

Blue Goose Food Extravaganza Grand Finale!



**SAT MAY 17, 2014
5:30-7PM**

\$25 General Seating

**Reserved Table
for Eight \$500**

70+ Chefs, Caterers & Community Cooks

Blue Goose Event Center • 3550 Taylor Road, Loomis

Tickets available at:

Blue Goose Produce, Main Drug, Curves/Loomis, Loomis Chamber of Commerce

916-287-7021 www.bluegooseeventcenter.com

Sponsors: LANDMARK CONSTRUCTION • HIGH HAND NURSERY & CAFE • VCA LOOMIS BASIN VETERINARY CLINIC • Homewood Lumber & Building Supply • The Loomis News/Gold Country Media • Celebrations • Pottery World • Recology Auburn Placer • Gourmet Garage/Café Zorro • Smithsonian Graphic Design • Knisley Welding • Hebard-Higby Insurance & Tax • Heritage Companies • Raley's • Heaven Scent Flower Co • Main Drug • Blue Goose Produce • Loomis Basin Chamber of Commerce • Curves - Loomis

AT THE HEARTH

Lisa Wade opens her home and heart to others

BY CHERISE HENRY



PHOTOS BY PHILIP WOOD
GRANITE BAY VIEW

Imagine a group of Maidu women, indigenous to the hills of what is now Granite Bay, huddled over a large rock and fiercely grinding acorns with their own powerful hands, while talking about their lives just as good friends and neighbors do. Maybe they're talking about their husbands' latest hunting expedition or troubles with their kin, but here they are building a community with one another.

Nestled in her breathtaking and naturally landscaped backyard in Granite Bay, Lisa Frankel Wade has what she believes to be a grinding rock with four distinct spots indicating perhaps the aforementioned imagery really did exist in the history of this land.

"Whenever I am near this sacred grinding stone, I am energized and I feel my calling to gather community in my home to 'grind acorns' together," Wade said.

Aiming to expose people to different elements of art, healing and teaching, Wade hosts guests to share their stories and wisdom with others — from soulful cooking and vocalist

teachings to drumming workshops and sound healing to discovering the artist within and self-expression — inviting anyone open to the experience.

"I felt this calling in myself to share my stories and home for others, specifically for others, to share their stories and have this community with one another," Wade said.

Wade's home in Granite Bay is charming and artistic-inspired; a great space for gatherings with its towering ceilings and beautiful backyard filled with majestic trees and flowers. Rooms and walls are filled with intricate paintings and artwork collections, each piece with its own unique story and many of

*"Call me & let me help you
change your life"*



**Fun, Professional, In Home
Training for Your Best Friend**

Licensed, bonded & insured

- Jumping
- Nipping
- Chewing
- Leash Pulling

**Call Today
for a
\$50.00
Introductory
Lesson**

916-761-1041

www.WagTimeDogTraining.com

which were created with Wade's own two hands.

"Lisa is a person who gives back to others by opening up her heart to the world, and shares her passion for the world, with the world," said Cara Wilson-Granat, author, inspirational speaker, storyteller and featured guest at several of Lisa's Hearth events. "I adore Lisa and am in awe of her. She is a rare human being who actually walks the walk, dances the dance, sings the songs and lives life fully."

With a bachelor's and master's degree in mechanical engineering from University of California, San Diego, and University of California, Berkeley, respectively, Wade spent her entire 30-year career working in research and development, and marketing and sales for high-tech companies in the Silicon Valley, including Hewlett Packard and Galil Motion Control.

That's a far cry from the creative and artistic life she now leads.

Dancing, painting and singing was not a part of her game plan, although Wade always had a natural creative ability, an artistic spark inside of her waiting to reach the surface and be shared with the world.

"My spiritual and creative muscle came to life during the process of my

mother's passing. I call it a vibration, juice for life, aliveness and creativity ... I started following it more," Wade said. "It started with doing something based on a feeling I had deep inside me, something that felt good. Five years later, I'm doing things I'd never imagined because I followed the calling of an energy that seemed to be outside of me, coming from within."

Wade has also developed a nonprofit organization called Impact a Village that supports projects for the improvement of education and healthcare in commu-

nities around the world. Projects include building a primary school in south Sudan, assisting in classrooms for an indigenous community in the Amazon region of Peru and being involved with an educational program for abused women in Thailand.

Wade said she is in a position to create the life of her dreams and positively impact other people in her own way simply because she's connected to her heart, and not because she's doing something for financial gain.

"I believe my life is being divinely

orchestrated. I have plans, but there's plenty of room in there for something magical, and it happens every day," Wade said. "With the spirit of generosity, amazing things are showing up. I couldn't have scripted it myself."

With her two children away at college and days of working in the high-tech industry long gone, Wade looks to fill this next phase of life with enjoyment of sharing her home to others, and dancing, painting, singing, traveling and continuing to create and inspire community — one acorn at a time.



For more information on Lisa's Hearth, visit www.lisashearth.com.

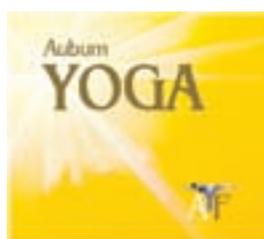
Lisa Wade's studio is anywhere in the world: She painted the pictures on the wall behind her in Mexico and Kauai. At left is an abstract painting of a dancer that Wade created while in France.

Spring and the sun come with an awakening!



*the more we **move**
... the more we can*

Yoga Flow • Yoga Soft (Gentle) • NEW Gentle Yoga • Yoga Heat Flow • Yoga Stretch • Yoga for Seniors • Plus ... Private Fitness & Yoga Sessions (by appointment)



Auburn Yoga & Fitness begins a *Special May Package* for newcomers:

A 5-pack for 7 classes from Gwenn. Two free classes will be added to any 5-pack in May!

As we all salute a long-awaited sun, begin spring with a more toned, flexible and stronger body while releasing life's emotional and physical stresses.

Call or drop-in to any of Gwenn's classes. See our schedule at www.AuburnYF.com.

1175 GRASS VALLEY HWY, AUBURN (530) 889-2920