

## community information program

Peninsula Library System

# CIPResource Bulletin

September 2008

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### CIP Community Calendar Highlights

For a **full calendar** of events [click here](#).

**September 5, 9:00 am - 10:30 am**  
North County Providers Monthly Meeting  
[>> details](#)

**September 6, 8:00 am - 5:00 pm**  
2008 California Youth Conference Friday Night Live (FNL) Statewide Teen Leadership Training Institute  
[>> details](#)

**September 6, 1:00 pm - 4:00 pm**  
Tongan Culture and History Day  
[>> details](#)

**September 8 - 13**  
National Senior Center Week  
[>> details](#)

**September 8, 3:15 pm - 5:00 pm**  
Get Healthy San Mateo County (GHSMC) Clearinghouse Launch  
[>> details](#)

**Thursdays, September 11 through October 2,**

### Welcome to our e-newsletter!

It's September and that means the kids are back in school. So be extra careful when driving in a school zone.



### CIP Calendar of Ongoing Events

In response to suggestions from our users, CIP created a new calendar which lists ongoing programs, such as support groups, health classes and parenting workshops. To view this new calendar [visit \[cip.plsinfo.org/ongoing\\\_events.htm\]\(http://cip.plsinfo.org/ongoing\_events.htm\)](#). For more information on CIP's calendars, [click here...](#)

### Disaster Day Preparation: September 13



Is your family ready? Learn how to prepare yourself for fire, earthquake, flood or terrorist attacks on September 13 from 10:00 am - 2:00 pm. There will be first aid, police, fire and emergency equipment demonstrations. Hear emergency kit and disaster plan instructions and survival do's and don'ts. Take a free, fast course in basic CPR. For more information on this event and more resources on how to prepare for disasters, [click here...](#)

### San Mateo County Public Schools Directory Now Available

The San Mateo County Public Schools Directory is now available online at [www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us). Aside from listing personnel at the school districts and all the public schools in the county, it also includes a list of educational associations and meeting dates of the district Governing Boards.

### Partner Services for HIV/STDs

A new program being offered through the San Mateo County Health Department, the Partner Services Program serves to assist patients with HIV or another STD in notifying their sex or needle-sharing partners of potential exposure. Any resident of San Mateo County may utilize this free, confidential and voluntary support program of the San Mateo

**7:00 pm - 9:30 pm**  
Family Child Care  
Business Planning in  
Spanish  
>> [details](#)

**September 13, 10:00  
am - 2:00 pm**  
Disaster Preparedness  
Day  
>> [details](#)

**September 15-20,**  
**Time varies by event**  
Asian Culture Week at  
Skyline College  
>> [details](#)

**September 16, 11:30  
am - 1:30 pm**  
San Mateo County  
Tobacco Education  
Coalition  
>> [details](#)

**September 16, 3:30  
pm - 5:00 pm**  
ACAT (Adolescent  
Collaborative Action  
Team) Monthly Meeting  
>> [details](#)

**September 18, 9:00  
am - 11:00 am**  
Thrive Membership  
Quarterly Meeting  
>> [details](#)

**September 20, 9:00  
am - noon**  
California Coastal  
Cleanup Day  
>> [details](#)

**September 27, 10:00  
am - 2:00 pm**  
Senior Health and  
Wellness Fair  
>> [details](#)

**September 28, 11:00  
am - 3:00 pm**  
Teddy Bear Clinic  
>> [details](#)

**October 1, 7:30 pm**  
Kick-off Event for One

County Health Department. For more information regarding this program, [click here...](#)

### Fall Prevention Task Force

Did you know that more than one third of adults 65 and older fall each year in the United States? Falls are the #1 reason for injury-related hospitalizations for San Mateo County residents ages 55 years and older and the leading cause of death for San Mateo County residents over the age of 75. Taking preventive measures, such as daily exercise, regular vision checks, medication management and home safety modification can reduce fall risks among older adults. For more information [click here...](#)



### San Mateo County Tobacco Education Coalition

Tobacco use is responsible for more than 430,000 deaths per year among adults in the United States and is the leading preventable cause of death and disease. Over 62,000 San Mateo County adults currently smoke. Surveys show that one in ten high school students in our community smoked cigarettes in the past 30 days. Reducing the devastating effects of tobacco use in the community takes a collective effort. For more information about what you can do to help, [click here...](#)

### Audio Book Club at Vista Center for the Blind and Visually Impaired

Are you a lover of recorded books? A group of fans gets together each month to talk about the books they've listened to. They meet the fourth Thursday of the month at [Vista Center for the Blind and Visually Impaired](#), located at 2470 El Camino Real, Suite 107 in Palo Alto. For more information, [call Frank Welte at 650-858-0202 ext. 143, or \[fwelte@vistacenter.org\]\(mailto:fwelte@vistacenter.org\)](#).

### The Children's Fund

The Children's Fund is dedicated to helping children and families in need to maintain and improve their quality of life. They have updated their Web site, which includes information about their various programs and how individuals can donate and/or access their services. [Visit](#) it at [www.co.sanmateo.ca.us/childrensfund](http://www.co.sanmateo.ca.us/childrensfund). For more information, [contact Al Teglia at 650-301-8444 or \[ateglia@smchsa.org\]\(mailto:ateglia@smchsa.org\) or Lyn Dayao at 650-301-8428 or \[rdayao@smchsa.org\]\(mailto:rdayao@smchsa.org\)](#).

### Agency Updates

Kimberly Gillette is the new director of [The Daly City Youth Health Center](#). The Center also has a new Web site at [www.dalycityyouth.org](http://www.dalycityyouth.org).

Peninsula Habitat for Humanity and Habitat for Humanity San Francisco have merged. The organization is now known as [Habitat for Humanity Greater San Francisco](#). Their Web site is [www.habitatgsf.org](http://www.habitatgsf.org).

Book One Community  
San Mateo County  
Reads 2008  
[>> details](#)

**October 3, Time TBA**  
People Who Care  
Awards and Art  
Showcase  
[>> details](#)

**October 5, 10:00 am  
- 5:00 pm**  
Eleventh Annual  
Cañada College Arts  
and Olive Festival  
[>> details](#)

**SAVE THE DATE!**  
**October 18,**  
**9:00 am - 6:00 pm**  
Fifth Annual Nonprofit  
Boot Camp  
[>> details](#)

For a calendar of  
children's health events  
sponsored by nonprofit  
organizations in San  
Mateo and Santa Clara  
counties, [visit  
www.kidscal.org](http://www.kidscal.org).

For a calendar of  
training opportunities  
for nonprofit staff, [visit  
compasspoint.org](http://compasspoint.org).

For a list of events at  
public and community  
college libraries in San  
Mateo County, [visit  
plsinfo.org/calendar](http://plsinfo.org/calendar).

Email  
[shulman@plsinfo.org](mailto:shulman@plsinfo.org)  
anytime to submit your  
upcoming event for the  
CIP Community  
Calendar.

[Click here](#) for the  
complete **CIP  
Community  
Calendar**.

The temporary [Portola Valley Library](#) has closed. The new  
Library will open on September 15 at noon in its new  
location, 765 Portola Road, Portola Valley, CA 94028.

[Pyramid Alternatives](#), a substance abuse and community-  
based mental health service agency, recently launched a Web  
site. Check it out at [www.pyramidalternatives.org](http://www.pyramidalternatives.org).

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**Article deadline for the October issue of the *Resource  
Bulletin* is September 15. Email your submission to  
[shulman@plsinfo.org](mailto:shulman@plsinfo.org).**

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### Resource Highlight

CIP maintains a [database](#) of more than 2,600 nonprofit  
agencies, government programs, community clubs and  
social, service, environmental and fraternal organizations  
that serve residents of San Mateo County. In each issue of  
the *Resource Bulletin*, we feature one or more resources to  
help familiarize readers with the depth and breadth of the  
[database](#). Following is the highlight for this month.

September is National Senior Center Month! In recognition of  
the important role senior centers (and seniors) play in our  
communities, CIP has updated its flyer 'Senior Centers in San  
Mateo County'. [Click here](#) to see the flyer or search the [CIP  
database](#) for more information on senior centers.

### At CIP [cip.plsinfo.org](http://cip.plsinfo.org)

- To submit an article for the **CIP Resource Bulletin**,  
or to add your next event to one of the **CIP  
Community Calendars**, email **Amy Shulman at  
[shulman@plsinfo.org](mailto:shulman@plsinfo.org)**.
- Find our publications, including *Resource Bulletin*  
archives, at [CIP Publications](#).
- Search our database online at [CIP Database](#).
- Contact us: **650-802-7950** or [cip@plsinfo.org](mailto:cip@plsinfo.org).
- We're part of the Library!  
[Link to Peninsula Library System](#).

### Who we are:

- Susan Gaggero  
CIP Program Assistant
- Amy Shulman  
CIP Publications Coordinator

- John McDonald  
CIP Database Manager
- Pat Michelin  
CIP Program Manager
- Linda Crowe  
Executive Director, Peninsula Library System

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## Community Calendar Highlights

### North County Providers Monthly Meeting

**September 5, 9:00 am - 10:30 am.** Housing: Resources to Maintain/Improve Current Living Conditions, is this month's topic, as presented by Susie Shanahan of Rebuilding Together Peninsula (RTP) and Diane Shakoor of Community Action Agency (CAA).

Rebuilding Together Peninsula builds volunteer partnerships to rehabilitate homes and community facilities for low-income homeowners and neighbors — seniors, disabled or families — so they can live independently. All services are free. Typical repairs range from painting, electrical and plumbing repairs to handicap modifications and roof replacement. Work is completed on National Rebuilding Day, the last Saturday of every April.

Community Action Agency offers weatherization programs, minor home repairs, a Housing Preservation Program and payment assistance with energy bills through HEAP (the Home Energy Assistance Program) to eligible seniors, migrant and seasonal farm workers and low-income, disabled and disadvantaged persons.

Location: South San Francisco Adult Education School site (in one of the Head Start portables), 825 Southwood Drive, South San Francisco. No reservations needed. Call 650-737-5702 for directions. To be added to the email notification list for this monthly meeting, **contact Pat Michelin at 650-802-7549, [michelin@plsinfo.org](mailto:michelin@plsinfo.org) or [pmichelin@smchsa.org](mailto:pmichelin@smchsa.org).**

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### 2008 California Youth Conference Friday Night Live (FNL) Statewide Teen Leadership Training Institute

**September 6, 8:00 am - 5:00 pm.** The Friday Night Live Statewide Teen Leadership Training Institute is designed as a statewide opportunity to increase youth development and leadership skills that enhance alcohol, tobacco, and other drugs (ATOD) prevention strategies.

This year FNL has partnered with the Youth Leadership Institute to host a California Youth Conference that will highlight issues affecting youth and their communities, as well as strategies that young people are utilizing to help create positive social change.

The theme of the conference, *What if We Stop the Music?*, is meant to provoke questions and dialogue. *Music* is intentionally undefined so that participants at the conference can decide for themselves - Is the *music* the solutions and successful strategies we are engaging, for example, violence prevention, peer education, mentoring and policy advocacy? Or, is the *music* the chaos and struggles that plague our communities, such as violence, unwanted pregnancies, discrimination?

*What if We Stop the Music?* is meant to be an intentional learning and leading community - a space where we highlight youth voices, experiences and expertise from all across California. The conference is geared toward youth and their adult allies who are interested in creating a youth voice to address issues in their local communities as well as across the state.

Location: South San Francisco Convention Center, 255 South Airport Blvd., South San Francisco. \$25 registration fee. For more information and to register [visit www.yli.org/youthconference/](http://www.yli.org/youthconference/).

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### **Tongan Culture and History Day**

**September 6, 1:00 pm - 4:00 pm.** Celebrate Tongan culture and history with entertainment, displays, lectures and refreshments. Sponsored by the San Mateo Public Library, the San Mateo Public Library Foundation and members of San Mateo's Tongan community.

Location: San Mateo Public Library, 55 West Third Avenue, Oak Meeting Room, San Mateo. For more information [call 650-522-7802](tel:650-522-7802) or [visit www.smplibrary.org](http://www.smplibrary.org).

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### **National Senior Center Week**

**September 8 - 13.** Today's senior centers are evolving to reflect a new view of aging that empowers the people they serve. They're connecting older adults with meaningful work and volunteer opportunities and increasing their access to valuable benefits and resources. Through evidence-based programs, they're helping them manage their health and finances so they can continue to live in their homes as long as possible. From career counseling and financial planning to tools for staying healthy, there is no doubt senior centers work. Following are the events that will be held at the Veterans Memorial Senior Center to commemorate National Senior Center Week:

September 8: Grandparents Day Celebration, 9:00 am - 2:00 pm, including refreshments, music and more  
 September 8: Reiki Demo and Treatments, 9:30 am - 11:00 am  
 September 8: Let's Talk Cars! lecture, 11:00 am - noon  
 September 9: Relief From Shingles lecture, 1:00 pm - 2:00 pm  
 September 10: Dr. Dave Paulawski presents a free Back Health lecture, 1:00 pm - 2:00 pm  
 September 11: Nutrition For Your Health lecture, 1:00 pm - 2:00 pm  
 September 13: Walk for the Health of It

Location: Veterans Memorial Senior Center, 1455 Madison Avenue, Sunset Room, Redwood City. All programs are free. For more information, [contact Merrylen at 650-780-7320](tel:650-780-7320).

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### **Get Healthy San Mateo County (GHSMC) Clearinghouse Launch**

**September 8, 3:15 pm - 5:00 pm.** Three years ago, the idea for a clearinghouse Web

site that included recipes, tips for parents, and nutrition and physical activity guidelines for preschools and childcare centers started to take shape. Now, the clearinghouse is a reality, created by a committee of preschool and childcare providers. The Web site lists resources to help prevent childhood obesity and encourage healthy eating and physical activity and will be launched at this meeting.

Supervisor Rose Jacobs Gibson will kick-off the celebration, followed by a Get Healthy San Mateo County Task Force progress report and an opportunity to reconnect with local efforts and colleagues.

Location: Foster City Library Community Center - Wind Room, 1000 East Hillsdale Blvd., Foster City. For more information **contact Naida at 650-377-1967 or [npare@co.sanmateo.ca.us](mailto:npare@co.sanmateo.ca.us)**.

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### **Family Child Care Business Planning in Spanish**

**Thursdays, September 11 through October 2, 7:00 pm - 9:30 pm.** The Family Child Care Business program is designed to assist family child care providers in developing a comprehensive business plan that will produce a long operating business while promoting quality care in San Mateo County. The target population is family child care providers interested in starting a family child care program that meets California Community Care Licensing requirements.

The program will cover everything to help participants think and act as business owners and help build a sustainable business that will serve their needs, as well as the needs of the children under their care. The four week program will teach home based providers about all management aspects of running a business. It will be held in Spanish. Each week, the class will cover a different topic including Contract and Policies; Family Child Care Budget and Finance; Employees, Taxes and Insurance; and Marketing Yourself and Your Family Child Care.

Location: Child Care Coordinating Council of San Mateo County (4Cs), 2121 South El Camino Real, Suite A-100, San Mateo. \$10 for the four sessions. For more information **contact Adela Alvarado at 650-655-5043 or email [aalvarado@sanmateo4cs.org](mailto:aalvarado@sanmateo4cs.org)**.

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### **Disaster Preparedness Day**

**September 13, 10:00 am - 2:00 pm.** Is your family ready? Learn how to prepare yourself for fire, earthquake, flood or terrorist attacks. There will be first aid, police, fire and emergency equipment demonstrations. Hear emergency kit and disaster plan instructions and survival do's and don'ts. Take a free, fast course in basic CPR.

Location: San Mateo County Event Center, 2495 South Delaware Street, San Mateo. Free admission, parking, hot dogs and soda. Free gift for the first 1200 families. For more information **contact the Office of Emergency Services at 650-363-4790 or the Office of Supervisor Adrienne J. Tissier at 650-363-4572**. To download a flyer in English and Spanish **[click here](#)**.

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### Asian Culture Week at Skyline College

**September 15–20.** Skyline College hosts Asian Culture Week, featuring food, movies and a dance performance. Events include:

September 15, 1:00 pm – 3:00 pm, Screening of *An American in China*

September 17, 1:00 pm – 3:00 pm, Screening of *The Postmodern Life of My Aunt*

September 15 and 17, 11:30 am – 12:45 pm, Chinese Food Fest in the campus quad.

There will be food for purchase benefitting partial scholarships for Skyline College Study Abroad in China Program.

September 20, 7:30 pm, The China Dance School and Theater, directed by world-renowned Chinese dance master, Kaiwen You. Tickets in advance cost \$18; at the door \$20. To purchase tickets, **contact 650-738-4122 or [learym@smccd.edu](mailto:learym@smccd.edu)**.

The events are sponsored by the U.S. Department of Education, KTSF, Skyline's Physical Education, Athletics and Dance Departments, and Skyline's Asian Studies Program and hosted by the Skyline College Asian Studies Program, and the China Dance School and Theater.

Location: Skyline College, Main Theatre, 3300 College Drive, San Bruno. For more information **visit [www.SkylineCollege.edu](http://www.SkylineCollege.edu)**.

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### San Mateo County Tobacco Education Coalition

**September 16, 11:30 am - 1:30 pm.** Tobacco use is responsible for more than 430,000 deaths per year among adults in the United States and is the leading preventable cause of death and disease. Over 62,000 San Mateo County adults currently smoke. Surveys show that one in ten high school students in our community smoked cigarettes in the past 30 days. Reducing the devastating effects of tobacco use in the community takes a collective effort.

The San Mateo County Tobacco Education Coalition is a community-based group consisting of over 15 voluntary organizations, individuals and community groups. Its mission is to improve and protect the health and well-being of San Mateo County residents through coordinated community planning designed to minimize the use of tobacco products. Current areas of focus for the group are to reduce youth access to tobacco, to advocate for smoke-free outdoor areas and events, to provide resources for smokers who would like to quit and to combat the influence of smoking in films on our youth.

The Coalition invites all interested parties to join them on working to reduce the harms of tobacco in San Mateo County. The Coalition meets quarterly in San Mateo. Interested participants will be given the exact location when they register. If you are interested in attending the meeting, becoming a part of the Coalition or need more information, **contact the Tobacco Prevention Program staff, Derek Smith, at 650-573-3777 or [dsmith1@co.sanmateo.ca.us](mailto:dsmith1@co.sanmateo.ca.us)**.

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**ACAT (Adolescent Collaborative Action Team) Monthly Meeting - NOTE NEW DAY (Tuesday) AND LOCATION**

**September 16, 3:30 pm - 5:00 pm.** This month's topic is Youth and Stress. ACAT's mission is to work in partnership with the community to provide all adolescents in San Mateo County with the support, services and programs needed to achieve life-long self-sufficiency and a positive transition to a healthy, responsible and productive adult life.

NOTE NEW LOCATION: County Office of Education, 101 Twin Dolphin Drive, Redwood Shores. All are welcome; no reservations needed. To be added to the monthly email notification list for this meeting, **contact Jane Smithson at [jane.smithson@yahoo.com](mailto:jane.smithson@yahoo.com)** and include ACAT in the subject line of the email.

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### **Thrive Membership Quarterly Meeting**

**September 18, 9:00 am - 11:00 am.** Thrive, the Alliance of Nonprofits for San Mateo County, presents a sneak preview of Silicon Valley Community Foundation's (SVCF) first regional meeting with the focus on San Mateo County. A panel from SVCF will be on hand to discuss new grant guidelines for San Mateo County Programs and Initiatives, the New Children's Bill of Rights created by the Peninsula Partnership Leadership Council and more.

Location: Silicon Valley Community Foundation (SVCF) Imagination Room, 1700 South El Camino Real, Suite 100, San Mateo. Free to all Thrive active members for 2008-2009; \$25 for nonmember guests. For more information **visit [www.thrivealliance.org](http://www.thrivealliance.org)**.

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### **California Coastal Cleanup Day**

**September 20, 9:00 am - noon.** Did you know that 80% of the trash that ends up in waterways comes from land-based sources? Whenever trash is left behind, marine animals and the environment are endangered.

The birds, mammals and fish need our help. By picking up cigarette butts, plastic bags, tires, bottles and other items, we prevent litter from making its way to the bay and ocean via storm drains and waterways. Controlling litter at its source and properly disposing of and recycling solid waste protects the environment and reduces cleanup and maintenance costs in our communities.

Coastal Cleanup Day is a volunteer event focused on cleaning up the marine environment and is the single largest one-day cleanup event in the world. Last year San Mateo County residents picked up over 24,000 pounds of trash and recyclables from local beaches, creeks and the bay. The San Mateo Countywide Water Pollution Prevention Program coordinates the California Coastal Cleanup Day in San Mateo County. Participants pick a local cleanup location from their online list, show up and clean up. All materials will be provided. Remember to wear sunscreen and a hat, and bring a reusable water bottle.

For directions and other information, **visit [www.flowstobay.org](http://www.flowstobay.org) or contact Ana Clayton at 650-372-6214.**

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### **Senior Health and Wellness Fair**

**September 27, 10:00 am - 2:00 pm.** Get free health screenings, view health demonstrations and get information on health resources at this fair designed for seniors, their families and those who provide for their care.

Location: San Mateo Senior Center, 2645 Alameda de las Pulgas, San Mateo. For more information [call 650-522-7490](tel:650-522-7490).

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### **Teddy Bear Clinic**

**September 28, 11:00 am - 3:00 pm.** Children ages 2 to 12 are invited to bring their teddy bears and stuffed toys to the clinic. A group of doctors, nurses, and volunteers will diagnose and treat the stuffed toys. This event is a great way to familiarize kids with a hospital setting.

Location: Seton Medical Center Coastside, 600 Marine Blvd., Moss Beach. For more information [call 650-563-7100](tel:650-563-7100).

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### **Kick-off Event for One Book One Community San Mateo County Reads 2008**

**October 1, 7:30 pm.** One Book One Community is a month-long reading event held annually to encourage all of San Mateo County to read and experience the same book at the same time. The event includes refreshments, an audience question and answer period and book sales and signing by both Dave Eggers, author of *What Is the What*, and KQED host Michael Krasny.

*What Is the What* is this year's book. The novel is based on the life of Sudanese refugee Valentino Achak Deng, who was forced as a child to flee his village to find safety during a brutal civil war. Companion programming will explore the culture, history and politics of Sudan and Africa.

Location: San Mateo Performing Arts Center, 600 North Delaware Street, San Mateo. The free event is presented by the Peninsula Library System. For more information [visit www.onebookreads.com](http://www.onebookreads.com).

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### **People Who Care Awards and Art Showcase**

**October 3; time to be announced.** The San Mateo County Board of Supervisors and The Commission on Disabilities are co-hosting this event to honor people and organizations that have improved the lives of people with disabilities in San Mateo County. The evening will begin with a reception and Art Showcase by local artists with disabilities and features dinner and dancing.

Location: South San Francisco Conference Center, 255 South Airport Boulevard, South San Francisco. For more information [visit www.smcocod.org/smc/departament/cod/home/0,2151,65129\\_3809026,00.html](http://www.smcocod.org/smc/departament/cod/home/0,2151,65129_3809026,00.html).

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### **Eleventh Annual Cañada College Arts and Olive Festival**

**October 5, 10:00 am - 5:00 pm.** Sponsored by the San Mateo County Community Colleges Foundation, the Redwood City Civic Cultural Commission and the Redwood City Chamber of Commerce, the festival will feature some of the olive industry's top experts to provide the community with olive education, olive and olive oil tasting and olive related products, as well as art works and gifts. The Festival began in 1998 as part of Cañada College's 30 year anniversary celebration to benefit student scholarships. It is now one of the largest scholarship fundraisers of the year providing financial assistance to students.

Location: Cañada College, 4200 Farm Hill Blvd., Redwood City. For more information [visit \*\*www.olivefest.org\*\*](#) or [contact \*\*650-306-3428\*\*](#) or [olivefest@smccd.edu](#).

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### **Fifth Annual Nonprofit Boot Camp**

**October 18, 9:00 am - 6:00 pm.** Nonprofit Boot Camp is a community effort planned, produced and promoted in partnership with over 100 local organizations. Its focus is to educate, empower and connect the next generation of nonprofit leaders and social entrepreneurs. 2008 participants will have the opportunity to choose between six Educational Tracks: Nonprofit Basics, Fundraising, Social Entrepreneurship, Technology, Big Ideas and Lobbying and Advocacy. Highlights include a choice of over 15 seminars, panels and interactive workshops covering the essentials of starting and running a nonprofit or social enterprise; an exhibit hall featuring more than 50 organizations that support nonprofits and social entrepreneurs; one-on-one nonprofit consulting and career counseling sessions; facilitated networking and community lounge; greening strategies to reduce environmental impact and opportunities for participants to apply for grants through "Reality Grantmaking." Nonprofit Boot Camp is sponsored by the David and Lucile Packard Foundation and Zazzle.

Location: San Mateo County Events Center, 2495 South Delaware Street, San Mateo. \$75 per person. For more information and to register, [visit \*\*www.craigslistfoundation.org/bootcamp\*\*](#).

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## **Complete Articles**

### **CIP Calendar of Ongoing Events**

In response to suggestions from our users, CIP created a new calendar which lists ongoing programs, such as support groups, health classes and parenting workshops. To view this new calendar [visit \*\*cip.plsinfo.org/ongoing\\_events.htm\*\*](#).

CIP also has a full calendar of community events, such as resource sharing meetings, training classes, funding opportunities and events for fun. To view that calendar [visit](#)

[cip.plsinfo.org/calendar.htm](http://cip.plsinfo.org/calendar.htm).

Listings on both calendars are sponsored by nonprofit or governmental organizations. To request an event to be added to either calendar, [email Amy Shulman at shulman@plsinfo.org](mailto:shulman@plsinfo.org).

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### Disaster Day Preparation: September 13

Is your family ready? Learn how to prepare yourself for fire, earthquake, flood or terrorist attacks on September 13 from 10:00 am - 2:00 pm. There will be first aid, police, fire and emergency equipment demonstrations. Hear emergency kit and disaster plan instructions and survival do's and don'ts. Take a free, fast course in basic CPR.

The event will be held at the San Mateo County Event Center, 2495 South Delaware Street, San Mateo. Admission is free, as are hot dogs and soda. The first 1200 families will also get a free gift. For more information contact the Office of Emergency Services at 650-363-4790 or the Office of Supervisor Adrienne J. Tissier at 650-363-4572. To download a flyer in English and Spanish [click here](#).

For a list of emergency preparedness Web sites for everyone including businesses, older Americans and people with disabilities, [click here](#).

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### Partner Services for HIV/STDs

A new program being offered through the San Mateo County Health Department, the Partner Services Program serves to assist patients with HIV or another STD in notifying their sex or needle-sharing partners of potential exposure. Any resident of San Mateo County may utilize this free, confidential and voluntary support program of the San Mateo County Health Department. A specially trained counselor assists clients by providing three options for notifying partners:

- You can do it: Counselors can support and counsel a client that is preparing to tell a current or past partner about possible exposure. They offer counseling and skill-building sessions in a private and confidential setting and can later offer the referred partner appropriate testing and treatment.
- They can do it with you: A counselor can help the client prepare for disclosure, as well as be present during the disclosure for support and to provide immediate testing and information to the referred partner.
- They can do it for you: The counselor gathers information about partners from the client and notifies them in a private and confidential manner. The counselor will not disclose to the partner any information about the client who made the referral. No names, dates of exposure or other information are ever given out to notified partners. Often they can locate partners even if a client has only minimal information about him or her, such as an email address.

Services are offered in English and Spanish and translation is available for other languages. It does not matter how long a client has had HIV or an STD – this service can be used any time when the client is ready. Again, it is free, confidential and voluntary. For more

information or to schedule an appointment with a counselor, **contact Kendra Shanley at 650-573-2482 or [kshanley@co.sanmateo.ca.us](mailto:kshanley@co.sanmateo.ca.us)**.

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### **Fall Prevention Task Force**

Did you know that more than one third of adults 65 and older fall each year in the United States? Falls are the #1 reason for injury-related hospitalizations for San Mateo County residents ages 55 years and older and the leading cause of death for San Mateo County residents over the age of 75. Taking preventive measures, such as daily exercise, regular vision checks, medication management and home safety modification can reduce fall risks among older adults.

The San Mateo County Fall Prevention Task Force, a coalition of organizations, agencies, hospitals and businesses throughout San Mateo County, has a Web site to help you find out more about fall prevention. It includes information such as explanations, diagrams, checklists and how-to's for older adults and healthcare providers. **Visit**

**[www.smcfallprevention.org](http://www.smcfallprevention.org)** to learn more.

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### **San Mateo County Tobacco Education Coalition**

Tobacco use is responsible for more than 430,000 deaths per year among adults in the United States and is the leading preventable cause of death and disease. Over 62,000 San Mateo County adults currently smoke. Surveys show that one in ten high school students in our community smoked cigarettes in the past 30 days. Reducing the devastating effects of tobacco use in the community takes a collective effort.

The San Mateo County Tobacco Education Coalition is a community-based group consisting of over 15 voluntary organizations, individuals and community groups. Its mission is to improve and protect the health and well-being of San Mateo County residents through coordinated community planning designed to minimize the use of tobacco products. Current areas of focus for the group are to reduce youth access to tobacco, to advocate for smoke-free outdoor areas and events, to provide resources for smokers who would like to quit and to combat the influence of smoking in films on our youth.

The Coalition invites all interested parties to join them on working to reduce the harms of tobacco in San Mateo County. The Coalition meets quarterly in San Mateo; their next meeting will be held September 16 from 11:30 am - 1:30 pm. Interested participants will be given the exact location when they register. If you are interested in attending the meeting, becoming a part of the Coalition or need more information, **contact the Tobacco Prevention Program staff, Derek Smith, at 650-573-3777 or [dsmith1@co.sanmateo.ca.us](mailto:dsmith1@co.sanmateo.ca.us)**.

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