

# 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.

**September deadline:**

**September 3**  
**vesta@sonic.net**

## Classes at Ya-Ka-Ama

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

### Sonoma Master Gardeners, Training Program

Applications for the 2008 Sonoma County Master Gardener Training Class are now available at the organization's booths at the Sebastopol and other nearby Farmers, Markets. They can also be obtained by calling or writing the Santa Rosa Master Gardeners, office at 133 Aviation Blvd., Suite # 109 (565-2608), or by downloading an application at <http://groups.ucanr.org/sonomamg/>. **Forms must be returned by Sept. 28, 2007.** Master Gardeners are volunteers, who receive approximately 100 hours of instruction in plant science and horticulture through the University of California Cooperative Extension (UCCE). Adults of all ages, ethnicities and backgrounds are invited to participate in the program. Applicants must be Sonoma County residents and need to attend an orientation session on Tues., Oct. 23 from 7 p.m. to 9 p.m. at the UCCE office. Upon acceptance, applicants will pay a \$260 fee for the training program. Partial scholarships are available to those who qualify. Classes will be held on Mondays and Wednesdays from 12:30 p.m. until 5 p.m. beginning January 16 and ending April 16 of 2008 at the 4H Center in Rohnert Park. The courses will be taught by UCCE farm advisors, professors from UC Berkeley and Davis... In exchange for their training, Master Gardeners volunteer a minimum of 72 hours for approved community education projects their first year and 37 hours in each year to follow.

## 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

**September 5 - October 10 and 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.

## 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**

# VOLUNTEER, Etc:

**Mermaidfest** is Oct 21st 2007 @ The Monte Rio Amphitheater. 12 To 7 \$5.00 by donation West County Community Services is the non-profit -- Oceanic and Theme costume's encouraged. Kid's under 12 free and there will be alot of children's activities/education on river restoration/issues.

### I need volunteers and exhibitors

Sonoma County craft's exclusive And all donated music by Sonoma County musicians. A FINTASTIC EVENT. This year Special guest Thom Shouse /The Tailman Whom created Daryl Hannas liquid latex tail in the movie SPLASH also my tail's that are on my web site.

[www.thecaliforniamermaid.com](http://www.thecaliforniamermaid.com)

also see [www.thetailman.com](http://www.thetailman.com)

### 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

### Volunteer Opportunity at Ya-Ka-Ama Indian Education Center

If you have spare time during the afternoon and evenings, like to drive and have a clean DMV record, Ya-Ka-Ama Indian Education Center could use your help!! We believe that education is the key to a better future, as do our native and veteran program participants. Learn how you can lend a hand by calling Betty Molina or Vana Lawson at 887-1541 for more information.

### 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](mailto: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](mailto: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.

### Train to Volunteer with Hospice

Hospice of Petaluma and Memorial Hospice are currently interviewing applicants for Caregiver/Grief Support Volunteer Training now held in two locations!

Training focuses on preparing the volunteer to care for patients/families and clients by covering the hospice philosophy, family dynamics, communication and listening, understanding loss, cycles of grief and spirituality. Volunteers have opportunity to provide service in patient/family homes, Skilled Nursing Facilities and the Palliative Care and hospital settings.

In Petaluma, training runs every Thursday evening from 6:00-9:00 pm, September 13 November 9, 2007 at the Hospice of Petaluma. (416 Payran Street; Petaluma 94952)

In Santa Rosa, training is held Wednesday mornings 10:00 am - 1:00 pm from September 12 - November 8, 2007 at Memorial Hospice. (821 Mendocino Avenue, Santa Rosa 95401)

Class sizes are limited and there are Continuing Education Units available. Materials fee is \$50.00. Interviews will be held through September 7, 2007. Please call 778-6242 or 568-1094 to schedule an interview or for more information.

### Rebuilding Together

-Sebastopol is gearing up for their 2008 program. This all volunteer program helps low income, senior and disabled residents in West Sonoma County with necessary home repairs at no cost. Our goal is to provide warmth, safety and independence in their daily lives. The program may also include improving community facilities.

Rebuilding Together has experienced great success by building community partnerships and relying on the energy and spirit of our volunteers and local businesses. Applications are available now, and they may be picked up and returned by mail to Rebuilding Together -Sebastopol, 167 North High Street, Sebastopol CA 95472. The projects will be done in April, 2008. For more information, contact: 707-823-6636.

### Son Rise in-home Program

for our autistic daughter. The foundation is a nonjudgemental attitude based on love and acceptance. We are looking for people who can give a weekly commitment, no prior experience necessary. Come share in the excitement to give our little girl a better tomorrow today! Contact Veronica @707-481-9931 or email [frejaleola@yahoo.com](mailto:frejaleola@yahoo.com)

## Crisis Counselors Needed

**Are you a good listener? Do you want to make a difference in your community?**

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, only the desire to help. Men, women, and couples are welcome. Internship credits are possible. For more information please call the Crisis Intervention Manager at 545-7270x19