

January 2005 Circulation 485 Vol. 9 No. 1

#### Santa came to town

It's such a long way to Camptonville from the North Pole. Santa's reindeer became so tired they just couldn't finish the journey so they called upon their friends at the Forest Service to give him a ride to school in the fire truck. Close to two hundred people came from far and near to sit on Santa's lap and tell him what they wanted for Christmas.

Once again, Santa's head elf Georgette with her son James collected donations all year long, and planned Santa's visit. Connie, Barbara, Jeannie, and Dianne, assistant elves, helped along with younger elves in training. Women of Worth and Caps for Kids donated jackets, mittens and hats for the tree. Camptonville Community Partnership donated money. The rest of the contributions came from our generous residents in the community (you know who you are).

Thank you all for your hard work. You put smiles on so many faces.







# Announcing "Rubies and Roses"

By Yana Slade

A unique forum to explore your inner riches.

This is a group for anyone interested in joining others in a supportive weekly meditation, personal growth and awareness group. "Rubies and Roses" will be a structured experience. We will begin with a meditation that includes sound, movement and silence. We will read from a variety of materials that assist in making sense of the world we live in. We will start with readings from "The Four Agreements" by Miquel Ruiz. In each session there will be time for discussion. We will end with meditation.

Drop in. Please come on time. Wear comfortable clothing and bring a blanket. You can sit on the floor or a chair, wheel chair accessible.

Time: Tuesdays 2:30 pm to 4:00 pm. First group: January 18, 2005

Place: 1-2-3 Grow building on the

Camptonville Elementary School Campus.

Hosted by Yana Slade

Fee: Free to all. For those who can, a donation to the community programs sponsored by the Camptonville Community Partnership either in the form of money or time is greatly appreciated.

For more information call Yana Slade at 530-478-6943 or the Resource Center at 530-288-9355.

# Holiday food baskets and Secret Santa Project

Barbara reports this was the most generous Christmas that she can recall. Over \$600 in private donations were received this year. A special big thank you to Don and Nancy Walker of the Lions Club, Mindy Morton, Dobbins Grange, North San Juan churches, and individuals for their generous efforts in providing food baskets and gifts for Camptonville families.

### Scholastic Book Fair

The fair made over \$2,000 in sales, which provided \$500 cash to purchase new books for the library. Thanks to Yakshi, all her volunteers and the community for making this years book fair a huge success.

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

# At a critical crossroads By Shirley DicKard

Our town's non-profit organization, Camptonville Community Partnership (CCP) is at a critical point in our history. Over the last ten years we've accomplished much of what we set out to do. Our programs have been based on what people said they wanted at Town Hall meetings - (in response to the question "what would improve the quality of life in Camptonville?") Most of the grant funding that propelled us is now finished, and there's not as much funding on the horizon. We are looking for solutions and new directions and turning to you, to the community, the place where it all began.

CCP has been dedicated to creating a community where people feel welcomed, supported and have abundant opportunities to connect, contribute and celebrate. For ten years staff at The Camptonville Resource Center (behind the school) and community volunteers have worked to build connections and support in the community for our children, elders, families going through tough times, parents getting out of welfare and into work or college. We've promoted local businesses and offerings of volunteer skills through "The Gold Pages" and "Neighborhood Network." Currently we have "1,2,3 Grow" parent/child preschool, Twilight School and CanWORK job skills workshops. We also provide support to The Courier and www.camptonville.com, the town's website.

It's been an incredible experience of working together to make our community a better place to live. We've made a lot of friendships, and have enjoyed watching our community and each other thrive. Even with most of our current funding over, many Resource Center staff plan to volunteer their time for a while because they believe the work is important and we love working together.

Although we started by using our existing local assets and lots of people volunteered or did things on their own, we slowly evolved into relying more and more on private and government money. Outside money helped support the activities that people wanted and

paid the salaries of over a dozen part-time staff since 1995. It's been an era of many successes, too many to list here. We've received recognition on TV, been written up in books, highlighted in documentaries, and staff have shared our successes in conferences and trainings. We earned the nickname of "The little town that could" because of our grassroots spirit. However, outside money doesn't last forever- we need to be more self-reliant again.

Looking for solutions: It's now time to return to our community and ask, "What's next?" We think it's time to move on to new goals. Some of the ideas we've discussed include: focus on the economic sustainability of our rural area; start cooperative efforts with our foothill neighbors, document our history and preserve our artifacts, support our unique "rural-ness," develop community emergency response plans and other supportive "networks." We also ask: What current activities should be kept? Who is willing to volunteer? Who has experience in fund development and is willing to help us?

As we stand at the crossroads, we have some ideas and plans. Please come help us make it happen and be part of this incredible experience of working together in your community. Join us on <u>Tuesday</u>, <u>February 15 for a Community Discussion</u>. Watch for further information or call The Resource Center at 288-3479.

If you have ideas or comments, the following CCP Board and staff welcome your call: Shirley, Executive Director (288-3479); Rod, CCP President (288-3550), Yana Slade (Mental Health Supervisor) (478-6943), or Rita, Resource Center Manager (288-9355).

### Commerce and conviviality

It was a jolly evening at Twilight School's Holiday Crafts Faire. The crowd of over 60 people enjoyed shopping and socializing. Seven vendors were busy selling a myriad of wares ranging from cobblers to books. Carols were sung and cupcakes were bought. Those who were not shopping burned off their Christmas energy in the gym with Jimbo.



The hall at school was turned into an arcade with lots of shopping choices.

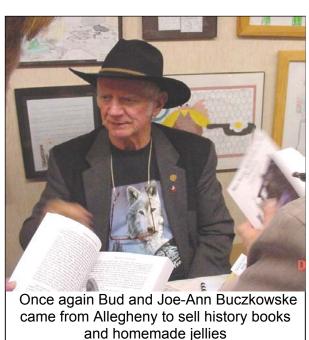


Serious reading and book purchasing went on in the library



Connie, Barbara and kids had lots of fun making ornaments





#### CanWORK

### By Cathy LeBlanc

Hello and Happy New Year. We just wanted to let <u>everyone</u> know that the FREE CanWORK job skill workshops are still happening. You have a great opportunity to learn important job readiness skills in your own back yard. Call 288-9355 for registration.

For a sneak preview here's a glance at our schedule through March 2005.

Workshop times are 9:30 -11:30 AM

<u>January:</u> "Ready for WORK?"

\*Core workshop: January 4

Follow up trainings:

Camptonville: January 11, 18, 25 Challenge: January 12, 19, 26

We will take a collective and individual look to see if there are employment barriers and will help folks seek successful solutions by using local and countywide resources available to us all (i.e. childcare, transportation, organization skills, etc.).

February: "Personality Types and the Workplace"

Core workshop: February 1

Follow up trainings:

Camptonville: February 8, 15, 22

Challenge; 9, 16, 23

We will use the *Kaleidoscope Profile* from Performance Learning Systems Inc. to help us each determine the right type of job for our individual personality. We will then begin to match up employment options.

March: "Basic Computer Skills"

Core workshop: March 1 Follow up trainings:

Camptonville: 8, 15, and 22 Challenge: 9, 16, and 30

This workshop will offer participants the opportunity to get to know a computer, including how to turn one on and off without crashing it, basic microsoft word, sending and receiving email, tips on using the Internet etc.

\*All core workshops take place at the LDS Church meeting room in Camptonville. For more information or free registration call 288-9355

# From Journey Home Hospice

The National Hospice Foundation tells us that in the United States there are over 300,000 caregivers in 3,000 communities helping over 700,000 terminally ill people. We get goose bumps when we realize that Journey Home Volunteer Hospice, though fractional, is part of a huge and growing movement.

This year has seen our number of patients increase. Journey Home stretched its service area to Sierra City and Downieville helping make home care a success for people living long distances from traditional medical services.

Rural residents choosing Hospice care surely buck our society's enthusiasm for convenience, but with Journey Home they do not sacrifice quality of care or responsiveness to their needs. Our organization is dedicated to making it possible for anyone who wishes to have end of life care at home, surrounded by people who love and support them.

"The Hospice residence is a rare but a growing phenomenon" according to AARP. Our lodging is operated as a rental exclusively for Hospice patients and no one is excluded for inability to pay. It is also available for respite care. We are so pleased to offer this alternative to an institutional setting.

The National Hospice foundation tells us that the reason more Americans don't choose Hospice care is lack of awareness of its services and how to find it. So, our hope would be that all of you who have experienced Hospice to make the effort to tell your friends and neighbors. Let them know their loved ones can be supported at what can be the most challenging of times.

If what we fear most about dying is being in pain or alone, losing control or being a burden to others, then Hospice can help. And we are close by.

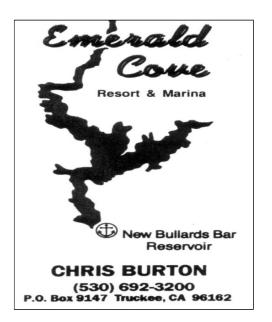
We offer our sincere thanks to all of you who have supported us this year with your generous donations. You make it possible for our work to continue.

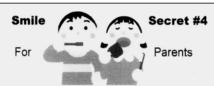
We wish you the blessings of the season, Joan Journey and Georganne Savage

### Steel roofing sale

Many colors and patterns in stock. Full 26 gauge. Good prices Check it out.

Call Mark at 692-0116





- \* Don't let babies fall asleep with bottles in their mouths
- \* Brush your child's teeth and gums daily
- \* Give your child fluoride tablets daily- it's safer, cheaper and better than fillings
- \* Start taking your child to a dentist who sees children at age 2 and every six months thereafter



Stephen Latter, D.P.M., FACFAS Kennan Runte, D.P.M., FACFAS

Foothill Podiatry Clinic of Grass Valley, Inc. 123 Margaret Lane, Suite B1 Grass Valley, CA 95945

(530) 477-7200

We accept assignment

## Winter Program

Standing room only at this year's school program. An enthusiastic crowd enjoyed a variety of informative and entertaining performances. The spirit of the season effused from the students as they sang, danced, played musical instruments and told stories.



# Camptonville on KVIE- Channel 6! By Shirley DicKard

Did you see us? Channel 6 (Public Television Station Channel 6) asked to include our little town in their "New Valley" series called "The Rising Tide." It was about how communities in the greater Central Valley react to economic difficulties with innovative approaches. They included Camptonville as a rural counterpart to Sacramento and Modesto. Producer Jay Greenberg filmed here two afternoons, and included the following people in our five minute segment: Leland Pauly (local historian), Rod Bondurant (The Courier), Kenny Tate (Bullet Screen Printing), Steve Kelly (2-3<sup>rd</sup> Grade Class), Tonie Hilligoss (School Board), Cathy LeBlanc (CanWORK program) and Shirley DicKard, (Director at the Resource Center). If you didn't see the program on December 13 or 21; we have a tape at the Resource Center you can watch.



### Western Sierra Medical Clinic

By Frank J. Lang, N.P. Executive Director

The Western Sierra Medical Clinic in Downieville continues to provide 24-hour emergency, urgent, episodic and chronic medical care, seven days per week, as well as dental care three days per week.

Our Medical Clinic opened in 1974 and our Dental Clinic opened in 1992. I (Frank J. Lang) have been at the facility for the past 30 years. The Dental Clinic is full three days per week. We continue to provide medical and dental care to those underinsured or uninsured individuals, whether they can pay for the care or not.

The community demographics have changed at our facility in that there are fewer resident homeowners and more out of town, homeowners. The high price of housing has made it difficult for those community members employed in usual support occupations such as County employment, state employment, local businesses and tourist entities. The area no longer has the economic support of the timber industry or mining. We see better than 80 percent of all of the individuals in this community and find that their utilization has decreased because of increased cost of insurance, which has required them to change their health policies to higher copays and higher deductibles.

Of course the change in utilization also impacts the clinic budget and its ability to continue to provide comprehensive services to the community. About 80% of our budget is based on patient fees and the remaining 20% is supported with various grants. The population has remained relatively stable, despite the demographic changes. Certainly there are fewer tourists as well, with the slight decrease in popularity of the mountain biking community. The US Forest Service no longer has a significant presence. Almost all of the forest service workers live out of the area.

The continued availability of 24-hour medical care as well as dental care in this community is problematic and is based upon future continuing support of private, local, state, and federal programs.

There is the option of creating a local health district and developing a tax base, or a zone of benefit, that would correlate with the supervisorial districts of the Board of Supervisors. The former would require the development of a new board to administer the funds of the Health District. The latter would be managed

by the county Board of Supervisors There is little interest in increasing the tax burden of the property owners. But unfortunately, unless there is some sort of base support, the services will not be available to the homeowners, tourists or residents. In a community that has a lot of out of the area residents they may not feel as compelled to support local services.

Of course, there can also be a reversal of the current economic trends in which there is a sudden change in industry or population, which would obviously mitigate that problem. Most of the federal and state support programs require that there be an increased volume to justify support of medical and dental care programs. In other words, the criteria such as the cost per patient would be disproportionately higher in a rural area because of the decreased population as well as decreased utilization. There is no offset available to look at the fact that there are no other emergency medical or dental care services within these remote frontier areas. And even where geographic isolation is a factor, such as in grant support applications, it is weighed the same or less than other factors such as the general availability of any other services.

We remain hopeful and optimistic that funding resources will continue to be available. Certainly the need for medical and dental care in these communities continues.

#### LOST NUGGET MARKET

16448 Highway 49 Camptonville, CA 95922 288-3339

# Relay 2005 By Judy Morris

Yes, it's time to think about Relay 2005, and to thank all of you shoppers & sellers who stopped by & bought some of our baked goods at Dec.'s Holiday Crafts Twilight School. We are happy to report that your generous support of the Camptonville Buddies Relay For Life Team is off to a good start.

We had 2 tables; one totally handled by team member Shannon Gomez selling her Bears/pillowcases/angels/tree skirts and yes, persimmon bread. Her talents with these fabric beauties seem never ending. Thanks Shannon, my nephews loved their pillowcases. The second team table was loaded, literally speaking, with any and all types of baked goodies & several seasonal handmade wooden candy dishes/decorations. I think the sellers at this second table simply 'swapped' baked goods with other sellers, at least that's what my waistline feels like. Again we thank you all for your continued support of Relay For Life & the Camptonville Buddies Team.

To get a sneak peek of the Relay experience and learn about the American Cancer Society, join us at the 2005 Relay For Life of Nevada County Kick off Party on Wed. January 19 in Grass Valley. Please RSVP to the American Cancer Society at 916-446-7933 (option 3) or email Machelle.Locsin@cancer.org

For more general information please call 1-800-ACS-2345 or log on to the web site at <a href="https://www.cancer.org">www.cancer.org</a> and there are always your local residents Paula & Judy at 288-1228.



## Ninth year for the Courier

Starting the ninth year. Wow! Who would have thought the Courier would keep on going strong all these years? How did we do this? With a small but dedicated group of unpaid workers, loyal contributing writers, supportive readers, and generous financial support from the community.

Last year we received \$3100. About two thirds of this came from ads, subscriptions, and individual donations. The rest came from grants from the Camptonville Service District, the Camptonville Community Partnership and the county Office of Education. We spent \$2950 on printing and mailing.

This year we expect to receive less grant money and will need to find new sources of income. Ready for a fundraising party anyone?







Certified Massage Therapist Certified 3rd° Reiki Master

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# How do co-ops help build sustainable communities?

By Dianne Pendola (Adapted from the cooperative life website: www.cooplife.com)

Communities are sustainable when they meet the needs of the present generation without compromising the ability of future generations. Communities are sustainable when their resources increase over time. We have all seen communities where capital resources have left; businesses have closed; storefronts are abandoned; natural resources have been taken; jobs are scarce; and products and services are hard to find. These communities' resources diminished over time and their economies have been devastated.

Cooperatives help build sustainable communities on three levels: ECONOMIC, ENVIRONMENTAL and SOCIAL.

#### **Economic Sustainability**

Communities have a strong, sustainable economic life when money and resources are retained within the community. Cooperatives help increase a community's resources because they are often locally owned and controlled. When people spend more of their money in locally controlled businesses, they experience the beneficial multiplier effect of having money stay within their community.

#### **Environmental Sustainability**

Some cooperatives are dedicated to moving toward a future that ensures generations to come a healthy stock of environmental and natural resource assets.

We are not protecting the environment for future generations if we: require continual inputs of non-renewable resources; use renewable resources faster than their rate of renewal; cause cumulative degradation of the environment; require resources in quantities that undermine other people's well-being or lead to the extinction of other life forms.

Cooperatives are doing remarkable things to help protect the environment for future generations. Some are dedicated to helping individuals adopt more responsible patterns of consumption, thereby consuming fewer resources. Others are supporting practices that return value to our environmental resources. ENERGY\_Cooperatives work to bring low-cost, reliable, sustainable energy products and services to consumers or help their members lower their energy bills through conservation and efficiency programs . FOOD Co-ops make local produce and products available to the wider community. LIVESTOCK Co-ops raise organic meats and provide access to humane slaughter techniques.

SUSTAINABLE FORESTRY Co-ops increase wood lot owner income and encourage sustainable forest stewardship.

#### Social Sustainability

Cooperatives help to build the skills of democracy and conflict resolution – skills that are needed in order to survive as human beings on this planet. When members work together to own and control their cooperative using the democratic process, they learn how to clearly state what they believe, how to listen carefully to the ideas and needs of others, how to build consensus on the best direction to pursue, and how to get the most important things done.

#### More Slow Food

By Richard DicKard (copied from slowfoodusa.org)

Recognizing that the enjoyment of wholesome food is essential to the pursuit of happiness, Slow Food U.S.A. is an educational organization dedicated to promoting stewardship of the land and ecologically sound food production; reviving the kitchen and the table as the centers of pleasure, culture, and community; invigorating and proliferating regional, seasonal culinary traditions; creating a collaborative, ecologically-oriented, and virtuous globalization; and living a slower and more harmonious rhythm of life.

The Ark - Saving Cherished Slow Foods, One Product at a Time - The Ark of Taste came into being in Italy, at the first Salone del Gusto in Turin in 1996. A year later, in Serralunga d'Alba, a Manifesto was drawn up to define its objectives. The Ark seeks, first and foremost, to save an economic, social and cultural heritage - a universe of animal breeds, fruit and vegetables, cured meats, cheese, cereals, pastas, cakes and confectionery.

The Ark USA Mission: to support high quality, small scale food production; to rediscover, catalogue, and describe foods and flavors in danger of disappearing from our tables; to protect biodiversity; and to champion the art of taste and the right to pleasure.

Are any of the above concepts ones that Camptonville might use to improve its economy, to create jobs for families and help preserve a simple, country way of life?

# Downieville Ranger District By Betty Leffew

Not a lot of snow yet. But, for up-to-date information on the status of the snow trail system, feel free to call the ranger station. We have plenty of the free Winter Recreation maps. Come in and pick one up and enjoy some winter fun.

Campgrounds continue to be in winter status, no services, and no fee. Dark Day Campground and picnic area will be closed because of construction of the new road. We hope to have it finished by the end of spring.

Burn permits are not required, at this time, for dooryard burning. You still need to check the Department of Air Quality for burn day status. During business hours, call the Yuba River Ranger Station for burn information. After hours or on weekends please call the appropriate county:

Sierra County 289-3662 Nevada County 274-7928

Yuba County east of Bullards Bar (Camptonville) 289-3662 or 274-7928

Yuba County west of Bullards Bar (Dobbins) 743-1189

As of today, December 23rd we've received 17.13 inches of precipitation. Last year at this time we had 18.28 inches.

Have a Great New Year

## Treating the "whole Person"

## Excerpts from the Sierra Family Medical/Dental Clinic Newsletter

In this age of specialists and compartmentalized health care services, Sierra Family Medical Clinic is dedicated to re-integrating medical care, dental care, and behavioral health in one setting.

This approach is part of what's been called the "Integrated Health Paradigm" or, more simply, what we like to think of as "treating the whole person." Physical, social, dental, and emotional challenges are interrelated, not isolated. Treating the whole person is a concept unique to only a handful of community clinics where the patient has immediate access to these three elements of good health all in one place.

### North Gold Senior Mountaineers

By Rochelle Bell

Christmas was celebrated with turkey and all the fixings at the Senior Center. Thanks to Lola and Francis Cleary for the beautiful tablecloths and festive decorations.

Some of the regulars, the Clearys and the Healys are heading to warmer climes for the next few months. Their participation will be missed.

The NGSM Board of Directors invite you to attend their meetings held the second Tuesday of each month, after lunch. They are looking for suggestions on how they can better the services and increase their income. Anyone interested in volunteering their time is welcome to join the board so these issues and others can be addressed.

Remember that the center is a lovely place to hold your event. It is available for rent for a small donation.

For more information call Liz Esry at 288-3508 or Roberta Foster at 265-5690.





Jack's Tax Jack Kemp

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## Advocacy

By Cathy LeBlanc

Here it is 2005. Please tell me what happened to 2004?

It went by in a blur. I for one would like to put my feet firmly on the ground to try to slow things down.

Okay, well, back to now.

We all know that in every society it takes individuals, associations and institutions to help bring us all together, to build community.

Take Twilight School for example. The Camptonville School (institution) pitches in with allowing us to use its facility to host our evening. Then the Resource Center (association) and Paula Sweeney (Individual) gather around to help plan and present the event and then all the individuals come together to participate with their wonderful offerings.

The Courier is another good example. The Courier crew is an <u>association</u> of folks who come together voluntarily to bring this publication to light every month and <u>individuals</u> come together with articles for us all to read. Then the school library (an <u>Institution</u>) is available to us to meet in and collate and fold each issue. (If you would like to help with this monthly process volunteers are always needed. Call me 288-9355)

What is all this leading to?

Well, Jen Bliss accompanied me to the ceremony and festivities that were held in Sacramento on December 3<sup>rd</sup>, that allowed this advocate the opportunity to be recognized as INDIVIDUAL COMMUNITY BUILDER with an award for contributions to community building from the Public Health Institute, Center for Collaborative Planning. I was in good company. Also honored was Sierra Health Foundation. Dorothy Meehan, Vice President, accepted the award for institution. The Tahoe Colonial Collaborative in Sacramento was awarded for association.

PS

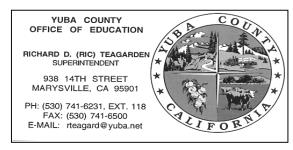
Thanks for voting: Camptonville had a 78% voter turnout! That is amazing!

### **Courier Classified**

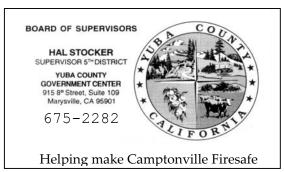
Free classified ads. Call 288-3550 to place yours.

Free: large (it will take 24" wood) insert for a fireplace. In great shape, air tight Call 288-0607

Free: Upright Piano, works, you haul. Also, free upright freezer. Call Laurie 288-3414









moonshine@oro.net www.moonshinecampground.com Dwayne & Chris Dobbins, Mgrs.

### JANUARY CALENDAR:

Rubies and Roses forum Starting January 18, 2:30 pm to 4:00 pm. At 1-2-3 Grow building at

the school

Camptonville Community Partnership

Board meeting Monday, January 17, 4:00pm at the Resource Center.

Food Bank

Third Thursday of each month at the firehall.

Ongoing AA meeting

Tuesday nights changing to Sundays starting January 16<sup>th</sup>

Call 288-9355 for info.

Community Discussion Tuesday, February 15

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	ADDRESS:
	PHONE: VOLUNTEER SUBSCRIPTION: MAILED SUBSCRIPTION —
	Mail to The Camptonville Courier PO Box 32, Camptonville, CA 95922 Note: Mailed subscriptions are for subscriptions outside our delivery area, and the \$10.00 annual fee just covers the expense of mailing. Volunteer subscriptions are funds the readers provide to maintain a local community newspaper.