



Updates from District 2

Community Coffee with Mike McGuire – Tuesday, October 15!

Please join me and Senator Mike McGuire for his special community “coffee” in our very own San Anselmo. Conversation will be about the top issues in Marin, the Bay Area and the state of California. And importantly, plenty of time listening to you, hearing your concerns and answering your questions!

The event will be held on **Tuesday, October 15, from 6:30-8:30pm in the Wade Thomas Multipurpose Room** (150 Ross Avenue) in San Anselmo. Space is limited, so please RSVP soon to www.SenatorMikeMcGuire.com/oct15. Hope to see you there!

Marin County Regional Parks – Some Fun for Everyone

Marin is incredibly wonderful - hiking, biking, and more – and there’s always something new to discover! Give yourself the priceless gift of taking time out to explore. With this article, encouraging folks to broaden horizons and check out a couple of local recreation destinations, Marin County Regional parks, that offer something for everyone and all in one place.

When was the last time you visited [McInnis Park](#) in northern San Rafael? McInnis Park is not just about hitting balls of one type or another – though plenty of options along those lines (e.g. a golf course, driving range, miniature golf, batting cages). I’m talking about the recently refurbished and re-opened kayak/canoe launch that offers a unique passage along Gallinas Creek and out into San Pablo Bay. After a paddle, pull out your fishing pole and test your angling skill at freshwater McInnis Pond (license required). Or, walk the trail overlooking McInnis Marsh along the creek. Bring binoculars to spot the birds that flock to tidal flats. In addition to softball, soccer and a dog-park, tennis or

pickleball, and the award winning skatepark. Like I said, something for everyone! Visit the [website](#) to learn more.

Stafford Lake Park is another great family friend, multi-activity destination. Just three miles west of downtown Novato, Stafford Lake Park not only offers incredible views and hiking around scenic Stafford Lake via the Terwilliger Nature Trail and others (bring your binoculars), but also an adventure playground, hammock village, fishing from the shore for catfish, bluegill, and bass, an 18-hole disc golf course and the Stafford Lake Bike Park. Finish the day off with a picnic or barbecue. That's what I call a full day! Visit the [website](#) to learn more

Check out these parks and more at the [Marin County Parks website](#).

Improving Community Health – Your Input Needed!

The Community Health and Prevention Program with the Marin County Department of Health & Human Services is conducting a [survey](#) about the retail environment and wants to know your opinion about matters related to stores in your community. The types of stores, the types of products that are available, and how these products are promoted influence us all, and have the potential to impact our health. Your input is therefore vital to the efforts to improve the health of our community. The [survey](#) is expected to take approximately 5 minutes. Your responses are voluntary and will be confidential. [Click here](#) to begin. We really appreciate your participation.

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