



Features

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Want to Volunteer? Help Us Help You Join the Team

Maybe you're a first-time volunteer or you're interested in coming back after a hiatus.

No matter – before picking up the phone, go online to visit our Web page, www.monterey.org/volunteer and see if there's a position there for you!

After visiting the Web site, call the phone number on the job description to learn more about the position and the work hours and tasks that are available.

Now, download an [application](#) online, fill it out and send it in. We look forward to hearing from you!

These steps will help us find just the right position to meet your needs as quickly and efficiently as possible, especially now that the volunteer program is being reduced.



Budget challenges mean changes

This year our volunteer office is open 30 hours a week and will be closed on Fridays. That means we'll need help up front from potential volunteers to make sure the "getting-connected" process goes smoothly. And we appreciate your patience as we strive to find what you are looking for and help you get involved in your City government.

Feel free to call or email for more info. We'll be busy with interviews, database upkeep, special events and ongoing office duties that help make the volunteer program such a success.

– Community Resources Coordinator, [Tish Sammon](#) 646.3719

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New Counter Hours in Planning

Need to meet with a City planner to build a new fence, upgrade your office building or put in a new water heater? Make sure you know the new hours!

City planners are now on-hand for drop-in visits and calls Monday thru Friday from 10 a.m. to noon and 1 to 3 p.m. With fewer planners on staff to deal with all the details surrounding any construction project or zoning issue, large or small, these new hours are helping us get our jobs done more efficiently.

Never fear, the Planning Office at Colton Hall is still open 8 a.m. to 5 p.m. We can accept project applications and our clerical staff can help out by:

- Taking messages or setting appointments with a planner.
- Referring callers/visitors to the City Planning Web page:
www.monterey.org/commdevelop/planning
- Providing hard copies of pertinent information including applications, FAQ lists (frequently asked questions) and other documents such as general plans, area plans and zoning ordinances.

Visit us online anytime for instant access (see article below) or call 646.3885 for more info.

Instant Access

Visit the City's Planning Division – 24 hours a day, seven days a week.

Click on www.monterey.org and visit the Plans & Public Works Dept. and find instant access to agendas, minutes and dates for public meetings.

Find out about permits, historic preservation, architectural review procedures, zoning, general plan info and building inspections.

It's as simple as the click of a button: www.monterey.org/commdevelop/planning

For questions or suggestions about the Web page, send an email or call the Planning Division at 646.3885.

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About Your Health

Fit in Fitness – Every Day it's Good For You & Yours

Do something positive for yourself and for your fellow citizens – fit in fitness as part of your daily schedule.

Research shows that our generation has become addicted to fast food, spectator sports and inactivity. We've even taken steps to eliminate physical activity in many of our school programs, effectively increasing the number of inactive adults in the next generation.

More than 60% of all Americans are now overweight, according to the Surgeon General. And the number of children diagnosed as obese has tripled in the past decade. What's the effect of obesity on your body? Your true age plus 30 years, according to the American College of Sports Medicine.

To reverse such trends, understand how a sedentary lifestyle can affect you, and recommit to fitting in fitness daily.

Research shows that walking even 15 minutes, three times per week can have positive results. Also, daily exercise that includes cardiovascular and resistance training can produce life-altering changes, actually reversing the effects of 20 years of inactivity!

Experts recommend 20-40 minutes or more of daily exercise. An ideal fitness routine includes a circuit style strength training program with 8-12 different exercises, one set of 10-20 reps per exercise.

The Peninsula affords many fitness opportunities. We have a coastal trail for walking, cycling and skating; we feature some of the most beautiful golf courses in the world; and we have access to parks and recreation facilities with affordable exercise opportunities for all ages. The Monterey Sports Center, for example, entertains some 2,000 to 3,000 people every day, seeking fitness activities for all ages and abilities.



For more info on classes or activities, call 646.3866 or visit the Web at www.monterey.org/rec

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Hot Picks for Volunteering at Your City

- Focus on Sea Lion Watch as male sea lions head our way to join their friends. Volunteers (16 years and older), simply by their presence, play an important role in protecting the marina from sea lions.
- Want to keep those office skills honed? Many City departments can always use a little extra office help. A few hours a week can make a difference!
- The next **Neighborhood Emergency Response Team (NERT)** training is coming up – two Saturdays, Oct. 4 and 11. Call 646.3900 to register.

For more info, call Volunteer Services at 646.3719, email sammon@ci.monterey.ca.us or visit www.monterey.org/volunteer

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In the News

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On the Police Front

Get it All On the Web, See the New Design

Ever thought about becoming a Monterey police officer? Would you like to know more about our (low) crime rates or the Police Department's mission and values?

If so, just visit the Police Department's recently redesigned Web site at www.monterey.org/mpd

You can learn about the people who work to make your City safer 24 hours a day, seven days a week; and find out what you should tell your children about drugs, strangers and what to do if they get lost. Take a look next time you're online and tell us what you think – you'll also discover info on homeland security and disaster preparedness.



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Taking Care of Youth

More than 1,000 success stories later, we are convinced it's true – one person really can make a difference.

The City's Youth Diversion Program, which began in 1998, is truly a success story. The program, originally designed to help first-time youth offenders get back on track, has evolved to support kids and families who are experiencing trouble at home/school or who just need to talk.

The program's success, which we measure one youth at a time, is due to the hard work and dedication of our coordinator Kathy Miller-Balderas (pictured) and her extensive system of resources, both in-house and out.

For more info on the program, call 646.5696

(balderas@ci.monterey.ca.us) or visit the Web at www.monterey.org/mpd



Trash Talk

Your recycling, yard waste and trash collector – Monterey City Disposal Service (MDS) – has updated its customer service system to help you get the info you need faster and easier. Some of the new features include:

- A **GPS satellite tracking program** to locate vehicles out in the field;
- **New tools** to ensure expenses and productivity are tracked and handled efficiently;
- A **hand-held device** which gives the City's solid waste manager access to account info;
- **Internet access to account info** and **online payment options**;
- A **single-page invoice with a return envelope**. The new invoice allows space for more education info, such as tips on recycling and waste reduction; and

- An **improved Web site**. Visit them online at www.montereydisposal.com

Let us know what you think!

Now More Money to Promote Recycling – Do Your Part

The City was awarded more than \$8,000 to increase bottle and can recycling efforts in the community.

We have to use the money from the State Dept. of Conservation for projects such as adding recycling bins to public venues, expanding curbside opportunities or purchasing products made of recycled materials.

More than 18 billion CRV containers were sold in California in 2002, and about 10.6 billion were recycled. That leaves 7.5 billion bottles and cans – worth about \$187 million in CRV– that ended up in the trash instead of the recycling bin last year.

Increase recycling in the community. Use the recycling bin instead of the trash can.

For more info about recycling in the City, call the City's Solid Waste Coordinator Angela Brantley at 646.5662 or send an email to brantley@ci.monterey.ca.us Visit the Web for recycling tips and updated info on composting in your own backyard at www.monterey.org/recycle

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Upgrade the Neighborhood, Nominate an NIP Project

Send in your project ideas for the [Neighborhood Improvement Program](#) (NIP) and help your community!

What is a project?

A Neighborhood Improvement Project is any upgrade (not on private property) to public streets, storm drains, sewers, sidewalks, walkways, lighting, traffic control devices, landscaping and beautification, parks, recreational facilities or other public buildings.

You can nominate a project by completing the nomination card below and dropping it in the mail. The card is pre-addressed and postage paid.

What happens to my submitted project?

All nominations are sorted by type of improvement and neighborhood. Community members may be contacted to clarify info submitted – so be sure to include name, address and telephone number on the card.

Costs are estimated on valid project nominations, and then the NIP committee, composed of community members, votes on the projects. Last year more than \$2 million were directed to NIP construction projects.

The deadline to submit projects is Friday, February 13, 2004. *For more info, call the City's Construction Management Division at 646.3997 clement@ci.monterey.ca.us.*

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Way to Go Volunteers – Thanks for 4,200 Hours

Fifty teenagers volunteered many hours of their time this summer helping provide City services as part of the Volunteer Program.

Teens from 13 to 17, worked 4,200 hours with staff in Recreation & Community Services, the Monterey Public Library, at the Harbor and in Volunteer Services.

"I enjoyed working with people, meeting new people and helping the community," said Promotion Volunteer Denise Alexander.

Cheer Camp Volunteer Kelsey Harrison says, "It's fun and a great experience, and teaches responsibility."

For many participants, this is the first time they have been in a workplace environment –



working alongside staff, keeping a timesheet and learning what it's like to have a job. Teens work with the public and explore different career paths while gaining job skills and experience. Assignments range from working with children at day camp, preschool and Sports Camp to creating newsletters, Web sites and videos; assisting with waterfront operations; and helping with the special programs at the Library. Visit www.monterey.org/volunteer to view a photo gallery from this summer, read comments and find out more about the role Volunteers have played in the City.

City Council Meetings:

LIVE first and third

Tues., 4 and 7 p.m.

Re-cablecast

Tues./Thurs., 4 and 7 p.m.

Sat. 10 a.m.; Sun. 2 p.m.

cable
Ch. 25

CITY TV

Monterey up to date – Daily 9:30 a.m. and 6:30 p.m.; Mon/Wed at 10:30 p.m.

Eye on Monterey – Daily 9 a.m. and 6 p.m.; Mon/Wed at 10 p.m.

Monterey County District Perspectives with Supervisor Dave Potter
Mon/Wed/Fri 10:30 a.m.

Monterey County programming:
cable Ch. 28

For more info, visit www.monterey.org/tv

*Missed the LIVE City Council meeting on cable Ch. 25?
Catch rebroadcasts on Tuesdays and Thursdays at 4 and 7 p.m. between meetings. Or check out a VHS tape copy from the Monterey Public Library.*

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City Briefs

[FOCUS ON TREES: Oakworm Makes a Mess](#) | [Holiday Events](#)

FOCUS ON TREES

Oakworm Makes a Mess

Meet the California Oakworm, an insect pest and the primary nuisance of the native oak trees here on the Peninsula. During the last two years, oakworms have stripped leaves from oaks all around the region. Fortunately, outbreaks seldom last long enough to cause serious damage to the tree. But what a mess those worms can leave on any property found below a tree they are feeding on.

Generally, outbreaks are periodic and seldom kill trees, so pesticides are not needed. Disease, starvation and attack from other insects usually bring the infestation to an end naturally.

However, one effective means of control is to simply hose down or wash off the worms and mess that fall on cars, houses, sidewalks and, yes, even people.

There is good news! Experts say the end of the current two-year epidemic is near, and oakworm activity should decline for the next five years.

[More tree info](#)

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Holiday Events

Christmas Tree Lighting (all ages)

Friday, Dec. 5 – 6:30 p.m.

Colton Hall

La Posada (all ages)

Friday, Dec. 12 – 6:30 p.m.

Monterey Conference Center

Frosty's Snow Adventure (ages 3-5)

Friday, Dec. 19 – 2:30 to 4 p.m.

Casanova Oak Knoll Park Center

A Trip to the North Pole (ages 6-12)

Friday, Dec. 19 – 4:30 to 10 p.m.

Casanova Oak Knoll Park Center

Saturday Afternoon with Santa (ages 3-8)

Saturday, Dec. 13 – 2 to 4 p.m.

Archer Park Center

Pick up the winter/spring Activities Guide on November 20 for info on 2004 events, classes and activities or visit www.monterey.org/rec

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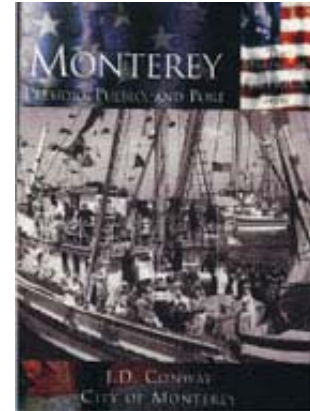
For History Buffs Only...

New Books Focus on Local History

More insight into the people and activities that have painted the Monterey picture throughout its history is at hand in the form of two new books.

Monterey: Presidio, Pueblo, and Port is a comprehensive look at community life from 1855 through the 1990s. It includes info on current City politicians and staff, outlines the urban renewal in the 1960s, the beginnings of the Monterey Bay Aquarium and documents events surrounding the closure of Fort Ord.

Written for the City by Museum Coordinator Jim Conway, the book makes a point to record the last 150 years – after the signing of the Constitutional Convention, held in Colton Hall, and after California became a state. This era is often not discussed in other historical accounts of our community. The book is part of Arcadia Publishing Company's The Making of America series. For more info, call 646.3991 or email conway@ci.monterey.ca.us



Celebrate cherished memories of everyday life during the past century in ***A Monterey Album: Life by the Bay***. This new book presents more than 200 photographs, some gathered from community members during the Shades of Monterey photo projects and now housed in the Library's California History Room. Assembled and written by Monterey Public Library Archivist Dennis Copeland and Special Services Coordinator Jeanne McCombs, the photo book also includes descriptions of the people, places and events found in the photographs. The book is part of Arcadia Publishing Company's Images of America series. For more info, call 646.3949 or email mccombs@ci.monterey.ca.us

Both books sell for \$24.99. Buy a copy at Colton Hall Museum, the Monterey Public Library or local bookstores. Or check one out at the Library.

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Arts & Culture

Great Stories Being Told

Be part of a Monterey tradition; come listen to British storyteller Ashley Ramsden retell Dickens' classic tale, *A Christmas Carol* on Tuesday, Dec. 9, at 7 p.m. in the Monterey Public Library.

Tickets go on sale at the Library Nov. 1. Get tickets early because they sell out quickly. In the new season, *Stories for Adults* will also feature Diane Ferlatte, Donald Davis and other acclaimed storytellers.

Stories for Adults Ends Run

After 17 years of storytelling, *Stories for Adults* closes its doors at the end of the year. The longest running series of its type in the country, it has showcased more than 150 performances by more than 80 professional storytellers from around the nation. The series also included a weekend-long festival, inspired by the growing popularity of the craft. The series will end its long run in June 2004 due to budget cutbacks.



For more info or for tickets, call 646.3949 or send an email to mccombs@ci.monterey.ca.us

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Odds and Ends

Safety -

Keep Area By Furnace Clear

Floor furnaces ignite house fires in Monterey at least three to four times a year.

In most cases, residents had no idea that the furnace even worked.

Here are some tips to make sure your floor furnace is not a disaster waiting to happen:



1. Make sure that furnace controls are operating properly. Does the thermostat start and stop the furnace at the set values?
 2. Do not use the space around a furnace for storing ANY combustible materials.
 3. Do not place a throw rug, or any other materials/ objects on top of, or near, a floor furnace outlet.
 4. Have your gas-burning furnace inspected once a year to ensure safe and proper operation, even if you don't plan to use it. Cut off the gas to the system if you don't plan to use it.
- If you have questions about your furnace, consult a professional, either your local gas provider, such as PG&E (Pacific, Gas & Electric), or the Monterey Fire Department at 646.3900.

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Sign Up, Get Online

Surfing the Internet at the Monterey Public Library is now even easier.

With the installation of new computer software (Smart Access Manager or SAM), we'll be able to track computer time more effectively and make the Internet service available to more customers.

For more info, call 646.3745 or email holtzman@ci.monterey.ca.us

Don't wait in line...

Get online today and catch up on City news and events. Or, report problems or make service requests with a click of the button. Visit www.monterey.org.

Thank you!

More than 1,000 volunteers contributed 29,351 hours to the City last fiscal year. This equals nearly \$486,276 in value.

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Community Tips

Ideas for Showing Kids You Care

Helping youth be successful is one of the most important things we can do, as a City and a community. So how can you help pave the road to success? Here are some thoughts...

Take the time to talk with or help a young person or family. When you talk with a child or a young person:

- Smile, respect them, acknowledge and listen to them
- Ask them questions and do your best to answer theirs
- Make eye contact
- Follow through and keep the promised you make



You don't have to solve challenging situations yourself. Just find a resource in the community designed to meet the needs that have surfaced. Info about City and community resources is available on this Web site.

School resource officers and our youth diversion coordinator also have many places to turn to for assistance; call 646.5696 to find out more.

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