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34th Annual Hoes Down Harvest Festival Returns on October 4, 2025

The Capay Valley community gathers to celebrate local agriculture

A beloved tradition is back this fall as the Hoes Down Harvest Festival returns for its 34th year at Full Belly Farm in Guinda on Saturday, October 4, 2025.

The festival invites families, food system advocates, and farmers alike to spend a day celebrating sustainable agriculture and rural living. This year's festival theme is Grounded We Grow, which was inspired by the feeling that it is so important to stay rooted in community, support our neighbors, and find joy together.



The festival will include a fun and educational lineup of workshops and activities for all ages. Workshop topics will include brewing and baking with heirloom grains, open-fire cooking, mushroom growing, soil fertility and more! Kids can dive into the fun as well, with a dedicated area filled with arts and crafts, storytelling sessions, farm animals, games and contests. This year's music lineup is filled with artists that will have you dancing all day long, with performances by Black Sheep Brass Band, Raices, JB Barton & Company, Nat Letkoff, Dead Nettle, Lucas Lawson and the Home Pie String Band.

The weekend will continue with an Open Farm Day on Sunday, October 5, offering attendees the chance to visit small farms and attend workshops throughout the valley. Participating farms include Dragonfly Ranch, Vitis & Ovis, Capay Valley Lavender, Grumpy Goats, Capay Hills Orchards, Polestar Farms and Taber Ranch.

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*We reserve the right to edit articles at our discretion,
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Become a Friend of Tuli Mem

Annual memberships start at \$25 and up. All membership funds go towards
 providing free swim days and park programming.

Suggested Membership Levels:

Chorus Frog: \$25 – For individuals, students, seniors

Marsh Wren: \$75 – For couples and families.

Pond Turtle: \$100 – For larger families.

Egret: \$300 – Consider this level if you are a local business. Donations at this
 level and above will be acknowledged as sponsor of one of our Free Swim Days.

River Otter: \$1000 – For larger businesses.

Great Blue Heron: \$1500 – For those with a true appreciation for the water and
 all of the benefits it brings.

Follow the QR code for our donation page.



You can also mail a check to WYORCA:

WYORCA
 PO Box 453
 Esparto, CA 95627

This month we would like to acknowledge the following Friends of Tuli Mem
 members:

WYORCA Board Members

Sandra Adams, David Vigil, Jack Morris, Jodee Treat, Carine Hines, Sherrie Vann

Egret Level

Double Dipper Ice Cream Company
 Esparto Broadband
 Dave Scheuring
 Linda Pillard
 Trini and Wyatt Cline
 The Hines Family
 Max Vann Land Leveling
 Loreal Monroe and David Vigil

Great Blue Heron

Sherrie Wood
 Anonymous
 R & R Pacific Construction
 John and Sandra Adams



(Continued: 34th Annual Hoes Down Harvest Festival Returns)

In 2023, the festival returned after a four year break, and every year since the organizers have been refining the experience. One major change was moving the festival to a new location at Full Belly Farm that allows attendees to enjoy the existing natural beauty of flower fields, pumpkin patches and fruit and olive orchards.

“The break allowed all of us at the farm to reimagine the festival so that it is a sustainable project for us, our community partners and attendees,” says Dru Rivers, Full Belly Farm owner and lead Hoes Down organizer. “This has also reinvigorated our dedication to organizations in the Capay Valley”

The Hoes Down Harvest Festival is much more than a celebration of all things agriculture and rural living, it is a true community event and is a major fundraiser for many local Capay Valley based organizations. In partnership with the nonprofit Ecological Farming Association, the event donates proceeds to Rise INC, Manzanita Learning Circle, Western Yolo Grange, Rumsey Improvement Association, Esparto Library, Cache Creek Conservancy, Capay Valley Health Center, Western Yolo Recreation Association, Capay Valley Firefighters Association, Esparto High School and many more. The festival also works with Esparto Elementary School to sponsor students to attend the festival every year.

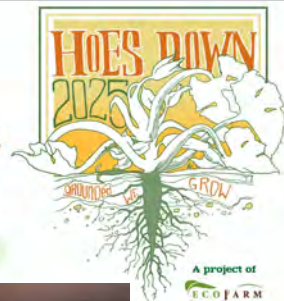
Tickets go on sale August 1 at eco-farm.org. Admission is \$70 for adults and \$25 for youth (ages 4–16), with camping available for an additional fee.

For more information, visit eco-farm.org/hoes-down or email hoesdown@full-bellyfarm.com.

34th Annual HOES DOWN Harvest Festival

Saturday, Oct 4, 2025
11 am - 11 pm

A non profit fundraising festival



This summer, Esparto's Scholar Summer Camp kids were treated to some cool community fun! Local small business Cork & Co. stopped by the middle school to serve up refreshing drinks, keeping both staff and students cool during camp activities.

On another sunny day, kids enjoyed a walk over to Big Dipper Ice Cream, where the friendly shop made sure every kid left with a big smile and an even bigger scoop. It was the perfect way to soak up the summer while supporting local favorites!

— Adamaris Zamudio, Middle School Program Coordinator



Tuli Mem Park

The 2025 swim season at Tuli Mem Park is off to a wonderful start. We are seeing record attendance and full swim lessons. The wonderful staff, made up of mostly local youth, are working hard to teach the community how to swim and provide a place to exercise and play. In July, we kicked off the Swim Club (Wed/Thur 12-1pm) and Water Aerobics (Mon-Fri, 11am-12pm). Unfortunately, the replastering of the kiddie pool was once again delayed due to unforeseen concerns with the tiles, but Yolo County is still planning to complete the project before the end of the season.

Did you know, if your child attended the summer school program with Esparto Unified School District, you can present their name at the pool to receive free entrance, all season long. In addition to weekly free community swim days (Wed 5-7pm, Sun 11am-4pm), thanks to the generous support of Community Donors, we will host free swim days on National Night Out (Aug 5, 5-8pm) and Labor Day (Sep 1st). As always, you can check the @tulimempark Instagram or Facebook account, or www.tulimempark.com for up-to-date information.

This summer we created the Friends of Tuli Mem group, as a way for community members to not only support the park, but also gather our collective voices to advocate for the park's continued funding by Yolo County. Tuli Mem is one of the few parks, and the only public pool, in unincorporated Yolo County. It is a vital resource for the community.

Unfortunately, only ~13% of the park's fiscal needs is covered by local tax payers 218 special assessment. The remaining amount needed to run the park is covered by Yolo County's general funds, whose allocation is decided by the Board of Supervisors. We know that Tuli Mem Park is a loved and valuable public space for the larger Esparto and Capay Valley area. Together, through the Friends of Tuli Mem, we can collectively advocate for the park's continued support by Yolo County.



By joining the Friends of Tuli Mem, at any level, you are not only supporting free community swim days and other subsidized programs, you are also making your voice heard. Let's keep telling Yolo County that our rural community needs Tuli Mem Park!



Community Celebrates Grand Reopening of VFW Post 7143 Kitchen with Ribbon Cutting and Luncheon

Esparto, CA — On Saturday, July 12, 2025, Veterans of Foreign Wars Post 7143 and the Esparto Regional Chamber of Commerce came together to celebrate the long-anticipated reopening of the Post's newly renovated kitchen. The event, which also served as a Chamber mixer, marked a special moment of growth, community, and camaraderie in the heart of Esparto.

Members of the Chamber, the community, and the VFW filled the post hall for a ribbon cutting ceremony and a delicious spaghetti luncheon to commemorate the completion of the major renovation project. The celebration honored not only the new kitchen, but the teamwork, dedication, and generosity that made it possible.

The luncheon was a hit, with guests enjoying a hearty meal prepared by VFW cooks Shelly and Jeff, whose culinary efforts received high praise all around. The fresh salad, generously provided by Cadena Farms, rounded out the meal perfectly. The energy and turnout reflected just how much this project and this place means to the community.

"It's been decades since our kitchen was used this way," one member shared. "To see it come back to life, to feed the community again under one roof means a lot to us."

Adding to the celebration were special guests including the Almond Queen, who helped cut the ribbon alongside VFW members and Chamber officials.

The event was made possible by the tireless work of VFW members, who put in months of labor to completely overhaul the kitchen from the floors to the ceiling, including new plumbing, electrical, and commercial-grade appliances. Their efforts have breathed new life into the Post, creating a space where veterans and community members can gather, share meals, and continue to support one another.

Post 7143 extends its heartfelt thanks to the Esparto Regional Chamber of Commerce for their partnership and support, to all who attended, and to every volunteer and contributor who helped bring this project to life.

The Post is proud to continue its mission of service, not only to veterans, but to the entire community it calls home.



VFW Post 7143 Ribbon Cutting

Students Responses:

“In this group, one of the things that I learned is that mental health is very important just as physical health is important. What I feel about mental health is that keeping your mental health high will improve that way you feel about life. It makes life better, fun, and more happy. When you keep bad things trapped in your mind it starts to build and keep building until you just can’t keep it in. I understand that you sometimes might struggle with expressing your emotions, I had this problem and I still do but I am learning still and trying to express myself more and you should too even if it’s not with your friends, or family maybe you feel more comfortable talking to someone you don’t know, someone that won’t judge you, someone that won’t share your information. Let all of it out. It will eventually affect your mental health. Do you know that stress can cause cancer and many more bad things to you.

In the Youth Leader Group, I learned that it’s ok to let your feelings out. I didn’t know how amazing some of these adult leaders could be. This program makes me feel like people are actually listening. I now know I’m not alone and you should know you don’t have to suffer alone. There’s people that care and love you. Personally, I would like to learn how to deal with my emotions better. Sometimes people don’t express their emotions and might harm themselves or worse because they don’t understand that there are different ways to deal with your emotions. These are my feelings and about mental health and this program has really helped me cope with my emotion.” **-Sophia Servin**

“In this youth leader group i learned that mental health is healthy for you. A lot of people can be feeling different ways like sad, mad, happy, or stress and sometimes they won’t talk about it and it is not healthy for them. So, I learned that it is important to talk about your feelings to be mentally ok. We did activities to help us understand our emotions better. It helps see that leaders care about are feeling and check in on others. I want to learn how to deal with stress in a better way and maybe teach others what learn.” **-D.H.**

Youth Leaders Group

This summer, RISE Inc. is leading Youth Leaders Group, a program designed to engage middle school students in meaningful conversations around leadership, mental health, and substance abuse prevention. Through interactive workshops and open dialogue, youth are developing leadership skills and learning how to advocate for real change within their communities. A central part of the program involves youth-led engagement sessions with local policymakers, where students are calling for stronger policies to support mental health and reduce substance use. Youth Leaders Group also provides a safe and supportive space for participants to express their feelings, share ideas, and ensure their voices are heard and valued. Each student also had the opportunity to share their personal experiences and reflect on how being part of the Youth Leaders summer group has positively impacted their lives and their community.

Facilitators: Daniela Hernandez, & Johanna Lopez, Mental Wellness Specialists

Students Responses:

“Being in this group helped me learn what leadership really is. You don’t have to be popular- it’s about being a good role model and looking out for others. We know that leaders care about making things better, speak up, and more importantly they ask questions. That inspired me to think about how I can be a great leader in my community. Even in the smallest ways to make my community a better place. I want to learn more about how we can help our town be healthier. I think that all of us can create posters and do events, or talk to adults about mental health and drug prevention when it comes to students. It feels good to know that we’re part of something bigger and that our ideas matter” **-Camila Ochoa Sandoval**

“The focus on substance use & curiosity is really important. I knew that drugs were bad but attending these groups help understand more about substance abuse. We talked about why people are using drugs because they are bored and stress. This made me realize that there are many positive other things people can do instead of vaping or drinking. I’ve learned that if i ever feel peer pressure i can go to the people that i trust to talk about it and they can guide me. This group makes me feel more prepared and confident. I think students should learn about this because it can teach them what it could do to them when they are adults.” **-Summer**

“Something i have learned in this group is about how peer pressure can affect people. We need to start thinking about the decisions we make to fit in. Some students in school want to fit in and can lead to them doing drugs, vaping or smoking to be cool. One reason why students do any of these things is because they are stressed and they need a way to cope with it. Some reasons students can be really stress out is because they are tired, stressed with a bunch of paperwork or maybe something is happening at home and school is pilling up. I want to learn more reasons why people can be very stressed so I could support my friends in the future. I think it is a very good idea that we are learning about this because it could help us later in high school when any people are struggling.” **-Chloe**

Esparto Regional Chamber Business Spotlight: Polestar Farm

Tucked away in the rolling landscape of Esparto, California, Polestar Farm is a hidden gem where community, tradition, and organic farming come together. Owned by Karina and Jim Knight, Polestar Farm began not as a business venture, but as a simple dream of country living. Karina, a marriage therapist, and Jim, a retired elementary school principal purchased the property for its charm, not its orchard. But when the trees unexpectedly burst with fruit the following year, their lives took a new direction.

What started as a surprise harvest has grown into a thriving certified organic farm, home to 750 Royal Blenheim Apricot trees. Committed to sustainable and pesticide-free farming, the Knights use micro-sprinklers, mow under trees, and even let sheep help with weeding and fertilizing. Every day on the farm is different, filled with new challenges and small victories that the family meets with care and humor.

Adding to the heart of the farm is their son Alden and his wife Dani, who live on the property and play a hands-on role in day-to-day operations. Whether it's helping with the orchard, maintaining the land, or lending a hand at events, Alden and Dani are an essential part of what makes Polestar a true family farm.

The name "Polestar" holds deep meaning, it's been part of Karina's family for years and symbolizes the North Star, a guide through life's journey. That sense of direction now lives on in the farm's mission to be a place where people can gather, laugh, and share the bounty of the land. Their on-site honor-system fruit stand invites locals to enjoy fresh fruit straight from the source, while their community dinners bring people together for unforgettable evenings under the stars.

Polestar Farm isn't just about growing delicious apricots, it's about cultivating connections. Whether you're stopping by for fruit or joining an event, you're not just visiting a farm you're becoming part of something special.

-Board Member, **Esparto Regional Chamber of Commerce**



A Visionary Leader for Regional Resilience: Ave Lambert Joins Yolo Food Hub Network

CAPAY VALLEY, YOLO COUNTY, CA — New Season Community Development Corporation, operator of the Yolo Food Hub Network, is thrilled to announce the appointment of Ave Lambert as its new Executive Director.

An eighth-generation farmer and rancher with deep roots in Yolo and Ventura Counties, as well as the Bay Area, Ave brings a lifelong passion for food and agriculture to this pivotal role. Their multidisciplinary background spans the culinary arts, regenerative farming, workforce development, and food policy advocacy—making them a dynamic and visionary leader for the region's local food movement. See Ave's work history [here](#).

"We are incredibly excited to welcome Ave back to the valley," said New Season Community Development Corporation Board President Jim Durst, a nonprofit responsible for two decades of revitalizing rural northwest Yolo County. "Their commitment to community-driven food systems, paired with a proven track record of innovative leadership, makes them the ideal person to lead this next chapter."

After two decades creating models for local food systems, community flourishing and economic development in food insecure, impoverished areas, now returning to Yolo County, Ave brings this rich experience home to lead the Yolo Food Hub Network and its anchor project at the Historic Oakdale Ranch. The newly acquired five-acre site between Esparto and Madison, CA features a 22,000 sq. ft. barn—already a vibrant community space since its 2022 barn warming—that will soon be transformed into the central site of a larger regional food hub network including Spork Food Hub and Capay Valley Farm Shop, offering aggregation, processing, storage, and distribution services to support small farms and ranches. This project has been a community-driven collaboration, engaging hundreds of local residents, organizations, and representatives from every level of government.

The food hub emerges as a long-anticipated solution to a collapsing centralized and globalized food system. By re-regionalizing centers of food production and distribution in a rural agricultural region, the Yolo Food Hub Network builds lasting economic resilience for everyday people—not corporations. *"Don't take your food supply for granted," Organic Farmer and NS CDC Board President Jim Durst of Durst Organic Growers said recently to the Davis Vanguard. "It's better to build resilience now than wait for the next crisis. The Yolo Food Hub is about proactive solutions—not charity, but systems change."*

With an ever-increasing climate and funding crisis, small-scale farms and ranches are on the front lines of that ecosystem and economic fragility, while growing our food and stewarding our ecosystems. Keeping the value and nutritional density of our food investments rooted in local land and labor, and

(Continued on page 7)

(Continued: A Visionary Leader for Regional Resilience)

developing models for the nation in how to do that, is more important than ever and allows farmers and eaters to divest from national systems that have long failed to serve the public interest. This shift strengthens community health and well-being, empowers local decision-making, and reinvests in intergenerational equity – putting the power BACK in the hands of the people.

“We’re building infrastructure that not only supports our local agricultural economy but strengthens community health and relationships at every step of the supply chain,” said Ave Lambert. “I’m honored to be standing on the shoulders of each community member who has invested their lives in this work, the incredible all-volunteer New Season Board, and to be part of this transformative work.”

For more information about the Yolo Food Hub Network or to connect with Ave Lambert, please contact:

Ave Lambert, Executive Director 530-206-3299 ave@yolofoodhubnetwork.org <https://www.yolofoodhubnetwork.org/> and <https://www.newseasoncdc.com/>

Instagram: @yolofoodhubnetwork
Facebook: Yolo Food Hub Network
LinkedIn: Yolo Food Hub Network



Ave Lambert, Executive Director, Yolo Food Hub

It’s summer. While lots of people are going on vacation and trying to escape the heat, things are still happening with the League of Women Voters of Yolo County (LWVYC).

Our League held a public interview with District 4 Congressman Mike Thompson in June and discussed topics including the way the new federal budget will affect our rural agricultural businesses and our local access to healthcare. So much change has been proposed in such a short time, that the discussion gave us a lot to consider about how our communities will be affected. To see more of our discussion with Congressman Thompson, watch the full interview at: youtube.com/live/GGopnyVgF2U.

Also in June, our League won the 2025 “Strength in Change Award” given by the League of Women Voters of California during their biennial State Convention. LWVYC President Michelle Famula submitted our award application to showcase the expansion of our new countywide League. Our transition now enables us to include previously unrepresented areas of Yolo county, and shows how we are now able to offer community education and voter information to residents in Esparto, Capay, Knights Landing, and others outside the larger city areas in Yolo.

For our final June event, our league chapter held our Annual Meeting, where we elected a new board, adopted a new County Mental Health Advocacy position, and discussed our priorities for the coming year. These priorities include continuing our work to promote and support voter engagement as we grow our membership to include more voices from around the county. Our new mental health position, which was adopted by our members, following two years of research and study, will now enable us to advocate for programs and services throughout Yolo County that focus on visible and accurate consumer information for

clients and families, timely access to care, and data analysis to help assess the effectiveness of our county programs and resources..

Moving into our fall activity planning, the LWVYC is preparing now for its annual Democracy Works Award community recognition event. We are looking for nominations throughout the county, particularly people or organizations that encourage equal representation, expand voter rights, or take grassroots political action. We are also looking for people or organizations who advocate for

legislation that supports democracy in our local communities. Do you know an individual or organization working to support democracy at the local level? We welcome your nominations! The deadline for the Democracy Works award application is Wednesday, Sept. 1, 2025. To make a nomination or learn more about the award and the past winners, please visit our website: lwvyolo.org/democracy-works-award.

We have many more events coming up throughout this year, and greatly appreciate this opportunity to keep you informed and up to date.

We hope everyone in the Valley can stay cool in the summer heat, take time to relax with family and friends, and enjoy the bounty of activities our Yolo County recreational areas offer.

The League of Women Voters is committed to informing voters on local politics and increasing access to voting and information. The League is a non-partisan, grassroots organization dedicated to voter education and empowering citizens to shape better communities worldwide.

Welcome Back to the 2025–26 School Year!

Dear Esparto Unified Students, Families, and Staff,

I hope you’ve all had a wonderful and restorative summer. As we look ahead to the **first day of school on Tuesday, August 6th**, I want to express how excited we are to welcome everyone back for what promises to be a meaningful and inspiring year.

This will be our **second year of implementing the Esparto Unified Strategic Plan**, and we’re continuing our shared commitment to ensuring every student graduates prepared for success, equipped with the essential competencies outlined in our **Graduate Profile**. These six key areas represent the knowledge, skills, and mindsets our students need to thrive in life beyond high school:

- 1. Career
- 2. Communication
- 3. Well-Being
- 4. Critical Thinking and Problem Solving
- 5. Financial Literacy
- 6. Collaboration, Teamwork, and Citizenship

In addition to a focus on student learning, we are also placing a strong emphasis on **school safety** this year. You’ll notice some important changes to campus procedures and infrastructure:

- **Morning Drop-Off:** We ask that families drop students off and allow staff to assist with the transition onto campus. This helps us maintain a safe and orderly environment for all students.
- **Secure Entry During the Day:** Once the school day begins, all campuses will require visitors to **"buzz in"** before entry is granted. Office staff will be able to unlock the door remotely after identifying visitors.
- **Safety Enhancements:** You’ll see new cameras, updated signage, and additional fencing installed at our school sites. These are just a few of the improvements funded by the **School Violence Prevention Grant** the district received, with more enhancements planned in the coming months.

These measures are designed to create safer, more secure learning environments where students can focus on learning and growing.

Thank you for your continued partnership and dedication to our students’ success. I look forward to a fantastic 2025–26 school year—welcome back!

Warmly,
Christina Goennier Ed.D.
Superintendent, Esparto Unified School District

Exciting Leadership Updates for the 2025–26 School Year

As we prepare for the start of a new school year, I’m thrilled to share some exciting updates to our administrative team across Esparto Unified School District.

At Esparto **Elementary School**, we are pleased to announce that **Dr. Lorena Lopez** will be serving as our new principal. Many of you already know her as the Dean of Students last year, and we are proud to see her continue her leadership journey as she takes on this new role. Her commitment to our students and staff has been evident, and we look forward to the positive impact she will continue to make as principal.

At **Esparto High School**, we are excited to welcome **Mr. Alberto Tamayo** as our new principal. Mr. Tamayo has been an integral part of our district, serving last year as both the Coordinator of Community Schools and the Athletic Director. His dedication to building strong relationships with students, families, and the community makes him an excellent fit to lead Esparto High into the future.

To round out our team, we are happy to introduce **Mrs. Ronni Bassett** as our new Dean of Students. Mrs. Bassett joins us from Woodland Joint Unified School District, bringing a wealth of experience and a deep passion for student support and success. We are delighted to welcome her to the Esparto Unified family.

Please join me in congratulating our current staff members on their well-deserved promotions and extending a warm welcome to our newest team member.

We look forward to introducing more new staff members next month—stay tuned!

Sincerely, **Christina Goennier Ed.D.**

Hello Esparto community,

My name is Lorena Lopez, and I’m excited to introduce myself as the new Principal of Esparto Elementary School. It is a true honor to take on this role, and I’m looking forward to working with all of you to support our students.

Last year, I served as the Dean of Students here in the Esparto Unified School District. Before that, I was an Assistant Principal in West Sacramento and have worked in education for nearly 18 years. I was born in Woodland and grew up both here and in Mexico, so I know what it’s like to learn a new language and culture. That’s a big part of why I care so much about helping every student feel safe, welcomed, and ready to learn.

I believe in working closely with teachers, families, and the community to make sure every child has the best chance to succeed. I will always lead with honesty, kindness, and respect.

Esparto already feels like home to me, and I’m excited to continue getting to know all of you. I look forward to learning more about the school, hearing your ideas, and building a strong future together for our kids.

Sincerely, **Lorena Lopez, Principal, Esparto Elementary School**

Who Do You See?

When you come out to a Friday night football game in Esparto and look at the Student/Athletes playing the game, who do you see? Let me tell you what you should see...

It is a Friday afternoon in mid-December, and right after school, eight Esparto High School Football players walk over to the Esparto Regional Library to help transport boxes and boxes of toys over to Esparto Elementary School for the Friends of the Esparto Regional Library's Children's Shopping Day, to be held the following day. Sixty to Seventy young children will come through on Saturday to select ten gifts for their family for a \$5 charge. The thought brings a smile to the Football Player's faces as they smile and joke while they work.

On a similar Friday in late February, eight or nine Esparto Football players gather after school at the Esparto Regional Library again, to carry fifty plus boxes of books from the storage shed into the Library's conference room for the Friends of the Esparto Regional Library's Almond Festival Book Sale that raises money, by selling donated used books, to help fund the Esparto Regional Library's various programs for kids and adults. Three hours of their afternoon is a small price to pay for the joy this money will help bring to hundreds of Esparto Community members. It feels great to give back to your community.

It is 6:00 am on a Saturday morning in early June as thirteen Esparto High School Football Student/Athletes gather at the high school for the trip up the Capay Valley to Lavender Farms for their annual "Fun Run." While others sleep in on this Saturday morning, these young adults have volunteered to help purveyors carry in, and set up their wares, also setting up tables and chairs for participants and spectators, marshalling the race course to help keep runners on track, and finally helping to tear everything down, clean up, and help purveyors carry their wares back to their cars at the conclusion of the event. Watching the participants' highs and lows as they navigate the race course brings to each player's mind the work that they themselves have put in during the off-season, lifting weights, conditioning, and hours of team practices, all needed to reach success.

At 7:15 am on a hot mid-July morning twenty-five Esparto High School Football Student/Athletes are on the road again, this time to the Yolo County Fairgrounds, where from 8 am to 7:30 pm they will run (in shifts) the concession stands for the Cache Creek Employee Appreciation Picnic. Handing out Cotton Candy, Ice Cream Bars, Popcorn, Snow Cones, Carmel Apples, Churros, Pretzels and Corn Dogs, these future community members watch the smiles on children and adults as they receive their free snacks. With this many High School volunteers it only takes one miscue to taint the entire program with the classic "Football Players", but the event goes off without a hitch. So often we are quick to label young adults or football players because of the actions of others, when we don't realize that 98% of these are good kids, who love their community and are willing to give back to it.

The very next morning fourteen of these same Esparto Football Student/Athletes gather again at the Yolo County Fairgrounds at 9 am to help tear down and clean up from the Cache Creek Employee Appreciation Picnic, which they do in a record three hours and forty-five minutes. Satisfied, they return home, confident that they have represented Esparto High School, Esparto Football and the Esparto Community in a positive light.

One week later, eight early rising Esparto Football Players gathered at the Esparto Fire Station, only a couple of weeks after explosions rocked our little community, to volunteer to help set up for the Esparto High School Athletic Booster Club Rib Cook-Off. They set up tables and chairs for the event that will hopefully raise money used to support all Esparto High School Athletic Programs. Unselfish with their time, these young adults are gratified as they watch our local community gathering to help raise money for them.

So, when you see an Esparto Football player out on the field on Friday Nights in the fall, please realize that this is not a one dimensional Student/Athlete, this is a young adult who cares deeply about their community and is willing to dedicate their time and effort to give back to their community. They proudly wear the name "Esparto" on the front of their jerseys and in their hearts. So please, come out to an Esparto High School Football Game this fall, and win or lose, cheer on these young people who are so willing to help, and represent, the community they love. Our Community. I would hope you see who I see.

Submitted By: Ron Cristian, Esparto Football





Capay Valley Flora, Fauna and Farm

Capay Valley Regeneration

By Barbara Gemmill-Herren

~The Angels of Summer: Green Lacewings~

Summer is the time for everything to grow and flourish- trees and other plants, crops – and of course, the insects that eat our crops. But some insects are also very helpful to farmers- those that help to keep pests under control. Some of the most beautiful of these helpful insects are lacewings. They are a lovely light lime green in color, with large, delicately veined, translucent wings. Both the young - the larvae - and the adults of lacewings feed on aphids. Female lacewings lay their eggs on a thread of hardened mucus attached to a leaf, so they are suspended in the air, making it harder for other insects to snack on their eggs. In this bug-eat-bug world, lacewings are doubly clever: once they have sucked all the juices out of an aphid, the larvae of some lacewing species use the dried-out bodies as camouflage, sticking the skins to their own backs and hunting down more aphids.



(Photo by Colin Richard, on Ovis and Vitis farm)



GRAZING FOR FUELS REDUCTION

CREATING GRAZING COOPERATIVES FOR LONG TERM SOLUTIONS FEATURING SARAH KEISER

This event will feature a presentation on prescribed grazing and grazing cooperatives by Sarah Keiser followed by a question and answer period.

TUESDAY, AUGUST 5
6:30 - 7:30 PM
Guinda Grange Hall
16787 Forest Ave B312
Guinda, CA 95637

ABOUT THE SPEAKER:

Sarah Keiser is a community organizer and grazing advocate, combining grazing ruminants and her experience to do regenerative land stewardship & vegetation management in Sonoma County through her consulting service, The Holistic Herder.

ABOUT GRAZING COOPERATIVES:

Grazing cooperatives are community-based, sustainable land stewardship collectives that empower private landowners with the skills and support to use grazing ruminants for land stewardship to reduce wildfire fuels, and improve soil health.

The Yolo County RCD has funding to plan and implement prescribed grazing for fuels reduction in the Capay Valley (and throughout western Yolo County). This presentation will have a focus on the Capay Valley, but all are welcome!

QUESTIONS? CONTACT:

Tanya Meyer, RCD Program Manager, meyer@yolorcd.org; (530) 661-1688 x 2

Basil Dressing

1 cup loosely packed basil leaves
1 small clove of garlic chopped
1 tablespoon olive oil
1/2 cup of mayonnaise
1/2 cup of PLAIN yogurt
Pinch of salt

In a food processor combine the basil, garlic, olive oil, mayonnaise, plain yogurt, and salt. Blend until well mixed. Chill.

This dressing tastes great drizzled over tomatoes or a green salad. It is also delicious on a smoked turkey sandwich.

Seasonal Recipes

Using ingredients sourced from
the Capay Valley
From the kitchen of Pamela Bateman





Esparto RISE, Inc.

Thursday, August 7th and 21th
starts @ 9:30am

~~~~~  
Monday, August 25th  
starts @ 10:30am  
~~~~~

Food Pantry

Every Friday, 2:00pm - 5:00pm

(17317 Fremont Street, Esparto CA)

**Madison Community Committee
Food Closet**

Monday, August 11th and 25th
starts @ 4:00pm

(28963 Main St, Madison, CA)

Guinda Grange Hall

Monday, August 11th and 25th
starts @ 9:30am

(16787 Forest Ave, Guinda, CA)

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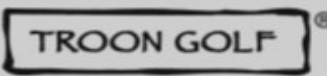
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Fallen Stars

By Clarence G. Underwood

Some say that stars from heaven do fall!
 We look up on a clear night and at that
 Moment we see a sight. The heavens seem
 To fall to the earth. A new stone has been
 Given birth. A meteorite is what it's called.
 It wasn't really a star at all. But some have
 Claimed they saw a fire in the sky and believe
 A fallen star would probably come to earth
 That way! Meteors are really just dust and
 Stones in the sky. Perhaps once in a while
 They may be a rock which falls from up high.
 A piece of a comet or some other celestial
 Debris. Watch out below we don't want it to
 Hit you or me! But we can collect them and
 Put them on display. That way someone can
 See them each and every day!

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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)

Parish Office

51 Main Street, Winters, CA 95694

(530)795-2230



Sunday Services

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

Everyone Welcome!

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



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Make Time for Yourself in Your Life

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.

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

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

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

Capay Valley Christian Fellowship: 11am adult Sunday school; 11:45am social; 12:10pm - 1:10pm worship/children's Sunday School at 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, at 6pm, 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 on August 11th, at the Esparto RISE office (17340 Yolo Avenue, 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 Food Distributions: 1st and 3rd Thursday of the month from 9:30 am - Until supplies last and 4th Monday of the month 10:30am - noon.

Esparto Lions Club Meeting: Meets the 1st and 3rd Thursdays at the Boy Scout Cabin Social hour at 5:30pm, 6pm Dinner, For Zoom link, please call 530-787-3892.

Esparto Regional Chamber of Commerce: Meets monthly on the 2nd Thursday at 6:30 pm, currently via Zoom. (For Zoom Link, please call (530-787-3242).

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 Esparto Fire Station.

Food Pantry: Fridays at 2 pm - 5 pm. (17317 Fremont Street, Esparto)

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: 2nd Monday is Produce distribution / 4th Monday is canned and dried goods. (9:30am - 10am 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 on the 2nd and 4th Mondays of each month from 4pm to 5pm at the Madison Community Services District Building.

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

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

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

RISE Collaborative Meeting: 4th Friday of each month at 9am. Meeting held in-person at the RISE, Inc Esparto Office. (17340 Yolo Avenue, Esparto)

RISE Valley Seniors: Meets Tuesdays & Thursdays from 9am - 12pm at the RISE office. (17340 Yolo Avenue, Esparto)

Rumsey Improvement Assoc.: 1st Monday potlucks at Rumsey Hall October - June. Mingling at 6pm, food served at 6:30pm. Bring a dish to share & your own utensils.

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

Veterans of Foreign Wars (VFW): Western Yolo Post 7143, meets 1st Wednesday each month, at Post Home, Orleans Street 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. (16787 Forest Avenue, Guinda)

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