

For You:

Ongoing Low Fee Feldenkrais® Clinic on 1st and 3rd Fridays of every month at Palm Drive Hospital in Sebastopol. Individual Functional Integration lessons by qualified Feldenkrais practitioners available on a sliding scale of \$20 - \$40 per session. For more information and to schedule an appointment, phone (707) 829 - 8270 or 490 - 6665.

Health Services:

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 3rd St., Guerneville, 869-2849.

Drop-In Immunization Clinics, \$5

- **Guerneville:** 3rd Monday of the month, 5-6 pm, RR Health Center, 16319 3rd 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 3rd 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.

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 1st St., Forestville, Mon. Tues & Thurs 2:30-5:30.

Sexual Assault Support Groups

Drop-in English: Mondays 5:30pm

Drop-in Spanish: Call for info

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

Family & Friends Drop-in: Thursdays at 5:30pm

Girls 15 - 18: Wednesdays at 4:00pm

Info at 545-7270.

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.

July deadijne:

JULY 9

vesta@sonic.net

Community Service

Do you know of students needing community service hours for school? Students that have an interest in **arts/needlework** may find a uniquely satisfying experience at **The Legacy**. It's a small resale shop in Sebastopol run by volunteers. All of our proceeds go to the Sebastopol Area Senior Center.

Sometimes there is only one or two little old ladies to do it in their shift. Yet these awesome women have built this business over 11 years to contribute \$54,000 to our Senior Center just last year. **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 will also receive the same 25% discount (kids of all ages love our free box) **Contact Sherry Kane, the Legacy Manager, at 707-887-1652 to make arrangements, spaces are limited.**

Open Your Heart to a Waiting Child

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

Wednesday July 11

Wednesday August 1, 2007

from 7 to 9pm. RSVP to Rita Jacobs at (707) 565-4274

Sonoma County has a growing number of infants, children and youth whose families are unable to meet their physical and/or emotional needs. At the same time, there is a serious shortage of caring foster families willing and able to provide safe, loving homes for children and teens, including those approaching adulthood.

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 are provided.

SEE FREE Food resources on page 19

VOLUNTEER, Etc:

SONOMA COAST STATE BEACH MARINE DEBRIS VOLUNTEERS

NEEDED California State Parks and Stewards of the Coast and Redwoods are looking for volunteers for the Marine Debris Monitoring Program. Each month volunteers collect and survey garbage that is picked up in a specific location at Bodega Dunes State Beach. Marine Debris dates and times:

June 30th - July 28th

(Note: Volunteers meet in the lower parking lot at Salmon Creek State Beach at 10 am the clean up starts by 10:30)

Volunteers for the Marine Debris Monitoring Program are part of the California State Parks, "Volunteers in Parks" program that is supported by Stewards of the Coast and Redwoods, the nonprofit interpretive association that works cooperatively with California State Parks. If you are interested in volunteering in the Sonoma Coast State Beach Marine Debris Program please contact: Stewards of the Coast and Redwoods at 869-9177 or email: volparks@mcn.org. Volunteers who work 16 hours receive a free Day Use Pass for State Parks in the Russian River area

2007 Russian Riverkeeper

Park Volunteer Days: Help restore riverbank habitat. Restoration activities include: planting and caring for native plants, weeding, erosion control, restoration education and trash removal. Everyone is welcome. Students can receive volunteer credit for participating.

Visit the park to see the transformation or be part of the transformation taking place.

When: Wednesdays. Cancelled when it is raining enough that you need to wear a raincoat. Light refreshments provided.

Time: 8:30 am - 11:30 am, join us for all or part

Bring: water - wear sturdy shoes

Where: 16153 Main St., Guerneville, located on the north bank of the Russian River directly upstream of the pedestrian bridge. Access is down a driveway west of Woody's River Glass. At the bottom of the driveway look for the blue and white sign that says, "Russian Riverkeeper Demonstration Riparian Restoration Project Future Community Park." Parking is available near the sign.

For more information contact Victoria Wikle at 865-2474 or VictoriaWikle@usa.net. See the website at <http://www.russianriverkeeper.org> or call Don McEnhill at 217-4762, or e-mail him at rrkeeper@sonic.net.

Bodega Land Trust - We invite you to join in and play the important part that only you can play in connecting community and land. Please give a call (876-3093) if you'd like to help with one of the following activities, or would like to offer any other assistance. For all outdoor volunteer activities, please bring water, and wear sturdy shoes.

Water Quality Monitoring with the Salmon Creek Watershed Council: Ongoing 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, for more information.

Fundraising for the Salmon Creek Falls Environmental Center:

Volunteers are needed to help make follow-up calls to community members and raise the support needed to realize this visionary goal at the Salmon Creek School. Become part of a wonderful community project. Donations to the Bodega Land Trust in memory of Kurt Erickson, well-loved and instrumental member of the environmental community, will go to the Kurt Erickson Community Resource Room at the Center. Please contact Abby at 876-3093 at the Bodega Land Trust for more information.

As always, your Financial Support for the Bodega Land Trust is always needed and appreciated. We are constantly seeking funds to continue to grow in effectiveness and sincerely appreciate your support. Donations may be sent to the Bodega Land Trust at PO Box 254, Bodega, CA, 94922. (707) 876-3093

Seal Watch: needs docents to volunteer on weekend days at Goat Rock State Beach to assist park visitors in observing the harbor seals. No experience is necessary. The program runs from March until the end of August. Its purpose is to ensure a peaceful pupping season for the harbor seal colony located at the mouth of the Russian River. Seal Watch is a "Volunteers in Parks" program supported by Stewards of the Coast and Redwoods (Stewards), a nonprofit organization that works cooperatively with State Parks in the Russian River District to provide educational and interpretive programs for the public.

Docent shifts are four hours, 10 am-2 pm, or 2 pm-6 pm on weekends. Seal Watch docents work with one or more partners on the beach. Seal Watchers who complete 16 hours of volunteer service receive a district-wide parks day-use pass.

For information about the program or to register for the training, call the Stewards office at 707-869-9177 X 02, visit our website at: <http://www.stewardsofthecoastandredwoods.org>, or email volparks@mcn.org.

Rape Crisis Counselor: You WILL make a difference! United Against Sexual Assault, the only rape crisis center in sonoma County, needs you! In just six weeks, you can become a state certified Rape Crisis Counselor for our 24/7 crisis line. We will teach you crisis intervention, counseling, accompaniment and advocacy skills to assist sexual assault survivors, their families and significant others. Not experience is necessary, but a desire to help is!

Next training begins June 19.

Call: 707-545-7270 x 19.

Flex your power.

Move, yourself or someone you care about, from being a victim to becoming a survivor.

Log on to

www.uasonoma.org