



The No Sweat Gazette

Special Edition
October 14, 2021



***Very Short Notice. A Daunting Project.
Good Grief.
But thanks to the generous, tireless efforts
of so many Sticks members...***

The Sticks Did It:



Photo: Theresa Ihara

***A Fun and Successful
2021 CVA Convention!***

President
Barbara Nuss

Vice President
vacant

Secretary
Judy Gregory

Treasurer
Steve Hughart

Newsletter
John McLaughlin

By all reports, it was indeed a great convention, a tremendous success, and loads of fun. Following are comments and photos from some Sticks members who attended:

From Sticks President, Barbara Nuss: I was so looking forward to attending the CVA Convention in Mt. Shasta ... that is, until COVID hit, and we had to do it over ZOOM. We probably all thought it would be held in Mt. Shasta the following year but that wasn't the case because I got the call from our CVA President, Betsy McDevitt, asking if the Sticks would host the 2021 Convention? The last time we'd hosted was in Folsom in 2011 ... so it seemed only right that I accept and say YES. Did I mention we'd have less than four months to plan and host the event??

So where would we host the Convention? I called and visited several hotels and learned that their large public rooms were booked for weddings on the dates we needed. That's when my brain remembered our Sticks secretary, Judy Gregory, was a part-time bartender at the Elks Lodge in Carmichael. I'd given a talk about our walking group there and could picture their large rooms – wouldn't hurt to ask, eh? Judy got back to me and before long we had the Elks Lodge for both the Meet & Greet on Friday night as well as for the general meeting on Saturday. I asked Zori Friedrich to help me with a group dinner for Saturday night and she came through with the Old Spaghetti Factory off US-50 in Ranch Cordova—turned out we had 64 people come out with raves for the delicious meal they received.

Cathy Pauley, CVA Secretary, and Steve Hughart, Sticks treasurer, were instrumental in getting our brochure and *Compass* articles ready for people to read. We put our thinking caps on and decided on three of our favorite Traditional Walks and hosted one per day—also giving people the choice to do whichever walk they wanted, whenever they wanted. The walk alert I sent out to ALL the California clubs would never have had the impact it did were it not for the pictures I gleaned from Nancy Mitchell and Marie Robb. Thank you to Zori and Janet for also giving people the choice of a meet-up for a group walk on Friday and Saturday; we may just do that on our upcoming walks in the future.

Congratulations to our new chalkers—Sheila Mitchell & Ann Whitehead did the Johnny Cash Trail, Dave & Josie Barnes did the Humbug Willow Creek Trail and Phyllis Wichelns did the Sutter's Landing to McKinley Village Trail. What a delight to look down, now and again, and see an arrow that tells you "You're on the right path!" You may have noticed Gale Hughart helmed her red Jeep that hitched the Sticks trailer for all three walks. Go Woman Power! That meant she was at the walks first and last, each day, and she even made it to dinner on Saturday night.

There were numerous Sticks members who manned the Start/Finish Table as well as a Checkpoint for

two of the walks. Also helpful were those who volunteered to man the table at the Elks Lodge each day. Let's not forget the setup and teardown of the Friday night Meet & Greet as well as for the next day's general meeting. Thanks, Cat, for picking up and delivering the boxed lunches from Bel Air; especially when you had to go twice.

Are you curious how many people came out to walk the three routes? Johnny Cash had a total of 97, Humbug Willow Creek had a whopping 130 and Sutter's Landing had 94 walkers.

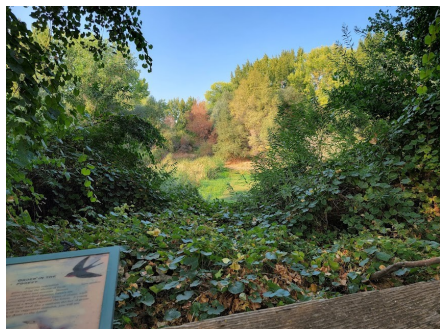
As you can see, this Convention was not a success because of any one person but rather it was ALL the Sticks who contributed to make it work. Thank you for volunteering when asked, wearing a smile and saying Hello, wearing your Sticks shirts and name buttons and for pitching in whenever you saw a need was there.

The annual California Conventions go from the Northern to the Central to the Southern Clubs and our next one will be hosted by the *Central Coast Beach Boardwalkers Club* on May 13-15, 2022. Mark your calendars now and plan to come and see what Ty and Ginger Fredriks will have planned for our fun and entertainment.

I'm so proud to be your President.

~Barbara Nuss

From Theresa Ihara: I think that the chalking was the key for us staying on course. I can't imagine what it would be like not having the route chalked. Thank you to all the chalkers! Below are some of my photos of the *Humbug Willow Creek Trail* walk:



From Jane Wirth: Walk #1 Johnny Cash—The walk start site for the beginning of the Johnny Cash walk was under arching Sycamore trees. A gentle breeze hugged us from behind, and the deep shade offered relief from the weight of the hot sun. It was a very pleasant spot to spend our time registering people for the walk and sending them on their way. Explanations of the routes and options were offered and questions they might have were answered.

How sweet it was to see so many walking friends! Friendly faces greeted us offering their smiles. It was uplifting to hear compliments about how organized everything was. They also said they knew the Walking Sticks would come through, though they only had a short time to plan the whole event while honoring the Covid restrictions that are still in place. We came from a distance to help and weren't a part of the planning team but we got the praise. We shared our amazement with them at how smooth the operation at our location had gone.

The walkers will never know how enjoyable everyone made it by being there. It was wonderful as some who returned from the 5K walk sat and talked while they waited for others to return from doing the longer walks. Lots of smiles and laughs were shared. Warren and Nancy Telefsen were our table mates and we visited in between 'customers.' I wouldn't hesitate to say a good time was had by all.

From Miles Wichelns: We enjoyed our sampling of convention events. We didn't get to any of the indoor happenings at the Elks but took all three walks over the course of the weekend. On Friday, we started with the Johnny Cash 10K

walk. It was quite nice but would have been better had it started earlier on a day which was beastly hot by mid-afternoon. The 11K Humbug/Willow Creek walk on Saturday was good, too—and cooler, since we got an early start. I was happy to find I was able to walk about 10K two days in a row after many months of never walking further than 5K. The third day, we took one of the 5K loops we had not been on before...and since Phyllis chalked the 6K portion of that walk, she got credit for that one, too.

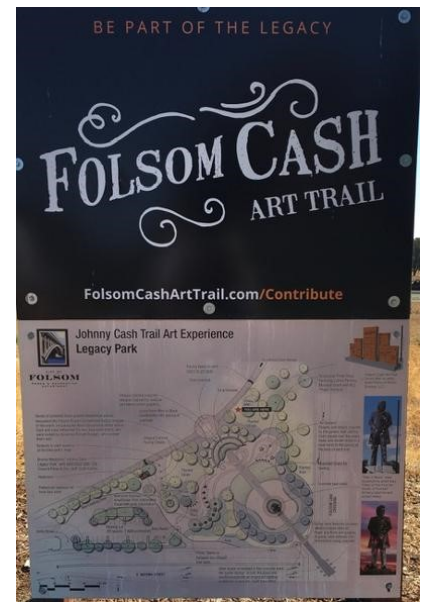


Phyllis Wichelns (right) and Cecilia on the Johnny Cash walk

From Josie and Dave

Barnes: We really enjoyed our "chalking day." We made a day out of it: took our bikes and packed a lunch. It gave us a whole new look at how one looks around at the intersections. We thought all three walks were wonderful and enjoyed greeting people at the Elks. The weather was a little warm during the day, but walkers planned around this with early morning start times. Loved being there.

From Tammi Kerch: This was my first convention. Although I wasn't so fond of the three-hour business meeting, it was an interesting experience. I loved all the walks and meeting many people that I have only been fortunate enough to email with over this last year with our Walking with Woody book. My photos of the Johnny Cash Trail walk follow in the next column:



From Cathy Maffei: First 5 Photos of The Meet & Greet, bottom 8 photos of Group Dinner...



We enjoyed helping setting up and manning the tables for the Meet/Greet. Judy McGregory was in charge. We meet some walkers (red t-shirts with a triangle logo in the pic) from the Low Desert Roadrunners, no names though. Everyone enjoyed having appetizers that began with sweets (cupcakes/rice crispy treats/ pudding cups etc.) and ended with savory items (cheeses/crackers/flavored nuts etc.). Additionally we met a SWS member Dipti, whom we'd never met before. She, too, helped with set up, and was fun to work with. Lastly, the Group Dinner seemed to be enjoyed by all, as the pictures show the many smiles. Love the picture of our fearless leader, Barbara Nuss, addressing the attendees! —Cathy Maffei



From Marie Robb, No Sweat Gazette Roving Reporter: During the weekend of October 1-3, 2021, Paul and I attended our first California Volkssport Convention. We embraced it fully by volunteering for shifts at the start/finish tables each day, by walking the trails, and by attending the Meet and Greet on Friday and the dinner at the Old Spaghetti Factory on Saturday. We had a blast!

The Shasta Sundial Strollers were originally scheduled to host the state convention last May in Mt. Shasta. There were too many obstacles with the planning, however, so the Strollers asked our club to host instead. I have great admiration for the Walking Sticks, who organized the event and made it happen with only a few months to plan.

On Friday, our first walk was the Johnny Cash Trail in Folsom. I really enjoyed the trail—first time for me—but it was a very warm day, and most of us agreed that the lack of shade made it a challenging walk at times. Chris Zegelin of the South Bay Striders asked me, “How do you walk in this heat?” Well, Chris, sometimes we don’t! But we’re brainwashed here in the Valley to the point where we’re actually grateful when it’s “only” in the mid-80s. It could have been a much hotter day! The Meet and Greet was held at the Elks Lodge in Carmichael. I was impressed at the number of attendees from other walking clubs, who welcomed the opportunity to reconnect with their fellow volkssporters. Ty Fredricks of the Central Coast Beach Boardwalkers was

full of questions for our officers as his club prepares to host the CVA Convention in May 2022.

Sadly, I had another commitment on Saturday and couldn’t help out with the Humbug Willow Creek walk; Paul worked the start/finish table. He reported that the walkers loved this trail and spoke glowingly of its beauty.

I made sure I didn’t miss the dinner on Saturday night! Over 60 people gathered at the Old Spaghetti Factory for a great meal and an evening of camaraderie and relaxation after the long members meeting in the afternoon. I was pleased to meet Nancy Wittenberg, our AVA Chair of the Board (President), who came all the way from Washington to attend the convention.

The fun continued on Sunday with one of my favorite walks: Sutter’s Landing Park. The shaded gazebo was a wonderful gathering place for walkers who were reluctant to leave. Suzi Glass, the editor of The Compass, and Carl Cordes, AVA Pacific Regional Director, tapped us all to participate in “passing the baton.” We shared what walking meant to us as they filmed us. I got a laugh when I proclaimed, “I walk for fitness, friendship, fun and food!” I was serious!

Judging by the positive comments, our convention was a huge success. I’m ready to sign up for the next one in San Luis Obispo! My photos of some of the events are below:



Myrna, Jean and Paul on the Johnny Cash Trail



Robber's Ravine Bridge, Johnny Cash Trail



Chris Zegelin, Barbara, Holly Pelking at the Meet and Greet



Janet, Zori and Debbie Thomas at Old Spaghetti Factory



Passing the baton



Tammi Kerch on the Johnny Cash Trail

From Priscilla Fife: glimpses of the Sutter's Landing Walk...



Finally, the successful 2021 CVA Convention hosted by The Sticks would never have happened without the help of all you volunteers.

THANK YOU!

Start/Finish Table:

Jane & Craig Wirth
Nancy & Warren Tellefson
Parul & Amul Purohit
Myrna Jackson
Theresa Ihara
Chris Williams
Marie & Paul Robb
Jocelyn Blinn
Sharyn & Terry Holland
Kathy Phillips
Donna Castorino
Terry Way
Virginia Jelinek

Jennifer Stanley
Kim Dagan
Phyllis & Miles Wichelns

Checkpoint:

Terry Way
Priscilla Fife
Joanne Jensen
Gale Hughart

Elks Lodge Table

(Informational):

Joanne Jensen
Josie Barnes
Cindy Ranzenberger

Set-up/Teardown for Meet & Greet, Boxed lunches &

General Meeting:

Judy Gregory
Parul & Amul Purohit
Cathy & Bill Maffei
Josie & Dave Barnes
Eva Nelson
Carole Soenke



Something Extra

This doesn't exactly keep with the subject matter of this Special Edition, but because the Cosumnes River Preserve is one of the Sticks' Year Round Walks, and because migrating Sandhill Cranes will be populating the waters and fields in that area between October and February, I thought I'd share with you this precious photo of parent Sandhill Crane and wee one.

Here's a blurb about them from the Summer Issue of Audubon Magazine:

Sandhill cranes have long childhoods. The youngsters—called “Colts” for their long-legged awkward look—learn to fly after about two months, but they stay with their parents for another seven or eight months, until the following spring. When cranes are very young, like the one in this portrait, they spend much of their time in physical contact with one of their parents nestled under a wing or among the feathers of their back.

Until we're back with the Winter Edition in December, Happy & Healthy days to all!

—John McLaughlin, sticksnewsletter@aol.com

