Volunteering is good for you and the community.

Help Folsom remain a great place to live, work, and play by volunteering with the Friends of Folsom Parkways. Sharing your unique skill set with the community helps keep Folsom special. Individuals like you make the difference.

The good news is that research has found that volunteering is not only good for the community, but also good for your mental health and physical health. Those that volunteer tend to live a longer, healthier, and happier life.

In researching the benefits of volunteering scientists have listed 10 major benefits:

1) Creates a sense of purpose.
2) Creates a sense of community.
3) Provides for opportunity to meet new friends an strengthen old friendships.
4) Increases social skills, sharpens active listening skills, and strengthens management skills.
5) Improves self esteem.
6) Enhances and broadens your abilities .
7) Provides job prospects and community connectivity.
8) Bring fun into your life while making a difference in your community.
9) Can help you be happier.
10) Gets you out of your comfort zone.

So, what are you waiting for? Start now making a positive impact on your community while enhancing your health. The Friends of Folsom Parkways new strategic Plan Identified over 20 objectives and 47 strategies for you to pick and choose to best match your unique gifts and talents. Your community is waiting for your thoughts and ideas on how you can engage with your community.

Contact us on which area best matches your skills and interests. You and your community will be enhanced.

http://www.enjoyfolsomtrails.org/ to join

The Humbug Creek Trail.

This was the very first trail in Folsom and 30 years later it still looks good.

The Next Meeting...

The next regular Friends of Folsom Parkways meeting will be held on September 8th 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/

Volume XXXI Number 9

Officers

President	vacant
Vice Pres.	Lynn LePage
Treasurer	Jim Ramstad
Secretary	Carol Ramstad
Historian	Carol Ramstad
Publicity	Peggy Blair
Newsletter Editor	Jim Kirstein
Membership	Eric James
Webmaster	Jerry Beckett

Board of Directors
Glenn Hermanson
Bruce Cline
Maynard Johnston
Jim Konopka
Don Krueger
Barbara Leary
Jan O'Brien
Jay O'Brien
Robert Goss
Steven Zawid

Committees

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: August 11, 2022

OPENING

The meeting was called to order by Vice President Lynn LePage at 7:05

PRESENT

Lynn LePage, James Ramstad, Carol Ramstad, Eric James, Mary James, Jan O'Brien, Jay O'Brien, Kimmie Lahr, Brett Bollinger, and Robert Goss.

Guests: Mike Kozlowski (city councilman), Brian Jorden (President of Mountain Bike Group)

APPROVAL OF MINUTES

Lynn LePage stated if everyone has read the minutes and has no disagreements then the minutes would be approved. There were no comments so they were accepted as written.

PRESIDENT'S REPORT

Lynn LePage reported he met with the R.E.I. manager to rekindle our relationship with them. The manager will refer the outreach coordinator to get in touch with Lynn.

TREASURER'S REPORT

Treasurer Jim Ramstad provided a printed report to those present and discussed it. Dyer foundation donated $40,000 to the Hinkle Creek Foundation.

COMMITTEE REPORTS

Folsom Urban Forestry:

Kimmie stepped in for Aimee Nunez She stated they're working on a final date for a native reforestation project by the Dos Coyotes restaurant. There is an outreach to commercial properties to water the trees.

Membership:

Eric reported on the membership status for 2022. Robert Goss suggested we turn the Meetup members into paid members for FOFP

Parkways South of 50:

We have 10 different builders and a lot of growth. Undercrossing at White Rock is amazing. This trail will lead us to the oak grove. They've been approved for 30 miles of trails.

Trails:

Folsom-Placerville Rail Trail: Submitted a grant for this project. Public works will build the sidewalks.

Mangini Ranch Trails: 75% plans set by next week. Received the money to build the trails.

Empire Ranch Road will be developing a trail to Folsom Ranch.

The Oak Grove has been approved for dirt trails. Each developer is responsible for their portion of trail.

Folsom Blvd received $200,000 for a feasibility study.

Baldwin Dam – Connects all the trails from Folsom Lake Sacramento to Folsom Lake Placerville County Trails. TSD Engineering will build this trail for free. Robert Goss suggested that the FOFP write a letter to City Council for support of this project.

OLD BUSINESS

Hinkle Creek/Lake Natoma Visitor Center. Received a grant of $40,000.

Community Service Day is 9/17/2022. Our group is stenciling the trails.

(Continued on page 4)

(Continued from page 3)

NEW BUSINESS:

Jim Ramstad stated in the Hillcrest Homeowners Association PG&E stated they're going to remove 500 trees. But Aimee got involved in this project where Aimee and PG&E will now take a walk to discuss the trees.

CALENDAR

Next meeting is September 8.
Community Service Day is September 17.
October FOFP meeting is October 13.

ADJOURNMENT

Meeting adjourned at 8:05pm Respectfully submitted by: Carol Ramstad, Secretary

2022 Folsom Community Service Day

The ninth annual Community Service Day takes place Saturday, September 17. This major citywide event mobilizes thousands of volunteers to complete dozens of service projects throughout Folsom that make a positive, lasting impact.

Volunteers help in countless ways to make Community Service Day a success every year!

Sign up's for FOFP trail stenciling project is already full. The Friends of Folsom Parkways will be stenciling trail safety reminders . Here are pictures of our stenciling from last year.

Thanks to all of the volunteers that will be there!

Ten groups will be stenciling. This is a picture of one group from a previous year.

New Strategic Plan Provides Volunteer Opportunities

This month we would like to introduce you to the new strategic planning product that was developed by the Friends of Folsom Parkways board and guests. This planning process was led by Robert Goss, Landscape Architect, and former Parks and Recreation Director for the City of Folsom.

Robert led the strategic planning process utilizing a technique known as SWOT analysis. SWOT is an acronym for Strength Weakness Opportunity and Threats. It is an important tool for strategic management in the nonprofit, public, and private spheres. By embracing strengths, acknowledging weaknesses, and appreciating external threats and opportunities, SWOT analysis helps organizations to protect their core values and plan for the future.

First each of the 4 areas were thoroughly analyzed and their characteristics were recorded. Then Robert led us in developing 22 objectives to enhance our trails and open spaces. Next 47 strategies were developed to accomplish these objectives. Each strategy was required to be both measurable and time sensitive. Failure to meet these two requirements would make the strategic plan more of a dream or wish rather than a working plan.

This new document now provides a clear road map for you, other individuals, and/or groups to join us in accomplishing the objectives and strategies to enhance our trails and open spaces. This year the board has selected 5 objectives and 7 strategies to focus on. As you and others join the effort the other established objectives and strategies can be added.

This new strategic plan not only provides an opportunity to enhance the community's trail and open space areas, but also provides a great way to improve your physical and mental health.

A little over 2 thousand years ago Greek philosopher Aristotle taught the essence of life is to serve others and do good. Today neural science is able to validate the benefits of volunteering that Aristotle taught so many years ago. Now we can scientifically prove that volunteering is not only good for your health but also your longevity. Volunteers live longer and are happier than those who do not volunteer time in their community.

The Friends of Folsom Parkways would like to thank Robert Goss for giving of his time and expertise in developing this strategic plan that provides the opportunity for you and me to enhance our community and our health. This new document is available for your review on the Friends of Folsom Parkways website under the quick links. (Front page, left side.) Contact us on which area best matches your skills and interests. You and your community will be enhanced.

One on the newest trails is in the Russel Ranch development in the Folsom Ranch area. Soon the trees will grow up so this trail looks more like our oldest trail.

CALENDAR

September 8	**FOFP Monthly Meeting**
September 17	**Community Service Day**
October 13	**FOFP Monthly Meeting**

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