

**ES  
BB**

# East Sac Baby Boomers News

*Paying it Forward and Having Fun*

[www.EastSacBabyBoomers.com](http://www.EastSacBabyBoomers.com)

**Winter 2020**

2807 Elvyra Way #240  
Sacramento, CA 95821

## Proud Supporter Of

**ES  
BB**

### East Sac Baby Boomers

[eastsacbabyboomers.org](http://eastsacbabyboomers.org) - <https://www.facebook.com>

*Paying It Forward*

## ESBB Kicks Off Supporter Program

The mission of the East Sac Baby Boomers is to connect and bring benefit to businesses, charitable organizations and residents located in the Sacramento area. By supporting ESBB through cash or in-kind donations, you or your business will become a part of a local network dedicated to helping those in need within our community.

### What ESBB Offers You As A Supporter

- \* Website Recognition: [EastSacBabyBoomers.org](http://EastSacBabyBoomers.org)
- \* Placement of Business Title in ESBB Newsletter
- \* Business Title in Concerts For Life programs
- \* Your business cards/flyers/menus at ESBB events
- \* ESBB Supporter decal for business or auto window

With your cash or in-kind annual donation of \$100 or more, you will also receive two complimentary tickets to upcoming ESBB Concerts For Life live music events. Please show support of our community with your tax deductible donation by visiting:

**[EastSacBabyBoomers.org](http://EastSacBabyBoomers.org)** and by clicking on the Proud Supporter icon at the bottom of the home page.

### Please Welcome & Patronize Newest ESBB Supporters

- \* **The Businesses of 57th St. Antiques & Design Center**
- \* **Harlow's Restaurant & Nightclub - 2708 J Street**
- \* **Clubhouse 56 Restaurant & Sports Bar - 56th & H St.**
- \* **Skip's Music Inc. - 2740 Auburn Blvd. Sacramento**
- \* **Socal's Tavern - 5200 Folsom Blvd. Sacramento**
- \* **Club 2 Me - 4738 J St. Sacramento**

**ESBB CONCERTS FOR LIFE SERIES**  
PRESENT  
**TOM RIGNEY AND FLAMBEAU**  
Sunday Dec. 1st  
*Celebrate one of the premier blues and roots violinists in the world!*  
**HARLOW'S**  
RESTAURANT & NIGHT CLUB  
ESTABLISHED 1987  
2708 J Street, Sacramento  
Doors 1:00 Show 1:30-4:00  
Proceeds Benefiting "Road to Recovery Program"  
Tickets \$20 Advance \$25 Door  
Tickets: [Harlows.com](http://Harlows.com)  
Raffle Prizes, Dancing, Music, Friends  
[www.EastSacBabyBoomers.org](http://www.EastSacBabyBoomers.org)  
American Cancer Society  
SOCIETY FOR THE BLIND

ESBB is proud to present another Concerts For Life Series live music benefit event featuring the jazz-blues-Cajun sounds of violin master Tom Rigney & his hot band Flambeau.

Rigney, Past Grand Marshall of the Sacramento Music Festival, delivers a high energy show filled with modern and traditional American genre dance music and fun banter.

100% of Funds raised from this concert will benefit the American Cancer Society's - Road To Recovery Program & Society For The Blind - Senior IMPACT Project.

Through the generosity of sponsors, donors and concert attendees ESBB has been able to raise and donate \$30,000 to its charitable beneficiaries.

ESBB is grateful to many who have taken the opportunity to help those in need within our community. Thank You.

# East Sac Baby Boomer Member Spotlight

This month's Member Spotlight shines on an individual whose name may be quite familiar to many residents in the Sacramento area. However, if your familiarity is limited to his media exposure, published biographical information or even public appearances, then consider yourself woefully under-informed. (Note: It is with frustration and regret that this interviewer has so little space to more fully inform the reader on the life and experiences of this fascinating individual).

Jeff Harris is a Sacramento City Councilmember who represents the 3rd City Council District of Sacramento. The District encompasses East Sacramento, River Park, the Downtown



Railyards, South Natomas, Gardenland and Northgate neighborhoods.

*"I am a city boy born and raised in L.A."* So what does a 17 year old city boy do upon graduating from high school? He moves to England to work on a dairy farm... and ride his bicycle thousands of miles throughout the British countryside.

While in England Jeff developed a keen interest in bee keeping and after two years returned stateside to study bee genetics and plant

pathology at UC Davis. He then went to work in the bee industry for the next four and a half years. He moved bee hives, 200 at a time, throughout Northern and Central California where the bees pollinated prunes, almonds, star thistle and field crops. Jeff had become an expert bee keeper. However, extreme draught caused a decline in the bee industry and Jeff decided to change career paths.

In 1977 he moved to Mendocino County to apprentice with a construction company. Harris lived on the Round Valley Indian Reservation while learning the construction trade. He ultimately earned his contractor's license. In order to more efficiently move himself and materials to the many job sites dispersed throughout this rugged part of the state he earned his pilot's license.

It was there in Mendocino County that Jeff honed his skills on the fiddle ..... and to become a professional square dance "caller"! He was known as The Flying Caller. Due to his popularity - and a pilot's license - he was able to fly from gig to gig. For the next seven years Jeff worked construction, played fiddle and called square dances. He then moved to Boulder, Colorado to teach at a Buddhist University.

Naropa University is a liberal arts university offering degrees in the arts, environmental studies, psychology, peace studies and religious studies. Buddhist-inspired and nonsectarian, Naropa University is rooted in contemplative education that integrates Eastern wisdom studies with traditional Western scholarship. Jeff spent a year at Naropa University teaching house building. His experiences there were clearly meaningful. *"I once embraced the Dalai Lama. It's a highlight of my life. It is said that to even touch a thread of his garment will change your karma forever"*.

In 1985, at age 33, Jeff Harris moved to Sacramento for good. A buddy of his had a woodshop and Jeff moved his tools and equipment into the space and established Cadence Construction. The company offered commercial and residential

construction specializing in renovation and additions.

Jeff was becoming established in Sacramento. He attended CSU Sacramento (Sac State) where he earned a B.A. in Vocational Education. He eventually moved to River Park. He founded one of the first Adopt-A-Park groups in Sacramento to provide for the upkeep of Glenn Hall Park. He is also past-president of the River Park Neighborhood Association. Jeff coordinated and trained Neighborhood Watch and Night Patrol programs for 7 years. He was a leader in the McKinley Park rebuild and served 4 years on the City of Sacramento Parks Commission, the final year as Chair of the Commission.

Jeff's daughter Lilah was born in 2004. She currently attends St. Francis High School. And in 2014 Harris was elected as a City Councilmember and was re-elected in 2018.

Jeff is a member of the Board of Sacramento Regional Transit, Regional Water Authority, Sacramento Metropolitan Air Quality Management District, the Council Law and Legislation Committee and others.

His 30 years of experience as a small business owner now serve him well as an advocate for small businesses and economic development.

One recent and very significant accolade for Harris, the Sacramento City Council and especially Sacramento Mayor Darrell Steinberg: Major League Soccer is coming to Sacramento. And the club will be building a new \$300 million stadium in Harris' Railyards District.

In addition to his many duties as a City Councilmember, Jeff also dedicates his skills and support to numerous community organizations and causes, including: Real Men Wear Pink - a group of community leaders determined to raise awareness and money to support the American Cancer Society's mission to save lives from breast cancer; the Sacramento Youth Commission - which assists youth in the understanding of local government and encourages participation in community affairs; Society For The Blind - Harris is currently working with local restaurants in providing Braille language menus for the visually impaired. Jeff is a supporter of the East Sac Baby Boomers whose beneficiaries also include Society For The Blind and ACS.

Harris is also a guest lecturer at CSU Sacramento. He invites 30 to 40 students per year to City Hall where they are informed on many of the diverse and often difficult issues facing elected officials and the public.

Jeff is still a bee keeper, enjoys gardening and loves spending time with Lilah, with whom he co-built a wooden row boat. They enjoy spending time cruising local waterways together.



#### Connecting With ESBB

ESBB invites you to visit our new website at: [eastsacbabyboomers.org](http://eastsacbabyboomers.org). While there you can contact us, find out about upcoming events, join ESBB, access photos of previous events, read archived newsletters and become informed about our charitable beneficiaries and sponsors. You can also become a member of the ESBB Facebook closed group. Just click on the FB icon at the bottom of our home page. ESBB is all about making connections.

#### ESBB Thanks the Following

Newsletter Layout: Eileen Leung  
Poster Art: Charles Williams  
Graphics: Beth Chape & Joe Prassa  
Membership: Christine MacDonald Cunningham  
Website: John Hughes

ESBB is a 501c(3) California nonprofit charitable organization founded and operated by unpaid volunteers. All funds raised through events, sponsorships and donations are given directly to ESBB charitable beneficiaries. Tax EIN: 37-1788886



The relationship East Sac Baby Boomers has forged with the American Cancer Society and its Road To Recovery Program has been satisfying and effective. It's been three years since ESBB and ACS-RTR have formed their partnership and ESBB is proud to continue supporting this worthy program.

# SOCIETY FOR THE BLIND

More than what you see

The Society For The Blind's Senior Impact Project is a perfect fit for East Sac Baby Boomers. Due to the generosity of individual donors, business sponsors and event attendees, ESBB members and supporters have been given an opportunity to effectively *Pay It Forward* to help those living with vision loss within our area.

## East Sac Baby Boomers Meet & Greets

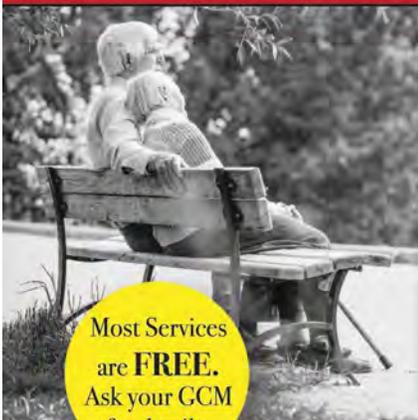


ESBB Meet & Greets are all about making meaningful connections while having some FUN. They offer an opportunity to renew friendships and a chance to make some new ones, all in a casual, relaxed and friendly environment.

There are no age or geographic requirements. All are welcome. To stay informed of upcoming M&G's and other ESBB activities, check out the East Sac Baby Boomers Facebook pages (ask to join if you haven't) or visit our website: EastSacBabyBoomers.org.

## Not your AVERAGE Source for Senior Care Advice

Advocacy • Assisted Living Placement  
Geriatric Care Management • Support Groups



No Family should have to navigate the MAZE of Senior Care Options alone.

Most Services are FREE. Ask your GCM for details.

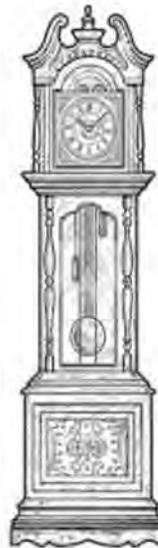
**askjaynie.com**  
Senior Care Advice



916-698-6182  
info@askjaynie.com



## 57TH STREET ANTIQUE ROW AND DESIGN CENTER



855 57th Street, Between J and H streets  
Tue – Sunday 10 am – 6 p.m.