

Say **YES!**



[sparetheairyouth.org](http://sparetheairyouth.org)

## Youth for the Environment & Sustainability (YES) Conference

**#YESconf15**

Saturday, February 7, 2015  
Joseph P. Bort MetroCenter, Oakland

**Hosted & Sponsored by:**

The Bay Area Air Quality Management District and the Metropolitan Transportation Commission



# Spare the Air Youth

Empowering youth and families to create healthy, safe and sustainable communities!

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| <b>9:30 a.m.</b><br>MetroCenter Lobby   | <b>Registration</b>  |
| <b>10:30 a.m.</b><br>MetroCenter Auditorium   | <b>Opening Welcome</b><br><i>Master of Ceremonies, Jasper Starfire Thelin, Founder, GO GERONIMO</i><br><i>Amy Rein Worth, Chair, MTC &amp; Councilmember, City of Orinda</i>   |
| <b>10:40 a.m.</b><br>MetroCenter Auditorium<br> | <b>Keynote Speaker</b><br><i>Nick Laskowski, Founder, San Jose Bike Party</i><br><i>Nick Laskowski is a co-founder of San Jose Bike Party, a monthly ride of 2,500 people. He's a National Board Certified Teacher who teaches sixth graders at Herbert Hoover Middle School in San Jose. He has led rides of students to tour colleges and explore the city and he's always excited for more ways to get people of all ages on bikes. Nick got married on a tandem bike! In 2011, he was recognized as the Silicon Valley Bicycle Coalition's Bike Commuter of the Year. He got very wet riding home in December's rains.</i> |
| <b>10:50 a.m.</b><br>MetroCenter Auditorium   | <b>Workshops — Session 1</b><br><b>Games and Activities to Engage Youth in Your Program</b><br><b>Napa County Office of Education</b> <ul style="list-style-type: none"><li>• Anne Darrow</li><li>• Kaycee Wanlass</li></ul>   |
| Conference Room 171   | <b>Youth Advisory Board</b><br><b>Center for Climate Protection</b> <ul style="list-style-type: none"><li>• Maria Casciani, Senior, Montgomery High School</li><li>• David Eik, Senior, Maria Carrillo High School</li><li>• MacKenzie Keith, Montgomery High School</li><li>• Serah Almeyda, Senior, Windsor High School</li><li>• Patrick Schiller, Maria Carrillo High School</li></ul>   |
| Ground Floor Parking Lot  | <b>The BayMobile — Climate Change and the Bay</b><br><b>Aquarium of the Bay</b>  |

Thank you to the members of the Spare the Air Youth Technical Advisory Committee and the YES Conference Planning Committee for volunteering their time and ideas to help make the conference a success!



1:40 p.m.

## Workshops — Session 3

MetroCenter Auditorium

### ECO2school

#### Center for Climate Protection

- Izzi Rader, Windsor High School
- Jasmine Jolly, Windsor High School
- Sam Perry, Maria Carrillo High School
- Jack Brunson, Montgomery High School
- Quianna Stodder, Analy High School

Conference Room 171

### Golden Sneaker Building

#### San Francisco Bicycle Coalition

- Genaro Escarzaga, Walk SF
- Nancy Buffum, San Francisco Bicycle Coalition

Ground Floor Parking Lot

### Bike Repair Workshop

#### Local Motion

- Steven Morris
- Andria Lessler

Fishbowl Conference Room,  
3rd Floor

### #YOUTHACTION: A Community Organizing Toolkit for Young Activists

#### Bike East Bay & the Metropolitan Transportation Commission

- Ginger Jui, Bike East Bay
- Leslie Lara, MTC

2:30 p.m.

## Keynote Speaker

MetroCenter Auditorium

### Serah Almeyda, Student Keynote Speaker, Windsor High School



Serah is an engaged community activist. In addition to her participation in the Center for Climate Protection's Youth Advisory Board, Serah is active in Global Student Embassy, which empowers young leaders to become environmental stewards. She has spent time on environmental projects in Nicaragua and is currently preparing for a reforestation trip to Ecuador. She serves as a youth representative on the Board of Directors for SAY, Social Advocates for Youth, a youth advocacy organization in Sonoma County. Serah is also one of five high-school student fellows in the Leadership Institute for Ecology and Economy's Leadership for a Sustainable Future Program — a program that seeks to educate community leaders to be more effective in shaping public policy. And, she still found time to be an active volunteer for past political campaigns in Sonoma County!

2:45 p.m.

## Raffle Prize Drawings and Closing

MetroCenter Auditorium

# Workshop Descriptions

## Session 1

MetroCenter Auditorium

### **Games and Activities to Engage Youth in Your Program**

The Napa County Office of Education helps you learn some fun games you can use as youth or adult leaders of groups or clubs to get your members engaged and excited about your program! This workshop/training will be active so be prepared to be moving around and having a blast!

Fishbowl Room, 3rd floor

### **Transportation Nation: The Amazing Transit Race**

Come learn how to create an Amazing Transit Race with a scavenger hunt to educate and encourage students to use public transit. MSEL (Marin School of Environmental Leadership) piloted this event last December which was hugely successful - fun and engaging for students to learn Marin's bus system.

Conference Room 171

### **Youth Advisory Board**

Being a leader is important. Learn the skills you need to become a great leader at your school, in your community and beyond!

Ground Floor Parking Lot

### **Climate Change and the Bay**

What lives in the San Francisco Bay? What can we do to help these critters? Discover how increased carbon dioxide emissions are shifting the delicate balance in our Bay and oceans through experimentation, discussion and hands-on exploration into the marine ecosystem just outside our door!

## Session 2

MetroCenter Auditorium

### **The Game of Life: Public Transit, Bikes and Cars — Our Impact on the Environment**

Enjoy our interactive “Game of Life” board game that takes you through a race to city-hall from different parts of San Francisco by way of three modes of transportation: bus, bike and car.

Fishbowl Room, 3rd floor

### **#YOUTHACTION: A Community Organizing Toolkit for Young Activists**

How do we get the wider community to support the causes we believe in? In this workshop, you will learn how to use both ONLINE and OFFLINE community organizing techniques. We will review and role-play specific scenarios from Bike East Bay’s successful campaign to win safe and protected bikeways in Oakland, and we’ll learn how local efforts relate to the bigger picture and MTC’s work in planning the future of our region.

## Session 2 (continued)

Conference Room 171

### Teen Impact on Safe Routes to School

Staff from the Air District and MTC, as well as Alta Planning + Design, will share their individual experiences in working in the fields of transportation and clean air.

Ground Floor Parking Lot

### Bike Repair Workshop

In this session you will learn the basics of bike mechanics. Participants will have the opportunity to repair a flat tire and learn all about the anatomy of a bike, as well as how to keep your bike safe!

## Session 3

MetroCenter Auditorium

### ECO2school

The most powerful action young people can take to reduce their carbon footprint is change their transportation habits. ECO2school encourages students to take greenways to school. This panel will be talking about how to engage your school community to take action.

Fishbowl Room, 3rd floor

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Conference Room 171

### Golden Sneaker Building

Younger children get more excited about any project when teenage youth are their counselors and mentors. We want your ideas for creating an educational program for youth and families. Join our workshop to dream up new activities and make some Golden Sneaker trophies!

Ground Floor Parking Lot

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# Workshop Presenters

## Games and Activities to Engage Youth in Your Program

**Anne Darrow** is the Safe Routes to School program coordinator in Napa County Office of Education and **Kaycee Wanlass** is the program assistant.

## Transportation Nation: The Amazing Transit Race

**Nick Slanec** received the MSELs Distinguished Leadership Award for outstanding environmental stewardship and peer motivation — and in particular for his contributions to the Galinas Creek Restoration Project. **Ian Swallow** has contributed over 150 hours of environmental volunteer work to the Regenerative Corporation Project and he dedicated last summer to build and restore homes for the homeless in Novato as part of the Sierra Service Project. Joining them is **Gwen Froh**, Teen Program Coordinator for Safe Routes to Schools, who works with middle and high schools throughout Marin County on projects which promote “green” forms of transportation.

## Youth Advisory Board

**Maria Casciani** is a senior at Montgomery High School, president of her school Green Team and Youth Advisory Board member, Maria is the catalyst for the Green Team Gathering — an annual event that brings Sonoma County teens together to share innovative ideas for a sustainable future. **David Eik** attends Maria Carrillo High School and is vice president of MCHS’s Eco Club. Now a senior, David has been involved with the fight against climate change for two years. **MacKenzie Keith** is the social media director for her school’s Green Club and social media intern at the Center for Climate Protection (CCP). **Serah Almeyda** serves on multiple boards and has participated in local political campaigns locally and abroad. Full of passion and optimism, **Patrick Schiller**, is committed to reducing greenhouse gases and taking action to create change in his community. As an intern for CCP he has spoken to teens and adults, including the County Board of Supervisors, encouraging them to take action.

## Climate Change and the Bay

The **BayMobile** is the Aquarium of the Bay’s lab-on-wheels, visiting K-12 schools throughout the nine Bay Area counties. The BayMobile allows students to experiment with the science of climate change and meet some of the Aquarium of the Bay’s animal ambassadors.

## The Game of Life: Public Transit, Bikes and Cars — Our Impact on the Environment

**Violet Vasquez**, **Sabrina Hernandez** and **Juana Teresa Tello** are youth organizers with Causa Justa Just Cause who successfully mobilized to help win free transportation for youth on Muni in San Francisco.

## #YOUTHACTION: A Community Organizing Toolkit for Young Activists

**Ginger Jui** is the membership and volunteer manager at Bike East Bay. When not riding her bike around Iceland, Mexico or the mountains of California, Ginger writes about local bike camping adventures at The Flaming Bike Blog. **Leslie Lara** is part of MTC’s outreach team. She manages the Spare the Air Youth Program and the Bike to Work Program at MTC and she enjoys reading (a lot!) and biking to work.

## Workshop Presenters (continued)

### Teen Impact on Safe Routes to School

**Bertha Arvizo** is a part of Safe Routes to School because she likes to help better her community and enjoys new challenges. **Tajaune Frazier** is involved with Safe Routes because she thinks it can make a difference and she enjoys reading. **Raquel Crites** wants to spread awareness about how using sustainable transportation can decrease one's carbon footprint and she enjoys hiking, camping and reading outside. **Evan Luu** is involved with Safe Routes because he wants to change the way his community looks at the environment and he enjoys innovation. **Jessica Lo** is involved in Safe Routes because she wants to help our planet and she enjoys challenge. **Nathaniel Barlow** joined Safe Routes to help make his school better for bikers. He enjoys reading, sci-fi and riding his bike to school. **Perry Nalle** loves environmental activities and enjoys planning events. **Emma Carray** cares about our planet and its long-term health, and by extension, supporting environmentally friendly access to education. She enjoys singing and traveling. **Alissa Kronovet** is the High School Program Manager for Alameda County Safe Routes to School. She enjoys working with teens across the county to improve the built environment around schools. **Irerí Morales** is a junior at Albany High School. She is involved with Safe Routes because she likes the idea of being able to interact with other students from different schools and compare the differences each school has based on transportation. **Aliza Newman** is a junior at Oakland Tech High School. She is involved with Safe Routes and enjoys softball and music.

### Bike Repair Workshop

**Steven Morris** is a lead mechanic with the Bay Area Bike Mobile. Steven's first words were "bike tires." His parents insist his first words were "I'm tired," but we know better. Steven grew up haunting the bike shops in his local area, and driving the shop lackeys to the brink of madness with his endless questioning. He partly considers his work with Bike Mobile penance for the anguish he caused other mechanics as a boy. When he's not fixing things, Steven is prospecting around the bay area, looking for society's lost treasures in the cold hard earth. Fun fact: Steven once fashioned a whole bike out of the parts he found prospecting. **Andria Lessler** is a mechanic with the Bay Area Bike Mobile and has spent over 10,000 hours in the saddle. For the first 16 years it was a horse saddle, but these days it is on a steel horse she rides. Andria has been a caretaker of bicycles from California to North Carolina. She wrangled her bike across the U.S.A. and towed her surfboard behind her bike down the coast of California. But no matter how much she tells her bike she loves it, it will not nuzzle her with a velvety nose.

## Workshop Presenters (continued)

### ECO2school

**Izzi Rader** is President of Windsor HS's Eco-club and an avid cyclist who bikes to school regardless of the weather. She rides a Yuba Boda Boda. She loves the bike bag and the seat for her friends. She can't wait to get back to Seattle and ride in the rain. **Jasmine Jolly** loves her Bianchi single speed, but it is not practical for the 12.5 commute to school. Instead she bike-pools on a tandem. She is hoping to study in Denmark next year and travel their bicycle highways. **Sam Perry** is a walker and runner and engaged enthusiastic leader who encourages her peers to find green alternatives to get to school. **Jack Brunson** is an avid outdoorsman who enjoys mountain biking and cross country running. When not outdoors, he is out engaging peers to participate in ECO2school and have a positive impact on the planet. **Quianna Stodder** is an athlete and activist who helped start a bike club on her school campus to encourage peers to get out of their cars and start enjoying the natural world around them.

### Golden Sneaker Building

**Genaro Escarzaga** currently works with parent and caregivers promoting sustainable transportation to and from schools participating in the Safe Routes initiative as Walk SF's Family and Schools Program Coordinator. Prior to relocating to San Francisco, Genaro led the Healthy CPS Safe Routes project for the Active Transportation Alliance in Chicago. Genaro has worked extensively with elementary and high school youth as a Bicycling Ambassador for the City of Chicago, and as Youth Program Instructor for West Town Bikes. **Nancy Buffum** is the Family and Schools Program Manager for the San Francisco Bicycle Coalition, an advocacy organization with over 10,000 members and volunteers. As a part of SF Safe Routes to School, Nancy works with Genaro and other outreach staff to encourage parents and school communities to create fun activities such as walking school buses and competitions to celebrate walking and biking. She also promotes carpooling and public transit, and aims to reduce car traffic and hazards around schools. April 20-24 is Bike & Roll to School Week, when over sixty schools an expected 5,000 students, staff and parents will celebrate healthy active transportation in San Francisco.