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Janey Way Memories

Boating with Uncle John Goldie



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

One Easter Sunday in the early 1960s, our large extended family gathered at my Aunt Alice Goldie's house for dinner.

As we sat around Aunt Alice's big family room eating ham, scalloped potatoes and salad, my brother Terry and I began a conversation with our uncle John Goldie.

Unlike, most of our aunts and uncles, John was Scottish, not Italian. In fact, he grew up in Glasgow, Scotland and served as an officer in the British Royal Navy during World War II. As we talked, Uncle John shared some of his naval wartime stories with us. We listened intently.

Then he said something which really got our attention: he had just bought a 17-foot boat, and he wanted to take us fishing in it. Wow, that sounded great. Soon, we had obtained permission from our parents and a date was set.

Two weeks later, on a Saturday morning, Uncle John pulled up in front our house, towing his new boat. To say we were excited would be an understatement. We grabbed our jackets and fishing gear, bid our parents farewell and headed out to Uncle John's waiting Chrysler sedan.

Off we headed in the direction of the Sacramento River, and thirty minutes later we pulled into Miller Park at the west end of Broadway. John circled around the parking area and headed down to the boat ramp.

Launching the boat proved to be quite an experience. First, our uncle circled the car around and began to back down the ramp. About half way down the ramp, the boat trailer began to jackknife. So, he stopped the car and pulled forward up the ramp to straighten the trailer up. Then he began backing the car up again and again the boat trailer jackknifed.

This time, Uncle John had Terry get out of the car to give him directions as he backed the boat up. That proved to be less than a good idea. Terry had a long-standing reputation as a curmudgeon. Laughing like a hyena, he provided little assistance in launching the boat.

Eventually, however, Uncle John got the trailer far enough down the ramp to launch the boat and off we went in the direction of Garcia Bend, where we would fish for striped



bass. Uncle John proved to be an able boat man, and when we arrived at our destination, he dropped anchor, put a shrimp on each of our hooks and we began a long day of fishing.

Of course, we caught no fish, but had a great time. At noon, we ate a big lunch Uncle John had prepared for us, drank soda pop and listened to Uncle John's naval stories and the story of how he landed in the U.S. after the war.

The day skittered away and eventually, we had to pull anchor and head home. When we got back to Miller Park, we had a much easier time loading the boat onto the trailer than we had experienced while unloading it. By 5 p.m., and fully exhausted, we returned home, full of stories about our great fishing trip.

Sleep came easily that night.

It has been over fifty years since the day Terry and I went boating with Uncle John Goldie. We never did it a second time. Sadly, Uncle John passed away over ten years ago. But, the story of our fishing trip with him remains as yet another wonderful Janey Way memory.

Marty's book, *Janey Way Memories*, is now in print. Come to his book signing on Thursday, April, 5, from 7 p.m. to 9:00 p.m. at the Dante Club, located at 2330 Fair Oaks Boulevard in Sacramento.



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Ava Farmer, author of 'Second Impressions' at Arden-Dimick Library on March 29

Special to Arden-Carmichael News

Ava Farmer, author of "Second Impressions," a sequel to Jane Austen's famous novel, "Pride and Prejudice," will speak at a special adult program at the Arden-Dimick Library on March 29 from 6:30 p.m. to 9 p.m.

Farmer's novel takes the story of Elizabeth and Mr. Darcy ten years after the time of Austen's novel. How was life at Pemberley for the Darcys? What ever hap-

pened to the Bingleys, Wickhams and de Bourghs?

Readers may already be familiar with Farmer. Also known as Sandy Lerner, she made a name for herself in the business world as the co-founder of both Cisco Systems and Urban Decay Cosmetics.

To Austen fans, she is known for creating the foundation that restored Chawton House, the home of Austen's brother in England.

This free event is hosted by the Jane Austen Society of North America, Greater Sacramento Region. Copies of "Second Impressions" will be available for purchase. All profits from book sales will go to Chawton House Library, a non-profit resource for the study of English women's writing.

The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. For more information, call (916) 264-2700 or visit www.saclibrary.org.

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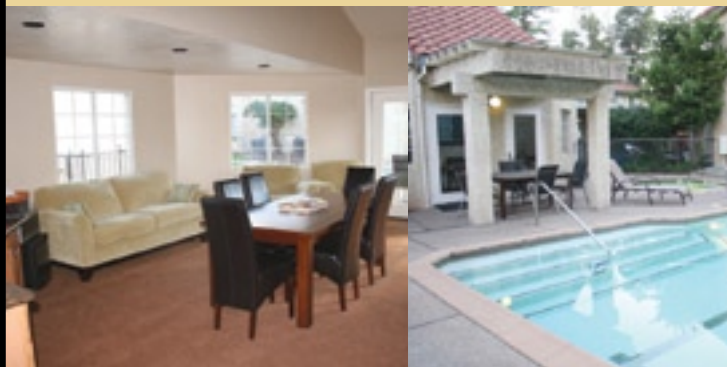
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Sac State Wrestling Coach August Wesley awarded 'Coach of the Year'

By SALLY KING
Arden-Carmichael News writer
sally@valcomnews.com

The National Collegiate Wrestling Association named Sacramento State's new wrestling coach, August Wesley, conference coach of the year.

"It was humbling for me," Wesley said. "I was really surprised the coaches voted for me."

Sac State's wrestling team had been dormant since 1983. They hired Wesley as their coach in August, 2011.

Student initiated

Wesley said he was fortunate when he was hired because the team had already set up a business plan two years prior to the team becoming established. Michael Contreras, now a senior, was the person who set the club in motion. When he became a student in 2007 there was no wrestling program. He had wrestled competitively all through high school and wanted to activate a team at Sac State. In order to establish a wrestling team, Contreras joined the Olympic lifting club and learned the ropes on what he needed to do to create a wrestling club that would compete with other schools. Contreras is the organizer and communicator for the team. He said it took a whole semester to establish the team.

"I like wrestling because it is both a group sport and an individual sport," Contreras said. "You learn how to push through the pain when training and it teaches you leadership skills."

Sponsorships needed

Contreras is working on a degree in organizational communication and graduates in the spring. His primary goal, he said, is to find a sponsorship for the team to keep it going.

Teamwork

Wesley said Contreras and his teammates came together this year and cohesively made it work.

"When I was hired, the team was ready to hit the mat," Wesley said. "All I had to do was just get in and drive."

Wrestling family

Wesley became interested in wrestling when he was around 12-years old. He was

visiting his uncle during the summer and was invited by his older cousin to wrestling practice. At first Wesley said no, then his other cousin was put on restriction and Wesley had nothing else to do, so he went to practice.

"When I came home I continued with the wrestling," Wesley says. "I like the fact that when you win and when you suffer defeat you can only blame or be happy with yourself."

Wesley's cousin, Anthony Amado was on the Olympic wrestling team in 1988 and competed in the summer Seoul Olympics. Wesley has wrestled competitively in many countries, has won a college national championship, a past world championship and is a Pam Am medalist.

Individual challenges

Even though wrestling is a team sport, Wesley pointed out when the wrestler is on the mat, it is what that wrestler has or hasn't done that makes the difference. Wesley always has a strategy for his wrestlers. The wrestler has to be able to endure three minutes for the first period, then two minutes for the second and third period. Plus, there is occasional overtime. If the

player is not in good shape, Wesley said three minutes seems like forever.

Close-knit team

Paul Kellam has been wrestling since the 4th grade. He's a junior at Sac State and ranked 16 out of 179 this year in the NCWA.

"Coach Wesley pushes us hard," Kellam said. "He makes us accountable for our actions."

Team member Javier Martinez followed in his brother's footsteps and has been wrestling for 13 years. He made number two in the Top Three Individuals at the 2012 West Coast Conference Championships.

"Coach Wesley made us believe in ourselves," Martinez said. "We wanted to be the best."

Martinez is the team captain. Wesley said Martinez has led by example all year. Sac State came in number four at the Conference Championships.

Interim Assistant Director of Intramural and Sports Clubs Sean Basso said this is a very dedicated team.

"Martinez represents pride and dignity for our school," Basso said. "Coach Wesley

See Coach, page 13



Photo courtesy

COACH OF THE YEAR. Sacramento State University's new wrestling coach, August Wesley, was named Conference Coach of the Year by the National Collegiate Wrestling Association.

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Sacramento area Easter Egg Hunts

Special to Arden-Carmichael News

Easter Sunday is April 8 this year, and many festive events will be held leading up to the big celebration.

So, grab an Easter basket, put on your Easter bonnet and take the kiddos to your neighborhood Easter Egg Hunt. Dates and locations vary. There is even one egg hunt for the family pooch. Several neighborhood egg hunts are listed below, so you are sure to find something close to home or at Grandma's house:

3rd annual Easter Egg Hunt for Dogs

March 31: Bring your furry friend to join Wag Hotel for their 3rd annual Easter Egg Hunt for Dogs. The dogs will be able to hunt and sniff out over 1000 eggs filled with delectable treats. Hidden among the eggs will be five special eggs

containing the word "Winner" that can be redeemed for prizes including a five day pass of All Day Play at Wag Hotels. Enjoy finger foods and photo opportunities with the Easter Bunny. Exciting doggy prizes will be raffled. Easter attire is encouraged for pets! A portion of the proceeds to benefit Nor Cal Boxer Rescue. 11 a.m. to 1 p.m. \$10 donation per family. McKinley Park, 601 Alhambra Boulevard, East Sacramento. To purchase tickets, visit <http://tinyurl.com/egg-hunt4dogs>. (916) 373-0300

Easter Carnival

March 31: Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center will host an Easter Carnival, rain or shine. Free to the community. 11 a.m. to 2 p.m. Featuring carnival games, bounce house, Eas-

ter Egg hunt, craft activities, refreshments and the Easter Bunny. Greenhaven Lutheran Church, 475 Florin Road (at Gloria Drive) in Sacramento. (916) 428-8449.

The Great Land Park Spring Egg Hunt

March 31: Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. 9:30 a.m.-11:30 a.m. Egg hunt promptly at 10:30 a.m. William Land Park, 3800 Land Park Drive, Sacramento, west of the playground. (916) 808-7004.

Orchard Park Spring Egg Hunt

March 31: Spring Egg Hunt at Orchard Park, 2936 West River Drive, Sacramento. 2 p.m. Sponsored by Councilmember Rob Fong. (916) 808-7004.

Pocket-Greenhaven Spring Egg Hunt

March 31: Spring Egg Hunt at Portugese Park, 7350 Durfee Way, Sacramento. 10 a.m. to 11 a.m. Sponsored by Councilmember Darrell Fong. (916) 808-7007

2012 Arden Easter Egg-Stravaganza

April 7: Community Easter celebration in Arden Park. Pancake breakfast 8 a.m.-11 a.m. (\$5 per person); Carnival Games 8 a.m.-10 a.m.; Egg Hunt \$3/person, 10:30 a.m. There is a special egg in each age division. Find the special egg and win a prize. The plastic eggs filled with candy are yours to keep. 1000 La Sierra

Dr., Sacramento. (916) 483-6069 www.aprpd.org

Boss Kidz Community Easter Egg Hunt

April 7: Bayside Church of South Sacramento is sponsoring this community Easter Egg Hunt. 11 a.m. to 2 p.m., Valley Hi Park, 8185 Center Parkway, South Sacramento. (916) 715-7716.

Easter Egg Hunt & Pancake Breakfast

April 7: Hop on over for a HUGE egg hunt, pancake breakfast, fun crafts and a surprise guest! Don't miss this EGG-CELLENT event. Breakfast is from 7 a.m. to 11 a.m. Adults \$5, children 12 and under \$3. Egg hunt is at 10 a.m. (arrive 30 min. early). Bring your own basket, ages eight years old and under, free. Egg hunt starts at 10 a.m. for all age groups. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 485-5322 www.carmichaelpark.com

Fairytale Town Spring Eggstravaganza

April 7, April 8: Hop on down the bunny trail with Peter Cottontail at Fairytale Town's annual Spring Eggstravaganza. Egg hunts, puppet shows, art activities, photos with the Big Bun himself (photos cost extra). 11 a.m.-3 p.m. Egg Hunts will be held promptly at 12 noon, 1 p.m. and 2 p.m. each day. Bring a basket for collecting eggs. The Egg Hunts are separated by age groups, 3 and under, 4-6, and 7-12. Admission: \$4.50/person, ages 2 and up. Kids 1 and under free. Puppet Art

Theater will perform Bunny Boot Camp in the Children's Theater. Puppet show tickets are \$2 (\$1 for members). Show times are 12:30 p.m., 1:30 p.m. and 2:30 p.m. 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytale-town.org

Granite Regional Park Easter Egg Hunt

April 7: Egg hunt sponsored by the Stone Cold Riderz. 11 a.m. to 5 p.m. Granite Regional Park, 8200 Ramona Avenue, Sacramento. (916) 519-1091

Kiwanis Pancake Breakfast & Easter Egg Hunt

April 7: Come enjoy a delicious pancake breakfast (\$5 adults, \$3 children) and then enjoy a free Easter Egg Hunt for the little ones. Breakfast starts at 6 a.m. and the event runs through 1 p.m. Carnival style games for children, tickets available for purchase. Egg hunt times: Ages 0-1 (9:30 a.m.); Ages 1-2 (9:45 a.m.); Ages 3-4 (10 a.m.); Ages 5-6 (10:15 a.m.); Ages 7-8 (10:30 a.m.); Ages 9-10 (10:45 a.m.) McKinley Park, Clunie Clubhouse, East Sacramento. Sponsored by the East Sacramento-Midtown Kiwanis Club

Southside Park Easter Egg Hunt

April 7: Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. Children's entertainment, info booths, kid's activities, more. 10 a.m. Southside Park, 2115 6th Street, Sacramento.

Spring Egg Hunt

April 7: Egg hunt sponsored by the Sierra Curtis Neighborhood Association. 9:30 a.m. to 11 a.m. Sierra 2 Green, 24th Street and 4th Avenue, Sacramento. (916) 716-3061.

Community Service and Egg Hunt

April 8: Easter service and egg hunt sponsored by Calvary Chapel. 7 a.m. to 1 p.m. William Land Park, 3800 Land Park Drive, Sacramento. (916) 204-0392.

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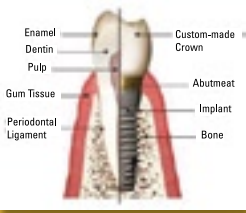
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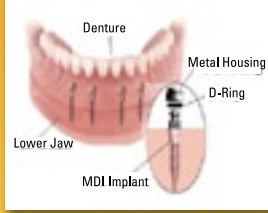
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Bonsai Sekiyu Kai to host bonsai & rock show

Special to Arden-Carmichael News

Bonsai Sekiyu Kai of Sacramento will host its 35th annual show, with bonsai and rock exhibits, on March 31 and April 1 in Sacramento.

Bonsai is the Japanese art of growing miniature trees in containers. The purposes of bonsai are primarily for contemplation for the viewer and the exercise of ingenuity for the grower.

The art form uses cultivation techniques to grow miniature trees. These techniques include pruning, root reduction, potting, defoliation and grafting to produce small trees that mimic the shape and style of mature, full-size trees.

Demonstrations will be held both days at 2 p.m. by Sensei Johnny Uchida.

The event will be held on Saturday, March 31 from 12 noon to 5:30 p.m. and on April 1 from 10:30 a.m. to 3:45 p.m. at the Betsuin Hall of the Sacramento Buddhist Church, located at 2401 Riverside Boulevard in Sacramento.

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Sacramento Camellia Show showcases Capital City's official flower

Photos by STEPHEN CROWLEY
Arden-Carmichael News photographer
stephen@valcomnews.com

Sacramento is known as the Camellia City, and for good reason. These flowers flourish here.

The Camellia Society of Sacramento held its annual show at Memorial Auditorium on March 4. A wide variety of camellias were on show. Information on how to grow these beauties was available, as well as locally grown plants and art.

The Outstanding Flower of the Show award was presented to Arlene and Ron Morrison, for their specimen, "Dawn's Early Light."



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Arden area resident has deep love for history

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

For Arden area resident Penny Hogge-Dayley, her appreciation for history is something that is a very important part of her life.

And for anyone who has had the opportunity to visit her home, it certainly does not take long to realize this point.

Penny's love for history is quite obvious through some of her prized possessions alone.

Treasured artifacts

With a tour through her house, one can view such historic artifacts as a rocking chair, which arrived in the Salt Lake Valley in Utah in a covered wagon in 1848.

The home also includes other 19th century items, such as a doubletree from a covered wagon, three large two-handled saws, flat irons, curling irons, autographed books, clothing, a blanket box, a gold mining pan, a set of spurs, a wind-up clock, keys, horse-shoes, barbed wire and skates.

An early interest

Penny said that her love for history and collecting historic artifacts began very early in her life.

"I was born in Salt Lake City on the day that Britain declared war on Germany (on Sept. 3, 1939), so even my birthday was a historical date in history," Penny said. "I have always loved old things. I always thought that I should have been born in a cabin. I

loved pioneer stories, especially when I found out that I had pioneer stories in my family."

Letters from Brigham Young

Penny fondly remembers visiting with her grandmother, Bessie McLelland.

"Grandma was a storyteller and I learned about her life and her love for her ancestors while I was washing dishes at her sink," Penny said. "I started collecting (antiques) early, since one of my favorite sayings was 'Grandma, can I have that?' The first thing that she gave to me was a (tin) can without a lid from the top of the closet that included some letters from (former president of The Church of Jesus Christ of Latter-day Saints) Brigham Young to my great-great grandfather (Thomas McLelland), a ticket to one of the (1893) Salt Lake Temple dedications and a ticket to the inaugural band party for the (1869) Golden Spike centennial (at Promontory Summit in the Utah Territory)."

Emigrant memories

Also among the items in the can was a letter from Thomas' sister, Jane, who described her desire to come to America, mainly to the Salt Lake Valley.

The letter, which was sent from Glasgow, Scotland on Jan. 28, 1868, included the words, "I am stout, in good health and willing to work and if you would send for me, I will be very willing to work and pay you back again."



Arden-Carmichael News photo, Lance Armstrong

A HEART FOR HISTORY. Arden area resident Penny Hogge-Dayley shows off a 19th century rocking chair. The chair is one of many historical items from her personal collection.

A view into the past

During her teen years, Penny acquired one of her favorite possessions – a child's toy buggy from the 1880s.

Another one of Penny's unique artifacts is an 1864 Murphy bed, which, when folded, reveals a hand-carved mirror.

The bed, which has an original, horsehair mattress, was once located in the living room of Thomas' home. At nights, the bed would open up, pull down and turn the living room into a bedroom.

Penny's collection also includes an antique scale that was used by Thomas' wife, Elizabeth, during a time when recipes often called for measurements

of weight as opposed to using measuring cups.

Rich family history

Penny noted that she is proud of the fact that many of her historic artifacts represent her family's rich history in America.

Her great-great grandfather, Thomas, came to the Salt Lake Valley in 1848.

Thomas represented the first member of Penny's father's side of her family to arrive in the United States.

A book of McLelland family history, which is in the possession of Pen-

See History, page 14

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The End of an era

Kay Gaines retires from St. Francis High School after 43 years of service

By CORRIE PELC
Arden-Carmichael News writer
corrie@valcomnews.com

"A dynamically gifted person." "She's been my mentor for 10 years." "An impressive lady." "A remarkable woman." "Kay is St. Francis."

These are just a few of the myriad of comments by staff and alumni of St. Francis High School about Carmichael resident Kay Gaines, who will be retiring from the school after 43 years on March 31.

"I think it's a good time to retire – I have my health, I have my energy, so I want to move while I can still re-engage," Gaines said about her upcoming retirement and move to Lewiston, Idaho at the end of March so she can be closer to her sister's family, as well as her two grown sons and two 3½ year old granddaughters currently living in Colorado.

"It will be very difficult to leave my life-long friends in Sacramento, but I'll carry wonderful memories with me," Gaines said in a letter emailed out to St. Francis High School supporters in February. "I have good health, lots of energy and a loving family, so I'm very fortunate."

Where it all Began

Gaines began her St. Francis High School career at literally the very beginning of 1969 – she came in to interview for a part-time social studies teacher position on Jan. 2 and started the very next day. Gaines worked part-time from 1969 to 1973, then became full-time from 1974 to 1984, and later the Social Studies Department chair from the mid-70s until 1985.

Rosemarie Bertini, a 1972 graduate of St. Francis who came back in 1997 to become an Italian instructor for the school, recalls Gaines' reputation as teaching difficult, serious classes.

"When you're a kid at that age, you're just going to do anything you can to not put yourself in that position, but when we got to senior year there was no way around it – Civics was Mrs. Gaines," Bertini said. "And I just thought, 'Am I going to live to see the end,' because I knew it was a lot of work!"

Reflecting on her student experience, Bertini said that although at a young age taking a class from Gaines might have been something a student would want to avoid, Gaines knew it was something her students could do. And Gaines would do what she could to keep them on track.

"In the end we were so full of accomplishment – when you left that class, you'd truly learned something and in addition you had this confidence in it," Bertini added.

Gaines herself admits she was a really tough teacher.

"I think that students can reach very high levels if you ask them to – they can learn skills, improve their own academic knowledge," she added. "We did a lot of writing in my history classes because that skill you'll take with you for the rest of your life."

St. Francis Theology Department Chair Rick Norman recalls beginning his own career at the school in 1977 when Gaines was the chair of the Social Studies Department. He said her long career has allowed her to have a real grasp of the history and vision of St. Francis as she's managed of number of transitions the school has gone through, from changes in campus location, buildings, administration and enrollment.

"She's had to weather all the transitions and she's been just incredibly graceful at guiding that school academi-

cally and administratively, and supporting just so many programs at the school," Norman said.

Also during her time as a teacher, Gaines taught the first advanced placement (AP) U.S. history course St. Francis, which is a course high school students can take for college credit. According to St. Francis AP Literature teacher Rich Weldon, the AP program Gaines started then has grown. He said of the two English AP courses the school offers, over 100 students take the junior year course, while between 60 to 80 students take the senior year course.

"The AP programs, not just in English but in other departments, have really flourished under her because she just believes they could do it and it didn't matter if it was math or chemistry – it was kind of like move over boys, here come the girls," Weldon said.

Nora Wehrenberg Anderson, 1983 alumna, recalls her first interaction with Gaines in August 1981 in her AP U.S. history class.

"Lucky for me, I learned so much more," she said in a note she recently wrote to Gaines to wish her well on her retirement. "I learned how to think critically, to write well, and about how positive role models are all around us – people like you!"

Leaving a Legacy

Gaines continued to support the AP program at St. Francis as she made the move to assistant principal in 1985, followed by becoming principal in 1998. Gaines then decided to retire from the principal position in 2004 to take on her current role as director of special projects.

Gaines said her current role is a "catch-all" phrase that covers a wide variety of unrelated things, a good portion of which are connected to the school's academic teams, many of which Gaines started during her career, including the Mock Trial, Model United Nations, and Academic Decathlon, and others she also coached, such as the school's Robotics Team.

St. Francis Director of Admission Moira O'Brien said Gaines is the reason why they have academic teams at the school. Although Gaines ran them herself for a while, she then found staff to take on each team and stick with them.

"We were the first all-girl school to ever go to the national championship in robotics, our speech team wins so many prizes," O'Brien explained. "It's all Kay's energy, she built them, and they are so successful and the girls love it."

And Norman said the building of these academic teams is what is bringing students to St. Francis today.

"For the first time we interviewed the incoming freshmen – many students now are coming to the school for academic teams," he said. "She was the one that really got all that rolling."

For 2010 graduate Amy Bush, being part of the St. Francis Debate Team is what she recalls most from her time at the school.

"Participating in debate meant a lot to me because I had spent eight years in speech therapy prior to coming to St. Francis," she recalled in a written note to Gaines. "To have St. Francis welcome me and make me feel that they were proud of me is something that has inspired me beyond measure, and still continues to."

Another program Gaines began and currently oversees is an exchange program with a sister school in Japan. The program with Nakamura Gakuen Girls High School in Fukuoka, Japan has been ongoing for 15 years now.



Photo courtesy, St. Francis High School
GIFTED AND TALENTED, Kay Gaines challenged the students to reach for their full potential at St. Francis High School for 43 years. Here, she is seen carrying books to her social studies class in 1975.

St. Francis 2001 graduate Jayme Hennessy recalls the exchange program and the impact it had on her education.

"That was really neat because we were able to experience a global perspective with girls our own age from another country," she recalled. "That was really something I remember a lot – especially as a high school student, it was pretty great."

Saying Goodbye

With the eve of her retirement upon her, Gaines reflects back on her experience at St. Francis and a comment a colleague she had taught with for 35 years said to her one morning that while driving to school one morning, he realized he had never gone to work a day in his life.

"And I said, 'Yup, I feel exactly the same,'" Gaines recalled. "I've never gone to work a day in my life. In 43 years I just came to play, and I think a lot of people here feel that way. We work really hard, we work really long hours because we wear so many hats, but it's just such a rewarding experience."

That constant drive has Gaines already making plans for her retirement, including involvement with the church, League of Women Voters, and schools in the area, as well as taking technology courses at the local community college.

"I don't intend to sit," she laughed.

When asked what she has learned the most from her experience at St. Francis, Gaines said one thing was that she grew in her own faith as a Catholic, which has become an integral part of who she is. And she also learned respect.

"Respect for my colleagues, respect for the kids and their parents," she added.

Gaines said what she will miss the most is the community.

"This is truly a family, truly a community – people really do care about each other," she said. "I will miss living in a truly faith-based community where it just happens so naturally and people just celebrate together and pray together."

And her parting words for her St. Francis family? Be creative, be adventurous, and love each other.

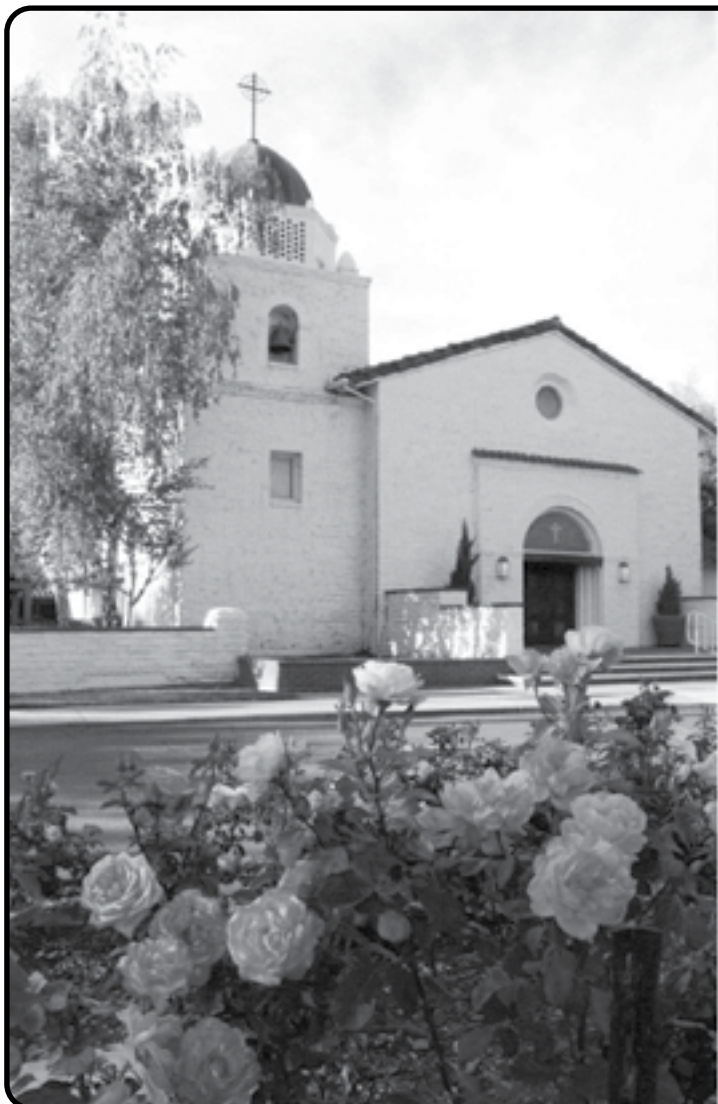
"I've just had the best career that I could ever possibly have desired and in the best place," Gaines said. "I've been blessed for sure."

Faces and places

Brownies wrap up Girl Scout Cookie sales

Photos by **BILL CONDRAY**
Arden-Carmichael News photographer
bill@valcomnews.com

Brownies from Troop 681 and Troop 1101, along with their sister Girl Scouts, were busy wrapping up cookie sales throughout the Arden and Carmichael area last week. Cookie sales concluded on March 18. Proceeds from the sales will help to fund activities in each troop so these young people can build courage, confidence and character.



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PALM SUNDAY, April 1

Traditional Worship at 8:45 a.m.

with Sanctuary Choir and Organ. Communion will be served.

Contemporary Worship at 11:00 a.m.

with Contemporary Music Team. Communion will be served.

Choir Concert and Worship at 4:00 p.m.

The Sanctuary Choir presents Fauré's Requiem.

MAUNDY THURSDAY, April 5

Worship Service with Communion at 7:00 p.m.

GOOD FRIDAY, April 6

Worship with Drama and Music at 7:00 p.m.

Experience "Lovelight" - a Tenebrae Service by Janet Litherland.

EASTER SUNDAY, April 8

Sunrise Service at 6:30 a.m.

Call Church Office at 486-9081 for details.

Traditional Worship at 8:00 a.m. and 9:30 a.m.

with Sanctuary Choir and Organ.

Contemporary Worship at 11:15 a.m.

with Contemporary Music Team.

26th annual Curtis Park Home and Garden Tour is April 28

Special to Arden-Carmichael News

A unique neighborhood of large canopy trees and early 20th century homes, Curtis Park is the place to be on Saturday, April 28 for the annual home and garden tour. Everyone is invited to stroll through this unique neighborhood anchored by the Sierra 2 Community Center and an 18 acre park, touring six residences in Tudor, Foursquare and Craftsman styles, as well as a large Craftsman-turned-daycare center.

The Curtis Park Home and Garden Tour is one of the few in the Sacramento region that offers a dramatic range of authentic and historic architectural exteriors with equally diverse and artfully designed interiors. The tour is held in the spring so visitors can enjoy delightful weather and new foliage. The homes are not specially decorated to reflect a given theme or holiday; instead, the tour allows visitors to see how people live in these exquisite homes day to day – how they have adapted their homes for their own enjoyment with well designed, fresh and classic interiors, while maintaining and appreciating their historical stature.

The program for the 26th Annual Curtis Park Home Tour kicks off at 10 a.m. at the north end of Curtis Park. Visitors can relax while enjoying music, refreshments, lunch from mobile food vendors Wicked 'Wich and Mama Kim's, and information on home restoration. In addition, the SCNA Senior Center is hosting a plant sale and the Sacramento Tree Foundation will be also be on hand.

The event is a fundraiser for the Sierra Curtis Neighborhood Association and benefits the Sierra 2 Center and SCNA programs.

Advance tickets are \$20 (\$15 for SCNA members) and will be available online March 1 and at Sierra 2 Center, Haus, and Collected Works after March 28. On tour day, tickets will be \$25 (\$20 for SCNA members). Call the Sierra 2 Center at (916) 452-3005 for updates, or www.Sierra2.org.

Coach: Sac State Wrestling program revived after nearly three decades

Continued from page 5

has taken a positive approach to the students and they really are an organization where the athletes are fully in charge."

Life lessons

Wesley said wrestling is a sport that teaches self-discipline, motivation and drive.

"The students can apply those intangible things to any aspect in their life," Wesley says. "These are the guys who are willing to do the extra work and lead by example."

Wrestling is not a high profile sport, there is little said about the sport in news or sports magazines, yet Wesley said they are considered some of the best athletes in the world.

Wesley is really excited about the potential this team holds and enjoys the fact they all help each other, not just as wrestlers, but as students too. He knows they have developed self-confidence and are willing to work hard to be successful.

"After you have wrestled, everything else is easy," Wesley said.



Three Generations of Big Fish Stories

When I was a kid, dad and I spent weekends at the lake with Granddad. Nothing made me happier than being with these men who I idolized.

We'd fish all day and eat all night. And in between, the two of them would be "storying" non-stop. I couldn't tell if their tales (accompanied by their guffaws) were true or just sort of true. Sometimes my eyes would get big as I heard about "the big black bear that nearly stole the car," or the "snake that slept with Grandma." Sure, they taught me to hunt and fish; but they also gave me the gift of gab – the pure joy of connecting with people.

Now dad lives alone in that cabin - neighbors stop in to check on him, they say he seems lonely. He needs help with daily tasks; food prep, housework, and transportation. He's not willing to admit he needs more help than the neighbors can give.

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History: Treasured artifacts include early letters written by Brigham Young

Continued from page 14

ny, shows that at the age of 23, Thomas came to New Orleans with Elizabeth, who was then 21, in 1844. They then traveled up the Mississippi River by steamboat to St. Louis prior to making their way to Nauvoo, Ill.

LDS pioneers

Penny said that, like herself, Thomas was a dedicated member of the Mormon church.

She added that Thomas knew the church's founder Joseph Smith and worked as a mason on the construction of the Mormon temple in Nauvoo.

In 1846, Thomas and Elizabeth left Nauvoo as part of the Mormons' great exodus through the Rocky Mountains. And two years later, they arrived in Salt Lake.

Daughters of Utah Pioneers

About six years ago, Penny followed in the footsteps of her grandmother and great-grandmother by joining the preservation-driven organization, Daughters of Utah Pioneers.

As part of her involvement with DUP, Penny is assisting with the current restoration project at the Sloughouse Pioneer Cemetery, which is located in the Sloughouse community on the Jackson Highway, about 18 miles southeast of Sutter's Fort.

The project includes cement work at the bases of fallen tombstones, drilling and pinning pillars and other tombstones, cleaning tombstones, placing and improving trails and researching family members who were buried at the cemetery.

'Paying it forward'

Penny said that her work at the cemetery increases her love for past generations.

"I enjoy being part of a great, dedicated group," Penny said. "Our work is to carry the torch for the people who lived here before us and to pass it on to future generations. It kind of goes back to, if you don't tell the story, who will? Our job is to instill pride and awareness of the past for future generations."

DUP is working diligently toward its goal of readying the cemetery for the 40th anniversary of the organization's ownership of the cemetery.

In honor of this anniversary, DUP will hold a special, May 12 public event, which will include speakers, docents in period clothing and tours of the grounds.

Preserving nearly lost arts

In addition to her work at the cemetery and collecting historic artifacts, Penny is known for her homemade baked goods, rug making and sewing.

Additionally, she has spent the past 35 years working in a profession that she considers to be as much of a hobby as it is a job.

Penny Pinchers

Penny is the sole owner of the Arden area-based business, Penny Pinchers, which provides flowers, food and planning for weddings and other events.

Through her business, Penny is able to use her creative side, making many artistic items by hand.



Arden-Carmichael News photo, Lance Armstrong
BRINGING THE OUTDOORS IN. This façade of a replica cabin is located inside the Arden area home of Penny Hogge-Dayley.

Penny, who has a husband named Lowell and 12 children and 41 grandchildren through two marriages, has resided in the same Arden area house since 1968.

And since Penny believes that she should have been born in a cabin, she said that the façade of a replica cabin inside her house is quite fitting.

"If I can't live in a cabin, then I'll have a replica of a cabin in my house," Penny said.

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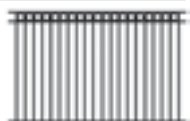
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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 17

Sunday Support for the Widowed

March 25: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine – holidays included. 3 p.m.–5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Walk for Thought

March 25: Sponsored by the Brain Injury Association of California. 8:30 a.m.–1:30 p.m. West Steps of the State Capitol, Sac. Dodie Newman (916) 799-9575 didieman@gmail.com

Hatha yoga

March 26: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Nicotine Anonymous

March 26: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.–6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento

March 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

March 26: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

March 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

Rotary Club of Arden-Arcade

March 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

March 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class

March 27, 28: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.–3 p.m., Wednesdays, 9 a.m.–1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous

March 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Rotary Club of East Sacramento

March 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon–1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club

March 28: The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

March 28: All area business people invited to hone their speaking skills. Noon–1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

3rd annual Easter Egg Hunt for Dogs

March 31: Bring your furry friend to join Wag Hotel for their 3rd annual Easter Egg Hunt for Dogs. The dogs will be able to hunt and sniff out over 1000 eggs filled with delectable treats. Hidden among the eggs will be

five special eggs containing the word "Winner" that can be redeemed for prizes including a five day pass of All Day Play at Wag Hotels. Enjoy finger foods and photo opportunities with the Easter Bunny. Exciting doggy prizes will be raffled. Easter attire is encouraged for pets! A portion of the proceeds to benefit Nor Cal Boxer Rescue. 11 a.m. to 1 p.m. \$10 donation per family. McKinley Park, 601 Alhambra Boulevard, East Sacramento. To purchase tickets, visit <http://tinyurl.com/egg hunt4dogs>. (916) 373-0300

Easter Carnival

March 31: Greenhaven Lutheran Church and Angels Nest Early Childhood Education Center will host an Easter Carnival, rain or shine. Free to the community. 11 a.m. to 2 p.m. Featuring carnival games, bounce house, Easter Egg hunt, craft activities, refreshments and the Easter Bunny. Greenhaven Lutheran Church, 475 Florin Road (at Gloria Drive) in Sacramento. (916) 428-8449.

The Great Land Park Spring Egg Hunt

March 31: Egg hunt includes arts & crafts and an appearance by the Easter Bunny. Bring your own basket. 9:30 a.m.–11:30 a.m. Egg hunt promptly at 10:30 a.m. William Land Park, 3800 Land Park Drive, Sacramento, west of the playground. (916) 808-7004.

Orchard Park Spring Egg Hunt

March 31: Spring Egg Hunt at Orchard Park, 2936 West River Drive, Sacramento. 2 p.m. Sponsored by Councilmember Rob Fong (916) 808-7004.

Pocket-Greenhaven Spring Egg Hunt

March 31: Spring Egg Hunt at Portuguese Park, 7350 Durfee Way, Sacramento. 10 a.m. to 11 a.m. Sponsored by Councilmember Darrell Fong. (916) 808-7007



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EASTER SUNDAY • April 8th, 2012

9:30 am Annual Easter Breakfast

11:00 am Worship Celebration of the Resurrection of our Savior, Jesus Christ

12:15 pm Easter Fellowship Hour

5:00 pm Beginning of THE OASIS Contemporary Worship Service



– EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

Health and Wellness Fair
Saturday, April 28 -10 a.m. to 3 p.m.
Chinese Grace Bible Church
6656 Park Riviera Way
FREE ADMISSION
Tai Chi/Chi Gung
Ask-a-Doctor: Talk with health & medical professionals in internal medicine, general practice, pediatrics, bone marrow drive, oncology, pharmacology, physical therapy, & nutrition.
Screening for blood pressure & BMI
Kid Zone with free books to first 150 kids, door prizes, refreshments.
go to: www.chinesegracebiblechurch.org

Friends of Jensen Botanical Garden
Spring Plant Sale
Saturday, April 7th
9 a.m. to 1 p.m.
Come early for the Best selection
Charles C. Jensen Botanical Garden
8520 Fair Oaks Boulevard
(between Marshall & Hollister)
For more information:
Beverly Scott (916) 338-2072

Show Your Family Roots
All-day seminar hosted by Root Cellar Sacramento Genealogical Society
Sat., March 31, 9 a.m. to 3:45 p.m., doors open 8:30 a.m.
Four sessions by internationally-known genealogical author, George G. Morgan
Bring Them Back to Life: Developing an Ancestor Profile;
Push and Pull: The Reasons for Migration;
Sidestep Genealogy; & the Genealogist as CSI
Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.
Advance registration required: \$25 members; \$30 non-members; after March 12-\$35.
Reg form at www.rootcellar.org. Contact Diane at rootcellarsgs@gmail.com

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Faces and places

Doggies, cats adopted at 'Cats and Cabernet'

Photos by **STEPHEN CROWLEY**
Arden-Carmichael News photographer
stephen@valcomnews.com

Happy Tails Pet Sanctuary hosted a very successful "Cats and Cabernet" pet adoption event at the Old Sugar Mill on March 17.

The nonprofit, no-kill animal rescue group is supported by volunteers from every neighborhood in the Sacramento area, including Land Park.

At the event, wine lovers seeking a new furry family member were able to adopt cats and dogs while sampling a variety of wines. Multiple applications to adopt Happy Tails pooches were received, so hopefully these furry friends will find "fur-ever" homes.



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e-mail susan@valcomnews.com or call 429-9901.



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Holy Week

APRIL 1ST — APRIL 8TH

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WWW.NORTHMINSTERONLINE.ORG

PALM SUNDAY April 1st 9:55AM
Rejoice as our children reenact Jesus' entry into Jerusalem with songs and the waving of palms.

MAUNDY THURSDAY April 5th 6:30PM
Commemorate the Last Supper. Our Chancel and Handbell Choirs perform during this Communion Service.

GOOD FRIDAY April 6th 7:00PM
A moving Tenebrae Service in the dark as we remember the sacrifice of Jesus on the cross.

EASTER SUNDAY April 8th
Early Son-Rise Service 7:00AM
Listen to our Youth Praise Band "sing a joyful noise to the Lord".

Traditional Service 9:55AM
Celebrate this glorious Resurrection Day with inspirational worship, music, and joyous praise.



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