

# THE Camptonville Courier

*Connecting the Community  
Since 1997*



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## How Did Our School Garden Grow?

By Sandy Ross,  
Superintendent/Principal

Looking back, it's hard to find an exact history of the Camptonville School Garden. All I know for sure is that from some flower beds and veggie boxes planted by the small hands of the 1,2,3 Grow preschoolers,

to the seeds and starts propagated under grow lights in Steve Kelly's K-1 classroom over a decade ago, the garden continued to grow. I remember the excitement when Mr. Kelly and his class raised money to buy the original greenhouse. Eventually there was a worm bed and a composter and lots of garden boxes.

When I started my job as principal 4 years ago, Christina Ledson and Candace DeMaranville were organizing a garden club and family/community work days. The garden has been utilized by staff, and our youngest and oldest students alike for education, art, nutrition, physical activity, and environmental studies.

The garden is also a major part of the School Wellness Plan. You can't help but notice the amazing dedication and commitment of our school community to wellness and nutrition. Fresh, local ingredients are a part of our school's daily breakfast and lunch program. The garden elective is a popular choice in our new elective program. Last year, students helped Norm make new boxes and remove those that had rotted. In the spring, Jessi invited us to start our seeds in the Rebel Ridge Organics' greenhouses and taught students about plant biology. We are now blessed to create meals for our students with an abundant harvest of cucumbers, zucchini, peppers, tomatoes, spinach, and the list goes on...

Major supporters of the garden over the years include Yakshi and 1,2,3 Grow, Camptonville Community Partnership, Jeanne Black, Cheryl Durrett, The Parents Club, local businesses and elected officials. Cafeteria Manager, Patsy Prout was famous for sneaking pureed vegetables into most everything she cooked! Over the hot summers, Mr. Kelly and others (Continued on Page 2)

## About the Camptonville Gardeners' Market

By Shirley Dickard

If you've stopped by the Saturday morning Gardeners' Market, you've probably seen



Jimbo Garrison and contributing gardener Keith Montgomery

Jimbo Garrison weighing the produce from local gardeners who are either selling their fruits and vegetables, or are donating extra produce to the market. Either way, the community benefits. Not only do folks take home fresh, organic food to eat, but over the years, 25% of gross proceeds have gone to local causes, such as CCP, Journey Home Hospice, the school library, The Courier, etc.

Back in 1999, Tonie Hilligoss wrote a U.S. Forest Service Economic Grant for a co-op market that Rod Bondurant coordinated. Rod sold veggies from the back of his pickup truck and recalls the first day he sold \$5 worth of produce in front of the Lost Nugget Market.

For 15 years, people have stepped forward to keep it going every summer, including Carolyn Mumm, Lois Lambert, Rochelle Bell, Cheryl Zatuchni and others. When Jimbo volunteered in 2002, he added his famous "World's Best" Garlic Dill Refrigerator Pickles and to-die-for desserts (including gluten-free sweets). Two of the most ardent supporters have been Hal Stocker and Mac Claar who have donated boxes and boxes of their produce from the warmer climes of Challenge and Marysville. We appreciate how so many people have volunteered so much over the years.



The Market runs 10 am – noon on Saturdays, at Rebel Ridge Organics until the end of September. I advise you to get there early, as the goods often sell out, and you'll want to have enough time to visit with friends! For information, or to sell or donate produce, call Jimbo at 288-1001.

## From the Editor

Shirley Dickard

### Rhythms of a September Garden

Early morning cucumber tendrils curl lazily around my wrist as I reach for the dangling cukes; behind me, rogue squash vines plot to trip me as I turn to pass. Zucchini, my garden's over-achiever, reveals yet another hidden super-sized squash that will delight the chickens. Later in the afternoon, my basket overflows with DD-sized globe eggplant and voluptuous red and yellow tomatoes for a sensuous eggplant parmesan. Friends for dinner, and the conversation revolves around plans for putting up the harvest before it's consumed by the recent sightings of bear, turkey, deer and ravens. It is a season for growing and sharing.

In this September issue, we invite you to respond to several requests made by our Courier contributors:

- Pg 4 Send your water-saving ideas to Mark.
- Pg 7 Anyone know of a Pelton Wheel that can be given to Vermillion, Ohio, the birth-city of Lester Pelton?
- Pg 10 Name the location and history of this historical mileage marker.



(Garden, Continued from Page 1)

kept the garden well-watered. Too many to name individually, we thank all who have donated materials and time over the years.

And let's not forget to thank

Mother Nature who certainly helped out – beautiful Camptonville weather, some grape seeds dropped by birds flying overhead, the fallen oak tree on the playground providing wood chips for 1,2,3 Grow's play area, and enough water even with our conservation methods in place to keep our garden growing.

If you haven't seen our garden lately, please stroll behind the school, take a look, and maybe a nibble!



"It's impossible," said pride.  
 "It's risky," said experience.  
 "It's pointless," said reason  
*"Give it a try," whispered the heart.*

Sign posted in the hallway of Camptonville School



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 Camptonville Union School District  
 P.O. Box 278  
 16585 School Street  
 Camptonville, CA 95922

**SANDY ROSS**  
 Superintendent/Principal

Phone: (530)288-3277  
 Fax: (530)288-0805  
 Email: sross@cville.k12.ca.us

## Moonshine Potluck September 20th

By Carolyn Mumm

Once again, **Saturday, September 20th at 4:00 pm**, we will have the Moonshine Potluck. Everyone is invited. Come with a dish to share and a dish to eat from. Chris and Scott Pope generously host this community get-together at their place on Moonshine Road near Highway 49. Look for a sign saying "Potluck." Old Toll road comes into Moonshine across from the Pope's house. Hope to see you there to enjoy visiting with friends and sharing homemade, often garden fresh food and maybe some games.



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*Brian Price  
(pictured) says big plans  
coming to Burgee Dave's  
at the Mayo.  
Stay tuned!*

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## Thursday Market at the Mayo

By Christina Ledson

Are you looking for that perfect gift, fresh local produce, handmade jewelry, hats, toys, or even a relaxing massage? **Every 1st and 3rd Thursday** you can find these items and many more from 2:30 pm to 5:30 pm at Burgee Daves.

Brian and Sandi always have some great specials worked up in addition to the regular menu. If you are local vendor who might be interested in joining us, please call Brian at 288-3301.

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## C'V Volunteer Fire Department Picnic is right around the corner!

By Donna Tate

The Fire Department and the Auxiliary are all geared up and ready to host the 22nd Annual Camptonville Volunteer Fire Department Picnic. The event will be held at the Lost Nugget Market Field on **Saturday, September 6th, from 2 pm to 10 pm.**

We will be serving our same awesome menu of tri-tip, chicken or burger, baked potato, salad and bread all for a \$10 donation. There will be entertainment and activities throughout the day, including games for kids and horseshoes for the "bigger kids." When the sun goes down, put on your dancing shoes and get ready to rock the night with the "Sons of Boogie," the same great band as last year!

There are some great raffle items this year, including some big cash prizes, a 2 night stay at the Atlantis Resort and Casino, and several items from our local and neighboring businesses! Raffle tickets can be purchased at the Lost Nugget Market, Burgee Dave's, Rebel Ridge Organics or at the Picnic.

The Auxiliary is still looking for a few volunteers to help serve dinner. If you are interested, please call Wendy Tinnel at 277-6737. Come show your community spirit and support for our awesome Fire Department volunteers!

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## The Water Report - Thundershower Relief

By Mark Jokerst, Water Plant Manager

The thundershowers of August 4 - 6 actually raised Campbell's Gulch overflow from 1" to 1-3/4" for a week, and we continue to hold with 1" of overflow. Please take some credit for that as well: Your conservation keeps water flowing past our diversion dam and keeps the creek alive. Your conservation is also keeping our tank full all day long, and this continues to hold the drought ordinance in limbo. Water use last month was under 17 gpm, again record-breaking conservation by you. So thank-you - keep up the good work!

**Grants:** We finally got word that our water system improvement grant is moving forward: We were awarded a total of \$789,341 to construct a new storage tank and modernize the plant. The environmental review process is nearly complete, design work is getting started, and we should be bidding the project by Christmas time, for construction starting early next year. The tank will be in place by fall of 2015. This grant is funded by the Department of Water Resources Proposition 84 funds and is being managed by The Sierra Fund of Grass Valley and the Camptonville Water Department. We are also working hard on a second grant to fund the development of two new wells.

**State Drought Laws:** The state of California passed new water rules effective on Sept 1, 2014. They read: "To promote water conservation, the following is prohibited:

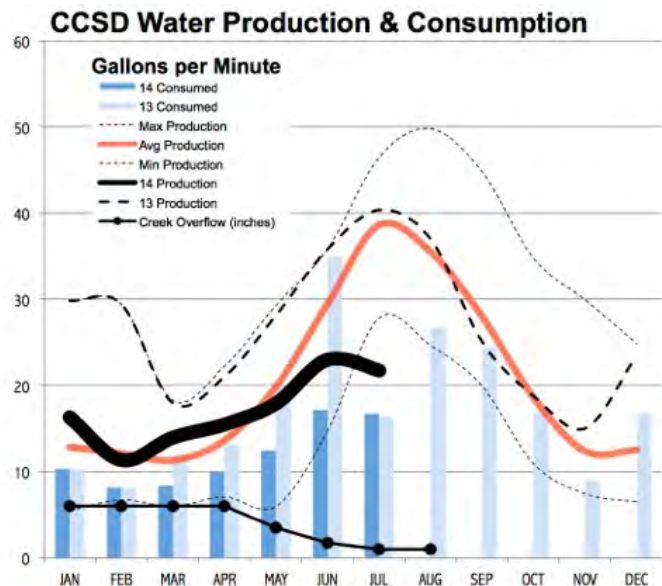
- Watering that results in water flowing off the property, or onto pavements and non-irrigated areas;
- The use of a hose that does not have an automatic shut-off nozzle that stops flowing if you drop the hose, when washing motor vehicles;
- Watering or washing driveways or sidewalks;
- and, the use of potable water in a fountain, unless the water is recirculated.

Violation of these actions is punishable by a fine of up to \$500 for each day in violation." The CCSD Board urges all customers to abide by these rules.

## Christmas Club Brunch – Save the Date!

By Donna Tate

The Camptonville Christmas Club will be hosting our 2nd annual "Fall Brunch" fundraiser on **Sunday, October 5th from 10 am to noon** at Rebel Ridge Organics. Look for information in next month's Courier, locally-posted flyers, and Facebook.



**This Water Chart** reports production and consumption in gallons per minute, current to the end of July. The thick black line shows current water production, the lighter tone line shows a 10-year average production, and consumption is shown with vertical bars. The creek overflow is reported as well. Look how the creek has fallen but is now leveling out. Cross your fingers!

## How Do You Save Water?

By Mark Jokerst

Drop me a line and let me know. We will be publishing your bright ideas every month in the Courier, so if I stop you on the street and ask how you save water, please share your genius with all of us. Char says, "When I find (your) water glasses left all over the house full of water, I spread the left-over water on the house plants" Send me your ideas: [mjokerst@me.com](mailto:mjokerst@me.com) or call 288-9320.

<b>Cemetery</b> Wendy Tinnel 277-6737	<b>CAMPTONVILLE COMMUNITY SERVICES DISTRICT</b>
<b>CV Fire Department</b> Chief Brandi Dudek 288-3303	<b>Water Plant Manager</b> Mark Jokerst 288-9320 <b>District Agent</b> Tedd Sapp 288-3328
<b>District Secretary</b> Pam Wilcox 288-3676	<b>Emergencies Dial 911</b> <small>Lester Pelton U.S. Patent 233,692 Oct. 26, 1880</small>

## PG&E Awards Funding for our Foothill Fire Safety

By Cathy LeBlanc, CCP



Great news! PG&E awarded the Yuba Watershed Protection and Fire Safe Council (YWP&FSC) six grants in late August to benefit fire safety efforts in the Yuba foothill community. A grateful thank you to Chris Schroder, PG&E representative assigned to the YWP&FSC. Chris used his listening skills at various monthly Council meetings to discern whether our foothill community has "shovel ready" projects that could be completed by October 31, 2014.

Funding will provide much needed equipment to the Smartsville and Camptonville Volunteer Fire Departments as listed in the Community Wildfire Protection Plan. Awards will also provide brush-clearing efforts along Moonshine Road and the Challenge 4-H camp. Other funding will help folks with special needs (low income, disabled, or elderly) clear defensible space around their homes, provide infrastructure for a chipping program, and signs to raise residents' awareness about the law requiring a 100-foot clearance around homes.

Camptonville Community Partnership (288-9355) is the fiscal and grants manager for the YWP&FSC and will have more information available to the public in September. The Community Wildfire Protection Plan is now available on-line at <http://www.deercreekgis.com/yubacwpp/>

## River Cleanup

By Regine Miller

Hats off to Camptonville School for helping to keep our watershed clean! Students and staff will participate in the Sierra Nevada Conservancy's Great Sierra River Cleanup on **September 15th** at the Oregon Creek Day Use Area. This is the third year students and staff have participated in the cleanup which is a state-wide effort to remove trash from river corridors, promote river stewardship, and affirm the desire for clean water and healthy rivers.

Last year, Camptonville students removed over 60 pounds of trash and recycling in less than two hours including, but not limited to: diapers, cigarette butts, clothing, bedding, glass bottles, cans, food wrappers, and straw wrappers. The Sierra Nevada Conservancy's cleanup effort, in partnership with the California Coastal Cleanup Day, serves to care for the State's waterways from the headwaters to the sea.

## Volunteer Fire Department Report

By Brandi Dudek, Chief

As many of you have heard, North San Juan had precious water stolen from their fire department and school water storage tanks. Camptonville Fire has checked all our water tanks, so far so good. Water is precious to us all right now, so please, if you see any suspicious activity around our water tanks, call me at 288-3303 or call 911.

Reminder, 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.

Our Camptonville Volunteer Fire Department ran seven calls this month: four medical emergencies and three motor vehicle accidents. We took a long ride to Sierra City to aid in a medical emergency they had. Hope to see you at the Fire Department Picnic September 6!



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## Ohio Museum Seeks Pelton Water Wheel

By Stephanie Korney

The Pelton Water Wheel is critical in supplying hydroelectric power around the world, and Lester Pelton ranks among the most important and well known inventors in history. Sadly, here in Camptonville where Mr. Pelton made his remarkable innovation, few know much about him or what made his water wheel so much better than others. This lack of recognition is also the case in Vermilion, Ohio, where Lester Pelton was born and spent his early years before joining a group of other young men traveling west in the California Gold Rush.



Local Vermilion historian, Richard Tarrant, is working to bring more attention to Pelton's life and work. Richard's grandfather operated a print shop in Vermilion for many years. The shop has stood idle for

many years, but now Richard and his wife are turning it into a museum featuring the old presses and typesetting equipment that remain from its heyday of operation. (You can visit <https://www.facebook.com/VermilionNewsPrintShopMuseum> to learn more).

As the museum will also display other artifacts of the past, Richard would dearly love to obtain a Pelton wheel to highlight the achievements of Lester Pelton and his world-changing invention.

Rod Bondurant, treasurer of the Camptonville History Society, recently returned from a visit to Vermilion, a pleasant town located on the shore of Lake Erie and popular with tourists. Rod met with Richard, who graciously provided a tour of the town and the sites related to Lester Pelton, including his very humble grave.

The History Society has been in contact with Richard for some time, and now that our two towns, both important in Lester's life, are developing museums, we hope the connection will become even stronger and that we can work together to raise awareness of this almost forgotten inventor.

The History Society is hoping that someone in our area has a Pelton wheel that they would be willing to donate for display at the museum in Vermilion. If you have any information or ideas that would help us find a wheel of a manageable size, the History Society will happily handle shipping it to Mr. Tarrant in Vermilion. Please contact us at (530) 288-3550.

## Bullards Report

By Hal Stocker, 5th District Supervisor, Yuba County

So, do you think Bullards Bar is low? Well, yes it is, but it's still one half full! And it's a lot better off than Oroville, Shasta, and Folsom reservoirs. It's better off due to our great "wet" watershed that gets more rain and snow per acre than any other California watershed.

Bullards Bar water level is now at 1,833 feet above sea level, and when it's full, it's at 1,956 feet; so the water level is now down 123 feet. There are now 486,000 acre feet of water in the lake---whereas there were 966,100 acre feet when it was full. So, it is still 50% full. That's a lot of water for cruising and fishing .... and sight-seeing.

The Yuba County Water Agency's FERC re-licensing program is pretty much on track, considering it will take a couple of years more than planned to complete two of the studies due to low water levels. We're looking at 2020 for completion.




A report from the marina says fishing is good---for bass, kokanee, and trout. A monster 8 pound spotted bass was landed a while ago. There's still plenty of water for the fish. The lake is 400 feet deep!

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## Mumm Sawmill Part 4: Moving the Logs

By Robert Mumm

Once one log is cut up, another is needed. If it is a small log, Dad rolls it onto the carriage by himself. If it is large, my brother comes up past the saw and helps load it onto the

carriage. For really big logs, Raymond has to come up too. Cant hooks or peaveys are used to move the logs, turning and rolling them. My brother John has to be careful as he grows stronger for fear of breaking them. This also applies to turning the log to cut the successive faces as it is squared up.

In this mill, all the power used to move and turn logs is human power, except moving the carriage along its track, and even that was done by human power in an earlier version of this mill. My Dad cranked the logs through with a windlass for the first couple of years until my brother reworked a Model "T" transmission to make a feedworks to run the carriage back and forth.

Well, that last log was a tough old butt-cut, and the saw needs to be sharpened, so they are shutting the mill down. Notice how calm it suddenly is. Dad will have a smoke and then file the saw's teeth, while Brother John and Raymond will use the time to get sawdust and bark fragments out of the way. I do a full cleaning of the mill after school each day, but things have to be kept clean as they go.

I guess Dad has to show off a bit as he reaches into a shirt pocket and pulls out a packet of cigarette papers, separates one, and forms it to a "V" with one hand, while opening his tobacco pouch with the other. Somehow the tobacco goes in just so, and he then seals the paper with his tongue as his smoking things are put away.

This time the saw will only be filed, but when the teeth are really worn, they will be replaced by using a special tool that engages a locking device, which holds them in circular cages in this inserted tooth blade. The first saw blade used in this mill didn't have these replaceable teeth, but depended entirely on filing deeper and deeper.

There is no mill whistle, but as soon as Dad has finished with the saw, my brother will start the engines, and there will be the "slap, slap" of flat belts driving the main saw and the feedworks.

*Part #1 was printed April; #2 in May; and #3 in August, 2014. They can be found in the Courier Archives at [www.camptonville.com](http://www.camptonville.com).*

## Yuba River Ranger District Report

By Betty Leffew

Not much news this time. Please remember that we are in fire restrictions. No campfires outside of designated campgrounds. Please make sure your campfire is totally out when you leave your campsite. No campfires in the back-country. Portable stoves can be used but campers must have a valid campfire permit. Please remember that you are responsible for the safety of your campfire or portable device. By obtaining a campfire permit, you are agreeing to abide by all of the conditions on the permit. You can still stop by any Forest Service office to obtain your campfire permit in person and get any questions or concerns you may have addressed. Campfire permits are valid through the end of the calendar year.

You can now obtain a campfire permit online at <http://www.preventwildfireca.org>. This is a three step process:

1. Register with name and address.
2. Watch a required 2.5 minute video on campfire safety.
3. Successfully answer all questions to pass the quiz.

Once you have completed all of these steps you can print and sign your campfire permit, to keep with you.

Listed below are some important dates to remember:

November 1 - No cutting of standing dead hardwood  
November 15 - Sierra County rivers and streams close for fishing.

December 31 - Fuelwood season closes.

Rainfall for the month of August is .35 inches.

Have a safe and fun Labor Day!

## Is that Campfire Really Out? Use "Drown, Stir and Feel"

From the [www.preventwildfireca.org](http://www.preventwildfireca.org) website



Here are three steps to make certain your open campfire is completely extinguished, using "drown, stir and feel."

1. **Drown** the fire with water.
2. **Stir** around the fire area with your shovel to wet any remaining embers and ash. Be sure to turn wood and coals over and wet all sides. Move some dirt onto the fire site and mix thoroughly to fully smother it.
3. **Feel** the area with the back of your hand to ensure nothing is still smoldering.

See more at: <http://www.preventwildfireca.org/Campfires/#sthash.DvTIZFFx.dpuf>

## Update from Forest Biomass Business Center!

By Cathy LeBlanc, CCP

About a dozen individuals showed up to the Open House Meeting on August 21 to hear next steps and learn of ways to be involved in the development of the Forest Biomass Business Center (FBBC). Chris Friedel, project manager for Camptonville Community Partnership (CCP), led the discussion and brought new insight to the gathering. Attending were representatives from county government, UCD Cooperative Extension, PG&E, TSS Consulting, Camptonville Community Service District and community members from as far away as Pike.

Chris shared news of project development, explaining the steps that have brought us to where we are now. In August, CCP received a grant from the Sierra Nevada Conservancy to keep the community informed and connected to the undertaking and to hire a consultant with the technical expertise to guide the project's next steps.

Coming up in September, CCP, working with the Yuba Watershed Protection and Firesfe Council (YWP&FSC), will work through a selection committee to develop a Request for Proposals to send out to consultant firms from around the nation. The consultant will develop a feasibility study that will bring us through the next two phases.

*Phase One* will give us an in depth understanding of the laws and regulations governing the project, identify opportunities for co-located businesses and perform a technology analysis and prioritization.

In *Phase Two* the project will look at the Celestial Valley old mill site in depth to propose the best electricity generating technology to use, give a current biomass feedstock assessment, discern the technical feasibility, economic feasibility and offer a facility financial analysis. The end product will give the community the recommendations necessary to move forward or not.

Toward the end of the meeting Cathy LeBlanc led the group through a visioning process, asking them to use their imagination to tour the future, when the project is completed and prospering. At the same time Jeanne Black let folks know how she will capture some of their most striking ideas and turn them into images. *(Continued next column)*



(FBBC Continued)

Stay tuned for the art she will produce to share this group's vision of the Camptonville Forest Biomass Business Center. It will be showcased at the Camptonville Volunteer Fire Department Picnic. Stop by the CCP booth and check it out!

For more information regarding this project feel free to contact Camptonville Community Partnership at 288-9355 or email [cathy@ccp.org](mailto:cathy@ccp.org). You can also check out the project website: <https://sites.google.com/site/camptonvillefbbc/>



Cathy LeBlanc  
and  
Chris Friedel



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Dig It!

## Emergency Shelter Volunteers Needed for Red Cross Training!



**By Judy Morris, Camptonville Prepared!**

Camptonville currently has a fully stocked Red Cross trailer for community emergencies, but we will lose this valuable equipment if we don't have trained personnel to operate our emergency shelter, located at Camptonville School. We need volunteers to take the free Red Cross training on Emergency Shelter/Evacuation Center Operations, here in Camptonville. Interested in volunteering? Email Judy Morris at [owlsneagles@inreach.com](mailto:owlsneagles@inreach.com) so we can schedule this training with the Red Cross. Remember: YOYO 72 (You're On Your Own for the first 72 hours)

## Survival Tip # 6 Flashlight Battery Tip



**By Camptonville Prepared!**

If your flashlight takes AA batteries, but all you have on hand are AAA batteries, make a ball of foil and jam it into the device where the battery's negative terminal connects. If you use enough foil to fill the gap, the light will turn on - a great temporary solution when you don't have the right size battery in an emergency. For further instructions, go to: <http://lifehacker.com/5880442/convert-aaa-batteries-into-aa-batteries-with-tin-foil>

## Visit Camptonville Prepared! at the Fire Department Picnic.

We will be at the CCP table, providing:

- \* Free resource information
- \* T-shirts for sale
- \* "Grab-and-Go" Bags for sale

All proceeds go back into the community.

Remember: YO YO 72 (You're on your own for the first 72 hrs)

**Doug Rose**

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## CalFresh, California's Nutrition Supplement Program

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Resource Center at 288-9355



### What is the history of this historic mileage marker, and where is it located?

*Hint: C'Ville is 42 3/4 miles away.*

Call 288-3479 or editor.CVCourier@gmail with your answer.

(Answers will be revealed in the October Courier)



**YUBA COUNTY OFFICE OF EDUCATION**  
935 14<sup>th</sup> STREET  
MARYSVILLE, CA 95901

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SUPERINTENDENT

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## Battle of the Bands Fundraiser

By Jennifer Jones, Harmony Health

The first ever Battle of the Bands competition will take place **September 27, from 2 - 10 pm**, at Marysville's Riverfront Park Amphitheater. The event will feature local bands, duets and solo artists, battling it out for cash prizes. Judged by a panel of local musicians, 1st place will receive a \$500 cash prize, 2nd place is \$250, and 3rd place is \$100. The audience will vote for a "People's Choice" award of \$250 going to the favorite winning artist.

To enter the competition, Bands and groups will make a \$50 contribution, and solo artists will make a \$25 contribution to Harmony Health / Rotary Club of Yuba City's International Project.

The event is seeking food and craft vendors. Food vendors will make a \$50 contribution to participate in the event while craft vendors will make a \$40 contribution. For more information or to access registration forms, call (530) 743-6888 or 763-5402, or visit [www.myharmonyhealth.org](http://www.myharmonyhealth.org).

## Harmony Health Medical Clinic

**Rachel Farrell**

Physician Assistant  
Board Certified PA 12271  
Licensed Midwife LM 169



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[www.harmonyhealthfamilyservices.com](http://www.harmonyhealthfamilyservices.com)



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## Free Mental Health Services

By Cathy LeBlanc, CCP



Would you like to get counseling right from the comfort of your own home? University of Southern California (USC) has contacted Camptonville Community Partnership asking us to pass the word about an opportunity for free professional, HIPPA compliant counseling through an on-line tele-health service.

You may receive 12 weeks of 50-minute counseling sessions through this service right at home. You must have a computer (less than 4 years old, with web cam) and a high-speed internet connection. USC Telehealth can help with: parental support, child and adult special needs, stress, depression, anxiety, couples therapy, work/life balance, grief and loss and much more. There is limited availability. Watch for flyers. Call USC Telehealth today 866-740-6502 for more information.

Be kind....for everyone you meet is fighting  
a battle you know nothing about.

- Maria Shriver

## Lora Lee Grutkowski, FNP, Rejoins Downieville Medical Clinic

By Cheryl Rubin, WSMC

Western Sierra Medical Clinic announces that Lora Lee Grutkowski, Family Nurse Practitioner and medical and emergency care provider, has rejoined us at the Downieville Clinic as of August 4. She had previously worked at the Downieville site and mobile clinic sites in Camptonville and Pike City from 2008-2012.



Lora brings 35 years of clinical nursing experience. Since 2012, she has served as a Family Nurse Practitioner at the Sierra Nevada Memorial Hospital's emergency room and as a Registered Nurse in the operating room. During her 35-year career in nursing, Grutkowski has developed an expertise in illness diagnosis, urgent care, cardiac and pediatric life support, surgery practices, immunizations, physical examinations, acute care, and treatment of chronic health illnesses. She also has experience in medical administration and legal consulting.

To make an appointment with Lora Grutkowski, FNP, at the Downieville Clinic, please call 289-3298.

## 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
CCP/Camptonville Resource Center	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)



**WSMC Mobile Health**  
**Camptonville Mason Building**  
**Every First Tuesday**  
**10am – 3pm**  
**Please call for an appointment**  
**wsmcMed.org**  
**(530) 274-WSMC**



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### **WANTED: Volunteer Firefighters and EMTs!**

Drop by Station 1 on a Tuesday night from 6-9 pm and sit in on a training. Find out what we do and how you can become a part of a great team! Questions? Call Chief Brandi Dudek at 288-3303.



### **September School Calendar**

- September 1 Labor Day Holiday (No School)  
September 10 Awards Assembly, 8:45 am  
Staff Development Minimum Day, 12:45 pm dismissal for all students  
Kindergarden Minimum Day Schedule, 8:25 am -12:45 pm  
September 12 Run-Walkathon Fundraiser (grades 3-8), 11-11:55 am.  
September 15 Great Sierra River Cleanup at Oregon Creek Day Use area (all school)  
September 17 School Board Meeting, 6 pm  
September 24 Site Council Meeting, 3 pm

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

**Postal Customer**  
**PO Box or HC Route 1**  
**Camptonville, CA 95922**

### **SEPTEMBER, 2014 Community Calendar**

On-Line Calendar: [www.camptonville/calendar/phb](http://www.camptonville/calendar/phb)

#### **SEPTEMBER**

- 2 WSMC Health Van, 10 am - 3 pm Masonic Lodge  
6 CVFD Picnic, 2 pm, Lost Nugget Market field  
15 CCSD Board Meeting, 7 pm, C'ville School  
15 CCP Board Meeting, 5 pm, Resource Center  
20 Moonshine Potluck, 4 pm  
27 Battle of the Bands Fundraiser, 2 - 10 pm, Marysville

#### **Save the Date:**

- October 5 Christmas Club Brunch, 10 am - 12 noon

#### **On-Going Weekly Events**

- Tuesdays: Organic Lunch, 12 pm, NSJ Center  
Yoga, 5:30 pm C'ville School Gym  
C'ville 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  
Thursday Market at the Mayo (1st & 3rd) 2:30 - 5:30 pm  
AA Meeting, 6:30 - 7:30 pm, C'ville 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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