



AGENDA

CITY OF SEASIDE
PARKS AND RECREATION
COMMISSION

SPECIAL MEETING
HYBRID MEETING
Monday, September 20, 2021
5:30 PM

MASKS ARE REQUIRED FOR IN PERSON PARTICIPATION.

This meeting is compliant with Governor Newsom's Executive Order N-29-20 which allows local legislative bodies to hold public meetings electronically only, without a physical location for public participation, accessible only telephonically or otherwise electronically (video conferencing) to all members of the public seeking to observe and address the local legislative body, in order to avoid public gatherings, and until further notice. This meeting will be held in a hybrid format providing a physical location at 986 Hilby Ave, Seaside, CA 93955 – Oldemeyer Center – Seahorse Room.

DETAILS FOR PUBLIC PARTICIPATION IN THIS PUBLIC MEETING:

IN PERSON PARTICIPATION: Protective face coverings required at all times, including when speaking.

REMOTE PUBLIC COMMENTS To make a public comment, the following options are available:

- Before the Meeting via Email: Written comments can be emailed to dmeewis@ci.seaside.ca.us Include the following subject line: "Public Comment Item # (insert the agenda item number relevant to your comment)". Written comments must be received by 4:00 p.m. on the day of the meeting. All submitted comments will be provided to the Commission for consideration and compiled as part of the record.
- During the Meeting via Oral Comments: When the Chair calls for public comment, attendees can queue to speak with the "Raise Hand" feature. On the Zoom application, click the "Raise Hand" button. On the phone, press *9. The Chair will call speaker names and unmute speaker microphones (on the phone, press *6). You will have up to 3 minutes to provide your comments, with time set by the discretion of the Chair. ***Please note, written comments will not be read but will be included in the final record.***

VIRTUAL MEETING ACCESS

This meeting can be watched via the City of Seaside You Tube channel

<http://bit.ly/SeasideYouTube>

Or by joining the Zoom webinar link:

<https://us02web.zoom.us/j/89130428445?pwd=V0Y1Zk12TktXaFICZnpGWnh2OTE4dz09>

Or call in phone number: 669-900-9128

WEBINAR ID: 891 3042 8445

Passcode: 343311

1. CALL TO ORDER

PARKS AND RECREATION

Franco Pacheco	Chair
Bobby Maxwell	Vice Chair
Rich Cadigan	Commissioner
James White	Commissioner
Alicia Louise Gaines-Lynch	Commissioner
Dianne Nielson	Commissioner
Chris Moulton	Commissioner
Robert Daniels	Commissioner

2. BUSINESS ITEMS

A. RECEIVE PRESENTATION AND PROVIDE COMMENTS ON THE PROPOSED IMPROVEMENTS TO CUTINO PARK

B. RECEIVE PRESENTATION FROM BLUE ZONES PROJECT MONTEREY COUNTY

3. ADJOURNMENT

Next Regularly Scheduled Meeting:
November 15, 2021
Time: 5:30 p.m.
HYBRID MEETING

The City of Seaside is committed to providing accessible facilities and accommodating people with disabilities in all of its services programs and activities. If special considerations are needed by any person to fully participate in this meeting, contact the City Clerk at 899-6707 no fewer than two business days prior to the meeting to allow reasonable arrangements. Agendas are posted at:
<http://www.ci.seaside.ca.us/129/City-Council-Committee-Agendas>

Agenda-related writings or documents provided during public meetings are available for public inspection during the meeting or from the office of the City Clerk. This agenda is posted in compliance with California Governor Newsom's Executive Orders N-29-20 and N-33-20.



**CITY OF SEASIDE
STAFF REPORT**

Item No.:2.B.

TO: Parks and Recreation Commission

BY: Dan Meewis, Recreation Director

DATE: September 20, 2021

SUBJECT: **Receive presentation from Blue Zones Project
Monterey County**

PURPOSE

Receive and accept the presentation.

BACKGROUND

The Blue Zones Project is a well-being improvement initiative designed to help make healthier choices easier by encouraging changes to communities that lead to healthier options. Blue Zones Project engages with lots of different entities in the community, including worksites, schools, restaurants, and grocery stores on how to make impactful and sustainable improvements related to health. When individuals and organizations participate, the small changes contribute to huge benefits: lowered health care costs, improved productivity, and a higher quality of life.

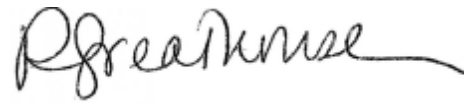
Dan Buettner, Blue Zones founder, is a National Geographic Fellow and multiple New York Times bestselling author. He has discovered five places in the world – dubbed blue zones – where people live the longest, and are healthiest: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California. Ultimately, Dan and the team of demographers and researchers found that all blue zones areas share nine specific lifestyle habits that are called POWER 9. Those specific habits are; Purpose, Move Naturally, 80% Rule, Downshift, Plant Slant, Wine@5, Belong, Right Tribe, and Loved Ones first.

FISCAL IMPACT

No fiscal impact with this presentation.

ATTACHMENTS

Reviewed for Submission to the City Council by:

A handwritten signature in black ink, appearing to read "R Greathouse", with a long horizontal flourish extending to the right.

Roberta Greathouse, Acting City Manager