



The Cupertino

SCENE

A MONTHLY PUBLICATION OF THE CITY OF CUPERTINO

MAY 2017

A NICE RIDE

May is National Bike Month. As such, this issue of the Scene is focused on the health benefits of bike riding, how the City is making Cupertino a more bike-friendly community, and the future of bicycle transportation in Cupertino.

See inside for more...



Cupertino Presents

2017 CREST Awards

MAY

31

6:30

PM



CREST

Cupertino Recognizes Extra Steps Taken

Stan Barkey

Monica Tong

Claudio Bono

Kay Lohmiller

Liang Fang Chao

De Anza Kiwanis Club

Quota International Club

Cupertino Host Lions Club

St Joseph's Parish Cupertino

The Hidden Treasures Volunteer Committee



MANAGING THE MESSAGE

May is National Bike Month, and for a city like Cupertino that has put a lot of time, effort, and funds toward creating a safer and connected bicycle infrastructure, it would be a shame not to celebrate.

The City has made huge strides over the last few years in building a bicycle infrastructure that allows for safer routes for Cupertino's youth to bike to school, for residents to travel around town, or families to take a weekend ride together. (Read more about this on the next page.)

This couldn't have happened without a supportive community and a City Council willing to put money and focus toward these projects.

What can get overshadowed, however, is the hard and mostly unheralded work of the City's Public Works Department.

These are the women and men of Cupertino who work day in and day out to ensure that the City continues to have a strong and healthy public infrastructure.

For example, take the City's Pavement Condition Index (PCI) rating, which is rapidly approaching 80. That is an exceptional number that many cities cannot match. What it means is that the vast majority of the City's roads are in "good" condition, which is the highest category the PCI offers.

Having such a high PCI rating means that, in the end, the City will be able to save money because it will only have to maintain these roadways instead of having to completely rehabilitate them.

Over the last several years, and continuing this year, the City has also alleviated major flooding issues in various neighborhoods.

Elm Court was one of those streets in 2015. The City upgraded the storm drain system by redirecting some of the existing pipeline and adding additional pipeline in the area. This helped provide drainage relief to Elm Court, Shannon Court, and Bubba Road.

This year the City will take on a project to alleviate flooding in the area of Foothill Boulevard and Cupertino Road by adding additional capacity to the storm drain system. The City will be constructing a supplemental main in the area to increase the flow of water and relieve the neighborhood of flooding during wet seasons.

Lastly, the City will be constructing Class IV bike lanes on Stevens Creek Boulevard and McClellan Road. These protected bike lanes adds a physical separation between bike riders and motorist, adding a level of safety for everyone.

David Brandt
City Manager

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Questions or comments about *The Scene*? Contact staff at scene@cupertino.org.



With National Public Works Week occurring the week of May 21, just after Bike to Work Week, it's a good time to reflect on how building modern bicycle infrastructure is a critical step in getting a community comfortable in getting out of their cars and on their bikes.

The City's Public Works staff touches on many aspects of daily life in Cupertino, including caring for our parks, trees, streets, and public buildings, as well as managing our trash and recycling programs. But changing our streets to modify our transportation culture is something that the department has focused on for the past several years.

In late 2014, the City suffered the tragic loss of a high school freshman who was in a collision with a truck while riding his bike to school.

The City held a community meeting with over 200 people of all ages, and gained over 400 ideas for improvements.

Afterward, the City embarked on an effort to quickly improve the safety of cyclists and pedestrians. The program immediately received funding and Council support for engineering improvements, as well

as new programs and local laws.

Many engineering improvements took advantage of the City's largest street repaving effort in its history by replacing striping with narrower vehicular lanes, green bike lanes, bike lane buffers, and sharrows.

Engineering solutions that quickly came into place included installation of green bike lanes at dozens of potential vehicle-bicycle conflict areas, seven miles of buffered bike lanes, including portions of Stevens Creek Boulevard, and sharrows along many of our bike routes, concentrating on areas in the vicinity of schools.

Other actions included:

- **Hiring a full-time Safe Routes 2 School Coordinator** to develop a structure for City/School District/Community partnerships in order to find ways to make bicycling and walking more comfortable and to develop programs to educate and encourage students to bike and walk to school more often.
- **Amending the City's Municipal Code** to prohibit trucks in school zones during morning and afternoon commute times.

- **Revising the Municipal Code** to allow children up to the age of 12, and accompanying adults, to ride bicycles on the sidewalk.
- **Completing the 2016 Bicycle Transportation Plan.** This became a great community effort and a solid platform for a cohesive and engaged Bicycle Pedestrian Commission. A new community advocacy group was formed, Walk Bike Cupertino, which also helped shape the plan. As the plan was approved, the City Council budgeted \$2 million to begin identifying high-priority projects.

Following up on recommendations within the 2016 Bicycle Transportation Plan, a study of conceptual designs is underway for separated bike lanes on Stevens Creek Boulevard and McClellan Road, as well as for a network of bicycle boulevards on local streets throughout the City. Implementation of the improvements is anticipated to begin this summer.

Learn more about the Public Works Department and what they do at www.cupertino.org/publicworks.

Public Works Director Timm Borden contributed to this article.

WHY I DO / WHAT I DO



Chelsea Biklen
Safe Routes to School
Community Coordinator
chelseab@cupertino.org

As Cupertino's "Safe Routes 2 School" Community Coordinator I get to explore the nexus between public health, transportation planning, and sustainability on a daily basis. Safe Routes 2 School programs are a national effort to unite community members, empower young learners, and improve community safety through the mechanism of reducing vehicular travel to and from school.

I was drawn to the job initially from a sustainability perspective, having studied it in college, but what I've grown to understand about this work is how much deeper and more powerful it is than trying to reduce car trips. What I'm beginning to understand is how this program is a microcosmic example of how challenging it is to solve large human problems in fragmented communities.

Traffic issues here in Silicon Valley are imminent and schools in Cupertino, like most other growing cities, simply were not built to fit the amount of kids and cars now on the road. With more people comes more vehicle traffic, which means more 3,000-plus pound metal machines trying to move up and down confined neighborhood streets en route to and from school each day. It creates an unsafe situation for those in and those outside of cars.

Our program aims to improve this situation through a multi-pronged, grassroots community approach that utilizes tactics of education, engineering, and encouragement toward active transportation. We recognize that there's no one solution to excess traffic and that it takes a variety of approaches — and some time — to create change. I consider myself and the Safe Routes 2 School program a community builder, uniting previously isolated organizations around the health and well-being of our children and this Earth.

Though leading a program focused on shifting behavior away from driving can be challenging, I really enjoy the work, particularly because of the people. The folks in Cupertino and the surrounding region have immense passion and care for the safety of the children of this community. Together we are constantly coming up with creative and innovative ideas and implement them to make our City safer and our kids more active. The whole process is inspiring and makes my job feel worth it on those particularly rough days. I have deep gratitude for the community members I work with and the encouragement and positive feedback I get from being around them.

Though this program was started by the City, it has always relied on close partnerships with local school districts, individual schools, bicycle/pedestrian advocates, and parents because without this cohesion the program would cease to function. Our community, like many others, is at a turning point where we need to consider different approaches to improving traffic safety. Safe Routes 2 School programs pioneer in this arena and explore other methods to shift and sustain behavior change toward active transportation while increasing community collaboration at the same time.

My hope moving forward is that this program continues to grow in its participation and success and that surrounding communities adopt similar approaches.

To learn more about Cupertino Safe Routes 2 School, or to join the program, visit www.cupertino.org/saferoutes.



Wheel of Fortune

Bicycling Offers a Wealth of Benefits



SO, WHY RIDE A BIKE?

We hear it all the time from our doctors, nutritionists, friends, and blogs. We need to exercise more. And one great way of getting that exercise is by jumping on a bike and taking a ride around the neighborhood.

But why ride a bike? There are numerous reasons, including that it boosts brainpower, increases happiness, and builds healthy communities.

In celebration of National Bike Month, and the myriad of delightful biking benefits, we've written this brief list about why riding bicycles is good for everyone.

Safe Routes 2 School Community Coordinator Chelsea Biklen contributed to this article.



YOU NEED REASONS

WE HAVE FOUR OF THEM

1 **Let's start with kids** and the strong correlation that exists between bicycling and concentration levels. Many of us are aware that exercise (e.g. walking or riding a bicycle) has a positive effect on our health, but are we aware of the positive effects on our brains? This correlation does exist! Spurts of exercise throughout the day are shown to improve long-term memory, reasoning, attention, problem-solving and fluid intelligence levels, especially in adolescents.

2 **Bicycling lowers risk for all kinds of health ailments** including but not limited to cancer, heart disease, high cholesterol, cardiovascular disease, insomnia, and obesity. Bicycling rapidly burns calories and exercise experts prefer cycling over running because it's less traumatic on the joints. Additionally, cycling can improve your quality of sleep. This was shown by a Stanford Research Study that asked a group of insomnia sufferers to bike for 20-30 minutes every other day and found that these insomniacs were able to fall asleep twice as fast and increase their sleep time.

3 **Biking also has the ability to make us and our neighbors happy!** From a neurobiological perspective, riding a bike releases endorphins, serotonin, and cannabinoids – a.k.a. the “feel good” chemicals in our brains. Riding regularly also balances our body's adrenaline and cortisol levels, the hormones responsible for creating stress. The science of positive psychology also points us towards the sensations of gratitude, flow, and accomplishment that comes from riding a bike.

4 **Last but not least, biking builds community.** In what other form of transportation are we able to simultaneously enjoy the fresh air, observe novel landmarks around us, and warmly wave at a neighbor as we pedal by? Bicycling provides us an opportunity to engage more with this beautiful City around us, and this engagement is nearly impossible to experience when sitting behind the wheel of a car, stuck in traffic.

WHAT'S THE WORD?

GET TO KNOW YOUR BICYCLING LINGO

ACROSS

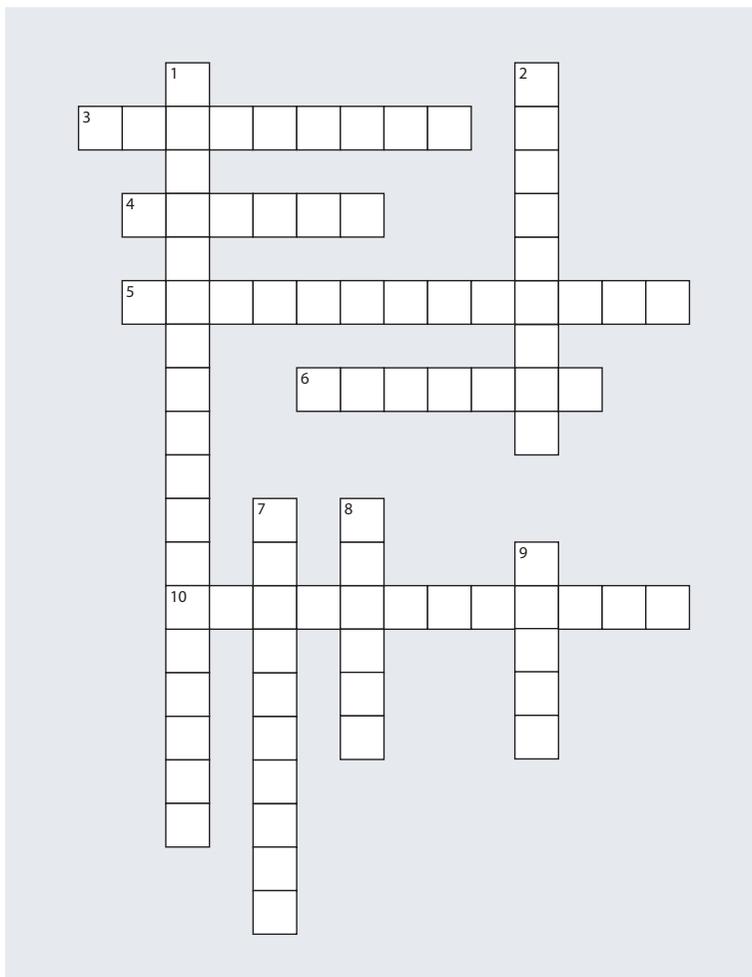
3. Name for the newest kind of bikeway design that features a physical barrier between the bike lane & vehicle lane
(Hint: 10 Across)

4. Always wear one of these on your head when riding a bike

5. In a 2012 study, kids that walked or biked to school scored higher on a test that measured _____ abilities than kids who were driven
(Hint: Page 7)

6. Symbol painted on the ground that means "Share the Road"
(Hint: Rhymes with Arrow)

10. One of the main streets in Cupertino that will include Class Four separated bikeways



DOWN

1. The name of Cupertino's program that works with schools to make walking and biking to school safer for students
(Hint: Page 5)

2. Riding your bike as transportation helps reduce this locally and globally
(Hint: Air)

7. As a cyclist, you must always maintain this with drivers when crossing an intersection

8. The oldest kids can be to legally ride bikes on the sidewalk in Cupertino
(Hint: XII)

9. The color that Cupertino paints many of its bike lanes to make them more visible
(Hint: Rhymes with Scene)

S A F E T Y B T H G D
 E S G E A R S H E S E
 K R N S Q L S G A C R
 A I S I U E T I D A A
 R D X S A E V L L D I
 B I F M M H S L I E L
 S N S L S W C I G N L
 Y G E R I T S A H C E
 S H R O U T E T T E U
 H A N D S I G N A L R

WORDSEARCH

Brakes	Helmet
Cadence	Riding
Chains	Route
Derailleur	Safety
Gears	Tail Light
Hand Signal	Tire
Head Light	Wheel

Crossword Answers: Across: 3) Class Four, 4) Helmet, 5) Concentration, 6) Sharrow, 10) Stevens Creek. Down: 1) Safe Routes To School, 2) Pollution, 7) Eye Contact, 8) Twelve, 9) Green

GET IN THE CUPERTINO-*know*

What's going on around town?

CAMP CUPERTINO! CHILDREN 6 - 13 YEARS OLD

*Enjoy 44 days of summer
with this interactive camp*

Learn more at

<http://bit.ly/campcupertino>



Bicycle Boulevard Open House

Sat., May 6 from 9 a.m. - 1:30 p.m.

10300 N. Blaney Avenue

*Give your input on proposed
bicycle boulevard routes*

<http://bit.ly/2odedOV>

Teen Study Day

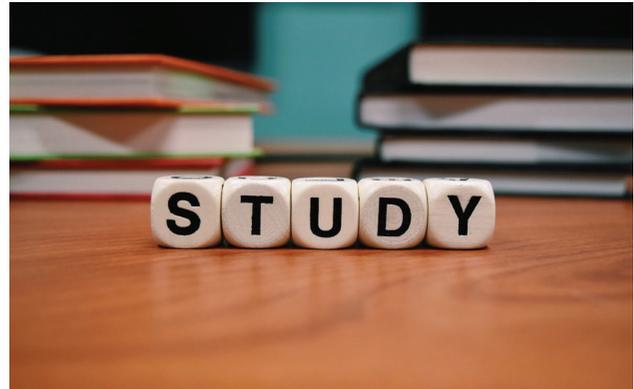
Sat., May 27, noon to 5:30 p.m.

Cupertino Community Hall

10350 Torre Avenue

*Study, work on projects, get
ready for the end of school*

www.sccl.org/cupertino



CREST AWARDS

*Celebrate those who gave
their time to the community*

May 31 @ 6:30 p.m.

Cupertino Community Hall

www.cupertino.org/crest



COMMUNITY CALENDAR | ©

CHILDREN

English/Mandarin Bilingual Storytime

Monday, May 1, 11:15 a.m.

Cupertino Library Story Room

Join the Cupertino Library for stories, songs, fingerplays and a craft for children ages 2 - 5. Storytime will be conducted in English and Mandarin.

©

Cupertino Library Children's Garden

Tuesdays, May 2, 9, 16, 23, 30

From 3:30 - 4:30 pm

Cupertino Library Courtyard

Children are invited to visit the Cupertino Library Children's Garden! Explore the garden and engage in hands-on activities.

TEENS

Teen Study Day

Saturday, May 27, 12:00 - 5:30 p.m.

Cupertino Community Hall

Join the Cupertino Library at Community Hall to study, work on projects, and get ready for the end of the school semester. Open work spaces and seating will be available. Free refreshments will be served throughout the day. Ages 13 - 18. Brought to you by the Friends of the Cupertino Library.

FAMILY-FRIENDLY

Bicycle Boulevard Open House

Saturday, May 6 9:00 a.m. - 1:30 p.m.

Guided Learning Center at Collins Elementary School 10300 N. Blaney Avenue. This will be the first open house for this project to solicit public input on the several proposed bicycle boulevard routes. The open house will feature a series of presentations.

©

Safe Routes 2 School Working Group

Monday, May 15 4:00 - 5:00 p.m.

Join fellow Cupertino residents interested in creating safer streets and sidewalks at the Safe Routes 2 School Working Group meeting.

©

National River Clean Up Day

Saturday, May 20 9:00 a.m.-12:00 p.m.

The City's semiannual community creek cleanup is on Saturday, May 20th, 9:00am-12:00pm at Creekside



Park, 10455 Miller Avenue. Volunteers and City staff will clean segments of Calabazas and Regnart Creeks. Register at www.cleanacreek.org.

©

Graywater Workshop

Thursday, May 25 6:30 p.m. - 8:00 p.m.

Community Hall, 10350 Torre Avenue

The City of Cupertino and the Santa Clara Valley Water District will be hosting a series of workshops in order to help residents learn about graywater and how to use a "Laundry to Landscape" (L2L) system to conserve water and potentially qualify for the \$200 Graywater L2L Rebate Program.

©

CREST Awards

Wed., May 31 6:30 p.m.-9:00 p.m.

Community Hall, 10350 Torre Avenue

The Cupertino Recognizes Extra Steps Taken (CREST) Awards honor individuals or organizations making major contributions to the quality of life in Cupertino during 2016. Join the City Council in awarding them for their dedication to their community.

ADULTS

Building a Strong Financial Future

Monday, May 15, 7:00 p.m.

Cupertino Library Story Room

Learn strategies for building a strong financial future from age 45 to retirement with a certified financial planner.

Master Gardeners: Attracting More Pollinators to your Garden Year Round

Wednesday, May 24, 7 p.m.

Cupertino Community Hall

Master Gardener Nella Henninger will show the best plant choices for providing pollen and nectar for honeybees, native bees, butterflies, and other pollinators in your garden all year.

©

Live Free of Pain - Self Help Pain Relief

Saturday, May 6, 1:30 p.m. (Mandarin)

Saturday, May 13, 1:30 p.m. (English)

Cupertino Library Story Room

Li Yang, a licensed acupuncturist, developed a set of self-help methods for pain treatment. She will show how pain can be treated by your own hands, or family members helping each other, right at the moment pain occurs.

©

Building a Strong Financial Future

Monday, May 15, 7:00 p.m.

Cupertino Library Story Room

Learn strategies for building a strong financial future from age 45 to retirement with a certified financial planner.

©

Friends of the Cupertino Library Book Sale

Saturday, May 20, 9:00 - 3:00 p.m.

Sunday, May 21, 12:00 - 3:00 p.m.

Cupertino Community Hall

Come on in and browse the gently read books for sale!

SENIOR CENTER

For more info on the Senior Center, or to sign up for classes or events, visit www.cupertino.org/seniors or stop by 21251 Stevens Creek Boulevard.

EVENTS & SOCIALS

May Birthday Bash

Wednesday, May 10, 12 p.m.

Join the Senior Center for a delicious lunch and entertainment. Members with May birthdays will be honored. Pre-registration is required and a vegetarian option is available when registering. Members \$10, senior guests add \$5 day pass.

©

Lunch with Friends

Thursday, May 24, 11:45 a.m.

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee is \$6, senior guests add \$5 day pass.

©

Harmonikatz & Ukulele Concert

Wednesday, May 24, 1:30-3 p.m.

Members are free, senior guests pay \$5 day pass.

©

Monthly Movie

Wednesday, May 31, 1:30-3:30 p.m.

"The Book Thief" – (2013)

Popcorn and lemonade will be served. Members are free, senior guests add \$5 day pass. Sign up at the lobby table.

CLASSES & PRESENTATIONS

Dream Stories: Learn, Share, Enjoy

Monday, May 1, 1:00 p.m.-2:30 p.m.

Learn techniques to help you remember your dreams as well as a way to integrate your dream life with your waking life. Free for members. Senior guests add a \$5 day pass. Sign up at the lobby table.

©

Cribbage

Wed., May 3, 1:30 p.m.-3:30 p.m.

A cribbage master will be available to show tips and tricks for the art of playing this popular game. Free for members, senior guests add \$5 day pass.

©

Medicare Fraud Protect

Monday, May 8, 1:00 p.m.-2:00 p.m.

Discover how to protect yourself



against common scams aimed toward Medicare subscribers. Open to the public. Please sign up at the lobby table.

@

Healthy, Wealthy, and Wise

Monday, May 15, 10 a.m.

Learn about the types, epidemiology, causes and exposures, symptoms, treatments and therapies, and triggers of the disease. Lecture series presented by Breathe California of the Bay Area CPOD.

@

Eat Smart, Be Well

Monday, May 22, 10 a.m.

Specific foods can improve chronic diseases and other illnesses. Learn the benefits of eating the right foods.

SOCIAL SERVICES

Volunteer Nurse – Blood Pressure Checks

Tuesday, May 2, 16, 30, 12:15-1:15 p.m.

Monday, May 8, 22, 1:30-2:30 p.m.

@

Housing

Monday, May 1, 15, - 1:30-3:30 p.m.

A list of housing resources and contact information are provided to help you independently search for housing. Please call 408.777.3150 to make an appointment.

@

Drop-in Consultation with Case Manager

Wednesdays 10 am - 12 pm

A case manager is available to discuss community resources, benefits, and care options during the drop-in hours.

Case Manager is also available by appointment. Cantonese/Mandarin available.

@

Caregiver Support Group

Thursday, May 11, 3 - 4:30 p.m.

Provides a safe place for family caregivers to share their experiences and challenges. Join the circle of support.

@

Senior Adult Legal Aid (SALA)

Friday, May 5, 12, 19, 10:30 a.m.-12:30 p.m.

Provides free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County. Please call 408.777.3150 to make an appointment.

@

Health Insurance Counseling (HICAP)

Monday, May 8, 22, 1-3 p.m.

Consultation on Medicare and health insurance. Please call 408.777.3150 to make an appointment.

Have an item for the
Community Calendar?

Email:

scene@cupertino.org



CUPERTINO SCENE
Cupertino City Hall
10300 Torre Avenue
Cupertino, CA 95014

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THE SCENE ANSWERS

Have questions for staff? Send them to scene@cupertino.org or call (408) 777-3212.

Question: I'm thinking about hosting a block party in my neighborhood. How do I make it happen?



Answer: The City is excited to hear that you want to host a block party for you and your neighbors. Block parties help neighbors get to know each other, renew friendships, and work together on common neighborhood interests. Several neighborhoods throughout the City hold annual block parties. It's their one day a year when the street is closed for fun and games.

To host a block party, residents must apply for a permit at a minimum of 30 days prior to the event. The permit grants the applicant permission to close a public street at a specific date and time. Block Party Permits are generally issued to close residential streets during daylight hours. Happily, there is no fee for the permit and the City insures the event at no cost to the applicant.

Prior to approval of the Block Party Permit, applicants must submit a petition to close the street. As you go door-to-door to introduce yourself to neighbors and gather signatures – ask for help. Are you planning a potluck? Be specific with what you need. Neighbors will participate if they know what is needed. Once you've established contact, send a reminder closer to the party date.

The City will provide the necessary equipment to close the street safely. Street closure barricades are delivered to the applicants address on the last business day prior to the event. The applicant must physically place barricades at each end of the street closure prior to the event and remove barricades prior to dusk.

In the end, the City hopes you have a wonderful and safe event.

For more information, or to apply for a Block Party Permit, visit www.cupertino.org/blockparty.

Jo Anne Johnson is a Senior Engineering Technician in Public Works. She is responsible for issuing permits for events and/or construction activity within the public right-of-way.



The Cupertino Scene is printed on 40% post-consumer waste recycled paper with soy ink. The newsletter is produced by a certified Bay Area Green Business and is recyclable. For information on becoming a certified Green Business, visit www.cupertino.org/GreenBiz.

