

# The Woodlands

[www.WoodlandsAssn.org](http://www.WoodlandsAssn.org)

April 2006

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## Walnut Creek Wrestling Club Making News *Ryan Stirm Places 8th in the State of California Tournaments*

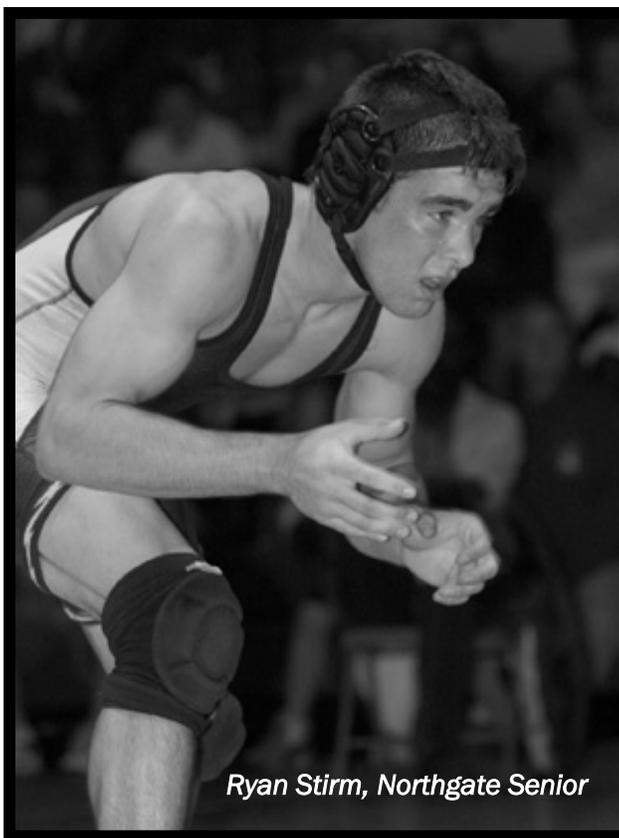
One year ago, we published an article about the new *Walnut Creek Wrestling Club*. The club's roots are in the Woodlands and Carlos Sumalong at Northgate is the coach. We have some top wrestlers and athletes among our Woodlands families. This year, for the first time in 24 years, a Northgate High School wrestler placed among the top wrestlers at the state tournament. Ryan Stirm, a senior at Northgate placed 8<sup>th</sup> in the state in his weight class! We all congratulate Ryan for his dedication, hard work and skill gained over years of practice.

Some of our Woodlands wrestlers include: (from Foothill) Nate Omen, Joel Frattini, Cody Stirm, Ben Swanson and Tim Swanson; (from the high school team) Eric Tellinghuisen, Ryan Kowalski, Nick Swanson and Ryan Stirm. Lastly, we want to recognize our recent high school graduates—Brian Rower and Nick Stirm.

The head high school coach, Carlos Sumalong, along with the parents and boosters are continuing the *Walnut Creek Wrestling Club* they created last year. The club provides a feeder system giving students exposure to wrestling in the middle schools. This year all practices will be in the Foothill Middle School Multi-Use Room.

The club concentrates on middle school students. Enrollments continue to

be open. To enroll, bring your student to practice and be prepared to sign a sports clearance form. You'll need wrestling



*Ryan Stirm, Northgate Senior*

shoes, headgear to protect your ears, and kneepads for starters. These items are available at local sports stores such as Copelands or Big-5. Your student can attend on a full-time basis, or if they are in another sport or activity, they can participate part-time. There is a fee of \$75.00 for full-time students or \$35 for part-time. This feeder club is open to sixth through

eighth graders from any school.

Any middle school student can participate! There are no tryouts or cuts. Students are paired up by weight and ability. Practice has just started, but again, walk-ins and beginners are really encouraged. Next month's schedule at Foothill is as follows:

Monday 3/27 6:00-8:00pm

Wednesday 3/29 3:00-5:00pm

Monday 4/3 3:00-5:00pm

Friday 4/7 3:00-5:00pm

Monday 4/10 3:00-5:00pm

Friday 4/14 3:00-5:00pm

Monday 4.24 3:00-5:00pm

Friday 4/28 3:00-5:00pm

The coach, Carlos Sumalong, brings excellent wrestling credentials to the club with NCAA championships as well as freestyle and Greco-roman All-American status. Carlos is also certified as a conditioner, is a certified coach and also is degreed in Kinesiology. Carlos

can be contacted on 639 7163 or [chsumi@sbcglobal.net](mailto:chsumi@sbcglobal.net).

Wrestling offers tremendous discipline, team unity, and self-esteem...not to mention strength and conditioning. The Woodlands is proud to support our students and athletes.

*By J Tilley*



# Community

Page 2

## Northgate Community Pride Foundation Announces \$1 Million Dollar Goal for 2006

**BE A PART OF IT!  
HELP BUILD NORTHGATE HIGH  
SCHOOL'S SPORTS COMPLEX**

**JOIN THE \$500 CLUB NOW!**

Donate \$500 now and become a part of this important effort in your community

Encourage everyone you know to join—if 2000 people donate \$500 each, WE REACH OUR GOAL!

See your name published along with other Northgate Community Pride donors

Why is this important now?

We need \$1M to begin construction on a new artificial field

and all-weather track—Phase 2 of the Sports Complex project.

We have a grant from the Wayne and Gladys Valley Foundation of \$300k that will only be awarded if we raise the \$1M from our community.

**Can we raise \$1 million in less than a year?**

***YOU BET WE CAN!***

***Remember, if 2000 people give \$500, we're there!***

**YES, I WANT TO JOIN THE \$500 CLUB!**

**All donations are tax deductible.**

**Please send your donation to: NCPF, P.O. Box 31652,  
Walnut Creek, CA 94598**

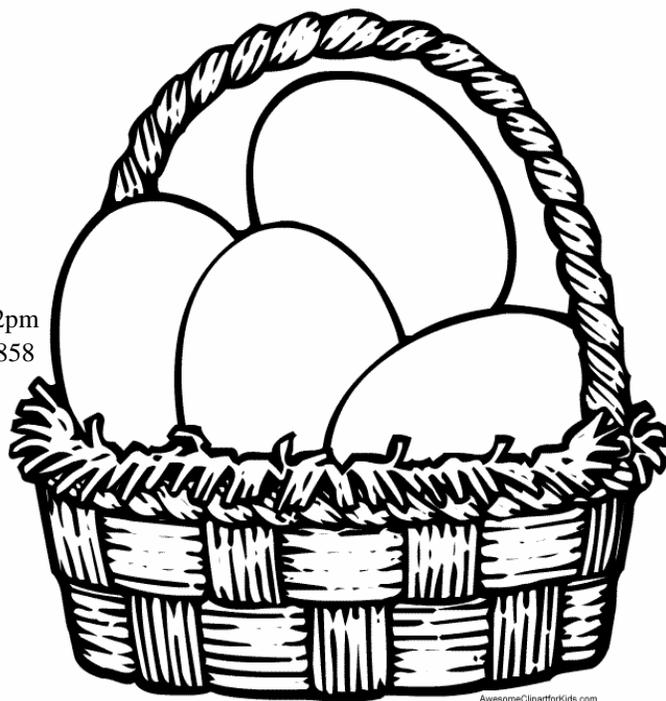
*Contributions can also be made using Visa or MasterCard. Statements for monthly or quarterly payments are available upon request.*

## April

### Calendar of Events

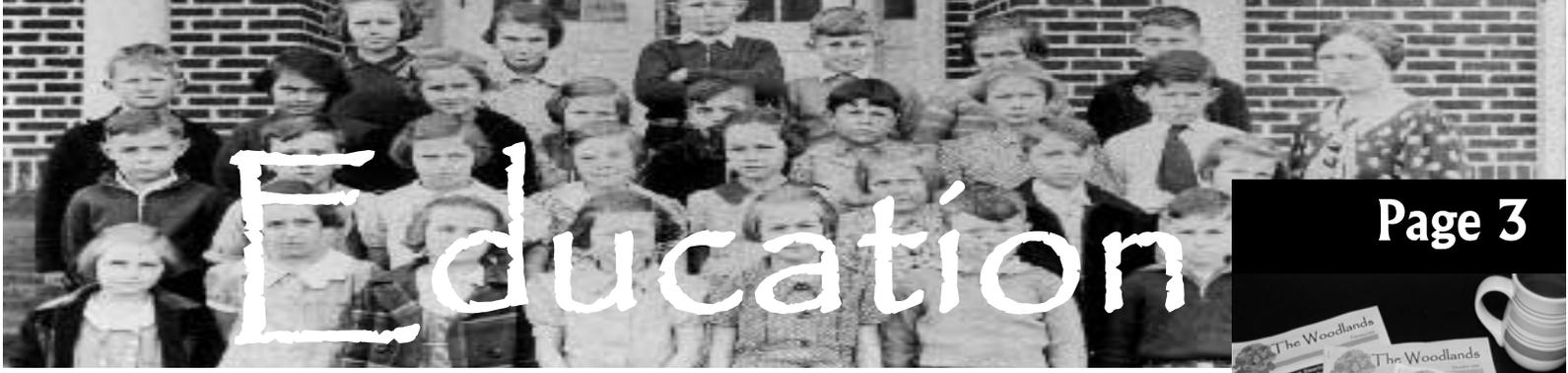
VV=Valle Verde FH=Foothill NG=Northgate

- April 1: **Woodlands Assoc. Meeting** @ Carl's Jr. 8:15am
- April 4-6: **Girls Assertiveness Training** @ FH after school
- April 8: **Spring Plant Sale & Opening Day** Bancroft Garden 9:30am-2pm
- April 15: **Egg Hunt & Breakfast** @ Heather Farm Park 8am 925-943-5858
- April 17-21: **SPRING RECESS!!**
- April 28-30 **Sidewalk Fine Arts Festival** @ 10am downtown
- April 22: **Spring Plant Sale** @ Heather Farm Park 9am-noon



AwesomeClipartforKids.com

[www.WoodlandsAssn.org](http://www.WoodlandsAssn.org)



# Education

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## Northgate's Little Theatre Project Receives \$100,000

The Northgate Community Pride Foundation is pleased to announce that the HEDCO Foundation has generously contributed \$100,000 to the Little Theatre project, specifically for the theatre's new sound system. This very important donation brings us one step closer to raising all the funds needed to completely outfit the new theatre with state-of-the-art technical equipment.

It has taken a full community of support to see this dream come true for the students and families of the Northgate High School area. The Northgate Community Pride Foundation has worked tirelessly with the Mt. Diablo School District to secure state facility improvement

funds and necessary approvals; they also have submitted many applications for foundation and corporate grant support. The student and parent groups at Northgate have made many generous contributions to the cause, as well. And, many individuals have made donations and provided matching support from their businesses to help in the effort.

After nearly 4 months of construction work, Northgate's 'new' Little Theatre is starting to take shape. Now, as you stand in the middle of the theatre and look around, you can see the stage, the control booth, the seating sections, the lobby---all the pieces are coming together. Although we are still some months

away from opening the doors on the theatre, there's a great satisfaction in seeing this facility finally being turned into the dream theatre we have all worked toward.

Thank you to the community for continuing to support the great changes happening at Northgate High School.

For more information about the Northgate Pride Foundation projects, or to make a donation to the Little Theatre project, contact Susan Gordon at [shgordon@aol.com](mailto:shgordon@aol.com). Contributions can also be mailed to: **NCPF, P.O. Box 31652, Walnut Creek, CA 94598.**

## Northgate Juniors... College & Career Exploration Online

Two excellent new resources are available on-line. **Juniors** who took the PSAT this past October can access **MyRoad™**, a career, major, and college exploration tool free of charge at the College Board web site. This program includes Personality Profiler, which is an assessment students can take to learn about personality type and receive major and career suggestions, 67 profiles of academic fields, and articles about more than 450 occupations. Juniors will need to set-up an account at [www.collegeboard.com](http://www.collegeboard.com) (which also allows them to register for spring tests on-line). In addition to contact information, the 10-character code that appears on the upper-right corner of the PSAT Score Report will be required. Go to [www.collegeboard.com/psatextra](http://www.collegeboard.com/psatextra) and click "sign-in." Once the stu-

dent has "signed-up," click on the **MyRoad** link on the **PSAT/NMSQT Extra** page. If you experience difficulty registering, stop by the College & Career Center to pick-up step by step instructions.

Students at any grade level can use **getInsights**, a program the district has purchased for student use. This career exploration software is also web based, located at: [www.getInsights.com](http://www.getInsights.com). This company is based in Lafayette, and strives to provide a teen-friendly assessment that is a "fun, fast and compelling way for students to gain insights about themselves and their optimal college majors and career paths." A link to [www.xap.com](http://www.xap.com) and its "College Matching Wizard" allows students to progress from career search to college search. To use

this program, go to the web site and click **getInsights** (the blue button). Click *Take Your Profile Now*. Enter name, e-mail address, etc. Select Northgate High School and enter coupon code #4396F4. Student users can save their profile results to review or consult at a later date. Please do not allow students attending other high schools or middle schools to use this tool. An administrative function allows us to access data about our students who use the program. We hope to use this data to refine our Career Pathways; data from non-Northgate students could skew the results.

*By Patricia Brands,  
College Counselor Northgate  
High School*



Vol. 40 No. 4

## Woodlands Association

### Board of Directors

**James Tilley**  
*President*  
**Bill Swanson**  
*Vice President*  
**Elsie Witt**  
*Secretary & Advertising*  
**Ed Wohlers**  
*Treasurer*  
**Shawn Rizzo**  
*Newsletter Editor*  
**Steve Elster**  
*Special Projects*  
**John Gregory**  
*Webmaster*

**Kay Ready**  
*Newsletter Distribution  
Manager*

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:**  
4.1.06 @ 8:15am  
5.6.06 @ 8:15am  
Carl's Jr. Conference Rm.

Woodlands residents are encouraged to attend board meetings

## Girl Scout Leaders Are Appreciated

Not many people know that April is Girl Scout Leader Appreciation Month. On behalf of all the Girl Scout families at Valle Verde Elementary School, I want to thank all of the leaders for being an important part of our daughters' lives. Through their leadership, they teach our daughters how to be prepared for whatever life brings them—via outdoor and indoor activities, event planning, financial planning, teaching respect for all people of all cultures and teaching that giving is better than receiving. So, whether or not you are involved in Girl Scouts, please take the time to thank these



GIRL SCOUTS®

parents that are helping shape tomorrow's women: Karen Worthington, Karen

Brajkovich, Shannon Miller, Erica Randall, Shannon Fowler, Paulette Bruzzone-Witucki, Teresa Walchirk, Nancy Holian, Kirsten Cherry, Carla Rinella, Wendy Byrnes, Susan Ellis, Sherri Graves, Carol Carter, Susan Blumer, Eileen Erwin, Karen Martz, Leslie Wise, Laury Olson, Nina Barley, Tara O'Keefe, Denise Mistry, Denise Richardson, Jan Drew, Janis Roberts, Karin Deas, Sheila Williams, Linda Campbell and Monica Carlson. Thank you to all for enriching our daughters' lives!

By *Gloria Bertolozzi*



## Valle Verde Nominated as a CA Distinguished School ~ Congrats!

## “The Creek” Registration for 2006/2007

### The Creek, A Middle School Youth Center

located on Foothill Middle Schools Campus  
Open to ALL 6-8th grade students

Registration has now begun for Sept. 2006. Space may be limited this year, so please register early. Any Questions?  
Call **Tricia Carella** or **Donna Perham** at 934-3324

Visit our website for information and to download form. [www.thecreekyouthcenter.org](http://www.thecreekyouthcenter.org)



# Cabana Club

## Opens May 13th!

[www.WoodlandsAssn.org](http://www.WoodlandsAssn.org)



# Want Ads

## SERVICES

## Advertiser Quick Reference

**3 GOOD PAINTERS:** FAST, CLEAN & NEAT. Interior & Exterior. Exceptional prep work. All your painting needs. Acoustic removal, wallpaper removal, drywall repair, texturing. CUSTOM WORK TO REPAINTS. Many References. **Free estimates. 925-935-7593** Lic. 740315

**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. ALTHOUGH SUPER BUSY LATELY. I HOPE TO TAKE SOME NEW JOBS AFTER 4/15/06—Electrical, Plumbing, Carpentry, Linoleum, Tile, Windows, Doors. Woodlands References.  
**Paul 676-6607**

**VENICE FACE:** Are Mauro, Licensed Cosmetologist. 25 years experience. We make house visits: European facials, manicure/pedicure, scalp massage, waxing. Lash/brow tints, etc. **925-768-2726**

3 Good Painters	935-7593	Huntington Learning	944-8774
Alfonso & Associates	300-5186	Light Speed Networks	437-4268
Brana Home Repair	283-1107	Marc Graves, Realty	935-5895
CA Custom Carpets	828-7810	Newpane Windows	800-614-7263
David Galindo, Intero	945-4575	Neck/Back Pain Ctr	947-1507
Dumploads On Us	934-3743	Only Steel Roofing	680-6042
Executive Brokers	974-1170	Painting, Paul Morris	939-2498
Green's Lawn Service	827-0103	Roger Studebaker	595-3934
Handyman Paul Fleck	676-6607	Venice Face	768-2726
Happy Nest Childcare	934-8396	Fast Dri Steam Clean	937-4042
Chris Moulis, Kropa	979-0730	Julian's Bistro	288-9239
Food By Hand	415-341-FOOD		

## ADVERTISING RATES

**DEADLINE: 15TH OF EACH MONTH**

Contact: **Elsie Witt 925-935-0463**  
[ewitt@woodlandsassn.org](mailto:ewitt@woodlandsassn.org)

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

### Dear Loyal Advertisers,

Thank you for being so patient while we switch advertising hands from Shawn Rizzo to Elsie Witt. Please make note to mail all ads and payments to:

**Woodlands Association**

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

To place a new ad or to change your ad, please contact **Elsie Witt** at **935-0463** or [elsiejwitt@aol.com](mailto:elsiejwitt@aol.com)

## FOR SALE

**Complete home remodel. Must Sell:** Corner oak entertainment center, oak corner nook w/storage benches, plaid sofa w/matching loveseat, and oak rocker. All very good condition. Brown leather sofa, fair condition.  
**934-5095**

**1989 BMW**, Steel Blue, \$2,500 FIRM. Luna Pearl (looks like leopard pattern) 2'x8' slab of granite. \$900. **925-768-2726**

## FREE

**KENMORE DRYER**, Good working condition. Free to new home!  
**933-6986**



**Help your child do better in school**

Your child can succeed in school.

reading writing  
math spelling  
phonics study skills  
confidence motivation  
SAT prep



**Huntington**  
LEARNING CENTER  
Your Child Can Learn

Walnut Creek (925) 944-8774 ~ 1399 Ygnacio Valley Rd. Ste. 8  
[www.huntingtonlearning.com](http://www.huntingtonlearning.com)

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## Woodlands Website wants your old photos!

- \*July 4th Parade photos
- \*the building construction of your home
- \*then & now photos of your home
- \*photos of the old lumberyard
- \*Cabana Club party photos
- \*and any other old Woodlands related documents, photos, and memorabilia.

You can scan in and email your photos/documents to [jgregory@woodlandsassn.org](mailto:jgregory@woodlandsassn.org) or call John Gregory at 256-9976 and he will borrow your originals for scanning purposes. Once they are scanned and on the website, your originals will be returned.

[www.WoodlandsAssn.org](http://www.WoodlandsAssn.org)

**PROFESSIONAL TAX SERVICES**



ALFONSO & ASSOCIATES  
e-mail: [lalfonso@astound.net](mailto:lalfonso@astound.net)  
**CALL 925.300.5186**  
for a no-obligation price quote

Individual & Small Business  
Rentals  
In-home consultations  
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**LIGHT SPEED Networks**

*Information today moves at the Speed of Light, Shouldn't your Business!*

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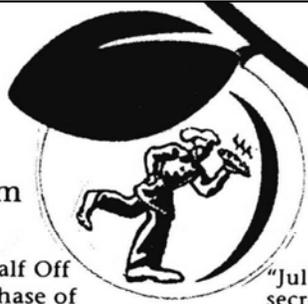
Email: [Steve@LuxCeleritas.com](mailto:Steve@LuxCeleritas.com) Phone: (925) 952-9110

# JULIAN'S BISTRO

288-9239

Now Open For Dinner • Mon-Sat 10am-8pm

- Superior Quality, World Class Sandwiches
- Private Parties Available
- Catering Available
- FREE desserts on catered orders over \$200  
Ask About Delivery
- Bring this AD in for Half Off any One Item with Purchase of 2nd Item of equal or greater value
- Buy One, Get one Free Coffee or Espresso



*It's Just Your Style...*

"Julian's is the best kept secret in Contra Costa County. The food is the best anywhere and I give this Restaurant Four Stars"  
A.R. Woodlands Resident

1950 Market Street, Unit C, Concord, CA (located on the back side of Park n Shop, across from BMW)

# 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!

## A Unique & Healthy Alternative



### Need a Break?

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:

- \* Customized Menus
- \* Meal Prep in your home
- \* Variety of Healthy Menus
- \* Grocery Shopping
- \* Freshest Vegetables
- \* Fresh Fish
- \* Top Quality Meats

Fully licensed and insured. Please see my website for more information, or contact me for a consultation!

[www.foodbyhand.com](http://www.foodbyhand.com)  
**415.341.FOOD**



# Scholastic Book Fair

Valle Verde Elementary School To Host  
 Book Fair Event, May 1- 4

Valle Verde Elementary School will host a Scholastic Book Fair during the week of May 1 - 4, to purchase books for our library and classrooms and to help families stock up on Summer reading! Families, teachers, and the community are invited to attend the fair.

#### The Book Fair will be held daily:

Monday 2pm-4pm; Tuesday 2pm-5pm; Wednesday 2pm-4pm; Thursday 2pm-4pm

**WHERE:** Valle Verde Elementary School is located at 3275 Peachwillow Lane, WC, CA 94598. The event will take place in the Multi-Use Room.

**MORE:** The Book Fair will offer specially priced books and educational products, including newly released titles, award-winning titles, children's classics, adult books, and current bestsellers from more than 150 publishers.

Attendees can help the school build classroom libraries by purchasing books for teachers through the Classroom Wish Bag.

**CONTACT:** Gloria Bertolozzi at 925-457-7025 or [gbertolozzi@yahoo.com](mailto:gbertolozzi@yahoo.com) for any questions.