village and back. We needed extra mileage and Myrna Jackson stepped up to the plate

and designed two separate 5k loops that showcased the renovated development on the torn down Sutter Memorial Hospital site as well as taking us thru New Era Park and Boulevard Park. Nancy Alex did her magic and chalked the 6k route so people could easily see where they were walking while still checking their walk directions and maps. Another shout out of thanks goes to Warren Tellefson who painstakingly put the walk directions in readable format as well as designing 4 separate maps for us, so we never got lost.

There are still more people to acknowledge for taking their time to make the walk a success— Thank you, Steve Lavezzo, for riding your new electric bike and checking on open restrooms along the routes. Did you see Steve Hughart sitting at the stamp table throughout the morning? He had hip surgery in February and is now recovering from knee replacement. Also helping at the registration table were Janet Riley, Paul and Marie Robb, Heidi Foster, Nancy Alex, Jennifer Stanley and when needed—Myrna Jackson and myself. Last but not least, thank you Robert Perricone for taking these wonderful pictures of our event: <https://photos.google.com/share/AF1QipPIR4zwMlvxuLRy->

[WqpFPmf AwzrtssDFFX3aHHqK S0Vz9kKG8yXY2sClEXwm6How? key=MkVfb3gtcHFwLXpZnkJpbERhNXJpZjI1WXhEck9R](https://www.facebook.com/Sacramento-Walking-Sticks/)



We still have some of the commemorative patches left, so if you want one with our mascot Woody and his facial mask, just write to Steve Hughart and let him know you'd like to have one. They're not expensive and what a great reminder it'll be years from now when we look back at 2020 and 2021. Steve Hughart, [hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net).

Thank you, again, to all who came out to participate and to everyone for inviting their friends and family to come join them. We rock!

Have you heard the news? AVA Headquarters moved over the holidays to San Antonio, TX. They'll carry on with business as before but there is one big difference for all of us who walk for credit – when we send in our

completed Event and Distance books, we'll be sending them to a different address: AVA, 1008 S Alamo St, San Antonio, TX 78210-1110

It's official news now—the Davis Dynamos Club has been laid to rest. Earlier this year, the Sticks took over their 3 walks and 1 bike ride and there was a hope that the Club would find a way to live again. Sadly, that didn't happen, and California is down 1 club. Thank you, Davis Dynamos, for all the memories—the walks, your friendly faces and all that you brought to us.

It's a new year and perhaps

you're thinking to yourself that it's time to get yourself a shirt or jacket with a Sticks logo. How do you do that? Easy—click on this link or look on our website: <https://sacramentowalkingsticks.org/Store.html> under SWS Store. It's easy to order all kinds of clothing from Lands End Business Outfitters and the quality is amazing. They're always running specials and the best part is you get to choose your favorite color and size is no problem. You might also ask them about having your first name embroidered above the logo—I love doing that because I can leave my Sticks name button at home.

Can't find your Sticks name button or it got put in the wash by mistake. Email Steve Hughart about getting another one: [hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net).

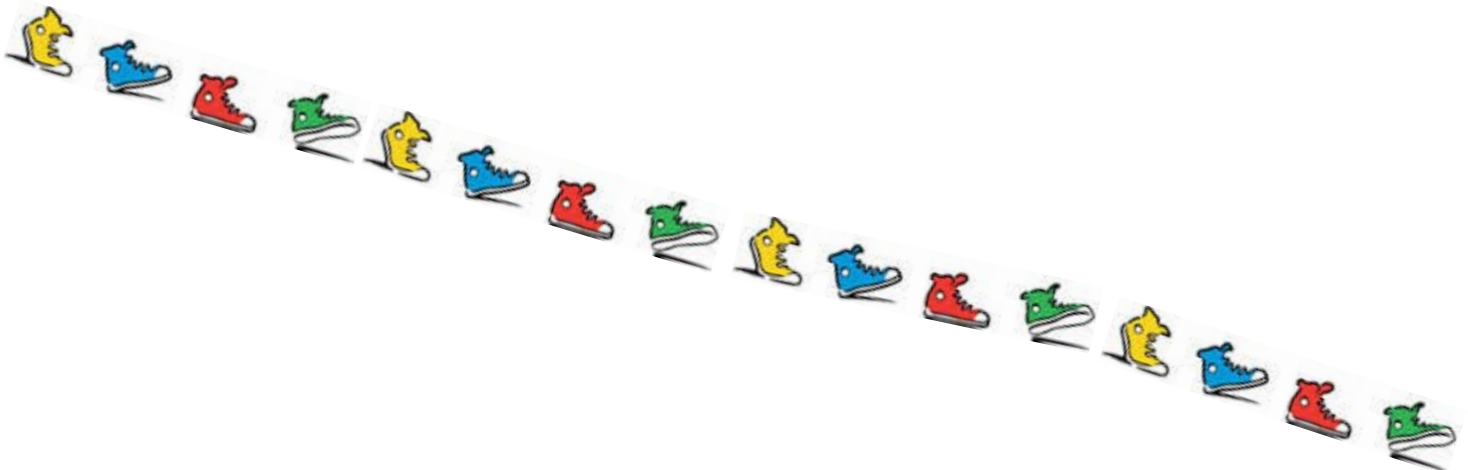
If you should ever need a new Event or Distance book or to turn in your blue Sticks book, email Barbara Nuss, [nussb@surewest.net](mailto:nussb@surewest.net).

Hoping to walk with you on the trails,  
Barbara Nuss, President  
916.283.4650  
[nussb@surewest.net](mailto:nussb@surewest.net)

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**EDITOR'S COMMENT:** Reference Barbara's remarks about the New Year's walk on Page 9 above: "**Also, worth noting, 86 of those people were Sticks members, so give yourselves a pat on the back for coming out and supporting your club!**" If attending the walk brought praise from the club president for making the effort to come out and support the club, then some readers might infer that those who avoided the walk somehow fell short of supporting the club in an admirable, fulsome, and enthusiastic way.

So I'm writing this with no intent to criticize Barbara's upbeat, cheerleading remarks but rather because I think it's important to remind everybody that there is a sizeable contingent of Sticks members who vigorously support the club, but we can only do what we can to provide support at this time from a distance. We understand, we support, and we applaud those of you who choose to walk, but many of us did not join the New Year's walk because we are not joining any Sticks walks these days. Because we have been under Stay Home orders whose strong recommendations included "exercise outdoors with members of your own household only," and because Covid is raging out of control with daily new cases and deaths spiking at alarming rates all across the country, we believe that choosing to avoid all group activities during this national health disaster, including Sticks walks, is the wiser choice for us and the strongest way to protect ourselves, our families, and all the members of our community. —**John McLaughlin**



# UPCOMING WALKS FOR FEBRUARY, 2021



Tuesday	Feb 2	9:15 am	Sacramento—Arden Park
Wednesday	Feb 3	6:15 pm	Folsom ( <b>Evening Walk</b> )
Thursday	Feb 4	9:15 am	Fair Oaks
Thursday	Feb 4	9:15 am	Sacramento—Pocket Area ( <b>Bicycle</b> )
Saturday	Feb 6	9:15 am	Woodland, <i>Friendship Walk</i>
Monday	Feb 8	10:00 am	<b>Road Adventure to Petaluma</b>
Tuesday	Feb 9	9:15 am	Sac—North Laguna Creek Wildlife Area
Wednesday	Feb 10	6:15 pm	Sacramento—Land Park ( <b>Evening Walk</b> )
Thursday	Feb 11	9:15 am	Sacramento—Sierra Oaks Vista
Saturday	Feb 13	9:15 am	Manteca, <i>Friendship Walk</i>
Tuesday	Feb 16	9:15 am	Sacramento—American River
Wednesday	Feb 17	6:15 pm	Elk Grove Regional Park ( <b>Evening Walk</b> )
Thursday	Feb 18	9:15 am	Elk Grove Creek Watershed
Thursday	Feb 18	9:15 am	Rancho Cordova—Lake Natoma ( <b>Bicycle</b> )
Saturday	Feb 20	9:15 am	Lodi—Lake Forest to Sea Forest, <i>Traditional Event</i>
Monday	Feb 22	6:30 am	Sac—Midtown to East Sac, <b>EARLY RISER</b>
Tuesday	Feb 23	9:15 am	Galt, Cosumnes River Preserve
Wednesday	Feb 24	6:15 pm	Sac—River and Miller Park ( <b>Evening Walk</b> )
Thursday	Feb 25	9:15 am	Woodland
Saturday	Feb 27	9:30 am	Vacaville, <i>Friendship Walk</i>
Saturday	Feb 27	8:00 pm	<b>West Sac—Clarksburg, Full Snow Moon Walk</b>
Sunday	Feb 28	10:00 am	Elk Grove Regional Park ( <b>BOOK 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.



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



**31 Years:**

Gail Samcoff

**26 Years:**

Pat Thomas

**17 Years:**

Jean Lucas

**14 Years:**

Nancy Fox  
Myrna Johnston

**12 Years:**

Priscilla Fife  
Monica Moriarty  
Gail Ohanesian

**11 Years:**

Harlene Adams  
Coreen Coones  
Sharyn Holland  
Terry Holland  
Nikki Johnson  
Zoey Johnson  
Roxie Jones  
Susan Martimo  
Chris Nolan  
Ron Nolan  
William Roth

**10 Years:**

Sue Gaston  
Becky Highsmith  
Chris Highsmith  
Dick Owens  
Johanne Owens  
Gisela Parker  
Senta Parker

**8 Years:**

Linda Bjorklund  
Suzanne Hermreck  
Amnon Igra  
PJ Jones  
Gretchen Jung  
Dave Madison  
Suzie Madison

Joan Mallum  
Helyne Meshar  
Cathy Sailor  
John Sailor

**7 Years:**

Tammi Kerch  
Jackie Sinigaglia

**4 Years:**

Vickie Jones

**2 Years:**

Gary McFarland

# ***Happy Birthday in February!***

**February Birthdays:**

7 Etsuko Stone	17 Kyle O'Ryan	25 Phil Hickey
2 Leah Allen	8 Nancy Manning	18 Layla Bentley
2 Scott Nelson	8 Helen Wakefield	19 Janet Shaw
2 Lana Paulhamus	9 Bonnie Apple	19 Katherine Smith
3 William MacDonald	12 Karen Bagdasarian	20 Diane Ardans
6 Eva Nelson	13 Janet Riley	20 Dustin Tellefson
6 Greg Samcoff	14 Judy Cuchna	20 Doug Thompson
6 Kay Stinson	16 Nancy Fox	24 Carol Hobbs
		26 Connie Ramos-Haugen
		27 Stuart Davis



# 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:**  
Anne Ofsink

**Multi-year Heros**  
**Renewed for multiple years**  
**after letter sent:**  
Catherine Brouwer  
Patricia Di Ianni  
Richard MacGill  
Inge Small

**Email Heros:**  
**Renewed for 1 year**  
**after email sent:**  
Peggy Briggs  
Barbara Hodges  
Janece Killingsworth  
Cathleen Madge  
Heather Reynolds  
Susan Rubinstein  
John Szabo  
Doug Thompson  
Janice Warta  
Marvin Warta

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## [Welcome New Members!](#)

Diane Ardans

Kathleen Baldwin

Barbara Haig

Tim Turner

### 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>