

# Join the **CARA ACTION TEAM (CAT)** in your Area or Start a New CAT in 2023

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 **415-515-2156** or **877-223-6107** (toll free). For LA County call **213-648-9000**, for Orange, San Diego, Inland Empire call **714-460-3542**. For Central Valley, Fresno and Bakersfield call **209-354-7489**. **CURRENTLY, ALL CATS ARE MEETING VIRTUALLY via ZOOM/TELECONFERENCE. We hope hold in person meetings in 2023, when it is safe to do so.**

## NORTHERN CALIFORNIA

**ALAMEDA COUNTY:** 2nd Tuesday of each month @ 10:00am, South Berkeley Senior Center, 2939 Ellis St., Berkeley. For more info: Bill Klinke @ 510-848-9402 or Dee Rosario @ 510-835-3922.

**CENTRAL VALLEY:** 4th Monday of each month @ 10:00am; at the Manteca Library, 320 Center St, Manteca. Call Nan Brasmer @ 209-823-3890 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 or Windsor Young @ 510-666-4852.

**FRESNO AREA:** 4th Tuesday of the month @10:00am at UFCW 8 Golden State, 3485 W. Shaw Street, Suite 101, Fresno, 93711. Call Gayle Chenoweth @ 559-360-5955 or Jennifer Jensen @ 559-704-8384.

**MARIN COUNTY:** 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 Ruth Carter @ 415-492-8160 or Kris Organ @ 415-342-7135.

**NORTH STATE:** 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 or Kathryn Donahue @ 707-834-2194 (covers all counties north of Sacramento).

**PLACER COUNTY:** 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.

**SACRAMENTO/YOLO:** Meets 1st Wednesday. Call Cindy Young @ 530-902-0483 or Carol Moss @ 916-546-0156

**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, SEIU 521, 2302 Zanker Rd., San Jose. Call Carol Garvey @ 408-472-6218 or Greg Miller @ 408-254-3311. Light lunch is served.

**SONOMA COUNTY:** 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 or Bonnie Petty @ 707-579-5228.

## 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 Ernest Harris @ 661-706-2566.

**INLAND EMPIRE:** First Monday of every month from 10:00am - 12:00pm Grace Vargas Senior Center, 1411 S. Riverside Ave, Rialto. Call Tish Ochoa @ 909-855-1891 or Marion Arguello @ 909-591-1864.

**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 and Gwen Jones @ 213-840-8161 (all LA County CATs meeting on 3rd Monday at 10am via Zoom)

**ORANGE COUNTY:** 3rd Wednesday of the month @ 10:00am; Teamster Local. #952, 140 S. Marks Way, Orange. Call Cecilia Flores at 714-458-2208.

**SAN DIEGO:** 3rd Tuesday of the month @11:00am-1:00pm, Sheetmetal Workers Local, 4594 Mission Gorge Place, San Diego, 92120. Call Editha Adams @ 619-263-7254 and Tish Leon @ 714-401-8312.

**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 Larry Marotta @ 626-698-4108 (all LA County CATs meeting on 3rd Monday at 10am via Zoom).

**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 (all LA County CATs meeting on 3rd Monday at 10am via Zoom).

