



# Carmichael Creek Neighborhood Association, Inc.

Est. 1986  
www.carmichaelcreek.org

THE CARMICHAEL CREEK NEIGHBORHOOD ASSOCIATION, INC. (CCNA) WAS FORMED IN 1986 FOR THE PURPOSE OF PROTECTING OUR NEIGHBORHOOD'S SEMI-RURAL ENVIRONMENT AND ADDRESSING RELATED NEIGHBORHOOD CONCERNS. YOUR MEMBERSHIP IS IMPORTANT FOR THE CONTINUED SUPPORT OF THESE EFFORTS.

- Purpose: To preserve open space, a semi-rural residential character and the quality of life within the Carmichael Creek Neighborhood Preservation Area through participation in community-wide issues and other means.
- Membership: To be a voting member, you must be at least 18 years old, live within the CCNA Neighborhood Preservation Area (NPA), and pay dues. Those living outside the NPA may be non-voting members.
- Boundaries (NPA): From the corner of California Avenue and Sutter Avenue; east on Sutter Avenue to its end; further east on an extension of the line of Sutter Avenue to San Juan Avenue; south to the American River; southwest along the west side of the American River to Stanley Avenue; west on Stanley Avenue to California Avenue; and north on California Avenue to Sutter Avenue. Properties fronting upon or having access to either side of Sutter Avenue and Stanley Avenue, and properties fronting upon or having access to the east side of California Avenue and the west side of San Juan Avenue and of the American River are included.
- Dues: The annual membership dues, payable October thru December, are \$20.00. Members of the same household make one annual dues payment.
- Annual Meeting: An annual meeting for the election of the Board of Directors and the transaction of general business is held each year. The first annual meeting was held in 1988. The Board of Directors may schedule other general membership meetings as necessary.
- For more information, call Anne Berner at 944-1042.

.....(clip and mail).....

## CCNA MEMBERSHIP FORM

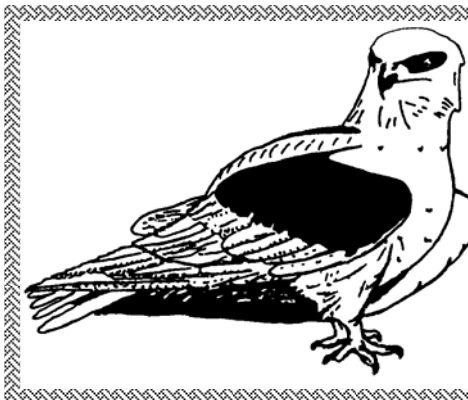
Name(s): \_\_\_\_\_ Phone: (day) \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (evening) \_\_\_\_\_

If you would like CCNA announcements sent to you via e-mail, please provide your e-mail

address: \_\_\_\_\_

Make \$20.00 check payable to: **CCNA, Inc.** and mail to: CCNA Membership, c/o Anne Berner, P.O. Box 1902, Carmichael, CA 95609.



# CARMICHAEL CREEK Neighborhood Association, Inc. Newsletter

VOL. 15, Winter 2007

Est. 1986

## Annual Meeting

March 8, 2007

7:00 P.M.

Carmichael Library Community Room

### Speakers:

**Susan Skinner**- A Celebration of  
Carmichael in Pictures

**Greg Voelm** - Local History of  
Carmichael Area

**Dick Barbar**, Chair, Carmichael  
Community Council  
Land-use Decisions and the Future of  
Carmichael

**Steve Nugent**, General Manager,  
Carmichael Water District  
Water Meters, Aerojet and  
Carmichael's Water Future

**Peggy Berry**- American River Parkway  
Plan Update

## Letter from the President

By Sandie Dunn

In the past, this column in the annual newsletter has generally been devoted to a recap of Carmichael Creek Neighborhood Association's recent activities and issues on the horizon that are expected to affect the quality of life within Carmichael. While the Association has been very active this year with its continued involvement in the implementation of Carmichael Community Action Plan, the Fair Oaks Boulevard Corridor Study, the Sacramento County Master Pedestrian Plan and the American Parkway Plan update, I would like to use this space instead to publicly thank one member of the Board of Directors for her devotion to the community and to the Association. Anne Berner has been on the Board of Directors of the Carmichael Creek Neighborhood Association since its inception. For the last several years she has served as secretary to the Association and is responsible for membership. Not only does Anne prepare and send out the minutes of the Board's meetings, she prepares the agendas, sends out membership notices and all the other things that can overwhelm a volunteer organization.

More importantly, Anne puts her "money where her mouth is." She doesn't just talk the talk about making Carmichael a better place she has personally taken it upon herself to do something about it. Few know of Anne's personal campaign to keep Fair Oaks Boulevard clean.

(Continued on page 2)

## President's Letter (from page 1)

When discovering that trashcans were not placed at the bus stops, Anne contacted RT to request that trashcans be sited. When RT doesn't pick up the trash, Anne is seen picking up the trash herself. In addition, Anne organizes the neighborhood associations' Boulevard Brush Ups that are held as a community clean up day on Fair Oaks Boulevard and she has been instrumental in getting Carmichael Creek Neighborhood Association's participation in the County's Adopt a Street Program.

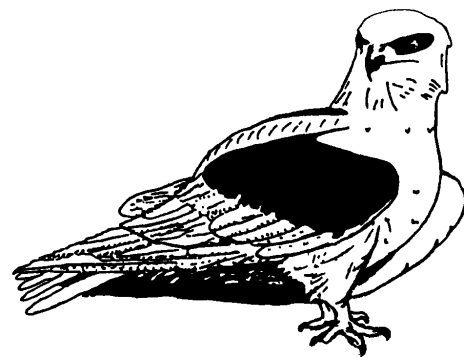
Anne was also one of a handful of individuals who made the Carmichael Community Garden on Sutter Avenue a reality. She researched what it took to create a successful neighborhood garden by talking and visiting other community gardens. Then, she tirelessly pursued the community garden with Carmichael Parks and Recreation until they agreed to allow the community garden in Sutter Park to be built. Once it was approved, Anne invested a lot of sweat equity in making the community garden a divine venue for Carmichael. Take a drive down Sutter during the middle of summer. You'll see a wonderful example of what a little individual fortitude can do.

Anne is humble about her accomplishments. She doesn't do it for the accolades and she certainly doesn't do it for the pay. Most of the time, we take for granted the many contributions made by individuals in our neighborhood so I am pleased to be able to say on behalf of myself and the Carmichael Creek Neighborhood Association, thanks Anne.

## ELECTIONS: Board of Directors

CCNA members elect a 10 to 15 member Board of Directors and four alternates at the Annual Meeting. Directors are expected to attend of the monthly meetings. Alternates are encouraged to attend as often as possible. All CCNA Board meetings are open to members, interested neighbors and guests. Meetings are currently held at the Carmichael Library Community Room. The Nominating Committee has proposed the following slate for the board, but nominations will be gladly accepted from the floor at the Annual Meeting.

Anne Berner  
Peggy Berry  
Lora Cammack  
Sharon Doughty  
Sandie Dunn  
Sandy Helland  
Richard Humphrey  
Keith Jones  
Buck Meyer  
Amanda Ness  
David Schoelhamer  
Frank Weisman  
Walt Yost



## Going Green (from page 5)

are sustainably harvested, and the finish emits no or very little VOC's, or "volatile organic compounds" (a carcinogen) which is what contaminates the air when finishes are sprayed and cured. VOC's are what you smell in your new car, from your new carpet, and plastic shower curtains.

Some "green" counter-top materials might include bamboo, recycled glass (Enviroglass), recycled paper (Paperstone), recycled aluminum mill scrap (Alkemi), FSC certified hardwood butcher block, and ceramic tile.

Going green is not black and white. It is a process of gradual changes in lifestyle and thought processes. From light green to dark green, and all shades in between, it is time to do what we can for gradual change. So tonight, turn off your computers, TVs, and cellphones and cook a gourmet meal of locally grown produce and freerange poultry or meat with a bottle of California wine for your family or friends, while engaging in friendly conversation; recycle the trash and compost the garbage from that meal. Does it get any greener than that?

## Street Names (from page 4)

developed, was a chicken ranch and was owned by a couple by the name of Marrick (she's not sure that's the exact spelling). The wife's name was Helynn (correct spelling?) but when the street was developed they decided to take the "Mar" of their last name and the "lynn" of the wife's name to create Marlynn Street.

Sandie said this is a pretty common practice for naming streets - and she speaks from first-hand experience. Her father built some condos in Cheyenne and put in a little cul-de-sac which is named Andra Court. "My sister's name is Andrea and my name is, of course, Sandra. So he

combined the "An" of Andrea, the "ra" of my name and the "d" of both our names," Sandie said.

As an aside, my father, a civil engineer in the Bay Area, also was responsible for naming new streets. To my knowledge, he never named a street after my brother, Doug Yost, and I. With our luck, it would have been called Yo-yo Circle.

Elsewhere in Carmichael, Lucille Patitucci tells the story behind her street's distinctive name - Rickey Dick Lane, a private road off Stanley Avenue. Lucille says the first half of the street name is from Ralph Rickey, who once owned all the property the Patitucci family now owns, including the beloved vegetable stand. The second half of the street name comes from the Dickson's, longtime neighbors of the Patituccis.

"We've been trying to change it to Redwood Lane for years," Lucille said.

Not all our street origins are so mysterious, of course. Sutter, Marshall and Grant avenues have their obvious historical context, and Palm Drive, Bluff Court and Cliff Circle are also self-explanatory.

Even the contiguous Altamont Drive and Bajamont Way appear to have a simple explanation: "Alta" means upper in Spanish, "Baja" means lower.

And Altamont is slightly higher in elevation than Bajamont.

So, I know, I still haven't explained where the name Glademont came from. But we need to leave something for Carlos to do. If you want to contact him with a street-name story, call or e-mail him at the Bee:

(916) 321-1987, calcala@sacbee.com.

Like most columnists I know, he'll be sitting by the phone waiting for your call.

## Household Batteries, Fluorescent Tubes, Mercury Switches and Electron Devices

In this age of computers, cell phones and other electronic devices we all need to be aware of how to safely dispose of what is referred to as universal wastes. Universal waste includes such items as common batteries (AA, AAA, C cells, D cells and button batteries e.g. hearing aid batteries); fluorescent tubes and other mercury containing lamps, thermostats, electrical switches and relays, pilot light sensors for appliances such as stoves, ovens, clothes dryers, water heaters, furnaces and space heaters and electronic devices such as televisions, computer monitors, computers, printers, VCRs cell phones telephones, radios and microwave ovens. As of February 2006, state law prohibits any household from placing these items in their regular household trash.

All these items contain toxic chemicals and heavy metals that are harmful to the air we breathe and the water that we drink. If put into the trash; they may harm people and the environment in which we live. So what to do with these items? These items must be taken to a household hazardous waste collection facility or recycling facility. Residents in Carmichael may dispose of these wastes at the following drop off locations:

Sacramento County North Area Recovery Station  
Household Hazardous Waste Drop-off Area  
4450 Roseville Road  
North Highlands, CA 95660  
Open: Tuesdays, Thursdays, Saturdays and  
Sundays 8:30 a.m. to 4 p.m.

Sacramento Transfer & Recycling Station  
Household Hazardous Waste Drop-off Area  
8491 Fruitridge Road, Sacramento, CA 95826  
Phone: 916-379-0500

For more information visit  
<http://www.sacgreenteam.com>.

## Carmichael Street Names

By Walter Yost

Ever wonder where local street names like PattyPeart Way, Rickey Dick Lane or Glademont Court originated? So does Sacramento Bee columnist Carlos Alcalá.

In fact, street names have so engrossed Carlos that he's putting a compilation of them into a book titled "Street Whys: The Whys Guy's Guide to Streets in Sacramento County." Carlos says his book will combine history and humor and is due out this Fall.

But in the meantime, he's inviting any folks with street-names stories, including Carmichael Creek residents, to contact him. Even if the stories don't make it into the book, they'll make good fodder for Carlos' column in the Bee's Arden Carmichael edition published every Thursday.

"There are still many Street Whys that the Whys Guy is trying to answer," Carlos says. "For example: Who was the paperboy that Kenneth Avenue was named for? Is the naming of Landis Avenue connected to the longtime Landis family of Orangevale? Stanley Avenue was named for someone on an early roads committee, but was Stanley his first or last name? Who is Patty Peart? And please, why won't somebody give directions to the lost deer on Lost Deer Lane?"

Of course, Carmichael Creek neighbors have their own stories to relate, and if the facts aren't 100 percent accurate they're close enough to relate here.

CCNA president Sandie Dunn, for instance, has some background on the origin of Marlynn Street, the street where she and Dick Barbar live.

Sandie says the property, before it was  
Continued on page 7)

## Going Green" In Your Kitchen

By Frank and Joyce Weisman of The Cabinet Studio

As Americans, we spend on average of 90% of our time indoors. 40% of the pollution in our lives comes from inside the buildings we inhabit. If the words eco-friendly and sustainable are not part of your vocabulary, they will be. "Going green" is the future.

In the so-called world of "green", there are many layers. The first layer is green living, followed naturally by green buying. Green living, including cooking healthy meals and buying your food from local growers such as farmer's markets and CSA's (community supported agriculture), as well as conserving energy and recycling trash, are steps that can be achieved without any monetary investment, simply by cultivating good habits which promote our human health and the health of the planet. 40% of the cost of your average supermarket purchase is for transportation costs, which results in the burning of fossil fuels, contributing to global warming.

The next layer of living green is to address our buying habits. As consumers, our collective choices drive global demand and therefore influence whether or not manufactured goods reflect our desire for non-toxic homes and lifestyles. Our investment in green products and services in our homes and gardens is ultimately an investment in the future of our planet.

The kitchen is the "factory of the home". I call it the "factory" in the sense that it is the place where the densest concentration of energy in the home is used. Think of all the appliances that the "modern" homeowner might consider a necessity of life, as well as the consideration of cabinetry, flooring, and lighting in remodeling the typical kitchen. The 3 ruling principles of green are: energy efficiency, resource conservation, and health. This is how we measure the "green-ness" of a kitchen. And of course there are always

compromises, and this is where we get into "shades" of green. Be assured, however, that greening does not mean giving up style, convenience, or your budget.

Let's imagine we are shopping to do a green kitchen remodel. How should we go about finding the right sources? Starting with appliances, always look for the energy star. Ask yourself, "do I really need this professional range that burns more gas?", and "do I really need 2 dishwashers instead of one, or a trash compactor that turns 10 pounds of trash into 10 pounds of trash?"

With flooring, chose easily renewable cork or bamboo. With lighting, abide by the new Title 24 standards, emphasizing pin type fluorescent bulbs, or use screw-in compact fluorescents in your existing sockets. Fluorescent bulbs use 1/3 of the energy, emit ½ the heat and last 10 times longer than incandescents.

When it comes to replacing your cabinetry, there are some important basic considerations. Often I am asked: What about refacing? It seems like a good green idea, saving the existing cabinet boxes and just replacing the doors and drawer fronts. However, refacing assumes that your present kitchen is configured in a way you desire to repeat, and that you are not going to replace appliances with newer, more efficient models which might not fit the old spaces. Do you really want to be confined in this way over the long term? . By the time you paint the insides of the boxes and replace doors, drawer fronts, hinges and hardware, there may not be a substantial savings, and you will still not have a new kitchen. Refacing does make sense if you are keeping your countertops and are, other than appearance, happy with your kitchen.

So just what is a "green" cabinet? It is a cabinet whose box is constructed with a non-toxic, agricultural product core, such as forest slash or wheatboard made with non-formaldehyde based binders such as soy. It means that the hardwoods  
(Continued on page 7)

### Young Pine Transplants (from page 3)

I asked someone about this and they reassured me that everyone looks out for the children in Japan. The risk of kidnapping or even harassment is extremely low. When my girls would bike home from school by themselves, at first I would worry, or insist on accompanying them. Now, they have much more freedom and they can go places on their own without fear. My six-foot tall, leggy 15 year old rides the trains all the way in to the center of Tokyo by herself and she has not once had a problem. As she studies Japanese, she is beginning to understand some of the whispered comments as she walks by, however; usually the phrase is, "Nagaii ashii," which means, "Long legs."

A conformist, close-knit society does have its problems. Occasionally the square peg gets hammered into the round hole. Rampant individualism has its own problems as well. While overt rudeness is certainly not the norm in Sacramento, it is much more prevalent in a culture that puts more value on an individual's rights than on the good of the collective whole. A sense of calm, order and civility is the first thing that struck me when I arrived here in Tokyo. The city is a strange synthesis of intense activity and internal calm.

Individuals on a crowded train create their own private space by closing their eyes, reading a book or texting their friends. Homeowners create tiny bonsai gardens in their small backyards to provide a quiet retreat.

I miss Carmichael with its green and rocky river banks and abundance of birds and critters. I miss its diverse range of neighborhoods and people. But living in Japan and experiencing a completely different culture and language is giving me an invaluable perspective on society. We are enjoying our time here, steeping like tea bags in the beauty of the Japanese aesthetic and the complexity of this incredible language. We are learning so much, but there is so much more to learn.



### Young Pine Transplants Thriving in Japan

By Ruth Ingulsrud

This article wings its way to you from the far reaches of the Far East where the Ingulsrud family has transplanted itself from Carmichael to Tokyo. Joel grew up in Japan, is fluent in the language and loves its culture and people. We had always hoped to give our children the enriching experience of living overseas, so when the opportunity arose, we jumped at the chance. Joel is working as a product manager for Adobe and Ruth is working as a substitute teacher at ASIJ, a K-12 international school in Tokyo. Laura, 15, is a sophomore at ASIJ and Elsa, 10, is in 4th grade. Alec, 19, is in Washington attending Trinity Lutheran College.

Our neighborhood is called, "Wakamatsu" or "Young Pine." It is a very quiet area as its northern border is a very large, park-like cemetery and its southern border is a picturesque temple with a small cemetery in back, presided over by a tall, graceful Buddha. The quiet is only occasionally broken by the sound of service trucks. Here, instead of ice cream trucks heralding their approach with tunes, songs blare from kerosene tank trucks, trucks that pick up large appliances, trucks that sell long poles for hanging out laundry, and trucks that exchange old newspapers for rolls of toilet paper. Recycling is big here. Everything is taken apart, reused and recycled. Everyone gets with the program, so it works. There are some advantages to conformity.

Before moving overseas, we sold all of our motorized vehicles, except for the classic Yamaha SR 500 that Joel could not part with. We brought our bicycles with us but found that, for the most part, we use the Japanese "Mama Cherri" for most of our traveling about town and to school. Mama Cherri is short for "mama chariot," a style of bicycle that everyone uses,

mamas and papas and even teenagers. There is always a basket in front and often one in back as well; three speeds at the most. The baskets come in handy for toting backpacks, purses, and bags of groceries. Bicycles and motor vehicles share the road. Motorists expect to encounter many bicycles and pedestrians on their way and so drive accordingly.

Besides walking and biking, our other mode of transportation here is the train. The train and subway system is well-designed and efficient. It is almost always precisely on time. At certain times of the day, the trains can be very crowded, however. "Packed in like sardines" is exactly what it looks and feels like. The sardines are even surrounded by a tin can. The oil that keeps so many individuals in close quarters from becoming surly and rude is a cultural insistence on civility, even when one member steps out of bounds. The occasional rude behavior is largely ignored and gets no reaction, and so it fizzles out. One of the few times that I saw an outburst on a train was when an older woman lit into a businessman who was using his phone to text-message while sitting in a courtesy seat. The courtesy seats on the trains are reserved for the elderly when the trains are crowded and phones must be turned off while in the vicinity. The woman would not relent until the man had turned his cell phone off. No one interfered and the problem was resolved. While there is usually a lot of text-messaging going on throughout the rest of the train, you never see or hear anyone talking loudly on their cell phone unless it happens to be an American.

Being a mom who is concerned about the safety of her kids, one thing that surprised me the most was seeing tiny elementary school children riding the trains and walking to school by themselves. At first, I always looked around to find the accompanying parent, but the child was often all alone, confidently getting on and off at their designated stops. (Continued on page 6)

## carmichaelcreek.org

For complete information on the CCNA visit our official Website

- Latest CCNA news
- How to join
- Meeting minutes
- Correspondence
- Board of Directors
- Preservation Ordinance
- Community Action Plan
- CCNA overview
- Next meeting
- Community links
- Boundary
- Bylaws
- Annual newsletters
- Community calendar

carmichaelcreek.org provides community information about Carmichael and organizational information about the CCNA

E-mail us at [ccna@carmichaelcreek.org](mailto:ccna@carmichaelcreek.org)

## carmichaelcreek.org

