



Access Leisure Ink



Fall 2011



NORTHERN CALIFORNIA REGIONAL SPORT

SACRAMENTO RIVER CATS WINTER WONDERLAND

In an effort to spread holiday cheer and the spirit of giving, the River Cats host the annual Winter Wonderland at Raley Field on Dec. 8 from 3-6pm. The event is designed specifically for those children and families in need in the Sacramento community. A baseball-themed wonderland offers guests family activities such as holiday learning stations, seasonal craft projects, ballpark food and gifts. Over 12,000 families in the greater Sacramento area have benefited from this program since its inception in 2003. **Contact Tony Asaro at 376-4726 or tasaro@rivercats.com.**



SACRAMENTO VETERAN'S DAY PARADE

"Honoring our heroes past and present"
Friday, November 11 10am, Capitol Mall
Grand Marshall: General Chuck Yeager
Program to follow 11am-1pm with entertainment, children's activities, and displays

For info contact Vincene Jones at 808-5072 or vincenejones@cityofsacramento.org

WOUNDED WARRIORS AND VETERANS SOUGHT!

Paralympic Sport Sacramento is seeking Veterans and Wounded Warriors with physical disabilities or those that are blind or have low vision to participate in both Paralympic sports and recreational sport programs. Activities occur locally and regionally. Join us for our cycling program, wheelchair basketball, wheelchair softball, sled hockey, wheelchair rugby, swimming, goalball, or one of many other exciting opportunities. For more information please contact Program Supervisor Annie Desalernos at adesaler@cityofsacramento.org or 808-3809 .



Find us on
Facebook

Please "Like" our page, tell us your favorite event memories, and upload your event photos.

www.facebook.com/accessleisure

Performing Arts

AXIS DANCE MASTERCLASSES/ WORKSHOPS

For more information contact AXIS at info@axisdance.org or 510-625-0110. www.axisdance.org

- Creative Dance Classes for Kids and Teens ages 6-21 with and without disabilities. Two 8-wk. sessions.
- Arts Integration Specialist Certificate Program
- Serious Fun! Series for people with and without disabilities
- inMotion for Adults (with and without disabilities) at BORP



DANCE 10 STUDIO CLASS

Dance class for youth and young adults ages 7 -20 years old with special needs. Designed to teach dance and rhythm concepts, build motor skills, encourage expression and build self-confidence. Saturdays, 9-10am at 11251 Coloma Rd., Gold River. \$50/mo. Contact 851-9161 or info@mydance10.com. www.mydance10.com



Visit www.fairytaletown.org/going-on/calendar or call 264-5233.

Free Admission Day (with a canned good)

Friday, November 5 10am-4pm

Activities during the event include an arts & craft activity and puppet shows by Puppet Art Theater in the Children's Theater (show tickets are \$1/members; \$2/nonmembers.)

Free Admission Day

Saturday, December 24, 10am-2pm



Call 277-6747 (voicemail) or visit www.vsasacramento.org.

Access Leisure Ink

A quarterly publication of the
City of Sacramento, Access Leisure

Editor: Annie Desalernos

Layout: Kim Callahan

If you have a program or activity that you would like included in an upcoming issue of Access Leisure Ink, contact Annie Desalernos at:

5735 47th Avenue
Sacramento, CA 95824
Tele: 916-808-3809
Fax: 916-808-3559

adesalernos@cityofsacramento.org

Next deadline is Dec 2.

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Camps & Outdoor Education, Paralympic Sport Sacramento, and Veterans Programs



Unless otherwise noted, all phone numbers are in the 916 area code

www.accessleisuresac.org



Find us on
Facebook

www.facebook.com/accessleisure

Sports & Recreation

ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email

jjarrow@cityofsacramento.org or visit

www.accessleisuresac.org



Camp C.O.O.L.

January 21-22. Camp Challenge Ourselves through Outdoor Leisure (C.O.O.L.) is a two-day, one-night residential camp for youth and young adults with physical disabilities, ages 10-25. Camp C.O.O.L. consists of these exciting activities: 2 half-day downhill snow ski lessons from the skilled staff of Disabled Sports, USA at Alpine Meadows; one session of sled hockey/skating, and one session of curling at the South Lake Tahoe Ice Arena. Cost is \$275.



Rock 'n' Roll Yosemite 2012

May 14-17. Experience the sights, sounds and natural wonders of Yosemite National Park. This four day three nights tour is specifically designed with physically challenged individuals in mind and will utilize hand cycles to tour the valley floor, including educational programs. There will be Adaptive Rock Climbing sessions on the granite rock wall led by experience climber Mark Wellman. Participants must be 21. Cost is \$450.



SACRAMENTO LIGHTNING SLED HOCKEY

Practices are Saturdays from 2-3pm. Dates: 11/5, 11/19, 12/3, 12/17, 1/14, 1/28, 2/11, 2/25.

Cost is \$10 per player and includes sled rental.

The team is looking for beginner and new players who are interested in trying a new sport. We have several youth player that are looking for a few new friends that are interested learning how to skate and play this fun game. No experience is necessary, just a desire to have some good clean fun on the ice.

What Is Sled Hockey?

An exciting alternative sport using the rules of ice hockey. Players sit on a specially designed sled and use two short ice picks to propel themselves across the ice. Standard hockey rules apply. Legal body contact and raised puck shooting are as much a part of Sled Hockey as they are in traditional hockey.

Who Can Play?

This sport is played by both males and females, youth and adults ages 8-70. It totally integrates players with mobility limitations, amputees and able-bodied people with knee, leg or hip injuries that limit their participation in traditional hockey.

What do I need to play Sled Hockey?

Full equipment is required: shoulder pads, neck guard, elbow pads, knee pads, gloves, hockey pants, and an HECC approved helmet. We have a limited supply of loaner protective equipment. Players must sign a waiver in order to play.

Contact Jenny Yarrow at 808-6017 or jjarrow@cityofsacramento.org Visit our website at www.sacramentosledhockey.org See Skatetown's website for directions: www.skatetown-roseville or call 783-8550.



Sports & Recreation

SPORTS PERFORMANCE PRO

Sports Performance Pro exists to encourage and teach the participation of Amateur Sports nationally and internationally through adaptive sports training, physical fitness, wellness and injury rehabilitation for able-bodied and/or physically disabled adults.

Contact Ron Curcio at 303-3244 or www.sportsperformancepro.org.

GOLFING FOR ALL

Sacramento is proud to boast four golf courses with trained staff available to teach golfers of all ages and abilities. Adaptive Golf Carts are available at the Cherry Island Golf Course, "The First Tee" in William Land Park, and Haggin Oaks. Trained staff can improve the swing of any golfer.

The First Tee in William Land Park. Brian Rugne at 455-7888 or brugne@hagginoaks.com.

Haggin Oaks, 3645 Fulton Ave. Kelli Corlett at 808-0971 or kcorlett@hagginoaks.com.

Cherry Island Golf Course, 2360 Elverta Rd. Tim Berg at 991-7293 or tberg@empiregolf.com.

Bing Maloney, 6801 Freeport Blvd. Morgan Malone at 808-6616 or mmalone@hagginoaks.com.

TTY'S AVAILABLE TO THE PUBLIC AT THE FOLLOWING CAPITAL CITY GOLF LOCATIONS:

Bartley Cavanaugh Golf Course TTY 665-3637

Bing Maloney Golf Course TTY 391-8006

Haggin Oaks Golf Course TTY 481-2253

William Land Golf Course TTY 277-1207

Capital City Golf Administration Office 433-6294

GOALS

The Growth Oriented Adapted Learning Skills (GOALS) program is a non-profit organization offering a variety of activities to individuals with developmental disabilities ages 8 and older. Call 595-2165

or visit www.goals-us.com.

- **Bowling** tom@goals-us.org
- **Bingo on 2nd Saturday** bingo@goals-us.org
- **Golf begins in April** golf@goals-us.org

OVERNIGHT WINTER ADVENTURE CAMPS FOR TEENS WITH DISABILITIES IN MILITARY FAMILIES

Join Northeast Passage and the University of New Hampshire's Cooperative Extension for one of two winter adventure camps specifically designed for teens (14-18) with physical and developmental and cognitive disabilities in the White Mountains of New Hampshire.

January 6-9: Camp for teens with physical disabilities
January 20-23: Camp for teens with developmental and cognitive disabilities

Activities include: Alpine and Nordic Skiing, dog sledging, skating, snow tubing, snowshoeing and more! All activities are facilitated by trained staff and volunteers and are appropriate for teens with disabilities. All lodging and facilities are wheelchair accessible.

All inclusive! \$20 registration fee includes lift tickets, lessons, equipment rental, and food/lodging at the Appalachian Mountain Club's Highland Center in Bretton Woods, NH. Transportation assistance is available, including airfare for teen and a companion from anywhere in the U.S.

Visit www.nhomk.com or contact Charlotte Cross, University of New Hampshire Cooperative Extension at 603-862-2495 or militaryteen.camp@unh.edu

CLIMB MT. KILIMANJARO

Join other adventurers with physical challenges on a climb to Uhuru Peak on Mt. Kilimanjaro in Tanzania, Africa August 3-11. Group will be limited to no more than 10 people. All climbers must be age 16 or older. There will be three porters for each climber and two cooks traveling with the group. Your guides will be Tanzania native Herman Tesha and Dr. Gary Clusserath, both experienced mountain climbers who have climbed Mt. Kilimanjaro. Cost is \$3,600 per climber, not including airfare, tips (for porters), or climbing gear. All climbers will be assessed prior to their reservations being accepted. Climbers will receive training leading up to the trip.

Contact Gary Clusserath at 425-444-0500 or garyclusserath@earthlink.net.



Sports & Recreation

DISABLED SPORTS USA FAR WEST

Information & Reservations
Telephone: 530-581-4161
Online: www.dsusafw.org
info@disabledsports.net



Alpine Meadows, Squaw Valley, Northstar-at-Tahoe

Dec 17-Apr 12 Daily 10am-12:30pm or 1:30pm-4pm

\$65 Disabled Sports members with an annual participant membership fee of \$30; non-member cost for lessons \$200

Includes 2.5 hr private lesson and lift ticket. Time includes assessment and equipment fitting. Sit-Skiers must weight less than 185lbs.

Mono-ski, Bi-ski, standard skis or snowboard not included.

Equipment rentals:

Mono-ski, Bi-ski rentals from Disabled Sports: \$10 half day, \$20 all day.

Standard ski or snowboard rentals are ½ price at Alpine Meadows or Tahoe Dave's (Alpine Meadows Rental Shop 530-581-8244, Tahoe Dave's 530-583-6415)

The 2012 Ability Celebration

March 20 – 25, 2012 Alpine Meadows, CA
Honoring Wounded Warriors Disabled in the Wars in Iraq and Afghanistan
Please join us in celebrating the abilities of our honored guests

Wounded Warrior Ability Camp, March 20 – 25
Ability Challenge, Friday, March 23
Ability BASH, Saturday, March 24

Their Spirit Inspires

June 5-9, 2012

Join us for an inspirational evening highlighting the positive effects of sports rehabilitation on recently disabled war veterans.



DISABLED SPORTS EAST EASTERN SIERRA

Contact Maggie Palchak at 760-934-0791 or mpalchak@disabledsportseasternsierra.org
Visit disabledsportseasternsierra.org



Ongoing Fall Cycling Group meets weekly in Bishop Wednesdays at 1PM weather permitting.

Ongoing Alpine Ski, Nordic Ski, Biathlon and Snowboard training daily throughout the winter season

Mammoth Mountain Ski Area Opens Thursday November 10 if not sooner

January 6-8: Nordic Ski and Race Camp

January 23-27: Wounded Warriors "Operation Mountain Freedom" – A winter sports camp including alpine skiing, Nordic Skiing, Snowboarding, biathlon and more!

February 3-5: Alpine Race Camp and Level I Race

March 9-11: Mono Ski Madness

March 21-25: Biathlon Camp and Mammoth Lakes Biathlon



ATHLETES HELPING ATHLETES

"Motivation, Inspiration, Passion...No Excuses!"

A non-profit foundation, Athletes Helping Athletes raises money to purchase handcycles for children with disabilities. If you or your child is under 18, has a permanent physical disability and would like more info about obtaining a free handcycle, **email** aha@roadrunnersports.com **or visit** www.roadrunnersports.com.

Sports & Recreation

CHALLENGER BASEBALL SACRAMENTO

Call Karen Pack at 381-0898.



TRI-CITY CHALLENGER BASEBALL

Tri-City Little League in Rocklin is Registering for Spring Baseball in the Challenger Division. Challenger is open to children with disabilities. Visit www.tricitylittleleague.com or call 773-4454.

FOLSOM/EL DORADO HILLS (DIST. 54) CHALLENGER BASEBALL

Contact Matt Mauk at mattmauk@sbcglobal.net or call 530-558-5374.

ENVIRONMENTAL TRAVELING COMPANIONS (ETC)

Visit www.ectrips.org or call 415-474-7662.

Offers cross-country skiing, white-water rafting and sea kayaking adventures. Visit website for details.

- **Yuba River Salmon Float Trip**—11/5

SHARED ADVENTURES—SANTA CRUZ

For info on all trips, visit www.sharedadventures.org or call 831-459-7210. staff@sharedadventures.org

- **Indoor Rock Climbing**—11/4
- **Bowling by the Boardwalk**—11/10, 12/8

TREASURE ISLAND SAILING CENTER

The TISC Adaptive Sailing Program ranges from introductory sailing for children and adults to competitive training for the US Paralympic Sailing Team. TISC's trained instructors support the needs of each participant and promote safety both on and off the water. Call 415-421-2225 or email adaptivesailing@tisailing.org. www.tisailing.org

COSUMNES THERAPEUTIC RECREATION

www.yourcsd.com Fees vary. Contact Timory at 405-5667 or TimoryDesalernos@csdparks.com

UCP SADDLE PALS

For ages 4 and up. \$400 for a 10-week session.

Orangevale: contact Jodi Wong at jwong@ucpsacto.org or 726-7257 (voicemail)

Grass Valley: contact Jane deZell jdezell@ucpsacto.org or 530-268 8785.

RIDE & SHINE AT GRACE

Now located at Grace Ranch in El Dorado Hills. Visit www.thegracefoundationofnorcal.org. Call Julie McBride at 941-0800 or email Julie@thegracefoundationofnorcal.org.



CHALLENGE SPORTS

To register or be added to the mailing list visit www.challengesports.org or call 554-0889.

Challenge Sports Basketball Skills Class

Thursday Evenings 6:30–8pm year round. Held at Sky High Sports (11327 Folsom Blvd., Rancho Cordova) Experienced players ages 13 and up are invited to our ongoing Basketball Skills League. Cost is \$12 per session, payable monthly in advance – players may join at any time.

Trampoline

Held Tuesday and Wednesday 7-8pm year round, this low impact class helps to improve balance, coordination and cardio function, tone muscles, build confidence and best of all, provides a fun, safe and social group exercise activity. This program generally has a waiting list. Please call to be added to list.

CURLING

Roseville—Skatetown Ice Arena (1009 Orlando Ave) Sundays 10:45am, Mondays 5:45pm
Contact Susan Sweetser at 783-8550 ext. 115 or email marketing@skatetown.biz

Wine Country Curling of Northern California

For info visit www.winecountrycurling.org or email winecountrycurling@gmail.com. WCC is proud to be one of the few curling clubs that encourage wheelchair curlers.

Sports & Recreation

B.O.R.P.

Bay Area Outreach Program (BORP) offers wheelchair basketball, power soccer, goalball, youth sports, outings, adaptive cycling, and fitness.

Visit borp.org or call 510-849-4663.



PROSTHETICS TENNIS CLINIC

OPAF First Volley in partnership with Shriners Hospitals for Children Northern California presents an Adaptive Tennis Clinic providing amputees and those with physical challenges a chance to try quality adaptive tennis with certified instructors. Clinic will be held Saturday, November 19 from 10am-1pm at the Rio Del Oro Racquet Club (119 Scripps Drive, Sacramento). There is no cost for the clinic and lunch will be provided. **Contact Tom Barisone at 453-2000, ext. 3315 or tbarisone@shrinenet.org**

SAN JOSE ALL-ACCESS SPORTS

Sports offered: Lacrosse, basketball, golf, tennis, and powersoccer as well as fitness classes. www.sanjoseca.gov/prns 408-369-6438

- **All-Access Winter Sports Camp**—Dec. 19-21, 9am-3pm, Camden Community Center (San Jose). Sports will include basketball, softball, lacrosse, and a laser tag field trip. Cost is \$200 (includes lunch and field transportation/admission).



PARALYMPIC SPORT CLUB MENLO PARK

www.riekes.org 650-364-2509

- **Fencing Clinic**—Nov. 21 3-6pm. Timpany Center (San Jose). Free
- **Strength and Conditioning for Veterans** through the Palo Alto VA Tues/Thur 2-3pm
- **Archery for Veterans** through the Palo Alto VA Tues/Thur 3-3:30pm
- **MOVE program (Motivating Overweight Veterans Everywhere)** Tues/Fri 8-9am
- **Wheelchair Rugby** Tues/Thur 6-8:30pm



CITY OF RENO PARKS & RECREATION

www.reno.gov/Index.aspx?page=1432 Contact April Wolfe at 775-333-7765 or wolfea@reno.gov.

- **Bowling**—November 9
- **Roller Skating**—November 15
- **Fall Harvest Dance**—November 18
- **Mini Golf**—November 22
- **Ice Skating**—November 23
- **Adaptive Equipment Rental Program**

Adaptive recreation equipment is available to rent (sport wheelchairs, roller sleds, handcycles, etc.). Renting makes it affordable for participants to try before they buy, be a weekend warrior, gain skills, and be involved in more than one sport.



SACRAMENTO SCWTA WHEELCHAIR TENNIS

Contact Jay Byrn at 481-3364 or jay@scwta.com. Visit www.scwta.com.

TIES WHEELCHAIR TENNIS

TIES will be continuing the wheelchair tennis fun outdoors at the Gold River Racquet Club from April to October. TIES has fund-raising opportunities for individuals wanting to purchase their own tennis sport wheelchair. This tournament is fun for all as able-bodied family and friends play tennis along side wheelchair players. **Contact David M. Van Brunt, MSW 521-5972.**

!MPAKT TENNIS

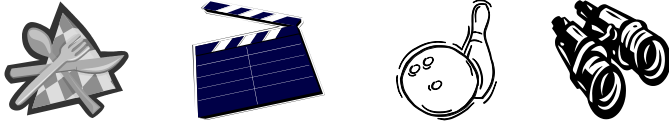
www.impaktcreative.com 415-971-4841

Up/Down Tennis Socials - Every Thursday at 6pm at Town Park tennis courts in Corte Madera. Free. All ages and abilities are welcome.

UpDown Tennis Clinics - Saturdays at 10am. Tennis clinics are conducted through the Corte Madera Parks & Recreation. To register call 415-927-5072 or www.ci.corte-madera.ca.us/recreation_dept/catalog.htm. Drop-Ins are welcome: \$20. Drop-In SPECIAL - bring a tennis buddy, \$30 for the both of you. Next session is Nov. 5-17.

Resources

Access Leisure social programs for teens and adults with developmental disabilities



Special events, trips and excursions are provided throughout the year. Programs promote inclusion and social skill development. Programs include trips to local sporting events, gambling trips, and community events

Social programs are community-wide activities open to teens and adults. Programs help develop social skills and self-esteem. Activities include movies, table games, dances, crafts programs and dinners.

Social sports are open to active teens and adults. Programs include walking, water aerobics, and bowling.

Contact Program Coordinator Phil Sinclair at 808-6045. Calendar available by email, contact psinclair@cityofsacramento.org. Program fees vary.

You can view the monthly Access Leisure calendar at www.accessleisuresac.org.



Visit www.ucdmc.ucdavis.edu/mindinstitute

or call 703-0280. Located at 2825 50th Street.

- Wed., Nov. 9 Dr. Nora Volkow "ADHD: Attention and Motivation Deficit Disorder" 4:30pm.
- Wed., Dec. 14 Dr. Carla Shatz "Releasing the Brake on Synaptic Plasticity" 4:30pm.
- Wed., Jan. 11 Dr. Evan Eichler "Developmental Delay and Human Copy Number Variation" 4:30pm.
- Wed., Feb. 8 Dr. Ricardo Dolmetsch "Using iPSCs and Mouse Models to Study Autism" 4:30pm.
- Wed., March 14 Dr. Joel Nigg "ADHD Causes and Mechanisms" 4:30pm.
- Wed., April 11 Dr. F. Xavier Castellanos

ABILITIES EXPO

November 18-20 at the McEnergy Convention Center (150 West San Carlos St) in San Jose. Check out the newest, latest, greatest gadgets and gizmos for all abilities. FREE admission (there are parking fees).

Friday 11am-5pm

Saturday 10am-5pm

Sunday 11am-4pm

www.abilitiesexpo.com/sanjose/index.html



GABY SEEKS YOUTH-LED PROJECTS FOR "LIVING WELL" GRANTS

The Grants Advisory Board for Youth (GABY) supports young people to engage in their community by sparking their interest in giving and taking action on issues that are important to them. GABY stimulates youth-led community action by providing a web-based platform to explore interests and teach skills to organize projects. Under an organizational sponsor, teams of youth can compete for grants of \$500 to support "living well" activities for their schools, communities, and neighborhoods. GABY provides grants of up to \$500 grants for youth-led projects in Sacramento and Yolo counties that focus on "living well." The deadline for grant applications is December 6. All eligible applicants are required to present their projects in person at a workshop on Saturday, January 28. GABY is supported by Sacramento Region Community Foundation and Sierra Health Foundation. Visit gaby.sacregcf.org to begin the application process.



CHAIR SCHOLARS FOUNDATION

The ChairScholars Foundation provides scholarships for college or vocational training to low-income students with severe physical disabilities - allowing them the opportunity to pursue their dreams. Any young person with a physical disability and a dream can apply for a scholarship. This scholarship provides up to \$20,000, distributed over four years, for tuition at the students' college of choice. Call 888-926-0544 or visit www.chairscholars.org.

Resources



A Touch of Understanding—Organization providing disability awareness programs to students in the Sacramento area through activities and social interaction. Contact 791-4146 or visit www.touchofunderstanding.org

ALS Association, Greater Sac. Chapter—Contact 979-9265 or visit www.alsac.org

Autism LifeSpan—Contact 530-897-0900 or info@autismlifespanspan.org. Visit www.autismlifespanspan.org

Capitol People First —A self-advocacy group organized by people who have and are affected by disabilities. Meets every 1st Saturday at 1-3pm at State Capitol Room 125. Call 486-2657 or 858-1364.

City of Roseville Adaptive Recreation—Contact 774-5505 or visit www.rosevilleparks.com

Down Syndrome Information Alliance—Contact 658-1686 or info@downsyndromeinfo.org
Visit www.downsyndromeinfo.org.

Epilepsy Foundation of No. Ca.—Contact 800-632-3532 or efnca@epilepsynorcal.org
Visit www.epilepsynorcal.org.

FEAT (Families for Early Autism Treatment)
- Lending library, newsletter, conferences, support, parent mentoring, social events, field trips and fundraising events. 303-7405 or FEAT@feat.org.

Participants in Progress—Social support group for the disabled, their friends and family. Visit pipweb.info or call 491-1779.

Society for the Blind Youth Enrichment Programs—Monthly social events held for youth ages 12 and up who are blind or visually. Contact Michelle Miller at 452-8271 Ex.328 or mmiller@societyfortheblind.org.

Sunshine Connection—A fully inclusive non-profit organization serving children with and without disabilities in Butte County; designed to foster self-esteem, empower kids, promote advocacy, & acceptance for all children ages 5-18. Contact 530-776-5095 or info@sunshineconnection.org.

Therapeutic Recreation Services—www.msa2.saccounty.net/parks/trs/Pages/default.aspx
Contact TRS at 381-0225, TTY/TDD 800-735-2929 or trs@saccounty.net.

The **WarmLine Family Resource Center** is for families that have a child birth to age 22 with special health care or developmental needs. They offer information, referrals, support, a lending library, WarmLine publications, and trainings. Visit www.warmlinefrc.org.

Locations:

2025 Hurley Way, Suite 100 (Sacto) 922-9276
6960 Destiny Drive, Suite 106 (Rocklin) 632-2100
907 3rd Street (Davis) 530-759-1127

IEP Training:

Preschool 1st Tues of ea. mo. (Sac)
Preschool 1st Wed of ea. mo. (Placer)
2nd Wed of ea. mo. (Spanish - Placer)
3rd Tues of ea. mo. (Sac),
3rd Wed of ea. mo. (Placer)

This fall Warmline will provide trainings and play-groups for families of children with special needs. The schedule can be found on the events calendar on the website or email Cid@warmlinefrc.org to be added to the mailing list.



hands on
sacramento

VOLUNTEER WITH HANDS ON SACRAMENTO

Hands On Sacramento connects 2,500 volunteers a year with opportunities to match their schedules and interests. **Call 447-7063, ext. 304, email info@handsonsacramento.org or visit www.handsonsacramento.org**