

The Woodlands

www.WoodlandsAssn.org

March 2006

Don't Forget!
Swim Team Sign-Ups
March 11th 8:30am

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Watchful Eye = Safer Home



relative ease, certainly a burglar can do the same. The Walnut Creek Police Department informed us that roughly one out of ten homes will be burglarized in the bay area during 2006. You can easily have your Woodlands home more secure and reduce the chances of being one of the “one

in ten” victims. Burglars do not spend much time trying to break in, so locked doors, windows and good neighbors watching out for each other – are excellent deterrents.

Our police department also said that over half of all successful home burglaries are because of unlocked doors and windows. Sliding glass doors are easy to get through even when locked. You can secure them by installing better locks or by placing a broomstick or dowel in the inside track to jam the door from being pried open. Instead of hiding keys around the outside of your home, have a neighbor keep an extra key. Locking doors is doubly true for our vehicles. Don't ever leave your keys inside the car; not even for ten minutes while running back in the house to get something. Close and lock your car when you get out and don't ever leave the garage door opener in the car.

In the past year or so, two Woodlands homes were entered by thieves who kicked in the side garage door and then broke the door that leads from inside the garage into the house. In both cases these Woodlands residents were vacationing. Our homes were built with simple exterior doors; especially doors located on the sides of our garages. Most are relatively out of sight from the street and some are still original doors. These doors need to be reinforced both around the lockset and on the wooden door panels. You should also bar that door when you travel as well. Keep in mind that burglars don't like to

shatter glass because of the alarming sound, but most will not hesitate to kick wooden doors to get inside.

When you are not home, don't forget to leave the light burning by the side garage door. Many Woodlands residents have installed motion sensing switches that turn on the lights when someone approaches. These are simple devices screwed into the light socket that hold the bulb to be turned on. It's common knowledge that thieves prefer to work in the dark, so when you aren't home keep your back lights on as well. It at all possible, keep shrubbery from hiding doors or windows. Timers for lights inside the house are also quite effective and far better than leaving a light inside burning 24 hours a day when you are away. It's also a good idea to ask a neighbor to collect your mail and newspaper so that it's not “obvious” to burglars that you are away.

If you notice unfamiliar people in the neighborhood, don't hesitate to call a neighbor to check them out or even call the police. For any individual in question that truly has legitimate reasons to be in the neighborhood, no harm is done.

Our Woodlands Association is encouraging residents to initiate *neighborhood watch* groups. A *neighborhood watch* group is easy to start and has proven to be exceptionally effective in all types of communities. We have several groups already established in the Woodlands. Danielle Walrath is the Crime Prevention Coordinator for our Walnut Creek Police Department and she is ready to help you start a *neighborhood watch* group for your block. Please call Danielle at 943-5885 and she will provide you with the information necessary to get started. Danielle is ready to increase the number of “watchful eyes” in the Woodlands so we may all have safer homes.

By J Tilley

For the past year we have printed various articles about enhancing preparedness in our neighborhood for emergencies and disasters. You've heard about programs to make ourselves more prepared and seen articles about crime watch and city-sponsored neighborhood watch programs. The purpose of this article is to encourage Woodlands residents to increase safety in and around their homes.

Although this article is not intended to alarm you, we want to inform you that during the past year burglaries and crimes associated with burglary and robbery have increased in Walnut Creek. The Woodlands neighborhood is no exception. During the first 45 days of 2006 there were 10 incidents of burglary in the Woodlands. These incidents involved several homes, car break-ins, and a Valle Verde school break-in. At the time of this writing, the most recent automobile theft (in which an automobile was actually stolen) in the Woodlands was on February 13th.

Just think about your own situation for a moment. If you locked yourself out of your house, how would you get back in? Most of us know what we would do, and we probably don't need to call any locksmith for help. Some of us leave a window unlocked. Perhaps you leave a key hidden in a fake stone in the garden, a spare key in the electric box or inside the pool timer. How about under the door mat or in the blue flower pot?

If you can get into your house with

WoodlandsAssn.org Celebrates its 1 year Anniversary!

Take a moment to surf our neighborhood site; there are lots of neat historical documents and photos. If you have any items to add to this collection, please contact John Gregory 925-256-9976 or jgregory@woodlandsassn.org

Community

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Cabana Club opens May 13th

The 2006 swim season is closer than you think. Opening day for the club is Saturday, May 13. It looks like this will be a wonderful summer swim season now that all of the renovations are complete and all of the new landscaping has had a chance to mature.

The Cabana Club board welcomes back all returning members and would love to see even more of you at the pool this summer! For membership information, contact **Kathy Frattini at 938-8740** or kfrattini@sbcglobal.net.



Private swim lessons are available with many opportunities for new little dipper to learn to become water safe. For more lesson info, see the flyer in this newsletter.

The Woodlands Swim Team sign-ups are Saturday, March 11, 2006 beginning at 8:30 am at the club. Pre-season practice begins April 17th, training for what promises to be an exciting

season of swim meets and social events. For more information on the swim team, call Tracey Garber at 934-7076.



Quit Monkeying Around & Get Involved in Northgate's Bronco Baseball 2006 Golf Tournament



On behalf of Coach Chris DeClercq, his coaching staff, and the golf tournament committee, we are excited to announce that the 2006 Northgate Baseball Golf Tournament is coming up soon! This fundraising event

helps with field improvements and other needs of the Northgate baseball program. ***I can't participate by golfing, are other ways that I can help? Yes!!***

Raffle Donations: We need donations for the fundraising raffle to be held during dinner at Rocco's. Sports related items, restaurant gift certificates, and other items are appreciated!

Tax deductible sponsorships you or your company can help us with:

1.) Tee Sponsorships: This sponsorship will include recognition in the golf program that day and prominent signage on the golf course. Cost is \$250.

2.) Grand Slam Sponsorships: This sponsorship will include banner signage at the event and also special recognition in the golf program and Northgate Baseball website. Cost is \$1000.

Volunteer: If you are interested in helping out as a volunteer for the day or part of the day, please contact us.

Sign up no later than March 16th and pass the word to fellow Northgate Baseball supporters!

Details

DATE:	Monday, March 27, 2006
WHERE:	Contra Costa Country Club, Pleasant Hill
TIME:	Check-in @ 11am Golf Starts @ 12:30pm
AFTER GOLF:	Dinner & Raffle @ Rocco's, 7:00pm
GOLFERS:	You can participate individually for a cost of \$160 or as a foursome for \$600.

If you can't join us for golf, please consider joining us as a dinner only guest for \$25.

SIGN UP BY MARCH 16th

If you have any questions about this event contact:
Bob Krueger at 925-256-0365 rkrueger@cherryroad.com
Bill Kosturos at 925-210-1663 BKosturos@alvarezandmarsal.com

www.NorthgateBaseball.com

www.WoodlandsAssn.org

Education

MDUSD Awards Contract For New Classrooms At Northgate

During January, the Mount Diablo Unified School District approved funding for construction of two new permanent classrooms at Northgate High School. The District had originally planned to install one classroom, but a contribution by the Woodlands Association combined with other District funds made a second classroom possible. The Woodlands Association provided \$160,000 to the District in January and the construction contract was awarded. The new classrooms are scheduled for installation this summer to be ready for next school year.

Along with the \$160,000 contribution to Northgate, the Woodlands Association has also given \$40,000 to Foothill for technology improvements, which leaves \$25,000 remaining in the Woodlands Association's Citrus Walk fund - and it is planned for use on Valle Verde's improvements.

By Bill Swanson

SCHOOL BOUNDARY STUDY CANCELLED

The Mt. Diablo Unified School District Board of Education cancelled the high school capacity study at the January 3, 2006 board meeting. The study would have considered changing the geographic boundaries for attendance at District high schools. The Board still wants information on the impact of the Crystal Ranch residential development on Northgate High, on the overcrowding at College Park, as well as issues involving the Bay Point community and Mt. Diablo High. The Superintendent recommended that the study be cancelled because of declining district-wide enrollment. Board member Mayo will work with the Superintendent to bring these issues back to the Board in the future.

It appears that retaining the existing boundaries is the outcome of this decision. We will continue to monitor the situation to see if anything changes that would affect the Woodlands residents. For additional information on upcoming MDUSD board meetings, visit their website at: www.mdusd.k12.ca.us/mdusd/boe-sam.htm

By Ed Wohlers



Vol. 40 No. 3

Woodlands Association

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See board email ID's at: www.WoodlandsAssn.org

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

Next Board Meetings:
3.4.06 @ 8:15am
4.1.06 @ 8:15am
It's A Grind Coffee Shop


Woodlands residents are encouraged to attend board meetings

Students Walk a Marathon for Wellness

The week of February 6th, our Valle Verde 1st-5th graders began walking their first marathon in the Walnut Creek Wellness Challenge. Valle Verde is among 10 elementary schools in Walnut Creek that are participating in the marathon. The goal is to educate children on the fundamentals and value of nutrition and exercise. Students are encouraged to walk during lunchtime, however, the marathon is not a competition of who can finish the

quickest or who can go the farthest. The marathon is designed so that all children are comfortable participating without the pressure of competing. Valle Verde students will be invited to "Healthy Day at The J" on April 30, 2006 where they will celebrate their marathon success with the rest of the community. **Save the date!** It will be a fun time for all ages! If you would like more information on the Walnut Creek Wellness Challenge and student marathon, please contact Cindy Gershen at 925-360-8543 or visit WellnessChallenge.net
By Shawn Rizzo





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Events

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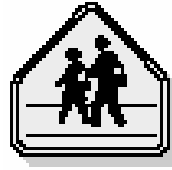
MARCH 2006

Calendar of Events

W=Valle Verde FH=Foothill

- Monday March 6: Foothill visits VV 5th Graders
Saturday March 11: Swim Team Sign-Ups 8:30am
Saturday March 11: NGate Alumni Baseball Game
Wed March 15: 5th Grade Parent Nite @ FH
Thursday March 16: VV Charlie Brown Play
Friday March 17: VV Charlie Brown Play
Friday March 17: St. Patrick's Day
Saturday March 18: VV Charlie Brown Play
Tuesday March 21: FH Career Day 8:30-11:30am
Thursday March 23: Bye, Bye, Birdie - Foothill
Friday March 24: Bye, Bye, Birdie - Foothill
Tuesday March 28: Foothill Parent Education Meeting 7:00-8:30pm
Thursday March 30: Bye, Bye, Birdie - Foothill
Friday March 31: Bye, Bye Birdie - Foothill
Friday March 31: Valle Verde Spring Fling @ Blake's at Boundary Oaks

Happy
St. Patrick's
Day!



Foothill Needs Parent Patrol Volunteers!

Parent Patrol is 9:55am—12:45pm on Mondays, Tuesdays, Thursdays & Fridays.
Wednesdays 9:30am-12:45pm.

There are open dates in March, April, May and June.

Please contact Tracy at
trbigoness@sbcglobal.net to help out!

Valle Verde Spring Fling March 31, 2006

Blake's
at
Boundary Oaks

For more info contact :
Shelly 330-2744

FOOTHILL'S 2006 CAREER DAY - MARCH 21ST

The purpose of Career Day is to help students become more aware of their vocational interests and how those interests relate to the working world. It is our objective to expose the students to a wide range of career possibilities. Each year, thanks to the graciousness of parents and local professionals, we have been able to expose the students to a broad array of professionals and career possibilities. The industries represented are wide-ranging, including the professions, the arts, media, public service, and trades, among others. We expect to have approximately 40 speakers who will provide insight into their professions. Speakers will present to three groups, in sessions of 30 minutes. Speakers are encouraged to do group activities, involve the students in demonstrations and to use visual aids to share their careers.

If you would like more information about Career Day, please contact Darlene at
derose@montaguederose.com or 256-9797

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Woodlands Youth

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Do You Know... About Foothill & Northgate's Crisis Counseling Program?

The Foothill and Northgate Crisis Counseling Programs are designed to assist students and parents with a variety of concerns by offering short term counseling. Some common issues are communication or relationship concerns, depression, substance abuse, eating disorders, anxiety, stress, and family concerns. Any student may make an appointment or stop by the counseling office during office hours. Parents are welcome to call with questions or concerns. School personnel may also make referrals. There is no cost to students or parents to use these counseling services. Sessions are strictly confidential. Counselors are available every day during school hours.

Call
FOOTHILL 938-1296 
Lance Friis & Jane Sondel
Foothill Crisis Counselors

Lance Friis is a licensed marriage and family therapist. Jane Sondel has been licensed by the state of New York for over 20 years as a clinical social worker. Lance will be supervising Jane as she completes the requirements for California licensure.

Mr. Friis is at Foothill: Mondays, Wednesdays, Thursdays
938-1296 or FriisL@mdusd.k12.ca.us

Ms. Sondel is at Foothill: Tuesdays, Fridays
938-1296

*The crisis counseling program is funded by the
Foothill Parent Faculty Association and the City of Walnut Creek.*

FOOTHILL PARENT EDUCATION

Parent Education meetings are held each month in the Foothill Middle School library.

Any interested parent is welcome to attend.

The next meeting is on Tuesday March 28, 2006.

The topic has not been announced at this time.

To check the subject status:

www.mdusd.k12.ca.us/foothill/staff/counselor/parented.html

GIRLS ASSERTIVENESS TRAINING

~ for Middle School Girls ~

Training is on: Tuesday April 4, 2006 2:45pm-4:15pm
Wednesday April 5, 2006 1:45-3:15pm
Thursday April 6, 2006 2:45pm-4:15pm

The program teaches girls assertive communication strategies, physical self-defense skills, myths/facts about sexual violence, awareness skills, safety tips & strategies.

Contact Lance Friis or Jane Sondel to sign up

~ Offered by Community Violence Solutions ~
See the right column for more information on CVS

Call
NORTHGATE 938-3921 
**Cindy Perryman, Jane Sondel
& Lance Friis**
Northgate Crisis Counselors

Cindy Perryman is a licensed marriage and family therapist.

Ms. Perryman is at Northgate: Mondays, Wednesdays
938-3921

Ms. Sondel is at Northgate: Thursdays
938-3921
cindyatnorthgate@gmail.com

Mr. Friis is at Northgate: Tuesdays, Fridays
938-3921
FriisL@mdusd.k12.ca.us

*The crisis counseling program is funded by the
Northgate Parent Action Team and the City of Walnut Creek.*

Community Violence Solutions

Community Violence Solutions is a nonprofit organization that has been providing a wide range of services to our community for over 31 years. Founded as the

Rape Crisis Center in 1974, it has expanded over the years both in terms of scope of services and geographic region. Our mission is: In partnership with the community, we are dedicated to ending sexual assault and family violence through prevention, crisis services and treatment. CVS serves over 1,500 child, teen and adult clients annually, and reaches over 8,000 individuals through our community outreach and prevention education. CVS focuses much of its outreach on youth through school- and community-based presentations on healthy relationships, sexual assault/harassment prevention, risk reduction strategies, girls' assertiveness and self-defense training. CVS also maintains an educational website for youth: www.TeenCVS.org. For additional information, please call CVS at (510) 237-0113 or email Admin@cvsolutions.org

Crisis Hotlines for Youth

If you are in an emergency situation & need immediate assistance CALL 911

CVS/Rape Crisis Center **800-670-7273 (RAPE)** - 24 Hour Hotline
National Hopeline Network's 24-Hour Hotline **800-784-3433 (SUICIDE)**
National Youth Crisis Hotline **800-448-4663**
National Child Abuse Hotline **800-4-A-CHILD**
National Domestic Violence Hotline **800-799-SAFE**



Want Ads

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Advertiser Quick Reference

KitchenAid 36" white range hood; almost new; used 6 mos; \$125.
Full-size portable basketball system; \$75. Call 935-3448

3 Good Painters	935-7593	Huntington Learning	944-8774
Alfonso & Associates	300-5186	Karen Guarisco	932-7394
Bay Healing	935-2502	Light Speed Networks	437-4268
Best Blinds	673-1856	Marc Graves, Realty	935-5895
Brana Home Repair	283-1107	Newpane Windows	800-614-7263
CA Custom Carpets	828-7810	Neck/Back Pain Ctr	947-1507
David Galindo, Inter	945-4575	Only Steel Roofing	680-6042
Dumploads On Us	934-3743	Painting, Paul Morris	939-2498
Executive Brokers	974-1170	Peachwillow Cabinets	451-9711
Green's Lawn Service	827-0103	Roger Studebaker	595-3934
Handyman Paul Fleck	676-6607	Trudi Steinman, Piano	429-1805
Happy Nest Childcare	934-8396		

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HELP WANTED

DELI & COFFEE: Need part-time worker in Walnut Creek. Please call Sophia 925-945-8990 or Yousef 650-996-6235 (cell).

ADVERTISING RATES

DEADLINE: 15TH OF EACH MONTH

Contact: **Elsie Witt 925-935-0463**

ewitt@woodlandsassn.org

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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