



Action Network Family Resource Center

Summer Newsletter

Issue No. 1 | July 2022



Seaweed Foraging at Anchor Bay Beach on the lowest tide of the year with Donna Bishop, local certified seaweed harvester. This was the first summer event for Coastal Connections, Action Network's Environmental Stewardship Program for youth.

Welcome to our first Newsletter!

Greetings from the team at Action Network Family Resource Center!

We are delighted to share news and events happening this season with our members and supporters. We will be sending a quarterly newsletter to stay connected, and we'd love to hear back from you.

The Action Network team has been creating programs, activities & events serving the region of Sonoma and Mendocino counties. In our newsletters, we'll be sharing updates on current programs and activities, and plans for the future. Our focus has been immersed in youth services, family support, and local food security efforts, while planning new ways to strengthen community wellness.



Seaweed foraging off the rocks in Anchor Bay

Summer Programs and Events

Teen Action Project (TAP)

Summer has started off with fun adventures along the Redwood Coast. Aiyana Robinson, Youth & Family Advocate, attended a 4-day Intertribal Environmental Youth Campout at Noyo-bida Ranch in Fort Bragg with 10 teens from the Teen Action Project (TAP). Attendees were given the opportunity to learn and connect through Indigenous skills while building upon relationships around the campfire.

Through the month of July, TAP will be hosting themed weeks. Tuesdays and Wednesdays from 12-3pm, teens will focus on crafting, harvesting, and creating while Thursdays will be spent as a field day from 12-3pm. On July 6th, the group had a field trip to learn about about Tan Oak identification & traditional acorn harvesting and processing with Bernadette Smith.



Around the campfire at the 2022 Intertribal Environmental Youth Campout at Noyo-bida Ranch

Coastal Connections

Coastal Connections is an Environmental Stewardship program lead by Youth Programs Manager, Sienna Wetherington. This program is currently focusing on ocean life awareness and local, natural resources. The first event of the summer was Seaweed Foraging on June 16th. Donna Bishop, local certified seaweed harvester, led this excursion at Anchor Bay Beach where the group learned how to harvest, clean, and prepare 6 different kinds of seaweed. The group also learned about tides, and proper, sustainable and respectful harvesting methods. The next Coastal Connections event is a field trip on July 29 to the Noyo Center in Fort Bragg, followed by a visit to Big River Beach.



TAP Youth visiting MacKerricher State Beach for tide-pooling



Learning fire safety at the Inter-tribal Youth Campout



Tan Oak Identification in the local forest with Bernadette Smith

Summer 2022

Garden Project & Workshop

The Garden Project is alive and thriving this season and everyone is inspired and excited to watch the growth! Action Network staff has been tending to 8 garden beds in the community garden growing tomatoes, kale, lettuce, carrots, strawberries, zucchini, peas, mustard greens, radishes, corn, beans, pumpkins, and a variety of herbs. Garden Together is a program where AN staff invites community members to join in garden activities for healthy outdoor time, and connection to the Earth on Mondays from 10-11am.

On **July 16th**, a collaborative workshop will be taught by Matt Drewno of Ecology Action and Victory Gardens for Peace Initiative Mendocino, to support local food security. He will be assisted by Tristan Frakes from Oz Farm. This is a FREE community workshop! Participants will learn the BioIntensive Method of gardening to increase yields, conserve water, minimize resource consumption and enhance soil fertility on a community level. Matt will introduce the concept of the Garden Friendly Community Initiative, to encourage engagement in local food efforts.



Matt Drewno explains BioIntensive Gardening methods to Action Network Staff, during a staff garden field trip on May 27.



Victory Gardens demonstration garden located at the Stanford Inn, Mendocino.



One of the harvests from Point Arena Community Garden beds tended by Action Network staff.

Food Security

Action Network began collaborating with Oz Farm in 2021 to increase local access to fresh and seasonal produce. Oz Farm is a California Certified Organic Farm (CCOF) and is providing 10 boxes of organic produce every week throughout the 2022 farm season. We are grateful to work with Oz for another season, and to deliver the bounty of fresh vegetables each week to local families. This program is intended especially for families, with any surplus produce being distributed through the Action Network office on Thursdays and Fridays.

Action Network provides a weekly food distribution table on Fridays with non-perishable goods and kitchen staples, as well as fun snacks and veggies from our own harvests in the Community Garden. Community members can also receive other important resources such as emergency supplies, personal items, diapers, and information about mental health, wellness, and other programs offered at Action Network.



Community Table

Summer 2022

Pride in the Park Event

Action Network held the 2nd Annual PRIDE in the Park celebration on June 11th in the Point Arena Community Park. Kinzie Sippola, Events Coordinator, organized the event to be truly community and family oriented by including collaborations with local organizations, families, teachers, creators & artists. The event included local food vendors serving NDN Tacos, tamales, & elotes with snacks provided by the Arena Market and herbal tea from Roots Herbal Apothecary.

Zumba and Yoga classes were taught by local teachers, with booths hosted by SCORE - South Coast Organizing for Radical Equity - Arena Cove Stewards, Redwood Community Services & KZYX. Mark Gross and Peggy Berryhill from KGUA Writers held a free-write and Melissa from Coast Community Library held Storytime for young children and families. Action Network's TAP youth participants created a "Banned Book Club" with assistance from Four-Eyed Frog Books in Gualala and Aiyana Robinson, to bring awareness to censorship and freedom of speech. There was also a collaborative mural painting project led by local artist and teacher, Ann Sanchez. A merchandise booth and a raffle with prizes from local businesses helped raise money for next years' PRIDE event!

Thank you to our volunteers, donors and funders!

Action Network is able to serve our community due to the support of our volunteers, donors, and funders. We hope to continue building relationships that support our vision of a healthy, thriving community. To stay connected, please follow along on Instagram or Facebook, and look for updates on our website. You can also respond to this newsletter or by phone. We look forward to keeping in touch and sharing our work with you throughout the year.



Creating Community Wellness & Strengthening Families



Volunteers Lea (left) and Lee (right) at the Action Network Booth



Community Mural Project lead by Ann Sanchez



The Banned Book Club, hosted by TAP youth volunteers
