

# AWAKENING YOUR LEGACY

BIG IDEAS AND RICH CONVERSATIONS  
WITH NORTH BAY WOMEN



*We live in a remarkable time. It is a time for big, bold ideas about possibilities. It is a time where one person, one partnership, one idea can make a difference. It is a time to engage in conversations about visions that light up our own lives and inspire a brighter future for our world.*

In 2010, we will host nine Awakening Your Legacy evening events with women. You will have direct access to Bay Area thought leaders and innovators who are passionate about something that became their personal destiny. We pair this with compelling conversations with other North Bay women around intimate tables at the beautiful Ramekins Culinary School in Sonoma (<http://www.ramekins.com>).

Each month we will enjoy a simple, freshly prepared supper by our Ramekins chef and experience an unforgettable encounter with our speaker. Each speaker's story reveals how action transformed the speaker's own life and contributed to the greater good in vital areas like sustainability, health, new business models, and education.

We will then engage in thoughtful conversations to discover and support the fresh ideas and longings we perhaps didn't even know we had. We will dive into the questions of how we might give our energy and attention so that our life imprint both fills our personal cup and ignites our greatest contribution to the world.

With each event, we will create fertile ground for big ideas to stir and awaken so that each of us can move toward our own unique legacy.

To take part in this spirited initiative, email [sonomabigideas@gmail.com](mailto:sonomabigideas@gmail.com) or call Carole Peccorini and Chalon Bridges at 707-996-2167.



**A mother-daughter venture inspiring many women to discover their personal legacy and share it with the world.**

Chalon is a publisher and enjoys sparking a passion for learning in the next generation. Sonoma mom of two, Sam and Lucy.

Carole offers science and arts background to inspire women to open up the vision of their lives and apply new choices under all circumstances.



# SAVE THE DATES

**4TH WEDNESDAY EVENINGS**

**6:00 – 9:00 PM**

FEBRUARY 24

MARCH 24

APRIL 28

MAY 26

JUNE 23

JULY 28

AUGUST 25

SEPTEMBER 22

OCTOBER 27

**CO-LEADERS**

**Carole Peccorini RN, MA  
and Chalon Bridges**



*We have set a chair at the table for you.*

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**WEDNESDAY EVENING, JULY 28**

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**SPEAKER, HAI VO**

**YOUTH ENVIRONMENTAL HERO AWARD  
FOR REAL FOOD CHALLENGE**

FOLLOWED BY RICH TABLE CONVERSATIONS

**5:45 – 6:30 PM • ARRIVAL AND CASH BAR**

**6:30 – 7:15 PM • SUPPER**

**7:15– 9:00 PM • PROGRAM AND CLOSURE**

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**RAMEKINS CULINARY SCHOOL, EVENTS AND INN  
450 WEST SPAIN STREET, SONOMA**

**PRIX \$60**

**Advanced Registration Only - Deadline Monday, July 19**

Checks Payable To: Carole Peccorini, Sonoma Big Ideas

Mail To: 18398 Riverside Drive, Sonoma, CA 95476

Register online at <http://sonomabigideas.blogspot.com>

*Ramekins is providing a gift certificate for cooking classes for two at each event.*

*Drawing will take place following dinner and winner must be present.*

*No refunds. Cancellation a full 4 days in advance will be applied to the next month's event.*

*For information, contact Carole Peccorini and Chalon Bridges at  
(707) 996-2167 or email [sonomabigideas@gmail.com](mailto:sonomabigideas@gmail.com)*



*Food is personal for Hai Vo. “There’s nothing more intimate than the relationship between humans and food,” says this 2009 social ecology graduate of UC Irvine and winner of the Earth Island Institute’s Brower Youth Award as an Environmental Hero.*

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As a low-income student in the public school system, Hai Vo, the son of Vietnamese refugees, got free lunches but at a high price. “I loved soda, candy, anything greasy and salty like chicken nuggets or syrupy fruit,” he says. Now wiry, he tipped the scales at 250 pounds when he entered college.

Hai became a student leader in the Real Food Challenge to shift the four billion dollars spent annually on food at universities to “real” food. Instead of making food his enemy, it became his passion. Hai began studying food’s journey from the field to the fork. His personal health battle turned into a public effort. “I love social ecology’s emphasis on interdisciplinary community problem solving.”

In order to educate and connect students, Hai helped organize events to bring students together to “simply eat,” and to discuss their understanding of food. He also brought pencils and notebooks into the kitchens at UC Irvine to survey the food they

serve to students and discover how much sustainable food was used. He found that UC Irvine procured only 10% real sustainable food and then he worked with the University of California to develop a system-wide institutional commitment to 20% real food by the year 2020.

Hai is now immersing himself in urban farming, looking for innovative ways to grow food within a city. He also got a taste of farming as an intern at UC Davis which gave him fresh eyes about growing fruit trees and edible plants on school grounds. He’s “on a mission to understand the dynamic relationships between food and youth. How will we produce, consume, and sustain food in the generations in the come?”

Take a trip to the Farmers Market with Hai Vo, and his love of food, “real” food, becomes contagious. Can young people create Big Ideas and change? You bet they can!

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Check <http://sonomabigideas.blogspot.com> for a list of all upcoming events and speakers.

