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Pleasant Hill Farmers' Market returns for the season



The Pleasant Hill Farmers' Market returns for the season on Saturday, May 7. The market will be held every Saturday from 10am until 2pm on Trelany Road and Gregory Lane near City Hall. The opening day ceremonies will be a fun-filled celebration to kick off the start of a brand new season!

Local dignitaries will be on hand, entertainment will keep your toes tapping, and arts and crafts will keep the kids occupied. Trelany Road is the perfect setting for those wanting to buy locally grown produce while enjoying everything Downtown Pleasant Hill has to offer.

After buying some fresh produce, baked goods or kettle corn, you can relax on the lawn at City Hall and listen to music from



the "The Famous ThreeO" band led by local musician and longtime Pleasant Hill favorite, Ken Cooper. There will be facepainting and a "Peach Pitch" game for kids to enjoy.



A variety of local farmers and food producers will be there throughout the season to provide fresh seasonal produce, such as strawberries, asparagus, cherries, peaches, and summer squash, and hand-crafted foods to enjoy.

Bring family and friends to enjoy your local farmers' market. The market will remain open through the season until November 12. ♣

Coupons for Farmers' Market!
See page 12!



Private parking areas

Public hearing to be held to notify private parking operators of changes in Code (p. 2).

2016 Election

Nomination and filing period for City councilmembers and treasurer (p. 2).

Organic Waste Composting

New laws for businesses to combat growing landfills (p. 3).

Citywide garage sale!

See page 4 for details on this amazing event.

JFK University

Learn about JFKU's new expanded Veterans assistance facility and workshops (p. 6).

Lakeside concerts!

They are back! See page 13 for complete schedule of bands.

City proposes changes for private parking areas in Pleasant Hill

City staff has recently been contacting private property owners and private parking operators regarding an upcoming public hearing to introduce an ordinance which would amend Chapter 10.15 of Title 10 of the Municipal Code with respect to the regulation of unauthorized parking at private parking facilities.

The City adopted Chapter 10.15 in 2002 to allow for the enforcement of private parking regulations. In 2015, the Governor signed AB 451 into law, significantly amending California Vehicle Code Section 21107.8. This new law requires changes to the City's existing private parking ordinance to align with state regulations and to provide the local authority needed by private property owners to regulate parking at private parking lots.

The key changes to Chapter 10.15 include the following:

- Aligning the local ordinance with State law
- Streamlining and improving signage requirements
- Updating fee information
- Updating and clarifying definitions
- Removal of cumulative violations in different jurisdictions
- Providing a dispute resolution procedure reviewed by Parking Director
- Providing for a multi-level appeal process

The City recognizes that there is community value in allowing private property owners and their merchant tenants manage their own parking to ensure that there is adequate parking for customers who are choosing to shop in Pleasant Hill. The public hearing is scheduled for the City Council meeting on May 16 at 7:30pm.

If you have any questions about the proposed amendment to the Private Parking Facilities Ordinance please contact Kelly Calhoun, Economic Development Manager at (925) 671-5213 or kcalhoun@pleasanthillca.org. ♣



Election of City Councilmembers

On November 8, 2016, Pleasant Hill voters will elect three City Councilmembers and one City Treasurer. The nomination period will begin at 8:30am on Monday, July 18, 2016 and end at 5:00pm on Friday, August 12, 2016. However, if one of the incumbent officeholders does not file by the August 12th deadline, the nomination period for that vacancy will be extended (for any qualified person, other than the incumbent) until 5:00pm on Wednesday, August 17, 2016.

Nomination papers can be obtained from the City Clerk's Office during the nomination period. Candidates must be registered voters of Pleasant Hill at the time the nomination papers are issued.

Candidates are invited to contact the City Clerk's Office at (925) 671-5237 for election details. You may also email Danielle Habr at dhabr@pleasanthillca.org.



Celebrating Small Business Week in Pleasant Hill

Small business continues to be the backbone of America's economy, employing half of our country's private sector workforce and creating many jobs. Cities have a lot of different types of businesses that make them interesting, but what would they be without small businesses?

May 2-7, 2016 is National Small Business Week, a perfect time to demonstrate support of the small businesses located in your neighborhood and in the City with your patronage. During this week, and whenever you can, help small businesses thrive in Pleasant Hill! Don't forget to check out ShopPleasantHill.org for information on where to Dine, Shop & Enjoy Pleasant Hill, or like us on Facebook at [ShopPleasantHill](https://www.facebook.com/ShopPleasantHill). ♣



State law mandates organic waste composting

Did you know that California disposes 30 million tons of waste in landfills every year? It is estimated that over 30% of what ends up in the landfill could be used for compost or mulch.

To combat this needless waste, State law AB1826 now requires businesses to recycle organic waste, including food, food soiled paper, and yard waste. The law is being phased in, with the largest generators of organic waste required to begin recycling since April 2016. The material will be hauled by Republic Services to an industrial composting facility in Richmond.

★ Diablo Valley College (DVC)

Diablo Valley College's culinary and custodial departments have embraced the program, working together to ensure the campus is in compliance with the law.

"We are happy to be part of the program," culinary department chair Chris Draa said. "Recycling is a large part of the industry. It is good to teach students this from the beginning."

Culinary student Maria Ellis Do Amaral said the program builds on what she has been learning in two Sustainable Hospitality courses, one of which is held at Rodgers Ranch Urban Farm. "It shows the commitment of the school and the State to move forward with composting, recycling, and reducing waste."

★ Rodgers Ranch Urban Farm

Rodgers Ranch Urban Farm was ahead of the curve and has been helping the culinary department compost vegetable trimmings and other items since 2012. "The students fill up big barrels in the kitchen, and then come to class at the farm and work on the compost piles. This has been a real eye-opener for them. Seeing what you toss into the trash and working to chop it up in the compost bin really makes you appreciate just how much gets thrown out," says John Matthesen (Farmer John), head of Rodgers Ranch Urban Farm.

DVC's new organics recycling program can accommodate additional items that traditional home-composting programs cannot handle, including meat and other processed foods, as well as paper towels and plates.

"It's not just garbage anymore," Chef Paul Bernhardt said. "It's all about environmental responsibility and teaching students the importance of recycling to the environment."

Kudos also to Contra Costa Country Club for beginning their organic waste recycling program, spearheaded by Executive Chef Chad Whitman. ♣

Golf Club Road Bridge replacement project

City leaders and other elected officials celebrated the opening of the new Golf Club Road Bridge on April 12 with a ribbon cutting ceremony.

Originally built in 1952 with two lanes, the bridge was widened to four lanes in 1969, and further widened in 1977 to include sidewalks. In 2000, the structure of the bridge was significantly reinforced to repair damage done by a fire.

The current bridge replacement project was completed in December 2015 and included reconstructing the bridge to withstand a 100-year-flood event and to meet state seismic standards.

The new bridge structure includes:

- New concrete curb, gutter, and wider sidewalk
- New ADA compliant curb ramps
- New bike lanes
- New decorative LED street lighting and pedestrian level lighting
- New enhanced pedestrian crosswalks along Golf Club Road
- New drought tolerant landscaping and water efficient irrigation system.



This project was funded by \$5.6 million in Federal Highway Bridge Program funds, administered by the California Department of Transportation; \$496,000 in Measure J Transportation for Livable Community funds, administered by the Contra Costa Transportation Authority; and \$604,000 in local City funds, for a total of \$6.7 million dollars. ♣



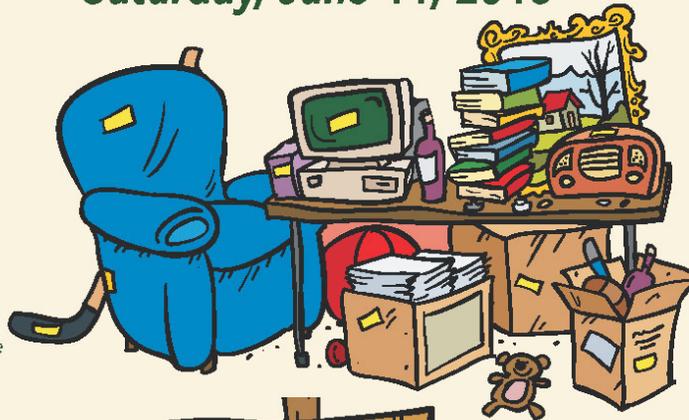
Pleasant Hill Citywide Garage Sale

Don't trash it — Sell it!

Saturday, June 11, 2016

If you're a seller...

- Register the address of your sale by going online and entering your information at the website www.pleasanthillgaragesale.com.
- You may also register your sale by calling (925) 671-5806.
- Deadline to register is Thursday, June 9, 2016.
- To direct traffic to your sale, post street signs (not in public rights of way) and advertise online or in newspapers. Please take all signs down after your sale.



Questions?

Online:

www.pleasanthillgaragesale.com

Phone: (925) 671-5806

Email: abaker@republicservices.com

If you're a buyer...

- Go online and visit the website www.pleasanthillgaragesale.com to find households taking part in the citywide garage sale.
- Start early but not before listed times. Experienced shoppers come early to find the best buys.
- Bring a reusable bag, which will allow you to carry heavier items more easily and to protect fragile objects.



A joint effort by the City of Pleasant Hill & Republic Services to protect the environment and conserve resources through reuse.

Sponsoring
Businesses:

**BERKSHIRE
HATHAWAY**
HomeServices
Drysdale Properties



Drive safer, longer... come to CarFit!

Driving is a skill that can and should be continually improved. Even the most experienced drivers can become safer behind the wheel.

For example...

- Do you know how to adjust your mirrors to eliminate blind spots?
- Is your steering wheel at the best height and tilt to prevent injury should your air bag deploy?

Get answers to these and many more questions at Pleasant Hill's 5th annual CarFit event on May 21. This is a fun and FREE community event. It takes a mere 15-20 minutes of your time to ensure that you and your car are a perfect fit!

CarFit provides a comprehensive check of how well you and your car work together. Trained technicians and an Occupational Therapist are on hand to teach you tips to optimize your comfort and safety behind the

wheel. Studies have shown the program helps to reduce collisions and injuries, so please join us!

Pre-registration is required. Please call Danielle Habr at (925) 671-5221 to sign up.

Can't make the event? Here are some other recommended senior driving resources:

- **AARP Safe Driver Course**—check their website for local class options, including courses offered periodically at the PH Senior Center.
- **Seniordriving.aaa.com**—you may get a discount on your insurance if you complete AAA's defensive driving course.
- **www.aota.org/olderdriver**—this site offers information to help you stay on the road.
- **Pleasant Hill Senior Van Service**—call (925) 671-5272 (for more information about this wonderful, local transportation option go to www.pleasanthillca.org and enter senior van in the search box. ♣



CarFit is a free, interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers and their vehicles.

Where: The Church of Jesus Christ of Latter-Day Saints
555 Boyd Road, Pleasant Hill

When: Saturday, May 21, 2016
10:00 a.m. to 1:00 p.m.

Contact: Danielle Habr at
(925) 671- 5221

**RESERVATIONS ARE
REQUIRED**



Senior Van Service dispatchers needed

The Pleasant Hill Senior Van Service needs volunteers to take phone reservations one day a week between 9am and 11am (and on-call if other dispatchers are not available for their shift).

If you are interested please call the Senior Van office at (925) 671-5272 or email the Senior Van Service Coordinator, Kathy McVey, at srvanservice@pleasanthillca.org.



Expanded Veteran Center opens at JFK University: Supporting Front Line to Home Front Transition

Addressing a growing need to serve local veteran students, John F. Kennedy University just opened a newly-expanded veteran assistance facility on the main Pleasant Hill campus. The VALOR Center—which stands for Veterans Academic Ladder for Opportunity and Resilience—provides an integrated suite of services to veterans resulting from a \$326,000 federal grant from the Department of Education.

The Center offers wrap-around veteran services in academic advising and tutoring, computer training, mental health referrals, career guidance, and library services. Center staff are also involved with community outreach through the University's annual "Front Line to Home Front" workshop, sponsored by the Dean & Margaret Leshner Foundation.

"Our military and veteran students have sacrificed so much for our country, and we are very pleased to be providing them with this state-of-the-art Center," explains Debra Bean, President of JFK University. "We are dedicated to creating an exceptional student experience, and that means providing our military students with specialized resources that make their transition to civilian life a transformative experience through education."

JFK University is acknowledged as a Military Friendly school by Victory Media and recognizes the power of education to help transform the lives of veterans in their career transition. The VALOR Center's expansion also reflects a nationwide need for such services.

"It's important to do all we can to ease this process of transitioning to civilian life," explains Jared Anderson, Army veteran and JFKU Veteran Academic Advisor.

Veteran and JFKU graduate student Chad Eklof says the VALOR Center support is one of the main reasons he enrolled. "I use the Center all the time to study, to socialize with other veterans, to learn about anything that may be changing regarding veterans benefits," adds Eklof, who spent 23 years in the Army. "Moving to a larger center and expanding programs really underscores the fact that JFK University considers veterans a valuable part of the campus."



JFK University Workshops

The following free workshops are offered at JFK University as part of the Master's Program in Consciousness and Transformative Studies.

■ Opening the Heart to Grace

JFK University, Room S116

Saturday, June 4, 10am–4pm

Have you ever wondered why your greatest efforts are never enough? How often have you confronted the limitations of your own consciousness in failure, heartbreak, suffering, and pain?

The phenomenon of grace manifests itself in our most desperate moments. Hidden in these confounding seasons of personal loss is the transforming power of grace. In this enlightening workshop, you will discover:

- The origin and true nature of grace
- The close relationship between grace and powerlessness
- In what ways we invite and cooperate with grace
- Grace as a spiritual path to higher stages of consciousness

Shawn T. Ellison is a mystic of varied experience, and is deeply invested in the collective transformation of human consciousness through grace and challenging our cultural limitations of spiritual development. He has been a Pediatric Oncology/Stem Cell Transplant registered nurse for nearly five years. For reservation or further inquiry, please email sellison@email.jfku.edu.

■ Do-In Meridian Exercises:

Liberate the Body, Mind, and Spirit

JFK University, Room 108

Saturday, June 4, 10am–4pm

Are you interested in learning gentle exercises that activate energy flow in each area of the body? What if through these exercises you could restore harmonious functioning of your internal organs, glands and systems? Are you curious how to build a healthy relationship with your own body? If your answer is yes, this is a workshop for you!

Do-In exercises offer a way of living based on a value system rooted in Eastern traditions. Do-In's aim is physical betterment and wellbeing, including the development of mental and spiritual abilities.

During this one-day experiential workshop we will delve into the following topics:

- Doorways to the body's wisdom
- Holistic perspective of health
- The body's subtle energetic system
- Do-In exercises to energize physical and mental vitality

Jazmin Danos is a teacher of Pranic Healing and has studied Shiatsu Bodywork in Europe. She has extensive experience in energetic healing, free dancing and spiritual practices. She holds a Masters' degree in engineering and currently an international Master's student in Consciousness and Transformative Studies at JFKU. For more information or to reserve a seat please contact Jazmin at jdanos@email.jfku.edu.

JFKU Workshops —continued

■ Energetic Practices for Transformation: Insight, Awareness, and Self-Expression

JFK University, Room S108

Saturday, May 21, 10am–4pm

Would you like to feel more energized and alive in your daily life? Join Karen for a day of enjoyable transformative practices that will leave you feeling more open, relaxed and balanced. Celebrate with a community of friends as we explore our inner selves, practice communicating with others, and let go into yoga and dance. All ages welcome!

In this fun and joy-filled day together, we will practice:

- ❑ Writing from the Soul
- ❑ Empathic Communication
- ❑ Kundalini Yoga (no experience necessary)
- ❑ Expressive Dance

A former public school teacher, Karen Parrish has been a Healing Arts Practitioner since 1984. She is a registered Kundalini Yoga instructor and a certified Massage Therapist. To register or for more information, please contact Karen at karenp211@gmail.com.

■ The Practice of Wholeness:

Spiritual Transformation in Everyday Life™

JFK University, Room S116

Saturday, May 21st, 10am–4pm

Do you find yourself stuck in emotional ruts, feeling fragmented or disconnected from life? Are you longing to integrate your spiritual life with everyday life? Would you like to know how and when to access the resources within and around you more easily?

Integration of our spiritual and everyday life allows us to sense our wholeness and interconnectedness. Everyone has the capacity to feel, see, and hear the voice of wholeness, which informs us and has a say in how we move through and experience the world. Insight is not enough...transformation to wholeness is found in the practice.

Join us for an experiential workshop to explore Practices of Wholeness, where you will:

- ❑ Learn to check-in with your body, emotions, mind and spirit
- ❑ Develop skills in mindfulness, curiosity and witness consciousness
- ❑ Experience practices that lead to a sense of wholeness

Tammy Stocker is a Hakomi Practitioner, Massage Therapist, and a Masters candidate in Consciousness and Transformative Studies at JFKU. Inspired by her personal experience of transformation, she is passionate about helping others cultivate a sense of wholeness in their own lives. Please bring your lunch! Email tammy@thepacticeofwholeness.com to reserve your seat.

2016 Relay For Life® dedicated to Steve Sage and Collette Means

This year's Pleasant Hill Relay For Life, on May 21-22 at the PH Middle School Track Area, will be dedicated to two inspiring individuals who are battling cancer.

They are Steve Sage, teacher of the popular Rock, Rhythm & Blues class at Diablo Valley College, and Collette Means, a former Relay "Hero of Hope", a past PH Relay committee member, and captain of her "Army of Angels" Relay team.

A powerful way to participate in the fight against cancer, Relay For Life is an awareness-raising and fund-raising event to support the American Cancer Society.

Pleasant Hill's seventh annual Relay will be held May 21-22 at the Pleasant Hill Middle School track. It runs from 10am Saturday to 10am Sunday, a 24-hour event to signify that cancer never sleeps and neither does the fight against cancer.

Members of the public—including children and people of all abilities—are invited to visit this free event and take part in energetic, enjoyable and awareness-raising activities.

Cancer survivors (including those in wheelchairs) and their caregivers will be honored in the opening lap. Saturday evening, the solemn Luminaria ceremony will remember those who are fighting or have lost the fight against cancer. It is held after sundown, and the walking track is illuminated by glow sticks.

Steve Sage and his talented musicians have entertained and enlivened the Pleasant Hill Relay since its inception. He was recently diagnosed with stage 4 cancer.

Collette Means, diagnosed with stage 4 cancer in 2011, was given two years to live. She said "no" and amazed her doctors as she persevered through multiple therapies and clinical trials.

Currently in hospice, Collette continues

with her Relay team to raise funds for ACS.

At the Relay, teams that have been raising money for weeks or months will have at least one member walking the track throughout the event.

The Relay ends at 10am Sunday with a "fight back" lap to underscore participants' pledges to healthy lifestyles and specific cancer-thwarting efforts.



Musician Steve Sage



Collette Means

Details about the PH Relay can be found on its website, <http://relayforlife.org/pleasanthillca>, by e-mailing relayforlifeph@yahoo.com, or by calling (925) 944-4898.



PH Library activities...

➤ **Maker Monday**

Monday, May 9, 6:30-8:00pm

Comic Book Night

Come in costume to celebrate your favorite funnies and superheroes at the library. In honor of Free Comic Book Day, you can pick up your free comics and make your very own at this creative family event!

Monday, June 13, 6:30-8:00pm

Ice Cream and Sunprints!

With the power of the sun you will be making pictures on photoreactive paper. Then, beat the heat with your own handmade ice cream!

➤ **Tinker Tuesday**

Tuesday, May 10, 3:00-4:30pm

Tuesday, June 14, 3:00-4:30pm

If you miss the evening make and take events, drop in the day after.

➤ **ACT/SAT Essay Writing Workshop**

Saturday, June 11, 10:00-11:30am

➤ **Mount Diablo Interpretive Association Presents: Mount Diablo Wildflowers!**

Monday, May 16, 6:30-7:30pm

It's spring on Mount Diablo, and the slopes and canyons of our favorite mountain are alive with the delightful colors of native wildflowers. But there's more to our native flowers than meets the eye.



➤ **Summer of STEAM – Summer Reading Festival**

June 1-July 30

Beginning in June, kick off the world of Science, Technology, Engineering, Arts, and Math this summer with the STEAM Reading Challenge! Come into the library or visit the website for more information in May. Engage, Inspire, Succeed!

➤ **Magical Moonshine Theatre:**

Coyote Sings

Monday, June 6, 6:30 – 7:30pm

In this retelling of a Native American tale “Coyote Sings”, a bungling coyote, tries to learn a song while also hunting and impressing his friends.



➤ **Summer Coding Club**

Tuesdays, June 21-July 26, 4-5pm

Use Minecraft, Scratch, and Code.org to make your own games. For youth of all skill levels. Register at the library or online starting June 1. <http://goo.gl/9umu3N>.

➤ **Indie Innovators**

Fridays, 10:15am-12:15pm
(ending June 10)

A unique opportunity for independent learners in middle and high school. Explore the world of multimedia art and design. Create self-selected projects with real world applications. Assist and inspire Ingenuity Lab participants. Earn Volunteer Hours.

➤ **Ingenuity Lab**

Fridays, 11:00am-12:00pm (ending June 10)

A place for families to explore, discover, and create together. Explore STEM concepts while complete exciting challenges. Meet us in the Public Meeting Room!

➤ **Lego Creators Club (with Robots!)**

Every Saturday, 2:00-3:00pm

Make anything you can imagine with our huge collection of Legos! Explore the programmable universe of Lego Mindstorms with EV3 robotics kits!



Teen Advisory Group Every 2nd and 4th Wednesday of the month, 3:00-4:00pm

Meet with other community teens and the young adult librarian to share and plan what you want to see happen at the library.

Storytimes

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

Introduce your child to the wonderful world of words at any of our fun and musical storytimes!

Join us on Thursdays for an enriched S.T.E.A.M. storytime with stories, songs and activities focusing on science, art, math and more!



Pleasant Hill Library display case

Reserve the library's free lobby display case for your nonprofit organization and connect with 1,200 visitors a day. Contact the library at p hl@ccclib.org for an application.

Pleasant Hill Library Meeting Room and Small Study Room available during library open hours. Details on how to reserve these rooms at www.ccclib.org.

For additional information and details on events, go to www.ccclib.org/locations/pleasanthill.html

➤ **Senior Center Book Club**

May 2 and June 6, 12:00-1:00pm

Join us for a fun and casual book discussion hosted by the library at the Pleasant Hill Senior Center! Books will be provided for you to borrow.

Afternoon Book Club, May 13 and June 10, 1:00-2:30pm.

➤ **Adults Learn to Read Free**

Project Second Chance (PSC) is the Contra Costa County Library's adult literacy program. If you are interested in volunteering to help an adult learn to read, write and spell



better, registration is open for the tutor training class. No previous teaching experience is required. Please visit www.ccclib.org/psc/tutors for more information. Together we can make a difference!

➤ **First Year Moms' Group**

Fridays, 10:00-11:00am

For parents with babies 0-12 months. Connect with other parents going through the same things! Topics covered include: breastfeeding, sleep routines, and introducing food. Hosted by Bethany, a doula and childbirth educator with SFBayBirth, who will be providing practical and evidence based information. Meet in Room A, then stay for Friday storytime in the main library at 11:15am!

➤ **Eco Studio**

Third, fourth, and fifth Wednesdays of the month, 3-5pm, check www.ccclib.org for specific dates.

Learn to machine sew your own fabulous up-cycled fabric creations!

➤ **English Conversation Practice for Adults**

Every Wednesday, 1:30-2:30pm

Drop in to practice speaking and listening to English in a casual ESL conversation group.

➤ **Doorstep Farmers**

Every Tuesday, 3:30-7:00pm

Pick up a box of organic fruits and vegetables every week at the Library! Contact Doorstep Farmers directly to sign up at (925) 349-4568 or www.doorstepfarmers.com. All subscribers who request delivery at the Library have the option to donate 5% to the Pleasant Hill Library. ♣



Friends of Pleasant Hill Library Annual Meeting

Will Pleasant Hill get a new Library? Hear keynote speaker Mayor Sue Noack as she gives an update on the latest planning for a new Library. Come with your thoughts and questions—we want to hear from you!

This is the Friends' Annual Meeting, with a short business meeting to elect officers and vote on bylaws changes. Light refreshments will be provided courtesy of Friends' Board members. Bylaws changes can be found online at PHLibraryFriends.org and will be sent out early to members.

It's a FLASH sale...dont miss it!

Friends of the Pleasant Hill Library invite you to the first 2016 FLASH SALE on Saturday May 14 on the front patio of the Library. It has been a few years since we've seen a FLASH book sale popping up in front of the Library. This will be a smaller sale, with selected books—get your start on great summer reads. Come and check out gently-used books at great prices! All proceeds benefit programs and materials for the Pleasant Hill Library.

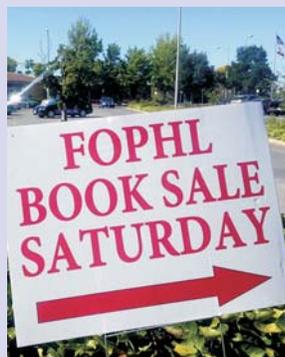
➤ **Date:** Saturday, May 14

➤ **Time:** 9:30am-1:30pm

➤ **Place:** Patio in front of Pleasant Hill Library, 1750 Oak Park Blvd (As always, weather permitting).



GIANT Used Book Sale



The next parking lot used book sale will take place at the Pleasant Hill Library on Saturday, June 18.

➤ Bargain prices for everyone from 10:00am until 3:30pm: \$1.00 hardbacks, 50¢ paperbacks and 25¢ children's books.

➤ Clearance Sale hour: 2:30-3:30pm with general books \$3/bag; 50% off Better Books.

Members' early bird entry begins at 9:30am. Volunteers always needed and greatly appreciated. For more information go to PHLibraryFriends.org. ♣

What's happening in the community...

Ditch the car and grab your bike: Summer Bike Challenge returns to Pleasant Hill

511 Contra Costa's second annual Summer Bike Challenge returns to Pleasant Hill this June and runs through August.

Free and open to everyone, the Summer Bike Challenge encourages residents to explore their hometown from the seat of bicycle. Cross off the squares on the Challenge Card by riding to parks, schools, Downtown, City Hall, the library, Farmers Market, and a neighboring city to complete the Challenge.

Participants can pick up free treats from select locations on dates listed on some of the squares, and those who complete at least 12 squares can enter to win the iPad grand prize drawing.

Pick up your Challenge Card in person at the Pleasant Hill Library; Teen, Senior, and Community Centers; Pleasant Hill Pool; City Hall; Coco Swirl; or the YMCA.

Visit www.511ContraCosta.org/SBC for more information. ♣

2nd Annual Pleasant Hill 2016 SUMMER BIKE CHALLENGE
Bike to at least 12 Challenge squares!

FREE SQUARE	Downtown *FREE Stuff! June 15, 1-3	PLEASANT HILL PARK	Farmers Market *FREE Stuff! Aug 6, 9-1
COLLEGE PARK HIGH SCHOOL	LIBRARY *FREE Stuff! June 21, 3-5	POOL *FREE Stuff! July 7, 1:15-4	PINE WOOD PARK (above Strandwood!)
Neighbor City	LAS JUNTAS PARK	Downtown *FREE Stuff! July 13, 9-11	CITY HALL *FREE Stuff! Aug 8, 1-3
RODGERS SMITH PARK	DVC	PLEASANT OAKS PARK	FREE SQUARE

Bike for **FUN**, ***FREE Stuff**, & a chance to win an **iPad Mini!**
Funding for this program is provided by and brought to you by

*See back for details!

DOWNTOWN PLEASANT HILL
Summer CONCERT SERIES
First Thursday
June - September
6:30pm - 8:30pm
.....
FREE + LIVE + MUSIC

Get ready to "rock" with the popular Downtown Plaza Concert series on the first Thursday of June, July, August and September.

The Pleasant Hill Chamber of Commerce will be operating a wine and beer booth during each concert. Concerts begin at 6:30pm and end at 8:30.

Come early and grab dinner at one of the many Downtown restaurants before the concert. Pleasant Hill is the place to be for summer music. See you there!



2nd Annual "Celebrate Your Community!"

Be our guest for a fun evening at the Community Grant Awards 2016. Visit with Foundation donors, directors and friends.

Thursday, May 12, 5:50 to 7:30pm
Pleasant Hill Community Center, McHale Rm

The Pleasant Hill Community Foundation was founded in 1986 to help strengthen our community. For nearly 30 years, we have given grants to local organizations to support their efforts to make Pleasant Hill the kind of city it is—where we want to raise our families and make lifetime friends.

Please join us on May 12th to help us celebrate our donors, our friends, and most importantly our 2016 community grant recipients.



RSVP to info@phcommunityfoundation.org

Water-wise plants at May 7 Plant Sale

Gardeners seeking “summer dry” ornamentals, unusual succulents, heirloom edibles, nifty yard décor—and much more—will want to check out the May 7 annual plant sale held by the Pleasant Hill Garden Study Club.

The sale runs from 9am to 2pm at the Winslow Center, on the corner of Pleasant Hill Road and Taylor Boulevard.

As always, it is family-friendly, occurs the Saturday before Mother’s Day, and will feature colorful arrangements and other items that would make great gifts for Mom. Many are priced for children’s pocketbooks.

New this year

Available to answer questions will be representatives from the Contra Costa Water District, East Bay Municipal Utility District and Sustainable Contra Costa, as well as return visits by the Herb Society of Northern California and Contra Costa Master Gardeners. The ever-popular “Garden Shed” display will draw in anyone seeking large and small garden-related items, including vintage pieces, gently-used tools, and delightful doodads.

Succulents

Fans of these water-retaining gems will find collectible varieties, arrangements in decorative pots, and indoor specimens. In addition, a decorative chair seated with a “tapestry” succulent arrangement will be the plant sale’s raffle prize this year.

Benefits

Plants at this sale are propagated locally and will thrive in our climate. Competitively priced and geared to meet all garden needs, the sale will also offer a wide selection of perennials, vegetables, and herbs.

A portion of the sale’s proceeds are donated to garden-related local non-profits. For more information about the sale or the club, contact call 925-323-9314, e-mail phgardenstudyclub@yahoo.com or visit the club’s website at www.phgsc.com. ♣

PLEASANT HILL GARDEN STUDY CLUB

ANNUAL PLANT SALE

SATURDAY, MAY 7, 2016
9AM TO 2PM **Easy Parking**

WINSLOW CENTER * PLEASANT HILL RD. AT TAYLOR BLVD.

Wide Selection:
* Succulents * Drought Tolerant *
* Annuals * Perennials * Vegetables *
* and much more *

GREAT PRICES!

Visit the **Garden Shed**
Featuring fountains, statues,
wrought iron furniture and
many smaller delights!

RAFFLE:
Decorative
Chair
with
“Tapestry”
Succulents

Also on site: CCWD, EBMUD, Sustainable
CoCo, Master Gardeners, Herb Society

www.PHGSC.com • 925-944-4898 • Pleasant Hill Recreation & Park District co-sponsored



Golden notes chorus to present 6th annual spring concert

Pleasant Hill’s own senior choral group, the Golden Notes, will present their 6th annual spring concert, “IMAGINE” on Tuesday May 10 at 7:00pm. The concert will be held in the Chateau Room of the Pleasant Hill Senior Center, 233 Gregory Lane in Pleasant Hill.

The chorus of 35 men and women is directed by Dee Wood and accompanied by Margie Lynwood. Tickets will be available for \$8.00 at the Senior Center beginning mid-April, or from any chorus member. For more information contact Dee Wood at 687-7053 or deenotes@astound.net. ♣

Finding Health & Harmony

Register today for sustainability workshops!
www.sustainablecoco.org/workshops



May 10 - Eating Seasonally and Locally
 6:30-8:30pm
 Become a "Localvore"
 Recipes and Tastings

June 14 - Home in Harmony - 6:30-8:30pm
 Simplifying and Learning to Live with Less Stuff

Location
 Rodgers Ranch
 Heritage Center
 315 Cortsen Road
 Pleasant Hill
 Cost - \$20/workshop



BAY AREA BIKE TO WORK DAY MAY 12, 2016



I LIKE TO RIDE MY BICYCLE

ALAMEDA • CONTRA COSTA • SAN MATEO • SANTA CLARA • SONOMA • NAPA • MARIN • SOLANO • SAN FRANCISCO

Join the fun on the biggest bike day of the year!

- * Pledge to ride and win prizes
- * Visit your local energizer station for great giveaways
- * Celebrate at your local Bike Happy Hour



PLEASANT HILL FARMERS' MARKET

**SATURDAYS
 10AM - 2PM**

New Hours!

**GREGORY LANE
 & TRELANY ROAD**

Join us May 7th for the seasonal grand opening!

Bring this coupon to the farmers' market info on **May 7th** to receive:

Free

Farmers' Market insulated Tote bag

Limit 1 per customer • First 50 customers
 Expires 5/8/2016

OUTLOOK

Bring this coupon to the farmers' market info booth to receive:

\$2 worth of **FREE** Carrot Cash to spend at the Farmers' Market!

Limit 1 per customer • Expires 6/25/2016
 Only valid at the Pleasant Hill Farmers' Market

OUTLOOK

Bring this coupon to the farmers' market info booth to receive:

\$1 worth of **FREE** Carrot Cash to spend at the Farmers' Market!

Limit 1 per customer • Expires 6/25/2016
 Only valid at the Pleasant Hill Farmers' Market

OUTLOOK



PCFMA.ORG 800-949-FARM
 FB.com/PLEASANTHILLFARMERSMARKET



... and concerts!

Free! sunset by the lake summer concerts

On the lawn by the lake at **Pleasant Hill City Hall** Gregory Ln & Cleaveland Rd

LIVE MUSIC & FUN!
FOOD & BEVERAGE sales!

**6-8
pm**



May 29...Fog City Swampers
Classic Rock Cover



Jun 12...Groove Doctors
Variety Dance Party Band



Jun 26...Stung
A tribute to the Police

Rest of the schedule...

- Jul 10 The Bell Brothers
- Jul 24 James Clark,
Elvis Impersonator
- Aug 7 Sugadady
- Aug 21 East Bay Mudd
- Sep 4 Queens & Thieves

Visit www.pleasanthillconcerts.com for all concert information.
Sponsored and organized by Pleasant Hill Civic Action Commission



Our rockin' community! Events for May and June 2016

Date	Event	Location	Organization	Contact
May 7	Grand Opening of Farmers' Market	Trelaney Road	Pleasant Hill Farmers' Market	671-5221
May 7	FOPHL annual meeting	PH Library	Friends of Pleasant Hill Library	PHLibraryFriends.org
May 7	PH Garden Study Club Plant Sale	Winslow Center	PH Garden Study Club	323-9314
May 10	Sustainability Workshop (Finding Health...)	Rodgers Ranch	Sustainable Contra Costa	sustainablecoco.org/workshops
May 10	Golden Notes 6th annual Concert	PH Senior Center	Golden Notes	687-7053
May 12	Bike to Work Day	All over	511 Contra Costa, Bike East Bay	511contracosta.org
May 12	Celebrate Your Community	PH Community Center	PH Community Foundation	info@phcommunityfoundation.org
May 14	FLASH Book Sale	PH Library	Friends of Pleasant Hill Library	PHLibraryFriends.org
Mar 16	Mount Diablo Wildflowers	PH Library	PH Library	www.ccclib.org
May 21	CarFit	Church of Jesus Christ LDS	CarFit	671-5221
May 21-22	Relay for Life	PH Middle School track	Relay For Life	944-4898
May 29	Lake concert: Fog City Swampers	Lawn by Pleasant Hill City Hall	PH Civic Action Commission	671-5229
Jun 4	JFKU Workshop: Opening the Heart...	JFKU	John F. Kennedy University	sellison@llemail.jfku.edu
Jun 4	JFKU Workshop: Do-In Meridian Exercises	JFKU	John F. Kennedy University	karenp211@gmail.com
Jun 4	JFKU Workshop: Practice of Wholeness	JFKU	John F. Kennedy University	tammy@thepracticeofwholeness.com
Jun 2	Downtown concert	Downtown Plaza	Downtown PH	www.ShopDowntownPleasantHill.com
Jun 6	Magical Moonshine Theatre: Coyote Sings	PH Library	PH Library	www.ccclib.org
Jun 11	Citywide Garage Sale	All over town	City of Pleasant Hill, Republic Services	671-5229
Jun 12	Lake concert: Groove Doctors	Lawn by Pleasant Hill City Hall	PH Civic Action Commission	671-5806
Jun 18	Giant Parking Lot Book Sale	Behind the library	Friends of the Library	PHLibraryFriends.org
Jun 26	Lake Concert: Stung	Lawn by Pleasant Hill City Hall	PH Civic Action Commission	671-5229

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 (925) 671-5213 or Kcalhoun@pleasanthillca.org.



New businesses February 2015

680 Smog (Smog Test Only Station)
1855-B Contra Costa Blvd.
510-205-1984
www.680smog.com

Bay Massage (Massage Therapist)
91 Gregory Lane, #8
925-609-9996

Diamond NG/LLC
(Retail/Wholesale of Used Cars)
187 Mayhew Way, Unit D
415-747-4552

Hair By Cari
1603 Oak Park Blvd.
925-435-8217

Julia Holian & Associates
(Career Coaching/Consulting)
101 Gregory Lane, Ste. 37
925-451-3183
www.jholianassoc.com

Keisha Harmon (Massage Therapist)
395 Civic Drive, Ste. E
925-421-8653

M3 Sport Motors, Inc.
(Retail Auto Sales Office)
3333 Vincent Road, #202
925-303-7283

McDuff Chiropractic Center
2100 Monument Blvd., #16
925-933-3000
www.mcduffchiropractic.com

Mindful Family Chiropractic
1100-A Pleasant Valley Drive
805-704-7727

Patrick Tsukamaki Therapy
(Marriage & Family Therapist)
395 Taylor Blvd., Ste. 220
925-289-9245

Pinkie Munoz Skin Care
391 Taylor Blvd., Ste. 220

SF Auto Sales (Used Car Sales)
3313 Vincent Road
925-250-7726

Sloat Garden Center, Inc.
(Retail Nursery)
2895 Contra Costa Blvd.
www.sloatgardens.com

Storms Wellness Center, Inc.
(Wellness Center)
1800 Oak Park Blvd., #B
925-945-7890

Volume Beauty Salon
1660 Contra Costa Blvd., "C"
707-703-6876

Walnut Creek Automotive
(Auto Repair Shop)
1855-D Contra Costa Blvd.
925-934-8600

Amore Fotografia (Photography)
925-759-7272

Handyman Henry
(Construction Consulting Service)
925-849-4570

Paul Beck (Satellite TV Installation)
925-768-2034

Techsolutions, Inc. (Online Rep)
925-817-9086

New businesses March 2016

Jen Lucas Massage
395 Civic Drive, Ste. E
925-658-2567

Johnny's Fish & Chips
150 Longbrook Way
916-837-0233

Kerry Matthews, CMP (Massage)
140 Mayhew Way, Ste. 100
925-431-9014

Murderers Creek Design
(Landscape Design)
925-381-4905

Aba Fresh (Wholesale
Prepacked Nuts & Dry Fruits)
925-315-4071

Aging Well Advisors (Consulting)
510-219-4852
www.agingwelladvisors.com

Lion's Garage (Internet Reseller)
925-289-8441
www.lionsgarage.net

United Imports
(Wholesale Used Cars Office)
510-701-7011



City Meetings



WHEN	WHAT	WHERE
Mon 2 7:30pm	City Council*	Council Chambers
Wed 4 9:00am	Commission on Aging	City Manager's Conference Room
Wed 4 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 5 5:00pm	Architectural Review Commission	City Hall Community Room
Tue 10 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 10 6:30pm	Planning Commission (public hearing)*	Council Chambers
Thu 12 5:00pm	Zoning Administrator (public hearing)	Planning/Public Works Conference Room
Mon 16 7:30pm	City Council*	Council Chambers
Thu 19 5:00pm	Architectural Review Commission	City Hall Community Room
Tue 24 6:30pm	Planning Commission (public hearing)*	Council Chambers
Tue 25 7:00pm	Education Commission	City Hall Community Room
Thu 26 5:00pm	Zoning Administrator (public hearing)	Planning/Public Works Conference Room



WHEN	WHAT	WHERE
Wed 1 9:00am	Commission on Aging	City Manager's Conference Room
Wed 1 6:30pm	Civic Action Commission	City Hall Small Community Room
Thu 2 5:00pm	Architectural Review Commission	City Hall Community Room
Mon 6 7:30pm	City Council*	Council Chambers
Thu 9 5:00pm	Zoning Administrator (public hearing)	Planning/Public Works Conference Room
Tue 14 6:00pm	Traffic Safety Commission	City Hall Community Room
Tue 14 6:30pm	Planning Commission (public hearing)*	Council Chambers
Thu 16 5:00pm	Architectural Review Commission	City Hall Community Room
Mon 20 7:30pm	City Council*	Council Chambers
Tue 22 7:00pm	Education Commission	City Hall Community Room
Thu 23 5:00pm	Zoning Administrator (public hearing)	Planning/Public Works Conference Room
Tue 28 6:30pm	Planning Commission (public hearing)*	Council Chambers

* Live streaming of these meetings is available on the City's website at www.pleasanthillca.org/media.

The City Channel is looking for volunteers!

Be a part of creating exciting television programs right here in Pleasant Hill. If you are a student of film or television production or just interested in learning how a show is put together, come volunteer to be part of the City Channel crew. No experience is necessary. Contact Larry Hunt at larrylogic@gmail.com. The City Channel airs on Comcast Channel 28, Wave Broadband Channel 29, and AT&T UVerse Channel 99. For more information on Pleasant Hill's City Channel go to www.pleasanthillca.org/citychannel.



CITY OF PLEASANT HILL

100 Gregory Lane
Pleasant Hill, CA 94523-3323
(925) 671-5270
www.pleasanthillca.org

CITY OFFICIALS

Mayor Sue Noack
Vice Mayor Michael G. Harris

Councilmembers

Ken Carlson • David Durant
Tim Flaherty

City Manager June Catalano
City Treasurer Mark W. Celio
City Clerk Carol Wu

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

Videos of meetings are also available on the City website under "Media Center."

CITY HALL HOURS

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



The City of Pleasant Hill newsletter is published bimonthly. Deadline for articles for Jul/Aug is June 8. 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 (925) 671-5229 or email to mnelis@pleasanthillca.org.

PUBLISHED ON RECYCLED PAPER



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

COVER: Lake at Award-winning City Hall

Important Phone Numbers

Police/Fire Emergency	911
Police (Business)	(925) 288-4600
Fire (Business)	(925) 941-3300
Public Services Center	(925) 671-4646
Chamber of Commerce	(925) 687-0700
Recreation & Parks	(925) 682-0896
Trash and recycling	(925) 685-4711
PG&E	(800) 743-5000
Senior Center	(925) 798-8788
Senior Van Service	(925) 671-5272
Library	(925) 646-6434



City of Pleasant Hill
100 Gregory Lane
Pleasant Hill, CA 94523-3323
www.pleasanthillca.org

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PLEASANT HILL
Fourth of July Commission

11-year old Grand Marshal for the 4th of July Parade

Pleasant Hill will celebrate the 40th annual Independence Day Parade and Celebration throughout Downtown Pleasant Hill on Monday, July 4th. The theme for this year's celebration is "Independence Day the Pleasant Hill Way."

And this year's Grand Marshal is Samuel Chen, an 11-year-old student at Sequoia Middle School!

Sam represents the youth of Pleasant Hill who become involved in local community activities. For the past two years, Sam has been a reporter for the local TV production, *Inside Pleasant Hill*. Since 2013 he has co-hosted every Community Service Day, Night of 1000 Inventions, and Light Up the Night videos airing on the City Channel. He has interviewed many interesting people, including Santa Claus and Mayor Sue



2016 Grand Marshal Samuel Chen

Noack, and brings his enthusiasm and imagination with him always.

Pleasant Hill 4th of July Commission receives Mayor's Award

The Commission is honored to have been given the Mayor's Award by current Mayor Sue Noack and past mayor Ken Carlson at the recent Community Awards dinner.

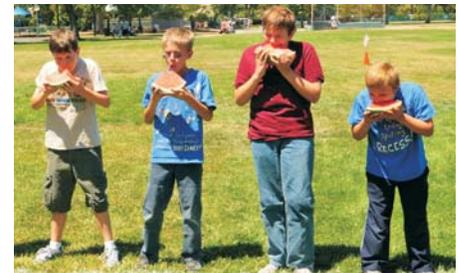
Event plans moving forward



The Commission members are planning lots of fun activities for the 40th annual celebration. The whole family can participate in the Firecracker 5K Fun Run. Check the website

www.phjuly4.com for updated information about online registration information and the day's activities.

Parade entries are coming in and the entertainment, food vendors, children's games, a petting zoo, and activities for the Party in the Park have been confirmed.



The site of the spectacular Fireworks show will again be College Park High School. Come for dinner and stay for an amazing display! Slow Hand Barbeque and IzzyA's frozen custard will be selling their delicious food and desserts. Live music at the fireworks will be provided by Sugadady. Look for more information and reminders as the 4th of July approaches. ♣

Thoughts and ideas are always welcome. For information about planning or volunteering, please contact Chris Tipton at ctiptonph@yahoo.com.

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