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To the rescue: Lady of the Lake helps injured waterfowl from fishing lines, hooks See page 3

Black Lives Matter sign to be installed at James McClatchy Park

Oak Park residents, others discuss meaning behind sign's message



Photo by Lance Armstrong

A Black Lives Matter sign will be installed at James McClatchy Park in the "next 30 days or so," its artist Zach Trowbridge noted last week.

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By LANCE ARMSTRONG

The Sacramento City Council on March 2 unanimously voted to support the installation of a "Black Lives Matter" sign at James McClatchy Park.

This wooden sign, which was originally 24 feet long, but will be reconfigured to 16 feet long at the park, was created in May 2020 by Zach Trowbridge, a Sacramento resident and local woodworker. It features 6-foot-tall letters of the phrase, Black Lives Matter, and includes names of unarmed black people who were killed by police.

Although the phrase, Black Lives Matter, refers to an organization, which was founded in 2013 and has a mission to "eradicate white supremacy and build local power to intervene in violence inflicted on black communities by the state and vigilantes," it also refers to an overall movement seeking social justice for black communities.

During the March 2 council meeting, Trowbridge shared some of his thoughts about the sign.

"I made this piece just after the George Floyd murder in an effort to use the hobbies that white privilege has afforded me to try to create something meaningful for the black community," he said. "I've done my best to take a back seat to the sign, so that I, as a white man, am not getting in the way of black voices being heard."

Trowbridge added that he considers himself the project's "caretaker."

"I really believe that the sign belongs to all the names on it and the community itself," he said.

Prior to the effort to have the sign installed at McClatchy Park, Trowbridge donated it to a local group that installed it at Curtis Park without city approval.

Although the sign was mostly positively received by many people in the community while it was located at Curtis Park, it was eventually vandalized.

That action led to the sign's removal from the park, and the eventual proposal to have a repaired and redesigned version of the sign installed at McClatchy Park.

Because the nature of Trowbridge's sign is to express an opinion, in order for it to be placed on city property, it required the City Council's approval.

Although the original proposal was to have the sign permanently installed in the park, it was ultimately approved by the council as a temporary installation, which would remain at the park for one year.

Prior to the council's review of the proposal, the city's Parks and Community Enrichment Commission unanimously voted to recommend that the council approve of Trowbridge's sign being installed in McClatchy Park.

During that meeting, local Black Lives Matter representatives expressed support of the eventual creation of a permanent Black Lives Matter sign by a local black artist, and that the sign be permanently installed at McClatchy Park, as a replacement for Trowbridge's sign.

Jay Schenirer, whose council district extends into Oak Park, noted in the March 2 meeting that he does not believe that the vandalism of Trowbridge's sign represents "who we are as a city."

Schenirer also shared his opinion on the significance of having the sign installed at McClatchy Park.

"We've invested a lot of money in (McClatchy) Park, but I think that this sign is as important as any singular thing that we've done," he said.

Trowbridge told the East Sacramento News last week that he hopes to have the sign installed in the park in the "next 30 days or so," pending the resolution of permitting and contract challenges.

Although the sign will only be temporarily located at McClatchy Park, Lavinia Grace Phillips, president of the Oak Park Neighborhood Association, mentioned in the June 2 meeting that it should con-

see BLM page 11

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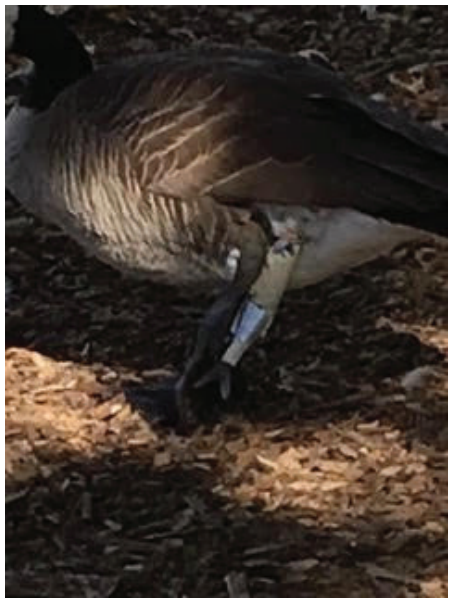
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To the rescue: Lady of the Lake helps injured waterfowl from fishing lines, hooks



Goose with large lure and treble hooks attached to its leg



Injured goose at McKinley Pond

Photos by Judy McClaver

If you happen to be at McKinley Park early in the morning, say 6:30 a.m., you might see Judy McClaver at work. She's a trim figure with a mane of white hair loosely gathered in a bun and she's always helping. Helping people. Helping plants. And helping wildlife.

Her latest quest is to prevent the impaling of pond ducks and geese with fishing hooks. "I've rescued ducks and geese with broken wings, shot by darts, maimed legs, and feet, and snapped beaks. But the hooks and barbs cause nasty wounds, and the incidents are increasing," McClaver said.

With one exception, fishing is illegal in City of Sacramento park ponds, but in the last few months ducks have been found with lures and fishing lines wrapped around their webbed feet, legs, wings, and beaks, and hooked barbs impaled in flesh.

"It's a disaster for the animal," McClaver says. "If they're hooked in the mouth, they can't eat and slowly starve to death."

One duck lost its foot to a fishing line. McClaver was able to catch it and a clever River Park neighbor helped make a silicone prosthetic foot. The animal was rehomed.

Since 2012 McClaver has volunteered hundreds of hours at the city's urban ponds. She spends most of her time working at McKinley, her neighborhood park, and Land Park. This unassuming citizen-caretaker stepped up when she saw the effect of domestic duck overpopulation. "McKinley was teeming with domestic ducks and geese that were dumped by people when I started this in 2011. My first rescues involved more than a hundred captures and re-homings at McKinley. The pond paths were covered with feces and the mobs of geese could be intimidating," she recalls.

How a city park could get run over by assertive geese

see Rescue page 6

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MONTHLY MEETING
Thursday, April 15, 2021
12:00 PM - 1:30 PM

EVENTS COMMITTEE
Wednesday, April 21, 2021
10:00 AM - 11:00 AM

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Thursday, April 29, 2021
11:00 AM - 12:00 PM

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Know your neighbor

Billie Hamilton, Raging Granny and climate activist



It is said that the eyes are the windows to the soul. If that is the case then Billie Hamilton's sparkling gray-blue eyes reveal a dedicated and delightful one.

Raging granny, retired educator, musician and citizen climate lobbyist, Billie is committed to her community, her country and her world. This 93-year-young woman's mind is sharp and focused, her spirit strong, and her actions clear-eyed and purposeful.

Billie enjoyed a 40 -year career as a teacher in elementary and high school classrooms and is the mother of two educators, one here in Sacramento and the other in her home state of Indiana.

A 51-year resident of River Park, she has committed her life to causes she holds dear, informed by her membership in Quaker Meetings in New York, Michigan and Sacramento.

Over Billie's long life she has observed how the climate has changed, and as a result, for the last seven years, her activism has centered around Sacramento Citizens' Climate Lobby, the local chapter of an international non-profit, nonpartisan grassroots advocacy organization dedicated to advancing national policies to address climate change solutions. As a Quaker, Billie appreciates the organization's focus on empowering individuals by educating members, neighbors and elected officials to build relationships, and use patience, courtesy and nonpartisan pressure to "build the political will for the climate solutions we all need."

Billie believes that the climate crisis solution of a carbon fee and dividend, favored by CCL (and thousands of economists and scientists), is the most efficient and equitable path forward.

This solution would place a price on carbon emissions and have the revenues generated by this pricing returned to citizens as a dividend - like the pandemic stimulus checks based on family income. This would rapidly reduce emissions and encourage innovation. The efficacy and fundamental fairness of this approach have great appeal to Billie, as it resonates with her Quaker values. To help realize this solution, Billie became more involved with CCL, starting as an active member and subsequently serving as Advisory Board member, treasurer, liaison and lobbyist to Doris Matsui's district office, and 3-time lobbyist on Capitol Hill.

Billie never expected to become a lobbyist in her 80s! But in the last Congress, Billie supported a bill that supported a price on carbon and rebates to citizens (HR 763, the Energy Innovation and Dividend Act). This bill garnered 86 co-sponsors, 26 from California including Congressman

see Granny page 5



Broadway tax preparer launches program to help low-income Californians access their stimulus checks

Tax-xpress tax preparation service on Broadway announced it is offering low-cost tax preparation services for low-income Californians to better help then access government stimulus checks. The new Tax-Xpress Stimulus Check Program is designed to ensure low-income Californians have the professional support they need to file their 2020 tax returns so that they can be eligible to receive potentially thousands of dollars in government stimulus money. Even people with no income in 2020 are eligible to receive the federal stimulus dollars, as long as they complete a tax return.

"Our families, neighbors and friends are suffering devastating financial impacts from COVID-19 and we want to do our part to help them access the government funds they need and are entitled to receive," said Leslie Scott Bird, owner of two Sacramento County Tax-xpress locations.

"Our Tax-xpress Stimulus Check Program provides low-cost tax filing services for people who earn $8000 or less. We require a minimal $20 fee to cover costs, that's it – no strings attached."

Tax-xpress operates two service offices located at 1712 Broadway in Sacramento and 8805 Elk Grove Blvd. in Elk Grove. They are following Covid-19 rules and all meetings are by appointment only.

If you had no income in 2020 or earned less than $8,000, you can call 916-441-6748 to schedule an appointment for the $20 Tax-xpress Stimulus Check Program.

Granny:

continued from page 4

Ami Bera. Billie is proud that the bill got that far and is hopeful for more action to create solutions to the climate crisis. Billie is happy to continue working with CCL to see this through.

While this focus on saving the planet is relatively new, Billie has been a life-long activist, notably with various Friends Committees that serve the causes of peace and justice. These include the American Friends Service Committee, Friends Committee on National Legislation, and the Friends Legislative Committee of California. A woman determined to "try to make the world a better place and particularly to help the poor and disenfranchised"; Billie joined vigils and marches in every city she lived in as an adult. A longtime member of the National Organization for Women Billie greatly appreciates the many advancements in the rights and opportunities for women she has observed in her lifetime.

Activism has not been Billie's only passion. A talented musician, Billie plays the recorder and viola da gamba (this early stringed instrument, used in the Baroque era is like a cello but with more strings and frets like a guitar). Billie founded the Sacramento Recorder Society in 1987, a group that continues to this day. As an amateur, Billie performed with two different Baroque music groups at venues such as the Crocker Art Gallery and CSUS.

As befits a woman of her age and personality, Billie is also a member of the "Raging Grannies." This international social justice activist organization is compromised of women old enough to be grandmothers who dress in clothes that mock stereotypes of old women who gather and sing reworked familiar songs at protests and marches. Two book titles about the organization capture the spirit, "Off our Rockers", and "The Raging Grannies: Wild Hats, Cheeky Songs and Witty Action for a Better World".

Research has shown that believing and working for something greater than yourself contributes to happiness and well-being. It certainly seems that Billie Hamilton is a living example of that principle. Billie encourages everyone to do some good in the world- and if you're looking for a cause, you can join her at CCL Sacramento on the second Saturday of each month (sacramentoccl.org).



Earth Day online event open to the public

The Sacramento Chapter of Citizens' Climate Lobby (CCL) invites the public to an Earth Day/Week Online Event to support work on Climate Change.

On Thursday, April 22, CCL Sacramento is co-sponsoring a special screening of 20 short films from the 2021 SYRCL Wild & Scenic Film Festival with live programming sessions. As you may know, South Yuba River Citizens League, SYRCL, has hosted a wildly popular environmental film festival for many years. This year, the event is Wild & Scenic Film Festival On Tour, and the event will be online.

Included with every ticket is an on-demand bonus featuring five films about threatened wildlife, including the award-winning, feature-length film "Entangled."

Tickets are normally $25 per individual, but with the CCL discount code, tickets are only $20 per person.

Ticket holders will have access to all films for 5 days following the live event (April 23-27). The Sacramento Chapter of CCL has a discount code, "CCLSAC", for $5 off the ticket.

That means 20 short films, plus the five bonus wildlife films, for five days and the live event for only $20 for individual viewers. Every ticket purchased goes toward addressing climate change.

Citizens' Climate Lobby is a nonprofit, nonpartisan, grassroots advocacy organization focused on national policies to address climate change solutions. The Sacramento chapter is one of 611 active chapters around the world. It is committed to building the political will for the climate solutions we all need. The group focuses on talking with neighbors, friends, and elected officials about how national climate action can help ensure a healthy future while strengthening the American economy.

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20



A neighbor made a prosthetic foot for this duck after losing its foot to a fishing line



Here are ducks with Angel Wing. One has it on both wings, the other has it on its right wing

Rescue:

continued from page 3

and become a health hazard is not surprising. In her volunteer career, McClaver has seen it all. "I've pulled diapers, bicycles and clothes out of the pond, you name it, it's been thrown in," she says. "Not to mention the dumping of pet ducks, geese and turtles."

Not all people treat our shared open spaces the same. McClaver has been physically attacked by a mentally ill person and saw an SUV crash into the pond. Sadly, she also found a corpse floating in the water. The cause of death was deemed accidental. Despite these experiences, McClaver presses on. Ponds in parks give a sense of calm and beauty in an increasingly complex urban mosaic. A man-made body of water supports the animals you can see: ducks, turtles and mosquito fish. But far below the water line, a host of invertebrates live out their life cycles. And at night the bandit raccoons, possum, coyote, and other night creatures slip by. It's a splash of wildness in the city.

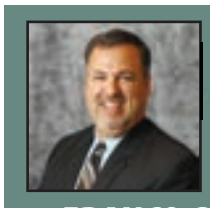
Critics say McClaver is too focused on animals and she doesn't understand the financial difficulties of park management. One elected city official called her strident.

But hundreds of neighbors and the neighborhood group East Sacramento Preservation (ESP) support McClaver. "We've worked with Judy for more than ten years. Her selfless volunteering benefits the neighborhood and all park visitors. She's not running for anything and doesn't receive a dime. She's not trying to craft an image or market anything. She's the real deal. It's all about the ecosystem and animals. We have a healthy pond because of her," said Ellen Cochrane, ESP Board member.

On a sunny Friday in March, city park personnel met with McClaver and other community members at the edge of McKinley pond to talk pond health. Youth Parks Community Enrichment Director, Mario Lara, listened carefully to McClaver's descriptions of code infractions including people chasing ducks and geese on land and on water with remote control boats, feeding of bread, chips or cereal, instead of grain, illegal fishing, dumping of domestic waterfowl into the pond, littering, illegal swimming and the use of trained dogs to harry geese to "move them" out of the parks.

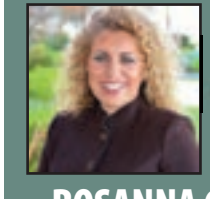
"It's tough to monitor everything," Lara said. "All the negative cultural behaviors in society come into the parks. We encourage people to work with the rangers to

see Rescue page 7



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Rescue:

continued from page 6

report this type of behavior. (The) first step is to call 311 or use the City of Sacramento app to contact 311."

Lara and other city employees appreciate McClaver's work. They note that the landscape pruning and animal rescue work that she does is welcomed and shows ownership and pride of the park. "We're very concerned about animal issues and are in the process of adding more signs about not interfering with wildlife," Lara said.

Lara hopes to work with McClaver and groups like ESP to develop a youth paid work beautification program in the parks. "We want to help generations after generations love and care for the park," Lara said.

McClaver is at the park every day and can use volunteers to help with landscaping. She also takes monetary donations to help with the animal rescue costs. She is resolved to continue the work, despite human misbehaviors. "I was surprised the other night. I heard frogs for the first time in years at McKinley Pond. I don't know where they came from, but they were there."

Small victories and the return of frogs mean a great deal to McClaver and the pond.

Here's how you can help: Email Judy to volunteer: judys.place@live.com.

Donate to Judy through East Sacrament Preservation, PayPal button on the website, or mail to: East Sacramento Preservation P.O. Box 191763; Sacramento, CA , 95819

Here's Why You Should Feed Grain or Vegetables to Park Waterfowl, Not Bread

The next time you tear off a piece of white bread and pop it into a duck's beak at the McKinley Park Pond, remember that ducks and geese in the wild feed on large amounts of protein, greens and unprocessed grains. Worms, crustaceans, grasses and vegetables––not processed breads, cookies or candy with all of its additives, including sugar.

It's important to remember that these are wild animals visiting our urban ponds. Feeding is not required, but if done correctly, it causes no harm.

Here are some tips to keep the feeding fun and the ducks healthy:

1. Don't overfeed. Take a small bag of birdseed or waterfowl pellets.

2. Explain to the kids that the ducks are on a special diet to help them stay healthy.

3. Western Feed carries fowl pellets or scratch. This commercial food is nutritionally designed for birds. Pellets and crumble can be found at other stores.

4. Avoid feeding goslings or ducklings.

Misfeeding waterfowl has heartbreaking consequences. Wings of baby fowl can become deformed from a processed-carbohydrate diet. The unusual deformity called 'angel wing' can be a symptom. Adults can also become sick if the bread gets stuck in their crops.



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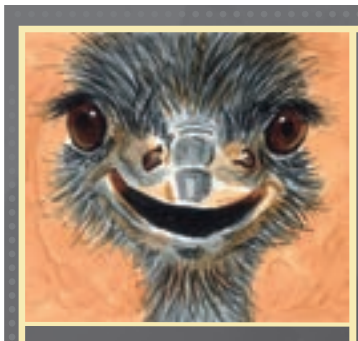
PHOTO COURTESY OF USDA

If you know a 4-H kid raising a friendly cow, maybe you can pet it.



PHOTO BY CAROL BOGART

Most animals, if you love them, they love you back. This is Gobble. I had four turkeys when I had my farm: Gobble 1 (pictured); Gobble 2; Dinner 1 (joke) and Dinner 2. Gobble 1 liked my hugs. Gobble 2 endured them. The Dinners – wild turkeys I got at the grain elevator – were a bit standoffish. The wild in them, I guess.



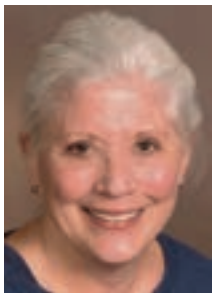
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THIS 'n' THAT

by Carol Bogart

Cow Cuddles: A Pandemic Trend

Here's what I've missed most this past year. Exchanging smiles with people – and hugging them.

For all of my childhood and most of college, there was not a lot of hugging in my family. I only saw my dad hug my mom once. The time she met him at the door after his mother died.

My parents rarely hugged me, either. Mom said I was 'squirmy' as a toddler. If she tried to hold me I straightened out like a board, she said, and slid right off her lap.

She said each time she tried to put on my shoes, I curled up my toes. No part of me liked confinement? Or maybe these annoying behaviors were just symptoms of being ADHD tactile-sensitive. Wool or nylon against my skin – couldn't stand it. Snug collars, hated those.

This 'thing' with textures extended to what went in my mouth. Applesauce, for instance, was rejected. Mom could scrape it off my chin a million times – I wouldn't eat it. That day to this, orange juice was/is a big N-O. When mom strained it she might get me to take a sip or two (pulp! uck!). My poor mother. "Persnickety," she said. (Nobody'd heard of ADHD back then.)

Even today, my son likes to point out that I 'arrange' my food. 'Like with like' so nothing touches. Just thinking about certain textures gives me shivers. Kidney beans, Navy beans, Lima beans – eeeyow. Chickpeas in the salad? Out they go.

Mom once said, "We should have taken you to child psychologist when you were 3." I was a 'difficult' child, she'd say. I assumed my unruliness was why she said it. But when I was 3, a neighborhood kid, 16, molested me during hide 'n' seek. When, as was our custom at the dinner table, dad asked us each about our day, I told about my icky experience behind a bush. Dad and Keith, baseball bats in hand, ran out. Mom, white faced, sat stock still and speechless 'til they got back. Dad, headed back to the garage with the baseball bats, said, "They're going to get that boy some help." Not another word was said about it. Not then. Not ever.

Maybe she meant that?

For the most part, things went well for me through high school. Good grades, extracurriculars, all of that. But I couldn't handle college. Too little structure. Too much time to think. My brother, by then a doctor, researched psychiatrists. My parents took me. The shrink said I'd been depressed so long; I couldn't remember 'happy'. "What do you want?" he asked. I said, "I want my parents to hug me." "If you want things different," he responded, "you'll have to change, because they can't."

So, I did.

And turned them into huggers.

Before the pandemic, I was big on hugging. Also exchanging smiles with people. The other day, a tiny boy at Walmart smiled up at me. Since he couldn't see behind my mask, I squinched my eyes up (like a cat to show him I was smiling back.

This virus has left far too many of us are affection starved. Some enterprising livestock owners are cashing in. According to a recent article in Forbes; cows and sheep are being rented out for cuddles. $75 an hour to hug a cow! Seem expensive? Through July, those cows are all booked up!

Now if you hear of a not-fractious rental cow near here, please let me know. I just might have to hug it.

Prefer dogs and cats to sheep, cows or turkeys? As this lonely pandemic's lengthened; shelter adoptions have been up. Win-win. Forever homes for lonely animals. Questions, comments? Contact Carol at carol@bogartonline.com.



PHOTO COURTESY USDA

Sheep, though cute, can feel a little greasy, plus you can't feel their body warmth through the fleece.

BLM:

continued from page 2

tinue to be used to spread its message after its removal.

"We need to remember that the sign, although temporary, should not be torn down and thrown away when it's tour is done (at McClatchy Park)," she said. "It needs to go on a worldwide tour. It needs to go in other neighborhoods, other areas in Sacramento, to not only spread the message that black lives matter, but also to share with those that have the privilege to not necessarily have to tap into the Black Lives Matter movement."

With plans underway for the sign to be installed at James McClatchy Park, residents of the Oak Park community last week told the Land Park News what they felt about the sign and its message.

Anitra Duncan expressed her support of the plan to have the sign placed in the park.

"I think that would be awesome," she said. "We do need a sign that says Black Lives Matter. All lives do matter, but it's time that we push the fact that black lives do matter – especially here in the community, because black lives do matter."

Brenda Bean, a 28-year resident of Oak Park, also spoke in favor of the Black Lives Matter movement.

"They should have had the Black Lives Matter (movement) a long, long time ago, because racism, it's bad, really bad," she said. "We didn't do nothing to you guys. We were born American." Bean added that the message that black lives matter should continue to be spread.

"I'm glad they (will) put up a Black Lives Matter sign (at McClatchy Park)," she said. "(The message) should be all over the United States, all over the universe. Black Lives Matter. We (are) one nation under God, everybody."

Nord Young, a Marines, Army and Air Force veteran, said that he hopes that people of all races can come together in peace, and respect each other.

"Unity, love for one another," he said. "There's so much negativity with people that they can't see the good in a lot of other people. Like me, I get on the bus and people would move away from me like I'm contagious. But they don't know what I've been through. I'm a Vietnam vet.

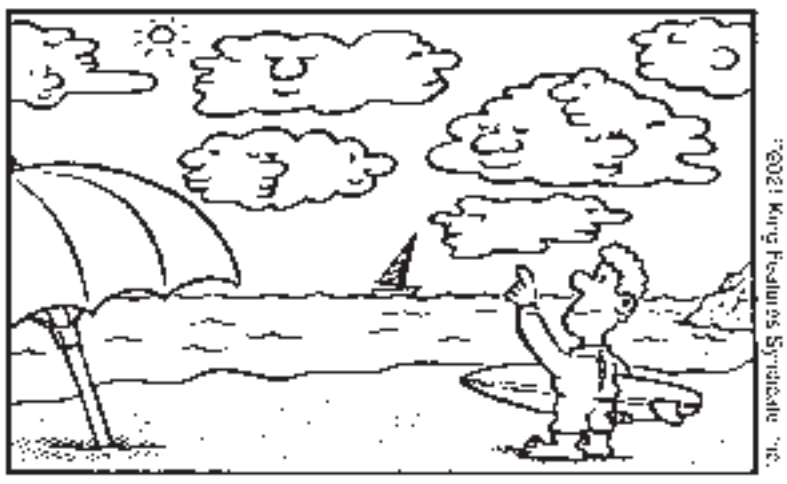
"I guess if I don't wear my insignia on my uniform, they don't know who I am or what I am. I'm a person, I'm a man. If you want respect, give respect."

Tashunna Harding told the Land Park News that she realizes that some people in Oak Park will not support having a Black Lives Matter sign installed at McClatchy Park.

"There's always a controversy to that (movement)," she said. "You're going to have people offended by (that sign), as well, because this is a very diverse community. And lately, there have been a lot of other races moving into the community. We don't know how they may feel about (the sign). That may offend them."

Harding concluded that the Black Lives Matter movement is very important.

"Black lives do matter, because black people get treated differently, based on the color of their skin, how they dress, how they carry themselves," she said. "And when they say, Black Lives Matter, I think what they really mean is most people don't understand what it is to be black. Before you get offended, try following a black person, try to put yourself in their shoes, try to experience what they've experienced."



HEADS IN THE CLOUDS! With a little imagination, you should be able to pick out at least 15 people who have their heads in the clouds.

Junior Whirl

by Charles Barry Townsend

1.	T							E
2.		T					E	
3.			T			E		
4.				T	E			
5.			E			T		
6.		E					T	
7.	E							T

FIND THE BIG WORDS

Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left.

The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

Definitions:	Anagrams:
1. Fellow member	meat + tame
2. Liquids separator	nits + rare
3. Cashew casing	shun + tell
4. Appreciative	gulf+ tear
5. People mover	rove + tale
6. Easily broken	date+ lice
7. Large animal	neat + help

Time limit: 2 min. each.

1. Teammate. 2. Strainer. 3. Nutshell. 4. Grateful. 5. Elevator. 6. Delicate. 7. Elephant.

TIME OUT! One night, during a storm, lightning struck the Town Hall clock, sending the face of the clock to the ground, where it broke into three pieces. On examination, it was noted that the numbers on each piece added up to 26. Can you figure out how the face of the clock was broken?

Piece 1 had the numbers 11, 12, 1. 2. Piece 2 had 9, 10 3. 4. Piece 3 had 5, 6, 7, 8.

YOUR AGE IS! Did you know that you can tell how old a person is just by knowing what their shoe size is? Here's how:



1. Have the person write down his or her shoe size (forget half sizes).
2. Tell him to multiply the size by 2.
3. Have him add 5 to the result.
4. Next, he must multiply the sum by 50.
5. Now tell him to add the "magic number" 1748 to the product.
6. Finally, tell him to subtract the year of his birth from the previous sum.

You now ask him what number he is left with. You'll find that the last two digits will be the person's age on his birthday this year. (Each year the magic number is increased by 1. This year, 1998 is 1748; next year, 1999 is 1749, etc.)

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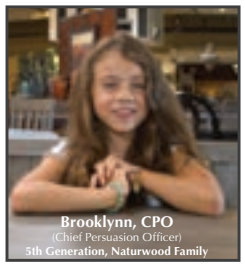
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