

Orangevale View

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Orangevale Firestation at Pecan & Greenback

Volunteer Orangevale Fire Department 1920 - 1950 Page 6
Photo Courtesy of Chuck Sawyer Collection

CONGRATULATIONS TO THE CASA ROBLE TRACK



Ethan Horner

Senior Captain Josie Povey led the girls team winning the shot put and discus and also taking second in high jump.

The Frosh Soph team also had stand-out sophomore Ethan Horner win the 100m and 200m while freshman Wilson Pollock won the 3200m.

The following weekend, Casa track athletes continued to shine bright bringing home lots of medals at the Bret Harte Invitational including Corbin Faircloth winning the 3200 m, Curtis Reagor winning the boys varsity 200m and 400m and Freshman Sunia Vuki winning Frosh/soph boys shot put.

Congratulations to the Casa Roble Track team for their exceptional performance at the Dixon High School league meet at Dixon. The varsity boys won the team competition with 223.5 points led by team captains Teo Camacho and Sergio Vivar. Camacho won the 100m and 200 while Vivar took first in the 800m, 1600m and 3200m. Sophomore Moses Oginni also won high jump and 300m hurdles.



Corbin Faircloth

Back in Sacramento at American River College on the same weekend, Team Captains Teo Camacho and Josie Povey competed in the Meet of Champions 2023. Special congratulations to Teo for breaking a school record in the 400 m with a time of 49.54 and finishing second place overall. Way to go Rams!



Teo Camacho



SPORTS PAGE 14 - Photo Courtesy of Orangevale Pony Baseball

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ABOUT THE VIEW



ABOUT THE ORANGEVALE VIEW

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

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

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or

less.

(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.

Please use this format so we do not have to send your work back to you for corrections.

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

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MAY 26 • PUBLICATION OUT TO PUBLIC

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April 29, 2023 ANNOUNCING ROOT CELLAR'S 2023 SPRING SEMINAR ROOT CELLAR –

Sacramento Genealogical Society announces their 2023 Spring Seminar featuring D. Joshua Taylor, MA, MLS, FUGA, President of the New York Genealogical & Biographical Society. Josh Taylor is a nationally known and recognized speaker and author on genealogy and family history. He is the recipient of numerous awards and honors. Joshua has been a featured genealogist on Who Do You Think You Are?, and he can also be seen taking America through their past as a host on the popular PBS series Genealogy Roadshow.

At the full-day seminar, Josh Taylor will present four awesome lectures: (1) Bridging the Gap: Finding Ancestors in the United States between 1780 and 1840, (2) Vanity Sketches: Sources and Truths Behind County Histories, (3) Essential Technology for Genealogists, and (4) When Dates Disagree: 8 Ways to Resolve Conflicting Details.

Join us in-person; all those interested in genealogy are welcome!

Date: April 29, 2023 Time: 9:00 am – 5:00 pm, doors open at 8:15 am Location: Fair Oaks Church, 11427 Fair Oaks Blvd., Fair Oaks, CA Cost: \$40 Root Cellar Members; \$55 non-members (Pre-registration required - Registration ends April 15 - No tickets sold at the door) To register, go to www.rootcellar.org

Orangevale History Project: Wed, May 3rd, 6:30pm meeting, Orangevale Chamber of Commerce office (corner of Hazel Ave & Greenback Ln). President Mark Aring will present on "The Confessions of Wilma Gum" - get all the juicy Orangevale details!

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Arya (animal ID A829599, 3 years old) “I’m a goofy girl who loves attention and playing!”

LET’S GET TOGETHER FOR THE BIG DAY OF SERVICE 2023!

By MaryAnne Povey

Their back! The 5th Annual Big Day of Service (BDOS) 2023, is getting ready to tackle over 40 service projects in Orangevale and Fair Oaks and they need your help! So gather up your friends, families and co-workers and save the date for May 6th, 2023! After two years of scaling back, the Big Day of Service is back in full force and volunteers are needed!

“This is an exciting opportunity for the community to come together and make a positive impact locally,” said Josh Hall, OV-FO Community Foundation Executive Director. “This will be our 5th annual Big Day and will unite over 1,000 volunteers from local churches, clubs, schools, organizations, and businesses around the cause of improving our community. It is going to be a great day!”

Projects range from encouragement, to care packages, park cleanups, and school beautification projects. There is something that will fit everyone’s skills and interests!

“Some of the fan favorite projects include cookies for seniors, military care packages, and the school beautification projects,” said Jenn Gustafson, event coordinator.

Organizers are hoping to get at least 1,000 volunteers this year, and everyone is encouraged to sign up. Projects vary needing from 10 to 50 volunteers, so people can sign up on their own or as a group.

Be sure to plan for the kick off rally happening at Sunrise Community Church, 8321 Greenback Lane. Check in starts at 7:30 am and the rally kicks off at 8:30 am. Everyone

is encouraged to attend. This is a great opportunity to gather together and get pumped up before heading out to the work projects.

“It’s really important to be part of the Big Day rally,” said Jenn, “Besides volunteering at the projects, it’s the best part of the Big Day, where people come together to enjoy breakfast, get their t-shirt, connect with others and get excited to come work together as a community.”

Wondering how long it will take? Most projects range from two to four hours and should all be done by 1 pm on Saturday afternoon.

For those interested in helping to sponsor the Big Day, or donating to help cover the cost of a project, sponsorships are available. This is a great opportunity to give back to the community and support the projects that are happening.

It’s also a great way to let the community know about your organization or business.

Sponsorship includes promotion on the Big Day website, social media, Big Day T-shirts and signage. If that’s not enough, on the Big Day. Project and Event Sponsors will get a free vendors booth during the morning rally on May 6 to promote their business, organization, or group.

“We are so excited about getting the community re-engaged and back out volunteering together this year, in a way we haven’t been able to do for a few years,” added Josh Hall.

So what are you waiting for? Sign up with family and friends, come to the kick-off rally, and get ready to make a positive change that will benefit everyone in our community!

For more information about sponsorships, projects and to sign up to volunteer, go to www.bigdayofservice.com.

See ya out there!



LIBRARY NEWS

ORANGEVALE LIBRARY

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HOURS

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Monday Closed
Tuesday 10AM-6PM
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Friday 10AM-6PM
Saturday 10AM-6PM

Heirloom Seeds Available at the Orangevale Library!

The Orangevale Library has heirloom seeds to start your own garden. Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone. The seed library is available daily.

KIDS

Family Storytime Every Thursday, 10:30 a.m. - 11:00 a.m. Jane Wise Community Room Join us for songs, rhymes, and stories designed to build the early literacy skills of young children. This program is for parents and caregivers with young (0-5) children; older siblings are welcome to attend. This event is presented in English.

Minecraft Gaming Thursday, May 4, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server at the Orangevale Library! We will do two 45-minute shifts if there are more participants than PC laptops. This program is for students aged 6 - 17; registration is encouraged at www.saclibrary.org/events

Read to a Dog Friday, May 12, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Come read to some PAW-some pooches! School-age readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling and reluctant readers or for those who enjoy practice. The dogs are wonderful listeners. Woof!

STEAM: LEGO® Robotics Saturday, May 20, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Design, build and program a robot using the LEGO® MINDSTORMS® EV3 kit. Led by a team of student instructors, kids ages 9 to 14 will work in groups to create a robot and learn STEAM skills with this fun, hands-on project.

ADULTS

Genealogy: Getting to Know You Saturday, May 6, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room 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! This program is for adults. This month's class will review the search for great-grandfather Telesfor Manuel Chaves and the lessons learned from that search.

Genealogy: Book a Genealogist Saturday, May 6, 3:00 p.m. - 4:00 p.m. Orangevale Library Study Rooms Need help with your family history? Not sure how to begin? Want to know where to look

next? Root Cellar volunteers are ready to help you discover your roots! Free individual 30-minute help sessions are available at the Orangevale Library. Reserve your sessions online at www.saclibrary.org/events.

Mixed Media Art Journaling Saturday, May 13, 10:30 a.m. - 12:30 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too.

Orangevale Book Club - The Cloisters Saturday, May 20, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new friends! This month we will be reading *The Cloisters* by Katy Hays. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.

CHURRO

If a churro could fight crime, it could be a superchurro. For it to wear a costume would make it look thorough moreso in April (National Humor Month) when humor is served (like a line packing punch).

-Z.F. Thrimej



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VOLUNTEER ORANGEVALE FIRE DEPARTMENT 1920 - 1950

Fire Department sources indicate the Orangevale Volunteer Department was formed in 1933 with a single fire station located at Hazel Avenue and Greenback Lane. The department hosted a combined minstrel show and vaudeville skits at the Community Clubhouse with local talent to raise funds for a fire alarm or fire-fighting equipment. Charge was 25 cents for adults and 15 cents for kids.

The first fire engine was a converted 1917 REO touring car, purchased for \$650 by the volunteers. The fire engine was dedicated on February 9, 1935 with an invitation to the public to an old fashioned barn dance at the firehouse on Saturday night. With the formal dedication on Sunday, music was heard from the San Juan band speakers and then a demonstration of the equipment followed.

The first fire call came in just about 30 days later. Five minutes after the alarm was given, nine men and the equipment were at the scene of the fire. Thankfully not serious and feelings were this was a good first showing.

Not so good news on a second fire that May. The H. L. Scott residence and other structures were totally destroyed. The fire department was only able to keep the blaze from spreading. Also noted in the news article of the fire was the need for residents to always have 100 ft of garden hose. Responding to the alarm were Fire Chief, Howard Greenhalgh, Assistant Chief, Lloyd Greenhalgh, Dick Richards, Roland Johnson, Ralph Walker, Howard Walker, Kenneth Smith, Milton Smith, Charles Heppler, Bert Stroup, Nick Tomich, Ray Johnson, Marion Johnson and Robert Teichman.

A Thank You was published to the Orangevale Volunteer Fire

Department in 1936 from the Morse family for actions on their behalf.

The 1940s told of many grass fires and in 1949 one house fire left the Dodd family without a habitable home. McRenolds Auto Sales used their neighbor, Orangevale Fire House, in all their advertising. Then came the 50's.

I was barely old enough to remember the Roberts School fire in 1953, but I did remember it was set by a young boy. Refreshing my memory with the help of the Folsom Telegraph it seems a 16 year old boy, Dusty Baker, confessed to setting the school a blaze along with about 80 grass fires over the last 9 years, and the fire that seriously damaged the Community Clubhouse. He also noted after setting the fire to the school, he returned to fight it as a member of the fire department. Off to Juvenile Hall with that one.

Next was a 400 acre grass fire in 1954 that required the assistance of Citrus Heights Folsom and Fair Oaks to get under control. Cause, a carelessly discarded cigarette. Motorists helped drive a herd of cattle across Oak Ave to safer ground. Try that today. Wrapping up this decade, enter the Orangevale Lions Club. They are holding a series of card parties at the Grange Hall to raise money for a resuscitator for the fire department. Along with those parties, the Lions also sponsored the largest motorcycle scrambles in the area at the San Juanita track. Over 100 daredevils from Nevada and Oregon joined the two local favorite clubs the Skwirlrs and the Polka Dots for this showdown. Excess funds were designated to the Ladies in White and those ladies will have an article or two all their own in the future.

By Cris Gesrad

YOU ARE FREE TO LIVE HOWEVER YOU WANT. YOU AREN'T FREE TO IMPOSE YOUR CHOICES ON OTHERS.

By Sue Frost

Last week I was the lone no vote on a Sacramento County Board Resolution recognizing "Transgender Visibility Week." The resolution describes how the transgender community has suffered disproportionately with rejection and discrimination. It acknowledges the transgender, gender nonconforming and gender diverse residents' contributions to society and the importance of them living authentically and visibly.

I unequivocally oppose discrimination and I fully recognize and appreciate the human and societal value of those who identify as transgender. But I opposed the resolution because it contributes to a political movement that is forcing gender politics on the rest of society, advocates separating children from their families, and encourages experimental medical procedures on children who are suffering from psychological problems.

I have some experience with transgender and gender dysphoria during my work as a Registered Nurse. Gender Identity Disorder (GID) is a psychiatric disorder where a person experiences distress related to their gender and/or sex characteristics at birth. The diagnosis was created to help people with gender dysphoria gain access to necessary health care and effective treatment. This diagnosis is included in the American Psychiatric Association's published Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and it focuses on Gender Dysphoria discomfort as the problem, rather than identity.

The American College of Physicians describes Gender Dysphoria as a psychological concept and sociological term, not a biological one. Their website states, "GD resolves in the vast majority of patients by late adolescence." Studies show that many children express some level of gender-dysphoria, but 80% grow out of it before they are 25. Subjecting these children to permanent changes due to adolescent confusion isn't supporting adolescents suffering from depression or other psychological disorders - it's pushing an agenda that actually harms



Supervisor Sue Frost

children.

In September 2022, SB107 made California a sanctuary state for children seeking gender transition therapies. This violates the parent's fundamental rights to direct their child's mental and physical health care. It mandates that Doctors conceal a child's medical information from parents if it is related to "gender identity" drugs and procedures, even if that information is sought under a court-issued subpoena. This bill removed parents from their child's healthcare conversation while they are still responsible for the costs and care of the child.

On April 10, 2023, AB665 passed the Assembly (and will go to Senate) in California. This law would allow a minor 12 years or older to obtain "gender-affirming" interventions without parental knowledge or consent. And, since California is already a "gender-affirming sanctuary state," if a child runs away from home to obtain gender-affirming care, parents will not be notified and could be barred from taking custody of their own children.

Puberty is a difficult time when children experience social and hormonal changes, grapple with self-identity, and struggle with peer acceptance. Rather than encouraging supportive families and guiding children through this struggle, activists are taking advantage of children to promote their political agenda.

We have seen a wave of lawsuits from families and from children who felt pressured by school and public officials into gender transition, leading to permanent, life-altering decisions including radical surgery, often without even notifying parents.

For example, 18-year-old Chloe Cole filed a lawsuit against Kaiser Permanente for a transgender surgery performed on her when she was just 13. Similarly, Layla Jane is suing Kaiser for pressuring her

to transition when she was barely a teenager. Both girls were treated chemically with puberty blockers and endured complete mastectomies while still in puberty. Both girls are now trying to de-transition and state that they felt pressured to undergo transition while their contributing mental health problems were ignored.

Even more alarming, we're now seeing activists, school employees, and counselors encouraging pre-teens, who aren't even in puberty yet, to undergo similar radical and often irreversible gender-changing procedures.

In Salinas, CA two middle school teachers who ran the school's Equality Club were caught pressuring students to secretly transition while hiding their problems from their families. In a leaked recording the teachers were quoted discussing how they kept meetings private and "stalked" students online for recruits. One of the teachers confirmed to the San Francisco Chronicle that the quotes were accurate but claimed the stalking comment was a joke.

Two examples came to light recently. In the first, a school district employee secretly counseled an 11-year-old child through a gender transition, prompting the mother to file a lawsuit. In another district, a family has filed a lawsuit against school officials who were actively transitioning their 11-year-old daughter and 12-year-old son.

All people have a right to medical freedom and access to care, including children who are struggling with depression or gender dysphoria, however, It is dangerous to politicize a psychological condition and encourage children to undergo irreversible medical procedures.

It's even more dangerous to tear down parental rights and the family unit that has proven to be the most significant source of support for struggling children and young adults. Long after the activists have moved on, the family is there to help pick up the pieces.

In keeping with my oath, I'll continue to try to protect and uphold the rights of all people in my service to the community.

Thank you for reading - and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net. Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta.



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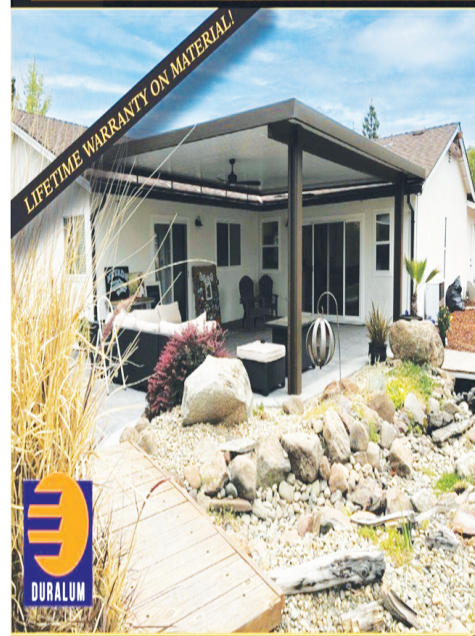
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We recently went to dinner at a friend's house. The dessert was amazing! I got the recipe for the nut bars!! It is a recipe that the host cut out of a newspaper article many years ago. Apparently, the bars received the first place prize and after tasting them, I agree. The best part of the recipe is that it is easy.

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ov-view.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.

NUT BAR COOKIES

Crust:

½ cup butter (1 stick), melted and cooled
 ½ cup light brown sugar, packed
 1 cup all-purpose flour

Topping:

2 eggs
 ¼ teaspoon salt
 1 cup light brown sugar, packed
 1 teaspoon vanilla
 1 tablespoon flour
 1 cup nuts, chopped
 4 ounces sweetened flaked coconut
 ¼-1/3 cup powdered sugar for garnish

Preheat oven to 350 degrees.

Crust: Combine butter and sugar, cream until fluffy. Stir in flour until blended. Spread on the bottom of a well-greased 9 x 13 inch baking pan. Bake for 10 minutes.

Topping: Mix all ingredients together and spread over crust. Return to oven and bake an additional 20 minutes. Cool on rack and cut into 2 x 1 inch bars. Sift powdered sugar over the tops.

Makes 24 bars.

Notes: I sprinkle the powdered sugar on the bars after I take them out of the oven. You can use walnuts or pecans for the nuts.

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April 1-June 30, 2023

Registration link:
https://system.gotsport.com/programs/N95768318?reg_role=player



REGISTRATION FEES:

U-6 & U-8 → \$100 per player

U10 through U-19 → \$115 per player

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- One (1) digital photo of the player that shows only the head/face without sunglasses or hats.
- A credit or debit card to pay registration fees.

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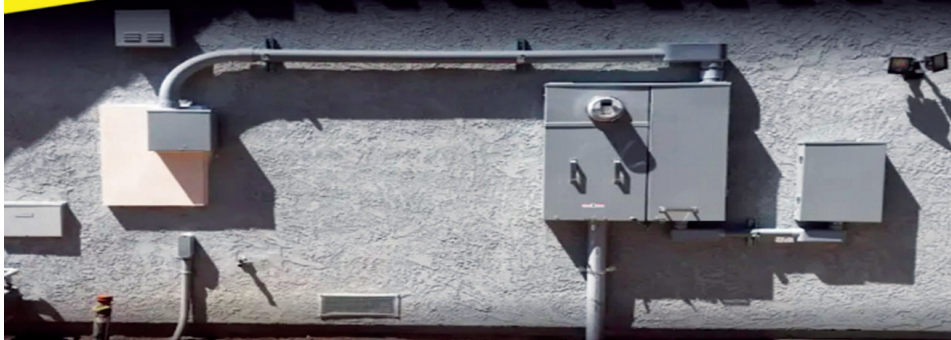
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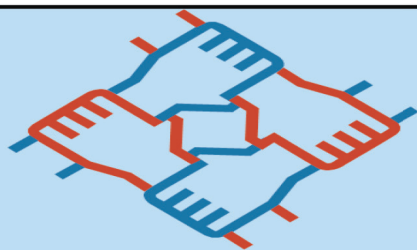


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8445 Cortadera Dr, Orangevale, CA 95662	3-4	2 (2 0)	1451	\$407,500
8425 Ortiz Ct, Orangevale, CA 95662	4	2 (2 0)	1456	\$420,000
8814 Lance Ave, Orangevale, CA 95662	3	1 (1 0)	1008	\$440,000
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ORANGEVALE VIEW APRIL 28, 2023

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Every Spring we send notices about our scholarship program to the local high schools. Our deadline has just passed and winners will be selected the end of April where we hope to honor them at our May meeting. The Club will be working on a new project which will provide a helpline to those experiencing domestic violence.

Many of these endeavors require financial contributions and we are thankful for the fundraisers that this community enjoys. Like our recent Bunco Night, a joint venture with the Orangevale Grange, where a dinner, game and raffle prizes made for a fun evening!

In June, we have enjoyed the Orangevale Summer Concert series with you as we hope to again have a booth with raffle prizes. So, Thank You Orangevale community for helping OVWC to give back to this great community! For more information on OVWC, visit orangevalewomensclub.org.

Submitted by Mary Witcraft

Readings

Readings of four poems that appeared in OV View were recently recorded and can now be listened to.

Arbor Day, At 4:44, Egg Hunt, and Easter are these poems (ready at one's leisure).

For those who might wonder how they're spoken or sound:

<https://zfthrivej.wordpress.com> has links to where they're found.

-Z.F. Thricej



Did you know that April is National Volunteer Month? The Orangevale Woman's Club (OVWC) excels in volunteering! Many of our members volunteer in local organizations, as well as in the Club's projects for our community.

In April, OVWC is sorting, counting and packing the col-

as well as new menstrual products. We package these up for local organizations that assist women and girls in need in our community. We hope to meet a new goal of 16,000 items! In addition, we work to clean-up local areas like in our Orangevale Community Park and our Adopt-a-Street section on Madison Avenue. We look forward to helping with the Food Bank



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**BOOK LOVERS - PLEASE JOIN US ON
 APRIL 29 AND SHOP TO SUPPORT THE
 ORANGEVALE LIBRARY**

The Friends of the Orangevale Library are having a book sale on Saturday, April 29, 2023, from 10:00 to 4:00 p.m. The sale will take place at the Orangevale Library, in the Jane Wise Community Room. The library is located at 8820 Greenback Lane, Ste L in Orangevale.

Hardback and paperback books will be available for purchase, as well as books on tape, CDs and DVD s. There will also be puzzles for all ages and abilities, and a beautiful selection of handmade bookmarks, courtesy of the art journaling group. Most items are priced from 50 cents to \$5. Some items will be priced as marked.

All proceeds from the sale benefit the Orangevale Public Library. Funds raised help support programs and services such as Read to a Dog, Lucky Day books, art journaling, and more.

The Friends are always looking for volunteers and would especially appreciate help with this event! Please contact us at friendsovl@gmail.com and we will follow up. There will also be information about becoming a Friend at the book sale.

From the Friends of the Orangevale Library



Orangevale Chamber
of Commerce Business
Spotlight -
**EVERGREEN CLEANING
SERVICES**
By MaryAnne Povey

Are you overdue to get your carpets or upholstery clean? If it's one of those things on your "to do" list, what are you waiting for? I knew we couldn't wait and when I met Brody Zimprich, owner of Evergreen Cleaning we put him to the test! Our sectional couch was way overdue as well as carpet in the bedroom. Brody came in and in less than two hours, restored both couch and carpet back to looking new and smelling fresh! Win-win!

Brody, a long-time Orangevale resident and father of eight, should really have "Mr. Clean" on his business card because he loves clean! He not only does the usual carpet and upholstery jobs, but also specializes in "cleaning things that other people don't want to clean". He is certified in bio hazard cleaning, does hoard clean ups, trauma and unexpected death clean ups too.

His yellow truck is loaded and ready to go at any time, with all the right tools including eco-friendly cleaning products that are safe for people and pets. Inside, a high pressure, truck mounted cleaning machine that uses super hot water and mega suction power, pulls the dirty water out fast so everything dries quickly.

"You wouldn't believe how many people ask to see the dirty water after I clean," he laughed. "There's something very gratifying about seeing how much dirt and grime is removed!"

After working for nearly ten years for a local carpet cleaning business and learning all the aspects of the industry, Brody set out on his own to start a full service cleaning business of his own.

"There came a day when I finally asked myself, if I'm working this hard, why aren't I doing this for myself?" Then a dream prompted him to "go for it" and



take it a step further, taking on the additional responsibility of handling crime scenes, unattended death clean ups and bio-hazards.

"I do the clean up jobs that others don't want to do, and I don't mind it one bit," said Brody, "I feel like it's a calling for me and I really like to help others in difficult situations."

Brody is extremely passionate about hoard cleans. "I can take a dirty canvas and make it like new. Like a piece of art," he said, "I see first hand how I'm helping people feel like their life is back in control."

When it comes to unusual circumstances like unexpected death, trauma or bio hazardous cleaning, people may not know where to turn. This is where Brody stands out as the guy to call.

"I feel comfortable knowing I'm there to help, just like an EMT or doctor. I'm compassionate

about what family members are going through. I'm not just doing the job, but listening too. So often people need to vent, and I'm there to lend an ear."

On a recent job, a parent was feeling overwhelmed by their son who was suffering from stage four cancer. That alone was enough for the parent to cope with but having a clean environment for their son was very important to him. He called Brody to clean the home knowing it would feel so much better when their son was released to come home for his final days.

"The parent was so obviously overwhelmed," Brody shared, "I told him, not to worry, I've got you covered."

To schedule a free estimate for any of your residential or commercial cleaning needs, give Brody a call at 916.765.9603. Mention you read this in the Orangevale View and get 10% off through May 25th!

INFORMATION THAT CAN HELP

WHAT DO I DO WITH ALL THIS STUFF?

I think the word Downsizing gets a bad rap from all the major employer downsizing activities in years past. Yuk, so let's say right sizing – converting to an appropriate or optimum size for us, for our next step.

Thinking about Right Sizing means you've likely had a discussion with yourself or family about it being time to make a change. Maybe there is too much to clean, too much yard to take care of, too far away from health care, too far from loved ones or maybe it's all of the above..

Before you even consider moving forward, I encourage you to do a few things in very early preparation.

One: Identify the special things you will give to loved ones-the things that will give them joy in their memories. And give them now.

And, an important thing here, if you collect "things". Stop. Remember when you started and pick an appropriate end date. Like July 4th – Independence Day.

Two: We all have special things from our family lines. Grandma's dishes, an old radio, report cards, Grandpa's tools, old books, things from the ranch – another generation of living.

What about that special thing from your dad and mom from their youth? cigarette cases, table lighters, dishes, knives Something from WWII, Korea, Viet Nam even- could be anything.

All things special to you, but your children may not want or have room for them. My point here is that preserving these treasures doesn't necessarily mean with the family.

Does the hometown of any / all your ancestors have a Historical Society or Museum? Reach out to them. Share info and pics of items you would consider gifting or loaning and make it happen.

My family is from Ireland – farmers & miners mostly-last name Clydesdale.

Not a lot of expensive things to pass on. But as an example, my grandmothers 1903 singer sewing machine is now at the El Dorado County Museum. The Army Medical Department Museum at Fort Sam Houston has a bunch of family Army stuff. Dad's home town in Kansas has all the pictures of the old homestead and of old downtown, report cards, etc. My dad's records, booklets from

the Active 20/30 club are now in their archives.

Two motorcycles are now in the Motorcycle Hall of Fame in Ohio and a 50+year collection of Cycle Word is now housed in their archives. Get the idea? It can be just about anything. Once you start, I think you'll be amazed at the possibilities.

If that hometown doesn't have a Historical Society, start one. My hometown, Orangevale, began working on one about two years ago and now it is a reality and things like my high school yearbooks, old photos, school class pictures and other stuff are with them.

Three: Speaking of pictures, it seems photo albums are a thing of the past as well, maybe so and they do take up room. If you want to, you can always wonder through the online world of Ancestry and Family Search, find your relatives and add pictures to the Galleries, and offer the tree owner the originals. Then condense and separate the albums you have into family lines. Again, old pictures of houses, streets, buildings could be of value to those in historical societies.

An important note here too. If your ancestor kept a picture, try to find out who it is. By doing a bit of research and having a very savvy "cousin", I now know our family is a direct descendant of John Alden and Patricia Mullins from the Mayflower. Grandma had a very specially cared for old picture and she never said anything about it.

Four: Write stories, your stories. Things your kids and grandkids will want to know, but will probably not ask in time for you to share. Write stories about what it was like when you were growing up, about those things that you are sending to museums and historical societies, and anything else you can think of to share. You have firsthand knowledge and that's great for context. Like sharing how vivid the memory is of picking oranges off the tree in the orchard and helping Grandma squeeze oranges into juice using this Sunkist Juicer.

Doing these things first will not only give you some space before you make that rightsizing move, but give you a smile and satisfaction with the sense of preserving your heritage and family history.

Cris Gerard

HARD TO FATHOM WHAT HOSPICE IS ALL ABOUT

I realize that until you have an actual experience with hospice, it is hard to fathom what hospice is all about. As a medical director for a Sacramento hospice, I thought I'd try to give Orangevale View readers an overview of hospice to hopefully convey what it is and what it isn't. If you're planning to care for an ill family member at home or a facility, this is information you need to have.

Hospice is for those who are likely to pass within 6 months and who want to focus on comfort and quality of life. Candidates for hospice generally have run out of curative treatments or have decided that the burden of treatments is not worth it. Think of hospice care if the doctors say, "There's nothing more we can do for you." Hospice isn't a place to go to– hospice is a service, covered by most insurances, going to wherever the ill person is living. Hospice takes a large burden of care off the backs of family caregivers and can even offer respite care when the caregivers need a break or go out of town.

Caregivers may not be comfortable in managing symptoms as a person comes closer to passing. Families may send their loved one to the emergency department, contrary to the person's wishes to remain home. Hospitals aren't geared to allow a peaceful death. The hospice nurses train caregivers to recognize different symptoms and how to safely use comfort medications –allowing symptom management at the bedside, without needing a hospital transfer.

People on hospice may actually live longer than without it, but for sure they are more likely to pass at home and not in the intensive care unit. Hospice isn't focused on dying– it is focused on making the best use of the time that's left. Hospice doesn't remove hope–but hope shifts from wishing for a 'cure' to hoping for a peaceful transition.

One can choose any hospice that is contracted with your health insurance. One can discontinue hospice at any time and immediately resume regular medical care. People can stay on hospice longer than 6 months as long as their condition declines. Some patients improve and 'graduate' off hospice! You can call the hospice company directly or your healthcare provider can refer.

Unfortunately, many people are referred to hospice very late in their disease journey. Many physicians overestimate the prognosis of their patients and don't think of hospice in time. Most of the benefits from hospice are realized when it's started earlier than later. Most families tell us, "I wish we had known about hospice sooner." I hope this brief introduction to hospice services helps you and your family!

Howard Homler MD, FACP
Medical Director AccentCare Hospice-Sacramento
Phone 916 307-6458
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