

April 2007  
Volume 1  
Issue 4

# THE TRIANGLE

Historic Downtown Richmond and Iron Triangle Neighborhood News

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New Disaster Phone  
Warning System

Neighborhood Name  
Change Discussion  
Draws Pros and Cons

## KIDS, THE HUNT IS ON!

14th Annual Easter Egg Hunt  
Nevin Park at 6th and  
Macdonald Avenue  
10 am to noon  
Saturday, April 7th  
For Ages 2-12 years



Sponsored by the  
Richmond Police Department

## Neighborhood Council Board

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## Kaiser Richmond Doctors Team Up with Fresh Farmers' Market for Healthy Lives

**F**armers and doctors have teamed up at Kaiser Permanente (KP) Medical Center in Richmond to bring the community fresh produce at great prices.

Health care providers like industry leader Kaiser increasingly are taking note of connections between food and healthcare. KP is rethinking their overall approach to food for patients, staff and the communities they serve, emphasizing issues of freshness, nutritional value, reduced chemical inputs, and sustainability.

"Organic farmers'" markets like Eco Village, available in many underserved communities, provide an important connection between consumers and the people who grow their food," says Shyaam Shabaka, founder and executive director. Richmond is grossly underserved with only one small full service food market, Safeway on Macdonald and San Pablo Avenues. Two other warehouse markets Foods Co, owned by Kroger; and Costco, which require membership, serve Richmond's 102,000 residents.

A "certified farmers' market" operates on Friday at Civic Center Plaza. According to Al del Simone, manager, certified farmer's market concept is an effort to re-establish the traditional more economical link between farmers and consumers in Richmond. Put simply, certified farmers' markets (CFM's) are "the real thing," places where genuine farmers sell their crops directly to the public. It is where the agrarian community relates to the urban community.

Both Eco Village and the Certified Farmers' Markets are local non-profit coops, bridging the gap with the farmer's market.

In addition to the market, Eco Village offers a Club Package weekly (half bushel) or (bushel) of seasonally



grown organic vegetables and fruits, enough to feed a family of two to four people for a week.

"Making fresh fruits and vegetables a regular part of our diets can significantly add to our long-term health," says Dr. Preston Maring, associate physician-in-chief at KP Oakland, who started farmers' markets there. Maring, a W. K. Kellogg Foundation, Fellow of Food and Society Policy for 2007-2008, thought KP should provide a fresh alternative, one more consistent with its health care mission. Momentum took over, and shortly the busy doctor formed a committee that eventually led to the launching of KP's first on-site farmers' market there in 2003.

Farmers' markets are a hit in a Richmond. The smell of the sweetest strawberries is welcomed in the spring. Juicy cherry tomatoes are available in the summer. Many others look forward to the recipe of the week, and the growers like Shabaka feel well supported. The staff, patients, the surrounding community, farmers all benefit. It's easy to do.▲

## Richmond General Plan Schedule

Richmond has created a draft vision for revitalizing the city in the next 30 years and beyond. Our General Plan will reflect the ideas of every community in Richmond. We want to hear your ideas for a 21<sup>st</sup> Century Richmond. Community workshops are a great way for everyone to get involved. The City will present draft alternative plans for discussion and you will have a chance to share ideas for the future.

Wednesday, April 12, 6pm – 9pm, St. Mark's  
Church (en español) 159 Harbor Way

[www.cityofrichmondgeneralplan.org](http://www.cityofrichmondgeneralplan.org)

## Business-Not-As-Usual Website

Richmond's new business website describing business opportunities in the Macdonald Avenue, Interstate-80/Main Street Downtown and other key areas are also available. The new website will help attract new business and services and help retain others by promoting these key areas with an image of quality and professionalism. Businesses and organizations, such as Kaiser Permanente have been a presence in Richmond for more than two generations.

Your Home Front For Business!  
[www.richmondca4business.com](http://www.richmondca4business.com)

## YOUTH WORKS

### Summer Jobs 2007

For Students Between  
15 - 21 Years of Age  
Get Good Work Experience,  
Make Connections, and  
Learn Responsibility

**510-412-2039**

## RICHMOND BUILD

### Build Your Future

Richmond Build pre-apprenticeship construction skills training program is now accepting applications for Richmond residents. In an intense, nine-week skill-building course students get will be offered in the spring of 2007 and will include:

- Operation of Power Tools
- Reading Blueprints
- Construction English and Mathematics
- Industrial Safety
- and much, much more...

**510-307-8014**

## IRON TRIANGLE

Richmond Neighborhood  
Coordinating Council  
P.O. Box 485, Station A  
Richmond, CA 94808

### ONLINE?

NO, WE'RE NOT ON THE WEB YET.  
BUT IF YOU'RE GOOD AT CREATING WEBSITES AND WANT TO VOLUNTEER, PLEASE E-MAIL US:

[iron-triangle@hotmail.com](mailto:iron-triangle@hotmail.com)

**NEXT MEETING**  
**April 19, 2007**  
**at 7:00pm**

[www.ci.richmond.ca.us](http://www.ci.richmond.ca.us)

# Richmond Rescue 9-1-1: How Will You REACT?

## Richmond Emergency Action Community Teams Learn How to REACT in a Crisis

A major earthquake, or one of numerous other potential disasters may occur in the city at any time, causing widespread damage and destruction to homes, highways, and businesses.

Past disasters, such as Hurricane Katrina, Loma Prieta and Northridge Earthquakes, and the Oakland Hills Fire, have proven that in a disaster situation, people want to help. With the proper training they will assist, save lives and property in a safe manner. They will be the "first responders on the scene", say emergency officials.

Normal activities may be disrupted, 9-1-1 to police, fire, rescue, and ambulances will be quickly overwhelmed, and the California National Guard may not be able to respond for up to 72 hours. In a crisis all citizens need to be able to take care of themselves until professional emergency responders arrive.

REACT was implemented, and is maintained under the

leadership of the Richmond Fire Department, Office of Emergency Services. REACT students are trained by RFD and certified volunteer community trainers. Students receive 20 hours of free life saving training, plus attend disaster drills yearly. Upon completion of the training and drill, successful students graduate with a certificate, vest, and a hard hat imprinted with the REACT logo.

REACT training is free to any citizen, neighborhood, school, church, employee, or business in the cities of Richmond and San Pablo emergency response areas.

It is the responsible thing to do, say emergency officials – since cities alone cannot possibly respond to all calls. It is important to remember that: Victims have a 99.3 percent chance of survival if rescued in the first thirty minutes; a 81 percent chance of survival if rescued in the 1st day; and they have a 34 percent chance of survival if rescued in the second day. Citizens will be there already – wanting to help, it would be best if trained to respond to help each other.▲

## County Updates Failed Emergency Phone System

MARTINEZ, Calif. – Contra Costa County has fired the Tennessee company that's responsible for its emergency phone notification system. And it has begun negotiations with Honeywell Incorporated based in Redwood City to take over the phone system that calls local residents in the event of an oil refinery accident. The emergency phone notification system has never worked quite right since it was installed a decade ago, according to the county's Office of Emergency Services.▲



## This Month: Share Your Ideas for a Revitalized Neighborhood and Downtown Commerce

**C**ome out and be a part of another dynamic Neighborhood Council meeting on *April 19, 2007 at 7:00 pm*, in the Nevin Community Center. Meetings are held each third Thursday of the month.

*Collaborate with neighbors, business people, city officials, and planners who are bringing positive change to the neighborhood.* In addition to planning, police and safety updates, topics on the agenda will be changing or modifying the neighborhood name. The name Iron Triangle is thought to come from the three train tracks that used to border the community. Since Richmond's new greenway has replaced the Santa Fe rail line on the triangle, is there still an iron triangle?

*What ideas have the community come up with?* The Triangle, Victory Triangle, Triangle Park, Permanente Park, Centennial Park, Century City, Centena City, Seville, Sevilla are some of the ideas being suggested.

*Does the Iron Triangle image present a positive identity and legacy to help us revitalize?* Share why you think there is no need for change in the community.▲

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