Memories of 49ers summer camps in Rocklin

By Dr. James Carlson

The San Francisco 49ers held their summer camp at Sierra College from 1981 to 1997 -- the golden era for the ‘9ers.

For nine of those years, I was privileged to know and work with many of the players as a health provider. I arrived in Rocklin in 1985 to establish a chiropractic practice. When I spoke to my sister in Iowa and told her my new practice was in Rocklin, she said, "Go find Roger and tell him you’re related to the Novaks (her married name)." It seems that the Novaks, my sister, Sugar and brother-in-law, Dr. Ted Novak had treated star 49er Roger Craig when he was a high school athlete in Davenport, Iowa.

My associate, Dr. Don Sanchez, and I passed our business cards through a chain link fence at Sierra College to an anonymous person on the practice field with the request: "Give these cards to Roger Craig."

The running back phoned our office within the hour and was at our office within the next hour to receive treatment for aches and pains, strains and sprains that were a daily occurrence for the players on the field.

The next day Roger brought his buddy and fellow “Cornhusker” -- U of Nebraska alumni -- fullback Tom Rathman in for treatment. These two players brought in many of their teammates over the following years.

In 1985 Roger went on to set a record of rushing 1,000 yards and receiving 1,000 yards in one NFL season. His record stood until 1999.

The temperatures in Rocklin in July and August were grueling. Our office was located at a major intersection in 1985 when Rocklin had two sets of stop lights, a Popeye’s fast food restaurant and a population of 15,000.

It was not unusual for a dozen or so out-of-towners to stop at the office to breathlessly ask, “How do I find the 9ers?” We would direct those visitors to Sierra College where they held their practices. The players were also housed in the college dormitory bunk beds (no wonder they had physical complaints).

We treated their afflictions with physical therapy and chiropractic. Word spread and the number of players...
Remembering the Glory Days of the San Francisco 49ers

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seeking treatment quickly increased and our office space had to be expanded. The players had found an alternative to medications and “shooting up,” that is prescription drugs, usually cortico-steroids injected by doctors for injuries – sometimes right on the field. This practice has thankfully been discontinued as the medical community realized the consequences of these substances. Many players from that era are paying the consequences of these substances.

Another common practice was following head injuries to ask: “How many fingers do you see?” Players who answered “3” were told “Get back in the game.” Not so today.

When summer camp ended, the players requested we provide treatment to them in the Bay Area. We made an agreement with the Holiday Inn in Redwood City to house our treatment tables and other equipment. During the football season, we would travel there every Monday to treat several of the players following games and then return on Thursday to help prepare and condition them for upcoming games. (We even made it to the players at Redwood City in 1989 at the time of the La Prieta earthquake by taking detours.)

The pre- and post-treatments worked. Their performance was optimal and few were sidelined with injuries. By this time our staff had expanded to include the Novaks from Iowa and their children, who provided massage and therapy service to the “guys.” The guys started to include the players’ families and we were soon treating wives and children of the players – sometimes at their homes in Foster City and other places in the Bay Area. Just to time frame this era, some players watched Dynasty (for those of you who remember the TV show) while we worked on their families. Even the coach and staff became patients.

During the nine seasons Dr. Sanchez and I worked with them, the 49ers won three Super Bowls.

We were guests of the players at Super Bowl XXIV at the Superdome in New Orleans.

In the 1990s, another college town made an offer for a summer camp facility with all the perks. Gone were the bunk beds and Spartan accommodations Rocklin had provided. Gone was the dreadful heat, boredom and remoteness. Gone, too, were the winning seasons the 9ers had enjoyed while training in Rocklin for 17 years.

The win-loss record of the team had been in the 40s percentage range before training in Rocklin. It increased during the 17 years in Rocklin when it reached a percentage range in the 70s. Since 1997, it has reverted to the 40s.

I sometimes refer to the days the San Francisco 49ers were in summer camp in Rocklin as the 9ers Glory Days.

49er memorabilia, ‘Good Old Summertime’ collections on display at museum

By Gay Morgan

Currently, there are two new displays at the Rocklin History Museum. One features Dr. Jim Carlson’s personal collection of San Francisco 49er memorabilia of Dr. James Carlson. Anyone with similar items is welcome to bring them to the museum.

The other is “The Good Old Summertime” featuring special activities. Rocklin always had a baseball team as well as the Echo Band. There were dances, outdoor games, picnics and camping.

At the race track they not only raced horses but also bicycles. Kids went fishing in the creeks.

However, as I was arranging the pictures I realized there were no pictures of the most prevalent Rocklin summer activity: swimming in the quarry holes.

Since almost everyone swam in the quarries, there must be pictures in someone’s collection. Hopefully, someone will share them with the museum.

The museum, located at the corner of San Francisco Street and Rocklin Road, is open from 1 to 4 p.m. on Wednesdays, Saturdays.

Admission is free, however, donations are appreciated. Tours for groups of 10 or more can be arranged.

If you would like to share your treasures, schedule a tour, or are interested in serving as a docent, please call me at 916-624-2355 or send an email to gfmorgan@att.net.
Talk a walk through history
This photo of Rocklin’s band is displayed on a historic plaque in downtown Rocklin. If you’d want to find it, join Dr. James Carlson on one of his monthly walks. The easy, 1 hour, 15-minute walks start at noon on the second Saturday of each month at Finn Hall on Rocklin Road. Dr. Carlson will point out 10 historic sites along the way. The walk will finish by 1:15 p.m. at the Rocklin History Museum on Rocklin Road at San Francisco Street. Cameras and comfortable walking shoes recommended. If you’re interested in joining the tour of Rocklin’s historic sites, call or text Carlson at 916-624-0682.

President’s Message
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Money from donations, such as Big Day of Giving, keep the Rocklin Historical Society viable. Donations from this year’s Big Day of Giving totaled almost $3,000.
I would like to thank all of you who gave a donation. Your gift is greatly appreciated.
I would like to welcome Allegra Hakin to the Rocklin Historical Society board as our new secretary. Allegra has been a longtime Rocklin resident and helped with the renovation of Old St. Mary’s. She is a great addition to the board.
We will soon be rolling out a new website, thanks to Martin Corona and his tech savvy. It will be under Rocklin Historical Society and should go live soon. You will even be able to renew your membership online.
Thanks to Martin and Holly for keeping us up to date on the Internet.
Would also like to give a big thanks to our Fix-It Guys! They keep the chapel, museum and firehouse looking great. They meet every Tuesday at 7:30 a.m. in the Oracle Cafeteria on Sunset Boulevard. Would love to have you join us.
Wondering about the yard sale? We’ve decided to postpone it until September when the weather is cooler. Gives you more time to clean out those closets and garages! If you would like to help, call me.
Rocklin Historical Society board meetings are held the second Monday of each month starting at 6 p.m. at the Rocklin Parks and Recreation Building, 5460 Fifth St. (in Johnson-Springview Park). Please feel free to join us and find out what’s happening in the Historical Society. We welcome your attendance.
About town

By Gene Johnson

**Fixit Team:** We need a cheerleader/drumbeater/manager person to replace Bob Mart—a coordinator who loves to make things happen on Tuesday mornings or anytime. Could you be the one? Can you volunteer that special person? Can you help?

Items on the current Fixit List include: Repair of rotted railing, museum fountain repair, repaint museum floor, museum roofing replacement (contract); museum sliding door fix, sealing chapel patio, add spotlights in firehouse, general landscape cleanup and weed control.

If you can help, contact Hank Lohse: hlohse3@yahoo.com or 916-300-2856.

**Museum Roof, Repair and Paint Needed:** Our museum needs a new roof. The surface gravel has worn away from shingles on the Rocklin Road side and parts of shingles have fallen at the rear entrance. Wood has rotted behind the gutter in the same area and must be replaced.

Following the roofing and repair procedures, the trim at the roof line will also need to be repainted. A quote of $12,000 has been received, but we need two more quotes.

**Platinum Water Tank.** The replica water tank installed in front of the Rocklin Road firehouse at Quarry Park sports Rocklin’s Quarry Park Amphitheater’s new name: “Platinum Living Amphitheater at Quarry Park.”

Platinum Living, a Rocklin based operator of assisted-living housing projects and memory-care facilities purchased naming rights for the venue. Sacramento can have its Golden 1, Rocklin has Platinum.

**Yard Sale Tidbit:** The week following the RHS board’s decision to wait until September to hold the annual yard sale, Bob Pratt of Hand Pickin’ Emporium called. “Come and get the items remaining after our final closing sale.”

The Fixit crew aided by Nancy Lohse and Ronna Davis packed up everything of value and then some.

**Quarry District Development:** Land surrounding the quarries developed by Anders and Victor Wickman is slated to become housing developments.

Property on Winding Lane is being cleared for 23 homes. Lost Avenue is being widened at the planned Villages Development.

This month a community park is being dedicated in recognition of the Wickman brothers’ contributions to the community. The park is in the Two Oaks neighborhood near Sunset Boulevard and West Stanford Ranch Road.

The Big Gun office building (located at the citycorp yard) is now filled to the brim with exciting treasures for our sale.

“**Bye Big Gun**” read the Placer Herald front page as it announced the loss of the historic Big Gun structures. At the March 28 council meeting, City of Rocklin staff presented an assessment of the condition of the Big Gun structures and stated the need for their immediate removal in the interest of public safety.

Citizen Carol Ellis bravely addressed the council stating that removal of the structures listed on the National Register of Historic Places would be illegal.

However, the staff report stated

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that neither the legally mandated Environment Impact Report or a planned focused review to address the facility’s cultural value had been performed. Councilman Patterson questioned the legality of the process. Staff responded that the city should proceed, citing that public safety “trumps heritage.”

The council voted to deconstruct the buildings and clear the property. The process started the following morning and was completed shortly thereafter.

Salvageable materials were removed to the city corporation yard. With the lone exception of the base of the larger derrick, the land has been scrapped clean in anticipation of commercial development.

“Bye, Bye, Oak Trees:” Citizens attend council meetings and demonstrate to save oak land at the corner of Rocklin Road and Sierra College Boulevard.

Meanwhile, there was nary a peep from the populace about the 100 pines and oaks of various lineage that were clear cut by our city at Pacific Street in preparation for the building of a new fire station. Next to go: the weathered outcroppings of granite formed 250 million years ago. Public safety trumps again.

Rocklin does the impossible.
Last year, when inquiring about historic preservation on a portion of the Big Gun property, I was informed it would be impossible for the city to purchase or split the redevelopment property.

On June 13, however, the council voted to do exactly that to redevelopment property at the corner of Rocklin Road and Pacific Street.

Rosy’s Restaurant: Several years ago Rosy’s Restaurant on Pacific Street closed and the business sign was donated to the Rocklin Historical Society.

Why is the important? Rosy’s was the first northern California restaurant started by Randy and Lisa Peters.

Randy and Lisa moved from Southern California to Rocklin and opened Rosy’s in 1990. They named sandwiches after members of the council (he remembers that Councilman/Mayor Jerry Mitchell was “blown away” when saw the menu).

The Rocklin Chamber of Commerce had been meeting at the Heritage Hotel in Roseville. Then Randy offered his space in Rocklin and sweetened the deal with a cost-saving $4.25 breakfast. They moved.

Lisa remembers they were the earliest restaurant in the area to offer patio dining (imported from LA), which was an instant hit. The stubborn winter rain puddle became a rubber ducky pond.

During the years the San Francisco 49ers held summer training camp in Rocklin,

Randy remembers that Joe Montana sat at table number 1. Joe requested that he not be interrupted during his meals, but was generous with his time and autographs in the patio after he finished eating. Steve Young sat at the counter—a very large person at a somewhat small counter. He was also friendly and gracious. Bubba Paris was on a special-order diet—a breakfast of Cheerios followed by a watermelon. The back room was used by the team for meetings and became known as the 49er Room.

Media personality Tom Sullivan was a frequent visitor and became a good friend.

There was a Rosy’s basketball challenge: score a basket and get a free meal, but miss and pay double.

Fourteen months after opening in Rocklin, Randy and Lisa opened a second Rosy’s in Colfax.

Randy and Lisa remember the magical time at Rocklin’s Rosy’s as the most enjoyable of their careers.

After selling both restaurants in 1996, Randy and Lisa opened Venita Rhea’s on Granite Drive.

I asked about the rumor that George Magnuson and others had helped Lisa at the restaurant when Randy was hospitalized. Randy said it’s true and admits he still tears up whenever he thinks of it.

Randy and Lisa eventually sold Venita Rhea’s and concentrated on building their catering business.

Till now, that is. They are opening a restaurant on Roseville’s Vernon Street.
An old friend (maybe I should say long-time friend) and I were talking about our childhood days in Rocklin.

I’m pretty sure some of you won’t believe what I’m going to tell you.

Talking trash

We didn’t have garbage collection service.  
We burned what we could in an old metal barrel in our backyards. Sometimes the garbage was damp and so the smoldering fire created an awful odor.  
Things that wouldn’t burn were taken to the Dump (A big quarry on Rocklin Road). Kids loved to go along with Dad for the ride and maybe they’d find something interesting.  
The men who tended the Dump sometimes had dogs. I heard that one kept a snake in his car.  
When the Dump got too full, it would be set on fire. There was that odor again -- big time.

After a while it was decided we should have garbage collection.  
We all got small metal garbage cans and put them way out in the back yard near the burning barrel. (We still burned some stuff.)  
On Garbage Day Matt Condo would pull his garbage truck up in front of your house.  
He’d hop out, go into your back yard, lift the garbage can on his shoulder, take it out to the truck, dump it and then bring it back in.

We didn’t have to worry about putting it out and being sure it was so many feet away from another can.  
Matt’s truck wasn’t noisy and he didn’t start work at the crack of dawn.

Those were the “good ole days.”
Since 2004 Rocklin’s third graders have been holding coin drives for various Rocklin Historical Society projects. This year they were honored for their efforts in raising money for the construction of Fire Hose Co. No. 1.

During Valley View School’s field trip on May 19, a special ribbon cutting grand opening of the firehouse replica was held. Rocklin Firefighters also showed up and brought a firetruck.

Through the years, the student coin drives have helped raise money to save Old St. Mary’s, purchase the unique floating granite ball fountain at the chapel, place a plaque at the Whitney mausoleum explaining its history, and, most recently, to recreate the firehouse.

This year third graders donated just over $900, which will be used to place a plaque at the Ira Allen Quarry, the pond at the Rocklin Library. Thank you, third graders!

Help preserve Rocklin’s history and support history-related arts projects.

The Rocklin Heritage Fund at the Placer Community Foundation supports the Rocklin Historical Society

Now it is possible to make tax-deductible gifts and perpetual endowments that will support Rocklin Historical Society programs including both visual and performing arts related to Rocklin’s heritage. Please contact Veronica Blake at 530-885-4920 to learn how you can contribute, or go to www.placeracf.org.

Sad news

Sandra Bedwell Davies

Longtime Rocklin resident Sandra Lynn Bedwell Davies died May 1 following a brief illness.

Born in 1942 in Hollywood, she was a Hollywood High School graduate and an organizer of her recent class reunions.

She was named Queen of Job’s Daughter, Bethel No. 54 of Hollywood.

Sandra was employed as a bank manager in Southern California and in Placer County before serving as Rocklin’s City Clerk from 1983 to 2006.

Sandra was a supporter of the Rocklin Police and Fire Departments, serving on the board of directors for the Placer County Chaplaincy Program.

She was a founding member of the Rocklin Friends of the Library and supported the Rocklin Historical Society.

Memorial donations in her name can be made to the Shriners’ Hospital for Children.

Mary Catherine Vuletich Troka

Mary Catherine Dalbey Vuletich Troka passed away on May 30, 2017 as a result of complications after open heart surgery.

Catherine studied music at the College of the Pacific in Stockton and earned her teaching certificate at San Jose State.

She and Matt Vuletich married in 1958 and made their home in Rocklin where they raised three children.

Catherine was the organist at St. Rose Catholic Church in Roseville. She also played for weddings, funerals and other social events.

Many Rocklin children learned to play the piano at her studio.

She was a substitute teacher and later became a Special Education teacher at Roseville High School.

She was preceded in death by her two husbands, Matthew Vuletich and Wladek Troka, as well as her son, Stephen Vuletich.

Third graders honored

Mary Catherine Vuletich Troka
Events Schedule

Old St Mary’s Chapel Open for Tours
Wednesdays from 5 to 7 p.m.
Come take a look at the perfect location to host your next event!

History Walks
Second Saturday of the month
Meet noon at Finn Hall for a 75-minute walk led by Dr. Jim Carlson. The route is on flat surfaces and covers a variety of historic sites. For more information call or text Jim Carlson at 916-624-0682.

Rocklin History Museum
Wednesdays, Saturdays, Sundays from 1 p.m. to 4 p.m.
Docents always needed, For information call Gay Morgan at 624-2355.

RHS Board of Directors
Second Monday of month at 6 p.m. at Old St. Mary's Chapel
If you have comments or questions for the board of your historical society, this is your chance.

Fixers and Small Repair Crew
Second and fourth Tuesday of month
Meet at Old St. Mary’s Chapel at 9:30 a.m.
For more information, call Gene Johnson at 624-2378.

RHS Planning Meetings
Tuesdays at 7:30 a.m. in the cafeteria at Oracle on Sunset Blvd.

Museum Committee
First Monday of month at 10 a.m. at Museum

Springfield History Club
Fourth Monday of month at 1 p.m. in the Whitney Room at the Gables’ main clubhouse on Park Avenue.

Support the Rocklin Historical Society by becoming a member. Annual dues, $20 a year, can be mailed to Rocklin Historical Society, P.O. Box 1, Rocklin, CA 95677.

Annual Rocklin Homecoming Reunion tradition continues to draw crowd

By Gay Morgan

The annual Rocklin Homecoming Reunion has been a Memorial Day tradition for many years. No one is sure just how many years.
It has been a pleasant low-key event focused on renewing friendships and catching up on friends and families’ activities. In the past, it has been held at the historic Finn Hall.
There has been another Rocklin group that also holds regular social reunions. Annette Smith was one of the leaders of the “The Graffiti Kids.” Attendees were the kids who went to the “new” Rocklin Elementary School which opened in 1952. These kids are a little older now (You do the math.)
This year, the two groups decided to combine their efforts. Each sent out invitations to their list. As a result, more than 125 people with Rocklin connections enjoyed a wonderful buffet lunch catered by Randy Peters. (Lisa and Randy Peters are long-time Rocklin Historical Society members.)
Many “kids” joined the Rocklin History Society and others plan to do so. The Society is pleased to have these new members. Some even expressed interest in becoming docents.
As people were leaving this year’s Memorial Day reunion, there was talk of “great food,” new friendships, plans to return next year and to tell others about it. (We did miss gathering at Finn Hall, though.)
If you missed this year’s festivities, be sure mark your calendar. Please join us on the Sunday of Memorial Day weekend.