

# RIDGWAY HISTORIC NEIGHBORHOOD ASSOCIATION



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## Upcoming Events

Mark your calendar for our neighborhood yard sale, June 13, and our Block Party, August 22. If these events are cancelled due to COVID-19, the RHNA board will send out an email.

## Neighborhood Meeting, May 6

This will likely be a virtual meeting; check your email closer to the date for details. Social time at 6:30 p.m.; meeting 7-8 p.m. We'll talk about the summer Block Party and any neighborhood issues.

## Ridgway Family Corner

Here are five tips to keep parents sane during the pandemic, courtesy of the Aha! Parenting website:

1. Get Outside! Take a walk in our lovely neighborhood.
2. Start a mindfulness practice; we love Cosmic Kids Yoga on YouTube.
3. Work together to establish a routine.
4. Me time for all, time for everyone to enjoy quiet time alone.
5. Limiting screen time is awesome, but so is your long-term sanity; find a balance.

Be safe, everyone. We are in this together. Reach out if you need anything: Katie Hodges, [katievhodges@gmail.com](mailto:katievhodges@gmail.com).

## Tribute to Roger Reed

*by Ken Pasek*



Roger Reed passed away January 23, 2020. He was the artistic gardener caring for the Morgan Street Roundabout for the past three years, succeeding Deborah Applegate, the founder of the garden. Many of you know him as Brandy's dad. (Fun fact: Roger was also the very first Prince Charming in Disneyland's Electric Parade.)

I worked alongside Roger during this time, but will be retiring as soon as we find some replacement volunteers. If you can offer one to two hours per month between April and October, and wish to support the continued beautification of our neighborhood, please let me know ([kenpasek@comcast.net](mailto:kenpasek@comcast.net)). Duties include spring weeding, summer watering and fall pruning. No experience necessary; will train.

Alton Irons will take over as the Lead Gardener coordinating the schedule. I'd like to give special thanks to the Roundabout neighbors who contribute water during the summer months: Judy Depanu, Ann Lee, Samantha, Jade, and Marilyn.

# Neighbor Spotlight: Rob Macy

by Lisl Christie

Let me introduce you to artist and chiropractor Rob Macy. Rob has lived on Carrillo Street for 17 years, and walks to work every day at Macy Chiropractic on College Avenue. Rob’s wife Ingrid is a retired psychiatric nurse and still works part-time at home.

When I met Rob, he was working on a new project, a high table on rollers. He’s building the table, which doesn’t contain any nails, for a “drink and draw.” He explained that a drink and draw is a chance for artists to meet, eat, drink, and “sketch and kvetch.”

Rob has been drawing since he was a little kid. About five years ago, he decided to focus on his art. For some people, that might mean starting small, but not for Rob. He set a goal of drawing 500 portraits - friends and strangers alike - and accomplished this in four years! Rob’s portraits were shown was held at 33Arts, a creative space at the historic Santa Rosa Naval Air Station. Since then, Rob has shown his work at Rascals Hair Studio, Atlas Coffee, and Community Market in Sebastopol. His portraits bear a close resemblance to their subjects, but with slight distortions. Go to instagram and search for rrobichaux to see them!

Rob has also created anatomical drawings to illustrate some of the reasons that patients experience pain in specific areas, and how the body can move in a healthy and productive way. His chiropractic practice includes manual adjustment, as well as exercises on the Pilates Reformer. I had a spontaneous chiropractic session with him after our interview, and my low-back pain disappeared! I walked away from our afternoon feeling deeply glad to have spent time with such a talented neighbor.



Artist and chiropractor Rob Macy (above) and his portrait of Bill Murray (below).



## Roundabout Etiquette

by Jon Phillips

Here are a few reminders for safely navigating our neighborhood’s roundabouts. As you approach, please slow, look to your left, and signal if you are turning. Cars already in the roundabout have the right of way, so let them go first. Because our roundabouts serve a lot of people who may be less familiar with these rules, be cautious even if you *do* have the right of way; some drivers may cut you off. Thanks for making roundabouts safe for all!

# Giving Local Youth a Chance to Thrive

by Lisl Christie



I have long been curious about the work of the Center for Social and Environmental Stewardship, located on the corner of College Ave. and Glenn St. In March I interviewed Che Casul, the Center's ebullient CEO. I was delighted to learn that this nonprofit works with both youth and seniors to make sure they are engaged and active members of our community.

Starting in 1976, this organization was known as Circuit Rider Productions for three decades. Circuit Rider ran large environmental restoration programs employing youth at risk. In 2006, the organization was renamed the Center, shrank its youth crews, and now focuses on social services.

The Center runs ART and Vista, two programs in partnership with Sonoma County Juvenile Probation. ART, or Aggression Replacement Training, trains low-level offenders how to respond productively and positively to everyday situations. The Vista Academy Program is for individuals with more serious offenses, and brings youth to the Center three days a week.

Participants engage in meditation and therapy, as well as instruction in life skills, finances, cooking, and a healthy diet. Many Vista youth have very limited life experiences, and field trips to local gems like Doran Beach and the California Academy of Sciences serve to broaden their understanding of life possibilities.

The Center's vocational program employs youth in ecological restoration, environmental mitigation, and native landscaping. Young people earn \$15/

hour as they learn job skills. Many of the vocational participants are youth at risk, but about 30% are just kids who want to learn job skills. The goal is for youth to work with the Center for one or two years, then launch into higher-paying jobs in the field.

The Center's vocational programs contract with a variety of agencies and municipalities. Last quarter, they completed contracts worth \$268,000! Sonoma County Transportation and Public Works has a contract with the Center, and has been so impressed with the quality of the vocational participants that they want to hire them as county employees. Another recent client of the Center was Timber Cove Resort in Jenner. A team of youth employees worked and stayed at the resort for two weeks, opening their eyes to the kinds of employment opportunities available.

Che Casul points to the story of his own father as a reason for his involvement with the Center. His dad grew up in poverty in Puerto Rico. As an at-risk youth, he was given the opportunity to participate in a youth program - similar to Vista - through Yale University. That experience changed his life, and Che is passionate about providing youth with the same chances that his father was given.

In addition to its programs for young people, the Center also serves seniors. Volunteer drivers take seniors to visit grandkids, and buy food and supplies. By providing wheels and drivers, this program helps seniors to stay active and engaged in our community. During the shelter-in-place order, drivers offer to run errands on their own, so seniors don't have to risk their health.

The Center's most pressing need is affordable housing for its youth. For decades, the Center has owned 1.1 acres in Windsor, close to the Town Green. Many of the buildings are underutilized. Now the Center is seeking funding to create housing for 32 youths on this property. This will give youth the opportunity to build job skills while also building a rental history.

How can you help the Center? Go to [cfses.org/support-us](https://cfses.org/support-us) to learn about how to volunteer or make a donation. Together, we can help youth and seniors be engaged and proud members of our community!

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The purpose of RHNA is to provide information and organized activities to benefit our neighborhood. We work together by consensus as a forum to address community needs, concerns and interests.