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June 2022

Cancer Prevention Community Health Fair



Center for Advancing Cancer Health Equity

Invite you to a

CANCER PREVENTION COMMUNITY HEALTH FAIR

JUNE 25, 2022

ESPARTO DOWNTOWN PARK

17001 YOLO AVE, ESPARTO, CA 95627

10 AM - 2 PM

Join us in a community family friendly event to find local community resources and learn about cancer prevention screenings.

Free raffle, prizes, music, games and food will be provided!

For more information or to reserve your booth, contact:
Angelica Perez | 916-734-4563 | amiperezuucdavis.edu

Supported by
Yolo County
Board Supervisor
Angel Barajas



RISE, Inc.

UC DAVIS HEALTH MOVE IT UP

Genentech
A Member of the Roche Group



Center for Advancing Cancer Health Equity

Le invita a una

FERIA DE SALUD COMUNITARIA DE PREVENCIÓN DE CÁNCER

JUNIO 25, 2022

ESPARTO DOWNTOWN PARK

17001 YOLO AVE, ESPARTO, CA 95627

10 AM - 2 PM

Únase a nosotros en un evento familiar comunitario para encontrar recursos locales y aprender sobre las pruebas de detección de cáncer.

¡Rifa, premios, música, juegos y comida gratis!

Para obtener más información, contacte a:
Angelica Perez | 916-734-4563 | amiperezuucdavis.edu

Apoyado por el
Supervisor de la Junta
del Condado de Yolo
Angel Barajas



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UC DAVIS HEALTH MOVE IT UP

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The UC Davis Comprehensive Cancer Center's Latinos United for Cancer Health Advancement (LUCHA) Initiative strives to move our Latino community from cancer health disparities to health equity through community outreach and research. The LUCHA Initiative has been granted sponsorship from Genentech to provide a cancer prevention community health fair scheduled for Saturday, June 25, 2022 at Esparto Downtown Park. The health fair will be from 10 a.m. to 2 p.m. with the support of Rise Inc, Health Education Council, the UC Davis MOVE IT UP project and Yolo County Board Supervisor Angel Barajas, we invite the community to join the fun and learn about their health and to be aware of the resources and screenings available in the communities.

La Iniciativa Latinos Unidos para el Avance de la Salud del Cáncer (LUCHA, por sus siglas en inglés) del Centro Comprensivo de Cáncer de UC Davis se esfuerza por mover a nuestra comunidad latina de las disparidades de salud del cáncer a la equidad en la salud a través del alcance comunitario y la investigación. La Iniciativa de LUCHA ha recibido el patrocinio de Genentech para proporcionar una feria de salud comunitaria de prevención del cáncer programada para el sábado 25 de junio de 2022 en Esparto Downtown Park. La feria se llevara a cabo de las 10 a.m. a las 2 p.m. con el apoyo de Rise Inc, Health Education Council, el proyecto de UC Davis MOVE IT UP y del Supervisor de Junta del Condado de Yolo Angel Barajas, invitamos a la comunidad a unirse a la diversión y aprender sobre su salud y estar al tanto de los recursos y exámenes disponibles en las comunidades.

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Let all your friends and relatives know that for just \$25 per year we will mail them each month's edition! This is a perfect way to keep up to date with all the Capay Valley news and events. Complete the order below.

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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.

Capay Valley Vision Spotlight Mexical

There is a new creative cultural shop located in Esparto "Mexical" is an Art, Craft, and Healing studio that has come to flourish in the north side of town. Located in the "old dentist office" there is a piece of community and culture being created. The owner of the business is Teresa Lerma-Garcia and family oriented.

Her family arrived in the town of Esparto in 1992, they moved to Rumsey and settled in Capay in 1994. She is a 1999 Esparto High School alum. She continued her education at Woodland Community College and Cosumnes River where she played NCAA Collegiate Basketball and majored in General Education. Her education didn't stop there and she transferred to California State University, Sacramento she earned her Bachelor's degree in Kinesiology and Master's Degree in Education Leadership and Public Policy. Teresa has over 17 years of experience at Sacramento State and worked in Student Affairs, Financial Aid, and currently for Public Affairs and Advocacy. She is dedicated and committed to students and public services. She is part of the Esparto Regional Chamber of Commerce and resides on the board and is excited to collaborate with such a great team to create a community for the Capay Valley.

Teresa enjoys spending time with her family. She has two boys, Johnny 7 years old and Giovohhny 2 years old, she enjoys connecting with nature and traveling to new places and meeting new people. Teresa is also a Traditional Aztec Dancer and has supported community marches, concerts, multicultural events and grew to love her culture through Aztec dancing and connecting with her Mexican-American culture and supporting and recognizing that we are living on indigenous land.

The Mexical shop is located at 16827 Fremont Street, Esparto Ca 95627. For more information visit the website via the link: <https://mexical.square.site/> or call/text: **530-382-5861**. The Healing Studio is a shared healing space, where spiritual cleanses (limpias) are offered; along with physical healing work by Emma Castaneda, CMT <https://emmacastaneda.massagetherapy.com> "Refer a friend and Earn \$20 Credit for each session."

~
Teresa Lerma-Garcia, "We all have a purpose in life." ~ Mexical



THURSDAYS from 5-8 p.m.

6/2: Myriah Monet and The Little Fridays

6/9: Halie O'Ryan Band

6/16: Helios Band

6/23: Crossman Connection

6/30: Kiss 'N Tell



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JUNE 9TH FROM 5PM - 6PM

Ice cream social for the whole family

Located at the corner of Grafton and Fremont in Esparto, CA
For more information, contact Kathy McIntosh-Smith at kcmcs@sbcglobal.net



JULY 4th FROM 11AM - 1PM

Holiday Block Party

**FREE hot dogs & watermelon, fun family games,
face painting, & shopping with The Farm Stop**



Countryside
COMMUNITY CHURCH

Located at the corner of Grafton and Fremont in Esparto, CA



Esparto Unified School District

Celebrations and Traditions

Every year around our country students are participating in celebrations as they complete another milestone in their educational journey. Whether it be completing preschool or graduating from high school these milestones signify completion, achievement and success. Within many of these celebrations there are many traditions. Some of these traditions are across a grade level and some are specific to a particular school or district.

Esparto Unified School District was able to participate in many of these celebrations as we closed out the 2021-22 school year. All of these events were special for students, families and staff members.

With each of these events we were able to enjoy and continue some many long standing traditions. At the elementary school, our 5th graders were able to participate in the bridge crossing where their 5th grade teachers walked them across the bridge and passed them off to the middle school teachers. They then had the opportunity to visit the middle school campus. The middle school students participated in a promotion ceremony. This year we started a new tradition of having the ceremony in the high school auditorium. Finally, our high school celebrated their graduation on our baseball field. One of the traditions during graduation was our “Rose Ceremony”. During this time, our seniors were provided with roses they are able to present to family, staff and friends who have meant something special to them throughout their education.

Each and everyone of these celebrations and traditions are treasured and will continue to weave the fabric of our amazing community and school district. We look forward to welcoming all of you back on Wednesday, August 10, 2022.

Democracy Works Award Ceremony and Dinner a Successful Evening

League and members of the community gathered to enjoy this evening event on the lovely patio of the historic Woodland Hotel. The Awards ceremony followed by a delicious chicken dinner was held on Wednesday, May 25th and well attended. Tessa Smith, this years Award recipient, thanked the League for awarding her this honor stating that she “enjoys the work she does in the community” and was pleased to be nominated and have her work recognized with the Democracy Works award.

Ms. Smith is the current Chair of the Multi-Cultural Community Council, a group that acts in an advisory capacity for the Yolo County District Attorney’s office with its mission to enrich understanding of the county’s diverse population.

Ms. Smith resides in Woodland and is employed by the Yolo County Health & Human Services Agency as the Diversity, Equity & Inclusion Coordinator and in the following community groups:

- Appointed to the Yolo County Child Abuse Prevention Council
- Member of the MICAH Forum, a partnership with Greater Second Baptist Church & St. Luke’s Episcopal Church, Woodland.
- Current Chair of the MCCC and a member since 2016.
- Co-Lead of Resilient Yolo, a group of trainers and providers working
- Towards reducing adverse childhood experiences.
- A trainer with the Yolo County Citizens in Mental Health First Aid (Teaches understanding of the signs and symptoms of a mental health crisis)

This event was held in conjunction with our Annual Meeting so, it was a busy but delightful evening as having the presentation, dinner and our year end Annual Meeting was a decided pleasure after so many months of “zooming” !!

ESTD



2020

THE FARM STOP

SUMMER MOBILE MARKETS

Artisan Craft Makers

Valley Grown Goodies

Shop with Local Vendors

Fun for the Entire Family

June 18th, 11AM - 4PM

AT GRINDSTONE WINERY

The Farm Stop Vendors & Buckhorn Food Truck

July 4th, 11AM - 1PM

AT COUNTRYSIDE COMMUNITY CHURCH

Holiday Block Party, The Farm Stop Vendors,
Games, Face Painting, Free Hot Dogs & Watermelon

August 6-7th, 11AM - 5PM

AT TABER RANCH VINEYARD

The Farm Stop Vendors, Music, & Pizza

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RISE After School Programs Fall 2022



Enrollment

Enrollment packets will be available at
the Esparto RISE Office on
Friday, July 22nd @ 5pm-6:30pm

To avoid causing traffic at our parking lot, we will
provide a numbered packet for you to complete at
home.

Packets will need to be submitted at
the RISE Office no later than
Friday, July 29th in order to
guarantee your child's spot.

**FREE
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&
TUITION**

Contact Laura Guevara at:

(530) 908-1052

laura@riseinc.org

**FOR
GRADES:
TK - 5 & 6 - 8**



RISE Programas "Después de escuela" Otoño 2022



Inscripción

Los formularios de inscripción
estarán disponibles en la oficina de
RISE en Esparto el día
viernes, 22 de julio de 5pm-6:30pm

Para prevenir el tráfico en el estacionamiento
de la oficina de RISE, proveeremos los formularios
enumerados para que usted los complete en casa.

Los formularios deben de entregarse
en la oficina de RISE antes del viernes,
29 de julio, para así garantizar
el cupo de su estudiante.

**INSCRIPCIÓN
&
COLEGIATURA
GRATIS!**

Para más informes, comuníquese con

Laura Guevara

(530) 908-1052

laura@riseinc.org

**PARA
GRADOS:
TK - 5 & 6 - 8**



Yolo County Fire Safe Council Kicked Off Two New Programs during Wildfire Preparedness Week

Free Reflective Address Sign and Neighborhood Chipper Pilot Programs Encourage Wildfire Preparedness for Protection of People, Property, and Communities in High Fire Areas in Western Yolo County

Western Yolo County, CA (May 5, 2021) – With the early arrival of fire season, now is the time to prepare wildfire resilient communities. The Yolo County Fire Safe Council (YCFSC) and the Yolo County Office of Emergency Services (OES) will launch two community programs to help residents prepare for wildfire season in time for Wildfire Preparedness Week, May 1 – 7.

The Reflective Address Sign Program provides highly visible reflective signs that aid first responders in locating homes in an emergency. In the event of a wildfire or other emergency, these reflective signs are visible in all conditions, including smoke. The Neighborhood Chipper Program provides free wood chipping services to residents to assist in maintaining defensible space around their homes. Residents are responsible for cutting, gathering, and piling vegetation from around their homes to an easily accessible space for crews to chip back onto their property. The programs are funded through the Wildfire Early Action Plan.

“The Reflective Address Sign Program and the Neighborhood Chipper Program are free to residents living in high fire areas of Western Yolo County, Winters, Esparto, and the Capay Valley”, said OES Manager Dana Carey. “They aim to prepare our communities before fire strikes. Both programs provide resources to residents to create defensible space around their homes and ensure their homes are visible in an emergency.” The Yolo County Resource Conservation District coordinates the YCFSC, which has been planning for community resilience and wildfire risk reduction since 2021. YCFSC and the Yolo County OES work with local Fire Safe Councils and community members to prepare for the upcoming California wildfire season.

Due to below average rainfall, higher temperatures, and subsequent dry fuel conditions in 2022, the likelihood of wild-land fire is high this wildfire season. The time to act is now. Wildfire prevention and bolstering community fire resilience is the best way to prevent catastrophic wildfires that result in loss of property and life.

Building wildfire resiliency in our communities means restoring the health of our landscapes and strengthening wildfire prevention and preparedness in our neighborhoods. Residents and homeowners can take steps to be ready for wildfire by hardening homes, creating defensible space, and preparing evacuation routes and go-bags.

To learn more about the Neighborhood Chipper Pilot Program or the Reflective Address Sign, residents can reach out to permann@yolorcd.org or fill out a Request Form at www.yolorcd.org/yolo-county-fire-safe-council.

To learn more about wildfire preparedness, visit this CALFIRE website: www.readyforwildfire.org.

To get involved, YCFSC is asking residents to reach out to their local Fire Safe Councils. Fire Safe Councils are grassroots, community-led organizations that empower residents to make their communities more fire safe. In Yolo County, West Winters Fire Safe Council (WWFSC) and Capay Valley Emergency Response Auxiliary (CVERA) are working educate neighbors to protect homes, communities, and the environment from catastrophic wildfire. These local Fire Safe Councils can assist in Defensible Space Assessments of your home and much more!

To get involved with your local Fire Safe Council, West Winters FSC can be reached at wwintersfsc@gmail.com and CVERA can be found at capayvalley.com/CVERA or on Facebook.

You can also follow [@YoloCountyFireSafeCouncil](https://www.instagram.com/YoloCountyFireSafeCouncil) on Instagram and Facebook or learn more about YCFSC on Yolo County RCD’s website: www.yolorcd.org/yolo-county-fire-safe-council.

About Yolo County Fire Safe Council:

The Yolo County Fire Safe Council (YCFSC) provides support for wildfire prevention, wildfire response, and post-fire recovery efforts. Started in 2020, the mission of the YCFSC is to reduce the risk of wildfire to protect the people, property, and ecological and cultural resources in both urban and rural communities throughout the county from catastrophic wildfire. Coordinated by the Yolo County Resource Conservation District, the Yolo County Community Wildfire Protection Plan (CWPP) is being developed to assess wildfire risk and mitigation projects throughout the county.

If you would like more information about this topic or current wildfire-related programs in Yolo County, please contact RCD Program Manager Tanya Meyer at meyer@yolorcd.org. For wildfire emergency response related inquiries, please contact OES staff member Kurt Johnson at Kurt.Johnson@yolocounty.org.

Yolo County Library's Summer Reading Program Starts June 1



(Woodland, CA) – Join Yolo County Library's annual Summer Reading Program from June 1 to August 15. Children, teens, and adults can participate by logging reading, earning prizes, and enjoying summer camp-style programs and activities, complementing this year's theme, Read Beyond the Beaten Path.

All participants who register for the program at: <https://yolocountylibrary.org/summer> will receive a free book and welcome bag; everyone who completes their summer reading challenge by earning 1,000 points will receive a free book and prize, plus an entry into a final drawing for additional prizes.

This year's theme, Read Beyond the Beaten Path, evokes summer camp vibes, and the summer reading challenge activities relate to typical camp events, like arts and crafts, campfire, "flat on bunk" (quiet time), science and nature, and sports and recreation. In-person indoor and outdoor activities will be offered at many Yolo County Library branches, and all branches will provide take-and-make kits for all ages. Content changes monthly, and kits will be available while supplies last.

Participants aged 0-5 will also receive an activity booklet designed to engage young learners in fun pre-literacy activities, and thanks to a grant from the Davis Sunrise Rotary Club, ages 6-12 will get a Summer Badge Book filled with reading prompts, enhancement activities, and stickers to log their reading. The program has even more rewards; every week, participants will be entered into a drawing for a \$10.00 gift card, courtesy of Nugget Markets, Raley's, and Target.

Everyone who joins the Summer Reading Program is encouraged to participate digitally through the Beanstack platform on the web or via the app. They can track the books they have read, log reading hours and books, earn badges and prizes, and discover great books. Parents or caregivers can sign up and quickly log their own and their children's reading under one primary account. Instructions are available on the Library's website.

While Yolo County Library has been fine-free since April 2021, participants who still have old overdue fines on their account can select to have up to \$10 in fines removed from their account in place of their finisher prize. Books and prizes can be picked up in person at any Yolo County Library branch. Prizes are available until September 30 or while supplies last.

Research indicates that summer reading programs help children and teens retain and enhance their reading skills over the summer, provide a haven for community readers, and develop reading enthusiasm. Additionally, adult participation encourages caregivers to play a strong role in their child's literacy development by reading aloud with their child and modeling good reading behavior. Kids read more and enjoy reading more when they can choose what they read.

As beloved poet and author Maya Angelou noted, "Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him." Yolo County Library joins libraries across the nation to encourage adults, youth, and families to read over the summer. The Summer Reading Program is a project of the California Library Association and part of California's statewide summer reading outcomes.

The Summer Reading Program is free and sponsored by the Yolo County Library Foundation and the various Friends of the Library groups. For more information or to sign up, visit your local Yolo County Library branch or online <https://yolocountylibrary.org/summer>. Connect with Yolo County Library on Facebook at www.facebook.com/yolocountylibrary.org and Instagram at [@yolocountylibrary](https://www.instagram.com/yolocountylibrary).

Come Join



Burger Thursday Hours:

10:00am - 1:30pm

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Countryside Community Church



In partnership with
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The countryside Community
Church has changed its Food
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Hours of operation (Horas de operacion):
Friday (Viernes) 2p-5p

Please come on by (por favor vengan)

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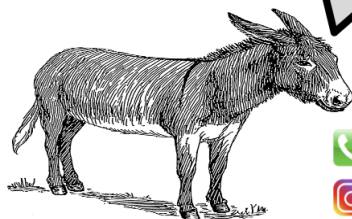
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Madison Community Food Closet Distribution

The Madison Community Committee Food Closet new distribution dates are the second and fourth Monday of each month from 4:00 pm to 5:00 pm.

(Submitted by Rachel de la Cruz)

CVERA update: Creating defensible space – Zone 0

Fire professionals usually talk about two zones of defensible space around a home. Zone 1 is the first 30 feet out from your house, and Zone 2 is 30-100 feet from the house. Recently, some have talked about a Zone 0: the first five feet around a home. It's important to note that the measurement of the zones involves your attached deck and garage, not just the house – so Zone 0 refers to the first five feet all around your house, attached deck, and attached garage. Overall, the goal is to reduce fuels, but the degree of removal depends on the zone. This month we'll focus on Zone 0. There's a great video from the Marin Fire Safe Council that discusses this zone: https://www.youtube.com/watch?v=bPILXb_MHuo.

For Zone 0 the ideal situation would probably be five feet of concrete extending around the perimeter of the home. But of course, this is not practical (or inexpensive, or attractive). The reason we might want a perimeter like this is so that any fire that is creeping along the ground will get stopped before it hits the house. So since we don't want concrete around the perimeter, how can we get close to that goal in a more attractive way? The first thing is to minimize any fuels within the zone – all dead grass, brush, or other combustible material should be removed. If you have a deck, this includes stuff under the deck as well. Small shrubs (eg, rose bushes) could be kept in this zone, for example, and what would be ideal is if the shrubs were a foot or two away from the house wall itself, and surrounded by rock: the goal is to prevent a fire that is creeping along the ground to get to the shrub and ignite it, or an ember storm igniting the plant but not the house. So instead of having rock all around the perimeter small areas of rock underneath plants may be a more reasonable compromise. You should definitely avoid organic mulch (burnable!) within Zone 0; rock can serve as a noncombustible replacement.

One more thing to mention about Zone 0: you should be sure to keep your gutters clear of leaves and needles – they are an invitation to disaster from embers that might travel through the air. Gutters can be cleaned with your hands, a trowel, or a leaf blower. A leaf blower can also be used to clear the places on your roof where leaves may accumulate, such as under a dormer overhang or where two sections of roof come together. Using a leaf blower to clear out gutters does not necessarily involve climbing onto the roof. You might purchase a 'leaf blower extension for gutters' kit (use those words in a google or amazon search) that will allow you to stand on the ground, and by attaching the straight and curved pieces, clean out the gutters above you. Using an extension is also a great idea if you have a two story home – by standing on the roof of the first story, you can reach the gutters on the second story.

That's it for Zone 0. Take a look at the YouTube video mentioned above, and feel free to contact CVERA if you have any questions. CapayValleyERA@gmail.com

Article written by John Capitanio, CVERA member

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

(530)795-2230



CALVARY
BAPTIST CHURCH

SUNDAY, 11:00 A.M.
26479 GRAFTON STREET

 /calvaryesparto - www.calvaryesparto.org
Pastor Kris Nordstrom - 530-383-2106

Area Food Distributions

RISE, Inc. manages several food distributions each month in Esparto. Madison Community Committee sponsors a Food Closet in Madison 2x a month. A Food Closet is also held in the Guinda Grange Hall 2x a month (2nd and 4th Mondays). Below is a summary of these opportunities. They are also announced in other places in this paper. (Call RISE office 787-4110 for more information)

Food Bank Give - Away on the 4th Monday of each month at the RISE office from 10:00 a.m. - 12:00 noon. Free produce distribution on the 1st and 3rd Thursdays at the RISE office from 9:30 - 11:00 a.m.

The Food Closet is open at the Countryside Community Church on Tuesdays from 2:00 to 5:00 p.m., and on Fridays from 2:00 to 5:00 p.m.

The Madison Food Closet is open on the 2nd and 4th Monday's of each month from 4:00 - 5:00 p.m. to Madison residents.

Guinda Food Distribution every 2nd & 4th Monday's from 10:00 a.m. - 11:00 a.m. Free produce, meat, dairy, groceries and dry goods. Held at the Guinda Grange Hall.
Countryside Community Church Food Distribution on Sundays at 10:00.

Eat Well Yolo Distribution

When: 1st and 3rd Thursday
Where: RISE, Inc. office
17313 Fremont St.,
Esparto

Time: 9:30 a.m. - 11:00 a.m.
1 PER HOUSEHOLD

*Any Family in Esparto or
Capay Valley are Welcome!*
Submitted by RISE Staff

Eat Well Yolo Distribution

Cuando: 1^{er} y 3^{er} Jueves del mes
Donde: La Oficina de RISE
17313 Fremont Street
Esparto

Hora: 9:30 a.m. - 11:00 a.m.
1 POR FAMILIA

*Familias en Esparto y
Capay Valley son Bienvenidas*
Submitted by RISE Staff

Food Distribution in Guinda

2nd & 4th Monday's from 10:00 am - 11:00 am. Free produce, meat, dairy, groceries and dry goods. Held at the Guinda Grange Hall.

MICROBUSINESS COVID-19 RELIEF GRANT

Yolo County Businesses

The California Microbusiness COVID-19 Relief Grant Program was created to assist microbusinesses that have been significantly impacted by COVID-19. Qualified microbusinesses are eligible to receive \$2,500 in relief funding.

Application open from March 2, 2022 -October 15, 2022

Applications will be accepted on a first come first serve basis until all available funds are distributed.

Eligibility Requirements

- The business had less than \$50,000 in gross revenues (revenues after taxes and expenses) in 2019
- The business began operations prior to December 2019
- The business has fewer than 5 full time equivalent employees and had fewer than 5 full time equivalent employees in 2019



Contact

If your organization is interested in applying, please fill out the [Microbusiness Covid-19 Relief Grant application](#). Please direct any questions to Frank Schneegas at frank.schneegas@yolocounty.org or (530) 908-1597.



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

For more information call (530) 312-8967



**The Valley Voice email address:
valleyvoice@riseinc.org**

Send your articles, and contributions to this address.
If there are any changes to programs, meetings, ads, etc.
Please let us know.

Friends of the Esparto Regional Library (FERL)

Thanks so much to everyone that supported Big Day of Giving. FERL raised just over \$2700.00 dollars. Big thanks to Hog Canyon for letting us man a booth for donations the day of Giving.

We are getting ready to accept book donations starting 1st of June. There will be a large donation box next to the gate where FERL has large storage bin. It is next to the library as you enter the library parking lot to your left. We will empty it regularly. Do not bring books to the library as they do not take donated books.

We will also be putting out donation boxes at various local businesses. Look for the FERL label.

FERL has books that are donated on sale in the library year round. They are located next to the check out desk.

We are back to in-person meetings at the library the second Wednesday of each month at 4:30 pm. No meetings in July and August.

Commemorates the
end of slavery
in the United states.

In 1863, President Lincoln issued the Emancipation Proclamation, during the American Civil War, declaring more than three million slaves living in the confederate states to be free.

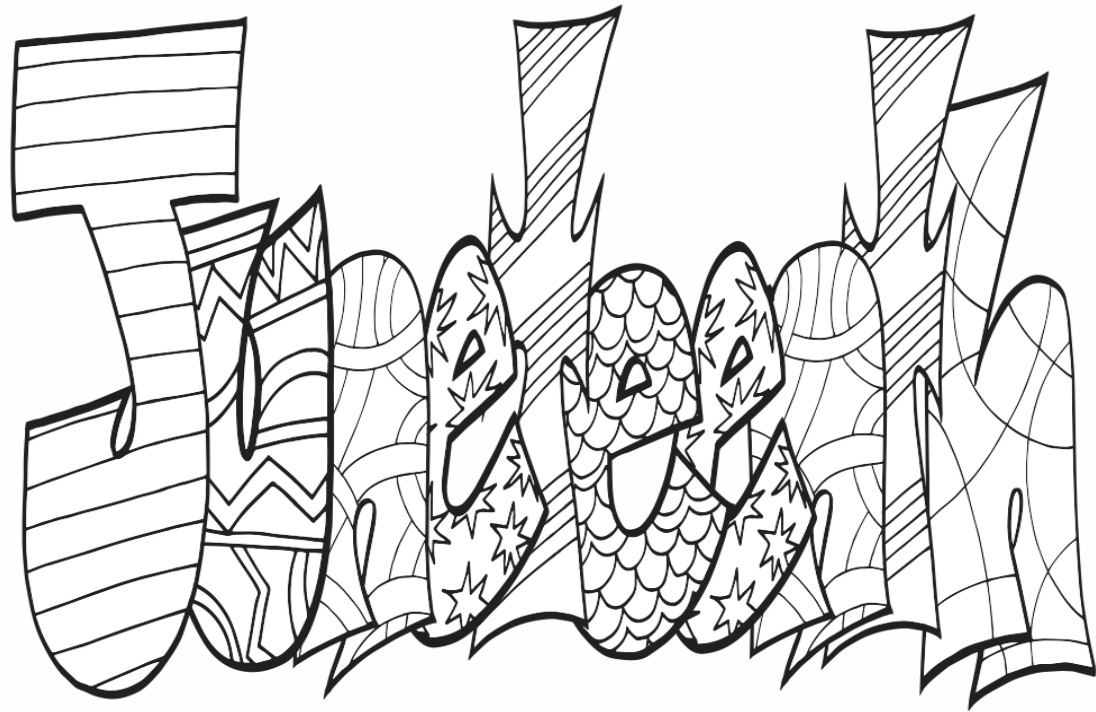
On June 19, 1865 -
OVER 2 YEARS LATER -
the news
of the Emancipation Proclamation reached African Americans living in Texas. It was not until Union soldiers arrived in Galveston, TX on June 19, 1865 that the state's residents finally learned slavery had been abolished.

In 1866, June 19th was transformed from a day of unheeded military orders into an annual rite, "Juneteenth."

In 1980, Juneteenth became a state holiday in Texas, with a number of states following.

Celebrations include recognizing the end of slavery and celebrating the culture and achievements of African Americans. Celebrations may include prayer and religious services, speeches, educational events, family gatherings and picnics, and festivals with music, food, and dancing.

Coloring Page



Capay Valley Flora, Fauna and Farm series from Capay Valley Regeneration

Grey Pine and Pine Nuts by Pamela Bateman



Pine nuts from the coastal Mediterranean tree *Pinus pinea* are a favorite addition to pesto sauce. It may surprise some to know that we have our own delicious species of pine nuts growing in the Capay Valley. The Gray Pine, *Pinus sabiniana*, is endemic to California and produces a highly nutritious pine nut that can be eaten raw or roasted. It is one of a handful of pine trees worldwide that produces a nut large enough to

harvest. With only a few exceptions pine nuts are not farmed but are harvested from forests. Most of the pine nuts in grocery stores are imported from China or Korea. It is one of the few plants in our modern diet that continues to be gathered from the wild. Rather than purchase pine nuts from sources thousands of miles away we have the opportunity to gather local pine nuts.

The Gray Pine grows along creeks and among chaparral in the Capay Valley. It is an extremely adaptable pine whose seedlings develop a long tap root that allow it to thrive in soils with low levels of moisture, however, it also thrives in deep fertile soils. Habituated to our mild winters the Gray Pine grows in lower elevations than most pines in California. The young trees initially form a single trunk but with age the tree becomes multi trunked with a rounded head. This evergreen, coniferous tree has gray green needles 7-12" long in bundles of three. The tree is monoecious and is pollinated by wind. The spiny cones are massive weighing one to two pounds. The cones open slowly from October thru February making the seeds and edible nuts inside available to wildlife over a long period of time. The mature open cones can remain on the tree for many years and often drop when heavy rains and wind break them from the branches. Pine nuts are a favorite food of gray squirrels, acorn woodpeckers, blue jays and other wildlife. The cones are buoyant and can travel many miles in rain swollen creeks thus helping seed dispersal. The chaparral below the trees provides a good cover and seed bed for the seedlings.

Described by loggers as having little timber value because of the multi-trunked growth habit, coarse-grained wood and heavy sap production this pine, nevertheless, was harvested by early California settlers and miners for firewood, railroad ties and wood pallets. Ranchers removed many of the Gray Pines because they considered it a weed species providing little shade for livestock. Clearing the land for agriculture also took a serious toll on the numbers of Gray Pine in California.

To Native people, by contrast, Gray Pine has for centuries been a valuable part of their food sovereignty and part of the relationship they cultivate with the land, plants and animals in their environment. Considered a gift from nature the tree provides nutritious nuts, fiber and medicine. Green pine cones can be roasted to make a syrup. The mature nuts are eaten fresh or pounded into a flour and added to acorn meal or soups.

The hard outer coating of the seed allows for very long storage. The length of the pine needles make them particularly suited for basket making and the twigs and rootlets are basket sewing material. Historically the branches have been used for cooking utensils. The needles served as floor coverings and thatch for housing. The bark was also used in the past for roofing material.

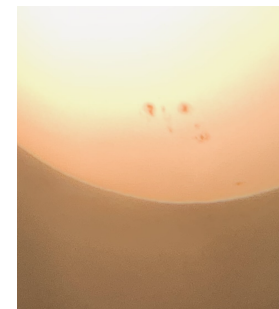


Gathering wild food can nurture a healthy interdependent relationship with the land, plants and animals of the Capay Valley. We can begin to experience a life shared with nature and build a reciprocal relationship of sustenance and protection. Wild food takes no human effort, chemicals or irrigation to produce, is not hybridized or grown in monocultures and connects us to the surrounding ecosystem.

The Sun

By Clarence Underwood

A star is in the center.
Like a pillar of support.
The planets go around it.
The king holds court.
Today there is a blemish.
Yes, we call them sunspots.
You know if we didn't have
Them it would change our
Weather a lot. Do you know
What causes them? These
Beautiful sunspots. They
Say it is magnetism. It's like
+ and - charges boiling in a pot.
The bubbles get twisted
And their coolness creates
The dark spot! The sun is
Considered very active if there
Are a lot of sunspots!



*Image Captured April 19th, 2022 at 3:49 pm PDT.
Image was a projection from a solar filtered telescope into a cellphone camera.
Many sunspots are larger than the Earth!*

COMMUNITY CALENDAR

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

- AA Meeting:** Tuesday at 7:00 p.m. 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 7:00-9:00 p.m.
- Spanish AI-Anon:** Spanish AI-Anon: Detrás de El Toro (26628 N. Grafton). Los Martes a las 7:00-8:30 p.m.
- AI-Anon:** Countryside Community Church on Tuesday from 7:00 p.m. to 8:00 p.m.
- Calvary Baptist Church:** Meets Sunday's at 11:00 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:** 11:00 a.m. adult Sunday school; 11:45 a.m. social; 12:10-1:10 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 p.m. at the Guinda Fire Station.
- Capay Valley Garden Club:** 4th Wednesdays, 6:00 p.m., location varies, see Facebook page for more information.
- Capay Valley General Plan Advisory Committee:** Meets every 1st Wednesday at 7:00 p.m. at the Grange Hall in Guinda. Open to all.
- Capay Valley Science Club,** 4th Mondays, 6:00 p.m., 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 is Friday, June 17, 2022 at 9 am, at the Esparto RISE office (17317 Fremont Street).
- Countryside Community Church:** Sundays at 9:00 a.m. Worship Service and Sunday School.
- Esparto Ag Boosters:** Meets on the 3rd Wednesday of each month at 6:00 p.m. in the Ag Department at the high school.
- Esparto Citizens Advisory Committee Planning Council:** Meets 3rd Tuesday at 7:00 p.m. 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 9:00 a.m.-5:00 p.m., Wednesday 2:00-6:00 p.m. and Thursday from 1:00-6:00 p.m.
- Esparto Food Distribution:** Produce on the 2nd Monday and canned and dried foods on 4th Monday at the RISE office from 9:30 a.m. to 11:00 a.m.
- 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, 6:00 pm Dinner, For Zoom link, please call (787-3892)
- Esparto Regional Chamber of Commerce:** Meets monthly on the 2nd Thursday at 6:30 p.m, currently via Zoom. (For Zoom Link, please call (787-3242))
- Esparto Unified School Board Meeting:** Meets on the 4th Wednesday at 6:00 p.m. 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.
- Farm Stop Farmers' Market:** Open Friday's (all summer long through October 1st) from 4 pm - 7 pm.
- Food Distribution at Countryside Community Church:** Tuesday: 12:00 p.m.-6:00 p.m.; Wednesday: 9:00 a.m.-12:00 p.m.; Friday: 2:00 p.m. - 5:00 p.m.
- Friends of Esparto Regional Library Board of Directors' Meeting:** The 2nd Wednesday at 4:00 p.m. (except for July and November) at the Library
- Guinda Community Church:** Sunday Service at 9:00 a.m.
- Guinda Food Distribution:** Produce distribution on the 2nd Monday and canned and dried goods on the 4th Monday from 10:00-11:00 a.m. at the Guinda Grange Hall.
- Homeschooling:** Carly Castruita Gordon at (916) 616-5419.
- Madison Advisory Committee:** 4th Wednesday at 6:00 p.m. at the Madison Community Services District. No meetings in May, November or December.
- Madison Community Committee:** 3rd Thursday at 6:00 p.m. at the Madison Community Services District.
- Madison Fire Commissioners Meeting:** 1:00 p.m. 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 4:00 to 5:00 p.m. 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 9:00 a.m. Bible Study: Wed. at 6:30 p.m. Youth Group: Friday at 6:30 p.m.; Ladies: 1st/3rd Tues. 6:30 p.m.
- RISE Collaborative Meeting:** 4th Friday of each month. Meeting held in-person at the RISE, Inc Esparto Office (17317 Fremont Street).
- St. Martin's Catholic Mission Church:** English Mass: 8:30 a.m. on Sundays; Spanish Mass: 7:00 p.m. 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 6:00: social, and 6:30 p.m. potluck dinner and meeting at the Grange Hall at 16787 Forrest in Guinda.
- 4-H:** Meets at 6:30 p.m. on the 2nd Monday of each month at the Community Center in Esparto.