

Either I ran out of space or these items came in too late to be included - they are, nonetheless, worthy of your attention.

## EcoRing

### Russian River Environmental Forums

November 2007

#### Roundtable Discussions With Local Experts

Free events sponsored by: EcoRing, LITE Initiatives, Stewards of the Coast and Redwoods and Food Matters of Sonoma County

Facilitated by Portia Sinnott, EcoRing Eco-Educator and Executive Director of LITE Initiatives

**Thursday, Nov 1**

#### Climate Change & You

How Low Can We Go - How about 25% Less by 2015?

7-9pm, Monte Rio Community Center/Koret Club

20488 Highway #116, Monte Rio

Featuring Alden Feldon, Sonoma County Climate Protection Campaign  
Post Carbon Institute has been invited to join the post presentation discussion

**Thursday, Nov 8**

#### Locally Grown Food

Farmer's Markets, Farm Box Subscription Programs (CSAs), Community Gardens, Private Gardens, Farm To School Programs

7-9pm, Guerneville Veterans Memorial Hall First & Church Streets, Guerneville

Valerie Munthe, Russian River Chamber & Guerneville Farmers Market

Wendy Krupnik, Former SRJC Shone Farm Garden Coordinator

James Johnson, Food Matters (invited)

Jamie Hart, Bloomers/Jamie Hart Horticultures (invited)

Sol Food Farm CSA & Laguna Farm CSA (invited)

**Thursday, Nov 15**

#### Green Building and Remodeling

Green Homes, Schools and Community Centers

7-9pm, Guerneville Veterans Memorial Hall First & Church Streets, Guerneville

Michael Jacob, Talia Development/USGBC

Gary Pugh, Alternative Building Concepts/USGBC

Stephanie Felch, Architect

Victoria Johnston, Salmon Creek School/USGBC

TBD/Solar Installer and TBD/Energy Conservation Specialist

Possible future topics: RR Watershed, Water Issues, Green Events, Place Making, Biking in the RR Area, Reduce, Reuse, Recycle and Repair, Energy Conservation and Transportation

Possible future topics: RR Watershed, Water Issues, Green Events, Place Making, Biking in the RR Area, Reduce, Reuse, Recycle and Repair, Energy Conservation and Transportation. For additional information, please call Portia Sinnott at 869-3263 or 824-9931, or email [lite@sonic.net](mailto:lite@sonic.net).

## Safe Medicine Disposal Symposium

**Nov. 8** at Spreckel's Theatre in Rohnert Park

A symposium on safe medicine disposal entitled: "Towards Lifecycle Stewardship of Pharmaceuticals" will be held on Thursday, November 8 at the Spreckel's Theatre in Rohnert Park. Sponsored by the Sonoma County Water Agency and the cities of Santa Rosa, Petaluma, Rohnert Park, Sebastopol, Cotati, Sonoma and others, the symposium will feature speakers and panelists from local, state and federal jurisdictions.

The focus of the event will be to inform and educate the public about the persistence of synthetic pollutants in our waterways caused by improper medicine disposal. It is hoped that the event will generate an active dialogue across the many disciplines that must become involved in the design and implementation of a successful, voluntary compliance approach to the safe disposal of pharmaceuticals.

The public is invited to attend at a cost of \$5.00. A box lunch and beverage will be provided. The program begins at 9:00 a.m. and ends at 3:30 p.m. Please RSVP by calling Tim Anderson at 707 521-6208. Capacity is limited. There will be an opportunity to "drop off" any unused medicines for safe disposal at the symposium. The Teleosis Foundation and Integrated Waste Control will provide support for this effort. (Please bring pills only, no liquids or ointments.)

Sonoma County Water Agency provides water supply, flood protection and sanitation services for portions of Sonoma and Marin counties.

INFO: [www.sonomacountywater.org](http://www.sonomacountywater.org).

**MORE Extra! Extra! on the pages that follow - LOTS this month!**

Feedback is always welcome - just e-mail me at [vesta@sonic.net](mailto:vesta@sonic.net)

## Carrington Property Immediate Public Use Facilities Plan Available for Public Review & Comment

The Russian River District of the California Department of Parks and Recreation (State Parks) in cooperation with the Sonoma County Agricultural Preservation and Open Space District (SCAPOS) has developed a Draft Immediate Public Use Facilities Plan (Draft IPU Plan) for the Carrington Property.

The Carrington Property is located on the Sonoma Coast north of the town of Bodega Bay, adjacent to State Highway One and Sonoma Coast State Park. The Property includes 335 acres of open coastal prairie, rolling hills, remaining elements of a historic dairy ranch, and spectacular views of the coastline and ocean. The SCAPOS has been working cooperatively with State Parks, and plans to transfer title to the State for inclusion into Sonoma Coast State Park. Following the title transfer, the SCAPOS will retain a conservation easement on the Property. The Draft IPU Plan addresses the natural, cultural, and scenic values, as well as public recreation needs.

Public comment is an important part of the planning process. The Draft IPU Plan is being circulated for public review and comment for a period of 30 days, beginning 10/15/2007. All comments may be submitted via regular mail, fax, or e-mail. Submissions must be in writing and postmarked, or received by fax or email, no later than **11/15/2007**.

### Please submit comments to:

Gary Shannon, Dept. of Parks & Recreation- Russian River District  
PO Box 123  
Duncans Mills, CA 95430  
Email: gshannon@mcn.org  
Fax: (707) 865-2046

The Draft IPU Plan may be reviewed at the following locations during normal business hours:

Russian River District Headquarters  
California Dept of Parks & Recreation  
25381 Steelhead Boulevard  
Duncans Mills, California 95430

Guerneville Public Library  
14107 Armstrong Woods Road  
Guerneville, California 95446

# SSU Habitat Hedgerow Project

Alongside the western edge of the garden adjacent to the Environmental Technology Center, next to the parking lot, is a long, barren strip of earth, punctuated with two small, forlorn shrubs. This neglected border is an ideal situation for a mixed planting of shrubs, perennials, grasses and annuals designed to support birds, beneficial insects, and other wildlife. A small group of interested staff and students has spent many months developing the initial plans for a habitat hedgerow. Now, a collaboration between SSU staff, faculty, students and the Sonoma County community is about to make the vision a reality.

Hedgerows were historically planted in much of Europe and other areas of the world to delineate fields, keep livestock in pastures, provide habitat for game, and supply wild foods and firewood. The SSU hedgerow plans include a number of plant species that have been specially selected to provide shelter and food for the numerous California quail that frequent that corner of our campus. Plants for beneficial insects will assist in natural pest control, and provide a living example for students in the agroecology classes and garden visitors. In addition to providing habitat, the hedgerow will screen the parking lot, and protect the garden from the western sun and wind. In January, we will publish a booklet on habitat hedgerows, and the selection of plants that attract a variety of animals and beneficial insects for a variety of landscape situations.

Generous donations of native California plants and landscape materials

from area nurseries and other businesses have been crucial to the implementation of this project. On October 19th, we will hold an official 'Habitat Hedgerow' Planting Day. In a single day, with the volunteer labor of students, faculty, staff, and community members, we will install 120 feet of hedgerow. Students have responded enthusiastically to our requests for volunteers. We invite the Sonoma State University community to join us on October 19th, anytime between 9 a.m. and 5 p.m., when we gather to plant our new hedgerow. Come by and support our efforts to beautify our campus, and SSU will soon have a beautiful habitat hedgerow to enjoy where there was once only bare soil.

## SSU Habitat Hedgerow Planting Day

**Friday, October 19, 9 – 5**

Environmental Technology Center  
Join us for all or part of the day  
Refreshments provided

## What is a hedgerow?

A hedgerow is a mixed planting that includes shrubs and trees of different sizes, perennials, wildflowers and grasses, brambles and vines. Our hedgerow will be California native plants, donated by local nurseries. A hedgerow will provide habitat for beneficial insects and wildlife, shelter the garden from wind, and screen the parking lot.

Credit available in some courses

For more information or to sign-up: Frederique Lavoipierre at [lavoipie@sonoma.edu](mailto:lavoipie@sonoma.edu)

## Redwood Writers Announce Contest Winners

### MEETING NOVEMBER 4

The Redwood branch of the California Writers Club will announce the winner of its logo and motto contest, which began in July of this year, at its November 4th general meeting. The two contests revolve around the Redwood Writers mission statement and both the motto graphic and 3 to 6 word logo must capture the essence of the Redwood Writers. Our mission is dedicated to educating both members and the public in the craft of writing and in the marketing of their work, through public meetings, workshops and conferences.

In addition to the contest announcement, this month's guest

speaker is Gil Mansergh. Mansergh will talk about the power of word-of-mouth promotion as he discusses how authors can, and should, leverage the power of broadcast radio and podcasting. His talk is entitled, "Using Broadcasts and Podcasts to Create a Bestseller."

The November 4th meeting runs from 3:00 to 5:00 pm at Marvin's Restaurant in Cotati (7991 Old Redwood Highway, corner of William St.). About Gil Mansergh: Mansergh has been featured as a "Freelance Success" in Writers Digest Magazine. He has written nearly

*WRITERS cont'd on page 3*

# Secrets & Lies at Sebastool Gallery

Two artists have created a mini-exhibit on violence against women and children at Sebastopol Gallery, 150 North Main Street, running **through November 11**. Photographer Christine Cobaugh and ceramist Susan Amalia began a collaboration over the summer on the exhibit "Secrets and Lies."

Cobaugh's photographs and Amalia's porcelain sculptures explore personal memory and courageous conversation to represent what it is like to live with an abusive partner. Writings accompanying the images deepen the message. The result is a chilling, yet supportive recognition that honors the suffering, resilience, and courage of victims and survivors of domestic violence.

The photographs are drawn from a larger series that Cobaugh created over three years. Parts of this work have been exhibited at Sonoma State University, and in San Rafael, San Francisco, Berkeley, and several venues in Arizona. Many of her images show a child-like "doll" fractured by light and darkness, and are matched with powerful writing about the day-to-day experience of abuse.

After the two artists talked about the photographs and writing, Amalia created a series of cast porcelain sculptures. Inspired by Cobaugh's powerful images, Amalia's sculptures are metaphorical, juxtaposing portrayals of children and women stopped in their lives. Their sense of profound vulnerability is intensified by rather grim symbols.

Both artists offer this creative and educational inquiry to commemorate the courage of women and children who have survived domestic violence, and those who have not survived. Growing up in a small New England town, Amalia observed many events honoring Veterans of Foreign Wars. She has long wondered how the veterans of domestic warfare (domestic violence) could be honored. This exhibit is a small effort to that end.

Since the show works went on display last month, response has included a steady stream of note-taking students from Analy High and Santa Rosa Junior College. The artists appreciate this activity, hopeful that their work can improve the lives of young women and men entering the world of adult relationships.

Secrets and Lies is now showing through November 11 at Sebastool Gallery, 150 North Main Street, Sebastopol, 829-7200. Open daily 11-6. For more information, call Sebastopol Galley, 829-7200, or e-mail [sebastopol-gallery@sonic.net](mailto:sebastopol-gallery@sonic.net).

# Health Action: Local Group to Target Health Priorities

On Friday, October 12, 2007, the Sonoma County Department of Health Services convened the first meeting of Health Action, a committee of community leaders to work on strategies for improving health and health care for all Sonoma County residents. According to Rita Scardaci, Health Services Director, "Health Action will facilitate collaborative planning and cooperation by identifying ways that the community can invest resources where they are most likely to improve health of Sonoma County residents." Ms. Scardaci invited 32 individuals from a broad cross-section of recognized community leaders to become Health Action members. This diverse group of individuals from health care, business, government, education, labor and consumer groups has agreed to participate in a two-year planning process to analyze Sonoma County health data, prioritize key health and health care issues, identify those that might be addressed through local initiatives, and develop recommendations for collaborative action.

Supervisor Tim Smith will co-chair Health Action, along with Ms. Scardaci. Speaking in support of the Council, Smith noted that "this effort is coming at an important and crucial time. With all of the State and national talk about health reform and the many changes in the local health care delivery system, it is essential for leaders in the community to think differently about how we address the health of the community." According to Smith, the effort will be highly focused over a rather short period of time to

identify realistic, doable strategies for health improvement.

To achieve its mission, Health Action will identify priority issues that most significantly impact the community's health and the health care delivery system. It will search for long-term solutions that address both the community conditions that contribute to these issues and needed improvements to the health care delivery system. In developing its recommendations, Health Action will explore barriers to health in Sonoma County and will identify strategic opportunities to create lasting, systemic change.

According to Scardaci, the effort will help to create a shared vision of community health improvement that is based on the multiple determinants of health, such as individual behaviors, cultural beliefs and practices, environmental and socio-economic factors. "It will not attempt to solve all the health system problems that are appearing almost daily in our newspapers. Rather, it is an opportunity to look strategically about how to align community interest and resources on selected strategies that are most likely to improve the health status of Sonoma County residents."

Once Health Action members are convened on October 12th, they will spend the next 12 months assessing data, identifying priority issues and developing recommendations for action, with the goal of returning to the Board of Supervisors with a preliminary report in the fall of 2008.

*WRITERS cont'd from page 2*

a thousand articles, and is the author or co-author of over 50 books, manuals and curricula. As a consulting "Book Doctor," Mansergh has helped dozens of other writers get published as well. Mansergh's name and voice are familiar across Sonoma County. His "Screenings" movie columns began in 1995, his "Cinema Toast" radio show has aired on KRSH-FM since 2001, and this April, Mansergh became host of "Word By Word," the locally produced interview with author's radio show on Sonoma County's NPR station KRCB-FM.

About Redwood Writers: Redwood Writers is one of 17 branches of the California Writers Club, the nation's oldest professional club for writers, founded in 1909. Early members included Jack London, George Sterling, John Muir, Joaquin Miller and the first California poet laureate, Ina Coolbrith. The Club has more than 1,100 members statewide. Additional contact information: <http://www.redwoodwriters.org> Redwood Writers, P.O. Box 4687, Santa Rosa, CA 95402

Contact: Karen Batchelor [president@redwoodwriters.com](mailto:president@redwoodwriters.com) 707-795-4591



## ACLU Looking for Activists Nominees

The Sonoma Chapter of the American Civil Liberties Union is seeking nominations from the public for the Jack Green Civil Liberties and Mario Savio Student Activist awards. The Jack Green Civil Liberties Award honors Sonoma County residents who have played a significant role in promoting civil liberties. The Mario Savio Student Activist Award honors Sonoma County students whose leadership has made a difference in their school or community.

The Jack Green Civil Liberties Award was established in 1989 and is named after Jack Green, an ACLU member, who with Sol Nitzberg attempted to organize apple pickers and cannery workers in Sonoma County in 1935. They were beaten, tarred and feathered and run out of town by 300 vigilantes the night after secretly distributing flyers to workers calling for a strike. He returned the next day and went to the Sonoma County District Attorney who refused to file charges. He came to face his attackers in court when the Attorney General led an unsuccessful prosecution of the leaders.

The Mario Savio Student Activist Award was established in 1997 and is named after Mario Savio, leader of the Free Speech Movement while a student at University of California Berkeley. He later moved to Sonoma County, taught at Sonoma State University and worked with the ACLU of Sonoma County to fight for diversity on campus and students rights.

**The deadline for nominations is November 30th.** For information or to obtain a nomination form, call the ACLU of Sonoma County Hotline at 765-5005 or download the nomination form from our website: [www.aclusonoma.org](http://www.aclusonoma.org).

The awards will be presented at the ACLU of Sonoma County's Awards Ceremony and Annual Dinner, on March 28th at the Sebastopol Veterans Auditorium.

## Sally Parks Award

*Maggie O'Brien, American Red Cross Volunteer & Youth Services Director said:* "Last year we established the name for our Volunteer Services award, as you may recall, to honor Sally Parks' many years of dedication. This year, the Sally Parks Award for Volunteer Services goes to a young man who gives us great hope for the future. His computer skills are second only to his willingness to help. He is a delight to have as a volunteer, and you've probably seen his work, as he has created many flyers to help us promote our classes and events. We expect great things of him because he's already done them with us. Please join me in congratulating our Sally Parks Award for Volunteer Services to Jared Rippey."



## The Great American Fire Drill.

In 2006, 80% of all fire deaths were caused by home fires. Last year, roughly 2,600 people were killed by home fires and 12,500 were injured, according to National Fire Prevention Association (NFPA) reports. Many of these deaths and injuries could have been avoided by residents creating and practicing a home fire escape plan.

"It is not enough just to have a home fire escape plan in place; it is vital that everyone living in the home practice the plan," said Linda Collister, President of the Sonoma County Fire Prevention Officers Association. "You can have as little as two minutes to get out when fire strikes."

Creating a home escape plan and drill is easy and can be fun for the whole family, even small children. Here are some tips from the NFPA for home fire escape planning:

- Develop a fire escape plan that identifies two ways out of each room

and a family meeting place outside.

- Make sure your plan allows for any specific needs in your household. If everyone knows what to do, everyone can get out quickly.

- Practice your plan, at least twice a year.

- Some studies have shown that some children and adults may not awaken to the sound of a smoke alarm; they may need help waking up.

- If the smoke alarm sounds: Go to your closest exit, and if there is smoke on your way out, turn and use your second way out. If you must exit through smoke, get low and go under the smoke to your exit. Don't take time to pick up belongings; just get out and help others get out. Move fast but stay calm.

You can find more information at [www.nfpa.org](http://www.nfpa.org) or by contacting your local fire department.

Stop in and say hello to your local firefighters!

November 15th Issue

**DEADLINE**

**Nov. 5**

[vesta@sonic.net](mailto:vesta@sonic.net)

Check out  
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**PERSONAL OPINION &  
PERSPECTIVE ON REALITY**