



North Natomas

Transportation Management Association

Natomas Park

Walking Wednesdays NEWS



Natomas Park March 2011

Apply Now for a Bike Rebate!

As the days get warmer and the rain clouds fade away, we are reminded that bike weather is just around the corner! In celebration of this time of year, we have renewed our Bicycle and Accessory Rebate Program.

Here is how it works. The bicycle rebates may be up to 40% of the pre-tax cost of a new bike, with a maximum amount of \$250 for adult bikes and \$100 for children's bikes. The accessory rebate is for adults only and is 40% of the pre-tax cost of a bicycle accessory, with a \$50 maximum. A committee including board, staff, and community members will review all applications, and notify recipients of their awarded rebate. All rebate recipients will be required to attend a cycling clinic before a check can be issued.

Applications are now being accepted and must be postmarked by April 30th. Visit NorthNatomasTMA.org to apply. Hurry and get your application in soon!

Walking Wednesdays Contest

Tell us something about your Walking Wednesdays commute for a chance to win four tickets to a Sacramento River Cats baseball game! Simply submit a picture, poster, painting, essay, or something you think might catch our attention about your Walking Wednesdays commute. Bring your submission to the Walking Wednesdays table located by the school office by March 30th. The winner will be announced in the first few weeks of April! Please remember to include your first and last name along with a phone number or e-mail.



Meet Yvonne Chaiyes

Yvonne is a wonderful parent volunteer who joined the Walking Wednesdays team last September. She has two sons, Alexander and Maximus, who attend Natomas Park Elementary. Yvonne is originally from England, but moved to California four years ago. In her spare time, she enjoys exercising and knitting. In fact, you might see other Natomas Park moms wearing her hand knitted scarves!



Yvonne Chaiyes

Yvonne wanted to get involved volunteering at the school and she saw Walking Wednesdays as the perfect opportunity to do just that. Each week she enjoys meeting and talking with other parents. What she most enjoys is seeing the kids and making them smile with a simple "Good Morning!" She thinks Walking Wednesdays is a positive way to encourage kids to be active. With her involvement, she has witnessed more kids having fun walking and riding their bikes and scooters to school.

Thank you, Yvonne, for your hard work!



UPCOMING EVENTS:

March 4 - PTA Spagetti Dinner
5:00 p.m.

March 7 - Teacher work day - no school

March 30 - It's a Family Affair -
Breakfast and Walk to School Day

Mystery Wednesday - Walk or bike every Friday because it might be treasure box day!

IN PARTNERSHIP WITH
NUSD SAFE ROUTES TO SCHOOL

Natomas
Unified School District
Connecting students to their future

Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services. Contact kim@nntma.org - 419-9955



Cycling Clinics

Are you interested in learning more about smart cycling? There will be two free cycling clinics offered to the public covering bicycle safety, rules of the road, and suggestions for making riding easier and more pleasurable. There is no need to bring your bike. All that is required is your willingness to listen and learn!

April 12th - Women on Wheels - This event is only for women and taught by women.

May 25th - Kids' Clinic - Learn the skills for a fun ride. Bring a parent!

Location - North Natomas Library from 6:00 p.m. to 7:30 p.m. Please RSVP at least one week prior to the clinic at 419-9955.

Meet Tiffany and Jennifer Chan

The Chan family enjoys walking and biking together to school every day. Living so close to school, it is a part of their daily routine and they think it is a great way to start their day. It truly is a family activity including mom, Ana, and dad, Jason, who help punch Walking Wednesdays cards every week.



Jennifer and Tiffany Chan

Mrs. Norris' second grade student, Tiffany, has been participating in Walking Wednesdays since it began. She thinks it is good for the environment and a great way to exercise. Her favorite part about the program is collecting the charms and prizes. Tiffany enjoys many sports including skiing, golfing, and basketball. She also likes riding her scooter at the park, walking to school with her friends, and traveling.

Mrs. Pugh's kindergarten student, Jennifer, began participating in Walking Wednesdays this year. She really likes collecting the different colored charms every Wednesday. What she most likes about Walking Wednesdays is being able to ride her scooter to school. She enjoys playing tennis, walking to school with friends, making snowmen, and riding to the park on her Barbie scooter!

Thank you, Tiffany and Jennifer, for participating in Walking Wednesdays!

Mark Your Calendars!

In partnership with Natomas Park Elementary, the North Natomas TMA is bringing you many fun and exciting events this spring.

March 30th - It's a Family Affair - Breakfast and Walk to School Day - The Natomas Unified School District's Health and Wellness Committee will be providing FREE breakfast to all parents and students while also encouraging everyone to walk or bike to school.

April 6th - Bring your bikes to the Fix-it Fair between 2:00 p.m. and 5:00 p.m. where you can find the North Natomas TMA's Mobile Bike Service Station! Bike mechanics will provide free repair and tune-ups in preparation for May is Bike Month. One bicycle per person please. Bikes will be repaired on a first-come-first-serve basis. Brand new helmets will be on sale for the low cost of \$5!

May 11th - Bike to School Day - Celebrate May is Bike Month by riding your bike to school! All participants will receive a special treat when you arrive.

Let's celebrate this spring!



HAPPY St. Patrick's Day! There are 7 differences between the leprechauns below. Can you spot them all?

