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CA Department of Health Services – Richmond Campus Celebrates the Grand Opening Of New Bike Facility!

Thursday, June 21, 2007: thirty-eight bike commuters were the first to park their bikes in the new bike storage facility on the California Department of Health Services Richmond Campus located at 850 Marina Bay Parkway. Seventy-five DHS employees, management staff, and WCCTAC/511 Contra Costa representatives were on hand to greet the bike commuters and celebrate the Grand Opening.

The new bike facility at the DHS Richmond campus is the result of a recognized need to provide bike commuters with a safe and secure facility where bikes could be parked while employees and

visitors worked or attended meetings at the recently-enlarged campus.

Gary Gascoigne, DHS Chief of Facilities Management and Margaret Martin, DHS Building Manager contacted WCCTAC/511 Contra Costa in response to a notice they saw in the August 2006 edition of the WCCTAC Informer Newsletter stating that WCCTAC /511 Contra Costa had funding available for bike facilities through an Air District Transportation Fund for Clean Air Grant.

The grant provided the funds to build the facility and install several bike racks; the DHS Facilities Management prepared the site and built the

facility from a kit delivered by Tolar Manufacturing.

The TFCA grant also provided funds to install additional bike racks to hold three bikes each at strategic locations around the extensive DHS campus. Employees can now ride a bike between buildings and take advantage of the connections to the SF Bay Trail located just south of the DHS facility.

For information about how to get a bike rack for your facility or to learn about other commute alternative programs contact Linda Young at WCCTAC / 511 Contra Costa at 510.215.3008 or by e-mail at linday@ci.san-pablo.ca.us.



Gary Gascoigne, DHS Chief of Facilities

WCCTAC INFORMER

August 2007

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Next WCCTAC Board Meetings

August 10, 2007
September 28, 2007

7:30 AM

Meetings are held at the City of San Pablo City Hall Complex at 13831 San Pablo Ave, San Pablo

Accessible by AC Transit Line #72 and #72R.

Additional parking is available two blocks south at 13685 San Pablo Ave.

For information call 510.215.3035

San Pablo Avenue Youth Engagement Program - Summer Internship

In March 2007, the WCCTAC Board approved funding from the "Developer Impact Fee" program (San Pablo Avenue Corridor project) for the San Pablo Avenue Youth Engagement Program.

Five students prepared resumes and interviewed with a panel to be hired for the summer under the leadership of the Ma'at Youth Academy in coordination with Assemblywoman Loni Hancock's office, UC Berkeley's Center for Cities and Schools, the Kennedy High School ACET (Architecture, Construction, Engineering, Technology) Academy, and WCCTAC.

In this exciting and innovative ten-week program, with Kennedy High Math teacher Mr. Mark Moran, the "Place-Based Learning" model is being used to allow the students to utilize the local environment and community as the context for learning – in this case, San Pablo Avenue.

Economic Costs of Dispersed Development

"Building a freeway to reduce traffic congestion is like loosening your belt to prevent obesity." - Walter Kulash

"The farther we live from where we work and conduct our daily activities, the more driving we do. More automobiles, more air pollution, more injuries." - Frank Frumkin & R. Jackson

Place-Based Learning focuses learning on the central concepts and principles of multiple disciplines, involves students in problem-solving and other meaningful tasks, allows students to work autonomously to construct their own learning, and culminates in realistic, student-generated products.

Specifically for this summer internship, the five students are looking at San Pablo Avenue as a microcosm of their immediate living space in addition to its larger context in areas such as traffic, public transport, housing/affordable housing, air quality, watersheds, and aesthetics.

The students will learn about the vision of San Pablo Avenue as a Grand Boulevard; the history of San Pablo Avenue and the surrounding communities; the principles of equitable and sustainable transportation and urban planning; and surveying, data collection, and analysis methodology.

"Three out of the top 10 most congested Bay Area commutes are in Contra Costa County. These include the #1 most congested location, Interstate 80 westbound in the morning." - MTC

"A house built in the urban fringes costs \$10,000 more in public services than one built in the urban core." - Center for Housing Policy

If the way communities are built contribute to health problems, communities can also be planned in a way that reduces



Ernest Ezeoha; Harris & Assoc.

The students' final project will be a presentation to the WCCTAC Board at the September 28th meeting on their findings, results, and recommendations.

Their work will also be incorporated into the Richmond General Plan discussions, the San Pablo Avenue Specific Plan that is currently being prepared by Richmond and El Cerrito, and the Del Norte Area Transit Oriented Development planning.

Robert Del Rosario leads a field trip.



risk factors and improves the health and quality of life for residents.

A combination of best practices that incorporate compact development, mixed use, transportation alternatives, traffic calming measures and inclusionary housing are all part of creating a healthier, safer and more livable community.

From: Planning Communities: What's Health Got to do with it? (Contra Costa Health Services)

WestCAT is Turning 30; and Turning Back the Calendar to 1977 Fares - For One Day Only - Monday, August 20!



"Old-Time Bus"

In celebration of WestCAT's 30th Anniversary, and as a thank you to its loyal passengers; Monday, August 20, 2007 WestCAT will turn back the calendar to August 1977 fares.

WestCAT's Marketing Coordinator Yvonne Morrow says: "To show our appreciation to our passengers and the communities we have served for the past 30 years; WestCAT is excited to offer this special 'One Day of Reduced Fares' to our customers, on Monday, August 20, 2007.

Adults, aged 6-64, will pay .25¢ on the local fixed routes (routes 10-19), .50¢ on the Express J Routes (JR, JL, JX, and JPX), the route C3, Martinez Link 30Z, and Dial-a-Ride, and \$1.00 on the Transbay Lynx.

Seniors, aged 65+, and disabled passengers, will pay 10¢ on the local fixed routes (routes 10-19), and .25¢ on the Express J Routes (JR, JL, JX, and JPX), the route C3, Martinez Link 30Z, Dial-a-Ride, and Regional Para-transit, and .50¢ on the Transbay Lynx.

If the 20th is called a "Spare the Air Free Transit

Day" by the Bay Area Air Quality Management District, the reduced rates will be offered on Tuesday, August 21.

Prices are one-way and transfers from other transit agencies at designated transfer locations only will be free all day.

For more information please call (510) 724-7993 or visit www.westcat.org.

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Modern, Wi-Fi Equipped WestCAT Lynx



Metropolitan Transportation Commission's (MTC) Summer Intern Program - A Word From Bryana Johnson

There comes a time in a girl's life when she has to get her first job. This is the story of my summer internship at WCCTAC; an experience worth having.

To begin, I submitted an application, a resume describing my job history, and an essay stating why I was interested in an internship with a transportation related agency.

While going through the initial part of the process, I was actually quite confident. I wrote a killer resume and cover letter, gathered a few stellar references and eventually received notice that I had made it through the first selection process.

It was when I was informed that I would have to compete against three others for a position at the West Contra Costa Transportation Advisory Committee that I paused to rethink the likelihood of my being selected.

I also became concerned that the over-

confidence I had maintained throughout the procedure would eventually catch up with me, and I began to grow doubtful.

I did, however, still have a little ray of hope that I held on through the interminable waiting period; until I was informed that I had been chosen for the summer internship at WCCTAC. I was **EC-STATIC!**

When I came to work that first day, I was unsure of what to expect, or even what would be expected of me. After a while though, I began to get a feel of what working here on a full-time basis would be like. I was then able to envision myself here for a while, and realized that this was work I enjoyed and would probably want to pursue in the future.

Yes! I liked the job. I had fun working on the Guaranteed Ride Home Program, and the Summer Reading Program was a blast. There was so much to do to ensure the completion of the programs that I always had something new to do every day.

This is when I discovered that I enjoyed the diversity of my job duties, and developed such a strong attraction to the job, and my co-workers.

They are all so wonderful. My boss, Nancy Cuneo, is great to be around; I really couldn't ask for a better boss and I doubt that I will find any like her in the future. I thank her for all of her help and instruction, and I thank everyone else for making my work experience at WCCTAC comfortable and enjoyable.

I have truly cherished this work experience, and I am thankful to MTC for offering the opportunity to start my career with WCCTAC.

Unfortunately, the end of summer is rapidly approaching and I know it will be hard to leave my position at WCCTAC, however, it will always play an important role in my journey.



Bryana Johnson



The Chemicals in Air Pollution

In earlier issues of the *Informer*, three main classifications of air pollution sources, (point, mobile, and area), and the Pacific Institute's report, "Paying With Our Health," (2006, www.pacinst.org), which found that freight transport in California generates medical and social costs for the communities, that live near freight transport corridors, were discussed.

In this issue, we look at the major chemical components of air pollution associated with transport, and their sources.

Oxides of Nitrogen (NOx) refer to two types – nitric oxide and nitrogen dioxide. The major sources of NOx are vehicles and power stations.

Sulphur Dioxide (SO₂) is a colorless gas produced by diesel vehicles, fuel combustion for power stations, and waste incinerators.

Carbon Monoxide (CO) is a gas that slowly oxidizes in the atmosphere to form **Carbon Dioxide (CO₂)**. The main source of CO is incomplete combustion of fuel in motor vehicles. CO₂ occurs naturally in the earth's atmosphere, but fossil fuel combustion accelerates its presence in the atmosphere and may contribute to global warming.

Volatile Organic Compounds (VOCs) include an array of individual substances, such as hydrocarbons, halocarbons, and oxygenates.

Ozone (O₃) is a secondary pollutant; ozone is formed when sunlight interacts with layers of NOx and VOCs in the troposphere (lower atmosphere).

Particulate matter is present in the atmosphere as both sol-

ids and liquids, and is a combination of coarse and fine organic and inorganic substances. Particles are often referred to as PM₁₀, because they are smaller than 10 microns in diameter. Fine particles, which can become embedded deep in lung tissue, are often called PM_{2.5} because they are smaller than 2.5 microns in diameter. Carcinogenic chemicals attached to particles can become lodged in the lungs.

Benzene is a volatile organic compound generated by combustion of fossil fuels, and from evaporation from fuel pumps and tanks.

Lead is a soft metal released into the air when blended with petroleum products for combustion. Lead is also emitted from industrial processes and from the weathering of soils.

In a subsequent issue of the *Informer*, how these components are measured and regulated by such agencies as the California Air Resources Board (CARB), will be studied.

CARB's website: www.arb.ca.gov, helped to inform this article. CARB is responsible for motor vehicle pollution control in California, and is governed by an eleven-member board appointed by the Governor.

References:

<http://www.arb.ca.gov>

<http://www.epa.gov/iaq/glossary.html>

<http://www.4cleanair.org/glossary.asp>

<http://www2.nature.nps.gov/air/aqbasics/glossary.cfm>

<http://www.healthgoods.com/>

Education/Environment_Information/Air_Pollution/

air_pollution_glossary.htm



El Cerrito Easy Ride Senior Transportation Service

Passengers share rides with others and service is available within the city limits of the City of El Cerrito.

Service can be scheduled Mondays, Wednesdays, and Thursdays from 9:00 a.m. to 5:00 p.m. Cost is \$1.00 per ride plus caregivers ride for FREE.

The Open House Senior Center is committed to providing elderly and disabled residents of El Cerrito with quality transportation service.

Easy Ride is a door-to-door transportation service for seniors (60 years and older) and disabled El Cerrito residents.

For an application/information, call (510) 559-7677 or visit www.el-cerrito.org and link to Senior Services.

New FasTrak-only Lanes and FREE Tolls This Summer!

Good news for FasTrak users! More cash lanes are being converted to FasTrak-only lanes on state-owned bridges in the Bay Area (Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael, San Francisco-Oakland Bay, and San Mateo-Hayward Bridges).

The addition of more FasTrak-only lanes will ease congestion by handling three times as many vehicles per hour as cash lanes. The flip side is that the lane conversions may create additional delays for cash toll-payers.

New signage and pavement markings will direct you to the correct lane at each toll plaza - making it

easier to find a FasTrak-only lane.

And there's a bonus for new customers! FasTrak is giving away free tolls during the months of July and August.

All new accounts opened between July 1 and August 31 will get \$5 in free tolls.

If you pick up your toll tag at select Safeway or Costco stores, you can receive even more free tolls for new accounts, including free tolls offered by partner American Express for customers who opt to use an American Express® Card to replenish their new FasTrak account.

So take advantage of all these free tolls by opening a new FasTrak account in July or August. For more information dial 511 or visit www.511.org on line.