

Sacramento Child Advocates, Inc.

8745 Folsom Boulevard, Suite 150  
Sacramento, CA 95826

Phone: 916-364-2365

Fax: 916-364-5687

E-mail: [KWalker@SacChildAdv.org](mailto:KWalker@SacChildAdv.org)



### More Ways You Can Help SCA:

- Make a donation
- Attend benefit events
- Become a volunteer
- Assist with Grant Writing
- Tell a friend about the cause

For more information, go to

[www.SacChildAdv.org](http://www.SacChildAdv.org)

## Did you know...?

- There are more than 500,000 children in foster care in the U.S. Approximately 20%, or 100,000, live in California.
- 3.6 million children were investigated as potential victims of abuse or neglect as reported September 2005. 25% of those cases were confirmed.
- Almost half of the children in foster care have siblings who are also in foster care
- 1/3 of former foster youth have incomes substantially below the federal poverty level.
- Based on high birth trauma and many life challenges, 50% of foster youth experience developmental delays, which is 4-5 times more than the rate found among children in the general population.
- 69% of children in foster care are of minority backgrounds.
- Former foster youth are found to suffer from post-traumatic stress disorder at 2 times the level of U.S. war veterans.
- 25% of former foster youth will be incarcerated within the first two years of emancipation.
- Within 18 months of emancipation 40-50% of foster youth become homeless

- 75% of children in foster care are behind grade level.
- SCA provides legal representation, advocacy, support, children's services (health, mental health, education and social) and assistance to the Family Services division of the Sacramento Superior Court.



**Sacramento Child Advocates, Inc.**  
Protecting the rights of abused and neglected children in Sacramento County, California

# Community Connection



[www.SacChildAdv.org](http://www.SacChildAdv.org)

Winter 2008

## Happy Holiday from SCA!

From all of us here at Sacramento Child Advocates, we wish you a happy and safe holiday season. We hope you will enjoy our newsletter - you will find everything from how to get rid of that old car to the best recipes for your holiday get-togethers. So, please enjoy and again, Happy Holidays!

### Message from the Executive Director

Sleigh bells, snow flakes, carols, evergreens, cheer and time spent with family. No wonder we call this "the most wonderful time of the year." With the holidays approaching and the season of gift giving upon us, I hope you will consider a gift to Sacramento Child Advocates (SCA).

Your gift will impact our children by directly supporting the areas of greatest need. Having one's own attorney or social worker is something no child should have to have. Sadly, each month in Sacramento approximately 200 children are removed from their homes because of an allegation of abuse or neglect. Don't let this season of joy and giving pass without remembering the mission of SCA. Your gift can and will change lives!

We are proud of the work we do here at SCA and all of us thank you for taking the time to learn more about our role in the Sacramento community by reading our humble Newsletter.

For your convenience a pledge card is enclosed. You may make a donation directly online at [www.sacchildadv.org](http://www.sacchildadv.org). Don't forget that you can double or even triple your gift to Sacramento Child Advocates if the company you work for matches their employees' charitable giving. Check with your personnel office for more information.

Thank you and I wish you and your family a safe and joyous holiday season!

Merry Christmas,

Robert Wilson, Executive Director



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### Holiday season brings traditions, chance to do good

Ah, the holiday season. It doesn't get any better than the time between Thanksgiving and New Year's.

The music and lights, food and fun, family and friends. Perhaps the best part, however, is the mindset in which the holidays put people.

Thanksgiving is a nice relaxing day, but I think the season doesn't really kick off until the day after. I'm definitely not the first in line, but it's fun to go shopping and see the crowds.

And then there's the lights that begin to shine around this time. There is something about Christmas lights (or shall we call them holiday lights?) that just makes me happy. Sometimes there's nothing better than driving around looking at the lights on peoples' homes and singing along to some favorite holiday tunes.

Beginning the day after Thanksgiving, a period of celebrations follows and seems never-ending until the first of the year. The parties are great, although no eggnog please; it may be the most disgusting drink ever invented.

Then, for all of you fellow Christmas celebrators out there, comes the really fun part. There is an endless supply of holiday movies to watch in those few short weeks between Thanksgiving and Christmas. I'm a fan of "Love Actually," but I love the end of "Meet Me in St. Louis." Radio stations start playing every version of every Christmas song ever recorded, even the really awful ones. I love country music, but if I'm being honest, country versions of Christmas songs are usually less than stellar.

Christmas trees light up the windows of houses, and the smell of pine, fire and cookies is always somewhere to be smelled. And of course, it all culminates with Christmas itself, a day to give and receive gifts, to spend with those you care about. It's a simply wonderful time.

Another thing that's great about the holidays is the traditions. It doesn't matter how silly, it's always fun to do the same thing year after year. Maybe it's just because I'm a creature of habit, but it's strangely comforting.

But no matter what holiday you celebrate, there's a common feeling about these last few weeks of the year. It's not about what religion you are. It's about being with those you love. It's about doing good and helping others out. It's about forgiving and forgetting all of the petty reasons you were at odds with someone. It's about telling the people you care about that you care about them.

It's about giving and expecting nothing in return.

By *Kate DeWeese*



### Happy Kwanzaa!

**Kwanzaa** (or Kwaanza) is a week-long festival celebrated primarily in the United States, honoring African-American heritage. It is observed from December 26 to January 1 each year. **Kwanzaa** consists of seven days of celebration, featuring activities such as candle-lighting and pouring of libations, and culminating in a feast and gift giving.



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### Hanukkah

Also known as the Festival of Lights, Hanukkah is an eight-day Jewish holiday commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt of the 2nd century. Hanukkah is observed for eight nights, and may occur from late November to late December. This year Hanukkah begins on December 22nd.

The festival is observed by the kindling of the lights of a special candelabrum, the Menorah, one light on each night of the holiday, progressing to eight on the final night. An extra light called a shamash, is also lit each night, and is given a distinct location, usually higher or lower than the others. It is also used to light the other candles.



Eating festive meals and foods fried in oil, such as Latke's, are also a traditional part of Hanukkah.

### Latke's

Staff attorney Dikla Shenhav says one of her favorite parts of Hanukkah is the special food, and here is her recipe for Latke's....

- 3/4 cup bread crumbs (dry)
- 2 1/2 cups potatoes (grated, and squeezed dry)
- 1 small onion (grated)
- 1 egg (beaten: if egg is omitted, wheat flour and water may be added to provide cohesion)
- 1/2 tsp. salt
- 1/2/ tsp. sage
- 1 tsp. baking powder
- dash of pepper.



Mix everything together until well blended. Drop batter by tablespoonfuls onto hot, greased skillet. Spread the batter & brown on both sides...enjoy!

### A Picture Speaks a Thousand Words



SCA's Executive Director, Robert Wilson, and the staff of SCA congratulate Mike & Shawndra Ashen of Carmichael on the arrival of their new daughter, Jada.

Mike Ashen, Board Vice-Chair of Sacramento Child Advocates, and his wife Shawndra completed the adoption of Jada, their fourth adopted child on November 15th. Mike, Shawndra, Sara (11), Michael Jr. (6) and Ana (12) are truly an example to us all of a family truly committed to making the lives of children better. Little Jada will celebrate her 3rd birthday in January.

We can only imagine the wonderful Holiday Season the entire Ashen family will have this year.

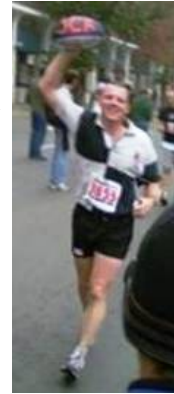
Oh, and all of us wish little Jada Ashen a very Happy 3rd Birthday!

### California International Marathon

Hello All!

I ran the marathon, ball in hand and without dropping it, in exactly 4 hrs 1 minute, which is about a 9 minute 13 second mile pace. The weather was foggy and very chilly, but that issue faded after about 4 miles into the race.

I was greeted along the way by several spectators, enthusiastic about the rugby clothes and ball, many of whom chanted "Go SCA (Sac Child Advocates)". I have enclosed a picture taken by my good friend John Modrow right near the finish of the race. You should check out my goofy shorts!



Several of my closest friends greeted me at the finish, and my warmest thanks go to them, and especially to my girlfriend Amanda Lucas, for giving me inspiration all the way to the end of the race.

If you waited to make a donation until I actually ran the race, you now can relax and make the contribution. The donation page should be open for a few more weeks (www.sacchildadv.org). It is a tax deductible donation, and I will be leaguer the point that your donation will mean so much to children in need.

Thanks again for everyone who supported this cause. Happy Holidays to you and your families.

Sincerely,  
Anthony K. McClaren



#### YOUR AD HERE!!

Ad space is available for the next SCA newsletter. By purchasing an ad, you will not only be helping your business grow, but also helping abused and neglected children in Sacramento County.

### Tracy Youth Fund

Many of you have heard the disturbing story of a child in Tracy, CA who was recently rescued. At The request of the Tracy Police Department SCA has set up a fund for this child. We have received many generous donations to help ensure that his future is provided for.

We appreciate the support that the community has shown – we have received donations from all over the world! But, if you would, please consider this: There are 4800 other children within the foster care system in Sacramento County, all of whom have suffered. We urge you to extend a helping had to the many thousands of children that also need our help.

Please visit our website at [www.sacchildadv.org](http://www.sacchildadv.org) to make a recurring monthly donation and to learn more about SCA.

Again, THANK YOU for your continued support – it is through the generosity of people like you that truly shows and exemplifies the meaning of the Holidays!

### Roundtable Sponsorship

Imagine if you will the Roundtable of Arthurian legend. As to its beginning Arthur is believed to have said that the “ethos of his court”, is that "[w]e are nobles as long as we are sought out: the greater the bounty we may give, the greater our nobility, fame and honour." Arthur believed that we should all be equal and no one sits higher than the other. This Holiday season become one of our Roundtable Sponsors and continue the legacy of nobility and equality.



Here are some ways you have already succeeded:

- An abused infant was taken into foster care with nothing except the clothes he was wearing. Funds provided the CPS caseworker with diapers, clothing, and formula to meet the babies’ immediate and physical needs.
- An elementary school-age foster child needed braces. Our Social Worker located an orthodontist willing to reduce his fee and then paid a portion of the needed dental work.
- A foster child with severe learning disabilities needed special tutoring. Donated funds were able to pay for the educational intervention.
- School-age foster children are provided a back-to-school allotment to purchase needed school supplies and clothing.
- Foster parents are given a small allotment to purchase birthday gifts for each foster child.

Thank you so much for your contributions - you truly have helped to improve the lives of abused and neglected children in Sacramento County.

### Grandma’s Apple Pie

#### INGREDIENTS

- 1 recipe pastry for a 9 inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced



#### DIRECTIONS

1. Preheat oven to 425 degrees F. Melt butter in a saucepan. Stir in flour to form a paste. Add water and sugars, bring to a boil. Reduce temperature and let simmer.
2. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.  
Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.



### CAR DONATION

Donate your car, truck, or boat to Sacramento Child Advocates and receive a tax deduction. Your vehicle will be towed away free of charge. Most vehicles are accepted and everything will be done for you. For more information, please call 916-364-2365 or visit our web site at [www.sacchildadv.org](http://www.sacchildadv.org) Your vehicle donation will help secure a better life for a child in Sacramento county.



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8745 Folsom Blvd., Suite 150  
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(916) 364-5686 main  
(916) 364-5687 fax

As December draws to a close and you consider how you'll direct your year-end charitable giving, please consider how much more you can do to help abused and neglected children by sending a special, tax-deductible year-end gift to the Sacramento Child Advocates (SCA).

As you consider the size of your year-end gift, please think about the magnitude and the importance of the challenge you and I are facing:

- Child abuse and neglect is increasing in Sacramento County by 33%
- Almost 200 new cases enter dependency court every month in Sacramento County
- SCA is obligated to handle all cases that come before Dependency Court
- SCA receives only 60% funding from the State of California.

In one year SCA handles an appalling 4800 cases of child abuse and/or neglect

Please take a moment right now to write as generous a check as you can, and return it to me today in the enclosed self-addressed envelope.

As I look ahead to SCA's critical needs for 2009, I have to calculate how much funding will be available for each of our urgent and critical programs. It will help so very much if I can have your year-end gift in hand by the 31<sup>st</sup> of December!

You may use the enclosed pledge envelope to tell us how much you can give or visit our web site for a fast, easy and safe way to give – [www.sacchildadv.org](http://www.sacchildadv.org)

With my warmest regards, and my best wishes for your health and happiness in 2009,.

Katie Walker  
Director of Institutional Advancement

P.S. Come 2009 the Sacramento Child Advocates will have been advocating for abused and neglected children in Sacramento County for 18 years! To commemorate the beginning of our 19<sup>th</sup> year, and give an extra boost to our agency for 2009, will you consider a special, tax-deductible year-end gift of \$500.00 or more?



Why give? Because it's the right thing to do!

Protecting the rights of abused and neglected children is a costly enterprise. In fact:

- SCA employs 19 staff attorneys – 6 male and 13 female
- Average age is 35
- Average years of practice as attorneys – 6 years
- Average number of years at SCA - 2.5
- Average case load – 209
- Average new cases per month to SCA – 200
- SCA employs 7 Social Workers
- SCA is a 501c(3) non-profit agency – Tax ID 68-0249756



Who gives?

You do! Anyone who appreciates the value of advocating for children and wants to support SCA's mission and commitment to its cause can have a big impact by contributing to SCA.

The size of your gift doesn't matter; your participation does. Please join us in supporting the SCA. *Gifts to SCA are fully tax deductible as charitable gifts to the extent provided by law.*

Matching Gifts Boost Funds

Corporate matching gifts are also an incredibly powerful way to ramp up your support of SCA – and they won't cost you an extra dime. Matching gifts are simple to arrange, and they give you a voice in directing your employer's philanthropic dollars.

Many companies will match your gift to SCA up to a certain level – some as high as triple matches! Please check with your employer's human resources office for details on their Matching Gift program and matching gift forms. Complete the donor section of the form and then mail to Sacramento Child Advocates, Attn: – Advancement Office/Matching Gifts, 8745 Folsom Blvd., Suite 150, Sacramento, CA 95826. You may have your gift matched even if you have already made your contribution to SCA!

A gift to SCA puts you in good company:

Loveall Foundation for Children  
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