April 9, 2020 | www.valcomnews.com

Land Park News

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CREATING COMMUNITY WITH SIDEWALK ART IN LAND PARK

SEE PAGE 2

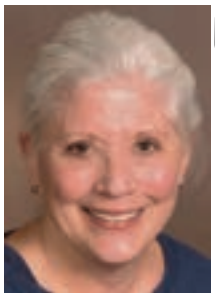
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THIS 'n' THAT

by Carol Bogart

Hoarding of A Different Sort



Photo Courtesy of USDA

Leghorns (white hens/yellow chicks) are the best layers (will give you the most eggs). Remove any roosters from your flock unless you want more chicks.

First it was paper towels and toilet paper. Now, with the 'social distancing' order extended to April 30; some feel panicked about food staples. Staples such as fresh stuff. Like vegetables and eggs.

Personally, I've had zero problem finding fresh fruits and vegetables. It did take me a couple weeks to hit a store just right to find a dozen eggs.

Apparently, nationally, some people who are not farmers are doing a crash course in animal husbandry. Namely, they're buying up chicks as fast as feed stores and grain elevators get them in. To raise them. In hopes their chickens give them eggs.

Others are ripping up their lawns to convert them into gardens. This is not a new idea. During World War II, supply chains focused on the war effort. Americans endured rationing of, for example, sugar; gas.

Today, as we battle a lethal enemy of a different sort, stores are rationing bottled water, paper towels, and toilet paper. One case or package to a customer. And STILL you encounter empty shelves.

'What's next?' we can't help wondering. In response, some are hoarding baby chicks, and copying World War II's Victory Gardens. Reports are, in some areas, you can't find seeds to plant, because seeds are being hoarded, too.

This current war – against a potential lethal viral enemy we cannot see – does require us to think ahead as we endure more weeks of isolation. "Lay in enough food for two weeks' of meals," government officials are advising. Of course, if you can afford it, you can also order in. Maaaaaaaany restaurants now deliver or at least do takeout.

If you're thinking of laying in some backyard hens or a brand new garden, I've done both, and will share what I learned when I had chickens. In the interest of brevity, I'll write about backyard gardening another time; next week maybe.

For now, let me tell you about my chickens. From chicks I raised eight hens. The 'girls' gave me so many eggs that I swapped a farmer friend eggs for sweet corn. When a chick turned out to be a rooster, I turned the rooster loose in the barnyard to keep the horse company. A couple hens would probably have meant plenty of eggs for my son and me. With no rooster in the hen house, no eggs had red spots in them (i.e. were fertilized and thus inedible).

If you want to raise chicks when nights are cold, here's what you'll need: An indoor area in which you can place a pen. I put my chicks (and ducklings) in a collapsible kind dog pen.

To keep your chicks warm, sprinkle a thin layer of sawdust on the floor, and then attach a heat lamp to the pen. Tractor Supply carries supplies for chickens. Maybe Wild West Feed (West Capitol and Harbor in West Sac) does, too. Wild West has both chicks and feed. Or did have chicks a couple weeks ago. Might want to call first.

There are special waterers for chicks, and a larger variety for your hens. Don't use a pan. Chickens like to walk through pans of water with their poopy feet. You'll weary of changing out the water. Plus chicks have an unhappy habit of drowning in an open pan.

You'll need a brood box once your chicks are chickens. Mine was a metal thing I got at a farm auction. It had multiple 12x12 walled-but-open spaces for each chicken to make a nest in. These spaces I lined with straw.

Also, because chickens do so love to 'scratch,' I put a dog door in the outside door to what used to be the milk house. In winter, I could slide the panel down and close the dog door. But in the warm months, I left it open. The chickens went in and out however they pleased.

Outside the door I put a pen around what used to be part of the barnyard and an iris bed. This chicken wire-fenced enclosure gave them a large area where they could peck and scratch. (A happy chicken is a productive chicken.) Didn't cost much. Here's how I built it (again, with supplies from Tractor Supply, but I think you can also get pre-cut chicken wire at Lowe's and Home Depot).

First, I drove farm stakes at each corner, then took my roll of chicken wire and wrapped it around the stakes, stapling each cut end to the building after tightly securing the corners

see This 'n' That page 11



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Land Park Lovely!



This cozy 2 bdrm 1 bath cutie nestled on a great street has been impeccably maintained and is ready for you to move right in. Charming and beautiful with hardwood floors throughout, lead stained glass windows and a gracious open floor plan that will make you feel comfortable and secure. Updated kitchen and bath, central HVAC and a tankless water heater. The back bedroom opens to the forest-like private and serene back yard perfect for relaxing or intimate dining. Plus, plenty of storage in the generous shed.

1812 Commercial Way | $449,000

Curtis Park Tudor Moderne!



Beautifully updated for modern curb appeal and living, this 3 possibly 4 bdrm, 2 bath home will delight with its lovely neighbor friendly front courtyard, hardwood floors throughout, gracious living room with fireplace, spacious dining room with built-in buffet and a tastefully updated kitchen with quartz countertops, glass tile backsplash, Thermador stove, SS appliances and a charming banquette for those cozy family dinners.

2871 3rd Ave | $725,000

LAND PARK NEWS

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Editorial questions: (916) 267-8992

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On The Cover:

Avery, 6, of Markham Way created this chalk art, titled: Peace for All. Photo by Linda Pohl

Alone Together: Closed Facebook support group for mental health issues

By Monica Stark

Alone Together, a closed Facebook support group for mental health issues, has been started by Laura Bemis, local photographer and co-founder of "Journey of Hope Exhibit," the annual collaborative project that pairs writers with local artists to share stories of hope and recovery.

The group is for anyone who experiences a mental health challenge due to the isolation from the novel coronavirus. Bemis said she's keeping the group by either invitation or special request to ensure some sense of confidentiality. "If somebody wants to get into it, they can get into it. It's not open to the public so not everyone can sit and browse to read what's written," she said.

Bemis said the shelter-in-place ordinances have increased her depression because by helping others, she helps herself. "For me, the reason why I started it was because I have depression as one of my problems to deal with challenges. To keep me so I don't get depressed I get very involved in the community and I help other people with mental health challenges," she said.

Social distancing and health mandates can also be triggering for people with obsessive-compulsive disorder. "They are told they are to wash their hands and use sanitizer, that could be very strenuous because they already have that disorder and (the mandate) compounds it." She also explained that those who suffer from anxiety can be suffering more with all the latest coronavirus apocalyptic news. "A lot of people don't have anywhere to go or call to talk to somebody about it because it's such a personal thing and people don't want to share that they are hurting in that way."



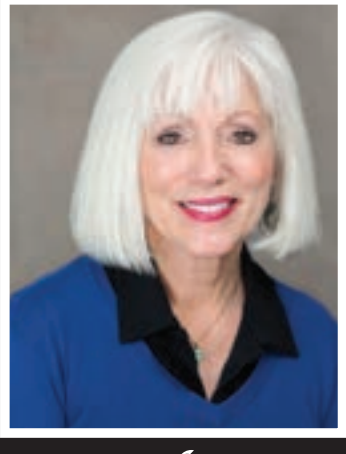
Photos by Laura Bemis

Sheep mowing down Laura's backyard

Bemis started this group and has 12 members so far. Every now and then somebody will ask if they can join.

Each day, Bemis posts a photograph she's taken as a sort of conversation starter. Topics range from pretty flowers to the five sheep brought in to mow down her grass. As she writes on the page: "Even though we are in isolation we can still find beauty."

She said the requirements are pretty basic – that you be at least 18 years old, appear to have a lived experience of a mental health challenge, or are a caregiver with serious mental illness and be willing to share and participate in the group. "We're not asking anyone to prove their mental illness but if want to share this is a safe environment for that," she said. Bemis hopes to offer a Zoom or FaceTime session where members can login and join in on fun activities like coloring or art. "It's not group therapy," she said, "But, I'm looking for people to lead those things – someone who wants to do a craft or something online.



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LAND PARK

Opportunity awaits in Land Park. This two bedroom home with great curb appeal, located on a Cul-de-Sac, needs TLC. Formal living room with fireplace, formal dining room with hutch, inside laundry area, tank-less water heater, central heat and air, attached single car garage, newer roof and large yard. Close to transportation and eateries. **2120 Bidwell Way $449,000**



LAND PARK

This beautifully rebuilt, four bedroom / three bath home, on a corner lot, is nestled on one of Land Park's prettiest streets. The formal living room has a fireplace, exposed wood beam ceiling and plantation shutters. Formal dining area opens to a spacious custom kitchen with marble counters, tile back splash, double ovens, gas cook top, stainless appliances, wood-paneled refrigerator and a large breakfast bar. There are two master suites upstairs boasting spacious bathrooms, sitting areas and walk-in closets. Two bedrooms and one full bath on the lower level. The large finished basement, with painted concrete floor, can be utilized as a game room and storage. Inside laundry room with sink, cabinets and walk-in pantry. Detached two car garage, low maintenance backyard with patio and fountain. The artistic landscaping wraps around the whole front and sides of the home. **1100 Teneighth Way**



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COLDWELL BANKER
RESIDENTIAL BROKERAGE

Land Park resident's family history dates back to Sacramento's early years



Joeann Diepenbrock is pictured in about 1930. She was the only child of Joe and Ann Diepenbrock. The family was then living in Curtis Park.

By LANCE ARMSTRONG

Editor's note: This is part two of a two-part series regarding Land Park resident Joeann (Diepenbrock) Nelson and her deep Sacramento family roots.

During her most recent interview with the Land Park News, Land Park resident Joeann (Diepenbrock) Nelson said there is much more to her family's history in Sacramento than their operation of Theatre Diepenbrock.

Featured in the first article of this series, Theatre Diepenbrock was opened by her grandfather, German immigrant Melchior Diepenbrock, in 1911, and was eventually managed by her father, Joseph Charles "Joe" Diepenbrock.

The theater, which was later known by two different names at separate times, had its history end prematurely when it was destroyed by fire during the early morning hours of Aug. 11, 1927.

Nelson, a 1944 graduate of C.K. McClatchy High School, said that her family's history in Sacramento predates the theater, which was located at the northeast corner of 12th and J streets.

"My great-grandfather was Anthony Coolot, who came to Sacramento in the 1850s," she said. "The Coolots were already here when the Diepenbrocks – my grandfather (Melchior Diepenbrock) – came to America.

"The Coolots joined together with the Diepenbrocks when my grandfather married my grandmother (the German-born Clara Louise Coolot, in St. Rose Church at 705 K St. on July 18, 1888)."

Born in Austria on Nov. 19, 1821, Anthony Coolot was living in the United States by 1850.

After spending time in New York and New Orleans, he arrived in San Francisco in 1854.

The 1855-56 city directory lists Anthony Coolot as a porter with Whalley and Pershbacker, a wholesale queensware business at 116 J St.

Among Joeann's keepsakes is a copy of an advertisement, which recognizes her great-grandfather's establishment of a variety store at 238 J St. in 1856.

The advertisement mentions this business's focus on stationery supplies, as well as some of its other offerings such as sporting ammunition, playing cards, perfumes, razors and soap.

During research for this article, it was found that the same business is listed in the 1859 city directory.

While still operating that store in 1861, Anthony was married to Margaretha Sommer, who was a native of Bavaria. Together, they had three children, including Clara.

Anthony would eventually achieve much success in the wholesale cigar and tobacco business, an endeavor he continued until his death at the age of 79 on Nov. 30, 1900. His last business address was 812 J St.

As for Melchior Diepenbrock, he left his native country en route to America in 1879, and was living in San Francisco five years later.

Melchior, who was born in Germany in 1858, was a nephew of the statesman, soldier and poet, Melchior von Diepenbrock (1798-1853), who served as a cardinal and prince-bishop of Breslau, in Poland.

While living in San Francisco, the latter-born Melchior operated a Catholic book and supply house, and founded that city's first German Catholic newspaper.

Melchior moved to Sacramento in 1891 and began serving as manager of his then-future father-in-law's wholesale cigar and tobacco business.

Melchior, Clara and three others established the Diepenbrock & Co. wholesale cigar and tobacco business at 422 J St. in 1895.

About a decade later, Melchior became involved with the Wilson Tea and Coffee Co., which was later known as the Diepenbrock-Wilson Co. This wholesale tea and coffee business at 808 K

see History page 5

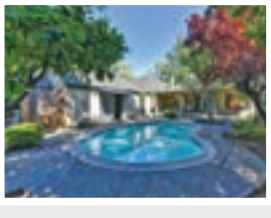
WELCOME TO ICONIC EAST SAC!

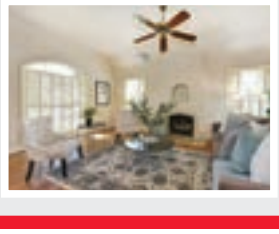


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612 50th Street | $699,000

This single story 2/1 beauty has been meticulously maintained and features a sunny entryway with skylight, curved picture window in spacious living room, bright kitchen with hidden laundry and pantry, refinished original hardwood floors, pleasing neutral palette throughout, huge attic for possible 2nd story, ample storage, 1/4 basement, tankless water heater, lovely covered patio and sparkling pool, newer landscaping, large remote guest room with seprate entrance, full bath and large walk in closet.



Photo courtesy of Joeann Nelson

Ann Dienbrock is pictured in her nurse's uniform in about 1922.



Diepenbrock family members are pictured in Germany in the 1920s. The four people seated to the left are shown clockwise, from bottom left, as follows: Carola, Clara, Melchior and Clotilde, whose nickname was "Babe," since she was the last born of her immediate family. They were then visiting their relatives during their vacation trip to Germany.
Photo courtesy of Joeann Nels

History:

continued from page 4

St. was later renamed M.H. Diepenbrock & Co.

Among Melchior's other assets was his Pocket area ranch, along the Sacramento River.

He owned the property as early as 1909, and sold it to John Heenan, a well-known horseman, for about $65,000 on April 21, 1913.

The following day, The Sacramento Union noted: "The Diepenbrock ranch is one of the best in Sacramento County, and is located in a most fertile belt. There are 260 acres in the tract, every foot of it being improved and under cultivation."

Also significant in the history of Joeann's family is the old, three-story Diepenbrock Mansion at 2315 Capitol Ave.

The structure was constructed in 1905 for a local gunsmith named Henry Calcutt Keyes, and his family.

By 1908, this Craftsman-style mansion was the home of the Diepenbrocks.

Melchior and Clara had 10 children, including Aloysius, who was a well-known attorney, and a former president of the Sacramento County Bar Association.

Following his service in World War I, Aloysius was part of the Devlin & Devlin law firm, predecessor to Diepenbrock, Wulff, Plant & Hannegan.

Another brother, Victor, was also an attorney.

Joeann said that there have been many attorneys in her family.

Also noteworthy of mention is that Joeann's father, Joe, who was the second son of Melchior and Clara, was a World War I veteran.

Joeann commented on her father's military service.

"I think he was very proud of going (to war)," she said. "He was a sergeant. He wasn't an officer, and he used to talk about that."

She also recalled that during her early childhood, her father operated a sign shop at 1221 J St.

Beginning in about 1932, Joe began the first of his nearly 30 years of service as a deputy tax assessor for Sacramento County.

As a resident of Curtis Park for most of the earliest years of her life, Joeann lived at 2709 22nd St. Her family moved there in about 1929.

Providing a bit of trivia, Joeann mentioned that her name's unusual spelling is derived from the combination of the first names of her parents, Joe and Ann Diepenbrock.

Joeann also spoke about her mother, a local nurse, who attended Mater Misericordiae Training School for Nurses at 23rd and R streets in the early 1920s.

"She was very sweet," she said. "She came from a group of five children. Her parents (John and Mary Coughlin) were born in Ireland, and they were typical Irish people. I think she was a special lady."

Joeann attended Sierra School at 2815 24th St. and California Junior High School (now California Middle School) at 2191 Land Park Drive before moving on to McClatchy High. She was also a student at Sacramento College, as today's Sacramento City College was then known.

After earning her teaching credential at Dominican College (now Dominican University of California) in San Rafael in 1948, Joeann spent 33 years working as a kindergarten teacher at Sierra School and Joseph Bonnheim School at 7300 Marin Ave., a short distance from Hiram Johnson High School.

Joeann, who has a son, a daughter and two grandchildren, concluded her interview for this article by expressing her thoughts on her deep Sacramento roots.

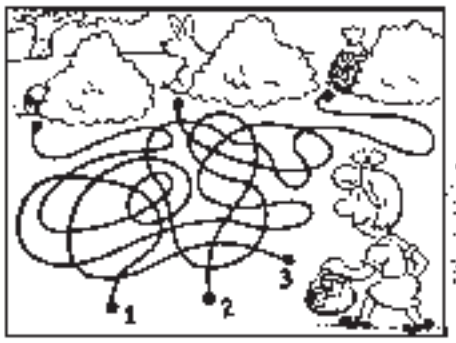
"On the Coolot side of my family, we go back the furthest, to pretty early times in the city," she said. "It was a much different place back then."

At the time that Anthony Coolot arrived in Sacramento in the 1850s, the city was less than a decade old, and there were no automobiles, airplanes, telephones, radios, microwaves, internet or many other modern conveniences that many people often take for granted today.

Joeann additionally mentioned that the Diepenbrock family takes pride in their lengthy history in Sacramento.

"We're very proud of our family history and there are still Diepenbrocks, although there are some family members who do not have the Diepenbrock name," she said. "The name still has its prominence in Sacramento, and I am pleased that we are continuing our longtime history here."

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HIDE AND SEEK! See if you can guess which path leads to the egg, to the rabbit, and to the bag of jelly beans.

Junior Whirl

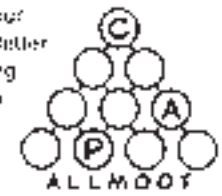
by Charles Barry Townsend

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SPEED KING! What's the world's smallest airplane that can accommodate just one passenger at a time?

CHAIN REACTION! Take the 7 letters printed below our diagram and place them in the circles so that eight 4-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



EASTER TIME!

Hidden in the diagram above are 10 words associated with Easter. They can be found by reading up or down or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the words you're looking for.

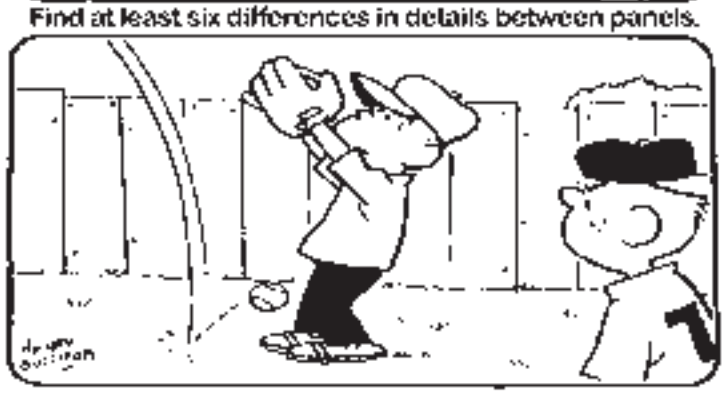
Baskets, Bonnet, Bunny, Candy, Chicks, Chocolate, Coloring, Dress, easter, egg hunt, Floral, Jelly beans, Parades, Spring, Sunday, Tulips

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Answer: 1. Flower is missing. 2. Bonnet is different. 3. Bow is gone. 4. Dress is shorter. 5. Tree is smaller. 6. Chick is black.



1. Three singers recorded "Four Walls" in 1957: Jim Lowe and Michael Holliday were two. Who was the third?

2. Name the mega star whose album "Purple Rain" spent 24 weeks at the top of the charts.

3. Why did The Beatles originally call themselves Beatals?

4. What is the only album by Pat Benatar to go to No. 1?

5. Name the song that contains this lyric: "The stars won't come out if they know that you're about, 'Cause they couldn't match the glow of your eyes."

Answers

1. Jim Reeves. His version went to No. 1. The producer had tried to insist on giving it to a female singer.

2. Prince, born Prince Rogers Nelson. He'd won seven Grammy awards and had produced 30 albums before he died.

3. As a tribute to Buddy Holly and the Crickets. They changed that to The Silver Beetles, then Silver Beatles.

4. "Precious Time" in 1981.

5. "Candida," by Tony Orlando and Dawn, in 1970. Orlando hesitated to sing the song because he feared he'd lose his job working for another music house. He agreed because they told him it would be recorded under a band name, Dawn. Little did he know the song would go No. 1 all over the world.

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Thoughts in the Moment

By Melissa Andrews

Consider our entire world in flux, changing before our eyes day by day . . .
Call it a time out, a reset or possibly a wake-up call – COVID fatigue is starting to manifest
Some will take a deep breath and say aaaaahhhh; others will hyperventilate and panic
Many embrace the drama and spread the fear; others take time to think, reflect and ask questions.
We are being forced to slow down, tune in or maybe turn off
Maybe, as Tolstoy said, patience really is the epitome of strength
Those who exercise creativity, flexibility and resourcefulness will thrive
Control freaks will freak
Missing are the daily routines & simple pleasures we've taken for granted
Gone are the predictable trips to a well-stocked grocery store
Absent is an abundance of much we've assumed would always be there
Realize that what you have and who you are is already enough
Reconsider what is necessary
Pay close attention to those who are really struggling and offer hope (from a safe social distance)
Consider reaching for a book instead of the remote – everything is remote
Contemplate meaningful conversation instead of mindless texting
Ponder a new reality for your life, your job, your family and friends
Make food preparation a meditative exercise
Fancy concocting your own coffee and stealing $100/month from Starbucks
Listen to music, play a board game, draw or color
Practice the "magical art of tidying up"
Notice the chalk messages mysteriously appearing on sidewalks – 'nice matters,' 'be joyful,' 'we're all in this together'
GO outside! Watch children playing, riding, running, laughing
Paint your living room in a bold or peaceful color
Let your hair grow, sprout a beard, dye your hair yourself (scary, I know)
Believe we will emerge stronger in the places that were broken
Consider the possibility that we will be resurrected better prepared, kinder, more mindful and awake
Be open to the prospect that your life will be better
Find a way to embrace hope, positivity, the conviction that this, too, shall pass
Look within, then look out and up
Pray for our tireless leaders, those on the front lines, the most vulnerable, the truth
For as we heal and recover, so does our country and our planet
Remember the wise words of Winnie the Pooh: You're braver than you believe, stronger than you seem, and smarter than you think.

Neighbors enjoy improved Z'Berg Park



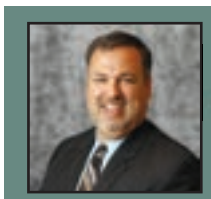
Photos and story by Joe Perfecto

Those familiar with the neighborhood may have noticed that Edwin L. Z'Berg Park has changed somehow. The tattered, weather-beaten wooden sign seems a bit less ragged, and something's slightly different about the landscaping. That's because about 40 City staffers and community volunteers descended on the park Jan. 25 to slap some paint on the sign and plant two dozen trees during Z'Berg Park Tree Planting & Beautification Day. The event was cohosted by City District 5 Parks Commissioner Joe Flores, Planning & Design Commissioner Kendra Reed and City Councilmember Jay Schenirer, and involved members of AmeriCorps, Boy Scout Troop 134 (Folsom) and the City's parks and police departments, as well as a truckload of hand tools and some heavy equipment. Initially scheduled for late Dec., the event was postponed due to oversaturated soil caused by heavy rainfall.

The tree varieties chosen by City Arborist Jesus Muñoz were Chinese Pistache, Cork Oak, Eastern Redbud, Gingko biloba, Interior Live Oak and Trident Maple. Muñoz said these species are well-suited to the climate and grow to maximum size here, and each has unique characteristics. "Gingko will produce bright gold fall color, Chinese Pistache will produce a fiery red/purple fall color, Trident Maple has gold fall color and an exfoliating bark that sheets off and adds a variegated color to the trunk, Eastern Redbud will produce bright pink spring blooms, Interior Live Oak has a dense green foliage with grey smooth bark, and Cork Oak has dense green foliage with unique bark that adds great visual textures to the landscape," he said. Strategically placed to provide shade in the areas where park users are most likely to congregate, the majority of the saplings are clustered around the playground area, with a smattering near the park's south entrance and flanking both ends of the sports field. The trees will take 10-15 years to mature, depending on species.

More than 18 months elapsed between Muñoz assessing the park and making recommendations and the Z-Berg event, but this is not unusual given that

see NEIGHBORS page 8


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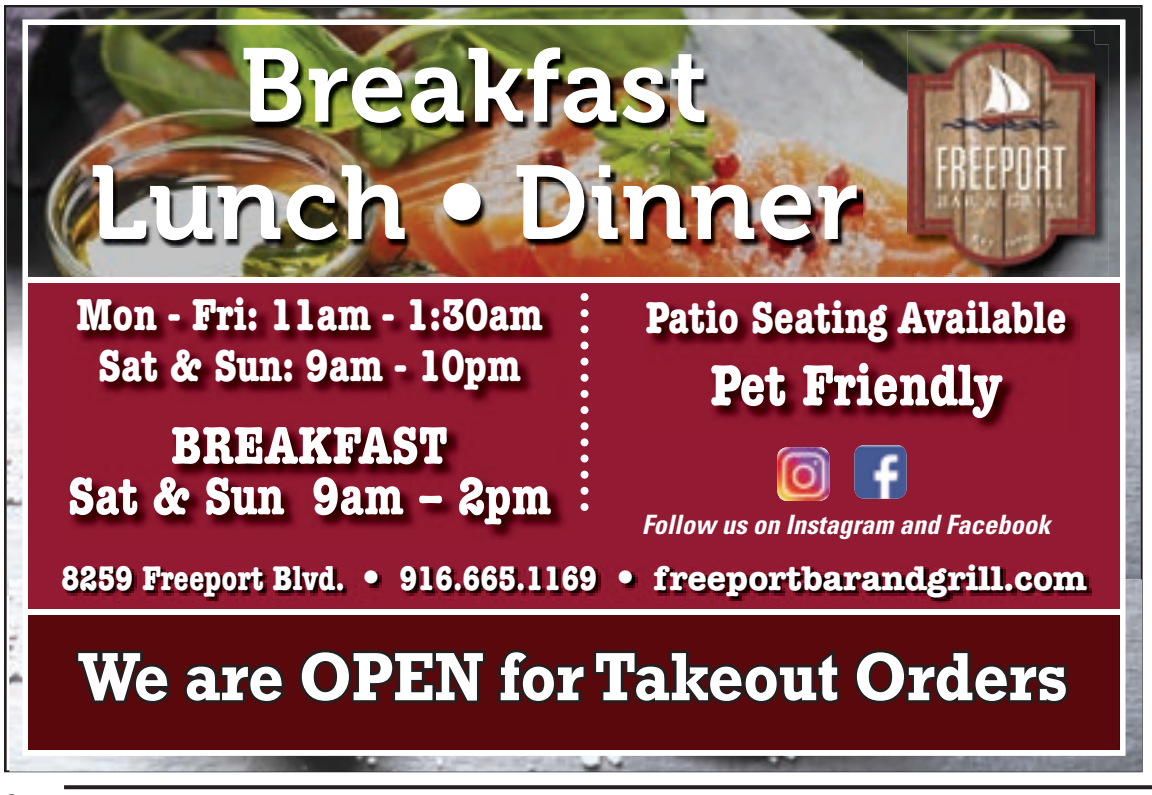
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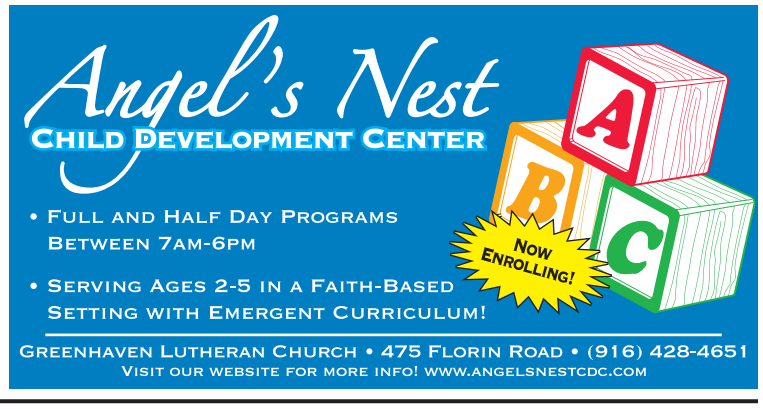
continued from page 7

an improvement project can take up to two years to be funded and organized. Also, as Flores pointed out, in this region trees can be successfully planted only during certain periods of the year.

The old sign got just a minor refresh since it's scheduled to be replaced with a more durable concrete unit in the fall, which will be built to specs and at no small expense. The trees also come with costs for maintenance, estimated at about $100 per tree annually, or roughly $36,000 from planting to maturity for these two dozen trees alone. Given the number of trees in the City's 220-plus parks, the total annual maintenance costs may reach seven figures, which while no pittance, represents a tiny portion of the City's 2019-2020 budget of $1.2 billion. And as park trees account for about a quarter of the arboreal canopy that make this "City of Trees" somewhat more bearable during the triple-digit temperatures that are not uncommon during the valley's dog days of summer—not to mention their other contributions to quality of life—they're arguably a cheap investment.

see Z'Berg page 9









Z'Berg:

contnued from page 8

The Z'Berg event was recently preceded by others, including tree plantings at Earl Warren, Mama Marks, Richardson Village and Seymour Parks and the Northern bike trail. Current and upcoming projects in the district include installation of playground equipment at Temple Avenue Park (planned), construction of a new restroom and snackbar facility at the Airport Little League site (in progress) and construction of an outdoor concrete stage at Belle Cooledge Park (planned); and to usher in the Little League season, a ribbon-cutting ceremony will be held for the McClatchy Park ballfield million-dollar renovation that was completed last Aug.

Typically the City is made aware of sites in need of such improvements via neighborhood associations (NAs) that contact their councilmember's office, which is the preferred method according to Schenirer, who emphasized the importance of public input. "Communities need to always take ownership of their neighborhoods; it's the only way we're gonna improve and have what we want," he told event attendees. However, Z'Berg Park's NA—once very active—disbanded nearly a decade ago. But there are efforts to revive it, headed by Planning Commissioner Reed, a neighborhood resident since late 2016. Reed contacted the neighborhood lead via the Nextdoor online social media conduit, who supplied the old NA's materials. She then teamed up with another neighbor, and with assistance from Schenirer's office organized a "meet & greet" that drew more than 50 families last year. This success spurred her push for the tree planting as another way to get neighbors involved. A "coffee chat," a summer potluck in the park and an unveiling ceremony for the park's new sign are in the works. While other neighbors are beginning to get on board, resurrecting the NA is still very much an ad hoc effort; Reed asks interested parties to contact her via the Z'Berg Park Nextdoor group or at zbergparkneighborhood@gmail.com.

Muñoz said that input from city residents plays a big part in enabling him to best fulfill his duties as manager of urban forestation. "I have a lot of ideas of how trees can be used in parks to improve the overall experience within those parks, but I imagine residents and park users have a lot of great ideas too. I'm more interested in hearing the ideas of the residents and park users than telling people about my ideas. While I'm very proud of the projects I've been involved in, none of them would be possible without the involvement and engagement of the public."

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Our City of Trees grows its NeighborWoods



Photos by Steve Harriman

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By Ellen Cochrane

It was an unusually hot and sunny Saturday when the Sacramento Tree Foundation held the annual NeighborWoods Summit at the Fruitridge Community Collaborative. More than 100 people gathered to learn how to support and grow our urban canopy through the Sacramento Tree Foundation's NeighborWoods Program.

Attendees broke into groups to discuss the benefits of trees and how a healthy canopy creates not just shade and cools the city but contributes to health, economic prosperity and environmental justice. Participants collaborated on existing projects and new ideas on how to get more trees planted.

Keynote speaker, Fayzah Mughal of Rancho Cordova, explained how anyone can help. "I don't have any special credentials. I'm just a mom, but I've helped my community increase our trees through the NeighborWoods Program."

East Sacramento will soon be joining our nearby neighbors in River Park and Arden Park with a NeighborWoods plan. The neighborhood group East Sacramento Preservation (ESP) is forming an environmental committee that will include tree projects. ESP Treasurer Will Green taps into the heart of the program. "This is positive care taking of our community. Trees are essential to our neighborhood's health. We need to care for our trees and plant more."

Studies identify that more tree canopy increases general health and adds to social cohesion. Many other benefits directly help the environment. Trees improve our watershed, filter air and reduce air pollution and, of course, produce oxygen.

The Sacramento Tree Foundation program engages with specific neighborhoods to grow the best urban forest for our region. It offers a tool kit for any neighborhood to begin a

see Neighborwoods page 11



Photo By Carol Bogart

A rooster will happily buddy up with a horse. (Budweiser Clydesdales travel with 'their' rooster.) You can also turn a rooster loose in your yard to eat snails, slugs and bugs. Don't turn your back, though. Roosters can be mean.

This 'n' That:

continued from page 2

of this fence to the stakes. Also roofed it with chicken wire. It's tedious, but you can bend bits of wire sticking out to the part you're adding.

To keep varmints out of my 'hen house' – I plugged a floor drain. The milk house had been field tiled to the creek. Rats, weasels, minks use field tiles to come up through drains and steal your eggs. Or kill your chickens.

Before putting up the fence, first I had a 6-inches deep trench dug outlining the hen's 'yard.' Then, I bent the bottom of the chicken wire fence to line the trench. You angle it in the direction some animal (such as a raccoon) may be digging. Chicken wire hurts their feet and they give up. Save the dirt from the trench. You'll tamp it down to cover the chicken wire.

(This method also works with canine diggers, but you angle the wire into their enclosure after you've attached it to a sturdy fence. Wood. Chain-link. Doesn't matter. It keeps dogs in.)

As days got shorter, I outfitted the hens' indoor space with full spectrum daylight bulbs. If you want your hens to keep on laying, you make them think they still have sun.

A trusting hen will let you reach up under her without a squawk and take her eggs. And cluck with pleasure when she hears your voice. By and large, at about 19 months, a hen's best egg producing days are done, but you want to keep them as a pet. They imprint on you, these little chicks. And think that you're their mom.

Hobbies are good. They give us something fun to do when times are tough. Carol highly recommends backyard chickens and West Sac allows them. Want brown eggs? Try Rhode Island Red chicks or Plymouth Rock. Questions, comments? Contact Carol at carol@bogartonline.com.

Neighborwoods:

continued from page 10

tree planting program. Their main focus is not on the already "treesy" communities. Some of Sacramento's streets have more than 40% total tree coverage and others only 1 %.

"We have a mature canopy in East Sacramento," said Green. "We need to keep it healthy, but also pitch in to help other neighborhoods, and share our successes and challenges."

The Tree Foundation offers a comprehensive Community Tool Kit to launch a program anywhere in the city. Businesses and schools can also start programs on just their campuses. The Tool Kit shares concepts and action plans and lays out specific tools community members can use to launch a program or organize a single planting event.

To find out more information contact the NeighborWoods Program Manager: Rachel Patten at 916-417-7139 or email: rachelp@sactree.com

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Marilyn Best, longest standing Board Member of the Sacramento Youth Symphony



Marilyn Best at her home with Sacramento Youth Symphony musicians

"Her love, dedication, positive outlook, and generosity have had a lasting impact on the Sacramento Youth Symphony and its thousands of students over the course of three decades of service."
- Sacramento Youth Symphony

By Nida Spalding

Marilyn Best, the longest standing Board Member of the Sacramento Youth Symphony (SYS), has served the organization tirelessly with her wisdom and calm presence. Over the years, Marilyn has supported the SYS with her time, experience, counsel, financial support, and has opened up her home for charitable events and meetings. "The SYS musicians are a blessing to the community," she said. "They are special and doing something good through music." Her status as a long-standing Board member and generous donor puts her in a unique position to garner support from others. She is a fundraising dynamo! Each year she rallies support from many local businesses to support the goals of the Sacramento Youth Symphony and secure funding for its scholarship program. Marilyn considers it a privilege to support the students who dedicate their time to music education and appreciation.

Marilyn was born to a family with great appreciation for music. Franklin Morris Rowles, her father, was one of the Sacramento Symphony Association's first presidents. Shortly after, he advocated for a youth symphony in Sacramento and underwrote the first series of concerts called "Symphony Concerts for Young People." Clare Rowles, Marilyn's mother served on the Association for many years and received several "Distinguished Service" awards.

As a child Marilyn learned to play the piano and later made sure to foster a love of music in her children. Her son, Glenn, and two daughters, Lonnie and Cindy, all received piano lessons when they were growing up. Glenn plays the clarinet and saxophone for his community orchestra in Germany, and several of her grandchildren play orchestral instruments. Marilyn is a proud grandma. Smiling broadly, she admits she is spoiled by her thirty-four grandchildren and great-grandchildren living in California, Boston and Germany.

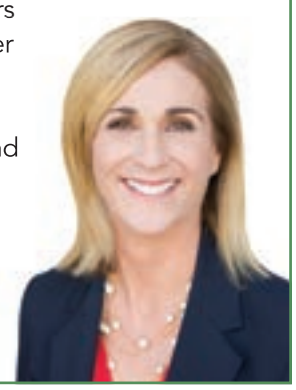
In 1960 she and her three young children moved to Geneva, Switzerland, after her husband's passing. She planned to live there for only a year but ended up staying for twenty-three years. Her children had the opportunity to study at the Geneva Conservatory of Music and she learned to play the pipe organ from one of its teachers. In Geneva, she served as Assistant Committee on Publication for The First Church of Christ, Scientist throughout Switzerland. She was also a substitute organist. Marilyn knew the pastor of the World Council of Churches in Ge-

see SYMPHONY page 13



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Marilyn Best

Symphony:

continued from page 12

neva and got to know people from that organization. "Getting to know people from 10 -15 different countries was quite the privilege," she said.

An active person all her life, Marilyn has enjoyed playing tennis, swimming, and ballroom dancing. She loves the company of people and personifies the perfect community volunteer, giving her time, talent and treasure.

Marilyn is a woman of humility, strong faith in God and is full of love for everyone. She lives a life of service to the community, always believing there is more she can do. For Marilyn, being a Board member "is an opportunity to help young people share their musical talents and focus on a life of giving," adding that "a life of giving is worthwhile."

The SYS surprised Marilyn earlier this year by dedicating their winter concerts to her. Marilyn was very surprised by the public recognition of her service, and when invited to say a few words, shifted the attention away from herself, thanking the young musicians, the parents, and the audience. Marilyn later remarked that she was "touched by the recognition of her faithful support to the organization and was truly overwhelmed by all the attention she had received."

Marilyn Best loves orchestral music. She loves the Sacramento Youth Symphony. And the feeling is mutual. She is widely respected and admired.

Founded in 1956 as a 55-member youth orchestra, the Sacramento Youth Symphony now in its 64th year, has five orchestras/ensembles and serves more than 400 talented young musicians from all over the Sacramento Valley region. SYS offers beginning through advanced orchestral ensembles and presents more than 20 concerts per year under the baton of some of the best music educators and conductors in the region. Marilyn hopes to see more students enrolled in the different ensembles and more community support for the organization.

The Sacramento Youth Symphony could not offer the same level of service without the dedication and support of Board members and volunteers such as Marilyn Best. We are forever grateful to her.



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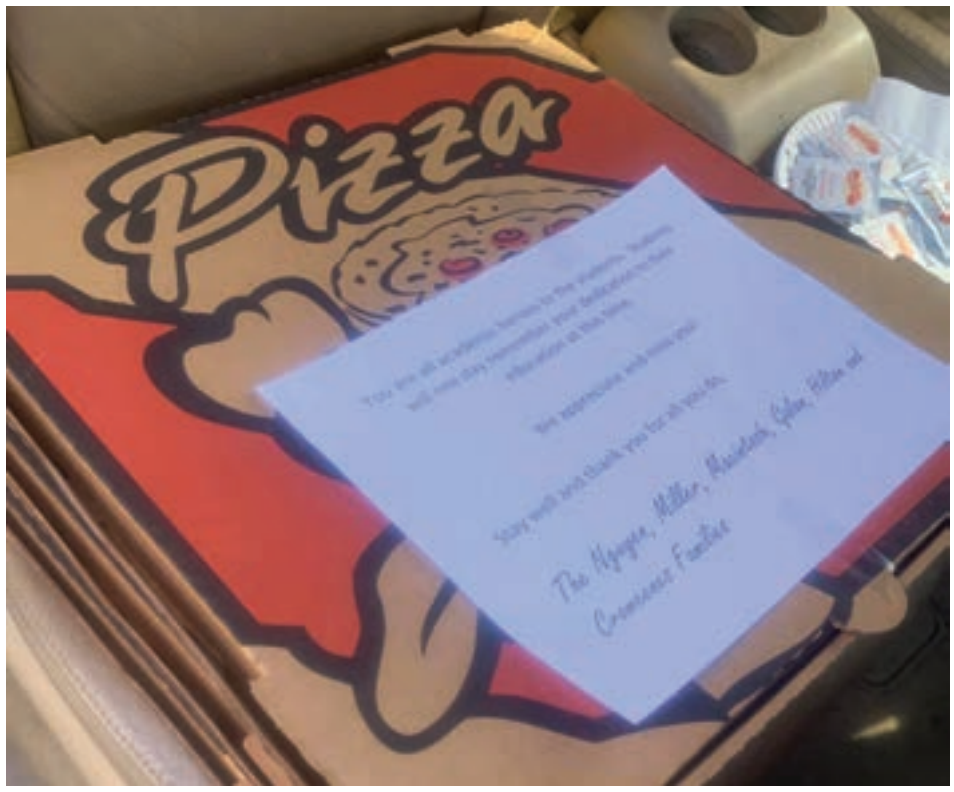
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Photos courtesy of Michelle Cromeenes

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Sacramento mom invites families to join her FB group: "Draw with Stacey"



By Monica Stark

Local mom Stacey Ball offers art sessions on Facebook for families to enjoy.

If you look for Draw with Stacey on Facebook you will see art classes by West Sacramento mom Stacey Ball.

Each weekday there is a theme that she draws live and explains how it's done. Parents and kids can watch live or they can go back to the videos later and watch. Ball encourages people to post the art they create so everyone can enjoy the variety of styles that come in. Each class takes about 30-45 minutes. She recently started a Saturday evening class geared towards adults.

"I have always loved art and when kids were sent home and parents sent home I thought starting up an activity that gave people 30-plus minutes to not have to worry about anything and just create could be fun. I asked friends if they would be interested and figured I'd get about 50 people joining in."

To sign up, you can go to the Facebook group Draw With Stacey and request to join; it is approved typically within an hour of the request. Once you are in, you will see the live videos when they start posting or you can find them all archived for watching after. For those that do not have Facebook you can also view the videos on a YouTube page.

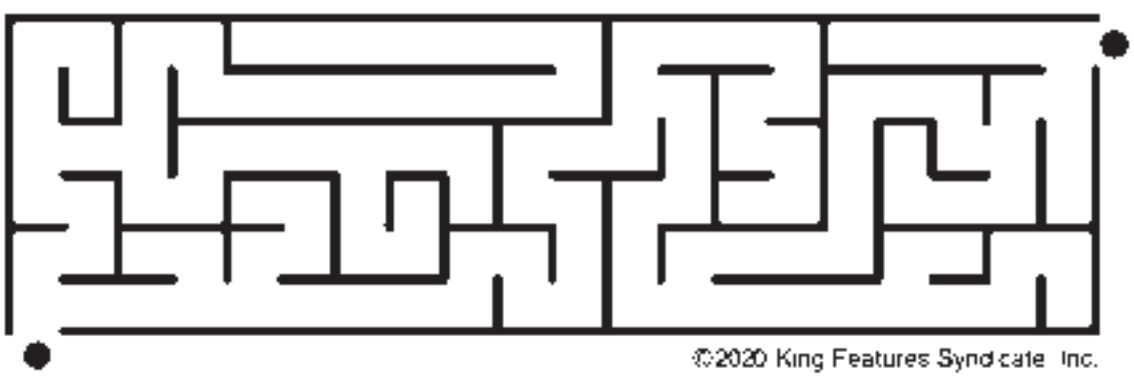
Her background in art? She has none! "I keep saying, 'I'm not a professional, I'm just a mom.' I never took art classes or went to school for it. I have always loved to draw. As I got older I did it less." Then her son took a trip to stay with his grandma and was gone for a week. They both would doodle together and with him gone she started drawing for him each day and posting it on his grandma's Facebook for him to see.

People started following and she started doing drawings for others and illustrations to sell. She'd taken another step back from it recently and this was a way to do it again while also getting others involved in it. There's more joy in me sitting and drawing with 150-plus people online and not making a dime than there is drawing and selling one piece.

"I think it is hugely important to stay connected right now. Even for those that are 'introverts.' Being with people helps you get outside of your own head and detox and enjoy company. Since we are stuck in our homes we have to find other ways to do that. I thought at first I'd create a YouTube and draw....but there are millions of those. I wanted a community. A place for people to not only interact while I'm drawing but also be able to share their art after," Ball says.

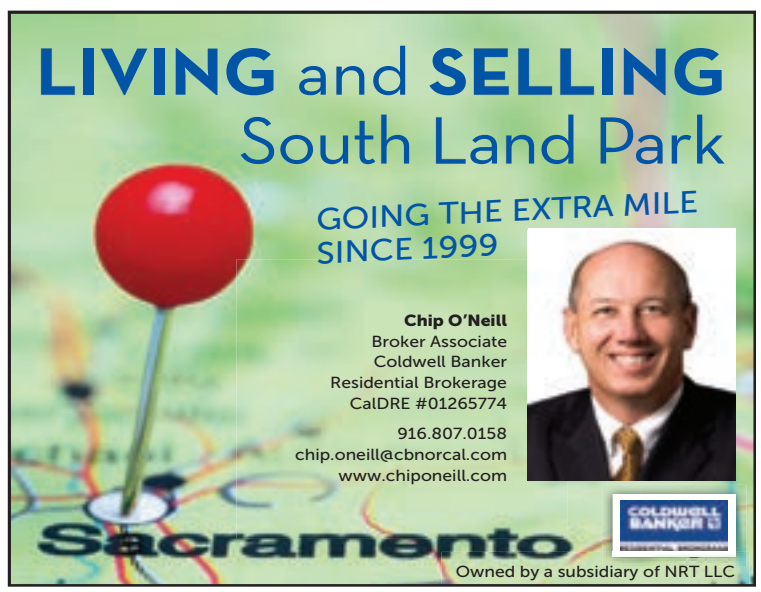
"The kids get excited to be involved like that. They get excited to see their other friends and I think the parents do as well. You feel connected, a part of something bigger and for that moment while you are drawing you aren't worried about everything else that is going on right now. We need moments like that."

Kids' Maze



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Mothering during the pandemic

By Sumiti Mehta

I love being a mother and as a mom I wear many hats every day.

With this coronavirus pandemic, I have been lockdown in home with my 8 and14 yr old and my husband. Right now, I am the one who is handling majority of the household planning. My husband Sudeep a Project Manager (with a Multinational Company), does help in between calls. We have also been texting each other about homeschooling a.k.a (Distance learning) that has basically shifted into jokes for Sudeep and anxiety for me as to how we both are aware that we will suck at this new role.

At this current time, this is the new reality for many parents like us who are able to work from home. Amidst all the fears surrounding coronavirus, school shutdown has added few more responsibilities on this mother's shoulder. Now I am a teacher, counselor, germ-checking police officer, Nurse and 24X7 caregiver.

The most difficult role I am finding right now is of being a teacher. This new role which has been added a couple of weeks back has made me and my husband found a great respect for school staff. We think all the teachers and principals are global assets. Thousands of parents across the world who have got accustomed to sending the children in a traditional school setup are now realizing that how unprepared we are for a world without teachers and school staff.

Just in a week, I am getting tired of answering my 8 year old's (Atiksh) questions make me understand how much patience it takes to educate. According to an article in Telegraph UK that I was reading, on an average 7 years old ask 144 questions a day. Imagine the teachers who have a minimum of 20 students per classroom.

Many of my friends and family have taken to Facebook and Instagram posting about their "Homeschool Fails." Though I am loving their hilarious post and memes, it has again led to binary respect I have for teachers and staff.

I just want to share that as this new roles and responsibilities are very challenging not just for me but all the parents especially at this point of time, when we do not have answers for so many fears surrounding us right now.

But, for now as a mom, I will request you all to just be kind with another. Try to stay home, wash hands frequently and maintain social distancing.

Dealing with the quarantine, a student perspective

By Akshaj Mehta, age 14
writetolead.com

Let me set the scene for America about a month ago. Our community was not taking this situation seriously. The deciding government did not take any actions as of yet but cases continued to rise. Fast forward to today? Well we have low testing kits and other supplies are in need for our health professionals. We could have been more prepared for this situation considering the time we had.

Now, COVID-19 has had a direct impact on me and my family these past few weeks. We have been stocking up on supplies but have not crossed the threshold of panic buying. I am unsure why so many Americans find the urgency to over take supplies they very well do not need. Many elderly are not able to go out and get such supplies and others are taking away that opportunity.

Me and my brother's school have been closed till August. We will start distance learning soon. This may affect my grades as I have been working really hard towards my classes and was disappointed for the closure. During self quarantine, I now realize how important school is and have started to find out how true the phrase "Be careful what you wish for" is. My teachers continuously send out emails to parents and students to inform us about details for the situation regarding our school, and I am really grateful for that fact. My brother on the other hand has been enjoying his break as he cannot fully grasp what is happening right now.

A bright side to this whole situation is it definitely brings you and your family together or at least what I have experienced. I have noticed changes with me and brothers and my whole family's attitude toward each other. The shutdown leaves a lot of time to truly reflect on everything that's going on in our lives.

To all the readers, please take precautions for your safety. There is a reason why there have been shutdowns and closings etc. Stay safe and healthy. Take this time as an opportunity for ourselves to grow. There is a lot we can learn from all off this.

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Building community and connectivity through sound, music, and communication

Local recording studio owner offers sound healing

By Monica Stark



In the current social climate it is vital that we stay connected as one human family, says Kriss Walas, who is holding sound healing, meditation, and yoga events for wellness, community and communication at The Continuum Music Studio, a local recording studio that he owns. Open to the public with RSVP to keep groups small and connected, the sound healing, yoga, meditation, open communication, music therapy and chakra healing sessions are vital modalities for us all to realign with health, peace, love, and unity during these turbulent times, Walas says.

"Group gatherings are capped at 6-9 people to ensure gatherings are connective. This gives all who attend a chance to heal from within and make new connections with other like-hearted people," he says.

Walas explains sound healing as the practice of using music, sacred tones, tuning forks, crystal bowls, chimes, guitars, pianos, acoustic instruments, and worldly spiritual instruments to change the DNA structure in the body. "Sound and vibration is the foundation of our world. When using sound mindfully, with a pure and loving intention, it has been scientifically proven that healing miracles occur within the body, mind, heart, and soul," he says.

Each session is different and based on a wide range of healing modalities. "The universal need for all human beings is love. We all seek love outside of ourselves. We strive to gain a sense of purpose through our identity. Self-love is an inside job, and the most important job we will ever have. No one will be able to offer us the love we crave until we can love ourselves in the most profound ways," he says.

Sound healing stems from the science of Cymatics which is a form of sound therapy that is not applied through hearing, but by instruments that send audible sound waves directly into the body through the skin.

Walas is a graduate of CSUS with BA degrees in Psychology, Philosophy, and Audio. Kriss is a certified Reiki 2 practitioner in Holy Fire. Kriss is an innovator in the fields of sound, intimacy, healing, bioenergetics, Tantra, Reiki, mindfulness, meditation, epigenetics, breath work, relationship coaching, body therapy, communication, connecting with nature, and personal growth/expansion. Kriss is a student of life and has merged timeless teachings of the East with New Age teachings of the West to guide people to self-realization within their own being and bodies.

The Continuum Music Studio is the largest commercial recording studio in the greater Sacramento area and has been in business helping people heal through music, passion, and creativity since 2010.

To learn more about all the modalities offered visit https://krisswalas.com/ to learn more about the wide variety of offerings. Walas can be reached at 916-532-1683. Gatherings are on a first come first serve basis.

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Check our website for the latest updates and information.

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