

The Woodlands

www.WoodlandsAssn.org

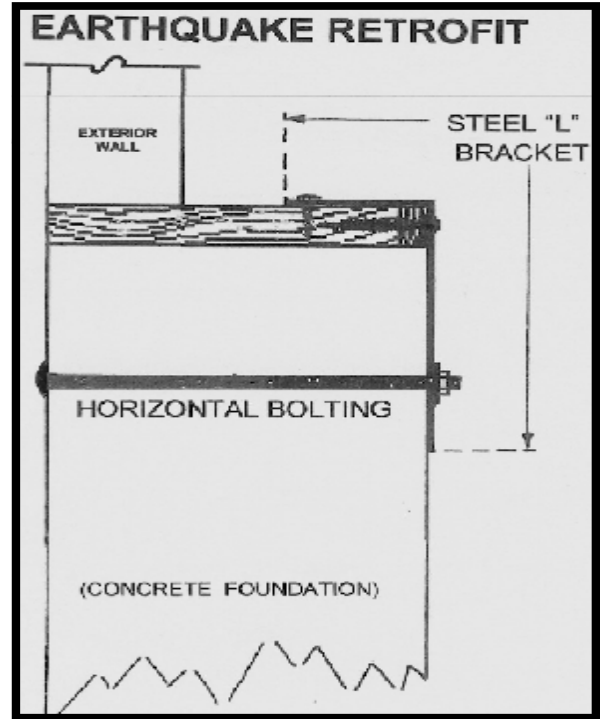
February 2006

Be Prepared For An Earthquake Emergency **Simple Retrofitting = Stronger House**

Fortunately all of our Woodlands homes were built with anchor bolts attaching the wooden frames of our homes to their concrete foundations. Many experts recommend increasing the number of these bolts and adding iron straps to strengthen and provide even more integrity to this bond in the case of a relatively strong earthquake. In stronger earthquakes, the existing bolts can rip through the wooden base plates and can actually displace the house off of the concrete foundation. This is extremely damaging, and in some cases not repairable without extensive rebuilding.

For those of you who wish to add bolts and/or iron straps, there are many builders and contractors that know how to and will do the job. It is well worth getting several assessments, but don't be surprised if each contractor gives different approaches for retrofitting your home.

For the do-it-yourself person, the job can be done for just a few hundred dollars worth of additional bolts, straps and



Web Resources:

www.ci.san-leandro.ca.us/pdf/4Bolt.pdf

How to bolt your foundation

www.earthquakeprepared.com/earthquake-retrofit.html

About your house understructure

www.abag.ca.gov/bavarea/eqmaps/fixit/fixit.html

Government Home Quake Safety Tips

materials. See the sketch of the iron "L" strap. The government and private industry both publish booklets on how to do these tasks. Also, most of this "how to" material can be downloaded directly from the web. The various resources on the web describe when to use bolts, when and where to use straps, and also when you might need heavy plywood reinforcements at the corners of your house.

By J Tilley

2006 CERT Training Dates

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.

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Community News

Good Neighbors...

Thanks to Our Tireless Newsletter Volunteers

We haven't said anything for some time now about how you get your newsletter each month once it is picked up from the printer. For the past 40 years your good neighbors have been volunteering to do this task. Without this volunteer effort, we would not be able to deliver the newsletter to your homes.

We now have 50 volunteers that kick in to action every month. Our overall distribution manager in the Woodlands is Kay Ready. Kay is the one who finds new delivery volunteers to replace any that need to be backfilled. Kay also physically picks up the newsletter from the printer each month and delivers pre-counted packages to the two key distributors. Kay's key distributors are Marge McDowell and Charlie Freschl. Kay will always say that Marge and Charlie do the tough job. They deliver pre-counted packets of newsletters to each of forty-seven (47) volunteer block captains

that in turn hand deliver the newsletters to each of your doorsteps just before the first of each month. With the new homes being finished in Citrus Walk, the number of doorsteps has grown to over 865 households and will reach nearly 900 in another six months or so.

We really want to thank these 50... yes 50... volunteers and great neighbors for all their years of work and good neighbor support.

By the Board

Vol. 39 No. 13

Woodlands Assoc. Inc.

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Board Email ID's are at

www.WoodlandsAssn.org

Woodlands Newsletter is a monthly publication. Prior issues

Next Board Meetings:

February 4, 2006 @ 8:15am

March 4, 2006 @ 8:15am

It's A Grind Coffee Shop

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

Valle Verde to Participate in the Walnut Creek Wellness Challenge!

Beginning in February, 1st through 5th grade students at Valle Verde will be taking on the Walnut Creek Wellness Challenge by walking a 26 mile marathon.

"Wait," you say....my child simply cannot

walk 26 miles!" Rest assured, the WC Wellness Challenge committee knows this - that is why they designed the marathon into a 12 week program.

The WCWC committee is sponsoring the walking marathon at each elementary school in Walnut Creek. The purpose is to educate and encourage students to exercise and make healthy eating choices. Each student will have their own "marathon tracking card" at school. Three times a week, during lunchtime, students can elect to participate in the walking marathon. Each time they pass the 1/4 mile marker, they will receive a stamp on their card. Prizes will be given every so many miles completed. At the halfway mark, somewhere



around 13 miles, each student who has accomplished this great task will receive an additional prize.

The most exciting part of this program (besides your children

getting exercise and learning how to lead a healthy lifestyle) is that there will be a rewards ceremony on April 30, 2006, at the WCWC "Healthy Field Day." Students and their families will be invited to the Healthy Field Day for a day filled with fun booths, prizes, tasting contests, inflatable structures to play on and much, much more! It is at the Healthy Field Day where the students will finish the last (26th) mile of the marathon. They will receive a medal after completion and the medal gets them even more fun prizes from many Healthy Field Day sponsors! More details on the Field Day will come; but for now, encourage your Valle Verde 1st through 5th graders to take on the Walnut Creek Wellness Challenge and begin marking their miles!

Community News

Crime Corner

Crime Prevention for Senior Citizens

The following article is reprinted from the Walnut Creek Police Department Website: www.walnut-creek.org/police

Being a senior should be a time to relax and enjoy the efforts of a lifetime of hard work. Unfortunately, there are those who prey upon the elderly with a variety of schemes that need to be recognized for what they are, and appropriately handled. Seniors are potential victims of all the crimes other groups are, but should pay particular attention to the following:

Home Repair Schemes & Frauds:

* Beware of anyone soliciting work to be done to your home, if you haven't called for it already. There are unscrupulous persons posing as contractors, selling repairs that are overpriced, unnecessary, and that can actually damage your home.

* Find a trusted friend, or neighbor, to help you figure out what work your home might need, and only employ a licensed and reputable contractor to do it.

* NEVER SIGN a contract for home repair unless you have read and understand all of it. Get help from a trusted friend if you need to.

* If you feel as if you have been cheated, call your attorney, the State Contractor's License Board, or the police.

* If anyone threatens to take your house away if you don't pay them, call your attorney or the police immediately.

Financial Frauds:

- If it sounds too good to be true, it is. Beware of telephone or mail solicitation of money for investments, regardless of how official it may look. Official-looking call back numbers and mailing addresses can be shams and hoaxes. Your name, telephone number, and address can be gotten to make the call or letter sound official and genuine. Consult with your bankers or brokers

for investment advice, and trust your professionals.

- Be especially aware of anyone who meets you on the street and offers to make you rich if you will participate with them by putting up some of your money. No genuine people do that, and you are about to be victimized.
- No bank examiners ever call depositors, for any reason.
- Never give up personal information to people you don't know.
- Never send checks to people you don't know.
- Never give out blank checks, deposit slips, or account information to anyone you don't know. Your financial assets are YOUR business only.
- NEVER give your ATM card and code to anyone you don't completely trust.
- SIGN NOTHING unless you have read and understand all of it.

In General:

* NEVER SIGN a document you don't completely and fully understand. Call your attorney, accountant, banker, broker, or a trusted friend for advice.

* ANY legitimate offer of anything can wait until the next day, or until you can check with a trusted advisor.

* NEVER let anyone bully, threaten, or intimidate you into doing or signing anything you don't fully understand. Tell them to wait until you consult with your attorney, then hang up, or close the door.

* Have Social Security, Pension, and Investment checks directly deposited.

* Try to go shopping with a friend.

* Take out only the cash you need.

* If anyone becomes rude, threatening, or abusive to you for any reason, **call the police immediately at 9-1-1**. We will come out and deal with it.

Who's The Stinky Family That Moved into The Woodlands?

The Contra Costa Mosquito and Vector Control District has received 6 calls from Woodlands residents complaining of skunks. The good news is that 4 of the 6 have been trapped! The District lends **FREE skunk traps** (1 per property) to residents whose property indicates skunk activity, such as property damage, an established den, or evidence of skunk invasion. The traps provided are safe, humane, live-catch cylinder traps. The District does not trap skunks who simply release odor. Trapping is the last resort when criteria is met based on an inspection.

You can call **925-685-9301 x190** to request a skunk inspection. You may also visit www.ccmvcd.dst.ca.us/skunks.htm for more information. This information is provided by the Contra Costa Mosquito & Vector Control District. Thanks to a Woodlands neighbor who pointed this problem out to us!



Woodlands Youth

Tiles for Tomorrow Strives to Bring Valle Verde's Computer Lab up to Speed

In today's fast-paced, technology-centered world, elementary students are becoming computer savvy by the minute. Just ask any 12 year old about their last book report or science project (all written on MS Word). Try to secure a spot on the computers at the Ygnacio Valley Library branch on any given afternoon (all taken by the Foothill Middle School crowd). Try to fix your electronic anything. Just ask the kid next door. This kid has the confidence and willingness about technology to conquer any task on a computer.

Now try keeping up with the computer needs of 20-34 students in an elementary school computer lab. Operating systems are slow. Memory isn't sufficient. Multiple tasks cannot be accomplished at the same time. Oftentimes, computers aren't working at all, leaving a classroom full of students and their teacher frustrated with their weekly computer time due to outdated computer equipment. We have to change this.

individual donors and corporate sponsors, Valle Verde students CAN have a computer lab that accomplishes all of our technology goals for the future. As a Woodlands resident, please see how you can join us in bettering our students' education through a computer lab that rocks!

The following Q & A's will help you understand the program. We appreciate your help and value your contribution to Valle Verde. Thank you!

Tiles for Tomorrow is the answer. By using Measure C funds, as well as donations from

The Tiles for Tomorrow Committee

What is Tiles for Tomorrow?

The VV PTA is raising money to replace its outdated computer lab equipment through a **one-time-only** life skills wall campaign. Creating a life skills wall with tiles that emphasize model behaviors leaves a positive and lasting message to the students of today and the future.



Happy Valley School's Tile Wall Pictured Above as an example

Why is the lab important?

Computers are an integral part of the teaching curriculum at VV. All students use the equipment on a weekly basis, including nearly 100 VV children with special needs. At the heart of the school's mission is for students to be literate and technologically proficient so that they are better prepared to meet the challenges of the 21st century.

Why replace the computer equipment now?

The equipment is technologically obsolete, running on an older operating system than today's standard with insufficient memory and unreliable networking. Everyday more and more computers break down giving our students less learning time in the computer lab. Our goal is to install the new computer lab equipment in the summer of 2006 in conjunction with computer lab related Measure C upgrades.

How much will it cost to replace the lab?

The cost of replacing the 36 computers in the lab is \$45,000, including the cost and installation of computers and tiles. In just a few weeks, the PTA has raised \$25,000 and is seeking an additional \$20,000 to fund this program. We need your help!

Why is the PTA raising funds?

Can't the school district pay for the lab?

The school district doesn't have a budget or funds available to pay for computer equipment. The school district pays for educational software and insurance. The PTA pays over \$45,000 per

year for high quality staff to teach the children and for computer maintenance. *Missing from the equation is the equipment that the children need to use!*

My company offers a matching program for sponsorship. Would this be helpful to Valle Verde?

Absolutely. Many companies will match half of your donation with a donation in kind for the other half.

I own my own business and would like to help. Can the business participate?

Yes. Partial sponsorships start at \$500 and full sponsorships (with a special sponsorship tile) are available starting at \$1,000. Through sponsorship, your business name or family name would appear on the wall today and for many years to come. There are additional benefits of sponsorship, too. Please contact us!

Who can design the tiles?

How many tiles can I purchase?

Valle Verde families, Woodlands residents, or anyone who wants to see technology improve for the students of Valle Verde can purchase and design a tile. There is no limit on the number of tiles that can be purchased.

Remember that tiles from Valle Verde alumni

and upcoming Valle Verde students would make a wonderful legacy piece to visit for years to come. Consider splitting the cost of a tile with others. Tiles can be made to include groups like Boy Scout dens, Girl Scout troops, clubs and other civic organizations. Check with neighbors to see if everyone would like to chip in and purchase a tile to be sponsored by your street or court.

Tiles can also be given as a dedication to a special teacher, family member, current student, VV alumni or upcoming VV student.

When will the tiles be created?

Several one-time tile sessions will be held at Valle Verde starting in February. Information will be sent to all participants with available dates and times in February 2006.

I still have questions or need more information. Who can I contact for answers?

Please contact Sonja Bowman at

helpingvalleverde@yahoo.com

Yes, I'd like to purchase a tile at \$100/ tile.

I'd like to make a \$_____ donation to help VV

Name: _____

E-mail address: _____

Phone: _____

All donations are fully tax-deductible to the extent allowable by law.

Please make checks out to Valle Verde PTA.

Forms can be mailed to:
**Tiles for Tomorrow, Attn: Sonja Bowman,
3275 Peachwillow Lane
Walnut Creek 94598**

FEBRUARY 2006

Calendar of Events

- Thursday, February 2: Groundhog Day
- Saturday, February 4: *Woodlands Assoc. Board Meeting*
@ 8:15am, It's A Grind Coffee House,
Citrus Center
- 2006 Habitat for Humanity Crab Feed
Blake's at Boundary Oak, 6 p.m., \$50
donation/person (tax deduct.)
925-288-0112, ext 19
www.mtdiablohabitat.org
- Sunday, February 5: Superbowl XL
- Tuesday, February 7: Valle Verde Science Fair
- Tuesday, February 14: Valentine's Day
- Wed., February 15: NEWSLETTER DEADLINE
- Monday, February 20: NO SCHOOL, President's Day
- Thurs., February 23: Chamber of Commerce Trade Faire
Blake's at Boundary Oak, 5:30pm
- Sunday, February 26: Antique & Collectibles Appraisal
Gardens at Heather Farm, 1-6pm
- Tues., February 28: VV 4th Grade STAR Writing Test
Mardi Gras/Fat Tuesday

Did You Know...

- February is: *American Heart Month*
American History Month
Black History Month
Children's Dental Health Month
International Friendship Month
National Embroidery Month
National Wild Bird Feeding Month
Responsible Pet Owner's Month
- Feb. 1st National Freedom Day
- Feb. 3rd Sesame Street's Elmo's Birthday
- Feb. 4th Rosa Park's Birthday, 1913
- Feb. 5th National Weatherperson's Day
- Feb. 6, 1935 Monopoly Board Game went
on sale in stores
- Feb. 8th Boy Scout's Day
- Feb. 9, 1894 Hershey's Chocolate was founded
- Feb. 12th Chinese Lantern Festival
- Feb. 15th National Flag Day in Canada
- Feb. 16, 1937 Nylon was patented by DuPont
- Feb. 18, 1930 Pluto was discovered
- Feb. 19, 1968 Mr. Roger's Neighborhood Debuted
- Feb. 20, 1962 John Glen orbits the Earth and the
toothpick was patented in 1872
- Feb. 23rd International Dog Biscuit Appreciation Day
- Feb. 25, 1837 first U.S. electric printing press patented
- Feb. 25, 1862 first paper currency introduced by
Abraham Lincoln

*This issue of the Woodlands Newsletter
is dedicated in loving memory of our
Woodlands Neighbor, Meity Tilley.
Our heartfelt condolences to
the Tilley Family.
~ Woodlands Board*

**Please submit any events
you would like to see on
the March calendar to
srizzo@woodlandsassn.org
or 465-4464
by February 15th**

Want Ads

Services

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

HANDYMAN: Quality work. ALTHOUGH SUPER BUSY LATELY. I HOPE TO TAKE SOME NEW JOBS IN FEBRUARY—Electrical, Plumbing, Carpentry, Linoleum, Tile, Windows, Doors. **Paul 676-6607**

Services

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 our website www.dumploadsonus.com

Painting Contractor: *Area Specialist* LCG Painting/Removal of acoustical ceilings and retexturing. (Cal Lic #765438) For all your painting needs. Specializing in interiors, exteriors and decks. Quality workmanship. Affordable rates. Satisfaction guaranteed. Many area referrals. Bonded and insured. Call **Larry 933-3766**

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

For Sale

Queen-size Bed Spread w/bed skirt: Custom made. Brand New. Sage green w/rose trim. Reverse sham. \$250 **Queen-Size mattress topper by Aero Bed.** Comes with mattress cover. All brand new in box. \$100. Call **Eunice 933-3663**

Instant Kitchen Remodel!

We are selling 5 year old white Kenmore Elite and KitchenAid appliances as well as our five year old, white kitchen cabinets by Kitchen Craft. We have a 30" slide in electric range with smooth surface cooktop, 30" hood, full size refrigerator, and a Whisper Quiet Dishwasher.

Call 938-7494

Nice Twin Bed For Sale \$60: Frame, Mattress, Box Spring, Attractive Maple Headboard. Used by child w/ no bed wetting problem. Mattress sealed in zip-up allergy cover since new. Call **Sheri 937-7156**

1989 STEEL BLUE BMW: 113K miles, \$4,000 obo. Also, a 2'x8' piece of Luna Pearl Granite slab \$1,000 obo. Call **925-382-0302**

FREE

FREE TO WOODLANDS NEIGHBOR - Frigidaire Dishwasher, 3 years old, have all the paperwork on it. Call **Dean or Kathy 934-5095**

Wanted for the Woodlands Website:

*Photos of your Woodlands home being built or general photos of your home in the 1960-1970's.

***Photos from past Woodlands 4th of July Parades**

*Woodlands CERT training photos

***Old Cabana Club photos**

*Hofmann Home Builder brochures

***Newspaper articles related to the Woodlands**

*Photos of the old lumberyard that was located where Nob Hill is now

Shawn 465-4464 or

srizzo@woodlandsassn.org

WANTED

Your Woodlands Newsletter is looking for volunteers to scan in old newsletters and other historical material so that we can post it on the website for all residents to enjoy. If you have a scanner and a spare hour or two, please give us a call! Call Shawn 465-4464 or email srizzo@woodlandsassn.org

Piano Lessons Made Fun!

Let Music Brighten Your Life!

Now accepting new students

All ages and levels

Loving, individualized approach

25 years experience

Local references available

Bringing the joy of music into your heart and home

Please call Gerri at 925-935-7536



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NORTHGATE AREA

info@bayhealing.com

www.bayhealing.com

An advertisement for a coffee drink. On the left is a large clear plastic cup filled with coffee, topped with whipped cream and chocolate shavings. The cup has a logo that says "IT'S A GRIND COFFEE HOUSE". To the right of the cup is a black and white photograph of a man and a woman kissing. The background of the ad is dark with the words "RASPBERRY KISS" in large, white, stylized letters. Above the title, it says "A RICH CHOCOLATE RASPBERRY INDULGENCE". There are several small white hearts scattered around the text and the couple. At the bottom, there is contact information for "It's A Grind Coffee House" and "Winter Hours".

IT'S A GRIND COFFEE HOUSE

It's A Grind Coffee House
2230 Oak Grove Rd.
Walnut Creek, CA 94598

Winter Hours:
Mon - Sat: 5:30 am to 8:00 pm
Sun: 6:00 am to 4:00 pm

Life's A Grind Without Our Coffee