



The No Sweat Gazette

Spring, 2021



Happy Spring!



Sandhill Cranes at Cosumnes River Preserve

Photo by 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

Roving Reporters: Zori Friedrich, Marie Robb, Nancy Calkins

Roving Photographers: Bruce Calkins, Theresa Ihara

Editor: John McLaughlin

Notice of Newsletter Schedule Change

You might remember that *The No Sweat Gazette* used to be a quarterly newsletter. But after an extra holiday edition in January, 2020, the quarterly Spring edition in March, 2020, a Covid-19 special edition in April, 2020, I elected to publish this newsletter every month beginning in June, 2020. The primary reasons for the more frequent monthly editions were to give members more access to the club while we were not walking so much because of the pandemic, and to provide more timely updates about walks and such, which was not possible in a newsletter coming out every three months when the future then was so difficult to predict.

Now, though, with more and more of us getting vaccinated and one by one returning to nearly normal activities, Sticks walks will be in full bloom before we know it. Consequently, after the passing of one full year since the last quarterly edition, and beginning with this Spring edition, we are returning to publishing the newsletter quarterly—every Spring, Summer, Autumn, and Winter, in March, June, September, and December, respectively. While obviously not as frequent as monthly, these quarterly editions will endeavor to be more

robust and eclectic with more articles and more items of interest. Also, to assist you in planning your activities further into the future, we will publish a schedule of upcoming Sticks events three months in advance of the date of each issue.

Now that *The No Sweat Gazette* will be published only quarterly, it will want to present a generous amount of “newsy” reports about all the fun stuff Sticks members had been up to in the three months prior to each edition’s publication. Consequently, we will need a little help from you, our readers.

We have a fabulous and energetic newsletter team of reporters and photographers (see blue box above) who will do their best to contribute interesting and informative write-ups and photos for your reading pleasure each quarter. But to supplement their efforts, we respectfully request that you send us your contributions.

A fine example of a reader’s contribution is the article by Jennifer Stanley on page 9 of this edition. Of course, not everybody will want to spend the time and energy required to write an article like Jen-

nifer’s. And while we welcome, want, and will gratefully publish as many such articles as you readers might submit, just a quick few sentences from you would be every bit as helpful. Indeed, if several of you each quarter would please submit a short paragraph or two (with or without photos) about a recent walking experience or anything else you’d like to share relative to walking or the Sticks, then each edition would offer a delightfully broad range of Sticks members’ fun walking experiences over the preceding three months. That way, this truly will be **YOUR** newsletter, for, about, and **BY** you.

So, please submit any articles, sentences, paragraphs, or photos to the email address below. Also, if you have an idea about a contribution but you aren’t quite sure how to proceed, just email me, and I will be very pleased to assist in any way I can to help develop your idea to share with everybody on one of these future newsletter pages.

THANK YOU!

John McLaughlin, Editor
sticksnewsletter@aol.com

A ROAD ADVENTURE TO PETALUMA

By Marie Robb

No Sweat Gazette Roving Reporter

In February, Paul and I joined the Walking Sticks on a road adventure to Petaluma. It was our first time, but it is a walk I had long wanted to do because of a personal connection to the town. My cousins grew up in Petaluma, and my family spent many holidays with them; between our two families, there were 12 children—good times! But I also wanted to explore the “In the Movies” theme of the Petaluma walks.

We started walking on a cold, foggy morning; happily, it warmed up as the day went on. As we walked up Washington St., we noticed the statue of the wrist wrestlers, which memorializes the world wrist wrestling championships started by a local newspaperman, Bill Soberanes. A lovely mural across the street depicts Petaluma’s history.



Mystic Theatre

On Petaluma Boulevard, we passed the Mystic Theater, which was featured in [American Graffiti](#). A little further, we paused at the Historical Museum, housed in what once was the Carnegie Library. We diverged a little from

the 5K to visit a hardware store—they had public restrooms! We showed our appreciation by making a few purchases. We then continued past Walnut Park and a hamburger stand, which I remember well. In all the years we went to Petaluma, my dad stopped there only once for lunch. We were thrilled, and we



Gazebo in Walnut Park

enjoyed our hamburgers across the street in Walnut Park. The walk continued through charming neighborhoods. We even walked on Sunnyslope Avenue, my cousins’ first home in Petaluma. I have such wonderful memories of that house and playing at the school across the street. My mother remembers the time my uncle (her brother) became hysterical when my brothers jumped off the roof!

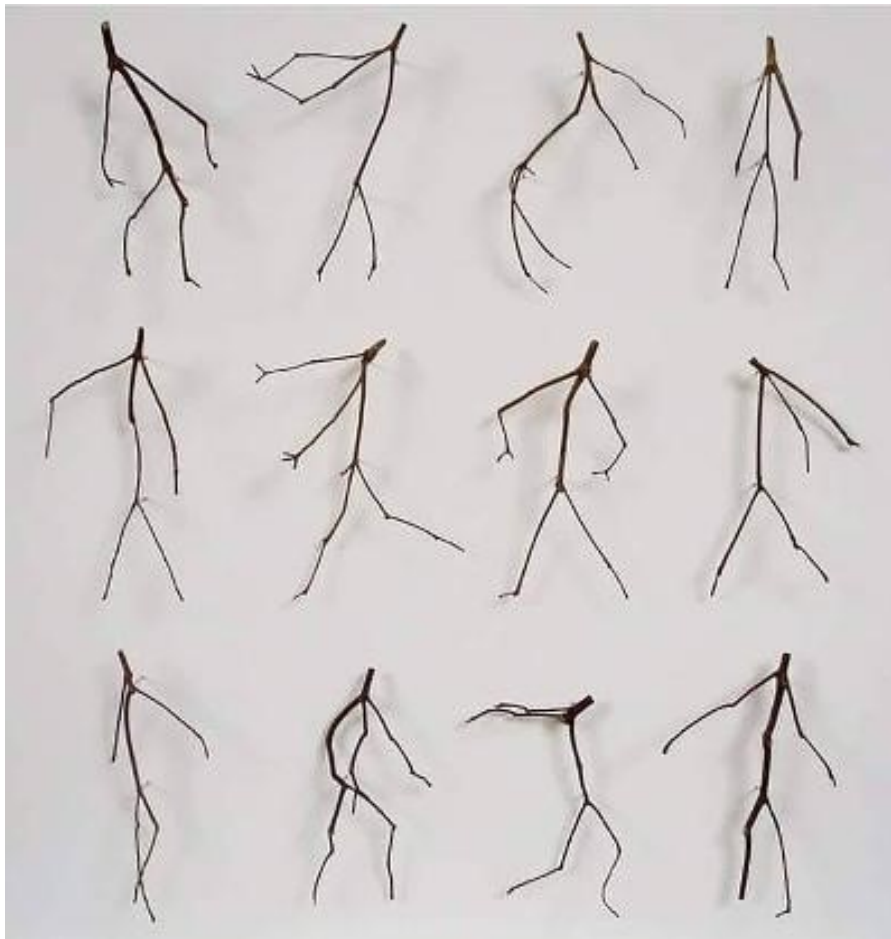
D Street boasts some of the most beautiful homes in Petaluma; I loved driving up this street on the way to my cousins’ house. We turned briefly on Brown Court to walk along a tree-lined street that has been used many times as a backdrop in movies and TV commercials. Toward the end of our

walk, we paused for lunch at the River Front Café, along the Petaluma River. We were grateful for the respite and the large picnic tables, which gave us a chance to spread out. We all proclaimed our lunches delicious, and we recommend this eatery. A few of us finished the day’s adventure with a trip to the Petaluma Creamery for ice cream.

The 10K walkers passed the house that was Peggy Sue’s home in [Peggy Sue Got Married](#) and the church that was in a scene of the movie [Basic Instinct](#). Both walks contain more spots that have been featured in the movies—too numerous to mention. Before we left Petaluma, Paul and I made a pilgrimage to St. Vincent’s Catholic Church; I attended several high school graduations and a couple of weddings here. This road adventure gave me a wonderful walk down memory lane. Thank you, Sonoma County Stompers!

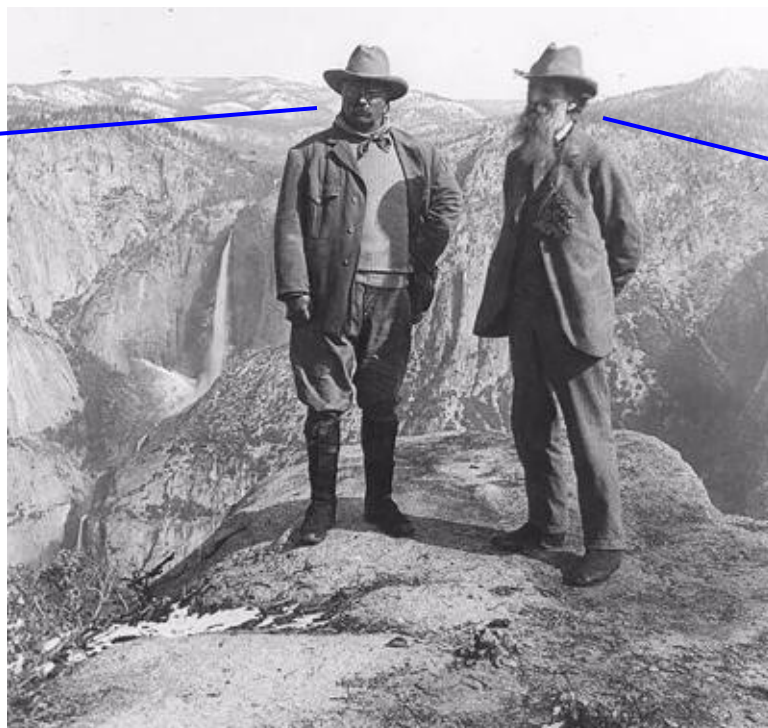


5 & 10 K walkers at lunch



...Spring is the time for our days to Blossom with new beginnings—and for some “walking sticks” smiles. Photo to left was submitted by Sticks Member Sandy Sarber who advises that “this photo was posted on Facebook by Yvan Claude: Someone collected these tree branches and called them nature's dance.”

I say, John, nice view from the lookout here, but have you read that stunning literary masterpiece of a newsletter from the Sacramento Walking Sticks called The No Sweat Gazette?



Indeed, I have read every edition of it, Teddy, with enormous and nearly giddy pleasure. But now that the Sticks newsletter is going back to quarterly publication, it definitely will need some more input from its readers.

The Cosumnes River Preserve

A Special Four-Part Feature

Presented by Nancy Calkins
No Sweat Gazette Roving Reporter

Part One—Interesting Facts

The Cosumnes River Preserve (CRP) is a nature preserve of 50,000 acres primarily located 20 miles south of Sacramento. The preserve protects a Central Valley habitat that once contained one of the largest expanses of oak tree savanna, riparian oak forest and wetland in North America.

The Cosumnes River is the last remaining free-flowing river in California's Central Valley. The preserve supports a diverse range of plant and animal life with more than 250 bird species, more than 40 fish species, and some 230 plant species that have been identified.

The CRP is buffered by a variety of agricultural operations and provides numerous social, economic, and recreational benefits to local communities and to people residing in the

larger Sacramento and San Joaquin Valley areas. The habitat supports wildlife, including birds that migrate throughout the Pacific Flyway, a major north-south flyway for migratory birds in America, extending from Alaska to Patagonia.

Of special interest at CRP is the Sandhill Crane. Sandhill cranes are among the largest birds in North America with a wingspan reaching 7 ft (2 m). They are also among the oldest birds on our planet and are famous for their amazing courtship "dances" and distinct calls. Thousands of sandhill cranes arrive in California's Central Valley each September after breeding in Alaska, Canada, and the Pacific Northwest. In addition to that, a smaller group of cranes breed and nest in north-eastern California.

The height of the Sandhill Crane season is December. During the months of February and early March, cranes will likely be leaving CRP in groups

(or kettling), and by mid-March, they are generally gone. Sandhill cranes are currently considered an endangered species in California, as their numbers are declining due to habitat loss. Fortunately, Elderberry longhorn beetle, California giant garter snake, and the Swainson's hawk are three threatened or endangered species that have been found living on the preserve.

Currently, the Cosumnes River Preserve uses both public and private lands as a location for migratory birds throughout the year as well preserving natural riparian oak woodlands, vernal pools, wetlands, and grasslands. It has seven land-owning Partners including: The Nature Conservancy, Bureau of Land Management, California Department of Fish & Wildlife, Sacramento County Regional Parks, Department of Water Resources, Ducks Unlimited, and the California State Lands Commission.

Part Two—Developing the YRE for the Sticks

Many years ago, after attending the Flyway Festival at Mare Island and walking a fantastic route sponsored by the Vaca Valley Volks, I learned about other places on the Pacific Flyway. A very important stop on the Flyway is the Cosumnes River Preserve (CRP), right in our own back yard. When we first visited CRP, I thought what a wonderful place for a walk and was surprised that SWS did not have a designated

walk there already. I toyed around with the idea for awhile and felt that I could design a 5K and 10K near the part of the reserve by the Visitor's Center on Franklin Blvd.

Since CRP has a Galt, CA address, Barbara Nuss suggested we confer with the Delta Tule Trekkers to ensure we were not in their territory. The Trekkers liked the idea of SWS sponsoring a walk at CRP, since it is much closer to Sacramento and on the far northern edge of San Joaquin County. So I forged ahead and de-

signed the first draft of the walks. There were easily 5K of trails at CRP, and, with minimal retracing, I developed the 10K route as well.

The next step was to have Warren Tellefson format the walk directions so that they would be consistent and easy to follow. As it turned out, Warren and his family were frequent visitors to CRP and suggested some wonderful modifications to the draft. Now we had written instructions and arranged a worker's walk to test our directions for accuracy.

Our test group included Nancy Alex, not only an expert in developing walks for SWS, but also one who played an important role with the Bureau of Land Management in having CRP declared a protected area (see Part Three). The fact that other SWS members appreciated CRP as much as I did made me even more enthusiastic about developing the walk at CRP.

There are so many wonderful aspects about CRP—the wildlife, the

preservation of the river and forest, and the recreational opportunities it gives us. I can think of only two downsides to a walk at CRP. First, for those who walk with their four-footed furry friends, the doggies must remain home because CRP is a nature preserve to protect the wildlife. Secondly, you must stay on the trails and walk only in the designated areas because CRP has an abundance of poison oak that is easily visible from the trails! You can admire the beautiful red and green

foliage, but beware—don't get too close ... leaves of three, let them be!

When you are ready to get out of the city, CRP is a short drive south of Sacramento. First, exit I-5 on Elk Grove Blvd and stop at the McDonald's on the corner of Harbour Point Drive. That's where you will find the SWS "walk box," register for this walk, and pick up the instructions. Thank you to Paul and Marie Robb for being the Point of Contact for this Year-Round Event. Enjoy!!!

Part Three—My Role at BLM in Acquiring These Lands By Nancy Alex

When The Nature Conservancy decided to work on preserving the rich wildlife area around the Cosumnes River, they enlisted the Bureau of Land Management to help with acquiring the land. The Bureau can acquire the land it wants to manage through land exchanges and acquisitions funded by various interested organizations, plus the Land and Water Conservation Fund. And so, employees of the Bureau were involved in acquiring the lands that became the Cosumnes River Preserve.

A large group of Bureau staff in different professions worked together to make it all happen. There were the field specialists, the appraisers, the survey staff, the archeologists, the biologists, the hydrologists, and the folks who processed all the paperwork to make sure every requirement had been fulfilled, then run through the legal office for official approval of the deeds.

I was Chief of the Lands Section in the California State Office of the Bureau of Land Management. My group, the Lands Section, put the final paperwork together along with official decisions and deeds. As Chief, I got to carry them to and through the legal office. Many times, I left work late and drove the signed paperwork directly to the DHL Express drop box for overnight delivery. I knew where all the DHL boxes were and when they were picked up. If I didn't make it in time to the boxes in town, I went directly to the DHL office out at the airport.

While lands were still being added to the preserve, a visitor center was built at the preserve, and all of us who had worked on the preserve came out to it for a meeting and a chance to see what it looked like. Later, they had work projects, and BLM employees could volunteer to participate during their workdays. Then in a shocking act of arson, the visitor center was burned to the

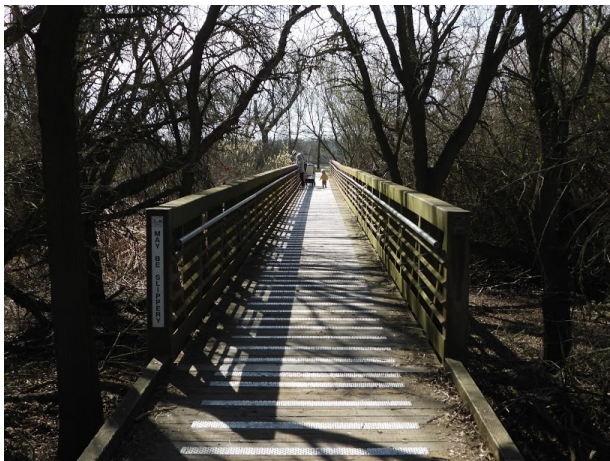
ground. It took a few months, but one of the Bureau's law enforcement agents cracked the case and arrested the arsonist, a guy from nearby Thornton. The center was rebuilt bigger and better as you see it today, along with other improvements like bridges and docks that we enjoy now.

The preserve makes our valley wildlife and river environment available to so many people who would never experience it otherwise. It offers special events for the public, and it introduces high school students who haven't experienced outdoor recreation in nature to kayaking through the preserve. As I watch other portions of the great Pacific Flyway be drained and developed, I am happy to know the Preserve is a part of the Pacific Flyway forever. Thanks to the Walking Sticks, I learned to love the Cosumnes River Preserve which once was an office swearword.



COSUMNES River Preserve

Part Four—Some Photos of Cosumnes River Preserve
By Bruce Calkins, No Sweat Gazette Roving Photographer



Some Photos of Cosumnes River Preserve Continued



Napa Valley Day Trippers

by Jennifer Stanley

On March 3rd, a group of six Sticks members made a walking adventure trip to the Napa Valley. Spring has sprung in the Valley, and is covered in beautiful yellow mustard growth throughout the vineyards, the hills and even in the highway median.



After a stop at the famous Oakville Grocery, established in 1881, (the best deli in Northern California with an unbelievable selection of cheeses, wine, pizza, sandwiches and more) to pick up lunch, the group met up at

the Hoing Winery in Rutherford (850 Rutherford Road). Owners of the winery, being friends of one of the group's members, allowed us to leave our cars there during our walk. With some direction from locals, the group set out to walk from Rutherford to Oakville (10k round trip) through the local vineyards. Without specific directions or maps, we were told, by locals to follow along the Napa River. We were on our own. Not like a Sticks well-designed program.

It was a beautiful day, a bit cloudy, but not overly hot. We walked along dirt roads through the vineyards, and, with some discussion, GPS assistance, and committee agreement, we made it to our destination and returned without getting lost. We had great views of the hills and all the blooming mustard, marigolds, grapevines, and even an olive orchard with black olives hanging on the limbs.

Upon return to the Hoing Winery (closed on Wednesdays during the pandemic) we were given permission (it helps to know the owners) to

sit at their picnic tables for our lunch and were provided a couple of bottles of wine to enjoy!

After purchases of some wine to take home, we ended our outing and hit the road. It was a memorable day! Must make it happen again!



Nancy, Sue, Dan, Karen, Peggy



*Nancy, Peggy, Dan, Sue, Jennifer
Notice the hats from Hoing Winery*

ANYBODY FOR LAUGHING?

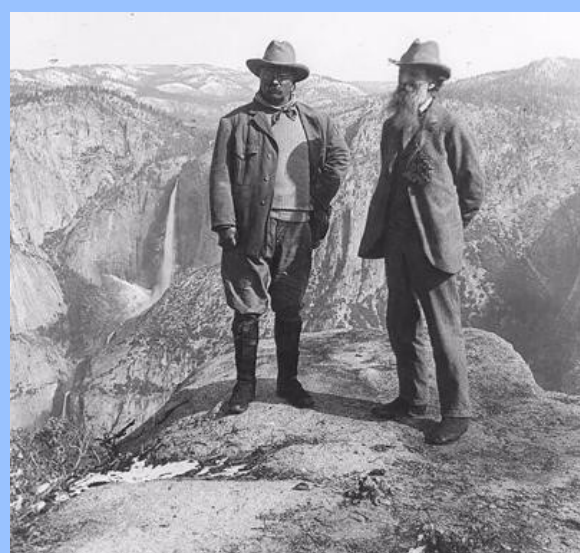
Okay, spring is here, and after all the confusion, maybe some hard feelings, plenty of fear, uncertainty, doubt, and the tough times we all experienced during the past year, I vote that it's time to lighten up and try to laugh as much as we can. To that end, what do you say we have some fun with this 1903 photo of Teddy Roosevelt and John Muir in Yosemite? You can see the fun I had with it on page 4 of this edition and also in the recent March Edition. Now, it's your turn. Please write a funny caption or dialogue between

the two and send it to sticksnewsletter@aol.com.

Your captions or dialogues will appear in the next edition, the Summer edition, in June. Please give it a try, and let's laugh a little! Also, this will absolutely count for the kind of reader contribution I'm sort of begging for on page 2.

Thank You!

— John McLaughlin





Walking Book Club

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



No Book Walk in April

April Book Recommendation:

Read a biography or play by **Eugene O'Neill**. There



are many available through the Sacramento Public Library system. Then join the San

Francisco Bay Bandits in Danville on Saturday, April 17, where Eugene O'Neill's beloved home, Tao House, high in the hills above Danville, is now the Eugene O'Neill National Historic Site. There will be 6 and 5 K routes available through Danville, rated 1A, and a challenging 11K hike up to Tao House, rated 3 C.

May Book Recommendation:

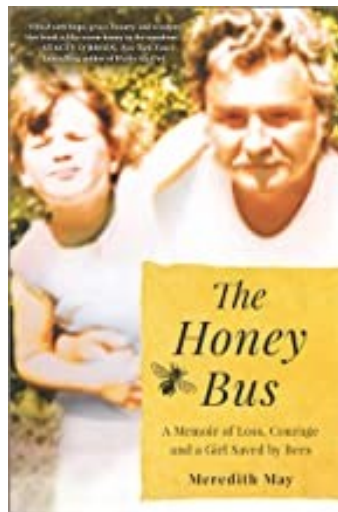
The Honey Bus: A Memoir of Loss, Courage and a Girl Saved By Bees by Meredith May

Book Description from Amazon: **An unforgettable story about finding home in the most unusual of places, and how a tiny, little-understood insect could save a life.**

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. 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. The bees became a guiding force in May's life,



she learned to take care of herself. Part family story, part beekeeping odyssey, *The Honey Bus* is a rich and lyrical memoir of a girl who journeyed into the hive—and found herself.

6 print copies available through the Sacramento Public Library system and available online in paperback and Kindle formats.

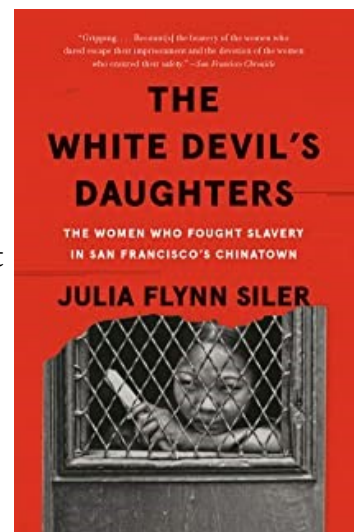
Please join us on **Sunday, May 2 at 10 am, in Carmel, California for a 5K walk** followed by lunch and book discussion (location to be determined).

June Book Recommendation:

The White Devil's Daughters: The Women Who Fought Slavery in San Francisco's Chinatown by Julia Flynn Siler

Book Description from Amazon: During the first hundred years of Chinese immigration--from 1848 to 1943--San Francisco was home to a shockingly extensive underground slave trade in Asian women, who were exploited as prostitutes and indentured servants. In this gripping, necessary book, bestselling author Julia Flynn Siler shines a light on this little-known chapter in our history--and gives us a vivid portrait of the safe house to which enslaved women escaped. The Occidental Mission Home, situated on the edge of Chinatown, served as a gateway to freedom for thousands. Run by a courageous group of female Christian abolitionists, it survived earthquakes, fire, bubonic plague, and violent attacks.

We meet Dolly Cameron, who ran the home from 1899 to 1934, and Tien Fuh Wu, who arrived at the house as a young child after her



Click here for Carpool Guidelines:

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

abuse as a household slave drew the attention of authorities. Wu would grow up to become Cameron's translator, deputy director, and steadfast friend. Siler shows how Dolly and her colleagues defied convention and even law--physically rescuing young girls from brothels, snatching them from their smugglers--and how they helped bring the exploiters to justice. Riveting and revelatory, *The*

White Devil's Daughters is a timely, extraordinary account of oppression, resistance, and hope. 8 print copies as well as audiobooks and e-books available through the Sacramento Public Library System. Available online in paperback and Kindle formats

Please join us on Sunday, June 6, at 10 am, for a 5K walk through

San Francisco's Chinatown. We'll have lunch and our discussion somewhere in Chinatown, location to be determined.



FOOTNOTES

By Barbara Nuss, President



**"A good friend is like a four-leaf clover, hard to find and lucky to have."
Irish Proverb**

Greetings,

You will be receiving this right around St. Patrick's Day. So, don't forget to wear something green on Wed, March 17th or you'll get pinched and if you need something to do—come walk that night in the Pocket Area with us!

April is filled with all kinds of walking adventures—did you know that April 1st (April Fool's Day) begins **National Walking Week**? The Sticks are giving you an opportunity of a lifetime with a plethora of group walks, both day and night, all week long! All of these will be group walks, the evening ones will be 3 miles in length and day ones you can choose to walk either 3 or 6 miles. The family dog is welcome; remember they need to be on a leash with pickup. Children of all ages are welcome to join in, too.

[The National Walking Week](#)

Walks appear in blue print in the Upcoming Walks on page 13 of this newsletter.

Then on Saturday, April 24th the Sacramento Walking Sticks will be hosting their 2nd Traditional Event of 2021 in the town of **Orangevale**. It's the first time we've done a walk here and our thanks go out to Myrna Jackson and Sally Coones for designing our routes. We'll be starting from charming Pecan Park and having done the 3-mile route, you'll be surprised at all you'll see. I'm anxious to walk the other loop to see views of the American River and eagles' nests. I've said this repeatedly over the years, you drive by these cities and you'd never know all they have to offer till you get out and walk their streets. A side note: for those of you with a *Walking with Woody* booklet, do you need an "O"?

If you want more details on National Walking Week or the Orangevale walk—stay tuned because the walk alerts will give detailed information as we get closer. Another place to look is the Sticks website, www.SacramentoWalkingSticks.org. Check on the Homepage as well as the Calendar of Events page and you can also call or write me anytime with questions and concerns.

Our annual **Hot Walkin' Nights** is the name we give our Wednesday night walks starting June 2nd thru August 25th. Sacramento is blessed with delta breezes that kick in around 6:30 pm and that's when we start our group walk. There's nothing quite like walking together, exploring new places and meeting new people while everyone else is on their couch at home. The only thing missing are a few fireflies ...

Also, in June we'll be changing the registration time for our morning group walks. Instead of meeting up at 9:15, we'll start registration at 8:15 a.m.

Every month we'll continue to have an Early Risers walk where we'll meet up at 6:30 a.m. to walk 3 miles together and have breakfast after. We'll also enjoy walking under a Full Moon each month as well as going on some fun Road Adventures to Pittsburg, Reno and Tahoma.

You may recall that our Headquarters, the American Volkssport Association, moved to a new location:

AVA
1008 S Alamo St
San Antonio, TX 78210-1110

Why is this an important address we should all put down somewhere (phone, address book, computer)? If you walk for volkswalk credit, you send your completed event and distance books to Headquarters along with your Passbook and staff there log them in, stamp them and send them back to you. All of the event and distance books out there in circulation have the "old" address on the front of them, so it's very likely that you'll forget and send them to Universal City and not the San Antonio address. You'll wonder why it's taking so long.

Please remember to keep your **Passbook** at home in a safe place. Why? If something were to happen to your books (event and distance, Special Programs and/or Sticks Walks)—you would be very upset. However, you could pull out your Passbook and look to see what your last book was that you got credit for. You'd buy yourself a new event or distance book and start walking for credit—never once having to start from the beginning.

Have you ever left your books at home and come to a walk empty handed? That's frustrating but no worries. Pay your \$3.00 and ask if there is an **insert card** available? If there isn't one, you can always stamp a clean white spot on your walk directions. When you get home, you'll cut out the entire stamp and glue or tape it onto a line in your event or distance book. Same thing for a Special Program booklet and/or a blue Sticks book.

Please don't forget to print your name and address on the front of all your books so if they are lost or misplaced, you might get them returned. Should you ever need a new book, please email me at nussb@surewest.net and I can help you out—they're \$5.00 each.

Name Button—do you still have yours and do you wear it on walks? They're so handy and it's so nice to call each

other by name or to introduce each other to new people. When I order my club shirts now from Lands' End, I make a point of asking them to also stitch my name above the logo for a small additional fee. I've even gone to an embroidery shop and brought them my older shirts to stitch my name on. If you need a new button, please don't hesitate to contact Steve Hughart, HughartS@sbcglobal.net.

A special shout out and THANK YOU goes out to Suzie Madison for all the work you've done these past few years on keeping the Sticks online Calendar of Events site up to date. Not only was everything current and informational but we all enjoyed the images you added to the entries. Suzie and husband Dave are moving across the country and will join another club, they'll always be remembered in the Sticks club.

Looking forward to walking with you in the months to come, Barbara Nuss, Sticks President | nussb@surewest.net |



UPCOMING WALKS FOR APRIL, 2021



Thursday	Apr 1	9:15 am	Sacramento—Arden Park
Thursday	Apr 1	9:15 am	Sacramento—Arden Tour (Bicycle)
Thursday	Apr 1	6:15 pm	Sac—N. Laguna Creek Wildlife Area (Evening Walk)
Friday	Apr 2	9:15 am	Citrus Heights—Stock Ranch
Friday	Apr 2	6:15 pm	Sacramento—American River (Evening Walk)
Saturday	Apr 3	10:00 am	San Francisco—Presidio, <i>Friendship Walk</i>
Sunday	Apr 4	1:00 pm	West Sacramento—River Walk, <i>Friendship Walk</i>
Monday	Apr 5	9:15 am	Sacramento—Sac State
Monday	Apr 5	6:15 pm	Sacramento—Sierra Oaks Vista (Evening Walk)
Tuesday	Apr 6	9:15 am	Sacramento—Midtown/East Sac
Tuesday	Apr 6	6:15 pm	Elk Grove—East Rec Trails (Evening Walk)
Wednesday	Apr 7	9:15 am	Fair Oaks—Historic
Wednesday	Apr 7	6:15 pm	Sacramento—North Natomas (Evening Walk)
Thursday	Apr 8	9:15 am	Elk Grove—Charlie Fowble Memorial
Friday	Apr 9	10:00 am	Road Adventure to Pittsburg
Saturday	Apr 10	9:15 am	Modesto, <i>Friendship Walk</i>
Tuesday	Apr 13	9:15 am	Elk Grove—East Recreational Trails
Wednesday	Apr 14	6:15 pm	Davis, Southeast Tunnels & Bridges (Evening Walk)
Thursday	Apr 15	9:15 am	Lincoln—Lincoln Tour (Bicycle)
Thursday	Apr 15	9:15 am	Sacramento—Hidden Murals
Saturday	Apr 17	9-Noon	Danville, <i>Traditional Event</i>
Monday	Apr 19	6:30 am	Woodland Historic, EARLY RISER
Tuesday	Apr 20	9:30 am	Zamora
Wednesday	Apr 21	6:30 pm	West Sacramento River Walk (Evening Walk)
Thursday	Apr 22	9:15 am	Sacramento—Sac State
Saturday	Apr 24	9-Noon	Orangevale—Pecan Park, <i>Traditional Event</i>
Monday	Apr 26	8:00 pm	Sacramento, Sac State Full Moon Walk
Tuesday	Apr 27	9:15 am	Sacramento—Pocket Area
Wednesday	Apr 28	6:15 pm	Sac, Campus Commons/Sierra Oaks (Evening Walk)
Thursday	Apr 29	9:15 am	Sacramento—South Natomas
Thursday	Apr 29	9:15 am	Davis—Circle Davis Tour (Bicycle)

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.

UPCOMING WALKS FOR MAY, 2021



Saturday	May 1	9:15 am	Benecia State Rec Area, <i>Friendship Walk</i>
Sunday	May 2	6:30 am	Sacramento—Hidden Murals, EARLY RISER
Tuesday	May 4	9:15 am	Sacramento—Curtis Park
Wednesday	May 5	6:15 pm	Zamora (Evening Walk)
Thursday	May 6	9:15 am	Elk Grove Creek Watershed
Saturday	May 8	9:15 am	Auburn, <i>Friendship Walk</i>
Tuesday	May 11	9:15 am	West Sacramento—River Walk
Wednesday	May 12	6:15 pm	Sacramento—American River (Evening Walk)
Thursday	May 13	9:15 am	Sacramento—Land Park
Thursday	May 13	9:15 am	Northwest Roseville (Bicycle)
Saturday	May 15	9:15 am	Carmichael—Ancil Hoffman Park, <i>Friendship Walk</i>
Sunday	May 16	10:00 am	Road Adventure, Reno Historic
Monday	May 17	10:00 am	Road Adventure, Reno—UNR/San Rafael
Tuesday	May 18	9:30 am	Sacramento—Midtown to East Sac
Wednesday	May 19	6:15 pm	Sacramento—Curtis Park (Evening Walk)
Thursday	May 20	9:15 pm	West Sac—Clarksburg Branch Line Trail
Saturday	May 22	8:30-noon	Arnold, Calaveras Big Trees, <i>Traditional Event</i>
Tuesday	May 25	9:15 am	Woodland
Wednesday	May 26	8:00 pm	Full Flower Moon, Elk Grove Creek Watershed
Thursday	May 27	9:15 am	Davis—South Davis, El Macero
Thursday	May 27	9:15 am	Sacramento—Pocket Area (Bicycle)
Saturday	May 29	8:30-noon	San Jose—Alum Rock, <i>Traditional Event</i>
Sunday	May 30	TBD*	Santa Cruz, <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

UPCOMING WALKS FOR JUNE, 2021



Tuesday	Jun 1	8:15 am	Sacramento—Sierra Oaks Vista
Wednesday	Jun 2	6:30 am	Davis University, EARLY RISER
Wednesday	Jun 2	6:15 pm	Fair Oaks (Evening Walk)
Thursday	Jun 3	8:15 am	Carmichael—Hidden Parks
Saturday	Jun 5	8:15 am	Roseville—Sculpture Park, <i>Friendship Walk</i>
Tuesday	Jun 8	8:15 am	Fair Oaks
Wednesday	Jun 9	6:15 pm	Sac—North Laguna Creek Wildlife (Evening Walk)
Thursday	Jun 10	8:15 am	Sacramento—River and Miller Park
Thursday	Jun 10	8:15 am	Rancho Cordova, Lake Natoma (Bicycle)
Saturday	Jun 12	9:00-noon	Alameda—Bayshore to Estuary, <i>Traditional Event</i>
Monday	Jun 14	10:00 am	Road Adventure to Tahoma—Squaw Valley
Tuesday	Jun 15	8:15 am	Sacramento—Hidden Murals
Wednesday	Jun 16	6:15 pm	Citrus Heights
Thursday	Jun 17	8:15 am	Sacramento—South Natomas
Saturday	Jun 19	8:15 am	Carmichael—Hidden Parks, <i>Friendship Walk</i>
Tuesday	Jun 22	8:15 am	Elk Grove—Charlie Fowble Memorial
Wednesday	Jun 23	6:15 pm	Sacramento—Pocket Area (Evening Walk)
Thursday	Jun 24	8:15 am	Sacramento—Sac State
Thursday	Jun 24	8:15 am	Sacramento—Natomas (Bicycle)
Thursday	Jun 24	8:00 pm	Full Strawberry Moon—Citrus Heights
Saturday	Jun 26	8:15 am	Elk Grove Recreational Trails, <i>Friendship Walk</i>
Tuesday	Jun 29	8:15 am	Carmichael—Ancil Hoffman Park
Wednesday	Jun 30	6:15 pm	Elk Grove, C. Fowble around lakes (Evening Walk)

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 April, May, June!



16 Years:

Sally Coones
Jane Graham
Phil Hickey
Sherry Reed
Rosa Rogers
Teri Steinman

15 Years:

Martha Korff
Sam Korff
Steve Lavezzo
Priscilla Plescov
Rita Rippetoe
Marsha Robinson
Catherine Wieder
Terry Wieder
Janis Williams

14 Years:

Nancy Alex

13 Years:

Sally Barton
Marilyn Jack

12 Years:

Harriet Lamanna
D. Mattocks

11 Years:

Sondra Cooper
Dorothy Cousins
Ellen Garry
Kay Gist
Carol Hobbs
Stephanie Lindsay

Linda MacLeod

George Myers

Sue Myers

Cathy Reiner

Carole Soenke

Maril Stratton

Jim Tischer

Judy Tischer

Denise Yoshikawa

10 Years:

Brenda Dougherty

Carolyn Kay

Rita Pierson

Barbara Reynolds

9 Years:

Lauretta Larbig

8 Years:

Sue Hansen

Bill Schulte

Suzi Tucker

Maureen White

7 Years:

Mike Fosgett

Charles Gieck

Machelle Gieck

Rose Lease

6 Years:

Angelina Becerril

Christian Becerril

Joseph Becerril

Judy Gregory

Evelyn Lease

Marcia Maurer

Barbara Seidman

Teresa Yates

5 Years:

Nelly Bermudez

Roger Flansberg

Tom Frame

4 Years:

Tracie Heatherly

Sue Scudder

Connie Stewart

Jackie Vincent

Vicki Volek

John Walton

Christine Williams

Vivian Yost

3 Years:

Tim Bell

Stormy Dickens

Meiling Huang

Diane Hughes

Vikki Johnson

Nancy Welch

2 Years:

Debbie Davis

Stuart Davis

Dipti DeSai

Tammy Goosby

Suzanne Jacobs

Diane Ryder

Debbie Thomas

1 Year:

Bob Chiurazzi

Kris Ericson-Cano

Happy Birthday in April, May, June!



April:

1 Dorie Oca-Schmunk
 1 Marsha Robinson
 2 Susan Barstis
 3 Jenny Wong
 5 Angelina Becerril
 5 Bonnie Dier
 5 Steve Rushing
 6 Myrna Johnston
 6 Nancy Welch
 7 Teresa Licholai
 9 Judy Tischer
 10 Grace Moi
 11 Josie Brooks
 11 Dan Drummond
 11 Bill Maffei
 11 Inge Small
 12 Helen Alexander
 12 Steve Lavezzo
 13 Julio Rivera, Jr.
 15 Christian Becerril
 15 Thomas Hart
 15 Stephanie Lindsay
 16 Becky Highsmith
 16 Barbara Nuss
 16 Sue O'Donnell
 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 Franz
 28 Lewis Wakefield
 29 Dana Beales
 29 PJ Jones
 30 Ruby Costuna

May:

2 Gretchen Jung
 3 Debbie Davis
 4 Peggy Chisholm
 4 Helyne Meshar
 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
 16 Caitlin Robb
 17 John Walton
 17 Gerri Wigglesworth
 19 Sondra Cooper

19 Rebecca Rivera
 21 Kim Dagan
 21 Dora Mejia
 21 Carole Soenke
 22 Jill Simmons
 23 Maria Jett
 23 Cathy Sailor
 25 Suzie Madison
 25 Warren Tellefson
 26 John McLaughlin
 27 Sharyn Holland
 27 Dick Owens
 28 George Myers
 28 Stuart Noda
 28 Denise Spaeth
 30 Roland Ricketts
 30 Blake Thomson
 31 Cathy Maffei

June:

1 Beverly Bales
 1 Carol Olsen
 3 Cat Ricketts
 3 Norma Wesolowski
 5 Gemma Costuna
 5 Jeanine Counselman
 6 Vicki Diepenbrock
 6 Cynthia Turbin
 7 Neil Johnson
 7 Elizabeth Shelatz
 8 Berta Boegel
 9 Les Chisholm
 10 Judy Baumann
 10 Vikki Johnson

13 Paul Ransom
 13 Sherry Reed
 14 Sally Coones
 14 Russ Schmunk
 15 Jane Graham
 15 Rickie Kinley
 15 Cathleen Madge
 15 James Moi
 18 Barbara Dugal
 18 Jytte Taylor
 18 Terry Way
 19 Kathleen Burke
 19 Mick Coubal
 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
 25 Joanne Jensen
 26 Diane Ryder
 27 Peggy Briggs
 27 Chuck Donaldson
 28 Carol Gallardo
 29 Ellen McCreary
 29 Joanna Watzig
 30 Martha Drummond
 30 Sharon Olson
 30 Barbara Reynolds
 30 Susan Z'berg

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:**
Kris Ericson-Cano
Charles Gieck
Machelle Gieck
Judy Gregory
Diane Hughes
Marilyn Jack
Marcia Maurer
Barbara Seidman

**Multi-year Heros
Renewed for multiple years
after letter sent:**
Ellen Franz
Jan Heckey
Mark Heckey
Maria Jett
Starla Ledbetter
Dennis Lue-Sang
Marjorie Lue-Sang
Paul Ransom

**Email Heros:
Renewed for 1 year
after email sent:**
Sue Hopper
Sharon Jacks
Kay Stinson

Welcome New Members!

Laura Black

Carol Clark

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>