



Garden Tour 2015 is Fast Approaching!

24th annual Garden Tour
Friday and Saturday
May 15 & 16
10am - 4pm

There has been tremendous media excitement surrounding this year's tour with two Press Democrat "At Home" section features just one month apart. We're hoping this will lead to some positive action by gardeners and garden lovers alike to purchase their tickets NOW to take advantage of the "Early Bird" pricing. Take a look at the [article highlighting the Arnold Garden](#) here as well as the [article focusing on the Hokason Garden](#) both of which are located in the Sebastopol area.

Media Blitz Continues

If you happened to be listening to KSRO AM's Garden Talk last week, that was our own Charlene Staples and chair Gail Dubinsky chatting up the Garden Tour with host Steve Garner. Once again another great way to have our event promoted and thanks to Steve for having us as guests!

What to Expect on This Year's Tour

The Sebastopol (and Graton) gardens are a diverse offering in terms of size ranging from one which covers more than 4 acres to a small in-town lot. You'll be astonished to learn that this year every one of our host/owners is a seasoned gardener and does all or most of the work themselves. Luckily, the maintenance requirements of these gardens are mostly low to moderate, with one notable exception of escapism from the constraints of time and effort for the sheer enjoyment of ornamental horticulture! *We know you'll enjoy touring and taking a break from your everyday activities.*

How YOU Can Help

The Garden Tour Committee invites all Alliance members to join in to support this long-running fundraiser! Here's some of the things that YOU can do:

- * [Purchase tickets and attend the tour](#)
- * [Volunteer for one or more half day shifts](#) (and receive a ticket for the discount price of \$30)
- * [Become a Sponsor](#) (and receive complementary ticket(s) as a benefit) and your support will be acknowledged in our Garden Tour Program (if submitted by April 30, 2015).
- * [Buy Raffle tickets](#) to win the **Art Raffle** - a beautiful sculpture created by one of our garden owners, Warren Arnold, or the **Grand Prize Raffle** - a gift certificate to Farmhouse Inn & Restaurant. (Need not be present to win).

Who Catches the Worm? That's Right, the EARLY BIRD

We are pleased to report that ticket sales are proceeding at a fast clip. Be sure to [buy your tickets today](#) so that you can still receive the discounted "Early Bird" pricing of \$45 (through April 30th). Afterwards and at the door, the price of tickets will be \$50.

Our Success helps Community and SCMAA Programs

This year we are proud to support West County Health Center by raising funds for their [Forestville Wellness Center](#). We work together to promote this fabulous community-wide event so that those being served at the Health Center are able to create and maintain a healthy lifestyle. In addition, Garden Tour 2015 will also benefit SCMAA Foundation's longstanding programs: Give-A-Gift, Health Careers Scholarships, Safe Schools, Journey Safe and the Teddy Bear Project.

For more information, please contact Gail Dubinsky at (707) 526-5819.

Thank you so much for your support of the Garden Tour

See you in Sebastopol!





Message from the President

Did you know that this beautiful flower is actually a part of the pea family? A legume, an important staple food for millennia that is closely related to human evolution? How about the fact that the flower begins as white, then when the bee pollinates it the flower turns a different color? The color change is a fascinating piece of biology, as it signals the bee to "not bother" and move on to an unpollinated flower. While this explanation is far from scientific, this simple act of color change is a true feat of nature that is truly astounding to comprehend.

This fact is one of the many I have learned from my recent hiking experiences to [The Bouverie Preserve](#) in Glen Ellen and the Kortum Trail on the Sonoma Coast. I was the grateful beneficiary of the work and organization of our very popular "Buy-in Parties" that were sold as a fundraiser at Gala85. Little did I know that I would not only spend a wonderful day of getting some exercise (away from meetings and computer work!) connecting with Alliance members and spouses, eat delicious food, sip beautiful wine, but would learn so much about the natural beauty that surrounds me every day in Sonoma County. I am still in awe in wonder and gratitude of the success of the Gala85 event and know that as an organization we will continue to reap the rewards of our hard work and stewardship for many years to come.

Just as the bee plays an important part of our ecosystem, so do you: as a member of the Alliance you also "pollinate" many areas of need in our community. We continue to see important and substantial growth in our programs that you will read about in this letter and hope you will take time about to consider joining a committee. We'd love the buzz that you would be able to create along with fellow members and contributors in our community.

Happy spring to you and yours. May you eat some fresh peas this spring as they are just coming into season!



New connections and friendships being made while making a difference in our greater community

It has been my pleasure to be able to meet and get to know so many new members that have joined the Alliance this year! Great to see all these new faces and spouses at events such as the holiday Party, Alliance after 5, the Gala, and the newly formed Playgroup.

A lot of the new folks have jumped right in and started helping with our programs. We have had new Give-a-Gift shoppers, gift wrappers, marketing help, photography submissions, Garden Tour help, and Teddy Bear ribbon wrapping with teen volunteers.

Welcome new members for our 2014/2015 year:

Justine Athanassious
Stephanie Bartlett
Elizabeth S. Bauer
Linda Casey, MD
Margaret Davenport
Susan Delmanowski
Samantha Doernery
Aaron Groves
Leslie Jordan
Melissa Kelley
Lyndsey Kinane
Marie Mintalucci
Matthew Park
Liz Restel
David Smith
Patty Lyn Tweten



Thank You
To our Wonderful Alliance and Community for making
Gala85 a success!

Gala Committee Members:

Shawn Devlin, Sally Ebrahim, Sheela Hodes, Kathryn Koh, Maria Pappas, Laura Robertson, Joni Schmidt, Lisa Sugarman

Table Captains:

Marion and Richard Auld, Sue and George Bisbee, Shawn and Patrick Devlin, Sheela and Eric Hodes, Ann and Mark Hurd, Lindsay and Kai Mazur, Maria and Kirk Pappas, Laura and Dave Robertson, Joni and Brian Schmidt, Charlene and David Staples, Lisa and Jeff Sugarman

In-Kind Donors:

Scott & Margaret Peterson, North Bay Photographers, Kendall Jackson, Lagunitas Brewing Company, Korbel Sparkling Wine, Park Avenue Catering, SCMA/Sonoma Medicine magazine

Live Auction Donors:

Park Ave. Catering, Rick Tigner, Alliance Board of Directors, Joni and Brian Schmidt, Karen and Ralph Hanahan, Garden Tour 2015, Repose Coffee Bar and Gallery

Buy-In Party Hosts:

Bouverie Hiking Party: Barbara Ramsey, Carol Wood, Carol Horn. *Coastal Hike:* Michael Ellis, Peter Elias, Mary Williams. *Meat & Fire:* Lindsay Mazur, Shawn Devlin, Bruce Aidells, Dempsey's Brewery. *Women's Retreat:* Sheela Hodes, Laurie Pousman, Lisa Sugarman, Pam Loman. *Hills, Thrills with All the Frills:* Sori and James DeVore, Nancy Skinner, Doug Munro. *Masala Nights:* Mona Dhar, Sheela Hodes, Sudha Schlesinger. *Stairway to Heaven SF:* Charlene and David Staples. *Raku-Fired Art Party:* Jeff and Lisa Sugarman, Adam Wolpert. *Robert Ferguson Observatory Star Party:* Karen and Patrick Caskey. *Painting With a Twist:* Ann and Mark Hurd, Sally Cataldo.

Volunteers:

Brendan Borrall, Justin Botelho, Kelly Botelho, Tanya Bruno, Joan Gates, John Gnam, Sam Hodes, Ann Hurd, Sophie Johnson, Gina Merwin, Lexy Pappas, Cindy Popovich, Laurie Pousman, Marcus Schmidt, Alexandria Schmidt

Special Thanks:

Brent Farris/KZST Radio, Press Democrat, DeTurk Round Barn, and all the guests of Gala85

MARK YOUR CALENDARS! Spaces still available for two fabulous parties!

Stairway to Heaven, San Francisco:
 Saturday, September 19 or Tuesday, September 22, 2015

Robert Ferguson Observatory Star Party - An Out of this World Experience.
 Saturday, October 3, 2015, 6:30 pm - 10:30 pm

For information, please contact [Lisa Sugarman](#) or call at (707) 280-0813.



We're so pleased to hear this Buy-In Party Review:

"It was the most enjoyable day at the most beautiful place. It was the most awesome experience. I loved it. Thank you so much."

Bouverie Hiking Party Participant



Pursuing Education: harder than you think

The California Community Colleges Chancellor's Office (CCCCO) has recognized that there is a significant deficit regarding youth from foster care attending higher education. Acknowledging this need, they are sponsoring a concerted effort called the Foster Youth Success Initiative (FYSI) to bring issues affecting these youth to the forefront and to improve the ability of these youth to access postsecondary education. [Source: CCCCCO](#)

In our own community, this initiative is carried out through the County Independent Living Program administered by **VOICES Youth Center** and the **Santa Rosa Junior College Foster Youth Success program**. The SCMA Alliance & Foundation takes pride in collaborating with these community partners to understand the student's obstacles and make a significant contribution. In an effort to improve college completion outcomes for our computer recipients, we believe a long-term goal of personal mentors would be the most impactful way to aid in support. The human component of support has been lacking for most foster youth. In the meantime, we have identified some areas to expand the Give-a-Gift program to help with the financial burden adding to these students' challenges. We are working toward a textbook scholarship of sorts offering vouchers for books and supplies. We plan to add extended service and protection warranties to their computers so they are able to access much needed technical support and damage repair. Additionally, we plan to increase the number of computer rentals available to foster youth at the university level through the Seawolf Scholar's Program at Sonoma State University.

Holiday Gift Giving

During the holidays, foster children need our community's support the most. The holidays can be a painful time, as they are reminded of the family they have temporarily - or in some cases, permanently - lost. Sadly, it is also the time of year with the highest number of children entering the system on an emergency basis. This year, we plan to reinstate the donating of 50 backpacks to the County of Sonoma Family, Youth and Children's services to bring comfort to these children. Additionally, we are happy to be able to increase our per child budget when winter coats and bicycles are requested. Lastly, we would **love to add more schools** to collaborate with our gift giving efforts. Austin Creek Elementary has supported our program for three years by offering their school families the opportunity to purchase gift for local foster children.

How You Can Help

We are seeking members with school age children who could promote a holiday outreach program at your family's school. Many local schools are looking for ways to add meaning to the holiday season by helping local children in need. If you can help or would like to learn more, please contact [Carol Lynn Wood](#) or [Laura Robertson](#)



Teddy Bear sighting in Santa Rosa

The Alliance has once again been instrumental in making adorable and comforting teddy bears available to children who could use some tender, loving care. Recently, 100 teddy bears were delivered to Sutter Hospital in Santa Rosa. The bears are expected to bring smiles to children receiving surgery and being admitted to the emergency room. Happily, Memorial Hospital in Santa Rosa will also be receiving some teddy bears shortly.



Results of Membership Vote to Merge Organizations...

I would like to thank the membership for taking the time to vote, and send in their ballots for the merger which was due April 17, 2015. We counted 83 votes "for" and 0 "against". The merger process is well on its way to completion after the lawyers request the Attorney General's written consent to the merger, and then the filing of the Merger

Agreement and Officers' Certificates with the Secretary of State.

Thank you for your commitment to the SCMAAF which will gain efficiency and strength by having one organization to support our own community health programs, county wide fund raising events, and importantly serve to improve the health and quality of life for all Sonoma County citizens.

Joni Schmidt, VP Governance

Alliance Book Club

June 8th 7pm

Location Lisa S home

RSVP Lisa at alliance@scmaa.org

**The Boys in the Boat
by Daniel James Brown**



JourneySafe assemblies help with just-in-time Learning

Every week in our local newspapers we read about the tragic effects of distracted driving. The SCMA Alliance is part of the solution by providing education to some of our county's most inexperienced drivers. During this school year alone the JourneySafe assemblies will have been presented to more than 1,000 students. This brings our total impact over the past five years to educating more than 9,000 students. Schools participating this year include Ridgeway High School, Piner High School, Roseland University Prep, Sonoma Academy, Technology High School and Rio Lindo Adventist Academy. Anyone interested in attending the JourneySafe assembly on May 8th at Rio Lindo Academy or if you would like to participate as part of the Health Promotions committee, should [contact Cindy Popovich](#).



CMA Alliance Winter Conference

Current co-Chair of the CMA Alliance Board Tricia Hunstock reports a successful meeting of California county Alliances held in January. The upcoming CMA Alliance retreat is scheduled to be held in August 2015 in Northstar at Lake Tahoe.

Doctor's Day Recognition

"Doctors deserve home made brownies!" declared Tricia Hunstock who along with SCMA Executive Director Cynthia Melody delivered home made brownies to an area hospital for physicians to celebrate Doctor's Day on March 31st.

CMA Alliance shows support during Legislative Advocacy Day

The 41st Annual Legislative Advocacy Day was held in Sacramento on April 14th in which attendees went to the State Capitol to meet with legislators on health care issues.

Facebook page gets Updated

We encourage you and your physician family friends to "like" the new California Medical Association Alliance page on Facebook. Regular updates will be shared from the local, state and national Alliances as well as other information pertinent to today's physician families in all stages of practice from the training years through retirement.

[Click here for the new Facebook address](#)

If you are a CMA Alliance member, there is also a closed group on Facebook open to members.

[Click here to visit this closed group Facebook page.](#)

For a listing of Facebook pages and groups for local Alliances and networking groups in California, visit the link on the AMA Alliance website under "Local Alliances."

[Click here to learn more about other Alliances in California.](#)



Time for Another PLAYDATE!

In order to help some of our new members with young children meet each other, we have started an Alliance Playgroup. The first one took place at our new member Stephanie Bartlett's home (Thank you Stephanie!!) where new friendships were made- kids and adults alike!

Our next Playgroup will be scheduled May 15th from 11:00 am to 1:00 pm at the [Childrens Museum of Sonoma County](#). Alliance Parents and Grandparents of children can meet and mingle allowing the kids room to roam and have fun! Bring a potential Alliance friend! Looking forward to another fun time.

Please [RSVP to Sheela](#) - or call at 707-529-8357

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Alliance Events: If you haven't been to one lately, you're in for a treat!

As I was reflecting on the past two years planning events for the Alliance, I am in awe of the strides made from all the board members to increase attendance and interest in Alliance events. It truly has been a collaboration of the entire board and I could not have done this without them. From *Maria Pappas*, who is the most talented marketing and video producer I know; to *Sheela Hodes*, who has worked tirelessly to bring in new members; to *Lisa Sugarman*, who's Alliance After Five idea has been a hit; to *Shawn Devlin*, our fearless leader, who has lifted us all through many changes and encouraged our progress. And to many others not mentioned, I truly am the beneficiary of a great group of talented and intelligent women. And in the process, I have made many new friendships and have enjoyed getting to know members in a more intimate way.

My goal has been to create events that appeal to many individuals. This has been by trial and error, but mostly met with enthusiasm by the members. If you haven't been to an Alliance event lately, you should try to attend one soon. The momentum in the Alliance has been regenerated and the energy contagious. Ultimately, I think everyone wants the same experience: to attend interesting, worthwhile events with friends old and new and to give back to our community in the process.

Reaching Out to You: Join the Events Committee

I encourage you to get involved in this fun aspect of the Alliance. We are in the process of taking nominations for board openings. *Planning events has been a great experience for me, however, I need your help.* I would like to form a committee this year to get new ideas, spread the word and increase attendance. Please consider volunteering for the Events committee. It truly will not require a great deal of your time. Contact me and I will answer any questions you might have. You can contact me at events@scmaa.org.

Membership and Board Installation set for June

Mark your calendars for a Membership and Board Installation luncheon, on **Wednesday, June 10, 2015**. We will have a wonderful lunch at Santa Rosa Country Club with the installation of new Board Members. Details will be sent in the coming weeks, so be on the lookout. We would love to see you there!

CALENDAR OF EVENTS

**Friday,
 May 8, 2015**

Journey Safe assembly at Rio Lindo Adventist Academy in Healdsburg.

**Friday
 May 15, 2015**

Playdate at Children's Museum of Sonoma County

**Friday and Saturday,
 May 15 and 16, 2015**

24th Annual Garden Tour featuring gardens in Sebastopol and Graton

**Wednesday,
 June 10, 2015**

Membership and Board Installation Luncheon

Garden Tour 2015 sure to be a crowd-pleaser! We were thrilled to have two of the gardens on our tour this year featured in the Press Democrat:

Gary Hokason's Asian garden a paradise in Graton



A moon gate frames the Asian garden at Garth Hokanson's garden in Sebastopol (CHRISTOPHER CHUNG/ PD)

BY ANDREA GRANAHAAN
FOR THE PRESS DEMOCRAT
March 11, 2015, 12:29PM

Take a master gardener, a master chef and a born teacher. Let simmer while adding some exotic ingredients from Africa, Australia, Europe and South America, and you will get Garth Hokanson.

'Gardens of Sebastopol' tour showcases beauty, sustainability



Maile Arnold feeds her goats fruit and vegetable scraps at her home, Friday, April 3, 2015. Arnold and friends and neighbors share items they grow, including scraps which were dropped off for the animals. (Crista Jeremiason / The Press Democrat)

BY KAREN HART
FOR THE PRESS DEMOCRAT
April 10, 2015, 11:19AM

If you're a local gardener, chances are you've heard about landscape designer Maile Arnold and her magnificent, ever-evolving garden.