Youth Account

Here's a Present for Every Elf on Your List.



Why not a Youth Account for the little elves on your list?

It's a savings account kit (\$25 minimum) that comes with a gift pack, including a personalized ornament, and a card from you.

And Provident will donate \$5 to the Children's Miracle Network for every Youth Account you open.

When you open a Youth Account, the youth member' will be entered for a chance to win a \$50 Visa Gift Card" or the grand prize of a family trip to the Monterey Bay Aquarium.

Visit our Redwood Shores branch today to open a Youth Account and enter to win!

Complete tules for both the gift card drawing and the aquatium drawing are available at each branch and online at providentcu.org. * Must be 17 years or younger. ** One winner per branch. Gift Card drawing will be held on January 15, 2007

providentcu.org

0 13/05 FDV

Redwood Shores Community Branch 210 Redwood Shores Parkway (In the Marketplace) Paul Reilly, Branch Manager

(650) 591-7845 (Branch) or (650) 508-0300 (Call Center)

Provident Community Branch Locations: Belmont, Daiy City, Eureka, Foisom, Hayward, Los Gatos, Menio Park, Millbrae, Monterey, Oakland, Redwood City, Redwood Shores, San Francisco, San Jose, San Mateo, Walnut Creek — Visit online or call for addresses.



Happy Holidays from Provident



Whatever It Takes







BACKYARD BIRDER By Julie Thrower

First, visit my blog at www.rwsbirds.blogspot.com. I've tried to keep up with sightings and posting pictures, and there are more to come. If you don't have a bird guide, this is a good place to go to see some photos of what is out here in the Shores. Please visit, comment, and submit your own photos.

Waterfowl (ducks, geese, and swans) belong to the family Anatidae. This family can be broken down into seven

subfamilies: dabbling ducks (50+ species worldwide/12 native breeds in North America), bay ducks (15/5), sea ducks/mergansers (19/15), stifftails (2/2), swans (7/2), geese (7/6), and whistling-ducks (2 species in North America). Typical dabbling ducks we see here are Northern Pintails, Mallards, and Teals. Sea ducks/mergansers include the Hooded Merganser, Goldeneyes, Buffleheads, and Scoters. The Stifftails subfamily only has two members, one of which is present here on the Shores, the Ruddy Duck. You can make a good guess of what type of duck it is by its feeding habits. Dabblers primarily feed on the surface by straining water through their bill, while sea ducks and bay ducks have excellent diving skills. The name for stifftails comes from their distinctive vertically pointing tail feathers. Nice weather on the weekends and Thanksgiving day keep bringing in bird photographers from all over the Bay area. How lucky we are to have this winter spectacle right outside our door, so get out there and enjoy it! It seems that certain birds like to hang out in certain places. Here are my November observations: A green heron, first one I've seen in the Shores, has been hanging around the shores of the lagoon around Ventana del Mar. I first saw him in



early November, and you can see a photo on my blog. Also, in the large eastern lagoon at the east end of Davit Lane, there are numerous Scaups. I also saw male and female Hooded Mergansers hanging around the pond next to the dog park and in the lagoon that abuts Gossamer Avenue. The main Redwood Shores lagoon that you can see from Davit Lane had mostly Pied-billed Grebes, Buffleheads, Common Goldeneye, and plenty of Brown Pelicans, Double-crested Cormorants, and Greater-white Fronted Geese. The Trumpeter Swans are also back. I also saw a very active Bonaparte's Gull (named after Napoleon's nephew, Charles Lucien Bonaparte, who was a leading ornithologist in the 1800s). The pond behind Nob Hill has a good amount of Northern Pintails and Northern Shovelers. The SBSA pond has consistently had Cinnamon Teals, Green-winged Teals, Northern Shovelers, American Wigeons, and Ruddy Ducks. The Black Skimmers seem to have left by Thanksgiving. Other relatively close by opportunities: Greater Sandhill Cranes will be in the Central Valley for another couple months. Check with www.cosumnes.org.

What To Give Your Planet For The Holidays

Your planet is always there for you: air to breathe, check; ground to walk on, check; daylight, check... the list goes on. So what to give in return? You don't need to spend a lot of money, the trees would prefer you skip the wrapping paper, and Mother Earth still has some of her original diamonds.

Ever just run to Nob Hill for a few forgotten items? Okay, how about a walk to Nob Hill? That armful of items fits nicely in a small backpack. You save on gas, reduce your chances of a ticket on Redwood Shores Parkway, and get some fresh air and leg stretching. Your planet gets fresh air, too. Imagine if every Shores resident drove even one less trip per week to Starbucks, Baskin-Robbins, Amici's, Nob Hill, and its neighbors. You might even be able to get out of town faster the times when you are driving.

Another gift of bipedal shopping: you may find yourself buying less, and healthier, too. Pretend you're backpacking: would you rather carry paper boxes containing processed food, or fresh fruits and vegetables where almost every ounce is edible? Having your own backpack means you can say 'neither' to the 'paper or plastic?' question. And while you're at it, tuck a few of those plastic produce bags from a previous trip into your backpack. Or really go crazy: use a Sharpie pen to label some freezer bags with descriptions and SKUs of your favorite produce and bulk item purchases. The checkers will love you. In case you think of grocery bags as a freebie, bear in mind that retailers embed the costs of bags into the prices you pay for merchandise. And that's not the only cost: according to the Algalita Marine Research Foundation, there is six times more plastic than plankton floating around in the middle of the Pacific, including two floating plastic garbage patches in the Pacific each the size of Texas. Even sadder, the plastic fragments collect pollutants, which become part of the food chain when they are mistaken for planktonic food.

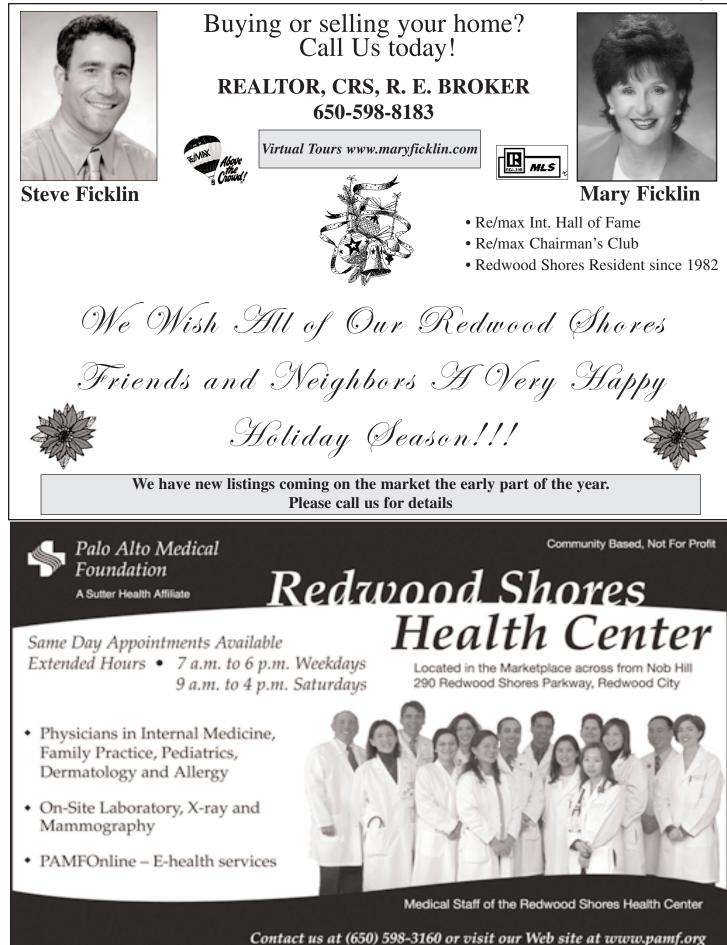


I confess I'm a magpie for pretty packaging. The trimmings and trappings bring out the kid in me every time. When I learned that an additional five million tons of waste is generated during the holidays in the U.S. alone, I knew this bird had to change its tune. Four million tons of this amount is wrapping paper and shopping bags. I think my cloth grocery bags will enjoy seeing the decorations at the mall. If you, and your friends, don't have enough cloth bags for shopping this year, consider buying some pretty ones and using them for gift wrap. Talk about a gift that keeps on giving. The interconnectedness of our lives can be a gift, too. I wrote this article to spread awareness along with good cheer. As a child, I rarely thought about paper waste, carbon dioxide, or running out of fish in the sea. Slowly, one conversation at a time, our planet's health started to permeate my thinking. Thirty some years ago, California didn't see trees flowering in January. Fish was a luxury item for special occasions. Small cars were thought to be the wave of the future. One thing hasn't changed though: people still live on planet Earth. And since there are more of us every year, that's more people to care. So spread some cheer and spread the word.

Wishing you and your planet a beautiful holiday season, Jennifer Tripp

For more eye-opening figures about our impact on planet Earth, check out www.cleanair.org/Waste/wasteFacts.html You can find me on the web at www.jennifertripp.com or reach me at (650) 740 3936 or jetripp@mac.com





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have a civil dispute involving a limited amount of money decided by an independent member of the judiciary. Small Claims court pleading forms are relatively simple to complete. No attorneys are permitted to represent the parties. Plaintiff and defendant should be well prepared and present their claims or defenses as succinctly as possible. After the decision is made, the losing defendant (but not the losing plaintiff) may appeal the decision to the Superior court. These appeals are generally heard by an attorney appointed by the court or a retired judge. Attorneys may represent the parties on the appeal.

> Call us or visit our website for more information. Terry Anderlini and Merrill Emerick we live in Redwood Shores.

Dear Neighbor:



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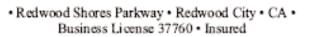


ongoing yard maintenance, design and gutter cleaning. We can schedule you for ongoing weekly, bi-weekly, or monthly maintenance.

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HAPPY HOLIDAYS!

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CITYTREES AWARDED STATE GRANT FOR TREE PLANTING IN REDWOOD CITY

The local non-profit CityTrees is pleased to announce that it has received a substantial grant L from the California Department of Forestry and Fire Protection (CDF) through the Green Trees for the Golden State Grant program. This \$22,233 grant will fund the planting of over 200 new street trees during six planting events scheduled for 2007. The grant also provides funds for a special Pruning Training seminar, as well as continuation of CityTrees' existing volunteer program offering pruning of trees CityTrees has planted, after a two-year period of growth. All of the planting events, the training programs, and tree pruning work will be coordinated in partnership with the City of Redwood City. With this grant, CityTrees volunteers will plant a total of 210 trees during monthly events in March, April, May, June, September, and October 2007. New volunteers are always welcome and can get involved by going to www.citytrees.org or calling (650) 556-9380, extension 4. New trees will be placed in public planting strips along selected streets in Redwood City. A pruning and maintenance seminar will be hosted by CityTrees, with the City's Public Works Services Department providing the trainers and field instruction. Graduates of the training seminar participate in pruning trees previously planted by CityTrees. Several pruning events will then be held to prune 150 trees planted by CityTrees in the past two-tofour years. CityTrees is a volunteer tree-planting organization which has planted over 1,600 new trees in Redwood City, drawing on over 1,300 volunteers who have invested nearly 4,000 volunteer hours since 2001. The group is dedicated to improving the quality of life in Redwood City through a coordinated program of tree planting and maintenance, education, and advocacy. With the tireless efforts of these local arboreal enthusiasts, CityTrees is preserving and extending the urban forest, and has helped Redwood City to met the four standards to become a Tree City USA - a tree board or department; a tree care ordinance; a comprehensive community forestry program; and an Arbor Day observance.



From the RSCA Board of Directors







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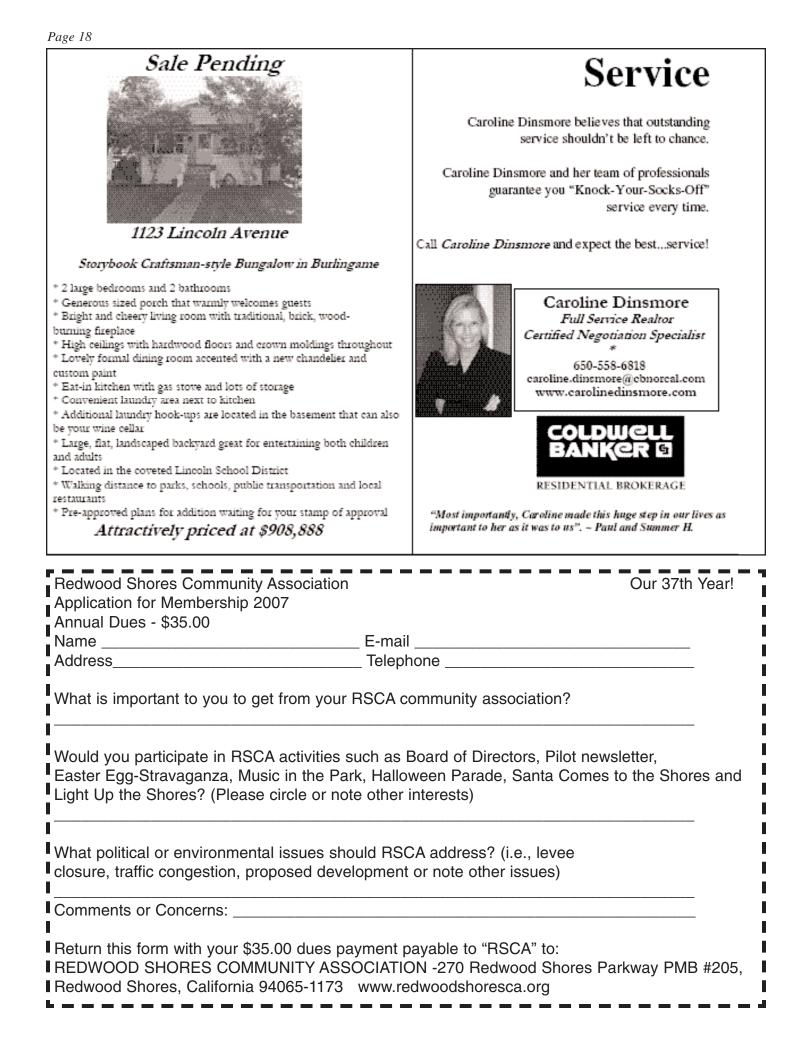
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ASPIRIN: A POTENT DRUG

One important drug that is often left off the medical history form at the dental office is aspirin (ASA, Ecotrin, Empirin, Easprin and Measurin). The reason appears to be that the perception of their potency is often underated. When we are asked about taking any medications, most of us think about prescription medications, and waiting in line at the pharmacy. We are much less likely to think about the bottle of aspirin we picked up at the supermarket. Aspirin is a potent drug that is used for a wide variety of conditions. The primary function of aspirin is to reduce pain, swelling and fever. Aspirin is often used to ease the discomfort associated with a toothache, headache, reduce the risk of a second heart attack, relieve the symptoms of rheumatoid arthritis, and other medical uses. Despite its importance, one important side effect of aspirin is that it can increase bleeding. This is of critical importance to any doctor who is performing a surgical procedure. This includes your dentist when providing certain types of dental treatment. The dental procedures expected to cause bleeding include dental extraction, deep cleaning under the gum-line, gum surgery, and biopsies. The daily use of aspirin used in combination with other blood thinners such as Coumadin (warfin sodium), Ticlid (ticlopidine), and Persantine (dipridamole) can increase bleeding even more than aspirin alone. In some cases, aspirin should be avoided for at least one week prior to dental procedures that are expected to cause bleeding. The decision to alter your aspirin intake should be made with the consultation of your family doctor (or specialist) and your dentist. You should always include any dentist's medical history form, especially aspirin and aspirin containing compounds.

COSTCO WAREHOUSE & GAS STATION PROJECT

THE COMMUNITY INVITED TO WORKSHOP ON COSTCO EXPANSION/GAS STATION PROPOSAL; DRAFT ENVIRONMENTAL IMPACT REPORT NOW AVAILABLE

Interested community members are invited to a special Community Information Workshop to learn about and discuss the proposed Costco Warehouse Store and Gas Station project. The Workshop is scheduled for Thursday, November 30th, 2006 from 6:30 to 9 pm at the Fair Oaks Community Center, Multi-Purpose Room, located at 2600 Middlefield Road. View Redwood City's informational page on the Costco proposal by going to:

http://www.redwoodcity.org/cds/planning/costco_info.html

Redwood City is hosting this Community Information Workshop to provide an opportunity for the public to learn and talk about the proposed Costco expansion and gas station project. A professional facilitator will lead this Workshop, during which Costco representatives will make a project presentation and City staff will be available to answer questions about the overall process and schedule. This is a great opportunity for all interested community members to share comments, suggestions, and concerns about the proposal. To make it more convenient for community members to attend, the City will be serving snacks and beverages, offering Spanish translation, and providing free child care (ages 3 and older). Participants needing child care should call 780-7234 to reserve space.

In 2005, Costco submitted an application to Redwood City to demolish their existing building and replace it with a new, larger Costco retail warehouse building in the back corner of their existing property. Their proposal includes a new Costco gas station with 16 vehicle fueling positions.

Since receiving the initial application the City has been preparing studies of the proposed project, and has completed a Draft Environmental Impact Report (DEIR) to assess the potential environmental impacts associated with the proposed project. Copies of the DEIR are available for viewing as of November 8, 2006 at City Hall and the Downtown and branch Libraries, and on the City's webpage at www.redwoodcity.org, in the "Hot Topics" menu, by selecting "Costco Proposal."

Community members are encouraged to comment on the DEIR during the public comment period, from November 8th through December 23rd, 2006. Written comments or questions should be sent to Jill Ekas, Project Planner, at 1017 Middlefield Road, Redwood City, CA 94063, or jekas@redwoodcity.org. More information about this or other Planning Services projects is available by calling 780-7234.

