FRIENDS OF FOLSOM PARKWAYS

On The Trail

The Newsletter of the Friends of Folsom Parkways

August 2022

What is the benefit of a quality trail, park, and open space system?

Research has shown that there are thousands of benefits to a quality trail, park and open space system. Some benefits are very obvious like the ability to move people around our community safely though walking or cycling without having to get into a car. With the price of gas this is a great thing for your budget and the environment.

What is not so obvious is that these same trails and parkways also allow for the movement of our native animals also rainwater thus avoiding flooding. The empirical data and science shows that these thousands of benefits can be distilled down to four broad categories, physical, social, economic, and environmental. Let us explore a few samples of the four benefits.

Physical

The obvious part of physical benefit is the increased fitness through walking, jogging, or cycling. However, the term physical is also being used in its broadest sense, that being the physical benefits to our mind and immune system.by simply walking or sitting in nature for a minute soaking up the peace and tranquility. The Japanese culture figured this out thousands of years ago and called it forest bathing.

Social

The social opportunities are created by simply walking or riding with a friend or joining special events such as the mayor's ride or locally hosted fun runs. Volunteer events, such as Trails Day or Community Service Day, are great way to meet new friends or be reacquainted with old friends. These types of bonds strengthen our community and our citizens.

Economic

The economic benefits come from the commerce that is created in purchasing new bikes, bike parts, running shoes, etc. The sales tax from these purchases help fund city operations that include trails, parks, and open space. Research shows that property values increase when cities invest in trails, parks, and open space. This in turn provides a higher property tax base that allows for the operation and maintenance of these benefits.

Environmental

The environmental health of our community is essential to sustain life. Our linear parkways paralleling our creeks not only protect us from flooding but clean the water through the natural sand, gravel, and grasses. The shrubs and trees that line the creeks, parkways and open space clean the air of carbon dioxide, exchanging it for oxygen. Our trails, parks, and open space become critical habitat for our native animals.

In summary, the four categories of benefits for a quality trail, park, and open space system – Physical, Social, Economic, and Environmental - simply allow us to more clearly articulate the value of a quality trail, park, and open space system. With this understanding perhaps we can all strengthen our own stories and convictions for building out these essential services to our community.

The Next Meeting...

The next regular Friends of Folsom Parkways meeting will be held on August 11th at 7:00 p.m. in The Parkway at Folsom Owners' Association Building, 1455 Willow Bend Road, Folsom.

To get to this meeting take Blue Ravine east, past Oak Avenue Parkway to Parkway Drive. Make a right turn on to Parkway Drive. Go one block and turn left on to Willow Bend Road. The club house is immediately on the right.

Our Vision

Our vision is to promote the usage, preservation and development of parkways within the City of Folsom.

Our Mission

Our mission is to make the citizens of Folsom aware of the parkways, raise funds for parkway development, work to educate the community on parkway issues, work to influence development proposals to the benefit of the parkways, and work to identify areas of Folsom worthy of inclusion in the parkway system.

Look for us on Facebook, on Meetup, and at our web site
http://www.enjoyfolsomtrails.org/

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Officers

President	vacant
Vice Pres.	Lynn LePage
Treasurer	Jim Ramstad
Secretary	Carol Ramstad
Historian	Carol Ramstad
Publicity	Peggy Blair
Newsletter Editor	Jim Kirstein
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Adopt a Creek & Trail
Glenn Hermanson

Grant Research
Don Krueger

Membership
Eric James

Parkways South of 50
Lynn LePage

Publicity
Peggy Blair

Trails
Brett Bollinger

NEWS BITS

Gifts That Give Back

Commemorative Johnny Cash Trail items make great gifts, whether you're looking to top off a special gift or wow the recipient with a one-of-a-kind item – or treat yourself! Johnny Cash Trail branded items for sale include mouse pads and medals, marble coasters, tote bags, shirts, cycling jerseys and shorts.

A limited-edition "JCASH50" California legacy license plate is also available, beautifully framed with a photo of Johnny Cash standing in front of Folsom Prison's east gate in 1968 – the year of his famed live performance for an inmate audience – and an engraved silver plate of commemoration. Only 100 of these special license plates were made in honor of the 50th anniversary of Cash's performance at Folsom State Prison.

Find samples and purchase any of these unique items at the Folsom Senior and Art Center, 48 Natoma Street; open 9 a.m. to 4:30 p.m. Monday through Friday. The framed license plates may also be purchased online; find details and more information about the trail at www.FolsomCashArtTrail.com.

All proceeds from these items benefit the Johnny Cash Trail Art Experience, and are specifically earmarked for "Cash's Pick" – two 7-foot-tall bronze guitar picks that will anchor each end of the trail.

Friends of Folsom Parkways Meeting Minutes: July 14, 2022

OPENING

The meeting was called to order by Vice President Lynn LePage at approximately 7:00pm. Attendees introduced themselves.

PRESENT

Lynn LePage, Jan O'Brien, Jay O'Brian, Sharon Kindel, Eric James, Mary James, Jim Kirstein, Kimmy Lahr, Jennifer Lane

APPROVAL OF MINUTES

Lynn asked for corrections or comments on the minutes of the previous meeting as they appeared in the monthly newsletter. There were no comments so they were accepted as written.

VICE PRESIDENT'S REPORT

FOFP Community Outreach: Lynn joined Kimmy at her Sacramento Tree Foundation booth at the Farmer's Market in Historic Folsom on June 25th to promote the FOFP. About forty to fifty people stopped by. Nine people provided written contact information and will be receiving the FOFP newsletter. Others signed in using a new QR code that a volunteer developed. The QR code provides easy access to the FOFP website by simply taking a photo with a cell phone. Jim Kirstein will be adding them to the newsletter distribution list. Contact Kimmy for information on setting up a booth at the Farmer's Market.

Lynn reported that Robert Goss is on a Citywide committee to figure out ways to complete projects that are now incomplete. A City survey noted that although current revenues look good, in three to four years City revenues will be short. Thus, there is interest in increasing the local sales tax. Lynn suggested that FOFP stay tuned in and engaged.

TREASURER'S REPORT

In the absence of Treasurer Jim Ramstad, Lynn handed out the latest treasurer's report. It was accepted. The FOFP now has a balance of $17804.25 in the treasury.

COMMITTEE REPORTS

Folsom Urban Forestry: In Aimee's Nunes absence, Kimmy reported on a tree inspection, and added that trees need to be watered especially in this hot weather. This can be done so using a water conservation method.

Sharon noted that there is an area being prepped for construction where young trees are not being watered and cared for and thus may die. Jim suggested reminding the contractor that the trees add value to the development.

The Sacramento Tree Foundation will hold a free tree care event in August at Econome Park and invited FOFP to volunteer at the event.

Membership: There was no report.

Parkway South of 50: Lynn reported that construction is going strong. Roads are being redone. Portions of trails are in now and well used. There was a question as to whether we have reached out to this area. Lynn mentioned that a partnership with the Folsom Youth Athletic and the Chamber is being developed with the idea of getting something into resident's mailboxes.

Trails: Jim provided and reviewed a written project update submitted by Brett Bollinger.

Comments:

It was suggested that developers include plants to attract pollinators and hummingbirds.

A concern was expressed regarding tree wells being too small for trees to grow, mostly trees along the streets. This is a level of detail often overlooked. FOFP can weigh in on these types of issues. It was suggested that FOFP check to see if Folsom has a requirement for one tree to be planted in front of each house. FOFP needs to engage, monitor it and follow through as needed. Plans should not just be looked at and assumed they are done accordingly.

There was some discussion about Home Owner's Associations south of 50. A suggestion was made for FOFP to look into using the associations opportunities to connect.

OLD BUSINESS

Hinkle Creek/ Lake Natoma Visitor Center. FOFP will collaborate since there are similar interests. Sharon's husband, Fred is trying to get support for construction of a facility to teach about the

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State water project system. Folsom dam is one of the few State dams without a visitor center. This will require collaboration with all levels of government which complicates the project. Collaboration and funding are needed. Fred has an Army Corp of Engineers contact to consult with and build a relationship.

The Sacramento Tree Foundation has logs available for the Hinkle Creek Nature Center that can used for projects such as a proposed 'listening log' and stumps to build a children's teaching circle. It was suggested that Effie Yeaw's daughter be contacted to speak at the nature center.

SWOT Exercise: We have been working on. Put articles in the newsletter. Inform people that signed up at the Farmer's Market of the SWOT document and see if they would be interested in participating. Lynn and Mary to talk to REI to see if they can help promote FOFP.

NEW BUSINESS

Community Service Day: It will be September 17th. We need to get organized for the event and work with Brett on stencil locations. The City has the materials. There was a question on marking trails south of highway 50. Contractors are supposed to be responsible for those markings.

BOARD MEMBER COMMENTS

There were no comments.

CALENDAR

Next meeting will be August 11.

ADJOURNMENT

Meeting adjourned at approximately 8:35pm.

Respectfully submitted by: Mary James

Picture from the trails

The City's Active Transportation Plan Approved

For over 30 years the members of the Friends of Folsom Parkways have been collaborating with the City of Folsom, City Council, Parks and Recreation Commission, Planning Commission, City Staff, FCUSD, local businesses, and other community organizations in advocating, designing, and building our current trail and open space system.

The Folsom's first General Plan to discuss the idea of developing parkways preserving open space occurred in the mid 1980's The city's 1st bicycle / pedestrian master plan was not developed until the early 1991's. The Parks and Recreation Commission recently recommended to the City Council the City's first Active Transportation Plan, which will replace and update the Bicycle/Pedestrian master plan that was last updated in 2014.

The City Council approved the Active Transportation Plan at their regularly scheduled meeting on June 14, 2022. The new plan identifies over 300 improvement projects. Based on planning level costs, $88,000,000 will be needed to fund just the top 65 projects identified as high priority projects.

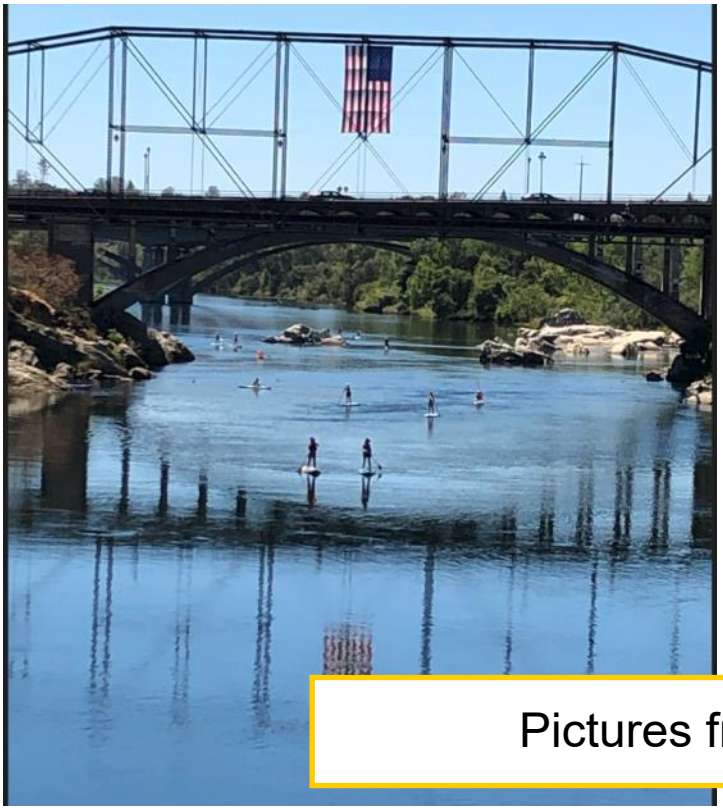
Additionally, more than 30 miles of bike paths, trails, and picnic areas will wind through the new Folsom Ranch area south of highway 50. Additionally, over 1,000 acres of open space is incorporated into the parkway system. That includes over 600 acres of native oak groves being protected.

These 30 miles of new bike paths will connect into 130 acres of parks, 5 new elementary schools, a middle school and a high school.

Therefore, you can see there will be plenty of projects to plan, schedule, and build for years to come.

Finally, Grant funding is often distributed on a competitive basis, and these communities that can show active involvement of groups such a Friends of Folsom Parkways move higher on the awarding scale of approved projects.

Your membership and involvement make a difference. Thanks for your support.



Pictures from the trails

CALENDAR

August 11 FOFP Monthly Meeting
September 8 FOFP Monthly Meeting
September 17 Community Service Day

Membership Form

I would like to become a new member of Friends of Folsom Parkways or renew my membership for 2022. My yearly membership fee of $15.00 individual / $20.00 family is enclosed made out to: **Friends of Folsom Parkways**. Send to Friends of Folsom Parkways, P. O. Box 1501, Folsom, CA 95763-1501
or go to http://www.enjoyfolsomtrails.org/ to join.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Day Telephone:_____ Evening Telephone: _____

Email Address:_____

Circle the activities you are interested in helping with:

TRAIL WALKS	TREE PLANTING	ADOPT-A-CREEK/TRAIL	PROJECT REVIEW
TRAILS	FUND RAISING	MEMBERSHIP	WILDLIFE HABITAT
FUN RUN	TRAIL DAY	BIKE PATHS	FINDING SPONSORS