

M a k i n g A D i f f e r e n c e

NAMI Peer-to-Peer Recovery Course

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...include current information about a range of mental illnesses, such as depression, anxiety, psychosis, bipolar disorder, obsessive/compulsive disorder, and post-traumatic stress syndrome.

In addition, each class offers a wealth of skills for stress reduction and relapse prevention, such as relaxation exercises, strategies for supportive (non-judgmental) speaking and listening, opportunities for personal storytelling and mutual support, self-advocacy within an environment of social stigma, and other practical applications for day-to-day challenges that face "consumers" of mental health. Each week builds upon the last, offering a variety of tools with which to better understand and manage one's life.

Classes begin on Monday, January 16 from 6:30 – 8:30 P.M. and ends March 19, 2012. A second 10-week course will begin on April 16, 2012 and end June 18, 2012. Location will be announced.

Call Lois Johnson at 209-267-0985, Michael Eslinger, 419-0006 or Alysse Adularia 256-4700 for more information or to sign up for the course. The Family-to-Family education and support program is a free, 12-week course also offered by NAMI Amador, beginning in

mid-March. Offered throughout the United States, in Canada provinces and Mexico, 250,000 family members have participated in the program since 1991.

The goal is to provide education about mental illness and treatments, emotional and practical support, and problem solving and communication skills for family members and caretakers of those with a mental illness. For more information, please contact Kelly Trotter, 223-9133.

RECIPES

keyingredient.com lets you store your recipes in a virtual "cookbook" on your computer or smartphone, share it with other users and browse their collections for free. You can join, sign in with Facebook or Twitter. Collect, Meet, Shop! Great fun!

The Woman's Club of Jackson

cordially invites all Women of Amador County to our Friday, January 6 luncheon meeting. Guest Speaker Jackson's Mayor, Connie Gonsalves will bring us up to date on the revitalization efforts of our historic City. Registration is at 11:30 am; at 12:00 a hot luncheon, with all the 'fixings, for only \$7, will be served. Join us in friendship and meet us at the Native Son's Building, Excelsior Parlor #31, on Court Street (up from Main Street downtown Jackson). For more details, or to RSVP, please telephone Barbara Fogg at 209-223-4193 or Jane at 223-4092.

Free Internet training offered

(San Andreas, CA) – Are you, or someone you know, not yet using email or the Internet? Here's a chance to get connected! A free, basic Internet computer class will be offered in January at the Mark Twain St. Joseph's Hospital Community Education Center located at 768 Mountain Ranch Road in San Andreas.

The eight hours of training is provided in 2-hour sessions held on Tuesdays and Fridays from Jan 10 thru Jan 27, 2012. Three class times are available: 10 a.m. to 12 noon, 1 to 3 p.m., and 3:30 to 5:30 p.m. The training is sponsored as part of California Connects, a federally funded program administered by the Foundation for California Community Colleges through the Great Valley Center in partnership with Mark Twain Hospital.

The classes are targeted at low income and Spanish speaking adults who are not already using the Internet and who may not have access to broadband technology.

The Calaveras County trainer for California Connects, Lynn Reinecke, will teach basic Internet skills in English and Spanish. To sign up for the class, call (209) 286-7161. More information on the California Connects program is available at <http://www.greatvalley.org/caconnects/index.aspx> or at www.caconnects.org

Six Flags

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...tasty. Soft drinks and coffee are also included. The Happy Holidays show was a musical set performed by five talented young people. They did six songs that ranged from cute to funny. It lasted just long enough to enjoy, but not too long for the kids in the audience to get restless.

The staff of Discovery Kingdom was friendly and helpful throughout the day. Whenever we spent too much time looking at the guide map, someone would come and ask if we needed help finding anything. (the map is one thing that could be improved on; it was not detailed enough to find our way to the things we wanted to see.)

The people working there seemed to really enjoy what they were doing, and it showed in how they interacted with the park guests. And one thing I had never seen before in a theme park were the little bonfires they had going in several places around the park, so if you got too cold, you could always warm your hands and chat with the staff or other guests.

The park is open daily from December 17th to January 1, 2012 except Christmas Eve and Christmas Day. (Another difference from Disneyland – I worked every Christmas Eve and day in my career there!) The hours are limited, so plan ahead and get there right at opening time to enjoy all they have to offer.

By the way, the directions on the website are not quite accurate from the Sacramento area, but just take to I-80 West, and then Highway 37 West; get off at the first exit and turn left on Fairgrounds Drive, Vallejo.

If you can't make it down to Disneyland, or just want to avoid the crowds and hassle, Six Flags Discovery Kingdom is a great way to treat the kids and have a fun time yourselves (and not spend the whole day doing it!) Have a great time and a wonderful holiday season! For more information on Six Flags and upcoming attractions, visit sixflags.com/2012news.

SUTTER CREEK OPEN HOUSE

The staff at the Sutter Creek Post Office would like to wish everyone a very Happy Holiday Season. We appreciate your support and patronage that you have shown us through the year. Please stop by for coffee and cake Dec 22, 9:00 am-3:00 pm. Also we will be serving samples of our #1 Chili that earned us first place in the Sutter Creek Chili Cook-Off (After 12:00).

Thanks, Debra A Baker
Postmaster EAS-18 Sacramento District, 3 Gopher Flat Road, Sutter Creek Office
209.267.0128

Californians win Senior Poets Laureate contest awards

Josephine Carpignano, 83, San Mateo, won the 2011 California Senior Poet Laureate award in the 19th annual National Senior Poets Laureate Poetry Competition for American poets age 50 and older. Her poem "The Yellow Bus" went on to win the National Senior Poet Laureate Runner-Up Award. Dr. Carpignano is a retired school psychologist. National Senior Poet Laureate Award was won by Raynette Eitel, 74, Las Vegas, retired school counselor, for "At the Irish Pub."

Other California poets who won awards were: Harold E. Grice, Salinas, writing as Theodore Skaggs, North Dakota Guest Senior Poet Laureate for "Trav'lin Money"; Ray Malus, Woodland Hills, Scribe's Scroll Award, "Trust"; Bruce Howard Hamilton, Monterey, Golden Pen Award, "To Remember Life"; and Honor Scroll Award winners Ninette Freed, Palm Desert, "Caressing My Tiger"; Neal Whitman, Pacific Grove, "Der Taschenspieler"; Juanita J. Martin, Fairfield, "Van Gogh's Summer."

All winning poems appear in Golden Words online at: www.amykitchenerfdn.org

Plymouth Area Volunteers Needed

Plymouth Economic Development "promotes, attracts and retains business development for the betterment of the Plymouth area while preserving and enhancing the unique heritage and harmony with the surrounding environment". It is looking for volunteers to assist them in various projects that include a wide range of interests.

The group addresses the needs of the Shenandoah Valley and Plymouth region by working hand in hand with local businesses, business groups and government to accomplish specific economic goals:

A coordinated marketing approach that includes the City of Plymouth, hospitality, wineries and the Fair/Event center, and then marketing in a synergistic way. This includes revitalizing the Main Street of Plymouth with the intent of making it something residents can be proud of and in a way that will attract more businesses. There will also be work on the Highway 49 strip to improve the visual city entry.

The committee meets on the odd numbered months, on the 3rd Tuesday at 8:45 AM at the Amador Vintage Market, 9393 Main Street, Plymouth, CA. The next meeting will be on January 17, 2012. For further information, call Rick Sanders at 209-245-6973.

Reservations a Must!

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