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**BE A PART OF THE BIGGEST EVENT
OF THE YEAR
COMMUNITY INFORMATION
MEETING APRIL 1, 2019
5:30-7 PM**

The Orangevale Town Fair is looking for folks who want to be a part of the community's largest event of the year.

NON-PROFIT Organization: We have many opportunities for groups or clubs to raise money and support the cause.

LOCAL TALENT: We like to showcase local talent. Bands, dancers, and performers are apart of the show on the professional stage

CLAIM YOUR BLUE RIBBON AT THE GRANGE EXPO: The Orangevale Grange invites you to share your talent in crafting, art, technology, photography, floriculture, canning, textiles and agriculture. The Expo is for All Ages visit www.orangevalemfair.com for entry information.

VOLUNTEERS: It takes a small army of great people to pull off a community event like ours. If you'd like to "pitch in" and volunteer your time and services to help with the event, please call 916-934-2207 or Email info@orangevalemfair.com for available positions and times.



The vibrant fair culture of, educational exhibits, exhilarating carnival rides, live performances, and local community events is important to the community of Orangevale and our surrounding neighboring communities. Fair exhibits and activities at the fair provide a crucial link to the agricultural community, the farmers and ranchers that are part of the Orangevale Fair Tradition.

The Orangevale Town Fair and the Orangevale Grange is hosting a showcase of the talents and achievements at the Grange Expo. Entering the Grange Expo competitive exhibits program allows you the opportunity to showcase your abilities, and revel in your accomplishments! The Grange Expo's friendly competitions are designed to recognize the best of our community.

The competitive programs will inspire talented individuals, as well as highlight the latest advances in technology, crafts, design, art, floral, agriculture, industry and more. Over 10,000 visitors are expected at the Orangevale Town Fair. Your work and talent are an integral part of the fair's celebration, and we look forward to placing your talent on display at the Orangevale Town Fair from May 31-June 2. We encourage you to enter today and begin making lasting memories for yourself, and

GRAB YOUR BLUE RIBBON AT ORANGEVALE TOWN FAIR



for thousands of Orangevale Town Fair patrons! It's your moment to shine! Enter today!

The Grange came to life in 1875 as an organization to promote the farm and the farm home. Organized in "The 'Vale" in 1910, Grange has been there helping to grow the community you know today as Orangevale. We invite you to share your talent with this wonderful community in an exposition of crafts, design, art, kitchen craft, agriculture and more. Separate Divisions are listed for Junior (age 4-13 inclusive), Youth (14-20) and Adult (21+) Exhibitors. The age of the entrant, unless otherwise stated, is based on the participants age at 01/01/2018.

Each Exhibitor is responsible for selecting the appropriate Division for entry, Sections are assigned by age. Pre-registration of entries is required to maintain a smooth check in process for all involved. The Orangevale Chamber of Commerce, Orangevale Grange, Orangevale Town Fair Committee & Exposition Committees are not responsible for errors on entry forms. No exhibitor shall be entitled to an award that has been disallowed because of his/her own error. Entries not meeting contest rules, including labeling, will be disqualified and excluded from

awards.

All entries must be the original work or product of the exhibitor and completed during the contest year. Except for classes using recycled items, materials should be new. Work should be clean and in good repair. Decisions of the judges are recorded on the judging sheets are final. To encourage high standards, the judges shall place exhibits based on merit. Judges may withhold placings as they see fit. Best of Show awards will be awarded at the judge's discretion to superior exhibits. Entry fee is \$5 per item. Judging Systems American: A method of judging in which entries are ranked against each other and the best entries are selected for placing. Normally, only a single 1st, 2nd, and 3rd place award in the class will be awarded. Danish: A method of judging in which entries are compared to a scorecard or standard. As many first placing, etc. as merited will be given. It is important for exhibitors and advisors be familiar with the rules under which these contests are held.

If you have questions regarding the application of rules, qualification of entries or exhibitors visit www.OrangevaleTownFair.com You may also contact the registrar by email at: OrangevaleGrangeExpo@gmail.com

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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.

STAFF:

Brad Tatum - **Publisher/Advertising**
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Reporter - Elizabeth Brown
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**DATES TO
REMEMBER:**

APR 2019

WED APR 3, 2019 DEADLINE

FRI APR 11, 2019 Out To Public

WED APR 17, 2019 DEADLINE

FRI APR 25, 2019 Out To Public

MAY 2019

WED MAY 1, 2019 DEADLINE

FRI MAY 9, 2019 Out To Public

WED MAY 15, 2019 DEADLINE

FRI MAY 23, 2019 Out To Public

JUN 2019

WED JUN 5, 2019 DEADLINE

FRI JUN 13, 2019 Out To Public

WED JUN 19, 2019 DEADLINE

FRI JUN 27, 2019 Out To Public

JUL 2019

WED JUL 3, 2019 DEADLINE

FRI JUL 11, 2019 Out To Public

WED JUL 17, 2019 DEADLINE

FRI JUL 25, 2019 Out To Public

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ANNOUNCEMENTS

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DATES 8 SESSIONS: FROM APR. 1 THROUGH MAY. 20, 2019
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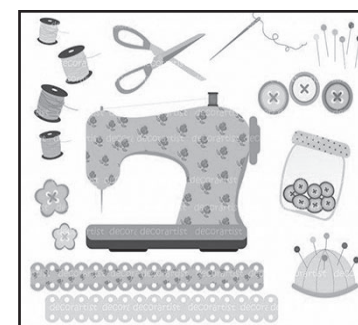


WILBURN CURTIS GOLDEN
January 31, 1932 – March
10, 2019

Curt passed away peacefully at his home surrounded by his family and the love that comes from a life well lived. He was born in Hopper, Arkansas, served in the U.S.A.F. from 1951 – 1959, and worked for Aerojet General during the Apollo Project before serving as a minister and elder of the Orangevale Church of Christ. He dedicated his life to serving the Lord. He ministered to others both locally and internationally. He has been a member of the Orangevale community since 1956. He was preceded in death by his faithful wife Betty in

2005. He is survived by his loving family which includes: Teresa & Glen Mead, James Mead, Duane, Kristi, Brody, & Brooklyn Mead, Lynette Golden, Josh, Kim, Hunter, & Bailey Gillis, and Michael, Brigitte, Alex, Ava, & Sophie Golden.

A celebration of his life will be held on Saturday, April 6, 2019 at 2 PM, followed by an ice cream social at the Orangevale Church of Christ located at 5915 Main Avenue, Orangevale. In lieu of flowers, donations can be made to the Orangevale Church of Christ/Curt Golden Memorial, which will be used to support the missionary program that was so dear to his heart.



Orangevale Grange Women's
Association

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The Roseville Better Gardens Club, an award winning, non-profit educational organization affiliated with the Golden Foothills District and California Garden Clubs, Inc., proudly announces the second year of its scholarship program. The club is offering this educational opportunity to help college students pursuing a horticulture-related Bachelor's or Master's Degree. One-year scholarships are available for an award amount of \$500. Postmark deadline for applications is May 1, 2019. The scholarship application packet is available on the California Garden Clubs website: <http://californiagardenclubs.com/content/rbgc-scholarship-program>

ANNOUNCEMENTS



A CENTURY CELEBRATION!

Born in San Francisco on March 6, 1919 celebrated her 100th birthday. Surrounded by her family and many of her friends, she enjoyed pizza, birthday cake and joined in singing with everyone.



2019 Car Shows here at Riebes Auto Parts.

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April 28th – Nor Cal T&T car club

May 16th – Napa Riebes

June 20th - Napa Riebes

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CELEBRATING THE MARRIAGE OF IAN MICHAEL BRADSHAW AND BRIANNA NICOLE SCHUESSLER.

On December 27th, 2018 at City Hall in Sacramento, California. The intimate Ceremony was followed by a small reception in downtown Sacramento. Ian grew up in Fair Oaks and attended Bella Vista High School and graduated in (2000) He completed his degree in finance from Cal State Northridge (2009) He works for the Governor's Office of Emergency Services. Brianna is an Orangevale native and she attended Casa Roble High School (2012) and then continued her education from the

University of South Carolina and got her degree in Sport and Entertainment Management in (2016) She currently works in Global Operations for Lyft.

She moved back to her hometown after college and that is where she met Ian. Through mutual family friends they were connected. They currently reside in Fair Oaks with a cat named Pancake and can be found eating Sunday Brunch at Annie's.

Local SPORTS



"Casa Track and Field is off and running. They hosted their first league meet of the season and then traveled to Seattle, Washington the next day to compete in the Cardinal Relay Invitational. Lots of great performances under the backdrop of Mt. Rainier. Way to go Rams!" Photo by Tim Engle



Opening day 2019 for the Fair Oaks Orangevale Little League was a hit (pun intended). United Barbering Co. OV View's people's choice for best barber was there for the 2nd year to give free haircuts for the Little Leaguers

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Orangevale Youth Soccer Club will hold walk in sign-ups on Monday, March 18th, Tuesday, March 26th, Monday, April 1st and Tuesday, April 9th. Signups will be held at the Orangevale Community Center from, 6pm until 8pm. For complete registration information go to ovalessoccer.org. Feel free to email any questions through our web site.

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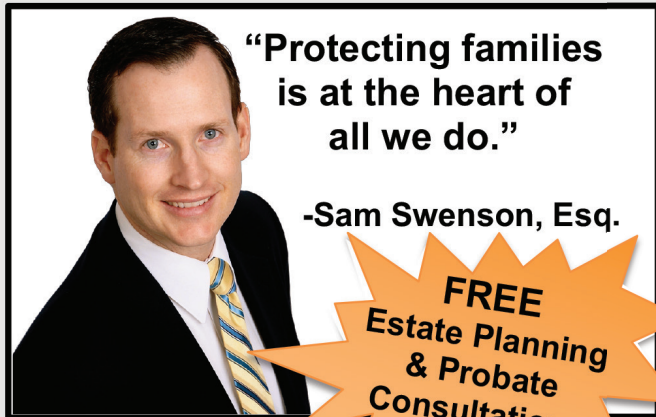


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PUTTING YOUR FINANCIAL HOUSE IN ORDER

At times, in a marriage, whether it is due to delegated responsibilities or lack of interest, one spouse handles the finances and the other knows little. Luz Johnson of LPL Financial saw this and decided to do something about it and offered a talk on “Women and Investing”. Her hope was for the women who attended to leave empowered with financial information.

One woman who attended shared that her husband regularly encouraged her to know about the finances, in case something happened to him. She, however, was not interested. Unfortunately, her husband passed away and she had no idea what to do.

When we lose a loved one, such as a spouse, parent, or sibling, there are aspects of life that we are forced into. It can be a challenge to sort through the financial issues, while also dealing with the emotional issues that accompany losing a loved one. Too often it becomes overwhelming and rash decisions are made, which may not be the best long-term decisions.

Orangevale Chamber Board of Directors, Luz Johnson of LPL Financial and Sam Swenson of The Swenson Law Firm see the effects of this in their financial (Luz) and legal (Sam) practices. Because of that, the Orangevale Chamber is hosting a workshop, “Putting Your Finan-

cial House in Order”. Luz and Sam will walk you through what it looks like to put everything in order. Each attendee will take home useful information and a financial Organizer.

This workshop will take place on Thursday, April 4th from 10-12 and again on Thursday, April 25th from 6:00-7:30. RSVP is required, as there is limited seating. To rsvp, please email secretary@orangevalechamber.com or call 916-860-7035. Light lunch/refreshments will be served. This workshop will take place at the New Chamber office at 8897 Greenback Lane. Parking is located in the BACK of the building.

IT'S POSSIBLE TO REVERSE YOUR DIABETES

Currently, 26 million Americans have diabetes and 79 million have prediabetes. Both of these conditions significantly increase the risk of cardiovascular disease and other complications. The prevailing medical paradigm teaches that diabetes is a chronic, incurable disease, and diabetics surrender to the idea that they will struggle with the disease for the rest of their lives. In our fast-paced, money-driven healthcare system, providers often don't have adequate time to educate patients about how to be healthy. All too often, patients are treated for the symptoms of disease, while the underlying causes of disease are not addressed.

Dr. Wes Youngberg, DrPH, has been working with diabetics for the past twenty-five years. He has found that, by addressing the cause of illness rather than just treating the symptoms, type 2 diabetics can experience dramatic health improvements, avoid complications, and possibly

even reverse the condition.

Drawing from Dr. Youngberg's extensive experience, Life & Health Network produced Diabetes Undone, a research-tested intervention in reversing type 2 diabetes and other lifestyle diseases. The Diabetes Undone curriculum includes a cookbook, workbook, and informational videos and can be taken in a group setting or on an individual level from home. Participants will learn how to form new habits and make better choices based on increased knowledge, skills, and encouragement. The program is designed to empower participants to optimize their nutrition, exercise, and other powerful lifestyle strategies, all of which enable them to reclaim their health. The same strategies that are taught to fight diabetes also combat heart disease, obesity, cancer, autoimmune disease, and many other lifestyle-related health conditions.

Really, it's quite simple, the

things I had to do. It wasn't hardship at all. Six months later,

“I was declared non-diabetic. I reversed it. And since then, I had extensive tests done two months ago, and I'm still not diabetic or prediabetic. And that itself is the reward.”

-Tom Zapara, 91-year old Diabetes Undone participant About Life and Health

Life and Health Network is a non-profit organization dedicated to creating compelling, evidence-based life and health media. We believe we were designed to have the physical, emotional, and spiritual domains of our life in balance. Our goal is to inspire and engage the global community to achieve that balance by living healthier and more abundant lives.

For further details, please contact: Church Secretary Orangevale SDA Church (916) 967-2838
ovsdachurchoffice@gmail.com

OV WATER 123RD ANNUAL MEETING

ORANGEVALE WATER COMPANY 123RD ANNUAL MEETING

Having a little free time on a Tuesday afternoon and curious about what the push for turning in my proxy to the Orangevale Water Company was all about, I decided to venture over to the 123rd Annual Orangevale Water Company Board meeting. Not surprisingly, what I found was a group of caring, committed, and long-time Orangevale residents interested in the future of our water company. The focus of the meeting was discussing a year in review under the new management of General Manager, Joe Duran and confirming the incumbent Board members, Jim Lemley, Robert Hunter and Russell Castilone. The Board welcomed the group of attendees and announced having achieved the magic number of required "proxy" votes from Orangevale residents.

Joe Duran began the meeting congratulating the former General Manager, Sharon Wilcox for 47 years of service and praised her dedication and leadership. He also recognized the staff for a smooth management transition and appreciated their support in implementing a host of new initiatives to improve water service for Orangevale residents.

One notable initiative is the ongoing conversion of 5600 smart point readers from a "touch read" to a "drive by reader". This new technology enables a field rep to simply drive by and collect data on a laptop, eliminating the need to physically scan the

meter and will also give customers access to their data as well. To date 356 meters have been converted. Also, other technological advances include a GPS system for updating underground maps. The system will also facilitate quicker response times for service repair requests.

On the list of almost 19 projects completed, all were credited to the OVWC crew except for one, the water main replacement on Central Avenue, which was outsourced due to the terrain and time for completion. According to Duran, "Considering the size of our staff and the scope of the project, the most efficient thing to do was outsource it. We saved both money and time. It was a win win for all."

Other wins of the night included a budget worksheet comparing 2017 to 2018. During his presentation to the Board, Duran proudly shared that, "Any budget item within our control was reduced from the previous year." Duran praised his staff for their hard work and sacrifices in accomplishing all the projects during his first year as General Manager.

Board meetings are held the first Tuesday of the month at 4 pm. Check it out! You'll learn something new and meet some great people. The Orangevale Water Company is located at 9031 Central Avenue, stop by or give them a call with any questions or concerns at (916) 988-1693, Monday - Friday, 7 a.m - 3:30 pm.

Submitted by MaryAnne Povey

WOMEN'S HISTORY MONTH

A SHOUT OUT for Women's History Month
Women's History Month celebrates the vital role of woman in American history. The vibrancy and legacy of women past and present unifies and nourishes our collective whole as we march onward towards fundamental human equality.

We all play a vital part in the intricately woven fabric of who we are as a whole. We woman, young and old, of diverse backgrounds and beliefs play a fundamental role in shaping our country's future. We need to be ever mindful of our power and not only reflect upon and celebrate the lives of famous women pioneers and leaders in our history and the unsung woman heroes of our daily lives; we need to SHOUT IT OUT to the world and be a part of that SHOUT OUT!

By Sheila LaPolla

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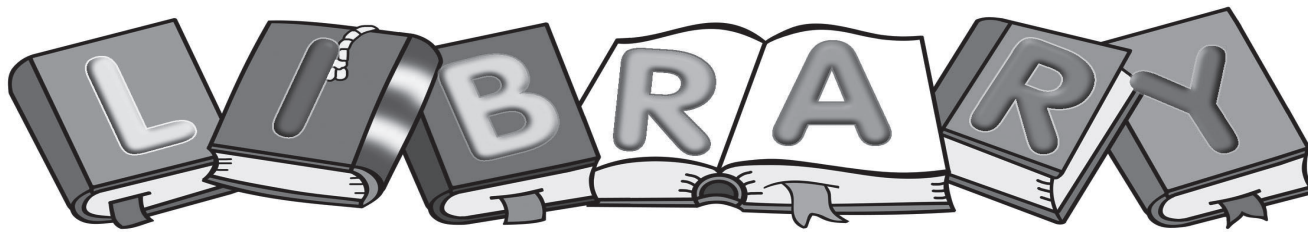


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News

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JoFamily Storytime Every Thursday, 10:30—11:30 am Toddlers, Preschoolers, and their caregivers are invited to join us for songs, rhymes, and stories designed to build early literacy skills! Stay for a play and craft time after storytime.

Bubbles, Bubbles, Bubbles Thursday, Mar 21, 3:30 pm Experiment, make bubbles, build bubble wands and use your imagination! This event is for the whole family.

Job Coach * Every Friday, 1:00 pm & 2:00 pm Come and meet one-on-one with a volunteer job coach who will help you look for jobs, create an effective resume, and more! *Registration Required

STEM Lego Robotics* Session 5 of 8 : Saturday March 23, 10:30 am -12:30 pm or Tuesday, March 26, 5:30 -7:30 pm Session 6 of 8: Saturday April 27, 10:30 am - 12:30 pm or Tuesday, April 30, 5:30 pm - 12:30 pm Each session is not dependent on prior attendance. Participants (ages 9-14) will learn to design, build and program their creation using the LEGO Mindstorms EV3 kit. Registration is required and opens 10 days prior to event. Funded by Friends of the Orangevale Library.

Book Club: The Immortal Life of Henrietta Lacks Saturday, Mar 23, 1:30 pm-2:30 pm. She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951— became one of the most important tools in medicine. Join us as we read "The Immortal Life of Henrietta Lacks". Pick up a copy of the book beginning Feb 23.

Legos & More Tuesday, Mar 26, 3:30 —5:30 pm Do you love to build? Join us for unstructured play with our Legos, Lincoln Logs, and Citiblocks. Every last Tuesday of the month. Mark your calendar!

Tween Book Club Thursday, Mar 28 3:30 —4:30 pm Join us at our monthly book club for 9-12 year olds. Eat snacks, chat about our book, participate in activities, and make new friends. This month we are reading Jinx by Sage Blackwood. Pick up your copy starting Feb 28.

Lighting for Your Health with SMUD* Saturday, Mar 31, 3:30 pm Learn how lighting can affect your health and vision. Discussion will include simple, low-cost, energy efficient lighting tips designed to help you feel energized, sleep better and see better at night.

Minecraft Gaming* Thursday, April 4th, 2:00 - 4:00 pm Participants (ages 6-18) can enjoy this computer game filled with mining, crafting and exploring! Registration is encouraged.

Mixed Media Art Journaling Saturday April 6th, 10:30 – 12:30 Use your imagination and all kinds of mixed media to create a free style art journal. Materials provided by the Friends of The Orangevale Library or bring your own.

Storymakers Thursday April 11, 3:30 – 4:30 Event Type(s): Reading/Writing Age Group(s): Kids (5-12) Inspired by a book, children ages 5 and up are invited to a crafty afternoon of designing and making. Participate in storytelling and engineering challenges using Sphero at this month's Storymakers.

STEM Lego Robotics* Session 7 of 8 : Saturday April 13, 10:30 am -12:30 pm or Tuesday, April 16, 5:30 -7:30 pm Session 8 of 8: Saturday April 27, 10:30 am - 12:30 pm or Tuesday, April 30, 5:30 pm - 12:30 pm Each session is not dependent on prior attendance. Participants (ages 9-14) will learn to design, build and program their creation using the LEGO Mindstorms EV3 kit. Registration is required and opens 10 days prior to event. Funded by Friends of the Orangevale Library.

Genealogy: Book a Genealogist Saturday April 13, 2:00 pm or 3:00 pm Need help with your family history? Not sure how to begin? Want to know where to look next? Root Cellar volunteers are ready to help you discover your roots! Free individual 60 minute help sessions are available at the Orangevale Library. Reserve your session online at www.saclibrary.org/events or at any library branch

Spring Performer Series: Art Beast Thursday April 18, 3:30 Families, Kids (5-12), Young Children (0-5) Join us for a local performer of the third Thursday on the month. Celebrate spring with a process-oriented art experience for all levels.

Weather and Our GOD

I hear the wind blowing and can almost hear; Our Lord asking His Father "Are You stirring up fear?"

"Son, You know Me well, I would never give fear... I just want my children to know I'm 'right here'.

"The winds get their attention; the cold draws them close to Me They know I'll hold them close with no cause to flee."

"I will give them My warmth I will give them My peace and I will remind them I've loved seeing them on their knees."

The weather gives fear to some But I'm sure not one. It reminds me of His power and all the work He's done.

He's given us His Word His Holy Spirit, too. This loving Gift, Who lives in our hearts; Yes, in me and in you.

Seek HIM, Find HIM
Jeremiah 29:12,13
Jerri Farmer
March 8, 2019

ATTENTION TECH TREK

Calling Tech Trek campers - AAUW, CHAR branch, is looking for the girls we sent to Tech Trek camp over the past 20 years. The branch is planning a reunion party. Former Trekkers, please contact AAUW at <charaauw@gmail.com>.

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ORANGEVALE YOUTH SOCCER CLUB

- Walk-in • Monday, March 18th
 Registration: • Tuesday, March 26th
 • Monday, April 1st
 • Tuesday, April 9th

Time: 6:00 to 8:00 p.m.

Location: Orangevale Community Center
6826 Hazel Avenue, Orangevale, CA 95662

Walk-in U-6 & U-8 → \$65 per player (\$80 per player after April 30th)
Registration: U-10 through U-19 → \$95 per player (\$110 after April 30th)

On-Line U-6 & U-8 → \$80 per player
Registration: U10 through U-19 → \$95 per player

\$20 charge will be deducted from registration fees for refunds requested before Aug. 1.
NO REFUNDS WILL BE ISSUED AFTER August 31st

Uniform Costs: \$45 (tax included) purchased at Soccer Pro, 11726 Fair Oaks Blvd., Fair Oaks.

What to Bring:

ALL PLAYERS

- 2 printed copies of CYSA registration form (downloadable on ovalessoccer.org) **incomplete registrations will NOT be accepted**
- 1 copy of OYSC team preference/volunteer form (downloadable on ovalessoccer.org)
- **Small un-laminated photo of player ages 8 and up only (1"x 1" face only no hats or sunglasses)**
- Registration fee as check, cash or credit card (small additional charge)
- A signed copy of the CYSA Parents Concussion Fact Sheet (downloadable on ovalessoccer.org)

PLAYERS NEW TO OYSC ALSO NEED

Copy of State-Certified Certificate of Live Birth (non-returnable). Hospital or baptismal certificates are not legal documents and cannot be accepted. California Youth Soccer Association regulations require a certificate of live birth for registration.

Need more information? Have questions?

Visit us on the website at www.ovalesoccer.org or call 916 988-1528

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Sand Volleyball Clinic



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Ages 6-9 M 4/15-5/20 4:30-5:30pm

Ages 10-14 M 4/15-5/20 5:45-6:45pm

Baseball & Softball Camp



This camp offers beginning to intermediate players the opportunity to build a solid foundation in both Baseball & Softball.

Ages 7-13 M-F 4/15-4/19 9:00am-3:00pm

Spring Rummage Sale

Saturday, April 20th • 7:00am-1:00pm



Shoppers, get ready for a great sale! If you're looking for bargains, you can find them here. Sellers, turn your unwanted items into cash with hundreds of shoppers at every event. Space consists of 2 parking spots.

OVPARKS

Summer Open House

Saturday, April 27th • 12:00-1:30pm

Come join us at OVparks Summer Open House to plan your summer! There will be free BBQ hot dogs, a bounce house, and snow cones!

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Orangevale Cooks



by Suzanne Feblowitz

I had forgotten this recipe until my husband mentioned it last week. I originally found this recipe while I was watching a daytime talk show. Usually, the recipes are posted on their websites and many times the recipes are different than what is viewed on the show. This recipe was pretty accurate, but I had to replace the main flavor! The recipe is inspired by a Lavender Chicken recipe by Graham Elliot when he was on The Talk. The lavender did not sound good to me, so I replaced it with rosemary. It was so wonderful with the rosemary, I cannot even imagine what lavender would taste like! We are always looking for new recipes, so if you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz 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.

ROSEMARY CHICKEN

2 boneless skin-on chicken breasts.

Olive Oil

Butter

Fresh Rosemary- 2-3 sprigs -re-

move from stem

Pepper

Salt

Yield 3 servings

1. Season chicken with salt and pepper.

2. Heat a small amount of olive oil and butter in a skillet over high heat.

3. Add chicken skin side down, cook 2 minutes and then reduce heat to medium high; continue cooking skin side down until fat renders and skin is golden brown about 5- 10 minutes.

4. Turn chicken over and add more butter (1 tablespoon) and the rosemary.

5. Continue cooking chicken and add more butter. Spoon the butter and the rosemary over the chicken as it is cooking.

6. Check chicken by cutting into the thickest part. If it is still pink, then butterfly the chicken (cut it so it is thinner) and continue spooning the pan juices over it; add more butter if needed. Keep burner at medium or lower so you do not burn the butter.

7. When meat is cooked through,

remove from heat.

8. Serve with your favorite potato and a salad.

This makes great leftovers for lunch!

Note: Use skin-on breasts because it keeps the moisture in and the crispy skin is delicious!

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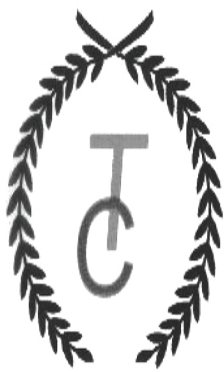
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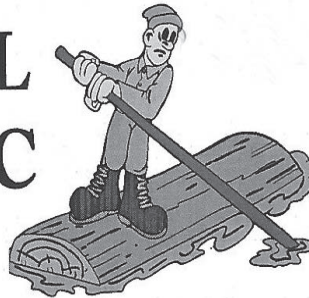
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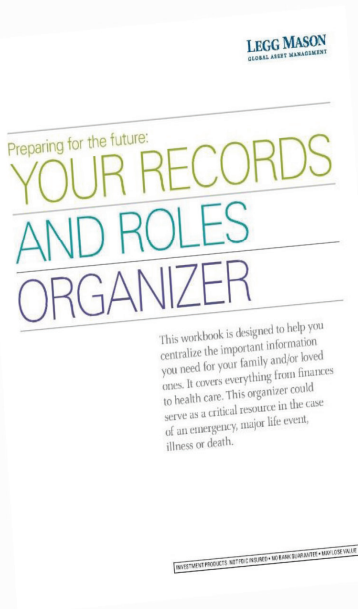
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10:00 a.m. – 12:00 p.m.

Light lunch will be served
RSVP by March 29th

OR

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Light refreshments will be served
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SEATING IS LIMITED – RSVP required

Please RSVP to
secretary@Orangevalechamber.com
or to 916-860-7035.

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We gather member organizations monthly after regular work hours. Meet your fellow community leaders and business people. The Chamber is active throughout the week, and these regular connecting points are a great way to stay informed as to what's happening in the Orangevale. Through these conversations, you can identify ways for your business to engage further into supporting the community and promoting what you do. These events are typically held 5:30 - 7:30 pm

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SHARE YOUR COMMUNITY SPOTLIGHT WITH THE VIEW! Send article & photos and stories to editor@ovview.com.

MUCH

The word "much" sounds like it could be an abbreviation for maturity. For those who think that idea is immature absurdity: Deets is short for details. Totes is short for totally. Can much mean maturity? For those who like less: hopefully.

-Z.F. Thrimej



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Orangevale Food Bank

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COMMUNITY GROUPS & MEET UPS

MONTHLY EVENTS

American Legion Have Meeting at the 4th Tuesday of each month. Meeting Starts at 7:00PM. American Legion Have Meeting at the 4th Tuesday of each month.

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 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

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

Retired Public Employees Association (RPEA) Meetings-Roseville Chapter (#84) meets at The Sierra Regency, 1015 Madden Lane, Roseville, Ca. 95661. Meetings start at 10:00 A.M. On the fourth Thursday of Month. FEB; APRIL; JUNE; AUG; OCT; DEC. (In December there is a Christmas Luncheon Held on the first Thursday). It's always nice to see your co-workers, if not, meet new (retired) State Employees and have a good time participating. So, come join us!!! SEE YOU THERE! FOR MORE INFORMATION: CALL HELEN FIELD: (916)783-0325.

Roseville Better Gardens Club invites you to its meetings held at the Maidu Community Center, 1550 Maidu Drive (off Rocky Ridge) in Roseville. Interesting garden-related speakers and tours are planned for this year. Meetings are usually held on the 3rd Tuesday of each month from September to May. Doors open at 12:30; meeting 1-3 PM. GUESTS ARE ALWAYS WELCOME. For more information, go to: <http://californiagardenclubs.com/content/roseville-better-gardens-club> OR contact LORI at (916) 784-0418.

The Dementia Support Group is held at Eskaton Fountainwood 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

The VFW Have monthly Meeting on the 2nd Tuesday Of each Month. Post 6158. Meeting starts at 7:00PM Center Township Post 6158 is located at 8990 Kruitthof Way Fair Oaks, Ca 95628

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.

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 916 990-0190 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 A.M., 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. Folsombridge@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-group for women of all ages, raising or helping to raise children of all ages. Meets Tuesday morning's 9:45-11:45 thru May 14th, Orangevale church of Christ, 5915 Main Ave. Support, discussion, sharing on Christian family & parenting. Shared childcare. www.ovchurch.org/family ALL FREE

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 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/1033947523343437/>

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.

"Scout Troop 144 meets Tuesdays at 7 PM at Christ the King Lutheran Church - 5811 Walnut Ave, Orangevale. Boys and Girls between 11 and 18 years of age are welcome to attend to learn more about the Scouting program and upcoming adventures.. Please call Jeremy at 916-826-1497 with any questions or additional details

Senior Lunch Program Brought to you by OVparks 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

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!

SENIOR LUNCHESES

Brought to you by OVparks 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.

FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation Monday 11:00 -1:00 Wednesday 4:30- 6:30 Thursday 10:00-12:30

UPCOMING EVENTS

A Night of Comedy with Dennis Gaxiola
Christ the King Lutheran Church

On March 30 at 7:00 pm, come and experience comedian, Dennis Gaxiola. As a son of a preacher, Dennis' material is based on his experience with faith, diversity, and current events. Credits include: Latin Kings of Comedy with Paul Rodriguez, Martin Lawrence's 1st Amendment Stand Up, Comedy Central, and more! Please call Christ the King Lutheran Church (5811 Walnut Ave. Orangevale, CA) at 916-988-2484 for more information and tickets. Space is limited to the first 150 attendees!

UPCOMING EVENTS

GENEALOGY SEMINAR

Don't miss a rare West Coast opportunity to experience the dynamic genealogist, Lisa Louise Cooke, in an all day seminar April 6, 2019. Lisa Louise Cooke (www.GenealogyGems.com) is a genealogy entrepreneur who has books, webinars, podcasts and many seminars to her credit. Internationally known, Lisa Louise Cooke is an In Demand, Exciting and Knowledgeable speaker. Advance your genealogy skills and enjoy a Fun day with super drawings and great raffle baskets. Join Root Cellar at the Fair Oaks Presbyterian Church and be sure to get your reservations in before the March 23, 2019 deadline. See You There! For more information go to www.rootcellar.org.

BBQ BLUES DINNER & DANCE

- April 6, 2019 KICK UP YOUR HEELS! American Legion Post 383 - BBQ dinner - live Rock, Country & Blues music - at Veterans of Foreign Wars (VFW) hall Post 6158, 8990 Kruitthof Way, Fair Oaks (off Hazel Ave). Doors open at 5:00 pm - dinner at 6:00 pm - no host bar - live music starting at 7:00 pm. Donations in advance are Adults \$20 - Children \$10 - (Tickets available at the door with limited seating). For more info, contact Mark (916) 204-8151.

FABRIC SALE Saturday, April 13 9:00 am to 1:00 pm Orangevale Grange 5807 Walnut Ave. Free parking. Checks and Cash Only. Bring your own shopping bags. You can find lots of different sewing items, fabric, yarn, crafts and patterns at very reasonable prices.

EASTER CELEBRATION.

All are invited to a non-denominational Easter Sunrise Celebration at Mount Vernon Memorial Park, Sunday April 21st at 6:00 AM. Our service will last a little less than hour and feature a time of uplifting music, an inspirational message as well as donuts, coffee, hot chocolate and a balloon release.

It has been said before that "Jesus performed His greatest miracle in a cemetery". How fitting it is to remember that First Resurrection morning in a cemetery as well!

Mount Vernon Memorial Park is located at 8201 Greenback Lane, Fair Oaks, 4 blocks east of Sunrise Mall. For more information, call 916-969-1251.

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THANK YOU MRS WILSON FOR YOUR COMMITMENT TO TEACH AND HELP OTHERS

Mrs. Wilson has been teaching at Twin Lakes for 30 years and will be retiring at the end of this year. However, she has been running our school's jump rope for heart every year that she has been here. Our school has raised \$371,993.00 for the American Heart Association over the last 29 years. This is an amazing amount and represents a lot of research money going towards saving those with cardiovascular problems. Mrs. Wilson's hope is to top the \$400K mark during

her final event. It will definitely take a Twin Lakes Team effort to reach toward 30K for our 30th year! She hopes we will all be on board to support the cause. As a final farewell, we thought it would be nice to "advertise" the Jump Rope for Heart event, which will be held on April 6th and invite all of her previous students back during the event to show support and wish Mrs. Wilson good luck in her retirement

Our son Timothy Scheppe just received the First Sergeant award at the NEVADA AIR NATIONAL GUARD 2018 AIRMAN OF THE YEAR BANQUET.



He is now on his fifth tour overseas. At the same time as the Nevada Award he also received the First Sergeant of the month for the base overseas. Tim graduated from Bella Vista High School and went on to get his Bachelor and Master's Degrees while working and serving our country.

We are anxiously awaiting his arrival home in a week or so.
Dad & Mom
Tom & Nancy Scheppe

His wife, Sara, also was in the Reserves and as we are very proud of him.

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EASTER CELEBRATION

WORKSHIP INFORMATION



SUNRISE COMMUNITY CHURCH

Is getting ready for their annual Egg Hunt. Each year families from the Fair Oaks and surrounding communities gather for entertainment, egg hunts, crafts, family memories, photo ops and fun!

The amazing magical ventriloquist Tony Borders (tonybor-

ders.com) will start our morning with some food or beverages available for purchase.

Please join us for Sunrise Community Church's 2019 Egg Hunt & Easter Celebration on Saturday April 20, 2019 from 10:00 am-12:30pm at 8321 Greenback Ln Fair Oaks.

For additional information contact the church at sunrisecommunity.church/kids or 916-726-4642.



ders.com) will start our morning with a half hour show before making way for age specific egg hunts, springtime crafts, balloon artists, face painters and lots of fun with bounce houses and friends.

This event is completely free

EASTER SUNRISE SERVICE AT MOUNT VERNON MEMORIAL PARK

All are invited to a non-denominational Easter Sunrise Celebration at Mount Vernon Memorial Park, Sunday April 21st at 6:00 a.m. Our service will last a little less than hour and feature a time of worship, music, an inspirational message as well as donuts, coffee, hot chocolate and a balloon release. It has been said before that "Jesus performed His greatest miracle in a cemetery". How fitting it is to remember that First Resurrection morning in a cemetery as well!

WHERE; Mount Vernon Memorial Park 8201 Greenback Lane Fair Oaks, CA

WHEN: Sunday, April 21, 2019 6:00 a.m.

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 8:30 AM on Mon-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) 988-2011Web: 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, Adult 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.

Sacramento Center for Spiritual Living 6035 Main Ave, Orangevale, 95662. Sunday service & Youth program 10:30am. Classes, events & activities on our website: www.SacCSL.org. We honor all paths and people.

Sunrise Community Church – 8321 Greenback Lane, Fair Oaks. Sunday Worship Services – Classic Service @ 9 am, Modern Service @ 10:50 am, both in the Sanctuary. Sunday Evening Chapel @ 6 pm (B-209). 916.726.4642 - sunrisecommunity.church

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



ORANGE VALE WATER CO.



THE BEST WATER IN THE NATION



Our customers always come first, because our customers are the company.

MEET YOUR ORANGEVALE WATER COMPANY

Thank you to all who helped us reach our Proxy goal. We greatly appreciate your involvement in the community. Orange Vale Water is open Monday – Friday 7:00am – 3:30pm we provide service after hours with on call personnel 24/7 for any potable water emergencies 916-988-1693.

ORANGEVALE WATER COMPANY BOARD OF DIRECTORS

Board members names from left to right. Russell Castilone, Craig Davis, John Wingerter, Robert Hunter, and Jim Lemley.

ORANGEVALE WATER COMPANY STAFF

Matthew Cater – Meter Specialist, Ronald Mitchell – Distribution Operator, Aaron Cater – Distribution Operator, Joe Duran – General Manager, Mark DuBose – Superintendent, Nikki Rowe – Customer Service Specialist, Beth Vargas – Accounts Receivable. The picture of the staff member that is missing is Chris Shepard – Water Efficiency Specialist

ABOUT US

Orange Vale Water Company was formed on May 23, 1896 out of its predecessor, Orange Vale Colonization Company. Orange Vale Water Company serves a population of approximately 16,800 and 5,600 service connections within the central portion of OrangeVale, which also includes small sections of Fair Oaks and City of Folsom. The Company is comprised of approximately 3,075 acres of land, bounded on the west roughly by Kenneth Avenue, to the east where Madison Avenue and Greenback Lane merge, north of Pershing Avenue on the south and Oak Avenue to the north

- ✓ THE BEST WATER IN THE NATION
- ✓ BY THE PEOPLE, FOR THE PEOPLE
- ✓ THE CUSTOMER COMES FIRST



916.988.1693



info@orangevalewater.com



orangevalewater.com