



TriLine

A Publication of Tri-Counties Regional Center | Fall 2011

Power Soccer: Old Game, New Wheels



The Rollin' Gauchos gear up for a tournament

One Sunday in April, players from California and Arizona carefully watched opposing teams kick off the initial game in an all-day tournament. The first competitive team sport developed specifically for power wheelchair users, Power Soccer draws athletes with disabilities including quadriplegia, multiple sclerosis, muscular dystrophy, and cerebral palsy. Adapted from US soccer or English football, the game is played in a gymnasium by two teams of four players with a 13-inch soccer ball.

This is not a game for the faint of heart. Many teams have a rigorous schedule of practice, games and tournaments. The coaches are tough and the plays are executed with speed and precision. As with any sport, skill is gained through experience. This allows many players to set, meet and possibly exceed personal goals. "I always wanted to play a team sport," commented Joey Wells, "and now I am." Many players train for hours, striving to beat their personal best. Bill Balles, who started the Santa Barbara team four years ago, aspires to try out again for Team USA. Balles hits the court weekly with his team, the Rollin' Gauchos, one of two traveling Power Soccer teams sponsored by UCP WORK, Inc. The team's dedication earned them a 2nd place trophy at Nationals in August.

This sport reveals a true synergy between person and machine. The chairs are an extension of the player and this game puts them to the test, presenting a new set of challenges for equipment managers. The ingenuity behind keeping these players on the court is impressive. One player from Arizona has a range of motion of only a few centimeters in one digit, yet is still able to participate in the game. An adapted joystick in a shielded armrest is his solution. His coach and equipment team discovered a clear plastic that when warmed could be sculpted to perfectly

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Vision: Persons with developmental disabilities live fully and safely as active and independent members of their community.

Mission: TCRC provides person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating in the community.



From the Executive Director

by Omar Noorzad, Ph.D.

opmental services. Knowing of upcoming changes and how they may potentially affect services is critical to effective advocacy and planning. The Budget Watch section of the TCRC website is kept current with happenings in Sacramento and the home page has many links to useful information.

A brief summary of the State budget status is in order. Governor Brown signed the 2011-2012 State budget on June 30, 2011 with a budget plan that reduced State spending by \$15 billion. The enacted budget relies on \$4 billion more in revenues that is hoped California will collect in the 2011-2012 fiscal year due to an improving economy. If the State does not collect the additional \$4 billion in revenues, several "trigger cuts" would be automatically implemented in January, 2012. Developmental Services is slated for up to \$100 million in additional cuts under this scenario along with reductions to In-Home Supportive Services, Medi-Cal Managed Care, higher education, public safety programs, and some other state funded programs. The State plans on making a decision on whether the trigger cut will be implemented by December 15, 2011.

In addition to the potential \$100 million reduction in automatic mid-year "trigger cuts," the Developmental Services budget for 2011-2012 contains a total reduction of \$591 million in General Fund. This \$591 million in General Fund reduction includes the continuation of the 4.25% regional center Operations and service provider payment reduction, a decrease in the Prevention Program, cost avoidance and savings proposals that include a 15% cap on administrative costs for regional centers and service providers, imposing third party liability efforts, expanded conflict of interest requirements for regional centers and service providers, and numerous cost

containment/best practices measures to be implemented by regional centers.

Other State funded programs also experienced deep cuts such as \$1.7 Billion to Medi-Cal, an additional 8.6% in service hours for In-Home Supportive Services, a reduction in the monthly benefit of Supplemental Security Income/State Supplemental Payment Program from \$845 to \$830, an increase in premiums and co-payments and elimination of vision care benefit for Healthy Family Services, as well as reductions to Mental Health Services.

I applaud the parents and individuals served by our regional center who traveled to Sacramento earlier this year to testify in budget hearings, wrote letters or made phone calls to legislators and the Governor. Although Developmental Services incurred significant reductions this fiscal year, the final cuts were less than initially proposed. Thank you for your advocacy efforts.

We will no doubt continue to face uncertainty in the immediate future around funding for services and supports for persons with developmental disabilities. It is important that we do our part to effectively implement the new laws to generate the intended savings while also adhering to person centered practices. It is also important that we stay vigilant to the promise of the Lanterman Act to persons with developmental disabilities now and for generations to come. I encourage you to get involved in any way you can. Join us at a TCADD Board of Directors meeting or a Town Hall Meeting. Schedules are printed on the back cover.

Adapted shield keeps the cold out



Welcome to our Fall issue featuring stories of those making a difference through connecting with community. This issue includes articles which highlight the satisfaction of participating in team sports, the richness of harvesting local food for neighbors in need, and the benefits of sharing learning at events like the California Gathering. Learn about how a volunteer group from Devereux is giving back to their community. Read about Fragile X and how understanding the cause of the disease led to more effective treatments.

Kudos to our partner, Parents Helping Parents Family Resource Center, for winning the Paul Wolfe Accessibility Award.

The TriLine newsletter is going electronic, see the back cover for opt-in details.

It is my hope that many of you are already informed about the changes to Developmental Services that resulted from the passage of Senate Bill 74 in March 2011 and of Assembly Bill 104 in June 2011. These are the two "Trailer Bills" to enact the reductions and changes made to developmental services in the State budget. A letter outlining the changes was mailed to all TCRC stakeholders on September 14, 2011. It is our goal to keep persons we serve, families, service providers and all other interested parties informed about the impact of budget reductions on devel-

Power Soccer: Old Game, New Wheels *continued from page one*

block airflow, reducing the chance of his thumb getting cold and becoming less responsive. Players join this game with varying degrees of arm and hand mobility, but decreased response time due to cold hands is a challenge shared by many. Hot packs, blow dryers - - even the good ole hand rub are utilized to keep these athletes going.

Practicing, traveling and competing together helps solidify deep bonds between teammates. The depth of comradery is evident on the court. According to Joey Wells of the Glendale Rough Riders, "If you trust each other off the court, you trust each other on the court." Clearly, these players do. Joey's mom, Cindy, comments on the growth she has seen



Balles strategizes with teammates



Players vie for the ball



USPSA Secretary Jenny Mitchell hits the court

in the players, "After playing for awhile, you see the change in their faces - - it changes lives, it really does."

Balles expresses the freedom offered by the game, "Out there, no caregiver is following you around. It is just you, the chair and the ball."

Get involved and support athletes in your area. Start a local team, volunteer as a referee, or go watch a tournament. Learn more by watching this YouTube video or visiting the United States Power Soccer Association (USPSA) website at <http://www.powersoccerusa.net/>.

UCP WORK, Inc. is currently seeking new team members; contact Marty Kinrose at mckinrose@yahoo.com for information on upcoming try-outs in both Santa Barbara and Ventura Counties.

UCP WORK, Inc. (www.ucpworkinc.org) handles the team administration, supervision, travel, team and tournament coordination, and fundraising. The UCP WORK, Inc. Power Soccer Program exists on private donations and funds from the Clara Project that are provided by an anonymous family foundation. Donate to: UCP WORK, Inc. - Power Soccer, 5464 Carpinteria Ave. #B, Carpinteria, CA 93013

Visit our website to opt-in to the TriLine E-newsletter. A printed TriLine will only be mailed to those who opt-in to receive a hard copy. See the back cover for details.



The QR code above links to our opt-in page for the TriLine. This code may be scanned by smartphones with QR Code reader applications installed. Many reader / scanner apps for Android, iPhone and Blackberry devices are free. Suggested readers may be found at www.mobile-barcodes.com under "Readers & Software".

www.tri-counties.org

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Recurring Topics

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President

TCRC Welcomes New Clients' Rights Advocate

Kendra McWright is the new Clients' Rights Advocate for persons served by Tri-Counties Regional Center. Kendra is an attorney licensed to practice law in California. She has Bachelor of Arts degree from San Francisco State University and a Juris Doctorate degree from Santa Barbara College of Law. During law school Kendra clerked in the Substance Abuse and Mental Health Treatment Courts in Santa Barbara and interned in the Legal Resource Center staffed by Legal Aid of Santa Barbara County. Kendra first began working with persons served by TCRC as a volunteer with Office of Clients' Rights Advocacy, then later as a temporary Clients' Rights Advocate. Most recently Kendra has been working in Fresno as the Clients' Right Advocate for persons served by Central Valley Regional Center. Excited to return home to the Tri-Counties area, Kendra began work in November. She is deeply committed to advocating for the rights of her clients while working to ensure their access to public benefits, education and independence. Kendra can be reached at 805-884-7297 or 800-322-6994 extension 7297.

Community Harvest: A Win-Win Situation *by Heather Wennergren, Media & Training Coordinator*

The Foodbank of SB County's Backyard Bounty Program Invites Volunteer Groups & Backyard Produce Donors

Tri-Counties Regional Center volunteer Mark Pasquini utilizes the "twist and pop" method to pull an orange from a local orchard tree. "The fruits are really beautiful," he notices. Another harvester comments from behind a tree, "It feels good to be helpful; that's what we're doing here, and it's fun."

Doug Hagensen, Program Manager of the Backyard Bounty Program of the Foodbank of Santa Barbara County, describes the program. "Backyard Bounty is part of the produce initiative at the Food Bank of Santa Barbara County. It harvests the under-utilized food that grows in the community to raise the level of produce being distributed to 285 different agencies throughout the county, to serve residents in need." The Foodbank website (www.foodbanksbc.org) states that 44% of those served by this network of agencies are children.

James Roehrig founded the program three years ago, when he noticed the bounty of local food going to waste and contacted the Foodbank. The program now provides 10,000-12,000 pounds per month of fresh local produce. The Foodbank estimates that the program has only tapped 2% of what's available. According to Doug Hagensen, "Our community really is one giant farm."

Ramon Hooper, a regional center volunteer, joined a recent harvest. He sought new techniques of picking oranges without destroying webs that resident spiders had created. One of the few without little pricks and scratches on his hands, Ramon noticed how one could avoid them by looking carefully.

Kathiann Brown knows it's time to join another harvest when her scratches fade. She and her husband Wesley Brown discovered Backyard Bounty at the Solstice Celebration last year, and have been volunteering faithfully ever since. The Browns are not the only ones who are lending a hand. Local school groups have also been volunteering on a regular basis. Ayary Avila-Carreras, a parent of an adult student volunteer, is pleased about her daughter's participation. She comments, "Not only is it outside, but also the work they do is so important; and I love that Mara is supporting them." Kristen Pinkerton, mother to another student volunteer, noticed, "What a great way to show everyone what our young adults do for the community."



Ramon Hooper finds hard-to-reach fruit

Executives and staff from the Four Seasons Biltmore were part of the group of volunteers at this week's harvest. "Groups coming here are interested in social responsibility," says Conference Services Manager Andra Escola, "they want to incorporate a 'give-back' element to the community into their team building." The Four Seasons suggests Backyard Bounty as a volunteerism option for their guests.



Mark Pasquini gathers citrus

The simple act of harvesting feels ancient. Although tiring, it is deeply satisfying -- even more so when sharing the venture with others. "The joy of this program is the direct, tactile experience of gathering food to feed one's community," noted Scott Wennergren, accompanying volunteers from the Regional Center.

At the end of this particular harvest, 2,780 pounds of oranges were redirected from the landfill to the breakfast table of local families in need. An overabundance of one crop gets balanced through trading with other counties for less prevalent crops. The SB Foodbank uses this network effectively to share and trade.

The program is seeking volunteers, as individuals, families, or groups, to harvest local donor produce, either as a one-time or regularly scheduled event. The techniques are simple to learn, and many hands make light work. Backyard Bounty is also seeking donors who will allow occasional access to their properties for harvesting. It's very easy to coordinate, with a weekly email newsletter that informs of upcoming harvests. Harvests occur year-round, in our four-season growing climate.

Santa Barbara County residents may participate by contacting Doug Hagensen (doug@foodbanksbc.org). Ventura County has a similar program, Food Share, Ventura County's Foodbank (www.foodshare.com); contact Meg Horton to learn more (mhorton@foodshare.com). The Foodbank Coalition of San Luis Obispo County (www.slofoodbank.org) also has a new gleaning program. The contact in SLO County is Rob Coghill (rcoghill@slofoodbank.org).

Organizations who wish to receive services and produce from the Foodbank of Santa Barbara County, must be a non profit 501(c)(3) and have some system of distribution to their constituents in place.



Doug Hagensen tallies the yield

TCRC Hosts 4th Annual California Gathering for Person Centered Practices



Jesse Padilla, Consumer Advocate from ELARC, with his photo collage

The 4th annual California Gathering for Person Centered Practices was held this September in Ventura County and attended by people representing regional centers, service providers, schools, and individuals and families who receive services. The California Gathering provides an opportunity for people who have been trained in person centered practices to come together to learn how to work in partnership to apply ideas and concepts learned through training. The goal is to promote the use of Person Centered Thinking tools for people served, their families, and supporters to create positive change in their own lives, communities, and organizations.

The focus of this event, sanctioned by the international Learning Community for Person Centered Practices, is to share information and learning about how person centered thinking can help to gather meaningful information and deliver good planning and support for someone who has a developmental disability. Ultimately, person centered practices help the person retain more control of their planning, their supports and their life. By extending the reach of person centered thinking and forging stakeholder partnerships through these practices, we can strengthen organizations and empower individuals to

have greater influence and more positive control in their own lives. More than ever the need continues to work collaboratively to ensure that the developmental services system, which is experiencing change, will continue to support people in a person centered way.

This year's topics included:

- Community Building
- PCT and Organizational Change
- Supervisors Implementing PCT
- Tool Practice Matching Support
- PCT and Families; Helping Families Get What They Need and Want to Live the Life They Desire
- Managing Chronic Illness and End of Life Planning Using PCT
- Positive and Productive Meetings
- Council Process
- Interpersonal Communication and Emotional Intelligence
- Using Person Centered Thinking Tools to Handle Conflict Together

Participants were exposed to new ideas and tools and gained new partnerships for continuing this work. One new resource is a publication to support building capacity for PCT published by TCRC and partners. Seeing so many service providers sharing their experiences, one attendee noted,

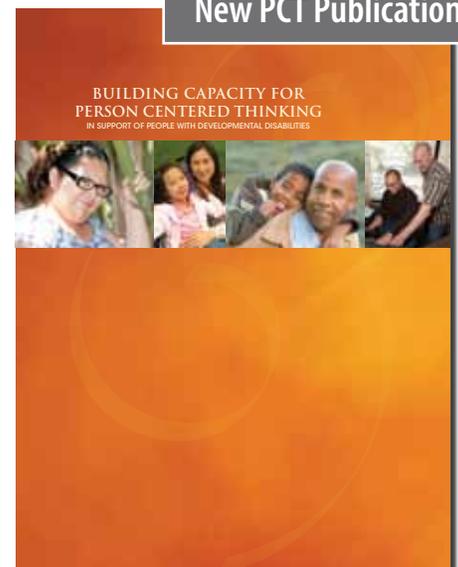


Staff and Service Providers attend the event

"We are all in this together, let's share similar solutions, experiences and obstacles."

The California Gathering was developed through partnership of Tri-Counties Regional Center, Eastern Los Angeles Regional Center, PathPoint, Choicess Supportive Living, Genesis Developmental Services. Check the TCRC web site for information about Person Centered Thinking training in your community.

New PCT Publication



PHP Honored with Accessibility Award

Congratulations to Parents Helping Parents Family Resource Center for winning the Paul Wolff Accessibility Advocacy Award this year. In San Luis Obispo County, individuals, organizations, and businesses are nominated and recognized for their efforts to create a barrier-free community for people with disabilities.



Advances in the Treatment of Developmental Disorders: I. Fragile X Syndrome

by James O'Hanlon, Ph.D., Psychopharmacologist

Understanding the cause of disorders is critical in determining treatment. Most neurodevelopmental disorders are caused by some disturbance in the human genome, a collection of 23 chromosome-pairs bearing more than 30,000 different genes. Genes are DNA templates for transcribing their respective products, often proteins with

distinct structural or regulatory functions. Fragile X Syndrome is caused by the mutation of a single gene that, over generations, renders it incapable of producing a protein, known as FMRP. Like every gene, this one possesses a regulatory region and a region that transcribes FMRP. DNA in the regulatory region normally contains a short section that repeats itself 6-50 times. Yet occasionally the number of repetitions increases as the gene passes from parent to offspring. Repetitions continue to increase, slowly then rapidly, with each successive generation. Bearers of a gene with 55-200 repetitions (a 'premutation') begin to suffer adverse consequences. These finally culminate when repetitions exceed 200 (a 'full mutation') and the gene can no longer produce FMRP. The consequences are different for males and females. Because the gene is located on the X chromosome and males have only one copy, they are the most afflicted. All suffer mild-severe mental retardation, most have severe emotional instability, some present autistic behaviors and some have seizures. Females have two copies of the X chromosome, one containing the mutated gene and one a normal gene. They are still capable of producing FMRP but at roughly half the normal rate. Females' affliction is generally less severe but even they are often handicapped by severe anxiety and some cognitive impairment.

Defining the genetic cause of Fragile X Syndrome was an important step, however, later developments that bridged the gap between cause and pathophysiological effect were even more crucial for discovering effective treatments. Genetic engineering to create mice with essentially the same deficiency that causes the syndrome was the first step. The animal model not only simplified study of pathophysiology as it occurs in humans, it also provided the means for testing drugs that might reverse the process. Basic data from the model then enabled Mark Bear and his colleagues at the Massachusetts Institute of Technology to propose a theory explaining how the missing protein affects the brain and behavior. They began by acknowledging that FMRP normally represses the synthesis of proteins that participate in the orderly formation of synapses between neurons. Among them is a receptor for the neurotransmitter, glutamate; i.e., metabotropic glutamate receptor 5 (mGluR5). FMRP deficiency allows over-expression of mGluR5 with deleterious effects on the way synapses between neurons are formed and modified by learning. Thus the authors predicted that drugs blocking mGluR5 (i.e., antagonists) will ameliorate symptoms of Fragile X Syndrome. The prediction was repeatedly confirmed in the animal model using selective mGluR5 antagonists but until now, none has passed efficacy and safety tests that would allow its licensing as a drug for humans. Yet some drugs already on market possess this mechanism of action, unfortunately with others that make them less than ideal. One is acamprosate, a drug licensed for promoting abstinence from alcohol.

Craig Erickson and colleagues at the Riley Hospital for Children (Indiana University) opened their research on acamprosate in a pilot study involving three young men with the full mutation.¹ They were intellectually disabled (IQs in the mild to moderate range of mental retardation) and also qualified for the diagnosis of co-morbid autism on the basis of behavioral symptoms. After they had been taking acamprosate for 4-7 months, the men's clinical presentation was rated as 'very much improved' or 'much improved.' Even more striking was improvement in every man's ability to communicate. Their speech became more spontaneous, complex and socially appropriate. One who had been essentially nonverbal began speaking in complete sentences for the first time. Encouraged by these results, the investigators have gone on to conduct an open-label trial in which 20 children and adolescents are being treated with acamprosate for 10 weeks. The study is scheduled for completion in November 2012.

The animal model may have provided yet another effective treatment for Fragile X Syndrome. Mice lacking FMRP show chronic brain inflammation, particularly elevated levels of matrix metalloproteinase-9 (MMP-9), an enzyme released by activated glial cells as part of the inflammatory process. Because the enzyme is capable of destroying protein structures that form synapses it could in theory contribute to poor synaptic formation. This being the case, a drug that reduces MMP-9 in the brain should at least partially restore synaptic function. No drug available for use in humans has precisely the desired properties. But again, an available drug came close enough to warrant a trial. Minocycline, a widely used antibiotic, reduces MMP-9 in the brain, either by selectively inhibiting its expression by glia or more generally, by inhibiting glial activation. After showing that minocycline does in fact normalize synapses in the animal model, it was given for 8 weeks to 20 adolescents and adults with Fragile X Syndrome in an open-label trial.² The trial was a success; all but two individuals improved, specifically in the areas of irritability, stereotyped behavior, hyperactivity and speech. Final evidence for or against the efficacy of minocycline in Fragile X Syndrome is expected to come from a double-blind, placebo-controlled trial currently underway at the MIND Institute (UC Davis). Although the trial is not scheduled for completion until February 2012, by which time 50 children and adolescents shall have been included, it has already had peculiar repercussions. An article published in the Los Angeles Times on 1 May 2011 described the "life-changing" improvement of one 14-year-old boy who completed the trial and is continuing on minocycline. The investigators at MIND must be very confident in the results of their study to have cooperated in the publication of this article.

Even if acamprosate and minocycline emerge successfully from ongoing trials, it is doubtful whether either will become a permanent treatment for Fragile X Syndrome. Both have unwanted pharmacological properties. But by demonstrating the mechanism that achieves a beneficial effect, one or both could be the forerunners of safer, more tolerable and more effective drugs to come. This promising work stems from understanding both the cause of Fragile X Syndrome and the resulting functional changes.

¹ Erickson CA, Mullett JE, McDougle CJ (2010). Brief report: acamprosate in fragile X syndrome. *Journal of Autism and Developmental Disorders*; 40: 1412-1416.

² Paribello C et al (2010). Open-label add-on treatment trial of minocycline in fragile X syndrome. *BMC Neurology*; 10: 91-100.

Devereux Participants Volunteer for the Environment

by Caitlin Macintosh, Program Director, Devereux California

Devereux participants make a difference by volunteering to restore local native habitat at the scenic Devereux Slough/Coal Oil Point Natural Areas.

Janis Johnson



Chris Niro & Becky Blue remove invasive weeds along the path

Devereux provides programs for adults and elders with developmental disabilities in Santa Barbara County. "Devereux Volunteers!" is an organization within Devereux's Day Services for Adults. This special group is comprised of participants who have stated their wish to contribute to a brighter future. Assisting on projects to restore the natural beauty of the area and regenerate native habitat is one way that they give back to the community. Committed to Person Centered practices, Devereux offers a variety of volunteer options.

"Devereux Volunteers!" worked for the past two years and will continue to work with the Coal Oil Point Reserve and UCSB to create an accessible nature walk around a new vernal pool. This pool provides a place for hares, bluebirds and hawks to take up their native places again.

Group coach of the "Devereux Volunteers!", Chris Niro, who has recently been recognized internally across the organization for providing outstanding support to our participants, says of the volunteer crew, "They really have a good time -- feel a deep sense of accomplishment and are very proud of their contribution!" Devereux participant and restoration volunteer Becky Blue adds,



Views along the path



David Peterson pulls a giant, wild radish

"I really enjoy volunteering and working for the restoration. It feels good to help."

"I am appreciative of our participants choosing to volunteer to restore original habitat," said Amy Evans, Devereux CA Executive Director, "and of their help in creating access to this beautiful place for people with mobility issues; it is very inspiring."

The group is now gearing up for a new volunteer project with the Cheadle Center for Biodiversity (CCB) on the Bluff Path Project. This is to help with the newly leveled, accessible path topped with crushed granite that runs from Isla Vista's west end to Coal Oil Point. Native grasses were recently planted along the path by the CCB. "Devereux Volunteers!" will help protect these fresh plantings by pulling non-native plants. With a tendency to take over, non-native plants do not offer the habitat needed to support native species of birds and animals.

Stop by the Devereux Farmers Market Pavilion at the Camino Marketplace at the corner of Storke Rd. and Hollister, Goleta each Sunday and Thursday to say hello to these committed volunteers!

Bring Your Skills and Ideas to the TCADD Board

Contributing to the well being of persons served by TCRC is a rewarding experience. Many TCADD board members have served their terms and seats for these valued roles are opening. Family members are encouraged to apply, especially those with management, public relations, education or other non-profit experience. Please email BoardSecretary@tri-counties.org for more information. Or visit our website at www.tri-counties.org, select TCADD Board of Directors, then Membership / Role. We need your help to improve quality of life and protect the rights of individuals with developmental disabilities.



Greetings from the President

by Bob Cobbs, TCADD Board Director

the optimal decisions for the regional center and the people we serve.

TCADD Board committees have also undergone a metamorphosis. The Administrative Committee adopted new responsibilities for review of some contracts; Government and Community Relations Committee has expanded their scope of activities to create bold messages for legislators and implemented strategies to not only meet and greet legislators, but more importantly to influence votes and viewpoints of those in critical roles. Through these and other recent learning, we have established new approaches for advocacy. We are currently seeking new board members. Please contact us to discuss the details of this rewarding role (see page 7).

I reflect upon and share the tremendous impact of the changes in our system and the continued budget cuts on the workload of the TCRC management and staff. I have watched implementation of 27 new requirements as staff have developed policies for

review and proposed strategies and action items to streamline implementation. Service Coordinator caseloads have continued to increase, especially over the last calendar year. Resource developers have been stretched to meet new requirements for changes in our contractual agreements. Accounting staff have also implemented new requirements for billing and reimbursement without additional staffing to support the new work load. Our service provider community is stretched in similar ways as they attempt to do more with less resources as a result of the continuation of payment reductions.

I am proud that in spite of all the challenges, our developmental services community continues to understand and hold dear the importance of keeping sight of our mission, vision and values. Our Person Centered Thinking initiative is in place and going strong – we will continue to use these values and strategies to guide our collective work on behalf of persons with developmental disabilities and their families in the Tri-Counties area.

The TCADD Board of Directors have experienced a unique set of circumstances this year. In addition to our ongoing governing responsibilities, we have worked along side TCRC staff to implement a myriad of new cost saving mandates due to the ongoing State budget challenges, as well as continue to advocate to protect the entitlement feature of the Lanterman Act that is central to the well being of persons with developmental disabilities in California.

As the Trailer Bill Language for SB 74 and AB 104 was enacted into statute, staff have provided us with numerous new policies and policy revisions to review and consider for approval. With thoughtful consideration and awareness of our increasing responsibilities, we address these challenges remaining focused on hearing the facts, considering the realities and taking the best steps to create

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The TriLine is Going Electronic

Please help us direct funds away from printing costs and toward essential operations by opting in to receive the TriLine E-newsletter.

It is important that you visit our website to let us know your preference. A printed TriLine will only be mailed to those who opt-in to receive a hard copy. Visit our home page at www.tri-counties.org and look for the "Mailing List" link on the right. Select your opt-in preference and follow the prompts. If you don't have access to a

computer, you may call 805-293-1958 and leave your full name, physical address, email address and preference for electronic copy or hard copy.

Each 16-page issue costs over \$.75 to print and mail. We encourage only those without internet access or who have difficulty reading on-screen to opt-in to the hard copy list. Email questions to: hwennergren@tri-counties.org.



Upcoming Board Meetings

- Feb 3..... 6:00 pm (SB)
- March 10..... 9:00 am (SB)
- May 5..... 9:00 am (SB)
- June 2 10:00 am (Ven)

Upcoming Town Hall Meetings

- Jan 18..... San Luis Obispo
- March 21 Santa Barbara
- May 16 Simi Valley
- July 18..... Santa Maria