

EAST SACRAMENTO NEWS

February 7, 2013

Community News in Your Hands

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HELPS KEEP McKINLEY ROSE GARDEN BLOOMING

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Coming Up Roses – Sacramento Rose Society Helps Keep McKinley Rose Garden Blooming

By **CORRIE PELC**
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On Saturday, Jan. 5, about 60 volunteers of all ages came out to help the Sacramento Rose Society with its annual pruning of the McKinley Park Rose Garden in East Sacramento.

Kent Duncan, president of the Sacramento Rose Society, says having that many community volunteers come out to learn how to prune the roses was a big help since it's a large job. "There's 1,100 roses there, so it takes a while to prune and having that many people was wonderful," he adds.

And Ellie Longanecker, a UC Master Gardener and consulting rosarian with the Sacramento Rose Society, had an additional 65 volunteers through the Sacramento Sheriff's alternative sentencing program help with the pruning on New Year's Eve as well.

Longanecker says an event like this can help show the community how all their hard work right now will be rewarded in the spring. "One of the reasons this garden can be organic -- as in no pesticides or fungicides -- is because the winter prune (cleans) out the garden and (gets) all the leaves and debris so it doesn't over-winter," she explains. "That really encourages a nice healthy spring."



Photo courtesy Ellie Longanecker. Young volunteers help out at the Sacramento Rose Society's annual pruning of the McKinley Park Rose Garden.

and the community ... to make that whole thing happen. It's really positive and that's really what a club is all about."

Get Growin'

Longanecker is the main contact between the Society and the McKinley Rose Garden, and has been working on improving the garden since 2009. She says the Society was asked to help restore the rose garden as the roses were declining.

After working with neighborhood community organizations such as Friends of East Sacramento and MENA (McKinley East Sacramento Neighborhood Association), and receiving the support of the Sacramento Rose Society's Board, Longanecker says she took a proposal to the City of Sacramento to improve the garden. Ultimately the City decided to initiate a major restoration of the garden, Longanecker says, and funded \$350,000 to pay for a new irrigation system, hardscape and sod.

Once the improvements were finished -- including the planting of hundreds of purchased and donated roses -- Longanecker says the McKinley Park Rose Garden was reopened in March 2012.

Longanecker says she is continuing to work on the rose garden, such as replacing stakes for "rose trees" she has planted, plus they plan to restore the antique water fountain monument and add another to the garden. And now the garden is also under the care of Friends of East Sacramento, who have hired a professional gardener and is managing renting the garden for weddings and other events.

"How the rose garden has come together has really exceeded any expectation that I had for it," Longanecker says. "It's just incredible what's come together with the Friends of East Sacramento in conjunction with the Sacramento Rose Society, the Parks Department

Rose: Group inspires new generation of gardeners

Continued from page 2

have to pass a test to get that designation so that they have the expertise to answer the questions," Duncan explains. "They will either help you over the phone or come to your house and help answer questions about roses."

Make It Blossom

With the Sacramento Rose Society doing so much to help the Sacramento community, what can community members do to help their efforts?

When it comes to the McKinley Park Rose Garden, Longanecker says the community can help support the garden through booking events, the adopt-a-plot program, and financial donations. She adds they will soon be looking for volunteers to help in April with "dead heading" -- removing blooms past their prime to encourage the flower to bloom again.

For the Society itself, Duncan encourages anyone with an interest in roses to consider coming to an upcoming meeting. "That's where you're going to learn the most -- you've got very experienced rosarians at the meetings that can answer questions, plus there's usually a topic at each meeting that has something to do with the care and culture of roses," he says. "That's the best way to truly make sure you're getting good information and get your questions answered."

And Duncan says they are hoping to attract young people who are interested in roses to help add energy to the Society. "We're trying to let people realize roses are not difficult to grow and they don't have to take a lot of time -- there's a lot of newer roses that are great for in your yard and don't require a lot of time," he says.

Longanecker agrees, and says she was pleased to see the number of younger volunteers at the annual pruning, as well as volunteers that come during the year from area schools and groups. "We need to fos-



The 2013 All American Rose Selection winner pink Hybrid Tea, named "Francis Meiland." Five of these roses are on display at the newly-renovated McKinley Park Rose Garden, and some will be available at the Sacramento Rose Society's annual fundraiser and rose auction on February 14 at 7:30 p.m. at the Shepard's Garden & Arts Center at McKinley Park.

ter a spark and enthusiasm and love of gardening in a younger generation ... it's really important to help encourage them to be the gardeners of our future," she says. "I don't want to see the enthusiasm or passion for gardening go by the wayside."

The Sacramento Rose Society meets the second Thursday of each month at 7:30 p.m. at the Shepard Garden & Arts Center, 3330 McKinley Blvd., in East Sacramento. For more information, visit www.sactorose.org/sacramentorosesociety.

To book a wedding or event, or adopt-a-plot to help with the ongoing expenses for maintenance for McKinley Park Rose Garden, call 916-452-8100.

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Budding In

So just who is the Sacramento Rose Society?

Duncan says the Society, which has been around since the 1940s, is a group of about 80 members who enjoy growing roses and educating the public about growing roses.

He says the group meets the second Thursday of each month at the Shepard Garden & Arts Center at McKinley Park. All meetings are open to the public, and each has a lecturer to talk about specific rose growing topics.

Longanecker says the January lecture will be on pruning, while the February meeting will feature the club's rose auction. "We have some beautiful roses to auction to the public ... it's stuff that you sometimes can't get at a nursery," she says.

In addition to their monthly meetings, the Society also holds annual Rose Show the last weekend of April, also at the Shepard Center. Duncan says it is an exhibition show and anybody who wishes to enter can do so, or they can bring in roses for identification or learn more about rose care and growing. "It's a great show to go to look for roses that you might be interested in, either in terms of the style of the rose or color, (and) it's a great place to identify and look for things that you would like to have in your garden," he adds.

The Society also has a number of volunteer certified rosarians that Duncan says anyone can call for help or advice with their roses. A list of rosarians by area can be found on the Society's website, www.sactorose.org/sacramentorosesociety. "The consulting rosarians

see Rose, page 3



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JANEY WAY MEMORIES
Rooting for the Old-Time San Francisco 49ers

By MARTIN RELLES
 martin@valcomnews.com

On Sunday, the San Francisco 49ers played in Super Bowl XLVII in New Orleans. It was their sixth Super Bowl appearance and the first since the mid-1990s, but I remember cheering for the old-time 49ers back in the 1950s on Janey Way.

Back then the National Football League (NFL) was in its infancy featuring only 12 teams: the 49ers, the Los Angeles Rams, the Green Bay Packers, the Minnesota Vikings, the Chicago Bears and the Detroit Lions in the Western Division, and the Chicago Cardinals, the New York Giants, the Philadelphia Eagles, the Pittsburgh Steelers, the Baltimore Colts, and the Washington Redskins in the Eastern Division. Then, the teams played a 12-game season to determine which two teams would play in the NFL championship.

In those days, football was just football, not a big time Hollywood production like the modern Super Bowl. They played the games on outdoor, dirt and grass fields with names like Kezar Stadium, Soldier Field and the Los Angeles Coliseum. They had no hour-long pre-game extravaganzas, just a brief introduction prior to each game. Then, the players did not seem so flashy, just big bruisers with dirty uniforms smacking each other around the field of play.

The players seemed a bit more colorful too. I remember 49er players with names like Y.

A. (Yelberton Abraham) Tittle, joltin' Joe Perry, Leo (the lion) Nomellini and R. C. Owens. We huddled around our 24 inch, black and white console television each Sunday to watch one local team play: no national games back then. The NFL blacked out home games within a 90-mile radius back then, so our local CBS channel 10 did not broadcast those games here in Sacramento.

Dad had solution to that problem though. On home game weekends, he climbed up on the roof and turned the antenna north toward Chico. Channel 12, the CBS affiliate there, stood outside the 90-mile radius, so they could broadcast the games. I remember it now. Dad would stand on the top of the roof saying, "do we have it now". Eventually, we yelled up, "that's it dad, keep it there." Then down he came to watch the game with us. Even with a faded black and white image, the games were still exiting. The 49ers never won the championship back then, but they always came close. That kept us coming back for more.

I remember their quarterback; Y. A. Tittle had a play he used when the team needed to score late in the game. He would drop back and loft a high pass to the end zone where 6'6" wide receiver, R. C. Owens stood. Owens then out-jumped the smaller defenders to haul in the touchdown pass to win the game. When that happened we poured out into the street to play touch football, emulating our heroes.

Football seemed a lot simpler back then, before the players earned such staggering amounts of money. Then, they played mostly for love of the game. Now my time of rooting for the old time San Francisco 49ers is just another nostalgic Janey Way Memory.

Celebrate Black History Month by attending local events

By CORRIE PELC
 corrie@valcomnews.com

February is Black History Month, and there are a number of opportunities for you and your family to celebrate in the Sacramento area. Here's a look at just some of the events happening this month!

Quilt Exhibit to Highlight African-American Quilters & Quilts

Sisters Quilting Collective (SQC) will host its second annual quilt exhibit, "A Stitch in Time: The Past, Present and Future," from February 2 through 28 at The Brickhouse Art Gallery, 2837 36th Street, in Sacramento.

The exhibit will highlight African-American quilters

and quilts with a variety of programs, including quilting demonstrations, children's activities, quilt displays, lectures and film screenings.

For more information, call 916-475-1240 or visit www.thebrickhousegalleryoakpark.com.

Free Tribute Concert to Famed Female Jazz Singers

The Sacramento Public Library will present a musical tribute to famed women jazz singers at a free family concert at 6:30 pm on Wednesday, February 20, in the Tsakopoulos Library Galleria at the Central Library, 828 I Street, Sacramento.

Jazz vocalist and recording artist Vivian Lee and her quartet will celebrate divas of jazz

– Carmen McRea, Billie Holiday, Nancy Wilson and Dinah Washington. Hear the music and learn about the lives of these amazing African American women of the jazz world. The jazz concert is one of numerous Black History Month programs scheduled at Sacramento Public Library locations throughout February.

For more information, call 916-264-2920 or visit www.saclibrary.org.

Black History Month Family Festival

The Crocker Art Museum will celebrate Black History Month with a showcase of the art, culture, history and traditions of the African Diaspora through its Black History Month Family Festival on Monday, February 18, from 11am-3pm. This free event will feature performances by

musical storyteller Asheba, the Vukani Mawethu Choir, and the Sacramento/Black Art of Dance.

The Crocker Art Museum is located at 216 O Street. For more information, call 916-808-7000 or visit www.crockerartmuseum.org.

Sacramento State Celebrates Black History Month

California State University Sacramento is offering a number of programs in celebration of Black History Month.

On February 16, award-winning author Eva Rutland, 95, will lead a discussion about her life from her book, *When We Were Colored: A Mother's Story*, at 12 noon in the Union Redwood Room at Sacramento State.

On February 19, representatives from Sacramen-

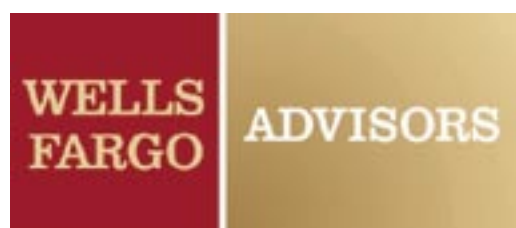


Photo courtesy Jazz vocalist and recording artist Vivian Lee will have a free family concert at 6:30 pm on Wednesday, February 20, in the Tsakopoulos Library Galleria at the Central Library, 828 I Street, Sacramento.

to State and the California State University system will visit churches in Sacramento's African-American community to urge young people and their parents to begin planning for college.

See Black History Month, page 6

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Black History Month: Events range in various topics

Continued from page 5

President Alexander Gonzalez will visit St. Paul Missionary Baptist Church at 10 am, and Joseph Sheley, Sacramento State's provost and vice president for Academic Affairs, will visit St. John Missionary Baptist Church at 10:45 am.

A photo exhibit by Felicenne Ramey, "We Stand On Their Shoulders," featuring images of elder African Americans, will be on display from February 12 through March 15 at the Sacramento State Library lobby. The exhibit is open during Library hours: 7:15 am-11 pm Monday through Thursday; 7:15 am-7 pm Friday; 8 am-5 pm Saturday; and 11 am-10 pm Sunday.

And Sacramento/Black Art of Dance will celebrate its "20th Anniversary Concert: Past, Present and Fu-

ture" in the Solano Hall Dancespace. Performances are at 8 p.m. Feb. 16-18, 24 and 25; 2 p.m. Feb. 19 and 26; and 6:30 p.m. Feb. 22-23. Tickets are \$5-\$12 and available at Sac State's Ticket Office, 916-278-4323 or www.tickets.com.

For more information, call 916-278-6943 or visit www.csus.edu.

Sacramento Library Celebrates Black History Month

Local branches of the Sacramento Public Library are offering a number of programs throughout February to help celebrate Black History Month. Here's a look at a few - to find more, visit www.saclibrary.org or call 916-264-2920.

- Find Your Black Ancestors - Genealogy expert Lisa Lee will offer tips of tracing your family's black history roots on Friday, February 15, at 3 pm at Belle Coolege Library, 5600 South Land Park Drive, in Sacramento.

- The Black Kitchen - Cooking from Our Heritage - Join a discussion about the rich culinary heritage and diverse recipe sources of the African American kitchen on Tuesday, February 19, at 6 pm at the Carmichael Library, 5605 Marconi Avenue.

- Tar Beach: Faith Ringgold's Story Quilts with Art-Beast - Hear a reading of Faith Ringgold's book, Tar Beach, and explore the author's story quilts celebrating family heritage on Thursday, February 21, at

4 pm at Arcade Library, 2443 Marconi Avenue, in Sacramento.

- WaZoBia with Mr. Sunny - WaZoBia means "Come! Come! Come!" in three distinct Nigerian tribal languages and is an invitation of togetherness and unity. Mr. Sunny shares the spirit of Africa with a cultural drum and dance program on Saturday, February 23, at 1:30 pm at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, in Sacramento.

- African American Inventors - Magician Forrest Barnes introduces African American inventors who have changed our lives with their remarkable inventions on Saturday, February 23, at 2 pm at McKinley Library, 601 Alhambra Blvd., in Sacramento.

African-American History Tour

"Meet" runaway slaves, Bufalo Soldiers, restaurant owners, deacons and gamblers at the Historic City Cemetery's African-American History Tour on Saturday, Feb. 23, from 10-11 am.

The Sacramento Historic City Cemetery is located at 1000 Broadway in Sacramento. For more information, call 916-264-7839 or 916-448-0811, or visit www.oldcity-cemetery.com.

3 Kings: Black History Month Celebration

Celebrate black history month at The Brickhouse Gallery in Sacramento with live art, poetry and music performances by Destructikonz w/ Algorhythms, Brother Hypnotic, V.S. Chochezi, imoBme, Sean King, NSAA and Russel Cummings on Saturday, February 16 at 8 pm.

The Brickhouse Gallery is located at 2837 36th Street in Sacramento. For more information, call 916-475-1240 or visit www.thebrickhousegalleryoakpark.com.

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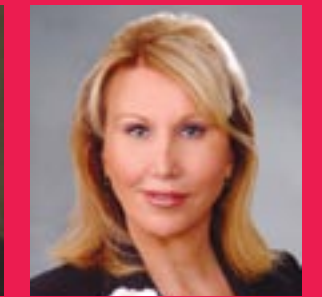
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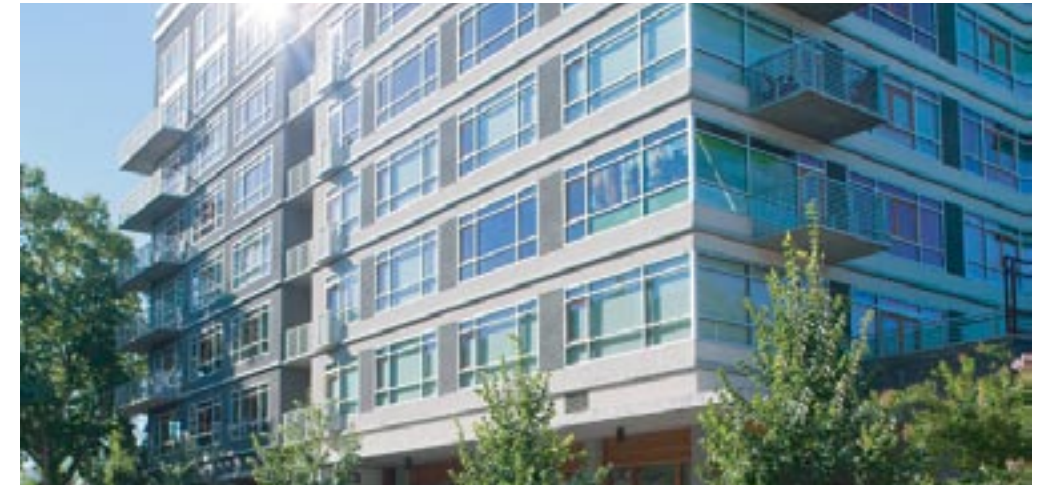
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East Lawn Mausoleum constructed following well-publicized property rezoning issue

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part four in a series about the rich history of and associated with East Sacramento's award-winning East Lawn Memorial Park.

For many years, visitors of East Sacramento's East Lawn Memorial Park have been impressed by the beauty and size of this cemetery's historic mausoleum. But as presented in the previous part of this series, not everyone supported the idea to have the original portion of this building constructed.

Newspapers of the day ran a variety of articles and advertisements supporting or opposing the proposed building, which would be located in the southern section of the cemetery.

For instance, the headline of an article on *The Sacramento Bee's* editorial page on April 23, 1925 read, "East Lawn no place for mausoleum."

In contrast, *The Bee* ran an East Lawn Cemetery Association advertisement, which noted, "Sacramento should encourage the erection of this beautiful, modern mausoleum."

The final approval of whether this structure would be built at East Lawn was left to local citizens.

On Tuesday, Nov. 3, 1925, votes were cast for and against the ordinance permitting the rezoning of about three acres of the cemetery, so that the mausoleum could be built at that site.

The following day's edition of *The Bee* presented the results of the election. The final ballot count was 6,060 for the ordinance and 3,789 against it.

The article noted the following: "Under the ordinance, as adopted yesterday by the people, it will be permissible for the East Lawn Cemetery Association to erect a mausoleum, in accordance with plans, which have for some time been prepared, within the cemetery grounds."

Through the provision of the city charter, the ordinance became effective five days after the official canvass of votes by the city council.

With the rezoning of the property approved, plans for the construction of the mausoleum could finally move forward.

Frank Seymour Baillie (1869-1951), who served as the manager of East Lawn for 26 years and was the consulting engineer for the mausoleum project, announced on Nov. 5,



Photo courtesy of East Lawn Memorial Park

The mausoleum's east corridor is shown in this modern photograph.

See East Lawn, page 9

East Lawn: Mausoleum described as 'Class A Structure' with 900 crypts

Continued from page 8

1925 that ground would be immediately cleared for grading in preparation for the building's actual construction.

In the process of undergoing the mausoleum project, the cemetery was purchased by the Welch Holding Co., which was led by its president, Ernest M. Welch, and his father, Charles, his uncle, William, and his friend, Hans Tuthill.

Baillie – a former Portland, Ore. resident who purchased a home at 1360 44th St. in about 1927 – joined this partnership shortly after the cemetery's change in ownership.

At various times during its history, the Welch Holding Co. operated 27 different West Coast cemeteries and mortuaries, the majority of which were purchased, improved upon and then resold.

East Lawn Cemetery's then-new ownership continued the progression of the mausoleum project and made plans for various improvements at the cemetery and the expansion of its nursery. Additional details regarding the nursery will be presented later in this series.

An early update regarding progress at the mausoleum site noted that cement had been poured in preparation for the construction of the building's L-shaped first floor.

Included with this report, which was presented by East Lawn, was a bit of advice.

The community was informed that the mausoleum's construction period was "an advantageous time to select crypts or vaults for indoor burial – the modern, scientific form of interment." And readers were made aware that the purchase prices were "substantially lower" than they would be once the mausoleum was completed.

Accompanying this update was East Lawn's original logo, which featured an image of an unlit candle and the words, "When the light has gone."

The original portion of the mausoleum was near-

ing completion on July 31, 1926, when *The Bee* presented another update regarding the status of the building's construction.

Through this local publication, Andrew Cruikshanks, the cemetery's superintendent, announced that the exterior of the mausoleum had been completed and marble was being placed in the structure's interior.

The building, which the article noted would be "completed soon," was described as a "Class A structure of steel and concrete with 900 crypts and 3,000 niches."

In further describing the mausoleum, *The Bee* noted that the structure included two floors, which formed the east and west wings of the central tower.

The first floor of the building included the main forum, which was to be adjoined by the superintendent's office, general offices, display rooms for bronze urns and another room for cut flowers.

The article also included additional descriptions, as follows: "The east and west corridors will be devoted to individual vaults and to special family vault rooms. The east wing will be devoted to private rooms and a chapel with an organ."

The second floor was described as being designed for crypts and individual vaults.

Another latter stage update, which appeared in *The Bee*, noted that plans for the mausoleum, which was built of concrete, marble, bronze and art glass, had changed considerably. These changes included a different arrangement of its tower and windows.

It was also noted that the cost of the building would "far exceed the original estimate of \$250,000."

During its history, the mausoleum has been expanded at various times.

Two of these expansions were referred to in an article in the Sept. 7, 1935 edition of *The Bee*.

The article described these additions as the California corridor with its 400 crypts and the second



Photo courtesy of East Lawn Memorial Park

The project's excavation crew stands on the mausoleum site in this February 1926 photograph.

floor annex of the west wing. This latter named addition was built with 250 crypts.

The building's then-new portions, which were also constructed with reinforced steel and concrete,

were built by the Campbell Construction Co., which was managed by Walter W. Campbell at 800 R St.

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ARTS

Exhibits open at Sac State galleries

"Three Sisters Bound to the Elements" is the first of two free exhibits kicking off the Spring semester in Sacramento State's Library galleries.

The exhibit by Chinese-born sisters Hong, Bo and Ling Zhang displays works based on the three elements of water, earth and wood, and their interconnectiveness. It runs Feb. 1-May 24 in the University Library Gallery. Gallery hours are 10 a.m. to 5 p.m. Tuesday through Saturday.

The Zhangs' works show how the elements are bound together - wood grows in the earth, the earth absorbs the water, and wood needs water to grow. As they are bound together, so are the sisters' individual works bound together in one exhibition that includes charcoal drawings, watercolors on rice paper, and ink and pencil.

Hong Zhang is a Sacramento State alumna, receiving her master of fine arts degree in 2002 and her bachelor's from the Central Academy of Fine Arts in Beijing.

Hong's twin sister, Bo Zhang, received her bachelor of fine arts degree in printmaking from Beijing Central Academy of Fine Arts. She then attended Georgia State University in 2004. In addition to her artwork, Bo Zhang works as an art consultant for the Beijing office of Soho Myriad, an art consulting service.

Eldest daughter Ling Zhang witnessed the Chinese Cultural Revolution and received her master of fine arts from Beijing Central Institute of Nationalities in 1988.

She came to the United States, and decided to stay, in the late 1980s to share her works at the invitation of Signet Fine Art, the School of the Art Institute of Chicago and the Illinois governor.

All three artists have exhibited works around the world.

A reception will be held 4-5 p.m. Friday, Feb. 1, and will include a talk by the artists. Hong Zhang also will give a talk, "Middle Kingdom Meets Middle America," at 6 p.m. Thursday, March 7, in the gallery.

The second exhibit, "Transparency," runs Feb. 12-March 16 in the University Gallery Annex. A reception will be held at 6:30 p.m. Saturday, Feb. 16 in the gallery.

Curated by Ethan Flanagan, the exhibit is a collection of photographs taken by first-time photography students in the Nicaraguan fishing village of Padre Ramos, and by young women in India who were formerly forced into lives of abuse and sex slavery.

"The Padre Ramos children use donated cameras to capture images of their environment in honest, intimate and sensitive ways," Flanagan says.

For the Indian women, photography is part of their rehabilitation. "They've learned to use photography to communicate without words and see their lives and themselves from a new perspective," Flanagan says.

For more information on the galleries, visit www.al.csus.edu/sota/ulg or call (916) 278-4189.

Senior Day to be held at Sacramento SPCA on Valentine's Day East Sacramento resident talks of dog named Bud

By MONICA STARK
editor@valcomnews.com

For seniors living alone, a pet might be their only family and since research shows the strong bond between pet and owner has positive, mental benefits, the Sacramento Society for the Prevention of Cruelty to Animals has offered free pet adoptions for seniors for animals at least 5 years old, and just recently, they changed their policy to include free adoptions for any age animal to seniors.

"We found that seniors would come in and they would fall in love with an animal 5 years old and we decided why not make it as simple and as affordable for them," said Lesley Kirrene, marketing director for the Sacramento SPCA.

At this year's Senior Day, seniors age 65 and older can receive free nail trims, microchips, food from the pet food bank for their beloved cats and dogs.

Kirrene anticipates this will be the organization's largest Senior Day yet and the fact that it's on Valentine's Day reinforces the love and strong bond between pet and owner. Besides offering free services, it's a fun open house, said Kirrene. Plus, it's the kickoff of fee waive adoptions.

East Sacramento residents Sue and Gayle Cowen are in their 70s and have a Golden Retriever named Bud, which Gayle describes as "a weird little dog" with the head and body like a Golden Retriever and legs like a basset hound.

Bud was picked up as a stray, but Gayle said he had to have belonged to somebody because he was housetrained and could walk on a leash.

Gayle said Bud helps his mood. "We found a dog gets me out of the house. I walk Bud around the park three to four times a day. He's a very sensitive dog," Gayle said. "I don't dare yell at him."

"Bud is kind of a handful," Gayle said. "We're good for him; he's good for us."

According to Pets for the Elderly Foundation, while the benefits to animals are obvious - to place them in loving homes and keep them from being destroyed - the benefits to elderly persons are ten-fold (versus non-pet owners).

- 1) Pets lower blood pressure and pulse rate
- 2) 21% fewer visits to the doctor
- 3) Less depression
- 4) Easier to make friends (enhanced social opportunities)
- 5) Seniors become more active
- 6) Pets offer affection and unconditional love
- 7) Pets ease loss of a loved one
- 8) Pets fight loneliness
- 9) Seniors take better care of themselves
- 10) Sense of security

On the web:

Pets for the Elderly: <http://www.petsfortheelderly.org/articles.html>
Sacramento SPCA: <http://www.sspca.org/>

If you go:

What: Senior Day at Sacramento SPCA
When: Valentine's Day, Thursday, Feb. 14, 11 a.m. to 6 p.m.
Who: Seniors 65 years and older
Cost: Free
Where: Sacramento SPCA is located at 6201 Florin-Perkins Rd., Sacramento

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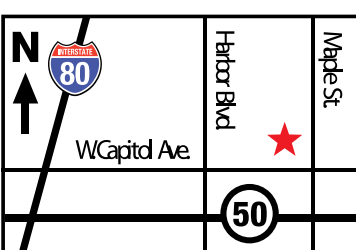
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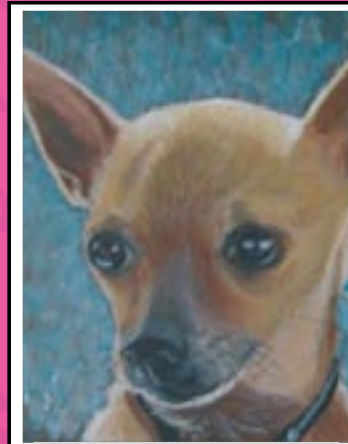
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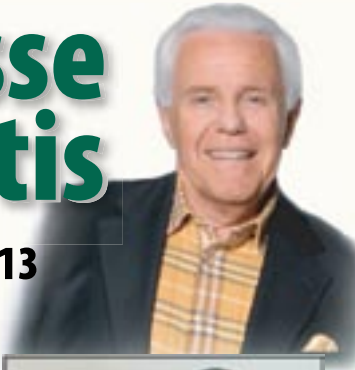


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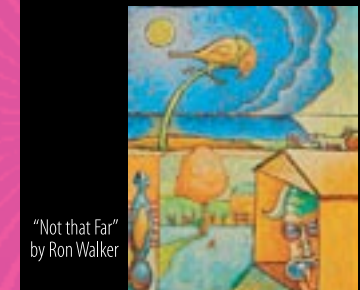


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SPORTS

Golden Seniors Softball: A game for the ages and the ageless

By RON ROACH

For more than 30 years, the Golden Seniors Softball Club of Sacramento has been one of the nation's bedrock organizations for slow-pitch players who have reached the age of 50. The club has about 450 members and provides nearly 420 games from mid-March into September.

Close to 100 of these members like it so much that they play in more than one of the club's six leagues. For many, there is no such thing as "enough softball." But there is plenty of room for someone new to the game, or who hasn't swung a bat in more than a decade. "Hey, it can be like riding a bike. Just get back on and enjoy the ride," said the club's president, Tom Sansone. "Softball can really be a game for the ages -- and the ageless."

Playing 22-game schedules, there are three six-team night leagues for players 50 and over at the Sacramento Softball Complex -- Tuesdays, Wednesdays and Thursdays, with games at 6:30, 7:45 and 9. Two leagues play on Tuesday mornings, also at the Complex, for players 60 and older. The club's Monday morning league at Howe Avenue Park is for players at least 70.

Sansone, 65, said playing softball at this stage of his life has been a very satisfying experience. "It gives me incentive to exercise and try to stay in shape. I enjoy the camaraderie. There are a lot of people who are really dedicated to this club. I urge anyone who wants to continue playing softball well beyond their middle-age status to check us out. You'll be impressed with our quality of play." The Elk Grove resident pitches on Tuesday morning teams and is entering his 11th season with the club.

Mel Tennyson joined the club in 2009 when he was 55. He now plays in all three night leagues and serves as the commissioner in charge of the club's Tuesday night league. He also plays for a nationally ranked traveling tournament team. Mel, a West Sacramento resident who pitches and plays the outfield, said, "I love the game" and the Golden Seniors club has provided opportunity to

play with and against people more his own age while being more relaxed and less-competitive than his tournament team. "It keeps me healthy and I enjoy meeting people. I play softball for athletic and social reasons. My advice to anyone thinking of playing ball is to come out, have fun and stay young."

Anita Kemp, 53, who resides in south Sacramento, joined the club in 2011 and became a fixture at third base, first base or catcher on Tuesday nights. She plays on a couple of coed teams and said she wanted more softball, so a friend suggested she try the Golden Seniors. How has it worked out? She said she has not been disappointed and felt welcomed as a new member. "It's fun, to be honest with you. My other leagues are real competitive, true 5-women, 5-men coed teams." The Golden Seniors is "really a fun league." And when a guy thinks he can hammer a grounder by her at third, she said she takes a great deal of pleasure in her ability to throw him out.

The GSSCS Tuesday night league has about a dozen women spread among six teams. The club would like to attract more women, and Anita said more women would join if they knew about Golden Seniors. The club needs to advertise. (Note the ad in this newspaper.) "Everyone gets along and gives you a pat on the back. It's a friendly environment."

The Wednesday and Thursday night leagues attract more competitive players, many who also play on tournament teams.

Ernie Kidwell is one of 137 current Golden Seniors "life members" who have played at least 15 consecutive years and attained the age of 75 or 10 years and celebrated their 80th birthday. Kidwell, who will turn 81 this year, lives in north Sacramento near Carmichael. He joined the club in 1991. He began playing in the night leagues and for the past decade has been playing Mondays and/or Tuesdays. "Why do I continue to play? Because I just like to play. I like the camaraderie, the fellowship ... Softball is a good reason to get up and go somewhere."

While leagues for the 2013 season are scheduled to conduct drafts in February, the first league games are not scheduled until mid-March. Some leagues may have immediate openings for those wishing to sign up, or players can sign up, come out and play as substitutes or be permanently assigned to teams as roster vacancies occur.

The club's fees are very reasonable, Sansone said, amounting to less than \$5 a game, and include uniform jersey, cap and umpires. And the fees are prorated for players who come aboard later in the season.

The club has a website, www.gsscs.org, where details can be found on how to join. The club's player agent, Myron Dahl (916 451-2450), can answer questions and provide sign-up forms. Each league plays 22 to 24 games in a season that runs into September and concludes with league championship playoffs and a picnic.

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Maryann will be covering topics such as:

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- Mindfulness Meditation
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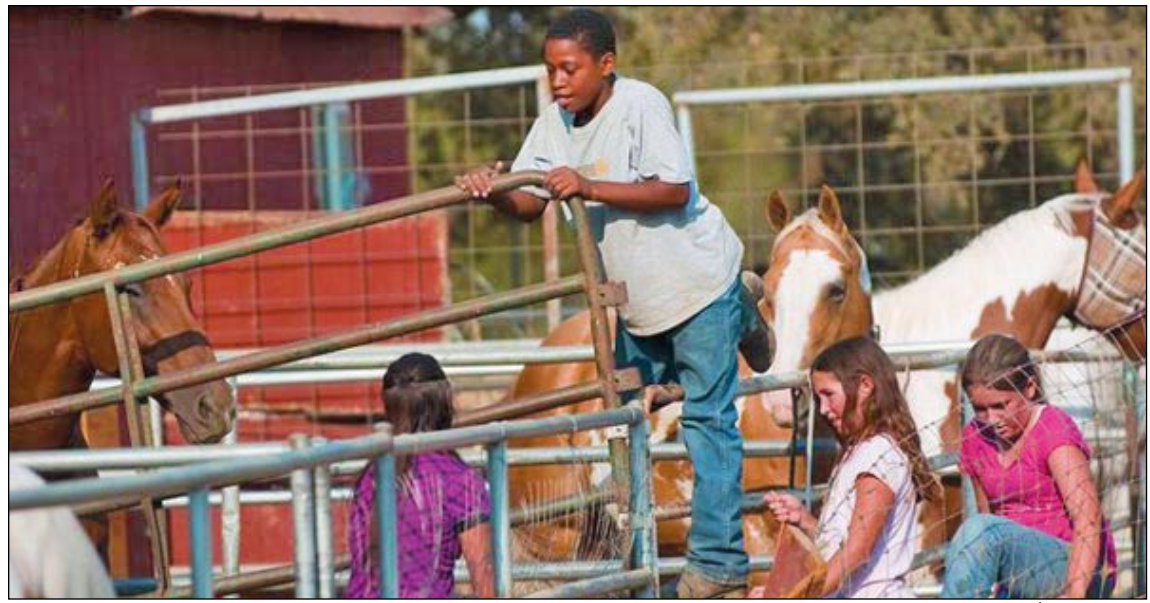


Photo courtesy

Horses, Hope and Healing: Fundraiser to benefit inner city youth

"Is this enough for a riding lesson?" A handful of crumpled dollar bills and some change from two little girls six years ago was the first spark on the road to creating Horses, Hope and Healing, a program that provides horse riding lessons for children who could otherwise not afford it.

Back then Tiffany Oreglia, now the owner of Horses, Hope and Healing, was taking horseback riding lessons from a friend and noticed how financially fortunate she was to be able to ride on a regular basis.

Nestled near the west end of Marconi Boulevard, this 9-acre horse ranch is both home to former race horses and disadvantaged youth who Oreglia saw needed a program that helps build their self esteem. So, she joined with other parents, horse owners and volunteers to create such a program.

"I grew up a little like some of the kids we help. My dad got me a horse when I was little. I realized a lot of my friends were in a lot of trouble. What was different for me was ... I realized it was my horses."

At the ranch, children are given chores in exchange for the riding lessons. They are drug tested and the organization provides free counseling.

"It's a fun heart felt thing," Oreglia said.

Horses, Hope and Healing is a registered 501(c)(3) nonprofit and they are gearing for a crab feed fundraiser on Feb. 15 at the Sacramento Horseman's Association, 3200 Longview Dr.

Oreglia leases the property, which she said has a high rent, but said it's worth it because it's located in Del Paso Heights "right where we are most needed." Many of the children ride or walk over to the ranch and others can take public transit to get there.

Due to the economic downturn, the organization is limited to the amount of horses they can rescue.

Children are referred to the program from various social service organizations like Mill House, Stanford House and Families First.

Oreglia is not worried of the ranch ever being demolished because on the property sits an old historic barn that was built in the 1930s has been grandfathered in to be a historic facility. And she loves what she calls "the quaintness of it." So asked by her friends why not get new barns built, she said, the old barn "sort of fits what we do. We can't give up on the kids or the barn," she said.

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CALENDAR

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

ONGOING:

Celebration Arts presents A Life a drama by Anne Peters.
Shows Thursday, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. through

March 2 Eunice Katem, a feisty, 74 year old, Jamaican and former school teacher has lived a strong and independent life. Now recuperating from a heart attack, her independence is in jeopardy. Eunice has been removed from her home by her daughter. Eunice is adamant about returning and is determined to have her way even though she recognizes the realities of old age. The production features Patricia

Coleman, Debbie Reeves, Cynthia Drummond and Mericus Adams. Tickets are \$15 general, \$13 students and seniors. On Thursday night all seats are \$8. Tickets online at mycommunityevents.com. Call (916) 455-2787 for information and reservations. Celebration Arts Theatre is located at 4469 D St. Sacramento.

The Sacramento Rose Society
Meets the second Thursday of each month at 7:30 p.m. at the Shepard Garden & Arts Center, 3330 McKinley Blvd., in East Sacramento. For more information, visit www.sactorose.org/sacramentorosesociety.

Authors on the Move – the Library Foundation's annual gala event and Sacramento's premier literary event – celebrates its 11th anniversary with an evening of excitement, entertainment and story telling. *Authors on the Move; There is Still the Story* will be held from 5-10 p.m. on Saturday, March 9, 2013 at the Hyatt Hotel in downtown Sacramento.



Featured speaker, Gail Tsukiyama will speak about her new novel, *A Hundred Flowers*, about an ordinary family facing extraordinary times at the start of the Chinese Cultural



Revolution. Capital Public Radio is this year's media sponsor, and Beth Ruyak of *Insight* will be the mistress of ceremonies for the event.

The evening begins with a complimentary champagne reception and book signing, followed by a four-course gourmet meal (including a bottomless glass of wine!) and the opportunity to talk with local authors at your table. The live auction features several exclusive Author experiences, providing one-of-a-kind opportunities for guests to indulge their literary passions.

If you ever wanted to talk to an author and find out what makes them tick, this is your chance. Participating authors have dinner with the guests, rotating tables with every course and discussing their writing experiences and latest work.

Tickets to *Authors on the Move* are \$200 each (\$1,500 for an eight-person table). The event sells out every year, so be sure to reserve your tickets today. Proceeds from the event go toward Foundation operations and the Sacramento Public Library's Summer Reading program.

For more information on *Authors on the Move*, including the current list of participating authors, or to purchase tickets or make a reservation, visit www.saclibraryfoundation.org or call 916.264.2711.

Participating authors have dinner with the guests, rotating tables with every course and discussing their writing experiences and latest work.

Fair Oaks Library to unveil a new Families and Books Center

Feb. 16-March 23: The Sacramento Public Library will be renovating the children's room at the Fair Oaks branch, 11601 Fair Oaks Boulevard, Fair Oaks, February 16 through March 23. The children's area will become the new Families and Books Center. For more information, call the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

Kit Carson schedules additional IB info nights

Parents are invited to learn about the International Baccalaureate program. Come learn about Kit Carson's transition to an International Baccalaureate school for grades 7 through 12. Campus tours are held every Wednesday from 9 a.m. to 10 a.m. Tours are a great opportunity to see a school in action. There is no need to call in advance. 5301 N St, Sacramento. 95819. For more information, call 277-6750.

Travel club meetings slated at Arcade Library

The Sacramento Public Library invites all travelers to its monthly "No Reservations Travel Club" meetings at 7 p.m. on the first Tuesday of each month at the Arcade branch, 2443 Marconi Ave. The free adult meetings feature a speaker, plus time for exchanging travel information within the group. 264-2920 or visit www.saclibrary.org.

FEBRUARY

3rd Annual Neighborhood Leader's Meeting

Feb. 7: The annual neighborhood leader's meeting will be held From 6 to 8 p.m. at Hollywood Park Elementary School Multi-purpose Room. 4915 Harte Way, Sacramento, CA 95822. (916) 277-6290

Rotary Club of Pocket/Greenhaven

Feb. 7: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

CD Scratch Art (Valentine teen program) at Arden-Dimick Library

Feb. 7: Starting at 3 p.m., teens can find a unique idea for Valentine's Day cards. Use old CDs to make cool pieces of art you can give to friends and family. All materials and instruction provided. Arden-Dimick Library, 891 Watt Ave. 264-2920 or visit www.saclibrary.org.

Make Valentine's at Valley Hi - North Laguna Library

Feb. 7: Make Valentines in this fun craft program. "We bring the supplies, you bring the inspiration!" For ages 6 to 12 years at 4 p.m., Valley Hi - North Laguna Library, 7400 Imagination Parkway.

Community visitation day at Martin Luther King Elementary

Feb. 7: Check out the school. Stop by the office first to sign in and get a badge. Visitation day is all day from 8 a.m. to 2:15 p.m. Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831. For more information, call 433-5062. Another visitation day will be held Feb. 12.

Bi-Polar Anonymous

Feb. 8: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

'A Stitch in Time: The Past, Present and Future'

Feb. 9: Presented by the Sisters Quilting Collective in celebration of Black History Month. Tribute to African American Doll Artists and Baby Doll Quilt Display, noon to 5 p.m. Gloria Gandy, doll maker and other doll makers will present at 1 p.m. 2837 36th St. Sacramento. 613-7401, 475-1240.

The Sacramento Suburban Writers Club meeting

Feb. 11: The meeting will be held from 7 to 9 p.m. at Crossroad Christian Church, 5501 Dewey Dr., Fair Oaks, CA. Guest speakers are Amanda Steedley & Brenda Mock, two of the creators of Carmichael Canine Corral Cookbook. Visit www.sactowriters.com

Rotary Clubs of Arden-Arcade, Carmichael

Feb. 12: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Last community visitation day at Martin Luther King Elementary

Feb. 12: Check out the school. Stop by the office first to sign in and get a badge. Visitation day is all day from 8 a.m. to 2:15 p.m. Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831. For more information, call 433-5062.

Nature program at Robbie Waters Pocket-Greenhaven Library

Feb. 12: The Sacramento Public Library will help families learn to classify birds and reptiles by their special characteristics at a free nature program at 3:30 p.m. Effie Yeaw Nature Center representatives will invite participants to examine animal artifacts and meet some of the center's live animals. The library is located at 7335 Gloria Dr. The library program celebrates National Science Literacy Month. 264-2920 or visit www.saclibrary.org.

St. Patrick's Luncheon and Irish Music at Casa Garden

March 12: "St. Patrick's Luncheon and Irish Music" at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Traditional Corned Beef or Dilled Shrimp and Pasta Salad; dessert Double Chocolate Mocha Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

Soroptimist International of Sacramento North meeting

Feb. 12: An organization for the betterment of women and children meets at the atria El

Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Feb. 13: Meets at noon, Evans' Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Basic computer classes offered Feb. 13 and 20 at Sacramento's Central Library

Feb. 13: The Sacramento Public Library invites first-time computer users to learn the basics of the computer, keyboard and mouse at a free class at 10 a.m. at the Central Library, 828 I St. No experience is necessary in this relaxed, fun Oasis Connections class. Registration is required by calling the library at 264-2920.

Rotary Club of Pocket/Greenhaven

Feb. 14: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Mission Oaks Computer Club meeting

Feb. 14: The Mission Oaks Computer Club will meet from 1 p.m. to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr. Carmichael. The meeting topic will be "Future of Health Care and Telemedicine".

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow. 366-1687, www.missionoakscomputerclub.org.

North Franklin Business District Association Meeting

Feb. 14: Meeting to be held at 8 a.m., 5383 Franklin Blvd., Suite F.

Stockton Boulevard Partnership Meeting

Feb. 14: Meeting to be held at 9 a.m. at the Stockton Blvd Partnership Resource Center 5625 Stockton Blvd.

Bi-Polar Anonymous

Feb. 15: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Crab feed fundraiser to benefit Horses, Hope and Healing

Feb. 15: Starting at 6:30 p.m. at the Horseman's Association, located at 3200 Longview Dr., the crab feed will benefit Horses, Hope and Healing, a nonprofit that provides free horseback riding lessons to inner city youth.

Comedian Paula Poundstone to benefit library

Feb. 16: Comedian, author and panelist Paula Poundstone will join forces with the Friends of the Sacramento Public Library to raise funds for the Library during her appearance in Sacramento. The Friends will be selling Poundstone's book, *There's Nothing in This Book That I Meant to Say*, at the show and will receive a percentage of the proceeds from the sales. Paula Poundstone is well known as a stand-up comedian, author, Emmy-winning television performer and regular panelist on the popular National Public Radio quiz show, "Wait, Wait... Don't Tell Me." The event is scheduled for 7:30 p.m. Crest Theatre, 1013 K Street, at 7:30 p.m. Advance ticket prices range from \$27 to \$42. To

purchase tickets, contact www.rickets.com online or call 800-225-2277. For more information about the Friends of the Sacramento Public Library call 916-264-2880 or visit the web site, <http://saclibrary.org/About-Us/Friends-of-The-Library/>.

'A Stitch in Time: The Past, Present and Future'

Feb. 16: Presented by the Sisters Quilting Collective in celebration of Black History Month. "Stitching from the Soul". Alice Calhoun, hand quilter will hold a presentation from 1 to 2 p.m. and Jan Hollins, textile designer/quilter will present at 3 p.m. 2837 36th St. Sacramento. 613-7401, 475-1240.

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Winter Meeting, Wed., February 20 11:30 a.m. – 1:30 p.m.
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Information/lunch reservation: Emma Fravesi pfravesi@pacbell.net

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