

OCTOBER 2016

# Sacramento

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L I F E S T Y L E <sup>TM</sup>



## BEER & WINE ISSUE

EXCEPTIONAL WINE  
TASTING EXPERIENCES  
BIKE DOG BREWING CO.  
PHIFER PAVITT WINERY IN CALISTOGA

# Stand tall ... Don't fall

**Get out of that chair and get moving!** Age doesn't matter, it's never too early or too late to start moving your body. A recent study<sup>1</sup> concludes that exercise can reduce the odds of falling and fall-related injuries. Any exercise that improves endurance, muscle strength and flexibility can help. Benefits include:

- **Faster reaction time** to quickly grab something stable if you start to fall.
- **Improved coordination** to help you roll in a fall rather than crash to the ground.
- **Stronger muscles** to buffer the impact and protect bones.
- **Stronger bones** to resist fractures.

Exercise can give you more energy and the ability to do things easier, faster and for longer than before. And it's never too late to start!

## 15 Steps to Help Prevent Falls

The following checklist can help older adults reduce their risk of falling:

- ☐ **De-clutter.** Remove objects you can trip over, such books, magazines, blankets, shoes, etc.
- ☐ **Clear your path.** Move your furniture so you don't have to walk around it.
- ☐ **Use night lights** and glow-in-the-dark light switches. Motion-activated lights are helpful.
- ☐ **Improve lighting.** Use bright, low-glare light bulbs. Uniform lighting is best. Hang lightweight curtains to reduce glare.
- ☐ **Install handrails** in entryway, hallways and near steps.
- ☐ **Secure carpets** and rugs with double-sided tape to keep them from slipping. Better yet, remove them.
- ☐ **Lower items** on shelves to reach easily without using a step stool.
- ☐ **Add reflective** non-slip tape on steps.
- ☐ **Install grab bars** inside and next to the tub or shower and next to your toilet.
- ☐ **Place non-slip mats** or strips in the tub and shower.
- ☐ **Install lever handles** that are easy to grasp on all doors.
- ☐ **Have your doctor** or pharmacist review your medications, even over-the-counter medicines. Some can make you dizzy
- ☐ **Have your vision checked** at least once a year by an eye doctor.
- ☐ **Wear shoes** both inside and out. Avoid wearing slippers or going barefoot.
- ☐ **Exercise regularly** to improve balance and coordination

**For more useful tips about health, wellness, safety and aging, please follow us at [facebook.com/eskaton](https://facebook.com/eskaton) or call 1-866-eskaton. Make sure to check out our how-to fall prevention video at [eskaton.org/standtall](https://eskaton.org/standtall).**



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## Hops and Vines

This month's issue features fun articles on wine, beer, the Golden One Center and the Crocker Art Museum.

We take you through Sonoma County on a journey of exceptional wine tasting experiences, including a sensory tasting at Sbragia Family Vineyards, a gourmet food and wine pairing at Rodney Strong Vineyards, and an indulgent Serenity and Wine Brunch at Keller Estate. Next we head over to Phifer Pavitt Winery in Calistoga to hear the sweet tale of their origins and the building of a successful business. Then we head back to West Sacramento to check out Bike Dog Brewing Co. Bike Dog is a labor of love from

four guys that have three things in common: bikes, craft beer and an affinity for man's best friend. Once you are back in West Sacramento, hop aboard the Old Vine Express for a three hour rollicking train ride where you can sample from eleven Yolo County wineries. We even headed down the Delta for the Passport Weekend, so be sure to check out the *Good Times* section.

The Sacramento Lifestyle Magazine is celebrating our one year anniversary, thanks to you, our readership, and our partners who advertise in and support the magazine. It's been fun, it's been a blast, so raise a glass of bubbly and read on...

All my best,

*Pam Baker*

Pam Baker, Editor  
Pamela.Bake@LifestylePubs.com

**ON THE COVER** Rustic wine sign on the side of the tasting room at Miner's Leap Winery in Clarksburg.

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TALK TO US



# Sacramento

L I F E S T Y L E

OCTOBER 2016

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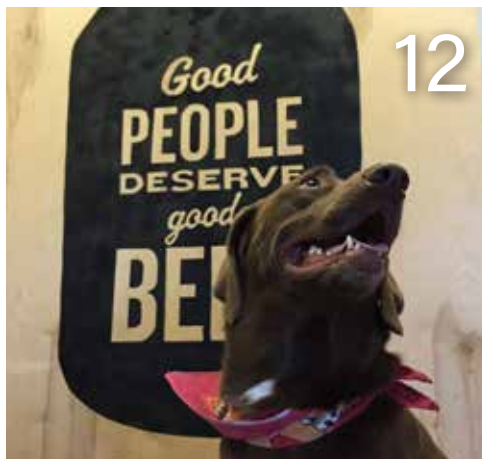




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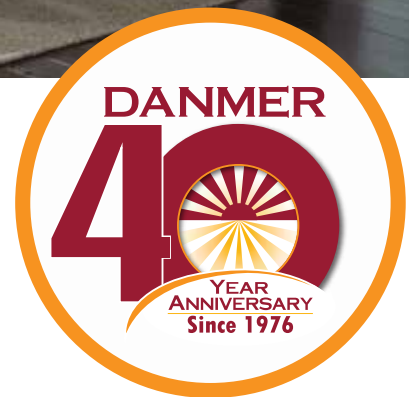
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## Sacratomato Festival at Sutter's Fort

Celebrating the Sacratomato Festival, a free, family festival in Midtown's Sutter District with music, craft beers, fresh fruits and a variety of delicious food served up by nearby restaurants.



## Wine and Produce Passport Weekend in the Delta

Enjoying the Wine and Produce Passport Weekend on the Delta Farm and Winery Trail. Farms and wineries along CA Scenic Hwy 160 participated, a chance for visitors to experience what the rural delta life is like.







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# AROUND TOWN

## OPENING EXHIBITIONS AT THE CROCKER ART MUSEUM



"Claire Falkenstein: Beyond Sculpture"

October 2 through December 31, 2016

Claire Falkenstein (1908 - 1997) was one of America's most experimental and productive 20th century artists. Relentlessly exploring media, techniques, and processes with uncommon daring and intellectual rigor, she moved from one art center to another, working first in

the San Francisco Bay Area, then Paris, and New York, and finally, Los Angeles. Her reputation today rests primarily on her sculpture, which was often radical and ahead of its time, yet she was also an inventive painter and maker of prints, jewelry, glass, films, stage sets for dance, public murals, fountains, and monumental architectural commissions. Although Falkenstein's extensive oeuvre can appear bewilderingly diverse, her pieces are based on several distinctive structural systems, which became her personal, formal vocabulary. This retrospective exhibition traces the development of Falkenstein's work both chronologically and geographically through key works from the early 1930s through the 1990s encompassing nearly every media she explored.

"Highest Heaven: Spanish and Portuguese Colonial Art from the Roberta and Richard Huber Collection"

October 23 through January 22, 2017

"Highest Heaven" explores a time when art flourished in the Iberian colonial possessions of the Altiplano (high plains) of South America, which stretch from northern Argentina to Peru. Through approximately 107 paintings, sculptures, ivories, objects in silver and furniture, the exhibition traces the development and spread of the Catholic faith through the creation and use of religious art for devotion and instruction. The objects are drawn from the distinguished collection of Roberta and Richard Huber of New York City, built over the course of three decades. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)

## SACRAMENTO 2016 ARMENIAN FOOD FESTIVAL

October 22, 2016, 11 a.m. to 8 p.m.

Enjoy all things Armenian at the 2016 Armenian Food Festival, Trinity Cathedral Great Hall, 2620 Capitol Ave, Sacramento. St. James Armenian Church invites you to dine on Armenian food and pastries, enjoy a cultural program, participate in fellowship, and much, much more.

Admission free until 5 p.m. After 5 p.m. admission \$5 general/\$2 seniors/children under 12 free. [StJamesSacramento.org](http://StJamesSacramento.org)



## ART OF THE CAR - CALIFORNIA AUTOMOBILE MUSEUM

November 4, 2016, 5:30 - 9:30 p.m.

The California Automobile Museum is proud and excited to present *Art of the Car starring David Garibaldi* to be held on Friday evening, November 4, 2016.

This dinner extravaganza will feature world-renowned artist and car enthusiast David Garibaldi, featuring farm-to-fork cuisine by Diane Wilkinson Catering, artisan cocktails, live entertainment by Ken Koenig and Spare Parts Band, and a silent and LOUD auction (including the art that David produces during his performance). Proceeds from this fabulous fundraising event support the Museum's many community and education programs and engaging special exhibits.

The California Automobile Museum is thrilled to have David Garibaldi, who is also a car enthusiast, join in support of these efforts. With his passion and drive, David has helped to raise more than \$1.7 million dollars for nonprofits and charities through his high-energy performance and art. This year, their "Bid for a Cause" will fund a large-scale mural for the outside of our museum building. The artist selected for this project is internationally known Shaun Burner, who focuses on mural work and large-scaled paintings mostly working with acrylics and spray enamel. Tickets to this exciting evening are \$75 for individuals. VIP Table Sponsorships are still available. To find out more information call 916.442.6802 or [CalAutoMuseum.org](http://CalAutoMuseum.org).





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# West Sacramento's Bike Dog Brewing Co.

WHAT COULD BE BETTER THAN  
BIKES, DOGS AND CRAFT BEER?

*Bike Dog Brewing Co Taproom*



ARTICLE LOGAN JEFFREY | PHOTOGRAPHY PROVIDED

Let's pretend you're a loan officer in a bank and the following occurs: Four young guys walk into your office and say that they want a loan to start a craft brewery. They happily respond to all of your follow-up questions: No, they don't have any professional brewing experience, or even restaurant experience to speak of. No, they're not going to leave their day jobs to pursue this dream full time. No, they don't have lofty ambitions to get their beer on every table in America; in fact, they plan on making a relatively miniscule amount of beer. They want to build the brewery in an industrial complex in a town with no existing craft beer scene. They're not going to serve food to encourage customers to make that trek, but they might let some food trucks park nearby. They plan on allowing dogs to wander the premises. And they don't really have a clever name for the brewery, so they'll probably just call the place Bike Dog Brewing, because, you know, bikes and dogs are cool.

Perhaps a forward-thinking, beer-loving banker would have made the right choice, but fortunately the four founders of Bike Dog

Brewing never had to make that pitch. A.J. Tendick, Sage Smith, Raef Porter and Pete Atwood met while working for Sacramento Area Council of Governments. While chatting around the proverbial watercooler, they realized they shared many interests, chief among them quality beer, riding bicycles, and an affinity for man's best friend. While those sorts of shared interests among colleagues often inspire endless follow-up conversations and maybe even shared pints outside of work, these four chose to take it a few steps further.

By choosing a site for the brewery that was outside of the pricy downtown grid, and by starting small, they were able to keep startup costs relatively low. After concluding that they could start the brewery debt-free, they crowd-funded \$20,000 from a Sacramento public that was itching for a West Sacramento-based craft beer to call their own and cobbled together the remaining \$130,000 themselves. And in October of 2013, they held the much-anticipated grand opening of Bike Dog Brewing,



2534 Industrial Blvd #110,  
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located between a flooring store and a truck-parts distributor at 2534 Industrial Boulevard in West Sacramento.

They launched to a full house, serving the enthusiastic crowd their now locally-famous wheat, IPA, double IPA, milk stout, and saison. Their brewing apparatus at launch consisted of a tiny 3.5-barrel unit, purchased from Portland Kettleworks. And, while that's served them well, demand for their beers has grown so much since launch that they've doubled their brew space and are building a 15-barrel brewhouse with equipment from Brewbilt in Nevada City. There are even plans to double the brewing capacity again as soon as next year. That's because their current demand is so high, they have to turn away most accounts that approach them to buy their beer. Furthermore, their core beers are so popular they seldom have the space to brew the seasonal, aged, and specialty beers that most excite them personally. The increased capacity will also allow them to add restaurant and store accounts locally and in the Bay Area.

Despite Bike Dog's tremendous popularity, all four still work for local government, where they gather at the water-cooler to discuss beer, bikes, and dogs. Presumably they have less time to ride their bikes now, but access to beer is obviously not a problem and they get to bring their pups to their other job. You can bring your pup too. The brewery is open Thursday through Sunday, when you will almost always find many dogs and bikes amongst the crowds of hop-heads vying for a refill at the industrial-chic concrete bar of the taproom. If you're not into dogs or crowds, you can find several of Bike Dogs' beers in bottles at many of Sacramento's better-stocked groceries. That said, there's nothing like a fresh pint of milk stout enjoyed with a dinner from one of the taproom's visiting food trucks and a happy pup at your feet.

A visiting dog



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# DATE NIGHT DAY DREAMS COME TRUE FOR *THE* PHIFER PAVITT WINERY



Photo by Marin Kristine



Photo by Brent Broza



Photo by Adeline and Grace

## ARTICLE MICHELLE GIACOMINI | PHOTOGRAPHY PROVIDED

As fajitas sizzled in the cast iron skillet on their Calistoga car-camping campfire, Suzanne and Shane Pavitt sipped and savored a glass of wine, while day dreaming out loud. It was a beautiful time on their newly purchased property, and its possibilities overflowed with promise.

As with anything she does, Suzanne Phifer Pavitt was revving up for a new passionate pursuit of making the couple's dreams come true. This project would be most special. This project would be one filled with love of the land, appreciation of the wine its grapes would produce, and would lend itself to become a legacy for their future children.

Together, Suzanne and Shane built not only a homestead, but an incredible & unique winery in Calistoga, CA. From the floating 100 year old walnut bar to the hog fencing chandeliers and the reclaimed Wyoming snow wood that lines the walls, these mindful details come alive as visitors walk through the doors. Even what can't be seen, like the recycled blue jean insulation in the walls, has been carefully thought out. It didn't come easy and it didn't come fast. What began as a conversation during their weekly "Date Night" commitment, became a successful Napa certified green winery that hosts visitors who enjoy the winery's two flagship varietals, the Date Night Cabernet Sauvignon and the Date Night Sauvignon Blanc.

As Suzanne explains, "In 1999, we developed everything from ground up. I (began to) serve as the general contractor and it took six years for permits." But they persevered and built the winery, though it took even more years to get the vineyard permit. The couple's winery farms about 950 cases of Cabernet Sauvignon from the Temple Family Vineyard in the Pope Valley. For their 900 cases of Sauvignon Blanc, they farm the Juliana Vineyards, also located on Pope Valley. As Suzanne shares, they "Cooperative farm the grapes. (The vineyards) own the land and we farm the fruit." They've been farming that land annually since 2005, and have never looked back.

Suzanne has also never looked back on her former career in hi-tech. Though she and Shane did not come from a wine background, they have a shared passion that more than makes up for the previous lack of experience. As a result of the winery, the couple has been able to leave their former careers and dive successfully into not only their wine business, but also establishing a closer family bond with their children, Jackson William, 14, and Rhett James, 13. While Suzanne runs the day-to-day business operations, Shane is acting CFO, works harvest and is able to be sure their boys are attending time-consuming sports practices, year-round travel team football games, dirt bike races and more.

This family business has captured the interest of so many over the years, including Shane's uncle, George Francuch. He was instrumental in drawing the label for Phifer Pavitt wines. Suzanne encouraged Uncle George to draw a strong woman to represent the winery because she knew that he would be able to create a woman from an era, like Patsy Cline's, who did it all during the day and cleaned up, put on a beautiful dress at night. She wanted to capture the moxie of the women of that era. Suzanne explains, "I wanted a woman who was approachable and appreciated by a man, but also to a woman's palate." And Uncle George delivered.

So in keeping, the Phifer Pavitt Winery continues to deliver a special kind of moxie to its customers at each and every visit. Suzanne confides, "I really designed this whole experience to be very intentional and authentic. I try to be authentic in everything we do. At the end of the day, I hope (visitors) feel a very personal experience, because I have literally overseen every detail and my fingerprints on design are evident at every corner of the property, whether its the gates, the exterior of the winery or the interior of the tasting room. When you come on the property, you're coming into my house. We want people to feel part of it."



# Recently **SOLD** Sacramento Properties

Neighborhood	List Price	Sold Price	%Sold/List	DOM*	Beds	Baths
5630 Monte Claire Lane, Loomis	\$1,355,000	\$1,260,000	108%	84	4	3/2
9645 Wexford Cir, Granite Bay	\$995,000	\$1,080,000	92%	9	5	6
10123 Lupine Ln , Auburn	\$849,000	\$849,000	100%	295	5	4
5290 Moss Ln, Granite Bay	\$949,000	\$975,000	97%	11	4	3
6255 Oakridge Way, Sacramento	\$895,000	\$850,000	105%	3	4	4
3741 Bridlewood Way, Roseville	\$799,000	\$780,000	102%	184	5	3/1
2738 21 St, Sacramento	\$475,000	\$475,000	100%	8	5	3
5101 C St, Sacramento	\$445,000	\$460,000	97%	13	3	1
3843 Berrendo Dr, Sacramento	\$575,000	\$550,000	105%	10	3	2
2210 26th St, Sacramento	\$595,000	\$570,000	104%	16	*Fourplex	N/A
4512 Saxony, Rocklin	\$680,000	\$665,000	102%	33	4	3
2747 Pennefeather Ln, Lincoln	\$520,000	\$515,000	101%	28	5	3
1740 Montana Ave, Sacramento	\$525,000	\$525,000	100%	7	5	4
4005 Albert Cir, El Dorado Hills	\$559,950	\$555,000	101%	81	4	2/1
2019 Beckett Dr, El Dorado Hills	\$529,000	\$529,000	100%	11	4	2/1
108 Foxridge Dr, Folsom	\$629,000	\$610,000	103%	21	6	3/1
2516 Kennedy Pl, El Dorado Hills	\$535,000	\$535,000	100%	52	5	3/1
8054 Shadowwood Ct , Granite Bay	\$539,000	\$525,000	103%	46	4	3
1080 La Sierra Dr, Sacramento	\$550,000	\$575,000	96%	75	4	2
940 El Oro Dr, Auburn	\$609,000	\$550,000	111%	13	4	3/1
702 Anna Pl , El Dorado Hills	\$529,000	\$509,000	104%	45	4	3
106 Fallon Ln, Sacramento	\$599,000	\$580,000	103%	165	4	3
720 Rolling Green Dr, West Sacramento	\$585,000	\$585,000	100%	277	6	5
5517 Northborough Dr, Sacramento	\$515,000	\$505,000	102%	1	5	3

Information obtained from Comparative Market Analysis for 07-26-16 through 08-26-16. \*DOM=Days on Market.



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#### ARTICLE GARY BAKER | PHOTOGRAPHY PAMELA BAKER

Board at a train station that doesn't look like a train station, but don't let that fool you. Once you get on, the wine starts flowing and the band starts playing, and the train keeps a rolling all afternoon. Welcome to the Sacramento River Train's "Old Vine Express." This fun and entertaining excursion features a three-hour train ride with wine tasting and live music also on board!

Premium tickets sell for \$65 per person and include a souvenir glass, 10 tasting tickets, three premium tasting tickets, a meal and priority boarding. General tickets sell for \$45 per person and include 10 tasting tickets.

The wine train features a selection of both red and white wines (23 in total) from 11 different Yolo County winemakers. Each passenger, before boarding, is provided a list of wines available for

tasting, organized by location on the train and identified by vintner and varietal. Once on board, passengers can move from car to car to taste wine at one of five wine stations spread over the length of the seven car train.

Wine tasting starts as soon as you board and the atmosphere quickly becomes

festive. Wine makes friends and standing in close proximity in the narrow rail cars allows you to easily make a new acquaintance while waiting for the attentive wine train staff to pour your tasting.

Live music plays at one end of the train in an open air gondola-like car and premium wines are served in a more traditional, enclosed passenger car with comfortable couch seating around small tables at the other end of the train. Cars in between, all with ample windows, have more traditional table and bench style or table and chair seating. But the real draw was the "band car" attracting interest from just about everyone on the train. At one point in the trip, the dance floor in front of the band seemed constantly filled with a raucous group of folks more interested in dancing than in wine tasting, justifiably, as the band called "Fox Trot Mary" was really playing their musical hearts out.

Because there is so much to see and do on this on this rollicking train ride, it's hard to know where to start, but, here's a suggested strategy. Get on board, get your first tasting, get seated in the style of car that most appeals to you, and, once the train gets rolling, move about by traversing from car to car, tasting station to tasting station.

The train departs from West Sacramento and runs along the Sacramento River westward through newly planted vineyards,





orchards along the Garden Highway, under the I-5 bridge and past Swabbies on the River, then along I-5 into Woodland. The train tracks are, in most places, high enough along the levee that from both the enclosed cars as well as the open air ones you get some beautiful views of the river and the fertile Yolo county farmland.

Food is available for purchase in the Food Car, located in the middle of the train. But a premium adult ticket also includes a meal, along with seating in the exclusive VIP car.

Staff at the various wine stations are pleasant, polite and quite skilled at pouring wine into small glasses on a moving train. Comically, for most folks, the more wine tasted, the more difficult it became to move about the train, navigating the steps between cars, walking down narrow passages or past others you may encounter going the opposite way towards you, swaying like drunken sailors to the slow mambo-like rhythm of the train.

Although there is a parking lot for a few cars, safety would dictate and the wine train company suggests that a taxi or designated driver should be used to return to town once you disembark the train. In fact, a list of various transportation providers and their corresponding phone numbers is posted on the train.

In my experience, the "Old Vine Express" is a great way to sample several different Yolo County wines in one place, relatively convenient and safe, without driving miles around the county to visit each winery.

Bring your friends, bring your family and enjoy an exciting afternoon adventure of music, dancing and relaxing transportation.





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# Sonoma County

## EXCEPTIONAL WINE TASTING EXPERIENCES

For most of us wine tasting simply occurs when we stop at a winery, belly up to the bar, and have a few sips. Sometimes the wine tasting room is crowded, noisy and you have to practically elbow your place at the bar to be served. This may be okay for most of us, but there is another way to experience wine tasting that is more exclusive and, as a consequence, more exceptional.

So what constitutes an exceptional wine tasting experience? Patience and planning helps. For example, instead of just arriving at any winery, you might need to make reservations first. Contact the winery ahead of time to see what private tasting experience they might offer. Perhaps food pairing with several different wines hand-picked by the winery chef. An exceptional tasting is typically one where you are seated for the duration of the experience in a private room with a knowledgeable server or in a cave or at terrace table overlooking a beautiful view where you are waited upon. An exceptionally good wine tasting should have a relaxed, unhurried pace and last for 90 minutes or more, if you take the time to choose the right, accommodating winery.

Exceptional wine tasting experiences can include being served only estate or reserve wines or a lineal tasting of one varietal or even a tasting coupled to sensory smells of small vials containing aromas frequently found in the wines. As you can see, we are talking about being pampered, being seated, and well handled by someone with sommelier-like knowledge of wine. Exceptional should be personalized, exclusive (two but not more than ten people), indulgent and luxurious. It's definitely going to be expensive, but well worth the cost for the type of experience you don't normally get at a casual winery stop.

Sonoma County, renowned for its chardonnays and pinot noirs is the perfect getaway for wine lovers and over the past year, we've traversed it numerous times, visiting several wineries. Somewhere along the way, after stumbling across a few, unique and indulgent wine tasting experiences, the idea was born. We planned, we traveled, we tasted and here are our five favorite Sonoma County, exceptional wine tasting experiences:

CONTINUED >







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**IF YOU GO:**

**KellerEstate.com**

707.765.2117

**Sbragia.com**

707.473.2992

**RodneyStrong.com**

707.431.1533

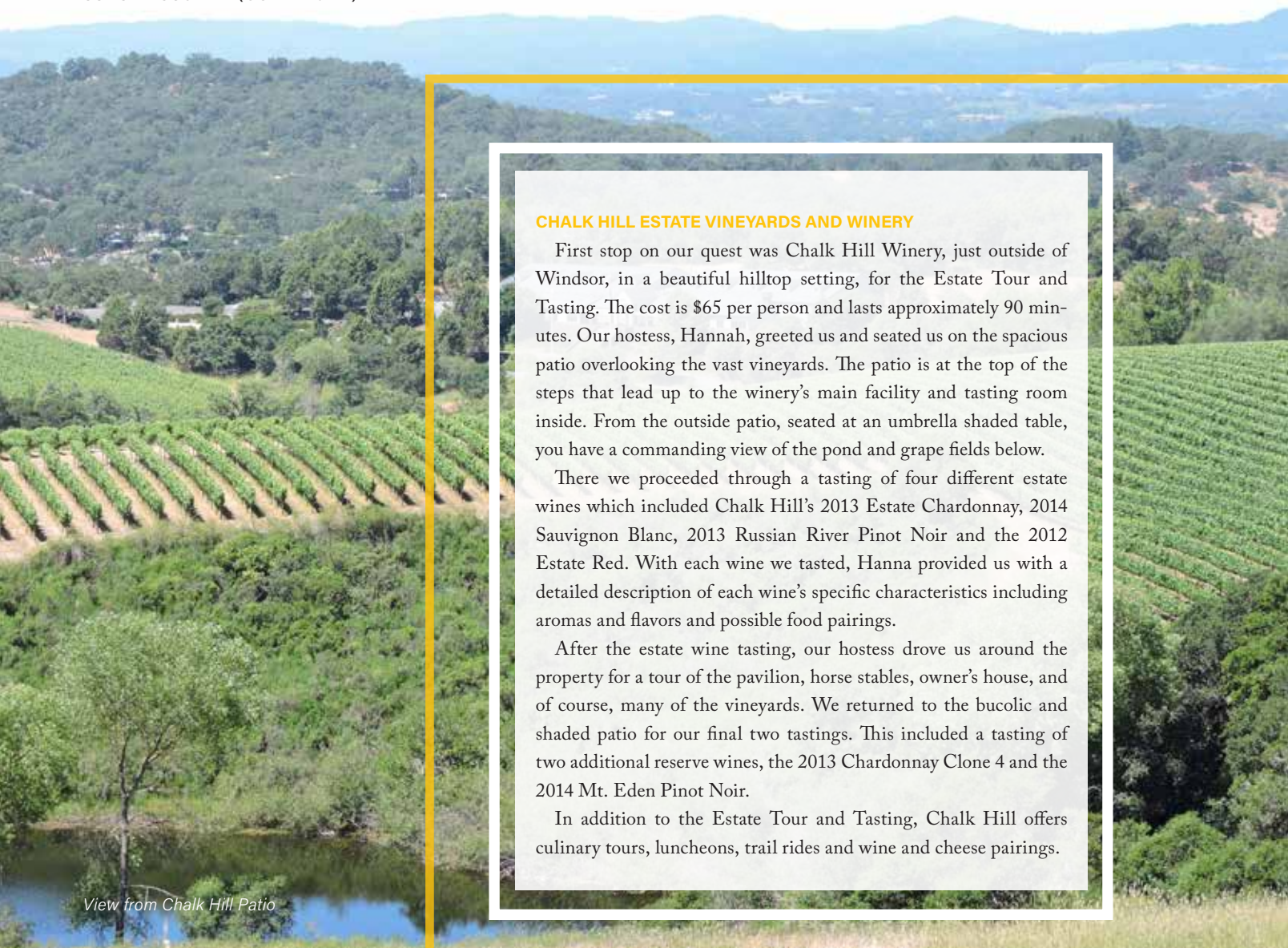
**LaCrema.com**

800.314.176

**ChalkHill.com**

707.657.4837





*View from Chalk Hill Patio*

#### CHALK HILL ESTATE VINEYARDS AND WINERY

First stop on our quest was Chalk Hill Winery, just outside of Windsor, in a beautiful hilltop setting, for the Estate Tour and Tasting. The cost is \$65 per person and lasts approximately 90 minutes. Our hostess, Hannah, greeted us and seated us on the spacious patio overlooking the vast vineyards. The patio is at the top of the steps that lead up to the winery's main facility and tasting room inside. From the outside patio, seated at an umbrella shaded table, you have a commanding view of the pond and grape fields below.

There we proceeded through a tasting of four different estate wines which included Chalk Hill's 2013 Estate Chardonnay, 2014 Sauvignon Blanc, 2013 Russian River Pinot Noir and the 2012 Estate Red. With each wine we tasted, Hanna provided us with a detailed description of each wine's specific characteristics including aromas and flavors and possible food pairings.

After the estate wine tasting, our hostess drove us around the property for a tour of the pavilion, horse stables, owner's house, and of course, many of the vineyards. We returned to the bucolic and shaded patio for our final two tastings. This included a tasting of two additional reserve wines, the 2013 Chardonnay Clone 4 and the 2014 Mt. Eden Pinot Noir.

In addition to the Estate Tour and Tasting, Chalk Hill offers culinary tours, luncheons, trail rides and wine and cheese pairings.

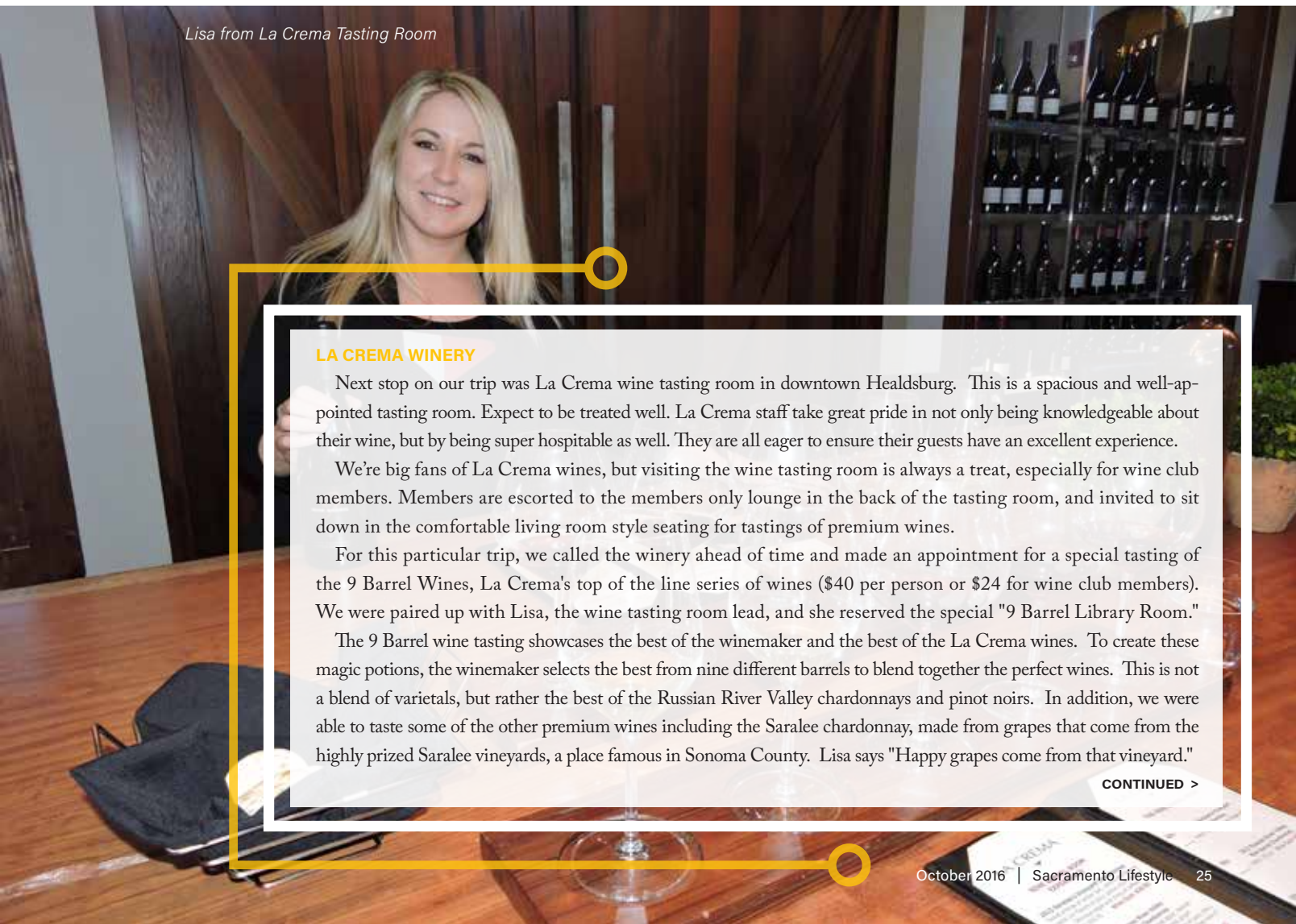


*Hannah from Chalk Hill*





*Steps to Chalk Hill Estate Tasting Room*



*Lisa from La Crema Tasting Room*

#### **LA CREMA WINERY**

Next stop on our trip was La Crema wine tasting room in downtown Healdsburg. This is a spacious and well-appointed tasting room. Expect to be treated well. La Crema staff take great pride in not only being knowledgeable about their wine, but by being super hospitable as well. They are all eager to ensure their guests have an excellent experience.

We're big fans of La Crema wines, but visiting the wine tasting room is always a treat, especially for wine club members. Members are escorted to the members only lounge in the back of the tasting room, and invited to sit down in the comfortable living room style seating for tastings of premium wines.

For this particular trip, we called the winery ahead of time and made an appointment for a special tasting of the 9 Barrel Wines, La Crema's top of the line series of wines (\$40 per person or \$24 for wine club members). We were paired up with Lisa, the wine tasting room lead, and she reserved the special "9 Barrel Library Room."

The 9 Barrel wine tasting showcases the best of the winemaker and the best of the La Crema wines. To create these magic potions, the winemaker selects the best from nine different barrels to blend together the perfect wines. This is not a blend of varietals, but rather the best of the Russian River Valley chardonnays and pinot noirs. In addition, we were able to taste some of the other premium wines including the Saralee chardonnay, made from grapes that come from the highly prized Saralee vineyards, a place famous in Sonoma County. Lisa says "Happy grapes come from that vineyard."

**CONTINUED >**





#### RODNEY STRONG VINEYARDS

The following day, we headed to Rodney Strong Winery, which is housed in a striking and dramatic winery. Upon arrival you might quickly draw the conclusion that this is one of those wineries owned by a giant corporation charging \$20 per tasting and drawing throngs of wine lovers to its tasting room. But it's not; in fact Rodney Strong is family owned and proud of it. The winery makes great wine but a visit there provides so much more. During the summer time, the winery sponsors concerts in its outdoor amphitheater and wine and food pairings on the terrace. It was the latter that brought us back to Rodney Strong for another exceptional wine tasting experience.

For \$55.00 per person, the winery offers a leisurely paced food pairing of small, gourmet bites with five different wines. Seated at an umbrella shaded table overlooking the expansive picnic grounds and vineyards, we were offered an envelope with cards describing the menu of soon-to-come food delights and winemaker's notes for each of the wines. The food was prepared by Chef Tara Wachtel and served by Greg, a long-time employee, former home winemaker, jazz pianist, and general expert of our favorite drink, wine. Rodney Strong did not disappoint. Nearly two hours, six courses, and five wines later (plus a few extra tastings), we were feeling thoroughly relaxed and very satisfied. We walked away with a greater knowledge and appreciation for the wines that are produced in Sonoma County and thoroughly impressed with the Rodney Strong staff who made us feel like special friends just visiting for lunch.







View from Sragia Patio

#### SBRAGIA FAMILY VINEYARDS

Next stop on the tour was Sragia Winery, north of Healdsburg on Dry Creek Road. The view is beautiful and staff go out of their way to make sure your wine tasting experience is enjoyable.

Sragia offers a variety of different options including tasting on the terrace with a charcuterie and cheese plate for \$30, a chocolate and wine pairing for \$30 per person (\$15 for wine club members), or a sensory tasting for \$50 per person (\$20 for wine club members). The winery will also conduct customized tastings such as a compare and contrast of one varietal (a chardonnay to chardonnay or vintage to vintage), with advanced notice.

We called ahead and signed up for the sensory tasting. What an experience! Arriving early, we took in the view from the spacious deck overlooking Dry Creek Valley while we waited for our tasting to begin. Our host was Andrew, a wine collector for 20 years who is now working in the wine industry. This man is a wealth of knowledge on everything wine related. Andrew reserved the library for this special tasting, and supplied us with a generous and sumptuous charcuterie board. The sensory tasting is almost a sommelier-like experience where visitors get to learn what aromatics are using the La Nez Du Vin wine aroma kit, along with tasting five different Sragia wines. The kit contains 54 little jars of different aromas. We used ten, two per tasting, for this exercise.

We started with a sauvignon blanc, then a chardonnay, before working our way into the reds. In a sensory tasting you start smelling and tasting the wine to try and detect the different characteristics. With each wine, Andrew handed us two different vials and ask us to guess what we were smelling. He also supplied us with a wine aroma wheel that separates the fruits in white wine to fruits in red wine, floral scents and flavors, vegetal, oak aging characteristics and even off odors that sometimes show up in a bad wine or a wine with a bad cork.

Each time we tasted, sniffed, and wrote down our guesses. Then Andrew would tell us what the actual scent was and let us smell the vial again. We guessed wrong the majority of the time but the experience was an important step for us in helping develop our palates. After two and a half hours and a sampling of some of Sragia's other reserve wines, we were done! Because there were only the two of us with Andrew, we really got a crash course on wine tasting, but, we would definitely go back with friends and do it all over again.

CONTINUED >



Sensory Tasting at Sragia



Brunch at Keller Estate



#### KELLER ESTATE

Last on our tour through Sonoma County and the search for exceptional wine tasting experiences was Keller Estate. Located in the southern part of Sonoma County off Lakeville Highway, this Petaluma Gap winery is open by appointment only (although a quick phone call ahead usually gets you in right away). When you arrive, expect to be seated, not ushered up to a crowded winetasting counter. The feel here is luxurious and the pace of wine tasting is leisurely. Knowledgeable wine servers share information about the winery and serve popcorn popped in the winery's estate produced olive oil, with a side of olive oil for dipping. While this might seem like an unusual pairing for wine tasting, the olive oil is quite delicious and the popcorn and olive oil flavors don't detract from the wines.

Our first visit to Keller was exactly this kind of experience. 90 minutes tasting four wines in the tasting room, overlooking the vineyards and learning about the chardonnays, pinots and the Rotie being poured that day. But our return visit on this trip was so amazingly over the top and indulgent that we heartily recommend it. Called their Serenity and Wine Brunch, this is a three course, gourmet feast paired with estate wines. For \$65 per person or \$50 for club members, this is an excellent way to sample the Keller wines.

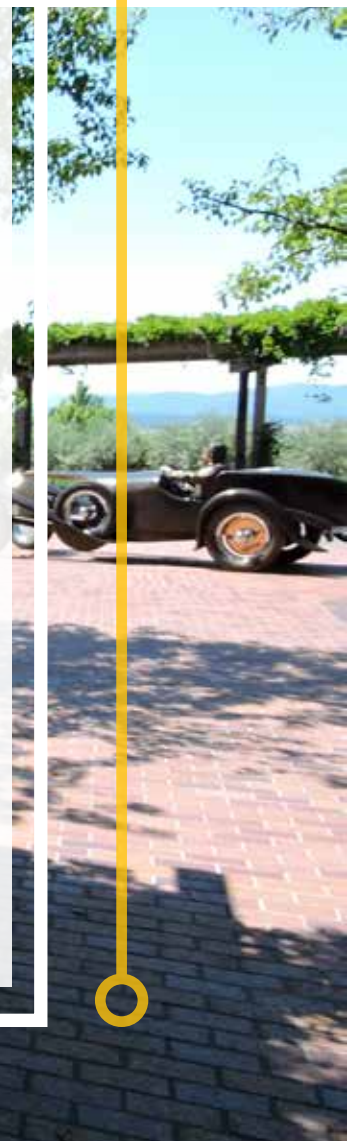
Brunch is served on the Vineyard Terrace with sweeping views of the vineyards, olive groves and Mt. Tamalpais. Seating is family style at a long, elegantly set table. Be prepared to get to know your table mates as the wine is poured. And, servings are generous! We started with a crisp, dry rose, worked our way through three different chardonnays, sampled a couple of pinot noirs, the Rotie and ended with a sparkling wine.

We even received a special treat at the end. With temperatures hovering around 100 degrees that weekend, Brian, our host, had set up the wine cave earlier in case we needed to sit inside. While we did enjoy most of our meal on the vineyard terrace, Brian kindly invited us back to the cave to cap off the afternoon with dessert and sparkling wine. We parted ways with our new found friends, purchased some favorite wines, then set off on the road wondering how we were ever going to just be able to walk into an ordinary wine tasting room again and belly up to that crowded bar!

So there, dear readers, is the best of our Sonoma County exceptional wine tasting experiences. It was fun. It was indulgent. It gave us unique and up close opportunities to learn more about Sonoma County wines and sharpen our wine tasting skills. Impress your friends or impress your date. Guaranteed that any one of these five experiences will do the trick!



Patio at Keller Estate







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# DOWNTOWN'S LONG ANTICIPATED GOLDEN ONE CENTER COMES TO LIFE

ART, FOOD, ENTERTAINMENT AND THE KINGS!

ARTICLE BARRY WISDOM | PHOTOGRAPHY PROVIDED

Sculpture by Jeff Koons will greet customers as they enter.



An artist's rendering of the massive 55-foot video board to be hung from the ceiling of the Golden 1 Center.



The Sawyer Hotel tower in an artist's rendering of a street view courtesy of Rios-Clementi-Hale Studios.



An artist's rendering of the Plaza Gateway.



Time for a royal libation.



A rendering of the center's rooftop garden.





A view of the exterior plaza.



When you overhear people talking about dribbling, do you instinctively reach for your smartphone to share photos of your baby or grandchildren, only to be met with sets of glaring eyes in shades of purple, baby blue, and silver-and-black?

During the more than two-and-a-half years since lead architect AECOM released its first set of survey- and focus-group influenced renderings of downtown's Golden 1 Center – a \$500 million, 17,500-19,000-seat, solar-powered, high-tech haven that will serve as both the Sacramento Kings' home court, as well as the city's premiere special-event venue – it's been increasingly difficult to ignore feeling like a freak while all those around you seem to be chanting "One of us! One of us!"

You rolled your eyes, and you shook your head like an earthquake-rattled Vivek Ranadivé bobblehead as Sacramento-based media covered the minutia of the day-to-day construction progress with the kind of attention you expected to be reserved for a species-preserving ark, or a landing pad prepped for a close encounter of the Third Kind.

But as this month's scheduled opening nears, complete with a planned three-block radius of retail outlets, fresh dining choices, and a 16-floor hotel tower in the adjacent Downtown Commons (DOCO), it's time for even the hater-deflators to embrace the center as a distinctly Sacramento-flavored "wow" destination positioned to entice and entertain not only the 1.6 million new visitors the center is expected to draw, but longtime and native residents as well.

In other words, the Golden 1 Center and the DOCO administration want to reassure the community – its proponents and detractors alike – that when it comes to the venue's many selling points, basketball isn't the only game in town. If the free-throws and slam-dunks on the floor hold little interest for your spouse, significant other, friend or family member, there's no reason to feel guilty for dragging them to the center. There is much to see, do and taste.

If their hands are permanently grafted to their cell phone or tablet, the Kings have them covered thanks to warp-speed connectivity that has the team heralding the facility as "the world's most-connected indoor sports and entertainment venue" featuring free wi-fi connections that the NBA franchise boasts are 17,000 times faster than the average residential network.

Do they find the roar of a game distracting? Again, no worries. The wi-fi connection will extend into the plaza surrounding the arena.

Those indifferent to b-ball and whose digital device-manipulating digits require a time-out, can make their way to the arena's concessions area where appetites can be indulged without a whiff of guilt. As Sports Illustrated's Tim Newcomb reported in an Aug. 15 post, "all island-style concessions are fully open to help not just with sight lines, but also to create a more food-aware environment." "The Kings have started promoting their farm-to-fork options in the arena, with all food coming from within 150 miles of the arena," Newcomb wrote. "It should feel like a farmers market," Kings President Chris Granger told Newcomb, "not a concession."

If one is hungry for some artistic sustenance, the Kings and the Sacramento Metropolitan Arts Commission have reinforced Sacramento's cultural history with a series of public art commissions designed to delight those whose idea of fine art extends beyond all-weather vinyl banners. Among the featured artworks: two Royal Chicano Air Force (RCAF) murals by Esteban Villa, Juanishi Orosco and Stan Padilla.



The Golden 1 Center in concert configuration.



Also highly anticipated as of press time is the first publicly-owned and permanently displayed original sculpture by world-renowned artist Jeff Koons ("Coloring Book #4"). Three more projects, created by local artists Bill Fontana, Gale Hart and Bryan Valenzuela, will greet visitors at the main entrances to the arena and DOCO.

The Golden 1 Center and DOCO blur the lines of architectural design and art, offering an integrated, sensory-soothing experience that combines Disney's original EPCOT Center concepts with the futuristic pleasure-domed environments from "Logan's Run."

"Golden 1 Center's indoor-outdoor concept celebrates and allows visitors to enjoy Sacramento's climate and culture in a number of ways," trumpets a center media release. "In addition to farm-to-fork concessions, the arena's facade patterns will depict leaves and trees cut into perforated metal, fitting for the 'City of Trees.'"

If you prefer music to sports, you can take in such acts as Paul McCartney (Oct. 4-5); Maroon 5, Tove Lo and R. City (Oct. 15); Pentatonix and Us the Duo (Oct. 19); Jimmy Buffet and the Coral Reefer Band (Oct. 20).

Also on tap: WWE: No Mercy (Oct. 9); Disney on Ice: Passport to Adventure (Nov. 3-6); Cirque du Soleil: Toruk (Nov. 30-Dec. 4); and Trans-Siberian Orchestra (Dec. 28).

# October

## OCTOBER 1

### 6TH ANNUAL ALOHA FESTIVAL CAL EXPO

The Sixth Annual Sacramento Aloha Festival will celebrate Sacramento's rich Polynesian culture. Enjoy Native Hawaiian and other Pacific Islander exhibits, workshops, presentations, arts, crafts, merchandise, food, and entertainment. Free admission. [SacAlohaFest.org](http://SacAlohaFest.org)

## OCTOBER 1

### 2016 WALK TO END ALZHEIMERS CALIFORNIA STATE CAPITOL - SOUTH STEPS

Presented by Alzheimer's Association Northern California and Northern Nevada. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. [Alz.org/Norcal](http://Alz.org/Norcal)

## OCTOBER 1

### SACRAMENTO CENTURY CHALLENGE 2016 CAPITOL MALL GREENS

Ride to conquer childhood cancers at the 3rd annual Sacramento Century Challenge. Choose from four different distances that travel along the Sacramento River through the scenic Delta wine region. [SacramentoCentury.com](http://SacramentoCentury.com)

## CONTINUING THROUGH OCTOBER 9, 2016

### SACRAMENTO INTERNATIONAL HORSE SHOW RANCHO MURIETA

The Sacramento International Horse Show is one of Northern California's premiere equestrian events in held in Rancho Murieta at the Murieta Equestrian Center. The Sacramento International Horse Show is part of the prestigious Longines FEI World Cup Jumping North American League, hosting one of only seven World Cup Qualifiers on the West Coast of North America! [JumpSacto.com](http://JumpSacto.com)

## OCTOBER 8

### BLACK AND WHITE FUR BALL SACRAMENTO SPCA CAMPUS



The 2016 Black and White Fur Ball is a gala to benefit the Sacramento SPCA. This year the SPCA will be celebrating "Hollywoof" style. Come enjoy food, drinks, entertainment by David Garibaldi, a live auction, raffles, silent auctions, and more. General \$65, VIP \$150. [SSPCA.org](http://SSPCA.org)

## OCTOBER 8

### SACRAMENTO PHILHARMONIC AND OPERA PRESENTS TCHAIKOVSKY'S FIFTH COMMUNITY CENTER THEATER

Hear Tchaikovsky's "Symphony No. 5" and Britten's "Violin Concerto" as conducted by Michael Christie. Karen Gomyo will be the night's featured violinist. \$18 - \$73. [SacPhilOpera.org](http://SacPhilOpera.org)

## OCTOBER 11

### SACRAMENTO TACO PARTY CESAR CHAVEZ PLAZA

The Sacramento Taco Party is a one-night charity taco cook-off and tasting event! 15+ Sacramento area restaurants will be using the region's freshest ingredients while they cook up their best tacos. Attendees enjoy live music while sampling the best restaurant tacos plus tastings of local craft beer, cider, and a margarita competition. General \$65, VIP \$85. [SacramentoTacoParty.com](http://SacramentoTacoParty.com)



## OCTOBER 13

### GATHER: OAK PARK OAK PARK

Inspired by the warm California nights and the emerging trend of the food culture, GATHER is a take on the city as a dining table. Set in a familiar, but unusual setting, this unique food event takes place monthly on the 2nd Thursday evening in Oak Park through October. Includes a craft beer area, artisanal food, live music. [GatherNights.com](http://GatherNights.com)



## OCTOBER 13

### ARTMIX - DANCE MACABRE CROCKER ART MUSEUM

Put on your deadliest dancing shoes and a deliciously dreadful costume, and head to the Crocker for some bone-chilling fun. Sacramento's sweethearts of horror, Trash Film Orgy, are back, bringing short films and live performances. Enjoy food and drink discounts during happy hour from 5 - 6 p.m. and \$5 drink specials all night. ArtMix is for guests 21+. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)

## OCTOBER 15

### SMOKE ON THE RIVER - FUNDRAISER FOR SACRAMENTO ARTIST COUNCIL MILLER PARK

The Sacramento Artists Council, Inc. with its friend and sponsor The Grid Agency, is hosting the 3rd Annual Smoke on the River. Smoke on



the River is a fundraiser for The Sacramento Artists Council and will raise money for art programs that assist at-risk children, children of homeless families, and fund adopt a school art programs. Tickets \$20 - \$40. [SmokeontheRiverSac.com](http://SmokeontheRiverSac.com)

## OCTOBER 18

MEET ME AT THE MUSEUM

### CROCKER ART MUSEUM

Art observation and conversation serve as a gateway to memories and social interaction during this tour designed for visitors living with dementia and Alzheimer's. Admission is free. Advance registration is required. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)

## OCTOBER 22

SACRAMENTO WOMEN'S EXPO 2016

### SACRAMENTO CONVENTION CENTER

The Sacramento Women's Expo is the area's largest shopping event designed for women by women. This fun, inspiring, and empowering event features a shopping expo, beauty bar and pampering, fashion shows, workshops, swag bags, prize giveaways, and more. Whether it's for fashion, beauty, lifestyle or health, the Sacramento Women's Expo brings together these resources in one place. \$10 in advance, \$15 at the door. [SacWomensExpo.com](http://SacWomensExpo.com)

## OCTOBER 22

FESTIVAL OF FLAVORS

### SIERRA 2 COMMUNITY CENTER

Celebrate diversity and the community's prosperity. This event marks Opening Doors' third annual fundraiser. Join in for some international cuisine, local craft beer, wines, live music, a silent auction, and more.

Proceeds benefit Opening Doors' clients and programs. Your support empowers survivors of trafficking, refugees, immigrants, and other under served community members. Advance \$40 Doors \$45 [OpeningDoorsInc.org](http://OpeningDoorsInc.org)

## OCTOBER 26 - NOVEMBER 6

BROADWAY SACRAMENTO PRESENTS THE SOUND OF MUSIC

### COMMUNITY CENTER THEATER

The hills are alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score. \$25 - \$82. [CaliforniaMusicalTheatre.com](http://CaliforniaMusicalTheatre.com)

## OCTOBER 27

NOCHE DE MUERTOS: DIA DE LA MUERTOS

### CROCKER ART MUSEUM

The Crocker is proud to once again present Calidanza Dance Company's family-friendly tribute to Mexico's Dia de los Muertos. Under the stars in the Crocker's courtyard, Calidanza will showcase rituals, ceremonies, and high-energy dances to commemorate this sacred Day of the Dead. \$12 - \$16. [CrockerArtMuseum.org](http://CrockerArtMuseum.org)

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"By looking at art and having conversations about it, parents stimulate their babies' brains,"

## CROCKER ART, THE NEXT GENERATION

MILLENNIALS AND BABIES  
AT THE MUSEUM

ARTICLE LAURA WINN  
PHOTOGRAPHY PROVIDED



*Art Mix Mystique*

Close your eyes and picture an art gallery. What do you see? It is a serene space filled with professionally-dressed gray hairs quietly observing the latest exhibit, or is it a building bursting with boisterous, costume-clad young adults and children dancing to live music?

At the Crocker Art Museum, both scenes are just as accurate, depending on the time and day. But it's the lively, playful atmosphere that's driving Millennial membership.

For years, museums, dance companies and theater groups alike have faced the same challenge: Reaching younger generations.

Through events like Art Mix, Wee Wednesday and Baby Loves Art, the Crocker has found a way to "recapture the next generation and stay relevant to the up-and-coming generations," says Stacey Shelnut-Hendrick, the museum's Director of Education. Most social events are free with membership or daily admission.

The bi-monthly, Baby Loves Art program gives moms and dads a chance to connect with other parents and view the museum's current exhibits with babbling or even crying babies in tow. The experience is educational for all. "By looking at art and having conversations about it, parents stimulate their babies' brains," explains Shelnut-Hendrick.

At Wee Wednesday, ages 3 to 5 learn to think about and interact with art. With their parents' or caregivers' help, children consider the emotion of a portrait: Is the subject happy or sad? Then, they have the hands-on experience of creating their own art, such as molding together a nose or mouth.

In conjunction with First 5 California, these programs also equip moms and dads with skills to become stronger parents, Shelnut-Hendrick explains.

For many, Wee Halloween is the highlight of the year. Little superheroes, doctors, princesses and Pokemons age 5 and under trick-or-treat their way through the museum, encountering art performances and receiving handmade crafts instead of candy at every stop. To keep the "sweetness" of the October 26 event, space is limited and registration is required.

And while you don't have to be born after 1982 to join in the fun, "The idea is to give Millennial parents a way to enjoy art with their kids without dumbing it down," Shelnut-Hendrick says.

But sometimes, mom and dad need a night of kid-free time. And for that, Art Mix is the answer.

Every second Thursday, 700 to 1,300 adults age 21 and up descend upon the museum for a themed, interactive, mixed-media party. Whether it's August's Burning-Man-esque Combust or this month's Halloween-themed Dance Macabre, the events are designed to introduce patrons to a variety of culture communities. From ballet to burlesque, hip hop to alt-country and fashion to photography, an eclectic group of artists entertain while guests enjoy drink specials.

Art Mix also gives the museum a chance to "stay ahead of the curve and stay relevant to what's happening," says Shelnut-Hendrick. In November, voters exhausted from the grueling election can unload at Howl, an event to get people ranting and raving to their peers amid socially-conscious art and performances.

Through these programs and more, the Crocker aims to attract the next generation, while serving as a culture hub for all ages residing in the Greater Sacramento area.



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