

# For You:

## CHECK OUT OUR NEW TEEN WEBSITE AND ENTER TO WIN A MAC LAPTOP!

www.uasonoma.org/teensite  
AND FIND THE ANSWERS TO THREE SIMPLE QUESTIONS THEN CLICK THE LINK "WIN A LAPTOP"

AND SUBMIT YOUR ANSWERS

by **FRIDAY, OCTOBER 26 AT 4:00pm**

The winner will be announced, WEDNESDAY, OCTOBER 31 at our Teen Website Launch. See teensite for details.

## November 1 - Bosum Buddies.

- 6 to 8 pm at Occidental Area Health Center (3802 Main St., Occidental-behind the Post Office)

## AN EVENING FOR WOMEN TO SUPPORT EACH OTHER.

Breast cancer screening, massage, tea and treats, resources & information.

**\* IT'S ALL FREE \***

For more information call 869-5977, ext. 312 or 874-2273, ext. 249 or ext. 405 Sponsored by West County Health Centers

## November 8 Free hypnotherapy workshop

at Circuit Fitness 6559 Front Street, Forestville on Thursday, November 8th, 7 pm. Learn how you can use self-hypnosis to improve your life and experience a group hypnotherapy session on stress reduction and relaxation. For more information, contact Rebecca Wallace MA, CHT at 707-542-1070.

## Low Cost Health Examinations at SSU through Dec. 5.

Low cost physical examinations and health appraisals for healthy adults and children will be available through the Sonoma State University's Nursing Department Family Nurse Practitioner Program on Wednesdays at the Family Nurse Practitioner Health Maintenance Center. The cost of a physical examination is \$30, Pap test \$45, cholesterol check \$25, hearing tests are free and a DMV physical examination is \$60. Copies of records are given to clients upon request as well as mailed to private physicians or agencies. Appointments may be made by calling the Nursing Department at (707) 664-2466, Monday through Friday, 8:30 a.m. - 4:30 p.m. These services can be utilized for annual exams, sports physicals, pre-employment physicals, camp physicals and Class II DMV licensing physicals. Appointments are available only to Sonoma County residents.

## Teen Clinic at CASA in Forestville:

Pregnancy testing & counseling, birth control choices, sexually transmitted disease testing and treatment, emergency contraception, free condoms. Teen staff, relaxed atmosphere, snacks. Free and confidential. 6570 1<sup>st</sup> St., Forestville, Mon. Tues & Thurs 2:30-5:30.

## The Forestville United Methodist Church Food Closet

is open on the second and fourth Mondays of the month. Any one needing emergency food is invited to receive free groceries. Currently, about thirty families are receiving assistance. Recipients make selections based on personal preferences from available items. Open 10 ~ 11:00 A.M.

## Sexual Assault Support Groups

Drop-in English: Mondays 6:00pm

Drop-in Spanish: Call for info

Skill Building: 8-week sessions. Call for start dates & info.

Family & Friends Drop-in: Thursdays at 6:00pm

Girls 15 - 18: Wednesdays at 4:00pm

Info at 545-7270.

**Classes at Ya-Ka-Ama** Indian Education center in Forestville is proud to announce new classes forming July 16 for all native persons and veterans interested in pursuing a GED, High School Completion or other vocational training. Small group and individual coursework and tutoring will be scheduled to accommodate individuals' existing work and commute schedules. For more information, please contact Betty Molina or Linda Lawson at 887-1541. Ya-Ka-Ama Indian Education, Inc., 6215 Eastside Road, Forestville, CA 95436

## Russian River Empowerment Center:

A consumer-driven drop-in mental health and wellness center that provides a safe and supportive environment for those who want to transcend persistent mental illness. We offer free support groups, peer counseling and activities to all members. Becoming a member involves a short intake process and all answers are confidential. Open Tuesday - Friday, 9:30-4:00 pm. 16229 Third Street, (off Armstrong Woods Rd.), Guerneville. 604-7264

## Foster Parents

Free information meetings for people considering becoming foster parents will be held at the Human Services Department's Family, Youth, and Children's Services office at 1747 Copperhill Parkway, Santa Rosa on

**November 13** from 7 to 9:30pm. RSVP to Rita Jacobs at (707) 565-4274

Foster parents are needed for boys and girls of all ages and ethnic backgrounds for short and long term care. People who are willing and able to care for older children, siblings, and children who may return to their parents are especially needed.

Both couples and single people may become foster parents. A monthly stipend is paid for each child, as well as medical and dental coverage. Training and support.

**Free women's health services:** pap smears, breast exams and referrals for mammograms. Free for income eligible women. By appointment only. Call Occidental Area Health Center, 3802 Main St., Occidental, 874-2444; or Russian River Health Center, 16319 3<sup>rd</sup> St., Guerneville, 869-2849.

## Drop-In Immunization Clinics, \$5

- **Guerneville:** 3<sup>rd</sup> Monday of the month, 5-6 pm, RR Health Center, 16319 3<sup>rd</sup> St.
- **Occidental:** every Monday 6-7 pm, Occidental Health Center, 3802 Main St.

**Well Child Exams:** free for income eligible children ages 0-19. By appointment only. Call Occidental Area Health Center, 3802 Main St., Occidental, 874-2444; or Russian River Health Center, 16319 3<sup>rd</sup> St., Guerneville, 869-2849.

**Children's Health Insurance:** Healthy Families, a state sponsored low cost health insurance program for children. Families of 4 can earn up to \$4000 per month. Call Occidental Health Center, 874-2444 or Russian River Health Center 869-2849.

# VOLUNTEER, Etc:

## WHALE WATCH DOCENTS NEEDED

The annual Gray whale migration along the Sonoma Coast will begin soon and Whale Watch, a California State Parks, "Volunteers in Parks" program, needs docents. Whale Watch Docents have assists visitors at Bodega Head in observing these migrating 40 ton giants off shore for over 20 years. Come join us in the fun! Orientation and training for docents will be held on Saturday, November 10th, from 9:00 am - 1:30 pm at the Bodega Bay Grange Hall. Training topics will include: the natural history of Gray whales, responsibilities of volunteering, park policies and procedures and styles of interpretation. Participants should bring a lunch and warm clothing for a visit to Bodega Head. Docents that volunteer for 16 hours in a year earn a free day-use pass for state parks in the Russian River District. To register for the training or for more information: Bea Brunn at 526-915 or Ruby Herrick at 869-9177X01 or e-mail volparks@mcn.org. www.stewardsofthecoastandredwoods.org *Whale Watch is supported by Stewards of the Coast and Redwoods, the nonprofit organization that works in partnership with California State Parks in the Russian River District*

## October 20 - Planting Natives with LagunaKeepers

9am-noon: We'll collect acorns and install trees and shrubs as we explore innovative ways to integrate ranching and native plantings. Be sure to wear shoes and clothes you don't mind getting dirty. Only heavy rain cancels. We'll provide the snacks, but do bring gloves, water and friends! Meet at the gate to Alpha Farm, 3000 Llano Road, nearest cross street Ludwig Avenue. Catherine <mailto:catherine@lagunafoundation.org>catherine@lagunafoundation.org or 527-9277x108.

## Community Service

**The Legacy.** All proceeds go to the Sebastopol Area Senior Center. **We are open 10-4pm Mondays thru Saturday. Open late 'til 6pm on Thursdays.** We do 3 hr shifts split 10-1 and 1-4, but will be flexible for the students. Students receive 25% discount **Contact Sherry Kane, the Legacy Manager, at 707-887-1652 to make arrangements**

## Volunteers Needed To Help Serve Occidental Senior Luncheon Program

Mondays and or Wednesdays: approximately 11:30 a.m. -2:00 p.m. A fun and appreciative group would welcome you. Please contact Michelle Leonard @ 525-0143

## Women in Black

**FRIDAYS Noon to 1pm**

We stand for a more compassionate humankind where violence is not considered a solution to conflict. Please join us on the corner of Main St, and hwy 12 in downtown Sebastopol.

## Community Clean Water Institute Expands Water Monitoring Program.

Community Clean Water Institute (CCWI), a community based volunteer water monitoring organization based in Sebastopol, has expanded its water monitoring activities to Blucher Creek and added new staff members. CCWI is also in the process of networking with other water monitoring groups to organize a First Flush water quality monitoring program county wide. For the past seven years, CCWI volunteer water monitors and staff have tested and analyzed water in Dutch Bill, Green Valley, Mark West, upper Salmon, Pocket Canyon, and Cheney Gulch Creeks, the Laguna de Santa Rosa, and the lower Russian River and tributaries. Our testing activities have been instrumental in producing baseline data for determining the health of our waterways. Our data is available on our web site www.ccwi.org.

We are looking for volunteers to help run our water tests, enter data, help check out equipment, and work on special projects at the Environmental Center in Gravenstein Station across from Coffee Catz in Sebastopol. If you would like to help with water monitoring or donate to Community Clean Water Institute so that we can continue to maintain our water quality monitoring program, please call Robert at 824-4370 or mail a tax deductible donation to CCWI 6741 Sebastopol Ave. Suite 140 Sebastopol, CA 95472.

## Join the Muddy Mappers Brigade!

Flexible weekday hours: The "Muddy Mappers" are kicking off their 2007 field season and are in search of a few volunteers interested in exploring hidden nooks and forgotten corners of the Laguna watershed.

Our goal is to establish a comprehensive records of invasive aquatic plant distribution using GPS technology. This volunteer opportunity involved working outdoors for at least four hours at a time, identifying plants, and using a pocket PC to record the presence of invasives. Complete training and support will be provided- ages teen through senior welcome! Contact: amber@lagunafoundation.org or 758-0107

## Water Quality Monitoring with the Salmon Creek Watershed Council:

On-going monthly water quality monitoring is being conducted through out the watershed. Volunteers are also needed to sample during storms (must be adventurous!). This is a great way to get out and get close to the water, and help to develop a good understanding of the water quality in our watershed. Please contact James Sharpe, Volunteer Coordinator, at 874-1816,

## Crisis Counselors Needed

Are you a good listener? United Against Sexual Assault is looking for volunteers to staff the 24/7 crisis line. **The new training starts October 16 and runs through November 20.** The training prepares volunteers to provide crisis intervention, counseling services, accompaniment and advocacy services to survivors of sexual assault and those supporting them. No experience is necessary, Men, women, and couples are welcome. Internship credits are possible. Info: call the Crisis Intervention Manager at 545-7270x19