

# Camptonville Community Courier

Recipient of  
CPHC Sharing Conference  
Year 2000 Media Award



June 2004

Circulation 485

Vol. 8 No. 6

## Camptonville School goes batty

By Audrey Bowman

On Wednesday April 12th the Bat CREW (Conservation, Rescue, Education, Welfare) descended upon the school. Bat CREW Founder and Director, Lisa Windflower came all the way from Walnut Creek with her entourage of three education bats: one Pallid and two Mexican Free Tails, both of which can be found locally. The Pallid bat is best known for its immunity to scorpion venom which allows them to eat scorpions, which they like just about as well as kids like french fries. The Mexican Free Tail is known for its tail which dangles down (most bats have a membrane around their tail). Both bats will roost in attics and other structures in colonies, including bat houses.

These three live Bat CREW ambassadors and Lisa educated and entertained the students who sat very quietly for most of the morning. Staff were also impressed with the quality and content of the presentations and were just as eager as the kids to get a look at the bats that Lisa carried in her hand between the rows of students. A big thanks goes to Roots & Shoots for bringing Lisa and the Bats to our school. We hope that she comes back every year!

If anyone is interested in learning more about bats or in building bird and bat houses please contact Audrey Bowman, AmeriCorps Member at 288-9355. Also keep an eye out for an Evening of Bat Detecting this summer as well as a Day of Bat House Building, two upcoming events in Camptonville.

The photo is of one of the Mexican Free Tails.



## Yoga resumes

Yoga classes began again at the school on Thursday May 27th at 4:30. The last set of classes were very well attended and folks seemed to really like the benefits of yoga. Beginners are especially welcome. The certified instructor is Susan Hayes. Not only will you feel better but you'll have a lot of fun too, so come and join us! Cost is \$50.00 for five classes. Instruction takes place in the school gym. Bring a water bottle, sticky mat (available for purchase from Susan), blanket and wear comfortable clothes. For more information call Audrey Bowman, AmeriCorps Member at 288-9355

## It's relay time

By Judy Morris

Go Camptonville Buddies. What are you doing Sat. June 5th? No plans yet, well here is your personal invitation to join **Camptonville Buddies Team #5** at Nevada County Fairgrounds 10am June 5th to 10am June 6th. This is American Cancer Society's 24 hr. fundraising event, in which team members will take turns walking around the track at the fairgrounds. So if you are wanting to get a little exercise, strolling along the path at the beautiful landscaped fairgrounds is one way to do it. But the great thing about it is, while you are exercising you can be visiting friends on other relay teams and "shopping" at their team's booth. Items for sale during relay will be chef salads; spiral cheese dogs; chips; sodas; cookies; "edible dirt"; flower pot muffins; chili & cornbread; fruit cups; watermelon slices; hope bracelets; clay facials; popcorn; root beer floats; ice cream; clothing items from the Gear Store....just to mention a few things you might see along your 1/2 mile walk. So if you are interested and available please call Paula or Judy at 288-1228 and we'll be happy to sign you up.

There is another way you can support Camptonville Buddies and the ACS, and that's by making a donation on-line. Simply go to this website: **[www.cancer.org/relayonline](http://www.cancer.org/relayonline)** there you want to enter the Zip Code of 95945; this gives you information on Nevada County's event; click on Nevada County and there you are. Scroll down or over to find a list of teams.scroll until you find **Camptonville Buddies**, click on and start donating. Choose any team members name to donate under or for. We would appreciate any donation you are able to make, it benefits all of us and the fight against this disease...Cancer. **There is no finish line until we find a cure.**

**RELAY ON.....GO CAMPTONVILLE BUDDIES**

## Farewell

A fond farewell from the Principal's desk. As the 2003-04 school year winds down, I am filled with a sense of pride and satisfaction as I witness the growth and accomplishments of all of our students at Camptonville Elementary School. It has been a great year, and I especially want to congratulate the Class of 2004 and wish them the very best as they head off to high school! As many of you know, I too will be moving on. I thoroughly appreciate the opportunity I have been given to work with the children and families of Camptonville. It has been an awesome experience! I am warmed by the pleasant memories of my time here, including the field trips, assemblies, track meets and classroom visits. Most of all, I am filled with excitement as I consider the future of our precious students. I know that they will all accomplish great things in their lifetimes. As I leave, I know that Camptonville School, staffed with caring and knowledgeable staff, will continue to be a wonderful place for children and families for many years to come. In closing, I want to thank each and every one of you for the tremendous support you have given me. Camptonville is truly an exceptional community. Sincerely, Gary Bowman  
CUESD Superintendent /Principal

Sandy Phillips' quotable quote  
People might forget what you said...  
People might forget what you did... But  
people will never forget how you made them  
feel.

**Published by the Newsletter Committee of the CCSD Auxiliary.**

**Address all correspondence for the Camptonville Courier to:**

**PO Box 32 Camptonville, CA 95922**

**Contact:** Rod or Rochelle 288-3550, or Cathy 288-0913

Your Camptonville Newsletter Committee

Roger Rapp (world correspondent), Cathy LeBlanc, Bob Carpenter, Rod Bondurant, Joan Carpenter, Rochelle Bell, Yana Slade, Judy Morris, and Joel Gomez

# Invitation Health Access Planning Project

By Cathy LeBlanc

Hi I would like to invite community members interested in improving health access in Yuba County to be a part of the Health Access Planning Project of Yuba County (HAPPY) funded by the California Endowment. This project is a program of the Yuba Community Collaborative for Healthy Children but we remind you that you don't have to be a parent to participate.

**The purpose of the planning project is to gather input from folks concerning health care access and then make a plan to improve it.** To begin the process, a *Right Question Project* session will take place on **June 15<sup>th</sup> at the Camptonville Resource Center at 10am.** This will help us to gather Camptonville's important Health Access questions.

What does this mean and what does this have to do with me, you may be asking? Well, if you are one of the many folks who are without health insurance or can't find affordable health care this is an opportunity to change that.

At this session (approximately 60 –90 minutes) YOU will be the expert. No one knows better than YOU what and how YOU are affected by not being able to access medical care.

Perhaps a definition of health care access might be helpful. Access issues include: not having insurance, not being able to afford the insurance you have, co-pays are too high, medical professionals not accepting the insurance you have (for example, dentist and Medi-Cal), not being able to find a medical specialist in our area, etc. One mom put it this way " Health access means anyone can go to the Doctor when they need to."

Please call Cathy at the Camptonville Resource Center 288-9355 for more information or to sign up to attend.

# No picnic

By Rita Ortega

A couple of months after last year's Camptonville Volunteer Fire Department "Picnic", I wrote an article for the Courier asking for input regarding future "Picnics" and the request for additional help. I received only one phone call. After speaking with the fire department auxiliary and those who have spent the past 15 years organizing, putting up, taking down and cleaning up, the decision was made to not proceed with future "Picnic" plans. We will instead concentrate our efforts on completion of the fire hall. The auxiliary and fire department would like to take this opportunity to thank each and every one of you that have helped in any way, shape, or form to make the past 15 years of picnics such successful fun events.





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 www.moonshinecampground.com

Dwayne & Chris Dobbins, Mgrs. 

**LOST NUGGET MARKET**

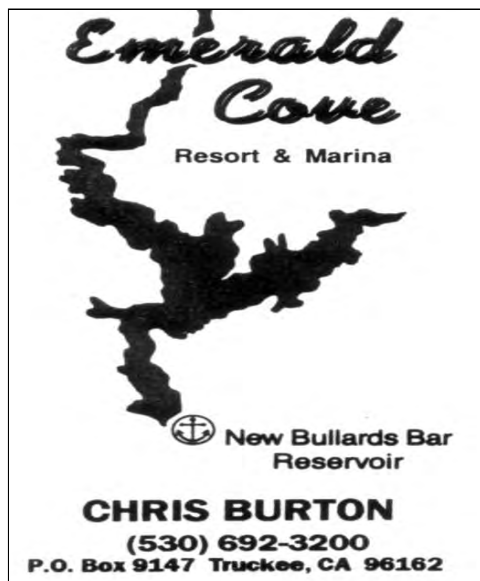
16448 Highway 49  
 Camptonville, CA 95922  
 288-3339

## "Mayday" 2004

By Judy Morris

What a great day. The weather was great, people walking around visiting with old and new friends and best yet spending money. Camptonville's Annual Plant/Flea Sale took place on schedule, (thanks to the weather) Sat. May 1st at Rebel Ridge Market. There were Community Booths such as Journey Home Hospice; Resource Center; Camptonville School and yes Camptonville Buddies Relay For Life Team all selling their treasures during the flea market. A shopper didn't have to go to any fancy shopping mall because we had it all. Items being sold were kids play sets, clothes, natural health products, yard equipment, pet supplies, books, garden stepping stones, kitchen items, cabinets, and yes FOOD. Buyers were able to get a well balanced meal, the menu possibilities were Hotdogs/chips & a soda; BBQ chicken wings; cookies & "Edible Dirt" and if you weren't satisfied there, Rebel Ridge Market could balance out your meal.

It was a great day and look for us next year May 7, 2005. More info to come.



## Plant sale

By Carolyn Mumm

How was the Camptonville Plant Sale of 2004? Great, judging from the faces of those gardeners offering plants for sale and the faces of the local, and not so local, people buying them.

Our Camptonville gardeners who came to sell were: Patricia Jager with her usual array of cultivated and native plants, Bonnie Jaynes with her large number of Beefsteak and other tomatoes plus shrubs and trees, Carolyn Mumm with her own tomatoes and tomatoes from Rochelle Bell, Georgeann Savage had a variety of plants at the Hospice booth, and Teri Stuart with roses and other plants. Cheryl Durett represented the Pliocene School student's garden project: and had many tomatoes, vegetables and flower starts. North San Juan Kitchen's Gardens were there with their big truck and many tomatoes, vegetables and nursery stock.

A Delightful surprise was the appearance of Yakshi Vadeboncoeur at our event. She is here on a visit from Spain with her daughter Jocelyn because Jocelyn is graduating from the eighth grade. Some of Camptonville's old timers enjoyed the opportunity to visit with each other and their friends.

A thank you to Skip Ness who again helped advertise the sale by making a colorful flyer and helping get the event known to Camptonville School children and parents. Thanks also to Georgeann Savage who was responsible for the signs displayed in town. And thanks to Judy Morris for all the flyers she also made and put around.

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# Collaborative Sharing Conference

By Shirley DickKard

Members of the Camptonville Collaborative, as part of the Yuba Community Collaborative for Healthy Children will be attending the 7<sup>th</sup> Annual Sharing Conference at Sierra Health Foundation in Sacramento on June 25<sup>th</sup>. The theme this year is "After ten years of community building, what have we got to say for ourselves?" Community members from 19 Northern California collaboratives will share what we've learned, what we've gained, and where we're going. You'll hear all about it in next month's Courier.

## Spinach frittata

From Rochelle Bell

A good way to use up that garden spinach before it bolts.

- 1 bunch of fresh spinach
- 6 eggs beaten
- 2 teaspoons of fresh dill
- ½ cup of crumbled feta cheese
- ¼ cup of chopped leek or onion

Wash spinach and steam until just wilted. Put spinach in a colander and press out the excess water using the back of a spoon. Chop the spinach and mix with the other ingredients. Then pour into a greased 10-inch pan and bake at 350 degrees for about 30 minutes. Good hot or cold.



David DeAinza, DDS



SIERRA FAMILY DENTAL CLINIC



Minala DeAinza, DDS

**Open House**  
Sierra Family Dental Clinic  
Saturday, June 5, 9:30am – Noon

Sierra Family Dental Clinic is pleased to welcome you to our Open House. On June 5th we invite you to come by and see the new facility and meet our dentists. Dr. David and Dr. Minala DeAinza are a dynamic couple and share a sincere interest, commitment and enthusiasm for community medicine. They begin seeing patients just a few weeks after June 5, time to be announced.

Call 530-292-3478 for more information.

## Kid's riding camp

By Debra Foote


My instructor, Lisa Murphy in French Corral is offering a riding camp June 21-25. Lisa has extensive riding experience with dressage masters and Olympic medallists. Kids can learn riding fundamentals, safe handling and proper care of horses and gain a better understanding of equine behavior and communication. These classes will help build confidence and self-reliance. She also presents other clinics during the year. You can call Lisa at 263-5847 for more info.

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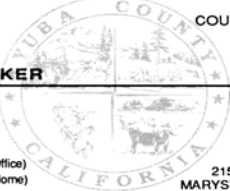
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▪ Trying to make Camptonville Fire Safe

## New dental clinic

Sierra Family Medical Clinic has expanded to meet the increasing need of dental care in our area. We now have a new Dental Clinic! We serve Medi-Cal patients, those with other insurance plans, and have a sliding scale for those of limited means. We will begin seeing patients just a few weeks after the Open House on June 5th. We welcome not just one new dentist, but two! David and Minah DeAinza are a dynamic couple and share a sincere interest and commitment in community medicine. They hold their doctorate degrees from Northwestern University Dental School.

*We asked Dr. David and Dr. Minah DeAinza a few questions! Please tell us a little about your background.*

David: I grew up in Southern California and was inspired to pursue dentistry by my uncle, also a dentist. While in school I participated in a volunteer children's clinic for low-income families and was also selected to participate in a summer externship in rural community health for Mexican migrant workers in the Denver, Colorado area. After graduation, I entered private practice as an associate general dentist in Southern California. I enjoyed my work in private practice, but I found myself seeking something different. Minah and I had friends who were dentists in community health and we were inspired by their experiences.

Minah: I am originally from Portland, Oregon. I have enjoyed my experience as a dentist for the Navy but after Dave and I married, priorities changed. Working in a community health clinic is something I envision I could do for a long time.

*Tell us a little about how you practice dentistry and some of the things that are important to you when you are seeing patients.*

David: I believe it's critical to practice cutting edge, yet evidence-based dentistry. I stay current through journals, continuing education courses, and by talking with my specialist colleagues. I enjoy getting to know patients and understanding each individual's unique personal background and dental history. I try to create a comfortable, friendly environment emphasizing mutual respect.

Minah: I try to educate my patients about what I am doing in their mouths, why and how they got there. I remember going to the dentist as a kid and felt a loss of control. The dentist told me what I should do and I did it. I try to give a little control back to the patient so

they feel more comfortable. I like to work fast during the actual procedure so it is more comfortable for the patient and over quickly.

*What are some of the things that you would like to implement in your new practice?*

David: Because this is a new clinic, it's a great opportunity to emphasize how oral health is an integral part of one's overall health and well-being. There is talk in dentistry about a new "paradigm" that emphasizes prevention from a more medical approach. Treatment of the effects of the disease does no good if the source still remains. Education and prevention will be emphasized.

Minah: I saw patients in the Navy who had been able to receive dental care during their service, but still are unmotivated about their oral health. I really believe that dental health affects the quality of one's life and dental disease can be prevented through good hygiene and nutrition. I would really like to see patients trying to take care of their whole bodies to enjoy a long quality life.

*Please tell us about the idea of integrated health, how dentistry affects one's overall health, and some of the things you will be doing at the Dental Clinic to promote integrated health.*

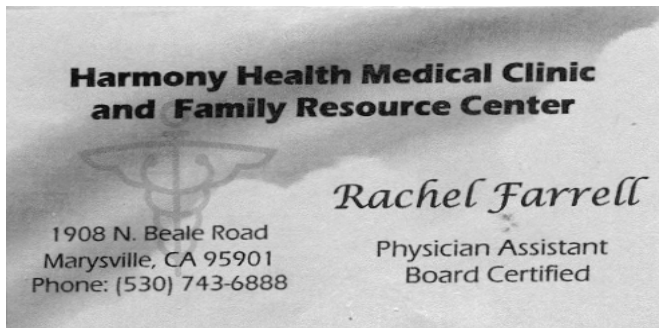
David: I am excited to begin working with Dr. Van Houten and the staff of Sierra Family Medical Clinic. Dr. Van Houten and other practitioners will aid in identifying patients in need of dental care. They will keep me informed of any pertinent medical history or medications the patient may be taking. Much research in recent years has focused on the affects of dental disease on overall health. Poor oral health is often indicative of poor overall health. Specifically periodontal ("gum") disease has been linked to heart disease, diabetes, respiratory disease, and premature babies. Dental diseases (cavities and gum diseases) are completely preventable with proper home care, patient motivation, and timely treatment.

Sierra Family Dental Clinic 15301 Tyler-Foote Road Nevada City  
Phone: 530-292-3478



## Wildflowers

Howdy folks! Foothill Billie and the Boys are back with the Camptonville wildflower report-as promised! Our daily dog walks around Rebel Ridge opened our eyes to the following beauties: Miniature Lotus, California Poppy, Wild Iris, Blue Dicks, Buttercups, Larkspur, Lupine, Pine Violet, Yellow Star Tulip (Cat's Ear?), St John's Wort (not yet blooming) and Woolly Sunflowers! We were hoping to get some calls from further up the road reporting the goings on up north a bit- but alas-nothing. That's all for now-signing off till next month-Foothill Billie, Ranger Will and Barn Owl Barn Owl Century Mix



## Mental Health News

From the Office of Nancy and Yana

By Sue Dinwiddie-Words Can Heal  
Character Education Program  
Healing Words in the Family

### TOP TEN TIPS

Bite your tongue before you gossip; your tongue may hurt but your family won't.

Stop yourself from gossiping by changing the subject or just walking away.

Never say derogatory things about yourself; people might agree with you.

Never use humor to put others down, especially your spouse or children. And remember, what goes around comes around.

A harsh word, said in haste, is hard to erase. Count to ten and think of a way to say it sweetly.

Communicate with your spouse and family with kind and supportive words. Promoting the positive keeps out the gossip and hurt.

Kids don't miss a thing. It is up to you to set the example by using healing speech.

To have a family that won't gossip about you, you must be a family member who doesn't gossip about them.

You are the proud owner of a set of ears; listen to your family's problems, but remember, there are two sides to every story.

Family members do disagree; do it with respect, a desire to solve not win and a loving tone of voice, and everyone will come out on top.

**Words Can Heal is a national campaign to eliminate verbal violence, curb gossip and promote the healing power of words to enhance relationships at every level. For more information: [www.wordscanheal.org](http://www.wordscanheal.org)**



## Local summer fairs

### Cherry Festival in North San Juan

The annual parade and fair will be held Saturday June 5 from 11 to 4.

### Big Timber Mountain Fair in Brownsville

The Mountain Fair comes back on Saturday July 3. After a year's absence, the twenty-seven year tradition will be revived in Brownsville. Fun for all ages is planned including food, craft booths, live music, and logging competitions. If you would like to have a booth at the fair, contact Della Tranquilla at 692 2557. Musicians can contact Clay Thompson at 675-0195. To help or participate in the logging show, call Bob Wadell at 675-2670

### Forbestown Daze in Forbestown

Saturday August 7<sup>th</sup>  
Parade, music, entertainment, craft vendors, and museum provide a day's entertainment for all. Last year the Camptonville Pelton group's float won first prize in the parade.

## Man and Beast

By Stephanie Korney

He hears the cat's cry  
Drop like fruit  
From the black tree;  
So leans the longest ladder  
To the lowest branch,  
Praying,  
Limb by limb,  
Until the cat believes,  
And with soft-pawed balance  
Descends,  
Saviour and saved.

## Dobbins Oregon House community center

By Greg Crompton

From the Rabbit Creek Journal (May 13)

For several years, some dedicated citizens (The Dobbins/Oregon House Improvement Foundation) have been working to obtain funding and build a new community center in the Dobbins/Oregon House area. Funds have been raised through donations, local activities and grants. In February, a grant of 79,697.16 was authorized by the Yuba County Supervisors to help finance the planned community center.

The grant from the county stemmed from a need for additional emergency shelter space and a gift from the Charlotte Goodman Feldman Estate. The funds bequeathed to the county were specifically designated by the estate to be used for emergency shelter facilities. Since the new community center can be effectively used for that purpose, and the Dobbins/Oregon House could use financial help the Board of Supervisors granted the funds to them. In a show of gratitude, the Dobbins/Oregon House group's board of directors assembled at the construction site with Fifth District Supervisor Hal Stocker and an enlarged facsimile of the grant check.

Currently, excavations for the footings and foundation are near completion. It is anticipated the concrete work for the building's floor will be completed within 45 days. Building erection will commence soon after the slab has been poured.

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## CanWORK

By Cathy LeBlanc and Jeannie Costa

What can we say? Doing our civic duty was fun! On May 12<sup>th</sup> seven of us participated in the *Community Partnership for Healthy Children Council (CPHC) Legislative Day* at Sacramento. Missie Jorgenson, Alan McAfee, Sandra Brixius, Ruby Cook and Jessa P-Bliss accompanied Jeannie and me. There were 100 people gathered from CPHC and the Women's Health Leadership groups. We spent the morning listening and learning about how the legislative process works. We also heard from Assemblyman Bill Maze and a spokesperson from Senator Wilma Chan's office. Then we joined in a march and rally with about 1,000 other folks right up to the steps of the Capitol. Our camera girl Ruby, captured it all on film.

After the rally we ate lunch and then some of us visited our legislators while others performed "drops". A drop is when you bring your "groups" information and pamphlets to a legislator's office where it can be read later. The information we brought was about how important it is **to not cut health services for children and families from the budget.**

Ruby and Jessa joined others and myself from CPHC in visiting Senator Sam Aanestad (who is also a dentist) and Assemblyman Rick Keene's offices. Senator Sam's aide told us that he is for maintaining Medi-Cal reimbursement rates. "Not many rural doctors will stay in rural areas if the rates get cut."

Jeannie commented, "The rally and March was very inspirational". After lunch we broke into groups. Missie and I handed out CPHC information to many offices. Then we asked to go into to Governor Arnold's office. The guard said we couldn't without an appointment. But with a little persistence we got in to do our "drop". On the left wall hung a portrait of the Governor and his wife."

And just to let you know, the May revise of the California State Budget came out on Thursday May 13<sup>th</sup> and Health Care was spared in the budget cuts including Medi-Cal reimbursement rates.

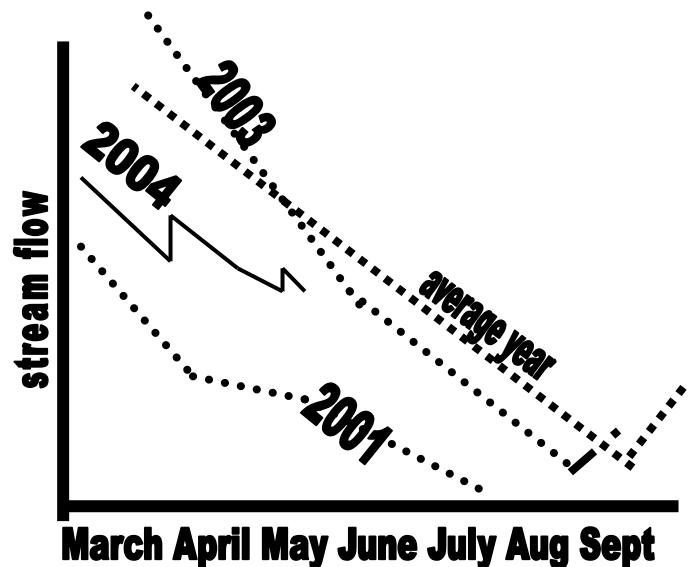
While at the event I was interviewed by an Appeal Democrat Newspaper reporter from Marysville and quoted in the May 13<sup>th</sup> issue. You can find the article on -line at [http://www.appeal-democrat.com/articles/2004/05/13/news/local\\_news/new\\_s3.txt](http://www.appeal-democrat.com/articles/2004/05/13/news/local_news/new_s3.txt)

## Water, water

By Rod Bondurant, aka the water guy

Now that you've got your garden in, think about installing a drip irrigation system. Even a simple system will save you time and water.

We picked up a little water from the last surprise storm. Campbell Gulch, the source of the town's water, is still below average. Right now, and through June and probably July we will, as usual, have more than we can use. Late summer and fall might be a problem.





**Jack's Tax**  
Jack Kemp

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# North Gold Senior Mountaineers news

By Carol Wenger

**NEW MEMBERS ALWAYS WELCOME**  
 The North Gold Senior Mountaineer (NGSM) lodge is located on Highway 49 in North San Juan. We are always seeking new members to join our senior center. If you are 55 years of age or older, or 50 years of age, if disabled, you are always welcome to join us. **CHERRY FESTIVAL BAKE SALE June 5<sup>th</sup>.**

Come by the senior's booth for fresh homemade goodies available for purchase by the piece or take the whole goodie home for your family.

**SENIOR LUNCH EVERY TUESDAY.**

Lunch will be served every Tuesday at 12:00 noon. Please make reservations in advance by signing the reservation list at the front desk at the lodge, or by calling John Skoverski at 292-3315 no later than 5:00 pm the Sunday evening prior to Tuesday lunch.

On the second Sunday of almost every month we will be having our **Monthly Breakfast.** Our next scheduled breakfast will be on **June 13<sup>th</sup>.** We welcome anyone who would like to join us, and look forward to seeing you.

Breakfast Menu
2 Eggs (made to order) 2 Pancakes or Waffles Sausage or Ham or Biscuits and Gravy Sausage Orange Juice and Coffee Donation Adults \$4.00 Children \$2.50

**SENIOR MEMBER FUN NIGHT is hosted on the last Friday of the month. Our next Senior Fun Night is Friday, June 25<sup>th</sup>. Please bring a dish for our potluck and after dinner we play cards, games or just visit. Come join us.**

**EXERCISE WITH SUE** on Monday, Wednesday, and Friday from 8 a.m. to 9 a.m. at the NGSM lodge.

## Courier Classified

Free classified ads. Call 288-3550 to place yours.

For sale: Sears Kenmore Electric Dryer (220v). Excellent condition. Like new. \$250. Call Cheryl 288-3658.

Wanted: 14" chain saw, can be used, but in working condition. Call Paula 288-1228

For sale: twin size Kenko pad. Like new \$120 Call Carolyn 288-3557

## Transitions

Dee and Joel Shawn became grandparents on May 3, @11:51 p.m. with the arrival of Ava Rose Marion Shawn. She weighed in at 10lbs 6 oz. and was 22.25 in. long. She is healthy and beautiful.

Dick and Shirley Dickard announce the birth of their first grandchild Carsten Andreas Sevier, born in Davis to Crystal & Jason Sevier, April 15, 2004, 9lbs 6oz, 20 1/2 " long. Crystal attended CV school from K-8th.

Felicia Morrison mother of Gerry Ortega died peacefully on May 9<sup>th</sup> at home in Camptonville. She and her husband Larry moved up here one year ago to be closer to Rita, Gerry and grandchildren.



# JUNE CALENDAR:

Cherry Festival

Relay for Life

Camptonville Community Partnership

Health Access Planning Project

Ongoing AA meeting

Mountain Fair

Yoga class

NSJ, Saturday June 5th 11-4pm

Nevada County Fairgrounds, 10am June 5th to 10am June 6th

Board meeting Monday, June 7th 4:30pm at the Resource Center.

June 15th at the Camptonville Resource Center at 10am Saturday

Tuesday nights, Call 288-9355 for info

Brownsville, Saturday, July 3rd

Thursdays, 4:30 at the school

## **Volunteer Subscription to Support the Camptonville Courier**

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