

THE Camptonville Courier

*Connecting the Community
Since 1997*



VOLUME 18

AUGUST, 2014

NUMBER 6

The "Summer Light" Issue



Barbara Ramirez

Camptonville's First Country Faire!

By Barbara Ramirez

On June 28, Camptonville folks turned out on Cleveland Avenue for our first Country Faire. It was a great success! Thanks to all of the parade participants who decorated floats, flatbeds, bicycles and themselves. It was fun to see so many of you having fun.

Will we do this again next year? The answer is YES! I think next year will be even better. Be sure to give Camptonville Community Partnership your ideas.

Thank you to the vendors: Sara, Tosha, the Jerky Guy, and the Taco Truck. Thanks also to the Christmas Club, USFS, the C/V Fire Dept. and to Brian at the Mayo for painting and providing the dunk tank. Our Americorps member, Christina Dondono, and other members from Marysville did a great job with little ones. We enjoyed the wool spinners, Stephanie and Birdsong, and loved having the harp and fiddle music of Sydney and Hayley, and of course, Cathy as our MC.

CCP got great feedback from the surveys, and we will be looking to implement some of the responses. If you didn't get a chance to rate how the community is doing and make comments, you can still fill out the survey at summer events, the Fire Dept. Picnic on Sept. 6, or call 288-9355.

Thanks again to our community for the great turnout. That was my goal, to get everyone together and have fun.



Leland Pauley



From the Editor

In this August issue, we share poems, inspiration and information related to the quality of "Summer Light." Enjoy!



Summer Light

By Shirley Dickard

Summer light—intense, insistent, direct . . . and hot. Such a different feeling than the gentle spring, mellow autumn and indirect winter light.

Early summer morning light splashes across my bedroom wall and bounces across my closed lids: *Hey, no sleeping in! Get up and write, or weed, or walk.* Outside in my garden, the sun shines directly onto my head top, full and hot. There are no lurking shadows. All about me, green leaves eagerly absorb the summer sun, converting light energy into tomatoes and zucchini. I work outside until my sweating body demands a cooling shower, salad and a siesta – my routine dictated by the energy of the summer sun.

I found there's a reason why summer light is so strong and direct. Simply put, it depends on the seasonal angle of the sun shining on the earth. In summer, the sun shines perpendicularly upon our part of the planet, concentrating its solar power in a very small area. Imagine a flashlight shining on a wall, its light forming a perfect circle: summer. Now tilt the flashlight and the circle becomes a larger oval: winter. There's still the same amount of light from the flashlight. But the summer sun feels concentrated as it arcs directly overhead, and the winter sun more diffuse as it angles lower on the horizon. Add to that, longer hours of daylight, and you have a bright, hot, summer. Can you feel it?

I hope you'll enjoy the poems and sunlight inspirations shared by members of our community in this issue.

A Word from the C'V Fire Chief

By Brandi Dudek

The Camptonville Volunteer Fire Department will be keeping the community informed of our activities in monthly Courier articles. In the last month, we ran 13 calls: 4 medicals, 2 vegetation fires, 1 smoke check, 1 structure fire and 5 motor vehicle accidents. The most pressing concern for us was a vegetation fire on Moonshine Road. Luckily, it was a small fire and the community members stepped in to help, along with CalFire and USFS.



With the continued drought, vegetation is extremely dry. If a fire starts and the conditions are right, we could have another Bullard's Fire. Everyone remember that? Moonshine was evacuated then! Remember, both the US Forest Service and Calfire have issued a burn ban. No fires outside of designated campgrounds! Also, it is extremely important to have your 100 foot clearance surrounding your property. This could improve the chances of saving your home should a vegetation fire erupt. We are in the summer months where there are campers, motorcyclists and boaters out in force, which means more traffic in our community. Let's be aware of our surroundings and stay safe!

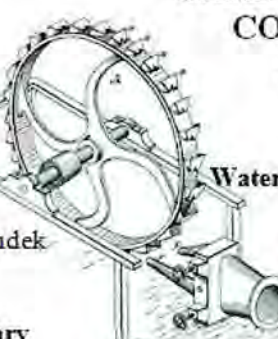
Our roster stands at 20 volunteers. Some of us are in town most of the time, and some of us have paying jobs outside of town. We not only serve our community but also the surrounding communities of NSJ, Pike, Allegany, Dobbins and Downieville (Depot Hill). Their departments will do the same for us. We volunteer because we love to support our community, and we hope that the community will continue to support us! Hope to see you all at the Fire Department picnic Sept. 6th!

Cemetery
Wendy Tinnel
277-6737

CV Fire Department
Chief Brandi Dudek
288-3303

District Secretary
Pam Wilcox
288-3676

**CAMPTONVILLE
COMMUNITY
SERVICES
DISTRICT**



Water Plant Manager
Mark Jokerst
288-9320

District Agent
Tedd Sapp
288-3328

Emergencies Dial 911

Lester Paton U.S. Patent 233,692 Oct. 26, 1880

Water Plant Manager
Mark Jokerst
288-9320



Somewhere a needle is threaded.

The needle

a fine silver splinter of light.

The eye

an open door in the heart.

The thread

***let down from the belly of
being,***

for you to take

into your hand

And mend the broken world.

© Diane Pendola

An Evening of Musical Fun for Children 0-5 Years – August 22nd

By CCP Staff

Come to the *Fun Family Friday* on **August 22, from 6-7 pm**, presented by the Yuba County Office of Education and Camptonville Community Partnership at Camptonville School. This free concert for families with young children features Obie Leff, local educator and entertainer. Obie's music includes fun, educational songs for the entire family. The first 20 families with children 0-5 years will receive take-home materials. Funding is provided in partnership by First 5 Yuba, and Yuba County Office of Education. Look for fliers! For information, call the Camptonville Resource Center at 288-9355.

Lonely Playground Needs Children!

By Bill Doub

Our playground on Old Toll Road is seeking children to play on a zip line, 4 swings, 2 sliding pulls, a playhouse, water play, 2 tree houses, and a bouncy swing for toddlers. Parents - call us to arrange a time to come with your children and play. For information or to set up a time, please call Ryan at 277-0917 or Bill at 288-1730, or email: jstanbdy@yahoo.com.



California Enacts Water Restrictions

By Mark Jokerst

Effective Aug 1, in response to the drought, the state has enacted emergency regulations regarding water use. The new regulations, in brief, require the water department to restrict, among other things, watering ornamental landscape to only 2 days a week. Water customers will receive a more detailed explanation with the coming bill. These new regs will be considered by the CCSD Board at its Aug. 4th Board Meeting, 7 pm at the school. Please come and voice your concerns.

Fire on Moonshine Road

By Shirley Dickard

A fire from a yet-to-be determined cause erupted on Moonshine Road over the July 4th weekend. It was started either by a tossed cigarette or possibly a nearby smoldering campfire. It was sheer luck that the fire was spotted early and reported, averting what could have been a catastrophe. We heartily thank CalFire, USFS and C'V Volunteer Fire Depts for their quick response. They said it took 80 gallons of water to extinguish the campfire's coals. *Please, in this drought be ULTRA cautious - no open fires – not even campfires.*

Gardeners' Market Starts August 2nd

By Jimbo Garrison



The fabulous CAMPTONVILLE COMMUNITY GARDENERS' MARKET is back! It begins August 2nd and continues every Saturday through September from 10 until Noon at Rebel Ridge Organics (16042 Creekside Trail just off Marysville Road, 1/4 of a mile from Hwy. 49).

Super fresh organic local produce can be yours at the lowest prices anywhere. Also my own regionally famous "World's Best" Garlic Dill Refrigerator Pickles will be available. Come try a sample! Local gardeners with excess produce, local crafts and products are all welcome; call Jimbo at 288-1001 for information. Come on by and visit with friends and neighbors. We hope to see you there!



**CalFresh,
California's Nutrition
Supplement Program**

To apply call the Camptonville
Resource Center at 288-9355

Forest Bioenergy Business Center Open House Meeting – August 21st

By Cathy LeBlanc

Save the date: **August 21 from 6:30-8:30 pm** at the Camptonville Community Center (Masonic Lodge building). Please join steering committee members: Nick Whittlesey (property owner and all around great guy), Stephanie Williams (community-at-large and CCP board member), Bob Prout (owner, operator of Moonshine Mill), Scott Lunder (Colusa Casino), Glenn Nader (UCD Extension), Hal Stocker (Yuba Co. Supervisor), Randy Fletcher (Businessman and supervisor candidate) and Camptonville Community Partnership staff, Chris Friedel and Cathy LeBlanc.

Come learn what we've discovered about what it will take to successfully operate a small, biomass energy plant in Celestial Valley. We'll also discuss what we still need to learn and do. You will hear an update on the project, next steps, and have an opportunity to share your ideas and concerns. For more information call the Resource Center 288-9355.

Meet Your Local School Principal - Sandy Ross

By Linda Rose

Sandy Ross came to California from her birthplace in Philadelphia 32 years ago, and after a short stint in Southern California, has lived in Camptonville ever since. Sandy's children, Corrine, Adam and Ryan, were raised here and attended Camptonville School. She is also a proud grandmother of three. Sandy has been happily married to husband Norm for eight years.

What Sandy enjoys most about this community is the beauty and the ability to enjoy a variety of outdoor activities. She feels there is a strong sense of freedom here that cannot be realized most anywhere else. She appreciates the help and support received from her many community mentors and role models. "Camptonville is a wonderful place to raise children," she says. Most of her friends are parents of children who grew up with her own. When she came here, she "took on a whole new family."

In August, Sandy will be starting her fourth year as Camptonville School's Superintendent/Principal and Special Education Teacher. Prior to this job, Sandy taught in Marysville for five years. She developed classrooms and taught students with Moderate to Severe Disabilities (M/S). Her credentials and experience working with these inspiring students have given her an excellent understanding of their special needs. This is particularly important in our small community where these students might otherwise have to attend classrooms away from Camptonville. In addition, her familiarity with the community and the school culture (with 17 years as a paraeducator) as well as her connection with the Yuba County Office of Education, have enhanced her qualifications as Principal/Superintendent.

Sandy is proud of the Elective Program developed for 3-8th graders, where they can take a variety of electives such as art, yoga, gardening, and leatherwork, most taught by community volunteers. A new technology program - "1:1 iPad" gives 6-8th graders an iPad to use at school to interact with their teacher, complete assignments, create presentations, do research, etc.

Sandy spent 15 years as an EMT with the fire department and was involved with Twilight School. She enjoys hiking, gardening, reading, yoga, cooking with fresh local, healthy ingredients and playing with her grandchildren as often as possible. In her future, she hopes to have more time to write and possibly learn to teach yoga to children. Happy fourth anniversary, Sandy!



Summer Light

By Yakshi Vadeboncoeur



*Heliotropic poppy in early June
wherever the light is you want to be.
By mid July you're photo-phobic. She's lost
all restraint, lacks all discretion. Every day
by mid morning, you've had enough!*

*Too bright, so intense and straightforward
you can't hide a thing; and she hasn't
the faintest notion of how to keep a secret.
In fact, nothing about her is 'faint.' She scorns
her spring decorum.*

*She ratchets up the heat - demands respect
will burn it into unprotected retina or rose petal -
Satin smooth silk bud of morning crumbles
to dry tissue taffeta petals in the course of one
sun-saturated day.*

*Still, the heavy-headed fragrance
of sun-drained roses draws you out.
And there on the margins of the evening garden
is the last lingering light of day
sharp and dark*

*and fattening into the unbearable sweetness
of July blackberries amid their thorns.
And all you want
is more.*

• • • • •

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What's New for the 2014-2015 School Year?

By Sandy Ross,
Principal/Superintendent



I am thrilled to introduce Alison Martin, our new K-2 classroom teacher. While a Nevada City native, she has recently returned to our area after spending time abroad including traveling and teaching in South Korea. Alison's training is in early child development, and one of her passions is outdoor education. She is an avid snowboarder and yoga enthusiast. We look forward to adding her energy, diverse experience, and enthusiasm for student-centered learning to our teaching team, and she is eager to meet her new students and their parents!

We have added a 5 day per week Title I Paraeducator this year and are extremely fortunate to have hired Michele Pearcy to fill that position. In this role, Michele will be collaborating with our teaching staff to provide additional support to students in grades K-8. Michele's previous experience includes many years of working in a similar capacity in programs throughout Nevada County.

Michele and Jeanne Black will be continuing to offer their After School Program through a CCP/Camptonville School Partnership this year. Details regarding schedules, hours, and fees will be sent home at the beginning of the school year. Limited scholarships will be available for students upon parent request.

3 Reasons Why You Should Not Miss Back-to-School Night!

By Sandy Ross, Principal/Superintendent

If someone told you that you could do one thing to help make your child's school year more successful, what would your response be? If they also said that, while doing so, you could have a delicious, homemade dinner and get a family photo taken, all for free; would you be even more convinced that this could be the most important night for you to take a proactive part in your child's new school year?

For these three important reasons, I am reaching out to parents of Camptonville School students to invite you to Back-to-School Night on **Thursday, August 28**. Exact times are yet to be determined, but dinner is sure to be amazing and full of fresh local ingredients and vegetarian options. Childcare and playground supervision will be provided while you are participating in your child's classroom presentation. In addition, we are offering free family photos that evening. Tickets for photos will be given out by classroom teachers and may be redeemed at a later date as long as one adult is present for the classroom presentation.

By giving you plenty of notice, we hope you can arrange for at least one parent/guardian to attend. What better way to find out what your child's teacher expects of them this year, what field trips have been scheduled, what is the homework policy, procedure for absences, late work, and much, much more. You also will be able to ask teachers directly about specific questions and concerns.

Camptonville School's staff, Site Council Members, and School Board Trustees, along with many other stakeholders have identified increased parent participation as a key goal to improving student achievement in our school district's Local Control Accountability Plan. Please take a few hours of your time and help us to reach 100% participation and make a huge difference for your child!



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SANDY ROSS
Superintendent/Principal

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Fax: (530)288-0805
Email: sross@cville.k12.ca.us

The Drought Continues; Thanks For Conserving!!

By Mark Jokerst, Water Plant Manager

Just like last month, I am publishing the water production and consumption chart, adding data from the end of June meter readings (see chart on right).

The thick black line shows current water production, which continues trending lower than the average (lighter solid line) year but higher than the lowest ever production (the lower dashed line). You can see the current consumption (darker bar graph) compared to 2013 consumption (lighter bar graph). You can also now see the Campbell's Gulch overflow readings (thin black line with round black dots), which has fallen from over 3 inches in May to 1 inch in mid-July. The chart reports water production/consumption in gallons per minute.

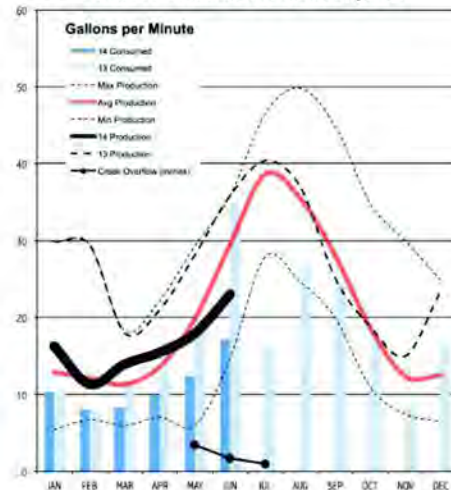
Water Facts: If every metered customer in town used 10,000 gallons per month, the overall consumption rate in gallons per minute would be just under 17 gpm for the entire town. That's 17 gpm all day, every day. In fact, that was the average consumption rate for June this year.

Now here is an astounding fact: One 3/4" hose at full blast can flow water at 16 gallons per minute. In other words, one hose left on accidentally can flow as much water as the whole town of Camptonville uses at the same time.

The creek continues to produce enough water but is rapidly slowing down. We have refurbished our main well and both wells are ready to help, but neither well is a strong producer. Once we convert from stream intake to well water (or hopefully a little of both) our daily production will likely fall. The monthly "Water Manager's Report" to the board will soon be available online at www.camptonville.com/ccsd/ccsd-water.html.

Thanks to everyone for implementing measures to reduce water use. We are all learning how little water it takes to keep our gardens alive even if the grass is edging towards more yellow than green now. Keep a sharp eye out for leaks, and please report any leaks to Mark Jokerst at 288-9320.

CCSD Water Production & Consumption



Survival Tip # 5: Headlamp Bottle Light

By Camptonville Prepared!

Headlamps are great in a power outage, but aren't always the best lighting for every activity. It's hard to play cards across from someone wearing a headlamp, for example. It's annoying to look into the blindingly bright light for too long.

A solution that offers a more relaxing light is to combine a headlamp with a water-filled, plastic milk jug or other clear container filled with water. Invert the headlamp around the bottle so the light shines through toward the center of the bottle. The water diffuses the light and makes a mellow, glowing lamp that can set a nice mood.



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Community Center Steering Committee Update

By the Community Center Steering Committee

The steering committee completed its preliminary work on June 18 and will resume work under its new management structure when the Masons officially transfer ownership of the building to CCSD. We have adopted the proposed structure of three teams: Administrative, Operations and Program. The steering committee (originally formed to develop an organizing structure and operational guidelines) will be replaced by the members of those three teams.

Administrative Team members are Tonie Hilligoss, Char Jokerst, Bob McDonald and Sandy Ross. Operations Team members are Chris Dozier, Christina Ledson and Robert Mumm, with Bob MacDonald and Jeff Murphy on the "fix it" crew that will be called on if the building should develop any problems. Program Team members are Stephanie Korney as Historical Society representative, and Barbara Ramirez as the coordinator of new programs. Membership is open to all Camptonville residents, so please contact Tonie Hilligoss at thilligoss@mac.com to be added to the distribution list.

The committee is inviting the entire Camptonville community to select the name of the center. Details are outlined in an accompanying article in this issue.

Templates for a rental agreement are being collected, and rental rates will be determined after the transfer is done. A tiered rental agreement will favor Camptonville residents.

Although we are confident that the transfer of ownership will proceed as planned, it was agreed to delay investing additional time and effort in planning until the transfer takes place. At this time, we have everything ready to begin making final plans for launching Camptonville's new community center. Thanks to everyone who has helped get us to this point, especially our local Masons and the CCSD board members they have been working with.

You Can Help Choose the Name of Camptonville's Community Center!

By the Community Center Steering Committee

The Community Center Steering Committee unanimously agreed to invite the entire Camptonville community to select the name of the Center. An impressive number of suggestions have already been submitted via the jar at the Lost Nugget Market and, beginning on August 3, there will be a month-long voting period ending August 31.

This will be conducted using a "double-envelope" secret vote technique that will guarantee anonymity (via the inner envelope) while ensuring that all voters are Camptonville residents (i.e. outer envelopes will require names and physical addresses [as opposed to P.O. box numbers]).

Materials for voting and detailed instructions will be available at the Lost Nugget where all votes will be cast. Ballots will be counted in early September.

Names Submitted for the Community Center - as of 7/20/14

Names will continue to be collected at the Lost Nugget Market until the **7/31/14 deadline**. Voting will take place from August 3rd - 31st at the Lost Nugget Market.

CCC	The C'Ville Stagehouse	The Mustard Lily Building
Community Spot	Community Unity Hall	Mustard Meek Hall
Blackberry Community	Flatlanders Hall	The Mustard Center
Center	Francis Hall	Nugget Find Center
Brain's Place	Goldmine Hall	Our Spot
Bull Meek Center	Hanson Hall	Pelton Center/Hall
The Campton Center	Happy Hub	Pelton Community Center
The Campton Community	High Sierra Hall	Pelton Wheel Hall
Center	In the Click	Pelton's Wheel
Camptonville Central	In Town Hall	The People's Place
Camptonville Community	Legand City Camptonville	Red & White Building
Camptonville Community	Leland City Camptonville	Robert Campton Hall
Arts Center	Leland Pauly Community	The Silly Lilly Building
Camptonville Community	Center	Slate Range Hall
Center	The Leland Pauly	Sluice Box Building
Camptonville Community	Community Center	Stage Stop Hall
Cooperative	Mason Lodge	Sugar Shack
Camptonville Corners	Meek's Hall	Swag Palace
The Camptonville	Miracle Whip	The Tarweed Building
Crossroads	Mountain House Hall	Tiger Lily Central
Camptonville	Mr. Leland Pauly C.C.C.	Tiger Lily Hall
Gastronologe Center	The Mustard Building	Town Hall
The CV Hub	Mustard Hall	Umpa Lumpa Hall

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Shinning a Light on CCP

By Cathy LeBlanc

Hi Folks. What do you know about your neighborhood non-profit, Camptonville Community Partnership (CCP)? Well, you may know we run a Resource Center. It's a place anyone can call or come by to find information they may need, or to use the computers, copy machine, and fax. The room is also used for community meetings and more. Stop by and see us. We're located behind the school, just beyond 1,2,3 Grow and the school garden. Please stop first in the school office to get a pass.

You may also know we are honored to bring 1,2,3 Grow to the community. 1,2,3 Grow is our parent participation early childhood enrichment program for children birth to 5 years that helps kids and their parents prepare for kindergarten, share knowledge, have fun and socialize!

Being over 20 miles from the nearest big town, folks have told us they value having local recreation opportunities for youth and adults. We've responded with community-driven, after-school and summer-rec programs. We offer Twilight School every now and then, where we "take over the school one evening a week" for recreation and fun classes. There, folks have learned everything from gardening to Zumba to how to make bio-diesel.

CCP is also known for asking questions and listening to what folks have to say. From our humble roots in 1996 to the present, we have been "gathering the community voice" and bringing that voice to decision makers. In 2001, the year CCP became a non-profit, we also began a health advocacy department to advocate for our rural community and health. In 2007, CCP helped Camptonville develop a Community Health Action Plan (www.camptonville.com), putting our voice into the county general plan update.

Now there's something you can help us with. It's been a while since we took a community snap shot and we hope you take the time to fill out our 2014 C'V Community Survey. Fill out the survey and receive a thank you gift. Look for our booth or table at community functions all summer long, or feel free to give us a call 288-9355.



"Hair Raising" Blues Festival, August 31st - NSJ

By Annalinde Wainwright

The "Hair Raising" Blues Festival at the North Columbia Schoolhouse on Tyler Foote Road is **Sunday, August 31** and is a must for music lovers.



It will feature continuous music by 8 acts from noon 'til dark. Tickets are \$25 at the door, or online at inticketing.com. The non-profit "Hair Raising" raises funds to buy adjustable human hair wigs for children with cancer. The wigs cost \$1,800, and because they are adjustable can help more than one child over time.

Headliner Cee Cee James will premier Pinkie Rideau's tribute to Janis Joplin. Opening act, "Rich Stone's Violin Class," makes their first public appearance. Rich is an accomplished symphony violinist who donates his time and the violins to teach children at the NSJ Family Resource Center.

The blues festival bands are: Pinkie and Blind Resistance; Val Starr and the Blues Rocket; Dippin' Sauce; Jamal Walker Band; Grease Grit and Grime; Dennis Sies and Friends, with MC. T.C. King of TC King Live.

And there's more! Over 30 vendors of all types will wow you with their wares. Food you ask? Make a bee-line for Angelica Duarte and partner William Kimball's new venture, Muy Bean. If you had their mole sauce at the Storytelling Festival, you know what I mean. Vendors are still welcome, \$25. Call Pinkie at 530-415-9709 to reserve a space, for info and for donations.



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Dig It!

Fire Dept Picnic Sept. 6th - Save the Date!

by Donna Tate

The 21st Annual Camptonville Volunteer Fire Department Picnic will held on **September 6** at the Lost Nugget field, starting at 2 PM. Watch *The Courier* for more information.

CCP Obtains 1-Year Extension of First 5 Yuba Funding for 1,2,3 Grow

By Yakshi Vadeboncoeur

We're happy to report that Camptonville Community Partnership (CCP) has received a 1-year extension of its grant with First 5 Yuba to fund the 1,2,3 Grow parent participation preschool program for the coming '14-'15 school year.

Camptonville School proper begins its first day of classes on Wed., Aug. 13, and we're planning to start 1,2,3 Grow on the following Tues., Aug. 19. We're envisioning a slightly different format this year, so parents, please give Yakshi and CCP feedback and suggestions regarding the following schedule:

Tuesdays 8:30 -11:30: A school readiness session for children 3 ½ to 5 years old

Thursdays 8:30 -11:30: Library day and an open session for all children 0-5 years

Fridays 9:00 -11:00: Add a two-hour, 3rd session only for infant/toddlers to better gear the morning's activities to the developmental abilities of our youngest classmates.

There are obvious logistical issues for families with children in both age groups. But putting our heads together, I'm sure we can meet the challenges in order to reap the benefits of the new arrangements. This is a thought in process, and your input will help shape the final schedule that best serves our mutual goals.

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Mumm Sawmill Part 3: The Sound of the Saws

By Robert Mumm

At the Mumm sawmill, you can hear the saw making a sort of whine as it cuts into a log, and then the slap-down sound as a cant is dropped off. My brother John has pulled it away from the bottom so as to show the face, which may contain some bark. He quickly sets the edger to make the best use of that piece and sends it through. The saws scream, and boards come out with bark cut away. Raymond Wolf quickly discards the edgings into one pile and the boards into another. By this time, another cant is on its way from the main saw.

The work is fast paced and hot. There is no roof on this mill, and summer temperatures can be around 100 F so everyone keeps a water jug handy and takes salt tablets. My brother John gets a nice tan working without a shirt, but Dad and Raymond keep their shirts on. Dad is the tall skinny guy near where the saw cuts into the log. As soon as one log is cut up, another must be rolled down the way and onto the carriage. There are head blocks mounted crosswise on the carriage to allow the log to be moved toward the saw in fairly discrete increments, sometimes fractions of an inch at a time.

The engines in the mill are working hard, too, and need lots of cooling. Both the head rig engine and the edger engine have water tower coolers. These consist of a big water tank at the bottom and a small tank at the top. Water from the engine flows from the top tank down over slats, which are like louvers, exposing it to lots of air, so it loses heat through evaporation on the way back to the big tank. Then it goes back through the engine. See the steam coming off the cooling tanks. The engines are fine, though, just a bit noisy. Here in the mill we have to just about shout.

.



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Summer Sun and Your Health

By Shirley Dickard

Summer sunlight on our bodies can be both health-promoting and destructive. As a former health educator and school nurse, I've come up with a few tidbits about the sun and our health.



First, the benefits:

- Sunlight helps boost our immune system by helping our skin make Vitamin D, which in turn, activates cells that fight foreign bacteria and viruses.
- Sunlight is a natural anti-bacterial. Ultraviolet radiation kills off bacteria on our skin and on clothes drying in the sun (must be why I put my wool mattress topper out in the sun to freshen).
- Sunlight helps improve our mood by increasing levels of serotonin in our brain. With too little light in winter, some people feel tired or depressed (Seasonal Affective Disorder - SAD).
- Sunshine helps with sleep. When sunlight enters the eye, it sends a message to the brain to secrete melatonin, a hormone that is needed for good sleep.
- My mother-in-law used to call the sun, mother nature's tranquilizer.

But there are risks: The effects of sun exposure accumulate over your lifetime, increasing your risk of melanoma, squamous cell and basal cell skin cancers. Key factors are the total amount of sun you've had since childhood and your genetic predisposition. Exposure to bright sunlight may increase the risk of cataracts and growths on the eye. UV light is stronger in high altitudes and when reflected off water, and even present on cloudy days.

What can you do to minimize your risk? Come inside when the sun is most intense - 10 am to 3 pm (hence, the siesta!). Put on that sun-protective clothing hanging in your closet (long sleeves and pants), investigate safe sunscreens and apply as directed, and wear wide-brimmed hats and UV-blocking sunglasses (wrap around styles are best). Make this a daily habit with your young children so they accumulate less exposure that might show up as damage later in life.

"There's a sorrow and pain in everyone's life, but every now and then there's a ray of light that melts the loneliness in the heart and brings comfort like hot soup and a soft bed."

- Hubert Selby Jr.



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Help & Hope

For Emergencies.....First Call 911

(530 area code)

Camptonville Fire Department 288-3303

Yuba County Sheriff Emergency 749-7909

Non-Emergency 749-7777

PG&E 800-743-5000

Red Cross of NE California 673-1460

Office of Emergency Services-Yuba 749-7520

Camptonville Resource Center/CCP 288-3955

KVMR 89.5 FM 265-9555

KNCO News Talk 830 AM 272-3424

AA in Camptonville 288-1001

Community Recovery Resources (GV) 273-9541

Domestic Violence:

-Casa de Esperanza, Hot Line (Yuba) 674-2040

-DVSAC Crisis (Nevada Co) 272-3467

CA Rural Legal Assistance (Yuba) 742-5191

Legal Center for Seniors (Yuba) 742-8289

Mental Health 24hr Crisis Line (Yuba) 673-8255

NAMI – Support for mental illness 272-7863

(Contact Editor for additions or corrections)

Notice of Public Hearing Re: Intent to Adopt Mitigated Negative Declaration for the C'V Water System Improvement Project

By Mark Jokerst

The Board of Directors of the Camptonville Community Services District (CCSD) will consider the adoption of the proposed Mitigated Negative Declaration for the C'V Water System Improvement Project. Copies are available by contacting Mark Jokerst, Water Manager, at 288-9320. The project involves construction of a new water storage tank, new wells, water treatment plant improvements, new photovoltaic array, and distribution pipeline improvements. It will also improve the existing water system to correct deficiencies in source of supply, storage, and treatment. The project will assure continued provision of a safe and reliable source of drinking water in compliance with State Department of Public Health standards.

The Board will receive written or oral public comment on the proposed Negative Declaration at a public hearing on **Monday, August 18, 7 pm** at C'V School. Written comments can be mailed to CCSD at P.O. Box 327, C'V 95922. The review period during which CCSD will receive written comments is from July 22 to August 28.



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August School Calendar

- August 6 -11 School office will be staffed from 9 -3
August 12 All Staff Work Day
August 13 First Day of School, B-T-S Assembly 12:45
- 1st-8th grade schedule, 8:25-2:45 pm
(Students may arrive at 8 am for breakfast/recess)
 - Kindergarten schedule, 10:20-2:45 pm
(Kindergarteners may arrive at 10 am for recess)
- August 20 School Board Meeting, 6 pm
August 28 Minimum Day, 12:45 pm dismissal for students
August 28 Back to School Night – Dinner, Family Photos, and Classroom Presentations.

*****ECRWSS 22B001

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AUGUST, 2014 Community Calendar

On-Line Calendar: www.camptonville/calendar/phb

AUGUST

- 4 CCSD Board Meeting, 7 pm, C'V School
5 WSMC Health Van, 10 am -3 pm, Masonic Lodge
18 CCP Board Meeting, 5 pm, Resource Center
18 CCSD Board Meeting, 7 pm, C'V School
21 Forest Bioenergy Business Cntr 6:30 pm, Com. Cntr.
22 Family Music Friday, 6 pm, C'V School
31 Deadline to vote for Community Center names at
Lost Nugget Market

Save the Date:

- Sept 6 Fire Dept Picnic, 2 pm, Lost Nugget Field

On-Going Weekly Events

- Mondays: Yoga/Pilates, 9 am, NSJ Center
Tuesdays: Organic Lunch, 12 pm, NSJ Center
Yoga, 5:30 pm C'V School Gym
C'V Fire Dept Trainings, 6-9 pm, Fire Hall
Thursdays: Community Lunch, 12 pm, NSJ Center
Food Bank, Dobbins (except 3rd Thurs), 12:30-1:30 pm
Food Bank, NSJ, 2nd Thurs, 8 am, NSJ Center
AA Meeting, 6:30 - 7:30 pm, C'V Resource Center
Fridays: Bingo, 1st & 3rd Friday, 7 pm NSJ Center
USDA Food Bank, 3rd Fri, 9-10:30 am, Dobbins, LF Grange
Saturdays: Gardeners' Market, 10 - noon, Rebel Ridge Organics

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