

Watch out, Carmichael: You've just been 'flamingoed'

The story behind the pink flamingos appearing on Carmichael lawns

See page 2

Marty Relles presents
'Janey Way Memories'

See page 5

COMMUNITY CALENDAR, PAGES 18-19 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 2

Inside This Edition



Ettore's celebrates
25th anniversary

See page 7

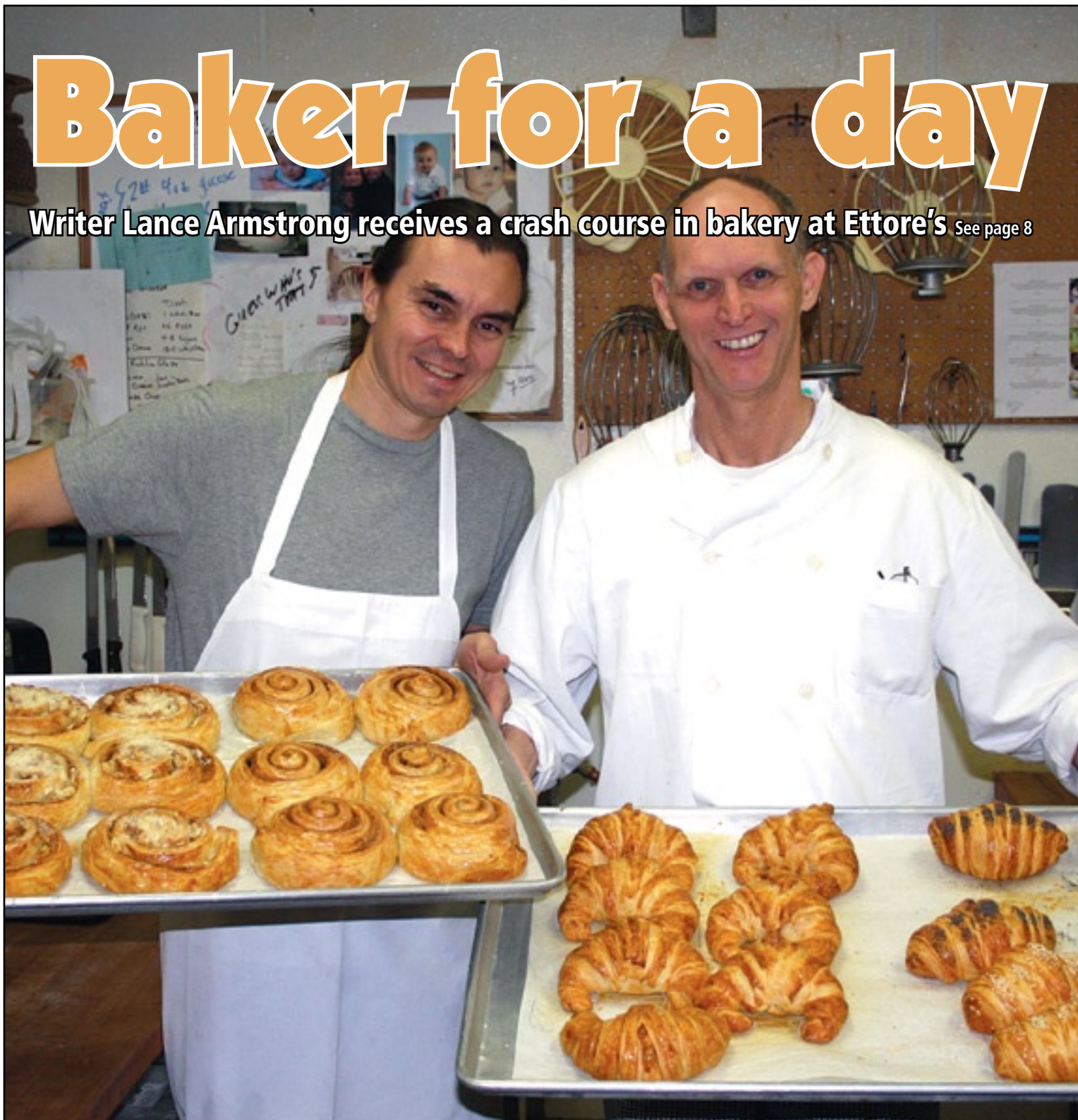


Making a case for
shopping locally

See page 13

Baker for a day

Writer Lance Armstrong receives a crash course in bakery at Ettore's See page 8



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What's with the pink flamingos on Carmichael lawns You've been 'flamingoed,' my friend

By **BENN HODAPP**
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There are myriad ways to show respect or admiration for someone on their birthday or anniversary or any number of other celebratory events. You can throw extravagant parties, buy expensive baubles and exchange heartfelt words. Then again, you could just throw a bunch of garish pink flamingoes on that special someone's front lawn under cover of darkness and save yourself a whole lot of effort and money.

That is (sort of) the idea behind a Sacramento-based company that runs on the Internet at www.getflamingoed.com. For lack of a better explanation, [getflamingoed.com](http://www.getflamingoed.com) is a way to both honor and prank someone at the same time.

Stephanie Allen and Stuart Campbell, the couple who co-founded the idea, put their idea into action in a rather indirect fashion.

"We were having dinner, chatting with family and someone mentioned that they had heard of something like this back east where someone had something done to their yard," Allen said. "Then we talked about how hilarious it would be for someone to do something like that here."

Time went by and the idea remained only an idea. Before long, however, the two realized that it might as well be they who blaze the trail.

"Soon after that we ordered 100 flamingoes and away we went," she said.

For an installation and removal fee (flamingoes are removed after 24 hours) of \$25 with an additional one dollar per flamingo, you too can show your love and admiration for someone in this most peculiar of ways. You can also add a personalized sign to be placed among the plastic birds.

But, why flamingoes?



Photo courtesy of Stephanie Allen and Stuart Campbell

Getting "flamingoed" is the idea behind a Sacramento-based company that runs on the Internet at www.getflamingoed.com.

"Flamingoes are just so gaudy and classic," Allen said. "It just made sense."

In October, they did their first job. The first few were all neighborhood folks around McKinley Park. They knew they were on to something when everyone who fell victim to a "flamingoing" found it absurd to the point of hilarity.

"People had great reactions," Allen said. "We tried it out on some friends first."

Since those initial reactions, nothing has changed.

"Not a single person we've done it to has had a negative reaction," she said. "How can you not laugh at that?"

Allen explained that the time they decide to "flamingo" someone's yard is based on that person's schedule and that no one has caught them strategically placing the pink fowl.

The service is available to those outside the downtown area, but a \$25 charge is added depending on how far they have to travel. This is not the couple's main source of income after all. Allen and Campbell own a vegetarian food cart on I and 8th streets called Hap-

py Go Lucky that takes up the majority of their time.

But one such occasion when the duo did travel outside of downtown Sacramento happened to be on Carmichael's Susan Way.

Most people remember landmark birthdays like 21, 30, 40, 50, etc. But Carmichael's Laura Lyon will most assuredly remember her 47th for a good long while.

"My mom called me and asked if I was going to be around on (my birthday)," Lyon said. "I told her that I wouldn't be home until the afternoon and she said that something would be happening in the morning."

When Lyon returned home from a birthday outing she arrived to the sight of 57 pink flamingoes dominating the scenery of the peaceful street. Lyon said she doesn't know why there were 57 flamingoes to commemorate her 47th birthday, but she wasn't going to ask questions. Her house was king of the block for the rest of the day.

"Everybody thought it was so funny," Lyon said. "Neighbors

See *Flamingoed*, page 17

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'Painting Where the Wild Things Are'

Gala reception to benefit cash-strapped Effie Yeaw Nature Center

Special to the Arden-Carmichael News

On Saturday, May 15, the American River Natural History Association and Carmichael's Sacramento Fine Arts Center will present an all-day fiesta of painting, topped by an evening gala with light supper, music, and a silent auction of award-winning paintings. Called, "Painting Where the Wild Things Are," this event is a fundraiser for the Effie Yeaw Nature Center, which may be forced to close its doors this summer due to budget cuts.

"Painting Where the Wild Things Are" will take place at the Effie Yeaw Nature Center, located at 2850 San Lorenzo Way in Carmichael (off Tarshes Drive). The evening gala is from 5 p.m. to 9 p.m. Tickets for the gala reception are \$30.

Art competition

Prior to the big day, the Fine Arts Center will request hundreds of artists to submit paintings of the American River Parkway. Interested artists should contact the arts center at (916) 971-3713.

The submitted artworks will be judged by the nationally renowned artist Gregory Kondos, and the 70 chosen paintings will be on display and for sale at the Fine Arts Center, located at 5330-B Gibbons Dr. in Carmichael, from April 27 to May 8. Special awards will be made to a few of the most outstanding paintings. A portion of any sales will be shared by ARNHA for the Effie Yeaw Nature Center.

On Saturday, May 15, the paintings will move to the Effie Yeaw Nature Center for the gala event and may be browsed during the day. Additionally, many more artists will be creating plein air paintings throughout the Nature Area, and these paintings will be available

through a silent auction in the evening.

Visitors may come and watch the artists at work. A children's painting program will offer families the opportunity to purchase paper, paints, and brushes, and each child's finished product may be offered for sale with proceeds split between the child and the Nature Center.

Gala with live, silent art auctions

The evening gala event will feature music, food, wine and beer, and both silent and live art auctions.

Gregory Kondos will donate a large print for live auction, and Jian Wang will donate an oil painting. ARNHA is requesting sponsorships/partnerships for "Painting Where the Wild Things Are." Sponsors and donors will be acknowledged in event publicity:

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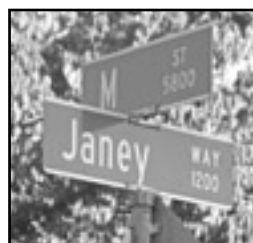


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Janey Way Memories



Poker at the Ducrays' House



By **MARTY RELLES**
 Arden-Carmichael News Columnist
marty@valcomnews.com

We had lots of fun growing up on Janey Way. We built forts in the pit. We played touch football on the street. We played basketball at St. Mary's Elementary School. And yes, we played poker at the Ducrays' house. The stakes were small – nickels, dimes, quarters – but we contested every hand to the end.

One summer day we had a big game going with eight or nine players. With this number playing, pots grew very big. Naturally, in our enthusiasm, we made quite a bit of noise. This must have perturbed the Ducrays' neighbor, Old Joe, a sort of Oscar the Grouch. He called the police to complain. Eventually, a police cruiser rolled up in front of the Ducrays' house. An officer stepped out and walked slowly up to the front door. When he knocked on the door, we quickly grabbed our cash and put it away. One of the Ducray boys answered the door. The officer poked his head in the door, saw the cards on the table, and said, "Can you boys keep it quiet in here?"

The officer poked his head in the door, saw the cards on the table, and said, "Can you boys keep it quiet in here?"

We all nodded our heads "yes," so the officer turned around, returned to his patrol car and drove away. Looking out the front window, we saw Old Joe standing on his lawn trying to figure out what had just happened. We continued playing our games and as kids lost their stake, they moved outside to the Ducrays' front lawn.

Soon all of us stood on the lawn, wondering what to do next. Old Joe came out on his front porch. He exchanged words with us, still apparently miffed that the officer had not put an end to our game. We bantered back at him. Eventually, we grew bored and went on our merry ways. Over the years, we had many run-ins with Old Joe. He didn't like us and we didn't like him. That was that.

After more than fifty years, the Janey Way Gang still gets together once in a while for a hotly contested game of poker. We play Texas Hold'em with a \$20 buy-in. We always bring lots of food and have a nice meal and some good conversation first. We retell stories of poker games and the other fun we had growing up on Janey Way. Then we play the game. Sometimes we win, sometimes we lose, but after all this time, this poker game is more about long held friendships than winning at cards.

Know your neighbor

Ettore's European Bakery and Restaurant celebrates 25th anniversary

By LANCE ARMSTRONG
Arden-Carmichael News Writer
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The Sacramento region is certainly rich with bakery history and among the area's most successful currently operating bakeries is undoubtedly Ettore's European Bakery and Restaurant.

The bakery, which is located at 2376 Fair Oaks Blvd., recently hit a major milestone in its own history, as it reached its 25th year in operation.

The business's longevity is one of the many success stories of a bakery tradition in Sacramento that includes early local bakeries that began more than a century ago such as the Pioneer Bakery at Front and J streets, the Bee Hive Bakery at 6th and J streets and the Phoenix Bakery at 12th and J streets.

And like many of these classic bakeries of years gone by, Ettore's is dedicated to using high quality, fresh ingredients and creating many edible offerings by hand.

American success story

The bakery's success story is not only a local success story, but it is also

the story of an immigrant who came to this country and fulfilled his own American dream.

Born on Valentine's Day in 1952 in the small town of Wollerau, near Zurich, Switzerland, the business's owner Ettore Ravazzolo is the mastermind behind this renowned bakery and restaurant.

During his childhood, he was placed in an orphanage with his siblings due to some difficulties within his family.

But despite this difficult time in his early life, Ravazzolo always dreamed big.

Ravazzolo said that very early in his life, he dreamed of becoming a cook like his grandfather, who owned a restaurant and had a strong reputation as a highly skilled cook.

"I used to observe my grandfather as he cooked and I was always interested in cooking," Ravazzolo said. "I just really loved cooking and I wanted to become a chef. But I changed my mind when I was about 13 years old. My best friend's family owned a bakery and I would help them on the weekends. So, I got into the pastry business, instead of cooking."

As a result, Ravazzolo began an apprenticeship as a baker in Zurich at the age of 16.



Photo courtesy of Ettore's European Bakery and Restaurant
A local favorite for tasty baked goods and breakfasts, lunches and dinners, Ettore's European Bakery and Restaurant includes large indoor and outdoor dining areas.

Ravazzolo explained that his American dream began to take shape while he was spending time in Geneva, where he met a man, whose parents owned Sacramento's now defunct bakery, The Eclair, at 821 K St.

"He sponsored me to come to America in November 1977 and I worked at (The Eclair)," said Ravazzolo, who arrived without knowing how to speak English. "I was only in Sacramento for about a year, then I went to Florida, then to Georgia, then I went to Missouri and then to Texas. I came back to Sacramento in 1983. I always wanted to come back (to Sacramento), because I always liked it here."

After returning to the capital city, Ravazzolo began working for a crois-

sant-only bakery, called Viva Croissant. While there, he introduced a few new items, including cinnamon rolls.

Although he left the business about a year later and worked as a consultant for a Swiss company in the Bay Area, Ravazzolo said that he returned to Viva Croissant upon hearing that the business was for sale.

"I bought the business (through financing from the bakery's former owner Ted Giattina) on March 1, 1985," Ravazzolo said. "I started out with me and two part-time sales

See Bakery, page 7

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Arden-Carmichael News Photo/Lance Armstrong

Ettore Ravazzolo spreads a layer of marzipan across an almond cake with raspberry jam during the process of making petit four desserts at his bakery.

Bakery: 'I'm looking forward to the next 25 years'

Continued from page 6

people and then I built (the business) up from there."

The popularity of the bakery grew rapidly under Ravazzolo's ownership.

With the continuous success of the bakery, which later took on the name of its owner, the business underwent expansions in 1991 and 1995.

Baking a winner

The bakery, which had a second location in Folsom from 2002 to 2007, is a much different place than it was in its earlier years.

Operating with more than 50 employees on its staff today, the business has added a wide variety of bakery goods and a restaurant serving breakfasts, lunches and dinners.

When asked to discuss what it means to him to celebrate 25 years as a bakery

owner, Ravazzolo was quick to compliment his customers.

"We appreciate our many fine customers, because you can't be that long in business without the customers supporting you," Ravazzolo said. "Thinking back (on the 25 years), it seems like I've only been here a few years. I just really enjoy being a part of the community and I'm looking forward to the next 25 years."

Ettore's European Bakery and Restaurant, which has won various awards, ranging from "best bakery" to "best hamburger," is open Mondays through Thursdays from 6 a.m. to 9 p.m., Fridays and Saturdays from 6 a.m. to 10 p.m. and Sundays from 7 a.m. to 2 p.m.

For additional information about this business, call (916) 482-0708 or visit the Web site www.ettore.com.



Arden-Carmichael News Photo/Lance Armstrong

Scott Kent, the head baker at Ettore's European Bakery and Restaurant, prepares a tray of bear claws for the oven.

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Baker for a day

Arden-Carmichael News writer's introduction to Ettore's European Bakery

By LANCE ARMSTRONG
Arden-Carmichael News Writer
lance@valcomnews.com

In the life of a journalist, no day is ever the same and certainly there are those days that are much more unique than the others. And Sunday and Monday, March 14 and 15 was undoubtedly a pair of these more unusual types of days.

Invited to celebrate Ettore's European Bakery and Restaurant's 25th anniversary by stepping into the role of a baker for a day, I was intrigued by the idea of receiving a crash course in bakery science from the business's owner and Swiss native, Ettore Ravazzolo.

And those who question whether creating bakery goods is a science

have likely never spent a single day as a baker.

After arriving at Ettore's at 9 p.m. for my graveyard shift – by far the most common shift for a baker – Ravazzolo gave me a quick tour of the bakery before explaining to me why he refers to baking a science.

"Baking is a science," said Ravazzolo with his endearing Arnold Schwarzenegger-like accent. "If you do cooking, for example, and you make a sauce and the recipe says a half of cup of tomatoes, a cup of celery, a half of cup of onions or whatever, if you forget the onions, it's still okay. It maybe doesn't taste the same,



Photo by Scott Kent

Ettore's European Bakery and Restaurant owner Ettore Ravazzolo and Arden-Carmichael News writer Lance Armstrong show off some of the baked goods that they prepared and cooked at the popular, local eatery.

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Ettore's: 'Baking is not only a science, but also an art'

Continued from page 8

but you don't have to throw away the sauce. In baking, you have to follow all the steps. If you have 10 steps, every step has to be perfect. Even if you forget one step, the whole product is shot."

So, talk about pressure going into the first day on the job.

With this science lesson, I was undoubtedly determined to not miss a single baking step.

But as a rookie baker working alongside one of the city's finest professional bakers, I felt confident that I would fair well.

This confidence was enhanced by the fact that I was presented with a traditional, white baker's apron that made me look the part of a baker, thus giving me perhaps a false sense of security that in the appropriate baker's uniform, learning to work in a bakery would suddenly become much easier.

I would soon gain a strong understanding, however, that baking is not only a science, but also an art.

A dash of wisdom

My first lesson was learning how to roll dough in a rolling machine – one of the few processes that I would see during my time at the bakery that was not performed by hand.

Having never prepared anything in a kitchen that required about a 5-foot-long by 2-foot-wide strip of dough, I knew that I was in for an interesting experience.

After placing a few ingredients on a counter, Ravazzolo said, "We're going to make cinnamon rolls."

He then taught me to brush a light layer of a buttery-like spread on the dough and add the correct amount of ingredients.

Next, I tightly rolled the dough and its contents together to arrive at a product that looked somewhat like a very long burrito prepared to serve a small army. I then cut many 2-inch sections from the main roll and placed them on cooking trays.

This entire act was repeated again, since with Ravazzolo's assistance, I made both raisin and fresh apple cinnamon rolls.

Among my other training, I learned how to make plain, ham and cheese, and turkey and cream cheese croissants.

I also had the opportunity to participate in an experiment to create a new bakery product – various flavors of bread puddings with different ingredients such as cinnamon rolls, croissants, brioche, chocolate and fresh berries.

Ravazzolo said that creating new products that are enjoyed by his customers is one of the most satisfying parts of his job.

After placing the cinnamon rolls and croissants in proof boxes that combine heat to develop the yeast and moisture so the product does not dry out, we then put them in the oven.

One of my most delightful experiences at the bakery was smelling the wonderful aroma of the freshly-baked and very large cinnamon rolls as they were being glazed.

But even more delightful was tasting the very goods that I took part in creating.

Of course, it is always an important part of the job at a bakery to taste test for quality assurance and since I was new on the job, I figured that it was the right thing to do to volunteer to do the "dirty work."

Visiting Ettore's

The cinnamon rolls and croissants are certainly worth a trip to Ettore's, but furthermore it is a good idea to visit the Web site www.ettore.com to preview descriptions of many of the business's other tasty treats.

Following a long night of baking, I sat down with Ravazzolo to discuss the history of his business and other interesting elements of his life and soon afterward it was 4 a.m., marking the end of my seven-hour shift at the bakery and one of the more interesting and memorable experiences of my career.



Photo by Ettore Ravazzolo

Arden-Carmichael News writer Lance Armstrong makes cinnamon rolls at Ettore's European Bakery and Restaurant.



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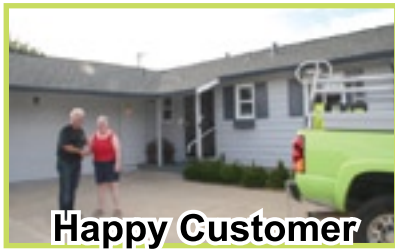
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Making a case for shopping at the Sacramento Farmers' Markets

By JENEKA SANFORD
Arden-Carmichael News Writer
jeneka@valcomnews.com

It took traveling to Cuba and Kauai, and marveling at what the farmers' markets there had to offer to make me realize just what I might be missing back home. Sure enough, once I went to the farmers' market here in Sacramento, I never looked back.

The farmers' market is held every Sunday from 8 a.m. to noon under the freeway at 8th and X streets, and boasts a plentiful array of seasonal fruits and vegetables, as well as vendors selling freshly baked bread, eggs, cheese, flowers, tortillas, meats, poultry and seafood, and many other items.

With the price of food increasingly going up, and the

local economy struggling due to the recession, the Certified Farmers' Markets of Sacramento County offer a solution to both: pay less for your groceries while supporting your local economy. But it doesn't stop there: About half of the vendors there offer organic produce, often at a much better price than local stores. And perhaps the most convincing argument of all: eating both locally grown food and what's in season helps to cut down on carbon emissions. Produce imports and exports add a huge debt to our carbon footprint because of the amount of jet fuel it takes to keep up this endless cycle of international produce shipments. So shopping at the farmers' market means going green, too,

See Market, page 14



Photo by Robert Ossa

Rebecca Popham buys daffodils from Joy Farm Flowers at the farmers' market on W Street, near Southside Park.

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Market: 'A strategy that will keep grocery money in the neighborhood'

Continued from page 13

and most people even bring their own reusable shopping bags.

At the moment, artichokes, asparagus, mushrooms, all kinds of citrus fruit, kiwis, and rainbow kale are all in season, among several other items. Produce items change by the season, but the cheese, bread, egg, olive oil and organic meat vendors are there year round.

Touring the market

On a recent Sunday morning, there with my friend Becca Popham, I asked her what she loved about it. She said, "My trip to the farmers market has become a Sunday ritual. The variety is endless: organically raised meat, seasonal fruits and vegetables, flowers for my table, free-range eggs. My favorites right now are the many varieties of daffodils and mandarin oranges. You can even find locally made torti-

llas – garlic and butter tortillas are my favorite – and fresh bread. The big bonus – everything is fresh and grown or raised close to home. I love that my money goes directly to the hardworking farmers!"

Barbara Kingsolver, prolific writer and gardener extraordinaire, expounded further on this subject in her most recent book, "Animal, Vegetable, Miracle." She wrote: "Concentrating on local foods is a strategy that will keep grocery money in the neighborhood, where it gets recycled into your own school system, and local businesses. The green spaces surrounding your town stay green, and farmers who live nearby get to grow more food next year, for you."

But enough about the politics involved in this debate. Chances are, in the fast-paced lives we lead, not everyone can make it to the farmers'

market every week, and most people need to supplement whatever they buy at the local supermarket, which is fine. When asking people why they shopped at the farmer's market, there was one answer that everyone had in common: the freshness of the fruits and vegetables, often picked that very morning, and the taste. Because this produce didn't have to travel or stay preserved for a long length of time, it's just fresher, and tastes better.

If you're not convinced yet, taste heirloom tomatoes in the summer time at the farmers' market, and compare it to a hothouse tomato. The hothouse tomato is mealy and flavorless. The heirloom tomato at the farmers' market tastes like sunshine. Have I convinced you yet? If not, go and see for yourself. You won't be disappointed.

Markets in the Arden and Carmichael areas

In addition to the farmers' market under the W-X freeway, there are also additional markets in the Arden Arcade and Carmichael areas. Much of the goods and wares at the downtown market are also available at the Sunrise and Country Club markets.

Sunrise Market

Market held every Saturday from 8 a.m. to noon at the Sunrise Station, on Folsom and Sunrise boulevards, in the Light Rail Station parking lot. This market is held year round.

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Continued from page 2

stopped by all day and everyone enjoyed it."

She said that it helped that everyone on her street has a good sense of humor, but like Allen she wonders who wouldn't find it funny.

Lyon's mother found out about the service through one of her close friends. That friend happens to be Stuart's father. He mentioned it to her at some

point and the idea to flamingo her daughter was set in motion.

"My mom is pretty funny, but this was totally out of character for her," she said.

But as the victim of the prank/present, did she find it funny enough to do to someone else?

"I definitely think I could do it to someone," she said. "I wouldn't want to do it to someone who lives in a

place that has strict rules and regulations, but I can think of some people I would consider doing it to."

While the act of flamingoing someone is pretty funny and indeed innovative, Lyon's daughter summed up what she thought when she first saw the pink flock adorning her yard.

"Whoa, that's pretty weird," 7-year-old Gracie said.

Most people would probably agree with that sentiment. Luckily for most of us, we have some pretty weird friends who could do with an inundation of flamingoes.

Visit www.getflamingoed.com or call 916-628-3993 for more information regarding a possible flamingoing. Or you can e-mail your questions to getflamingoed@gmail.com.



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CALENDAR

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GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

MARCH

Gardening Classes

Classes are four hours (10 a.m. to 2:30 p.m. with a 30 minute break for lunch included in fee) on either of the days given and are held at the house, address below. Cost per person, per class is \$40 or both classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834. First come first served, as all classes have limited availability. For more info email me or call. Gardening in Sacramento – A class for people new to Sacramento Gardening – Tuesday, March 16 or Saturday, March 20; second class is Plant Propagation for Home Gardeners on Tuesday, March 30 or Saturday, April 3.

March Benefit Plant Sales

Plant sales at the Gifted Gardener through March 2010: March 13-14, and March 27-28. All of the sales will be in the covered parking area on 18th St, behind the store at 18th and J Streets. Sales rain or shine. Hours will be 10 a.m. to 4 p.m.

Short Story Contest

Open to ages 16 and older. \$5 entry fee. Please make checks payable to Friends of the Elk Grove Library. Deadline for entries is 5 p.m., Saturday, April 3, 2010. Entries may be fiction or non-fiction and not longer than 1,000 words. Manuscript must be typed and double-spaced. Final word count to be written at the top of the title page. Name, address, phone number, email address and story title to be written on a 3x5 card and attached to the entry. Do not put your name on the manuscript. Winners will receive cash awards. First place-\$100. Second place-\$75. Third place-\$50. Awards will be presented at the Elk Grove Library Writer's Workshop, April 17, from 10 a.m. until 2 p.m. Submissions will not be returned. Mail or bring your manuscript to Elk Grove Library Short Story Contest, 8900 Elk Grove Blvd., Elk Grove, CA 95624.

and the city of Sacramento, the hunt begins at 10 a.m. sharp. Bring your own basket. Enjoy music, games, face painting and photos with the Easter Bunny. Free admission. Awards for best hats at 9:30 a.m.

MARCH 27-28

Chamber Music Society event

The Chamber Music Society of Sacramento invites you to a concert featuring the return of Philip Myers, horn soloist with the New York Philharmonic, and Gwendolyn Mock, a popular pianist. Performances will include a Beethoven Horn Sonata, a duo for violin and piano by St. Saens, and Horn Trios by Sydeaman and Brahms. Saturday, March 27, 7:30 p.m. at Bet Haverim Synagogue in Davis; Sunday, March 28, 7:30 p.m. at the Sac State Capistrano Hall's music recital auditorium, off State University Drive West in Sacramento. Tickets \$20-24. Details at www.cmssacto.org.

Spring Sale at McKinley Park

Held March 27-28 from 9 a.m. to 4 p.m. at Shepard Garden and Arts Center at McKinley Park. An extraordinary variety of plants for sale in time for Spring planting. Lots of hand-crafted accessories for the garden. Wonderful hand-crafted gift items. "Recycled" books and tools for the garden. Food and beverages will be available.

Benefit Plant Sale

The first week of spring and The Benefit Plant Sale benefiting the kids of Sunburst

Projects living with HIV/AIDS will be on March 27th & 28th, 10am to 4 pm both days in the covered parking area on 18th St, behind the Gifted Gardener at 18th and W. A huge assortment of perennials will be available including many new, unusual and hard to find varieties. Several new 2010 introductions will be available. For further information contact Mr. Hamm at 916- 943-6183

APRIL

German Language and Cultural Classes

German Language and Cultural classes for adults and children offered at Central United Methodist Church 5265 H Street (H & 53rd) spring sessions beginning April 5, 2010. For information call 916 488-7922 or www.irmgardschlenker.com.

The Savvy Caregiver

Based on research by experts, this new 6-week course from the Alzheimer's Association will provide clinical-level training for family caregivers. The program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and CD-ROM. Six consecutive Tuesdays: April 6, 13, 20 and May 4, 11, and 18. 10 a.m. to 12 p.m., ACC Park City, 7375 Park City Dr. For a limited time, this \$75 course is being offered for free. Transportation and respite expenses can be covered by a grant. Please inquire. Pre-registration required by April 1. To register, please call Denise Davis at 916-930-9080 or e-mail at Denise.Davis@alzncorcal.org.

Easter services

Greenhaven Lutheran Church and Angels Nest Pre-school, located at 475 Florin Rd. at Gloria Drive, is holding religious Easter services on April 1, at 7 p.m. for Maundy Thursday Services; April 2, at 7 p.m. for Good Friday Service; April 4, at 10 a.m. for Easter Sunday Services; and a free Easter brunch at 8:30 a.m. For more information, call 428-8449.

APRIL 2

California Writers Club

The California Writers Club's Writer's Network meeting on April 2 at 9 a.m. at IHOP Restaurant, 2216 Sunrise Blvd. in Rancho Cordova just north of Hwy. 50 will present Elva Anson, MA, MFT, author of five books and a number of articles, speaking on "A Writing Wonderland." Guests welcome. For more information, call (916) 944-3185.

APRIL 2-3

CalPERS hosts retirement fairs

A free retirement planning fair for members of the California Public Employees Retirement System (CalPERS) is scheduled April 2-3 (Friday and Saturday) at the Sacramento Convention Center, 1400 J Street. The fair will begin both days at 9 a.m., and end at 4 p.m. on Friday, and 3 p.m. on Saturday. CalPERS members include all state and classified public school employees, and municipal employees in Sacramento, Davis, Woodland, and Folsom; employees of El Dorado, Placer, Nevada, Sutter, Yolo, and Yuba counties; and employees of the Sacramento Municipal Utility District and the Sacramento Metropolitan Fire District. Sacramento State University employees are also CalPERS members. CalPERS members who attend the fairs will receive information on CalPERS benefits, programs, and services that help them plan for a more secure retirement. Retirees will receive information on how to better manage and preserve their retirement assets. For more information about CalPERS, visit www.calpers.ca.gov.

Celebrate Holy Week at TRINITY CATHEDRAL



2620 Capitol Avenue • Sacramento, CA
916-446-2513 • www.trinitycathedral.org

Tenebrae..... March 30, 7:30pm
Maundy Thursday..... April 1, 5:45pm
Good Friday Meditations.... April 2, Noon-3pm
Good Friday Liturgy April 2, 7:30pm

GREAT VIGIL OF EASTER April 3, 7:30pm
EASTER SUNDAY April 4, 7:30am, 9am, 11:15am,
12:45pm with Easter Brunch after each service

MARCH 27

Land Park Egg Hunt

Held Saturday, March 27 from 9 a.m. to 10:30 a.m. near Riverside Boulevard between 12th and 13th avenues. Ages 0-3, 4-6, 7-9 and 10-plus. Presented by the LPCA

MARK YOUR CALENDAR...

Please join us for Palm Sunday & Easter Worship

2010 HOLY WEEK WORSHIP SCHEDULE

Palm Sunday, March 28th -
7:45am, 8:30am, 11:00am

Holy Thursday Services - April 1st -
11:00am, 7:00pm

Good Friday Services - April 2nd -
11:00am, 7:00pm

Easter Breakfast - April 4th -
7:30am - 11:00am (Youth Fundraiser)

Easter Sunday Services - April 4th -
8:30am, 9:45am, 11:00am

The Lutheran Church of the Good Shepherd
1615 Morse Avenue • (916) 483-0451 • www.goodshprd.org



ALL BECAUSE OF JESUS

Please join us for our
Easter Services
Sunday, April 4th

Sunrise Service 6:45am
FREE Pancake Breakfast 7:30am-10:45am

Classic Worship Service 9:00am
Sign-Language Interpretation

Modern Worship Service 10:45am

Good Friday April 2nd, Service 7:00pm

Arcade Church
3927 Marconi Ave, Sacramento, CA 95821
916.972.1617 / arcadechurchonline.com

American River Community Church

3300 Walnut Avenue, Carmichael
916-483-3465
www.arconline.org

Good Friday Service
April 2 at 7:00PM

Easter Sunday
April 4th
9:00am or 10:30am

Please join us!

APRIL 5

German Language and Cultural Classes

German Language and Cultural classes for adults and children offered at Central United Methodist Church, 5265 H St. (H & 53rd) spring sessions beginning April 5. For information call 916 488-7922 or www.irm-gardschlenker.com.

APRIL 7

Poetry Reading

Held from 6:00 - 7:30 p.m. at the Sacramento Public Library, 828 I St., the Sacramento Poetry Center will hold a poetry reading in the Sacramento Room on the first Wednesday of each month. April's offering features three poet-publishers: Robert Grossklaus of Polymer Grove Press, Brad Buchanan of Roan Press and Kathy Kieth of Rattlesnake Press. They will read their poems and also talk about their local publishing ventures. Street parking is free after 6 pm. For more info: 916-264-2920 or www.saclibrary.org

APRIL 8

Computer club meeting

The Mission Oaks Computer Club will meet on Thursday, April 8, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "Computer Networking", presented by Adam Lacey of Applications, Etc. Adam will lead a problem solving clinic immediately following the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

APRIL 8-11

Brundibar, a Holocaust-Era Opera

On April 8-11, 2010, the Sacramento Children's Chorus with support from the Sacramento Opera will perform Brundibár, the internationally acclaimed 1938 children's opera. Musical accompaniment will be provided by the Sacramento Youth Symphony. The production will be held at the Hiram Johnson High School theatre, 6879 14th Ave., with four public performances and two matinee performances to accommodate

school field trips. The final Sunday public performance will be held on Holocaust Remembrance Day (Yom HaShoah), April 11, 2010. The opera will be sung in English and accompanied by English super titles. Tickets are \$15 for adults and \$10 for students.

APRIL 9

Cultural Events Fair

The Cultural Events Fair takes place at McClatchy High School located on Freeport Boulevard on April 9 from 3:15 to 5:15 pm. It is a fair offered to students in the HISP Program (Humanities and International Studies program) as a way to learn about different cultures outside the classroom. There are workshops held all over the campus. They include Sushi making, Painting in Pastels, Photography, Fencing, Drumming, Acupuncture, Belly Dancing to name a few. There are between 14 and 16 workshops. Most presenters are business and professional people from the area and they do both lectures, labs and hands-on. Usually they bring colorful and interesting props such as real

fencing gear, food ingredients, posters, costumes etc. The event is highly spirited and positive and very well received among the students, parents and teachers.

APRIL 10

Sewing Garage Sale

Held Saturday, April 10, 2010, 9:30 a.m. to 1:00 p.m., North Highlands Community Center, 6040 Watt Avenue, Sacramento. Sponsor: Sacramento Chapter, American Sewing Guild. Admission: Free, open to the public. Highlights: The sale includes hundreds of yards of quality and bargain fabric sold at \$1 to a few dollars per yard. Also for sale are sewing notions and equipment, craft items, sewing patterns, books and magazines. Sewing items may be donated to the sale or made available for sale - see the contact information below. Coffee and baked goods will be available for purchase. For more information contact: Ellen Alexander, (530) 432-5477, 1dand2@comcast.net.

"Art for MS"

The event is from 5 to 9 p.m. at Fe Gallery, 1100 65th St. Please join for-

mer mayor Heather Fargo for "Art for MS" a Silent Art Auction and Raffle to benefit for Multiple Sclerosis at Fe Gallery, 1100 65th Street, Sacramento. Your support will bring awareness to our community and make a difference to those living with Multiple sclerosis. Enjoy demonstrations of blacksmith-

ing, glass blowing, portrait drawing, best in the show awards and much more. Please join us for this worthy and enjoyable event. Call 916.456.4455 or visit www.fegallery.com <http://www.fegallery.com/> for more information and updates about "Art for MS."



We welcome you to share the joy of **Easter Sunday with St. Francis Episcopal Church**
April 4, 2010 • 9am & 11am
Festive Coffee Hour & Easter Egg Hunt at 10:15am
There's a place for you here!
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At Northminster
March 28th - April 4th, 2010

PALM SUNDAY March 28th 9:55 AM
Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.

MAUNDY THURSDAY April 1st 6:30 PM
Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Music by our choral and bell choirs.

GOOD FRIDAY April 2nd 7:00 PM
In our Good Friday service we remember the sacrifice of Jesus on the cross through candles, darkness, and music. We invite you to join us for our deeply moving Tenebrae service.

EASTER SUNDAY April 4th

Early Son-Rise Service 7:00 AM
Join us at the church for this very inspirational service.

Traditional Service 9:55 AM
We celebrate this glorious Resurrection Day with our choral and bell choirs leading us in joyous, inspirational praise and traditional music. Come celebrate with us.

Northminster Presbyterian Church
3235 Pope Avenue (between Watt and Fulton)
Jack Raymore, Pastor
(916) 487-5192

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