

the OUTLOOK

of Pleasant Hill, California

THANK YOU, Pleasant Hill!

You Made the Difference once again during the 8th Annual Community Service Day



More than 800 volunteers participated in the Award Winning (see page 3), 8th Annual Community Service Day on Saturday, September 22. A special thank you goes to the Lions Club for breakfast at the park, Allied Waste Service for donating bottled water, Sports Chalet and Bicycle Trails Council of the East Bay for their help in repairing more than 90 bikes for needy kids, and the Contra Costa Times, Pleasant Hill Patch, Comcast and KKDV 92.1 for their generous promotion of the event. Special thanks also to the volunteers from Oak Park Church who worked on eleven of the 23 projects across the city; and the Girl Scouts who helped to collect almost two tons of food for the Contra Costa Food Bank.

There are too many schools, church groups, businesses and organizations, and names of individuals to list everyone but we thank you all for your dedication, hard work, and commitment to giving back to your community. You all 'Made a Difference' on September 22nd and the Civic Action Commission looks forward to seeing you again next year at the 9th Annual Community Service Day. ♣



Light Up The NIGHT!

in Downtown
Pleasant Hill

Join the festivities at the
5th annual Light up the Night
in Downtown Pleasant Hill

- ★ Wednesday, November 28, 5:00–8:00pm
- ★ Crescent Drive, Downtown PH

Join Santa and the Mayor of Pleasant Hill for the 5th Annual "Light up the Night" in Downtown Pleasant Hill this year on Wednesday, November 28th beginning at 5:00pm. The event will include the lighting of a 25-foot decorated tree in the small Plaza on Crescent Drive at 6:00pm as well as music and caroling on stage at the Downtown Plaza next to Sweet Tomatoes.

Everyone is invited to celebrate the start of the Holiday season with free horse-drawn carriage rides, and free cookies and hot chocolate. Families can have pictures taken with Santa and his elves in the plaza area next to the tree, and look out for Frosty, Rudolph, and other costumed characters. There will also be a Merchant Open House with free giveaways and opportunities to win special raffle prizes.

The PH Recreation & Park District will be hosting a Holiday Crafts Fair on Crescent Drive with lots of wonderful holiday gifts on sale. This event is jointly organized by the City of Pleasant Hill, Downtown Pleasant Hill, and Pleasant Hill Recreation & Park District.

For more information call 671-5229 or email mnelis@ci.pleasant-hill.ca.us. Choral groups who are interested in performing should contact Martin Nelis at this number or email address. ♣

Keep it local this holiday season

—Kelly Calhoun, Economic Development Manager



The month of November is the start of the holiday season, with Thanksgiving on November 22. As you begin to think about and plan your holiday celebrations don't forget the importance of shopping locally. Pleasant Hill has a wide variety of retailers and shopping options and plenty of restaurants for feeding that pre or post shopping appetite.

The average consumer, according to the National Retail Federation, spends about \$700 during the holiday season. Making all of your holiday purchases within the City can have a profound impact on the local economy and help form a synergy which can create new jobs locally and generate more economic growth within the community.

Most new jobs are being created by locally owned small business ventures which continue to play a major role in fueling our economic recovery. As a result those small businesses need your support to expand job opportunities.

Remember there are many great reasons to shop locally and here are a few:

- Local business owners invest in your community and contribute to more local fundraising and non-profit organizations. Support the businesses that support your favorite cause(s).
- Taxes paid by local businesses improve the roads that you drive on, the schools your kids attend, and the parks that you visit.
- Save gas. Shop locally.....save money on gas and spend more at local stores. Shopping outside the City costs you more at the pump and more time behind the wheel driving.



Remember to **DINE**, **SHOP**, and especially **ENJOY** Pleasant Hill this holiday season!



Commission on Aging vacancy

The City is seeking candidates to serve on the Commission on Aging. The Commission studies and makes recommendations to local agencies on programs of benefit to aging citizens in the community. The Commission on Aging meets on the 1st Wednesday of each month at 9:30 a.m. at City Hall.

For an application or more information, please contact Linda Stehr by phone at 671-5284 or e-mail at lstehr@ci.pleasant-hill.ca.us.

Pleasant Hill wins the Mayors' Healthy Cook-off competition

Pleasant Hill took the top prize on August 23rd in the 4th Annual Mayors' Healthy Cook-off held in Todos Santos Plaza in Concord. Mayor John Hanecak and local chef,

Lesley Stiles, beat out the competition with one of Lesley's homestyle recipes using only ingredients supplied at the Farmers' Market.

Congratulations to both on a job well done!



Pleasant Hill wins prestigious award for Community Service Day

The League of California Cities recently awarded Pleasant Hill and Walnut Creek with the Helen Putnam Award of Excellence for their efforts in organizing and promoting Community Service Day in each respective city. Pleasant Hill is now in its eighth year of staging the event . Walnut Creek organized its first Community Service Day in 2011, closely modeled on the Pleasant Hill one.

The Helen Putnam Award of Excellence recognizes outstanding achievements by cities in California in improving the quality of life for local residents and in providing better services to meet community needs.

Over the past eight years approximately 6,000 volunteers have participated in Community Service Day (CSD), logging more than 28,000 volunteer hours in Pleasant Hill alone. More than 20 businesses in each community have either sponsored or supported the event through financial or in-kind contributions. Ten local schools, Rotary and Lions Clubs, churches and other community organizations have participated in the annual event.

CSD in Pleasant Hill is now a well-recognized annual event where many hundreds of volunteers gather to give back to their community by working on a variety of projects ranging from school and creek cleanups, food drives, bicycle repair, blood donations, landscaping, tree planting and organic gardening, painting and much more. Since 2005, the accomplishments have been many including:

- More than 12 tons of food collected for the Contra Costa Food Bank
- Hundreds of pints of blood donated to the American Red Cross
- More than 500 bikes repaired and donated to the needy
- More than 40,000 children’s book covers cleaned and sorted
- Creeks and open space areas cleared
- 10 schools cleaned and painted
- Organic and instructional gardens cleared, prepared for winter, or planted hundreds of plants and trees added to parks and gardens
- Pleasant Hill Senior Center beautified with new garden

Congratulations, Pleasant Hill residents!



Painted trash cans at Pleasant Hill Park.



DVC Lacrosse Team painted U.S. map at Gregory Gardens Elementary School.



Rotary Club created new entry way planting area at Fair Oaks School.



Girl Scouts collected food for the Food Bank of Contra Costa & Solano.

And elsewhere in the City...

Cutting Edge Careers event at College Park

The Pleasant Hill Education Commission held a 'Cutting Edge Careers' Night at College Park High School on September 27th that featured a panel of twelve speakers from a variety of professions. The event was attended by many students and parents interested in hearing about the many interesting and exciting career choices that the panelists had made.

The panel featured professionals from the world of technology, law enforcement, broadcasting, civil engineering, sports and marketing. Some of the companies and organizations represented included Hillcrest Veterinary Hospital, the F.B.I., Bechtel Corporation, KTVU Channel 2 News, JFK University, the Oakland A's, and Jack's Restaurant. ♣



John Suzaki, KTVU News Reporter, addresses the forum

MDUSD Candidates Forum at City Hall



The Education Commission hosted its second event of the fall on October 18th with a forum for candidates running for the Mt. Diablo School District Board of Governors.



Lisa Vorderbrueggen

Four candidates running for two seats spoke during the 90-minute forum answering questions posed by Contra Costa Times Columnist, Lisa Vorderbrueggen. ♣

AN OUNCE OF PREVENTION...How to avoid stress during the holidays

—the Pleasant Hill Commission on Aging

The holiday season is rapidly approaching! The traditions and expectations that go along with the holidays can be overwhelming even for the healthiest of people. It is up to us to choose how we will make this season a pleasant experience and one that is NOT full of anxiety and frustration. Here are a few tips that may help us all enjoy the spirit of the season.

- ✓ **Plan ahead.** Make lists and do a little bit each day.
- ✓ **Set priorities.** Do not overextend yourself and others during the holidays. Decide which activities you want to focus on. Learn to say "no" to social engagements. Share cooking and shopping responsibilities with others.
- ✓ **Stay in budget.** Choose simple, thoughtful or useful gifts. One cannot enjoy the holidays if they are worried about paying the bills.



- ✓ **Keep it simple.** A holiday meal doesn't have to be elaborate. Safeway makes a great turkey dinner with all of the fixings.
- ✓ **Riding the emotional roller coaster.** If family gatherings are stressful, avoid long visits. Be willing to let go of old traditions. If they no longer work, find new ones that do work for you.
- ✓ **Take care of yourself.** Rest and renew each day by taking leisurely walks or rides. Take a bubble bath. Get a massage, even for just 15 minutes. Don't over-indulge with food, alcohol or caffeine. Enjoy yourself and loved ones. We all have a lot to be thankful for during this holiday season. ♣



Remember to take care of yourself, too!

Saving water without sacrificing quality

Many water-using devices in our homes have become much more efficient. The toilet, for example, was once a 5-gallon per flush water-waster. Then in the 1980s, it was improved to use 3-1/2 gallons per flush. In the 1990s, it was re-designed again to use only 1.6 gallons.

But there were problems. Many 1.6 gallon toilet models did not flush well. In fact, many required double flushing, which is not the way to save water.

However, in the mid-2000s, toilet design was further improved. Toilet manufacturers completely re-designed commodes to flush using only 1.28 gallons. The new designs included larger trap-ways and improved flushing mechanisms. Today's High-Efficiency Toilets (HETs) use a technology that enables them to flush better than ever. The US Environmental Protection Agency (EPA) has a program called WaterSense that rates HETs to ensure they flush adequately and save water. Any toilet marked with the WaterSense label is a water-efficient toilet that meets minimum flush performance standards. So, if you are in the market to purchase a toilet, make sure it is EPA WaterSense certified. You can find more information at www.epa.gov/watersense.



Clothes washers are another large water-using appliance in the home. Twenty years ago, the majority of clothes washers in American homes were top-loading models. Top-loading washers required the entire machine to fill with water, and then the agitator would move the clothes back and forth. Then in the late 1990s, manufacturers started making front-loading washers available. Front-loading washers are much more water and energy efficient, using less than half the water and energy of the old machines, and getting clothes cleaner with a tumbling action that is easier on fabric. For more information on water and energy-efficient clothes washers, visit the Consortium for Energy Efficiency (CEE) website at www.cee1.org.

Rebates available

For a limited time, Contra Costa Water District (CCWD) is offering rebates toward the purchase of High-Efficiency Toilets and High-Efficiency Clothes Washers. Customers can receive a rebate of up to \$125 for purchasing a qualified High-Efficiency Toilet after they receive pre-approval from CCWD.

Customers can also get a rebate of up to \$100 for purchasing a qualified High-Efficiency Clothes Washer. For program eligibility and terms and conditions, visit the CCWD Water Conservation website (www.ccwater.com/conserves) to learn more.



PLEASANT HILL FARMERS' MARKET
Saturdays, 9 am - 1 pm • Rain or Shine
Season Ends November 17
fb.com/PleasantHillFarmersMarket
Market Manager Picks:
- Crisp fall apples, homemade jams, local honey, winter squash, and more at Rose Lane Farm.
- Alhambra Valley's Bartlett and French Butter pears.
Crescent Dr. at Monument Plaza



We Gladly Accept:
WIC/EBT



www.contracostawater.org
1.800.949.FARM



Senior Center near completion

The Pleasant Hill Senior Center will be opening a new building soon and membership applications for 2013 will be accepted starting in December!

Who can be a member and how do you sign up? Anyone age 50+ can join by simply filling out a form and paying \$12! You don't even need to be a resident of Pleasant Hill to join; we have members from all over, even Texas. If you are 88+ years young, you are considered an honorary member and membership is FREE.

Why should you become a member of the Pleasant Hill Senior Center? Well for starters, members receive a monthly newsletter with the latest information on all the happenings from classes to trips. Members also receive discounts on certain classes, programs and events not to mention access to the new computer lab and early sign ups for trips at the monthly Trip Meetings.

Pick up a membership application at the current senior center office located at 249 Gregory Lane or download one online at www.phseniorcenter.com. Memberships can make great gifts too!! Don't miss out on this amazing opportunity to be a part of history as the Pleasant Hill Senior Center opens its brand new doors! For more information, call 798-8788. ♣



Teen Center celebrates grand opening!

On Saturday, October 20, the Pleasant Hill Recreation & Park District and the Chamber of Commerce held a ribbon cutting for the new Teen Center which will officially open on November 5. In addition to the ceremonial cutting of the ribbon, there was a performance by the College Park HS cheerleaders, a barbecue with hot dogs and hamburgers, and tours of the new facility. A new ping pong table, foosball, and pool table were available for play.

The new Teen Center is the first of the new facilities that is being paid for by bond sales from Measure E, which was passed by District voters in 2009. The center is approximately 5,000 square feet with a large central room, kitchen, meeting room, game area, computer stations, and offices for staff. It even has a large glass garage door opening to the Sprayground and pool area. Come on by and check it out—it's amazing! ♣



Senior Center events and activities

Get to Know your Gadget! NEW!



While you may never be too old to learn, when it comes to gadgets, you can never be too young to teach which is why once again we are partnering with the Pleasant Hill Teen Council to help you figure out your gadget! Our one-on-one appointments can cover cell phones, kindles, iPads, etc. Appointments required; please let us know what gadget you will be needing help with and if it's a cell phone, the make and model.

- ❑ Tuesday, November 20, 10am-noon
- ❑ VFW Bldg, 1919 Wendell Ln.



Library Teens go GREEN

In cooperation with local businesses and Allied Waste Services, teens from the Pleasant Hill Library had the opportunity to create and sell recycled art work at the Pleasant Hill Art, Jazz & Wine Fest. The money raised from the event goes back to teen programs at the library.

"I was so excited and thrilled on how this craft event and fundraiser happened," Heather Cummins, Teen Librarian said. "It gave our teens an opportunity to learn about recycling, what our waste company does, and gave teens the ability to explore their creative sides and to advocate for themselves with the fundraiser."

Local businesses, Afflare and Calico Corner, donated the scrap materials used for the project. This material would have normally been thrown away.

"I just hate to be wasteful," Dan Fan of Afflare Arts & Custom Framing commented. "It's a great feeling to know that all of our surplus material could be recycled and reused in a meaningful way by others. Thank you, Pleasant Hill Library and Allied Waste, for making it happen!"

Once materials were collected members of the Pleasant Hill Library Teen Advisory Group (TAG) started thinking about what they could make. Scrap foam board transformed into unique paintings and bulletin boards covered in fabric samples. Bottle caps became refrigerator magnets.

The creations were then displayed at the festival. Many teens volunteered to manage the booth and also did face painting as well as tie dye with leftover



shirts generously donated by the Pleasant Hill Chamber of Commerce.

"I really like this project," Natalie Hill, President of TAG said. "It's a fun and creative way to support the library. I'm really glad we've been able to work with other organizations."

Fellow TAG member, Sondos Nemati, added that "it's all recycling which benefits the earth."

If you know a teen interested in being involved in TAG, please contact Heather Cummins, Teen Librarian. TAG is a way for the Teen Librarian to gather



perspective and hear the voices of our community's teens. "We want to know what they and their peers want at the Pleasant Hill Library," Heather said.

Allied Waste's Recycling Coordinator, Anne Baker, is available to assist your organization with educational activities. If your business has scrap materials which might be useful for creative reuse projects, please contact Anne at 671-5806 or abaker@republicservices.com. ♣



Got E-Waste?

We can help you recycle your old, unwanted electronic equipment at a FREE E-Waste Recycling Event happening at Diablo Valley College, located at 321 Golf Club Road in Pleasant Hill, on Saturday, November 3rd and December 1st, from 9:00am until 1:00pm. The event is open to any California resident, business, school, etc. This is a monthly event that will take place the first Saturday of each month. Dropping off of your E-waste is FREE and items accepted include TVs, monitors, computers, and more - with no limit! Visit www.NoEwaste.com or call toll free, (866) 335-3373 for electronic items accepted and detailed event info. Sponsored by Electronic Waste Management, a state-approved e-waste collector. ♣

Foundation for Pleasant Hill Education (FPHE) update



Football and Food for Education!

Magoo's Grill of Pleasant Hill is teaming up with FPHE for the Football Fundraiser for Education. Bring family and friends to Magoo's to watch the game, enjoy delicious appetizers and dinner, and support local education. We'll see you there! Details below:

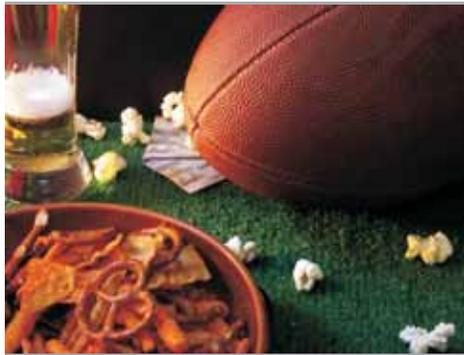
- Special runs now through December 23
- Special in effect every Sunday and Monday night, 5:00-9:00pm
- Present flier found at www.fphe.org to your hostess with every visit.
- Magoo's will donate 25% of food sales to the 2013 FPHE grant program,

and 50% of food sales on November 19!

- Magoo's Grill is located at 1250 Contra Costa Blvd., Pleasant Hill (while heading north, just beyond Ellinwood Drive)

- Review the delicious menu options at www.magoosgrill.com.

FPHE thanks owner Scott Davis and Magoo's Grill for their generosity and support of local education.



Looking forward to the 2013 Annual Campaign

To celebrate their 5th anniversary FPHE has exciting and fun-filled activities planned for the 2013 Annual Campaign. Watch for details or sign up for notifications at generalinfo@fphe.org.

If you would like to make your 2013 Annual Campaign charitable contribution in the 2012 tax year, FPHE is accepting donations early. Donate at www.fphe.org or to FPHE, P.O. Box 23851, Pleasant Hill, CA 94523 (Tax ID: 26-2326345).

Questions? generalinfo@fphe.org.

FPHE is a volunteer-led, 501(c)(3) non-profit organization committed to providing grants to Pleasant Hill public schools. The Foundation functions independently of the Mt. Diablo Unified School District and the City of Pleasant Hill. Since 2009, FPHE has awarded \$120,000 to our community's schools. ♣

Pleasant Hill Lions Club celebrates its 60th anniversary!

October 9, 1952 was an important date in the history of Pleasant Hill. On this day, the Pleasant Hill Lions Club was founded with one of its young members going by the name of Ted Winslow.

Of course, Ted is still an active member today, and many other members have enjoyed being part of the Lions Club for decades!

The club celebrated their 60th anniversary by reaching out to the community and inviting others to consider joining this fine organization. On October 17 interested folks enjoyed dinner at Jack's Restaurant as guests of the club. They learned about what Lions do, locally and internationally, plus what it takes to join. Those who attended were very impressed with everything

that the club does and especially the many humanitarian causes. In addition, the Lions have fun, and it's a great way to make friends!

The club recently provided a pancake breakfast for volunteers at Pleasant Hill Park on Community Service Day, September 22, serving over 600 guests/volunteers in 75 minutes! It took some effort by a team of hard working Lions Club



members, but was worthwhile, feeding so many who were eager to give back to the community of Pleasant Hill—from tots to seniors!

If you are interested in learning more about Lionism, call current Club President Don Flaskerud, 676-5859 or email him at raiderdon52@hotmail.com. ♣

Pleasant Hill Community Foundation's 12th Annual Allied Waste Golf Classic

The 12th annual Pleasant Hill Allied Waste Golf Classic took place on October 9, 2012 at the beautiful Contra Costa Country Club. A full field of golfers enjoyed a great day of festivities that included lunch provided by Magoo's Grill.

It was a shotgun start with players playing 18 holes of golf with on-the-course contests consisting of Long Drive for both men and women, closest to the holes on all the par-3 holes, straightest drive, chipping contest and some fun contests such as a Poker tournament and a Casino Hole. On the course this year were other food providers including Back Forty Texas BBQ, Kinder's, Meson Azteca, and Outback Steakhouse.

The Community Foundation wishes to thank the major sponsor, Allied Waste, and the major corporate sponsors, P.G.&E., Critical Solutions Incorporated, and Generations Church, and the many



Ben Chung attempting the \$1,000 chip shot

hole sponsors, tee sponsors, auction prize donors, and live auction contributors.

This year the foursome of Michael Kress, Greg Kiraly, Barry Anderson and Ben Chung shot an amazing 58 to win 1st Place. Tim Argenti of Allied Waste won the Putting

Contest. Pat Henke won the long drive contest. Ben Chung won the chipping contest and just came up short in winning \$1,000 for holing a chip shot. Bobby Glover got one



Golfers ready to go at the PH Allied Waste Golf Classic

opportunity to win \$25,000 with a shot from 165 yards on the 9th hole, but also just came up short with a great effort.



Bobby Glover trying for \$25,000 shot

Tournament proceeds for the golf classic benefit youth programs in Pleasant Hill and the Senior Care Manager Program at the Pleasant Hill Senior Center. This golf tournament has now raised over \$150,000 for youth programs in Pleasant Hill. ♣

PH Fourth of July Commission presents Fun Run proceeds to school principals

The 2012 Firecracker 5K Fun Run generated \$12,663 for Pleasant Hill schools, the largest amount in the 8-year history of the 4th of July Run.

At the October meeting of the 4th of July Commission, Chairman Allen Vinson and Treasurer Dee Wood presented checks to five principals of Pleasant Hill schools who were able to attend the meeting—Kathy Gannon-Briggs (Christ the King Catholic School), Marji Calbeck (Valhalla Elementary), Elizabeth Kim (Strandwood Elementary), Connie Cirimeli (Sequoia Middle), and Cheryl Kolano (Gregory Gardens Elementary).

Checks will also be sent to Fair Oaks Elementary, College Park High School, Horizons Home Study, Pleasant Hill

Adventist Academy, Pleasant Hill Elementary, Pleasant Hill Middle, Sequoia Elementary, and Valley View Middle.

Since this tradition started, the Fun Run, on a looping course through the downtown, has generated approximately \$71,000 for local schools.

Vinson noted, "The residents of Pleasant Hill have always been very supportive of this event knowing that it generates funds for our local schools. We are looking forward to continuing the tradition in 2013." ♣



Left to right: Allen Vinson, PH Commission Chair, Principals Kathy Gannon-Briggs, Marji Calbeck, Elizabeth Kim, Connie Cirimeli, Cheryl Kolano, and Dee Wood, PH Commission Treasurer.

PH Library activities...

► **Lego Creator's Club** First Saturdays, 3:00pm

Building imaginations with bricks and books at the library. Different challenges each month! Starts September 1!

► **African Drumming** Tuesday, November 13, 6:30pm

We welcome master drummer Benjamin Ofori for an energetic evening of drumming, singing, dancing, and performing arts originating from West Africa. This will be an amazing performance for adults and people of all ages.

► **Timothy James Magic Show** Tuesday, November 27, 6:30pm

Families will be amazed by the astounding tricks of this award-winning magician.



► **Holiday Puppet Show:** "The Nutcracker"

Tuesday, December 11, 6:30pm

The Puppet Company presents this seasonal favorite, featuring sugar plum fairies, mouse armies, mechanical toys, the snow queen, and a nutcracker who becomes a prince

► **Volunteer Literacy Tutor Training: Help an adult learn to read!**

Would you like to help an adult learn to read, write and spell better? Project Second Chance, the Contra Costa County Library adult literacy program, announces training for volunteer literacy tutors. Training begins Wednesday, 1/23/13 from 6:30-8:30pm and continues Saturday, 1/26 and 2/2/13, from 9:00am-3:00pm. All 14 hours are required. Registration for training opens

on December 12, 2012. No previous teaching experience is required. For more info, visit www.ccclib.org/psc or call 927-3250. Together we can and do make a difference!

► **Monthly Library Display**

Reserve the display case in the lobby at the Pleasant Hill Library and let your nonprofit organization be seen by our 1,000 daily visitors. Contact us at phl@ccclib.org or call 646-6434.

► **Pleasant Hill Library Meeting Room**

Available during library open hours

Thanks to the hard work of volunteers during Community Service Day, the library is excited to announce our new public meeting room for individuals or organizations! Details on how to reserve the room, the meeting room application, and usage policy can be found on our Website at www.ccclib.org.

► **Doorstep Farmers** Every Tuesday, 5:00-7:00pm

Pick up your box of organic fruits and vegetables every week at the Library by signing up with Doorstep Farmers! All subscribers have the option to donate 5% to the Pleasant Hill Library. Visit the Doorstep Farmers website to sign up (write "PLEASANT HILL LIBRARY" in the comments section of the form).

Contact Doorstep Farmers directly with questions at 349-4568, https://doorstepfarmers.com/Sign_Up.html.

► **English Conversation Practice for Adults**

Every Wednesday, 1:30-2:30pm

Practice speaking and listening to English in a casual ESL conversation

Please check the library's Website for additional information and details on all events at www.ccclib.org/locations/pleasanthill.html



Story Times

Every Wednesday, Thursday, Friday, and Saturday, 11:15am, plus Friday afternoons, 1:15pm

Preparing your child to read with songs, rhymes, and stories.

For ages 0-5.



Just for Teens

► **Wii for Teens** Every other Thursday, 3:00-4:30pm

Come have fun and meet other teens at the Library while getting your game on!

► **Teen Chess Club** Every Friday, 3:00-5:00pm

Learn more about chess, improve your game, and meet like-minded, local teens! All levels are welcome.

► **Teen Advisory Group** Every second Wednesday 3:30-5:00pm

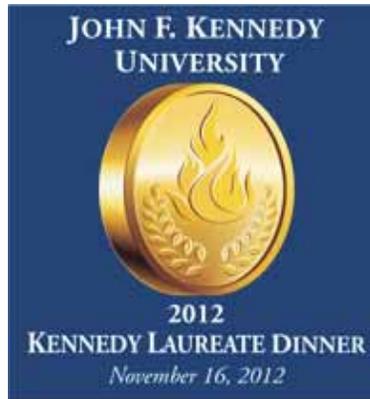
Teens can make a positive difference for themselves and their peers by participating in the Library's Teen Advisory Group (TAG). Meet other community teens and the young adult librarian to share and plan what you want to see happen at the library.



JOHN F. KENNEDY UNIVERSITY

Fitness/Health Leaders will be honored as Kennedy Laureates

John F. Kennedy University will honor former 49er Brent Jones, Olympian Natalie Coughlin, and pediatrician Dr. Patricia Francis with Kennedy Laureate Awards at this year's Gala fundraiser on November 16th at the Blackhawk Museum.



Brent Jones

This annual event, recognizing three prominent community leaders, supports scholarships specifically for Veterans and disadvantaged students.

"The University wants all returning soldiers to be supported so that they can build healthy and successful civilian lives," President Steve Stargardt emphasized. "How appropriate that our 2012 Kennedy Laureates are also focused on developing physical and mental health, not just for themselves but for everyone in their local and global community."

- **Brent Jones** played in the NFL, 11 years as a San Francisco 49er, and was a four-time All-Pro and three-time Super Bowl champion. He volunteers on the boards of Stanford Hospital and the San Jose Sharks and serves as Managing Director of Northgate Capital in Danville.



Natalie Coughlin

- **Natalie Coughlin** holds twelve Olympic swimming medals and is a health advocate with a passion for organic gardening; she also serves as a spokesperson for women in sports.

- **Dr. Patricia Francis** cares for young patients in her Lamorinda Pediatrics group and serves impoverished countries each year, providing free medical assistance for children.



Dr. Patricia Francis

Tickets are \$150 or \$250 for VIP/Private Reception. For more information, call (925) 969-3491 or email amtaylor@jfk.edu.

Counseling focuses on families as a community

JFK University's collaborative Family Resiliency Project (FRP) is directly addressing the mental health needs of children and families in the Mt. Diablo Unified School District, directly supporting homeless and foster care children.

Counselors work with at-risk families and also provide mental health services at thirteen schools. The Family Resiliency Project creates opportunities for whole family-system therapy.

"We are supporting a community, one family at a time," explains Gail Kinsley-Dame, Associate Dean of the College of Graduate and Professional Studies. "It's a very cutting edge movement because instead of working with one child, we're working with a whole family system and therapy can create a more significant and lasting change through this systemic approach."

FRP services are free and are proving to be a critical component in holding families together during difficult economic and emotional times. Spanish-speaking counselors are also providing culturally specific therapy, and student clients are monitored at school for changes in attendance or disruptive behavior.

To learn more about JFKU programs, email proginfo@jfk.edu, call 800-696-5358 to schedule a personal campus visit, or attend the University's Open Houses as follows:

- October 27: Berkeley Fall 2012
- October 27: San Jose Fall 2012
- November 3: Pleasant Hill Fall 2012
- November 24: Online Registration opens
- January 14, 2013: Winter Classes start

Upcoming Events and Key Dates

- **November 16**
Kennedy Laureate Awards Dinner
- **November 17**
People/Planet/Profitability:
Museums & Sustainability



'Tis the season for...holiday fun and frolic...

Middle school after-school program at the NEW Teen Center

Looking for a safe and fun place for your middle-schooler to go after school? The new Teen Center after school program is the perfect combination of structured activities and time to just hang out with friends. The program runs Monday through Friday from school dismissal to 6pm. The after-school program includes:



- computer access
- video games, ping pong, foosball, pool table
- homework help
- group games
- fit time, sports equipment, tournaments
- access to snacks in the snack shack

Kick off of the program will start November 5th! Try it out for free during the trial period which will run from November 5 through November 16. There will be transportation available from PHMS and VVMS for an additional fee. For more information on the program or to register; call 682-0896 or visit phteenscene.com.

The teen center will also be available for weekend rentals and teen birthday parties. ♣



Take home a turkey!

On **Sunday, November 18th** it's time to once again hit the trails for the 37th annual Turkey Trot. This challenging race is held at Briones Regional Park and includes an uphill to Briones Peak, elevation of 1,483ft! This hilly course is a total of 8.4 miles and held entirely on trails so it may not be suitable for beginning joggers. Winners will all receive turkeys and the top three finishers in each division will receive medals. Pre-register by Nov. 14th and get a free t-shirt. To register, download a flyer at pleasanthillrec.com or call 682-0896. Cost is \$20 for Pre-registration and \$25 on Race Day.



Breakfast with Santa

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast and live entertainment. Breakfast includes pancakes, sausage and more. Two different seating times are available—8:30am and 10:15am at Hillcrest Community Church. Don't forget your camera for pictures with Santa! Must pre-register by December 10. **Saturday, December 15.**

Learning at your fingertips!

Pressed for time this holiday season but still want to develop new skills or boost expertise in areas? PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities so you can take classes according to your schedule! The variety of classes offered can enhance your performance at work, school, and home. Every class comes with a certificate of completion, which you can print on your own. Each of the following categories offers numerous classes: Accounting & Finance, Business, College Prep, Computer & Technology, Health Care & Medical, Language & Arts, Personal Development, and Teaching & Education. Visit www.ed2go.com/pleasanthillrec for more information and to register for classes. ♣



Pleasant Hill Dolphins Swim Team tree lot

Choose a beautiful tree and support the Pleasant Hill Dolphins Swim Team at the same time! Now in its 30th year, the lot opens on November 23 in the parking lot at Winslow Center, on the corner of Pleasant Hill Road and Taylor Boulevard. ♣





Veterans Day observance at the Soldier's Monument

When: Sunday, November 11

Time: 10am-12pm

Where: The Contra Costa County Veterans Monument on Contra Costa Blvd at Boyd Road



Join the American Legion and others this year in commemoration of Veterans Day on Sunday, November 11 beginning at 10am. The program will include participation by:

- The Mt. Diablo High School Jr. ROTC Color Guard/Drill Team
- Star Quest vocalist, Alexa Heine, who will sing the National Anthem
- PH Boy Scouts of America Troop 401, who will present the FLAGS OF OUR NATION.

Cub Scout Pack 232 will distribute U.S. flags to the youth and badges to each veteran as a thank you for their service. A costumed Uncle Sam will also deliver a Veterans Day poem.

This program is sponsored by Pleasant Hill Rotary, Pleasant Hill Lions, American Legion and VFW. The emcee, Richard Henne, will officiate. Rotary President Dick Marvin and Lions Club President Don Flaskerud will deliver brief comments on the contribution of veterans to our nation. A 20 x 40-ft tent enclosure and seating will provide shelter in the event of inclement weather and refreshments will be offered by the Pleasant Hill Lions Club. Sound system and recorded music will be provided, courtesy of John Lytle. There is ample free parking at the Pleasant Hill City Garage across Boyd Road and the general public is welcome to attend. Please note that Boyd Road will be closed at Contra Costa Boulevard from 9am to 1pm.

Representatives from the Martinez VA Medical Facility, Concord Vet Center, County Veterans Service Office, and the Employment Development Department will be present to provide information and materials regarding their services to veterans.



**DVC drama presents
the intense new drama:
The Exonerated by Jessica
Blank and Erik Jensen**

THE EXONERATED tells the true story of six innocent people who were convicted and sentenced to death for crimes they did not commit. Through tireless advocacy and an unshakable belief in their innocence, the six survivors earn their release from prison but are left to deal with the aftermath of an American justice system that failed them. Constructed entirely out of interviews, letters, transcripts, and case files, the stories are mini-chronicles of lives destroyed and precious time wasted, yet are testimonies to the fact that hope and faith can survive in even the bleakest of situations.

THE EXONERATED, by Jessica Blank and Erik Jensen, is directed by Kerel Rennacker and runs November 30-December 9. Showtimes are Fridays and Saturdays at 8:00pm and Sundays at 2:30pm. Ticket prices are \$20 General Admission, \$15 seniors, \$10 students. For tickets, call the box office at 687-4445 or for more information go to our website at www.dvcdrama.net. DVC Drama is located at 321 Golf Club Rd, Pleasant Hill, CA 94523 with free parking for all performances. ♣

Our rockin' community! Events for November and December 2012...

Date	Event	Location	Organization	Contact
Nov 3	JFK Open House	JFK University	JFK University	800-696-5358
Nov 3	E-Waste Recycling Event	Diablo Valley Collette	Electronic Waste Management	866-335-3373
Nov 11	Veteran's Day Observance	Soldier's Monument, PH	Rotary, Lions American Legion, VFW	930-6091
Nov 13	African Drumming	Pleasant Hill Library	Pleasant Hill Library	646-6434
Nov 16	Kennedy Laureate Awards Dinner	Blackhawk Museum	JFK University	969-3491
Nov 18	Turkey Trot	Briones Regional Park	Pleasant Hill Rec	682-0896
Nov 2-0	Get to Know Your Gadget	VFW Bldg	Pleasant Hill Senior Center	798-8788
Nov 23	PH Dolphins Tree Lot opens	Winslow Center parking lot	Pleasant Hill Dolphins	682-0896
Nov 27	Timothy James Magic Show	Pleasant Hill Library	Pleasant Hill Library	646-6434
Nov 28	Light Up the Night	Downtown Pleasant Hill	PH City, PH Rec, Downtown PH	671-5229
Nov 30	"The Exonerated" (until Dec 9)	DVC Performing Arts Center	DVC Drama Department	687-4445
Dec 1	E-Waste Recycling Event	Diablo Valley College	Electronic Waste Management	866-335-3373
Dec 11	"The Nutcracker" puppet show	Pleasant Hill Library	Pleasant Hill Library	646-6434
Dec 15	Breakfast with Santa		Pleasant Hill Rec	682-0896

The City of Pleasant Hill is committed to promoting and supporting the business community within the City. The economic vitality of Pleasant Hill is dependent on a strong business sector, and the City plays an important role in making this happen. To find out more about Economic Development efforts in Pleasant Hill or for additional information on locating or expanding your business operations in the City, please contact Kelly Calhoun at 671-5213 or Kcalhoun@ci.pleasant-hill.ca.us.



New businesses August 2012

Akatera (online marketing)
70 Doray Dr., #14
(925) 344-8578

Ant Tree Studio (editing and archiving of photos & documents)
(510) 295-3519

Arch Telecom
(sales of cellular phones)
967 Contra Costa Blvd.
(925) 849-6135

Carrie Veurink
(consulting for non-profits)
(925) 849-7500

Enstroms Handyman (home repairs)
(925) 878-9844

Essential Wellness
(sales of essential oils)
(925) 997-2226

Fate Factory (film and media office)
(510) 730-9328

Handyman Solutions & More
(gutter & window cleaning, painting)
(925) 848-8449

Mark Stebbins Financial
(web-based commercial real estate)
(925) 521-0395

Mary Christine Woodrow
(hair stylist)
81 Gregory Lane, #120
(925) 325-5222

Pop Mama Pop
(sale of gourmet popcorn)
(707) 499-6912

Premier Healthcare Service
(home health care agency)
620 Contra Costa Blvd., #209
(925) 356-3333

Russian Step by Step (books and CDs)
(925) 935-1487

Silk Nail Spa (nail salon)
1892 Contra Costa Blvd.
(925) 825-2179

Veg Vogue (online animal magazines)
(973) 572-9864

Vnuit (software & project management consulting)
225 Coggins Dr., #129
(347) 468-7313

New businesses September 2012

CFC Business Solutions (bookkeeping and accounting management)
(925) 212-7323

Dolce Vita
(silver jewelry sales at DVC)
(530) 230-7748

The Gunworks
(firearms sales & repair)
1942 Linda Drive
(925) 676-4117

Hollywood Nails (nail salon)
100 Longbrook Way, #12
(925) 682-2011

Om World
(online sales of flavored olive oil)
(415) 999-5969

Royal Springs Massage
(massage therapy)
2049 Contra Costa Blvd., #C
(925) 825-2388

Simpson Security & Safety
(security consulting)
(510) 719-1174

Business license renewal notices will be in the mail shortly

It's nearly time for business owners in Pleasant Hill to be on the lookout for business license renewal notices. The notices will be mailed in mid-December to the mailing address on file. If your business mailing address has changed since last December, notify the City's Business License Division at 671-5234 as soon as possible to update your records and avoid having to re-send returned mail to you. This will allow business owners the full grace period ending January 31, 2013.

You should also notify the Business License Division if you are no longer in business, have sold, closed or moved out of the City. A brief note explaining the situation, signed and dated, and sent to City of Pleasant Hill, Business License Division, 100 Gregory Lane, Pleasant Hill, CA 94523 or email to Lrodriguez@ci.pleasant-hill.ca.us.



City Meetings

NOVEMBER

WHEN	WHAT	WHERE
Thu 1 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 5 7:30pm	City Council	Council Chambers
Wed 5 9:30am	Commission on Aging	City Hall Small Community Room
Wed 7 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 13 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Thu 13 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 12	City Hall closed for Veterans' Day holiday	
Tue 13 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 13 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 15 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 19 7:30pm	City Council	Council Chambers
Thu-Fri 22-23	City Hall closed for Thanksgiving holiday	
Tue 27 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Wed 28 7:00pm	Education/Schools Advisory Commission	City Hall Small Community Room

DECEMBER

WHEN	WHAT	WHERE
Mon 3 7:30pm	City Council	Council Chambers
Wed 5 9:30am	Commission on Aging	City Hall Small Community Room
Wed 5 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 6 5:00pm	Architectural Review Commission	City Hall Small Community Room
Tue 11 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 11 7:30pm	Planning Commission (Public Hearing)	Council Chambers
Thu 13 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room
Mon 17 7:30pm	City Council	Council Chambers
Thu 20 5:00pm	Architectural Review Commission	City Hall Small Community Room
Mon 24	City Hall closed for Christmas Eve holiday	
Tue 25	City Hall closed for Christmas holiday	
Thu 27 5:00pm	Zoning Administrator (Public Hearing)	Planning/Public Works Conference Room



CITY OF PLEASANT HILL

100 Gregory Lane
Pleasant Hill, CA 94523-3323
925-671-5270
www.pleasant-hill.net

CITY OFFICIALS

Mayor John Hanecak
Vice Mayor Michael G. Harris

Councilmembers

David Durant
Jack Weir
City Manager June Catalano
City Clerk Marty McInturf
City Treasurer Mark W. Celio

City Council meetings are broadcast on Comcast channel 28, U-Verse Channel 99, and Astound Channel 29 on 1st and 3rd Wednesdays at 7:30pm.

Meetings are also available on the City website under "Council Webcast."

CITY HALL HOURS

Monday–Wednesday 8:30am–5:00 pm
Thursday 8:30am–6:00 pm
Friday 8:30am–1:00 pm



The City of Pleasant Hill newsletter is published bimonthly. Deadline for articles for Jan/Feb is December 7. Ideas are always welcome. Local non-profit groups may submit articles to the Public Information Officer at 100 Gregory Lane, Pleasant Hill, CA 94523. For information, call Martin Nelis at 671-5229, fax to 680-0294, or email to mnelis@ci.pleasant-hill.ca.us.

PUBLISHED ON RECYCLED PAPER



Editor/Writer Martin Nelis, PIO
Design/misc photos Donaghu Graphic Designs

COVER: Lake at Award-winning City Hall

Important Phone Numbers

Police/Fire Emergency 911
Police (Business) 288-4600
Fire (Business) 941-3300
Public Services Center 671-4646
Chamber of Commerce 687-0700
Recreation & Parks 682-0896
PH Bayshore Disposal 685-4711
PG&E 800-743-5000
Senior Center 798-8788
Senior Van Service 671-5272



City of Pleasant Hill
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Light Up The NIGHT!

in Downtown Pleasant Hill

Join Santa, Mayor John Hanecak, and Pleasant Hill Rec Board Chair Dennis Donaghu in lighting our spectacular 25-foot Holiday Tree on Crescent Drive

Wed ♦ Nov 28 ♦ 5:00-8:00pm

2012 EVENT HIGHLIGHTS.....

- ♦ FREE horse-drawn carriage rides ♦
- ♦ Holiday arts & crafts fair ♦
- ♦ FREE hot chocolate and cookies ♦
- ♦ Merchant Open House with discounts and giveaways ♦
- ♦ Frosty, Rudolph & other costumed characters on Crescent Drive




♦ Entertainment at Plaza at Pasta Pomodoro

5:45-6:00pm — College Park High School Concert Choir
 6:00pm — Tree Lighting Ceremony

6:10-8:00pm — Pictures with Santa (bring your own camera)

♦ Entertainment at Downtown Plaza Stage
 (between Sweet Tomatoes and Jack's Restaurant)

5:00-6:00pm — Various Choir Ensembles
 6:10-6:30pm — College Park High School Concert Choir
 6:40-7:30pm — Studio A Dancers

For more details email mnelis@ci.pleasant-hill.ca.us or call (925) 671-5229

This evening of merriment is brought to you by






City of Pleasant Hill
 Pleasant Hill Recreation & Park District
 Downtown Pleasant Hill