

# CAMPTONVILLE COURIER

A COMMUNITY PUBLICATION

MAY 2013

VOLUME 17 ISSUE 4

THE CAMPTONVILLE COURIER  
PO BOX 32  
CAMPTONVILLE, CA 95922

## Fleas and Plants

Carolyn Mumm



Camptonville's Annual Plant Sale and Flea Market will be held on Saturday May 18<sup>th</sup> from 9am to 2pm at the Rebel Ridge Market field. As always there will be a wide array of vegetable starts: tomatoes, peppers (sweet and hot), squash, melons, cucumbers, beans, herbs and many others. Flowers, boysenberries and raspberry plants will also be offered. Jessie Mullins of Rebel Ridge Organics will be there along with Honey Circle Farms, Sunrise Farm, Susan's Perennials and Keith Montgomery's Moonshine Ranch.

Again there will be useful everyday items plus unusual pieces to be found at the flea market: Patricia with antiques, panic plants and quality used kitchenwares, Corrine with Nature Girl Herbal Products and Camptonville Prepared will be offering items for your grab and go bags. We will have Courier staff providing special snacks, drinks, and baked goods for your pleasure. Also, our own Harry's Hidden Adventure Travel group will have a booth. And 123 Grow will offer activities for young children.

So, Camptonville residents and friends, join us to buy, sell or trade plants and other treasures. You can look forward to a good choice of plants, some good food and a good turnout of neighbors and friends.

Anyone wishing to have a booth please call Carolyn at 288-3424. Non-profits who are giving out information are not charged for a booth.



Last years Plant Sale



May 2013



## MUSEUM DAYS!

Stephanie Korney

Celebrate Memorial Day with the Camptonville Historical Society. For two days, over the Memorial Day Weekend, there will be photos and artifacts from the area on display at the Masonic Lodge in downtown Camptonville. Bring any items or photos of historical interest you would like to share with the community, and join us on Sunday, May 26, and Monday, May 27, from 10am to 2pm at the Masonic Lodge for history, food, music, and fun. See you there!

## Mountain Range #18 Presents

**FREE "Child I.D. program at the Masonic building on Cleveland Avenue on Saturday, June 1<sup>st</sup>, between 10:00 a.m. and 2:00 p.m.**

**All parents, grandparents, and guardians are invited to bring all children from infant to age 16.**

**Hot dogs and drinks will be available and maybe a Shrine clown or two for entertainment.**

**Camptonville Fire Department will also have a Fire Truck for viewing.**

**This FREE program is sponsored by the Grand Lodge of Masons of the State of California. It has been going on for over 20 years. It is a service provided to aid in the identification of children that may have been abducted, injured in an accident or who have disappeared for some reason.**

**123 Grow**

Lucera Love

As the school year winds down and the earth bursts into bloom, we look back and see how much we have grown, how much we have learned, how our children have blossomed.

The older children (2-4) are beginning to recognize, and write, letters in their names. They are getting better at counting, and at making connections. There are 1,2, 3... pots of peas. When we put seeds in soil, water them, and give them sunlight, they grow. Friendships are blossoming too. Children are using their imaginations and props to explore the world together and to think of what could be.

We went on a field trip to Rebel Ridge Organics , where Jessi Mullins, the proprietor, gave us a tour of the nursery. Inside the greenhouse, the seeds are planted, sprouted, and tended until they are ready for our gardens. These seeds need the same thing that our plants in the classroom need: soil, water, sunlight, and to be kept warm on cool nights. Children potted their own spinach seedlings and brought them home. We made a class mural of blossoming fruit trees with birds in their branches. We had a picnic, sang songs, and played.

Thelma Amaya, behavioral specialist from the Yuba County Office of Education, gave a parent workshop at the Camp-tonville Resource Center. Her presentation was titled, "The Three Cs of Parenting Success: Connection, Credibility, and Consistency". She emphasized that there must be "connection before compliance". Children first need to feel connected. We can achieve this by adding play to our routines and by offering two choices. To achieve credibility, we need to be sure that we can enforce commands before giving them, and to follow through on what we say. Being consistent means that we have a plan for managing difficult behaviors (Ask for help if needed.) and stick to it.

Join us with your children (birth to five) on **Tuesdays and Thursdays 8:30 to 11:30** through May 30th. For more information contact the Camptonville Resource Center: 288-9355

**Quality Care Without the Drive, Time, and Expense!**

Justin Theodore

Telehealth is like seeing a specialist face-to-face without the wait time or the drive.

With all the advancements in technology and with our modern health-care system converting more and more to the use of Electronic Medical Records (EMR) and Electronic Health Records (EHR), it is only natural for patient care to adapt to and make use of these changes, offering more options and improved health outcomes for patients.

For people who live in our beautiful rural environment and need medical specialty care, it can be difficult, if not impossible, to access these specialists due to lack of local availability, transportation problems, insurance issues, and even physical inability to drive long distances.

Sierra Family Medical Clinic off Tyler Foote Rd. has been addressing these concerns for over 10 years with the use of Tele-Health as a means to get patients much-needed consultations with specialists. Telehealth connects patients with a specialist in a real-time consultation directly from their primary care office through the use of tele-video communication devices and high speed internet circuits. These specialists are sometimes as far away as S. California or even in another state. Patients who have found it nearly impossible to access specialty care can see a specialist from the comfort of their primary care office.

To find out more please contact:

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Judy's Yard Sale

Sat. May 4th----weather permitting

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8:30am to 2pm

Playground ... on Old Toll Road desperately in need of kids!

Please contact before using. Ryan at 263.2988, Bill at 288.1730, or email mdoub@mindspring.com

### **Earth Day in Camptonville**

**Lucera Love**

We celebrated Earth Day in Camptonville with a Town clean-up in 3 locations: at the town entrance, the “Teachery Pathway” (between the school and the Mason Hall), and in the school garden. Thanks to all of our volunteers and contributors. Your generosity, hard work, and genuine caring for our town made this event a success.

Thank you Camptonville Community Partnership for the sponsorship, Camptonville School for use of the facilities, CalTRANS for providing us with tools and trash bags, and AmeriCorps for bringing in extra volunteers.

Thanks to Cathy LeBlanc for her mentorship and labor on this project and to Jessi Mullins for the donations of soil amendments and strawberry plants to the school garden, and for expert garden advice.

The volunteers feasted on pizza funded by a donation from Monique Pendola and made from scratch by Cathy Balan. Thanks to Norm Ross for his leadership and landscaping expertise, not to mention tools, truck and trailer. The brusher that Robert Mumm provided and skillfully operated was absolutely essential. Thank you!

Tedd, Timmy, and Jacob Sapp, thanks for bringing truck, trailer, chainsaws, blower, and youthful energy. Thank you, Nova Love, for your support and for yet another truck and more tools. Yakshi Vadeboncoeur’s mastery of gardening and (wo)manning weed-eaters was admirable and vital.

Heartfelt thanks to each of you not yet mentioned who came out on a lovely Saturday to volunteer: Erica Martinez, Kiana Meyers and Leticia Summers, Sandy Ross, Adam, Kim and Anya Montgomery, Wendy Newsom and Penelope Love.

Our town is looking more beautiful, pathways are cleared, the school garden is ready for planting, and the strawberry bed is watered in. This was a great act of community building. Let’s do it again!



**Camptonville Community Partnership (CCP)-Resource Center Update**

Cathy LeBlanc

We wish to thank everyone who attended and made dessert for our March 23<sup>rd</sup>, St. Patty’s Day Dinner fundraiser. CCP raised almost \$1,000. The dessert auction alone brought in about \$650! Now that’s sweet!

Summer Recreation: We’re looking for community partners to help develop our Summer Rec. Program. Current plans include Swim Days! with Camptonville School and A *Camp Out @ Willow Creek*. A mentor-stipend is available. Give us a call at the Resource Center (530 -288-9355).

EBT is coming to Yuba Farmers Markets: We continue our involvement with the Yuba County Nutrition Action Plan (YCNAP) and are making good progress to have CalFresh Outreach (CFO) and /EBT (Electronic Benefits) honored at all Yuba Farmer’s Markets (FM). The Marysville FM will offer it when it re-opens Friday nights starting May 31. The Camp-tonville FM is preparing to offer EBT, as well.

Yuba County FRC Network: The Network joined the California Family Resource Association (CFRA) to submit a regional grant proposal that proposes to help educate and perform outreach to Yuba County residents to learn more about how to apply for healthcare under the Affordable Care Act.

Bio-Energy and more! CCP is the grant administrator for the Yuba Watershed & Fire Safe Council (YW&FS). The Council will receive funding from the Yuba County Water Agency for a Community Wildfire Protection Plan. A bid for proposals will be released in May. The Council also continues with efforts to bring a Bio Energy facility to Camptonville. We are working with the landowner, consultants from Sierra Nature Conservancy (SNC) and the foothill community. In so doing, we arranged a tour of the proposed facility March 19<sup>th</sup>. This tour connected interested parties, including Supervisor Hal Stocker, with the landowner on site. This proposed facility would receive and utilize chipped, forest biomass thereby reducing fire hazard and producing electricity that potentially PG&E will buy back, while creating income and employment. Stay tuned!


**SUDOKU**

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9	4					7		
5		2	4					8
1			2	5	9		6	
2					4		8	
4	8			7			3	2
	5		6					9
	9		7	1	8			4
7					6	8		1
	1						9	6

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3	5	7	4	9	2	6	8	1
9	1	4	5	8	6	3	2	7
7	3	5	8	6	9	4	1	2
4	9	6	1	2	7	8	3	5
1	2	8	3	4	5	7	6	9
5	8	9	6	1	4	2	7	3
2	7	3	9	5	8	1	4	6
6	4	1	2	7	3	9	5	8

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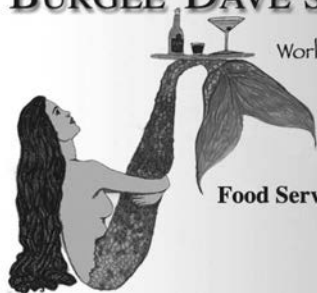
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**History in the Making at the North San Juan Senior Center**

**Annalinde Wainwright**

You, too, can be part of the history of the Ridge. Come stitch on Tapestry No. 5, being created at the North San Juan Senior Center most Wednesdays at 2 p.m. "Learning the art of tapestry is easy," artistic director Mary Moore says, "125 people, from kindergartners to 90-year olds, have been stitching on this project. We've even had a few brave men."

The Ridge Tapestry project is the vision of Marsha Stone, and artist Jennifer Crosby creates the original artwork for the tapestry. Marsha sees the project as a way to repay the community for all the good work and culture of the Ridge. Depicting the history of the Ridge over the last 20 years, each tapestry commemorates a particular movement or event. Thirteen tapestries are planned in all. Tapestry No. 5 is the history of Gold Mining from 1970 to the present time.

When finished, the tapestries are rolled up and placed in a special archival box with other material that protects and preserves them. They are put on display a few times a year at the North Columbia Cultural Center. Everyone who has worked on a tapestry and all donors have their names stitched into the back of the tapestry. Donate to the Ridge Tapestry Project through the North Co-

lumbia Cultural Center, directing your check to the Tapestry Project. For more information: 277-0169

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## Build Health, Community with Free Wellness Classes

*Kristin Snell, Activity Director-North San Juan Senior Center*

The North San Juan Senior Center opens its doors with a warm welcome to people of all ages for fitness and nutrition classes during the month of May. These free classes are offered as part of the Happy Whole Body Health series that promotes healthy food choices, exercise and gathering with friends and neighbors.

The May schedule is as follows:

Every Monday in May 9 am **Forever Young Fitness** with Shari Brookler

Every Thursday in May 9 am **Reach for the Stars! Yoga** with Skyler Myers

Tuesday, May 21<sup>st</sup> **Nutritional Choices to Support Liver & Gallbladder Health** with Skyler Myers

For your family's diet or shopping tips, visit [www.harvestofthemonth.cdph.ca.gov](http://www.harvestofthemonth.cdph.ca.gov) to view nutritional profiles of seasonal vegetables and fruits.

While classes are offered **free of charge**, donations to benefit the North Gold Senior Mountaineers are greatly appreciated. The classes are offered on a drop-in basis for people of all fitness levels and registration is not required.

For more info., contact us via email: [northsanjuanseniorcenter@gmail.com](mailto:northsanjuanseniorcenter@gmail.com). Or leave a message at 292-9048.

### Yuba River Ranger District

**Annie Prout-Garcia**

Yuba River Ranger District  
Annie Prout-Garcia

Bullards Bar Campgrounds are now open. Campgrounds along Highway 49 are open as of April 26<sup>th</sup>, 2013. The hiking trails on the Yuba River Ranger District are opening earlier this year, due to minimal snow pact.

Woodcutting permits for the Tahoe National Forest can be purchased beginning Wednesday, May 1, 2013. The price for permits is \$15 per cord with a 2-cord minimum and an annual 10-cord maximum per household. Permits can be obtained at all Ranger Stations, the Forest Headquarters or by mail. Applications for mail-in permits can be found online at <http://www.fs.usda.gov/detail/tahoe/passes-permits>. Firewood season will extend through December 1 or until rain and snow makes the roads impassable.

In general, the woodcutting permit allows removal of **dead or down wood** on Tahoe National Forest system lands unless otherwise designated. The Yuba River Ranger District no longer allows cutting of standing dead hardwood trees. This is a change from the past. Standing pines and other softwoods may still be cut. Dead wood already on the ground may still be taken. The district made this change so that we can allow the season to continue longer in the late fall, rather than having to shut down as soon as the hardwood trees lose their leaves in the autumn. Wood cutting permits do not allow cutting on private land. Trees may not be cut if marked with paint, wildlife signs, boundary signs, and other official signs or in areas closed to woodcutting.

May 1<sup>st</sup> also brings the need to obtain a residential burn permit. You will still need to check with the Department of Air Quality for burn day status. During business hours, you can call the Yuba River Ranger Station for burn status information. After hours or on weekends please call the appropriate county:

Sierra County

289-3662

Nevada County

274-7928

Yuba County

741-6299





**“The Fountain of Fair Fortune”****Sandy Ross**

You are invited and encouraged to attend the **“The Fountain of Fair Fortune,”** a short play with a lovely message of friendship and hard work, which will be performed on **May 15<sup>th</sup>** at **6 p.m.** in the **Pelton Building**. This ambitious production is being brought to us by Nevada Union High School students Isaiah Olson and Courtney Black as the culminating activity for their senior projects. Isaiah adapted the script from a short story by author J.K. Rowling and will oversee the casting and acting, while Courtney directs the costume and set production. Camptonville students have the opportunity to participate in all the key elements of the production. Isaiah and Courtney were both motivated by their memories of participating in several play productions throughout their years at Camptonville School, and by the insight and enjoyment that it brought.

Please support both our students and graduates by joining us for their debut on the 15<sup>th</sup>.

**Chronic Health Conditions Class****Brandy Kolmer**

Western Sierra Medical Clinic will host a new daytime session of the six-week *Healthier Living Workshop* beginning Tuesday, April 30. The program is designed to support and educate individuals living with chronic health conditions, and is free and open to the public.

Weekly classes will be held at Miners Family Health Center on Tuesdays from 9 am – noon in the facility’s conference room. Classes cover topics such as pain and symptom management, the benefits of condition-appropriate exercise and nutrition, dealing with difficult emotions, relaxation techniques, and tips for communicating with health care professionals.

Every participant will receive the companion book, *Living a Healthy Life with Chronic Conditions*, and a guided relaxation tape. Pre-registration is required and can be made by contacting Chris Grace at 274-9762.

**Witness to Wisdom****Skyler Myers**

In the past weeks, following a car accident, I have witnessed such kindness and support, the kind that only develops in wise ones. Confined to my bed for a week, except for doctor appointments, I could not even read or watch movies due to my eye injuries. People brought me meals, salves, oils, homeopathic remedies, and books on tape. All but one who came to visit were elders, and I only hope to be lucky enough that a little of their wisdom rubs off on me. I have the utmost gratitude for my friends and am so happy that my position at the North San Juan Senior Center enables me to give back by creating community activities to bring people together.

**Dinner and a Movie Night.** Saturday, **May 11 & 25**, for only a \$5 donation (though no one is turned away for lack of funds,) you can enjoy a delicious and nutritious meal made with love by our fabulous new chef, Heli Duarte. We will alternate classic movies with newer movies, sometimes with an educational message. The movies are free, though donations to the Center’s projector fund are always welcome!

**May 19**, we'll serve a **Pancake Breakfast** 9-11am and have **Community Play Day** 10-noon with fun and food for the whole family and games for kids & adults alike. **June 2** is right around the corner, too, when we'll have a **Farmer Fair**. Local farmers are invited to sell their produce and other wares. So mark your calendars for these fun events and revel with us in North San Juan's revitalization!

—Article Submissions—

Information

Email: [editor.camptonvillecourier@gmail.com](mailto:editor.camptonvillecourier@gmail.com)

Or call: 388-0808

### 5 Ingredient Chocolate Quesadilla

Nicole Mizener



- 1/2c Chocolate chips
- 1 Tortilla
- Cinnamon sugar to taste
- Powder sugar to taste

Just heat up a skillet on med/low with a little butter, oil, or cooking spray...whatever you have available. Cover one half of a flour tortilla with chocolate chips, sprinkle chips with cinnamon sugar. Fold in half, place in the pan and cook until golden brown. Flip and



cook the other side

Let sit for a couple of minutes so that all of the chocolate doesn't ooze out. Cut

into wedges with a pizza cutter and dust with sifted powdered sugar. Voila...dessert in a flash!

# W

e would like to send a huge THANK YOU to Brian and Sandi at Burgee Dave's for hosting a fundraiser for my daughter Taylor, to help her travel to Los Angeles, and pursue her career in modeling. We approached Brian asking if Burgee Dave's would be willing to sponsor Taylor for her trip, and he had this great idea of hosting a fundraiser. You guys are amazing and we are very thankful for the support. The fundraiser was a huge success and we would also like to thank all the amazing community members who attended and/or donated.

Traci Rasmussen, Taylor Lyn, Jerry & Rita Ortega

## Taurus



A passionate month. With Mars in Taurus, the blood will go faster in your veins, your wishes will be more ardent, and the impulses will be expressed more forcefully.

As for the financial situation, be happy, as it will flourish in the second part of the month.

You'll have a lot of vitality, and even extra energy. Channel your strength towards well defined purposes, exercise, get involved in vigorous physical activities.

Keep calm, don't hasten, avoid risks and tension!

By EeAstrolog

Students final art project (Van Gogh's Starry Night). Thank you parent volunteers for assisting with the Meet the Masters Program.



**Foothill Fiber Guild Event**

**Jenny Cavalier**

On Saturday, May 4th, Oregon House Farms and the Oregon House Farm Store will proudly host the Foothill Fiber Guild. Local Fiber Artisans will be showcasing their fiber art, spinning wheels, and looms. Many beautiful scarves, sweaters, slippers, hats, purses and much more will be on display and for sale. The farms' beauty will be enriched with their presence.

Saturday, May 4th-10-5:00PM.  
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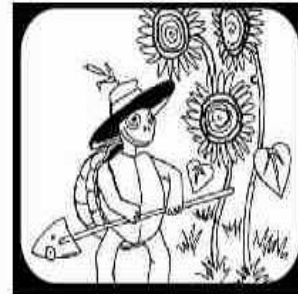
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**Mountain Range Lodge #18**  
**Free & Accepted Masons**  
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**Camptonville School May Calendar**

May 1: Awards Assembly (8:45) Minimum Day Dismissal (12:45) Volunteer Appreciation Brunch (*Directly following Awards Assembly*)

May 6: Site Council Meeting (3:00)

May 7: Staff Appreciation Lunch

May 13: School Board Meeting (6:00)

May 15: Play Performance - *The Fountain of Fair Fortune* (6:00)

May 22: Camptonville Olympics

May 23: Memorial Day Observance at Camptonville Cemetery

May 24: Snow Day (No School)

May 27: Memorial Day (No School)

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### MAY Community Calendar

CCP Board Meeting .....	Third Monday, 5 to 7pm, Resource Center
CCSD Board Meeting.....	Third Monday, 7 to 9pm, Camptonville School
Camptonville Plant Sale and Flea Market .....	Saturday, May 18th, 9am to 2pm Rebel Ridge Market
Camptonville Prepared!.....	Wednesday, May 1st, 7pm at the Camptonville School
Camptonville School Play .....	Wednesday, May 15th, 6pm, Pelton Building
Child I.D. Program .....	Saturday, June 1st, 10am till 2pm, Masonic Lodge
Courier Deadline .....	Monday, May 20 <sup>th</sup>
Courier Fold .....	Thursday, May 30th
Food Bank (Federal).....	Third Thursday, 8am, Lake Francis Grange, Dobbins
Food Bank (Local).....	Other Thursdays, 1pm, Lake Francis Grange, Dobbins
Museum Days.....	Sunday, May 26th and Monday, May 27th, 10am till 2pm Masonic Lodge
NSJ Senior Center Lunch .....	Every Tuesday and Thursday, noon to 1pm
WSMC Mobile Health Services .....	Tuesdays, 10am to 3pm, Masonic Lodge
Yoga—Camptonville.....	Tuesdays, Camptonville School Gym, 5:30 to 6:30pm
Yoga—Willow Springs .....	Every Tuesday, 10 to 11:30am (nourishing and gentle yin yoga)

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

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