



COMMUNITY FORUM: Growing a Healthy Community from the Ground Up!

An Outreach & Fundraising Event for the:
Novato Community Garden Project

A project of Novato Live Well Network

Donation: \$5 to \$10, no one turned away

A RAFFLE TO SUPPORT THE NOVATO COMMUNITY GARDEN PROJECT:

RAFFLE PRIZES

Gift Baskets, Items or Certificates from:

Susan Atamaniuk, CMT: Massage
Computer Tutor of Marin
Cooperative Healing Center
Michelle Derviss Landscape Design
Dirt Diva: Annie Spiegelman
Flour Chylde Bakery
Graw Family of:
Marin Landscape Management
Hands of Energy
Harvest Market
Hungry Owl Project
Harold Itokazu, DDS, L Ac: Acupuncture
La Coppa Coffee
Nicole Marelich: Holistic Nutrition,
Pilates & Fitness
Matt & Jeff's Carwash
Susan L. Miller: Feng Shui
Oasis Natural Foods
Olorin Enterprises: SAT Tutoring
Pharmaca
Pini Hardware
James Rogers, DC: Chiropractic Care
Rojas Market
Rousseau's Fine Art Framing
Salon Decadence
Strength Within Pilates & Fitness
Trader Joe's
UPS Store
And More...!

RAFFLE TICKETS:

1 for \$5 or 3 for \$10
Tickets available for purchase
prior to and at the event

EVENT OVERVIEW: Learn what's involved in building and sustaining a community, neighborhood, or school garden. Hear how these gardens have transformed their communities, and get an update on the **Novato Community Garden Project**. Meet collaborators. Find resources. Get your questions answered. And, explore your opportunities...

Date: Thursday, February 25, 2010
Time: 7:00-9:00 PM, Doors open at 6:45 PM
Location: Novato Unified School District Offices
1015 Seventh Street, Novato, CA 94945
(Cross street: Grant Avenue)

FEATURED SPEAKERS:

- ◆ **Childcare:** North Bay Children's Center: Garden of Eatin', David Haskell
- ◆ **School:** Novato Charter School Garden, Kirsten Neff
- ◆ **Community Garden:** Petaluma Bounty: Arroyo Community Garden, John Horrell
- ◆ **Senior Garden:** Mackie Terrace Apartments, Marin County HHS, Rita Widergren
- ◆ **Gardening in Any Space:** Arbol Marin, Flor A. Emert
- ◆ **Novato Community Garden Project:** Novato Live Well Network, V. Valero/Don Foster
- ◆ **UC Coop./Master Gardener:** Horticulture Program Liaison, Mark Bauermeister

PANEL MODERATOR: Steve Quirt, Instructor College of Marin-Indian Valley Organic Farm & Garden; Co-director of video documentary: "Hidden Bounty of Marin"; Food Systems Coordinator, UC Cooperative Extension.

INFORMATION TABLES: Novato Community Garden Project; Novato Live Well Network; UC Cooperative Extension; Novato Unified School District's Food And Nutritional Services; Conservation Corps North Bay; Marin County Storm Water Pollution Prevention Program; Annie Spiegelman, Dirt Diva & Published Garden Author.

Come early to visit the tables.

Live music by Benjamin Tedder, a.k.a. "Tito" and light refreshments will be provided.

FOR MORE INFO & TO CONTRIBUTE: www.NovatoLiveWell.org or 415-897-2302



**Novato
Community Garden**
Novato Live Well Network

THE MISSION of Novato Live Well Network is to build and support a network of local community gardens that enable people from diverse backgrounds to grow food, foster community and enhance health and wellbeing in a sustainable manner. We will work with and educate families, schools and our community about the positive benefits of choosing sustainable ways of eating, gardening and living by providing programs that support nutrition education, our local foodshed, school and community gardens and sustainable living practices.

Novato Live Well Network is a sponsored project of MarinLink, a California nonprofit corporation, exempt from federal tax under section 501(c)(3) of the Internal Revenue Code, as amended. Your financial contributions are deductible.