

The Scoop on Sewage – Managing Your Boat’s Waste

Properly disposing of boat sewage makes a significant difference in water quality and helps to safeguard the marine environment, which attracts millions of people recreating year-round, especially now in the summer months. One toilet flush of untreated sewage from your boat can cause the same environmental impact as 10,000 flushes from your home toilet (San Francisco Regional Water Quality Control Board, 2009).

It is against the law to discharge untreated sewage into all navigable U.S. waters, but some boaters still dump raw waste. You might think one boater’s contribution to the overall pollution problem is minuscule but considering there are more than 4 million recreational boaters in California, individual discharges add up.

Dumping sewage creates environmental and human health problems:

- ✦ Spreads disease.
- ✦ Harms aquatic life.
- ✦ Impacts levels of nutrients in the water.
- ✦ Floating sewage is gross!



Download the **FREE Pumpout Nav App** to locate the closest sewage pumpout.

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Little Things That Matter: Mark your Calendar to Take Part in the State’s Largest Annual Volunteer Event

Be ready to participate in the 35th annual [California Coastal Cleanup Day \(CCD\)](#) on Saturday, Sept. 21, 2019, from 9 a.m. to noon.

Organized by the California Coastal Commission, the cleanup event will take place in more than [1,000 sites](#), including beaches, shorelines and inland waterways up and down the coast--from Oregon to the Mexico border and as far inland as Lake Tahoe. California’s event, which is the state’s largest annual volunteer event, is also part of the International Coastal Cleanup organized by the Ocean Conservancy.



CCD is about much more than picking up trash. It’s a chance for Californians to join people around the world in expressing their respect for our oceans and waterways. It’s an opportunity for the community to demonstrate its desire for clean water and healthy marine life. And it’s a moment to share with one’s neighbors, family and friends to come together and accomplish something vital for our environment.

To learn about last year’s CCD event, click [here](#).

See you on September 21!





Destination Series: PORT OF LOS ANGELES

Stretching across 43 miles of waterfront is the Port of Los Angeles (LA), located in San Pedro Bay in the San Pedro and Wilmington neighborhoods of Los Angeles. Approximately 20 miles south of downtown LA, the Port of LA is one of the country's busiest ports and nicknamed America's Port. All goods imaginable are imported and exported through the Port of LA, serving as the country's gateway for international commerce.

It's not all business, though, as the Port of LA hosts a plethora of recreational opportunities and must-sees at the LA Waterfront. Nature lovers can get their fix of Southern California's rich biological diversity by exploring tide pools at Point Fermin Marine Life Refuge and enjoying interpretive displays and museum collections at Cabrillo Marine Aquarium. If you love everything ocean, don't miss AltaSea, a marine research center focused on sustainable ocean efforts, education and business.



115-Year-Old LA Harbor Lighthouse a.k.a. "Angel's Gate"

Photo: John Hollenbeck

Get a taste of history with a harbor boat tour or visits to the USS Iowa (full battleship you can tour) and the LA Maritime Museum. Other iconic attractions to see include the Vincent Thomas Bridge, Terminal Island Memorial Monument, and Korean Friendship Bell. Feeling crafty? Check out Crafted--a large-scale, permanent craft marketplace with hundreds of local craft-artists and artisanal food makers--every weekend. Explore everything the LA Waterfront has to offer at www.lawaterfront.org.

For information on accessing recreational courtesy docks, visit the [Port of LA's website](http://www.lawaterfront.org). And for details on obtaining a guest slip, check out The Bay Foundation's [Southern California Boater's Guide online](#).

Pump Out Your Bilge in Oceanside!

Author: Steve Rodriguez, Oceanside Harbor

The boat bilge pumpout system at Oceanside Harbor is operational! We have received and installed a new system provided by KECO Pump & Equipment for the convenience of our slip renters and guest boaters. The system is designed to help boaters clean up their boat bilge.

Oil and fuel contain harmful components that can affect human health and severely damage our aquatic environment, even in small quantities. One gallon of oil (equivalent of a single oil change) can ruin a million gallons of drinking water--a year's supply for 50 people. Oil and fuel contain toxic heavy metals that can affect human health and severely damage our aquatic environment.



Bilge pumpout system conveniently located on the Coast Guard dock in Oceanside

Photo: The Bay Foundation

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Pump Out Your Bilge in Oceanside!

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Oceanside's bilge pumpout will help reduce the amount of contaminants going into the harbor by helping the boat owner keep a cleaner hull and prevent the bilge pump from discharging contaminated bilge water. The bilge pumpout is located at the U.S. Coast Guard dock, just north of the boat launch ramp. Use of the pump is free, and it is available 24 hours a day.

You can find [13 bilge pumpout systems statewide](#):

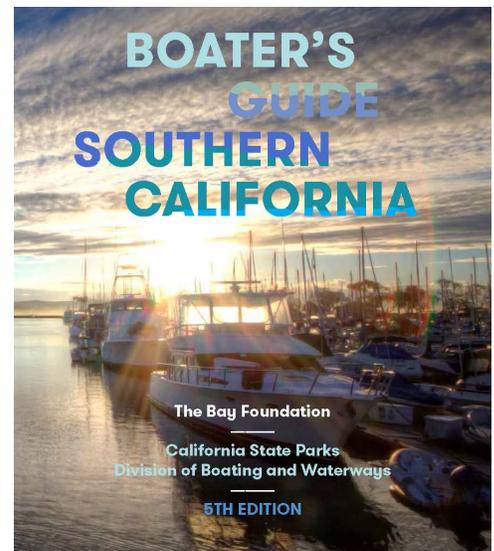
- ⚓ Breakwater Cove Marina (Monterey County)
- ⚓ Channel Islands Harbor (Ventura County)
- ⚓ Eureka Public Marina (Humboldt County)
- ⚓ Hyde Street Pier (San Francisco County)
- ⚓ Morro Bay City Harbor (San Luis Obispo County)
- ⚓ Moss Landing Harbor (Monterey County)
- ⚓ Oceanside Harbor (San Diego County)
- ⚓ Pillar Point Harbor (San Mateo County)
- ⚓ Port San Luis Harbor District (San Luis Obispo County)
- ⚓ Santa Barbara Harbor (Santa Barbara County)
- ⚓ Santa Cruz Harbor (Santa Cruz County)
- ⚓ Spud Point Marina (Sonoma County)
- ⚓ Woodley Island Marina (Humboldt County)

Must-Have Updated Boater's Guide Released!

The Bay Foundation (TBF) has released the latest version of its popular *Southern California Boater's Guide* (Guide). The Guide--described as "inspirational and informative" by the boating community--provides comprehensive information for those embarking on a Southern California nautical cruising adventure. It includes harbors from Santa Barbara through San Diego Counties along with updated details on each harbor's unique features such as emergency contact numbers, entrance obstacles, guest slips and pricing, waste disposal and fueling facilities, recreation and tourism opportunities, and pollution-prevention resources. The updated version is more user-friendly and includes information on the Pumpout Nav app and the new California Boater Card.

With more than 179,200 registered recreational vessels in Southern California, boating habits--such as preventing oil and sewage discharges, managing hazardous and solid wastes, and using nontoxic products--make a big difference in the health of our coastal waters. Recreational boaters can be proactive in helping preserve the health and ecological richness of Southern California's waters. The Guide highlights pollution-prevention tips, environmental boating laws and resources available in each harbor from sewage pumpout stations to oil recycling facilities.

"The Bay Foundation works to give boaters the resources they need to prevent pollution including operational sewage pumpouts, bilge pumpouts, and oil absorbent pad exchange facilities. This comprehensive Guide is our way to share proactive information about these resources with the boating community and to inspire protection of the water we recreate in. Preserving its beauty, bounty, and health is vital to us all," states Victoria Gambale, The Bay Foundation's Community Engagement Program Manager.



This must-have guide is available in both [digital](#) and print format. Printed copies are available for a suggested \$20 donation; order forms are available on [The Bay Foundation's website](#).

The Southern California Boater's Guide was created by The Bay Foundation. This publication is funded by California State Parks' Division of Boating and Waterways Clean Vessel Act Education Program and a federal Clean Vessel Act Grant through the Sport Fish Restoration Program.

Nature and Recreation in the Grizzly Island Wildlife Area

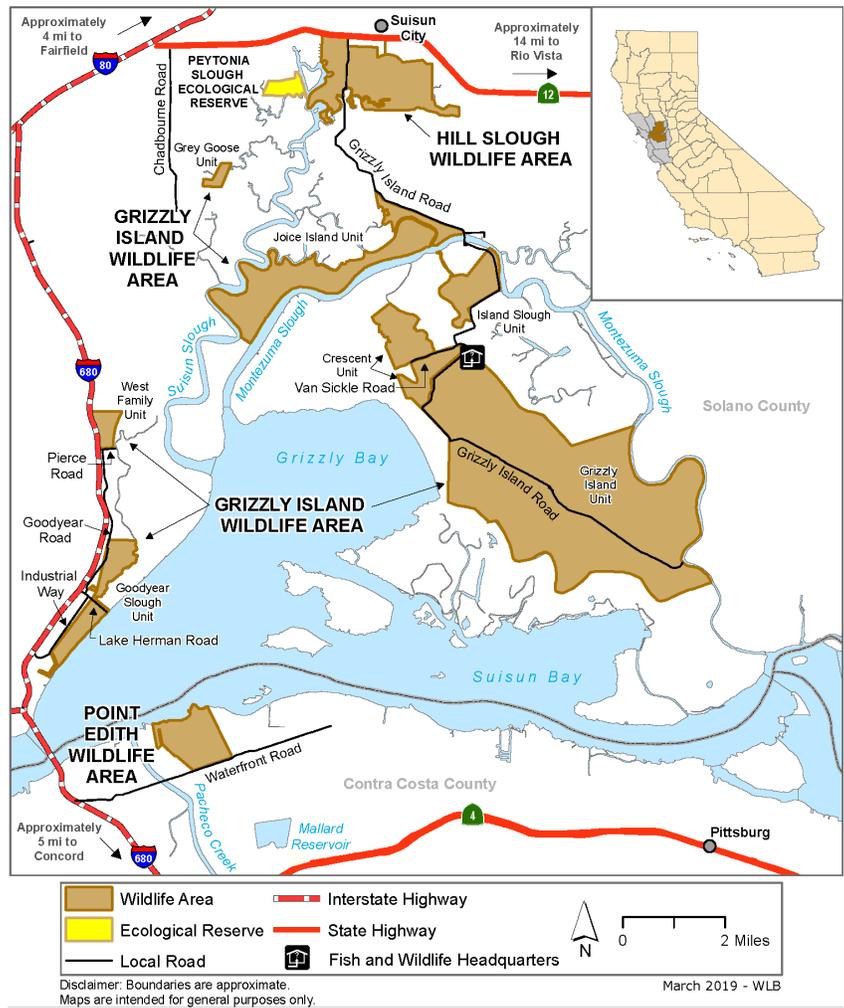
Spread over the expanse of the Suisun Marsh in a patchwork of distinct land parcels lies the Grizzly Island Wildlife Area. This massive 12,900 acre habitat is disconnected and intersected by roadways and private lands, but offers one of the most complex and ecologically rich areas for recreation in the entire Sacramento Delta.

Grizzly Island attracts a variety of seasonal wildlife and has attracted nature lovers, hunters, and anglers for decades. Some animals, like the California clapper rail and Suisun shrew, live exclusively in these tidal wetlands. Rare, threatened and endangered species include the salt marsh harvest mouse, peregrine falcon, California Ridgway's rail, California black rail, bald eagle, and Suisun aster.

The area is also an outdoor lover's paradise. There are more than 75 miles of roads and trails, with several self-guided hiking trails being planned. Those seeking a peaceful morning in nature can enjoy sights of California's heartiest herd of tule elk, still with velvet on their antlers, throughout the early summer months.

At various times of the year several species of game fish may be caught at Grizzly Island. Striped bass, brown bullhead, white catfish, white sturgeon, black crappie, and the occasional largemouth bass, Chinook salmon, and steelhead can all be found in these waters.

Fish may be caught in Montezuma slough or within many of the interior waters of the island depending on closures for other activities (See [Public Use Schedule](#)). Abundance is high in spring and early summer when the normally brackish waters of the Suisun Marsh are at their freshest.



Map of the Grizzly Island Wildlife Area

Photo: CA Department of Fish and Wildlife

Suisun Marsh itself is unique and significant in that it is the largest contiguous estuarine marsh in the entire United States, encompassing around 88,000 acres of land, bays, and sloughs. Boaters in the Delta have the special privilege of accessing the sloughs and inlets surrounding Grizzly Island Wildlife Area from the beauty of the winding river waters, and therefore have an important role to play in keeping these areas clean and green for future visitors to enjoy.

For more information:
www.wildlife.ca.gov/Lands/Places-to-Visit/Grizzly-Island-WA

Mercury Reduction Efforts in the Delta

Fishing in the Delta is a favorite pastime, and local fish can be an important part of a healthy diet. However, anglers of the area should be aware that many types of fish caught in the Delta and other California waterbodies contain high levels of mercury, which is a harmful chemical that can have health impacts on the brain and nervous system, particularly for babies and children who are still developing.

Mercury is found throughout the Bay-Delta estuary at elevated concentrations and originates from now-defunct gold mining activities. The toxic form is called methylmercury and is still making its way down river where it is taken up by aquatic organisms and can build up in fish and shellfish. Large, older fish and fish that eat other fish tend to have higher amounts of mercury.

The Delta Mercury Exposure Reduction Program (MERP) is a collaborative multi-agency effort to help reduce exposure to mercury from eating contaminated fish. The program aims to increase awareness on how to safely eat fish and increase understanding of fish contamination in the Delta. Past and current activities include providing grant funding to community-based projects for disadvantaged communities, developing multilingual educational materials, providing training and awareness on fish contamination to Delta communities and doing outreach during community stakeholder meetings and events. The program provides [current fish consumption guides](#) for the North and Central/South Delta regions and the San Joaquin River and is available in nine languages.

EATING FISH

Benefits	Risks			
<p>Fish (including shellfish) are highly nutritious and are an important part of a healthy diet.</p> <p>Fish are high in protein, low in fat, and a good source of important nutrients. These nutrients include healthy fats called omega-3 fatty acids that are good for both adults and children.</p> <p>For adults, eating at least 8 ounces of a variety of fish per week, including some high in omega-3s, may prevent heart disease.</p> <p>Omega-3 fatty acids are essential for healthy brain, eye, and nerve development in babies and children. By eating at least 8 ounces of fish per week, pregnant and breastfeeding women can pass these nutrients on to their babies.</p>	<p>Some fish may contain high levels of mercury and polychlorinated biphenyls (PCBs).</p> <p>Mercury is harmful to the brain and nervous system, and PCBs might cause cancer. Everyone should limit or avoid fish that have high levels of mercury or PCBs.</p> <p>It is especially important for women ages 18–45 and children ages 1–17 to avoid eating fish that have high levels of mercury. Because their brains are still developing, babies and children are more sensitive to the harmful effects of mercury. Exposure to mercury can cause them to learn more slowly.</p>			
<p>So... Women ages 18–45 (childbearing years) should eat fish, but they should choose fish low in chemicals and high in omega-3s. Eating fish is good for both pregnant women and their babies.</p>				
Fish caught by you, family, or friends	Stores/restaurants			
<p>Local fish advisories guide you on what and how much to eat. Always follow advisories and fishing regulations where you fish. See complete advisory for more information.</p>				
Eat this	Not this			
<p>These fish and shellfish are low in mercury and can be eaten more often:</p> <ul style="list-style-type: none"> • Delta — all areas: Rainbow and steelhead trout, American shad, clams • Central or South Delta: Catfish, bluegill and other sunfish, crayfish • Most CA lakes and reservoirs: Rainbow trout • Sacramento and Mokelumne rivers: Chinook (king) salmon <p>Fish caught in the Central/South Delta (south of HWY 12) generally have less mercury than fish from many other places in CA, including the Delta north of Highway 12, Sacramento River, San Joaquin River (south of Stockton), and many CA lakes and reservoirs.</p>	<p>These fish are high in mercury. Some also have PCBs. They should be eaten less often:</p> <ul style="list-style-type: none"> • Delta — all areas, CA rivers, bays, and the ocean: striped bass and sturgeon • Most CA lakes and reservoirs: bass and carp • Port of Stockton: all fish and shellfish (due to PCBs) <p>Women 18-45 and children 1-17 should not eat any of these fish.</p> <p>PCBs are in the fat and skin of the striped bass and sturgeon. To reduce the PCBs, eat only the skinless fillet. Remove the fat and skin before cooking and cook the fish all the way through, letting the juices drain away. These steps will NOT get rid of any of the mercury.</p>			
<p>Federal guidelines provide advice for fish from stores and restaurants.</p> <p>Some fish from stores and restaurants have high levels of mercury. Federal guidelines for women ages 18–45 and children ages 1–17 advise the following:</p> <ul style="list-style-type: none"> • Do not eat shark, swordfish, tilefish or king mackerel. These fish are high in mercury. • Eat 8 to 12 ounces* each week of a variety of fish and shellfish that are low in mercury. • Limit white (albacore) tuna to 6 ounces* per week. 				
<p>How much should I eat?</p> <p>If you eat the recommended number of servings in a week that is allowed under one type of advisory or guidelines, do not eat any more fish that week. For example, women 18-45 or children 1-17 can eat:</p> <table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid #ccc; padding: 5px; width: 50%;">Two servings (12 ounces*) a week of catfish from the Central or South Delta. Do not eat any other fish from any source that week.</td> <td style="text-align: center; border: none; padding: 0 10px;">OR</td> <td style="border: 1px solid #ccc; padding: 5px; width: 50%;">Two servings (12 ounces*) a week of fish or shellfish that are low in mercury from a store or restaurant. Do not eat any other fish from any source that week.</td> </tr> </table> <p><small>*Serve children portions appropriate for their age and calorie needs.</small></p>		Two servings (12 ounces*) a week of catfish from the Central or South Delta. Do not eat any other fish from any source that week.	OR	Two servings (12 ounces*) a week of fish or shellfish that are low in mercury from a store or restaurant. Do not eat any other fish from any source that week.
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<p>Remember You can't tell the amount of chemicals in a fish by tasting or looking at it. To protect your health, and the health of your loved ones, follow the recommendations in the advisories.</p>				

Consumption Guidelines for Mercury in Fish

Photo: Delta Conservancy

Participating agencies include the Sacramento-San Joaquin Delta Conservancy, the Central Valley Regional Water Quality Control Board, the California Department of Public Health, and the Department of Water Resources. Rio Vista Care, Yolo County First 5, and San Joaquin County First 5 are a few of the community organizations that have received grant funding to increase awareness within the Delta on fish contamination issues.

More information on the program can be found on the [MERP website](#), and additional details about mercury issues in the Bay-Delta estuary can be found on the [California Department of Fish and Wildlife's website](#).

Destination Series:

CANDLESTICK POINT STATE RECREATION AREA

- A Surprising Slice of Sandy Shoreline

Author: John Poultney, California State Parks

Candlestick Point State Recreation Area is a hidden gem on the shores of San Francisco Bay, and a park that should not be missed.

Although it is often confused with San Francisco's venerable Candlestick Park sports stadium (1960–2015), Candlestick *Point* is actually the area adjacent to the intertidal zone along the Bayfront, with 252 acres of recreational land, beaches, fishing, boating and panoramic views of the bay and East Bay hills. This urban reserve was formed as large areas of tidelands were filled in to create usable shoreline, in part for the nearby naval shipyard. Today, this gentle expanse of shore, meadows, trees, picnic/barbecue grounds and hidden beaches welcomes hikers, birdwatchers, strollers, kayakers, picnickers, dog-walkers and school groups, with flat trails and gentle hills along the waterfront.

Candlestick Point features six Americans with Disabilities Act (ADA)-compliant campsites, built in 2018, that grace the park's eastern end near the fishing pier. These comprise one of only two campgrounds in San Francisco. These are boat-in, bike-in, or walk-in sites with barbecues and food-storage lockers, as well as an ADA restroom. Waterborne campers and other nonmotorized boaters are welcomed via Jackrabbit Beach at the site's northwest side. Anglers are welcome at our large fishing pier located at Sunrise Point, and windsurfers enjoy brisk afternoon winds along the southwest shore. Candlestick is located on the San Francisco Bay Water Trail and is an ideal destination for a day-trip or overnight experience.



California State Parks and Literacy for Environmental Justice held a ribbon-cutting ceremony on Thursday, Sept. 20, 2018, to celebrate new recreational opportunities at Candlestick Point State Recreational Area.

Photo: Brian Baer, California State Parks

As the area formerly occupied by the ballpark redevelops over the coming years, Candlestick Point State Recreation Area will likewise be reinvigorated with a new configuration. With the San Francisco Bay Trail unifying and connecting the areas to the north and south, planned improvements include new parking lots, updated restrooms, and additional boating and recreation facilities for greater access to windsurfing, stand-up paddleboarding, kayaking, rowing, and more. This unique park will continue to evolve along with the City by the Bay.



Early Morning at Candlestick Point State Recreation Area

Photo: Brian Baer, California State Parks

Candlestick Point SRA: http://www.parks.ca.gov/?page_id=519
 San Francisco Bay Trail: <http://sfbaywatertrail.org/>
 San Francisco Bay Trail: <http://baytrail.org/>
 Campground Reservations: <https://reservecalifornia.com>

Encinal Yacht Club Stops the Tide of Trash with *ReThink Disposable*

Author: Clean Water Action

Boaters have a unique perspective and love of our oceans. Boaters see first-hand the effects of debris from derelict fishing gear, plastic bottles and other single-use disposables clogging the waterways. Scientists estimate that globally, 8 million tons of plastic are dumped into the ocean every year. A Clean Water Action study found that 67% of street litter is from disposable food and beverage packaging. If we continue to consume these throw-away products at this rate, studies estimate that plastic will outweigh fish in the ocean by 2050. Through stopping waste before it starts, we can turn the tide on ocean pollution!



Before (left) and after (right) of water dispenser at Encinal Yacht Club.

Photo: Clean Water Action

Encinal Yacht Club in Alameda County is partnering with the nonprofit organization Clean Water Action in a pilot project, in partnership with the California Coastal Commission and the California State Parks' Division of Boating and Waterways, to be the first yacht club to launch [ReThink Disposable](#) to reduce packaging waste. This means all food and drinks consumed at the club (including during events) will no longer be served on disposable, single-use products. In three months, this yacht club replaced 14 single-use foodware items with durable ones (i.e., cutlery, cups, plates, bowls, cup lids, etc.). This is not only an investment in clean boating, but participation in ReThink Disposable prevents the club from continually purchasing costly disposable food packaging items designed for minutes of use, which then becomes trash that is costly to haul away. This program is a win for the planet and saves money every year.

For example, one 200-person Junior Sailing Program event could use up to 9,600 pieces of throw-away foodware, costing \$600 for that one event. A collection of durable foodware for the same event would cost roughly \$800. After just two uses of the new washable foodware at events like these, the club will more than break even and see cost and waste savings grow with each use!

If successful, Encinal Yacht Club will become one of five pioneering yacht clubs to be certified ReThink Disposable. The yacht club will join almost 200 other food establishments that have successfully transitioned from disposable dine-in operations to reusables.

San Francisco and Alameda County Marine Flare Pilot Collection Events a Success!

Author: San Francisco Department of the Environment and Alameda County

On Sunday, April 14, the San Francisco Department of Environment (SF Environment) held the Bay Area's first-ever marine flare collection event. The event took place at the East Marina Green Triangle where local boaters were encouraged to bring their old, expired, or damaged marine flares for proper disposal. The event attracted 51 attendees and collected more than 2,000 marine flares!

Alameda County followed San Francisco in holding a marine flares collection event May 26. This event was promoted among marinas and boaters in the East Bay, had participation from 27 boaters and collected well over 1,500 flares. Both events saw a smooth coordination between the sponsors and the hazardous waste contractor giving quick drive-through service. Boaters were universally happy with the service.

Marine flares are signaling devices carried aboard recreational boats to be used in the event of an emergency. Because of a mandated 42-month expiration date, these marine flares need to be replaced about every three seasons of boating. Yet, currently, there are only two collection sites in California that will accept and dispose of outdated flares. This presents a safety hazard and disposal challenge for Bay Area boat owners.



Expired marine flares collected during the San Francisco Department of Environment and its partners collection event in April

Photo: San Francisco Department of the Environment

The events were made possible from a grant from the California State Department of Resource Recycling and Recovery (CalRecycle). SF Environment and the Alameda County Department of Environmental Health partnered with the California State Parks' Division of Boating and Waterways and the California Coastal Commission to help promote the events to address this long-standing problem that has been largely ignored.

With the success of the collection event, SF Environment hopes to organize additional events in the future. In the meantime, it encourages boaters to phase out the use of traditional marine flares to an [LED flare](#), which is safer, nonhazardous and U.S. Coast Guard-approved.



The Scoop on Sewage – Managing Your Boat’s Waste

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To reduce the detrimental impacts of discharging sewage overboard, all boaters are encouraged to:

- Make use of available resources.** Use responsible ways to dispose of sewage: [pumpout stations](#), [dump stations](#), [floating restrooms](#), or [mobile boat-to-boat pumpout services](#). Learn how to use a sewage pumpout by checking out [this video](#).
- Know the laws.** According to federal and state law, if you’re operating your boat on any lake, reservoir or confined fresh water; in any marina, yacht harbor or river that does not support interstate traffic; or in any “No Discharge Zone,” it is illegal to discharge sewage, even if it’s treated. It’s also illegal to discharge raw sewage in state waters, 3 miles from shore, or in any national marine sanctuary. [Brush up on boating laws](#).
- Use available education resources.** State partners continue to spearhead valuable, user-friendly online materials, including the Delta/San Francisco clean boating maps, *Southern California Boater’s Guide*, *When Nature Calls*, and the Pumpout Nav app, which helps boaters find a pumpout station to properly dispose of boat sewage. The app is available for [iOS](#) and [Android](#). [Click here](#) for access to all the above-named publications and more.
- Know your system.** Vessels with an installed toilet must have an operable U.S. Coast Guard–approved marine sanitation device (MSD). MSDs are designed to keep untreated sewage out of the water. There are three types of MSDs: Types I, II (treatment systems that reduce bacteria and suspended solids), and III (no treatment systems–holding tank that retains untreated sewage for proper disposal). The Y-Valve is the part of the MSD system that directs waste either overboard, into the holding tank or to a deck pumpout fitting. If your holding tank (Type III) is equipped with a Y-valve for overboard discharge, make sure it is secured in the closed position while operating your vessel within the 3-mile limit. To make sure your Y-valve is working properly to prevent discharge, test your system by placing a dye tablet in the holding tank. Learn more about properly securing your boat’s Y-valve to prevent an accidental discharge by watching this [vessel sewage video](#).

Report sewage discharges to California Office of Emergency Response (800) OILS911 (645-7911) and National Response Center (800) 424-8802.

The Bay Foundation and the California State Parks’ Division of Boating and Waterways (with funding provided by U.S. Fish and Wildlife Service, Sport Fish Restoration and Boating Trust Fund) are also offering boaters the opportunity through September 30 via the [Honey Pot Day](#) program to receive a free mobile pumpout to properly dispose of sewage waste in participating harbors (Marina del Rey, King Harbor, Port of Los Angeles, and Port of Long Beach).



Watch [this video](#) to learn about MSDs.

Photo: The Bay Foundation

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