

District 5 e-Gram

315 East Leland Road, Pittsburg 94565
Antioch * Bay Point * Bethel Island * Brentwood * Oakley * Pittsburg

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FROM SUPERVISOR FEDERAL D. GLOVER



Forum participants broke into smaller groups to address possible solutions for East County issues.

Building Community: One block at a time



Three-day forums define issues, seek solutions

THE FORUMS I'm sponsoring for East County residents have truly been a valuable experience and an enlightening experiment in democracy.

The "Building Community" process is a three-day series of forums wherein



Participants of the Building Community process were focused in their thoughts and messages.

residents of eastern Contra Costa County have been able to express their concerns about the quality of life in their communities and region.

Facilitated by CSU East Bay professors Jay Umeh and Michael Woo, the citizens representing a cross section of East County stakeholder organizations and individuals, took part in the first two days of the Building Community process on May 12 and May 19 held at the Antioch Senior Center.

The first session involved defining the issues facing the community. The second session concentrated in seeking solutions for some of the issues.

After discussing their notes and impressions with Building Community participants on the final forum on June 2, the CSU faculty will present their findings to the Board of Supervisors in June.

This unique format for gathering input from District 5 residents came about when I saw that each community struggling with similar problems. It seemed to me that most of the problems such as traffic, affordable housing, local jobs and law enforcement issues were regional in nature. You can't solve one city's problems without affecting a neighboring community.

BUILDING COMMUNITY



ONE BLOCK AT A TIME

The participation of professors Umeh and Woo was to ensure a fresh set of eyes so that we could get an objective view of what's happening in East County. The professors are delighted at the enthusiasm and the level of thinking expressed by those who attended.

I invited all the elected local officials along with city managers, chiefs of police, fire chiefs and county workers who service East County along with a diverse group of residents with the goal of getting a real cross section of East County. Business people rubbed shoulders with clergy, school board members heard from parents, city and county workers heard from the people they serve. In that regard, I think the forums have been successful.

The discussions were lively and no one held back. At the same time, because of the ground rules that were established at the beginning, everyone respected everyone's viewpoints even if they didn't agree with them.

There is a lot of criticism from pundits that speak about the apathy and cynicism characterizing our society today. I didn't see that at the forums. But it was wonderful for me to create an opportunity for East County residents to take the participatory principle of democracy and kickstart it into action.

I'm excited about this process and can't wait to hear what the findings the CSU faculty will present to the Board.

I'm hoping that the work of the CSU faculty and Building Community participants can act as a springboard for the creation of action plans from the various community and government agencies and boards who have a hand in building our East County community.

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About 200 young people enjoyed attending the Contra Costa County Youth Summit held at Los Medanos College on April 28.

Youth Summit a rousing success

One of the rewards of this job is the opportunity to speak to people who don't make the news and just go about their lives without any fanfare.

Such was the case at the Youth Summit held on a sunny Saturday on April 28. Hundreds of young people from throughout the county attended the event at Los Medanos College in Pittsburg.

Scores of young volunteers formed the core of the organizing group from my office and the City of Pittsburg, co-hosts of the event. The volunteers made sure there was plenty of refreshments for the participants and workshop moderators, that everyone knew where they should be and did all the behind-the-scenes work that made it look everything run so smoothly. I want to extend my personal thanks all to the to Pittsburg Recreation



Department and to all the young people who helped.



I started the Youth summits when I was a Pittsburg City Councilman and brought the concept with me when I became a county supervisor. For the past three years, the event has turned into a county-wide gathering of our county's youth.

The event itself proved to me once again that our future is in good hands. The young folks were serious when they needed to be such as grilling city and school officials about curfews and dress codes and career opportunities; and they were a joy to watch as they took part in the dancing and movement workshops.

It also reminded me not to make quick judgments based solely on appearance. Some of the young men sported the saggy pants look that is so popular but tends to give a menacing message to so many people. But these young men were also some of the most courteous youngsters I've met in a while. And they were sincere in their questions in the various workshops. They wanted answers and for the first time for many of them, adults gave them responses in a non-threatening environment.



Besides workshops, there was plenty of entertainment on hand at the 2007 Youth Summit.

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Teens take to the airwaves in new 'Lock It Up' video

Bay Point and Rodeo teens describe their campaign to limit alcohol access for minors in a new video that made its broadcast debut this month throughout Contra Costa County.

"Lock It Up: An Environmental Prevention Project" combines in its title the slogan of the campaign and the type of approach the campaign used. It is an eight-minute mini-documentary playing currently on Contra Costa Television (CCTV), the county cable station. It can also be viewed online at cchealth.org, the Contra Costa Health Services (CCHS) website, from the Alcohol and Other Drugs Services page.



"It made sense to have the youth tell their own story," said Fatima Matal Sol, a program director with CCHS' Alcohol and Other Drugs Services Division. "They chose the direction and theme of the campaign, and their voices deliver a strong message that every parent should hear."

Nearly all of the on- and off-camera narration of the video is by four teens in two youth groups: Youth in Power, from Carquinez Middle School in Rodeo, and Beyond the Youth, from Riverview Middle School in Bay Point. "Contra Costa Health Services worked with the Center for Human Development and Bay Area Community Resources to recruit and mentor the youth groups," said Matal Sol. "The teens were quite united in their selection of this particular message and logo."

"The students started by surveying more than 200 of their peers, and they found that 65% of them can access alcohol from their home environment, frequently with the help of older siblings and friends," said Anita Marquez, Site Director of the Center for Human Development resource center in East Contra Costa. "They decided to educate parents and raise awareness about monitoring liquor access in the home."

The video describes how the teens chose the slogan and helped design a lock-and-key logo to encourage adults to lock home liquor cabinets to prevent teen access. That logo and message was displayed in high schools, buses, BART stations and movie theaters.

The County Office of Education agreed to have "Lock It Up" posters at each public high school, and Safe and Drug Free Schools grant money was used to purchase advertising in busses, stations and Pittsburg theaters as well as to produce the video, said Matal Sol.

The video will be airing on CCTV. For airtimes, visit contracostatv.org on the web. Contra Costa Television is Channel 27 on all cable systems in Contra Costa except for Comcast subscribers in Walnut Creek.

For more information about AOD Services in Contra Costa, visit the [CCHS website](http://cchealth.org) or call Gary Smith at 800-846-1652.

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SERVING YOU

Serving You spotlights a different county agency and the services it provides for the residents of District 5.

KidShape at Pittsburg Health Center

KidShape at Pittsburg Health Center is a family-based* pediatric weight management program for youth 6 to 14 years old and their parents.

Our classes meet for 2 hours in the afternoon once a week for 8 consecutive weeks. The program includes hands on lessons about how to eat healthy, such as how to make healthy after school snacks, how to eat out healthy, etc., taught by a registered dietitian, discussion groups led by a mental health professional about how to change eating behaviors and on-site physical activity. A pediatrician reviews the medical needs of each participant. Each week is a different and fun physical activity, with everything from soccer to salsa dancing to kick boxing. Each activity is led by a certified fitness professional and is taught to promote physical activity as fun and non-competitive. Spanish-speaking families are welcome.



The goal of this program is to promote healthy lifestyles and does not focus on weight directly, however the kids do lose weight. Program results indicate that 87% of the students enrolled lose weight within the first 8 weeks of the program and approximately 80% of the students keep the weight off 1 ½ to 2 ½ years after they have completed the program. Parents and legal guardians have also reported weight loss and often better control of their own

illnesses such as diabetes, high blood pressure, etc.

If you are interested in enrolling your child in the KidShape program at the Pittsburg Health Center, or obtaining additional information please contact Julie Vasquez, CHW, at 925-890-0767 or Susan Nairn at 925-313-6278. If you prefer to email Julie, you may forward your questions to the following address: jvasquez@hsd.cccounty.us

*Family-based means that one parent/guardian is required to attend with each enrolled child, but all family members are invited to attend.

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NEWS YOU CAN USE

New effort focuses on overweight children under five

A group of East Bay organizations is launching a new effort to protect young children from falling victim to a pediatric obesity epidemic that has long term and serious health consequences.



Kaiser Permanente, First Five Contra Costa, Contra Costa Health Services and Families Coalition for Activity and Nutrition (CAN) have joined forces to form Healthy and Active Before 5. The collaborative effort is designed to develop a countywide action plan for Contra Costa to address the problems of obesity in children five years old and younger. The group has created a Leadership Council of community leaders to establish and promote the plan. The Council had its first meeting on March 8. Forums will be held over the next few months throughout the county to hear concerns and suggestions from residents. Kaiser Permanente is providing \$96,000 for the project.

"In the last 25 years, the national prevalence of overweight two to five year old children has more than doubled," says Dr. Diane Dooley, a physician with Contra Costa Health Services and co-chair of Families CAN. "And we know we have a problem locally because 43% of children seen by Contra Costa Health Services last year were either overweight or at risk for being overweight and a third of fifth graders in Contra Costa are either overweight or obese. It's a crisis."

According to Sean Casey, Executive Director of First Five Contra Costa, the health consequences of obesity in very young children are disturbing, because up to 70% of overweight school children remain overweight into adulthood. Overweight children are also at risk for high blood pressure, high cholesterol and diabetes - all conditions that used to be seen mostly in adults.

"It's time for every segment of the community to take action to stop this epidemic," says Marianne Balin, Kaiser Permanente Community Benefit Manager. "We are calling on decision-makers in government, health care, children's services, the faith community, businesses, education and non-profits to roll up their sleeves, bring their best ideas and help us draft an action plan that will turn this around." (More information about [Healthy and Active Before 5](#) is available online or by calling 925-313-4694)

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Fair weather makes for a busy spring



SUPERVISOR Federal Glover speaks at the county-sponsored Fit Fest held at Los Medanos College on May 19. With him on state are Gloria Magleby, State Sen. Tom Torlakson, Olympic gold medalist Eddie Hart of Pittsburg and Assemblyman Mark DeSaulnier.



Crime fighters

DELTA Glenn Block Captains Anita and Orliiss Trone accept an award as National Night Out All-Stars from Supervisor Federal Glover

Besides the

Building Community forums, the regularly scheduled board of supervisor meetings, meetings with ABAG, MTC, and County Supervisors Association of California, the Supervisor created several opportunities to meet with District 5 residents including several Bay Point meetings over water rate hikes, appropriation of the Port Chicago Mitigation Funds, Bethel Island Town Hall n Delta Coves, health care for Oakley residents.

During this same period, he took time out to visit his newest granddaughter at his daughter's home in Georgia. Baby Sierra was born in May.

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COMMUNITY EVENTS

2007 Contra Costa County Fair

May 31 – June 3

Antioch County Fair Grounds, 1201 W. 10th St., Antioch

Info: 925-779-7916 or http://66.218.54.216/ccfair/fair_info.aspx

Delta Blues Festival

June 2 & 3, 11 a.m. – 5 p.m. each day

Old Town, Pittsburg

Food, crafts and the Blues

Call (925) 432-7301 for price of admission

Unity in Community

June 9, all day

Ambrose Park, Bay Point

Entertainment, booths, games. Admission free

Relay for Life

June 23 & 24

Los Medanos College track, Pittsburg

East County Health & Safety Fair

June 30, 10 a.m. to 2 p.m.

Deer Valley High School, 4700 Lone Tree Way, Antioch

Free. Info: 925-427-8138



Fourth of July Celebration

July 4, 5-9 p.m. Fireworks at 9 p.m.

Pittsburg Marina

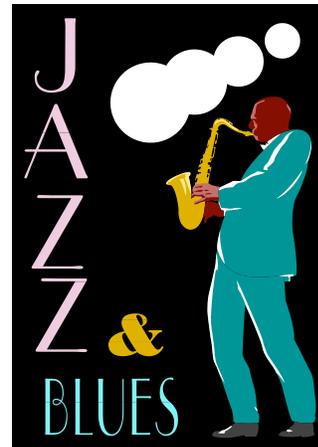
Free. Info: 925-473-0700

Independence Day Celebration

July 4 at dusk following parade at 4 p.m.

Fireworks at the Antioch riverfront

Free. Info: 925-757-6440



Cornfest

July 6-8. Call for times.
Fireworks on July 7.
Downtown Park, Brentwood.
Call 925-634-3344 or brentwoodcornfest.com



12th Annual Scottish Renaissance Festival

Aug. 11 & 12, 11 a.m. to 6 p.m. Saturday & Sunday
Buchanan Park, Pittsburg
Free. Call 252-4842

Quality of Life Discussion

July 14, 9 a.m.
Antioch, Campanile Theatre
Free. Call 925-779-7011

Seafood Festival

Sept. 8 & 9, Saturday 10 am-7 pm
and Sunday 10 am – 6 pm
Pittsburg Marina
Food, speedboat races, entertainment
Call 473-0700



East County Gang Summit

Sept. 22, 8:30 a.m. to 4 p.m.
East County Girls & Boys Club, 1001 Stoneman Ave., Pittsburg
Free. Call (925) 427-8138

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GOVERNMENT MEETINGS

ANTIOCH

Antioch Unified School District: 7 p.m., second and fourth Wednesdays,
district offices, 510 G St. 706-4100.

Antioch Area Public Facilities Financing Agency (Mello-Roos District): 7 p.m., Antioch Unified School District board room, 510 G Street. 776-2030. Meets every other month, first Monday. Call to confirm meeting date.

City Council: 7 p.m., second and fourth Tuesdays, City Hall, Third and H streets.

Parks and Recreation Commission: 7 p.m., second Thursday, City Hall, Third and H streets. 779-7070, Ext. 0.

BAY POINT

Municipal Advisory Council: 7 p.m., first Tuesday, Ambrose Community Center, 3105 Willow Pass Road. 458-1601.

Ambrose Park and Recreation District,
7 p.m., second Thursday, Ambrose
Center: 3105 Willow Pass Road, Bay
Point. 925-458-2457



BETHEL ISLAND

Bethel Island Municipal Improvement
District, 3 p.m., third Thursday, 3085
Stone Road, Bethel Island.

Municipal Advisory Council, 7 p.m. second Tuesday, BIMID office, 3085
Stone Road.

OAKLEY

City Council: 7:30 p.m., second and fourth Tuesdays, 3231 Main St., Oakley.
625-7000.

Liberty Union High School District, 7:30 p.m., second and fourth
Wednesdays, District Offices, 20 Oak St., Brentwood. 634-2166

Oakley Unified School District, 7 p.m., third Wednesday, District offices, 91
Mercedes Lane, Oakley, 925-625-0700

Ironhouse Sanitary District: 7:30 p.m., first Tuesday, district offices, 450
Walnut Meadows Drive, Oakley. 625-2279.

Planning Commission: 7:30 p.m., first and third Mondays, 3231 Main St.
Oakley. 625-7000.

PITTSBURG

City Council: 7 p.m., first and third Mondays, council chamber, third floor, City Hall, 65 Civic Ave, 925-252-4850.

Planning Commission: 7 p.m., fourth Tuesday, City Hall, 65 Civic Ave. 252-4920.

Pittsburg Unified School District, 7:30 p.m., second and fourth Wednesdays, 2000 Railroad Ave.

COUNTY & REGIONAL

Contra Costa County Board of Supervisors: 9 a.m., first four Tuesdays, Room 107, County Administration Building, 651 Pine St., Martinez. 646-2371.

Delta Diablo Sanitation District: 5:30 p.m., second Wednesday, district offices, 2500 Pittsburg-Antioch Highway, Antioch, 778-4040.

Contra Costa County Local Agency Formation Commission: 1:30 p.m., second Wednesday, room 107, County Administration Building, 651 Pine St., Martinez. 646-4090.

State Route 4 Bypass Authority: second Thursday, Tri Delta Transit building, 801 Wilbur Ave., Antioch. Call for starting time. 925-686-0619.

East County Transportation Improvement: second Thursday, second Thursday, 801 Wilbur Ave., Antioch. Call for starting time. 925-686-0619.

East Contra Costa Fee & Financing Authority: second Thursday, Tri Delta Transit building, 801 Wilbur Ave., Antioch. Call for starting time. 925-686-0619.

Transplan: 6:30 p.m. second Thursday, Tri Delta Transit building, 801 Wilbur Ave., Antioch. 925-335-1201.

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