

Winter
2011

City News

Huntington Beach

THE AGE WAVE – Huntington Beach Senior Services Volunteer Training Class

Huntington Beach Senior Services is offering a free 5-week class on aging on Wednesdays from March 16 – April 13, 2011, from 9:00 - 11:30 am at the Michael E. Rodgers Seniors Center, 1706 Orange Avenue.

By offering this class Huntington Beach Senior Services prepares volunteers, caregivers and the community to better serve older adults. This class, taught by staff, covers a wide range of senior issues and practical assistance.

- Active Aging
- Aging Network & Community Resources
- Boomers Redefining Aging
- Communication
- Elder Abuse, Signs & Symptoms
- Grief & Loss
- Myths and Realities of Aging
- Maintaining Boundaries
- Special Needs of the Homebound Elderly
- Free CPR Class Included

For additional information or to enroll please contact: Diane Swarts, Volunteer Services Coordinator, 714-374-1544 dswarts@surfcity-hb.org.



Letter from the Community Services Director

Winter 2010

What change will this winter season bring to you? Will you decide to enjoy the Rose Parade in person with your family this year? Read about our charter bus excursion on page 9. Will you fulfill that New Year's resolution to finally try yoga to improve your mind and body? The City offers yoga classes for all age levels in this edition of the SANDS (pages 13, 20, 29-31). Or will you change yourself by helping others? If so, please read about volunteer opportunities throughout our programs, including at the Huntington Beach Art Center (page 7), or at Rodgers Senior Center (page 8).

History shows us change is inevitable, and many times we have no control over the change that occurs in our lives. Our Community Services Department staff is proud to offer you, the members of our HB community, ways to effect change in our own lives by learning, helping, stretching yourself mentally and physically.

You can scroll through the SANDS online to look at class offerings, and register for classes online. Simply go to www.hbsands.org and see what changes you want to make this winter.

Online registration is available at www.hbsands.org. Sign up for classes early!

Jim B. Engle
Community Services Director
"Surf City" Huntington Beach

Project Self Sufficiency "25 Years of Service"

The City of Huntington Beach Community Services Department, together with the Project Self Sufficiency Foundation is proud to announce that Project Self Sufficiency (PSS) is celebrating its 25th year of empowering single parents to achieve! Project Self Sufficiency was formed in 1985, and on October 4, 2010, the Huntington Beach Mayor and City Council recognized the efforts of City Staff, Project Self Sufficiency Foundation Members and volunteers for their 25 years of dedicated efforts with the PSS Program.

Project Self Sufficiency is a Huntington Beach program which assists low-income, single parents to achieve economic independence through a vast community network of human services. The City of Huntington Beach Community Services Department partners with the Project Self-Sufficiency Foundation and the private sector in coordinating accessibility to resources for participants. The Project Self-Sufficiency Foundation, a nonprofit 501(c)(3) organization, founded in January 1994, partners with the city to raise funds for PSS to assist these families "Reach for the Stars!"

Visit www.projectsellsufficiency.com for more information on this program and to learn about opportunities to become involved.

The Ocean Begins at Your Front Door

Rain flushes accumulated pollutants – litter, lawn clippings, pesticides, motor oil, and pet waste – from impervious surfaces such as rooftops, driveways, parking lots, and roadways down storm drains, where it flows untreated to our waterways.

Impervious surfaces cover soil that would allow stormwater to soak into the ground. These surfaces significantly increase the amount of water that runs off the land. You can help reduce stormwater pollution and improve the health of our creeks, rivers, bays, and ocean by:

- Preserving existing vegetation – plants control runoff, and filter out sediment, debris and other pollutants.
- Adjusting your watering schedule on rainy days.
- Cleaning gutters, and directing downspouts and guttersto your lawn or plants.
- Picking up litter.



For more information, contact the City of Huntington Beach's Stormwater Pollution Prevention Program at 714-536-5431 or visit the County of Orange's web site at www.ocwatersheds.com.

Shipleigh Nature Center



**Saving the Monarchs –
Saturday, February 19, 10:00 am - noon**

Celebrate California Monarch Day at Shipleigh Nature Center with hands-on activities featuring the Western Monarch.

- Learn about the Western Monarchs, their life and migrations
- Find out why Monarchs are declining
- Learn what attracts Monarchs
- Learn how to prepare your own Monarch garden
- Learn how your garden can become a Monarch Waystation
- Monarch crafts for children

**Annual Spring Festival –
Saturday, April 30 9:00 am - 2:00 pm**

Come and join in the fun. Activities will include live music, the California Native Plant Sale and a nature friendly Information Fair. Children are invited to participate in the Maypole dance and parade. Guided tours through the California Native Plant Gardens and habitats.

Parking at 17851 Goldenwest St. Tel: 714-842-4772. www.shipleighnature.org

Bronze Award to City of Huntington Beach – Bicycle Friendly Community



League of American Bicyclists designated a Bronze level award to the City of Huntington Beach as a Bicycle Friendly Community. The league's application process sets a high criterion for community bicycle developments in the areas of engineering, education, encouragement, evaluation and planning, and enforcement.

Bicycle Friendly Communities are places with a high quality of life, where people want to live, work, and visit. The City will receive a BFC road sign and award certificate to proudly display this special distinction.

Feedback from the league indicates Huntington Beach is in a very good position for turning our high level bronze ranking into a silver award within the near future. The ultimate goal is to reach the platinum award level alongside Davis, CA, Boulder, CO, and Portland, OR.

48th Annual Cruise of Lights December 17-23

Take a 45 minute narrated boat cruise through the sparkling waterways of Huntington Harbour. See thousands of lights on homes, decks, docks and boats! Fun for the entire family.

Cruises depart at 5:30 p.m., 6:30 p.m., 7:30 p.m., and 8:30 p.m.

Adults \$15. Children \$9. Under 2 free. Special value night is December 20, Adults \$13. Children \$9. Proceeds go to further music programs for thousands of Orange County school children.

For additional information: www.cruiseoflights.org or 714-840-7542.

Art Center – Volunteers Needed

The Huntington Beach Art Center is a public/private partnership between the City of Huntington Beach and the Huntington Beach Art Center Foundation, a private non-profit corporation. Volunteers can be a part of the excitement by assisting our education and gallery programs.

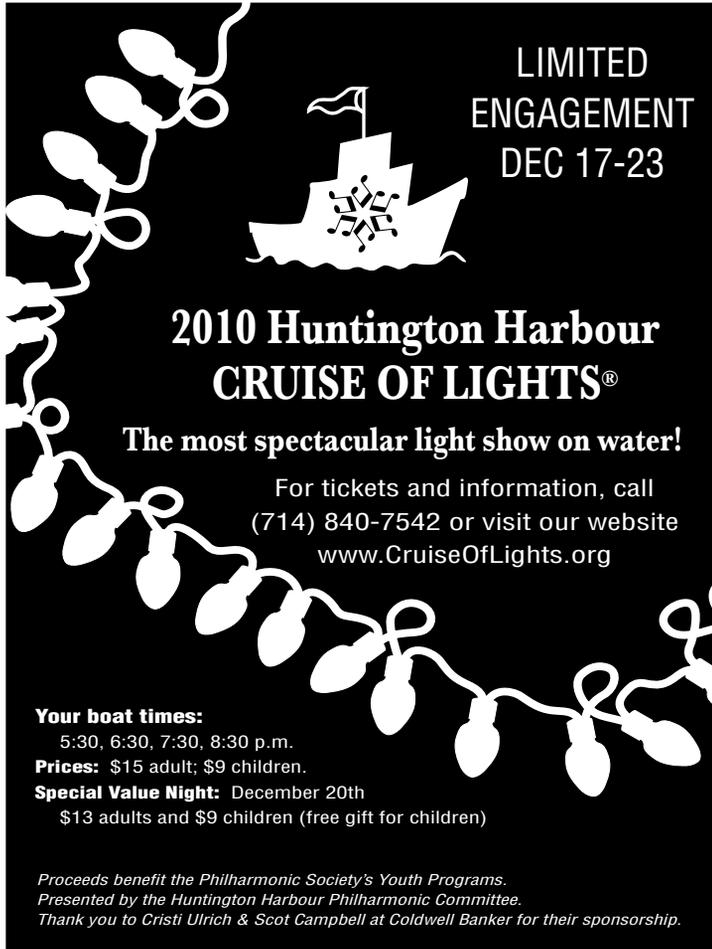
Education Programming: The Huntington Beach Art Center is committed to bringing the best contemporary art instructors and techniques to the community. Volunteers can assist with one or all of the following programs:

Partners in Art: Gives local elementary school students the opportunity to view a contemporary art exhibit and do practical workshops based on what they have seen.

Family Arts Day: An annual one day event, held in October, that provides free instructional workshops for the whole family.

Art at the Beach: The Art Center's most popular educational program. Held every summer, Art at the Beach introduces children to a variety of different artistic techniques in a fun and educational setting.

Gallery Programming: The Huntington Beach Art Center's galleries present the work of exceptional contemporary artists and community interests. Volunteers helping with the gallery program will act as gallery sitters, greeters for patrons, will supply information about the current exhibition and general information about the Center. For information call 714-374-1650.



LIMITED
ENGAGEMENT
DEC 17-23

2010 Huntington Harbour CRUISE OF LIGHTS®

The most spectacular light show on water!

For tickets and information, call
(714) 840-7542 or visit our website
www.CruiseOfLights.org

Your boat times:
5:30, 6:30, 7:30, 8:30 p.m.

Prices: \$15 adult; \$9 children.

Special Value Night: December 20th
\$13 adults and \$9 children (free gift for children)

Proceeds benefit the Philharmonic Society's Youth Programs.
Presented by the Huntington Harbour Philharmonic Committee.
Thank you to Cristi Ulrich & Scot Campbell at Coldwell Banker for their sponsorship.





Everything Is Coming Up Roses For HB Residents!

Enjoy the 122nd Rose Parade with the City of Huntington Beach Community Services Department. Themed Building Dreams, Friendships & Memories, the Rose Parade will take place on Saturday, January 1, 2011 and will feature spirited marching bands from throughout the nation, majestic floral floats, and high-stepping equestrian units. The 2011 Rose Parade presented by Honda will pay tribute to the millions of people worldwide whose dreams create the foundation for America's New Year Celebration® and the lifetime friendships and memories that are created by volunteers, participants and fans. The Tournament of Roses selected Paula Deen as the Grand Marshal of the 2011 Rose Parade® festivities, where she

is expected to whip up some friendships, fold in some dreams and roll out some memories on New Year's Day! Don't miss out on this fantastic opportunity to see the parade up close and in person! For more information, visit www.hbsands.org or turn to page 9 of the SANDS Community Services Guide.



Fix up your home with a little help from the City of Huntington Beach

Need some work done around the house? The City of Huntington Beach offers loans with low interest rates and deferred payments to homeowners of low and moderate income to make needed repairs. Homeowners can get affordable home improvement financing up to \$75,000. Funds can be used to correct code problems and for general property improvements. Eligibility factors include: income must meet the eligibility guidelines; homes must be owner occupied and in Huntington Beach; property must be in need of repair to meet City codes; and must have acceptable credit worthiness.



For more information, call (626) 331-6373.

Parks & Recreation...

*"Build Family Unity"...*The Benefits Are Endless