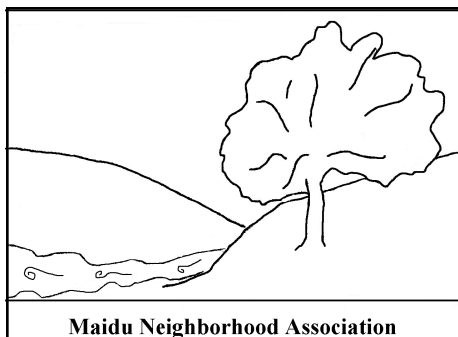


MAIDU NEIGHBORS

RCONA

MAIDU NEIGHBORHOOD ASSOCIATION

September 2012



Supervisor Uhler is Re-Scheduled

Placer County District 4 Supervisor Kirk Uhler had a work commitment last month and was unable to attend our neighborhood meeting. He has re-scheduled with us to speak at our September neighborhood meeting.

Please join us at Sargeant Elementary School, 1200 Ridgecrest, at 7 pm in the Activity Room, September 25. Don't miss this opportunity to speak to one of your elected official right here in our neighborhood. Following are the topics he will focus on:

1. County Budget
2. South Placer Jail
3. Reassignment of Prisoners to County Jails
4. Transportation
 - a. Highway 65
 - b. Placer Parkway

Maidu Neighborhood Elections

This is a reminder that our September meeting is the annual meeting during which we will elect individuals to the association board.

The following individuals make up the slate offered for elective positions. With one exception, these are incumbents who have served for varying number of years. They are Scott Reid, currently serving as Vice President; Mary Steele, serving as Treasurer; Mike Bardini and Dave Steele, members at large. We are pleased to add one more name, Lance Hibben, who has offered to join us for the first time this year.

We hope you will attend the September meeting as we vote for individuals to serve over the next two years.

Board of Directors

President:
David Allen 773-6254

Vice Pres.:
Scott Reid 773-3020

Treasurer:
Mary Steele 783-7791

Secretary:
Geoff Kragen 783-9051

RCONA Rep:
Jim Kidd 784-7024

General Board Members:
Mike Bardini 784-7581
Dave Steele 783-7791
Vicki Miller 786-3483
Ken Webb 774-2652

Newsletter Editor:
Shirley Brown 955-1909

WatchMail Host:
Jim Kidd 784-7024 (e-mail: jckidd@hotmail.com)

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

The August 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, September 25, 2012. The Activity Room is toward the back of the school. Enter off N. Cirby. Note: Guest Speaker Kirk Uhler will be giving a talk.

Find us on the web at www.maiduna.com

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

Understanding Mental Illness

by Janet O'Meara

This summer I received a neighborhood watch e-mail alerting us about a potentially-worrisome young man seen on one of our streets. The concern was that he was acting in an agitated, perhaps unstable, manner. Possibly this person could have been under the influence of alcohol/drugs, raising our concerns about safety. I wondered, however, if he was someone with a psychiatric disorder. As an Executive Member of the Placer County Mental Health, Alcohol/Drug Advisory Board, I am involved in issues related to mental illness. Also, I have a brother with schizophrenia living in another state so I understand these issues firsthand. I would like to provide a bit of information to address the stigma and fear that often accompanies the public's perceptions of persons with mental illnesses.

In one study I read, people were overwhelmingly supportive and understanding that psychiatric disorders are medical conditions and that no one develops a disorder as a result of making "poor choices." However, when asked about hiring a person with a mental illness or having such a person as a neighbor, that support fell way off.

It is no picnic to have a psychiatric disorder. You might hear, smell and see things that are not there. You might have beliefs (delusions) that others won't accept. Your thought processes might cause you to have jumbled, confusing speech. Bipolar (used to be called Manic Depression) and Major Depressive disorders are also serious mental illnesses and they too, when untreated, can cause symptoms that we label as "crazy."

If all you know of mental illness is what you read in the paper, your view will be very skewed. In truth, the majority of persons with a psychiatric diagnosis treat their conditions with a combination of medication and cognitive therapy. They live amongst us and unless they share their conditions with us, we wouldn't know they have a mental illness. Sadly, however, there are still many persons with mental illness either not receiving treatment, or who are still symptomatic even with medications. But I can assure you of this---science and statistics have borne out that persons with mental illnesses are no more violent than anyone else. Mentally-ill persons are more likely, however, to be the victims of violence. Suicide rates are also much, much higher.

It takes a lot of energy for many persons with a mental illness to walk amongst "normals." People can be judgmental and mean. We should strive, however, to treat ALL persons with disabilities with compassion. So back to that strange young man cited in the e-mail. Certainly, all of us understand it is normal for unusual behavior to raise our defenses, but if he, indeed, has a psychiatric disorder, we ought to view him with kindness, not aggression. A smile and a gentle hello are non-threatening. If the young man is someone with a mental condition, he won't likely be trustful of a stranger's questions but eventually he might be. It would be good to know where he lives so that if there is some problematic behavior, it could be brought to the attention of his parents. The age of onset of schizophrenia is around this 17-23 age group, so it is possible that he is either undiagnosed or resistant to treatment (bipolar and depressive disorders can start at early or older ages). A caring community can be a godsend to a person struggling with mental illness and to his/her family.

If you want to understand more about mental illnesses, or if you are a family having your own struggles in this area, there are wonderful web sites that provide both education and support. The NAMI (National Alliance for the Mentally Ill) organization's web site is one of the best. Our state's affiliate is NAMICALIFORNIA.org. I would also welcome any comments or questions. I am knowledgeable about the services offered in Placer County.

I'm also working with some others to get a support group started in the Roseville area for families. If anyone has questions or concerns about these things, I am always willing to help. You can contact me by sending a message through the Maidu Neighborhood Association web site, www.maiduna.com.

National Night Out

by Scott Reid

On the evening of August 7th, Maidu Neighbors gathered at Willard Dietrich Park next to Sargeant School to celebrate National Night Out. As an incentive to come and meet neighbors, the Maidu Neighborhood Association served ice cream.

About 50 neighbors participated at various times during the evening. Members of Roseville's Fire and Police Departments also showed up to talk with neighbors.

Our thanks to Target for supplying the ice cream toppings!

Library News

by Fran Webb

Thanks for all who took the opportunity to fill out the library's survey, helping plan how the library will interface with the community from now through 2014. My husband, Ken, and I participated in the Library's Strategic Task Force along with ten others on August 15 at the Maidu Community Center. It was a very interesting exchange between the public and library staff; targeting what we like, what we need, what we wish we had.



During the course of that meeting, it became apparent that few were aware of how the library's floating collection works throughout the three branches: Downtown, Maidu, and Riley.

I often hear from patrons of our Maidu Branch, "The really good books or movies are at another branch." The floating collection is your answer. In order to maximize purchasing power and to present us with as many options as possible, this floating collection was established by the library in 2008.

How can the floating collection work for you? Think of it as you do Netflix. From the comfort and convenience of your own home, you can access the library's catalog via the internet and display the entire collection of all three branches: books, movies, music cds, audio books, best seller lists, listings of recent acquisitions. Hint: you can also use the library's computers at the branches.

Now here is the best part. You can request any of the material that you are interested in and when it becomes available, the library will deliver it to the Maidu branch and notify you by telephone or e-mail that your items are ready for pick up. Like Netflix, the most popular items may not be immediately available but request it and it will be in your queue. Your request is in the system and will come up shortly. Work with the library to get started on this and expand your choices. Use the floating collection to your maximum advantage.



Light Bulb Exchange

By David Allen

Did you know you can get up to ten new light bulbs from the City of Roseville free? Just bring up to ten working incandescent standard or flood light bulbs to the Roseville Utilities Exploration Center and receive compact florescent light bulbs of the same type and light output. Search "Roseville CFL Exchange" on the internet, e-mail rosevilleelectric@roseville.ca.us or call 79-POWER to learn all the details before you go. The address for the Utilities Exploration Center is 1501 Pleasant Grove Boulevard, Roseville. The Exploration Center shares a building with the Martha Riley Library. You can telephone the Exploration Center at 746-1550.