

BENEFITS

Photographers Support Operation Smile-Treating Children with Cleft Lips, Palates and other Deformities. During October, photographers from across the country are joining together with the Professional Photographers of America Charities in promoting "Family Portrait Month." This national fund-raising effort will benefit Operation Smile. Participating photographers have pledged to contribute a portion of each October family portrait sale to PPA Charities, which has chosen Operation Smile as its charitable partner. When families participate in Family Portrait Month, they are making it possible to truly change the lives of children who would otherwise face a lifetime of pain and rejection. It's a wonderful way to teach children the value of reaching out to others. Even small children can understand the importance of Operation Smile's work, and they are eager to help these needy children." To view a list of local studios participating in Family Portrait Month, visit familyportraitmonth.com. For further information contact: Bert Behnke at (800) 786-6277, ext. 265

October 24 - Support Indigenous Permaculture de Atzlan while enjoying homemade food and learning about the projects going on to help native peoples. Learn, get involved, have fun! GOOD FOOD Native, healthy food prepared by friends and family. GOOD CAUSE: The purpose of Indigenous Permaculture de Atzlan is to assist indigenous nations to learn the means to be economically self sufficient and to respect culture and ceremony, to restore lands for future generations, to harvest, gather, hunt and fish and grow foods that are healthy for future generations. Part of the vision is to have youth go to these countries to help as well, and to have learning and cultural exchanges. Suggested donation \$15 per person. For more information or to RSVP, contact Dominique (707) 843-9765, dcortara@yahoo.com

October 27 - Bodega Land Trust 15th Anniversary Gala Fundraiser, Dinner & Auction. 6pm at the McCaughy Hall in the tiny town of Bodega. Look for the crowds of smiling people who enjoy this event while supporting the worthwhile efforts of protecting the wide opens paces of Sonoma County. International Small Plates by local chefs, No hst Bar with local wine, Silent Auction of excellent donated art and useful items. Live music by Cuyuy. Tickets \$15 advance (BLT office behind The Dressmaker, Hamilton Trading Co. in Bodega, Hand Goods in Occidental, People's Music in Sebastopol. \$20 Door. 876-3093 www.bodeganet.com/landtrust

October 26 & 27 - 2007 Fall Flower Show and Plant Sale from 8 a.m. to 4 p.m. at the Graton Community Club at the corner of Graton Road and Edison Street in downtown Graton. The theme of the show is "Practically Magic." Decorated to reflect the theme of the show, the dining room will be open all day to serve cake, coffee and tea for \$3, as well as home-made lunch from 11:30 to 2:00 for \$8. Lunch includes dessert and beverage. Vegetarian lunches are available. Visitors are encouraged to wear hats and gloves in honor of the founders of the club and in keeping with the ambience. Hats will be available for picture taking and keepsake photos presented in a commemorative folder for \$5. Some hats will be available for sale. Proceeds benefit the club's scholarship and building repair funds.



October 27 - HOWL-O-WEEN! Pet Costume Contest & Parade to help PALS - Pets are Loving Support. This organization helps take care of the pets who love and comfort people with illnesses and disabilities. Donations, pet supplies and volunteers are always welcome. Please come learn about this worthy cause and have fun at the Russian River Resort, 4th Street, Guerneville. Registration 1PM \$7.00 Main Street Parade 2PM Right after the Parade - Pet Costume Contest. Three Categories - Most Original - Scariest - Gayest. Live Auction & Raffle. Pet Portraits \$1 Hot Dogs. Vendor Booths All Proceeds benefit PALS

October 27 - Friends of Mark West Creek Fundraiser 5:30-11pm (7pm auction): The Friends of Mark West Creek are expanding their outreach to encompass the entire Mark West Creek watershed from the headwaters in the Mayacamas to the confluence with the Laguna and the Russian River. Join them for their annual fundraising event! Location: Mark West Lodge, Santa Rosa. Tickets are \$40 and includes dinner, dancing to live music from the band "5 AM", auction and a raffle.

November 3 - The Kallah Women's Group Craft Faire on Saturday, from 10 AM to 3 PM. Unique hand-made gifts and items for all occasions will be available, as well as mulled cider and home-made pies. There will be a Raffle for a hand-made afghan. New this year will be a Kid's Craft Making Table! Proceeds from this fundraiser will go to support the church's many community out-reach programs. Forestville Methodist Church, Covey Road just up the hill from the corner at Hwy116 in downtown Forestville. Info: Barbara Uebel 707-546-85

November 3 & 4 - GIANT RUMMAGE SALE. More than 200 Families. Benefits the Oak Grove Union School District. Everything goes. Unbelievable prices! Tons of furniture, sporting goods, kitchenware/stoneware and giftware, NEW jewelry, collectables, videos, CD's, records, toys, clothing - most \$1 each, holiday items and sooo much more. 8 AM to 2 PM AND Sunday, Nov. 4th, 11 AM to 1 PM, Stuff a Bag for \$5 Oak Grove Elementary School, 8760 Bower St. in Sebastopol (close to Graton) Donations or questions, call Jan Lochner at 823-3265

November 10 - Camp Meeker Fun-Packed - Raffle-Crazy Spaghetti Dinner! benefiting the Camp Meeker Volunteer Fire Dept. Come to Anderson Hall just off the Bohemian Highway between Occidental and Mont Rio. Camp Meeker, Saturday 5 - 9pm. Dinner includes: Pasta with Meat or Vegetarian Sauce, Salad, Homemade rolls w/ butter, Coffee, Tea, Hot Chocolate, More info? Make a donation? CMVFD - Dani Sheehan-Meyer 707.874.2154.

SENIORS:

We Don't Rock n' Roll... but we offer a great opportunity for all Seniors to become a little more active in their lives. COME FOR LUNCH and MEET NEW FRIENDS. We serve lunch on Tuesdays and Thursdays weekly at noon. On the 3rd Thursday of each month we offer raffles, entertainment and interesting conversation! Get out of your house and check us out! Remeber - there is no substitute for human contact! If you are coming, please call 887-1070 so we can plan for you! Suggested donation \$3.50. United Methodist Church in Forestville. 11am

Join Us For Lunch

The Occidental Senior Luncheon Program is looking for people, good with knife and fork. Requirements: Able to join in with a friendly group, who dine at 12 noon each Monday and Wednesday at St Phillips Community Center. A \$3.50 donation is requested. Drop in, or better yet, make a reservation by calling The Council On Aging, 525-0143 ext 135.

SEBASTOPOL SENIOR CTR.

The Sebastopol Area Senior Center is located at 167 North High Street, Sebastopol. For further information, or directions, please contact the Senior Center at 707-829-2440, or email iris@sebastopolseniorcenter.org

October 19 & 20, November 2, 5 and 9 - A Matter of Balance: Managing Concerns about Falls.

Learn how to prevent falls and perform low impact exercise at home to build strength, flexibility, endurance and balance. The class is provided by the Step Wise Fall Prevention Task force which is spearheaded by the Sonoma county Area Agency on Aging. For info or to Register call 565-5984. 20.00 donation

October 22 - "Wellness Through Life's End" Learn how to plan for and navigate the journey through life's end in a manner consistent with individual values and wishes. This class presents models, techniques, tools and resources to help guide the way. Special emphasis is given to efforts that nurture quality of life and well being in the process.

October 23 & 30 - Music Appreciation from 10:30 until 12. Tryg Tryggestad will take us on some interesting and music filled journeys from Classical to Jazz. This month will be devoted to the music of Bach, Beethoven and Mozart. Fee: \$6.00 per class. The Sebastopol Area Senior Center is located at 167 North High Street, Sebastopol.

October 25 & 26 Halloween Reno Trip. Stay at Sands Hotel and Casino. \$79.50-Dbf and \$89.50 single. Call for itinerary. 829-2440

October 25 - Improve your memory! Keep minds happy and memories intact. Presented by Chance Massaro. Fee; \$6.00 per session. 2:30 - 1:45 Topic "Preparing to Remember"

October 25 - Glucose Screening Clinic. 11:00am to Noon in the Rotary Room. Come in BEFORE lunch to have your blood sugar checked.

October 30 - "Mammograms and Thermograms. Breast Thermography uses a heat-sensing imaging camera to assess vascular activity and temperature differences between each breast, which determines a woman's current level of breast health.

MEETINGS:

Monthly: Forestville Historical Society meets the third Wednesday of every Month, 7:00 PM at the Forestville Elementary School Library. Call Ron Davis 823-2921 for information or visit our website www.sonic.net/forestville. One of our projects is to maintain and improve the Forestville Cemetery. If you would like to be part of preserving the history and maintaining the cemetery, please come and join us. Membership is only \$10 for person and \$20 for a family.

Russian River Historical Society - The Russian River Historical Society is a non-profit organization that relies on membership dues and fundraising. There are public events held 4 times a year targeting different historical events in the area. contact us ofr meeting schedules at info@russianriverhistory.org **Interested in joining?** Send a check for \$10 to PO Box 484, Monte Rio, CA 9546

Al-Anon (Friends and families of alcoholics) We have two on-going and well-established meetings in Guerneville. We provide a support to people dealing with the problems of alcohol abuse. **Meeting dates and times for Al-Anon:** **Monday 7:30p.m.** - Russian River Senior Center - back room **Saturday 9:15 a.m.** - Russian River Senior Center - back room Armstrong Woods Road, Guerneville

WOMEN'S Alcoholics Anonymous in Guerneville - meets that the Russian River Seniro Center, Mondays at 7:30pm Russian River Senior Center 15010 Armstrong Woods Road Guerneville, CA 95446 707-869-0618

Co-Dependents Anonymous meeting held on Thurs. eve. from 7-8pm at the Russian River Community Senior Center - 15010 Armstrong Woods Rd. in Guerneville. (CODA) is an anonymous meeting for people who want to improve the quality of their relationships.

Wednesdays at Hospice House Food for you mind, body & spirit! An evening of conversation and information. Weekly speakers. 7 - 9pm. Hospice of Petaluma, 416 Payran St., Petaluma. Info: 778-6242