

July 2005 Circulation 485 Vol. 9 No. 5

Camptonville Market needs your help! By Jimbo Garrison

The Camptonville Community Gardeners market is coming in August and September on Saturday mornings at Rebel Ridge Market from 10am to 12 Noon (note new starting time).

Unfortunately we are losing one of our best suppliers as Mac Claar is moving away. Therefore we are looking for new suppliers of fresh fruit and veggies. Everyone is welcome! If you are interested please call Jimbo at 288-1001 for more info. All you have to do is drop off your produce and we will do the rest. And it's for a good cause as part of the proceeds go to Camptonville School (used to buy books for the library) and to Journey Home Hospice.

Congratulations Camptonville Grads of 2005



Left to right: Camptonville Elementary - Dakota Duskin-Emery, Emily Olson and Kendell Jackson Opportunity Class - Amy Jorgenson and Ryan Bartsch.

Saturday July 2nd events

Flea market at Rebel Ridge. Food and great stuff for sale. There will be a small charge for sellers. Call Jan 288-3528 to reserve a space.

Big Timber Mountain Fair - Brownsville: Logging competitions, music by local artists, arts & crafts, and children's area. Admission \$5. Pancake breakfast starting at 7am by Foothill Volunteer Fire Department. For more info call 692-2557.

WHAT A TEAM.....

By Judy Morris

AND Community !!! Camptonville Buddies -Relay For Life Team and Camptonville Residents come through again. Together we raised over \$2,500.00 for the American Cancer Society. The final count is not in, but at the closing ceremonies on June 5th Nevada County Relay For Life had collected \$221,600.00 to help find a cure. **WOW !!!**

This year's team was a mixture of youth & adults; Camptonville was represented by Camptonville School students/Nevada Union students as well as numerous residents who always get involved. Several team members spent the 24 hrs. walking, having fun, & camping out, some members came and spent a couple of hrs & gave us a break and walked a few laps. Evening entertainment was again special with the luminaries all lit around the track lighting the way for the walkers and sharing special moments for all those who have lost their battle with cancer or to celebrate with those who have won & fought their battle.



Camptonville Buddies at the booth

A big thank you to all our team sponsors, Camptonville residents & family & friends for your support, we appreciate it. There is still time to donate if you haven't had a chance, simply write a check to American Cancer Society, specify Relay For Life, you can mail it to Paula Gleicher at 228 Commercial St. #170, Nevada city, Ca. 95959. If you would like more information on Relay For Life or are interested in being on Camptonville Buddies team call Judy or Paula at 288-1228. Yep we are already planning next year's event.

2nd Annual Camptonville History Gathering

Sunday, August 21, 2005, 2 pm at Camptonville School

Did you live in Camptonville in the 1960s or earlier? Come to the History Gathering and share your stories of living, working, and going to school in Camptonville. Bring photos of life in and around the area if you have them. Video and audio recordings will be made so stories can be shared with future generations. Those of you who attended last year's gathering know what a good time everyone had hearing and telling tales of the area's past. Everyone who is interested in Camptonville history is invited to attend. For further information, call Carolyn Mumm at 288-3557.

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PO Box 32 Camptonville, CA 95922 or email rbon@jps.net Contact: Rod or Rochelle 288-3550, or Cathy 288-0913 The Courier, including back issues, is available at www.camptonville.com 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

"1, 2, 3 Grow" continues for our children!

By Shirley DicKard

With deep appreciation to our community, friends, and the Yuba County First Five Commission, our '1,2,3, Grow" program for families with children birth to 5 years will continue. Thanks to the outpouring of support by our community and friends, we raised enough money to keep the doors open through the end of school and for the four weeks of summer school.

Now, the really exciting news is that Camptonville Community Partnership just got word that our grant proposal to First Five Yuba (Prop 10) was awarded to keep the program open next year, starting this fall. In fact, our grant was given the highest score of all! We should be very proud of our teachers, parents, children and staff at the Resource Center.

Although we will still need to continue our fundraising over the year for Resource Center programs and activities, the main pressure for "1,2,3 Grow" is off. As the sign says when you enter Camptonville: "Our Community Values and Cares for Our Children." This community is amazing! Thank You!

Thanks to "1,2,3 Grow" donors!

We want to heartfully acknowledge the following people who donated money or time to keep the doors of "1,2,3 Grow" open.

Jimbo Garrison, Georgette Fowler, Philip Simmons, Lawrence Morrison, Judith Askew, Bill Cobb, Joel Shawn & Dee Samuels, Hal Stocker, Katy Jacobson, Katie O'Hara Kelly, Lisa Cook & Eugene Bonfiglio, Paula Sweeney & Steve Huffaker, Frederick & Nicole Greenberg, Ralph Lewin & Caitlin Mohan, Lillian Edmiston, John & Carolyn Mumm, Louis & Nancy Phillippi, Michael & Terri Burroughs, Eddie & Linda Rose, Patsy Prout, Annie Garcia, Gene Hanson, Saundra Watson, Richard & Shirley DicKard, Peter Galbraith & Jane Kesselman, Roger Rapp & Yakshi Vadeboncoeur, Ken Tate, James & Sally Sokoloski, Mary Marler, Cliff & Tonie Hilligoss, Larence Purscell, Surburban Propane, Steve & Jan McNutt, Laurie Beacock, Karen Pettyjohn, Ed & Dorothy Lacy, Geri Treloar, and Wilbur Welker

Camptonville in the news

Our town was featured on the front page of the Sunday June 26th issue of the Appeal Democrat. You can see most of the article "Mountain Magic" on their web site www.appeal-democrat.com.

For some fun reading, go to the archive search box on the left side of their main page and enter Camptonville. The article was quite favorable to us even though a few facts weren't quite right and a few people were misquoted.



Lyme Disease and Lizards By Rod Bondurant

This year we have a large crop of pesky insects. I see lots of articles in the media about West Nile Virus.

I read an article about Lyme Disease in the Spring 2005 issue of *Forestland Steward*. Here are some excerpts that I found interesting:

"Ticks carry a number of diseases. The most common is Lyme disease, named after Old Lyme, Connecticut, where it was first identified in the 1970s.

Ticks go through three life stages: larva, nymph, and adult. In order to go to the next stage, a tick must partake of a blood meal. The female adult must also feed to produce eggs; adult males rarely eat. Ticks live in leaf litter throughout their lives. They do not jump or fly. Adults crawl out on to the tip of a blade of grass or branch to catch a passing host while nymphs mostly remain on the ground.

Western black-legged ticks are very, very tiny. A typical nymph is the size of a poppy seed. Even the fully grown adults are only about the size of a sesame seed. Because they are so small, it is easy to overlook and carry them until they finish feeding several days later. The nymph stage is the most dangerous for Lyme disease, partly because the ticks are so small they can be easily overlooked. Nymphs are most active in the spring and early summer; adults are most active from fall through early spring.

The complex life history of the tick is important for understanding Lyme disease. Ticks feed three times in their lives, once for each stage. Larvae and nymphs feed on small rodents, lizards, or birds; adults prefer larger animals such as deer. Ticks are born disease-free. When a larva or nymph feeds on a rodent, often a woodrat, carrying the Lyme disease bacteria, the bacteria passes from the host to the tick where it lives in its gut. The next tick stage hatches with the disease and can pass it on to the next host. Lyme disease bacteria reside deep in the tick's midgut so it takes an extended length of time—generally 36 to 48 hours—to pass the bacteria on to a host. Fortunately, that means that if you remove a tick in less than 24 hours, the chances of developing Lyme disease are low.

Perhaps the most intriguing aspect of the tick story is the role **western fence lizards** play in the disease. These common reptiles, also called blue-bellies, are a favorite tick host. But lizard blood contains a compound that kills the bacteria that cause Lyme disease. Better still, when a tick feeds on a lizard, some of the lizard blood leaches into the midgut where it cleanses the tick

of the disease. Therefore, if a nymph chooses a lizard for its blood meal, the adult will be disease-free and will not pass the disease on to its next victim. This is thought to be the reason that the incidence of Lyme disease is so much lower in the western US than in the east where there are no western fence lizards.

Remove ticks correctly Remove ticks carefully with fine-tipped tweezers. Grab the tick as close to the skin as possible and pull straight out with a firm, steady motion—don't jerk. Do not squish the tick. Do not twist, smother, or burn an attached tick as these methods don't work. Wipe the bite site with antiseptic and wash hands and tweezers. Mark the spot with permanent ink and check for rash or inflammation every few days. See a doctor if symptoms occur.

Lyme disease is tricky to diagnose because the symptoms vary from person to person and. come and go. Some other diseases have similar symptoms. Often, the first sign is a ring-like red rash or spot near the tick bite that grows for several days to a few weeks. This rash is generally painless and goes away by itself. On darker-skinned people, the rash may appear more as a bruise which can be hard to see. Painful redness that occurs less than 24 hours after a bite and does not expand is more likely to be a local allergic reaction to the tick's saliva. Symptoms are classified as early or late. Besides the rash, the early signs of infection are flu-like symptoms: chills, fever, joint pain, fatigue, and swollen lymph nodes near the bite. In addition, there can be paralyzed muscles of the face and palpitations of the heart. While these may go away by themselves, the bacteria will move into other parts of the body including muscles, nerves, joints, and brain if not treated. Late stages of the disease can be debilitating and even fatal. Blood tests can give false positives and need to be interpreted carefully. When Lyme disease is caught early it is easily treated with antibiotics.....

The first line of defense is to check yourself regularly for ticks."

The Forestland Steward is published quarterly by CDF, UC Cooperative extension and the USFS. There are many articles of interest to forest dwellers on subjects including logging, fuel reduction, and how to fell trees. You can get the entire Lyme article and the rest of the issue online at www.ceres.ca.gov/foreststeward. (Go to the newsletter link.)

Leapin' Lizards By Rod Bondurant



Photo courtesy of Irene Lindsey <u>www.kaweahoaks.com</u>" (a delightful site on California delta flora and fauna)

I don't know what Orphan Annie (whose favorite exclamation was "leapin' lizards") really thought of them, but I have always enjoyed lizards hanging around our garden shed gobbling up insects. I have become much fonder of them after reading about their connection to Lyme Disease.

The following info is from www.laspilitas.com, (a native plant nursery site)

"Western Fence Lizard, *Sceloporus occidentalis*The Western Fence lizard is a very common lizard in

California. They can often be seen on logs and rocks sunning themselves and doing pushup displays.

The Western Fence Lizard eats insects and spiders.

They like boulders or logs to sun bathe on or to hide under when predators get to close. They also crawl around in oaks, probably searching for ants or other arthropods. They need open ground and have trouble when there are to many weeds.

The Lizard being a reptile is cold blooded and regulates its body temperature by moving in and out of the sun depending on whether they are too cold or too hot. This is called thermalregulation.

The Male Western Fence lizard is territorial. They will fight of other males when they enter their territory. They do rapid "pushups," to show their blue bellies to other males or to show off for females.

When attacked by a predator, it will drop its tail. The muscles in the tail continue contracting causing the tail to flop around. This is to distract the predator from the lizard. However, this is a last ditch effort. It is very stressful for the lizard. It takes a lot of energy to regrow their tail, and they lose a lot of stored food. This is often a tactic they use with domestic and feral cats...... They are very susceptible to predation as they like to perch in highly visible locations."

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Critter Corner:

What's the Story with the Donkeys? By Katy Jacobson

In a Gothic House on the Main Street of Camptonville live Glenn and Birdsong Sundstrom, a cat and their 5 donkeys. The noise that emits from their property has become part of background of the neighborhood and no one complains. "They say it reminds them they live in the country", says Birdsong who is guite relieved that so far there have been no objections.

Birdsong, a schoolteacher, was immediately warmed by the idea of donkeys 30 years ago when

An avid backpacker, she met donkeys while in the Eastern Cascades, and saw their potential as pets and pack animals. "They have a lot of personality... very affectionate and VERY intelligent."

Birdsong is energetic and enthusiastic as she explains how she got her 5 donkeys. While she tells me the story she goes from donkey to donkey and rubs each ones long furry ears. They seem to love it and lower their heads, appearing quite hypnotized. They are attached to a picket stake that rotates. There are long leads which allow them to eat a big circle of grass around the stake.

Rose, a frosty russet, 12 hands, was their first burro. She was already trained to pack. Glenn and Birdsong learned the ropes from her. That was fall 2003. Then Birdsong committed to taking April, a wild burro from the Sheldon Wildlife Refuge (Northeast CA and Southeast Oregon). It's an area where there are too many burros and not enough food and many are being hit by cars. April, a 5 year old fluffy chocolate brown, turned out to be pregnant and still very wild.

Shortly after Birdsong committed to take April she was touched by the plight of Darryl, an older man with failing health. He had 2 middle aged burros named Rita, 23 and Louise, 27. (Burros can live to be 50). Darryl had won Rita in a Mr. Long Ears Celebration raffle in Oregon. She had been a prize winning cart donkey. With Darryl she became a gold mining pack donkey in the Sierras and was with him for 20 years. Louise is another wild donkey from BLM land and was acquired by Darryl to be Rita's companion.

The fifth donkey is the much doted on Assteroid, born quietly one night while Glenn and Birdsong were asleep. That was right here in Camptonville. He just celebrated his first birthday, carrot cake of course.



Birdsong & friend

Glenn has been tolerant about the donkeys says Birdsong. "He loves the baby." That was evident when Glenn returned from work and both he and Birdsong were attentively stroking the little furry guy, who unlike his mother, is quite tame.

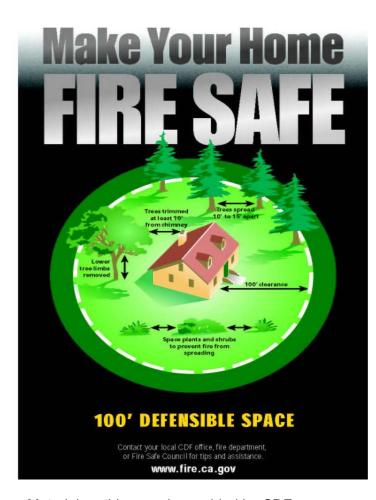
This summer Birdsong and Glenn will go for their first camping adventure with some of their herd, going from here to Forest City via the Henness Pass. Each donkey can carry about 100 pounds and a packsaddle. Birdsong admitted that even if she didn't take any pack trips she enjoys having donkeys for pets and taking care of them. "It's very grounding."

As she explains that they only bray when they want to eat or communicate with each other, a neighbor rips by on a motorcycle. We are standing by April, the only donkey in the 1 acre pen. April walks down the fence line with her eyes on the motorcycle and then loudly says "heeee haw heeee haw."

"What's she saying?" I ask. Birdsong translates that she thinks the motorcycle was going too fast and was too close to her fence line...a little righteous indignation. You tell em April.

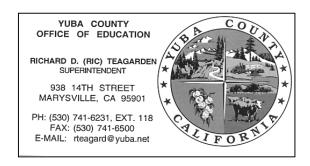
If anyone is interested in their own rescue burro check out www.cabaa.org/, a volunteer organization to aid and save wild horses and burros. Also if you want to see more about Birdsong, burros and her other love, knitting, check out http://burrobird.blogspot.com.

A FireSafe checklist



Material on this page is provided by CDF

Check out the site www.fire.ca.gov for lots more information about wildfire and property maintenance.



- Create a **DEFENSIBLE** SPACE of 100' around your home. The area closest to your home is the most important.
- Try to get 10 to 15 feet of spacing, both vertically and horizontally between shrubs, large plants, and trees. If you have 4 foot high brush underneath larger trees with limbs, limb up the tree at least 14 feet. Breaks like this in the vegetation help to slow down an advancing fire and gives firefighters a fighting chance.
- Plan your landscape to eliminate a continuous path of vegetation. Do not have any combustible fuel within three feet of your home.
- For landscaping purposes, use of irrigated fire resistant plants is encouraged. Green lawn, rock, stone, and other materials can be used to create an attractive and fire safe landscape.
- Clear all vegetation and other flammable materials from beneath your deck. Enclose undersides of elevated decks with fire resistant building materials, or with screen mesh with openings no greater than 1/4 inch.
- Keep trees trimmed at least 10' from your chimney and trim all dead limbs hanging over your house or garage.
- Clean all needles and leaves from the roof, eaves, and rain gutters.
- Maintain your landscaping with regular watering and weeding to keep it fire safe.

CanWORK Communities

By Jeannie Costa

Well now that we are successfully dressed it's time to impress. At CanWORK's "Dress to Impress" workshop in June we learned what colors and styles work best for us. At the end everyone got a chance to pick out an interviewing outfit.

We will be taking a siesta in July, to start fresh with August's Workshop "Personality Profile". You will discover your work style preferences, which is helpful for getting a job you really enjoy.

The class begins August 2nd 9:30 am at the Latter Day Saints Church on the corner of Marysville Road and Hwy. 49. The follow up classes will be at the Camptonville Resource Center on August 9th, 16th& 23rd, at 9:30 am. We also have these classes in Challenge on Wednesdays. For more information please contact Jeannie or Cathy, at 288-9355



Open 3 to 9pm
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For a good view of Jonathan's painting go to the Courier at www.camptonville.com.

Fine art By Katy Jacobson

Jonathan Finegold, now of Camptonville, recently won first prize at the North Columbia Cultural Center showing of local artists. Happily for Jonathan, the painting that won has since been sold, so Jonathan chose another of his paintings for the Courier. Jonathan paints in oil on wood panel in a style reminiscent of the Dutch still-life painters of the 17th century.

Jonathan has lived in Camptonville for just over a year with Marcy (Risque) and their daughter Rachel. He has been doing art for as long as he remembers, and has had the benefit of some excellent teachers, in the Bay Area, New York, London and Taos, NM. However, Jonathan says he is relatively new to oil painting, having worked as a calligrapher, miniature painter, photographer and graphic designer in the past.

Sundial Bridge at Turtle Bay By Rochelle Bell

The people of Redding have a spectacular gift to share with visitors. Redding hired one of the world's foremost bridge designers, Santiago Calatrava, to build the Sundial footbridge over the Sacramento River. The resulting bridge and exploration park at Turtle Bay is a masterpiece of steel and glass surrounded by a museum, bird sanctuary, arboretum and trails that can be enjoyed by all the family.

Just a short 3-hour drive up highway 5 to Redding gets you there. We had to go back a second time to see it all. Our second visit we took the back roads through the valley and stopped at the Chinese Temple in Oroville which is open only from noon till 4P.M. daily and a must see for those of you who enjoy the history of our area. We enjoy stopping at the roadside stands for fresh fruit and nuts along highway 70 to Chico. On our way home we noticed a Senior Center in the small farm town of Orland. We stopped for lunch and were invited to join a lively group of seniors who treated us like long lost friends. It reminded us how lucky we are to have our center in North San Juan. Come join us for lunch every Tuesday at noon. You have to call for reservations on the Sunday before. 292-3315.

For more info on Turtle Bay go to www.turtlebay.org.
For more on the temple go to www.cityoforoville.org/chinesetemple.html.

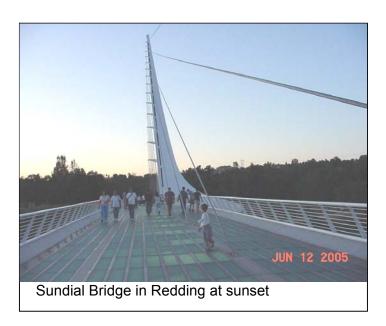


By Rod Bondurant

A number of us look forward in late June to admiring the lilies in bloom at the cemetery. It seems some deer have developed a taste for them, and have eaten the tops of most of the plants. Next year I might try the motion-activated sprinklers that Georganne recommended in the May issue.

Critter Corner stories wanted

If you have a story about your critter(s) email Katy at zorro43@aol.com or call her at 2882819. Also if you are interested in getting on the list to exchange animal care when someone is out of town call or email as well.







Camptonville goes to track meet By Jeannie Costa

Congratulations go out to: Savanna Costa, Christina Dondano, Tristan Trotter, Jonathan Stewart, Lindsay Gross, and Brandon Lopez. Camptonville students, who placed 1st or 2nd at the Hershey track meet, in Yuba city went on to compete with 51 other city finalist at the Nor- Cal State Finals in San Jose. Parents were there to cheer on Camptonville's top athletes. A special congratulation goes out to my daughter Savanna for getting a pink ribbon in the mille.

On the drive down the familiar smell of the ocean was a welcome scent. All the families stayed at the Prune Yard Inn. At the Prune Yard Mall, we got a chance to go explore some great shops and restaurants, including the kid's favorite, Cold Stone ice-cream parlor.

The weather was slightly cloudy, and kept us cool, but a few of us came home with that *Bay Area burn*. I was glad to be home out of the traffic, wow that's a big city.

This all would not have been possible without the strong support of: Camptonville teachers, Coach Ryan Montgomery and the caring parents that participated. Thank-you.







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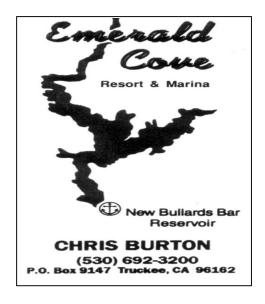
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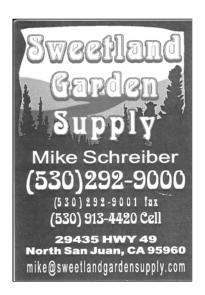


Downieville Ranger District

Hi! My name is Louise Hogerheide, I'm the new Forest Service Fire Prevention Tech for the Yuba River Ranger District-North, (the old Downieville Ranger District). Please feel free to call me at the Ranger Station (530) 288-3231 ext 251 if you have any questions about fire safety and defensible space.

Creating defensible space around your home and properties is extremely important. On page 7 of this issue is some information about the State Fire Marshall's new 100' clearance requirement.

Be advised that CDF is emphasizing that this year they are stressing education about the new defensible space requirements and will be enforcing the new regulations in 2006.



FireSafe Council News

The long awaited residential chipping program is about to start! We plan to have a public meeting to let everyone know the details. Basically the program will provide free chipping of brush and small trees that you cut to clear around your home. You will have to stack the brush in an accessible spot for the chipper crew. Look in next month's Courier for details.

Water News By Rod Bondurant

The rainy winter has kept Campbell Gulch (the town water source) quite full. On June 26, the flow was at 325 gallons/minute. This is about 25% above average. However we are always limited by the quantity of water that can be processed by the treatment plant. Please use your water wisely. Please fix those faucets and toilets; there are always a few houses in town with steady leaks.



- * 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





JULY CALENDAR:

Flea Market Saturday, June 2, at Rebel Ridge Market

Yoga Thursday night from 5:30 to 7:00 pm in the gym at school.

Meditation group Continuing Tuesday afternoon. Call Yana at 478-6943 for info

Food Bank Third Thursday of each month at the firehall.

Ongoing AA meeting Sundays at 4pm til 5 For information call Mike 288-2849 or the

Resource Center 288-9355.

camptonville Community Service District

Volunteer Firefighters for the Camptonville Fire Department



Join the ranks of a great group of people already helping our community! For more information about applying, stop in at our trainings held on Wednesday evenings from 7-9 pm at Station #1 in Camptonville or call Fire Chief Matt Cooney at 288-1112.