

# We Create Community



## *Volunteers & Accomplishments Highlighted at Animal Care Services Open House*

Long Beach Animal Care Services invited the community to its 2016 Open House on Saturday, January 16. The event featured awards for volunteers and an overview of the past year's accomplishments.



### **Volunteer Recognition**

Doug Pennington was named the Volunteer of the Year for his work in transporting animals to off-site events, assisting in training new rescue partners, and helping with behavior assessments and animal socialization.

Sweet Pea Rabbit Rescue's founder Valerie Garcia was honored for her efforts that resulted in an 88% Live Release Rate for rabbits.



Anna Wong representing the Stray Cat Alliance, received ACS's highest honor, the One Too Many Award for their work to shelter, neuter and return healthy community cats, and to find homes for adoptable domestic cats. These efforts saved the lives of over 600 cats.

Lance Hunter representing the ASPCA Relocation Team, was recognized for his work in assisting with the transport of over 300 animals to outside shelters for adoption.



Congratulations to these and dozens of other volunteers who work to promote responsible pet ownership and reduce animal overpopulation.

### **A Year of Accomplishments**

Ted Stevens, Animal Care Services Bureau Manager shared ACS's 2015 successes:

More than 900 fewer cats and dogs impounded at the shelter, an almost 11% reduction.

875 fewer dogs and cats euthanized, a reduction of 40% for dogs and 20% for cats. (Compared to 2013, euthanasia is down 50% for dogs and 44% for cats, representing 2,000 fewer dogs and cats euthanized.)

Live Release Rates of 83% for dogs and 54% for cats, compared to 75% and 47%, respectively in 2014.

A Live Release Rate of 88% for rabbits, an often overlooked pet available at shelters.

More than 3,200 animals altered through the spay/

neuter voucher program in 2015, and more than 12,400 altered since the program was started in 2009.

More than 300 animals transported to shelters in the United States and Canada for adoption.

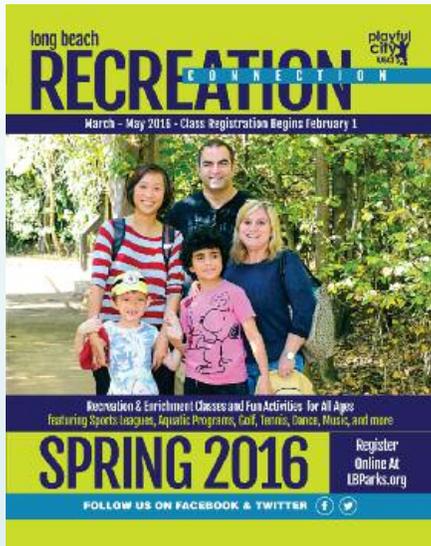
A total of 92 animals were adopted in one day at the spcaLA / ACS Clear the Shelters adoption event.

The community cat program continued in its second year, saving the lives of hundreds of cats,

The Twitter feed #LBLostFoundPets was established to help reunite lost pets with their owners.

With the help of the community and staff, ACS looks forward to reaching more milestones in the future.

# Parks, Recreation and Marine Spring Class Registration



Register now for Long Beach Parks, Recreation and Marine spring recreation classes. More than 400 classes will be offered from March to May for ages preschool to adults 50+, and include art and cultural, career enrichment, computers, cooking, dance, dog training, fitness, health, music and sports. Registration is

also going on for adult sports leagues, aquatic programs and El Dorado Nature Center classes. Fees for classes vary. For more information and to register online, visit [www.lbparks.org](http://www.lbparks.org). New classes this spring include:

## Preschool Classes

“Pre-school” will inspire children ages 3-5 to become independent problem solvers through play and project-based learning. The class taught by Rachel McBride, will be held at Bixby Knolls Park on Thursdays from 9 a.m. - 12 p.m. from March 3-24; April 7-18 and May 5-26.

## Youth and Teen Classes

Moe Ager NBA Hoops is taught by former Dallas Mavericks shooting guard Maurice “Moe” Ager and will develop dribbling, passing, shooting, ball handling, footwork, and defense skills. The class will be held at Chavez



Park on Sundays from April 3-May 8 with sessions for ages 8-12 from 7-7:45 p.m. and ages 13-18 from 8-9 p.m.

## Adult

Total Wellness: Body, Mind and Spirit will help you stay in shape and stay well by improving eating patterns, avoiding disease, and naturally promoting metabolism. The class taught by Bahiga El-Hagggar, will be held at El Dorado Park West on Fridays from 6-9 p.m. from May 6-27.

Become a better tennis player with the Adult Footwork Class. Improve muscle imbalances and core strength while increasing your fitness level. The class is taught by Damon Lambert at Billie Jean King Tennis Center on Saturdays from 12-3 p.m. from March 19 – May 2.



In Basic Cooking 101, learn how to select and prepare ingredients for meals at home, and learn how to handle knives and kitchen tools. The class taught by A Yummy Future will be held at El Dorado Park West on Saturdays from 6:30-8:30 p.m. from April 23 – May 28.

The new Healthy Tasty Mediterranean Cuisine and Food Art class will reveal the secrets of Mediterranean cooking. The class taught by Bahiga El-Hagggar, will be held at El Dorado Park West on Wednesdays from 6-9 p.m. from April 27 - May 25.

Explore inventive watercolor techniques for illustrations and fine art in the Illustrative Watercolor class. The class taught by Moira Hahn will be held at El Dorado Park West on Sundays from 10 a.m. – 12 p.m. and 2:30 - 4:30p.m. from April 3-May 28,

The new Basic Square Dance class uses modern music to teach the dance’s fundamentals. The class taught by Charles Fagan will be held at Wardlow Park on Wednesdays from 7:30-9 p.m. from March 2-30, April 6-27 and May 4-25.

## 50+

In “Online Dating”, students will create a profile to be matched with the right people, and learn about safety and online communication. The class taught by Robert Cohen will be taught at Oak Community Center, 10911 Oak St., Los Alamitos on Tuesday, April 5 from 6:30-9:30 p.m.



## Instructor Spotlight: Naima Woodson, “Fit for a Kid” Instructor



Naima Woodson, a certified Children’s Fitness and Nutrition Education Specialist is the Founder and Director of Fit For a Kid, a Long Beach based children’s fitness and nutrition education service taught at Long Beach Parks, Recreation and Marine, and provided to schools, community recreation programs, private organizations and families. Naima

is also a holistic health practitioner and freelance family fitness columnist, inspiring people to live a healthier and happier life, through integration of mind and body, in nutrition, exercise, and health. Staff recently interviewed her about her program and fitness philosophy.

### Q: How did you get into Fitness?

A: I’ve been an advocate of health, fitness, and wellness for most of my life. Several years ago, with the reduction in the number of physical education programs in schools, and parents growing concern about childhood obesity, I saw a need for this type of program. According to the U.S. Centers for Disease Control and Prevention, the majority of children ages 2-10 engage in no organized physical activity outside school, and approximately 25 percent of children in that age group engage in no free-time physical activity at all. In 2009, I became certified as a children’s fitness specialist and started my business, Fit For a Kid, which offers programs, workshops, and classes to schools and community recreation centers.

### Q: What was your inspiration for becoming a Fitness Instructor?

A: I am extremely fulfilled in my work as a fitness instructor. Not only do I help and motivate people to look, feel, and do their best, but I get to have fun working with children! Health and fitness allows them the foundation and ability to live a life full of energy, and influence how they feel physically and emotionally. This is so important for our youth.

### Q: How do you feel your work improves or impacts the community?

A: I am dedicated to making fitness and nutrition lifelong habits for children through my *Fit For a Kid* classes. I offer programs that are committed to the positive growth and development of our youth. Our motto is “Creating a Generation of Healthy Children”. Many parents now-a-days are seeking to engage their children in meaningful physical activities, and my classes provide exactly that.

### Q: What do you like most about working with the Long Beach community?

A: I love working with the Long Beach community! I live in Long Beach, and have two daughters that attend school here. One thing that really stands out about this community is the City’s dedication to providing an abundance of resources, special events, and activities for its residents. I am so happy to be a part of that.

### Q: What is the best reason to attend your class?

A: *Fit For a Kid* is a fun, safe, and non-competitive class, dedicated to educating children about the importance of living a physically active life. Each week, students have a ton of fun exploring a variety of activities and sports. It’s basically fitness disguised as play!

### By the Numbers for December 2015: Community Recreation Services

Permits to Gather .....	29	Visits to City / City Operated LBUSD Pools .....	7,381
Reserved Picnic Sites.....	2	El Dorado Regional Park Paid Entries .....	9,164
Number of Contract Classes.....	246	El Dorado Regional Park Annual Passes.....	534
Facility Use Permits Issued.....	63	Youth and Teen Participants.....	34,971
Field Use Permits Issued.....	64	Senior Citizen Participants .....	13,153
Adult Sports League Participants.....	5,472	Visits to the El Dorado Nature Center .....	26,777

# Tennis Concession Update

By Cathy Jacobson-Guzy, First Serve Tennis, Inc.



L-R: (Singles) Yannick Hanfmann (Ger) (Champion); Cathy Jacobson-Guzy; Michael Mmoh (USA) (Finalist)



L-R: (Doubles) Joe Salisbury(GBR), David O'Hare (IRL) (Champions); Cathy Jacobson-Guzy & Raymond Sarmiento(USA) (Finalists)



USTA Free Kids Tennis Play Day

The prediction was for heavy rains and cold weather to aim at the Billie Jean King and El Dorado Park Tennis Centers during early January. But, 2016 got off to a great start for local tennis with the Dorado Park Tennis Center hosting the 2016 Long Beach Pro Circuit Futures Tournament for the second year in a row from January 9 - 17.

The USTA Pro Circuit is the pathway to the US Open and tour-level competition for aspiring tennis players and a frequent battleground for established professionals. The Pro Circuit provides players the opportunity to gain professional ranking points and has become the largest developmental tennis circuit in the world, offering nearly \$3 million in prize money.

The 64-player Qualifying Draw began January 9, followed by the 32-player singles draw. The singles final took place on January 17 and the doubles were held January 15.

In the doubles final, Ireland's David O'Hare and Great Britain's Joe Salisbury lived up to their top seeding to beat No. 3-seeded Evan King and Raymond Sarmiento, 6-3,

7-6 (4). Two unseeded players met in the Futures singles final. Yannick Hanfmann, a former USC Trojan All-American from Germany, came up big in what he called his adopted hometown tournament, beat 18-year-old rising American Michael Mmoh, 6-4, 6-0, in just 56 minutes to win the Long Beach Pro Futures Tournament final.

As part of the Pro Circuit Event, First Serve Tennis, Inc. along with the USTA also held a free Kids Tennis Play Day on January 16. Over fifty youth played in the event and were able to work on their tennis game, hit for prizes, have some fun and enjoy pizza afterwards.

The winter Long Beach Parks, Recreation and Marine classes began in January, and are off to a great start. Coach Mitch Bridge's Southern California Tennis Academy at El Dorado and the Valter Paiva Tennis Academy which provide full time, half day or after-school tennis instruction for beginner, intermediate, advanced and college bound players is thriving at both locations with strong players from Long Beach and Southern California.

## Long Beach Parks, Recreation & Marine Summer Day Camps Registration



Register at [www.lbparcs.org](http://www.lbparcs.org) starting April 15 at 8 a.m. for summer day camps for ages 5-12. Camps are held Monday - Friday, June 20-August 26. Visit [www.lbparcs.org](http://www.lbparcs.org) for fee and program information.

### Park Day Camps

El Dorado West - 562.570.3225  
Silverado - 562.570.1675  
Stearns Champions Creative Arts Camp - 562.570.1685  
Veterans Park - 562.570.1695

### High Five Sports Camp

Pan American Park - 562.570.1660

### Pee Wee Camp

(Ages 5-8)  
Wardlow Park - 562.570.1705

### Music and Arts Camp

Whaley Park 562.570.1710

### Aquatics Day Camps 562.570.1888

Belmont Junior Beach Camp (ages 5-7)  
Bayshore Beach Camp (Ages 8-12)  
Bay Club Teen Camp (Ages 13-15)  
Counselor in Training Camp (Ages 14-17)

# FootGolf Coming to Little Rec



*Decatur GA Parks and Recreation FootGolf*

A new sport will soon be in play at “Little Rec,” Recreation Park South Golf Course, at 5000 E. 7<sup>th</sup> Street. In addition to being able to get in nine holes of golf, the public will be able to play FootGolf, a hybrid of golf and soccer that has increased in popularity in the U.S. over the last few years. A trial six-month program will begin during the first week of March.

Like golf, the FootGolf player furthest from the 21-inch wide cup is the first to kick the ball. Players try to get the ball in the cup with as few kicks as possible.

According to America Golf, operators of Little Rec, FootGolf tee times would be interspersed with those playing traditional golf. One group of golfers will tee off and then the next group could be FootGolfers. FootGolfers will tee off in the same area as golfers, but kick soccer balls to a different green at least 30 to 40 yards from the golf green.

The FootGolf rates would be the same as traditional golf at the course. For residents, nine-hole rates Monday through Friday are \$12 and \$14 for weekends and holidays.

If FootGolf proves to be successful through the trial run, the sport could have a permanent home at Recreation Park South Golf Course. There are about 240 FootGolf courses nationwide and about 48 in California, according to the American FootGolf League, the game’s U.S. governing body.

For more information, call (562) 438-4012 Ext. 5.

## *Know Your Long Beach Parks: Seaside Dog Zone*

Long Beach residents living near the East Village Arts District and the waterfront have a new off leash dog recreation area to walk to and enjoy socializing with their neighbors and pets. The Seaside Dog Zone opened in December 12, 2015, at the junction where Linden meets Seaside Way.

The dog zone is open from 6 a.m. until dusk daily, with plenty of space for dogs to run and exercise with their owners. The .45-acre dog zone features a double-gate entry for separation between large and small dog areas.

The Seaside Dog Zone is a joint project of the Ocean Residents Community Association, Downtown Long

Beach Associates, the Office of Vice Mayor Suja Lowenthal, the Long Beach Convention Center, and the Long Beach Department of Parks, Recreation, and Marine.



*Seaside Way Dog Zone is the tenth Long Beach off-leash dog recreation area in the City of Long Beach*

Coolidge Dog Park	352 E. Neece Street	.25 acres	March 22, 2014
Downtown Dog Park	Lincoln Park at Broadway & Pacific	.35 acres	September 12, 2009
El Dorado Dog Park	El Dorado Regional Park Area II	1.5 acres	February 8, 2014
Jackson Street Dog Park	1432 Jackson Avenue	.14 acres	February 21, 2015
K-9 Dog Park	Ninth St. and Pacific Ave.	.8 acres	September 27, 2009
Recreation Dog Park	5201 E. 7 <sup>th</sup> Street	1.7 acres	1996
Rosie’s Dog Beach	Ocean Blvd. btn. Roycroft & Argonne	2.9 acres	July 22, 2003
Seaside Dog Zone	Linden Avenue and Seaside Way	.45 acres	December 12, 2015
Uptown Dog Park	Scherer Park at 4600 Long Beach Blvd.	.6 acres	November 21, 2009
Wrigley Dog Park	3401 Golden Avenue	1.9 acres	May 21, 2011

# Maintenance and Development Bureau Update

## Promenade Square Park

Anthony Vazquez from the PRM Facility Maintenance Division makes preventative maintenance measures for at the Promenade Square Park fountain. The .70 acre park is located at 210 E. 3<sup>rd</sup> Street.



## Grace Park

LED lighting was installed at Grace Park in December. The “before” picture (top) and “after” photo (bottom) show the positive contrast.



## By the Numbers Maintenance Operations Bureau - January 2016

### Community Service Worker Program:

Total Enrollment: . . . . .	96
Total Queensway Bay hours (Water cleanup, debris and litter pickup): . . . . .	40
Total Number of Hours Worked at Beach Maintenance . . . . .	142
Total Marine Maintenance hours (Litter pickup): . . . . .	527
Total El Dorado Park hours (Litter pickup, and custodial). . . . .	300
Total Tree Farm hours (Litter pick up custodial and facility). . . . .	42
Total Los Cerritos Wetlands hours (Litter pickup and vegetation removal): . . . . .	197
Special Cleanups: City clean-ups, graffiti paint-out: . . . . .	983
Total hours for the month of January: . . . . .	2,327
Work orders completed: . . . . .	233
Restrooms cleaned daily: . . . . .	172
Facilities cleaned and stocked daily: . . . . .	28

### Park acres maintained:

Park turf . . . . .	.814
Park landscape . . . . .	2,310
Street (medians) turf . . . . .	53
Street landscape . . . . .	143

## Boating and Water Conservation

With almost two thirds of California in an extreme or exceptional drought, Governor Brown has asked that everyone, from businesses to citizens, reduce their water usage by 25 percent to help conserve the water. While this has been an inconvenience to many, boaters and the boating community have made strong efforts to go “green” in the past few years, by being “Water Wise.”

PRM Marine Maintenance has been communicating with boaters about tips for saving water such as:



- Reporting leaky faucets at boat owner shower heads and restrooms, which can waste over 3,000 gallons per year if they drip one drop per second.
- Using automatic shut-off nozzles when washing vessels.



The average water hose uses 10 gallons of water per minute, which means even a 10 minute wash can use 100 gallons of water, so when the hose is on and not actively being used water is wasted.

- Encouraging boaters to share water conservation tips on the Marine Bureau Facebook page at [www.facebook.com/colbmarinebureau](http://www.facebook.com/colbmarinebureau).

The Marine Maintenance team has been replacing old hose bibs and shower heads with low flow models, along with water efficient beach showers, and field staff has been diligently reporting any leaks seen on the docks and restrooms.

PRIME LOCATIONS - AFFORDABLE - FREEWAYS NEARBY - QUICK TO CATALINA

THIS SPOT  
COULD BE YOURS!

SLIPS ARE NOW AVAILABLE  
IN LONG BEACH MARINAS

Availability subject to  
vessel size and slip  
location.

Wait lists are required  
in some situations.

Call for more information  
or to schedule a visit:

**562-570-4950**

ALAMITOS BAY MARINA - SHORELINE MARINA - RAINBOW HARBOR/MARINA



CITY OF  
LONG BEACH



DEPARTMENT OF  
PARKS, RECREATION & MARINE

### Long Beach Marine Facilities

#### Long Beach Marinas

Alamitos Bay Marina  
205 Marina Drive  
562.570.3215

Shoreline Marina  
450 E. Shoreline Drive  
562.570.4950

Rainbow Harbor/Marina  
200-B Aquarium Way  
562.570.8636

#### Long Beach Launch Ramps

Claremont Launch Ramp, 5300 E. Ocean Blvd.  
Davies Launch Ramp, 6201 E Second Street  
Granada Launch Ramp, 1 S. Granada Avenue  
Marine Stadium, 5255 Paoli Way  
South Shore Launch Ramp, 590 Queensway Drive

#### Marine Stadium

Appian Way between Second and Colorado  
562.570.3215

#### Colorado Lagoon

Appian Way between Park and Colorado  
562.570.3215

# February - March 2016 Calendar

## February

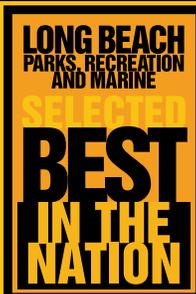
Sat. 13:	9 a.m.	Great Backyard Bird Count	El Dorado Nature Center
	9:30 a.m.	Low Cost Pet Clinic	Rose Park, Orizaba & 8th St
	11:30 a.m.	Low Cost Pet Clinic	Bixby Park, 130 Cherry Ave.
Sun. 14:	8 a.m.	Audubon Bird Walk	El Dorado Nature Center
Mon. 15:		President's Day Holiday	
Wed. 17:	9 a.m.	Senior Citizen Advisory Commission	Long Beach Senior Ctr
Th. 18:	9 a.m.	Parks and Recreation Commission Meeting	El Dorado Senior Ctr
	4 p.m.	Low Cost Pet Clinic	Scherer Park

## March

Tue. 1:	Open Hours	Youth Indoor Soccer Leagues Registration Begins	Community Parks
Th. 3:	4 p.m.	Low Cost Pet Vaccination Clinic	Scherer Park
Sat. 5:	2 p.m.	California Native Plant Class (Free)	El Dorado Nature Center
Tue. 8:	7 p.m.	*Family Nightlife Walk	El Dorado Nature Center
Th. 10:	2:30 p.m.	Marine Advisory Commission Meeting	Long Beach Yacht Club
Sat. 12:	9:30	Low Cost Pet Vaccination Clinic	Good Neighbor Park, 2800 N. Studebaker Rd.
	11:30 a.m.	Low Cost Pet Vaccination Clinic	Wardlow Park, 3457 Stanbridge Ave.
Wed. 16:	9 a.m.	Senior Citizen Advisory Commission	Long Beach Senior Ctr
Th. 17:	9 a.m.	Parks and Recreation Commission Meeting	El Dorado Senior Ctr.
	4 p.m.	Low Cost Pet Clinic	Scherer Park
Sat. 19:	10 a.m.	Wetland Warrior Cleanup	Golden Shore Marine Biological Reserve
Wed. 23:	6 p.m.	Commission on Youth and Children Meeting	PRM Administration
Sun 27:		Easter Sunday	
Mon. 28:	Varies	Spring Break Fun Days	Community Parks
Tue. 29:	Varies	Spring Break Fun Days	Community Parks
Wed. 30:	Varies	Spring Break Fun Days	Community Parks
Th. 31:	Varies	Spring Break Fun Days	Community Parks

\*Call for registration and fee information.

## NATIONAL GOLD MEDAL AWARD WINNER!



**Long Beach Parks, Recreation and Marine**  
 2760 Studebaker Road - Long Beach, Ca 90816-1697  
 Phone: 562.570.3100 Fax: 562.570.3109



E-mail: [LBParks@longbeach.gov](mailto:LBParks@longbeach.gov)

Web Site: [www.LBParks.org](http://www.LBParks.org)

Web Site: [www.lgb.org](http://www.lgb.org)