JANUARY, 2015

"I believe that each of us can make a tremendous difference.

Politicans and visionaries will not return us to the sacredness of life.

That will be done by ordinary men and women who gather neighbors and friends together and say,

'Remember to breathe, remember to feel, remember to care, remember life.'

Let us do this together for ourselves and our children and our children's children."

From "Sharing Silence" by Gunilla Norris

Camptonville Has a Community Center!



The Masonic Lodge Building, waiting to be transformed into the *Camptonville Community Center*

It's Official!

VOLUME 19

By Tonie Hilligoss

All the t's have been crossed and the i's have been dotted, and now the Camptonville Community Center has become a reality. Our thanks to Dick DicKard (representing CCSD), Ted Gardner (representing the Masons), and everyone else who has spent untold hours shepherding this project through the bureaucratic hurdles that stood between the dream and its realization.

The Camptonville community identified establishing a community center as a primary goal in a town hall meeting in 1997. Now it's a reality, proving once again, as stated on the home page of the Camptonville website (www.camptonville.com), that Camptonville really is "The Little Town That Could." Please see the accompanying article for information regarding upcoming plans for January.

Mark Your Calendars and Be there! By Tonie Hilligoss

NUMBER 1

Spruce-Up Day - January 10th

As noted in the December Courier, we're going to celebrate the opening of the new community center on January 24th. To prepare for that, we're inviting everyone to join us beginning at **10 am on January 10th** to help spruce up the building and grounds. Our objectives for the day are limited, so we can easily finish in a few hours if enough people participate. We'll also be collecting ideas for future projects and will provide snacks for everyone who comes to help.



Ceremony and Celebration - January 24th

The celebration on **January 24th will begin at 1 pm** and will start with a transfer of ownership ceremony from the Masons to CCSD, the organization that will legally own and assume responsibility for the building. That will be followed by a short overview of what is being planned for the facility,

We will then celebrate with food, drink, and entertainment for all ages as we officially test-drive the brand new Camptonville Community Center. For more information or offers to help, please contact Tonie at thilligoss@mac.com. Watch for fliers with details. We hope to see you all on January 10th and January 24th!

which will be the foundation for future discussions.

From the Editor

-Shirley DicKard

Seeds wait quietly in the dark chill of earth.

I sit by my fire and stare mindlessly at the flames.

It's hard to do nothing.



Yet somehow, that's what winter calls me to do.

2015 - With this January issue, I have served as Editor for a full twelve months. I am continually grateful for this small, mountain community and the diversity of people who pull together to make things happen. Wishing you all a New Year filled with an abundance of family, friends, health and gratitude!

Yes, You Can Write for The Courier!

By Shirley DicKard, Editor

Our monthly community newspaper is a place for folks to share their thoughts about what's happening in and around our town. It's also a place for people to write about what they know and care about in their own lives. Since 1997, The Courier has been an archive of our times and way of life here in Camptonville.

Every time I meet someone, a little voice in the back of my mind asks – "what could this person write about?" We would like to invite all of you to try your hand at writing. If you feel your writing skills aren't up to par – we have Courier staff that can work with your ideas and help you create your article. We especially want to hear what our youth care about. Poetry? Art? Photographs? Creative writing? Send them in! If you'd like, our staff poet can help fine-tune your creative writing.

Our guidelines are simple: Articles should be respectful, accurate, and positive. Opinions should be stated as such. While we don't cover specific religious and political beliefs, we will cover topics that affect our general community and foothill neighbors.

Send articles by the 20th of each month to: editor.cvcourier@gmail.com. Articles can be attached or pasted in the body of the email. Call me to arrange handwritten articles (288-3479). There is a 350 word maximum (about a column). Photos should be sent in small format.

Make 2015 the year you see your byline in the Courier!

USDA Forest Service Temporary Employment Opportunities Create your On-Line Profile now!

By Annie Prout-Garcia

The U.S. Forest Service will be announcing Temporary Employment opportunities as early as January 2015. These appointments usually begin in May and end in October, dependent upon work, budget, and weather. Appointments are limited to 6 months (1039 hours) per service year.

In order to apply for these positions in Fire, Wildlife, Botany, Archeology, Recreation, or any other department, you must create a profile and resume on www.USAJOBS.gov. When you create your profile, you can set specific notifications for the areas you are interested in working and when announcements open in those areas you will receive an email.

The Tahoe National Forest's announcement numbers will be available soon. The announcements are only open for a limited amount of time (sometimes only two weeks), and once they close there will be no more opportunities to apply. If you are interested in applying to a 1039 Temporary announcement you must have your on-line profile and resume completed and be ready to apply as soon as possible. Check back to www.USAjobs.gov often to see when the announcements will open.

If you have any questions feel free to contact us at the Yuba River Ranger District, 478-6253, and we will do our best to assist you through this process!

We've Been Scrooged

By Sandy Ross, Camptonville School Principal

Sadly, I need to report that some individual or group of people stole the diesel from the school's tank over the Thanksgiving break (November 26th – 30th). We got back to school on Monday, December 1st to find our tank completely drained. This despicable act affects not only the entire school community, by having to spend money out of our general fund to replace the fuel; but also the community at large, as we are now not able to make our tank accessible to CVFD for emergencies. If you have any information regarding this incident, please call us at 288-3277 or make a report to Yuba County Sheriff's Office at 749-7777. You are welcome to make an anonymous report.

We know that our community is full of wonderful, generous folks and regret to think that there is anyone who might think that this is acceptable behavior.

Introducing Your New 5th District Supervisor: Randy Fletcher

By Randy Fletcher

I would like to introduce myself to the Camptonville community. It is an honor and privilege to represent the 5th District of Yuba County. I grew up in the Yuba-Sutter area, attended Yuba City High School, Yuba College, and graduated from Sacramento State with a degree in Law Enforcement. After many years with Deptartment of Justice as a fingerprint examiner, and the Yuba City Police Department (cadet, reserve, patrolman, sergeant and acting Lieutenant), I started a new career path as an insurance agent with the Yuba Sutter Farm Bureau. During this time I was an agent with multiple companies until I became an insurance broker.

My family has always been involved in farming, small dairy, row crops, and orchards. My wife Kathy and I have a small Chestnut Grove and timberland in Brownsville. The property has been in the family over 60 years.

Kathy and I have lived in Browns Valley since 1983 where we raised two children, Jennifer & Casey. We now enjoy our five grandchildren.

During the campaign there were common threads that connected the district. High unemployment, water issues be it flood or drought, marijuana concerns, and overregulating government. Although this is only a partial list, it was by far the most common. As one of the five county Supervisors, I will apply my experience in business to improve each of these issues.

I also found that each area of the 5th District has concerns and aspirations for their particular area. Therefore I would like to build steering committees in each area to focus on their future and to help facilitate what it is they would like to see in their community. Over the next few months I will be asking each area to meet and discuss the topics that are meaningful to you.

Please join Kathy & I on January 15th, 4 pm at the Camptonville Community Center for coffee, cake, and a common sense approach to government. I look forward to hearing your ideas of the future of Camptonville.

Randy Fletcher
7200 McMillan Dr

Browns Valley, CA 95918

530-743-7979



Meet our New Supervisor on January 15 By Shirley DicKard

Everyone is invited to an informal get-together with our new 5th District Supervisor, Randy Fletcher, and his wife, Kathy. Come for coffee and conversation on **Thursday**, **January 15, 4 pm**, at the Community Center.

Randy will share his vision and ideas for Yuba County's 5th District, and Camptonville residents and community groups will be able to share with him, our vision and what we value about Camptonville.





CalFresh, California's Nutrition Supplement Program

To apply call the Camptonville Resource Center at 288-9355 Martin Luther King Day January 19th



"Now, I say to you today my friends, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: -- we hold these truths to be selfevident, that all men are created equal."

Martin Luther King

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Medical Crisis in Western Sierra County

By Ingrid Larson, Chairperson, DC-PAC

Western Sierra County is in the middle of a medical crisis. We are at risk. We now have to plan our emergencies. The Downieville Clinic, a part of Western Sierra Medical Clinic ("WSMC") no longer offers 24/7 medical care. CEO, Scott McFarland and the Board of Directors made this drastic cut, plus they terminated the Sierra County Jail contract and the Enloe Medical Center agreement that permitted Downieville ambulance EMS to work with the Clinic.

The Downieville Clinic became a Federal Health Center in 2007 and merged with Grass Valley's Miner's Clinic in 2009 to satisfy federal grant requirements. The Merger Agreement states that WSMC will maintain "on-site medical care on a 24 hour, seven day a week basis in Downieville." This is quite different from what we will have as of January 1, 2015: 8 am-5 pm, Mon-Thurs, with no after-hours or weekend coverage.

WSMC has ignored the efforts of the recently formed Downieville Clinic Patients' Advocacy Committee ("DC-PAC"). DC-PAC filed a Complaint with the State Attorney General's Office, Registry of Charitable Trusts, seeking enforcement of the merger agreement or a dissolution. The Complaint alleges breaches of the duties of due care and of loyalty by the Board of Directors and mismanagement by WSMC's administrators, CEO and the Board.

WSMC reported its "plan:" offering to pay for a Paramedic, ignoring that a Paramedic by definition works with an ambulance and cannot work as a medical provider with a clinic.

The crisis is our new reality. Our rural/frontier community has lost full-time quality health care that we benefited from for 40 years. We have formed a charitable non-profit corporation to raise funds for medical services in western Sierra County, called Sierra Frontier Medical Resources, Inc. We are working hard to restore 24/7 to western Sierra County. (Contact person: Ingrid Larson, Chair, DC-PAC, 530-289-3654; e-mail: cingridlarson@gmail.com)

Western Sierra Medical Center's Grand Opening in Grass Valley

By Cheryl Rubin, Planning and Development Director

Western Sierra Medical Center, the group that brings their Mobile Health Van to Camptonville on the first Tuesday of the month, held a ribbon-cutting ceremony in Grass Valley on December 15th to celebrate the opening of its long-awaited and much-needed new 19,000 square-foot building on Old Tunnel Road in the Brunswick Basin area. The new Grass Valley center will better meet the burgeoning demand for comprehensive medical services in Nevada, Sierra and Yuba counties, and fulfill WSMC's long-term mission to improve the health and wellness of the region.

The building is a major step forward, with 28 patient rooms – six more than the previous location – as well as dedicated areas for maternity services and specialists. The new center also includes behavioral health rooms, a dental suite – featuring an area for children dentistry – and even an on-site lab and community room. In addition, a new Nevada County bus stop is at the entry drive through for convenient access for patients.

About Western Sierra Medical Center

Western Sierra Medical Center provides comprehensive medical, dental and behavioral health care in Nevada, Sierra and Yuba counties. Founded in 1975, Western Sierra emphasizes preventive care, education and empowering patients to make informed decisions. Western Sierra provides services for the HMO and private markets, and to low-income and senior citizens. Western Sierra is the largest outpatient health care provider in Nevada County, where the new full service health center will meet growing demands in the community. You can learn more about Western Sierra Medical Center at www.wsmcmed.org and on Facebook at

www.Facebook.com/WesternSierraMedicalCenter.





Mobile Health Services

- urgent care -- primary medical care -- lab work -- chronic conditions -

First Tuesday of the Month

10 am - 3 pm Camptonville Community Center wsmcmed.org

For appointments: 530.289.3298

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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



- For over 30 years, Sierra Family has provided excellence in compassionate, comprehensive medical, behavioral health and dental care.
- Sliding fee discounts are available for qualified patients.
- · Medi-Cal, Medicare and most insurance are accepted.
- Eligibility services are available on-site through Certified Enrollment Counselors.
- We are located on the San Juan Ridge at 15301Tyler Foote Rd.
- Visit us at www.sierraclinic.org for directions and information.
- ♦ Phone 530-292-3478 for an appointment.



Yuba River Ranger District

By Betty Leffew

Firewood cutting closes December 31st. You must still call in to see if it is a burn day. During business hours, call the Yuba River Ranger Station at 288-3231. After hours or on weekends, please call the appropriate county: Sierra County: 289-3662, Nevada County: 274-7928, Yuba County: 741-6299.

All USFS campgrounds are now in winter status with no fees, but we offer no amenities, such as water and garbage service. We still have plenty of winter recreation maps. Be sure to stop by and pick up one.

We have received 18.07 inches of rain (as of 12/23) for the month of December, making it 28.90 inches for the year (starting 7/14). Last year at this time we only had 5.00 inches. It's looking better, but we still need more! Happy New Year!



Scenes from the Holiday Craft Faire
December 7th







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MARYSVILLE, CA 95901

DR. SCOTIA HOLMES SANCHEZ SUPERINTENDENT

Phone: (530) 749-4855 Fax: (530) 741-6500

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



Mr. and Mrs. Santa Claus with Camptonville Elves and Young Ones



Barbara Mueller-Hogan sends an enormous Thank You to Camptonville folks for all the gifts and money you donated to our Secret Santa project. It was a blessing how Camptonville and the Lake Francis Grange came together so that our families could enjoy a Christmas filled with gifts of toys, food and love. Thank you!



REBEL RIDGE ORGANICS Nursery and Garden Supply 530-288-3222 Jessi Mullins 16042 Creekside Trail Camptonville 95922 rrorganics@gmail.com Thanks for supporting a local business!

Lake Francis Grange Christmas Family Food Basket Giveaway 2014

By Lisa Baker, Foothill Food Pantry Coordinator

This year's Christmas Food Basket program was a huge success! With the unexpected passing of Lake Francis Grange Master, Dick Dahms, a few short months ago, we originally believed it would not be possible to continue the project he had spearheaded for so many years. However, we felt the effort to continue was worth it, because, unfortunately, the need is greater than in past years. More families than ever are struggling, and many of the usual seasonal jobs have been affected by a depressed economy and the drought.

So, with a later start than usual, and after many, many hours of phone calls, emails, correspondence, donations and manpower, we had our giveaway on December 20th. In all, 43 families from Camptonville, Oregon House, and Dobbins received boxes and bags of all sorts of foods and toys.

Long-time Camptonville resident Barbara Mueller-Hogan coordinated the Food Basket program for Camptonville's 16 families. She and Larry made the trip down the hill to pick up all of the boxes and bags (and their vehicles were packed!) They arrived at their distribution site safely, and the families were very happy to receive everything.

With the many wonderful donations we received, we were able to provide each family with several days' worth of food, including a turkey, a variety of canned goods, dry goods, bread, dinner rolls, fresh fruits and vegetables, potatoes, cheese, beverages, snack items, eggs, stuffing mixes, desserts, and a few minor household necessities. *Toys For Tots* blessed each child with new toys; warm slippers were given to those who needed them; and each child picked out a stuffed animal.

Many thanks to: those who made donations, the Lake Francis Grange members and Foothill Food Pantry volunteers who shopped, unloaded, cleaned, sorted, boxed, bagged and tagged everything, and to those who helped at the giveaway. The smiling faces of the kids and parents was well worth it!



Volunteers around a table of what each family received.

New Year's Resolutions Made Easy

By Annalinde Wainwright, North Gold Senior Mountaineers

Many of you received a membership form in the mail from the North Gold Senior Mountaineers, the non-profit that manages the North San Juan Center. Camptonville folks are part of the center too! Here are some really good reasons to become part of the NSJ Center family. We offer you a slam dunk sure-fired way to keep those New Year's Resolutions!

I am going to make a difference in my community to make it a better place for all. I have always felt it is important to help the community I live in be best it can be. Therefore I volunteer where I can make a difference. You too, can make a difference. The North Gold Senior Mountaineers NEEDS YOU! Make new friends, revitalize your life, and get a warm fuzzy feeling. To be appreciated, call 292 3116.

I resolve to eat healthy in 2015. A delicious way to fulfill this resolution is Geli Duarte's Organic Tuesday Lunch at the North San Juan Center. I defy you to find a healthier and more delicious lunch anywhere in our area. Get spoiled. You deserve it. It's noon to 1 pm, and \$6 for members, \$7 for everyone else.

I will get in shape. Mondays at 9 am, meet your friends at Shery's Yoga class. Have fun, stretch and tone your body. By donation at the North San Juan Center.

I will meet new people. The North San Juan Center serves a "Senior Lunch Social" on Thursdays at 12:30 pm with food prepared in the kitchens of Gold Country Community Services and brought up to the North San Juan Center, again by a volunteer. The lunch is funded by Area 4 Agency on Aging and is free to all seniors with a \$3 suggested donation.

2015 will be lucky! Join your friends the first and third Fridays at 7 pm for Bingo at the North San Juan Center.

Make your New Year resolution today, support your greater community, and get connected!



Bioenergy Project Update and Community Meeting Planned

By Regine Miller, Bioenergy Project Lead

The Camptonville Community
Partnership is pleased to announce
that Black & Veatch, a distinguished
international firm with expertise in all



aspects of biomass to energy, has been selected to conduct the feasibility study for the biomass to energy facility in Celestial Valley.

The consultant team will meet with the project's Steering Committee in late January following which the consultants will analyze the available technologies, site constraints, economics, and finances for the proposed facility. A community meeting outlining the project and feasibility study itself will be held in mid to late February. Keep an eye out for fliers and for further details in the next Courier edition.

As the feasibility study gets underway, CCP is collaborating with the Nevada County Biomass Task Force to submit a joint application for the USFS' Wood Innovations grant program. Contingent on the bioenergy project being deemed feasible, the Wood Innovations grant could fund the project's "next steps" including site planning, permitting, and a system impact study application and processing.

The bioenergy project continues to move forward and holds promise for our local watershed and forest health, as well as our local economy. As a reminder, anyone interested in following the project can do so by visiting http://sites.theccp.org/fbbc/latest-news, click "subscribe to posts" and submit your email address.



Winter Immune Herbs

By Catie Pazandak

Winter is upon us, and so is cold and flu season. I'd like to share a few of my favorite immune and respiratory system herbs. The top of the list includes Echinacea, Osha, Black Elder, Boneset, Astragalus, Garlic, Reishi, Elecampane, Hyssop, Horehound and Licorice. Vitamins and minerals help too! Zinc, Vitamin C, Vitamin A (retinol form from cod liver oil/organic livers), Selenium, and Vitamin E comprise the core group of immune supplements.

Echinacea (Echinacea spp.)

There are nine known Echinacea species, and three have been used the most by Native Americans, clinicians and researchers: Echinacea angustafolia, Echinacea purpurea and Echinacea pallida. All parts of the plant are medicinal, though the roots are often most sought. Each species has slightly different conglomeration of constituents and one may be better than another for any given health issue. Echinacea is best used for colds and flu, or any infection, when administered at first onset of symptoms. Many find for acute conditions, a larger first dose, followed by smaller but frequent doses (every 1-2 hours until symptoms subside) is a great method for administering this powerful antiviral and antibacterial herb. Some other great benefits of this plant are that it helps to purify blood and lymph, lowers fever, relieves localized pain, fights infection topically (including in the gut), stimulates production of leucocytes (immune cells), stimulates digestion, and builds overall health as a tonic.

Boneset (Eupatorium perfoliatum)

Known to help with "break-bone fever," (aka the flu with achy muscles and bones), Boneset is immune stimulating, and a peripheral diaphoretic (fever reducer) as a hot tea. This is the premier herb for influenza. It increases the flow of blood from the core out to the surface, radiating heat out, lowering, but not halting the healing fever process. This is an herb to use in low doses. It is also a plant to use dried only, never fresh. Consult your local herbalist or health care provider for proper dosage. Other great herbs that help with the uncomfortable fever symptoms (gentle enough for kids) are Catnip, Peppermint, Elder Flower, Yarrow, and Spearmint, best if in a hot/warm tea.

Astragalus (Astragalus membranaceus)

This is a wonderful herb to take to ward off colds and strengthen our protective chi forces. It builds immunity, strengthens the lungs and is good for digestion. Though a standard 20 minute decoction is great, you can also add it to stocks and soups (strain out after).

Though only a few herbs are highlighted here, look up, talk to an herbalist, or try some of the others if you are interested. As with any nutritional or herb-related information, please check with your health care provider to see if a new herb or supplement is right for you.

Camptonville resident, Catie Pazandak, is a certified clinical herbalist and nutritionist. Her website is harvestingvitality.org.



Echinacea



Chicken Soup - Grandma Knew Best By Shirley DicKard

I remember Grandma offering me a steaming bowl of chicken soup from the back of her cast iron stove. Whether I had a cold, the flu, or just the blahs, I somehow felt better after sipping her homemade broth. Now I know it was more than her caring touch that improved my health. There's been a renewed interest in the health benefits of "Bone Broths," thanks to the research of Dr. Weston Price.

The following is from the Weston A Price Foundation website: http://www.westonaprice.org/health-topics/broth-is-beautiful/

Bone Broth is "a cure-all in traditional households and the magic ingredient in classic gourmet cuisine. Stock or broth made from bones of chicken, fish and beef builds strong bones, assuages sore throats, nurtures the sick, puts vigor in the step, and sparkle in love life — so say grandmothers, midwives and healers. For chefs, stock is the magic elixir for making soul-warming soups and sauces.

Science validates what our grandmothers knew. Rich homemade chicken broths help cure colds. Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulphur, and trace minerals. It contains the broken down material from cartilage and tendons—stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain."



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Dig iti

Chicken Stock (aka, Bone Broth)

Source:

http://www.westonaprice.org/ health-topics/broth-is-beautiful/



1 whole free-range chicken

or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings.*

Optional: gizzards from one chicken, 2-4 chicken feet

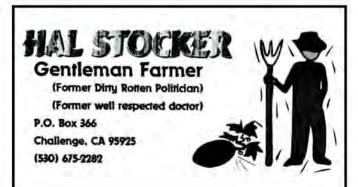
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, 2 carrots, 3 celery stalks, coarsely chopped
- 1 bunch parsley

*Note: Farm-raised, free-range chickens give the best results. Many battery-raised chickens will not produce stock that gels.

If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Cut chicken parts into several pieces. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover, and simmer for 6 to 8 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove chicken with a slotted spoon, and reserve for other uses, such as chicken salads, enchiladas, sandwiches, or curries. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Note: Stock can be seasoned as a warm beverage, used as liquid for cooking grains, or as a wonderful soup base.



Nevada County Ridge Food Rally Continues in North San Juan

By Annalinde Wainwright, Board of Directors, North Gold Senior Mountaineers

Good news! The Food Bank of Nevada County will continue bringing food to the hungry on the second Thursday of the month from 10 am until Noon at the North San Juan Center on Route 49. Volunteers from the community, the North Gold Senior Mountaineers, the Family Resource Center, the North San Juan Fire Department, Sammie's Friends, and the Food Bank worked together to bring food to the community in December. This alliance will continue, with dependence on willing volunteers, to make sure our people will get wholesome food for their families. Sammy's Friends will continue donating pet food.

Meetings have taken place with Nevada County
Supervisor Hank Weston, the sheriff's office, the Food
Bank, North Gold Senior Mountaineers (the non profit that
keeps the doors open at the North San Juan Center), and
The Ridge Family Resource Center, to work out the issues
involved and to develop a sustainable communitysupported model. All organizations are committed to
ensuring that low-income families, children, people with
disabilities, and seniors have access to healthy food.

This is very good news for the over 200 people who rely on the Food Bank in North San Juan. Many families living on the San Juan Ridge and surrounding area have difficulty accessing services, are without public transportation, and many do not have the resources to regularly go to town for food.

Continuing to focus on unity and common cause has brought everyone together to make sure North San Juan stays on the food distribution map.



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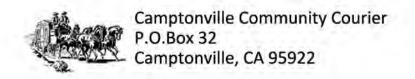
For EmergenciesFi	rst Call 91:	
(All area codes are 530, unless sp		
Camptonville Fire Department	288-3303	
Yuba County Sheriff Emergency	749-7909	
Non-Emergency	749-7777	
PG&E 800	800-743-5000	
Red Cross of NE California	673-1460	
Office of Emergency Services-Yuba	749-7520	
Camptonville Resource Center/CCP	288-9355	
KVMR 89.5 FM	265-9555	
KNCO News Talk 830 AM	272-3424	
AA in Camptonville	288-1001	
CoRR (Community Recovery Resources)	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 co	rrections)	



Cougar Basketball Schedule

Times and locations are subject to change.

Date	Time	Location
1/6	5:15	Ready Springs
1/9	5:15	Chicago Park
1/12	4:00	Ready Springs
1/14	5:15	Chicago Park
1/16	4:00	Chicago Park
1/21	4:00	Chicago Park
1/23	5:15	Chicago Park
1/26	4:00	Ready Springs
1/28	4:00	Chicago Park
1/30	5:15	Ready Springs
2/2	4:00	Mount Saint Mary's
2/4	4:00	Chicago Park
2/9	4:00	Chicago Park
2/11	5:15	Chicago Park



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January School Calendar

January 14 Awards Assembly, 8:45 am

Staff Development Min. Day, 12:45 pm dismissal for all

Kindergarten Minimum Day Schedule, 8:25-12:45

January 19 No School - MLK Observance January 21 School Board Meeting, 6 pm January 26 Site Council Meeting, 3 pm

January 28-30 No Bus Service

See Page 11 for Cougar Basketball Schedule

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



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

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



JANUARY

6 WSMC Health Van, 10 am - 3 pm, Communitiy Center

10 Spruce-Up Day, 10 am, Community Center

15 Meet Supervisor Fletcher 4 pm, Community Center

19 CCP Board Meeting, 5 pm, Resource Center

19 CCSD Board Meeting, 7 pm, Camptonville School

24 Community Center Celebration, 1 pm

JANUARY, 2015 Community Calendar

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

On-Going Weekly Events

Tuesdays: Organic Lunch, 12 pm, NSJ Center

Yoga, 5:30 pm Camptonville School Gym

Camptonville 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, Camptonville Resource Center

Fridays: Bingo, 1st & 3rd Friday, 7 pm, NSJ Center

USDA Food Bank, 3rd Fri, 9-10:30 am, Dobbins,

Lake Francis Grange

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