

# The Woodlands

www.WoodlandsAssn.org

## WOODLANDS WINS THE 20TH ANNUAL ALL-CITY MEET

August 2006



The Woodlands Swim Team won the 20th annual All-City Swim Meet for the 3rd year in a row. The event was held at the Clark Memorial Swim Center at Heather Farm Park. This two day event held July 15-16 included more than 1,400 swimmers competing for 13 teams in two divisions.

It was a very competitive swim meet and the difference between 1st and the second place team, Valley Vista,



Courtney Eller competing in the girls 11-12 50 yd. backstroke was less than 10 points.

Congratulations to our home team and best of luck at the county meet in August! *By Ed Wohlers*

### Preparing Our Woodlands Students For a Successful First Day of School

In our Woodlands neighborhood, we've made it a priority to be well prepared in all types of emergency situations. We've held meetings, attended CERT trainings, and devised action plans. Wouldn't it be nice if a preparation course existed for our child's first day of school?

Whether your child is a kindergartener going to school for the very first time, or a senior in high school completing the last chapter of his grade school experience – let's face it – the first day of

school can be an exciting, frustrating, and even fearful event for both kids and parents.

So here's the good and bad news. Bad news first: there is no official course to get parents and children through the first day of school successfully. Good news: parents and children have survived this day in history over and over again, and you'll be no exception!

Here are a few tips to ensure a positive first day of school experience:

#### For Parents:

- Educate yourself about your child's bell schedule, holidays, etc. You can view the MDUSD calendar at [www.mdusd.k12.ca.us/mdusd/calendars/06-07.htm](http://www.mdusd.k12.ca.us/mdusd/calendars/06-07.htm)
- Don't procrastinate! Two weeks prior to school starting, go over everything that your child needs to start the school year. Does your child need school supplies, comfortable shoes (closed toe are preferred at the grade school levels), a haircut, after school care, etc.
- Prepare your home. Designate an area in your home for storing backpacks and homework so your child knows where to keep them and can easily find them in the morning. Stock your kitchen with healthy breakfast, snack & lunch foods for your child. Remember, a healthy body will enable the mind to function much better.

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# Education

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- Consider getting involved with the parent teacher association (PTA). They are always looking for volunteers and it will not only help the school, but your child, as you learn more about the school, great teachers, and the administrators.

- Prepare yourself...and relax. Get enough rest during the week prior to school starting. Show your child that you are excited for them and not anxious or worried. Your child will feed off of your confidence and exude the same. Remember, your child is attending one of the top schools in our area – they are well educated and taken care of!

**Cure Summertime Jet Lag:** You think it's hard to get back into the swing of things after a week long vacation? It's even more difficult for your mind and body to readjust after a 10 week summer vacation from school!

- 1-2 weeks before school starts, get everyone in the house back on the school week bedtime and morning routine. Not only is it important to have your child go to bed at a reasonable time, but it is equally important for you to wake them up on time – as if they were going to school – so that their internal clock readjusts.
- Cleanse the body. We've all heard him...the infamous ice cream man has made plenty of rounds in the Woodlands this summer. Those hotdogs at the Cabana Club were pretty tasty too. A week before school starts, it's a good idea to start eating those healthy breakfast, lunch and snack foods. Get that brain and body working before

August 28<sup>th</sup> arrives. Teachers will thank you for it!

### **Preparing Students:**

If you've been away for most of the summer, call up some of your child's school friends and schedule a play date. Getting reacquainted with his/her friends will boost confidence for the 1<sup>st</sup> day of school.



- Casually review some of the things your child learned last year and get their minds moving. If he just learned to spell, make a game out of practicing spelling words in the car as you drive. If she just learned addition, subtraction, multiplication or division, invite her into the kitchen to help prepare dinner and incorporate some practice problems. If he just learned cursive writing, have him write a letter to grandma about what he did this summer.

- Review your child's curriculum online at: [www.mdusd.k12.ca.us/mdusd/c\\_and\\_i/index.html](http://www.mdusd.k12.ca.us/mdusd/c_and_i/index.html) With enthusiasm, talk to your child about some of the subjects he'll be learning about this year. Maybe take him on a parent-child field trip to a venue that reflects a subject in the curriculum. Get your child excited about learning!
- Take your child on a walk and have an open conversation with them about their expectations, fears, and thoughts about starting the new school year.
- If you have a teenager who drives to school. Set your rules and expectations about car usage before school starts.
- If your child is home alone after school, go over safety precautions and rules. Prepare an emergency phone list and post it by the phone. You may also want to let your close neighbors know that your child will be home alone after school, so they can call on them for help if need be.
- If your child walks to school. Review safety precautions with them. Educate them on stranger awareness and how to handle a potentially harmful situation. I personally recommend [www.kidescape.org](http://www.kidescape.org) for some valuable tools.

This article cannot include every possible tip for preparing ourselves and our children for their first day of school. It is only intended to get you thinking about your personal situation and ways you can create a positive experience for your child. The Woodlands Association wishes every parent and child a happy and fulfilling beginning for the 2006-2007 school year. **By Shawn Rizzo**

# Community

## 2006 FOURTH OF JULY PARADE SHOWS NEIGHBORHOOD PRIDE

There are many rich traditions we have here in the Woodlands, and one of the best is the annual 4<sup>th</sup> of July Parade. Once again this year it went off in grand style, as hundreds of children and adults decked out in various forms of red, white and blue were led by a City of Walnut Creek fire truck from Valle Verde Elementary to the Cabana Club.

children in the parade scurried for the candy thrown by the onlookers and the firemen.

Once at the Cabana Club some of the children beat the heat by running in and out of the water showers provided courtesy of the fire fighters. The firefighters also graciously let the kids sit behind the wheel of the truck to see what it was like. The Cabana Club itself was abuzz with energy as children and adults alike swam and munched on the great barbeque being served up. Old friends said hello, and new friends were made. All in all, it was a great parade, and a great day. The Woodlands Association would



Jasmine Gregory and Annie Hunt working the fire hose

Children were excited and eager as they congregated in front of Valle Verde around 11:00am on the 4<sup>th</sup>, showing off their patriotic decorations and complimenting each other on jobs well done. Soon the fire truck arrived and the parade was under way, a sea of red, white and blue making its way down Candleberry Lane towards the Cabana Club. Residents along the route cheered the best decorating jobs, and



The parade well underway like to thank all of the residents that participated in making the 4<sup>th</sup> of July Parade another

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**Have something you're thinking about selling?**

**Don't list it yet!**

Save all of your items for the  
*Woodlands Garage Sale*

**SAVE THE DATE: September 24, 2006 (9am-3pm) ~** Our Woodlands neighborhood garage sale has run uninterrupted every year for well over a quarter of a century. David Galindo and Jan Williams, Intero Real Estate Services have again offered to organize and manage the neighborhood garage sale for us. The date is set for Sunday, September 24<sup>th</sup>. Please contact Jan Williams or David Galindo at 945-4575 to register and get on the garage sale map provided on the day of the sale.



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## Woodlands Association

### Board of Directors

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*Advertising*

See board email ID's at:  
[www.WoodlandsAssn.org](http://www.WoodlandsAssn.org)

Woodlands Newsletter is a monthly publication. Previous issues are posted on our website.

**Next Board Meetings:**  
9.2.06 @ 8:15am  
Carl's Jr. Conference Rm.

*Woodlands residents are encouraged to attend board meetings*



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smashing success. We would also like to thank Marc Graves for his efforts in helping to make the annual parade happen in 2006. **By John Gregory**

**VALLE VERDE NEWS**

Save the date! The Valle Verde Fall Carnival will be held on Saturday, October 21st, from 11am-5pm. This years theme is a Haunted Hoedown. Dig out your cowboy hats and have some fun!

**Lots of Red, White & Blue Pinwheels**

Our neighbor, John Lively, donated a big bunch of pinwheels for the 4<sup>th</sup> festivities this year. Thanks to John for thinking of our Woodlands kids.

**EVERY WOODLANDS HOME RECEIVED A FLAG FOR THE 4<sup>TH</sup>**

Once again our fellow Woodlands neighbor, Steve Poirier, and his real estate partner, Ron Vallerga procured and distributed American Flags to every Woodlands home just prior to the Fourth of July. As we mentioned last year, these gentlemen have an annual tradition underway. As you may know, Steve and Ron are known as **Executive Brokers** and have worked with many of our Woodlands neighbors through the years. Another big thanks to you guys!

**Concord Neighborhood Denied School Boundary Change**

The Montecito neighborhood, one of the new neighborhoods located off Ygnacio Valley Road, recently petitioned the Mount Diablo Unified School District (MDUSD) to change the school boundaries to let them attend Valle Verde Elementary, Foothill Middle School and Northgate High School.

The meeting was attended by both the Montecito residents and the Woodlands Association. Arguments were made both for and against the petition, with the School Board ultimately deciding to deny the petition at this time.

The statistics used by the MDUSD to calculate campus overcrowding show that Northgate should not be currently impacted, but a recent tour by one of the school board members of the Northgate High School campus showed that the school is actually suffering from overcrowding. Based on this information, the board denied the petition. With this information in hand, at least one school board member expressed regret at having allowed the Crystyl Ranch neighborhood permanent Northgate High School status (See related article in the June 2006 issue available at [www.woodlandsassn.org](http://www.woodlandsassn.org)). The board also discussed a desire to have a more empirical way to measure overcrowding on MDUSD campuses, rather than the current somewhat inaccurate statistical method.

The Woodlands Association will be diligent in monitoring the situation. As Woodlands residents we all need to pay attention and make sure that the school board members know how we feel about this situation. The next School Board meeting is set for August. Agendas are published prior to the meetings on the school districts website at <http://www.mdusd.k12.ca.us/mdusd/boe-sam.htm>. **By John Gregory**

**CERT Training Begins Again!**

Neighborhood teams of 8 or more are invited to register for the free Community Emergency Response Team (CERT) training program.

CERT classes meet weekly for 6 weeks 6-9:30pm at the CC Fire District Training Center in Concord. Space is available in the sessions starting July 25-Aug. 29th and Sept. 13-Oct. 17th. For more information, contact Gayle Vassar at 925-943-5899 x189 or [Vassar@walnutcreek.org](mailto:Vassar@walnutcreek.org)

**August 2006**

**Calendar of Events**

**Sunday, August 13:**  
PARKconcert—Devil Mountain Chorus, Civic Park @ 6pm

**PARKconcert**—Devil Mountain Chorus, Civic Park @ 6pm

**Sat.&Sun. August 19-20:**  
[www.gowoodlands.org](http://www.gowoodlands.org) for details

**County Swim Meet** See

**Friday, August 25th:**  
*Back to the Future*  
8pm. Free, donations accepted.

**Movies Under the Stars:**  
Heather Farms Park,

**Monday, August 28th:**  
School District

**School Starts**, Mt. Diablo School District



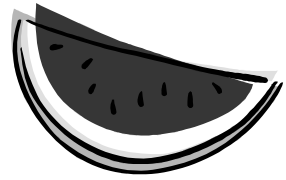
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## 5 Reasons Why You *NEED* a Personal Chef!



1. The local pizza guy knows you as "Double Sausage, No Peppers"
2. The vegetable bin in your refrigerator smells like "swamp"
3. Your kids no longer fall for the "pancakes are too dinner food" speech
4. Your silverware is buried under mounds of chopsticks, soy packets and to go menus
5. Your kids call Rachel Ray the Magic Lady!

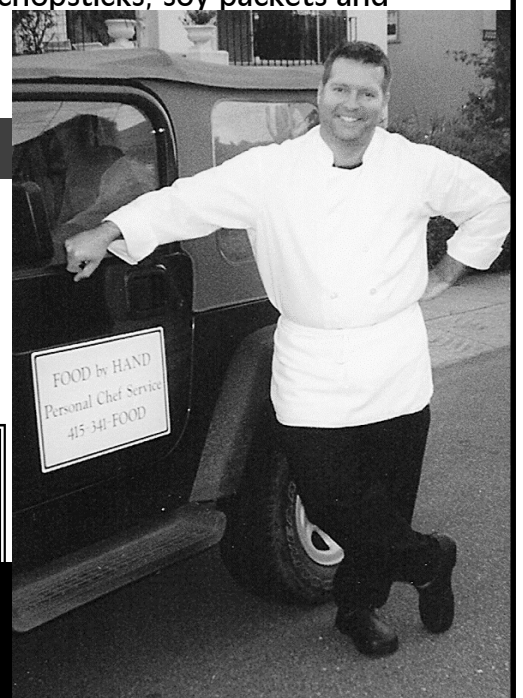
**Need a Break?**

**A Unique & Healthy Alternative**

All too often our busy life-styles force us to choose fast food or tasteless frozen entrees when we'd much rather enjoy the benefits of good, home-cooked meals.

Unfortunately, our schedules leave us little time to plan, shop for and prepare the kind of food we'd like to eat.

Food by Hand, Personal Chef Service, is your "What's for Dinner?" solution!



**Food by Hand offers you:**

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**HAULING COMPANY:** Woodlands resident eager to aid neighbors' waste problems! We haul and/or perform additional services such as demolition, garage/shed clean-out, tree trimming, and much more!  
**CALL US TODAY! (925)934-3743** or visit [www.dumploadsonus.com](http://www.dumploadsonus.com)

**HANDYMAN:** Quality work. Versatile-almost any standard job or unusual problem. Electrical, Plumbing, Carpentry, Linoleum, Tile, Windows, Doors. Honest, References. **Paul 676-6607**

**APPLIANCES:** Black Maytag double oven~never used. Model CWE5800ACB. Purchased 6/05 for \$839-we have receipt. **Asking \$425.** Black Hotpoint dishwasher~never used **\$150.** Both fit in Woodlands kitchens. **Michele 925-943-6376.**

<b>3 Good Painters</b>	935-7593	<b>Home Loan Experts</b>	457-8930
<b>AAA Insurance</b>	285-1566	<b>Huntington Learning</b>	944-8774
<b>Brana Home Repair</b>	283-1107	<b>Marc Graves, Realty</b>	935-5895
<b>CA Custom Carpets</b>	828-7810x214	<b>Massage, Keri S.</b>	947-0780
<b>David Galindo, Intero</b>	945-4575	<b>Newpane Windows</b>	800-614-7263
<b>Dumploads On Us</b>	934-3743	<b>Neck/Back Pain Ctr</b>	947-1507
<b>Executive Brokers, RE</b>	974-1170	<b>Sheri Nodder, Realty</b>	975-5244
<b>Food by Hand</b>	415-341-Food	<b>Painting, Paul Morris</b>	939-2498
<b>Green's Lawn Service</b>	827-0103	<b>Waraner Tree Service</b>	250-0334
<b>Handyman Paul Fleck</b>	676-6607		
<b>Happy Nest Childcare</b>	934-8396		

## ADVERTISING RATES

**DEADLINE: 15TH OF EACH MONTH**

**Contact: Marc Graves 925-932-1574**  
[madmacsdad@aol.com](mailto:madmacsdad@aol.com)

PLEASE MAIL 1 copy of your ad & payment to:  
"Woodlands Association"

P.O. Box 31085, Walnut Creek, CA 94598

### WANT ADS

*Line Ad with a maximum of 30 words.*

Woodlands Residents	\$8.00
Non-Woodlands Residents	\$13.00

### BUSINESS ADS

(Guidelines) \*Please submit ONE copy of your ad in the size you have chosen.

\*There is a one time set up fee for ads that need layout/design or artwork.

Set-Up Fees are as follows:

1/8 page ads	\$5.00
1/4, 1/2 and full page ads	\$10.00

Color paper is only offered for FULL Page Ads. Colors: blue, green, yellow.

Full Page, white paper	\$80.00
Full Page, colored paper	\$85.00
1/2 Page	\$45.00
1/4 Page	\$25.00
1/8 Page (Woodlands Residents)	\$15.00
1/8 Page (Non-Woodlands Residents)	\$18.00



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