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## Janey Way Memories

# Running from Old Man Charlie



By **MARTY RELLES**  
East Sacramento News columnist  
[marty@valcomnews.com](mailto:marty@valcomnews.com)

One day in the late 1950s, Bob Pesce, Lou Viani and I played "King of the Mountain" on a big mound of dirt in the middle of the Pit (the vacated sand and gravel site adjacent to the houses on the east side of Janey Way).

We grappled atop the dirt pile trying to push each other off of it. As we tussled, twisted and slipped on this hill, Bob suddenly said, "Look out, here comes Old Man Charlie!"

We stopped in our tracks and immediately looked westward in the direction of Charlie's shack. Sure enough there he came striding down the west side of the Pit at deliberate pace.

Immediately, we dropped down to our knees, eyes posted, tracking the progress of the scruffy, yet feared watchman of the Pit.

"He's coming this way" said Lou. "He must have seen us playing out here. Let's make a run for it."

"Which way," I cried.

Well, we basically had two options: run toward the southeast corner of the Pit and exit on 61st and M streets, or run northeast over the mounds of debris on that corner of the Pit and exit on Elvas Ave.

If we went toward 61st, he might cut us off, so we chose the latter direction.

Off we went in whirl of dust. Up, over, around and through the mogul-like mounds of concrete, wood and soil, we scurried. When we had progressed about 100 yards, we dropped down and stared out to the east to check on Charlie's progress.

Sure enough, he was heading down the access road leading into the middle of the Pit, right in our direction. We lay low, holding our breath.

The Janey Way gang feared being caught by old man Charlie more than anything. We

might end up hanging on one of those posts on the side of his house like side of beef. Yow!

Down into the Pit came the scary old man.

Despite his age, he still seemed pretty spry. We knew he might pursue us into the piles where we lay, but we held our ground.

"Let's see what he does."

When he reached the big dirt pile, he stopped. He looked up to the top of the hill and saw nothing but our tracks. Then, he turned 360 degrees, surveying the entire Pit. He scratched his chin.

"Where could those boys have gone?"

For just a minute, he considered heading off in our direction, then he had second thoughts.

"Those boys must be long gone by now. Oh well, at least they are out of here."

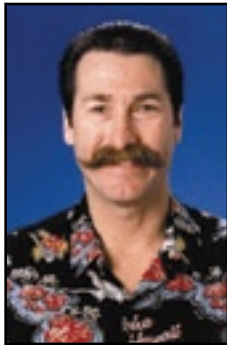
Then, thankfully, Charlie turned and walked back out of the Pit, up the access road to the exit by the Petrocchi house on Janey Way and M Street, then turned right on M Street and disappeared.

Phew, he was gone for now. We had foiled his effort to catch us one more time. Naturally, we returned to the hill again and resumed our contest.

During the time, I grew up on Janey Way, Old Man Charlie pursued me many times. As the watchman for the Pit, this was his job. However, we perceived him as an opponent, a bogeyman. To the best of my knowledge, he never apprehended any of the Janey Way gang, but stories abounded of what he might do if he caught us.

Eventually, we all grew up, to heights much greater than the little old watchman. By that time, he had left the neighborhood and the Pit itself had disappeared, making way for St. Francis High School.

Now, Old Man Charlie is nothing more than a slightly comical Janey Way memory.



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Keeping pets and seniors together:

# Sacramento SPCA offers pet services to senior citizens

By SALLY KING  
East Sacramento News writer  
sally@valcomnews.com

Imagine an older woman in her wheel chair; leaving her Natomas home in the morning with her little dachshund bundled up on her lap, switching between light rail and the bus for three hours to reach her destination point.

The woman was bringing her dog to the Sacramento Society for the Prevention of Cruelty for Animals (SPCA) located at 6201 Florin Perkins Road, where a program called "Senior Services" provides free pet vaccinations to senior citizens age 60 and over the first Wednesday of each month from 10 a.m. to noon.

"This woman arrived late and was incredibly grateful and gracious to us when we told her we would vaccinate her dog that day," SPCA Senior Services Coordinator Shari Lowen said. "Our goal is keeping seniors and their pets together."

### Pet, senior needs met

For many seniors, their life is their pet.

"No one can argue the benefits of keeping seniors and their pets together," Lowen said. "The senior program provides free vaccinations, nail trims, and pet adoptions."

The money saved on free pet vaccinations provide many seniors money needed for pet food.

Lynn Humphries, A Sure Solution consultant, thinks the SPCA Senior program is wonderful.

"Three years ago I received a call from a gentleman who had a sick dog and no money. At that time the SPCA didn't have a senior program, so I split the cost of the veterinarian fees with a friend," Humphries said. "The man started crying when he found out his dog was going to be OK."

### Meals on Wheels connection

Humphries said the folks who volunteer with "Meals on Wheels" keep their eyes open for seniors who might need assistance with a pet.

Lori Olshaskie, Meals on Wheels' Social Services supervisor, said she has known seniors on fixed incomes who would rather see their pet eat than themselves.

"The level of love and commitment to their pets is amazing," Olshaskie said. "Especially when a person lives alone, having a pet makes a huge difference in that person's life."

Meals on Wheels is grateful for pet food donations and is willing to pick them up.

### Golf tournament

The SPCA holds an annual golf tournament to raise mon-

ey for the Senior Service program. It will take place Monday, May 7 at the Del Paso Country Club, presented by Hank Fisher.

In addition to free vaccinations, the Senior Service program provides discounted dog training, free telephone assistance with dog and cat behavior issues and discounted private animal behavior con-

See SPCA, page 8



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Faces and places

# Rotarians gift dictionaries to Phoebe Hearst Elementary School third graders

By SUSAN LAIRD  
East Sacramento News editor  
susan@valcomnews.com

When you are in the first and second grades, you are learning to read.

When you are in the third grade, you are reading to learn.

With this thought firmly in mind, the Rotary Club of East Sacramento presented every third grader at Phoebe Hearst Elementary School – 101 kids – a brand-new, “Macmillan Dictionary for Children” on Jan. 13. It was a gift from the Rotarians to each child. The book is his or hers to keep – forever.

Dinger, the Sacramento River Cats mascot, was on hand to help with the distribution. The kids learned that Dinger is literate and that he likes to read about baseball.

The hardcover book features some 35,000 entries, with over 1,100 photographs and images in full color. Words such as “Internet” and “Website” are defined. The kids were excited to get their own books.

“Now I’ve got a brand new dictionary,” said Clayton Ketcher, 9. “This will replace my old one.”

“We can look up words on our own for homework,” said Claudia Daponte, 9.

Some 203 additional dictionaries will be gifted by the East Sac Rotarians to third graders at David Lubin, Tahoe Elementary and Caleb Greenwood Elementary schools.



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# Soroptimists, Library look to raise awareness on human trafficking

By **CORRIE PELC**  
East Sacramento News writer  
corrie@valcomnews.com

Here's something you may not know about Sacramento: the capital city is among 18 medium-sized US cities identified by the Federal Bureau of Investigation (FBI) as a hub for human trafficking.

Sacramento is among the top cities experiencing an epidemic of child prostitution, according to the nonprofit refugee resettlement agency Opening Doors. The agency's Website said an estimated 600,000-800,000 people are trafficked across international boundaries every year, and some 14,500-17,500 people are trafficked into the US.

## Modern slavery

What is human trafficking? According to Opening Doors it is defined as "modern slavery" – victims as young as 13 and as old as 54, and of both genders, are forced, frauded or coerced into the commercial sex industry, involuntary servitude, debt bondage or slavery.

What makes Sacramento such a hub for human trafficking? Opening Doors said one reason is its large immigrant population. And Kathleen Crone, treasurer of Soroptimist International of Sacramento South (SISS) said it also has to do with Sacramento's location.

"We're so centrally located to so many free-ways. If a group has been identified, it's very easy for whoever is in charge of this group to get them out of Sacramento quickly," Crone said. "And (it's) then easy access to Reno, Las Vegas, Los Angeles – it's just kind of the hub of the wheel."

## Lack of information

As ending human trafficking is one of the major programs of Soroptimist International, the South Sacramento chapter was looking for a way to help

by educating their members on the subject. As they started the process, however, they soon found that for a city where human trafficking is a problem, the information was not that easy to find.

"I started acquiring some books (on human trafficking) that I passed around to (our) members, but some of them were very expensive that we wanted to read," said SISS member Dori Holmer. "So I contacted the (Sacramento Public Library) to find out what they had and they had nothing – they had not supplied any human trafficking books to their readers at all. So one of our members suggested: why don't we buy some books for the library. So we did."

## Books at library

Holmer said SISS presented the Sacramento Public Library with a list of 20 suggested books on human trafficking. SISS chose 10 of those books to purchase and donate to the library system, while the library purchased the other books to add to their collection.

"Any time someone approaches us and they want to donate materials, especially when they are quality materials of a nature that is current and it's relevant to the community, we want to take those in and make those available to the public," said Brenda Haggard, strategic communications officer for the Sacramento Public Library.

## Travelling display

However, SISS also felt it was important for library patrons to know such books were available. To help spread the word, they asked Sacramento Public Library if they could put up a display about the books and the human trafficking issue and the Library said "Yes."

"We felt that we needed some way of letting people know that the books were there and available



Photo courtesy, Soroptimist International of Sacramento South (SISS)  
HUMAN TRAFFICKING, or modern slavery, exists in every part of Sacramento. The members of Soroptimist International of Sacramento South (SISS) donated books on this issue to the Sacramento Library, which did not have any literature on this issue prior to the donation.

and to create an interest in reading them," Holmer said. "We had discovered in talking to people that they are shocked to learn that first of all slavery exists, and second that it exists in Sacramento. So we thought a display would be helpful."

The books and human trafficking display were officially made available on Jan. 11, which was International Human Trafficking Awareness Day, Haggard said.

"(The display) will be at the Central Library for about a month and then travel to five other libraries in the system over the next few months," she said.

According to Crone, the display will be moved to the Colonial Heights Library in March, Belle Coolegge Community Library and Martin Luther King, Junior Regional Library in April, and Rancho Cordova Library in May. The display includes information on the human trafficking books, as well as informational sheets, objects that represent trafficking – such as handcuffs and barbed wire – and also posted

hotline numbers in the hopes if a trafficked individual happens to see the display they would have access to ways of help, Crone said.

## Awareness is first step

Both SISS and the Sacramento Public Library hope both the

See Trafficking, page 18

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Know your neighbor

# A visit with original Kings owner Greg Lukenbill

By LANCE ARMSTRONG  
East Sacramento News writer  
lance@valcomnews.com

*Editor's Note: This is part one of a two-part series about East Sacramento native Gregg Lukenbill's many activities in the capital city.*

For many local residents who recall the days when the capital city was introduced to major league sports through the Sacramento Kings, the name Gregg Lukenbill is very familiar.

Gregg was part of the group that purchased the Kansas City Kings in 1983. The team then relocated to Sacramento for its inaugural 1985-86 season.

Although it may seem surprising to many people, this is the 20th year since Gregg sold his stake in the team.

During his interview with the *East Sacramento News*, Gregg spoke about his former association with Sacramento's National Basketball Association franchise, as well as other details about his life.

In sharing a bit of a chronological voyage of his life, Gregg, who presently resides in East Sacramento, noted that he actually grew up in the area.

"I was born right over there at Mercy (Hospital at 4001 J St.) and I lived at 44th and C (streets) for the first 10 years," Gregg said. "We ended up with five kids in one room and it was a little crowded over there, so my dad (Frank Lukenbill) bought a bigger house on Meister Way, which is about four blocks away. I lived there until I lived on my own."

Gregg's educational background consisted of attending Sacramento schools, as he was initially a student at Sacred Heart School at 3933 I St. before being enrolled at Jesuit High School.

After a year at Jesuit, Gregg, who was his parent's only son, transferred to Sacramento High School, where he graduated in June 1972.

Gregg said that he became employed for the first time at a very young

age, as he began to work for his father, who was a construction superintendent.

"I always worked for my father during the summertime, so that's just the way that it was from the time I was about seven years old on," Gregg said. "In about 1962, I think I got my first paycheck. Back then, I was just doing labor — cleaning up the job sites. He used to build houses and commercial buildings and remodels and things like that, so there was always cleaning up to do after the work."

Eventually, Gregg began learning how to hammer nails, dig ditches, move dirt and use a saw.

Gregg said that with this experience, he became a "mass production kind of a guy" by the time he was about 12 years old.

When Gregg was about 17 years old, he began to construct buildings and foundations on his own.

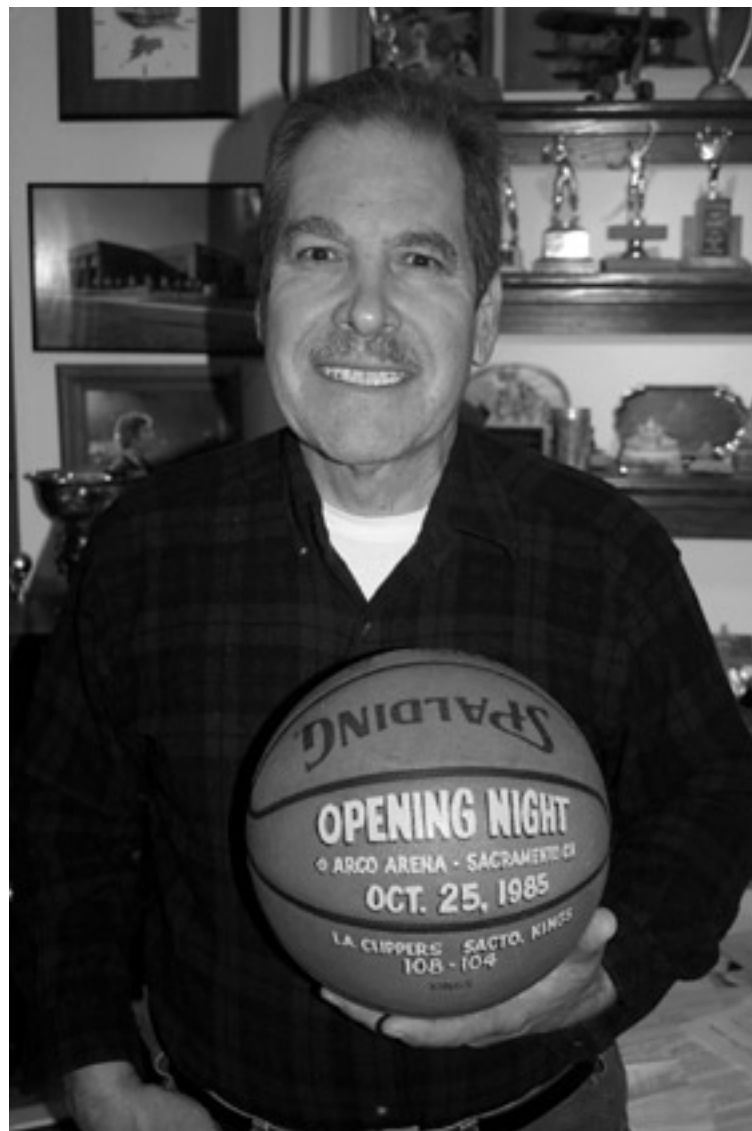
At the age of about 20, Gregg went into business with his father, who was the co-owner of the construction company, Lukenbill Bros. Together they formed Frank Lukenbill & Son.

As part of the creation of Lukenbill & Son (later Lukenbill Construction), Frank's brother, Berkley Lukenbill, who was the other partner of Lukenbill Bros., sold his interest in the company to Gregg for about \$12,000.

Among the places where Gregg and Frank worked on projects together were the California Almond Growers Exchange at 1802 C St., where the Lukenbills had established a longstanding contract, and Superior Ambulance at 1221 30th St.

Gregg said that it was also during this time that he began to construct commercial tilt-up buildings.

"I started with the tilt-ups, because I was watching Buzz Oates and Joe



East Sacramento News photo, Lance Armstrong

GREGG LUKENBILL holds a basketball from the first regular season Sacramento Kings game, which was held in 1985.

Benvenuti build these tilt-ups around town and I thought that was a pretty efficient and fast way to build a building," Gregg said.

To assist with the construction of two of these buildings, Gregg hired Mike Chilimidos, a high school friend of his who was then working at Knott's Pharmacy at 4819 J St. Chilimidos later served as the superintendent for the construction of today's Power Balance Pavilion.

Gregg was very close to his father. Frank Lukenbill died about two weeks before his 88th birthday in 2007. Gregg said that his father was a great business partner.

"I always trusted him and he trusted me and he was a godsend for me, because he was always a natural with people and a great hands-on guy," Gregg said.

Overall, Gregg said that he was very fortunate to have parents who made such an impact on his life.

"I was just really blessed growing up," Gregg said. "My mom (Leona Lukenbill) was a fanatic about school and my dad was a fanatic about work. My dad was a really hard worker and my mom was a really hard worker from an educational standpoint."

In honoring the paths of both of his parents, Gregg worked in the daytime and attended college at night.

Gregg took classes at American River College, Sacramento City College and Sacramento State University. He continued with these studies until the fall of 1978, when he was 23 years old.

Although he did not know it at the time, Gregg was on a path that would bring a major league sports franchise to Sacramento just seven years later.

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# The Benevolent and Protective Order of Elks: What are they, anyway?

By SALLY KING  
East Sacramento News writer  
sally@valcomnews.com

Ramon Perez and Jack Lewis know change is inevitable, even for the Brotherhood of the Elks, which has been in existence for 141 years.

Perez and Lewis are members of Lodge No. 6, located at 6446 Riverside Blvd. in the Greenhaven-Pocket area.

"This is the best kept secret in South Sacramento," Perez said. "Our lodge provides catering, a large ballroom, and we have a gym with a steam room, handball courts and a recently renovated indoor pool."

Perez and Lewis want to see Lodge membership grow. Both believe if the community knew how much the Elks have to offer and were aware of the many benevolent activities they provide, more folks would be interested in joining.

Perez said the baby boomer generation (those born between 1946 and 1964) is not known to join a club unless it has something to offer that is relevant to them and this is one reason why Elk membership is not growing. He wants boomers to know that the Elks have something for everyone and are not just a group of old men hanging out.

Another reason for the decline in membership, said Lewis, is the lodge location. Lodge No. 6 moved from downtown to the Pocket, making it a less convenient place for local business people to have lunch or meet after work.

Other lodges in the area have also seen a decline in membership. Jim Warrick, secretary for Lodge No. 2103 in Carmichael said the closure of McClellan and Mather Air Force bases affected Carmichael's membership.

"We have one problem nationwide," Warrick said. "The demographics have changed since World War II and that is the key to the future of Elkdom."

There are more than 2,000 Elks lodges throughout the country. As part of their mission, the Elks spend more than \$80 million every year for benevolent, educational and patriotic community-minded programs.

"It's the good deeds we do that draws in new members," Warrick said. "You make friends when you do good things."

A non-core cancer survivor group from the YWCA has been using the Lodge No. 6 pool for 23 years on Friday mornings, according to Lewis. Doctors said swimming would be the best exercise for this group. The heated indoor pool provides privacy and a warm place to swim in the winter.

Currently, Lodge No. 6 has around 758 members. At one time, they had 2,970 members.

Lewis has been a member of the Elks just a little longer than Perez, both joined around the year 2000. Within three years of joining, Lewis served as Exalted Leader, the president of the lodge.

After driving by the Elks building for 15 years, Perez stopped out of curiosity, wondering what they do back there.

"The only reason I came in is someone said they have a gym and I should check it out," Perez said. "They had a gym locker, a steam room, a sauna, a workout room, a swimming pool, racquetball, all for a reasonable price, plus I can go have a drink at the bar if I feel like it."

Of utmost importance to Perez and Lewis are the many benevolent activities sponsored by the Elks. The Elks provide and sponsor many scholarships for local high school students, plus they provide a program that works with troubled youth.

Another important program provided is known as the "The Dictionary Project." The mission is to distribute dictionaries to as many third graders as possible. Perez said Lodge No. 6 also provides a 'Student of the Month' lunch for local schools.

The Elks have a program called "The Purple Pig" that supports children whom are physically, emotionally or mentally disabled.

Lodge No. 6 provides many cultural events.

"We have a large Cinco de Mayo party in May," Perez said. "We provide music, piñatas and good food."

Many of lodges offer breakfast to the public on Sundays. Lodge No. 6 offers a \$9 breakfast from 8:30 a.m. to 11: a.m.

"The Carmichael Lodge sponsors one of the largest July 4th parades in northern California," Warrick said. "The parade began 50 years ago and it takes over 200 volunteers to organize it."

Perez said Lodge No. 6 is having a major fund-raiser in 2012 and is selling tickets raffle off a new 2012 Camaro 2SS Coupe. The drawing will be held May 4.

"Women find the Elks Lodge a safe place to meet with their friends," Lewis said. "They can sit in the lounge without being hassled."

Up until 1995, only men were allowed to join the Elks Lodge. Perez and Lewis wholeheartedly agreed allowing women to join in 1995 helped to make the Elks Lodge a better organization.

"We have women in all the big, responsible state and national positions now," Lewis said. "They are doing a tremendous job and that's helped a great deal."

An opportunity for more members opened up when women were allowed to join the Elks – because the women invited their husbands. Perez said it was no longer a group of "guys going off smoking cigars at an exclusive club."

Warrick said the Elks focus changed dramatically in the 1970s, with the emphasis being on the family. The highest membership was in 1976 with over a million members.

There are many ways for Elks members and their families to participate in benevo-



East Sacramento News photo, Sally King

NOT YOUR GRANDPA'S LODGE...the Benevolent and Protective Order of Elks are men and women who do many good works in the local community. Elks lodges are places where neighbors come together, families share meals and children grow up.

lent activities. For those who are interested, current lodge members offer a tour. Membership dues are only \$180 annually.

Perez, Lewis and Warrick believe the Elks have many

great programs and welcome folks to check the organization out. Interested parties and the curious are welcome to visit [www.elks.org](http://www.elks.org). Contact information is available online.

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# SPCA: Seniors can receive pet vaccinations, discounted dog training, more

Continued from page 3

sultations. They also provide quarterly estate planning seminars that include information about options for pets in the event the owner is no longer here to care for them.

## Future programs

Lowen said the SPCA is working on a program where volunteers go to the senior's home

and provide whatever services his or her pet might need, such as transportation to the veterinarian because many seniors no longer drive. The SPCA is trying to get volunteers together to walk dogs for folks who are immobile or not able to walk far.

To learn more, call the Sacramento SPCA at (916) 383-7387 or visit [www.sspca.org](http://www.sspca.org).

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Who let the dogs out?

# Making the most out of your next dog park visit

By **CORRIE PELC**  
East Sacramento News writer  
corrie@valcomnews.com

Dog parks are a hot commodity right now. According to an article in *USA Today* last month, dog parks are the fastest growing segment of city parks in the United States – there were 569 dog parks in the 100 largest cities in 2010, a 34 percent increase over five years, where parks overall only increased by three percent. The article says this reflects changing demographics as there are now more households with dogs (43 million) than children (38 million).

In Sacramento, there are quite a few dog parks. The City of Sacramento Department of Parks and Recreation currently manages nine dog parks throughout the City, including Partner Park on South Land Park Drive, Sutter's Landing Dog Park at 28th and B Streets, and Glenbrook Dog Park on La Riviera Drive.

Greg Narramore, recreation superintendent for the City of Sacramento Department of Parks and Recreation, says the City began opening dog parks as the community was asking for a place to take their dogs.

"As Sacramento has become more urbanized, people don't have space for their dogs to get a lot of good exercise," he explains. "Walking's fine, but dogs also like to get out and run and play. And for dogs that are very social, this is a great place for them to go and play with other dogs."

It's this ability for dogs to socialize that makes it possible for a dog owner to have a well-adjusted dog, according to Jaimie Scott, owner of Blissful Dog Owner Dog Training and Behavior Modification.

"Dog play is extremely important and I think most people don't realize or understand how important it is," Scott says. "At the dog park, your dog has to learn how to read other dog's social cues, dogs that he doesn't know, and respond. That uses a lot of brain power – it's kind of like paying a long game of chess while you're running up a hill."

### Tips for Success

With a number of dog park choices in the Sacramento area, what should you look for in a park?

Victoria Cox, office manager and dog trainer for Cha

Cha's Doggie Daycare in East Sacramento says owners should do their research before attending a dog park.

"Drive by it and see: do they have a small dog area that's separate from the big dogs, are there holes in the fencing, does the equipment look safe," Cox says.

Before you enter the dog park, Cox says to sit outside of the park and just watch. Are dog owners watching their dogs? Or are they texting instead? Is there a "bully" dog chasing the other dogs around?

"If any of these red flags pop up, I would just leave and come back another day," she says.

If you do find a dog park you want to try out, Scott suggests walking your dog around the park before going in.

"It gives your dog a chance to calm down a little bit, get used to the idea that there's other dogs around," he explains. "Also, you can check out every single dog in the dog park and if there's a dog causing problems in there, don't go in."

Scott also uses this time to greet dogs in the park through the fence, allowing his dog to calm down by reinforcing "calm submissive behavior." This takes some of the pressure off his dog as it says to him that "Scott's checked out these dogs and they're OK."

For the first 10 or so trips to the dog park, Scott says owners should be prepared to be 100 percent devoted to watching their dog rather than socializing with other owners.

"You're going to be watching your dog like a hawk – following him around, making sure he doesn't get into it with other dogs, making sure other dogs don't get into his face and scare him," he says. "For many dogs, it takes half a dozen trips to the dog park before they feel comfortable enough to be able to run and chase other dogs."

Cox also stresses the importance of basic obedience training for your dog before ever entering a dog park.

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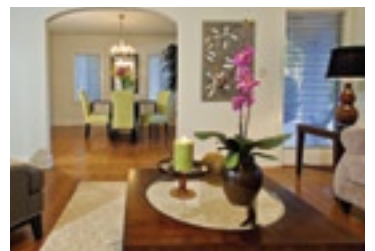
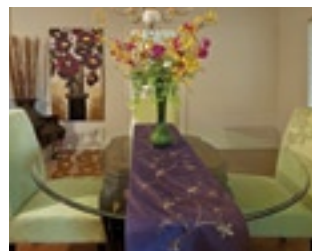
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# Shepard Garden and Arts Center helps keep community clubs going

By CORRIE PELC  
East Sacramento News writer  
corrie@valcomnews.com

Did you know there's a society for those just looking to promote the culture of the iris flower, or that there's an association for those that collect watches and clocks?

If you do, than chances are you frequent the Shepard Garden and Arts Center, located adjacent to the rose gardens of McKinley Park in East Sacramento.

"(The Shepard Garden and Arts Center is) a place for groups of people with like hobbies to come together and work together," said Ken Rothaus, president of the Board of the Shepard Garden and Arts Center, which meets at the Center. "There are 32 clubs in the Center right now and basically we're there to support those clubs, the majority of which are in



Photo courtesy, Shepard Garden and Arts Center  
FOR HALF A CENTURY, the Shepard Garden and Arts Center in East Sacramento has provided a "home" for the area's many community clubs.

the gardening and artistic realms."

For Mabel Lotz, who has been the coordinator of the Center for the past 25 years, it's the "wonderful people" that come in every month that has kept her at her job for so long. "In fact, two of the clubs have made me an honorary member," she said. "I can't complain - I love my job."

According Edzard Schroeder, treasurer of both the Center's Board and the Friends of the Shepard Garden and Arts Center, the Center was founded by eight clubs in 1941 in a different, smaller building back by the McKinley Park Rose Garden. He said Iva Gard Shepa-

See Shepard, page 13

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# Shepard: 32 clubs call the Shepard Garden and Arts Center home

Continued from page 12

rd, a *Sacramento Bee* garden columnist and leader in the garden community, was one of the early people involved in the Center who worked to convince the City of Sacramento that the clubs should have a larger space.

In 1953 their perseverance paid off, as the City Council agreed to provide some funds to build a facility, which Schroeder said started construction in 1957 and was dedicated on Sept. 17, 1958.

"Iva Gard Shepard was the president there for many, many years, I think probably until she passed away in 1970 or '71 or so," he said. "And the building itself was renamed the Iva Gard Shepard Garden & Arts Center in 1972 after she had died in her honor."

Today, Schroeder said, the Center's building consists of two main rooms – a small room called the East Room that can fit 45 people, and the main room that can fit 130. And to keep up the times, some recent upgrades have been initiated, including wireless Internet and upgraded sound system.

"We're trying to get into the 21st century and provide more tools for the clubs – basically whatever the clubs need to try to get them what they need," Rothaus said.

However, all these upgrades – along with general maintenance, utilities, and even the Center's staff, which is a City employee – are paid for by the Center. The Center leases the building from the City, Schroeder said. All this amounts to about \$50,000 a year. To help raise money, the Center charges each of its clubs membership and room rental fees, and also holds about 22 weekend shows through the various clubs.

Recently, the Center decided to start renting to non-members when the facility is not in use. Rentals are restricted, so there are no weddings or live music

after certain times of the day.

"We try to watch out for the neighborhood – we don't want to disturb anybody in the neighborhood," Schroeder said.

Through its various club meetings and shows, Schroeder said the Center sees about 8,000 to 12,000 people visiting the Center each year.

"It used to be up in the 15,000s and it's somewhat declined over the years," he said. "We used to have 40 clubs, now we have 32 – some of the clubs have gone."

Why the decline?

"Unfortunately in the environment we're in today, people do not join clubs as much as they used to," Rothaus said. "And (in) some of the clubs, the clientele are getting older and it's time to bring in some new blood so they last longer."

Lotz agrees.

"Younger people, they're so involved with their home and everything else that they don't take the time for gardening and that sort of thing. But I would hope that they could build up more clubs to come in, more members for each of the clubs so they could hold on and continue. That's the main thing at this point."

To help keep the Center going, Rothaus asks the community for its support.



"Visit the shows when they're there, go onto our Website to see when the clubs have their meetings and come to the meetings, and for the club that interests you...get involved," he said. "And once you get involved in the club, you can get involved in the Center. The important (thing is to) is get involved in the clubs first, because that's really the key to our being there."

For more information on the Shepard Garden and Arts Center, the clubs it currently serves, and a full calendar of events, visit [www.sgaac.org](http://www.sgaac.org).



Photo courtesy, Shepard Garden and Arts Center  
A VARIETY OF PLANTINGS surround the Shepard Garden and Arts Center. This is not surprising, because a number of gardening clubs meet at the facility in McKinley Park.

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Comfort pillows for breast cancer patients

# Necessities Bag 'Pillow Party' a success

By SALLY KING  
East Sacramento News writer  
sally@valcomnews.com

The Fellowship Hall at the Central United Methodist Church was filled with women of all ages bustling about, getting work stations set up for the quarterly "Pillow Party" on Jan. 9.

Necessities Bag Volunteer Coordinator Joan Eddy felt the energy in the room and began the evening by thanking the volunteers who came to make comfort pillows for women recovering from breast cancer mastectomies.

"I anticipated around 45 volunteers, but I know we have more than that," Eddy said. "Our goal is to make 120 pillows and I think we will exceed that amount."

The final headcount for the evening was 68 volunteers and Eddy said a "whopping 262 pillows."

Necessities Bags are reusable totes filled with handmade pillows for wound care, comfort and practical items given to women facing mastectomies.

Sacramento resident Ellen Mack started necessities Bag Sacramento in August 2005

after she underwent surgery for a bilateral mastectomy and reconstruction and found the surgery traumatic. She wanted to comfort other women going through this surgery and had read an article about an organization in Connecticut that provided a tote filled with practical items and information specific to women facing mastectomies. Mack believed women needed this service in Sacramento and by April 2006, Necessities Bag Sacramento was incorporated. There are 15 affiliates throughout the country.

Omega Nu Sorority member Wendy Weir said their group donates the money made from Bunko Night to Necessities and most of them attend the quarterly "Pillow Party."

"This is a good way to give back," Weir said. "And I do have friends who have or have had breast cancer."

Dixon resident Grace Be doian who is a breast cancer survivor sees this as a way to help other women. She has attended six of these parties. She hopes the person receiving the pillow is comforted.

"Doing this makes me feel warmer," breast cancer survivor Sue Clark said. "These pillows are



East Sacramento News photo, Sally King

A-WHIR WITH ACTIVITY, volunteers for Necessities Bag manned six stations to create comfort pillows for women recovering from breast cancer mastectomies on Jan. 9. Some cut fabric, others pinned it, some sewed while others trimmed, stuffed or finished the pillows. The groups goal was to create 162 pillows, but a "whopping 262" pillows were made in one evening.

good for women who have had radiation treatments too. The pillow protects the area where it's sore from the treatment."

Buford Goodenough said he showed up because he likes to volunteer and this is a project that is near and dear to his heart. He works with a breast cancer survivor.

Volunteers could choose one of six stations to work. The first station had women busy cutting fabric, the second group matched fabrics up and pinned them together. There was a whirl of sewing machines where volunteers were sewing fabric together at the third station. The group at station four trimmed the corners and turned the fabric right side out and handed them off to a

small group ironing the fabric. The next group stuffed Polyfill into the pillows and handed them off to the last group who hand sewed the small opening on the side of the pillow together.

Through the whole evening, only one small hitch interfered with the assembly line process. Early in the process some of the sewing machines lost power, but Eddy had it fixed right away.

This is the Jaime Clifton's second time volunteering for this project. She attends Laguna Hills High School and sees this as a good way to receive community credits.

A young boy and girl whose mother recently passed away from breast cancer and their

aunt were helping sew the pillows together.

Lynn Smith is 88 years old and was stuffing the pillows.

"This is my meditation," Smith said. "I have to keep busy after losing my husband of 53 years and this makes me feel good."

Ask any of the volunteers who showed up and there would be a big smile and a feeling of warmth as many of them expressed how much they enjoy being a part of this quarterly event, knowing that somewhere there is someone who is using that small pillow as a comfort in a painful, scary situation.

To learn more, and to read comments from Necessities Bag recipients, visit <http://necessitiesbagsac.org>.



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Home Improvement page



# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JANUARY

### Bilingual Toastmasters

**Jan. 19, 26:** Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Bingo!

**Jan. 19, 26:** Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

### Florin Sears Store Farmer's Market

**Jan. 19, 26:** Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

### Food Addicts Anonymous

**Jan. 19, 26:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

**Jan. 19, 26:** Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of Pocket/Greenhaven

**Jan. 19, 26:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

### Sacramento Downtown Plaza Farmer's Market

**Jan. 19, 26:** Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sam Brannan Middle School Visitation Days

**Jan. 19:** Sam Brannan Middle School will host parent and 6th grade student visitation days. Come discover the exciting transformation taking place at Sam Brannan Middle School. See first-hand some of the best teaching taking place in Sacramento! All classrooms will be open to students and parents to visit, 8:30 a.m. - 12 noon. Contact the school office to schedule your visit. (916) 264-4350 x 1001.

### Sutterville Heights Optimist Club

**Jan. 19, 26:** Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

### Ballroom Dances

**Jan. 20, 24, 27, 31:** Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

### Coming Home to the Catholic Church

**Jan. 20:** Patrick Madrid will speak on "Search and Rescue: How You can Help People Come Home to the Church." With a generous helping of humorous anecdotes, biblical examples and practical illustrations, this talk equips lay-Catholics with the tools they need to help family, friends and co-workers to come into (or back into) the Catholic Church. Book signing, Q&A. Free. 6:30 p.m.-9 p.m. A free-will offering will be collected to defray costs. Presentation Parish, 4123 Roberson Ave., Sac.

### Kiwanis Club of East Sacramento-Midtown

**Jan. 20, 27:** Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

### Rotary Club of Point West

**Jan. 20, 27:** Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

### Soroptimists of Sacramento

**Jan. 20, 27:** Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

### Country Club Plaza Farmer's Market

**Jan. 21, 28:** Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

### Food Addicts Anonymous

**Jan. 21, 28:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

### 2nd annual Potluck Benefit for Carmichael Dog Park

**Jan. 21:** Come learn how to work better with your four-legged canine family members and bring a potluck dish to feed 10 to 12 hungry neighbors at the Second annual Carmichael Canine Corral Dog Park Fundraiser Potluck. Guest speaker: Tom J. Lucido, dog trainer. \$5 per person. 5:30 p.m.-8 p.m. Raffle, prizes, more. Benefits Carmichael Canine Corral. Carmichael Veterans' Hall, Fair Oaks & Grant Ave., Carmichael. www.CarmichaelDogPark.com CarmichaelCanineCorral@yahoo.com

### 3rd Saturday Paint Out: Tower Theater

**Jan. 21:** Meet in the south end of Willie Burgers parking lot, 2415 16th St., Sac., opposite our famous Sacramento icon, the Tower Theatre. Plenty of views are available, as well as coffee, breakfast, lunch and restrooms. Please be courteous to Willies customers by not parking close to the restaurant. 9 a.m. Open to all artists. David Peterson (916) 716-5951

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5th ANNUAL GALT

# Winter Bird Festival

Saturday - January 28, 2012

McCaffrey Middle School  
997 Park Terrace Drive, Galt, CA

Free Admission • Arts & Crafts • Bird Tours  
Free Kid's Activities • Local Food Vendors  
Live Animal Demonstrations

Pre-registration for bird tours is required, so sign up NOW by visiting [www.ci.galt.ca.us](http://www.ci.galt.ca.us) or call 209-366-7115.

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# Trafficking: Modern day human slavery exists in Sacramento

Continued from page 5

books and the display will help create awareness around the issue of human trafficking.

"Awareness is always the first step to solving a problem, so providing the information that brings the awareness will be a vehicle to help solve the problem we hope," Haggard said.

Crone hopes this project may be the beginning of more for SISS, such as possibly utilizing rooms at various libraries to make presentations and other projects to help make hotline numbers more accessible to trafficking victims.

"We hope that we can do a little bit more than just this – it's really just the beginning of a big problem," she said.

For more information on SISS, visit <http://sorooptimistssacramentosouth.com>.



Photo courtesy, Soroptimist International of Sacramento South (SISS)  
A TRAVELLING DISPLAY on human trafficking, also put together by the Soroptimists, is at the Central Library through February. It will travel to five additional libraries in the Sacramento Public Library system during 2012.

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### A Celebration of Birds & Family Fun!

5th ANNUAL GALT

Winter Bird Festival

Saturday, January 28

McCaffrey Middle School

997 Park Terrace Drive, Galt

FREE admission • Arts & Crafts  
Bird Tours • Kid's Activities • Food  
Pre-registration for bird tours: [www.ci.galt.ca.us](http://www.ci.galt.ca.us) or call (209) 366-7115

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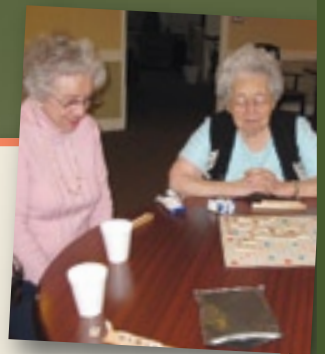
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**DAVID KIRRENE 531-7495**



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**PENDING!**

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**TIM COLLOM 247-8048 • LIBBY NEIL 539-5881**

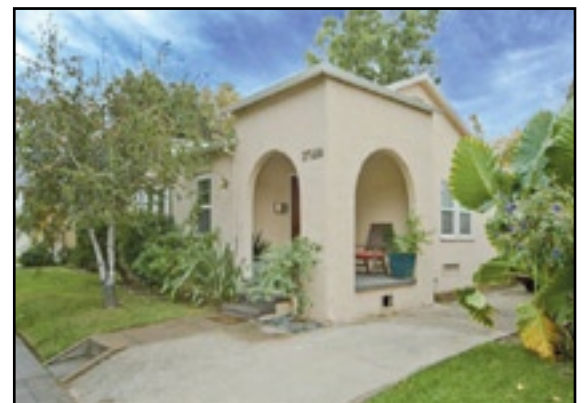


**PENDING!**

### FABULOUS RIVER PARK

Cute 3 bedroom remodeled home with a deep park like backyard. Entertain your friends with this show piece. You will love to cook in the chef's kitchen with beautiful cabinets, granite counters and stainless steel appliances. See: [5180moddisonave.epropertiesites.com](http://5180moddisonave.epropertiesites.com) \$299,000

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**PENDING!**

### COMFORTABLE RIVER PARK

Great River Park location. 3 bedroom/2 bath just shy of 1,500 square feet. New 30-year roof and gutters (over 3,000sf of roofing). New HVAC. New Andersen windows. Hardwood and tile floors throughout. Skylights. See: [52sandburgdrive.epropertiesites.com](http://52sandburgdrive.epropertiesites.com) \$385,000

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