



The Woodlands

www.WoodlandsAssn.org

January 2006

Protect Our Children, Our Community, Our Future...

Welcome to The Walnut Creek Wellness Challenge

In June 2004 the federal government signed into law, "The Child Nutrition Reauthorization Act," which requires every school system that participates in the federal school lunch program to have a wellness policy in place by the start of the 2006-07 school year.

The Act is designed to promote healthy diets, nutrition education and physical activity while preserving local control of schools. This is why specific guidelines were not spelled out by the government. Instead, it states that "The content of local wellness policies will be decided by local parents, teachers, administrators, school food services, school boards, and the public."

Notice the last word is "PUBLIC." If you go to www.dictionary.com, you will find that the definition of "public" is:

1. Of, concerning, or affecting the community or the people.
2. Participated in or attended by the people or community
3. Connected with or acting on behalf of the people, community, or government
4. The community or the people as a whole.
5. A group of people sharing a common interest.

What this means is, "Every individual, organization and business in Walnut Creek is responsible for coming together to create and implement a wellness policy in all schools located in the city."

Besides the government telling us to do so, why does Walnut Creek *need* this wellness policy? I could list all of the hard statistics about child and adult obesity, as well as the downfall of our children's emotional health – but instead, let me give you one example to show why even Walnut Creek is not immune from needing a wellness policy.

I recently joined my 7 year old daughter at school for lunch. Here is what I observed first hand:

- Two lunch choices were offered: 1.) hot dog & tater tots 2.) cheese pizza sticks

with marinara sauce. After selecting one of those, students had a choice to pick up any of the following: an apple, orange, bag of pretzels.

- Of the 18 children at my daughter's table, 4 brought their lunch and 14 purchased a school lunch.
- Of the 14 who purchased a school lunch, 8 of them chose to pick up an apple or orange.
- Of those 8, only 4 of them actually ate a portion of the fruit they chose.



Photo of an actual school lunch the day I visited with my daughter.

- There is a "snack table" where students can purchase snacks in addition to their lunch. Some of the items on the snack table were: bottled water, Slim Jims, Cheez-It's, very yellow popcorn, some type of chocolate Little Debbie-like snack, and Fruit Roll-Ups.
- 4 of the 18 kids purchased a snack from the snack table.

None of the above constitutes a healthy lunch. Most definitely having a "snack table" in an elementary school, much less ANY school is hindering our children's health. It partially explains why our kids are getting larger, having trouble paying attention in class,

and developing other health concerns. What we put in our body is our fuel – it determines what kind of day we'll have, how we'll feel. Why would we feed our kids the cheapest, most empty fuel available? We need to fill them up with the good stuff – the high octane, loaded with nutrient fuel.

This is a fraction of the reason why Walnut Creek needs a wellness policy. There are many other factors that play into it as well, including exercise and emotional health.

Walnut Creek resident, Cindy Gershen, mother and owner of Sunrise Bistro, Sunrise Café and Sunrise Catering, formed the Walnut Creek Wellness Committee to focus on the strategy of this wellness policy.

The committee is focused on bringing the community together as a "coalition for health." The WC Wellness Committee needs every parent, teacher, grandparent, student, school administrator, local business, restaurant - and general PUBLIC as a whole - to join together in a coalition for health.

The committee's first significant calendar date is February 1, 2006 when they will roll out a walking program in all public schools. The second significant date is April 30, 2006 when they will host a city-wide celebration for health. The celebration will unify the residents of all parts of Walnut Creek for fun, health awareness and community building.

If you would like more information on how to get involved in the community wellness efforts or either of the specific events listed above, please contact Cindy Gershen at Sunriscatr@aol.com or Shawn Rizzo at 925-465-4464.

Get excited - get involved - get healthy!
Accept and conquer the Walnut Creek Wellness Challenge!

By S. Rizzo
(See page 2 for a Kid's Activity Pyramid)

In this issue:

- Page 1 WC Wellness Challenge
- Page 3 CERT Next Steps
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Community News

Good Neighbors...

Vehicle Storage in the Woodlands

Back in May of this year we printed an article based on several letters and email notes we received from you on parking or storing of cars, boats, trailers and recreational vehicles on streets,

yards and driveways in the Woodlands. We should all recognize that most of these vehicles are recreational in nature and integral to family fun and recreation... and certainly will always be coming and going in the Woodlands.

In our original article we highlighted the local restrictions about parking and storage of different types of vehicles and emphasized that as good neighbors it would be a good idea not to leave boats or other vehicles in the streets or driveways for more than a few days or so. We also emphasized that minimizing the time large vehicles on our streets makes the Woodlands safer for all of us... not to

mention enhancing the esthetics, look or feel of the community. For our original article, the city also told us that if we had to temporarily park a large vehicle or boat, "we should take care not to block lines of site on bends in the roadway, at corners or especially near schools".

Not long after our original article on this subject, our Contra Costa county supervisors re-wrote part of the ordinance on vehicle parking. The new ordinances became effective July 20th, 2005. The new ordinance is that these vehicles are to be actually kept "out of eyesight". Owners are now required to



"screen at least 90 percent of each vehicle regardless of size" often requiring larger fences around vehicles parked for more than a few days or so. The new ordinances are available on the web.

By the Board

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Woodlands Newsletter is a monthly publication. Prior issues

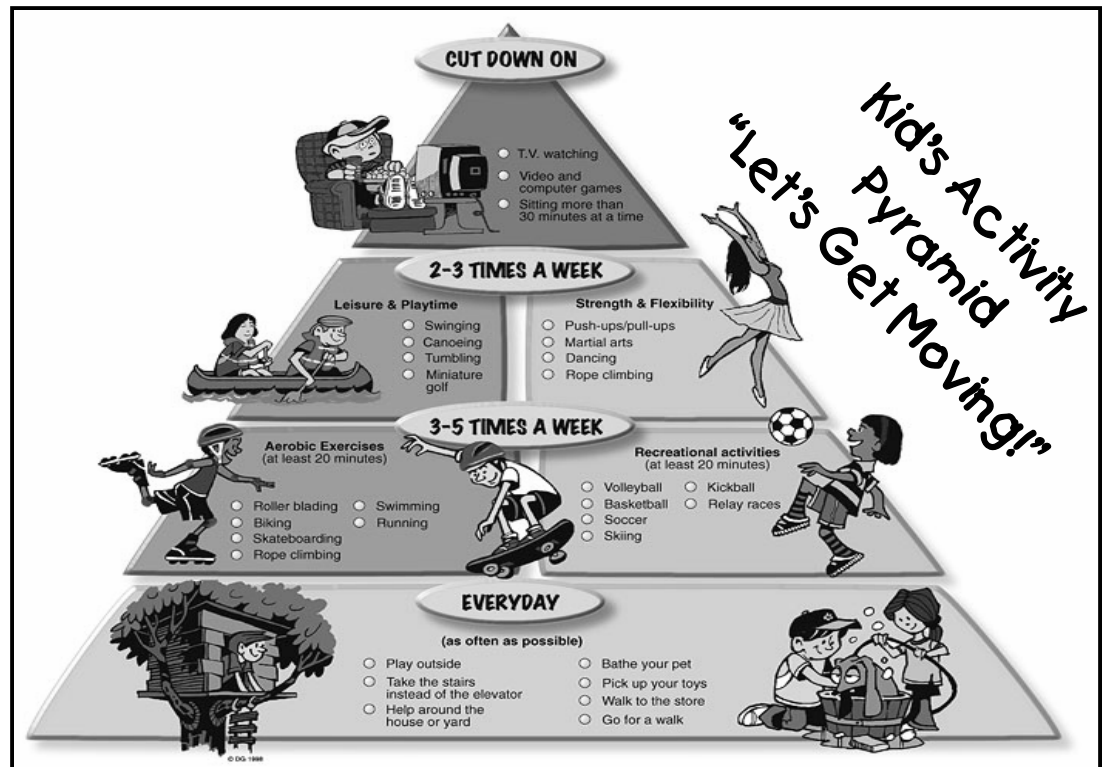
Next Board Meetings:

January 7, 2006 @ 8:15am

February 4, 2006 @ 8:15am

It's A Grind Coffee Shop

Woodlands residents are encouraged to attend board meetings at all times!



Community News

Emergency Preparedness Next Steps

A Community Prepared...

Our 50 Woodlands CERT graduates have already made progress since their “graduation” in October. There have been several small meetings since graduation leading to the kick-off session at Valle Verde on December 14th. This meeting established the outline for our “next steps” in the Woodlands. The group has now established “small teams” to take this forward. The top five of the seven identified small team areas now have named volunteers from the neighborhood to actually better define and document our next steps and then begin execution. In our February newsletter we will outline the seven project areas and report on progress made. We will also announce our next Woodlands Emergency Preparedness meeting in the February newsletter. It is tentatively scheduled for late February or early March.

By J Tilley



Joe Warren, George Jardim, Elsie Witt, Lilly Williams, Marlene Clark



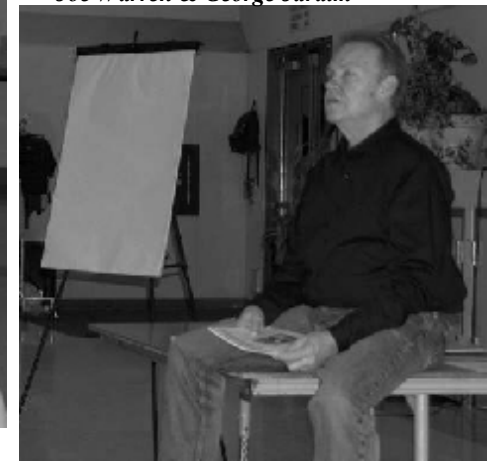
Joe Warren & George Jardim



John Gregory



Linda Kawakami, Lily Williams, Carol Gross and Marlene Clark



Jim Tilley

2006 CERT Training Dates

This free 20-hour training is designed for any interested adult through a partnership of the Contra Costa Fire District and the City of Walnut Creek.

PRIORITY IS GIVEN TO NEIGHBORHOOD GROUPS OF 6 OR MORE, who are ready and willing to form a CERT team!

Registration is currently being taken for the 2006 series. Classes will be:

6-9:30 p.m. Tuesdays, April 4 - May 9

6-9:30 p.m. Tuesdays, July 25 - Aug. 29

6-9:30 p.m. Wednesdays, Sept. 13 - Oct. 17

To register, call Community Relations Officer Gayle Vassar at the City of Walnut Creek, 943-5899 ext. 189.

Visit us on the web at: www.WoodlandsAssn.org

Community News

Crime Corner

Woodlands Stolen Vehicle Report

Want to know the best crime prevention tool ever invented?

A good neighbor!

On Sunday morning, December 4, 2005 at approximately 8:45am a large SUV was stolen from a resident's driveway on Rock Oak Rd. The Woodlands resident had gone out side to start the vehicle so it would warm up before leaving for church. The resident said it had only been five minutes and they went back outside to leave and the vehicle was gone. They were kind enough to inform us of this unfortunate incident so that it may be a warning to others. **Please do not leave your car running unless you are inside of it - and be careful not to leave your keys inside the car even if it's not running.**

Danielle Walrath, Crime Prevention Coordinator for the Walnut Creek Police Department reported that we only have 3 Neighborhood Watch Programs in the Woodlands. Danielle said there is one on Citrus, one on Sugarberry, and one on Dogwood. This leaves out the majority of the Woodlands!

Woodlands Resolution for 2006:

Increase the Number of Neighborhood Watch Programs

This crime is one of the reasons the Neighborhood Watch Program is extremely important and effective.

If we as neighbors, don't watch out for each other - then who will? Contact Danielle Walrath to start a watch program on your block!



In fact, neighbors working together with law enforcement is one of the best crime-fighting teams around.

We call it... Neighborhood Watch

<p>What is it? Neighborhood Watch is a crime prevention program which enlists the active participation of residents in cooperation with law enforcement to reduce crime in their communities.</p> <p>It involves:</p> <ul style="list-style-type: none"> • neighbors getting to know each other and working together in a program of mutual assistance; • residents trained to recognize and report suspicious activities in their neighborhoods; and • implementation of crime prevention techniques such as home security, Operation Identification, etc. <p>You may hear it called NEIGHBORHOOD WATCH, Home Alert, Citizen Crime Watch or Block Watch. The idea is the same:</p> <p>Neighbors looking out for each other!</p>	<p>Who can participate?</p> <ul style="list-style-type: none"> City residents Country residents Suburban residents Apartment dwellers Mobile home residents Young people Senior citizens Men Women Families Couples Singles . . . <p>In summary . . . YOU!</p> <p>Why Neighborhood Watch?</p> <ul style="list-style-type: none"> • Nationwide, millions of crimes are committed every year and the number is still growing. • There can't be a law enforcement officer on every corner, so citizen involvement is essential to combat crime. • By cooperating with each other and law enforcement, people can help fight crime in their community the most effective way - before it begins.
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Danielle Walrath
Crime Prevention Coordinator
WCPD
943-5885

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Back to School!	4	5	6	7 Woodlands Board Meeting 8:15am It's A Grind
8	9	10	11	12	13	14
15 NEWSLETTER DEADLINE!!!	16 Martin Luther King Jr. Day— NO SCHOOL!	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p>Please submit any events you would like to see on the February calendar to srizzo@woodlandsassn.org or 465-4464 by January 15th</p>			

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Advertising Rates

Want Ads:

Line Ad with a maximum of 30 words.

\$8.00/Month—Woodlands Residents

\$13.00/Month—Non-Woodlands Residents

Business Ads:

(Guidelines)

*Please submit only 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:

\$5.00 for 1/8 page ads

\$10.00 for 1/4, 1/2 and full page ads.

*Color paper is only offered for FULL Page Ads.

Available 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.....\$15.00 Woodlands Residents

1/8 Page...\$18.00 Non-Woodlands Residents

Advertising Deadline: 15th of Each Month

Contact: Shawn Rizzo @ **465-4464** or srizzo@woodlandsassn.org

Visit us on the web at: www.WoodlandsAssn.org

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FOR SALE

Full size violin/used twice/in case \$125.00. Miscellaneous silver & silver plate trays & serving pieces/Prices negotiable/Need polish. Two full size bikes as is \$40.00. Call Linda Groobin 925-930-7309

THANK YOU TO ALL OF OUR LOYAL ADVERTISERS

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Top 10 Reasons to Advertise in the Woodlands Newsletter

10. You need to sell that old couch in the garage.
9. Your teenage daughter wants to start babysitting.
8. Your son keeps asking to borrow some cash...why not encourage him to start mowing lawns for his own \$\$
7. You sell make-up, scrapbooking products, candles, etc. and want to reach more interested parties.
6. You've been eyeing that 2006 BMW, but need to sell your old car first.
5. Your new years resolution was to start exercising more often, but you'd be more inclined to do so with an exercise buddy. Why not find one in the Woodlands!
4. Your business targets families with children.
3. Your business would benefit from being showcased in front of 800+ homes.
2. Your neighbor advertises in the Woodlands Newsletter...and you have to keep up with the Joneses!

And the #1 reason is because you enjoy reading the newsletter and want to be a supporter!

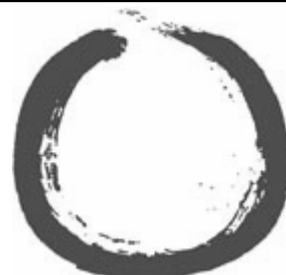
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