

the SLOW F Street GROUP

THANK YOU, NEIGHBORS!

We were hopeful that the Slow the Fstreet Down campaign would help slow traffic, but we didn't realize that it would do so much to build up our community.

It has been heartwarming to connect with so many wonderful neighbors who are ready to reclaim their neighborhood. We would like to thank everyone who has participated in making our busy little street a bit more friendly. We are ALWAYS looking for help. There are all sorts of tasks, big and small, so if you're interested in getting involved, please visit slowFstreet.com. It does take a village.



THE F STREET DRIVE PLEDGE!

Friday, Nov 27th - 8 AM-4 PM

Old Town Coffee & Chocolates - Henderson Center

Do You ♥ EUREKA? TAKE THE PLEDGE!

The Slow F Street Group will have a Socially-Distanced SLOW F STREET DRIVE PLEDGE, and information table set up.

Pop on your mask and come get your "Slow the Fstreet Down" bumper sticker by taking the pledge to drive slower!



!!!ACTION ALERT!!!

HAVE YOU EVER NOTICED

that traffic seems unsafe in your area?

Have you been the victim of an accident due to unsafe conditions?

Go online to Street Story,
StreetStory.berkeley.edu, to report the
incident so your voice can be heard.

It takes 5 minutes or less and this information is collected and used to make changes in our area to increase safety for all modes of transportation. If we don't report it then it's like it never happened. If you want your voice to be heard more, make sure to check out when the Eureka City meetings are happening and be there to speak up when they are discussing changes to our city that affect traffic flow. Do you want to help be a part of positive change in Eureka and make the streets safer for all modes of transportation? Join us, check out our website, **slowFstreet.com**, and sign up to be on our email list while you're there.

JOIN US?

NEIGHBORHOOD ZOOM MEETING'S

Held from 6:00-7:00 PM on the first Thursday of each month **We can only reserve Zoom for 30 minute blocks of time, therefore, there are two meetings.*

6:00 PM - Meeting ID: 788 5719 6507

Passcode: 2isC4J

**Follow up to first half of meeting*

6:30 PM - Meeting ID: 797 2915 6487

Passcode: 8LqeKz

We welcome you to pop in, meet your neighbors, and see what is happening.

ARE YOU SEEING MORE EUREKA POLICE PATROLLING F STREET?

THANKS!

In August, neighborhood volunteers expressed our F Street concerns in a meeting with Eureka City Officials, including City Council Member Natalie Arroyo, City Public Works Director Brian Gerving, and Police Captain Brian Stephens.

Thank you Eureka City Officials for taking the time to listen, and thank you Eureka Police Department, for taking some action that helps to make our neighborhood a safer place.

As for the county side of F Street, we didn't get our promised October community meeting to update us on what is being done, but we were told that they have applied for transportation funds that could benefit F Street. Conversations and emails are continuing to pass between County Officials and neighborhood volunteers. As we to continue to work for our neighborhood, please consider writing a letter to Supervisor Rex Bohn regarding your F Street concerns. Visit slowFstreet.com to send an online letter, or snail-mail to 825 5th Street, Room 111 Eureka, CA 95501

WOULDN'T IT BE AMAZING

IF THE COUNTY AND CITY WERE WILLING TO WORK WITH THE ROSEWOOD NEIGHBORHOOD IN COMING UP WITH PROVEN TRAFFIC SAFETY MEASURES?

We thought so. So, the F St Group has written several grants in order to pay for Redwood Community Action Agency (RCAA) to come into the Rosewood Neighborhood and Henderson Center area to assess what needs to be done and write a report that hopefully the county/city will then fund because RCAA's reports are not just individual neighbors asking for things, they provide a third-party, evidenced-based assessment. We will know the outcome of the grants and how we will be approaching things early in 2021. We will keep you updated in our monthly Zoom meetings which you can access by joining our Facebook Group "Slow F Street," or by signing up for our email list on our slowfstreet.com website, or through these newsletters as we are able to publish them (we are thinking quarterly if we receive a grant).



Hello Neighbor! 2020 has been challenging for most of us. But, Rosewood did something worth bragging about - we came together as a group to improve our own neighborhood safety!

Part of staying connected and pulling together is communication, so we wanted to add a section to our newsletter on “well-being”.

BY K. ESTIKTA, LCSW

WELL-BEING SECTION

With COVID-19 and the holidays coming up on us, many are experiencing that old-fashioned feeling of “cabin fever”. To help us cope, it’s recommended that we all stick to a routine and take good care of ourselves, including getting adequate sleep and drinking enough water. Even in lock-down, we are able to walk around the neighborhood and 20-30 minutes a day is a healthy dose. Don’t neglect your primary care appointments (they have sterilization down to a science there). It’s okay if you aren’t project-oriented, but now is a good time to reach for your dreams. Some are holding Zoom coffee dates or sharing dinner with others in this way. Others are finally meeting neighbors over fences or have started correspondence with relatives. It’s a good time to do video memoirs or plan a raised-bed garden. Some families are doing parades past homes to celebrate when they can’t be physically together.

It is tempting to pay attention to the news or our “blue screens” around the clock, but it is healthier to only schedule a few hours a day instead, and then get up and take care of other things. Don’t forget to open your curtains. Know that it is okay to say “no”, and kindness softens that message when you use it. By managing your environment, you can make it easier to get through this time.

If you are still struggling, it is recommended that you talk with someone and you can find a professional helper at ncamhp.org or PsychologyToday.com. If you are still seeking something to do, we could use some volunteers (slowFstreet.com)! We will be around the neighborhood if you ever want to catch up to us - we will get through this together!

The National Suicide Prevention Hotline is available to talk 24 hours a day/ 7 days a week at: 800-273-8255.

slowFstreet.com

