



it's about growth.

november newsletter

crestwood pleasant hill

11.19.19

Welcome!

With this November edition of our newsletter, we want to update you on some of the current things happening in our building, in the community, and in the world. Have ideas? Feedback? Suggestions? We'd love to hear all of it, so please reach out, and enjoy!

Thanksgiving Lunch!

Our annual Thanksgiving celebration is next week! If you are able, we hope you join us on Wednesday the 27th at 11am as we celebrate together. We'll have great company, our usual raffle baskets, an art show, our collaborate award and of course, a feast! Hope to see you here!

Holiday Food Drive!

Food Drive Shopping List

Help the Food Bank of Contra Costa and Solano provide nutritious, nonperishable food items like the ones listed below.

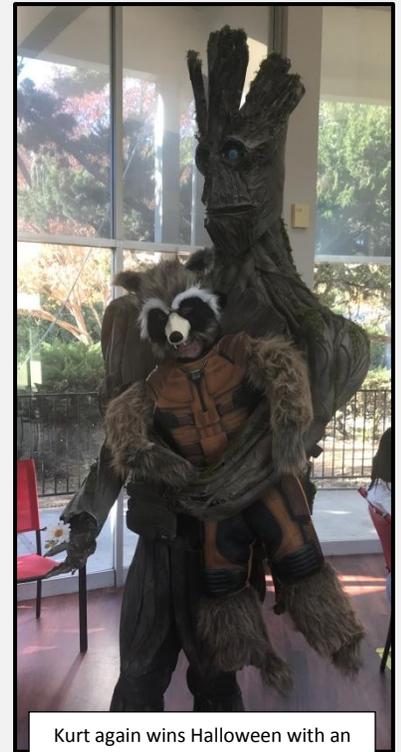
- Natural Peanut Butter
- Whole Grain Cereals
- Hearty Low Sodium Soups
- Beans and Lentils (dry or canned)
- Canned Tuna and Chicken in Water
- Canned Fruit in Juice
- Nonperishable Low Sodium Ready to Eat Meals (chili, ravioli, etc.)
- Low Sodium Canned Vegetables
- Brown Rice
- Whole Wheat/Grain Pasta
- Canned Tomato Products



More on Page 7



Jason and Johnathan take 1st in the talent show with their outstanding rendition of *Smells Like Teen Spirit*



Kurt again wins Halloween with an epic homemade costume

“The secret of your success is found in your daily routine.” *-John Maxwell*

Anniversary Dates

Celebrating their Crestwood anniversaries in November:

- Marie – 3 years (11/9)**
- Susan Junus – 10 years (11/24)**
- Jen – 1 year (11/26)**
- Jose – 7 years (11/26)**
- Maja – 1 year (11/26)**

Thank you for your service, we appreciate you!

Upcoming Events

11/22 at 1pm: Community Partners Bowling Tournament

11/25 at 2pm: Community Meeting

11/27 at 11am: Thanksgiving Celebration

12/2:



12/18 from 11am – 4pm: Community Partners Holiday Party

In this Issue...

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- ✓ Redbox and Max
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- ✓ Talent Show!
- ✓ Susan Explains
- ✓ So You Think You Know Amare
- ✓ Halloween!
- ✓ What's Cool with Hannah
- ✓ Netflix and Gabe
- ✓ ...and much more!

ARTS & ENTERTAINMENT



Netflix and Gabe

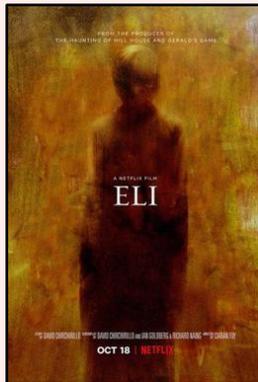
Eli



Desperate for something to do, Gabe checked out the recently released Netflix-original movie *Eli*. We know Gabe as a horror officianado (among many other things), but *Eli* sadly disappointed. “It was not good,” said Gabe. “I was hopeful because there was supposed to be a whole range of interesting themes – religious imagery, satanic messages, maybe even some twisted medicine.” This predictably fell right up Gabe’s alley. “The problem was, it was all of those things. There was religious imagery, there was satanic imagery, there were demons, there were ghosts, there were evil nurses not named Erin... pick a lane! All they were missing were superheroes and an animated section.” Gabe went on to acknowledge that he certainly likes a good mixing of genres (any regular reader of this column could tell you that), but he found this feature of *Eli* to be “exhausting.” Clearly frustrated, Gabe concluded, “Netflix should do a better job of investing our money. They had *Roma* last year, and then they pull this! They can’t all be winners, but have some standards. Most of all, it was just boring. Also, kid actors?? Come on!”

Gabe recommends *Eli* for: Horror enthusiasts with short attention spans; People looking to waste an hour and a half.

Gabe does not recommend *Eli* for: Children under the age of 3, fans of good movies



Susan Explains PG&E Outages



In America’s favorite feature, our beloved and eccentric Director of Culinary Services gets the opportunity to give her colorful, creative, alternate explanations to otherwise agreed-upon facts.

Want to hear Susan explain something in her own unique way? Let us know!

Susan, tell us how PG&E Outages work...

You should be saying we’re lucky that at least PG&E is warning you. In my country, good luck. Blackouts all the time with no warning, nothing. So it’s better here. They have to do what they have to do. They’re in bankruptcy, what are you going to do? I don’t know why a big company can be in bankruptcy, how does that happen? And then they have to pay people? The fires start first, why should PG&E be responsible? Is it because of the power lines? Is that the cause of the fire? If they have proof, then it’s PG&E’s fault. They have to be responsible for it, it’s their fault. They have to fix everything and upgrade it, but how are they going to do that if they’re in bankruptcy? Are they just trying to get away from the people they have to pay? Businesses lose money with the blackouts, and for housing it’s a pain in the butt. If a person needs a breathing machine, does someone just have to breathe in their mouth? Does everyone just have to go to the hospital? We all have to figure it out on our own, and survive for ourselves and do what we have to do. Maybe it’s PG&E’s responsibility. As a customer, you assume they have an emergency plan, but instead you cannot shower and just have to use candles. Maybe everyone should quit PG&E and find someone else.

Redbox and Max – *Scary Stories to Tell in the Dark*



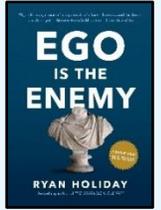
Deciding on your next movie rental? Max has you covered!



In October, I didn’t get a chance to review the movie I originally wanted to because the movie wasn’t out until November 5th. So for this review, we are going to keep the Halloween spirit for one more month. Some of you may be too young to remember these books, while others know them pretty well. What a thrill those *Scary Stories to Tell in the Dark* books were. A lot of us spent many a night reading those tales, and if you’re one of those people, you should check out the movie version as well. The movie consists of several tales from the books that tie into one overall story, focused on a girl who was hidden away by her family. While hidden, she came up with stories that then came true in real life. I enjoyed it and it left me nostalgic and wanting more. If you like getting the chills, then this thriller is for you! Check it out – Redbox is across the street at 7-11!

ARTS & ENTERTAINMENT

Chloe's Book Review: Ego is the Enemy



It can be hard to admit, but we all have an ego. Yes, you too. It's ok, it's part of being a human being. In his book *Ego is the Enemy*, Ryan Holiday forces us to come face to face with our egocentric tendencies and provides insight into how to live a more humble, successful life. Below are some examples of the interesting topics that he discusses:

- **Become a student:** The ego can prevent us from improving by telling us we don't need to improve. If you think you already know and are convinced you are the best, consequently you can't learn and get better. Thus, it's important to accept that others know more than you and that you can benefit from their knowledge. Being an eternal student keeps us humble.
- **Don't be passionate:** This point was especially eye-opening for me because for a long time I was told that passion was the most important thing. Follow your passion! Fake news. According to Holiday, your passion could be the very thing holding you back from accomplishment. Passion is focused on the *I* and about pleasuring yourself ("I am so passionate about..."). Purpose, on the other hand, is *to* and *for*; it deemphasizes the *I* and it's about pursuing something outside yourself ("I must do...", "I was put here to accomplish..."). Holiday says that to succeed, humans need both purpose (passion with boundaries) and realism (detachment and perspective); we must act based on what we feel we *must* do and say, not what you care about and wish to be.
- **What's important to you?:** Holiday says that we waste precious time "doing things we don't like, to prove ourselves to people we don't respect, and to get things we don't want." The ego wants it all and thinks that if we could only have what that other person has, then it would make us happy. He suggests taking time to think about what it is that is truly important to you, so that you can go where you set out to go and let go of the rest.
- **The effort/work is enough:** I will be honest, this one is especially challenging for me. Holiday talks about how we don't have much control over the rewards for our work, and that sometimes we can do everything right but the results somehow end up negative (failure, disrespect, jealousy, etc.). He says the ego makes us want to be recognized and compensated for our work. So how do we carry on when we are underappreciated, sabotaged, or fail? You have to become less attached to the outcomes, good or bad, and the work you do has to be enough. You must take pride in your work and do it well.

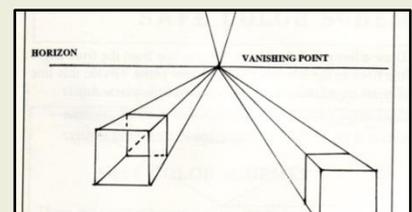
I recommend reading the entire book. You can rent it at the library!

Art Techniques with Hannah Linear Perspective

Linear perspective is a "method of representing space in which the scale of an object diminishes as the distance from the view increases," meaning, objects further away from you appear smaller than those that are near. This is the most basic form of perspective, where all objects with faces parallel to the "Horizon Line", or the point of your view usually where the sky meets the ground, converge in the distance at one point on the horizon, or the "Vanishing Point" (See example below). Three dimensional drawing implies giving the illusion of depth. This is achieved using perspective drawing techniques, and here we will focus on linear perspective. The more points of perspective you include, the more difficult the technique becomes. For this article I will show you how to draw a shape with 1 point of perspective (see example), which is much simpler but just as useful and fun.

For this exercise you will need:

- Blank Paper (Scratch paper is more eco-friendly!)
- Pencil
- Eraser
- A straight edge (I used a ruler on a hole punch and a Clipper card, but any kind of hard surface straight edge will work, as long as it is long enough for the lines you wish to draw)
- Optional: colored pens, markers, pencils etc. (to add color at the end)



ARTS & ENTERTAINMENT

Linear Perspective (*continued from Page 3*)

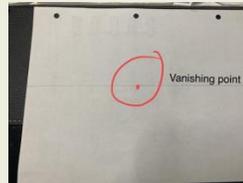
Step 1:

Take blank sheet of paper and find the level in which you would like to make your Horizon Line, and using your straight edge, lightly draw a horizontal line (You will want to lightly draw all of your lines in this exercise because many of the lines will be erased at the end.):



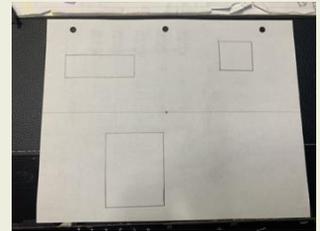
Step 2:

Choose and mark your "Vanishing Point" on your Horizon Line:



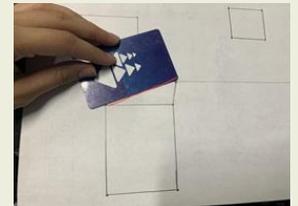
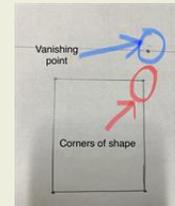
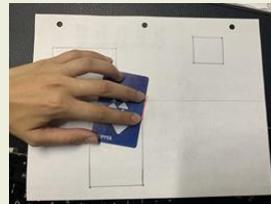
Step 3:

Draw your shapes, above or below the Horizon Line, using your straight edge. Where you decide to draw these shapes changes how you will see them. If you draw your shape above the Horizon Line, it will appear above the eye line, or above you in space, and if you draw it below, it will appear under you. The same effect applies whether you draw your shapes to the left or the right of the Vanishing point. (This can be any shape but I will be using squares and rectangles. I used my Clipper card for the smaller lines used in drawing the shapes):



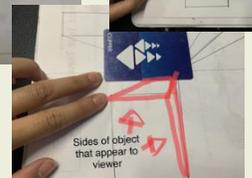
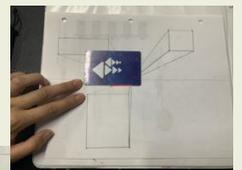
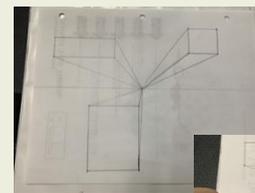
Step 4:

Once your shapes are drawn, you will continue using your straight edge to draw lines leading from the corners of your shapes to your "Vanishing Point" (Flat edge shapes are easier to use in this technique because they only have points and sides, no curves.)



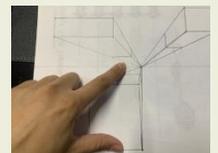
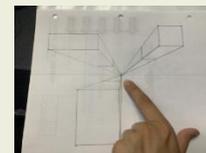
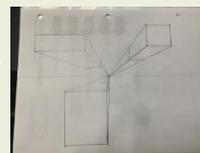
Step 5:

Now that the corners of your shapes are connected to the vanishing point, you must decide the length or depth of your shapes that you desire, or how far in the distance you want these objects to appear. To do so, draw a line parallel to each side of the object that appears to the viewer's eye (Make sure these new lines connect at the corner to vanish point lines, in order to have symmetrical sides of your 3D shape):



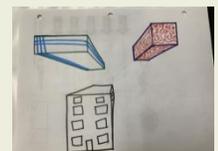
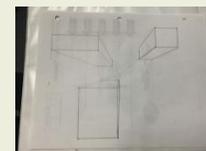
Step 6:

Then, erase the lines that connect to the vanishing point that also pass the depth lines you just drew. You may also erase the Vanishing point and the Horizon line (to avoid faded erased lines in the background, draw your lines lighter, so they are easier to erase)



Step 7:

Color! Now that you have your 3D shapes drawn in Linear perspective, you can draw or color anything you want! (Drawing lighter lines will also allow you to color over these lines and erase them afterwards much easier, giving a better finished look.)



This technique may be difficult the first time you try it, so, practice, practice, practice!

COMMUNITY

Farewell to Chloe

After 5 ½ years with Crestwood spanning a range of roles and responsibilities, Chloe has moved on to the next step in her career as she transitions to John Muir Health. Chloe was essential in transforming our environmental practices and led the process in us becoming a green-certified facility – work that led toward our being recognized as the 2016 Pleasant Hill Green Business of the Year, and the Cool California 2016 Small Business of the Year award for the state. Chloe’s efforts in our facility also included project development, a range of implemented systems, and new quality assurance practices that helped us improve the services we provide. Best wishes, Chloe, and keep on saving the



Farewell to Jeva

Since joining us in June, Jeva brought great energy and a whole lot of positivity to her work in the facility. She made really great connections with people in our community, and now has moved on to the next step in her career. Thanks for everything, and best wishes, Jeva!



Our Newest Dreamcatcher!



James Ethan
Pill Bottle Cleaner



Need your Crestwood Pleasant Hill Halloween fix? Check out the full spread on Page 11!

Get to Know Desmine!

What do you like most about Crestwood Pleasant Hill?

I like the time you get to spend alone and with family. It gives me a good sense of direction and understanding.

Tell us about some of your hobbies:

I like to ride bikes and play with my dogs.

What are your long-term goals?

I'd like to get stable and take an art class.

What's one thing most people don't know about you?

I got a big brother and he's smart – I have a lot of family but I don't get to see them all.



2019 Community Partner



YOU ARE INVITED

Wednesday, December 18th—RVSP BY 12/13

**Centre Concord
5298 Clayton Rd, Concord
11am—4pm**

**To Lilliana Moreno
925-691-4276**

**Holiday Lunch
Games & Raffle
Prizes
Photo Booth**



**Music
Dancing
Santa & Elves**

**Sponsored by Contra Costa County Health Services, Putnam Clubhouse, RI International,
Crestwood Healing Center, NAMI Contra Costa, The Hume Center, & BACS**

Dreamcatchers Employee of the Month:

Marie

Job: Pill Bottle Cleaner

Favorite Music: Oldies

Favorite Hobby/Pasttime: Riding horses

Favorite Sport: Volleyball



In addition to consistently showing up on time, Marie is thorough in her work and can be depended upon to do an excellent job. Marie credits the Dreamcatchers program in helping her keep busy and in establishing and maintaining a routine, and says that she certainly appreciates the extra cash as well. Marie encourages other residents to apply for Dreamcatchers and has been a great ambassador for the program. Marie wants to stay with Dreamcatchers until she is ready to move out into the community. Her future plans include securing a job as well as volunteering her services to a board and care facility. Thank you, Marie, for your excellent work. You are indeed one of our “star” employees!

Holiday Food Drive!

This holiday season, to aid in the fight against hunger in our community, we will be hosting our fourth food drive for the Food Bank of Contra Costa and Solano County. We will be accepting donations from November 26th through January 5th in barrels located throughout the building. The Food Bank has provided a shopping list (front page) of the most-needed nutritious, nonperishable food items. Remember, every single can/item you donate helps an individual in need! The Food Bank, along with St. Mary’s College, conducted a Hunger Study in 2018 and found that in Contra Costa and Solano Counties alone, there are 275,000 people who are at risk of going hungry, and roughly 180,000 individuals turn to the Food Bank of Contra Costa and Solano County each month. Click [here](#) to learn more about the study.

So you think you know Amare??

What’s your favorite thing about working at Crestwood?

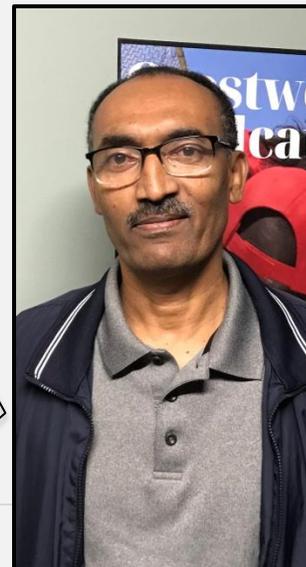
Interacting with residents and helping them with their needs. When I am helping them, I feel better because I am giving them what I can.

What’s something that people don’t know about you?

People think I’m shy, but I am actually this way just as a sign of respect to others. I also try to give away what I have, and help with building schools and churches back home.

What does being a father mean to you?

Being a father means showing love, modeling God’s grace and treating everything with fairness and kindness, providing and protecting them. Being a father to me means raising my children into respectable adults by teaching God’s way.



If you could travel anywhere, where would you go??

Europe would be my first choice because of all the historic moments in those ancient countries.

Part of a family of Pleasant Hill employees, Amare will be celebrating 29 years with Crestwood on December 10th!

COMMUNITY

Contributing to Our Community

The Curran household makes a monthly donation to varying causes. Donations of any amount can help organizations in need, and come with the side benefits of feeling empowered to aide causes of personal importance. In this feature, we highlight organizations to which you may want to donate, should you be inclined. Whether you are donating \$5 or \$100, you can make a real impact.

This month’s donation went to:

Intrepid Fallen Heroes Fund

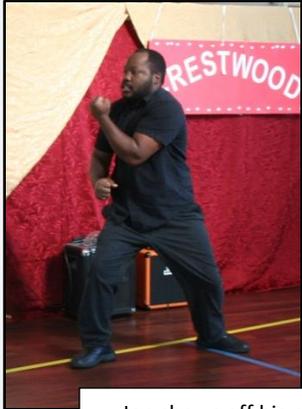
My dad is a Vietnam veteran, and thankfully avoided the significant psychological and emotional issues that so many servicemembers experience. This month for Veterans Day, we donated to the Intrepid Fallen Heroes Fund, an organization focused on treating military personnel with traumatic brain injuries and PTSD. For more information or to help with these necessary services, go to:

fallenheroesfund.org/



We have continued splitting our donations between RAICES and a new cause. For more information or to help, www.raicestexas.org/

TALENT SHOW!



Jon shows off his martial arts knowledge, while Karen belts out *Hopelessly Devoted*



Tamila adjusts smoothly to the microphone malfunction as she performs two of her own songs.



Deshawn performs his newest original rap



Maxine takes us back with *Ziggy Stardust*



Cheryl comes through with a lovely rendition of *Don't Let the Sun Go Down on Me*



Talent Show veteran Keri struts her stuff while singing *Becoming*



Johnathan and Jason bask in the glow of their first place finish



Thank you to our 2019 performers for all the courage they showed and the entertainment they provided!



Capitalism takes center stage, as Gabe and the gang put on between-act commercials for facility groups



When: November 22nd 1-5pm

Where: Pins and Pizza

1500 Monument Blvd. #G

Concord, Ca. 94520

Entrance Fee: \$37.00* Per Team of 4

DEADLINE: Please submit the payment by November 20th

And email the names of team members and team name to

yan@putnamclubhouse.org

Contact Yan Bennis at (925) 691-4276 to sign up today!

*\$37 covers at least 2 games (4 if you make it to the finals), shoes, and 1 pizza per lane.



Behavioral Health, Inc.



Putnam Clubhouse



THE HUME CENTER
For Humanity's Sake



Recovery Innovations



CONTRA COSTA
HEALTH SERVICES



CONTRA COSTA
ACTiOn Team
mhs



National Alliance on Mental Illness



Bay Area Community Services



RAINBOW
COMMUNITY CENTER

HEALTH & WELLNESS

Health and Wellness Tip of the Month 'Tis the Season

Yes, the holidays are approaching but I'm talking about flu season. It's everywhere! Schools, restaurants, grocery stores, work, gyms, etc. While we can't always avoid getting sick (unless you lock yourself in the house for a few months), we can take some steps to decrease the likelihood of getting sick during this time of year. Follow these few tips to keep yourself healthy.

1. Wash your hands often with soap and water or an alcohol-based hand rub.
2. Avoid touching your eyes, nose, or mouth. Germs spread this way.
3. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
4. If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.
5. Consider getting the flu shot.

Diabetes Awareness Month

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.



Angelica's Recipe of the Month Walnut Fig Bites

There are many perks to being raised by a farmer. A few of these benefits include learning hard work and discipline, driving down dirt roads in tractors, and inheriting the early bird routine starting at 4am. But the best thing about being a farmer's daughter? The big box of free produce when I go home to visit dad. Nothing beats fresh fruits and veggies right out of the field. Recently on a trip back home, my father sent me back with a giant box of fresh figs. He doesn't even like figs but that's beside the point. I decided to save a dozen or so for my house and brought the rest of the box to share with the Crestwood family. I don't eat figs often so I decided to try a couple of recipes. I had some failures, but this appetizer was a hit. It makes for a yummy fall treat to serve at any upcoming holiday gathering. Let me know what you think or if you have any favorite fig recipes of your own that I can try next time!

Walnut Fig Bites:

Fresh figs-12

Balsamic vinegar- 4 tsp.

Gorgonzola dolce (Some use blue cheese but I'm not a fan)- 8 oz.

Walnut halves-12

Cut figs in halves and place sliced side up on a baking sheet. Make a dent in the center of the fig using your finger or a spoon. In the dent, place a few drops of balsamic vinegar on each fig. Fill each fig with a dollop of cheese and top with a walnut piece. Bake for about 5 minutes at 350 degrees.



Enjoy!

HALLOWEEN!



Chloe's Eco Product of the Month:
Samsonite Carry-On Suitcase

I had been in the market for a new carry-on for a while, but nothing was catching my attention. I wasn't too sure what I was looking for but I knew I hadn't found it yet. Finally, I came across the Samsonite Agilis 21" Carry-On, made of 100% post-consumer PET bottles. Perfect! Weighing 7 pounds, it's a little heavier than I wanted but an extra pound or so seemed like an appropriate sacrifice to support a product that keeps plastic bottles out of the landfill. I recently took it on a weekend trip and I was very happy with my purchase. The RadII wheel system works smoothly and the bag feels durable. It has sufficient pockets in the front and a USB port for on the go charging (honestly, I haven't figured out yet how that works). Plus, a 10 year warranty. Highly recommend for your next replacement!



New: Gift Card Recycling!

We are excited to announce that we have added **gift cards** to our list of items we collect year-round to recycle and/or donate! Production of plastic gift cards uses precious resources and releases CO2 into our atmosphere, and we want to decrease the amount of plastic ending up in the landfills. So, as you use up any gift cards throughout the year, please place them in the box in the Copy Room next to our dead pen collection so that we can recycle them through Best Buy. And if you plan to give gift cards this holiday season, check with the store if they have the option of going virtual!

ENVIRONMENT

Raising an Eco Toddler

Toddlers are incredibly wasteful! Let's work together to take care of them while also protecting our planet.



Reusable Snack Containers

Kids gotta eat, am I right??? As with other humans, toddlers' eating preferences can depend on mood, sleep and plenty more we can't remotely understand. Because it often leads to grazing and tiny amounts of various foods, there's the opportunity for significant waste in terms of food and packaging. While buying pre-packaged snacks is convenient, it's generally more expensive and comes with individual wrappers that just end up in the trash. A solution? Reusable, dishwasher safe containers that can be refilled with anything you'd like (see picture below). Want to throw some cereal in there? Do it. Blueberries more the preference? Go for it. Prefer to mix a range of snacks? The world is your clam. Because we at Raising an Eco Toddler like to focus on win-wins, these containers come with the added benefit of the kid carrying their snacks around and being more in charge (helpful if you have a power hungry child like mine). It's like a cookie jar that isn't just trying to mess with you!



Chloe's Eco Tip of the Month: Bring Your Own Toiletries

Did you hear that California legislature passed a bill to ban single-use plastic bottles at hospitality establishments by 2023? This is great news, since it is said that over 89 tons of those little bottles end up in the landfills each year. Hotels can't keep used bottles in their bathrooms because c'mon, how would that look to the next guests? So instead, millions of bars of soaps and half-used bottles of shampoo, conditioner, and body wash are being discarded *every day*. This is not only an environmental tragedy, but a social one as well, since poor sanitation is killing people around the world. 2023 is of course still several years away, so what can you do until then to help reduce your impact next time you travel? The most sustainable thing you can do is pack your own toiletries. If you don't want to bring the entire bottle, you can purchase travel-size bottles instead and refill them when needed. If for some reason this doesn't sound feasible (though I'm not sure why it wouldn't), another option is to take the used bottles and bars from the hotels with you, and finish them up either when you get home or bring them on your next trip so they don't go to waste.



CLASSIFIEDS

HELP WANTED

Interns Wanted!

Are you or someone you know an undergraduate student or recent graduate looking to begin a career in mental health? Look no further! Our internship is a 12-week program focused on giving interns hands-on experience working in a community mental health setting, and an opportunity to develop an individualized project in our building. We have successfully worked with students and their universities on providing college credit. **We are always accepting applications and will begin interviews in December.**

To apply, send resume and cover letter to Darby at dwitherspoon@cbhi.net

Now Hiring!

Looking to join a compassionate, thoughtful, creative, fun team? We are currently looking to add great staff to our facility community. Previous experience in the field is not required, and we prioritize people with a personal connection to the work, and a desire to help people toward more fulfilling, meaningful lives.

Current open positions:

- Dietary Assistant
- Housekeeper
- Recovery Coach

To apply, send resume and cover letter to Gabe at gflores@cbhi.net

MOVING????

Need some boxes? See our award-winning Director of Dietary Services in the kitchen and she'll supply you with whatever you need!

DREAMCATCHERS JOB OPENINGS

Flourishing vocational program seeks people interested in finding a meaningful role while helping the facility function.

Dining Room Attendants: Saturday, 1-2pm

Pill Bottle Cleaners: Wed/Thurs, 8:30-9:30am

Receptionists: Tuesday, 11am-12:30pm
Thursday, 9:30-11am, 11am-1pm

Landscaper(s)/ Gardeners: Mon/Wed/Fri, 8:30-9am

Composters: Wed/Thurs/Fri, 8:30-9am

Housekeeping Assistants: Mon/Fri: 10-11am

Please see the Dreamcatchers bulletin board for details, and see Gabe or Deirdre for an application!

Got Stuff That Needs Recycling?

We might do it for you! We currently collect the following items for donation/repurposing:

- Batteries (for safe disposal)
- Dead pens (for an artist)
- Empty pill bottles (for donation to countries in need of safe receptacles)
- Ink cartridges (for recycling)
- Gift cards (for recycling)

Have a local event, restaurant or activity you'd like us to review? Let us know!

Chloe's Restaurant Review: Burma 2

Until recently, Burmese food was a rare find in the Central Contra Costa region. In the past year, however, two new Burmese restaurants have made their presence in Walnut Creek! I was excited to discover this because I had had the pleasure of eating Burmese before and remembered it being a delightful experience. Burma 2, located on North Main St., specializes in Burmese salads, noodles, and curries. I have already gone three times in the past few months (you never know how long a restaurant is going to stay open so you must enjoy it while you can!) and have experienced new dishes every time. So far, I have tried the Burmese Pad Thai, Eggplant & Garlic, Tofu Lettuce Wrap, Tofu & Vegetables, and Lemongrass Chicken. All have been superbly flavorful!! Wow! Hence why I keep going back. They have 4.5 stars on Yelp, so it appears others agree on the quality of the food. A couple of tips: 1) If you're not a fan of spicy food, I recommend staying away from the Burmese-Indian Rice (holy cow) and 2) If you're avoiding gluten, you can ask the kitchen to use gluten-free soy sauce. The staff are friendly and welcoming, and the seating area is pleasant. Check it out and see for yourself!



What's Cool with Hannah



- Mug cakes
- Green beans
- Green bean casserole
- Thrift shopping
- Reusable travel bags and water bottles

LOCAL

Holiday Activities!

Light Up in the Night – *Wednesday, November 20 from 5-8pm*
Enjoy an evening of carriage rides, caroling, dancing, crafts, free hot chocolate and cookies, and more! Santa will be there too, of course. Located in downtown Pleasant Hill.

Turkey Trot—*Thursday, November 28 at 8am*
Choose from a Kids Fun Run, 5K, or 10K run! By participating in the run, you help give back to local charities such as the Food Bank and The Wellness City Challenge. Located at Civic Park in Walnut Creek.

Holiday Sparkle Sip and Shop – *Saturday, November 30 from 1:30-4:30p.m.*
Spend the afternoon in downtown Martinez strolling businesses and sampling treats. Contact director@mainstreetmartinez.org for tickets.

Shadelands Art Center Holiday Sale – *Friday, December 6-Sunday December 8*
A weekend of holiday shopping at the art center. Enjoy live entertainment, raffles, and craft making as you shop. FREE Admission. Located at Shadelands Art Center in Walnut Creek.

Holiday Festival – *Wednesday, December 4 from 5-8p.m.*
A evening of holiday fun at the Pleasant Hill Community Center! Crafts, food trucks, Santa, talking Christmas trees, LEGO room, and other exciting activities that you don't want to miss.

Holiday Tree Light – *Thursday, December 5 at 6:30pm*
Music, cookies, and hot cocoa! Tree is lit at 7pm sharp. Located in Moraga Commons Park.

Holiday Stroll – *Friday, December 6 from 5-9pm*
Enjoy some live music, caroling, tree decorating, and more!
Starts at Water Light Public Plaza, 1500 Locust St., Walnut Creek.

Ice Skating!

Walnut Creek:
Walnut Creek on Ice – *through January 20, 2020*
Located in Civic Park, 1365 Civic Drive, Walnut Creek.

San Francisco:
Holiday Ice Rink in Union Square- *through January 20, 2020*
Located in Union Square, just a 2 minute walk from Powell St. BART!

Concord:
Ice at the Veranda – *through February 17, 2020*
Located at the Veranda, 2001 Diamond Blvd, Concord.

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SEE KURT, CHELSEA, ABETH - or HANNAH FOR MORE INFO!