



Novato Live Well Network

Nurturing the Body, Sustaining the Community

From the garden to the table and in between! Serving schools, families, & the community.

DECEMBER 10, 2007 NLWN UPDATE

Happy Holidays from the Novato Live Well Board: Barb Curtice, Norma Eckert, Heidi Kertel, Vicky Meblin, Annie Spiegelman, Veronica Valero, & Miguel Villarreal. We are excited to share with you our Fall 07 accomplishments:

1. The New Word is "Locavore"
2. Your Support, Shopping Power, & The Story of Stuff
3. Rethinking Plastics Forum: Save this date: Saturday, January 12, 2008, 7-9PM
4. This Fall in the Schools
5. Novato Community Garden

1. THE NEW WORD IS "LOCAVORE": The New Oxford American Dictionary has just announced its 2007 Word of the Year: locavore! We launched our new "Locavores of Novato" program in November at our first speaker series and fundraiser, "What is a Locavore?" at Flour Chylde Bakery. For positive health, environmental and economic benefits, we encourage you to embrace the Locavore ideal by purchasing locally grown food and supporting locally owned businesses. To help us, Heidi Kertel, our Locavore Chair, has been working with Apple Market on San Marin Dr. (now Harvest Market) to bring Marin Organic produce and products to the store. Read our Letter to the Editor in the Novato Advance about the importance of this "locavore" concept (www.novatolivewell.org/locavoresnovato.html). Stay tuned: we are planning other "Locavore" events in the new year! For more info, see our Locavores page, or contact Heidi Kertel, heidi.fullcircle@gmail.com, 415- 893-9251.

2. YOUR SUPPORT, SHOPPING POWER, & STUFF: Our first mini-fundraiser at the Locavores event gave us "seed" money to pay for basics like a post office box rental, paper, and website costs. In the new year we will be using "Constant Contact" as our email communication tool. We'd love to go beyond the basics by expanding to fund our current programs to make a greater impact. You can help in two ways:

1. Become a supporting member by filling out our membership form in our brochure and sending in a tax-deductible contribution*.
2. Purchase items from EcoExpress, our local, green, sustainable, fair trade gift store, and have 10-20% of the proceeds donated to us. To learn how and what, view this EcoExpress flyer on our website www.novatolivewell.org. During this holiday season, we encourage you to reconsider what is really needed and re-think your purchasing choices. Learn another reason why it's important to think "sustainable" and "local" when making purchases. See the riveting short video called "The Story of Stuff": www.storyofstuff.com/

3. RETHINKING PLASTICS FORUM: Save this date: Saturday, January 12, 2008,

7:00-9:00 PM, for our "Rethinking Plastics, Rethinking our Lives" forum. Location: Novato Unified School District offices on the corner of 7th and Grant Ave. in Novato. Why do we need to care about plastics? A lot of our food is wrapped in plastic products and many of us put our local organic produce in plastic bags. But plastic is not only bad for the environment, now scientific evidence shows that toxins found in plastics are also leaching from the plastics into our food and into our bodies. Learn what you can do to protect yourself, your family, and the environment. This problem also ties into the "The Story of Stuff": www.storyofstuff.com/

4. THIS FALL IN THE SCHOOLS:

Lunch Buddies: Lu Sutton, Pleasant Valley, and Olive elementary schools have done "the switch": recess first, lunch second! More food is being eaten. We have healthier kids and less waste. Lu Sutton & Pleasant Valley elementary children are also now eating indoors, "cafeteria style", at tables. It's a bit noisy and table manners still need refining. But kids are more focused on eating, and the supervision is much easier. The manners will come!

School Gardens: Lu Sutton built their garden in one day! Already children are planting and learning. NLWN was instrumental in assisting the Novato Unified School District (NUSD) in acquiring funds for all NUSD schools through the California Instructional School Garden Grant program. On Dec. 5, 2007, NLWN hosted a School

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Novato Live Well Network: *From the Garden to the Table and In-between!*
December 2008 Update

Garden tour of Lu Sutton's garden. 13 attended, representing 5 NUSD schools. We learned, shared, and continued to build our local school garden network. A tour at Novato Charter School is being planned for January. For info & resources, see our gardens page. If you'd like to be on the school garden email list, please email Veronica Valero at v4valero@comcast.net or call 897-2302.

Recycling & Composting: We are working in collaboration with Marin Conservation Corp (MCC), the Novato Unified School District and the Green Schools Coalition of Novato to bring in the MCC Waste Audit and Recycling programs. Three NUSD schools are hoping to pilot these programs in 2008. A Waste Audit/Recycling overview will be given in January 2008. If you are interested in participating, contact: Veronica Valero v4valero@comcast.net or (415) 897-2302.

Green Schools Coalition of Novato: NLWN joined this newly formed coalition that came out of Sustainable Novato's Green Schools Roundtable. We will continue to build our coalition partnerships in the new year.

5. NOVATO COMMUNITY GARDEN: In the summer of 2006, the NLWN started a Novato Community Garden Committee to generate interest and support, and to locate land and funding to start a Novato community garden. The committee is now talking to the City of Novato regarding potential sites. The Novato Community Garden Committee is now independent from NLWN (due to insurance reasons), but NLWN still supports this endeavor and is a partner in growing gardens in our community. For info, see our Community Garden Page: www.novatolivewell.org/communitygarden.html or contact: Veronica Valero, Novato Community Garden Chair, 897-2302, v4valero@Comcast.net.

We look forward to continual collaboration with the community and private and public organizations to make a difference in our world—for ourselves, our children and our planet.

Collaborators for Positive Change,
The Novato Live Well Network Board
P.S. Don't forget to watch: "The Story of Stuff": www.storyofstuff.com/