



Valley Voice

Serving Madison, Esparto, Capay,

Brooks, Guinda, and Rumsey

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Local Opportunities For Special Holiday Gift Giving

November 2014



Séka Hills Tasting Room Opening!

Just in time for the annual fall olive harvest, the new Séka Hills Tasting Room at the Séka Hills Olive Mill is opening November 5 and welcoming visitors Wednesdays through Sundays, 11:00 a.m. to 6:00 p.m.

The Tasting Room offers an insider's view of how the Tribe's olives are grown, milled and finished to create Séka Hills extra virgin olive oil. The Tasting Room will also showcase the agricultural bounty of the Yocha Dehe Wintun Nation and the Capay Valley, and serve as a stopover for shopping and a relaxing bite to eat.

The mill will be especially active in the autumn months as Yocha Dehe and neighboring growers bring in their freshly harvested olives. At times, visitors will even have the unique chance to taste the fresh oil within minutes of milling.

Submitted by Sophia Cazanis of LarsenCazanis Public Affairs

Christmas Craft Fair

Countryside Community Church is excited to announce its annual Christmas Craft Fair, to be held on Saturday November 22 from 9:00 a.m. to 3:00 p.m. at the social hall on the corner of Fremont and Grafton in Esparto. There will be vendors selling one of a kind handmade items, homemade baked goods for purchase, and activities for the children. We invite friends and family to kick off the holiday season with us as we gear up for the most wonderful time of the year.

If you are a vendor and are interested in renting a space with us, or if you simply have questions concerning this event, please contact CCC at (530) 787-3586 or Robert Richeal at (530) 723-2455 for more details. We look forward to spending part of your day with us.

Submitted by Robert Richeal

Children's Shopping Day

The annual Children's Shopping Day will be on Saturday, December 6, from 10:00 a.m. to 2:00 p.m. at Esparto Elementary School. The Children's Shopping Day provides children under 12 an opportunity to buy gifts for family members at bargain prices. All gifts are priced under a dollar and are wrapped for free by volunteers.

Submitted by FERL

Holiday Grange Exchange

Guess what time it is? Time for The Holiday Grange Exchange! The Holiday Grange Exchange in Guinda at the Western Yolo Grange Hall will be Sunday, December 7 from 2:00-5:00 p.m.

If you have a craft or product to showcase to the valley, please contact Trudie Martin at (530) 796-3312 or tmart@gvni.com

Many valley residents look forward to the Holiday Grange Exchange so they can gift local products to their special people!

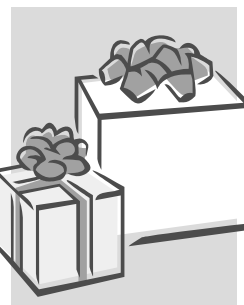
Submitted by Trudie Martin

Ready for Holiday Shopping without the stress of the stores? Let me bring the store to you.

You can pick something for everyone on your list.



Contact me:
Brenda Origami Owl
Independent Designer
At 530-554-0001



Esparto/Capay Valley 4-H Presents

Christmas Craft and Vendor Event

December 13th, 2014
Esparto Middle School • 26058 County Road 21A

10:00 a.m. to 2:00 p.m.

Come have your photos taken with Santa,
Courtesy of the Esparto Fire Department

Gift wrapping by
Esparto Capay 4-H -
Bring your items to wrap
while you shop...

For more info
and to reserve your table,
Contact Heather Echarte
530-787-4332 or
nandhecharte@att.net

VALLEY VOICE

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1/4 page: \$50 per month

1/2 page: \$100 per month

Full page: \$200

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email valleyvoice2@hotmail.com**

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Let all your friends and relatives know that for just \$25 per year we will mail them each month's edition! This is a perfect way to keep up to date with all the Capay Valley news and events.
Complete the order below.

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☐ One Year: \$25.00 (12 editions)

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The Valley Voice

P.O. Box 133

Esparto, CA 95627

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



**We will re-open 7AM
Saturday, November 29**

24989 State Hwy. 16 • Capay, CA • [530] 796-3777
ROADTRIPBG.COM

California Native American Day Celebration

Native American Day 2014 was celebrated on September 26 with tribes from across the State joining again this year on the Capitol steps and lawn for the traditional tribal flag-bearing ceremony, dances, remarks from tribal leaders and California legislative representatives. Cynthia Clarke, Yocha Dehe tribal citizen, carried the Yocha Dehe flag, and Chairman McKay delivered welcoming remarks. The gathering was a huge success, and attendees enjoyed the performances as well as the vendor and informational booths set up on the lawn.

The Native America Day Tribal Leaders Forum was held the night before at the Citizen Hotel, organized around the theme "Water is Life, Water is Sacred." Governor Brown and state officials, as well as leaders from northern, central and southern California tribes, delivered remarks on the subject of water, tribal rights and water issues facing all of California in the coming years. Chairman McKay addressed the forum on behalf of California's central tribal region.

Submitted by Sophia Cazanis of LarsenCazanis Public Affairs



Pictured above are attendees at the Native American Day celebrated on Sept. 26. Yocha Dehe Chairman Marshall McKay is pictured in the middle at the left, with Cynthia Clarke carrying the Yocha Dehe flag.



Full Belly Farm

Certified Organic

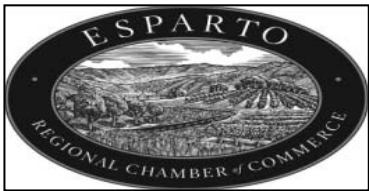
Veggies • Flowers • Fruit

**Farm Stand Open
Fridays 2 p.m. to 6 p.m.
Road 43, just past
Guinda**

For more info: 796-2214



**Election Day
November 4**



Chamber announcements:

There are two upcoming events which you won’t want to miss. These events are designed to help the community and provide enjoyment for you. Please support our community by attending!

MIXER: Hear Betsy Monroe talk about the history of the Capay Valley and early residents. Photos, interviews, refreshments. This event will be held on Wednesday, November 12, at the Esparto Library from 6:00 to 8:00 p.m. It is sponsored by the Chamber of Commerce and FERL (Friends of the Esparto Library). This is one of our Chamber speaker series, featuring local people who have information to share.

HOLIDAY DINNER/FUNDRAISER (Fundraiser for the 100th Anniversary of the Almond Festival): Seka Hills is hosting this year’s holiday dinner at their new tasting room and visitor center. Hearty appetizers and wine catered by Cache Creek Casino Resort chefs, tour of the facilities, silent auction featuring vacation get-aways, golf certificates, crafts and local products. These items would make great Christmas gifts. This event will be held on Thursday, December 11 from 6:00-8:00 p.m. The Seka Hills Visitor Center across from Cache Creek Casino in Brooks. Tickets: \$25 at the door; \$20 in advance, available through Seka Hills or the Esparto Chamber of Commerce. (530-787-3242)

Submitted by Camilla Barry Executive Director Chamber of Commerce



Pictured left are the Lady Wildcats from the Middle School with their coaches. (See article on pg. 5)



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



Common Core State Standards (CCSS):
On Monday, November 10 students will have a day off; however, teachers will be attending the second of four staff development trainings on Common Core State Standards that will be held at the Yolo County Office of Education. This all day training will focus on the following:
Exploring Text Complexity & How to Incorporate Text Dependent Questions

2013/14 Accountability Progress Report
On an annual basis the California Department of Education provides schools with progress they are making to meet the goal of 100% of the students being proficient or advanced on state assessments. This academic year the state only released information on high schools due to the new assessments that were piloted in the 2013/14 school year. Below you will see how the high schools in Yolo County compare when reviewing the percentage of students in the major subgroups in the area of Mathematics and English Language Arts.

	Esparto High	Davis High	Wdld High	River City High	Pioneer High	Winters High
Schoolwide	57.6%	84.5%	49.4%	53.5%	55.5%	55.4%
Hispanic	50%	66.1%	43.5%	40.5%	45.7%	49.3%
White	68.2%	89.6%	60.2%	63.4%	70%	69.7%
Low SES	51.4%	60.9%	43.6%	47.7%	49.4%	46.3%
English Learner	41.7%	48.5%	21.7%	36%	27%	37.5%

Other than Davis High you can see by the data that Esparto High out performs other local high schools in overall school wide and in 3 out of 4 subgroups.

English Language Arts

	Esparto High	Davis High	Wdld High	River City High	Pioneer High	Winters High
Schoolwide	63.6%	80.7%	56.5%	50%	55%	50.9%
Hispanic	53.8%	55.6%	52.5%	40.4%	45.7%	40.3%
White	77.3%	90.6%	65.6%	59%	72.5%	75.8%
Low SES	55.9%	49.6%	50%	43.3%	48.4%	39.1%
English Learner	33.3%	24.2%	18%	18.9%	21%	19%

As in Mathematics our English Language Arts scores demonstrate that Esparto High School out performs all schools other than Davis High Schoolwide and in 4 out of 4 subgroups.

Esparto Unified School District Events:

- November 3 Minimum Day— Students get out early
- November 6 Cookie Dough Delivered
- November 7 Senior night—Football against Biggs
- November 10 Non student day—Certificated Staff Development
- November 11 Veteran’s Day—Legal Holiday
- November 12 School Board Meeting—Only meeting in November 6:00 p.m.
- November 19: Tutoring Informational meeting at EES at 9:00 a.m. or 6:00 p.m.
- November 24-28 Thanksgiving Break
- December 1 Minimum Day—Students get out early
- December 2-5 EES Parent Teacher Conferences 12:40 dismissal all week

Reminder:

All articles, ads, and announcements and payments for this paper are due to the following email address by the 20th of each month for publication in the next month’s Valley Voice. Send to valleyvoice2@hotmail.com. Payments for ads are due by the 20th of each month.

Give the Gift of Reading
Attention EUSD Volunteers

Thank you to all community members who have completed the district’s volunteer screening process. We have a need for reading tutors at Esparto Elementary School. Students will require this tutoring 2 days per week for 1 hour per session. Tutoring can be done before, during, or after school. We will conduct tutor training and provide all materials. Please attend an informational meeting on November 19 from 9:00-9:30 a.m. or 6:00-6:30 p.m. in the Esparto Elementary School cafeteria.

“To learn to read is to light a fire; every syllable that is spelled out is a spark.” – Victor Hugo, Les Miserables

Submitted by Melissa Campbell

News from Esparto Elementary School
Veronica Michaels, Principal

Thanks for supporting our Fall Festival. It was a fun evening for all who attended!

Thanks to all of the families who supported our cookie dough fundraiser! The cookie dough will be delivered on Thursday, November 6. It will be available for pick up from 2:30 p.m. until 5:30 p.m. in the school cafeteria. Please make arrangements to pick this up. Bus students will have difficulty taking their orders home on the bus. Thank you.

We value parent involvement and volunteerism at EES. In order to volunteer or be at school for any extended amount of time, it is mandatory that you have a cleared TB test and fingerprints on file. These requirements are for the safety of our students.

Along the lines of safety, we ask that parents drop their students off in the Grafton Street parking lot and not in front of the school. The traffic in the front of the school is very dangerous and we would hate for anyone to get hurt out there.

With rainy days on the horizon, it becomes very important that staff to be able to manage 450 students effectively. When there are so many extra people in the cafeteria before school on rainy mornings, it makes dismissal very difficult. I have timed dismissal and it is taking up to 8 minutes. Over the course of a rainy week, this could impact your child by missing 40 minutes of instruction per week or more! Please realize that we have your child’s safety as our first concern. Once they are in the cafeteria, we will ensure that they get to class!

Please follow these guidelines:

- On rainy days, students should come directly to the cafeteria, whether they are eating breakfast or not.
- We do not require students to sit by class in the cafeteria before school starts. They may come in and sit wherever there is space.
- **Please drop your child off and exit the cafeteria.** Please do not sit at the tables, as we only have enough seating for the kids.
- Please do not stand blocking any doorways. This is a fire hazard.

Dismissal procedure on rainy days:

- Your child’s teacher will be called. Your child will then line up with their class. Classes will exit the cafeteria one at a time. If your child arrives after their class has left, they will be directed to their class.
- Dismissal will start 2-3 minutes before 8:00

FREE PRODUCE DISTRIBUTION

For families with children ages 0-5 ONLY

- 1st and 3rd Thursday of the month
- Countryside Church
- 26479 Grafton St. Esparto CA 95627
- 10:30 a.m. - 11:00 a.m.



DISTRIBUCION DE VERDURAS

GRATIS

SOLO para familias con niños entre la edad 0-5

- 1er y 3er Jueves del mes
- Countryside Church
- 26479 Grafton St. Esparto CA 95627
- 10:30 a.m.—11:00 a.m.



PLAY SCHOOL EXPERIENCE

- Parent-Child Activities
 - Story time
 - Educational Arts and Crafts
- Mondays 11:15 a.m.—12:15 a.m.**

Countryside Church Social Hall
26479 Grafton St., Esparto

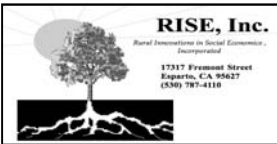


EXPERIENCIA PRE-ESCOLAR

- Actividades para Padres-Niños
- Tiempo de Cuentos
- Arte Educativo

Lunes 11:15 a.m.—12:15 a.m.

Countryside Church Social Hall
26479 Grafton St., Esparto



Submitted by the RISE Staff



For Rent

**Small Room for rent. TV, Furnished.
Single Employed Female Preferred.
All utilities included. Share Kitchen,
\$300 per month. \$100 deposit.
(530) 787-3272.**

News from Esparto Middle School
Hortencia Phifer, Principal

I wanted to extend a personal thank you to families who supported our cookie dough sale this year. Cookie dough should be arriving before Thanksgiving break. All money raised will help fund our Associated Student Body activities and athletics this year. October has been quite busy with students on campus promoting breast cancer awareness and the ASB has been collecting "Coins for Cancer." Our first dance was October 17 with the theme "Think Pink". Students were so excited and in support of bringing awareness to the cause. Thank you to all who helped in make the dance a huge success!!

Our lady Wildcats completed their volleyball season this week. What an exciting ride it was. Our 8th grade girls' team competed in the league tournament on October 18 at Douglas Middle School and played their hearts out. I want to say that the both teams made huge strides in developing their serves, bumps and spikes! I'd like to extend a huge thank you to Stephanie Dennis who volunteered to coach the 6th/7th grade team. Another special thank you to Joy McAllister for coaching the 8th grade girls, with the assistance of Rebecca Middleman. These moms volunteered many hours to come and support our girls and invested in creating a team culture not just on the court but at EMS. (See pictures on pg. 3)

Athletics at EMS is well on its way with the girls' and boys' 7th grade basketball teams which will be working on skill building this week. Please be sure that your child has a current physical on file with the school if they are going to play sports. We had a mandatory parent meeting on August 27 and will host another one in October, stay tuned and check out our website for updates.

Our first progress reports were mailed out on October 10 so please be sure to check your mail. Please contact the office if you did not receive your child's grades in the mail. Our intervention classes are weekly on Tuesday and Thursday from 3:20-4:10 p.m. with Mr. Gracia. Mr. Hayward will also be teaching our opportunity class which will begin on October 24. EMS staff is utilizing School Loop to post lessons, homework and grades for all students. Please be sure to log on and create your account if you have not done so. Do not hesitate to contact the office if you have any questions.

News from Rumsey Improvement Association

"Unbroken Web: The Art of Ellen and Lucy Begay, Traditional Navajo Weavers" on Wednesday November 19 from 7:00-8:00 p.m.
at Rumsey Hall (sponsored by FERL).

Author Gary Beaudoin will discuss the Begay's work and present examples of their artistry. The Begay's textiles of extraordinary beauty and complexity are both personal accomplishments and a testament to an important heritage. In their weaving, the Begays infuse geometric variations and strive to create something different with each piece, drawing inspiration from their natural environment. To learn more about the weavers, their textiles, the author and the book, visit: unbrokenweb.com. The book will be available at the Esparto Library and for sale at the event.

Contact: FERL President Trini Campbell for additional information: 530-249-0903 or trini@riverdogfarm.com.

Low-Impact Exercise class on Wednesdays at 6:00 p.m.
Led by Candice Schaer, a certified Holistic Health Practitioner and Massage Therapist from Esparto. Contact her at 858-232-1005.

And a **big thank you** to everyone who supported the RIA by baking, selling or buying cookies as part of our annual fundraiser at the Hoes Down. This event helps RIA to support other community events.

The Rumsey Hall is available for rental for special events. There is a stage, tables & chairs, a sound system and kitchen. Please contact our Hall Rental Committee for more information at: info@rumseytownhall.com.
Submitted by Elvira Paoletti of RIA

Make Your Own Almond Beauty Cream -
Recipe notes from One Hundred Years Ago and Today
Celebrating the Almond in our History
for the 100th Almond Festival in 2015

Hinds *Honey and Almond Cream* was a popular face cream in the period around 1915, used by both movie stars and housewives. Almond oil was the moisturizing ingredient but it went rancid quickly, which would lead to skin damage instead of improvement. That, and the expense of buying commercial cream led many to ask advice columnists, “How can I make my own?”

One newspaper provided a recipe: “One ounce spermaceti, 1 ounce white wax, 7 ounces sweet almond oil, 4 ounces distilled water, 30 grains powdered borax, 1/4 grain coumarin, 12 drops oil of bergamot, 3 drops oil of rose, 4 drops oil of bitter almond, 3 drops tincture of ambergris. Melt wax and spermaceti, add almond oil, then carefully add the water in which the borax has previously been dissolved. Stir until cool (one recipe said to beat with a fork one hour!). Add the rest of the articles and stir all the while until the mixture is cold.”

Let’s examine these ingredients and methods: *Spermaceti* was a wax removed from the head of sperm whales. *Ambergris* is a waxy material from the whale’s digestive system. The whaling industry was not as strong as it was in the 1800’s. Whale grounds had been hunted so thoroughly that New England sailing ships spent several years on a single voyage searching for kills in the distant Pacific Ocean. Trips were expensive and profits uncertain. The discovery of large petroleum fields in the early 1900s further decreased use of whale oil products. Yet we see that this recipe still called for spermaceti and ambergris. They would come to be replaced by waxy petrolatum. Each of these ingredients thickened and smoothed almond creams.

Coumarin is a fragrant chemical extracted from many plants, including our common mullein. *Bitter Almond Oil* has more fragrance than almond oil alone. Almond oils were fragrant and considered highest quality oils for skin care.

Borax combines chemically with fats to emulsify them in water; that is, to keep them from separating. It was actually creating a kind of soap within the almond cream...leading to claims that these creams could not only soften but could clean your skin at the same time. *Grain* is a unit of measure. One grain is defined as .65 milligram. It is difficult to imagine measuring ingredients this precisely.

“Stir until cool” probably meant whisk, but most cooks in the early 1900s didn’t have one. The modern whisk wasn’t popularized until Julia Child used one on her TV show in the 1960s. Stirring alone wouldn’t emulsify the mixture properly, which is why one recipe specified using a fork.

Cold Creams? Some people think this term came to be applied to almond oil creams because they were kept cold to avoid rancidity. Others say the evaporation of water left the skin feeling cool. A thin layer of oil was left behind to moisturize the skin.

Want to try making your own Almond Oil Lotion? Here’s a recipe using simple and modern ingredients. Now you know the purpose for the borax and wax. Remember to make small batches as the almond oil will go rancid. Give it as a gift!

Almond Oil Lotion Recipe

Ingredients:

1/8 t borax powder

1/4 cup water (non-chlorinated is best)

1/2 cup almond oil

1 T grated beeswax

Instructions:

Dissolve borax in the very hot water (about 150 degrees). Melt beeswax and sweet almond oil in a double boiler stirring occasionally, bringing it to approximately the same temperature as the water/borax mixture. Remove the oil/wax mixture from the heat. Slowly add the borax-water mixture to it. Allow the lotion to cool completely while whisking.

Submitted by Camilla Barry, Executive Director ERCC



**You are invited to join us at
Calvary Baptist Church of
Esparto!**

**Regular Weekly Services:
Alice Marsh Hall
(Located at Esparto High School)
Sundays, 10:00 AM**

**Phone number: 530-383-2106
A ministry of Calvary Baptist Church of
Woodland**

**Find us on the web at
www.calvarywoodland.org
Find us on Facebook at
Calvary Baptist Church of Esparto**

On Fire
FELLOWSHIP

**On Fire Fellowship
Join us Sunday mornings
at 11:00 a.m.
26543 Madison Street
Esparto
(530) 787-4841**

***"The Gathering Place"*
Senior Dinner
Every Tuesday 4:00-6:00 p.m.**



**Sunday Service at 10am
Sunday School provided for
3 - 10 year olds
(Presbyterian Affiliation)
countrysidechurch@outlook.com**

Called by Christ to Care
**Countryside Community Church
We are a "come-as-you-are"
church that loves fellowship and is
"Called by Christ to Care"**

**Coffee Hour after every Sunday service -
Come join us!**

**For more information about us, go to
www.espartocountrysidechurch.org
or like us on Facebook**

**26479 Grafton Street
Esparto CA 95627
(530) 787-3586**



Pictured above is
President Dwight D.
Eisenhower signing
the "Veterans Day
Proclamation" in
1954.

**Capay Valley
Ecumenical Service
Sunday,
November 23
The Churches of the
Capay Valley
will be coming together
this year
(the Sunday before
Thanksgiving)
in Guinda, California
to celebrate the
Ecumenical service for
2014.**

**Everyone is invited.
Time:
Potluck – 1:00 p.m.
Service – 2:00 p.m.
Place:
Guinda Community
Church
16671 Forrest Avenue
Guinda, CA 95637**

**Veterans Day
November 11
Thanks to all
who have served
our country.**



History of Veterans Day

World War I – known at the time as "The Great War" - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day..." The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m. The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926. An Act approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day."

Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee.....which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

The Uniform Holiday Bill was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was quite apparent, though, that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20, 1975, President Gerald R. Ford signed Public Law 94-97 which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action was supported by the overwhelming majority of all major veterans service organizations and the American people.

Information in this article is taken from the website of the U.S. Department of Veteran Affairs.

INTERPERSONAL EFFECTIVENESS

In the last article, I described the effective way to deal with anxiety and upset by staying in the moment. It is a literal practice of observing what is around you, smelling the air, listening to the sounds, and feeling the chair you sit in at every moment. The practice floods the mind with the present and it is unlikely, if not impossible, to think anxious and upsetting thoughts. The skill takes practice and is accomplished throughout one's lifespan. Some people with anxiety will fall into the "I failed" or "I can't do it" trap. They need to remember that trying is succeeding. WISE MIND skills: Acknowledge thoughts and feelings, accept each moment, stay non-judgmental, state the facts when speaking, and unglue any opinions while conversing with others. The next baby step in the WISE MIND process is Interpersonal Effectiveness.

STEP ONE: ATTEND TO YOUR RELATIONSHIPS

DON'T LET HURTS AND PROBLEMS BUILD UP. Balance is important and if a relationship is not attended to, it blows up and bursts like a balloon. The stress causes you more anxiety and sadness, which increases with each moment the conflict continues. **RESOLVE CONFLICTS BEFORE THEY BECOME OVERWHELMING.** The stress is unbearable, and the relationship discord becomes more of the center than the supportive relationship once was. The longer you wait to repair the relationship, the harder it is to approach the person. **END HOPELESS RELATIONSHIPS.** At some point it is so hard, so destructive, there may be no way to continue the relationship. You are better off with minimal or no contact with the person.

STEP TWO: BALANCING PRIORITIES vs. DEMANDS

Priorities are activities and things we want to do. Demands are activities and things people want of us. The problem arises when priorities and demands between two people conflict.

Over committing is a common problem in order to feel needed, liked, or important. This will likely have the opposite effect when goals aren't met or done well if you are over committed. People who over commit often leave other commitments, such as family and friends, or projects in the lurch. You're afraid you won't feel good or liked if you let your family or committee down, and chances are you may not be asked to help at the next event or your loved ones will build resentment if you are on too many committees. Over committing puts tension on your school, community, family, or friendships. This takes you to the above task of repairing relationships whether it is with the school, community, family or friends. In other to avoid this fiasco, learn to negotiate, compromise, and say No. **IF OVERWHELMED, REDUCE OR PUT OFF LOW-PRIORITY DEMANDS. ASK OTHERS FOR HELP. SAY NO WHEN NECESSARY.**

The opposite may also be a problem. You may be someone that is not involved enough. If there is not enough for you to do, and you want more involvement in projects, activities, and even in your family, it may take some courage. It may take some initiative. These may be skills that are not natural or easy. Find a confidant. Find someone who has an in with the family or group you want to participate in.

TRY TO CREATE SOME STRUCTURE OF WHAT EACH PERSON IS DOING. TRY TO CREATE SOME RESPONSIBILITIES. OFFER TO DO THINGS.

STEP 3: BALANCING THE WANTS-TO-SHOULDS

Find your priorities. What family members come first? What friendships do you value? What commitments are your priorities? Do tasks you want to do. Enjoy what you do. Balance it with should do and have to do. Keep the number in balance. Balancing may mean: **SAY NO TO UNWANTED REQUESTS. GET OTHERS TO DO THINGS.** Know that you will feel needed and liked by yourself and others with less commitments. Surround yourself with people who are dedicated to your health!


These steps are about finding and following the WISE MIND. Find the one step where you falter and work there. If help is needed in the practice, I am available for counseling. I am a licensed psychotherapist, and work in Esparto at the RISE office on Wednesdays from 7:00 a.m. to 3:00 p.m. The services are for local residents at no cost. To make an appointment, call RISE at 787-4110.

Submitted by Susana Russ, LCSW



DURST
ORGANIC
GROWERS

James & Deborah Durst
26100 County Road 16
Esparto, CA 95627
530-787-3390




Manas Ranch

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

“THE BEST PEACHES IN THE WEST”

Patrick Scribner



Certified Public Accountant

507 First Street, Suite B (530) 666-2727
Woodland, CA 95695 Fax: (530) 668-6822

email: pscpa@pacbell.net



Rumsey House
Bed and Breakfast



***Fine lodging and breakfast
for your family and friends***

Just up the road in Rumsey...
11 miles from the Casino, 1/2 mile from river rafting
(530) 507-8811 www.rumseyhouse.com

Family Contra Dancing

Location: Guinda Grange Hall
Date: Saturday, November 1
Time: Lesson: 6:30 p.m.; Dance 7:00 to 10:00 p.m.
Cost: \$10 Adult; \$25 Family; \$5 High School Student
Children 13 and under accompanied by family members are free.



Bunko

On Sunday, November 2, at 2:00 p.m.
join in the fun, frolic, prizes,
raffle, & refreshments
at the Western Yolo Grange Hall
located at 16787 Forrest Street in Guinda.

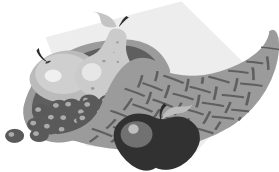
For more information call Trudie Martin 796-3312
\$10/person suggested donation to be used
toward the building fund.



The three gentlemen pictured above, all long time residents of the Capay Valley, recently celebrated their 90th birthdays. They are left to right: Darell Hayes, Bill Petty, and George Hayes. Congratulations to you all!



Thanksgiving is on November 27.
Have a happy holiday!



26797 State Highway 16, Esparto, Ca. 95627
(530) 787-1740

Sandwich \$6.00
Meal Deal \$7.50 Includes: Chips, cookie or trail mix, and a drink
Side Salad \$2.50
Soup \$3 – 12 oz., \$10 – 32 oz.
DELI OPEN 10 a.m.—5:30 p.m.

Bread

White or Wheat 6-inch roll

Cold Sandwich Choices

Chicken Salad
Turkey
Black Forest Ham
PB & J

Bacon
Turkey Pastrami
Roast Beef
Salami

Hot Sandwich Choices

BBQ Tri Tip
Pastrami
Pulled Pork

Cheese

American
Pepper jack
Cheddar
Swiss
Provolone
Gouda

Condiments

Mayo
Yellow or Spicy Mustard
Jalapeno Mayo
Chipotle Mayo

Fixings

Lettuce
Red onion
Banana Pep's
Dill Pickles
Avocado (\$.50 extra)

Tomato
Olives
Jalapenos

GUINDA COMMONS
BBQ RESTAURANT & PUB

FOOD	DRINK	COMMUNITY
Smoked meats, house-made sides, pastries & pies	60+ beers, hard ciders, local wines Specials on Tues & Thurs	Family friendly MLS & NFL on TV shaded patio



TUESDAY– SATURDAY 10 am–10 pm
SUNDAY 9 am–6 pm
Closed on Mondays

Call 796-0758 or
follow us on Facebook for food specials & events

**News and Events from the Esparto Regional Library
for the Month of November!**

The library will be closed, Tuesday, November 11 for Veterans Day, and Thursday and Friday, November 27 & 28, for Thanksgiving.

Special Programs at the Esparto Regional Library in November:

- **November 13, Thursday at 3:30 p.m. Maidu Museum & Historic Site.** – The program is aimed at older elementary school children. Families are welcome to attend and it is best if younger children are supervised by their parents or caregivers.
- **November 18, Tuesday at 3:30 p.m. Children’s Art Class with Julie ages 5 and up.**
- **November 20, Thursday at 3:30 p.m. Afternoon Movie – Walt Disney’s “Sleeping Beauty” 50th anniversary edition. Rated G.**
These fall programs are generously sponsored by the Friends of the Esparto Regional Library.

•During the month of November, the **Yocha Dehe Wintun Nation** will have a special display in our lobby.

La Biblioteca cerrará, Martes 11 de noviembre por el día feriado del Veterano.

Programas especiales de la Biblioteca de Esparto en Noviembre.

- **Jueves, 13 de noviembre a las 3:30 p.m. Museo Maidu y sitio histórico—grados 3-6.**
- **Martes, 18 de noviembre a las 3:30 p.m. Clase de Arte con Julie. – edades 5 años en adelante.**
- **Jueves, 20 de noviembre a las 3:30 pm. Película de la tarde- Walt Disney, “La Bella Durmiente” edición del 50 aniversario. Calificación G.**
Todos los programas del otoño son generosamente patrocinados por los Friends of the Esparto Regional Library.
- Durante el mes de Noviembre, **Yocha Dehe Wintun Nation** tendrá una exhibición especial en nuestro vestíbulo.

Recurring Programs at the Esparto Regional Library:

- Join us for our **Bilingual Story Time on Thursday mornings at 11:00 a.m.,** and help your child get ready to read. Children ages 2 to 6 years, and their parents or caregivers participate in stories, songs, movement, rhymes and finger plays, important tools to help your child develop language and other early literacy skills.
- **Cuentos Bilingües. Los Jueves a las 11:00 de la mañana. Cuentos, cantos , juegos y manualidades.**
- **10 Books to Read – November:** Look for our new list of suggested books for children in the Picture book area.
- **The English Conversation Class** meets on Tuesday, 1:15 - 2:15 p.m., in the Wintun Room. All English learners welcome. Practice your English in a group setting. Call for further information. (530) 787-3426.
- **Conversación en Ingles en la biblioteca de Esparto. Fechas y horas:** Martes 1:15 – 2:15 p.m. La Biblioteca de Esparto esta en 17065 Yolo Ave. en Esparto. (530) 787-3426. Un programa gratis de la Biblioteca del Condado de Yolo.

With the holiday season coming up, let the Yolo County Library help you find special places to explore with your family over the holidays! Go to: discover.yolocountylibrary.org. Using your library card, You can choose from over 20 destinations for free or reduced admission, including: Cartoon Art Museum, Chinese Historical Society of America, CuriOdyssey, Exploratorium, Lawrence Hall of Science, and the Marine Mammal Center.
Submitted by Malinda Baker

FERL News

The winner of the FERL Dollhouse Raffle is Jennifer Myatt. Her name was drawn at the Hoes Down Harvest Festival by FERL volunteer Kelly Schwenger. Congratulations Jennifer!

FERL has many wonderful activities planned for November and December. We hope to see you at our upcoming events:

- Harvest Dinner, Saturday November 8 from 3:00 to 7:00 p.m. at the Madison Town Hall. Tickets will be available at the library. Contact Becky Schwenger for additional information at 787-4078.
- "Unbroken Web: The Art of Ellen and Lucy Begay, Traditional Navajo Weavers" on Wednesday November 19 at 7:00 p.m., at Rumsey Hall,
- Children's Shopping Day, Saturday December 6, 10:00 a.m. to 2:00 p.m. at Esparto Elementary School. The Children's Shopping Day provides children under 12 an opportunity to buy gifts for family members at bargain prices. All gifts are priced under a dollar and are wrapped for free by volunteers. Donations of gift items will be accepted at the Esparto Regional Library through December 5. Volunteers are welcome to help with the very popular and rewarding event. For more information, contact Becky Schwenger 787-4078.
- Light Up the Library, Saturday December 6, 1:00 p.m. at the Esparto Library. FERL invites you to remember and honor those you hold dear in our annual Memorial Tree ceremony. Each year, our friends and neighbors purchase an ornament or light to decorate the holiday memorial tree at the Esparto Library. This simple way to usher in the holidays has been popular with our friends to honor loved ones, co-workers, veterans, or those who have left us this past year. The tree has also been use as a gift for those folks "who have everything they need" including birthdays and anniversaries
- Marian Nichols, our FERL Memorial representative, will read the names of those being remembered or honored. A keepsake ornament bearing each name will be hung on the tree. Refreshments will be served. An ornament is a \$25 donation and a light is a \$10 donation. Forms are available at the library for the Light Up the Library Memorial Tree. Donors may pick up their memorial ornaments at the library after the tree is retired at the end of December.
- Esparto Chamber of Commerce Mixer at the Library, Wednesday November 12 at 6:00 pm, Esparto Library Wintun Room. Oral history interviews featuring Capay Valley pioneer families. Moderated by Betsy Monroe, author and Greater Capay Valley Historical Society representative.
- FERL's annual newsletter was recently mailed to all residents in the region. Please renew your FERL membership or become a new FERL member to enhance programs and services at the Esparto Regional Library. The FERL Board of Directors would like to thank the FERL members for providing the annual support to fund programs that enrich the arts and sciences in our community.
Submitted by Trini Campbell, FERL President



Pictured left are Elisa, Eric, Gerardo and Johnny Melendez who helped FERL put together the Annual Newsletter that was mailed to all local residents recently.

RISE, Inc. WINTER BREAK Intersession Program

On December 22, 23, 29 & 30 RISE, Inc. will offer an intersession program for kindergarten – 5th grade students. Intersession activities include arts & crafts, staff led outdoor play, special projects, and more! Kids help to make their own healthy breakfast, lunch and snacks, which are included. Pre-registration for intersession is required. **A minimum of 10 sign ups will be needed by DECEMBER 15 to have this program.**

Dates: December 22, 23, 29 & 30
Hours: 7:30 a.m. – 5:30 p.m.
Location: Esparto Elementary School
Cost: \$15 per day per child (If you are currently enrolled in the After School Program the cost is \$10 per day per child.)

Registration forms can be picked up at the RISE Community Center (17317 Fremont Street, Esparto) or at the After School Program at Esparto Elementary School. Space is limited. If you have questions please contact Jose Vasquez (530) 908-1052 or jose@riseincservices.org. Please check the Valley Voice for information on future intersession programs. Submitted by the RISE Staff

Pictured at right are students of the RISE Middle School After School Program on a field trip to the Dixon’s Cool Patch Pumpkins and Corn Maze on October 20. (Pictures on both pages)



It’s what you do with it
when you’re **DONE** with it

DONE

**Yolo County Household
Hazardous Waste (HHW) Program**

FREE residential hazardous waste drop-off
FREE senior/disabled pick-up services
BUSINESSES must call for an appointment

DROP OFF DAYS AND TIMES
Every Friday & Saturday 7:30am - 3:30pm
44090 County Rd 28H, Woodland, CA 95776

Proper disposal of household hazardous waste
is not only the right thing to do, it’s the law.
For more info visit YoloCounty.org
or call (530) 666-8856



Medical Services for the Entire Family **Servicios Medicos Para Toda la Familia.**

At **Esparto Family Practice**, our providers look forward to partnering with you, and establishing a relationship that will benefit you now and in the years to come. Our providers seek to educate you and your family about health and illness.

En **La Clinica Esparto Family Practice** nuestros proveedores esperan colaborar con usted y establecer una relación que lo beneficiará ahora y en el futuro. Nuestros médicos lo educaran a usted y a su familia sobre la salud y las enfermedades.



Call our office to schedule your appointment
Llame hoy para una cita.

Community Medical Centers
17050 Grafton street
Esparto, CA 95627
(530) 787-3454

Clinic Hours- Horario de Clinica
Monday 9 a.m. to 1 p.m.

Lunes: 9 a.m. – 1 p.m.

Tuesday, Wednesday, Thursday and Friday 2 p.m. – 6 p.m.

Martes, Miercoles, Jueves y Viernes 2 p.m. – 6 p.m.



New income & eligibility guidelines

- Home Owners
 - Renters
 - Students
 - Homeless
 - Non residents
- (Can apply for Calfresh)
- Immigration Status: using Calfresh benefits **will not** affect your Immigration status they will not share any information with the USCIS.

You may now apply at our local RISE Inc. offices.

17317 Fremont Street in Esparto

201 First Street in Winters

Personnel from Department of Employment and Social Services will be processing any applications at our Esparto office every second and fourth Tuesday of every month from 9:00 - 12:00 p.m. And at the Winters office every Thursday from 1:00-4:00p.m. To schedule an appointment or ask questions contact Juan Hernandez at (530) 312-9054 cell or (530)787-4110 office



Nuevos ingresos mensuales y nuevas reglas de elegibilidad

- Dueños de casa
 - Renteros
 - Estudiantes
 - Gente sin hogar
 - Indocumentados
- (Pueden ser elegibles para Calfresh/Estampillas de comida)
- Estatus de Migratorio: Usando los beneficios de Calfresh **no** le afectara su estado migratorio, no se compartirá información con el USCIS

Usted puede aplicar en las oficinas de RISE Inc.

17317 Fremont Street en Esparto

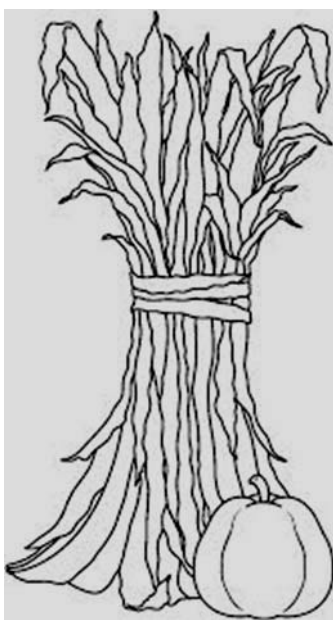
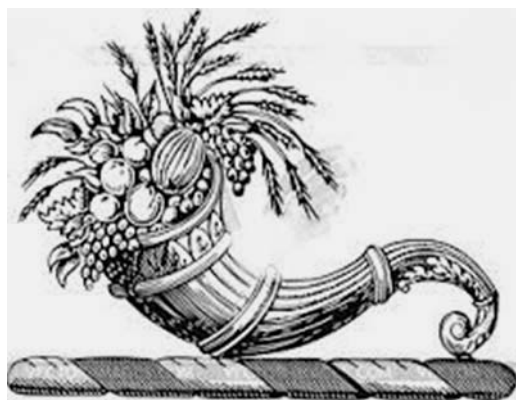
201 First Street en Winters

Personal del Departamento de empleo y servicios sociales van a estar procesando aplicaciones en Esparto cada segundo y cuarto Martes del mes de 9:00-12:00p.m y en la oficina de Winters cada Jueves de 1:00-4:00 P.M. Si tiene preguntas o quisiera ser cita comuníquese con Juan Hernández (530)312-9054 (celular) o (530)787-4110 oficina

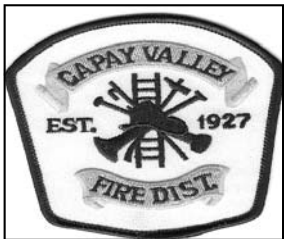
Happy Thanksgiving from all of us at Pacific Ace Hardware!!!

Give thanks for BIG savings all month long!!

- Let Ace help make Thanksgiving dinner easier with the Triple Buffet Server on sale for \$19.99
- To seat all of your family and friends we have 6’ folding tables for \$29.99 with Rewards Card and folding chairs to match \$11.99 ea.
- Keeping guests safe this year by not letting them drive home? We have a Queen-sized airbed with a built in electric pump \$34.99ea.
- Keep the house warm and toasty with Infrared Quartz Heater \$79.99. Copper Heat exchanger with beautiful wood grain cherry finish.
- Start planning your Christmas light display. We have a variety of lights on sale this month.
- Lit Garland and Wreaths only \$19.99
- Get a jump on your Christmas shopping: Amaryllis Bulb Kit perfect gift for anyone \$4.99
- DeWalt 18 Volt Cordless drill, comes with a contractor bag and 1 hour charger \$89.99
- Christmas trees will be arriving soon. Bring the family in to find that perfect tree.



Pacific ACE Hardware—Esparto: (530) 787-3800
Vacaville: (707) 448-2978 Winters: (530) 795-3368



When Should I Call 911?

Some folks are hesitant to call 911 because they are unsure whether their medical condition or complaint rises to the level of an emergency. But calling 911 connects you with a whole emergency medical team including emergency dispatch operators, medical technicians, paramedics, physicians and nurses who are trained to begin assessing and administering emergency care. This team will work together and alert the hospital to the patient's condition prior to arrival. They can also simplify and hasten the admissions process and make sure that the patient goes to the most appropriate facility.

- Here are some examples of situations that can warrant a call to 911:
- A fire
 - A crime, especially if in progress
 - A car crash, especially if someone is injured
 - A medical emergency, such as someone who is unconscious, gasping for air or not breathing, experiencing an allergic reaction, having chest pain, having uncontrollable bleeding, or any other symptoms that require immediate medical attention.


- If you're not sure whether the situation is a true emergency, call 911 and let the call-taker determine whether you need emergency help. When you call 911, be prepared to answer some questions, which may include:
- The location of the emergency, including the street address
 - The phone number you are calling from
 - The nature of the emergency
 - Details about the emergency, such as a physical description of a person who may have committed a crime, a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency.

- Here are some questions you can ask yourself if you are still uncertain:
- Is the victim's condition life or limb-threatening?
 - Could the victim's condition worsen and become life or limb-threatening on the way to the hospital?
 - Could moving the victim cause further injury?
 - Does the victim need the skills or equipment of paramedics or emergency medical technicians?
 - Would distance or traffic conditions cause a delay in getting the victim to the hospital?

If you dial 911 by mistake, or if a child in your home dials 911 when no emergency exists, do not hang up. That could make 911 officials think that an emergency exists, and possibly send responders to your location. Instead, simply explain to the 911 staff what happened.

First responders in the Capay Valley include members of the Capay Valley Fire Department. If you have any questions about the Department, give us a call: 796-3300. The newly renovated fire station in Guinda is available as a community meeting space, and the Department is always looking for local volunteers.


Submitted by the Capay Valley Fire Protection District



play the best.



YOCHA DEHE
GOLF CLUB



TROON GOLF®



CACHE CREEK
CASINO RESORT

cachecreek.com



**VALLEY SENIORS' PROGRAM AT RISE,
SCHEDULE FOR NOVEMBER 2014**

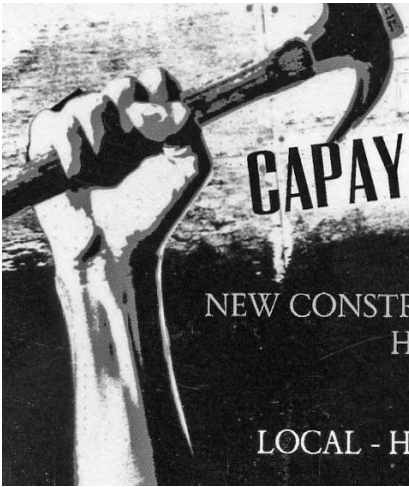
SPONSORED BY THE YOCHA DEHE COMMUNITY FUND

If you are 55 or over, Please join us at RISE; 17317 Fremont Street in Esparto, next to Esparto Market and the D. Warren Insurance Agency.

**JOIN US ON TUESDAYS & THURSDAYS, FROM 9:00 a.m. to Noon
FOR FOOD, DAY TRIPS, HEALTH, EXERCISE, CLASSES &
INFORMATION:**

- NOVEMBER 4: Coffee & Lunch served
Pamala Hunter, from Adult Insurance Services, will present a side-by-side comparison of the Medicare plans available in Yolo County, as well as information regarding prescription plans. She can help you to enroll or switch plans if you need assistance at this meeting. Presentation will start at 10 a.m.
- NOVEMBER 6: Legal Services of Northern California presentation and appointments. Topic: Veterans' Benefits: an Overview
Lunch served at 11:00
- NOVEMBER 11: RISE closed for Veterans Day
- NOVEMBER 13: Apple Hill Trip. Meet at RISE at 8:00 am.
RSVP with Beth
- NOVEMBER 18: Thanksgiving Dinner with "The Gathering Place"
(On Fire Fellowship Dinner for Seniors) at Rise, Inc.
Prep for Dinner during the day, Meal served in the evening. Seniors & invited guests are welcome. Please call to reserve a place at 530-787-4110 ex. 207.
Dinner served at 17317 Fremont Street, Esparto.
- NOVEMBER 20: Creating a Centerpiece for Thanksgiving Day
- NOVEMBER 25: Wrap Christmas Boxes for FERL Children's Shopping Day
- NOVEMBER 27: **RISE CLOSED FOR THANKSGIVING HOLIDAY**

Call Beth @ RISE, 530-787-4110 FOR QUESTIONS & UPDATES.
Submitted by the RISE Staff



RICK BRAMLETT
530-796-2196

CAPAY VALLEY BUILDERS

NEW CONSTRUCTION AND REMODELING
HANDYMAN SERVICES
HOME REPAIR

LOCAL - HONEST - AFFORDABLE

**Spice up the Holidays with Colorful Flower Arrangements
Master Gardener Workshop**

On Saturday, November 15 from 9:00 to 10:00 a.m. a free workshop on Colorful Flower Arrangements will be held at the Grace Garden at the Davis United Methodist Church Fellowship Hall. This is located at 1620 Anderson in Davis.

Wondering how to make a colorful flower arrangement for the holidays? Come get some great ideas from Jim Schulte. He will demonstrate flowers arrangements for a cornucopia. Bring your favorite vase or basket so Jim can help create new ideas and combinations for this year. This will be a fun class. Bring your friends.

This **free** workshop is being offered by the UC Cooperative Extension. Call (530) 666-8143 for more information.

**Backyard and Worm Composting
Master Gardener Workshop**

On Saturday, November 8 from 10:00 a.m. to noon, a free workshop on backyard composting will be held at Woodland Community College located at 2300 E. Gibson Road in Woodland.

Have you ever thought about making compost in your own backyard? Master Gardener, Steve Radosevich will demonstrate how you can convert lawn and garden waste into compost to enrich your soil as well as kitchen scraps using red wiggler worms. The City of Woodland Environmental Services will give free kitchen food scrap buckets to attendees who are Woodland residents.

This free workshop is being offered by the UC Cooperative Extension.

Special Rescued Cats

The cats pictured on these pages are a few from a group of 42 cats that were confiscated from a hoarding situation in Woodland. All are absolutely special in their own right, great with other cats, and all of the cats featured here are incredibly loving! There are many more not pictured. If you can help any of these cats through adoption or rescue, please contact: **Angela Kinn, Manager, Yolo County SPCA, (530) 902-6269 cell and ycasrescue@hotmail.com**



Butterscotch –A128956-Neutered Male—10 years (below) There is truly no place I would rather be than on your shoulders, taking it all in, purring my heart out. I love hugs and want to be near you. Just LOOK at me and my purr motor starts, I can't help it! I am skinny and need some TLC to recover from my ordeal, but they say I'm only 10 years old, that's middle-aged! I wear my heart on my sleeve and would love to wear myself on your sleeve!

**Bond – A129007 – Neutered Male
1 year (above)**
I am dashing and debonair, a striking young man. My fur is soft, my heart is huge, my paws are sturdy and my voice is strong when I have something to say. I am a jolly good fellow to have around and make everyone feel happy.



THINK ADOPTION.

Pet Adoption Corner

Murphy is a young Shiba Inu-German Shepherd mix with the cutest facial expressions and is about 2-3 years old. He wants to stay close to his favorite people. He offers his belly up readily for rubs and will "talk" to you to help you figure out what he wants. He walks really well on leash at a nice brisk pace with no pulling. He likes to toss toys around to himself and play, it's very cute, and he also likes chewing on bones. He is wary of people while out and about, but loves everyone that comes in the house. He gets along fine with dogs and sometimes runs around with them. He is affectionate and loyal and is house trained. Murphy is a nice size, not overly active, and would do well in a house of any size. Murphy would do best with a moderately active single person, couple, or small family without young children.



Special Rescued Cats

Abigail (Abby) – A128964 - Spayed Female – 2 years (below right)

I have been told that I am possibly the sweetest cat on Earth. I bask in the attention of everyone I meet and don't stop purring for anything!



Amigo – A128987 - Neutered Male – 2 years (above left)

I don't give my heart away easily, but I will be your loyal friend while we explore the possibilities. I will meet you half-way, lifting myself up to meet your hand and offering a rub and a head butt in for good measure. It's good to be friends. I love to hug and many people like to wrap their arms around my big, strong body and hold me tight and I like it. It feels good to be loved.



Audrey Hepburn – A128962 - Spayed Female – 4 years (left)

I am elegant, graceful and confident. I look you right in the eye with a soulful, loving gaze. I don't walk, I strut, with my tail held high, and will even wiggle it for you when I get excited! I am affectionate and melt with your touch. I am great with other kitties.



Calendar for November 2014

November 1: Family Contra Dancing at 7:00 p.m. at the Guinda Hall
November 2: Bunko at Guinda Hall at 2:00 p.m.
November 4: Election Day
November 5: Seka Hills Olive Oil Tasting Room opens 11:00-6:00 p.m.
November 8: FERL Harvest Dinner at Madison Hall from 3:00-7:00 p.m.
November 11: Veterans' Day Holiday
November 12: ERCC Mixer at Esparto Library at 6:00 p.m.
November 13: Maidu Museum & Historic Site at the Library at 3:30 p.m.
November 18: Art Class with Julie at the Library at 3:30 p.m.
November 19: FERL "Unbroken Web" lecture at Rumsey Hall at 7:00 p.m.
November 20: Afternoon movie at Library, Sleeping Beauty at 3:30 p.m.
November 22: Countryside Community Church Craft Fair
November 23: Ecumenical Service at Guinda Community. Church at 2:00
November 24-28: Thanksgiving Break for Esparto Schools
November 27: Thanksgiving



Blossom – A129002 - Spayed Female – 3 years (below left)



Hi there, Blossom here! I love people so much that I have been called "aggressively affectionate". I don't know what that means 'cuz there's not a mean bone in my body! I just get so excited when I'm on the receiving end of some loving that I bump my head up into your hand demanding pets and purr and trill begging for more, more, more!

Bree – A128999 – Spayed Female – 6 years (right)

I am sensitive and sweet, with an adorable squeaky little meow. I purr like I mean it and melt in your arms – letting your warmth and love overcome me. This experience has been hard for me, but I am finally feeling at ease and ready to hold my head up high and face the world and my new life with Awesome wonder. I dream of this new life daily and imagine a lovely home and an even lovelier human of my own to love. Ahhhhhhh.....



Baby Boy – A129067- Neutered Male - 2 years (left)

I am sensitive and sweet. Kind and careful. Give me a bit of your time and loving attention and uncover the little boy in me, eager for your attention. People say I have the cutest little meow for such a big, handsome boy. I have big chubby cheeks that invite scratches and scratches. I will close my eyes and wrinkle up my whiskers with such joy in my heart. I want to be your baby boy! I like my kitty friends and make a great sidekick.

These pets are available at Yolo County SPCA. Please fax (530-231-2969) or email (cats@yolospca.org) or (dogs@yolospca.org) for an application. Our application, as well as a full list of our adoptable animals, can be found at yolospca.org. Please contact Yolo County SPCA at cats@yolospca.org or dogs@yolospca.org. Submitted by Yolo County SPCA

COMMUNITY CALENDAR

AA: Countryside Community Church, located at 26479 Grafton St. on Tuesdays at 7:00 p.m. Call 1-800-970-9040 for more information.

Spanish AA: next to the Esparto Grab ‘n Go Market at 16814 Fremont Street on Mondays, Wednesdays, and Fridays from 7:00 to 8:00 p.m.

Al-Anon: Countryside Community Church on Tuesdays from 7:00 p.m. to 8:00 p.m.

Calvary Baptist Church: meets at 10:00 a.m. on Sunday at Alice Marsh Hall at the Esparto High School.

Capay Valley Christian Fellowship: 11:00 a.m. adult Sunday school; 11:45 a.m.: social; 12:10-1:10 a.m. worship and children’s Sunday school at the Guinda Community Church

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

Capay Valley General Plan Advisory Committee: meets every 1st Wednesday at 7:00 p.m. at the Grange Hall in Guinda. Open to all.

Capay Valley Vision Board: meets on the third Wednesday of every month at the CVV office at 5:30.

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

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

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

ECV Joseph Zumwalt Chapter 169: meetings on the first Monday of each month at 7:00 p.m. at Rose’s Island in Esparto. Must be a Clamper. 681-3412 for info.

Esparto Ag Boosters: meets on the 3rd Wednesday of each month at 6:00 p.m. in the Ag Department at the high school.

Esparto Citizens Advisory Committee Planning Council: meets 3rd Tuesday at 7:00 p.m. at the Esparto Regional Library.

Esparto Community Services District: meets on the 1st and 3rd Wednesdays of each month at 7:00 p.m.

Esparto Family Practice: open Monday from 9:00 a.m. to 1:00 p.m.. Tuesday, Wednesday, Thursday and Friday from 2:00 to 6:00 p.m.

Esparto High School Ag Boosters meets on the third Wednesday of each month at 6:00 p.m. in the Ag Classroom at the high school.

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

Esparto Regional Chamber of Commerce: meets every month on the 4th Thursday at the Chamber Office at 16858 Yolo Avenue. (787-3242)

Esparto Unified School Board Meeting: meets on the 2nd and 4th Wednesdays at 6:00 p.m. at Alice Marsh Hall.

Esparto Writers’ Group: meets the 3rd Thursday of each month at the Library at 6:00 p.m.

Food and Clothes Closet: open on Wednesdays 9:00-12:00 and Fridays 3:00-5:00 p.m. at Countryside Community Church. Contact RISE Inc. at 787-4110 for information.

Food Bank Food Give-Away: fourth Monday of each month from 11:00 to 12:00 p.m. at the RISE office.

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

Home Schooling Cooperative: Call Elvira Paoletti at 796-4676.

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

Guinda Community Church: Sunday Service at 9:00 a.m.

Madison Advisory Committee: 4th Thursday at 6:00 p.m. at the Madison Community Services District. No meetings in May, November or December.

Madison Community Committee: 3rd Thursday at 8:30 a.m. at the Madison Community Services District.

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

New Life Christian Center in Madison: Sunday Service at 11:00 a.m. with Jr. Church for ages 5-12. Home Bible Studies on Wednesday.

On Fire Fellowship of Esparto: Sunday service at 11:00 a.m. Bible Study: Wed. at 6:30 p.m. Youth Group: Fri. at 6:30 p.m.; Ladies: 1st/3rd Tues. at 6:30 p.m.

Rumsey Improvement Association: Potluck dinner and meeting on the 1st Monday. 6:00 p.m. social; 6:30 p.m. dinner; 7:10 p.m. meeting at the Rumsey Hall

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

Veterans of Foreign Wars (VFW): Western Yolo Post 7143, meets 2nd Monday each month, at Post Home, Orleans St. and Highway 16.

Western Yolo Grange: meets on the 3rd Tuesday at 6:00: social, and 6:30 p.m.: potluck dinner and meeting at the Grange Hall at 16787 Forrest Ave. in Guinda.

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

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

Yolo County WIC Services: located in the Esparto Library at 17065 Yolo Ave., the 1st Wed. 8:00-12:00; and 3rd Wed. of each month from 8:00-4:00p.m. Call (530) 666-8445

4-H: meets at 6:30 p.m. on the 2nd Monday of each month at the Community Center in Esparto.

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



November Calendar of Events is on Page 15.

