The mission of the California Native Plant Society is to increase understanding and appreciation of California’s native plants and to conserve them and their natural habitats through science, education, advocacy, horticulture and land stewardship.

November Meeting
of the California Native Plant Society’s
Sacramento Valley Chapter

Date: Wednesday, November 10, 2004
Time: 7:00 PM
Place: Shepherd Garden & Arts Center, McKinley Park
3330 McKinley Blvd (E Street’s eastern continuation)

Cape Ivy
Mona Robison

Ramona Robison was Sacramento Valley Chapter President in 1997 and 1998 and was a member of the state CNPS State board in 1999 and 2000. In 1997, she attended her first California Exotic Pest Plant Council Symposium and learned about the native plant habitat being lost in the Golden Gate National Recreation Area and the thousands of volunteer hours that were being spent to remove Cape ivy (*Delairea odorata* syn *Seneio mikanioides*) by hand. When she started graduate school a few years later and realized that no one was doing research on this terrible weed, it seemed like an area where she could make a valuable contribution to native plant conservation. Invasive species are often implicated as the second greatest threat to biodiversity after habitat destruction. California is home to thousands of introduced plants, which are displacing natives at an alarming rate. Cape ivy, a vine native to South Africa that is invading California and Oregon’s coastal habitats, is such a species. Cape ivy blooms in the winter and produces copious wind dispersed seeds that are able to invade relatively undisturbed coastal plant communities. She will talk about her research into the distribution, growth and reproductive biology of Cape ivy as well as share some interesting facts learned along the way.

Books, wildflower seeds, posters and t-shirts will be available for purchase at the meeting. Refreshments will be served. The meeting is free and the public is welcome to attend.

Diana Hickson

American River Parkway Update

The American River Parkway, conceived and realized in the 60’s and 70’s, continues as a “work in process” as requests for changes continue to appear. Many see the Parkway as a natural river corridor through an increasingly urbanized area where residents and visitors can enjoy time in a natural setting. Today’s reality is that competing and influential interests have a desire to shape the Parkway for different purposes. A recent example was the Markis/Lien appeal to the Board of Supervisors to grant a special permit to build two large homes on the Riverwood bluff with a 20’ setback. The Parkway Corridor Combining Zone calls for a 70’ setback in that portion of the Parkway. The application had been denied by all the advisory committees working on behalf of the

*see ARP Update p. 2*
Regional Conservationist Position Update

Our chapter and Michael Tomlinson, the CNPS Development Director, are leading an effort to get a CNPS regional conservationist on the ground and working for effective conservation of our region’s botanical treasures. Having a part-time CNPS employee devoted to conservation issues within our region means having a consistent, professional voice in regional conservation planning, as well as strong support for the volunteer efforts of members active in local conservation. However, to have this advocate, we have to raise sufficient funds from individual donors and foundations. Our efforts have just begun with the organization of a committee to establish a fund raising plan and a soon-to-be-announced Fund Drive. It is estimated that approximately $35,000 annually is necessary to fund a half-time Regional Conservationist position, including salary, support services, and supplies. The Campaign to Establish a Sacramento Valley Regional Conservationist has already received its first pledges, in addition to the initial $1,000 pledged by our Sacramento Valley Chapter! If you’d like to help with this effort—and we hope many of you will—please contact:

Chris Lewis: lupine@cwnet.com or
Peggy Berry: pegberry@aol.com or
John Hunter: jhunter@jsanet.com.

Conservation Issues: An Update on Walker Ridge

Walker Ridge is the botanically diverse serpentine ridge along the western edge of Bear Valley in Colusa County. It is owned by the Bureau of Land Management (BLM). Last year CNPS became concerned with a wind energy project proposed by General Electric that would clear and grade perhaps a square mile along the ridge. General Electric has neither moved forward with this project nor withdrawn it.

In the meantime, the Ukiah office of the BLM has moved forward with a Resource Management Plan (RMP) that will guide management of over 300,000 acres of BLM lands including, Walker Ridge. At the public scoping meetings, our chapter stated our concerns regarding development on Walker Ridge, and that Walker Ridge should be designated an Area of Critical Environmental Concern (ACEC). We subsequently submitted a comment letter of several pages that detailed these and other issues that we hope will be addressed in the RMP.

The draft RMP will be released in June of 2005. We will continue to participate in its development, and keep an eye out for General Electric’s project.

Additional information regarding the RMP is available at:
Planting a California Native Garden for Hummingbirds

A.B.: “How would I put together a bee/butterfly/hummingbird garden with native plants?”

Dear A.B.: It is not possible to answer that multi-part question in a mere one-page article, so we will answer the part about how to build a garden for hummingbirds.

Russell Link’s 1999 book *Landscaping for Wildlife* does a wonderful job of covering how to put together gardens for all sorts of wildlife. If you follow his advice, using only native Californian plants, then you will be on the right track. I will just point to some highlights of Link’s guidebook that relate to hummingbirds. All wildlife needs food, water, space and breeding sites.

**Food:** You are probably aware that hummingbirds feed on nectar and small invertebrates such as aphids, beetles, flies, gnats, mosquitoes, and spiders. So planting a diverse array of native plants that can support a healthy insect ecosystem is an important first step. By planting a wide variety of plants you will supply flowers at varied times throughout the year, as well as supporting rich insect communities. You should also avoid the use of insecticides in your yard as this will deprive hummers of valuable sources of protein, fats, vitamins and minerals. Hummingbirds prefer red-flowered plants, so such plants will attract hummingbirds. In most situations it is safer to use larger plants (flowers at least two or three feet off the ground), to make it harder for cats to ambush the hummingbirds. Some suggestions are listed in the table below, but this is certainly not a comprehensive list of red-flowered California native plants.

<table>
<thead>
<tr>
<th>Scientific name</th>
<th>Common name</th>
<th>Exposure</th>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquilegia formosa</td>
<td>columbine</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Castilleja spp.</td>
<td>paintbrush</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Clarkia spp.</td>
<td>clarkia</td>
<td>varies</td>
<td>perennial</td>
</tr>
<tr>
<td>Delphinium spp.</td>
<td>delphinium</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Gilia spp.</td>
<td>gilia</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Penstemon spp.</td>
<td>penstemon</td>
<td>sun/part shade</td>
<td>perennial</td>
</tr>
<tr>
<td>Salvia sp.</td>
<td>Sage</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Zauschneria californica</td>
<td>California-fuchsia</td>
<td>sun</td>
<td>perennial</td>
</tr>
<tr>
<td>Buddleja davidii</td>
<td>butterfly bush</td>
<td>sun/part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Fuchsia spp.</td>
<td>fuchsia</td>
<td>sun/part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Hibiscus spp.</td>
<td>hibiscus</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Ribes sanguineum</td>
<td>red-flowering current</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Rubus parviflora</td>
<td>thimbleberry</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Rubus spectabilis</td>
<td>salmonberry</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Sambucus sp.</td>
<td>elderberry</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Symphoricarpus spp.</td>
<td>snowberry</td>
<td>part shade</td>
<td>shrub</td>
</tr>
<tr>
<td>Arbutus menziesii</td>
<td>madrone</td>
<td>sun/part shade</td>
<td>tree</td>
</tr>
<tr>
<td>Cornus nuttallii</td>
<td>western dogwood</td>
<td>part shade</td>
<td>tree</td>
</tr>
<tr>
<td>Rhamnus purshiana</td>
<td>cascara</td>
<td>sun</td>
<td>tree</td>
</tr>
<tr>
<td>Lonicera spp.</td>
<td>honeysuckle</td>
<td>part shade</td>
<td>vine/shrub</td>
</tr>
</tbody>
</table>

**Water:** Water is an essential resource for hummingbirds. You should place a birdbath in the garden. It is very important to clean the birdbath at least every few days. You also should use a birdbath that is high enough to be a hard target for bored house cats.

**Space:** Hummingbirds are small and do not require large ranges. Even a small garden should attract them, assuming that you have a wide variety of flowering plants. Dense plantings of shrubs can provide hummingbirds with more protected areas from feeding.

**Breeding Sites:** The nest of a hummingbird is about the size of a golf ball and does not require much space. Once while walking in Sacramento we saw a hummingbird nest in the small area between the “no parking” sign and the post that held the sign.

Do not be discouraged if your garden does not immediately attract hummingbirds. It can take a year or so for them to find new food sources. Hanging red ribbons around the garden can help to let them know that you have a hummingbird-friendly garden.

Send any native plant horticulture questions to davidbergendorf@hotmail.com and you might see an answer in the next newsletter.

References


David Bergendorf & Shelley Gardner
This is a very worthwhile book. Though thirty dollars is a bit much for a book that measures just 9" by 6" by \( \frac{1}{2} \)" or so, its 345 pages contain about 100 photographs, which are worth more than 30 cents a piece, and hence the book is a bargain. Most of these photographs are beautiful and the rest are stunning.

To be honest, I bought the book for the pictures, which I had admired several times at the book display at our chapter meetings. However, after I bought the book, I did read the text, which is written in a pleasant and accessible, though somewhat chatty, style. The book is not a field guide, nor does it contain detailed guidance for how to harm or host our six-legged neighbors. Rather, the text provides a general overview of the insects and their life cycle, the ecology of insects in the garden (i.e., how they interact with each other and with plants), and a perspective on our interaction with insects in the garden. This last section advocates not only tolerance of insects and the modest damage they cause to our garden plants, but also structuring and tending our gardens to provide better homes for a wider variety of conspicuous, innocuous, and cryptic insects.

For many CNPS members this book would be a good read. If you have some curiosity about insects, you probably would find the description of insect lives interesting, particularly if you haven’t already read up on the subject. If you have interests in gardening and nature, you probably would find the description of the garden ecology of insects rather engaging. If you are a native plant enthusiast and a believer in natural diversity, you probably already believe in and practice the approach to gardening that the author argues for in the final section of the text, and so you could find this final section thought-provoking or rather boring.

Overall, this lavishly illustrated book is enjoyable reading.

John Hunter
Growing Native Returns

For the last year I have been sneaking around behind the scenes reorganizing 59 issues of Growing Native Newsletter into different formats so that I can make their information available to you at a significantly lower price and with less effort and money on my part. It’s great news so far as I am concerned, because I have missed you!

You will need a computer. (If you don’t have one, visit your library, or ask a friend for help.) Go to: www.growingnative.com

Here are the first four:
1. A combination of “The Basics of Growing California Native Plants,” and “The Plant Communities of California.” They include everything you really need to know to grow California native plants successfully.
2. One hundred and seventy-five perennials, 115 for dry gardens, and 60 moist or wet.
3. One hundred and fifty shrubs, about half evergreen and half deciduous.
4. Wildlife and inspiration stories, my own and others.

Each segment has several bonuses (including a list of websites offering color photos of native plants). They will be 40–75 pages, and each will cost less than $15.

You will learn more about it when you look at the new site. I am doing the writing, editing and typesetting, you are doing the printing. If you would like to protect them, you can cover the pages in plastic sleeves and put them in a binder. There is no postage or shipping.

Check the ones you want and put your credit card number onto my secure site. (PayPal now offers any major credit card, and you no longer have to belong to PayPal.) The material will appear on your screen as a PDF. When you are ready, the segments will print out on your own printer. Make sure you have enough paper in it!

Coming within the next year will be four more segments: Our favorite plants - oaks, ceanothus and manzanitas; California prehistory, history, and a visionary view; trees, annuals and bulbs (a newcomer’s best bet); and flying critters, like birds and butterflies, and more to come within this next year, including NEW MATERIAL.

If you don’t want to use a credit card, simply print out the order page, fill in what you want and send it with your check to my address above, adding $3.85 for priority mail for each segment. I will cover the paper and the toner. It is still a great deal.

Question? Call or email me at (831) 427-1818, LadyLFAB@earthlink.net. And thank you!

Louise Lacey

Jepson Herbarium Weekend Workshops in 2004–2005

The Friends of the Jepson Herbarium are pleased to present a broad range of topics for this year’s weekend workshop series. For more information, or to register, please consult http://ucjeps.berkeley.edu/jepwkshp.html or phone Cynthia Perrine, Public Programs Coordinator at the Jepson Herbarium, (510) 643-7008.

Future newsletters will include only a couple of months, but here is the whole calendar. —AJB

Nov 13–14, 2004: Introduction to Medicinal Fungi and Herbs
Dec 4–5, 2004: Plant Evolution and Diversity
Dec 11, 2004: Reconstructing the Tree of Life
Jan 29–30: Photoshop for Botanical Photographers
Feb 5: Diversity and Ecology in the Archaea
Mar 19–20: Basics of Botanical Illustration
Mar 26–27: Introduction to Digital Photography
April 2–3 and April 9–11: Fifty Plant Families in the Field
April 23: Ferns and Flowering Plants
April 21–24: Flora of San Diego County
April 28-May 1: Painting Coastal Wildflowers
May 6–8: Boraginaceae
May 7–8: Poaceae
May 12–15: Flora of Eureka Dunes and Inyo Mts
June 2–5: Spring Mountains (Nevada) Flora II
June 3–5: Pygmy and Redwood Forest Ecology
June 17–19: Concepts in Applied Wetland Restoration
June 25–26: Thistles
June 24–26: Seaweeds
July 7–10: Plants of Bear Basin Butte Area
July 15–17: Salix
July 21–24: Flora of the Convict Lake Region
July 28–31: Sierra Nevada Plants
Aug 20–21: Aquatic Plants
Cooking with California Natives
Madrone Pudding or Sauce

Madrones are common in the foothills and grow beside other trees such as Douglas firs and live oaks. They develop fully ripe strawberry-red berries in November and December. One area where you can find madrones is on the Monroe Ridge Trail in Coloma State Park, about 45 minutes away from Sacramento. To abide by the ethics of foraging, always check with the land manager about collecting. Collect limited quantities and please do not break off branches or pull the plant out of the ground as this will damage or kill the plant. As long as we leave some of the harvest for the animals that depend on it, we can pick wild berries and nuts in most places to our heart’s content!

To make madrone pudding, you need the following:

- Madrone berries
- Sugar or honey
- Cornstarch
- Lemon
- Ginger

Mash the berries in a saucepan and add just enough water to cover them. Simmer the mixture for about 10 minutes. Then pour the mixture through a sieve, being sure to save all the liquid. Mash the berries gently again, against the mesh of the sieve. Scrape off all the pulp that comes through on the back of the sieve and add it to the liquid. Throw away the berry residue left in the sieve.

Sweeten the sauce with sugar or honey to taste. Add a squeeze of lemon juice and a pinch of ground ginger. To thicken the sauce, use cornstarch. Dissolve each tablespoon of cornstarch in a tablespoon of cold water before stirring it into the sauce. For a cup of sauce, I used 2 tablespoons of cornstarch; you may prefer yours more or less thick. Cook the sauce over low to medium heat for another 10 minutes, stirring occasionally, and then chill it.

The result is an attractive, pale pink, jelled pudding that tastes surprisingly like spiced applesauce, except for the difference in texture. If you fold whipped cream into the pudding, you create a delicious madrone fool.

Recipe adapted from “The Flavors of Home” by Margit Roos-Collins 1990

Marin Lemieux

Nature Walks with Jack Hiehle

November Walks
Mon. Nov. 1 8:00 AM–Noon
William Pond Park
Meet at end of Arden Way
Tue Nov. 16 8:00 AM–Noon
Meet at old Fair Oaks Bridge

November Habitat Improvement
Sun Nov 21 8:00 AM
Effie Yeaw
Call Jack if you plan to come: 967-0777.

December Walks
Wed. Dec. 1 8:00 AM–Noon
River Walk
Meet at parking lot of Nimbus Fishery
Tue. Dec. 7 8:00 AM–Noon
Sailor Bar
Meet at end of Emperor: Take Winding Way on Kenneth then go East on Emperor.

December Habitat Improvement
Sun. Dec. 12 8:00 AM
Meet at Effie Yeaw parking lot in Ancil Hoffman Park
Call Jack if you plan to come: 967-0777.

Sacramento Garden & Arts Center
Art & Craft Fair

Sat. Nov. 20 and Sun. Nov. 21: You are invited to attend an Art Show at the Sacramento Garden & Arts Center of McKinley Park. They anticipate having the following types of articles available: paintings, pottery, ceramics, weaving, embroidery, knitting, note cards, photo albums, jewelry, dried arrangements, gourds, carved eggs; wooden boxes, metal sculptures, and more! All are original items made by the artists. Proceeds from this event help SG&AC to continue to give the community this much-needed meeting place at reasonable rates.

Adopt-A-Flat

Putah Creek Council in Davis is starting an Adopt-A-Flat program. They provide native grass seed, soil, seedling trays, and instructions; you provide water & TLC. The seedlings will be used in restoration projects along Putah Creek. To participate, come to the seeding field day, Saturday, Nov. 13, 9:30 to 11:00 AM, at the fire ring on the UCD Riparian Reserve. There will also be planting days in February and March. If you’re interested, please contact Dawn Lindstrom at (530) 757-2776 or e-mail coordinator@putahcreekcouncil.org.
THANK YOU Fall Plant Sale Volunteers!
Kate Brennan organized a wonderful Plant Sale. Brian Williams gave an inspiring presentation on inviting wildlife into your garden, and the 15-minute free consultations with landscape designers Bernadette Balics, Guy Kolling, and Amanda Van Houtte were a very big hit.

It was a great volunteer effort. THANK YOU TO: Peggy Berry, Rita Birdsong, Rich Blackmarr, Janie Booth, Daniel Burmester, Eva Butler, Carol Crofoot, Shelley Gardner, Emmy Gunterman, Jessica Hankins, Gordon Harrington, Bill Jenkins, Lorraine Kekerix, Anne Kempees, Nondra Khali, Marin Lemieux, Chris Lewis, Martha Mallory, Mary Maret, David Marraccini, John Martin, Joyce Martin, Olga Myslivec, Joy Nishida, Bill Patterson, Ruth Rezos, Melinda Rivasplata, Mary Ann Robinson, Mona Robison, Fran Sargent, Mary Schiedt, Jean Schultz, Paul Townsend, Frank Wallace, Junette Wilson, and last but certainly not least, Steve Woodward.

Unfortunately Kate will be moving from the area within the next year, so we will once again need to find a new Fall Sale Coordinator. If you’d like to help, contact Chris Lewis, (916) 482–5282.

Orangina anyone?
I’m not really trying to sell this product. However, their small bottles will make excellent vases for our Wildflower Weekend in April. So HELP, we will need 100 bottles! Could you help organize our vase collecting?

Contact Chris Lewis (916) 482–5282

Wildflower Weekend and Sacramento Valley Wild Gardens
April 16 and 17, 2005
Sacramento’s Plant Communities: their beauty, their importance, their future.
- California Prairie
- Fresh Water Marsh
- Oak Woodland
- Riparian Woodland
- Serpentine, Ione & Gabbro Islands
- Vernal Pools

A fund-raiser for our Regional Conservationist Position.
We will need MANY volunteers for this event. You can help! Please contact Chris Lewis 482-5282.

Sacramento Weed Warriors
Upcoming Events
Sat. Nov. 6, 8:45 - noon
Community Work Group-Sesbania Seedling Removal
Rio Americano High School
Sat. Dec. 4, 8:45 - noon
Community Work Group-Sesbania Seedling Removal
Rio Americano High School
Call Frank Wallace for directions: (916) 213-4682

Home Garden Tour Organizer NEEDED
Many people have expressed interest in sharing their native plant garden, but so far no organizer has stepped forward. If you have the interest, please let me know. Chris Lewis, (916) 482–5282.

Wanted: Publicity Chair
Our chapter needs someone who has a few hours a month to help advertise our chapter meetings and events. Publicity is important - essential to attract a crowd - and really does not require a big time commitment.

This person would create monthly flyers and notify the media (such as the Bee) of our meetings and special events. Ability with computer graphics is good and access to a fax machine and e-mail is necessary. A relatively small time commitment can help yield big results!

Interested?? - contact:
Chris Lewis at (916) 482-5282, lupine@cwnet.com or Mary Maret (916) 961-4057, mmaret@sbcglobal.net.
November 2004 Hibiscus

Hibiscus Newsletter  The Sacramento Valley chapter newsletter, Hibiscus, is published every month, except for December, July and August. Subscriptions are $10.00 for one year. If you wish to subscribe solely to the newsletter, send your check for $10, made out to: CNPS Membership, PO Box 160585, Sacramento, CA 95816-0585. Articles for Hibiscus must be to the newsletter editor by the 5th of the month for the next month’s issue.

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Liservice Moderator  Harry Spanglet, 445-6531, spanglet@water.ca.gov
Mather Vernal Pools  Eva Butler, 443-6282, riverside1@worldnet.att.net
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Poster Sales  OPEN
Programs  Diana Hickson, dianahickson@cwnet.com
Publicity  Shelly Gardner, 736-9026, gardnershelly@comcast.net
Rare Plants  Heidi West, 457-4899, eorydoras22@msn.com, russellhudson.com, rwill1@CH2M.com
School Gardens  Jennifer Hogan, 530 661-3410, jhogan@water.ca.gov
Spring Plant Sale  Marcin Lemieux, 447-2677, mlemieux@cnps.org
Stockton Sub-Chapter  Marsha Mallery, 209 477-3966
Web Site  Sabrina Okamura-Johnson, 929-7896, so@surewest.net
Member at Large:  Melinda Rivasplata, 454-5937, mrlivas@aol.com

MEMBERSHIP APPLICATION

Name ____________________________________________
Address ________________________________________
City ___________________________ State __________
Zipcode________________________

I wish to affiliate with
____Sacramento Valley Chapter of CNPS
____Other chapter____________________________

Membership category
____Student, Retired, or Limited Income: $20
____Individual, or Library: $35
____Household, Family, or Group: $45
____Supporting: $75
____Plant Lover: $100
____Benefactor: $500
____Bristlecone: $1,000

Please complete form and mail with a check payable to

California Native Plant Society
2707 K Street, Suite 1
Sacramento, CA 95816-5113.
Tel. (916) 447-2677 • Fax (916) 447-2727