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DATE
Friday, November 18, 2016

TIME
9:00–11:00am
(for longer socialization,
you may arrive at 8:30!)

LOCATION
Unitarian Universalist Fellowship

COST
Free or 2 CEUs \$20 Chapter Members,
2 CEUs \$25 Non-Chapter Members

Meeting Location & Directions

Unitarian Universalist Fellowship
2201 Lawton Avenue
San Luis Obispo, CA

UUF is located on South Street between Higuera and Broad in San Luis Obispo. It is just east of Meadow Park. You may turn on Lawton or on Meadow to park in the lot.



Morro Rock photo by Teresa Doyle

Friday, November 18, 2016

Universal Rhythm / Life in Connection

Our November program will be facilitated by **Francesca Bolognini**, a member of the Central Coast healing community for over 30 years.



If you have yoga mats, blankets, and/or beach towels, please bring them for our Sound Healing session. We will be able to provide some mats and cushioning for sitting on the floor. If you

have any rhythm instruments, bring those as well!

Francesca, who presented for us in 2011, describes an overview of this November's program as being:

Part 1 - Movement/Dance Session

Based on the 5 Rhythms modality developed by Gabrielle Roth, followed by a brief sharing.

Part 2 - Drumming/Rhythm Session

Improvisation with hand drums and percussion instruments, followed by a brief sharing.

Part 3 - Sound Healing/Meditation

Tibetan Bowls, bells, drums, chimes and voice.

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President's Column

The holidays are upon us!! Wow time does fly these days! Speaking of time. . .my two years as your President are coming to a close, so with that I would like to share a little about this time.



First of all let me say, I have really enjoyed this experience! It has in-

spired and empowered me to move forward in starting a private practice, and being of service to such a wonderful group of healers has added meaning and purpose on my path.

I have also had the opportunity to work with a wonderful group of therapists on the Board. Our Board has changed and evolved since I began serving about 4 years ago and it

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Central Coast CAMFT 2016 Board of Directors

President

Susan Harney

President Elect

Jill Pesavento

Treasurer

Debra Torrey

Secretary

Kim Richards

Membership Administrator

Jill Pesavento

Programs Administrator

Cheri Love

CEU Administrator

Jill Pesavento

Pre-licensed Representative

Jyll Lysobey & Jamie Nolan

Communications Liaison

Eddie Palmer

Past President/Newsletter

Karen Rogers

Central Coast CAMFT 2017 Program Dates

January 27—Networking Meeting

March 31—TBA >> Note DATE
change to 5th Friday this month! <<

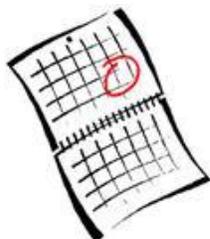
April (Date TBA)—Law & Ethics
Full Day Workshop

May 26—TBA

July 28—TBA

September 22—TBA

November 17—TBA (3rd Friday)



Universal Rhythm / Life in Connection

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No previous experience is necessary to succeed at and enjoy the benefits of any of these activities.

These exercises are presented as experiences in Somatics. They are examples of how we learn through our bodies and our senses and the depth of the value of information so obtained. They are also techniques for connecting the Body/Mind/Spirit and healing imbalances (physical, emotional, mental, spiritual and vibrational).

Although some of Francesca's knowledge has been gained from formal study, most of it has come through personal studies, experience and apprenticeships.

Francesca was born in Chicago, Illinois to musically-oriented parents. Her father, Ennio Bolognini, was a renowned cellist and her mother was a violinist and sang on live radio. As a child, Francesca traveled extensively within the US but spent the bulk of her developmental years in New Orleans, involved in the operation of the infamous Cosimo's Recording Studio, a landmark where most of the historic New Orleans music of the day was created and recorded.

She has a deep interest in the metaphysical that began as a small child, having had many extraordinary experiences and received extensive training along with much personal study in this area.

She moved to Cambria in 1979 to become a member of the artists/musicians and healing community of the Central Coast.

In 1996 Francesca helped to found the first Ecstatic Dance group on the Central Coast and continues to maintain it as the facilitator to the present day.

Around 2003, she was sought out by the late, great Remo Belli, largest drum manufacturer in the world. She was blessed for many years—until his passing—with his mentorship and guidance in her drum circle/healing practice. Thanks to this connection, she has led literally hundreds of drum circles in our area and shared this ability with several groups that have grown from her original practice.



Since 2004 she has been sharing her abilities through Fielding Graduate University, leading drum circles for faculty and students at their Winter Conference in Santa Barbara and as a Somatics instructor for their annual Somatics Retreat for PhD. candidates from their Psychology, Human Development and Human Organizational Development depts., held in Cambria and Santa Barbara.

Contact Information:

Francesca Harloise Bolognini

P.O. Box 1639

Cambria, CA 93428

email : magicalmoon@att.net

805-927-5528

**Central Coast Chapter of
CAMFT 2017 Ballot**

President:

Jill Pesavento, LMFT

Write-in candidate

Vice-President/President-Elect:

Write-in candidate

Treasurer:

Debra Torrey

Write-in candidate

Secretary:

Kim Richards

Write-in candidate

Your Signature

Printed Name

2017 Ballot Instructions

Chapter Members Only

The ballot to the LEFT of this column represents the nominees for the Central Coast Chapter of CAMFT Executive Board of Directors for 2017 and requires your vote. Please vote for one person in each category or write in a candidate.

You have **TWO** options to cast your vote for the Executive Board of the Central Coast Chapter of CAMFT.

You may vote online. An email has been sent out with instructions about voting electronically.

If you prefer to mail in your ballot, please follow the instructions below.

To cast your vote by mail, please print out this ballot and fill in the square next to the candidate's name (or write in a name), cut it out and mail it postmarked no later than Friday, December 23, 2016 to:

Central Coast Chapter CAMFT
P.O. Box 12723
San Luis Obispo, CA 93406

Please write the word BALLOT on the lower left hand corner of the envelope. No proxy votes will be accepted. Thank you.

Announcement of the 2017 election results will be published to <http://centralcoastcamft.org> and introduction of the new Board members will take place during our annual Chapter Networking Meeting on Friday, January 27, 2017 at 9:00 a.m.

**Newsletter, E-Tree & Classified
Guidelines**

Articles: We welcome feature length articles, book reviews, interviews, poetry and news items. Please limit submissions to 750 words or less (75 typed lines, about 10 words/line). Your submission must have a clinical/professional relevance, but may also express opinions, ideas, expertise and/or personal history of the author. A brief bio is required at end of the article. Short features as well as letters to the editor (250 words or less) are also encouraged. Articles are published on a space-available basis.

Advertising Rates: All advertisements must be relevant to and congruent with the interests and ethics of CCC-CAMFT. Submissions must be e-mailed to the newsletter editor, preferably in Word format. Contact the newsletter editor for more details.

To submit a classified ad:

Please e-mail your information to the newsletter editor.

Classifieds must be re-submitted or confirmed for each newsletter.

The following pre-payment discounts are available for camera ready ads (jpg format):

- 25% discount (6 issues/1 year);
- 15% discount (4 issues);
- 10% discount (2 issues).

Make checks payable to CCC-CAMFT and mail to: P.O. Box 12723, San Luis Obispo, CA 93406

The publication of any article or advertisement in the newsletter is not an endorsement of the position, product or service.

Classified Costs	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Ea word over 50	\$0.25	\$0.25
Nonprofit Services: FREE advertising		
Display Ad—Camera Ready (jpg)		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110



My apologies go out to Pam Miller, one of our “at large” Board members. In the previous issue I spotlighted our continuing Board participants and overlooked a mention of Pam’s invaluable contributions!

—Karen Rogers

President's Column

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continues to do so. They are creative, fun, caring, and have a heart for helping the community as well as supporting all of our members. We work together and support one another, and that has made my role as President so much easier. I have enjoyed developing these relationships and plan on staying on the Board in some capacity (to be determined) in 2017.

I encourage anyone who would like explore developing your leadership skills, and utilizing your creativity, in this way to join the Board. It's a great way to make new friends, be of service, develop new skills and expand your world!

I look forward to the serving under the leadership of our new President in 2017 (TBA) and to all the new trainings we are planning.

Have a wonderful holiday season and thank you to everyone for your participation in workshops and the work you do!

*Susan Harney, LMFT
Chapter President 2015-2016*



She is our moon. Our tidal pull. She is the rich deep beneath the sea, the buried treasure, the expression in the owl's eye, the perfume in the wild rose. She is what the water says when it moves.

Patricia A. McKillip
(Solstice Wood; Winter Rose, #2)

2016 Light Up A Life: 32 Years of Light & Love

Join us in remembering loved ones during our annual **Light Up A Life** season.

The lantern symbolizes light as we are guided through life's journey. This year, there are three ways to support Hospice of San Luis Obispo County and illuminate the memory of your loved one, honor someone living, or simply elect Hospice SLO County for your end-of-year giving. With your help, lights will shine during **Light Up A Life** season and throughout the year.

Your gift is extremely important to Hospice of SLO County as we support those grieving a death, promote healing by providing counseling, community education, and in-home respite care to those dealing with serious illness and end-of-life issues.



Remembrance Ceremony Schedule

Pismo Beach

Sunday, Dec. 4, 4 p.m.
Shore Cliff Lodge (outdoors)

Nipomo

Monday, Dec. 5, 5 p.m.
Kaleidoscope Inn (outdoors)

San Luis Obispo

Tuesday, Dec. 6, 6 p.m.
Mission San Luis Obispo de Tolosa (indoors)

Morro Bay

Wednesday, Dec. 7, 6 p.m.
Coalesce Bookstore (indoors)

Arroyo Grande

Thursday, Dec. 8, 6 p.m.
Heritage Square Park (outdoors)

Atascadero

Wednesday, Dec. 8, 6 p.m.
Pavilion at the Lake (indoors)

Paso Robles

Friday, Dec. 9, 6 p.m.
City Park Gazebo (outdoors)

San Luis Obispo

Monday, Dec. 12, 6 p.m.
"Paws to Remember"
Pet Peace of Mind Ceremony
Hospice SLO office (indoors)

Continuing Recruitment for 2017

As you will remember, we have some openings for 2017 to participate in Board service.

Currently we are seeking

- ★ **CEU Administrator**
- ★ **Membership Administrator**
- ★ **Facebook Administrator** and
- ★ **Vice-President** (for whom there will need to be a special election in 2017).

Membership takes about an hour per week; **CEUs** takes two to three hours per month.

Increasing our social media presence won't take much time, and for someone with the interest and skill-set to play with social media it will be a perfect fit.

Our **V.P.** will be working alongside the President, who devotes several hours monthly.