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Pocket News

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Pride of the Pocket award ceremony to be held May 30

see page 2

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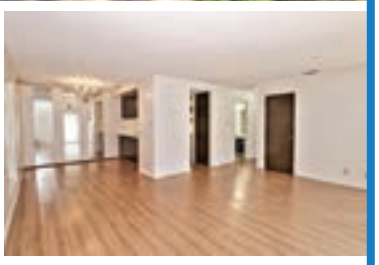

Greenhaven/Pocket area single story two bedroom, one bath unit in Roundtree, a gated community, beautifully maintained and cared-for by an active homeowners association. Dual pane windows and sliders, laminate floors, refinished shower and tub, newer dishwasher, water heater and Trane heat pump, and extended/re-done patio highlight the upgrades. Conveniently located to schools, parks, shopping, transportation and a relatively short commute to downtown Sacramento.

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Pride of the Pocket award ceremony to be held May 30



Kindergarten teacher Stephanie Berry



Friends of the Sacramento River Parkway

By Devin Lavelle
Special to the Pocket News

We love our wonderful community. With friendly, caring neighbors, a high level of safety, natural beauty, great schools, and so many rich opportunities for families and youth, it is truly a blessing to live in and represent such a treasure. We recognize, though, that the quality of life we all enjoy did not happen on accident. It takes caring neighbors, working hard to make a difference in the areas they are passionate about. The Pocket Greenhaven Community Association is celebrating these people who make our community such a wonderful place to live, work and play at Pride of the Pocket on May 30. We hope you'll join us! The event is free for the community to attend! (RSVP at pride.pocketgreenhaven.org).

In this issue we're proud to announce the neighbors and community groups that our group is recognizing! (The April 19 issue announced awards from elected officials.) We are grateful for the outstanding contributions each of them have made to our fantastic community, helping to advance the Pocket Greenhaven Community Association's values:

Inclusiveness | Safety | Education | Quality of Life

Lieutenant Paul Freeman retired from the Sacramento Police Department in January after 22 years of distinguished service, a career spent making an Outstanding Contribution to Safe and Quality of Life in the Pocket Greenhaven Community. "I want to know that my family, friends, and other loved ones can thrive in the community where we live. If we don't feel safe, we don't feel free to thrive."

Known for maintaining an outstanding, collaborative relationship with the community he's made home since the early 1970s, Lt. Freeman frequently noted that many cases were solved because of that input from the community he loves so much. "I love the small-town feel that our community has always had. When I go out and about, I always see people I know, and it's been like that for me for over 45 years."

The Friends of the Sacramento River Parkway have been advocating for completion of the Sacramento River Parkway for over 25 years, fulfilling the promise made in the City's 1975 master plan. Through their advocacy and Councilmember Jennings' leadership, the Parkway is poised to be open throughout the entire Pocket-Greenhaven community in the next several years, providing a natural treasure for our entire community to enjoy and an Outstanding Contribution to Quality of Life, Inclusion and Safety

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POCKET NEWS
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Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

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Editor ..... Monica Stark
Art Director ..... Annin Greenhalgh
Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

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Vol. XXVIII • No. 9

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Cover:
Photo of Lane Shapiro, organizer of weekly coffee gatherings at Caffe Latte

Pocket:

continued from page 2

in our community. "We deserve a safe, off-road trail for recreation and for commuting where bicyclists and pedestrians are separated from motor vehicle traffic – and we all deserve unfettered access to the river on the levee we all maintain with our tax dollars. Completing the Sacramento River Parkway is a matter of equity for all Sacramento residents," said PGCA leader Jim Houpt.

Completing the Parkway will truly be a crowning jewel for our wonderful community. "The Pocket-Greenhaven community is a treasure among Sacramento's neighborhoods. We enjoy low crime rates (the lowest in the city), idyllic parks and greenways, and our beloved access to much of the Sacramento River flowing through our area. Completing the Sacramento River Parkway will help to make this community a better place to live and play."

Lane Shapiro organizes a weekly coffee gathering, every Wednesday morning at Cafe Latte. This is not in itself unique, our wonderful café is crowded most morning with friends gathering and chatting over breakfast and coffee. What makes Lane's gathering unique is that he actively invites everyone in the community to join the group, friends or strangers alike, through humorous posts on Nextdoor and an event listing right here in Pocket News. First time attendees are welcomed warmly and soon become friends, making the gathering an Outstanding Contribution to Inclusion. Seeking to replace the social aspects many retirees miss from the workplace, Lane "started Wednesday Coffee and Conversation to meet my neighbors and hoped, and has happened, that more people felt the same and have created their own social events, shared travel and hobbies. I've met so many awesome people from our community … it doesn't get any better than that."

Ms. Stephanie Berry has taught kindergarten at Matsuyama Elementary since it opened in 1973, providing Outstanding Service to Youth. "It has been an honor to serve the families and their children here at Matsuyama. In Kindergarten I am their first teacher which is a job I take very seriously. The growth in Kindergarten is exponential both academically and socially. To be a witness to this is inspiring. The children who walk into my room in September become leaders, helpers, writers, readers, and problem solvers. They find themselves trying new tasks daily with tenacity. The kind loving spirit is a wonderful place to come to every day. The joy and contagious giggles that permeates the room when I share a favorite book brings me joy."

In fact, she may have some ideas for future Pride of the Pocket awardees, "I have watched families completely transform our campus in a matter of hours at the Cherry Blossom and Harvest Festivals. All for the children to enjoy for three hours only to have a crew come in and clean it up. High school and middle school children volunteer time helping in our booths, giving back to a school that gave to them. It impresses upon our students the value of community service. The families I have met over the years are extremely caring and supportive. Whenever I have asked for help with repairing the snack tables or a new basketball hoop they are the first ones to volunteer. We have family members who are police officers or firefighters who have come to speak to the children. Each group bringing their own gear or truck. As a teacher here I know I have the support of the community behind me. That means the world to me."



Pocket Little League Board of Directors

Pocket Little League provides an outstanding experience for local kids. Volunteers operate a league full of teams in every age group. Beyond that, they invest tens of thousands of dollars and countless more volunteer hours annually keeping our local fields in top condition, providing Outstanding Service to Youth. "Our youth is our future and we feel that our investment will bear huge returns for their growth and development. What better way to teach our youth life lessons than through sports, and in particular the game of baseball. Baseball is probably one of the most difficult sports for kids to pick up, but it teaches them to overcome failure. Seeing the joy in the kids faces when they get their first hit or catching their first fly ball does not get old, and in that moment, they know that their hard work through the guidance of their coaches had paid off. Ultimately, they will carry on their fond memories of when they played in Little League and pass it on to future generations," said PLL President, Anthony Nguyen.

Please join the Pocket Greenhaven Community Association in recognizing these outstanding neighbors and the contributions they make to our wonderful community.

Learn more about the event, get your free tickets and sign up to compete in the bake-off at pride.pocketgreenhaven.org!

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Carving out a new generation of wood artists: Pocket resident Joe You to showcase caricature woodcarvings at annual show



Photos by Monica Stark

Now the president of the Capital Woodcarvers Association, Pocket resident Joe You began woodcarving in 1991 after attending the group's fall show. One of 25 members of the Caricature Carvers of America, Joe was nominated by the only other California resident, retired UC Davis professor Bob Travis. "He encouraged me to continue carving. I always loved art. Even in college, high school, I took art classes. When I saw what you could do with wood, I was hooked."

By Monica Stark

Part clubhouse, all workshop. Stepping into the River Park backyard garage of Shirley Coffelt, 90, is a a woodcarver's playground. Surrounding a long table that extends much of the length of the workshop, finished pieces of wood-carved art, a library, and tools blanket the walls. In the back is a desk that's just for Shirley, and behind her a wood stove that burns the discarded wooden shavings on cold winter days.

Every Monday afternoon for about the last 25 years, anyone can drop in for a visit.

They carve, and talk, and have cookies and anyone who stays past 5 p.m. can partake in a potluck. Shirley laughs: "I think they are better carvers than they are cooks."

Right when you walk into the workshop, a wooden sculpture of Noah's Ark with animal caricatures greets you, along with a blue ribbon from the Capital Woodcarvers Association. Inspired by a piece in Woodcarving Illustrated Magazine, Shirley challenged folks from her Monday gatherings to create the animals while she worked on the boat. Proud of her "more boat-like" ark, she said, "It has scuppers and the other people didn't put scuppers on theirs. Can you imagine if it rains, where does the water go? It's got to have scuppers."

The six-month project was the second version of Noah's Ark that she completed. The first somehow got auctioned off at a show. "I thought it was put in for judging," she said. With it out of her possession, she decided on making a different one with the help of her woodcarving friends who each have a place at the table. "John sits there; Alice sits there; Mike sits there; Alison

see CARVING page 5

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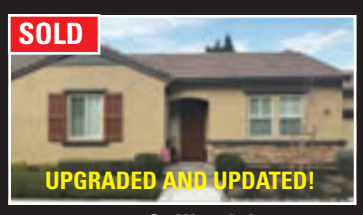
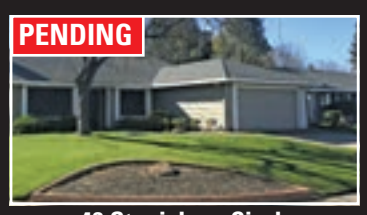
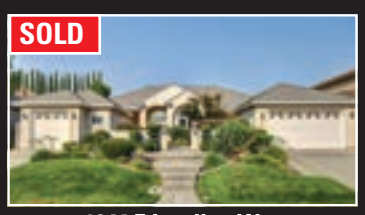


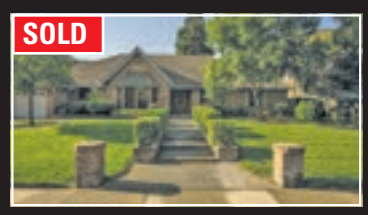
7961 Collins Isle
$450,000



46 Stanislaus Circle
$399,950



1044 E Landing Way
$799,000



902 Lake Front Drive
$725,000

Carving:

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sits down there. They all have their spots. When a new person comes in and sits in their spot, we have to ask them to move."

But the catch: At your first visit, Shirley asks you to join the Capital Woodcarvers Association. As Debora Remington, the club's publicity chair, puts it: "(Newcomers) are tolerated as a visitor twice." At a whopping $25 a year, membership to the club not only gets you into the weekly gatherings at Shirley's, the dues provide ongoing meetings the second Wednesday of each month for business and carving from 10 a.m. to 1 p.m. at Woodcraft, 9523 Folsom Blvd.

The meetings provide free carving education. At her first meeting, Debora was instructed to carve the end of a piece of wood into a ball. "They said carve everything away that is not a ball and you end with a ball." After success with that seemingly difficult task she was then asked to put the ball into a cage and have it roll back and forth. To her surprise, she completed the challenge.

"All people in the group: They help you. It's almost like free training. They do it out of generosity for the art … You outta check them out," she says. "You'll meet these amazing old people. They are old," Debora said.

At 61 years old, Debora is "the little one in the group" who has been put in charge of publicity because of her relatively advanced tech skills. She started a MeetUp and a Facebook group. "We're just trying really hard to get people to become woodcarvers," she said.

In agreement, club secretary and master bark carver Alison Cook says,"As people get older and die or quit, there aren't a lot of young people that come along. That's why there's Debora's effort to get more people involved. We get them (the younger generation) and they really get into it; they just don't think about it. They think about electronics."

Bridging that disconnect is what events like the upcoming annual show will attempt to accomplish.

The collective of woodcarvers will join gourd carvers at an annual show at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days. Throughout the years this show has provided a venue for woodcarvers of all abilities and experience levels to exhibit their work and gain important feedback by entering their carvings in the competition. Entries vary from world class to novice. There are approximately 70 categories of wood carvings that are judged by the California Carvers Guild. In recent years, gourd artists whose beautiful work in seven categories, has added greatly to the show experience.

The two-day event will also include demonstrations and children's activities such as soap carving.

The art form Debora notes is actually very convenient and those who practice want to keep the art alive and are happy to share their love with newcomers. "To wood carve, you could do it anywhere you go. When I met this community of people, they are so kind and so funny and so good. They welcomed me with open arms. This is a great group of folks."

Now the president of the Capital Woodcarvers Association, Pocket resident Joe You began woodcarving in 1991 after attending the group's fall show. He bought a book, knife, a strop and some basswood and carved by himself for three years before joining the CWA in 1994 and his woodcarving improved.

Joe loves caricature carving not only because he has always enjoyed a good laugh and working with wood, but because it allows him to express his creativity in facial and body expressions. There are no limits to the amount of creativity in caricature.

"I like the cartooning part because it's more whimsical. I have a lot of leeway ," Joe says. I can carve someone with a crooked nose, or a flat nose or whatever, lots of hair, little hair. So that's kind of the thing that I do."

About seven years ago, he realized that creating faces is the hardest thing to do, not just in woodcarving but "probably in sculpting, painting, everything."

"I've been obsessed about faces for about the last five years," says the artist whose job it is to look at teeth all day as a dentist in Elk Grove.

Joe's woodcarvings now begin as an idea, then a sketch. From a sketch Joe will work up a clay model with a wire armature. A pattern, is made from the clay model and then bandsawed out. From there the carving begins.

Many of his pieces are carved out of one piece of wood.

Joe has always enjoyed art and has taken many classes including: art classes at UC Davis, portrait drawing, Chinese brush painting, calligraphy, stained glass, cartooning, and pottery. Joe encourages the little one to appreciate and participate in art by being an Art Links volunteer at his children's school for over 10 years.



One of 25 members of the Caricature Carvers of America, Joe was nominated by the only other California resident, retired UC Davis professor Bob Travis. "He encouraged me to continue carving. I always loved art. Even in college, high school, I took art classes. When I saw what you could do with wood, I was hooked."

The only way you get into the club is when someone dies, creating an opening in the club. "I'm 66. I'm probably younger than the average guy in there. Most of them are pretty old because you have to carve for a long time for the experience."

To see incredible wood and gourd carvings, you won't want to miss the annual show. at the Scottish Rite Masonic Center (6151 H St.) on Saturday, May 18 from 9 a.m. to 5 p.m. and Sunday, May 19 from 9 a.m. to 4 p.m. The entry fee is $5, good for both days.

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"Fibromyalgia Awareness: The Reality"



By Terry A. McSweeney

May is Fibromyalgia Awareness month, with special recognition on May 12th, Fibromyalgia Awareness Day. There are approximately 10 million people in the United States who suffer from this invisible disease, 80% are women and 20% are men. You probably know someone with fibromyalgia, but you don't even know it because many fibromyalgia warriors don't want to share this with anyone, because they don't want to be accused of being a hypochondriac, being lazy, or told to get over it. They would rather suffer in silence. I am a fibromyalgia warrior, and I do not believe that anyone should be made to feel this way just because our disease is not visible to the naked eye. "We are not invisible, why should our disease be?" (Fibromyalgia Ireland).

Those who suffer from fibromyalgia have a hyperactive nervous system. This is the basic definition. Our "fight or flight" response" is on constantly, it never stops. As Dr. Ginevra Liptan of the Frida Center for Fibromyalgia in Portland, Oregon says, " It is like a smoke alarm that goes off incessantly even though there is no fire."

When I was first diagnosed my doctor did the trigger point test. My doctor examined 18 tender spots across my body. She found at least 12 of them were very tender and therefore along with reviewing my recent medical history of constant daily headaches, irritable bowel syndrome, overactive bladder, tender to touch even with hugs, and sensitivity to sounds and smells, the conclusion was a diagnosis of fibromyalgia. In 2010 another group of rheumatologists put together new criteria for diagnosis. (Wolfe, 2011) Now to be diagnosed with fibromyalgia there are 4 major symptoms that the patient must have for at least 3 months. They are: widespread body pain, extreme fatigue, waking from unrefreshed sleep, and cognitive dysfunction. (fibromyalgia fog.) (Liptan, The Fibro Manual) It is important to remember the day a "fibromyalgia warrior" is diagnosed is not necessarily the day their fibromyalgia started. It actually takes years to get diagnosed, because once your doctor puts together your symptoms with the criteria for diagnosis, it may take years. It took at least 10 years of frustration for my diagnosis to become a reality and a relief for me. It is also important to remember that fibromyalgia varies from person to person, there is no one medicine, tool, strategy, or supplement that anyone with fibromyalgia can take. There is also no one doctor or alternative practitioner that treats fibromyalgia. I have been to many doctors for treatment including my primary care physician, cardiologist, neurologist, urologist, pain specialist, sleep doctor, ear, nose, & throat, naturopathic doctor, chiropractor, acupuncturist, self-myofascial release therapist, yoga instructor, pain psychologist, grief counselor, coach and dentist. With every doctor I have seen I have learned a lot, but they have also learned a lot from me, because I am determined to be my own best self-advocate.

I was diagnosed in 2007, 12 years ago. I have created my new normal, because after being diagnosed I realized that I could no longer live the life I had once lived. When I was diagnosed and the doctor said, "You have fibromyalgia." I cried with relief. I said, "You mean that I am not crazy?." What I was feeling both emotionally and physically was real. I felt validated, because when you have fibromyalgia most of the lab work and other tests come back reading, "normal." There

see FIBROMYALGIA page 7

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Fibromyalgia:

continued from page 6

is no accepted blood test or x-rays that definitively diagnose fibromyalgia. There is a blood test being used that claims to diagnose fibromyalgia, but it is not widely accepted by the medical community.

For those of you who don't have fibromyalgia, but know someone who does, for you to understand what it is like to live with fibromyalgia, it is important for you to understand how we feel. "Imagine having pain all over your body, being exhausted all of the time, having constant headaches and feeling like your mind is always in a fog. Together it is like the worst flu you have ever had, but it lasts forever. Now picture that no one believes you not even your doctor. That is what fibromyalgia feels like." (Pittsburgh Healthcare Report, Dr. Kevin White.) Remember "It is one thing to know the definition of fibromyalgia. It is another thing to show you truly understand."

Over the years since my diagnosis I have become an active advocate to help those with fibromyalgia become their own best self-advocates. I want them to know that they too can create their own new normal. To do that I have become a Certified Fibromyalgia Advisor, by graduating from the International Fibromyalgia Coaching Institute, I have made many speeches around the Sacramento area, taught classes at the Asian Community Center and the Sacramento Natural Food Coop, led the Sacramento Together Walk for Fibromyalgia Awareness for the last 3 years, created my own coaching business, "Fibromyalgia Pathways," and created the Sacramento Fibromyalgia Support Group. It is important for Fibromyalgia Warriors to know that there is a place where they can come out of isolation and be with those that truly understand their needs both emotionally and physically.

In honor of "Fibromyalgia Awareness Day" my support group and I would like to raise funds for research and education. The funds would be sent to the National Fibromyalgia and Chronic Pain Association, www.fmcpaware.org. Please help us raise funds so that more people become aware of our reality. For those of you who would like to attend our support group meetings, we meet on the 2nd and 4th Monday of each month from 4:30pm-6:30pm at Fitsom Studios, 2512 Franklin Blvd., Sacramento, 95818. The meetings are free and guests are welcome to join you. To donate to the NFCPA or to inquire about 1-1 coaching (free 30 minute consultation) please contact me at fibromyalgiapathways@gmail.com or call 916-204-7199. The website is www.fibromyalgiapathways.com where you can arrange an appointment as well.

"Don't judge a disability by its visability." (Spoonie Strong)



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Oldest living Solon player also played for six major league teams



Photo by Lance Armstrong

Wally Westlake holds one of his signed baseballs in his Tahoe Park home on April 10.

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Thanks to all my clients for their business in 2018 and looking forward to working with you in the year ahead 2019!



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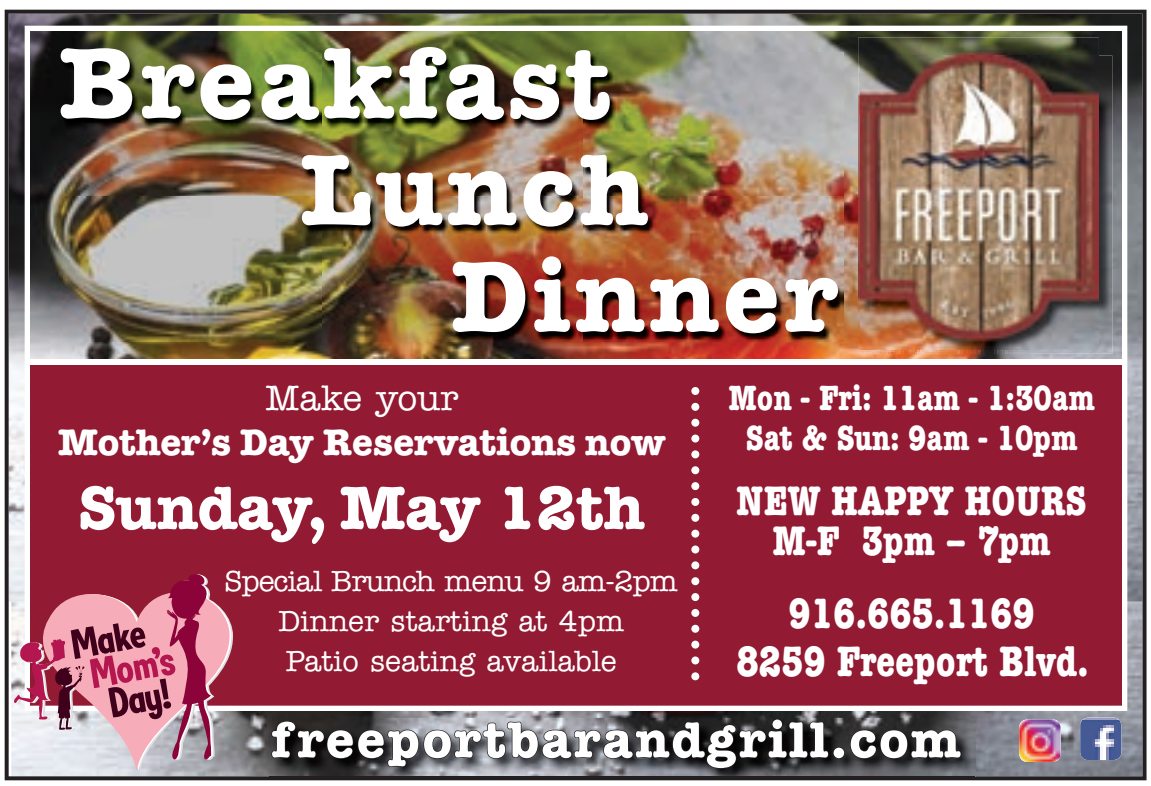

By LANCE ARMSTRONG

Wally Westlake, one of the most accomplished baseball players in Sacramento history, is the answer to several trivia questions.

Locally, the 98-year-old Westlake is the oldest living Sacramento Solons player. The Pacific Coast League Solons played their home games on a field that was located at the southeast corner of Riverside Boulevard and Broadway.

Prior to becoming a Solons player in 1956, Westlake spent nine seasons and a short part of a 10th season as a major league player. In order, he played for the Pittsburgh Pirates, St. Louis Cardinals, Cincinnati Reds, Cleveland Indians, Baltimore Orioles and lastly the Philadelphia Phillies.

On another trivial note, Westlake is the oldest living, former National League player.

Westlake, who was born on Nov. 8, 1920, also ranks as the fourth oldest living, former major league player.

The three former major leaguers ahead of Westlake in age are Tom Jordan, who was born on Sept. 5, 1919 and played for the Chicago White Sox, St. Louis Browns (predecessor of the present day Baltimore Orioles) and Cleveland Indians; Bill Mills, who was born on Nov. 2, 1919 and played for the Philadelphia Athletics (predecessor of the Oakland Athletics); and Val Heim, who was born on Nov. 4, 1920 and played for the Chicago White Sox.

Although he ranks fourth in this category, Westlake is the best-known player of these four players.

During his major league career, which began on April 15, 1947 with the Pirates, Westlake played in 958 games.

Jordan, Mills and Heim played in a combined total of 47 games, with Jordan playing in the majority of those games, with 29 games played.

Westlake, who had a major league career batting average of .272, with 127 home runs and 539 runs batted in, was a member of the National League All-Star team in 1951.

In that All-Star game, he played a limited role, as he entered the game in the 9th inning as the defensive replacement for left fielder Stan Musial, a St. Louis Cardinals star who was later inducted into the National Baseball Hall of Fame.

Having made a 1951 major league All-Star team, Westlake is also the answer to another baseball trivia question: "Who is the oldest living, former major league All-Star player?"

Three years after playing in the All-Star game, Westlake played in the 1954 World Series as a member of the Cleveland Indians.

He played in two games of this best-of-seven games series, which was won by the New York Giants, 4-0. He had one hit and a walk in seven at bats.

Also part of his trivial status, Westlake is the oldest living person to have played in a World Series game.

Asked to share his memories of having played in a World Series, Westlake said, "I don't want to talk about that. We stunk it up.'"

Westlake recalled that those World Series and All-Star games were attended by fewer people than well-attended games at Municipal Stadium in Cleveland at that time.

"I played in front of some bigger crowds in regular sea-

see BASEBALL page 10

Faces and Places: Holi Fest 5K Color Run

Photos by Stephen Crowley

The Holi Fest 5k Color Run & Walk, a five-kilometer, event was held on Saturday, April 20 in William Land Park. At each kilometer mark, Holi Fest 5k Color Runners and Walkers were doused from head to toe in a different colored powder. Participants wore white at the starting line and finished the race plastered in beautiful colors. Once the race was over, the fun continued at the finish holi festival, a larger-than-life party equipped with music, mantra chanting, yoga, dancing, photo ops, activity booths for kids, vendors, and more massive color throws.











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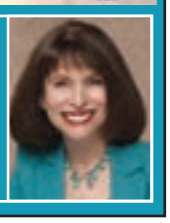

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Baseball:

continued from page 8

son games when I got over in the American League with Cleveland," he said. "They had 86,000 (fans) watching then."

Among the Cleveland players that Westlake recalled was Bob Feller.

"(The Indians) were led by (Hall of Famer) Bob Feller, one of the great pitchers," he said. "He was a great guy and he never forgot that he was (an Iowa) farmer boy."

Also memorable to Westlake was "the great Larry Doby," as he called his former teammate. "(Doby) was the (black) centerfielder (for Cleveland)," he said. "I played alongside him. He was a good-looking rascal. The ladies favored him. I don't care what color they were. One day, I asked him, 'Larry, how do you service all them? Do you service them by appointment?'"

At the height of his major league career, Westlake earned $24,000 in a season.

Regarding modern day contracts worth millions of dollars, Westlake said, "I'm crying, because I'm not playing."

Additionally memorable for Westlake is his aforementioned, former Cardinals teammate, Stan Musial.

"I can't say enough about Stan," he said. "He was just a great person. I asked him one day why he didn't get 140, 150 bases on balls. He said, 'Wally, when I walk into that batter's box, I'm not looking for a base on balls. I can hit anything I can see.' I said, 'That's pretty obvious, Stan.'"

Another one of Westlake's favorite players was Hall of Famer Ted Williams, who he mentioned was especially talented, because he had a high batting average and was also a power hitter.

Westlake recalled the latter part of his own major league career.

"(Cleveland Indians General Manager) Hank Greenberg started trading and selling (players in 1955), and he sent me to Baltimore," he said. "They started moving me around, and that's when I said, 'Well, time to call it a day.'

"In (1956), I went to spring training with the Phillies, started the season (playing in five games) and they turned me loose. I came home and I finished up with the Pacific Coast League here with the old Solons."

In 90 games with the 1956 Solons, Westlake had a .273 batting average, 80 hits, 12 home runs and 50 runs batted in.

Westlake retired from professional baseball following that season.

In addition to his own professional career, Westlake's brother, Jim, also played professional baseball.

Regarding his brother's playing days, Westlake said, "Jimmy had somewhat of a career. He was a great first baseman, left handed hitter, but what was sad was he just couldn't run."

In speaking about his earlier years in life, Westlake said that he was born in Gridley, but spent nearly his entire life in the Sacramento area, with his first local home being on Fruitridge Road, near Franklin Boulevard.

"My folks, they came to Sacramento out on the farm when I was 5 years old," he said. "It really wasn't a farm at that time. It was just old country. They called it the city farm, but it was just big, wide-open (land). There were some alfalfa patches, but as any growing in there, vegetables, that didn't happen until (a) later time."

Westlake recalled that the farm was created by two or three Japanese families.

"Boy, they grew all kinds of vegetables," he said. "On the back end (of the farm), where they couldn't see me, I would sneak into their strawberry patch."

Westlake, who was one of the four children of Waldon and Helene Westlake, said that he was fortunate to have "great parents."

Waldon supported his family through his work as a painter, and he also became an expert on roses through the large rose garden he maintained on his property.

Westlake mentioned that besides baseball, two of his favorite childhood activities were fishing, mostly on the Sacramento River, and hunting in the fields near his home. His father gave him his first rifle when he was 10 years old.

"I must have walked a million miles chasing ground squirrels and jackrabbits (with that rifle)," he said.

Westlake recalled that he did not own his own baseball glove until he was in high school.

"(Before then), I borrowed (gloves) or played a lot with bare hands," he said.

With his early talent as a baseball player, Westlake made the varsity team at Christian Brothers High School during his sophomore year. He was the captain of that team during his senior year.

Westlake also helped Sacramento's George W. Manhart Post's baseball team win the 1937 American Legion state championship, with two victories against Long Beach's Samuel Thomas Post's team at Cardinal Field at Riverside Boulevard and Broadway.

In the second game, Westlake singled in the fifth and sixth runs of the Manharts' 6-4 victory.

After graduating from high school in 1939, Westlake signed a contract with the Brooklyn Dodgers and joined their farm system, playing with the Elm-

see SOLONS page 11

Solons:

continued from page 10

ira (N.Y.) Pioneers and the Dayton (Ohio) Wings.

Westlake mentioned that he experienced a very difficult moment in his life during the early part of his professional career.

"They called me in that spring and advised me to go home and forget baseball and go to work," he said. "I'm on the bus, tears flowing, and I went right by the ballpark and the lights are on. I just had that thing. My blood was boiling and I said, 'OK, you so and so's, you think you're going to make me quit?'

"So, as time went on, my first day at Ebbets Field (while playing against the Dodgers), I singled, doubled and tripled. I had just tripled and I was standing on third base and I was looking up in the upper deck penthouse, and said, 'There you are, you (expletive). Eat that one.'"

En route to the big leagues, Westlake played for the Merced Bears of the California League in 1941.

He was next scouted by Sacramento native Bill Avila to play for the Oakland Oaks of the Pacific Coast League in 1942.

Westlake recalled becoming a better baseball player after serving in the U.S. Coast Guard during World War II.

"When I got out of the war in 1945, I went back to Oakland and then I got my number one break in baseball," he said. "Casey Stengel was the manager. Earlier in the season in Oakland, in pregame warmup, I walked out of the back cage and he was sitting there in the dugout and he called for me.

"He said, 'Young fellow, you've got pretty good talent. Now I'm going to teach you how to play this game.'"



Photo courtesy of Westlake family

Wally Westlake is shown in his Pittsburgh Pirates uniform in about 1947.

Westlake noted that Stengel, who would later become a legendary manager of the New York Yankees, was instrumental in making him a better ball player.

"(Stengel) taught me all that little garbage in baseball that you never hear about," he said. "He really taught me how to play – he was an outfielder himself – and how to throw properly, when to throw and when not to throw, running the bases.

"Casey, to this day, I've got to thank him."

Because Westlake played baseball in an era when players did not have contracts worth millions of dollars, he went to work after his playing days.

His post-baseball employment included working for various companies, including an oil company, Aerojet, and Teichert, where he was employed for about 16 years.

He has also enjoyed his family life, which began in 1944 with his marriage to Rose Bier, who died in 2006. Together, they had five children.

While sitting behind a table with stacks of fan mail that he recently received, Westlake summarized his baseball playing days.

"I could run and throw and I had some power, but one thing I thoroughly enjoyed was the challenge," he said.



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Congratulations again to Kaylee and Jamine for this great accomplishment!

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What These Moms Want Most for Mother's Day

By Sally King

For all the moms reading this I bet you already have a good idea what most moms want for Mother's Day.

When the Pocket Greenhaven Mom's group was asked what they most want on Mother's Day, the number one answer was sleep!

One mom wanted the entire weekend to sleep and binge watch Netflix. Another mom said, "it's simple, a clean house." Another theme that showed up in the many replies was being able to take a day off from taking care of everyone else. Lots of the moms wanted a day off from cooking and cleaning.

One mom replied, "breakfast in bed, followed by a long un-interrupted shower, followed by a massage and then a nap. A girl can dream, right?"

They all wanted to spend time with their families, enjoying the many family oriented activities available such as walking in the park, going to the beach or just relaxing outdoors. One particular mom replied, "a morning hike with my daughter. It's when we bond the most. She tells me all her little seven year old secrets." What mom wouldn't want that? Hopefully they will still go hiking when the little girl is seventeen and still want to share all her secrets.

The women in the Pocket moms group feel a real connection with each other, even though sometimes it's just through Facebook. They use the group for questions about childrearing, childcare and find just having a place to share their thoughts is comforting.

The group was formed over five years ago and is nearing 700 moms; most are local. Many of these moms are hoping to make friends with other moms to share fun activities with. Fiona Lavelle who helped organize this Facebook group said, "Friendship is a precious and often scarce resource for busy parents. Parenting is really hard but it can be made a little easier when friends and neighbors provide emotional support, help solve problems, share parenting advice, and help each other.

Lavelle said many of the moms responded by saying they enjoy homemade cards and flowers. The responses from the many moms in the group reflected on how motherhood is full of love and joy, but also hard work and sacrifice

The moms enjoyed sharing a little about what they want for Mother's Day. Take note all you husbands, brothers, uncles and kids.

To all you moms out there, including those who might not have children but help by being there for children and to dad's who have to be moms, Happy Mother's Day!

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Sacramento native recalls infamous, 1972 Farrell's tragedy

Plane crash at ice cream parlor resulted in 22 deaths

By LANCE ARMSTRONG

Sacramento native Dick Ryder last week told the Land Park News that he came uncomfortably close to being hit by the plane that infamously killed 22 people and injured about 30 others in the capital city on Sept. 24, 1972.

The tragedy at Farrell's Ice Cream Parlour at 5770 Freeport Blvd. occurred at the end of an air show at the Executive Airport.

A 36-year-old pilot attempted to take off in an F-86 Sabrejet aircraft from the 3,000-foot-long Runway 30 on the west side of the airport.

Overrunning the runway, the vintage, blue and gold Korean War plane skidded across Freeport Boulevard and crashed into the very busy Farrell's restaurant.

Overrunning the runway, the plane skidded across Freeport Boulevard and crashed into the very busy Farrell's restaurant.

About 100 people were inside the eatery at the time of the accident, and among the 22 people killed were 12 children.

As for how he was nearly hit by the F-86 aircraft, Ryder said that he decided to stop by the airport with his wife, Irene, shortly before the crash to check on a DC-7C Seven Seas transport aircraft that he partially owned. The 98-passenger aircraft was on display at the air show.

"Irene and I had gone down to Napa or someplace down that way and had lunch," he said. "We had just come over that hump (on Freeport Boulevard) and I turned into the airport, and, if I recall right, I heard an explosion as I turned into the airport.

"At that time, you didn't have to go down to the first signal. You could just turn into the airport. When I got to (the airport's administration building), I looked back and all I could see was a plume of smoke. It looked like a bikini atom bomb's smoke."

Ryder also noted that his connection to the crash stemmed to his longtime association with William Penn "Bill" Patrick (1930-1973), the owner of the F-86 that crashed into Farrell's.

"Bill and I were in a class at (Sacramento) State College, which became (California State University, Sacramento)," he said. "When it came to a project, we were alphabetically appointed to do a project together. At the time, at college, (Patrick) was running a group of kids selling subscriptions to magazines."

Ryder added that Patrick and his wife later became involved in selling cosmetics, and, in 1964, established the Holiday Magic cosmetics company, which made millions of dollars before being investigated as a pyramid scheme. The company was ultimately found guilty of deceptive trade practices.

"The big money was in cosmetics and Bill became a cosmetics expert, and they invented Holiday Magic," Ryder said. "That was a big name (in cosmetics back then).

"He was using his money to buy surplus aircraft. He bought the F-86, and he had a number of B-25s, B-24s, stuff like that.

see FARRELL'S page 17

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Check out the Home Improvement Guide Call Melissa at 429-9901 for ad rates.

Farrell's:

continued from page 14

He (also) got involved in politics, and ran for governor of California (against Ronald Reagan in 1966)."

Patrick, who was also nominated for vice president of the United States by the California Theocratic Party in 1967, owned Spectrum Air, which operated the F-86 Sabrejet aircraft.

As for Patrick's aircraft collection, Ryder noted that he was using the fleet to promote Holiday Magic.

Ryder recalled the DC-7 that he partially owned as a member of the Magic Carpet Air Travel Club.

"If I recall correctly, it was 10 of us (businessmen) that each put in $10,000, and we owned the DC-7, Holiday Magic flying machine," he said. "We had gone to Mexico a half a dozen times and to British Columbia two or three times, I guess."

This passenger aircraft, which was owned by the group during the early 1970s, offered heavily discounted rate rides to its members.

An advertisement for Magic Carpet flights was published in the Nov. 27, 1972 edition of The Sacramento Bee, and includes the words: "Magic Carpet Air Travel Club invites you to join now and fly mini-vacations. Spend New Year's Eve in Mexico City. Leave Dec. 26, return Jan. 1st. $207 double occ."

Another advertisement, which appeared in The Bee's Jan. 16, 1973 edition, shows flights to the Bahamas, Denver, and New Orleans for Mardi Gras.

On each Magic Carpet flight were a retired airline pilot and a stewardess.

The club – which was headed by Arthur Leddy, who co-owned the Comet Office Supply Co. at 2114 St. – had an office in The Crossroads, the Freeport Boulevard shopping center where Farrell's was also located.

Ryder recalled one of Magic Carpet's latter trips: flights to and from the Calgary Stampede in Canada, in 1973.

"It turns out that the queen (Elizabeth II) and (Prince) Phillip were in their own private plane, and it just happened that we flew in before the queen came in," he said. "The streets were all festooned for the queen's entry to Calgary. They thought the queen was coming and it was us.

"We later watched the queen. She was the honored guest at the Calgary Stampede."

Ryder noted that the Magic Carpet club's DC-7 aircraft is also remembered for making an appearance in the 1973 film, "American Graffiti."

"At the end of the movie, 'American Graffiti,' it (shows the plane)," he said. "One time, Irene and I were heading to London and they showed, 'American Graffiti,' and they got to that point (with the plane), and I stood up and said, 'Hey, that's my airplane.'"

This DC-7, which was built in 1956, crashed near Dakar, Senegal on Oct. 9, 1986.

Returning to the topic of the Farrell's crash, Ryder recalled that Patrick died, at the age of 43, less than a year after the crash.

"Incidentally, Bill Patrick had a P-51(D) Mustang, which he ran into a mountain over in Lake County (on June 9, 1973)," he said. "It was not suicidal, particularly, but it might have been after the reality of what had happened (at Farrell's).

"But I don't think it was suicidal. He was a hotshot and he was doing his hotshot stuff."

Also killed in the crash with Patrick was 30-year-old Christian George Hagert, who headed Holiday Magic's operations in Finland.

Another connection that Ryder has to the Farrell's crash is his former association with Tony Martin, who owned Morey's Letterman emblem shop at 5434 14th Ave.

At the age of 29, Tony was among the people who perished in the Farrell's crash.

Other members of the Martin family who were killed in this tragedy were Tony Martin's 28-year-old wife, Susan, and their children, Gregory, 6, Jeanene, 4, and Shawn, 3.



Photo by Lance Armstrong

Sacramento native Dick Ryder holds a c. 1971 Magic Carpet Air Travel Club poster.

Susan's parents, Gene and Margaret LaVine, were also among those who were killed in the crash.

Ryder, who co-owned Howe-Ryder Insurance Service at 2613 24th St., recalled Tony Martin.

"(Tony) was a nice, young guy," he said. "He was by far the youngest officer we had with the (Sacramento) Better Business Bureau, and it was such a shock to read the next day that it was (the Tony Martin) family that had gotten killed. There was no way we could have known that afternoon (of the crash) that it was Tony Martin and his family.

"But when I found out the next day, it really hit home hard."

At that time, Ryder was the BBB's president and Martin was the vice president.

Pondering the Farrell's accident 46 years later, Ryder said, "It's a lasting memory. It's something you never forget."

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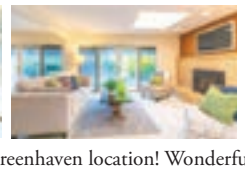



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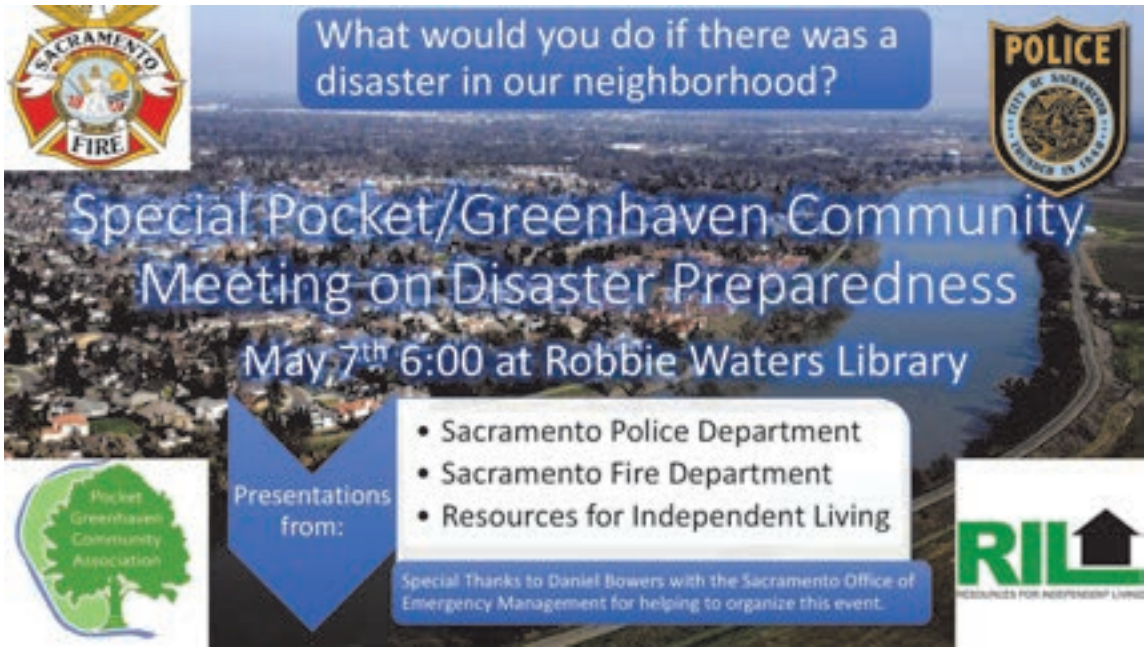
What's happening Pocket/Greenhaven?

JFK HIGH SCHOOL ATHLETICS HALL OF FAME: The John F. Kennedy High School Athletics Department will induct its first Hall of Fame class this spring in May, 2019. The school is looking for nominations of Cougar graduates, coaches, teams and athletic department contributors. The John F. Kennedy High School Athletics Hall of Fame is intended to recognize and honor those who have made a significant impact on the athletic community with their athletic achievements during high school or with exceptional effort and service to the John F. Kennedy High School athletic department. The Hall of Fame looks to reflect the proud history of John F. Kennedy High School, highlight the long-standing athletic success of the institution and recognize the importance of developing well-rounded individuals. Please contact Athletic Director, David Parsh at: david-parsh@scusd.edu for more information. To submit an nomination, visit https://jfk.scusd.edu/post/hall-fame-nomination-form

REGISTRATION FOR GREENHAVEN SOCCER'S FALL SEASON IS OPEN! All children age 4-18 are welcome! No experience necessary. Practices begin July 29; Games run September – November. For more information and to register, visit https://greenhavensoccer.com/registration/registration-information/



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SATURDAY, MAY 4

READ TO A DOG - Looking for a way to boost school-age reading skills? Join us in the library's Reading Tower area and practice reading out loud to a registered therapy dog. Kids are invited to bring their own books or borrow one from our collection. First and third Saturdays May 4 and 18, 11 a.m. to 12 p.m., and second and fourth Saturdays, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BOOK CLUB: AN AMERICAN MARRIAGE - The group reads a wide variety of books to challenge the minds and interests of all group members. At this meeting we will be discussing An American Marriage by Tayari Jones. Saturday, May 4, 1 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, MAY 7

POCKET/GREENHAVEN COMMUNITY ASSOCIATION MEETING: The meeting will be held from 6-8 p.m. in the meeting room at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive. The meeting with start off with special presentations from the Sacramento Police and Fire Departments as well as Resources for Independent Living on how we as a neighborhood can best be prepared for a disaster. The topics that will be discussed during the presentation are as follows:
-How would the Pocket/Greenhaven neighborhood be evacuated in the event of a disaster?
-What are the concerns we should be most prepared for? What is the city doing to mitigate and prepare for each?
-How do we know if a given situation warrants significant concern?
-What are the first steps to take in case of an emergency?
-What can we be doing to ensure our local elderly and disabled population are prepared for a disaster?
There will also be having a representative from the city come out to gather input regarding where potential charging stations for electric cars could be located. This feedback will be used to help put together the City of Sacramento's Electric Vehicle Blueprint Strategy. There will also be a brief update on the Pride of the Pocket that is happening on May 30 from 5:30-7:30 p.m. at Genevieve Didion School, 6490 Harmon Drive. At this meeting, four new board members will be elected. Any dues paying member is eligible to be nominated from the floor. Four seats are up for election. All dues paying members are eligible to vote. Dues may be paid any time prior to the vote.
If you haven't already signed up for the Pocket/Greenhaven Community Association Newsletter, email info@pocket-greenhaven.org. The website is pocket-greenhaven.org and our Facebook page can be found at: https://www.facebook.com/PocketCivics/

POP UP BOOK SALE AT BELLE COOLEDGE: On Tuesday, May 7th, the Belle Cooledge Library is having a Pop Up Sale from 11am-5pm. Book prices are $1 for hardback and .50 for tradeback and paperback books. We have children's books from .25-.50 cents. Fill a grocery size bag of books for $5. If you already purchased our special Friends of the Library bag, you can fill it up for $4! No credit cards please. Belle Cooledge is located at 5600 South Land Park Drive.

"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! 1st and 3rd Tuesdays, May 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THURSDAY, MAY 9

FREE PHONE AND PG&E BILL REVIEW CLINIC: Are you paying too much for your phone and PG&E services? Bring your questions and a recent phone (landline or wireless) or PG&E bill for a free review. ACC will explain your charges, identify fraud, or save you money. Class will be held Thursday May 9, 2019 from 2:00p-4:00pm at ACC Senior Services 7334 Park City Drive. For more information, call Susan Sarinas (916) 393-9026 ext 339 or www.accsv.org.

FRIDAY, MAY 10

FRIDAY NIGHT HOT SPOT: Come out to this FREE event for basketball, snacks and MORE! This event is for teens 13-19. Be prepared to show a valid school ID or CDL. Backpacks are required to be checked in and a registration form must be filled out to participate (forms are available at program site). For more information, call 916-584-4301 or 916-591-6917. School of Engineering and Sciences, 7345 Gloria Dr., Sacramento.

MAY 11, 14, 15, 16, 17

BOOK SALE – Find books and media bargains at the Pocket-Greenhaven Friends of the Library Book Sale. Members only pre-sale: Saturday, May 11, 9 a.m. – 10 a.m. Regular sale hours (open to all): Saturday, May 11, 10 a.m. - 5 p.m.; Tuesday, May 14, 10 a.m. – 6 p.m.; Wednesday, May 15, noon – 8 p.m.; Thursday, May 16, 10 a.m. – 6 p.m.; Friday, May 17, 1 p.m. – 6 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

FRIDAY, MAY 17

FRIDAY NIGHT HOT SPOT: Come out to this FREE event for basketball, snacks and MORE! This event is for teens 13-19. Be prepared to show a valid school ID or CDL. Backpacks are required to be checked in and a registration form must be filled out to participate (forms are available at program site). For more

What's happening Pocket/Greenhaven?

information, call 916-584-4301 or 916-591-6917. School of Engineering and Sciences, 7345 Gloria Dr., Sacramento

SATURDAY, MAY 18

LOCKE ASIAN PACIFIC STREET FESTIVAL: Gala event featuring lion dance and martial arts, cultural entertainment, arts and crafts, vendor booths, food, raffle prizes. Come visit the only surviving rural Chinese town in the U.S. Suitable for families and children. Free admission and free parking. Hours are 11 a.m. to 5 p.m. The festival will be held in historic Locke, 13916 Main St. Walnut Grove. Sponsored by the Locke Foundation. www.locke-foundation.org. For more information, contact (916) 776-1684 or email lockefoundation@frontiernet.net.

READ TO A DOG - Looking for a way to boost school-age reading skills? Join us in the library's Reading Tower area and practice reading out loud to a registered therapy dog. Kids are invited to bring their own books or borrow one from our collection. First and third Saturdays May 4 and 18, 11 a.m. to 12 p.m., and second and fourth Saturdays, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

GAME DAY – Join us for an afternoon of family-friendly, old-fashioned board games. All ages and abilities are welcome. Saturday, May 18, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, MAY 21

"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! 1st and 3rd Tuesdays, May 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

FRIDAY, MAY 24

FRIDAY NIGHT HOT SPOT: Come out to this FREE event for basketball, snacks and MORE! This event is for teens 13-19. Be prepared to show a valid school ID or CDL. Backpacks are required to be checked in and a registration form must be filled out to participate (forms are available at program site). For more information, call 916-584-4301 or 916-591-6917. School of Engineering and Sciences, 7345 Gloria Dr., Sacramento

SATURDAY, MAY 25

RELEVANT READS BOOK CLUB: DOPESICK – This nonfiction book discussion group will be discussing Dopesick by Beth Macy. Saturday, May 25, 1 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THURSDAY, MAY 30

PRIDE OF THE POCKET: Pocket Greenhaven Community Association annual awards ceremony, celebrating the folks who make our community such a wonderful place to live, work and play from 5:30 to 7:30 p.m. Didion School Park.

ONGOING

ROTARY CLUB OF POCKET-GREENHAVEN MEETINGS: You're invited! Come join the Rotary Club of Pocket-Greenhaven on Thursday mornings, 7:30 at Aviator's Restaurant at Executive Airport. You are welcome as our guest to learn more about our leadership organization and meet with business, civic, and professional leaders who are making a difference in our neighborhood! Contact Bob Smith, at 916-215-1332 or visit https://pgr.rocks/ to find out more.

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA South Sacramento Support Group: Every second Thursday of the month from 1 to 2:15 p.m., Location: Asian Community Center (ACC), 7334 Park City Drive, Sacramento, CA 95831. This support group is free to those who are living with Parkinson's Disease, their family and caregivers. The group shares information to help each other and provide guest speakers who can assist with physical and mental challenges in daily living.

SIRS BRANCH 93 meets every third Monday of each month. Lunch is at 11:30 in the Elks Club, 6446 Riverside Blvd.
If you are retired or close to retirement and looking to join a men's group, we are Sons In Retirement. A group of men with a wide variety of backgrounds that love to socialize, play golf, bowl, pinochle, hike, bike ride or maybe you would like to form an activity that you are interested in, join us. The first lunch is on the group. Give Jack a call, there is always room at our meetings. Interesting speakers and a great buffet are included at each meeting. Jack Reefer 916-424-1303 or email me: jreefer@sbcglobal.net

ENGLISH CONVERSATION GROUP: The Robbie Waters Pocket-Greenhaven Library hosts an English Conversation Group every Wednesday from 5:30-6:30 p.m. 7335 Gloria Drive, Sacramento.

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.

MUSIC AND MOTION AT BELLE COOLEDGE COMMUNITY CENTER: 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. $3. 5699 South Land Park Drive.

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free! The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Pre-payment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome--just bring whatever you're working on and join us! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THE CLARKSBURG COMMUNITY BAND INVITES YOU TO JOIN: How about dusting off that horn and getting involved! The band is a group of musicians that enjoys sharing a love of music with each other and our communities. The band is looking to expand the ensemble and wants to welcome those who are interested and who play a standard concert band instrument. The band meets Tuesday evenings from 7:30 to 9 p.m. at Delta High School, 52810 Netherlands Ave., Clarksburg. For more information contact Randall Veirs, Delta High School Band Director at rveirs@rdusd.org

FREE LINE DANCE CLASS: Every Thursday from 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

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.

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.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. and Saturdays between 11 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY– Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY– Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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.

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