The NAMI-Yolo Board of **Directors seeks new** members. Your commitment would consist of attending monthly board meetings and working on one or more of NAMI-Yolo's many programs.



a chapter of NAMI, the Nation's Voice on Mental Illness

Upcoming Events

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Date: Wednesday, January 9, 2013, 6:30 p.m.

Speaker: Sandra Sigrist, MSW, Turning Point

Topic: Housing Options for People Living with Mental Illness

St Martin's Church Community Room Location:

640 Hawthorn Lane, Davis, CA

Potluck: You needn't bring food, but if you can, please bring the

following if your last name begins with:

A-H: Dessert I-P: Main Dish Q-Z: Salad

Date: Wednesday, February 6, 2013, 6:30 p.m.

Topic: To Be Announced Speaker: To Be Announced Location: Destiny Hall, 124 Lincoln Ave., Woodland, CA

Potluck: You needn't bring food, but if you can, please bring the

following if your last name begins with:

A-H: Main Dish I-P: Salad Q-Z: Dessert

Date: Thursday, February 21, 2013, 6:30 p.m. Pat Williams Mental Health Dinner Event:

Speaker: Frederick J. Frese. Ph.D Location: **Veterans Memorial Center**

203 East 14th Street, Davis, CA

Date: Wednesday, March 6, 2013, 6:30 p.m.

Speaker: To Be Announced Topic: To Be Announced

St Martin's Church Community Room Location:

640 Hawthorn Lane, Davis, CA

Potluck: You needn't bring food, but if you can, please bring the

following if your last name begins with:

A-H: Salad I-P: Dessert Q-Z: Main Dish

Volunteers are being sought for the 2013 Sunflower Art Committee.

There are many openings on the Committee.

- Corporate Fundraising
- Publicity
- Art Intake & Hanging
- Reception Planning
- Art Take-Down
- Volunteer Recruitment
- Artist Coordinator
- Farmers Market
- Seed Art Card Design

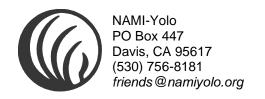
There are many opportunities to become involved, even for just an hour or two between now and June.

We are looking for many hands to make light work. Please step up and help make this very popular community outreach program remain strong.

To volunteer please give your name and contact information by email at friends@namiyolo.org or phone at (530) 756-8181. Together we can make a difference.

Buy anything at Amazon and support NAMI-Yolo! Visit the NAMI-Yolo website at namiyolo.org and click on the link to Amazon.com. NAMI-Yolo receives 5.0-7.5% of any online purchase accessed through the NAMI-Yolo website. Your

purchases help support NAMI-Yolo community programs.



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Odd Fellows fund NAMI holiday celebrations

A big shout out to the Davis Odd Fellows Lodge for its \$250 contribution for NAMI-Yolo's annual holiday celebrations at Homestead Cooperative in Davis for the residents and guests. Thanks to Davis Odd Fellows, a tamale dinner with all the trimmings was hosted during November. During the Christmas holidays, celebrations include a Christmas tree-decorating party and a holiday ham dinner with stockings stuffed with gifts for residents and guests. This is the second year that the Davis Odd Fellows have supported the NAMI-CAN-Do program. Thank you for making the holidays brighter.

From the President

By Nancy Temple

Winter greetings to everyone in our NAMI Family. I return as your NAMI–Yolo President and hope you can join me in making our NAMI the best!

In order to continue the scope of what we do we invite you to volunteer for one of the many programs we offer or to apply to serve on the NAMI–Yolo Board of Directors. We are always looking for working directors!

Membership/Do Date: □ New Member	NAMI-Yolo 2013 Membership/Donations □ New Member □ Renewal
Street:	State: Zip:
Email:	
Membership	Make checks payable to and mail to: NAMI-Yolo PO Box 447 Davis, CA 95617 (530) 756-8181
Professional\$35 Low Income\$15 Client\$3 Donation \$	Members receive newsletters from NAMI National, NAMI California and NAMI-Yolo. A portion of your dues goes directly to NAMI National and NAMI California to support NAMI programs.
We are always in need of volunteers. Please mark the activities that interest you. ☐ Support Groups ☐ Potluck Help ☐ Board of Directors ☐ Other ☐ Sunflower Art Show	volunteers. Please mark the □ Potluck Help □ Other
Throughout the year, we will notify you of upcoming events and important issues unless you tell us otherwise. In some instances, we will use an automated phoning system. Newsletter Delivery Email DuS Mail Don't Send Please do not phone me.	we will notify you of upcoming issues unless you tell us stances, we will use an ystem. □ Don't Send □ me.