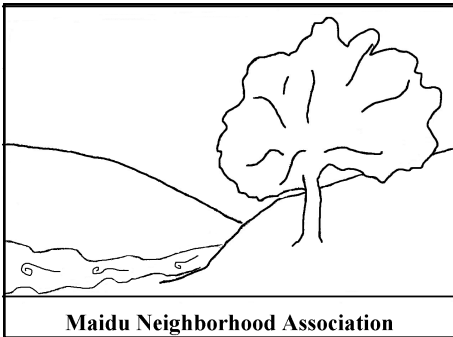


# MAIDU NEIGHBORS

RCONA

## MAIDU NEIGHBORHOOD ASSOCIATION

December 2012



### Holiday Safety Tips

by David Allen



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**For Emergencies: Call 9-1-1**

**Police Officers:**  
Cal Walstad 774-5040 X 3041  
Bryan M. Hays 774-5040 X 3075  
Lee Hendrick 774-5040 X 3112

During the winter holiday season, don't forget to take a few precautions to stay safe and keep thieves at bay. While out shopping, wear your handbag close to your body and put your wallet in a front pocket. Avoid shopping alone. That way, you'll have help carrying packages back to the car. If you need to put some purchases in your car before returning to the store, be sure to put them out of sight and consider moving your car to a different location. Thieves do watch parking lots for cars with valuable goods.

At home, keep fires at bay through prevention. Don't overload outlets with too many plugs. Light strings should have a safety certification label like Underwriters Laboratories. Don't string together any more lights than the manufacturer recommends. If you're not sure, limit it to three. Inspect and replace any damaged strings. If you have an artificial tree, be sure it has a safety certification label. If you are using a natural tree, keep it well watered and remove it from your home as soon as it begins to drop its needles. And never leave a candle unattended.



*The Maidu Neighborhood Association Board wishes you a joyous holiday season and a prosperous 2013.*

The next meeting of the Maidu Neighborhood Association will be held at Sargeant Elementary School, located at 1200 Ridgecrest, Roseville, in the Activity Room at 7 pm on Tuesday, January 22, 2013. The Activity Room is toward the back of the school. Enter off N. Cirby. (Note: There is no meeting in December.)

See Page 3 for the article on Mental Illness. Do you have a story to share with neighbors on this or another topic? Please contact us through our web site at [maiduna.com](http://maiduna.com). While there, you can see our newsletter archive.

*Search for Maidu Neighborhood Association on Facebook & "like" us.*

## Library News

by Fran Webb

The Maidu Library plans to close at 2 pm on December 24; it will reopen on January 2, 2013.



What's new for 2013? The library will have the new Integrated Library Computer System Koha up and operational January 2. Staff is looking forward to showing us all the new features we will have at our disposal. You will be able to access the new system via the web at [www.roseville.ca.us/library](http://www.roseville.ca.us/library).

**Mobile Tool Box** program continues at each of the three branches. Learn how to download library e-books and e-audio books to your mobile device or borrow one of the library's devices. Call for dates and times or use the library calendar at the branch or the calendar listed on library web site at [www.roseville.ca.us/library](http://www.roseville.ca.us/library).

Perhaps this is the year you'll come join Bobbins, Hooks, and Needles, a handmade needle arts group. The needle arts include crochet, embroidery (all types), hand sewing, hand piecing and quilting, knitting, lace making of all types, and rug-making. If you use a bobbin, hook, needle, thread, yarn, or fabrics, you'll fit in. We've been meeting for approximately one year. We are a friendly, low-key group. Bring your project and check us out on the third Saturday of the month at Maidu Library from 3 to 4:45 pm.

If you're planning to take a test for college or high school and need tutoring help, try the **Learning Express Library** resource, an on-line database. You will find information on tuition funding also. Check out [www.roseville.ca.us/library](http://www.roseville.ca.us/library), and click "online databases" on the left-hand side.

Looking for a good read for you and your family? **NoveList Plus and NoveList K-8 Plus** may help steer you in the right direction.

Remember to visit the library in January to get the updated view on what's new at the library and how to access all the services and features of the new Koha system.

### Maidu Museum & Historic Site

1970 Johnson Ranch Drive, Roseville  
(916) 774-5934

Maidu Museum & Historic Site is hosting a special event next month. On Saturday, January 19, from 6:30 pm to 8:30 pm, the public is invited to attend the 3rd Saturday Art Walk and Night Out at the Museum program. Meet Monique Sonoquie, filmmaker, educator, and activist. Monique will show a short film and speak about her experiences working with many Native Elders to document and learn about traditional foods and medicines, oral histories, language and crafts. Her documentary films on indigenous peoples have been shown around the country. Museum doors open at 6:30 pm. Program starts at 7 pm. The event is free; light refreshments will be available. Call the Museum at (916) 774-5934 if you have any questions.

### Neighbor Ad:

Do you need to replace your old faucet, dishwasher, toilet, garbage disposal, or water heater? I have been in the plumbing industry with residential and commercial experience for 25 years. I offer free estimates and reasonable rates. Michael Gervais, Plumbing Handyman Services, license #040777. Call (916) 337-1453.



## Responses to "Understanding Mental Illness" Article

by Scott Reid

*In September's newsletter we ran a story written by neighbor Janet O'Meara on "Understanding Mental Illness." She was responding to a neighbor's report, via our Watchmail list, of a young man who appeared to be behaving erratically in our neighborhood.*

*Janet recognized that the behavior might be because of drugs or alcohol, or it could be because of mental illness. Janet has experience with mental illness due to both her involvement with the Placer County Mental Health, Alcohol/Drug Advisory Board, and because of mental illness in her own family.*

*We received two responses to her article which we are quoting, below. Names have been removed to preserve neighbors' privacy and editing done for length and readability.*

### **One Mother's Story**

I received my neighborhood newsletter this past weekend and sat down to read it. The second page is titled "Understanding Mental Illness." Wow I thought this is great someone is spreading awareness right here in my neighborhood. I wondered if it might be Mental Health awareness month or something.

As I started to read, tears welled in my eyes. My father had a mental illness. What people don't understand can be scary. I too have hurriedly passed by someone acting strange, not showing compassion or stopping to ask if they need help. But, with mental illness in my own family, I have also stopped to offer a smile, a greeting or just a friendly nod. I have seen firsthand how someone can be acting strangely, but can then stop the behavior to return my greeting.

I have read recently that people with mental illness, as a group, seem to actually have better outcomes in third world countries with little access to first rate medical treatment available here in America. What sufferers of mental illness in those countries do have, however, is the support of a community of which they are always considered a part. Human beings are social by nature, and being an outcast in one's community is always hurtful, and may well impact the course of certain mental illness.

Thank you so much, Janet, for writing this article. I was so touched by this story. Tears streamed down my face from the first sentence, when I realized this article was about my own kind, gentle, and loving 19 year old son, who has been struggling with symptoms of mental illness. I welcome any support you have to offer.

### **Another Mother's Story and Suggested Resource for Help**

Hi...My daughter was diagnosed Bi-Polar beginning her twenties. I found a wonderful support group which operates out of Bayside called "Peace within the Storm." The facilitator of this group in Nancy Hopkins who was in a Bi-Polar marriage (her husband has passed). If you would like more information, this is her e-mail address: [2hopkins@att.net](mailto:2hopkins@att.net)

Having someone whom you love dearly with mental illness can be overwhelming. These people in this group helped me immensely. With their guidance and support I found some of my own sanity within this situation. I was able to get my daughter on social security at the age of 33. They were there when I lost her and decided to raise her 3 year old son.

Even though it is run and attended by many Christians, it is not a prerequisite nor do they push their faith. They are there for one thing... to support people. The information on medications, life experiences and visiting doctors, etc., are far beyond most people's expectations.

Best of all, you realize that you are not alone in this world. There are other people who share the same hopes and disappointments.