



**BUILDING A HEALTHY, THRIVING  
& DRUG-FREE COMMUNITY  
FOR ALL SINCE 2002**

Vol. 1, #8

Action Network Family Resource Centers are located in Gualala and Point Arena

February 20, 2013

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Most Services are FREE

The Asian Feast Menu  
is posted at

[www.actionnetwork.info](http://www.actionnetwork.info)

# Asian Feast Debuts in Gualala

The Asian Feast debuts at the Gualala Arts Center on Saturday, March 23 at 6:00 p.m. This upscale dinner fundraiser benefits Action Network Family Resource Centers and Gualala Arts. The Asian Feast will showcase the culinary talents of noted Bay Area restaurateur and caterer Alice Chan of Tin's Tea House Catering, Kwanjai and Jay of Anchor Bay's Thai Kitchen, and Gualala's Pazzo Marco Creamery.

Alice Chan is known for her Tin's Tea House restaurants in Oakland and Walnut Creek with the Walnut Creek location being the first certified "green" restaurant in Contra Costa County. Alice has been in the hospitality field for over 30 years and is known for her innovative and artistic interpretations of Asian cuisine. For this Asian Feast she will be overseeing the creation of a variety of Dim Sum, appetizers and main courses, including her famous "Fish on Fire," with assistance provided by the Gualala Arts Culinary Guild.



Anchor Bay's Thai Kitchen will contribute its locally famous spring rolls and Thai green curry with eggplant. Gualala's Pazzo Marco Creamery will complete the feast with its specially created green tea gelato.

Ben's Shaolin Kung Fu from the Bay Area will present a professional kung fu exhibition and will also wow the audience with a Lion Dance performance. This ancient Chinese Dance tradition is often performed by kung fu practitioners to chase away the evil spirits and bring good luck and prosperity for the coming year.

This Feast will benefit both Action Network and Gualala Arts. Action Network plans to use the proceeds from this event to help fund its multi-cultural intergenerational programs including the new "Music Together" program. "Music Together" is an early childhood music and movement program which is offered for children from

birth through age five and the grownups who love them.

Asian Feast tickets are \$95 per person, and includes the entertainment, complete feast, wine, beer, tea, coffee and sparkling water. A no host bar will offer specialty Asian cocktails. The menu includes a variety of dishes that include vegan, vegetarian and gluten free dishes so that all tastes and diets can enjoy the feast.



**ASIAN FEAST – Benefitting  
Action Network and Gualala Arts  
Saturday, March 23, 2013**

**Reservations via  
[www.brownpapertickets.com](http://www.brownpapertickets.com)  
or by calling 707-884-1138**

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**Who Knew?? - After School Hangout for kids 10 and under, every Friday afternoon in Point Arena. Come and join the fun.**

**Upcoming Events**

- February—Dating Violence Prevention Month
- March - Game Night coming to Point Arena. Stay Tuned!**
- March 9, 10 - Point Arena Flower Power Festival
- March 12 – Chamber Mixer at Action Network
- March 23 - Asian Feast at Gualala Arts Center
- May 4 - Action Network's Cinco de Mayo Celebration

# February is Teen Dating Violence Awareness Month

From installing baby gates to fastening bike helmets and seat belts, parents put their kids' safety first. But once kids hit adolescence, the risks can become less obvious. When it comes to teen dating violence, for example, many parents are blind to the risk and don't always know how to offer the help their children may need.

Some parents falsely assume their child isn't at risk for dating abuse. In truth, teen dating abuse affects both males and females in all parts of the country and from all walks of life. One in 10 high school students reports being hit, slapped or physically hurt by his or her boyfriend or girlfriend in the past year, according to the Centers of Disease Control. One in 4 adolescents report verbal, physical, emotional or sexual abuse by their boyfriend or girlfriend.

Abuse can take many forms and doesn't always result in obvious bruises or cuts. Psychological abuse is the most common type of abuse reported in recent teen studies – behaviors such as yelling, swearing and insults as well as and controlling behavior. This list of potential warning signs, compiled by the National Teen Dating Helpline, can help parents determine if their teen is in an abusive relationship.

## Warning signs include:

- Your teen's partner is extremely jealous or possessive. Your teen's partner emails or texts excessively.
- You notice that your son or daughter is depressed or anxious
- Your son or daughter stops participating in extracurricular activities or other interests

- Your teen stops spending time with other friends and family
- Your teen's partner abuses other people or animals
- Your teen begins to dress differently
- You notice unexplained marks or bruises

## Learn about digital abuse

Digital abuse, or the use of technologies such as texting and social networking to bully, harass, stalk or intimidate another teen can be particularly difficult for parents to spot, yet more than half of teens have been victim of social and digital media abuse, according to the 2011 AP-MTV Digital Abuse Study.

A high volume of texts alone is not necessarily worrisome. Rather it's the nature of the texts between relationship partners that can raise concern. If there's a lot of the "w" question – where are you, who are you with, what are you doing, why are you doing it, when are you going to call me – that's not healthy behavior. Parents are advised to pay close attention to their cell phone bills and notice if there's an inordinate volume of texts from one particular person, which may be a sign of abuse.

## What can you do to help?

We know young people go to their friends for help. So one of the things that is critical is to educate young people so that when they become aware of it themselves, or in their friends, they can intervene, speak about it, educate their peers, and get engaged on the issue before it gets to the point where someone finds themselves in a dangerous situation.

For parents, the key is to non-judgmental, offer help, be supportive and keep talking to your teen, even if it seems like your teen isn't really listening. Let them know you are concerned about their safety. Inevitably when young people are able to get out of those relationships it's because their family never stepped away. They continued to be supportive, didn't alienate them further and really tried to be there for them.

## Where to go for help

If a teenager won't confide in parents, be sure he or she knows there are other sources of help. Point teens to [LovesRespect.org](http://LovesRespect.org) (the website of the National Teen Dating Helpline), encourage them to call the Helpline at 1-800-331-9474 or tell them to text "loveis" to 77054 for support and help from a peer advocate. Confidential help is available 24/7.

## ATTEND A WEBINAR

Are you a teacher? A parent? A coach? A caring adult who works with, mentors or supports young people? This series of webinars will give you the foundation of knowledge that you need to understand dating abuse and begin a conversation about healthy relationships with the young people in your life.

### High-Tech Helping and Hurting: The Role of Technology in Dating Abuse

Technology has changed the field of abuse prevention and response. Find out how social media and other high-tech systems can be used both as tools of abuse and as resources for providing help.

**When:** February 26, 2013 from 1:00-1:30 EST

**Register at:** [breakthecycle.ilinc.com](http://breakthecycle.ilinc.com)