

October / December

Volume 25, No. 4

City Council Candidate Forum

The Glen Cove Community Association held another successful City Council Candidates Night Forum on September 26th. Approximately 150 people came to hear all eleven candidates answer an array of questions ranging from economic development and code enforcement to crime prevention and status of negotiation of current police contract. Questions were assigned randomly and each candidate answered two questions of two-minute each and one question of one-minute duration. Each candidate had the opportunity for an introductory and closing statement.

The candidates were also available to speak directly with the audience members during a short break as well as after the event.

The election date is Tuesday, November 5th. To obtain a "Vote By Mail" ballot, the completed application must be received by the election office by October 29th.

The Polling Place for Glen Cove residents is Glen Cove Elementary School.



The Community Forum event was recorded by Marc Garman of Vallejo Independent Bulletin. The video can be seen at: http://www.youtube.com/user/IBVALLEJO#g/u.



We appreciate the support of our subscribers, sponsors, and community volunteers who make this Newsletter possible.



Holidays and Safety of Pets

The Holiday time of the year could also be a scary time. The crowded malls, the frenzied shoppers, the crazy drivers, they all contribute to a risky few weeks. And if that's not enough to rattle you, the rich food and drink will usually finish the job – not only for you but also for your pet. With a little planning, you can assure your pet will enjoy a safe and healthy Holiday season.

Interestingly, most of the health risks our pets face during the Holiday season center on what they eat. In many households, the family dog often shares in the tasty, rich, high fat foods we all enjoy during the Holidays. Unfortunately, with a large amount of food that is much richer than their regular food, the



pets can develop pancreatitis, which can be quite dangerous and possibly life threatening. A rich or high fat meal is a common culprit among many different causes of pancreatitis in the dog. While the connection between high fat foods and pancreatitis in cats is not as clear, it is generally unwise to offer such foods to them as well. It is also worth noting that in our practice, obesity is the most common nutritional problem we see, and arguably contributes to many medical problems.

With all the chocolate around during the Holidays, it is well worth mentioning that chocolate can be toxic to dogs. The caffeine-like ingredients in chocolate are slow to clear from the dog's system, and therefore can easily reach toxic levels in the blood. Keep in mind that the amount and type of chocolate your dog eats is critical in determining if he or she will get sick. Small amounts of milk chocolate are rarely a problem. Most problems develop when a small dog eats a large amount of dark chocolate or worse yet, baking chocolate. Common symptoms of chocolate toxicity are hyperactivity, vomiting, diarrhea, muscle twitching, convulsions or even death. These symptoms usually appear within a few hours of eating the chocolate. If you are concerned your dog may have eaten a large amount of chocolate, call your veterinarian immediately; be ready with an approximate weight of your dog, an estimate

of how much chocolate was eaten, what type of chocolate it was, and how much time has passed since it was eaten. These are all critical factors in determining if your dog is in danger.

Dogs, cats and birds, like people, take special interest in all the shiny, glittering ornaments and decorations around the house during the Holidays. Objects such as tree ornaments (as well the small metal hooks used to hang them), tinsel, small electric light bulbs, and ribbons have a curious way of finding their way into the intestinal tracts of our pets. This can have serious if not tragic consequences. Try to plan your Holiday decorating so as to limit your pet's access to these objects.

Sometimes during the Holiday season, the family pet is simply not checked on, or looked at, as much as usual. Be sure your pet continues to have its normal patterns of eating, drinking, and activity.



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Holidays and Safety of Pets.... Continued from Page 2

If there is wet or cold weather, and your pet is not allowed inside the house, be sure to provide a dry,



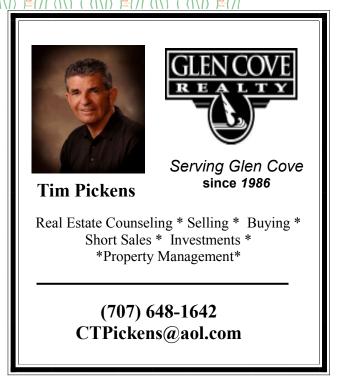
warm, wind sheltered place for him or her to get out of the elements. Be aware that at times, even in the temperate Bay Area, temperatures can drop quite low. Most importantly, try to spend a little extra time with your pet; it will undoubtedly be good for the both of you.

On a final note, I should address the issue of giving pets as gifts. On the surface, this idea seems like a fun and special gift for a friend or family member, but in reality can lead to some difficult problems. Keep in mind that when someone acquires a new pet, either as a gift or otherwise, it is often a 12 to 15 years commitment for that new pet owner. The following questions need to be asked of the new pet owner before they are surprised with a new pet: Does the new pet owner have the appropriate space to house a pet? Will the owner be able to afford the inevitable costs of having a pet? It's not unusual for the typical American to spend hundreds of dollars a year for veterinary care alone on a single pet. This does not even address costs for food, grooming, toys, boarding and the like. Does the prospective new pet owner have the time in their life to care for a pet? We all know how pets can be a wonderful addition to our lives, but for the

animal's sake, always check with the new owner and involve them in any new pet decisions. Pets, in general, are not good items for surprise gifts.

Article contributed by Dr. John Huebner, who practices companion animal medicine at Redwood Veterinary Hospital in Vallejo, CA.





Gardening Tips: Money For Grass

Have you noticed the size of your water bills during the summer months? Do you wish they were smaller?

We live in an area that receives very little rain for seven months each year — a fact that necessitates our having to irrigate. In order to save money and reduce water use, it is advisable to have plants that require less water. Unfortunately, the part of most yards that is not in the least drought tolerant is our lawns. Although most of us love green grass, lawns require a great deal of water in order to stay alive much less green.

There are alternatives to having a lawn, and the Solano County Water Agency is providing an incentive to help make the change. There is a program in which they are offering \$1.00 per square foot (up to \$1,000) to replace a "water-intensive" lawn with more "water-efficient" landscape. The latter may include rock, bark, pavers or other permeable surfaces along with drought resistant plants and drip irrigation. It does not include concrete or artificial turf.

In order to participate in this program, call 707-455-1113 and arrange for a site visit during which the lawn area will be measured. After the agency representative has concluded that the proposed new landscaping is consistent with the reimbursement program, wait for the Notice to Proceed letter. You have three months to remove the lawn and install the new landscape once the notice is received. Upon completion, call for the post-inspection visit and submit the Rebate Application form that includes a list of plants and materials used in the conversion. Then, wait for the check and enjoy paying smaller water bills.

For more information, visit **SolanoSavesWater.org** and learn about other programs intended to save water including the installation of high efficiency toilets and washers as well as smart irrigation controllers. The Solano County Water Agency mailing address is: 810 Vaca Valley Parkway, Suite 203, Vacaville, CA 95688.

Contributed by:

Ward Stewart, UC Master Gardener-Solano TIME CHANGE Sunday, NOV 3rd





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Halloween Safety Tips . . . Everything you need to know to keep your kids safe on Halloween

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury. Basic safety tips include:

- Walk Safely
- Trick or Treat With an Adult
- Keep Costumes Both Creative and Safe
- Double Check Candy and Costumes
- Drive Extra Safely on Halloween



For more information visit **Safe Kids Worldwide**, a global organization dedicated to preventing injuries in children, at: http://www.safekids.org/who-we-are#sthash.j4mBIMtj.dpuf

For detailed Halloween Safety Tips, visit: http://www.safekids.org/tip/halloween-safety-tips





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Glen Cove Resident Spotlight: Elissa Shanks Stewart

Elissa Shanks Stewart is a resident of Glen Cove and a strong believer in community service. Over the years, she has been involved in many, many volunteer endeavors. Just recently, as a member of the Vallejo Sister City Commission and the Vallejo Sister City Association, Elissa served as the moderator at the ceremony honoring the President of the Republic of Tanzania's visit to Vallejo.

Elissa is now retired but her community service has not slowed down. Her most recent, pre-retirement, position was as principal of Grace Patterson Elementary School; prior to that, she served as vice principal at

Glen Cove Elementary School.

Elissa is a charter member of the Links, Incorporated, an organization of women who provide volunteer service to the community. In this capacity, she is coordinating a Chevron grant to provide educational services to Vallejo students in the STEM (Science, Technology, Engineering, and Mathematics) areas. She was also a charter member of the local chapter of Jack and Jill of America, Incorporated, an association of mothers who provide cultural activities for their children.

Elissa co-chaired Vallejo's successful campaign for Measure-L that sought additional funding to support libraries in Solano County. She has also worked on numerous political campaigns over the years.

Elissa worked for 25 years on the Alpha Kappa Alpha sorority's annual debutante ball. She held the office of president of the Vallejo Middle School Band Boosters and the Vallejo High School Parent Network for one-year each, although she remained a member of those organizations as long as her son attended those schools.

Elissa has been a member of the First Presbyterian Church of

Vallejo for over 30 years and has served as either an elder or session member for most of those years. Recently, she chaired the church's 150th anniversary celebration committee. Housed at the church, Elissa founded the Breakfast Club that provided food and a safe, warm place for junior high/middle school children each morning before they went to school for 18 years.

Volunteer community service is a way of life for Elissa. Now that she is retired, she believes she is doing it better than when she worked full-time.

On Line Reporting

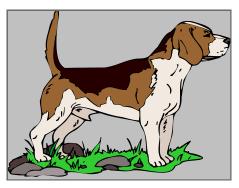
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TIME CHANGE Sunday, NOV 3rd

A brief message from a four-pawed Glen Cove resident



Every day as I walk in the Glen Cove Waterfront Park with my owner, I am so afraid. So many of my doggie -friends' owners are walking around the park un-leashed from us. It is so frightening because sometimes

my friends are bothered by other unscrupulous and nosy dogs and we can't find our owners to help us. I am asking, in fact I am pleading with you to help me and all my doggie-friends to keep us leashed. We just really don't want to lose our owners and masters!

Oh, and one more thing: did you know about the little potty bags by the parking lot? I just love watching my owner use them.

Thanks so much...bow wow.







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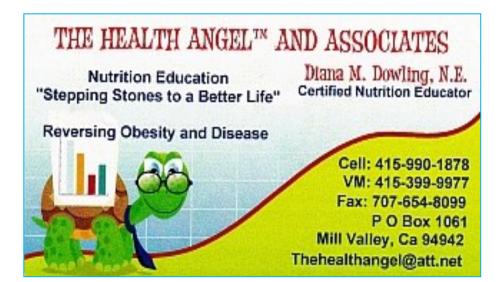
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Developing a Healthy Lifestyle This Fall

The fall season is upon us. Our kids are back in school starting a "new year." The leaves are turning colors and preparing for *their* new season. It is time for us to start thinking of the New Year, too. But, why should we wait for New Year's Eve to make the same old resolutions that we probably won't keep anyway? Isn't *now* the best time to start on those resolutions?



As residents of Glen Cove, can there be a more ideal environment and time to create a healthy lifestyle? We have everything we need – including our resolve to begin!

Why start healthy choices – NOW?

The reasons to make the healthy lifestyle choices should be obvious, but here are some important ones to start applying the healthy habits *now* instead of waiting for the New Year:

- Avoiding and managing disease and disabilities including, Type-2 Diabetes, heart attacks, strokes, cancer, and weight related issues.
- Starting early and giving yourself a jumpstart by News Year, you will have secured new healthy habits that will enable you to build upon during next year instead of "starting again" and crossing your fingers that something will change in 2014.

• Winter can be cold, dreary and full of many excuses for not starting on health resolutions; but now, the season is bright, warm and invigorating.

What tools (mental and physical) are available?

The environment at Glen Cove offers many "tools" for building a healthy lifestyle. Consider, the following few, among many:

- The fabulous Vallejo weather.
- Glen Cove walking trails, sidewalks, hills, water views and parks.
- With kids in school, parents may have extra time to focus on personal activity and food choices
- Days are still long enough to get a walk-in after work.
- The Fall colors are stimulators and mirror healthy food choices:
 - Red tomatoes, peppers and strawberries, apples
 - * **Green** lettuce, broccoli, zucchini, green beans, Brussels sprouts, celery, grapes, apples and other veggies
 - * Yellow squash, peppers, onions, bananas, corn
 - * **Purple** eggplants, onions, potatoes, grapes
 - * **Brown** mushrooms, onions, potatoes, and whole grain foods



Continued from Page 9....

- * White (Clouds) Jicama, cauliflower, potatoes
- * Blue (Sky) Blueberries, grapes

How to get started!

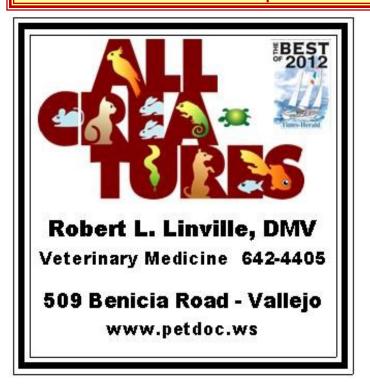
- Find your "why" this is your reason for living a healthy lifestyle
- Set small goals maybe a 10 minute walk two days a week; then increase slowly until you can walk up to 30 minutes every day.
- ◆ Learn about the best food choices each day replace a less healthy choice with a healthy one. Example: replace sugar-laden sodas with water or lemon/lime juice, or iced tea. Avoid artificially sweetened drinks.
- Use a smaller plate fill 1/2 with fruits and veggies; 1/4 with a lean protein, 1/4 with a whole grain. Choose fruits for desserts rather than pies, cookies ice creams and puddings that are loaded with processed sugar and saturated fat. Cut off butter, sauce or dressings lemon or lime, instead.
- Check the "My Plate" website at <u>myplate.gov</u> for more helpful information.

What are <u>your</u> health concerns: weight management, fatigue, fighting a disease? More than 80% of Physical ailments are directly related to inactive lifestyles and poor food choices. Think about that familiar quote: "A body at rest ends to stay at rest – a body in motion tends to stay in motion." Translation: become active, make healthy food choices, and educate yourself on how to implement a personal Healthy Lifestyle.

Start now, and by the New Year's Eve, you will have something to really celebrate – a healthier you!

Contributed by: Diana M. Dowling, Glen Cove Resident and Certified Nutrition Educator Thehealthangel@att.net

GCAA wishes Happy Holidays to all our neighbors, community members, and readers. We appreciate our sponsors and advertisers who make this newsletter possible.





nutrition 4 health

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GCAA wishes Happy Holidays to our readers, neighbors, & members of our community. We appreciate our sponsors and volunteers who make this newsletter possible.

& Frank Overton 643-0753





Glen Cove Rainbow By Eric Dugan



Glen Cove Community Assn. 164 Robles Way, #254 Vallejo, CA 94591

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