

# Camptonville Community COURIER



VOLUME 16

DECEMBER 2012

NUMBER 12

## GARDENERS' MARKET 2012

**Jimbo Garrison**

As always, the fabulous Camptonville Community Gardeners' Market raised much needed funds for worthy local organizations.

Our general fund came to \$556.50 which was divided between the Friends of Camptonville Cemetery, The Camptonville Courier, and Camptonville Community Partnership, for an amount of \$185.50 each. The Camptonville School Garden Project earned \$62.00 from the sale of their veggies and the Christmas Club amassed \$99.00 from the produce Jessi Mullins brought from her garden. A huge thanks to all the gardeners, volunteers and especially to our wonderful customers.

We couldn't have done it without you! See you next year!



**THE COURIER  
IS SEEKING JOURNALIST  
FOR 2013**

**FOR MORE INFORMATION:  
EDITOR.CAMPTONVILLECOURIER@GMAIL.COM**



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## CAMPTONVILLE COMMUNITY PARTNERSHIP

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**Stephanie Willams**

### **Holiday Craft Fair and Children's Shopping Area**

This year the Holiday Craft Fair, sponsored by Camptonville Community Partnership, will be held Sunday December 9th from 12:00 to 3:00pm in the school gym. Gifts, food, fun and visits with friends can all be had at this annual event; please come and join us. The Camptonville School Parents Club will host the Children's secret shopping area at the craft fair. Donations of new and gently used items are being accepted at the school office through December 5th; please no clothing or stuffed animals. Children will be escorted through the gym stage to purchase, at an affordable price, gifts for friends and family. These gifts may then be wrapped by the Club Live school children for a small fee, and voila presents for everyone, and no one knows what they are until the big day.

If you are interested in attending as a vendor please contact Rita Ortega at the resource center, 288.9355 Tuesday to Thursday from 8:30am to 12:30pm for more information.

Hope to see everyone there!

### **Camptonville School forms a Wellness Policy Committee**

What is a wellness policy? A school wellness policy is a useful tool to evaluate, establish and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the nutrition and physical activity environment in our school.

Did you know that The Healthy, Hunger-Free Kids Act of 2010 states that the following stakeholders must be involved in the process of creating a district's local wellness policy: members of the school board, school administrators: representatives of the school food authority: parents, students, and members of the public? The Act expands the scope of wellness policies, brings in additional stakeholders in the development, implementation, and review of such policies, and requires public updates on their content and implementation.

Camptonville school has a wellness policy committee, and we are looking for interested folks to come and review the current policy. We want to be sure that our wellness policy is up to date, effective, and provides our students with the best possible school experience nutritionally and physically that we can. The first meeting will be held at the school on January 17th at 3:00pm. Please join us. For more information call the resource center at 288-9355.

### **Box Tops and Labels for Education**

Each year the school's Parents Club collects Box Tops and Labels for Education as an ongoing fundraising project. Annually the school raises, on average \$120.00 cash and banks 200 points. Here's how it works: Each box top collected brings in \$.10 cash. Each label collected banks the school 1 point. The cash is placed in a fundraising account for future use. The points can be spent purchasing items such as P.E. equipment, classroom supplies, educational software etc... through a catalog. The driving forces behind this fundraising project are the children and their families along with the teachers and staff at the school. Thank you all for your continued support. It's easy to contribute to this project just cut out and collect Box Tops and Labels for Education, found on many grocery items you purchase, such as cereals, soups, Ziploc bags etc... Send them in with any student you know, drop them off at the school office or mail them to:

Parents Club

PO Box 278

Camptonville, CA 95922

For a full list of participating merchants you can visit:

[www.boxtops4education.com](http://www.boxtops4education.com) and  
[www.labelsforeducation.com](http://www.labelsforeducation.com)

## COOKING UP THE LOVE OF SCIENCE

### Lucera Love

November was a fun-filled month for the 123 Grow class, Camptonville's parent participated early childhood enrichment program. We made pumpkin pie from our class jack-o lantern the day after Halloween. We also made granola for an addition to our healthy snack time. Parents and caregivers have generously brought ripe fruits and vegetables from their fall bounty for our always nutritious snack, and helped with its preparation and clean-up. The child children have helped to set the table and to clean up their dishes. We always eat the rainbow at 123 Grow!

Our science Thursday this month explored the concept of "liquid". It runs; it pours; it spills! It takes the shape of the container you put it in. We poured (and spilled) water into small and large jars. We added salt – it disappeared! We added food color – it changed the color of the water! Children took turns pouring water into a large jar. Then they poured in another liquid – oil. It didn't disappear. It didn't mix with the water and change its color. It floated on top. This time when we added salt, it made the oil go down and bubbles come up. Squeezing in droppers full of dilute food color added colored streaks and bubbles. Watching how each ingredient interacted with the others was fun, and the results were surprising and thrilling.

The Camptonville Resource Center is available for your use while your child is in class. Classes Thursdays from 8:30 to 11:30am. January Tuesdays and Thursdays.

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## BIG NEWS FROM THE PARENTS CLUB

### Christina Ledson

The Parents Club hosted our second annual Octoberganza on October 13th. There were many different elements to the event including the chili cook-off, kid games, pumpkin patch and contest, silent auction, food and spirits, and live music. It took many people to help pull it together. Our thank you list is a long one, so here goes, Rebel Ridge Organics, Volunteer Fireman's Auxiliary, Sugar Bowl Ski Resort, Caroline's Coffee Roasters, Tessa's Kitchen, Peterson Hybrid Toyota Repair, Ledson's Family Farm, Ridge Rock Quarry, JD Dirtworks, Pam and John Wilcox, Patsy Prout, Sara Hedrick, Molly and Scott Spackman, and, of course, our many volunteers.

We had six contestants for the chili cook-off, with Eric Querequincia bringing home Best Overall for the second year in a row! The pumpkin contest was competitive with several hefty pumpkins but Elliot Tinnel took the title for the biggest with a whopping 48 inches. This year's Octoberganza raised about \$1,000.00! The fun part is now giving back to the Camptonville School students to enhance their learning experience the best we can. A big question is how are we spending the money? Thus far this year, the Parents Club has contributed to Mrs. Spiers 3rd-5th grade class field trip to the Monterey Bay Aquarium and the Age of Sails and to Ms. Olson's 6th to 8th grade field trip to Shasta Caverns and Lassen National Park; we have purchased a new Meet the Masters art program as well as a digital camera for the school that is to be used for all school functions which will aid in putting the yearbook together and applying for grants, and; we co-hosted the school Halloween Carnival.

**UPCOMING COURIER  
CHANGES IN 2013**

IN LOVING MEMORY OF  
EILEEN BARTHEL

**Barbara Mueller-Hogan**

*Passing into eternal life on September 12,  
2012*

*I wish to thank everyone for their prayers  
for me and my family while I was in Chicago.  
Leaving in February I never anticipated*

*I would be gone from the place I love,  
Camptonville, for nearly a year. Caretaking  
my mother through her radiation, chemo  
and finally her passing has humbled me and  
taught me much about the greater love of  
this universe. I now know where my  
strength and my joy of children comes from,  
she was a beautiful teacher. While in Chicago  
I also lost my Aunt Elsie Barthel, Aug.  
16th, my Aunt Helen McNamara, Aug. 28th,  
my mother-in-law Anastasia Mueller on  
Sept. 19th, and my brother-in-law John  
Mueller on Sept. 26th. I ask that you keep  
my father, Robert Barthel, in your prayers.  
He is alone for the first time in his life at the  
age of 95!*

CAMPTONVILLE HELPS TO RAISE

**Cathy LeBlanc**

Camptonville Community Partnership (CCP) is very pleased to announce that we were awarded a Responsive Grant from Sierra Health Foundation to help local Yuba County schools develop partnerships to support their School Wellness Policies (SWP). Local school wellness policies are great tools to help improve the health of communities. (CCP) Advocacy staff will work with at least three schools in Yuba County. We will guide these schools to build networks of support

and develop Memorandums of Understanding (MOU's) with community partners to implement (SWP) that create healthier neighborhoods. We will also engage the Yuba County Family Resource Center Network to support their partner schools to become involved in the work of local (SWP) Committees.

The (CCP) will be working with Camptonville school's Wellness Committee. Our first meeting is at the school, January 17, 2013 at 3pm. For information call the Resource Center 288-9355

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**Classifieds**

The Camptonville Community Partnership is taking applications for an instructor for our 123 Grow Program. The program is two days per week 8:30 -11:30 . Applications and the job description may be picked up at the Camptonville Resource Center Tues-Thurs 8:30-12:30. The deadline for applications to be turned in is noon on December 11th. If you have any questions, please call Rita or Cathy at the Resource Center at 288-9355 Tues-Thurs 8:30-11:30

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## NAUGHTY OR NICE

**Jessi Mullins**

"You better watch out, you better not cry, you better not pout, I'm tellin you why..... Santa Claus is coming to town!"

Santa is visiting Camptonville this year for the 51st time. He will be bringing holiday cheer, special gifts and a stocking of goodies to all the children.

The word around town is that on December 15th Santa and Mrs. Claus will be arriving around 5:30pm at the Masonic Hall on Cleveland Avenue. Please come out and enjoy the evening with Santa and his helpers.

As always there will be yummy cookies to eat, hot chocolate, tea and coffee to sip, and come early to enjoy dinner. Fatty's Food will have dinner available at 5:00pm.

To kick off the next year of fundraising for the Christmas Club, we will be raffling off some special theme baskets that evening. Raffle tickets will be sold at the Craft Fair and at Santa Claus.

Bundle up, load up, and drive up to the Masonic Hall to enjoy an evening of warmth and cheer with those you hold dear.



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KNCO 94FM or 105.7 FM..... 477.9494

KNCO News Talk 830 AM ..... 272.3424

KVMR 89.5 FM..... 265.9555

## STORY AND SONG CIRCLE

**Lucera Love**

Mondays 4:00 to 5:00pm in the Camptonville School Library.

For the month of December (except December 24th and 31st ), Lucera Love and Marianna Worden will host a Monday afternoon story and song circle for children 0-5 years of age and their parents or caregivers. The love of books starts at birth. Please come sing, dance, and read with us! Contact the Resource Center for more information, 288-9355.



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## BEYOND THE END OF THE MAYAN CALENDER

**Carolyn Perkins**

As I write this, Scorpio continues its unveiling – surprising election results, the indiscretions and resignation of General Petraeus (born in Scorpio), what really happened in Benghazi on September 11th, and the \$4.5 billion settlement for BP's Gulf Oil spill. There's a common theme here. It's about power -- political, military, corporate and energy resource. Scorpio demands we look at the dark side of power. I suspect the inappropriate use of power may have been unmasked in your own lives, too.

The Sun moves into Sagittarius on November 21st, leaving us to distill wisdom from Scorpio's revelations. If we can surf the wave of Sagittarian energy, we rise above Scorpio's unsavory depths in anticipation of the coming of light as days lengthen after the Solstice. Thus, Sagittarius carries us into the cold darkness with buoyant hope of brighter days ahead.

Whether hope is appropriate as we move through December 21st, the "end of the Mayan calendar" will only be known when – if? -- we awake on the morning of the 22nd. Certainly we are at the turning of the Age, from Pisces to Aquarius. Dire Biblical predictions foretell what happens at the end of an Age when humanity fails to understand the shift in energies fueling our evolution. No longer are we primarily concerned with self as we were in the Age of Pisces. Aquarius is about groups -- local communities or folk with a common purpose who meet on the web, and ultimately, the group called humanity. When we use the power of our own will to resist Aquarius' demands, the Universe simply moves on without our cooperation. We feel obstructed, possibly even having provoked a sort of push back that takes the form of natural disasters.

On a personal level, we can ride the incoming wave of Aquarius, learning to value what benefits our community as much as ourselves. Ask yourself whether you're acting on behalf of "the group". Consider whether you think of yourself as part of a larger whole, realizing that your fate is not separate from a broader community. One of the best teachers of this lesson is a natural disaster on the scale of Superstorm Sandy. No one for miles around failed to be impacted, and millions shared a common fate of lengthy power outages, lost homes and vehicles, and total disruption of daily routines. The inescapable lesson is that only by working together will these communities be restored.

Together we are facing a critical evolutionary quickening process. The promise of the Aquarian Age is that together we will not only survive but succeed in moving towards a brighter future.

Carolyn Perkins holds a Masters degree in counseling psychology. She works with individuals, couples and families, and teaches astrology.

Contact her at [WiseSkyWoman@yahoo.com](mailto:WiseSkyWoman@yahoo.com) or 559.4345



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**DECEMBER 20th**

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## NEW MONTHLY SCHEDULE FOR MONTHLY HEALTH SERVICES IN PENN VALLEY

### Brandy Kolmer

Beginning in December, Western Sierra Medical Clinic (WSMC) will be providing medical appointments from the WSMC mobile health van in Penn Valley once a month from the Penn Valley Fire Station.

The new schedule is a reduction from the weekly services that began in May, and is based on current community need and patient scheduling data from the past six months.

"As a non-profit community health center, our mission is to ensure that every individual has access to quality healthcare. Our mobile unit brings medical services to remote areas where individuals may not have ample transportation or the physical ability to get to other appointments," says Dr. Frank Lang, Jr., Chief Medical Officer at Western Sierra Medical Clinic.

The new schedule begins December 11, when appointments will be available from 9 am to 3 pm on the second Monday of each month.

WSMC's Penn Valley services are provided by Dr. Celia Sutton-Pado, an MD with over 20 years of experience in family practice. She is fluent in Spanish, and has expertise in a broad spectrum of health areas including diabetes, pediatrics and women's health.

The mobile health van can be utilized for a variety of health services, including general check-ups, immunization, teen clinic, blood draw, pediatric appointments, and most other medical concerns or conditions.

Advance and same-day appointments are available, with walk-in or minor urgent care accepted based on availability. For information on making an appointment, please contact 274.9762.

Western Sierra Medical Clinic accepts Medicare, Medi-Cal and most commercial insurances. A sliding fee is provided based on family income. WSMC is a non-profit community health center dedicated to providing quality health care for all. For more information about WSMC, visit [www.wsmcmed.org](http://www.wsmcmed.org).

**About:** Western Sierra Medical Clinic, Inc. is a non-profit community health center serving over 17,000 patients throughout Nevada, Sierra and Yuba counties. WSMC offers comprehensive patient-centered medical, dental, maternity and behavioral health care from its sites at Miners Family Health Center in Grass Valley and Western Sierra Medical Clinic in Downieville. It is WSMC's mission to ensure that every person, regardless of ability to pay, has access to quality health care.

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## GREAT NEWS FROM CAMPTONVILLE COMMUNITY PARTNERSHIP

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**Cathy LeBlanc**

Camptonville Community Partnership (CCP) has great news to share. We wrote a grant proposal and we were awarded funding through First Five Yuba to continue 123 Grow through June 2014! We wish to thank Yakshi Vadeboncouer. She has devoted her time and energy to keep 123 Grow going volunteers one day a week since August. Camptonville's own Americorps Member Lucera Love also volunteers in 123 Grow. This new funding will allow us to hire one instructor and expand the class to two days weekly. It's a great free program for children birth to five years of age and their parents/caregivers. Visit the Resource Center located behind the school and check us out.

We have more good news. Sierra Health Foundation has accepted our proposal (among over 300) to continue the countywide work begun last year related to School Wellness Policies. The major highlight of this work will be to assist at least three schools in Yuba County build strong local support for wellness policies. Please read our related article in this issue.

Please remember the Camptonville Resource Center is also the place to get more info or see if you qualify for CalFresh. CalFresh is a supplemental nutrition program offered by the state to help families with their food bill. This program is different than the Food Stamp Program in that eligibility is based on income only and does not have property restrictions.

Our community-driven youth mentorship program sponsored by Sutter Yuba Mental health (Mental Health Service Act) continues through December. We still have community stipends available for folks wishing to share their enrichment talent, sports related or employment based skills with area youth. A small stipend is available to help cover mentorship expenses. Feel free to contact us if you have an idea for a possible mentorship activity.

There is still more good news. We would like to welcome Stephanie Williams as our newest Board member.

Last but not least: (CCP) will once again sponsor The Holiday Craft Fair held from noon to 3pm on December 9th. This event also includes kids Shopping where kids can buy the family presents at affordable prices. If you would like more information or vendor table space please call us. You can reach the Resource Center 288.9355 or email us at [CCP@cville.k12.ca.us](mailto:CCP@cville.k12.ca.us)



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## PARENTING WEBINARS

### Lucera Love

The Camptonville Resource Center (CRC) is offering webinars to parents and caregivers of children birth-five years of age. Please visit us during the month of December to view one of the webinars. Each webinar is about an hour long. Be sure to come in to the (CRC) to receive your certificate of completion after viewing the webinar (great on a resume!). The (CRC) is open Tuesday, Wednesday, and Thursday 8:30am to 12:30pm. Come during 123 Grow, and your child can play and learn while you learn. You will return to your children equipped with valuable skills to add to your parenting toolbox.

### Cultivating Positive Discipline for Children

With Jane Nelsen and Jeff Goelitz, Presented by the Institute of Heart Math.

### Helping Children Manage Stress

With Timothy Culbert, M.D. and Jeff Goelitz, Presented by the Institute of Heart Math.

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## SECRET SANTA IS BACK

### Barbara Mueller-Hogan

If you or anyone you know needs a Christmas food basket or help with gifts for your children, please contact me as soon as possible. Leave a message with your name, phone number and how many people are in your family and I will contact you with pick up information. If you would like to sponsor a child or family or make a donation, please call 288.9311 or the Resource Center 288.9355.

## Harmony Health Medical Clinic

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## CAMPTONVILLE SCHOOL WINTER PROGRAM

**Sandy Ross**

What better way to brighten a December night than to come to our school-wide winter program on Thursday, December 13, beginning at 6pm. Come and enjoy many styles of music, vocal performance, and dance from a variety of eras presented by Camptonville students. You're sure to be dazzled by the choreography, rhythm, song, and instrumental accompaniment that our music teacher, Mr. Douville, has taught the students in a short 3 ½ months.

You will also be able to purchase tickets for our Club Live Wood Raffle that night. A cord of split black oak will be raffled off. All money earned will help send Club Live Officers and eligible students to the REACH Conference in the Spring. This is an incredible leadership opportunity and valuable tradition for our 6th to 8th grade students.

### **Camptonville School Site Council**

#### 2012-2013 Meeting Schedule

September 24, 2012

October 29, 2012

November 26, 2012

January 28, 2013

February 25, 2013

April 29, 2013

May 20, 2013

The Site Council will meet the last Monday of each month at 3 pm excluding December and March. The May meeting will be held on the 20th.



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### Interested in submitting an article?

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Nicole Mizener at 388.0120

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## Camptonville School Calendar December

**Wednesday December 5:**

**8:45am Awards Assembly**

**12:45pm Minimum Day**

**Staff Meeting**

**Monday December 10:**

**6pm School Board Meeting**

**Thursday December 13:**

**12:45pm Minimum Day**

**6pm Winter Program and Raffle**

**Friday December 21:**

**12:45pm Minimum Day**

**Winter Break Begins**

\*\*\*\*\***ECRWSS 22B001**

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## DECEMBER Community Calendar

CCP Board Meeting .....	Third Monday, 5 to 7pm, Resource Center
CCSD Board Meeting.....	Third Monday, 7 to 9pm, Camptonville School
Courier Handwritten Deadline.....	Thursday, December 20 <sup>th</sup>
Courier Deadline .....	Thursday, December 20 <sup>th</sup>
Food Bank (Federal).....	Third Thursday, 8am, Lake Francis Grange, Dobbins
Food Bank (Local).....	Other Thursdays, 1pm, Lake Francis Grange, Dobbins
Holiday Craft Fair.....	Sunday, December 9th, Noon to 3pm, Camptonville School Gym
NSJ Bingo.....	First and Third Fridays, 7pm, NSJ Senior Center
NSJ Senior Center Lunch .....	Every Tuesday and Thursday, noon to 1pm
NSJ Senior Center Brunch.....	First and Third Sundays, 8am to noon
Santa Claus Visit.....	Saturday, December 15th, 5:30 pm, Masonic Lodge Camptonville
Story and Songs.....	Mondays, 4 to 5pm, Camptonville School Library
WSMC Mobile Health Services.....	Tuesdays, 10am to 3pm, Masonic Lodge
Yoga—Camptonville.....	Tuesdays, Camptonville School Gym, 5:30 to 6:30pm

# HAPPY HOLIDAYS FROM THE COURIER

**Published by Courier Volunteers in cooperation with Camptonville Community Partnership (CCP)**

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