



Stanislaus CONNECTIONS

Working for peace, justice and a sustainable environment

A MODESTO
PEACE/LIFE
CENTER
PUBLICATION

SEPTEMBER, 2015
VOLUME XXIV, NO. 1

Peace Center embarks on new project: Full power FM radio station

By JAMES COSTELLO

After six long years of decision making that eliminated six other applicants, on August 12, 2015, the Federal Communications Commission (FCC) granted the Modesto Peace/Life Center a *construction permit* for a full power radio station at the FM frequency of 95.5. But the FCC also decided the Center would either share the station with Calvary Chapel of Turlock or one party could buy the other out. We decided to share. Together we have three years to get the station up and running. We will split the broadcast air time. Calvary Chapel will broadcast from 2 AM to 2 PM each day; the Center will be on air from 2 PM to 2 AM.

How will a non-sectarian left-leaning organization like the Peace/Life Center get along with a conservative church? If our previous meetings to work out an agreement are any indication, we will get along quite well. Negotiating meetings between John Frailing and James Costello representing the Peace Center, and Calvary Chapel's pastor, Robert Monroe, and the church's administrator, Jason Clendenin, have been very cordial and fruitful. It is in both of our interests to work together so we can both succeed.

History

In 2009, in a very rare move, the FCC opened up the 95.5 frequency in our local area for nonprofit organization applicants. The Peace Center recognized an exciting, once-in-a-lifetime opportunity to create a

continued page 11

Visions of the Homeless: Part I

By ERIC CAINE – Special from *The Valley Citizen*

Modesto under siege

Summer of 2015 they appeared like an alien fungus, some pale, wan, jaundice-tinged, others large, dark, and gnarly. They plopped down in our parks and along the canals, raising levels of alarm and loathing to dangerous heights.

For a long while, their eccentric orbits had been confined to a peripheral loop skirting the edges of downtown Modesto—the Empowerment Center on Olive Avenue to the north west, south to Salvation Army Headquarters, south again to the Haig Berberian building at Ninth and D Streets, and then east to the Gospel Mission on Yosemite Boulevard. Then, suddenly, for reasons that can only be speculative, they attained escape velocity and landed in plain sight. And there were more of them—a lot more—dozens upon dozens!

They had emerged all at once from sheltered riverbanks, hidden land-coves, and seldom trodden alleyways, and appeared before us like a vision from the Inferno. God forbid, they were even sleeping behind our houses!

Some travelled light. Others showed up with elaborate conveyances that took found materials and human ingenuity in new directions. Okie-rigged contraptions powered by bicycles and human sweat, trailing containers comprised of anything from wooden carts and baby carriers to plywood slabs riding on skateboards, to wheelchairs. Shopping carts were for the old and infirm, none of whom seemed to last too long in the shimmering summer heat.

The screamers and stompers were every



Homeless Transport: Wheelchair Attached to Bicycle

bit as scary as creatures from the *Zombie Apocalypse*. Those in the know claimed it was bad dope that had put the otherwise passive user population into a maddened frenzy. Whatever the cause, it wasn't unusual for residents near downtown and surrounding parks to come upon the horrid sight of a howling lunatic lurching down the middle of the street screaming epithets and brandishing knobby fists on stinky forearms, braving oncoming traffic head-on.

The collapsed cheeks of the speed freaks with their noses tipping ever closer to the ends of their chins, the bloated red faces of the albies, and the rising stench of soiled clothing, unwashed bodies, spoiled food, and things we'd rather not know about all added up an unqualified compulsion to, "Get them the hell out of here!"

The loudest complaints came from the tony La Loma neighbourhood. Long-plagued by its proximity to the airport district, the Gospel Mission, and a section of seedy industrial blight along Yosemite Boulevard, La Loma residents stayed wary and alert most of the time, but this summer's tsunami of wrecked humanity caught them off guard. Those

who'd purchased houses along Dry Creek and near Kewin Park suddenly saw their idyllic surroundings infested by red-eyed creatures with hard, matted hair, who stunk worse than high traffic cat boxes.

There were stories of hypodermic needles littering the ground, public fornication, and random piles of human excrement. The homeless commandeered picnic tables, trashed public restrooms, started fires, and left slime trails of rotting garbage wherever they went.

Just when the problem seemed to be reaching critical mass, some of Modesto's finest citizens came before the City Council with their tales of horror. And, in a show of what government can do when it really wants to, the filthy hordes had vanished within days. Mostly.

There was still the odd sleeping human form or two out there on the park lawn, but without approaching more closely, who could be sure it really was one of the homeless? Maybe it was merely a napping citizen—someone who actually had a right to be there. As long as there were no piles of bulging plastic bags atop baby carriages and shopping carts, as long as there were no bottles strewn about, it was hard to tell.

And it only took a moment's reflection to realize they weren't gone, really. Out of sight? Yes. But not gone, not really gone as in, "gone for good." But as long as they stayed away, maybe it really didn't matter. Out of sight for most good people was as good as gone—unless they came back.

<http://thevalleycitizen.com/visions-of-the-homeless-part-i/>

Next: Part II: What would Jesus do?
Go to page 6...

READERS! Sign-up for our e-edition!

Get the latest e-edition of Stanislaus Connections delivered right into your email box!

Can enlarge text to read more easily! Print out if desired!

To sign-up, send your email address to Jim Costello, jcostello@igc.org

If you do not have Adobe Reader, download it free from <http://www.adobe.com/downloads/>

INSIDE CONNECTIONS

LOCAL	2
PEACE ESSAY CONTEST	3-4
EXERCISE	4
TUOLUMNE RIVER	5

HOMELESS	6
HOMELESS SOLUTIONS	7
PEACE & JUSTICE	8
GREEN TIPS: SCIENCE CAMP	10
SOLAR COOKING	11

International Conference: Practicing Sustainable Agriculture to Restore Ecosystems and Mitigate Climate Change

When: September 4th & 5th, Richmond, California

Where: Memorial Civic Center Complex, 403 Civic Center Plaza, Richmond California

Inspired by Dr. Vandana Shiva's book, *Soil Not Oil*, the 2015 Soil Not Oil Conference examines the crisis on food security while highlighting the implications of oil-based agro-chemicals and fossil fuels in soil depletion and climate change. This conference will focus on educating, through national and international experiences, about the multiple problems and possible practical solutions that surround the profound consequences resulting from synthetic enhanced agriculture in industrialized nations.

The conference organizer, Soil Not Oil Coalition, is a cross-sector, multi-level and inter-ethnic alliance of over 50 organizations, scientists, farmers, businesses and individuals coordinated by the Biosafety Alliance.

Join international leaders, farmers, scientists, community members and environmental and food justice advocates for workshops, presentations and networking opportunities.

Get the knowledge you need to support the movement and advocate for a sustainable future for all living beings. For more information, registration or volunteering opportunities go to:

<http://soilnotoilcoalition.org/> or contact us at soilnotoilcoalition@gmail.com

See more at: <http://soilnotoilcoalition.org/#sthash.GqD1w9wU.dpuf>

Local Youth Program Celebrates 10 Year Anniversary!

Modesto Sound is celebrating its 10th Anniversary! The organization's milestones include training over 160 youth on job skills, creating 115 radio interview & music shows, and holding music camps. Its newest program is a certified Audio Technician program for high school and college age students. To celebrate Modesto Sound having a *Tropical Garden Fundraiser Concert* on **Saturday, September 19th** from 5-8:30 PM at **3440 Wycliffe Drive** in Modesto.

What Modesto Sound Does

Modesto Sound combines youth arts education with music technology services. This combination enables a thriving business (music recording, and concert services) to provide youth with an exciting hands-on educational experience that increases sought after **skills of creativity, communication, teamwork, and leadership.**

Tropical Garden Fundraiser Concert September 19th, 5:00pm

Food, drink, and live music in a beautiful tropical setting with palm trees and waterfalls. Bands scheduled to perform include **Groovy Judy**, A La Lune, High Voltage, Beloved

John McCutcheon played to a sold-out house in "Joe Hill's Last Will"

By KEN SCHROEDER

On June 11, 2015, the Modesto Peace/Life Center hosted John McCutcheon's one-man play "Joe Hill's Last Will" in a sold-out show at the Prospect Theater Project. His performance as labor organizer and songwriter Joe Hill on the eve of his execution was an inspiration. Thanks to all who attended, sponsored, volunteered and organized the event. Special thanks to the North Valley Labor Federation and the Stanislaus and Tuolumne Counties Central Labor Council for their support.

Tim Robertson and Astrid Zuniga updated us on local labor issues after the play and John led us in singing Solidarity Forever to close the evening. We are grateful to Jack Souza and the Prospect Theater Project for their collaboration.

From John's newsletter: "I flew out to California on June 3rd to begin rehearsals for *Joe Hill's Last Will* and launched right into twelve performances, back-to-back. My hair and beard dyed dark to try to approximate the look of a man nearly thirty years my junior, I was able to walk through lobbies nearly undetected in theaters I'd played dozens of times.

"We had a wonderful run and have packed it up until we revive it again in November during the extended weekend that will commemorate the 100th anniversary of Hill's execution. It will kick off, believe it or not, in Salt Lake City, the proverbial "scene of the crime," with a performance and a post-play vigil... Best pal and writer of the play, Si Kahn, will be joining me out there. From Utah we're taking it to four other cities, ending up in Washington, DC."

John McCutcheon will return to Modesto in a benefit concert for the Modesto Peace/Life Center in January, 2016.

"What drew me to Hill's music, especially as I began to explore it more closely in preparation for the one-man play I'm touring ..., is the fact that Hill's approach to music was so much the polar opposite of today's music industry ethos. Joe Hill never did a gig, a show. He never stood up in front of people for money or applause. He sang at rallies and on picket lines. He wrote songs from his prison cell for struggles people wrote him about. He knew that music was a powerful force in people's lives and that it informed, inspired, and helped give people strength in tough times. It was a weapon against the powerful and a chance to bring humor and levity to dire circumstances."

— John McCutcheon

Sister/Mytv26 Singers and Tristan Gianelli. Admission including dinner is **\$20; students \$5**. Funds raised will go towards youth scholarships for music camp and job training programs.

Sponsorship Opportunities

A popular way to sponsor the event is to **sponsor a band (\$200), or sponsor a table (\$160)**. They are also looking for **items for their silent auction**. Benefits to sponsors include name on web site, announcement on stage, and several tickets to the event. Tickets/Sponsorships can be mailed in or purchased on-line and any donation will gladly be picked up. 209-573-0533 www.modestosound.org

The Modesto Sound Board of Directors & Staff look forward to continuing their mission of Empowering youth with real-world job skills to create music and artistic media!

Contact information: Janet Seay, Business Manager, janet@modestosound.org and/or Mark Oesau, mark@modestosound.org, phone 209-573-0533.



MICHAEL R. BAUDLER, CPA
DONNA E. FLANDERS, CPA

Office (209) 575-2653
Fax (209) 575-0629

e-mail b_f@modestocpas.com
1120 14th Street, Suite 2
Modesto, CA 95350

**stanislaus
CONNECTIONS**

is published monthly except in August
by the Modesto Peace/Life Center
720 13th St., Modesto, CA 95354.
Open by appointment.
Mailing address: P.O. Box 134,
Modesto, CA 95353
209-529-5750.

September 16th Film Night spotlights the death penalty

By DAN ONORATO

One reviewer writes of our next film, *"Into the Abyss,"*: "In his fascinating exploration of a triple homicide case in Conroe, Texas, master filmmaker Werner Herzog probes the human psyche to explore why people kill-and why a state kills. In intimate conversations with those involved, including 28-year-old death row inmate Michael Perry (scheduled to die within eight days of appearing on-screen), Herzog achieves what he describes as "a gaze into the abyss of the human soul." Herzog's inquiries also extend to the families of the victims and perpetrators as well as a state executioner and pastor who've been with death row prisoners as they've taken their final breaths. As he's so often done before, Herzog's investigation unveils layers of humanity, making an enlightening trip out of ominous territory."

The film appeared as #3 on Roger Ebert's list of the 20 best documentaries of 2011. Here are excerpts from Ebert's review:

"Herzog opposes the death penalty, which America and Japan are the only developed nations still imposing. But the film isn't a polemic. Herzog became curious about the case, took a small crew to Huntsville and Conroe, Texas, where the murders took place, and spoke to the killers, members of their families and those of their victims. He obtains interviews of startling honesty and impact.

Herzog keeps a much lower profile than in many of his documentaries. He is not seen, and his off-camera voice quietly asks questions that are factual, understated and simply curious. His subjects talk willingly. He asks difficult follow-up questions. He is . . . interested in looking into the eyes and souls of people who were directly involved.

In some of his films Herzog freely shares his philosophy and insights. In this film, he simply looks. He always seems to know where to look."

The Modesto Peace/Life Center's Film Night takes place at the Center, 720 13th St., on the third Wednesday of each month. "Into the Abyss" will start at 6:30 and be followed by a discussion.

More info. At <http://www.rogerebert.com/reviews/into-the-abyss-a-tale-of-death-a-tale-of-life-2011>

2016 Peace Essay Contest

We do not have to become heroes overnight.
Just a step at a time, meeting each thing that comes up...
discovering we have the strength to stare it down.

Eleanor Roosevelt

Our world is filled with many kinds of peaceful heroes. Some are well-known men and women while others quietly work behind the scenes. Some deal with international situations while others work in their own communities. Acts of courage, special skills or talents, visionary thinking, and self-sacrifice are qualities these people possess, rather than the extraordinary powers of super heroes that are glorified in the media. The experiences of these peacemaking heroes are sometimes told in songs and stories, but only a few make the history books or headlines. The focus of each person's work may be different, but they all share a commitment to use nonviolent principles and actions to encourage and care for a more peaceful world.

The 2016 Peace Essay Contest challenges you to find and describe one of these peacemaking heroes who is living today and whose work has made the world a better place. You may find them in your family or neighborhood, in your community or nation, or in places all over the globe. Working for peace may be their chosen life's passion, or perhaps your hero simply saw a need to respond creatively to a crisis. In their work for peace, some of the things they may have used include words, music, science, determination, diplomacy, hope or heart.

Division I (grades 11-12) and Division II (grades 9-10)

By talking with others and researching, choose a living peaceful hero who has helped to make our world a more fair and peaceful place. In an informative essay of 500-1000 words, do the following:

- Introduce this peacemaking hero. Describe who this person is and how they have worked for peace and justice. Share the specific nonviolent, non-military actions that are part of this person's peacemaking heroism. Explain what motivated or inspired this person to become involved in their work.
- Develop the description of your hero in more detail. Identify and discuss the principles or values that have guided this person's efforts. Develop your description thoroughly by selecting the most significant and relevant events as well as the challenges they faced in their peacemaking work. Be sure to include specific examples of their acts of courage, including citations to literature and/or insightful quotations when appropriate.
- In your conclusion explain why you think the work of this living peacemaker is significant for our world today, and how the work of your hero might influence your future life or inspire you to act for peace.

Division III (grades 7-8) and Division IV (grades 5-6)

By talking with others and researching, choose a living peaceful hero who has helped to make our world a more fair and peaceful place. In an informative essay of 250-500 words, do the following:

- Introduce this person and explain what they have done as a peaceful hero. Be sure to include facts and examples, specific details, and any quotations that would help the reader get a complete picture of this person's actions.
- Explain the situation or personal experience that inspired this person to take action. Then, focus on one or two challenges they faced and explain how they dealt with these issues.
- In your conclusion, explain why you think the work of this peacemaking hero is important. Tell how their example might influence your future life or inspire you to act for peace.

To qualify for an award, your essay must answer each part of the prompt. Each essay will be judged on the quality of the writing, the strength of the case you make in support of the peacemaking hero or heroine, and the personal connection you make between the work of this person and your own life. At the end of your essay, please provide a list of sources you used in your research; do not include graphics (e.g. charts, tables).

Deadline for Entries: November 20, 2015

Notification of Winners: Late February, 2016

AWARDS	1st	2nd	3rd	Honorable Mention
Division I	\$300	\$200	\$100	\$50
Division II	\$300	\$200	\$100	\$50
Division III	\$150	\$100	\$50	\$25
Division IV	\$150	\$100	\$50	\$25

View, download/print the flyers and entry form at www.facebook.com/PeaceEssayContest or www.stanislausconnections.org Email your questions to: peaceessay@juno.com





Anything you can do

Two Can Do

for you

Personal Services Noel Russell
(209) 524-2314

Two Can Do Time Savers
errands run • bookkeeping done
home management services
information gathering • special occasions



Peace Essay Contest 2016 Rules & Submission Directions

1. The Peace Essay Contest is open to all fifth through twelfth grade students who are residents of Stanislaus County or attend any public, private, or home school in Stanislaus County.
2. Submit one copy of your essay. Essays in Division I & II must be typewritten, double spaced. Essays in Divisions III & IV must be either typewritten or written in dark ink, double spaced, using one side of white paper 8 1/2 x 11 inches. Number the pages consecutively. Your essay must be of a quality to photocopy legibly. **YOUR NAME OR IDENTIFYING INFORMATION SHOULD NOT BE ANYWHERE ON OR IN THE ESSAY.**
3. Give your essay a title. Place it on the first page where you begin your essay. **DO NOT** use a separate title or cover page.
4. Print & complete the Entry Form and attach to the front of your essay (may be found at: www.facebook.com/PeaceEssayContest OR www.stanislausconnections.org OR request a copy via email at: peaceessay@juno.com).
5. Cite any quotations, borrowed ideas, and facts that are not general knowledge. If you are uncertain about plagiarism, ask your teacher.
6. You must do your own work. However, you may ask a teacher, parent, or friend for constructive criticism..
7. The Modesto Peace/Life Center reserves the right to reprint entries. Entries will not be returned.
8. Entries may be delivered to the **Modesto Peace/Life Center, 720 13th St., Modesto, from 2pm-5pm**
9. **November 18 - 19 - 20, 2015.** You may also mail all entries, postmarked no later than **November 20, 2015** to:
2016 Peace Essay Contest
Modesto Peace/Life Center
P.O. Box 134
Modesto, CA 95353-0134

Judging

A distinguished group of local writers, educators, and peacemakers will judge the essays. Judging guidelines (in order of weight) include:

1. Content

- A. Does the essay demonstrate concern for establishing a more peaceful world?
- B. Has the writer used relevant facts, definitions, concrete details, quotations, or other information and examples to fully develop their ideas?
- C. Does the essay address the given topic?

2. Style

- A. Is the essay original and interesting?
- B. Did the student establish and maintain a formal writing style?
- C. Does the voice of the writer come through?

3. Clarity of Expression

- A. Is the topic introduced clearly?
- B. Is the essay well organized with a clear introduction and conclusion? Is the essay well organized with clear transitions from one idea to the next?
- C. Are the ideas clearly stated with factual support?

4. Mechanics

- A. Has the writer attempted to use appropriate transitions, precise language, and a formal style?
- B. Are grammar, spelling, and punctuation reasonably correct?
- C. Does the author cite all quotations, borrowed ideas, and facts that are not general knowledge?
- D. Does the essay stay within the word limit?

First, Second, and Third prizes will be awarded in each of the four divisions which have at least 15 entries. In the event that fewer than 15 entries are entered in any one division, all prizes may or may not be awarded in that division at the discretion of the judging panel. Up to 3 Honorable Mentions may be awarded in each division. Group entries (more than one author) are welcome; however, a student may only enter one essay.

The writer of the best essay in a division from a school which has ten or more entries in that division will be honored as the school winner. All participants will receive a Certificate of Participation.

Notification of Winners

In late February, 2016, winners will be notified through the student's teacher. Prizes will be presented at an Awards Reception in the spring. All participants, teachers, judges, and sponsors will be invited as guests of honor.

2016 Peace Essay Committee: Indira Clark, Elaine Gorman, Nancy Haskett, Peggy Hoover, Linda Lagace, Deborah Roberts, Sandy Sample, Shelly Scribner and David Tucker This 29th Annual Peace Essay Contest is a project of the Modesto Peace/Life Center (209) 529-5750 and is co-sponsored by: Department of Literature and Language Arts, Modesto Junior College

Let's Move!

By JENIFER WEST

There's been a bit of buzz lately about the dangers of being sedentary. The human body simply wasn't designed to be sit all day, and all sorts of health issues can creep up on us because of it. Having myself noticed an increasing combination of aches & pains and a definite northward drift of the scale, I decided to do something. I've always asserted, only half-jokingly, that I'm allergic to exercise. But I realized it was literally time to get moving. So I walked to work for a week or two, and was delighted at how quickly I could see and feel results. I even rode my bike a few times, although I'm not exactly what you'd call an avid cyclist. Yet while worth doing, neither is practical year-round. My husband, a dedicated walker, would love to have me join him and our two canine friends on their daily strolls. I do accompany them sometimes, even though I don't particularly enjoy that form of exercise either. And I finally figured out why: Walking around just for the sake of walking around feels like a waste of time. It isn't, of course, but it seems that way.



There are other ways to fit some movement into one's day. But even those of us whose desk jobs allow us to be up and down during the course of the day will probably find it tough to get enough walking in to be our healthiest. At first, I simply tried

to make it a point to move around while sitting at my desk. But it required as much focus as doing my work. Fortunately there are under-the-desk exercise options. I first tried a 'bike': An odd-looking metal contraption, with pedals attached to either side. But it was too tall for my desk at work. And since I hadn't been sure how it would work out, it was relatively inexpensive (read rickety). I did manage to get most of the wobble out of it with some well-placed duct tape (what did we ever do without that magic stuff – boon to homeowners and prom queens alike...). So I brought it home. Pedaling away while focused on something else (writing, paying bills, whatever), I was pleasantly surprised to realize that I tended to forget I was pedaling. And I was definitely seeing results. But since, like many folks, I spend the majority of my time at work, I was determined to find something that would fit comfortably under a standard office desk.

And, voilà: An under-the-desk elliptical machine from my favorite online retailer. Wow – what a great investment! It's hefty for its size so it doesn't move around while in use, it's sturdy, and the 'ride' is way smoother than the cheap pedals-on-a-stick business. And it fits beautifully under a standard desk! You sit down, put your feet on the pedals almost without thinking about it, and get moving. And forget you're doing it, after a bit! If the gauge can be believed, I'm averaging about 10 - 15 miles a day. It has caused a bit of a buzz around the office, although I'm not sure anyone else will take the plunge anytime soon. They might, though, if the inches continue to melt away!

There are other health benefits, of course. Some under-desk exercisers report being more alert during the day, which I have experienced. It also seems to help with stress management – whenever the inevitable irritation or frustration hits, I can

Thank You! Operation 9-2-99 Clean-Up Participants

By CHRIS GUPTILL

I would like to thank everyone who participated in our latest Operation 9-2-99 cleanup on August 15th on the south bank of the river. This was our 14th cleanup event and for the first time we completely cleaned the entire south bank of the Tuolumne River from east of the 9th St. Bridge to west of the 99 Freeway. This area has been one of the most blighted stretches of river in California but our ongoing effort has transformed this area into a clean, natural habitat free of garbage, shopping carts, tires, illegally dumped materials, and illegal encampments. A year and half ago we could have only hoped for such a successful outcome and it has taken the collective efforts of the community to reach this point. Check out the [photos here](https://drive.google.com/folderview?id=0B_pCAzR6iuv1fnhRTUpYUGtacW9PeUM2cUw0TE81ck1Ue-nRnQ2oxVDU0M3BodFFiN1Z4MnM&usp=sharing): https://drive.google.com/folderview?id=0B_pCAzR6iuv1fnhRTUpYUGtacW9PeUM2cUw0TE81ck1Ue-nRnQ2oxVDU0M3BodFFiN1Z4MnM&usp=sharing

We held an in-river cleanup day and the Sheriff's Department AWP crew helped prep for this cleanup the day before by cleaning up both the 9th and 7th St. Bridge areas. Combined with Saturday's 40 volunteers they did an outstanding job of returning this entire area to a state the community can be proud of.

Over two days we removed 40 shopping carts, 35 tires, hauled away 5 tons of material, and completely filled a 40 cubic yard dumpster for a total of about 17 tons of garbage and material removed from the riverbank. We had an outstanding effort from the Back Country Horsemen Mid Valley Unit, Modesto Gospel Mission, Davis high students, and individual volunteers who stepped up when their community needed them most. Special thanks to Phil McKay with Fish and

Wildlife, Ed Aguilar with Tuolumne River Trust, Lieutenant Marc Nuno with the Sheriff's Department, Chris Brady with County Public Works for the backhoe, Duane Becker with the City of Modesto for the bags, gloves, grabbers, and truck crews, Todd Rocha with the City of Modesto Parks Department for the portable restroom, Vicki Rice with the City of Modesto Recycling Program for picking up the tires, Debra Mason for providing trucks and drivers, Del Ambris with Cost Less Foods who helped remove the shopping carts, and Brian Gini at Collins Electric for the rakes and shovels.

Help Us!

We have a lot more work to do though and we need as many volunteers and partners as we can get. Spread the word via social media. Tell a friend, a family member, a church or club or team member, a neighbor, or a co-worker that we need them. Direct them to the website at <http://tinyurl.com/operation9-2-99>. Have them sign up on the form to receive reminders via e-mail. I hope to see even more people at our September 12th cleanup as we continue to work on the Gateway Park area on the north bank of the river. This park is a recreation gem in the heart of our city.

We seek a crime-free, drug-free, safe place for people to recreate in and along the river that flows through our community and we are closer than ever to meeting that goal. We envision an Adopt -A-River Program that will provide ongoing stewardship of one of our most valuable natural resources. See the difference we are making at <http://tinyurl.com/operation9-2-99>

What is Operation 9-2-99 Tuolumne River Project?

By CHRIS GUPTILL, ED AGUILAR, and DARIN JESBERG

Mission Statement: To reclaim, rehabilitate, and restore the area along the Tuolumne River in Modesto from the 9th Street Bridge to Highway 99 by removing trash, tires, shopping carts, and abandoned camps in order to return this blighted area to a public space and riparian river habitat that the community can be proud of and can safely recreate in.

Objectives:

- To create a process whereby the resources of government agencies can be utilized by individuals, businesses, and community groups to effectively remove the debris that has accumulated along the Tuolumne River in Modesto.
- To restore both the natural habitat along the river and the Tuolumne River's value to the community as a whole.
- To build partnerships between businesses, community groups, and government agencies to continue to protect this area from returning to its current unacceptable state and develop much needed recreation opportunities.

Background: The area along the Tuolumne River in Modesto east of the 9th Street Bridge to west of the Highway 99 Freeway is currently a neglected and abused area in the city of Modesto. The impact of dumping tires, abandoned shopping carts, and the build up of human garbage and encampments has taken a toll on the natural habitat of the river and created a blighted area in our community. The north

bank of the river in this area consists of private property, land designated for as part of the Tuolumne River Regional Park system, and adjacent businesses. The south side of the river consists of private property, businesses, and undeveloped county land. In order to achieve our stated goals and objectives all stakeholders need to be involved.

Next Clean-Up - Phase 2 All North Bank Reaches Cleanup Information:

Date: Saturday, September 12th, 2015

Time: 8:00AM 11:00PM

Meeting Location: 7th St and Tuolumne Blvd. on the north bank

Who: Any Volunteers and Groups Available

Bring: Gloves, Water, Hat, Layered clothing in case of cool weather

Website: <http://tinyurl.com/operation9-2-99>

Future Clean-Up Dates:

Saturday, September 12th, 2015 - North Bank All Reaches

Saturday, October 19th, 2015 - South Bank Reaches

Saturday, November 14th, 2015 - North Bank Reaches

Operation 9-2-99 is supported by and partners with the Tuolumne River Trust, Dry Creek Trails Coalition, and Love Modesto. To become a member of TRT or donate to TRT visit <http://www.tuolumne.org/content/article.php/donate>

The Search for Life in the Universe

Dr. Lynn J. Rothschild, Evolutionary biologist and astrobiologist at NASA-Ames

TEDx speaker; Winner of the 2015 Isaac Asimov Award Friday, 10/02/15, 7:30 pm

MJC West Campus

Mary Stuart Rogers Student Center

Free Admission and Parking

Each recent report of liquid water existing elsewhere in the solar system has reverberated through the international press and excited the imagination of humankind. We have come to realize that where there is liquid water on Earth, virtually no matter what the physical conditions, there is life.



Dr. Lynn Rothschild, an evolutionary biologist known for her work on life in extreme environments and a founder of the field of astrobiology, tells us about intriguing new data. At NASA's Ames Research Center in Moffett Field, CA, she leads a program in synthetic biology and works with researchers in industry, government agencies around the world and in academia, including at Brown and Stanford University. The prevalence of potential abodes for life in our solar system and beyond, the survival of microbes in the space environment, modeling of the potential for transfer of life between celestial bodies, and advances in synthetic biology suggest that life could be more common than previously thought.

"Be passionate about what you do. Scientific curiosity should be like an itch — you can't sleep at night until you find the right answer or at least the next step."

A presentation of MJC's **Modesto Area Partners in Science (MAPS)**, <http://maps.events.mjc.edu/>

Let's Move!

from page 4

simply start pedaling, or pedal a bit faster, to get it out of my system. As an added bonus, the combination of trigger point therapy and exercising at work has led to a definite decrease in 'normal' aches and pains. (I keep a small trigger point therapy tool at the office. It's affectionately called 'the bird' because of its resemblance to a chicken embryo — the round 'business end', which is off-white, ends in a little point that resembles a stubby beak, and is connected to the handle on either side by what look like two very large, blue eyes. Pretty much everyone in my department uses it occasionally, and others are starting to discover it...)

The good results I'm experiencing from the elliptical have prompted me to look for ways to combat another issue that many folks face as they get older — the loss of strength in the torso, or 'core' muscles. Weak core muscles can cause or contribute to all kinds of challenges, including back problems. The solution, I'm hoping, is on its way: A disk that mimics the effects of the balls that many people use to build core strength. It should fit in a chair nicely, and adjusts to control the 'workout'.

Since so many of us need to get more movement into our sedentary lives, we're fortunate that there are ways these days to do so. It really only takes a bit of effort — the result is a real payoff in improved health!

Homeless and Outside, Winter 2015

Visions of the Homeless: Part II What would Jesus do?

By ERIC CAINE

Get to the Modesto Gospel Mission early enough on a winter morning and you see the overnight “guests” leaving the building. These are the homeless.

The rules say they have to be off the property by 7:30, and the rules are strictly enforced. Many of the men who emerge from the building every morning don’t look homeless, maybe because a few actually have jobs, and maybe also because these are people who, for the most part, are still trying.

Some of the men defeat all expectation. One emerges every morning wearing suit pants and a warm wool shirt. As soon as he’s outside he pulls a sterling silver cigarette case from a shirt pocket, extracts a cigarette, and lights up. The cigarette case seems as out of place as a Ming vase at a yard sale, but this man has an air of command and ease when using it.

Another man emerges impeccably groomed and clothed. His haircut looks expensive and well maintained and his Van Dyke beard is meticulously trimmed. Clothing and shoes are expensive and in tune with the season. Come summer, he will sport Royal Robbins clothes, Asolo hiking boots, a Swiss Army backpack, and a tightly rolled sleeping bag. No one knows where he gets his clothing and no one knows where he spends the day.

Each of these men has a story, but the stories may or may not be accurate; they’re told by others who frequent the Mission. In the story of the man with the cigarette case, he’s a former successful executive who is going through a costly divorce and all his assets are tied up until judgment is passed on the divorce proceedings.

The well-groomed man of fashion is supposedly schizophrenic and dysfunctional except insofar as appearances go.

Others have different stories, often involving poor health, lost jobs, divorces, and petty crimes. Those with jobs don’t make enough to afford housing, sometimes because they’re paying child support, owe too much money on installment debt, or simply don’t manage well.

A few of the Mission’s visitors have alcohol and drug problems, or a history of such problems, but not as many as one would suspect. Many of the alcohol and drug users come in only when completely destitute, or when they’re too physically ravaged to stay outside. As a rule, they don’t like places where they can’t drink or use, and especially don’t like being proselytized.

A certain percentage are mentally ill, but again, the mentally ill tend not to want to be around people and places that have expectations they cannot meet, so they often prefer to stay outside unless they’re extremely hungry, wet, or cold.

The variety of people classified as “homeless” tends to operate against our notion of homelessness in general. Especially among those who use the Mission, a fairly large number truly seem to be, “down on their luck.” In many cases, it’s surprising they keep trying, given their health problems, low incomes, educational disabilities, and lack of opportunities and resources.

During the Great Depression, people who were destitute

and out of work weren’t accused of lacking character or moral fiber. It was understood that lack of opportunity was the major factor in their plight. In the San Joaquin Valley, also known as the “Appalachia of the West,” social factors are rarely cited as contributing to the huge homeless population.

Instead, most homeless are assumed to be alcohol and drug users. Estimates vary, but most local experts figure that alcohol and drug abusers may account for about one third of the homeless population. Without closer study, it’s difficult to calculate the percentage of addicts because addiction and mental illness often go hand-in-hand.

No question many on the street are mentally ill. Legend has it Ronald Reagan closed the mental institutions and put them on the streets. The truth is more complicated.

In the late 70s and early 80s, the wide professional consensus was that mental illness could be treated with new classes of drugs, family help, and community centers. Many institutions were closed nationwide.

Anti-tax and anti-government attitudes of the times resulted in far too little money for the kinds of community centers needed to address mental illness, and a new focus on character and family values left many of the mentally ill adrift in a world without remedy. They were often viewed as people who had chosen a homeless “lifestyle.”

Many professionals knew early on that it had been a mistake to think drugs and family would remove the need for institutions, but once the paradigm of treatment had been established, it was impossible to change, especially given people’s new attitudes about government, taxes, and family values.

In fact, when treatment fails celebrities like Robin Williams, Phillip Seymour Hoffmann, and David Foster Wallace, we shouldn’t believe it will work with people with far fewer resources. Rehab programs and treatment for mental illness fail much more often than succeed, especially with the homeless, but we persist in spending billions on programs and treatments that don’t work.

Up close, the homeless problem is both more complex and simpler than it appears from a distance. It’s more complex because up close we learn there are many factors in homelessness, and the face of each homeless person is unique. It is simpler because once we realize that the homeless have no toilets, no showers, no refrigeration, no storage facilities, and almost no money, we begin to understand how much a burden each day homeless becomes and how difficult it is to escape.

If poverty, mental illness, addiction, lack of opportunity, and insufficient social services aren’t enough of a factor in

The variety of people classified as “homeless” tends to operate against our notion of homelessness in general.

keeping homeless rates high, consider also the stigma of homelessness.

When homeless people filled our parks and other public places this summer, they were treated as a plague. Though police say the homeless are seldom guilty of crimes and vandalism in public places, they are routinely blamed. And though they have as much right to be in parks as anyone, they are now systematically discouraged from using the few places where they might find toilets and wash basins.

We have become accustomed to believing, “It’s their own damn fault,” and “It’s not my problem.” As the homeless population grows more and more visible, we begin to realize both claims are mistaken.

When we housed the mentally ill and treated addiction as an illness rather than a moral failing, we didn’t just have fewer public problems. We also showed a compassion gone missing today.

Even many devout Christians have taken to quoting Jesus to justify their indifference to the plight of the homeless. They cite Jesus’s words that, “The poor will always be with us,” as proof there are no social remedies for poverty and homelessness.

Some read the words differently. They say Jesus understood the poor are always with him because he is their hope, redemption, and salvation.

It’s not likely many of the homeless men leaving the Modesto Gospel Mission every cold morning think about Jesus when back on the street. Almost all are without transportation and either begin the long hike across town to the few places where they can find food and restrooms, or head for a park, alleyway, or sheltered space between buildings to spend the day waiting until it’s time to go back inside.

<http://thevalleycitizen.com/visions-of-the-homeless-part-ii/>

READ Part III: *And the Darkness Comprehended It Not at the Valley Citizen* at <http://thevalleycitizen.com/visions-of-the-homeless-part-iii/>

About Eric Caine: Eric Caine teaches in the Humanities Department at Merced College. He was an original Community Columnist at *The Modesto Bee*, and wrote for *The Bee* for over twelve years. **He is the editor of *the Valley Citizen* at <http://thevalleycitizen.com>**



**CASH-DUDLEY
SPEILLER & TORRES**
PROFESSIONAL LAW CORPORATION

E. F. CASH-DUDLEY
CERTIFIED SPECIALIST IN FAMILY LAW
THE STATE BAR OF CALIFORNIA BOARD OF LEGAL SPECIALISTS

STACY P. SPEILLER **PATRICIA TORRES**
Attorney at Law *Attorney at Law*
1515B.A.ESPANOL

518 THIRTEENTH STREET · MODESTO, CALIFORNIA 95354
TELEPHONE (209) 526-1533 · FACSIMILE (209) 526-1711
WWW.CDSTLAW.COM

LAW OFFICES OF

ROCKWELL, KELLY & DUARTE, LLP

1600 G Street
Suite 203

P.O. Box 0142
Modesto, CA
95353-0142

DAVID N. ROCKWELL
SHARON E. KELLY
JEFFREY DUARTE
MARKUS URSTOEGER
Attorneys/Abogados

(209) 521-2552
FAX (209) 526-7898

Instead of Criminalizing Homelessness, Utah Is Doing the Opposite — And It's Working

By PETER MOSKOWITZ

After Barbara Simons left her abusive husband and the house they lived in together six years ago, she had nowhere to go. She was without a job and her daughter, Jamie, was struggling with mental health issues. She ended up in Salt Lake City, Utah, and feared she'd become homeless.

Then she heard about a program run by the state that would pay for her and Jamie to get an apartment with no strings attached. The Housing First program started in 2005, and Simons says it might have saved her life.

"I don't know if I'd be alive," Simons told *Mic* by phone. "Or I'd be alive and living on the street. It just helped me get back on my feet. It showed that people cared about you."

Even though Utah is one of the most conservative states in the nation, it has become a leader in progressive policies meant to help the homeless. By proving that a conservative state could solve its chronic homelessness problem for less money than traditional homelessness policies, Utah has become a model for towns, cities and states across the nation.

In an era when more and more cities and towns are effectively criminalizing homelessness — ticketing and arresting people for asking for change or lying on a bench — Utah has cut a different path.

"It's just so rational. We really should've figured it out a long time ago."

A simple solution to a vexing problem: In 2005, Utah's leaders asked themselves what all chronically homeless people have most in common, and found a strikingly obvious answer: the lack of a home. Their remedy was astoundingly simple: give homes to people without them.

"It's just so rational," Kerry Bate, the director of Salt Lake County's housing authority, told *Mic*. "We really should've figured it out a long time ago, but we had some mental blocks in the way."

Ten years ago, Utah realized it had about 2,000 people who were "chronically homeless" — adults who had been without a home for more than a year or homeless more than four times in three years. Even though the chronically homeless accounted for only 10% of the state's total homeless population, homeless advocates realized they used about 50% of the state's homeless services.

The majority of the homeless population are only homeless for a few days or weeks, and then they usually get back on their feet (they check out of state-funded beds, hospitals and clinics) and get on with their lives. They stop being a burden to the state. The chronically homeless usually have deeper problems — mental health issues, addictions and other

challenges that prevent them from getting stable jobs and housing. That means they often end up shuffled between state-funded programs for years, wasting precious state resources in the process.

"The intentions [of previous programs] were good, but what that really did was take the most challenged people and put up these barriers," Bate said. "It made it impossible to get out of this trap."

The program: Now, instead of piling on state-run service after service — hospital visits, prison, drug treatments, shelter stays — the state just gives homeless people homes. The idea is that having a house makes everything else much easier.

"Getting people off the streets and get them into housing just works," said Steve Berg, the vice president for programs and policy at the National Alliance to End Homelessness, in an interview with *Mic*. "Homelessness itself turns out to be a big barrier to all kinds of things, whether it is trying to get a job or trying to get an education or [trying to] stop a drug addiction."

The program has worked in Utah, where the state has seen a 74% drop in chronic homelessness since 2005, according to the *New Yorker*.

"We're at the point now where there are under 300 chronically homeless people in the state, and we're struggling to think, 'What does it mean when you've done it?'" Bate said. "But that's a fun place to be."

Why does such a conservative state support such a progressive program? Well, in addition to being effective, it saves a lot of money. Salt Lake City has calculated that it costs about \$20,000 a year to serve homeless people the traditional way and only \$8,000 a year to give them housing.

A model for the nation: Utah is far from the only place with a Housing First policy, but it may be the only state to have implemented it statewide. And from New York to California, from small towns to big cities, nonprofits and municipalities are catching on and proving that the policy works.

In Charlotte, N.C., a Housing First program that served 85 homeless adults was the subject of a two-year study that found residents experienced a 78% decrease in arrests, spent 372

...they often end up shuffled between state-funded programs for years, wasting precious state resources in the process.

fewer days in a hospital and spent \$1.8 million less on health care costs. Another study out of Seattle found that participants in a Housing First program cut their average use of state-run programs from \$4,066 before being housed to \$1,492 after.

But despite Housing First becoming more popular all over the country, there's a worrying trend in other parts of the country: Criminalizing homelessness is on the rise.

A study that's tracked homelessness policy in 187 cities since 2009 found that 34% of cities have bans on camping, 24% ban begging and 53% have banned sitting or lying down in public places. These ineffective policies also seem to be increasing: The number of cities where it's illegal to sit or lie on a sidewalk went from 70 in 2011 to 100 in 2014, according to the study.

In one particularly high-profile case in Florida, a 90-year old man was arrested for giving food to a homeless person.

Why do municipalities continue to jail and ticket people for not being able to afford a home, even when its proven more expensive and less effective than just helping them? It just comes down to ignorance, experts say.

The way forward: The more Housing First programs are proven effective, and the more criminalization is proven expensive and counterproductive, the more places will turn to places like Utah for help.

"People just don't know," Berg said. "You have local decision-makers that feel they have to do something but they aren't necessarily familiar with the research or familiar with other communities. But when push comes to shove, people realize that what they're doing doesn't work, so they start looking for alternatives."

For people across the country like Barbara Simons, who are struggling to get back on their feet, that realization can't come soon enough.

Peter Moskowitz, a writer and a journalist based in New York has written for Al Jazeera America, The Guardian, The New York Times and VICE, among others.

Copyright © Mic Network Inc. All rights reserved. 325 Hudson Street, 1001, New York, NY 10013

Be informed!

Read the Valley Citizen at
<http://thevalleycitizen.com>



Look for
CONNECTIONS
online at:
<http://stanislausconnections.org/>

IF NOT YOU
Then Who?

Local Public Radio
FM 104.9
www.ValleyMedia.Org
Local Bands, Real News

Running Together Except Ramadan

By LEN and LIBBY TRAUBMAN

RUNNERS WITHOUT BORDERS — <https://www.facebook.com/runnerswb> is a new group of 80 Muslim, Jewish, and Christian teens dedicated to fitness and uniting the Muslim, Christian, Jewish, Israeli and Palestinian residents of divided Jerusalem.

Bravely they abstained from participating in the recent, government-sponsored Jerusalem Night Run, after the city denied requests to change the date so Muslim runners could observe Ramadan by fasting during daylight hours and gathering for a large Iftar meal after sundown.

Instead, 100 Runners Without Borders held its own 5-kilometer race at the Train Track Park, a length of disused Ottoman-era rail line that crosses the seam between Arab neighborhoods in Jerusalem's east and Jewish neighborhoods in the west.

The power of a single citizen is modeled in initiator 18-year-old Shoshana Ben-David, an avid runner born and raised in Jerusalem.

"As a result of the lack of physical activity of many high school girls, and of the violence and racism in Jerusalem since the events of and following summer 2014, I decided to create a joint running group for both Jewish and Arab youth.

"The group runs once a week with a professional trainer, with dialogue once every two weeks with a dialogue facilitator.

"This group will run together towards the change, a better Jerusalem for the future generations."

Ben-David was called a "traitor" on Facebook. Some people told me not to do it now, that it was not the right time. "But I said that when things get tense, it is exactly the right time to do something like this and show everyone that there are youths who... can live together."

Rozana Jaber, is a 17-year-old Muslim runner from East Jerusalem. "At first I did not think it was a good idea for me to join the group... because there was a lot of conflict in the city. But then I thought, why not? I have nothing to lose by being part of this... You build relationships."

The Jewish-Arab running club that's uniting some of Jerusalem's teens, *The Washington Post* - 16 June 2015

<http://www.washingtonpost.com/blogs/worldviews/wp/2015/06/16/the-jewish-arab-running-club-thats-uniting-some-of-jeruselems-teens/>

Running for Peace in Jerusalem, 3-min video - February 2015

<https://www.youtube.com/watch?v=Yz0z83tfUhY>

Runners without Borders" brings Israelis and Palestinians together through sport.

2-min video; <http://www.headstart.co.il/project.aspx?id=13629&lan=en-US>

From <http://traubman.igc.org/messages/686.htm>

Hundreds of other success stories are preserved at <http://traubman.igc.org/messages.htm>

Kill War

By BRUCE E JONES

The verse, below, is from the book-in-development, entitled *KILL WAR*, which gathers together a tremendous amount of historical and legal summaries regarding the mindset of warfare. The book is designed to resist the propaganda and politics of America's rightwing war hawks.

When Senator Obama was running for federal office he said that it wasn't his goal to only end the existing wars, but to end the mindset that got us into those wars. Peace activists need to understand the laws, treaties and constraints associated with such a quest.

The book is organized in eight sections: I. Blood and Tears — II. "Old School" Mindsets of War — III. The Modern Wars — IV. Laws and Customs of War — V. Mindsets On Nuclear Weapons — VI. World Peace Mindsets — VII. A Modern Military for the Future — VIII. A Sustainable World and Peace.

The final chapter offers key recommendations plus a "Progressive Oath of American Patriotism," that are sure to stimulate debate. The oath is available from the author at brucejones424@msn.com. The book has interest from a veterans publishing house but will require some months of continuing research before submittal.

I am seeking at least one research associate who would like to be involved in book development—if a sponsor can be found, a salary is possible. However, a résumé addition of having been a research assistance on a serious project can be very valuable in today's competitive market. Completing this ambitious project will also require the donation of a comfortable working space, preferably with table and bookcases where all my books and research materials can be gathered and organized for fact checking and final analysis.

The future must bring less war, more peace. We must kill the mindset of warfare and reliance on militarized foreign relations. This project can make a difference, but I need help from like-minded people to reach its ambitious goals.

Human Trafficking Action Summit

September 17, 2015

Time: 6:30 PM Refreshments; 7:00 PM Program

Where: Stanislaus Room, Centre Plaza, Modesto, CA

Keynote speaker: Debbie Johnson, CEO, Without Permission

RSVP: 209-567-2433; revnickl@hotmail.com

Sex trafficking is modern day slavery, and it's here in our community. St. Paul's Episcopal Church is partnering with "Without Permission" to bring awareness of this issue to leaders and community members like you. We hope to inspire further action to combat trafficking in our community.

More about Without Permission at <http://www.without-permission.org/>

Kill War

Verse for Neo-Cons and War-Hawks

*War is alive
a creature, hardly caged
hot-breathed blood-sucking beast
living eternal
in bones and brains and DNA
of human hosts.*

*Corporate masters residing safe
in walled palaces and
black glass highrises
where tricks are planned
to transform fresh virgin warriors
into Johnnies marching to drumbeat
worshiping unfurled flags as
the crowd testifies and verifies*

*And the beast in darkness
salivates waiting
for clicking of keys
at the mouth of the cage*

— Bruce E Jones

(c) 2015

Peace Life/Center ID Project

**Free/Low-cost ID and/or
Birth Certificate Application
Assistance**

Volunteers ready to assist!

Call 209-222-8624 to set an appointment!

Modesto Peace/Life Center
720 13th, Modesto, CA 95354





2 Faces

Eyes embedded
eyes watching
2 faces turned from each other
long time foes
trapped in air
with no escape
Oxygen deprivation
wraps around forbidden snakes
watching through vacant eyes
waiting for an opening (subway)
to burrow through Mother Nature's
milky white skin
blistered from eons
of waste
Slithering slim
drips from fangs
poised to strike
that milky, white skin
infusing it with lust
for more
an endless craving
an endless demand
more more more
eyes watching intently
as 2 faces turn slowly
face-to-face
fangs exposed
foes
from birth
faced with life and death

Broken Child

Broken child
sobbing into your pillow
night after night

Nothing in your life air-tight
ransacked soul
pieces of neglect fill your bowl

Heavy load
rests in your knapsack
hidden from playmates

As you walk through life's gates
timidly smiling
wondering about the piling

Pooling around your feet
waning hope
with another hit of dope

As you jump the rope
once your hope
now dangling from your throat

Broken child
sobbing into your pillow
who hears your cries?

Only sighs
arise
in disguise

From the grave
of your premature
departure

Child Scorned

A child scorned
born
into poverty
a taste of reality
before first breath taken

Wandering streets
a magnificent treat
from living under a dome of glass
remnants of home long past

Running wild
a reckless child
searching for love
ducking the familiar boxing glove

Streets a sanctuary
a place to bury
family secrets
formed with many threats

On every corner trinkets
a slice of delicious regrets
Savory sumptuous sanitizing
Beckoning

Home
a new place to roam
in sewers
filled with manure

Parks
after dark
hold new secrets
with no regrets

Life luxuriously lonely
imitates phony
family memories
dancing with the breeze

Reckless child
running wild
seeking love
from above

The maddening crowd
wearing your shroud
as you play
preparing for that day

Of return
to a life of no concern
swaddled tight
wrapped in light
when all is made right



Cynthia Barstad: A peace and justice through education and the arts poet

By TINA ARNOPOLE DRISKILL

Cynthia Barstad has been a nurturer of peace and justice through early childhood education, poetry, movement and dance.

Writing has been one way for her to express her thoughts and feelings, “conveying snapshots directly or indirectly” of personal and universal life issues and concerns.” Her first poem, written in her early 20s, was an attempt to put movement to a Haiku. Her dance instructor pointed out her potential for choreographing more dance pieces. and dance became a “passion and sanctuary.”

The “passion and sanctuary” of dance led her to a journey into self-discovery. She was drawn to create choreography in which, “I included people who were in life’s shadows, lacked confidence to accept themselves or were not viewed as part of the ‘beautiful’ people. The more I studied dance, the more I saw its benefits in helping people release emotional

tensions buried in the subconscious mind, as well as in the body.”

She earned a Masters Degree in Social Work I, and wrote her master’s thesis on *Dance Therapy as a Therapeutic Intervention*. “I later took classes with the American Dance Therapy Association to further my education in movement, she says, “but life happened” and that piece is waiting in the wings along with a desire to collect hours to become a therapist. “I also want to start a group for women, which will incorporate movement, drawing, writing, music, and discussion that will help women recognize their worth and value. My acronym for the group will be **WOW**; Women of Worth or Women of Worship.”

She outlines her experience as a social justice, peace and educational career activist in the following list:

: Head Start Teacher - Orville Wright School for five years.

: Latchkey, Preschool, and Kinder Enrichment Teacher- Franklin School for 20 years.

: Provided community resources to parents and encouraged them to further their education.

: Provided assessments and information for Child Study Teams, Family Study Teams, school psychologists, occupational and speech therapists.

: Advocate for students at IEP meetings.

: Taught Second Step- a nonviolence curriculum for problem solving and Talk About Touch (TAT) - curriculum about safe touch, boundaries, and personal safety.

: Took her two children on a church mission trip to Mexico to distribute clothes and food, and volunteered with local homeless and food distribution and incarcerated individual projects.

: Interned at the Center For Human Services for two years.

: Choreographed a piece for a group project on domestic violence for a class on child abuse and neglect.

Cynthia has read her poetry at the Queen Bean, Barkin’ Dog, and the Carnegie Arts Center. She also has been part of two poetry writing groups, including the MeterMaids. She says of her experience with the MeterMaids, “I find the meetings to be a great time to stretch my writing abilities, as well as learn from the other women in the group.”



Green Tips for a Green Planet

By TINA ARNOPOLE DRISKILL

Thanks to Sofia Gregerson Science Camp is back! Never doubt for a minute what one very determined and passionate young sixth grade girl can accomplish in the name of sustainable education.

Sofia Gregerson, daughter of Kelly Gregerson and Chad Johnson, went off to Foothill Horizons Outdoor Education Camp during her sixth grade year at Lakewood School in Modesto and returned with a blazing spark of determination to fight for the right of every Modesto City Schools elementary student to have a similar opportunity.

In the past Foothill Horizons was fondly referred to as "sixth grade camp" by many Modesto City Schools sixth graders. Sadly MCS eliminated the camp from its curriculum as part of wide sweeping austerity measures.

Students continued to attend privately or through individual school fundraising efforts, but the benefits were lost to many who may not have had access to family or school organized outdoor education options.

Sofia, now a 7th grade student at La Loma Junior High School, has been and continues to be a student member of LCAP (Local Control and Accountability). Because of her work on LCAP and her passion for outdoor education, Sofia spent much time researching and preparing the following presentation to the Modesto City Schools Board, which has agreed to provide a 3-day outdoor education experience for all 6th graders:

"Good evening my name is Sofia Johnson and I am the K - 6 representative for LCAP. You will soon be reviewing



got an answer instead of jumping right to one. When it was brought up at LCAP there are some people on the committee that remember going to sixth grade camp and enjoying the experience. Everyone deserves this opportunity that they shall remember forever. Students enjoy learning outdoors more than sitting at a desk in the classroom. It is also easier to remember things when you're outside and a part of what you're learning and not reading it out of a book.

"When looking at a picture in a book you can only use one out of five senses. Most people that I've talked to say they are visual learners, so outdoor ed is exactly what the visual learners need, a hands-on experience. Outdoor education is just as important, if not more than everything else we learn inside the classroom. Many students don't get just study skills there, but also life skills. This can bring some students into healthier environment than they sometimes have in their own homes. Out of the 8 LCAP Priorities, six of them go along with the benefits of six grade camp. They are student engagement, connectedness, preparation for college and careers, common core standards, and physical education. I am fortunate enough to get this outdoor education, experience, but not everyone does, so I am speaking for those who will benefit, which is the overall purpose of LCAP.

Thank you."

<https://www.youtube.com/watch?v=uIU12-mpMoo&feature=youtu.be>

Jessica Hewitt, Director of Foothill Horizons, said of Sofia and the presentation: "Firm, clear language persuasively arguing her point! What a powerhouse!"

Sofia turned in the following essay about her Foothills Horizons experience:

Memories of Foothill Horizons "Into the Woods"

Honk! Honk! Honk! The bus pulled out of the driveway of Foothill Horizons Outdoor School. Emma and I watched out the window as we said good-bye to a new place that we can call home.

It all started on Friday when we trudged up the hill with suitcases that were bigger than us for our three-day stay.

I was welcomed by Mauolly. We sang songs and played games that required complete concentration. Next our dorms were called. Only a few minutes later, I had already made a new friend, Zoe.

Zoe and I were in Mariana's group. We learned about how

the proposal that groups in the community and schools below feel is best for the students. One of the items is outdoor education or six grade camp, which is why am here tonight. I want to tell you how six grade camp allows us to reach many common core state standards.

"We get a hands on experience that common core wants us to have. We have to explain what is occurring and how we

native people there lived and behaved. My favorite lesson was learning about the constellations. We saw Orion and the Seven Sisters. Our naturalist made learning fun.

On Saturday night, Mariana took us up to Sky Tower to look at the stars. This was a great way to end my weekend at camp.

By the end of the weekend, I was sad to leave. I said goodbye to all my new friends and got on the bus. Honk! Honk! Honk! The bus pulled out of the driveway of Foothill Horizons Outdoor School heading for Modesto.

She is truly a champion of green... what better way to instill green values and action in future generations than through outdoor education.

ACTION: Donate to and/or volunteer with these outstanding outdoor education programs for youth:

- 6th Grade Outdoor School – Foothill Horizon: <http://www.stancoe.org/SCOE/iss/outdoor-ed/>
- 4th grade Salmon Days: Knights Ferry, Every November. Contact Krista Smith, ksmith@ojusd.org
- Limpets - Long-term Monitoring Program and Experiential Training for Students, limpets@pgmuseum.org Pacific Grove. Local contacts: Bret Sutterley bsutterley@turlock.k12.ca.us
- The Global Club, Gregori H.S., Katie Merenda, merenda.k@monet.k12.ca.us
- Tuolumne River Trust – "Trekking the Tuolumne" and "Tuolumne Adventure Club", 829 Thirteenth St., Modesto, 209 236-0330.
- Field Studies Opportunities, Independence Charter School, Salida Union School District. Contact Lorraine Freeland 209 545-4415
- Great Valley Museum - Traveling teachers and museum docents, <https://www.mjc.edu/instructin/sme/gvm/>, 209 575-6196 or Brian Sanders sandersb@mjc.edu
- 4 H Urban farming project volunteers, Robert Withrow-Clark, UC Davis Cooperative Extension, 209 953-6118
- Age in Motion – National Ag Science Center. Michele Lavery, Director 604-4916 (c), P.O Box 4937, Modesto 95352, 521-2902, www.agsciencecenter.org

(See article on outdoor education by Lynn Hansen in the June, 2015 issue of *Stanislaus Connections*, <http://stanislaus-connections.org/Connections%20JUNE15.pdf>)

A Magical Evening to Benefit the Majestic Tuolumne

Thursday October 8, 2015

6:00 PM to 9:00 PM

565 Remillard Drive

Hillsborough, CA 94010

You're invited to come celebrate a Magical Evening to Benefit the Majestic Tuolumne at the Carolands Chateau!

Come join us for a festive, elegant evening of fine wine, gourmet hors d'oeuvres and delectable desserts. Our gala will provide a rare opportunity to experience a unique, historic mansion not open to the general public. The **Carolands Chateau** is a nearly 100-year old BeauX-Arts masterpiece and is on the National Register of Historic Places. All proceeds will benefit the Tuolumne River Trust.

Tickets are \$150. Please RSVP no later than October 1st. Seating is limited!

Please note: Guests are asked to refrain from wearing narrow heels that may damage antique floors. As a courtesy to its neighbors, Carolands Foundation requires guests to use complimentary Valet Parking.

Contact Dulcey Reiter, Tuolumne River Trust, dulcey@tuolumne.org, 415.882.7252

Tuolumne River Trust | 312 Sutter Street | Suite 402 | San Francisco | CA | 94108; <http://www.tuolumne.org/content/>

**ART CLASSES
FOR ADULTS
AND KIDS**



ONLINE REGISTRATION NOW AVAILABLE AT
<http://mistlingallery.eventbrite.com>

1015 J Street, Modesto • (209) 529-3369
Tues. - Fri. 11:30 - 5:00, Saturday 12-4
Email: class.ccaa@gmail.com

Solar Ovens: Fun With the Sun

By JENIFER WEST

It's been a while since we visited the topic of solar cooking, so I'd like to pass along a few things I've learned in the few years since I took up the sport. I know – summer's almost over. But solar cooking can be done pretty much year-round, so long as there is adequate sunlight.

As I've worked with my solar ovens, an All American Sun Oven and an SOS Sport (both available from Amazon), I've learned how to get the best results from each.

Because it's a little pricier, I purchased the Sun Oven after I'd experimented a bit with the SOS Sport. I wanted to be able to bake bread or cookies, and the SOS Sport doesn't get quite hot enough. I also wanted to be able to cook several different things at once, and so eventually ended up with two Sun Ovens, along with the SOS Sport. The Sun Oven can be purchased with or without cooking pots and other accessories, while two covered 3-quart pots come with the SOS Sport. Solar cooking pots must be dark, to absorb the sun's energy, and the pots that come with either oven are the inexpensive Granite Ware often used for camping. (The inner dimensions of both ovens are smaller than a conventional oven, so bear that in mind if you elect to purchase your cookware separately.)

The Sun Oven is built to last, and can cook almost as quickly as a conventional stove or oven. It's advertised to hit 360 – 400, but I've never used mine over 350. Owning the Sun Oven has actually improved my solar cooking ability, mostly due to a special plastic guide that helps the user determine if the oven is focused properly to achieve the desired temperature. With it, one can see when the oven is focused exactly on the sun, which results in maximum temperature. The oven can then be refocused, if a slightly cooler temperature is needed. It also has an adjustable leg, allowing the oven to be tilted up or down to compensate for the angle of the sun – especially useful in winter, when the sunlight is weaker. An accurate thermometer is permanently attached to a top inside corner of the oven, out of the way but visible at a glance. The only thing I found lacking is a way to hold the reflectors out of the way when moving food into or out of the oven. I solved this problem with a little Yankee ingenuity – and an 'S' hook, a couple of chip clips, and a length of chain. I fold the reflectors as if storing the oven, holding them closed with the chip clips. I then hook the chain to the 'S' hook (which is attached to the strap the oven comes with for keeping it closed); the other end is attached to the garden cart the oven is mounted on. Voilà – the reflectors are out of the way, decreasing the chance of burns or spills. (At this writing, a pan of bacon is cooking at 300 degrees in one, while a pan of ribs cooks at 200 in the other. Bacon is one of my favorite foods to solar-cook – no fuss, no muss, and almost no clean-up!)

The SOS Sport isn't quite as sturdily built, but will certainly provide years of service if reasonably well cared for. (This oven was developed to be shipped to third world countries, where cooking materials are scarce and gathering



them can be dangerous.) A quick look at Amazon revealed that this oven is manufactured by a new company, which may have made improvements since I purchased mine a few years ago. It tends to cook a bit 'cooler', between 200 and 300 degrees, and is great for truly slow-cooking foods, using any slow-cooker recipe. (At this writing, a second pan of ribs is cooking at 200 in mine.) During the summer months, if focused directly on the sun, it can even get a bit on the hot side.

All of our solar ovens store very nicely on our patio, under covers intended for large patio furniture.

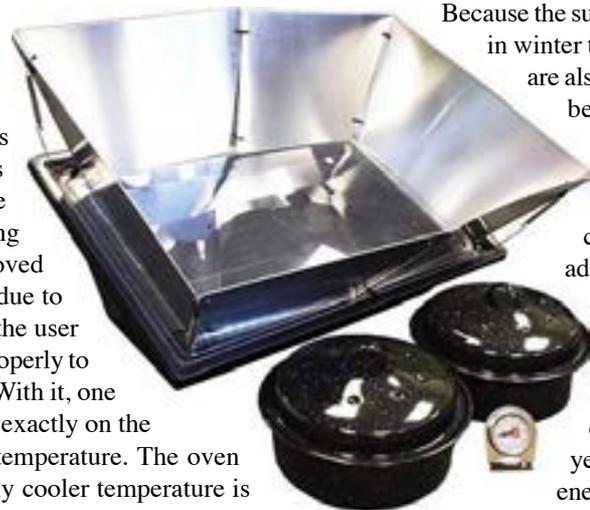
Solar cooking can also be done in the winter, as long as the sunlight is strong enough to cast a shadow. (This writer solar-cooked most of our last Thanksgiving dinner.)

Because the sunlight is less intense, solar cooking in winter takes longer. The hours of sunlight are also reduced, which means food must

be put on to cook earlier. Due to these two factors, the Sun Oven is a little easier to use that time of year, although the SOS Sport can certainly be used, as well. It is advisable to solar-cook on a day when you will be home, as the oven(s) will need to be re-focused more frequently than in the summer.

Solar cooking is a great way to cook, and can be done pretty much year-round. It virtually eliminates the energy use, and therefore cost of cooking – and, to sweeten the deal, it's actually fun!

Note: In doing the research for this article, I've come across the 'next generation' of solar cookers – watch this space for a review soon!



IN MEMORIAM

Julian Bond

January 1940 ~ August 2015

Mary Rose Shelton

February 1934 ~ July 2015

Emiliano Mataka

July 1980 ~ August 2015

Radio

from page 1

nonprofit, non-corporate, truly locally-focused full power radio station. So we leapt at it.

After much work with Todd Urich of Common Frequency, radio engineer Michael Brown of Portland Oregon, and radio expert attorney, Michael Couzens of Oakland, California, we applied for a construction permit in February, 2010. Local FM station manager and radio engineer, Brad Johnson, also helped. On May 13, 2015, the glacially-paced FCC gave the Peace Center and Calvary Chapel 90 days to agree on sharing the radio frequency, or it would impose a sharing agreement upon us.

Now what do we do?

In keeping with the Modesto Peace/Life Center's mission to promote peace, social and economic justice through non-violent change, and a sustainable environment, we want to build a radio station that offers a lively blend of local programming highlighting airing of important issues and spotlighting local talent in music and the arts. We envision broad participation by various community groups and individuals with a focus on local issues, entertainment and public service. When it's completed, our Mission Statement will be published in these pages. Stay tuned.

Money

Of course, we need money – lots of it. As a nonprofit station, we cannot accept direct advertising. But like PBS, we will publicly thank supportive organizations and individuals. We'll need widespread support and involvement to get off the ground successfully. The hurdles are many, from securing a transmission tower, purchasing equipment, meeting technical requirements, and creating a Board of Directors that will oversee programming and organizational matters.

For now our focus will be on fundraising. This is no small project. We'll all have to dig deep. To get running we anticipate needing up to \$180,000. Formal fundraising will begin soon. But you don't have to wait for our appeal. All donations toward this project are tax deductible. Please make your check out to the "Modesto Peace/Life Center" and write "Radio" in the memo section of the check. Send it to P.O. Box 134, Modesto, CA 95353-0134.

Our knees wobble at the prospect of raising all this money and facing all the tasks required to get a new radio station on air, but at the same time we're excited. We want our vision and voice for a kinder, more compassionate society and world to be heard widely throughout Stanislaus County and beyond. We're embarking on something new that's filled with possibility. Please help us make this vision real.

ACTION: Please email comments, suggestions, and/or your interest in helping to create this station to jcostello@igc.org, and send your generous donation to the above address.

Read about this new development at Radio World at <http://www.radioworld.com/article/share-and-share-alike-two-nces-assigned-full-power-timeshare/276917>





Help keep our readers informed.
We urge people participating in an event
to write about it and send their story to
Connections.

ACTIONS FOR PEACE Sonora - Stockton

SONORA: Contact Alice at lewisalice090@gmail.com

PEACE AND JUSTICE NETWORK OF SAN JOAQUIN COUNTY (<http://www.pjnsjc.org>). Info: James Walsh, jwprod1956@clearwire.net

SEPTEMBER

September: 2016 Peace Essay Contest applications available at <http://stanislausconnections.org>. Entry deadline: November 20, 2015!

ONGOING: Modesto Area Partners in Science, Fridays, 7:30 pm, Sierra Hall 132, MJC West Campus; <http://maps.events.mjc.edu/>. September 18: "Arthritis in New World Monkeys" MJC biology professor Dr. Derek Madden on monkey movement and joint disease. October 2: "The Search for Life in the Universe." Dr. Lynn J. Rothschild, Astrobiologist, NASA Ames. NOTE: This talk will be in the MJC West Campus Mary Stuart Rogers Student Center. October 23: "New Insights into Human Evolution." MJC Professor Dr. Debi Bolter presents her recent work on remarkable fossils discovered at Rising Star Cave. November 20: "Grapes in our Lives." Dr. Peter Cousins, E. & J. Gallo Winery with a scientific analysis of the cultural connections between grapes and people. December 4: "Making Fuels from Sunlight, Water and Air." Dr. Frances Houle, Joint Center for Artificial Photosynthesis discusses how artificial photosynthesis can produce new fuels.

September 13, 2015 - January 10, 2016: Alphonse Mucha: The Golden Age of Art Nouveau, includes more than 70 original works by the artist many consider the creator of the Art Nouveau style. The exhibition drawn from the holdings of the Dhawan collection, Los Angeles, one of the largest and finest collections of Mucha's work in the United States. Carnegie Arts Center: 250 N. Broadway Turlock. (209)-632-5761. Open: Wednesday - Sunday 10 a.m. - 5 p.m.; Fridays 10 a.m. - 8 p.m. <http://www.carnegieartsturlock.org/#!muchacf6v>

11 FRI: First Annual Women of the West (WOW) Film Fest. State Theatre, 1307 J. St., 6:30 pm. Visit <http://www.thestate.org/calendar/event/574>

16 WED: Film Night at the Center presents Werner Herzog's *Into the Abyss*. Discussion after. 6:30 pm, Modesto Peace/Life Center, 720 13th St., Modesto. See article, this issue.

20 SUN: The Modesto Film Society presents *Key Largo*. State Theatre, 1307 J. St., 2:00 pm. Visit <http://www.thestate.org/calendar/event/510>

27 SUN: Sunday Afternoons at CBS presents the *Mark Atkinson Trio*. One of Canada's most talented musicians, Marc returns performing

melodically captivating, sensually charged, and ferociously, technically awe-inspiring music. Marc's fiery, elegant style is infused with a catchy blend of influences, while he maintains the laidback humor and casual "good time feel" of Canada's West Coast. 3 pm 1705 Sherwood Ave., Modesto. Tickets: All 6 concerts for just \$75/Adults, \$65/Seniors & Students. Single Tickets: \$25/Adults; \$20/Seniors & Students; \$7 children. Call (209) 571-6060. <http://sundaysatcbs.com/>

LOOKING AHEAD

October 2 Friday: Modesto Area Partners in Science (MAPS): Lynn J. Rothschild, Astrobiologist, NASA-AMES Research Center. Winner of the 2015 Isaac Asimov award. The Search for Life in the Universe. 7:30 pm, MJC West Campus, Mary Stuart Rogers Student Center, Free Admission and Parking.

January, 2016: Annual John McCutcheon Concert.

January 23, 2016: 22nd Annual Martin Luther King, Jr. Commemoration. Speaker: historian Taylor Branch.

REGULAR MEETINGS

SUNDAYS

LifeRing Secular Recovery: Sunday 10:00 am, Kaiser CDRP, 1789 W Yosemite Ave, Manteca. LifeRing Secular Recovery: Support group for people who choose to live free of alcohol and other addictive substances. We avoid discussion of politics and religion in our meetings so each person can focus on building their personal sobriety recovery plan. (209) 591-8741, www.liferingmodesto.org

Weekly mindfulness meditation and dharma talk, 12:30-2:30 pm, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC parking lot). Info: Contact Lori, 209-343-2748 or see <http://imcv.org/>

MONDAYS

Walk With Me, a women's primary infertility support group and Bible study. 6:00 pm to 7:30 pm the first and third Mondays of each month (September only meeting 9/15/14 due to Labor Day). Big Valley Grace Community Church. Interested? Email WalkWithMeGroup@gmail.com or call 209.577.1604.

TUESDAYS

Pagan Family Social, third Tuesdays, Golden Corral, 3737 McHenry Ave, Modesto, 6:00 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

LifeRing Secular Recovery. Tuesday 6:30 pm, Jana Lynn Room, 500 N 9th St, Modesto. 591-8741.

Ukulele class/play-a-long led by Lorrie Freitas 5 p.m. Beginners Lessons 6 p.m. Play Along in songbooks provided. Trinity Presbyterian Church, 1600 Carver, Modesto. Donation accepted. Info: 505-3216. www.funstrummers.com

Weekly mindfulness meditation and dharma talk, 6:30-8:30 pm, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC parking lot). Info: Contact Lori for more information at 209-343-2748 or see <http://imcv.org/>

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center VIGILS: held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), (NOTE TIME), 4:30-5:30 pm. Call the Center for info: 529-5750.

MEDIA: Listen to local Valley Community Radio KQRP 104.9 FM, <http://www.kqrp.com>

PEACE LIFE CENTER BOARD MEETING, FIRST Thursdays, 720 13th St., Modesto, 6:30 pm, 529-5750.

MEDIA COMMITTEE of Peace Life Center. Meetings TBA. Call John Lucas, 527-7634.

CONNECTIONS EDITORIAL MEETINGS: Info: 537-7818, jcostello@igc.org

PEACE/LIFE CENTER MODESTO, 720 13th St. Call 529-5750. We'll get back to you with current info on activities.

Adult Children Of Alcoholics, Every Tuesday, 7 pm at 1320 L St., (Christ Unity Baptist Church). Info: Jeff, 527-2469.

WEDNESDAYS

Unity Tai Ji Qi Gong (A Journey Within) - First United Methodist Church Multipurpose Rm - 6 pm - Wednesdays - freewill offering. Michele, 209 602-3162.

Merced LGBT Community Center offers a variety of monthly meetings and written materials. Volunteers, on site Wed-Fri, offer support. Ph: 209-626-5551. Email: mercedboard@gaycentralvalley.org - 1744 G St. Suite H, Merced, CA. www.mercedlgbtcenter.org

Merced Full Spectrum meets the second Wednesday of every month, 6 p.m. 1744 G St., Suite H, Merced <http://www.lgbtmerced.org/> Merced Full Spectrum is a division of Gay Central Valley, a 501(c)(3) nonprofit organization. <http://www.gaycentralvalley.org/>

LifeRing Secular Recovery. Wednesdays 6:30 p.m. , Center for Human Services Building, 1700 McHenry Way, Room 12 Modesto.

Modesto Folk Dancers: All levels welcome. Raube Hall, Ceres (call for address), 480-0387.

GLBT Questioning Teen Support Group (14-19 years old). 2nd & 4th Wednesdays, Colledge Ave. Congregational Church, 1341 Colledge Ave., Modesto. 7 - 9 pm. Safe, friendly, confidential. This is a secular, non-religious group. Info: call 524-0983.

Transgender Support Group, 2nd & 4th Wed., 7:30 to 9 pm. Info: (209) 338-0855. Email info@stanpride.org , or tgsupport@stanpride.org

Mindful Meditation: Modesto Almond Blossom Sangha, 7 - 9 pm. Info: Stan, 549-7770, stanhopecunningham@yahoo.com , or Anne, 521-6977.

Compassionate Friends Groups, 2nd Wed., 252 Magnolia, Manteca.

THURSDAYS

Green Team educational meetings the 3rd Thursday of each month, 10 to 11 am, Kirk Lindsey Center, 1020 10th St. Plaza, Suite 102, Modesto. www.StanislausGreenTeam.com

Third Thursday Art Walk, Downtown Modesto, downtown art galleries open - take a walk and check out the local art scene. 5-9 pm every third Thursday of the month. Info: 579-9913, <http://www.modestoartwalk.com>

Refuge Recovery: A Buddhist Approach to Recovery from Addiction Insight Meditation Central Valley. Jana Lynn Community Rm., 500 N. 9th St., Modesto. Thursdays 6:30-8 pm. FREE (donations accepted). Info: email RefugeRecoveryModesto@gmail.com

Latino Community Roundtable (LCR) meets on the second Thursday of each month at Noon at Bel Piatto Italian Cucina, 1000 Kansas Ave., Modesto, CA. Info: call Maggie Mejia, (209) 303-2664, <http://lcrstan.org>

The Book Group, First & third Thursdays. Colledge Ave UCC Youth Bldg., Orangeburg & Colledge Ave., 3:30 pm. Info: mzjurkovic@gmail.com

The Compassionate Friends, Modesto/Riverbank Area Chapter. 2nd Thursday of the month. Contact: Joanna Rose-Murray, 209-484-8276, jrmcompassionate@gmail.com, <http://www.tcfmodesto-riverbankarea.org>

NAACP. King-Kennedy Center, 601 S M.L. King Dr.,

Modesto, 7 pm, 3rd Thursdays. 549-1991.

Valley Heartland Zen Group: every Thurs 6:30 to 8:30 pm, Modesto Church of the Brethren, 2310 Woodland Ave. Meditation. Newcomers welcome. Info: 535-6750 or <http://emptynestzendo.org>

Pagan Community Meeting, 1st Thursdays, Cafe Amore, 3025 McHenry Ave, Suite S., Modesto, 8 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

FRIDAYS

Funstrummer Ukulele Band every Friday, from 9:15 am until noon, Church of the Brethren, 2301 Woodland Ave., Modesto. Info: 505-3216; www.funstrummers.com

Latino Emergency Council (LEC) 3rd Fridays, 8:15 am, El Concilio, 1314 H St. Modesto. Info: Dale Butler, 522-8537.

Village Dancers: Dances from Balkans, Europe, USA and more. Fridays, Carnegie Arts Center, 250 N. Broadway, Turlock. 7:30-9:30 pm, \$5 (students free). Info: call Judy, 209-480-0387.

Sierra Club: Yokuts group. Regular meetings, third Friday, Colledge Ave. Congregational Church, 7 pm. Info: 549-9155. Visit <http://www.sierraclub.org/mother-lode/yokuts> for info on hikes and events.

Mujeres Latinas: last Friday, lunch meetings, Info: Cristina Villego, 549-1831.

Hispanic Leadership Council: 1st & 3rd Fridays at 7:00 am, El Concilio, 1314 H St. Other meetings at Terrace Cafe, Double Tree Hotel. Info: Yamilet Valladolid, 523-2860.

SATURDAY

Citizens' Climate Lobby. Modesto Chapter, meets every second Saturday, 10:30 a.m., 937 Oxford Way, Modesto. Questions: Call Kathy, 523-5907.

So Easy ~ So Good: Vegetarian/Vegan/Wannabee Group. Potlucks, guest speakers, field trips, activist activities, movie nights, etc. Third Saturday of the month, 11:30 AM- 1:30 PM. Info: Kathy Haynes, 209-250-9961; email kathyhaynesSESG@gmail.com

SERRV: Saturdays, 10 - Noon and after church Sundays or by appointment. Call Mary, 522-6497 or 523-5178. Gifts from developing countries. Church of the Brethren, 2301 Woodland, Rm. #4, Modesto.

For complete calendar information and regularly scheduled activities, visit <http://www.stanislausconnections.org/calendar.htm>

DEADLINE to submit articles to CONNECTIONS: Tenth of each month. Submit peace, justice, environmental event notices to Jim Costello, jcostello@igc.org Free Calendar listings subject to space and editing. For up to date information, visit www.stanislausconnections.org/calendar.htm