



# Sacramento Walking Sticks

## The No Sweat Gazette

AUGUST/SEPTEMBER 2014

### President's Greeting

*"The road to happiness lies in two simple principles: find what it is that interests you and that you can do well, and when you find it, put your whole soul into it – every bit of energy and ambition and natural ability you have." ~ John D. Rockefeller III*



#### Greetings Sticks Members,

For those who don't know, my love for volkssporting began on Valentine's weekend in 1988 when I tried out my first 10K walk from McKinley Park to the Fab 40's and back. Little did I know then that 27 years later I would still be enamored with the sport. Like an apostle, I told every friend, co-worker, and anyone else who would listen to come out and try these walks and see if they'd like them, too.

Eleven years ago, I took a leap of faith and became a member of a club --the Sacramento Walking Sticks-- and found new ways of sharing our walks with people in our community. This is my third time as your President, and I assure you that I continue to give the Sticks and volkssporting all of my soul, 100% of my energy, and way more time than I should.

Is this commitment worth it? Absolutely! As the Club has grown, so has the work to keep it afloat and moving forward, and it's been amazing to see how many people have stepped up to make the same com-

mitment as I have. What's neat is that we're all taking pieces of the pie and each of us is doing something for the Club that we're good at and enjoy. And it shows.

Beverly Bales, our Health Fair Coordinator, and her team have gone out to numerous sites throughout this past year to spread the word and encourage people to come and join us on our walks.

Priscilla Fife continues to be the facilitator for our Walking Book Club as she combines books with fun walks throughout the California landscape, and even if you can't make the walk, you can always read or listen to the book for your enjoyment.

Steve Hughart continues to maintain our website and now has help from Joy Calkin who keeps our calendar of events up-to-date.

I extend a thank you to our outgoing newsletter editor Gale Hughart, who did such a fabulous job, and a welcome to Kris Ericson-Cano who steps into the editor shoes along with submissions edi-

tor, John McLaughlin. (See Editor's Note.)

The Sacramento Walking Sticks is primarily about **walking**, and our walks are designed by so many of our members—many thanks to each of you for finding such great places to take us, not only in Sacramento but beyond.

Next up are those members who volunteered to be our Point of Contacts for each of our Year-Round Events—talk about a labor of love. There's also a Super POC, Susan Martimo, who is on-call to repair/replace/assist any of the YRE's, and Monica Moriarty, who takes on the arduous task of renewing each and every walk we have.

A heartfelt thank you and job well done goes to termed-out Board Members Nancy Alex and Steve Hugart, Vice-President and Treasurer, respectively, and we welcome our new Board Members, Gail Samcoff, Vice-President, Carol Addy, Secretary, and Ana Maria Garza, Treasurer.

What can you do for your Club and

President	Vice President	Secretary	Treasurer	Publicity	Newsletter
Barbara Nuss	Gail Samcoff	Carol Addy	Ana Maria Garza	Barbara Nuss	Kris Ericson-Cano

to help volkssporting grow? First and foremost, be friendly and welcoming to people out on the walks. Invite family, friends, and co-workers out on our walks. Announce your skills and interests to any of our Board Members, and hopefully we can plug you in to some volunteer positions we have.

Help us publicize our annual Ice Cream Walk from Vic's to Gunther's on Aug 6 & 7, the Clarksburg walk on Sept 27, and our New Year's Eve and Day events. Share your ideas for future walks and activities and help us brainstorm for more fun events in the coming year. And most of all, keep walking with us!

Thank you for allowing me to be your President. Feel free to call or write me any time with ideas, comments, or questions, and if you find something we need to correct or change, please give us your suggestions for improvement.

Hope to see you all on the trails  
~ Barbara Nuss

### Editor's Note:

We are lucky to have the talented John McLaughlin as our Submissions Editor. If you have wanted to contribute to the *No Sweat Gazette* but are unsure of your writing capabilities,

John will review your submission and help you with your story. If, however, you do not want your submission edited for other than misspellings and punctuation errors, that's fine too. Just let me

know when you send your article to me at [SacKris@gmail.com](mailto:SacKris@gmail.com). Or you can personally hand your article to John, Barbara Nuss or me. We look forward to hearing from you!

## The Annual Walking Sticks Ice Cream Walk!

*August 6th and 7th, 2014*



What can be better on a warm summer evening or a cool, comfortable morning than walking through lovely shaded neighborhoods in Land Park and Curtis Park and sampling ice cream from two of Sacramento's finest locally-owned ice creameries?



**5k and 10k walks—Walk one day or walk both Wednesday and Thursday!**

### Start Location:

Vic's Ice Cream  
3199 Riverside Boulevard  
Sacramento, CA 95818-3754

### Start/Finish Times for

**Wednesday, August 6th:**

Start: 6:00 pm to 7:00 pm  
Finish: 10:00 pm

### Start/Finish Times for

**Thursday, August 7th:**

Start: 9:00 am to 10:00 am  
Finish: 1:00 pm

## Walking Book Club



**Priscilla Fife**

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

**Sunday, September 7, 2014**

**Walk:** San Francisco - Presidio

**Carpool:** 8:00 am, Park and Ride Lot; Enterprise Blvd, Exit 81 on I-80 W in West Sacramento

**Startpoint:** Presidio Visitor's Center, Bldg. 105, Montgomery St., San Francisco, CA 94123

**Sign in:** 9:45 am

**Walk:** 10:00 am



**Book: *Mother Daughter Me: A Memoir* by Katie Hafner**

Six copies are available at the Sacramento Public Library. The book is also available from online vendors in hard cover, paperback, Kindle, Nook and audio formats.

**Discussion to follow walk - bring a picnic lunch** and we'll lunch on the grounds of the Presidio.

### Book Description from [Booklist](#)

When Hafner's octogenarian mother, Helen, is no longer able to care for her ailing life partner in her San Diego home, Hafner hatches a brilliant plan: move Helen to San Francisco to live with her and her teenage daughter, Zoe. It seems like

an ideal scenario. Hafner will have a chance to mend the tears in the fabric of her prickly relationship with her mother, whose years raising her daughter were marked by alcohol-fueled bouts of rage. And Zoe will become better acquainted with a grandmother she's never really known. But immediately Zoe has concerns, namely, what will happen to her strong bond with her mom. (Since Zoe's father died of a heart attack at 45, Zoe and her mother have grown remarkably close.) Zoe doesn't simply tell me everything, says Hafner, she entrusts me with her fragile heart. Veteran journalist Hafner writes with compassion and wit about the often uneasy alliances between mothers and daughters and the surprising ways in which relationships can be redeemed even late in life. --Allison Block



# A Grand Tour of the Ronald McDonald House

by *Monica Moriarty*

Twenty five of us turned out for the Ronald McDonald House walk/tour on Saturday, June 14. While 50 people would have been allowed on the tour, I honestly think that so many of us would have made it too crowded. After walking about two-thirds of the 5k distance, we passed through the shaded neighborhood of Elmhurst where we encountered what we thought to be a fraternity party, and they offered us beers. Naturally we declined; but, I have to say that was a first for me. We continued walking past some of the highlights on the UC Davis Medical Center campus, including the UC Davis Children's Hospital, Shriner's Hospital, Cancer Survivor Memorial Park, Kiwanis House, and MIND Institute, before arriving at the Ronald McDonald House. Kudos to Carol Doring and Myrna Jackson for developing this wonderful route. Also, thank you to Greg and Gail Samcoff and Anna Dinwiddie for helping at the registration table.

Upon our arrival, we were greeted by Lois Polaschek, house manager, Vicki Caldwell, McDonald's Restaurant owner and the individual who invited us to tour the House, Zack Caldwell, manager of the McDonald's Restaurant that hosts the Charlie Fowble walk box, and one of the House Assistants (so sorry I didn't get her name). By this time it was hot and muggy, and bless their hearts, they had cold beverages and snacks awaiting us.

We all sat around a large table in an air conditioned conference room in the reception building while Lois explained the different facets of the Ronald McDonald House Charities which include Camp Ronald McDonald at Eagle Lake, scholarship and grant programs, and the Sacramento Ronald McDonald House. She then discussed a couple of exciting pro-

jects planned for the immediate future. One of these will be the construction of a grand gazebo, complete with ceiling fans and lights, where the residents will be able to enjoy the outdoors year round in shelter from blazing sun or pouring rain. Ground-breaking for this project could occur any day. The second project will be the construction of a huge two-story building which will provide additional accommodations for families in need. Lois explained that even though they help approximately 625 families each year, they must turn away almost twice that many due to lack of facilities.



Lois also talked about the many ways people of all ages can help by volunteering either at the House or at the Camp. She said they have a special high school student panel who assist with meeting the needs of patients in their age group. Lois mentioned a myriad of volunteer opportunities ranging from baking cookies to managing volunteers, from taking in donated items to doing minor repairs.

Vicki Caldwell spoke of other ways for people to help the House such as saving the pull tabs from aluminum cans which raised around \$14,000 last year. She mentioned the need for donated items such as non-perishable food items, personal care items, kitchenware, office supplies, gift cards, etc. The list is endless. She

also indicated that she could use help to assemble "care packages" for the families who stay there or help with wrapping gifts for the Holiday Store where the patients can select gifts to give to their moms and dads during the holidays. There are so many ways to help.

Both women told stories about some of the patients they have come to know and those patients' remarkable journeys of triumph over their ailments or injuries and their inspiring and optimistic attitudes. I believe it was Vicki who said that these kids celebrate what they *can* do rather than dwell on what they are unable to do.

There were many questions asked by Sticks members throughout the presentation; everyone seemed very engaged. Before we departed for the actual tour, I presented the baggie full of pull tabs that our walkers brought with them and the cash donations that were taken in at the registration table.

We then toured one of the houses and were shown the kitchen areas, the TV room, library and play room, and the computer room which had framed artwork from some of the patients. Of course bedrooms were off limits out of respect for the residents. We briefly strolled the beautifully maintained grounds, all done by volunteers of course, and lastly took a group picture with Ronald McDonald himself. Lois, Vicki, and Zack mingled with everyone afterward, chatting and answering further questions.

I must say that this event went very well, well beyond my expectations. I encourage all our members to explore the Ronald McDonald House Charities website, if for no other reason than to learn about this marvelous organization.



# Columbia River Gorge Biennial Classic

*Experience the June 19-22, 2014 Event through the Eyes, Feet, and Photos of Some Happy Walkers*

## Barbara Nuss

This was my first time attending the Columbia River Gorge events, and I was not disappointed but rather overwhelmed with all that it offered. The hikes were well marked, the scenery was lush, beautiful and breathtaking, and everyone was so friendly. There's definitely something there for everyone. For example, I wasn't able to walk the 10K's, and yet I never felt slighted with what I saw along the way. My favorite hike was the Multnomah Falls; with its stunning beauty, it's no wonder that this hike is such a fan favorite at the Gorge.

I drove up with Sticks members Janet Riley and Zori Lozano-Friedrich, and we all stayed 10 miles away in Carson WA at the Carson Hot Springs Resort. While there were no amenities like TV, WiFi or morning breakfast, the price was right, and we did find the A & J Select Market in Stevens WA who supplied our dining needs for breakfast and lunch daily.



My favorite part of the journey was walking in Willows CA on the trip north. We walked the 5K route to get our Glenn County stamp and, lo and behold, the route took us by a Carnegie Library that had been turned into a Museum. I'd been working on my Carnegie Library Special Program book for quite a while and needed one more entry to finish—little did I know it would be in Willows! You just never know what you'll find along the way when you're doing a volkswalk.



Left to right: Pat Thomas, Janet Riley, Zori Lozano-Friedrich, Parul and Amul Purohit, and Barbara Nuss.

## What it is:

The Columbia River Gorge Biennial Classic is sponsored by the Columbia River Volkssport Club. It consists of thirteen walks and one bike ride. See the following website for additional information:

<http://www.columbiagorgewalks.com/walks-and-bike-ride/>

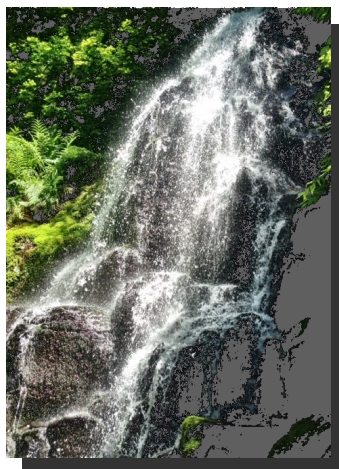


Photo by Carol and Roger Shields.

## Carol and Rodger Shields

Waterfalls fascinate me. My husband, Rodger, and I have trekked to many of them over the years. The Columbia Gorge Biennial event combines walks and waterfalls in a spectacular and unforgettable melding of two of my favorite passions. We usually walk with our Miniature Pinscher,



LD, and our Rat Terrier, Izzy, and we have easily surpassed 1000 kilometers trekking together. We have touchstones in the Gorge that we always visit, and we discovered many of them because of volkswalking.

On past trips, we always just climbed to the top of Multnomah Falls, but now we walk a loop that not only passes five additional beautiful waterfalls but also offers dramatic views of the Gorge. Rodger loves visiting the sturgeon pond at Bonneville Dam, and we never grow tired of the amazing trail that leads us behind Horsetail Falls. We enjoy walking on the island in Cascade Locks, watching the Columbia River, and going over to visit the statue of Sacajawea.

The Gorge consists of layer on layer tones of verdant greens with blooming iris, columbine, and lilies. Yes, there is a reason for such lush vegetation, but we were fortunate that the hiking weather stayed dry and warm and that it rained only at night.

# Columbia River Gorge Biennial Classic (cont.)

## Zori Lozano-Friedrich

This was my first visit to the Columbia Gorge, and my favorite hike by far was Multnomah Falls. It was very challenging, but I made it! Also, there were so many waterfalls bursting with water along the way and such gorgeous scenery.

We stayed at Carson Hot Springs in WA, just a ten minute drive from the start point across from the Bridge of the Gods. It was a good room, reasonably priced but with no frills. We found the A&J Select Market in Stevenson on the way to the start point where they had a fabulous deli so that we could pack sandwiches and goodies for the hike. We also picked up breakfast bagels and coffee for the start of the day.

My favorite part of the trip was seeing all the lush green and waterfalls in OR. What a treasure, especially in light of our California drought. It was wonderful to meet folksporters from all over OR and WA and so many Canadians who told us about their 2016 Canadian National Convention in 2016 in Langley BC. The potluck on Friday was awesome as we all sat by the river, munching on yummy foods and talking about the hikes that everyone had done.

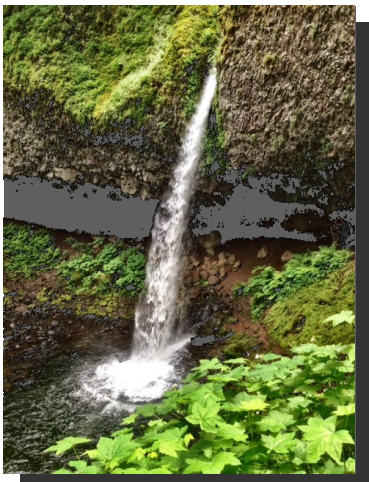


Photo by Carol and Roger Shields.

## Doug Rathgeb



Here is a photo of Jean and myself, but I am not sure which waterfall. We did about five walks. Starvation Point was one of them. It's called that because a snowstorm trapped a passenger train on its way to Portland back in the 1800's, and, although no one starved, it took a long time to free the train, and the passengers had a rough time.



The Bridge of the Gods is a toll bridge and, if you are a pedestrian, the toll is \$.50 each way. As you can see, there are no sidewalks on it. It was quite windy the day we crossed, but Jean was determined to cross it because it's part of the Pacific Crest Trail.

## Parul Purohit

My husband Amul and I attended the recent Columbia River Gorge event. I had been eyeing this event for the past 4 years and missed the previous 2 times that it was held. This year, I was determined to go and tried to make hotel reservations early. For future reference, if you want to stay at the Best Western in Cascade Locks, OR, which is the closest hotel to the Event headquarters, you have to book very early. We were placed 22nd on the waiting list in December, 2013, and it was only by luck that we got in 10 days or so before the start of the event.

Amul and I had a very memorable time. It was green in Oregon and lush on the trails. Most of the walks were rated higher than 1A, but this was a chance to do some hiking rather than just walking. The event was well organized and had plenty of activities to keep everybody happy. We did a total of 4 walks with scenery varying from pinnacles (pyramid-shaped dirt mounds) to water falls to close-up views of the Columbia River. Each walk was charming in its own right. The town of Cascade Locks is very cute and set back in time with old country charm. The Best Western and the event headquarters are smack in the middle of the town with a small market to complete the picture. We did not find too much variety for cuisine except for sandwiches.

To sum it up, it was a memorable event with great weather, scenic walks, and the enjoyable company of our other Walking Sticks members. I would love to do it again.





(Doug Rathgeb described this as the "Prettiest snail you'll ever see!")



# Upcoming Walks

August 2014






August 2014	Walk	Location
2 – Saturday, 8:15 am	Galt – Sacramento County	McDonald's Hamburgers 324 Pine Street
3 – Sunday, 8:00 am	Berkeley – Berkeley Rose Garden	Berkeley Rose Garden 1200 Euclid Avenue
5 – Tuesday, 8:00 am	Sacramento – The Fab 40's	Les Baux Bakery & Bistro 5090 Folsom Boulevard
6 – Wednesday, 6:00 pm to 7:00 pm	Sacramento – Hot Walkin' Nights Ice Cream Walk	Vic's to Gunther's 3199 Riverside Boulevard
7 – Thursday, 9:00 am to 10:00 am	Sacramento – Hot Walkin' Nights Ice Cream Walk	Vic's to Gunther's 3199 Riverside Boulevard
7 – Thursday, 8:15 am 	Sacramento – Sacramento Riverfront Tour (Bicycle)	Sandman Motel 236 Jibboom Street
9 – Saturday, 9:00 am	Felton – Redwoods and Train Ride	Mountain Roasting Coffee 6263 Graham Hill Road
10 – Sunday, 8:15 am	Los Gatos – Town Walk	Los Gatos Coffee Roasting Co. 101 West Main Street
12 – Tuesday, 10:00 am	Roseville – Mall to Mall	New Balance Shoe Store 1198 Roseville Parkway Fountains Shopping Mall
13 – Wednesday, 6:30 pm	Sacramento – North Laguna Creek Wildlife Area	24 Hour Fitness 8785 Center Parkway
14 – Thursday, 8:00 am	Carmichael – Ancil Hoffman Park	Bella Bru Café 5038 Fair Oaks
16 – Saturday, 8:15 am	Davis – South Davis/El Macero	Common Grounds Coffee 2171 Cowell Boulevard
19 – Tuesday, 8:00 am	Elk Grove – East Elk Grove Recreational Trails	Starbucks Coffee Company 8868 Bond Road
20 – Wednesday, 6:30 pm	Fair Oaks – Historic	Fair Oaks Coffee House & Deli 10223 Fair Oaks Boulevard
21 – Thursday, 8:00 am	Sacramento – East Sac to Elmhurst	Les Baux Bakery & Bistro 5090 Folsom Boulevard
21 – Thursday, 8:15 am 	Sacramento – Pocket Area Tour (Bicycle)	The UPS Store 7485 Rush River Drive
23 – Saturday, 8:00 am	Novato – Novato Walk	Pacheco Plaza Center 366 Ignacio Boulevard
24 – Sunday, 8:15 am	Healdsburg – Wine Country	Adel's Restaurant 198 Dry Creek Road
26 – Tuesday, 8:00 am	Gold River – Jedediah Smith Memorial Trail	Starbucks Coffee Company 2095 Golden Centre Lane
27 – Wednesday, 6:30 pm	West Sacramento – Clarksburg Branch Line Trail	La Bou Restaurant 849 Jefferson #101
28 – Thursday, 8:30 am (carpool meets 8:00 am)	Woodland – Historic	Nugget Market 157 Main Street
30 – Saturday, 8:15 am	Jackson – Town	Best Western Amador Inn 200 South Highway 49

The Sticks will no longer be meeting every month at SMUD due to asbestos removal work in the meeting rooms. The dates, time, and location of future meetings will be sent via e-mail to all Sticks members. Stay tuned.

# Upcoming Walks

September 2014



September 2014	Walk	Location
1 – Monday, 8:30 am	Sacramento – Ashton Park	Starbucks Coffee Company 610 Watt Avenue
2 – Tuesday, 9:00 am	Sacramento – American River	Big Lots 8700 La Riviera Drive
3 – Wednesday, 6:00 pm	Sacramento – Curtis Park	Land Park Pet Supplies 3200 Riverside Boulevard
4 – Thursday, 9:00 am	Sacramento – Midtown to East Sacramento	Les Baux Bakery and Bistro 5090 Folsom Boulevard
4 – Thursday, 8:15 am 	Sacramento – American River Tour (bicycle)	Sandman Motel 236 Jibboom Street
6 – Saturday, 8:00 am	Livermore – Brushy Peak	Brushy Peak Regional Preserve End of Laughlin Road
7 – Sunday, 9:30 am	San Francisco – Presidio Book Club	Presidio Visitor's Center Building 105
8 – Monday, 8:15 pm  (carpool at 6:30 pm)	Harvest Moon – Zamora (dinner in Woodland at 7:00 pm)	Zamora Mini-Mart 9920 Cty 99-W
9 – Tuesday, 9:00 am	Sacramento – East Sacramento to Elmhurst	Les Baux Bakery and Bistro 5090 Folsom Boulevard
10 – Wednesday, 6:00 pm	West Sacramento – River Walk	La Bou Restaurant 849 Jefferson 101
11 – Thursday, 9:00 am	Sacramento – Arden Park	Starbucks 4301 Arden Way
13 – Saturday, 8:00 am	Winters – Autumn Winters	Rotary Park Gazebo Railroad Avenue at Main Street
16 – Tuesday, 10:00 am	Roseville – Fountains	New Balance Shoe Store 1198 Roseville Parkway
17 – Wednesday, 6:00 pm	Gold River – Jedediah Smith Memorial Trail	Starbucks 2095 Golden Centre Suite 10
18 – Thursday, 9:00 am	Sacramento Ashton Park	Starbucks Coffee Company 610 Watt Avenue
18 – Thursday, 8:15 am 	Folsom – Humbug Willow Creek Tour (Bicycle)	Karen's Bakery and Café 705 Gold Lake, Suite 340
23 – Tuesday, 9:00 am	Woodland – Historic Woodland	Nugget Market 157 Main Street
24 – Wednesday, 6:00 pm	Elk Grove – Old Town	Starbucks 8868 Bond Road
25 – Thursday, 9:00 am	Citrus Heights – Stock Ranch	SAS Shoe Store 7247 Greenback Lane
27 – Saturday, 9:00 am to 12 pm	Clarksburg – Clarksburg Walk in Rural Yolo County	Clarksburg 58210 Netherlands Road
27 – Saturday, 9:00 am	Sequoia National Park – Giants & Taters	Giant Forest Museum Generals Highway
30 – Tuesday, 9:00 am	Elk Grove – Old Town	Starbucks 8868 Bond Road

For updates to the Upcoming Walks, please sign up for the weekly walk alerts, if you have not done so already, by sending an email request to BNuss@surewest.net and by checking the Sacramento Walking Sticks website: <http://www.sacramentowalkingsticks.org/index.htm> You can also "like" us on Facebook!

# Recognizing Our Members' Important Milestones!

We have not forgotten those of you who have celebrated birthdays and membership anniversaries since our January/February No Sweat Gazette, and we want to welcome those of you who have joined the Sacramento Walking Sticks in 2014. We are sending out a separate newsletter addendum to properly acknowledge and congratulate you. In the meantime, please join with us in wishing a very happy birthday to the people listed below who entered our beautiful world in the months of August and September.



## August

01	Marilyn DeVille	18	Susan Spencer	05	Jackie Sinigaglia
01	Jack Halligan	18	Geri Warner	06	Rolf Zschoernig
01	Joyce Kramer	19	Kelli Maxfield	07	Pauline Brown
01	Melissa Lauritzen	21	Barbara Clark	08	Marty Langley
01	Herbert Webber	21	Tracy Harrison	08	Carolyn Pretzer
02	Diane Younglove	21	Faith Recio	10	Sue Barela
03	Maggie Goss	22	May Lynch	11	Machelle Gieck
04	Doug Rathgeb	22	John Quinlen	11	Judy Kaminski
04	Marilyn van Loben Sels	23	Joyce Kelly-Reif	12	David Denes
05	Sheila Epler	26	Lenore Blaauw	13	Chris Loupy
05	Christie Hill	26	Priscilla Plescov	13	Kathy Wolff
05	Ann McCandless	26	Rosella Shapiro	15	Dan Robinson
05	Paul Robb	26	Mary Shurtleff	16	Anjan Purohit
06	Lee McDonald	27	Pam Fischer	17	Nancy Calkins
06	Kaia McLaughlin	27	Chyanne Ledbetter	17	Joseph Fournier
07	Sue Oelke	27	Judy McCauley	17	Rodger Shields
08	Betty Staley	28	Rutherford Smith	21	Valerie Sanders
09	Allen Jamieson	30	Angela Dingman	22	Margie Baygell
10	Rosa Rogers	30	Leonard Strickland	22	Joan Mallum
10	Andre Stone	30	Pat Wood	23	Tricia Esparza
10	Charlotte Stott	31	Elijah Swonger	24	Victoria Cameron
10	Elisa Ungerman			25	Bernard Cody
11	Susan Czajkowski			26	Daydre Roser
11	Louise Dixson			26	Ann Wolf
12	Jinley Hart			27	Arthur Bjorkelo
14	Barbara Jernigan			27	Suzy Holtzman
16	Holly Wenger			27	Karen Jelsma
17	Jan Radimsky			28	Yvonne Brandon
18	Myrna Jackson			28	Starla Ledbetter
18	Carol Shields			29	Senta Parker
				29	Anvi Purohit
				30	Candace Rimmel

## September

02	Arleen Bowman
02	Phyllis Wichelns
03	Linda MacLeod
03	Diana Mollart
03	Diana Vizzard
05	Angie Ellison
05	Bruce Leistikow
05	Janice Lew

## Show Your Spirit by Wearing Sticks Apparel



Order your club shirts and apparel through Lands' End Business Outfitters. You can sign up to be on their e-mail list or have their catalog sent to your home address.

Visit [LandsEnd.com/business](http://LandsEnd.com/business) (1.800.338.2000). Select any item and ask to have our Sticks logo added. The Sticks logo is a separate charge. For another small charge

you can have your name embroidered. Use the following numbers when ordering your Sticks apparel:

Customer Number: 4567112  
Logo Number: 0976579W

For more information, visit:

[SacramentoWalkingSticks.org/LandsEndOrders.html](http://SacramentoWalkingSticks.org/LandsEndOrders.html)