

This Holiday, Create a Colorful Feast



Gold River lylessenger "Written by the people, for the people"

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Serving Gold River and Sacramento County

November, 2014

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Local
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Buon Appetito a Tutti! Columbus and Olive Oil Celebrated



Gold River based chef Susan Korec (third from right) prepared a pasta feast for Columbus Day celebrations in Carmichael. Volunteers at the Italian Cultural Center included Christina Henderson (left), Patrizia Cinquini Cerruti, Giovanna Biundo, Gabrielle De Sio, and Patty Peter.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) -

An eight-year tradition, the Columbus Day Olive Oil Celebration recently sold out at the Italian Cultural Center in Carmichael.

Fragrant oils baptized bread, lunch was eaten al-fresco, and New World discoverer Christopher Columbus—the first

To please paisano palates, *Gold* River-based Pasta Queen, Susan Korec, served a feast of handmade ravioli, linguini, and meat balls. Two authors presented a talk on olive growing in the California Gold Country.

"Olives are part of the Italian-American heritage," explained Culture center Director Bill Cerruti. "Italian pioneers came with the gold rush and kept

Northern California. The Rocca Bella olive farm in Calaveras County was planted 1888. Now, 95 percent of oil produced in the USA comes from Northern California." He noted that olives featured in local history; groves flourished in Fair Oaks, Carmichael, Citrus Heights, Roseville, and Orangevale until the middle of the 1900s.

"Like the wine industry, olive

Italian American - was recalled. coming to the Gold Country and oil production is having a rebirth," he said. "It's now one fastest growing industries in California, and our oil is considered among the best in the world. Our celebration brings together producers and the public. It also celebrates Italian pride and the history of our families coming to America."

The Italian Cultural Center is at 6821 Fair Oaks Boulevard, Carmichael. For more information, visit www.italiancenter.net.

New Sign Ordinance Aims at **Reducing Blight**

SACRAMENTO COUNTY, CA (MPG)

- Ever been bothered by signs plastered on street corners or blocking your view of the road? With the approval of a new ordinance, County departments will have a new tool to end the visual blight of illegal signage. The Code Enforcement Division of the Department of Community Development will start issuing citations for unapproved signs on private and public property to ensure that community standards of health, safety, and property preservation are met. The new regulation, effective September 23rd, stems from concerns raised by residents and businesses about the proliferation of unsightly signs being a public nuisance and potential traffic hazard.

"Our goal is to stop the posting of these signs once and for all," said County Executive Bradley J. Hudson. "This will help deter blight, revitalize area and convey the message that unsightly signage is not welcome here."

Because the State designated such signs as a public nuisance, Code Enforcement and the Department of Transportation have historically removed these signs on publicly owned property with no penalty to the violator. Often times the violators are out-of-town businesses that drive through and post signs at night, often high up on poles that require extra equipment to remove, all at a cost to taxpayers.

"With this new ordinance, we'll have the ability to pursue violators—businesses that post signs on street corners, utility poles, and fences—through fines and administrative penalties," said Carl Simpson, Chief of Code Enforcement.

Continued on Page 8

Folsom Lake Bank Opens New Branch in Neighborhood



(Left to right) Lisa Quaschnick, Rebecca Abbott, Candy Norris, Chris Wong, Rancho Cordova Mayor Dan Skoglund, President and CEO Robert Flautt, and Vice President and Branch Manager Ryan Jamison.

Story and photo by Bill Martin

RANCHO CORDOVA, CA (MPG) - The Rancho Cordova Chamber of Commerce was on hand, along with friends, clients, and members of the banking community, to

celebrate a grand occasion: the opening of the newest location of Folsom Lake Bank. The new Rancho Cordova branch is located at 2865 Sunrise Boulevard. The grand opening festivities included refreshments, free gifts, a speech, and a special proclamation welcoming Folsom Lake

Bank to Rancho Cordova by His Honor Mayor Dan Skoglund. The new state-ofthe-art facility is beautifully decorated and features 3,653 square feet of commercial banking services.

Folsom Lake Bank began in 2007 in the heart of downtown Folsom on Sutter Street with as many as 400 local businesses and individuals who provided the \$15.9 million dollar working capital to open the first location.

By 2009, Folsom Lake Bank opened their second location on Douglas Blvd. in Roseville. As of December 2013, Folsom Lake Bank had reached nearly \$139 million in commercial business.

Folsom Lake Bank is locally-owned and operated, and boasts that all banking decisions are made by a dedicated group of local banking professionals. Who else but a local banking professional could understand what your business aspirations would mean to your community? There is a discernible difference between a local banker who knows the community, the neighborhoods, the local businesses, and more, and a banker located miles away with no real stake in the local community or your business.

Folsom Lake Bank President and CEO Robert Flautt said it best, "Our goal is to offer the full scope of banking products to our target market of small business owners, professionals and individuals seeking a bank that provides a different brand of banking. By providing the personal attention that clients want and delivering the banking services that they need, we continue to build strong banking relationships across all the communities that we serve."

As a member of many local communities, Folsom Lake Bank is a proud partner and sponsor of numerous organizations: Mercy Hospital Foundation, Sutter Roseville Foundation, Folsom Lake College Foundation, The Harris Center, Folsom Cordova Community Partnership, Eureka Schools Foundation, Folsom Economic Development Corporation, Folsom, Roseville, Rancho Cordova & El Dorado Hills Chambers, Rotary International, Kiwanis, Placer County SPCA, Folsom Pro Rodeo, The Folsom Historical Society, and more. Folsom Lake Bank is also a member of many Chambers of Commerce including Folsom, Roseville, Rancho Cordova, and El Dorado Hills.

Stop by the newest branch office of Folsom Lake Bank at 2865 Sunrise Blvd., Suite112, Rancho Cordova, and learn more from the friendly staff about what Folsom Lake Bank can do for your business. For questions, please feel free to call the new branch at (916) 235-4586. Vice President and Branch Manager Ryan Jamison is always happy to meet with new customers in person.

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Robin Hooding for Homeless Third Annual Collection Drive



Rachel of Robin Hooding for Homeless and Nicole of WEAVE Inc. Sacramento – five boxes! Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized items. Photos courtesy of *Robin Hooding for the Homeless*.

SACRAMENTO REGION, CA (MPG) -Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized

items. These items are available

at nearly all area grocery and convenience stores at a very low cost and can even be obtained for free by signing up for various free samples online.

Nineteen Sacramento area elementary schools in three different districts are participating in the event, raising awareness of the overwhelming need in our area. The schools make the event even more fun for the children by creating a contest with the class obtaining the most items winning

October 28th and runs through Thanksgiving Day (November 27th); it is on its third year serving the Northern California area.

The need for area residents to contribute to caring for our homeless community has been on the rise. Just check out the statistics based on reports posted in 2013: California currently has 22% of all America's homeless population; 52% of homeless people who request shelter are being turned down due to lack of resources; statewide, the number of homeless people living in shelters and living on the streets increased by 3,895 people from 2010 to 2013.

Out of all these people, very few are privileged enough to be given a space in the crowded area homeless shelters. Even fewer are provided the basic necessities to keep up with their overall hygiene, allowing them to be clean and presentable, making it even harder to progress toward rebuilding their future and finding employment. Although the shelters are funded to help provide a safe place for people to sleep, they often do not receive nearly enough funding to provide basic toiletry needs.

By providing hygiene items to shelters, the mission of Robin Hooding for the Homeless is to help create mindfulness and be the change that we wish to see in the world. The goal is to alleviate some of the financial strain on shelters, allowing them to allocate more of their resources toward developing programs that assist with housing and job placement.

Since the public cannot make donations at the participating schools, donations of the travelsized items can be dropped off at the 4th "R" office at 5735

a pizza party. The event began 47th Avenue, Sacramento, CA or Roebelen Contracting, Inc. at 1241 Hawks Flight Court, El Dorado, CA.

Robin Hooding for Homeless



Rachel of Robin Hooding (left) with Lamar of Sacramento Veteran's Resource Center (06-29-11)

(R4H) began as a grass-roots organization that provides hygiene items to homeless shelters. Since its formation in 2005. R4H has collected, sorted, and delivered hundreds of boxes of needed hygiene items to shelters in Northern California and San Francisco Bay areas. Last year alone, thousands of travel-sized toiletry items were donated and delivered to homeless shelters throughout California. The number of volunteers has doubled in an effort to effectively administer the collection and donation programs as well as keep pace with the organization's growing administrative responsibilities.

Source: Robin Hooding for the Homeless

\$9.7 Million for Water **Projects Recommended** for Sacramento Region

SACRAMENTO REGION, CA (MPG)

- The Sacramento region is one step closer to receiving a funding infusion for projects that will help shore up the area's water supply reliability during drought.

The Department of Water Resources (DWR) is proposing to allocate \$9.7 million in state grants to the Regional Water Authority (RWA) for 17 projects designed to expand the ability to recharge, store, extract and move groundwater around the community to help reduce the region's reliance on Folsom Reservoir.

"Folsom is our biggest risk when it comes to water supply, because it serves statewide water supply and environmental needs in addition to our own," said RWA Executive Director John Woodling. "This funding will help us reduce reliance on Folsom during extremely dry times. Local agencies have been actively storing groundwater in our underlying basin for nearly two decades, which makes the basin our greatest insurance against future water shortages."

Projects recommended for funding include 13 new or upgraded groundwater wells, four interties to move water between agencies and construction of four pump stations to lift water to areas at higher elevations. Additionally, grant funding would be used to improve the capability to pull water from the American and Sacramento rivers when they reach extremely low flows, as they did this year. Piping of an open canal will reduce water loss and water conservation incentives for customers in the region will help make the available water supply go further during dry

conditions. "Together, these projects greatly enhance the region's ability to move water from those areas with available supply to those in need, as well as maximize available

water supplies," Woodling said. RWA estimates the 17 projects will ultimately cost more than \$26 million to complete. Grant funding will offset over a third of those costs with the remainder borne by local water providers and their ratepayers.

Statewide, DWR is proposing to allocate \$200 million in funds to 23 water planning groups for at least 110 projects designed to alleviate the current drought's impacts and improve regional drought preparedness.

The expedited funding of the grants is made possible through the \$687.4 million package of drought-response legislation signed by Gov. Jerry Brown in March. Funding will be through the Proposition 84 program, a \$5.4 billion general obligation bond measure approved by voters in 2006, which authorized \$1 billion in funding for integrated regional water management.

The public comment period on the recommendations is open until Oct. 8, and DWR anticipates announcing final awards by October 31.

Source: Regional Water Authority



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Check Before You Burn



SACRAMENTO CA (MPG) - On Saturday, November 1st the 8th Check Before You Burn season began. The Sacramento Metropolitan Air Quality Management District's wood burning law restricts or prohibits burning on days when fine particle pollution (PM2.5) is forecast to be high. Fine particle pollution is a serious health threat to residents in our area.

This law applies to residents and businesses in Sacramento County and the cities of Folsom, Citrus Heights, Elk Grove, Galt, Isleton, Rancho Cordova, and Sacramento through February 28th. You must check before you burn in your indoor or outdoor fireplace, wood stove, fire pit, or chiminea that burns wood, pellets, manufactured logs, or any other solid fuel.

Wood smoke contains invisible particles that are small enough to enter the bloodstream. Breathing wood smoke increases the risk of asthma, heart attack, stroke, and many other health problems. It is especially harmful for children whose lungs are still developing, older adults, and anyone with a pre-existing heart or lung condition.

Check Before You Burn: • Call 1-877-NO-BURN-5

- (1-877-662-8765) • Follow on Twitter @AQMD
- · Visit www.AirQuality.org or www.SpareTheAir.com
- Sign up to get the daily burn status through Air Alert emails at www.SpareTheAir.com. Input your zip code and select the "Daily Air Quality Forecast" box
- Read the Sacramento Bee's weather page

There are a few exemptions to the Check Before You Burn law: homes where wood burning is the sole source of heat; financial hardship waiver approved and renewed each burn season by the Air Pollution Control Officer; and on Stage 1-No Burn days if you use an EPA certified fireplace insert or stove or a pellet stove and they do not emit visible smoke.

To report a complaint or suspected violation, call 1-800-880-9025. First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness

Sacramento Source: Metropolitan Air Quality Management District

Soroptimist International Seeks Award Applicants

- Soroptimist International of Rancho Cordova and Gold River is now accepting applications for the Live Your Dream Award, formerly known as the Women's Opportunity Award. Live Your Dream Award applications must be received no later than December 1st, 2014. The application forms are available at http://

www.soroptimistranchocordova.

org/live-your-dream-award/. Rancho Cordova and Gold River Soroptimists participate in Soroptimist International's major service project, the Live Your Dream Award. The program provides women who serve as the primary wage earners for their families with the financial

ated with their efforts to attain higher education or additional skills and training. The award can be used for tuition, books, childcare, carfare, or any other education-related expense. This program, which begins on the club level, was created in 1972 to help women improve their ability to provide for their families.

Applicants need not reside within Rancho Cordova or Gold River city limits. However, applicants can only submit an application to one club. Please email Sheryl Longsworth at shery16663@yahoo.com or call (916) 833-1218 for more information.

The name Soroptimist, means

what the organization strives to achieve. Soroptimists are women at their best, working to help other women be their best. If you would like more information about Soroptimist International of Rancho Cordova or how to become a member, please visit the club's website http://www. soroptimistranchocordova.org/, contact Julie Schaffer at 916-851-9266, or email siranchocordova@ soroptimist.net. If you aren't ready to become a member but would like to volunteer for future projects, please sign up at www. LiveYourDream.org.

Source: Soroptimist International of Rancho Cordova and Gold River

County Launches Emergency Notification System

SACRAMENTO COUNTY, CA (MPG)

- Sacramento, Placer and Yolo County have partnered with the California Office of Emergency Services in utilizing a state-of-theart emergency alert system known as Citizen Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods. Residents will only receive alerts that are critical and time-sensitive, including: flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

The alert system currently includes all listed and unlisted landline telephone numbers in Yolo, Placer, and Sacramento counties that are serviced by AT&T and Verizon.

To ensure emergency notices are received quickly both at work and home, residents are encouraged to log onto the Sacramento Alert Self-Registration Portal and provide phone numbers for both home and work, including land and cell phone numbers, email addresses, TTY device information and instant messaging information preference. All information in the

Self Registration Portal will be kept strictly confidential.

Residents from all cities within the County and the unincorporated areas are urged to sign up at www. Sacramento-Alert.org.

The system, which uses **Everbridge Alert and Notifications** System, was made possible for all three counties by a grant from CAL Office of Emergency Services and supported by CA Department of Water Resources, Flood Operations Center through the Sacramento County Office of Emergency Services.

Source: Sergeant Lisa Bowman, Sheriff's Spokesperson

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Governor Signs Runner-Sponsored Bill to Help Disabled Veterans

SACRAMENTO, CA (MPG) -Legislation sponsored by George Runner to protect California's disabled veterans has become law. Senate Bill 1113, authored by Senator Steve Knight (R-Antelope Valley), passed the Legislature with unanimous, bipartisan support, and has been signed by Governor Brown.

"This new law will help those who bravely served our country," said Runner. "Bureaucratic delays will never again rob veterans of the tax benefits that are rightfully theirs.'

Under California law, veterans who receive a 100% disability rating from the U.S. Department of Veterans Affairs (VA) may be eligible for a property tax exemption on the value amounts adjusted for inflation in future years. The exemption

starts on the date of disability and disabled veterans may claim a refund for up to four years of back taxes paid.

Unfortunately, due to VA backlogs, some veterans have had to wait more than four years to receive their disability rating certifications. As a result, they've missed out on thousands of dollars in property tax refunds to which they were entitled and anticipated receiving.

SB 1113 increases the availability of refunds on taxes previously paid from four years to eight years, allowing veterans to receive the full benefit of their exemption, even if the rating process takes more than four years to complete.

"Veterans who are disabled of their home up to \$124,932 or as a direct result of serving our \$187,399 in 2014 and equivalent country shouldn't be harmed by delays over which they have no control," said Knight. "Now

disabled veterans who encounter bureaucratic delays can still claim this key property tax exemption to which they are entitled."

The full Board of Equalization voted to support SB 1113 at its March 25 meeting, and the measure has also received support from the California Assessors' Association, California Taxpayers Association, Howard Jarvis Taxpayers Association and a broad coalition of veterans' organizations.

Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/

Source: State Board of Equalization



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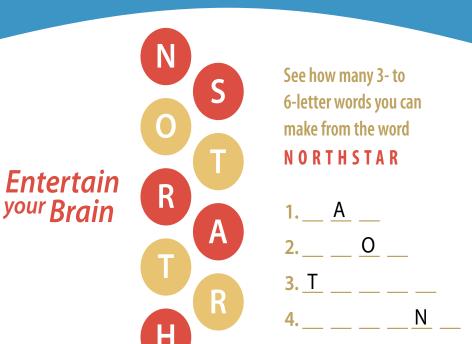
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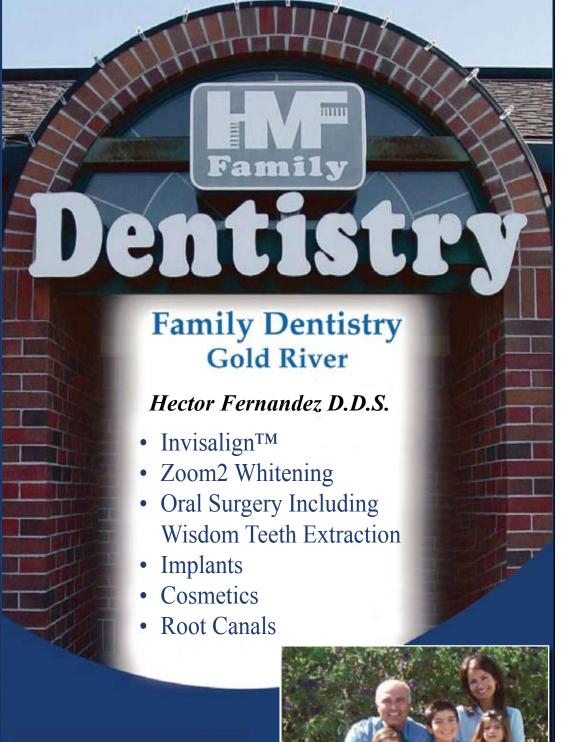
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By Sal Arrigo, Jr.

There are moments in life when we think to ourselves that our timing is perfect. Strolling along the Sacramento State University campus early one morning heading to my office, I noticed fog had blanketed the area. It also seemed the fog was acting as a sound barrier and campus was eerily quiet. As I approached my destination, I realized that my timing was perfect. A short distance from me, a bright light was about to shine for all to see—the raising of our nation's flag. The fog, miraculously, did not blanket this area!

Each school day, members of the Air Force or Army ROTC program practice the proper way to raise the flag under the guidance of a superior officer. Second Lieutenant Mark Ishizu, United States Air Force, is the admissions officer for the Air Force ROTC, Detachment 88, on the Sacramento State campus. Lieutenant Ishizu said, "there are many people who do not know about the history of our flag, and here, we also teach about the respect the flag deserves."

I began to think more about the flag; how much do we really know about the flag of the United States of America?

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act. The U.S. flag is the fourth oldest national flag in the world



(Denmark was first in 1219). The blue field on the U.S. flag is called the "union." There are 50 stars on the flag that represent our 50 United States; there are 13 horizontal stripes, seven red alternating with 6 white. The stripes represent the original 13 colonies, and the colors of the flag are symbolic as well: red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice. The actual name of the American flag is the Stars and Stripes.

Now I ask you, did Betsy Ross sew the first U.S. flag? There is much debate by historians about this. We probably will never know. We do, however, have a good idea about who originated its design. Credit for that achievement goes to Francis Hopkinson, a New Jersey representative to the Continental Congress and signer of the Declaration of Independence.

It was not until 1923, however, that a Flag Code was officially adopted. Although it is not an enforceable law, the code is the guide to flag protocol. The Flag Code answers questions regarding the flag, like how does a person properly destroy a flag? The Flag Code states: "always dispose of a worn flag properly,

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preferably by burning it." To learn more about the Flag Code, you can go to www.american-

The flag of the United States has at times been an emotional lightning rod when used by protesters to draw attention to their cause. The U.S. Supreme Court ruled in 1989 in Johnson vs. Texas that flag burning "constitutes a form of symbolic speech that is protected by the First Amendment." Many Americans prefer to focus on our flag in more stirring and patriotic ways. We take pride in flying our flags; we take pride in watching as the flag takes center stage in our hometown parade.

We see images of our flag everywhere-in neighborhoods, public places, sporting events, and on t-shirts. Powerful images that contain our flag include photos of the three firemen in New York raising the flag at Ground Zero in 2001 and the 1980 United States Men's Olympic Ice Hockey team standing on the victors' platform as the flag was raised to the playing of our national anthem! The most iconic image of our flag, I believe, is its raising on Mount Sirabachi on Iwo Jima by U.S. Marines in World War II. Our flag is a Grand Old Flag!

Sacramento SPCA Hosts Four Different Events This Holiday Season

SACRAMENTO, CA (MPG) - The No appointment necessary. Sacramento SPCA is currently putting the final touches on a handful of events that will provide the Sacramento community the opportunity to support the long-established organization this holiday season and the thousands of animals it cares for each year.

The following events are scheduled through early December, with all proceeds benefitting the programs and services of the Sacramento SPCA:

Santa Paws

Saturday and Sunday, November 8th and 9th from 10 a.m.-3 p.m.

Holiday photo shoot with Photographer Patrick Storm. Packages start at \$25 with prints, enlargements, and photo greeting cards available.

Held at the Sacramento SPCA at 6201 Florin-Perkins Rd., Sacramento.

Fall Book Sale

Thursday-Saturday, November 13th-15th from 10 a.m.-6 p.m.

Sunday, November 14th from 11 a.m.-5 p.m.

The longest running charity book sale in the region offering gently used books in more than 40 categories.

Held at Greenfaire Village at 8095 Greenback Lane, Sacramento.

Purrses for Pets

Thursday, November 20th from 6-8 p.m.

Cocktail party featuring hundreds of purses, bags, jewelry, and accessories. Evening includes a silent auction, raffle, appetizers, cocktails, and desserts.

Tickets: \$45

Held at Arden Hills Resort Club & Spa at 1220 Arden Hills Lane, Sacramento.

Thrift Store Holiday Boutique

December 2nd-9th during store hours

Offering deep discounts on gently used items from jewelry to new-to-you holiday decorations.

Held at the Sacramento SPCA Thrift Store at 1517 E. Street, Sacramento.

For more information or to purchase tickets for Purrses for Pets, visit www.sspca.org/holidays or call (916) 383-7387.

Source: Sacramento Society for the Prevention of Cruelty to Animals



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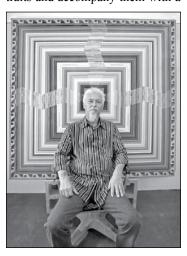
Grant Allows Artist to Continue 35-Year Project

- Local visual artist Kurt Edward Fishback was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35

"Truthfully, there weren't the discretionary funds to create this art," said Fishback. "But with the Leff-Davis grant, I now have the capability to follow my passion and continue the series.'

Kurt Edward Fishback began his artistic career studying ceramic sculpture at Sacramento City College, the San Francisco Art Institute, and the University of California, Davis in the 1960s. He first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. In 1973, he shifted from ceramics to photography as his primary means of expression; then, in 1979 he began doing black and white portraits of artists. Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive.

"The driving force behind the whole project was that all too often, people know artists only for their work. They don't know what artists look like or what kind of space they work in. With that in mind, I decided to make these portraits and accompany them with a





Local visual artist Kurt Edward Fishback (above right) was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35 years. Fishback first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. Some of Fishback's photos clockwise from top: painter Wayne Thiebaud; Fishback; Mary Ellen Mark; photographer Ruth Bernard and painter Stan Padilla.

story of working with the artist," said Fishback.

Fishback will use his \$6,000 award to help with necessary production expenses such as travel to photo shoots, printer ink cartridges, archival printing paper, matting, framing, upkeep of cameras, and other equipment.

"The Foundation is pleased to be able to offer this fund to the visual arts community for the second year. We were thoroughly impressed by both the quality and quantity of submissions," said Chief Giving Officer Priscilla Enriquez. "This year's awardees were just two of 68 applications received this year, compared to 43 in 2013, reflecting the growing prestige of the Leff-Davis award and the depth of our local visual arts community."

Now in its second year, the Leff-Davis Fund for Visual Artists was created to support serious aspiring professional artists in the advancement of their careers through a monetary award for the creation of original art. Retired pathologist and avid art collector Dr. Emily

Leff established the fund at the Foundation in 2013 to support, on an individual level, local visual artists who have demonstrated

professional commitment to their

"I was pleased to see that applications almost doubled in the



second year. A variety of media were represented, and it is very clear that there are many creative and talented artists in this region," said Dr. Leff. "For many years, I wanted to create something lasting that would recognize artists for their essential contribution to our culture and also help them financially to create art. I chose the Foundation to help me realize this longtime ambition because of their superior experience and outreach in the Sacramento Region."

Because of this grant, Fishback



Luis D. Sosa at luis@sacregcf.org or at (916) 921-7723.

Sacramento Region Community Foundation has been the trusted steward of charitable assets, a community catalyst for meaning-



Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive. At left is painter Mary Ellen Mark. New York, taken in 1982.

now has a portrait show slated at Blue Line Gallery in Roseville in 2016 as part of Placer Arts. There will be 30 framed prints in the exhibition, all portraits of women artists consistent with the current project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story.

For more information, contact

ful change, and the advocate for shaping vital impact through philanthropy since 1983. As the center of philanthropy in the Sacramento Region, the Foundation's mission is to transform our community through focused leadership and advocacy that inspire partnerships and expand giving. Learn more at www.sacregcf.org.

Source: Sacramento Region Community Foundation



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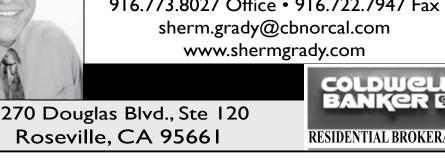
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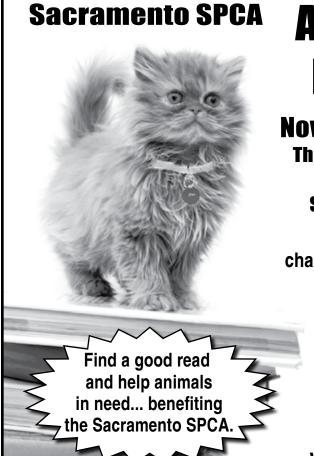
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Been There, Done That, and Will Again



By Alona Thomas

My Mom loved Apple Hill. It was a rite of fall for us to drive up the hill, indulge in apple fritters, and bring back a fresh apple pie. Her true enjoyment was sitting by a pond with the warm sun streaming through the pines, relishing the fresh smell in the air and time with her daughter. I wanted to share this memory with my grandchildren. We loaded everyone in the car and headed east on 50. We didn't get to Placerville before we were bumper to bumper going nowhere. It took us almost an hour to reach Carson Road exit with hot and tired kids looking for bathrooms. That was the end of Apple Hill adventures for me!

"Never say never". I have cooked and traveled with a wonderful foodie group from Santa Rosa with 25 years of epicurean jaunts. It was after a couple of glasses of wine that it sounded like a great idea for a fall trek to Apple Hill. My cohort in all of this was another ex-member of the group that has moved to Cameron Park. We began our planning, knowing full well that we had to make this adventure lots of fun and a unique experience.

Our friends arrived in Gold River right on time. Not one of them had been to Apple Hill or even knew where it was. Our first stop was the Farm Table restaurant in Placerville. This is a new establishment opened by the Smokey Ridge Charceuterie family. I first

met Kara and Zach Taylor a few years ago at their farm stand in Apple Hill. This young couple joined their family to improve and develop the resources of this four generations farm. Kara has always had an interest in hand crafted sausages, curing meats and making paté. Our lunch was prepared trays of these wonderful specialties.

Back on I-50 it was a Thursday and no traffic! We stopped at Boa Vista for the must have still warm sugared apple donut. Our next stop was Rainbow Orchards, a small family farm with a great variety of gourds. We really debated about High Hill as a too commercial venture, but our guests enjoyed the craft tents and witnessed apple cider pressing.

It was lunch time at the Grace Patriot Winery. They have a beautiful patio overlooking the valley and it was stunning. They were

very gracious in the midst of their harvest season. We had their Hip Hop Rose with our charceuterie platters. It was a homerun!! Our dessert was an official pie tasting at the Bodhaine Ranch. Their award winning pies made with organic apples and fruits made it a tough choice. After two voting rounds we settled on the French Apple and Boysenberry Apple for dinner that night.

We had a terrific day enjoying the wonderful pine scented, sun lit foothills of El Dorado County. Apple Hill made us proud and congratulations on their 50th Anniversary. My Mom was

Alona's hobby is food and delicious times. Contact alonathomas@gmail.com





By Kay Burton

Dasko is a four year old Belgian Malinois belonging to Alpha K9. Dasko was found by his owner, Kevin Cameron, in Washington State as a puppy. Kevin was serving as head of the Military's Working Dog Program in Fort Lewis when he found this domineering little puppy. Kevin saw the potential with this pup, and they quickly bonded. Today, Dasko serves as Kevin's PTSD Service Dog. After nearly 14 years in the military, Kevin was wounded in Iraq and then medically discharged. Kevin and Dasko realized that many more could benefit from the use of Service Animals, so they turned their energies outward.

Dasko is the epitome of the of the Alpha K9 standard PTSD Service Dog. Alpha K9 is a 501©(3) Non-Profit organization

Dasko, Top Dog

Through the use of donations and outside sponsors Kevin, Dasko and their team seek to provide service dogs at no cost to veterans, first responders, battered women, and children who need them. Alpha K9 has been graciously awarded the Sacramento's A-List for top

dog training for the last two-years. Dasko has been instrumental in

operating an at-cost program. Alpha K9 paving the way for hundreds of service Dogs to be trained for those in need. In 2013 alone, Alpha K9 provided 208 Service Dogs to those in need.

> Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@com-



Dog. Alpha K9 is a 501©(3) Non-Profit organization operating an at-cost program. Through the use of donations and outside sponsors Kevin, Dasko and their team seek to provide service dogs at no cost to veterans. first responders, battered women, and children who need them.

The SRWF Holiday Luncheon

Join us for a holiday luncheon on Saturday December 6th, 11 a.m. at North Ridge Country Club, 7600 Madison Avenue, Fair Oaks. Admission is \$35 per person. Guests are

The reservations are coming in "fast and furious," reports Kay Burton, Chairman. There is a lot of excitement in the air for this holiday event. Former sheriff of Sacramento County, now a KFBK radio personality, will be our guest speaker. There will be tap dancers and singers.

Our menu features petite filet mignon with a demi glazed cabernet and grilled honey mustard

Please send checks with menu selection by Saturday 20, 2014 to Margie DeRow, 11612 Gold Country Blvd., Gold River, CA 95670. Reservations are confirmed with checks made payable to SRWF. For more information, please call Chairman Kay Burton at (916) 635-5590.

Source: Kay Burton



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8 · Gold River Messenger November 2014



By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) - If I had a dime for every time someone asked what I'm thankful for about Gold River, I could buy, well, nothing. But that's cool because I have another way to share the many reasons I am grateful over living in the Land that Bob Powell Built. So, my dear neighbors, here's my localized list of what I give thanks for this Thanksgiving.

- The enviable lifestyle of living in Gold River.
- The residents who step up and serve on the GRCA and village boards.
- My good sense to never do that again.
- The painters who did a great job on our Powell house over the summer.
- The inventor of brown.
- · My Phantom screen door and the CC&R that allows it.
- Homeowners who don't have the same Christmas decorations year after year.
- The firefighters of Sac Metro Station 65 and their appreciation of fireworks and my wife's
- The community patrol officers working the graveyard shift who catch teens being recreational,

"Fool's Gold" A Gold River Thanksgiving

and not in a good way, inside the news on Rivergate: My source Prospect Park rocket slide.

- That I once found a container of drug paraphernalia at the park before a child did.
- Red Hawk Casino, for being 21 miles away from Gold River and not 1.
- •Bel-Air for being so convenient
- The no-solicitation policy at Bel Air. (If only it was enforced.)
- Smart & Final for giving us a viable option.
- The landlord of Gold River Town Centre for appeasing all lazy pizzaholics by putting Blaze Pizza mere steps from Papa Murphy's and Il Forno Classico.
- The landlord of resurgent Rivergate Center across Sunrise for signing even more exciting leases.

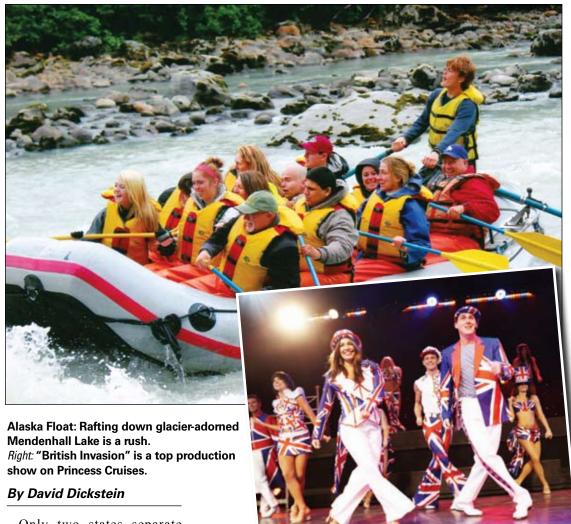
We interrupt David's Thanksgiving message to bring you an update on what's happening at Rivergate Contrary to rumors that it's a Chick-fil-a now under construction next to Scooter's, what's being built there is actually Pieology, slated to open early next year. What's Pieology you ask? It's a fastcasual pizza chain founded in 2011 by Carl Chang, the older brother of former pro tennis player Michael. And, yes, its main competition in the growing fast-fired pizza market is Blaze, scheduled to open later this month just five minutes away. Chick-fil-a will be located closer

couldn't divulge the actual name of another future tenant, but based on his clues, I'm quite certain it's Taco Bell. Yo quiero. And now back to our regularly scheduled column topic

What I give thanks for this Thanksgiving:

- The willpower I must develop over all the new fast-casual eateries coming to town.
- The Gold River Racquet Club for helping me lose about 30 pounds, and hopefully keep them
- The friendly staff that keeps me as a club member. (Shoutouts to Suzanne, Drew, Doug, Andrew, Austin and Kelly.)
- The 16.4 percent of members who wipe down their equipment after use.
- The rambunctious squirrels in our backyard that give my old dog a workout.
- The nature trails.
- Dog owners who pick up after their pets.
- The unknown sculptors of those mysterious rock formations next to the paths.
- Those of the Gold River Online community happy enough in life to not be a troll.
- The overall quality education my now-collegiate boys received at Gold River Discovery Center. • A certain 6th grade teacher at GRDC who has enhanced my life since a blind date 25 years
- My loyal readers.

Don't Make Alaska Your **Personal Last Frontier**



Only two states separate California and Alaska geographically and yet the land dubbed "The Last Frontier," is just that for many of us here in the Golden State. A mere 12 percent of Alaska's visitors hail from a state that shares an ocean and is the most populous to boot, according to tourism stats, meaning the closest most of us will ever get to the 49th state is feasting on King salmon or getting its commemorative

quarter back with your change. If not for the cruise industry, the number would be even smaller. These days, luxury liners account for nearly half of Alaska's out-of-state visitors during tourist season, which

runs from May to September. If an Alaskan vovage is under consideration for your 2015 vacation plans, the choices are as abundant as at a cruise buffet. All the big players are offering Alaskan itineraries. Each has its pros and cons, so do your research. Part of that step is deciding from where to embark and disembark. San Francisco might appear as the tastiest port to you from a convenience factor, but bear in mind that none of those itineraries is fewer than 10 days and four of those are sea days. Do you really want to spend nearly half of your cruise vacation on the water?

If the sweet spot is a sevenday cruise with two sea days and travel to and from the ship that can be done without an overnight stay, Seattle is your best bet. Princess, Carnival, Holland America, NCL, Royal Caribbean, Celebrity and Disney all sail out of Seattle. Princess (www.princess.com) will run a pair of ships from there, the Crown and Ruby, among the seven of its fleet serving Alaska in 2015. The Ruby will assume the itinerary followed the past season by the Grand Princess, which next year will sail out of Anchorage and Vancouver on alternating weeks. The Ruby's route is a day at sea, Ketchikan, Tracy Arm Fjord and Juneau on the same day, Skagway, another day at sea, and then a nighttime whistle stop in Victoria, British Columbia before returning to Seattle the next morning. What you don't get with that itinerary are the breathtaking visual of Glacier Bay and the port of Sitka with its rich Russian history.

Ketchikan

Long before cruise passengers began spending money in Ketchikan on plastic totem pole letter openers made in China, the Tlingit spent their summers there fishing for salmon. A line of faceless shops can cater to all your souvenir needs, but if you

want to learn about the people who shudder at the thought of die-cast totems, there's a family-friendly tour of culturally rich Saxman Native Village (\$49). Inside a grand cedar tribal house is a performance by a native dance group. The natives barely break a sweat during their auto-pilot performance, but the tourists eat it up like the Horizon Court buffet on Princess.

Eating dirt is what you get with the Adventure Kart Expedition (\$179), an amped off-road exploration of remote, private wilderness with amazing views of the Tongass National Forest and Inside Passage. U.S. ATV operations tend to be more conservative (read: less fun) than counterparts in Mexico and the Caribbean, but the guides on one particular outing, though safety conscious as they should be, were laidback and agreeable to the requests of the more experienced drivers. Rookies can go at a comfortable pace and still get thrills out of the miles of rocky forest trail. A driver sharing some local history would be nice during the 13-mile motor coach ride to and from the Whipple Creek base, but that's a nit.

The hour-long Great Alaskan Lumberjack Show (\$17.50-\$35 at the gate) has something for everybody: slapstick comedy for children, power tools for the guys and rugged lumberjacks for the ladies. Competition between Alaskan and Canadian loggers adds to the fun because the audience is divided into rooting sections. Think Medieval Times with chainsaws and plaid flannel shirts.

Juneau

Princess and Juneau partner to provide the most extensive selection of shore excursions in Alaska, and one of the most popular – and deservedly – is the "Mendenhall Glacier Float Trip" (\$109-\$139) from Alaska Travel Adventures. Starting out with a magnificent view of the iconic glacier, the 6-mile route on Mendenhall Lake is like a ride on Disneyland's Pirates of the Caribbean – serine until it's not. Class II and sometimes III rapids give a thrill without a fear of dying thanks to being in good hands with a guide who doesn't need as much help from the novice rowers as he lets on – all in the name of fun. About half of the memorable 3 1/2-hour excursion is spent on the water, and on the bus ride to and from the lake is a bonus city tour. The day includes an indigenous sampling of reindeer sausage, salmon spread and other tasty treats.

As majestic as the nature is in and around Juneau, its most important building, the flat-roofed, six-story state capitol, is anything but. The same can be said of the city if you're hoping to find much more than souvenir and jewelry stores within walking distance of the dock. For the non-acrophobic, the Mount Roberts Tramway (\$16-\$32) is right there. A 1,800foot ascent up the mountain takes six minutes, and the view alone removes any chance of this being called a tourist trap.

Skagway

Situated at the top of the Inside Passage, Skagway was the ideal starting point for prospectors heading to Canada and the Klondike during the Gold Rush of the 1890s. The threehour, round-trip White Pass & Yukon Route Railroad (\$99-\$129), built during the Gold Rush, is for all ages. An engineering marvel, the narrow gauge railroad chugs through some of the continent's most ruggedly beautiful terrain, climbing 2,865 feet in just 20 miles.

Other popular excursions send visitors on salmon bakes, a landmark suspension bridge, horseback, ziplines, the gorgeous grounds of Jewell Gardens and walking tours dedicated to the town's rich history of prostitutes and ghosts. Downtown's hot spot is the historic Red Onion Saloon, a raucous tourist trap with snippy service and decent pizza.

If you need to get away from packs of laidback tourists in exchange for packs of harderworking animals, the "Dog Sledding & Glacier Flightseeing" shore excursion from Temsco is a must-do if the vacation budget will allow. The closest a cruiser will get to being in the Iditarod Dog Race, the 2-hour tour (also offered in Juneau) takes you via helicopter to a sub-arctic dog camp, where professional mushers and their canine athletes have a suited-up sled prepared for you to sit in or actually drive standing up. After an exhilarating lap around the camp, it's time to hold a puppy. Can you say "Facebook profile photo?" Leaving the snow and dogs is ruff, but on this tour there's the bonus of a return flight over the very glaciers ogled at from sea level. At about \$500 a person, this probably is a once-in-a-lifetime experience. When back on the ship, however, you'll be the envy of everyone who asks the obligatory question, "What did you do in port?"

New Sign Ordinance Aims at Reducing Blight

to Chevron. One more morsel of

Continued from Page 1

The County will be required to give the violator notice and a reasonable amount of time for correction. If the violator does not remove the signs within the designated period, monetary penalties could be assessed.

SMUD has positively weighed in on the new ordinance while Chambers of Commerce

and Property and Business Improvement Districts have stated that they intend to inform their members that any signs within the public right of way are not permitted.

- Prohibited signs include:
- Portable A-Frame signs String pennants
- Flags other than the flag of the United States, State of

California, and approved government agency or registered non-profit organization

- Signs on fences or utility poles
- Feather flags

Visit the Code Enforcement website or contact the County Planning Section at (916) 874-6221 for more information about permissible signs.

Source: Sacramento County

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THANK A VETERAN TODAY



Gold River Messenger • 9 November 2014



This Holiday, Create a FAMILY FEATURES s you prepare for this season of celebrations, consider recipes that offer a fresh approach to the

traditional holiday menu.

With its sweet simplicity and vibrant color, a garnish featuring California grapes can make your meal presentation even more enticing. Keep those mealtime traditions intact by serving favorites like Brussels sprouts, but pair them with sweet California grapes in a salad for the perfect balance of flavor

A beloved side dish, such as cornbread dressing, will exceed all expectations with ingredients like red and green grapes, butternut squash, walnuts and pancetta. Complete the meal with a new twist on a trifle that results in a rich dessert worthy of any gathering for the holidays and beyond.

For more ways to increase the freshness and flavor of your holiday meals, visit GrapesfromCalifornia.com, Facebook.com/GrapesfromCalifornia and Pinterest.com/GrapesfromCA.



Raw Vegetable and Grape Salad

Servings: 6

Salad:

- 2 cups shredded or very thinly sliced Brussels sprouts cup shredded carrots
- cup thinly sliced fennel 1/2 cup cooked, chopped
- bacon (6 slices) cups green and red seedless California grapes, halved
- 1/2 cup sliced green onions **Dressing:**
 - 3 tablespoons balsamic vinegar
 - tablespoons extra virgin olive oil
 - teaspoon minced garlic
 - 1/2 teaspoon salt 1/4 teaspoon pepper

Toss all salad ingredients together in large bowl. Whisk together all dressing ingredients in medium bowl and drizzle over salad. Toss until ingredients are well coated with dressing.

Nutrition information per **serving:** 226 calories; 14 g fat (4 g saturated fat); 55% calories from fat; 8 g protein; 19 g carbohydrate; 3 g fiber; 17 mg cholesterol; 516 mg sodium; 471 mg potassium.

Peanut Butter and Grape Trifle Servings: 14

- 1 (16-ounce) container nonfat vanilla Greek yogurt
- tablespoons creamy peanut butter
- tablespoons honey
- (8-ounce) container lite whipped topping, divided
- (16-ounce) store-bought pound cake, sliced into 1-inch cubes
- 3 cups red seedless California grapes, plus more for garnish
- cups green seedless California grapes, plus more for garnish
- cup honey-roasted peanuts, chopped (optional garnish)

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside.

In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) if desired, and chopped peanuts, if desired.

Nutrition information per serving (with peanuts): 313 calories; 15 g fat (5 g saturated fat); 42% calories from fat; 8 g protein; 38 g carbohydrate; 1 g fiber; 73 mg cholesterol; 197 mg sodium; 206 mg potassium.

A Tasty Tradition

A Spanish custom spanning back to 1895, those who practice "the twelve grapes of luck" are said to be provided with a year of prosperity. Add this festive ritual to your celebration by eating a grape with the ringing of each bell at midnight on New Year's Eve.





Helpful Tips for the Perfect Holiday Turkey

- When shopping for your turkey, look for one with a pop-up timer.
- To thaw your turkey, keep it in the refrigerator based on its weight. For example, it should remain in the refrigerator for 24 hours for every 5 pounds. To thaw quickly, place it in the sink and cover with cold water, changing the water every half hour per pound.
- Once the turkey has thawed, always refrigerate or cook
- When you're ready to cook, baste the bird with extra virgin olive oil. Place turkey with the breast up on a rack in a shallow roasting pan in an oven preheated to 325°F. Loosely cover turkey with foil to prevent over-browning.
- The turkey is done cooking when the meat thermometer reads 180°F, or if the red stem on the pop-up timer is up and the drumstick feels soft or moves easily.
- Always allow the bird to rest for at least 20 minutes for easy carving.
- Present your turkey on a platter with a fresh and colorful garnish, such as California grapes.



Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta

Servings: 12

- 2 cups red seedless California
- grapes cups green seedless
- California grapes
 2 cups cubed butternut
- squash 1 1/2 tablespoons olive oil
 - Salt and pepper, to taste
- 6 ounces diced pancetta
- 3/4 cup sliced celery large onion, chopped
 - cloves garlic, minced cups coarsely crumbled cornbread (either store-bought or prepared
- from a mix), toasted 3/4 cup coarsely chopped walnuts, toasted
- 2 tablespoons chopped fresh sage
- chicken broth tablespoons butter, melted
- 3 tablespoons white balsamic vinegar

cup reduced-sodium

1 egg, beaten

Preheat oven to 400°F. Toss grapes and squash cubes together in large bowl with oil, salt and pepper, to taste. Spread in single layer on baking sheet and roast for about 20-30 minutes, until grapes have begun to slightly shrivel and squash is tender. Set aside.

Heat large nonstick skillet over medium-high heat and cook pancetta until it begins to brown slightly. Add celery and onions and cook until tender and onions are translucent, about 5-6 minutes. Add garlic and cook for one minute more. Remove from heat.

In large bowl, combine cornbread. pancetta mixture, grapes, squash, walnuts, sage and salt and pepper to taste, if desired. Set aside.

In medium bowl, whisk together broth, butter, vinegar and egg. Pour over cornbread mixture and toss well to combine.

Spray 9-by-13-inch baking dish with cooking spray. Spoon dressing evenly into dish. (At this point, you can either bake immediately or cover and refrigerate overnight to bake the next day.)

Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until warmed through and golden brown.

Nutrition information per serving: 442 calories; 18 g fat (4 g saturated fat); 37% calories from fat; 14 g protein; 54 g carbohydrate; 2 g fiber; 75 mg cholesterol; 1103 mg sodium; 475 mg potassium.

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