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FOOD, FUN & FIREWORKS A TRADITION AT THE ORANGEVALE GRANGE

The Orangevale Grange has been providing community service in Orangevale for 108 years. Continuing their community service, the Grange is again sponsoring a Free Community Fireworks Demonstration Show on July 3rd. The show will be held out in the beautiful meadow behind the Grange Hall located at 5807 Walnut Avenue in Orangevale. Walnut is between Madison Avenue and Greenback Lane. Families are encouraged to bring their lawn chairs and

blankets to enjoy music, fire trucks and a FREE fireworks show around dusk. You are encouraged to come early to get a good spot and enjoy the snack bar hosting \$1 hot dogs and snow cones.

We are excited again to have the Rythm Club Band as the main entertainment this year. Parking can be a challenge so come early. Many of Orangevale's wonderful local businesses donate great items for the drawings. So, come early to

get a good spot have a \$1 hot dog and enjoy a fun evening.

Again, this year the fire trucks from the Metro Fire Department will be on site allowing kids of all ages to sit in the fire truck. The kids will get stickers and coloring books and parents will be given literature on how to keep their family safe during the July 4th holiday.

There will be a snack bar on site and all items are a \$1 each. All the proceeds are used to support the Words for Thirds Dictionary Project, The School Back Pack Program, Our High School Scholarship Program and the Orangevale Food Bank along with many other charities. After the fireworks display is over you will want to hurry up to the onsite fireworks booth to purchase the fireworks you liked best in the show.

The Grange is



looking forward to a great turnout so get there early for the best seat. Come and have a dollar hot dog or snow cone at the snack bar opening at 6:30 PM, with the

other festivities starting soon thereafter. The fireworks demonstration show will begin around dusk. For more information call (916) 417-9750. Please no dogs.

The Orangevale Grange
Independence Day Celebration
JULY
3RD Free Admission
BRING THE ENTIRE FAMILY
 Time: 6:30 pm
 Where: Orangevale Grange
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**ABOUT THE
ORANGEVALE VIEW**



The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations. The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations

are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF. Please use this format so we do not have to send your work back to you for corrections.
- (4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change.
- (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale

View a newspaper you want to read.

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REMEMBER:**

JULY 2018

WED JUL 4, 2018 DEADLINE

FRI JUL 13, 2018 Out To Public

WED JUL 18, 2018 DEADLINE

FRI JUL 27, 2018 Out To Public

AUG 2018

WED AUG 1, 2018 DEADLINE

FRI AUG 10, 2018 Out To Public

WED AUG 15, 2018 DEADLINE

FRI AUG 24 2018 Out To Public

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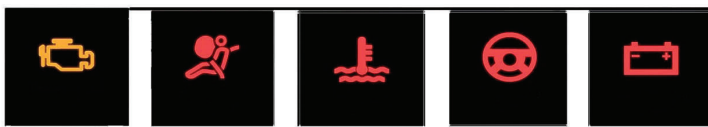
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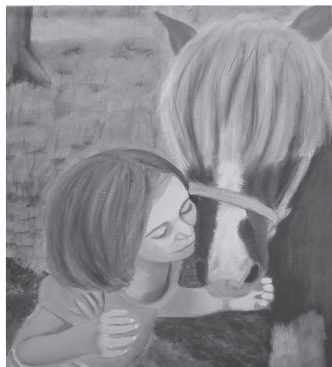
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COUNTY SUPERVISOR Susan Frost District 4
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Orangevale CPAC (Community Planning
Advisory Council) Meets the 1st Tuesday of every
month at the Orangevale Community Center,
6826 Hazel Ave. Meeting Room B at 6:30 pm. For
more information visit planning.saccounty.net

ANNOUNCEMENT



DONNA MAE BARWICK-KENT
1970-2018

Donna Mae Barwick-Kent age 48, passed from this life on June 11th in Albany GA. She was a long time resident of Orangevale and very involved in 4-H Horse project and horse showing in Sacramento area. She always enjoyed her horses and won many awards.

Since the age of 9 She faced the challenges of Juvenile Type I diabetes. She was among the first diabetic children to participate in a study of blood glucose testing. She had dealt with the side effects and challenges of it until her death, bravely and with a positive attitude. Our wonder woman!

She was preceded in

death by her Grandpa Alvin Siemsen (Orangevale) and is survived by her husband Robin Kent (Albany, GA) her mother Beth Barwick (Orangevale). Father Donnie Barwick (Albany, GA). Grandmother Dottie Siemsen, age 99 (Oroville). Brother JT Barwick (Albany, GA) nephew Billy Barwick (Orangevale) niece Samantha Barwick (Albany, GA), sister-in-law Michele and uncle Robin Siemsen, (Orangevale) aunt Boni Siemsen, (Oroville) and many cousins and friends. She was loved and will be so missed forever. She had battled long enough and is now at peace.

THE BOWLERS TREE

I asked my friend the tree,
of my bowling ability

Never dreaming that he
would dare to reply I asked
if he knew anything I could
do

Or a new technique I could
try

As a bowler you stink if you
care what I think

Came my answer from the
oak with a sigh True from
me comes the wood on which
you do bad or good

But a lot on the ball does
rely

Then there's your stalk and
your stand and it isn't by
chance

A good bowler on these
should depend

For it takes all of these if
perfection he achieves

And his aim of the game is
to win

So if you'll take my advice be
prompt but think twice

And be sure before you let
the ball fly It's between the
one and the three you're
aiming at see

And don't look up until
you've dotted the eye

Now if it happens by chance
you lost your balance or
stance

Don't give up but continue
to try

And who knows at the end
when you've counted your
wins

You may be as lousy a
bowler as I

By: Doris Eutzler

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Center Stage camp is unique and has its own personality. The first camp, Broadway Jungle Cruise, runs June 19th-22nd. On July 5th, an audition workshop will be provided for students looking to sharpen their first impressions. The last camp, WHO-DUN-IT?: Broadway Mystery Series, takes place on July 10th-July 14th. Registration for camps can be found at www.OakAve.org.

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Orangevale's got talent, but you probably already knew that! If you have attended a local school play or choir concert, you have most likely thought, "Wow! Those kids are great!" The staff here at Center Stage Productions agrees with you. Going on our third consecutive year of providing low-fee theatre camps for kids, we have seen passion and creativity bursting from young thespians.

Center Stage Productions was originated by a student who felt called to give kids an outlet to perform. At age 16, Hope Luna designed her first children's theatre camp for the Orangevale community. Hope had begun training in the arts at a young age, and recognized the significance performing has on a child, "I thought about families who didn't have the arts in school, or who possibly could not afford the extra classes and training. I knew I needed to reach out to them however

I could." With the help of her family and friends at Oak Avenue Church, Center Stage Productions was set in motion. Each camp continues to grow in numbers, and students are provided with the opportunity to perform choreography and songs for their families at the camp showcase. Skills like projection, stage presence and confidence are developed through the daily classes.

Although Hope will leave for New York University, Tisch School of the Arts to pursue her artistic training at the end of the summer, she wants this year's Center Stage camps to be better than ever. Each

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PUBLIC NOTICE



Supervisor Sue Frost

New Vote System - Challenges & Opportunities

**By Sacramento County
Supervisor Sue Frost**

In the most recent June 5th election, most of the Sacramento County voters were shocked or confused and some were angry. They were unaware that one year prior, the Sacramento County Board of Supervisors had fundamentally changed the way we vote. In this election, all voters were mailed absentee ballots, and our 500+ traditional polling locations were closed and replaced with 77 "vote centers" that opened 11 days early to allow a longer voting period. While I was the sole vote in opposition to this switch, I wanted to use this opportunity in my monthly column to explain what we learned and what needs to change moving forward.

One change that will benefit everybody in November when we vote again is for people to take advantage of the vote centers. Not enough people realized that some vote centers were open for 11 days before the actual Election Day (and additional vote centers were open 4 days before the election).

There was a serious change in behavior among voters that resulted in only around 10,000 people voting at a vote center - which was only around 3% of the voters. Vote centers sometimes reported seeing only 1 person a day actually vote.

I think I know why this happened. People did not know that even though they got an absentee ballot, they could have thrown it away if they wanted and just gone to the nearest vote center to obtain a ballot and vote. They thought vote centers and drop off sites were the same thing.

Why was this a problem? On Election Day, many voters were turned away because ballot boxes were too full, and some other people reported being stuck in enormous lines. I think we can fix these problems by doing three things.

First and foremost, we need better communication. One of the benefits to this new program was saving money so it seems to me we can find the resources to get the word out more effectively. Some materials were mailed to voters, and banners were displayed throughout the County. We can assess how effective these strategies were and come up with a better way of getting clear information in the hands and minds of voters.

Second, I think we need more drop-off locations, even if that means we have less vote centers. More importantly, we need more drop-off locations outside the City of Sacramento. 65% of all 11 day vote centers were in the City of Sacramento, which only has 32% of voters. We need to make sure there are more convenient locations

spread throughout the county with secure bins large enough to accommodate a large number of voters in a single day.

Lastly, we need to make sure people understand all of their options. For many, this may have been their first time receiving an absentee ballot. The postage required can change based on the thickness of the ballot but what people may not realize is that if they mail it without postage, their vote will still be delivered and counted (the county just ends up covering the cost). But for people who do not like mailing their vote, they need to know that they can drop it off or throw it away and receive a brand new ballot at the vote center. Those who prefer to vote in person, like they always have, have the ability to vote at any of the 77 vote centers - whether it is the one closest to home, work or preferred grocery store.

There is some good news though. This year we believe we will end up with a 47% turnout, which would be the highest level in 20 years for a non-presidential primary in Sacramento County. The system needs improvement and if we can capitalize on the good parts while fixing the problems, we can have a great system. As always, I am listening and your opinions are important to me. Let me know how you feel about the changes in the way we vote.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, Fair Oaks, and Rancho Cordova.

PUBLIC NOTICE

PUBLIC HEARING FOR THE ORANGEVALE RECREATION & PARK DISTRICT 2018/19 FINAL BUDGET

Notice is hereby given that a public hearing to discuss the Orangevale Recreation & Park District final budget will be held on Thursday, August 16, 2018 at 6:30 p.m. at the Orangevale Community Center,

6826 Hazel Avenue. The public is invited to attend and speak about any item in the budget or regarding the addition of other items. The District adopted a preliminary budget for the 2018-19 fiscal year at the Board of

Directors meeting on June 14, 2018. Copies of the budget are available for inspection at the District Office or on the District's website at www.ovparks.com.

WILDLIFE CARE VOLUNTEERS CRITICAL

The non-profit wildlife rehabilitation group has taken in over 1000 birds and small animals in May that need a real friend. Right now! Thousands more are coming in June and July.

Volunteers to help care for and feed injured and orphaned wildlife give them a second chance to live. Wildlife Care Association of Sacramento has a variety of roles including that filled by volunteer Dave Gish. As a community volunteer he's given over 1600 hours and logged hundreds of miles returning over 500 creatures to the wild in releases across the Sacramento region since 2016. WCA volunteers like Dave return wildlife to the area it came from originally on release back to nature.

Volunteers have fed, raised and rehabilitated wildlife while others from across the community staff the Hotline, manage the office and keep the WCA facility up and operating thru the busy season.

Dave Gish also volunteers as a facility gardener working to maintain the grounds when not on the road to release



rehabilitated wildlife back to nature. Wildlife Care volunteers provide 98% of the critical skills needed to keep these heroes of wildlife on track. Working with skilled animal care staff and our community volunteer coordinator it's the people from across the region from all walks of life that make the difference in life or death for wildlife.

By taking in thousands of creatures to live again and return to the wild, the WCA heroes of nature help keep the balance in our environment to preserve our quality of life. Volunteers are the most critical part of the mission to save wildlife across the Sacramento region that began more than 45 years ago. Visit volunteer@wildlifecareassociation.com to

take part in saving wildlife!

If you find wildlife injured, orphan or displaced by human activity call the Wildlife Care Association of Sacramento Hotline at 916-965-WILD.

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Real Estate News

Home Buying 101

Buying a home is one of the most fun, nerve wracking, time consuming, exciting, and sometimes traumatizing experiences we deal with in our lifetime. Here are some helpful ideas to help relieve some of the stress of the home buying process.

Getting pre-qualified for a loan should be one of the first things that are done when looking for a new home. It's always important to know how much home you can afford. Sellers want to see loan approvals submitted with offers. Don't home shop until you a full loan approval or you may waste time in your home search.

Consider working with a Realtor®. They know their markets and have access to multiple-listing services, and other avenues that may help you in your home buying process, such as home inspectors, lenders, title, and escrow people. Check the online reviews of your potential real estate agent; ask to talk to any of the people whom have left reviews.

If schools and neighborhoods are important, then research of that area is a must! Research more than one neighborhood in case you need to expand your search area. Ask your potential real estate agent for assistance in pointing you

to sources for research of areas.

Creating a list of absolute must haves, such as number of bedrooms, bathrooms, etc, will help narrow down the list of potential homes. You then won't be bogged down looking at homes that don't fit your needs.

Get the inspections! There are a variety of inspections normally completed before the finalization of sale. Most common are pest/wood boring insect, dry rot, septic, and the general home inspection. Paying for inspections now could save a new buyer in the long run.

Sit down with you realtor of choice and have a conversation face to face about the home buying process, the offer process, the inspection process, and the lending process. It can alleviate many headaches gaining knowledge of the unknown at the onset.

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Love Talk Read to Help Your Child Succeed PART 1

By Celeste Roseberry-McKibbin, Ph.D. Professor, California State University Sacramento

“It’s hot. I’m bored.” These are the words every parent dreads hearing when school is out. We love being with our children, but what to do when it is 100+ outside and the troops are restless?

You’ve been told repeatedly “Read with your children.” But how do you make it fun and engaging? How do you avoid the dreaded “summer slide,” where kids go backwards because they are not in school? As a mother and speech-language pathologist, I will share some easy, practical ideas that worked for me—and hopefully they will for you!

First of all, children need to see the adults around them enjoying reading. Children do what their role models do. If you are glued to your phone, your child will want to be on the phone too! If he sees you enjoying reading books, he will be excited about reading as well.

Remember that Orangevale Library is a wonderful free resource in our community—and the air conditioning is free! Google Orangevale Library for the hours they are open. You may be surprised at how many programs they have that are aimed at children. When our son Mark was little, we spent many happy hours there.

It can be very helpful to give your children incentives. For example, you can have a chart on the fridge where your child gets a sticker for every book

she reads. When she gets a certain number of stickers, she gets to buy an item she has been wanting. Rewards can be very powerful!

With younger children, make reading exciting and fun by reading aloud to them using silly, dramatic voices. Be expressive! This is especially important for young children with limited attention spans. Read books your child is especially interested in. A great way to help your child learn to love reading is to provide books that are funny. Children love to laugh! In kindergarten, my son Mark started hating reading and would have none of it because his dyslexia made reading very hard. He would let me read aloud to him, though, and all he wanted to hear was Captain Underpants stories and Bible stories with bad guys (there are plenty of those!) Oh, and he liked the Dumb Bunny (by Dav Pilkey)

books as well. Sound effects and funny voices kept him attentive and engaged.

Make reading a priority. Bedtime stories are especially good because they help children wind down and relax. Make it a special time of snuggling before they go to sleep. Sometimes children will want the same book over and over—that’s fine! Don’t be afraid to read the same book repeatedly. When children hear the same book read over and over, they capture the story line and are able to focus on more sophisticated details such as meanings of vocabulary words. Help your child figure out new vocabulary. Encourage your child to look at illustrations and pictures to figure out new words, but do supply the meaning if she starts getting frustrated.



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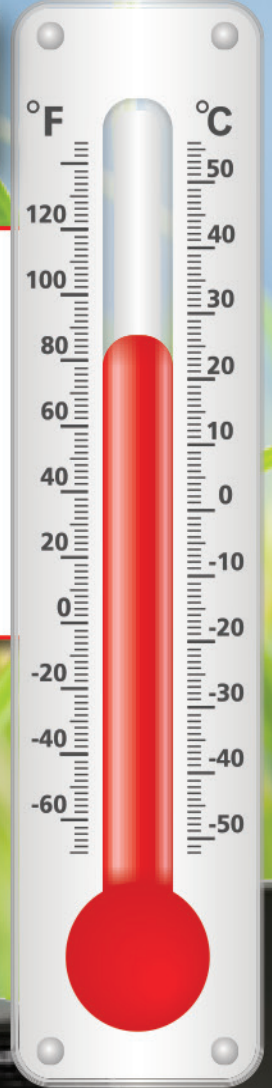
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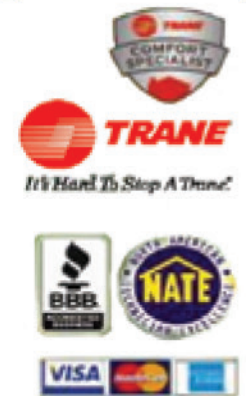
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Orangevale Cooks



by Suzanne Febowitz

It's that time of year! Time to celebrate! This is a great dessert recipe that is perfect for summer and celebrating the 4th of July. I received this recipe several years ago from Orangevale resident, Mary Beth Embree. If you look in any recipe book, magazine or even the Sacramento Bee, they have recently been promoting the "galette." Thanks to Mary Beth Embree, we were "in" before everyone else! It is a delicious recipe and it is easy to make.

If you would like to share a favorite recipe, please send a copy to Suzanne Febowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

PLUM GALETTE

Cut up about 16 plums into bite size pieces. Mix them with 1/4 c. white sugar, 1/4 c. brown sugar, and 1/4 teaspoon cinnamon. Set aside. Place an unbaked pie crust flat onto a parchment

lined baking sheet. (Mary Beth Embree uses the store bought unbaked pie crusts). Combine 3 tablespoons sugar and 1 tablespoon flour. Spread over the dough to within two inches of the edge. Arrange plum pieces on top. Fold crust over plums around the edge. Brush crust with egg white and sprinkle with sugar. Bake 30-35 minutes at 375 degrees until golden brown.

Note from Suzanne: If your plums are a little tart, then add a little more sugar.

Easy Pie Crust

- 1- 2/3 cup flour
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 2/3 cup + 1 Tbsp butter (not soft)
- 2-4 Tablespoon ice water

Mix dry ingredients together and then cut in butter with pastry blender or two knives until mixture is a crumbly texture.

Add 2 tablespoons water and mix; add more water if needed.

Flatten into a disk on waxed paper and refrigerate for 30 minutes. (Make galette filling while dough is

chilling.)

Roll dough into a roughly 12-inch diameter circle-ish shape, about 1/8 inch thick. Arrange the fruit on top, leaving about 1 1/2 inches clear around the edge of the dough. To fold the edges, fold the edge nearest to you toward the center. Rotate the galette and lift the adjacent piece of edge, and fold toward the center. The important part is to make sure there are no cracks where the juices will leak out during baking, so don't worry if it looks "rustic" ... it's supposed to!

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-Z.F. Thrimej

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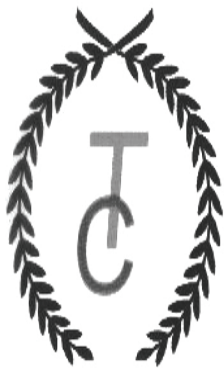
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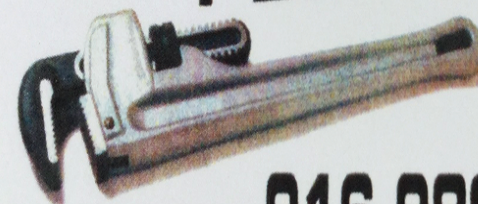
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July 28, 2018

A Gentleman in Moscow Fiction Amor Towles

"In all ways a great novel, a nonstop pleasure brimming with charm, personal wisdom, and philosophic insight. This book more than fulfills the promise of Towles' stylish debut, Rules of Civility." - A Gentleman in Moscow immerses us in another elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropoli, a grand hotel across the street from the Kremlin. cProvided by publisher.

August 25, 2018

An American Marriage Fiction Tayari Jones

Newlyweds Celestial and Roy, the living embodiment of the New South, are settling into the routine of their life together when Roy is sent to prison for a crime he didn't commit. An insightful look into the lives of people who are bound and separated by forces beyond their control" - Provided by publisher.

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COMMUNITY CALENDAR GROUPS & MEET UPS

SUNNY DAYS, SICK PETS

Warm, dry weather is here to stay for the next few months. In addition to the browning lawns around town, our pets are also feeling the heat. It is important to keep your pets cool and well watered because it's even easier for them to suffer from heat stroke and dehydration. Mild cases can result in lethargy and fever; but severe cases can cause coma or even death!

As humans, we're lucky to be able to sweat (and build air conditioning units!). Our furry family members are not as lucky! There is only so much that panting can do to cool off the body, especially in triple digit heat. If you are feeling hot, just remember your pet is feeling it worse!

The biggest thing to avoid is keeping your pet out of hot cars. The heat inside a car can very quickly rise to oven-like temperatures. Even if your car is in the shade, with the windows cracked, your pet can experience heat stroke in a few minutes. Don't risk the quick run into the market. Just say no!

Even just being outside can be deadly without adequate water supply and cool shade. You should also consider providing a small wading pool to help them cool off. Dogs that are flat faced (pugs, bulldogs, boston terriers, boxers, etc.) have a narrowed airway compared to their body weight so they have an even more difficult time keeping cool. For them, even with shade and water, just being in 90 degree heat can kill.

If you think your pet is overheated, douse them in cool water (no ice) and call your veterinarian immediately. Alcohol on the feet does not remove enough heat to be effective. Like other things in life, the best treatment is prevention!

David Herman DVM
VCA American River Animal Hospital

WEEKLY MEETS

Al-Anon meets on Thurs. @ 7:30 PM at the Church of Christ - 5915 Main St. Ov. Call 916-334-2970 or visit al-anon.alateen.org.

Al-Anon in Spanish-en Español Valor para cambiar se reúne los sábados 5:30 p.m.-6:30 p.m. en American River Alano, 9346 Greenback Ln. Ste 8 (entre Walnut y Main) Orangevale

Alcoholics Anonymous Meetings Mon-Sat at 7-8 am & Sun 8-9am, 12 noon every day. Call 454-1100 for evening meetings as the times vary. Meetings held at 9346 Greenback Ln. Ste 8 in Orangevale.

For Men Who Enjoy Singing We sing Barbershop Harmony every Wednesday 7:30 to 10 pm- Redeemer Covenant Church, 6800 Main St., OV

Boy Scout Troop 310, Mondays, 6:45-8 PM, Halls A and B in the Multipurpose Building, Divine Savior Catholic Church,

Bridge Player Group Every Tues. OV Grange Hall (5807 Walnut Ave) 11:00 am to 3:00 p.m. \$2 donation For more details at 988-9474

Clean & Sober Concerned about a loved one's alcohol or drug use? Clean & Sober Recovery Services offers FREE and confidential family support every Sunday at our noon meetings led by a licensed family counselor. Call 916-930-0190 to learn more.

Folsom Bridge Center is a Mutual Benefit Non-Profit organization with ACBL sanctioned games daily; \$10 to play. Monday- Friday games are at 11 AM., and on Saturday and Sunday, they begin at noon. No membership required; everyone is welcome. There is a play of the hand lesson Friday mornings 9-10:30, \$5, and a free open forum lesson 10:15-10:45 before the game on Tuesdays. Follsonbridge@gmail.com. 8680 Greenback Lane, Orangevale,

Like to Play Cribbage? Join the Gold Country Cribbers Contact: Roy Martin (916) 402-0411 Or Jack Throne: (916) 989-1762 Or Van Ray: (916) 768-4452 We Play We Teach We Have Fun Classes for beginners and intermediate Thursdays 4-7 pm Club Play Wednesdays at 5:45 pm El Dorado Hills Senior Center 990 Lassen Lane, El Dorado Hills,

Determined Toastmasters meets on Tuesdays 7-8 p.m. at Eskaton 8773 Oak Ave. in the Mulberry Room. Learn how to sharpen your speaking skills & build your confidence in a friendly atmosphere. (916) 792-5561

FA (Food Addicts in Recovery Anonymous) meets Tuesdays at 7 pm, Sunrise Community Church, 8321 Greenback Ln Room B214, Fair Oaks. For meeting info call Karen J 916-812-6584 or Sandi N 916-780-3917, also visit www.foodaddicts.org.

MEET-UP The BBC, The Business Builders Club. A Professional Networking Group. Meeting Every Tuesday 9:15-10:30am. Our Mission: To Empower Entrepreneurs and Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Communities. Every Tuesday 9:15-10:30 at Life Foods Nourish Café 7433 Greenback Ln. Citrus Heights

MomsRUs- Begins our Summertime Bible Study in the Park on Tuesday @10AM from June 12th-August 7th @ Lew Howard Park, 7200 Baldwin Dam Rd., Folsom. Fellowship with friends & meet new ones while your children/grandchildren play. Bring chair, water, snack and Bible. Questions call: 916-798-2297

Narcotics Anonymous, Tuesdays and Thursdays, 6 PM, in Room 4, Divine Savior Catholic Church, 9079 Greenback.

Overalls Square Dance Club meet every Monday 6:30-9:00 pm at Royer Veterans Hall, 110 Park Dr, Roseville, CA.

Orangevale Prayer in the Square meets every Tuesday morning at 6:30 a.m. for 40 minutes for Prayer & Coffee. It is never too early to reach out for answered prayers. 8786 Mellowdown Way Orangevale, Please call for details at 968-1039 or 988-4810 Everyone is welcome

Orangevale Rotary Club Meets every Friday (7-8:15 am) at La Placita 9272 Greenback Lane, Orangevale 916.425-2406

Orangevale Special Families This new Facebook group is for families walking the same walk to come together relieving isolation, frustration, and inspiring friendship, community, and creativity. Call 947-5234 for more information <https://www.facebook.com/groups/10333947523343437/>

Root Cellar - Sacramento Genealogy Society hosts a genealogy workshop from 1-3pm on the third Wednesday of each month at the Sylvan Community Center, 7521 Community Drive, Citrus Heights. The workshop is free and is open to all skill levels and ages. For more information, please visit our web site at www.rootcellar.org.

Senior Lunch Program Brought to you by OV parks and Meals on Wheels. Lunches are served every Tuesday, Wednesday, and Thursday at the Orangevale Community Center. Suggested donation of \$2, please call 916-988-4373 for more details

Senior Market Saint Francis Episcopal Church in Fair Oaks with Episcopal Senior Communities (ESC) EVERY TUESDAY offers the community a weekly Senior Produce Market (SPM) every Tuesday from 10-11 a.m. at St. Francis Episcopal Church, located at 11430 Fair Oaks Blvd. SPM is geared for Seniors. Cash Only! For more information, call (916) 966-2261 or visit our website: www.saintfrancisfairoaks.org and follow us on facebook

SERTOMA- SERVICE TO Mankind meets each Thursday at 7 am at Coco's Restaurant, Madison Ave near Sunrise. Call 966-1361

Sunrise Community Church Storytime is a great opportunity for parents, caregivers and children ages 1.5-5 to connect through a kid-centered experience in literacy, music, creativity and fun! Join us Mondays from 9:30a - 10:30a @ Sunrise Community Church - in THE BACKYARD (Rm D102) 8321 Greenback Lane, Fair Oaks. Visit our website for more details @ www.sunrisecommunity.church

St Vincent De Paul provides food and clothing assistance to the needy on Tuesdays and Thursdays from 1 - 3PM at Divine Savior Catholic Church, 9079 Greenback.

TOPS (Take off Pounds Sensibly) meets every week on Mondays at 9:00 a.m. at the Church of Christ, 5915 Main Avenue, Orangevale, CA 95662. Visitors are always welcome (preteens, teens, adults, male and female). First meeting is free. Contact Mary at (916) 988-6827. We have a friendly group!

EVENTS

GFWC ORANGEVALE WOMEN'S CLUB
Join area women dedicated to volunteer service and friendships. Lunch meeting monthly on 1st Tuesday at 11:00am (Sept-May). Orangevale Community Center 6826 Hazel Ave. More info at OrangevaleWoman'sClub.org or 988-1876.

Cub Scout Troop 310, 3rd Monday of the month, 6-8PM, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Leaders (GSHCC) Almond Service Unit of Orangevale meet 2nd Monday of the month, 7 PM, Hall B, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Service Team (GSHCC) Almond Service Unit of Orangevale, meets last Monday of the month, 7PM, Mater Salvatoris Room, Divine Savior Catholic Church, 9079 Greenback.

Orangevale Grange #354 meets 3rd Wednesday every month. Grange Hall 5807 Walnut Ave, OV. Starts 7:00 p.m. Check us out. Serving free refreshments. Call 988-0806 or visit our website at OrangevaleGrange.org

Roseville Better Gardens Club invites you as our guest to its monthly meetings held usually on the 3rd Tuesday of each month at the Maidu Community Center, 1550 Maidu Drive in Roseville. The club meets from September to May with doors opening at 12:30; meeting from 1-3. Programs including garden-related speakers and gardening information. Contact Lori at 916.784.0418.

Orangevale 4-H is in full swing for the 2017-18 year. We still have projects that are open to new members, so check us out and see what we can offer for your family. 4-H is for area youth ages 5-19 that want to learn life skills through hands on activities! We meet the 2nd Monday of the month (except December) at the Orangevale Grange Hall at 6:30pm. www.orangevale4-h.weebly.com

The Dementia Support Group is held at Eskaton Fountain Wood Lodge the 2nd Tuesday of every month at 2:00 pm. You're not alone in this journey, so come join us and get the support you need. Please contact Sharon at 916-988-2200 or email her at Sharon.wold@eskaton.org

CALENDAR OF EVENTS



Over 20 vendors confirmed for our 9th annual Orangevale market. Make sure to mark your calendar for EVERY THURSDAY

The Sheriff's Dewey Service Center
Located at 5484 Dewey Drive is in the Safeway Shopping Center. Volunteers can help you in filing crime reports and answering questions. The office is open: Monday 10-5, Wed 10-7 Fri 10-5

SENIOR LUNCHES

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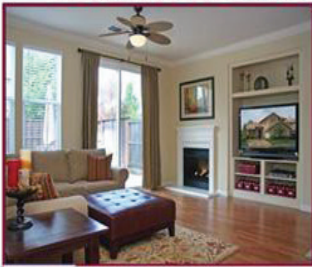
FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation (Wednesdays 4:30pm-6:30pm & Thursdays 9:00am-12:30pm), they will now be open Mondays 11:00am-1:00pm.

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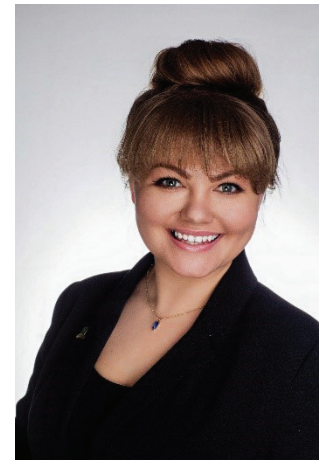
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Greetings, Orangevale Community! It is my pleasure to be part of the city and teach beginning and intermediate piano, voice, and musical theory from my home-based studio. Today, I'd like to discuss something I do and love, -music and its importance in our day to day lives. I am sure many of you have considered sending your child to piano lessons and know about some of the benefits and this message might be just the push you needed to make it happen. It is no secret that besides aesthetical value, music facilitates learning and enhances crucial life skills development. For example, early music student's brain is challenged to be constantly engaged and process a load of multifaceted information thus developing an expectation of similarly intensive focus and cognitive engagement in all other undertakings. Success in music comes after hundreds of hours of consistent practicing, thus, those who commit to music studies often don't need to be

reminded that success takes work, - it becomes engraved in them as early as kindergarten age and remains in their consciousness contributing to decision making and attitudes further in life. A language in itself, music also encourages further development of the area of brain responsible for languages and coordination. Not to forget, music builds intellectual curiosity and imagination, setting up young minds for creativity and inventiveness. Of course, it is also an engine of achievement and will certainly be a significant confidence booster. There are many studies done on the effect of music on different areas of human body and experiences. There are tons of educational articles easily accessible online informing the public on multitude of benefits resulting from being musically educated. Thus, dear parents, make sure you consider sending your children to study music, - it really doesn't matter what kind or what instrument or



even what age, -music studies will certainly be very useful to them. Such an investment will pay off generously with time. For piano/voice lessons or recommendation on finding a teacher for any musical instrument feel free to contact me at olga.d3749@gmail.com or at (916)804-5681.

~Olga Dubenchuk

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WORSHIP INFORMATION

FREE AND CONFIDENTIAL FAMILY SUPPORT

Clean & Sober Recovery Services offers FREE and confidential family support every Sunday to help families who are struggling with a loved one's abuse of drugs or alcohol.

•These meetings are run by a volunteer board-registered interventionist/family counselor and "veteran" family members who understand the roller coaster ride of a loved one's dependence on drugs or alcohol.

•The meetings are interactive, and you'll be able to ask questions in a group setting.

•These meetings are ONLY for people who are concerned about a loved one's drug or alcohol abuse. Please do NOT come with the person you are concerned about!

The meetings are held every Sunday from Noon to 1:30 at 9198 Greenback Lane, Suite 101, in Orangevale. You can simply show up for any meeting or call (916) 990-0190 for more information. Note: we do NOT hold meetings on holidays.

Here's what you will learn at the family meetings

No one plans to become physically dependent on alcohol or other drugs. It usually starts very innocently as a social "lubricant" or a study aid to help students get through long nights of schoolwork. At some point, though, drugs or alcohol become essential to make it through the day, and your loved one will begin to withdraw from the family or manipulate others in order to function and survive. The family "system" becomes as sick as the family member.

Everyone may be in denial about alcoholism or addiction (known in the medical and insurance worlds as "Substance Use Disorder" or SUD) because no one understands what is happening, or it is too terrifying or painful to admit there seems to be a problem.

SUD is considered a chronic

brain disease that can be kept in remission through treatment. Without treatment, it is progressive and fatal.

You'll learn about the risk factors for SUD including early childhood trauma, family genetics, mental health issues and the age of first exposure to drugs or alcohol.

You'll discover that you didn't cause your loved one's SUD, and you can't cure it or control it. But you can learn to "untangle" yourself from their chemical dependency, which may give them a reason to reclaim a life of recovery without drugs or alcohol. And your life will improve, even if your loved one continues to abuse alcohol or other drugs.

As you learn about treatment and recovery, you will find that there are many ways and many resources to help your loved one recover from their addiction or alcoholism.

Susan King, M.Ed.
Manager of Outreach, Clean & Sober Recovery Services and Clean & Sober Transitional Living 916 765-4479

TOP 5 NEEDS FOR ORANGEVALE FOOD BANKS CHILI RAVIOLI OR SPAGHETTI AND MEATBALLS REFRIED BEANS CAN FRUIT SOUP

Bible Community Church Sunday Worship 10:00 am Fellowship starts 9:30 am Located at the Maidu Community Center 1550 Maidu Dr., Roseville, CA 95661 Bible Community Church 916-832-8973

Calvary Chapel Folsom-Orangevale 6021 Walnut Ave. Orangevale, CA 95662 Sunday Service 10:00am. All are welcome! Sunday school for PreK, K-5th & 6th-12th. Thursday Night Bible Study 6:30pm (No Childcare) Pastor Mike Flanders (916) 989-2133, calvaryfo@comcast.net www.calvarychapelfo.com

Christ the King Lutheran Church 5811 Walnut Avenue, Orangevale (916) 988-2484 www.ChristTheKingOV.com Sunday Worship 9:30am,

Church of Jesus Christ of Latter-Day Saints Hazel Ave. Chapel, 7950 Hazel Ave, Orangevale Ward: Sacrament Meeting 10am Sunday School/Primary 11:20am PH/Relief Society/Young Women 12:10am. Young Single Adult Ward: Sacrament Meeting 1:00pm Sunday School 2:20pm PH/Relief Society 3:10pm 916 792-2556.

Citrus Heights Seventh-day Adventist Church 7610 Wachtel Way, Orangevale 916 723-7777 Services at 9:30 am Sabbath School 11am church www.chsda.comcast.com

Divine Savior Catholic Church, 9079 Greenback, (916) 989-7400. Daily Mass 8:30AM on M, T, W, F, Sat., Thurs. at 6:30 PM. Sat. Vigil Mass at 4:30 PM; Sunday Masses 7:45 AM, 9:30 AM, 11:30 AM. Free Community Meal every Thursday night from 6-6:45pm. Everyone is welcome www.divnesavior.com

Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks 95628 Sunday worship: Classic 9 & 10:30 AM, Contemporary 9 & 10:30 AM Children's programs at both times. 967-4784, www.fopc.org

Fairvale Baptist Church 8660 Madison Ave, Fair Oaks 916-967-4624 Pastor Richard Marshall. Bible Centered, Traditional Sunday Worship 10:45am and 6pm. Bible Study Wednesday 6:30pm. Christ is coming.

First Baptist Church of Orangevale 8898 Central Ave, Orangevale (916) 988-1139 www.firstbaptistov.org Sundays 9:00 AM Traditional Service and Sunday School classes; 10:15 AM Coffee & Donuts; 10:45 AM Contemporary Service and Sunday School classes; Wednesdays 6:00 PM Community Dinner & Bible study groups for all ages

Grace Bible Church 5010 Hazel Ave, Fair Oaks Sunday Schedule: Worship Service 9 AM, Fellowship Groups 10:40 AM, Evening Service 6 PM Information: 967-6500 or www.gbco.org

New Beginnings Christian Church 7535 Hickory Ave, Orangevale Sunday Service 10:30am Wednesday Family Night Service 7:00pm Live, Modern Worship with Real, Relevant Preaching Youth and Children Ministries We genuinely care for and root for each other! A great family atmosphere. Everybody is welcome

Orangevale Church of Christ 5915 Main Avenue, Orangevale Sunday Morning Bible Classes for All Ages 9:45am; Worship 11:00am, 6:00pm Tuesday Moms R Us 9:30-11:30 am Wednesday Dinner 6:00pm, Bible Classes for All Ages 7:00pm Thursday Bible Study 10:30-11:30 am Phone: (916) 988-2011 Web: www.ovchurch.org

Orangevale Seventh-day Adventist 5810 Pecan Avenue, 916/967-2838, www.ovsda.org / office@ovsda.org. Join us Saturday's 9:30 am Sabbath School class / 10:40 am is Sabbath Worship. Community Food & Clothes closet open Tue 9am-Noon. Orangevale SDA School grades K-8th, 916/988-4310, www.ovschool.org

Pathway Fellowship Temporarily meets at Madison Mall Bingo 8830 Madison Ave. at 9am for Classic Service and 10:30am for Modern Service & KidZone. New location at 8999 Greenback is coming soon. 916-988-2390, hispathway.org

Redeemer Covenant Church - 6800 Main Ave, Orangevale, 916.988.3124, redeemercov.com, Sunday School at 9:00am, Sunday Worship at 10:00am, Sunday Coffee and Fellowship at 11:15am, 2nd & 4th Tuesday Nights Free Community Dinner at 6pm - open to everyone, Thursday Night Youth programs at 7pm. Small Wonders Christian Preschool, 3-yr-olds on T/Th & PreK on M/W/F - call 916.988.0998, smallwondersorangevale.org.

Sunrise Community Church 8321 Greenback Lane, Fair Oaks Sunday Worship Services Blended Service 9:00 am (Main Sanctuary) Contemporary 10:45 am (Main Sanctuary) Christian fellowship 6:00 pm (B-209) (916) 726-4642 church@sunrisecommunitychurch.org

The Life Center - 7801 Hazel Avenue, Orangevale, CA 95662 916-988-1717 // info@lifecenter.church Sunday Services at 9 & 11am, free childcare provided

Valley Redemptive Church 11430 Fair Oaks Blvd, Fair Oaks Pastor D.W. Bryant Sunday School 9:40 am Sunday Worship 11 am Tuesday 11:30 am Bible Study Wednesday 6:45 pm Bible Study 916.579.5077 Valleyredempchurch@att.net Family Centered Atmosphere All Are Welcome Church Vision "Go Reach Redemptive Needs of All People, Ages, and Conditions"

World Fellowship Church of Foursquare International 7412 Van Maren Lane, Citrus Heights, CA (916) 745 4751 Morning Service -8.00 -9.30AM (English Service) Afternoon Service -2.00 -4.00pm (Fijian Service) Food Bank -9.00 -10.30AM (Thursdays)

FARMERS'S MARKET

Thursday 4-8 pm

9295 Greenback Lane, Orangevale 95662 (Next to Dairy Queen at the corner of Greenback & Walnut) Phone: 916.989.8779 Email: OVdqEvents@yahoo.com

Check out OVparks Summer of FUN!

Rec Swim & Swim Lessons

Summer Rec Swim Hours: 6/8-8/15, Everyday 1:30-4:00pm.
Admission: 2 and under Free, Spectators \$2.00, Youth \$3.00, Adults \$4.00.

Our weekday Swim Lessons meet for eight, 30 minute classes. Advance registration is required as space is limited.

Group lesson fee is \$57 (\$62 NR)

Private/Semi-Private \$74-\$137

Session 2 June 25-July 6*

Session 3 July 9-19

Session 4 July 23-August 2

Session 5 August 6-15



Aquatics Events

For only \$5 per person or \$20 for a family of five, you can enjoy an evening of swimming and great refreshments. **All events included in your Season Family Pool Pass \$160 (\$175 NR)**

4th of July Water Carnival

Pool open from 1 to 5pm with games from 2 to 3:30pm

20th Annual Ice Cream Social

Friday, July 27, 7:30 to 9pm

Hot Dog Hoedown

Friday, Aug 11, 7:30 to 9pm

Dive-In Movie Night - Sherlock Gnomes

Saturday, Aug 25, 8pm (Sunset)



Mad Science Half Day Camps

Mad Science Camps are Mon-Fri, \$170/\$173 NR

Flight Academy - 7/9-7/13 9am-12pm Ages 6-12

Radical Robots - 7/9-7/13 12:30-3:30pm Ages 8-12



Rec'ing Crew Day Camp

For Campers Ages 5 to 12 with 3, 4, and 5 day options

Camp Hours: 9am to 4pm/Extended Camp: 7am to 6pm

Fees range from \$117-\$235 per child

Session 3 - Wacky Tacky

Session 4 - Sunrise Rollerland

Session 5 - Movies: Incredibles 2

Session 6 - Sunsplash Water Park

Session 7 - Sacramento Zoo

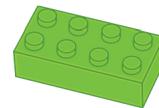
Session 8 - Skatetown

Session 9 - Gold Bug Mine

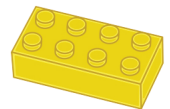


Lego Bash 'Em Bots

Ages 7-12 * 7/2-7/6 * M, Tu, Th, F * 1-4pm



Have you ever wanted to learn how to make a massive motorized machine from LEGO parts?
Fee: \$139 / \$142 NR



Skyhawks Summer Camps

Skyhawk camps are from 9am-12pm

Mini Hawk Camp: Ages 4-7 * M-F * 6/25-6/29 * \$151 / \$154 NR

Golf Camp: Ages 5-9 * M, Tu., Th, F * 7/2-7/6 * \$121 / \$124 NR

Beach Volleyball Camp: Ages 6-12 * M-F * 7/16-7/20 * \$151 / \$154 NR

Picnic & Pool Rentals

Have a party planned but no location? No Worries!

OVparks has several outside rental options available from picnic areas to our very own pool! Picnic rentals start at \$66 for the day and Pool Party Places are \$75 during public swim or rent the ENTIRE Pool!



Parks Make Life Better! ®



Get Connected @ovparks

6826 Hazel Avenue, Orangevale CA 95662

(916) 988-4373 • (916) 988-3496 FAX

OVparks.com • facebook.com/OVparks