

Watch Out!

VOLUME 3, ISSUE 1

JANUARY 2006

THIS NEWSLETTER IS WRITTEN BY AND FOR CONSUMERS WITH A GRANT FROM FAR NORTHERN REGIONAL CENTER. WE HOPE YOU ENJOY IT.

Heart Dreams

By Laura Larson

When I listened to you last October at the Self Employment Conference in Chico, I was so impressed. I listened to your heart dreams. Dreams hidden from the light of possibility. I was impressed by your ideas and honored that you shared them with me. I was captured by the power of your dreams, and I made a promise to you. A promise that I, in my position as Executive Director of Far Northern, would do all in my power to help those dreams come true. Energized by your vision, we have begun to build a new future for consumers of Far Northern.

We have begun! I don't think we can stop now. In Oroville, there is a new day program---it is an old-fashioned candy store! A very different way to spend your hours. It is small, a part of old town Oroville. In Paradise, we hope to open several small (6 to 10 people) businesses. One business will be an art gallery in the front and an open art studio in the back. In Burney, we are working to open an art gallery for the mountain artists. People who work with Far Northern will work there. In Redding, we have heard of a provider who wants to open a coffee shop---with people like you running it! It is a New Day!

We hope that by this time next year, every person whose dream has been shared in this issue of Watch Out, will be living that dream. That is my dream and my promise to you. "Follow your dreams, for as you dream you shall become."

Your Executive Director, Laura Larson

INSIDE THIS ISSUE:

Heart Dreams	1
Supported Life	2
Save The Date	2
The Power is Yours	3
Conference Planning	3
Feature: Businesses	4-6
Express Folding	7
Lassen People First	7
Feature: Businesses	8

Story on Paged 4-6

*"If you like your work, you will be very successful."
—Danette Schones*



Laura Larson

Supported Life Conference

By Glen Pollock

In October, two groups of self-advocates from our region spoke at the Supported Life Conference in Sacramento. The first group was the Pathfinders: **Michael Cooke, Ted Cotinni, Brandi Totten and Sherri Douglas.** They spoke about the Pathfinders project and how it can help consumers have more control over their life. They talked about how “The Plan” could help not only the consumer but also the service coordinators to better understand the consumer’s hopes and dreams.



Members of Pathfinders



Marcus Walker at the conference

Benaye Cooke and Marcus Walker also spoke about their work developing personal care protocols for consumers who need help dressing, bathing, and going to the bathroom. They shared their own thoughts about how the protocol helps staff to understand their own needs better. This helped everyone in the audience to better understand the needs that a consumer may have for their own personal care protocol.

Save the Date !

February 2006: Far Northern Regional Center is sponsoring the *FOCUS 2006 Film Festival* to teach people in the community about people with disabilities. We are showing 5 films over two days and will also have a guest speaker. February 24 and 25. For more information, call Mary Ann 222-4791.

March 2006: An artists’ reception will be held on March 3 from 11:00 to 12:00 noon for the winning artists of the “My Dream Home” art contest sponsored by the We Care A Lot Foundation. The deadline for entries is February 10. For more information, call Brandi 223-7771.

May 2006: Region 2 People First invites you to their May 2006 conference, “Reaching for the Sky, the Sky’s the Limit” on May 5-7, 2006 at the Red Lion Hotel in Redding. The conference is a great place to meet new friends, learn new things, and have lots of fun. For more information, call Brandi at 223-7771.

The Power is Yours Poster Contest

In July, FNRC held a poster contest for artists with disabilities. The theme was "I Celebrate Myself." Over 100 artists from our region shared their drawings and paintings with the community at an art show at the Shasta County Arts' Council.

Genevieve Britton won the Grand Prize. Her picture, "Independent Thinker" was printed into a poster calendar and given to all the day programs and community care homes. You can get a free poster calendar too, while supplies last, at either the FNRC Chico or Redding office.

Other awards were given to: **Mamie Hayes, Timothy Morton, Scott Mathis, Ed Gantt, Tina Pappas,** and **Cordell Smith. Michael Cooke**, an artist from our region, judged the contest.



Grand Prize Winner, Genevieve Britton

Planning a Conference

By Roger Pulliam, Brenda McNabb, and Danette Schons

All of the People First Officers in our area are members of our Region 2 group.



The Region II Conference Planners

We decided a long time ago not to have officers in this group. We get along better and get more work done that way. We all sit in a circle so we are all equal and get to have our say in what happens.

Every two years we plan a conference. Right now we are planning a conference for May 5-7, 2006. It will be at the Red Lion Hotel in Redding (see page 2 for info).

Planning our conference happens like this. Letters go out to the officers in our area for ideas for the conference, like break out sessions, keynote speakers, theme, colors, and other important ideas. We go to our meeting and get in small groups to talk about what we think we want, from all the information we get. Those groups take all the information and pick out the best ideas. We take our ideas back to the big group, and we vote on what we want and finalize the decisions. We make the final decisions over everything that happens at our conference.

We have helpers to guide us through the process. It's a lot of hard work. It's not always easy or fun. We have had many disagreements. But, we are a team. We think because of the way we meet, in a circle without officers, we can always come to a decision and still be friends.

If You Could Start Your Own

Memories Kept In A Scrapbook by Sherri Douglas



Michelle Phillips

Michelle Phillips loves to make scrapbooks for her family and her friends. And, she's really good at it!

She has been making scrapbooks for about 4 years as a hobby, but now she dreams of turning her hobby into a business. Michelle wants to teach people with disabilities and people without disabilities how to turn their pictures into lasting memory books.

Michelle wants to start her business by working from home with her sister as her partner. She told me that, "scrapbooking is telling a story about your family, your friends and yourself."

Better Security for Susanville by Danette Schons

Arlon Lowry has a goal of becoming a security guard. Even though this business takes a lot of training, he plans to keep on working at it because he is a very hardworking person.

Arlon plans on working from his home at first, and later on, he hopes to expand to a small office building. This will be a great thing for the Susanville area. Right now, he is thinking of training as a security guard at a nearby casino. Arlon would like to call his business, "Lowry Security Services." He wants to do this because he enjoys the idea of keeping places safe and secure for all.



Arlon Lowry

Crafts For Everyone by Glen Pollock



Peggy Englert

Peggy Englert would like to be a crafts teacher. She loves working with her hands, and she has a real talent for making interesting crafts out of everyday items. Peggy keeps busy all the time working on different projects. She enjoys making things for other people, and she thinks others might enjoy that too.

Peggy wants her own business teaching crafts at the Senior Center in Yreka. She would also like to teach people with disabilities through a day program. Her idea is to have the students supply their own materials, and she would show them how to make the project.

usiness, What Would It Be?

Big Dreams

Coby Walters is just 16, but he has a lot of great ideas about starting a business. He also has lots of talent to back up those ideas.

Coby's main interest is in taking pictures of plants and animals. One of his pictures, "Alder Leaves," was chosen for a show about Bidwell Park at a gallery in Chico. He also had 3 pictures and a poem published by Butte College, where he is a part-time student. I saw some of his pictures, and they are really beautiful.

Breeding hamsters is another hobby that Coby could turn into a business. In fact, when he was in the 5th and 6th grade, Coby sold hamsters to a pet store near his home. He was very successful, but the business ended when he moved.

A couple of years ago, Coby started growing bonsai trees. Bonsai is the Japanese art of forcing regular-sized trees to grow smaller. Coby says that it takes time and patience to grow a bonsai tree. When I asked how he did it he said, "When I'm choosing a tree, I look for and sense which one is most interesting." He then removes or bends some branches to create the shape he's looking for. "I know I'm done when I can't see anything else to improve the tree at that moment."



Coby Walters

Ella's Quilt Making Business by Shelly Anderson

Ella Slemp says, "I could sit for hours making quilts and never get tired of it." And that's true! I see Ella working on her quilts a lot. When I asked her why she likes making quilts so much she said, "Because it's something I am good at. I'm really good with my hands and I'm always happy when I'm working on my quilts."

Ella started making quilts last year, and since then, she has made 5 and sold 2 of them. She even makes baby quilts. It takes her about one month to make one.

Ella entered one of her quilts in the Shasta District Fair, and she is making a quilt square for the People First raffle to raise money for the People First conference in Redding next year.

Ella has made a lot of really nice quilts. Her quilts are nice for your bed or furniture but also for wrapping yourself up in while you're watching T.V.



Ella Slemp

If You Could Start Your Own Business, What Would It Be ?

A Disk Jockey For Us to Dance To by Danette Schons



Mario Armijo

Mario Armijo really likes music, and he wants to be a professional D.J. He feels that music is what keeps him alive. Mario wants to be his own boss and help to build a relationship with the public through music.

Mario wants to work in his own home in the Chico area. He thinks he will need 1 to 2 people to help him get the business going, but later on, he plans on employing more people. Mario is not sure when he expects the business to be up and running, but with his love, talent, and energy, we all feel it will be real soon.

Life is Much Nicer When Everything is Clean by Sherri Douglas

Danette Schons has been cleaning offices now for about 10 years. She has been doing it for local agencies like Caminar and the Chico Regional Self-Advocacy Project offices.

Danette wants to turn her job into her own business. She would buy her own equipment so that cleaning would be much easier. Danette believes that "...if you like your work, you will be very successful." She believes that she will have her own business running in about 1 year. When she has her own business, then she will be her own boss.



Danette Schons

Baking For Everyone by Glen Pollock



Andre Econopolus

Andre Econopolus really likes to bake, and he would like to start his own business doing just that! Baking bread is his passion. Since he loves baking so much, Andre felt that starting his own business would be a very good idea.

He would like to start out small and then he would expand as his business grows. He plans to rent a small commercial kitchen because he does not have room to do the baking at home. Andre won't need anyone to help him now, but as time goes on, he might employ others to help him reach his goal. For now, he has the energy to do the job himself.

He says his business will take 2 to 3 months to start. We hope he starts soon!

Express Folding Service

By Meghan Gibson, Nicole Goold, Shelly Papineau, Katy Schultens, Teddy Roby, Debbie Salyres, Joe Littlejohn, and Desi Childress

In June 2005, our group started a micro business. We had to choose a name, write a business agreement, partnership agreement, and decide what services we were going to offer. We decided to name it Express Folding Service, and we offer to collate, fold, sort by zip code, and deliver to be mailed, pamphlets, flyers, advertisements, brochures, and newsletters.

This was a chance for our members to gain valuable work experience, learn to accurately maintain a business bank account, and work with others professionally. It was also another way to earn and save money responsibly.

All profits are divided equally among the partners. The group has 9



members which includes 2 quality control officers, and a secretary. Our secretary is responsible for billing, bank reports, the “minutes” of the meetings, and she also handles most of the inquires about the businesses future projects. We currently have 4 business accounts within the community of Redding.

Express Folding Service Partners (pictured, from left to right) **Mary Holderman, Nikki Goold, Shelly Papineau, Robert Jackson, Penny Stowe, Janine Hefernan, Joe Littlejohn**, (not pictured) **Patsy Tuck, Liz Nickell**.

Lassen County People First—Giving Back to the Community

In September, People First of Alabama sent an e-mail to self-advocates all over the country asking them for donations to help the victims of Hurricane Katrina. **People First of Lassen** heard about this, and they decided to send \$300. They donated this money because they wanted to help other self-advocates in need. They also wanted the victims to know that there were people in Susanville, California who cared about them.

In December, People First of Lassen got a letter from People First of Alabama thanking them for their donation. This letter said that the money will be used to help a self-advocate named **Willie**. Willie owns a home in New Orleans that he has worked very hard to keep up. His home and everything in it was ruined by the hurricane. Willie had insurance for the house, but not for the things in it. So the money from People First of Lassen will be used to help Willie buy new things for his home.

People First of Alabama said they will keep People First of Lassen updated on Willie. The members of People First of Lassen look forward to hearing about how Willie is doing, and they are very glad they were able to help.

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Non-Profit Organization
US POSTAGE
PAID
Redding, CA
Permit No. 284

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Theme: Owning Your Own Business

A New Artist In Redding by Shelly Anderson

BJ Christianson says that painting makes her feel “free.” After taking an art class at Shasta College many years ago, BJ realized she had a talent for painting. Now, 11 years later, she is still making art-work.

BJ paints with her hands and her feet. When she uses her feet to paint, she has a paint brush taped to her foot and she is able to make long paint strokes that turn out really good. She made a painting called “Dancing Flowers” that the Regional Center bought.



“Dancing Flowers,” by BJ Christianson

She hopes to turn her painting hobby into a business and that people will buy her work. BJ wants to sell her painting and collages and also postcards with her prints on them. She plans to work out of her home for now, but dreams of having an art studio and gallery. BJ’s goal is to sell enough art work so she can buy a van with a ramp.



Artist BJ Christianson