

The pulse
of greater
Boulevard Park



March
2025

BOULEVARD PARK'S *PARK BEAT*



BOULEVARD PARK RUNS ON **YOU**

WHAT IS THE BOULEVARD PARK NEIGHBORHOOD ASSOCIATION?

Neighborhood Yard Sale. National Night Out. Spaghetti Dinner. Trunk-or-Treat. Holiday Party.

These events highlighted a fruitful year for the neighborhood. Behind the scenes, the Boulevard Park Neighborhood Association helped bring together these incredible activities along with general membership meetings, this newsletter, and lots of other bits and pieces throughout the year.

To many, the BPNA is an enigma (if they even know it exists). Aside from those who regularly read this newsletter, mention of our organization is often met with a puzzling glance, a look aside, or maybe as much as “is that, like, an HOA?”. Despite what the name colloquially implies today, our neighborhood association does not exist to cite residents for overgrown grass or unpainted garage doors; it is not compulsory to join; and it is not exclusive to homeowners. As stated in the original bylaws written in 1991, the BPNA’s purpose statement is “...to support and improve the quality of life for the residents of the greater Boulevard Park neighborhood, those who work and Boulevard Park, and for Sacramento as a whole.”

In that vein, the BPNA has been involved in many projects throughout the neighborhood, the fruits of which we can see today. Most notably, the traffic calming measures - such as the modal filters, traffic circles, and two-way street conversions - were due in large part to the active involvement of BPNA members in the implementation of the Neighborhood Preservation Transportation Plan in the mid-90s. The BPNA Board communicates regularly with the city, including responses to requests for development proposals in the area. In addition, the community events mentioned previously are a significant part of the BPNA’s efforts today.

So what is the Boulevard Park Neighborhood Association? Ideally, it is simply a vector for the community to thrive. Whether or not one is a member, every neighbor should look to the BPNA as a framework for exchanging ideas, communicating with the city, running projects, and hosting events. Need to know when things are changing in the city? The BPNA will keep you informed. Have a complaint about a dangerous intersection or a difficult landlord, but not sure who to talk to? The BPNA knows! Want to organize a neighborhood cleanup, tackle a beautification project, build a bench, or plant a tree? Let the BPNA be a resource; whether it’s knowledge, volunteers, advertising, or funding, we are happy to support anything that fosters community engagement.

The BPNA meets the **3rd Thursday** of every month from **6:30 PM - 8 PM** at the **Washington Elementary School Library** (520 18th Street). Join us to hear from an excellent roster of guest speakers, get updates from the BPNA board, and contribute! Email us (bpna@boulevardpark.org) to get on the agenda.

How Can I Get Involved?

Attend our Volunteer Interest Mixer

The BPNA will be hosting a get-together on **Friday, March 21st (6 PM - 8 PM) at At Ease Brewing (1825 I Street)**. Food will be provided!

The purpose of this mixer is to:

- (1) let the community know what we have planned for the upcoming year and provide specific opportunities for you to be involved
- (2) brainstorm new ideas for the neighborhood, no matter how big or how small - we want to hear every little thing you’ve ever thought would be a great idea!
- (3) give neighbors a chance to meet, mingle, and just have the opportunity to hang out with us and each other.

Sign up to help out today!

Not able to make the mixer, or just want to get involved right away? Consider helping out with one of these great events! We are always seeking neighbors to help plan and organize all of the fun offerings we provide throughout the year. Events we have planned so far:

- Spring Fling Block Party (April 12th)
- Neighborhood Yard Sale (June 7th)
- National Night Out (August 5th)
- Spaghetti Dinner Fundraiser (September 13th)
- Halloween (mid-October)
- Holidays (early/mid-December)

Generally, the expected time commitment for an event committee is 10-20 hours per year (or in other words, just an hour per month!)

In addition to these fantastic opportunities, **we are always in need of Park Beat Block Captains**. These are the wonderful people who help deliver this newsletter to your door! If this is your first time seeing the *Park Beat*, it is likely because we do not have enough Block Captains to cover your area. Volunteer today and help keep this publication alive!

To sign up for any of these fantastic opportunities or provide your own ideas, visit

boulevardpark.org/volunteer
or scan this QR code.



Where Is Boulevard Park?

The answer is... it depends on who you ask!

According to the City of Sacramento, the Boulevard Park Neighborhood encompasses the blocks between C, J, 16th, and 25th Streets. At the same time, they consider New Era Park to be the area between C, E, 16th, and 29th Streets; so you can imagine there is some hot debate over which area belongs to whom! *(Just kidding - we all understand that it's not that serious!)* Let's have a little history lesson and see if we can unpack what's going on here.

Racing Into A Neighborhood

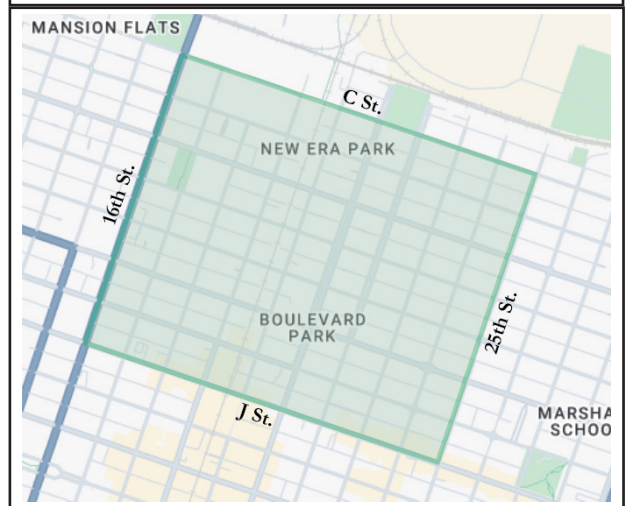
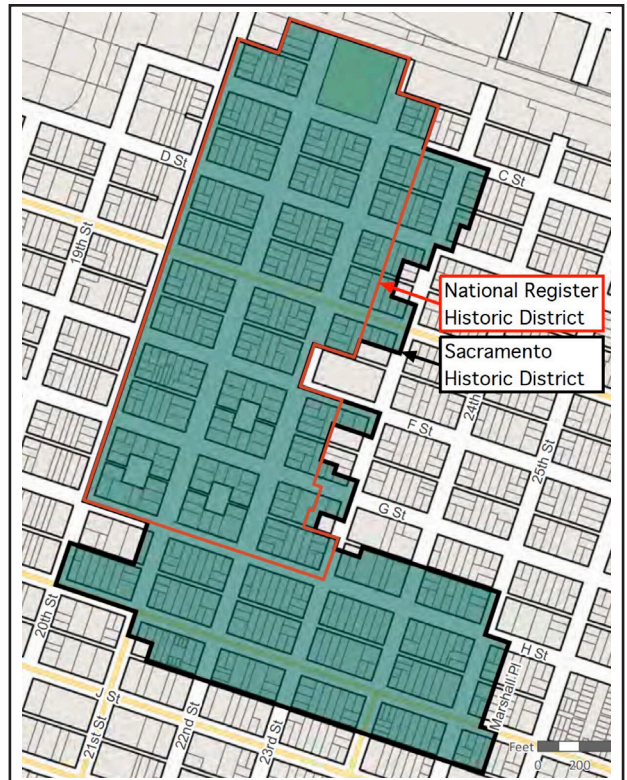
The original neighborhood of Boulevard Park was created as a subdivision over the former site of the Union Park Race Course, where parts of the State Fair were held from 1861 - 1904. This area was initially bounded by B, H, 20th, and 23rd Streets. Shortly thereafter, the bordering neighborhoods of New Era Park and East Boulevard Park were developed to effectively complete the tract of housing on the northeast side of what is now Midtown. In 2011, the initial area comprising Boulevard Park was added to the National Register of Historic Places. Eight years later, a larger swathe which included the original boundaries along with some additional pertinent areas, was added to the Sacramento Register of Historic and Natural Resources. The historic Boulevard Park neighborhood is still evident by its signature tree-filled medians as well as the three large alley parks between 21st, 22nd, F, and G; 21st, 22nd, G, and H; 20th, 21st, G, and H.

So where does that leave us now?

Ultimately, if you live in or around the area defined by either the City or the historic registers, or you don't live anywhere nearby but just feel like you identify strongly with us, feel free to say you're part of our lovely neighborhood of Boulevard Park!

Above: Borders of the Boulevard Park Historic Districts

Below: Boulevard Park borders based on City of Sacramento's definition



2025 BPNA Board of Directors

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Connect with the BPNA!



Become a member at boulevardpark.org/join or scan this QR code or fill out the form on p. 4!

Follow us on Instagram!
[@blvdparksac](https://www.instagram.com/blvdparksac)



The Doctor Is *In*: Health Notes for Boulevard Park Residents

by Dr. Jessica Nunez de Ybarra

Did you know that there are national efforts to track disease patterns from wastewater? Participants in WastewaterSCAN are municipal treatment plants in the United States that serve more than 10,000 people, with some plants serving as many as 4 million people (<https://www.wastewaterscan.org/en>). The goal of analyzing wastewater at this level is to get a picture of infectious disease occurrence at a community population scale. Sampling at this scale covers a population large enough that positive results for a disease won't be associated with individuals.

As of this writing, the western part of the United States (including California) is seeing high levels of norovirus, influenza A (flu) and RSV (Respiratory Syncytial Virus) in wastewater. You can look up the current situation in Sacramento on the WastewaterSCAN Dashboard (<https://data.wastewaterscan.org>). If the results worry you, remember that it's never too late to be vaccinated. Adults over 65 years of age and young children are most vulnerable to the flu, whereas young children and infants are most vulnerable to RSV. Talk to your health care provider.



See p.2 for online form

2025 BPNA Membership Form

Please send this form with your dues payment (recommended: \$5-15 per adult member, per year) to:
BPNA, P. O. Box 160811, Sacramento CA 95816-0811

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Amount paid: _____

Please mark as appropriate:

- New Member Renewing Member
- Interested in Volunteering
- Would like to receive the *Park Beat* newsletter by email (paper copies are delivered only to residents living in the greater Boulevard Park neighborhood)



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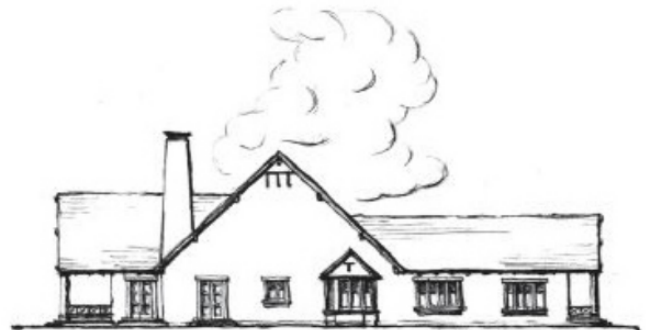
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March 2025: Places to Go, People to See

TIP: For more information about public events this month, go to: sacramento365.com

Most weekend mornings, 9 to Noon: Join volunteers in beautification tasks at Sutter's Landing Park. Contact FOSL's volunteer coordinator, Betsy Weiland (flweiland@yahoo.com); or 279-202-4677).

Every Saturday: Midtown Farmers' Market (9 a.m. to 1 p.m., 20th St. between J and L Sts.; K St. between 19th and 21st Sts.). Website: <https://exploremidtown.org/midtown-markets/>

Every Sunday: Sacramento Certified Farmers' Market (8 a.m. to noon; under the freeway at 8th and W Sts.; free parking).

Mar. 1 & 2: Annual show, Camellia Society of Sacramento, Scottish Rite Center, 6151 H St. (3-6 p.m. on Sat.; 10 a.m. to 5 p.m. on Sun.). Website: <https://camelliasocietyofsacramento.org/events>

Mar. 1: "Murder Most Foul," walking tour in Old City Cemetery (4-5 p.m.; advance registration and payment required). Website: <https://www.ticketleap.events/events/old-city-cemetery-committee>

Mar. 4-8: Broadway Sacramento presents Tina: The Tina Turner Musical at SAFE Credit Union Performing Arts Center (admission charged). Website: <https://www.broadwaysacramento.com/production/tina-the-tina-turner-musical/>

Mar. 8 & 9: Spring Online Plant Sale, hosted by the Sacramento Valley Chapter of the California Native Plant Society. Place orders online between 7 a.m. on Sat. and 6 p.m. on Sun.; pickup times are selected during check-out (choices: Mar. 16, 19, and 23). Website: <https://www.sacvalleycnps.org/plant-sales/>

Sat., Mar. 8: International Women's Day.

Sat., Mar. 8: 20th Annual Gardener's Market, hosted by the Perennial Plant Club at the Sacramento Garden & Arts Center, 3330 McKinley Blvd. (9 a.m. to 3 p.m.). Plants, gifts for gardeners, crafts, art, food, etc.! Flyer: https://sacplants.org/wp-content/uploads/2025/02/GM_Flyer2025.pdf

Sat., Mar. 8: "Take Me Out to the Ball Game," walking tour in Old City Cemetery (4-5 p.m.; advance registration and payment required). Website: <https://www.ticketleap.events/events/old-city-cemetery-committee>

Sun., Mar. 9: Daylight Savings Time begins. Don't forget to turn your clocks forward one hour!

Mar. 15 & 16: 2025 Spring Sale at the Sacramento Garden & Arts Center, 3330 McKinley Blvd. (10-4 on Sat.; 10-3 on Sun.). Plants, flowers, jewelry, crafts, art, flowers, food, and more!

Mar. 15 & 16: "Romantasy!—Songs of Romance and Fantasy:" Concert by Sacramento Master Singers at First United Methodist Church, 2100 J St. (3 p.m. each day; admission charged). Website: https://www.mastersingers.org/2024_25_concerts/romantasy/

Sat., Mar. 15: St. Patrick's Day Parade and Festival, Old Sacramento Waterfront: Festival from Noon-5; parade from 12:30-1:30. The Festival offers food, beverages (including outdoor beer gardens), live music, and entertainment. Website: <https://www.oldsacramento.com/st-patricks-day-parade-festival>

Sat., Mar. 15: "Masterpieces from France," performed by the Sacramento Baroque Soloists with soprano Morgan Balfour. Saint Paul's Episcopal Church, 1430 J St. (4 p.m.; admission charged). Website: <https://www.sacramentobaroque.org/23rd-concert-season>

Sat., Mar. 15: "Cream of the Crypt," walking tour in Old City Cemetery (5-6 p.m.; advance registration and payment required). Website: <https://www.ticketleap.events/events/old-city-cemetery-committee>

Mon., Mar. 17: Saint Patrick's Day

Thu., Mar. 20: BPNA Board Meeting, Washington Elementary School, 520 18th St. (6:30-8 p.m.). Open to BPNA members and other interested residents. Contact Noah Mebane for information.

Fri., Mar. 21: BPNA Volunteer Interest Mixer, At Ease Brewing, 1825 I St. (6 p.m. - 8 p.m.) Food will be provided. See p. 3 for more info.

Mar. 21 & 22: Cymbidium Show and Sale at the Sacramento Garden & Arts Center, 3330 McKinley Blvd. (10-4 both days).

Sat., Mar. 29: "Gambling and Politics," walking tour in Old City Cemetery (5-6 p.m.; advance registration and payment required). Website: <https://www.ticketleap.events/events/old-city-cemetery-committee>

And looking ahead to early April ...

Sat., Apr. 12: Passover begins

Sun. Apr. 12: Palm Sunday

Apr. 8-13: "Festival of the Arts," sponsored by the College of Arts and Letters, Sacramento State. Performances, exhibits, lectures, and master classes (most events are free). Website: <https://www.csus.edu/college/arts-letters/festival-of-the-arts/>

Thu., Apr. 17: BPNA Board Meeting, Washington Elementary School, 520 18th St. (6:30-8 p.m.). Open to BPNA members and other interested residents. Contact Noah Mebane for information.

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Easy Edible Gardens for Small Yards

By Sarah Lehmann

The arrival of spring brings new leaves, more daylight, and for many, an urge to plant a garden. These five easy-to-grow vegetables will thrive in part-shade, can be grown in containers, and are easy to start from seed. Planting seeds and watching them grow is a fun activity to do with kids. As a bonus, there may be a slightly greater chance that your child will eat a vegetable they grew themselves compared to one that came from the grocery store (your results may vary).

Nasturtium: Both the flowers and leaves are edible and have a spicy flavor similar to radish - kids love the fact that you can eat the flowers whole.

Baby Bok Choy: Baby bok choy is especially fun to grow because the seeds germinate quickly and the plants are ready to eat within a few weeks.

Swiss Chard: This leafy green is beautiful, tasty, and full of vitamins. It comes in a rainbow of colors.

Lettuce: Lettuce grows quickly and if you cut it an inch or two above the soil line, it will re-grow so you can harvest again.

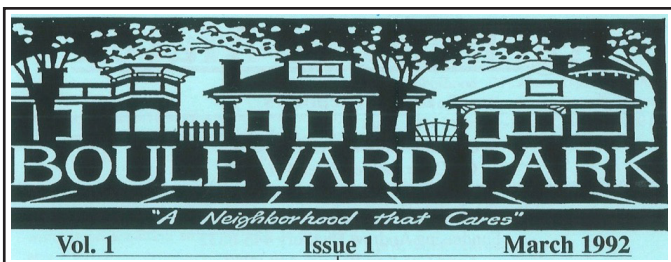
Arugula: This peppery green is great in salads or on top of pizza or pasta. It bolts quickly so enjoy it when the leaves are small.

Keys to success when growing in containers:

- Remember roots need room so choose a large container, at least three gallons
- Use a high-quality bagged soil mix meant for containers
- Be sure your container has drainage holes

When starting seeds in containers or in your garden bed:

- Read the directions on the seed packet to learn the correct planting depth and spacing
- Press down the soil firmly to ensure the seed makes good contact with the soil
- Water daily until the seeds germinate



Happy 33rd Birthday, Park Beat!

The very first issue of the BPNA's monthly newsletter was printed in March 1992, nearly two years after the neighborhood association was founded. It was a smaller and shorter newsletter than today's Park Beat, and it did not have a name until after the "Name the Newsletter Contest" was held at the membership meeting later that same month. However, the distinctive cityscape banner at the top of the first page is still used. Also on the first page back in 1992 was a short note of congratulations from the city's mayor, Anne Rudin. She wrote: "Best wishes for success as your organization of friends and neighbors works to strengthen neighborhood ties."

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