

## COMMUNITY CONNECTIONS and SPONSOR ACTIVITIES & EVENTS

### FEBRUARY 2018

#### Saturday, February 10<sup>th</sup> Intro to Pine Needle Basket Making

Noon to 4:00 pm at Mohawk Community Resource Center in Blairsden

Create a basket with love using long-leaf pine needles just in time for Valentine's Day for your loved one or yourself. You will be guided step-by-step, learning all the basic techniques - through to a completed basket to take home. Join us as we connect with nature and community in this unique way. NO experience needed. Cost is \$55.00 (all materials included). Limited to 10 participants, reserve your space by contacting Michelle Haselton at 530-927-7036 or [www.lakesbasincreations.com](http://www.lakesbasincreations.com).

#### Thursday, February 15<sup>th</sup> Speakers Bureau: "Creating a Sierra Paradise"

5:30 pm at the Mohawk Community Resource Center in Blairsden

In February 1958, Harvey West, Sr. purchased the remains of the California Fruit Exchange Lumber Mill site. The property included 13,482 acres of timberland and a town with some 42 deserted buildings along with several stores and food supply buildings. Harvey West, Jr. and his wife Shirley moved to Graeagle and took up permanent residence. Harvey had a plan and a dream to create an ideal community for recreation and retirement homes. Dan West, the son of Harvey and Shirley, grew up with the town. Dan will tell the story of how the town grew as he helped his father realize that dream. If you love Graeagle, don't miss this presentation! This event is free, though a \$5.00+ donation is welcome to help fund MCRC. Light refreshments will be served. For more information or to RSVP call MCRC at 530-836-0446.

#### Sunday, February 25<sup>th</sup>: SEED & FEED POTLUCK

10:00 AM- 2:00 pm at the Plumas-Sierra County Fairground in the Mineral Building;

Located in Quincy, CA; Participants are encouraged to carpool, bring seeds for swapping, a \$5 donation and a potluck dish! Seed Starting and Acclimatizing 101, Seed Saving Techniques, Plant Selection for Plumas and Sierra, Seed Sharing Mixer, & Potluck. Sponsored by the Plumas-Sierra Master Gardeners, Plumas-Sierra Community Food Council, and Plumas-Sierra 4-H Program.

Register by February 22<sup>nd</sup>, 2018; (530) 283-2099, or email [pmrow@jps.net](mailto:pmrow@jps.net)

## SAVE THESE DATES:

April 18<sup>th</sup> - Community Connections hosts Quincy Community Supper during National Volunteer week

April 15 - 22 National Volunteer Week

Community Connections Two-for-One Member/Sponsor Promotion!

### June 2<sup>nd</sup> - LOST AND FOUND GRAVEL GRINDER- Lake Davis, Portola

**Sponsored by Sierra Buttes Trail Stewardship**

Considered one of the toughest gravel grinders in the West, it is a challenging, fun and scenic ride through the backcountry of the Lost Sierra. Live acoustic music, excellent food and beverages, fully-stocked aid stations, camping, lake sports and a merchandise and expo area complete the venue. Partners, racers, and families and friends are encouraged to camp within riding distance of the start line around beautiful Lake Davis.

- 1,000 registered riders (a 50% increase from 2016 to 2017) - expected continued sell-out attendance
- Three distances (approximately 45, 65, and 100 miles).

### August 2-5 DOWNIEVILLE CLASSIC- Downieville, CA

**Sponsored by Sierra Buttes Trail Stewardship**

One of the world's premiere mountain bike races, bookended by an awesome festival. The Downieville Classic has been rolling for over 20 years and is considered **one of the Top 10 Mountain Bike Festivals in the US by Outside Magazine**. Live music, premium beer, food vendors and an all-weekend main street industry expo top off the event.

- 946 registered racers (2017). The All Mountain (cross country and downhill combined) sells out in less than two hours of registration opening.
- Saturday is a gnarly 29-mile point-to-point cross country race up to the Sierra Crest and the descending into Downieville.
- Sunday is fast, technical 15-mile downhill with racers reaching over 40 mph.
- Racers podium on Saturday and Sunday for their respective races, culminating in Sunday's All Mountain World Championships.
- Mainstreet shuts down all weekend for the industry expo, allowing sponsors to line the streets and exhibit their finest products to a captive, engaged audience of racers and spectators.

### **September 29<sup>th</sup> GRINDURO - Quincy**

The Grinduro fame continues to grow each year. **Named Event of the Year by the Design & Innovation Awards team for 2016, and 'your new favorite bike race' by Outside Magazine.** 62 miles of pavement, gravel, and single-track with plenty of climbing and twisty descents. Most of the ride is casual, there are four timed sections that are designed to cater to specific strengths. Grinduro racers and spectators are treated to three days of camping, live music (including a late-night DJ), beer, awesome food, and campfires.

- 898 registered riders (2017)

### **ONGOING WORKSHOPS/CLASSES:**

#### **SUNDAYS**

**Sisters in Recovery: Women only (WO), Alcoholics Anonymous Meeting Every Sunday, 3:30-4:30pm at Mohawk Community Resource Center in Blairsdan - All are welcome.**

Join other women in recovery for an hour to share our common goal: a desire to support each other in recovery one day at time. The group shares their experience, strength, and hope with one another. Meetings will be speaker or topics from the "Big Book" of Alcoholics Anonymous. For more information call MCRC 836-0446.

#### **MONDAYS**

**Talk Support Group (starts September 18<sup>th</sup>)**

10:00 - 11:00 am at the Greenville Wellness and Resource Center

Do you find sometimes you just want to sit down with people and chat about anything? No specific subject - just talk, converse, complain, or make new friends. Everyone is welcome - bring yourself and a friend and see what it is all about. Call 530-283-6307 extension 1003 if you have any questions.

#### **YOGA - FREE**

7:00 - 8:00 pm at the Portola Wellness & Family Resource Center (280 E. Sierra Street)

530-832-1827 for more information

**Qi Gong for Health and Longevity with Kiara Vicini**

### **3:00pm-4:00pm**

This class will introduce students to the practice of basic Qi Gong (Chi Kung) movements. These low-impact movements are simple, easy to follow, and are designed to protect health, build endurance, and prolong life. Drop-ins always welcome. \$5 per class. Call MCRC for more info: 836-0446.

**Note:** Kiara has scheduled an additional Qi Gong class for Saturday, February 17, 10:30 - 11:30. This is in addition to the regularly scheduled class on Monday, February 12 at 4:00. For the month of March, there will be no 4:00 class on Monday, March 19. Kiara has scheduled a class for both Saturday, March 17 and Saturday, March 24 at 10:30.

### **TUESDAYS**

#### **One Song Women's Singing Circle**

Drop-In any Tuesday from 6:00 - 7:30 p.m. (\$10 donation appreciated)

*Each week we meet in a different community throughout Plumas County.*

*Please contact Michelle for locations.*

Come and enjoy over 50 songs that are easy to learn and harmonize with! This group is for anyone who does or doesn't think they can sing. Michelle has been leading this easy going women's singing circle for 2 years and loving it! She continues to further her training with Voice and Sound Therapists and shares these gifts with the group. For location and more information contact Michelle Beaman at [earthsinvitation@gmail.com](mailto:earthsinvitation@gmail.com) or 530-919-2959.

### **WEDNESDAYS**

#### **Senior Lunch and Social Hour**

12:00 - 1:00 pm at the Mohawk Community Resource Center in Blairsden: 836-0446

#### **YOGA - FREE**

6:30 - 7:30 pm at the Portola Wellness & Family Resource Center.  
530-283-6307 ext. 1202 for more information

#### **Quincy Community Supper**

Community United Methodist Church - 282 Jackson Street  
6:00 - 7:00 p.m.

Join the community for a fantastic dinner provided and served by a different host each week. Donations gratefully accepted.

**Chair Yoga Classes**

Led by Jeanette Brauner

12:00 - 1:00 p.m. at the Mountain View Manor in Quincy