



AGENDA

CITY OF SEASIDE
PARKS AND RECREATION
COMMISSION

REGULAR MEETING
HYBRID MEETING
Monday, November 15, 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 Mayor. ***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. PUBLIC COMMENT

Members of the public wishing to address the City Council on matters within the jurisdiction of the City of Seaside, but not on this agenda, may do so during the Public Comment period for up to three (3) minutes. Public Comments for "Presentations" on this agenda are also taken at this time; comments on specific agenda items are heard under that item. For the public record, please state your name.

3. APPROVAL OF MINUTES

A. August 16, 2021 Minutes

B. September 20, 2021 Minutes

4. REVIEW OF AGENDA

If there are any items that arose after the 72-hour posting deadline, this is the point in the meeting where a vote may be taken to add the item to the agenda. (A 2/3-majority vote is required).

5. BUSINESS ITEMS

A. UPDATE ON COMMISSIONER ORIENTATION TRAINING

B. DISCUSS CHANGING THE FEBRUARY 21, 2021 MEETING DUE TO THE CITY OBSERVED HOLIDAY

C. DISCUSSION ON ESTABLISHING A YOUTH GARDEN PROJECT

D. UPDATE ON THE DOG BAG DISPOSAL DISPENSER AND TRASH CANS AT TRINITY PARK

E. REVIEW 2021/22 WORK PLAN AND PROVIDE UPDATES ON PROJECTS

F. DISCUSS AND CONSIDER RESUMING MONTHLY MEETING

6. REPORTS FROM RECREATION STAFF

7. REPORTS FROM PARKS STAFF

8. REPORTS FROM COMMISSIONERS

9. ADJOURNMENT

Next Regularly Scheduled Meeting:

February 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.



MINUTES
CITY OF SEASIDE
PARKS AND RECREATION
COMMISSION

REGULAR MEETING
HYBRID MEETING
Monday, August 16, 2021
5:30 p.m.

1. CALL TO ORDER:

The meeting was called to order at: 5:30 p.m.

2. ROLL CALL – ESTABLISHMENT OF QUORUM:

PARKS & RECREATION COMMISSION:

Franco Pacheco	Chair	<u> X </u>
Bobby Maxwell	Vice Chair	<u> X </u>
Rich Cadigan	Commissioner	<u> X </u>
James White	Commissioner	<u> X </u>
Alicia Louise Gaines-Lynch	Commissioner	<u> </u> (Excused Absence)
Dianne Nielson	Commissioner	<u> X </u>
Chris Moulton	Commissioner	<u> X </u>
Robert Daniels	Commissioner	<u> X </u>

STAFF:

Dan Meewis X Terry Navarro X Ashley Collick X Leslie Llantero X

3. GUESTS:

- * Dave Pacheco – City Councilman
- * Laura Murphy – Environmental Committee
- * Dr. Choi
- * Sarah Haller

4. PUBLIC COMMENTS:

* Laura Murphy wanted to let everyone know that Sustainable Seaside together with FOSPA are having a park tour on Saturday, October 2, 2021 from 1:00 p.m. to 4:00 p.m. They are in the planning stages of getting activities together and getting things prepared for the park tour. They will be highlighting and emphasizing the pollinator plantings that have been on going in a selection of the Seaside parks. Laura has met with the sub-committee on trees and they are happy to have the participation from the Parks & Recreation Commission.

* Dr. Choi wanted to express his extreme opposition to the ridiculous ongoing so call pickle ball pilot program. In his opinion, it has been a disgrace and a disaster from day one. He stated that no one in the community was notified about this so called pilot program. Dr. Choi stated that when they expressed their extreme opposition, it was completely ignored. He is very upset that this program is being extended indefinitely. He stated that the City of Monterey just received a petition with over one hundred signatures opposing pickle ball. He also stated that they are destroying the streets, sidewalks, peace of quiet and the livability of the City of Seaside. They are sometimes spending eight hours a day at this park. Dr. Choi feels that staff are lying to the neighbors of the Wheeler Street Tennis Courts and

the City Council is not responsive to the people of Seaside. He stated that the pickle ball player do not live in Seaside.

- * Commissioner Pacheco asked staff if there are any police reports about the pickle ball. Staff stated that they have not heard about any police reports.

5. APPROVAL OF May 17, 2021 and June 28, 2021 MINUTES:

- * Rich Cadigan/Robert Daniels M/S/P (A roll call vote was taken and the motion passed for both).

6. BUSINESS ITEMS:

1. Receive presentation on the revisions to the Cutino Park Master Plan and recommend approval to the Board of Architectural Review:

- * Public Works were not fully prepared for this agenda item. They requested to a special meeting on September 20, 2021 at 5:30 p.m. for this agenda item. The Commissioners voted and accepted to have a special meeting on Monday, September 20, 2021 at 5:30 p.m. for this agenda item.
Dianne Nielson/Bobby Maxwell M/S/P (A roll call was taken and the motion passed).

2. Discussion on considering a second dog park (Commissioner Pacheco):

- * Commissioner Pacheco stated that some of the people that are associated with Pacchetti Dog Park suggested we should have a second dog park in Seaside. They stated they have about 250 people a day at Pacchetti Dog Park. They are going through 1200 to 1500 doggie waste bags a week.
- * Commissioner Maxwell and staff stated that the second park would need at least one ADA accessible entrance and parking space.
- * Commissioner Daniels suggested Havana Soliz Park. Staff stated that at the last Laguna Grande Joint Agency meeting it was suggested that the part of Laguna Grande Park that is on the corner of Fremont Boulevard and Canyon Del Rey Boulevard might be good. There would be potential for the City of Seaside to work with the City of Monterey because part of that area is in Seaside and part of it is in Monterey.
- * Public Comment:
 - ** Sarah Haller wanted to let everyone know that the acoustics are not good and the meeting is not on You Tube.
 - ** Leslie Lianero stated she is unable to tell who is speaking due to everyone is wearing masks. She asked if the Commissioners would state their name before speaking.

- * Commissioners voted and accepted to put the proposal of a second dog park on the next (2022/23) Parks & Recreation Work Plan.
Dianne Nielson/Bobby Maxwell M/S/P (A roll call was taken and the motion passed).

3. Discussion on a tree sub-committee (Commissioner Daniels):

- * Commissioner Daniels reported that a sub-committee will be doing a presentation to the City Council in collaboration with the Environmental Committee based on the fifteen tree that they are planning on planting in the parks. The presentation will be covering the environment and physical benefit and educate the public of the importance about tree planting.
- * Commissioner Nielson reported that the tree sub-committee was formed to get in align with Tree City USA compliance and expectations. It will bring more trees and education into the city. It will also help encourage stewardship of our parks and trees. They are working on amending the ordinance to have residents plant trees or remove trees and include memoriam trees for residents to purchase a tree and plant a tree in a park or a city open space. They are working with FOSPA and Sustainable Seaside with their park tour on Saturday, October 2, 2021 from 1:00 p.m. to 4:00 p.m.
- * Commissioner Moulton reported that they are trying to put more trees in the parks and educate the community. They want to be one of the top cities with Tree City USA. He stated they are on the right track.
- * Public Comment:
 - ** City Councilman Pacheco asked if the fifteen trees were part of the funding from the Neighborhood Improvement Commission. Commissioner Nielson stated it was.

4. Discussion on additional dog bag disposal dispensers at Trinity Park (Commissioner Cadigan):

- * Commissioner Cadigan reported that they have a dog bag disposal dispenser on the west side of the park and he feels it would be beneficial that they have one on the east side of the park. Staff will ask Public Works if there are any extra ones left to put it in the park. There was a discussion about the cost and if it would be cheaper if they purchased more than one.
- * Commissioner Moulton reported that Trinity Park needs additional trashcans in the park. Commissioner Cadigan stated that the park has two trash cans and it would be great to have additional ones in the park. The Commissioners and staff discuss the cost of more trashcans.
- * The Commissioners voted and accepted the motion – “That the Parks & Recreation Commission fund the dog bag disposal dispenser if there is not one available for placement at Trinity Park on the east end”.
Rich Cadigan/Robert Daniels M/S/P (A roll call vote was taken and the motion passed).

5. Discussion on bike path directional sign for the area of Del Monte Boulevard and Canyon Del Rey Boulevard (Commissioner Cadigan):

- * Commissioner Cadigan reported that there is a sign on the southwest corner about the bike path. You can see the sign with the bike path information if you are traveling to Monterey, however, the other side is blank. People traveling from Monterey to Seaside do not know the direction of the bike path when they get to that corner because the sign is blank. He would like a duplicate sign with the bike path information so the people that are coming from Monterey to Seaside will know which way the bike path is. Commissioner Cadigan stated that he would even install it if necessary. The bike path is not marked in that area. Monterey does have a postcard sign about the bike path, however, no one sees it.
- * Commissioner Nielson stated she likes that idea, however, when you ride your bike in that area it is hard to know where the bike path goes.
- * Public Comment:
 - ** Leslie Llantero stated that putting the sign on the southwest corner is not a appropriate to direct the people to ride on the sidewalk. A better place for the sign is on the pathway around Roberts Lake because that is the officially bike path. Seaside can work with Monterey in this matter.

7. REPORTS FROM RECREATION STAFF:

- * Staff reported that the Oldemeyer Center and the Pool are fully open now. Masks are required indoors. Registration for Fall Classes started today, August 16, 2021. It is good to have the community come back to do the activities. The Recreation Department has filled two recreation supervisor positions. Blues in the Park starts on Sunday, September 12, 2021 and goes on for four weeks ending on Sunday, October 03, 2021. If the Parks & Recreation Commission would like to have a table at the Blues in the Park, please let staff know. The City hosted the first “Oaxaca by the Sea” celebration at Laguna Grande Park on Sunday, August 08, 2021. There was about 1200 people that attended the event.

8. REPORTS FROM PARKS STAFF:

- * Staff reported that the Highland Otis contract bids came back and they will be going to the City Council on August 19, 2021 to award the contract. The construction start date is late September/early October. They are out to bid with Ellis Park bit which are due this Wednesday or Thursday. They should be going to the City Council on September 02, 2021 for approval. The construction start date is early October. They are moving forward with the Laguna Grande Park design which should go out in the next couple of weeks with the construction start date at the end of October. The updated information about Cutino Park will be given to the Parks & Recreation Commission on Monday, September 20, 2021.

9. REPORTS FROM COMMISSIONERS:

- * Commissioner Moulton reported that he working with the tree sub-committee and working on signage shaped as trees. He asked if anyone has spare plywood to donate would be great.
- * Commissioner Nielson reported that she is working with the tree sub-committee, FOSPA and the Environmental Committee with their tree project. She is also Seaside with their park tour on Saturday, October 2, 2021 from 1:00 p.m. to 4:00 p.m. She is interested in the corner of Canyon Del Rey Blvd and Fremont Street where the Hana garden is. Commission Daniels has met her there and they watered there for four hours. She plans to go there again to water the area. There will be a trimming project there soon.
- * Commissioner Maxwell reported that he attended the 4th of July block party and represented the Commission and passed out their swag and information. He stated he plans to attend Blues in the Park and do the same. He also stated that he attended the walk through Laguna Grande Park last Saturday with the Joint Powers Agency people.
- * Commissioner Pacheco reported that he is happy that the recreation rental fees were lowered and affordable. He wants to make sure all the parks are safe and accessible to all children and the community. He thanked all the staff.

10. ADJOURNMENT: The meeting was adjourned at: 6:39 p.m.

Next Special Scheduled Meeting
September 20, 2021
Time: 5:30 p.m.
Hybrid Meeting



**MINUTES
CITY OF SEASIDE
PARKS AND RECREATION
COMMISSION**

**SPECIAL MEETING
HYBRID MEETING
Monday, September 20, 2021
5:30 p.m.**

1. CALL TO ORDER:

The meeting was called to order at: 5:33 p.m.

2. ROLL CALL – ESTABLISHMENT OF QUORUM:

PARKS & RECREATION COMMISSION:

Franco Pacheco	Chair	<u> X </u>	
Bobby Maxwell	Vice Chair	<u> X </u>	
Rich Cadigan	Commissioner	<u> </u>	(Excused Absence)
James White	Commissioner	<u> X </u>	
Alicia Louise Gaines-Lynch	Commissioner	<u> X </u>	
Dianne Nielson	Commissioner	<u> X </u>	
Chris Moulton	Commissioner	<u> </u>	(Excused Absence)
Robert Daniels	Commissioner	<u> X </u>	

STAFF:

Dan Meewis X Terry Navarro X Ashley Collick X Nisha Patel X
Leslie Llantero X

3. GUESTS:

- * Tanja Roos – Community Program Manager, Peninsula Cities
- * Zack Wormhadt
- * Ben Wilson
- * Sarah Haller

4. BUSINESS ITEMS:

1. Receive presentation and provide comments on the proposed improvements to Cutino Park:

- * Staff went over the background of Cutino Park. On October 26, 2017 the conceptual plan was approved; however, there were not funds available. On December 21, 2017 it was approved to move forward with the improvement plans for the ADA upgrades to the restroom, snack shack, walkway entrance from Noche Buena, multi-use synthetic turf field and the skate park. On July 5, 2018 the City Council approved the design and construction of the improvements that were approved on December 21, 2017. On September 09, 2018 the 5 million dollar bond which was to finance the Cutino Park improvements was approved. On October 18, 2018 the construction contract was awarded. On August 24, 2019, the construction was completed. On April 17, 2020 the design of the parking lot was approved. On June 03, 2021 the City Council approved the design amendment that included the storm water retention and treatment, new playground, pump track, bleachers, accessible pathway, lighting and landscape features.

- * Staff went over the enclosed pictures and diagrams showing the Commissioners all the improvements that were done and the improvements that are in design currently, which are the parking lot, new playground, pump track, visitor bleachers, access path, picnic tables and benches at skate park.
- * Commissioner Nielson and staff went over page five of the enclosed diagrams showing the improvements that will be done. She wanted to know if they removed trees, are they going to replace them. Staff stated they would be replacing them and the Commissioners can send their suggestions. Commissioner Nielson wanted to know what percentage of the playground equipment will be exclusive. Staff stated about ten percent and the playground will have wood chips.
- * Commissioner Maxwell wanted to know how many parking spaces will be in the parking lot and how many will be ADA accessible. Staff stated there will be nine spaces with one ADA space. There is a trees that will be removed and that will give room for a couple more spaces.
- * Commissioner Daniels asked if there is plans to add an entrance on Lowell Street, which is on the north side of the field. Staff stated no at this time. He also wanted to know if the half-court basketball court still going to be re-located. Staff stated that it will remain where it is now. Commissioner Daniels stated that the pathway on the west side of the field (where the bleachers are) leading towards the other side of the field goes through the basketball court. He feels that is a safety issue. Staff will look into that.
- * Commissioner Gaines-Lynch stated she has concerns about the seating area in the park on the corner of Luxton Street and San Pablo Avenue. There are a lot of youths that hang out there. The fence is bent and needs improvements in that area. Commissioner Nielson wanted to know if there was a possibility of the seating area being taken out. Staff stated they have no plans for that area at this time, however, they will look into it.
- * Commissioner Nielson and Commission Daniels wanted to know the difference in plastic verses concrete for the pump track, the price difference and the durability of the plastic. Zack Wormhoudt, the designer, stated that the speed ring is a modular system and you can add pieces to it. It is in plastic form and can be moved. The durability of the plastic model is about eight to ten years and the concrete model is about fifteen years or more. The concrete model would be a big undertaking to move it.
- * Commissioner Pacheco wanted to know the next step with the pump track. Staff stated they are going to do it as an add alternate and get the bids for the plastic and concrete. They will choose when the bids come in.
- * Commissioner White asked about the maintenance of the plastic model of the pump track. Zack Wormhoudt stated that there is not a lot of maintenance because it is a bolt together system. Commissioner Gaines-Lynch asked if the plastic track is damaged, can the damaged part be replaced and how expensive would it be to replace. Zack stated that damage pieces can be replaced and he is not sure what the price would be. Maybe two or three thousand dollars a piece. Staff asked how hard it would be for someone to come in and remove

the pieces. Zack stated that someone would need this correct tools to get to the bolts. He stated several tracks have been put in rough neighborhoods and they have not had any problems with vandalism.

2. Receive presentation from Blue Zones Monterey County:

- * Staff reported that the City Council approved a resolution in support for the Blue Zones of Monterey County. Staff invited Tanja Roo to come and give a presentation to the Commission about the Blues Zones and how they can move forward with the city to become Blue Zone certified at some point. Tanja is a member and works with Blues Zone of Monterey County.
- * Tanja reported that all of the work the Blue Zones Project does is free because of their wonderful sponsors; Salinas Valley Memorial Healthcare System, Taylor Farms and Montage Health. Tanja reported that half of the people in Monterey County struggle to feel a sense of hope and purpose and that one in three are not proud of their community. Almost half of the people do not exercise enough and almost half of Monterey County adults have prediabetes and most do not know they have it. For these adults, losing weight by eating healthy and being more active can cut the risk of developing type 2 diabetes in half. Thousands of families suffer the stress of food insecurity and cannot afford or have access to food. They deliver produce to millions, but almost half do not eat enough fruit and vegetables. The Blue Zones Project is in Monterey County to help and educate the community.
- * Tanja reported that the Blue Zones Project is a geographical based community-by-community comprehensive approach to well-being that drives measurable improvement in key metrics. Dan Buettner, Blue Zones founder, discovered five places in the world – dubbed Blue Zones – where people live the longest, and are healthiest. Those places are Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece and Loma Linda, California. These area share nine specific lifestyle habits that are called POWER 9. Tanja stated that the specific habits are; Purpose, Move Naturally, 80% Rule, Downshift, Plant Slant, Friends or Wine at 5, Right Tribe, Loved Ones First and Belong.
- * Tanja reported that the Blue Zones Project focus with people, places and policy. They help people take steps toward improving their well-being and help them discover how healthy choices can be made easier. Community Policy has a big impact on healthy choices. Blues Zones Project engages with lots of different entities in the community, including workshops, schools, restaurants and grocery stores on how to make impactful and sustainable improvements related to health.
- * Tanja reported that they want to work with the City of Seaside towards certification. She discussed some demonstration projects that they can work on together. She stated that if anyone is interested in volunteering, she has pledge form that anyone can fill out. They are funded for phase one of this project. Phase one with be for three to four years long in this area.

- * Commissioner Daniels asked how the data is collected to figure out what zone to pick out. Tanja stated that they do extensive research. It started in Albert Lea, Minnesota many years ago and now the project is operating in sixty different communities across the United States.
- * Commissioner White asked what the percentage of active participation is from the public. Tanja stated they are just getting started. The minimum benchmark by the end of the project is fifteen percent of the population of the community.
- * Commissioner Nielson asked how to make a grocery store a Blue Zone. Tanja stated that one example is to have healthy snack and water instead of candy, chips and sodas in the checkout lanes.
- * Commissioner Pacheco asked if they collaborate with the school districts or the individual schools. Tanja stated it the individual school sites. Commissioner Pacheco stated on their Work Plan they have the community garden and the walking path project on it. He wanted to know what the collaboration of that would look like. Tanja stated she would love to learn more about those projects. She would like to get together with some of the Commissioners and discuss those projects.
- * Public Comment:
 - ** Sarah Haller stated that the Community Garden is an excellent idea. She also stated it would be great to have two locations and to included having fruit trees.

5. **ADJOURNMENT:** The meeting was adjourned at: 7:04 p.m.

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

Attachment from
the September 20,
2021 Meeting



**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



Blue Zones Project

Join the Movement for Healthier Communities

THANK YOU to our sponsors

BROUGHT TO MONTEREY COUNTY BY:



HALF

of us in Monterey County struggle to feel a sense of hope and purpose.



ONE IN THREE are not proud of their community

THOUSANDS OF FAMILIES

suffer the stress of food insecurity and can't afford or access food.

A single woman with children in Monterey County spends more than one-third of her income on food.



WHY

MONTEREY COUNTY?

Our weather invites outside activity but **ALMOST HALF OF US DON'T EXERCISE ENOUGH**



ALMOST HALF

of Monterey County adults have prediabetes (and most don't know they have it). For these adults, losing weight by eating healthy and being more active can cut the risk of developing type 2 diabetes in half.



MORE THAN 2/3

of us are overweight or obese, putting us at greater risk for diabetes and other health problems.



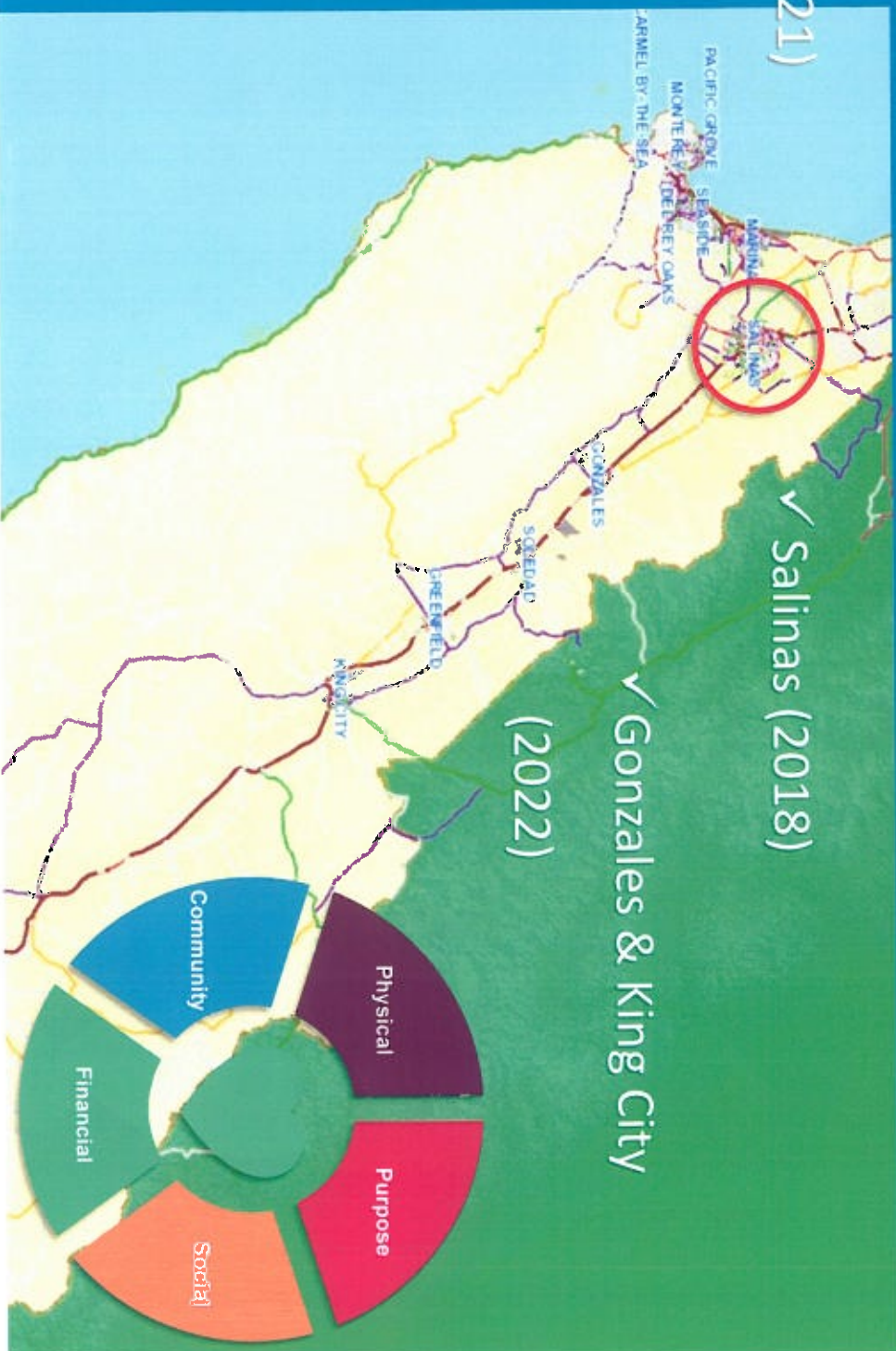
WE DELIVER PRODUCE TO MILLIONS

but almost half of us don't eat enough fruit and vegetables.



Expansion Areas

- ✓ Peninsula Cities (2021)
- ✓ Monterey
- ✓ Marina
- ✓ Seaside
- ✓ Monterey County (2021)



It's getting harder to lead a healthy lifestyle



**69% of Americans can
be classified as
overweight
or obese**



**Our environment
increasingly encourages
unhealthy behaviors**

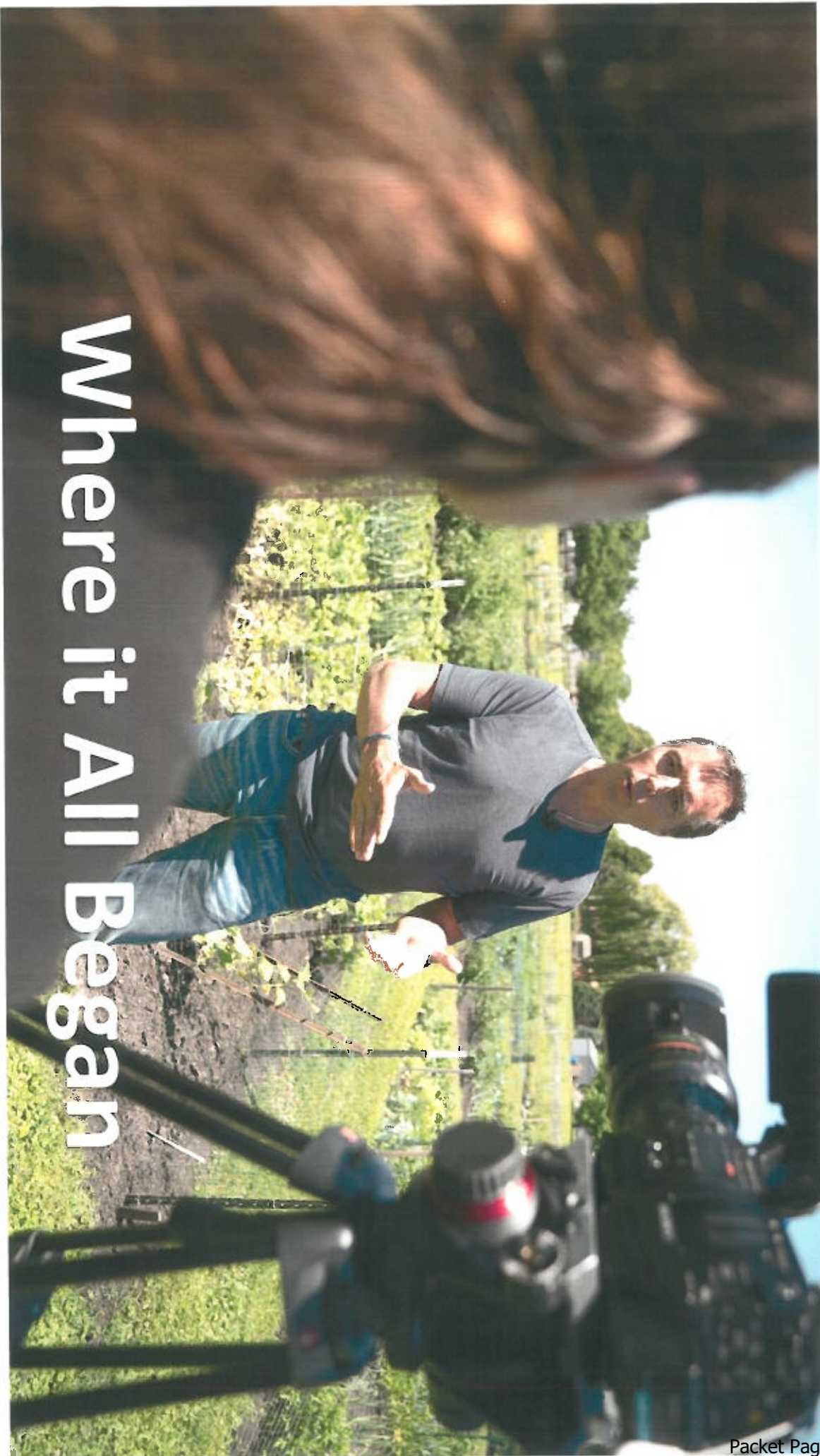


**Loneliness and social
isolation
are risk factors for
increased mortality**



What determines our health?

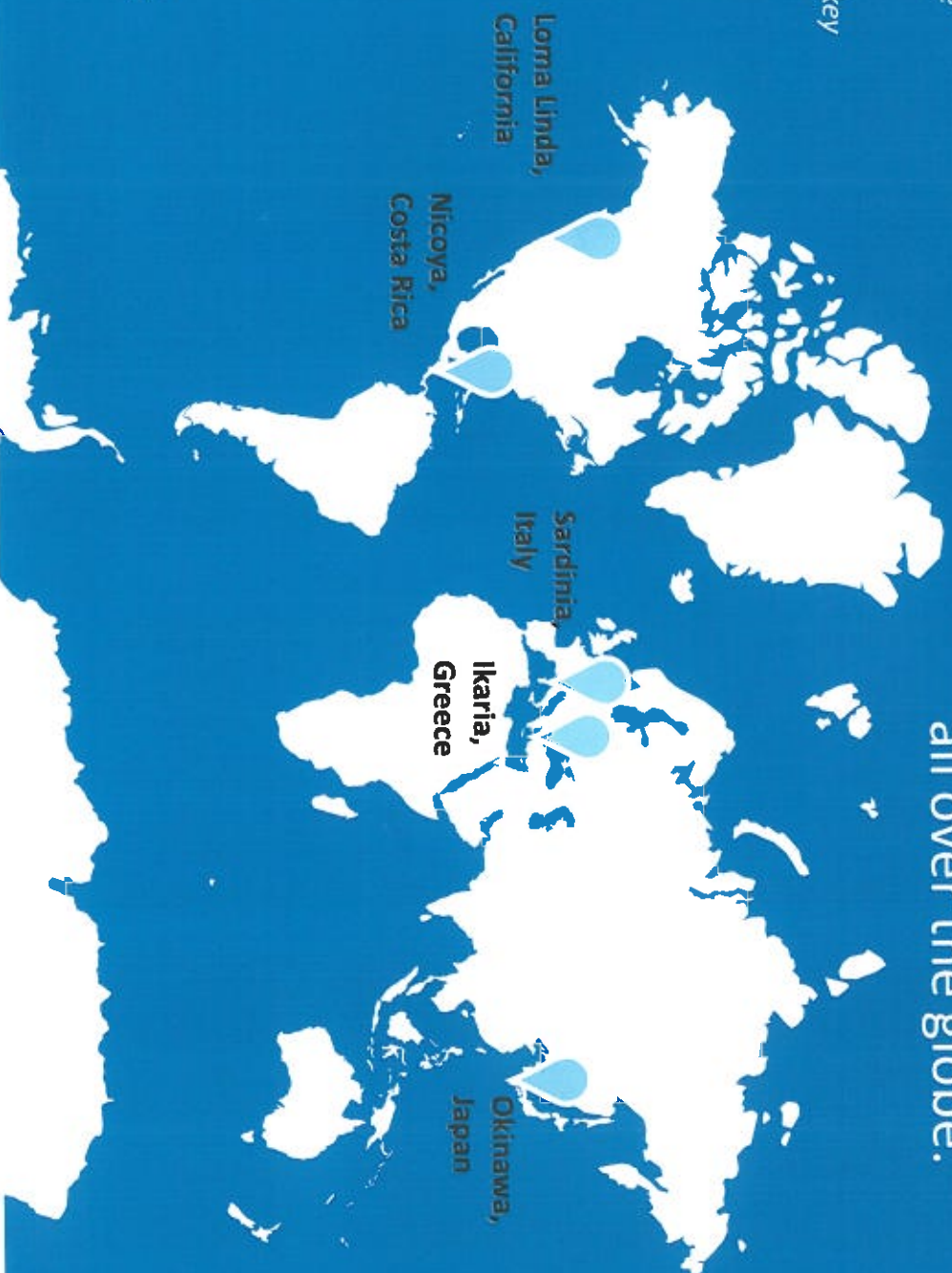




Where it All Began

The Blue Zones Project is a geographically based, community-by-community comprehensive approach to well-being that drives measurable improvement in key metrics.

The original blue zones exist all over the globe.



3x

more likely to live to 100

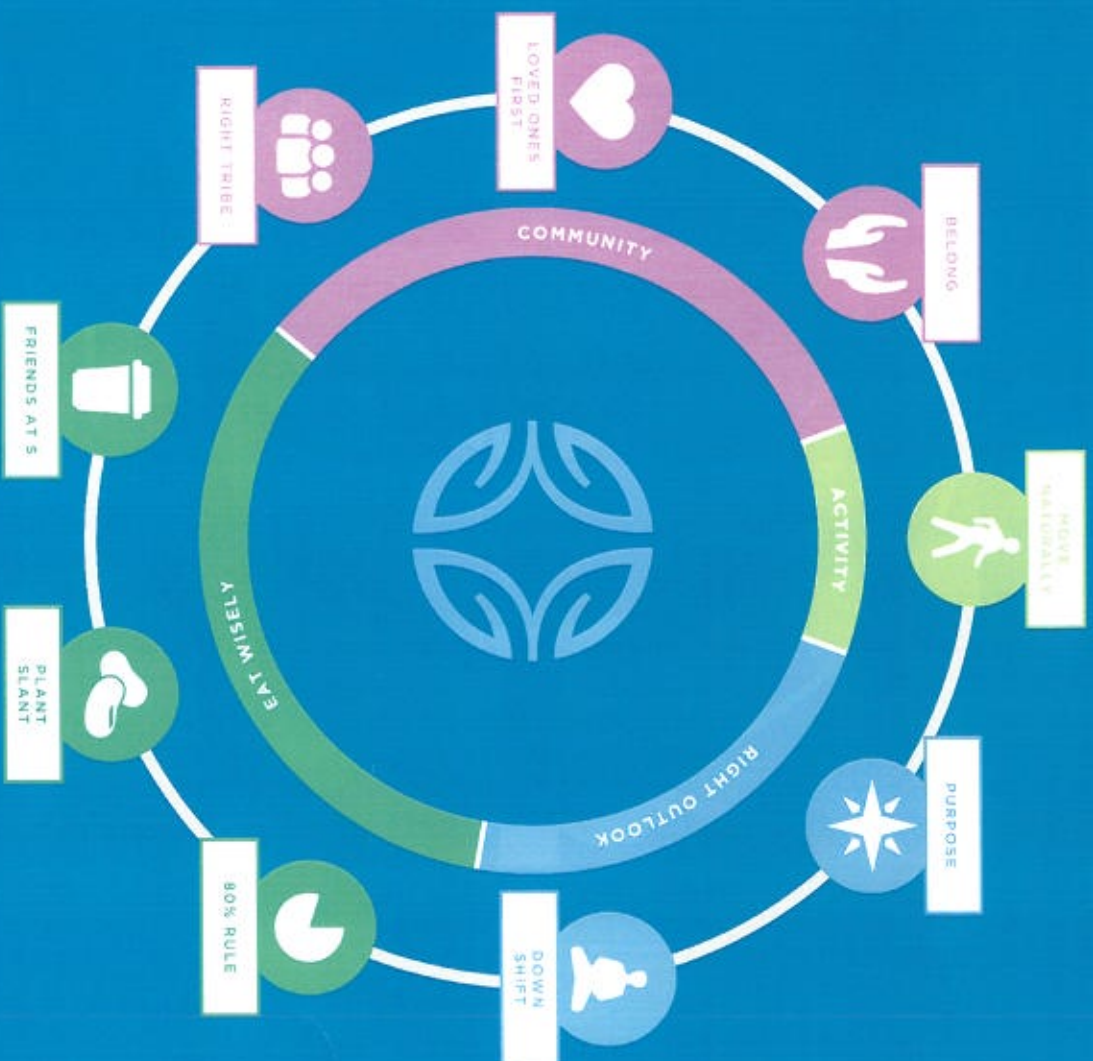
Living on average

12 more

good years than we do in the U.S.A.

Power 9[®]

Lessons for living longer, better.



Blue Zones Project Focus - Life Radius™



People

Places

Policy

Impacting People

Take steps toward
improving your
well-being:

- Move more
- Discover your purpose
- Eat better
- Make new friends



Impacting Places



- Discover how healthy choices are made easier:
- Schools
 - Worksites
 - Restaurants
 - Grocery stores
 - Civic & Faith-Based Orgs

Impacting Policy

Community Policy has
big impact on healthy
choices:

- Built environment
- Tobacco policy
- Food policy



Opportunities + Alignment Policy – City of Seaside

Built Environment GOAL

Enhance the built environment within Peninsula Cities to promote **moving naturally, social connectedness, and overall well-being** through transportation and land-use policies and projects ensuring that economic, racial and geographic equity are prioritized throughout these efforts.

Opportunities + Alignment

Policy – City of Seaside

Peninsula Cities

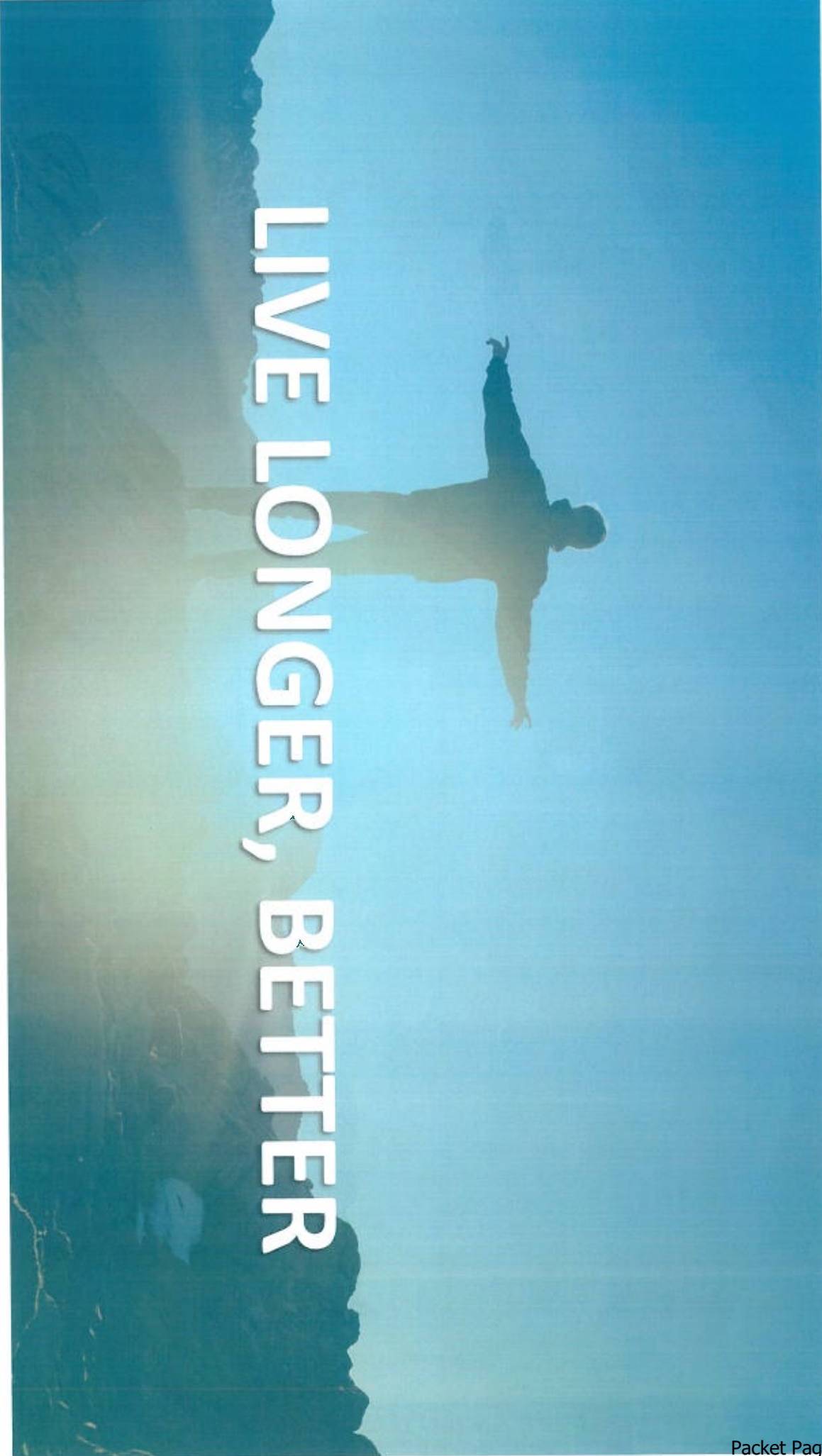
For each expansion community (Marina, Monterey, Seaside):

- Select, design, secure funding for two **demonstration projects** and a **marquee project**.
- Adopt/update, at minimum, three **local policies or plans**.
- Implement one **capacity building initiative** (can include more than one community in an initiative).
- Contribute to development of at least one **countywide policy or plan**.

Opportunities + Alignment

Policy – City of Seaside

- **Moving Naturally**
 - Laguna Grande JPA
 - FORTAG
 - Friends of Seaside Parks
 - Safe Routes to School
- **Eating Wisely**
 - Community Gardens / Local Food Sovereignty
 - Farmers Market
- **Other thoughts? Ideas? Opportunities for support?**

A person is silhouetted against a bright blue sky, standing on a dark, rocky cliff edge. Their arms are outstretched horizontally, and their legs are slightly apart, suggesting a pose of balance or freedom. The sky is a clear, vibrant blue, and the cliff face is dark and textured. The overall mood is one of tranquility and achievement.

LIVE LONGER, BETTER

Volunteer

EVENT INFORMATION

Sat, August 21 | Movie Drive-In (English)
Sun, August 22 | Movie Drive-In (Spanish)

VOLUNTEER OPPORTUNITIES

Sat, Aug. 28 | Sand City's Annual West End Celebration
Sun, Aug. 29 | Sand City's Annual West End Celebration
Thurs., Sept. 2 | Monterey County Fair
Fri., Sept. 3 | Monterey County Fair
Sat., Sept. 4 | Monterey County Fair
Sun., Sept. 5 | Monterey County Fair
Mon., Sept. 6 | Monterey County Fair

LOCATION

Monterey County Fairgrounds
Monterey County Fairgrounds

LOCATION

Sand City
Sand City
Monterey County Fairgrounds
Monterey County Fairgrounds
Monterey County Fairgrounds
Monterey County Fairgrounds
Monterey County Fairgrounds
Monterey County Fairgrounds



SCAN ME

<https://info.bluezonesproject.com/mc-kickoff-2021-connect>



THANK YOU!

Q&A

Tanja Roos – Community Program Manager
tanja.roos@sharecare.com
831.512.1197



What is Blue Zones Project?

What began as a New York Times bestseller by National Geographic Fellow Dan Buettner has evolved into a global movement that's inspiring people to live longer more active lives. Blue Zones Project offers a unique opportunity for individuals, organizations, and communities to make permanent changes to the environments where they live, work, and play to make healthy choices easier.

POWER 9[®]

LIVE A LONGER, HEALTHIER LIFE BY APPLYING THESE PRINCIPLES
INSPIRED BY THE PEOPLE WHO HAVE LIVED THE LONGEST.



Purpose: Wake up with purpose each day and add up to seven years to your life.



Wine@5: If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends each day.



Move Naturally: Find ways to move more! You'll burn calories without thinking about it.



Belong: Belong to a faith-based community and attend services regularly to add up to 14 years to your life.



80% Rule: Eat mindfully and stop when 80% full.



Right Tribe: Surround yourself with people who support positive behaviors – and who support you.



Downshift: Reverse disease by finding a stress-relieving strategy that works for you.



Loved Ones First: Invest time with family – and add up to six years to your life.



Plant Slant: Put more fruits and vegetables on your plate.

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Find out more!



montereycounty.bluezonesproject.com



bluezonesprojectmontereycounty@sharecare.com



[@bzpmontereyco](https://www.facebook.com/bzpmontereyco)





BLUE ZONES PROJECT
by sharecare

Let's make the healthy choice the easy choice.

What are the benefits of Blue Zones Project?

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. When individuals and organizations participate, the small changes contribute to huge benefits: lowered healthcare costs, improved productivity, and a higher quality of life.



SCHOOLS

By encouraging better eating habits, implementing tobacco-free policies, and increasing physical activity, we create healthy habits for life.



GROCERY STORES

By helping you provide easier access to healthful and tasty foods, you can better educate families on improving nutrition.



RESTAURANTS

We work with you to add healthier foods, so you can improve customer satisfaction and increase traffic.



COMMUNITY POLICY

Sidewalks, community gardens, farmers' markets, and other community infrastructures affect your ability to move naturally, connect socially, and access healthy food.



WORKSITES

We help your workers feel better and more connected to their colleagues, so they're more productive, miss less work, and have lower healthcare costs.



INDIVIDUALS

From moving naturally more often to finding individual purpose in our lives, making small changes in daily routines can lead to living happier and healthier lives.

A community-wide approach.

YOU ARE INVITED!

Blue Zones Project Worksite Summit



Join Blue Zones Project Monterey County for a virtual Worksite Summit and learn how we can help you build a more engaged and productive workforce.

DATE

September 21st
and September 28th

LOCATION

Register by scanning or
clicking the QR Code.

TIME

4:00PM-5:30PM



BROUGHT TO
MONTEREY
COUNTY BY:



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Item 2A. Receive Presentation and Provide Comments on the Proposed Improvements to Cutino Park

Parks & Recreation Commission

September 20, 2021

BACKGROUND

- ❖ 10/26/2017 – Conceptual Plan approved
- ❖ 12/21/2017 – Approved to move forward with improvement plans for ADA upgrades to the Restroom, snack shack and walkway entrance from Noche Buena, multi-use synthetic turf field, and the skate park
- ❖ 7/5/2018 – Design and Construction Docs approved
- ❖ 9/9/2018 – Cutino Park Improvements financing approved
- ❖ 10/18/2018 – Construction contract awarded
- ❖ 8/24/2019 – Improvements completed
- ❖ 4/17/2020 – Design of parking lot contract approved
- ❖ 6/03/2021 – Design Amendment approved to include storm water retention and treatment, new playground, pump track, bleachers, accessible pathway, lighting and landscape features.

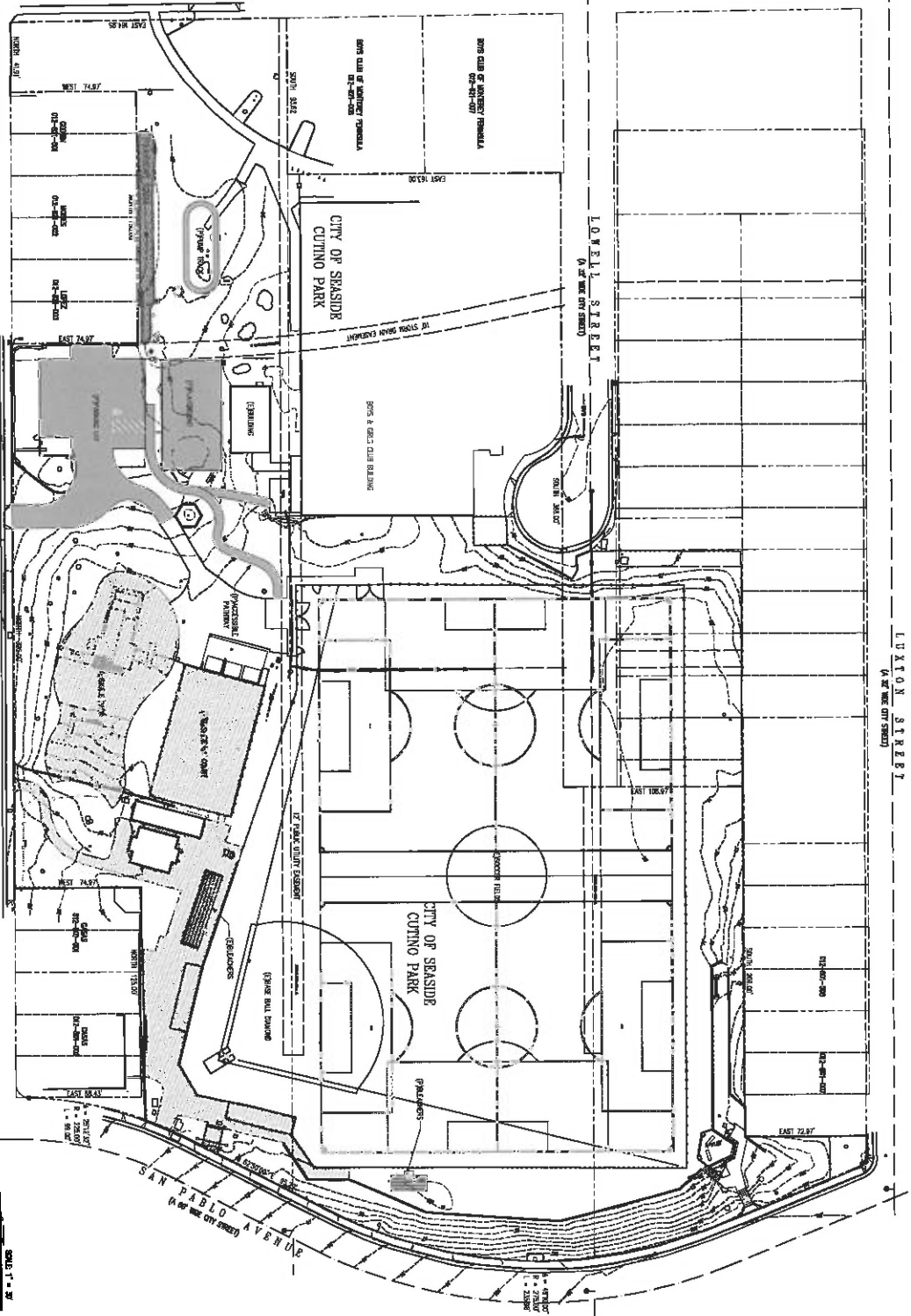


LUXTON STREET
(A OF THE CITY STREET)

LOWELL STREET
(A OF THE CITY STREET)

ROCHE STRAET
(A OF THE CITY STREET)

FOR PLAN CHECK ONLY



NOTES

1. MONTEREY BAY ENGINEERS, INC. HAS BEEN ENGAGED BY THE CITY OF SEASIDE TO PREPARE THIS PLAN FOR THE CITY OF SEASIDE. THE CITY OF SEASIDE IS NOT RESPONSIBLE FOR THE ACCURACY OF THE INFORMATION PROVIDED BY THE CITY OF SEASIDE.
2. THE CITY OF SEASIDE IS NOT RESPONSIBLE FOR THE ACCURACY OF THE INFORMATION PROVIDED BY THE CITY OF SEASIDE.
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5. THE CITY OF SEASIDE IS NOT RESPONSIBLE FOR THE ACCURACY OF THE INFORMATION PROVIDED BY THE CITY OF SEASIDE.

LEGEND

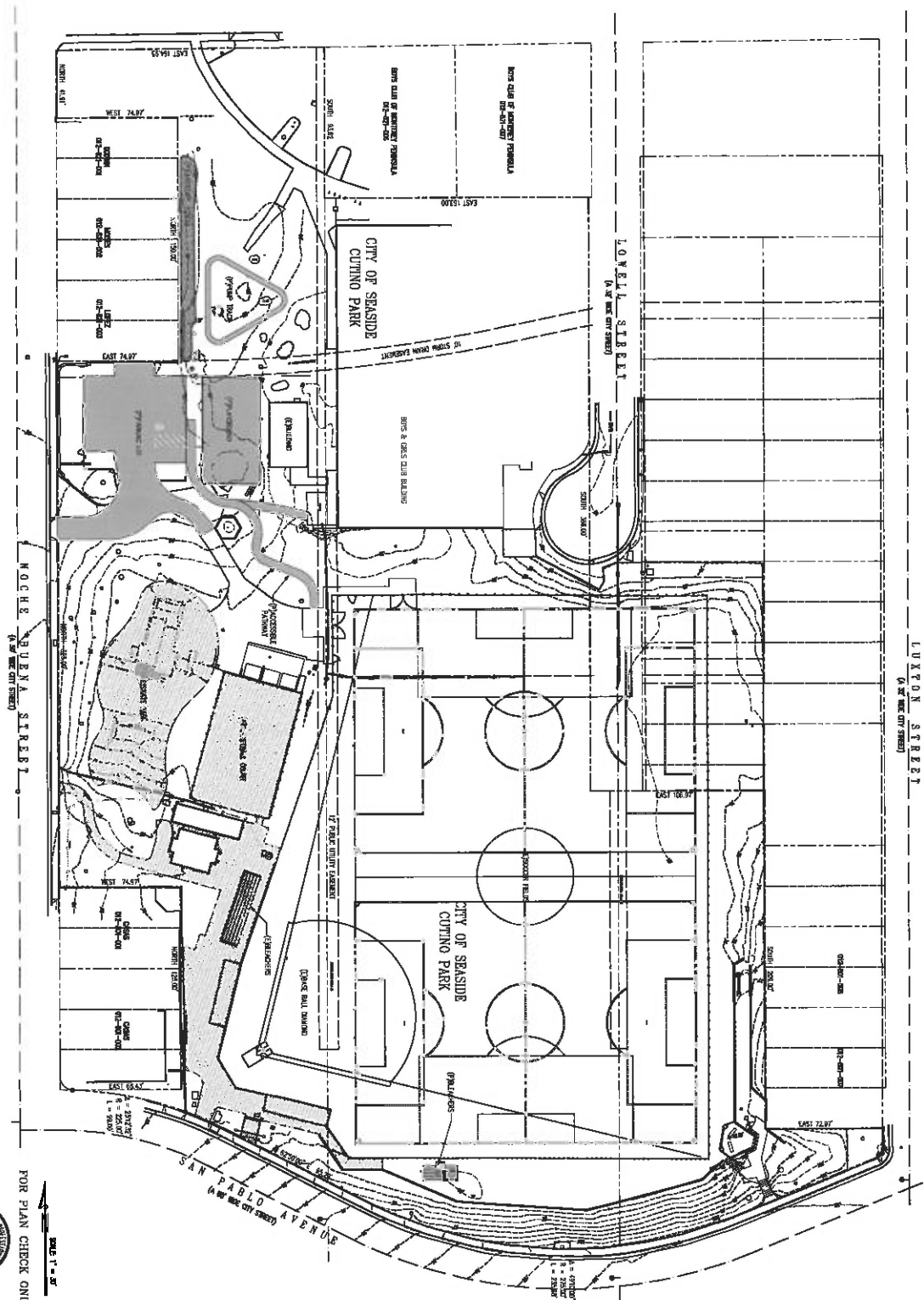
- 1. PUBLIC UTILITY
- 2. PRIVATE UTILITY
- 3. SANITARY SEWER
- 4. STORM SEWER
- 5. WATER MAIN
- 6. GAS MAIN
- 7. TELEPHONE CABLE
- 8. CABLE TV CABLE
- 9. FIBER OPTIC CABLE
- 10. POWER CABLE
- 11. RAILROAD TRACK
- 12. HIGHWAY
- 13. AIRPORT
- 14. MARINA
- 15. BEACH
- 16. PARK
- 17. BUILDING
- 18. FENCE
- 19. DRIVEWAY
- 20. WALKWAY
- 21. BIKEWAY
- 22. TRAIL
- 23. ROAD
- 24. BRIDGE
- 25. TUNNEL
- 26. DITCH
- 27. CANAL
- 28. LAKE
- 29. RIVER
- 30. OCEAN
- 31. MOUNTAIN
- 32. HILL
- 33. VALLEY
- 34. PLAIN
- 35. DESERT
- 36. SWAMP
- 37. WETLAND
- 38. FOREST
- 39. PRAIRIE
- 40. SAVANNAH
- 41. TUNDRA
- 42. GLACIER
- 43. ICEBERG
- 44. VOLCANO
- 45. EARTHQUAKE
- 46. TORNADO
- 47. HURRICANE
- 48. CYCLONE
- 49. STORM
- 50. FLOOD
- 51. DROUGHT
- 52. DIRT ROAD
- 53. GRAVEL ROAD
- 54. ASPHALT ROAD
- 55. CONCRETE ROAD
- 56. RAILROAD
- 57. AIRPORT
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- 89. EARTHQUAKE
- 90. TORNADO
- 91. HURRICANE
- 92. CYCLONE
- 93. STORM
- 94. FLOOD
- 95. DROUGHT
- 96. DIRT ROAD
- 97. GRAVEL ROAD
- 98. ASPHALT ROAD
- 99. CONCRETE ROAD
- 100. RAILROAD

GRAPHIC SCALE



REVISIONS			
NO.	DATE	BY	DESCRIPTION
1	10/1/00	JL	INITIAL DESIGN
2	10/1/00	JL	REVISED DESIGN
3	10/1/00	JL	FINAL DESIGN
4	10/1/00	JL	FOR PLAN CHECK
5	10/1/00	JL	FOR CONSTRUCTION
6	10/1/00	JL	FOR RECORD
7	10/1/00	JL	FOR ARCHIVE
8	10/1/00	JL	FOR DESTRUCTION
9	10/1/00	JL	FOR REUSE
10	10/1/00	JL	FOR RECYCLING
11	10/1/00	JL	FOR REPAIR
12	10/1/00	JL	FOR REPLACEMENT
13	10/1/00	JL	FOR REMOVAL
14	10/1/00	JL	FOR RECONSTRUCTION
15	10/1/00	JL	FOR REDEMPTION
16	10/1/00	JL	FOR REDEMPTION
17	10/1/00	JL	FOR REDEMPTION
18	10/1/00	JL	FOR REDEMPTION
19	10/1/00	JL	FOR REDEMPTION
20	10/1/00	JL	FOR REDEMPTION

MONTEREY BAY ENGINEERS, INC.
1000 MONTEREY AVENUE, SUITE 100
MONTEREY, CALIFORNIA 93940
TEL: 408/241-1234 FAX: 408/241-1235
WWW.MBENGINEERS.COM



LUXTON STREET
(A 37' WIDE CITY STREET)

NOTES:

1. **SELECTION LOGGING** SHOWS RECORDS WERE GENERATED BY THE SYSTEM AS A FIELD SEQUENCE UNLATERATED BY RECORDED DATA. ALL SUBSEQUENT DATA SHOWN ARE FROM THE RECORDS.
2. **ANALOGUES** SHOWING ARE IN TEXT AND RECORDS VERTICAL.
3. **THE RECORDS** ARE NOT EFFECTED BY PARAMETERS THAT ARE NOT SHOWN ON THE MAP.
4. **CONTROL RECORDS** = 1 UNIT.
5. **RECORDING SHOWS** ARE MADE IN 100-400 DATA.
6. **RECORDING SHOWS** ARE MADE IN 100-400 DATA. THE RECORDING OF LOGGING ARE AND THE RECORDING OF LOGGING = 100-400.
7. **RECORDING** SHOWS RECORDS ARE 100-400.

제출기간

- [illegible]

BACKGROUND UTILITIES

- 4-53* DELETED DATA OF UNDERGROUND UTILITY FROM SURFACE

GRAPHIC SCALE

11-16-20

CIVIL IMPROVEMENT PLANS

FOR PLAN CHECK ONLY



60% DMG'S

[illegible]







David Cutino Park

Seaside, CA.
03-09-2020

20_0290_Cutino_001





David Cutino Park

Seaside, CA.
03-09-2020

20_0290_Cutino_001







Speed Ring

The Speed Ring is the entry level smallest possible track to build with only one possible layout. It is a great "starter" track as it can be added to over the years to become a larger track. This is a perfect track to learn how to ride a pumptrack, or fine-tune your skills. Track Length 125'

Speed Ring
Length: 125ft



Speed Ring
2000mm x 4000mm
Volume 7100
Track 8.0m x 10.0m
Size 7.10m





Triple Threat

You will have a blast flying around the Triple Threat with its three 60 degree turns and equilateral triangle design. The speed you get from this configuration is where the real fun is at. Ride the Triple Threat clockwise or counter-clockwise to see which direction you are faster. Track Length 158'

Triple Threat
Length: 158ft



PUMP TRACK - Concrete



Cutino Park Improvements	Conceptual Plan	2019 Improvements	2021 Improvements
Synthetic Turf Field	X	X	
Skate Park	X	X	
New ½ Basketball Court	X		Maintain Existing
Parking Lot	X		X
New Playground	X		X
Storage	X	X	
Restroom ADA Upgrades	X	X	
Snack Shack ADA Upgrades	X	X	
Bocce ball Court	X		
Walking Path around the Field*	X		
Fitness Equipment	X		
Pump Track			X
Home Bleachers	X	X	
Visitor Bleachers			X
Access Path			X
Picnic Tables	X		X
Benches at Skate Park			X

*Retaining wall required



<http://www.ci.seaside.ca.us/>

CITY OF SEASIDE

Recreation and Parks Commission

FY 2021-2022 Work Plan

&

FY 2020-2021 Accomplishments (Delayed due to COVID-19)

FY 2019-2020 Accomplishments

Members

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

Staff Liaisons

Dan Meewis, Recreation Director
Nisha Patel, City Engineer
David Fortune, Public Works Superintendent

MISSION STATEMENT

The mission of the Seaside Recreation and Parks Commission is to promote and advocate for parks and recreation services in an advisory capacity, to advance and preserve parks and recreation services, and to ensure safe parks and recreation facilities are available for all residents and visitors to the City of Seaside.

HISTORICAL BACKGROUND

The City of Seaside Recreation and Park Commission consists of seven appointed members who hold office for three years. The Commission was established by Ordinance No. 1 on October 13, 1954. At that time SECTION 1-218 authorized the creation of three special committees of three members each; Recreation and Parks Committee, Public Works Committee and Financial Committee. Since then the committee structure was replaced by a Commission structure. Currently the duties of the Recreation and Park Commission are:

1. To act in an advisory capacity to the City Council, Recreation Director and the boards of trustees of the school districts and to cooperate with other governmental agencies and civic groups in the advancement of sound park and recreation planning and programming.
2. Recommend policies on recreational services and facilities to the Recreation Director and the City Council;
3. Consult with the Recreation Director on matters relating to the administration and development of recreation areas, facilities, programs and improvements.
4. Make periodic inventories of recreation services that exist or may be needed and interpret the needs of the public to the City Council, the school boards of trustees and to the Recreation Director.
5. Aid in coordinating recreation services with the programs of other public agencies and voluntary organizations.
6. Advise the Recreation Director in the preparation of the annual budget and a long-range recreation capital improvement program.

7. Advise the Recreation Director in the preparation of the annual budget and a long-range recreation capital improvement program.
8. Advise the City Council on matters regarding trees, plants, landscape, etc.
9. Develop, keep current, and aid in the facilitation of a plan for the development, conservation and care of trees, trails, and parks.
10. Develop and review annually a long-range plan for trees and parks, both naturally occurring and planned.
11. Review, in cooperation with other City Commissions, plans for landscape, planting, trails, etc.
12. Coordinate or conduct planned projects for the advancement trees, parks, and other outdoor recreational areas.
13. In collaboration with other City Commissions, inform residents regarding landscape projects and care.

FY 20-21 WORK PLAN

The Seaside Recreation and Parks Commission desires and encourages community participation in the decision making process.

<i>GOAL/OBJECTIVE</i>	<i>PROPOSED ACTIVITIES</i>	<i>PRIORITY RANKING</i>	<i>TIMELINE FOR COMPLETION</i>
FY 21-22 CIP and budget review	To review, consider and endorse recommended budget for FY 21-22.	High	April 2021
Promote public input	Gather, review, and endorse needs.	High	Ongoing
Seek grant funds	Advocate and seek public funds available through the Office of Grants and Local Services and National Recreation and Park Association, etc.	High	Ongoing
Work cooperatively with FOSPA and other City Commissions: Homeless, NIC, SAHC, Environmental	Collaborate with other City Commissions and FOSPA.	Medium	Ongoing
Seek Input for needs within Recreation Department & funding for those needs	Gather, review, and endorse needs and funding for inclusion in FY 21-22 budget.	High	March 2021
Attend workshops	Encourage Commissioner attendance.	Medium	Ongoing
Explore Trail System in Seaside	Look for areas of improvement and connectivity	Medium	March 2022
Review greenspace area along GJM Blvd	Research possible uses for area	High	March 2022
Park Clean up	Have commission lead park clean up days	Medium	Monthly

Review Seaside Municipal Code section 9.08	Make necessary amendments to code	High	March 2022
Blues in the Park collaboration	Have commission have more of a hands on approach with	Low	Spring/Summer 2021
Institute Adopt a Park program	Put together policies and guidelines for a community base program	Low	Spring/Summer 2021
Work with environmental commission for tree plantings	Goal of planting at least 15 new trees in City parks	Medium	Spring/Summer 2021
Implement a water safety program for local youth	Twice per year field WSI and screened volunteers to run a drown proofing for the community	High	Summer/Fall 2021 Winter 2022
Signs for parks	Get signs to parks that do not have signs	Low	March 2022
ADA Playground Equipment	Add ADA Playground equipment to the parks	High	April 2022
Irrigation for parks	Look into long term irrigation for the parks	Medium	April 2022
Community garden	Work on a community garden	Medium	February 2022

PRIOR YEAR ACCOMPLISHMENTS

<i>GOAL/OBJECTIVE</i>	<i>ACTIVITIES SUPPORTING GOAL</i>	<i>STATUS</i>
Submitted SPP Grant	Submitted a competitive grant in order to encumber funds available to underserved CA communities.	Completed
Provide doggy bag stations at all parks	Allocated funding and personnel for installation.	Completed
Major renovation of Cutino Park	Opened to public August 2019	Completed
Improve Highland Otis Park	Allocated funding for Playground structure, BBQ, ADA, volleyball court improvements	Completed
Improve Metz Park and Rubio Field	Allocated funding for ADA improvements, Basketball and Futsal resurface and stripe	Completed
Roberts Lake ECO Park Peace Pole	Provided funding and locations for Peace Poles	Completed
Improve Durant Park	Allocated funding for Playground structure, ADA and BBQ improvements	Completed
Community input regarding Manzanita Stuart Park	Public forum held regarding facility additions and construction.	Completed
Community input regarding Ellis Park	Public forum held regarding park improvements	Completed
Improve basketball court at Capra Park	Allocated funding for resurface	Completed
Attend Parks and Recreation Workshops during FY 19-20	Five members attended various workshops	Completed
Submit CDBG Grant	Submit a competitive grant in order encumber funds.	Completed

ONGOING PROJECTS

<i>PROJECT</i>	<i>ACTIVITIES</i>
Manzanita Stuart Park	Continue to seek community input into park as required by grant
Recreation and park facilities	Encourage attendance to all parks, recreation center, pool and facilities.
Promote recreation and park activities	Blues in the Park, youth, adult and senior activities.
Monitor park improvements	Ellis Park, Laguna Grande, Capra Park, Highland Otis Park, and Manzanita Stuart Park.
Work collectively with Environmental Commission	Promote and recommend flora in parks and around the City
Work collectively with Homeless Commission	Provide solutions to ensure parks, trails, landscape, and adjacent park areas can be enjoyed by all
ADA playground equipment	Provide ADA playground equipment at Laguna Grande Park

2021