

November 2009
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1,2,3 Grow Field trip

By Birdsong Sundstrom

1,2,3 Grow families got together over the Fall Break for a field trip to Bierwagen's Farm and Pumpkin Patch in Chicago Park. Fifteen children (including older siblings) and ten adults met at the farm, where our tour guide Marilyn took us through the barns, pressing room, apple orchards and pumpkin patch. The photo adjacent shows Ava and her father Scott looking over the pumpkins to select the perfect one.

We watched apples being pressed into juice, selected our own pumpkins, climbed on the hay pyramid, and met up with some of the farm animals kept there, including miniature goats, turkeys, chickens, cattle and a pig.

Parent fundraising efforts paid for the children to attend, and the cost of the tour included an apple for snack (Arkansas Black apples were being processed that day), fresh apple juice, and a pumpkin to take home. The group had a potluck picnic on the lovely Bierwagen lawn.

1,2,3 Grow continues to be supported by Yuba First Five and parent fundraising, and is free to all children ages birth to five, accompanied by a parent. If you would like to attend our program, call 288-9355.

Thank You!

By Rocky van der Meer

Thank you to everyone that helped me raise money for my field trip. I earned over 200 dollars with all of my recyclables that you helped me collect. I am so happy that I get to go on this field trip. THANK YOU!!!



Some of the market crew & mascot Buddy, tallying up the proceeds. The market profit of \$925.02 will be split between Journey Home Hospice and the newly formed Friends of the Cemetery. See articles on page 2 & 3.

Santa Claus is Coming to Town

By Stephanie Williams

Santa is coming to town, sponsored by the Christmas Club aka Georgetown. Since 1961 Santa has come to Camptonville, this year we will celebrate his 48th trip here at the Camptonville School on December 19th inside the gym from 5:30pm to 7:30pm. On average Santa sees over 100 children each year in Camptonville, getting his picture taken with them, listening to their wish lists, drinking hot chocolate and passing out gifts. The Christmas club committee will be placing donation cans in various community businesses where you may generously donate to help us make this 48th year wonderful for the kids. The club will also have raffle tickets on sale in November look for opportunities to purchase these at local stores, the winners will be drawn on the night of Santa's visit. Donations may also be received at the School by Pam Wilcox, school secretary or directly to the club by calling Georgetown Fowler at 530-288-3429.

Gardeners' Market

By Jimbo Garrison

The 2009 Camptonville Gardeners' Market finished up its best year ever on October 3rd. Thanks to all our loyal Saturday morning customers for their smiles and gratitude. It sure helped to keep us going through our 10 week season. We shared the space at Rebel Ridge Store with last year's added feature – crepes made by Stephanie Korney and Jan Jero as a fundraiser for the Camptonville Historical Society.

New for this year was Soleil Farms with organic chicken and eggs. Owner Gaetane's positive energy and surprise egg dishes such as Scottish Eggs and pickled eggs were a big hit with our shoppers. Also, local musicians gathered for some impromptu jam sessions.

Hal Stocker was the biggest contributor, delivering and donating \$335 worth of his very fine fruit and vegetables including those fabulous watermelons.

Craft Fair and Kid's Holiday Shopping Area

By Susan De Lisle

Camptonville Community Partnership's (CCP) Outreach Program presents the annual Kid's Holiday shopping area. It will be in the Camptonville School Gym on December 6, 2009 from 12.00 p.m. through 3.00 p.m. as part of the **Holiday Craft Fair** sponsored by CCP.

We are looking for donations of **good, slightly used items** we can offer to the kids at extremely low prices. If you think you might have something that might make a good present for mom, dad sister, brother, grandma, grandpa or even the family pets. We will be accepting donations at the Resource Center, Monday through Thursday 8:30am –noon from now until November 23rd. For more information please give us call the Resource Center 288-9355. Proceeds from the event help to sponsor CCP community programs.

Please don't forget your children can get great affordable Holiday gifts for your family on Saturday December 6th and you can shop at the Craft Fair! It is a great way to support your community! You will be wonderfully surprised at how much fun and exciting this event can be!

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Friends of the Cemetery

By Rochelle Bell

The Camptonville Historical Society and families of loved ones buried at our cemetery feel there is a dire need for maintenance. The Historical Society has formed a subgroup "Friends of the Cemetery" which already held a volunteer cleanup this spring. Much more effort is needed to do justice to our beautiful and historical cemetery.

To further this effort the CHS has been given \$462 from the Gardener's Market to be used for future cleanup labor. In the past the CCSD had funded annual cleanup, but that was not done this year. The CHS is working with the CCSD to resolve the muddle of funding and determine who actually is responsible for maintenance and record keeping. If you are interested in helping, please call me at 530-288-3550.

Recycling For Cancer

By Camptonville Buddies

The local 'curb-side' recycling being done at Rebel Ridge Store for Relay For Life is going well. Camptonville Buddies would like to thank all residents for making an effort to clean up the environment and help raise money to **Fight Back** against cancer. We realize that almost everything that is produced can be recycled, but Camptonville Buddies goal with this program is to raise money with CRV recycling. The three bins at Rebel Ridge are for **CRV ONLY**—recyclable items such as Glass or Plastic beverage bottles that state cash/CRV—Wine Bottles or Milk Jugs are not CRV recyclable, we don't get any money for them. So please when you bring your recycling to Rebel Ridge put **ONLY CRV** items in the proper bins. The bins have been labeled; (1) for glass, (1) for aluminum cans and (1) for CLEAR Plastic, your assistance in sorting is greatly appreciated. Don't hesitate to call us if you have questions of which items are acceptable, 288-1228. We appreciate your support.

CD Release Concert and Benefit

Local teen harpist Sage Po invites the community to her CD release concert! She will be playing with friends Kelly Hoff, also a harpist and violinist Graham Collings. This event is also a benefit for *Hospitality House* a shelter for the homeless. There is a \$5 admission charge for the benefit. Sage will also have her new CD "Shimmering Strings" for sale.

The benefit will be held Friday, November 20th, 7:30pm at the Peace Lutheran Church located at 828 W. Main St., Grass Valley. This is an opportunity to support young musicians and help the homeless.

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Yuba County Family Resource Center Network Empowering Yuba County Families By Cathy LeBlanc

Hi folks,

This month I'd like to give you some information about the Yuba County Family Resource Center (FRC) Network. A good place to start is, with how FRCs function. The goal of a Family Resource Center is healthy families in healthy communities. FRCs are usually located in neighborhoods where they are easily accessible. They involve neighbors in community building strategies that help to increase skills, abilities and talents. Each center is unique to the neighborhood and when families and other community members enter they know they are welcome. If you have a FRC near you the staff are more than likely neighbors, who help to create a mutually respectful partnership that will honor the diversity and strengths of all who enter. Each center has its own unique mission and vision but all have these core activities in common: information and referral services, parent education classes, family friendly activities, community events, resources, computer and internet access, linkages to health and social services programs, resource libraries and volunteer opportunities.

The Yuba County FRC Network recognizes the need for increased community involvement and we would like to see more FRCs in Yuba County, especially in the Plumas Lake and foothill areas. If you would like to know more about the FRC Network please give me a call at 288-0913. I work at the Camptonville FRC and I'd be happy to speak with you. We also have a new website available at: www.frcnetwork.net

The FRC Network of Yuba County is a collaboration of five independent FRCs. Below you can find out a little bit about what they do, about their locations and phone numbers:

---**Harmony Health FRC** serves as a community centered provider of services to improve health, education and economic opportunities for individuals and families, located at 1908 N Beale Road in Marysville Phone 530 743 6888

---**ABC FRCs** providing services to families including Supporting Father Involvement and First 5 Yuba Americorps, at two locations:

841 Cedar Lane in W. Linda Phone 530-740-7763
4850 Olivehurst Ave in Olivehurst Phone 530-740-7767

---**Yuba County Office of Education FRC** providing resources for families of children with special needs and/or who are medically fragile aged birth through 5, located at 1104 E St. Marysville Phone 530-749-4049

---**Camptonville FRC** Rural people working together for a safe, sustainable and healthy community, programs include preschool enrichment program, community outreach and rural health advocacy located at 16585 School St. Camptonville phone 530-288-9355

---**Wheatland FRCs** offers WE Care Mental Health Initiative and the ACE Mentoring Program located at Bear River, Wheatland Elementary and Lone Tree schools, main office: 100 Wheatland Park Dr. C127 Wheatland Phone 530-633-4061.

Yuba River Ranger District

By Betty Leffew

With the cooler weather it is a great time to visit the district trails. The Sierra Buttes area is beautiful this time of year. The fall colors are really showing along Highway 49.

Fuelwood cutting is still open. You must call in to see if it is a cut day before you go out to get your wood. Remember you only have till November 1 to get your firewood cut. Dooryard burn permits are now required. You must still call in for burn days.

Bullards Bar closed for the season on October 15. Campgrounds before Union Flat along Highway 49 are open until October 31, after which they will be in winter status, no services, no fees. Campgrounds above Union Flat are closed. This means all of the high country campgrounds are in winter status, no services, no fees.

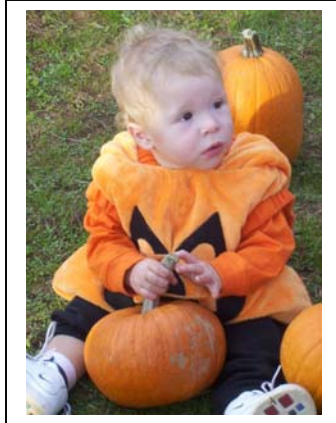
Use caution while in the woods, as it is Deer Season. The season closes in D3, 4 & 5 on November 1st .

So far we have had 3.51 inches of rain for the season. 3.32 inches so far in October.

Pumpkin Patch Potluck

By Stephanie Ruff

The Potluck was a success! Children in costume gathered with family and friends to share food and laughter. Treat bags and pumpkins were given out to all the children and a bonfire was lit for marshmallow roasting!



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2010 is Around the Corner

By Paula Goodman and Judy Morris

Can you believe it's November already? That means we have about 6 weeks to get our End of Year Tax Donation Issues taken care of.

Camptonville Buddies and Relay For Life can help with this task. Nevada County's Relay For Life 2010's website is up & running. So anyone wanting to, (or needing to) donate and **Fight Back** against Cancer can do it easily...go to: www.relayforlife.org/nevadacountyca It's user friendly-the home page has (2) options to choose from, Sign-up or Donate. Choose one and follow the on screen instructions. It's painless and what a way to start the holiday season-donating and helping others & ourselves. The sooner we find a cure-our children won't have to worry about this disease. Camptonville Buddies team is registered and waiting for you to check it out-join the team or donate to it.

Planning meetings for Relay 2010 have started, if anyone has an interest or knowledge in marketing or making phone calls to help recruit teams come join us, the more volunteers building this awesome event-the more fun we will all have and yes we will raise more money. Mark this date-May 22nd & May 23rd, 2010 that's when friends & neighbors from our community come together @ Nevada County Fairgrounds enjoying Nevada County's 2010 Relay For Life event. **It's Free!!!** We promise to share more info about this 24-hour event as the planning continues. Please checkout the website: www.relayforlife.org/nevadacountyca. Join the team! call 288-1228 or email owlsneagles@inreach.com if you have any questions. Camptonville Buddies thanks you for your support.



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Chief's Report

Yuba Fire-Part Two

By Alan Kinne, Fire Chief

Sunday morning, Chris and Andrew were back to take over. Jim stayed with them for a while. I went to the new Base Camp at the fairgrounds in Yuba City. The fire had attracted so many resources, that the Brownsville facility was no longer big enough. I had to check in with the Command Post and make sure we were on the roster so that we could get paid. There were tents, mobile kitchens, bathrooms, showers, medical trailers, communications trailers and engines from all over California at the camp. They had to use two parking areas outside the fairgrounds to park everything. It was a small city. While doing all the paperwork, I found out that the tender and crew should have been sent to a rest area after 24 hours. They were using a 24 on, 24 off system. No one told us!! We had been on since Friday afternoon. After completing my tasks, I was directed to go back to the tender and send them home until Monday morning. I was back at the tender about 1 PM and gave Chris and Andrew the news. They were rather disappointed!! Told them we had no choice. This order came from the top. They had been moved to a different area to work. So I had to get on the radio and contact that area commander and tell him that we had been relieved. What could he say besides, "OK". So, we packed up and headed home. I had been told at the Base Camp to be there Monday morning at 6 AM for the briefing. That night we arranged for Jim Esry and Firefighter Michael Lewis to be at the station at 6 AM ready to bring the tender back. Monday morning, Chief Brown and I were at the briefing, got our assignment and called the station and had the tender head to its staging area, where we met them. This was on a logging road off of Marysville road about 4 miles east of the Dobbins Fire Station. Several other engines and hand crews gathered at the same spot. There were supposed to be 3 water tenders, but we were the only one that showed up at the time. The area commander gave a briefing and the tender went to work. The road was rutty and covered with about 6-8 inches of very fine dirt. Almost like baby powder. The tender took some time to spread water in an attempt to keep the clouds of dust down. Since

the radios that we normally use did not have the frequencies that were needed, we had been issued radios by CalFire. Well, I got a call on my cell that the radios we were issued had a programming problem. Great!! We were wondering why we had not been hearing anything all morning. While the tender worked, I waited for a tech to come from the Base Camp to reprogram the radios. To make things more interesting, the staging area was located next to some beehives!! Bees were everywhere. Someone had piled some ice bags on the ground and the bees were there looking for water. I did get stung once on the hand. Eventually the tech showed up and fixed the radios. After giving them back to the tender crew, I headed home. The tender spent the day going up and down that road, filling engines and trying to keep the dust down.

The real excitement happened later Monday night. **Continued on next page.**

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Yuba fire cont. About 8:30 PM, I got a call on my cell from Michael Lewis telling me that the tender had rolled over, but that he and Jim were both uninjured. Chief Brown and I were headed home from a town CCSD Board meeting, so he was right behind me in his truck. I stopped, flagged him down and told him the news. We both headed for the accident location. Upon arriving, there was our poor tender lying on the drivers' side. Other fire personnel were all around. Medical people had already checked for injuries and found nothing other than a few aches and pains and minor scratches. It seems that the tender was on its way out to refill the tank and had to pass an engine that was sitting on the road. To do so, Jim had to drive with the right side of the tender up on a slight rise on the side of the road, maybe 12 inches high. It was dark and the dust was really bad. As he got by the engine and attempted to get fully back on the road, the left front wheel hit a small rut, causing the tender to lurch to the side. Water tenders are notoriously top heavy and it does not take much to roll one. With the water remaining in the tank sloshing from side to side, it was enough to cause the tender to make a very slow roll over on the driver's side. Jim knew what was going to happen, so he told Michael to hold on. Other firefighters nearby immediately came to their aid and helped them out of the tender and called for medical help. Jim and Michael were interviewed by a Safety Officer as to what happened. Finishing that, Chief Brown made arrangements for a tow truck to right the tender while I drove Jim and Michael to the Base Camp in Yuba City for another medical check. While they were being checked, I started the paperwork for the accident. Completing that, I drove them back to the station to pick up their cars and go home.

Tuesday morning, it was back to Yuba City to do more paperwork. A CalFire accident investigation team had been formed and Chief Brown, Jim, Michael, Mike Dudek (our Safety Officer) and I met with them to start the report. To make a long story short, the investigation was done and the conclusion was: STUFF HAPPENS. CalFire will pick up the tab for repairs. The tender was not that seriously damaged and should be back in service shortly. Our thanks to CalFire for their assistance with everything. I had to make one more trip the next day to Yuba City to demobilize our tender and personnel. In the four days the tender did work, it earned its keep. The Department will make a good chunk of change for its efforts. We received good reviews from area commanders while working. Thanks to all of those in our department who took part and to those who stayed in Camptonville to handle any other emergencies.

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Jessi's Garden

By Jessi Mullins

THINGS TO DO LIST

- Begin forcing bulbs like paperwhites, hyacinth and amaryllis for the holidays
- Add organic matter to beds
- Rake leaves and add to compost
- Cover compost piles so rain does not leach nutrients out
- keep pulling those weeds
- Dig, divide and separate perennials
- Replace summer annuals with cool weather bloomers
- Sow wildflower seed
- Sow erosion control seed (keep those banks and bare hillsides from eroding)
- Seed a new lawn area or replant bare spots in existing lawn
- Plant cool season crops (greens, garlic, onions, broccoli, cauliflower, cabbage)
- There's still time to plant a cover crop
- Plant fall bulbs (daffodils, tulips, crocus, lilies)
- Cut back and separate your iris
- Mulch things that need to overwinter in the garden with rice straw

People tend to feel like gardening is over as they pull their tomatoes up and feel the cold and rain approach for the winter, but it's just a new stage to begin in the garden. As you can see there are plenty of things to do out in the garden, so take advantage of the nice, beautiful days we are blessed with and enjoy the outdoors.

We are still closed for our rearranging at Rebel Ridge Organics, but available by phone to set up meeting times if there is anything you need. Thank You to everyone who came and enjoyed the fall plant sale and flea market at Rebel Ridge Organics. We still have some fall starts and fall bulbs available. Please call 288-3222.

Good for the environment, great for your health – garden organic!



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OOPS! and Other Items

By the Editors

The editors would like to apologize for accidentally omitting the Yuba River Ranger District article last month. We had .19 inches of rain in Sept.

Ruth Schwartz wants everyone to know the next school board meeting is Nov. 4th.

Has anyone noticed the abundance of acorns this fall? Well, you can download a free book on how to prepare them for eating. You **must** first leach the tannins before they are edible. The book offers many recipes as well. We thought you might like to add some "local native" flair to this year's Thanksgiving feast! Enjoy!

http://www.californiaoaks.org/ExtAssets/acorns_and_eatem.pdf

Sierra Family Medical Clinic Notes on Flu Season

We are already into the fall flu season and this year we are seeing two types, Seasonal Flu and flu caused by H1N1 virus earlier known as Swine Flu. Here is some information about the differences and similarities between the two types of flu. A helpful motto is 'Remember, the flu is the flu so be careful and take extra care of yourself, whatever you do!' Give us at SFMC a call if you would like to make an appointment at 530-292-3478. You can also obtain more information on a "warm line" sponsored by the Nevada County Public Health Department (PHD): 530-265-7258.

Seasonal Flu vs. H1N1

The flu, also known as influenza, is a contagious respiratory disease caused by influenza viruses. In the US, there is a flu season that begins every fall and ends every spring. Sometimes a new type of flu virus may emerge that people have no resistance to. When people have no resistance to a flu it can spread more easily from person to person around the world in a very short time, causing serious illness. The two types of flu we are currently seeing, seasonal and H1N1 are very similar in symptoms:

- Fever (101 or greater (in children 100) for H1N1)
- Sore throat
- Cough
- Runny or stuffy nose
- Extreme tiredness
- Headache
- Muscle aches and pains
- Stomach problems, such as nausea, vomiting, diarrhea

Most people who get seasonal flu and H1N1 virus recover within a week or two and do not require medical treatment. One noticeable difference between the Seasonal Flu and H1N1 is the age brackets being affected. Normally with Seasonal Flu we see the very young and the elderly population at highest risk. The H1N1 virus is showing to be more risky for pregnant women, the very young, the young (2-24 years), then 25 – 64 with high risk factors such as chronic respiratory problems, heart conditions and auto immune system disorders. Interestingly, the elderly are in the lowest risk group. There is some speculation that a lifetime of exposure to other flu strains has lent some immunity to the H1N1 virus, causing the elderly to be less susceptible.

Remember, as with most flu strains to date, the majority of people affected have mild to moderate symptoms and after 3-7 days recover and return to school and work. Ideally an individual would remain home until 24 hours pass with no symptoms, unassisted by medications. There are certain complications to watch for such as dizziness, confusion, shortness of breath or difficulty breathing or an increase in upper respiratory symptoms. If you experience these during a course of illness with flu-like symptoms, be sure to see a medical provider for guidance and supportive therapy. And as with any illness, if you are concerned, see your medical provider.

Being Prepared:

There are some things that everyone can do to slow the spread of the flu and reduce its impact, whether the viruses involved are seasonal or H1N1 flu viruses:

- Get your yearly flu shot. The Nevada County Health Dept. is recommending that every resident have a flu shot this year.
- Wash your hands with soap and water frequently. This will reduce the change of spreading flu from one person to another.
- When using an alcohol-based sanitizer (at least 61% alcohol) use directed amount of sanitizer, rub thoroughly over all surfaces of the hands, including nail areas and between the fingers. Rub until product dries.
- Wipe down surfaces with Clorox wipes or other antibacterial wipes. Use antimicrobial soap or hand sanitizer if possible.
- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterwards. If you don't have a tissue or cloth, cough or sneeze into the inside of your elbow or upper arm.
- Keep your hands away from your eyes, nose and mouth to keep flu germs from entering your body.
- Stay home if you are feeling sick. Get plenty of rest and drink lots of fluids.
- Avoid close contact with people who are sick. Respiratory droplets passed from one person to another can spread flu. These droplets can pass among people in close contact.
- Avoid sharing objects – such as utensils, cups, bottles and telephones. If you must share, disinfect the objects before using them.
- Keep your living and work areas clean

May you be well!

Local Bear Fights Back

By Stephanie Ruff

Orval Sanders, an 83 year old Oroville man was severely injured Monday, October 12th while bear hunting with his buddies near Camptonville. According to Kyle Orr, spokesman for the Department of Fish and Game, the hunters treed three bears and one was shot. The black bear was not killed and came down from the tree and attacked Sanders. His injuries included cuts and bites to his arms and a broken bone in his wrist. The bear then tried to attack another man when another hunter shot and killed the bear.

Sanders was flown via helicopter to Sutter Roseville Hospital where he was in serious condition and in need of surgery to repair his broken wrist. The bear will be tested for rabies. Black bear attacks are rare but do occasionally happen. Bear hunting season will continue thru December or until the allotted 1,700 black bears are killed.

as I finish this article things have quieted down and a new pecking order has been established. The egg production is beginning to flow and I love the dark brown eggs from Aster and Felicity. They are Cuckoo Marans which originated in marshy areas of France so they handle damp conditions well. I wonder if I cross bred the heat tolerant Catalanas with the damp tolerant Marans the offspring would handle our climate better? Hmmm, what do you think? Something to ponder.

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Chicken Chronicles

By Stephanie Ruff

In last month's article I was waiting for the pullets to get a bit larger before integrating them into the old flock. I found an egg in the pullets' yard and I knew the time was right. When it was dark we carried each pullet and put them on the roost in the hen house. It is advisable to make major changes to a flock when it is dark. The hens seem to deal with change a little quicker. The next morning things seem to be going pretty smoothly-a little pecking going on but nothing too nasty. They shared a fence line for quite a while so they had gotten used to one another.

Night time was a different story. The older girls would not let the pullets back into the coop. We had to carry them in every night for 2 weeks. It was getting old. It wasn't till the last storm when it was really raining hard during the day and Liam put the pullets in the coop to get them out of the rain that the hens finally accepted them. They do have to wait till the old ladies are in first-then they are allowed to enter-ha!

We also had to deal with nesting box selfishness. When the pullets realized that's where the eggs were to be laid the old ladies had another fit. They did not want to let the younger ones lay there. Wow! There was a lot of squawking and wrestling going on in the nesting boxes. I had to interfere a few times and set them straight. But


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November Calendar:

Foothill Comm. Market	Every Saturday, 10am-2pm Grange Picnic Area, Dobbins
School Board	Wed. Nov. 4 th 6:30pm C'ville School Library
CD release concert & benefit	Fri. Nov. 20 th 7:30 Peace Lutheran Church, Grass Valley
Courier Deadline	Fri. Nov. 20 th
CCSD	Mon. Nov. 16th (3 rd Mon. of month), 7:00 pm Camptonville School
Yoga	Tuesdays at 5:30 PM at the Camptonville School
Food Bank	Third Thursday at the Lake Francis Grange, Dobbins

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