

EAST SACRAMENTO NEWS

August 1, 2013

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IT'S A PIZZA BIKE

Coming to Sutter's Landing most Sunday afternoons

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In your neighborhood, but where?

Photo by RACHEL HUDSON

This island near the Howe Avenue bridge over the American River has a lot of clam shells! This photographer walked across the river to get there as the water was only knee deep.



Happy birthday Ladybug!

Photos by STEPHEN CROWLEY
Stephen@valcomnews.com

Ladybug turned 12 years old on Saturday, July 13 and had a grand party earlier this month to celebrate at Paws and the Palette, a midtown boutique. With a special vegan birthday cake made with carob frosting, the birthday girl and guest Lucky had a dog-gone good time as their parents (err ... caretakers, err ... owners) enjoyed entertaining them with the variety of toys at the store. Besides hosting birthday parties and being a go-to for dog party supplies, Paws and the Palette has many dog gifts and treats for a special occasion, which they make in-house (yes they're a bakery too!). Dog boutique owner Lisa Spurney said she will bring dog parties to their homes if interested. For more details on what the store has in store, check it out in person at 1014 24th St. or on Facebook.



Janey Way Memories Deer Hunting



By MARTY RELLES
marty@valcomnews.com

Recently, I attended a screening of a locally made, low-budget film called "Deer Season." My Janey Way friend, Tom Hart, had a lead role in the movie. One scene featured two back-woods men hunting for deer. It brought back memories of a hunt I went on with my neighborhood friends.

Back in the mid-1960s, I often hunted for doves, pheasants and ducks with my father. After one of those hunts, I sat on the Puccetti's front lawn talking with the gang. As we shared our hunt-

ing experiences, Bill Jones suddenly said, "We should go on a deer hunt." I said, "I would," and soon Randy Puccetti and Dick Kinzel joined the fray.

And so it was, that one Friday afternoon in October, Bill Jones pulled up to my house in his dad's pickup truck. I loaded my gear into Bill's truck and soon the other guys drove up in Dick's white pickup. Then, we all headed up Highway 50 to Placerville where we turned south on Highway 49. There, we drove through the small town of Somerset, and then the hamlet called Grizzly Flat. Soon the road changed from asphalt to dirt. Eventually we crossed a stream and stopped at a P.G. and E. campsite called Capp's crossing. Fortunately, no other hunters occupied the site.

We quickly unloaded our gear and erected a tent. Then, Bill set up his camp stove and cooked our dinner, which included hot dogs, canned beans and salad. After dinner, Bill pulled out a map and circled the area we would hunt in the morning. It featured a long canyon, which narrowed at its end. After dinner, we drank coffee and watched the night settle in. The blanket of stars that dimly lit skyline was a site to behold. After a while, we headed off to bed. Tomorrow would come early. At 5 a.m., Bill's alarm clock shocked us into consciousness. Bill went off to make breakfast and we quickly dressed. The cool temperature chilled our bones. By 6 a.m., we were off to the hunt.

Our hunt proved unsuccessful. We did spot a few does, but no bucks. When we reached the end of the canyon, we sat down, drank water from our canteens and planned our next drive. Bill suggested we hike up a ridge, then back to the road leading to the campground. We did that, but again encountered no bucks, only

one lonely doe high up on the ridge. Soon we landed back at our campsite where we planned out the next day's hunt. Bill suggested we hunt up a neighboring canyon, and when night fell we climbed into our bags for a peaceful night's sleep. Our next day's hunt proved equally unsuccessful, but we learned much from our experience:

1. Hunting for deer was hard work,
2. Successful deer hunting required advanced scouting and good planning.

In later years, our same group went on other deer hunts with similar results. In a way, I am glad we didn't take any deer. We always had fun despite our failure to bag a trophy deer.

These days, I don't hunt any more. I ride my bicycle almost daily along the American River. There, I often see deer, ducks and wild turkeys. They seem at peace in this protected environment, and I enjoy sighting them.

Now my time spent deer hunting with my friends, is just another bold and adventurous Janey Way Memory.

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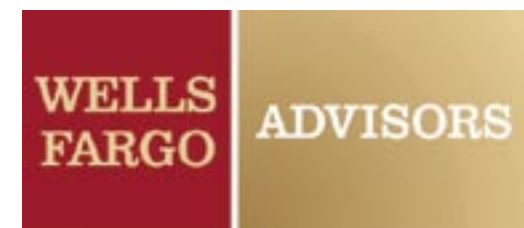
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Former Libby, McNeill & Libby cannery opened a century ago

By LANCE ARMSTRONG
Lance@valcomnews.com

Libby, McNeill & Libby, one of the great employers of the city's past, began its long-standing, prosperous tenure in the capital city a century ago.

The immense canning factory at the modern-day address of 1724 Stockton Blvd. began its operations with about 225 workers, 75 of whom were women, on July 21, 1913.

Less than a month after its opening, this local cannery was employing more than 500 men and women, and plans were underway to more than double the number of the factory's workers.

The plant, which was built at a cost of about \$750,000, was originally under the direction of Frank W. Hetherington, who held the role of superintendent until 1914.

Other early superintendents of the Stockton Boulevard fac-

tory were Charles C. Van Eaton, 1915 to 1918; Oscar G. Rogers, 1919 to 1923; and Elmer R. Green, 1924 to 1925.

Hetherington once again served as the plant's supervisor from 1926 until 1928, when he was replaced by Frank W. Fetterman.

In celebration of the establishment of the local Libby canning factory, which was the largest of its kind in the world, a formal opening was held on Sept. 12, 1913. The public event featured a program with speeches and a tour of the facilities.

According to an April 1927 Sacramento Chamber of Commerce report, with the growing success of Libby, Sacramento became widely known within the canning industry as the site of the two largest fruit and vegetable canneries in the world, with the other cannery being the \$3 million California Packing Corporation, Plant No. 11.

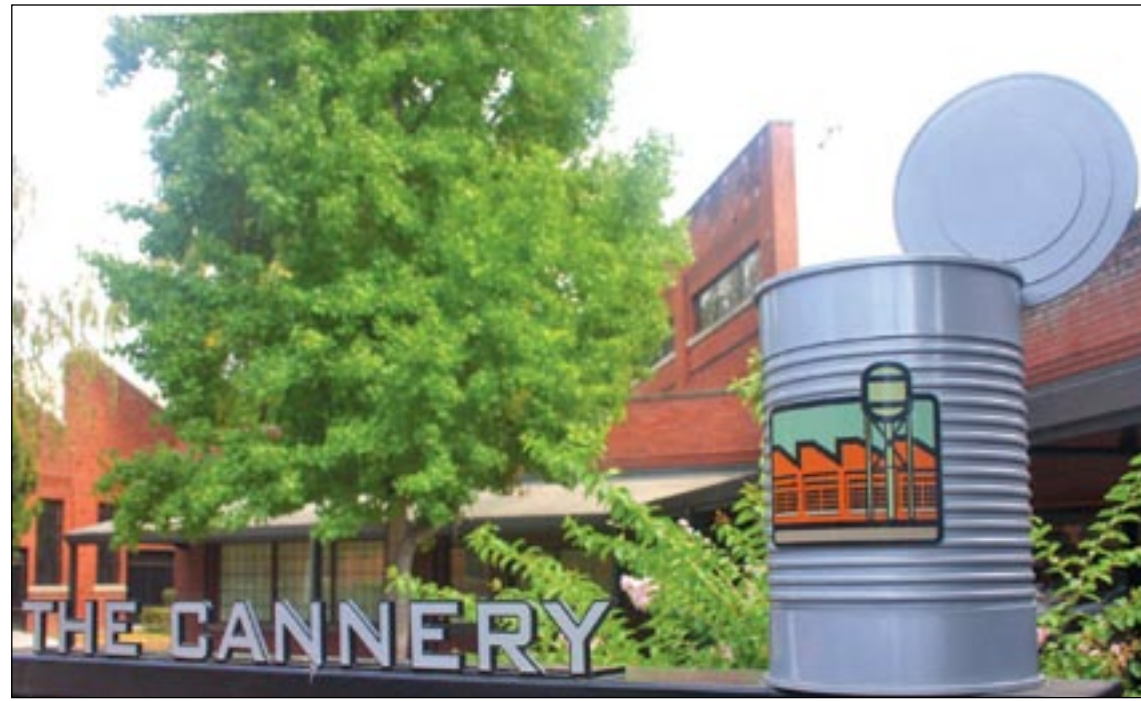


Photo by Lance Armstrong

The former Libby, McNeill & Libby cannery site is presently home to The Cannery on the Boulevards, a development featuring a variety of tenants, including the Commission on Peace Officer Standards and Training, HealthWorks Medical and dental offices.

This cannery, which was located at 17th and C streets, was also referred to as Calpak, as well as the Del Monte cannery due to its marketing under the Del Monte label.

The 1927 report also noted that Libby had practically doubled the capacity of its Stockton Boulevard plant, and by the end of that year, Libby would be producing

1.25 million cases per year – a number equal to Calpak's annual production.

Libby, McNeill & Libby, which was established in Chicago by brothers Arthur A. and Charles P. Libby, and Archibald McNeill in 1868, was able to greatly increase the production of its Stockton Boulevard plant through a

\$40,000 addition, which was constructed in 1927.

Overall, at that time, Sacramento's canneries, which included two other large canneries, produced about 96 million cans of fruits and vegetables and provided almost continuous employment for about

See Cannery, page 5

Cannery: Early want ads looked for female employees

Continued from page 4

4,500 men and women during the city's eight-month fruit and vegetable canning season.

From the 1920s through the end of World War II, Libby's local cannery appealed to a large number of female workers through about 50 on-site employee cottages and a day care facility.

Advertisements for the cannery were often directed toward female workers.

For instance, an advertisement appeared under the heading, "female help wanted," in the Aug. 3, 1922 edition of *The Sacramento Star*, as follows: "Libby's is now working on peaches. Women desiring work, please call at plant. Libby, McNeil (sic) & Libby, Thirty-first and P streets."

The book, "Portuguese Pioneers of the Sacramento Area," briefly mentions an early Libby employee, noting: "Frank Vargus worked for the California Vineyard Company taking care of large pumps, while (his wife) Minnie worked at Libby, McNeill & Libby to make ends meet."

Minnie was definitely one of the cannery's early workers, if not one of its original employees, since Frank passed away on Jan. 16, 1931, at the age of 47, therefore placing this reference in about the late 1920s or earlier.

The 1940 U.S. Census lists Minnie as a 51-year-old head of household, residing with two sons and working as a cutter at a cannery.

Rena Barsanti, who grew up in East Sacramento, said that several people from her neighborhood worked at the Libby plant, and among these people was her Losone, Locarno, Switzerland-born mother, Eda (Fornera) Barsanti.

"My mother worked her way up from an actual worker, and (Libby) promoted her to be a forelady and she did that for years," Rena said. "That was that period of time when there weren't a lot of jobs available if you were an immigrant and the most school you did was eighth grade. But she did real well with Libby, McNeill (& Libby), and because she spoke another language – she could speak Italian and there were a lot of employees that Italian was their first language – she could help them."

Rena said that her mother, who worked at Libby's Stock-

ton Boulevard plant from about the late 1930s to the early 1950s, also worked at Libby's olive pickling plant at Folsom Boulevard and Hazel Avenue in today's Rancho Cordova.

The Folsom Boulevard plant, which was proposed in 1914, opened in the fall two years later on the property of a former winery. It was Libby's first venture into the olive pickling business.

When Eda began working for Libby, the Stockton Boulevard plant employed about 1,500 workers, with the men's wages being 50 cents per hour and the women being paid 40 cents per hour.

Eighty-one-year-old Jerry Kaeser, who grew up a short distance from the Stockton Boulevard Libby plant at 1335 32nd St., said that his family was well connected to the cannery.

One of Jerry's earliest childhood memories was spend-



Photo by Lance Armstrong

Signage from the Libby, McNeill & Libby fruit and vegetable cannery can still be seen on the former cannery's old Stockton Boulevard brick structures.

ing time at Libby's aforementioned day care facility while his mother, Mary (Sanders) Kaeser (1909-1999) worked at the cannery.

"I can remember playing in the sandbox, playing with

clay, etc., right on the Libby property," Jerry said. "There was a little house with a playground, but that's gone. I was talking about that with my sister (River Park resident Marion Slakey) re-

cently. She doesn't remember it, but she was there (at the day care) with me, too. I can still picture her there with me and other details

See Cannery, page 6

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Cannery: Smell of canning tomatoes 'was all over the neighborhood'

Continued from page 5

like the wooden border along the sandbox, where you could sit."

Jerry said that he eventually became much more acquainted with the Libby factory.

"When I was going to (Sacramento Junior) College, my mother got me a job (at Libby's)," Jerry said. "I worked in a lab a little bit. That was probably in 1950 or 1951. It was a really easy job. My job was to go onto the trucks and pick 20 tomatoes off every truck I could for part of the shift, and then go in and dice them up and mix them up and check the specific gravity on them - They had a machine. I didn't know how to do that. - and write it down. The other part of the job was to check the cans as they came through the line, weighing them before and after, etc. I worked from 6 at night to 2 in the morning. (The job) helped me out a lot, you know, the money."

With an appreciative tone to his voice, Jerry spoke about the plant's female workers.

"I do recall the ladies on the line," Jerry said. "My God, these women were working 10 to 12-hour shifts, you know,

grab a can, fill it, put it on, pull it off. It was just constant (work)."

Jerry noted that in addition to himself and his mother, who worked for Libby from about 1930 to about 1975, he had two other relatives, who were employed at the Stockton Boulevard cannery.

"My mother's sister, Katherine (Sanders) Rowett (1911-2000), worked with her, and my uncle, John Sanders (1906-1984) worked there as a mechanic," Jerry said. "In those days, there weren't so many jobs around. It was railroad or cannery (work), if you didn't have a good education."

John Sanders, who worked at the cannery from about 1943 to about 1970, once resided on the cannery property at 1732 Libby Court before moving to his longtime residence two blocks from the cannery at 3172 S St.

In reminiscing about the old Libby cannery, Jerry said that he can still remember the smell of the air around the place during tomato season.

"The aroma, the scent of tomatoes was all over the neighborhood for blocks during tomato season," Jerry said. "But



The old Libby, McNeill & Libby cannery complex extends from Alhambra Boulevard to 33rd Street along Stockton Boulevard. Photo by Lance Armstrong

then again, (the city) became known (by the nickname of) 'Sacratomato,' (as well as the 'Big Tomato')."

The Libby plant finally ended its long tenure in Sacramento's grand cannery history in 1982, when the site was sold and refurbished for new tenants, including the state Department of Health and Welfare.

Today, the site, which was acquired by the Fulcrum real estate ownership, development and management company in 2006, is home to the Commission on Peace Officer Standards and Training, the Military Entrance Processing Station, U.S. HealthWorks Medical, Boutique Acupuncture and dental offices.

4th annual Banana Festival to feature budding East Sacramento performer

Promising young East Sacramento recording artist Karissa Lee will perform Saturday, August 10, at the 4th Annual Sacramento Banana Festival. Lee is scheduled to perform on the festival's Teen Stage at 12:20 p.m. Some 8,000 visitors are expected to attend the Sacramento Banana Festival "BANANAMANIA" August 10 and 11 at William Land Park, 3800 W. Land Park Drive.

The Sacramento Banana Festival is a multicultural event celebrating cultures in Asia, Africa and the Americas that use the banana as a source of food, art and culture. Entertainers will perform on three age-appropriate stages during the two-day, drug and alcohol-free festival, which also will feature a youth talent show, youth art exhibits, banana-themed cooking competitions, and educational activities and displays focused on culture, health, wellness and the environment. Festival hours are 10 a.m. to 7 p.m. on Saturday, August 10; 10 a.m. to 5 p.m. on Sunday, August 11. General admission tickets are \$5 and may be purchased online at <http://www.eventbrite.com/event/6587963777> or at the gate. Exhibitor spaces and event sponsorships are available—visit <http://bananafestival.sojoarts.net> for more information.

Lee's performing career began at an early age. She began dancing as a small child and now dances competitively for Dance Elite All-Stars of Rocklin. She performed in her first musical theater production at age 7, and will be featured as one of the King's daughters in the Sacramento Music Circus production of The King and I in August 2013. She began playing guitar at age 10. She has been cast in several films both locally and in Los Angeles, most recently as "Kimmie" in Petite Chardonnay directed by Gerald Davenport. She has performed with the local group Just Believe Performers of Rocklin, as well as the award-winning tour group High Voltage from El Dorado Hills. A year ago she was selected from 300 hopefuls by the PMWMusic New Artist Search, who offered her a record deal. She wrote and recorded the song "Our Summer," followed by a second recording of "Over You" by Patrice Wilson. In April she

performed with other PMW-Music new artists at a launch concert in Los Angeles, where she took part in the filming of the "Our Summer" music video. In addition to her August 10 performance at Banana Festival, Lee has performances scheduled this summer at Montbleu Resort Casino & Spa in Reno; William Jessup University in Rocklin and The Rose Bowl in Pasadena. East Sacramento Talent Karissa Lee at Sacramento Banana Festival August 10. Despite her budding musical career, Lee still finds time



See Banana, page 9

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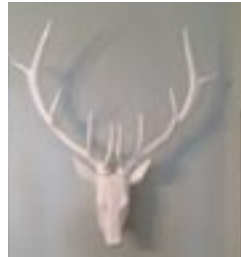
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For more info contact Annette Black 916.826.6902



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Banana: Youthful recording artist Karissa Lee will perform on teen stage Saturday, August 10

Continued from page 7

for community service. She performs for local seniors at the Granite Bay Eskaton center and founded the Community Service Girls Club with fellow members of Dance Elite, which in 2012 raised \$600 for a local family who lost a child to cancer. For more information about Karissa Lee, visit her Website at <http://KarissaLee.com>.

Proceeds from the Banana Festival support the National Academic Youth Corps, a non-profit organization that does business as the Sojourner Truth Museum. In addition, 11 other non-profit, community-based organizations are invited to exhibit and fundraise at the festival for a nominal cost to the organizations. "The Sojourner Truth Museum launched the Banana Festival in 2010 to raise funds for programs to help area youth through the arts and celebrate the diverse cultural heritages of the Greater Sacramento region," said festival organizer Shonna McDaniels. "The festival has grown larger each year with a positive, healthy message that brings families together from all different parts of the city. Our fourth annual festival will be bigger and more exciting than ever."

The Banana Festival is produced by the Sojourner Truth Museum, which provides year-round arts, educational, and health and wellness programming serving more than 15,000 at-risk youth from all communities in the Greater Sacramento area. With the assistance of volunteer artists, the organization offers a summer art camp; workshops on mural arts and a mobile mural program; an after-school needlecrafts and mentoring program for adolescent girls; volunteer opportunities for senior citizens to encourage community involvement; a monthly Family Art Day; dance and movement classes; and HIV/AIDS awareness, drug and alcohol awareness, and gang prevention programs for youth.

Proceeds from ticket sales and exhibitor fees for the 2013 Banana Festival will also support a newly launched endeavor for the Sojourner Truth Museum. The museum recently received authorization from the Sacramento City Unified School District to move to a district-owned facility at 2118 Meadowview Road, a location it will share with an existing charter school.

For more information about the Banana Festival, visit <http://bananafestival.sojarts.net>.



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Enhancing Children's Lives ... Inspiring Audiences

Local volunteers help bring solar cooking worldwide

Solar Cookers International to hold annual gathering at Sierra 2 Aug. 14

By MONICA STARK
editor@valcomnews.com

Angelina Seda is 87 years old and lives in Kenya. Eight of her nine children have died, one is bedridden and she is raising an orphan grandchild with no money and no income. But thanks to local relief efforts from Solar Cookers International, Seda says she can eat hot food now and her life has improved for the better.

Headquartered in Sacramento, SCI facilitates humanitarian and environmentally focused partnerships around the world through a database of connections. As an umbrella organization to numerous groups that try to spread solar cooking worldwide, SCI helps facilitate partnerships.

As in Seda's case and that of other women around the world, solar cooking is about women's issues. If a woman doesn't have to spend hours a day walking to collect firewood, she could use that time growing crops for her family, or spending time with her kids, visiting her relatives or starting a business, Solar Cookers International Executive Director Julie Greene, said during an interview in the backyard of her Pocket area home.

Greene's advocacy with solar cookers began after she read a *Parade* article about SCI's involvement with a Jewish World Watch refugee camp. The inspiring article led her to buy one of the low-end SCI solar cookers, a Cook-It. With it, she did demos for her kids' classes, which among things like learning more about the organization made SCI to become her favorite nonprofit for many years.

Greene loves her job because she feels like what she does matters. "I am lucky because I get to talk to people directly. John said to me (he's our partner in Kenya), he said for you, in the States, it's for emergencies only but for us, it's a matter of life and death. I think of that almost every day," Greene said.

Greene said a lot of the work SCI does not only educates people on how to solar cook but also how to find materials, which are natural to the people's environments. "What happens if something breaks? There needs to be enough knowledge, enough materials," she said. "And in places where there are no stores, people are always looking for cookers that could be made of local materials such as cardboard and foil," Greene said.

The array of issues solar cooking impacts spans the gamut of women's, health, poverty and the environment.

Women's issues

Besides the mere time savings a woman has for other things when cooking with the sun, their own personal safety is guarded, explained Greene.

"Women who are in refugee camps and are in a hostile environment, in some places where they leave the camps and walk 20 or 30 kilometers to collect firewood, they are raped, attacked or beaten as a warning to anyone else that they cannot take the scarce trees. We don't have enough for us. It's understandable. People want to protect what little they have," she said.

Similarly, for those who live in the desert and rely on finding twigs for firewood, having thousands of refugees from the camp collecting the twigs that



Dr. Robert Metcalf, SCI Dr. Bob Metcalf of SCI brings solar cooking and water pasteurization to Tanzania

the local people cannot even find, this causes a lot of tension.

"So to be able to provide a woman at a refugee camp with a solar cooker means she's safe," Greene said.

Health issues

Besides helping to prepare food, the solar cookers have been used to pasteurize water.

In 72 water samplings in Kenya, 52 of them had E. coli, so SCI representatives taught people how to pasteurize water in a Cook-it. "It kills Giardia. It kills cholera, Hep A and rotavirus and all these things we are really familiar with," Greene said. "We've been told the children stop complaining that their tummies hurt," she said. Many people in Kenya believe that water is a gift from God and therefore drink from swamps and streams.

Environmental issues

With depleted forests in Kenya due to increased population, many of the indigent would focus on the environment if their needs weren't so great. "So if (SCI) can provide people with these (solar cookers), there are so many benefits," Greene said.

Come see for yourself

SCI is currently getting ready for its annual Shine On! gathering at Sierra 2 on Aug. 14 and the general public is welcome to come celebrate the global importance of solar cooking. There will be plenty of food, wine, music, cooking displays, and more. If you are a supporter or simply want to know more about the importance of solar cooking, join SCI at the Sacramento Sierra 2 Community Center on Aug. 14.



J. Amayo SCI's community-based partner organization distributes integrated cooking method tools to families near Kisumu, Kenya 2013.

Solar Cookers International is headquartered in Midtown at 1919 21st St. Suite 101 Sacramento, 95811. For more information, visit www.solarcookers.org.

IF YOU GO:

WHAT: Shine On annual SCI gathering (open to the public)

FEATURING: Dinner, wine, sun-baked desserts, Girl Scouts solar cooking display, silent auction, solar cooker sale. Monica Woods, News10 Meteorologist will MC. The event will also feature Julie Greene and Allart Ligtenberg, inventors of Trekkers' Cooker backpack used at the summit of Mt. Everest

WHERE: Sierra 2, 2791 24th St., Sacramento, 95818

CONTACT: 452-3005

WHEN: Wednesday, Aug. 14, 5:30 – 8 p.m.

Solar advice from Elmhurst novice and experts from SCI

Local novice

Elmhurst resident Ilsa Hess has been solar cooking on and off for 20 years. Using a variety of cookers, including the dashboard of her VW Beetle, she's tried making everything from cornbread to muffins, steamed vegetables, and chili.

She remembered watching a wacky morning show years ago where they would cook turkeys in cars. "They actually did it in an old Cadillac. That sucker cooked! It's so hot out there ... I don't know why it's taken so long to get this together," she says. But on a hot July day, she put out two mason jars filled with half a russet potato each on her car's dashboard between a reflective car sunshade and the window. She put the thermometer in the jar. Before she closed the door, the thermometer read between 70-75 degrees Fahrenheit. Within a few minutes after shutting the door, it read 100. A few hours later, she went out to check on the progress. The heat was holding steady at 175 degrees no matter how hot it got outside. "The potato was still cooking!" she said.

Talk about free energy!

Hess said out of all the cookers she has tried, her favorite remains the fold-up Cook-it, which you can get through Solar Cookers International. A friend of hers let her borrow a big box cooker. "I tried to cook muffins, but they released a lot of moisture. I thought it would be the god of all cooking gods. But it's so heavy and I was blowing my back out. For what it's doing, it's not that awesome."

With the Cook-it, she has found that if it's hot enough outside, by noon her food can be all done.

While SCI recommends black enamel pans, Hess said the glass jars work well for her because she can actually see when something is done.

Solar cooking definitely has a learning curve. Different factors like the time of day and the wind can be an issue, she said.

Sometimes when cooking vegetables in a solar cooker, she has noticed the flavor change. "It will dry out and taste weird," she said. But when cooking chili, that's something that needs to cook for a long time. "It could sit there and simmer all day ... It's hard to boil a large pot of water. You can combat that by separating the beans into multiple jars to help get things moving and presoaking the beans helps."

For the interested, Hess recommends beginners purchase a solar cooking cookbook.

"Someone has done all the trial and error!"

As a vegan, she has gotten a vegan solar cooking cookbook, but she said the recipes were fancier than she wanted. "It was hippie wheat germ! I don't make that. Wheat germ almond crust pie – that just sounds nasty."

So Hess went rogue and started making her own personal cookbook. Here are some of her recipes:

Solar Chili

1 14oz can diced tomatoes
2 cans water
1 medium bell pepper cut into 1/2 inch cubes
1/2 cup corn (optional)
2 tsp salt
1/4 cup chili powder
1 Tbs cumin
2 tsp coriander
1 tsp red pepper flakes
1 tsp oregano
1/2 tsp cayenne pepper



1 tsp onion powder
1/2 tsp garlic powder
1/4 cup ketchup
1 cup of your favorite beans, drained (either dried beans pre-soaked overnight or canned)

Open can of diced tomatoes and put into a very large canning jar. Refill the empty can of tomatoes with water and put in a total of two cans of water. Add all other ingredients. Shake vigorously.

Place in a solar oven and cook for at least 4 hours in high sun (between 10am and 2pm). You can leave the chili in the cooker all day since it will not burn. Be aware that the longer the chili cooks, the softer the beans will become.

The key to steaming veggies is to not let them overcook. It will make them taste weird. I just wanted to steam the yellow squash and it came out perfect! Just put the food on the dash and the thermometer already says 100 degrees! I've been checking the temp and it's staying at a solid 175 even with the reflectors behind the jars. Two of the jars have chunks from one big russet potato and the third is dried mano coba beans and water. Looks like they are cooking well!

Rosemary potatoes

5 small potatoes (any kind)
1 tsp olive oil
1 TBS dried rosemary

Wash potatoes being sure to scrub away any dirt. It's okay if the potatoes are still damp. Put all potatoes into a very large canning jar. Add olive oil then rosemary. Put on the lid of the jar and shake to combine.

Place the canning jar into a solar cooker and cook for at least 3 hours in high sun (from 10am to 2pm). It is okay to cook for longer, but be aware the potatoes will start to become very soft and may fall apart a little bit.

The experts


If you are interested in trying solar cooking for the first time yourself, you may be wondering whether

it is best to build your own solar cooker, or to buy a finished solar cooker commercially. Take a look at how solar cookers work to help understand the principles of solar cooking. Building your own solar cooker can be fairly easy and inexpensive way to go. Various types of solar cookers that are available to build are listed at build a solar cooker off the website, <www.solarcookers.org>. You will find information there comparing the advantages and disadvantages of each style of cooker. There are also many solar cookers available commercially. Commercial cookers are typically well made, and waterproof. The location of the retailer will be important to consider to avoid high shipping costs.

Once you have decided on a cooker, you will need to find appropriate cookware. Thin-walled dark enameled metal cook pots work well. They are good at heating up quickly. Cast iron pots also work, and are typically preheated in the solar cooker before cooking. The advantage of the heavier pots is that they will help maintain an even cooking temperature if the sun is occasionally blocked by clouds, but most solar cooks seem to use the enamel pots. Because dark cooking pots work the best in solar cookers, it is important to remember to use a nontoxic paint for the exterior cook pot surface if you choose to darken your own pots.

Consider the type of foods you will be preparing in your cooker. Solar panel cookers and solar box cookers are simple to use, and are best at baking and slow cooking, similar to crockpot cooking. Parabolic solar cookers will require frequent re-orientation to the sun, but have the ability to fry foods and cook food on a griddle. Cooking guidelines will explain the best way to prepare specific food types. There are also many recipes of proven approaches to great dishes, but basically, most any recipe will work with the right solar cooker, by simply allowing for more cooking time. Most solar cooks will advise to not add much extra liquid when cooking, as you might do with traditional stovetop cooking. The natural juices of the food are retained when solar cooking.

Courtesy of www.solarcookers.org



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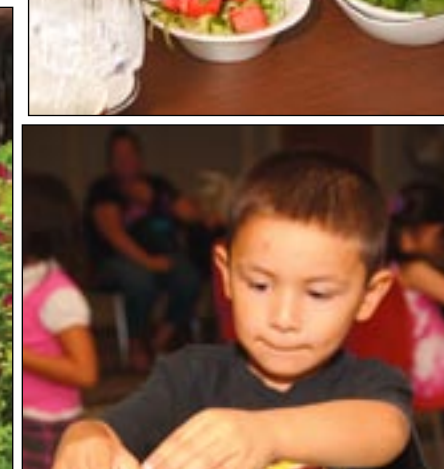
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Faces and Places:

Harvesting salad fixings at Colonial Heights Library

Photos by STEPHEN CROWLEY
Stephen@valcomnews.com

The Food Literacy Center will be at the Colonial Heights Public Library on Saturday, July 20. Between picking mint, cranking out spiralized cucumbers and the serendipitous find of a book with barnyard masks at the Friends book sale, organizers couldn't have been more pleased. As part of the program the children participated in preparing a watermelon and cucumber salad. They got to crank the spiralizer; the cucumbers came out looking like spaghetti. Because the branch has a garden, kids got to go out and pick the mint that they put in the salad. Glenn Destatte brought two pieces of Romanesco broccoli from his CSA for them to examine. (Can you say "fractal"?)

LOCAL BUSINESS BRIEFS

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AUGUST

Rotary Club of Pocket/Greenhaven
 Aug. 1: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday, Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Bi-Polar Anonymous
 Aug. 2: 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.

Kiwanis Club of East Sacramento-Midtown
 Aug. 2: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Fire Station 56 Open House
 Aug. 3: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 3720 47th Ave. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

My Sister's House Huge Parking Lot Rummage Sale
 Aug. 3: Support My Sister's House, a Sacramento-based non-profit serving victims of domestic violence and human trafficking, by attending the annual Rummage Sale from 8 a.m. to 1 p.m. There will be a huge selection of unique, affordably priced items such as housewares, small furniture, clothing, etc. Free admission, free parking. Call our office at (916) 930-0626 with any questions or concerns. 915 Broadway, Sacramento

Music in Carmichael Park
 Aug. 4: John Skinner Band, dance band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Beyond 'Les Roses': The Life and Art of Botanical Artist Pierre-Joseph Redoute
 Aug. 4: At 2 p.m. at the Central Library - West Meeting Room, learn about Belgian botanical painter Pierre-Joseph Redoute, court artist to Marie Antoinette and the Empress Josephine, with author and rose expert Ingrid Verdegem. She will discuss Redoute's most famous botanical volume, 'Les Roses', and his many other works produced during his career in the heady days of the French Revolution. Verdegem will describe techniques used by Redoute and share examples of his works. The program is presented by the Historic Rose Garden in the Sacramento's Historic City Cemetery. Garden volunteers will display examples of Redoute's roses and other botanical works from the Sacramento Public Library.

Sacramento Geranium Club meeting
 Aug. 5: Shelly Berlant, Master Gardener will talk about drip systems for container gardening from 10 a.m. to 1 p.m. Free. Shepard Garden and Arts Center is located at 3330 McKinley Blvd. Call 916-991-0442

Rotary Clubs of Arden-Arcade, Carmichael
 Aug. 6: 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.

National Night Out Ice Cream Social
 Aug. 6: Join the Avondale Glen Elder Neighborhood Association and Southeast Village Neighborhood Association for the 2013 National Night Out (NNO) Ice Cream Social Celebration, 6:30-8:00pm at George Sim Community Center (6207 Logan St). Activities: free ice cream sundaes, potato sack races, bubble war, arts & crafts, community resources and other fun activities. For questions please contact Nailah Pope-Harden at 916-501-5941 or nailahware@gmail.com OR Faye Wilson Kennedy at 484-5025, fayek@springmail.com. Organizers thank Building Healthy Communities for their sponsorship.

Soroptimist International of Sacramento North meeting
 Aug. 6: 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.

Rotary Club of Pocket/Greenhaven
 Aug. 8: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday, Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

The Mission Oaks Computer Club meeting
 Aug. 8: The next meeting will be from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. Ken Spencer from EmpowerMac will present information and answer questions relating to Apple products. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

East Sac Rotary
 Aug. 7: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Bi-Polar Anonymous
 Aug. 9: 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.

Kiwanis Club of East Sacramento-Midtown
 Aug. 9: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875

50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Cat & the Fiddle Music Festival
 Aug. 9, 10, 11: Daytime concerts start at 11 a.m. Evening concerts start at 6 p.m. Hey diddle diddle! Celebrate music and fun in the summer sun with a three-day music festival at Fairytale Town. Mumbo Gumbo, the Kerri Carr Band, Joy and Madness, and more will take to the Mother Goose Stage for live evening concerts. Evening concert tickets are \$15 for adults and \$10 for children. Three-night combo tickets are \$30 for adults and \$20 for children. Children's concerts featuring the Raytones, Two in Tune; Sacramento Opera and Philharmonic, and more will take place Saturday and Sunday beginning at 11 a.m. and are free with paid park admission. Visit www.fairytaletown.org for the full festival lineup and ticket information. For more information, visit www.fairytaletown.org or call (916) 808-7462. Sponsored by the River Cats Foundation and Capital Public Radio

Screen on the Green at Glenn Hall Park
 Aug. 10: Movie begins at sundown (approximately 8:15 p.m.)

Fire Station 43 Open House
 Aug. 10: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 4201 Centro Rd. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Second Saturday at Old Sugar Mill
 Aug. 10: Old Sugar Mill is partnering with the downtown grid association to bring Second Saturday to the Old Sugar Mill from noon to 5 p.m. There will be installation receptions, hands on demonstrations, and an Artist in the Round Curation. Old Sugar Mill is located at 35265 Willow Ave. Clarksburg, California 95612

Music in Carmichael Park
 Aug. 10: Roni & the Flight, R&B, classic rock and dance from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Friends of the River Banks present Dragons and Damsels
 Aug. 10: Friends of the River Banks present Dragons and Damsels with Greg Kareofelas. Greg is wonderfully knowledgeable and fun. He will bring live specimens of our local dragonflies, then we'll take nets to the river and try to catch our own (catch, identify, release). This is one of our best annual gatherings—we always have a great time and learn lots. Kids love this event!! Starts at 9:30 a.m. at Sutter's Landing.

Music in Carmichael Park
 Aug. 11: Todd Morgan and the Emblems, 50s Rock n Roll and 30s Jazz from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Northminster summer music series presents The Dixie Minsters
 Aug. 11: The Dixie Minsters—Northminster's own resident Dixieland band, playing many Dixie standards, will play during the worship service at 9:55 a.m. and a short concert on the patio at 11 a.m. during fellowship at Northminster Presbyterian Church, located at 3235 Pope Avenue. Refreshments will be available. For more information, call (916) 487-5192 or visit northminsteronline.org.

Bike and pizza worship at Sutter's Landing

By GREG BROWN
 greg@valcomnews.com

John Lucas is the "High Priest" of the Bike And Pizza Worship, which happens most Sundays along the American river under a canopy of trees. No long-winded sermons -- just a group of friends casually gathering to shoot the breeze, create some delicious pizzas, and enjoy the Sacramento summer along the river at Sutter's Landing.

The afternoon I participated, there were dogs chasing tennis balls along the riverbank, swimmers swinging on a rope into the cool river, a couple playing paddle ball, and sunbathers listening to classic rock. Then along came John Lucas barreling down the hill on his cool Dutch Long John bike with a mounted pizza oven.

"Here comes the pizza guy!" John's bike is something to behold. It's a Dutch Long John bicycle, a cargo bike first invented in the 1920's in Denmark by the Smith & Co. Company. It's like a food truck on two wheels!

John started welding at a very early age and is a metal fabricator. "I've made a lot of things in my life, fabricating is my passion," said John as he started to get everything ready for the pizza worship.

John constructed the entire Pizza Bike. He found the barbecue grill on the side of the road a couple blocks from Sutter's Landing. He cleaned it, fixed it up and welded the pizza cooker to the bike.

A propane tank sits comfortably waiting to be fired up. He recently added a stainless steel top as well as the temperature gauges. The pizza oven heats up to 600-700 degrees. "It's gotta be hot to cook pizzas," he said. There's even a window where you can watch the cheese toppings bubble. It's a masterpiece of manufactured metal.

John pulled out the homemade pizza dough he prepared at home and flattened it on the wooden cutting board he'd attached to the bike. He used his plastic Wiffle ball bat that doubles as a rolling pin to flatten the dough. Ingenious! The bike and pizza worship is all about improvising.

More folks started to gather once the pizza started cooking and the aroma wafted through the warm summer afternoon along the river.

John said he's trying to emulate the wood-fire oven. His pizza is in the style of Wolfgang Puck -- lots of experimental and improvisational ingredients. John said, "You make it up as you go. That's the beauty of pizza, it's very open on the ingredients you can use." His first pizza was topped with ham, goat cheese, tomato, gorgonzola, and balsamic olive oil. It was delicious...and made on a bicycle! I'd like to see Papa John do that.

John's pizza bike is a big attention getter. As soon as he started cooking the pizza some of the beach goers came right over. "Hey, that's cool!" Another guy was taking pictures of it. A lady walking her dog said, "Wow, like that set-up!" Everyone wanted a piece of the pie.

John offers up his pizza slices to anybody who wants to try it. One of the folks who tasted John's pizza was Veronica Brookshaw. She said, "I'm from Davis where they have all kinds of cool bikes. Anything with food bumps up the coolness factor 20 percent." She devoured her slice of pie.

Kelly Cordano added, "I like that bike. I also like the pizza crust, it's just like out of a brick oven."

Matt Stein, who was at the river with a group of friends said, "I'd pay good money for this pizza." John doesn't charge for the pizza, he offers it up to anybody for free. He's not interested in selling the pizza -- too many rules and regulations.

John mentioned he's been "trying to come up with a dessert pizza for awhile." That was his next creation. A nectarine pizza with sour cream as the sauce. He also added pecans on top as well as some "secret ingredients." It worked! The dessert pizza didn't last very long. After baking a couple pies John said, "I think it's time for a dip" and off he went into the river.

As time went by several more of the regular bike and pizza worshippers started showing up. It's BYOT. Bring Your Own Toppings. The worshippers all step in and become pizza cooks. After a veggie pizza



Above, John Lucas, his pizza bike and a wiffle bat used for play and rolling out the dough.



Photos by Greg Brown
 Pizzas by John

was created one of the worshippers quipped: "That's got too many vegetables, it might throw my carnivorous system into shock."

That's when the meat-loving worshipper started flattening some dough with the Wiffle ball bat and making a "kid pizza" as he called it. All meat. No veggies. Although, according to the U.S. Government, pizza IS a vegetable.

Then there was the breakfast pizza, which was just ham and egg. They were all coming up with future ideas for a breakfast pizza. Maybe bring some waffles and maple syrup next time. Or perhaps a Captain Crunch topping. Cuckoo for Cocoa Puffs pizza?

All sorts of fun, creative ideas for a breakfast pizza. Pulitzer Prize winning journalist Anna Quindlen once said: "Ideas are like pizza dough, made to be tossed around."

The sun was slowly going down. Sunbathers along the bank of the American River were packing up their chairs and blankets and heading up the hill. I asked Greg McCrae, another regular worshipper, "when does the bike and pizza worship end?" He said, "When we run out of dough...so we don't really know when that is."

Although on this day, John ran out of propane. And that's when the bike and pizza worship on the river came to a close.



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Charming East Sacramento 2 bedroom located on a park like lot. This home has been carefully maintained over the years and recently has had new energy upgrades with dual pane windows and new central heat and air. Spacious floor plan with all the charm of yesterday and amenities of today, plus inside laundry room, newer roof, and a good sized garage. \$349,000

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Built in 1978, this unique contemporary styled home features 3 bedrooms 2 baths, a large open space providing views of beautiful, mature gardens. Living room, dining room, kitchen, family room and master bedroom all have views and access to the gardens. \$689,000

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