



# Connecting Point

A publication of the Center for Collaborative Planning  
A Center of the Public Health Institute

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## Welcome from CCP's Executive Director

Dear Friends,

Welcome to the second volume of Connecting Point, CCP's venue for sharing, connecting, and celebrating the work and voices of the many individuals and communities we have the honor of working with. As we begin a new year, we celebrate those who have inspired us, including the recipients of our 2005 Awards for Building Community, initiated in 2004 to honor an individual, an association, and an institution that have talked AND walked the principles and practices of community building and asset-based work. The 2005 recipients: Dr. Arline Prigoff, West Modesto/King Kennedy Community Collaborative, and Sacramento ENRICHES have been ardent advocates for community building and social change efforts for over eighty combined years. Look inside this issue for photos of the award ceremony. We look forward to learning about other deserving individuals and organizations in anticipation of the 2006 awards.

In our efforts to ensure that more diverse

community leaders are involved in decision-making that impacts their lives and communities, we are very excited to announce our partnership with The California Wellness Foundation (TCWF) for our newly launched series of WHL-Retreats and seminars. WHL-Retreats is funded in part by a grant from TCWF. Created in 1992 as an independent, private foundation, TCWF's mission is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention programs. As a long-time supporter of leadership development and capacity building strategies to achieve change, TCWF's support will help us to leverage additional resources as we convene women leaders from across California to engage in training and networking opportunities over the next three years. We are proud of our long-standing association with TCWF and look forward to engaging grassroots community leaders in defining and implementing relevant health solutions.

*Continued on page 2*

## 2006 WHL Cohort Selected

*By Heather L. Hutcheson, Program Coordinator*

After a brief hiatus, WHL has launched 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.

We welcome these outstanding leaders into our Learning Community:

June Jenkins Allen, Veronica Boutelle, Sharon Michelle Burleigh, Lisa Chang, Diane Dimas, Jackie Hausman, Yvette R. Jorgensen, Carla Keener, Catherine Lambie, LaTisha Lawson, Louise McCarthy, Susana Quezada, Lara Sim, Shannon Thompson, Bobbie Yearby

These grassroots women leaders will participate in a year-long Learning Community and will promote health and social justice.

Past 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.

For more information about Women's Health Leadership, please contact Heather Hutcheson at 916-498-8306 or [heather@connectccp.org](mailto:heather@connectccp.org).

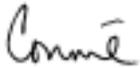
## Welcome *Continued from page 1*

In 2006, we look forward to expanding our community building work with First 5 Sacramento's Community Building Initiative (CBI). The neighborhoods and community groups involved in CBI have shown us the tremendous potential for building social capital and aligning our community assets to impact the health, well-being, and development of children 0-5. The value of investing in connections is illustrated best by Ms. Beatriz Santos with the parent group Entre Mujeres, a CBI grantee, who shares, "The community comes together so that we can come out ahead. We can volunteer. We can do it. Creating the opportunity benefits our group tremendously because everyday our group is learning, gaining awareness, and growing."

Our relationships with the many community groups and organizations and leaders across California in the worlds of women's health, community building, leadership development, asset-based community development, and grassroots advocacy continue to inspire and motivate us. We are committed to making the world smaller, and connecting the talents and gifts of communities together.

Thank you for your continued leadership and resolve and we welcome your ideas and support as we move forward.

In Partnership,



### Leadership in a Multicultural Society Retreat -- May 4-5, 2006, 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](mailto:info@connectccp.org)  
Fax: 916-443-7767

## Spotlight on First 5 Community Building Initiative

The Center for Collaborative Planning (CCP) received two grants from First 5 Sacramento to support their Community Building Initiative (CBI) by providing technical assistance and marketing and outreach services. Micro and Mini Grants are a part of the Initiative. 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 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. One example of community building is Central City Moms. They are making connections around the city.

Central City Moms had a great idea when the summer months were too hot to hold their playgroups in neighborhood parks. The group applied for and received a mini grant from the Community Building Initiative to use the yoga room of a local gym twice a week, so the children could play and their parents could interact and socialize. The group has continued to use the facility through the winter. They've been meeting once a week with consistent attendance of from seven to ten adults and as many children.

"We've made wonderful new friends," said Bronwyn Schweigerdt. "I passed out some flyers at the downtown library, and members of the well established Landpark Mom's Group showed up at our playgroup. They have a rainy day playgroup, too."

Bronwyn says the initial group has made about fifteen new connections with other parents since the project began. "These are connections that will last," she said. "And we're learning so much about resources in our area."

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. For more information, visit [www.sackids.saccounty.net](http://www.sackids.saccounty.net). CCP's partners in technical assistance and marketing include Sacramento ENRICHES, Shapiro Consulting and Nonprofit Communications.

# Second Annual Community Building Awards

By Sarah M. Newton, Program Associate

Center for Collaborative Planning hosted our Second Annual Open House and Award for Building Community (ABC) Ceremony in December. We were pleased to visit with our neighbors, friends, and colleagues, sharing food and good conversation. During the Open House, we honored outstanding Community Builders: Sacramento ENRICHES (represented by Peggy Tapping, pictured top left), West Modesto/King Kennedy Neighborhood Collaborative, (represented by Carole Collins, right), and Dr. Arleen Prigoff (bottom, left) with an Award for

Building Community to honor their commitment to our communities. The leadership and vision of these individuals and organizations have helped to support local communities to utilize local assets and talents to address diverse issues from economic development and children's health to teen pregnancy prevention and homelessness. We thank the awardees for their valuable contributions and commitment to community building and for making a difference!

## Center for Collaborative Planning Consultation Services and Workshops

Center for Collaborative Planning provides a range of consultation services for community groups and organizations.

- \* We design tailored approaches that engage people in active problem solving to address community health issues.
- \* We create training modules, train-the-trainer and facilitated sessions customized to accommodate your unique requirements.
- \* We coordinate convenings and conferences.
- \* Our workshops are highly engaging and draw upon the experience of participants to maximize learning.



Consider hosting a workshop in your community.

Please visit our website at [www.connectccp.org](http://www.connectccp.org) for a full list of available consultation services and workshops.

For more information, contact:  
Center for Collaborative Planning  
Phone: 916-498-6969  
E-mail: [info@connectccp.org](mailto:info@connectccp.org)

## New Series of Seminars

By Heather L. Hutcheson, Program Coordinator

In conjunction with the newly launched Women's Health Leadership – Retreats, the Center for Collaborative Planning is hosting a series of convenings on topics of interest to OUR communities. Topics will include: Health Access, Finding common ground in a multicultural society, Policy and Advocacy, and Leadership Development.

These seminars are designed for diverse audiences ranging from legislators and state workers to grassroots community members, line staff workers, and executive directors.

Held in the Greater Sacramento Area on the following confirmed dates: March 3, 2006, May 19, 2006, and October 20, 2006, these gatherings will take place from 10 a.m. to 3 p.m.

For more information about participation or to find out how you can sponsor one of these convenings, please contact Heather Hutcheson at 916-498-8306 or email [heather@connectccp.org](mailto:heather@connectccp.org). You can also visit our website at [www.connectccp.org](http://www.connectccp.org) for more information.

Please see the registration form on the reverse for the first three seminars. We look forward to seeing you

## 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 the Center for Collaborative Planning, 1401 21<sup>st</sup> Street, Suite 360, Sacramento, CA 95814. Phone: 916-498-6960, fax: 916-443-7767 or email: [info@connectccp.org](mailto:info@connectccp.org). Thank You!

Name and Organization

Street

City

State

Zip

Phone: (\_\_\_\_) \_\_\_\_\_

Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_



**Center for Collaborative Planning  
Presents Women's Health Leadership Seminars**

March 3, 2006 – Health Access  
May 19, 2006 – Finding Common Ground in a Multicultural Society  
October 20, 2006 – Policy and Advocacy  
Sacramento, California

**Registration Form**

Join us for seminars featuring guest panels, networking opportunities, and discussions on current issues impacting our communities.

**Fee:** \$20 per session includes registration, materials, and lunch.

**Payment Method:**

Registration & Payment Deadline: Two weeks prior to each scheduled seminar.

Payment Method: (Prepayment required.)

The seminars begin at 10 a.m. and end at 3 p.m. Lunch will be provided.

<input type="checkbox"/> Check Enclosed	<b>Payable to Public Health Institute (Federal Tax ID # 94-1646278)</b>
<input type="checkbox"/> Credit Card	Charge to: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express
Credit Card Number: _____	Exp. Date (MM/YY) _____
Card Holder Name: _____	_____
Card Holder Billing Address: _____	_____
Card Holder City, ST, Zip: _____	_____
Card Holder Signature: _____	_____
<input type="checkbox"/> Purchase Order #:	_____ Copy of Purchase Order Required

**Contact Information: (PLEASE PRINT)**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Daytime Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Website: \_\_\_\_\_

**I want to attend:**

- March 3, 2006 – Health Access
- May 19, 2006 – Cultural Sensitivity
- October 20, 2006 – Policy and Advocacy

**Special needs?** Please provide a written description.  Vegetarian

**Confirmation:** Upon receipt of completed registration form and fees, a confirmation letter with detailed location information and directions will be faxed or mailed to each registered participant. No refunds permitted, but substitutions will be allowed.

**Questions:** Please contact Heather Hutcheson at Center for Collaborative Planning at 916-498-8306 or [heather@connectccp.org](mailto:heather@connectccp.org).

**Return Registration Form to:**  
Center for Collaborative Planning  
Attn: Women's Health Leadership Seminars  
1401 21<sup>st</sup> Street, Suite 360  
Sacramento, CA 95814

# Wins & Brags

Alumni **Golnaz Agahi**, WHL 2000, **Ernestina Escareno** WHL 1998, **Shelley Mitchell**, WHL 1998, **Rae Eby-Carl** WHL 1998, and **Luz Alvarez Martinez**, WHL 1995, were appointed to the Office of Women's Health Women's Health Council along with Beverly Ching; Catherine Quinn; Crystal Crawford; Diana E. Ramos; Ellen Eidem; Gilda Arreguin; Mary Wiberg; Namju Cho; Raquel Donoso; Sarah Samuels; Tracy Weitz; and Yali A. Bair.

**Heather Gould**, WHL 1997, moved on from UCSF to some exciting new endeavors— one is working as a consultant with Planned Parenthood Federation of America International. The other is having a baby (in early Spring).

**Sonja Herbert**, WHL 2000, shares that she returned to the Berkeley Media Studies Group in November 2005 to lead a statewide media advocacy training project! October 2005

featured an exciting trip to India! Sonja Herbert can be contacted at 510-527-4304 or sherbert@world.oberlin.edu.

**Gail Nickerson**, WHL 1995, was appointed to the Board of the National Association of Rural Health Clinics.

**Virginia Saldaña-Grove**, WHL 1995, has started piano lessons. Since she was a little girl, she has wanted to play the piano. This is also a personal goal she identified in 1995 through WHL. In addition, her daughter, Robin, plays on the Sacramento Sirens, Sacramento's Women's Football Team. They have been National Champions four years in a row. Virginia loves to cheer her on.

Congratulations! Please continue to share the great news!

## Join Our Virtual Book Club

*By Heather L. Hutcheson, Program Coordinator*

Women's Health Leadership will be holding a virtual book club on the **FIRST THURSDAY OF EACH MONTH** (from 8-9 am). It is a virtual book club for two reasons:

1. We are only reading one chapter from each book.
2. We are teleconferencing to discuss these chapters.

The purpose of these teleconferences is to share valuable resources in a book club of sorts. This activity is open to WHL graduates and friends. Please join us.

Here's how it will work: If you need a copy of the chapter, you can request a copy of the reading (no earlier than three weeks in advance of the call). It will be delivered to you by US Mail or FAX (whichever you prefer). You will call (\*long distance charges apply) at 8 am. The call will be from 8-9 am. Dialing information will be e-mailed or faxed.

For more information, please contact Heather at 916-498-8306 or heather@connectccp.org.

## Donor Highlight

*By Theresa Remley, Intern*

The Center for Collaborative Planning (CCP) has many strong supporters who are willing to lend their time, talent, wisdom, and financial support to CCP's programs. Gail Nickerson, a graduate of the 1995 class of Women's Health Leadership (WHL), is one of these inspiring individuals. In the spirit of Appreciative Inquiry, we decided we wanted to learn more about Gail's commitment to WHL and CCP. Gail shared:

"Women's Health Leadership is a unique program tailored to individuals

that provides intellectual, moral, and emotional support for a person who wants to grow." As a participant in the first class of WHL, over ten years ago, Gail recalls that it felt awesome to be one of the few people in the state of California to be accepted into the program. And, WHL continues to be, by far, the most diverse group of people with whom she has connected, and she gets more out of her experience than what she puts into it. It is exciting and inspiring for her to work at the grassroots level.



She now describes herself as a general, all-purpose volunteer. She encourages people to apply to the program and assists in every way she can. Because she feels so good about WHL, it is easy for her to ask others for money. She believes in putting the fun back in fundraising. One time, she gave away her own jewelry after learning about a Native American Potlatch tradition where people give away objects for a greater good, and in turn she asked people for donations.

Gail is passionate about WHL because she meets people who are each doing amazing things. "Women's Health Leadership trains the leaders for the future of the state of California."

### OUR 2006 SCHEDULE

March 2 – *Enlightened Leadership: Getting to the Heart of Change*  
By Ed Oakley and Doug Krug  
Chapter: Asking Versus Telling, Chapter 7  
Facilitated by Gail Nickerson

April 6 – *Seedfolks*  
By Paul Fleischman  
Chapter: This is a short book; we will read the whole collection  
Facilitated by Bonita Barnes

May 4 – *Life's Stories from Seasoned Sistahs*  
Edited by Vicki Ward  
Chapter: "Of Gumbo and Avocadoes" by Patricia E. Canterbury  
Facilitated by Heather Hutcheson

June 1 – Let us know what you want to share

# Connecting Point

Contact us!

Center for Collaborative Planning

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Phone: 916-498-6960

Fax: 916-443-7767

Email: [info@connectccp.org](mailto:info@connectccp.org)

Please visit our website at [www.connectccp.org](http://www.connectccp.org)

## Our Recent Donors

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

Virginia Mejia  
Rachael Plotkin Monda  
N Street Cafe  
Toni Newman-Ritchards  
Emily Newton  
Gail Nickerson  
Physicians for Social  
Responsibility  
Sara Pol Lim  
Michele Preston  
Arlene Prigoff  
May Reimann  
Rod Rodriguez  
Esther Rubio  
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Taber Consultants  
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Bonita Barnes  
Mindy Berchielli  
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Janet Foster  
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Nicole Griffin  
Pippa Griffin  
Bob Hutcheson  
Heather Hutcheson  
Jalapenos Restaurant  
Faye Kennedy  
Sumedha Khanna  
Lola Jones  
LaTisha Lawson  
Martin McIlroy  
Rosalie McIlroy

## Upcoming Events

**Women's Health Leadership-Seminars**  
March 3, 2006 - Health Access  
May 19, 2006 - Cultural Sensitivity  
October 20, 2006 - Policy & Advocacy

Sacramento, CA  
916-498-6960  
[heather@connectccp.org](mailto:heather@connectccp.org)

**Community Building Initiative Workshops**  
March 18, 2006 - Telling Your Story  
May 9, 2006 - The Right Question Project  
June 17, 2006 - Event Planning  
July 15, 2006 - Marketing & Outreach

Sacramento, CA  
916-498-6960  
[sarah@connectccp.org](mailto:sarah@connectccp.org)

**Leadership in a Multicultural Society Retreat**  
May 4-5, 2006  
Sacramento, CA  
916-498-6960  
[heather@connectccp.org](mailto:heather@connectccp.org)

We can bring our workshops to your community! Visit our website at [www.connectccp.org](http://www.connectccp.org) for more information on our host model workshops and for details on these upcoming events.

