



Community Wellness Chronicle

An Active Community Coalition Publication

Jan/Feb 2008

Volume 2, Issue 1

“Active Communities - Making A Difference”

Vision

The Active Community Coalition seeks to promote and sustain community wellness through civic engagement and empowerment.

Mission

The Active Community Coalition is committed to building community wellness by facilitating communication and unification of community advocates to bring forth action and change.

Goals

- Facilitate civic engagement and volunteerism
- Provide training and education to community groups, community-based organizations and others as needed
- Outreach to communities to help build community empowerment and capacity
- Help identify needs for community wellness development
- Facilitate community partnership
- Create sustainable community wellness strategies
- Diversify and strengthen the Coalition

Activities

- Link adults and youth with volunteer opportunities in the community
- Foster community gardening
- Seek financial support through grant writing that will support ACC projects
- Develop a website to disseminate important information, community events, etc.
- Support local environmental friendly businesses
- Network with community members and agencies

Happy New Year!!! Welcome to 2008. We hope the new year brings joy, peace and health for everyone. The Active Community Coalition wishes to share helpful information to enrich wellness of you, your family and your communities. We closed the 2007 with participating in the Home-Walk, our first community fundraising event. In 2008, we would like to encourage everyone to get involved in your communities. In the new year, we would like you to share your activism and involvement in your communities.

We are introducing a new column in our newsletter to promote greener environment, conscious consumerism and sustainable living. Every issue will include an article related to these ideas, such as energy saving tips and local green businesses. We would also like to hear what you are doing to be part of the solutions. Please email us your ideas or topic suggestions at activecommunity-coalition@yahoo.com.



2008 Active Community Coalition Kick-Off Meeting:

January 9, 2008 6:00 - 8:00 pm

Downtown Center, Cal Poly Pomona

300 West Second Street, Pomona, CA 91766

RSVP to activecommunitycoalition@yahoo.com

Volunteering Opportunities

East San Gabriel Valley Coalition for the Homeless (E.S.G.V.C.H.)

The East San Gabriel Valley Coalition for the Homeless (ESGVCH) welcomes all of the participating churches, service organizations, and individual volunteers to this season's Winter Shelter. The Coalition does not turn anyone away who comes for help. The goal is to feed the hungry, bind up the wounds of the sick, provide a safe, warm, dry place to rest, and show each person dignity and respect as guests in our church homes. For over 10 years the East San Gabriel Valley Shelter for the Homeless has sheltered between 300 and 500 persons each winter, last winter reaching over 600 individuals.

Winter Shelter Schedule

1/2/08—1/17/08

Glenkirk Presbyterian Church
1700 East Palopinto
Glendora, CA 91740
626-914-4833

1/18/08-2/3/08

St. John Vianney Catholic Church
1345 Turnbull Canyon Rd.
Hacienda Heights, CA 91745
626-330-2269

2/4/08-2/17/08

St. Martha Catholic Church
444 North Azusa Avenue
Valinda, CA 91744
626-810-3337

2/18/08-3/2/08

First Chinese Baptist Church
1555 Fairway Drive
Walnut, CA 91789
(626) 625-7368

3/3/08-3/15/08

St. Elizabeth Ann Seton Catholic Church
1835 Larkvane Road
Rowland Heights, CA 91746
626-347-9744

2008 Meeting Schedule

Meetings are held the second **Wednesday** of every other month!

January 9, 2008 6:00 - 8:00 PM

Downtown Center, Cal Poly Pomona
300 West Second Street, Pomona, CA 91766

March 12, 2008 9:30 - 11:30 AM

City of Baldwin Park Teen Center
15010 Badillo Street, Baldwin Park, CA 91706

May 14, 2008 6:00 - 8:00 PM

Downtown Center, Cal Poly Pomona
300 West Second Street, Pomona, CA 91766

July 9, 2008 9:30 - 11:30 AM

City of Baldwin Park Teen Center
15010 Badillo Street, Baldwin Park, CA 91706

September 10, 2008 6:00 - 8:00 PM

Downtown Center, Cal Poly Pomona
300 West Second Street, Pomona, CA 91766

November 12, 2008 9:30 - 11:30 AM

City of Baldwin Park Teen Center
15010 Badillo Street, Baldwin Park, CA 91706

January 14, 2009 6:00 - 8:00 PM

Downtown Center, Cal Poly Pomona
300 West Second Street, Pomona, CA 91766



12 Tips for a Healthy New Year

1. **Drink Up** - Your body needs water to stay hydrated. Drinking water will boost your energy and detoxify your body. Drink 10 - 12 glasses of water daily.
2. **Get Your Dairy** - Get your calcium. It will make your bones strong, help you lose weight, and can protect against some cancers. Low-fat cheese, milk, and yogurt are great options. Aim for 2 - 3 servings per day.
3. **Be Colorful** - Getting your daily fruits and veggies can be challenging. Make a list with colors and check them off as you eat them. Red, yellow, green, orange and purple. Try to eat two from each color group.
4. **Get Strong** - Don't shy away from lifting weights. This is important for weight loss and longevity. Start today and incorporate a weight-training program for 30 minutes every other day.
5. **No More FLAB** - Summer will be here before you know it and getting started right now is the best thing you can do. Train upper body and lower body on alternating days.
6. **Sweat it Out** - Aim for 20 minutes of cardio three to five days a week. Walking is great, running is even better. Push yourself!
7. **No More Belly for Me** - Belly fat is not only annoying, it is unsafe. Too much fat interferes with some organs and can increase the risk for some diseases. Work your abs every other day with crunches.
8. **Stretch Yourself** - Stress, traffic, and lack of sleep all contribute to tight muscles. Remember to stretch a few times each day!
9. **Take Five** - Everyone's schedule is hectic and there are days when there is no time left for exercise. But keep in mind every little bit counts. Even five minutes squeezed in on a lunch break or before bed will help!
10. **Slow Down** - Always in a rush, dashing here and there, no time to spare. Stop, close your eyes and listen. Take a deep breath and let it out slowly. Do this a few times each day.
11. **Activate Your Heart Rate** - A few minutes of cardio here and there will add up. Take the stairs, park your car at the end of the parking lot, and get up and move around after sitting at a desk for a while.
12. **Remember to Breathe** - to trigger the body's relaxation response, take a deep breath. Choose particular times during the day to stop and breathe.

Article adapted from 12 Tips for A Healthy New Year by Kathy Kaehler, Personal Trainer, found on www.kaehlerfitness.com

21 Choices

If you have ever been to the corner of Delacey and Colorado Boulevard in Pasadena you probably noticed a lineup outside 21 Choices. You may have even asked yourself, "what's so special about this place"? Well let me tell you. 21 Choices is not just your ordinary frozen yogurt shop. They have 6 flavors of frozen yogurt (4 of which change daily) and an abundance of toppings to mix-in or have sprinkled on top. However, what makes this store even more amazing is their effort to "go green". Yogurt is served in bio-degradable cups, organic fruit and toppings are used whenever possible, and organic juices and other drinks can be found in their refrigerator. Give them a try sometime! 21 Choices is located at 85 W. Colorado Blvd. in Pasadena, CA. Visit them online at: www.21choices.com.

Tips for Green Living

In each issue of the Community Wellness Chronicle we would like to feature a section on "green living". This section could include information on businesses in the community that are making an effort to go green (such as 21 Choices), school or student-run projects, or simply individual efforts that will help clean up our environment. Please e-mail us your ideas or topic suggestions at activecommunitycoalition@yahoo.com.

Uncommon Good - Teen Green - Pitzer College Green Building Project

A coalition of Uncommon Good, Pitzer College and Teen Green is proposing the construction of a natural earth, environmentally sustainable building. It will serve as an environmental center for the community, a learning resource for area schools, a meeting place for Teen Green and other environmental organizations, and an office for Uncommon Good.

This project demonstrates a way in which communities can meet human needs in a much more environmentally sustainable fashion than is currently the practice. The natural earth building technique (called Superadobe) pioneered by world renowned environmental architect Nader Khalili transforms traditional architecture, which depletes natural resources, into a method of building which is affordable, sustainable, functional and beautiful. Khalili's work has been profiled in countless publications, including the *New York Times* and the *Los Angeles Times*.

Superadobe building involves passive heating and cooling, solar energy, no use of old growth wood, and no steel or other imported resources. Its building material is little more than the earth itself. This low tech, low cost method of construction not only has the potential to preserve the environment and conserve energy, but also to serve as a model for housing in places of the world (including our region) in which many people cannot afford a home for their families.

Superadobe is a technique in which the ordinary people can participate. The community will be invited to special work days in which interested individuals can learn about and experience the Superadobe building process in a supervised setting. The process will be a modern day version of a community "barn raising."

Local artists have volunteered to help create beautiful exterior finishes for the building, including murals and mosaics. In addition, classes of school children will be invited to make ceramic tiles with their message to Mother Earth which will be imbedded into the structure and surrounding grounds. The end result will be a beautiful public art project in a lovely garden setting.

We have requested the use of land in Cahuilla Park for the building. The Claremont City Council has agreed to consider our proposal.

Public support is needed for this project. There are three ways people can be involved. First, we need letters of support for the project addressed to the City of Claremont and left undated. The letters should be mailed to us to use when we have hearings with the various city commissions that must approve the proposal. Second, everyone will be invited to participate when we start the actual building, decorating and planting. Third, donations (which are tax deductible) are needed to fund the project. Letters of support, offers to volunteer, and checks can be sent to Uncommon Good, 435 Berkeley Ave., Claremont, CA 91711.

