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SONOMA COUNTY FORUM

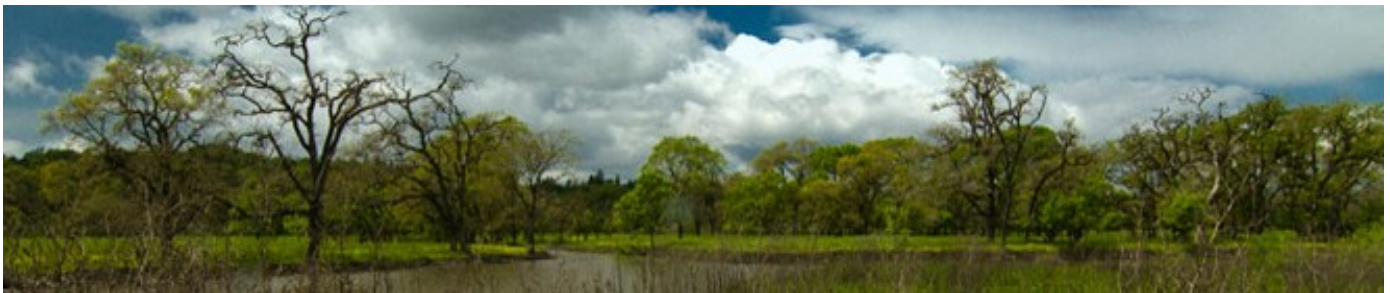
July 7, 2011

Laguna de Santa Rosa: How Important is it to the Future of Sonoma County?

Denise Cadman, Natural Resource Specialist

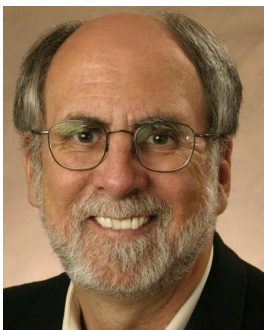


The Laguna de Santa Rosa is the largest freshwater wetland complex in Sonoma County. Its 250 square mile watershed includes the communities of Santa Rosa, Rohnert Park, Cotati, Sebastopol, Forestville and Windsor. The Laguna is the primary drainage of the Santa Rosa Plain and also functions as a major floodwater storage basin for the lower Russian River. During the heavy winter rains, it is capable of storing more than 80,000 acre feet of storm water. But beyond its hydrological significance, the Laguna is Sonoma County's richest area of wildlife habitat, and the most biologically diverse part of the county, having been called a "national treasure" for its ecological wealth. Denise Cadman, Natural Resource Specialist for the City of Santa Rosa, manages the natural resources on city owned properties in the Laguna de Santa Rosa that are irrigated as part of the recycled water program. Come (and bring a friend) to hear Denise explain the importance of the Laguna de Santa Rosa and how critical this wetland complex is to the residents of this county.



July 21, 2011

Your Magnificent Mind—Steven Robert Campbell, Author, Speaker, Mentor



Renowned author, speaker and mentor, Steven Robert Campbell will explain how to make your mind your greatest resource for positive change. In what he calls a "blinding flash of the obvious," Steven says it can all be boiled down to the simple, yet oh-so-hard-to-change fact that our brain accepts what we tell it without question. Once we learn how to change what we say to ourselves, we can literally change our lives that instant! As Steven says, "We've discovered that your mind can either be your greatest champion for change or your greatest adversary. I teach individuals and groups how to make it your champion." Come (and bring a friend) and learn how to make your mind your greatest motivator.

