



## Date Change!

## City officials reset safety meeting for Oct. 2

Join Councilmember Jay Schenirer from 7 to 8:30 p.m. Monday, Oct. 2 in Curtis Hall at Sierra 2 for a discussion on neighborhood safety with Police Chief Daniel Hahn. There will be roundtable discussions with Captain Dave Peletta, Assistant City Manager Arturo Sanchez and Sacramento Police Department IMPACT team representatives.

For more information: 808-7005 or Jschenirer@cityof sacramento.org.

## Sip wine, taste beer, sample food and check out silent auction Oct. 14 at annual Wine Tasting



At this annual fundraiser, there will be plenty of wine, beer and food samples.

By Faith Johnstone  
Special to Viewpoint

**G**ot Tickets? Sacramento residents and friends will not want to miss out on the 27th Annual Curtis Park Wine Tasting, Silent Auction & Beer Garden event Saturday, Oct. 14 from 4 to 7 p.m. at Sierra 2 Center.

This event offers a wide variety of “enjoyables” with something for everyone. It starts with the wine from wineries such as Matchbook,

Michael David, Seka Hills, Alexander Valley and Curtis Park locals Larry and Dale Roddenborn with their Tryphon varietals. In addition to the wines, McDonald Plumbing HVAC Beer Garden returns with numerous choices from local craft breweries and Belgian influences, organized by Rob Archie of Pangaea Bier Cafe.

Then there’s the food, food, food. Sierra 2 Center tenant caterers Jeff and Leo from La Famiglia will offer a number of their customer favorites. Tower Café, Masullo’s, Freeport

Bakery, Gunther’s Ice Cream, Dad’s Kitchen, Brasserie Capitale, Sugar Plum Vegan Bakery and many others will be on hand with delicious bites of all kinds. American River College Culinary Academy students will provide cooking demonstrations.

The Silent Auction portion of the event generates additional support for SCNA projects such as the 24th Street Theatre upgrade, treatment of the elm trees in Curtis Park, and funding for arts education programs for Bret Harte and McClatchy student clubs. This year guests can bid on such items as a website design by Heather Hogan, a refurbished antique trunk, the Create Your Own Flavor of the Month at Gunther’s Ice Cream, wine, certificates to your favorite restaurants, pet supplies, unique art, to name a few.

All of this could not be possible without the generous support from top sponsors Cook Realty, McDonald Plumbing HVAC, Steffan Brown, Towerpoint Financial and Grateful Dog Daycare.

Tickets are \$45 through Oct. 11 for members, \$50 for non-members, and are available at sierra2.org or at the Sierra 2 Center office. From Oct. 12 through the event, all tickets will be \$60.

## Multi-agency discussion of homelessness planned at Sierra 2

By Stephanie Duncan  
Special to Viewpoint

**I**n response to a growing homeless population beneath Highway 50 between W and X streets and in neighborhoods to the south, the Land Park Community Association and Sierra Curtis Neighborhood Association are collaborating on a discussion from 6:30 to 8 p.m. on Monday, Oct. 23 in Curtis Hall at Sierra 2.

LPCA board member Stephanie Duncan approached the SCNA board in January with the idea of a homeless discussion. In succeeding months,

various resource agencies and elected officials were asked to take part in the discussion. Additionally, input from area residents was gathered on social media such as Next Door and Facebook to determine neighbors’ concerns and questions.

The event’s goal is to gather residents from Land Park, Curtis Park, Upper Land Park, South Land Park Estates, South Land Park Terrace, Hollywood Park and South Land Park to get questions answered about homelessness in those neighborhoods.

City, county and resource agency staff will share statistics about homelessness, provide answers about services and the process to obtain them, as well as, set goals for the future to help get people off the streets, and discuss how the community can help.

Those planning to attend include Councilmember Jay Schenirer, city Homeless Services Coordinator Emily Halcon, county Director of Homeless Initiatives Cynthia Cavanaugh, county Homeless Services Division Manager Eduardo Ameneyro, Sacramento Steps Forward Chief Executive Officer Ryan Loofbourrow, Loaves & Fishes General Manager Noel Kammerman, First Step Communities Executive Director Stephen Watters, and a representative of the Sacramento Police Department’s IMPACT team.

## Hearing on lawsuit postponed

**A** hearing on the merits of a lawsuit filed by Petrovich Development Co. against the city and SCNA has been postponed to Dec. 15.

The merits hearing had been scheduled for Oct. 13, but the company submitted extensive new evidence with its legal brief, requiring the trial court to consider whether the new evidence is relevant or admissible before it considers the merits of the case.

— Viewpoint Staff



By Ariel Calvert  
Viewpoint Staff Writer

**C**hambreChic is a new interior redesign service launched by longtime Curtis Park resident Anne Ferguson. Interior redesign, according to Ferguson, is the artful arrangement of your existing furnishings and accessories to make the most of what you have and love, resulting in a fresh, stylish look in your home. ChambreChic services feature Ferguson’s specialty: one-day room makeovers. She also does art placement, color and lighting

## Former attorney practices avocation of interior design

**Embarking on her third career, Anne Ferguson’s specialty is one-day room makeovers with her new interior design venture.**

Photo/Will Carlton

consultation, and shopping for furniture and accessories.

With this new venture, Ferguson is embarking on her third career. She previously worked in the healthcare industry, and then for 30 years practiced as a healthcare attorney. Along with sewing and crafting, home design has always been her avocation, and she often found herself helping friends with design projects in their homes. In 2013, Ferguson traveled to Virginia to attend a week-long immersion course in interior redesign. The course combined classroom

Please see Designer, page 8



Notes from Sept. 6<sup>h</sup> meeting

## Strong financial performance reduces year-end loss

### Financial Committee

**Jonathan LaTurner** reported that the financials for June were strong, reducing the year-end loss to only \$50,000 from a projected loss of \$70,000. Expenses have been kept low, but facility repairs and utility costs have increased. Ongoing lease negotiations with Councilmember **Jay Schenirer** and the city have given SCNA a few options regarding the maintenance of the facility, including the possible purchase of Sierra 2.

### Executive Committee

The executive committee previously approved planting a peace tree in Curtis Park, which was scheduled for Sept. 30. **Kate Van Buren** and **John Mathews** updated the board on the program and dedication. **Dan Pskowski** recommended the “Autumn Gold” Ginkgo species, which would be the only one of its kind in the park.

**Kim Tucker** of the Impact Foundry will update the board in October on the progress made with the strategic plan for SCNA.

### Executive director report

**Jonathan LaTurner** will collect money from all board members for a wine fridge to raffle off at the Oct. 14 annual Wine Tasting event.

The fridge is a popular raffle item, bringing in \$1,500 last year.

This year, board members are helping SCNA staff in contacting sponsors and wineries. There are 14 confirmed restaurants so far. **Andrea Rosen** and **Lori Harder** will assist **Terri** and **Faith** by making phone calls and sending emails. Bret Harte Elementary will volunteer the day before the event. **Heather Hogan** will be assembling the auction baskets. Six community dinners up for bid have been confirmed so far, but 12 would be optimal.

Curtis Fest was one of the best-organized events SCNA has produced. Attendees loved it, but the extreme heat on one of the hottest days of the year kept the crowds away. There is no other time of the year to schedule Curtis Fest, so we will continue to have the event in summer while taking heat-mitigation measures such as installing misters. SCNA received nearly a dozen donations from the Curtis Fest artists. **Larry Easterling** contributed to the event by delivering and removing set-up equipment from Sierra 2 Center.

The Learnery took in \$5,364 for the first quarter of classes. There have been 72 attendees with only a sampling of class offerings. Beginning Spanish has sold out;

### Next meeting

The next meeting of the SCNA Board will begin at 7 p.m. Wednesday, Oct. 4 in the Garden Room at Sierra 2.

food, guitar and computer classes are also popular. The Learnery has a goal of 12 class offerings per quarter. These are in addition to Senior Center classes and other ongoing activities offered by renters and tenants.

The new website’s events page has become a resource for the community, with more than 4,000 hits in the past two months.

WHAT IF, a team-building workshop for nonprofits, will be on Oct. 5. The workshop is organized by the Impact Foundry. Board members are encouraged to attend.

### Neighborhood Concerns

The boundaries of Curtis Park as outlined in the bylaws will come up for a vote at the annual members meeting.

**Dan Pskowski** reported that trees have been taken down around the neighborhood in the past two years and have yet to be replaced. He is creating a list and will send it to Urban Forestry for an update on the timeline for replacement. He advised

waiting for the next round of treatment of the elm trees until an aerial inspection can be done.

Traffic calming measures for 24th Street are moving forward. A traffic circle will be installed at 24th Street and Marshall Way, along with crosswalks at Portola Way to keep pedestrians safe. A semi-permanent homeless camp has developed by the railroad tracks in Curtis Park Village. Syringes, human waste and rotten food have been causing a health hazard. Police are routinely called, but they are limited in what they can do. **Patrick Soluri** reported that a “Justice for Neighbors” nuisance abatement team may be an option.

### Senior Center

**Angela Mia** reported the committee met in July and August as preparations for the open house in September were under way. The center had its highest attendance ever for the month of August. Some people who registered for Learnery classes have started coming to the Senior Center.

— Submitted by  
Kate Van Buren, board secretary

### President’s message

## Nothing better than sights, smells, tastes and feel of autumn in the neighborhood

There is nothing I like better than autumn in Sacramento, except for maybe hyperbole. The crisp mornings finally give me reason to throw conservation to the wind and use hot water for the shower.

Cold showers to start a summer day are invigorating, and it takes moxie to have the first thing you do in the day be difficult. In autumn, I’ll move to toast or a bagel from Rice Chex or the occasional bowl of Cheerios -- the toaster just heats up the kitchen too much when it’s already 75 degrees at 8 a.m.

I can’t wait to wear a fleece, and a long-sleeve T-shirt, and a sport coat and -- most of all -- the alpaca-lined duster my father gave me from when he used to live in New York. Oh! And the excellent felt-brim hat I got for my birthday a few years ago. Combined with the duster, I feel like I’m ready to skulk around dark alleys and solve crimes in my spare time. Sam Spade sure didn’t find the Maltese Falcon in shorts, T-shirt and sandals.

Let’s talk foliage. Golds, yellows, reds, oranges, umbers, ochres, all the rest of those colors and shades you only ever see in the crayon box and on the trees in October. A quick drive up to Amador County, and you get the trees and the harvested grapevines rioting together. Right about 6:30 p.m.,

ERIC  
JOHNSON  
SCNA  
Board  
President



the view to the southwest can be life-changing.

The whole family enjoys being able to roast stuffed peppers in the oven, or simmer pasta sauce on the stove without making dinner a sweaty affair. The frisson of a chill takes a little bit of the joy out of ice cream and popsicles, but it’s more than made up for by the greater

enthusiasm for multiple batches of chocolate chip cookies (350 degrees for nine minutes).

We certainly can’t forget about the SCNA wine tasting and all its attendant glory. I’ve met so many people and heard so many stories and had so many laughs. Even if you don’t touch a drop of the beverages, the food and conversation will easily give you your money’s worth. And that’s before you even take into account the Gunther’s pumpkin bon bons.

Going for a run or a walk around the park sure is more fun without worrying about heat exhaustion. While it’s not quite time for gloves in the morning, a beanie is a nice change from one of my many ridiculous-looking visors.

Really, what’s not to love about fall?

Oh, right: The Claw.

Enjoy your time out and about, and make the most of it before the rain and cold of November!

## VIEWPOINT

Editors	Dennis Cusick Susan MacCulloch Judy Scheible
Production	Carol Blackman
Contributors	Valerie Burrows Ariel Calvert Erik Fay Adrianna Gonzalez Rosanna Herber Eric Johnson Faith Johnstone Craig McCulloch Dan Pskowski Andrea Rosen Terri Shettle
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The **Viewpoint** appreciates neighbors who submit news about their babies, new neighbors, milestones and special events. This includes letters to the editor.

Please send to [jgscheible@hotmail.com](mailto:jgscheible@hotmail.com) with **Viewpoint** in the subject field or call the Sierra 2 office at 452-3005.

Deadline for Viewpoint copy is the 15<sup>th</sup> of the month prior to publication.



What's new at Sierra 2

Celebrate our community's diversity

Come out and join Opening Doors at their 4th Annual Festival of Flavors. Experience delicious flavors of international cuisine donated by local restaurants, beautiful rhythms, and beverages donated by local breweries and wineries.

Proceeds benefit Opening Doors clients and programs. Opening Doors is a 501(c)(3) nonprofit agency that provides services to refugees, human trafficking survivors, immigrants and other underserved communities. Programs include Refugee Resettlement, Survivors of Trafficking, Immigration Legal Services and the Prosperity Project.

The event will be from 6-10 p.m. on Saturday, Oct. 7 in Curtis Hall. Tickets are \$60 for unlimited food and alcohol, \$45 for food only, and can be purchased at [festivalofflavors.brownpapertickets.com](http://festivalofflavors.brownpapertickets.com). For more information visit [openingdoorsinc.org](http://openingdoorsinc.org).

Using art and activism to make a positive difference

Art is Activism classes are developed to engage participants in art, activism and social justice. Classes use contemporary art and social justice theory to dive deep into the issues that we are facing in our country today. Each class includes a presentation of inspiring art and artists, a discussion of how the art and issues impact us and others, and an opportunity for participants to express themselves through an art project.

Upcoming classes include: Am I A Feminist? – Framed Mirror Mosaic, on Oct. 4; What's an Ally? – Tapigami sculpture, on Oct. 11; and The Power of Voice – Voice Box Paint Project on Oct. 18. For information and to register, contact instructor Mandy Benson at 599-9231, [mandy@artistinstitute.com](mailto:mandy@artistinstitute.com) or visit [artistinstitute.com](http://artistinstitute.com).

— Valerie Burrows, facility administrator

SCNA Board Member Spotlight  
ANDREW BOOTH



Photo/Judy Harper

Focusing on the renovation of 24th Street Theatre

The newest SCNA board member, Andrew Booth, has lived on Marshall Way since 2014. He joined the SCNA board last year because he enjoyed being part of the Curtis Park community and wanted to do what he could to make the neighborhood even better.

Andrew is a member of the Facilities Committee and the Executive Committee, for which he serves as member-at-large. On the Facilities Committee, Andrew has focused on the renovation of the 24th Street Theatre, including installation of a new roof, seating and lighting, as well as cosmetic updates.

Andrew grew up in Sacramento. In his spare time, he enjoys fishing, hunting and tending his backyard garden. On Thursdays and Saturdays, he practices in the park with the McGeorge School of Law rugby team.

— Viewpoint Staff

And the 'Final Jeopardy' answer is...

Lauren Cusitello shares a light moment with "Jeopardy!" host Alex Trebek during an episode of the syndicated TV show broadcast Sept. 22.

During a break in the action, Trebek asked Lauren about her sheepish but correct response in the cocktails category, "What is 'Sex On the Beach'?" Lauren told Trebek she plays women's rugby and her position is known as a "hooker."

Lauren placed second on the program with \$18,400 to champion Ivan Plis's \$23,200.

Lauren, who lived in Curtis Park during elementary school, is an immigration attorney in San Diego. Her father and stepmother, Dennis and Joan Cusick, live on Portola Way.

Photo via Facebook



Casa Garden opens meeting center for special events

By Kris Oleson  
Special to Viewpoint

A former gift shop at Casa Garden Restaurant and Event Center has been transformed into a meeting center suitable for a variety of business events. The 2,000-square-foot space provides versatile seating arrangements using 23 rectangular tables, six round tables and theater seating for 100 people.

The room has a variety of service equipment including a podium with a microphone. Windows provide lots of natural light and garden views. A private patio is available with some tables and chairs. Meeting center rentals can include a beverage service

of coffee, tea, sodas and ice water. Renters can also request a continental breakfast or pastries.

Casa Garden, at 2760 Sutterville Road, is open for lunch Monday to Friday with seatings at 11:30 a.m. and 1 p.m. Many groups hold meetings, seminars, retreats and training at the restaurant.

The restaurant is available during the day for baby, wedding or engagement showers.

All Casa Garden facilities and special events support the Sacramento Children's Home, which provides services to children and their parents. For more information, visit [www.casagarden.org](http://www.casagarden.org), call the reception desk at 452-2809, or contact meeting center coordinator Kris Olesen at 524-7765.



Photo/Carol Blackman

California Retired Teachers Association holds its monthly meeting in the Casa meeting center, then lunches at the restaurant afterward.

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Oct. 14: 10 am-1pm

Proceeds benefit programs of the Sacramento Children's Home

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(FREE entry)  
Find unique items crafted by Casa volunteers just in time for the holidays!

**DINE**  
Serving between 11:30 am & 1:30 pm (Thurs/Fri)  
Terrace seating and wine bar with refreshments will be available.

Casa Garden Restaurant and Event Venue operates solely to benefit the Sacramento Children's Home  
2760 Sutterville Road  
Sacramento, CA 95820  
916-452-2809



OCTOBER 2017 AT SIERRA 2

AT THE 24<sup>TH</sup> STREET THEATRE

ODE TO EARTH

**Oct. 5**  
**7-9:30 p.m.**  
\$10 suggested donation  
**Info:** 350sacramento.org



Ode to Earth is Sacramento's premier show in reverence of the Mother Planet. Join performing and visual artists as they share our connection with each other and the planet that nurtures us. Come ready to experience new thoughts and feelings, and bring a friend. Drinks (wine, beer, cider and sodas) and snacks will be for sale. All proceeds go to 350 Sacramento to fight climate change locally.

The mission of 350 Sacramento is to generate awareness of the need for greenhouse gas emission reduction, support local initiatives to reduce greenhouse gas emissions, promote a low-carbon lifestyle and to help build a global climate movement at the local level by engaging with Sacramento area denizens and local community groups.



FAMILY BONDED

**Oct. 6 at 6:30 p.m., Oct. 7 at 2:30 & 6:30 p.m.**  
\$10 matinee; \$15 evenings  
**Tickets:** www.ticketderby.com  
**Info:** seafieldproductions.wix.com/2013

Filled with inspirational gospel music, this play is about a mother who abandoned her children when they were young, leaving the older daughter to take care of her siblings. Now they are all grown up and still together. Things take a turn through life and health.

WAISTWATCHERS THE MUSICAL

**Oct. 18-Nov. 19**  
**Show times:**  
2 p.m.  
Wed/Thur/Sat/Sun  
7 p.m. Thursdays  
8 p.m. Friday & Saturday  
**Prices:** \$45-\$65  
(other fees may apply)  
**Tickets:**  
playhouseinfo.com  
**Info:** (855) 448-7469



Fresh off a 40-week national tour and prior to an Off-Broadway run, "WaistWatchers the Musical" takes a hilarious and light-hearted look at four women dishing on food, diets, exercise, friendship, love and sex in Cook's Women's Gym. Be prepared to be inspired, let loose, clap along and dance in the aisles.

ACTIVITIES AT SIERRA 2

DANCE

**Adult Ballet — NEW!**  
**Two Rivers Dance Center**  
Mondays & Saturdays  
richard@tworiversdancecenter.com

**Heels & Sass Dance class**  
7:30-8:30 p.m., Thursdays, Studio 1  
mzballerina@gmail.com

**Irish Folk Dancing**  
1st and 3rd Monday, 7-9 p.m., Studio 1  
Liam Irish, 530-677-5549

**Polynesian Dance**  
Tuesday, 6-7:30 p.m.  
Studio 2 • alohatyra@aol.com

**River City Taps – Adult Tap Dance**  
See Website for class schedules. Studio 1 & 3  
www.rivercitytaps.com  
Richard@rivercitytaps.com

**Auntie Amy's Hula**  
Thursday, 3-4 p.m., Studio 1  
Amy Cornellier, 792-5561

**Kalanjali: Dance of India**  
Saturdays, 9 a.m.-1 p.m., Rooms 10 & 11  
510-526-2183, katherine.kalanjali@gmail.com

**Sacramento Academy of Ballet**  
4:30-5:30 p.m., Tuesdays  
5-6:30 p.m. Wednesdays, Studio 1  
Janelle Sebren, 971-0945

**West African Dance**  
5 p.m., Saturdays, Studio 3. All ages  
205-3970 or fenixdrumanddance.com

**Burlesque Dance Class**  
7:30-8:45 p.m., Wednesdays, Studio 1  
Jessica Carter, movementwithmeow@gmail.com

ART

**Glass Mosaic Classes**  
Tuesday, Noon-3 p.m., Room 11  
karensarp51@gmail.com

**Art is Activism Series**  
**Artist Institute**  
3:30-5:30 p.m., Room 11. Oct. 4, 11 & 18  
Mandy Benson, 599-9231

YOGA

**Iyengar Yoga**  
Tuesday, 10-11 a.m. • Studio 1  
Gladys Callander: 743-0246

FITNESS

**Hot Hula Fitness**  
7-8 p.m. & 8-9 p.m.  
Fridays, Studio 2  
OhanaFiit Plus, 595-3765  
**Fierce FUNK Dance Fitness**  
2nd & 4th Saturday, 10 a.m., Studio 2  
\$5 at the door. All levels welcome  
Jessica Brown, jnbrown23@gmail.com

**Zumba with Toya & Linda**  
Monday/Wednesday, 7:30-8:30 p.m., Studio 2  
LaToya Bufford, toybufford15@yahoo.com

**Bellyfit®**  
Tuesdays, 2 p.m., Studio 2;  
Randi Robinson-Snaer  
randirobinson@mac.com

**Dancehall PowerUp**  
Thursday, 8:30-9:30 p.m., Studio 3  
LaToya Bufford, toybufford15@yahoo.com

**Motivational Aerobic Dance Exercise**  
Monday/Wednesday, 6:30-7:30 p.m., Studio 1 • Kia: keynorrisfitness@gmail.com

**Zumba**  
Friday, 6-7 p.m. & Sunday, 11-noon. Studio 2  
Abraham Contreras, pakko.zumba@yahoo.com

**Weight Watchers**  
Thursdays, 9 a.m., Noon, 6 p.m.  
Saturdays, 9 a.m. Room 10 . 800 374-9191

**All Levels Pilates Mat Class**  
5:30 p.m., Mondays, Studio 1  
\$12 drop in. 956-0876

**Zumba Gold — NEW!**  
Tuesday/Thursday, 4:45 p.m. (50 min class)  
richard@tworiversdancecenter.com

MARTIAL ARTS

**Eagle Claw Kung Fu Academy of Sacramento**  
Wednesdays, 6-7 p.m. 441-7215  
Saturdays, 12:30-2 p.m., Studio 2

**Sacramento Sword School**  
Martial Sword Arts of Europe  
Thursdays, 6:15-8:15 p.m., Studio 2  
Maestro Eric Myers: 276-2247

**Unified Chinese Martial Arts**  
For schedule, e-mail Shifu Byron at  
Lohan36@sbcglobal.net

**Beginning Tai Chi**  
10 a.m., Sundays, 9 a.m., Wednesdays  
Studio 3. \$10/class  
Daniel Pfister, 530 574-3684

OTHER

**The Playground:**  
**An Improv Community**  
7-9 p.m., Wednesdays, Room 9  
betsaidalebron.com, 573-0301

**Meet the Doulas**  
Sunday, Oct. 22  
2-5 p.m., Room 10  
capitalcitydoulas.squarespace.com

**Cochlear Community Meetings**  
10:30 a.m.-3 p.m. Oct. 17, Room 10  
6:30-8:30 p.m. Nov. 16, Curtis Hall  
Cochlear.com/US/events

**Know Thyself as Soul – Meditation**  
1st Sunday of the month, 1-4 p.m. Curtis Hall  
knowthyselfasoul.org

**Marxist School of Sacramento**  
**Guest Speakers Lecture**  
7-9 p.m.  
Oct. 19, Room 12  
Oct. 26, Room 9  
799-1354, marxistschool.org

**Meditation & Energy Healing**  
2nd & 4th Mondays  
6:30-9 p.m., Room 10  
678-0458, divinesparkrenewal.com

**Guided Meditation**  
1st and 3rd Mondays. 5:30-7 p.m., Room 10  
678-0458, divinesparkrenewal.com

CHILDREN

**Capital City Music Together**  
Children 5 and under. For schedule:  
Jennie Ribadeneira: 990-3222  
www.capitalcitymusictogether.com

**Zumbini with Stephanie**  
Sundays, 9:30 & 10:30 a.m., Studio 1  
Stephanie Tadlock, info@zumbinisacramento.com

MUSIC

**Nashville Songwriters Association**  
2nd Wednesday, 6:30-8:30 p.m., Room 12,  
Free • Gabrielle Kennedy: 476-5073

**Japanese Taiko drumming**  
Tuesday, 7-9:30 p.m., Studio 1  
Kristy Oshiro, kristyoshiro.com

**West African Drumming**  
4 p.m., Saturdays, Studio 3. All ages  
205-3970 or fenixdrumanddance.com

SPIRITUAL SERVICES

**Sacramento Native American**  
**Believers Fellowship**  
Sundays, 10:30 a.m.-12:30 p.m., Room 10  
Lee Aviles, 203-6461

**Baha'is**  
Call for schedule: 491-5871  
sacamentobahais.org

**Mustard Seed Faith Ministries**  
Sundays, 10:30 a.m.-12:30 p.m., Room 9  
Pastor Dorothy Hayes, 213-0901

**Good Shepherd Parish**  
Sundays, 9:30 a.m.-12:30 p.m., Room 12  
Contact: Mother Elizabeth English  
502-6773, GoodShepherdCommunity.org

**Empowerment Theological Seminary**  
Mondays, 6-9:55 p.m., Room 9, 308-7646  
empowermenttheologicalseminary.com

**True Life Ministries**  
Sundays, 2:45-4:15 p.m., Room 9  
Pastor Grant Harper: 382-2885

ADULT BALLET CLASSES

**BALLET BASIC BALLET 1**  
**FLOOR STRETCH & CONDITIONING**  
*instructor: Katie Rogers*  
*for information contact:*  
Richard@TwoRiversDanceCenter.com  
*class location: Sierra 2 Center*

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# Pilates with Lauren is popular senior fitness class

By Katie Byram  
Sierra 2 staff

The Pilates with Lauren class offered through the Wellness Program is one of the most popular fitness classes at the Sierra 2 Senior Center. It's not hard to figure out why: Pilates exercise has major benefits for people of all ages.

Pilates is a method of exercise designed by Joseph Pilates to balance the body while promoting mental awareness. Through a series of exercises paired with a deep focus on breath, Pilates helps to strengthen and stretch the body.

The benefits of an effective Pilates program are wide, reaching from strengthening muscles, specifically in the deep abdominals and back, to muscular and mental coordination. One benefit many practitioners report is being acutely in tune with their body after starting Pilates. When practiced properly, Pilates is very safe. It is often used in physical therapy to rehabilitate injuries.

Students joining instructor Lauren may not sweat but they will feel an encouraging burn. Exercise positions range from lying on a mat to standing and working on balance. Fun props like a small ball and stretchy bands



Photo/Katie Byram

Pilates instructor Lauren Byram shows seniors exercise positions that range from lying on a mat to standing and working on balance.

are used to keep the body guessing.

Lauren turned to Pilates when she was looking for relief from a lower back condition that left her with chronic back pain. With a lifelong background in dance, she quickly fell in love with the Pilates practice.

Lauren is a BASI-certified mat and apparatus instructor with more than four years of teaching experience. She loves supporting individuals looking to achieve a healthier lifestyle, both mentally and physically.

The hour-long class meets on Tuesdays at 11:30 a.m. and Fridays at 10:30 a.m. in Studio 3. Lauren also teaches an all-levels mat

class on Mondays in Studio 1 at 5:30 p.m. as well as with Sac Pilates.

All students should bring yoga mats to class and dress in comfortable clothes for bending and flexing.

New participants can try the class for a drop-in fee of \$10. Wellness Program punch cards are also available at \$35 for 5 classes and \$60 for 10 classes. Visit the Sierra 2 Center office to purchase cards.

For more information about the Pilates class, you may get in touch with Lauren at [lauren.lange01@gmail.com](mailto:lauren.lange01@gmail.com).

## Sierra 2 Senior Center

*The Senior Center is open to all seniors (age 55 and up). It is open from 9 a.m. to 4 p.m. Monday through Friday in Room 12 of Sierra 2. The center provides opportunities to keep learning, exercise, meet new people and be actively involved with neighbors. Free (donations accepted) and fee-based classes and activities are on the calendar.*

## Schenirer's message

# Taking a moment to reflect on the joys of our wonderful neighborhood

Last month, I was fortunate enough to take some time off and vacation with my family. I had both my boys and their significant others travel from Washington, D.C., and Seattle to join Bina and myself on a six-day bike ride originating in Burlington, Vermont.

We rode through the small cities and farmland of Vermont, into Canada and finally ended in the province of Quebec. We were on the ride with four couples from San Diego and one couple from New York City, and all shared a great deal about where we came from and our own communities.

While the ride was physically beautiful (and difficult), and I was appreciative of the small community we constructed with our new friends along the way, there was a lot of time for reflection of how much we have to be thankful for in Sacramento, and specifically in our own Curtis Park neighborhood.

Over the years, Curtis Park has built a great and caring community. Its human and physical assets make it a wonderful place to live. We have a terrific neighborhood



City Councilmember  
Jay Schenirer

association and leaders who care deeply about our neighborhood's future and devote enormous time and effort into ensuring that Curtis Park remains a great place to live and raise a family.

Yes, sometimes we disagree, but it is always with our hearts in the right place. We have leaders who organize terrific community events, including Music in the Park, Curtis Fest, Movie Nights, the Home Tour and the upcoming food and wine tasting event — all meant to bring us closer together.

We have a beautiful park that is well used not only by our own neighborhood, but also by those around us. And we have neighborhood treasures like Gunther's Ice Cream and Pangaea Bier Cafe where we can gather to eat the best ice cream in Sacramento and share excellent food and drink.

I am proud and honored to represent Curtis Park and just wanted to say thank you for the opportunity. As always, I am happy to meet and discuss the issues facing our neighborhood and city, or just share an ice cream or a beer. I can be reached at [jschenirer@cityofsacramento.org](mailto:jschenirer@cityofsacramento.org) or (916) 808-7005.

**NEIGHBORHOOD  
SAFETY MEETING  
7-8:30 p.m.  
Oct. 2 (New Date)  
Curtis Hall**

## OCTOBER 2017 ACTIVITIES

**SIERRA 2  
SENIOR CENTER**  
Room 12 • 455-6339  
[seniorcenter@sierra2.org](mailto:seniorcenter@sierra2.org)  
**EVERYONE IS WELCOME.**

(Activities are free except where noted. Donations appreciated. All activities take place in Room 12 unless otherwise noted.)

### FITNESS

**Gentle Yoga**  
10-11 a.m., Wednesdays  
\$10/drop in; \$30/4 classes  
Pat Shaw: 856-0136

### Fall Prevention

11:30 a.m.-12:45 p.m., Tuesdays/Thursdays  
4 classes \$20; 8 classes/\$35  
Pat Shaw: 856-0136

### LEISURE

**Book Club**  
11:30 a.m.-12:30 p.m., 2nd Monday  
**Oct. 9:** "Not My Father's Son" by Alan Cumming  
**Nov. 13:** "Hillbilly Elegy" by JD Vance

**Nonfiction Book Club**  
11:30 a.m.-12:30 p.m.,  
**Oct. 19:** "H is for Hawk" by Helen MacDonald  
**Nov. 16:** "The Warmth of Other Suns" by Isabel Wilkerson

**Film Club**  
1:30-4 p.m., 3rd Tuesday  
**Oct. 17:** Call for title  
Donation: \$1-3 (includes popcorn)

**Memory and Mind Club**  
11:40 a.m.-12:25 p.m., Thursdays  
(except the Third Thursday), Room 12

**Beginning Drumming**  
1-2 p.m., Tuesdays, Studio 1  
\$7/class; \$25/month

**My Story Project meeting**  
Meets some Mondays & Tuesdays, Room 12. Capture memories on film through this unique service. Join the group or sign up for a filming, call: 455-6339.

**Life History Writing**  
1-4 p.m., Wednesdays, Room 12

**Open Art Studio**  
Noon-3 p.m., Friday, Room 11

### EDUCATION

**Grief & Loss Support Group**  
9:30-11 a.m., 1st and 3rd Fridays, Room 12

**Computer Classes:**  
**Oct. 16:** Internet & Email  
**Nov. 20:** Security  
3rd Mondays (unless otherwise noted);  
2-4 p.m. Room 12. Cost: \$20/class. Please sign up in advance; no laptop necessary.

### CARDS & GAMES

**Mahjong**  
9:30 a.m.-noon, Mondays

**Fun Bridge**  
1-4 p.m., Thursdays

**Pinochle**  
1-3 p.m., Fridays

**WELLNESS PROGRAM**  
10-class punch card \$60;  
5-class punch card \$35; Drop-ins \$10  
*Purchase cards in the Senior Center or Sierra 2 offices*

**Pilates with Lauren**  
11:30 a.m. -12:30 p.m., Tuesdays, Studio 3  
10:30-11:30 a.m., Fridays, Studio 3

**Healthy Back**  
5-6:15 p.m., Tuesdays, Room 9

**Yoga + You**  
10-11 a.m., Tuesdays, Room 12

**Fitness Walking & Lessons**  
9 a.m., Thursdays  
Lessons: punch card; Walking: Free

**Tai Chi**  
10:30-11:15 a.m., Mondays in Studio 3 and Thursdays, Room 12

### EVENTS

**Workshop:** Organize and scan your photos, albums and treasured documents  
Judy Bujold of Captured Moments  
10 a.m.-noon, Oct. 16, Room 11  
Fee: \$35; Please register in advance at 452-3005

**AARP Driver Safety Program**  
9 a.m.-1 p.m., Nov. 20 & 21, Room 10  
Fee: \$15 (AARP members) or \$20 (non-members) Register: Jim Finnegan, 804-9777

**Potluck**  
Last Friday of each month, Noon-2 p.m.



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Trees of Curtis Park

SCNA continues treatments to protect English elms

By Dan Pskowski  
Viewpoint Staff

The Curtis Park neighborhood has lost five elms to Dutch elm disease this season.

Dutch elm disease is a vascular wilt disease that causes the sudden wilting of leaves and can turn the entire canopy brown in just a few weeks. The disease is always fatal and there is no cure.

Elms are commonly infected in two ways: Elm bark beetles come from an infected elm and spread the fungal spores as they feed on healthy elms; or fungi are transmitted through roots that are grafted to an adjacent elm.

Hundreds of English and American elms have been removed in Sacramento since the summer of 1990, when Dutch elm disease was first confirmed in the city.

Control requires a lab test to confirm the disease,

prompt removal and proper disposal of the wood.

A decade ago, SCNA acted to prevent the loss of all the English elms after Dutch elm disease caused the removal of several large English elms in Curtis Park. In 2007-08, SCNA appropriated money to treat 17 elms with the fungicide Arbortech 20-S®.

Dutch elm disease must be treated before the disease is present in the tree. The fungicide treatment is required every three years.

In late June, 11 English elms at the north end of Curtis Park were treated at a cost of about \$880 per elm. One English elm in this group, due to declining health, wasn't treated and will be scheduled for removal this fall.

Five elm trees in the two park areas adjacent to Donner Way were scheduled to be treated in August. However, those treatments were postponed due to concerns about the structural integrity of the elms. SCNA did not want to treat elms that might be removed.

Urban Forestry was contacted and will schedule an advanced inspection once all the leaves have fallen.

Since SCNA began treatment of the park elms none of them have become infected with Dutch elm disease. Some elms are exhibiting the classic Dutch elm disease symptom -- branches with wilting/dead leaves -- but this is caused by squirrels chewing on the branches.

More than 100 volunteers are monitoring the elms throughout the city for Dutch elm disease. When symptoms are spotted, the elm is turned into Urban Forestry, which submits samples to the California Department of Food and Agriculture for disease verification.

Since the cost to treat elms continues to rise, SCNA will be exploring ways to raise money to continue the treatments.

Please contact me with your suggestions at danielpskowski@gmail.com.

Longtime neighbor Charlie Jones, 101

Longtime neighbor Charlie Jones died at age 101 on July 27. Charlie and his late wife Gert raised five children in the home they purchased in 1954 on East Curtis Drive.

Charlie and Gert were high school sweethearts who married in 1936. Charlie served in the National Guard and was superintendent of training for Standard gas stations. Wanting a greater challenge, Charlie and Gert purchased and operated two Standard stations.

Charlie became a State Farm insurance agent as his family grew to five children. Much joy was experienced when the family spent holidays playing softball or touch football in the park. Many tennis matches were contested just down the street from their home.

Charlie was an artisan. He did the plumbing, electrical, carpentry and plastering work when remodeling the family home. When they moved into the East Curtis Drive home, he designed the patio and shop and was involved in the construction.

Their house was built in 1929 by boxer Max Baer, who became world heavyweight champion in 1934. — By Carolyn Jones, Special to Viewpoint



Charlie Jones

Neighborhood loses longtime friend, health care advocate Mario Gutierrez

The neighborhood and state have lost a leading health care advocate, Mario Gutierrez, who was a unique and humorous friend to many.

Mario died Aug. 16 at age 68. He was eulogized a week later to an overflow crowd of friends and admirers at Sierra Health Foundation.

Mario lived on Cutter Way with his wife, Dr. Debra Johnson, president of the American Society of Plastic Surgeons. He is also survived by their two children, Gabi and Pablo.

Mario advocated to reduce health disparities for those denied equal access to health care, including migrant workers, rural residents and Native Americans. He was executive director of the California Center for Connected Health Policy, which he had built into a national policy center on telehealth. The primary goal of telehealth is to use telecommunications to bring health care to rural residents in a timely fashion.

Mario was more than a health policy guru, he brought people together to make needed changes and connections to improve health care delivery.

— Andrea Rosen, Viewpoint Staff



Mario Gutierrez



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# COMMUNITY CORNER

Mom Coby with Harrison, Dad Matthew and Evelien with their dog Ginger on the steps of their Marshall Way home.



Photo/Will Carlton

## And baby makes 5

By Ariel Calvert  
Viewpoint Staff

Coby and Matthew Turner, five-year residents of Curtis Park, welcomed a new baby into their household March 30. Her name is Evelien and she joins Mom, Dad, big brother Harrison, who is 2 ½, and Ginger, a 10-year-old lab/beagle mix Coby describes as their “first baby.”

Coby says, “Evelien is a very happy baby who is rolling across the room and trying to sit up on her own. Evie also just went on her first hike.”

Coby grew up in Tracy, Matthew

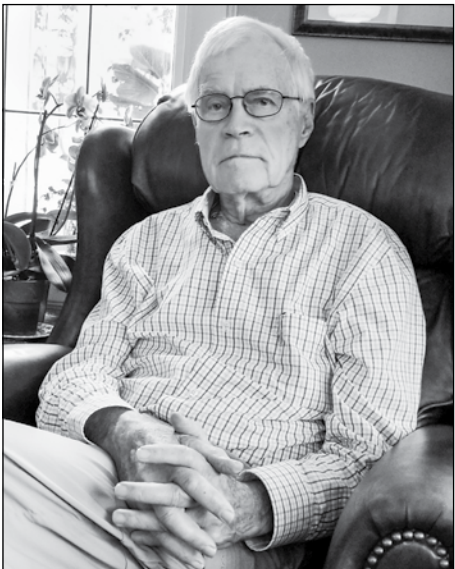
in Rocklin. They met at UC Santa Barbara.

Coby is an attorney with Seyfarth Shaw. Matthew is a Realtor with Lyon Realty.

They fell in love with Sacramento five years ago after eating at Bacon & Butter. They searched for homes to buy and moved to Marshall Way.

Coby said they appreciate the food and beer scene in the neighborhood, with Track 7 a particular favorite. They love Curtis Park and can frequently be found enjoying the outdoors with the whole family.

## Labor Day tradition includes celebrating a 90th birthday



Alan Wade celebrated his 90th birthday at a 25th Street neighborhood annual gathering Sept. 3. A retired CSUS professor, Alan reviews legislation that may impact retired state university faculty. He also plays handball twice weekly and enjoys kayaking on local lakes. Alan is past president and now secretary of Save the American River Association.

Photo/Craig McCulloch

By Craig McCulloch  
Viewpoint Staff

For most of the last 20 years Bruce Pierini and Wayne Anderson of 25th Street have hosted a Labor Day barbecue and potluck party for their friends and neighbors.

This year about 35 neighbors were able to attend, in spite of temperatures over the weekend above 100 degrees. This was reported to be the largest turnout since the tradition started. A huge heritage oak tree in the back

yard provided an abundance of shade.

The two hosts cooked several racks of pork ribs and chicken as the main entrees. Neighbors brought a variety of salads, side dishes, beverages and desserts, including a birthday cake to celebrate Alan Wade’s 90th birthday.

As an example of how long this tradition has lasted, young kids on the block when it began are now grown up and starting their own families and traditions.

## With experience in history, de Courcey family tackles home restoration

By Erik Fay  
Viewpoint Staff

Sean, Meg and Brianne de Courcey, along with their three cats, moved to 10th Avenue about a year ago from Oak Park after discovering they needed additional space because of Brianne’s birth.

Their house is designed in the Colonial Revival style. They began the restoration of many of the original architectural features of the house immediately after moving in. Sean has done plumbing, restoration to the white oak floors, restoration of the original wood shutters, wallpaper removal, re-landscaped the front yard, and prepped the house exterior for painting. They are currently working on the restoration of the home’s original 26 wood sash windows.

Meg and Sean both have extensive education and

experience in history, historic preservation and city planning, so it is no surprise that they live in our historic neighborhood. They met while doing work for the proposed Power House Science Museum. Sean was responsible for the nomination of the existing structure to the National Registry of Historic Places. He is currently the vice president of Preservation Sacramento.

Meg works in environmental review for Sacramento County. Sean works for the California Energy Commission as a cultural resources planner.

Sean is originally from Ben Lomand, Calif., and Meg is from Arlington, Va.

Meg and Sean are very enthusiastic about Curtis Park and their house. They love the quiet street, the historic homes, close access to the park, and their great neighbors.



Photo/Erik Fay

Sean, Meg and Brianne de Courcey

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Bret Harte news

New combined class of kindergarteners, first-graders

By Adriana Gonzalez  
Viewpoint staff writer

New this year at Bret Harte Elementary is a kindergarten and first-grade combination class, known as “K/1 split.”

This year’s class has 14 kindergarteners and eight first-graders. The kindergarteners and the first-grade students will follow their own separate academic curricula and will maintain their regular bell schedules, which allows for one-on-one time with their teacher, Steve Peterson, in the morning and the afternoon.



The first-graders start school an hour before the kindergarten class and get out an hour after the kindergarteners.

The kindergarteners will also get a peek into the music program from being in a split class because music is only offered starting in the first grade. The K1 split class is exciting news for the school because it means the school is growing.

• • •

Also new at Bret Harte is a pre-K autism class. The new program is funded and supported through the city school district’s special education department. The program will serve children ages 3-5 within the surrounding community.

New teachers have been trained to work with students with autism and will help the students acclimate to a school environment.

Students will learn basic school activities such as following a schedule, listening to direction, learning how to play and interact with their peers in addition to other preschool academic standards. The 3.5-hour program is intended to strengthen and support the current primary program for first- through third-grade and intermediate fourth-through sixth-grade students with autism.

For more information about the program at Bret Harte contact Sacramento City School Unified School District Special Education Department at 916 643-9174.

Artists show off to neighbors at Curtis Fest

Children enjoyed the petting zoo and face painting, and grownups sampled the food and listened to music in between visiting the vendors’ displays. Crafts varied from handmade to commercial art.

Photos/Heather Hogan



Designer: Focus is balance of aesthetics and practicality

(Continued from page one)

and hands-on learning, including accompanying the instructor to several homes to assist with furniture and art arrangement and other aspects of redesign.

It’s easy to see why Ferguson’s home has twice been part of the Curtis Park Home & Garden Tour. She has lived in her 26th Street home for almost 30 years and, during that time, she has devoted herself to designing her space in a style she considers eclectic and French-focused. She possesses a talent for arranging things with an emphasis on balancing

between aesthetics and practicality. Ferguson notes that every client has different needs, and “It is very important to understand how each room will be used by the client.”

One particular favorite of Ferguson’s is to transform bookcases and mantels from simply utilitarian to artistic and meaningful. In her living room, one section of a bookcase displays small wooden planes, hand-carved by her father, atop a vintage copy of Charles Lindbergh’s autobiography. She is especially fond of designing kids’ rooms and has created home accessories for

her friends’ children that have been cherished and saved a long time after the children grew up.


In addition to her redesign services, Ferguson creates lovely accents for the home such as colorful antiqued throw pillows, vases découpaged with vintage images, and themed tea towels, tassels, and tie-backs. She plans to have these handmade works of art available at artisan markets in the near future.

People interested in ChambreChic may call Ferguson at 804-8325. For more information, visit [chambrechic.com](http://chambrechic.com).

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