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Reaching the Stars



Theodore Judah children's goals are becoming more attainable with successful fundraiser See page 19

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Dog falls five stories and survives

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Sausage city: Sacramento's history includes successful sausage factories

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Janey Way Memories:

A Stroll Down Memory Lane



By **MARTY RELLES**
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They say that old friends are the best friends. I believe that is true.

I had lunch a few weeks back with some of my oldest and dearest friends: Vince Angell, Dave Jurin, Candy (Doddridge) Lightner, Margaret Nicholl, Luigi Talini and Tom Watson.

We ate lunch at the Espanol Restaurant on 57th Street and Folsom Boulevard, right down the street from St. Mary's School where we graduated from the eighth grade in June, 1960. It turned into a great meal and a wonderful experience. We told old stories about sneaking underneath the church to steal kisses, playing tricks on the priests, learning to dance the foxtrot, and cutting up in our senior play.

We have all come a long way since then. Vince graduated from Bishop Armstrong High School, then went on to run his family business. After high school, Dave apprenticed as a chef and worked locally for many years before completing college and taking a job as human resource analyst with the county of Sacramento. Margaret moved to Reno, married, and ultimately took a job and settled there. Luigi has worked as a contractor in Walnut Creek and continues to run his family's business, Talini Nursery, on 56th Street and Folsom Boulevard, not far from where we ate lunch. Tom worked for the Sacramento Municipal Utility District as a linesman before going to work at the Rancho Seco Nuclear Power Plant where he retired.

Candy's story is probably the most interesting. She is the daughter of an air force officer assigned to Mather Field in Rancho Cordova. She bused into school daily from the air base and graduated from St. Mary's with us in 1960.

After high school, she attended American River College, married and settled in Carmichael, where she had three children. Then on May 3, 1980, tragedy struck. A drunk driver hit and killed her 13-year-old daughter, Cari.

It was the kind of experience which could have ruined her for life. But, she picked herself up, started Mother's Against Drunk Driving and the rest is history. She is nationally known for her work to end the loss of lives caused by intoxicated drivers.

We talked about her work and shared many other memories that day.

Afterward, we walked down to St. Mary's School where we were greeted by Patrick J. O'Neill, the principal. He took us through the classroom where we studied over 50 years ago. It has not changed. Then, he showed us the school's new resource center. It features facilities we never had when we attended the school: a science lab, a music room, an art center and computer lab. It truly changes the educational experience at St. Mary's School.

As we walked up the hall dividing the building, we noticed graduating class pictures. The first was ours. Then on and on, one after another, we saw the class pictures for each graduating class up to last year, 2014. It reflected the entire history of St. Mary's School. It was amazing.

This tour provided a fitting end a great reunion. We took a stroll down memory lane, and recalled a wonderful Janey Way memory.

East Sacramento Preservation to hold spring fashion show and Champagne brunch fundraiser

Women: mark your calendar for Sunday, May 17 from 11 a.m. to 1 p.m. at Katia's Collections, located at 5619 H St. for East Sacramento Preservation's spring fashion show and Champagne brunch. Models Kit Dillon Givas, Rachael Sprague and Sidney Norris will be modeling a mix of casual, fun and flirty outfits. Since Katia will be providing the venue, fashion food and drinks – which include quiche, fruit, a baked item, coffee, champagne and juice – all proceeds will go directly to ESP. The models were chosen because of their varying ages, said organizer and ESP member Ginger Barr. "We wanted a 20-something, 40-, 50-, and 60-something because the women attending will be in those age groups or have a daughter or granddaughter in one of the age groups."

The maximum attendance for this event is 32

guests and the cost is \$25 per guest. The minimum target amount ESP hopes to achieve is \$800.

With the proceeds ESP will continue to provide neighborhood education and assistance through special events.

There are many. Here is the list (courtesy of Ginger):

Speaker Series and Neighborhood Events

ESP hosts a free educational speaker series to inform neighbors about important resources and information directly related to our community including how to become involved in city planning decisions, and how to understand the history and legacy of our neighborhood's best features.

In 2014, ESP brought to the community a fair and informative debate between District 3 City Council candidates

Jeff Harris and Cyril Shaw and State Assembly candidates Kevin McCarthy and Steve Cohn. The debate was moderated by the League of Women Voters and child care was also provided by ESP.

ESP is hosting the East Portal Pops in the Park on June 6. ESP's role is to assist Sacramento City Councilmember Jeff Harris with giving Pops promotional handouts, host the Beer Garden and help with set up and clean up.

Children and Schools

ESP is working closely with neighbors, public representatives, and the Theodore Judah Elementary School administration and Parent Teachers Association to ensure the a new two-story addition to the campus was not located directly along the back fence

line but instead located in the central campus.

ESP provided to the community "Drive Like Your Child Lives Here" signs, and the H Street "Crosswalk Pedestrian Flag Pilot Program".

ESP has a Board Member, Ellen Cochrane, that brought to the 2014 City Council race the idea of

a Clean Vote Act requiring council members to refrain from voting on any matter that directly benefits a donor who has given more than \$1,000 to that council person. No exceptions. After losing by an incredibly thin margin, Ellen quickly became to be

See ESP, page 11

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This sophisticated home rests sprawling park like grounds offering privacy and special lake views. Featuring an elegant staircase, vaulted wood beam ceiling, hand scraped wood floors & windows peering out to the pool. With eye catching fireplaces, open living spaces and a gourmet kitchen boasting high end appliances.

8414 Lakehaven Ct. - \$1,349,000



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2635 57th st. - 310,000



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3617 Tolenas Ct. - \$1,099,000



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7416 Norhtlea Way - \$569,900



FIXER

This 3 bed, 1 bath home is a complete fixer. Big .29 lot, great backyard. All updating needed in kitchen, floors, baths. Bedrooms have hardwood floors, living and dining room do not. Permits on file for Living and Dining room additions done in 1980.

3808 French Ave - \$200,000



CUL-DE-SAC HOME

Cute, 3 bed, 1 bath, well cared for home with a nice sized backyard. The kitchen was also recently updated; the home also features easy care tile floors throughout, fresh interior paint, dual pane windows and a new driveway.

4318 Turnsworth - \$179,900



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Eight pound pup fell five floors, community comes together for pancake breakfast fundraisers

By MONICA STARK
editor@valcomnews.com

Lucy, a 5-year-old mix breed, mostly terrier, 8-pound pup survived a fall from the fifth floor balcony of the Pioneer Towers senior building on T Street on Thursday, March 26, as her owner Steve Austin was watering his plants.

Rescued from the pound, Lucy is an emotional support dog for Steve and is as cute as can be. But the \$5,600 vet bill isn't. So, neighbors have come together with pancake breakfasts, and Steve's daughter, Dianne McDaniel, put up a Go Fund Me page, which can be seen at, <http://www.gofundme.com/pg2lr0>.

On the fundraising page, Dianne writes: "This is an amazing hardship on my dad financially but especially emotionally. They literally have saved each other. He does not know that I am writing this. I would like to ask that if there are any pet lovers out there that feel their heart tug at hearing this story and would or could help to please donate. Thank you for any amount you are able to give." On that site

alone, they have raised \$950 for Lucy's surgeries.

After his exceptionally traumatizing ordeal of even getting her to the veterinary emergency room, considering he has no transportation, she will live. Having landed on her paws, Steve considers the outcome amazing. "It was a miracle it was just her legs."

On a \$1,000-a-month veterans' income, paying for Lucy's surgeries has been a struggle. Despite the financial and emotional strain due to the fall, the pair has been seen around the facility going on walks together, except that Lucy is carted around, while resting and taking in the fresh air. "She's quite a companion," Steve says. "All the people here just love her even when she just got her stitches out and was wearing a cast."

Recalling the day of the accident and the conspiring events to get Lucy the care needed, Steve said he picked her up and ran her to the Midtown Animal Hospital (1917 P St.) to find out they couldn't help her. They did call him a taxi, however, and said "to keep her in my arms." (The taxi driv-

er) drove 90 miles an hour," to Muehler Animal Hospital near the town of Freepport, costing him \$140 round trip.

While the expense has been a financial hardship, the staff from Muehler helped above and beyond Steve's expectations. "When we arrived, they were already on the PA system for an emergency. They already had an attendant ready to take her out of my arms."

As of the interview a few weeks after the accident, Lucy's daily routine started getting back on track. "Right now she is laying her right by my feet," Steve said over the phone. "We just came back from going for a walk. I had to get her a playpen because the doctor didn't want her moving around that much.



Steve Austin with his pup, Lucy.

Photo courtesy

For awhile she didn't know how to get into position to do her business, but now she's on her regular routine. I carry her out and in. I do let her walk just a little through the lobby. I love the click click click (of her footsteps). The ladies (in the apartment building) like the sound.

I let her walk around the house now that she got her stitches out. She has had pink casts on her feet."

The first pancake breakfast two weeks ago raised more than \$600 and with the leftovers from that first fundraiser, a second one was being planned.

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Sacramento's history includes successful sausage factories

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is the first article in a series about sausage factories that operated in Sacramento.

During its history, Sacramento has been referred to as many things, including the "City of Trees" and the "Camellia Capital of the World," and it has also been known historically for its operation of many breweries and canneries, and as the western terminus of the first Transcontinental Railroad and the Pony Express. But many people today are unaware of Sacramento's history as a "sausage city."

According to the Encyclopaedia Britannica, "The first authenticated reference (to sausage) appears in the 'Odyssey' written by Hom-

er, 9th century, B.C., who wrote: 'As when a man near a great glowing fire turns to and fro a sausage, full of fat and blood, anxious to have it quickly roast; so to and fro Odysseus tossed, and pondered how to lay hands upon the shameless suitors.'"

Through research for this article, it was discovered that sausage was sold in Sacramento as early as 1850, and East Sacramento became home to one of the city's most notable sausage factories - Pureta Sausage Co. - in the 1920s.

Included in the Aug. 31, 1850 edition of the Sacramento Transcript is an advertisement for that day's auction at Burnell, Bridgman & Co. on Front Street, near M Street (today's Capitol Mall).

Among the food items offered in the auction were five half barrels of bologna sausage.

On Jan. 8, 1855, The Sacramento Union ran an advertisement, which reads: "Sausage manufactory. The subscribers would respectfully state that they have commenced to manufacture sausages, head cheese, (etc.), and that they intend to use only the best qualities of fresh meats for the purpose, and trust that they may, by giving satisfaction, establish a good connection with families, hotel and restaurant keepers. Fresh pork, liver, blood and all kinds of fresh meat sausages and head cheese, of a superior quality. We trust by making low charges and giving every attention to busi-

ness to merit a liberal share of patronage. Marquet & Frichon, Front Street, between P and Q (streets)."

It was also during that time that the inventory of the firm Baker & Hamilton, at Front and J streets, included sausage cutters and stuffers.

The Union, in its Aug. 6, 1855 edition, mentions the business of E.J. Bosler & Co. as then offering "domestic sausages" in a new brick building on the south side of K Street, above 3rd Street.

Clauss & Kraus

One of the city's all-time most notable sausage manufacturers was Clauss & Kraus at 1700 I St.

Also known by its shortened name of C&K, the business began its operations at that site on Sept. 3, 1888, under its original proprietorship of John Clauss and Frank L. Kraus.

John, who was born in Alsace-Lorraine in 1866 and immigrated to Sacramento in 1881, eventually married Frank's sister, Katherine "Kate" Kraus.

In John's obituary in the Nov. 16, 1943 edition of The Bee, it is mentioned that he worked for a year as a butcher in New York City, settled in San Francisco, and then became employed as a butcher for Gerber Bros., which was located at 930 J St.

By 1884, John was employed as a butcher with Wilson & Co., and he was then residing at the Capital Hotel at the southwest corner of 7th and K streets. He

continued living at that hotel until about 1888.

The 1888-89 city directory mentions John as then residing at 1724 I St., and lists John and Alexander Metzger as operating the butcher shop, John Clauss & Co., at 2000 M St.

Coinciding with the aforementioned September 1888 opening of Clauss & Kraus, the business is listed as operating at 17th and I streets in the 1889-90 city directory.

The decision to establish C&K at that site was a simple one, since the Kraus family already owned the southeast corner of 17th and I streets, and there would thus be no need to purchase or rent property for the business.

That site, however, was not an ideal location to operate a business at that time, considering that it was then many blocks from the city's business section. The total of C&K's first day's receipts was \$3.50.

The meat stored at C&K in its pre-ice box years was kept cool on ice that was delivered from the Tahoe area.

An early C&K advertisement in the Jan. 5, 1890 edition of The Union reads: "Clauss & Kraus. Dealers in all kinds of fresh meats, bacon, hams, lard, pressed corn beef and all kinds of sausages; proprietors I Street Market, cor. Seventeenth and I sts. Free delivery to all parts of the city."

According to an article in the Sept. 2, 1948 edition of

See Sausage City, page 7

Sausage City:

Continued from page 6

The Union, those deliveries were made by bicycles.

A portion of that article reads: "The young butchers found their solution to (their inferior location) in the bicycle. They took 'tomorrow's order' when they delivered 'today's' (order). They peddled nobody knows how many miles to obtain and keep customers."

Additionally, Clauss & Kraus eventually purchased land near their business and had houses constructed on that property. And the buyers of those houses became C&K customers.

Two of the earlier employees of C&K were Conrad Wissig and George Goslick.

Much praise was given to C&K in the Dec. 24, 1892 edition of The Union, which notes: "No industry has shown such revolution and progress as that of the meat trade, and all who have given it any attention will agree in saying that no other concern in the city is the public more indebted for its progress than Clauss & Kraus, the well-known butchers, located at the (southeast) corner of Seventeenth and I streets."

During the winter holiday season of 1897, C&K presented a display of dressed beef that was reported in the New Year's Day edition of The Union to have drawn much admiration from locals.

That publication noted that many people had once thought that the company had killed too many steers at that time and that it would be necessary to dispose of much of that beef. Instead, The Union noted that C&K had to kill 10 more steers to accommodate the demands of its customers.

Among the people who worked for C&K during the 1920s was a salesman named Hiram O. Heffren, who resided at 3334 3rd Ave.

In 1943, for the first time in its history, C&K was operating without the guidance of either of its founders.

Frank Kraus died on Dec. 4, 1930 at the age of 65, and John Clauss died on Nov. 15, 1943 at the age of 77.

C&K, which had altered its operations from wholesale and retail to solely wholesale



Photo courtesy of the Lance Armstrong Collection

Clauss & Kraus operated in Sacramento from 1888 to 1981.

a few years earlier, continued functioning as a family run firm, with sons and grandsons of the business's founders.

The 1947 city directory lists John Clauss, Sr. (1895-1970) as the business's president and manager; Frank Edward Kraus (1901-1953), vice president; John Clauss, Jr. (1924-1996), secretary; and Leonor Katherine Kraus (1902-1996), treasurer.

By 1948, 76 people, including descendants of the founders, were working at Clauss & Kraus.

C&K eventually employed about 125 people and were involved in both sausage manufacturing and the packaging of more than 100 different processed meats.

Victor Warmerdam, who worked for C&K from 1959 to 1981, recalled obtaining that employment through a recommendation from C&K sausage maker Ferdinand "Ferdy" Morant, who spent 13 years working for the company.

"Ferdy got me the job," said Warmerdam, who immigrated to the United States from the town of Noordwijkerhout in Holland in 1956. "At first I had to do some cleanup, and after a year and half, they gave me over to Ferdy for an apprenticeship. That was in about 1961, and then after a year and a half or two years, I became a full fledged sausage maker."

Warmerdam, 78, said that he was present at C&K when

it began using sausage making machinery.

"We made a lot of (sausage) and we made it every day," Warmerdam said. "We used pork and beef and that was the main ingredients, and the meats came from different parts of the animal, and there were the spices. The sausage making, (C&K) used to do it by hand, and then later on in about 1969, it was done by machine. At first they would do it on two machines at the same time, but it became more efficient with just one machine. It was really a step forward (to use a sausage making machine), with the competition (from sausage factories, including Sacramento's Pureta and Made-Rite factories)."

In complimenting C&K, Warmerdam said, "It was a very good company to work for. I really liked working there. (The son of C&K co-founder) John Clauss (Sr.), he was the main guy, and he had a son named John Clauss, (Jr.), and then there was Marshall Kraus. There were two families. That's why it was Clauss & Kraus. John Clauss, (Sr.) was a very nice guy. He was easy to get along with and I have nothing but good things to say about him."

Declining sales led to the closure of C&K in November 1981, as the business fell seven years shy of reaching its 100th anniversary.



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- Albert Einstein

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Understanding affordable public transit on Transportation Day!

By MONICA STARK
editor@valcomnews.com

As the fight to make public transportation more affordable and accessible to at-risk populations like the elderly and disabled continues, volunteers from Wellspring, a local nonprofit that serves 200 women and children, have been helping as many people as possible take advantage of discounts they might not be aware of. Students qualify, mental illness qualifies, elderly qualifies, even someone with a mild or temporary mental health challenge can get a 50 percent discount on bus fare with the disabled ID card.

Once you have the disability ID card (also the senior or student discount IDs) you are entitled to pay half fare. The rider presents the photo ID when boarding the bus and pays either \$1.25 for a single ride or \$3 for a daily pass, as compared to \$2.50 or \$6 respectively. It would be \$50 for a monthly pass with the discount, \$100 full price.

As part of that effort informing the public of these discounts, on April 9, National Stand Up for Transportation Day, organizers and RT users created a line around the RT offices downtown in an effort of bringing attention to the public the reduced fare many are entitled to.

Pam Haney, one of the organizers and a Sacramento State University student, spoke with the East Sacramento News about the National Stand Up for Transportation Day.

Haney just turned 30 and has been working with adults with developmental disabilities for about 10 years. She has a degree in Culinary Arts, a BA in Anthropology, minor in Chicano Studies and is currently in the last semester of the Master's of Social Work program at Sacramento State University.

"I've always been politically active and wanted to work in advocacy, but the

jobs I've had have been mostly clinical in nature. CSUS requires an internship for the degree, so after spending my first year at Wellspring (assigned, I had no say in the matter) I lobbied to bend the rules and spend my second year developing an activism program for them. I saw the need, Genelle Smith (supervisor and field instructor) agreed and the environment is free enough to allow for it. The guests there told me what to focus on: transportation is the biggest barrier, period."

In regard to the National Stand Up for Transportation Day and about the pro-

cess in getting RT discounts for disabled people, Haney said, "It is very difficult to navigate the disability discount process," Haney said. "The RT website doesn't actually say what a disability is, just that the discount works."

On April 9, Haney said, they ended up assisting more than 100 people in obtaining a disability discount ID card, herself included. May 11th will be the next day where organizers would like a large group to show up at the RT board meeting where the budget for fiscal year 2016 is open to public comment prior to approval.




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May 2015 Events at the McKinley Library

May 8, Friday, 3:30 p.m.
Captain Underpants Party @ McKinley (Family/All Ages)
Join us for a Captain Underpants-themed party! We will read an underpants story make our own Perfectly Portable Pilkey-Powered Paper "Pug" Planes play and underwear fling game eat Captain Underpants-themed snacks and more! Don't miss this afternoon of disgusting and silly Captain Underpants fun.

May 9, Saturday, 10 a.m.
One-on-One Technology Help @ McKinley (Technology Instruction)
Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come first served and last 30 minutes.

May 14, Thursday, 3 p.m.
eReader Help @ McKinley (Technology Instruction)
Having trouble downloading library ebooks and audiobooks to your Kindle Nook iPad or other mobile device? Come to our drop-in eReader help hour Thursdays at 3 pm. Our Technology Assistant will walk you through the steps of downloading successfully using the Overdrive and 3M cloud apps.

May 16, Saturday, 10 a.m.
One-on-One Technology Help @ McKinley (Technology Instruction)
Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come first served and last 30 minutes.

May 16, Saturday, 12:30 p.m.
Sabrina's Craft Corner @ McKinley (Adult)
Learn a new craft technique every month using simple household items and affordable materials. Today's craft: Paper Beads. Funded by the Friends of the McKinley Library.

May 21, Thursday, 3 p.m.
eReader Help @ McKinley (Technology Instruction)
Having trouble downloading library ebooks and audiobooks to your Kindle Nook iPad or other mobile device? Come to our drop-in eReader help hour Thursdays at 3 pm. Our Technology Assistant will walk you through the steps of downloading successfully using the Overdrive and 3M cloud apps.

May 22, Friday, 3:30 p.m.
Lego Mania @ McKinley (School Age (6-12))
Like building with Legos? Join us for our monthly Lego free play afternoon. Legos and Lego building books will be provided.

May 23, Saturday, 10 a.m.
One-on-One Technology Help @ McKinley (Technology Instruction)
Are you curious about ebooks but not sure how to get started? Is your tablet or ereader a mystery? Do you need basic computer help such as creating e-mail accounts and using the internet? Come by the McKinley Library and meet with a Technology Assistant! Sessions are first come first served and last 30 minutes.

May 28, Thursday, 3 p.m.
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ESP:

Continued from page 3

elected into public office as our new Sacramento City School District Board Member.

ESP is the only neighborhood association that has on its Board a representative of the youth in our community. The Board member is a high school student at West Campus High School.

McKinley Park Pond

ESP is the only neighborhood association which asked the city to test the water at the McKinley Pond, a test which revealed that

the water was a Human Health hazard. ESP is providing leadership and technical assistance to ensure the draining and rehabilitating of the McKinley Pond is done properly while taking into consideration the migratory patterns of the birds and health needs of the other animals and plants. A McKinley Park pond cleanup is scheduled for Saturday, May 9. (One was held on Saturday, May 2.)

ESP is helping to ensure the long term safety and health of McKinley Pond by using signs and educational programs to inform the public about how to best feed and interact with the wildlife.

McKinley Village

ESP played a key role in helping to provide our community a voice of opposition against the McKinley Village project, a voice which provided truthful answers about what the development will be like, and spoke out against a broad spectrum of deficiencies in analysis regarding health, air quality, environment, emergency vehicle access, flooding safety, traffic, and the influence of big money on our elected officials.

Trees

ESP is actively working with the city to help coordinate and

monitor McKinley Park tree maintenance and replacement. We are also developing close ties with the Sacramento Tree Foundation, peer reviewed local tree experts, and other active associations to ensure our world wide reputation as the City of Trees remains genuinely intact and well deserved.

ESP also closely monitors changes to the Sacramento City tree ordinances including changes to the designation of Heritage Trees, changes to the powers and duties of Parks and Recreation, enforcement, penalties for violations, and the protection of trees during the development of our city.

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Native American medicine woman describes the naming process of her own children

By MICHAEL SAELTZER

Editor's Note: This is the second On the Curbs column that features how religious leaders in the East Sacramento area go about naming their own children.

Sage LaPená is a member of the Northern Wintu tribe, a medicine woman, a clinical herbalist, and an ethnobotanist whose roots run deep through our community which we should all remember was from its earliest days inhabited by Native Americans in River Park, East Sacramento, and the surrounding community. She helps

treat diabetes and other ailments using natural medicines, teaches, and is asked to speak at health and cultural symposiums. Three of her five children, Kai, Otter, and Raven went to Theodore Judah. She moved to Sacramento early in her life when her father Frank LaPená, a renown painter, poet, and professor, moved south from his traditional lands near Redding and began the first Ethnic/Native American Studies program at California State University, Sacramento along with Morgan Otis.

Her mother, Catherine Ritter, is originally from Idaho. From an extreme-

ly early age, Catherine was responsible for all the domestic duties of the household because her mother was crippled from polio. Ki, or Kitty, as she is known, is a very accomplished seamstress, quilts for U.S. veterans and sews intricate hand made moon bags to third world women which need them for sanitary purposes.

When Sage and I discuss the naming of her children Sage reminds me that in the earliest days children were not named right at the time of birth because many children used to die. Names would be given later on in life and often represented attributes which suited their personalities, or physical features, or abilities.

In her culture because it is believed that when a person is named that very act of naming profoundly affects who they will become, the earlier Native Americans held off on naming their children until they had time to observe them in the world and take into consideration all sorts of things besides their attributes such as the season they were born in, the climate, or even animals that were around.

In her culture children are never given the name of someone else because that name belongs to that soul forever. When names are given they are often given as what we might call nicknames. For example, if a child's personality was bubbly and flowing, they might be given a name associated with water or a river. As a child developed, they would take on different names indicating a rite of passage had been taken and a new role and identity was now in place. This may happen many times until fully mature and a final name would be given. All naming was done during a naming ceremony which could be as brief as a simple conversation with an elder or long and elaborate ceremonies stretching out days.



Sage LaPená a Native American medicine woman explains her culture and the way she named her children Kai Rolph, Mem Tulet, Raven, Heslatkala Kaluluka, and Roxie. Photo Credit: Matt Kennedy

Sage's first born son, Kai, has a father named Wolf who is of Gaelic decent. Wolf is actually the butchered form of the Gaelic word, "Rolph," a word meaning, "hawk." Kai's full name is Kai Rolph. So, when put together, you have a name, which essentially means Sea Wolf, better known as an Orca, or Killer Whale.

Notable is that Kai comes from two different cultures, and when he was home-birthing, his waters did not break. He was born in the bag of waters where he stayed for some time. In the Wintu tribe, a child who is born without the waters rupturing is considered to be existing in two worlds, and so it is quite understandable why this happened to Kai when he was born. Also, notable is that in the Wintu tradition, the placenta is saved and then buried during a tree planting later in life by the child. Kai chose to plant a redwood tree, and later he would grow to be 6-foot-3-inches tall.

See Sage, page 13

Sage:

Continued from page 12

Otter planted his placenta along with a persimmon tree at his paternal grandmother's.

Raven was the next born son. Raven was born in a teepee between Guerneville and Healdsburg (in Sonoma County) on a very peaceful early morning in November, just as dawn was coming. Sage describes the steam that came off him as he entered the world, the peace and calm of those moments. As she went into labor, she could remember laying on her side, looking at the orange embers glowing, the smoke drifting up through the hole in the top of the teepee and a raven sitting on a branch through-

out the entire birthing, watching, and gently gurgling, not cawing. When a native American gets lost in the forest, they follow a raven who knows they are lost and leads them home. They are shepherds, and the raven was present to help Raven come into this world. His full name means "raven brings the dawn." A few grains of bee pollen were given to him shortly following birth because of the pollen's especially healthy qualities. Raven's placenta helped grow a maple tree.

Heslatkala Kaluluka was born next, and his name means "young elk" which means, "the fastest runner." He goes by Kalu, which simply means, "fast." Kalu was always very large and very strong and even as a

baby loved pulling himself up on the chin-up bar at home. As Kai had cut Otter's umbilical cord, and Otter cut Raven's, so Raven cut Kalu's. Kalu's placenta helped to grow an incense cedar also in his paternal grandmother's yard.

Roxie was born six years ago in Folsom, and she is named after the first Native American to have taken on a non-native name, Roxie Peconom to whom the campground in the Lassen National Forest is named after. And Roxie's personality? Just like that of her namesake, spunky, strong and does not get pushed around. Roxie has not yet buried her placenta and planted her tree. But, surely one day she will, as those that came before her have done.

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Faces and Places: Heart Kids Rock

Photos by STEPHEN CROWLEY
photosbycrowley@yahoo.com

A rockin' evening for heart kids and their immediate family members with dinner, dancing and entertainment was put on by non-profit Angels for Hearts on Saturday, Feb. 28 at The Sutter Cancer Center.



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'Sacramento's Baby Hospital' being honored with online Sutter Baby Album

In honor of Sutter Memorial Hospital's status as "Sacramento's baby hospital," Sutter Medical Center, Sacramento will publicly launch a Sutter Baby Album on Monday, inviting anyone born or who gave birth at Sutter Memorial to upload their baby photo to www.sutterbabies.org and share it on their favorite social media sites.

Sutter Memorial Hospital, which opened in 1937 as Sutter Maternity Hospital in East Sacramento, has been the birthplace of 346,500 babies... about two-thirds of the population of the City of Sacramento. Upon its opening, it was the first air-conditioned hospital in California and the first to incorporate isolation techniques to prevent the spread of infection.

After World War II, the hospital was renamed Sutter Memorial Hospital and, in addition to birthing services, became the home of Sutter Heart & Vascular Services and Sutter Children's Center, which includes the groundbreaking, lifesaving neonatal intensive care unit, or NICU.

More than 77 years later, the hospital is being vacated in August. Mater-

nity services will travel two miles west to the new Anderson Luccetti Women's and Children's Center on Sutter Medical Center's midtown campus, just off the Capital City Freeway. The new hospital will continue the same quality care that has been Sutter Memorial's trademark, but in a new family-oriented setting with the latest technology, all-private rooms, and penthouse views of the city from the top patient floor as a reward to mothers who just delivered.

"It is the staff and physicians that make Sutter Memorial an amazing place now and will continue to create an exceptional customer experience in the new Anderson Luccetti Women's and Children's Center," said Sutter Medical Center, Sacramento CEO Carrie Owen Pletz, who gave birth to her son Jackson three years ago at the iconic Sacramento hospital. "It is because of these reasons that Sutter Memorial Hospital holds a special place in my heart, the hearts of many of our staff, and also thousands of people throughout our community."

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CALENDAR

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MAY

Free! Riverside Concert Series at Camp Pollock

May 7: Come Relax at Camp Pollock! Concert will feature a relaxing musical experience on Sacramento's American River Parkway. Concerts start at 6 and continue until 8 p.m. Bring your own picnic basket and blanket. Bring your leashed dog. Enjoy Smores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact sacramentovalleyconservancy.org or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

The Theodore Judah Community Theater presents School House Rock!

May 8-9: The Theodore Judah Community Theater presents "School House Rock!" on Friday, May 8 at 6 p.m. and Saturday, May 9 at 3 p.m. at Theodore Judah Elementary, 3919 McKinley Blvd. Adults are \$5, children are \$2; children age 3 and younger are free. Light refreshments are available for

purchase. Proceeds benefit Theodore Judah Arts Program.

Fire Station 2 Open House

May 9: Fire Station 2, located at 1229 J St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

Stigma Free 2015 event at the Clunie Community Center

May 9: From 11 a.m. to 2 p.m. enjoy a Sacramento youth celebration recognizing mental health from 11 a.m. to 2 p.m. at the Clunie Community Center at McKinley Park, 601 Alhambra Blvd. There will be music from 102.5 KFSM, spoken word performances, a scavenger hunt, selfie station, raffle prizes and more. Presented by Sacramento County's "Mental Illness: It's not always what you think" project, this event is free to the public. To RSVP, email info@stopstigasacramento.org and for more information, visit www.stopstigasacramento.org. info@stopstigasacramento.org.

Music at noon free concert at Westminster Presbyterian Church

May 13: Bring your lunch and enjoy fine music. This week there will be music featuring violinist Lubo Velickovic, and pianist Dmitriy Cogan. Upcoming concert information and "printed" programs can be accessed

from www.musicatnoon.org. Westminster Presbyterian Church is located at 1300 N St.

Audubon Program to highlight loss and recovery of Central Valley Wetlands

May 15: The story of the loss and recovery of waterbird habitat in the Central Valley will be told by CSU Stanislaus Associate Professor Philip Garone at the May 15 meeting of the Sacramento Audubon Society. The 7 p.m. meeting will be at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com). There will be no charge for the program or parking, and no park-entry fee. Professor Garone teaches environmental history and is the author of several publications, including The Fall and Rise of the Wetlands of California's Great Central Valley (UC Press 2011). For the first 100 years of statehood, the original four million acres or so of permanent and seasonal wetlands in the Central Valley was "reclaimed" to a fraction of its size and converted to agriculture, Professor Garone notes. But in the second half of the 20th Century and into the present we have been protecting and restoring - rather than destroying - Valley wetlands. The different ways this came about in the Sacramento and San Joaquin Valleys, and some of the challenges still facing us, will be the main thrust of his presentation, Professor Garone states.

Fairytale Town presents a day of "Farms, Friends & Fairytales"

May 16: From 11 a.m. to 3 p.m., join Fairytale Town for a fun-filled celebration of

farm animals and agriculture! At 11 a.m. and 1 p.m. watch Fairytale Town's Babydoll sheep get sheared and the wool spun into yarn using an old fashioned spinning wheel. Plus, participate in agriculture-themed hands-on activities, and visit with local area farms and organizations. This program is free with paid park admission. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit fairytaletown.org or call 808-7462. Sponsored by Whole Foods Market and SAFE Credit Union. Fairytale Town is located at 3901 Land Park Dr.

Free Community Safety Event for Children/Parents

May 16: To keep kids safe over the summer months it's important to share safety awareness, self-defense and strategies to avoid conflicts including bullying. So, Robinson's Taekwondo will be offering a free one-hour safety clinic to bring parents and children together to learn and practice being safe together, including easy escapes from grabs and anti-bully roleplaying families can share. With many parents working and the kids out of school many are often more vulnerable to bullying, playground assault or potential victims of predators. Safety in our community comes from raising awareness and giving children and families the tools they need to cope. Robinson's Taekwondo at 1 p.m. Registration is required and space limited. Register online at: http://www.robinsonstkd.com/tickets to reserve your place and find a participating location in the Sacramento region. Call 1-888-249-7853 for more information.

Fire Station 6 Open House

May 16: Fire Station 6, located at 3301 MLK Jr. Blvd., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

'Haute Stuff', a benefit fashion show and marketplace for the Sacramento Children's Home

May 17: From noon to 4 p.m., enjoy a marketplace of fashion, home, and lifestyle temptations. There will be local food and wines as well as a fashion show of Haute trends. Even benefits the Sacramento Children's Home. For more information and to purchase tickets, visit www.kidshome.org/events. Event will be held at Jardin Rue Estate, 4475 Garden Highway.

Free band concert

May 18: The Sacramento Concert Band will present a free Spring concert at 7:30 p.m. at Christ Community Church, 5025 Manzanita Ave., in Carmichael. The concert by the 50-piece band will include "Colonel Bogey" (theme from the movie "Bridge Over the River Kwai"), "Marche Militaire Francaise", and a medley of tunes by Jule Styne ("The Party's Over," "People," and "Don't Rain on My Parade"). The band has been performing in the Sacramento area since 1969. There is no charge for the concert, but donations will be accepted. For more information, visit the band's web site: www.sacramentoconcertband.net. Come and enjoy the music!

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Thursday, May 28 11:30 am to 12:30 pm Thursday, June 25 (Dinner) 6:30 pm to 7:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020 RSVP: Jessica at jessica@eastlawn.com	Wednesday, June 17 (Spanish & English) 11:30 am to 12:30 pm Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026 RSVP: Janice at janice@eastlawn.com

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Bond of Brotherhood has inspired Gay Men's Chorus through 30 years

By BONNIE OSBORN
Special to the East Sacramento News

As they count down the days until their one-night-only 30th anniversary concert spectacular, Sacramento Gay Men's Chorus members are thinking about where they began and how far they've come.

On May 8, the chorus will present "Milestones: Our Journey Continues" before its largest audience, in the largest venue, of its 30-year history, Sacramento's Memorial Auditorium—a far cry from the group's first concert in spring 1985, performed at tiny St. Paul's Episcopal Church at 15th and J.

"I'm proud of the artistic quality that has evolved under Musical Director Steven Johnson and heartened to find how many men who love to sing have found a home with the chorus," said former state Assemblyman and cable industry executive Dennis Mangers of Carmichael, a founding member of the chorus, although he no longer sings with the group. "I am also gratified to find that the environment for the LGBT community has changed to the point where gay men and their straight allies in music are comfortable now calling themselves a 'gay' chorus. Such was not the case 30 years ago, when we were at risk in our employment and subject to other forms of discrimination."

Indeed, the chorus name was a topic of debate off and on for years. Members of a Sacramento gay men's social and networking group, Pillars, attended a concert of the San Francisco Gay Men's Chorus, founded in 1978, which sparked the idea to start a Sacramento gay men's chorus, recalls founding member David Kwong of Natomas, who continues to sing with the chorus.

Some wanted the new chorus to be identified as gay; others, including several who worked as teachers, were fearful of losing their jobs. In the end the group was named Sacramento Men's Chorus. "Even though by our statement, our programs, our supporters, everybody knew it was a gay group, our name allowed us the opportunity to be to work with the larger musical and arts community," Kwong says, noting that the chorus has performed with the Sacramento Choral Society, the Sacramento Philharmonic, Sacramento Ballet and Sacramento Opera as well as at senior centers and LGBT community events over the years. "There were straight members of the chorus then, and there are now," Kwong says.

"I don't think we thought about politics going into it," says Frank Lasso-Lawler of Arden-Arcade, founding member and three-time president of the chorus. "It really was a shelter, a place for people to socialize, have fun and sing."

Twenty-five to 30 men attended the first rehearsals in fall 1984, in an old building in Oak Park then owned by Metropolitan Community Church. There were springs beneath the floor of the second-floor ballroom floor, Kwong remembers, and you sank when you walked across it.

The group did a lot of cabaret shows in the early days, Lasso-Lawler says, performing at Garbeau's Dinner Theatre, closed in 2009 but recently reopened; audience members threw flowers and candy onto the stage.

After rehearsals the group would often gather at Alhambra Fuel and Transport, where someone would play piano and they would sing, Lasso-Lawler recalls. "They gave us free drinks as long as we were singing," he says.

Or sometimes it was the Spaghetti Factory for an after-rehearsal meal, where, waiting out-



This historic photo of the Sacramento Gay Men's Chorus was taken circa 1985 in front of the state capitol with some of the group's founding members, including Frank Lasso-Lawler who is shown in the back row, the first on the left. Dennis Mangers is shown 14th from the left and David Kwong is 23rd from left (or fourth from right). The chorus is celebrating its 30 year anniversary with a concert on May 8 at Sacramento Memorial Auditorium at 8 p.m.

side for a table, they would break into a doo-wop number, and the restaurant would open the doors to let the sound inside. Later they would be inundated with requests to sing at the tables of diners who were celebrating birthdays. Following the first concerts at St. Paul's, chorus members would treat the audience to cookies and champagne. "We didn't sing as well back then but we sure had a lot of fun," Lasso-Lawler says.

But the chorus's early years were also the beginning years of the AIDS crisis. More than 50 chorus members have been lost to HIV/AIDS, including two founding members instrumental in starting the chorus, Steve Mabs and Rick Whitnah. "I think to most members, the chorus is our family," Kwong says. "When we lose a chorus member we all feel it."

The chorus has ranged in size over the years from just 18 singers to its current 70-voices-strong. As it grew, it improved in musical quality and became known for creative productions combining a classical choral sound with professional-quality lighting and staging, exuberant choralography, costumes, and small-ensemble skits. Steven Johnson, who became musical director in 2012, further professionalized the group and pushed it to sell out performances in larger venues, such as Sacramento's Crest Theater.

The May 8 Milestones show pulls out all the stops, featuring guest performances by operatic soprano Carrie Hennessey, the Sacramento Children's Chorus and Aerial Evolution. AMP'D Entertainment's Arteen Kharrat, which counts the Golden Globe Awards and the Oscars among his clients, designed lighting for the production. Rob

Stewart of KVIE's "Rob on the Road" will serve as master of ceremonies.

The 30-year milestone has prompted many of the chorus members to reflect on how not only the chorus but society have changed. "Thirty years ago not that many people knew someone who was gay," Kwong says. "Once you know someone, it becomes more personal, you lose the fear."

"Enjoying the sound of a chorus singing is such a common denominator among all people. When people can accept that the sound of singing is good, it helps tie communities together. Whether a person is gay or not is not a factor anymore."

Lasso-Lawler has detected a change in audience reaction. "We are appreciated for different reasons now," he says. "There were a lot of times in the early years when the audience would come out afterwards and say, 'That was nice.' Now to see the audiences walking out with excitement and high energy, I get a feeling of electricity."

For the chorus members themselves, the love of singing is important, but it is being part of something larger than themselves that keeps them coming back. "At one of our recent rehearsals we talked about why we joined," Lasso-Lawler says. "It always comes back to the brotherhood, the support we give each other."

The one-time-only performance of Milestones will be Friday, May 8, 8 p.m., at Memorial Auditorium, 1515 J Street, Sacramento. Tickets are \$25 general admission, \$40 VIP seating, and may be purchased online at www.sacgaymenschorus.org/, at the Gifted Gardener, 1730 J Street; or from any chorus member.

Theodore Judah Elementary School raised \$42,000 at Roaring Twenties Gala

By PETTIT GILWEE
Special to the East Sacramento News

Theodore Judah Elementary School in East Sacramento raised \$42,000 at their 6th Annual Gala, which was held April 18 at the Sacramento Turn Verein. The event, coordinated by members of the PTA, benefits Judah music, art, science and school garden programs and is the school's largest fundraising affair of the year.

"Overall, the Gala was a tremendous success," said Donna Dowson, chairperson of the Gala for the last six years. "We completely sold out with 240 guests and saw an increase of \$10,000 over last year's proceeds. It is truly heart warming to see teachers, parents, volunteers, local businesses and organizations come together to support our community elementary school."

According to Dowson, the Roaring Twenties theme was a big hit – with attendees decked out in flapper dresses and zoot suits – as well as the event's new mobile bidding experience. Guests used an online service, called Greater Giving, on their smart phones to bid on a variety of silent auction items, including gift certificates at nearby restaurants, exquisite pieces of art and jewelry as well as museum outings with their favorite teachers. The bidding actually began three days prior to the event, with \$8,000 in online bids secured prior to the doors opening for the Saturday festivities.

"Online bidding expanded our base of participants," said Paige Schulte, who spearheaded the event's mobile bidding efforts. "Some parents couldn't make the Gala due to other commitments but they were still able to support Judah by bidding remotely in real time. Many of our silent auction items sold for more than 200 percent of their face value – that's parents wanting to make a difference. Our live auction items also generated significant proceeds with attendees trying to outbid one another for unique items and experiences."

The sixth Annual Gala was presented by title sponsors Courtney Way of Keller Williams Realty and Kappel Mortgage Group (KMG Mortgage) with catering provided by Chef Rick Mahan of the Waterboy and OneSpeed Restaurants in Sacramento.

Auction items included more than 150 gifts, such as Silver Oak wine, golf with the golf professional at Del Paso Country Club, a private party at the Pine Cove, tour and tasting at Stag's Leap Wine Cellars, artwork created by Tim Collom and Kim Squaglia, wardrobe consulting by Mary Gonsalves Kinney, a getaway to San Diego, an inclusive Disneyland vacation and hotel stay, lodging and dinner provided by the Citizen Hotel and The Grange Restaurant, golf at Wente Vineyards, a private party at the Federalist, a private cooking lesson party at the Waterboy Restaurant and tour and tasting for 20 at the Heringer Wine & Scribner Bend in Clarksburg.

For more information about Theodore Judah Elementary, visit the school's official website at <http://www.theodorejudah elementary.org>. To learn more about the Theodore Judah PTA, click to <http://www.theodorejudahpta.org>.

Pettit Gilwee is a Theodore Judah Elementary School parent and a Realtor for Lyon Real Estate downtown.



Photo courtesy



Photo by Pettit Gilwee

Sarah Waldrop (left) and Pettit Gilwee attend the Theodore Judah Roaring Twenties Gala at the Sacramento Turn Verein.



Photo courtesy

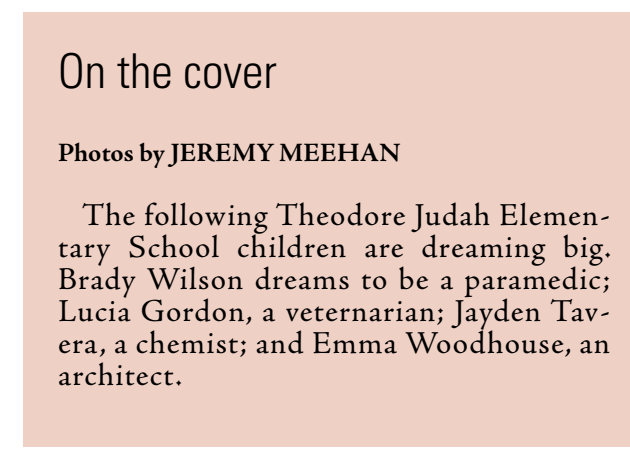


Photo courtesy

On the cover

Photos by JEREMY MEEHAN

The following Theodore Judah Elementary School children are dreaming big: Brady Wilson dreams to be a paramedic; Lucia Gordon, a veterinarian; Jayden Tavera, a chemist; and Emma Woodhouse, an architect.



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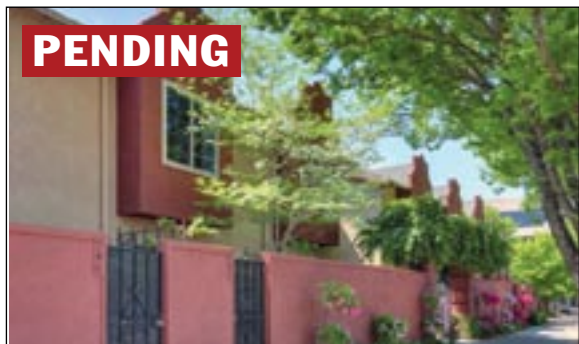
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Conveniently located, close to shopping, restaurants and transportation, this lovely 3 bedroom, 1½ bath home has beautiful refinished hardwood floors, living room, dining room and spacious master bedroom! Central heat and air conditioning, covered patio and attached garage. Bring your decorating ideas. \$399,000

NATHAN SHERMAN 969-7379



PENDING

SARATOGA TOWNHOME

Walking distance to the Capitol, art galleries and great restaurants yet still quiet in the evenings. 2 bedroom 1½ bath, loft area, private and secure with direct access attached garage, private patio and Roosevelt Park across the street. Quiet owner occupied complex! \$329,000

NATHAN SHERMAN 969-7379



PENDING

BEAUTIFUL ENGLISH TUDOR

Fabulous 44th Street! 1920's charm has been preserved while adding many modern upgrades including remodeled bathrooms, kitchen and den. Loaded with charm, 4 or 5 bedrooms 2½ baths, breakfast nook, living room window seat. Large 1/4 basement and garage 1/2 bath. \$995,000

DAVID KIRRENE 531-7495



CHARMING TALLAC VILLAGE

2 bedroom, feels spacious with skylights and raised ceilings. Decorator paint colors throughout. Kitchen niche area that could be an office or pantry or wine storage or ... make it your own. Shady water-wise backyard with covered porch/deck; great for entertaining. \$259,000

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for current home listings, please visit:

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