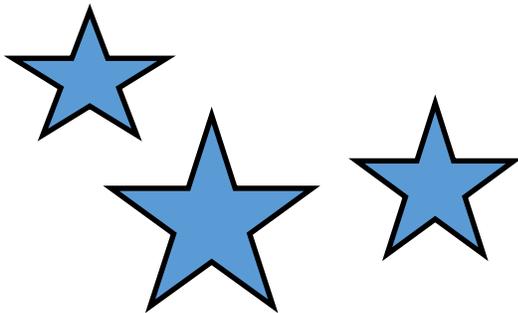




November 2019

Resiliency Village's mission is to improve the quality of life for our unsheltered and otherwise traumatized citizens. We provide fundamental on-site services, creative art therapies, skill-building, and the model of a healthy lifestyle, supporting the opportunity for a self-sustaining future through housing, healing, and hope.



What are we up to? First things first!

Saturday, December 7, 9 AM – 4 PM

Sonora Wal-Mart

Winter "Stuff the Bus" sponsored by

Resiliency Village

Winter brings challenges for those without adequate shelter and clothing. The "Stuff the Bus" project gives our community the opportunity to support people in need by providing the necessities required for comfort and survival.

Please consider giving the following:

Jackets * Sweaters * Rubber boots

Hats and beanies * Leggings * Warm socks

Tarps * Blankets * Sleeping bags

*** Sleeping pads * Tents**

Hand warmers * Personal hygiene items

Flashlights * Batteries

Thank You!



You can also contribute at

The Jamestown Family

Resource Center

Call 984-4704 or 352-7763

for more information

Imagine living outside in these conditions: Tuolumne County gets 41 inches of rain, on average, per year, mostly in Winter. This region averages 63 inches of snow per year.

Weather Chart for Sonora, December 2019

1  53°/33° Hist. Avg. 59°/40°	2  52°/39° Hist. Avg. 58°/40°	3  57°/38° Hist. Avg. 58°/39°	4  58°/35° Hist. Avg. 58°/39°	5  61°/36° Hist. Avg. 58°/39°	6  61°/38° Hist. Avg. 58°/39°	7  58°/36° Hist. Avg. 57°/39°
8  58°/35° Hist. Avg. 57°/39°	9  52°/35° Hist. Avg. 57°/38°	10  55°/32° Hist. Avg. 57°/38°	11  52°/34° Hist. Avg. 57°/38°	12  51°/33° Hist. Avg. 56°/38°	13  50°/34° Hist. Avg. 56°/38°	14  53°/28° Hist. Avg. 56°/38°
15  50°/33° Hist. Avg. 56°/38°	16  50°/30° Hist. Avg. 56°/38°	17  48°/26° Hist. Avg. 56°/38°	18  48°/27° Hist. Avg. 56°/38°	19  47°/33° Hist. Avg. 56°/38°	20  48°/33° Hist. Avg. 56°/38°	21  52°/28° Hist. Avg. 56°/37°
22  51°/28° Hist. Avg. 56°/37°	23  50°/31° Hist. Avg. 56°/37°	24  52°/36° Hist. Avg. 56°/37°	25  54°/36° Hist. Avg. 56°/37°	26  53°/39° Hist. Avg. 56°/37°	27  56°/37° Hist. Avg. 55°/37°	28  54°/35° Hist. Avg. 55°/37°
29  54°/38° Hist. Avg. 55°/37°	30  55°/37° Hist. Avg. 55°/37°	31  54°/34° Hist. Avg. 55°/37°	1/1  51°/29° Hist. Avg. 55°/37°	1/2  51°/29° Hist. Avg. 56°/37°	1/3  51°/32° Hist. Avg. 56°/37°	1/4  56°/35° Hist. Avg. 56°/37°

A Note from Mark:

We are moving into the holiday season. For most of us, it's a time of family, good cheer, happy memories and reflection on our blessings. We are reminded of all we have to be grateful for and the promise of a better future. But for unsheltered people and those struggling with the effects of trauma, poverty, health issues, and substance abuse there is a different dynamic. The holidays can bring up a sense of isolation and loneliness.

For over 12 years, my mom ran a suicide prevention hotline after years of working the phone lines as a volunteer for the organization. She would talk about the increased call volume and level of despair the callers expressed starting in November and running through the early new year. Suicide attempts and other harmful behavior increase this time of year all across the country. People miss lost loved ones and feel the weight of isolation more this time of year. Depression is a real threat to our communities during the holiday season.

It's more important than ever to be kind during this time of year. How often do we turn our heads or cross the street to avoid an unsheltered person asking for help on the corner? Do we go along with the conversation when others start to disparage street people as lazy and not deserving of our help or do we speak up with compassion, concern, and kindness?

Perhaps this is the year to offer a little something to eat and a hot drink to someone you would normally shun and strike up a conversation. Try to get to know an unsheltered person or adopt a family on the margins for the holidays. I always gain insight when I step out of my comfort zone and reach out to people in need of kindness. That little moment of compassion can change the day and maybe the life of someone in need. Just a smile and a greeting can have an impact. Every one of us has the power to pile on to the struggle or lift someone up with every interaction we have. Be kind.



A Note from Shelley:

As foothill residents, we've all experienced the inconvenience of the PGE shut-offs of late. For two, three, maybe four days in a row, we lose power. The food in our refrigerators thaws. At night, we do without television, computers, radios, and in some cases, our cell phones and/or landlines. We have no way to do laundry. Water may be an issue. If we don't have a wood stove, we have no heat.

Most days, electricity permitting, we can flip a wall switch, and like magic, warm air heats our houses. Upon turning a handle, a flow of water runs from our taps. We have clothes washers and dryers, television, computers, radio, and phones that allow open communication with family and friends. But in the camps on Stockton Road, or behind Lowes, or in other places around the county, these "necessities" are luxuries. The inconveniences we feel during power outages are daily occurrences.

Those who visit the camps have seen first hand what its like in cold weather: tents, tarps, and sleeping bags soaked through by rain; tents, tarps, and sleeping bags lying in the mud; no water for cooking or cleaning; cold food, or no food; piles of dirty clothes; people with infected lesions and open sores; lack of proper heat, and sanitary supplies. Little or no transportation.

These last few weeks brought new meaning to the phrase "short-term" inconvenience. I *will remember* the people who live in the woods the next time I light candles during an outage, or when I throw a piece of wood in my stove, or turn on the tap, or throw a load of laundry in the washer.

Today, this moment, I am snug in my home. Tomorrow—who knows? What would I do? How would I get by if it were all gone in an instant? As we approach this season of giving, and our annual Stuff the Bus event grows near, I hope you will consider donating a coat, a blanket, perhaps a sleeping bag or tent. Simply said, in the camps, these items make life a little easier.

A Note From Brenda:

My oldest sister, Cherie, is an inspiration to me each and every day. A year and a half ago, it was a very hot summer where she lives in Southern California. She always keeps a case of water in her car. As she was coming into town one day, she saw homeless people around and realized they had no place to get clean water, so she stopped and offered a man a bottle of water. He was thrilled and grateful. So she decided to give out all her water and bought some more. Then one day, she almost hit a homeless man because it was dusk and he had on dark clothes. She went out and bought safety vests at the Dollar Store and added them to the bottled water, asking each homeless person she saw to wear them so they could be seen. Again, the response was gratitude.

One day she called me and asked if when I travelled I would bring home the soaps and shampoos that I didn't use from hotels so she could add those to her pack. She asked everyone she knew who travelled to save them for her. When her husband died and we were cleaning out his clothes, I asked her what she wanted me to do with the many packages of his unopened socks. She decided to add socks to her growing pack for the homeless.

Winter came, and my sister realized how cold it was for the homeless to live outside, so she added gloves, and then hand warmers. Now she had to buy bigger bags to make each individual pack. All year long, as she made up packs, she distributed them to homeless people she saw, and made more. She said she has never had any homeless person make her feel uncomfortable or afraid. All she has seen is gratitude and smiles.

My sister is not a wealthy woman, just a kind and generous one, who saw that an act of kindness could make a huge difference to one homeless person at a time. I think about her everyday and the quiet way she goes about caring for homeless people with no need to be recognized for what she does. Kindness and dignity bring hope, the first step towards healing.

You are invited! Please save the date!

It's our first Resiliency Village open house. Any questions, please contact us. We'd love to hear from you.

You can RSVP at info@resiliencyvillage.org or call us at (209) 396-5554



**Dec. 14, 2019
4-6pm**

Meet and Greet: 4:00
Presentation: 4:15
Potluck: 5:00
Community
Drum: 5:30

**Meet
the team**

**Learn about
our plans
and progress**

**Enjoy an
optional potluck
dinner**

**Door
prizes!**

holiday
OPEN
house

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www.ResiliencyVillage.org/OpenHouse