



The No Sweat Gazette

June, 2020

President's Greeting



Everyone has their own way of expressing happiness. ~ Shah Rukh Khan

Greetings Sticks members: It's been a little more than two months since the Sticks shut down their group walks and asked everyone to shelter in place. We were at the top of our game with group walks in the morning including early morning as well as evening walks including full moon and then there were our road adventures. On Monday, Memorial Day, we tried it to see what it would be like to walk together again and ... it worked! Forty of us showed up to walk and speaking for myself, it was wonderful in so many ways. We were cautious with our new registration tactics and everyone who came wore their masks and kept at a good distance from one another. We explored the City Cemetery and enjoyed the sites and more importantly, we enjoyed seeing one another again. There were no "real" hugs but there were smiles and well wishes given out and there was in plain view our walking and talking motto for all to see. We're coming back slowly and carefully, and we hope you'll join us when the time is right for you.

Why the new registration tactics? It's all about the touch—we're asking you to use your own pen and bring your completed registration slip to the walk. That way we don't have to clean a pen after each person and by slipping the slips in a container, registration can hurry along. Exact change is also welcomed. After the walk, the Point of Contact can easily put on gloves and count the slips and the money, remove the gloves and that's that. We welcome comments and suggestions on other ways we can keep our walks safe for all who come.

Our Hot Walkin' Nights summer series begins Wednesday night, June 3rd and will continue thru August 26th. Yes, it's warm when we begin but those delta breezes start kicking in and never has it been so hot that we've cancelled our walk. I do remember one night when we stopped several times for a water break and couldn't wait to finish and go into Burr's Ice Cream shop for deli-

cious cold ice cream, water and air conditioning! Speaking of ice cream—we cancelled our annual Ice Cream walk from Vic's to Gunther's as well as our Talk Like a Pirate Walk in September. Why? It's so unpredictable what the next couple of months will be like and other concerns were open bathrooms and a willing start location.

The Davis Dynamos Club asked us if we'd take over their three walks and one bicycle event and we said YES. Their Club is going thru changes right now, deciding whether to stay in business or fold. Amul and Parul are members of the Sticks and the Dynamos and they've generously said Yes to becoming the POC's (Point of Contacts) for all four events. Thank you!

On a personal note, let me say that I've missed walking and talking with so many of you. Walking my neighborhoods with our dogs just doesn't compare. Do you remember our daughter-in-law Alysha who was the Sticks intern awhile back? She joined the Air Force and is at her first duty station in Little Rock Arkansas. She and Jonathan bought a lovely, new home in nearby Jacksonville Arkansas where they'll live with their two dogs. It's been three years since Jonathan got out of the Army; he's an apprentice pipefitter and he just completed his first six months training on a high-rise State building here in Sacramento. He'll be flying back to live with Alysha next Friday and I'm excited to visit them and walk the state capital route when I do. It's another way of expressing happiness ~ adding one more stamp in my special program books after completing my walks. Loving our walks and all of you, *Barbara Nuss*

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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** during COVID-19 conditions.

Reader submissions are welcome and vigorously encouraged.

Submit articles, proposals for articles, photos, any questions, comments, or suggestions to:

sticksnewsletter@aol.com

Roving Reporters: Kim Dagan, Jean & Richard Whitlock, Nancy & Warren Tellefson

Roving Photographers: Bruce Calkins, Theresa Ihara

Editor: John McLaughlin

NOTICE OF NEWSLETTER SCHEDULE CHANGE

Hi Readers,

We all know how bizarre and unsettling these times have been during this most devastating health crisis. Over the past couple of months, with everything locked down and AVA walks cancelled nationwide, I had simply no idea how or whether to proceed with our club's newsletter. We did publish that COVID-19 Extra Edition which turned out to be a success, thanks to all of you who contributed to it. Then, not long after that, I sent out a club-wide plea to members for newsletter submissions with the hope that I could put together plenty of pages of comments from Sticks members, enough for a full Summer Edition in June. But, *totally understandably*, people are concerned with more important things than this newsletter during these hard times, and so I received a number of generous responses that appear in this issue, but not enough responses for the robust *quarterly* Summer Edition I was aiming for.

Meanwhile, with Barbara having just launched a trial Sticks walk under COVID-19 conditions on Memorial Day with some very exciting success, it became clear that these are definitely not the times for anything "normal"—not Sticks walks, not the way we all interact, certainly not our club newsletter. Truth is, with this deadly virus lurking out there, with the excitement of things opening up, and, at the same time, with credible virologists and epidemiologists warning of perhaps an even worse outbreak in the fall, none of us knows what to expect from day to day, from month to month.

Consequently, it seemed sort of pointless in this unpredictable environment to publish a club newsletter every three months (June, September, December, March) if the word "news" in "newsletter" is to have any meaning. For example, a usual quarterly Summer newsletter in June setting forth upcoming walks in July, August,

and September could well be fake news, since we have no idea if or how we'll be walking in July, August, and September. And similarly, anything reported in a quarterly September issue on past Sticks events during June, July, and August might well be pitifully old news under these potentially wildly changing conditions.

So, for now, with Barbara's blessing, we have decided to publish the *No Sweat Gazette* every month so that it can remain timely and relevant to both the immediate future and the immediate past. This gives us the opportunity, for example, to advertise upcoming walks for each upcoming month as they are designed month-by-month by Barbara, surely scheduled pretty much on the fly and always in accordance with safety under these constantly changing pandemic conditions. The other advantage of a monthly issue is that it doesn't ask for so many pages of content as does a quarterly issue.

This, the June issue, is the first "monthly" issue; the next issue, the July issue, will come out around June 25; the August issue will come out around July 25, and so on. We'll see how it goes and advise you if and when *The No Sweat Gazette* returns to its quarterly schedule.

Meanwhile, ***your contributions are always very much needed***, and they are always very welcome. If you wish to share anything at all relative to The Sacramento Walking Sticks in one of our monthly newsletters, please email me about it, and we'll make it happen.

Thanks, everybody.

John McLaughlin

Editor

sticksnewsletter@aol.com

We're Back On Our Feet!

Text and Photos By Kris Ericson-Cano

What a great Memorial Day it has been, participating in the Walking Sticks first official walk after the implementation of social distancing. Barbara Nuss and her team ensured all precautions were taken to keep participants safe with the use of masks, gloves, and new check-in procedures. Walkers generally stayed in groups of two for safety's sake but we still managed to meet and greet and share.

We started out at the Sacramento Historic City Cemetery which has something to offer each one of us, from the beautiful roses and landscaping to the very fascinating history entombed with the cemetery residents. The land was originally donated for the cemetery in 1849 by Capt. John Augustus Sutter whose

grave we first saw on entering the cemetery. Many other famous people are buried here, including E. B. Crocker and Mark Hopkins. However, some of the more interesting tombstones we saw are those of lesser known citizens such as the 30-something low-rider mother with the image of a car eternally cruising on her monument.

We were able to offer our respects this Memorial Day to the many, many veterans buried at the cemetery, dating all the way back to the Civil War. Of note, victims of the 1918 Spanish Flu pandemic are also buried here. There are so many stories to be told but, of course, the cemetery tours are currently cancelled and, unfortunately, the website is temporarily down. However,

in case you want to delve deeper into the "tales of the dead," the Sacramento Historic City Cemetery Committee does have some stories posted on their Facebook page and they have links to short YouTube tours by Eric, one of their guides.

From the cemetery, we walked through the lovely neighborhood on the other side of Riverside Boulevard. Luckily, I was with Anne Ofsink who not only is an interesting history buff, but also knows much about the beautiful flowers and plants we were enjoying. Then it was back to our cars to cool down from the first really hot day of the season. After all our social isolation, I am happy to say it has been a wonderful day with wonderful people!



As The Song Says, “Ya Don’t Know Whatcha Got ‘til It’s Gone.” The Cancellation of Sticks Walks During the COVID-19 Shutdown Gives Rise to Some Fond Reminiscences

From Some of Our Members:

From Carol and Rodger Shields:

This is LD wrapped up for 2015 New Year’s Day with the Sticks.



We stopped at Starbucks to get warmed up.

We like to start our New Year with a walk and the Sticks event is always perfect for us. We always have our dogs with us, so we are often on the periphery of events.

We have participated in walks for many years but only been invited to join by one club. Barbara Nuss has been the best advocate and representative of the club. We are always so pleased see her and she always remembers us and is genuinely pleased to catch up with us.

We have always been excited over the places we have visited because of the ‘legwork’ someone else has done for us. There are many places that we have incorporated as our family touchstones that we return to over and over. We only discovered them because of our pursuit of walking. Our daughter’s wedding at the

Empire State Mine was due to a walk.

We have enjoyed discovering Sacramento and always think about the historical facts we learn on our walks. We sometimes look for a tiny house or condo in Sacramento so we can participate more fully in the club.

We think walking has provided us with the greatest benefits to stay healthier as we age. The Sticks have reinforced and encouraged those beliefs. We look forward to seeing you all soon on the trails.

From Barbara Nuss:

I found volkssporting back in Feb 1988, and for the next 15 years I walked with my friends. My son was born in 1991, and we would travel all over the country doing walks with friends and family. Then, in 2003, Wayne Holloway urged me to join the *Sacramento Walking Sticks*, and what a change that made in my life. Within months, I’d expanded my walking circle and was making new friends right and left. I’ve always had a knack for remembering people’s names and/or faces, and this has done me well over the years. I also find it easy and pleasurable to make conversation with new people and that has been very helpful as well. Going on walks all over California allowed me the opportunity to meet club members and high-ranking Board Members of the California Volkssport Assoc. The northern clubs hosted the bi-annual 2007 National AVA Convention, and attendees from all 50 states came to enjoy our walks. I was asked to give

a workshop on “How to spark interest in your club,” and the room was packed with standing room only. In 2009, I attended the National AVA Convention in Texas and met up with David and wife Mindy Bonewitz, and we had a chance to talk about growing their fledgling club. Fast forward to present day—the Sticks voted me President of their club on more than one occasion since I joined and in 2011; we became and still are the largest volkssport club in the USA. In 2019, I attended the National AVA Convention in New York and met up with people I met and have known since 2007 when they attended our Convention. I was asked again to give a workshop on “Growing your club,” and who was one of the attendees? Mindy Bonewitz who I met in 2009. Not only is their club thriving, David is currently the President of AVA. We all play such a big role in volkssporting and in our individual clubs. We share what we’re doing with friends, family, co-workers, and everyone we meet along our walks. Carry our Sticks business cards with you so you can hand them out to those interested in joining us. Walk and talk with the new people, share your experiences with them, and answer their questions. Plan to join in the Conventions and go on a Road Adventure to see a town on foot with people you know. You’ll soon find that these walking friends are staunch, steadfast, and lifelong. We share each other’s joys, hardships, achievements, and sorrows. We truly are so much more than “just” a walking club.

From Marie Robb:

I appreciate the Walking Sticks so much for the beauty our walks have revealed to me. I've walked on streets, in parks, towns and cities that I never saw before. From walking past the Gable Mansion in Wood-



land when the roses are in full bloom, to the fall splendor

of Etna, to the wildlife at the Cosumnes River Preserve, to the covered wooden bridge at Knight's Ferry, to the Hidden Murals in Sacramen-



to, to the views of the ocean at Point Lobos . . . I'm not sure I ever would have experienced them without the Sticks. I also love taking these walks at different times of the day for different perspectives, like the Full Moon walks and the Early Risers walk. I have really learned my way around Sacramento and its environs, thanks to the Sticks, and I love each walk for the hidden gems that I see while on foot.

From Miles Wichelns:

While our club has of necessity been dormant since mid-March, I've worried about what might be lost when things finally open up. Will there be start boxes for year-round walks, given that delis, coffee shops and merchants may have to limit the number of patrons due to continuing social distancing requirements? Will there be paper sign-in cards and sheets? Reusable pens? Cash chang-

ing hands? Book stamping?

But then how reassuring to see how so many aspects of our walks which make them special to me were preserved in planning for the recent Memorial Day walk!

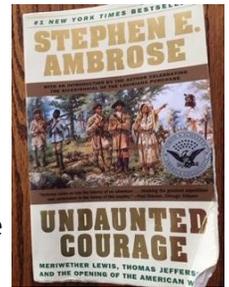
Our first-ever Sticks event was on December 31, 2010. The starting point was the Pioneer House, a wonderful location close to all the good stuff at holiday time. We did not realize many there that evening would become good friends but appreciated the wonderful potluck and refreshing low-tech atmosphere: Kind welcoming of newcomers; sign-in registration; reasonable fees paid not with cards or online but with cash (bills from most of us, exotic coins from Herb); many folks stamping books; and wonderful flexibility (join the club or not; stamp books or not; just walk and have fun!)

One neat thing about paper registration is being able to flip through sign-in sheets at year-round walk start boxes, looking for familiar names – particularly when we're far from home. What a hoot stalking (or being stalked by) Heidi all over New England a few years ago, as we would see her name on a registration sheet in one capital city and she would see ours in the next. Something else one misses during a pandemic-induced hiatus in walking activities is book stamping! I don't do it myself but love seeing the variety of ways folks record their walks, often taking great pains to ensure the stamp is in just the right place. Then there are the ways check points register one's passage, my favorite being hand punches which etch into one's yellow slip a footprint, with separate holes for each toe.

Here's hoping the new walking normal will bear remarkable resemblance to the old!"

From Jean and Richard Whitlock:

We are reading, painting, walking the hood and watching TV. It's Sunday, our 21st day at home. We are doing well. Everyday is an adventure. We are keeping in touch with friends here



families, and all people.

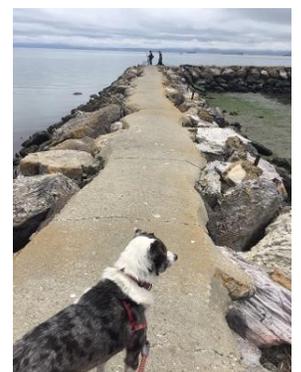
We wish everyone to be safe and healthy. We are looking forward to a great reunion one day SOON. *Editor's Note: I received this from Jean and Richard on April 4, just as I had already sent off the COVID-19 Extra Edition, so here it is in this Issue. You'll find a photo of them on Page 3 above, all masked up for the great reunion they had hoped for.*

and in Europe. We seem to all be experiencing the same hopes for our friends,



From Priscilla Fife:

So what have I been up to isolated over here in Alameda? I've been walking all over Alameda with my trusty grand-dog Lana and posting photos of my adventures on Facebook.



(Priscilla Continued) Here are some photos.



I'm also doing yoga with my teacher on Zoom and visiting with my daughter and grandchildren in Switzerland on Zoom or Skype (thank goodness for technology!) And cooking - lots of cooking - posole, pho, yeast bread, chocolate chip cookies....

From John McLaughlin:

I think that by far the shining benefit of being involved with the Sticks is the making of friends, good friends. Kaia and Anne Ofsink, for example, have been working on the Health Fairs together for some time, and we have all become good friends. Kris Ericson-Cano and I worked on the newsletter together six years ago, and we all became and remained good friends. Kris left Sacramento a few years ago to live in San Antonio, Texas, but she has now moved back to Sacramento. So, good friends that Anne, Kaia, Kris, and I are, we met at Cosumnes River Preserve last week for a walk and a little reunion get-together.

As we all arrived at the end of the Boardwalk at Cosumnes Preserve, a nice fella standing there, nobody we knew, offered to take a group photo of us. Oops, he accidentally snapped the photo below (Left to right: Kaia, Anne, me) while we were waiting for Kris to join us for our group photo.



As I mentioned, Kris has just moved back to Sacramento from Texas, so we don't really know how living down in the Lone Star State might have changed her. But you might see the perplexed looks on our faces in the photo below, for instead of joining us in a pose of camaraderie, she strode right up to the photographer, nearly kissing the camera lens, and



insisted that that was her rightful place in the group photo. Go figure. Must be some kinda Texas thing...

From Marie Robb: When Paul and I joined the Walking Sticks in January 2013, we were interested in getting some exercise. With the Sticks, we got exercise and so much of friendly, interesting and generous people. We have savored getting to know them all, to share our life stories, and to catch up on everybody's activities. I watched Rebel Without a Cause for the first time and read Doug Rathgeb's book when I discovered he recorded the commentary for the movie. Paul and I took a Big League Tour and visited several ball-parks after Glen and Helen Ostapeck told us about their trip. We became fast friends with Terry and Sharyn Holland when we shared a table at dinner after a walk. Beverly Bales took us to her favorite hamburger joint after a walk in Woodland. These shared experiences and moments of fellowship have enriched our lives. The exercise is important, of course, but the camaraderie that we have found with the Sticks is what keeps us coming back!



Walking for Health & Photography

By Bruce Calkins

No Sweat Gazette Roving Photographer

On April 14th I got a new camera. My idea was to take advantage of the imposed inactivity brought about by the Shelter-In-Place order here in Sacramento County to learn something useful. A new camera often comes with a steep learning curve required to make use of its new capabilities. I lessened some of the difficulty by getting a camera that was similar to one that I had already learned, but as with almost all technology, the camera's new features were new enough to require



un-learning one set of skills and learning a few new ones.

On April 21, after a couple of days of puttering around the house taking shots with the new camera

and trying out some of its new features, I felt confident enough to start taking pictures in earnest. Nancy and I went on a walk along nearby North Laguna Creek. It was great to see the wildlife along the creek and we were happy to get out. We had been essentially staying in since Mar 19th. We had changed our normal routine to the point where our lack of exercise was affecting Nancy's sciatica; we needed to get out for more physical activity.

On the 25th of April we went to Cosumnes River Preserve. Although it was "closed" due to SIP orders, parking along the road was easy and we ventured past the gates and onto the paths. It was wonderful. The preserve was quiet and yet not completely unoccupied. There were others parked along the roadway and walking the numerous paths as we were, maintaining appropriate social distancing, and enjoying nature.



From this date on through the present we have been out for a walk nearly every day. We have been finding new areas in

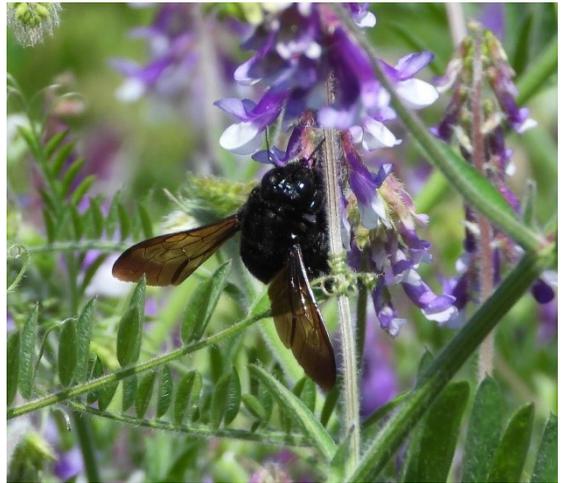
Elk Grove and Sacramento to walk, with our pattern of local versus more remote walks on alternating days.



I have been taking photos every day for over a month now, learning more about my camera and developing new tricks to get those quick shots that are required in nature photography.

One needs to be able to get the shot without a lot of thinking. Having gained some experience, I can now have the camera set with the majority of the settings and concentrate on focus, exposure compensation and framing the shot. The new camera's feature makes this a pretty easy set of things to do, and I can do it pretty quickly so that I do not lose the action that I am trying to capture.





I have had a lot of fun learning about my new camera and am looking forward to using it to document many upcoming walks.

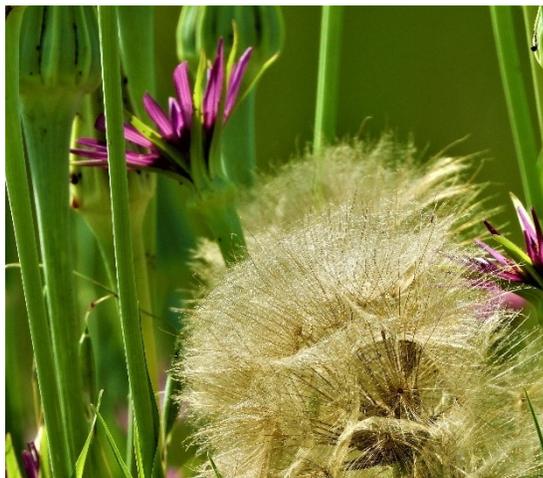


I really enjoy trying to capture wildlife in their natural settings. It is fun to watch for and then try to time the shot and get them doing something we might only see occasionally.



I hope that you enjoy the photos I share and will bring your camera along on your next walk. Remember, the best camera is the one you use.

—Bruce Calkins, Sacramento Walking Sticks Photographer



Still life photography, in my opinion, is about lighting. I really like “natural lighting” as it can illuminate the object and bring out the colors.



The One Precious Thing We Must Never Let Ourselves Lose: The Ability to Laugh.

Thanks, Priscilla Fife!



Sidewalk chalk art on Elmhurst to East Sac Year Round. Thanks, Carole Soenke!



Waiting patiently for action in Carole Soenke's driveway, the Sticks trailer misses you! Note her bright, eager eyes and the appropriate wear of a mask. —Thanks, Carole!

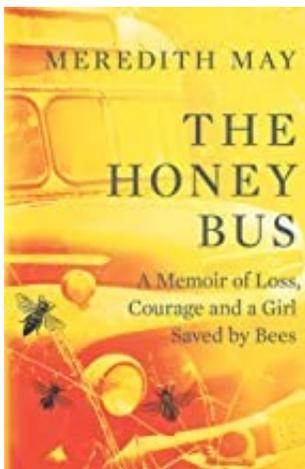


Walking Book Club

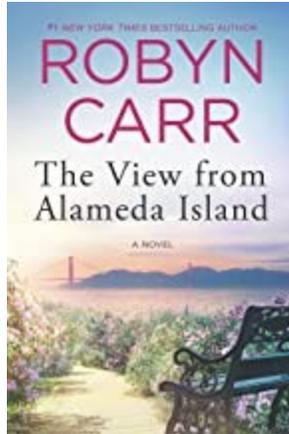
Priscilla Fife, Book Walk Coordinator
916.616.6003 • prfife@gmail.com



Walking Book Club will probably be cancelled for June as the walk was scheduled for Carmel and staying in a motel (as I was planning to do) does not seem safe. But that shouldn't keep you from reading the wonderful book selection: *The Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees* by Meredith May. It is my favorite book for this



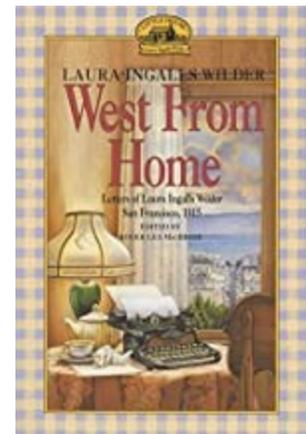
year's WBC. - a wonderful memoir set in Carmel Valley. Also, if you read the May selection: *The View from Alameda Island* by Robyn Carr and want to discuss that (or any of our selections) send me an email: prfife@gmail.com.



There is no book walk scheduled for July. But maybe if things open up and it feels safe, we can reschedule one of the cancelled book walks.

August Book Recommendation: *West From Home: Letters of Laura Ingalls Wilder, San Francisco 1915*, edited by Roger Lea MacBride. This book is, unfortunately, not available from the Sacramento Public Library but is available online in paperback. There is no book walk scheduled for this book but you can join us (hopefully if it's not cancelled) for the San Francisco Bay Bandits' Lands End to Sea Cliff walk event on August 15 in San Francisco.

Book Description from Amazon: "It is like a fairyland." So Laura Ingalls Wilder, author of the beloved Little House series, described her 1915 voyage to San Francisco to visit her daughter, Rose Wilder Lane. Laura's husband, Almanzo, was unable to leave their Missouri farm; her faithful letters home, vividly describing every detail of her journey, have been gathered here."



Sticks Apparel

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

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Click here for Carpool Guidelines:

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**Handy-sized Event Cards to use for registration on all walks.
Simply print the page, clip the cards, and...happy trails!**

AVA® OFFICIAL EVENT START CARD

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Distance _____ km Paid \$ _____

Start No. _____

NEW WALKER
COUPON USED
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NON-IVV PARTICIPAN
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DISCLAIMER OF LIABILITY
In consideration of being allowed to participate in any way in AVA volkssporting programs and related events and activities, the undersigned:

1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;
2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death;
4. Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessers of premises used to conduct the event, all of which are hereinafter referred to as "releasess", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasess or otherwise.

Signature _____ Date _____

AVA® OFFICIAL EVENT START CARD

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Signature _____ Date _____

Upcoming Walks for June, 2020



Tuesday	Jun 2	8:15 am	Sacramento—N. Laguna Creek Wildlife
Wednesday	Jun 3	6:15 pm	Sacramento—Pocket Area (Evening Walk)
Thursday	Jun 4	8:15 am	Riverfront Bicycle (planned, but watch for announcements from Don Ratliff to be sure)
Thursday	Jun 4	10:00 am	Davis—University
Friday	Jun 5	8:00 pm	West Sac—Clarksburg, Full Strawberry Moon
Saturday	Jun 6	TBA*	San Rafael, <i>Traditional Event</i>
Tuesday	Jun 9	8:15 am	Sacramento—Sierra Oaks Vista
Wednesday	Jun 10	6:15 pm	Sacramento—Sac State (Evening Walk)
Thursday	Jun 11	8:15 am	Sacramento—North Natomas
Friday	Jun 12	6:30 am	Gold River, EARLY RISER
Saturday	Jun 13	8:15 am	Davis—South Davis/El Macero
Tuesday	Jun 16	8:15 am	Sacramento—Midtown to East Sac
Wednesday	Jun 17	5:30 pm	Davis—University (Evening Walk)
Thursday	Jun 18	8:15 am	Pocket Area (Bicycle, but check with Don)
Thursday	Jun 18	8:15 am	Zamora
Saturday	Jun 20	TBA*	Nevada City, <i>Traditional Event</i>
Tuesday	Jun 23	8:15 am	West Sacramento—Clarksburg
Wednesday	Jun 24	6:15 pm	Elk Grove—East Rec Trails (Evening Walk)
Thursday	Jun 25	8:15 am	Sacramento—Ashton Park
Saturday	Jun 27	TBA*	Lake Tahoe—Emerald Bay, <i>Traditional Event</i>
Tuesday	Jun 30	9:00 am	Woodland

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 Announced