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March 2026

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Another Beautiful Night for the Capay Valley Community

On February 14, the Capay Valley community gathered at the Western Yolo Grange for another memorable Capay Valley Almond Queen Pageant, an evening filled with pride and gratitude.

The experience requires significant dedication from its contestants, and special recognition was given to the five outstanding young women who devoted their time, energy, and passion to the journey. Stepping onto the stage to speak about their love for the Capay Valley and its close-knit community requires great courage. Each contestant represented the valley with grace, confidence, and pride, earning the admiration and support of the community.

The evening recognized the following titleholders: the 2026 Capay Valley Almond Queen, Makenzie Karlstad; First Runner-Up, Riley Valle; and Miss Congeniality, voted on by the contestants, Casara Pineda.

Scholarships were awarded through the generosity of local organizations and community. The First Runner-Up received a \$250 scholarship from the Esparto Chamber of Commerce, while each contestant received a \$50 scholarship from the Chamber. The Almond Queen was also awarded a \$1,000 scholarship sponsored by the Almond Queen Association.

All contestants delivered exceptional performances, and the community proudly supports each of them. More than anything, the evening served as a reminder of what makes the Capay Valley special—its strong sense of community, longstanding traditions, and the people who continue to support one another year after year.



Chloe Camargo, Riley Valle, Makenzie Karlstad, Casara Pineda, Kamila Moreno

Continued on page 3

VALLEY VOICE AD RATES
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25 WORDS FOR \$10
DISPLAY ADS

Business-card size: \$25/month
1/4 page: \$50/month
1/2 page: \$100/month
Full page: \$200/month

For more info, and yearly discounts email ValleyVoice@riseinc.org

The Valley Voice
P.O. Box 133
Esparto, CA 95627

For article inquiries, email Yessennia Galvan, Editor,
at ValleyVoice@riseinc.org.

For billing inquiries or ad rates, call (530) 787-4110 ext 237.

All articles and *payments* are **due on or before the 15th 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 with all the Capay Valley news and events.

Name: _____
Mailing Address: _____
City, State, Zip: _____
Phone Number: _____

Please Select : One Year: \$25.00 (12 editions)
Two Years: \$50.00 (24 editions)

Please make checks payable to RISE Inc., Mail to RISE Inc. at
P.O. Box 133 Esparto, CA 95627 or bring it into our office (17340 Yolo Ave.)



FREE TAX SERVICES AVAILABLE AT RISE!!

RISE, Inc. offers **FREE tax preparation services** to the Madison, Esparto, and Capay Valley communities. All services are provided by staff certified through the Internal Revenue Service (IRS) as part of the Volunteer Income Tax Assistance Program (VITA).

RISE offers free assistance with filing both federal and state income tax returns. Services are available throughout the tax season, and everyone is welcome to participate.

To better serve the community, tax assistance is provided **by appointment only.**

If you would like to schedule an appointment with a certified RISE staff member, please call **(530) 787-4110.**



¡¡SERVICIOS GRATUITOS DE IMPUESTOS DISPONIBLES EN RISE!!

RISE, Inc. ofrece **servicios GRATUITOS de preparación de impuestos** a las comunidades de Madison, Esparto y Capay Valley. Todos los servicios son proporcionados por personal certificado a través del Internal Revenue Service (IRS) como parte del Volunteer Income Tax Assistance Program (VITA).

RISE ofrece asistencia gratuita para la preparación y presentación de declaraciones de impuestos federales y estatales. Los servicios están disponibles durante toda la temporada de impuestos y todos son bienvenidos a participar.

Para brindar un mejor servicio a la comunidad, la asistencia para la preparación de impuestos se ofrece **solo con cita.**

Si desea programar una cita con un miembro certificado del personal de RISE, por favor llame al **(530) 787-4110.**



Community Support Drives the Success of the Capay Valley Almond Queen Pageant

The success of the Capay Valley Almond Queen Pageant is made possible through the generous support of sponsors, local businesses, and community members whose continued commitment helps sustain this cherished tradition. Their contributions play a vital role in creating a meaningful and memorable experience for contestants and attendees alike.

Sponsorship Support

Local sponsors provided significant support at various levels:

Platinum Level Sponsors (\$2000+)

- Road Trip Bar & Grill
- BZ Bee Pollination

Silver Level Sponsors (\$500+)

- Head Spa by Harlee

Bronze Level Sponsors (\$250+)

- Substation Solutions
- Cork & Co
- James & Deborah Durst

Contestant Sponsors (\$150)

- Nitysh Mercado
- El Toro Meat Market
- Kaleidoscope Salon by Liz
- Cork & Co
- Mariani Nut Company

Special recognition was given to Road Trip Bar & Grill for donating beautiful custom bracelets for each contestant, providing a meaningful keepsake of the experience. Cork & Co was also acknowledged for creating an elegant beverage area that enhanced the evening's atmosphere.

The Grange featured an amazing raffle with prizes generously donated by community members and local businesses, reflecting strong community involvement. Contributors included the Sacramento River Cats, Whitewater Adventures, Cache Creek Casino, Séka Hills, Capay Valley Lavender, Circle Z, Road Trip Bar & Grill, Esparto Ace Hardware, Family Traditions Olive Oil, Valley Tire, Taber Ranch & Vineyard, Cork & Co, Buckhorn Meat Market, UCD Meat Lab, Head Spa by Harlee, Grindstone Winery, Lucy's Cafe, and Beth Crowe.

A heartfelt thank you was extended to the Almond Queen Association for sponsoring the event's catering and to Cracchiolios for preparing the meal enjoyed by attendees.

Additional contributions included the Queen's crown donated by Art Ibarra, the Queen's gift basket provided by Laura Gordon, and sashes donated by Harlee Grant. The Esparto Chamber of Commerce donated the Queen's bouquet, which was beautifully arranged by Circle Z.

Sincere appreciation was also extended to the event's judges—Annie Torres, Mary Day, and former Almond Queen Katie Wicks-Wilmot—as well as MC Jose Garcia for helping make the evening memorable. The Capay Valley Fire Department was also recognized for donating tables and chairs and assisting with event logistics.

Through the dedication and generosity of sponsors, volunteers, and community partners, the Capay Valley Almond Queen Pageant continues to thrive. Their support ensures the ongoing success of this valued community tradition for years to come.

Submitted by, Harlee Grant



Esparto Scholars Shine in Winter Performance Through RISE Inc Partnership

As the second trimester came to a close, RISE Inc., in partnership with the Esparto Unified School District, proudly presented the Esparto Scholars Program Winter Performance, an evening that celebrated student creativity, discipline, and innovation across multiple academic and enrichment areas.

The Winter Performance showcased the hard work and growth of students enrolled in Theatre, Music, and Martial Arts classes. Families and community members gathered to witness students take the stage with confidence, demonstrating the skills they had developed throughout the trimester. Theatre students presented engaging performances that reflected teamwork, storytelling, and self-expression, while Music students shared pieces that highlighted both individual talent and ensemble collaboration. Martial Arts students impressed the audience with demonstrations that emphasized focus, respect, and physical discipline.

In addition to the live performances, students from the Robotics and Computer classes showcased a variety of projects they had been developing over the course of the trimester. These presentations offered a glimpse into the students' problem-solving abilities, creativity, and growing interest in technology and engineering.

The Winter Performance served not only as a celebration of student accomplishments, but also as a reflection of the strong partnership between RISE Inc. and the Esparto Unified School District. Together, the organizations continued to provide meaningful learning experiences that supported academic growth, artistic expression, and personal development.

As the Esparto Scholars Program concluded its second trimester, the event stood as a proud reminder of what students can achieve when given opportunities to explore their interests, build confidence, and showcase their talents within a supportive community.

Submitted by, Diana Hernandez



Capay Valley Flora, Fauna and Farms Capay Valley Regeneration By Pamela Bateman

Pasture Raised Pigs

Several farms in the Capay Valley are raising pigs that are both well suited to small holdings and which provide a superior meat product. Farmers choose the breed of pig according to the desired end product but first and foremost the breed is chosen for better tasting meat surpassing the commercially farmed pork available at the grocery store. We here in the Capay Valley are lucky to have access to these pasture raised, humanely treated, heritage pigs.

Intensive Pig Farming, described as operations with more than 5,000 pigs, accounts for three quarters of all pigs raised in the United States. These pigs are often kept in unnatural and crowded conditions, less than one square meter of space each, with little access to fresh air or sunshine (please see Wikipedia -Intensive Pig Farming). By contrast here in the Capay Valley farmers raise small numbers of pigs in a free range setting with land to roam, a diverse diet, wallowing holes to cool off, and the ability to interact with other pigs, animals and people. Our farmers choose heritage breeds that have a long history of being raised in natural environments while also producing superior tasting meat and bacon. For an introduction to a system of pasture raised pigs see YouTube - Rodale Institute - Organic Hog Facility.

Pigs, *Sus domesticus*, are descendants from wild boars, *Sus scrofa*, found in Indonesia, Southeast Asia and Eurasia and domesticated approximately 9,000 years ago. Domestic pigs were brought to North America by Spanish explorers. Through domestication and hybridization several major breeds have been developed. Pigs are raised for lard, meat and leather. Most breeds have sparsely bristled hair on their skin although there are some with wooly coats. Some of the heritage breeds you will find on local farms are as follows:

Berkshire - medium to large black hogs with highly marbled meat and exceptional flavor. They are good mothers and produce a lot of milk for their piglets.

Tamworth - medium to large red hogs with long legs and bodies, excellent foragers with a long snout, lean and nicely marbled meat with a firm texture.

Duroc - large red hog adapted to hot or cold weather that quickly grows to market size and has flavorful lean meat. They are known for their docile temperament.

Local mixes - farms that raise several heritage breeds result in offspring that are chosen for good mothering instincts, foraging skills, adaptation to local weather conditions and lean delicious tasting meat.

Purchasing local pork helps support our Capay Valley farmers dedicated to preserving these heritage breeds, value animal welfare and give us a superior meat product.



Seasonal Recipes

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

Almond Butter Popcorn

1/3 cup popcorn kernels - popped
2 Tablespoons Olive Oil
2 Tablespoons smooth Almond Butter
1 Tablespoon Honey
Salt to taste

Pop the corn and place in a large serving bowl. In a small saucepan gently heat the olive oil, almond butter, and honey until the honey melts and the mixture is smooth. Slowly pour the almond mixture over the popped corn and toss to mix. Add salt to taste.

This easy to make snack is savory with a little sweetness from the honey. The amount of honey can be adjusted if you want sweeter tasting popcorn.



Our seniors from RISE Valley Senior Program had a beautiful Valentine's Day celebration filled with love, laughter, and meaningful moments. The room was decorated with festive touches and sweet Valentine's details that made the day feel extra special. From sharing treats to taking photos together, everyone enjoyed spending time with one another and celebrating the joy of friendship.

It was so heartwarming to see their smiles, hear their laughter, and watch them truly enjoy every part of the celebration. Days like this remind us how important community, connection, and togetherness are. We are so grateful to be able to create these special memories with our amazing seniors and celebrate the love they bring into our lives every day.

Submitted by, Isabel Solorzano



RISE VALLEY SENIORS

Tuesdays & Thursdays
9am - 12pm
17340 Yolo Avenue, Esparto CA

Exercise Classes	Spotlight Speakers
Crafts and Hobbies	Food and Refreshments
Group Outings	Social Time

For more information call Isabel Solorzano
530-787-4110 ext. 209 or Isolorzano@risinc.org

RISE VALLEY SENIORS

Martes y Jueves
9am - 12pm
17340 Yolo Avenue, Esparto CA

Clases de Ejercicio	Oradores Destacados
Manualidades y Pasatiempos	Comida y Refrescos
Salidas en Grupo	Tiempo Social

Para más información llamar a Isabel Solorzano
530-787-4110 ext. 209 o Isolorzano@risinc.org

MARCH

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

R N O I L K C I R T A P T S R C
 K W N S G N I V A S X S L E M R
 Y B U T T E R F L Y E A W R F O
 Q D T K G N R X T N M O T H G C
 N J N G R E E N E B L H N N D U
 N O N I N X R L K F N G I A X S
 B Y S E W R X P S L P R F H T L
 M F W A M T E V A D P F K C R X
 X A T O E D R T B S O K C R E O
 L I O H T S J A S D M I O A B N
 H L R Y K K W N I A K T R M I I
 B L C I K P H L X N E E M Y R U
 D J K H S C T H G I L Y A D T Q
 V Z D F I H U C M Q P Z H V H E
 P D G W M C H L E N I H S N U S
 X T U L I P K B H A T C H I N G

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



- ST. PATRICK
- SUNSHINE
- TULIP
- WINDY



- SAVINGS
- SEASON
- SHAMROCK
- SPRING



WORD SCRAMBLE
DIRECTIONS:
 Unscramble each set of letters to discover a vocabulary word relating to the fun-filled month of March.

- CNSTIE _____
- TEYBUFLRT _____
- TPCAIRK _____
- REENG _____
- RDGENA _____
- REWOFL _____
- IKET _____
- RAMHC _____
- IGNSPR _____
- PAARDE _____
- YDNWI _____
- PCHRAUNELE _____

- OLERVC _____
- LOOMB _____
- KULC _____
- SRTAEE _____
- ROWNABI _____
- CICPNI _____
- MHCROSKA _____
- ESSOAN _____
- FDOFDIAL _____
- QXUNOEI _____
- SBAAKETBLL _____
- LOUDROTOS _____



- Leprechaun
- Insect
- Butterfly
- Patrick
- Green
- Garden
- Flower
- Kite
- March
- Spring
- Parade
- Windy
- Clover
- Bloom
- Luck
- Easter
- Rainbow
- Picnic
- Shamrock
- Season
- Daffodil
- Equinox

Word Scramble

Esparto FCCLA Regional Competition Success!

On Saturday, February 7th, the newly formed **Esparto High School FCCLA Chapter (Family, Career, and Community Leaders of America)** made an impressive debut at its first Regional Competition. Competing against a dozen Northern California schools, our nine competitors performed admirably.

We are thrilled to announce that **seven students** earned invitations to the State Competition in Riverside this April!

State Qualifiers & Award Winners

- **Octavio Estevez & Edgar De La Luz:** Food Innovation
- **Hayley Aceves:** Culinary Display (Creative Cakes)
- **Itzel Gonzalez Martinez:** Culinary Display (Appetizer)
- **Jessica Ayala:** Culinary Display (Pastry & Confections)
- **Victoria Fierro:** Culinary Display (Breads)
- **Jenna Hasson:** Culinary Display (Appetizer)

National Competitor Spotlight

We also want to recognize **Shelby Ausborn**, who is currently competing at the **National level** for her **Education Video**. We look forward to receiving her results later in March!

Exceptional Regional Performances

- **Jaslyn Lopez:** Culinary Display (Creative Cakes) – Ribbon Winner
- **Angel Guzman:** Job Interview – Commended for hard work and presentation excellence

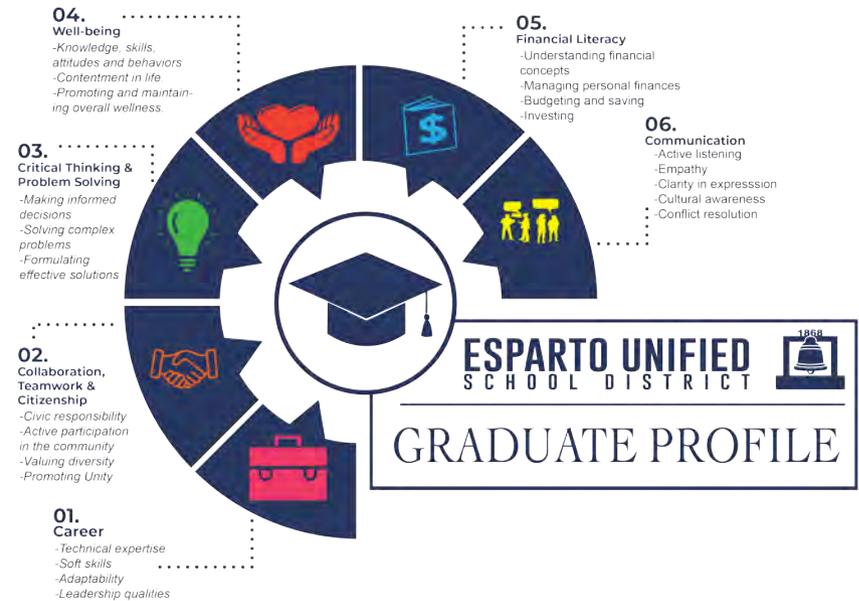
Leadership in Action

A special thank you to three of our Chapter Officers - **Sergio Santiago, Irlanda Fierro, and Shelby Ausborn** - who attended to support their teammates and master the "ins and outs" of competition to lead our chapter toward future success.

Graduate Profile Connection

This incredible showing at our first FCCLA Regional Competition is a powerful reflection of Esparto High School's Graduate Profile in action. Through real-world culinary challenges, job interview practice, and leadership experiences, our students demonstrated career readiness, collaboration, communication, and professionalism at the highest level. Their creativity, perseverance, and willingness to step outside their comfort zones highlight the skills needed for success beyond high school. We are proud to see our students not only competing — but truly living out what it means to be college, career, and community ready.

Submitted by, Kate Diezel



Community Schools Spotlight: Celebrating Student Talent and Whole-Child Supports

Esparto Unified School District will celebrate student creativity and enrichment during its upcoming Expanded Learning Opportunities Program (ELOP) Performance Night on Wednesday, February 19. Families and community members are invited to attend as students take the stage to share what they have learned through after-school programming. The evening will feature performances by the district's Music and Big Music classes, along with student showcases from Theater and Martial Arts. This event is designed to highlight student growth, confidence, and the joy of learning new skills in a supportive environment.

Beyond the performances, Esparto USD continues to expand hands-on enrichment opportunities through its Cooking Academy and Grub Hub class in partnership with CalFresh Healthy Living. The nutrition education program, typically serving youth ages 9–12, helps students build basic culinary skills, practice food safety, and develop healthy eating habits. Through a six-class series, participants engage in interactive cooking lessons, often led by teen instructors, and gain practical life skills they can use at home and beyond.

Esparto USD is also continuing its commitment to family engagement by gathering input through parent focus groups. The district is preparing for an Elementary Parent Focus Group (English) on February 24, part of ongoing efforts to strengthen communication and ensure programs reflect the needs and priorities of families.

Recently, Esparto's work was highlighted during a study tour focused on how small districts are operationalizing Graduate Profiles, turning a vision of student success into real, day-to-day practices. Visitors noted how Esparto's Community Schools approach builds strong, student-centered supports by blending academics with wellness services, social-emotional learning, family engagement, and community partnerships. A key example is the district's Wellness Centers, described as safe, welcoming spaces where students can access support, build self-regulation skills, and strengthen positive relationships, thereby removing barriers and increasing belonging so students are ready to learn.

Thank you for being such an essential part of our Esparto learning community. Together with our families, staff, and community partners, we are creating opportunities that support the whole child, from academics and enrichment to wellness, nutrition education, and family voice. We encourage you to join us for our upcoming events and share your feedback through focus groups so we can continue to grow and improve side by side. We are grateful for your trust and collaboration, and we look forward to a new trimester filled with learning, creativity, and connection.

Submitted by, Admin Araiza

JOIN US FOR...

WILDCAT CAREER DAY 2026



EVENT DETAILS:

Career Day is just around the corner! We are looking for local industry professionals who are ready to inspire the next generation!

- 20-minute, high-energy presentations
- 8 rotating student groups throughout the morning
- Share your journey, daily work, and industry insights
- WiFi & projector available (slides, videos, images welcome!)
- Bring tools or materials—students love hands-on examples!

Date: Wednesday, May 6th, 2026
Time: 8:00 AM – 12:00 PM



INTERESTED IN PRESENTING? CONTACT: KATE DIEZEL

530-787-3405 ex.213



kdiezal@eusdk12.org

The Sun with Sunspots!

The sun on February 5, 2026 at 12:18 PM PST. Image was a projection from a 4.5 short tube Reflector into a cellphone camera.

Image credit: Clarence G. Underwood



Woodland's Dinner on Main Announces 2026 Scholarship Opportunities for Local High School Seniors

Woodland, CA — Woodland's Dinner on Main has opened applications for its 2026 scholarship program, inviting graduating seniors from any high school in **Woodland, Davis, Winters, Esparto or Yolo** to apply. The organization, known for its commitment to strengthening the local food system, is expanding its support for the next generation of leaders passionate about agriculture, community wellness, and sustainability.

Dinner on Main's mission centers on celebrating and reinforcing the essential connections between farming, food, health, and a thriving local economy. Through education, community engagement, and collaborative partnerships, the organization works to uplift the people and practices that nourish Yolo County.

To further this mission, Woodland's Dinner on Main Board is offering scholarships to Class of 2026 students who demonstrate a strong interest in local agriculture, food systems, environmental stewardship, or community focused initiatives.

Students with a desire to pursue a future in vocational education, agriculture or culinary arts at an accredited University, Community College or Technical/vocational program in the U.S. are invited to apply. Special attention will be paid to applicants that wish to do so in Yolo County.

“These scholarships are an investment in young people who care deeply about the future of our region,” said the Woodland's Dinner on Main Board. “We want to support students who are inspired to make a positive impact on the way our communities grow, eat, and thrive.”

Eligible students must be graduating seniors from any high school in **Woodland, Davis, Winters, Esparto or Yolo**. Application details, deadlines, and criteria will be available through school counseling offices and the Dinner on Main website. www.WoodlandsDinneronMain.org

About Woodland's Dinner on Main Woodland's Dinner on Main is a nonprofit organization dedicated to celebrating local agriculture and strengthening the region's food system. Through community events, educational programs, and partnerships, the organization highlights the vital role of farmers, producers, and food focused initiatives in supporting a resilient and vibrant local economy.

This year's event – Woodland's Dinner on Main – is scheduled for Sunday, September 20th, 2026. This is where farmers, chefs, and community come together to celebrate local agriculture. Ticket and sponsorship information can be found on our website www.WoodlandsDinneronMain.org

CONTACT

Michele Mitchell

Treasurer

(530) 681-0556

Michele@woodlandsdinneronmain.org





Yolo Subbasin Groundwater Agency Hosts Community Workshops

The Yolo Subbasin Groundwater Agency (YSGA) was created in 2017 to serve as the official groundwater sustainability agency for the Yolo Subbasin as required by the Sustainable Groundwater Management Act (SGMA). The YSGA directly serves the community by safeguarding groundwater resources for future generations.

YSGA is conducting a fee study to develop a funding mechanism that will allow YSGA to remain financially self-sufficient and that equitably distributes costs among all who benefit from Yolo Subbasin's long-term groundwater sustainability.

YSGA is hosting educational workshops to inform the community about proposed fee methodologies and financial impacts of the potential new fee. The community is encouraged to attend to:

- Learn about YSGA activities that support sustainable groundwater management

- Hear about the practical benefits provided by the YSGA
- Understand the YSGA operating costs
- Learn about how the YSGA fee is determined & how the fee will be charged

Winters

Thursday, March 12, 2026, 6-8 p.m.
Fairfield by Marriott Inn & Suites
702 Matsumoto Lane, Winters

Woodland

Monday, March 16, 2026, 6-8 p.m.
Woodland Community and Senior Center
2001 East St., Woodland

Esparto

Wednesday, March 18, 2026, 6-8 p.m.
Capay Valley Health & Community Center
17340 Yolo Ave., Esparto

Escanear para leer en español a:



CAPAY VALLEY FOOD DISTRIBUTIONS

Esparto - RISE, Inc.

Thursday, March 5th and 19th
starts @ 9:30am

Monday, March 23rd
starts @ 10:30am

Food Pantry

Every Friday, 2:00pm - 5:00pm
(17317 Fremont Street, Esparto CA)

Madison Community Committee Food Closet

Monday, March 9th and 23rd
starts @ 4:00pm

(28963 Main St, Madison, CA)

Guinda Grange Hall

Monday, March 9th and 23rd
starts @ 9:30am

(16787 Forest Ave, Guinda, CA)



ST. PATRICK'S DAY DINNER
Corned Beef & Cabbage

Saturday, March 14, 2026
6:00 PM - 8:00 PM

Western Yolo Grange
16787 Forest Ave, Guinda, CA

Dinner Plates

Adults: \$20 per plate | **Children 10 & under: \$10 per plate**

Lemonade, tea & water will be provided

Wear your green, bring your friends, and enjoy good food & good cheer!

Road Trip
BAR & GRILL

LET THE SHENANIGANS BEGIN

HAPPY ST. PATRICK'S DAY

- PLEASE DRINK RESPONSIBLY -

24989 STATE HWY. 16 CAPAY, CA [530] 796-3777
CLOSED MONDAY-TUESDAY ROADTRIPBG.COM



**FREE COMPOST GIVEAWAY!
ALL YOLO COUNTY RESIDENTS!
March 1, 2026 - October 31, 2026**

Your organics never go to waste!



ORGANICS: HOW IT WORKS



*Bring a shovel, bags/buckets & proof of residency to:
Yolo County Central Landfill - 44090 County Road 28H, Woodland, CA 95776
Monday-Saturday 6:30am-4:00pm, Sunday 8:00am-4:00pm
OR Esparto Convenience Center - 27075 County Road 19A, Esparto, CA 95627
Wednesdays & Saturdays 9:30am-3:30pm
**Free compost not Available to Businesses/Landscapers

Friends of the Esparto Regional Library

Spring Board Meetings

Monday · March 9 · 5 pm
Monday · April 13 · 5 pm
Monday · May 11 · 5 pm

at the Esparto Library

FRIENDS OF THE
ESPARTO REGIONAL
LIBRARY



Supporting Library programs for
everyone in the Capay Valley

ferl95627@gmail.com

Whole Health Begins with What You Eat

A Simple Way to Eat Well

Balanced meals help support heart health, energy, and overall wellness.

Fill ½ your plate with colorful vegetables & fruit, ¼ with whole grains, & ¼ with lean protein.

Add healthy fats in small amounts.



Una Forma Sencilla de Comer Mejor

Las comidas equilibradas apoyan la salud del corazón, la energía y el bienestar general.

Llene la mitad de su plato con vegetales y frutas vibrantes ¼ con granos integrales, y ¼ con proteína baja en grasa.

Agregue grasas saludables en pequeñas cantidades.

Eat Well, Live Well

Coma Bien, Viva Bien

Cindy's House Cleaning



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(530)-681-9880

cervantesdayane@yahoo.com

DURST



ORGANIC GROWERS



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

Candice Schaer, B.Sc., MT, HHP



Holistic Health Practitioner
Therapeutic Bodywork
Guinda, California
858-232-1005

Make Time for Yourself in Your Life

J&L Lawn Maintenance offers lawn maintenance, cleanup, bush trimming, sprinkler repairs, window screen repairs, window cleaning, hauling, & gutter cleaning. Don't be afraid to text or call for an estimate and any information on our services!

#1 Juan Solis: (530)-848-2824

#2 Leonardo Solis: (530)-631-9283



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



Esparto's Local Meat Market and Taqueria

- Party trays Available
- Rice and Beans
- Chicken Fajitas
- Chicken Enchiladas
- Chile Verde Beef
- Carnitas

Tables now available
for inside dining

16939 Yolo ave.
Esparto, Ca 95627

530-787-3532

eltorofood@gmail.com

Online ordering available at
eltoroesparto.com

Full Belly Farm

530-796-2214

www.fullbellyfarm.com

CSA boxes available
for pickup at the farm
or in Esparto.



Need Help?

**St. Vincent de Paul
is available to help those in need.**

For more information call (530) 312-8967

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Fred and Alice Manas

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AND MORE AT OUR TWO TASTING ROOMS.

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SÉKA HILLS MIDTOWN TASTING ROOM

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OPEN WEDNESDAY TO MONDAY, 11:00AM - 8:00PM

SÉKAHILLS.COM

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)

Parish Office

51 Main Street, Winters, CA 95694
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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 Cemetery District Board meeting: Held on the 2nd Wednesday of each month at 6pm at the Esparto Community Hall, 17020 Yolo Avenue, Esparto, CA 95627.

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 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 March 30th, 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 6pm, at Capay Valley Health & Community Center (17340 Yolo Avenue, Esparto). Questions, 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 Monday of the month at 5pm (except for July and November) at the Library.

Guinda Community Church: Sunday Service at 9 am.

Guinda Food Distribution: Yolo Food Bank 2nd and 4th Mondays, from 9:30 AM to 11 AM at the Grange Hall on Forest Ave. Drive through distribution, first come first served, line starts at 8:30 AM. Produce, canned food, dry goods, meat and dairy.

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 6:30 PM, except for July and August. All are welcome, you do not need to be a member to attend.

4-H: Meets at 6pm on the 3rd Tuesday of every month at the Esparto Community Hall, 17020 Yolo Avenue, Esparto CA.