

FAITH & SPIRIT



2009 Was A Banner Year For Our Bull Elephant Project!

Your donations, and creative fundraisers, have helped fund 7,500 linear feet (\$168/linear ft.) of bull elephant fencing which will allow us to rescue one more bull elephant and to expand Nicholas' current space! In the very near future, Nicholas will have the opportunity to visit Gypsy and her girlfriends down the hill, giving new meaning to "talking over the fence with your neighbors." After extensive research, we have determined that Nicholas' habitat is much larger than any bull elephant enclosure in this country, and possibly in the world. With your help, other bull elephants will come to ARK 2000 and join Nicholas in this spacious bull elephant habitat.

The new barn, Ned's Barn, will accommodate one more bull elephant, and the new habitat is spacious enough for two more bulls. Unfortunately, socializing bull elephants is a long, laborious and dangerous project, so we must provide ample space for each individual during that process. If our negotiations are successful, at least two new bull elephants will arrive early this year, so construction must continue at a fast pace. We will need another barn and, yes, more fence!

We hope all of you will continue to help us fund freedom for bull elephants. There are so many bull elephants, like Nicholas, who need space, peace and FREEDOM! Please continue with us: hold bake sales for bulls, white elephant sales for bulls, EBAY and CraigsList for bulls, post flyers around your office and around your town. Ask your friends, family members and business associates to donate a buck for a bull elephant. And thanks to all of you for your efforts! Please help us make 2010, The Year of The Bull! Sincerely, *Pat Derby*, President, www.pawsweb.org.

Soccer Instead of Unsafe Sex

About 20 men sat on chairs at the HIV/AIDS Resource Center in Katuna, Uganda, intently watching a match between Manchester United and Chelsea on a small television. Along with the pool table, board games, and additional television downstairs, soccer games provide a much needed distraction for the long-distance truckers who have to wait for their vehicles to be cleared by customs before entering Rwanda.

But just eight months ago, instead of television and camaraderie among workers, the easiest diversion for truckers was sex. Katuna is one of many towns along what is known as the Northern Transport Corridor—a span of highway that stretches from Mombasa, Kenya through Uganda, Rwanda, Burundi, Democratic Republic of the Congo, Sudan and all the way to Djibouti.

In the past, the truckers were often delayed for days on the border, giving them little to do. Boredom—and drinking—often led to unsafe sex with prostitutes at the truck stops along the highway. As a result, truck drivers have one of the highest rates of HIV/AIDS in Eastern Africa. Unfortunately, the virus doesn't stop with them, and is often spread to their spouses.

Now, thanks to the work of the Solidarity Center, a non-profit launched by the American

Federation of Labor and Congress of Industrial Organizations (AFL-CIO) to empower workers around the world by helping them form unions, and Uganda's Amalgamated Transport and General Workers Union (ATGWU), which has about 3,500 members in Uganda, the amount of time truckers spend on the border has been reduced from days to just hours.

These resource centers "provide alternative activities to truck drivers as they wait for their travel papers to be processed." Many of the things truckers can do at the centers are educational, getting information about how to prevent the spread of HIV/AIDS, as well as working conditions, workplace safety, and reproductive health.

The Katuna resource center, like many others dotted along the transport corridor, offers training and education to truckers and sex workers, and provides reading materials like pocket guides explaining sexually transmitted infections and the dangers of letting them go untreated. More than 150,000 truck drivers and community members have received prevention services, care and support information through one-on-one or community group outreach.

They also direct infected truckers to local medical services, and reproductive health information for both truckers and their spouses. In addition, the Center builds solidarity among truck drivers, providing a place for them to channel their industry grievances, while also successfully encouraging them to join unions.

Low wages, lack of benefits, and long absences from home put truckers at high risk of HIV infection; improving their working conditions through collective bargaining is an important part of the prevention strategy. "These {people} are a very vulnerable group," says Edward, "because they don't have time with their families and they also don't have access to medication because all the time they are in transit."

Maseruka Ayubu, a trucker for fifteen years, travels monthly from Mombasa to Katuna, carrying cement—and also food aid to refugees in the Sudan. He said that the resource is important "because instead of having girls and having sex – we are putting our minds here...".

Maseruka has also become a volunteer peer educator at the Center, teaching other truck drivers about the need to be informed about their sexual health, helping them organize, and letting them know the importance of their union. Other resource centers have also been opened in Kenya, Tanzania, Southern Sudan, Ethiopia, Rwanda, and Burundi. Bernard Pollack and Danielle Nierenberg are blogging about their travels at www.borderjumpers.org.

Family's Generosity Benefits Retirees

Cameron Park, CA – At retirement community, Ponté Palmero, a legacy left in honor of former resident, Lori G. Pilegaard, can help others enjoy what she had.

Just a few days before Thanksgiving, one of Ponté Palmero's most active and vital residents passed suddenly. She was one of the community's first residents and its most vibrant "Resident Ambassador." In her memory, her family has dedicated \$1.5 million to a fund to help new Ponté Palmero's residents offset up to 50% of their rent.

"Mom had a dream of what Ponté Palmero could become—a healthy, thriving community for active older adults," reports Lori's son, Erik Pilegaard, owner of Ponté Palmero. In Lori's memory, her family has established a fund to help other local families share in her vision. "Lori understood that today many older adults are waiting to move into the next phase of their retirement," said Tracy Freudendahl, Administrator of Ponté Palmero, who added, "The burdens and uncertainties of these economic times are delaying the decision for many families."

The Lori G. Pilegaard Legacy Fund was created to allow a limited number of families to enjoy the benefits of Ponté Palmero sooner, rather than later. "Mom wanted her neighborhood to be chock-full of happy neighbors," Pilegaard said, "This is our way of honoring her wish."


Applications will be accepted on a first-come, first-served basis until the Fund is exhausted. A ceremony to acknowledge the first recipient will be held in conjunction with Ponté Palmero's Aging Adult Health and Wellness Fair on January 19, from 11am to 3pm in the Clubhouse.

For more info about the Lori G. Pilegaard Legacy Fund, contact Janet Saitman or Ilisa Gallant at Ponté Palmero, 3081 Ponté Morino Drive, Cameron Park, or call (530) 677-9100. Janet Saitman, Sales and Marketing Director, Ponté Palmero, 3081 Ponté Morino Drive, Cameron Park, CA 95682. Call 530.677.9100 | 530.748.5763; Janet.Saitman@eskaton.org; www.eskaton.org.


2010 Calaveras Follies

Our 6th Annual Hilarious Musical Revue Starring Calaveras County "Celebrities" April 17, 2010 * Frogtown * 6:00 pm, Appetizers * Raffle * No-Host Bar. \$50 per person * Call (209) 536-6302 starting March 1st.

'Lord, hold our troops in your loving hands.. Protect them as they protect us. Bless them. Amen.'



Sutter Amador Hospital
A Sutter Health Affiliate



Introducing a new member of our Medical Staff...

General Surgeon
Glenn Levine, MD, FACS

Sutter Amador is pleased to announce the addition of general surgeon, Glenn Levine, MD, FACS to their medical Staff.

Dr. Levine has been a board-certified surgeon for over 17 years. He received his MD from the State University of New York, Downstate Medical Center in Brooklyn, NY and completed his internship and residency at the University of South Alabama Medical Center in Mobile, AL.

Dr. Levine has been in California for 11 years and performs standard general surgery procedures, including basic and advanced laparoscopic surgery.

He is currently seeing patients on Court Street in Jackson. To make an appointment with Dr. Levine, ask your care provider for a referral or contact his office at: **(209) 223-1854**