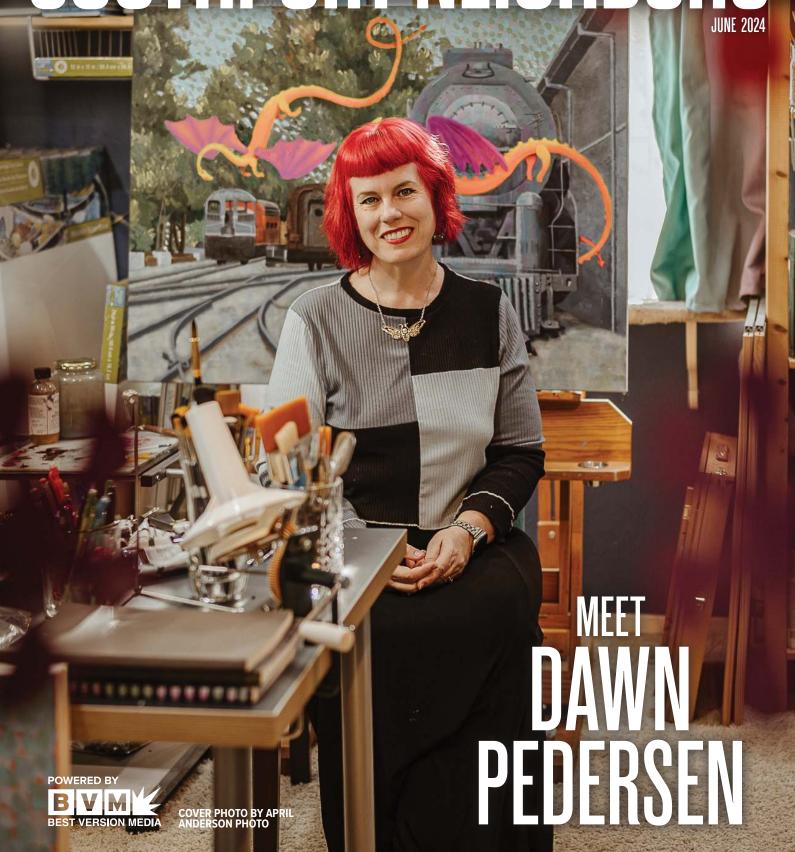
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### **SOUTHPORT NEIGHBORS**

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: cthirkill@bestversionmedia.com

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### Dear Southport Neighbors,

In this June issue, prepare to shake off the last remnants of spring pollen and immerse yourselves in a world of bold creativity. Allow me to introduce you to Dawn Pedersen, a beloved figure in our local Southport community. Her artistry is a breathtaking blend of nature and imagination, reminiscent of a kaleidoscope brought to life. Discover how Dawn celebrates the wildlife of Sacramento through her mesmerizing artistry.

This issue is packed with events guaranteed to pique your interest. From a 5K fundraiser to informative estate planning presentations and captivating garden explorations, there truly is something for everyone. Make sure to read about our local bluebirds and feast your eyes on the stunning photography captured by our wildlife contributor, Garry Everett, showcasing nature in Southport.

As always, please continue to send me your feedback, ideas, thoughts and pet photos to cthirkill@bestversionmedia.com



With tons of appreciation,

Claire



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### Western Bluebird

(Sialia mexicana)

BY GARRY EVERETT LANDSCAPE PHOTOGRAPHY



A LOCAL RESIDENT of our Southport neighborhood that can be seen year-round is the Western bluebird, although it is seen a little more frequently during their breeding season, over spring and summer months.

The Western bluebird is a small North American thrush with a stocky build, a thin straight bill and a fairly short tail. The male sports a very noticeable brilliant blue head, back and wings with a rust color breast, while the female is slightly more subdued with a greyer overall appearance, a paler rust colored breast and blue on the wings and tail. Surprisingly the blue color does not come from pigments but a color produced by the structure of their feathers which refracts light (think prism) similar to hummingbirds, except bluebirds have tiny air pockets in the barbs of their feathers that scatters incoming light, resulting in a specific, non-iridescent color (blue).

This species likes to forage in open grassy areas with scattered trees. They are often seen perched on low limbs, utility lines, fences and signs, staying fairly low to the ground where they can quickly fly down to catch insects, their favorite food. They beat larger insects against a branch or the ground before eating them. They mainly eat insects and worms, but also supplementing their

diet with berries and are considered omnivores. They like to sing pleasant melodies while feeding that echo through their habitat. These birds are highly social, and usually feed in groups during the winter (non-breeding season). These groups give protection from predators, with the group's size depending on the availability of food. This changes during the breeding season when this gentle looking bird becomes highly territory. Rival males may grab each other's legs, tumble to the ground, and then pin their opponent on the ground, stand over him, and jab at him with his bill. His territory is established for the purpose of mating, nesting, and feeding.

Courtship displays involve the male singing and fluttering in front of the female, with his wings half open and his tail fanned. He may preen the female and offer food to her. Western bluebirds are monogamous, with males and females forming long-term bonds, though they are not always faithful. Interestingly, studies show that many nests include young that were not fathered by the resident male. They are cooperative breeders, with helper birds assisting the parents raise young. Most of the extra birds attending nests are helping their presumed parents, usually due to a lack of suitable nesting sites or after their own nests have

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failed. The female typically builds the nest, with the male helping on occasions. Incubation and brooding duties are performed by the female while the male provides her food and protection during this time.

Nests are situated in natural cavities in dead trees or woodpecker holes or, they may be in nest boxes. Their bills are not strong enough to make their own holes so they rely on woodpeckers or other processes to make their nest sites for them. This is one reason why dead trees are a valuable commodity in many habitats. We can also help out Western bluebirds by placing nest boxes in your yard or local park and if you are fortunate to spot one, stop and take a moment to appreciate their beauty. ■

> You can find more of Garry Everett's incredible photography at www.gelandscapephoto.com





# MEET WOCAL APTIST Dawn Pedersen

### By Claire Thirkill

n the busy and evergrowing art scene of West Sacramento, one name stands out as a light of creativity and versatility: Dawn Pedersen. With influences ranging from classical realism to pop art, surrealism, and wildlife illustration, Pedersen' work is an ode to her diverse artistic palette and boundless imagination.

Dawn's journey as an artist is as diverse as the wildlife she adores. Armed with a bachelor's in fine art, a master's in education, and an associate in biology, she orchestrates a symphony of colors and forms that echo the intricacies of life itself. "I have a deep love of nature and science, especially animal life" she shares, her words brimming with enthusiasm for her craft.

Nestled in her in-home art studio, Pedersen brings her visions to life on canvas. Currently, she's immersed in creating a captivating series of 30" x 40" oil paintings titled "The Dragons of Sacramento" for an upcoming show at Archival Gallery in Sacramento this July. "I have been working on this series since last August" she reveals with excitement.

But Dawn's artistic expression extends far beyond the canvas. A fervent advocate for native wildlife, she meticulously tends to her landscape, weaving native plants into her surroundings to foster a haven for the creatures she holds dear. "We are friends

with our local crows" she mused, her affection for her avian companions evident in her

In our very own artistic community, Dawn Pedersen stands out as a leader of creativity and compassion. With a focus on the unique lives and personalities of animals, Dawn's artwork transcends mere depiction, inviting her viewers into a world where every creature is a vibrant individual. Her dedication to art education is equally commendable. From teaching at the middle and high school level to volunteering with organizations like Chalk It Up to Sacramento since 1994, Pedersen's impact on nurturing the next generation of artists is immeasurable. She's even left her mark on local schools, painting vibrant bee murals at Bridgeway Island School, a testament to her passion for both art and education.

Beyond her artistic endeavors, Dawn's commitment to her community shines brightly. As a Commissioner on West Sacramento's Arts, Culture & Historic Preservation Commission, she advocates tirelessly for the integration of art into the fabric of everyday life. "Art brings humanity to the city landscape" she asserts, her tone resolute in its conviction.

Dawn's art is proof of her belief in the interconnectedness of all beings. "My paintings are a reverberation of my love of

all creatures, of people, of the microcosms, and of life itself" she explains. Indeed, her works exude a lively, playful energy, inviting viewers to join in the celebration of nature's boundless wonders. "They are typically full

of color, whimsy, and ornament" she remarks. Whimsy certainly infuses every piece Dawn creates, mirroring the joyful essence of the wildlife she portrays.

In a world that often feels disjointed and chaotic, Dawn



### "My paintings are a reverberation of my love of all creatures, of people, of the microcosms, and of life itself"

Pedersen's art serves as a beacon of hope—a reminder of the beauty that surrounds us and the importance of preserving it for generations to come.

As she invites her fellow West Sacramento residents to embrace the evolving arts landscape, she leaves us with a simple yet profound plea: "We need your support of City and private efforts to add and preserve art inside and outside our living and working spaces."

In every stroke of her brush, Dawn Pedersen invites us to embrace the beauty and diversity of life, reminding us that in protecting the creatures around us, we ultimately safeguard the very essence of our own humanity. As residents of West



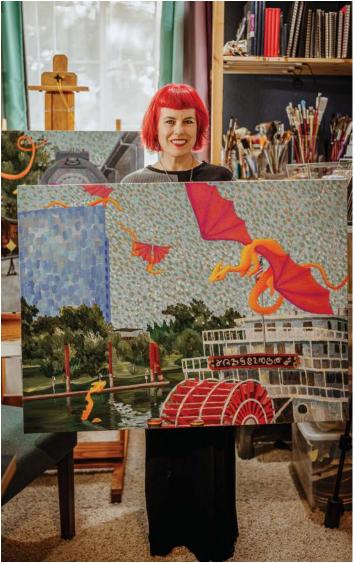
Sacramento, let's strive to live more fully as participants in our local wildlife, guided by the vibrant spirit of Dawn's artistic vision.

Don't miss the debut of Dawn's stunning collection, "The Dragons of Sacramento" featuring captivating 30" x 40" oil paintings, at Archival Gallery in Sacramento this July 13th from 5:00 pm to 8:00 pm. Dawn hopes to see you there! ■



### Who should we feature next?

To nominate a family, email cthirkill@bestversionmedia.com





**PUTTING TOGETHER A fairy** garden can be a fun and creative activity in the summer months. Kids love getting their hands a little dirty and creating something unique and magical. Let your imagination shine, and find a spot on your patio or deck for this tiny habitat!

### You Will Need

 Medium to large potting bowl (for potted plants)

- Potting soil
- · Glass beads
- · Stones of various sizes
- Moss
- · Small solar lights
- · Small fairy decor from a hobby store
- · Optional small plants or succulents

### **Create Your Fairy Garden**

Find the perfect spot for your fairy garden. This can be on

a deck, patio, or out in the yard under a favorite tree or in a rock garden. Place your potting bowl in your selected location and fill three-quarters of the way with potting soil.

Map out your fairy's landscape by using rocks to make roads and glass beads to make stepping stones and pathways. Use moss to fill in the spaces between your chosen fairy decor, which

could include a little home, a bench, or even a fairy swing. Plant any optional small plants or succulents around the fairy's yard to create a lush environment. Make sure to water the fairy garden to keep everything green.

Once the garden is complete, add small solar lights or fairy lights to create a magical final touch.



# Seniors "Eat Well, Age Well" in Davis and Countywide, Thanks to Meals on Wheels Yolo County

BY JOY COHAN EXECUTIVE DIRECTOR MEALS ON WHEELS

NOW WITH THE expanded kitchen capacity to produce thousands of meals for seniors daily, Meals on Wheels Yolo County (MOW Yolo) is embarking upon an inspiring new phase of its mission to nourish and engage seniors in Davis, West Sacramento, and county wide: "Eat Well,

Nearing 50 years of operation, MOW Yolo is the only local provider of fully prepared meals for food insecure, isolated seniors who are unable to travel to a grocery store or prep are their own food. Home delivered meals are the heart of the program, providing five hot and frozen meals via three weekly doorstep deliveries. "Café Yolo" social dining opportunities are offered weekly at several locations, and "Weekend Food Project" provides sustenance for the very lowest-income seniors served with twice monthly care package deliveries.

Currently providing this consistent nutrition for more than 1,000 Yolo County seniors, MOW Yolo is pursuing strategic plan goals to nourish more of the 8,100 food insecure seniors in the county (per the 2020 census and a 2023 Yolo Food Bank food insecurity survey), representing 20% of all aging adults living in Yolo County.

"The demand for senior nutrition services is rising consistently," stated Joy Cohan, MOW Yolo Executive Director. "Rising costs for groceries, housing, and healthcare already impact seniors' healthy outcomes. However, the approaching







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'Silver Tsunami' likely will put services such as MOW Yolo's to the test. The entire baby boom generation now is age 60+, and the population age 85+ is becoming increasingly frail and vulnerable. By 2030, there will be more seniors than children living in Yolo County for the first time ever, and that's a real game-changer."

"Eat Well, Age Well" is a movement intended to address this need for more predictable healthy outcomes for more seniors, prioritizing nutritious food security and socialization in Yolo County's cities and rural communities. It represents the ability to sustain MOW Yolo's

impactful 150%+ uplift over the past two years, nourishing and engaging more seniors than ever before in MOW Yolo's history with:

- Fresh, local nutritious food
- Medically tailored meals
- Expanded "Café Yolo" social dining options (including at the Davis Senior Center every Friday at 11:00 a.m., and coming soon to the West Sacramento Community Center)
- More rural meals access



From humble beginnings in the 1970s as a project of the St. John's Church of Christ in Woodland, to the robust potential of the organization's TWO institutional meal production facilities located in Woodland and now in Winters, as well, MOW Yolo is well positioned to ensure that more seniors will "Eat Well, Age Well." Propelled by a staff of nearly three dozen, several hundred volunteer meal delivery drivers, and thousands of philanthropic donors, MOW Yolo's capacity expansion and increased impact

since the pandemic have been possible thanks to both one-time and ongoing funding partnerships with Yolo County and the Agency on Aging Area 4. However, to remain sustainable and advance the number of seniors MOW Yolo can nourish, more donor and volunteer engagement are required.

"Even prior to the amazing one-time pandemic-era funds that have made MOW Yolo's growth possible, only about 15% of annual funding was provided by government sources," Cohan explained. "It's always been true that the people of Yolo County have given from the heart to care for the food insecure, isolated

older adults of our community. Their gifts of funds and time are needed now more than ever, as a challenging economy and the 'Silver Tsunami' collide bringing uncertainty to seniors' well-being and MOW Yolo's ability to nourish and engage them." ■

Information about supporting MOW Yolo, or about accessing nutrition services for yourself or a senior for whom you care, can be found at www.mowyolo.org, or by calling 530-662-7035.



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### JUNE CALENDAR

### Supporting Hudson's Journey to Cooperstown 5K Fundraiser

#### **SUNDAY, JUNE 9TH**

Get ready to lace up your sneakers and join us for a special 5K run fundraiser in support of Hudson's journey to Cooperstown! Hudson, a young member of our community and his team have earned the opportunity to showcase their



skills in a renowned baseball tournament, and your participation in this event will help make this dream come true. The 5K run will start and end at Rodeo Park. Runners of all levels are welcome to participate. After the run, join Hudson at the finish line for complementary donuts and refreshing drinks.

TIME: 9:00 am

LOCATION: Rodeo Park, 200 Stafford St, Folsom, CA 95630

cost: Free; Donations are welcome

spot.fund/xg3wwsc

### Free Estate Planning Presentation - In Person and Online

### **THURSDAY, JUNE 6, 2024**

Join us for a comprehensive session on estate planning, covering essential aspects to help secure your legacy.

**TIME:** 6:00pm – 7:30pm

COST: Free

Contact Lauren C. Jones Law to register: 916-226-4470 or info@ laurencjoneslaw.com

### UC Master Gardeners June Open Garden

### SATURDAY, JUNE 15, 2024

FAIR OAKS HORTICULTURE CENTER, 11549 FAIR OAKS BLVD, FAIR OAKS, CA 95628

Explore the beauty of early June in Sacramento at the UC Master Gardeners June Open Garden event.

### Meeting of the Music: Celebrating California Guitar History

#### **SATURDAY, JUNE 15, 2024**

CALIFORNIA MUSEUM, 1020 O STREET, SACRAMENTO, CA 95814 Join the California Museum for a celebration of California guitar history and culture.

TIME: 12:00pm - 3:00pm cost: General: \$5

Youth (Age 12 & Under): Free **Eventbrite Registration** 

### Father's Day Weekend Celebration

### **SATURDAY, JUNE 15 - SUNDAY, JUNE 16, 2024**

SACRAMENTO CHILDREN'S MUSE-UM, 2701 PROSPECT PARK DRIVE, RANCHO CORDOVA, CA 95670 Celebrate the fathers in your life with a special weekend visit to the Sacramento Children's Museum.

TIME: 10:00am - 4:00pm (both

COST: Varies, see website https://sackids.org/

### Ronny Chieng: The Love to Hate It Tour

### **SATURDAY, JUNE 15, 2024**

SAFE CREDIT UNION PERFORMING ARTS CENTER, 1301 L ST., SACRAMENTO, CA 95814 Experience a night of comedy with Ronny Chieng.

TIME: 7:00pm cost: \$43.50-\$69

https://www.ronnychieng.com

### Free Online Special Needs Trust Presentation

### **THURSDAY, JUNE 20, 2024**

Attend an informative session on special needs trusts.

*TIME:* 6:00pm – 7:30pm

cost: Free

Lauren C. Jones Law to register: 916-226-4470 or info@laurencioneslaw.com

### California Dance Festival **JUNE 20-23, 2024**

DOUBLETREE BY HILTON HOTEL SACRAMENTO, 2001 POINT WEST WAY, SACRAMENTO, CA 95815 California's hottest dance event featuring world-class instruction. TIME: 3 days, 3 hours

COST: Visit website for ticket information

https://www.dancecalifornia.com/

### Candlelight: A Tribute to Adele **SATURDAY, JUNE 22, 2024**

CALIFORNIA STATE RAILROAD MUSEUM, 125 I STREET, SACRAMENTO, CA 95814 Immerse yourself in the enchanting music of Adele. TIME: 9:00pm - 10:15pm COST: Varies, see website www.eventvesta.com

Capital Business Connection Presents Dinner Gala Benefit for Mending of Mothers and Meals on Wheels

#### **SATURDAY, AUGUST 3, 2024**

6676 POCKET RD, SACRAMENTO Enjoy an elegant dinner gala benefiting Mending of Mothers and Meals on Wheels.

TIME: 5:00pm

COST: \$95 early bird tickets; \$110

after 7/15

### TIME: 9:00am - 12:00pm

COST: Free

https://sacmg.ucanr.edu/

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To be included in the July Calendar, submit event info by June 13 to cthirkill@bestversionmedia.com

### Shrimp Gnocchi with Lemon Cream Sauce

BY ROSE ALEXANDER

THE RICH AND creamy sauce makes this dish feel extra luxurious, but it's quick and easy enough to throw together on a weeknight! Just make sure to budget time for peeling and deveining the shrimp or buy them pre-prepared.

#### Ingredients:

- 1 Tbsp butter
- 1 Tbsp olive oil
- · 4 cloves garlic, minced
- 1/3 cup white wine
- 3/4 cups fish stock
- 1 1/2cups heavy cream
- 1/2 tsp salt
- 1 700g bag packaged gnocchi
- 1 lb shrimp, peeled and deveined, tails removed
- 3 cups spinach
- 1 tsp lemon zest
- 2 tsp lemon pepper
- · Additional salt and pepper, to taste
- Parmesan cheese, grated
- Fresh parsley, chopped
- 1. Heat the olive oil and butter in a large sauté pan over low heat until the butter melts. Add the garlic and cook for 30 seconds to a minute until
- 2. Add the wine and simmer for 2-3 minutes, then add the stock, cream and salt. Increase the temperature and heat the mixture until just boiling.
- 3. Add the gnocchi, then cover and cook on medium-low for 4 minutes.
- 4. Remove the lid and add the shrimp. Cook, stirring frequently, for an additional 3 minutes until the shrimp are pink.
- 5. Turn off the heat and add the spinach, stirring until it wilts, then the lemon zest and lemon pepper. Check
  - the seasoning and add black pepper and more salt if needed.
- 6. Serve garnished with Parmesan cheese and fresh parsley. Makes 4 servings.





www.laurencjoneslaw.com 2945 Ramco Street, Suite 110 West Sacramento, CA 95691 info@laurencjoneslaw.com 916.226.4470



# SOUTHPORT

PHOTOS SUBMITTED BY OUR READERS

Send pet photos to cthirkill@bestversionmedia.com





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