



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

Vol. 1, #10

Action Network Family Resource Centers Located in Gualala and Point Arena

November 2013

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Action Network's Successful Summer!

Action Network celebrates the completion of a hectic and fun filled Summer! During the summer months, **92 youth (around 20% of our youth population) enjoyed Action Network's programs.** More youth could have participated if transportation was not such a large problem. Here are some highlights of the programs:

Coastal Connections: James Platt, assisted by Leah Kirby, Phil Newbury, Eric Wilder and Karen Santana, presented a fun-filled program to the Sea Ranch kids based on the "Waves, Wetlands and Watersheds" curriculum. The three hour classes —one hour reading, one of science and/or culture and one of outdoor activities—were held every Tuesday for 6 weeks. 20 students participated and sessions included two very popular beach excursions. This program was funded in part by the Community Foundation of Sonoma County.

CADCA Training, and Trip to Texas, July 2013: Action Network Staff Leah Kirby and Javier Chavez accompanied 4 local youth—Karina Chavez, Paige Morrison, Michaela Rae and Chunn Carillo—to Austin

to take part in the community Anti Drug Coalitions of America (CADCA) Youth Training conference.

Pinewood Derby Workshops: Mike Thomas and 3 friends from Bones restaurant taught workshops on July 10,12 &17. Kids designed and decorated their cars and raced them in the Pinewood Derby July 20th at the Gualala Arts Center. These



classes will be repeated in January to prep for the **Winter Pinewood Derby** scheduled for **January 18th. (see other side for details)**

Lego-Robotics: Phil Newbury taught classes at Point Arena and Gualala Family Resource Centers. **Classes were full and kids had a great time** while also becoming quite proficient in building the

robots of their choice. **Christmas vacation classes are**



being planned. Please call Action Network for details as soon as possible. Action Network would like to obtain funding to run this educational and fun program year round. **Nutrition Basics for Teens:** Teen Jade Mobert taught a five week class to a total of **14 students. Classes included hands on cooking prep as well as recipes and information on healthy foods.**

Survival—Basic Skills Class: Isaac Rios taught a well **attended one day class** at the Point Arena/Manchester Band of Pomo Indian's Tribal Community Center on August 20th.

Upcoming Events:

Sat December 14th: 1-3pm **HOLIDAY OPEN HOUSE** at Action Network Family Resource Center, Gualala
January 10th, 2014—Music Together Winter session starts.

January 7th, 11th and 16th, 2014: Winter Pinewood Derby Prep classes at ANFC in Gualala—see page 2 for details

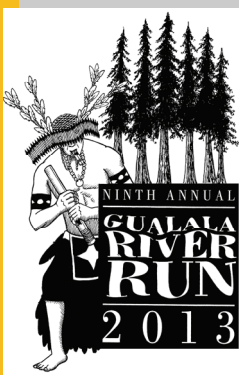
NINTH ANNUAL GUALALA RIVER RUN a great success.

Action Network Family Resource Centers (ANFRC) thanks the community for their overwhelming support of the 9th Annual Gualala River Run and Walk (GRR). GRR was a great event because of the 326 runners and walkers, 52 volunteers, 36 t-shirt sponsors, 32 program and prize sponsors, raffle ticket buyers, and local media publicizing this fun event. Approximately half of the participants were visiting from out of town. We hope they stayed, ate and shopped Local!

Local youth were major contributors to the success of this event. Chunn Carrillo (13), a local Native American

Pomo Dancer who has performed at numerous ANFRC events, created the design inspiration for this year's commemorative t-shirt. His Uncle Eric Wilder completed the final illustration. Youth runners ages 5-19 represented 26% of the 5K runners! Additionally, 27% of the volunteers were youth and teens.

James Platt, GRR Event Director, pulled off his 9th Annual GRR with finesse and Frances Anderson provided incredible administrative support.



A special salute goes out to the volunteers, including Sheriff Tom Allman, needed to assure a smooth registration process, to corral the thundering herd through the finish line, award medals and to prepare and serve brunch.

The brunch sold out but 170 diners enjoyed the delicious food prepared by Coastal Creations with Kim Ghezzi guiding the cooks and Leah Kirby orchestrating the servers amid an elegant decor.

The Action Network Board and Staff extend their thanks to the whole community and appreciate the comprehensive coverage of GRR provided by the ICO! It's not too early to mark your calendar for the **10th Gualala River Run and Walk on Saturday, October 18, 2014!**

Winter Pinewood Derby Prep

Classes: \$15/child (includes race entry, car kit and all supplies)

1. **Tuesday January 7th 4-6pm**
2. **Saturday Jan 11th 10-12:30**
3. **Final run-through at Gualala Arts Center either Jan 16 or 17**
4. **Jan 19-Pinewood Derby at GAC**

Mike Thomas of Bones restaurant is again offering these classes at Action Network. Kids pick out their design, Mike makes for cars between 1/7 and 1/11 and kids assemble and decorate them. Three classes in total, (Design, decorate and practice run). Kids need to come to all 3 to complete a race car for the Derby.

Call Action Network 884-5413 for details and to reserve a spot. info@actionnetwork.info



Programs at Action Network

Looking for fun and interesting activities for your child to do this the winter? Don't forget that Action Network offers a full schedule of programs to whet your child's curiosity appetite.

Mondays in Gualala - Learning Through Play 10:00-1:00, ages 1-1/2 through 4

Tuesdays in Point Arena - Playgroup 1:00-3:30, ages 0-5; After School Enrichment Program 3:30-5:00.

Wednesdays in Gualala - Playgroup 10:00-noon, ages 0-5; Learning Through Play 10:00-1:00, ages 1-1/2 through 4

Wednesdays in Point Arena— Girls Circle, time TBD.

Wednesdays at Kashia - After School Enrichment Program

Thursdays in Gualala - Learning Through Play 10:00-1:00, ages 1-1/2 through 4

Thursdays in Point Arena - Girls' Circle, time TBD

Fridays in Gualala - Playgroup 11:00-noon

Fridays in Point Arena - Playgroup 1:00 - 3:30 ages 0-5; After School Fun 3:30 - 5:00

Positive Parenting Classes

Nov 22, Dec 6, 13 & 20. 11am-1pm

Join other caregivers to discover positive solutions to common child behavior problems. Instructor Terri Davis M.A. Classes are free and lunch and childcare are included.

Call 884-5413 to learn more about these programs... or ask a friend to tell you about us.