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Lunar New Year cooking with Mollie and Elizabeth





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By Monica Stark
Photos by Stephen Crowley

A mere two-and-half decades apart in age, Mollie Chow, 90, and Elizabeth Wong, 65, celebrated Lunar New Year the old-fashioned way – by cooking Jai, the traditional vegetarian delight inside "Auntie Mollie's" home on Arabella Way in the Pocket neighborhood.

Putting their heart and soul into a laborious tradition that seems to be fading away, watching Elizabeth and Mollie prepare the ingredients was like watching a cooking show on PBS. "I'm 65 years old," says Elizabeth. "(My friends) don't get it. They said their parents used to cook it but that they haven't had it in years; going to the restaurant is not the same. The tradition is about gathering your friends, shopping for the ingredients, and preparing them."

Donning custom-made aprons from San Francisco's Chinatown, and preparing the ingredients, they did. Mollie's kitchen counter displayed bowls of including (but not limited to) carrots, lotus root, ginger, garlic, various fungi, noodles, ginkgo nuts, mushroom, and, of course, the magic ingredient: fresh water chestnuts (which Elizabeth peels with a meat clever because a vegetable peeler won't work because the skin is too thick).

Trying to describe the dish, in so many words, Elizabeth said, it's not really a stew (even though that's what recipes tend to call it); it's more like a goulash, but don't call it a goulash. "It's a vegetarian delight."

see Cooking page 3



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Cooking:

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"The preparation is very intense, but it's fun," Elizabeth said. So, every other year, she finds "foodies" who are interested in preparing the dish. "One's Jewish, one's Irish, one's Filipina, one's American-born." But this year she asked her friend, Mollie, who she befriended last year at a local mahjong group. Besides mahjong, their friendship surrounded food, as they'd often grab a bite to eat nearby after a session. When talking about the idea of joining forces to make jai, Mollie told her, "I can't see too well, but I've got my ingredients." Well, Elizabeth had hers, too, spawning discussions and debate over preparations.

"I said, 'how old are your ingredients?' (Mollie responded): 'Some are 60 years old.'" And Elizabeth said hers were only 50. And, no they don't get sick from it. Every year, they bounce back and Elizabeth ends up talking about it.

And with Mollie having five more ingredients on her recipe list than Elizabeth, they wondered if Valley Community Newspapers should print the recipe with this article. But, as Elizabeth says, "We can't even imagine what they are because we are counting them on our fingers."

"That, to me, that's really Chinese New Year," she added. And for Mollie to be so excited – that, in and

see Lunar page 4



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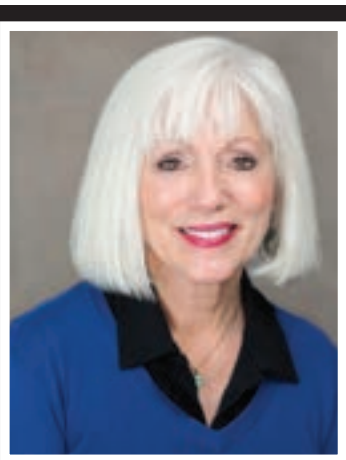
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Lunar:

continued from page 3

of itself is worth preserving. Short of driving, Mollie wears makeup, goes to Jazzercise, plays games, hosts a party once a month, and her home décor is what Elizabeth likens to "antiques galore."

On Mollie's kitchen counter was a picture of a "Kitchen God." According to legend it's believed that on the 23rd day of the 12th lunar month, just before Chinese New Year, the Kitchen God returns to Heaven to report the activities of every household over the past year to Yu Huang, the Jade Emperor. The Jade Emperor, emperor of the heavens, either rewards or punishes on the family's yearly report.

At Elizabeth's parents' home growing up, she said because her mother was disabled, her father would bring the Buddha statue downstairs for the Lunar New Year dinner. "We called him the 'Basement Buddha'" she said.

In keeping with the Buddhist tradition, the significance of the first meal of the year being vegetarian is not to take a life. The meal is traditionally prepped the night before and on New Year's Day, there is to be "no cutting", no " use of the scissors," no sweeping.

"You can't shower, but you do cut your hair the day before," Elizabeth said. "Last year, I tried to find a place to cut my hair the day before new years; a lot of beauty shops were booked."

Asked what the significance of those traditions, Mollie said she'd ask her mother that question and her mom would say, "Just do it." And Elizabeth agreed, in laughter: "Just do it."

Fifteen years ago, Elizabeth said The Sacramento Bee sent a reporter and a photographer to follow her and her friends for four hours to gather the ingredients. Then after they gathered it, they asked when would it be cooked? The answer, that night for the following day and then it takes even longer to cook. So, the Bee staff asked how they were going to taste it. Elizabeth found a restaurant that uses 10 of the ingredients that she would have used.

"We were talking about not only the ingredients but how we celebrate, what's the meaning of it. That, to me, is really what new years is about," Elizabeth said.





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Land Park Volunteer Corps celebrates 10-year anniversary

By Bia Riaz
bia@valcomnews.com





Photos by Jill Booth Macdonell

Shown here are photos from the Nov. 3, 2018 Land Park Volunteer Corps work day. The first work day for the new season will be Saturday, March 2. LPVC will be celebrating their 10th year at the picnic area behind Fairytale Town in William Land Park at 9 a.m. They are inviting local dignitaries to commemorate the event and will have a short ceremony honoring local students and volunteers. Coffee and morning treats will be provided, followed by a barbecue lunch for all those who attend the work day.

In the wake of the 2008 financial crisis in California, cities all over the state faced some very difficult budgeting decisions. Sacramento's Parks and Recreation department experienced deep budget cuts, resulting in shortages of services and staff for local parks. William Land Park, one of the area's largest regional parks spanning about 200 acres, suffered as a result. The bike trails, ponds, benches, and other amenities were neglected and in disrepair. The park had become an unhealthy and often times dangerous place for the community and visitors. In an effort to address the deteriorating conditions, Craig Powell, as Chair of the Parks Committee at the Land Park Community Association submitted a proposal to create a volunteer project to maintain and beautify Land Park. As a result, the Land Park Volunteer Corps was created.

"The deepest cuts to the Parks and Rec budget took effect in 2010. Land Park had started to resemble a jungle and had become quite unsafe," recalled Craig. "We sent out letters to the community and local businesses seeking volunteer support to launch monthly work days to address the issues in the park. The response was extremely strong and positive. Over 35 volunteers showed up for the first work day ready to help and donate tools, time, and skills. Additionally, several community members sent donations of money to purchase food and tools for the volunteers. Local businesses like Espresso Metro, Freeport Bakery, Marie's Donuts, and Noah's Bagels provided coffee and food for all the volunteers. Each month the number of volunteers grew. Now, 10 years later, have up to 250 volunteers at any given work day. Through their dedication and hard work, the volunteers can actually visualize how the park has been transformed," exclaimed Craig.

A place to see the fruits of your labor

The model is quite simple. From March through November, LPVC teams meet on the first Saturday of each month in the picnic area adjacent to Fairytale Town in William Land Park to complete tasks as assigned through various project teams. The work day starts at 9 a.m. with coffee and breakfast snacks and continues for approximately half a day until the barbecue lunch is prepared and provided fresh for the volunteers. LPVC also provides water and coffee throughout the work day. There is no cost to join the LPVC and each volunteer can choose tasks that are within their skill and comfort level.

Art Taylor, a 35-year resident of Land Park and graduate of C.K. McClatchy High School, became actively involved with the LPVC. He now serves as an organizer and works closely with Craig and other team members to train team captains and volunteers to plan and develop projects as needed to maintain and beautify the park. "We carefully design park projects in conjunction with input from Julie Murphy, Park Commissioner for Council District 4." explained Art.

"Over the years, through donations, we have built up an inventory of tools and supplies to help complete the projects" he added. According to Art, the city does not provide any financial assistance, but they have provided a trailer to house the tools and items needed for work days.

"We do a lot of plantings – flower beds, trees, plants. It took five years, but we have finally won the victory against the weeds. It was like warfare," shared Art. "We also have a Corps Action Team focused on repairs and construction. We have rebuilt and repaired picnic tables and benches. We also built the storage shed for the pony rides," added Art.

Progress and reflections

The success of LPVC has inspired several other neighborhood parks to emulate their model and improve conditions in their respective areas. LPVC provides support and guidance to the communities striving to achieve similar outcomes. Despite the positive energy and successful outcomes, LPVC does face quite a number of challenges. "We work closely with the Land Park Community Association, however, as our numbers grew, we did form a separate entity and Board of Directors in 2010, allowing us to focus more closely on park projects. Our volunteer base has grown steadily over the last 10 years and we continue to rely solely on donations to feed volunteers and acquire tools and supplies for the proposed projects. We have never done any fundraising for the work of the LPVC, however, the growing costs of feeding over 250 volunteers and providing supplies for landscaping and gardening will require us to launch our first fundraising effort this spring," explained Craig.

"Although the city has provided a trailer, they have not provided any additional staff. In fact, the Land Park permanent staff has been reduced to 3. This is fewer than the 5 permanent staff that were originally assigned to Land Park during the beginning the recession," shared Craig. Both Art and Craig also expressed concerns regarded parking and traffic issues related to large events. "There is a disconnect with how the city communicates with us about road closures and events. Residents and local businesses have also have expressed safety concerns and frustration," related Art.

You are welcome, invited, and embraced

"I used to be a runner. Since my heart attack, I had the opportunity to slow down and appreciate nature. Now, I enjoy the various walking trails throughout Land Park. That's my favorite feature. Volunteering with LPVC made me feel like I was welcome, invited, and embraced," shared Art.

This is the vision and mission the LPVC wants to share with the community and supporters of Land Park. The first work day for the new season will be Saturday, March 2. LPVC will be celebrating their 10th year at the picnic area behind Fairytale Town in William Land Park at 9 a.m. They are inviting local dignitaries to commemorate the event and will have a short ceremony honoring local students and volunteers. Coffee and morning treats will be provided, followed by a barbecue lunch for all those who attended the work day.

For more information call Craig Powell, lead coordinator, at 916-718-3030 or e-mail ckpinsacto@aol.com.

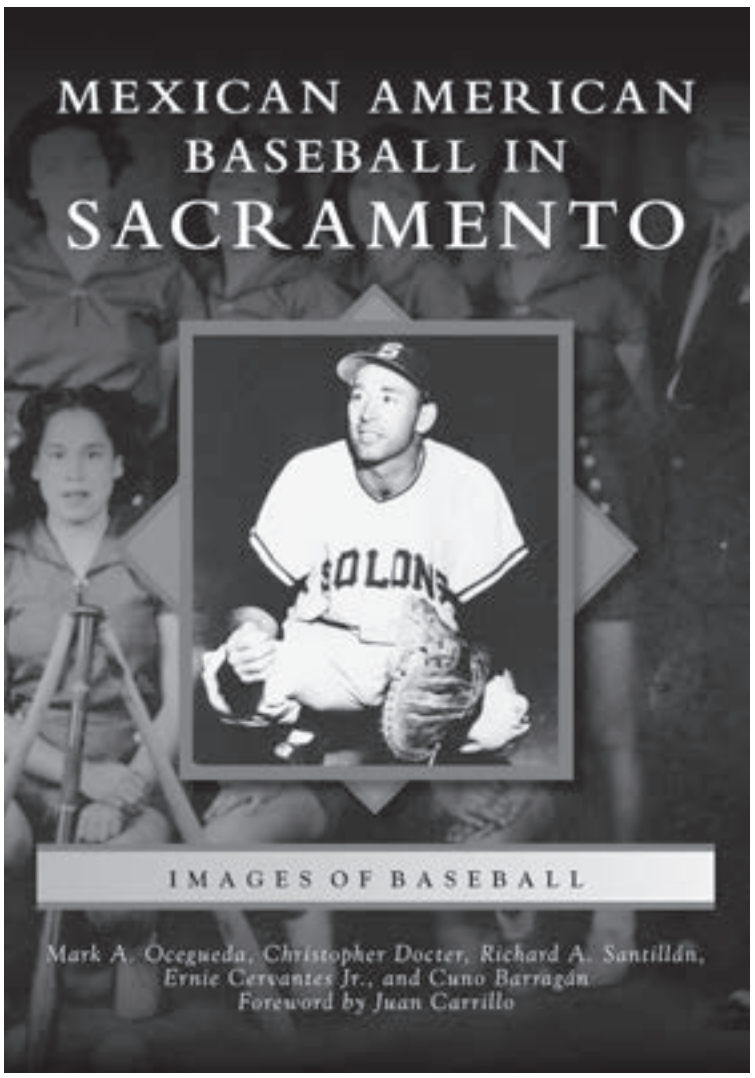
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"Mexican American Baseball in Sacramento," coming Monday, February 18, 2019 from Arcadia Publishing!



Mexican American Baseball in Sacramento explores the history and culture of teams and players from the Sacramento region. Since the early 20th century, baseball diamonds in California's capital and surrounding communities have nurtured athletic talent, educational skills, ethnic identity, and political self-determination for Mexican Americans. The often-neglected historical narrative of these men's and women's teams tells the story of community, migration, military service, education, gender, social justice, and perseverance. Players often became important members of their communities, and some even went on to become professional athletes--paving a path for Latinos in sports. These photographs serve as a lens to both local sports history and Mexican American history by Christopher Docter, Richard A. Santillán, Ernie Cervantes Jr., Cuno Barragán Mark A. Ocegueda (Author), Juan Carrillo (Foreword)

1) Tell us some surprising facts that the average baseball/sacramento history buff might not know

Well we think that the average baseball and Sacramento history buffs might be surprised to know how many talented Mexican American baseball and softball players came out of the region dating back to the late 1800s. They might also be surprised to know how thriving Mexican American baseball teams and leagues were during the 1920s through the 1950s. During those years, baseball provided an important social, leisure, and political network for Mexican American communities throughout California. Mexicans in Sacramento made connections with barrios in nearby communities like Woodland, Elk Grove, Stockton, Merced, Atwater, Turlock, Pittsburg, Martínez, and even into the San Francisco Bay Area. In many ways, the sport became a focal point and a crucial element of the social fabric that influenced the development of the Sacramento Mexican community.

2) Break down the chapters and discuss something interesting from each of them

1. Barrio Baseball in Sacramento

Though Mexicans resided in Sacramento prior to the 1910s, the migration spurred by the Mexican Revolution during the first two decades of the 20th century led to a more centralized and cohesive Mexican community in the California capital. These new migrants converged in the capital to work at the Southern Pacific Railroad, packing houses, and canneries and in farm labor and first settled in downtown's multiethnic communities. As the years passed, these immigrants and their progeny formed a vibrant Mexican community with their own organizations, churches, community centers, and of course, baseball teams. This chapter looks at teams from the late 1920s, including the Octubre Club, which consisted of players like Julio Reséndez and Pete Benton, who went on to establish the Mexican Athletic Club (MAC) in 1931. The MAC served as a social and cultural lifeline for the Sacramento community for over 26 years and produced excellent barrio players like Ernie Cervantes Sr. and Manuel Ramírez. Women also played for the MAC, such as Consuelo "Chelo" Sánchez, Mary Dávila, and Babe Cervantes. Some of these players also played in the military while serving in World War II, the Korean War, and Vietnam. During and after World War II, another era of Mexican American players emerged and carried the torch, playing with pride for their community and bringing joy to Sacramento's baseball fanatics. Overall, these photographs and stories show Sacramento's Mexican American history through the lens of baseball and celebrate its positive impact in the community.

2. Youth Baseball from Sandlots to University Diamonds

Many of Sacramento's Mexican American residents learned baseball by going to their local diamonds and swinging the bat with their siblings, parents, friends, and coaches. Others served as batboys for the adult teams and quickly fell in love with baseball. As others continued to play the game into their early adolescent and teenage years, they often played for their local middle school and high school teams. The Cervantes brothers

see Baseball page 7

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Baseball:

cotinued from page 6

all played for Sacramento's Bishop Armstrong High School Falcons (now called Christian Brothers). Gene Cervantes was a key player as a catcher and second baseman on Sacramento's Bishop Armstrong team that posted a 22-2 record in 1962. The team beat four conference champions that year, and local baseball buffs consider it to be one of the best high school teams to ever play in the Sacramento area. Players like Chado Vasquez played for the same school on the Gaels baseball team during the early 1950s. Many went on to play for Sacramento City College, including George Mojica, Cuno Barragán, and even major-league Hispanic Hall of Famer and Elk Grove native Buck Martínez. This chapter chronicles the youthful sport from sandlots to college diamonds.

3. *Mexican Americans and Professional Baseball*

This chapter looks at players from the Sacramento area that played professional baseball. Mexican Americans have been scouted and evaluated by major-league teams since the early 20th century. It is believed that in 1908, Frank Arrellanes became the first Mexican American to play in the major leagues when he pitched for the Boston Red Sox. Late in the 1910 season, Arrellanes joined the Sacramento Senators in the PCL. In the interwar years from the 1920s into the early 1940s, more Mexican Americans joined semi-professional teams, and the more talented players even made it into "the show." After World War II, major-league teams scouted for more Mexican American players, and they entered the professional leagues with greater frequency. Cuno Barragán is perhaps the most renowned Mexican American player from Sacramento who went on to the major leagues when he joined the Chicago Cubs in 1961. Prior to playing for the Cubs, Cuno played for Sacramento High School, Sacramento City College, and the PCL Sacramento Solons. After retiring from the game in 1963, Cuno returned to Sacramento and mentored a new generation of baseball players. Some of them, like pitcher Fred Arroyo, continued in Cuno's footsteps as they also entered the major leagues. Chapters four and give focus on the San Joaquin Valleys.

3) Why did you decide to write this book? What do you hope readers get out of it? When did you begin writing this book?

This photo book chronicles the overlooked history of Sacramento's Mexican American sports community and connects those stories to a broader Mexican American history. While some attention is given to the rise of individual professional and major-league players, the emphasis rests on the celebration of ethnic identity and community solidarity that Mexican American baseball provided to Sacramento and surrounding communities. Although former players and their families in the region have not forgotten baseball's cultural and social significance, we believe that this book serves as one of the first efforts to present the history of Mexican American baseball and softball in Sacramento to the general public. We hope readers will leave with a greater understanding of the history of Sacramento's Mexican community.

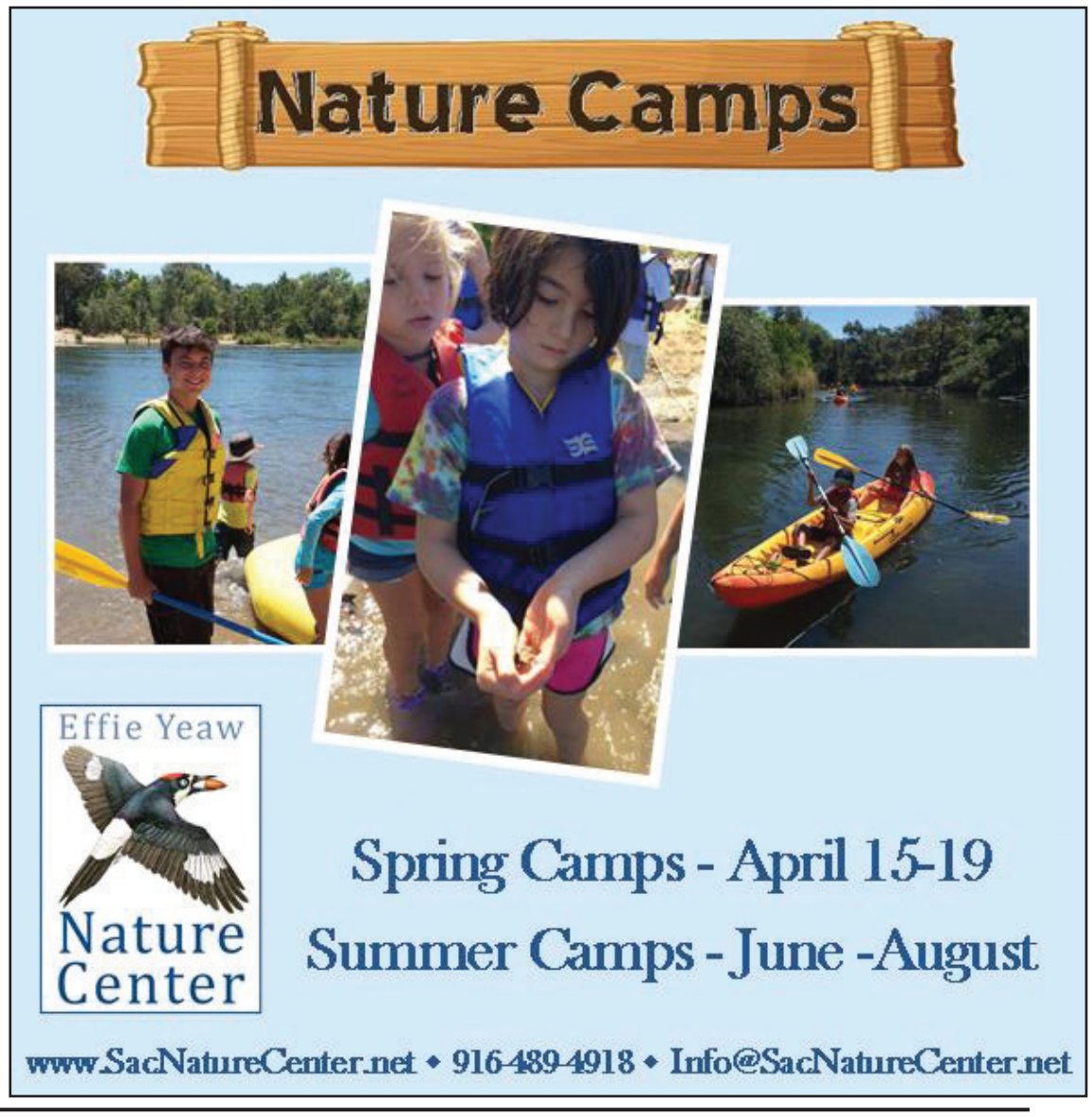
4) For ocegueda: tell us about your teaching profession, how long you've been teaching, what you enjoy most about it and how this book may have been influenced by your teaching. Tell us what it was like working with other experts on this book.

I am an assistant professor of U.S. and Mexican American history at Sacramento State. I finished my Ph.D. in history at the University of California, Irvine in June 2017 and started this position in the Fall of 2017. I love teaching at Sacramento State because we have great students who are eager to learn the history of their communities. Many of the students at our campus remind me of myself as well. I went to a California State University campus for my undergraduate training and am also a first-generation college student that comes from a working-class family of immigrants.

Many of our students come from similar backgrounds and it has been a wonderful experience to work our students. In fact, some of our students like Yozantli Lagunas Guerrero and Yazmine Vargas Castañeda helped out with some of the research for the book.

Working with the other co-authors of the book was also a great experience. Cuno Barragán and Ernie Cervantes Jr. were the lifelines to the community for this project. As long-time baseball players has given them an intimate knowledge of the Sacramento community. Their expertise in Sacramento's Mexican American history was absolutely crucial in collecting the majority of the images readers will see in this book. Professor Richard Santillán has been a long-time mentor of mine and he has been the primary researcher for the Latino Baseball History Project–––a special collections archive housed at the Pfau Library at California State University, San Bernardino. Dr.

Santillán's work has led to the establishment of perhaps the largest collection of Mexican American baseball images in the country. Chris Docter has also worked tirelessly to produce two great chapters on the San Joaquin Valleys. I think readers will be stunned at some of the breathtaking images and stories that Docter has collected for this book.



Faces and Place: Chinese New Year celebration at SF Market

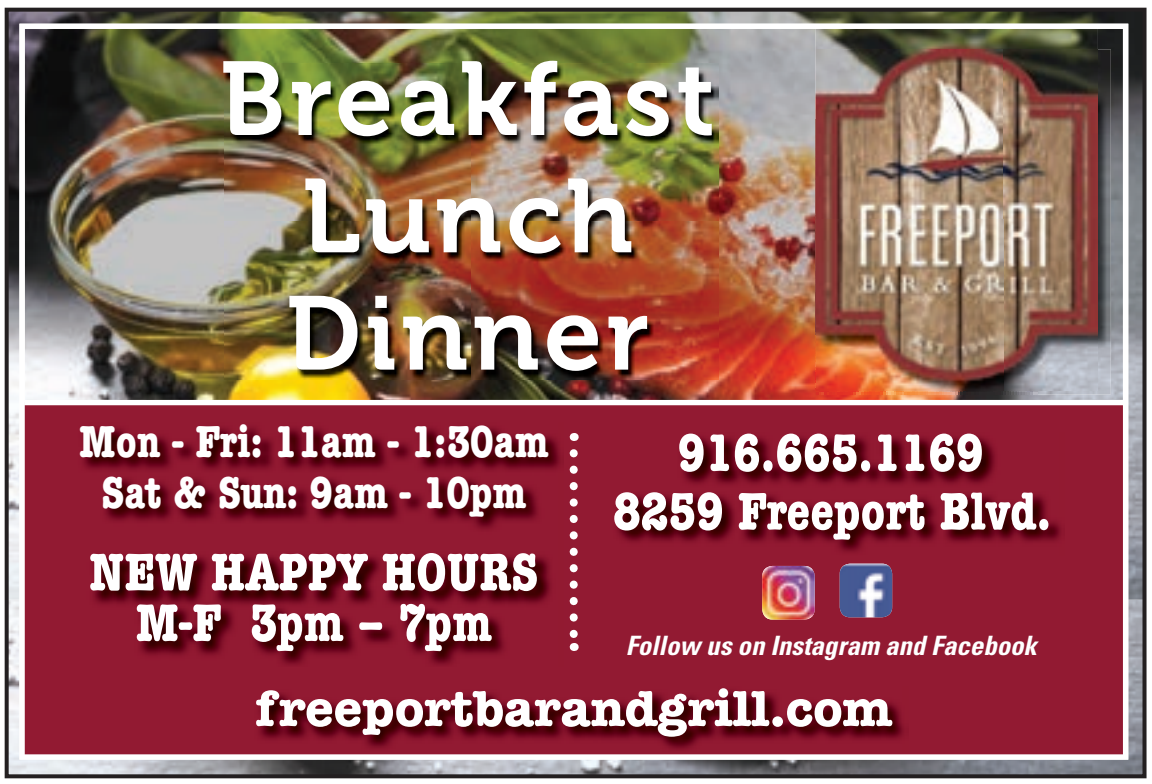


Photos by Stephen Crowley

Gung Hay Fat Choy! S.F. Market inside the South Hills Shopping Center held a two-day Chinese New Year Celebration on Saturday, Feb. 9 and Sunday Feb. 10 complete with a traditional dragon dance and firecrackers.







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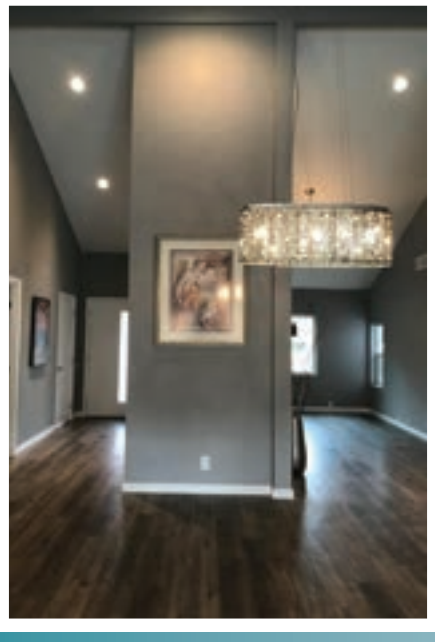












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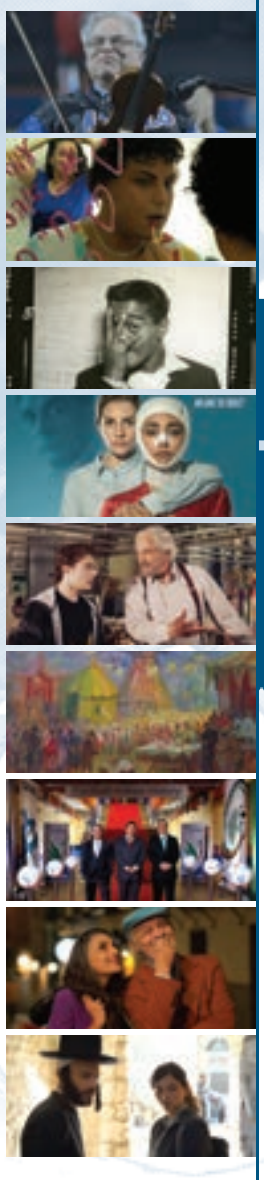
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Sacramento's fall prevention workshops among top in the country

By Mae Denman

Falls are the number one cause of injury, and deaths related to injury for older adults. Data from 2014 (CDC, steadi) indicates that 1 in 4 older adults reported a fall, with 27,000 people dying from falls that year. The cost of rehabilitation and recovery from falls was tallied at 31 billion dollars and is expected to reach 49 billion dollars per year by 2030, when the number of older adults reaches an expected 74 million.

Sources of information on falls prevention include websites for the Center for Disease Control (CDC), The US Department of Health and Human Resources/ National Institute on Aging, and The National Council on Aging. These websites are rich sources of information, checklists, self-assessments, and studies showing that the risk of falls can be significantly reduced.

In particular, the CDC has endorsed three trainings for falls prevention. In Sacramento, the UC Davis Medical Center has been a leader in training workshop leaders for two of the CDC endorsed training packages -- "Stepping On" and "A Matter of Balance". As well as, the establishment of the Stop Falls Coalition in Sacramento which helps coordinate falls prevention initiatives. These trainings focus on various physical and environmental factors which have been found to increase risk of falls (vision, hearing, attitude/confidence, environment, physical strength, medicine and medical conditions).

The third CDC endorsed falls prevention training is "Tai Chi for Falls Prevention and Arthritis" which was developed by Dr. Lam, an Australian Physician who promoted the use of Tai Chi for rehabilitation and management of chronic diseases and conditions. The gentle, slow, mindful movements provide participants with a safe effective way to increase strength, flexibility and balance. In addition, learning new patterns of movement stimulates the mind enhancing neuroplasticity and continued development of brain function.

Taking steps to reduce your risk of falls makes sense for every older person, however, it is not just a problem for our elders. Helping parents, older siblings, or your aging friend assess and manage risks of falls, benefits everyone. Download a home safety guide for falls prevention, and make sure your home is safe for an older visitor, or use the guide to help someone eliminate fall risks around their home. Notice changes in behavior or injuries in older adults, and encouraging conversations with their medical caregivers about these changes is important. Overall, be creative in finding ways to promote independence while ensuring safety. Remember, you too, are aging.

Mae Denman teaches Tai Chi for Falls Prevention and Arthritis at the Sacramento Yoga Center at Sierra 2.

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Thousands join in city's MLK Day march



Photo by Lance Armstrong

People of various ages held signs during Sacramento's 36th annual Martin Luther King Jr. march.



Photo by Lance Armstrong

Marchers hold a banner promoting moving the dream of Dr. Martin Luther King Jr. forward. The civil rights activist and minister was assassinated at the age of 39 on April 4, 1968.

By LANCE ARMSTRONG

Crowds swarmed the campus of Sacramento City College on Jan. 21 to participate in the city's 36th annual Martin Luther King Jr. Day march.

Known as March for a Dream, the event is presented by MLK365, and is joined by other communities in the region.

The college was the gathering spot for the official beginning of the event. A ceremonial "extra mile" start began at the Oak Park Community Center.

As those gathered at the college awaited the arrival of the Oak Park marchers, they mingled with each other, visited various booths and listened to speeches honoring King's dream.

Sacramento City Council Member Rick Jennings, who represents a section of south Sacramento, including the Pocket area, said that the march represents "walking to break down the barriers that lead to injustice for too many people."

The council member also commented on the importance of leading by example through walking in the march.

"It's important to me to be the leader of my family and march as Dr. King led marches during the civil rights movement (of the 1960s)," he said. "It's important for me to show my family and my community (the importance of leading) by example and to be one that's walking with the people."

Jennings, who has walked in every year of Sacramento's march, stressed a need to spread King's message to younger people.

"One of the most important reasons to be out here is we must pass it on to the next generation of young people, who will take over this march and take over the advocacy and activism for the cause that are still unjust for too many people."

Jamieca Baker, of south Sacramento, also believes in setting an example for younger people.

"It's really important that the youth and the little ones see and know what's going on, so that they can always support and be a part of it as they grow up," she said. "It was important to me to (march) and make a stand, so that my children will know.

"I have two younger boys. There's been a lot of police brutality going on lately, and I just want them to know that, no matter what, stand up for something or you'll fall for anything."

Baker also spoke about Sacramento's march with pride.

"Sacramento's been doing big (with it's march)," she said. "Don't underestimate us. We are a good community. We love our people and we're definitely trying to turn it around for the good."

Also among those in the crowd of marchers was Sen. Richard Pan, D-Sacramento, who stated a need to work toward achieving King's dream.

"It's important for all of us to be here together to celebrate Dr. King and his vision, but we need to continue to work to make that a reality," he said. "He fought for social justice. We know that everyone in our community should be equal, have equal opportunity and we all need to strive harder to achieve that."

Land Park resident Steve Osterholt, who has walked in the Sacramento march about 20 times, supports the organizer's stance of spreading King's message 365 days per year.

"It's about how you live, not how you march on one day a year, and how you interact with each other, respect each other," he said. "A great example of that is what happened three days ago on the Capi-

see MLK page 18

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Letter to the Editor



Dear Editor,

It is apparent that our Council Member and Mayor are for the Jump Bikes and now Scooters and Chevrolet Bolts-Electric Vehicles, to give Sacramento residents more freedom and choices to travel and go places.

I have also noticed that the Jump Bikes are taking over public street parking that, up to this point, was a precious commodity of many smaller businesses who did not have the parking availability.

Many small businesses, including Vic's Ice Cream on Riverside Boulevard, Chocolate Fish Coffee on Freeport Boulevard, and other Sacramento businesses have little or no parking other than public street parking.

In these cases, the City of Sacramento deemed it necessary to place Jump Bike stations in front of many businesses, taking at least to public street parking spaces. Yes, they are public street parking spaces, but guess what, there are other, alternate locations, within 10 yards.

Is it that important to rob these tax paying neighborhood business with little or no parking spaces when there are other, very close locations that would still meet the criteria for placing Jump Bike stations?

Is this a 'quality of life issue' or 'how to make a quick buck', for the City of Sacramento?

On the heels of the Jump Bikes, Sacramento will soon have Electric Scooters, Chevrolet Bolts and probably Electric Skate Boards as additional rental choices.

Where are we going to put/park these wonderful city money makers?

And, yes, the Mayor has advised that Jump Bikes and Electric Scooters will not be allowed on the sidewalks. Who will enforce this rule?

Sacramento Police Department, who is at least 200 short of Sworn Officers, Parking Enforcement (not their job), anonymous tips, pictures and self policing? No way.

Just another political moneymaker for those who don't care.

Sincerely,
Art Taylor, Land Park



Welcome to The Corner Booth



By Jim Cassie

This is a new addition to the Land Park News covering the re-emergence of some of Land Park's eateries. Some places have changed ownership, re-invented themselves from a previous day, or opened within the last couple of years.

The "corner booth concept" came from my past. For 40 years, I was a lobbyist for a number of clients and had an opportunity to meet and work with vast numbers of solid legislators, Capitol staffers and other advocates. Many hours were spent within the confines of Frank Fat's discussing the issues of the day. Productive relationships are often difficult to develop, but Fat's served as the catalyst to make that a bit easier.

The corner booth at Frank Fat's was the popular table. In fact, it was named after the legendary James D. Garibaldi, the unofficial dean of the lobbying corps, who was known to frequent the L Street hangout and hold court. Like then, I hope my thoughts of what's happening with Land Park restaurants give you a seat at The Corner Booth.

By the way, this is not food review. It's about the places and the people that bring the eateries to our neighborhood.

More than a century ago, a street car ran from downtown Sacramento to Sutterville Road down the middle of Riverside Boulevard, terminating at the Riverside Swimming Baths. Today, the baths are the location of the Temple B'Nai Israel. In addition to riders living in what would become Land Park, legislators and fatcats often departed the train and ate and drank at the White House. A trendy place with ample amounts of booze and fine steaks.

Today, the White House is the Riverside Clubhouse. In 1964 Al Alvernaz bought the restaurant, rebranding it the Hereford House complete with the brown and white Hereford on the roof. According to Matt Haines, at one point a group of Kennedy High School students managed to "steal" the fake animal, only to return it later after the prank served its purpose.

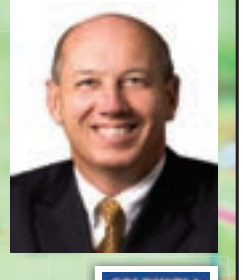
Matt and Fred Haines opened the Riverside Clubhouse opened in 2003, ending the 40 year run for the Hereford House. The restaurant was purchased nearly a year ago by Bill Crawford of the Crawford Group, who for the last 30 years has served as Director of Operations for the McDonalds Corporation. Bill is an affable guy that seems to be driven to bring a quality product to Land Park. His General Manager is KJ Monroe, another veteran of Sacramento's food scene.

Crawford and Monroe have been busy making some cosmetic changes to spruce up the interior with more to come. They also plan to introduce a new, seasonal menu shortly in early February complete with a new chef.

But the one consistent face since 2006 at the Riverside Clubhouse has been Tim Ramirez, now a special assistant to help with the transition and handle management duties on weekend shifts. Tim's prior restaurant stops included AJ Bump's, Fish Emporium and the Zinfandel Grill. It's a tribute to Crawford and Monroe they quickly recognized Tim's value to the restaurant and its customers. According to Jamie Khan, a loyal weekend breakfast customer, "It's always a pleasure to see Tim's smiling face, especially so early in the morning."

The Riverside Clubhouse is located at 2633 Riverside Boulevard and open daily for lunch and dinner with breakfast on the weekend.

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Uncorked: Stories of Sacramento Valley wine & vineyards





by Bia Riaz

I still remember the first time I sipped an Old Vine Zin. Lush, velvety and smooth with a deep distinct aroma, I was smitten. What sorcery was this? I ran my fingers across the gnarled roots and branches while walking through a serene Sacramento Valley vineyard. I swear I almost heard soft whispers of secret ancient stories, tales of sunshine and baked earth. I needed to know more.

I had always assumed Zinfandel was a silly sweet white wine served on airplanes in tiny bottles with twist tops. Little did I know, California, and more precisely, Northern California, produced some of the most delicious and sought after red wine varietals of bold Zin, better known as Old Vine Zin. Of course I knew about Napa and Sonoma, and their legendary wines, but I had tragically overlooked the treasures growing all around me in this part of California. So began my journey of wine exploration. Not only did I want to experience all the different varietals, but I wanted to know the stories, meet the winemakers, visit their vineyards, and discover hidden treasures.

My wine adventure has been an absolute delight. I had the opportunity to meet passionate winemakers capturing California sunshine in glass. I've learned about the history, agriculture, myth, mystery, and business of wine. It's gotten to the point where I truly feel the need to share all of this wonderful experience with the readers of Valley Community News. So whether you are a casual wine consumer, a wine aficionado with dreams of having your own vineyard or winery, or just curious about the allure of wine and food pairings, this regular column may suit your fancy! I'll be diving into the local wine scene, interviewing winemakers, visiting their vineyards, and demystifying "wine-speak."

Speaking of food and wine pairings, this coming weekend, the historic Old Sugar Mill in Clarksburg will be hosting the annual Port Wine & Chocolate Lover's Weekend. If you have not had the opportunity to visit this venue, it is a unique experience. The original mill was converted to a custom crush facility and tasting room gallery for boutique winemakers. Guests can park their cars and experience wine tasting in over 14 different wineries. I promise a future column will feature a lot more information about the history of the Old Sugar Mill, but for now, their very popular wine and chocolate event will be held February 9th and 10th from 10AM to 5PM. This year's event will feature a "Valentine Bubbles" reception at 10AM. Throughout the day, guests will be able to enjoy wine and chocolate pairings. For tickets and more information please visit their website: oldsugarmill.com.

I sincerely believe that wine has the ability to connect with, and activate, all five of our senses. That is exactly why, it is a universally loved experience. Every wine has a story that generates a lifetime of memories. The Sacramento Valley wine region is rapidly emerging as a destination for wine aficionados across the globe. I hope you will join me on this journey.

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Susan Moon sheds light on writing and faith for Buddhists



By Alicia Dienst

A group of 25 gathered together with pens and journals on a brisk December Saturday morning at the Sacramento Dharma Center to find the quiet within and express themselves through writing with the support of Susan Moon. Moon, author of four books including the cult classic, "The Life and Letters of Tofu Roshi," has been leading groups like these for 20 years. The workshop included a combination of meditation, writing exercises, and interactive activities including collaborative writing projects. Moon told the group that Chinese writers of yore did not concern themselves much with getting credit for what they wrote, so poems and stories were often written by and attributed to multiple authors.

She said the two activities complement each other. Meditation, she explained, helps people settle into what they will write and writing helps people focus on what they are experiencing in the present moment. "They go together," she said, "because they both require being open to the heart and mind without judgment and with acceptance. Meditation can help writers be present in other parts of life." Moon did not instruct participants to critique each other's work, but to listen and discuss it. She also encouraged the participants to avoid judging the quality of their own writing in the moment. "The language comes down to you and you are just putting the words on the page."

Moon used the theme of faith as a focal point for the day. A student of Zen Buddhism since 1976, Moon was entrusted to be a Zen teacher in 2005. She said she chose to focus on the topic of faith at the workshop because Buddhists so rarely discuss it, and she values the quality of cherishing. "We are living in a time of doubt and suffering in this world. We need faith to meet the tribulation." In her talk to the larger gathering of Sacramento Buddhists Sunday night, Moon shared a personal story of how she came to have faith in her practice. She initially had an aversion to Zen practice as a second wave feminist because of its hierarchical nature and reverence for past (in this case, all male) ancestors. However, she continued going to the San Francisco Zen Center for nine years and found herself prepared to participate in a Buddhist initiation ceremony. Jukai, as it is called, is a formal Zen public ordination wherein a student commits to live by certain Buddhist principles.

"It was an act of faith," she said, to not blindly accept some dogma, but to realize she already believed the precepts to which she was dedicating herself. She found she appreciated the ancestors for coming before her in the practice, "like the leaves that fall."

"This is how we got here, through the ones who came before us." Her parents, she said, were "determined agnostics," so she came to Buddhism without the preconceived ideas and negative experiences people with a religious background often have. For her, faith is the opposite of dogma or beliefs, but more like gravity. She asserted that people can generate faith based on the Buddhist concept of interconnectedness. "We're made of out of everything that is not us, so we're really all connected and that gives me a lot of faith," she said.

"I was able to rediscover that I do have faith, after having been turned off by the idea of "faith" for many years," said workshop attendee Andra Hirsch, social worker. "I really like the way we got into different groups because it forced me interact with folks that way. Having grown up in Quaker meeting doing something similar [to meditation]." She said Quakers call it "silent worship." "I enjoyed getting in touch with that aspect of myself."

Moon and co-editor Florence Caplow published The Hidden Lamp, Stories from 25 Hundred Years of Awakened Women in 2013 to make women's stories in Buddhism more available. Moon said while a traditional Zen perspective on gender is that it is empty of meaning and that Buddha nature has no gender, that "everyone's the same under the skin." There is a contradiction because people experience the consequences of gender or perceived gender and "it's important to acknowledge that." She said her workshops typically draw more women-identified people than men and suspects that is because "women are brought up to be more empathetic" and gentler, and therefore drawn to "joint activities" like her workshop.

"I like to embrace the collaborative aspect of it," she said. "It's a sangha building activity." By writing in a group and sharing what one's writing, "People realize they can trust this other person."

"I found Susan Moon to be an experienced, gentle facilitator whose [writing] prompts and guides allow students to discover more about themselves," Karen Wilkinson said of the retreat leader. "She was adept at leading large groups and keeping the energy light, while holding space for the spectrum of experiences."

Moon was close to Dharma Center elder and founding board member Susan Orr, who died in September and she dedicated the day to her Orr's memory.

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What's happening, Land Park?

SATURDAY, FEB. 16

ALTERNATIVES TO VIOLENCE PROJECT (AVP) WORKSHOP: Alternatives to Violence Project (AVP) experiential workshops help participants:Explore positive communication methods, discover creative ways to handle disagreement, transform conflict into collaboration. Lunch is included both days. $50 to $75 suggested, according to your ability to pay. (If cost is an obstacle, contact organizer to discuss alternatives.) Pre-registration is required. Contact Barbara Wallace: bwallace@omsoft.com. The workshop goes from 9 a.m. to 6 p.m.

UNDY RUN/WALK: From 7:30 to 10:30 a.m., in William Land Park, hundreds of of people will be running and walking in their undies to raise funds for colorectal cancer prevention and awareness for the 8th annual Sacramento Undy RunWalk! Organized by the Colorectal Cancer Alliance, funds raised will be used to get more people locally to get screened for this often preventable disease. For more information, and to register, go to https://fundraise.ccalliance.org/sacramento.

SATURDAY, MARCH 2

LAND PARK VOLUNTEER CORPS 10-YEAR CELEBRATION: The first work day for the LPVC's new season will include a 10-year celebration in William Land Park at the picnic tables near Fairytale Town. Local dignitaries will be invited to commemorate this event. There will be a short ceremony with morning treats and a barbecue lunch for all those who attended the work day.

SOROPTIMIST CRAB FIESTA 2019: All you can eat crab & pasta dinner supporting Soroptimist International of Sacramento, Inc. at the Annunciation Greek Orthodox Church Ballroom, 616 Alhambra Blvd. Funds raised at this event will be used to improve the lives of women and girls through programs leading to social and economic empowerment. A portion of this ticket ($20) may be considered a donation. Tickets are $60 per person. The event will include a silent, live and dessert auctions, as well as a "golden raffle." Doors open at 6 p.m. Cocktails and Silent Auction (Please, no outside alcohol) 7 p.m. dinner. Purchase tickets online at www.CrabFiestaSac.org Presented by Soroptimist International of Sacramento, Inc. www.soroptimistsacramento.org

SATURDAY, MARCH 16

BOARD GAME WORKSHOP – BIKE ROUTE SACRAMENTO AT CRAWFORD'S BOOKS: Bike Route Sacramento is a new family board game coming out in 2019. The board is a map of Sacramento and features many local buildings, businesses and places of interest. In the game, players build bike routes in order to win community awards. Bike Route Sacramento is still in development; feedback and local expertise to put the finishing touches on the map and game will be encouraged. Attendees will be playtesting the game and brainstorming additional ideas from 1 to 3 p.m. at Crawford's Books is located at 5301 Freeport Blvd., #200, Sacramento. (www.BikeRouteGame.com). For more information, call 916-731-8001.

ONGOING

ADULT AND TWEEN/TEEN BOOK CLUBS AT CRAWFORD'S BOOKS: Crawford's Books is hosting a monthly adult book club on the first Thursday of the month from 6:30- 7:30 p.m. They also host a tween/teen book club every other month. This group convenes on the 1st Saturday of EVEN months from 4 to 5 p.m. Light refreshments are provided. For more information and the list of books that will be discussed, please visit crawfordbooks.net. Crawford's Books is located at 5301 Freeport Blvd., #200, Sacramento. For more information, call 916-731-8001.

AUTO MUSEUM DEBUTS ALL-NEW EXHIBIT: HITTING THE ROAD: ROAD TRIPPIN' THROUGH THE YEARS: The California Automobile Museum is proud to present a new exhibit titled Hitting the Road: Road Trippin' Through the Years" that is on display until Feb. 25, 2019. The exhibit allows guests an opportunity to explore the historic American pastime of traveling with family and friends. Depending on age, race, and financial status, experiences and memories of road trips differ dramatically. The goal of this exhibit is to explore these differences along with how the automobile and road trips changed American culture, and also helped to shape entire industries.
The exhibit will showcase the heyday of road trips in the '50s, '60s and '70s as well as take a look at how the experience has changed over time. Museum guests will learn how different Americans experienced life on the road. For instance, the exhibit demonstrates how some families were squished into a station wagon on the way to the lake while others traveled in a cozy camper bound for Yosemite.
As part of this nostalgic exhibit, a number of iconic cars will be on special display, including: a 1952 Dodge 2-door Sedan, 1964 Ford Falcon Deluxe Wagon, 1953 Kaiser Traveler, 1956 Chevy Bel Air Wagon, 1959 Shasta Airflyte trailer, Custom 1972 Toronado RV, 1972 Oldsmobile Vista Cruiser Wagon, 1966 VW EZ Camper with tent canopy, 1955 Harley-Davidson Panhead, 1976 BMW R100/7, 1930s homebuilt tear-drop trailer and 1962 Ford Falcon Squire Wagon.
The Hitting the Road exhibit is free with Museum admission: $10 for adults; $5 for youth ages 5 to 17) and free for children ages 4 and under. For more information about the special exhibit or the California Automobile Museum in general, please call 916-442-6802 or visit www.calautomusem.org.

YOGA MOVES US CLASSES – Free indoor community yoga classes on Thurs-

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MLK:

continued from page 11

tol Mall in the spot where MLK gave his speech. There were three groups all with a good concern to be demonstrating over, to be speaking their minds, (but they got) into an angry confrontation. That's the problem. It's not the symptom. It's the problem in America."

Another marcher, Joe Debbs, of Elk Grove, echoed Osterholt, saying that every day should be Martin Luther King Jr. Day.

Debbs, who has participated in the march for more than 20 years, stressed a need for everyone to be a part of the movement to bring people together as one.

"We want to make sure that everyone is an activist (every day)," he said. "Everyone in their own right can do something. You can invite someone over to your house, you can meet another culture, you can make new friends. There are so many things that are missing that we can still do. That's why (King's dream) will forever live."

South Sacramento resident Tyrone Gordon, who has participated in Sacramento's MLK march for so many years that he has lost count, said that it is important for him to participate in this event each year.

"When you look at history, for what Martin Luther King (Jr.) stood for and all the accomplishments that have come (through) his life from his death, (this march) is the least that I could do," he said.

Oak Park resident Sophia Thompson, who has walked 17 times in this annual event, said she was appreciative of the many people who participated in the march.

"I think (they) are just keeping the legacy alive and hopefully it will perpetuate unity for all people of color, all people," she said. "That's what I see when I see all these groups of people here together," she said.

While the march made its way through William Land Park, a group of Girls Scouts passed out cups of water to participants as they walked down a street.

Those troops were Troop 232 and Troop 1681, of Land Park.

Before the marchers passed them on the street, the Girl Scouts gathered in a circle and discussed what MLK Day means to them.

Twelve-year-old Troop 1681 member Evelynn Clow, who attends California Middle School, told the Land Park News what it meant for her troop to become involved in the event.

"For us, it means that we're giving back to our community," she said. "The community does so much for everyone and it's always good to give back. Today is just a very important day in history."

What's happening, Land Park?

day evenings. Classes are 60 minute vinyasa style all-level yoga classes taught by local registered yoga teachers. Bring a mat, a water bottle, and a friend! Every Thursday from 6 to 7 p.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

*KLASSY TALKERS TOASTMAS*TERS provides a supportive, positive and fun learning environment in which every member has the opportunity to develop communication and leadership skills. The club welcomes the public to check out the club on Mondays (except holidays) from 7:15 – 8:30 p.m. at Eskaton Monroe Lodge, 3225 Freeport Blvd.

SOL KIDS DAY! EVERY SECOND SUNDAY OF THE MONTH: From 2 to 4 p.m., families are welcome to enjoy a day of cultural arts, crafts, and music., Sol Kids Day provides different hands-on arts and health activities every Second Sunday like nature creation labs, healthy snack assembly stations, yoga for kids and everyone's favorite, slime-making. Engaging performances for kids include hip hop theatre production, beat-making workshops, and guest appearances from some local unicorns and magicians. Sol Kids Day also hosts a gently used toy/clothing exchange every month as well! Sliding scale donations. No one ever turned away for lack of funds. Funded in part by the Cultural Arts Award Program of the Sacramento Metropolitan Arts Commission with support from the City and County of Sacramento. Sol Collective is located at 2574 21st St, Sacramento, California 95818.

LADIES GOLF CLUB IN LAND PARK: Did you know there is a women's golf club that regularly plays at William Land Park? Women can discover the joys of golf, build new social relationships and get fit the fun way by joining the William Land Women's Golf Club. This 9-hole group meets Thursday mornings. It's open to women of all ages and golf abilities. Questions....or want more information....please call 916-422-0831 or email gretjen@comcast.net

MUSIC AND MOTION AT BELLE COOLEDGE LIBRARY: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $5. 5600 South Land Park Drive.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

THE FORUM: HEALING PATHWAYS PSYCHOLOGICAL SERVICES: Every Thursday from 5:45 to 7 p.m., the community is welcome to the Sierra 2 Center, 2791 24th St., to participate "CONVERSATIONS ON THE EDGE!" The forum provides a framework for investigating human nature. FORUM IS NOT THERAPY, it is a ritualized form of communication designed to enhance transparency, growth, and community. A Way of Group Communication and Being in Community through a Culture of Non-Violence. Tamara Intentional Community and Forum Founders Sabine Lichtenfels and Dr. Dieter Duhm define one aspect of community as living truthfully with each other and this is the cornerstone of our peace work. Another aspect of having a culture of non-violence is ending the war between genders, by letting go of fear in the humanistic love we share with and for one another, despite our gender differences and the complexities brought to our gender identity. These definitions embody what it means to be in Forum, including transparency with our felt experience and what is alive in us, psychologically and emotionally. Participants connect through their own self awareness and through a willingness to share it with the group. They may wish to do this non-verbally, with active or passive facilitation, through a poem, dance, or whatever moves you! The Forum will be held in the Garden Room. Donations are encouraged to cover the cost of room rental.

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