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CELEBRATE "NATIONAL CINNAMON ROLL DAY" AT ORANGEVALE'S THE PAISLEY CAFÉ

Celebrate "National Cinnamon Roll Day" at Orangevale's The Paisley Café

By Thomas J. Sullivan

Ditch your diet and pause to observe National Cinnamon Roll Day Friday, October 4th at Orangevale's Paisley Café on 9372 Madison Avenue #1 where trays of its homemade, oversized and blissfully decadent rolls, each lovingly made from premium Korintje cinnamon and rich creamery butter will be devoured either in house or taken home.

Orangevale's newest dining tradition, open for breakfast and lunch, will be in for one of its busiest working days an hour earlier at 7:30 a.m. to satisfy likely customer demand. Advance orders are welcome and gluten-free cinnamon rolls are available.

"It's our first observance of the national celebration," said chef Ozzie Chavez who opened the café and bakery last winter. Give credit to the Swedes for originating National Cinnamon Roll Day 19 years ago for celebrating the sweet treat.



"We're expecting to make between 100 to 200 cinnamon rolls," she said. The signature treat is offered in boys' or girls' versions (with or without nuts) for \$4.25 each.

Chavez was born in Israel of Jewish parents, raised in England by her grandmother (a chef), is married to a Mexican-American and has lived on both U.S. coasts. The Paisley Café is strictly a family affair, with many of Chavez's nine of her children working by her side at the café. Bakery treats include a variety of jumbo-sized, high-domed muffins for \$2.95. A selection of oversized and delicious cookies, also available in vegan and gluten-free options are featured in its front bakery display case.

Vegan and gluten-free muffin options are also available for \$2.95. A thick-cut slice of their moist, delectable coffee cake is \$3.95. Ask for the frittata of the day, a savory quiche without the crust for \$4.95.

If you're feeling properly British and wish to have a pot of flavorful hot tea served in colorful knitted tea cozy, enjoy a homemade scone for \$3.50 which is served with a generous dollop of Paisley Café's house-made preserves.

The Paisley Café is a warm and inviting café which makes you feel welcome and at home. All breads are made in-house and there are plenty of daily specials from which to choose. A new fall menu starts on October 1st. Homemade honey, jams and jellies are available for sale in their barista corner in the back of the café.



Chef Ozzie Chavez

My guest and I stopped by the Paisley Café for breakfast for the very first time recently. My guest enjoyed her Very Veggie omelet (\$12.95) a generous three-egg omelet with mushrooms, spinach, onion, bell pepper medley and Swiss cheese, served with O'Brien potatoes and toast. Simply delicious!

Intrigued by the title, and as a U.S. Navy veteran, I opted for "Big-Arsed Biscuits & Gravy" for \$11.95 which included two large buttery biscuits smothered in country sausage gravy. If you're in a "half-arsed" mood, a smaller portion is available for \$8.25.

Other breakfast choices include corned beef hash (\$13.95), a breakfast burrito (\$11.95), avocado toast (\$8.95), lox and eggs (\$12.95) or a biscuit sandwich including scrambled eggs, cheddar cheese, chives and house made sausage, served with O'Brien potatoes (\$9.50).

If you're in an especially "cheeky" mood, don't miss "The Cheeky Monkey", featuring almond butter, sliced banana, and a drizzle of local honey topped with chia seeds on toast for \$5.95.

You can tell that Chef Ozzie has a playful way with the menu she and her family have created. She was raised by her grandmother in England, who was also a chef. As a little girl, she spent hours in the kitchen with her Nana, learning how to prep, cook and bake. As an adult, Ozzie worked in the food industry, and later, learned to fine tune her skills by attending and earning a degree in the Culinary Arts Program at American River College, in Sacramento.

"We're always trying new ideas in the kitchen," she said. "The business is difficult at times, but very rewarding when I see our customers enjoying what we've created for them."

The café had done a brisk breakfast business that morning as the morning crowd gave way to customers stopping for lunch. Full, but not full enough to order two cinnamon rolls and two muffins to go for later, I look forward to returning to The Paisley Café soon for lunch.

The café's playful use of sandwich titles also piqued my appetite. Why wouldn't you try a sandwich named "Let's Talk Turkey", "Melty, Melty Tuna", or a "Wicked Good Melted Cheddah"?

All lunch sandwiches come with a choice of a cup of soup, side salad, fruit cup or French fries. Bread choices include challah, whole wheat or focaccia bread. The luncheon soup of the day can be paired with a seasonal side salad. The frittata of the day is also served with a seasonal side salad and a classic Cobb salad is also offered. House-made salad dressings include buttermilk ranch, blue cheese, strawberry balsamic vinaigrette, honey mustard and poppy seed.

The Paisley Café serves freshly roasted beans from the family-owned Coffeol Roasting Company of Watsonville, CA. Popular



fresh-brewed coffees and Two Leaves and a Bud Paisley Label Tea are featured. Bottled drinks include artisan soda, sparkling water, juice, or lemonade.

The Paisley Café, open for breakfast and lunch, featuring bakery treats and barista coffees throughout the day at 9372 Madison Avenue #1 in Orangevale is open Tuesday through Sunday from 8 a.m. to 2 p.m.

Visit the café on the web at www.the-paisley-cafe.com. Catering services are also available. To schedule a custom catering appointment, call 916-790-8815 or email PaisleyCafeCatering@gmail.com



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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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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.
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NOTICE OF INTENT TO ADOPT NEGATIVE DECLARATION

Lead Agency: Orangevale Recreation & Park District

Contact: Greg Foell
 Telephone: (916) 988-4373

SUBJECT: Notice of Intent to Adopt Negative Declaration Pursuant to Section 21092 and 21092.3 of the Public Resources Code and CEQA Guidelines Section 15072

Project Title: Pecan Park Master Plan Projects

Project Location: Pecan Park, 5945 Pecan Avenue, Orangevale, California.

Project Description: These projects are part of the District adopted Master Plan for Pecan Park and consists of the following:

1. Construction of a park pathway which will connect existing pathways and provide a looped path around the park. The path will add 1,400 linear feet (8,811 sq. ft.) of a concrete path and 530 linear feet (3,200 sq. ft.) of decomposed granite/crushed rock pathway. The path requires minimal grading and will follow the existing contours of the park.
2. Renovation of existing bathrooms to upgrade for safety and energy efficiency. They will remain in their existing location and will be a similar size.
3. One new clear span bridge will be installed over the existing creek to connect a pathway on each side of the creek. Two existing bridges will be renovated.
4. Construction of a picnic area, with four

tables, a shade structure and barbeque pit.

5. Construction of an expanded play area with new playground equipment.
6. Grading, irrigation, and construction of a U-8 soccer field.

Negative Declaration: A copy of the proposed Negative Declaration and supporting documents are available for review on the District's web site at <http://www.ovparks.com> and at the District's office at 6826 Hazel Avenue, Orangevale, California.

Written comments on the Negative Declaration must be addressed to:

Greg Foell
 District Administrator
 Orangevale Recreation & Park District
 6826 Hazel Avenue
 Orangevale, California, 95662.

Comments may also be sent by fax to (916) 988-3496 or by email to greg@ovparks.com.

Comments on the Negative Declaration will be received from Thursday, September 12, 2019 until 5:00 pm on Thursday, October 10, 2019.

Public Hearing: On Thursday, October 10, 2019 at 6:30 p.m., the Board of Directors of the Orangevale Recreation & Park District will conduct a public hearing to consider adoption of a Negative Declaration pursuant to the California Environmental Quality Act (CEQA). The hearing will be held in the District Office, 6826 Hazel Avenue, Orangevale, California.

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Tim Schweppe, graduate of Bella Vista, now working in Reno at the Air National Guard Base

He just received his Master First Sargent rank and it was posted on the big board of the University of Nevada, Reno field big board.

We are so proud of all his achievements!!

Mom & Dad

Nancy & Tom Schweppe

Dear Editor

Not sure where to put this but....

I recently picked up shirts from Anderson Cleaners on Greenback, there was an envelope attached to the hanger. Said something left in a pocket. The envelope had \$40.00 in it, cash.

Thanks to Anderson Cleaners for having fast and good service nice folks at the counter but more important honest people. Nice to know that with all the bad news around today, the good news likely is the normal.

Thanks

Ross Lauger

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Event is Saturday, September 28 - from 11am to 2pm at Orangevale Community Park (see map for parking location)

Please RSVP below!

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Congratulations to “STAR STUDENT” Camryn Parmeter-Caraballo

Orangevale Live & Chick-fil-A Granite Bay are proud to announce the Orangevale “STAR STUDENT” monthly award program recognizing outstanding youth in our community. We are honored to recognize Camryn Parmeter-Caraballo, a Casa senior as our first recipient! Camryn has a long list of accomplishments including: Student Body President, Captain of the Cheer Team, volunteer coach for Casa Junior Ram cheer, All-American Selec-

tion at Cheer Camp, leadership conference attendee to improve Casa activities, and leader on campus including mentoring incoming freshman. Congratulations to Camryn for her excellent service to others, her school and her community.

If you are a teacher, coach, administrator, or volunteer who works with Orangevale youth, please go to orangevalelive.com for criteria and nomination information! Tell us who should be the next Orangevale “STAR STUDENT”!



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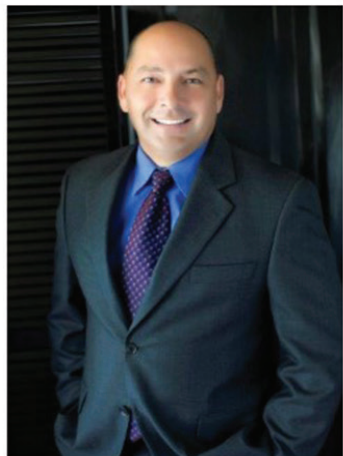
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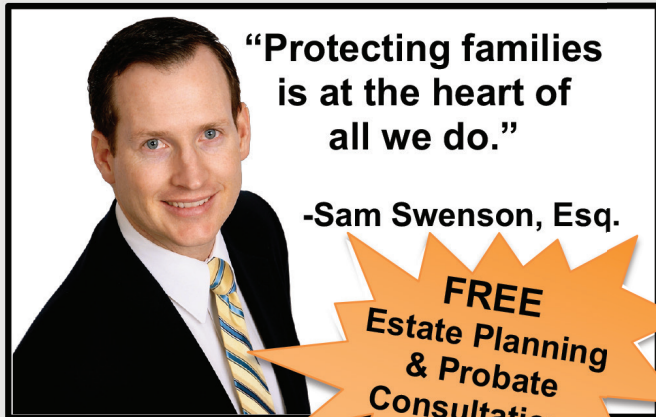
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KIWANIS CORNER

By Sal Arrigo, Jr.

One Key to Success

The Kiwanis Key Club is an international, student-led organization that provides its high school members with opportunities to provide service, build character and develop leadership.

The first Key Club formed in 1925 in Sacramento, California, with 11 charter members who attended Sacramento High School. Key Club was the brainchild of two Sacramento Kiwanis Club members, Albert C. Olney and Frank C. Vincent. They approached their own Kiwanis club with the idea of starting a Key Club in the high school. It would resemble Kiwanis, decide on projects based on school interests and hold their own meetings. From these beginnings, Key Club is now the oldest and largest student-led service organization for high school students.

The Kiwanis Club of Orangevale - Fair Oaks is happy to announce that we are starting a Key Club at Casa Roble High School. Plans are underway to organize the club with the high school administration and discussions have already taken place as to the inaugural service project for the new club. Although the Key Club is strictly a high school organization, it is important to remember that the

parents and guardians of the membership are encouraged to get involved.

One way to do that, and to see what a Kiwanis Club is all about, is to come to a meeting and meet the individuals who are taking such a vested interest in your child. Meet the people who are enhancing the students' leadership skills and encouraging them to pursue their dreams of college. Regardless of their future choices, the Orangevale - Fair Oaks Kiwanis Club stand behind them. You may ask yourself, why do we do this kind of volunteer work? To a Kiwanian, the answer is simple: seeing that smile on a child's face after accomplishing a project, and ultimately graduating from high school,

is reward enough. That look never gets old and it is truly priceless!

Want more information? Find us at facebook.com/KiwanisClubofOFO or email us at kiwanisclubofOFO@gmail.com.

Visit us at the 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.

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BELLA VISTA HIGH SCHOOL STUDENT CITED FOR HEROISM

BELLA VISTA HIGH SCHOOL STUDENT CITED FOR HEROISM

By Thomas J. Sullivan

The membership of the Fair Oaks American Legion Auxiliary Unit 383 have recognized senior Bella Vista High School student Kate Schlenker with one of its highest national awards for personal heroism.

Schlenker was one of four young women selected earlier this spring to participate earlier this summer in California Girls' State, a week-long leadership program of the American Legion Auxiliary designed to increase awareness and knowledge of governmental processes while learning about the duties, privileges, rights and responsibilities of citizenship.

"During our interviewing process at Bella Vista High school we had the honor of meeting junior Kate Schlenker. It was apparent to all of us that Kate was special," said Fair Oaks Auxiliary unit president Suzanne Winters.

"She mentioned that in



Suzanne Winters, Fair Oaks Auxiliary Unit president and Kate Schlenker, Bella Vista High School

the fall of 2018 she helped saved her horse trainer's life. While unloading a horse from the trailer the horse double-kicked her trainer, fracturing both her legs," Winters said. The trainer continues to recover.

Schlenker maintained control over the horse and got medical help for her injured trainer. "It was the right thing to do, and I did it," she said modestly.

Her act of valor couldn't go unnoticed by Legion Auxiliary members while she was attending Girls' State.

Up on her return, Schlenker learned the Fair Oaks Auxiliary membership had submitted her name for a hero's award from the national veteran's organization.

The medal for valor was presented on August 27th at the Fair Oaks Veterans of Foreign Wars Post off Kruitoff Way in Fair Oaks. Schlenker also received a special certificate of recognition from California State Assembly for her heroic and invaluable public service to the community.

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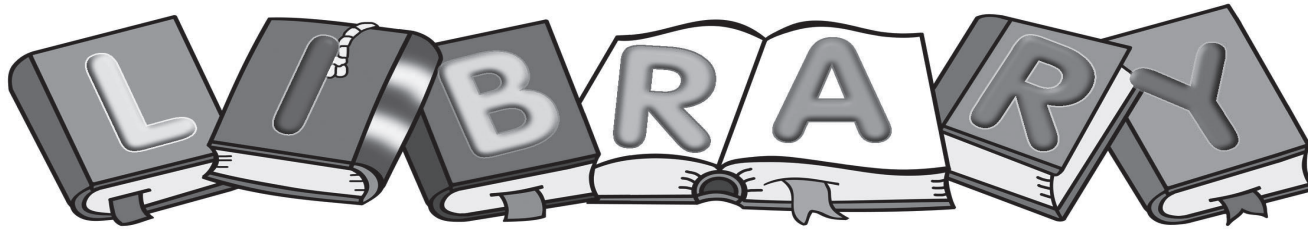
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News

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KIDS

STEM LEGO ROBOTICS (registration encouraged) Color Sensor: Saturday, September 28, 10:30 a.m.-12:30 p.m. / Gyro Sensor: Tuesday, October 8, 5:30-7:30 p.m. / Gyro Sensor: Saturday, October 12, 10:30 a.m.-12:30 p.m. / Worm Gears: Tuesday, October 22, 5:30-7:30 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 at www.saclibrary.org/events.

STEM ROBOTICS DEMONSTRATION Tuesday, October 1, 6:00-7:30 p.m. Learn about the wonders of robotics with Lego Mindstorm creatures, including a T-rex, a cobra, and an elephant. Robotics is a fun way to learn science, technology, engineering, art, and math (STEAM) concepts and is the foundation of experiential learning. Open to kids of all ages and their parents!

STAY & PLAY Thursday, October 3, 10:30-11:30 a.m. / Thursday, October 10, 10:30-11:30 a.m. / Thursday, October 17, 10:30-11:30 p.m. / Thursday October 24, 10:30-11:30 a.m. Parents and caregivers are invited to bring in their babies, toddlers, and other children to stay and play. We will put out toys for the children to play with while their parents socialize.

MINECRAFT GAMING (registration encouraged) Thursday, October 3, 2:00-4:00 p.m. Participants ages 6 to 18 can enjoy this computer game filled with mining, crafting, and exploring! Register at

www.saclibrary.org/events.

YOUTH ART JOURNALING Thursday, October 17, 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, October 18, 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.

ADULTS

BOOK CLUB: "THE DEVIL IN THE WHITE CITY" Saturday, September 28, 1:30-2:30 p.m. This month we're reading "The Devil in the White City" by Erik Larson, about Daniel Hudson Burnham and H. H. Holmes, two men who each embodied an element of the great dynamic that characterized America's rush toward the 20th century and the great fair that obsessed them both.

JOB COACH Wednesday, October 2, 1:00 & 2:00 p.m. / Wednesday, October 9, 1:00 & 2:00 p.m. / Wednesday, October 16, 1:00 & 2:00 p.m. / Wednesday, October 23, 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 at www.saclibrary.org/events.

MIXED MEDIA ART JOURNALING Saturday, October 5, 10:30 a.m.-12:30 p.m. Use your imagination and all kinds of mixed media to create a free-

style art journal. Materials provided by Friends of the Orangevale Library, or bring your own.

BOOK CLUB: KEEPING IT REAL NON-FICTION Wednesday, October 9, 1:00-2:00 p.m. This month we're reading "The Lost City of Z" by David Grann and "The River of Doubt" by Candice Millard. Choose to read one or both books! Join us as we meet and discuss the underlying theme of South American adventures.

GENEALOGY: BOOK A GENEALOGIST Saturday, October 12, 2:00 & 3:00 p.m. Need help with your family history? Not sure how to begin? Root Cellar volunteers are ready to help you discover your roots! Participants are encouraged to reserve a free, individual 60-minute help session at www.saclibrary.org/events.

AUTHOR VISIT: SHANNON DITTEMORE Saturday, October 19, 1:00-2:00 p.m. Join us as we host local author Shannon Dittimore, young adult author (Angel Eyes trilogy and "Winter, White and Wicked," out fall 2020), speaker, and mentor who teaches introduction to writing and the publishing industry to junior high and high school students. She also writes for Go Teen Writers, an award-winning blog dedicated to the growth and instruction of young writers.

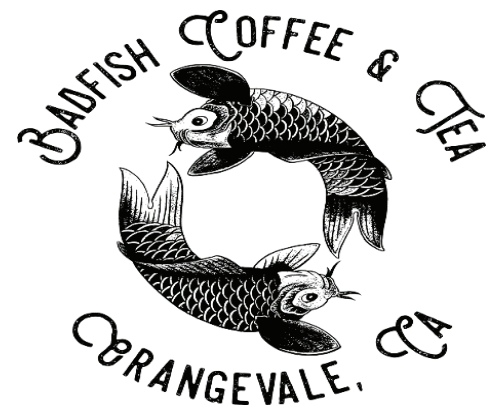
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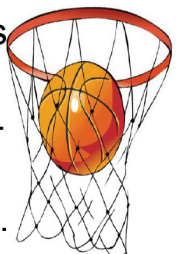
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Dressed in their favorite costume, kids can participate in the Trunk or Treat at 6pm then head inside with the family for the PG rated movie "Hotel Transylvania 3" at 7pm. The movie will be shown on a 16 foot screen indoors. Special thanks to our Sponsors Les Schwab and Schools Financial Credit Union!



MS Boys Basketball

Middle School Boys Basketball season starts late October. Recreational leagues are offered for 6th, 7th and 8th grade boys at Pasteur, Carnegie, Gold River and Orangevale Open schools. Enroll online at OVparks.com.



Fee: \$122

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Mid Day Movie Ages: 50+

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Orangevale Cooks



by Suzanne Feblowitz

Weren't those Crispy Tacos delicious? They make the best next day lunch! In this issue, we have Lynne's recipe for her favorite salsa. She calls it her State Fair Salsa because she got the recipe from the guy selling the hand cranked salsa maker at the State Fair! She bought 3 and the salesman gave her the recipe! For those who don't have the salsa maker, you can use the food processor, but carefully pulse the ingredients so you do not puree ingredients! The salsa is good on everything...tortilla chips, tacos, eggs.

If you would like to share a favorite fall 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.

LYNNE'S STATE FAIR SALSA

- 3 cloves garlic, peeled
- 6 sprigs fresh cilantro

- 1/2-1 jalapeño, seeded and roughly chopped
- 1/2 med. onion, roughly chopped
- 1/4 green bell pepper, roughly chopped
- 4-6 plum tomatoes, roughly chopped
- 1/2 lime, juiced
- 1/4-1/2 tsp salt to taste

Steps

1. Add garlic, cilantro and jalapeño to manual processor. Turn handle to chop into small pieces.
2. Occasionally, turn handle in opposite direction a couple times to stir salsa between add ins.
3. Next add onion and bell pepper. Turn handle to chop to size desired. About 1/2 inch in size.
4. Add 4 chopped tomatoes. Turn handle to chop to size desired. Decide if you want more tomato depending on original size of tomatoes. If it looks too green I add more tomato.
5. Add lime juice and salt. Stir and taste. Add more lime juice and salt if desired.
6. If salsa doesn't taste delightful you need either more

cilantro, lime juice or salt. Maybe all three. Use a tortilla chip and taste until it's fantastic.

You can use a food processor instead of the chopper, but make sure to pulse only!

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from 8:00 a.m. to 10:30 a.m. Enjoy our Biscuits with our famous Homemade Gravy, scrambled Eggs, Ham, French toast and all you can eat PANCAKES. Our Orangevale 4H is yours servers. See you there!



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Oct 1st to Oct 15th we're having our 3rd annual Food for Fido pet food drive!

Food for Fido started because we became aware that seniors who receive meals from Meals on Wheels often forgo their own health by making sure they feed their pets before they eat. Meals on Wheels has an "AniMEALS" program that supports pets with much needed pet food so their owners don't have to compromise their own health.

Along with the Meals on Wheels AniMEALS program, Food for Fido is now supporting Sacramento the along with the Orangevale/

Fair Oaks Food bank, Sunrise Christian Ministries Food Bank, and OV SDA Food and Clothes Closet. Last year alone, you donated almost 600 pounds! Join us this year to feed even more furry friends.

You can drop off your donations at:

- Orangevale/Fair Oaks Food Bank 6483 Main Ave
- Visit Badfish Coffee, Palmer Real Estate, or The Prancing Poodle 9346 Greenback Lane
- LPL Financial 8856 Greenback Lane, Suite C or
- HealthQuest, Inc. 8141 Greenback Lane

Follow us on our Facebook page Food For Fido Sacramento & Placer or call us at Matessino.lindsey@lpl.com or 916-860-7035 if you have any questions.



Posey, born approximately September 2017, is a striking tortie - look at those orange eyes! This kitty is not restless. (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.



Name: **Stanley**
Age: 5
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Sex: Male/Neutered
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Stanley is a big, handsome blond fella, weighing in at 16

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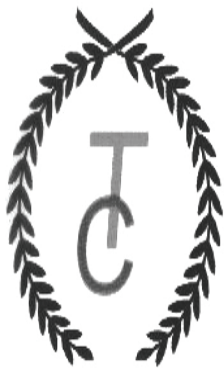
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ORANGEVALE Chamber of Commerce



8th Annual Family Fright Night at OVparks!

"Gather your family and friends and join Orangevale Recreation & Park District for our 8th Annual Family Fright Night on October 18th held at the Orangevale Community Center, 6826 Hazel Ave. Dress in your favorite costume and enjoy a trunk or treat portion at 6:00pm, followed by "Hotel Transylvania 3" at 7:00pm (sponsored by Les Schwab Tires) displayed on a 16-foot screen in the Auditorium. Enjoy a bounce house (sponsored by Schools Financial Credit Union), face painting, a spooky woods trail walk, costume contests, candy, a movie, and more! See you on Friday, October 18th at 6:00pm!

Welcome
New Members

Kidwell's Glass
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VFW Post 67, 2784 Stockton Blvd Sacramento Ca 95817

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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. 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 reúne los sábados 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 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 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 Tuesdays 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, 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!

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Call 899-0207 or

e-mail editor@ovview.com.

First 5 lines 30 -40 spaces per line. \$12.50 and \$3 for each additional or \$25 monthly

SENIOR LUNCHEES

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

The Friends of the Folsom Library will again sponsor a booth at the Annual Renaissance Faire held on Saturday, September 28th and Sunday, September 29th at the Folsom Lions Park (next to the Zoo). We will have a great selection of vintage and collectible books for great prices, with most books being \$2 or less.

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

UPCOMING EVENTS

Diabetes Undone—Interactive Workshop 8 Sessions: From Sep. 30 through Nov. 18, 2019 Mondays 6:30 pm to 8:00 pm Orangevale SDA Church 5810 Pecan Ave, Orangevale, CA 95662 9169672838 ovsdachurchoffice@gmail.com



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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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DEZY'S MARKET

by MaryAnne Povey

On a toasty Tuesday afternoon I had the pleasure to sit down and meet an amazing Patriot, Mehrdad Dezyanian, aka "Dezy" of Dezy's Market, located at 8700 Greenback Lane in Orangevale. From the moment I walked in the door, I was greeted with warm and welcoming hospitality, like an old friend coming to visit. Within minutes we were sipping delicious Persian tea, and I quickly learned the proper way to sweeten my tea by using a slow dissolving sugar cube placed strategically under my tongue! Along with that, some tea cookies and an espresso were brought out to help me through my afternoon slump. I knew this was



going to be a fun and interesting interview!

Dezy, a World Class Champion Jiu Jit Su fighter back in the day, immigrated from Iran in 2007 to America, the land of opportunity "for the same reason everyone does". He initially thought he might teach fighting or continue to compete, but the medical clearances proved too costly so he found himself looking for work.



As luck would have it, prior to coming to America, Dezy served as head of security at the Swiss Embassy for the US interest in Tehran. He made many lasting connections, one being a friend who found Dezy looking for work and asked him if he was interested in joining the Army. Without hesitation, Dezy said "yes"! He took the placement exams, aced them, and before he knew it, was enlisted in the US Army. Within five months, his life was forever changed as he became a full-fledged American citizen.

Dezy was deployed to Germany as part of an Army unit ready to spring into action anywhere in the world within five hours. One day, Dezy's Colonel contacted another Colonel from the Department of Defense. His strong work ethic, loyalty and his ability to speak five languages poised him perfectly for a job with the Department. He took the job and became a trainer of the immersion program teaching language and culture. He also served as an Education Specialist for the Department of Veteran Affairs. During that time Dezy earned both his bachelor's and master's degree in public administration and has his

eyes set on earning his PhD in the future. His career is marked with many honorable recognitions.

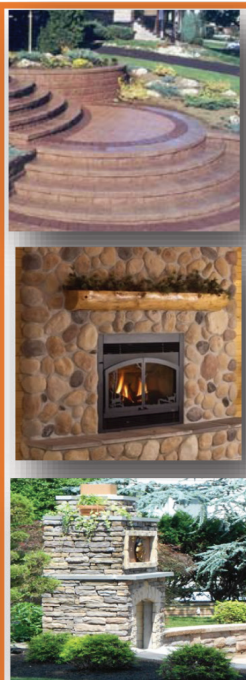
Dezy fondly recalled how his Colonel recommended him to another.

"I have a pit bull if you want him," said the Colonel. "Does your pit bull speak any extra languages?" the other Colonel inquired. "Yes!" the Colonel affirmed. "Then send him over here!"

You can clearly sense Dezy's true appreciation for life here in the little town of Orangevale. He loves the people in the community and is grateful for being here. His perspective of living outside the country makes him appreciate all things "because I have seen everything."

"I wanted to be in the country that bear hugs me," Dezy shared. "That flag gave me everything. This is the land of Heaven."

Continue page 23



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WORSHIP INFORMATION

DEZY'S MARAKET Continue from page 24

In 2016, Dezy's PTSD forced a career change for him. "I was sleeping like 3 hours a day," he said. "I knew I had to make a change. Within a week, I made a business plan and here I am. The system here is designed so you can't lose if you try hard."

So far so good. Dezy's Market, which sells imported goods from Turkey is known mostly for its unique "Sangak" flatbread, baked daily and is the only one of its kind in Northern California. It's made with the best ingredients and is hard to stop nibbling on once you start!

For only \$3.50 a loaf, everyone should give it a try. And to make it even better, ask for the Greek yogurt dip to go with it! Along with the food side of the business, Dezy is also importing and selling Turkish furniture, high end Persian rugs and custom cabinets for builders! Go figure!

"The main thing I'd like people to know about is my bread," Dezy said. "I think everyone should try it. They won't stop eating it," he promised. And he's

right!

Dezy's Market is open Tuesday - Friday, 11 am - 8 pm, Saturday 10 am - 8 pm, & Sunday 9 am - 7 pm. They are closed on Monday.

Be sure to stop in and tell him MaryAnne sent you!

Autumn

People in autumn think of many a costume (for Halloween, a time which is awesome). They might dress up as a goblin, a creature from a coffin, a zombie, a possum, or a hero like Robin. Their outfits: they'll be rockin'. On doors, they'll be knockin' and making new memories (or moments unforgettable).

-Z.F. Thrimelj

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.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, 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 M/W/F - call 916.988.0998, smallwondersorangevale.org. & 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 & 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 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)

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DATES 8 SESSIONS: FROM SEP. 30 THROUGH NOV. 18, 2019 6:30 pm to 8:00 pm Mondays

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