

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.

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. **Mtg: Sept. 19**

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 for meeting schedules at info@russianriverhistory.org. **Interested in joining?** Send a check for \$10 to PO Box 484, Monte Rio, CA 9546

MONTHLY: Forestville Chamber of Commerce. Anyone interested in helping us promote local businesses is welcome to join. We could use all the help we can get! We are 100% VOLUNTEER! And as you know - there is no one busier than a self-employed business person! We meet the **first Wednesday of every month** at the Food for Thought meeting Room on Railroad Avenue in Downtown Forestville. **October Mtg = Oct 3.** It's Membership Drive time - **to GET LISTED in the FORESTVILLE BUSINESS DIRECTORY FOR 2008** - become a member - forms are around town or at www.forestvillechamber.org for info.

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

SENIORS:

The Prime Timers of Forestville has socials & luncheons Thursdays at noon. Suggested donation \$3.50. Good lunch, fun and prizes at the United Methodist Church in Forestville. 11am - Raffle prizes! Special presentaitons! 887-1070 or 525-0383

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

September 27 - HOW TO USE YOUR BRAIN EFFECTIVELY. Improve your memory! An enjoyable series of interactions to keep minds happy and memories in tact. Presented by educator and author Chance Massaro. Fee: \$6.00 per session. Thursday, September 27th, 12:30-1:45. Topic: Synthesis for Remembering.

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

Friends of Mark West Creek Fundraiser

Sat, October 27,
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.

Farmer's Markets:

By Maja Wood: www.about.com:santa_rosa

• GUERNEVILLE

Wednesdays, 4 p.m. to 7 p.m.
May 15 through October 30
In the town Plaza, 16201 First St.,
downtown Guerneville (707) 869-8079.

• HEALDSBURG

Saturdays, 9 a.m. to noon; At North and Vine Streets.
and Tuesdays 4 p.m. to 6:30 p.m.
At the Healdsburg Plaza
May 5 through November
(707) 431-1956

- Special events include kid's craft days, zucchini festival, pumpkin festival and more. Also, great, free music each week

• OCCIDENTAL

Fridays, 4 p.m. to dusk
June 15 through Oct. 26
In front of Howard's Cafe, downtown
Occidental Info: (707) 793-2159
www.occidentalfarmersmarket.com

• PETALUMA

Saturdays, 2 p.m. to 5 p.m.
May 26 through October 27
Walnut Park, Petaluma Boulevard South
and D Street, Petaluma
(707) 762-0344
- Live music and other entertainment such as a lavender festival, quilt festival, yoga and massage day, etc.

- The first Saturday of each month is Children's Activity Day, in which the market provides free crafts projects for kids.

• SANTA ROSA Year-Round Markets

Wednesdays and Saturdays, 8:30 a.m. to noon at the parking lot of the Veterans Memorial Building, 1351 Maple Ave.
And, Saturdays, 9 a.m. to noon at Oakmont Drive and White Oak
(707) 538-7023
- Rain or shine.

• SEBASTOPOL

Sundays, 10 a.m. to 1:30 p.m.
May through Nov. 25
Sebastopol Plaza at McKinley Street
(707) 522-9305

• Live music. This is a nice family outing. If you have young children, bring a change of clothes for them—it seems like all the kids end up in the fountain.

• WINDSOR

Sundays, 10 a.m. to 1 p.m.; May 13 through November. Thursdays, 5 p.m. to 8 p.m.; June 7 through August, Windsor Town Green at Bell Road (707) 433-4595
- Windsor goes all-out on their Farmers' Market. Every other Thursday night, on the 2nd and 4th Thursdays of the month, there's a big musical act on the Town Green. And on the 1st, 3rd and 5th Thursdays, at dusk, there's a movie on the big screen on the Green.

BENEFITS

September 22 - Russian River Interfaith Coalition for the Emergency Winter Shelter Project. Spaghetti Dinner & Auction 5 -8pm. Help us keep folks safe and warm this winter. Live Music by the Love Choir. Presale Tickets \$10 for adults & \$5 for children under 12. \$12.50 an \$7.50 at the door. Tickets at Safeway on Sept. 15 &16 or at the door. Come view Auction items, raffle Tickets at the door. Please join us! Guerneville Community Church, 14520 Armstrong Woods Rd., Guerneville.

September 29 - Improving life, one breath at a time. You can help the 2.3 million Californians with asthma. ASTHMA WALK - Santa Rosa, San Francisco and Oakland www.AsthmaWalk.org

September 29 & 30 - Relay fo Life Santa Rosa 10am. Form a team with friends and join the fight against cancer. Visit our website to sign up for the Survivor Lap, sign up a team and to mae an on-line donation. www.acevents.org/relay/ca/santarosa or call Patti Foster at 318-6401

Lion's Run the West County Trail Sept. 30



Help us raise money to support El Molino High School's Athletic Programs - Come join us Sunday, September 30th at 8:30 am. Pick up a form and information from Julie White at Diversified Lending & Real Estate in downtown Forestville next to El Molino Pharmacy. 887-8300 for info. \$25 without a T-shirt - \$35 with a T-shirt - Come join the fun!

October 13 - Bodega Fire department Polenta & Stew Dinner. 5:30 - 8pm. Chow down Polenta, Stew with Meat, Cheese, Sald & Rolls all for \$1200 adults and \$6.00 kids to keep our firefighter protecting the hme turf. McCaughy Hall in Downtown Bodega next to the Casino. All proceeds go directly to the Fires department.

There's always more material than I can fit - so please forgive me if your item got left out - Next deadline for the October 18 issue = October 8