



NEWSLETTER

November 7, 2025

Welcome

Hi Gators! My name is Ruby Verran, and I am a fourth-year RPT major at SFSU. I am very excited to be bringing you this week's newsletter. As you read, I encourage you to think about how you can make a difference in your community through the outdoors. By coming together for a greater cause, we can continue to preserve our community's outdoor environments and beauty.

RPT & SFSU Updates

RPT

- RPT Club Hike – Join the RPT club on November 14, 10-1 pm, for a hike in the Presidio and then a debrief at Tunnel Tops. Meet at the Presidio Transit Center.
- RPT Hangout! Some fellow RPT members hung out in the quad on November 5th



SF State

- [AS EcoFest](#): Art in the Garden – Wednesday, November 12, Sol Patch Garden, 2-4
 - Arts and crafts show! View student art inspired by nature and learn how to make your own art as well! Bring plastic bags for the art project. Food is provided.
- [Check out the Depot](#) in the Cesar Chavez Center
 - Spoken Open Night – November 12, 6-8 pm
 - Battle of the Cans – November 13, 6-9pm

Alum Spotlight

Isa Rodriguez (2022)



After graduating last spring, I began a year-long position as an Agroecology Apprentice at Alemany Farm in San Francisco. Alemany Farm is an open farm where we grow food, nurture community connections, and share all of the food for free. As an apprentice, I work alongside the Farm Managers, apprentices, interns, and all the amazing volunteers to learn and support every step of ecological food production. From seed propagation and soil care to harvest distribution and volunteer coordination. This experience has deepened my connection to sustainable agriculture, community leadership, and land

stewardship. It continues to show me how regenerative urban farming can cultivate both environmental justice and resilience in the face of a changing climate. Come by and volunteer on Mondays and Saturdays from 1-5 pm; you won't regret it.

Student Spotlight

Evany Cruz Rosales (2026)



Hi! My name is Evany Cruz. In my free time I enjoy pottery and cooking. I took my first RPT course in my freshman year of college because of an Orientation Leader job that I got on campus that required it, but I've been hooked since then! I'm heavily involved on campus with a position in Residential Life as well as the Facilities & Operations Department for Associated Students. I hope to work in a hospitality & tourism law group one day, and I am currently on the journey to obtain an internship for the spring 2026 semester in this field. RPT has truly changed my life and has gotten me to love the world around me a lot more.

Academic & Professional Opportunities

Jobs & Internships

- [Recreation Manager-Operations & Student Programs](#) (Paid, SFSU & USF Students)
- [Kids Summer Camp Counselor](#) (Paid, San Francisco)
- [LEJ Eco-Apprentice](#) (Paid, Hunter's Point, SF)
- [East Bay RPD Internship](#) (Paid, Alameda & Contra Costa counties)

Events & Activities

- [Drop-in Saturday Wheelchair Basketball](#) at Glen Canyon Park Recreation Center (70 Elk Street) from 3 to 6 p.m.
- [Zumba & Shake the Fog!](#) Sunset Dunes & Irving Street on Saturday, November 8 from 10:30 to 11:15 a.m.
- [Live Music](#) at Sunset Dune & Judah Street on Sunday, November 9 from noon to 2 p.m.

Academic & Professional Opportunities (continued)

- [Community Cleanup](#) at Sunset Dunes & Noriega Street on Sunday, November 9 from 1 to 3 p.m.
- [Birding with SF Nature Education](#) at Blue Heron Lake (5 Blue Heron Lake Dr) In Golden Gate Park on November 15 from 10 a.m. to noon

News & Research

- [The Importance of Green Space for Mental Health](#)
- [Environmental Equity v. Environmental Justice: What is the Difference?](#)
- [Urban Neighborhoods: Natural Spaces for Positive Youth Development](#)

Final Thoughts ...

“It’s pointless for a human to paint scenes of nature when they can go outside and stand in it.” - Ron Swanson *Parks & Rec*

Until next week,

Ruby Verran



Department of Recreation, Parks & Tourism with Holistic Health Studies
[San Francisco State University](#)
1600 Holloway Ave., HSS 307
San Francisco, CA 94132

rosegard@sfsu.edu | rpt.sfsu.edu
(415) 338-7529 (office)

Follow Us: [Instagram](#)