



VALLEJO HEIGHTS *Neighborhood Association*

Volume 12 Issue 7

July 2017



GENERAL MEETING

Date: July 22, 2017

Time: 10 am - 12 noon

Place: Mira Community
Cultural Center

51 Daniels Avenue, Vallejo

Meeting Agenda

10:00 am Welcome!

Minutes

Treasurers Report

Open Forum

Business Meeting

11:00 am **Refreshment Break**

11:15 am

Speakers: Joanna Altman &
Carmen Cole, City of Vallejo

Adjourn

VHNA NEWSLETTER CONTENTS

Pg 1: Notes from the Board

Pg 2: Is it heat exhaustion or
heat stroke?

Business Associates

Pg 3: Vallejo Parking

Vallejo Water Restrictions

Pg 4: Upcoming Events

Editor: Patricia Gatz



Notes from The Board

The City of Vallejo is making some big changes to the parking rates for various city lots and downtown parking permits beginning on August 1, 2017. On street parking will remain free for the posted time limits. Ferry Terminal Parking rates will increase to \$40 per calendar month and \$6 per day (24 hours). Downtown parking lots will require a parking permit and the Downtown Parking permit fees will be \$20 per calendar month and \$5 per day (24 hours).

Joanna Altman, Assistant to the City Manager, and Carmen Cole, Administrative Analyst, will be the guest speakers at the VHNA General Meeting on July 22, 2017 to provide information about these parking changes and answer your questions.

Bring a neighbor with you and attend the **VHNA General Meeting on Saturday, July 22, 2017 at the Mira Community Cultural Center, 51 Daniels Avenue in Vallejo, from 10:00 am to Noon.** Refreshments and Moschetti Coffee will be provided by the VHNA and its members.

BOARD OF DIRECTORS

Patricia Gatz, President

Andreas Schmidt, Vice-President

Leo Gasteiger, Secretary

Elaine Paurel, Treasurer

Yolanda Thruston, Member at Large

Sandra Lee, Member at Large



IS IT HEAT EXHAUSTION OR HEAT STROKE?

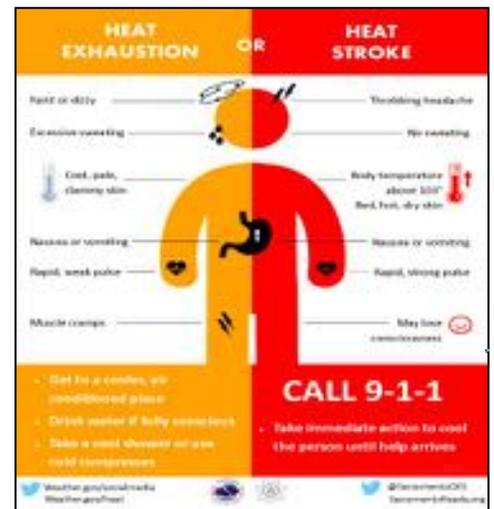
While it is seldom that Vallejo weather nears the triple digit temperatures experienced in the Central Valley, it is important to stay hydrated and avoid over exertion during the hottest part of the day. Heat exhaustion is one part of the spectrum of heat-related illnesses that begin with heat cramps, progresses to heat exhaustion, and finally to heat stroke. Signs and symptoms of heat exhaustion include: profuse sweating, weakness, nausea, vomiting, headache, and muscle cramps. First aid treatment for heat exhaustion includes recognizing the symptoms, stopping the activity, and moving to a cooler environment. Rehydration with water or a sports drink is the cornerstone of treatment for heat exhaustion.

If a person is suffering from a heat-related illness such as heat exhaustion, and changes in mental status occur, he or she should be considered to be suffering from heat stroke. This includes, confusion, lethargy, seizure, or coma. This is a medical emergency, and if treatment is delayed mortality can be greater than 50%. While victims of heat exhaustion sweat profusely, people suffering from heat stroke stop sweating and have dry skin. This is a warning sign of impending heat stroke.

If a person stops sweating, becomes confused, or has a seizure, heat stroke, a life-threatening condition, may be developing. Call 911 because emergency medical services should be activated immediately. The affected individual should be moved to a cooler place, have their clothing removed, and attempts should be made to cool the body with cold compresses, spraying or sponging the body with cool water and promoting air circulation with oscillating fans.

On very hot days you can prevent heat exhaustion by taking precaution if it is necessary to be outside. Wear light-colored and loose fitting clothing and a wide brimmed hat. Use a sunscreen SPF 30. Drink plenty of water to prevent dehydration. An electrolyte-rich sports drink may be substituted for water during a period of extreme heat.

Information source: webmed.com



The Vallejo Heights Neighborhood Association (VHNA) is pleased to feature these two VHNA Business Associate members in the July newsletter.



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 Landscape Maintenance
 Transportation & Personal Services

VALLEJO PARKING INFORMATION

After distributing courtesy notices in June, SP Corporation began issuing tickets to drivers in violation of the Vallejo Municipal Code on July 1, 2017. Drivers should pay attention to the existing parking signage that provides information.

Beginning Tuesday, August 1, 2017, Downtown parking lots will require a downtown parking permit. These permits will be available online, at pay station kiosks (to be installed adjacent to permit parking areas in the downtown area) or via the Parkmobile Smartphone App. Also, on August 1st, daily parking permits will be available at kiosks and the app and monthly passes will be available online and at kiosks. Free, time-limited, on-street parking will remain.

The Downtown Parking permit fees will be \$20.00 per calendar month and \$5.00 per day (24 hours). On August 1, 2017, monthly parking rates at the ferry terminal will increase from \$20.00 to \$40.00 per calendar month, and the daily rate will increase from \$5.00 per day to \$6.00 per day.

In exchange for the increased and re-established rate in the ferry and Downtown Parking Lots, parking lots will be improved including: potholes filled, resurfacing, restriping, increased lighting and 24/7 security patrol. A capital improvement plan is current being developed.

Further information can be found on the Park Vallejo webpage. For more information go to: parking.permits@cityofvallejo.net or contact Joanna Altman, Assistant to the City Manager at 707-648-4362, or Carmen Cole, Administrative Analyst at 707-648-5407. Please note that Ms. Altman and Ms. Cole will attend the **Vallejo Heights Neighborhood Association's meeting on Saturday, July 22, 2017 from 10:00 am to Noon at the Mira Community Cultural Center 51 Daniels Avenue in Vallejo** to provide information about the parking fee changes and to answer your questions.

(Information source: Vallejo News #297)

VALLEJO DROUGHT RESTRICTIONS CONTINUE IN 2017

Since the State of California is now allowing cities to establish their own water restrictions, the City of Vallejo has mandated that current drought restrictions and penalties be continued. Vallejo's mandatory water restrictions in effect in 2017 are:

- 1) A maximum 3 days a week of outdoor watering, based on odd/even street addresses.
 - Even Addresses: Monday, Wednesday, Friday
 - Odd Addresses: Tuesday, Thursday, Saturday
 - Common Areas: Monday, Wednesday, Friday (parks and schools)
- 2) No outdoor irrigation of ornamental landscapes or turf with potable water is permitted during the heat of the day, between the hours of 9:00 am to 6:00 pm, except for drip irrigation, soaker hoses, hand watering.
- 3) The application of potable water to outdoor landscapes that causes water runoff onto adjacent properties, non-irrigated areas, private and public walkways, parking lots, or structures is prohibited.
- 4) The use of potable water in a fountain or other outdoor decorative feature is prohibited.
- 5) Watering outdoor landscaping is prohibited during and within 48 hours after measurable rainfall.
- 6) Public places where food or drink are served or purchased are prohibited from serving drinking water other than upon request.
- 7) The application of potable water to driveways, and sidewalks is prohibited, except where necessary to address an immediate health and safety need, or to comply with a permit issued by a state or federal agency.
- 8) Operators of hotels, and motels, are required to prominently display notice in each guest-room that guests have the option of choosing not to have towels and linens laundered daily.

For more information: cityofvallejo.net/water-department/drought-restrictions

UPCOMING EVENTS

BAY AREA STAGE
515 Broadway in Vallejo
presents

“ONCE UPON A MATTRESS”
(a musical comedy)

Fridays (8:00 pm) July 14, 21, 28
Saturdays (8:00 pm) July 15, 22, 29
Sundays (3:00 pm) July 16, 23, 30

Tickets: \$18 to \$22
For more information:
707-648-1053)
bayareastage.org



POETRY BY THE BAY

A free , open mic event at the HUB
350 Georgia Street, Vallejo

Wednesday, July 27, 2017
7:00 pm to 9:30 pm

Bring your poems to share
Relax and listen to poetry



GVRD PRESENTS

ART & CONCERTS–2017
At
Children’s Wonderland
360 Glenn Street-Vallejo

ADMISSION IS FREE!

August 12--the Voltones

September 9–GVRD Jazz Band



Vallejo Heights Neighborhood Association

PO Box 4243
Vallejo, CA 94590

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