

Classes

Project Censored ~ Examines the important stories that fell through the cracks. Tickets per lecture: \$5 advance, \$10 door. 7:00 pm at SSU, Darwin 103, 1801 East Cotati Ave., Rohnert Park ~ 707-664-3373 ~ www.projectcensored.org/lectures
Nov 13 ~ "Iraq: Not Our Country to Return to" and "Occupation Strangles Farmers"
Nov 20 ~ "El Salvador's Patriot Act" and "ILEA: US Restarting Dirty Wars in Latin America"
Dec 4 ~ "Exclusive! The FBI Deputizes Business (the Infragard alliance)" and "Bush's Executive Order on Lebanon Even Worse than the One on Iraq"
Dec 11 ~ "The Tyranny of Oil"

Dimensions of War & Peace ~ Free, public presentations. \$2.50 campus parking fee. 4:00-5:15 pm at Sonoma State University, Warren Auditorium, Ives 101, 1801 E. Cotati Ave. Rohnert Park ~ Rick Luttmann, 707-664-2543 ~ www.sonoma.edu
Nov 18 ~ Are We Born to Fight?
Nov 25 ~ War and Peace in the Arts
Dec 2 ~ Planning a Non-Violent Future
Dec 9 ~ Peace Through Sustainability

Dec 4 ~ "Out of Egypt" by André Aciman ~ Final meeting of free Lecture Series, "Between Two Worlds: Stories of Estrangement and Homecoming" in Jewish Literature. Lecture followed by discussion. Books provided. RSVP required. Noon to 2:00 pm at the Sonoma State University Library, room 3001, 1801 E. Cotati Ave. Rohnert Park ~ Karen Brodsky, 707-664-4240 ~ library.sonoma.edu/about/lecture.html

Dec 6 ~ **Law of Attraction Coaching Group** ~ Tools, support, and encouragement. Drop-ins welcome! By donation; all proceeds benefit local non-profits. Facilitated by Edward Mills. 9:30am-12:15pm first Sat. of month at the Glaser Center, 547 Mendocino Ave., Santa Rosa ~ 707-824-0554 ~ www.edwardmills.com

Dec 15 Deadline ~ **Mavericks in the Classroom: Rocket Science Safari ~ Teachers!** Learn to perform real terrestrial and space flight experiments at the Mavericks' Space Education Research Center, "SERC," then, teach it to your high school students! For full info and to apply: epo.sonoma.edu/mavericks

Weekly Meditation Sessions ~ \$10/by donation. Compassion Kadampa Buddhist Ctr, 120 North St., Healdsburg ~ 707-293-8096 ~ www.meditationinhealdsburg.org
Sundays ~ Prayers and Meditations for World Peace ~ 11:15am-12:30pm
Wednesdays ~ Meditation for Everyone ~ 7:00-8:15 pm
Fridays ~ Noon Time Meditation ~ 12:00-1:00 pm

Mondays & Wednesdays ~ Figure Study Sessions ~ Drop-in & draw, paint or sculpt from a live model w/ facilitator James Curtis. All levels. Your materials (no turpenoid or solvents). Age 18+. Single 3-hour pose session, Mondays, Noon-3:00, \$15. Multiple short poses, Wednesdays, 7:00-10:00 pm, \$10. Sebastopol Center for the Arts, 6780 Depot St, Sebastopol ~ 707-829-4797 ~ www.sebarts.org

Thursdays ~ Brazilian Dance ~ Each class a unique blend of Brazilian, African, Jazz, Silvestre Technique, Improvisation, Yoga and Song. Thursdays, 7:30-9:00pm, just drop in! Sebastopol Community Center, 390 Moris Street, Sebastopol ~ Leah Weiss, 707-874-2782 ~ www.artsguaracyana.com

KIDS

Nov 15 Deadline ~ Youth Writing Contest ~ Answer the "Call of the Wild" and show your passion by writing a poem, penning a short story, or creating a blog rant. Rules and entry form, visit: www.redwoodwriters.org/2009youthwritingcontest.pdf

Nov 22 ~ Children's Holiday Crafts Workshop ~ River to Coast Children's Services invites all children aged 2+ to make a gift for anyone and any Holiday they choose. Helpers available at each craft table. Free. Materials provided. 10:30-12:30 at the Veteran's Memorial Building, First & Church Streets, Guerneville ~ RSVP 707-869-3613 x114 ~ www.rccservices.org

Family Fun Series ~ Come early for free fun with art at 5:30 pm! Performance at 6:30 pm, Wells Fargo Center for the Arts, Ruth Finley Person Theater, 50 Mark West Springs Road, Santa Rosa ~ 707-546-3600 ~ www.wellsfargocenterarts.org
Dec 2 ~ Franklin's Family Christmas Concert, \$15 Child/\$20 Adult
Dec 5 ~ Posada Navideña, \$10 Ch/\$15 Adt

Preschool Storytime ~ Stories, songs, & fingerplays for children ages 2-5, with a caregiver. Free! ~ www.sonomalibrary.org
Tuesdays ~ 11:00 am at the Guerneville Regional Library, 14107 Armstrong Woods Rd ~ 707-869-9004
Wednesdays ~ 10:30 am at the Sebastopol Regional Library, 7140 Bodega Ave ~ 707-823-7691

Now to Jan 2009 ~ Habitat & Home ~ Experience tide pool sea creatures, tree fort, butterflies, puppet theater, art, more! Free admission w/ paid parking. Wed-Sun, Noon-5:00 pm at the Environmental Discovery Center of So. County at Spring Lake Regional Park ~ 707-539-2865 ~ www.sonoma-county.org/parks/edc.htm

Meetings

Nov 16, Dec 1 ~ Friends of Russian River Youthpark ~ Help create a safe place to skate in Guerneville! Two meetings/month: 1st Monday 6:00 pm and 3rd Sunday 4:00pm. Location varies. Contact Cary Ostrofe, 707-869-3021 ~ www.myspace.com/forris

Nov 19, Dec 17 ~ Forestville Historical Society ~ Meets the third Wednesday of every month. 7:00 PM at Food For Thought, 6550 Railroad Ave, Forestville ~ Ron Davis, 823-2921 ~ www.sonic.net/Forestville

Nov 25 ~ Salmon Creek Watershed Council Meeting ~ 4th Tuesday/month at 6:30pm. Black Oak Room, at Salmon Creek School, 1935 Bohemian Hwy. Occidental ~ David Shatkin, dshatkin@sonic.net

Dec 3 ~ Forestville Chamber of Commerce ~ first Wednesday of every month. 5:30 pm at Food for Thought, 6550 Railroad Ave, Forestville ~ 707-887-1111 ~ www.forestvillechamber.org

Dec 4 ~ In Home Support Services ~ first Thursday of every month. 4:30 pm at the Guerneville Regional Library, 14107 Armstrong Woods Rd ~ www.sonoma-county.org/human/ihss/ihsshhome.htm

Dec 4, 18 ~ PRMD Planning Commission Meetings ~ first & third Thursday/month. 1:00 pm at PRMD Hearing Room, 2550 Ventura Ave, Santa Rosa ~ www.sonoma-county.org/prmd

Dec 6 ~ AGV Watershed Council Meeting ~ first Saturday of month, 10-12 noon. Info & location, Jean Redus, 707-823-2006 ~ atascadergreenvalleywatershed.net

Dec 8 ~ Russian River Interfaith Coalition (RRIC) ~ Monthly on second Monday. 6:30 pm at St Hubert's Hall, 4th St & 5th Street, Guerneville ~ 707-865-1200 ~ www.microbulletinboard.com/IC/index.htm

Dec 9 ~ Bodega Volunteer Fire Department Board Meetings ~ 2nd Tuesday of each month, 7:30 pm at McCaughey Hall, 17184 Bodega Hwy, Bodega ~ bodegafire.org

Dec 9 ~ Russian River Historical Society ~ Meetings are the 2nd Tuesday of every Month at 6:30. Anyone who is interested is invited! Russian River Historical Society Room at the Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ www.russianriverhistory.org

Tuesdays ~ Noon Toastmasters ~ grow and excel in communication and leadership. All are welcome. 11:30 am at the Center for Spiritual Living, 2075 Occidental Road, Santa Rosa ~ 707-836-8876 ~ www.toastmasters.org

Tuesdays ~ Russian River Rotary ~ Service above Self. 6:30 pm at Highland Dell Lodge, 21050 River Blvd., Monte Rio ~ 707-869-0808 ~ russianriverrotary.org

Resources

Al-Anon ~ Support to friends and families of alcoholics. Two on-going meetings in Guerneville. **Mondays**, 7:30 pm and Saturdays, 9:15 am at the Russian River Senior Center, back room, 15010 Armstrong Woods Rd, Guerneville ~ 24-hour Information Line, 707-575-6760

Clutterers Anonymous ~ offering help to the true clutterer, who is overwhelmed by disorder. Every second Friday, 2:00 to 4:00 pm at City Life Fellowship Building, 2425 Mendocino Avenue, Santa Rosa ~ Ann, 707-569-9808 ~ www.clutterersanonymous.net

Co-Dependents Anonymous ~ CODA is an anonymous meeting for people who want to improve the quality of their relationships. Meeting held on Thursdays, 7:00-8:00 pm at the Russian River Senior Ctr, 15010 Armstrong Woods Rd, Guerneville

Disability Services & Legal Center (DSLCL) ~ a non-profit agency established to advance the rights of persons with disabilities to equal justice, access, opportunity and participation in our communities. 980 Hopper Ave., Santa Rosa ~ 707-528-2745 (voice) or 707-528-2151 (TTY) ~ www.cri-dove.org

Elder Financial Protection Network (EFPN) ~ works to prevent financial abuse of elders through innovative partnerships that build public awareness, community outreach and provide professional training. To report suspected elder abuse, call toll free 1-888-436-3600 (24 hours). Reports of suspected abuse are kept strictly confidential ~ www.bewiseonline.org

Family Service Agency ~ Do you or your family need counseling but can't afford it? Family Service Agency therapists can help with difficulties people face. For everyone: children, adolescents, adults, couples and families. \$30 per session. Assistance available. Offered Mon-Fri, 9:00 am to 8:00 pm at 751 Lombardi Court, Suite C, Santa Rosa (off Sebastopol Rd near Stony Point Rd) ~ 707-545-4551 x210 (English) or x209 (Español) ~ www.familyservicesonoma.org

Hospice House ~ Food for your mind, body & spirit! An evening of conversation and information over light snacks and coffee. Wednesdays, 7:00-9:00 pm at Hospice of Petaluma, 416 Payran St., Petaluma ~ 707-778-6242 ~ www.memorialhospice.org/hospice_petaluma.aspx

River to Coast Children's Services (RCCS) ~ Serving west Sonoma County with child care assistance (families & providers), Kindergym & Infantgym, car safety seat program, family counseling. 16300 1st St., Guerneville ~ 707-869-3613 ~ www.rccservices.org

Russian River Empowerment Center ~ A mental health and wellness drop-in center offering support groups, peer counseling, creative activities, referrals and a safe community environment. Free and confidential membership. Hours: Tue-Wed-Thu 11:30-5:30, & Fri 11:30-6:30. 16229 Third Street, off Armstrong Woods Road, Guerneville ~ 707-604-7264 ~ www.westcountyservices.org

Teen Clinic ~ Pregnancy testing, counseling, birth control choices, STD test & treatment, emergency contraception, free condoms. Teen staff, snacks. Confidential. FREE-No appointment! Mon, Tues, & Thurs 2:30-5:30 pm at CASA, 6570 1st St., Forestville ~ 707-887-0427 ~ www.wchealth.org

United Against Sexual Assault ~ UASA facilitates healing & promotes the prevention of violence by providing counseling, advocacy, intervention, & education. 835 Piner Road, Suite D, Santa Rosa ~ Business: 707-545-7270 ~ **24/7 Crisis Line: 707-545-7273** ~ uasasonoma.org

Veterans' Group ~ A group for all Veterans in West Sonoma County. To receive notifications, call Fred, 707-869-2948, or email your contact info to johnnyu00@hotmail.com

Watchers of Weight (WOW) ~ Support for healthy eating & weight loss. Membership \$10/Weekly meeting \$5. Wednesdays at 5:30 pm at the Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ www.mrrpd.org

Women's Alcoholics Anonymous ~ Mondays at 7:30pm at the Russian River Senior Center, 15010 Armstrong Woods Road, Guerneville ~ **AA Hotline 544-1300**