



Connecting Point

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Welcome from CCP's Executive Director

Dear Friends,

As we experience the changing of the seasons and enter the often busy and hectic pace of Fall and the holidays, I am reminded of the interconnectedness of our lives and how a single event or the actions of a single individual can touch us in ways we cannot imagine.

The courage and heroic actions of parents, children, community members, and everyday people struggling with the chaos of Hurricane Katrina illustrates that leadership comes in many forms and from many different people. Katrina showed us the failures of a leadership that speak and act only for certain groups of people and not others. It demonstrated the "lack of will" among leaders disengaged from the realities and plights of whole groups of people and reinforced the importance of community building and local communities providing their own brand of leadership that reflects their inherent strengths and diversity.

This "Perfect Storm" provides those of us who care about health and social equity with the opportunity to pose critical questions about leadership, resource distribution,

representation, and the many "isms" that continue to hold our communities hostage from classism to racism. Will our communities and leaders have the courage to look deeply and ask the hard questions in order to come up with equitable and just solutions? These are questions and issues that we have to own for ourselves as well as for our communities.

As we celebrated our 10th year anniversary of Women's Health Leadership in August with Alumni, friends, and supporters, we reflected and toasted our many contributions and gifts as a community but also recognized that there is much more work to do. CCP is prepared to push forward with our recruitment efforts for the 2006 Women's Health Leadership program and engage individuals, associations, and institutions in the work of building caring, connected and conscientious communities. We look forward to your ideas and your activism to accomplish these goals.

In partnership,

WHL Launches Statewide Program

By Heather L. Hutcherson, Program Coordinator

After a brief hiatus, WHL is launching a new statewide program: Women's Health Leadership – Retreats. These retreats are designed to build the capacity of women who already make a difference in their communities and have the desire to strengthen and build on their current work to achieve greater impact.

Among many benefits, selected women will participate in a unique model for leadership development, take part in efforts to improve health and promote social justice, and have access to a statewide network of leaders.

WHL participants have worked on a range of projects aimed at identifying creative solutions to their community's issues. In Los Angeles, one participant held lingerie parties and provided AIDS information during these parties. Another participant utilized her experiences as a survivor of the Killing Fields in Cambodia in her work with gang members. Yet another woman transformed her own battle with cancer into an opportunity to teach adults how to overcome their fears related to failure. Each of these inspiring grassroots leaders learned more about her leadership qualities through her project and year-long involvement with WHL.

The selected leaders must be able to: commit to a year-long program (beginning in March 2006) consisting of a diverse set of activities, attend four retreats in the Greater Sacramento Area, complete a learning project, and make a financial commitment of \$500 for the entire series of retreats. This cost includes meals, materials, and activities. Participants are responsible for arranging and funding their own travel and accommodations.

The deadline for applications is January 6, 2006. Applications are available at www.connectccp.org.

Grassroots Policy & Advocacy in Health

by Sarah Newton, Program Associate

Grassroots Policy and Advocacy in Health, a pilot project designed to create connections between grassroots advocates and statewide advocacy organizations, has begun a new phase of work. CCP is collaborating on this project with the California Pan Ethnic Health Network (CPEHN), alumni from Women's Health Leadership, and members of the Community Partnerships for Healthy Children Council. The advisory group met twice this year to develop a policy agenda. Advisory group members worked with their communities to develop a list of health issues, and at our April meeting we prioritized three health issues: obesity, mental health, and access to health care. At our September meeting, we discussed policy solutions to address these health priorities. In addition to collaborating with health advocacy organizations on existing policy efforts, our ultimate goal is to sponsor a bill.

Ellen Wu, Executive Director for CPEHN, will be presenting information about this pilot project at the annual American Public Health Association (APHA) conference in December. We hope that this project stirs further interest in involving grassroots leaders and community members in statewide policy decisions, creating community-driven and responsive policymaking.

Please watch for more information regarding this project, as we hope that other members of our network will want to be involved in this important work. If you want to support this project, please contact us with information about the resources you have to provide, or about ways you can help. As a reminder, we would benefit from your generous contributions of: meeting space, frequent flyer miles, food and beverage sponsorship, and overnight accommodations sponsorship. Contact Sarah Newton at sarah@connectccp.org for info.

Leadership in a Multicultural Society Retreat -- October 20-21, Sacramento

This gathering is designed to reinforce the importance of peer learning and will include ample opportunities for reflection and collective learning.

Participants will:

- Actively participate in story circles designed to surface leadership lessons.
- Creatively express leadership vision and style.
- Willingly engage in authentic dialogue.
- Comfortably connect with new friends and peers.
- Naturally relax and reenergize in a retreat setting.

The cost is only \$100, including meals, materials, and activities.

"I appreciated the candor and genuineness of small group participants, capable staff support, the unguarded interaction, and facilitated building of trust."

-- Past Participant



For more information,
contact: Center for
Collaborative Planning
Phone: 916-498-6960
E-mail: info@connectccp.org
Fax: 916-443-7767



News Flash-Good News for Sacramento County

By Faye Kennedy, Program Associate

The First 5 Sacramento Community Building Micro and Mini Grants Program is looking to fund community-driven projects that benefit kids ages 0-5 and strengthen the relationships throughout Sacramento county. Micro grants of up to \$500 and mini grants of up to \$5000 are available.

The Community Building Initiative

Community Building Micro and Mini Grants are a part of the First 5 Sacramento Commission's Community Building Initiative (CBI). The grants support local, community-driven activities that improve the well-being of children ages 0-5 and build "social capital." In other words, the projects should: bring community members together, build on the strengths of those members, and take action together to build a stronger community for children ages 0-5 and their families. Social capital focuses on the connections or relationships between people and the power and potential of those connections to provide a healthy environment for children and their families. Groups can work together towards building social capital in many ways, including activities that: decrease social isolation, increase trust among community members,

inform, empower parents and community member, improve advocacy skills, and create stronger informal groups.

Building social capital is as easy as joining a book club, organizing a neighborhood clean-up or celebration, starting a babysitting cooperative, and inviting others over for a meal. Children and families in the community will benefit through:

- More helpful neighbors
- Effective parent advocates
- Safer physical environments
- Parents helping each other
- Healthy environments for child development
- Positive institutions
- Greater parent willingness to use resources
- Increased neighborhood resources

These grants are offered with the idea those community members: have creative ideas, know what works best in their community, and CAN MAKE A DIFFERENCE. This funding helps community members build and maintain relationships,

Continued on page 5

Second Annual Community Building Awards

Your Nominations Are Needed

By Sarah Newton, Program Associate

We will be holding our **Second Annual Open House and Award for Building Community (ABC) Ceremony** on **Friday, December 4, 2005** from **4:00 pm to 6:00 pm** at 1401 21st Street, Suite 360, Sacramento. Please save the date - we are thrilled to celebrate another year with friends and colleagues in our home.

Last year we presented the ABC Award to three outstanding community builders in the Sacramento area: Sierra Health Foundation, Tahoe/Colonial Collaborative, and Cathy LeBlanc. We are now taking nominations for 2005 honorees in the following categories:

Institution - a business, organization, or government entity that has helped the greater Sacramento area by providing resources or supporting community building efforts (not necessarily providing direct services)

Association - a formal or informal group such as a neighborhood association, collaborative, or club that has helped build your community in the greater Sacramento area

Individual - a community member that has helped build your community in the greater Sacramento area.

Please send us your nominations by November 1, 2005 to the attention of Sarah Newton at 916-443-7767 (fax) or

sarah@connectccp.org. **Please include a brief description of why your nominee is an outstanding community builder.** We'll announce the three honorees at the Open House on December 4th. We look forward to seeing you then!



Last year's winners: Sierra Health Foundation (represented by Dorothy Meehan, pictured below left), Cathy LeBlanc (middle), and Tahoe/Colonial Collaborative (represented by Holly Schlumpf, right)

Have you moved? Changed jobs?

Please indicate your **CURRENT** name, mailing address, organization (where applicable), and other contact information. Please take a moment to ensure that your information is accurate! You may mail, fax, or email your corrections to the attention of Marisa Martinez at Center for Collaborative Planning, 1401 21st Street, Suite 360, Sacramento, CA 95814. Phone: 916-498-6960, fax: 916-443-7767 or email: marisa@connectccp.org. Thank You!

Address

Organization

Street

City

State

Zip

Phone: (____) _____

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Wins & Brags

Jeannie Cummings, 1998 WHL Alumni, received her MA degree in Holistic Health Education in June 2005. She also started working with incarcerated moms in detention facilities in Contra Costa County including juveniles. Jeannie says: "It is very rewarding and I would be interested in knowing how many of my WHLSisters work with this population of women. My role is to link these mothers with prenatal services before they exit the detention facilities. I also make referrals to home visiting programs within the county and provide follow up. If they live in other counties I do the same thing." Contact Jeannie at 510-234-3922 if you do similar work.

Laurie Drabble, 1996 WHL Faculty Advisor, received a "Friends of the Field" Directors Award from the California Department of Alcohol and Drug Programs.

Claudia Epperson, 2001 WHL Alumni, shares: "I am so excited about completing my first book, *THE WARRIOR KING WOMEN LONG FOR*, and sharing it with my WHL community." Following is a brief review written by Heather Hutcheson: "*THE WARRIOR KING WOMEN LONG FOR* chronicles the struggles of a woman whose home has "no priest." The poet's longings for a partner are presented in passion-filled prayer-like poems that demand attention. Frequently, Epperson's capacity for rhyme drives the rhythm and shape of these persistent pieces. What could be conveyed as bitterness and self-pitying loneliness is grounded in faith, optimism, and wit. Epperson ultimately comments on culture, challenges, time, relationships, and spirituality with heart." The book is available now. Contact Claudia at claudiacde@aol.com for information on obtaining a copy.

Joey Garcia, 1999 WHL Alumni, was the keynote speaker

for the Sacramento County Sheriffs Department graduation. She was the first non-law enforcement, non-military speaker in the department's history. Joey continues to write her advice column for the *Sacramento News and Review* newspaper. In addition, she has two new media gigs. As "Dr. Love" she dispenses relationship advice on v101.1 radio Monday mornings and she can be seen on UPN/ch 31 Good Day Sacramento the third Sunday of each month offering

suggestions for how to improve relationships. Joey also runs a non-profit, Rise Up Belize! and took six elementary school teacher volunteers from the Sacramento area to Belize in June to present free skill development workshops for 75 Belizean teachers. Next year she plans to add additional training programs plus academic camps for Belizean children.

Tahra Goraya, 2000 WHL Alumni, was named Women in Business Non Profit Executive Director of the Year by Senator Jack Scott and Assembly member Carol Liu. She was also elected as the first female board president of the Southern California chapter of the Council on American Islamic Relations. Moreover, Tahra was selected as one of the Women's Policy Institute

2005-2006 Fellows by the California Women's Foundation.

Jennifer McSweeney, 2004 WHL Alumni, reports that Ridership for the Masses, the organization Jennifer co-founded, has a partnership with the Sacramento Mobility Coalition, along with nineteen other organizations relating to and to transportation issues.

Cheryle Bernard-Shaw Morgan, 1996 WHL Alumni, is embarking on developing a business to provide

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Women's Health Leadership –Retreats A program of the Center for Collaborative Planning, Public Health Institute

These retreats are designed to build the capacity of women throughout California who already make a difference in their communities and have the desire to build on their current work to achieve greater impact.



WHL invites you and/or your colleagues to apply for the 2006 program year. The **deadline for applications is January 6, 2006.**

Applications are available at www.connectccp.org.

The selected women leaders must be able to:

- Commit to a year-long program consisting of a diverse set of activities.
- Attend four retreats in the Sacramento Area
- Complete a learning project.
- Make a financial commitment of \$500 for the entire series of retreats.

**For more information, contact:
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www.connectccp.org**

Celebrating 10 Years Together in the Movement to Promote Health and Social Justice

By Heather L. Hutcheson, Program Coordinator

In August, the Alumni and staff of Women's Health Leadership celebrated our ten-year anniversary and took time to reflect on the impact our network has had in advocating for the development of relevant health policies and programs, improving the delivery of healthcare services, and expanding the availability and use of resources. In addition, we took this time to rejuvenate and plan together.

This opportunity to recognize our gifts and challenges reminded us of the importance of our diversity and ability to find common ground. We have had many opportunities to use our natural leadership strengths to promote health and to eliminate inequities, including access to quality health care, culturally appropriate strategies to improve health, and other challenges affecting the quality of life for California's families and communities.

Among other strategies to connect the network, Alumni are planning regional gatherings, resource sharing, etc. Plus, we continue to produce our monthly WHL communications bulletin that showcases funding, learning, networking opportunities. This bulletin is open to anyone, and you can subscribe by sending an e-mail to whlcommunications-subscribe@yahoo.com.

In addition, we will be holding MONTHLY TELECONFERENCES on the FIRST THURSDAY of each month (from 8-9 a.m.) – beginning October 6th. The purpose of these teleconferences is to share valuable resources in a book club of sorts. Our BOOK CLUB FOR BUSY WOMEN (and men) will feature little samples of books we love: only ONE CHAPTER from a new book each month. Sharing about this chapter will be facilitated by a WHLSister. Discussion will follow. This book club is open to WHL Alumni and friends.

Please contact heather@connectccp.org if you have any questions about this exciting opportunity to share and to learn.

We look forward to learning, sharing, and working ten more years with you!

2005 BOOK CLUB SCHEDULE

October 6 – The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures
by Anne Fadiman
Chapter 16, Why Did They Pick Merced?
Facilitated by Heather Hutcheson

November 3 – Turning to One Another: Simple Conversations to Restore Hope in the Future
By Margaret J. Wheatley
What Am I Willing to Notice in My World? (pages 78-85)
Facilitated by Heather Hutcheson

December 1 – Hardwiring Excellence
By Quint Studer
Chapter 1, My Journey to Becoming a Fire Starter
Facilitated by Gail Nickerson

January 5 – The 13 Original Clan Mothers
By Jamie Sams
Chapter TBD
Facilitated by Bonita Barnes

February 2 – What will you share?



Wins & Brags *Continued from page 4*

testing success for students; it will focus on reducing test anxiety through preparation on multiple levels. Go Cheryle!!

Rachel E. Plotkin Monda, 1997 WHL Alumni, earned her MSN/MSHCA from Cal State University, Long Beach in December 2004.

Congratulations to each of these women for their tremendous successes. Please forward your successes to heather@connectccp.org. We want to know about the important work you are doing!

News Flash *Continued from page 2*

plan and implement activities/projects that will create change in communities throughout Sacramento County.

Eligibility?

The funds are available to groups of community members *that want to strengthen connections in their community and wish to take action* for children ages 0 to 5 and their families. A few examples of eligible groups are, but not limited to: small groups of neighbors or community members with a common interest, local neighborhood associations, and informal associations (such as walking groups and ethnic associations), service clubs, parent groups, and caregiver networks.

CCP's Role

Center for Collaborative Planning's role with our partners (Sacramento ENRICHES and Nonprofit Communications) will be to support the work and projects of the CBI grantee community by offering information, connections to resources, training, and opportunities for problem-solving.

Questions?

For more information, please visit www.sackids.saccounty.net or call CCP at 916-498-6960.

Connecting Point

Contact us!

Center for Collaborative Planning

1401 21st Street, Suite 360

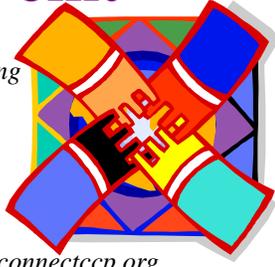
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Fax: 916-443-7767

Email: info@connectccp.org

Please visit our website at www.connectccp.org



Our Recent Donors

We'd like to thank the following donors for their generous contributions:

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Neda Movahed
Donald Denham
Hewlett-Packard Employee
Charitable Giving Program
Juanita Jackson
Carole Collins
Caudia Epperson

Upcoming Events

October 20-21, 2005
Leadership in a Multicultural Society Retreat

Sacramento, CA
916-498-6960
heather@connectccp.org

November 20, 2005
Harvest Tea & Conversation

Sacramento, CA
916-498-6960
faye@connectccp.org

December 4, 2005
Holiday Open House

Sacramento, CA
916-498-6960
marisa@connectccp.org

We can bring our workshops to your community! Visit our website at www.connectccp.org for more information on our host model workshops and for details on these upcoming events.