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East Sacramento News

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Camellia City's Oldest Camellia Blooms Again After Replanting

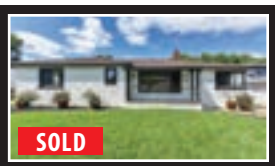
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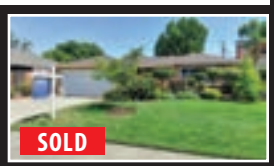
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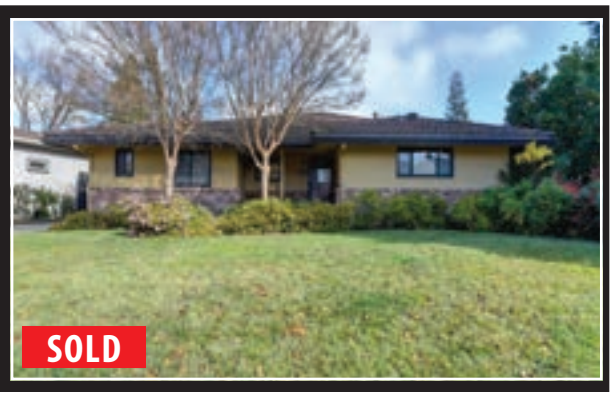


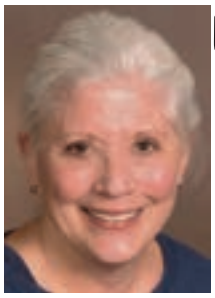
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THIS 'n' THAT

by Carol Bogart

Community Spirit is Alive & Well

You know, now that the panic hoarding has subsided, I'm really proud of my fellow citizens. As 'isolation' became our 'normal' – we've banded together to support each other. Can't hug. Can't go to church or any of our usual 'group' activities. But our shared misfortune has, for the most part, brought out the best in all of us.

Just after self-quarantine was recommended for virus-at risk old people, I got a call. From a young woman I'd once hired to help me with three months' of piled up laundry. I don't have a washer-drier. The laundry room for the complex isn't far, but I have to carry laundry down two flights of stairs. Doing laundry, like vacuuming, makes my neck and back ache. By the time I do it, I'm out of towels and bedding.

This girl (young to me. In her early 30s, maybe, to my 71?) spent half a day with me back then. Together, we did 14 loads of wash. She has a full time cleaning job in a college dorm. And a teenage daughter. And then, she lost a loved one and was grieving. The laundry piled back up again.

Now, knowing I was impacted by this Covid-19 virus, she was calling to tell me she was coming to get my laundry. She and her daughter loaded up four full baskets. Took them home. Washed, dried, folded and brought them back. Shook her head when I tried to pay her. I insisted, and said, "I won't let you help me unless I can pay you." Such a good girl. She's in my prayers and I'm in hers.

In the last few days, the young man who sometimes boards my dog called to see if I need eggs or milk. With so many of his clients now working at home, they no longer need doggy day care. He's lost 70 percent of his income. Worse, he was scheduled to connect with his wife near Russia next month to finalize the adoption of their son. Seven years they've been working toward this. Because of the travel ban, he can't go. Yet he checked on me to see if I needed food.

The other day at Walmart to check on a pain prescription, I saw a young mom with a small daughter. In her cart, she had toilet paper and paper towels! Noting my envy, she stopped, smiled, and said, "Go straight through to the back to the doors by the baby department, but you better hurry," and she smiled again. My relief was obvious in my 'Thank you!' (The hoarders have lots of TP, paper towels, and water. Other people, not so much.)

And then, at the Raley's, I'll never forget the help I got from West Sac firefighters when, moron that I am, I locked my car keys in my trunk. I remembered WSFD came with a jimmy stick some years back when a tenant in my seniors complex locked her keys inside her car, so I called 9-1-1. WSPD Dispatcher Corinna (not sure of spelling) was empathetic. She could hear the panic in my voice. She called the station to see if they could come. Then called me to say that they were coming.

As two worked at opening a car door, another shared with me that firefighters, too, are quarantined. They're not to leave their fire stations except for emergencies, he said. When they get back, they're to drop their gear at the door, shower, and then clean the gear before it comes back in the station. There's no training during the 'shelter in place' order, either, just like at the CHP academy. Only CalFire recruits are training still. (Before long, they'll be fighting wildfires.)

In Raley's parking lot, these West Sac firefighters from Station 41 had to be sweating bullets inside that gear. Retrieving my keys was quite a project which included emptying my trunk to be able to crawl through it. With keys again in hand, I told my heroes: "I would hug you *all* – but we're not allowed to." I've always loved our West Sac first responders.

Now, on the bright side, thankfully the 'stay home' order does not preclude outdoor exercise. People are walking their dogs, riding their bikes, looking at one another from six feet apart to exchange sympathetic smiles.

see Spirit page 5



Courtesy photo

Sidewalk chalk art, like 8-year-old Anastasia's, is popping up throughout the area as parents creatively engage their children.

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Cover photo by:
Steve Crowley

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

"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 Geneva 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.



Marilyn Best at her home with Sacramento Youth Symphony musicians

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Our City of Trees grows its NeighborWoods



Photos by Steve Harriman

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 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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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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Spirit:

continued from page 2

I watched from the landing to my apartment as two little girls across the street put finishing touches on their sidewalk chalk drawing. Dad was doing lawn work. Mom was watching from a lawn chair. I like this friendly family. Last month, I bought Thin Mints from the little girls. Their mom looked up, saw me admiring the sidewalk art and waved. I waved back, exclaiming, "Beautiful! I love it! The upside to this (self-imprisonment) is stuff like this!" She smiled and nodded.

So Saturday Evening Post. So Americana. So "We're all in this together." For most, it's an opportunity to be thoughtful. To be kind. And listen to this! The owner of the Ledger got in touch to ask me whether, with paper towels so hard to find, would old newspapers work to clean the lizard tanks! If so, he said, he'd see I got some!

Now, can you beat that. I am happy.

Carol Bogart is hopeful that by mid-April, with the traditional end of cold and flu season, this virus will die a natural death. If, as some predict, it will show up again this fall, we'll have an arsenal to combat it – from a 'fast' test (1 hour turnaround) to confirm or rule out you have the virus, to sufficient ICUs and ventilators for those who have the virus in their lungs. Meantime, Covid-19 survivors may be producing antibodies science can use to protect those not yet infected. Potential medications and at least one vaccine already are in the works. Until we get the all-clear, though, please don't become complacent. Protect yourself – and others. Comments? Contact Carol at carol@bogartonline.com.

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Camellia City's Oldest Camellia Blooms Again After Replanting

Photos by Stephen Crowley

Nurses celebrate the beloved 'bush' that welcomed 350,000 births at Sutter Memorial Hospital on Thursday, March 5, just days before the shelter-in-place went into effect.

Debi Cale, R.N., Chief Nurse Executive at Sutter Medical Center, Sacramento and longtime Sutter Memorial nurse; Randy Sater, President of StoneBridge Properties, developer of the Sutter Park neighborhood; Julie Vierra, President of the Camellia Society of Sacramento; Sutter Medical Center current staff members and retired nurses celebrated the successful replanting of the camellia tree that graced the entrance to Sutter Memorial Hospital since its opening in 1937.

Sacramento has been known as the Camellia City, and this tree is considered to be Sacramento's oldest camellia, having been transplanted to Sutter Memorial from a spot near the original Sutter Hospital, where Sutter Medical Center, Sacramento now stands.

Those who preserved the tree, including longtime Sutter nurses and other staff, along with developer StoneBridge Properties and a local nursery, will be thanked for their efforts to save the the camellia by the Camellia Society of Sacramento, which is hosting its 96th annual Camellia Show March 7 and 8, the nation's oldest camellia show. The Camellia Society is working with Sutter and StoneBridge to give the camellia a name that will be officially registered with American Camellia Society. The name will be revealed at the event. In addition, a plaque honoring the tree is already installed.

The celebration took place on Sutter Park Drive and F Street, near 51st Street, on land that was the former Sutter Memorial Hospital.

Sutter Memorial Hospital was known as "Sacramento's Baby Hospital," where an entire city of nearly 350,000 babies were born. The camellia bloomed every late winter to the delight of staff, new mothers and visitors, signaling the new life that Sutter Memorial was known for. In addition, Sutter Memorial was where many of the region's first heart surgeries were performed, including the first heart transplant in Sacramento. It is appropriate that the camellia was preserved and was given new life by being transplanted on the same site as the hospital.








For 80 years, this camellia bush greeted expecting parents and their newborns in front of Sutter Memorial Hospital where 50,000 Sacramentans began their lives. Sutter Park is built on the site of the venerable hospital, and this camellia and its stunning pink blooms serve as a symbol of new and enduring life that resides here in the community.
This heritage camellia, considered to be Sacramento's oldest, was originally planted at 28th and K streets, a block from the original Sutter Hospital. It was donated by Sutter OB-GYN A.R. Bowen, M.D., and was transplanted in December 1953 at what was then called Sutter Maternity Hospital. In 2015, the camellia was carefully removed and cared for while the site was being transformed into the Sutter Park neighborhood. The camellia bush was replanted once again in December 2018 at its new forever home within Sutter Park. It is a fitting tribute to the men and women of Sutter Health, as well as a lasting memory of the rich history of Sutter Park.
"Home is where we plant ourselves. We search throughout our lives for a place to call home. A place where we can settle in. A place to establish roots. Sometimes home is temporary and sometimes, if we are lucky, we find just the right place to bask in the sun."
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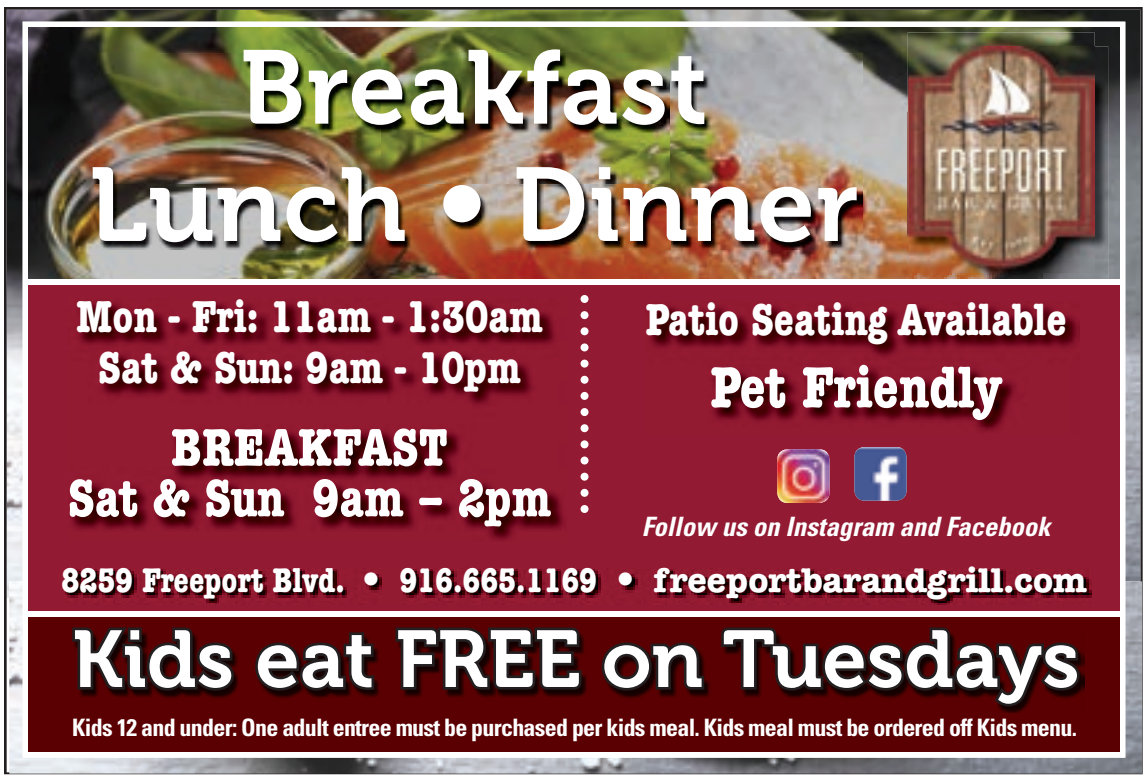


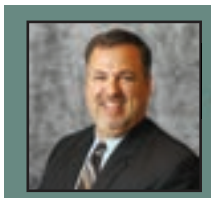
Vernardos Circus returns to Sacramento via the world wide web

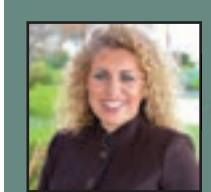
Venardos Circus family is grateful for West Sac's past support when they visited Vierra Farms last May. Live shows are currently on hiatus due to social distancing recommendations during the COVID-19 pandemic, but they miss their audience terribly. In a written statement, ringmaster Kevin Venardos, said, "Once we determined we need to pause the tour, we immediately starting planning how we could continue our mission to bring joy, positivity and light, as well as some comfort and distraction, to our circus family during this uncertain time via social media."

On Thursday, March 26 at 10 a.m., they posted their first weekly video of Venardos offering some fun and engaging content to bring positive energy and fun into your home. New content will be available once per week on Thursdays. Content is meant to entertain the whole family, as do our shows, but a great resource for the kids to enjoy some high quality, trustworthy entertainment.

You'll find these videos on our YouTube channel - https://www.youtube.com/user/kevinvenardos




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Local 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."





Together We Will Rise!

At Naturwood Home Furnishings, we are reminded that during this extraordinarily challenging period - perhaps one silver lining is spending more "together time", with loved ones.

Today, we are simply grateful - for family – and friends. And today, along with so many other businesses, we are temporarily closed – as we all do our part to bring this unprecedented time to an end as quickly as possible.

Thanks, California, for pulling together during this unusual time. And thank you, from your friends and family members, at Naturwood.

Check our website for the latest updates and information.

Be well and be safe.

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