

# Towering Move Funds

## La Sierra Gym Re-vamp



Ready to roll. Junior athletes checked out the \$220,000 revamp to gyms at La Sierra Center. The much-used facilities were reopened last weekend (above). Botanically disguised, the cell tower (at right) rises above the La Sierra campus. A 30-year lease for the wireless telecommunication center has assisted the cash-strapped Carmichael Park District.

**Story and photos**  
by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - After a \$220,000 refit, Carmichael Park District's Johnson and Villareal gymnasiums reopened last weekend. Renovation costs were met from the district's sale of a cell tower lease in La Sierra Community Center campus.

The botanically disguised facility allows transmission for thousands of wireless phones in surrounding areas. Its 2008 installation supplied a regular income for CRPD -- which is one of several Sacramento park districts that host telecommunication centers. By a recent arrangement, a 30-year lease with T-Mobile garnered a lump sum to boost the Carmichael district's ailing budget.

The deal enabled new floors for 18,000 square feet of sports courts. Original floors were installed for La Sierra High School students of the 1950s. San Juan School District shuttered the school in 1983 and Carmichael Park District has since administered its amenities for public use. Hundreds of basketball, volleyball and pickle ball players regularly use the

gyms and 60-plus years of thumping feet inevitably took their toll. Floor replacement was completed over three-months this summer. The project included new electronic controls for basketball hoop backboards. Beyond the La Sierra work, T-Mobile cash will assist other district projects.

"We could not have afforded these improvements without the sale of the lease," said CRPD Administrator Tarry Smith. "The recent loss of new funding opportunities (resulting from a legal challenge to the property-owner approved 2014 special assessment), has curtailed many potential CRPD projects. We must now be creative with finding ways to pay for improvements. Selling the tower lease was a step in that direction"

Supervisor Susan Peters joined park district directors and 80 supporters to

applaud the gymnasiums' reopening. Festivities included a ribbon cutting and exhibition games.

The La Sierra Community Center is located at 5325 Engle Road. For information on amenities, visit [www.carmichaelpark.com](http://www.carmichaelpark.com) ★



# Mountain Man Climbs Final Peak



As "One Dog Hawk," Carmichael Park Administrator Ron Cuppy assumed mountain man persona for community events.

## Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Community leader and born-again mountain man Ron Cuppy died last month. The former Carmichael Park District Administrator and historian was 73 years old.

Iowa-raised Cuppy joined the district in 1976. In 30 years, his efforts spurred many district achievements. When La Sierra High School was closed in 1983, Cuppy worked with the County to garner the Engle Road property for community use. Today, the campus serves as an arts, sports and recreation center. July 4 fireworks light up its playing field; the auditorium is Carmichael town hall. Vital to CRPD finances, part

of the campus is leased to the California Montessori Project.

With community supporters, the administrator helped acquire Jensen Botanical Gardens as a Carmichael treasure. He also finessed a 1989 deal with developer Danny Benvenuti; as a result, Garfield House (adjacent to Jensen Gardens) entered the district fold and Glancy Oaks Park was developed. "We had some slim budget years," recalls a Cuppy staffer. "Ron was never discouraged. He had a skill for creative solutions."

When not in coat and tie for the district, he lived passionately in the past. Sporting coyote hat and fringed breeches as "One Dog Hawk," the park boss escaped civic pressures. "Chief Angus

Seamus McCrae" -- a Celtic tribesman -- was Cuppy's second alter-ego. "Ron felt he'd lived before," considered his partner of 14 years, Debra Henningsen. "He was comfortable as a mountain man or Scottish chief. He felt he'd been there before."

Though he'd served the Marine Corps as an ammunition specialist in the 1960s, his later preference was antique weaponry. Cuppy packed a shotgun for the American River Muzzle Loaders and, with powder horn and axe, was dressed to docent at Sutters Fort. He was claymored and kilted for ancient Scottish reenactments. Earlier this year, the man for all centuries was knighted by the American Medieval Combat Federation.

Cuppy and his "Lady Debra" were distinctive in costume on Founders Days; they also educated youth groups about trappers who forged westward in the 18th and 19th centuries. "Ron had a passion for service," considered a veteran of Cuppy's CPRD administration. "This went beyond his park district career. The talks he did for schools were part of his mission to educate. He wanted his work to have lasting value."

*A celebration of Ron Cuppy's life will be hosted at the La Sierra Community service this Saturday, September 17. In lieu of flowers, supporters are asked to donate to a Go-Fund-Me family fund. For information, call (916) 485-5322.* ★



# Founders Day

CARMICHAEL CELEBRATES 107 YEARS!

September 24, 2016

AT CARMICHAEL PARK - 5750 GRANT AVENUE



**PANCAKE BREAKFAST** 8AM-11:30AM

**CLASSIC CAR SHOW** 10AM-3PM

**ACTIVITIES, PETTING ZOO & MORE!** 10AM-3PM

**LIVE ENTERTAINMENT ALL DAY!**

**John Skinner Band** 10AM-11AM

**Dance with Your Dog Contest** 11AM

**Dave Russell Band** 12:30-2:30PM

**and more!**

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# Neighbors Throw Party for Treasured Park

**Story and photos  
by Susan Maxwell Skinner**

Barrett Hills residents recently celebrated a park whose establishment was likened to a Mid-West barn-raising. Five years ago, neighbors teamed with the Carmichael Park District to save a 13-acre reserve -- part of an old Carmichael farm -- from subdivision. More than 700 mixed-income families now enjoy Jan Park.

Anniversary celebrations included free hot dogs for 200 residents. The event also recognized volunteers. "We're as involved as we were five years ago," confirmed Barrett Hills Neighborhood Association president Robyn Yankie. "Volunteers walk the park every morning, picking up trash. We've had several fires; we've dealt with the homeless problem; we've painted over graffiti. Our park remains the treasure of our neighborhood."

Jan's 2011 opening crowned a tradition of co-operation between Carmichael Park District and the community it serves. Because the district lacked funds to develop Jan Park without selling part of it, district and neighbors struck a cost-sharing deal. In labor and funds, each would pay half of more than \$400,000 needed for paths, a bridge and a playground. Most of Jan's acreage remained au naturel, with large woodland spaces supporting native trees and critter inhabitants. No land was sold.

Barrett Hills Association founder Joyce Carroll spearheaded a drive to raise the residents' share. Brick sales, a rummage meet, donations and thousands of volunteer hours met this goal in little more than two years. At the ribbon-cutting, Supervisor Susan Peters praised the process.



**Barrett Hills Neighborhood Association supporters (and pets) toast the five-year birthday of Jan Park. (above) The 2011 ribbon cutting was attended by park district VIPs and Barrett Hills neighbors. (at right)**

"Neighbors did everything imaginable to build this park from the ground up," she said. "Their effort illustrates the spirit of Americana that makes Carmichael such a special place to live."

With more than a mile of winding paths, Jan Park is popular for dog-walkers, joggers and nature watchers. Playground areas allow family recreation. The park is located between Jan Drive and Salmaan Avenue. It is open from dawn till dusk. For more information, call (916) 485-5322. ★





Food Trucks • Vendors • Balloon Artist • Entertainment & More!

# Park, Rec & Eat It

Thursday October 6 • 5-9PM

at Carmichael Park

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# Carmichael Seniors Club Crafting for Cradles

**CARMICHAEL, CA (MPG)** - A donation project has been launched from The Carmichael Seniors Club to the Sacramento Children's Receiving Home.

The Carmichael Senior members have been working on a project to craft bed linens for toy baby cradles. Member George Bolton works in woodworking and has created and assembled toy baby cradles. What he requested was that the Carmichael Seniors take on the project of designing and providing bed linens for these items.

The purpose of this project is to share with the public that Carmichael Seniors Club works with the community. Presentation date of these items is scheduled for October 13, 2016.

Carmichael seniors have been in existence for 46 years. They meet the second and fourth Thursdays at the Carmichael Park Club House on Grant and Fair Oaks Blvd. Members enjoy potlucks, theater attendance, speakers and monthly casino bus trips plus bingo.

Requirement for membership is at least 50 years of age and have a desire for fun and friendship.

To find out more contact Valerie Hobin at 916-487-5525. ★



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**PICKLEBALL**



**INDOOR**

**5 Indoor Courts  
Tuesdays and Thursdays  
9am-12pm**

**at La Sierra Community Center**

**\$5 for a Day-Pass**

**\$30 for a 10 Day Punch Card**

**(916)-483-7826**

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**Carmichael Recreation & Park District**

# Falling Leaf Craft Festival

Artisan Craft Items, Live Entertainment & Great Food!

**SUNDAY, October 16**  
**9 AM - 5 PM**  
**Carmichael Park**  
**5750 Grant Ave.**

- Autumn Fun for the Whole Family
- Doggy Costume & Pumpkin Carving Contest
- Onsite DIY Holiday Theme Workshops
- Crafters / Artisans, Specialty & Gourmet Foods & Farmers Market
  - Fun Games for Kids & Adults
- Food Truck Food Court & Live Chef Demos
- Live Entertainment: Music, Fire Dancing, Magic Show & more!
  - Craft Beer & Wine Corral

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# Cradle Creators Rock



Carmichael Senior Club members show gifts that George Barton (center) crafted for the Children's Receiving Home of Sacramento. Coco Darko, Kathleen Thomas, Valerie Hobin and Carolyn Lockefer sewed crib linens. Club President Hobin (below right) presented the gifts to CRH officer Danielle McGarrity.

## Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Completed by Carmichael Seniors Club members, a "project of love" has provided gifts for Sacramento Children's Receiving Home residents. The Auburn Boulevard facility shelters children -- impacted by abuse, neglect, trauma and health issues -- until placement with other families is achieved.

George Barton (80) built and decorated four wooden cribs from a pattern his late wife designed seven years ago. "I've been making them ever since," said the retired lumber worker. "All little girls love dollies in cribs; the Lord put it in my heart to give them to kids from same school I went to -- the school of hard knocks."

Lady club members sewed pillows and covers. Dolly occupants came from an outside donor. "This is a project of love,"

approved club president Valerie Hobin. "We know our gifts have the potential to make children happy."

Indeed, many children. The Children's Receiving Home serves more than 1000 youngsters -- from toddlers to teenagers -- every year. Facility officer Danielle McGarrity thanked the seniors for their gifts. "These are going to a good home," she approved. "We don't get many toys that have such tradition and character; these are imbued with the love of the people who made them." Baby dolls, added McGarrity, are therapeutic for children who miss infant siblings; the toys are also useful for teaching empathy and caring. "They'll put many smiles on many faces," she predicted.

Carmichael Seniors Club is open to anyone over the age of 50. Twice monthly meetings at the Carmichael Park Clubhouse feature speakers and pot lucks. Group



outings are also offered. For information, call Club President Valerie Hobin at (916) 487-5525. To learn about George Barton's custom-made cribs, call (916) 925-1099. Website for the Children's Receiving Home of Sacramento is [www.crhkids.org](http://www.crhkids.org) ★

# THANK A VETERAN TODAY



photo by Susan Maxwell Skinner

JOIN US ON THIS SPECIAL OCCASION

# VETERANS DAY

— HONOR AND REMEMBER —

**FRIDAY, NOVEMBER 11, 2016**

10:00 a.m. to 2:00pm

11:00 a.m. Colors Presented

**LA SIERRA HIGH SCHOOL**

Vietnam Veterans Memorial

Earl J. Koobs Nature Area

East Parking lot La Sierra Community Center

**5325 Engle Road, Carmichael**

[www.carmichaelkiwanis.org](http://www.carmichaelkiwanis.org)

[www.calcadetcorps.org](http://www.calcadetcorps.org)

[www.lasierraonline.com](http://www.lasierraonline.com)

Call Linda Jones 916.944.2393 for more information.

Carmichael Recreation and Park District 916.485.5322



# Howloween 2016

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\$8 Per Dog • Costume Contest at 11:30AM  
Tricks for Treats Booth • Game Stations • And More!

Saturday October 29 • 11AM-1PM  
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**Carmichael Recreation & Park District**

# Wall of Honor Event Planned for November 5th

## *Carmichael Recreation and Park District Honors Local Fallen Heroes*

**SACRAMENTO COUNTY, CA (MPG)** - Join Carmichael Recreation & Park District for the annual Wall of Honor event honoring our local fallen heroes. The event is held at Patriots Park and recognizes members of the community who have given their lives in the line of duty. The Carmichael Recreation and Park District celebrated the Grand Opening of Patriots Park on November 15, 2008.

The event is scheduled for Saturday, November 5th at 10:00 am at Patriots Park, 6825 Palm Avenue, Fair Oaks.

The 3.68 acre park offers the most modern of park design features; walking paths, a playground, picnic area, basketball court and a

butterfly garden, but the most unique feature is the Wall of Remembrance, situated in the middle of the park. Thirteen former inductees to the Wall of Remembrance will be honored at the event and additional activities include a live bagpiper and the singing of the National Anthem.

Light refreshments will be served. Guest speaker this year is Sacramento County Supervisor, Susan Peters.

Admission to the event is free. Special thanks to event sponsors including Starbucks (Manzanita & Fair Oaks). For more information, visit [carmichaelpark.com](http://carmichaelpark.com) or call 916.485.5322.

*Source: CRPD*



# Farmers Market Puts on the Dog



Susan Vangilder dressed herself and pooch Spencer in Alice in Wonderland theme. Spencer took first prize in the recent Farmers market doggie costume contest.

## **Story and photo by Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Patrons put on the dog at the recent Carmichael farmers market Fall Festival. Costumed critters paraded and a mutt called Spencer bagged first prize for his caterpillar ensemble – actually

crawling to make his many booted bug legs “walk.”

Owner Susan Vangilder sewed the costume. “Spencer likes to get along on his tummy,” she explained. “So I thought a caterpillar outfit would be perfect for him. To complete the Alice-in-Wonderland theme, Vangilder sported a Mad Hatter outfit and

applauded as her darling crawled to victory.

Pumpkin carving, a beer and wine garden and food trucks were among extra attractions for the Sunday market’s harvest festival. The event boosted crowds to around 3000 patrons – and dozens of well-dressed dogs. ★



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