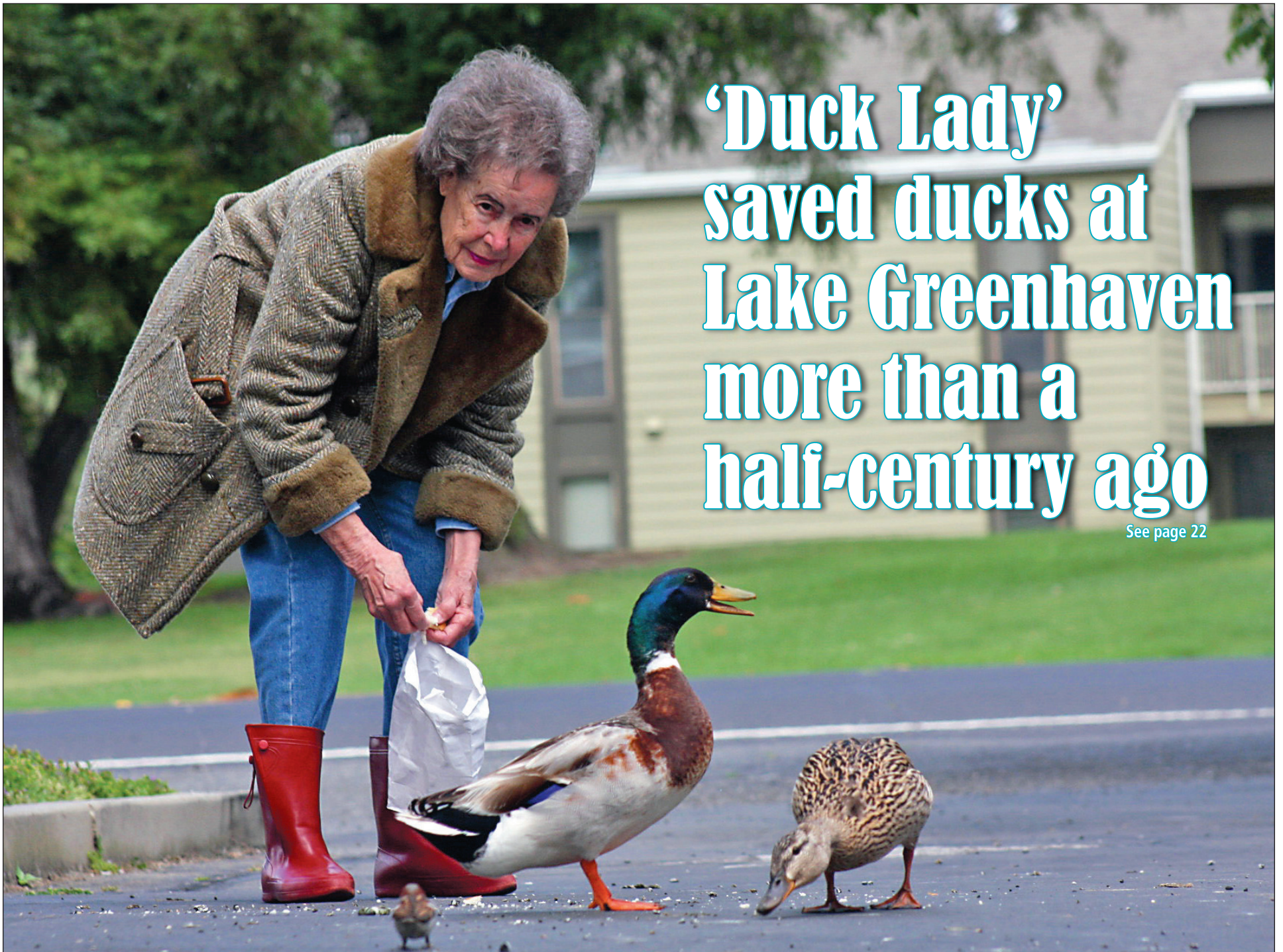


# POCKET NEWS

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See page 22

- Faces and Places..... 12
- Arts ..... 16
- Home Improvement Guide..... 18
- Calendar ..... 20
- Know your neighbor ..... 22



Hot Rod meet and greet set for Sunday

■ See page 5



Faces and places: Belle Coolidge Library Summer reading kickoff and ice cream social

■ See page 12

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# Water safety tips offered by SacPD

Sacramento Police Department Officer Terrell Marshall offered the following water safety tips:

- ♦ Have young children or inexperienced swimmers take extra precautions, such as wearing a U.S. Coast Guard-approved life jacket, when around the water and staying within arm's reach of a designated water watcher.
- ♦ Designate a responsible individual(s) as the person to watch over children whenever they are in, on or around any body of water, even if a lifeguard is present.
- ♦ Set specific swimming rules for each individual in a family or a group based on swimming ability (for example, inexperienced swimmers should stay in water less than chest deep).
- ♦ Make sure swimmers know about the water environment and any potential hazards, such as deep and shallow areas, currents, obstructions and the locations of entry and exit points. The more informed people are, the more aware they will be of hazards as well as safe practices.
- ♦ Identify potential water hazards within the community and make certain that children stay away from them.
- ♦ Swim only in areas supervised by a life-guard
- ♦ Always swim with a buddy; never swim alone.
- ♦ Read and obey all rules and posted signs.
- ♦ Only swim in designated areas.
- ♦ Use a feet first entry when entering the water.
- ♦ Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- ♦ Do not mix alcohol with boating, swimming or diving. Alcohol impairs judgment, balance and coordination; impacts the ability to operate watercraft safely; affects swimming and diving skills; and reduces the body's ability to stay warm.
- ♦ Take a boating safety course before operating any watercraft.
- ♦ Be especially cautious near moving water, cold water and ice.
- ♦ Be prepared. Aquatic emergencies happen quickly and suddenly. Whenever possible have a telephone or mobile phone nearby.

Recreational swimming and water activities enrich our lives, but remember that it can also be a source of danger. Follow these simple tips and be safe out there!



# Breaking ground:

Greenhaven's Eskaton Care Center looks forward to a new therapeutic and healing garden

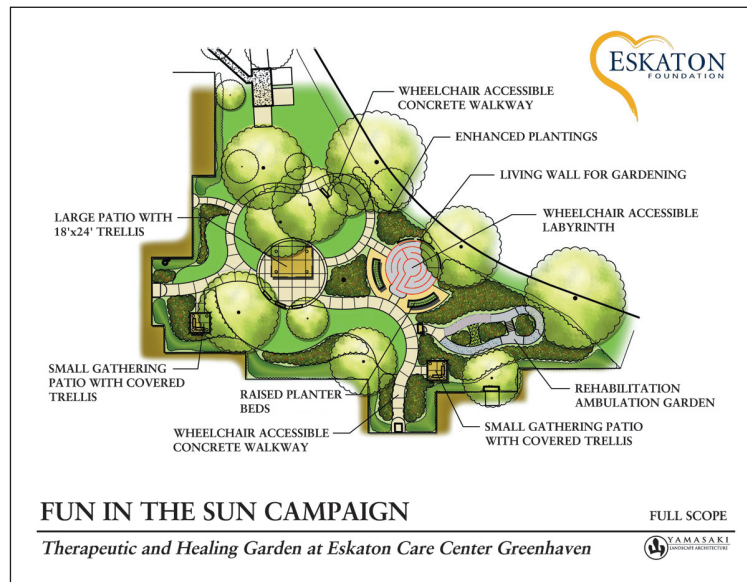
As this issue of the Pocket News was going to press, last minute finalizations were being made for the ground breaking of the wheelchair-accessible therapeutic and healing garden on Thursday, June 4 at Eskaton Care Center Greenhaven, 455 Florin Road. Scheduled to speak were: Sacramento City Councilmember Rick Jennings, II; Eskaton CEO Todd Murch; Eskaton Foundation President Kim Rhinehelder; Eskaton Care Center Greenhaven Executive Director Heather Craig as well as patients, residents and family members.

Two of the residents, Ron Walker, who is the president of the resident council and a retired firefighter, will be joined with resident Rita O'Conner, a member of the resident council and member of the VIP Gardening Club.

Describing the importance the new garden will have on the residents as well as the current financial situation, Director of Annual Giving Eskaton Foundation President, Lorraine Leung, said, "Although we haven't reached the goal of \$300,000, we feel it's very important to get the garden ready for the residents. It's just a matter of raising that last final bit (\$22,199). We're really hoping to get the community to pitch in."

Called the Therapeutic and Healing Garden, the garden will feature wheelchair-accessible walkways, a labyrinth, rehabilitation path, and multiple areas for family visits and recreational activities. It's expected to be completed by the end of the summer.

Once completed, the new therapeutic and rehabilitation garden will provide



## FUN IN THE SUN CAMPAIGN

Therapeutic and Healing Garden at Eskaton Care Center Greenhaven

FULL SCOPE



Courtesy of Eskaton

Shown here is a rendering of the Therapeutic and Healing Garden at the Eskaton Care Center, which is expected to break ground today, June 4.

residents with more space to enjoy the outdoors.

Wheelchair-accessible raised planter beds

Therapeutic and healing garden key features

Wheelchair-accessible Labyrinth – The first of its kind in the Greater Sacramento area!

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# Freeport Road Closure from June 1 to September 15, 2015

Waterline replacement to get underway on Freeport Boulevard from Meadowview Road to Cosumnes River Boulevard Interchange

As part of the Cosumnes River Boulevard Extension Project and to support the Delta Shores development adjacent to the project, the city began replacement of a new waterline on Freeport Boulevard on June 1.

Construction is slated to last approximately three months and be complete by Sept. 15.

During this time, Freeport Boulevard will be closed to through traffic from Meadowview Road to the new Cosumnes River Boulevard interchange.

To minimize inconvenience and allow access to all driveways as well as the Bill Conlin Youth Sports Complex and dog park within the project area, the work will be performed in three stages.

The newly completed CRB interchange was opened to the traveling public on May 4. The interchange allows access to the

area for both local traffic and the Delta Shores Development, while work continues on the waterline extension and the CRB roadway extension to Franklin Boulevard. The entire project is expected to be complete and open to the public by fall 2015.

The project will improve east-west mobility for motorists and bicyclists, reduce traffic congestion along Mack Road and promote economic development by creating new access to 800 vacant acres of the Delta Shores development site.

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# Hot rods and classic car meet and greet set for Sunday

(Editor's note: This story is being reprinted as a reminder to promote the upcoming event.)

Pocket resident and Illinois native Fred Wood, 71, has been a car guy since his grandfather Oroville Berga built him a miniature gas powered car when the then-youngin was just about 6 years old. "It had a shifter, brakes, lights. Every kid in my neighborhood learned to drive in my backyard," Fred said. And now that car is in a museum in Illinois.

"I used it until I outgrew it. I have pictures of the thing. We started it from the ground up. It was a miniature automobile. (The Illinois town) had a centennial in 1952. We made a covered wagon behind (the miniature car) and won first prize. I drove it til I was 13, 14 years old, then I got into big cars. I'm 71 years old and have been playing with

cars my whole life. It's a pretty normal story for those into cars." Over his lifetime, he's had a number of cars and was into drag racing and slingshot cars. He's also even built a stunt plane. "I built that in the garage. I've played with this stuff all my life," he says.

Still into cars, Fred is hoping to meet other Greenhaven/Pocket residents who have similar interests in cars, so he is helping organize a classic car and hotrod meet and greet on Sunday, June 7 at the Prudential Dunnigan Real Estate office (6355 Riverside Blvd.) parking lot from noon to 4 p.m.

"We know there's a lot of enthusiasm in this neighborhood, but a lot of the cars stay in garages and never get out. (With the meet and greet) we want to see if we can get something going," he said.

If you go, you might get a glimpse of Fred's 1932



Photo by Alice Smodji

Pocket resident Roy "Ski" Majewski stands next to his 1968 El Camino. Neighbors Ski and Fred Wood are gearing up for a classic car meet and greet on Sunday, June 7 from noon to 4 p.m. at Dunnigan Real Estate office parking lot, 6355 Riverside Blvd.

Ford Roadster and his 1937 Ford Coup. "They're both hot rods, and have had nice paint jobs," Fred says.

## If you go:

**What:** Hot rod and classic car meet and greet

**When:** Sunday, June 7 from noon to 4 p.m.

**Where:** Prudential Dunnigan Real Estate office (6355 Riverside Blvd.) parking lot

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# Celebrity Christian musician to perform at Greenhaven Lutheran Church

By MONICA STARK  
editor@valcomnews.com

Robin Mark, an internationally successful contemporary Christian musician from Ireland, will be performing a free concert at Greenhaven Lutheran Church on Saturday, June 20 at 6 p.m.

According to a biography provided by Mark, he has been leading worship in his home church, CFC, in Belfast, Northern Ireland for over 25 years. Most of the inspiration for the worship songs he has written has come from the spiritual journey that he and the Belfast congregation have taken. Leading worship in conferences and events such as Mandate, Spring Harvest

and Together for the Kingdom increased his profile in Britain and Europe and resulted in an Integrity Music recording called, "Revival in Belfast." The impact of this album presented ministry opportunities, such as, in Europe, the United States, Canada and Australia.

He lives in Belfast with wife Jacqueline and three grown-up children and combines the role of father and husband with university lecturer, leader of worship and businessman.

He has sold more than 2 million albums worldwide, was nominated in 2006 for a Dove award for his song "Days of Elijah", received the GMA international award and has

four international gold discs. His songs have been translated into many different languages and sung by worshippers around the globe.

His new album is a further collection of congregational friendly songs of worship exploring multiple Biblical themes and is called "Liberation Praise". This release is by Inciite Media and is his 16th original album to date and his third from Inciite.

Asked to describe the story behind getting Mark to perform for free at Greenhaven Lutheran Church, Pastor Stephen Becker said the contemporary service often performs Mark's music and because of that connection Becker sent Mark a note of thanks.

Because of Mark's busy schedule, Becker didn't think too much of not receiving a note back from the Christian musician. But after not hearing back for a matter of months, Stephen said he suddenly got a note from Mark's performance coordinator who said Mark would like to perform a "free-will" concert at the church.

"We are very blessed. It's truly costing (the church) nothing more than a hotel room for him. It is very generous on his part and it caught me off guard," Becker said.

Asked to describe the sound of Mark's music and



Photo courtesy

Contemporary Christian musician Robin Mark will be performing a free concert at Greenhaven Lutheran Church on Saturday, June 20, starting at 6 p.m.

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Weekly Bible Studies - Jr/Sr High Events

if he has an Irish accent, Becker said, "It's very cool. You hear very much an Irish sound. It's contemporary Christian pop but with an Irish flare to it. It's easy to use in worship versus for solos or duets. To get 200 people singing together - that's the kind of stuff he does."

The performance will be between the range of 90 minutes to 2 hours with an intermission in the middle. Greenhaven Lutheran's praise team will assist Mark when necessary.

To advertise the event, Becker said the church has placed a "larger than life" banner outside the church. Unfortunately, Becker will not be able to attend the performance as he is traveling to Maui to celebrate he and his wife's 23rd wedding anniversary.

But Becker is nonetheless excited about the performance and expects members of his church to videotape it. "I've never met him but have seen concerts on youtube. He seems like a cool, down-to-earth guy. He's mellow and really personable," Becker said.

Mark, who stays in the United States every year for three months to do tours, is coming from the Bay Area prior to the concert at Greenhaven Lutheran, and on Sunday he's going straight back to the Bay Area where the rest of his "band" is staying.

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If you go:

**What:** Free concert by contemporary Christian musician, Robin Mark

**When:** Saturday, June 20 at 6 p.m.

**Where:** Greenhaven Lutheran Church, 475 Florin Road





Photos by Monica Stark

Shown here are a collection of photos from the 2014 4th of July parade held in the Pocket.

## Fourth of July Pocket Parade organizers are gearing up for the big day

This year's parade will be like those before, as it is set to start at 10 a.m. at Lisbon School and will make its way along Windbridge Drive to Garcia Bend, where an awards ceremony, local business community fair, music featuring Lenny Williams (formerly with the band Tower of Power) and food trucks await. Brenda Williams, Garcia Bend Park event coordinator, is looking for local businesses that might want to participate. She can be reached at [garciabend.july4@gmail.com](mailto:garciabend.july4@gmail.com). For general information about the parade, co-chairs Linda Pohl and Kathy Garcia can help with general parade information. For any questions, call the Pocket News at 429-9901. Parade entry forms are available at the newspaper's office, 2709 Riverside Blvd. as well as at Riverside Wesleyan Church, 6449 Riverside Blvd. Parade deadline is July 1.

Prior to the parade is the Matsuyama 4th of July Fun Run. This event helps raise money for incoming sixth graders at Matsuyama Elementary School to attend Sly Park Environmental education camp the following spring. It's also a terrific community event and a way to promote family-friendly fitness.

Registration is \$20. Participants can select a 5-kilometer or 8-kilometer course. The race begins at 8 a.m. at Matsuyama Elementary School (7680 Windbridge Drive), which is also the perfect place to watch the subsequent Spirit of the Pocket parade. For more information, go to [matsuyama.scusd.edu](http://matsuyama.scusd.edu) or email [chairfunrun@gmail.com](mailto:chairfunrun@gmail.com).

## Master Singers to perform at The Sacramento Choral Festival

SacSings! is returning to Harris Center at Folsom Lake College! This choral showcase will feature 15 choruses performing in three concerts, with each chorus bringing 25 minutes of its best work. There is no better opportunity to experience those groups you never could get around to hearing – and discover some excellent organizations you never heard of. Performance times are Saturday, June 13 at 2 and 7 p.m. and on Sunday, June 14 at 2 p.m. Tickets are just \$20 per concert, and they are available from the Harris Center box office at: [www.harriscenter.net](http://www.harriscenter.net) or call 608-6888.

Details for the concerts are as follows:

### Concert A: A Unique Choral Showcase

**Saturday, June 13 at 2 p.m.** Fifteen Sacramento-area choruses are bringing their best work to Harris Center at Folsom Lake College. It's a once-a-year opportunity to experience the amazing variety and quality of choral music in our area. Each concert features a 25-minute set from each of 5 choruses, representing very different kinds of music. The spring choral season is over, and it's time to hear what you've been missing.

### Concert B: A Special Song

**Saturday, June 13 at 7 p.m.** Each concert will end in a very special way. We have been giv-

en permission by the copyright owner to create a new choral arrangement of Let There Be Peace On Earth. Andrew Hudson of The Vocal Art Ensemble composed the arrangement this spring, and it has never been performed before. The singers from each chorus will assemble on stage together to perform the 4-part arrangement, and then they will sing it again in unison, inviting the audience to join us. It will be amazing!

### Concert C

**Sunday, June 14 at 2 p.m.**

Amador Choraliers, Cantare Chorale, Davis Chorale, Doreen Irwin Singers, Grass Valley Male Voice Choir, Renaissance Choir Sacramento, RSVP, Sacramento Capitolaire, Sacramento Gay Men's Chorus, Sacramento Valley Concert Choir, Sacramento Women's Chorus, Valley Choral Society, The Vocal Art Ensemble, Voices of California and Vox Musica.

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Saturday, July 4th

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 Kathy and Linda can help with general parade information  
**Volunteer Coordinator:** Mike Higley - [pastormike@rwcsac.org](mailto:pastormike@rwcsac.org)  
 Mike is looking for volunteers  
**Garcia Bend Park Event Coordinator:** Brenda Williams - [garciabend.july4@gmail.com](mailto:garciabend.july4@gmail.com)  
 Brenda organizes a fun event after the parade at Garcia Bend.  
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**Marshalls Coordinator:** Kathy Garcia - [kbgarcia@aol.com](mailto:kbgarcia@aol.com) - 916-392-5006

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# Healthy Heart, Healthy Planet was the featured book at the Pocket Library's after hours celebration

By MONICA STARK  
editor@valcomnews.com

A book from Pocket residents, pharmacist Cathi Misquitta and doctor Rajiv Misquitta, is geared to tackle heart disease and climate change. The newly published book, *Healthy Heart, Healthy Planet* is the result of lessons learned shortly after Dr. Rajiv Misquitta suffered a heart attack at the age of 40. He and his wife Cathi set out to find ways to change their lifestyle to ensure they lived long enough to see their children grow up. Now, they want to share what they have learned with others.

Learning that roughly 600,000 people in the United States die annually from heart disease, Dr. Rajiv Misquitta researched the medical literature and discovered that a low-fat plant-based diet can actually reverse heart disease and help people lose weight—not to mention have a positive impact on the ecosystem.

Finding existing vegetarian and vegan cookbooks less than satisfying, Dr. Cathi Misquitta developed her own plant-based recipes. Compiled and presented in their book is a bountiful collection of more than 100 heart-healthy, eco-friendly, everyday plant-based recipes. Inspired by cuisines from around the world, the recipes include plenty of protein-rich grains and legumes as well as seasonal variations for a balanced diet that's in tune with nature.

In addition, the book provides advice on transitioning to a vegan lifestyle, and each chapter offers an eco-friendly kitchen tip. With weekly sample menus and grocery lists, [www.HealthyHeartHealthyPlanet.com](http://www.HealthyHeartHealthyPlanet.com) delivers both inspiration and empowerment for anyone who desires to live a healthy life and ensure a healthy planet. An accompanying website and social media channels will also help guide readers in making these life-saving changes. For more information, email the authors at [healthyhearthealthyplanet1@gmail.com](mailto:healthyhearthealthyplanet1@gmail.com).

*Healthy Heart, Healthy Planet* was the featured book at the Pocket Library's after hours celebration. The authors spoke with the Pocket News more about the book. Rajiv discussed the turning point in his life as follows: "I



Former East Sacramento residents Cathi Misquitta and doctor Rajiv Misquitta have co-authored a new plant-based recipe book called, *Healthy Heart, Healthy Planet*.

had a heart attack on my way to work and I was lucky to survive it. After that happened, I looked around and began to think how to prevent this from happening again. What I learned, I put into the book, which is you can avert this with a change in lifestyle. Nutrition has to do with low-fat, plant-based foods."

Despite the research out there that proves the correlation between one's lifestyle and health, Rajiv said people struggle with how to live life healthily. "We discovered, actually, it's not too difficult to do. The key is to have recipes that taste good. It's all about taste. If you have food that is tasty, you will eat more of it. My wife Cathi developed these wonderful recipes – not just traditional American cuisine, but Indian, Thai – a whole variety from around the world. We thought we'd share them with those going on a similar journey."

Cathi's creation of recipes are meant to be relatively quick and easy. She, herself, is

a mom of two and works full time and thus does not have hours on end to spend in the kitchen. "I included things like a meal plan in there, a shopping list to plan ahead of time," she said.

Cathi said growing up, dinners consistently consisted of a meat, a starch and a vegetable. Though she thought she and Rajiv ate rather healthy prior to his heart attack, the switch to going to a plant-based diet was "tricky at first."

Looking at diets from other cultures, Cathi stated that there are many more vegetarian options with a lot more flavor. "Trying to add the flavor with spices adds a lot." And Rajiv added that when he was doing research for his book, he noticed that in other cultures more people live longer. "The way their culture is set up, they eat less meat. People often ask, what's more important: 'Life in years or years in life?' It's both," he said.

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# Parents supported teachers at Teacher Appreciation Day

Tuesday, May 5 was Teacher Appreciation Day, and Land Park Infant Center and Preschool teachers and staff were treated to a special dinner by parents of the school.

The event was spearheaded by parent Sarah Scheeline. The day started with a delivery of sunflowers in a pencil vase created by Kelly Fugina and her 4-year-old daughter, Karly. Kelly also created take-home flower arrangements that adorned the dinner table. When the school closed, parent helpers came into the school decorated and set an elegant dinner table. They selected a variety of music, enhancing the evening.

Parent and chef Jessica Rooker prepared and catered an amazing four-course dinner that included the following menu: tomato and basil bruschetta with aged balsamic

vinegar, focaccia crostini, fresh mozzarella with extra virgin olive oil and basil, kale and romaine Caesar salad with homemade lemon-garlic dressing and croutons, braised beef in burgundy wine sauce, basil pesto alfredo over pasta, grilled vegetable platter, mini funnel cakes and homemade strawberry ice cream with chocolate ganache and a signature mocktail.

The teachers and the school chef were served each course by moms and dads from the preschool. The dinner, wrapped and carefully selected gifts, were made possible by donations from LPICP parents.

Miss Mary and Miss Regina (directors of the school), in a joint statement, said: "We felt such an



Photos courtesy

Shown here are photos from teacher appreciation day, which was held at Land Park Infant Center and Preschool.

See Teachers, page 10

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# Teachers:

Continued from page 9

out pouring of appreciation and love from our school community; we always feel honored to have such supportive, involved and loving families at Land Park Infant Center and Preschool.”

Land Park Infant Center and Preschool is located at 5250 Riverside Blvd. They offer care to infants from 6 weeks old to age 2. Additionally, they offer care to preschool/prekindergarten for ages 2 to 6.



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# "Pirate Cookin'" Online cookbook available from Pocket author

It began with the buccaneers. Back during the Golden Age of Piracy, ship owners would stop by native villages to stock up on water and food. The native Caribbean people had a unique way of drying and smoking meat where they'd dig a pit and fill it with coals, then hang strips of pork over top. They called this a "Boucan". Soon the smoke would become a kind of advertisement. The ships would see smoke rising from the beaches and stop to buy some dried meat. It didn't take long for someone to realize that they had a galleon of treasure out at sea, and the quartermaster (and possibly other ship's officers) right here. They'd grab their friends and hold the group for hostage. This little trick became so popular that even today, the "boucan-eers" are entangled with piracy.

—Pocket author Jason Lang

This story got Pocket resident Jason Lang thinking one day. "You always hear about pirates during this era drinking rum and eating hardtack. And this doesn't make sense. We got one group making jerky (more or less), and they all live on these islands full of fruit and fowl, on some of the most productive waters in the world... and all they are eating is hardtack?"

So Jason dug in and did some research uncovering tons of historical dishes, such as those associated with the sailors of the era, things that colonists made, native dishes, and so on. Turns out that pirates, despite the reputation, had quite a variety of tasty dishes they could draw upon.

So he thought that there would have to be someone who has done this already. "Looked around, and there has been only a couple of cookbooks with pi-

rate themes, and they are awful. Full of cutesy recipes like 'Take a banana, and make a mast with a chopstick. Take grapes on toothpicks and put that on top. Now you have a pirate ship!' type stuff." So he started to collect these recipes for something different, a non-cutesy cookbook with recipes and perhaps a bit of history.

What came out is an online cookbook aptly named, "Pirate Cookin'."

Originally Jason was going to see if he could get the book published, but as he notes, the problem is that these days, the market for cookbook publishing generally runs:

1. Get a national TV show.
2. Publish cookbook.

So, he thought about self-publishing and trying to sell them at Renaissance fairs and the like, but he didn't see the advantage of having a back room full of dozens of boxes of books that he couldn't move. Eventually, he moved most of the book online.

While technically this is Jason's first book, he does participate in NaNoWriMo most Novembers, and has written novel-length stories – not for publication, but more for himself and for fun.

Jason was born in Portland and grew up in Forest Grove, a small town about 20 miles west of Portland, deep in the agricultural area of the Willamette Valley. His neighbor had an apple orchard that he'd sneak apples from. Down the street were strawberry fields. There was a vineyard right up the hill called Montinore Vineyards. "We had apple trees and pears and cherries and walnuts and tons of blackberry tangles that we constantly fought. Needless to say, summers were full of climbing trees and fresh fruit," he recalls.



After Jason's wife finished medical school, she pulled the U.C. Davis Outreach Hospital for her placement. So they packed everything up and moved to Sacramento, despite not knowing anybody in town. "We came completely blind to Sacramento with no friends or family anywhere near here," Jason said.

Untouched for a few years, Jason said the cookbook is due for an update. It can currently be read at: <https://piratecookin.wordpress.com/>

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Faces and Places:

# 17th annual Barbara Jeanne Hansen ice cream social and summer reading kickoff

Photos by MONICA STARK  
editor@valcomnews.com

Friends of the Belle Coolegge Library held the 17th annual Barbara Jeanne Hansen ice cream social on Friday, May 29 at the park adjacent to the library. This year the Friends of the Library again featured the most popular flavors from Vic's ice cream, a Sacramento favorite.

In addition to free ice cream, there were performances from Musical Robot, Fenix Drum and Dance and musical crafts with Art Beast.

This year also featured a giant book sale in the community room. The Barbara Jeanne Hansen Ice Cream Social is the Belle Coolegge Friend's way of saying thank you to all the loyal supporters of the Belle Coolegge Library who help to make it such an outstanding community resource. The event is named after Barbara Jeanne Hansen who, for seven years, was Belle Coolegge's "Story Lady." She was also a major financial contributor to the Sacramento Public Library. In 1999 she, in conjunction with her family's Crystal Creamery, sponsored the first Ice Cream Social. It's a tradition the Friends of the Library are proud to continue in her honor.







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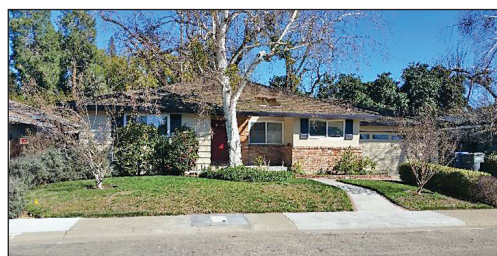
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# Upcoming events at the Robbie Waters Pocket-Greenhaven Library

The Robbie Waters Pocket-Greenhaven Library, located at 7335 Gloria Dr. is closed Sunday and Monday, and open Tuesday: 10 a.m. to 6 p.m.; Wednesday: noon to 8 p.m.; Thursday: 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m.; Saturday: 10 a.m. to 5 p.m. For details, telephone the Sacramen-

to Public Library at 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

**In Creative Company @ Pocket Library (Adult) Friday, June 5 at 9:30 a.m.**  
In Creative Company is a series of watercolor classes geared toward older adults (55+). Artist Kathy Lemke

Waste will demonstrate wetting and stretching paper how to create a basic wash how to set up your palette and more in this introduction to watercolor. Art supplies will be provided. Classes meet Fridays at 9:30 am beginning May 1. Additional class meetings are May 8 15 & 29; June 5 12 19 & 26.

Class size is limited and participants must commit to attending the entire series. Teaching artist Kathy Waste teaches workshops for the Crocker Art Museum and is an Artist in Residence for the Sacramento County Office of Education. She has taught Communication Studies in California's state college and university system. Participants and their families and friends will be invited to a culminating art show and reception on Sunday August 2 at 1 pm in the Library Galleria at the Central Library. Creative Aging in America's Libraries is supported by a National Leadership Grant from the U.S. Institute of Museum and Library Services in collaboration with Lifetime Arts Inc. AARP Foundation American Library Association and Westchester Library System.

Registration is Required

**Knit Together @ Pocket Library (Adult) Friday, June 5 at 1 p.m.**

Anyone interested in knitting—even an absolute beginner—is invited to join the Pocket Library Knitting Group. Participants can learn to knit get help on current projects or general advice from expert knitters. There might even be some great conversations too. Don't forget to bring your knitting needles and yarn!

**Teen Advisory Board Meeting at Pocket Library (Teen) Saturday, June 6 at 10 a.m.**

Instead of our usual Teen Advisory Board meeting we'll be helping out with the Summer Reading event (community service time).

**Summer Reading Kick-off Party with Ohana Dance Group at Pocket Library (Family/All Ages) Saturday, June 6 at 11 a.m.**

Please join us for our annual Summer Reading Kick-off party with a special presentation by the Ohana Dance Group at 11 a.m. The Ohana Dance Group and Kuhai Halau O Ke'alaanuheaokalau'e is a non-profit multi-generational hula halau where students of various ages backgrounds and abilities are exposed to the Hawaiian culture and music through traditional hula. Because ohana means "family" our goal is to maintain a family-oriented atmosphere where students can enjoy learning about the Hawaiian culture. This program is sponsored by the Pocket-Greenhaven Friends of the Library and is part of the Sacramento Public Library's "Read to the Rhythm" Summer Reading Challenge.


**Book and Film Discussion @ Pocket Library (Book Club) Saturday, June 6 at 1 p.m.**

If you like to read and you like to talk about books look no further than the Pocket Library book discussion group.

See Library events, page 15

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## Library events:

Continued from page 14

The group reads a wide variety of books to challenge the minds and interests of all group members. This month we are doing a discussion of both *The Big Sleep* by Raymond Chandler and the 1946 film version starring Humphrey Bogart and Lauren Bacall. While the discussion will cover both the book and film participants are welcome to either watch the film or read the book if they cannot do both.

### **CANCELED: Read to a Dog at Pocket Library (School Age (6-12)) Saturday, June 6 at 2 p.m.**

We are sorry to report that Cleo our devoted canine volunteer is not feeling well. Pocket Library's "Read to a Dog" program will be suspended until further notice though we hope to find an additional doggie volunteer from Lend a Heart (animal assistant therapy) soon. Looking for a way to boost school-age reading skills? Join us for our Read to a Dog program and practice reading out loud to a registered therapy dog. Kids are invited to bring their own books or borrow one from our fabulous collection then read aloud to Cleo who is accompanied by her trained adult volunteer.

### **Baby/Toddler Stay & Play at Pocket Library (Early Childhood (0-5)) Tuesday, June 9 at 10:15 a.m.**

"Stay and Play" is an unstructured social time for babies and toddlers (ages 0 and up!--older siblings are welcome as long as everyone can play nicely together) and their caretakers. Developmental toys and board books will be available. These informal play sessions will be immediately followed by a storytime for babies and toddlers (ages 0-3 years) and their caretakers/families except on the last Tuesday of each month when we have a special performance by Mister Cooper instead. Partially funded by the Pocket-Greenhaven Friends of the Library.

### **Baby/Toddler Storytime for ages 0-3 at Pocket Library (Early Childhood (0-5)) Tuesday, June 9 at 11 a.m.**

A combined toddler and baby storytime in which babies and toddlers (ages 0 to

3 years) and their caretakers are invited to join us for songs and rhymes in this language enrichment program designed to boost brain development. Please also note that on the last Tuesday of each month we'll have a special musical performance by Mr. Cooper instead of storytime.

### **Teen Hangout @ Pocket Library (Teen) Wednesday, June 10 at 1:30 p.m. XBox 360.**

### **Baby/Toddler Stay & Play at Pocket Library (Early Childhood (0-5)) Thursday, June 11 at 10:15 a.m.**

"Stay and Play" is an unstructured social time for babies and toddlers (ages 0 and up!--older siblings are welcome as long as everyone can play nicely together) and their caretakers. Developmental toys and board books will be available. These informal play sessions will be immediately followed by a storytime for babies and toddlers (ages 0-3 years) and their caretakers/families except on the last Tuesday of each month when we have a special performance by Mister Cooper instead. Partially funded by the Pocket-Greenhaven Friends of the Library.

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### **Knit Together @ Pocket Library (Adult) Friday, June 12 at 1 p.m.**

Anyone interested in knitting—even an absolute beginner—is invited to join the Pocket Library Knitting Group. Participants can learn to knit get help on current projects or general advice from expert knitters. There might even be some great conversations too. Don't forget to bring your knitting needles and yarn!



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# Women's Wisdom Art: Empowerment through art

By LEIGH STEPHENS

Why art for healing: Art demands the involvement of the whole person; body, mind, emotions, imagination, spirit and, it requires unrelenting self-reflection and self-discipline.

Women's Wisdom Art is celebrating its 25th year as a Sacramento non-profit organization that holds classes in the arts and writing for low income women. The women are referred by friends and various social agencies. They come from diverse cultural backgrounds, from all walks of life.

Several thousand women come through WWA's door to take part in art that rewards them with hope and community. Many continue their education to help them have a better life. They have experienced poor health, mental illness, learning disabilities, military service, abuse; some struggle with drug addiction and homelessness. Through the program many are able to lead productive, stable lives.

The agency has had a number of sponsors throughout these years. The Sacramento Metropolitan Arts Commission, Sisters of Mercy of Auburn, the Sacramento Food Bank and Family Services and private donors are among those who have contributed funds. When the Food Bank changed priorities about three years ago, WWA's budget dropped from about \$100,000 to \$20,000.

The organization leaders, teachers and women participants vowed to keep the program going. It was a struggle to pay rent and keep the program going so now it shares space with the Poetry Center in an old warehouse at 1719 25th St. Bob Stanley, president of the Sacramento Poetry Center invited WWA to use their space for a modest rent... poetry at night; art classes in the day.

WWA has just received a Sacramento Metropolitan Arts Commission Cultural Award for artistic quality. The funding is for three years, 2015-17. It will support about 20 percent of WWA annual costs.

In February 2015, WWA with the Community for Peace exhibited art at the Crocker Art Museum, titled "Peace and Hope." The show consisted of a mixture of paintings: oil, watercolors, acrylics. It also displayed hand crafted art and ceramic pieces. Those women artists beamed with pride as they discussed how they created each piece. The women's art has also been displayed at SMUD art gallery, at the California Capitol, at local galleries and businesses.

In addition to art and writing classes, WWA holds a show twice a year where the public can view the women's work and purchase pieces. The money goes back to the artist, and the artists pay a fee of \$25 each month to help pay for art supplies: brushes, easels, journals, etc. With this monthly fee, women can attend any type of class during the month.

WWA empowers women through tapping their inner self through expression in painting, fabric art, mosaics, and writing. Roberta Beach, board member says, "WWA provides a safe place for women to build self-esteem, to develop confidence and the courage to take the next step to a fuller life through their art."

In a recent acrylic class, five women gathered with volunteer instructor Susan Kelly-DeWitt (who was also WWA's first program director) at the studio in a small room staged in a U shape. The women were working on various art pieces. Susan moved quietly from student-to-student offering suggestions and encouraging the women in their inspirations.

#### Student voices and lives:

*Mallory*, says she has been attending classes for about ten years. She says she values the community of women where they become part of her family. The program offers a structure for the women's lives. She says, "It feeds my spirit so I have the freedom to express myself."

*Jen*, says the art makes her optimistic about her future, "I thought art was a talent you were born with but discovered it also involves skills you can learn."

*Consuelo* says, "I feel strong about my Apache background. Wisdom has opened many doors for me. We are not just black & white...we come from many different cultures...I no longer have to be alone."

*Catie* is a military vet who suffers from a debilitating illness that makes her hands shake when she works. It took a long time for Catie to grasp the ideas that in spite of her difficulties, she could draw and paint. She is now an art major.

*Sandy* says, "I'm recovering from drug addiction & alcoholism. I'm also on a journey to recover from sexual, physical and emotional abuse. I'm learning to like the one I see in the mirror."

Founder Laura Ann Walton says, "Women's Wisdom Art not only 'helps' the women, but can bring about a transformation of life – it is a spiritual experience." Walton is a native of Sacramento who



Photos by Leigh Stephens

Shown here are Laura Ann Walton, Susan Kelly-DeWitt, Helen Plenert.



Shown here are two pieces of student art.

taught English in Catholic schools for 13 years and worked two years as principal of Mercy High School in Carmichael. She was one of the founding members of Loaves & Fishes, a non-profit agency serving the homeless. She was the founding Director of Maryhouse which serves homeless women and children, and she is the founder of Women's Wisdom Art in 1990.

From a published booklet by the poets of Women's Wisdom Art, 2014, *When the Light Changes*, Jana writes in her poem, "Beauty of the Mind," "...The mind holds a hidden stillness containing the secret to life's mystery. As days go by our most precious memories await us in an inkling of time. They await us patiently to be called forth, Beauty, mind, remembrance."

Helen Plenert is the program manager for WWA who graduated from CSUS Art Department and moved to San Francisco where

she held a number of professional theater positions in art design. Returning to Sacramento, she received a California State general contractor's license which qualifies her to work on building projects such as murals. Her other art includes acrylics, water colors, and oil pastels. She says one of her teachers was well-known Sacramento artist Wayne Thiebaud.

Women's Wisdom Art accepts donations of money, art supplies, yardage, sewing supplies, and volunteer services to the program. (See list of needs on [www.womenswisdom.org](http://www.womenswisdom.org)) For more information contact Helen Plenert at her office 916-482-2608 or her cell 916-599-2608.

*Leigh Stephens is a retired journalism professor from CSUS Department of Journalism and Communications and the author of more than 500 articles and the books, 12 Steps to Clear Writing and Covering the Community.*



# Pocket Area Against Sex Trafficking to hold resource fair at Riverside Wesleyan Church

By **MONICA STARK**  
 editor@valcomnews.com

You may have heard the term “sex trafficking” and thought that it was just an international issue. While the term trafficking may conjure images of desperate illegal immigrants being forced into prostitution by human smugglers, over 80 percent of victims in 2011 confirmed sex trafficking cases in this country were American citizens. Or, maybe, you heard about the recent case in Ohio where three girls were kidnapped and kept as sex slaves...and you thought it was just one guy with a serious problem. Think again. It’s happening in plain sight, and you probably don’t even realize it.

— From the website for “In Plain Sight”, a documentary on sex trafficking



Shown here is the logo for the local group, Pocket Area Against Sex Trafficking. The group will be hosting a resource fair on Saturday, June 27 at Riverside Wesleyan Church. Image courtesy

Pocket residents Gabriella Castaneda, Francesca Favila, Sandra Puliz and Kelly Mortenson have formed a group called Pocket Area Against Sex Trafficking, which is dedicated to seeing the end of sex trafficking in our area. Last year the group became aware of the intimate role of sex trafficking in our community and were spurred to action after going to the Crest Theatre to see “In Plain Sight”, a documentary that focuses on the stories of girls that have been trafficked and are now living in after-care facilities throughout the United States. These homes offer a refuge for those that were trafficked and offer rehabilitation, physically, mentally, emotionally and so forth. It was this film that highlights an aftercare facility in the Sacramento area.

“The fact that it – trafficking – and related crimes occur regularly in our community, under our noses is a disgusting thought. And most importantly, its prominence in this area is known to few. It is our role as citizens to make the places in which we inhabit better; it is our role to create change. And what better way than to take a grass roots approach with the goal of educating the public and providing resources and ways to take action,” stated Gabriella.

To that end, the group is hosting an event called “Break The Chains: Stand with Us in the Fight to End Sex Trafficking” at Riverside Wesleyan Church on Saturday June 27 at 6 p.m. The event is a resource fair as well as an informational opportunity. The group will be showing “In Plain Sight,” and many local organizations will be represented, as the main goal of the event is to get people informed and give them a tangible way to get involved right then and there. “For example, if someone wants to help with prevention they can connect with an organization at our event and later volunteer with them,” explained Gabriella.

Gabriella said she is personally a part of the group because she was in complete shock to hear that Sac-

ramento is one of the biggest cities for sex trafficking. “I was in shock and wanted to help do something to end it. I actually was really passionate about the topic in college and hosted a small event while I was there. When I came back to Sacramento and saw the film ‘In Plain Sight’ (at the Crest Theatre) with some of my fellow P.A.A.S.T. members, I really felt I like I needed to do something again especially in my home town.

“It was this film that elucidated the issue and offered a message of hope that demanded a response from its audience, from us. Our goal is not to reinvent the wheel; but rather, to provide community members with ways to be part of the change and to be a voice of hope. If you do not know where to start, our hope is that you utilize our organization as a resource and learn ways in which you too can be part of the fight.”

Currently the group is still small so members meet three to four times a month at one of their houses. They have also created a Facebook group, which can be found by searching Pocket Area Against Sex Trafficking. On the site, the group hopes to keep people informed with articles and information about sex trafficking.

For questions about the group or about the event, email [pocketagainstsextrafficking@gmail.com](mailto:pocketagainstsextrafficking@gmail.com)

## If you go:

**What:** Sex trafficking resource fair called: “Break the Chains: Stand with Us in the Fight to End Sex Trafficking”

**When:** Saturday, June 27 at 6 p.m.

**Where:** Riverside Wesleyan Church, 6449 Riverside Blvd.

## Sex trafficking statistics

### What is the average age?

The average age is 12-14 for girls trafficked into prostitution in the United States.

### Where is it happening?

**ESCORT SERVICES:** Whether a “date” is acquired on Craigslist.com or Backpage.com or by calling a number on a newspaper ad, escort services are nothing more than thinly veiled prostitution.

**MASSAGE PARLORS:** There are over 4,000 brothels disguised as fake massage businesses in the United States according to on-line lists meticulously updated by “johns” on a daily basis.

**TRUCK STOPS:** Often insulated from local communities, truck stops and welcome centers are convenient places for transient customers to purchase sex with minimal concerns of detection.

**STREETS, MOTELS, RESIDENTIAL:** While you may think of a prostitute walking down the street, it’s more likely that she’s living and working out of a motel or local residence and setting up “dates” via phone.

Source: *In Plain Sight: Stories of Hope and Freedom*

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# Kennedy senior awarded PG&E Bright Minds Scholarship

John F. Kennedy High School senior Wenyu Ma is one of 10 California students to win the PG&E Bright Minds Scholarship. The scholarship covers up to \$100,000 in college tuition and expenses.

Ma was surprised during class by the arrival of PG&E executives carrying an oversized check on May 26.

"I am so thankful for this scholarship," she said. "It will really help my family help me in reaching my educational goals. I also want to thank everyone who has helped me — classmates, teachers, principals, people in the community — in small ways with homework or classes or applications. I would not be here without your support."



Photo courtesy of Sacramento City Unified School District  
Shown here is Kennedy senior, Wenyu Ma, who was awarded PG&E Bright Minds Scholarship.

Ma moved to the US from China six years ago and worked hard to overcome language barriers in school. In the fall, she will attend the Massachusetts

Institute of Technology where she will study energy resources engineering.

-Courtesy of Sacramento City Unified School District

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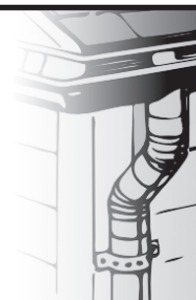
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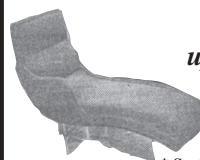
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# CALENDAR

Send your event announcement for consideration to: [editor@valcomnews.com](mailto:editor@valcomnews.com) at least two weeks prior to publication.

## ONGOING

### Los Ninos Service League volunteer opportunities

Combine community service with fun as a volunteer with the Los Ninos Service League by working in the dining room, kitchen or garden at the Casa Garden Restaurant. Since 1974 the Casa, located in the Curtis Park neighborhood, has been raising funds to help support the Sacramento Children's Home. For more information on becoming a volunteer, please join us for an information and recruitment coffee on Tuesday, May 12 at 9:30 a.m. at the Casa, 2760 Sutterville Road, Sacramento. RSVP at 452-2809.

### "Stretch, Strengthen, and Thrive" at ACC:

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, [www.accsv.org](http://www.accsv.org).

### Free Hawaiian language workgroup

Every Monday at 5:30 p.m., a free Hawaiian language workgroup meets at 6235 Belleau Wood Lane Suite 1B in South Land Park to learn about the Hawaiian language. Everyone is welcome. Call 808-782-2483 to sign up.

### Gray Eagles monthly meeting

Gray Eagles- For 25 years, a male/female group sharing history of military/civilian aviation. Former air, ground, or carrier crew, or anyone interested will enjoy monthly speakers. Topics include airshows, warbirds, Reno races. Drop by to visit- FREE. We meet on second Mondays, each month at Hometown Buffet, 4300 Florin Road (private dining room), 11:30 a.m. to 1:30 p.m. See [www.grayeagles.net](http://www.grayeagles.net). Lou, 421-0844.

### Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a gentle and relaxing workout. \$16 per month or \$5 Drop-in

class. For schedule call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org). ACC is located at 7375 Park City Dr.

### Monthly tours of Sacramento Children's Home

Find out about the Sacramento Children's Home mission, programs, and how you can get involved on the fourth Thursday of each month, starting at 10:30 a.m., 2750 Sutterville Road. For more information and to RSVP, visit [www.kidshome.org/tour-sch](http://www.kidshome.org/tour-sch).

### Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dynamic bands, small hand weights, balls, and rubber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

### Riverside Wesleyan Church offers older adult fitness class

Oasis, a fitness class for older adults, is held Monday, Wednesday, and Friday from 9:30 to 10:30 a.m. at the Wesleyan Church, 6449 Riverside Blvd., in the Pocket/Greenhaven area. The charge for each class is \$2. Participants do not have to be affiliated with the church. The class has about 40 regular members, but the area used to exercise is large and can accommodate more.

### Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, [www.accsv.org](http://www.accsv.org)

### Tai Chi Ch'uan & Qi Gong at Parkside Community Church

This introduction to Yang style Tai Chi is to learn the world's most popular exercise routine, improve your personal health, in a relaxing and enjoyable setting, and garnish new friendships with a common goal. Empowering you to take care of yourself, and doing something for yourself. Classes are \$5 per session every Monday from 6 to 7 p.m. all year round. New students are al-

ways welcome and no prior experience is necessary. No special equipment needed. The goal is to teach an exercise routine that can be practiced anywhere at any time, by anyone, of any age. First visit, participation or observation always free. Parkside Community Church 5700 S. Land Park Dr. For information call George Bonilla at 730-1704 or Valen Lee at 505-1996.

### Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org). ACC is located at 7375 Park City Dr.

### Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is preferred but drop-ins are welcome. For detail, call 393-9026, ext 330, [www.accsv.org](http://www.accsv.org)

### ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength, and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, [www.accsv.org](http://www.accsv.org)

### Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art combining movement, meditation, and visualization. Ideal for students new to Tai Chi. 9:00-10:00am, Thursdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, [www.accsv.org](http://www.accsv.org)

### Sunday Jazz with the Sacramento Traditional Jazz Society at the Elks Lodge

Every second Sunday of the month from noon to 5 p.m., enjoy Jazz bands in the Main Ballroom (nominal fee), Emblem Room (free) & Lounge (free) at the Elks Lodge No. 6, 6446 Riverside Blvd. There's always plenty of food available for purchase.

### Sunday breakfast at the Elks Lodge No. 6

Come and enjoy a great breakfast with your family and friends every Sunday morning from 8:30 to 11 a.m. for a cost of \$9. Specials include: Eggs Benedict & Corned Beef Hash. In addition, eggs as you like them, pancakes, waffles, biscuits & gravy, juice & coffee.

## JUNE

### Free! Riverside Concert Series at Camp Pollock

June 4: 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 S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact [sacramentovalleyconservancy.org](http://sacramentovalleyconservancy.org) or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

### Fire Station 5 Open House

June 6: Fire Station 5, located at 731 Broadway, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

### The Folsom Symphony presents: Sport Night at the Symphony

June 6 and 7: Narrated as a sports event, the symphony presents a Monday Night Football theme, featuring Bizet's "March of the Toreadors" (Carmen), Reineke's "Casey at the Bat", themes from Rocky, Chariots of Fire, and Brian's Song, Williams' "Olympic Fanfare and Theme", Peter Schickele/PDQ Bach's hilarious version of the first movement of Beethoven's Fifth Symphony. Harris Center for the Arts, 10 College Parkway. The Saturday, June 6 show starts at 7:30 p.m. and the Sunday, June 7 starts at 2 p.m. For more information, visit [www.folsomsymphony.com](http://www.folsomsymphony.com) or call 608-6888. Tickets range from \$20 to \$55 depending on location.

### A theater performance "Anansi, The Spider" to be held at Fairytale Town

June: 6 and 7: Show times are 12:30, 1:30 and 2:30 p.m. In the jungles of Africa lives a tiny spider known as Anansi. Believing the children of Earth need stories to tell each other, he begins a quest to get the golden box of stories from Nyami, the sky god. This story is presented by The Puppet Company using hand and rod puppets with authentic African music, colorful costuming and classical African design. Tickets are \$2 for nonmembers in addition to park admission, and \$1 for members. For more infor-

mation, visit [fairytalestown.org](http://fairytalestown.org) or call 808-7462. Sponsored by ScholarShare College Savings Plan. Fairytale Town is located at 3901 Land Park Dr.

### Hot rod and classic car meet and greet

June 7: There will be a hot rod and classic car meet and greet from noon to 4 p.m. at Prudential Dunnigan Real Estate office (6355 Riverside Blvd.) parking lot.

### Film showing about Sutter's birth place, Kander

June 12: At 7 p.m., Peter Volker from Kander will be in Sacramento at the Turn Verein to show a film about Kander, which is not only the birthplace of General Sutter, but in 1848 there was a fight at Kander where the first "Republicans" (i.e. students etc.) were demanding and fighting for establishing a "Republic of Baden." When they were defeated many of them fled across the Rhine-river and then to the USA. They founded many "Turnvereine" in America. After the film, Peter will have a discussion and answer questions. This is a project of a partnership between Sacramento and Kander. Those interested in this project are invited to join the meeting at the [www.sacramentoturnverein.com](http://www.sacramentoturnverein.com)

### Fire Station 12 Open House

June 13: Fire Station 12, located at 4500 24th St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

### Free! Riverside Concert Series at Camp Pollock

June 18: 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 S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact [sacramentovalleyconservancy.org](http://sacramentovalleyconservancy.org) or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

### Planning for seniors workshop

June 18: Tom Nakashima, along with Deborah Short and Eddie Fong of Planning for Seniors, LLC, will be hosting an informational get-together for Boomer with Aging Parents. They will be talking about important issues such as funding option for elder care and asset protection in California, so bring your questions. Free of charge. Pre-registration is required. Class will be starting at 7 p.m. at ACC Senior Services, 7334 Park City Dr. For details, call 530-671-3308.

See more Calendar, page 21

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# Calendar

Continued from page 20

## Family Campout at Fairytale Town

**Friday, June 19 5:30 p.m. through Saturday, June 20 at 7 a.m.:** Spend the night in Fairytale Town's storybook park. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Member discounts are available. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call 808-7462. Fairytale Town is located at 3901 Land Park Dr.

## Free concert by contemporary Christian musician, Robin Mark

**June 20:** There will be a free concert by contemporary Christian musician, Robin Mark at 6 p.m. at Greenhaven Lutheran Church, 475 Florin Road.

## Fire Station 7 Open House

**June 20:** Fire Station 7, located at 6500 Wyndham Dr., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

## Learn summer safety at ACC

**June 25:** Increase your awareness so that common occurrences don't leave you vulnerable to crime. This training addresses simple things you can do to make yourself less of a target. We will also talk about scams that are directed toward seniors. Free of charge. Pre-registration is required. Class will be held from 10 a.m. to noon at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

## Learn how to plan ahead for the inevitable

**June 25:** A 25-minute presentation on why everyone should pre-plan funeral arrangements. Eliminate stress and relieve your family of the burden, know all available choices, get what you want, ensure every detail is covered and save money! Free lunch and free of charge. Pre-registration is required. Class will be held from 11:30 a.m. to 12:30 p.m. on June 25, 2015 at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

## Learn tips for telephone use in an emergency

**June 26:** Your telephone can be a life saver. You can use it to call for help, to receive emergency announcements and check on loved ones. When there is an emergency, do you have a backup plan if cell towers or telephone lines are disabled? In this FREE workshop, we will provide some things for you to think about in the event of an emergency. In addition, we will review basic safety tips for Natural Gas and Electricity. Free of charge. Pre-registration is required. Class will be held from 2:30 - 3:30 p.m. at ACC Senior Services, 7334 Park City Dr. For details, call 393-9026 ext 330, [www.accsv.org](http://www.accsv.org).

## Fire Station 10 Open House

**June 27:** Fire Station 10, located at 5642 66th St., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

## Sex trafficking resource fair called: "Break the Chains: Stand with Us in the Fight to End Sex Trafficking"

**June 27:** The resource fair will include information about sex trafficking locally.

There will be speakers and a showing of the documentary "In Plain Sight" at 6 p.m. at Riverside Wesleyan Church, 6449 Riverside Blvd.

## A Midsummer Night's Dream & Crystal Ice Cream Fantasy at Fairytale Town

**June 27:** From 5 to 9 p.m., celebrate William Shakespeare's popular fairy-themed play while enjoying all-you-can-eat Crystal ice cream! This magical midsummer's evening features multiple ice cream tasting stations, live entertainment, hands-on activities, an old world marketplace and more. Celtic rock band Tempest will perform throughout the evening. Costumes for the whole family are encouraged. No host food and bar. Mix 96's Dan & Michelle will emcee the evening as this year's Honorary King and Queen. Tickets go on sale May 1 at [fairytaletown.org](http://fairytaletown.org). Advance tickets are \$15 for adults and \$7 for children ages 2-12. Members receive \$2 off per ticket on advance tickets. Day-of tickets are \$20 for adults and \$10 for children ages 2-12. No member discount on day-of tickets. For more information, visit [fairytaletown.org](http://fairytaletown.org) or call 808-7462. Sponsored by Crystal Creamery, Fairytale Town is located at 3901 Land Park Dr.

## July

### Free! Riverside Concert Series at Camp Pollock

**July 2:** 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 S'mores compliments of Sierra Service Project! The events are hosted by the Sacramento Valley Conservancy. For more information, contact [sacramentovalleyconservancy.org](http://sacramentovalleyconservancy.org) or call 731-8798. Camp Pollock is located at 1501 Northgate Blvd.

### Fire Station 11 Open House

**July 11:** Fire Station 11, located 785 Florin Road, will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.

### American-Portuguese Veteran's Memorial Poker Tournament

**July 11:** There will be a poker tournament on July 11 at SPHSS Portuguese Hall, 6676 Pocket Road. Doors open at 5:30 p.m.; the tournament starts at 6:30 p.m. While this tournament will help fund the placement of a monument at the State Capitol to honor American-Portuguese that served the United States, it is also a template for other ethnic groups to have a similar monument. If the time comes for Chinese-American, Greek-American, Irish-American, Italian-American, Mexican-American or any other ethnic groups to place a monument, they will already have a blueprint for placement, which is required. For those who wish to buy tickets or sponsor the event can contact Eddia Maria at 314-757-0474. In regard to sponsorship, for \$250 you will receive two entries into the tournament (\$100 value) along with your business name and logo shown on a big screen in front of the room on a continuous loop for the duration of the event.

### Fire Station 13 Open House

**July 18:** Fire Station 13, located at 1100 43rd Ave., will have an open house from 2 to 4 p.m. Meet firefighters and possibly mascot Sparky.



**SAVE THE DATE**  
Pocket Parade  
Saturday, July 4th

# 4th OF JULY

## THE POCKET PARADE

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**Need Parade or Garcia Bend Information?**  
Parade Organizers: Linda Pohl - Pocket News 916-429-9901 - [linda@valcomnews.com](mailto:linda@valcomnews.com)  
Kathy Garcia - [kbgarcia@aol.com](mailto:kbgarcia@aol.com)  
Kathy and Linda can help with general parade information  
Volunteer Coordinator: Mike Higley - [pastormike@rwsac.org](mailto:pastormike@rwsac.org)  
Mike is looking for volunteers  
Garcia Bend Park Event Coordinator: Brenda Williams - [garciabend.july4@gmail.com](mailto:garciabend.july4@gmail.com)  
Brenda organizes a fun event after the parade at Garcia Bend.  
Organizations, businesses set up a table.  
Marshalls Coordinator: Kathy Garcia - [kbgarcia@aol.com](mailto:kbgarcia@aol.com) - 916-392-5006

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# Be Safe This Summer!

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- Summer Safety - Thursday, June 25, 10:00 am-12:00 pm - Free of Charge
- Telephone Use in Emergencies - Friday, June 26, 2:30-3:30 pm - Free of Charge
- Self-Defense for Seniors - Monday through Wednesday, June 29 through July 1, 1:00-2:00 pm - \$15.00

For reservations, contact Anna Su at (916) 393-9026 or [classes@accsv.org](mailto:classes@accsv.org).

[www.accsv.org](http://www.accsv.org)





# 'Duck Lady' saved ducks at Lake Greenhaven more than a half-century ago

By LANCE ARMSTRONG  
Lance@valcomnews.com

It has been five decades since the Greenhaven 70 development began to change the face of the Pocket area immediately south of The Trap, the historic bar at 6125 Riverside Blvd. And included in part of that development was the old clay pit that had become known as Lake Greenhaven.

Among the various old-time stories regarding Lake Greenhaven is that of the "Duck Lady."

The "Duck Lady," whose better known as Dolores Greenslate, was among the original residents of Greenhaven 70.

Greenslate recalled that in about 1964, an effort was made to make the area around Lake Greenhaven more attractive by removing its surrounding brush.

"(The developers) weren't building anything around the lake at that time, but they wanted to make it look better for potential buyers in the area, so they eliminated everything that was growing around the lake," Greenslate said. "They cleaned that area up all the way to the original soil. I was so mad at them when they did that, because these 12 to 14 (mallards) were coming up and down these streets looking for food, and digging in the early residents' lawns looking for worms. Since (the ducks) had previously lived at (William Land) Park, they weren't like the wild birds that just flew in and landed in the lake. They were domesticated. They were lost, and they came over here (to the early Greenhaven 70 homes). I just felt so sorry for them, so I started going to (the Safeway supermarket, which was located at 5930 South Land Park Drive) and getting day-old bread, and I would feed them that day-old bread."

Greenslate recalled how her efforts to assist the ducks attracted the attention of Dr. Merrill A. Burt, veterinarian at the South Sacramento Pet Hospital at 5651 Franklin Blvd.

"It was completely out of (those ducks') nature to go (live in) the wild when they had been fed all of their lives (at the park)," Greenslate said. "And so, I got recognition in the newspaper for (feeding them at Lake Greenhaven). Dr. Burt had put in for me being the most humane person of the year for animals."

"(Burt) had become aware of what I was doing [feeding the mallards]. I had brought a little female duck to (Burt's) office in a towel that had been hit by a construction truck (in the area). The duck ended up dying on the table (at Burt's office). And (Burt) said, 'Do you want me to take care of (the dead duck). And I said, 'No, let me take her home. She's mine, and I'll bury her in my garden in my backyard. So, I took her home, and I cried all the way home. I buried her in the same towel in my backyard, so she wouldn't get dirt on her face. I still know the exact place where I buried her. But anyway, that's how Dr. Burt (became aware) of what I was doing, and nominated me."

Although Greenslate did not receive the award, many people became aware of her kindness to those ducks at that time.

In recalling her duck feeding routine, Greenslate said, "I made it a point of every day I would go get bread and I would break it up at night and the next morning I would go (to Lake Greenhaven) whether it was raining or whatever. I would go over there and they would see me coming and they would get really excited when they saw me. They would come running to me. I was known as the 'Duck Lady.' I would show up at the lake in a heavy coat and boots up to my knees and two big grocery bags. There was one duck with an injured leg, so I always favored him and fed him first."

Greenslate said that the aforementioned newspaper article led to her bread supply being cut off by Safeway's manager.

"I think the manager was supposed to return the old bread and not give it away, so he was probably afraid of getting found out (by his Safeway superiors) with the publicity of giving the bread to me," Greenslate said. "That was the end of my bread supply. (Hank) Spencer, (superintendent of the William Land Park Zoo/now Sacramento Zoo) also found out about (the article), and he came over with sacks of grain for me, because he had read what I was trying to do."

Eventually, after several months of feeding the mallards, Greenslate went to Lake Greenhaven, caught the ducks, placed them one or two at a time in gunnysacks, and then trans-



Photo by Lance Armstrong

Dolores Greenslate feeds ducks in the Pocket area. Greenslate, who was once known as the "Duck Lady," is shown in some of her original duck feeding attire, including boots that she wore while feeding ducks at Lake Greenhaven during the 1960s.

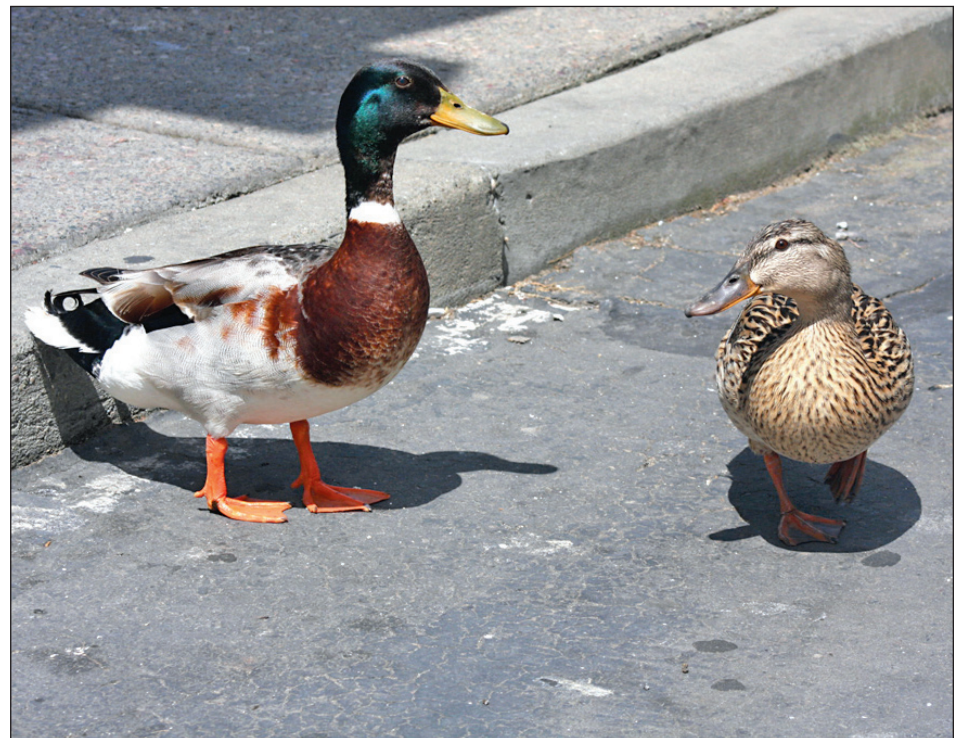


Photo by Lance Armstrong

A male and female mallard roam on property near Lake Greenhaven.

See Ducks, page 23





Photo by Lance Armstrong

Lake Greenhaven is among the Pocket area's most scenic attractions. The water body is surrounded by a private community.

## Ducks:

Continued from page 22

ported them back to their previous home at William Land Park.

Greenslate said that a short time after she had returned the ducks to the park, she was contacted by (Greenhaven 70 developer) Jack Parker.

"(Parker) said to me, 'Mrs. Greenslate, you can't do that.' And I said, 'Why can't I do that? Do you realize what you did when you brought (the ducks) over here? You just

left them to fend for themselves, and they were domesticated and used to being fed at the park. You can't do that!' It really bothered me. I couldn't just let (the ducks) starve and die over there (at Lake Greenhaven)."



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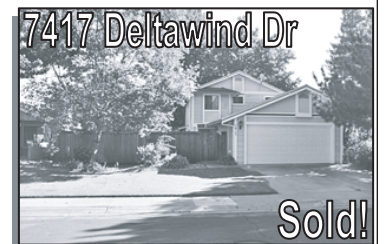
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### RARE 5 BEDROOM HOME

Fantastic remodeled home built by Crocker, 5 bedrooms 3 full baths. Remodeled kitchen, baths, flooring, interior/exterior paint, fixtures, lighting, fireplace tile, appliances, and so much more. Nice Workshop in the backyard. Private yard and patio. Close to bike trails and Sacramento River \$420,000

**MONA GERGEN 247-9555**



### HOLLYWOOD PARK CUTE

Hollywood Park Cutie! Easy living in this remodeled 3 bedroom, 1 bath home. Great kitchen with granite counters and stainless steel appliances looks out to the spacious back yard. Newer roof, HVAC, kitchen and bath. Make this beautiful home yours today! \$329,900

**JAMIE RICH 612-4000**



### THE ISLANDS AT RIVERLAKE

Many, many upgrades in the single story 3 bedroom 2 bath home. Taro floor plan home includes a private professionally landscaped yard. Hunter Douglas blinds, stainless steel appliances, corian counter, entertainment center, backyard barbeque, and so much more! Amazing! \$379,000

**MONA GERGEN 247-9555**



### WONDERFUL GREENHAVEN

Pride of ownership just beams in this original owner home! Great floorplan, 4 bedrooms, 2½ baths with fresh paint, new carpet and new laminate flooring. Kitchen has been updated with Corian counters and has plenty of storage space. Attention to detail includes closets with cedar flooring! \$379,000

**PAULA SWAYNE 425-9715**



### QUALITY BUILT HOME

Lee Basford built 4 bedroom 3 bath home with two master bedrooms and a remote bedroom. Newer carpet, some new interior and exterior paint and new lighting. Great floor plan with separate living/family rooms. Built-in pool on a wonderful street with many long term neighbors. \$419,000

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