

STOCKTON/LODI

COMMUNITY NEWSLETTER



Staying Cool in the Valley

[Click here for a list of pools
and fountains in Stockton](#)

[Click here for a list of pools
and fountains in Lodi](#)

Learn to Swim, Save a Life

Summer is here and the water is calling your name. Hot sun, cold water. Good Times!!

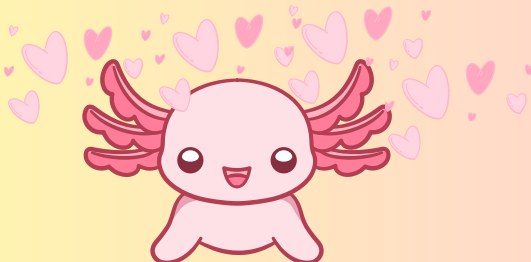
But . . . are you a strong swimmer? Did you know that humans are not born knowing how to swim? While it doesn't come naturally to everyone, learning to swim is the **number one** way to prevent drowning.



Babies as young as six months can learn to hold their breath and float. Not only do they have a high fat content in their body to help them float but they have been surrounded by amniotic fluid for 9 months in the womb. This makes the feeling of water in their ears quiet natural and they will be happy to relax on their backs and float, which is a lifesaving move.



Learning to swim in a safe, controlled environment can also boost your self confidence if you are afraid of the water.



For local swimming lessons for adults and children, click on your area below:



DELTA WATER SAFETY



Just knowing how to swim is not enough to prepare one for recreating on the Delta. Every year preventable tragedies occur because people do not educate themselves about Delta waterways and the particular dangers they present: drop-offs, undertows, riptides/currents, etc.

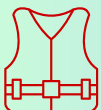
The series of winter storms we experienced earlier this year left our snowpack at 237% of normal which is causing rising river and stream flow levels not seen in years. The eventual spring warm-up will bring fast flows and cold temperatures when all that snow starts to melt.

Because of this, the California State Parks' Division of Boating and Waterways (DBW), the Department of Water Resources (DWR) and the California Department of Forestry and Fire Protection (CAL FIRE) are urging the public to take extra precautions and to be aware of cold-water dangers this spring to avoid a tragedy.

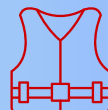
KNOW BEFORE YOU GO!!

LIFE VEST BORROWING STATIONS

THE CALIFORNIA DIVISION OF BOATING AND WATERWAYS HAS A STATEWIDE LIFE JACKET LOANER PROGRAM FOR ADULTS AND CHILDREN WITH 11 OUTLETS IN OUR AREA REACHING FROM EL DORADO HILLS TO WEST SACRAMENTO AND FROM RIO VISTA TO LOOMIS.



[CLICK HERE TO FIND THE BORROWING STATION NEAREST YOU.](#)



[KIDS DON'T FLOAT PROGRAM BROCHURE](#)

WHAT IS A RIPTIDE?

Riptides (or rip currents) form when waves break near the shoreline, piling up water between the breaking waves and the beach. One of the ways this water returns to sea is to form a rip current, a narrow stream of water moving swiftly away from shore, often perpendicular to the shoreline.

CAN YOU SWIM OUT OF A RIPTIDE?

Trying to swim against a rip current will only use up your energy; energy you need to survive and escape the rip current. Do NOT try to swim directly into shore. Swim along the shoreline until you escape the current's pull. When free from the pull of the current, swim at an angle away from the current toward shore.

WHAT IS AN UNDERTOW?

A current beneath the surface of the water that moves away from or along the shore while the surface water above it moves toward the shore. Like with a ripcurrent, the key is to stay calm, swim along the shoreline and raise your arms for help if you can.

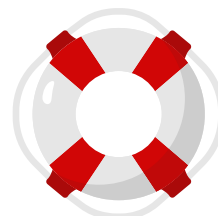
NEVER UNDERESTIMATE THE POWER OF WATER

HOW TO HELP SOMEONE IN TROUBLE

Yell "Help!!" to draw attention,



THEN



Reach towards the person with a pole, branch or paddle, or throw out a life jacket or ice chest to help them stay afloat until they are able to get to shore or help arrives.

DO NOT JUMP IN TO SAVE THEM!

Always

RESPECT THE WATER

KEEP AN EYE ON CHILDREN

- ! Every child should ALWAYS wear a life jacket and never be left unattended around water!

WEAR SUNSCREEN

- ! Spending all day at the river can give you a painful sunburn. Be sure to wear sunscreen and reapply frequently. For the skinny on sunscreens, [click here](#).

STAY OUT OF DEEP WATER

- ! Riverbeds can drop off sharply. Stay close to shore to avoid drop-offs and rip currents.

WATCH OUT FOR HAZARDS

- ! Murky river water can hide logs, sharp rocks or trash that can cut your feet. It is recommended that you wear shoes or water socks;

OBEY THE SIGNS

- ! Read any signs you may see in the area before you enjoy any type of recreation; they are there for a reason!

DRUGS, ALCOHOL AND WATER SPORTS DON'T MIX!

- ! ENOUGH SAID.

WATCH FOR HYPOTHERMIA

- ! If you experience excessive shivering or fatigue, get out of the water at once. This year the snowpack is large and the runoff will last for months, keeping our water temps icy.

HEALTHY WATER HABITS

- Actively supervise children and pets in or near water;
- Avoid algae blooms (brightly colored water) and trash in the water;
- People with immuno-suppressive diseases should avoid direct contact with the river; Wash hands/shower after swimming;

DO NOT:

- drink river water,
- cook or wash dishes with river/lake water, change diapers in or near water,
- swim when you are sick,
- enter the water if you have cuts or open sores as these are pathways for bacteria to enter your body,
- enter the water for several days after a significant rainstorm as storm flows spike bacteria levels.

A Note From the Editor

For over 25 years we have been part of life in the San Joaquin Valley and the Delta area and we truly love it here. But like all things, change is inevitable and we've seen massive change and extensive growth in this area recently. Because of that, we need your help. You are our eyes and ears in the community and we want to hear from you! We value your insight and input as tenants and community members.



Send Us Your Thoughts

We care about you and your concerns. We'd also love to hear what makes you smile! We're interested in the things you love, the places you go and the things you like to do! Help us bring people together and build a strong community. Share your likes, dislikes, yeps, nopes, recs, hacks, recipes, philosophies, theories, shout-outs, events, fundraisers, or whatever you'd like!

Contributions can be anonymous if desired, or we'll spotlight you! Your choice.

Thanks!

Email it all to:

tonik@jabpm.co

HVAC/FURNACE FILTER SIZES BY PROPERTY

RAINTREE CONDOS
14X24X1

LAN ARK
14X24X1

STRATHAVEN
14X24X1

DON AVE
UPSTAIRS: 14X25X1
DOWNSTAIRS: 14X20X1

ROANOKE
14X25X1

MONTGOMERY AVE
14X25X1

ARGUELLO DRIVE
14X25X1

WENTWORTH DRIVE
14X25X1

KELLEY DR
14X25X1 OR 14X20X1

AS THE TENANT, YOU ARE RESPONSIBLE FOR REPLACING AND MAINTAINING THE FOLLOWING:

AC FILTERS
DRIP PANS
OVEN HOOD FILTERS
LIGHT BULBS
SMOKE DETECTOR BATTERIES

THERMOSTAT BATTERIES
VERTICAL BLIND SLATS
WALL PLATES
SINK STOPPERS
SLIDING SCREENS

THESE ITEMS CAN BE FOUND AT YOUR LOCAL HARDWARE STORE, MAJOR HOME IMPROVEMENT STORES OR ONLINE.

LOCAL VENDOR LIST FOR UNIT MAINTENANCE:

MCA Janitorial
(415) 774-6704

Big Blue Junk
(209) 808-3454

Speed Dry Cleaning
(carpet)
(209) 475-9900

Mike's Lawn Care
(209) 471-6469

Bay Area Squeegee
(gutters, power washing,
windows)
(925) 989-7052