Happy Friday! Did you know the origins of Arbor Day date back to the early 1870s in Nebraska City? A journalist by the name of Julius Sterling Morton moved to the state, a little more than 10 years before Nebraska gained its statehood in 1867. The couple purchased 160 acres in Nebraska City and planted a wide variety of trees and shrubs in what was primarily a flat stretch of desolate plain. Morton led the charge in the planting of approximately 1 million trees. In 1882, schools across the country started to participate, and more than a decade after its introduction, Arbor Day became an official state holiday in Nebraska in 1885. It wasn't until 1970, however, that Arbor Day became recognized nationwide thanks to the efforts of President Richard Nixon.

Today, A record 32 million trees are planted this year in forests and communities around the globe — the equivalent of planting all the trees in New York Central Park every six hours.

Help us keep up this tradition! Please join the Parks and Recreation Department in conjunction with the Improving Public Places Committee, as they host the annual Arbor Day celebration, tomorrow, Saturday, April 29 at Sister Cities Park from 9:00 a.m. – 12:00 p.m. Volunteers will be planting pollinators and trees that are beneficial to our local ecosystem. For more information or to RSVP, please email Parks.Volunteers@ssf.net

In this week's Mayor Update, you will find more information on the following:
- Open Gym - May 2023
- Reservations for 2023 Picnic Season
- Summer 2023 Recreation Classes
- Silicon Valley Bicycle Coalition Pledge – Let's get South City on the map!
- Exploring Our Roots: Unpacking Bias in Order to Grow
- Join the Peninsula Health Care District Youth Advisory Group
- Get Paid to Replace Your Lawn
- Upcoming library events

In closing, I'm giving one last plug to take the My Water Pledge during the month of April at mywaterpledge.com. Be sure to take this pledge by April 30 for a chance to win prizes and get the City of South San Francisco on the map! As always, if you know of a friend or neighbor who does not receive these important City updates, please forward this email to them, and they can sign up here.

Your Mayor,
Flor Nicolas

LOCAL NEWS AND HAPPENINGS

- **Open Gym - May 2023 |** The Terrabay Gymnasium is a multi-purpose facility that features a variety of recreation activities on a weekly basis. It is a great way to meet local community members, youth, and adult drop-ins! Two new Open Gym Pickleball days are on Tuesdays and Thursdays from 12:00 p.m. to 3:00 p.m. through June 4, 2023. Our Open Gym Pickleball Mondays will continue to be offered from 7:00 p.m. to 9:30 p.m. with an in-house instructor throughout the spring session. Limited equipment is provided including paddles, balls, and nets (due to limited supply we recommend participants bring their own paddles). Additional open gym activities include badminton, basketball, and open Fitness Gym. To register, visit www.ssf.net/rec-catalog or call (650) 829-4680.

- **Reservations for 2023 Picnic Season** | The 2023 picnic season is open for reservation through October 29, 2023. Picnic sites are available to rent online at www.ssf.net/rec-catalog or in person at the Municipal Services Building. Weekday picnics cannot be reserved online. Please call the Recreation office at (650) 829-3800 with any questions. Learn more about building and picnic rental options at www.ssf.net/rentals.

- **Summer 2023 Recreation Classes |** Resident registration for summer classes will begin on Monday, May 8, 2023, at 6:00 a.m. online. In-person resident registration will begin on Monday, May 8, 2023, to all residents of South San Francisco from 8:00 a.m. to 5:00 p.m. at the Recreation office at 33 Arroyo Drive in South San Francisco. Non-resident registration will begin on Monday, May 22, 2023, at 6:00 a.m. online. A variety of summer classes will begin the week of June 5, 2023. **Registration Reminder**: Registration for each class will end one week prior to the start of class. Participants must be registered to participate in our recreation classes. To register, visit our online registration webpage at www.ssf.net/rec-catalog. For questions and assistance specifically pertaining to classes, please contact Veronica Ortiz at (650) 829-3806 or email web-rec@ssf.net

- **Join Silicon Valley Bicycle Coalition in celebrating Bike Month in May**. Throughout May, there will be fun events for you and your family to try riding a bike for everyday use. This year, there's also a friendly competition between the cities for the most people who Pledge to Ride. Help South City win by signing up here to Pledge today! Currently, Menlo Park is in the lead, with Mountain View in second place. You can check the leaderboard every week to see where our city ranks and help give us a boost by pledging to ride! You might be thinking, shoot, my bike has mainly been gathering dust in the garage. No worries! Attend one of the bike maintenance classes. Or maybe it's been a long time since you've thrown a leg over a bike. Drop in on one of the biking basics courses. Whatever is preventing you from getting back in the saddle, we've got your back. Start by pledging to ride and checking out the calendar of events all through May.

COUNTY UPDATES

- **Exploring Our Roots: Unpacking Bias in Order to Grow**. Back by

popular demand! It's human nature to make assumptions about people, identities, and communities. We move through the world with ongoing assumptions and belief systems unknowingly. Thus, the Pride Center is excited to relaunch our popular training, **Exploring Our Roots: Unpacking Bias in Order to Grow**. As we prepare for June Pride 2023, this pre-SOGIE/LGBTQ+ 101 curriculum fosters a safe space to help bring awareness to our own implicit biases about the LGBTQ+ community. Supported by Kaiser Permanente, each training will create a carefully guided training allowing work to begin to unpack our own internalized myths we hold, ask ourselves where they come from, and examine the roots of their inheritance. By providing interactive activities, discussion time, and videos, the Pride Center will hold space for healing dialogue to help us all shift our assumptions and biases toward truth. All trainings will be capped at a 50-person maximum to foster a safe and grounding experience for all.
Register HERE (https://tinyurl.com/SMCPCBias2) for one of the two VIRTUAL trainings dates **(each training contains the same content)**: (1) Wednesday, May 3rd from 1-4pm; (2) Thursday, May 25th from 5:30-8:30pm. For any questions regarding trainings/registration, please contact Azisa Todd at azisa.todd@sanmateopride.org.

- **Join the Peninsula Health Care District Youth Advisory Group!** We are recruiting for our next cohort of young leaders! If you are between the ages 16-25 and are interested in mental health and want to advocate and provide a voice for young people's needs and concerns, we want you! We are particularly interested in applicants with diverse backgrounds, under-represented groups, and those with personal or lived experience associated with mental health. Apply Here! (Applications Due 5/12/23). The Youth Advisory Group (YAG) is comprised of up to 18 diverse individuals from all walks of life from our local community. For more information regarding the Youth Advisory Group, or the application process, contact jackie.almes@peninsulahealthcaredistrict.org.

- **Get Paid to Replace Your Lawn**. A free program on May 3 will explain what's involved in replacing your lawn with water-efficient landscaping and how you can qualify for rebates to replace your lawn and create a rain garden. You'll also learn why artificial lawns are not a planet-friendly solution. It will be held from 7 to 8:30 p.m. in the Burlingame Community Center at 850 Burlingame Ave. in Burlingame. Presented by the Citizens Environmental Council, "Get Paid to Replace Your Lawn." Admission is free, but preregistration is required at https://tinyurl.com/ReplaceLawn. BAWSCA's "Lawn Be Gone" program offers a rebate of up to $4 per square foot, depending on your city, and up to $500 per household for lawns that are replaced with drought-tolerant landscaping. Adding a rain garden to your project can add a rebate of up to $300. Enrolling in BAWSCA's Smart Irrigation Controller program qualifies you for a discount on the Rachio 3 sprinkler controller. Click on your city to see which rebates you are eligible for on this map: https://bawsca.org/conserve/rebates.

LIBRARY EVENTS

- **Spanish Bilingual Storytime | Grand Ave Library (306 Walnut Ave) | Saturday, April 29 at 10:30 AM.** Join us in person for Spanish Bilingual

Storytime at Grand Ave Library every Friday, and Saturday at 10:30 AM. No registration necessary. All are welcome. | Acompáñenos en persona a los cuentos bilingües en la biblioteca de la Grand Ave todos los viernes y sábados a las 10:30 a.m. No es necesario registrarse. Todos son bienvenidos.

- **Create a Storybook for Día de los Niños | Grand Ave Library (306 Walnut Ave) | Saturday, April 29 at 11:00 AM.** Join us immediately after Spanish Bilingual Storytime to celebrate Día de los Niños by making a small storybook of your own. | Únase a nosotros inmediatamente después de la hora del cuento bilingue en español para celebrar el Día de los Niños haciendo su propio pequeño libro de cuentos.

- **Tech Tuesday: Windows 10 Basics | Main Library (840 West Orange Ave) | Tuesday, May 2 at 12:00 PM.** Get back to basics with Windows 10! We'll cover settings, keyboard shortcuts, search, and other functions of Windows 10! Bring your own laptop or use one of ours.

- **Newsletter Creation | <u>Virtual via Zoom</u> | Thursday, May 4 at 12:30 PM.** Imagine reaching a client or volunteer while they're sitting at home on the couch and reminding them that you have a new product available or an opportunity to volunteer. Imagine them being so excited that they pop onto your website to take the action that you want them to. Imagine making this a reality with a smartly designed newsletter! Newsletters go directly to YOUR clients in their email so you don't have to rely on the Instagram algorithm to help you reach your target audience. Nicole Moreno-Deinzer will teach you how to use MailChimp and ConstantContact to create a newsletter for your organization. **<u>Registration is required</u>**

- **Friends of the Library Book Sale | Main Library (840 West Orange Ave) | Friday, May 5 – Sunday, May 7, During Library <u>Operating Hours</u> .** Support The South San Francisco Friends of the Library as you purchase some fabulous used books at our Pop-Up Book Sale on Friday, May 5, 2023, through Sunday, May 7, 2023. All you need to do is purchase the standard size plastic shopping bag for $5 per bag and you can fill the bag with books, hard cover and paperback, to take home for some great reading.   Please note: the Sale DOES NOT include CDs and DVDs. CASH Only--Exact Change. u can find the Library's operating hours <u>here.</u> *The South San Francisco Friends of the Library fund Youth, Adult, and Literacy Programs and contributes to the Library's Ongoing Collection.*

- **Mother's Day Gift Book Sale | Main Library (840 West Orange Ave) | Friday, May 5 and Saturday, May 6**. Join us Friday and Saturday for a special Mother's Day Gift Boutique. All sale items are gift-quality and include new, old, and out of print books, coffee table books, cookbooks, CD and DVD sets, and more. Most items are priced at $5 or $10—cash only.

ARBOR DAY CELEBRATION

Come join the **City of SSF Parks and Recreation Department** and **Improving Public Places Committee** to celebrate Arbor Day. Volunteers will help plant trees and native plants at Sister Cities Park.
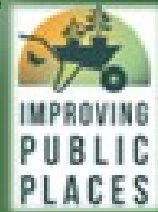
Please wear closed toe shoes and long pants. Volunteers are welcome to bring their own shovels or hand trowels.

April 29th, 2023

9:00AM-12:00PM

Sister Cities Park at South Magnolia

Please RSVP or send any questions to Parks@SSF.Net