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# Gold River Messenger

VOLUME 11 • ISSUE 6 *Serving Gold River and Sacramento County*

JUNE 2023

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## Supporting Farm to Wellness



An aerial view of Soil Born Farms in Rancho Cordova. Right: Soil Born Farms Founder and Co-Director Shawn Harrison. Photos courtesy of SAFE Credit Union

**SAFE Credit Union News Release**

**SACRAMENTO REGION, CA (MPG)** - SAFE Credit Union is proud to once again support the creators of “farm to wellness” programs exclusively offered to veterans in the Sacramento region.

The credit union is awarding a \$10,000 grant to Rancho Cordova-based Soil Born Farms – providers of job training and therapeutic experiences for veterans at its 55-acre American River Ranch farm.

“Sacramento is rich in agricultural history and farm to fork practices. Our foundation at SAFE is rooted in supporting our military and veterans,” says SAFE President and CEO Faye Nabhani. “It is amazing and rewarding for us to be able to substantively support both of these efforts with this grant.”

SAFE annually awards

Community Sustainability Grant Program grants to two nonprofits dedicated to impacting the lives of veterans in area communities. The credit union opened in 1940 as the Sacramento Air Depot Federal Credit Union, initially serving members of the military and their families.

The grant marks the second time the credit union has backed the veterans program and farm that fosters connections among food, health and the environment. SAFE is also awarding \$20,000 to Volunteers of America Northern California and Northern Nevada for its program assisting homeless veterans.

Soil Born Farms Founder and Co-Director Shawn Harrison says the organization plans to use the funding to provide support for two veterans enrolled in the farm’s Veteran Apprentice Program and to expand the organization’s Veteran Field Days, where veterans are



immersed in agricultural practices for the day.

Harrison says the grant from SAFE allows the nonprofit to conduct slower and more thoughtful programming with local veterans.

“The funding from SAFE Credit Union allows us to create a more gradual immersion into the farm experience for a diversity of veterans who may have little to no previous exposure to sustainable agriculture,” says Harrison. “This will pay long-term dividends both for the health and wellbeing for our veterans, as well as improved food security for our community. If we can gain traction with this program, volunteer veteran farmers and gardeners will increasingly assist our team in producing more nutritious food for people in our community.”

Army veteran and Rancho Cordova resident Bryce Wilson, who served

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## Sacramento County Led Workshop on Homelessness

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - On May 23, 2023, the Sacramento County Department of Homeless Services and Housing (DHS) led a workshop on homelessness at the Board of Supervisors meeting to educate and inform the Board, stakeholders, advocates and any interested residents of Sacramento County about the County's response to homelessness. The workshop included presentations by DHS, Regional Parks, Sheriff Homeless Outreach Team and the City of Sacramento, as well as input from critical agency partners Sacramento Steps Forward (SSF) and Sacramento Housing and Re-development Agency (SHRA).

DHS presented some vital information about the diversity of the homeless population, both in race and ethnicity, as well as age, gender, familial make-up, resources and chronic issues. The County also shared examples of various populations in a series of human-centric vignettes, designed to bring personal, humanizing stories that combat generalizations and harmful stereotypes. DHS also shared outcomes of County-funded programs from Fiscal Year 22/23, including encampment outreach, sheltering and rehousing services and programs.

DHS also acknowledged that while the road to homelessness is rarely a single issue, it often is a symptom of compounding issues such as unstable family life, lack of income, chronic health conditions, behavioral health challenges, involvement in the justice system, and many more. However, the only universal characteristic of people experiencing homelessness is that they lack a permanent home; therefore, to truly address the homelessness crisis, we need to increase access to and availability of safe and affordable housing wrapped with appropriate, client-centered supportive services.

While the Board has been increasing investments in diverse programs since 2017, the increase in homelessness rates and the complexity of the challenges faced by the homeless population and the community necessitated the need for a singularly focused staff to work on this issue and to be publicly accountable

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## Food Locker Director Discusses Outlook and Upcoming Projects at Luncheon

**By Patrick Larenas**

**RANCHO CORDOVA, CA (MPG)** - Carrie Johnson, Rancho Cordova Food Locker executive director, discussed the challenges faced by the food security non-profit at this month's Chamber of Commerce luncheon on May 19, 2023.

Johnson stepped into the Catholic charity organization leadership about a year ago. Having previously worked for companies such as Dignity Foundation, Safe Credit Union and Eskaton, among others, has well prepared her for the post-pandemic task.

She reported seeing a dramatic increase in walk-ins in the last 12 months, with over 1000 first-time visitors in just the past 4 months. Johnson said the locker works closely to verify its statistics with the countywide database provided by the regional Sacramento Food Bank.

“In the past year, the food locker has gone



Rancho Cordova Food Locker Executive Director Carrie Johnson (in red shirt) with food locker staff, volunteers and board members at the May 19 Chamber Luncheon. Photo by Patrick Larenas

from serving 270 families a week to serving 660 a week,” Johnson stated, noting that this “remarkable change witnessed has been largely due to inflation and the housing situation in the region.”

She asked the listeners to make a mental note of whom they thought benefited from the locker’s efforts.

The main groups benefiting from the locker’s shelves, she said, were children, struggling families,

parents with jobs who can’t make it to the end of the month, seniors who have to make tough financial decisions often jeopardizing their health conditions, refugees from the current

*Continued on page 3*



# Legion Holds Fundraiser Ball

By Elise Speiss

**SACRAMENTO REGION, CA (MPG)** - For decades the American Legion and its counterpart, the American Legion Auxiliary have been known for their tireless work helping veterans at home and overseas in a myriad of different ways.

Carrying on this legacy, May 20, 2023 was a special evening of fun and relaxation but with a most important purpose: to raise funds for the American Legion's program signature program, Operation Comfort Warriors (OCW). Attendees came from all over Northern California from all levels of the American Legion and American Legion Auxiliary. The event took place at the Doubletree Hotel in Sacramento.

Sylvia Thweatt, Commander of Post 637, greeted attendees, calling for the opening ceremony with Posting of Colors by the Folsom Marine Corp, singing of the National Anthem, and Chaplain Terry Ledford giving the invocation.

As is tradition with the armed forces, the program continued with eight toasts, each followed by a response to honor our government, active armed forces, military families, others who serve including non-military first responders, and our fallen who have died in defense of freedom.

The meaning/explanation of the empty POW/MIA table set for one, set next to the stage, was read by Martha Romano, followed by the final toast made with water, to represent those who have not



Attendees saluting as Colors are presented. Center: Incoming 2nd Vice Commander Tim Tribble, with granddaughter Abby; Commander Patricia Lovisone, American Legion, Folsom Post 362; VFW officer Geno Guevara, Chaplain, with his date, Chelsea Clement; Robert Phillips, Quartermaster and other officers from Folsom American Legion Post 362. Photo courtesy of Bruce Robertson Photography



Chaplain Terry Ledford, U.S. Army retired, with his new elliptical bike. Ledford is the recipient of an OCW grant for the bike to help him rehabilitate his legs from post military service conditions. Photo courtesy of Bruce Robertson Photography

come home, POW's and MIA's. Chuck Jamison, bagpiper concluded the ceremony with the playing of Danny Boy.

Speaking to the purpose of the Military Ball, Douglas Chace, OCW Program Director, reported on the 69 grants finalized

in 2022 which benefited 5,500 veterans. He said, "Last week I submitted our 51st grant request for 2023, providing a grant (an elliptical bike) to our chaplain, Terry Ledford, (U.S. Army Retired). Chace reported they have given out a dozen of the elliptical bikes



Active-duty Navy recruiters working out of Roseville enjoy an evening of relaxation. Left to right: Petty Officer 2nd Class, Marcos Maese, Petty Officer 1st Class, Clifford Geller, Petty Officer 1st Class, Darlington Chinedu, Petty Officer 2nd Class, Robert Levans, Petty Officer 2nd Class, Raymond Dacanay. Photo courtesy of Bruce Robertson Photography

to veterans. It is reported that exercise equipment is the most requested item from OCW.

Ledford gave his testimony of how the stresses of the military had affected him, saying, "Being in the military can be stressful on the body." Even though he

would have liked to make a career in the service he was forced to retire early in 2015 after 26 years in the military. He now has braces on both his feet, making it hard to walk. Recently, he joined the American Legion which gave him direction as he

was able to help other veterans. He then reached out to OCW, saying he could not walk well and could not run. He was given a grant and received his elliptical bike in the beginning of May.

Upon receipt of his bike and working with it he felt blessed. He said he felt freedom for the first time in a long time with his machine, built to imitate running. He said, "First the American Legion gave me purpose and OCW is now helping me to rehabilitate (strengthening his muscles for a longer life)." He thanked the Legion for all they have done and continue to do for him, and Douglas Chace for being there to give him hope again.

Tickets for the ball included a full buffet, live music and dancing, raffle prizes, silent auction, and full bar. The evening ended with dancing until the lights went down and music ended. Attendees gained a new appreciation of our wounded, ill, and injured veterans and those who care for them.

For more information on Operation Comfort Warriors visit [www.legion.org/operationcomfort](http://www.legion.org/operationcomfort)

While the care at many military hospitals and warrior transition units is extraordinary, The American Legion's Operation Comfort Warriors (OCW) program was created to provide "nonessentials" - items that help wounded warriors recover but don't usually show up as a budget line on government, such as the elliptical bikes, Xboxes, and home exercise equipment, the most requested item. ★

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# Students Ride FREE on SacRT



A study by the University of Texas found that RydeFreeRT not only improved school attendance, but it also reduced transportation barriers to get to jobs, internships and extracurricular activities. Photo courtesy of SacRT

## SacRT News Release

**SACRAMENTO, CA (MPG)** - The Sacramento Regional Transit District (SacRT) is entering year four of the RydeFreeRT fare-free rides for youth program. Launched in 2019, RydeFreeRT was the first unrestricted youth fare-free ride program in the country. The program allows all 265,000 youth living in SacRT's service area, from transitional kindergarten to 12th grade, including home-schooled students, foster and unhoused youth to ride all buses and light rail trains for free, all day, any day of the year.

The RydeFreeRT program has helped boost student ridership, which now accounts for nearly 25% of all SacRT bus and light rail rides over the last year compared to 8% before the launch of the program in 2019. In fact, student ridership is on pace to carry nearly 3.5 million youth in FY 2023, double what it was in 2019 pre-pandemic. This demonstrates that students and youth are one of the most price sensitive groups impacted by transit fare.

"We value our young people and that means helping them get to school, jobs, and activities," said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy.

The ridership growth is a testament to the success of the program, which initially aimed to reduce truancy and absenteeism in schools. However, a study by the University of Texas, which evaluated the program, also found that RydeFreeRT not only improved school attendance and reduced congestion

from vehicle pick-up lines, it also successfully reduced the transportation barrier to get to jobs, internships and extracurricular activities after school and on weekends.

"We're introducing a new generation of riders to transit," said SacRT General Manager/CEO Henry Li. "Research shows that people who ride public transportation at a young age are more likely to use it as adults, building ridership for life."

As students head into summer break, SacRT is reminding them and their families that youth in kindergarten through 12th grade can continue to ride the entire SacRT transit network, including SacRT buses, light rail, and SmarT Ride on-demand microtransit service for FREE! To ride free, students need to show a valid RydeFreeRT card.

New RydeFreeRT cards with a valid date of June 1, 2023, through June 30, 2024, are being delivered at various school locations and Sacramento Public libraries. The current RydeFreeRT card is still valid through June 30, 2023. Cards are also available at the SacRT Customer Service and Sales Center at 1225 R Street in Sacramento (adjacent to the 13th Street light rail station).

The RydeFreeRT program is possible with funding from all member jurisdictions that comprise of SacRT (the cities of Sacramento, Citrus Heights, Elk Grove, Folsom, Rancho Cordova, and the County of Sacramento).

New RydeFreeRT cards are available at schools, public libraries and SacRT Customer Service and Sales Center.

Learn more about the program at [rydefreert.com](http://rydefreert.com). ★

# Food Locker Director Discusses Outlook and Upcoming Projects at Luncheon

*Continued from page 1*

war in Ukraine and those experiencing homelessness.

The locker has seen a 49 percent increase in the number of children, many of which don't get a normal meal outside of what they get at school, and who are living off snacks during the weekends, she said volunteers have observed.

According to Johnson, the Ukrainian refugees' honor makes it very difficult for them to accept free provisions. But she noted that many of them have afterwards become volunteers and employees of the locker as a way to give back to the community and being very grateful for the support.

Many were also surprised when the director said that individuals experiencing homelessness were not visiting the locker in large numbers and only constituted 5 percent of those receiving food supplies.

"We've recognized that people struggle to come to us for food..." she said, "there is just so much stigma to come to the locker."

Johnson said the food locker is currently exploring the possibility of purchasing a truck, funded through a grant, to give the pantry mobility and bring food to community parks and neighborhoods.

Despite the alarming concern over food insecurity, the director added with optimism to the presentation saying, "The good news is that the locker has plenty of food."

She said that thanks to SB1383, a statewide organic waste recycling bill, supermarkets are now able to divert quality food which was previously disposed of, and this has increased supplies. She said

the food locker now moves approximately 1.5 million pounds of food on an annual basis with approximately 90 percent being distributed to Rancho Cordova residents with Folsom, Gold River and Fair Oaks being the other recipient communities.

For those wishing to make donations to the food closet, Johnson recommended donating dry pasta, rice, beans and adult diapers; however, the director said most of the food bank's needs are logistic in nature – much like running a supermarket – which includes staffing, volunteering, paying to maintain refrigeration units running, etc.

Another much bigger project, which is in the works on the horizon, is the construction of the new, future Rancho Cordova Food Locker facility, she informed.

"Our current campus is a mixture of odd buildings and structures, built with lots of love over the years. But that may not last too much longer because we've outgrown the aging facility," Johnson said.

"The food locker received a significant grant thanks to the efforts of Ken Cooley in his last year in office," she reported. "This will help build new offices, a break room, a client intake center and eventually create a fresh produce farm for the locker."

Johnson told the Grapevine Independent in a subsequent interview that the Food Locker is currently looking for new property which will be home to the newly constructed facility.

Former Assemblyman Ken Cooley will be announcing the amount provided by the grant for the new construction in the next few weeks, she said.

For more information, please visit [www.ranhocordovafoodlocker.org/](http://www.ranhocordovafoodlocker.org/) ★

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## A Dad's Daughter

It's fascinating when you think about dads and daughters. Either they are the little princess or the daughter that my mother would always accuse me of being... "just like your father"... especially when I got one of my stubborn streaks going. Of course it didn't help when I would thank her for saying that. Don't know why she always got angry when I thanked her. Like...right! My dad has been gone a very long time, and I do miss him still.

He was a strong man with a short fuse, but got over it just as quickly. Sounds like yours truly. Dad passed on so many lessons without even realizing he was doing it. He never gave up was the best. He was born in Ilasco, Missouri, but his mom took him back to Romania when he was just two years old. His father was a brilliant man who spoke some 11 languages with little education. He just had the knack for it. But he did not have the knack for being a responsible father. He did not return to Romania with his family. He became an interpreter for the Ford Motor Company in Detroit, Michigan when it was a real powerhouse. When my dad was fourteen, he had to declare whether he would stay in Romania or return to the USA. Here's where I can say my dad was as strong. He literally said he was born in the USA and wanted to return. But no one gave him a hand... not even his own father. His own father told him... "I gave you wings, now fly." BUT DAD NEVER GAVE UP!

He worked long and hard, lying about his age to get whatever job he could get. I don't have enough time to share the whole story, but he became a Furrier and made it to Metro Golden Mayer studios in Hollywood to design fur coats for the stars including Betty Davis. When ulcers took their toll on his health, he worked his way up to making airplane wings in a plant and then turned to, of all things, taking on the arduous task of becoming an Ironworker. Yup, walking



I think it's important to realize that dads do have a significant influence on their daughter's life. My dad taught me to never give up, no matter what the situation. I would like to think he would be proud of my accomplishments today.

on those two inch girders several stories up in the sky, including the Sears Tower in Chicago. And I can tell you, he succeeded in every job he took on...right to the end when cancer took over and his heart gave out.

So why do I tell you this abbreviated version of my life with dad? I think it's important to realize that dads do have a significant influence on their daughter's life. My dad taught me to never give up, no matter what the situation. I would like to think he would be proud of my accomplishments today. He got to see the beginning of my work in Television and Radio, but not my writing a book and my sharing stories with you in this column. But I do think about dad often, and his words still ring in my ears. NEVER GIVE UP! I won't dad.

Happy Father's Day.  
Love, Mary Jane.



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# The Goats Are Back... and Other Fire Prevention Measures



The Department of Regional Parks has lined up sheep and goat grazing for hundreds of acres of undeveloped lands which manned crews cannot access. Photo courtesy of Sacramento County

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - We've got some exciting news! The Sacramento County Department of Regional Parks has initiated its multi-pronged plan to reduce fire risk, defend wildlife habitats and protect our natural resources and the neighborhoods adjacent to the parks.

For its 2023 Fire Fuel Reduction Action Plan, the Department of Regional Parks has lined up sheep and goat grazing contracts, is utilizing maintenance crews to maintain fire breaks, and is issuing fuel break maintenance permits to properties bordering Park properties.

"We're seeing more vegetation than we have in past years thanks to the strong winter storms that passed through," said Liz Bellas, Director of Regional Parks. "Our fire fuel reduction work is going to be particularly critical this year as this vegetation dries out in the late spring."

To decrease the number and size potential of wildfires in our parks system,

the techniques used will be applicable for each area and will include:

**Firebreaks** - A combination of mowing, soil discing and targeted herbicides will be used where appropriate to create perimeters around open fields, along fence lines and behind neighborhoods. This work is scheduled to be completed by the end of June.

**Ladder Fuel Hand-Crews** - In limited, hard-to-reach areas, hand-crews will remove vegetation that allows the potential for a fire to climb up or move into urban areas.

**Grazing** - There are hundreds of acres of undeveloped or protected land in our Regional Parks. Goats and sheep are ideal for vegetation management and are great at eating down weeds, bushes and grass that manned crews cannot get to. Grazing is expected to occur through the end of June.

**Annual Encroachment Permits** - Residents who live adjacent to Regional Parks' properties are able to apply for free annual encroachment permits to maintain a fire break

behind their property line. These allow residents to string-trim grass and weeds for up to 50 feet beyond their private property line. To request a permit, provide your name, address and contact information to Regional Parks at parksinfo@SacCounty.gov.

Additionally, the Ranger Division will continue its increased education and enforcement efforts related to illegal fires and cooking along the parkway in an effort to reduce the number of new fire outbreaks.

**Visitors to Sacramento County Regional Parks should be aware of the following regulations:**

Open flame fires are NOT allowed, and barbecuing is only permitted in designated picnic areas.

Smoking is only allowed in developed picnic areas, asphalt surfaces, golf courses and levee tops along the American River Parkway.

Visit the Regional Parks website to learn more about the 2023 Fire Fuel Reduction Action Plan for Sacramento County Parks. If you see a fire burning in our Regional Parks, please call 9-1-1



## It's Not A Joint Venture, It's A Marriage

Dear Dave,

When my wife and I got married, she had about \$70,000 in savings and I had a lot of debt. We bought some property from her parents to build a home on, and she made a 20% down payment on the land from her savings. We've paid off some debt, and she has more in savings now. But I feel guilty and it seems unfair to ask her to pay on our debt with her savings since most of it is debt I brought into the marriage. How do you feel about this?

- Sonny

Dear Sonny,

This question tells me you're a good guy with a good heart. But let me ask you a thing or two. When your wife gets sick, is it

## Dave Ramsey Says

unfair for you to take care of her? You didn't cause it. It's not your fault. Of course, it's not unfair. I'm not mad at you, buddy. I'm just throwing your own logic right back at you.

Maybe these next lines will sound familiar: for richer or for poorer, in sickness and in health. The old "Book of Common Prayer" continues the vows and says, "Unto thee, all my worldly goods I pledge." This is called oneness. It's called unity. And it's what a good marriage should be about.

Do you get what I'm saying, Sonny? The two of you are in this together. This is not a business partnership or joint venture. It's a man and a woman pledging themselves, and all they have and are, to each other. I understand your feelings, but if you're not careful, that kind of guilt will stand in the way of you two creating a successful marriage—both financially and emotionally.

When you got married, the "me" and "mine" became "we" and "ours." You got all her stuff, the

good and bad, and she got all of yours. Now it's time for you to work as a team to make the bad stuff go away and the good things even better. What's fair (and what's right) is to combine all of your income, all of your assets and all of your liabilities.

I know it's uncomfortable, but you've got to choose courage. Ask her to go all in on this with you and attack your debt together. Work toward making your dreams come true together as one.

That's what's fair, and that's what's best when you're married.

- Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★



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# Sacramento County Led Workshop on Homelessness

*Continued from page 1*  
and accessible.

In late 2022, the Board created DSHS, which became official in January of 2023 and will assume most of the budget and programs from existing departments on July 1, 2023. Part of DSHS's mission as a newly created department is to increase the diversity and accountability of its programs and outcomes.

The goals for year one are to increase communication from the County both internally to County employees and externally to those living unhoused, advocates, stakeholders, residents and business owners.

This includes increasing engagement in the community, both with those being served and those wanting more information about the department, the County and the overall work being done to address homelessness in the region.

DSHS is committed to sharing outcomes. Reporting out data on the number of people that have engaged with our programs and services, the number of people currently being served and results of those that have exited programs and services.

The County is also making a concerted effort to be better storytellers, both in sharing the successes of our clients and programs, but also in our own journalistic

reporting. While the County has historically relied on trusted reporting from its local media partners, the need for accuracy and consistency has never been greater. To this end, the County will use its own communication channels to their fullest extent and work to position County staff and trusted partners as the source of information, not the media. The County will also endeavor to not just share the wins and successes, but also the process and the lessons learned from shortfalls.

In conjunction with the workshop, the County and staff from the City of Sacramento also reported on the six-month status update of the City/County Partnership Agreement.

Homelessness is a Countywide issue that impacts everyone. Meaningfully addressing the various aspects of each person's homelessness requires creative collaboration and sustainable solutions. On June 7, staff will provide a more in-depth look at the funding surrounding homelessness Countywide. The County is investing more than ever in creating and managing diverse programs, dynamic partnerships and impactful solutions that will work towards the mission of ensuring homelessness is rare overall and brief when it occurs. ★

# Jurassic World Live Tour Roars into Sacramento This Summer



Jurassic World's unmistakable score transforms the arena into the dense jungles of Isla Nublar, where real Gyrospheres roll through the valley and scientists explore the lost world. Photo courtesy of Atherton Public Relations

### Atherton Public Relations News Release

**SACRAMENTO, CA (MPG)**

**- Jurassic World Live Tour**, an exhilarating and unpredictable live, family entertainment experience that brings the wonder and thrills of Jurassic World to generations of fans, will be roaring into Sacramento for the first time ever this summer playing Golden 1 Center for six action-packed performances from June 30-July 2, 2023.

With unrivaled arena production quality, Jurassic World comes to life against a backdrop of captivating scenery where dinosaurs from the iconic franchise, including fan-favorite Velociraptor Blue and a Tyrannosaurus rex more than 40 feet in length, take centre stage. The

production features more than 24 film-accurate, life-sized dinosaurs, with scale, speed and ferocity, operated by animatronics and performers. Fans of the popular Netflix animated series Jurassic World: Camp Cretaceous will also recognize Bumpy, the friendly and food motivated dinosaur, as she goes from baby to adult fairly quickly.

Jurassic World's unmistakable score combined with projection and practical scenery transforms the arena into the dense jungles of Isla Nublar, where real Gyrospheres roll through the valley and scientists work to unravel a corrupt plan and save anew dinosaur from a terrible fate. With pulse-pounding stunts and an original, authentic storyline, Jurassic World Live Tour is

guaranteed to make memories that will last another 65 million years.

Guests will be able to start the adventure early with a special Pre-show Experience included with all ticket purchases. By arriving one hour before showtime, audience members can see their favourite Jurassic World dinosaurs and vehicles up close and personal, including fun photo opps with Triceratops, Stegosaurus, Baby Bumpy, and the iconic Jurassic World Jeep and Gyrosphere.

Family friendly ticket pricing is available and can be purchased online at Ticketmaster.com or visit the venue box office during open hours on event days. \*Ticket pricing is subject to change based on market demand. ★

# Supporting Farm to Wellness

*Continued from page 1*

as a radio communications specialist from 2007-12, including two combat tours and one overseas training exercise with the Royal Thai Armed Forces, completed Soil Born Farm's apprenticeship program and now works there as a farmer.

"The apprenticeship program allowed me to rediscover the potential I had as a person, that I was more than a soldier," says Wilson who handles orchard maintenance and fruit production.

"It allowed me to grow as an individual and helped me to reintegrate back into the community."

The farm – which grows a diversity of

vegetable, herbs, flowers, and tree fruit – also educates youth and adults about how to curate Sacramento's local food system while encouraging healthy lifestyles and nurturing the environment. Read more about Soil Born Farm's educational programs and marketplace here or at <https://soilborn.org/feed-people/online-marketplace/>.

SAFE annually awards up to \$120,000 in grants in four phases focusing on its three pillars of philanthropy: veterans, healthcare, and education. Click here, or <https://www.safecu.org/community/community-impact/funding>, for more information on SAFE Credit Union's grants program ★

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# DOVIA Recognizes Volunteer Managers and Volunteers



DOVIA Sacramento 2023 Awards Winners from Left to Right: Lynn Pesely (Manager), Guest Speaker: Colby Haskell (Miss Sacramento County 2023), Rose Luo (Youth), and Thuy Nguyen (Individual). Photo courtesy of DOVIA

## DOVIA News Release

**SACRAMENTO REGION, CA (MPG)** - Directors of Volunteers in Agencies (DOVIA) celebrated volunteerism on Thursday, May 18th with a reception honoring the nominees and winners of the Youth Volunteer of the Year, the Individual Volunteer of the Year and Volunteer Manager of the Year awards. The reception was held at Eskaton Village Carmichael, 3939 Walnut Avenue, Carmichael.

Six youth volunteers were nominated for Youth Volunteer of the Year, twenty individual volunteers were nominated for Individual Volunteer of the Year and three volunteer coordinators were nominated for Volunteer Manager of the Year.

### The winners are: Youth Volunteer of the Year

**Rose Luo** - Rose is a longtime teen participant at the Sacramento Public Library's Arcade branch. She re-joined the volunteer team after the library reopened to the public during COVID-19 and immediately took on a more prominent volunteering role. A talented artist and dedicated helper, she soon shouldered two monumental tasks: illustrating their seed library dividers to better advertise the collection and assisting with teen events every Saturday.

### Individual Volunteer of the Year

**Thuy Nguyen** - Thuy serves in the Outpatient Services Department, Kaiser Permanente South Sacramento. She escorts patients to their assigned bed, helping get them ready for surgery. She checks on patients after surgery providing whatever comfort items are needed. Thuy served as one of their Volunteer Trainers. In this position she helped with training new incoming volunteers; however, she also assisted with review and update of all documents. This requires working closely with the department liaison to assist with communication and information disbursement.

Fast Forward 2022 - When COVID hit, and volunteers were given an opportunity for "leave of absence," everyone except Thuy decided to take leave. Outpatient Surgery was suddenly not an option. Instead of taking the easy route, Thuy walked in and said, "Where do you need me?" She became an ambassador.

Here is a list of the types of services she performs: wheelchair round up and

cleaning, Personal Protective Equipment distribution, Admissions Kits preparation and distribution, Greeter/Ambassador coverage and training, member escorts and general information. All these services helped to coordinate visitation, navigation, and safety.

### Volunteer Manager of the Year

**Lynn Pesely** - Lynn Pesely is the Coordinator for the Sacramento Medical Reserve Corps. During the COVID-19 pandemic she supported Sacramento County's testing and vaccination clinics and other efforts supplying hundreds of volunteers. 424 volunteers served a total of 28,000 hours, an economic value of \$1.4 million, for COVID-19 response at vaccination and testing clinics, COVID-19 Hotline, case investigation, after-hours calls, courier, and logistics.

The silver lining of COVID-19 was the 700 volunteers who stepped forward to help in a time when most people were staying home. Volunteering not only helped strengthen the Sacramento County Office of Emergency Services/Public Health COVID-19 response effort, it helped the Sacramento Medical Reserve Corps volunteers (MD's, RNs, LVNs, EMTs, Dentists and more medical professionals and non-medical volunteers) to make it through the pandemic by giving them a reason to get up and get dressed in the morning to go out and help the community which also helped give the volunteers purpose.

Lynn often had too many volunteers trying to secure the same shifts - a good problem to have! Sacramento Medical Reserve Corps volunteers often served multiple days a week, including overnight and weekends. Sometimes 20 volunteers were deployed a day at 5 different locations. During the COVID-19 response, 20 volunteers served 500+ hours, earning a Gold Presidential Service Award and 6 of those served 1000+ hours. 15 volunteers served 250+ hours earning a silver presidential service award, and 51 volunteers served 100+ hours earning a bronze Presidential Service Award. The volunteers who came onboard during COVID-19 are now dedicated to the Sacramento Medical Reserve Corps program, continue to volunteer for a variety of events, have started friendships with other members, and some even support the Sacramento Medical Reserve Corps Foundation with donations on the Big Day of Giving. In addition to the COVID-19 response, Lynn's volunteers have also supported the Sacramento County Office of Emergency Services' response to wildfires

# Blue Star Museums Offer Free Admission to Military Personnel and Families

## T-Rock Communications News Release

**SACRAMENTO, CA (MPG)** - Six Sacramento area museums are participating in Blue Star Museums - a partnership between the National Endowment for the Arts and Blue Star Families, in collaboration with the Department of Defense and museums across America - to offer free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, through Labor Day on September 4, 2023. The six local museums participating in the 2023 Blue Star Museums program include the following: Aerospace Museum of California, California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town, and the Sacramento History Museum.

The free admission program is available for those currently serving in the United States Military-Army, Navy, Air Force, Marine Corps, Coast Guard, including Reservists, National Guardsman (regardless of status), U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for complimentary entrance into a participating Blue Star Museum.

Before planning a visit, guests are encouraged to contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star museums, please visit <https://www.arts.gov/initiatives/blue-star-museums>.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at [www.facebook.com/SacMuseums](https://www.facebook.com/SacMuseums), follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](https://www.SacMuseums.org). Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at [www.sacmuseums.org](https://www.sacmuseums.org).

*Blue Star Families builds communities that support military families by connecting research and data to programs and solutions, including career development tools, local community events for families, and caregiver support. Since its inception in 2009, Blue Star Families has engaged tens of thousands of volunteers and serves more than 1.5 million military family members. With Blue Star Families, military families can find answers to their challenges anywhere they are. For more information, visit [bluestarfam.org](https://bluestarfam.org). Follow Blue Star Museums on Twitter @NEAarts and @BlueStarFamily; #bluestarmuseums.* ★

# DA Thien Ho Opens Registration for Crime Lab Youth Shadow Day

## Sacramento County DA News Release

**SACRAMENTO COUNTY, CA (MPG)** - District Attorney Thien Ho announces open registration for the Crime Lab Youth Shadow Day. This year, there will be an in-person or virtual option.

Participating students will meet criminalists who are experts in the various fields of forensic science. They are provided an interactive learning experience in areas including evidence preservation and chain of custody; bullet trajectory; presumptive blood testing; crime scene investigations (CSI); real drug chemistry display; and TRACE case examination.

### IN-PERSON

When: July 21, 2023 ~ 9:00 a.m. to 12:00 p.m. (lunch will be provided)  
Where: District Attorney's Crime Lab

~ 4800 Broadway Street, Sacramento 95820

### VIRTUAL

When: July 28, 2023 ~ 9:00 a.m. to 12:00 p.m.

Where: Broadcasted live via Zoom from the Crime Lab

The program is open to current Sacramento County high school students. Priority will be given to senior high school students. Space is limited to 60 students each session and on a first come, first served basis. Please register early.

Students will need to submit completed registration forms and a signed permission slip, which can be downloaded at [www.sacda.org](https://www.sacda.org).

The deadline to apply is Monday, July 3, 2023.

For questions, please email [YouthPrograms@sacda.org](mailto:YouthPrograms@sacda.org). ★

and the recent winter storms and flooding.

DOVIA (Directors of Volunteers in Agencies) of Sacramento provides a forum for exchange of information on relevant issues facing professional volunteer managers. Through collaborative efforts, DOVIA is committed to promoting service and emphasizing professional growth and development of the volunteer administration profession.

DOVIA Sacramento hosts monthly educational programs featuring relevant topics in the field and semi-annual training seminars. For more information, visit [www.doviasacramento.org](https://www.doviasacramento.org)

For more information about the awards, contact Lyndsey Dammann, Awards Chair, at [awards@doviasacramento.org](mailto:awards@doviasacramento.org) or call (916) 334-1072, ext. 3. ★

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	<b>Beef New York Roast - Boneless</b> Carne de Res Nueva York Asado Desahuesado <b>\$5.99</b> /lb		<b>Beef New York Steak - Boneless</b> Carne de Res Nueva York Filet-sin Hueso <b>\$6.49</b> /lb
	<b>Beef Rump/Bottom Round Roast - Bnls</b> Pulpa Canela en Trozos sin Hueso <b>\$3.99</b> /lb		<b>Pork Spare Ribs (Single Pack)</b> Costillas de Cerdo <b>\$1.99</b> /lb
	<b>Boneless/Skinless Chicken Breasts</b> Pechuga de Pollo sin Hueso <b>\$1.79</b> /lb		<b>Pork Loin Chops Bone In</b> Chuletas de Cerdo con Hueso <b>\$1.79</b> /lb
	<b>Pork Cushion Meat - Boneless</b> Carne de Cerdo Desahuesada <b>\$1.99</b> /lb		

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 07 - JUNE 13, 2023.

**FRESH PRODUCE**

	<b>Mini Sweet Pepper 1 lb</b> <b>\$2.99</b> /ea		<b>Lime</b> 7/\$1.00		<b>Russet Potato 10 lb</b> <b>\$3.99</b> /bag		<b>Vine Tomato</b> <b>\$1.29</b> /lb
	<b>Whole Baby Bella Mushroom 8 oz</b> <b>\$2.19</b> /ea		<b>Fuji Apple</b> <b>69¢</b> /lb		<b>White Corn</b> <b>69¢</b> /ea		<b>King Oyster Mushroom</b> <b>\$2.29</b> /lb

**AMERICAN/HISPANIC GROCERY**

	<b>Garden of Eatin' Sports Drinks 28 oz</b> REG. \$1.99/ea <b>\$1.99</b> /ea		<b>Fujian Maggi Noodles 5 x 80 g</b> REG. \$3.99/ea <b>\$4.99</b> /ea		<b>Junimas Mexican Huminy 110 oz</b> REG. \$5.99/ea <b>\$4.99</b> /ea		<b>Masena Corn Masa Flour 4 lbs</b> REG. \$5.99/ea <b>\$4.99</b> /ea		<b>Mexican Coke Case 24 x 500 ml</b> REG. \$50.99/ea <b>\$49.99</b> /ea
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**ASIAN GROCERY**

	<b>Dragonfly Brand Pho Noodles 28 oz</b> REG. \$7.99/ea <b>\$4.99</b> /ea		<b>Three Ladies Thai Jasmine Rice 10 lbs</b> REG. \$15.99/ea <b>\$13.99</b> /ea		<b>Thailand Lay's Potato Chips 5 kinds 14 / 176 oz</b> REG. \$2.49/ea <b>\$1.99</b> /ea		<b>Osishi Bejant Chips 45, 50, 60 g</b> REG. \$1.29/ea <b>99¢</b> /ea		<b>Foco Sausage Drink 33.8 Ltr</b> REG. \$1.59/ea <b>99¢</b> /ea
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**EUROPEAN GROCERY**

	<b>INCI Safflower Oil 5 Liters</b> <b>\$19.99</b> /ea		<b>Best Tea Earl Grey Pure Ceylon tea 520 g</b> <b>\$10.99</b> /ea		<b>Zyad Mithras Couscous 35.2 oz</b> <b>\$7.99</b> /ea		<b>Armas Candy with Fruit Chew 800 g</b> <b>\$5.99</b> /ea		<b>Korvika Cookies 3 kinds 180 g</b> <b>\$1.49</b> /ea
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**KOREAN/JAPANESE GROCERY**

	<b>Product of Korea White Rice 20lb</b> <b>\$22.99</b> /ea		<b>Beecham - D Energy Drink 10 x 33.8 oz</b> <b>\$5.99</b> /ea		<b>Prokita Bio-Tec Shell 800 g</b> <b>\$6.99</b> /ea		<b>Crispy Pancake Frying Mix 1 kg</b> <b>\$2.99</b> /ea		<b>Lone Pipers 2 kinds 125 g</b> <b>\$4.99</b> /ea		<b>Luscious Meat 360 g</b> <b>\$3.99</b> /ea
	<b>Miyako Miso 6 Lb</b> <b>\$6.99</b> /ea		<b>Lone Cider Wine 2 Ltr 60.5 oz</b> <b>\$7.99</b> /ea		<b>Korona Cold Brewed Beer 3 kinds 624 g</b> <b>\$3.99</b> /ea		<b>Elysia Coffee Soft &amp; Vanilla 50 x 11.6 fl oz</b> <b>\$6.99</b> /ea		<b>Sole and Sausage Sausage 12.17 oz</b> <b>\$2.99</b> /ea		<b>Pinky &amp; Picky Pork &amp; Chicken 4 kinds 4.13 oz</b> <b>\$3.99</b> /ea
	<b>Korona Beer 3 kinds 500 ml</b> <b>\$19.99</b> /ea										

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	<b>Dried Pollack 200 g</b> REG. \$16.99/ea <b>\$12.99</b> /ea		<b>Kretschmar Turkey Breast</b> REG. \$8.19/ea <b>\$8.19</b> /ea		<b>Columbus Black Forest Ham</b> REG. \$6.99/ea <b>\$6.99</b> /ea
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Jumbo Drawstring - 5 Ct  
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Price Valid Only With Coupon Effective 6/7/23 - 6/13/23 **\$2.39** CHM PLU 449



## COBRA, Health Insurance, Covered California, Medicare: Researching Plans

By Tim Coughlin



If you've been covered by group health insurance through your employer for a while and now find yourself in need of getting your own health insurance or choosing between COBRA, Covered California, or Medicare, evaluating the numerous options can feel overwhelming.

Determining plan premium costs, Covered California "Premium Assistance" amounts, Medicare costs based on income, plan deductibles, copays, out-of-pocket maximums, and making sure the doctors you want to see accept the plans are essential to making a good decision. Not being familiar with all the rules, enrollment deadlines, provider network, and the pros and cons of each option can result in paying more than you need to or getting coverage that doesn't best meet your needs.

The services of a local insurance agent can help make the process of choosing the right plan easier by saving you a significant amount of time and effort trying to sort out all the options. People new to this process may not know that they don't pay fees for the services of an independent agent. Instead, agents are paid by the insurance companies.

When looking for an agent, you will want to consider what the agent specializes in since insurance agents can represent various kinds of policies as well as how long they have been in the industry. Reading their reviews can help you learn more about their quality of service.

If you work with a "captured" insurance agent who only represents one carrier, you may miss out on more affordable policies or plan options with stronger coverage. By working with an independent insurance agent who represents multiple carriers, you'll be provided with several coverage options to consider. And when you work with your neighborhood insurance agent, you will also benefit from their knowledge of the local market and can count on their services for the years to come.



This is a paid advertorial

Tim Coughlin is an award-winning independent agent in Gold River specializing in Medicare and health insurance for over 35 years. He can be reached at (916) 346-4417, by email at [tim@summitindins.com](mailto:tim@summitindins.com), or through the agency website; [summitindins.com](http://summitindins.com). (LIC # 0669552)

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