

Spring Concert Event by Genelle Palmer

Heroes...we all have them but were they born to be what they became? Probably not, but each rose to the occasion when faced with life's difficulties, contradictions, or barriers, and in the end became just that...a hero.

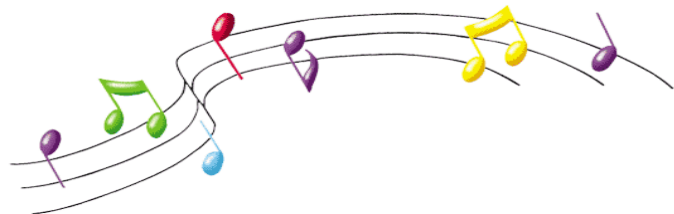


The Sacramento Women's Chorus is taking the lives and actions of such people as the inspiration for their Spring Concert. "Power of One" recognizes and underscores the concept that the world can become a different place if just one person applies their power to move toward change.

A bit about the Sacramento Women's Chorus. The group, an all-inclusive women's group, builds community through song. They sing to honor peace, justice and social equality and to celebrate the lives of all women. They strive for musical excellence as they give voice to women's hopes and dreams, opening hearts and minds through harmony. Their motto is "We love to SING!"

Here is your opportunity to get to know them. Join in as Campus Commons provides transportation to their Spring Concert on **Saturday, May 12th**. Tickets are on sale now through the website sacramentowomenschorus.com.

A sign-up sheet is now in place for those wishing to attend. The performance starts at 7:00 pm, however you will leave here promptly at 6:00 pm. For assistance or more information, contact Genelle Palmer.



Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
 Saturday & Sunday 9:00am-5:00pm
 Office 916-929-3966 Fax 916-929-3627
 Barbara/Activities Office 916-929-6003
 Van/Transportation 916-468-3091
 Dining Room 916-921-5998
 Comfort Keepers 916-560-9100
 Police Non-Emergency 916-264-5471
 Emergency & Fire 911
 Comcast Cable 1-800-266-2278
 AT&T 1-800-310-2355
 Paratransit 916-429-2744
 Yellow Cab 916-444-2222

Beauty Salon Jane Ma 916-223-9658
 Wednesday-Saturday
 Clean Touch Dry Cleaning 916-366-6666
 Pick-up & Drop-off Monday & Thursday



Culinary Corner by Richard Beyerl

The Sodexo Staff received a Double Gold on the ECO SURE Health and Safety Audit. This is a very important audit to assure a clean, safe and healthy environment for the residents. I hope that you will congratulate them on their hard work.

We have been selected to be the training facility for the Ray Stone Communities, so you will be seeing some new faces around in the dining room/kitchen. We hope that everyone will make them feel welcome. We are very proud of the team.

The Easter menu is out for you to view. If guests will be joining you, please sign them up on the appropriate sheet – the cost for your guests is \$15. This is one of our holidays where the staff can leave early to enjoy Easter with their families, so we will offer boxed dinners. Be sure and sign up for either Fried Chicken or a Turkey & Swiss Sandwich. You can pick up your boxed dinner during brunch or if it's after brunch, ask Judy in the office.

Campus Commons

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 Activity Director Assistant

Chris Cook, Maintenance
 Donnie Terry, PT Maintenance
 Charlene Wickizer, Marcy Solis &
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer &
 Thealise Wager, Evening Porters

Richard Beyerl
 Chef/General Manager, Sodexo

Christine's Comments

This will be the last month for Renaissance until September when it will return with three, yes, three each month for September, October and November. The Renaissance enjoys coming here so much they asked for an additional day, so we gave it to them. Look for them on a Monday come September.

I hope you've welcomed Connie Lineberger, Barbara C. and Cathy Bergmann who joined us last month. This month we have Rita Baldarelli, Bob C. and Ed B. join us. We still have a two-bedroom/one-bath available, so if you know anyone who is looking for a larger apartment, have them give us a call.

Our maintenance department has asked that I remind you about the use of the washing machines in the laundry rooms. Today's machines are made with a different type of agitator in the middle. These are energy efficient machines and require less water and detergent. These machines (you'll see a sticker on the inside) prefer a liquid detergent. Please keep this in mind when doing your laundry.

It looks like the rain has stopped for a bit, so I thought it was important to get the outdoor dining area spiffed up. You can thank Donnie for taking care of this so those that like to dine alfresco, we're ready for you. There are three covered tables (12 seats) and three tables with umbrellas (15 seats) to choose from. I love this time of year when we can get out and enjoy the outdoors. And, for your entertainment, we may even see a family with their ducklings soon.

Gail Emery, who has been helping us out and covering our Saturday porter position since Thealise has been out on medical leave, will step in and replace Marcy's housekeeping for two weeks this month. Look for your notice (if Marcy is your housekeeper) the first week in April. Thealise will return on Saturday, April 14th – we sure have missed her bubbly personality!

Activity Corner by Barbara Higley

As spring begins to add color to the season, so will the activities. A colorful visit to Daffodil Hill and a picnic box lunch is scheduled **Wednesday, April 4th** (weather permitting). The magic of this majestic farm in bloom will surely brighten your spring! As always, the length of the blooming season is dependent on the weather and may result in adjustments. I will keep you all informed should we need to make them. My fingers are crossed!

On **Friday, April 6th** the Calamity Jazz Band from Oregon will visit Sacramento and their first stop will be Campus Commons! This is not just a band, but a full carousel of top performers that visit Sacramento once a year, and I am excited to have them return to with their spring concert. Mark your calendar and join us for a toe tapping good time!

Get ready for the best yet – it's more than a Vintage Fashion Show, it's a "fun" Vintage Under Cover Show (ladies secrets unveiled) dating back to the late 1800's to the present. You will relive fashion with laughter seeing the under garments from then to now. Join us on **Saturday, April 21st** and invite a friend, but be sure and let the office know and we will be happy to add them as your guest.

Also, the Sacramento Women's Chorus Spring Concert, the "Power of One" is scheduled for **Saturday, May 12th**. The cost is \$25.00 per person and transportation will be provided by Campus Commons. A sign-up sheet is now in place for those wishing to attend. The performance starts at 7:00 pm, however you will leave here promptly at 6:00 pm. For more information, contact **Genelle Palmer** or your Activity Director (me).



April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges. Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

Knut Skarpaas, April 1st
 Connie Lineberger, April 3rd
 Genelle Palmer, April 6th
 Eleanor Rhymes, April 14th
 Betty Olson, April 16th 100 years young!!!!
 Barbara Wunderli, April 23rd
 Joyce Kunz, April 25th
 Shirley Riemer, April 26th

April's Featured Resident by Shirley Riemer

Edith Ballard –better known as "Edie" – comes to us with a proud and exemplary career – in both voice and music production, including adventures in which she and her husband became closely involved with the San Francisco Boys Chorus, as well as with experiences involving California's Diane Feinstein.



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April's Featured Resident continued...

Just after her college years in New Hampshire, and before going on to graduate school, Edie auditioned for an ABC radio affiliate in Manchester, New Hampshire, with the result that her clear soprano voice won her the airing of two radio programs per week at that station. Then came graduate school where she earned her Master's degree at the Chicago Musical College. There she met William Ballard, a young World War II pilot just returning from the war, who would become her husband, as well as her partner in musical enterprises throughout their marriage. Along their way they parented four children.

Twice every year Edie and her husband, who organized and conducted a six-voice group called the "Tudor Madrigal Singers," went on tours throughout the United States where they sang in museums, colleges, and other public venues. Through those years, Edie, having earned her initial degree at the Eastman School of Music in Rochester, New York, taught voice in colleges and public schools, and for thirteen years at the Town School for Boys in Pacific Heights, San Francisco.

Along the way, Edie's husband conducted the San Francisco Boys' Chorus, and with Edie, trained the boys, who performed on stage with the San Francisco Opera as well as the San Francisco Symphony. Edie and her husband taught the boys in singing and in reading music. The Boys' Chorus traveled to faraway places like Japan, Hong Kong, and the Vatican, under the auspices of the Sister Cities program sponsored by the city of San Francisco.

At one Sister Cities event, the Boys Chorus was invited to sing in Taiwan and Beijing. Edie's husband, having been asked by the Taiwan representatives to dedicate a pavilion in Golden Gate Park, offered to have the boys sing the Taiwan national anthem. The Taiwanese agreed and sent a copy of the anthem to Edie's husband, along with a Taiwan interpretation. Her husband transposed the Taiwanese words phonetically and taught the sounds of those

words to the boys. It worked. However, the next day, following the performance, a message arrived from the mainland Chinese embassy in Beijing, dis-inviting the boys to the trip to Beijing!

At one Sister Cities event, in Assisi, Italy. Edie's husband discovered that California's Diane Feinstein would be in Assisi on business at the time of the Boys Chorus performances there. Somehow, he was able to obtain a schedule of her meetings. So, just before the closing times of those meetings, some 30 boys would line up outside the meeting room, waiting. As soon as the door opened, the boys burst out in a lusty chorus of "San Francisco, Open Your Golden Gate." Moved by the boys' energy and talent, Diane Feinstein long recalled those happy surprises in Italy. Later, she was instrumental in arranging for the San Francisco Boys Chorus to perform at Barack Obama's 2009 presidential inauguration.

A major responsibility of the Boys Chorus leadership was to run a music training camp, to teach the boys to sing and to read music – as well as to interview new prospects for the Chorus, their ages ranging from 8 to 12 or 13. Edie recalls interviewing young boys trying out for places in the chorus, when each interviewee was asked to sing a favorite song. If the boy had no song to offer, he was asked to sing the "Happy Birthday" song. And for good reason: This song that every child knows, begins, "*Happy birthday to you, happy birthday to you, happy –Birth-*" --at that note, on "*Birth-*," the voice rises in a one-octave-high skip, worthy of the judges' attention.

During their tenure with the San Francisco Chorus, hand-bell ringing was introduced in order to allow boys to stay with the chorus after their voices changed (usually around age 12 or 13). Many of the boys were reluctant to give up the musical experience they had come to enjoy as singers, and they were happy to have a new way to continue.

Edie moved into Campus Commons in early January from Ashland, OR.