

MEMORANDUM



TO: Mayor and City Council
FROM: Karen Pinkos, City Manager
DATE: June 6
SUBJECT: City Manager's Update

This week I'd like to highlight some recent opportunities our staff team and elected officials have had to share and learn in our mission to provide exemplary services to our diverse community. Last week we were honored to host a delegation of local officials from South Africa at El Cerrito City Hall. The South African Local Government Association (SALGA) is a group of elected officials and staff that represents all 257 local governments in their country. They have a professional development training relationship with UC Berkeley and are interested in partnering with other local associations as well.

Councilmember Janet Abelson was on hand to meet with the delegates as we toured City Hall and shared information on all that we do in El Cerrito and learned about local government in South Africa. Thank you to our friends from SALGA for visiting us!



On Monday, Mayor Rochelle Pardue-Okimoto and Councilmember Janet Abelson, along with myself and Fire Chief Michael Pigoni, attended the California for All: Emergency Management Preparedness Summit in Sacramento at the invitation of the League of California Cities. Governor Gavin Newsom hosted the event and noted in his remarks that all disasters are local and we must all work together to be prepared and be resilient. The Summit encouraged creative collaboration in emergency preparedness among agencies across the state, and we were able to hear from experts on every aspect of emergency management. It was a great opportunity to learn, collaborate, and share ideas to strengthen our community, and I look forward to working with our team to put ideas into action as we continue our priority focus on emergency preparedness in El Cerrito.

For my part, I'm on the road once again this week, heading to...China! First, I will participate in the 2019 Urban Governance Conference in Qingdao, at the invitation of their local government, discussing innovation and quality improvement. From there I head to Beijing to the ICMA China Center, which is affiliated with the China University of Political Science and Law. I will be presenting at a workshop on City Environmental Protection and Management, where I will be showing off El Cerrito's excellent environmental services and programs to a delegation of managers, faculty, and students. I will be back in El Cerrito on June 14.

CITY MANAGER'S UPDATE (CONT'D)

I am proud to work with a great team of elected officials and talented staff that seeks to be innovative and take advantage of opportunities to share and learn from others across the state, country, and even internationally. It allows us to bring creative ideas and solutions to El Cerrito and keep working to fulfill our value of Professional Excellence in service to our residents, businesses, and visitors.

Have a great week...and Happy Pride Month!

Karen

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PUBLIC SAFETY POWER SHUTOFF (PSPS)

PG&E is implementing additional precautionary measures to help reduce the risk of wildfires. If extreme fire danger conditions threaten a portion of the electric system serving our community, it may be necessary for them to turn off electricity in the interest of public safety. This is called a Public Safety Power Shutoff or PSPS.

While customers in high fire-threat areas are more likely to be affected, a public safety power outage could impact any of the more than 5 million customers who receive electric service from PG&E. This is because the energy system relies on power lines working together to provide electricity across cities, counties and regions.

All residents need to take important steps to get ready before the 2019 wildfire season, such as creating an emergency kit and thorough emergency plan. You can sign up for alerts from PG&E and learn more at prepareforpowerdown.com.

CITY MANAGEMENT

California Art Council Awards Mini-Grant to El Cerrito for Poet Laureate Program

We're elated to announce that we got the grant! The California Arts Council has awarded the City of El Cerrito Arts & Culture Commission and Poet Laureate Dani Gabriel a Artists in Communities grant for our City's Art in Public Places Program as part of its biggest investment in arts and culture statewide since 2001.

With support from the California Arts Council, the El Cerrito's Art & Culture Commission will partner with Dani Gabriel, Poet Laureate, to engage El Cerrito in a multidisciplinary project exploring changing ideas of family in our evolving community. This project promotes connection across difference and the many ways people come together to form supportive and nurturing families. It will also look at



the realities of the changing Bay Area and the ways economic and cultural shifts impact families

Get all the details in the CAC's latest press release: <http://tiny.cc/CACGrants2019>

Contra Costa County Mosquito and Vector Control District Vacancy

For the first time in 25 years, there is an opportunity to serve as the representative of the City of El Cerrito on the *Contra Costa County Mosquito and Vector Control District* (District) Board of Trustees. The District is responsible for countywide control of mosquitoes, rats, skunks and ground nesting yellowjackets. Trustees assist the District in making decisions that shape and mold its public health programs. If you are interested in public health, public policy, wetlands, farming, community education, finance, personnel or land development, this is a great way to give back to your community. The Board meets on the second Monday of every other month in Concord at 7:00 p.m. You must be a resident of El Cerrito and a Contra Costa County taxpayer, and at least 18 years old to apply. Initial term would be two years. For more information and to apply, please visit the City's website at el-cerrito.org/commissions. Applications can be submitted via e-mail to CityClerk@ci.el-cerrito.ca.us.

COMMUNITY DEVELOPMENT

Planning Commission and Design Review Board Actions

May 15

The Planning Commission considered variances and a Conditional Use Permit for a new house on a constrained lot at 1431 Scott Street. The project had been continued from the April 17 meeting. At the May 15 meeting, the Commission requested that the applicant install "story poles" and submit additional application materials. The project was continued to the June 19 meeting.

In addition, the Commission approved a variance at 2332 Alva Avenue; approved a Conditional use Permit for an exception to the daylight plane to allow construction of an ADU at 817 Richmond Street; and continued the consideration of a parcel map and an exception to the Subdivision Ordinance for a lot with no street frontage at 7952 Terrace Drive.

May 29

At this special meeting of the Planning Commission and Design Review Board, the two bodies conducted a study session for the revised project at 10290 San Pablo Avenue. The project includes 55 new residential units. The Commission and Board provided feedback to the applicant. The project will return to both bodies in the future for consideration of Tier IV Design Review.

Immediately following this meeting, the Planning Commission conducted a special meeting and approved the Tier IV Design Review for the project located at 10919 San Pablo Avenue. This project consists of 90 new residential units and nearly 3,000 square feet of commercial space. The project requires modest modifications to the standards of the San Pablo Avenue Specific Plan. The Commission approved the project with a public benefit of \$50,000 to be used toward improvements consistent with the Ohlone Greenway Master Plan. The project will be considered by the Design Review Board at a future meeting.

For more information, please visit el-cerrito.org/MajorProjects.

FIRE

Hillside Natural Area Prescribed Burns

The Fire Department has completed all the prescribed burns in the Hillside Natural Area for the year. We were able to utilize the Delta Camp hand crews for 4 weeks throughout the winter and spring to clear a substantial amount of brush in the King Court, Regency Court and Kent Drive areas. The controlled burns were the final stages for removing the over 100 piles of brush. The Fire Department is currently working with our contractor to look over the recently cleared areas, maintenance, and keeping regrowth of brush to a minimum.

POLICE

National Night Out on August 6

National Night Out is an annual event that combines neighborhood block party with crime prevention discussions with ECPD Officers. Community members who host parties on National Night Out may receive special benefits such as free street closure permits and/or visits by McGruff the Crime Dog. Residents can join City staff and the Police Department by registering their block parties and making this year's Night Out memorable. el-cerrito.org/nno.

PUBLIC WORKS

Green Infrastructure Plan: Improving El Cerrito's Stormwater Infrastructure

The City is currently developing a Green Infrastructure Plan to identify and prioritize green infrastructure projects that can be built to reach stormwater pollution reduction targets by years 2020, 2030, and 2040. "Green Infrastructure" projects utilize natural processes to slow down water, thereby reducing flood risk and improving water quality. Examples of green infrastructure include rain gardens and "living roofs," such as the one located at Korematsu Middle School. The benefits of Green Infrastructure include: improvements to water quality; the recharging of groundwater supplies; flood mitigation; habitat creation; creek or wetland restoration; urban greening; traffic calming; and other community benefits.

The City has already built several rain gardens including those at the Recycling + Environmental Resource Center, City Hall, Public Safety Building, on the Ohlone Greenway at Fairmount Avenue, on San Pablo Avenue at Eureka Avenue, and on San Pablo Avenue at Madison Avenue.

A draft of the Green Infrastructure Plan is anticipated to be available for public comment later in June 2019 and a public meeting is being scheduled for July 2019. To get the latest information on the draft plan or upcoming meetings, please visit el-cerrito.org/1335/Green-Infrastructure-Plan. For more information, contact the City's Clean Water Program Coordinator, Will Provost, at 525-7622 or wprovost@ci.el-cerrito.ca.us.

Save the Date for the Fall Citywide Garage Sale

Twice each year, the City's Recycling + Environmental Resource Center designates days for residents to hold their own garage sales. The event promotes reuse, gives residents a chance to get rid of clutter, is a fun community event, and gives neighbors a chance to get to know other neighbors. There were 58 locations that registered to host a sale on May 18. To get involved, save the date and register for the Fall Citywide Garage Sale, scheduled to occur on Saturday, October 5. This is a rain or shine event. For more information, contact Laureteen Brazil at green@ci.el-cerrito.ca.us or 559-7686.

Hillside Natural Area Fire Road Repairs Project

Heavy rains, flooding, and high-velocity winds caused widespread damage throughout the California in February 2017. The U.S. President declared a major disaster making federal disaster aid available to 42 counties in the state including Contra Costa County, and therefore the City of El Cerrito. The heavy rains from the February 2017 storms eroded and damaged the fire access road at several locations in the Hillside Natural Area. In October 2017, City staff applied for grants from the Federal Emergency Management Agency (FEMA) Public Assistance Program and California Governor's Office of Emergency Services (Cal OES) California Disaster Assistance Act Program to repair fire road sites that were significantly damaged. In November 2018, the City received a Notification of Obligation and Payment from Cal OES confirming award of the grants. City staff and consultants, Coastland Engineering, developed the design for the repairs and coordinated with FEMA and Cal OES during the first quarter of 2019.

In April 2019, City staff bid the construction of Hillside Natural Area Fire Road Repairs, Sites 1 through 5, City Project No. C5046 (Project), which is to repair the HNA fire access roads at five sites that were damaged. The repairs generally include minor re-grading to fill washouts, restoring the road profile and cross-section with soils on site, moisture conditioning, recompacting existing soils, installing earthen water bars, and erosion and dust control. The design for a sixth site, which consists of the replacement of a damaged wooden retaining wall and repair of a washed out embankment and road, is more extensive and is currently being reviewed by FEMA.

On May 30, the City Manager awarded a contract to ETIC Inc., the lowest responsive and responsible bid in an amount not to exceed \$90,388.05 and approved change orders in an amount not to exceed \$9,400 for construction of the Hillside Natural Area Fire Road Repairs. The project funding for the construction contract plus contingency totals \$99,788.05. This amount is within the City Manager's purchasing authority of \$100,000 for Public Works Projects.

Construction is anticipated to start in late June 2019. For more information, contact the Engineering Division at 215-4382.

RECYCLING + ENVIRONMENTAL RESOURCE CENTER

As previously reported, due to poor market conditions in the global recycling industry, the City is continuing to make changes to its recycling programs. At its June 4 meeting, the City Council held a public hearing to establish new Integrated Waste Management (IWM) fees to cover significant new costs for the City to process recyclables. For the latest information on changes to the curbside recycling program and at the Recycling + Environmental Resource Center, please visit elcerrito.org/RecyclingUpdates.

RECREATION



Park and Recreation Commission Take to the Field

On May 22, the Park & Recreation Commission held their regular meeting at the Arlington Park and Clubhouse. This provided the Commission with a more hands on experience as they reviewed the Parks & Recreation Facilities Master Plan recommendations. The Commission will continue to meet at different Parks and

Recreation Facilities throughout El Cerrito this summer. Please join the Commission for future meetings!

- Wednesday, June 26 at 6 p.m., Canyon Trail Park and Clubhouse, 6757 Gatto Ave.
- Wednesday, July 24 at 6 p.m., Castro Park and Clubhouse, 1420 Norvell Street
- Wednesday, August 28 at 6 p.m., El Cerrito Community & Swim Center, 7007 Moeser Lane

Discover Castro Park

Castro Park is a great place to spend an afternoon playing and picnicking with family and friends. One of the park's most unique features is the rock-climbing wall, a great way for children to have fun while building endurance, coordination and flexibility through play. Between the playground, picnic tables, tennis courts and play field, the possibilities for fun are abundant! The park is



also home to the Castro Clubhouse which offers indoor space to host private parties, baby showers or small gatherings. Most of these amenities can even be reserved online at www.el-cerrito.org/onlinereg. Public restrooms are accessible with a key that can be purchased at the El Cerrito Community Center.

On any given day at Castro Park, you can see recreation come to life. Whether it's the local sports leagues playing games on the field, tennis or pickleball on the courts, a program like Aikido or Adult Boot Camp in the Clubhouse or families and students just enjoying the great outdoors and park amenities, there is something for everyone at Castro Park.

Recreation Department Summer In-Service Training

On Friday, June 7 the Recreation Department will hold its annual Summer Staff In-Service Training from 1-5 p.m. Camp staff, specialty instructors, lifeguards, swim instructors and more will be attendance to learn about all things summer camp. For months, Supervisors and Coordinators have been preparing interactive presentations, games, slideshows and more to cover topics like safe supervision, mandated reporting, first aid, staff expectations and camp policies and procedures. There will also be guest speakers from Human Resources Division and the Police Department. We are expecting about 150 staff and instructors to be in attendance and look forward to preparing everyone for a **fun and safe** summer!



Adult Classes at Hana Gardens

Adult classes at our new Hana Gardens Senior Center location begin in June! Classes include, T'ai Chi, Qigong, Yoga, Chair Fitness, Brain Boost, Current Events, BollyX and Senior Ensemble. Call 559-7677 or email midtown@ci.el-cerrito.ca.us for more information.

El Cerrito Swim Center 15th Anniversary Summer Splash Pool Party

The El Cerrito Swim Center had its first splash in 1962, thanks to the then residents of El Cerrito. They passed a major bond measure that paid for the original pools, the El Cerrito Community Center, and several parks and clubhouses. Thirty years later, when the Swim Center faced imminent closure due to safety issues, once again residents came to the rescue by passing Measure A in 2000. This measure funded a full-scale rebuilding of the Swim Center and has paid for all capital equipment replacements and renovations ever since.

The newly renovated Swim Center re-opened in 2004, and this year, we are celebrating its 15th anniversary! The anniversary party will take place on Sunday, July 21. It will be an opportunity for the entire community to enjoy the Swim Center free of charge from 11am to 4pm to enjoy swimming, games, and much more!

Blood Pressure Check

The Midtown Activity Center is partnering with the El Cerrito Fire Department to provide FREE blood pressure checks for seniors on the first Thursday of each month from 11 a.m. to 12 p.m. No appointment needed. The Midtown Activity Center is located at 10940 San Pablo Ave. For more information email midtown@ci.el-cerrito.ca.us or call 559-7677.

Did You Know?

With over 500 programs offered each season (Fall, Winter-Spring and Summer), the El Cerrito Recreation Department far exceeds program offerings offered by typical parks and recreation agencies. According to the National Parks and Recreation Association's *2017 Agency Performance Review*, typical agencies offer 175 programs per season nationally. For more information, check out the 2019 Parks and Recreation Facilities Master Plan at el-cerrito.org/ParksMP.

Subscribe & Follow

June 2019 rECnews: <https://conta.cc/2HPzfuh>

For up-to-date information on all the happenings brought to you by the El Cerrito Recreation Department, please subscribe to our email newsletter rECnews at el-cerrito.org/recreation. Follow us: Instagram - @ecrecreation | Facebook - @ecrecreation | Twitter - @ElCerritoREC

UPCOMING EVENTS

April 19 to June 14 - Exhibition: "You Will Have to Leave", Library open hours

Location: El Cerrito Public Library, 6510 Stockton Ave.

A group of collaged and painted found book pages illustrating climate change related displacement. Free and open to the public. By Erin McCluskey Wheeler ECCRU Artist in Residence.

June 10 - July 5 - Exhibition: Mixed Paper, City Hall open hours

Location: El Cerrito City Hall, 10890 San Pablo Ave.

A 28-foot long in-process collage with the found and altered papers from the mixed paper bin and the book exchange area. By Erin McCluskey Wheeler ECCRU Artist in Residence.

June 11 (Tuesday) - Beginning Orchestra Class, 7 p.m. to 9 p.m.

Location: Midtown Activity Center, 10940 San Pablo Ave

Contact: Maya Williams, mwilliams@ci.el-cerrito.ca.us, 215-4318

There is still room! Amateur musicians are invited to participate in a beginning orchestra class! Twelve weeks of Tuesday night rehearsals will culminate in a special concert event on August 24. Whether you are a beginning level player or have never played an instrument before, this group gives the experience of playing and performing with an ensemble while being coached by professionals. *If you need financial assistance, please contact Maya Williams as soon as possible.* Visit el-cerrito.org/1336/Community-Orchestra-Program to register. Sponsored by the El Cerrito Arts & Culture Commission.

June 11 (Tuesday) – Climate Action Plan Implementation Report, 7:00 p.m.

Location: El Cerrito City Hall, Council Chambers, 10890 San Pablo Ave

Contact: Will Provost, wprovost@ci.el-cerrito.ca.us, 525-7622

Come hear a presentation from City Staff on the progress on implementing the City's Climate Action Plan (CAP). The City has updated a community-wide and municipal greenhouse gas (GHG) inventory and will show how these

accomplishments are helping the community beat the CAP's targets to reduce GHG's by 15% by 2035. Hosted by the Environmental Quality Committee.

June 12 (Wednesday) - Racial Equality, Marriage Equality, Human Equality! Party at El Cerrito Off the Grid, 6 p.m. to 8 p.m.

Location: 6159 Fairmount Avenue

Contact: Kristen Cunningham, kcunningham@ci.el-cerrito.ca.us

Join your friends and neighbors at the 4th annual El Cerrito Loving Day Celebration, celebrating the anniversary of the US Supreme Court decision Loving v Virginia, the case that overturned the ban on interracial marriage. On Loving Day, we celebrate multiculturalism, diversity, and families of all kinds! At this FREE, family-friendly event, join neighbors and friends of all ages to enjoy live music, Off-the-Grid (food & beverages available for purchase), and celebrate together (dancing, too!). Hosted by the Human Relations Commission.

June 15 (Saturday) – Safe Swim Event, 10 a.m. to 3 p.m.

Location: El Cerrito Swim Center, 7007 Moeser Lane

Contact: Beth Frazer, bfrazer@ci.el-cerrito.ca.us, 559-7015, el-cerrito.org/onlinereg

Kick off the summer with this annual free event featuring free 25-minute swim lessons (pre-registration required) and a 3-hour rECreation Swim. This event provides an opportunity for staff training in real life situations. Rescue drills and scenarios will occur throughout the day to make sure our lifeguards and swim instructors are in peak shape for the busy summer season.

June 21 (Friday) – The Perennials: Ageless Improv, 1:15 p.m.

Location: Midtown Activity Center, 10940 San Pablo Ave

Contact: Mark Deleon, mdeleon@ci.el-cerrito.ca.us, 559-7677, el-cerrito.org/recreation

The Perennials are a performing troupe of women in their 60's and 70's whose mission is to provide joy, laughter and person-to-person contact for seniors through improvised songs, scenes and other light-hearted forms of entertainment.

July 3 (Wednesday) – 4th of July Festival from 4 p.m. to 7 p.m.

Location: Cerrito Vista Park, 7007 Moeser Lane

Contact: el-cerrito.org/July4

Spend a relaxing evening in Cerrito Vista Park before America's big birthday bash. Bring your picnic blanket and low-backed chairs and enjoy this magical evening featuring Circus Imagination and other fun-filled family entertainment! Sponsored by the El Cerrito Arts and Culture Commission.

July 4 (Thursday) – 4th of July Festival from 10 a.m. to 6 p.m.

Location: Cerrito Vista Park, 7007 Moeser Lane

Contact: el-cerrito.org/July4

Celebrate America's Birthday in El Cerrito! The long-running, award winning 4th of July Festival in El Cerrito has been a hometown tradition. Visit community exhibits and booths, play carnival games, enjoy a diverse array of live music and

entertainment, and eat carnival foods of all sorts. Your family will enjoy the festival with its many rides, inflatables, games and circus!

July 8 (Monday) - Plein Air Showcase, Potluck Social & Benefit Sale at 7:00 p.m.

Location: Garden Room, El Cerrito Community Center, 7007 Moeser Lane

Contact: Barbara Daniell, contact@elcerritoart.org

The El Cerrito Art Association presents a special mid-summer evening with a potluck social, and sale of extra supplies, art books and equipment to fund its Annual Show cash prize awards. Artists in the Plein Air Group will share their special approaches to making art in the great outdoors.

July 15 (Tuesday) – Advanced Orchestra Class Begins, 7 p.m. to 9 p.m.

Location: Midtown Activity Center, 10940 San Pablo Ave.

Contact: Maya Williams, mwilliams@ci.el-cerrito.ca.us, 215-4318

Amateur musicians are invited to participate in an orchestra class! Six weeks of Monday night rehearsals will culminate in a special concert event on August 24. Requires prior experience and is intended for community members who can demonstrate some proficiency on an instrument. Repertoire will be standard orchestra repertoire. *If you need financial assistance, please contact us as soon as possible.* Visit el-cerrito.org/1336/Community-Orchestra-Program to register. Sponsored by the El Cerrito Arts & Culture Commission.

July 17 (Wednesday) - Easy to Grow Herbs for Kitchen & Medicinal Use Workshop at 1 p.m.

Location: Hana Garden Senior Center, 10870 San Pablo Ave.

Contact: Mark Deleon, mdeleon@ci.el-cerrito.ca.us, 559-7677, el-cerrito.org/recreation

Herbs are a perfect beginner plant to grow and can also amuse the experienced gardener. If you have just a little bit of patio space or a sunny window inside your home, you can grow your own tasty herbs to make tisanes (herbal teas) or to cook with! Discover the wonderful world of herbs and how they can be powerful as both food and medicine. Join us and plant your own seeds in a pot. Spaces and materials are limited; call to RSVP.

EMPLOYMENT OPPORTUNITIES

The City is pleased to offer the following employment opportunities:

[Childcare Teacher \(Part-Time Summer and School Year\)](#)

[Lifeguard \(Seasonal\)](#)

[Police Cadet \(Part-Time\)](#)

[Police Officer - Lateral and Academy Graduate](#)

[Police Officer – Reserve](#)

[Summer Camp Counselor \(Childcare Aide\) - Part-Time](#)

[Swim Instructor I & II \(Seasonal\)](#)

[Van Driver \(Part-Time\)](#)

[Water Fitness Instructor \(Aquatics Specialist II\)](#)

PERSONNEL UPDATES

New Hire: Claudia Wright, Recreation Department, Management Assistant

ATTACHMENTS

- City Hall Gallery Space Exhibit
- Boards, Commissions, & Committees Vacancies
- Community Orchestra Program
- Public Safety Power Shutoff
- June 50+ Bulletin

CITY HALL GALLERY SPACE

Mixed Paper
by Erin McCluskey Wheeler
ECCRU Artist in Residence



June 10 through July 5, 2019

Artist's Reception:
Saturday, June 15 from 10:30 a.m. to 12:00 p.m.

El Cerrito City Hall Gallery Space 2nd floor - 10890 San Pablo Avenue, El Cerrito
Hours: Mon-Wed: 8am-4pm Tues-Thurs: 8am-6pm
(City Hall will be closed on Thursday, July 4, for Independence Day.)
Friday June 21, July 5: 8am-4pm

Sponsored by the City of El Cerrito Arts and Culture Commission





VACANCIES ON EL CERRITO'S BOARDS, COMMISSIONS AND COMMITTEES

ARTS & CULTURE COMMISSION	(1 Vacancy)
C. C. MOSQUITO & VECTOR CONTROL DIST. COMMITTEE ON AGING	(1 Vacancy)
COMMITTEE ON AGING	(2 Vacancies)
CRIME PREVENTION COMMITTEE	(9 Vacancies)
ECONOMIC DEVELOPMENT COMMITTEE	(6 Vacancies)
PARKS AND RECREATION COMMISSION	(1 Vacancy)
URBAN FOREST COMMITTEE	(9 Vacancies)

The El Cerrito City Council is seeking applicants interested in serving on its Boards, Commissions and Committees. There are several opportunities for El Cerrito residents to serve their community. If you are interested in volunteering, please submit an application to the City Clerk, 10890 San Pablo Avenue, El Cerrito, CA 94530. Vacancy information and the [application form](#) may be obtained by contacting the City Clerk at 215-4305 or by downloading the application form from the City's website at <http://www.el-cerrito.org/>.

Members of Boards, Commissions and Committees provide an invaluable service to our community. The detailed study and considered recommendations of our local advisory bodies are often catalysts for innovative programs and improved services. Serving as a commissioner or committee member can be a rewarding experience for community service minded residents. It is an excellent way to participate in the functioning of local government and to make a personal contribution to the improvement of our community. Commissioners and Committee Members are appointed by the City Council for terms of four years. Commission and committee meetings are generally held once a month during evening hours. The City Council conducts its recruitment on a continuous, ongoing basis. **Please consider submitting an application now! For additional information please contact Holly Charl y, City Clerk at 215-4305, CityClerk@ci.el-cerrito.ca.us**

May 23, 2019

Want to Play in an Orchestra?



Sign up for the community orchestra series offered through the El Cerrito Recreation Department this summer.

Beginning orchestra Join up to 40 community members in an all-inclusive ensemble designed to bring together a wide array of community members who are interested in making music. No experience required for this high-quality musical experience, with professional coaching by members of the California Sound Collective ensemble. The series of 12 weekly practice sessions (Tuesday evenings June 4–August 20) will culminate in a concert in August at the El Cerrito Community Center. All ages.

Advanced amateur orchestra Requires prior experience, and is intended for community members who can demonstrate some proficiency on an instrument. Repertoire will be standard orchestra repertoire. Members of the California Sound Collective professional ensemble will coach the series of 6 weekly practice sessions (Monday evenings July 15–August 19), and the program will culminate in a concert in August at the El Cerrito Community Center. 18 years of age and up.

To register Register for either level online at www.el-cerrito.org/onlinereg. Beginning orchestra is Activity # 244506. Advanced amateur orchestra is Activity # 244507.

Limited financial assistance is available. If you need financial assistance, please contact the City Manager's Office at (510) 215-4318 or CityManager@ci.el-cerrito.ca.us **before** you register for the class.



Co-sponsored by the El Cerrito
Arts and Culture Commission



PREPARING FOR A POWER OUTAGE



What should you be doing?

Loss of power may last hours or days



May disrupt communications, water, transportation



May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services



Can cause food spoilage, water contamination



Can prevent use of medical devices



BEFORE

Check with the Community Warning System for updates and Register for alerts from COCOCWS.US



Update your contact information with PG&E pge.com/wildfiresafety



Take an inventory of the items you use that rely on electricity



Plan for your family and pet medical needs



Keep mobile phones charged



Store water and non-perishable food



Install home carbon monoxide detectors with battery backups



Consider parking on the street if using an electronic garage door opener



Keep gas tanks full

Talk to your family and neighbors and share your plan



DURING

Keep freezers and refrigerators closed



Monitor freezer and refrigerator temperatures with a thermometer



Use perishable food supplies first

Use generators, stoves and grills outdoors away from windows

Disconnect appliances and electronics to avoid damage

Check on neighbors, animals and family



AFTER



When in doubt, throw it out! Throw away food exposed to temperatures above 39 degrees for more than two hours

Check with your pharmacist about refrigerated medications

Emergency kit suggestions

You know best what you will need

- **Neighborhood map with local resources**
- **Battery-powered or hand crank NOAA Weather Radio**
- **Portable generator**
- **Method for cooking food without electricity**
- **Surge protectors for appliances and devices**
- **Consider keeping cash on hand in case ATM and credit cards cannot be used**
- **Flashlight, extra batteries**
- **First aid kit**
- **Whistle to signal for help**
- **Moist towelettes, garbage bags, hand sanitizer**
- **Cell phone with backup powerpack**
- **Medicine, medical equipment**
- **Important documents**
- **1 gallon per person per day of water**
- **A week of non-perishable food**
- **Pet supplies**



Start here

Get Prepared

HAVE A PLAN

What will you do?

MAKE A KIT

What do you need?

STAY IN-FORMED

What is your plan for getting information?

KNOW YOUR NEIGHBORS

Share plans and resources

For more information visit

- Ready.gov
- CalOES.ca.gov
- Cchealth.org
- Fire.ca.gov



CONTRA COSTA COUNTY
OFFICE OF EMERGENCY SERVICES

RECREATION DEPARTMENT

El Cerrito Midtown Activity Center (ECMAC)
 10940 San Pablo Ave, El Cerrito CA 94530
 (510) 559-7677
 Monday-Thursday 8:30am-5pm & Friday 8:30am-4pm
 Visit us at www.el-cerrito.org/597/Adult



50+
BULLETIN
 JUNE 2019

CoCo Café Nutrition Lunch Program Menu for ages 60+ (\$3 Donation)

Substitute Meal: Garden Burger, Hamburger, Chef Salad, or Seafood Louie Salad.

Please call a day in advance before 12pm noon to make your reservation: (510) 559-7677.

Free ride to lunch when using Easy Ride.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Seafood Newburg Casserole (shrimp & mock crab)	4 Cheese Omelet w/ Salsa	5 Meatloaf w/ Gravy	6 Vegetarian Bean Burrito	7 Cobb Salad w/ Blue Cheese Dressing
10 Cheesy Lasagna Roll	11 Corned Beef Sandwich	12 Pork Afritada	13 Oven Fried Chicken	14 Salmon Fillet w/ Lemon Capers
17 Broccoli Beef w/ Brown Rice	18 Turkey Tamale Pie	19 Apricot Chicken	20 Mock Crab Salad w/ Lettuce	21 Cheeseburger
24 Turkey Dinner w/ Gravy	25 Chicken Salad Sandwich	26 Breaded Pollock Fillet	27 Hot Meatball Sandwich	28 Kalua Pork

PRESORTED STANDARD
 U.S. POSTAGE PAID
 CONCORD CA 94520
 PERMIT 346

CITY OF EL CERRITO
 SENIOR SERVICES DIVISION
 10890 San Pablo Avenue
 El Cerrito, CA 94530

Classes & Programs

Midtown Activity Center (10940 San Pablo Ave)

First time to some classes are Free!

Registration available online at

www.el-cerrito.org/onlinereg or sign up in person.

MONDAY- FRIDAY

- Coco Café Lunch (\$3 donation age 60+)(12pm)
- Easy Ride Paratransit Service (Shuttle Service) (M-F 9am-4pm)
- Cyber Cafe (M-F 8:30am-4pm)
- Senior Peer Counseling Referral Service (M-F 8:30am-4pm)

MONDAY

- Feldenkrais Awareness Through Movement: Floor Work (\$5 RES/\$6 NRES) (10-11am)
- Canasta (\$2 RES/\$3 NRES) (10am-12pm)
- *iPhone/iPad class (\$20/4 classes) (10am-12pm)
*Pre-Registration Required
- Artisan Bread Distribution (Free) (9:30am-4pm)
- Mahjong (\$2) (12:30-4pm)
- Balance Training & Fall Prevention (\$5 RES/\$6 NRES) (2-2:45pm)
- Drawing Class (Donation \$5 RES/\$6 NRES) (3-5pm)
Next session begins June 17th

TUESDAY

- Intermediate Spanish (\$3 RES/\$4 NRES) (9-10:30am)
Next session begins June 4th
- *Fitness/Mat Workout Exercise Class (\$5 RES/\$6 NRES) (9:30-10:30am)
*Pre-Registration Required
- *Massage (\$14/15 Minutes) (9:30am-12pm)
*By Appointment Only (\$14/15 mins.)
- **Alzheimer's Respite Program**
(Monthly Rate: \$101 RES/\$128 NRES) (10am-3pm)
- **Lion's Center for the Visually Impaired**
(Free)(1-2:30pm, 2nd Tuesday of every month)
- *Health Insurance Counseling (HICAP) (Free)
(1st, 3rd & 4th Tuesdays of every month, 1-3pm)
*By Appointment Only
- Ikebana (\$11 RES/\$13.50 NRES) (2-4pm)
(5/14 & 5/28 - 2nd & 4th Tues. of every month)
- *Elder Tech: Smartphone & Tablet Tutoring
*Call Midtown Activity Center for availability.

WEDNESDAY

- *Hairdresser (\$10) (9:30am-1pm)
*Note: Come with hair washed and ready to be cut. *By Appointment Only
- Feldenkrais Awareness Through Movement: Chair Work (\$5 RES/\$6 NRES) (10-11am)
- **NEW!** Computer Help Workshop (Drop-In)
Once a month: June 19th and July 17th (\$5 RES/\$6 NRES) (10am-12pm)
- Mahjong (\$2) (12:30-4pm)
- **NEW!** Open Paint Studio (\$2) (1-4pm) Begins June 5th
- **NEW!** Fitness/Mat Workout Exercise Class (\$5 RES/\$6 NRES) (1:30-2:15pm)
- Current Events Seminar (\$2) (2-4pm)

THURSDAY

- *Massage (\$14/15 Minutes) (9:30am-12pm)
*By Appointment Only
- **NEW!** Monthly Blood Pressure Check
by El Cerrito Fire Department Firefighters (Free)(11am-12pm) *Begins June 6th*
1st Thursday of every month (except July 4, 2019)
- *Fitness/Mat Workout Exercise Class (\$5 RES/\$6 NRES) (9:30-10:30am)
*Pre-Registration Required
- Mahjong w/ Instruction (\$2) (9:30am-12pm)
- Memoir Writing Workshop (\$5 RES/\$6 NRES) (9:30am-12pm)
- ***Senior Women's Support Group** (1:30-3pm)
Facilitated by Amy Glick, MFT.
For more info or to register call: (510) 220-5043.
*Pre-Registration Required.
- Bridge Beginners Class (1:30-3:30pm)
4 Classes: \$20 RES/\$25 NRES
Drop-in: \$6 RES/ \$8 NRES
- Experienced Bridge Players(\$2) (1:30-3:30pm)

FRIDAY

- *Podiatrist Service (\$30) (8:30am-12:30pm)
*By Appointment Only. (Available: 6/14 & 7/12)
- International Folk Dance (\$5 RES/\$6 NRES) (9-11am)
- Beginner Guitar Lessons (\$5 RES/\$6 NRES)(10-11am)
- Sing-A-Long (\$2) (11:15am-12:15pm)
- Mahjong (\$2) (10am-3:30pm)

SATURDAY

- Bridge Players (\$5) (2-5pm)
1st, 2nd & 4th Saturday of each month

NEW!

Classes & Trips



HANA GARDENS SENIOR CENTER

(10870 San Pablo Ave)
Starting June 2019!

First time to any class is Free!
Registration available online at

www.el-cerrito.org/onlinereg or sign up in person.

MONDAYS

- Tai Chi (\$5 RES/\$6 NRES) (10-11am)
- Health and Wellness Yoga (7:30-9pm)
(\$11 RES/\$13.50 NRES)

TUESDAYS

- Hatha Yoga (11:15am-12:15pm)
(\$11 RES/\$13.50 NRES)
- **Let's Get Moving (\$5 RES/\$6 NRES) (3-4pm)**
Maintain or improve your balance, flexibility and
Strength through exercises led by a certified
Arthritis Foundation Instructor.

WEDNESDAYS

- Hatha Yoga (9am-10:15am)
(\$11 RES/\$13.50 NRES)
- Chair Fitness (\$5 RES/\$6 NRES) (10:30-11:15am)
Strengthens arms and legs while seated.
Movements help develop flexibility and
endurance and increase lung capacity.
- Current Events Seminar (\$2) (2-4pm)
The group has a facilitator and discussion topics
are chosen on an ac hoc basis by participants.
Bring topics, opinions and ideas to share.

THURSDAYS

- Senior Ensemble (\$2) (10-11:30am)
Learn to sing popular songs in four-part harmony.
- Hatha Yoga (12-1pm) (\$11 RES/\$13.50 NRES)
- Brain Boost (\$5 RES/\$6 NRES) (1-3pm)
A stimulating class full of tips and tricks to boost
your brain power!
- **Let's Get Moving (\$5 RES/\$6 NRES) (3-4pm)**

FRIDAYS

- Qi Gong (\$5 RES/\$6 NRES) (1-2pm)
Learn to promote relaxation and increase
circulation though acupressure and movement.
Improve balance, release tension and develop

DAY TRIPS

June 20 (TH): Charles M. Schulz Museum, Santa Rosa
Time: 9am-2pm, (Cost: \$70)

Explore the man behind Snoopy, Charlie Brown and
the rest of the Peanuts Gang. Enjoy a private docent
-led tour of the museum and exhibits, followed by a
sit-down luncheon in Santa Rosa, CA.

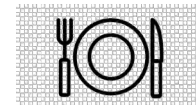
July 17 (Wed): Fenton's Creamery Arctic Tour,
Vacaville, Time: 10am-2:30pm, (Cost: \$50)

Enjoy the Arctic Tour that will focus on the history of
the creamery and how Fenton's famous ice cream is
made. After the tour, enjoy lunch and ice cream at
the creamery.

August 14 (Wed): Lindsay Wildlife Experience, Walnut
Creek, Time: 10am-2:30pm, (Cost: \$65)

Enjoy a private V.I. Peek Encounter where you can
view up-close wildlife animals. A Lindsay Staff
member will share the personal stories and natural
history of each animal presented. Lunch will be held
at Lazy Dog, Concord.

LUNCHEON TRIPS



- **June 12 (Wed): Lucille's Smokehouse Bar-B-Que,**
Concord, Time: 11:30am-2:30pm, (Cost: \$40)
- July 25: Treasure Island Institute of Fine Dining,
—SOLD OUT
- **Aug 21: Quinn's Lighthouse—SOLD OUT**

SHOPPING TRIPS & SHUTTLE



- SHOPPING TRIPS (Cost: \$5)
1st Wednesday Each Month
Dates: June 5, July 10, Aug. 7, Sept. 4
Call (510) 559-7677 to schedule a ride. Store locations:



- Easy Ride Paratransit Service (Cost: \$2 per ride)
The Easy Ride service is a shuttle service that
provides transportation only within El Cerrito city
limits for those 65 and older or who have a
disability, 18 and older. Call (510)559-7677 or visit
the Midtown Activity Center for more information
about the Easy Ride Paratransit Service.

TRIPS, PRESENTATIONS & ANNOUNCEMENTS

HIKING & WALKING TRIPS (\$12/trip)

Time: 8:30am-2:30pm

- June 7: WALK-Miller Knox Regional Shoreline
2-mile loop, Level 1
- June 21: HIKE-UC Berkeley Campus
3-miles round trip, Level 2/3/4
- July 5: NO HIKE/WALK
- July 19: HIKE-Coyote Hills
4-mile loop, Level 3/4
- August 2: WALK-Marina Park, San Leandro
2-mile loop, Level 1
- August 16: HIKE-Golden Gate Bridge, SF
2.5-mile one-way, Level 1/2



Hike/Walk Terrain Levels

Level 1: Paved flat Level 2: Paved, some inclines
Level 3: Unpaved flat Level 4: Unpaved, some inclines



BIRDING TRIPS (\$12/trip)

Time: 8am-2pm

- June 14: Rodeo Lagoon/Rodeo Beach, Marin
- June 28: Chain of Lakes/ Stow Lake, SF
- July 12: Miller Knox Lagoon, Richmond
- July 26: Quarry Lakes, Fremont
- August 9: Heron's Head, San Francisco
- August 23: Waterbird Regional Preserve, Martinez

Please note that all day trips, luncheons, hiking, walking and birding trips depart from the Contra Costa Civic Theater parking lot (951 Pomona Ave, El Cerrito)

COMMITTEE ON AGING (COA)

SENIOR SNIPPETS

- Next COA Meeting: Wednesday, June 19 at 3pm. Meetings are held at El Cerrito City Hall Council Chambers, 10890 San Pablo Ave.
- Legislative: On April 23, 2019, the U.S. Supreme Court has agreed to decide whether or not the Trump administration can add the question: "Is this person a citizen of the United States?" to the 2020 census.
- Scams: **Don't Take The Bait!** Lots of companies send invoices/receipts via email nowadays but **don't be tricked by phony invoices.**
- Health: Many of the normal processes and transitions that happen as we grow older — hearing loss, the deaths of spouses, partners and peers, impaired mobility — put seniors at increased risk for loneliness, stress and isolation.

To continue the articles above and view latest copy of Senior Snippets, visit the Midtown Activity Center or go to www.elcerrito.org/98/Committee-on-Aging

PERFORMANCES & PRESENTATIONS

RSVP for presentations by calling (510)559-7677 or email midtown@ci.el-cerrito.ca.us

The Perennials: Ageless Improv Performance

Friday, June 21st at 1:15pm

Midtown Activity Center (10940 San Pablo Ave.)

The Perennials are an experienced improvisational performing troupe of women in their 60s and 70s. Their mission is to provide joy, laughter, and person-to-person contact by bringing shows to seniors of the Bay Area. The show engages the audience in improvised songs, scenes, and rhymes into light-hearted entertainment. They have performed for audiences at residences for elders, assisted living communities, senior centers, conferences, and a variety of other venues. Call to RSVP.



Easy to Grow Herbs for Kitchen & Medicinal Use

Workshop

Wednesday, July 17 at 1pm

Hana Garden Senior Center(10870 San Pablo Ave.)

Herbs are a perfect beginner plant to grow and can also amuse the experienced gardener. If you have just a little bit of patio space or a sunny window inside your home, you can grow your own tasty herbs to make tisanes (herbal teas) or to cook with! Discover the wonderful world of herbs and how they can be powerful as both food and medicine. Join us and plant your own seeds in a pot. Spaces and Materials are limited, call to RSVP.

Making Herb Teas Workshop

Wednesday, August 7 at 1pm

Hana Garden Senior Center(10870 San Pablo Ave.)

Herbal teas can be anything you want them to be: refreshing, calming, or invigorating! Learn how to make easy non-caffeinated herbal tea blends. This workshop will focus on teas to keep cool during the summer heat. Tastings and hands-on activities can take home some of their own mixes in tea bags. Call to RSVP.



ACTIVITY/PROGRAM SPOTLIGHT

NEW! • Fitness/Mat Workout Exercise Class
Wednesdays (\$5 RES/\$6 NRES) (1:30-2:15pm)

NEW! • Computer Help Workshop (Drop-In)
Once a month: June 19th and July 17th
Wednesdays (\$5 RES/\$6 NRES) (10am-12pm)

NEW! • Monthly Blood Pressure Checks
by El Cerrito Fire Department Firefighters
Thursdays (Free) (11am-12pm) *Begins June 6th*

VOLUNTEER OPPORTUNITIES

- Drivers Meals on Wheels, call Denise at (510)412-0166.
- CoCo Café Kitchen Staff
- Respite Program Volunteers

Stop by the Midtown Activity Center, call (510) 559-7677 or email midtown@ci.el-cerrito.ca.us for more information.