

TEA DUELING PAGE 4





ORANGEVALE WALMART GIVES BACK WITH #HYDRATE BLUE!

ORANGEVALE – Local Walmart staff hosted a #Hydrateblue event, earlier this month awarding the Sacramento County Sheriff's department and their Explorer youth representatives with a pallet of water, blue Walmart ice chests and a check for \$2500.

Explorer spokeperson DeVante Huston

thanked Walmart for their generous donation which supports a variety of program expenses including uniforms, special events like "Shop with a Cop", leadership training and other Explorer events.

The funds, which are part of the Walmart Foundation grant program, are part of \$1 billion in cash and in kind to support programs that align with their philanthropic priorities. Way to go Walmart!

Submitted by MaryAnne Povev



DeVante Huston and his fellow Explorers

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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.

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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
- (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:

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WED AUG 21, 2019 DEADLINE FRI AUG 30, 2019 Out To Public

SEP 2019

WED SEP 4, 2019 DEADLINE
FRI SEP 13, 2019 Out To Public
WED SEP 18, 2019 DEADLINE
FRI SEP 27, 2019 Out To Public
OCT 2019

WED OCT 2, 2019 DEADLINE
FRI OCT 11, 2019 Out To Public
WED OCT 16, 2019 DEADLINE
FRI OCT 25, 2019 Out To Public

NOV 2019

WED OCT 30, 2019 DEADLINE
FRI NOV 8, 2019 Out To Public
WED NOV 13, 2019 DEADLINE
FRI NOV 22, 2019 Out To
DEC 2019

WED NOV 27, 2019 DEADLINE
FRI DEC 6, 2019 Out To Public
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TEA DUELING SUMMER FUN AT NAUTILUS TEA COMPANY

By Thomas J. Sullivan

Tucked in a corner of the Almond Orchard Shopping Center at 11771 Fair Oaks Boulevard in Fair Oaks, Nautilus Tea Company provides the perfect comforting atmosphere for sipping the right cup of hot or iced tea either while visiting with friends or enjoying your own company.

In summer months, Nautilus is home to the noble sport of tea dueling, which requires audience participation, honor, the proper cookie or biscuit and of course, piping hot tea.

You mean you've never heard of tea dueling? It's all in the way the cookie crumbles or preferably doesn't.

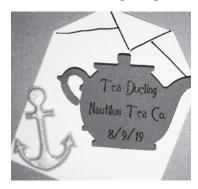
Tea dueling is the graceful art of dunking a tea biscuit into a "cup of brown joy," soaking it for five seconds, and then gently lifting it - all without dripping tea, losing biscuit fragments into the tea, or on the table, and then successfully "nomming" it - eating it cleanly - and doing so after your fellow duelist has watched their own cookie crumble.

The delicious preferred weapon of choice is a Pepperidge Farm Chessmen butter cookie.

In preliminary rounds, each seated tea duelist holds their soggy cookie at an angle of their choosing, and proceeds into a battle of wits, will, and nerve. In later rounds, the the merriment begins, as each duelist tests their concentration to rise from their seat while continuing to hold the cookie still without crum-

bling while a number of challenging physical tasks.

For the past four years, Nautilus has proudly hosted its summer tea dueling competi-



tion leading to the award of a championship belt in September.

A reminder that while tea dueling sounds easy, once the cookie or biscuit of choice has been submerged in hot tea it does want to immediately fall apart. In competition, against veteran duelist Pat Lugo, aka "Tenacious P,"

I didn't last the first round. Nautilus Tea Company, opened in 2014, and which employs 5 tea baristas, is a family affair owned by Tonja and Mike Tallent. Their son Nathan, a junior at Bella Vista High School is one of several friendly tea baristas you find behind their counter. It's a classic tea Bar that offers origin tea by the cup or pot, tea beverages such as tea lattes and chai lattes, tea in bulk and accessories.

The former micro marine biologist believes tea is an experience to be savored and shared. She opted for a career change in 2012 and by 2013 started looking at commercial real estate vacancies in the area to open a tea bar. A space in the Almond Orchard Shopping Center in Fair Oaks proved the perfect choice.

"It's a tea bar that I would



AT NAUTILUS TEA



want to go to. I prefer tea to coffee, I just couldn't find a tea bar like Nautilus in our area," she said.

Nautilus is founded on the idea that there is more to tea than hot water and tea leaves.

Both husband and wife are long-time science fiction fans. The perfect spiral of the Nautilus seashell, and a nod to writer Jules Verne made the choice of a business name an easy one. The tea bar opened in the site of a former dry-cleaning shop, was colorfully repainted in a blue nautical theme.

In all, Nautilus features 70 different teas to choose from, including but not limited to, black, green, oolong and white. Special blends include fruity, floral, earthy, smoky and many other flavor profiles. The store carries a complete line of tea accessories including strainers, infusers, filters and scoops to help any novice tea lover to easily get started on their tea journey.

"While our main focus is tea, we do serve a French Press coffee and occasionally, an over-night cold drip coffee," Tallent said. "We buy our teas from local vendors whenever possible, and from a direct importer when needed," she said.

Some teas are sourced from various locations such as Japan, India, China, Nepal and Sri Lanka.

"When we blend our own teas, our flavor ingredients are sourced locally

whenever possible," she said.

Nautilus Tea Company also serves cookies and scones that are baked in house, and croissants obtained from a local bakery. "We also offer glutenfree cookies from a local gluten-free bakery," she said.

The tea bar hosts special events throughout the year including its popular monthly Tea Dueling from February through September. Watch for its annual Mys-Tea-ry event in October.

February will mark the return of its annual Valentine Gathering and May will feature its Mother's Day Formal Tea. "We can also host small private gatherings such as birthday, anniversary, bridal, and baby showers. These generally can be arranged with advance notice," she said.

Throughout the year, Nautilus offers what it calls "Novel-Teas": special drinks made from a touch of imagination containing one or more teas and various combinations of milk, soda water and/or flavored syrups. Just don't ask for boba tea. It's not on the menu.

In a marketplace where coffee shops abound, Nautilus Tea Company is active on social media, a considerable amount of new walk-in business has come from first-time tea drinkers who pick up a drink menu posted outside. "We literally go through hundreds of copies a week," she said. "The names and variety of our teas attract their interest."

Popular black teas include apricot brandy, black currant, black pomegranate, blackberry mango, blue flower Earl Grev, Burning Sun, chocolate, creme brulee, summer Darjeeling, English Breakfast, Himalayan Golden, Queens Blend, Russian Caravan, and Keemum. Consider a choice among seven different oolong teas including Annapurna Amber - from Nepal infused with apricot and muscat grape flavors; Blue Beauty - greener oolong from the Fujian province with leaves sprinkled with ginseng and licorice root; brandy Oolong - Taiwanese oolong, smooth with hints of honey, and floral/stone fruit aroma and rhubarb Oolong

"Sometimes we experiment and come up with new creations that end up on our menu," she said.

Give "Nemo Tuxedo" a try. It's a playful mix of chocolate tea, vanilla syrup, and your choice of milk, and its available in a sugar-free version. Summer selections include "Purple Rain", in honor of His Royal Purpleness, and "Crimson Peak", a playful combination of hibiscus and vanilla teas with a shot of almond and a sprinkle of red sugar "footsteps" on some milk-foam "snow".

When in doubt, just ask a Nautilus "tea-mate" for their recommendation if you're looking to try a new flavor. They'll fit you to a "tea."

Nautilus Tea Company is located at 11771 Fair Oaks Boulevard in Fair Oaks. in the Almond Orchard Shopping Center.

Store hours are Tuesday through Thursday, noon to 6 p.m.; Friday 10 a.m. to 9 p.m., Saturday 10 a.m. to 6 p.m. and Sunday 10 a.m. to 4 p.m. Closed on Mondays. Phone: (916) 542-1832 or email: info@nautliustea. com. Visit their store at www.nautilustea.com/shoptea to place an online order. All bulk tea sales are final.



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CASA RAMS LAUNCH 2019 SEASON WITH A BIG RALLY AND A BIG WIN!

Casa Roble High School students packed the stands for their annual



pre-game rally in their newly remodeled stadium. Rally commissioners Alex and Mason fired up the student body and Chick Fil A was on hand to award a gift basket to a

> lucky student who won the field goal challenge.

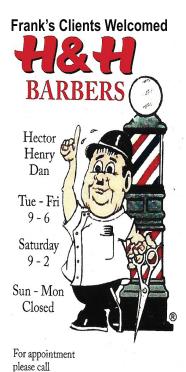
Later that night the Casa Rams kicked off their 2019 season against local rival Bella Vista Broncos at Bella Vista on their new field bringing home victories in all three games. The freshman team started

the winning streak on Thursday night 34-13, JV continued the momentum on Friday 24 – 12 and Varsity dominated the night finishing 55-15.

"I'm extremely proud of our boys and their performance," said Head Coach Chris Horner. "The season opener victory is sweet, but we have lots of work to do. I'm looking forward to a great season."

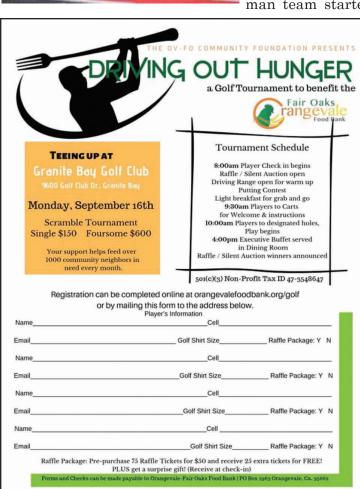
The Casa Rams host their first home game against Rio Linda on August 30 in their first rematch since the conference championship last season. Best of luck to the Casa Rams!

Submitted by MaryAnne Povey, photos courtesy of Tim Engle of Engle Photography









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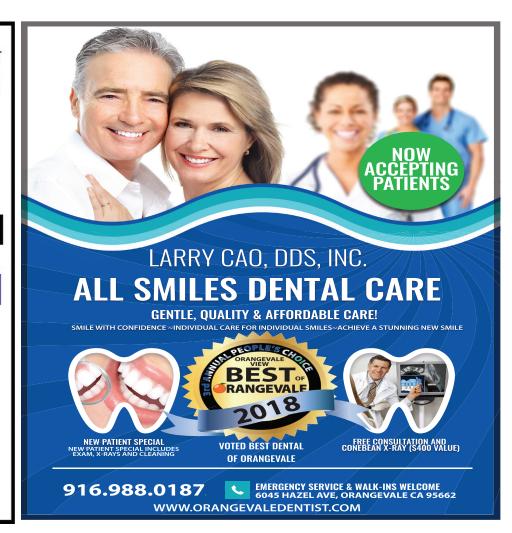


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REJECTED IN 2018, RENT CONTROL STILL **WON'T WORK IN 2020**



Supervisor Sue Frost

Rejected In 2018, Rent Control Still Won't Work in 2020 By Sacramento County Supervisor Sue Frost

Last November. California voters went to the polls and voted overwhelmingly to reject the Local Rent Control Initiative (Prop. 10). I was one of the only local elected officials in our region who was publicly outspoken in my opposition to Prop. 10, and rejoiced when it was defeated. Apparently the issue did not die with Prop. 10, because its backers are trying a "redo" in 2020 with a modified version that is just as fundamentally flawed as its predecessor. Due to this, I want to take this opportunity to explain to you the history of rent control in California, how the 2020 version differs from the 2018 version, and why I am vehemently opposed to both versions.

Put simply, rent control is when the government tells property owners how much rent they can charge each year. Local municipalities were allowed to create any form of rent control they wanted until the state passed the Costa Hawkins Rental Housing Act in 1995, preventing rent control restrictions from applying to single-family homes, condos, or apartment buildings built after 1995.

Finding these limits too constraining, an effort was made in 2018 in the form of Prop. 10 to

remove the 1995 law, in a move that would have once again allowed local municipalities, like Sacramento County, to pass strict rent control measures on new construction. The 2020 proposition is slightly different, in that it allows local municipalities to pass rent control on any building that was built over 15 years ago. This means that housing constructed in 2020 could have rent control imposed on it in 2035, housing constructed in 2021 could have rent control imposed on it in 2036, and

Both propositions suffer from the same misguided notion that renters are better off with more rent control. Economists across the world, as well as anyone with a basic understanding of economics, understand that this is simply not the case. While rent control does help affordability in the short run for current tenants, in the long-run it decreases rent inventory and affordability, fuels gentrification, and creates blight in the surrounding neighborhood.

Rent control laws massively slow down home building, and in many cases landlords convert their properties to different uses entirely. The laws of supply and demand would tell you that new housing construction is the key to keeping housing affordable, not rent control. Supporters of rent control should carefully review the rent control policies in areas like San Francisco and Los Angeles, and seriously ask themselves if they would consider either of those two cities affordable.

In places where there is a demand for more housing, a more effective policy is to simply build more housing. Instead of penalizing property owners, we should consider policies that offer tax incentives to property owners who keep rents low. And we should consider allowing housing projects to get the same environmental exemptions that sports facilities get.

I do not have all the answers; however, it is clear to me that we cannot continue to create policies that sound good on paper but actually make the situation significantly worse.

Thank you for reading - and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@ saccounty.net.

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 and Fair Oaks.

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JULY HOME SALES

Date	List/Sell \$	Address	City	BD	BA (FH)	Sq Ft	Lot Sz
7/22/2019	\$365,000	5653 Beauregard Way	Orangevale	3	2 (2 0)	1350	0.16
7/25/2019	\$335,000	5519 Bellingham Way	Orangevale	4	2 (2 0)	1302	0.16
7/17/2019	\$330,000	8091 Ruthwood Way	Orangevale	4	2 (2 0)	1285	0.35
7/15/2019	\$355,500	8437 Cortadera Dr	Orangevale	3	2 (2 0)	1268	0.15
7/16/2019	\$373,000	8673 Pardillo Ave	Orangevale	3	2 (2 0)	1117	0.18
7/3/2019	\$382,500	5901 Rich Hill Dr	Orangevale	4	2 (2 0)	1654	0.16
7/16/2019	\$415,000	9250 Floyd Ave	Orangevale	3	2 (2 0)	1463	0.23
7/5/2019	\$465,000	8650 Reetey Ave	Orangevale	3	2 (2 0)	1854	0.23
7/29/2019	\$500,000	6648 Main Ave	Orangevale	3	2 (2 0)	1256	0.716
7/23/2019	\$620,000	6829 Pecan Ave	Orangevale	4	2 (2 0)	2142	1.87
7/8/2019	\$320,000	8971 Calvert Ave	Orangevale	3	1 (10)	960	0.26
7/31/2019	\$348,000	6532 Fir Tree Ln	Orangevale	3	3 (2 1)	1502	0.22
7/5/2019	\$359,900	7028 Woodmore Oaks Dr	Orangevale	4	2 (2 0)	1285	0.18
7/12/2019	\$361,000	6910 Beech Ave	Orangevale	3	2 (1 1)	1115	0.31
7/19/2019	\$417,000	8859 Evening Star Ct	Orangevale	3	2 (2 0)	1604	0.26
7/18/2019	\$462,000	7024 Woodmore Oaks Dr	Orangevale	4	3 (3 0)	2325	0.22
7/26/2019	\$259,000	9235 Madison	Orangevale	2	3 (2 1)	1236	0.022
7/9/2019	\$345,000	8200 Bridgewood Ct	Orangevale	3	2 (2 0)	1294	0.2
7/30/2019	\$400,000	8304 Mondon Way	Orangevale	3	2 (2 0)	1544	0.23
7/16/2019	\$455,000	9449 Erwin Ave	Orangevale	3	2 (2 0)	1928	0.23
7/30/2019	\$214,000	5601 Walnut Ave #2	Orangevale	2	2 (1 1)	1209	
7/3/2019	\$337,000	8455 Old Ranch Rd	Orangevale	3	2 (2 0)	1129	0.16
7/19/2019	\$360,000	8542 Strong Ave	Orangevale	4	2 (2 0)	1712	0.23
7/19/2019	\$389,000	8413 Old Ranch Rd	Orangevale	3 (4)	2 (2 0)	1451	0.13
7/10/2019	\$607,500	8460 Oakwind Court	Orangevale	4	3 (2 1)	2149	0.318
7/31/2019	\$399,000	6094 Garden Towne Ct	Orangevale	3	2 (2 0)	1560	0.22
7/10/2019	\$380,000	6553 Skyview Dr	Orangevale	4 (5)	3 (2 1)	1969	0.165
7/29/2019	\$336,500	5931 Anthony Dr	Orangevale	3 (4)	2 (1 1)	1169	0.2
7/26/2019	\$337,000	8686 Char Ave	Orangevale	3	1 (1 0)	1055	0.23
7/3/2019	\$365,000	8204 Sanwood Ct	Orangevale	4	2 (2 0)	1518	0.15
7/26/2019	\$392,500	5218 Main Ave	Orangevale	3	2 (2 0)	1564	0.27
7/19/2019		8876 Leue Ave	Orangevale	3	1 (10)	960	0.24
7/23/2019	\$430,000	6626 Thunderhead Cir	Orangevale	4	2 (2 0)	1748	0.14
7/5/2019	\$425,900	6032 Beech Ave	Orangevale	4	2 (2 0)	1861	0.202
7/31/2019	\$350,000	8921 Fortuna Way	Orangevale	3	1 (10)	917	0.23
7/19/2019	\$319,000	5615 Skyridge Drive	Orangevale	4	2 (2 0)	1253	0.22
7/17/2019	\$275,000	8991 Woodward Way	Orangevale	3	1 (1 0)	1216	0.26
7/18/2019	\$419,000	8839 Steven Ave	Orangevale	3	3 (2 1)	1888	0.275
7/29/2019	\$425,000	8300 Mondon Way	Orangevale	3	2 (2 0)	1677	0.7
7/23/2019	\$349,950	5419 Blueridge Ct	Orangevale	3	2 (2 0)	1292	0.19
7/24/2019	\$594,100	5621 Glencrest Ln	Orangevale	4 (5)	3 (2 1)	3302	0.231
7/5/2019	\$549,000	8863 Glori Dawn Dr	Orangevale	4	3 (2 1)	2363	0.2
7/16/2019	\$749,500	7048 Filbert Ave	Orangevale	4	3 (3 0)	2716	1
7/5/2019	\$495,000	8300 Crestshire Cir	Orangevale	4	3 (3 0)	2032	0.22
7/2/2019	\$429,000	9169 Renee Ann St	Orangevale	4	3 (3 0)	1617	0.207
7/10/2019	\$349,900	8553 Cumulus Way	Orangevale	3	2 (2 0)	1296	0.15
7/16/2019	\$499,000	8488 Oakwind Ct	Orangevale	4	3 (2 1)	2329	0.22
7/11/2019	\$315,000	7406 Telegraph Ave	Orangevale	5	2 (2 0)	1925	0.29
7/12/2019	\$455,000	6650 Rose Acres Rd	Orangevale	4	2 (2 0)	1850	0.23
7/24/2019	\$485,000	6529 Wooded Creek Way	Orangevale	5	3 (3 0)	2654	0.196
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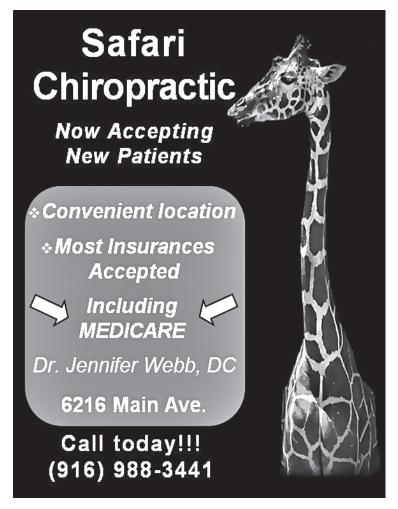
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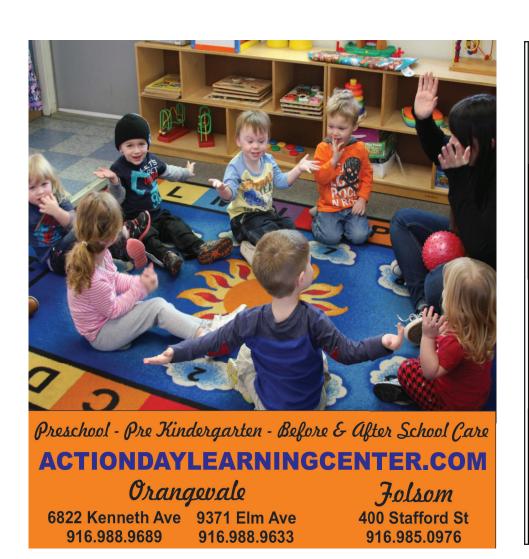
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KIDS

FAMILY STORYTIME Every Thursday, 10:30-11:30 a.m. 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.

MINECRAFT GAMING (registration encouraged) Thursday, September 5, 2:00-4:00 p.m. Participants ages 6 to 18 can enjoy this computer game filled with mining, crafting, and exploring! Register online at www.saclibrary.org/events.

STEM LEGO ROBOTICS (registration encouraged) Tuesday, September 10, 5:30-7:30 p.m. / Saturday, September 14, 10:30 a.m.-12:30 p.m. / Tuesday, September 24, 5:30 p.m.-7:30 p.m. / Saturday, September 28, 10:30 a.m.-12:30 p.m. Kids ages 9 to 14 learn to build and program Lego Mindstorm EV3 robots in this free, instructor-led program. All supplies generously provided by the Friends of the Orangevale Library. Register online at www.saclibrary.org/ events.

LIBRARY PLAY DATE Thursday, September 19, 2:00-3:30 p.m. Come play at the library! Play dates offer fun, early learning-focused activities that give families with young children a chance to play and explore in a safe and welcoming environment. This event is geared toward newborns to 5-year-olds, but older siblings are welcome to play along. There will be a designated baby area for little ones to explore.

YOUTH ART JOURNALING Thursday, September 19, 3:30-5:00 p.m. Get crafty at this teen-facilitated art journaling program for kids ages 9 to 16. All art supplies generously provided by the Friends of the Orangevale Library.

READ TO A DOG Friday, September 20, 3:00-4:00 p.m. Come read to some paw-esome pooches! School-age (6 to 12 years old) readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling or reluctant readers or for those who enjoy reading to others.

LEGOS & MORE Tuesday, September 24, 3:30-5:30 p.m. Do you love to build? Join us for unstructured play with our Legos, Lincoln Logs, and Citiblocs. Every last Tuesday of the month. Mark your calendar!

TWEEN BOOK CLUB: NIMONA Thursday, September 26, 3:30-4:30 p.m. Join us at our monthly book club for 9- to 12-year-olds. Eat snacks, chat about our book, participate in activities, and make new friends.

ADULTS

JOB COACH Wednesday, September 4, 1:00 & 2:00 p.m. / Wednesday, September 18, 1:00 & 2:00 p.m. / Wednesday, September 25, 1:00 & 2:00 p.m. Come and meet one-on-one with a volunteer job coach who will help you look for jobs, create an effective resume, and more! Each appointment lasts approximately 60 minutes. Participants are encouraged to make a reservation online at www.saclibrary.org/events.

MIXED MEDIA ART JOURN-ALING Saturday, September 7, 10:30 a.m.-12:30 p.m. Use your imagination and all kinds of mixed media to create a freestyle art journal. Materials provided by Friends of the Orangevale Library, or bring your own.

BOOK CLUB: KEEPING IT REAL NON-FICTION Wednesday, September 11, 1:00-2:00 p.m. Each month we offer two non-fiction titles. This month we're offering "The Glass Castle" by Jeannette Walls and "A Piece of Cake" by Cupcake Brown. Choose to read one or both books! Join us as we meet and discuss the underlying theme of resiliency in the face of adversity.

GENEALOGY: GETTING TO KNOW YOU Saturday, September 14, 2:00-4:00 p.m. Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives. There's always something new to learn on a genealogy adventure!

STEP-BY-STEP ACRYLIC PAINTING Tuesday, September 17, 5:30-7:30 p.m. Create a painting you can keep with Ciara Cumiskey. Materials provided through the support of the Friends of the Orangevale Library. Space and supplies are limited. Register at saclibrary.org/events.

AUTHOR VISIT: KEITH CAR-MONA Saturday, September 21, 1:00-2:00 p.m. Join us as we host local author Keith Carmona, whose recently released graphic novel, "Dr. Dream," is an all-ages manga that tells the story of Dr. Dream's new client, Alice. Alice is being chased in her dreams by a dragon named Nightmare, and it's up to Dr. Dream to help Alice sort through her troubles. Keith has written several scripts for comics, teaches English and Creative Writing at the high school level, and has a YouTube series on writing comics. Copies of "Dr. Dream" and related merchandise will be available for sale after the presentation.







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rangevale Cooks

by Suzanne Feblowitz

This is the time of year where some of us have an abundance of tomatoes in our gardens. This recipe is perfect for those of you who have a few extra tomatoes. It is a combination of recipes: one that I found in the Sacramento Bee several years ago and another from one that my mother uses. This dish is best eaten on the day you make it, but it will also make a nice lunch or leftovers the following day, too.

We would love some new recipes, so if you have any recipes, please send them to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email address in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name

PASTA SALAD WITH FRESH TOMATOES AND BASIL

6-8 medium sized garden fresh tomatoes, cored and diced

4-5 tablespoons olive oil 1 teaspoon oregano

2 tablespoons fresh chopped

parsley

4 cloves garlic, chopped 4 oz. fresh basil, chopped (I get a basil plant at Trader Joes and use that!)

1/3 cup feta cheese

1/3 cup pine nuts, toasted 2 tablespoons balsamic vinegar (optional)

1 pound penne pasta, cooked Prepare pasta. While the pasta is cooking, warm the oil in a large skillet. Turn the heat to low and add the tomatoes, oregano, parsley, and garlic. Stir gently and cook for about 5-7 minutes on low. You are basically just letting the flavors come together. When everything still looks fresh and things start smelling delicious, add the basil and mix in gently. Finally. add the vinegar and mix in, and then remove from heat.

Put pasta in a serving dish. Pour the warm tomato mixture over the pasta. Mixture should not be hot. If it is hot. allow to cool. When cool, toss with the feta and pine nuts. Serve as a main dish or as a side dish. Serve warm or cool.

Note: You can adjust the

amount of ingredients after you make the recipe. I probably use more tomatoes, feta cheese and pine nuts than noted above.

My sister doesn't like feta cheese, so she uses shaved parmesan cheese.

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Name: Serena Age: 7 years Breed: Siamese Mix Sex: Female/spayed

Adoption Fee: Serena's adoption fee has been generously sponsored by Mark M. Glickman.

Meet Serena! This gorgeous Siamese Mix has beautiful blue eyes and striking markings. Part of her ear is missing, giving her an even more unique look! She is very friendly and will often come right out to chirp hello when someone approaches her kitty condo. She also purred the entire time her photo was being taken and will even drool a little when she's getting particularly good pets!

FOR MORE INFORMATION CALL SACRAMENTO SPCA (916) 504-2868 or www.SPCA.org Sacramento SPCA 6201 Florin Perkins Rd, Sacramento,



Posey, born approximately September 2017, is a striking tortie - look at those orangey eyes! This kitty is not restful. (In her photo, she is perturbed because she was asked to hold still for a second!) She is active and always on the go. She looks for opportunities to escape to the great outdoors so she needs a home on a very quiet street/cul-de-sac because we do not think she will be happy as an indoor-only kitty. When she does escape, she soon wants back in for some attention.

She has had at least one litter that we know of which explains her gently tackling a four-month old kitten she just met in hopes he would play with her. With very young kittens, she turns maternal. She is purry, friendly, curious. She gets along with other adult kitties just fine.

She will be at the Fair Oaks Petco (on Madison, at Hazel, in the Raley's Shopping Center) from noon to 4 p.m. every Saturday and Sunday (with many other kitties) until she is adopted. For more information, please call Lisa J at 916 524-4478.







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COMMUNITY - SMALL FARMS - LOCAL BUSINESS

ORANGEVALE GROCERY OUTLET CELEBRATES FIRST ANNIVERSARY

By Thomas J. Sullivan

Husband and wife Austin and Chioma Chuks-Orji of Orangevale celebrated the first anniversary of their Grocery Outlet store at 8835 Greenback Lane on Saturday, August 24th.

"I can't believe it's already been a year," said Chuks-Orji. "We would like to thank all of our customers and the community of Orangevale for making our first year a very successful one," he said.

Their store is on the site of a vacant Lucky's/Savemart grocery store. A Goodwill store is nearby.

"It's been a joy getting to know all of our new customers," he said. "Our sales here have grown steadily since we opened and we've met our first-year expectations," he said.

Chuks-Orji had worked in the grocery industry for over 15 years before completing Grocery Outlet's owner-operator training program. His family moved to Orangevale with their two young children from San Francisco's East Bay where he was often a frequent shopper at Grocery Outlet's Berkeley and Oakland stores.

In the retail grocery trade, and strongly supported by television advertising, Grocery Outlet is one of the largest opportunistic buyers



Husband and wife Austin and Chioma Chuks-Orji Owners of Orangevale celebrated the first anniversary of their Grocery Outlet

of grocery items in the nation.

When a brand has excess inventory from packaging changes or manufacturing overruns, Grocery Outlet buys these excess products for pennies on the dollar, passing the savings on consumers. Each local store owner then chooses products from Grocery Outlet's inventory that their customers will love the most, personalizing each store's selection to its local community.

Grocery Outlet Bargain Market is one of the largest extreme-value grocery retailers in the United States with over 325 stores nationwide. The company sells namebrand grocery items at up to 60% off conventional grocery store retail prices, with over \$2 billion in annual gross sales. Annual sales at Grocery Outlet Bargain Markets climbed from \$500 million in 2001 to over 2 billion in 2018.

"Our selection here is unique and always changing," Chuks-Orji said. "We provide all of the basics - like milk, eggs and meat customers expect at a very competitive price. We also feature fresh organic produce, an extensive cheese line and an extensive wine selection. Grocery Outlet's selection of natural, organic specialty health products (NOSH) and gluten-free products fill a full grocery aisle.

"We welcome customers who haven't discovered us to stop by and browse our aisles. They'll be very surprised by the savings they'll find at Grocery Outlet.

Grocery Outlet at 8835 Greenback Lane in Orangevale is open 8 a.m. to 9 p.m. daily. Visit groceryoutlet. com or ovview.com to sign up for coupons and email savings. Call 916-293-9901 for more informa-





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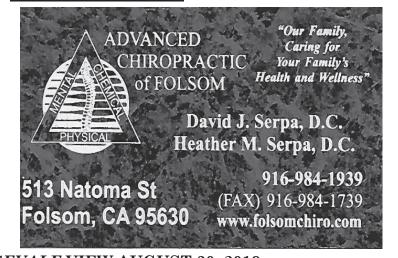
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COMMUNITY GROUPS & MEET UPS

MONTHLY EVENTS

American Leigon Have Meeting at the 4th Tuesday of each month. Meeting Starts at 7;00PM. American Leigon Have Meeting at the 4th Tuesday of each month. located at 8990 Kruithof Way Fair Oaks, Ca 95628

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 Kruithof 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.

Al-Anon in Spanish-en Español Valor para cambiar se reune los sabados 5:30 p.m.-6:30p.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 OVGrange 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 momings 9-10:30, \$5, and a free open forum lesson 10:15-10:45 before the game on Tuesdays. Follsombridge@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 Club meets 1st and 3rd Tuesdays from 7:00 p.m. - 8:00 p.m. at Eskaton Fountainwood, 8773 Oak Ave., Orangevale. Contact Amy Comellier at (916) 792-5561 for more information.

WEEKLY MEET-UPs The BBC. The Business Builders Club. A Professional Networking Group. Mission- To Empower Entrepreneurs Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Community. Every Tuesday 9:15-10:30 am at Brookfields Restaurant 4343 Madison Ave, Sacramento Every Wednesday 9:15-10:30 am at La Bou Bakery & Cafe 1730 Santa Clara Roseville

MomsRUs Ladies Study & Visit while kids play @ Lew Howard Park, Folsom Tuesday's from 9:30-11:30 thru Aug 13th. Call 916-798-2297 for more info. See www. ovchurch.org

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

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, CA95662. 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!

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line. \$12.50 and \$3 for each additional or \$25 monthly

SENIOR LUNCHES

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 \$3, 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

FARMERS'S MARKET
Thursdays 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

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Are you feeding a stray? Not planned. It just happened. It's happened to all of us. Now you're faced with a vet bill to get kitty fixed so it doesn't reproduce. But it's not your cat! But you know there are way too many kitties out there and you don't want your stray to add to the problem.

Good news! Fluff Buddies has a spay/neuter program. No proof of low income required. Just stop by one of our adoptions events. (Every Saturday and Sunday from noon to 4 p.m. at the Fair Oaks Petco which is located on Madison, at Hazel, in the Raley's Shopping Center.)

We would be glad to issue you a voucher or two that is good for two months. The participating vets are in Roseville (less than five miles away from central Orangevale.)

We also loan out traps at no charge if kitty is skittish about being placed in a carrier. (Help with transport MAY be available.)

Hope to see you soon! And thank you for caring enough to feed an abandoned animal.

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Orange Vale Water Presents COMMUNITY SPOTLIGHT







OPENING SEASON FIRST GAME -The Orangevale Sparks took on the Folsom Awesome Blossoms for their first game of the Orangevale Soccer Seaason. Coach Marc and Coach Teddy volunteer to teach the 6U Sparks the fundamentals of soccer will instilling team work and comaraderie

Remember to share your fall sport moments with the OV View. Send to editor@ovview. com











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Kiwanis Corner

Kiwanis Corner By Sal Arrigo, Jr.

We have finally broken ground and the building is going up quickly! An actual building, no, but a solid foundation is being put in place with the new Kiwanis Club of Orangevale - Fair Oaks taking shape. In our initial membership drive, the new club secured nearly 25 new members, and I am confident this figure will continue to grow. Kiwanis is attracting individuals in these communities who want to work with school children as their primary focus; Kiwanis however, is also open to service projects for other populations.

Even though we have just begun, this new club has already participated in service at the Divine Savior Catholic Church Treasure Fest (August 1-3), and has made plans to serve the Fair Oaks and Orangevale libraries, various elementary schools, Casa Roble High School, and the Orangevale Park District. The Kiwanis Club will also become members of both the Fair Oaks and Orangevale Chambers of Commerce.

This club will not be boring! We will move around the community and visit a variety of places so that people know we are very willing to put out the effort to enhance the lives of children and others in need. Kiwanis' presence in Orangevale and Fair Oaks has resulted in meaningful conversations with the 20/30 Club of Folsom, The Grange and the Orangevale Woman's Club, the goal being collaboration on community projects.

Why not consider joining Kiwanis? Our commitment is reasonable; we meet two evenings a month on the second and fourth Tuesday, and it is ideal for working folks. One meeting is for business, the other is social. We ask that you commit a few hours a month to service and that you stay engaged with the group and its activities. We are not interested in the type of car you drive, your success in business, or how much you have in your bank account. We welcome everyone, and we mean that!

Want more information? Find us at facebook.com/Ki-wanisClubofOFO or email us at kiwanisclubofofo@gmail.

Better yet, visit us at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the second Tuesday of every month. Meetings begin at 6:30 pm. The social meetings change venues on a monthly basis.

Sal Arrigo, Jr. is the president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner will be published monthly.

Pencil

search.

A number two pencil is first on a list.

The irony amuses and might seem like jest. This pencil led others. For supplies, students

Drawing them closer, it's part of homework.

-Z.F. Thrimej

WORSHIP INFORMATION

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,

The Church of Jesus Christ of Latter-day Saints Oak Ave Chapel: 8056 Oak Ave., Orangevale Ward: Sacrament meeting 11:30am Sunday School/Phd/RS/YM/ YW: 12:40pm

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 8998 Central Avenue, 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.qbcfo.org

New Beginnings Christian Church 7535 Hickory Ave, Orangevale Sunday Service 10:30am Wednesday Family Night Service 7:00pm Live, Modem 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, Every Tuesday Night 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 MW/F - call 916.988.0998, smallwondersorangevale.org.& PreK on MW/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 & 11am, free childcare provided

The Net Church has the answer if you have to work on Sunday's. Our worship experience is on Saturday night at 5:30pm. The cafe with free coffee opens at 5 pm. 801 Riverside Ave #Z, Roseville, CA 95678. We are located in the Calvary Chapel Building behind the Roller Skating bld. Pastor's Randy & Debbie Robertson. 916-801-4208 / randy thenet@live.com

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 Chrurch 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 Moming Service -8.00 -9.30AM (English Service) Afternoon Service -2.00 -4.00pm (Fijian Service) Food Bank -9.00 -10.30AM (Thursdays)

