

# The Woodlands

Keeping You Informed For 50 Years

October 2015

## Children at Play - Slow Down and Keep Woodlands Safe



With continued reports of speeding in the neighborhood, the Woodlands Association is working with Officer Mike Adams of the Walnut Creek Police Department to curb speeding and promote safety. The primary areas of concern are Citrus Avenue, Peachwillow Avenue, Perada Drive, and Rock Oak Road, where drivers are speeding and putting pedestrians, bicyclists and children at risk. Residents on Sugarberry and Dogwood also report speeding.

During school drop-off at Valle Verde, remember to always use crosswalks, slow down, and look for children on bicycles and pedestrians. And do not speed. That two extra minutes helps to keep everyone safe. Possible future solutions include the installation of additional stop signs throughout the neighborhood, a radar trailer to track driver's speeds, and speed bumps. Please keep the Woodlands Association updated on any concerns and remember to drive safely, slowly, and never text and drive. You can also contact Officer Mike Adams directly at 925-943-5844 x7612. Thank you!

[www.facebook.com/WoodlandsAssn](http://www.facebook.com/WoodlandsAssn)

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## Viamonte Continuing Care is Coming to Shadelands

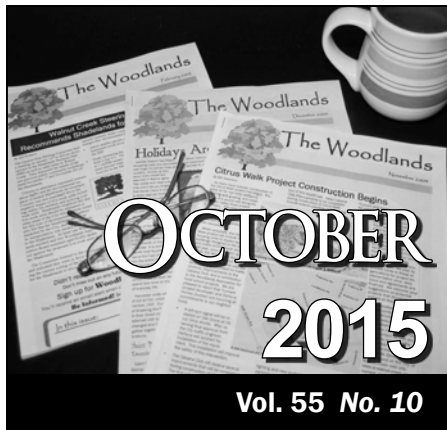
By Ed Wohlers

Northern California Presbyterian Homes & Services ("NCPHS") presented their plan for a senior housing development at the Orchards on Wednesday, September, 9th at 7pm. NCPHS is a non-profit senior housing operator that competed against other developers for the right to develop the property. They acquired the property in June 2015 for \$11.2 million. NCPHS invited comments on their plan before it is presented to the Walnut Creek Design Review Committee for approval. The development will offer 173 independent residences in a 4 story building on 3.8 acres ranging from 850 - 1,450 sq. ft. and offering 1-2 bedroom units. The independent units all offer full kitchens. In addition, they will offer 20 additional assisted living units.

The facility will offer onsite dining, transportation, health club, activity rooms and a registered nurse will be on staff. They will offer additional medical services to residents as their needs change. The facility will also offer memory care, but not skilled nursing.

Pricing will be released once the design has been completed. They indicated that the pricing at other similar facilities that they operate have a repayable entrance fee and monthly fees. They indicated that their other facilities (in a similar area as Walnut Creek) entrance fee pricing typically started at about \$500,000 for a 1 bedroom unit and increased to just over \$1 million for their largest units. A percentage of the fee (typically 75-85%) is refundable when the resident leaves (after their unit is sold). In addition, monthly fees are based on the services offered and typically started at \$2,800/mo. for one person in a 1 bedroom unit and around \$6,000/mo. for two people in a larger unit.

No one offered any design suggestions during the meeting. This will be the first continuing care facility in Contra Costa County and once final approvals are granted construction will begin once 75% of the units are sold. For additional information, see: <http://safewayatorchards.com/senior-housing/>



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## Who to Contact?

The Woodlands Association receives some emails and questions about many issues that are best resolved by contacting the following agencies directly. The following is a reference guide:

**Walnut Creek Code Enforcement, 925-256-3508 or 925-943-5863**

The Code Enforcement Division of the Community Development Department is responsible for enforcing provisions of the Walnut Creek Municipal Code involving quality of life and neighborhood quality issues. [http://www.walnut-creek.org/citygov/depts/cd/nuisance\\_abatement\\_n\\_code\\_enforcement.asp](http://www.walnut-creek.org/citygov/depts/cd/nuisance_abatement_n_code_enforcement.asp)

**Walnut Creek Police Department, 925-943-5844**

<http://www.walnut-creek.org/citygov/depts/police/default.asp>  
To report a suspicious circumstance, call 925-935-6400

**Oversized Vehicle Reporting, Sandy Mulligan: Parking Lead Services Officer, 925-943-5874**

**Contra Costa Mosquito and Vector Control District (Pests and Insect Issues), 925-771-6196**  
[http://www.contracostamosquito.com/programs\\_services\\_index.htm](http://www.contracostamosquito.com/programs_services_index.htm)

**Contra Costa Water District, 925-688-8000**

Water conservation, information, gardening resources, moneysaving tips. <http://www.ccwater.com>

**Allied Waste Services of Contra Costa County, 925-603-1144**

<http://www.pleasanthillbayshoredisposal.com>

**Valley Waste Management (recycling and yard waste service): 925-935-8900**

**Canal Maintenance, 925-313-2235**

The canal is part of the Contra Costa County Flood Control and Water Conservation District Maintained by the Public Works Department

**Graffiti Reporting: City of Walnut Creek, 925-943-5854**

**Contra Costa County Animal Control, 925-335-8300**

After business hours, contact the Walnut Creek Police through Dispatch Center at 925-935-6400. <http://www.co.contra-costa.ca.us/index.aspx?NID=59>

**Street Maintenance: 925-943-5854**

# Community Service Day is October 10th

**Two Woodlands Projects this Year!** Join your neighbors for a morning of making our neighborhood shine at Valle Verde Elementary or at Pine Creek (meeting at 3341 Perada Drive) on Saturday, 10/10, at 9 a.m.



There will be a free pancake breakfast and participant T-shirts given out at Heather Farm Community Center that morning at 7:30 a.m. for those who register. Sign up today:

<http://wcsviceday.volunteerhub.com/events/index>

## Woodlands Association Board of Directors

Adrienne Robillard ~ *President*  
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Jan Gall ~ *Treasurer*  
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James Goudy ~ *Webmaster*

Jennifer Zotti ~ *Newsletter Distribution Manager*  
Interns: Danielle Arauzo & Talia Arauzo

## Upcoming Board Meetings

**8:00 - 9:00 a.m.**  
**Sunday, October 11<sup>th</sup>**  
**Saturday, November 7<sup>th</sup>**

at Denica's,  
2280 Oak Grove Road,  
Walnut Creek  
(in Citrus Marketplace)

Woodlands residents  
are encouraged to  
attend board meetings.



## Community Support Makes A Difference

By Christy Alexander

Eleven years ago I was diagnosed with ALS. Nine of those years I've spent dependent on a power chair to get around. I've never been able to go much further than the Nob Hill shopping center with it. Thanks to all of your generous donations I have the ability to travel anywhere I want to go while staying in my chair. It means I can be independent when I go out. Until now I have always had to be pushed in a manual wheel chair. I also don't have to struggle anymore with getting in and out of a car, which has become even more difficult and stressful. I am blessed to live in such a generous and caring community. **Thank you for making my dream of owning a handicapped van come true!**



## It's Time for the Valle Verde Carnival

By Julie Rattaro

**Save the Date: October 25th, 11 a.m. – 3 p.m.!**

Please join us for a day of fun at the Annual Valle Verde Carnival. You won't want to miss this! The day begins at 11:00 am with a costume contest. Meet in front of the office and we will walk our ghosts and goblins to the back of the school. There will be fun for all including games, obstacle courses, petting zoo, and our infamous Haunted House!

Make sure to bring an appetite, as our BBQs are ready for a crowd. After lunch, stop by our Candy Corn Alley for a delicious homemade treat.

Invite your family, neighbors, and friends - Hope to see you there!

## ARE YOU THE NEXT WOODLANDS EDITOR?

The Woodlands Board is looking for someone who has experience and/or interest in journalism and publishing to fill the open position of Newsletter Editor. This is an opportunity to contribute your skills to the publication of The Woodlands newsletter each month by compiling monthly articles to send to the printer, editing where needed, providing input into what content we publish, and communicating timely information to the Woodlands community. Plus, this is a great way to enhance and update your resume, in the same amount of time it takes to see a movie.



To find out more about this opportunity, please email us at [woodlandswalnutcreek@gmail.com](mailto:woodlandswalnutcreek@gmail.com).

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# SCHOOL NEWS

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## **Valle Verde Elementary School**

COMMUNITY SERVICE DAY: - Valle Verde Campus Beautification is set for the morning of Saturday, October 10th, from 9am-12pm. We will weed, pick up litter, plant and give the school some landscaping and TLC. All ages are welcome. Children under 12 must be chaperoned by an adult.

You can sign up to participate online at:

[www.walnut-creek.org/about/resources\\_n\\_programs/community\\_service\\_day.asp](http://www.walnut-creek.org/about/resources_n_programs/community_service_day.asp) or show up the day-of.

VOLUNTEER NEEDS: If you would also like to get involved with the PTA leadership, fundraising or programming, please contact Brandi at [vvptaprez@gmail.com](mailto:vvptaprez@gmail.com). Committee positions available:

Fall Carnival: Help coordinate the fun filled family Carnival on Sunday, October 25th.

Spring Fling: Coordinate the annual dinner/auction on Saturday, March 5th.

## **Foothill Middle School**

Magazine Drive

The annual Magazine Drive will take place September 30- October 14

October 18- Foothill Community Service Day at Foothill (8 A.M.- 3 P.M.)

October 23- 7th & 8th Grade Dance

October 30- End of first quarter

## **Northgate High School**

Basketball Open Gym

Basketball Open Gym Northgate will be offering basketball open gym on Mondays and Wednesdays during the month of September and October from 7:00-8:30 p.m. Gym time is open to the community – dates/times subject to change or cancellation pending school events in the gym – with or without notice. For more information, please contact the Athletic Director at [nghsad@gmail.com](mailto:nghsad@gmail.com).

ACT Bootcamp

2-Day ACT Bootcamp Prepare yourself for the 10/24 and the 12/12 ACT tests. CatalystPrep is offering an ACT Bootcamp from 9:00 a.m. to 1:00 p.m. on both 10/17 and 10/18 at Northgate. The cost is \$175 for the weekend. To sign up, go to [www.CatalystPrep.com](http://www.CatalystPrep.com) and click on “Bootcamp Sign Up” on the website’s site bar. Deadline to register is Wed. 10/14. For more information, contact [info@catalystprep.com](mailto:info@catalystprep.com) or 800-235-0058.

Sports Registration

2015-2016 Online Sport Registration The 2015-2016 school year is upon us and we need to prepare for the upcoming Northgate sport seasons! In order to try out for the upcoming fall, winter and spring seasons, ALL student athletes are required to complete an online registration. At the conclusion of your registration, you will receive an email confirmation that you have completed step 1 of the tryout registration. The 2 nd step is to turn in your completed and signed Athletic Activity Clearance form and Medical History and Exam form to the Athletic Department per the date schedule provided – OR – upload the forms via the receipt registration page. The upload method is new to our registration and will allow parents to electronically send their forms to the Athletic Department. Fall Sports – closed Winter Sports – open and ending October 23rd Spring Sports – open and ending January 22, 2016 Go to [www.northgatebroncos.org](http://www.northgatebroncos.org) to register online. Do you have tryout, online registration and physical questions? Email Northgate’s Athletic Director at [nghsad@gmail.com](mailto:nghsad@gmail.com).



# Cabana Club News

It's hard to believe that another summer is coming to an end but that means it is time, once again, for the **Woodlands Chili Challenge!** So dig out those recipes, dust off your chili pots, brew up a batch of your best chili and come on down to the Cabana Club on Sunday, Nov. 1st (time TBD) for an afternoon of fiery competition, lots of fun and good (and not so good) chili.

**Closing Day is Sunday, September 27th.**

## SAFETY REMINDER: Garage Sale Guidelines

By Officer Mark Kan, WCPD

The Woodlands Annual Garage Sale has been a positive neighborhood event for years. Let's all do our part to keep it safe & successful. The sale is widely publicized in the Contra Costa Times, Craigslist, on NextDoor and on signage along Oak Grove and other main streets. While this brings in shoppers from all over – not just neighbors – it also provides an opportunity for strangers to be on your property. If your garage is open, know that anyone who visits your sale can see everything inside. Bike theft is a huge problem in Walnut Creek at this time. Be wary if someone wants to "test drive" your bicycle/s. Take precautionary measures like asking to hold the person's ID until the bike is returned. If your mail slot empties into your garage, clear out any buildup of mail to prevent identity theft.

If you are participating in the garage sale, don't leave out petty cash, your cell phone, wallet, keys or anything personal. These are easy to pocket. Keep an eye on all your sale items. Team up with family members and/or friends. As a rule, don't allow anyone to enter your house. Keep your house & car locked. Keep in mind that anything visible in your car can be targeted for coming back to later. Even if it's just your gym bag, to someone who's looking for items, it could look appealing.

Let your neighbors know if you will be participating in the sale, especially if they are going to be out of town. Make sure that if they are out of town, any newspapers and/or mail is out of sight.

# WOODLANDS POLICE CALLS



The following information is taken from the Police Daily Bulletin as posted for public viewing on the Walnut Creek Police Department's website. The entire Walnut Creek police daily bulletin can be viewed at: [www.walnut-creek.org/citygov/depts/police/bulletin.asp](http://www.walnut-creek.org/citygov/depts/police/bulletin.asp). Some issues of the Woodlands Newsletter may include only a portion of the monthly police activity in our neighborhood as available print-space varies from issue to issue.

## Police Calls from 07/05/15 - 08/04/15

08/09/15 19:29:35 Ygnacio Valley Rd. / Oak Grove Rd.  
Bolo 2 reckless drivers , white vehicle , eastbound Ygnacio, speeding, in and out of traffic. Dispo: gone on arrival. Area Wide Lookout.

08/11/15 18:05:24 Ygnacio Valley Rd. / Oak Grove Rd.  
Eastbound Ygnacio Valley, gray/brown SUV blocking the right lane going up the hill. Driver is still inside the vehicle. Dispo: owners request tow responded. Miscellaneous Traffic.

08/15/15 21:03:38 300 BI Peppertree Rd.  
\*\*\*complex\*\*\* reports he was riding his bike at approx 20:30 hrs and male resident of above sprayed reporting party with the water hose but kept repeating that the water wasn't city water. Reporting party thinks he sprayed him with something toxic. Reporting party currently at home in concord requesting \*\*\*\*10-21\*\*\*. Dispo: no prosecution desired and unable to substantiate a crime. advice given. Service to Citizen.

08/18/15 18:25:07 Ygnacio Valley Rd. / Oak Grove Rd.  
3 women working on an SUV in the left turn lane from eastbound Ygnacio Valley onto Oak Grove. Reporting party concerned they will get hit by a car. Dispo: area was clear for this vehicle. Miscellaneous Traffic.

08/20/15 15:15:08 2200 BI Oak Grove Rd.  
Flag down, assisting with an 11-82 that occurred in Brentwood. Dispo: subject was involved in accident in delta. Notification made to her family. See remarks. Assist Agency.

08/20/15 17:10:53 Oak Grove Rd. / Ygnacio Valley Rd.  
At Ygnacio Valley park, in the back of the park where the houses are, two kids were fighting, no weapons, one kid has been knocked out. Starting cfd to stage. No desc, pr was uncooperative. Dispo: determined concord pd jurisdiction. Cpd responding. Service to Citizen.

08/26/15 16:48:47 3100 BI Peachwillow Ln.  
Reports workers claiming to be associated with PG&E, going door to door "looking for telephone poles". Subjects are associated with white trucks. ilnfo 2nd hand to reporting party from her elderly mother- subjects said they were doing an inspection and needed access to the backyard. Dispo: determined, a contractor for PG&E was conducting pole inspections. Reporting party notified. Service to Citizen.

09/04/15 21:51:48 100 BL Kelobra Ct.  
Concord fire department request police department , 40 year-old male, diabetic, and aggressive. Dispo: concord fire department no longer need police department response. Assist Agency.

## Proposed Re-zoning of The Shadelands to be Reviewed

By Adrienne Robillard

While construction of The Orchards is underway, the City Council is focusing on the revitalization of the 240-acre Shadelands business park as a jobs center. There will be a Planning Commission Study Session held at 7 p.m. on October 8th in City Hall to review proposed Business Park Zone text amendments to make Shadelands more attractive to businesses, including streamlining the process for opening new businesses and expanding existing ones.

Proposed changes include new uses, refinements and clarification of existing zoning but not a new zoning district. The purpose of the district will remain as primarily office. Changes to development standards are proposed for accessory structures and additional performance standards controlling how businesses operate. These changes are intended to protect adjacent properties, recognize and learn from the existing businesses that are successful in the Shadelands, and allow businesses that complement existing uses.

These amendments could open the door to a range of new and expanded business types such as restaurants, cafes, wine-making, limited agriculture, high-tech, artists and artisans, medical uses, and incubator businesses.

The amendments project is the result of several years' worth of discussions and workshops by City Council, property and business owners, and surrounding residential neighborhoods centered on the economic health of the business park. In January 2015, City staff began the zoning ordinance amendment project in partnership with the Shadelands Property and Business Improvement District (PBID).

Planning Commission agendas are posted on the City website, [www.walnut-creek.org/meetings](http://www.walnut-creek.org/meetings). At the time of this printing the meeting is scheduled for October 8th. Please check the Woodlands Facebook page at [www.facebook.com/WoodlandsAssn](http://www.facebook.com/WoodlandsAssn) and the City Website to verify date and timing.

Please share your ideas and suggestions with Pierce Macdonald-Powell, Senior Planner, Community & Economic Development Department: at [powell@walnut-creek.org](mailto:powell@walnut-creek.org) or call (925) 943-5899 extension 2204.

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## City of Walnut Creek Solar Program

By Cara Bautista-Rao

Thinking about installing solar on your home but don't know where to start or think it's too expensive?

East Bay SunShares is here to help. The City of Walnut Creek, in partnership with neighboring communities throughout Alameda and Contra Costa County and local nonprofit Vote Solar, launched a solar group-purchasing (bulk buy)

program for local homeowners. East Bay SunShares pools the power of individual homeowner participants, which allows the solar industry to offer more competitive pricing, typically 15% below market rate. Anyone who lives, works, or is a member of an organization based in Walnut Creek or participating cities is eligible for the program. For more information about the program, please visit: [www.mygroupenergy.com/eastbaysunshares](http://www.mygroupenergy.com/eastbaysunshares) or [www.walnut-creek.org/goinggreen](http://www.walnut-creek.org/goinggreen).



This is a limited time offer. Sign a contract by November 6th to have your new solar panels installed and join your neighbors in saving on your monthly electric bill for years to come.

Free Workshop

The City of Walnut Creek is hosting a final free workshop to reduce the cost and complexity of going solar. Learn how to plug into the sun and save on your utility bills. The workshop is Thursday, October 15th from 7 - 8:30 PM at City Hall. Learn more at <http://goinggreenWC.eventbrite.com>

## A SCAM CLOSE TO HOME

By Ann Raymond, Woodlands Resident

I was in the checkout line at our CVS recently when an elderly man in front of me bought four iTunes prepaid cards for \$500 each. He opened an envelope and paid the \$2,000 in cash. The clerk told him that he was making an unusual purchase and began asking some questions. The man said that he'd had a call from his grandson in Las Vegas. The grandson, who was crying, said that he had wrecked his car and needed the money to get it fixed. He said he didn't want his parents to find out.

When the clerk asked if he was sure that it was his grandson, he said "Of course. I know my grandson's voice." She said, "Even if he was crying?" and the man, beginning to get irritated, said "Yes." She persisted, telling him that there have been problems with scams like this. She asked him to please wait before calling the number he had been given because he would be asked to read the numbers on the back of the card. Once he did this, the money would be gone. The clerk urged the man to be sure the caller was his grandson. After trying four times to get the man to reconsider his purchase, she reluctantly finished the transaction.

Afterwards the clerk told me that this "Grandpa, It's Me" scam is happening frequently. The clerks at CVS try to protect customers by suggesting that recipients of these calls:

- Be very suspicious if demands are made to send money quickly using a reloadable debit card, prepaid credit card or wire service
- Verify the identity of the caller by asking for the name of his father, dog, high school or something similar
- Hang up and call the grandson's cell phone or his parents to check it out

And, if you go through Theresa's checkout line at CVS Countrywood, please give her a thumbs up and a "Thank You" for her efforts to help one of our neighbors!

## Calicraft Brewing Co.: The Official Woodlands Taproom?

By Leif Fairfield

Early next year, Woodlands residents will welcome a new neighbor to the Shadelands Business Park: Calicraft Brewing Co., Walnut Creek's most innovative and community-centered taproom and brewery.

Unlike Walnut Creek's downtown brewery, Calicraft was crafted with the local community in mind. According to manager Zac Taylor, Calicraft will "bring some flavor to Walnut Creek that hasn't existed, and will include our community as much as we can into the process and continued evolution of the taproom." Similar to the Shadelands Master Gardeners Program, Calicraft will highlight the neighborhood's natural agricultural potential. "We already have a hopyard. And in the future, we will have an apiary (bee hives) and will grow ingredients on-site in our garden."

Calicraft's current offerings include a crisp German-style Kolsch beer, ales aged with wild yeast *Brettanomyces*, sparkling ales, and even a Belgian farmhouse-style ale brewed with anise hyssop, lemon verbena blossom, and Meyer lemon, in collaboration with legendary Berkeley restaurant Chez Panisse.

Located on Mitchell Drive (near the former Contra Costa Times building), the taproom will feature outdoor games and patio seating, house-made empenadas, live music, free (non-alcoholic) drinks for designated drivers, and a spacious parking lot. It promises to be both pet and kid-friendly.

Calicraft Brewery is owned and operated by Blaine Landberg, a Walnut Creek resident and Shadelands board member. Landberg calls Walnut Creek "the crossroads of the Tri-Valley," seeing the Shadelands as an area full of potential. "The future is exciting for the Shadelands, and we want to be a part of it," notes Taylor.

Calicraft welcomes continued community input, via email ([beerbear@calicraft.com](mailto:beerbear@calicraft.com)), or through Facebook at [www.facebook.com/calicraftbeer](http://www.facebook.com/calicraftbeer).

Calicraft's arrival reflects City Council's efforts to refine and clarify the existing Shadelands zoning. Senior Planner Pierce Macdonald-Powell hopes this streamlining "could open the door to a range of new and expanded business types, such as restaurants, cafes, wine-making, limited agriculture, high-tech, artists and artisans, medical uses, and incubator businesses" within the neighborhood.

# STEAM INDUSTRY PARTNERSHIP PROGRAM

## Sharing Experiences in: Science, Technology, Engineering, Art & Mathematics

Residents of The Woodlands can make an important and lasting impact on the lives of children in their community. Launched last year at Valle Verde Elementary School, the STEAM Industry Partnership Program (SIPP) is a growing collection of STEAM1 related experts volunteering their time in the classroom to share their passion for science, technology, engineering, art and mathematics. Why?

The National Center for STEM Elementary Education found that by 5th grade, 50% of children have lost interest or consider science irrelevant. And, according to the U.S. Department of Education only 16 percent of high school students are interested in a STEM career. But, STEM related jobs are rapidly increasing. The National Center for STEM Elementary Education believes, "The need is clear if we want to create a robust and open pipeline for STEM, we need to begin at the elementary level."

Here's how Woodlands' neighbors, parents, retirees, friends, etc...can help!

### AS A SIPP PRESENTER, YOU'LL:

- Customize a presentation that will ignite curiosity around your STEAM field and inspire children to help them imagine their potential
- Volunteer 30 minutes of your time giving your presentation to a classroom at Valle Verde Elementary
- Help children understand how science, technology, engineering, art and mathematics are related to exciting careers and real-life situations

### SIPP's GOAL IS TO:

- Prevent children from developing negative attitudes towards science, technology, engineering, arts & mathematics at an early age
- Supplement STEAM education at the elementary level by bringing to life materials children study in their textbooks
- Improve confidence in science & math
- Over time, increase the number of children that enter college in a STEAM related major

**If you're interested, contact us at [steam.industry.program@gmail.com](mailto:steam.industry.program@gmail.com)**

Contra Costa County Office of Education (CCCOE, 2015) is a strong supporter of the integration of "A" and "STEM" into STEAM, explaining that "STEAM engages students in integrated learning as they explore the world around them, create innovative solutions to problems and communicate their results while learning Science, Technology, Engineering, Art and Math."

## Advertise With Us!

To Advertise in the Woodlands Newsletter,  
Contact [woodlandswalnutcreek@gmail.com](mailto:woodlandswalnutcreek@gmail.com)  
or visit [www.woodlandsasn.org/advertise](http://www.woodlandsasn.org/advertise)

### Advertising Rates & Sizes

Please note: the actual sizes below allow for binding/bleed space. Size = height x width in inches

**Full Page – 10 x 7.5 - \$90/month**

**1/2 Page – 5 x 7.5 - \$50/month**

**1/4 Page – 5 x 3.5 - \$30/month**

**1/4 Page on back cover - \$50/month**

**1/8 Page – 2.5 x 3.5 - \$20/month**

Want Ads - line ad with 30 words or less:

\$5 Woodlands Residents, \$13 Non-Residents

## NEW Advertising Deadline

Please submit all ads and  
payments for the next issue by

**October 10, 2015**

### Submission Guidelines

- Please submit your ad in the actual size/dimensions listed.
- Please email a digital file of your ad to [woodlandsasn@yahoo.com](mailto:woodlandsasn@yahoo.com). We accept PDF and Microsoft Word documents ONLY.
- Payment is due when you submit your ad. Please pay via [www.woodlandsasn.org/advertise/](http://www.woodlandsasn.org/advertise/) or make checks payable to "Woodlands Association" and mail to: PO Box 31085, Walnut Creek, CA 94598.



## Apple & Quinoa Salad

By Colleen O'Donnell

Much like the perfect lightweight but cozy sweater, this salad is a great thing to enjoy as we transition to fall. It is full of flavor and great texture and takes advantage of one of the most exciting ingredients at the market this time of year- apples! I especially like Granny Smith or other tart apples for this recipe, but feel free to use whatever variety of firm, crisp apple you prefer. If you aren't a quinoa fan, you could use farro or another grain or substitute couscous or orzo as well. I like arugula, but shredded kale would be great as well and holds up nicely if you want to make this ahead of time. Try that variation with chopped toasted pecans instead of the pumpkin seeds. If you are putting this together ahead of time, be sure to toss the apples in a little of the dressing before mixing all ingredients together- it will prevent browning.

Dressing (this makes extra but great to have on hand):  
3 T White Balsamic, Champagne or White Wine Vinegar

1 teaspoon Dijon mustard

1 teaspoon Honey

½ cup Extra Virgin Olive Oil

Salt & pepper to taste- about 1 teaspoon of salt and ½ teaspoon pepper

Whisk mustard, vinegar and honey together until combined. Slowly whisk in Extra Virgin Olive Oil until combined. Set aside.

Salad:

2 cups cooked quinoa at room temperature

Cooking quinoa is a lot like making rice- it requires a ratio of one part quinoa to two parts water. If you are using 1 cup dried quinoa, cook with 2 cups water, chicken or vegetable broth.

3 green onions thinly sliced

½ cup finely chopped mint

¼ cup finely chopped parsley

2 crisp, tart apples, cored and chopped into bite size pieces (about an inch)

½ cup toasted pumpkin seeds

2 cups arugula or other salad greens or shredded kale

Combine the chopped apples with a little dressing to prevent browning. In a large bowl mix together the quinoa, green onions, mint and parsley. Add a few tablespoons of dressing, until combined. Add the apples and combine. Gently toss with the arugula and pumpkin seeds and add in a drizzle of dressing if needed. If assembling in advance, add the arugula and pumpkin seeds and some additional dressing right before serving and toss to combine.

Questions or comments? Would love to hear from you! [cookinginthewoodlands@gmail.com](mailto:cookinginthewoodlands@gmail.com)



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What is **We are Woodlands**? – [www.wearewoodlands.org](http://www.wearewoodlands.org)

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Many Woodlands community residents have stepped up to help. Caring Hands volunteers are matched with a senior in their community and help with doctor's appointments and grocery shopping. They usually see their person once a week and if there are no appointments they visit and sometimes just reminisce with them. Something this simple as a walk in the park or an outing for coffee is just what they need to brighten their days.

Currently we have almost 50 seniors waiting for a volunteer. Please consider helping. Volunteer hours are flexible and John Muir Health offers a comprehensive training to prepare you for volunteering. In 1973, Dr. Patrick Arbore of the Institute on Aging established a senior Friendship Line in San Francisco that is available 24/7 365 days a year. He says, "Social isolation is a risk factor; connection a protective factor." "We believe connections are what bind us to life," Dr. Patrick Arbore said. "We recognize you, we acknowledge your presence in the community," he said. "You are not invisible to us." "Just one person who says 'I'm here for you' is profound." Could you offer that connection? By visiting or calling regularly, seniors know they matter. They feel connected to their community. To get more information and find out how easy it can be to make a difference in someone's life, call Linda Groobin at 925 952-2999 or check the web at [Johnmuirhealth.com/caringhands](http://Johnmuirhealth.com/caringhands). You can also check in with your Woodlands neighbors who will be happy to talk with you about Caring Hands.

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