Alameda County to Increase CPR Rates

In November Alameda County Health Care Services kicked off CPR Awareness Month with the CPR7 program, which will provide Cardiac Pulmonary Resuscitation (CPR) training to 7,500 seventh grade students throughout the county this school year.

In California, community capacity for bystander CPR has dropped dramatically since public high schools discontinued providing driver’s education, CPR, and first aid. In Alameda County, only 30% of the 900 citizens who sustain sudden cardiac arrest every year at home or elsewhere in the community receive CPR in the critical minutes before first responders arrive. Only 10% of sudden cardiac victims survive discharge from the hospital.

In some communities in other states, CPR training is more widespread, and bystanders perform CPR before paramedics arrive on high numbers of those who have experienced cardiac arrest. As an example, Seattle, WA has a 72% bystander CPR rate, and survival rates from witnessed cardiac arrests exceed 30%.

CPR7 will train youth and adults throughout Alameda County in the life-saving skill set of CPR. Health Care Services will provide training to participating schools in Alameda County. The teachers in turn will train their 7th grade students in CPR as part of their classroom instruction by using the CPR Anytime training kits developed by the American Heart Association.

The goal is to train 15,000 youth and 75,000 adults per year for three years for a total of 225,000 people by 2013. Through the training the goal is to increase CPR bystander participation from 30% to 60% to put us on par with cities like Seattle.

District 1 will be supporting CPR7 by providing funding to purchase 1,500 CPR Anytime training kits for 7th graders in the Tri-Valley and Fremont.

For more information contact Jamie Hintzke, CPR7 Community Coordinator at 925-876-2380 or Jamie.hintzke@acgov.org

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Alameda County Transportation Update

We are happy to report that progress continues to be made on a variety of regional transportation projects in Alameda County. Work officially got underway on two projects with groundbreaking events and completion of three projects that were celebrated with ribbon-cutting ceremonies:

Stanley Boulevard
Safety and streetscape improvements along this 3-mile stretch of county road connecting the cities of Livermore and Pleasanton got underway on September 15 with completion expected summer 2011. The first phase involves undergrounding utilities, including removal of existing power poles. The latest energy and environmental practices and technologies will be incorporated in the project with more than 10 thousand plantings on both sides of the road and in the median. The project also includes improved bike and pedestrian path on south side; new bike lanes; improved drainage; rubberized, longer-lasting road pavement; reclaimed water irrigation; low-energy LED lighting and signals with auto on/off; and a bench dedication program. Visit [http://www.acgov.org/pwa/Facts%20Sheet-%20Stanley%20Blvd%20Feb%202009.pdf](http://www.acgov.org/pwa/Facts%20Sheet-%20Stanley%20Blvd%20Feb%202009.pdf) for more information on this project.

BART to Oakland Airport (OAC)
On October 20, officials broke ground on a rail project linking the existing Coliseum BART station with the Oakland Airport by an automated people-mover system expected to be completed in 2014. This is the second "train to plane" regional rail/international airport connection in the region (BART SFO was first). For more information on the project visit [http://www.bart.gov/about/projects/oac/faq.aspx](http://www.bart.gov/about/projects/oac/faq.aspx).

I-680 Express Lane
The first-ever toll lane in the SF Bay Area on southbound I-680 between Sunol and Milpitas opened for business on September 16. The 14-mile lane first opened as an HOV lane in 2002 with a plan to convert to a future toll lane. This lane is the first of 2 in Alameda County with the second lanes planned for the Tri-Valley segment of I-580 to be built and opened by 2015. The lane remains free for carpool vehicles, but solo-drivers must use a Fasttrak device to pay the toll. For information on the new express lane visit [http://www.680expresslane.org/Home.asp](http://www.680expresslane.org/Home.asp).

I-580 Eastbound HOV Lane
The ribbon was cut on November 10 opening the final segment of the 11-mile stretch of HOV lane in eastbound I-580 in the Tri-Valley. The project was completed one year early and will be converted to a toll lane by 2012. The new lane brings welcome relief to weary commuters in one of the most congested corridors in the Bay Area. The westbound HOV/Express lane is expected to get underway by 2012. For more information visit [http://www.680expresslane.org/Home.asp](http://www.680expresslane.org/Home.asp).

Rural Roads Group Update
Established in 2002, the Rural Roads Group provides an informal forum for residents and landowners in east Alameda County to meet with the District 1 Supervisor and staff from County agencies and the CHP to address traffic impacts to the roads as a result of the chronic traffic conditions on I-580. The group meets at the County’s Martinelli Agricultural and Event Center located at 3585 Greenville Road in Livermore. Meetings for 2011 are scheduled for March 9 and September 14. Time: 4 pm. For more information on the Rural Roads Group contact dawn.argula@acgov.org.
Board and Commission Vacancies

The following are committees or boards that have one or more seats vacant.
All District One residents are encouraged to apply for positions.

Mental Health Advisory Board
Perform advisory functions in matters relating to mental health.

Public Health Commission
Serves as an advisory body to the Board of Supervisors.

Alameda County Advisory Commission on Aging
Provide for services to elderly and assist in allocation of funds and serves as Advisor.

ACTIA Citizen’s Advisory Committee (CAC)
The CAC serves as a liaison between AC-T.

For more information, contact District 1 Offices (see page 4), send resume’ via email to vener.bates@acgov.org; or fax to 925-484-2809 Attn: Vener Bates

My Boards and Commissions:

Altamont Rail Express Joint Powers Authority (ACE)
Alameda County Transportation Commission (ACTC)
Association of Bay Area Governments (ABAG)
Bay Area Air Quality Management District (BAAQMD)
California State Association of Counties (CSAC)
Collaborating Agencies Responding to Disasters (CARD)
East Bay Regional Communications System (EBRCS)
East Bay Regional Park District County Liaison (EBRPD)
Local Agency Formation Agency (LAFCO)
Livermore-Amador Valley Transportation Authority (LAVTA)
Metropolitan Transportation Commission (MTC)
National Association of Counties (NACo)
Oakland Alameda County Coliseum Authority (JPA)
Transportation and Planning Council (TVTC)

Great Race for Clean Air Challenge

Eight organizations received trophies and were recognized during the November 30 meeting of the Alameda County Board of Supervisors. The annual competition, sponsored by the Bay Area Air Quality Management District (BAAQMD) and 511.org, invites private and public businesses to participate by introducing employees to alternative commute methods which they are encouraged to try instead of driving solo to work during August and September.

Activities are tracked through an online diary set up by 511.org and results tabulated in October. Established in 2005 in the Tri-Valley, the BAAQMD expanded the Race throughout the 9-county region. Trophies presented at the 11/30 meeting recognized winners for Resource Teams in the Tri-Valley and South Alameda County as well as two Bay Area-wide winners. For more info on the Great Race visit www.sparetheair.org.

Highest CO2 Per Capita
City of Hayward – saved 711 pounds/person
ValleyCare Health System – Pleasanton & Livermore - saved 1347 pounds/person

Highest Company Participation
Small
Alameda County Transportation Commission – Oakland
* Alameda County Board Supervisors, District 1 office – Pleasanton/Oakland

Mid-size
KTUU – Oakland
Kaiser Permanente – Walnut Creek

Large
Kaiser Permanente – Oakland
*Oracle – Pleasanton

*= Also a Bay Area-Wide winner in this category

Alameda County Great Race Stats
Total number of employers in Race = 33
Total number of employees logged daily commute = 1045
Total amount of CO2 = 171 tons
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### County and Local Events Calendar

**January 2011**

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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| **Location Key:**  
Livermore  
Pleasanton  
Dublin | **Fremont**  
Sunol  
AC Fairgrounds | | | **Fit for Life**  
8:30-9:30am  
Fremont Senior Center | **Healthy Living** for Positive Aging  
10:00-11:00am  
Fremont Senior Center | **Music**  
Diavalo  
8:00pm  
Bankhead Theatre |
| 2 Diplomacy Paint Brush Art Exhibit  
12:00pm-5:00pm  
Firehouse House Arts Center | 3 Diplomacy Paint Brush Art Exhibit  
12:00pm-5:00pm  
Firehouse House Arts Center | 4 | 5 | 6 | 7 | 8 |
| 9 Diplomacy Paint Brush Art Exhibit  
12:00pm-5:00pm  
Firehouse House Arts Center | 10 Diplomacy Paint Brush Art Exhibit  
12:00pm-5:00pm  
Firehouse House Arts Center | 11 BOS Regular meeting  
9:30am-12:00pm  
BOS Planning  
1:00pm  
1221 Oak Street 
Oakland, 94612 | 12 Diplomacy Paint Brush Art Exhibit  
12:00pm-5:00pm  
Firehouse House Arts Center | 13 | 14 | 15 |
| 16 | 17 Martin Luther King Holiday | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 Board of Supervisors Regular meeting  
9:30am-12:00pm  
1221 Oak Street 
Oakland, 94612 | 26 | 27 | 28 | 29 |

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**Add your community events by emailing us at district1@acgov.org**