

February 2010 Circulation 490 Vol. 14 No.2

Town Hall Anyone? By Cathy LeBlanc

Is it time for a Camptonville Town Hall Meeting? Some folks around town have been asking that question. Would you be interested in gathering with your neighbors in the community to discuss ideas for action centered on our goals of 1) a vital present and a promising future for our children 2) A healthy and sustainable rural environment 3) A locally-connected and earth friendly economy?

At the Town Hall meeting we would ask questions such as: What are the ways we can help each other in these tough economic times? Should we revive Action Teams* to work on these issues? Is it time to update our community asset map? Through crisis comes opportunity! Here are some current issues to start you thinking:

- The re-licensing of Bullards Bar Reservoir and how that relates to our local economy and recreation?
- Local Food / Growers Market
- Communication: the Courier and our community web site
- Opportunities for our youth
- Health care including helping our elderly and disabled
- Community Center

If these issues attract your attention and you would like to participate in the Town Hall please give us a call at the Resource Center 288-9355. If there is interest, Camptonville Community Partnership will plan to host a Town Hall in March. Stay tuned!

CCP Board: Two New Directors By Birdsong Sundstrom

The Camptonville Community Partnership is happy to welcome Don Deane and Brandi Dudek to our Board of Directors. Each brings many valuable assets to our organization. Brandi is a firefighter and EMT for the Camptonville Volunteer Fire Department and is employed by Sierra County. She brings a background in finance and human resources to the board. Don has a strong background in social services, including being a probation officer and foster parent, and has been a business owner for 20 years, most recently of Willow Creek Campground. He has also been publisher of the Coastal Post, a monthly publication in western Marin County for 33 years. We are excited and thankful that these two community members have volunteered to serve on our Board. They join Board President Yana Slade and Secretary/Treasurer Laurie Healy, who have served for the past several years. We are still seeking one additional community member to fill out the Board of Directors; if you are interested

It's a Boy!

please contact us at 288-9355.

Jessi and Matt Mullins would like to announce the arrival of their new baby boy. John Henry Mullins came into the world on Jan. 25th at 12:40 p.m. John weighed 7 lbs. 10 oz. and measured 21 inches long.

Twilight School: Quilt Show and Sew

By Cheryl Durrett

On February 20 from 10 a.m. until 4 p.m., the Camptonville Community Partnership will sponsor a community quilt show in the school gym. Everyone has a favorite quilt with a story. Dig 'em out and bring them to share with friends and neighbors. There will also be quilting workshops. Bring your quilt to work on or learn a new technique from a master guilter. Robi Holmen will demonstrate "Stack and Whack" guilting. If you want to learn this pattern, bring a fabric that has a pattern that repeats itself 4 times...cotton, polyester blend is best. If you have a quilt that you need assistance or advice about, this would be a good time to get it. Several sewing machines, fabric, cutting devices, patterns, and pins will be available for those who want to learn how to make a quilt. Bring snacks, a lunch, and something to drink and stay all day. For information please call Cheryl at 530-287-3133

Free Parenting classes! By Kristen Snell, Director

What: Positive parenting classes

Where: San Juan Ridge Family Resource Center (18847 Oak Tree Road in North San

Juan)

When: Tuesdays, starting January 26th and

ending March 16th 5:00-6:30 pm

Who: Parents and care providers of children of

all ages.

Free classes with materials, child care, and food provided. No need to register, but please call with any questions - 292-3174.

Smile Secret #6

Baby Teeth are very important.
Children need their teeth for;
Smiling, Talking, and Eating

The Whole family must help take care of teeth.

Brush Floss and Pick daily!
Don't smoke-Do see a Dentist

Nourishing Traditions By Gaetane Courchesne

Have you heard of the Weston A. Price Foundation and its support of nutrient-dense foods and their Nourishing Traditions cookbook? Nevada City has a chapter! They are bursting at the seams plus most San Juan Ridge residents don't want to drive to their meetings which are held in the evening. I have applied to start our own San Juan Ridge Chapter and I've just been given the go ahead!

Meetings will always be held on the 3rd Monday of the month therefore, the first meeting will be held on **March** 15th at 16303 Cornflower Court (off Birchville Road) from 5:30 to 8:00. For more Info call 292-3704.

123 Grow

By Birdsong Sundstrom

123 Grow would like to thank the Camptonville Masons for their generous end-of-year donation to our program. We would also like to thank the Ruff Family for donating a wonderful children's storage unit to one of the classrooms. We really appreciate having the support of our community.





Bullards Bar Re-licensing Now Is the Time

By Wendy Tinnel

Have you ever wanted to be involved in a project that is happening in your neighborhood? Well, now is the time to get involved in a very important project going on right in our own community. Yuba County Water Agency (YCWA) (licensee) is renewing their license for the water rights regarding the Yuba River Development Project: this includes New Bullards Bar Dam and Reservoir. During the relicensing, the Federal Energy Regulatory Commission (FERC) will re-assess the use of resources affected by the process of generating electricity; this includes fields of interest such as Aquatics, Geology and Soils, Water, Wildlife, Riparian and Wetlands, Land Use, Botanical, Threatened and Endangered Species, Aesthetics, Recreation, Socio- Economic, Cultural, and Tribal Resources.

This license was last assessed in the mid 1960's. Can you imagine how much the Yuba River Project has changed since then? The new license will last for another fifty years. During the FERC process, Yuba County Water Agency must get public involvement in making the assessment.

Representatives from Camptonville Community Service District (CCSD) and Camptonville Community Partnership (CCP) have been attending the meetings that began in October 2009. There are multiple government and non-profit organizations involved in this process, for example: USFS, Fish and Game, Foothill Water Network, American Whitewater, Sierra Club, Trout Unlimited, Gold Country Fly fishers, Save Sierra Salmon, Browns Valley Irrigation District, Social Alliance Network among others.

The January meeting allowed an opportunity for each relicensing participant to present their interest/issues regarding relicensing, and review a



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list of "Straw Man" Study Proposals. CCP asked YCWA for a socio-economic study plan. CCSD was concerned with emergency response regarding recreationists at Bullards Bar and maintaining sufficient water levels for fire protection. We hope to see these studies integrated into the next list of Straw Man proposals.

Also at the last meeting, we realized that CCP was the only grassroots *community* representative in attendance. Therefore CCP has volunteered to organize a Yuba foothill meeting to allow others to have a voice on issues related to the relicensing of Bullards Bar. Yuba County Water Agency agreed and will facilitate this meeting. Any issues raised will be considered for future study proposals. We will keep folks informed of the date and location as soon as we know. It will probably be in February so keep an eye open for flyers or feel free to contact Cathy or Wendy at the Resource Center 288-9355 or cathy@cville.k12.ca.us. For more information look on www.ycwa-relicensing.com.

We will all be affected by the decisions made during this process. The earlier you get involved, the more your voice will be heard. If you have an interest in any of these subjects, it is very important to be involved now.



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A Vision for Better Health By Cathy LeBlanc

Two Yuba County Supervisors are spearheading a movement to make Yuba healthier. They have formed an Ad Hoc Committee, the "Yuba County Health Committee" (working title, formerly Yuba Tackles Obesity) to address and develop health and wellness policies. Hal Stocker and Mary Jane Greigo are working alongside health advocates and local government representatives to include ideas generated by the committee in the General Plan. Supervisor Griego believes "incorporating public health goals, such as access to healthy foods and more walkable communities, into the General Plan ensures that Yuba County residents will benefit from a higher quality of health and life."

(www.leadershipforhealthycommunities.org)
In order to gain new insight and look at best practices, a representative from Shasta County, Teri Fields Hosle, attended the December Health Committee meeting. She shared the Healthy Shasta vision of *A community where the healthy choice is the easy choice*. Shasta County has a working model of partnership and a movement that promotes healthy eating and physically active lifestyles through environmental, policy and organizational change. Yuba Co. folks were inspired and plan to follow up. A working group will assemble January 22, 2010 (after press time) to envision a healthy Yuba County and develop an action plan. I will be there.

In a related note: Our own Camptonville School Wellness Policy is being looked at as a good regional model to inspire other communities to eat healthy. Next month look for an article that ties Camptonville into the five-county Sacramento Regional Food Policy Coalition. The Camptonville School Wellness Policy will be highlighted in a White Paper study. The study will highlight our own Patsy Prout and her innovative ways of bringing healthy foods to the school cafeteria.

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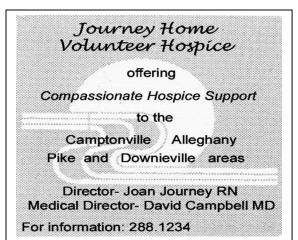
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CHIEF'S REPORT

By Alan Kinne, Chief CVFD

Thanks to one of our volunteers, Tom Sargent, the Camptonville Fire Department is going online!! He is in the process of creating a web page for us. Presently there is very little on the page, but in the future we want to put photos and other information that would be of interest to the community concerning their fire department. Plans are to put a photo of each volunteer and some info about their involvement with the department. We also will put photos of all the vehicles with some information on their capabilities. Currently there are some links on the page that might interest you. Trying to find the history of the department has been a little difficult. So, if you have any information, please call the station at 288-0207 or me at 288-3558, and let us know what you have. The same goes for any photos that you might have. The address for the page is: www.cvfd.us. Stop by and check it out. Suggestions for improvement are appreciated. I want to thank Tom for his efforts.

The department has a new EMT in its ranks. Michael Lewis recently passed his National Registry Test, and has soon as he gets some paperwork done, he will be a certified EMT. That will make 5 EMTs in the department, out of 20 volunteers. Not a bad percentage. And we hopefully will be adding one more soon. Andrew Beams has passed the EMT class, but has yet to take the National Registry Test. Congratulations to Michael on his accomplishment, and best wishes for Andrew on his test.

We have pretty much decided to use the truck we bought from Dobbins as a Quick Attack truck by putting a 200 gallon tank and a pump on it. It would be used for a fast, initial attack on wildfires etc. This would come in handy until larger engines could get on scene. Any one of the volunteers can drive it, unlike the main engine or water tender. Out of 20

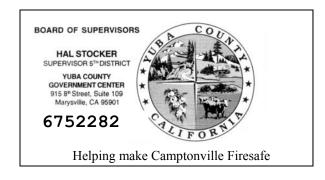
LOST NUGGET MARKET Gas, Bait, Videos & more Cold Beer!

16448 Highway 49 Camptonville, CA 95922 288-3339 volunteers, we only have 4 who are licensed to drive the bigger vehicles. Hopefully at least one of them will be around if needed. This is one of our main concerns, as we have no program in place to train new drivers. Bigger departments can do this. Small departments such as ours hope to take on volunteers who already have a license.

The driving issue was one of the topics at a conference in Sacramento that I went to recently on the problems facing rural fire departments, and there are many. Funding is the most critical. We get our funding from property taxes. Some of the smaller departments north of us don't even have that source. Getting licensed drivers is a major problem for small departments. With a Class B permit, we can practice driving, but the final test and licensing comes from DMV. So, we would have to take an engine and two volunteers out of the district for a day to do this at a DMV testing facility. Not something we would really want to do. The upshot of the conference was to get ideas from rural departments so that decisions can be made at the end of the year to fix some of these issues. But as the State Assemblyman who was chairing the conference said, "If someone comes to you and says: I am from the government and I am here to help...RUN!!"

Cont. page 10





Jessi's Garden By Jessi Mullins

February is the month for pruning vines, planting bare root trees, and starting seedlings. All your work this month sets the stage for a beautiful garden this spring and summer.

There is still time to squeeze in a couple of dormant sprays on your fruit trees, and if you have not done so already make it a priority to prune those fruit trees as well.

When it comes to starting your seedlings, start the varieties that take a little longer to germinate and are slower growing. Peppers are slow at germinating and are actually quite slow at growing. Bottom heat speeds up germination.

Rebel Ridge Organics will be closed for the month of February. The new addition to our family gets a few weeks of bonding time with mom and dad at home. We are very excited. Rebel Ridge Organics will be opening its doors sometime in early March, fully stocked and ready for spring. Please keep your eyes open for flyers.

We still have an assortment of bare root fruit trees for sale, but are closing the doors for a while. If you are interested in getting some trees, please feel free to call me and set up a time to meet. Jessi 288-3358. Thank You and we will see everyone in March.

Good for the environment, great for your health – garden organically.



Finding a Children's Dentist

By Wendy Tinnel

Where do you go to visit the Dentist? For those of us with children, it is definitely not an easy task to find a dentist. It's hard to find one that is great with children, great at dentistry and also takes our insurance. After doing some research on the dentists around town, I discovered that there are no private pediodontists in Nevada County or Yuba County that take Medi-Cal. So this limits our options even more, if we have Medi-Cal.

Our options are limited to the dental clinics like Sierra Family, Western Sierra, and Chapa De. These clinics may be great medically but they are rarely focused or experienced with helping children 0-5. As we see the options get smaller and smaller, but there is hope.

Nevada County has just opened a children's Dental Clinic. This clinic is located at Miners Clinic on Whispering Pines in Grass Valley (The old Sierra Care Physicians building). They offer services Thursday and Friday from 9:00 to 4:30. You must be on Medi-Cal, County Medical Services Program (CMSP), or pay cash, based on your income and a sliding scale.

So, we may be thinking, "That is great, but why is this clinic different?" This clinic is different because it is focused on children. Everyone in the office is ready to help children begin healthy early oral habits. We are also blessed to have a new dentist. His name is Justin Pfaffinger. He recently graduated from UCLA Dental School and is currently working in Nevada City at Dr. Dickard's Family Practice. Our local Registered Dental Assistant is raving about how great he is with children. Dr. Pfaffinger has one 15 month old child and one on the way, so he is well aware of the conflicts that we all face trying to get our children's teeth brushed.

To schedule an appointment with the children's dental clinic at Miners Family Health Center call 273-9340.

Photo left: "Wendy is shown swabbing Wyatt's teeth. The dental swab measures the risk of dental caries, and she has been measuring our 123 Grow students' progress over time."

My unexpected Christmas gift! By Susan DeLisle

This year working as an Outreach Worker for Camptonville Community Partnership (CCP), I got the chance to work with the volunteers at the senior center in North San Juan. We put together the holiday food baskets for families in the surrounding area. I tell you that this was so much fun! The folks that volunteer were very nice and sociable.

Local children sponsored a food drive at Camptonville School and the CCP Family Resource Center. I was able to take the food that was collected during the month of November down to the senior center and add it to all the Holiday food baskets. We filled up lots of baskets with a variety of foods for the holiday. Everyone worked hard but had lovely smiles on their faces. We worked harmoniously in filling the baskets with fruits, veggies, canned goods, desserts and a turkey or ham. We made sure everyone had plenty of supplies for the big day.

The baskets that I delivered to the Camptonville School gym were loaded up in my car and delivered by 11.00 a.m. The families were so excited to see the baskets and some wonderful gifts sponsored from community members. It just warmed my heart. To help without expecting anything in return is such a great feeling. The smiles, hugs and thank-yous are the best present I could have ever received. I wish that there were more opportunities for folks in the local area to give on a daily basis.

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THANK YOU!

SECRET SANTA DINNERS By Barbara Mueller-Hogan (Head Elf)

It was so wonderful to experience the generous amount of love and giving that was available to the Camptonville Community Partnership (CCP) project "Secret Santa Dinners." As a result of the community's generosity we were able to supply food baskets to a number of families in our area. Thanks to a wonderful amount of food that was donated by families from the school. along with Mindy, John, friends at the North San Juan A.I.&C., my good friend Mr. Dahms and the Dobbins Food Bank, it all came together to make this event happen. In addition to food baskets, a number of Santa's special helpers offered to bring extra joy to these families by purchasing gifts for every child. You all know who you are and with much love I send you a heart felt THANK YOU!

Due to the fact that I was in Chicago at the time of distribution, I want to acknowledge my coworkers who handled getting everyone their baskets this year, Jeanne and Susan. We make a great Outreach team, and we hope we can do it again next year. A very special love and hug to Georgette Fowler who filled in the gaps with last minute toys and the "Angel" from the Mason's Lodge who saved the day at the last possible minute with a generous money contribution.

We are a community who values and cares for its children, families and friends!



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PRACTICE

By Robert Mumm

As my mud knife glides over the drywall surface, pressing in a film of joint compound and tape to cover a joint, I see and appreciate the smooth result. Hand, eye, and tool combined in a nearly faultless coordination to execute the intention in my mind. I do not think at all of the details that make this possible, the slight angle of the blade, pressure just so, and so many other factors. I know these things are necessary because at one time or another they were all learned. Once, to do what I do now almost without thinking was beyond my wildest hopes.

Years ago my friend RB Ward and I struggled with a drywall project to which we came with little but a can do attitude. RB had watched his grandfather do taping and mudding and watched it done well but I had only seen people struggle to get a smooth finish. Our tools were a problem of course; we tried to use oversize putty knives and just plain overworked each joint. When we eventually got a section smooth it would often blister loose after a short while. We struggled through and eventually created an almost smooth wall. After it was trimmed out and painted it looked OK. Since this wall was in a conspicuous place near the reception desk at the college which I was attending, our less than perfect job came to my attention on a somewhat regular basis and each time it did I inwardly cringed.

Over time those things like pressure and angle became second nature and the smooth movement of hand and knife melded into a simple matter of doing. There is an old adage that practice makes perfect. I don't know about perfect or even what that might be. Many sheets of drywall and boxes and tubs of joint compound have come through my life and I can be amazed at what little effort it now takes to create the desired smoothness. For me perfect is some place in dreamland but I will attest to the value of practice, through practice we become free to move freely from the intent within the mind to it's manifestation in the outer world. Perhaps that freedom is what is made perfect through practice.



On January 21st, Pam Wittler hosted a very fancy Literary Luncheon for those students who had met or exceeded their reading goals (number of pages depending upon grade level). Congratulations to all of you hardworking students!



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Camptonville - Birthplace of "Green Tech"?

By Roy Ruff

Most *Courier* readers know of Camptonville's most famous citizen, the inventor of the Pelton Wheel used for years in mining and electric generation, Lester Pelton. What you may not know is that his motivation in part was an attempt to ease the massive deforestation taking place on the hillsides throughout the Sierra foothills at the time.

According to "Lester Pelton and the Pelton Wheel" by Roger Lescohier, Pelton sought to improve the water wheels then in use with a more efferent model that could replace the steam engines the mines were using to power their operations. The largest in the area at Grass Valley's Empire Mine required almost seven times the wood in one day as a typical household used to heat their homes all winter, and the Empire was just one of scores of mines throughout the area. The devastation was tremendous and Pelton felt a need to do something about it.

By the time he began work on his ideas, others had shown that with carefully designed buckets and nozzles to direct the stream of water, up to 65% efficiency could be attained. Better than the previous models but still not enough horsepower to fully replace the steam engine. He came up with a simple but ingenious design of a set of paired buckets or cups that divided the incoming stream into two parts each expending its energy into the cup but directing the angle of splash away from the oncoming jet of water. This proved to be much more efficient, turned the wheel faster, produced more power, and not only allowed the mines to move away from steam engines consuming so much of the fast disappearing timber, but also was an important step in the development of hydroelectric power.

Accounts vary on how the idea occurred to him, with the popular notion being that, watching a neighbor driving a cow by spraying it in the face with a hose, he noticed the stream of water glancing off each side of it's nose without splashing back. The most credible version seems to be one published in a 1939 edition of *Mechanical Engineering Magazine*. It states that the idea occurred to him when a wheel he was experimenting with shifted slightly, causing the stream to glance off the edge, immediately increasing the speed of the wheel, he observed. It wasn't long before the Pelton Wheel became the driver in hydroelectric plants around the world and many are

still in use today. Ironically the wheel was eventually replaced as a power source for the mines by electricity while at the same time helping to generate the same power that was displacing it. So one could say Camptonville's own Lester Pelton was on the cutting edge of green technology!

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North Yuba Ranger District

By Betty Leffew

The trails around Bullards are fine this time of year although a bit wet after all our recent rain. Also North Yuba trail is good. We are finely getting snow in the high country. We have plenty of the free Winter Recreation maps.

Campgrounds continue to be in winter status, no services, and no fee. Access to Dark Day boat ramp is open. Good news, the lake is rising a foot and a half a day.

As of today January 20, 2010 we had 21.56 inches of precipitation. We have received 6.93 inches this month. Last year at this time we had 16.63 inches. We need more rain to get up to normal but we still have the months of February, March and April. We are better than last year but no where near where we should be. Pray for more rain and snow.





Town Hall Meeting cont. from front page:

*Action Teams are community members linked around a common issue. For example In the mid-1990's there was a growing concern among folks about the rising impact of poverty, unemployment, drug abuse and violence and the resultant impact on our children. We started coming together in Town Hall Meetings to talk about our concerns and created citizen Action Teams (Young Children, Recreation, Health Care. Communications and Economic Development) convinced that we could only improve our community by creating change from the "inside out" and involving as many people as possible in the process. Over the years as we developed many activities and programs, we've come to realize that our most important lasting accomplishment is the network of relationships among the people who, once isolated, now provide a mutually supportive community. Our children are always at the heart. (S DicKard 2004)

Chief's report cont. from page 5:

Hopefully some of the critical issues facing our department and others like us will be solved.

As always, I wish to thank those of you who continue to put money in the boots at Rebel Ridge Market and The Lost Nugget Market. Every little bit helps.

The CVFD made sure that Santa made it to the school in one piece. It was a great turnout and every one had fun. I am sure Santa was glad to see the end, especially when some of the department volunteers sat on his lap! Thanks to the volunteers who helped get Santa there and many thanks to those who donated to the Toy Drive.

It has been a little slow for the department lately. As of this writing, January 15, we have not had a call since December 10. But I look at it this way, no one in Camptonville had a really, really bad day! In December there were 3 calls, all motor vehicle accidents. One was cancelled before we got there and one we were unable to locate. We continue to train for when we are needed.

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Chicken Chronicles

By Stephanie Ruff

Believe it or not spring is just around the corner and many of you may be thinking of baby chicks. If you don't have a self sustaining flock that reproduces you will need to purchase these sweet wee ones. There are different ways of acquiring chicks. You may order day old chicks from a hatchery which arrive via the post office. They usually have a minimum order so if you only want a few chicks this is not an option unless you order with other folks. We are lucky to have several feed stores in town that make it very easy to buy baby chicks in the spring. The benefit of buying from the feed store is you can hand pick which ones you want by inspecting how healthy they are. They have already been thru the stressful traveling ordeal and given their first drink and food. When ordering from a hatchery you must dip their beaks in water when they arrive to show them how to drink.

There are so many awesome chickens available to us these days I could go on forever but in this article I will focus on just a few layer breeds that are exceptional and easy to raise. Many of these are dual purpose, meaning they are also good meat birds as well.

Barred Rock- These chickens are black and white stripped. They were developed in America by crossing a Dominique with a Black Java. They are excellent brown egg layers and do well in the cold.

Black Australorp-was developed in Australia and are very hardy chickens. They have black feathers with a greenish tint. A Black Australorp set the egg laying record of laying 364 eggs in 365 days! Excellent layer of brown eggs.

Buff Orpington- Beautiful birds the color of gold. They have a mellow disposition and lay brown eggs even through the cold weather.

Araucana/Americana- Known as the "Easter Egg Chicken" as they lay those wonderful light blue and green tinted eggs. Excellent layer.

Cuckoo Maran- Originally from France these chickens lay the darkest brown eggs of any variety.

Wyandottes- this breed of chicken comes in many different varieties. The benefit of the Wyandotte breed for those of you at higher, colder elevations is their comb type. They have rose

combs which lay flat and close to the head. This kind of comb is more resilient to frost bite than other types.

To find out more information on different chicken breeds and to see pictures check out these websites:

www.idealpoultry.com www.mcmurrayhatchery.com www.ithaca.edu/staff/jhenderson/chooks/chooks .html

Family Genealogy By Sandy Villarreal

The Family History Center at the Church of Jesus Christ of Latter Day Saints is conducting a survey to determine interest in family history. Please call Jack Littlefield at (530) 692-2185 or Sandy Villarreal at (530) 289-3156 to answer the survey questions. The questions are pertaining to times and days that would be convenient for using the center, if you are a beginner and/or experienced family history person or whether you are having some difficulty moving forward in your research.

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Dog Crate- medium size, \$40 (worth \$80) Call Stephanie 530-288-3512

February Calendar:

Tuesdays, 5:00-6:30pm, NSJ Resource Center Parenting Classes Tues. Feb 9, 2pm, Rebel Ridge Clubhouse Historical Society

Wed. Feb. 10th, (2nd Wed. of month) 6:30pm, C'ville School Library Sat. Feb. 20th, 10am -4pm, Camptonville School Gym School Board

Quilt Show & Sew

Sat. Feb. 20th Courier Deadline

Mon. Feb. 15th, (3rd Mon. of month) 7:00 pm, Camptonville School CCSD

Tuesdays at 5:30 pm, Camptonville School Yoga

Food Bank Third Thursday at the Lake Francis Grange, Dobbins

Published by the Newsletter Committee of the CCSD Auxiliary.

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