



Valley Voice

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NOTE TO MIDDLE SCHOOL PARENTS!

Wonder What Your Middle School Student Can Do to Help their Community this Summer??? Try this "Good Citizen" idea!!

Middle School students exiting the 6th grade through entering the 9th Grade are invited to serve as RISE Junior Staff persons in worksites this summer. Each youth must complete mandatory training on work ethics, interpersonal skills, leadership skill building, and coaching basics. In addition, weekly staff meetings are held every Monday afternoon at the RISE Office.

The overall purpose is to build good citizenship, actively involve young adults in meaningful community service, and encourage strong interpersonal facilitation skills.

Trained youth choose local worksites and are given a regular work schedule with adult work coaches. Sites include the Community Recreation Program, Summer Day Camp, Bike Clinic, RISE Offices, County Library, Early Learner Pre-School, Elder Recreation Program & other local community spots. Youth staff are easily recognized by their staff name badges, RISE staff shirts, clipboards, and official timesheets.

Interested youth must attend the following **mandatory** trainings: Wednesday June 2nd, 1:30 to 4:00 p.m.; **and**, Thursday June 3rd, 1:30 to 4:00 p.m. Two other trainings (Basic First Aid and "PlayTime Skill Building") will be held during the summer, after school is out and youth are working at their worksites.

Any interested youth can get more information from Rachel or the RISE Office. Register now! Phone: 787-4110.

Submitted by RISE Staff

New Director Appointed for the Yocha Dehe Community Fund

The Yocha Dehe Wintun Nation has announced the appointment of Kristine Stanfill as the director for the Yocha Dehe Community Fund, the Tribe's philanthropic institution.

Selected to serve as director of the Community Fund after an extensive search, Stanfill has been a part of the Yolo County community for more than 20 years. Most recently she was director of development for the Sutter Davis Hospital Foundation. Formerly, she directed development for the UC Davis School of Veterinary Medicine, and served the Capitol Region United Way in several capacities, including executive director of the Woodland United Way. She brings more than 10 years of experience in community service and foundation giving.

"Supporting our neighbors has always been part of the culture of our people," said Tribal Council Member Mia Durham. "We believe Kristine is the right person to lead the Community Fund in expressing our core values of giving."

The Yocha Dehe Community Fund is dedicated to creating a healthy community through engaged philanthropy, deep community knowledge and awareness, and active leadership. Over the past decade, the Fund has provided nearly \$18 million in financial support to nonprofit organizations and service providers in Sacramento and Yolo counties, and other organizations which support the Fund's goals in education, community health, arts and culture, the environment, community development and social services.

The Yocha Dehe Community Fund was one of the first to be established by a Native American tribe in California and the Tribe is a recognized leader in local California and Native Country charitable giving.

Submitted by Linda Spencer

Memorial Art Auction to be Held— Proceeds go to Scholarships

Come and celebrate the life and artistic passions of Samantha Senkbeil at the Second Annual Samantha Senkbeil Memorial Art Auction. Join us on June 19, 2010 at 6:00 p.m. at the Esparto Community Hall for a night of music, art and good food.

Samantha was a graduate of Esparto High School and was attending the University of California, Davis at the time of her death. Samantha's two great passions were her love of art and her commitment to our community. The event consists of a silent art auction, and performances by the Esparto High School Choir and other local musical talents while enjoying delectable desserts.

Proceeds from the auction are awarded, in her name, to a Esparto High School graduate who is entering their sophomore, junior or senior year of college. This year two high school seniors were awarded \$500 scholarships.

Tickets are \$5.00 per person (\$7.00 at the door) and can be purchased at these locations: the Esparto Chamber of Commerce, the Countryside Community Church, and El Toro Meat Market starting Tuesday June 1, 2009. Tickets purchased will automatically be entered into a raffle for a pair of River Cats tickets. The winner will be announced at the event and must be present to win.

Please contact Caitlin Nichols @ (530)383-6891
or at cen34@saclink.csus.edu for more information.

Submitted by Caitlin Nichols

June 2010

COMMUNITY GLEANING INVITATION!!

Don't let good food go to waste!! RISE has a crew who will come to pick extra fruit on trees or in fields – then share it with our local Food Bank, prepare it for Seniors through "Senior Food Baskets", and/or distribute it to needy families. Share your extras with others – it's the American way.

In the old days this was called "gleaning." The need to share, so others won't go hungry is back. RISE has received a community grant to help pick-up and distribute extras – call us.

Unfortunately, we have some, but not extensive storage capacities. Therefore, we cannot glean sizable quantities. A pick-up load is our maximum.

Please keep these phone numbers. Feel free to call Kyle Crabtree, Community Garden Coordinator at 530-554-5177 (cell), or the RISE Office at 787-4110, or Chelsea Becker, After School Program Coordinator at 530-908-1052 (cell).

Your call will be appreciated by many! Thank you!

Submitted by the RISE Staff

Community Summer Activities

Lots of summer activities are listed in these pages. There are programs for preschoolers, children, young teens, adults, and seniors . Library activities, swimming opportunities, movie outings, horse riding for youngsters, leadership opportunities for middle schoolers, and field trips are some of the community offerings this summer. Outings, nutrition programs, light exercise classes, and just good company are available for seniors. See this page and pages 4, 6-7, 8, and 11.

**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 a perfect way to keep up to date with all the Capay Valley news and events.
Complete the order below.

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

Please Select:

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

Please make checks out to RISE, Inc.
Mail to: RISE, Inc. at P.O. Box 133, Esparto, CA 95627 or drop off at the office in downtown Esparto at 16858 Yolo Ave. .

The Valley Voice Needs YOU!!

The *Valley Voice* is a community newspaper. It is generously supported by local advertisers, public agencies, and the Tribal Council of the Yocha Dehe Wintun Nation. It is published and designed for and by the Capay Valley Region. It is free to every residence. A "Committee of Local Citizens" helps to determine the paper's mission, publishing priorities, and best approaches to sustain the community's overall support and interest.

The Valley Voice Citizen Committee is open to all volunteers. It meets only as needed – a commitment of only 15-20 hours per year! Please let us know if you would like to participate in these meetings – we would be pleased to notify you!

Thank you for your interest!
To advise the paper of your interest to serve, please call 787-3433 and leave your name, address & phone number OR email the *Valley Voice* at **valleyvoice2@hotmail.com**
OR mail your name, address and phone number to the *Valley Voice*, c/o P.O. Box 133, Esparto, CA 95627.

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

For article inquires, call 787-4110, or send an e-mail message to Greta Taber, Editor, at valleyvoice2@hotmail.com. For billing inquiries or ad rates, call 787-4110. **All articles are due by the 20th of each month.** Ads must be paid in advance and accounts must be paid up to date by the **20th of each month.** We reserve the right to edit articles at our discretion, due to space limitations and other criteria. The *Valley Voice* is published monthly by a community partnership between RISE, Inc., Esparto Unified School District, and the Yocha Dehe Wintun Nation. Articles published do not necessarily express the views of the *Valley Voice* editor or committee.

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**News from Esparto Unified School District
Submitted by Aida Buelna, Superintendent**

Welcome

I am pleased to introduce our new principal for Esparto High School, Ms. Rachel Thoene. Ms. Thoene comes from West Sacramento where she has been principal of Yolo High School. Prior to her appointment in West Sacramento, Ms. Thoene worked for 10 years in the Grant Union School District.

A no-host reception for Mrs. Thoene will be held at Los Tios Restaurant in Esparto on June 2nd from 5:30 to 7:00 p.m. Please join us in welcoming Ms. Thoene to the Capay Valley region and Esparto High School.

District Office Hours – Summer 2010

In an effort to continue the savings this summer, the District will once again close the District one day a week. Staff shall work four ten hour days from June 7th through August 13th. All district sites will be closed on Fridays beginning on June 11th. The hours of operation will be from 6:00 a.m. to 5:00 p.m.

2010 Senior Scholarship Award Recipients

We wish to thank the community for their generosity to the Esparto High School Seniors. The community awarded \$25,000 to high school seniors this year. The winners were:

Donor:

AHHHW! Memorial Scholarship
California School Employees Association
Capay Valley Fire Association

Recipient(s):

Maria Sandoval
Nancy Rivera and Carlos Montes
Jeff Gilham, Heidi Hart,
Katherine McCoy, Hannah Muller and Yomah Teah
Hannah Muller
Amanda Muller, Hannah Muller, and Lizeth Valenzuela
Katherine McCoy and Jeff Gillham
Cleveland Bellard and Hannah Muller
Whitney Riccomini and Amanda Muller
Francisco Aguirre
Hannah Muller

Ellen Lowry Memorial Scholarship
Esparto Agriculture Boosters

Esparto High School Athletic Boosters

Esparto Lions Club

Esparto Teachers' Association

Hoes Down Ag Scholarship
Kathleen Barsotti Scholarship for Sustainable Agriculture
Knights of Columbus-
Western Yolo Council #10058
Mariani Community Scholarship
Mexican-American Concilio of Yolo

Angel Rocha

Anyssa Perez
Marilyn Garcia, Luis Cardenas,
Lizeth Valenzuela, Angel Rocha,
and Francisco Aguirre

Passing the Buck
Ralph Trujillo Memorial Scholarship

Samantha Senkbeil Memorial Scholarship

Spanish Club Boosters

Vern Dallman Memorial Scholarship
Western Yolo Grange #423

Woodland Elks Lodge #1299
Yolo Community Foundation Yolo Youth Scholarship Award
Yolo Masonic Lodge #195

Erik Barbosa
Angel Rocha and Francisco Aguirre
Katherine McCoy and Anyssa Perez
Vanessa Ponce, Sergio de la Cruz, and Patricia Flores
Anyssa Perez
Cleveland Bellard, Jeff Gillham, and Leighanne Williams
Erik Barbosa
Fabiola Marquez

Katherine McCoy and Leighanne Williams

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CAPAY VALLEY VISION

Preserving a sense of place

Capay Valley Vision Feedback

Good News! Because of all the hard work of Esparto citizens, Yolo County followed up with another safety study on Yolo Avenue and convinced CalTrans that the **“No left turn” signs were not necessary.** You may now turn left off Yolo Avenue. Thanks to all who consistently stayed on target for this issue, especially Mary Cornwell. It is true that individuals can make a difference.

Rockin’ in the Capay Valley went country with Buck Ford on May 2. Thanks to Jack Moris, CVV Treasurer, for helping us bring this talented youngster to the Valley. Special thanks to the staff and crew at Club 88 and, of course, Yocha Dehe Wintun Nation and Cache Creek Casino Resort for their sponsorship. The locals and friends who sponsored this event include:

III Docs Ranch
Aida and Steve Valenzuela
Manas Ranch
Free Heart Farm Candied Almonds
Road Trip Bar and Grill
Road 79 Ventures
Sue and Larry Heitman
Riverdog Farm
Lopez Ranch
R.A. Burton Construction
Paula Yost
Darry Sragow
Sonnenschein, Nath and Rosenthal LLP
Cline Land and Ranch
Manzanita Cache
Extreme Marketing
Betsy Marchand
RISE, Inc.
Mercy Housing
GMG Ranch
Hillside Farm
Spanish Oak Ranches, Larry & Martha Fernandez
Davis Center for Psychotherapy
Julie Gallelo & Steve Basha
Durst Organic Growers
Reliable Insurance Services
Chili Largo BBQ, Capay CA
Full Belly Farms

Parks and Recreation District: Meetings are continuing on this important project. Look in next month’s Valley Voice for a full article on the project and what it means to you.

If you are interested in joining us, please email chairs, Ron Voss at revoss@ucdavis.edu or Linda Adams at nichodemus70@yahoo.com
Submitted by Sue Heitman, CVV Executive Director

Taber Ranch Olive Oils -

- Fruity, Pungent ARBEQUINA
- Intense, Grassy KORONEIKI



Both awarded GOLD MEDALS by the 2010 Yolo County Fair!
Call 796-4983

New NHS Members Inducted at EHS

On Monday evening, May 10, members of the National Honor Society (NHS) inducted 13 new members into its ranks. Carly Jo McCoy, President of the EHS National Honor Society was Mistress of Ceremonies, and she was assisted by several of the members. The Induction included the traditional Candle Lighting Ceremony.

Students who are inducted into NHS are selected based on five criteria: Citizenship, Character, Service, Leadership and Scholarship. Members must maintain a minimum of a 3.0 grade point average while in grades 10-12.

The students who were inducted were the following: Gloria Ayon, Cassidy Campbell-Mueller, Leticia Cortes, Claider Garrido, Mikayla Gnos, Nodari Ivanidze, Gretchen Karlstad, Rafael Lopez, Ditjola Naco, Anali Rodrigues, Stephanie Royer, Vanesa Torres, and Hanna Udovenko.

Current Honor Society Members are Tanner Bei, Cleveland Bellard, Rizpah Bellard, Bittany Buathier, Carolann Clark, Margot Dittmar, Miles Eldon, Marilyn Garcia, Madison King, Avalon Lucero, Hugo Luna, Shannon Madigan, Rebecca Markel, Carly Jo McCoy, Katherine McCoy, Amanda Muller, Hannah Muller, Megan Muller, Anyssa Perez, Lizanne Shera, Lizeth Valenzuela, Olivia Wetter, and Leighanne Williams.

Submitted by Judy Simas, Interim EHS Principal

Vacation Bible School at Countryside Community Church

Are you ready to sink your teeth into BIG fun? That’s just what we’ll do at Crocodile Dock where fearless kids will have a great time! Crocodile Dock is filled with incredible Bible-learning that you will be able to see, hear, touch, and even taste! Fun crafts, team-building games, cool Bible songs, and tasty treats are just a few of the Crocodile Dock activities that help faith flow into real life.

Countryside’s Vacation Bible School will be

Monday—Friday, June 28th to July 2nd from 6:00 to 8:30 p.m.

Also, the kids will put on a **Firefly Finale Performance for family and friends on Friday, July 2nd at 7 p.m. in the Church Sanctuary followed by an Ice Cream Social.**

It’s all free! So be sure to mark these dates on your calendar and bring your friends! If you’re interested in being a helper (anyone going into 7th grade and older) there will be a **leadership planning meeting on Wednesday, June 9th at 11:00 a.m. at Countryside Church in the Social Hall.** If you’re not able to make it, please speak with Pastor Pamela Anderson (787-3586) or send her an email pamela-usa@hotmail.com a.s.a.p. Come join the fun! It’s going to be a great adventure !!!

(Countryside Church is located at the corner of Fremont & Grafton.)

Submitted by Pastor Pamela Anderson



Manas Ranch

Fred and Alice Manas, Owners
25838 County Road 21A
Esparto California 95627
(530) 787-3228
Fax: 787-1878
fjmanas@sbcglobal.net

“THE BEST PEACHES IN THE WEST”

News from Esparto Regional Library

A Branch of Yolo County Library

Bilingual pre-school Story Time: every Thursday morning at 10:30 a.m. in the Wintun Room, featuring stories, finger-plays, and songs.

The book club will be meeting on June 17th at 7:00 p.m. to discuss "Stones Into Schools" by Greg Mortenson. The Teen Book Club will be on summer break until next September.

The English Conversation Class meets Tuesdays, 1-2 p.m. in the Wintun Room. All English learners are welcome. Practice English in a group setting.

The 2010 Yolo County Summer Reading Program is "Make a Splash at Your Library...READ!" Be sure to register for one of our three Summer Reading-Incentive Programs. We will have a Read-to-Me incentive program for children 0-5 and their parents. Children 6-12 can participate in a similar reading incentive program for prizes and certificates. Teens in grades 7-12, can read, write reviews and enter a raffle drawing to win prizes. Call the library at 530-787-3426 for more details.

In addition to the reading program we will host three special events in June:

- June 1, at 2:00 p.m.-"What Wiggles in the Wetlands" – discover the wild and wet creatures that make ponds and creeks near Esparto their home. Wetlands biologist Sarah Warnock will bring microscopes and telescopes and lots of pond creatures, so come prepared to explore!
- June 10th at 2:00 p.m. "Water Safety" program for children presented by the Yolo County Sheriff's Department.
- June 24th at 2:00 p.m.: "Egypt and the Nile". Learn about the amazing Nile River.

All programs will be held in the Wintun Room. These wonderful programs are sponsored by the Friends of the Esparto Regional Library

Submitted by Malinda Baker, Librarian

Join the Esparto Writer's Group Email List

Are you interested in writing? Do you harbor a secret desire to be a poet? Have you been journaling most of your life but you have never tried writing fiction? Do you find yourself having interesting conversations with yourself that you would like to write down? Do you sing your own rock'n'roll lyrics? The Esparto Writer's Group would like you to share your writing with us.

Join our email list and find out when and where meetings are held. You should get three emails a month. One will be sent shortly after the monthly meeting with the writing prompt for the next month, and two reminder emails about a week before and also about 24 hours before the next meeting.

Generally, meetings are held from 6-8 p.m. at the Esparto Library on the third Thursday of the month. At this time the meeting for June has not been confirmed and the group has not met to decide on a prompt for the month. For this information please email Barbara Durst, coordinator, at bdurst@mac.com.

Names on the email list are not shared inside or outside the group.

Submitted by Barbara Durst

Patrick Scribner



Certified Public Accountant

507 First Street, Suite B
Woodland, CA 95695

(530) 666-2727
Fax: (530) 668-6822

email: pscpa@pacbell.net

Countryside Community Church

Bring your children to Sunday School and
Worship with us
at 10 a.m. on Sunday.

Located at Fremont and Grafton in Esparto / 787-3586

Rev. Dr. Pamela Anderson, Pastor
Presbyterian Affiliation



Fresh, organic fruits &
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the Capay Valley Vision office
in Esparto
every Wednesday.

Farm Stand open every
Friday from 2-6 p.m.
At Full Belly Farm (Road 43)
For more information, call
(530) 796-2214.

Community Medical Centers

Esparto

17050 Grafton Street
Esparto CA 05627
(530) 787-3454

Medical Services for the Entire Family

General Medicine-Family Planning-Prenatal Care
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Cuidados del Bebe y Vacunas
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Consejería y Educación de Salud
Proveedores de exámenes de CHDP-Servicios de WIC

Clinic Hours—Horario De La Clinica

Monday: 9:00 a.m. to 1:00 p.m.
Tuesday, Wednesday, Thursday, and Friday: 2:00 p.m. to 6:00 p.m.
Lunes: 9:00 a.m.-1:00 p.m.
Martes, miércoles, jueves y viernes: 2:00 p.m.-6:00 p.m.

SAME DAY APPOINTMENTS AVAILABLE
CITAS DISPONIBLES EL MISMO DÍA

Esparto FFA Students Bring Home SAE Honors

Three Esparto FFA Students earned honors at the annual Yolo Sectional FFA Project Competition Banquet held at the Buckhorn on March 28th. Over thirty FFA students throughout Yolo County were recognized for their SAE (Supervised Agricultural Experience) programs. A SAE program is the actual, hands-on application of concepts and principles learned in the agricultural classroom. Students are supervised by agricultural education teachers in cooperation with parents, employers, and other adults who assist them in development and achievement of their educational and career goals.

Throughout late February, various community and business representatives visited various FFA students at their homes and/or work place to learn about their projects. Students conducted a 15-20 minute overview presentation of their agricultural project and/or agricultural work experience. In addition, students were required to demonstrate a skill pertaining to their SAE. During the banquet, students were awarded a “gold” or “silver” award based on their presentations. A novice and advanced student were also each awarded a “STAR” plaque for being outstanding in either placement or ownership project areas

The results of Esparto FFA students were as follows: Emmanuel Vazquez, Gold and Star Placement in the Novice division; Margot Dittmar, Gold in Advanced Placement; Hannah Muller, Gold and Outstanding Interview in the Advanced division.

Submitted by Amber Charter, EHS Agriculture teacher



Pictured above are Margot Dittmar and Emmanuel Vazquez with their awards at the Yolo Project Competition Banquet.



The July Valley Voice will feature the Esparto High School graduating Seniors.

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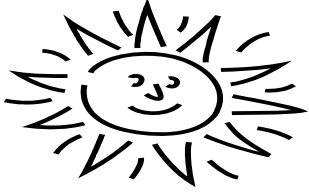
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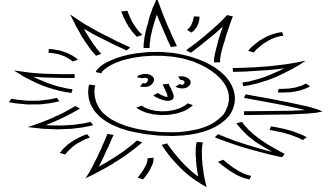
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RISE SUMMER ACTIVITIES



SWIM! SWIM! SWIM!

**SPECIAL NEWS FLASH FOR
 ALL CHILDREN!**

You are invited to go SWIMMING every Wednesday afternoon! A bus will take all children over 6 years old swimming on Wednesday afternoons! Meet in the Elementary School Parking Lot at 12:45 p.m. and in Madison at the Madison High School at 12:50 p.m. every Wednesday starting Wednesday, June 9th! Cost: \$2.00. Bring a towel! {No one under 6 years old is allowed unless accompanied by an adult!}

REMEMBER: Your parent **MUST** have completed a “Summer Recreation Program Enrollment Form” before you can get on the bus!!! Fill out the application even if the only activity you want to do this summer is swim!! Get your enrollment form now – call RISE Inc. at 787-4110 or go to the RISE Office at 17317 Fremont Ave.

SPECIAL THANKS to the ESPARTO SCHOOL BUS DRIVERS for being willing to help with this effort for local kids!! Thanks!!

Special Summer Play for children under 5 years old!

Summer Fun for Little Ones! FREE!

- Age Appropriate Learning Activities!
- Pre-Kinder Readiness Focus!
- Supervised Play-Social Development!
- Pre-School Simulated Environment!

Open to all “potty-trained toddlers through five year olds”. All children must attend with an “assigned adult” (cooperative adult arrangements welcomed).

*Starting on Wednesday, June 9th
 Every Tuesday, Wednesday and Thursday
 From 9:00 a.m. to 12:00 noon*

*At the Early Learning Center, Corner of Grafton and Fremont Street, Esparto
 Special Note to Families: Enrollment forms must be completed prior to participation. No Cost.*



*Call RISE Inc. at 787-4110 for information.
 Special thanks to First 5 Yolo for supporting this program!*

FREE SUMMER FUN IN THE ESPARTO PARK!!!

Open to all children ages 6-12!!
 Monday through Thursday every day
 10:00 a.m. to Noon
 Starting on June 7

Arts, crafts, games and play.
 Different activities every day.
 Supervised summer fun!

Call RISE Inc. to enroll!! All enrolled children are welcome to go on “Every Wednesday Afternoon Swim Days” and any other special activities!

“Every Wednesday Afternoon Swim Days”- children meet at the elementary School parking lot at 12:45; children are transported by school bus; cost is \$2 per child

SPECIAL NOTE TO ALL PARENTS: Your child must be enrolled to participate – park program is free!! Call 787-4110 to get an application!

THANK YOU!!! This program is supported through carry-over funds of the Rumsey Community Fund for local children! The support is appreciated!!



Valley Senior Summer Fun!!

The summer senior program will be running in the summer. Speakers, nutrition education, light exercise, day trips and food all summer long! Check out page 8 for the schedule, or call 787-4110 for more information. Hope to see you there!

**The RISE Middle School Summer Program
is open to all current 6th, 7th, & 8th graders...including
incoming 6th graders and outgoing 8th graders
Program begins on June 7**

Monday	Tuesday	Wednesday	Thursday	Friday
Shop Time 10-12 At the Bike Clinic *Boys and Girls welcome	Dollar Movie in Woodland 9-12 Meet at RISE	Garden Workshop 10-11:30 at Community Garden *Walk from RISE or meet at Elementary School	Bike Clinic 10-12 At the Bike Clinic * * * * * Girl's Fusion 10-12 at RISE	Fieldtrip *Time/Destination TBA
RISE closed for lunch	RISE closed for lunch	BBQ at Elementary School 11:30-12:30	RISE closed for lunch	Fieldtrip
RISE Jr. Staff Meeting 2:00 - 3:30 at RISE	RISE Teen Lounge Open 1-3	Swimming in Woodland 12:45-4:30 (Bus Leaves Elem. School at 12:45)	RISE closed for the afternoon	Fieldtrip

****All activities are free except for \$1 Movies on Tuesday, \$2 swimming on Wednesday,
and select fieldtrips. Please bring money accordingly.**

Dollar Movie Schedule:

- 6/8: Charlotte's Web
- 6/15: Pippi Longstocking
- 6/22: Veggie Tales
- 6/29: Alvin & Chipmunks:
The Squeakquel
- 7/6: Night at the Museum 2
- 7/13: Planet 51
- 7/20: Aliens in the Attic
- 7/27: Cloudy with a Chance
of Meatballs
- 8/3: Monsters vs. Aliens
- 8/10: Ice Age 3

Become a RISE Jr. Staff member!

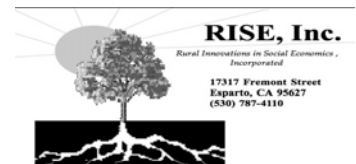
Current middle school students are eligible to participate in the Summer RISE Junior Staff Program. Teens may choose to work at the Elementary School Summer Day Camp, the Summer Community Recreational Program, the Early Learner Program, or select other sites. RISE Jr. Staff members will work side by side with adult leaders and staff to provide an active, safe, fun, and wholesome atmosphere for young children in the program's care. RISE Jr. Staff members will earn community service credits, receive special benefits and privileges, and be eligible to attend all fieldtrips.

No teen may start working until attending the mandatory orientation trainings on **Wed. June 2nd & Thur. June 3rd from **1:30 to 4:00** at RISE. Additional First Aid and CPR training may be provided.

Please contact **Rachel or Monica** at **787-4110**
with questions or for enrollment.

Friday Field Trips

- ✦ Bowling
- ✦ Movie: Eclipse
- ✦ Rafting or Kayaking
- ✦ Beach BBQ
- ✦ ...and much more!!
- ✦ Fieldtrip locations and times will be released one to two weeks before each Friday.





**The Importance of
Fatherhood**
*A Relationship With Dad
Can Change a Child's Life*

As a child's first teacher, a dad plays an essential role in shaping his child's social, emotional and intellectual development. Fathers today are spending more time with their children compared to three decades ago, according to the Families and Work Institute, a leading nonprofit that studies workforce and family issues. They also are taking on more nurturing and care-giving roles.

Research shows that the role a father plays in a young child's life is extremely important to a child's healthy development, and there are many positive outcomes for children whose fathers are more involved in their daily lives.

In honor of fathers, First 5 Yolo offers the following tips on how dads can spend quality time with their children to become more involved and supportive parents:

- **Get involved early.** Taking an active role in caring for a newborn helps dads and babies bond from the start. You might consider taking a few days off from work after the baby is born to spend quality time together. In California, new parents, including dads, are eligible for up to 12 weeks of unpaid leave to be with their newborns.
- **Be informed and connect with other dads.** Participate in community programs, take local parenting workshops and talk with other fathers at daycare or preschool to build a network of support.
- **Put in the time.** Make it a priority to spend quality time with your child. This helps you build a strong relationship that includes regular communication. Find activities that you and your child enjoy doing to make your time together special such as reading, singing, sharing a hobby or spending time playing outdoors. Go on field trips to local museums and events or visit the library to engage your child on a variety of topics.
- **Create a strong bond.** A great way to create and maintain a bond with young children is by being actively involved in their daily lives. Have dinner together, help your child take a bath, get ready for bed or even do chores together to show you are a consistent part of his or her life.
- **Make it memorable.** Everyday activities can provide opportunities to learn and listen to your child. For example, when riding in the car or on the bus, ask your children to describe shapes and colors they see. Play "I spy," guessing and counting games.
- **Be a role model.** Practice appropriate discipline, considering your child's age and personality. Disciplining with respect and love allows you to interact in positive ways with your child.

For more information on parenting and First 5 Yolo's programs, services and resources, please visit www.first5yolo.org.

Compliments of First 5 Yolo
530-669-2475 www.First5Yolo.org

Julie Swartz
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Piano-Voice-Guitar
(530)787-3570



**"VALLEY SENIORS" PROGRAM AT RISE,
SCHEDULE FOR JUNE 2010**

SPONSORED BY THE YOCHA DE HE COMMUNITY FUND.

"TIME CHANGE ALERT" Summer hours are 9-12 (except special trips)
If you are 55 or over, Please join us at RISE; 17317 Fremont Street in Esparto, next to Esparto Market and the D. Warren Insurance Agency.

**JOIN US ON TUESDAYS & THURSDAYS, FROM 9a.m. TO NOON
FOR FOOD, DAY TRIPS, HEALTH, EXERCISE,
CLASSES & INFORMATION:**

June 1 :	9:00	Chat & Coffee
	10:00	Review exercise options (bring your favorite tape/DVD)
	11:00	Lunch at RISE
June 3:	9:00	Chat & Coffee 'til 9:45
	10:00	Meet Esparto Middle School for Tour of Kitchen/Gym. RSVP
	11:30	Lunch at RISE
June 8:	9:00	Breakfast at RISE
	10:30	Speaker: Peggy Phelps from the Yolo Adult Day Center
	12:00	End of Program
June 10:	9:00	Movie day at RISE "Group Choice"
	11:30 (or so)	Lunch
June 15:	9:00	Light Exercise and Conversation
	10:30	Nutrition Class: Cooking with Laura
		"Learn how to cook nutritious crepes."
	12:00	The results from class will be lunch.
June 17:	9:00	Breakfast at RISE, Inc.
	10:30	Computer Class @ Esparto Library w/ Malinda Baker
	12:00	Program Ends
June 22:	9:00	Light Exercise & Breakfast
	10:30	Speaker: Resources for Seniors, Kristi Link from LSNL
	12:00	Program Ends
June 24:	9:00	All Day Trip to Western Railway Museum
		R.S.V.P. to Beth @ 787-4110. Back by 4:00 p.m.
June 29:	9:00	Light Exercise and Conversation
	10:30	Nutrition Class: Laura Chavez-Martinez
	11:30	Lunch

Call Beth @ RISE, 530-787-4110 FOR QUESTIONS & UPDATES.

Is Health Insurance for your Child a Problem??

In these difficult economic and health reform times, good health insurance coverage for your children may be a problem. There are three different publicly-supported options now available, which seek to assist many levels of incomes and urgent situations. You may qualify for at least one of these:

- **MediCal**—For those families most in need. Job loss &/or changes in income power may now qualify you. Review of your eligibility situation is free.
- **Healthy Families**—Federally and State Supported with low premiums. Serves the children of families who earn too much for MediCal help. Has low premiums. Once enrolled, your enrollment lasts for a year without further review. Find out today if you qualify.
- **Healthy Kids**—Supported by local funds and efforts. This health insurance option seeks to insure that all children have access to health care. Higher income families can successfully utilize this option. Thanks to the generosity of the Yocha Dehe Wintun Nation, no qualifying local child will be put on a waiting list. Monthly premiums are low.

Check these options out! Free!

If you are interested in further discussing any of these health insurance options, please call RISE Inc. at 787-4110 and ask for a screening appointment with Beth Conn-Ossenfort or Lupe Saucedo. Free. Confidential. RISE will also come to small groups or farm meetings to discuss these options with interested folks. Call today!

Submitted by the RISE Staff



Esparto Community Services District
Dedicated to Safe Water and
Responsible Waste Management

P.O. Box 349, 26490 Woodland Ave, Esparto, CA 95627
Phone: 530-787-4502 Fax: 530-787-4219
E-mail: ron@ecsd-ca.org

NEWSLETTER

CONSERVATION OF WATER: IT'S UP TO ALL OF US!!!

Spring and Summer are coming...Most water conservation habits require only a little common sense. Here are three water conservation steps to help save the most water.

Economize:

A lot of water goes down the drain because of perceptions that water is plentiful and cheap—which is certainly not the case. Become conscious of the amount of water you use, and look for ways to use less whenever you can.

For example, more than 10 percent of all water used in the home is used in washing. A clothes washer, at full cycle and the highest water level, uses 30 to 50 gallons of water. The dishwasher requires up to 25 gallons. To save water, run only full loads, and set the water level for the size of load you are using.

Resulting savings: approximately 300 to 800 gallons per month.

Every minute of your shower uses 2.5 gallons of water. A low flow showerhead only costs \$10.00 but will save 50 gallons of water during a 10-minute shower. Many models have a shut off valve that will save even more water by stopping the water while you lather up. **Resulting Savings:**

up to 700 gallons per month.

Use a broom instead of a hose to clean driveways and sidewalks. Adjust sprinklers so that water lands on the lawn or garden and only there. **Resulting Savings: up to 600 gallons a month.**

Repair Leaks:

If a faucet drips at a rate of just one drop per second, it can waste 2,700 gallons of water per year. To save water, fix leaky faucets and plumbing. **Resulting Savings: 20 gallons per day for every leak stopped.**

As an extra savings step, retrofit all household faucets by installing aerators with flow restrictors to slow the flow of water.

Make your lawn a water miser!

Typically, 50 percent of the water consumed by households is used outdoors. Studies show that the average homeowner uses more than four times the actual amount of water needed to keep a lawn healthy and green.

Before watering, step on the grass. If it springs back when you lift your foot, it doesn't need water. Reset sprinkler timers to water every third day and for fewer minutes. **Resulting Savings: from 750 to 1,500 gallons per month.**

To save even more water, install a new "smart" sprinkler controller that applies just the right amount of water for your landscape based on your plants and garden, and local weather conditions.

**ALWAYS REMEMBER WATER CONSERVATION
IS UP TO ALL OF US!**

Submitted by Ron Loudon, General Manager/Superintendent, ECSD



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Esparto Community
BLOOD DRIVE
Monday, June 7th
3 pm - 7 pm
Located in the Community Hall next to the Fire Station.
For more information, contact:
Pam Pearson (530) 787-3300
Please bring Photo ID. Please not to drink alcohol or use drugs prior to donation. Call BloodSource: 1-800-452-9882



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Local Boy Scout Completes Eagle Project

Bo Anguay, a member of the Winters LDS BSA Troop 998, has finished his Eagle Project. His project was a new entry walkway for the VFW hall in Esparto. The new walkway was made out of pavers. The old walkway was loose and torn. A lot of the VFW members are elderly and had problems walking on the old walkway. Wheelchairs had problems navigating the ruts. Bo's plan was to remove the old walkway and build a new one out of pavers. The Veterans are currently remodeling the inside of the hall and re-landscaping the outside. Bo's Eagle Project fit right in with their plans.

Bo sought donations from several businesses in the community. Pavestone of Winters, donated 1020 pavers. Ted Pearson, Syar Industries, Madison Plant, donated the crushed stone and sand. Rudy Delgado, Esparto, donated the use of his gravel truck and tractor/loader to haul the stone and sand, and to haul off the blacktop to be recycled at Syars. Amos Metz Rentals of Woodland donated the use of a motorized tamper. Jonathan and Tyler Hasson of Esparto donated the use of their jack hammers and construction tools. With the help of several volunteers the work took a little over one day to finish. VFW Commander, Lt. Colonel Charlie Schaupp gave his approval when finished.

Eagle Scout is the goal of every Boy Scout, but few achieve this goal. Bo Anguay is well on his way to the few elite. Bo says he owes his achievement to his leaders Dave Hudson, Tom Ryel, Jeff Hofstrand, Aaron Drumwright, and Ken Stewart.

Bo is the great, great grandson of Ernest Covington and Clarence Tolle was his great, great grand uncle. Both were World War One veterans. He is also the great grandson of Red Gibson and Phylis Gibson, World War Two veterans. All were Esparto VFW members.

Submitted by Tommy Anguay, Troop Committee Chair

Sober Grad Night 2010

The Sober Grad Committee would like to thank the numerous businesses and individuals that supported us in our journey to help celebrate the 2010 Esparto graduates. An amazing group of volunteers came together. It is always wonderful to see the dedication of volunteers and contributors in our community who work for the common good and for our students.

Students attending this event on May 28 after high school graduation were able to enjoy a humorous hypnotist act by Dr. Hill, then skate the night away at Woodland Indoor Sports. There were games, prizes, and endless entertainment. All of this would not be possible without the generous help of the following contributors and volunteers:

Golden Partners (\$200 + donation)

Capay Consulting, LLC
Esparto Lions Club
EHS Boosters
Infineon Raceway
The Trejo Family
Silver Partners (\$100+)
Atlantis Hotel
Sam and Caroline Bledsoe
Cache Creek Casino
Carol and Donald Dittmar
Woodland Elks Lodge
Esparto Fire Department
Allison Lucero
Alice Meserve Manas
Jane Stallings and David Markham
Dr. Alan Tan
Tormeys Deli

Bronze Partners

Freeman Barsotti
Mr. and Mrs. Bei
Brendan Theater
Trini Campbell
Countryside Community Church
Rachel A. De La Cruz
Linda Dufault
James Durst
Mr. and Mrs. Erickson
Fleet Feet of Davis
Farm Fresh To You
San Francisco Giants
Mr. and Mrs. Hamblin
Mr. and Mrs. Hays
Jonathan Hickerson
Mr. and Mrs. Jensen
Mr. and Mrs. Koeppen
Laugh's Unlimited
Ludy's

Melissa Mast
Valentine Mata
Larry Mayer
Mr. and Mrs. Tom Muller
Bob and Vickie Murphy
New Reflections
Nugget Market
Oak Hill Ranch
Roxie Peart
Nancy Plocher
Rico's Pizza
Dr. Portualupi
Cathy Roath
Trish Roath
Round Table Pizza of Winters
Mike Sanford
Barbara Stanphill
John Stephens
Greta and Harmon Taber
D. Warren Insurance Agency
Viking Propane
Pamela Welch
Volunteers
Renee Harmon
Pixie Madigan
Ruth McMillan
Trish and Steve Markel
Michelle Muller
Tracy Nash
Nola Osburn
Elvira Paoletti
Kim Pearson
RISE Inc.
Karen Rome
Julie Rose
Nora Self
Donna Shera
Dr. Alan Tan
Lupe Trejo

Submitted by
Sober Grad Night Committee

Please join us for a Summer Boutique at
Road Trip Bar & Grill
24989 Main St. Hwy 16 Capay
Tuesday June 8th
6 pm till 8pm

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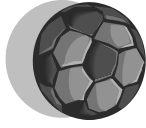


Mention this ad and receive \$1.00 off a Low Rider Chicken Pasta Salad or Taco Salad or \$2.00 off The "Petal to Duh Metal - Hwy 16 Cluster"



**Have some summer fun!
Be safe.....**

AYSO Soccer



The final soccer sign-ups for the Fall 2010 Season will be on Tuesday June 8, 2010 from 5:30 p.m. to 7:30 p.m. in Esparto Park.

The registration fee is \$50 per player, and \$40 for each additional sibling in the family. Uniforms cost \$20 per set of shirt, shorts, and socks. Teams are filled on a first come, first serve basis and depend on volunteer availability. Practices will start in mid-August. Games start in mid-September. Capay Valley AYSO is an all-volunteer, non-profit organization.

Volunteers are needed to make the season a success. Volunteer positions include: coach, referee, team parent, equipment manager, field's manager, and regional board member. Training is required for all CV AYSO volunteers. Some training is available online at www.aysotraining.org. Give the youth of our region an opportunity to recreate and learn the game of soccer by volunteering locally. To help support players from families needing financial assistance, send a contribution to: CV AYSO, P.O. Box 44, Esparto, CA 95627.

Contact Regional Commissioner Brian Paddock at 530-787-1725 for additional information.

Submitted by Trini Campbell

Are you ready to ride. . . .

Come join us for the annual Summer Saddle Series at Criner's Arena at 22755 County Road 23 in Lamb Valley west of Esparto. This year the Series will begin on Monday June 7th at 6:30 p.m. and continue on every Monday night until the finals on Sunday August 8th. Kids of all levels are welcome to come out and compete for the "Best Prizes in the Valley".

The age divisions are:

- Little Britches ~ 8 years old and under. These children can ride on their own or on a lead line.
- Juniors ~ 9-13 years old
- Seniors~ 14-18 years old (by the first day of January 2010)

The events are Barrel Racing, Pole Bending, Goat Tying, and Roping.



Roping Champion Gage Hillard from Esparto

At Criner's Arena we aim for family adventure, family fun, and family growth. Admission is free so come out and cheer on your favorite cowboy or cowgirl as they ride for the Trophy Saddles, Trophy Buckles, Custom-made Trophy Spurs, Bits, Headstalls, Blankets, Halters, and Cowhide Duffle Bags, just to mention a few of the awesome awards in the program.

If you would like to sponsor an award or would just like to help out, please call Pam Criner @ 867-2793, Kelly Criner @ 867-3331, or Bob Criner @ 304-6661. We can always use help to bring these cowboys and cowgirls the "Best Prizes in the Valley".

Submitted by Pam Criner



Happy Father's Day
to all awesome dads!

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Esparto Ca 95627
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COMMUNITY CALENDAR

AA meetings: *Countryside Community Church*, located at 26479 Grafton St. on Tuesdays at 7:00 p.m. Call 1-800-970-9040 for more information.
Guinda Community Church, Tuesday, Thursday and Saturday at 7:00 p.m. in Spanish.

Ala-teen meetings: meets at Guinda Community Church 16671 Forest Ave. Call Lynn for details at 787-4566 or Pastor Noble at 668-0870.

Capay Valley Christian Fellowship: meets at 11:00 a.m. on Sunday at 7588 St. Route 16, Guinda.

Capay Valley Fire Commission Meeting: meets the 2nd Monday of each month at 6:30 p.m. at the Guinda Fire Station.

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 Vision Board: meets on the fourth Wednesday of every month at the Library from 5:00 to 7:00 p.m.

Countryside Community Church: Sundays at 10:00 a.m. Worship Service and Sunday School.

Criner's Arena: Summer Saddle Series on Monday nights at 6:30 p.m. from June 7th to Sunday, August 8th.

Dental Office in Esparto: is open from 8:00 a.m. to 5:00 p.m. every Tuesday. Call 787-4972 to make an appointment.

Early Learning Center Program: held from 9:00 to 11:30 a.m. Tuesdays, Wednesdays and Thursdays at the Countryside Community Church

Esparto Baptist Church: Worship and preaching service at 11:00 a.m. on Sundays. Bible Study on Sundays at 9:45 and Wednesdays at 7:00 p.m.

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 from 9:00 a.m. to 1:00 p.m., Tuesday, Wednesday, Thursday and Friday from 2:00 to 6:00 p.m.

Esparto Lions Club Meeting: meets on the 1st and 3rd Thursday at the VFW hall 7:00 p.m.

Esparto Regional Chamber of Commerce: meets every month on the 2nd Wednesday at the Chamber Office on Yolo Avenue unless it is a mixer. (787-3242)

Esparto Unified School Board Meeting: meets on the 1st and 3rd Wednesdays at 5:30 p.m. at the Library.

Food and Clothes Closet: open on Wednesdays & Fridays at Countryside Community Church. Contact RISE Inc. at 787-4110 for information.

Friends of Esparto Regional Library Board of Directors' Meeting: meets on the first Tuesday at 7:00 p.m. at the Library.

Home Schooling Cooperative: Call Anna Brait at 796-3801.

Legal Services in Esparto: free services offered on the 1st and 3rd Thursdays at the RISE office from 9:00 a.m. to 11:00 a.m.

Guinda Community Church: Sunday School for youth at 8:45 a.m. and Sunday Service at 9:30 a.m.

Madison Advisory Committee: 4th Thursday at 6:30 p.m. at the Madison Community Services District. No meetings in May, November or December.

MEDI-CAL and Food Stamps Services: Wednesday 2:00 to 4:00 p.m. at the RISE Inc. office. Call 787-4110 for appointments.

Rotary Club of Capay Valley, Brooks: meets at 7:00 a.m. every Friday at the C² Restaurant at Cache Creek Casino Resort.

St. Martin's Church: Spanish Mass: 7:00 p.m. on Saturday; English Mass: 8:30 a.m. on Sunday at St. Martin's Church on Grafton Street

Veterans of Foreign Wars (VFW), Esparto and Western Yolo Chapter, meets on the 2nd Monday of each month, at 7:00 p.m., in the Esparto VFW Hall.

Western Yolo Grange: meets on the 2nd Thursday at 6:30 p.m. for a potluck dinner and meeting at the Grange Hall at 16787 Forrest Ave. in Guinda.

WYORCA: meets on the 2nd Thursday from 5:00 to 6:30 p.m. at the Esparto Library.

RISE Collaborative Meeting: meets the 3rd Friday at 9:00 a.m. at the RISE building (except August).

WIC Services: located in the Esparto Family Practice office at 17050 South Grafton St. on the 4th Wednesday. (2:00 to 6:00 p.m.)

If you would like to include calendar events or change information, please e-mail the editor of the Valley Voice at valleyvoice2@hotmail.com or call 787-4110.



Activity Calendar for June, 2010 (as mentioned in this paper)

- June 1: "What Wiggles in the Wetlands" program at Esparto Library at 2:00 p.m.
- June 2: Reception to meet the new high school principal at Los Tios Restaurant at 5:30 p.m.
- June 2 & 3: RISE Jr. Leadership Program training from 1:30-4:00 p.m. Call 787-4110 for more details.
- June 7: Esparto Community Blood Drive at the Community Hall from 3:00 to 7:00 p.m.
RISE Middle School Summer Program begins. See pg. 7 for details.
Summer Saddle Series begins at Criner's Arena starting at 6:30 p.m.
- June 8: AYSO soccer sign-ups in Esparto Park from 5:30 to 7:30 p.m.
Summer Boutique at the Road Trip from 6:00 p.m.
- June 9: RISE summer pre-school program begins from 9:00-12:00 p.m. at Early Learning Center
- June 10: Water Safety Program by the Yolo Co. Sheriff's Dept. at Esparto Library at 2:00 p.m.
- June 11: Esparto Unified School District office closed Fridays until August 13.
- June 14: Flag Day
- June 19: Samantha Senkbeil Memorial Art Auction at the Boy Scout cabin on at 6:00 p.m.
- June 20: Fathers' Day
- June 24: Egypt and the Nile Program at Esparto Library at 2:00 p.m.
- June 28: Vacation Bible School begins at Countryside Community Church at 6:00-8:30 p.m.
- June 1, 3, 8, 10, 15, 17, 22, 24, 29: Valley Seniors meet at RISE for activities from 9:00 to 12:00 noon

