



Join the CARA ACTION TEAM (CAT) in your Area or Start a New CAT in 2019 (revised 1/22/2019)

The CARA CATs are the local action centers for CARA. We share important information on key CARA issues and plan local strategies on these issues. Most of the CARA Action Teams (CATS) have regular monthly meeting dates and locations. If there is not a CAT organized in your area, and you would like to get one started, call the CARA office to find out how to schedule a CAT. Northern CA call 415-550-0828 or 877-223-6107 (toll free). For LA County call 917-424-3220, for Orange/San Diego call 714-460-3542, and for other Southern CA counties as well as the Central Valley, call 714-488-5488. Please call before attending to confirm the schedule below.

NORTHERN CALIFORNIA

ALAMEDA COUNTY: 2nd Tuesday of each month @ 10:00am, South Berkeley Senior Center, 2939 Ellis St., Berkeley. For more info: Sandra Johnson @ 510-861-6513 or Dee Rosario @ 510-835-3922.

CENTRAL VALLEY: 4th Monday of each month @ 10:00am; at the Manteca Library, 320 Center St, Manteca. Call Bob Roza @ 209-848-8040 or Jo Carson @ 209-227-5188.

CONTRA COSTA/ SOLANO COUNTIES: 2nd Monday of each month, 10:00am, Richmond Auditorium Hawaiian Room (enter at 2533 Nevin Ave. Richmond). Call Eli Williams 510-232-4690.

FRESNO AREA: 4th Tuesday of the month @ 10:00am at UFCW 8 Golden State, 3485 W. Shaw Street, Suite 101, Fresno, 93711. Call Gene Roza @ 559-905-3521.

MARIN: Meets 1st Tuesday of each month at 1:00pm at Northgate Mall, Community room (enter elevator next to food court), 5800 Northgate Mall, San Rafael. Call Peter Mendoza @ 415-879-5324 or Ruth Carter @ 415-492-8160.

PLACER CTY: Meets 2nd Wed. of every month @ 10:00am-12 noon. Stanford Club House, 3220 Santa Fe Way, Rocklin. Diana Madoshi @ 916-435-9760 or William Reed @ 916-396-6601. Potluck.

REDDING/5 COUNTIES: Meets monthly on the 3rd Friday of the month from 10am-12 noon at the IBEW 340, 900 Locust St., Redding. Call Ron Stone @ 530-945-8021.

SACRAMENTO AREA: 3rd Thursday of the month at 10:00am, 1127 11th St, Room 425, Sacramento (CLF office). Call Hene Kelly @ 415-533-5244.

SAN FRANCISCO: 2nd Thursday of the month @ 1:00pm, ILWU, 1188 Franklin St. 4th floor, SF. Call Michael Lyon @ 415-215-7575 or David Williams 415-939-5149.

SANTA CLARA COUNTY: 4th Thursday of the month @ 12 noon, South Bay Labor Center, 2102 Almaden Rd – Carpenters Hall, San Jose. Call Carol Garvey @ 408-472-6218 or Greg Miller @ 408-254-3311. Light lunch is served.

SONOMA: 3rd Wednesday of the month @ 10:00am, Unitarian Universalist Church of Santa Rosa, Glaser Center, 547 Mendocino Ave. Santa Rosa. Call Dave Walker @ 707-681-9009 or Linda Graves @ 707-545-2811.

SOUTHERN CALIFORNIA

BAKERSFIELD: First Tuesday of every month from 1:30pm-3:30pm @ Independent Living Center of Kern County, 5251 Office Park Dr., Bakersfield, 93309. Call Bernice Bonillas @ 661-599-3241.

LOS ANGELES: 4th Tuesday of every month at 1:30pm @ SEIU 721, 1545 Wilshire Blvd, Los Angeles, CA 90017. Call Bonnie Coleman @ 323-666-4224.

SOUTHEAST LOS ANGELES COUNTY: 3rd Monday of every month at Carrows, 19011 Bloomfield Ave. Cerritos, CA 90703. Lunch available for purchase at 12:30pm, meeting starts at 1:00pm. Call Myron Wollin @ 562-596-5239 or Mary Alice Sedillo @ 530-341-6206.

ORANGE COUNTY: 3rd Wednesday of the month @ 10:00am; Teamster Local. #952, 140 S. Marks Way, Orange. Call Tish Leon @ 714-401-8312.

SAN DIEGO: 3rd Tuesday of the month @ 11:00am-1:00pm, Sheetmetal Workers Local, 4594 Mission Gorge Place, San Diego, 92120. Call Gayle Chenoweth @ 559-360-5955.

SAN GABRIEL VALLEY: Meets on the 3rd Monday of each month 10:00am-12 noon at Denny's Restaurant, 546 West Baseline Rd. Glendora 91740. Call Lorenzo Rios @ 626-825-1422.