

You Are Cordially Invited:

Sunriver Neighborhood Holiday Party
 Trinity Woods Clubhouse
 Saturday, December 1st, 7:00-9:00 PM

Join us for grown-up conversation, drinks, appetizers, music, laughter, and overall fun! Let's celebrate and be thankful for such great Sunriver neighbors. Thanks to your generous donations, SNA will have gifts for underprivileged children to wrap as part of our festivities. Come give a helping hand!

Come on out to the Trinity Woods Clubhouse. The gatekeeper will open the gate for you to park in uncovered spaces. If full, please park on Trinity River Drive and walk in.

Exciting New Changes In County Parks Management - More Personal and More Computerized
 by Ginger Enrico

The new County Regional Parks Director Jeff Leatherman and Chief Ranger Stan Lumsden are putting in programs and procedures to improve ranger response to problems in the parks, to partner with park users, and to be more accountable. Two of the programs are:

1. The Ranger Stewardship Program, which names individual rangers as "stewards" of different territories.
2. Mobile 311, a new iPhone and desktop system for recording and tracking problems in the parks.

The Sacramento County Park Rangers are now organized so that each ranger has ownership and provides stewardship for a particular area of the American River Parkway (and other county parks). This Ranger Stewardship Program gives the public individual rangers to deal with, either

by calling Ranger Dispatch or by e-mailing the ranger in charge of the area. Chief Ranger Stan Lumsden holds each ranger accountable for everything in his or her territory. The rangers track situations on the Mobile 311 system, now used in the lower reaches and soon to be spread throughout.

This means that park users can alert the ranger responsible for a particular area to a problem or concern. Then the Mobile 311 system kicks in: The ranger (or maintenance staffer) documents the problem by photographing it with their phone; where it is time stamped and mapped in the Mobile 311 database. Staff then use programmed checklists matched to each incident report to track response and resolution. This allows all the Parks staff to see what

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Sunriver Birdwalk by Ray Fox

If you thought that bird watching was, well, for the birds, think again. It turns out that "birding," as it's correctly known, is more popular than golf with at least 48 million birders in the U.S. alone.

Sunriver is an incredible place for birding. Our proximity to the American River Parkway gives us a front-row seat to a wide variety of bird species, including Nuttall's and Acorn Woodpeckers; the gravity-defying White-breasted Nuthatch; Anna's, Black-chinned, and Rufous Hummingbirds; and raptors like Red-shouldered and Red-tailed Hawks and the White-tailed Kite who hovers silently in the air before dive bombing his prey. At night, listen for the chilling screech of a Barn Owl or the unmistakable hoot of a pair of Great Horned Owls calling to each other. These and so many more birds are waiting right outside your window!

To get your feet wet identifying some of our feathered friends, join us on Saturday, December 1st when local birding supply store Wild Birds & Gardens guides a bird walk exclusively for Sunriver residents. Registration is limited to the first dozen people who sign up by sending an email to webmaster@wildbirdsandgardens.com. Or stop by the store located at Madison and Sunrise (in the Trader Joe's shopping center) and sign up in person. Come on out and discover the amazing array of birds that also make Sunriver their home. (See Wild Birds & Gardens advertisement on page 2)



The History of Sunriver

By Craig Osborn, 10-year Sunriver Resident, Rancho Cordova Historical Society

Third in a series of Sunriver history articles suggested by Sunriver resident Linda Meeks

Sunriver Neighborhood Association, The First Five Years

Adapted from original article by Ray Fox, Autumn/Winter 2005 Sunriver Sentinel.

The Beginning As the leaves began to fall in the Autumn of 2000, the first meeting of what would become the Sunriver Neighborhood Association took place in a small living room on Klamath River Drive. Days earlier, that very home had been burglarized by thieves, but now it served as a meeting place for a handful of Sunriver residents looking to protect their neighborhood. Instead of playing the role of victim after their home was broken into, Troy and Heidi Konarski decided to take action against future threats to their neighborhood. They printed up a handful of flyers and went door to door, introducing themselves and inviting neighbors to meetings in their home where they could join together to take a stand against crime. The Konarskis held gatherings in their living room and attendance grew with each meeting. Eventually, a core group of leaders emerged from the meetings and they decided to expand beyond their few blocks and reach out to the entire Sunriver neighborhood.

The Players It was evident that it would take the combined talents of all four original steering committee members to get the SNA off the ground. Stepping up as Communications Director, Ray Fox set to work building a website for the new organization. He initiated the Sunriver e-Group so that neighbors could communicate directly with one another on a daily basis. He also developed the Sunriver Sentinel to promote the existence of the SNA. In the Spring of 2001 the first Sunriver Sentinel was distributed to each and every one of the 865 houses in Sunriver. Immediately, people from all over the neighborhood responded by registering as members. The goal of

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Health & Wellness

by Sunriver resident Kirsten Pogue, Certified Health and Wellness Coach

For most of us, stress is a fact of life and it can keep fat on our bodies. Even if you eat healthy and exercise, chronic high stress can prevent you from losing weight and even add pounds on.

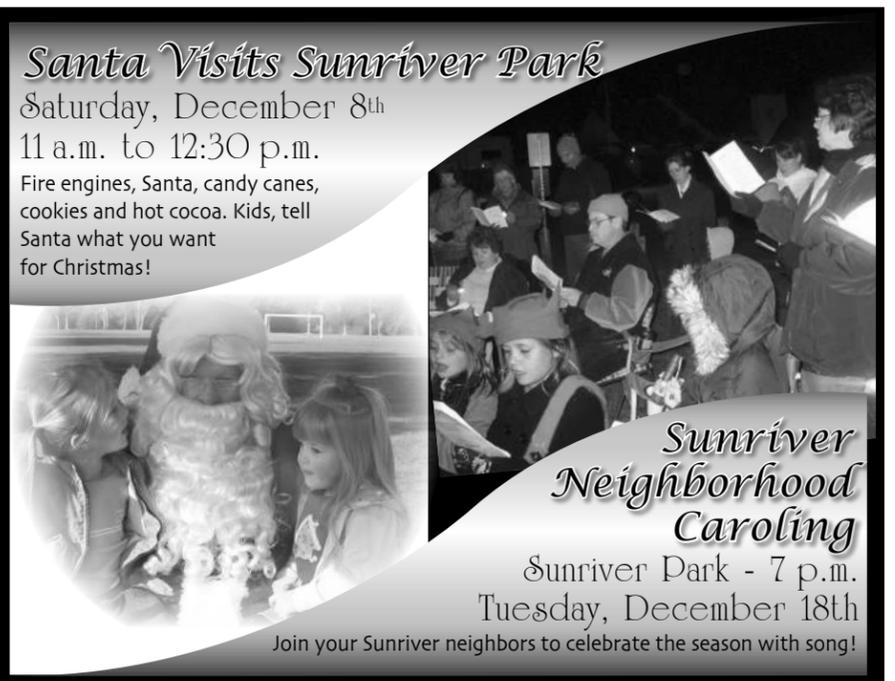
Diet, immunity, and stress are so connected that it's difficult to know where one stops and another begins. We can lower cortisol levels, boost natural defenses, calm ourselves, and lessen the negative effects of stress on our bodies. It takes focus,

intention, and healthy choices to give our bodies and minds what they need, rather than giving in to the cravings. We tend to crave comfort foods, which usually have a direct correlation to our childhood: we choose foods that are familiar, and which make us feel good and safe. As we make intentional choices for our lives, our emotional eating pattern begins to lose its power and hold over us.

I have noticed that a number of people have deep hurts. Either childhood hurts or the stresses of life in general are beating them up emotionally. No matter what the reason for stress or

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Santa Visits Sunriver Park
 Saturday, December 8th
 11 a.m. to 12:30 p.m.
 Fire engines, Santa, candy canes, cookies and hot cocoa. Kids, tell Santa what you want for Christmas!



Sunriver Neighborhood Caroling
 Sunriver Park - 7 p.m.
 Tuesday, December 18th
 Join your Sunriver neighbors to celebrate the season with song!

Please patronize these businesses that support your Sunriver Neighborhood Association!



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County Parks Management
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is – or isn't – being done about any particular situation from graffiti, to illegal camping, to restroom maintenance. Furthermore, a searchable and sortable database is being created that can give all kinds of information such as citizen complaints, crime statistics, and the wheres, whats, and whens of ranger and maintenance responses.

So who is "our" ranger? Ranger Pat Drumm is assigned to the greater Sunrise Area – Mile 19 to Hazel. You can contact Ranger Drumm at DrummP@saccounty.net or call 916-875-PARK (7275). Parks asks that we be specific about the issue and the location, using the mile markers. See the Parkway map and ranger assignments on the soon-to-be-improved website: www.msa2.saccounty.net/parks.

Note: The County Parks website is being revamped and coordinated with every park department in the county, and 311 Mobile will soon be accessible by the public. Watch the Sunriver e-group for developments.

Health & Wellness
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a hurting heart, I know personally the power of a great support system. I have healed from hurts and broken areas in my life, and I find that my food choices are healthier, exercise is more enjoyable, and I take better care of myself because my heart is lighter and I am learning to reduce and manage the stress in my life.

Emotional and mental stress suppress the immune system, reducing our ability to fight off colds, infections, and diseases. Our adrenal glands are depleted of vitamin C and this leaves us vulnerable to becoming very ill.

A few ways to live a more stress-free life and reduce cortisol levels in your system are:

- Eat a nutrient packed diet
- Take a daily multivitamin
- Avoid tobacco
- Sleep at least seven hours
- Exercise daily
- Relax daily (meditation, yoga, deep breathing, etc)
- Eliminate sugar

As we manage stress and take care of ourselves, we will have the desire to eat healthy, exercise, and connect with others. Being healthy touches every area of our life. This is the only life we have, so let's make it a great one. (See Kirsten's Graceful Encounters advertising at left.)

Clip and Save

Stuff to Remember

- ✓ **Sunriver Bird Walk**
Saturday, December 1st, Sunriver Park
for more information e-mail: webmaster@wildbirdsandgardens.com
- ✓ **Sunriver Neighborhood Holiday Party**
Saturday, December 1st, 7-9PM
Trinity Woods Clubhouse
- ✓ **Santa Claus Visits Sunriver Park**
Saturday, December 8th, 11AM-12:30PM, Sunriver Park
- ✓ **Sunriver Neighborhood Christmas Caroling**
Tuesday, December 18th 7PM, at Sunriver Park

Sunriver History *(continued from pg. 1)*

reaching out to all of Sunriver was becoming a reality. Troy Konarski was a natural for the role of Governmental Affairs Director. He knew the ins and outs of local government and personally knew many of the leaders in the soon-to-be-incorporated city of Rancho Cordova. Seeing a need to improve the appearance of the Sunriver area, Craig Osborn assumed the role of Neighborhood Enhancement Director. Craig worked with many residents and the County staff on the Sunriver/Coloma beautification project, acting as liaison between the County and Sunriver residents. He also organized the SNA's neighborhood cleanups. The SNA's original Social Events Director, Carl Steiner, was a well-liked teacher at Kinney High School who added a charming quirkiness to the SNA's earliest endeavors. Sadly, Carl passed away in April of 2003. That fall the SNA welcomed Jessica Ocnosak as its new Social Events Director; Jessica is now the guiding force for many of the SNA's annual events, such as Spring-Fest, Summer Dinner and a Movie, Santa's visits to Sunriver Park, Christmas Caroling, and Sunriver's Annual Christmas Party.

A Neighborhood Connection At the same time that the SNA was coming together, Rancho Cordova was closing in on its long-awaited goal of cityhood. The SNA's quarterly Neighborhood Meetings served as a perfect sounding board for the new city's pioneering leadership, beginning with Rancho Cordova's first Mayor, Dave Roberts. The SNA quickly became a virtual hotline to our City's leadership, allowing Sunriver residents' voices to be heard loud and clear.

Besides City Council members, the SNA has had the good fortune of having a wide selection of guest speakers address Sunriver residents at the Neighborhood Meetings. The long list of distinguished guests also includes police representatives, and environmental activists Jim Jones and Betsy Weiland who educated us on the importance of preserving the Fair Oaks Bluffs for future generations.

The first five years of the Sunriver Neighborhood Association set the groundwork. Since then SNA has embraced several other volunteers who have joined the Steering Committee in the years that followed, further enhancing our neighborhood and making it a better place for us all to live.

To join the SNA go to www.sunriveronline.org. For contact information of Steering Committee see below:

Sunriver Neighborhood Association

The Sunriver Sentinel is a publication of the Sunriver Neighborhood Association (SNA)

Neighborhood Association Steering Committee Members

Events Director - Jessica Ocnosak
jocnosak@sunriveronline.org
(916) 638-8110

Communication Director - Rob Towns
rtowns@sunriveronline.org

Designer/Editor - Deanne Sherman
dsheerman@sunriveronline.org
(916) 549-5173

Parkway Liaison - Ginger Enrico
genrico@sunriveronline.org
(916) 631-8400

Trinity Woods Liaison - Gail Osborn
Committee Member - Pam Britton

Sunriver Neighborhood Association
P.O. Box 1436 Rancho Cordova, CA 95741

Keep up to date with important neighborhood issues; join the SNA today. Membership is FREE for everyone who lives or owns a home in Sunriver. You will have access to the Sunriver e-Group and the Sunriver Online web site.

Join today at www.sunriveronline.org