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# March Newsletter



## The Beauty of Spring at Morgan Oaks

As March unfolds, nature awakens in vibrant renewal. At Morgan Oaks Green Burial, the arrival of spring brings fresh opportunities to reflect, reconnect, and embrace the beauty of the changing season. Wildflowers bloom, wildlife stirs, and the gentle warmth of longer days invites us to step outside and appreciate the cycles of life that surround us.

We invite you to experience the season's transformation firsthand. Take a peaceful walk along our trails, listen to the melodies of returning birds, and find inspiration in nature's quiet resilience. Spring is a time of renewal—not only in the landscape but also in our hearts and minds.

Over the past year, we have been honored to support families who share our commitment to sustainable and meaningful end-of-life practices. With each experience, our appreciation deepens for the connections we foster—to nature, to loved ones, and to the values that guide us. As we step into this new season, we do so with gratitude and a continued dedication to creating spaces that honor life's most profound moments with care and respect. Whether you're exploring green burial options, attending one of our upcoming events, or simply seeking a moment of quiet reflection, we welcome you to join us on this journey. Together, we celebrate life, respect the earth, and embrace the renewal that spring so beautifully brings.

Warmly,  
The Morgan Oaks Green Burial Team

### In this newsletter you can expect:

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Community  
News

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Peace of Mind  
Through  
Planning

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Explore  
Morgan Oaks

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We Love Your  
Feedback

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We Reward You  
For Referrals

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Green Burial  
Education


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### Morgan Oaks Community News

As spring begins to bloom, Morgan Oaks is buzzing with renewal, reflection, and community connection. This month, we're excited to celebrate California Arbor Week with a special tree-planting initiative, embrace the beauty of the season on our trails, and continue meaningful conversations about green burial and sustainability. We'll also take a look back at our heartwarming "Paws & Pose" event, highlighting the special role pets play in our lives and memories. Plus, don't miss updates on upcoming events, conservation efforts, and ways to get involved.

Read on to discover what's happening this month at Morgan Oaks! 🌱🌟



### Spotlight

Nature's Tiny Architects: The Vital Role of **Ants** at Morgan Oaks 🐜

At **Morgan Oaks**, every creature plays a role in maintaining the delicate balance of our natural landscape—including some of the smallest residents: ants. Often overlooked, these industrious insects are essential to the health of our ecosystem, contributing to soil enrichment, seed dispersal, and overall biodiversity.



### Event News

**Morning Yoga with Natalie**  
Join us for a peaceful morning yoga session with Natalie on March 6th, from 10 to 11 am.

**Outword Mixer—March 18th, 6p-7:30p**  
The Sacramento Rainbow Chamber's March networking mixer. Light appetizers & beverages provided. Free for members!

**California Arbor Week—March 7-14**  
Join us as we celebrate California Arbor Week by planting native trees at Morgan Oaks.

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## Paws & Pose Recap: A Day of Wagging Tails & Happy Trails!

On Friday, February 21st, pet lovers and their furry companions gathered at **Morgan Oaks Eternal Preserve** in Lincoln, CA, for a heartwarming four-hour event filled with joy, nature, and cherished memories.

### 🌟 Highlights of the Day:

- 🌿 Participants enjoyed a **scenic walk** through the serene beauty of the preserve.
- 🎁 Each furry friend received a **special toy** as a keepsake.
- 📸 Attendees captured their special moments with **keepsake photos** to treasure forever.

With tails wagging and smiles all around, the event was a true celebration of the unbreakable bond between pets and their owners. Thank you to everyone who joined us for this unforgettable experience! 🐾❤️

Did you attend? Share your favorite moments in the comments! 🐾📸



## Fundraiser for LA Fire Victims: A Walk of Hope and Healing

This past weekend, the Morgan Oaks Eternal Preserve became more than just a sanctuary of nature—it became a symbol of hope, resilience, and community. Under the vast, open sky, footsteps echoed along the winding trails as participants walked not just for themselves, but for those whose lives have been forever changed by the devastating fires in Los Angeles.

Each step carried a purpose. For every **Esplanade member** who joined us, **Morgan Oaks donated \$100 to the American Red Cross**, transforming collective movement into meaningful relief. It was more than a fundraiser; it was a testament to the power of unity, proving that even in times of loss, compassion can light the way forward.

To everyone who walked, jogged, donated, or simply stood in solidarity—**thank you**. Your presence wasn't just seen; it was felt. Because when a community comes together, healing begins, and hope lingers long after the trial ends.



# Morgan Oaks Community Bulletin Board & Recipe of The Month

## Supporting Our Local Student-Athletes

**March Sports Calendar At Morgan Oaks**, we believe in honoring life, community, and the natural cycle of renewal. Just as we celebrate the beauty of nature, we also take pride in supporting the dedication, teamwork, and perseverance of our local high school athletes. This March, student-athletes from all over the area are stepping onto the field, court, and track to showcase their talents and hard work. Whether it's a thrilling game, an intense match, or a record-breaking meet, these young competitors inspire us with their passion and resilience.

We encourage our community to rally behind these talented students—attend a game, cheer from the stands, and show your support for the next generation. Stay up to date with all upcoming games, meets, and tournaments by checking the High School Sports Calendar.

At **Morgan Oaks**, we honor both the past and the future—celebrating the cycles of life, the power of community, and the achievements of those who strive to make their mark. Let's come together to support our local athletes and the spirit of growth they embody.

**Game Days** – Mark your calendars for key matchups and rivalry showdowns!

**Home & Away Schedules** – Know where to be to support our teams.

**Special Events** – Senior nights, championships, and more!

**Locations & Times** – Never miss a kickoff, tip-off, or first whistle.

[Lincoln High School](#)  
[West Park High School](#)  
[Rocklin High School](#)  
[Granite Bay High School](#)  
[Twelve Bridges High School](#)

## ST. PATTY'S DAY CORNED BEEF

Submitted by **HeatherFeather**

"This is our traditional St. Patrick's Day meal. I have served this sweet, spiced version of corned beef ever since I first tried it years ago. Not the healthiest meal, but worth it for just that one special holiday each year. I serve this with soda bread, mashed parsnips, and boiled cabbage. This serves 4-6. If you prefer, you can sub mini red skinned potatoes and baby carrots so you



Ready in: 6hrs 20mins

Serves: 4-6

Ingredients: 17

### DIRECTIONS

- BE SURE TO DISCARD ANY BRINING LIQUID THAT COMES WITH THE MEAT- INCLUDING THE SPICE PACKET!
- Trim all visible fat from the meat- this may take some time (I use kitchen shears to ease this process).
- Place meat in a large Dutch oven and cover with water.
- Add ale, bay leaves, cinnamon stick, cloves, a light shake of crushed red pepper flakes, peppercorns, garlic, and the onion chunks to the pot.
- Bring to a boil, then lower heat just a bit and boil very gently, with lid ajar, for 4-5 hours or until meat is so tender that it breaks apart when you pull at it with a fork.
- Keep checking the pot from time to time to prevent boilovers- you will need to keep lowering the heat throughout the cooking process as the liquid reduces, especially in the first hour (it should still be hot enough to still gently boil, but not spilling over the sides of the pot).
- Meat should be very, very fork tender when ready for the next cooking stage and will have shrunk considerably from its original size.
- In the last half hour or so of cooking time, boil the carrots and potatoes in a separate pot of water to cover and cook until fork tender. Drain vegetables and set in a small bowl.
- Remove meat and onion pieces from boiling liquid (discard that liquid) and set into a large roasting pan (I usually pour the liquid through a strainer to catch the onion pieces).
- Surround meat with boiled carrots, potatoes, and onion pieces.
- Combine dry rub ingredients in a small bowl and rub all over the meat surface and sprinkle any remaining rub over the vegetables.
- If needed, make up extra dry rub to coat the vegetables (we often do this).
- Bake, uncovered, in a preheated 325°F oven for about 20 minutes until the top of the meat begins to look shiny.
- Remove from oven and wait about 10 minutes before slicing into thin slices along the grain of the meat.
- Note- The meat will take on a very bright red hue when sliced- this is perfectly normal and is a result of both the brining nature of corned beef and the red ale enhances this color.
- I often make an extra pan of vegetables sprinkled with a full batch of dry rub and include not only carrots and potatoes, but parsnips as well (treat parsnips the same as you would a carrot.) I have successfully half-doubled this recipe when only larger corned beef cuts were available- larger cuts will take longer to boil but the roughly the same time to bake because the baking stage is merely to cook the dry rub into a glaze.
- PLEASE NOTE: If you substitute regular brown ale, then you will not get the same result in both color and flavor (You may substitute another Irish ale or even an Irish lager if you must, but we really prefer the red ale).

### INGREDIENTS

- |           |   |
|-----------|---|
| 2 1/2 - 3 | lbs corned beef briskets, drained, rinsed, and trimmed  |
|           | water   |
| 4         | bay leaves  |
| 2         | (12 ounce) bottles red Irish ale (such as Killian's)    |
| 1         | dash crushed red pepper flakes                          |
| 3         | cinnamon sticks   |
| 12        | peppercorns   |
| 3         | garlic cloves, peeled                                   |
| 3         | cloves  |
| 1         | large red onion, cut into large chunks (or other onion) |
| 4-6       | carrots, peeled and cut into large chunks               |
| 4-6       | medium red potatoes, quartered                          |
- DRY RUB**
- |     |  |
|-----|--|
| 1/2 | cup brown sugar (brown sugar Splenda works fine too) |
| 1/2 | teaspoon ground cloves                               |
| 1/2 | teaspoon ground ginger                               |
| 1/2 | teaspoon mustard powder                              |
| 1/4 | teaspoon celery salt                                 |

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# Common Myths & Misconceptions About Green Burial

As green burial gains popularity, there are still many **misconceptions** surrounding it. Let's clear up some of the most common myths and shed light on the reality of this natural and sustainable end-of-life option.

**Myth #1:** Green Burial Isn't Legal

**Reality:** Green burial is legal in all 50 states, though regulations vary by cemetery. At Morgan Oaks Eternal Preserve, we provide fully legal and eco-conscious burial options.

**Myth #2:** Green Burial Is Just "Being Buried in the Woods"

**Reality:** A true green burial follows specific environmental guidelines—such as biodegradable caskets or shrouds, no embalming, and sustainable land management—ensuring a natural return to the earth.

**Myth #3:** Green Burials Attract Scavengers or Disturb the Environment

**Reality:** With proper depth, biodegradable materials, and a protected setting like Morgan Oaks, green burials do not attract animals or disturb the ecosystem. In fact, they restore natural habitats!

**Myth #4:** Green Burial Sites Are Hard to Find

**Reality:** Green burial grounds are growing in number across the U.S.! Morgan Oaks Eternal Preserve is proud to be part of this movement, offering families a peaceful, natural, and meaningful place of rest.

**Myth #5:** Green Burials Are More Expensive

**Reality:** Green burials are often more affordable than conventional burials, as they eliminate the costs of embalming, vaults, and non-biodegradable materials. Choosing a green burial is not just an end-of-life decision—it's a commitment to leaving the earth better than we found it.



**Also some toxin information:**

Conventional burial practices have significant environmental impacts due to the introduction of various toxins into the soil and groundwater. Here's an overview of how conventional funerals contribute to environmental pollution:

**1. Embalming Chemicals**

Embalming involves the use of chemicals like formaldehyde, menthol, phenol, and glycerin to preserve the body. It's estimated that approximately 800,000 gallons of formaldehyde are buried in the U.S. each year due to conventional burials. As bodies decompose, these chemicals can leach into the soil, posing risks to soil health and potentially contaminating groundwater sources.

**2. Casket and Vault Materials**

Traditional caskets are often made from hardwoods and metals and may include non-biodegradable materials. Additionally, concrete burial vaults are commonly used to prevent soil settling. The production and degradation of these materials contribute to environmental pollution:

- **Resource Extraction:** The manufacturing of caskets and vaults requires the extraction of natural resources, leading to habitat destruction and energy consumption.
- **Soil Contamination:** As these materials degrade over time, they can release substances into the soil, further contributing to environmental degradation.

**3. Land Use and Maintenance**

Cemeteries occupy large areas of land, and their maintenance can have additional environmental impacts:

- **Land Consumption:** Traditional burial involves the unsustainable consumption of urban land.
- **Chemical Use:** Some cemeteries use pesticides to maintain lawns, reducing biodiversity and potentially leading to soil pollution.

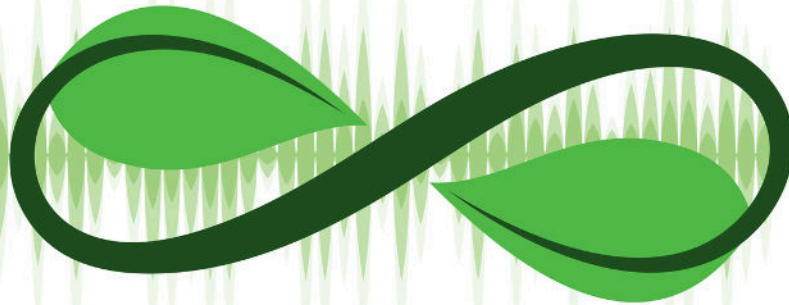
**4. Potential Pathogen Release**

Decomposition of human bodies can release various microorganisms, including bacteria, fungi, and viruses, into the soil. Without proper site management, these pathogens could potentially reach water sources, posing health risks. These factors highlight the environmental concerns associated with traditional burial practices, emphasizing the need for more sustainable end-of-life options.

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# THE GREEN BURIAL CHRONICLES



with Morgan Oaks

## **Introducing: The Green Burial Chronicles with Morgan Oaks**

We're excited to announce our brand-new podcast: **The Green Burial Chronicles with Morgan Oaks**—a heartfelt and informative journey into the world of **sustainable, natural end-of-life practices**. 🌍❤️ Whether you're exploring **eco-conscious burial options**, interested in the intersection of nature, legacy, and remembrance, or simply curious about the movement toward **green end-of-life choices**, this podcast is for you!

### **Where to Listen:**

Now streaming on your favorite platforms! Find us on:

- ✓ **Apple Podcasts** 🍏
- ✓ **Spotify** 🎵
- ✓ **Amazon Music/Audible** 📺
- ✓ **Podbean App** 🎧
- ✓ **iHeart Radio** ❤️
- ✓ **Player FM** 📱
- ✓ **Boomplay** 🔊
- ✓ **YouTube** ▶

### **What You'll Hear on the Podcast:**

- ◆ **Deep Dives into Green Burial** – What it is, why it matters, and how it's changing the future of end-of-life care.
- ◆ **Expert Conversations** – Interviews with environmentalists, funeral directors, and sustainability advocates.
- ◆ **Family Stories & Testimonials** – Real experiences from those who have chosen a natural farewell for their loved ones.
- ◆ **Preserve & Conservation Updates** – Behind-the-scenes insights from Morgan Oaks and how we're protecting the land for future generations.
- ◆ **Myth-Busting & Education** – Addressing common questions and misconceptions about green burial & eco-friendly legacy planning.

### **Be Part of the Conversation!**

We want to hear from you! Have a question about **sustainable burial**? A personal story to share? Want to suggest a guest? **Send us your thoughts, and you might be featured on an upcoming episode!**

📱 **Subscribe today** and take part in a movement that blends **legacy, nature, and sustainability** in a meaningful way.

 [Listen now](#)

🌍 **Honoring life, protecting the earth—one episode at a time.** 🎧❤️

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## Welcoming March with Gratitude

As we step into March, we want to take a moment to express our sincere appreciation for being part of the **Morgan Oaks** community. February was a time of reflection, connection, and quiet renewal—a reminder of the natural cycles we honor in this special place.

Over the past month, we've cherished the serene beauty of winter at **Morgan Oaks**, from peaceful walks through the preserve to heartfelt moments of remembrance. Whether through shared stories, gatherings, or time spent in nature, your presence strengthens the bond that makes this sanctuary so meaningful. With the arrival of March, we look forward to the subtle awakening of spring—a season of renewal, growth, and new beginnings. We are excited to continue fostering opportunities for community, sustainability, and remembrance in the months ahead.

Thank you for being part of this journey. May March bring you moments of peace, connection, and the quiet beauty of nature's transition. 🌱❤️

*Thank you for reading!*

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