



The No Sweat Gazette
Special Edition
December, 2023



SUPRISE!

***Happy
Holidays...and
The No Sweat
Gazette is***

BACK!

Hello Again, Sticks Members!

Many of you might remember that I was the last editor of this newsletter and served as such for more than six years. After publishing the Spring 2022 Edition and then attempting unsuccessfully to recruit somebody to replace me, I had reason at the time to resign the position, leaving *The No Sweat Gazette* shut down and unpublished for all this time.

Then, a few weeks ago, I received an email from Sticks president Barbara Nuss saying that *finally somebody* had expressed an interest in editing the newsletter, and would I please offer any assistance to help that person to make a decision. Because our club newsletter has a decades-long and such fun history, and because it would be a downright shame to leave it dormant for any longer, I was pleased and excited to hear this news and—of course!—I would assist in any way I can. And so it is with a big THANK YOU to our always-alert Sticks President Barbara Nuss for receiving and passing on the name of that person interested in editing the newsletter and thus began the events that resulted in your now reading this special comeback and pre-holiday edition of *The No Sweat Gazette*.

Coreen (Cory) Coones is the Sticks member mentioned above who was quite interested in the Editor position, and it is my great pleasure to introduce her to you here. This edition appears now only after she and I have collaborated, and I can tell you that Cory is perfect for the Editor job, just the one we have been waiting for to step in and start up this newsletter again. She comes to us with skills that will support our publication and a personality that beams with a tireless display of can-do optimism and cheerful enthusiasm.

When considering when and how to get the newsletter going again, Cory and I decided that I would put together this edition, pass the baton to her here, and then I will continue working with her in the background as she proceeds as our editor into the future with regular bi-monthly editions, beginning in mid-January with the February-March, 2024 edition.



But, in order for us to produce these bi-monthly editions beginning next year, your new editor and newsletter team really will need some **HELP** from some of you Sticks members. That's because, in order for it to thrive and survive, *The No Sweat Gazette* has to be not only for and about, but also BY Sicks members.

Most importantly, then, PLEASE: we need a few of you to raise your hands and volunteer to join the newsletter team as periodic contributors of content whom we will affectionally refer to as *Roving Reporters*. We will gladly welcome any and all of you who volunteer for this fun activity which will definitely set to flow your creative juices while your generous contributions will add enormous assurance that this newsletter will keep on going.

You can contribute as seldom or as often as you like, but we will ask a couple or three of you for every bi-monthly edition to submit write-ups ranging in length of your choice from a few sentences to a full newsletter page or two on any Sticks-related subject of your choice. We will also vigorously welcome photos with your write-ups or just any fun and interesting Sticks-related photos on their own, without write-ups.

To check out what Roving Reporters' contributions look like in previous newsletter editions, go to the Sticks website at sacramentowalkingsticks.org and click on *Newsletters*. For more information, any questions, and especially to join *The No Sweat Gazette* Newsletter Team as a Roving Reporter, please contact us at sticksnewsletter@aol.com.

For members not interested in joining the newsletter team, the door will always be open for your submissions of content, too. We will welcome and appreciate any Sticks-related comments or photos you might like to share with Sticks members via this newsletter. In addition to that, as *The No Sweat Gazette* gets going again with your new editor and thus an exciting new energy, PLEASE send us your requests for the kinds of articles and other content

you would like to see in our club newsletter and any other comments or questions you might have. Send your submissions, comments, or questions to sticksnewsletter@aol.com.

So that's it from me, Sticks members and newsletter readers. I hope you are as pleased as I that this plucky little newsletter with its fun and tongue-in-cheek name is back in business. With Cory as our new editor, I know you'll look forward to each upcoming

bi-monthly edition, and I hope you will support her with your much-needed comments, suggestions, questions, and especially your submissions. So, as I pass the baton (or should I say the mouse and keyboard) to her, please enjoy Cory's introductory comments below.

John McLaughlin, Former Editor
Current Proud Member of the Newsletter Team

“Hello, Everybody!” From Cory

I have yet to cross paths with most of The Sacramento Walking Sticks members. The few paths I have had the pleasure to cross would be due to introductions from my parents, Chris and Sally Coones. My name is Cory Coones and I joined back in 2009.

Walking has often been a way to sort thoughts, stumble on answers and jump in puddles. Up to this time most of my walking was wilderness backpacking. It did not take me long to appreciate all urban walking had to offer, like restaurants and bathrooms.

In those days I provided clients with custom communication designs and content for employee benefit communications. I worked a lot of weekends so I welcomed those Saturdays I could get away. The Sacramento Walking Sticks opened a door I could walk through and find adventure, history, smiles and good food.

I was an intermittent participant, so I did not know much about the community. Although, I did begin to recognize the faces of two members in particular. Each always remembered my name, and the warmth of their smiles always made me feel like I belonged. They are Barbara Nuss and Nancy Alex. Little did anyone know that I would translate those days into energy that would sustain me through a very demanding professional life. The Sacramento

Walking Sticks members are still touching lives today just like they touched my life back then.

Driving home from the Sonoma Stompers Ukiah weekend last October my mom began reminiscing about *The No Sweat Gazette*. She shared the different column details that she really missed, the history of her friends that were roving reporters, names of photographers that captured moments she held dear and about the special man who wrapped it all up in the treasured newsletter.

It was clear from the telling that the publication had become a heavy workload and was closed down for the time being. That is when a whisper in my ear suggested I could help. Thanks to my professional past I was given some tools to support *The No Sweat Gazette* in the future. Circle complete, I could now give back to The Sacramento Walking Sticks.

I have never been part of a team that generates this type of content, but I know, because of John McLaughlin, that many of you have. I look forward to collaborating with one and all to share ideas, content, constructive criticism and photos! Give me a minute to put a name to a face.

Cory Coones
Editor



*Cambria Scarecrow Festival 2022
Central Coast Beach Boardwalkers*



June -- July 1987



Official Publication of
The Sacramento Walking Sticks

IVV CVA 11 AVA

NEW CONSTITUTION ... Thanks to all the members who attended last month's meeting and slogged through the reading and acceptance of our new club constitution. Rules and regulations are necessary for a strong organization. Copies of the constitution will be available at this month's meeting on June 11.

* * * * *

MEMBER OF THE MONTH ... There is a young man in our midst who is reaching a very important milestone in his life this month. **HIGH SCHOOL GRADUATION!!!** (Boy, was that a while ago for most of us) Patrick Korff - a devoted worker and Volkssporter - is graduating and going on to great things in life I know. We are all very proud of him and hope he will not forget all of his friends in the Sacramento Walking Sticks. Have a wonderful life, Patrick!

* * * * *

COMING EVENTS ...

RCGAS Walk - June 6,7 - Start at Ponderosa High School, Shingle Springs

GBPP - 5 Event - June 12, 13, 14 - Start at Clear Lake State Park, Kelseyville, Ca.

SWS - Two State Walk, June 20, 21 - Start at South Lake Tahoe at Lucky Market parking lot, corner of Al Tahoe Blvd. and Lake Tahoe Blvd., near Post Office

REI Walk - June 27 - call REI 965-4343 for start point in Sacramento.

BBVC Walk - July 18 - Start at U.S. Army Corps of Engineers San Francisco Bay and Delta Model Center on Bridgeway Blvd. in Sausalito.

CVA Walk and Annual Meeting - July 25, 26 at Sonoma Mission.

NEW YEAR ROUND WALK IN MONTEREY - Start at Bay Bikes, 640 Wave St., one block from Aquarium. Walk and Bicycle event.

CALIFORNIA-NEVADA WALK ... Our two-state walk at South Lake Tahoe is scheduled for the week-end of June 20 and 21. The club has once again reserved a condo to accomodate club members who would like to help out at this event. Please call Sam or Martha Korff at 334-4920 to make reservations. Bring your own bedding and food. The cabin is located on Pioneer Road in South Lake Tahoe. We'll have a ball!

* * * * *

AVA ELECTIONS ... The club members have authorized Elizabeth Payne, club delegate to the AVA Convention in Tacoma, to cast their vote for Ben Wilkes to be the next president of AVA. Berta Wilkes is running for Pacific Region Director unopposed. We certainly wish Ben and Berta the best. For those who haven't heard about the convention - it will be held from June 23 through the 27. A total of 14 walk, bike and swim events will be held in Oregon, Washington, and British Columbia from June 20 to the 28. I would like to express my appreciation to the club for appointing me as your delegate. I'll try to attend as many of the seminars as possible and bring back all that good information. A report on the convention will be given at the July meeting.

* * * * *

THE EASTERN CONNECTION ... Margaret and Vern Thornburg will be showing off their medals and awards garnered at events in the East in New Hampshire, Massachusetts, Maryland at our next meeting. Margaret reports a fabulous time in New England. We're looking forward to hearing all about their trip.

* * * * *

NEXT MEETING - Thursday, June 11 at Carrows Restaurant - 6:30 P.M. - Watt Avenue N of I 80.

This Surviving Copy from the earliest days of the No Sweat Gazette surely gives us all pause to appreciate the long and charming history of our club's newsletter and to heartily applaud its return today to active publication.

If you'd been a Sticks member more than thirty five years ago, you would have received the No Sweat Gazette just as this June-July 1987 edition appears. It was a typewritten single page, and you most likely would have picked up your copy at a Sticks meeting, or it might have arrived in your U.S. mailbox. Thanks to Sticks Historian Gail Samcoff who provided this rare old copy that first appeared in our Winter 2016 edition.

Sticks Celebrating the Holidays Ahh, the Sweet Memories...

January 1, 2017, Lisbon Elementary School, Sacramento



Christmas party at the Casa Garden Restaurant. December, 2018



January 1, 2018, Pioneer Congregational Church, Sacramento



January 1, 2019, Pioneer Congregational Church, Sacramento



Sutter Creek, CA Holiday Walk, December 8, 2018



January 1, 2022, California Auto Museum Parking Lot



Photos above, Christmas Lights Walk from West Sac to Capitol and Back.

Photo right, Sticks President Barbara Nuss, left, Sticks Book Club Coordinator, Priscilla Fife, right, and what's his name, center.

An afternoon of fun walking in the area on Dec 14, 2019, during Sticks **Christmas in the Adobes** trip to Old Monterey



Come join the Sacramento Walking Sticks Club On our Christmas Lights, Night Walks December 15, 17, 21 & 22, 2023



Friday, December 15th—Sacramento, The Fab 40's
Start location: CVS Pharmacy, 5039 Folsom Blvd, Sacramento 95819
Registration begins: 6:15 pm; **Group walk starts:** 6:30 pm



Sunday, December 17th—Sacramento, T St
Start location: CVS Pharmacy, 5039 Folsom Blvd, Sacramento 95819
Registration begins: 6:15 pm; **Group walk starts:** 6:30 pm



Thursday, December 21st—West Sacramento, River Walk
We'll see Old Sacramento's "Theater of Lights"
<https://www.oldsacramento.com/event/theatre-lights>
Start location: La Bou Restaurant, 849 Jefferson Blvd #101, West Sacramento 95691
Registration begins: 6:30 pm; **Group walk starts:** 6:45 pm



Friday, December 22nd—West Sacramento-River, River Walk to the State Capitol
Start location: La Bou Restaurant, 849 Jefferson Blvd #101, West Sacramento 95691
Registration begins: 6:15 pm; **Group walk starts:** 6:30 pm

EVERYONE is welcome to come to one or all of these walks—that includes children, strollers and dogs on leash with pickup. We'll be walking as a group, and all the walks will be roughly 5k (3.1 miles) in length. Bring flashlights, wear warm clothes and we will be walking even if it rains—we'll just put up our umbrellas. The walks are FREE (Donations are always welcome) and \$3.00 if you walk for volkswalk credit—remember to bring all your books for stamping! Feel free to invite friends, family & co-workers. Stay after the walk and go out for refreshments with us. **Contact: Barbara Nuss, Sticks President | 916.283.4650 | nussb@surewest.net**

Because Walking Is Our Signature Activity, Are You Always Prepared ?

By Barbara Nuss

As the weather is changing, please be prepared to walk. I suggest finding a medium-sized box and putting it in your trunk. These are just a few of the items I'd put inside:

—A rain poncho that you can find at Target, Wal-Mart, REI, etc.

—An umbrella.

—Go to the Dollar Tree and buy a box of Ziploc gallon bags. These are great to put your walking directions in, so they never get wet. Another idea is to put all your stuff (your volkswalk books you stamp, wallet, phone) in one and then zip it shut and slip it in your backpack. Nothing will get wet.

—An extra pair of socks and shoes to change into.

—Some bottled water, a flashlight, a baseball cap.

—A jacket or sweatshirt, a pair of warm mittens or gloves, a knitted scarf.

—A plastic garbage bag to put your rain-soaked shoes and other clothing into and to help keep your trunk dry.

Remember that if you have an extra layer of clothing on to keep you warm, you can always take something off if you get too hot. Just because the weather forecast says RAIN, it might be a light one or none at all till later in the day. Coming prepared with an umbrella in hand

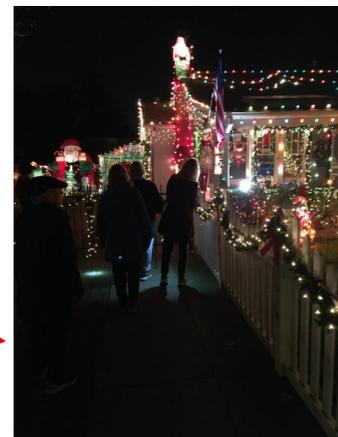
(or in your backpack) assures you that if it does start to sprinkle—all you have to do is pull out your umbrella to keep dry.

**A thought from Barbara—I've always said to myself "What if you lived in Seattle where it rains nonstop in winter? Do you stay home or get out and get wet?" Over the years I've walked in light to torrential rain, and it pays to plan ahead. There are some great stories to tell from those adventures when we walked in the rain; especially where you had refreshments after the walk!



Warm and well prepared...

...for this Holiday Lights Walk on December 19, 2021



Our club will be hosting a brand new **Traditional Walk on New Year's Day, Monday, January 1, 2024** in downtown Sacramento.

Jennifer Stanley has designed this new route for us to walk and we'll need your help to show it off to everyone. The 6k (3.7 miles) and 10k (6.2 miles) routes will take us in historic downtown Sacramento neighborhoods, showcasing murals and street art along the way.

We'll be hosting a **Worker's Walk on Sunday, December 3rd** and meeting up at 10:00 a.m. We'll meet at Revolution Winery &

St. Sacramento 95816. (From I-80 south, exit P St onto **29th St** to S St. Turn right on S St. Revolution Winery is on your right. From Hwy 99 north, exit T St (at **30th St**), left on T St to **28th St**. Right on **28th St** to S St. Right on S St. Revolution Winery will be on your left. From the W X Freeway (also known as 50 & 80 East), exit **15th St**. Left on **16th St** to S St. Right on S St to **28th St**. Revolution Winery will be on your left. Pay close attention to "No Parking" signs. **Contact:** Jennifer Stanley



Kichen Patio, 2831 S

News Flash!

AVA Participant Fees Scheduled to Increase

According to AVA's newsletter, *Checkpoint*, at the latest AVA Board Meeting on October 18, 2023, the AVA Club Charges Special Committee recommended raising participant fees beginning on January 1, 2024. *Checkpoint*, explains the reasoning for this in detail and finishes with, "The bottom line for your Club's 2024 planning is clubs will be charged \$2 for each participant at your AVA sanctioned events, and the fee for registration through the OSB will be \$4 with 2 dollars going to the



AVA and \$2 going to the club. Club's may use their discretion to determine registration fees for their events not hosted on the OSB, and to determine how best to come up with the funds to cov-

er the \$2 participation fee for Guests, formerly referred to as "Free Walkers."

So it looks as if Sacramento Walking Sticks fees will be raised beginning January 1 to \$4 for credit walkers and \$2 for non-credit walkers, formerly known as "free" walkers. Stay tuned. More information will likely fol-

low in a separate mailing from Sticks leadership, and the matter will be discussed fully at the next Sticks membership meeting on January 11.

Kris Ericson-Cano, former newsletter editor prior to me, is another behind-the-scenes Sticks member whose volunteer efforts are absolutely essential toward making everything happen in the club. Every time you receive a Walk Alert, other notes and messages from Sticks management and, yes indeed, this newsletter, it had been sent to you via Mailchimp by Kris. After I conferred with her yesterday to organize sending this newsletter out to you today, she sent me the photo at right and message below which I think is a fitting holiday thought about this great area in which we live. —**John McLaughlin**

I went out for a lovely walk on the green belt today and had to laugh at this totally California scene...fall colors, palm tree, and evergreen decorated for

Christmas. You don't see that mixture in Texas. We do live in a lovely place. So happy to be here! — Kris





FOOTNOTES

By Barbara Nuss, President



What a surprise this must be for all of you to see an edition of the *No Sweat Gazette* in your email inbox! We had been looking for a new editor and lo and behold if Cory Coones didn't write me with her request to help. Cory and John McLaughlin will be working together to put these newsletters out and what a blessing that will be going forward.

If you have ever done a Special Program, you know that "the fun is in the hunt!" Once you get the hang of it, filling up those spaces in the booklet gets to be addictive and you find yourself working and planning on your next entry. We are hoping that one of you will help us out by putting up your hand to volunteer to be our next Special Programs Coordinator and take the reins from Jean Lucas, who is ready to step down.

We invite you all to come out and attend our Sticks Membership Meetings that will be held every other month. Our next meeting will be on Thursday, January 11 from 6:00-8:00 p.m. at the Arden-Dimick Public Library meeting room, 861 Watt Ave, Sacramento 95864. At our last meeting, Ann Whitehead shared her goal of walking in all 50 states of the USA (there's a special program book for walking the 50 states

and another for walking all the capitals). She recently took an Alaskan cruise to get her stamp and shared how she decides which walks she wants to do in each state. Ann brought her black and white map that showed the states she's walked with all different colors as well as the ones still in need of walking—how does she decide which one(s) are next and when to do them?? It was a fascinating program to listen to and participate in.

For those who are curious where we stand in US clubs ranking—the *Sacramento Walking Sticks* is still the largest club with 413 members... and growing. We are incredibly active, too, with our Tues/Thurs morning walks, Wed night walks, group bikes and our Full Moon, Early Risers and Road Adventures we participate in.

Coming up in mid-December, we'll begin our Christmas lights night walks that I hope you'll come out for. Come prepared with warm clothing, flashlights, umbrellas (yes, we'll still walk if it's a mild rain) and feel free to invite your friends, family members and neighbors to join us. By the way, if you can't find your name button—let us know, so we can make you a new one.

Thank you, Tammi Kerch, for being the coordinator for the past four years for our *Walking with*

Woody special program booklet. I designed the program to get people walking up and down our state, enjoying all the different club's walks and it worked!

If you've been walking with the Sticks for awhile or just started, please consider joining the club. The cost is minimal and the joy is immeasurable—click on this link to get all the information you need: sacramentowalkingsticks.org/Membership.html

The AVA (American Volkssport Association) has revamped its participation costs, starting January 1, 2024. This will affect all of us and we hope it won't negatively impact you. We have all kinds of wonderful and fun ideas to incorporate with our walks and hope that you will want to join in.

Last, but not least, what a surprise to share with all of you that we'll be celebrating New Year's Day 2024 with you on a brand-new walk, designed by Sticks member Jennifer Stanley. The route will showcase numerous murals and street art on buildings, midtown streets and alleys. It'll be a great way to step into the New Year.

Hope to see you out on a walk,

Barbara Nuss, President
Sacramento Walking Sticks

UPCOMING WALKS FOR DECEMBER, 2023



Saturday	Dec 2	8:30-noon	Sutter Creek Holiday Tour	
Tuesday	Dec 5	9:15 am	Sacramento—Hidden Murals	
Wednesday	Dec 6	6:15 pm	Arden Park (Evening Walk)	
Thursday	Dec 7	9:15 am	Sacramento—Midtown to East Sac	
Thursday	Dec 7	9:15 am	Sacramento—Pocket Area (Bicycle)	
Saturday	Dec 9	9:15 am	Lincoln <i>Friendship Walk</i>	
Tuesday	Dec 12	9:15 am	Sacramento—Elmhurst to East Sac	
Wednesday	Dec 13	6:15 pm	Woodland (Evening Walk)	
Thursday	Dec 14	9:15 am	Sacramento—Sacramento State	
Friday	Dec 15	6:15 pm	Christmas Lights—Fabulous 40s	
Saturday	Dec 16	9:15 am	Sac—Elmhurst to East Sac, Friendship Walk	
Sunday	Dec 17	6:15 pm	Christmas Lights—Sacramento, T Street	
Tuesday	Dec 19	9:15 am	Woodland	
Wednesday	Dec 20	6:15 pm	Elk Grove—Around The Lakes (Evening Walk)	
Thursday	Dec 21	9:15 am	Sacramento—North Laguna Creek Wildlife	
Thursday	Dec 21	9:15 am	Rancho Cordova—Lake Natoma (Bicycle)	
Thursday	Dec 21	6:30 pm	Christmas Lights—W. Sac to Theater of Lights	
Friday	Dec 22	6:15 pm	Christmas Lights—W. Sac to Capitol and Back	
Saturday	Dec 23	9:15 am	Davis—Tunnels & Bridges, <i>Friendship Walk</i>	
Tuesday	Dec 26	9:15 am	Sacramento—The Fabulous 40s	
Tuesday	Dec 26	8:00 pm	Full Cold Moon, Sacramento North Natomas	
Wednesday	Dec 27	6:15 pm	Midtown to East Sacramento (Evening Walk)	
Thursday	Dec 28	9:15 am	Sacramento—Jane Graham's Land Park Loops	

*Wishing you Peace, Joy, and Wonderful Holiday Walking during this festive month,
From Your No Sweat Gazette Newsletter Team*

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

UPCOMING WALKS FOR JANUARY, 2024



Monday	Jan 1	9-Noon	NEW YEAR'S DAY WALK!
Tuesday	Jan 2	9:15 am	Citrus Heights
Wednesday	Jan 3	6:15 pm	Jane Graham's Land Park Loops (Evening)
Thursday	Jan 4	9:15 am	Sacramento—American River Walk
Thursday	Jan 4	9:15 am	Sac—American River (Bicycle)
Saturday	Jan 6	9:15 am	To be determined.
Tuesday	Jan 9	9:15 am	Elk Grove Recreation Trails
Wednesday	Jan 10	6:15 pm	Elk Grove Creek Watershed
Thursday	Jan 11	9:15 am	Davis—S. Davis/El Macero walk
Thursday	Jan 11	6-8 pm	Sticks Membership Meeting
Saturday	Jan 13	9:15 am	To be determined.
Monday	Jan 15	10:00 am	Road Adventure to Auburn
Tuesday	Jan 16	9:15 am	Galt—Cosumnes River Preserve
Wednesday	Jan 17	6:15 pm	Sacramento—Ashton Park (Evening Walk)
Thursday	Jan 18	9:15 am	Carmichael—Hidden Parks
Thursday	Jan 18	9:15 am	Sacramento—Natomas (Bicycle)
Saturday	Jan 20	9:15 am	To be determined.
Tuesday	Jan 23	9:15 am	Elk Grove—Creek Watershed
Wednesday	Jan 24	6:15 pm	Woodland (Evening Walk)
Thursday	Jan 25	9:15 am	Sacramento—Midtown to East Sac
Thursday	Jan 25/26	To be determined	Overnight Road Adventure Pittsburg
Saturday	Jan 27	9:15 am	To be determined.
Tuesday	Jan 30	9:15 am	Sacramento—North Natomas
Wednesday	Jan 31	6:15 pm	Sac—N. Laguna Creek Wildlife Area

NOTE: This month's **Full Wolf Moon Walk** will be held on the Overnight Pittsburg Road Adventure

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.

Congratulations on your Sticks Anniversary in December and January!



December Anniversaries:

33 Years:
Myrna Jackson

19 Years:
Heidi Foster

18 Years:
Elisa Ungerman
Diane Younglove
Gary Younglove
Rolf Zschoernig

17 Years:
Bev Davis
Bud Simmons
Jill Simmons
Mike Vogel
Ann Whitehead

16 Years:
Kymberly Andrews

15 Years:
Cristina Rangel

13 Years:
Janece Killingsworth

12 Years:
Julie Osborne
Heather Reynolds
Marilyn van Loben
Sels

11 Years:
Owen Johnson
Holly Lakatos
John McLaughlin
Kaia McLaughlin

10 Years:
Ted Hussey
Cathleen Madge
Stephanie Turner

9 Years:
Sharyn Lieth

8 Years:
Bonnie Slavin

7 Years:
Kathleen O'Kelly

6 Years:
Dave Barnes
Josie Barnes
Berta Boegel

4 Years:
Ezra Johnson

2 Years:
Randy Rose

1 Year:
Nancy Harris
Charlotte Henshaw
David Paulson
Marcia Paulson
Susan Profito

January Anniversaries:

21 Years:
Yvonne Brandon

18 Years:
Marty Langley
Karen Lopes
Mary McMonegal
Otto Saltenberger

17 Years:
Lenore Blaauw
Zori Friedrich

16 Years:
Jennifer Stanley
Susan Z'berg

14 Years:
Pat Mason
Joanna Watzig

13 Years:
Pat Drouin
Nikki Hall
Tracy Harrison
Dorie Oca-Schmunk
Russ Schmunk

12 Years:
Anita Davies
Shu Davies
Mike Drouin
Pam Saltenberger
Esther Weaver
Miles Wichelns
Phyllis Wichelns

11 Years:
Peggy Briggs

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

10 Years:
Ann McCandless

9 Years:
Bonnie Apple
Judy Baumann
Sharon Grunow
Barbara Hodges
Bryan Jacobi
Mary Jacobi

8 Years:
Jean Alford
Marty McKnew

7 Years:
Dana Beales
Jean Bonar
Robert Bonar
Kathleen Leahy
Jean Whitlock
Richard Whitlock

6 Years:
Noelle Anderson
Mary Cho
Judy Cuchna
Linda Haviland
Grace Moi
James Moi

CONGRATULATIONS!

Jacqueline Patterson
Cat Ricketts
Roland Ricketts

5 Years:

Debra Coubal
Mick Coubal
Ashleigh Mitchell
Shelia Mitchell

Susan Rubinstein
John Szabo

4 Years:

Romana Bough
Randy Carollo
Claudia de LaTorre
Patricia Di Ianni
Doug Fee

Yvonne Fee
Ynez Fritsch
Victoria Goldblatt
Richard MacGill
Inge Small

3 Years:

Diane Ardans
Barbara Haig

2 Years:

Joann McCrea

1 Year:

Marialaina Batoog
Karen Chanda
Gary Taylor

Happy Birthday in December and January!



December Birthdays:

2 Gary Taylor
2 Randall Williams
4 Jean Bonar
4 Dorothy Cousins
4 Linda Sullivan
6 Sue Gaston
8 Gary McFarland
8 Cat Scrima
9 Karen Lopes
10 Kris Ericson-Cano
10 Vivian Yost

11 Chris Highsmith
14 Noelle Anderson
15 Anna Fock
15 Ruey-wen Wang
19 Frances Fehrman
19 Samy Hernandez
23 Janet Whetstone
24 Jim Tischer
25 Kathleen Leahy
25 Janet Reynolds
25 Margo Schulter
28 D. Mattocks
30 Monika Dulay



January Birthdays:

1 Candi Okada
2 Jan Jerabek
2 Mike Vogel
7 Sally Barton
7 Parul Purohit
8 Amnon Igra
8 Virginia Jelinek
8 Janis Williams
9 Janeece Killingsworth
9 Mary McMonegal
10 Tom Frame
10 Martha Korff
10 Shelia Mitchell
10 Marcia Paulson
10 Kathy Ruiz
12 Jocelyn Blinn
12 Susan Profito

12 Amanda Serrano
14 JoAnn Romero
15 Bonnie Slavin
16 Mike Fosgett
16 Robert Futrell
16 Otto Saltenberger
17 Terry Wieder
19 Kristi Wakefield
20 Karen Matolo
23 Teri Steinman
25 Barbara Seidman
26 Johanne Owens
28 Vickie Jones
28 Jean Whitlock
29 Jacqueline Patterson
30 Liz Kono
30 Cindy Macias
30 Pat McKnight

Welcome New Members!

(Who joined the Sacramento Walking Sticks since the last edition of this newsletter was published in March, 2022)

Marcia Ballard
Chrys Barranti
Marialaina Batoog
Barbara Brown
Karen Chanda
Alyse DeFazio
Rashni DeSai
Nancy England

Don Finegold
Nancy Harris
Charlotte Henshaw
Reynerio Hernandez
Samy Hernandez
Ann Hornbeck
Jung Hsu
Mary Hylbom

Gwen Knaebel
Jody Kolar
Susanna Kong
Carolyn McGill
Carla Mook
Shirley Morunga-Cassell
David Paulson
Marcia Paulson

Jan Perez
Kathy Phillips
Joy Pike
Susan Profito
Tonia Sterpe
Gary Taylor
Toni Tino
Dec Wiggin
Jean Wiggin

NOTE: Many thanks to Steve Hughart for providing the Anniversary, Birthday, and New Members lists on extremely short notice so that they could appear in this Special Edition.