

La Palma



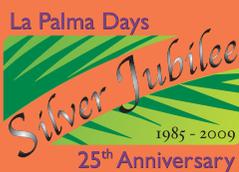
MOSAIC

Fall 2009



What's Inside

City News
Activity Guide
La Palma Days Silver Jubilee



City Information

City Hall Hours:

7:30 a.m. – 5:30 p.m. Monday – Thursday
and Alternating Fridays

City Council, Community Development Commission, and the Planning Commission Meetings are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at 714-690-3334, or on the City's website www.cityoflpalma.org under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development Committee Meetings are held at 7:30 p.m. on the second Monday of every odd-numbered Month (January, March, May, July, September, and November).

Traffic and Safety Committee Meetings are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

Mark Waldman
Mayor

Steve Shanahan
Mayor Pro Tem

G. Henry Charoen
Councilmember

Larry Herman
Councilmember

Ralph Rodriguez
Councilmember

A Message from the City

Welcome to the *La Palma Mosaic*, our completely updated City newsletter and activities guide! A mosaic combines various unique components to create something that is strong and vibrant.

In La Palma, a variety of cultures, age groups, schools, service organizations, and businesses have worked together for over fifty years to create and build upon a community mosaic that is second to none.

The *La Palma Mosaic* is presented in a new and improved magazine format that includes informative articles to keep you up-to-date on everything that is happening in your hometown. In each issue, look for photographs that represent our community mosaic; you might even find a family member, friend, or neighbor inside. The Recreation & Community Services Activity Guide is also included, which provides classes, programs, and special events for the entire family.

This inaugural issue includes articles on:

La Palma's Financial Stability

How To Get Involved

Celebrating Community Pride

La Palma Days 25th Anniversary

LPreConnect Online Registration

The *La Palma Mosaic* is your magazine; we welcome your suggestions and feedback. If you would like to see something specific or want to include an upcoming community, school or business event in the magazine, please contact the La Palma Mosaic Editor at recreation@cityoflpalma.org.

Calendar of Events

September

- 1 City Council Meeting – 7:00 p.m.
- 7 Labor Day – City Offices Closed
- 11 Patriot Day
- 13 Grandparent’s Day
- 15 City Council Meeting – 7:00 p.m.
- 22 Autumn Begins
- 27 Komen OC Race for the Cure
Fashion Island, Newport Beach



October

- 6 City Council Meeting – 7:00 p.m.
- 12 Columbus Day – City Offices Open
- 13 Teen Lounge Opens – Cypress Arnold Park
- 20 City Council Meeting – 7:00 p.m.
- 24 Teen Thriller Dance – 7:00 p.m.
La Palma Community Center
- 31 Halloween Carnival – 5:30 – 8:30 p.m.
Central Park



November

- 1 Daylight Saving Time Ends
- 3 City Council Meeting – 7:00 p.m.
- 8 La Palma Pageant
- 11 Veteran’s Day Observed – City Offices Closed
- 14 La Palma Days – 10:00 a.m. – 6:00 p.m.
- 17 City Council Meeting – 7:00 p.m.
- 26-27 Thanksgiving – City Offices Closed



December

- 1 City Council Meeting – 7:00 p.m.
- 2 Holiday Tree Lighting – 5:30 p.m.
Central Park
- 15 City Council Meeting – 7:00 p.m.
- 19 Teen Holiday Blowout Dance – 7:00 p.m.
Cypress Community Center
- 21 Winter Begins
- 24-25 Christmas – City Offices Closed

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Activity Guide

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Recap May, June, and July 2009

The City Council meets on the 1st and 3rd Tuesdays of each month at 7:00 p.m. in the Council Chambers at City Hall. The public is always invited to attend; additionally, meetings are audio cast live on the City's website at www.cityoflapalma.org/media. Please note that this recap is a summary only and additional items may have been discussed and/or approved. For a complete copy of the approved minutes, please visit the City's website at www.cityoflapalma.org/minutes. Below are actions that the City Council has taken during the past few months.

May 5, 2009

Approved an agreement with Henry Miedema and Associates for the Water Rate, Sewer Rate, and Connection Fee Study in an amount not-to-exceed \$46,735. The current water rate structure has not been reviewed since 2005, and significant cost increases in wholesale water supplies are expected over the next several years due to water supply conditions. Updated water and/or sewer fees will be presented to the City Council for consideration in September or October.

Approved the lump sum payment of \$3,819,570 to the California Public Employers Retirement System (CalPERS) to pay off the City's current unfunded liability. By paying the liability in a lump sum, the City will save roughly \$1.1 million in interest payments over the next 10 years resulting in a General Fund expenditure reduction of roughly \$500,000 per year.

Directed staff to make certain modifications to the Community Center Rehabilitation Project and to include funds necessary for the modifications in the Fiscal Year 2009-10 Budget. The City Council approved repainting the building in an earth tone palette based on the existing palette of other City buildings and the purchase/installation of an electronic readerboard.

Adopted a Resolution setting the Utility Users' Tax (UUT) Rate for Fiscal Year 2009-10 at 4%. This is the third time in the past five years that the City Council has voted to lower the UUT from its voter approved rate of 5%.

May 19, 2009

The Community Development Commission approved the issuance of a 90-day termination notice to the La Palma Chamber of Commerce. Further, the Commission appointed an ad-hoc Subcommittee to review and evaluate the City's alternatives for Chamber services, with a preference for keeping services within the City.

Adopted a Resolution establishing a Citywide Single Family Residential Planning, Public Works, and Building Permit Fee Holiday Program for Existing Homes in the amount of \$50,000. All City charged permit fees for building, planning, and related public works permits will be waived for existing single family residential home remodels, additions, or improvements. See article on page 6.

June 2, 2009

Authorized the Mayor to sign a Waste Disposal Agreement with the County of Orange for the disposal of solid waste at County landfills until 2020. Effective July 1, 2010, it is projected that the average residential ratepayer's monthly solid waste collection bill could increase by about \$1.00. That cost could be partially offset by other savings and actual increases will be proposed at a later date by the City's waste disposal contractor.

Adopted a resolution reaffirming its opposition to development of the former Pacific Electric Railroad Right-of-Way for transit purposes where it abuts the City of La Palma.

Discussed the possibility of a ballot initiative which would allow the City Council to reduce the City's Utility User Tax (UUT) by more than the 1% currently allowed. Staff was directed to bring the item back at a later date to prepare for a possible initiative in the November 2010 General Municipal Election.

June 16, 2009

Adopted a Resolution approving and adopting the City's Budget for Fiscal Year 2009-10, the City's Annual Appropriations Limit for Fiscal Year 2009-10, and a General Fund Reserve Policy. See article on page 3.

Appointed Allen Goya to the Traffic Safety Committee, with a term expiring December 31, 2010.

Adopted a Resolution establishing an Underground Utility District on Walker between Marview and Houston. Southern California Edison estimates that it will take one year to complete the design and it will take the telephone and cable companies an additional six months to complete their designs. The project will be completed in approximately 2½ years.

Authorized the Mayor to execute an agreement with Moore Iacofano Goltsman (MIG) Inc. for creation of a Parks and Recreation Comprehensive Master Plan in an amount not to exceed \$82,690. The Parks and Recreation Master Plan will provide a vision for the future, taking into account the existing condition of facilities and the total parks, recreation, and cultural arts needs and desires of City residents. See article on page 3.

Authorized a Notice of Termination to the County of Orange regarding Animal Care Services, effective December 31, 2009, and authorized negotiations with Southeast Area Animal Control Authority (SEAACA) for Animal Care Services effective January 1, 2010. The current County of Orange animal shelter is 12.3 miles away from La Palma. Plans for a new County shelter will move its location to approximately 20 miles from the City. The SEAACA animal shelter offers residents a temperature controlled environment for their lost or future pets, a low cost wellness clinic, and is located 9.8 miles from the City.

July 7, 2009

Adopted an Ordinance amending the residential landscape standards of the La Palma City Code pertaining to artificial turf and drought-tolerant plant materials and approved a Resolution establishing an Artificial Turf Permit Fee. The Ordinance expands residential landscape options beyond plants and live turf to incorporate artificial turf and encourage drought-tolerant plants. It includes standards regarding maintenance and permitting of artificial surfaces. The Permit Fees are being waived for Fiscal Years 2009-10 and 2010-11.

La Palma Adopts Budget; Continues Lowered Utility Tax

On June 16, 2009, the La Palma City Council adopted a fully balanced \$24.0 million budget for the 2009-10 Fiscal Year while reducing the local Utility Users Tax (UUT) by 1% and declaring a Permit Fee Holiday.

The City of La Palma receives its revenues from a variety of funding sources, with property taxes, sales taxes, and the UUT accounting for 74% of General Fund operating revenues. Due to the continuing economic downturn, revenues this year are expected to decrease by 2% and expenditures are budgeted to increase by 3.6%. Nevertheless, the adopted General Fund budget includes a significant contribution to reserves. City Manager Dominic Lazzaretto said, "with the State balancing its budget by taking local revenues, it's important that we have reserves available to respond to any additional cuts they might make."

Some noteworthy expenditures included in the Fiscal Year 2009-10 budget, include:

- \$924,400 for arterial street rehabilitation projects
- \$868,500 for the current year's residential pavement management program
- \$576,000 for various water, sewer, and storm drain system improvements
- \$200,000 for painting arterial block walls citywide
- \$200,000 for new street signs citywide

Additionally, the City Council voted to continue the 1% reduction in the City's UUT for Fiscal Year 2009-10, setting the rate at 4%. This is the third time in the past five years that the City Council has voted to lower the UUT from its standard rate of 5%. The UUT is assessed on all electrical, natural gas, and telephone bills within the City and was ratified by La Palma residents in 2002. The UUT Ordinance gives the City Council the authority to reduce the rate by up to 1% when sufficient funds are available.

A complete digital version of the City's budget is available for viewing on the City's website, at www.cityoflapalma.org/finance.



Comprehensive Parks & Recreation System Master Plan

The development of a comprehensive Parks and Recreation System Master Plan is the City Council's number one goal for 2009. The consulting group MIG, Inc. has been requested to research and develop the Master Plan, which will provide a vision for the community's recreation future—taking into account the existing condition of facilities and desires of residents. The principal purpose of the comprehensive Master Plan is to establish a decision making guide for recreation programs and service offerings, operations, maintenance and capital improvements over the next ten years and beyond.

A major component of the Master Plan is community input and participation. Later this summer and into the fall, there will be outreach efforts including a citywide telephone survey, community meetings, and focus groups. If you would like to further participate, please contact the Recreation & Community Services Department at (714) 690-3350.

**For more information, log-on to the City's
website. www.cityoflapalma.org**

Community

Get Involved

La Palma Citizen Committee Vacancies

Citizens of the City of La Palma are invited to submit applications for current and upcoming vacancies on two Council Appointed Committees – the Community Activities and Beautification Committee, and the Development Committee.

The Community Activities and Beautification (CAB) Committee works with City staff to coordinate City special events including Memorial Day, Concerts in the Park, and the annual Holiday Tree Lighting event. CAB Committee members also assist the City in planning the annual La Palma Days event. CAB members meet on the second Tuesday of each month from September to June. The CAB Committee will have three vacancies with four-year terms when the incumbents' terms expire on December 31, 2009. La Palma high school students are also encouraged to apply for one-year terms beginning in September, 2009.

The role of the Development Committee is to review and evaluate plans for new construction in the City, and act as an advisory body to the Planning Commission. The Planning Commission relies on the Development Committee's expertise in ensuring that every project meets the high standards maintained throughout La Palma. The Development Committee meets every other month on the second Monday of the month, with special meetings conducted on an as-needed basis. Two vacancies with four-year terms will be created when the incumbents' terms expire on December 31, 2009.

Applications for all vacancies are available online at www.cityoflapalma.org/committees or in person at City Hall and are due by October 30, 2009. If you have any questions or for further information, please contact the City Clerk's office at (714) 690-3334.

Civic Academy

This Fall, the City will be presenting a Civic Academy to provide residents with an inside view of how your City government provides services. There is no cost to residents, other than your commitment of time. This unique (and fun) experience will be presented over a six-week period on Wednesday nights, from 6:00 p.m. to 9:00 p.m. Meetings will feature presentations from representatives of each City department, and will provide a glimpse into the day-to-day operations, and include tours of various City facilities. For more information, or to reserve a spot for you and your family members, call Police Sergeant Raul Morales at (714) 690-3386.

Become a Reserve Firefighter

The Orange County Fire Authority (OCFA) is your fire department in the City of La Palma. The OCFA covers approximately 550 square miles and provides service to 22 cities and the unincorporated areas of Orange County. The OCFA utilizes both Career and Reserve Firefighters throughout its jurisdictions. Career Firefighters staff our fire stations 24 hours per day, 365 days per year. Reserve Firefighters respond from home after being notified via an OCFA provided pager. Reserve Firefighters are on call and respond according to their availability, usually behind the career Firefighters.

Currently, there are approximately 300 Reserve Firefighters serving at 21 different fire stations, including Station 13 in La Palma. The OCFA is in the process of re-evaluating the program standards and training requirements. OCFA Reserve Firefighters in La Palma will now be classified as "Level 2", beginning with the academy scheduled to begin in August of 2009. Level 2 Reserve Firefighters are currently required to meet minimum qualifications, pass a physical test, and attend a 164.5 hour Academy over 14 consecutive weeks. All uniform and safety equipment is provided by the OCFA. Level 2 Reserve Firefighters provide support on large and small incidents and respond to medical aid emergencies, including traffic collisions, and some

fires. Level 2 Reserves respond on a "Squad" or "Patrol" unit to calls for emergencies.

The Reserve Firefighter Program is a community based program. It is a great way for citizens to get involved in their community by helping to protect it, by safeguarding their neighbors, and by keeping their family safe. Reserve Firefighters also receive some benefits including dental, vision, and life insurance coverage. Currently, there are openings for Reserve Firefighters at OCFA Station 13 here in La Palma. If you are at least 18 years of age and interested in an exciting opportunity to serve your community, you are encouraged to attend a training session at Station 13.

Station 13 Reserve Firefighters train every Thursday evening starting at 7:00 p.m. The Senior Reserve Officer is Matt Fiori, and he can be reached at 714-523-8031. Station 13 is located at 7822 Walker St.



25th Annual La Palma Days Silver Jubilee

Saturday, November 14, 2009
10 a.m. – 6 p.m.

Featuring:

- La Palma Pageant Court
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food & Product Vendors

La Palma celebrates its diverse heritage with the 25th Anniversary of La Palma Days. This annual tradition has been celebrated in our community for 25 years, encouraging residents, business partners and friends to celebrate La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 8 then gears up for the grand celebration on Saturday, November 14. Join Grand Marshall Mickey Mouse as he leads the parade down Walker Street.

Participate In La Palma Days Silver Jubilee

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

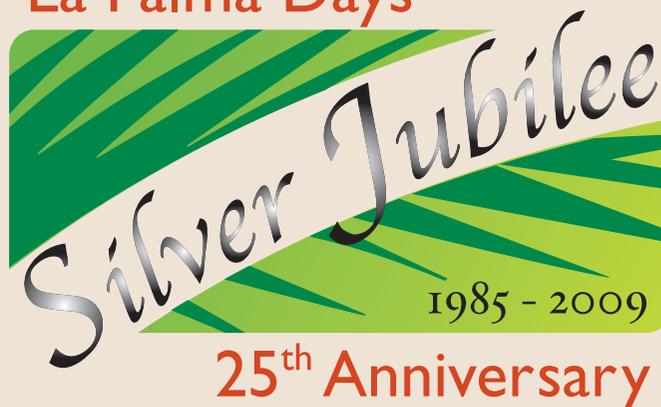
For more information or to volunteer for this year's event, please call (714) 690-3350 or visit www.cityoflapalma.org.

Convertibles Needed for the 25th Annual Community Parade and Band Review

You have the opportunity to participate in La Palma's 25th Annual Community Parade and Band Review by driving your convertible car in the La Palma Days Parade to be held Saturday, November 14, 2009. Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429, kenablake@hotmail.com or Wayne Zehner at (714) 222-5242, waneswld@aol.com.



La Palma Days



La Palma Pageant — November 8

The La Palma Pageant is a professional development opportunity for civically minded individuals interested in serving a one year term as the City of La Palma's ambassador. To qualify, prospective contestants must live, work, or attend school in the City of La Palma and be between the ages of 17 and 23 on the date of the pageant. Scholarships are awarded to contestants who best represent our community through pride and positive social skills.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 12. An orientation for prospective contestants will be held Sunday, September 13 at 3 p.m. Contestants must be available for Sunday rehearsals at Central Park between 2 and 5 p.m. until the date of the pageant, which will be on Sunday, November 8, 2009 at the Performing Arts Center at Kennedy High School. All contestants will make their debut as the La Palma Court during the La Palma Days Parade on November 14, 2009.

Community | Pride

Home Spotlight

The Fall Home Spotlight Award is presented to Bert and Gail Poan, who reside at 8191 Del Oro Lane. The Poans have lived in La Palma since 1987 to take advantage of the schools for their four children Adrienne, Nick, Hilary, and Colin. Gail is a retired school teacher and Bert is a retired insurance underwriting manager.

The Poan's recent renovations include removal of 1,000 square feet of water consuming lawn and existing plants and installation of a dry river bed and gravel path to accentuate their new drought resistant garden. In addition to their exterior renovations, they have also added a spa in the back yard and have updated their kitchen and flooring.

La Palma congratulates Bert and Gail Poan for being named the Home Spotlight winner for Fall 2009. Thank you for keeping La Palma beautiful and caring about our environment by being water conscious!



Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive the La Palma's Home Spotlight Award. The award recognizes property owners that have excelled with the upkeep and appearance of their property. Do you know a home that you think should be considered for this award? If so, please call (714) 690-3350 or email recreation@cityoflapalma.org

La Palma Declares Building Permit Fee Holiday

The La Palma City Council recently approved a Permit Fee Holiday Program to encourage and promote investment and improvements to existing single family residential properties throughout the City. As of July 1, 2009, all City charged permit fees for building, planning, and related public works permits will be waived for existing single family residential home remodels, additions, or improvements. Residents are encouraged to take advantage of this opportunity and consider completing resource saving "green improvements" such as changing out old windows, installing tankless water heaters, or adding skylights. Fees charged by other agencies and collected by the City on their behalf are not eligible under the program. A homeowner can expect to save approximately \$1,647 in plan check and permit fees for a typical 360 square foot master bedroom and bathroom addition. This program is expected to run through June 30, 2010; however, funding has been limited to the first \$50,000 in permit fees. Residents are encouraged to take advantage of the program early. For further information, please contact the Community Development Department at (714) 690-3340.

Residential Property Maintenance

The City of La Palma would like to encourage all residents to properly maintain their homes and yards to help La Palma continue to be the attractive and appealing community that it is. A fresh coat of paint, new garage door, or repairing damaged block walls, fences or planters, and regular mowing of lawns and trimming of trees and shrubs are simple steps that all residents can take in order to improve the overall appearance of the community.

As a reminder, here are a few things residents can do to protect property values and maintain the high quality of living that everyone has become accustomed to.

- Check that all vegetation adjacent to any sidewalks, streets, and any other areas of the public right-of-way are properly pruned and not interfering with pedestrian access.
- The storage of any trash, trashcans, discarded equipment or appliances should be kept out of public view and should not be placed out on the curb earlier than 3:00 p.m. on the day before collection is scheduled to occur.
- All vehicles parked or stored on driveways, must be road operational (currently registered), kept clean, and free of debris.

If you have any questions or would like to report a code violation, please contact the City's Code Enforcement Division at (714) 690-3342.

When It Rains It Pours...Pollutants Into Our Waterways

Managing Stormwater During the Rainy Season

The rainy season is coming. Time for umbrellas, raincoats—and the first flush? The first flush is the first significant rainfall after a long period of dry weather. This rain flushes months of accumulated pollutants such as litter, lawn clippings, pesticides, motor oil, and pet waste from impervious surfaces such as rooftops, driveways, parking lots, and roadways down storm drains. Unlike water that flows through sewers (from sinks and toilets), water that flows through storm drains is not treated before entering our creeks, rivers, bays, and ocean.

Impervious surfaces cover soil that would allow stormwater to soak into the ground. Always on the move, water flows downhill, over and through the land picking up pollutants, and sending them to the nearest waterway. This is called stormwater pollution. By preparing for the rain, you can help reduce stormwater pollution and improve the health of our creeks, rivers, bays, and ocean.

Maintaining your landscape can help reduce pollution in our waterways. Preserve existing vegetation as much as possible. Plants are a natural, inexpensive and highly effective means for controlling runoff. Runoff slows down and loses much of its force when it reaches vegetation, which works as a filter, straining out sediment, debris and other pollutants.

During these upcoming wet-weather months, it is important to closely monitor your lawn watering habits and adjust your watering schedule to reflect the weather conditions. During the rainy season, landscaped areas need less water. A heavy rainfall can eliminate the need for watering for up to two weeks. Therefore, increase the number of days between watering and reduce the amount of time sprinklers are operating. Also, shut off your sprinklers or use the rain-delay feature before and during rainy weather. When you avoid unnecessary watering, more rain can soak into your landscape and less runs off into the storm drain.

Leaves may have collected in the rain gutters along your roof over the summer. Remove the debris from the gutter and place it in a green waste container before it rains and clogs your gutter. Also, direct downspouts and gutters to drain onto your lawn or plant beds where water will soak into the soil.

These measures can limit the flow of stormwater off your property and reduce the amount of pollutants entering the storm drain. To further reduce and prevent pollutants from entering the storm drain, place yard trimmings in a green waste container, pick up litter, maintain your vehicle and don't over-fertilize or overwater your lawn.

Do your part! Remember, the Ocean Begins At Your Front Door. For more information about what you can do to prevent water pollution or to report a water pollution problem, contact the Orange County Stormwater Program at 714-567-6363 or visit www.ocwatersheds.com.



Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the La Palma Mosaic? If so, you can email them to recreation@cityoflapalma.org. For additional information, please call (714) 690-3350.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured
- The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!

Dryer Safety

The U.S. Consumer Product Safety Commission estimates that in 1998, clothes dryers were associated with 15,600 fires, which resulted in 20 deaths and 370 injuries. Fires can occur when lint builds up in the dryer or in the exhaust duct. The build-up of lint can block the flow of air, cause excessive heat build-up, and result in a fire in some dryers.

What Causes Dryer Fires?

Clothes dryers must vent hot air from the dryer to the outside of the house. Lint becomes detached from the clothes and is carried out through the exhaust. If lint builds up in the exhaust pipe or inside the dryer, it slows the air movement through the dryer and out the exhaust. The slower air movement causes more lint to collect on the backside of the dryer drum, on the dryer motor, or on the electrical connections inside the dryer, placing the highly combustible lint on top of and adjacent to heat sources inside the dryer.

Dryer Safety Tips:

- Do not operate the dryer without a lint filter.
- Clean the lint filters before or after each use and remove accumulated lint from around the drum.
- Make sure that the dryer is plugged into an outlet suitable for its electrical needs, as overloaded electrical outlets can result in blown fuses or tripped circuit breakers.
- Turn the dryer off when leaving the home.
- Keep the dryer area clear of combustibles.
- Have gas-powered dryers regularly inspected by a professional to ensure that the gas line and connections are intact.
- Follow manufacturer's instructions for installing the dryer and for maintaining minimum clearances.

To Help Prevent Fires:

- Clean the lint screen/filter before or after drying each load of clothes.
- If clothing is still damp at the end of a typical drying cycle or drying requires longer times than normal, this may be a sign that the lint screen or the exhaust duct is blocked.
- Clean the dryer vent and exhaust duct periodically. Check the outside dryer vent while the dryer is operating to make sure exhaust air is escaping. To remove a blockage in the exhaust path, it may be necessary to disconnect the exhaust duct from the dryer. Remember to reconnect the ducting to the dryer and outside vent before using the dryer again.
- Clean behind the dryer, where lint can build up. Have a qualified service person clean the interior of the dryer chassis periodically to minimize the amount of lint accumulation. Keep the area around the dryer clean and free of clutter.
- Replace plastic or foil, accordion-type ducting material with rigid or corrugated semi-rigid metal duct. Most manufacturers specify the use of a rigid or corrugated semi-rigid metal duct, which provides maximum airflow.
- Take special care when drying clothes that have been soiled with volatile chemicals such as gasoline, cooking oils, cleaning agents, or finishing oils and stains. If possible, wash the clothing more than once to minimize the amount of volatile chemicals on the clothes and, preferably, hang the clothes to dry. If using a dryer, use the lowest heat setting and a drying cycle that has a cool-down period.

For More Information:

- www.ocfa.org
- www.nfpa.org
- www.cpsc.gov
- www.consumeraffairs.com
- www.consumerreports.org

Orange County Dryer Fire Statistics

Year	Total Fires	Dollar Loss
2000	18	\$180,900
2001	17	\$107,450
2002	22	\$225,050
2003	15	\$124,050
2004	17	\$74,125
2005	19	\$843,725

AlertOC

The City of La Palma has selected AlertOC for mass notification service. AlertOC provides City officials with the ability to communicate with residents regarding time-sensitive incidents such as planned and unforeseen public safety matters.

AlertOC is a critical component of the county-wide emergency preparation and response. Public safety officials use the system to rapidly send out messages when there is an upcoming or imminent situation that may require community action.

AlertOC has the capability to notify residents by one or all of the following methods: home phone, work phone, cell phone, e-mail or text message.

The City of La Palma or the County of Orange will send emergency notifications depending on the nature and scale of the incident. As a result of this partnership, residents and businesses only need to provide their contact information once in order to receive emergency messages from either the County or City in which they live or work.

How does it work?

1. AlertOC has significant capacity to send large volumes of messages through phone, e-mail and text communication channels.
2. When there is an emergency event requiring community action, authorized officials record a voice message, e-mail or text message that is then delivered quickly to individuals affected by the event.
3. Officials will use the system to keep affected communities informed of event information as necessary.
4. The system uses the 911 emergency databases to contact La Palma households.

Since there are many instances when the public may not be at home to receive an emergency message, it is critical that all residents and businesses provide additional contact channels by registering voluntary cell phone numbers, e-mail addresses and text numbers through the AlertOC link, at www.cityoflapalma.org.

Online Registration - Now Available!

The La Palma Recreation & Community Services Department is pleased to provide you with LPRecConnect—an online registration system offering the convenience of secure online registration for our classes and activities. LPRecConnect is available 24-hours a day, seven days a week. You may also browse indoor facility availability for The Palms at Central Park Community Center.

With LPRecConnect, you now have access to an easy-to-use, highly secure, and convenient online recreation registration system. You can register your family for Recreation activities from the comfort of your home or work, or wherever you have internet access. Be assured that all of your personal and financial information you provide is highly secure. The data you submit is identical to the data you have submitted in your previous registrations and your financial data is 100% secure using the latest in online payment security as provided by Soltrus / Verisign. LPRecConnect employs 128-bit encryption, the highest form of encryption generally available to the public.

How Do I Register Online?

Registration is easy! Go to: www.cityoflapalma.org/LPRecConnect

If you have previously registered for a La Palma Recreation and Community Services program, you have already been assigned a Login ID and Account PIN. If you have previously given your email address at registration, click on the "Retrieve Login Information" button on the My Account tab and your Login ID and Account PIN will be automatically emailed to you. After logging in to LPRecConnect you'll be able to register for available courses, be added to a course waitlist, and make payments for programs such as Club La Palma Day Camp. Please note that not all programs and activities are available for online registration.

If you have not previously registered for a program, or do not currently have an email address on account with us, you can request an account online through LPRecConnect.

After your account is verified by the department, your Login ID and Account PIN will be emailed to you within two business days.

We hope you take advantage of this convenient and safe registration option by using LPRecConnect. If you have any questions or problems with registering, contact the Recreation & Community Services Department at 714/690-3350.





Activity Guide

Preschool / Toddlers

Tiny Tots

Age: 3 – 5

Certified preschool instructor and National Association for the Education of Young Children (NAEYC) member Nancy Brewer teams up with a recreation staff aide to teach our enrichment program for potty-trained 3 to 5 year-olds. NAEYC is the world's largest organization working on behalf of young children. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on educational and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities, and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week:

Monday/Wednesday/Friday will be geared to the older 4- and 5-year-olds preparing for Kindergarten.

Tuesday/Thursday will be geared for the newer and younger 3- and 4-year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, August 29, 2009 (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parent meeting for new registrants on Saturday, August 29, at 11:00 a.m.

IF CLASS MINIMUM OF 12 PARTICIPANTS IS NOT MET, THE CLASS WILL BE CANCELLED!

Classes begin the week of September 14

Fees: \$122 for 7 weeks on M W F \$93 for 7 weeks on T T H
(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, October 2 for Session 1 and Friday, November 20 for Session 2.

Instructor: N. Brewer		Location: Pygmy Date		
Code	Days	Dates	Time	Fee/Weeks
6240	M W F	9/14-10/30	9:30-11:30 a.m.	\$122 / 7
6241	M W F	11/2-12/18*	9:30-11:30 a.m.	\$122 / 7
6242	T T H	9/15-10/29	9:30-11:30 a.m.	\$93 / 7
6243	T T H	11/3-12/17*	9:30-11:30 a.m.	\$93 / 7

*No class on November 11, 26, & 27



Parenting Your Preschooler



Age: Adult

Through group discussions, led by an experienced and supportive parent educator, parents will increase their confidence and knowledge regarding all areas of their preschool child's behavior, learning and growth. Parents will learn and practice effective methods to handle the typical challenges of the preschool years: meal time, bedtime, making friends, discipline, welcoming the new baby, toilet training and school readiness. Each class will include a question and answer time. There is a \$5 material fee payable to the instructor at the first class.

Instructor: K. Salazar

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
6293	F	9/18-10/30	9:45-11:15 a.m.	\$45 / 7

Kids Love Music

Age: 4 months – 4 years

Music activities provide an excellent way to foster creativity, cognitive, social and motor skills. Join Music Therapist Gary Greeno for singing, dancing, instrumental jam sessions, puppet songs, and rhythm band activities. An optional \$20 material fee is payable to the instructor at the first class meeting for a music CD, rhythm band instrument, and song sheets. *Parent participation is required.* For more information on this class, go to www.kidslovemusic.net. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: G. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
6245	1-4	W	9/16-10/7	9:00-9:45 a.m.	\$49 / 4
6246	1-2	W	9/16-10/7	9:55-10:35 a.m.	\$49 / 4
6247	4-14 mths	W	9/16-10/7	10:45-11:15 a.m.	\$49 / 4
6248	4-14 mths	TH	10/15-11/19	3:00-3:30 p.m.	\$65 / 6
6249	1-4	TH	10/15-11/19	3:45-4:30 p.m.	\$65 / 6
6250	1-4	TH	10/15-11/19	4:45-5:30 p.m.	\$65 / 6

Kids Love Music: Holiday Special

Age: 4 months – 4 years

Mix together holiday songs, jingle bells, puppets, drums, xylophones, singing and dancing—Mmm, mmm, good! *Parent participation is required.* An optional \$20 material fee is payable to the instructor at the first class meeting. For more information on this class, go to www.kidslovemusic.net. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: G. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
6251	4-14 mths	TH	12/3-12/17	3:00-3:30 p.m.	\$35 / 3
6252	1-4	TH	12/3-12/17	3:45-4:30 p.m.	\$35 / 3
6253	1-4	TH	12/3-12/17	4:45-5:30 p.m.	\$35 / 3



Preschool / Toddlers

Parent and Me: Growing and Learning Together

Age: 1½ – 5

Parents and children will have a great time as they prepare for preschool and kindergarten. We play, sing during “circle time”, dance and pop bubbles! We build our motor skills through art by painting, gluing, cutting, coloring and collage. We also work on our listening and language skills by sharing a book each week. Join us and get ready for fun while growing and learning together! *Caregiver participation is required.* A \$3 material fee is payable to the instructor at the first class.

Instructor: J. Longo Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6254	1 1/2-3	TH	9/24-10/29	9:30-10:30 a.m.	\$45 / 6
6255	2 1/2-5	TH	9/24-10/29	10:45-11:45 a.m.	\$45 / 6
6256	1 1/2-3	TH	11/5-12/17*	9:30-10:30 a.m.	\$45 / 6
6257	2 1/2-5	TH	11/5-12/17*	10:45-11:45 a.m.	\$45 / 6

*No class on Thursday, November 26

Tiny Tumblers

Age: 3 – 5

This class introduces basic tumbling and balancing skills in a fun and creative atmosphere. Through various age appropriate obstacle courses and exciting fitness stations, kids will improve balance, self-confidence, motor-development skills and fitness.

Instructor: J. Summers Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6262	M	9/14-10/12	9:00-10:00 a.m.	\$35 / 5
6263	M	10/19-11/16	9:00-10:00 a.m.	\$35 / 5

Itsy Bitsy Sports: Flag Football

Age: 3 – 5

24-32-36 HIKE!!! La Palma’s little folks are getting an early jump on enjoying the benefits of being physically fit through sports-related activities. These activities provide fun, team work and learning to get along with others. Tennis shoes and comfortable clothes recommended for each practice.

Instructor: D. Plunkett Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6265	M	10/5-11/2	2:00-3:00 p.m.	\$35 / 5
6266	M	11/9-12/7	2:00-3:00 p.m.	\$35 / 5



Parent & Me Ice Skating

Age: 3 – 5

Parent and Me skating gives your child a chance to spend valuable time with you while staying cool and learning to skate in a fun and relaxed atmosphere. One parent and one child per class allowed. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6267	T	9/29-10/20	12:30-1:00 p.m.	\$44 / 4
6268	SAT	10/3-10/24	11:45-12:15 p.m.	\$44 / 4
6269	T	10/27-11/17	12:30-1:00 p.m.	\$44 / 4
6270	SAT	10/31-11/21	11:45-12:15 p.m.	\$44 / 4

Ice Skating For Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6271	W	9/30-10/21	4:30-5:00 p.m.	\$44 / 4
6272	SAT	10/3-10/24	11:45-12:15 p.m.	\$44 / 4
6273	W	10/28-11/18	4:30-5:00 p.m.	\$44 / 4
6274	SAT	10/31-11/21	11:45-12:15 p.m.	\$44 / 4

Jazz and Ballet Combo For Tots

Age: 3 – 5

The self-discipline of ballet and jazz can improve focus and concentration in school and sports. This fun, but educational class is an introduction to basic concepts in jazz and ballet. Posture, flexibility, musicality and integration of basic movements will be covered.

Instructor: A. Valley Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6275	F	9/11-9/25	10:00-10:45 a.m.	\$30 / 3
6276	F	10/2-10/23	10:00-10:45 a.m.	\$35 / 4
6277	F	11/6-11/27*	10:00-10:45 a.m.	\$30 / 3
6278	F	12/4-12/18	10:00-10:45 a.m.	\$30 / 3

*No class on Friday, November 13



Activity Guide

Youth

Creative Ballet and Tap

Age: 4 – 7

The self-discipline of Tap and Ballet can improve focus and concentration in school and other sports. Dancing is a legitimate form of exercise and an educational quest which promotes the joy of self-expression. Students will learn classic positions, jumps, turns, and dances. This is an excellent way for your child to gain confidence, poise and increase flexibility.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6287	T	9/8-9/29	4:00-5:00 p.m.	\$35 / 4
6288	T	10/6-10/27	4:00-5:00 p.m.	\$35 / 4
6289	T	11/3-11/24	4:00-5:00 p.m.	\$35 / 4

Ballet, Jazz and Tap

Age: 7 – 10

The self-discipline of Ballet, Tap and Jazz can improve focus and concentration in school and sports. This fun, but educational class, is an introduction to basic concepts in tap and ballet. Posture, flexibility, musicality and integration of basic movements will be covered.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6290	T	9/8-9/29	5:00-6:00 p.m.	\$35 / 4
6291	T	10/6-10/27	5:00-6:00 p.m.	\$35 / 4
6292	T	11/3-11/24	5:00-6:00 p.m.	\$35 / 4

Lil' Tigers Karate

Age: 4 – 7

This class is based in traditional Shotokan Karate. The instructor is a Sixth Degree Black Belt and has many years of traditional experience. This class is an introduction to karate, physical fitness and coordination skills. Children will go beyond what they think they're capable of doing and challenge them both physically and mentally. Self-defense will be introduced as well as being focused in life. This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6298	MW	9/9-9/28	3:30-4:30 p.m.	\$44 / 3
6299	MW	10/5-10/21	3:30-4:30 p.m.	\$44 / 3
6300	MW	11/2-11/18	3:30-4:30 p.m.	\$44 / 3

Pee Wee Kicks

Age: 4 – 7

Goal! La Palma Recreation is seeking Pee Wees to dribble their little spirits to our two-days-per-week soccer clinic. Our Pee Wee clinic is designed for boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of soccer, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing team work, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, soccer button, and a special participation medallion. Registration is going on now! The Pee Wee Kicks season starts September 14.

Instructor: Recreation Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6301	MW	9/14-11/4	4:45-6:00 p.m.	\$75 / 8



**Get Active. Have Fun.
Register for a class today!**



Youth

Martial Arts For Kids

Age: 5 – 8

This course will introduce young students to the world of traditional oriental martial arts. It is a scaled back version of our regular training programs; however the emphasis is in using martial arts training as a way to improve upon discipline, to increase fitness, to learn team work, and to gain a positive attitude.

Choose this course for young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling.

All students will be eligible to test for rank (belt) promotion at the completion of the course. Those students who desire to advance to the Intermediate Martial Arts training courses are invited to do so after achieving a Yellow Belt.

To prepare beginning students for the training, each will receive a free uniform after enrolling for their first session. Uniforms are available at the classes and are not available during enrollment.

Instructor: J. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6294	SAT	9/12-10/3	9:00-10:00 a.m.	\$35 / 4
6295	SAT	10/10-10/24	9:00-10:00 a.m.	\$30 / 3
6296	SAT	11/7-11/28*	9:00-10:00 a.m.	\$30 / 3
6297	SAT	12/5-12/19	9:00-10:00 a.m.	\$30 / 3

*No class on Saturday, November 14

Arts and Crafts for Kids



Age: 5 – 12

Come learn how to do all types of crafts utilizing different art skills like painting, drawing, cutting, and gluing. Kids will be learning how to harness their creativity into making unique crafts out of different kinds of recycled materials. There is a \$20 material fee payable to the instructor at the first class meeting.

Instructor: Recreation Staff

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6492	M	9/14-10/12	5:00-6:00 p.m.	\$30 / 5
6493	M	10/19-11/16	5:00-6:00 p.m.	\$30 / 5

Athletic Pride Youth Basketball League

La Palma Recreation and Community Services Department is proud to announce the return of our youth basketball league under the direction of Coach Purnell. This eight week program will focus on skill development, conditioning and introducing participants into a healthy competitive environment. Get ready because it's coming fast! Registration forms will be available in January to ensure your spot in this league!

Fit N Fun After School Drop-in Program

The La Palma Recreation and Community Services Department is presenting yet another year of our award-winning after school drop-in program, Fit N Fun. Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff will visit each school three days per week to lead a variety of exciting activities for your child. Fit 'N' Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they learn empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. Fit N Fun partners with local school districts to deliver healthy and nutritious snacks for our participants. Come join the fun and excitement! For more information please call (714) 690-3350.



- Miller Elementary: Monday, Tuesdays, and Thursdays
- Luther Elementary: Tuesdays, Wednesdays, and Thursdays
- Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

Fit N Fun will begin the week of October 5, 2009

Looking for a Few Good Coaches...

We need quality youth basketball coaches to staff our league! The Athletic Pride Basketball season begins in mid March and we are looking for responsible coaches to help out. Parent involvement would be greatly appreciated. For more information call (714) 690-3350.

Activity Guide

Youth / Teen

Beginning Piano

Age: 6 – 14

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to find out if your child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move to the next level of piano. Instructor will inform students on first day where to purchase music books. A \$10 material fee (cash only) is payable to the instructor on the first day of class.

Instructor: The Music Academy Location: Queen Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6279	6-7	M	9/14-10/19	3:00-3:50 p.m.	\$60 / 6
6280	8-14	M	9/14-10/19	4:00-4:50 p.m.	\$60 / 6
6281	6-7	M	11/2-12/7	3:00-3:50 p.m.	\$60 / 6
6282	8-14	M	11/2-12/7	4:00-4:50 p.m.	\$60 / 6

Beginning Guitar

Age: 7+

What better time to learn the guitar than now! Bring your guitar and get ready to learn a variety of styles such as Country, Hawaiian and the Blue's. Emphasis will be placed on tuning your guitar, chord patterns, and strum techniques. An \$8 material fee, payable to the instructor, is due at the first class.

Instructor: J. Keliiohokai Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6283	7-12	W	9/9-10/7	6:30-7:30 p.m.	\$60 / 5
6284	7-12	W	10/14-11/11	6:30-7:30 p.m.	\$60 / 5
6285	13+	W	9/9-10/7	7:45-8:45 p.m.	\$60 / 5
6286	13+	W	10/14-11/11	7:45-8:45 p.m.	\$60 / 5

Junior Karate

Age: 8 – 14

Students learn various kicking, punching and blocking techniques while learning how to apply those techniques in controlled sparring sessions. The emphasis will be on developing the child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. There is a \$8 supply fee payable to the instructor at the first class. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6302	TTH	9/8-9/24	4:30-5:30 p.m.	\$44 / 3
6303	TTH	10/6-10/22	4:30-5:30 p.m.	\$44 / 3
6304	TTH	11/3-11/19	4:30-5:30 p.m.	\$44 / 3

Junior Tae Kwon-Do

Age: 8 – 14

Like most martial art styles, Tae Kwon-Do is not only a great art of self-defense but of the mind as well. Students will be taught a variety of martial art techniques and will benefit in terms of learning self-control, improving study habits and increasing concentration skills. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6305	MW	9/9-9/28	4:30-5:30 p.m.	\$44 / 3
6306	MW	10/5-10/21	4:30-5:30 p.m.	\$44 / 3
6307	MW	11/2-11/18	4:30-5:30 p.m.	\$44 / 3

Beginning Ice Skating

Age: 6 – 16

Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6308	W	9/30-10/21	5:00-5:30 p.m.	\$44 / 4
6309	W	10/28-11/18	5:00-5:30 p.m.	\$44 / 4
6310	SAT	10/3-10/24	10:45-11:15 a.m.	\$44 / 4
6311	SAT	10/31-11/21	10:45-11:15 a.m.	\$44 / 4

Hockey Skating Skills

Age: 6 – 16

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey, including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Fee includes hockey skate rental, lessons, free practice on day of class and 3 additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6312	W	9/30-10/21	6:15-6:45 p.m.	\$44 / 4
6313	W	10/28-11/18	6:15-6:45 p.m.	\$44 / 4

Show Off Your Holiday Sparkle!



Age: 3 – 16

Be a part of the Anaheim ICE 15th Annual Holiday Ice Skating Show!!! You will be participating in one of the show's group numbers. The show will take place on Saturday, December 12 with 2 performances at 2:30 p.m. and 7:00 p.m. Fee includes all 5 practices, 2 performances and 1 complimentary chaperone ticket for each show. (Some skating experience required). This class is located at Anaheim ICE, 300 W. Lincoln Ave., Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6376	SAT	11/7-12/12*	10:15-10:45 a.m.	\$55 / 5

*No practice on 11/28



Teen Lounge

October 13 – December 17

Tuesdays and Thursdays: 3:00 p.m. – 6:00 p.m.

Fridays: 7:00 p.m. – 10:00 p.m.

Arnold/Cypress Park

8611 Watson St., Cypress

Teens! Meet us at “The Lounge” for homework help, indoor and outdoor activities, video games, open games, snacks, movies and fun times with friends.

Watch for what’s NEW beginning this Fall—Friday Night Lights!

Grand Re-opening

Tuesday, October 13 - BBQ/Wii/Prizes/Fun!

Tournament Days at the Lounge

Tuesday	October 27	Wii Mario Kart Tournament
Thursday	November 19	Guitar Hero Tournament
Tuesday,	December 8	Madden Tournament

TEEN EVENTS

Dances: For 6th, 7th and 8th graders only!

Location: La Palma Community Center, 7821 Walker Street, La Palma

Time: 7:00 p.m. – 10:00 p.m.

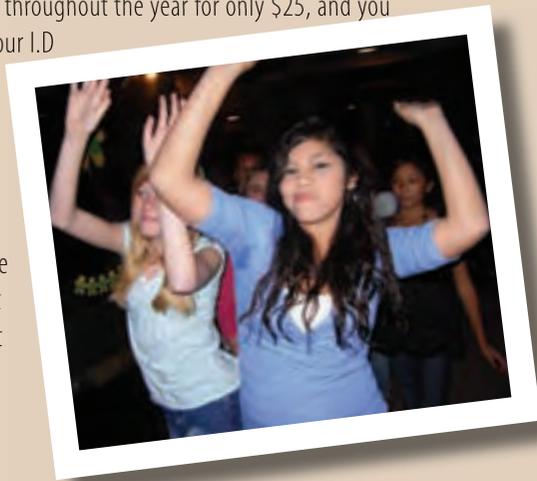
\$6 pre-registration, \$10 at the door

New 2009 – 2010 Dance Passes

Admission for 5 teen dances for only \$25!

If you Purchase the new 2009-2010 “Smart Card”, you can save both time and money for our dances throughout the year. That’s right! You’re entitled to FIVE dances throughout the year for only \$25, and you only need to present your I.D.

card once! When you purchase the Smart Card, you also get a free meal ticket to use during the Thriller Teen Dance. Stop by the Recreation Department to purchase your Smart Card today!



Watch for What’s NEW Beginning this Fall – Friday Night Lights at the Teen Lounge!

Every Friday, 7:00 – 10:00 p.m.

Friday Night Lights will include game nights, movie nights, indoor games, outdoor games and much more! Don’t miss out!

Thriller Teen Dance

Saturday, October 24

Pre-registration by October 23

Come party with the things that go bump in the night! Make sure to wear your scariest, funniest or most creative costumes and try to win the costume contest. Dress Code still applies!

Holiday Blowout Dance

Saturday, December 19

Pre-registration by December 18

Time to start your holiday break early at “The Holiday Blowout!” Grab all of your friends and bring them to the hottest dance in town. It’s a last chance to hang out with them before break, so don’t miss out! This dance will be held at the Cypress Community Center, 5700 Orange Avenue.

Upcoming 2010 Special Teen Events

Teen Game Night	Friday	January 22
Be My Valentine Dance	Saturday	February 6
Teen Fashion Scene	Saturday	March 13
Teen Flashlight Egg Hunt	Saturday	April 3
Mardi Gras Dance	Saturday	April 17
Battle of the Bands	Saturday	May 1
Aloha Dance	Saturday	June 5



Activity | Guide

Teen

Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes much parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time of day or night. Students may choose from an internet course or a home study course. DMV-accepted completion certificates are issued upon successful completion of the course. Class does not include behind-the-wheel driving.

AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses.

Their mission is to make all new drivers, good drivers, through a quality driver's education. They hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver.

Education is the key to safe and successful driving. They have spent years developing our courses, which now incorporate the highest quality materials and activities.

Parents/guardians play the most important role in a students' driving education. Students cannot become experienced at what they have learned without many hours of practice.

Their courses are developed with this in mind. Using course activities and interactive observation time, they involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

Instructor: T. Zertuche

Location: Home Study/Internet

Code	Days	Dates	Time	Fee/Weeks
6314	Home Study	9/8-12/18		\$91
6315	Internet	9/8-12/18		\$75

La Palma Pageant — November 8

The La Palma Pageant is a professional development opportunity for civically minded individuals interested in serving a one year term as the City of La Palma's ambassador. To qualify, prospective contestants must live, work, or attend school in the City of La Palma and be between the ages of 17 and 23 on the date of the pageant. Scholarships are awarded to contestants who best represent our community through pride and positive social skills.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 12. An orientation for prospective contestants will be held Sunday, September 13 at 3 p.m. Contestants must be available for Sunday rehearsals at Central Park between 2 and 5 p.m. until the date of the pageant, which will be on Sunday, November 8, 2009 at the Performing Arts Center at Kennedy High School. All contestants will make their debut as the La Palma Court during the La Palma Days Parade on November 14, 2009.



Do you need Volunteer Service?

Whether you need to volunteer for your service hours for graduation, are looking to build up your resume, or just want to lend a helping hand to your community, La Palma Recreation and Community Services has a job for you! We are always looking for smiling faces to assist Recreation staff with numerous activities throughout the city.

We especially need help with our awesome YOUTH SPORTS PROGRAMS.

Volunteer hours are limited so make arrangements as soon as possible! For more information, please call (714) 690-3350



Teen / Adult

Scrapbooking

Age: 16+

Everyone loves a good story! What better way to tell your story than with photos and journaling. Journaling is a way to make your pages and projects come alive. Each week will include a different aspect of scrapbooking as embellishments are used in an interactive way. A \$15 material fee is payable to the instructor at the first class.

Instructor: W. Jackson

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6316	M	9/14-10/12	6:30-8:30 p.m.	\$40 / 5
6317	M	10/19-11/16	6:30-8:30 p.m.	\$40 / 5

Zumba Latin Dance Fitness

Age: 16+

Zumba is a fun, high-energy, cardio workout that will help you get in great shape. You will learn to dance salsa, merengue, cumbia, cha cha, bachata, and more. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat.

Instructor: G. Espinosa

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
6318	TH	9/10-10/1	6:15-7:15 p.m.	\$30 / 4
6319	TH	10/15-11/19	6:15-7:15 p.m.	\$45 / 6

Aerobic Dancing

Age: 16+

Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up and cool-down dances, abdominal work, aerobic dances and the Vertifirm concept. Vertifirm (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class.

Payments: Although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment of \$55 is due on September 21 and the second payment of \$50 is due by October 28.

Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
6320	MW	9/21-12/9*	5:45-6:45 p.m.	\$105 / 12
Aerobics 1				
6321	MW	9/21-10/28	5:45-6:45 p.m.	\$55 / 6
Aerobics 2				
6322	MW	11/2-12/9*	5:45-6:45 p.m.	\$50 / 6
Pay As You Go SAT		9/26-12/12*	8:30-9:45 a.m.	\$6 / 1 day
Pay As You Go MW		9/21-12/9*	5:45-6:45 p.m.	\$6 / 1 day

*No class on Wednesday, Nov. 11 & 25, Dec. 2 and Saturday, November 14 & 28.

Tae Kwon-Do

Age: 15+

Tae Kwon-do strengthens the body and improves health through physical and mental exercise. This program is designed to develop endurance, flexibility, and balance along with self-defense techniques. The instructor is a high ranking black belt with over 20 years of teaching experience in traditional Tae Kwon-Do. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6326	MW	9/9-9/28	6:30-7:30 p.m.	\$44 / 3
6327	MW	10/5-10/21	6:30-7:30 p.m.	\$44 / 3
6328	MW	11/2-11/18	6:30-7:30 p.m.	\$44 / 3

Karate

Age: 15+

Students will learn various kicking, punching and blocking techniques while achieving physical fitness, health, and overall well-being. Traditional karate techniques will be taught by 6th degree Black Belt Instructor Ali Jafari. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6331	TTH	9/8-9/24	5:30-6:30 p.m.	\$44 / 3
6332	TTH	10/6-10/22	5:30-6:30 p.m.	\$44 / 3
6333	TTH	11/3-11/19	5:30-6:30 p.m.	\$44 / 3





Activity | Guide

Teen / Adult

Introduction to Tai Chi

Age: 14+

This graceful form of exercise that has existed for some 2,000 years uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai Chi is often described as "meditation in motion" because it promotes serenity through gentle movements—connecting the mind and body. Anyone, regardless of age or physical ability, can practice Tai Chi since the emphasis is on technique over strength. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: L. Seyller

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6334	TH	9/10-10/1	6:30-7:30 p.m.	\$44 / 4
6335	TH	10/8-10/29	6:30-7:30 p.m.	\$44 / 4
6336	TH	11/5-12/3*	6:30-7:30 p.m.	\$44 / 4

*No class on Thursday, November 26

Yoga/Pilates Fitness Class

Age: 14+

Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training and step aerobics. This is a great class to get in shape quickly and safely. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: Chopra/Seyller

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6338	MW	9/9-9/28	7:30-8:30 p.m.	\$50 / 3
6339	MW	10/5-10/21	7:30-8:30 p.m.	\$50 / 3
6340	MW	11/2-11/18	7:30-8:30 p.m.	\$50 / 3

Introduction to Martial Arts

Age: 13+

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you wanted to learn the intrinsic values associated with martial arts training—fitness, stress reduction, the mind-body connection—but don't wish to compete or participate in strenuous exercise? This is the class for you!

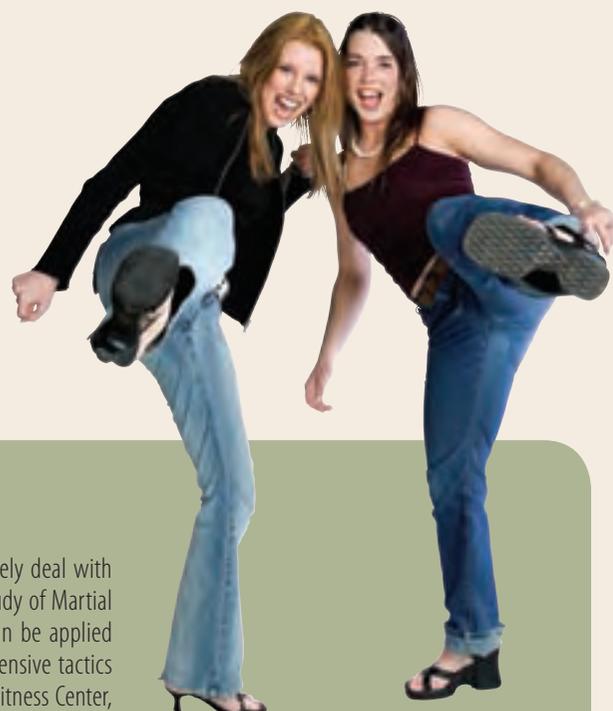
Chief Instructor Jack Amsell, 7th Degree Black Belt, has been training and teaching traditional martial arts for over 50 years and is still active. He has designed the class to make it accessible for those with limited physical abilities and to accommodate all fitness levels. If you have a desire for self-improvement and personal growth, the class covers various types of martial arts training for the mature and the younger adult. Get fit and have fun in a safe manner.

As a special benefit, a free uniform will be provided to new students after enrolling and joining their first session.

Instructor: J. Amsell

Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6356	TTH	9/8-10/1	5:00-6:00 p.m.	\$35 / 4
6357	TTH	10/6-10/29	5:00-6:00 p.m.	\$35 / 4
6358	TTH	11/3-11/24	5:00-6:00 p.m.	\$35 / 4
6364	TTH	12/1-12/17	5:00-6:00 p.m.	\$30 / 3



Women's Self Defense

Age: 14+

This class will be tailored toward how an average woman can effectively deal with real world dangers without having to devote years of her life to the study of Martial Arts. This class will introduce basic self-defense techniques, which can be applied regardless of the person's size or physical condition. You will learn defensive tactics along with hands-on practice. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6348	T	9/8-9/22	6:30-7:30 p.m.	\$44 / 3
6349	T	10/6-10/20	6:30-7:30 p.m.	\$44 / 3
6350	T	11/3-11/17	6:30-7:30 p.m.	\$44 / 3



Teen / Adult

Ice Skating for Adults

Age: 17+

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6372	W	9/30-10/21	7:00-7:30 p.m.	\$44 / 4
6373	W	10/28-11/18	7:00-7:30 p.m.	\$44 / 4
6374	TH	10/1-10/22	12:30-1:00 p.m.	\$44 / 4
6375	TH	10/29-11/19	12:30-1:00 p.m.	\$44 / 4

Dog Obedience

Age: 16+

This one is for the dogs: does your owner need assistance walking on a leash, or do they dig holes in the yard, constantly barking? Well we have a class for you! You will learn standard AKC training, including the basic commands of sit, down, stay, come and heel. This class is open to all breeds of dogs that are at least 6 months of age or with the consent of the instructor. Handlers must be at least 16. The class meets at Central Park and dogs must be on a leash before, during, and after class. The first class meeting will be an orientation of training methods, including the explanation of the proper equipment needed to train your dog. It will be held in the Pygmy Date Room without dogs. Proof of current parvo, distemper and rabies vaccinations will also be required at that time.

Instructor: R. Audette

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6377	M	9/14-11/2	7:00-8:00 p.m.	\$75 / 8

The Parent Talk System



Age: 18+

Dramatically improve your parent-child relationship! Learn easy, very effective ways to increase your child's sense of responsibility and cooperation and decrease—even eliminate—your child's frustrating behaviors! Learn how to restore family harmony and improve all family relationships! Change your family life for the better!! Applicable to parents with children of all ages—toddlers to teens. There is a \$10 workbook fee payable to instructor at first class.

Instructor: K. Salazar

Place: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
6381	TH	9/10-10/15	6:30-8:30 p.m.	\$50 / 6
6382	TH	10/22-12/3*	6:30-8:30 p.m.	\$50 / 6

*No class on Thursday, November 26

Watercolor Painting Studio

Age: 18+

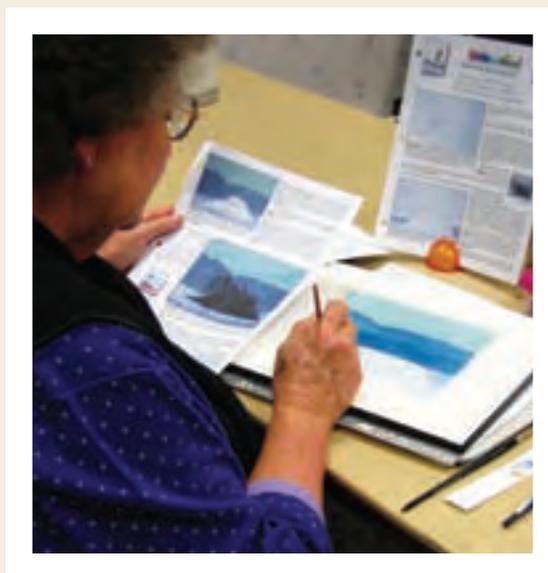
This beginning/intermediate class teaches painting methods that will enable you to create realistic watercolor paintings. Students will receive an informative color booklet and color handouts. Class work includes lectures, instructor demonstrations and directed in-class paintings.

Instructor: J. Bloom

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6385	W	9/23-11/18*	6:30-9:30 p.m.	\$95 / 8

*No class on Thursday, November 11



Register online at your convenience, 24 hours a day, seven days a week. See page 33





Activity | Guide

Adult

Adult Intro to Jazz, Stretching & Flexibility

Age: 18+

This class will involve lots of stretching to help you become more flexible as you learn a variety of dance moves to some of your favorite music. This class is for everyone regardless of fitness levels.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6386	T	9/8-9/29	6:00-7:00 p.m.	\$35 / 4
6387	T	10/6-10/27	6:00-7:00 p.m.	\$35 / 4
6388	T	11/3-11/24	6:00-7:00 p.m.	\$35 / 4

Power Tae Aerobics

Age: 18+

Power Tae, created by Grand Master J. G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class! Lessons will be held at the US Tae Kwon Do Center, 12233 Centralia, Lakewood 90713.

Instructor: C. Markopolos

Location: TKD Center

Code	Days	Dates	Time	Fee/Weeks
6389	TTH	9/1-9/24	7:00-8:00 p.m. (T)	\$40 / 4
			8:00-9:00 p.m. (TH)	
6390	TTH	10/6-10/29	7:00-8:00 p.m. (T)	\$40 / 4
			8:00-9:00 p.m. (TH)	
6391	TTH	11/3-11/24	7:00-8:00 p.m. (T)	\$40 / 4
			8:00-9:00 p.m. (TH)	
6392	TTH	12/1-12/22	7:00-8:00 p.m. (T)	\$40 / 4
			8:00-9:00 p.m. (TH)	

Line Dance

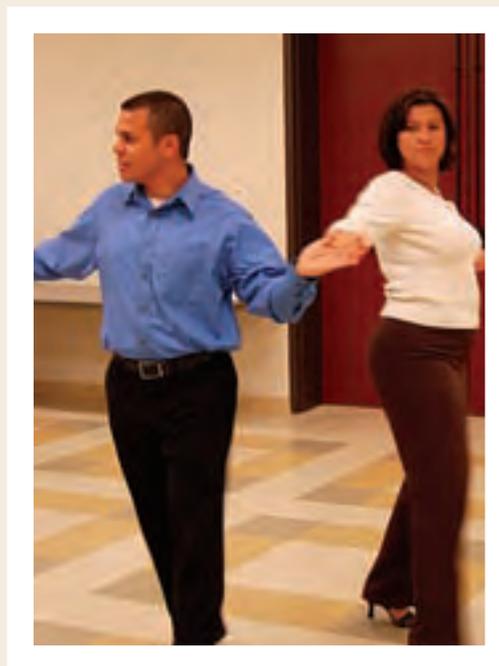
Age: 18+

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people as no partner is necessary, and get a great work-out. This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6393	M	9/21-10/26	6:30-7:30 p.m.	\$32 / 6
6394	M	11/2-12/7	6:30-7:30 p.m.	\$32 / 6



Instructors Wanted

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3359 for details.

Two Step and Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6395	M	9/21-10/26	7:30-8:30 p.m.	\$32 / 6
6396	M	11/2-12/7	7:30-8:30 p.m.	\$32 / 6



Adult

Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6397	M	9/21-10/26	8:30-9:30 p.m.	\$32 / 6
6398	M	11/2-12/7	8:30-9:30 p.m.	\$32 / 6

How to Sell on Ebay

Age: 18+

With the economy the way it is, everyone is trying to save money wherever possible. Think of eBay as a giant garage sale—your stuff is someone else's treasure. Why not make money and clear stuff out at the same time? This class will show you how to sell on eBay. We will discuss organization, categorization and how to write posts for your items.

Instructor: F. Greenspan

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
6323	W	12/9-12/16	6:30-8:30 p.m.	\$70 / 2

Ukulele: Kanikapili Okalana

Age: 18+

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. Supplies Required: Ukulele and music stand.

Instructor: H. Kamae

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6324	W	9/9-10/14	7:30-9:00 p.m.	\$55 / 6
6325	W	10/21-11/25	7:30-9:00 p.m.	\$55 / 6



La Palma/Cypress Adult Softball

Registration Dates: December 21, 2009 – January 22, 2010

Season Begins: Week of February 17

Fee: \$365 plus \$15 per game for officials

Divisions: Lower D and Lower E, Co-Ed

Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)

Times: Wednesdays: 6:30 p.m., 7:40 p.m., and 8:50 p.m.

Sundays: 4:30, 5:40, 6:50 and 8:00 p.m.

Co-ed: Friday and Saturday evenings

To accept registration:

- A completed roster with name, address, phone number and signatures of each player
- Code of conduct signed by each player
- Copy of one of the following: Driver's license, passport or California Identification
- Identification card of each player showing proof of age
- All players must be 18 years old or older



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Activity Guide

Older Adult

Weekly Movies

Age: 55+

Gather your friends, and enjoy an afternoon of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Movies are shown at 1:00 p.m. every Tuesday beginning September 22 through December 15, in the Fan Palm Room. For more information please call (714) 690-3350.

Beginning Computer Classes

Age: 55+

In partnership with OC Public Libraries-La Palma Branch learn basic programs and skills with our patient Recreation staff. The staff will teach you beginning skills such as using a keyboard, mouse, signing up for an email program, sending and receiving emails and pictures, utilizing the internet, and much more. Class size is limited, so sign up early! This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff				Location: La Palma Library	
Code	Days	Dates	Time	Fee/Weeks	
6329	T	9/8-10/13	11:00-12:00 p.m.	Free / 6	
6330	T	10/20-11/24	11:00-12:00 p.m.	Free / 6	

Country Line Dancing

Age: 55+

Join this beginner's class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: TBA				Place: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks	
Drop-in	T	Weekly	12:00-2:00 p.m.	Free / Weekly	

Marsha Roe's Line Dance Class

Age: 55+

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: Roe				Place: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks	
Drop-in	M	Weekly	1:00-3:00 p.m.	Free / Weekly	



La Palma Seniors Club

The La Palma Seniors Club offers adults 50 years and older the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck luncheons, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!



Older Adult

Information and Referral

If you or someone you know needs help, call Orange County Senior Information and Referral. This is a program designed to provide seniors access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at (714) 567-7500.

Senior Transportation Referral

For La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill out required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3353.

When to Call 9-1-1

9-1-1 is the number to call to get help in a police, fire or medical emergency. A 9-1-1 call goes over dedicated phone lines to the 9-1-1 answering point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from the police, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

If you call 9-1-1 by mistake, do not hang up! Tell the call taker what happened so they know there really isn't an emergency.



La Palma Meals On Wheels

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

Volunteers Needed

Meals on Wheels is looking for volunteers who would be interested in delivering meals Monday–Friday. Volunteers work twice monthly for about one hour. If you're interested in volunteering, please call (714) 690-3350.

Improving Access to Community and Social Services

2-1-1 is a free 3 digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.



Activity | Guide

Adult / All Ages

Traditional Martial Arts

Age: 8+

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, and Kobudo (weapons). Classes emphasize modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress, and gain a positive attitude.

This program is divided into three course levels—Introduction for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the course that best fits your capabilities (please discuss with the Chief Instructor before enrolling in non-beginner classes).

Students progress through various martial arts systems and more advanced students are permitted to compete in Taekwondo or Judo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee and the U.S. Judo Association and are experienced in both traditional martial arts and sports training systems.

Students and instructors are expected to have their own authorized Taekwondo and Judo uniform, however new introductory students will receive a free uniform after enrolling for their first session. Uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration. Special off-site training activities are scheduled and announced well in advance.



Instructor: J. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
Beginning				
6337	SAT	9/12-10/3	10:00-11:00 a.m.	\$35 / 4
6342	SAT	10/10-10/24	10:00-11:00 a.m.	\$30 / 3
6343	SAT	11/7-11/28*	10:00-11:00 a.m.	\$30 / 3
6344	SAT	12/5-12/19	10:00-11:00 a.m.	\$30 / 3
Intermediate				
6345	SAT	9/12-10/3	11:00-12:00 p.m.	\$35 / 4
6346	SAT	10/10-10/24	11:00-12:00 p.m.	\$30 / 3
6347	SAT	11/7-11/28*	11:00-12:00 p.m.	\$30 / 3
6348	SAT	12/5-12/19	11:00-12:00 p.m.	\$30 / 3
Advanced				
6352	SAT	9/12-10/3	12:00-1:00 p.m.	\$35 / 4
6353	SAT	10/10-10/24	12:00-1:00 p.m.	\$30 / 3
6354	SAT	11/7-11/28*	12:00-1:00 p.m.	\$30 / 3
6355	SAT	12/5-12/19	12:00-1:00 p.m.	\$30 / 3

*No class on Saturday, November 14

Practical Chess Instruction

Age: 8+

Checkmate! La Palma Chess Club (LPCC) was established in 1975 and is a USCF affiliated chess club that offers rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all abilities from beginner to master. Chess lessons are available upon request. This session there will be 4 different tournaments, individuals can sign up for one, two or all of them!

Instructor: LP Chess

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6359	F	9/4-11/27*	6:00-11:00 p.m.	\$30 / 12

*No class on Friday, November 13.

Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
6360	Chess Champ./Universe 2	F	9/4-9/25	6:00-11:00 p.m.	\$13 / 4
6361	2009 Club Championship	F	10/2-11/6	6:00-11:00 p.m.	\$20 / 6
6362	The Quickie	F	11/20	6:00-11:00 p.m.	\$5 / 1
6363	Blitzing the Pilgrim	F	11/27	6:00-11:00 p.m.	\$5 / 1



Register Online!

Signing up for your favorite recreation activities is now easier and more convenient when you use La Palma's LPRecConnect system. Register online at your convenience, 24 hours a day, seven days a week.

See Page 33



Adult / All Ages

Tennis

Age: 6 – 13

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$15 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will be practicing the basics of forehands, backhands, and volleys.

Level #2: Advanced beginners should be able to hit the ball over the net with some success. At this level players will work on spins, placement, and footwork.

Level #3: Intermediate players should be able to place their forehand, backhand and volleys. They are in the process of learning serves; however, they are not consistent enough to participate in match play. This level features small groups of no more than six players per instructor.

Instructor: McConnell

Place: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
6367	1	6-9	W	9/16-11/4	6:00-7:00 p.m.	\$40 / 8
6366	2	9-11	W	9/16-11/4	7:00-8:00 p.m.	\$40 / 8
6365	3	11-13	W	9/16-11/4	8:00-9:00 p.m.	\$40 / 8
6371	1	9-11	SAT	9/12-10/31	9:00-10:00 a.m.	\$40 / 8
6368	2/3	11-13	SAT	9/12-10/31	10:00-11:00 a.m.	\$40 / 8
6369	1	9-11	SUN	9/13-11/1	6:00-7:00 p.m.	\$40 / 8
6370	2/3	11-13	SUN	9/13-11/1	7:00-8:00 p.m.	\$40 / 8

Tennis Academy

Age: 11-Adults

Gold, Silver, and Bronze Academy

The Tennis Academy is designed to assist players in moving up to the next level. Improve your coordination and test your physical stamina. There is a \$15 materials fee to cover balls and machine use.

Instructor: McConnell

Place: Tennis Courts

Code	Level	Days	Dates	Time	Fee/Weeks
6380	Gold	M	9/14-11/2	6:00-8:00 p.m.	\$150 / 8
6379	Silver	SAT	9/12-10/31	4:00-6:00 p.m.	\$150 / 8
6378	Bronze	SUN	9/13-11/1	4:00-6:00 p.m.	\$150 / 8

Tennis Camps

Age: 8 – 14

It's time to stay fit and have fun doing it with our tennis camps for Fall 2009! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, hitting all while instilling good sportsmanship. There is a \$10 materials fee to cover balls and machine use.

Instructor: McConnell

Place: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
6383	1/2	8-11	M-TH	12/21-12/24	8:00-9:30 a.m.	\$50 / 1
6384	1/2	11-14	M-TH	12/21-12/24	9:30-11:00 a.m.	\$50 / 1



Private Tennis Lessons

Age: 8+

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (562) 889-8053.



Activity | Guide

Adult / All Ages

Learn to Swim

USA Water Polo National Training Center

Located at: Joint Forces Training Base

11360 Valley Forge Drive

(off of Lexington Drive and Farquhar Ave)

(562)795-2628

Please remember, all adults entering the Joint Forces Training Base MUST have a photo I.D.

Swim Lessons

Keep cool after the summer ends! The City of La Palma in collaboration with the City of Los Alamitos remains committed to providing the highest quality services to the community. We hire only American Red Cross certified and trained Water Safety Instructors and Lifeguards in order to maintain a high standard and quality of employee, putting safety first. All swimming lessons are taught utilizing the American Red Cross guidelines and teaching techniques. We offer low class ratios and high quality instructors at reasonable rates in order to provide a safe and nurturing environment where each child can learn to be safe in the water.

Registration Procedures:

You must come to La Palma Recreation and pick-up the Aquatics Registration Form. Please complete one form per child per session and be sure to sign the bottom. You may register for sessions during the La Palma registration period August 22 – September 7, 2009.

Walk-in Registration:

Walk-in registration at the pool will be accepted only if classes are not full and on a session-by-session basis.

Parent and Me

Age: 6 months – 3 years

Student/Teacher Ratio: 6:1

Introduce your child to fun in the water! Skills include: blowing bubbles, kicking, holding onto the wall, floating on front and back, and water safety skills. Classes will be taught using our custom-made "teaching platforms". Parents must know how to swim and children must wear swim diapers.

Session 1

6435	MW	9/14-10/12	3:00-3:30 p.m.	\$56 / 5
6436	TTH	9/15-10/13	3:00-3:30 p.m.	\$56 / 5

Session 2

6438	MW	10/19-11/18*	3:00-3:30 p.m.	\$56 / 5
6439	TTH	10/20-11/17	3:00-3:30 p.m.	\$56 / 5

*No class on 11/11

Saturday Session

6437	SAT	9/19-11/14	10:30-11:00 a.m.	\$56 / 5
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Tiny Tots

Age: 3 – 5 years

Student/Teacher Ratio: 3:1

This class is for children ready to be in the water without a parent. Skills include: bobbing, kicking, exhaling underwater through mouth and nose, floating and introduction to arm strokes.

Session 1

6440	MW	9/14-10/12	3:00-3:30 p.m.	\$56 / 5
6441	TTH	9/15-10/13	3:00-3:30 p.m.	\$56 / 5
6442	MW	9/14-10/12	3:30-4:00 p.m.	\$56 / 5
6443	TTH	9/15-10/13	3:30-4:00 p.m.	\$56 / 5

Session 2

6445	MW	10/19-11/18*	3:00-3:30 p.m.	\$56 / 5
6446	TTH	10/20-11/17	3:00-3:30 p.m.	\$56 / 5
6447	MW	10/19-11/18*	3:30-4:00 p.m.	\$56 / 5
6448	TTH	10/20-11/17	3:30-4:00 p.m.	\$56 / 5

*No class on 11/11

Saturday Session

6444	SAT	9/19-11/14	10:00-10:30 a.m.	\$56 / 9
6449	SAT	9/19-11/14	10:30-11:00 a.m.	\$56 / 9

Level 1

Age: 5 – 15 years

Student/Teacher Ratio: 6:1

This class is designed for beginners who have little or no aquatic experience. Skills include: water adjustment, bobbing, blowing bubbles, kicking, and floating on front and back.

Session 1

6450	MW	9/14-10/12	3:00-3:30 p.m.	\$50 / 5
6451	TTH	9/15-10/13	3:00-3:30 p.m.	\$50 / 5
6452	MW	9/14-10/12	4:00-4:30 p.m.	\$50 / 5
6453	TTH	9/15-10/13	4:00-4:30 p.m.	\$50 / 5

Session 2

6454	MW	10/19-11/18*	3:00-3:30 p.m.	\$50 / 5
6455	TTH	10/20-11/17	3:00-3:30 p.m.	\$50 / 5
6456	MW	10/19-11/18*	4:00-4:30 p.m.	\$50 / 5
6457	TTH	10/20-11/17	4:00-4:30 p.m.	\$50 / 5

*No class on 11/11

Saturday Session

6458	SAT	9/19-11/14	9:30-10:00 a.m.	\$50 / 9
6459	SAT	9/19-11/14	10:00-10:30 a.m.	\$50 / 9

Level 2

Age: 5 – 15 years

Student/Teacher Ratio: 6:1

This class is for beginners who feel comfortable in the water. Skills include rhythmic breathing, introduction to front and back arm strokes, kicking and gliding.

Session 1

6466	MW	9/14-10/12	4:00-4:30 p.m.	\$50 / 5
6467	TTH	9/15-10/13	4:00-4:30 p.m.	\$50 / 5

Session 2

6468	MW	10/19-11/18*	4:00-4:30 p.m.	\$50 / 5
6469	TTH	10/20-11/17	4:00-4:30 p.m.	\$50 / 5

*No class on 11/11



Adult / All Ages

Saturday Session

6470	SAT	9/19-11/14	9:30-10:00 a.m.	\$50 / 9
6471	SAT	9/19-11/14	10:00-10:30 a.m.	\$50 / 9

Level 3

Age: 5 – 15 years

Student/Teacher Ratio: 6:1

This class is designed to improve your stroke and endurance. Skills include: front crawl, backstroke, side breathing, treading water, floating and elementary backstroke.

Session 1

6472	MW	9/14-10/12	4:00-4:30 p.m.	\$50 / 5
6473	TTH	9/15-10/13	4:00-4:30 p.m.	\$50 / 5

Session 2

6474	MW	10/19-11/18*	4:00-4:30 p.m.	\$50 / 5
6475	TTH	10/20-11/17	4:00-4:30 p.m.	\$50 / 5

*No class on 11/11

Saturday Session

6476	SAT	9/19-11/14	9:00-9:30 a.m.	\$50 / 9
6477	SAT	9/19-11/14	9:30-10:00 a.m.	\$50 / 9
6478	SAT	9/19-11/14	10:30-11:00 a.m.	\$50 / 9

Level 4

Age: 5 – 15 years

Student/Teacher Ratio: 8:1

This class is designed to further improve strokes and endurance and learn breaststroke and side stroke.

Session 1

6479	MW	9/14-10/12	3:30-4:00 p.m.	\$50 / 5
6480	TTH	9/15-10/13	3:30-4:00 p.m.	\$50 / 5

Session 2

6481	MW	10/19-11/18*	3:30-4:00 p.m.	\$50 / 5
6482	TTH	10/20-11/17	3:30-4:00 p.m.	\$50 / 5

*No class on 11/11

Saturday Session

6483	SAT	9/19-11/14	9:00-9:30 a.m.	\$50 / 9
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Level 5/6

Age: 6 – 15 years Student/Teacher Ratio: 8:1

This class is designed to refine skills learned in level 4, and be introduced to the butterfly, jump entry, underwater swimming and open turns. Also great for students to refine and improve all strokes.

Session 1

6484	MW	9/14-10/12	3:30-4:00 p.m.	\$50 / 5
6485	TTH	9/15-10/13	3:30-4:00 p.m.	\$50 / 5

Session 2

6486	MW	10/19-11/18*	3:30-4:00 p.m.	\$50 / 5
6487	TTH	10/20-11/17	3:30-4:00 p.m.	\$50 / 5

*No class on 11/11

Saturday Session

6488	SAT	9/19-11/14	9:00-9:30 a.m.	\$50 / 9
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Lifeguard Training

Age: 15+

Prepare yourself for an exciting job as a lifeguard! This unique program teaches lifeguard candidates the skills and knowledge necessary to prevent and respond to aquatic emergencies. Participants must be at least 15 years old and have good swimming skills. Upon successful completion of this course, students will receive certification in American Red Cross (ARC) Lifeguard Training (including First Aid) and CPR for the Professional Rescuer. Attendance at every class meeting is mandatory.

Code	Days	Dates	Time	Fee/Weeks
6489	F	9/18-9/20	5-10 p.m.	\$165
	SAT SUN		8:00 a.m.-8:00 p.m.	
6490	F	10/16-10/18		\$165
	SAT SUN		5-10 p.m.	

Water Safety Instructor

Age: 16+

This course provides the certification and training necessary to teach all of the American Red Cross (ARC) Swimming and Water Safety courses. Participants must be at least 16 years old. The class includes the ARC prerequisite course Fundamentals of Instructor Training (FIT). Attendance at every class meeting is mandatory.

Code	Days	Dates	Time	Fee/Weeks
6491	F	11/6	5:00-10 p.m.	\$175
	SAT SUN	11/7-11/8	9:00a.m.-7:00 p.m.	
	SAT SUN	11/14-11/15	9:00a.m.-7:00 p.m.	

Swim and Stay Fit Lap Swimming

Age: 16+

Looking for a great way to get in shape? The Swim and Stay Fit Lap Swimming Program is for swimmers of all abilities. This program allows you to track your progress as you swim your way into shape. Daily workout plans are available to all participants. To participate in the lap swimming program purchase a Club Card at the Los Alamitos Community Center, 10911 Oak St. or pay a daily fee at the pool. The pool is heated to a comfortable temperature and locker rooms are available. Kickboards and leg floats are available to checkout.

Fee: Lap Swim Club Card-\$65 for 20 visits

Drop In-\$4 per visit

Days	Times
MWF	5:30-7:00 a.m.
M-F	12-1:30 p.m.

Class ratios will be adhered to as much as possible, with an occasional student added in order to accommodate as many participants as possible. Class times are subject to change.

Seasonal | Events



Halloween Carnival

Saturday, October 31, 2009

5:30 – 8:30 p.m., Central Park

FREE

Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat!

Our yearly spooktacular event features a fabulous COSTUME CONTEST for ghouls and boys with special prizes in each age division! This year's Halloween spookfest will feature CARNIVAL GAMES, a "GOBLIN GULCH" for children under the age of 5, and the "HAUNTED CARN-EVIL" area.

Community groups, organizations and individuals are invited to operate a carnival booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Recreation and Community Services Department at (714) 690-3350.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.

23rd Annual Holiday Tree Lighting

Wednesday, December 2

5:30 – 8:30 p.m.

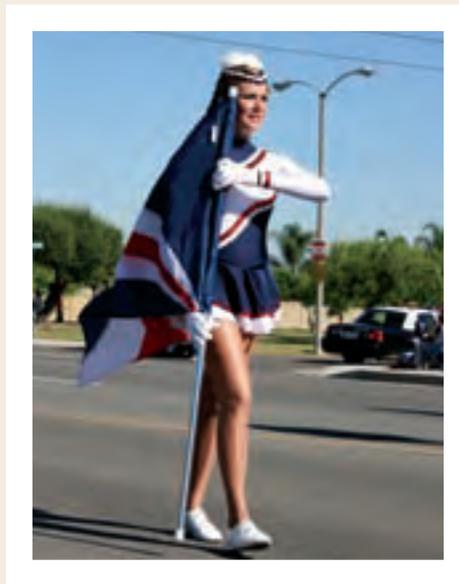
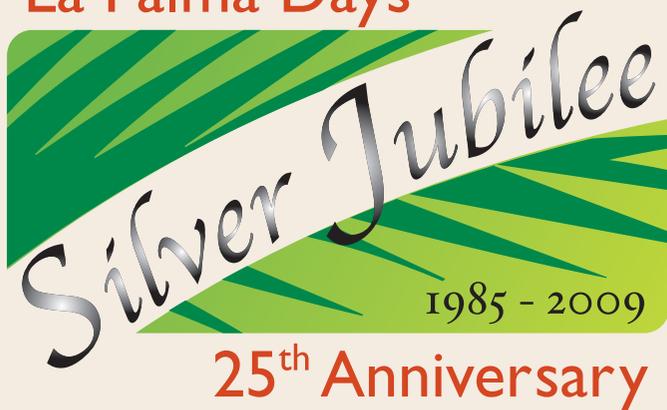
Central Park Amphitheater

Join your friends and family for this annual holiday favorite. Every year this event brings the La Palma community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Carol Sing Along. Join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For further information, please call (714) 690-3350.





La Palma Days



25th Annual La Palma Days Silver Jubilee

Saturday, November 14, 2009

10 a.m. – 6 p.m.

Featuring:

- La Palma Pageant Court
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food & Product Vendors

La Palma celebrates its diverse heritage with the 25th Anniversary of La Palma Days. This annual tradition has been celebrated in our community for 25 years, encouraging residents, business partners and friends to celebrate La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 8 then gears up for the grand celebration on Saturday, November 14. Join Grand Marshall Mickey Mouse as he leads the parade down Walker Street.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for this year's event, please call (714) 690-3350 or visit www.cityoflapalma.org.

La Palma Days Seeking Volunteers

Do you want to be involved in your community? La Palma Recreation and Community Services is actively seeking committed community members to assist in the planning of this year's La Palma Days. Committees include: Parade, Activities, Entertainment, Historical and Culture, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.

Please Patronize our Advertisers



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Tel 714-562-0560 • Fax 714-562-0665
Monday - Friday 10 a.m-7p.m
Saturday 11 a.m - 5p.m
Sunday Closed

Framers Insurance

Maria Reinhart

Joy Music School

Caroline Su

Instructors Wanted

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3359 for details.

Dr. Bold

State Farm Insurance

Unisource



**2009 La Palma Birthing Center (라팔마 출산 센터)
Maternity Tea & Orientation (임산부 "차"와 오리엔테이션)**

Korean (한국어)

10/5 Monday (월)

12/7 Monday (월)

English (영어)

10/8 Thursday (목)

12/10 Thursday (목)

Time: 7pm-8:30pm
**Place: La Palma Intercommunity Hospital
Rehab Dining Room
7901 Walker St.
La Palma, CA 90623**

(714) 562-4022 Please leave a message to confirm attendance
위 전화번호에 메시지로 좌석 예약을 해주세요

*** Refreshments & Raffle Gift (다과와 복권 선물이 준비되어있습니다)***

City & Class Activity Locations

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma
(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

4. La Palma Branch Library (714) 523-8585

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress



8. Cypress Community Center

5700 Orange Avenue, Cypress

9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. USA Water Polo National Training Center

Joint Forces Training Base

11360 Valley Forge Drive, Los Alamitos

11. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

Your Recreation Staff

Director	Jan Hobson	
Superintendent	Mike Belknap	
Supervisor	Cindy Robinson	
Coordinators	Burt Ferguson & Sylvia Hinojosa	
Specialists	D.J. Albarian, Nancy Brewer Anthony Kim, Tamara York	
Senior Office Staff	Jill Olivier & Lori Whalen	
Leaders		
Allen Arslanian	Bryan Amezquita	Mahesh Botejue
Joe Cooper	Tim Dodd	Austin Greene
Maureen Guinoo	Kristen Hara	Vanessa Haning
Emily Kulassia	Kristine Luevanos	Jesse Matsukawa
Meghan Maher	Christian McCombs	Allison Riach
Matt Rippel	Nick Rotherham	Brandon Solem-Kuehl
Michael Vela		



Postal Customer La Palma, CA 90623

La Palma Days



25th Annual La Palma Days Silver Jubilee

Saturday, November 14, 2009

10 a.m. – 6 p.m.

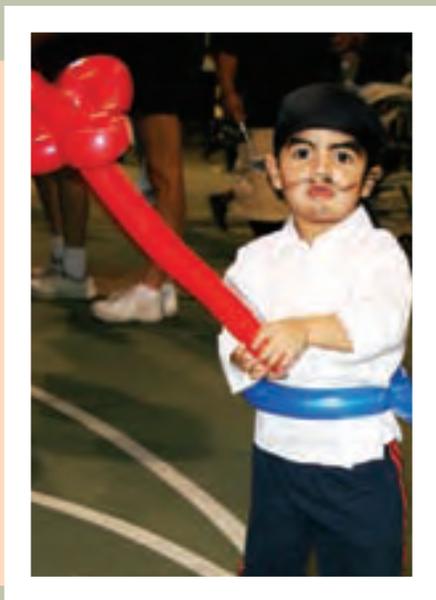
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LPRecConnect

Online Registration - Now Available!

The La Palma Recreation & Community Services Department is pleased to provide you with LPRecConnect—an online registration system offering the convenience of secure online registration for our classes and activities. LPRecConnect is available 24-hours a day, seven days a week. You may also browse indoor facility availability for The Palms at Central Park Community Center. See details on page 9.