

Orangevale View

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INTERNATIONAL RAILFAIR CELEBRATES 43 YEARS OF MODEL RAILROADING

By Thomas J. Sullivan

Model train enthusiasts shouldn't miss the 43rd annual International Railfair on Saturday, November 9 and Sunday, Nov. 10 at The Grounds, at Placer County Fairgrounds at 800 All America City Boulevard in Roseville.

Open to the public, the West's premier model railroad show will be held between 10 am and 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday, and features American and European operating layouts, hobby clinics, vendors and a Trainmart consignment store for hobbyists who may want to sell items in their personal railroad inventory.

CONTINUE ON PAGE 4

Dinner with the Mayor

Orangevale Harvest Dinner from 5 - 10 PM at Divine Savior - this is where we'll be announcing the winner of the Honorary Mayor Race and such a GREAT event!! it sold out last year so get your table or tickets early! also, special guest Ashley Barron will be performing. For ticket information visit www.orangevalechamber.com or call 916.988.0175

VETERANS DAY

The eleventh hour of the eleventh day of the eleventh month 1918 – an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War. Since no one knew that there would be a sequel in 20 years, it was known as "the Great War" or the war to end all wars but didn't have a number. Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans. Unlike Memorial Day, it was not intended to just remember those that fell in battle. Instead it was a day to recognize all those men and women that have served over the course of 241 years of this nation's existence. Whether the service was in war time or peace time or in foreign countries or at home, the Veteran would be recognized on this day. The veteran knows not what the situation will be when they sign the bottom line and raise their right hand and



promise to support and defend the constitution. Peace time quickly can become war time.

Every year, Sylvan Cemetery in Citrus Heights honors those that gave that served in the defense of their county. This year the Veterans Day service will be held on Monday, November 11,

2019, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights. The ceremony begins at 10:30 with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag. The men marching include the American Legion and American Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march. This march will last about 30 minutes. The march will conclude at the gazebo where there will be a one hour ceremony. Many of the men marching will be in uniform – past and present – from American Revolution to modern day.



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ABOUT THE ORANGEVALE VIEW



The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers,

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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 corrections.
- (4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change.
- (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

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FRI NOV 22, 2019 Out To Public

DEC 2019

WED NOV 27, 2019 DEADLINE

FRI DEC 6, 2019 Out To Public

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CONTINUE FROM FRONT PAGE

INTERNATIONAL RAILFAIR CELEBRATES 43 YEARS OF MODEL RAILROADING

Kids love model railroads. And so do adult kids! Be sure to bring your cameras and plan to spend a day full of fun.



Four model railroad clubs and organizations: Sacramento Modular Railroaders, Roseville Roundhouse Model Railroad Club, European Train Enthusiasts, and the Sierra Division of the National Model Railroad Association put on International Railfair each year.

Explore three buildings at the Placer County Fairgrounds in Roseville which will be filled with operating model railroads of many different scales, and vendors who sell model railroad and railfan products. Explore model train layouts in narrow gauge, Lionel, HO, N, Z, O, S, G and live steam in action.

Three sponsors of International Railfair, the Roseville Roundhouse Model Railroad Club, the European Train Enthusiasts and the Sacramento Modular Railroaders, will be operating their large club model railroads at this year's show.

The Sacramento Valley Garden Railway Club will display their G scale modular garden layout that features

an operating sawmill and other action scenes, many with sound.

Don't miss the Sacramento Modular Railroaders double-track HO scale layout which features an operating turntable and steam facilities at one end. Many buildings in the yard and on modules are lighted. In operation, the group regularly

runs long trains of 75 cars or more, many which are sound-equipped.

Another family favorite is the two children's starter layouts, designed and set up so children attending the show can earn a junior engineer badge as they operate a model train on a finished model railroad on their own. The two layouts are set up in separate buildings on the fairgrounds (Jones Hall and Johnson Hall) and both layouts are HO Scale. Junior Engineer trains will be rolling throughout both Saturday and Sunday.

Hot food and drinks will be available at the snack bars and seating will be available in both Jones and Johnson Hall.

Cash only admission cost is \$10 for adults. Children under 12 years of age are free. Fairgrounds parking at the Placer County Fairgrounds is \$10. A Sunday family admission special for parents and children is \$15. For more information visit: www.internationalrailfair.com

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 Saturday, Nov 2
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 Saturday, Nov 9
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 Saturday, Nov 16
 Sunday, Nov 17
 Saturday, Nov 23
 Sunday, Nov 24

Grocery Store Food Drives

We rely on volunteers to help staff our food drives at grocery stores during November each year. Spend a couple hours at the entrance of a local grocery store and pass out flyers listing the items we're currently in need of. As people exit, they are able to drop off donations which are collected and transported to the food bank for distribution each week. This is a very important part of keeping the food bank in operation.

To sign up for community service visit the website orangevale-foodbank.org/volunteer

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TRUNK OR TREATS

TRUNK OR TREAT Oct. 25
 -- Please join us for California Montessori Project, Orangevale's Harvest Festival! We will have carnival games, a clue hunt, haunted house, trunk-or-treat, food, music, and more! Held 4-7 pm at the school. Fun for kids!" 6545 Beech Ave, Orangevale, CA 95662

TRUNK OR TREAT

Public · Hosted by Louis Pasteur Middle School PTSO
 Friday, October 25, 2019 at 5 PM – 6:30 PM
 Louis Pasteur Fundamental Middle 8935 Elm Ave, Orangevale, California 95662

TRUNK OR TREAT

Public · Hosted by Orangevale church of Christ
 Saturday, October 26, 2019 at 4 PM – 6 PM
 Orangevale church of Christ
 Hosted by Orangevale church of Christ

TRUNK OR TREAT 2019 October 27

If it's anything like last year's Trunk or Treat, this year's event is sure to be SPECTACULAR. Divine Savior's faith formation ministries host Trunk or Treat on Sunday, October 27th. 2:30 carnival games in gym 3:00 parade through gym out to trunks in back parking lot. We are looking for people to decorate their cars. Cars will be parked behind the gym and need to be ready for Trunk-n-Treaters by 2:45pm. Please contact Denise at (916) 989- 7400 or denise@divinesavior.com if you would like to decorate your trunk.

If you can't come but want to donate peanut free candy please bring them to the office before Friday Oct. 25th!

THIRD ANNUAL Trunk or Treat!

Saturday, October 26th

10:00 AM to 1:00 PM

All Costumed Trick or Treaters Welcome!

Join us inside The Last Tangle Salon for our Halloween Decoration competition!
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All participating businesses will be handing out candy!

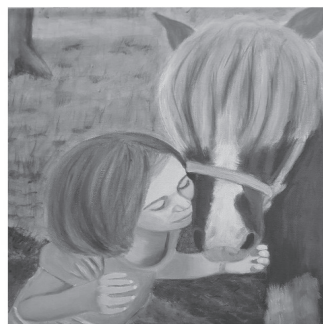
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Local SPORTS



“FISHIN TIME”

Hello everyone

Hope this finds everyone well and happy. Got a trip in Folsom

lake and did some bass fishing this month. I was very surprised at the water level as it normally is on a very fast fall this time of year. It can make for a more challenging trip to find bass as they roam more freely with the higher water. Adding to the challenge, the water was really warm, about 73 degrees. Enough of the excuses right, as we all make them. I started in the south fork with top water and spoons. After traveling till a water temp change, a small cove showed the tops of willows and some

trout activity so I focused my fishing there. Two Cormorants showed up and they really had their feed bags on. I watched as they cornered Shad and started gorging them. With each dive of only about 5 seconds they'd surface with a 3" glittering shad in their beak. Dive after dive they showed how extremely efficient they were at fishing. I on the other hand wasn't doing well at catching bass because of their activity and finally moved on to try a deeper water channel in a bend I like. A massive ball of shad showed on my graph and I dropped my spoon right away. I hooked up with a really nice size Spotted Bass and then a Sacramento Pike that bit also. Folsom lake has a lot of shad again this year so the bass are really going to benefit. It will probably be on a 5mph soon and with the coming of rain the A Rig bite will pick up which I really like. Stay tuned it's going to be a fun winter. Have fun and stay safe!

Danny Miller



"Orangevale View Publisher Brad Tatum and grandson take in the fun and festivities at Casa Homecoming 2019"

CASA FOOTBALL UPDATE

By Alex S.

On Friday, October 11th the Casa Roble Rams took on the Pioneer Patriots for their Homecoming Game. The Rams came in hot after their win against Mira Loma last week. Captains Marciano

Huston and Alex Stelmaszczyk were back from injuries as the Rams finally got over the injury bug. The Casa defense came out swinging as they forced the Patriots to a 3 and out led by senior Mason Brown. After the punt, the Rams offense took over. Quarterback Marciano Huston found junior Dylan Overstreet across the middle for a 50 yard touchdown. He later added another 3 passing touchdowns to senior Alex Stelmaszczyk and juniors Dylan Decelle and Greg Zane. Senior Austin Gandy found the endzone twice on three carries. The Rams are 2-0 in league play so far. They play @ Woodland on October 17th and @ Dixon on October 25th.



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Senior captains (Left to Right) Mason Brown, Alex Stelmaszczyk, Marciano Huston and Brad Rankin go out to the 50 yard line for the coin toss on Homecoming night



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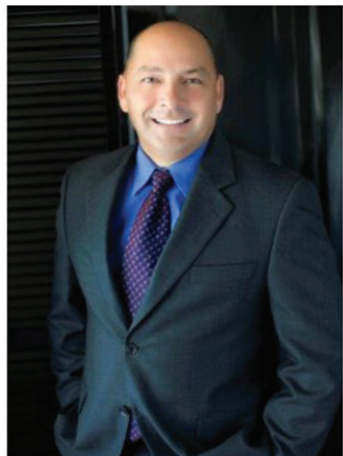
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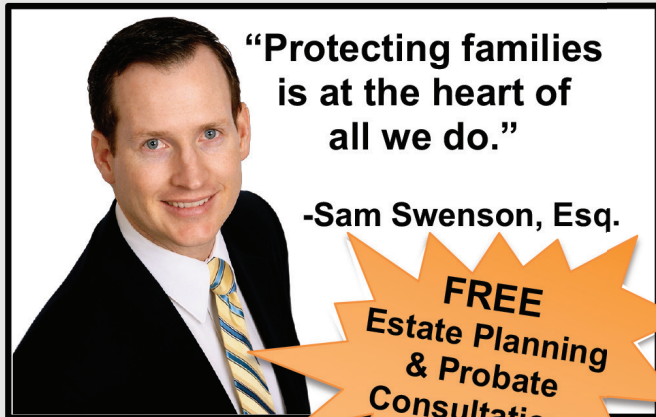


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39 TH ANNUAL PLAYATHON: CELEBRATING THE 1970'S!

RIO AMERICANO HIGH SCHOOL PRESENTS THE 39 th ANNUAL PLAYATHON: Celebrating the 1970's!

Elementary and middle school musicians are invited to join the Rio Americano High School Band on Friday, November 8th for Playathon, a 17-hour musical marathon at Rio Americano High School (4540 American River Drive Sacramento, CA). This 39th annual event runs 7 a.m. to Midnight and features the school's award winning jazz and concert bands in addition to soloists and combos from the Small Ensemble program. Playathon benefits Rio's comprehensive music program, and helps to keep music strong at Rio! This year's 1970's theme includes a, face painting, hip crafts, and other fun games to choose from! Rio Americano's beautiful Center for the Arts will play host to the event. All Sacramento area Middle- and Elementary students are invited to bring their instruments for a "Play Along" with the High School band. Middle School musicians 3:25p - 4:30p & Elementary School musicians 4:40p - 5:45p. Playathon continues with free evening performances scheduled from 6:00-10:00p featuring music from all the Rio Americano Bands.

Tax-deductible donations to the Rio Americano Band Boosters (made payable to RABB; Federal Tax I.D. #68-0018985) will help with the many band program expenses not covered by the San Juan School District budget at RioBand.net. Venmo (@RioBand) and Paypal (rabandmail@gmail.com) are also readily available at. The Rio Americano High School



Elementary and middle school musicians are invited to join the Rio Americano High School Band on Friday Nov 8 for Playathon, a 17-hour musical marathon. / Photo courtesy

program, under the direction of Josh Murray and Mitch Evett, provides the highest quality high school music education and has received honors from the Monterey Jazz Festival, the Swing Central Jazz Festival in Georgia, DownBeat magazine, and the Essentially Ellington Festival at NYC's Lincoln Center. Rio Americano bands have performed in China, Australia, Argentina, Spain, Italy, Ireland, Japan (twice!), and are traveling to Czech Republic and Austria this summer! Not only that, but many students have gone on to great success at numerous music colleges and conservatories.

For more information about the Rio Americano Band program and Playathon, contact RABB Publicity co-chair James Treadwell at (916)798-2453 (rabandmail@gmail.com) or Band Director Josh Murray at (916) 971-7512, jomurray@sanjuan.edu, or visit www.rioband.net

NIGHT PHOTOGRAPHY IS THEME FOR PRINT COMPETITION

Photographers are invited to share their celestial photographic observations in the Theme category at the print competition being held by the El Dorado Camera Club at their October 17 meeting.

This judged print competition has multiple categories for color and black and white photographs in addition to this month's "Astrophotography" theme category. Ribbons will be awarded for the first, second and third winners. There are monetary prizes for Theme and Best of Show categories. The categories have recently been revised and interested photographers should refer to the information on the club website: www.ElDoradoCameraClub.com. Multiple entries are acceptable in the competition.

The event will be held at the Cameron Park Community Center at 7:00 pm on Thursday, October 17; 2502 Country Club Drive in Cameron Park. Visitors are always welcome even if they are not entering a photo as it is a great tool for learning composition, techniques and styles as the judge reviews the entries.

Submitted by Sherry Dorothy
Publicity Chair El Dorado Camera
Club sdotty@sbcglobal.nett

OCTOBER IS FIRE PREVENTION MONTH

OCTOBER IS METRO FIRE'S PREVENTION MONTH

Mather, CA – October is prevention month at Metro Fire and we have several programs to help keep our communities safe. In an effort to combine both Fire Prevention Week (FPW), our Cancer Awareness Program, and wildfire preparedness as the region enters what is becoming our season with the most critical fire weather, we have several programs aimed at helping those in the Sacramento Region stay safe from all fires and help support our efforts to promote not simply cancer awareness but to support prevention, screening, and treatment programs.

Fire Prevention Week began October 6 and we have embraced the National Fire Protection Associations (NFPA) 2019 campaign that “Not Every Hero Wears a Cape: Plan and Practice Your Escape.” Daily topics will be posted on Metro Fire’s social media including Facebook (@MetroFireofSacramento), Instagram (@metro_fire_sacramento), and Twitter (@metrofirepio).

While these NFPA FPW messages were designed for a national audience focusing on structure fire readiness, many of the concepts also apply to those living in the wildland urban interface (WUI). With the upcoming Red Flag weather we want those in our communities to also prepare correctly. Most notable, open flames present a fire hazard and should be avoided in both settings and whether escaping a structure fire or wildland fire everyone should have at least two pre-planned exit routes and have practiced these with their

families.

As our kickoff, we are requesting our community to visit <https://www.nfpa.org/.../Safety.../FPW19EscapePlanningTips.aspx> for an evacuation planning checklist.

We are also rolling out a new burn prevention program targeted towards elementary school aged children. Called “Milo and Moxie” this program has been adapted in collaboration with the Arizona Burn Foundation specifically for Metro Fire. Schools and educational facilities who would like to request this program can contact Metro Fire’s Community Services Division at (916) 859-4330 or www.metrofire.ca.gov for scheduling information and requests.

In 2014, Metro Fire made Cancer Awareness a priority during the month of October focusing on Breast Cancer. After a few years we expanded our program to include Men’s Health in November by adding a “blue” side to our pink wrapped fire engine, and this year are excited to announce a new component to help make our efforts more visible in the community. We added an option for Metro Fire personnel to wear a themed pink and blue patch on our uniforms to support #AllCancersAllPeople, and placed pink and blue District logos on all of our apparatus during October and November to support of all those with cancer who have affected us directly and indirectly.

As always, we are available to facilitate stories for your audience. Please do not hesitate to contact Captain Chris Vestal at (916) 616-2430 to discuss options

Dent Shoppe Celebrates 16th Anniversary with Charity Week

The Dent Shoppe in Folsom is celebrating 16 years in business with a charity drive for the Twin Lakes Food Bank. During the week of October 28th through November 2nd, they will be donating 10% of revenues to the Food Bank. The week ends with an open house and customer appreciation day on November 2nd.

Sandra and Gabe run a true family business. When the shop opened in 2003, their main service was paintless dent removal. The technique allows technicians to remove dents and dings without the use of bondo or paint. Most dent removal jobs cost between \$75 and \$250 and take about an hour or two. Over the years, customers asked for additional services. The company expanded their expertise to provide minor auto body and paint repair, wheel and windshield repair and more. “Last year, auto glass replacement was added to our list of offerings. Usually we can offer same or next day installation”, said Sandra. They are proud to offer great customer service and appreciate the support of the community. Think of us as the “one stop shop” for people who love their cars”, Gabe added.

The Dent Shoppe is located at 9521 Greenback Lane at Madison in Folsom. Look for the big purple sign, Paintless Dent Removal. Business hours are Monday through Friday 8:00am to 5:00pm and Saturday 9:00am to 2:00pm. No appointment is necessary for a free estimate. They can be reached at (916) 296-3368 or www.dentshoppe.com.

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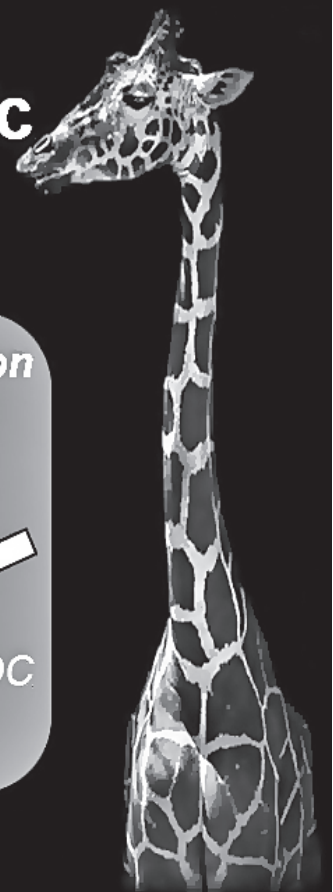
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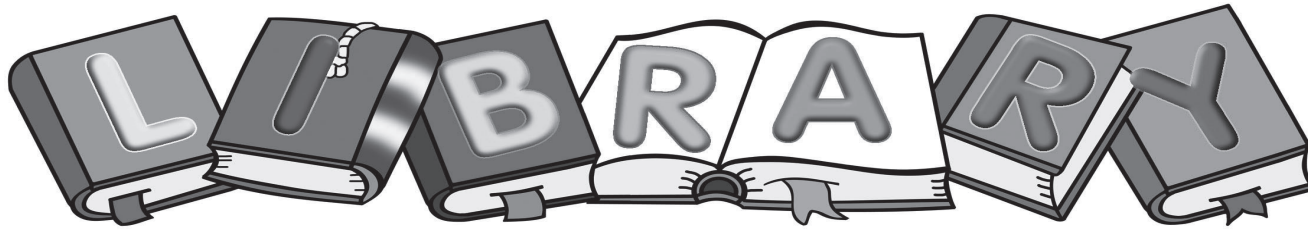
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News

ORANGEVALE LIBRARY

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KIDS

STEM LEGO ROBOTICS (registration encouraged) Worm Gears: Saturday, October 26, 10:30 a.m.-12:30 p.m. / Touch Sensor: Saturday, November 9, 10:30 a.m.-12:30 p.m. / Touch Sensor: Tuesday, November 12, 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.

LEGOS & MORE Tuesday, October 29, 3:30-5:30 p.m. Join us for unstructured play with our Legos, Lincoln Logs, and Citiblocs. Every last Tuesday of the month; mark your calendar!

STAY & PLAY Thursday, October 31, 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 parents socialize.

TWEEN BOOK CLUB: "THE FIRST RULE OF PUNK" Thursday, October 31, 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.

FAMILY STORYTIME Thursday, November 7, 10:30-11:30 a.m. / Thursday, November 14, 10:30-11:30 a.m. / Thursday, November 21, 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, November 7, 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.

LIBRARY PLAY DATE Thursday, November 14, 1:00-2:00 p.m. 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 children 0-5 years old and their caregivers, but older siblings are welcome to attend.

READ TO A DOG Friday, November 15, 3:00-4:00 p.m. Come read to some paw-esome pooches! School-age (6- to 12-year-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.

YOUTH ART JOURNALING Thursday, November 21, 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.

ADULTS

BOOK CLUB: "THE LITTLE PARIS BOOKSHOP" Saturday, October 26, 1:30-2:30 p.m. This month we're reading "The Little Paris Bookshop" by Nina George, about a Parisian bookshop owner who calls himself a literary apothecary and prescribes novels for the hardships of life.

JOB COACH Wednesday, October 30, 1:00 & 2:00 p.m. / Wednesday, November 6, 1:00 & 2:00 p.m. / Wednesday, November 13, 1:00 & 2:00 p.m. / Wednesday, November 20, 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.

HARWOOD COMMUNITY CONVERSATION Thursday, October 31, 1:00-3:00 p.m. @ Orangevale Food Bank

(6483 Main Ave.)

What kind of community do you want? Join us for Orangevale's community conversation. We'll be focusing on community building and positive impact for change throughout Orangevale.

MIXED MEDIA ART JOURNALING Saturday, November 2, 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.

GENEALOGY: GETTING TO KNOW YOU Saturday, November 9, 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!

LIBRARY OFFICE HOURS WITH CONGRESSMAN AMI BERA Wednesday, October 13, 10:00 a.m.-12:00 p.m. Ami Bera's staff can assist you with any problems you may be having with the federal government, including backlogged veteran's benefits, Social Security, Medicare, and more.

BOOK CLUB: KEEPING IT REAL NON-FICTION Wednesday, November 13, 1:00-2:00 p.m. Each month we'll offer two non-fiction titles. This month we're offering "Becoming" by Michelle Obama and "My Beloved World" by Sonia Sotomayor. Choose to read one or both books! Join us as we discuss the underlying theme of contemporary American women.

STEP-BY-STEP ACRYLIC PAINTING Tuesday, November 19, 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 www.saclibrary.org/events

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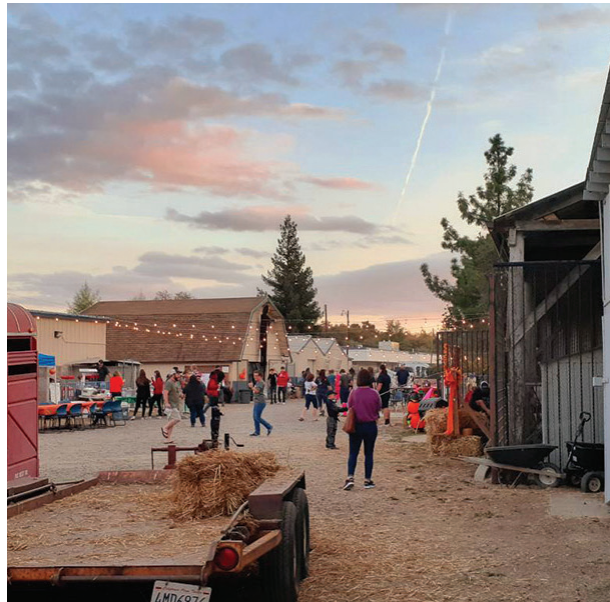
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2019 CASA ROBLE FFA FARM FEST – A HUGE SUCCESS



Casa Roble High School FFA held its annual Farm Fest on October 19, 2019. We invited all of our friends, family and neighbors to come on down and enjoy the evening with Casa FFA. There was a pumpkin patch, games were played; pony rides were given, and the haunted house was spooky! The event ran from 4 to 8 pm and the weather was good to us. A great time was had by parents and kids alike.



This is Casa FFA's biggest fundraiser of the year. The money raised goes directly back to the FFA students to help with projects, competitions, state conference attendance and more.

Mrs. Tannehill, the Casa FFA Alumni and Parent Group and the Casa FFA Officers and Students would like to thank the community for their support and participation in the event; as well as all the students and families for their help in making this event possible. Thank you to Chick-Fil-A for feeding our hungry

crew during set up. We would also like to thank the Orangevale Live and Orangevale View for giving us support in the way of promotion and advertising for our event.



Aging Well Symposium and Resource Fair

Tuesday, November 12, 2019

Registration Begins

8:30

Event Time

9:00-1:30

Orangevale Community

Center Auditorium

6826 Hazel Avenue

Orangevale, 95662

Morning and afternoon refreshments will be served

Join us for this valuable & informational event to learn about local resources available for you, or an aging loved one, and how to navigate this journey we call LIFE! Speakers will share information on how to stay safe in your home, how to navigate the need for care, and much more. You'll also have access to many resource professionals who can answer your questions about helping those we care for; and maintaining your own mental health during this season of life.

This event is hosted by the Orangevale Chamber of Commerce, in collaboration with the Fair Oaks Chamber of Commerce.

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Fee: \$122

Kids Night Out Superhero Academy

Saturday, November 2nd • 6-9:30pm

Ages: 5-12

Hey there, parents! You won't be leaf all the fun things we have planned for Kid's Night Out! This is no trick! Participants will enjoy painting pumpkins in their pajamas. Treat yourself and sign up your kiddos for an evening filled with dinner, games, and activities!

Pre-registration is required.

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Orangevale Cooks



by Suzanne Febowitz

The weather is gradually getting cooler and this recipe from Lynne Miles is the perfect autumn treat. Lynne and her daughter fell in love with chai over 5 years ago and she immediately thought she could recreate it at home. It was a success and after using her crockpot, she discovered that she could easily make it in her Instant Pot. After tweaking the recipe to her taste, she has found the perfect cup of chai. The recipe can easily be altered to your own taste. If you like dirty chai, add ¼ cup cold brewed coffee to ½ cup chai and enough hot water to fill a mug. Then add milk and honey to your taste. It is a wonderful way to end begin or end the day!

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

Instant Pot Chai
4 quarts water

6-8 small cinnamon sticks
½ cup cardamom pods
¼ cup whole peppercorns
¼ cup star anise
1 tsp whole cloves
3 ½ ounce fresh ginger, peeled and sliced
10 black tea bags (or Herbal Red Raspberry for drinking in the evening)
Optional: whole vanilla bean, ¼ cup honey

Combine water and all spices (and vanilla bean, if using) in the inner pot. Lock the lid and set the Instant Pot to Manual for 60 minutes.

Natural pressure release for 20 minutes, then carefully release the pressure. Add the tea bags and let steep for 3-5 minutes. Remove tea bags and then add sweetener, if desired. Use as slotted spoon or mesh strainer to remove most of the large spices. Then strain into glass quart canning jars through a piece of cheesecloth placed in a funnel to remove the remaining spices.

Refrigerate when cool. It can be warmed and served full

strength, warmed with milk or diluted with water for a more traditional less spicy taste.
Makes approximately 3 ½ quarts.

Note: Lynne finds the spices at a local Indian market and at Penzeys online.

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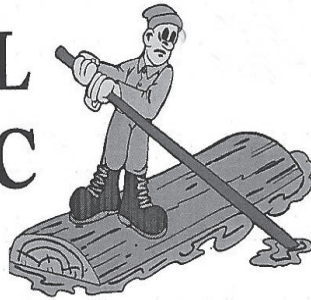
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ORANGEVALE Chamber of Commerce

Orangevale is Building community!

The Orangevale Chamber desires to be a CONVENER of local leaders, a CATALYST for business growth, and a CHAMPION for a stronger community!

Let's Continue Banding Together

We live in a busy society that often leaves us void of meaningful relationships and true personal connection. Relationships fuel everything we do in life that's meaningful, and that's especially true in a small community. The more connected and more intentional we are to gather with each other, the better & stronger our small town of Orangevale becomes. Often it requires a little bit of extra effort and to "put yourself out there", but it's incredible what happens when like-minded people

As a CONVENER of local leaders and business people, the Orangevale Chamber is helping to create a wind of change in our town. Our monthly happy hour mixer events have been some of the most well-attended Chamber mixers in the area, and we're a pretty small Chamber by comparison. But these folks have chosen to gather regularly to spur each other on in business, make new connections, and seek opportunities to collaborate in the community. If you're not yet in the game, join us! Our next Chamber mixer will be Thursday, October 10th at Fix Auto Orangevale (formerly North Star Collision). You can always learn more about these and other community events at www.orangevalechamber.com.

In addition to our influence in the business community, we also desire to unite the residents of Orangevale around important causes. If you are thinking about getting more involved in the community but just don't know where to start, reach out to us and we will help get you



Chamber President
Brad Squires

plugged in. Chamber member or not, it's our passion to develop business & personal connections in Orangevale that create healthy economic & community growth.

Honorary Mayor Race Announcement - 11/2

Last year's 1st Annual Orangevale Harvest Dinner sold out, and tables are moving quickly for the November 2nd event this year. The event led by the Orangevale Community Foundation will raise funds for the Orangevale-Fair Oaks Food Bank, Big Day of Service, AboutKidz, and the Orangevale Chamber. Last year, we raised over \$10,000 for local community causes! At this event will also be announcing the winner of the 2019-2020 Orangevale Honorary Mayor Race. Jeff Chaix and Julie King have each been raising funds, and whoever raises the most will be crowned the Honorary Mayor of Orangevale. Visit orangevalechamber.com/mayor to learn more about the campaign and to support your favorite candidate & cause. Tickets for the Orangevale Harvest Dinner can be purchased online at <http://bit.ly/ovhd2019>. And don't miss special guest, country star Ashley Barron, who will be performing for us that night.

Mark Your Calendars - 2020

We talk about building community in Orangevale. One great way to get involved is to participate in the Big Day of Service, which will be held May 16, 2020. Also mark your calendars for the 57th Annual Orangevale

Town Fair, which is planned for May 29-31, 2020. We will also be holding the 4th Annual Best of Orangevale awards right around the new year. Lots to be looking forward to as we enter into the fall season and wind down an amazing 2019.

The best way to make our community better & stronger is to find a cause or community that you care about, and get involved. Life is fullest when you give your time, talent & treasures to make someone else's day brighter. Let's continue to find ways to gather around the things that bring us together in community.



11/6 - **Business Watch Meeting** from 9:30-10:30 at Denny's on Greenback

11/14 - **November Mixer with Palmer Real Estate, Prancing Poodle, Badfish and hopefully Kindred (Yoga) and Cliff (Warehouse Interiors and building owner)** - this will be another great mixer! Can't wait to see everyone!

LOTS of exciting things going on! See you there!! Go OV! Community!!

For membership information contact

Alicia Andrews
Associate Director
Orangevale Chamber of Commerce
8897 Greenback Lane -- PO Box 922 Orangevale, CA 95662
W: (916) 988-0175



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CRAFT FAIRE

32nd Annual Holiday Craft Faire at PINEBROOK VILLAGE Friday, Nov 8 11 am - 6 pm Saturday, Nov 9 9 am - 2 pm Find the perfect gift for everyone on your holiday list while shopping locally for unique handcrafted items. Hourly Door Prizes - The Dog House - Free Admission & Parking. Invite your family members and friends for a fun day of shopping. PINEBROOK VILLAGE, 7900 Folsom-Auburn Road, Folsom, CA (between Greenback Lane & Douglas Blvd...a short drive north of Folsom Lake Crossing)

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Orangevale History Project Presents: Maryellen Burns

Join us & learn about Orangevale's History!

Orangevale has a history that patterns many beloved small towns that developed in the late 1880's. The colony was promoted as a farmer's paradise and as the ideal suburb. The type of place where families could support themselves on just a few acres of land and band together to form cooperatives to support the entire community. This romantic American ideal of a rural community remains today. Culinary journalist and community historian Maryellen Burns will share the stories of Orangevale's early beginnings, from its days as home to the Maidu people, the cattlemen and seekers of fortune, to the formation of the Orangevale Colony, and subsequent generations who have made Orangevale their home, today.

Please RSVP to info@orangevalechamber.com by October 21st

Maryellen Burns on Orangevale History

Friday, October 25th from 6 - 8 PM

Orangevale Chamber of Commerce Office 8897 Greenback Ln Orangevale

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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. 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. Wwww.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

The Board of Directors of Orangevale Recreation & Park District meets on the second Thursday of each month. Meetings are held at the Orangevale Community Center, 6826 Hazel Avenue, beginning at 6:30pm. The public is welcome to attend.

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,

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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 Corneller 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 \$3, 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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SENIOR LUNCHEES

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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

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-Z.F. Thrimej

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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

32nd Annual Holiday Craft Faire at PINEBROOK VILLAGE Friday, Nov 8 11 am – 6 pm Saturday, Nov 9 9 am – 2 pm Find the perfect gift for everyone on your holiday list while shopping locally for unique handcrafted items. Hourly Door Prizes – The Dog House – Free Admission & Parking. Invite your family members and friends for a fun day of shopping. PINEBROOK VILLAGE, 7900 Folsom-Auburn Road, Folsom, CA (between Greenback Lane & Douglas Blvd...a short drive north of Folsom Lake Crossing)

Have Medicare Questions? I Have The Answers! Tuesdays, November 5th and 12th, 2019 11 a.m. - 12 noon Annie's Breakfast & Steaks 8800 Greenback Lane Orangevale, CA 95662 Join Us For A Medicare Advantage Sales Meeting Sheri L. Anderson (916) 792-9111 CA Insurance License #: 0F39145

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Orange Vale Water Presents COMMUNITY SPOTLIGHT

LOCAL PROMOTER CREATES NEW MUSIC SCENE

By Thomas J. Sullivan

In 2016, Fair Oaks resident Tiffany Madrid, founder of Madrid Music, was part of a small group of friends who just wanted to play, sing, and share their love for acoustic music in the greater Orangevale and Fair Oaks area.

Her informal jam session among friends has since grown into a twice-a-month open mic night at the Love at First Bite Café at 7405 Winding Way which she now leads. A second open-mic night is offered at the Fair Oaks Coffee House and Deli at 10223 Fair Oaks Boulevard.

"I started an evening open mic night at Love at First Bite Café this August, and it took a month to get the word out to local musicians," Madrid said. "It's amazing to see how many talented singer-songwriters who write their own original acoustic material live in our area."

Madrid grew up in Simi Valley in Southern California and moved to Fair Oaks some 20 years ago. She enjoyed a past professional career



Tiffany Madrid

On twice-monthly live music nights, the Love at First Bite Café is open with a limited dinner menu from 6 to 9 p.m. Sign-ups begin at 6 p.m. and music starts at 6:30 p.m. Each performer is limited to two original songs. Madrid serves as an emcee and introduces each, some who are braving performing live for the first time.

"On any given evening, there may be 10-12 people who wish to perform on any given evening," she said. "It's a very diverse mix of artists,



in real estate and finance before returning to music, her first love. She has three children, a boy and two girls, ages 20, 18 and 16. She's also a performer herself.

young and old."

Madrid creates a very welcoming atmosphere for her artists and the vibe is decidedly warm and casual.

The next original music acoustic open mic at Love at First Bite Café will be Wednesday, November 6th and a second night will be held on Tuesday, November 12th at the Fair Oaks Coffee and Deli. The Fair Oaks Coffee-Deli is more "theater style with a walk-in flavor", Madrid said.

The Love at First Bite Café is only open for breakfast and lunch. The addition of a bi-monthly live music dinner scene is an experiment, said Isaac Altamirano, its director of operations, who

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said he's pleased with the customer traffic Madrid has attracted.

"We've been quite busy each of the evenings that we've

links to regular performers who perform at both locations each month. Search <https://www.facebook.com/pg/MadridMusic916> to view past performances.



Issac Altimirano owner of Love At First Bite

featured live music. The scene is catching on, and we hope more people discover our café to try our food, and see first-hand what Tiffany has created here," he said.

Madrid bought her own professional sound system for performers to use and has an assistant who runs the mixing board. She promotes Madrid Music through her Facebook page with video

"We've seen more than 40 unique performers here alone at Love at First Bite since I started this in August," she said. "It's been an amazing start, and I'm not sure yet where it will lead."

For more information contact Tiffany Madrid at madridmusic916@gmail.com

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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