

STAR



City of Brisbane Monthly Newsletter
March 2024 Volume 21, Issue 3

AYSO's 2023 Fall Season Wrap-up & Preparation for 2024!

Brisbane AYSO youth soccer wrapped up an exciting fall 2023 season with a record 200 players in the program. Six of Brisbane's 10U, 12U, and 14U teams advanced to the area playoffs in early December, where they played with amazing enthusiasm and determination! A HUGE thank you to all the volunteer coaches, referees, schedulers, board members, and local sponsors, without whom AYSO soccer in Brisbane would not be possible.

During the off-season, Brisbane AYSO board members are already busy planning for fall 2024! Registration for fall 2024 soccer is right around the corner, opening in early April.



A very exciting 6U game!



The 12U Girls Teal Turtles team.

AYSO soccer is a fun, exciting program whose main goal is to get kids on the field, provide them with good coaches, and teach them to play the game. No previous soccer experience is needed; the focus is on developing players and cultivating good sportsmanship at all ages. Brisbane AYSO youth soccer welcomes participants ages 4-13 from Brisbane and surrounding areas. More information at brisbanesoccer.org. See you on the field this fall!

Reporting an Abandoned Vehicle

The Brisbane Police Department wanted to remind the community about a few items when reporting abandoned vehicles. In addition to providing as much information as you can on the said vehicle (i.e. location, license plate, and/or color and make of the vehicle), please note:

- You can report an abandoned vehicle anonymously using the Police Department's Non-Emergency webform: brisbaneca.org/police/webform/non-emergency-police-request
- You can report an abandoned vehicle by leaving a message on the Police Department's Anonymous Tip Line: (415) 347-2070
- You can report Cars Parked Over 72 Hours using the free My Brisbane app or the Service Request Form found on the City's website at brisbaneca.org/contact
- If you call the Police Dispatch Line 415-467-1212 to report an abandoned vehicle, you can request to the dispatcher that you'd like to remain anonymous. And know that even if you do choose to provide your name and contact information to dispatch, that information is never revealed to anyone and will be kept confidential.



An example of an abandoned vehicle (not taken in Brisbane).

The same is true for the previous reporting methods; the Police Department strives to work in partnership with the community to provide a highly effective and responsive police service, which protects individual rights, respects community values, and enhances professional ethics. *Thank you for always helping to be their eyes and ears, Brisbane!*



Brisbane City Calendar – March 2024

The City's Meals for Seniors Lunch Program takes place Mondays from 12-12:45 PM outside the Senior Sunrise Room (2 Visitation Ave.) for drive-thru/walk-up pickup. In-person Senior Lunch is every Wednesday at 11:30 AM at the Community Center.

Brisbane's Youth Advisory Committee hosts Teen Tech Support for Seniors every Wednesday from 4 - 5 PM in the Senior Sunrise Room.

The Brisbane Farmers' Market takes place on Thursdays from 2 - 6 PM in the Community Park (5 Old County Road, Brisbane). California Green Business, The Daisy Refillery, will return on 3/28/24. Be sure to bring your empty containers and bottles!

See brisbaneca.org/calendar for more information on all the above and the following items.

Meeting Agendas may be viewed online at brisbaneca.org/meetings at least 24 hours prior to a Special Meeting, and at least 72 hours prior to a Regular Meeting.

06, Wednesday, 3 PM
Art Studio in City Hall with Beth Grossman

06, Wednesday, 6:30 PM
Complete Streets Safety Committee Meeting, B

07, Thursday, 7:30 PM
City Council Meeting, B

13, Wednesday, 6:30 PM
Parks and Recreation Commission Meeting, B

14, Thursday, 7:30 PM
Planning Commission Meeting, B

18, Monday, 4:30 PM
Public Art Advisory Committee Meeting

20, Wednesday, 6 PM
IDEA Committee Meeting

21, Thursday, 7:30 PM
City Council Meeting, B

27, Wednesday, 6:30 PM
Open Space & Ecology Committee Meeting, B

28, Thursday, 7:30 PM
Planning Commission Meeting, B

B = Broadcast live on Comcast Ch. 27 and YouTube
City Hall Walk-In Service Hours – 5 days/week (starting 2/12/24):
Monday-Thursday: 8:30 AM – 4:30 PM, Friday: 8:30 PM - 12:30 PM.
Please see all services that can be conducted online at brisbaneca.org/online-services.

Have an article suggestion for the STAR? If so, they need to be submitted by the 15th of the month for the following month's issue. Contact Asst. to the City Manager Caroline Cheung at ccheung@brisbaneca.org or (415) 508-2157 for any inquiries, as well as for any feedback on the STAR.

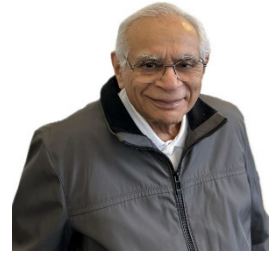
Repaving of Lower Visitation Ave. with the City's contractor, Bortolotto, will commence in mid-March. For two days, no parking will be allowed on Vis between San Francisco St. to Monterey and alternate routes are recommended. Look for more information on the City's signboards and the City Manager's Weekly Update, aka The Blast, for more information. Sign up for the Blast at brisbaneca.org/blast.



"Of Biblical Proportions," a new 17 feet x 2 feet climate scroll by Brisbane artist, Beth Grossman, is on view at Brisbane City Hall through mid-April, 2024. Join Beth for a final climate action postcard-making session at City Hall from 3-5:30 PM on Wednesday, March 6th. Drop into the large conference room between 3 PM and no later than 4:15 PM. (City Hall doors will be locked to the public after 4:30 PM.)

Healthy Lifestyle, Obesity, and Heart Disease

Amrit Lall was reading the headlines when one stood out to him – it is estimated that 40% of the U.S. population is overweight. With an advanced education and experience in Cardiopulmonary and Renal Function (Amrit obtained his Ph.D. from UCSF in 1969), he wanted to share the following article on how we can stay healthy.



Obesity, Type 2 Diabetes Mellitus (T2DM), and heart disease (HD) are interrelated syndromes, with obesity as the cause of the other two in a majority of cases. At this time, it is estimated that 40 percent of the U.S. population is overweight and suffers from varying degrees of T2DM and HD.

There are three levels of body weight, specified by the Body Mass Index (BMI). BMI is calculated by dividing the body weight in Kilograms by the square of the body height in Meters. $BMI = Kg / (Meter^2)$. BMI calculators are available on the Internet. A person with a BMI of 18.5 to 24.9 is considered normal weight, a person with a BMI of 25 to 30 is considered overweight, and a person with a BMI of above 30 is considered obese. Most persons with a normal BMI are protected against the development of T2DM and HD.

Normal BMI is achieved by diet control and daily exercise. For maintaining optimum health, a middle-aged person requires about 2,400 Calories and physical exercise for at least 30 minutes per day. For weight reduction, one needs to consume fewer Calories and exercise longer. The Calories should come from eating balanced meals, i.e., a proper combination of carbohydrates, proteins, and fats. Added sugar and saturated fats are bad for good health.

People with T2DM develop dysfunction of the kidneys, the heart, blood vessels, and eyes. Correction of T2DM is achieved by normalizing body weight. Normalizing body weight also reduces blood pressure and the risk of heart disease. A chat with one's healthcare provider on this subject is highly desirable. What constitutes healthy food can be a subject for a future article.

To read more about strategies to prevent obesity, please visit [cdc.gov/obesity/index.html](https://www.cdc.gov/obesity/index.html). Thank you, Amrit, for sharing your knowledge and experience with your fellow community!

“Understanding California’s Insurance Crisis” Town Hall – March 6th at 7 PM



Seven of the top 12 insurance companies have stopped selling new insurance in California in response to worsening wildfires. Hear from:

- the California Insurance Commissioner's staff about the history of the fire insurance crisis and the status of the emergency regulations
- a representative from United Policyholders about how to shop and best handle triple-digit rate increases and non-renewal notices

Join us for this important town hall on **Wednesday, March 6th at City Hall (50 Park Place) starting at 7 PM**. There will also be a time for Q&A after the presentations by Mary Beth Bykowsky of the CA Dept. of Insurance, and Joel Laucher of United Policyholders.

Walking Group on the Crocker Park Trail

LED BY RECREATION COORDINATOR, JEFF FRANCO



Intended for participants: Ages 55+

Days/Times: Mondays, 9 - 11 AM

Dates: 3/11 and 3/25

Meeting Location: Sunrise Room, 2 Visitation

FREE! Sign up at Park & Rec Front Office:

415-508-2140



Residential Parking Permit Pilot Program Update

The City Council is considering a pilot residential parking permit program and would like your feedback. They will discuss the matter again at their [March 7th meeting](#). The streets being considered for the pilot program are Tulare St. and Thomas Ave.



Many residents have shared their parking challenges in Central Brisbane with the City Council and the Complete Streets Safety Committee in recent years. Some of the most common complaints received are that non-residents park their vehicles in Brisbane for multiple days to avoid paying for parking at SFO, or that streets are being used as storage for households having excess vehicles. Further, with the passage of AB 413, beginning in 2025, “daylighting” of intersections, meaning eliminating parking within twenty feet of a crosswalk in the approach direction, will be enforceable. This will result in the removal of a yet to be determined number of parking spaces.

In a survey the City conducted in 2021, 48% of residents strongly agree and 30% of residents somewhat agree that there is a parking shortage in Central Brisbane. Typically, the most common remedy to address this issue in residential areas is to establish a parking permit program.

A comprehensive investigation was conducted to assess the effectiveness and implications of a residential parking permit program (RPPP). This included public feedback and research into other cities’ residential parking permit programs.

At their February 1st City Council Meeting, the City Council directed staff to bring back a letter/survey that would be sent to residents on Tulare and Thomas to assess their interest in a pilot program and proceed accordingly. The pilot program will entail:

- One parking permit per licensed driver for one vehicle, registered at the address
- Permit parking hours of 10 PM to 6 AM the next morning, Sunday through Thursday
- In a 6-month pilot, 10 guest permits per dwelling/address will be available
- Enforcement will be complaint-based, carried out by BPD

The City of Brisbane encourages all interested residents to provide their feedback regarding a residential parking program in Central Brisbane, including whether they would support or oppose the program. Please email your feedback to councilmembers@brisbaneca.org or share it with the City Council in person at their March 7th City Council Meeting, taking place at 7:30 PM at City Hall. You can also join the meeting remotely via Zoom at brisbaneca.org/cc-zoom.

Brisbane’s Rental Assistance Program

At their February 15th City Council Meeting, the City Council voted unanimously to update the eligibility requirements for Brisbane’s Rental Assistance Program to support additional low-income households in Brisbane who may be experiencing financial hardship. The program is being administered by Samaritan House, with Bvvisbrbane’s Core Service Agency, the YMCA Community Resource Center, processing the applications. View the eligibility criteria and guidelines of the program below:

- Live in Brisbane
- Income at 80% or lower of Annual Median Income (Family of 4 = \$149,100)
- Not related to Landlord
- Have a signed rental agreement
- Savings not available to cover past-due rent

The maximum grant amount is \$4,000 per household, which will be paid to the Landlord by Samaritan House.

Contact the Community Resource Center today at 650-276-4101 ext. 4 or email them at crc@ymcasf.org to get started. You can find additional information at brisbaneca.org/rentassistance.



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Nextdoor



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@brisbaneca



@brisbane94005





DARK SKY ORDINANCE

A new city ordinance passed in January becomes effective March 1st. Here's how to get ready!

IN THE NEXT YEAR (BY 3/1/25) WHERE POSSIBLE:



redirect downward



dim to minimize glare & trespass



program motion sensors to <10 min



replace bulbs

The changes above can be made quickly and at low or no cost, and have a big impact on light pollution such as glare, light trespass and sky glow. The ordinance provides longer timelines for more difficult or costly changes, such as complete fixture replacements. New or replaced lighting should meet the requirements below now, while existing lighting must be brought into compliance within **5 years for commercial sites** and **10 years for residential**.

OUTDOOR LIGHTING REQUIREMENTS

<p>exemptions</p> <p>These lights are not covered by the ordinance:</p> <ol style="list-style-type: none"> 1. Indoor lighting. 2. Temporary construction or emergency lighting. 3. Address identification lighting that complies with the Building Code. 4. Low-intensity landscape lighting that is pointed downward. 5. Combustible fuel lighting when used temporarily in occupied areas. 	<p>location</p> <p><u>All properties:</u> Lighting at the property line must be controlled by motion sensor that extinguishes lights 10 minutes or less after activation.</p> <p><u>Residential:</u> Outdoor lighting can only be used within 50 feet of residentially habitable buildings or swimming pools, driveways and walkways.</p>	<p>shielding</p> <p>All outdoor lighting must be fully shielded, i.e. the bulb or light source must be shielded by an opaque covering.</p> <p>Shielding exemptions:</p> <ul style="list-style-type: none"> • String lights (<300 lumens per string) or dynamic lights (<100 lumens per fixture) when used in occupied decks or patios. • US or CA flag lighting (partial shielding required). 	<p>curfew</p> <p>10 PM, or, if later, close of business for commercial sites. Automated controls (timers, etc.) must be used at commercial properties and are encouraged everywhere.</p> <p>Curfew exemptions:</p> <ul style="list-style-type: none"> • Lighting activated by motion sensor which extinguishes 10 minutes after activation. • Lighting at building entrances, residential parking areas and driveways, and commercial parking entrance/egress points.
<p>stars & seasonal</p> <p>Brisbane Stars are allowed year-round, while other seasonal/holiday lighting may only be illuminated September 15 to January 31. Both are subject to curfew but are not required to comply with other ordinance requirements.</p>	<p>light trespass</p> <p>Unless exempt from the ordinance or from the shielding requirements in the ordinance, no light source (e.g., light bulb) may be directly visible from off-site.</p>	<p>color</p> <p>The correlated color temperature (CCT) of outdoor lights (except stars & seasonal lighting) must be 3,000 Kelvin or less - a warmer yellow light.</p>	<p>total illumination</p> <p>The ordinance limits the total illumination, measured in lumens, generated by all exterior lighting on a given property. Limits vary by district and land use, and are based on either the developed lot area (roughly equivalent to the lot coverage) for residential uses or area of hardscape (i.e., driveways, parking lots, patios) for commercial uses.</p>

Complete retrofits BEFORE the deadlines hit? Let us know: we want to share your pics! Learn more at brisbaneca.org/darksky and join us in our mission to reduce light pollution.





Brisbane Library Calendar – March 2024

SPECIAL EVENTS

Sundays at 1 PM & Wednesdays at 4PM – Open Makerspace

Ever wonder what you can do in our Makerspace? Here is your chance to find out! Come explore the technologies in the Makerspace! We'll have a surprise assortment of equipment ready to be tinkered with!

Mondays from 1 – 4 PM - YMCA Community Resource Center at the Library

YMCA Community Resource Center case workers will be at the library to help with a variety of services, assisting with Medi-Cal, CalFresh, emergency food referrals, shelter referrals, rental assistance, utility assistance, unemployment, State Disability, Paid Family Leave and general forms assistance. Call (650) 276-4101 ext. 4 or email crc@ymcasf.org to request an appointment.

Tuesday, March 5, 6:30 PM – “HerStory Meets YourStory” Poster Workshop

This workshop offers a unique blend of historical exploration and personal expression. Participants will create a vibrant and colorful poster divided into two: one side will represent a specific woman in history, and the other will be dedicated to the participant's personal journey bridging the gap between historical inspiration and their own story.

Friday, March 8, 3:30 – 4:30 PM – Make Art like Ruth Asawa

Celebrate Women's History Month by learning about women artists like Ruth Asawa, Japanese American artist who created drawings, paintings, and sculptures, and is well known for her wire sculptures and used different materials to make them. We will look at Ruth's wire sculptures and experiment making art with wire and other materials. For school-aged youth and families.

Tuesday, March 12, 5 – 7 PM – Introduction to Adobe Photoshop CC

Adobe Photoshop CC is the industry-standard software for creating, enhancing and editing stunning images, graphics and designs, digital art and more. Register at brisbaneca.org/smcl.

Friday, March 15, 11 AM – Protect Yourself from Scams Targeting Older & Dependent Adults

Cassie Villar, Adult Protective Services (APS) Training & Outreach Specialist with San Mateo County, will speak about scams targeting older & dependent adults. Attendees will learn how to identify, prevent, and report scams and elder financial abuse.

Saturday, March 23, 12 – 3 PM & Sunday, March 24, 12 – 5 PM - Mental Health First Aid Training

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use challenges by improving understanding. It provides an action plan that teaches people to safely and responsibly identify and address these situations.

This 8-hour training will teach you the Mental Health First Aid Action Plan. At the end of the course, you'll be Mental Health First Aid certified, and have the tools and language you need to support community members and loved ones through challenging times.

Registration is required brisbaneca.org/smcl. You must attend both days in order to become certified at the end of the course. So join the waitlist today!

Tuesday, March 26, 3:30 - 4:30 PM – Paws for Tales

Do you have a reluctant reader? Sign your child up to have their own session to practice reading with a therapy dog. Register at brisbaneca.org/smcl.

Tuesday, March 26, 6 PM – Create a Pollinator Paradise in Your Garden

Pollinators are essential for a thriving garden ecosystem, but often cannot access all of the elements they need to flourish and raise the next generation. Learn how you can create a beautiful low water 'paradise' for bees, butterflies and other pollinators in your garden, and boost your fruit and vegetable yields in the process. Attendees will receive a free packet of California native wildflowers for pollinators to try out in their own gardens.

Keep an eye out for more fun events that are being planned for the Brisbane Library at smcl.org!

RECURRING EVENTS

Mondays at 12PM, Tuesdays at 6 PM & Thursdays at 6:30PM – Tech Tutors

Tech Tutors helps troubleshoot your technology issues through a personal one on one appointment. Participants will sit down with a staff member who will walk you through a resolution. Book your one-hour appointment at smcl.libcal.com/appointments/techtutors

Mondays at 6:30 PM – Yoga

Interested in learning how to do yoga or want to join others in your community? Bring your own towel or mat. Register at brisbaneca.org/smcl.

Tuesdays at 11 AM – Toddler Storytime

Join us for songs, stories and movement activities, appropriate for children age two and three years old and focuses on parent/caregiver and child interactions. We will use fun books and activities to channel toddlers' energy into interactive learning.

Tuesdays at 11:30 AM – Family Storytime & Little Explorers

Come along on an imaginary adventure for Family Storytime. Hear stories, sing songs, and learn wiggles that the whole family can enjoy together, from toddlers to grown-ups. At Stay and Play, Little Explorers create, play and learn together with their grown-ups.

Wednesdays at 6 PM – Tai Chi

Learn about the Chen-style Taijiquan (Tai Chi) form, Silk-reeling Exercises and Wuji Qigong. Chen-style Taijiquan is widely acknowledged as the ancestor of all other styles of Taijiquan.

Thursdays at 11:30 AM – Baby Bounce & Rhyme Time

Bring your bouncing baby to our weekly playtime, full of nursery rhymes and songs you can do together to stimulate your baby's development. Ideal for newborns up to 18-months old.

Thursdays at 2:30 PM – Drop-In Sewing

Complete your sewing project at the library! We have sewing

machines and materials ready and available for you to use. Please bring your own fabric. This program is for adults and teens who are familiar with using sewing machines. Minimal instructions will be given.

Thursdays at 6 PM – In-Person English Conversation Club

NEW! Improve your English and make new friends! Practice your speaking skills with fluent speakers and other English language learners in a small group. Open to all skill levels. For adults ages 18 and over. Capacity limits may apply.

POWER UP AFTERNOONS

Join us for Power Up Afternoons!

Take a study break to relax with free-form art or experience hands-on STEAM activities.

Monday, March 1, 3 PM – Maker Monday: Learning Circuits With LittleBits

LittleBits introduces makers to the exciting realm of electronic building blocks. Participants will have the opportunity to assemble and experiment with a variety of modular components and learn how circuits work!

Tuesday, March 5, 3:30 PM – Watercolor Painting

Need some relaxing fun after school? Drop in and make some art with us! Today we'll have some fun with watercolors to make whatever you want.

Monday, March 11, 3 PM – Maker Monday: Maker Mario Day

March 10th is Mario Day! We're a day late, but that won't stop us from celebrating! Join us as we engage in fun Mario-themed maker activities! From 3D printing coloring to playing Mario Kart on the Nintendo Switch, we will have something for everyone!

Tuesday, March 12, 3:30 PM – Perler Beads

Make cool designs using fusible beads. Grab a pattern for inspiration or create something all new.

Friday, March 15, 3:30 PM – Paper Cup Darbuka Drum

Create your own Darbuka Drum from paper cups inspired by North African and Middle Eastern drums.

Monday, March 18, 1:30 PM – Maker Monday: Elephant's Toothpaste

Dive into a world of explosive science with our elephant's toothpaste experiment in the library! Witness firsthand the power of hydrogen peroxide and potassium iodide as they combine to create a mesmerizing eruption of foam!

Tuesday, March 19, 1:30 PM – Button Maker

Use old magazines and comics to create your very own button badges. You can also draw your own design!

Friday, March 22, 1:30 PM – Pom Pom Caterpillar Craft

Celebrate the start of Spring with this fun craft project. We'll make a caterpillar out of pom poms and construction paper leaves for it to eat.

Tuesday, March 26, 3:30 PM – Plant Some Seeds!

Get ready for spring and sow some flower or vegetable seeds. All materials will be provided, while supplies last.

Thursdays at 3 PM – Lego Club

Join us every Thursday for LEGOs and creativity!

The Brisbane Library will be closed for **Easter** on **Sunday, March 31**.



YMCA COMMUNITY RESOURCE CENTER

SATELLITE OFFICE HOURS:

Brisbane Library
163 Visitacion Ave, Brisbane

Monday 1 PM- 4 PM / Lunes 1PM-4PM
Community room
Sala de la Comunidad

Call to make an appointment
Llama para hacer una cita

<u>Services:</u>	<u>Servicios:</u>
• Case Management	• Administracion de casos
• Food Assistance/Referral	• Asistencia/Referencia a Comida
• Financial Assistance (Rent, Utility)	• Asistencia Financiero (Vivienda y Utilidades)
• Unhoused & Shelter Resources	• Recursos de refugios/ sin hogar
• Critical Needs Assistance	• Asistencia para necesidades críticas

 **650-276-4101 Ext. 4**  **crc@ymcasf.org**

Happy Women's History Month! The 2024 theme for National Women's History Month is: "Women Who Advocate for Equity, Diversity, and Inclusion"





Providing for Today,
Preparing for Tomorrow

Don't Trash Our Ocean!

Help us protect wildlife by reducing plastic waste.



Plastic waste has reached all the world's oceans. Many of these long-lasting pieces end up in the stomachs of marine birds and animals, including black-footed albatross; about one-third of their chicks die from gastric impaction. Let's work together to keep our waterways clean. Refuse, Reduce, Reuse, and Recycle.

Brought to you by the City of Brisbane's
Open Space and Ecology Committee



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Come Learn About HEART's
Unique Down Payment
Assistance Program and the
Home Buying Process.



2:00 PM
WEDNESDAY,
MARCH 6, 2024

FIRST TIME
HOMEBUYER
WORKSHOP

FREE VIRTUAL
SEMINAR

WHO QUALIFIES?

Income of up to
\$220,000 for
households of 2
or more

Income of up to
\$180,000 for
single-person
households

A credit score of
680 or better

Households who
live or work in
San Mateo
County

REGISTER BELOW

(650) 204-5640

info@heartofsmc.org

www.heartofsmc.org

Brisbane Parks & Recreation Presents:

CONCERTS IN THE PARK

Call for Sponsors

Contact Jeff Franco at jfranco@brisbaneca.org



Adult Oil Painting Class

INSTRUCTOR: MICHAEL RODMAN
4 & 6 WEEK OPTIONS
MISSION BLUE CENTER
THURSDAYS AT 6PM (STARTS 3/14/24)



BRISBANECA.ORG/PAINT



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