

Camptonville Community Courier

www.camptonville.com



February 2012

Circulation 470

Vol. 16, No. 2

More on Bullards Bar!

by Cathy LeBlanc

The community comment information that Camptonville Community Partnership gathered regarding Bullards Bar Fees was sent to the Yuba County Water Agency (YCWA). They thanked us for sharing the comments and asked us to send any more we may receive. It was the consensus of most Camptonvillians that charging fees to residents was undesirable. *"I understand we need the revenue for this but we the local people should be able to access the lake for free."* Or another community member put it this way ...



The increase in tourism has been accompanied by a number of problems that directly impact those of us living near or on the way to the Cottage Creek and Dark Day boat ramps. Traffic has increased and intensified (i.e. speeding, reckless driving, driving under the influence of alcohol and/or drugs). Littering is a much bigger problem than it was before the lake became so popular, particularly broken bottles and dirty diapers. Noise is an issue, including people shooting guns and lighting fireworks despite the dry conditions at that time of the year. And, of equal concern, are campfires that are sometimes far too big and aren't always fully extinguished."

Please stay tuned for your opportunity to speak with Yuba County Water Agency and representatives of the US Forest Service in regard to issues concerning Bullards Bar. Camptonville Community Partnership will facilitate a Townhall Meeting in February structured to receive community views in a friendly, organized manner. We know there are important issues the community will want to discuss relating to the Federal Energy Regulatory Commission (FERC) relicensing of Bullards Bar Reservoir (access being number one), and the proposed imposition of parking and boating fees on weekends. We are pretty sure one conversation will bleed into the next and it will be important to tease out which comments belong where. More information will be forthcoming; please watch for flyers and emails when the date is finalized. If you have any questions feel free to call us at the Camptonville Resource Center 288.9355.

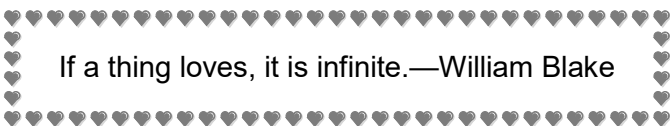
Fire Report

by Mark Jokerst, CVFD Chief

Today is the first rain of the new year, and we are a bit relieved. The last rain was way back in November (I think), and wild-fire conditions had reached a "month of May" like severity. We even had a couple "red flag" days last week, meaning fire danger was high.

Hopefully the rains will continue for a spell and soak in. If they are short lived, PLEASE be careful with your burn piles. Camptonville Fire responded to a one-acre vegetation fire right on the edge of downtown Camptonville in the third week of January: a burn pile that ran away with the wind. If it is dry, and the wind is blowing please don't burn. Wait for calm days, or better yet COVER your piles and burn on rainy days.

Your fire chief has been "out of commission" since Christmas, getting ready for and recovering from surgery on January 4th. I left the department in the hands of my two new assistant chiefs and my fire-fighters. In that time they have responded to eleven medicals, one vehicle accident, and five fire alarms including the first structure fire in our district in a couple years, and the first vegetation fire in downtown Camptonville in my twelve-year memory. All I could do was lay back and listen. I hope everyone in Camptonville is as proud as I am that our fire department performs like professionals without their chief. Thanks guys and gals; I owe you big time and Camptonville is proud of you!



If a thing loves, it is infinite.—William Blake



Save This Date!

March 17, 2012

Camptonville Community Partnership (CCP) will be hosting a **Saint Patrick's Day Dinner Benefit**. The location is to be announced. Stay tuned!

Camptonville Prepared!

by Judy Morris

Camptonville Prepared! is starting 2012 with new enthusiasm to help educate residents about self-preservation. The recent storms (January 19th through the 22nd) and power outages emphasized again the need to be self-reliant and to help neighbors during an emergency. If you have an emergency, remember to call "911" FIRST. Then turn to the emergency phone numbers listed in the Courier every month. These can provide you with further information and assistance.

The New Year brings excitement and new energy. We are planning several events for residents of all ages. We can have fun learning what to do to save our neighbors and family members, including our beloved pets. Watch for more information and scheduling.

It's not too late to return the yellow "Contact Information Sheet" that was sent out with the December 2011 issue of the Courier! Please fill this out, even if you filled out similar information for the school phone tree notification. You still need to complete this for emergency notification by Camptonville Prepared! It's the same phone tree notification system BUT will provide different emergency messages from each organization. If you haven't filled it out, please do; and, return it to the Resource Center or to Pam Wilcox, C/O Camptonville School, P.O. Box 278, Camptonville, CA 95922. You can drop it off or mail it in.

Come join us for the next meeting on Wednesday, February 15, 6:30pm at CVFD. For more information call Judy Morris 288.1228.

IMPORTANT: Downed "911" service in the Camptonville area on the evening of January 21st through the early hours of January 22nd is exactly why we should be prepared, and what Camptonville Prepared! is all about. This event caused neighbors and rescue personnel to resort to "old" methods of communicating (luckily our telephone land lines were restored). Please give thought to filling out the yellow contact info sheets and to becoming part of Camptonville Prepared!

Classical

Flute and Piano Lessons
in Camptonville



Carolyn Perkins, MA
San Francisco Conservatory of Music

Music for the fun of it! Call 530.559.4345

Propane Explosion

by Stephanie Ruff

On January 5th, three agencies responded to a 911 call pertaining to a house fire on Sycamore Lane, which was caused by a propane explosion. Firefighters from CVFD, NSJVFD and the Tahoe National Forest responded. The explosion occurred during heater maintenance; and the service repair technician sustained injuries and was taken to the hospital via ambulance. Local resident, Morgan Hainline, age 15, took the accompanying photos of the incident.



Bullards Boat Inspections

by Richard DickKard

Bullards Bar Reservoir's original ecosystem was relatively simple. Over time, some non-native species have been intentionally introduced to increase sport fishing or enhance ecosystem resources. Aquatic Invasive Species (AIS), non-natives that are harmful to the ecosystem, have also been introduced through unknown means. Aquatic Invasive Species harm Bullards by:

1. Severely decreasing recreational uses, such as swimming, boating, water-skiing, and fishing;
2. Degrading boats by clogging propellers and cooling intakes;
3. Facilitating invasions of other non-native species; and
4. Altering nutrient cycles and increasing algal growth in the lake by adding phosphorous to the water column thus contributing to overall clarity decline.

Stopping the spread of AIS is being accomplished through a collaborative process. The stakeholders include recreational users, the Camptonville Community Service District, YCWA, and the US Forest Service. Boat inspections with an associated fee seem to be the best solution; there are many aspects of boat inspections that have not yet been worked out. A community hall meeting is being arranged to allow local input about this issue and the above access fees issue. Stay tuned for the location, time and date.



Tinnel Painting

Professional Quality Work

Affordable Rates • Free Estimates

Interior / Exterior

Residential / Commercial

Deck Restoration



CSL # 873151
Insured

Daniel Tinnel
(530) 277-3564



SIERRA FAMILY MEDICAL CLINIC INC.
caring for you as family

Comprehensive medical,
behavioral health & dental care
Accepting most insurance, sliding scale
Info available about California state
budget cuts in health programs

Call 530-292-3478

Sierra



Excavating Inc.

(530) 277-2182

• Grading • Trenching
• Excavating • Earth Auger
• Backhoe Specialists

Rick Tesene
P.O. Box 2349
Nevada City, CA 95959
Fax (530) 292-3400

Bullards Bar Fees—Update

by Curt Aikens

The Yuba County Water Agency (YCWA) will be investigating a possible fee increase for camping and a new Entrance and Use fee for New Bullards Bar Reservoir. YCWA is responsible for the overall costs and management of the recreation facilities at New Bullards Bar Reservoir. YCWA's goal is to provide a safe and quality recreation experience while being efficient, competitive and cost effective. At this time no date has been set for the YCWA Board to consider the fee increase; and YCWA will seek public input before a YCWA board meeting is set to consider any increase.

Currently there is no Entrance and Use fee for the New Bullards Bar Recreation area and the last camping fee increase was four years ago. YCWA purpose for investigating these fees is to bring revenues more in line with expenses. YCWA currently supports about 54% (or \$300,000) per year of the recreation costs through general fund dollars. YCWA's expenses at New Bullards Bar include management and servicing of the campgrounds, drinking water, garbage collection, sewage, maintenance and cleaning of the restrooms and floating comfort stations, law enforcement, removing woody debris from the reservoir, and overall management.

YCWA is pleased with the relationship we have with our recreation partners. YCWA reimburses the Forest Service for its management of recreation activities at the campgrounds, shoreline campsites, and floating restrooms, as well as law enforcement and facilities maintenance. Emerald Cove manages the marina, takes campground reservations, provides boat rental services and helps manage recreation activities under contract to YCWA. The Yuba County Sheriff patrols the campgrounds and reservoir to ensure a safe and enjoyable experience for all.

One proposal is to increase the single site camping fee from \$22 per night to \$25 per night. A \$5 per vehicle per day and \$10 per vehicle and trailer per day Entrance and Use fee, collected on Fridays, Saturdays and Sundays from Memorial Weekend through Labor Day weekend, is the other aspect of that proposal. YCWA will be seeking input on this issue. Stay tuned for more information.

Water Plant Improvement

by Richard DickKard

The Camptonville Community Service District which governs the Water District in town has begun the process of applying for a grant from the California Department of Water Resources. Camptonville's water treatment plant was built in 1987 to solve the public health problems that developed from the town's antiquated water system. The current water treatment plant now requires infrastructure improvements to maintain current California water quality standards and recommended quantities of water. The water treatment plant has problems delivering adequate water to the Camptonville community; this necessitated the need for water rationing and trucking in extra water last year. The Camptonville water system was assessed for adequacy in 2007 by the Yuba County Office of Emergency Services Multi-Hazard Mitigation Plan. It found that the current storage and processing capacities were inadequate in the summer during the peak fire season when domestic demand is high and surface water supply at a minimum. During dry years it has been difficult to maintain the 30,000-gallon fire reserve even when using wells as supplemental sources. Both the water plant and the water sources need improvement. Feel free to contact me, Richard DickKard at 288.3479, if you have any question or concerns.



Sweetland Garden Supply

Darlene Markey

29435 State Hwy 49

North San Juan, CA 95960

530-292-9000

Fax 530-292-9001

Serving your indoor & outdoor gardening needs!



YUBA COUNTY OFFICE OF EDUCATION

935 14th STREET
MARYSVILLE, CA 95901

DR. SCOTIA HOLMES SANCHEZ
SUPERINTENDENT

Phone: (530) 749-4855

Fax: (530) 741-6500

E-mail: scotia.sanchez@yubacoe.k12.ca.us

Yuba River Ranger District

by Annie Prout-Garcia

All campgrounds are in winter status, which means no services and no fees. For up-to-date information on the status of the snow trail system feel free to call the ranger station, 530.478.6253. We have plenty of free Winter Recreation maps to help you enjoy some winter fun.

Fishing in Sierra County rivers and streams closed on November 15, 2011. Fishing in the lakes and reservoirs is open year-round.

Brochures are available at the ranger station.

The Forest Service fire crews will be continuing pile burning in the Pendola area. If you have any questions or concerns regarding this matter, please feel free to contact Kaari Carpenter or Travis Thane at 530.478.6253.

Burn permits are no longer required for debris burning. You do still need to **check** with the Department of Air Quality **for burn day status**.

During business hours:

Call the Yuba River Ranger Station for burn status.

Yuba River Ranger District.....288.3231

After hours or on weekends:

Call the appropriate number for the county where you will be burning.

Sierra County.....289.3662

Nevada County.....274.7928

Yuba County.....741.6299

We had another debris burn escape control of a homeowner this January; and though the weather is changing and permits are not required until May, there is still a need to be cautious. You are ultimately responsible for your burning. Keep a sufficient supply of water and a shovel readily available at all times. Always be sure your piles are dead out.

Fuel wood season has come to a close throughout the entire Tahoe National Forest until May of next year.

BOARD OF SUPERVISORS

HAL STOCKER
SUPERVISOR 5TH DISTRICT

YUBA COUNTY
GOVERNMENT CENTER
915 8th Street, Suite 109
Marysville, CA 95901
Phone: 530.675.2282

Helping Make
Camptonville Firesafe



REBEL RIDGE ORGANICS

Nursery and Garden Supply



Jessi Wilcox

16042 Creekside Trail
Camptonville, CA 95922

Phone (530) 288-3222
rrorganics@gmail.com

WESTERN SIERRA MEDICAL CLINIC

- 24 hours/ 7 days a week medical coverage
- Behavioral Health and Dental Services
- Digital X-ray and Nutritional Services
- Physical Therapy and Wellness Programs
- State of the Art Health Technology
- Sliding Fee Discounts available

Serving Camptonville, Downieville, GV, Pike & Alleghany
Downieville & Mobile Medical Bus: 530.289.3298
Grass Valley: 530.273.9340

Get Your Propane at Willow Creek Campground

Best Price In Town!
Open Every Day!
9AM to 10PM
288.0646



LOST NUGGET MARKET

Ice Cream! Cold Beer!

Hardware

Gas, Bait, Videos & more



16448 Highway 49
Camptonville, CA 95922
288.3339

1, 2, 3 Grow Plans Field Trips

by Birdsong Sundstrom

We will be taking several fun indoor field trips over the winter. The first will be to the Madelyn Helling Library on January 24th. By the time you read this, we will have already visited the extensive children's library located in the large facility that is part of Nevada City's government center. Did you know that Camptonville residents are also eligible for library cards, and that your library card also allows you to check out books for your Kindle online, or reserve bestsellers, so that you get an email notification to come and pick up your requests?

On February 2nd, we will spend part of the morning at the Artists' Workshop in downtown Grass Valley, where children can paint on paper-lined walls, play with clay at child-sized tables, and generally have a great time. We will leave Camptonville School at 9 AM. Then, on February 21st, right after Presidents' weekend, we will meet at school at 8:15 AM, and head off to Gold Country Gym for a fun time jumping and running around at their big indoor facility. Our students especially enjoy this annual trip, and love to jump into the giant foam block pit. Any child who has already attended 1, 2, 3 Grow this year is eligible to participate, but must be accompanied by an adult caregiver (parent or other designated guardian for the day). We pay any fees for the child, but the parent will need to pay their own costs, including gas. Call 288.9355 for more information, or to sign on for a trip.



Bowls, Bowls, and More Bowls ...

by Linda Rose

Several neighbors, friends and community members have recently joined Linda Rose in her ceramic art studio to make ceramic bowls for the Empty Bowls Supper, an annual benefit for the Hospitality House homeless shelter. A total of 59 bowls were made and everyone had a great time. Once the bowls have completed the firing and glazing processes, they will be delivered to Hospitality House staff for use at the supper. Tickets are \$20 for the privilege of selecting a bowl from among hundreds of soup bowls made and donated by various local artists. The bowls are theirs to take home. Once selected, the coveted bowls are then taken to the soup line to receive one ladle of soup and a slice of bread. The soups are donated by local restaurants. The Empty Bowls Supper will be held at Peace Lutheran Church, 828 W. Main Street, Grass Valley, February 25th. Supper will be served from 4 to 7 PM. Tickets can be purchased at the door, but it is recommended that tickets be purchased in advance to be assured of a handmade bowl to take home. Advance tickets can be purchased online at the Hospitality House website, or at The Book Seller, BriarPatch Co-op, or Chambers of Commerce (Grass Valley and Nevada City).

February Fiesta

by Christina Ledson

The Parent Club of Camptonville School is gearing up for our 2nd annual February dinner taking place on February 25th. Seating will be from 5:30pm to 6:00pm. Last year was a great success and we are hoping for a repeat performance. The venue and theme has changed but a wonderful dining experience will be had by all. The Masonic Lodge has been so kind as to offer their space to us. This allows us to have a bar. Like last year we are asking for donations based on your dining experience. Alcoholic beverages will be an additional charge. As for the menu we will be serving Chicken Enchiladas, Beef as well as Veggie Fajitas, Spanish Rice, Beans, and a Mexican Salad to get everyone started. Desserts will include Mexican wedding cakes and a Margarita Bundt Cake. This menu is designed to appeal to meat lovers and vegetarians alike. If you wish to join in on the Fiesta, there are reservation cards available at the Camptonville School and the Lost Nugget Market. They can be returned to either of these two venues or to a Parent Club member. If you have any questions, please call Christina at 530.288.3655. We look forward to seeing you all there.



School Wellness Policy Update

by Cathy LeBlanc

Camptonville Community Partnership (CCP) is currently working to engage community members throughout the county to have a say for children's health and well-being, and we are inviting you to participate. CCP has been a community collaborator for over 15 years. Our Advocacy Department operates to have the local voice heard by decision makers. Our neighbors-helping-neighbors approach to community building has highlighted Camptonville around the state for over a decade. And it's just our nature to share what we've learned. New regulations in School Wellness Policies* (SWP) are giving us the opportunity to do just that.

Children spend most of their day at school. What they eat during that time can establish away-from-home eating habits for a lifetime. With your contribution we will raise healthy children and lower Yuba County child obesity rates. (*California may finally be getting a handle on its 30-year battle with childhood obesity, but from 2005 to 2010, rates of obese and overweight children in Yuba County increased by 11.1 percent...* www.plumaslakelife.com/articles/database-111258-marysville-post-test.html).

Camptonville Community Partnership's Rural Health Advocates, Cathy LeBlanc and Wendy Tinnel, will facilitate presentations to all Yuba County School Districts in February and March of 2012, with a workshop series to follow. We invite you to join school board members, parents, youth, concerned citizens, and committed community partners in three 90-minute hands-on workshops to refine existing SWPs and their implementation (schedule to be announced). Easy-to-use tools (provided by USDA's Team Nutrition) will help guide our process. This course of action will also help to align School Districts with a state mandate to comply with the Healthy Hunger-Free Kids Act of 2010 (*see below*).

School Board meetings are open to the public and we encourage school neighborhood participation. CCP will post the presentation and workshop dates along with a community-wide invitation to help schools help our kids stay healthy. Please watch for articles flyers and emails. Our partners in this project include Network for a Healthy California (funded by the USDA's Food Stamp Program, an equal opportunity provider and employer), Sutter North Medical Foundation, Yuba County Office Of

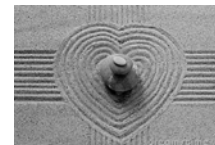
Education and you. For more information call the Resource Center 530.288.9355.

Presentation Schedule to date:

Yuba County Office of Education
February 8, 2012 4:30 pm
935 14th St. Marysville CA

Camptonville Union Elementary School District
February 13, 2012 6pm
16585 School St Camptonville CA

*Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265). *Section 204 of the Act strengthens wellness policies by emphasizing ongoing implementation and assessment. This provision also supports a robust process at the community level, including the expansion of the team of collaborators participating in the wellness policy development to include more members from the community. This approach is intended to foster broad-based community support for the development and implementation of effective wellness policies.*



The way a crow
Shook down on me
The dust of snow
From a hemlock tree
Has given my heart
A change of mood
And saved some part
Of a day I had rued.

—Robert Frost, *Dust of Snow*

Harmony Health Medical Clinic

Rachel Farrell

Physician Assistant
Board Certified PA 12271
Licensed Midwife LM 169



1908 N. Beale Rd., Suite E
Marysville, CA 95901
530.743.6888 hhealth@jps.net
www.harmonyhealthfamilyservices.com

Yoga For Everyone

by Lucille Rovnak

Yoga provides the body with the means to restore harmony. We learn to unite the body and the mind with the help of our breath. Yoga is beneficial on many levels—physical, mental, emotional and energetic. Following are just a few of the many benefits.

Yoga brings physical fitness and increased energy. It helps increase your strength, flexibility, balance, agility and endurance. Because you are able to move more freely you feel more energetic! We also learn how to breathe correctly.

Yoga teaches you how to relax and become calm so we can counter anxiety and mental stress. Mood swings and emotional strain are replaced with a balanced mind and clear positive thinking, allowing us to be more peaceful, confident and self-reliant.

Please come enjoy a FUN and EASY yoga class at the Camptonville School Gym, every Tuesday 5:30-6:30pm. The class is called "Yoga For Fun" taught by myself, Lucille. First class is FREE! So come and check it out. You owe it to yourself.

Feeling great, looking young, getting relief from pain and stress, finding balance in life and having fun are some of the gifts this class offers. Please join us!

My journey with yoga began over 30 years ago. Primarily, I studied Iyengar Yoga but other types as well. I have been teaching yoga for about 20 years and I am currently a member of the California Professional Yoga Teachers Association. Namaste—Thank You.



February 2nd

R&C Wenger Construction

General Contractor

SCL 523559

Handiest Handyman

Electrical, plumbing, carpentry

Rich Wenger

122 Old Schoolhouse Rd, Pike, 95960

288.0933

They Ate the Whole Thing!!

by Rod Bondurant

We certainly feasted at the second annual community Christmas dinner at the Lodge December 25th. In a very short time two turkeys, one pork roast, and one very special ham along with all the fixings and a plethora of desserts disappeared. It started slowly at 1:00 pm but by 2:30 the place was jumpin'. Diane and Ron Fisher led the crew of devoted set up and clean up folks. We all had fun trying the incredible homemade desserts, and a good time was had by all. Hope more of you will join us next year. Big thanks to Masonic Lodge #18 for the use of their hall.

Travel Interview with Yakshi

by Jeralee Groves

Q: You were gone a long time, Yakshi, where did you go on your trip?

A: I went to two different countries, India and Spain. I was in India for a week in a place called Goa at a beautiful resort called Bambolini. I was there to attend a conference on Religion and Culture. I met people from all over the world. From India I traveled to Spain. I went to a part of Spain where they speak a language called Catalan. There I stayed with friends the whole time, and we mostly spoke Catalan.

Q: Why did you go to Spain?

A: Well, I tell friends that I ran away from home for the Holidays, but I needed to go to Spain to clean out our apartment where Roger and I once lived.

Q: What did you like about both countries?

A: The best thing about both places was the people: old friends, new friends, and even strangers I met. Some of my friends in Spain had children since I was there last time. Meeting new babies was very special. The next best thing was the amazing food. I had a paella made in a pan that was two feet wide. I had food made by a friend who is a chef and teaches cooking at the university.

Q: What did you bring back?

A: I brought back pictures, seashells, and turróns (Catalan holiday candy). But what I most want to share is that traveling is an enriching experience that lasts forever. Food is a wonderful way to share your culture, and people have the best conversations over good food. So travel if you can, and if not, invite someone from another country to dinner.

by Barbara Mueller-Hogan

<http://camptonville.com/courier/catarticle1.pdf>

Love is the active concern for the life and the growth of that which we love.—Erich Fromm



Offices in Grass Valley, Camptonville & Downieville



website: willowcreekcampground.net
email: office@willowcreekcampground.net

Farm Chronicles

by Jeff Ledson

January started out much dryer than these local farmers were predicting. The rains didn't hit till the month was nearly over. But suddenly, the faucet was turned wide open to help us play catch up on precipitation levels. Happy Bullards Bar. It will be nice not to have to water our winter crops by hand anymore. Having our irrigation system winterized to prevent freezing, we had been making trips to the farm with water tank in tow. After this last batch of storms, we think the water tank can now retire for the season until it's fertilizer time once again. It's difficult to deal with a huge dumping of rain all at once. Our clay will not soak in the water fast enough. But the raised garden beds couldn't be happier. They are stuffed with premium soil and open at the bottom so they drain effortlessly and nothing will drown.

Garlic shoots are popping up from all that warm, sunny weather we were enjoying—remember those days? So taller mounds of mulch were needed to protect those tips. Mulch came from the windy days and pine tree needles, which will help add a touch of acidity to the soil and thus make our garlic happier. Our onion sets have not shown themselves yet but they received the same treatment. The mulch has also kept that pesky fox from digging around. No sign of fox tracks since we added the pine needles. Foxtrot is still an issue but only when the music is playing.

Before the rains hit, we needed to weatherize our garden shack. We used cold-rolled metal for the roof earlier in the year; so we decided that the wall flashing should be the same material as the roof in order to have a consistent look (especially with regard to rusting). Recycled redwood was re-sawn and used for siding and trim. We're now water-tight and just in time. We found a recycled hickory front door and are still searching for a door for the back side through Craigslist. It's great to put these valuable resources, that might otherwise

land in a dumpster from a construction remodel, back to use on the farm. It is a sustainable practice and allows us to tread lightly as we move forward with development on the farm.

Veggie seeds have arrived. In just a few envelopes, we are holding the miracles to create much of our 2012 summer harvest. Mother Nature's power & beauty are infinite. We are playing a game of shuffle as we try to map out next season's planting grounds. We also need to keep in mind crop rotation for healthier plants especially given our limited amount of space to work with.

The CSA is now taking orders for the 2012 Summer Harvest Program. If you are interested in supporting your local farm and would like to enjoy the weekly bounty of homegrown goodness, please head over to our website and fill out our online order form. We are only accepting a limited number of members to keep share bags as full as possible. Website is www.soilstock.com where we also have more info on the CSA farming model. Join the family. Build a stronger community. Support your local economy. Sign up for the CSA today. Have a farm fresh month!



COURIER CLASSIFIEDS

Free:

Camper Shell. White fiberglass. It was on a 90's Nissan. Bed approximately 59" X 79".
Call Rod 288.3550

Mountain Range Lodge #18

Free & Accepted Masons

15333 Cleveland Avenue
Camptonville, CA
Meeting Time 1:00 P.M.
Monthly on 3rd Thursdays
March To December
Potluck Lunch 12:00 P.M.
Sojourners Welcome!



Sign up now for our
SUMMER HARVEST PROGRAM

Weekly FULL, HALF & SINGLE
Shares of Homegrown, Local
Produce

Support your LOCAL economy

Community
Supported
Agriculture

**THE LEDSON'S
FAMILY
CSA FARM**

SOILSTOCK

LOCAL • FRESH • SUSTAINABLE • EARTH-FRIENDLY • VINE-RIPENED PRODUCE
soilstock.com • soilstock@gmail.com • 288-3655

CRAIG ROBERTSON
GENERAL MANAGER

530-692-3200

INFO@BULLARDSBAR.COM

PO BOX 480 • DOBBINS, CA 95935

WWW.BULLARDSBAR.COM



Identify Stroke and Act Fast

by Mark Jokerst, CVFD Chief

A stroke left untreated can debilitate, even kill, one of your loved ones. Commit these things to memory: **Early detection and rapid transport to a stroke team can save lives and reduce debilitation.**

There are many styles and types of strokes. The most common is a blood clot that travels the arteries and enters the brain where it eventually enters an artery too small to fit and plugs the flow of blood into that part of the brain. This begins a slow but steady process of brain death, but, if the victim is fortunate to have observant family and friends, permanent loss can be avoided. It all comes down to detecting the signs of stroke and placing a 911 call as soon as these signs are detected. Know this: there are drugs that will dissolve these clots, but they must be administered within three to four hours of *initial onset*. A delay getting to a stroke center can mean it is too late to administer these drugs.

Are you ready now? The first sign you detect is that *something is not right*. Please write down the time you first notice this. Next, ask your "patient" to smile: If the smile is not normal, SUSPECT! Next, ask your patient to repeat a phrase like "it is sunny today". If the speech is not normal, SUSPECT! Next ask your patient to raise both arms and hold them straight out. If one or the other arm drifts down or away, SUSPECT! Finally, have your patient stick out their tongue: If the tongue is crooked or goes off to one side, SUSPECT!

- Smile for Me
- Say "It is sunny today"
- Hold your arms straight out
- Stick out your tongue

If your patient has trouble with ANY ONE of these four "tests", Call 911 immediately. Tell the dispatcher which of these four tests you did and what happened. Tell the 911 person that you SUSPECT a Stroke. Answer all of their questions, and get help coming your way. That's all you need to do: Know the signs, do the test, and call 911 at the earliest possible time. It's important to convey to all emergency people you see that you suspect a stroke: Get them thinking that way and hope they prove you wrong!

"The most common sign of stroke is sudden weakness of the face, arm or leg, most often on one side of the body. Other warning signs can include:

- Sudden numbness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

The signs of a stroke depend on the side of the brain that's affected, the part of the brain affected, and how severely the brain is injured. Therefore, each person may have different stroke warning signs. Stroke may be associated with a headache, or may be completely painless." <http://www.strokecenter.org/patients/about-stroke/warning-signs-of-stroke/>

A final word about stubbornness: I know from experience because it happens over and over again; one spouse shows the signs of a stroke, but is lucid enough to tell the other spouse that they are OK and "Don't call the ambulance!". If your spouse shows ANY one of these signs, please call 911 and get help before it's too late.

Remember: Any delay can mean your patient becomes ineligible for the clot busting drugs. They are only effective within a very brief three to four hour window of time.

There is a Stroke Team at Sierra Nevada Memorial Hospital, see http://www.snmh.org/Medical_Services/190307

You Don't Have To Brush All Your Teeth...
Just the ones you want to keep!



Brush After Meals or Snacks; if you can't,
Swish vigorously with water
then spit or swallow.

Emergency Phone Numbers

First.....Call 911

Camptonville Fire Department	288.9320
Yuba County Sheriff Non-emergency	749.7777
Pacific Gas & Electric	1.800.743.5000
KNCO 94FM or 105.7 FM	477.9494
KNCO News Talk 830 AM.....	272.3424
KVMR 89.5 FM.....	265.9555

Camptonville Community Courier
PO Box 32
Camptonville, CA 95922

Prsrt., Std.
U.S. Postage
PAID
Permit 4
Camptonville, CA
95922



*****ECRWSS 22B001

Postal Customer

PO Box

CAMPTONVILLE CA 95922

February Community Calendar

1,2,3 Grow.....	February 2 nd , Artists' Workshop, Kids and Parents Field Trip
1,2,3 Grow.....	February 21 st , Gold Country Gym, Kids and Parents Field Trip
Alcouffe Center.....	February 11 th , Valentine Dinner, 5:30pm, call 692.0521
Camptonville Prepared!.....	Wednesday, February 15 th , 6:30pm at the Camptonville Fire Hall (CVFD)
CCP Board Meeting	TBD, Call the Resource Center at 288.9355 for time and date
CCP SWP Presentation	February 8 th , 4:30 pm, YCOE, 935-14th Street, Marysville
CCP SWP Presentation	February 13 th , CUSD, 16585 School Street, Camptonville
CCSD Board Meeting	Third Monday, Camptonville School, 7 pm
Courier Deadline	Monday, February 20 th
Food Bank.....	Third Thursday, Lake Francis Grange, Dobbins
Hospitality House	February 25 th , 4 to 7pm, Peace Lutheran Church, Grass Valley
Overeaters Anonymous.....	Fridays, every week, 9:30 am, Camptonville Firehall
Yoga.....	Tuesdays, Camptonville School Gym, 5:30 to 6:30 pm

February Camptonville School Calendar

February 1st (8:45 am) Awards Assembly—Minimum Day—12:45 pm Dismissal
February 13th (6 pm) School Board Meeting
February 16th (3 to 4 pm) K-3 Valentine Dance
February 17th and 20th Presidents' Day Holiday—No School
February 25th (5:30 pm) Parent's Club Dinner—February Fiesta
February 29th Read Across America / Reading Marathon Kick-Off
To Be Announced—State of Our School Community Meeting

Cougar Basketball Schedule

February 1 st	4 pm	Ready Springs
February 3 rd	4 pm	Union Hill MPR
February 6 th	5 pm	Chicago Park
February 8 th	4 pm	Mount Saint Mary's
February 10 th	4 pm	Ready Springs
February 13 th	4 pm	Chicago Park
February 14 th	4 pm	Chicago Park
February 16-17 th	TBA.....	Tournament NUHS

Published by Camptonville Community Courier Volunteers

Editor, Advertising, and Subscriptions: Diane Winslow 288.3290
Staff: Rod Bondurant, Rochelle Bell, and Stephanie Ruff
Proofreading: Yakshi Vadeboncouer
Fiduciary Agent: Camptonville Community Partnership (CCP)
Courier Mailing Address: PO Box 32 Camptonville, CA 95922
Courier Email Address: camptonvillecourier@yahoo.com
Courier Online (including back issues): www.camptonville.com/the_courier.html

