

Rio Dell-Scotia News

Meet a Silver Member – Sequoia Springs

Sequoia Springs Senior Living Community of Fortuna is a chamber of commerce member joining at the Silver level. Why? Community relations director Sarah Purvis notes that the organization is active in the Fortuna chamber but wants to become more involved in communities to the north and south.

The facility was built in 2002 and over time was under different ownership, for a while being part of a nationwide corporation. At present it is owned by the Avalon Health Care Group with 100 facilities in six western states.

Sequoia Springs consists of an independent living unit with 20, two-bedroom and two-bath cottages, each with an attached one-car garage. The main building holds the assisted living area, with 55 rooms including both studio and one-bedroom apartments, and Memory Care which can hold 20 residents. “We offer customized care plans for every resident” in both areas, Purvis notes, and have 24-hour staff in the building, with a call button in each room. There are events including parties and a weekly happy hour with finger foods, live music and an assortment of beverages.

Staff that works closely with each other and has low turnover are among the features of which Purvis is proud. The longest-time employee has been there 13 years, making strong bonds between staff and residents possible. Purvis encourages those interested in learning more about residential options at Sequoia Springs to take a tour and get a feel for the place.



Meet a chamber board member: Sharon Holt

A member of the Rio Dell-Scotia Chamber of Commerce board, Sharon Holt spreads her time among many organizations. She has been a member of Scotia Band since 1976, and has served as the band’s manager for the past decade, a role that involves setting up gigs for the band and managing the equipment. She also serves as historian and librarian, the latter role entailing managing the band’s collection of 3,000 pieces of music, which includes that to which it has purchased rights over its 85 years, as well as several collections donated by others. The music fills file cabinets that take up a 20 by 20 foot area donated to the band by Wendt Construction in Fortuna.



Sharon Holt

Holt brings to the chamber board a breadth of experience that comes from working with these various groups, as well as running her own business, first with her late husband Tom, and now, in a scaled-down version, on her own. “He was working in the timber industry, and would go out to the forest to trim branches on trees so they wouldn’t be cut by those seeking a Christmas tree,” she said of Tom’s entry into the business. “He figured since he had all these branches cut, he might as well make wreathes.”

Thus began a business that at its height saw them making 10,000 wreathes a year with the help of eight employees. They sold to outlets from San Francisco to Oregon. It enabled Tom to fulfill his goal of their being in business for themselves, and expanded to include other plant varieties they grew on land they owned, and sold to the flower industry. Then came the vagaries in the weather, the flower industry, and other business realities that made their plan not as workable as they had hoped.

Through a decade of successively caring for her husband and both her parents until their deaths, Holt maintained a portion of the wreath business, selling the output of her product line to Pierson’s in Eureka and at the Fortuna crafts fair, and donating a portion of the sales to benefit Scotia Band. She does this still, and enjoys the peace she finds on South Fork Mountain where, with a forest service permit and hand clippers, she collects branches and enjoys the silence and beauty of nature. “If you make the clipping correctly, two branches grow back where there was one,” she notes, and she sometimes finds herself returning to trees where she has collected branches before, which have now grown new boughs.

District 2 candidates Forum

Candidates (left to right) Michelle Bushnell, Sean DeVries, incumbent Estelle Fennell and Rick French participated in the District 2 candidates’ forum sponsored by the chamber of commerce Feb. 8 in Rio Dell. Candidate Michael McKaskle was unable at the last minute to attend.

REMEMBER TO VOTE MARCH 3RD



News and Notes

Journey Church Installs New Pastor

The Journey Church in Rio Dell recently installed a new senior pastor, Jen Campbell. Dr. Sam Huddleston from the Assemblies of God district office officiated at the Service. Campbell has been attending the Journey for seven years and was brought on staff assistant pastor three and a half years ago, then as associate pastor two and a half years ago.



Jen & Rodney Campbell

She has been taking classes through Global University and working toward her license with the Assemblies of God. Campbell was unanimously voted in as senior pastor last November. Pastor Jeff Miller, in his resignation letter, said, "Jen and Rod are more than ready to step in. We have been working toward this point for more than three years. They have my wholehearted endorsement! I only ask that you give them the same encouragement and freedom you gave me."

The Journey meets at 95 Bellevue Ave. Rio Dell, CA, Sundays at 10 a.m. All are welcome. Follow them @thejourneyhumboldt on Instagram and Facebook.

Library to hold Kids Create events

Several events allowing children to explore art and music have been made possible at the Rio Dell, Fortuna and Ferndale libraries through a grant received by the county library system. Called Kids Create, it will include two events at Rio Dell's library. On Wed., Mar. 11, from 3 to 4:30 p.m. children will have a chance to make puppets and put on a show with puppeteers Quack and Wabbit; on Wed., Mar. 25, from 3:30 to 4:30 p.m., children and parents will have a chance to hear from, and sing along with, vocalists Jose and Heather. The events are free and open to all.

Rio Dell schools set events

Eighth-grade boys will compete in the Crescent City basketball tournament March 6 and 7. The school board will meet March 11 at 5:30 p.m. There will be parent-teacher conferences March 18 through 20 with schoolwide early release at 1 p.m.

Scotia school slates activities

March 4, the Parent-Teacher Organization will meet at 2:30 p.m. in the school library. March 12, the school board will meet at 7 p.m. There will be parent-teacher conferences March 16 through 20. The school carnival will be March 20 with dinner 4:30 to 6:30 p.m. and games 5 to 7 p.m.

Shotz Coffee rocks new look, new plans

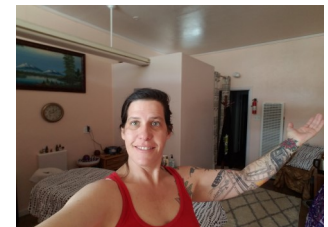
Shotz Coffee at 541 Wildwood in Rio Dell has a new, jaunty wood trim around its roof but that's just the beginning, according to manager Cierra Leavitt, who notes wine, beer, hard cider, mimosas and made-from-scratch, white sangria will be among the new beverages on offer starting soon. Plans have been approved for an outdoor patio in the back.



Drainage work taking place on Eeloa



Cal-Trans is working on a drainage project at the US 101 on-ramp at Eeloa Avenue in Rio Dell, hiring Wahlund Construction for the work.



Melisa James

Massage by Melissa returns to Rio Dell

Melisa James of Fortuna has re-opened her Rio Dell massage studio, currently located at 105 Wildwood, at the corner of Monument. She was profiled in the May, 2018 issue of this newsletter when she first opened at a location adjacent to the former Phat Rabbit boutique, at which time she spoke of falling in love with massage, after careers in government service and retail, because it let her keep learning and applying her knowledge to heal the community. She became state certified in massage in 2012 and in 2016 added certification in Reiki, also sometimes called energy healing.

Life handed her some rough turns such as when she was unable to commute to her initial Rio Dell shop due to vehicle problems, at which time she moved her business to Fortuna, as well as doing massages in the homes of clients. She's glad to be back in Rio Dell and looking at having a grand opening around St. Patrick's Day. James uses essential oils and CBD products in her massages and urges those wanting a therapeutic massage to contact her at 496-3831 or by email at humboldthonney@gmail.com for an appointment.

Kiwanis Korner by Carole Arrington, secretary

Kiwanis International is a service club founded by a group of business associates in 1915 in Detroit, Michigan. Kiwanis is now headquartered in Indianapolis, but is found in over 80 nations worldwide. It wasn't until 1987 that women were allowed to be members, but today women serve in every level of the organization, with equal membership to men.

The name "Kiwanis" was taken from the Ojibwe native language meaning "fool around" – another interpretation taken from the native Algonquian language is "to make myself known" or "make noise". Whatever the original meaning, the organization's founders translated it into "We Build" which became the Kiwanis motto. Today that motto has evolved to "Serving the Children of the World." Kiwanis volunteers are dedicated to improving the world, one child and one community at a time. Individual Kiwanis clubs decide for themselves what projects they will do in their community. Projects are based on the specific needs of that community and driven by member interest.

If you would like to know more or to get involved, attend a local Kiwanis meeting on the second and fourth Wednesday of the month at the Rio Dell-Scotia Chamber of Commerce building, 406 Wildwood Ave, Rio Dell. Meetings begin at 6 p.m.

By **Billy Joe Long**
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Windows 10 Privacy

It is a known fact that a Windows 10 system, with the default settings, sends a lot of information from your PC back to Microsoft. There are a variety of differing opinions concerning this monitoring behavior. Some people are very disturbed by what they see as an invasion of their privacy, while others have adopted the "I've got nothing to hide" attitude --and view this surveillance as an acceptable practice. Whatever your feelings may be, it is worth understanding the privacy issues involved and knowing what measures you can take. Windows 10 comes with a variety of controls and options you can modify to help minimize the use of your data. We'll go over a few basic settings in this article.



Targeted Advertising - Windows 10 comes with its very own **Privacy** screen in the **Settings** panel; click the cog icon on the Start menu to find it. Right at the top of the **General** tab is an option to enable or disable apps' access to your advertising ID.

This is Microsoft's profile of you and what it thinks you're interested in. If you disable this toggle switch, you won't see *fewer* ads in Windows 10—in the Windows Store, for example—or in the apps you've installed, but they won't be specifically targeted toward you. Flicking the switch to **Off** actually resets your advertising ID, so you can turn it off and on again to start with a clean slate, if you don't mind targeted ads but think the various tracking services Microsoft uses have you all wrong.

Diagnostic Feedback - Microsoft will monitor the websites you browse and the apps you use in order to personalize your Windows experience. It uses browsing data to improve Bing search results, for example, and app data to spot malfunctioning installs. You can see what data Microsoft collects: Under the **Diagnostics & feedback** tab in the **Privacy** section of **Settings**, turn on the option to view diagnostic data. You can also delete everything that Microsoft has collected so far. If you think Microsoft is overreaching here, change the data collection from **Full** to **Basic** using the checkboxes at the top. On the **Basic** setting, your computer only sends back information about your device, how it's configured, and whether it's currently working properly. There's unfortunately not currently a way to turn it off altogether.

Turn Off Activity History - Windows 10 wants to track everything you do on the OS. Microsoft would argue that's not to check up on you but, rather, to enable you to jump back to whatever website or document you were looking at, even if you've switched computers. You can control that behavior under **Activity history** on the **Privacy** page of **Settings**. You can opt to stop sending Microsoft this data, and stop collecting it altogether, using the tick boxes at the top of the page. You won't be able to make use of the Timeline feature in Windows 10 if you do (click the **Task View** button on the taskbar to see it in action), so read Microsoft's privacy policy if you're undecided.

Turn Off Location Tracking - Open up the **Location** page in **Privacy** under **Settings**, and you can turn off location tracking for the device that you're currently using. You won't be able to use mapping apps, localized search, and so on, but Microsoft won't know where you are. Further down the page you can grant individual apps access to your location. This is useful if you want to let certain apps know where you are (like your weather app) but would rather not share your whereabouts with others (like the webcam app). Use the toggle switches to make your choices. Pg. 3
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Rio Dell-Scotia News

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St. Joseph • Redwood Memorial

Submissions deadline for April newsletter copy is March 13.
Call the Rio Dell-Scotia Chamber of Commerce at 506-5081 to advertise.

Ongoing Events

CalFresh/CalWorks: Did you know if you are eligible for either CalFresh or CalWorks? Come to the Community Resource Center to find out how to qualify and apply for both programs. You can also apply for CalFresh, CalWorks and MediCal at www.cyourself.com.

Senior Brown Bag Program: Food boxes given the **2nd Thursday** of every month for local seniors. Boxes distributed from 11:30 a.m.- 1 p.m. at the Church of Christ, 325 2nd Ave. in Rio Dell. To sign up call Food for People at 445-3166.

Rio Dell Library: Tuesday-11-4, Wednesday 1-6, Saturday- 11-4

There is a First 5 Puppet Story Time every **Saturday** at 11 a.m. 715 Wildwood Ave., 764-3333.

Emergency Food: Running low on food this week? Get a bag for your family or just for yourself at:

- **The Community Resource Center:** 99 Wildwood Ave., Rio Dell, no income verification is needed.
- **The Journey Church:** 95 Belleview Ave. Rio Dell, **Tuesday & Thursday** 9 a.m.- 11:30 a.m.
- **Bread for Life Food Pantry:** Journey Church, 95 Belleview Ave., **3rd Thursday**, from 9 a.m.-12 Noon, For more info call 764-5239.
- **Clothing Closet: Ruth's Room:** Rio Dell Baptist Church, 100 Butcher St., Rio Dell, **Tuesdays**, 9 a.m.– 12 Noon . Call 764-3811 for more information.

Women's Health Project: Breast and Gynecology Eel River Valley Outreach Center: 707-726-7919 or 825-8345.

Free exercise program open to all meeting at Chamber of Commerce: An exercise group meets Mondays, Wednesdays and Fridays at the Rio Dell-Scotia Chamber of Commerce, 406 Wildwood Ave. in Rio Dell, from 11:30 a.m. to 12:30 p.m. The group is open to all ages and seeks new members. Formerly called SAIL, it focuses on improving balance, flexibility and range of motion to help prevent falls and broken bones.

Free Produce Available: Those whose households qualify based on income are reminded of the monthly Mobile Produce Pantry that comes to the Rio Dell Volunteer Fire Department on the **second Wednesday** of each month, from 10 a.m. to 1 p.m. For more information, contact Food for People at 445-3166.

(Window 10 Privacy Continued from Page 3).

While in the **Privacy** section of the **Settings** you can work your way through the lengthy list of items making restrictions, or relaxing restrictions as you see fit. Items you can adjust include: **Location, Camera, Microphone, Voice Activation, Notifications** and more. Keep in mind, adjusting these settings will change the behavior of related programs. If after making an adjustment, you notice an issue with a particular app, simply change the setting back to restore the expected app behavior.

I know this can be a lot to take in - if you need help adjusting these privacy settings, give PSA Computer Services a call at (707)506-6228