



The mission of the Healthy Community Consortium is to build a healthy community by effecting lasting positive changes for the economic, social, spiritual and physical well-being of the community.

“Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.”

Henry James

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Inside this issue:

<i>Petaluma Coalition</i>	2
<i>Prepare Petaluma</i>	2
<i>What is a CAP Group?</i>	2
<i>But What Can I Do?</i> <i>By Jane Iddings</i>	3
<i>A Word From Our Executive Director Pat Landrum</i>	4
<i>Events and Meetings</i>	4

All Youth Ready by 21

What does it mean for all youth to be ready by 21, and what will it take? Answering these questions is the goal of a group called the Petaluma Youth Network (PYN). The PYN evolved out of Petaluma Youth Success which started in 2003. PYN’s purpose is to ensure that Petaluma’s youth succeed. What do we mean by “succeed”? We mean that each young person in our town will be given the tools, support, and opportunities they need to live healthy and productive lives.

The PYN was formed because Petaluma, being a community that highly values its youth, believes there is more work to be done to ensure that *all* of our youth are successful.

According to the youth members, Petaluma youth are motivated but do not always have the appropriate structures they need to get as involved as they would like. Young people and adults assume youth know about opportunities, but communication channels are not developed with young people in mind; many times youth don’t know about or have access to opportunities that are available to them.

The PYN action theory is that if all youth serving agencies in Petaluma are aligned on their goals, share their measurements of progress, and are willing to speak frankly about problems, more young people will be prepared to live healthy

and effective lives by the age of 21.

PYN members intend to provide young people with tools, training, and mentoring so that Petaluma’s youth will be better prepared to make change within their own lives, community, and in world. By having young people involved in the process of making this happen, PYN’s goals and activities will be more relevant and effective.

To find out more about the Petaluma Youth Network, or to get involved, contact the Healthy Community Consortium: **707-778-4951**.

www.healthycommunity.info/pyn

South County Senior Forum

HC² has been involved with the South County Senior Forum since 2002. The Senior Forum promotes collaboration on services, advocacy, and support for the elders of our community. Most recent accomplishments were in four key areas: Transportation,

housing, services that support independence, and emergency preparation.

One program which is administered by the Petaluma People Services Center, is Close-the-Gap. This program offers financial assistance to

seniors unable to pay their rent due to a gap between rent increases and their fixed income. Presently thirteen Petaluma seniors are enrolled in the program receiving anywhere from \$35-55 per month in housing grants.

Petaluma Coalition to Prevent Underage and High Risk Drinking

The Healthy Community Consortium became involved with substance abuse prevention ten years ago when the high rate of underage drinking was identified by citizens as one of Petaluma's top concerns. Although a lot of good work was done in response to this concern, when we participated in a community needs assessment in 2005 we saw there was still more work to do.

Recent studies show that high rates of alcohol use continue and is actually higher among youth in Petaluma than in most other parts of the state of California. What many people don't think about are the many problems that result from alcohol abuse including accidents, injuries, unwanted

pregnancies, alcohol poisoning, learning and behavior problems, and problems with friends, school, and work.

Most people don't realize that teen drinking has a significant impact on brain development and those who consume alcohol at a young age have a higher risk of becoming addicted to alcohol later in life. If we approach underage alcohol use as a public health problem by implementing an environmental approach including policy change, enforcement, and social norm change, we are more likely to reduce the calls for police service, incidents of violence, and health problems.

The Petaluma Coalition to Prevent Underage and High-Risk Drinking

has joined with seven other communities in Sonoma County to implement this environmental prevention approach. Over the last year we have facilitated passage of the Social Host and Alcohol Related Nuisance Ordinances, paired with the Parent and Community Pledge. We are already seeing powerful results from this work. In the last two months over 100 business owners, managers, and servers have participated in the Responsible Beverage Service training offered through the Petaluma Coalition. 1,600 people have signed the Parent/Community Pledge.

For more information or to get involved, email:

tanya@healthycommunity.info or call 778-4951.

Prepare Petaluma

Prepare Petaluma is a group of local citizens and organizations working together to plan and facilitate ways to help all of Petaluma's community members be prepared for emergencies and/or community disasters. We bring the different sectors of the emergency preparation community together, make personal connections with volunteer emergency services, promote communications, strengthen South County's emergency response

network to respond to the initial event, to be able to withstand the initial event and then be able to access all support systems within the city, county, state, and nation.

One project that Prepare Petaluma is involved with right now is the Vial of Life project. Members of the South County Senior Forum are working side by side with Prepare Petaluma to ensure that the vulnerable populations—frail elderly and those with disabilities—have relevant medication and emergency contact information readily

available to emergency personnel who come to their home in response to an emergency call.

For more information or to get involved, email:

tanya@healthycommunity.info or call 778-4951.

www.healthycommunity.info/prepare-petaluma/



What is a CAP Group?

Community Action and Planning (CAP) groups provide the basic tools and vehicles for grass roots civic engagement to improve the quality of life in Petaluma. They offer a safe place for inquiry and exploration of ideas, and serve as an incubator for community innovation and project development. Current CAP groups include: Dialogue on Race, Circle of Change, South County Senior Forum, Petaluma Community Garden, Prepare Petaluma, Petaluma Green Lane, and the Spiritual Round Table.

"In the middle of every difficulty lies opportunity."
Albert Einstein

But What Can I Do? By Jane Iddings

It's crazy making for sure.

The news is nothing but bad. Yet we look around our beautiful Petaluma community and it seems impossible that while we're enjoying a magnificent winter, the familiar litany of suffering is still happening "out there": war and disease, dishonesty and greed, denial and apathy.

Are we really on the same planet? Indeed we are.

As individuals we feel powerless when we take in all the suffering that routinely happens. How can we possibly stop the wars raging all over the planet and create a consciousness of peace? Closer to home, how can we solve water scarcity by creating a consciousness of preserving precious resources?

You know what? For the most part we're off the hook. We're told "someone" in Washington is going to ultimately stop the war in Iraq. "Someone somewhere" is going to stop AIDS. "Someone out there" is going to figure out how we're going to have enough water for the exploding population and how we're going to deal with global warming.

Or are they? Can we count on solutions coming from the top down? Or must we do what Gandhi suggested: be the change we want to see in the world.

Sounds good, but what does it mean?

Here's what it means in easy, practical terms. We can say:

- I can't solve global warming, but I can carefully plan my schedule so I drive less, thereby saving gas and generating fewer emissions.
- I can't remedy water scarcity, but (1) I can turn off the faucet while I'm brushing my teeth, (2) I can clean the driveway with a broom instead of with water, (3) I can use a water-saver shower head, (4) I can use minimal water washing the dishes.
- I can't alleviate the depression and loneliness that plagues so many people, but (1) I can be generous in my compliments to everyone, (2) I can be kind and gentle, and speak from my heart to family, friends and strangers.
- I can't end the war in Iraq, Palestine or Somalia, but I can respectfully and peacefully discuss a dispute with my children's teacher, with my spouse, or with a customer service agent.

- I can't eliminate the mountains of garbage that are filling up our landfills, but I can use less wrapping paper, bags and boxes.
- I can't change man's inhumanity to man, but I can live the Truth that every human being counts, that every human being is valuable.
- I can't save the estimated 8 million homeless cats and dogs from being killed every year in shelters, but (1) I can neuter or spay my own pets, (2) I can give a homeless pet a loving home, (3) I can donate money to a clinic that provides low cost or free spaying and neutering.
- I can't prevent the catastrophic environmental degradation of our planet, but (1) I can pick up litter wherever I go, (2) I can disengage from the consumer mentality and instead live lightly on the planet.
- I can't end violence, but I can refuse to participate in the culture of violence by not watching violent movies and television, and instead enjoy healthy, life-serving entertainment.
- I can't end racism, but I can refuse to condone racism by laughing at or tolerating racist jokes and comments.
- I can't prevent the "diabesity" epidemic (obesity + diabetes), but (1) I can prepare healthy meals for my family and (2) I can make sure we get plenty of exercise.

If we take these and other equally easy, practical action steps, we will be doing our part to create a peaceful, healthy world. Do you know what the biggest benefit is? We will feel empowered, we will know we aren't waiting for "someone out there" to fix the problem. Instead, we'll each be doing our part at the local level, right here in Petaluma, Sonoma County.

Please accept my invitation to share how you are acting locally to make a difference in the world. Email your contributions to tanya@healthycommunity.info and we'll post them on the HC² website.

Jane Iddings, Petaluma collaborative attorney and mediator. Contact Jane at Jane@AttorneyJanelddings.com or 707-292-9121. © 2007 Jane Iddings



Thank you to our funding partners:

BayDevCo

City of Petaluma

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Petaluma City Schools

Petaluma Health Care District

A Word from our Executive Director

I have had the pleasure of being the Executive Director of the Healthy Community Consortium (HC²) for almost six years now. One thing that is unique about HC² is that unlike most non-profit organizations we are not providing a direct service. Our job is a bit more nebulous. We help bring others together to zero in on an issue that is relevant to many, but not the obvious focus of any one organization or group. Then we help make something happen!

Each day I am touched by the extraordinary commitment and care that I see in this community, and I am honored to be given the opportunity to convene and facilitate the conversations that lead to this place being safe, vibrant, and healthy. This would not be possible without your active engagement in our projects and priorities, and I thank you!

As we move into the next year, I would like to personally invite you to find a way to give, whether by making a donation to us or another non-profit, or by finding a way to volunteer.

Look, listen, trust, and act! I look forward to seeing you!

Pat Landrum

We appreciate every contribution you make to our organization. Your gifts help keep Petaluma a wonderful place to live. Please send your tax deductible donation to:

The Healthy Community Consortium

200 Douglas Street

Petaluma, CA 94952

or go to our website:

www.healthycommunity.info/donate/

Want to Change the World? Start at Home!

Events and Meetings

Quarterly Meetings- South County Senior Forum, Petaluma Senior Center, 211 Novak Drive, Petaluma, Tuesday, March 11th, 3-4:30pm

3rd Wednesday of the month - Prepare Petaluma, Petaluma City School District Building, 200 Douglas Street, Petaluma, 10-12:00 noon

4th Wednesday of the month - HC² Board meeting, Valley Orchards Retirement Apartments, 2100 E. Washington Blvd., Petaluma, 4-5:30pm

1st Thursday of the month - Dialogue on Race, Petaluma Community Center, 320 N McDowell Blvd., 6:30-8:30pm

2nd Thursday of the month - Petaluma Coalition to Prevent High Risk and Underage Drinking, Petaluma City School District Building, 200 Douglas Street, Petaluma, 4-5:30pm

4th Thursday of the month - Spiritual Roundtable meeting, Hospice of Petaluma, 416 Payran, Petaluma, 7-9:00pm

4th Friday of the month - Circle of Change meeting, Wachovia Bank, 11 5th Street, Suite 203, Petaluma, 9-11:00 am

*Meeting dates and times may change.



**GETTING THINGS DONE
TOGETHER**

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www.healthycommunity.info