

EAST SACRAMENTO NEWS

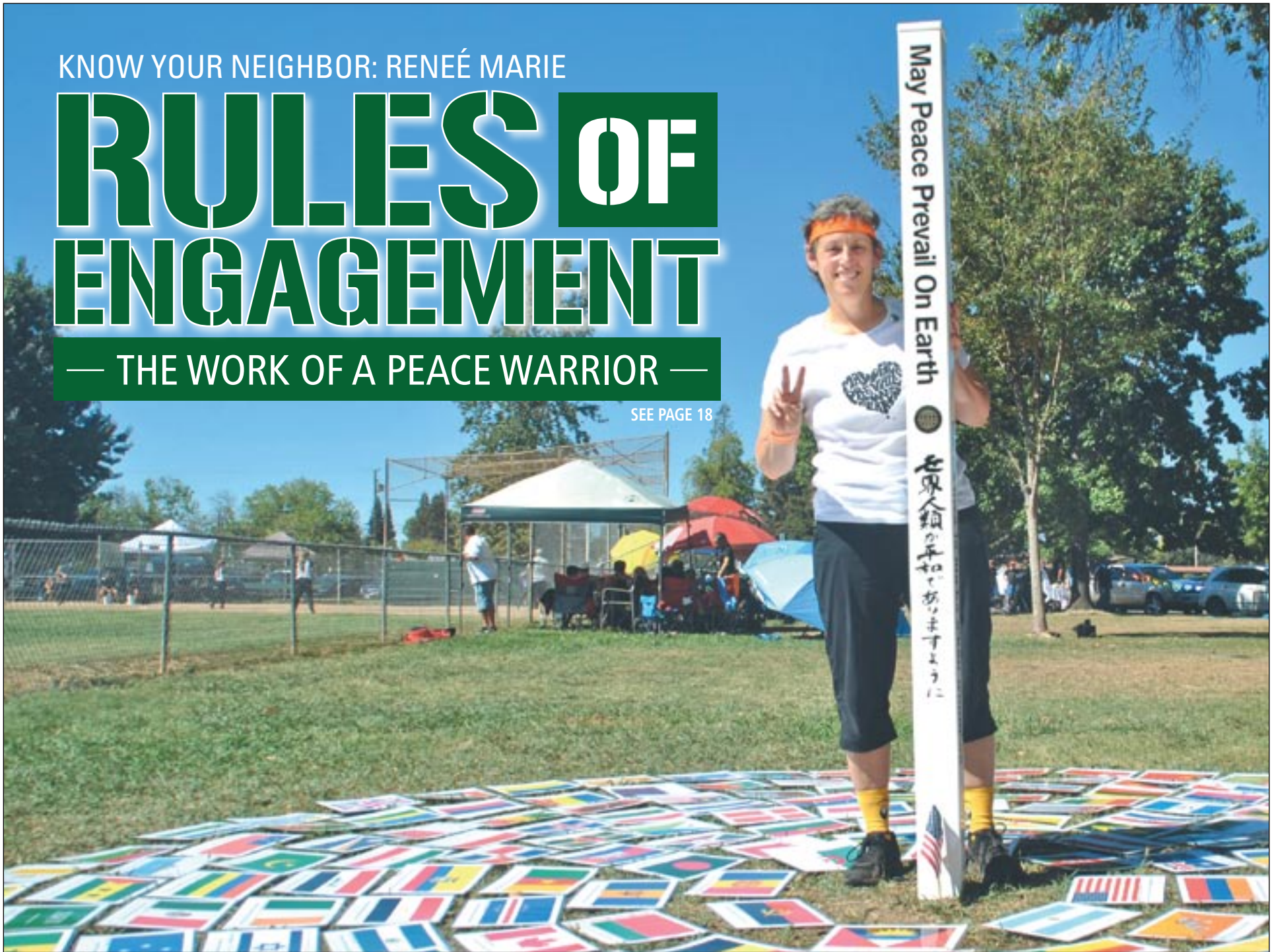
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KNOW YOUR NEIGHBOR: RENÉE MARIE

RULES OF ENGAGEMENT

— THE WORK OF A PEACE WARRIOR —

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Pachamama Coffee Bar opens in East Sac

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Smud exhibit features new mixed media figurative collage

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Janey Way Memories:

Sacramento State College



By **MARTY RELLES**
marty@valcomnews.com

Sacramento State College played a very important role in my life.

When I was young, growing up on Janey Way, I often walked across Elvas Avenue, over the levee and onto its sprawling campus.

There, I did things like playing tennis, hitting golf balls, or swimming in the campus pool.

Later in life, during high school, I often used the campus library to do research for my class reports.

After graduating from high school, and lacking a post-secondary education plan, I enrolled in Sacramento City College with my friends and relatives. I did reasonably well at City College, earning enough units in four semesters to get into Sacramento State.

Once there however, I ran into academic trouble. I simply was not prepared for the rigors of university level academics. So, after three semesters, I dropped out.

Back then, during the Viet Nam War era, it didn't take long for the draft board to catch up with me. In April 1969, I was conscripted into the U.S. Army. I lucked out though. With my brother Terry already serving in Viet Nam, I ultimately received orders sending me to Germany where I served 18 months with the 510th Ordinance Battalion: a special weapons storage unit.

That proved a great assignment. I essentially worked Monday through Friday, 8 a.m. to 4:30 p.m. at the weapons depot before returning to my base for dinner. I had weekends off to explore the German country side. I read voraciously, and traveled often, including a 6-month journey after exiting the Army while still in Europe.

The Army proved greatly beneficial to me. I came back a more mature and enlightened person. I was ready for my return to Sac State.

Once there, I excelled, making the Dean's Honor List three of my last four semesters. I graduated with honors, in June of 1975 thanks to great professors like Ken Donaldson (history), Alex Garber and Tom Kando (Sociology) and Marc Bertanasco (English).

My academic experience benefited me immediately at my work with the State of California. I soon earned a promotion from Statistical Clerk to Research Analyst. My education did more for me than that. It helped me continuously advance throughout my state career. I retired in 2002, after 31 years in the position of Chief of the Bureau of Administration at the Department of Technology Services.

As the old saying goes, "I couldn't have done it without my (Sac State) education."

Now, my time attending Sacramento State College, the school right across from my home, is just another, inspirational Janey Way memory.



The Dante Club is a popular venue for weddings, such as this one.

Innovative management, modern upgrades keep historic Dante Club 'Forever Young'

By **BONNIE OSBORN**

It seems Joy Reinhardt, general manager of Sacramento's historic Dante Club, was destined for a career feeding and entertaining guests, as hard as she fought against that path in her youth.

Her father was a chef who served as personal chef for a Saudi prince in Riyadh for 20 years; her mother was a waitress, and her stepfather owned a beer and wine bar. "I swore I would never go into hospitality," Reinhardt recalls today. "My parents were both militant about teaching me how to cook, testing me on different flavors. I couldn't help myself: I grew up in the business."

After growing up in Redding and following a military career that took her to Germany and Belgium and a foray as a Washington,

DC, restaurateur, Reinhardt wound up back in her home state, where she's spent the past couple of years shepherding Sacramento's venerable Italian social club, site of countless weddings, anniversaries, reunions and holiday parties, to new exciting new growth.

Dante Club, which will celebrate its 80th anniversary in 2016, has undergone a series of updates and renovations under Reinhardt's management. Improvements include updated lighting, new carpeting, a new flagstone walkway leading to the venue's beautiful outdoor gazebo and more. "My first vision was to add some sparkle here and there while preserving the rich tradition of this venue that has played

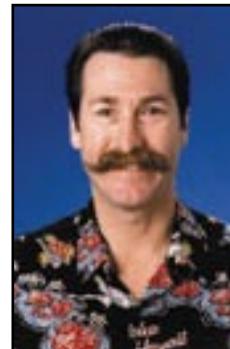
See Dante Club, page 8

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



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1106 Stewart Rd. - \$869,000



CUL-DE-SAC HOME

Original owner. Sparkling well cared for home. 4 Bedrooms-1 is remote. 2 Bathrooms. NEW ROOF Aug. 2015. New Paint. New carpeting. Inside laundry. Kitchen opens to very nice yard with patio, pergola and mature hedge for privacy. 2-Car garage with cabinets & pull down attic staircase

8 PICKET Ct - \$250,000



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2430 Pavilions Place Ln - \$525,000



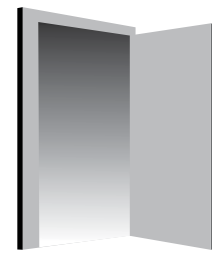
DEL PASO MANOR

Sharp, clean and move in ready! This adorable 1950's home has been lovingly maintained, featuring gleaming, genuine hardwood floors and dual pane windows throughout, a nicely updated kitchen, fresh interior and exterior paint, an open floor plan, 2 car garage and much more. There's also a large sunny back yard that's ideal for a veggie or flower garden.

3655 Lusk Dr. - \$284,900



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Door to Door

with PAT LYNCH

There's a lot of talk locally about Airbnb (Air Bed and Breakfast), the website for renting temporary lodging. A friend got recently and weirdly involved in this. Joan's a schoolteacher, divorced, the kids have fluttered from the nest, and she pays the mortgage on a three-bedroom, two bath house. So she went to Airbnb and listed a room and bath. "People stay a few days, get a reasonable rate, and I get the income bump," she said. "This is win-win." I should mention that Joan is an optimist, open to adventure, and very hospitable. She'd be a great landlady. And there's always that mortgage.

Her first renter was a man. Her sister asked Joan if she'd feel comfortable with an unknown man in the house. Joan said, sure, added that he'd sounded nice on the phone. "You're welcome to use the kitchen," she had told him. She was too hurried in the mornings



to make breakfast for this total stranger, but imagined him quietly brewing coffee and munching a muffin. The man picked up his key, then, strangely, disappeared. Two days later Joan came home from work to find boxes and bins piled all over her living room. He had returned with most of his possessions. He was moving to a not-yet-vacant new apartment, he said. She told him he could not leave his lifetime of stuff in her living room. She made him move it all to the garage. That night she was awakened at 1:30 a.m. by noisy banging from his room. "What could he have been doing?" she said. "Building something? Hammering? At 1:30 a.m.?" But she let it go.

My own sister, Joan's sister and I got together with Joan two mornings later. Relieved that she hadn't been serial-killed in the night, we asked about her new tenant.

"He set off the smoke alarm," she said. "When I went in there was this strange, sweet smell. I wonder if he'd been vaping." So she told him—no smoking, no vaping, no setting off the alarm. She forced a grin as she talked. "People have their ways," she said. Her refrigerator was now filled to bursting with his foodstuffs, most notably chicken nuggets, which he sizzled and consumed repeatedly, and with apparent relish. Joan, a vegetarian, did not complain to him about the chronic chicken nugget smell because, after all, she had granted kitchen privileges.

She returned to us the next day. She tried to smile but her eyes weren't in it. "He's okay, I guess," she said. Then she broke. "He takes an hour at least in the shower. A really long time. And when he leaves, the bathroom smells like bleach. Afterward the whole hall reeks of it. It literally reeks. Bleach."

I asked Joan if her tenant entered the bathroom with a large plastic jug of laundry bleach, or if he went in with purchased tubes. She didn't know. She

only knew that the potent chemical sting filled the hall. My assessment was: if he went in with a big jug he was a murderer bleaching the DNA blood evidence from his instruments, probably knives. If there was no jug, he was using a bleach cream as part of his hygiene routine. (Don't ask).

Joan is capable of appreciating the odd encounters life serves up, even while she struggles with them. She laughed gamely when we pointed out that her tenant had brought her a unique new blend of olfactory experiences at once: vape, chicken nuggets and bleach. He was an innocent, a nomad, lumbering in with all his worldly encumbrances and habits, making camp in her spare room, carrying on as was his custom.

He finally left, not on time, of course, but never mind. Joan scoured her kitchen, aired out the rental room and bath.

This got us all thinking: to whom might we like to rent? My perfect tenant would be a high-minded, timid female who keeps to her room, constantly wears Ipod earphones that deliver thundering classical music so she

See Airbnb, page 7

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The Crossword

by Margie E. Burke

ACROSS

- Masseur's workplace, maybe
- "Had enough?"
- Gelatin dish
- Quilt pattern
- Portuguese currency
- Causing worry
- Flower part
- Blue shade
- Caribbean, e.g.
- "Wheel of Fortune" category
- Amount of hair
- Children's verse
- Tongue-lashing
- Fluster
- One at a time
- Cold and wet
- Ritzy
- Piglike
- "My dear man"
- Guard
- Arctic ____
- Some like it hot
- Dusk to dawn
- Subject of many horror films
- Thin layer
- "Is that ____?"
- Like some losers
- Canine's coat
- Period of greatest success
- Rock layers
- Fair
- Nonsensical
- Escape, in a way

1	2	3	4	5	6	7	8	9	10	11	12
13			14						15		
16									17		
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53											
54	55	56					57	58	59	60	
61							62		63		
64							65				
66							67			68	

- "Don't give up!"
- Fine stemware
- Bacterial infection
- Make out
- Beget
- Sloth, e.g.
- What a leadfoot may do
- Big bash
- Tearful
- Court call
- Destitute
- Amount to make do with
- Part of ABM
- Clayey soil
- Like some wolves
- Brain area
- Quick drink

See Solution, page 17

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Rise Up Belize! fashion show fundraiser set for Nov. 15 at Katia's Collections

By MONICA STARK
editor@valcomnews.com

It has been written in this publication before about Tahoe Park resident Joey Garcia's deep-rooted connectedness with the human experience through her writing for the Sacramento News and Review, teaching at St. Francis High School, and also by the work she does helping children in her home country of Belize.

For years, she heard stories of her home country which prompted her to visit extended family, and by her 30s, she finally did for the first time since a toddler, an experience that kept her coming back. During those vacations, her desire to help others manifested when after 10 years, she formed Rise Up Belize!, which is an advancement-through-education nonprofit organization that serves fourth through sixth graders by honing their skills at tuition-free academ-

ic summer camps. Sacramento-area teachers volunteer to conduct three-day trainings meant to advance the skills of Belizean primary school teachers.

"There is no free education in Belize—it's all tuition- and fee-based—so we help Belizean youth pay for high school," she says. "One young Belizean man who received an RUB scholarship is now a police officer, another is in law school. One young woman who received an RUB scholarship is a nurse, another is a teacher. It's exciting to make a difference, one person at a time."

Training for teenagers in the Rise Up Belize! Academy of Student Teachers includes workshops in cultural competency, curriculum development and classroom management, facilitated by experienced

See Belize, page 13

Airbnb:

Continued from page 5

won't hear the shrieking and cackling that so often rattles these walls. She edits poems about existential anguish for an obscure literary publication and takes sedatives. Yes, she may have kitchen privileges to brew her little cups of tea. When she leaves I'll say, How lovely to have met you, and she will murmur the same, and will make a future booking. The perfect tenant. Win-win.

"Good luck with that," Joan said.

Airbnb started in San Francisco in the 2008 election year when roommates Brian Chesky and Joe Gebbis couldn't afford their flat rent. They got three air mattresses, placed them on the living-room floor, and advertised. They also served partisan, election year cereal breakfasts—Obama O's or Captain Mc Cain's, and thus launched their now world-wide business.

You don't have to make special cereals if you do Airbnb these days. The coffee and muffin is enough, and you don't even have to do that.

Meanwhile the City is studying Airbnb's tax and regulatory potential. It needs the dough to help the struggling NBA build an arena.

Joan came over. "You won't believe what he did."

"I thought your new tenant was a woman."

"No. The old one. Him." He had arranged to have her mail held up. He was expecting a check and wanted it delivered to her address, even though he would no longer be there. So he put a hold on her mail until the check arrived. When the check came to the Post Office, it, and all of Joan's detained mail, was delivered to Joan at once. He explained what he had done when she called to tell him his check had arrived at her house.

Who would do such a thing? And how?

Joan's tenant is who. And how is a mystery. How does one stop someone else's mail? Her innocent, nerd nomad was a tad craftier than we had thought.

Joan's okay now. She's rented again and gotten good tenants. But the experience with him got her off to a daunting start. Really, don't you think she should get a plaque or something for getting back in the biz?



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Dante Club:

Continued from page 3

such a big part in Sacramento's heritage and the life of our community," Reinhardt says.

Dante Club will strut many of its recent improvements for today's generation of brides and grooms with its first Wedding Preview on Saturday, Nov. 14, from noon to 5 p.m. Guests are invited to tour all four banquet rooms as well as the newly landscaped outdoor event area, complete with photo-friendly gazebo. Couples who reserve their wedding venue during the event will receive half off their room rental. The event is free and open to the public.

In addition to hosting weddings, family reunions, high school reunions, fund-raising events, Italian feasts and holiday parties, Dante Club also offers a reasonably priced weekday lunch menu, perfect for office workers and professionals in the Fair Oaks/Carmichael neighborhood.

"People who got married here 40 years ago say the food has always been fabulous. We've been committed to preserving that tradition of hearty, family-style meals but have

with a new emphasis on seasonal and fresh ingredients in keeping with Sacramento's farm-to-fork culture. We use fresh everything. We don't have an olive tree, but pretty much every vegetable you get here is going to be fresh... and beautiful.

"You eat with your eyes first," Reinhardt says. "Esthetics is not just on the walls; it has to translate onto the plate as well."

As part of its locavore focus, the Dante Club bar also sports an impressive variety of local craft beers. "People would be surprised to know how many local breweries we have on tap, our loyalty to local brews," she says. "It's important to us to support local businesses."

The latest news at Dante Club is the imminent grand opening of its brand-new banquet room, The Privato, where Reinhardt has been working nights and weekends to finish out the decor. The room's stained Travertine floor and ceiling and elegant lighting give it an Old World feel. With newly landscaped outside entrance opening onto Dante Club's elegant outdoor venue and private bar, the venue is self-contained and accommodates 140 guests.

Before joining the Dante Club event team in 2014, Reinhardt's early career path took her far afield. Born in San Francisco and raised in Redding, Reinhardt joined the U.S. Army as soon as she was old enough. She initially was stationed at 7th Corps HQ in Stuttgart, Germany, where she worked as a document specialist handling classified materials. She later transferred to Mons, Belgium, serving 5-1/2 years as a NATO news analyst. "I think the military is great for young people who don't necessarily know their direction," she says today. "It made me stronger and definitely self-reliant, but also very team-oriented."

After her military service, Reinhardt landed in Washington, DC, and joined the staff of the local Hard Rock Café, where she served as manager for five years. Eventually, fed up with the crazy work schedule, she tried her hand at catering, working for a small catering business before launching her own company. "I decided I can make money at this," she recalls. After a year, she persuaded her twin brother to join her, and together the two expanded to launch a fine-dining restaurant, in

honor of her chef father; a casual-dining "tap and vine" restaurant, in honor of her step-father, and a wine store, where pretentiousness was forbidden.

"I have a business degree, but the best education is starting a business," Reinhardt says. "They call it college, and it really is. You learn what works and what doesn't."

It's an education she is putting to good use in expanding Dante Club's role not only as a home to Sacramento's robust Italian-American community but as a popular event and party venue.

In 1926, when Dante Club was founded, Italian-Americans were considered an ethnic minority and often faced prejudice and discrimination, Reinhardt notes. "We operate from the mentality that it doesn't matter size of your pocketbook, your skin color or the language you speak," she says. Recent events have included high school reunions, an adult Halloween costume party and a traditional Ethiopian wedding, for which she researched the technique for preparing roasted goat. "It's those kinds of events that keep me excited and wanting to come back," she says.

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Arts & Activities

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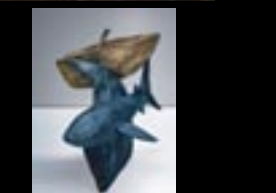


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CITY OF SACRAMENTO Neighborhood Services

Arts & Activities

Personal Journeys photo project comes to Hart Senior Center

Photos by STEPHEN CROWLEY, stephen@valcomnews.com
story by Hart Senior Center

What's the magic equation for aging well? Is it about health? Exercise? Attitudes and perspectives? Staff members at Hart Senior Center in midtown Sacramento think it's actually the sum of all these things, plus a lifetime of experiences to build upon. Significant moments from the lives of 10 older adults who have found a community at the Hart Senior Center were "unveiled" during the Personal Journeys Photo Project reception held Friday, Oct. 9.

New portraits and corresponding personal collages by local photographer and Cosumnes River College professor, Patty Felkner, highlighted intimate mementos reflecting the diversity of their careers, hobbies, ambitions, families, cultures, talents, and values.

The 10 older adults featured embody the spirit of Hart Senior Center. They have learned from their experiences, but never want to stop learning and living life to its fullest. "We're like walking books," said Olga "Blu" Brown, whose portrait and personal collage is featured in the photo display. "Everybody has a story to tell." Olga has been coming to the Hart Senior Center for the past eight years, enjoying a variety of classes and activities offered. Creative writing, poetry and life history writing are just some of her passions. When asked what visitors to the Hart Senior Center can learn upon viewing the Personal Journeys Photo Project display she replied, "That there's life after retirement, there's life after age 50, 60, 70, 80, 90..."

The Personal Journeys Photo Project will be on permanent display at the Hart Senior Center, located on 915 27th St. in midtown Sacramento. Feel free to stop by to view the display and be inspired to live life to the fullest. For more information about the Hart Senior Center, visit www.cityofsacramento.org/hartcenter or <https://www.facebook.com/hartseniorcenter>.



Belize:

Continued from page 7

master teachers who currently work in Sacramento-area high schools. The Rise Up Belize! Academy of Student Teachers is the only U.S. program in which high school students create curriculum and teach — fully in charge of a classroom — in a developing country. Teens in the Academy of Student Teachers gain leadership skills that will stay with them the rest of their lives.

One of the volunteers, a St. Francis High School graduate and now a student at UC Berkeley, Maddy Dyer, attended the student teacher program. While still in high school, she organized a fundrais-

er for Rise Up Belize! and helped train the student teachers who were serving in Belize.

In an interview with this publication, Maddy said her first of two trips to Belize was the first time abroad without her family. "We prepared for the trip for about eight months. The process for preparing for the trip was the longest. We were there for 10-11 days. We taught for a week, but it takes time to fundraise."

She said she really enjoyed working with kids her first trip down, tutoring at local elementary schools, but the second time she wanted to take the reigns and make an impact. So she developed more organizational skills and realized the extent of her patience. "I am

pretty patient. I could ring in a class of 20 rambunctious kids."

The children there, Maddy said, really have no sense of self esteem and that much of her job was to help them come up with goals and strive to achieve them. "It's not really instilled at home or in the classroom. Everyday, we had a lesson surrounding self esteem. We talked about the cycle of violence. Kids are caught in that. The age group was eight to 10 years old."

Even though the time spent in Belize was just a few days, Maddy saw a positive change in attitude with the children. "They were shy. Two American girls in a classroom — they were a little scared. Girls are different, subservient. My big-

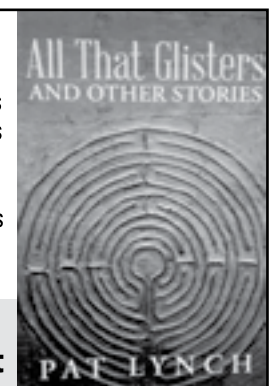
gest goal was not just teach them fractions but give them a self esteem.

"A lot of kids friended me (on Facebook) immediately after I left. They still call me Miss Maddy. Through out the time, they wrote about their dreams. They wrote about going to Harvard and being in the Olympics. They were going to pursue those goals after I left."

On Sunday, Nov. 15 at 11 a.m. at Katia's Collections, 1608 41st St., there will be a benefit for Rise Up Belize! where all proceeds go to the nonprofit. The cost is \$30 and will include a fashion show, champagne and brunch. RSVP by Nov. 8. To reserve your seat, write a check to Rise Up Belize! and mail to Jan Lee 1608 41st St., Sacramento 95819.

Pat Lynch is a Sacramento writer with astute social consciousness and a reporter's sharp eye. She tunes us in: to language with its revelations and betrayals, to subtexts, to nuance, to irony. Her characters engage us emotionally; her stories peel away the layers with humor and great humanity.

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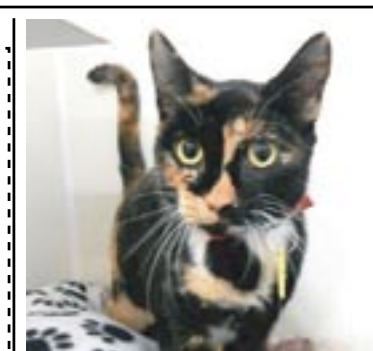
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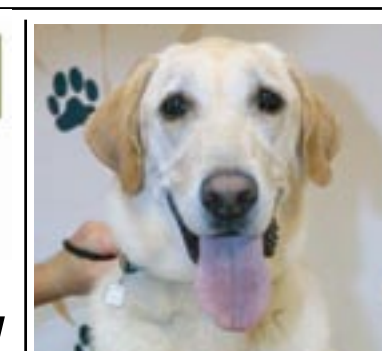
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Pachamama Coffee Bar opens in East Sac

By CORKY OAKES

The Pachamama Coffee Bar opening on Oct. 31 in East Sacramento is not owned by your average coffee company. Indeed it is owned by 140,000 small and independent coffee farmers who organized to form Pacha Co-op in 2001.

Mollie Maison, Director of Outreach for Pachamama since 2010, describes the co-op's mission this way: "Pachamama Coffee Cooperative's focus is to bring more revenue to coffee farmers around the world through proceeds of coffee bean roasting, wholesale and direct sales of coffee in the United States and the sale of green coffee beans. Coffee is the second highest commodity next to oil, yet the farmers remain

amongst the poorest of producers. Our goal is to shorten the distance in the supply chain."

The visionaries of Pachamama, Thaleon Tremain (CEO) and Nicholas Brown (Treasurer), met while working for the Peace Corps in Bolivia between 1995-1997. Tremain served as a small business volunteer assigned to work with an agricultural cooperative in rural Bolivia. "My primary responsibility was to manage a micro-credit fund, but I did a bit of everything. The cooperative I worked with was owned by farmers that produced beans, pork, citrus and peppers. It was not a coffee producing region," explains Tremain. While serving in this capacity, Tremain recognized the disconnect between the farmers products and the meager payoff.

Armed with their combined Peace Corps experience and higher educations (both hold MBAs), Tremain and Brown "aspired to apply business solutions to help solve complex international development problems." The pair began working on the co-op concept in 2000 in Davis. "With a good business plan and a commitment to make this happen, we approached coffee cooperatives in Latin America. A few of these co-ops, and their leaders, embraced our idea and



Photo by Corky Oakes

Shown here is the inside of the Pachamama Coffee Bar, which opened in East Sacramento on Oct. 31.

they took it to the next level," says Tremain.

The credit for creating the co-op should be shared with those coffee cooperatives, insists Tremain. "It's important to note that much of the business acumen came from our cooperative investors. For example, the first president and co-founder of Pachamama, Mr. Raul del Aguila of the COCLA Cooperative in Peru, was an experienced leader who helped to bring

all the right people and vision together. While it would be convenient to take all the credit, I can assure you that Pachamama would not exist if not for the investment of human and organizational capital from our founding member-cooperatives: COCLA, PRO-DECOOP (Nicaragua) and Manos Campesinas (Guatemala)." Two other coffee cooperatives, La Union Regional de Huatusco of Mexico and Oromia Coffee Farmers Co-op Union of Ethiopia also joined the Pachamama co-op.

In 2006, Pachamama opened its first coffee bar in Davis. The roastery, retail sales and admin-

istrative office opened 2012 in midtown Sacramento (919 20th St.). The East Sacramento coffee bar is scheduled to open later in October. It will be located at 3644 J St.

In addition to the roastery and coffee bars, Pachamama sells coffee wholesale to cooperatives in northern California such as the Sacramento Natural Foods Co-op, the Davis Co-op and the Briarpatch Co-op in Grass Valley. Consumers can also purchase coffee beans online, at the coffee bars or the roastery.

For more information, go to www.pacha.coop or contact Mollie Maison at mollie@pacha.coop or 530-204-7554.

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CALENDAR

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Non-Profit Organization is Seeking Local Host Families for High School Exchange Students
ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of

15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, acci-

dent and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

The Sacramento Traditional Jazz Society (STJS) monthly music event
Every second Sunday of the month, STJS has music at the Elks Lodge No. 6, 6446

Riverside Blvd., from noon to 5 p.m. Each month STJS has a different band, there is three different rooms to listen to music. Nominal fee for members is \$8; non-member price is \$10.

Nar-Anon meeting for families and friends
The group meets to learn about drug abuse, share problems, encourage the addict to seek help, replace despair with hope, improve the family attitude, help regain your self-confidence. For more information, call the First United Methodist Church at 446-5025, ext. 101. Meetings are Tuesday evenings from 6:30 to 7:30 p.m., 2100 J St.

Rotary Club South meeting
The Rotary Club of South Sacramento meets at noon for lunch every Thursday at Iron Grill, located at 2422 13th St. (Broadway and 13th Street). Rotary is one of the largest service organizations in the world dedicated to community service both locally, and internationally. Please call JR Springer at 425-9195 for additional information.

Beginning tai chi gong
These exercises use the principle of chi flowing properly throughout the body to maintain the equilibrium of yin and yang. Regular practice of these forms will develop better balance and flexibility, gain strength,

See Calendar, page 19

Calendar:

Continued from page 18

promote deep relaxation, and improve health. This beginning class will also learn the 24 Yang Style Tai Chi and Yi Jing, a traditional Health Qi Gong. Pre-registration and prepayment required or \$7 drop-in fee at the door. Class will be held on Tuesdays from 4:00-5:00 pm at ACC Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

Widow persons monthly buffet and social

Widowed Persons Association of California, Newcomers' Buffet and Social is open to any and all widows and widowers, the third Monday of each month at 5:30 p.m. The buffet will be held in the private dining room at the Plaza Hof Brau, corner of El Camino and Watt Avenue, cost varies as the choice is from a no-host buffet menu. There is no charge to attend the social other than the meal chosen. For more information, call 916 972-9722.

Widowed Persons Association of California, Sunday Support, is open to any and all widows or widowers, every Sunday from 3 to 5 p.m. in the meeting room of the WPAC office, 2628 El Camino Avenue, Ste. D-18. Enter from the back parking lot. For more information, call 916 972-9722. Saturday, Nov. 7, Widowed Persons Association of California Workshop, "Coping with the Holidays," 2 to 4 p.m., doors open at 1:30 p.m.. A second session will be held Tuesday, Dec. 1, from 7 to 9 p.m., doors open at 6:30 p.m. The workshops will take place at 2628 El Camino Ave., Ste. D-18. Enter from the back parking lot. For more information or to register, call 972-9722.

Alternative Christmas Market
Nov. 7: Annual Christmas Market: Saturday, November 7, 9:30am to 4:00pm. Sunday November 8, 9:30 a.m. to 1:30 p.m. Fremont Presbyterian Church, H St. at Carlson Drive, Sacramento. Several local and international charitable organizations will feature Benevolent Gifts. Gift cards will be provided. Crafts from Third World countries will be on sale. Free admission. call (916) 452-7132 or visit fremontpres.org

Over 100,000 "Gently Used" Books Available at Friends of Library Book Warehouse Sale

Nov. 7: An ever-changing inventory of more than 100,000 "gently used" books, videos, and audio books will be offered for prices from fifty cents to \$2 at the warehouse of the Friends of the Sacramento Public Library. The warehouse is at the rear of the Friends "Book Den" store at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn and Florin-Perkins roads. Plenty of parking is available, but visitors should be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours on Saturday will be from 9 a.m. to 4 p.m., with a preview on Friday from 5 p.m. to 8 p.m. for Friends members only (You can join at the door for \$15). Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. With more books constantly needed, the Friends will be glad to have yours, too. See a staff member on how to donate. The book store will also be open during the sale as well as weekly on Thursdays 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. Items there are priced from \$1 up. Holiday-themed books will be special sale items in the book store at 30 percent off (40 percent to members) all month. For more information, call (916) 731-8493 or go to book-den@saclibfriends.org.

ing: \$1.50/per half hour. Email your resume to: 10193-36-mh2006@apply.maxhire.net. Bring 10-15 resumes, dress business professional. This is a free event for job seekers

Mission Oaks Computer Club meeting

Nov. 12: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit our website at www.missionoakscomputerclub.org or send an email to mocco@missionoakscomputerclub.org.

An Author's Bookchat featuring Cindy Sample

Nov. 12: An Author's Bookchat featuring Cindy Sample unveiling her latest "Dying for a Donut" at 11:45 seating for lunch at the Casa Garden Restaurant, 2760 Sutterville Road. Recent choices: Chicken Cacciatore over Rice or Harvest Turkey Salad; desert Tiramisu -- \$24 per person, includes tax and gratuity. First-come, first served group reservations by one person, one check. Reservations a must call 452-2809. Proceeds benefit the Sacramento Children's Home.

Root Cellar Genealogical Society General Meeting

Nov. 12: Meeting goes from 7 to 9 p.m. at Christ Community Church, 5025 Manzanita Ave., Carmichael. The program is titled: "Photo Preservation" by Katherine Weedman Cox. There will be a pre-meeting open discussion from 6:15 to 7 p.m. Visitors always welcome! For more information, email info@rootcellar.org. Online at http://www.rootcellar.org; http://rootcellarblings.blogspot.com. The group is on Facebook and Twitter.

SPCA announces fall used book sale to be held at Country Club Plaza

Nov. 12-15: Book enthusiasts and animal lovers alike are expected at the Sacramento SPCA's annual fall book sale starting Thursday, November 12 and running through Sunday, November 15 at Country Club Plaza on Watt Avenue. The sale will be held inside the mall near the former Gortschalk's store. The book sale will feature hundreds of gently used books in a variety of popular categories, including: Biographies, children, cookbooks, fiction, history, holiday, large print, mystery, nearly new, romance, table top, teens. Fall book sale hours are as follows: Weekdays and Saturday from 10 a.m.-6 p.m. and Sunday from 11 a.m.-5 p.m. Proceeds from the four-day book sale historically raise \$30,000 for the Sacramento SPCA. For more information, visit www.sspca.org or call (916) 504-2842.



Susan Tonkin Riegel, Twilight Vision, mixed media on wood, 2015, 44" x 32"

SMUD exhibition features new mixed media figurative collage

Figurative Collage: New Work by Susan Tonkin Riegel and Robert-Jean Ray opens at the SMUD Art Gallery, 6301 S St. on Friday, Nov. 6. The public is invited to meet the artists and view their work at a free reception on Thursday, Nov. 5 from 4:30 to 6 p.m. This exhibition features new mixed media collage by Sacramento area artists, Susan Tonkin Riegel and Robert-Jean Ray and continues through Jan. 6. Emerging early in the twentieth century, collage gave artists the opportunity to work with existing materials - newspaper, magazines, maps, historical and topical ephemera - to rip these items apart and then reassemble them, creating visually dynamic stories. The cost is free to see the work. For more information, contact Lorrie Kempf at 831-624-3072 or e-mail: lorriekempf@gmail.com

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Rules of Engagement: The Work of a Peace Warrior

By MAJOR RENÉE MARIE
Special to the East Sacramento News

izes her efforts and the reasons behind them.)

(Editor's Note: Major Renee Marie is an East Sacramento resident, and as a major in the military, she truly believes that "peace is patriotic." To that end, she has brought peace poles to schools around the world from Afghanistan to our local, Theodore Judah Elementary School. What follows is what she has entitled "Rules of Engagement" and summa-

I decided when I was about 17 years old that the only way to be truly happy in life was to be of service to others. The "rules of engagement" - develop my abilities to meet this responsibility!

Like any young person, I was filled with idealism and ambition. I left high school early to accept an early admissions offer at a small, private college in Pennsylvania. I arrived

with about \$100 and a borrowed, tattered, pink suitcase, July 1977. Just 16 years old, I had traveled from the Waterbury, CT housing projects, through Port Authority, NYC (using my "street smart" caution) and on to King of Prussia, PA where a stranger met me and drove me to the historic Strawbridge & Clothier mansion-estate campus in Villanova. I finished my Associates Degree there in 1979. With lots of adventure and derailments along the way, I finally earned a Bachelors Degree in 1983 and a Masters in Speech-Language Pathology, 1994. Laced in-between these years is a deeper story of yearning, heartache and success.

My biological family had been so fractured that the scars on my psyche often pinched deeply and prolonged. This prevented me from making the best choices. However, I kept coming back to a fundamental awareness that improving the quality of life for others gave me a sense of belonging and the best comfort I could ever experience. In 1983, I had been drawn in by the "Madison Avenue" advertising campaign, "Be all you can be, 'cause we need you"...



TRUTH

The MPAA has rated this R

Sony Pictures Classics brings us "Truth", a drama set in 2004 in the New York CBS newsrooms where the television show "60 Minutes" is produced. Writer and director James Vanderbilt based his screenplay on the Mary Mapes book "Truth and Duty: The Press, The President, and The Privilege of Power".

Mapes is the central figure in this story of a woman holding the highest ideals of producing whilst struggling to get out the truth in the corporate structure of television news, which remains influenced, if not controlled, by big money. Mary Mapes is played by Cate Blanchett, and the movie opens with a visit to an attorney, which will set in motion the story, told in flashback.

Mapes produced many pieces with long time friend and legendary broadcaster, Dan Rather. Famously, it is the controversy over one of the most long running and respected news magazine format programs in the history of television, "60 Minutes" in which she and Rather were involved, that created her undoing. Alternately known as "Rathergate" or "Memogate", it was a controversy over what was known as the Killian documents. These six documents related to President George W. Bush's time served in the Texas Air National Guard in 1972 and 1973. This movie tells the story of the discovery of the documents, and how CBS, under Mapes direction, presented them.

Playing Dan Rather is Robert Redford. While he looks nothing like Rather, he has captured the newsman's verbal phrasing perfectly, and a strange thing begins to occur as you watch the picture. Both iconic men are similar in age and stature, and after a while your mind swaps one iconic face for the other, and you forget you are watching Redford. Seems Redford still has the chops.

From this moment on the picture deals with the discovery of the documents, and the subsequent investigation of them by the news department under Mapes' direction. Along the way you'll encounter solid performances by Dennis Quaid, Topher Grace, Dermot Mulroney, Mad Men's Elisabeth Moss, and that great scene stealer, Stacy Keach as Lt. Colonel Bill Burkett, who was the source of the documents in question.

As the investigation continues, the once central pieces of evidence are discredited after the story ran on television. The Killian documents were found to be forged, after the additional analysis of typography and typewriter experts. Things become difficult for Mapes and the pressure is on, prompting a visit from Dan Rather who tells her something she does not want to hear.

This is a terrific movie with solid and great performances, engaging and thoughtful. Everything comes together as it should, which so rarely happens with movies. It is a reminder that you really can't believe what you read or see in the media, and that all news should be carefully considered before digested. This really is Cate Blanchett's movie, she is fantastic, and you should not miss it.

Peace Warrior:

Continued from page 18

I entered the Active Army as an Enlisted Soldier. I was accepted to Officer Candidate School but was too intimidated to start out with that level of leadership expectation. I won't bore you with all the ways I did excel in order to prove myself "worthy". I left Active Duty and Reserve service in 1991 to begin the Masters program at West Virginia University, Morgantown. By this time, I was also single parent with one very energetic son to raise. Between 1994 and 2006, helping students with communication and language processing challenges, was very satisfying.

On Sept. 11, 2001, life changed for all of us! "Be all you can be, 'cause we need you", banged on my heart, again! I called the local recruiting office and was Enlisted into the CT Army National Guard after a 10-year break in service. By 2003 I received a Direct Commission as a 2nd Lieutenant in the Medical Service Corps.

Two other life-changing events occurred, before 9/11, which filled me with a

unique sense of urgency to DO SOMETHING positive to make a difference; The Columbine High School massacre, April, 1999 and my first exposure to a World Peace Festival at The World Peace Prayer Society Headquarters, Wassaic, NY, August 1999. After Columbine, I wrote and published a poem titled Peace is a Verb and then, it was during my walk along the Peace Pole Path at the outdoor Peace Sanctuary that filled me with conviction; this work of love and respect was my call to action! After reading the 192 Peace Poles representing each of the U.N. member nations in the world, I felt that every public school should have a seven-foot Peace Pole bearing the Universal Wish, "May Peace Prevail On Earth" and that it should be visible near the school's main entrance.

In the fall of 2002, I completed the first of 22 Peace Pole Gardens which I have helped to create in: CT, VT, CA and Kabul, Afghanistan.

During a dedication ceremony, September, 2009, one fourth-grade student at Theodore Judah Elementary School in East Sacramento was quoted "from all the words I have heard here today, I promise to

never bully again." I firmly believe that this student's reaction is exactly why this work is so necessary! Our children deserve images of optimism and encouragement at school.

This year, The Mercy Springs Foundation and Compassionate Capitol Region have come together to assist me in creating a sustainability plan for The Peace Pole Garden Project in our area. Together we hope to attract requests for Peace Pole Gardens on school campuses as well as other public or private lands and additional volunteers to assist in realizing this dream.

The history of the World Peace Message:

"May Peace Prevail On Earth" is an all inclusive message and prayer conceived in a moment of personal retreat and inspiration by Masahisa Goi, 1955, Japan. Mr. Goi encouraged creative ways to carry the message to public view. In 1976, the idea of placing this Peace Message on poles gained momentum. This led to the beginnings of The Peace Pole Project. Today, there are over 200,000 Peace Poles planted worldwide. These simple yet profound words, reach



The Marefat School, Peace Pole dedication ceremony on the International Day of Peace in Kabul, September 2010.

deep into the hearts and lives of global citizens everywhere. A Peace Pole Garden anchors our hope and compassion toward peaceful collaboration.

While serving as a Casualty Assistance Officer, from August, 2011 to January, 2012, one Gold Star Mother came to learn about my Peace Pole Garden vision and through our work together in honoring the service and sacrifice of her Son, PFC Rueben "Boy" Lopez, Williams, CA, KIA 10 AUG 2011, her love of country and peace compelled her to purchase eight Peace Poles which have been placed on school campuses and the Wil-

liams Post Office. We are reminded that praying and working for peace is patriotic as we reflect on the words of General Douglas MacArthur; "The Soldier, above all other people prays for peace for it is the Soldier who must suffer and bear the deepest wounds and scars of war."

My current "Rules of Engagement" are derived from quotes I hold near: "Be the change you wish to see in the World, Ghandi; "Optimism is a force multiplier" General Powell, Retired; "know yourself and seek improvement", (Principle #1 of The 11 Timeless Principles of Leadership (US Army 1948).

To the members of the 1966 class of C. K. McClatchy High School



50 year reunion is in October 2016

We are looking for you, PLEASE contact us

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See Peace Warrior, page 19

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FANTASTIC REMODEL

2 bedroom 2 bath home in East Sacramento! Newly insulated roof and Andersen dual pane windows. Great floor plan for entertaining. The baths have vessel sinks, a large apron sink and granite counters. 3 cedar closets, ceiling fans, built-in outdoor kitchen, lighting front and back, potting bench and fenced garden area.

\$449,000

TIM COLLOM 247-8048



PENDING

BRIDGEWAY TOWER

Enjoy the best of downtown living in a completely remodeled Bridgeway Tower condo with stunning kitchen and baths. 2nd bedroom, a formal dining room. Living, dining and bedroom access full length balcony through walls of glass. This is one of the highly sought after north facing units.

\$475,000

NATHAN SHERMAN 969-7379



SOLD

PHENOMENAL TUDOR

Phenomenal 3 bedroom Tudor on a very popular tree-lined street! Updated kitchen, living room with cozy fireplace, arch doorway to the formal dining room. Convenient layout and plenty of space for entertaining. Fully landscaped backyard with gorgeous tree. Quarter basement.

\$595,000

TIM COLLOM 247-8048



EAST SACRAMENTO REMODEL

This 2 bedroom home has all the modern conveniences with high end style. Separate laundry room with sink and lots of cabinets. Wait until you see the space behind the backyard! Part of the garage has been converted to a room with shower, sink, toilet and portable AC. The rest of the garage can be a hobby area, workshop or you pick.

\$439,000

TIM COLLOM 247-8048



SOLD

OUTSTANDING CRAFTSMAN

Outstanding Craftsman style home in a terrific location. 2 or 3 bedroom home with gleaming hardwood floors, spacious living and dining rooms, lots of natural light throughout and a two car garage. Back yard stone pathway through lush low maintenance landscaping.

\$429,500

RICHARD KITOWSKI 261-0811

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