

THE POCKET NEWS since 1991

June 21, 2012

Community News in Your Hands

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Pocket residents dedicated to senior advocacy

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Storytellers enjoy sharing their tales with younger generations

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Swing Masters coming to the Elks

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I love a parade!

There's still time to enter the Fourth of July Spirit of the Pocket Parade!

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Call for Pocket Parade volunteers, floats for July 4

Pocket News staff

Planning stages for this years 2012 Pocket parade are in full gear. Looking forward to another wonderful community event this year featuring our own Station 11 firefighters as our Grand Marshals. The parade starts promptly at 10 a.m., Wednesday, July 4, at Lisbon Elementary. The parade route will travel along Windbridge Drive to Garcia Bend Park. Be sure to get your lawn chairs out early to reserve your spot on the parade route.

Community Fair at Garcia Bend Park

After the parade you can get a close up look at the floats and visit the booths of our many local businesses. Expect lots of goodies and demonstrations by some of the local clubs

and organizations. Our judging panel will announce this year's winners for the float presentation.

This event is such a great way to get involved with your Pocket community. Children can decorate their bikes and wagons, or parents can show off some of their fancy cars.

Please join us, there is still plenty of time to get involved. If you would like to volunteer to help the day of the event there is plenty to do. If you would like to get creative and enter there is room for you. Contact Linda Pohl at the Pocket News, (916) 429-9901, if you have any questions or to pick up an entry. The Pocket News is located at 2709 Riverside Boulevard. Looking forward to seeing a great turnout of our Pocket community, a wonderful way to celebrate our country's birthday!

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'Fab '40s 5K Run/Walk'

Special to Pocket News

Walk or run to fund research for a cure to Alzheimer's disease next month. There is still time to sign up for the Fifth annual 'Fab '40s 5K Run/Walk' to be held on Saturday, July 14. Everyone is invited to participate in this special event to raise funding for the Alzheimer's Association of Northern California.

The course will start and finish in beautiful East Lawn Memorial Park, travels up 43rd Street, turns right at M Street and loops just east of East Portal Park.

This year's event will be extra special, because of the recent dedication of the Alzheimer's Memorial Wall at East Lawn. The first of its kind in the nation, the Wall is a place where families can inscribe the name of a loved-one as a lasting tribute to those who are suffering from this terrible disease. The Memorial Wall features the inscription, "Never Alone, Never Forgotten." The Wall features a grandmother holding the hand of a grandson.

Visit www.Fab40s5k.org for more details. East Lawn Memorial Park is located at 43rd Street and Folsom Boulevard in East Sacramento.

Storytellers enjoy sharing their tales with younger generations

By SALLY KING
Pocket News writer
sally@valcomnews.com

It was a warm Saturday morning and the little girl with dark brown hair, wearing a bright pink dress said to her mom smugly:

"I know this story."

And the little girl settled herself on the floor, leaning slightly against her mother's arm to listen to the storyteller finish the tale about "The Little Red House With No Doors and No Windows and a Star Inside."

Terry Chekon of the Sacramento Storytellers Guild held her young audience captive at the Effie Yeaw Nature Center in Carmichael as she told the tale of the *Little Red House*. At the end of the story came the surprise Chekon had promised at the beginning of the story. Chekon had brought a shiny red apple and she sliced it just right to show the star inside to the children and parents surrounding her.

In addition to Chekon, Lawrence Greyson, Gail Ryall and Ken Tomasik also told some enchanting tales for the group of children and parents who had gathered at the Center on a recent Saturday morning.

Sacramento Storytellers Guild

The Sacramento Storytellers Guild was started in 1987 by a group of eight retired teachers and librarians. The group used to meet at Luna's Café on 16th Street in Sacramento. They eventually ended up at the Eskaton Monroe Lodge (Senior Citizen's Residence), located at 3225 Freepoint Blvd. They meet monthly every third Saturday to discuss stories and ideas.

Storytelling Association

They are part of a larger group known as The Storytelling Association of California, a 501(c)(3) nonprofit organization. It is a regional voice for story listeners and storytellers in California, reminding the local and national community of the power and the joy of storytelling.

Chekon, a Greenhaven-Pocket resident since 1975, said she loves Halloween because it gives her an excuse to

tell scary stories without getting into too much trouble.

"I attended library school in 1963," Chekon said. "I learned if you wanted to be a children's librarian, you better learn how to tell children's stories."

Ryall also attended library school in 1963. She said telling stories to children was the best part of her job. She also enjoys sharing labor stories with adults and has traveled across the country sharing her stories.

Summer reading

Tomasik has been telling stories for the past 30 years.

"My favorite time of year is summer reading," Tomasik said. "This is when I get the chance to tell the most stories as soon as school is out."

Tomasik encourages people of all ages to check out their local library and the many summer reading programs available.

Greyson, who is legally blind, has been telling stories since he was a young boy. His professional storytelling began in 1996.

"I had many operations on my eyes as a child," Greyson said. "I couldn't read or watch TV, so I would tell stories to my roommates in the hospital about the doctors and nurses."

Greyson had a friend with the same eye problems he had and they would spend hours on the phone telling each other stories.

Theater of the mind

Greyson said he likes telling stories where the kids can use their imagination. He might say in a story someone had a balloon. He does not say a red balloon or a blue balloon because he wants his audience to decide on the color of the balloon.

Greyson grew up in Sacramento. His dad was the librarian at City College for 31 years and his mom was an English teacher. In addition to telling children's stories, Greyson also tells stories at two local hospitals twice a month. Greyson plans out his hospital visits.

"Sometimes it takes me three to four hours picking out a story," Greyson said. "Then I have to do the re-



Pocket News photo, Sally King

STORYTELLERS. Members of the Sacramento Storytellers Guild keep the ancient tradition of storytelling alive for the Sacramento community. Left to right, Gail Ryall, Ken Tomasik, Lawrence Greyson and Terry Chekon.

search and rehearse the stories to get the timing down."

Greyson tries to tell four to five short vignettes that last from five to seven minutes. It keeps the interest going and creates a change of pace and scenery, keeping it lively. He often shares memories of past events such as the assassination of President John F. Kennedy.

Touching hearts, memories

"I try to touch their hearts and bring back memories," Greyson said. "I get paid for it, but I also get paid in their joy."

Even though Greyson is not able to see the folks he shares his stories with, he feels their intensity, their excitement of hearing the stories brings him to life and this brings him happiness.

An ancient tradition

Greyson feels it is important for children to listen to stories of the past. He said children need time away from TV and computers to listen to their elders, because people 80 years old or older are going to be known as the last generation of people who lived without modern conveniences.

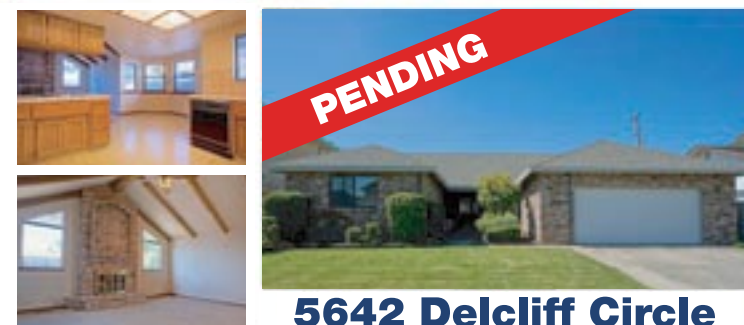
"Listen to their tales, how they rode to school on horseback, had to go down to the creek to get the water," Greyson says. "That era will never happen again."

Greyson encourages folks to join the storytellers. The group provides workshops on occasion and people of all ages are welcome.

"Everyone has a story to tell," Greyson says. "The joy of

storytelling, at least for a short time, takes the person out of what they are worried about and gives them a chance to relax and use their imagination; it's like giving them a happy pill."

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Know your neighbor

Pocket residents dedicated to senior advocacy

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Pocket residents Joan Parks and Clifton Wilson have two very strong bonds with one another: their unwavering dedication to senior advocacy and their love for the community where they live.

At times referred to by their associates as the "dynamic duo," Parks and Wilson spend many hours each week assisting seniors through the Long-Term Care Ombudsman program of Ombudsman Services of Northern California.

Despite their consistently busy schedules, Parks and Wilson sat down with *The Pocket News* last week to discuss various details about themselves, including their involvement with this program.

Joan Parks

Parks, who was born in Chicago, said that after moving to Sacramento in 1993, she became drawn to the Pocket area and thus decided to find a home in this community.

"I lived in Sacramento in an apartment for one year

and looked around at the different neighborhoods and I had developed friendships in the Pocket area and found it to be a good, stable neighborhood," Parks said. "The area was very desirable, with the community spirit, sense of community, and I chose to live there. It has a true sense of neighborhood. I feel like it's an isolated community from the busyness of downtown Sacramento. I attend Faith Presbyterian Church (where she is an elder) and I love doing my grocery shopping (in the Pocket) and I just feel that (the area) meets all my needs as a single person. I feel very safe and comfortable there. I have a great neighborhood with community spirit. I love it there."

Although she began her life in Illinois, Parks has been a resident of California since her childhood. She eventually attended San Diego State University, where she earned a bachelor's degree in business management.

Parks, who has also lived in the states of Washington and Alaska, additionally studied in the California Paralegal Certificate Pro-

gram at California State University, Bakersfield.

Clifton Wilson

Wilson, who also expressed his love for the Pocket, has been a resident of the community since about 1987. His involvement in the community has included teaching catechism at St. Anthony Parish.

In speaking about earlier years in his life, Wilson said that after being born in Birmingham, Alabama, he eventually joined the Army and came to California when he was assigned to Fort Ord. And it was shortly after his time at Fort Ord that he moved to the Pocket area.

Wilson, who enjoys fitness, jazz music and traveling, has a wife named Sallie, a daughter named Maria and a son named Geoffrey. And Parks, who also enjoys traveling, with one of her favorite places being southern Italy, also has a son and a daughter, Jeff and Cheri.

The "Dynamic Duo"

After being asked to discuss the "dynamic duo" nickname given to her and Wilson, Parks said, "First off, people are usually amazed that Clift and I have worked together for as many years as we have. We both came to this program in 1992, and it's under the umbrella of Legal Services of Northern California.



Photo by Lance Armstrong
Pocket residents Joan Parks and Clifton Wilson earned an award for their exceptional senior advocacy work.

It was a small, single program of (senior) advocacy in the southern county area. Since we've been doing this, the program has grown huge, and now we've got four programs going and we're in 15 coun-

ties. We have been both very committed to bring state-of-the-art program techniques, marketing the program and the training of it and the staff

See Dynamic Duo, page 7

Dynamic Duo: We do long-term care advocacy for residents

Continued from page 6

design. And we both became recipients of the Malcolm Baldrige (National Quality) Award for staff design and program implementation, which is a huge honor."

Presently, Parks is the organization's administrator, who deals with the program's budget and the staff, and Wilson is the program services manager, who is dedicated to managing activities in the field and handling complaints.

The Long-Term Care Ombudsman Program

Parks described the purpose of the Long-Term Care Ombudsman program, as follows: "We do long-term care advocacy for residents who live in assisted living and skilled nursing facilities. We have a telephone intake, literally 24 (hours per day) and seven (days per week) and with our staff and volunteers, we respond to all complaints from residents, family members, doctors, and emergency rooms. All the mandated reporters of elder abuse contact this office, so we're mandated under state and federal laws to respond to all of those complaints. In addition to that, the program has what we call the Facility Visitation Plan, where the ombudsmen who are state certified through the Department of Aging go into facilities unannounced to do a walk-through to work with the residents (and) staff in trying to bring quality where there may be weak areas."

And in summarizing her work for the Long-Term Care Ombudsman program, Parks said, "It's a program that you develop a passion for, but it's not a job. It's never been a job for me or I wouldn't be doing this. It's the most rewarding opportunity and I'm just so thankful for it."

The Greenhaven-Pocket area is home to 16 residential care facilities and two skilled nursing facilities, which Wilson described as "providing good care."

"I can't think of any facility (in the area) that is real problematic now," Wilson said. "We did have a couple (problems) in the past years. We don't have residents who are complaining a lot. We do have ombudsmen who are in there

constantly, so if there were things that were wrong or not so good, then they would be detected."

Parks said that a positive aspect about facilities in the Greenhaven-Pocket area is that residents can stay in the neighborhood and go from the lowest level of care giving to the acute skilled nursing level.

"A lot of people (in other areas) have to leave their own neighborhood for care, so this is a lot of facilities for one neighborhood," Parks said. "As we get older, which we are doing, it looks like a good neighborhood that one can stay in and that's very important."

Sacramento County Regional Ombudsman Cheryl Simcox, who lives in the Land Park area, said that the Pocket-Greenhaven area also includes two and a half independent living facilities for seniors.

Simcox, said that she will soon be placing her father in one of these facilities, noted that the half independent living facility is combined in the same building with an assisted living facility, so that residents can easily transfer from one facility to the other.

Additionally, Simcox encouraged people who are in search of a facility to place their parents or loved ones in to carefully select such a facility.

"There are a lot of resources, both online and through some of the senior resource centers, about different facilities," Simcox said. "I think it's important to always go and look at the facility, look at the neighbor-



Joan Parks and Clifton Wilson study reports at their office.

Photo by Lance Armstrong

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McClatchy High's 1951-1952 baseball team the greatest in Sacramento history

By JIM COOMBS
Special to Pocket News
Loscoombs2@aol.com

In the late 1940's and early 50's high school baseball in Sacramento was at its zenith. McClatchy, Sacramento, and Christian Brothers all had outstanding teams and talent. Roger Osenbaugh and Jim Westlake of CKM signed pro contracts after the 1948 season followed by Woody Held (Sac), Richie Meyers (Elk Grove), Tony Stathos (CKM), John McNamara (CBS), and Harry Dunlap (Sac). Sacramento Junior College combined the city's best baseball players to go for the state title for three straight years from 51 to 53, winning the state title in 51 and 53 at the Edmonds Field.

Possibly the greatest high school baseball teams to ever play in Sacramento were the McClatchy teams of 1951 and 52. The 51 team won 22 without a loss and the section title, and the 52 team followed



Photo courtesy Jim Coombs/1952 Nugget
McClatchy's 1952 Varsity baseball team. Row 1—Ralph Rose, Bill Werry, Don Deary, Pete Stathos, Dick Traversi, Dick Alejo. Row 2—Manager John Bray, Scotty Grey, Roger Herscovitz, Bruce Parsons, Cox, manager, Coach Perry. Row 3—Gene Hurych, Gus Gianulias, Joel Pegg, Bob Ayres, Jan Aitken, Dave Pegg.

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Baseball: The best team I ever coached

Continued from page 8

with 18 more wins before losing to CBS after McClatchy's win streak reached 40 games.

With a McClatchy Athletic Hall of Fame starting this fall after 75 years, these two teams and their players were picked as one of the three greatest teams in McClatchy's first 25 years. They will be honored on September 20, with a dinner at the Elk's Club and on the 21st at half time of the McClatchy football game.

Led by the Rose brothers Earl (51) and Ralph (53), Peter Stathos (52), and Dick Traversi (52), six Lions made all-city in 51 and five made the all-city team in 52. Chris Christian, JC Masters, and Ralph Rose were the pitchers with Earl used in relief. Traversi played first, Stathos, second, and Earl Rose played in the outfield.

McClatchy hit .309 as a team with Earl Rose setting a school record getting 49 hits in 94 at bats for a .521 average. This record has never been broken. Junior Peter Stathos also broke the school record hitting .512. He had 42 hits and drove in 28 runs. Traversi was a unanimous choice for All City getting 28 hits and being an excellent glove man at first base. Traversi would go on in his senior year to lead the city in scoring for the McClatchy basketball team.

The pitching staff was led by seniors' Chris Christian and JC Masters. Christian had eight wins and Masters had six. Bob Jones was the catcher and made all-city. Outfielder Jerry Pesavento and shortstop Bob Ayres made honorable mention.

McClatchy started the season with wins over Willows, San Juan, and Grass Valley. They reached nine straight when they beat Grant 11-2 and came closest to their only loss when their game with CBS was called for darkness after eight innings with the score 11 to 11. McClatchy had led 9-0 but four errors allowed the Pete Mikichich led CBS to tie the score and send it to extra innings.

Chris Christian next threw a one-hitter at Sac and the Lions won easily 11-2. Masters came back to beat the Dragons for their 15th straight 6-3. The Lions had to come from behind in this one as the Dragons scored two in the first. Stathos drove in two runs in the second and Ayres tripled home Masters to put the Lions ahead for good. Ralph Rose then threw a two-hitter to beat St Mary's for their 16th straight. McClatchy beat Woodland 8-2 and came back for a close 6-5 win over Sacramento for their 22nd and final win of the season.

Coach Cliff Perry commented that, "This was the best team I have ever coached. Earl Rose was obviously the top senior with his .521 average, but seniors JC Masters, Chris Christian, Bob Jones, Dave Thomas (21 steals), and Jerry Pesavento will be tough to replace."

The 1952 season started up right where it left off with Ralph Rose, Roger Herscovitz, Don Deary, and Mike Toomey being the main pitchers. Sophomore Bill Werry handled the catching, Traversi played first, Stathos, second, Bob Ayres, short, and Bruce Parsons/ Hui Jackson third. Rose, Gene Huyrch, Jan Aitken, and Parsons were in the outfield.

All-city performers included: Aitken, Ayres, Stathos, Traversi, and Werry in the Sacramen-

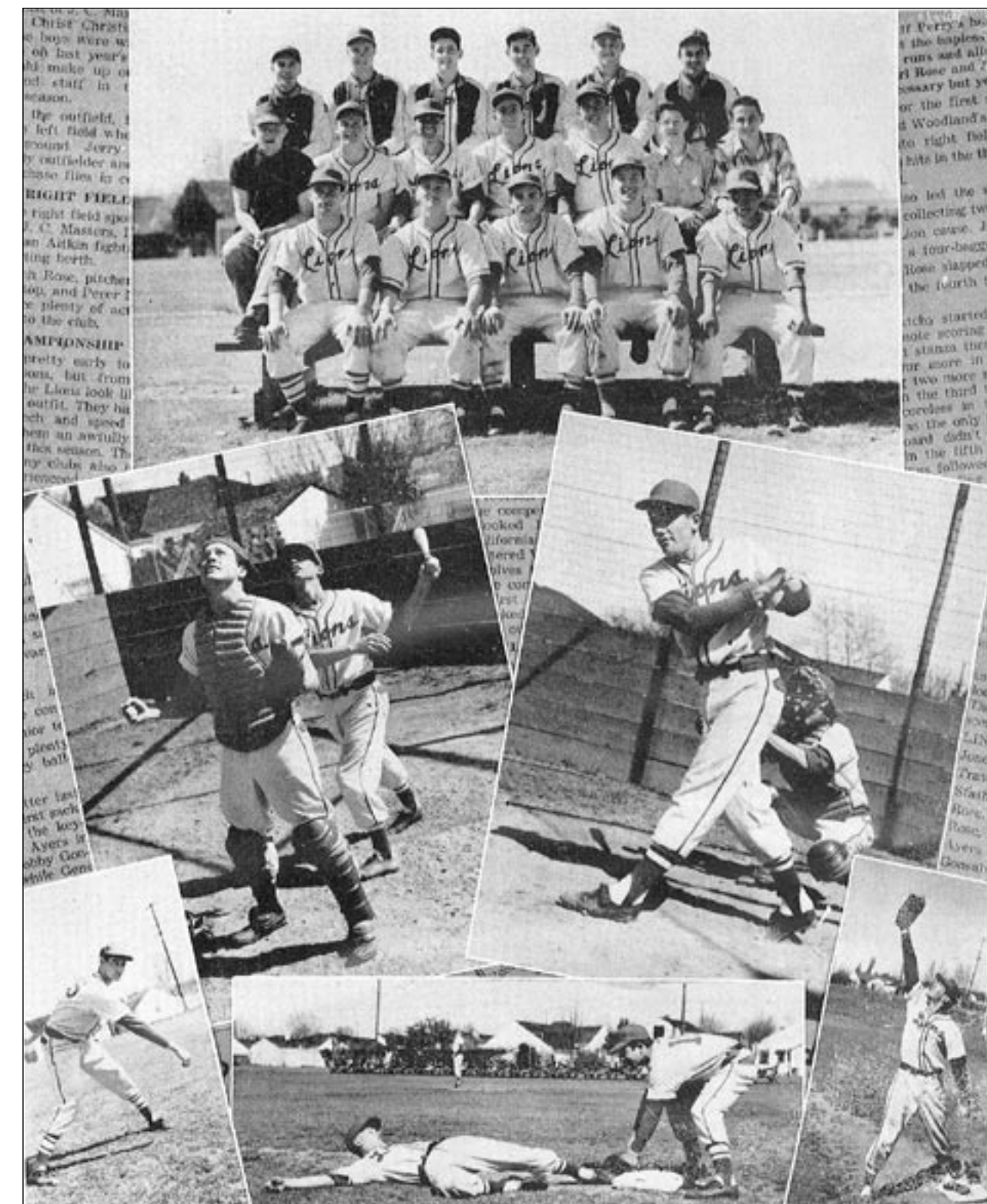


Photo courtesy Jim Coombs/1951 Nugget
McClatchy's 1951 Varsity baseball team (top). Row 1—Dave Thomas, Bobby Ayres, Peter Stathos, Dick Traversi, Bobby Gonsalves, Row 2—John Bray, Billy Vest, Peter Norris, Bob Jones, Jerry Pesavento, Walter Danti Dick Bird, Row 3—Mr. Perry, Gene Hurych, Chris Christian, J.C. Masters, Earl Rose, Ralph Rose, Left center—Billy Vest, Peter Norris, Right center—Chris Christian, Bottom left—J.C. Masters, Bottom center—Bobby Ayres, Peter Stathos, Bottom right—Dick Traversi

to Bee, and Aitken, Rose, Stathos, Traversi, and the Sacramento Union. Huyrch and Ayres made honorable mention. Peter Stathos led the team in hitting with a .438 average, Traversi hit .417 and Rose was .407. Werry .417 and Huyrch each hit four triples and Huyrch had six home runs. Stathos was chosen to play in the East-West All Star game in Oakland after the season.

The Lions started the 52 season fast with eighteen straight wins before falling for the first time at the end of the season They did win the city championship for the third straight year. Highlights included a 21-2 win over Rio Vista, 29-1 win over Turlock and their 35th straight win a 9-2 victory over St Mary's of Stockton.

The streak finally came to an end in May when Dave Higgins (all-city) from Christian Brothers beat the Lions 11-4. McClatchy was never in the

game as Higgins pitched six shutout innings before McClatchy scored twice in the 7th and 8th.

When asked about the McClatchy 51-52 baseball teams that won 40 straight games, Stathos commented, "We had a great coach, Cliff Perry, and great players, Traversi, Aitken, Ayres, and the Rose brothers. We had great pitching, JC and Chris in 51 and Ralph Rose, Herscovitz, and Deary, in 52. Werry and Hurych came out of nowhere to really help us in 52. Forty straight wins. Wow, nobody will ever do that again."

This is the first in a series of articles as part of the McClatchy 75th year celebration, and the institution of a McClatchy Sports Hall of Fame. A banquet will be held on Sept. 20, at the Elks Clubs honoring 50 individuals and five teams from the first 25 years (1938-1962). All McClatchy graduates and family are invited to participate. For information: go to RestoretheRoar.org or contact Jim Coombs at (916) 422-9082 or Bob Sertib at (916) 441-0657.

Kids get valuable lesson

On June 14, Ron Roberts, member of the Rotary Club of Pocket/Greenhaven, gave a water safety presentation to the 1st through 6th graders at Yav Pem Suad Academy, located at 7555 South Land Park Dr.

With invaluable experience from his ten years with DART (Drowning Accidental Rescue Team), he taught the scholars that the most common place of accidental drowning for toddlers was the bathtub, and the second place was a bucket of water. He also showed them how to properly wear a life preserver and to make sure it has the U.S. Coast Guard's stamp of approval on it.

A 29-minute water safety DVD by the Department of Boating and Waterways was shown and each scholar received a matching water safety activity book as well as a candy treat.



Photo courtesy



Photo courtesy

Ron teaching the scholars about water safety, drowning prevention and the importance of proper fitting U.S. Coast Guard approved life jackets.



Photo courtesy

From left to right: Randy Burton, Rachelle Kiel, Principal Vince Xiong, Hector and Debra Leanos, Ron Roberts, Susan Kovalik and Keiko Wong.



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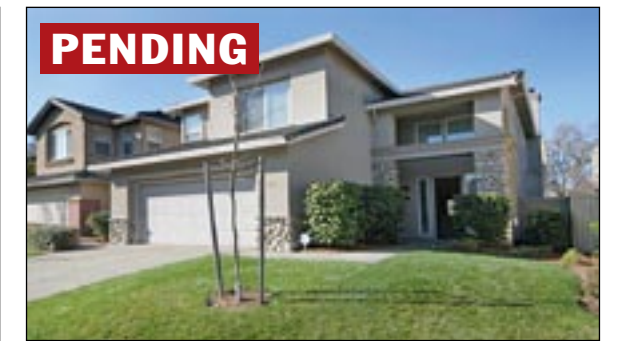
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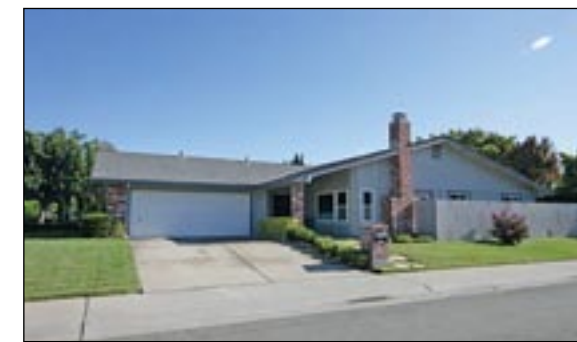


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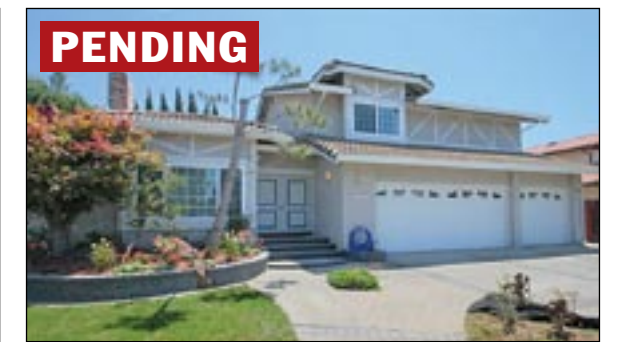


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The New Trends in Alzheimer's and Dementia Care

David Troxel, M. P.H. is the author of five notable books including A Dignified Life, the Best Friends Approach to Alzheimer's Care and an expert on the best practices for Alzheimer's care and other forms of dementia. David has vast experience in the fields of Alzheimer's disease, staff development and training and is both national and internationally known as a leading expert on Alzheimer's disease and dementia.

In this presentation, David will share the latest information on how people living with dementia can continue to lead a purposeful and meaningful life. David will be autographing his book and it will be available for purchase.



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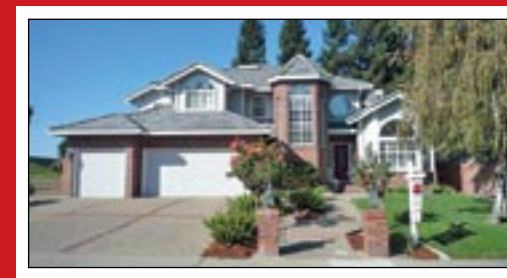


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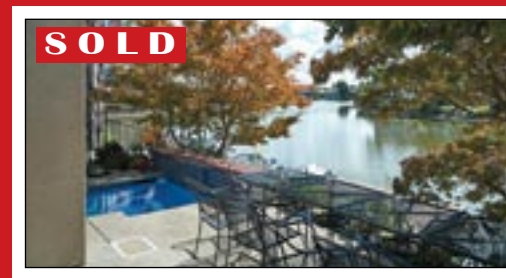


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