



The No Sweat Gazette

December, 2020



COVID EXHAUSTION!

***But Sticks Keep On Walking...
...and Smiling Behind Those Masks.***



Photos by Bruce Calkins

President
Barbara Nuss

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Newsletter
John McLaughlin

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, Barbara Rigler, Marie Robb **Roving Photographers:** Bruce Calkins, Theresa Ihara **Editor:** John McLaughlin*

Dear Newsletter Readers,

I just wanted to bring your attention to the good number of articles and photos readers have submitted to this December Issue as well as to the previous few monthly issues. Back when I was putting this newsletter out quarterly, I had to struggle to get this number of submissions over the three month period, so it is a pleasant signal of your dedication to our club that we have so many contributors to these issues coming every month now. I began publishing monthly at the beginning of the COVID lockdown so that we'd at least be able to stay in touch through this newsletter while walks had been cancelled, and I planned on returning to the quarterly schedule after this December Issue beginning in March of next year. But because so many of you have been willing to contribute to these monthly issues, and because I receive many positive comments about these more frequent newsletters, **let's keep *The No Sweat Gazette* coming out every month!** Thanks a million to all of you who have contributed your blurbs and articles and photos so far, and thanks in advance to all of you who will do so for future monthly issues.

Also, please note that there will be **no Book Club walk** in December. Check back in next month's issue for information on future book club walks.

Finally, Kaia and I attended Monday's Early Riser walk and Tuesday's Cosumnes River Preserve walk, our first Sticks walks since the appearance of COVID. Because of COVID, and because we are in the "high risk" age group, we have shied away from Sticks walks, not sure how safe they could possibly be, while credible medical experts have been persistently advising the public to avoid group activities. Recently, though, because of our self-imposed reclusion, Kaia and I began to notice that our long-term isolation was more and more gnawing away at our good spirits and our senses of well-being. So, nudged a bit by mild desperation to reach out and make contact with others, we decided to experiment with our first Sticks walks on Monday and Tuesday to see if we could rejoin our old sticks friends in walking groups and actually feel safe and secure about it.

Well, I am pleased to report that we did feel safe and secure, even with our full awareness of the current wildfire spread of coronavirus across the nation. And it was therapeutic and "just what the doctor ordered" for us to meet up with some of our old friends (and some new friends, too!) at these two Sticks walks after a nine-month break.

From the hands-off and "distant" registering procedures, to walking the entire walks with everybody wearing masks and everybody obviously conscious of social distancing, to understanding the now universal scientific assertion that the practice of wearing masks while also social distancing during outdoor activities very likely protects us all from lethal doses of the virus, there wasn't a minute we felt we couldn't actively protect ourselves from undue COVID risk.

There were times at both start points and during both walks, including some careful closer gathering for group photos, when six-foot social distancing was either difficult or not practiced. (Kaia and I slipped on this rule, too!) The CDC does state that "a mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart." <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>. However, it was clear to us that any occasional interruption in social distancing need not drive us away from Sticks walks because we all have the personal ability to pull back and remain socially distant from others at all times throughout the walks while we can still fully participate in and enjoy the experiences.

Of course, we all decide for ourselves the level of risk we're willing to take in this frightening and confusing COVID environment, and my comments here are not meant in any way to attempt to influence the COVID safety decisions of others. But after our first return to walks on Monday and Tuesday, we'll be adding occasional Sticks walks to our list of okay-to-do activities because they feel safe enough to us and because they simply make us feel better as we carefully navigate through these perilous days toward the end of these trying times, whenever that will be.

—John McLaughlin, Editor, sticksnewsletter@aol.com

COVID Has Really Changed My Walking!

By Theresa Ihara

No Sweat Gazette Roving Photographer

I still shelter in place. It takes at least 4 weeks before I gas up my car—and I always do it when the gas gets down to half a tank.

Even though I am not currently doing any Sticks walks, I do walk in my neighborhood several times a week alone.

In preparation for a virtual 5K walk for My Sister's House – a non-profit safe haven for Asian and pacific islander women and children who have experienced domestic violence, sexual assault, or human trafficking – I realized I needed to start walking a greater distance. My normal was 1.9 miles. A second realization was that I needed to wear a mask, because at least one person was going to walk with me. So, for the several days leading up to the 5K virtual walk, I wore a mask while walking alone. That made the transition easier: walking with other people, wearing a mask and talking. I ended up walking with four other ladies and we completed the 5K route.



take pictures, but it doesn't compare to when I'm doing a Sticks walk.

From time to time I connect with other Sticks members. That really helps me stay connected with you all.

BTW, for this virtual 5k walk, we could design our own route and how we wanted to do it. A couple on a tandem bike did two double centuries. OK it's definitely more than 5k, but I said it counted. Two coworkers accomplished their 5K during their lunch breaks. One couple walked 40 mins on a beach in Monterey—she complained that it was difficult to walk on sand. (She didn't get any sympathy from me).

It is still very important to get exercise – and walking is still my favorite – even though I walk alone. I occasionally

When someone outside of a walking club mentions going to Jackson, Apple Hill, the pond at William Land Park, etc., I just go through my photos from those walks and share my experiences.



I watched two weddings and a funeral online! Now am trying to beat the clock and complete my *Centurion* book by December 31, 2020 —**Jan Jerabek**

Jan and Bella



A Woody “O” and then an “Oh!”

By Zori Friedrich

No Sweat Gazette Roving Reporter

Four excited Sticks headed out early for the November Saturday Oakdale walk ready to claim our “O” in our Woody book. It was a drop-dead gorgeous Fall day, and the ride along the countryside to the start point offered sights of green fields, cows, sheep, and orchards. We were all smiles (under our masks of course!) as we registered for the walk and greeted fellow walkers unaware of what awaited us that day!

Maps in hand (that’s how you can spot a fellow Volkswalker), we headed out creating smaller groups for social distancing. Just about 10 minutes into the walk, there appeared to be a commotion up ahead of me with people looking back behind us. Oh, no! It became clear that one of our walkers (and in my car-pool!) took a tumble and was flat on the ground! There was good fortune surrounding us that day as an emergency room nurse was quick on the scene (she’d been riding by and pulled over) followed by a fire truck (also passing by! Are all paramedics so handsome!?). The fire crew suggested that as a precau-

tionary measure we should stop at an ER just down the street (more good fortune!).

It was surreal to watch our friend hobble through the ER doors as COVID restrictions warned us to keep out! Thank goodness for texts as she kept us up to date. And what a friend — she encouraged us to “go have lunch and browse those cute shops we saw on the way into town! Bad news eventually arrived — she had a fractured kneecap and was ready to be released. After a stop at the local McDonalds (she wanted “comfort” food!) we headed home.

Despite that our day dealt us a different “adventure,” we counted our blessings that Good Samaritans stopped by to help, that the hospital was 5 minutes away, that her injuries were not worse, and that we had a car big enough that day to fit her in the back seat with a humongous knee brace!

So, my fellow walkers, why am I sharing this story? It’s a good reminder that we have to be vigilant

in our walks. We walk, we talk, we laugh, we look at our maps! But where are our feet and what’s ahead on the sidewalk or trail? Do we have our cell phone in case we need help? Do we have ID on us if we are walking alone? Do we have a small first aid kit in our trunks? The old adage “better to be safe than sorry” rings true. That day was a lesson in walking for all of us Sticks!

Our friend is recuperating, she’s mastered her crutches, she has a positive attitude, and she looks forward to the day she can join us on our walks again! Oh!....And about that “O” for our Woody Book? Well, we felt we earned it that day, and our books display a proud Oakdale stamp. We’ve decided it may be awhile before we trek to Oakdale again!



Photos below show the scene of the fall which illustrates how easy it can be to stumble on a rough, uneven surface while walking on an otherwise smooth surface.



Walking, a Ballot Box, and Skeleton Shows

By Miles Wichelns

Phyllis and I haven't emerged from sheltering in place. We're doing pretty much what we've done since mid-March, which means among other things no gatherings of any type, including group walks. Mostly we've walked in our neighborhood, but we like to mix it up when we can.

When Phyllis and our car were out of town one day last month, I decided to combine exercise with civic duty. We live very near UC Davis Medical Center, and the ballot drop box nearest our house seemed to be at the McKinley Park Library. My route to the park was mostly along Alhambra Boulevard. After successfully dropping my ballot, I took a more scenic walk home, through McKinley Park to H Street, which I took to 39th Street and home from there.

Some most interesting lawn decor on that return trip. First, on H Street was a yard with three skeletons playing what seemed to be soccer, except there were



many balls in play, each one a soccer-ball-size Covid-19 virus. This was puzzling; surely there had to be a political message, but what? Would it offend anyone if I asked John to share this photo with you in the newsletter? A few days later, the display was highlighted by the Sacramento Bee, which reported the intent of the artist was not at all political. He or she just wanted to display symbols of this season in 2020. Moving right along...

Not too many blocks away on 39th Street was another skeleton show, this one quite deftly managing to be apo-

litically political. The artist joined me while I was admiring his work, identified the players and even explained his vision. In and around the boxing ring were the two Presidential candidates with several supporters in each corner, and an impartial referee. From left to right as one faces the display, the first gentleman is Clin-



ton -- not Bill, who wasn't available, but another Clinton standing in for him -- I can't recall the first name but evidently he's a musician. Then Kamala Harris, RBG and Joe Biden. All in that corner wore masks as did the referee, Dr. Fauci! On the other side, maskless, were Donald Trump, boxing promoter Don King (maybe there as a corner man, maybe only to represent the sport), Mike Pence and Kellianne Conway.



Ripon Spooky Walk

By Marie Robb

No Sweat Gazette Roving Reporter

For the first time, Paul and I drove to Ripon on Saturday, October 24th for the Delta Tule Trekkers' Spooky Walk at Caswell Memorial State Park. They really celebrate Halloween in style! The check-in area was nicely decorated—including a “cemetery”—and the Trekkers were all in costume. They even had treats for us! The 5K was delightful as we walked through the campground, along well-marked trails, and to the Stanislaus River. We met a lot of fellow walkers—some in costume—along the way. Paul and I reminisced about camping there with our girls in the early 90s;

it's still the lovely park that we remembered. Because of COVID, the Trekkers couldn't host their usual BBQ lunch, so I'll just have to look forward to going again next year and participating in the complete event!



*Editor's Note: I am pleased to welcome **Marie Robb** and introduce her to you as our newest No Sweat Gazette Roving Reporter. You might remember that this newsletter expanded its team to include Roving Reporters (and Roving Photographers) a couple of years ago, and they were properly introduced to you in the Spring 2018 Issue. Our original Reporters were Kim Dagan, Jeanie & Richard Whitlock, and Warren & Nancy Tellefson. Because of a variety of reasons, our original reporters have taken a pause from their reporting duties, and they are always welcome back at any time—we can't have too many Roving Reporters. Marie Robb joins Barbara Rigler and Zori Friedrich to complete our current team of three Roving Reporters. We plan to properly introduce them to you with some details about them and their experiences as Sticks members soon in an upcoming issue.*



A good crowd of Sticks at the Cosumnes River Preserve walk, November 17, 2020



*Early Risers on the Fair Oaks Bridge
November 16, 2020*

Bear Scare On The Trail

By Rutherford Smith

Olga and I had an exciting walk last month on the Clementine trail at the north fork of the American river. We had walked about half an hour down the trail and under the Foresthill bridge near Auburn when we came to a Kodak moment spot, and a few folks heading back to the trailhead offered to take the picture for us. While taking the photo they saw a bear across the river. We watched the bear cross the river and come up the embankment to the trail we were on. The bear looked both ways and then headed up the



Rutherford and Olga

next hill. Being about 50 yards from a bear whose intentions we did not know gave us a good scare. We de-

ecided to head back with the group who took our photo.



A Keene Road Trip in Search of AVA Stamps

By Carole Soenke

On 30 Oct 2020, I packed up my masks, hand sanitizer, Clorox wipes, snacks, AND a slew of audio-books for the car to travel forth to Keene, CA in search of AVA stamps for my program books. The Cesar Chavez Visitor's Center was closed,



not unexpected. Walking with Woody - got a "K" I needed. Would not want to do this in the summer heat. And, of course, because it's in the area of the Tehachapi Loop—TRAINS. Love them. The Baymont by Wyndham was a good overnight stay.



The next day I journeyed through the high desert to walk Santa Barbara (just because) and Isla Vista (for University Walkin' UCSB and "I"). I had planned another day of walking but decided to drive home the next day. I have to say with the COVID-19 restrictions, I just wasn't enjoying a road trip. For the unforeseen future, I believe I'll stick to walks within a day's trip. We have SO many!!



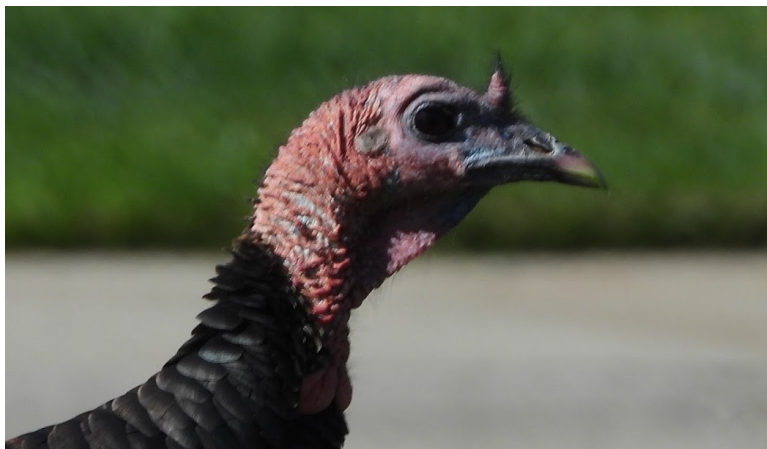
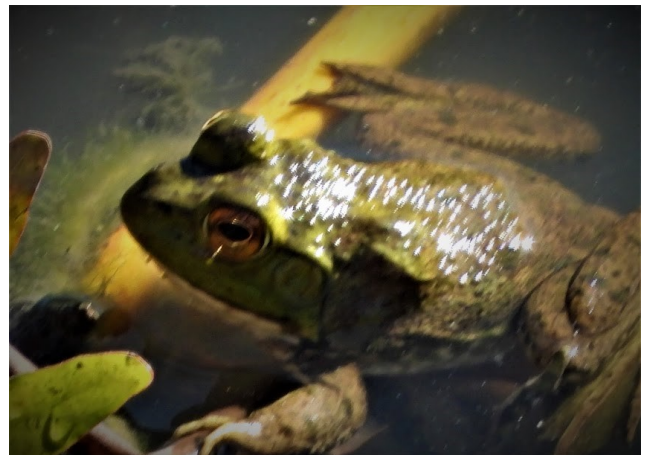
Above: Gravesite of Cesar Chavez
Below: National Chavez Center



Another Photographic Display of Wild Things

From Bruce Calkins

No Sweat Gazette Roving Photographer, becalkins@gmail.com





FOOTNOTES

By *Barbara Nuss, President*



Happy Holidays!

Can you believe we're just a few weeks away now from December and the end of the year? What a year it's been, too. We closed down our walking on Pi Day, March 14th and ventured out on Memorial Day, the end of May. With 40 walkers coming out, I knew we were ready to get out and find a way to walk together and slowly but surely ... we did. Small groups of us going out on morning walks, night walks and even taking a few road adventures here and there. There were many times in these eight months where we had to shut down because of the fires all around us, but we still got back out walking when it was safe to do so.

Thank you, Sticks, for keeping our club so strong and vibrant. We've had so many new people who came out to join us walking and many of them became Sticks members. With 40+ walks and bike events on our plate, I wondered how we were doing, and Steve Hughart showed me a list that assured me "we were just fine." Having so many opportunities for walking has allowed most of our Year-Round Events the ability to break even during this tumultuous year.

We decided that we'd have to forfeit our Christmas party/dinner this year, but we will still be hosting four of our favorite **Christmas Lights Night Walks**. Please come out and join us; wear your masks, dress warm and bring your flashlights. Check our Calendar of Events on the Sticks website and future walk alerts for where to meet and what time. If you're wondering, Old Sac will not be hosting the Theatre of Lights this year, that's why it's not on the Christmas Lights Night walks schedule below:

Wed, Dec 16th—West Sacramento, the River Walk to the State Capitol

Sun, Dec 20th—Sacramento, The Fab 40's

Wed, Dec 23rd—Sacramento—Elmhurst to East Sac (S Street arches)

Sun, Dec 27th—Elk Grove—Around the Lakes

The Sticks won't be hosting their usual New Year's Eve and Day walks with potluck this year but I'm happy to announce—we will be hosting a **New Year's Day walk**! Thank you to Jennifer Stanley for coming up with the idea of designing a route for us to take in a new part of Sacramento that many of us have not explored yet.

The walk will begin at Sutter's Landing Park and take us over to the new McKinley Village where we'll get the chance to see the artwork there as well as the new homes and parks. Myrna Jackson has added in some more mileage for us and we'll get to see the new development on the site of what used to be the "old" Sutter Memorial Hospital as well as checking out older neighborhoods like New Era Park and Boulevard Park.

In the weeks to come, I'll be setting up dates for worker's walks and asking for volunteers to work the registration table and check-point table as well as mark the routes. I've got my fingers crossed that it will be a clear day with no smoke or rain and that we'll all have some New Year's Resolutions for 2021 that will be made and come true.

If you ever have questions or comments ~ please don't hesitate to call or write me anytime. Do you need a New Walker Packet or an Event or Distance book? Call or write me and I'll make sure you get it.

Merry Christmas & Happy New Year!

Barbara Nuss, President
916.283.4650 or
nussb@surewest.net

UPCOMING WALKS FOR DECEMBER, 2020



Tuesday	Dec 1	9:15 am	Sacramento—Sac State
Wednesday	Dec 2	6:15 pm	Sacramento—American River (Evening Walk)
Thursday	Dec 3	9:15 am	Sacramento—Arden Park (Bicycle)
Thursday	Dec 3	9:15 am	Sacramento—Arden Park
Saturday	Dec 5	TBA *	Danville, <i>Traditional Event</i>
Tuesday	Dec 8	9:15 am	Sacramento—Ashton Park
Wednesday	Dec 9	6:15 pm	Sacramento—Campus Commons (Evening Walk)
Thursday	Dec 10	9:15 am	Sacramento—Hidden Murals
Saturday	Dec 12	9:15 am	Rancho Cordova Lake, Natoma, <i>Friendship Walk</i>
Monday	Dec 14	6:30 am	Citrus Heights, EARLY RISER
Tuesday	Dec 15	9:30 am	Zamora
Wednesday	Dec 16	6:15 pm	West Sac—River Walk, Christmas Lights (Evening)
Thursday	Dec 17	9:15 am	Sacramento—American River
Thursday	Dec 17	9:15 am	Lincoln (Bicycle)
Thursday	Dec 17	10:00 am	Reno, UNR, Overnight Road Adventure
Friday	Dec 18	10:00 am	Carson City, NV, Overnight Road Adventure
Saturday	Dec 19	9:15 am	Sutter Creek, <i>Friendship Walk</i>
Sunday	Dec 20	6:15 pm	Sac—Fab 40's, Christmas Lights
Tuesday	Dec 22	9:15 am	Sacramento—Campus Commons
Wednesday	Dec 23	6:15 pm	Sac—Elmhurst to East Sac, Christmas Lights
Thursday	Dec 24	9:15 am	Roseville—Maidu Park
Saturday	Dec 26	9:15 am	Sacramento—Capital, <i>Friendship Walk</i>
Sunday	Dec 27	6:15 pm	Elk Grove—Charlie Fowble, <i>Christmas Lights</i>
Tuesday	Dec 29	9:30 am	Davis—SE Tunnels and Bridges
Tuesday	Dec 29	8:00 pm	Sac—Pocket—Full Cold Moon
Wednesday	Dec 30	6:15 pm	Sacramento—Curtis Park
Thursday	Dec 31	9:15 am	Gold River
Friday	Jan 1	TBA*	NY's Day—Sutter's Landing Park, <i>Traditional Event</i>

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

Congratulations on your Sticks Anniversary in December!



30 Years:
Myrna Jackson
WOW! Congrats, Myrna!

16 Years:
Heidi Foster

15 Years:
Elisa Ungerman
Diane Younglove
Gary Younglove
Rolf Zschoernig

14 Years:
Bev Davis

Elizabeth Shelatz
Bud Simmons
Jill Simmons
Mike Vogel
Ann Whitehead

13 Years:
Kymberly Andrews

12 Years:
David Harzoff
Alan Leach
Cristina Rangel

10 Years:
Janece Killingsworth
Aaron Wintersmith
Cassandra Wintersmith
Christal Wintersmith

9 Years:

Bob Chaplin
Julie Osborne
Heather Reynolds
Kate Simpson
Roy Simpson
Marilyn van Loben Sels

8 Years:
Jennifer Johnson
Holly Lakatos
John McLaughlin
Kaia McLaughlin

7 Years:
Ted Hussey
Cathleen Madge
Stephanie Turner
Sharyn Lieth

5 Years:
Janet Shaw

Bonnie Slavin

4 Years:
Kathleen O'Kelly

3 Years:
Dave Barnes
Josie Barnes
Layla Bentley
Berta Boegel

1 Year:
Shawn Adams
Brian Becker
Laurie Becker
Catherine Brouwer
Linda Cox
Neil Johnson
Barbara Kohn
Kathleen Macko

Happy Birthday in December!

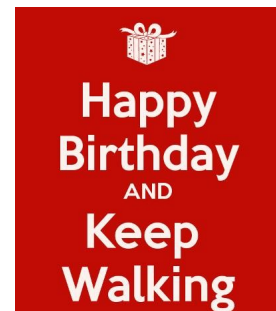


2 Randall Williams
3 Russell Rider
4 Jean Bonar
4 Dorothy Cousins
4 Kate Simpson

4 Linda Sullivan
6 Stormy Dickens
6 Sue Gaston
8 Gary McFarland
8 Cat Scrima
9 Karen Lopes
10 Kris Ericson-Cano
10 Vivian Yost
11 Chris Highsmith
12 Joyce Backus
13 Gisela Parker

14 Noelle Anderson
15 Anna Fock
16 Pat Moody
19 Frances Fehrman
23 Janet Whetstone
24 Jim Tischer
25 Kathleen Leahy
25 Janet Reynolds
25 Margo Schulter
27 Terri Pennello
27 Patricia Rahrer

28 D. Mattocks
30 Diane Coffman
30 Monika Dulay
30 John Shaw



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:**

Dave Barnes
Josie Barnes
Jean Bonar
Robert Bonar
Marty Langley
Mary McMonegal
Gretchen Moffat
Pam St.Martin
Steve St.Martin
Jennifer Stanley
Elisa Ungerman

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

Juanita Jagar
Bettie Mah
Patricia Rahrer
Bonnie Sutton
Karen Topich

**Email Heros:
Renewed for 1 year
after email sent:
Brittina Snowden**

Welcome New Members!

Etsuko Stone

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>