

Valley Voice

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October 2023

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FORMER TRIBAL CHAIR JOINS LOCAL BOARD

Paula Lorenzo Tackett has agreed to serve on the Board of Directors for New Season CDC in Esparto, CA. Paula Lorenzo Tackett is the former tribal chair for the Yocha Dehe Wintun Nation and was instrumental in building Cache Creek Casino Resort; Yocha Dehe Fire Department; Yocha Dehe Golf Course and Seka Hills Olive Mill. Paula helped lead the Tribe's move into diverse farm operations in the Capay Valley. Her leadership helped strengthen economic development for the Yocha Dehe Wintun Nation and the nearby communities.

As a founding member of the nonprofit organization, Capay Valley Vision, Paula built additional bonds within the community. She also created multiple charitable giving programs benefiting the Capay Valley and the counties of Yolo, Solano, Lake and Sacramento. For her efforts, Paula has received many local and regional awards. Paula and her husband Jerry live in Brooks on tribal lands.

Paula also owns the Road Trip Bar and Grill in Capay and has extensive background in all levels of food service, knowledge that will be beneficial to the new Yolo Food Hub project as part of New Season CDC board.

With the help of the multiple entrepreneurs, farms, and food hub advocates, the Yolo Food Hub Network was created. Supported by Yolo County and ARP funds, a 5-acre property with existing buildings was acquired for the Yolo Food Hub project. New Season is beginning the process of the buildings' rehabilitation and renovation. For more information on this project go to www.yolofoodhub.com

The Board of Directors unanimously welcome Paula Lorenzo Tackett.



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The Valley Voice

P.O. Box 133

Esparto, CA 95627

For article inquires, email Tina Minges, Editor at ValleyVoice@riseinc.org. For billing inquiries or ad rates, call (530) 787-4110. All Articles are **due on/before the 15th of each month**. Accounts must be paid and up to date by the **20th of each month**. We reserve the right to edit articles at our discretion, due to space limitations and other criteria.

The Valley Voice is published monthly in partnership with Yocha Dehe Wintun Nation, RISE Inc., & Esparto Unified School District.

Valley Voice Subscription Form

Let all your friends and relatives know that for just \$25 per year we will mail them each month's edition!

This is the perfect way to keep up to date with all the Capay Valley news and events.

Complete the order below.

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Please make checks out to **RISE Inc.** mail to: RISE Inc. at P.O. Box 133, Esparto, CA 95627 or drop off at the office at 17317 Fremont Street in Esparto.

You may also sign up for the RISE e-newsletter on the RISE, Inc. website at www.riseinc.org. When you enter your e-mail address under the Get E-mail Updates, you will receive our e-newsletter with links to the Valley Voice so you can read it online.



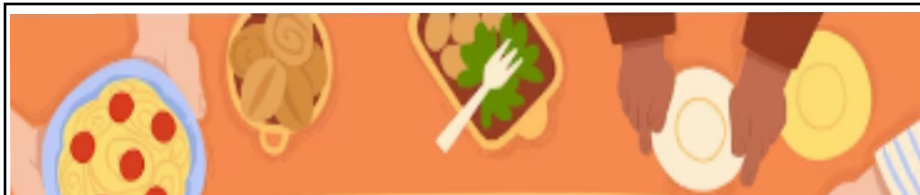
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All are invited to Rumsey Improvement Association's

First-of-the-Month Potluck at Rumsey Town Hall

Monday, Oct 2nd
Meet at 6:00, eat at 6:30

Please bring food to share.

If possible, bring your own plate, utensils, etc.

Catch up with your neighbors and to meet new people. Bring friends.

March hosts are Micah and Alan.

Venegase todos
para conocer a sus vecinos.

Hay una cena cada primer lunes del mes

en el salon de Rumsey
Lunes, 2 de Octubre a las 6:00



HALLOWEEN'23

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**RISE Inc.,
Valley Senior Program**



**FITNESS & NUTRITION
ESPARTO, CA**

**Senior Exercise Classes
Every Tuesday 9:30 to 10:00 a.m.
RISE Inc., Community Room
17317 Fremont Street
Esparto**



**Esparto's Local Meat
Market and Taqueria**

Party trays available

- Rice and beans
- Chicken Fajitas
- Chicken Enchiladas
- Chile Verde Beef
- Carnitas

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Esparto, Ca 95627

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Online ordering available at
eltoroesparto.com

SAVE THE DATE FOR ESPARTO'S 6TH ANNUAL

Christmas Tree Lighting

FRIDAY, DECEMBER 8, 2023 | 6:00 PM
ESPARTO FIRE HOUSE, YOLO AVE

BE ON THE LOOKOUT



YOLO COUNTY RESIDENTS



Did you know that the Yolo Landfill has a Thrift Store? **Donations** are accepted **daily 10-3 pm**

The Big Blue Barn Thrift Store is **Open for Shopping Every Thursday** 9am - 3 pm & the 3rd Saturday of every month everything is 50% off



COMING SOON TO YOUR MAILBOX

2023 Free Bulky Waste

Once you receive your voucher in the mail, follow the instructions to properly dispose of bulky items at no additional charge. Limits apply.



Bulky Items Accepted:

- Large furniture (sofa, table, mattress, bookshelf, etc.)
- Major appliances (microwave, refrigerator, washer, dryer, BBQ, lawn mower, etc.)
- Auto or truck tires (with or without rims)

Unacceptable Items:

- Abandoned Vehicles/vessels
- Large automotive parts
- Yard trimmings or tree stumps
- Hazardous or Excluded Waste
- Large Volumes of Pressure Treated Wood



(530) 662-8748

Call for more information



A Heartfelt Thank You to Our School, Families, and Community for Shaping Our Graduate Profile

Christina (Christy) Goennier Ed.D.
Superintendent
Esparto Unified School District

Dear School, Families, and Community Members,

As we journey towards excellence in education, it is with immense gratitude and pride that we express our sincere thanks to all of you for your invaluable contributions in shaping our graduate profile. Your input, support, and collaboration have been instrumental in defining the values and skills we aim to instill in our graduates, ensuring they are well-prepared to embrace the challenges of the future.

Education is a collective effort, and your involvement has truly exemplified this principle. Through surveys, meetings, workshops, and open dialogues, you have provided us with insights that have enriched our understanding of what our graduates should aspire to become. Your thoughtful feedback has been a guiding light throughout this transformative journey.

First and foremost, we want to extend our gratitude to our dedicated educators, who have tirelessly worked to engage with our students and their families, channeling your voices into the core of our graduate profile. Your passion for teaching and commitment to nurturing well-rounded individuals is truly commendable.

To our families, we appreciate your unwavering support and active participation in our school community. Your commitment to your children's education is evident in the thoughtful responses and suggestions you shared. Your input has been a cornerstone in shaping our graduate profile, ensuring that it reflects not only our school's values but also those of our families.

Our community members, too, have played an indispensable role in this process. Your diverse perspectives have broadened our horizons and encouraged us to consider the broader societal context within which our graduates will thrive. Your wisdom and insights have enriched our graduate profile, making it more holistic and reflective of the world our students will enter.

The collaborative spirit we have witnessed during this process is a testament to the strength of our school-family-community partnership. We are now equipped with a graduate profile that not only embodies our shared values but also prepares our students to be responsible global citizens who are adaptable, empathetic, and equipped to face an ever-changing world.

In the coming years, as we continue to nurture and educate our students, we will carry the invaluable lessons we have learned from you. Your input will remain at the heart of our educational approach, guiding our efforts to provide an outstanding educational experience for our students.

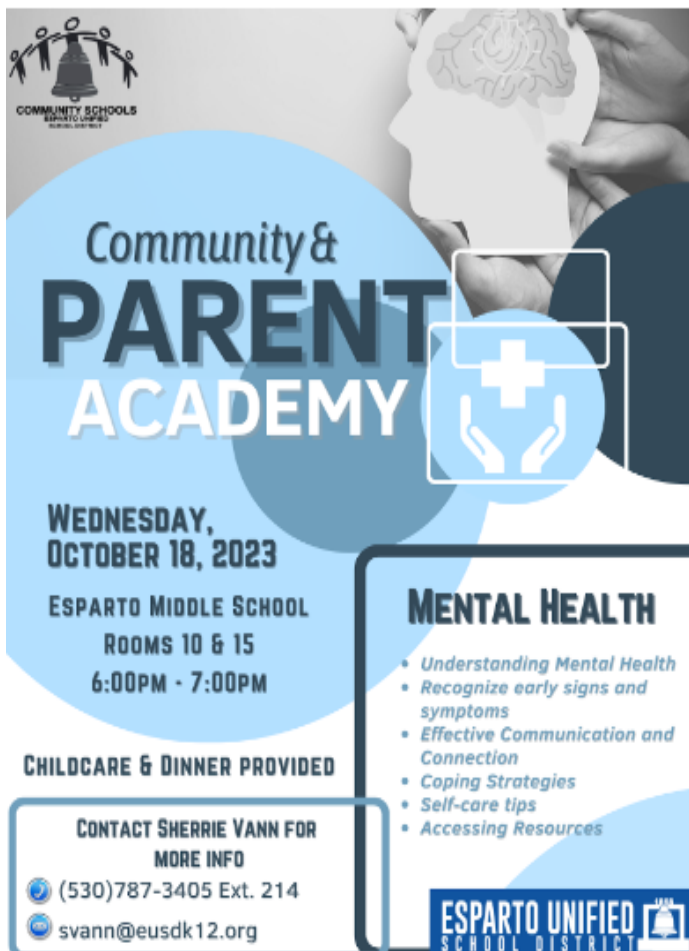
Once again, we extend our deepest gratitude to our school, families, and community members. Together, we are shaping the future, one graduate at a time, and we couldn't do it without your unwavering support and dedication.

With heartfelt appreciation,
Christina (Christy) Goennier Ed.D.
Superintendent

Community Schools & Esparto Scholars Program

By Marlen Cervantes
Community Schools Secretary

As temperatures begin to cool, EUSD's school sites are gearing up for a series of exciting and enjoyable events. In case you haven't heard, we're now offering before-school care starting at 7 a.m. at the elementary school. Students will have access to engaging activities, assistance with homework, and a nutritious breakfast to kickstart their day at school. This service comes at no charge and operates on a drop-in basis; there's no need for pre-registration. Simply drop your child off and direct them to the Elementary School Library. Furthermore, we have a crucial workshop on the horizon that could be of great benefit to anyone in the community. We'll be hosting a Mental Health Academy scheduled on October 18th at EMS in rooms 10 and 15, from 6-7 pm, featuring a mental health clinician who will lead a workshop aimed at providing the community with strategies for navigating challenging times and valuable tips for managing stress and other mental health concerns.



Community & PARENT ACADEMY

WEDNESDAY, OCTOBER 18, 2023

**ESPARTO MIDDLE SCHOOL
ROOMS 10 & 15
6:00PM - 7:00PM**

CHILDCARE & DINNER PROVIDED

MENTAL HEALTH

- Understanding Mental Health
- Recognize early signs and symptoms
- Effective Communication and Connection
- Coping Strategies
- Self-care tips
- Accessing Resources

CONTACT SHERRIE VANN FOR MORE INFO

(530)787-3405 Ext. 214
svann@eusdk12.org

ESPARTO UNIFIED SCHOOL DISTRICT

Upcoming Important Dates:

October 3 -
EES Make-up Picture Day

October 9 -
EES / EMS PTO Meeting 6-7 pm

October 10 -
Volleyball Senior Night

October 18 -
Parent/Community Academy (Mental Health)

October 19 -
EES Fall Festival

October 27 -
Football / Cheer Senior Night



ACADEMIA PARA PADRES y la Comunidad

MIÉRCOLES, 18 DE OCTUBRE, 2023

**ESPARTO MIDDLE SCHOOL
SALONES 10 & 15
6:00PM - 7:00PM**

SE PROPORCIONA CUIDADO DE NIÑOS Y CENA.

PARA MAS INFORMACION CONTACTA A MARLEN CERVANTES

(530)787-3405 Ext. 214
mcervantes@eusdk12.org

SALUD MENTAL

- Comprender la salud mental
- Reconocer los primeros signos y síntomas
- Comunicación y conexión efectivas
- Estrategias de afrontamiento
- Consejos de cuidado personal
- Acceso a recursos

ESPARTO UNIFIED SCHOOL DISTRICT

Amateur Astronomer in the Making
By Clarence G. Underwood

Introduction

Astronomy is perhaps man's first science. One of the first things that we experienced as we emerge into this world is light. With that as a truism for all, let us explore the first source of light that humans would have been exposed to. The main source to beings on the surface of the earth is the sun. Even those who are born blind feel the radiant warmth of the sun. So, we can suggest that our first sensations in life are from above!

Chapter 1

When I was small, I had several encounters that helped lead me towards my future interest in the heavens. I grew up in a housing project in Brooklyn, New York. One of my first memories as a child was of my father taking me up to the roof and giving me a solar filter and telling me to look at the sun. He explained that what I was looking at was an eclipse of the sun. My next experience came sometime after when I was walking with my father one evening and he pointed to the moon and asked me if I could see the man in the moon? Well I know now that there are other things there too. A woman for instance!

Chapter 2

I was now in school. I remember a field trip my class took to the American Museum of Natural History. I was fascinated with everything especially with the Planetarium. The Star show was out of this world. When I was somewhat older, looking around on my father's shelf, I found an old telescope. We lived on the 14th floor, the top of the building. We had both east and west facing windows. We had a view of Manhattan in one direction and the ocean in the opposite direction. Looking East with the telescope in hand, I saw a bright object in the sky. I looked at it with the telescope! That was my first telescopic view of the planet Jupiter.

Chapter 3

Fast forward to college. I went to college in Santa Barbara. Besides walking out to the cliffs to watch the sunsets and occasionally seeing Mercury or Venus, I had an encounter with a Questar Telescope. At the physics building on the roof, sometimes they would set-up telescopes. During one of these events I saw Saturn for the first time. It was beautiful! I also met my wife at college. Knowing how much I loved to look up, she surprised me one Christmas with a 6 inch Reflector Telescope. I remember showing my mother Saturn with that telescope when she came out to visit right after the birth of our first child.

Chapter 4

Living now in the Bay Area, I purchased a Sears 60mm Refractor telescope. I use to load the telescope into the car and I had started recording sunspots. During my lunch hour I would go out and look at the Sun and do my recording. I was out one morning on break while a solar eclipse was in progress. My boss happened to be outside at the same time. She was fascinated by what she saw at my telescope. She told me to stay out and directed my co-workers to come out to see the eclipse. I had my very own star party. That was the beginning of my outreach activities. After that I got a 90mm refractor and every Halloween, I would sit out in my front yard and show the kids and their parents some celestial object of interest! I should also mention that I enjoyed showing my children Halley's Comet as viewed through a telescope!

Conclusion

Becoming an Amateur Astronomer was a natural progression for me. Over the years I have read many books and magazines about Astronomy. I've purchased a number of telescopes. I joined the Eastbay Astronomical Society and have attended lectures, done outreach and even written astronomy related poems in the Refractor, The Society's Newsletter. The journey has been interesting. Looking forward to the Solar Eclipse! What's your story?

Eclipse Time Is Here!

Hi All,

As you know by now, we have a solar eclipse coming. For those of you who will be watching, save your eclipse glasses. Another solar eclipse will take place in April. That eclipse will not be as dramatic as the one this month. Only about 40% of the Sun's surface will be covered by the moon. The April eclipse will be a Total Eclipse as seen at the centerline which will basically run along the eastern portion of the US. But that is in the future. We have an eclipse this month to enjoy! Happy eclipse watching!

Clarence



Clarence watching the Sun!



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Quilting Class

Every Wednesday evening from 6-8 PM
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welcome quilters of any skill level to come work on
existing projects or start to learn to quilt.

Located in the Upstairs Room above the Social Hall at
Countryside COMMUNITY Church, corner of Grafton and
Fremont.

Everyone Welcome!



Esparto Middle School

Zoology - A Glimpse into the Wonderful World of Animals

By: Mrs. Rebekah Rupchis
Science and Zoology Teacher

Have you ever wondered what is the most dangerous animal? Or how sharks chew their food? Or what the only land-dwelling crustacean is? Well, the students in Zoology this year will have the chance to find out!

Zoology is being offered to Esparto Middle School students as an elective for 6th and 7th graders. During the year we will explore all nine animal phyla. From the lowly sponge to the complex octopus to the many many fascinating chordates. We will be creating an interactive notebook complete with notes and creature reports about the different animals in the phylum. Additionally, we will create art and projects that help us understand more about those animals. Finally, we will read and analyze news stories about the current struggles of the endangered animals in the different phyla.

Currently, we have an incubator set up with chicken eggs to watch the chicks' development from start to hatching. There are also plans to start a worm farm and maybe examine the habits of other small insects. Guest speakers and, maybe, some animal demos are on the calendar!

Students in zoology will be having a great year and hopefully learn some really amazing things about animals throughout the world. If you skipped the end to find the answers to the opening questions, you are going to be disappointed! Like I tell my students - you are going to have to do the science research yourself and look it up.... or find a zoology student from last year and see if they know the answer!

Congratulations to the following ROARing Students of the Month for September:

Seth Kitchell
Esteban Rea
Angelin Maylie Alvira
Yaritzi Solorio
Luna Morales Cortes
Frankie Perez
Martin Vargas
Fatima Morserrat Guarneros
Angela Bermudez
Anahy Ochoa Montiel
Dylan Castle
Fatima Angel
Aalaya Thomas


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Ron, and the old
man!

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WINTER VEGGIE SANDWICH

PROSCIUTTO & HONEY SANDWICH

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TASTING ROOM ORGANIC GREEN SALAD

GOAT CHEESE ALMOND SPINACH SALAD

WOOD BOARD PLATTERS

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Tasting Room Hours:
Wednesday-Sunday 11:00am-5:00pm
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WIOA

WIOA a program that offers youth employment for ages 16-24
living in the Capay Valley, Esparto, Winters, Woodland and Yolo
areas.

In this program you will gain

- Up to 300 hours PAID work experience
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RISE, Inc. Winters (530)794-6000
Esparto (530)787-4110
Woodland (530)665-6730

DURST ORGANIC GROWERS

James & Deborah Durst
26100 County Road 16
Esparto, CA 95627
530-787-3390

Madison Community Food Closet Distribution

The Madison Community Committee Food Closet new
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Welcome to St. Martin De Porres Catholic Mission Church

25633 W. Grafton Street - Esparto, CA 95627

Join us in our celebrations of the Holy Mass

Mass Schedule

Saturday 7:00 p.m. Spanish

Sunday 8:30 a.m. English

Wednesday 6:00 p.m. Bilingual

Confession

Sunday 8:00 a.m.—8:20 a.m.

Come to me, all you who labor and are
burdened, and I will give you rest.
(Matthew 11:28)

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Business Spotlight on SL8 Fitness & Nutrition's Partnership with Rise Senior Program for Senior Fitness

SL8 Fitness & Nutrition was founded in 2020 by Certified Personal Trainer Tyler Fisher and Integrative Nutrition Health Coach Marilyn Clark to unite their respective passions for fitness and nutrition into a single entity focused on overall health and wellness. Together they have more than a decade of industry experience providing services to private clients. SL8 Fitness & Nutrition has been teaching senior fitness classes since September 2020 at their Woodland location. SL8 offers a variety of programming, including Senior Strength, Conditioning, Yoga, Pilates, Senior Fit & Flex and other programming targeted to seniors. Tyler teaches Ultimate Conditioning in Woodland, and Marilyn teaches Introduction to Weight Lifting and Weekend Warriors (boot camp) in Woodland. In addition, both Marilyn and Tyler have primarily senior personal training clients whose needs require specific therapeutic approaches for injuries, mobility challenges, post-surgical clients with hip, knee and shoulder replacements, scoliosis, and other medical conditions.

Now SL8 is taking their local commitment to the next level by forging a partnership with Rise Inc., Senior Program, funded in part through the generous donation of a local senior's daughter. Beginning Tuesday, September 19, 9:30-10:00 am, SL8 is offering weekly classes for seniors at RISE Inc. SL8 Fitness & Nutrition's goal is to provide tailored fitness programs ensuring seniors can lead active, healthy, and fulfilling lives. This program will focus on improving strength, flexibility, balance, and cardiovascular health, enabling seniors to maintain an active lifestyle and enhance their overall well-being. This is in addition to their gym facilities in both Esparto and Woodland. Additionally Coach Marilyn is an expert in Nutritional Guidance and is available for consultation. The partnership between SL8 Fitness & Nutrition and Rise Senior Program will foster a sense of community and camaraderie among seniors locally, providing an opportunity that has never been available previously. Through joint fitness classes, group activities, and social events, seniors will have the opportunity to connect, share experiences creating a supportive network that enhances their overall well-being. Please see them locally for all your fitness and nutritional needs. <https://sl8fitness.com/>

Personal Experience and Education:

Tyler has experience as a Certified Personal Trainer, Physical Therapy Assistant, Corrective Exercise Specialist, Pain Management Specialist, and Rehabilitation Specialist.

Marilyn is certified as a personal trainer and as a health and nutrition coach with specialties in Sports and Exercise Nutrition, Gut Health, Hormone Health, Nutrition for Weight Loss, and Emotional Eating Psychology.





Countryside
COMMUNITY CHURCH

Sunday Services

WORSHIP - 9:00 AM • SUNDAY'S TABLE - 10:00 AM
CHILDREN'S SUNDAY SCHOOL - 9:00-10:30 AM

Everyone Welcome!

Located at 26479 Grafton St, Esparto, CA 95627
(on the corner of Grafton and Fremont streets)

For more information call 530-787-4040 or visit espartocountrysidechurch.org



Countryside
COMMUNITY CHURCH

Celebrates 100 years of ministry this October
Thank you, Esparto!

Fire Season is Here: Get Prepared with Yolo County Fire Safe Council

Fire season continues and the fall months are a time of high alert for Western Yolo County. After the heat of summer, weedy vegetation along the roadways and in open spaces is extremely dry, making for hazardous fuels for wildfire. Those fuels paired with windy conditions and little (or no) fall rains create prime wildfire conditions. Wildfire prevention and community vigilance is the best way to prevent wildfires that could result in loss of property or life.

One simple strategy to protect your family and your home is by installing a reflective address sign. The Yolo County Fire Safety Council continues to offer FREE reflective address signs (and optional posts) to residents living west of Winters and throughout the Capay Valley (residents living west of Esparto and Capay, Brooks, Guinda and Rumsey). The Reflective Address Sign Program provides residents with high quality emergency responder-approved 6 by 24 inch signs to clearly mark the location of your residence or property. The highly reflective signs are fade resistant and last for years. Reflective address signs aid first responders in locating homes in emergencies under all conditions such as wildfire smoke, night-time, fog and rain. When you install a reflective address sign, you make it easier for first responders to find you in case of an evacuation or medical emergency, or to find your home to protect it during a wildfire.

To learn more about this program, visit www.yolofiresafe.org/reflective-address-signs. To request a reflective address sign, visit www.tinyurl.com/reflecttodefect. For more information, contact Alli Perrman at permann@yolorcd.org.



**REQUEST
YOUR
REFLECTIVE
ADDRESS
SIGN
TODAY!**

**2
2
1
8**

**YOLO COUNTY
FireSafe
COUNCIL**



National Fire Prevention Week

October 8-14, 2023

Capay Valley Fire District

**Come join us Saturday, October 14 th 12-4pm
Station #22 at 7447 CA-16, Guinda CA 95637**

Fire Equipment Demonstrations
Extrication Demonstration (cutting up a vehicle)

Go-Bag display
Fire Trucks available to explore

Fire Hose – Children (and adults) get to use the hose!
Free educational materials in Spanish and English

Free gifts for the children

Red Cross onsite offering Home Fire Prevention materials & information

Plus more activities!

Meet some of your local firefighters and ask questions.



RISE Inc., Valley Senior Program

Tuesdays & Thursdays
9:00 a.m. - 12:00 p.m.

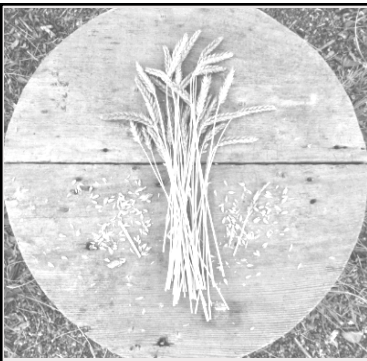
A light breakfast & lunch is served

For more information call
530-787-4110 ext. 209



NOW OPEN
Our Esparto location is officially open
inside of the Capay Valley Health and
Community Center effective
October 2nd, 2023.
To get scheduled with our dental team,
please call 530-795-0898.





**Capay Valley Flora Fauna and
Farm
Capay Valley Regeneration
White Sonora Wheat
by Pamela Bateman**

When most of us think of flour we think of All Purpose White Flour readily available in the grocery store. Many of us may even use Whole Wheat Flour as a more nutritious alternative to plain white flour. However, there is a renaissance happening in the world of wheat and Capay Valley farmers are part of the trend towards expanding the availability of different wheat cultivars. Wheat was first cultivated approximately 10,000 years ago in the Middle East. It was brought to northern Mexico and the Southwest by Spanish colonizers during the 1600's and the Akimel O'odham were the first native people to grow wheat. The Akimel O'odham lived along the Gila river south of what is now Phoenix, Arizona and were expert agriculturalists using canal irrigation, crop rotation, and wind breaks. They grew summer/fall crops of corn, beans, squash and cotton. The newly introduced wheat offered a winter/spring crop increasing the availability of cultivated food throughout the year. They began selecting wheat plants that did well in their dry climate and developed a wheat cultivar that we now call White Sonora Wheat. Incorporating wheat into their cuisine resulted in the now familiar flour tortillas that had traditionally only been made with corn.

White Sonora Wheat is defined as a soft white wheat that belongs to the spelt and common wheat species. It is considered a heritage wheat because it was developed before the introduction of hybridized, high-yielding wheat in the late 1800s. This wheat is suited to growing on small farms and grows well without environmentally damaging inputs of toxic chemicals such as fertilizers, pesticides and herbicides. It is well adapted to drought and variable weather because of its deep root system. It produces seeds that exhibit genetic variation from generation to generation which gives it the ability to adapt to local conditions. The wheat spike is beardless, lacking a long hair or awn, and the hull or husk is easily removed from the wheat berry. After milling this whole grain wheat produces a soft white flour with a flavor that is described as sweet and light. Easy to grind the grain is high in protein but it is low in gluten forming proteins making it good for flour tortillas, crackers, pie crusts and pastries.

According to the Food and Agriculture Organization 75% of food crop varieties have been lost since the advent of monocultural practices in the 1900s. Our local farmers are increasing plant diversity by growing crops like White Sonora Wheat thereby giving us a healthy varied diet. Industrial agriculture has produced high quantities of food but much has been lost in the race to produce grain with the highest yields. Heritage seeds and local food connect us as a community. Historically seeds were closely linked to a farming region and the people that grew the plants. By selecting and saving seeds farmers were guaranteed food sovereignty and security. Humans as a keystone species have the power to choose farming practices that support plant diversity, soil health, and crops that are grown for quality and not merely quantity. White Sonora Wheat is an excellent example of this holistic system.



**Seasonal Recipes
Using ingredients sourced from farms in the Capay Valley**

Caramelized Peppers with Cheese

5 or 6 mixed peppers chopped *

2 cloves garlic chopped

1 small red onion sliced

1/4 teaspoon salt

3 Tablespoons Extra Virgin Olive Oil

8 oz. Monterey Jack Cheese grated

Fresh Cilantro chopped

Flour or Corn Tortillas

In a skillet sauté peppers, garlic, onion and salt in the olive oil until lightly caramelized and soft.

You may need to add more olive oil during this process.

Remove skillet from heat and add cheese stirring until melted.

Sprinkle cilantro over the cheese mixture and serve in flour or corn tortillas.

*Note:

Farms in the Capay Valley grow many types of delicious peppers such as Jimmy Nardello, Pimento, Bell, and Poblano.

Recipe by Pamela Bateman

COMMUNITY CALENDAR

Please contact the group you are interested in, to see if they are still meeting at this time.

AA Meeting: Tuesday at 7 pm in the basement of the Countryside Community Church in Esparto. 1 hour open.

Spanish AA: Alcohólicos Anónimos: Detrás de El Toro. Los lunes, miércoles, y viernes a las 7 pm - 9 pm.

Spanish AI-Anon: Spanish AI-Anon: Detrás de El Toro (26628 N. Grafton). Los Martes a las 7 pm - 8:30 pm.

AI-Anon: Countryside Community Church on Tuesday from 7:00 p.m. to 8:00 p.m.

Calvary Baptist Church: Meets Sunday's at 11 am at 26479 Grafton Street.

Calvary Baptist Church Community Dinner: Every Tuesday at 4 pm located at 26479 Grafton Street, Free, Everyone Welcome.

Capay Valley Christian Fellowship: 11 am adult Sunday school; 11:45 am social; 12:10 pm - 1:10 pm worship/children's Sunday School at the Guinda Community Church.

Capay Valley Fire Commission Meeting: Meets the 2nd Monday of each month at 6:30 pm at the Guinda Fire Station.

Capay Valley Garden Club: 4th Wednesdays, 6 pm, location varies, see Facebook page for more information.

Capay Valley General Plan Advisory Committee: Meets every 1st Wednesday at 7 pm at the Grange Hall in Guinda. Open to all.

Capay Valley Science Club, 4th Mondays, 6 pm, location varies. See Capay Valley Science Club" Google Group for information.

Capay Valley Vision Board: Meets on the third Wednesday of every month at the Esparto Library at 6:30 p.m. (Meetings are OPEN TO THE PUBLIC.)

Cottonwood Cemetery District: Next meeting will be October 9th 9:00 a.m. RISE building 17317 Fremont St. Esparto

Countryside Community Church: Sundays at 9 am Worship Service and Sunday School.

Esparto Ag Boosters: Meets on the 3rd Wednesday of each month at 6 pm in the Ag Department at the high school.

Esparto Citizens Advisory Committee Planning Council: Meets 3rd Tuesday at 7 pm at the Esparto Regional Library.

Esparto Community Services District: Meets on the 2nd Wednesday of each month at 7:00 p.m.

Esparto Family Practice: Open: Monday, Tuesday, and Friday from 9 am - 5 pm, Wednesday 2 pm - 6 pm and Thursday from 1 pm - 6 pm

Esparto Food Distribution: Esparto Food Distribution 1st and 3rd Thursday of the month from 9:30 am - Supplies Last and 4th Monday of the month 10 am - noon.

Esparto High School Ag Boosters Meets on the third Wednesday of each month at 6:00 p.m. in the Ag Classroom at the high school.

Esparto Lions Club Meeting: Meets on the 1st and 3rd Thursdays at the Boy Scout Cabin Social hour at 5:30 pm, 6 pm Dinner, For Zoom link, please call (787-3892)

Esparto Regional Chamber of Commerce: Meets monthly on the 2nd Thursday at 6:30 pm, currently via Zoom. (For Zoom Link, please call (787-3242))

Esparto Unified School Board Meeting: Meets on the 4th Wednesday at 6 pm in Room A - 7 at the High School.

Esparto Fire Commissioners Meeting: Meets the 2nd Thursday of each month at 6 pm at the Espart Fire Station.

Food Distribution at Countryside Community Church: Fridays: 2 pm - 5 pm.

Friends of Esparto Regional Library Board of Directors' Meeting: The 2nd Wednesday at 4 pm (except for July and November) at the Library

Guinda Community Church: Sunday Service at 9 am

Guinda Food Distribution: 9:30-10:15am on the second and fourth Monday of each month. 10 am - 11 am at the Guinda Grange Hall.

Homeschooling: Carly Castruita Gordon at (916) 616-5419.

Madison Advisory Committee: 4th Wednesday at 6 pm at the Madison Community Services District. No meetings in May, November or December.

Madison Community Committee: 3rd Thursday at 6 pm at the Madison Community Services District.

Madison Fire Commissioners Meeting: 1 pm on the 2nd Monday of each month at the Madison Fire Department at 17880 Stephens Street.

Madison Food Closet: Open the 2nd and 4th Mondays of each month from 4 pm to 5 pm at the Madison Community Services District Building

Madison Service District Meeting: 3rd Thursday at 6:00 p.m. in the District office at 28963 Main Street in Madison.

New Life Christian Center in Madison: Sunday Service at 11:00 a.m. with Jr. Church for ages 5-12. Home Bible Studies on Wednesday.

On Fire Fellowship of Esparto: Sunday service at 9 am Bible Study: Wed. at 6:30 p.m. Youth Group: Friday at 6:30 pm; Ladies: 1st/3rd Tues. 6:30 pm.

RISE Collaborative Meeting: 4th Friday of each month at 9 am. Meeting held in-person at the RISE, Inc Esparto Office (17317 Fremont Street).

RISE Valley Seniors: Meet Tuesdays & Thursdays at the RISE office (17317 Fremont Street) 9 am - noon. Meet at Boy Scout Hall (17020 Yolo Ave) First & Third Thursday of each month

Rumsey Improvement Association:(RIA) Everyone is welcome to community potluck every First-Monday-of-the-month. Arrive at 6:00. Eat at 6:30

St. Martin's Catholic Mission Church: English Mass: 8:30 am on Sundays; Spanish Mass: 7 pm on Saturdays at St. Martin's Catholic Mission, 25633 Grafton St.

Veterans of Foreign Wars (VFW): Western Yolo Post 7143, meets 1st Wednesday each month, at Post Home, Orleans St. and Highway 16.

Western Yolo Grange: Meets on the 3rd Tuesday at 6 pm social, and 6:30 pm potluck dinner and meeting at the Grange Hall at 16787 Forrest in Guinda.

4-H: Meets at 6:30 pm on the 2nd Monday of each month at the Community Center in Esparto.



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