



# *The No Sweat Gazette*

*Winter, 2022*



# **WINTER...**

*...It's a Special Season, and no matter how short the days or low the temps, Sticks just keep on walking.*



***Spotlight On Our Volunteers!***  
*Check it out on Page 7.*

President  
Barbara Nuss

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vacant

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Judy Gregory

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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 quarterly.

Reader submissions are welcome and vigorously encouraged.

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

[sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com)

**Roving Reporters:** Zori Friedrich, Marie Robb, Jennifer Stanley

**Editor:** John McLaughlin

Hi Fellow Sticks Members,

You may have read my note to you last Edition in September in which I offered my Editor's Job to anybody interested. My motivation for that offer was that I had been Editor for several years, and I simply did not want to hog this exciting and rewarding position if there happened to be any of you in our five-hundred-person-strong membership who might like to take over the job.

Well, I am not at all disappointed to announce that there have been no takers, so it looks as if you're stuck with me here as Editor for a while longer, chuckle, chuckle...

In a way, then, I want to make this a fresh start for me, a fresh start that I hope will lean toward a more interesting, more reader-involved *No Sweat Gazette* in the future. In that attempt, I'm introducing some new ideas and features in this edition which I think will nicely complement the ongoing contributions from our three wonderful and talented Roving Reporters. Because of that, you'll find more of my notes than usual in this edition. I apologize for that if it seems overbearing, but the new ideas need some explanation. The good news is that to make way for all of your future generous contributions, I vow to keep my editor's comments and any other references to me to a severe minimum in future editions.

Right now, though, with this fresh start, I respectfully ask that you consider occasionally contributing your photos, comments, and such to this, your club newsletter, if you can. Another valuable way you could contribute to this fresh start would be to shoot me an email with your candid comments and criticisms about the newsletter—what you like, what you don't like, and especially what kinds of features you would like to see in it. I welcome your comments, whether

they be complimentary ones or downright brutal, and any and all will be greatly appreciated.

Speaking of new features, on page 7, I'm pleased to begin spotlighting a few of our many "regular" volunteers in a new limited feature that will continue in future editions until all our volunteers have been similarly spotlighted. Many thanks to you volunteers who submitted your comments and photos for this edition. As a volunteer myself, I contributed my own comments and photo to this new feature, doing my part by participating in our club newsletter occasionally, just as I ask you, please, to do. I'll be contacting the rest of you volunteers over the next several months for your comments and photos for future newsletter editions, and I thank you in advance for your willing participation.

I'm also excited about another new feature idea that I explain and propose to you on page 5. Whether or not it becomes a successful new feature will depend on you, so please take a look. I hope you like the idea and will want to participate.

Also, take a look at *Something Extra* on page 19, the very last page of this edition. Please feel free to contribute to that in the future if you like the idea and have something fitting to share.

THANK YOU, everybody, and...

**HAPPY  
HOLIDAYS  
TO YOU ALL!**

John McLaughlin, Editor, [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com)

# Two Distinctly Different Walking Experiences: Downtown and Utah

By Jennifer Stanley

No Sweat Gazette Roving Reporter

**DOWNTOWN:** “When you’re alone and life is making you lonely, you can always go DOWntown...”

On Saturday September 18th, the San Francisco Bay Bandits provided a new downtown San Francisco walk. Thirty people walked that day which included eight “ferry people” riders from Sacramento and Davis. Mary Bond, the walk designer, describes her inspiration for the walk: “There’s so much history in a city like San Francisco that it’s difficult to decide what to cut out in order to keep the directions manageable. The stories just don’t stop! Plus, I see something new on an old route all the time. It’s natural to want to share those amazing, interesting, beautiful things with others.”

Well, I would say Mary outdid herself on this one! Setting out from the Embarcadero Plaza, we headed up onto the top level of Embarcadero Center Buildings 4,3,2, and 1 with unique views of the City and Bay, plus amazing foliage and sculptures throughout. On to Maritime Plaza, Sidney Walton Square (known to some of us as McArthur Park), continuing along Jackson Street where a concentration of original SF businesses were once located. Then to the Transamerica Pyramid, built in 1969 (photo above), and the beautiful redwood park located behind it. We



would find several more parks squeezed between high rise buildings and larger parks like the Yerba Buena Gardens and Salesforce above ground park. We wondered around and thru the Financial District to discover the SF Mint, the Banker’s Heart, and the Pacific Coast Stock Exchange and more.

There were so many sights and history included in this walk that it is impossible to mention all of them. I would have to say that we were stretched to look up or to look inside to view a number of sights, many of which we have walked by in the past but now stopped to view more closely.

Don’t miss the next time the Bay Bandits offer this walk. You won’t be disappointed.

**UNFORGETTABLE UTAH:** Several Sticks members traveled with Walking Adventures International (WAI) previously to visit and see the National Parks and sights in Utah. Due to their high marks for this tour and a 19-month pandemic I decided it was time to go!

There were walks in five National Parks, Arches, Canyonlands, Bryce Canyon, Capitol Reef and Zion. Plus, Dead Horse Point and Goblin Valley State Parks. What was nice was having tour guides, (Scott and Ruth Burk), that know the trails and could guide us along. Some trails were easier and others more challenging (you were most often given a choice of routes) but all were eye-popping experiences. The elevation was a critical consideration from 4,000 feet to over 9,000 feet. Scott Burk

also provided us with much history and geology of the area. “Southern Utah is a geology wonderland that stretches into parts of Colorado and Arizona. This high plateau is criss-crossed by a seemingly endless spider web of stunningly-colorful, bizarrely-shaped stone canyons.” (WAI quote).

One of the most surprising areas for me was Escalante, the Grand Staircase Monument. A local guide, Shannon, spent the day with us touring the local community where he was born and raised and telling funny stories from the past, including the famous Butch Cassidy. We had a beautiful drive thru part of the Burr Trail/Glen Canyon.

One of the most stunning sights was the Singing Canyon (photo below) known for its beauty and perfect acoustics. We had the pleasure of a young man playing his guitar in the canyon while there.

I could continue with numerous wonderful sites to view but I hope this will whet your appetite to see it up close and personal. It was more than I ever imagined! Happy Trails!



# Tammi Kerch, Keeper of the Walking With Woody Special Program!

By Zori Friedrich,  
No Sweat Gazette Roving Reporter

Did you see those fireworks going off in the sky? Did you hear that drum roll announcing an important event?! Did you see that plane flying a big banner displaying “Congratulations Zori!”? Well maybe you missed all this hoopla, but I experienced a grand Sticks moment when I FINALLY completed my Woody Book!

What’s a Woody Book you ask? It’s a special program designed by the Sticks challenging walkers to complete 23 walks in California that begin with the letters

SACRAMENTO WALKING  
STICKS.

The hunt for these walks gets a bit tricky when you discover it’s not that easy to find a city to get your “N” or “K” for instance. But therein lies the fun! I traveled to Newport Beach to get 2 “N”s and to Keene to stamp my book with a “K”! (Where the heck is Keene? — check your map app!).

The award for the first Woody Book “finisher” goes to Sticks member Phyllis Wichelns who completed her book in 4 months and she included at least one walk from every California club!

The award for Woody Book “overachievers” — members who not only completed one book but began a *second* Woody Book — is shared by Barbara Nuss, Phyllis Wichelns, and Shelia Mitchell! Note that Barbara Nuss is a 2-book finisher! To date, ten walkers have completed their books.



So where did the germ of the idea for the Woody program come from anyway? Our President Barbara Nuss — who is *never* at a loss for creative “walking” ideas — began brainstorming a program that began with the letters of our club. But she needed a volunteer to administer the program. Enter Sticks member Tammi Kerch!!

At the beginning of 2019, Tammi remembers Barbara contacting her about a program she was developing but needed someone to take the helm. “I didn’t think that I wanted to get that involved, but after sleeping on it, and my mind going at warped speed, I relented and said I would take it on....Besides, who can say no to our fearless leader?”

Tammi loves the enthusiasm and excitement everyone gets when they stamp that first city. With her witty emails she keeps book holders informed of upcoming walks statewide that qualify for a Woody city. She says, “I love hearing back from many of you that respond to my quarterly emails. And I especially loved putting faces to names at this year’s

CVA convention and hearing so many of you say, “I just have one letter or I just have two letters left. This made me realize how lucky I was that Barbara asked me to materialize her vision.”

Has Tammi finished her Woody book? “As of this last CVA convention” she says, “I was down to my initials of TLK. I am happy to say that I stamped Tahoe City on Hallo-

ween morning and am now down to my last two letters. They may take me a bit longer.” Although most special program books have an end date, for now no sunset date has been decided for the Woody program.

Many of us have walked with Tammi from time to time, but when did she become a Sticks member? Tammi’s company sponsored a Health & Wellness Event and having heard about the Sticks years before, and since one of her coworkers was a member, she stopped by their table to hear more information. She shares that “Officially I have been a Sticks member since 2014, but I did not really get involved until some very persuasive women convinced me to do the Let’s Do 32 Book on Jan 1, 2018.”

When asked about her favorite things regarding her Sticks membership, Tammi shared “this is very tough question!” After some thought she reflected, “Getting to explore so many different neighborhoods that I wouldn’t otherwise know existed!” Any of the walks that include trees

and dirt tend to be her favorite. She added, "I will have to say that the Zamora Full Moon walk is spectacular. I love the solitude and the calm that accompany it, whether with 5 walkers or 15. There is just something very magical about it."

And what is it about the club that keeps her coming back? "The people for sure! I used to be a runner, and the Wednesday nights walks gave me the opportunity to walk and get to know everyone. Of course, it has taken me forever to learn everyone's names, and I still don't have them all down...smile...but I am trying."

Tammi's caught the book-stamping bug as she shares "Since 2018 I have begun to stamp books. I've done Let's Do 32, Walking the USA-Street by Street, Walking with Woody, and the University Book."

When not walking with her Sticks friends, she loves to walk and hike. "Give me a dirt trail and I am in my happy place" she says, "in recent years, I began camping and go both with friends and have had a few solo adventures. I also enjoy hanging out with my family and friends."

We know Tammi as the Woody-master but how did she come to Sacramento? "I grew up in the small town of Cumberland, Maryland, lived in Austin, Texas through my high school years, and moved to Sacramento, with friends in 1982. I like the life I have created for myself here, but I do long to go back east in retirement."

Retirement!? But what if we haven't completed our Woody Books? Tammi says, "Don't worry, I still have several years before I can retire!"

## Suggestion for a new Feature

**Editor's Note:** Over the past few years, the NSG has been the recipient of the delightful photo contributions from former Roving Photographers Theresa Ihara and Bruce Calkins. For completely understandable reasons, they both have moved on.

So, instead of searching for new Roving Photographers, I'd like to offer

the job to you, our readers. I think it would be fun to dedicate a newsletter page or two in future editions to photos of you out and about on Sticks events or any other walking activity. They could be selfies or groups of you, or any other kind of photo-subject configuration. All it would require is the photo, the names of persons in the photo, and the location of the walk in the photo. I believe that this feature would make the newsletter feel more like **YOUR** newsletter with your photos

showing who you are and where you've been walking lately. The photos below from the past give you an idea of how your photos might appear, but imagine a whole page or two filled with similarly-presented photos of you and other members on recent walking activities.

But it's up to you. If you like the idea, PLEASE make a note to send a photo or two by **FEBRUARY 20th** for the Spring Edition in March. [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com)



*Jean & Richard Whitlock watching butterflies on a Sticks Monterey Road Trip*



*Jan Jarabek & Bella on the trail in San Francisco*



*Stanley & Oliver, in smart Sticks attire, contemplating warm hat size for a chilly winter Sticks Walk*

# A Walk in the Park

By Marie Robb

No Sweat Gazette Roving Reporter

Many years ago, Paul and I were living in the Valley Hi area in South Sacramento. We talked often of moving to Elk Grove; we liked the look of Laguna Creek, the development that had sprung up south of us. On summer nights, we joined the residents for outdoor concerts at the Laguna Town Hall and dreamed of becoming part of the community. A few years later, the dream became a reality, and we've lived in Elk Grove for 22 years now.

When Monica Moriarty (former POC for the Elk Grove walks) moved to Nevada, it just made sense for us to take over as POCs of the walks in Elk Grove. We are proud to host all seven of our walks, but we particularly love the 5/10K that takes us through Elk Grove Regional Park.

Elk Grove Park was established in 1972; it comprises 122 acres. Be aware that if you do this walk on your own, you need to check in at the Starbuck's at 8868 Bond Road. Then you have a short drive to the start location at Old Town Pizza and Tap House. Just before you enter the park on your walk, you will pass the Youth Center. I spent two wonderful summers as a recreation leader working out of that building. Picture dozens of Day Camp participants playing "Jump the Creek" for hours, busily creating crafts, and

asking endlessly if it was time to go swimming. Good memories! Pause a moment at the Rhoads Schoolhouse. It's a restored and relocated prairie school, named for John Pierce Rhoads, one of the rescuers of the Donner Party. Now the school offers a Living History Program for school field trips. Walk past the Elk Grove Swim Center and say hello to the population of Canada geese who are living their best lives at the park. You'll see Pirate Island with a playground for children and Strauss Island where the long-running, popular Strauss Festival takes place for 5 nights every July. It is a wondrous experience to bring a picnic dinner, settle on blankets, and watch dancers in costumes as they perform the beautiful waltzes from a bygone era.

The lake itself is a gathering place: the Remote Model Boat Club meets here (we watched them sail their boats during one recent walk), and every October during the Annual Giant Pumpkin Festival, racers craft "boats" out of hollowed-out pumpkins and try to paddle across the lake without sinking. It must be seen to be believed!

Further on, you will encounter Heritage Park, home to the Elk Grove House and Stage Stop Museum. Highway 99 was once known as the

Lincoln Highway, so this was a welcome stop for travelers on their way to Sacramento and beyond. You might laugh at the idea of travelers needing to rest in Elk Grove on their way to Sacramento. When I was growing up in the Meadowview area of South Sacramento, my siblings and I thought Elk Grove was SO far away. We always wanted to bring a picnic lunch for the lengthy journey. You can also visit the blacksmith shop, the justice court and jail (which mostly housed the "intoxicated and the hobos"), and the Reese School, the last remaining one-room school in the Elk Grove School District. Visiting hours are limited to the first Saturday of each month from February to October.

There is so much more to see as the walk continues: a dog park, a bike MotoCross course, picnic areas, a Disc Golf 9-hole course, sand volleyball pits, baseball, softball and soccer fields, and the Pavilion Building, a large event center. My brother and sister-in-law held their wedding reception there in 1984. Obviously, I have a long-standing relationship with this park. And I haven't even mentioned the Western Festival, which takes place every May. Elk Grove Park is truly a community park; I hope you'll join us on our next walk!



Elk Grove House & Stage Stop Museum



Canada Geese at the Lake



Mural on wall of Elk Grove Swim Center



Rhoads School

## Spotlight On Our Volunteers!

**Editor's Note:** *There are more than 40 Sticks volunteers who contribute time and effort to our club on a "regular" basis. Clearly, they do these tasks NOT for applause or time in the spotlight, but rather they do them quietly and under the radar, most likely for personal fulfillment as well as to help out with this remarkable walking club that we all enjoy and care about so much.*

*And while there is no doubt that our volunteers all are content with working quietly and in the background, there's also no doubt that we should offer them some applause and recognition from time to time to complement and round out all the good, selfless work they do for us.*

*Consequently, beginning here and continuing with several future editions, we'll spotlight a few of our "regular" volunteers, selected randomly for each edition and listed below in random order. The NSG asked these volunteers for their photos and comments. Their participation here is greatly appreciated, especially because they are all modest and not inclined to ask for attention or any exposure time whatsoever in the spotlight.*

### **Craig & Jane Wirth, POC for Pittsburg:**

We began walking with friends 20 years ago at an VacaValleyVolks (VVV) event in Dixon. Soon after that walk we joined the VVV Club. We were still working and traveling, but when life slowed down a bit we began volunteering as a way to express our appreciation for all the folks who made the walks we enjoyed possible. We worked at



the start/finish tables, or check points to begin with. Then we learned how to design walks, the first of which was Rier Island walk and bike events that included a ferry ride! Eventually we became POC for the Walnut Creek walk, and a series of others through the years. Currently we take care of the Pittsburg walk box which has been a popular Road Trip Event for the SWS's several times.

Three years ago, we joined the SWS, and have enjoyed expanding our group of walking friends. Our favorite walks are the Full Moon Walks, Wednesday Evening walks, and Road Trips. Living in Pittsburg, we don't make it to Sacramento as often as we would like, but we know any time we do get there we are heartily welcome. Every time we volunteer to help with a walk, we meet new people and see old friends come through the line. That alone is worth the drive and time, but an added plus is to know we are giving back for being supported by so many others through the years.

### **Marcia Maurer, POC for Fair Oaks:**

I joined the Walking Sticks in 2015 and became the POC of Fair Oaks a few years later. As the POC of Fair Oaks I am responsible for keeping the walk box up to date, making sure the walks are current and all the special programs are identified and even checking in people for walks when I am available. I am a firm believer that we all should "give back



to the community," and this is my very small way of contributing. The Walking Sticks has brought me so much joy and fun and everyone is so appreciative that I don't even feel like being a POC is "work." And the best part is all the wonderful people I get to meet and the great walks I have learned about!

### **Kris Ericson-Cano, Mail- Chimp Courier, Former Newsletter Editor:**

For the past year or so I have been using MailChimp to send out the walk alerts, special notices, and newsletters. I don't write them. Barbara Nuss and John McLaughlin write them, but, due to quirks in the email system, I send them out. That's a pretty simple job, and I am happy to do it. Before the clever and creative John McLaughlin took over the newsletter, he was the Submissions Editor while I was the prime editor for about 1-1/2 years. Trust me, that is a huge job, and I totally admire John for doing it without any extra help. The joy of being the editor is that you meet more of the wonderful Sticks members and learn more about all the awesome things they do. It was a great experience, but I am happy now to just be the courier for MailChimp.



### **Joanne Jensen, POC for North and South Natomas Walks and Bike Ride:**

I have been a SWS member since August 2007. I joined after my mom died and I was grieving and depressed.

I knew I needed to walk; I found the club and it helped me walk myself back to better health in so many



*Joanne, left, Nancy, Carole*

ways. There have been many adventures in these 14 years; and a good number of new acquaintances and some really good friends. This picture was several years ago when I met Nancy Alex and Carole Soenke walking the state capitol in North Carolina.

When the position as point of contact for the Natomas walks and bike ride came open, I agreed to take over as a way to give back to the organization that has been such a blessing to me. In the more recent past I have slowed down, calling myself "the Sloth Hiking Team." Now I have been sidelined by some back trouble. It is my fervent hope to keep involved in SWS events and be able to walk some again. Happy that we walk at our own pace and are not competing against anyone. Perfect! Long live the Sacramento Walking Sticks and the American Volkssporting Association. And my humble thanks to everyone who works to provide our communities with so many great walking opportunities.

### ***Brittina Snowden, Produces Calendar of Events on Sticks Website:***

Walking with Sacramento Walking Sticks has allowed me to meet lots of wonderful people and form close relationships with Jocelyn and Dipti; we named our subgroup the "Working Walkers" because we haven't retired yet. We know it takes a village of volunteers to run this won-

derful group, led by Barbara Nuss. I think it's important for everyone to assess their talents and find a way to contribute to non-profit organizations. I was grateful for all the volunteers that ran youth sports when my sons were young and now it's my turn to volunteer! By day I am an IT Manager and by night I make updates to the Sticks' Calendar of Events. Thank you to everyone providing me feedback on the calendar!

### ***John McLaughlin, Newsletter Editor:***

I don't remember exactly how Kaia and I heard about it, but our very first AVA walk was more than a decade ago at Lynch Canyon off I-80 between Fairfield and Vallejo. The walk (hike, actually) was put on by the Vaca Valley Volks club, and we were so impressed with the walk and the whole new-to-us idea of volkswalking that we went straight home to search for our local AVA Club, which turned out to be the Sticks. We joined the Sticks in 2012.



By far, I think the premium attraction of the Sticks is that you can join a walk nearly every day of the week, any week of the year. While some members join walks a few times per week, Kaia and I, because of our other outdoor activities, join walks much less often. But that's the beauty of the club. Walks are always there to be joined as often or as seldom as desired. And even though we don't join Sticks walks as often as they're available, the club is nevertheless a prized feature in our lives.

And that's why I'm honored to be Editor of this newsletter. I thoroughly enjoy having the privilege,

and I welcome the ongoing challenge to at least try to produce a fun and interesting newsletter of a quality high enough to complement and reflect the extraordinarily high quality of The Sacramento Walking Sticks.

### ***Parul & Amul Purohit, POC for Davis Walks***

It was the Spring of 2007 when I heard about a 'Walking Club' in Sacramento. Having enjoyed walking, I looked at the website for months following the walks and finally had the courage to go to Natomas for a walk in July. Hubby Amul Purohit was not on board as yet so I was alone in this venture. Fortunately, Barbara Nuss was there who of course brought me in and told me about the Davis Chapter since Davis is my residence. I started attending the Davis meetings and soon I was 'hooked'. Amul joined up also with the walks a couple of years down the road and we became fully vested in the Davis Club as well as in the Sacramento Walking Sticks. When the Davis Chapter folded in 2019, the three walks and one bike ride went to the Sacramento Walking Sticks and Barbara requested that we become the POCs for all since we reside in Davis. It was time for us to do our share for the club after enjoying so many places and making so many friends so we said yes. Our main volunteer positions are being the POCs, sending in the quarterly reports to Steve Hughart and occasionally helping with the 'big' events such as the Convention and the New Year Eve walks. Our kudos to the volunteers who do so much more.



*Meet More Volunteers Here Next Edition!*



# Walking Book Club

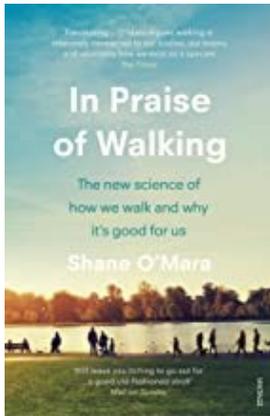
**Priscilla Fife**, Book Walk Coordinator  
916.616.6003 • [prfife@gmail.com](mailto:prfife@gmail.com)



## January Book Recommendation: *In Praise of Walking: A New Scientific Exploration* by Shane O'Mara

5 print copies available from SPL and also in eBook and eAudiobook formats

Available online in Kindle, Hardcover, Paperback and Audio CD formats



### From Amazon:

A hymn to walking, the mechanical magic at the core of our humanity.

In this captivating book, neuroscientist Shane O'Mara invites us to marvel at the benefits walking confers on our bodies and brains, and to appreciate the advantages of this uniquely human skill. From walking's evolutionary origins, traced back millions of years to life forms on the ocean floor, to new findings from cutting-edge research, he reveals how the brain and nervous system give us the ability to balance, weave through a crowded city, and run our "inner GPS" system. Walking is good for our muscles and posture; it helps to protect and repair organs, and can slow or turn back the aging of our brains. With our minds in motion we think more creatively, our mood improves, and stress levels fall. Walking together to achieve a

shared purpose is also a social glue that has contributed to our survival as a species.

As our lives become increasingly sedentary, O'Mara makes the case that we must start walking again—whether it's up a mountain, down to the park, or simply to school and work. *In Praise of Walking* illuminates the joys, health benefits, and mechanics of walking, and reminds us to get out of our chairs and discover a happier, healthier, more creative self.

**Please join us on Sunday, January 16, 2022 at 10 am for a 5 km walk along the Sacramento River in the Pocket Area of Sacramento.** Bring a lunch and, weather permitting, we'll picnic in a park and have our book discussion. If the weather is rainy, we'll have lunch indoors somewhere and discuss the book there.

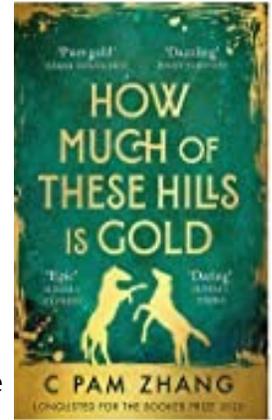
## February Book Recommendation: *How Much of These Hills is Gold: A Novel* by Pam Zhang

**A Novel** by Pam Zhang - nominated for Booker Prize, A *NEW YORK TIMES* NOTABLE BOOK OF THE YEAR, A *WASHINGTON POST* NOTABLE BOOK OF THE YEAR, ONE OF NPR'S BEST BOOKS OF 2020

Sacramento Public Library has 14 print copies, e-Audiobooks and ebooks. Available online in hardcover, paperback, Kindle and Audible Audiobook

### From Amazon:

An electric debut novel set against the twilight of the American gold rush, two siblings are on the run in an unforgiving landscape—trying not just to survive but to find a home.



Ba dies in the night; Ma is already gone. Newly orphaned children of immigrants, Lucy and Sam are suddenly alone in a land that refutes their existence. Fleeing the threats of their western mining town, they set off to bury their father in the only way that will set them free from their past. Along the way, they encounter giant buffalo bones, tiger paw prints, and the specters of a ravaged landscape as well as family secrets, sibling rivalry, and glimpses of a different kind of future.

Both epic and intimate, blending Chinese symbolism and reimagined history with fiercely original language and storytelling, *How Much of These Hills Is Gold* is a haunting adventure story, an unforgettable sibling story, and the announcement of a stunning new voice in literature. On a broad level, it explores race in an expanding country and the question of where immigrants are allowed to belong. But page by page,

Click here for Carpool Guidelines:

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

it's about the memories that bind and divide families, and the yearning for home.

**Please join us on Sunday, February 20, 2022 at 10:00 am, for the 6 km Auburn Museum Walk. After the walk we'll have lunch in a restaurant there and discuss the book.**

**March Book Recommendation: Daughter of a Daughter of a Queen: A Novel by Sarah Bird**

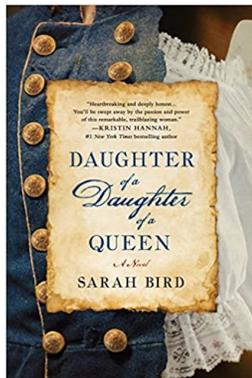
Named Best Fiction Writer in the Austin Chronicle's "Austin's Best 2018"

Named one of Lone Star Literary Life's "Top 20 Texas Books of 2018"

Available online in hardcover, paperback and audiobook. Sacramento Public Library System has 7 print copies as well as eAudiobooks, and eBooks.

**From Amazon:**

The compelling, hidden story of Cathy Williams, a former slave and



the only woman to ever serve with the legendary Buffalo Soldiers.

"Here's the first thing you need to know about Miss Cathy Williams: I am the daughter of a daughter of a queen and my mama never let me forget it."

Though born into bondage on a "miserable tobacco farm" in Little Dixie, Missouri, Cathy Williams was never allowed to consider herself a slave. According to her mother, she was a captive, destined by her noble warrior blood to escape the enemy. Her chance at freedom presents itself with the arrival of Union general Phillip Henry "Smash 'em Up" Sheridan, the outcast of West Point who takes the rawboned, prideful young woman into service. At war's end, having tasted freedom, Cathy refuses to return to servitude and makes the monumental decision to disguise herself as a man and join the Army's legendary Buffalo Soldiers.

Alone now in the ultimate man's world, Cathy must fight not only for her survival and freedom, but she also vows to never give up on finding her mother, her little sister, and

the love of the only man strong

enough to win her heart. Inspired by the stunning, true story of Private Williams, this American heroine comes to vivid life in a sweeping and magnificent tale about one woman's fight for freedom, respect and independence.

"Sarah Bird masterfully tells the story of Cathy (Cathay) Williams, the only female ever to serve with the legendary Buffalo Soldiers...Daughter of a Daughter of a Queen is a wonderful read." – Michael Hurd, author of Thursday Night Lights, managing editor of The Texas Black History Project, and director of the Texas Preservation of History and Culture.

**Please join us on Sunday, March 20, 2022 at 10:00 am for a 5K walk in the Presidio** (where the Buffalo Soldiers were stationed beginning in April 1899 before being sent on to fight in the Philippines during the war Spain and also sent to guard the newly established national parks in Yosemite, Sequoia and General Grant National Parks). **Bring a sack lunch and we'll have our lunch and book discussion on the trail.**



## Planning on going to some Sticks Holiday Events soon?

If so, **The No Sweat Gazette needs your help.** There are some fun and exciting Sticks Holiday events coming up this month that your newsletter would like to feature in a "Sticks Do The Holidays" Special Edition. If you end up attending the Holiday Lights Walks, the Sticks Holiday Party on December 13, the New Year's Day event on January 1, or any other Sticks/Walking-related holiday activity, PLEASE send a photo or two and any comments to [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com). If enough of you send in your photos and comments by the January 5 deadline, the Special Edition will show up in your in-boxes a few days later. THANK YOU!





# FOOTNOTES

*By Barbara Nuss, President*



## Holiday Greetings,

The **Sacramento Walking Sticks Club** wants to wish you all the merriest of holidays and the very best of new years to come! We thank you all for making our club so special by showing up and walking with each other year-round. You're friendly, welcoming and always up for something new and fun and we've got all sorts of ideas planned for 2022. You may remember when we shut down on Pi Day (Mar 14) 2020 when COVID hit—well, in 2022, we will be celebrating **Pi Day** again with a wonderful route that begins at one of our favorite Pie places, Marie Callendar's on Freeport Blvd. We're hoping this one becomes one for the books!

The Sticks also have a traditional event planned for **New Year's Day 2022**—no, not at the Church, but instead we'll begin at the California Auto Museum on Front St. We'll be renting out their parking lot for the day and taking you in lovely sights downtown and up along the river front—back to where you began. We won't be hosting a potluck but rather a Tailgate Party! We'll be asking everyone to bring their own table, chairs and food to celebrate when they return from their walk. How fun will that be? Keep your fingers crossed for no rain that day.

**Volunteers.** Our Club is made up entirely of volunteers who give their time and energy to seamlessly make what we do look “just right.” I want to give a shout out to **Bruce and Nancy Calkins** who've left Elk Grove to a new home in New Mexico, where they'll be closer to their son and daughter-in-law. Bruce was the master mind behind the link for our Year-Rounds on the Sticks website where you could click a name and get a full rundown of details of any of our club's year-round events. The husband-and-wife team also were the POC's of the Sacramento-North Laguna Creek Wildlife Area's year-round walk that had several versions in that area. Thank you for your many years of service Bruce and Nancy from all of us!! Now, let's welcome **Eva Nelson** as their replacement POC. Thank you for stepping up and taking over.

Many of you remember POC Jane Graham who took on 3 of our walks out of the Land Bark Pet Supplies across the street from Vic's Ice Cream Parlor. When Jane's husband Bob passed on and Land Bark asked us to vacate—Jane asked if someone else could take on her POC duties and I volunteered. Now after a good long while, I am handing the Sacramento-Curtis Park, Sacramento-Land Park and the Sacramento-River and Miller Park walks over to **Jennifer Stanley** who has gracious-

ly volunteered to be my replacement. Thank you, Jennifer!

Our Sticks member **Sally Coones** has asked to step down from her role as POC for the Carmichael-Ancil Hoffman and the Citrus Heights year-round walks. Thank you, Sally, for your many years of stewardship in keeping both of those walks vibrant and fun. We're hoping one or two of you will volunteer to take over one or both of these year-rounds. Please contact Barbara Nuss or Steve Hughart if you're interested and we'll share what your duties will be.

I also want to thank **Susan Martimo** for her role as Super POC these many years! She has stepped down and **Gale Hughart** is filling her shoes. What are those duties?? Well, when you see one of our walk boxes, you can ooh and aah at their work—from decorating the outside with labels to outfitting the inside with small binders filled with labeling, separators, pens, pouches for stamps and pads as well as stocking it with envelopes and more.

**Special Programs.** I want to urge and cajole all of you to consider “walking for AVA credit” if you're not already. A New Walker Packet costs \$5.00 and it includes 1 event and 1 distance book along with 3 coupons to walk your next 3 walks for FREE. From then on you will be

paying \$3.00 every time you do a volkswalk and when you do, you'll get a stamp in your event and distance book. If you're a Sticks member, you'll get a blue *Sticks Walk Sticks Walks* book which you'll also stamp each time you walk a Sticks walk. When you finish 10 walks, you'll get a Sticks buck that let's you walk the next one for FREE. Where does the \$3.00 go? Part goes to AVA, our parent organization, to help with insurance for the walk and the other part goes to our club to cover costs like printing and sanction fees.

With your \$3.00, you can also stamp "other" books as well and that's what I wanted to share with you. Special programs can bring you joy and incentive and adventures—what do I mean? Well, take the *Walking with Woody* book that the Sticks are promoting. You need to do a walk that starts with the letters S.A.C.R.A.M.E.N.T.O.W.A.L.K.I.N.G.S.T.I.C.K.S. and all of the walks have to be in California. Easier said than done but ... achievable and oh, so fun!! I finished 2 of these books and oh, the places I went and the fun I had along the way. K is for Keene, which is near Tehachapi, and did you know there are two different N's you can walk in Newport Beach?

Coupled with my *Walking with Woody* program, I also was working on *University Walkin'* which asks

you to walk on a 4-year university in Arizona, California, Nevada and Hawaii. You'll remember we had a Road Adventure to Reno awhile back and one of the walks we did was on the University of Reno in Nevada and another Adventure took us to Chico. I also was working on a *Rockin' Around the Clock* booklet and finished it up in Chico—I had a hard time deciding which clock to use as my final entry, the stand alone or the clock face on a particular building? When you finish these programs, you send back your booklet and receive it along with a wonderful patch and the joy it brings is immeasurable. I not only finished something, but I had so much fun planning my outings and going on some very fun adventures. There's a new program I'll be starting in January called *City and Town Halls* and it's hosted by the Peninsula Pathfinders in Williamsburg VA. Every time I walk by a city or town hall anywhere in the USA, I can stamp my book and you can bet that I'll try to open the front door to get a peek inside each one.

How do you find out about Special Programs? Go out to our website and click on the Special Programs link and scroll thru. Each program book costs and there's mailing information there as well. You can also click on the Membership Achievement link to see who in our club has

finished books in the past. If you've finished a book and want your name listed, please write to Steve Hughart, [hugharts@sbcglobal.net](mailto:hugharts@sbcglobal.net) and let him know.

### **Christmas Lights Night Walks.**

Last but not least, I hope that you'll invite your friends and family to join you on any or all of our Christmas lights night walks this year. Check our Calendar of Events link on our website for all the details of where and when they'll begin.

## **Lights Walks**

**Friday, December 10: Walk from West Sacramento to the State Capitol tree and back**

**Friday, December 17: Sacramento—The Fab 40's**

**Sunday, December 19: Sacramento—T Street**

Take care and I hope to see you out on a walk,

Barbara Nuss, President |

[nussb@surewest.net](mailto:nussb@surewest.net) |

916.283.4650

[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

## **Yes! There will be a Sacramento Walking Sticks Holiday Party!**

*Monday, December 13, at the Spaghetti Factory, 12401 Folsom Blvd, Rancho Cordova.*

**Must sign up no later than December 9.**

*Please click the link below for all the information.*

<https://mcusercontent.com/9fa581f10c55c1c086aafe9cf/files/984c4776-0fac-9359-3e82-ecfb39505322/HolidayParty.pdf>

## UPCOMING WALKS FOR JANUARY, 2022



Saturday	Jan 1	9-Noon	New Year's, CA Auto Museum, <i>Traditional Event</i>
Tuesday	Jan 4	9:15 am	Sacramento—Elmhurst to East Sac
Wednesday	Jan 5	6:15 pm	Citrus Heights <b>(Evening Walk)</b>
Thursday	Jan 6	9:15 am	Fair Oaks
Thursday	Jan 6	9:15 am	Sacramento—Pocket Area <b>(Bicycle)</b>
Friday	Jan 7	7:30 am	Davis—South El Macero, <b>EARLY RISER</b>
Saturday	Jan 8	9:30 am	Vacaville—Historic, <i>Friendship Walk</i>
Tuesday	Jan 11	10:00 am	Auburn
Wednesday	Jan 12	6:15 pm	West Sac—Clarksburg <b>(Evening Walk)</b>
Thursday	Jan 13	9:15 am	Elk Grove—Around the Lakes
Saturday	Jan 15	9:30 am	Healdsburg—Wine Country, <i>Friendship Walk</i>
Monday	Jan 17	10:00 am	<b>Road Adventure to San Jose-Almaden Lake</b>
Tuesday	Jan 18	9:15 am	Sacramento—Hidden Murals
Tuesday	Jan 18	8:00 pm	<b>Full Wolf Moon Walk, Elk Grove</b>
Wednesday	Jan 19	6:15 pm	Davis—S/E Tunnels and Bridges, <b>(Evening Walk)</b>
Thursday	Jan 20	9:30 am	Davis—South El Macero
Thursday	Jan 20	9:15 am	Rancho Cordova—Lake Natoma <b>(Bicycle)</b>
Saturday	Jan 22	9:30 am	Jackson—Historic Town & Country, <i>Friendship Walk</i>
Tuesday	Jan 25	10:00 am	Sacramento—South Natomas
Wednesday	Jan 26	6:15 pm	Carmichael—Ancil Hoffman <b>(Evening Walk)</b>
Thursday	Jan 27	9:15 am	West Sacramento—River Walk
Saturday	Jan 29	9:30 am	Sacramento—Sierra Oaks Vista, <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](http://www.SacramentoWalkingSticks.org) or the weekly Walk Alerts. \* To Be Determined

## UPCOMING WALKS FOR FEBRUARY, 2022



Tuesday	Feb 1	9:15 am	Sacramento—Sac State
Wednesday	Feb 2	6:15 pm	Sacramento—Capital <b>(Evening Walk)</b>
Thursday	Feb 3	9:15 am	Carmichael—Hidden Parks
Thursday	Feb 3	9:15 am	Sacramento—Natomas <b>(Bicycle)</b>
Friday	Feb 4	7:30 am	Galt—Cosumnes River Preserve, <b>EARLY RISER</b>
Saturday	Feb 5	9:30 am	Sacramento—Pocket Area, <i>Friendship Walk</i>
Tuesday	Feb 8	10:00 am	Ione
Wednesday	Feb 9	6:15 pm	Davis—University <b>(Evening Walk)</b>
Thursday	Feb 10	9:15 am	Sacramento—Capital
Saturday	Feb 12	9:30 am	Benicia—Take your pick, <i>Friendship Walk</i>
Tuesday	Feb 15	9:15 am	Sacramento—Sierra Oaks Vista
Wednesday	Feb 16	8:00 pm	<b>Full Snow Moon Walk, Sacramento State</b>
Thursday	Feb 17	9:15 am	Gold River
Thursday	Feb 17	9:15 am	Sacramento—American River <b>(Bicycle)</b>
Saturday	Feb 19	9-Noon	Concord, Traditional Event
Monday	Feb 21	10:00 am	<b>Road Adventure to Sonoma</b>
Tuesday	Feb 22	9:15 am	Sacramento—River and Miller Park
Wednesday	Feb 23	6:15 am	Elk Grove Creek Watershed <b>(Evening Walk)</b>
Thursday	Feb 24	9:30 am	Davis—University
Saturday	Feb 26	8:30-Noon	Knight's Ferry, <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](http://www.SacramentoWalkingSticks.org) or the weekly Walk Alerts. \* To Be Determined

# UPCOMING WALKS FOR MARCH, 2022



Tuesday	Mar 1	9:15 am	Folsom
Wednesday	Mar 2	6:15 pm	Davis—S. Davis/El Macero <b>(Evening Walk)</b>
Thursday	Mar 3	9:15 am	Sacramento—Arden Walk and <b>Bicycle</b>
Friday	Mar 4	7:30 am	Davis—Tunnels & Bridges, <b>EARLY RISER</b>
Saturday	Mar 5	9:30 am	Stockton—University, Friendship Walk
Tuesday	Mar 8	10:00 am	Stockton
Wednesday	Mar 9	6:15 pm	Fair Oaks <b>(Evening Walk)</b>
Thursday	Mar 10	9:15 am	West Sacramento—Clarksburg
Saturday	Mar 12	9:30 am	Sacramento—Capital, <i>Friendship Walk</i>
Sunday	Mar 13	9-Noon	Pi Day, Marie Calendar's, Freeport Blvd, Sac
Monday	Mar 14	3:14 pm	Pi Day, Marie Calendar's, Freeport Blvd, Sac
Tuesday	Mar 15	9:15 am	Rancho Cordova—Lake Natoma
Wednesday	Mar 16	6:15 pm	Sac—Hidden Murals <b>(Evening Walk)</b>
Thursday	Mar 17	9:15 am	Roseville—Maidu Park
Thursday	Mar 17	9:15 am	Lincoln <b>(Bicycle)</b>
Saturday	Mar 19	9:30 am	Elk Grove—Around Lakes, <i>Friendship Walk</i>
Friday	Mar 18	8:00 pm	<b>Full Worm Moon Walk North Natomas</b>
Monday	Mar 21	10:00 am	<b>Road Adventure to Los Gatos</b>
Tuesday	Mar 22	9:15 am	Sacramento—Ashton Park
Wednesday	Mar 23	6:15 pm	Woodland <b>(Evening Walk)</b>
Thursday	Mar 24	9:15 am	Sacramento—Pocket Area
Saturday	Mar 26	9:30 am	Vacaville—Lagoon Valley, <i>Friendship Walk</i>
Tuesday	Mar 29	9:30 am	Davis—S/E Tunnels and Bridges
Wednesday	Mar 30	6:15 pm	Elk Grove Regional Park <b>(Evening Walk)</b>
Thursday	Mar 31	9:15 am	Elk Grove—East Recreation Trails
Thursday	Mar 31	9:15 am	Davis <b>(Bicycle)</b>

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

# ***Congratulations on your Sticks Anniversary in January, February, March!***



**31 Years:**  
Gail Samcoff

**19 Years:**  
Yvonne Brandon

**18 Years:**  
Jean Lucas

**17 Years:**  
Jytte Taylor  
Pat Thomas

**16 Years:**  
John Joseph  
Marty Langley  
Karen Lopes  
Mary McMonegal  
Steve Oesterreicher  
Otto Saltenberger  
Leonard Strickland

**15 Years:**  
Carol Addy  
Lenore Blaauw  
Nancy Fox  
Zori Friedrich  
Myrna Johnston

**14 Years:**  
Jennifer Stanley  
Susan Z'berg

**13 Years:**  
Priscilla Fife  
Bruce Leistikow  
Monica Moriarty  
Gail Ohanesian

**12 Years:**  
Harlene Adams  
Susan Barstis  
Josie Brooks  
Bruce Calkins  
Nancy Calkins  
Coreen Coones  
Kathy Ellis

Sharyn Holland  
Terry Holland  
Nikki Johnson  
Zoey Johnson  
Roxie Jones  
Susan Martimo  
Pat Mason  
Chris Nolan  
Ron Nolan  
Art Porter  
William Roth  
Joanna Watzig

**11 Years:**  
Pat Drouin  
Carol Gallardo  
Sue Gaston  
Nikki Hall  
Tracy Harrison  
Becky Highsmith  
Chris Highsmith  
Suzy Holtzman  
Dorie Oca-Schmunk  
Dick Owens  
Johanne Owens  
Russ Schmunk

**10 Years:**  
Bernard Cody  
Anita Davies  
Shu Davies  
Mike Drouin  
Pam Saltenberger  
Jamie Walker  
Esther Weaver  
Miles Wichelns  
Phyllis Wichelns

**9 Years:**  
Linda Bjorklund  
Peggy Briggs  
Ellen Franz  
Suzanne Hermreck  
Amnon Igra  
PJ Jones  
Gretchen Jung  
Barbara Leach  
Starla Ledbetter  
Janice Lew  
Chris Loupy  
Dave Madison  
Suzie Madison  
Joan Mallum  
Helyne Meshar

Gretchen Moffat  
Anne Ofsink  
Connie Ramos-Haugen  
Paul Ransom  
Caitlin Robb  
Marie Robb  
Paul Robb  
Chris Smith  
Julia Smith  
Pam St.Martin  
Steve St.Martin  
Kay Stinson  
Doug Thompson  
Christina Wagner

**8 Years:**  
Tammi Kerch  
Teresa Licholai  
Ann McCandless  
Jackie Sinigaglia

**7 Years:**  
Bonnie Apple  
Judy Baumann  
Sharon Grunow  
Barbara Hodges  
Bryan Jacobi  
Mary Jacobi  
Janice Warta  
Marvin Warta

**6 Years:**  
Jean Alford  
Kit Carlson  
Mendel Carlson  
Maria Jett  
Art Mark  
Marty McKnew  
Katherine Smith  
Bonny Williams

**5 Years:**  
Mary Adams  
Dana Beales  
Jean Bonar  
Robert Bonar  
Vickie Jones  
Kathleen Leahy  
Jean Whitlock  
Richard Whitlock

**4 Years:**  
Noelle Anderson  
Barbara Binaco

Mar Cho  
Judy Cuchna  
Linda Haviland  
Andi MacDonald  
William MacDonald  
Pat McKnight  
Grace Moi  
James Moi  
Jacqueline Patterson  
Janet Reynolds  
Cat Ricketts  
Roland Ricketts  
Don Zajic

**3 Years:**  
Leah Allen  
Debra Coubal  
Mick Coubal  
Gary McFarland  
Ashleigh Mitchell  
Shelia Mitchell  
Susan Rubinstein  
John Szabo

**2 Years:**  
Romana Bough  
Randy Carollo  
Claudia de LaTorre  
Patricia Di Ianni  
Doug Fee  
Yvonne Fee  
Ynez Fritsch  
Victoria Goldblatt  
Cathy Guy  
Don Guy  
Jan Heckey  
Mark Heckey  
Sharon Jacks  
Dennis Lue-Sang  
Marjorie Lue-Sang  
Richard MacGill  
Inge Small

**1 Year:**  
Diane Ardans  
Kathleen Baldwin  
Carol Clark  
Sharon Finley  
Barbara Haig  
Sue Hopper  
Laura Kurth  
Sue O'Donnell

**CONGRATULATIONS!**

# Happy Birthday in January, February, March!



## January:

1 Candi Okada  
 2 Jan Jerabek  
 2 John Joseph  
 2 Mike Vogel  
 3 Steve Purcell  
 7 Sally Barton  
 7 Parul Purohit  
 8 Annon Igra  
 8 Virginia Jelinek  
 8 Janis Williams  
 9 Janeece Killingsworth  
 9 Mary McMonegal  
 10 Tom Frame  
 10 Martha Korff  
 10 Shelia Mitchell  
 10 Kathy Ruiz  
 12 Jocelyn Blinn  
 12 Amanda Serrano  
 14 JoAnn Romero  
 15 Bonnie Slavin  
 16 Mike Fosgett  
 16 Robert Futrell  
 16 Otto Saltenberger  
 17 Terry Wieder  
 19 Jan Heckey  
 19 Joanna Tabarez  
 19 Kristi Wakefield  
 20 Karen Matolo  
 23 Teri Steinman  
 25 Barbara Seidman  
 26 Johanne Owens  
 27 Cathy Guy  
 27 Margaret Williams

28 Vickie Jones  
 28 Jean Whitlock  
 29 Jacqueline Patterson  
 30 Liz Kono  
 30 Cindy Macias  
 30 Pat McKnight

## February:

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

## March:

1 Catherine Wieder  
 2 Liz Cheyne

4 Wanda Kato  
 5 Asha George  
 5 Anne Lynch  
 7 Linda Haviland  
 8 Anne Ofsink  
 9 Bruce Calkins  
 9 Mike Drouin  
 9 Maria Torres  
 10 Anna Dinwiddie  
 13 Don Guy  
 13 Julie Osborne  
 16 Anita Davies  
 16 Sharon Grunow  
 17 Nelly Bermudez  
 17 Beth Daugherty  
 18 Barbara Binaco  
 18 Denise Sisneroz  
 18 Christina Wagner  
 19 Janice Chung  
 19 Sabina von Sydow  
 21 David Carpenter  
 21 Lynn Mahoney  
 22 Marian Dennison  
 24 Terry Holland  
 26 Mark Heckey  
 26 Jenifer Taylor  
 27 Ruta Brilts  
 27 Charles Gieck  
 27 Gale Hughart  
 27 Kathleen O'Kelly  
 27 Diana Peacock  
 28 Priscilla Edwards  
 28 Gary Younglove  
 29 Melinda Vaughn  
 29 Richard Whitlock  
 30 Maureen White



# 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:**

- Dana Beales
- Doug Fee
- Yvonne Fee
- Nikki Hall
- Linda Haviland
- Sue Hopper
- Myrna Jackson
- Janice Lew
- John McLaughlin
- Kaia McLaughlin
- Sharon Olson
- Valerie Sanders
- Bud Simmons

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

- Jill Simmons
- Peggy Ursin
- Julie Baumhoff
- Barbara Dugal
- Diane Dunn
- Jeff Dunn
- Barbara Groff
- Anne Lynch
- May Lynch
- Londi Medrano
- Stuart Noda
- Kyle O’Ryan
- Randy Rose
- Cynthia Turbin

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

- Anna Fock
- Danelle Hartke
- Janece Killingsworth
- Gay Miller
- Ron Miller
- Wes Miller
- Lana Paulhamus
- Etsuko Stone
- Judy Stroud
- Ruey-wen Wang
- Jack Weaver
- Judy Weaver

## Welcome New Members!

Al Barake  
Carol Barake

Ruta Brilts  
Verna Dow

Carole Rouin  
Claudette Tinson  
Karen White

### Sticks Apparel

**The Anchor Group**  
[linda.sue.ames@gmail.com](mailto:linda.sue.ames@gmail.com)

**Land’s End**  
[LandsEnd.com/business](http://LandsEnd.com/business)



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

<http://www.sacramentowalkingsticks.org/Store.html>

# Something Extra



**M**y old Reno High School pal, Bruce Burkhman (right) and his wife, Chris, recently sent me this photo of their 2020 Halloween celebrations at their home in Reno, Nevada. Halloween was noticeably more relaxed this year than last. But lest we forget the restrictions and covid fears in all of our lives in 2020, the photo depicts how the pandemic prompted Bruce and Chris to celebrate that year in a mighty fun and clever, yet stark and sobering way. Reports are that the trick-or-treaters loved it! —John McLaughlin

**Final Editor's note:** on the last page of the recent No Sweat Gazette CVA Convention Extra Edition, I posted a delightful photo of parent and colt Sandhill Crane and headlined that page as **Something Extra**. I received so many complimentary remarks

about it that I'd like to keep that concept open for **your contributions** in future editions. If you have a photo of anything you'd like to share that's outside the scope of No Sweat Gazette content (that is, not directly related to walking or the Sticks) but that

might be of general fun and interest to our members, please send it to [sticksnewsletter@aol.com](mailto:sticksnewsletter@aol.com).

My contribution above is an example of how yours might look in upcoming editions.