

# THE Camptonville Courier

Connecting the Community  
Since 1997



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*"The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."*



— Michael Pollan

## Camptonville's Community Plant Sale and More – May 9th

By Carolyn Mumm

**Saturday, May 9th, from 9:30 am – 2:30 pm**, is the annual **Community Plant Sale and Flea Market** at the Rebel Ridge field, a quarter mile from the intersection of Marysville Road and Highway 49.

There will be a large variety of plants (especially tomatoes and peppers) from local farms and gardeners: Kenny Dorris, Jessi Mullins of Rebel Ridge Organics, Christine Ledson of Ledson Family Farms, Sunrise Farm and Honey Circle Farm. Some are "open pollinated" heirloom plants, such as Cherokee Purple tomato, and others are hybrids like Early Girl tomato. We'll also have tomato plants grown from seed, saved for decades by Leland Pauly. Maybe you'll find something new for this year's garden!

Also for sale will be Pam's beadwork, quality kitchenware and plants, Genevieve's Garden (soaps and body care items), Patsy's Purses and Nature Girl Herbals - all home-crafted goods. Flea market booths will sell clothing, household items, tools, furniture, toys and who knows what possible treasures at reasonable prices.

Yes, you'll be able to eat lunch at Camptonville's Fatty's Fine Food, and Camptonville School will be selling drinks, baked goods and hot dogs. Many thanks again to Donna Jaynes for the use of the Rebel Ridge field. For information or to reserve a space for \$11, call Carolyn at 288-3424. See you there!

## Farm to Fork in the North Yuba

By Steven Dambeck

That morsel of food poised on the fork of an average American has travelled over 1,500 miles from the farm. In the bizarre world of global food distribution, that morsel costs *less* than if it had come from the field next door.

Costs less in dollars, that is. Some of the hidden costs for the consumer include produce (even organically certified) that is picked weeks before ripeness, diminishing its flavor and nutrition; processing that removes the most alive parts of the food to render it more shelf-stable; preservatives, additives and artificial flavors. And this is not to mention the environmental and social costs: monoculture farming that increases erosion and diminishes fertility and biodiversity, consumption of fossil fuels for transport (1,500 miles is a long distance) and fewer farmers on the land.

What is even more bizarre is that this 1,500-mile journey is as true for the food on our forks in North Yuba as it is anywhere else. Even here – where we have great farmers operating in a climate that produces a wide variety of foods 12 months a year – we depend on the global food-delivery system.

It doesn't have to be that way. Farm to Fork meals (F2F) – where the food has traveled just a few miles between farm and fork – are more flavorful, more nutritious, more fun, more connected to the movement of seasons and characteristics of our land; and they build community.

At Yuba Harvest we have F2F dinners the first and third Saturday evenings of every month. We also strive to incorporate local food in our breakfast and lunch menus. We always focus on what is in season (no tomatoes in our salads until the summer; the tomatoes are more appreciated when they finally do come). We explain the food and introduce the producers (and foragers, processors and wine-makers). And we encourage local farms to put on their own F2F events whenever possible.

Small local food production is what we do in the Yuba Foothills. Let's celebrate it and help it grow. Please contact me if you have local products to offer, are considering developing a product, are seeking local F2F meals to enjoy, or if you would like to get in touch with nearby farmers. Call Steven at 701-3577.



## From The Editor

- Shirley DickKard



What's the population of Camptonville? We often say between 450 and 600, though no one really knows. According to Sheryl at the Post Office, there are about 100 Rural Route addresses and 250 Post Office Boxes, if that's of any help.

What interests me as Editor, though, is that month after month folks in this very small mountain community fill the pages of *The Courier* with a cornucopia of informative, entertaining, educational, creative and inspirational articles. This month I had to add four extra pages to fit it all in, and I'm especially pleased to publish what our young students are noticing, thinking and feeling. My goal is to have someone new contribute each month. Could you be next?

## Do You Have Life Flight Insurance?

By Brandi Dudek, CVFD Chief

If you get in a car accident or have a major medical issue such as a heart attack, it is



likely you may be flown by an air ambulance to a trauma center or a hospital that can better take care of you. Here in the foothills, the nearest ground ambulance comes from 35, 45 or even 60 minutes away, and then it takes the same amount of time to get to the nearest hospital.

In situations where time is of the essence, first responders may determine it best to order an air ambulance. However, helicopter rides are expensive and could cost in excess of \$25,000. First responders in our area do not get the option of which air ambulance will be dispatched. It could be Reach for Life, Enloe FlightCare or may even be California Shock Trauma Air Rescue (CALSTAR).

At this time the Camptonville community has a special annual membership rate of \$25 with Reach for Life, but I hear this will be increasing soon. The membership rate for Enloe is \$40 for an individual and \$50 per family. CALSTAR's rate is \$45 for an individual and \$50 per family. Many residents will have memberships with *both* Reach for Life and Enloe FlightCare, and this is what I would recommend.

**To get an application for Reach for life go to:**

[www.reachair.com/membership](http://www.reachair.com/membership)

**To get an application for Enloe FlightCare go to:**

[www.enloe.org/medical\\_services/flightcare\\_program/flightcare\\_membership\\_program.asp](http://www.enloe.org/medical_services/flightcare_program/flightcare_membership_program.asp)

**To get an application for CALSTAR go to:**

[www.calstar.org/membership](http://www.calstar.org/membership)

*Editor's Note:* I recently enrolled in REACH and Enloe's Flight Care. To get REACH's \$25 discount price, it's best to phone them at 866-286-2880 and ask for Camptonville's "Mid and North Yuba River" discount. They can enroll you by phone.

Western Sierra  
Medical Center  
a californiahalthi.center

### Mobile Health Services

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

### First Tuesday of the Month

10 am - 3 pm  
Camptonville Community Center

[wsmcmcd.org](http://wsmcmcd.org)

*For appointments: 530.289.3298*

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**Free to the community; Subscriptions: \$15 yr. Tax-deductible donations are appreciated!**

## Things To Do This May!

### New Bingo Night Date – May 1st

By Caitlin DeMaranville

Camptonville School's Parents Club will be hosting a Bingo Night fundraiser on May 1st at the Camptonville Community Center. For just \$12 you will get dinner, one Bingo card and dessert! Additional Bingo cards can be purchased for \$2 each or 3 for \$5. Doors open at 4:30 pm and Bingo will start around 5:30 pm. We will play until all of the awesome prizes are gone. Beer and wine will also be available for sale.

Come support the Parents Club and learn about all we do to help the students and faculty of Camptonville Elementary School. Hope to see you there!

For more information, contact Caitlin at [camptonvillecalendar@gmail.com](mailto:camptonvillecalendar@gmail.com)

### Celebrate Mother's Day at the May 10th Scotch Broom Breakfast

By Marilyn Mociun

Although spring came early this year, our annual Scotch Broom Breakfast will be held on the same day as always: Mother's Day!

The NSJ Fire Auxiliary invites all our neighbors to attend our main fundraiser of the year on **Sunday, May 10th, from 8 am to noon**, at the North San Juan Fire Community Hall on Reservoir Street. Come enjoy an all-you-can-eat pancake, eggs and ham breakfast; a giant plant sale and raffle of special prizes that run the gamut from movie passes to a truckload of gravel, from gardening tools to a stay at Wilbur Hot Springs Spa!

The suggested donation for the breakfast is \$10 for adults and \$5 for children 12 and under. All proceeds will be used to support our brave volunteer firefighters.



This year's Grand Prize at the Scotch Broom Breakfast Raffle — a queen-size, hand-stitched quilt — is another fine work of art created and donated by the talented and very generous artist, Mary Moore.

### Hal Stocker Appreciation Potluck Dinner - May 31st

By Carolyn Mumm

Please note the new date for Camptonville's Appreciation Potluck Dinner for former 5th District Supervisor, Hal Stocker, is **Sunday, May 31st, at 6 pm** at the Community Center.

Hal first took office as a Yuba County Supervisor twenty years ago in January 1995. He feels one of his most important accomplishments was helping found the Fire Safe Council around 1999, after two devastating fires in the Camptonville, Dobbins and Oregon House areas. The Fire Safe Council applied for and received a million dollar grant for watershed fire protection. He also helped stop the Yuba Highlands Housing Project in 2009 that would have put 12,000 people next to Beal Air Force Base.

Hal was a regular at our Camptonville meetings and activities and donated many boxes of his fresh produce to the Gardeners' Market every year. At our dinner, everyone will have the chance to share their memories and appreciation of Hal, as we thank him for his 20 years of service.

Do come and bring your favorite potluck dish, plus your utensils and a dish to eat on and enjoy a get together to honor Hal. For questions, call Carolyn at 288-3424.

### Invitation to the Indian Valley Outpost Open House – May 30th

By Dave and Karla Gardner

Howdy Yuba and Sierra Counties! We are Dave and Karla Gardner, the new couple in town and the new proprietors of the Indian Valley Outpost. We are adding "Resort" to the name as we are offering cabins, tepees and RV sites with full and partial hook ups. Having enjoyed Sierra County for over 25 years as gold miners, we have longed to make this place our home. It was time we *staked our claim* and become permanent residents.

We come from the Martinez area where Dave still works for Shell Oil Refinery as an Operator, and Karla serves the senior citizens in Napa providing Medicare counseling and fall prevention education. We have two children and five grandchildren, and are very excited and blessed to finally follow our dream of mountain living.

Please come to our meet-and-greet "Community Open House" for a tour and spaghetti dinner on **Saturday, May 30 from 4-8 pm**. Cost is \$5.00 a plate. All proceeds will be donated to the Volunteer Fire Departments in Sierra/Yuba Counties. Indian Valley Outpost Resort is located 8 miles north of Camptonville on Highway 49. For information call 289-3349.

## "Gg" is for 1,2,3 Grow, Garden & Graduation

By Yakshi Vadeboncoeur



The end of the school year is always a busy blossoming time in the 1,2,3 Grow classroom. We could almost say "classrooms", since the garden, at both the beginning and end of the year, is the site for so many of our learning, work and playtime activities. Have we ever been working hard and learning a lot!

We are always planting and harvesting things that we can add to the vegetable section of 'MyPlate' at snack time. In April, it was planting snow peas, celery and a few more strawberry plants (you can never have enough strawberries!) and harvesting chard leaves and pulling up carrots.

The sand table has new sand. The open meeting space and the paths between raised beds have been re-wood-chipped. On one side of the Butterfly Bush, we've installed a pail and shovel and Tonka truck digging pile. Now we can safely dig while our freshly planted veggies safely put down roots elsewhere. Last week, we put up a reading tent on the other side, and guess what? Some of us are sounding out words, and some of us can read whole sentences! We are writing and counting and estimating and checking our own books out of the library, too.



## 1,2,3 Grow Graduation Day, May 28th

By Yakshi Vadeboncoeur

Things are blossoming, growing and maturing at 1,2,3 Grow! And that is a sure sign that just around the corner is 1,2,3 Grow Graduation Day. Thursday, May 28, 11 am is the grand event. We'll have class as usual, and graduates can finish decorating their caps or any other last minute details. The ceremony will be at 11:00 o'clock, and then we'll all gather at the picnic tables for a potluck. Everyone should plan to bring their favorite dish. We'll need a few volunteers for decorating the amphitheater stage before the ceremony, and setting up the picnic tables for the potluck. Also, in past years, someone has often volunteered to make a cake, so if you're a semi-pro baker or glorious amateur and want to show-off your skills, let us know. Yakshi will be off on an adventure and miss the preceding week of classes, so we need to get the logistics worked out a bit ahead of time this year.




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Dobbins, CA 95935



## Your Voice Matters!

As a parent, grandparent, caregiver or professional provider **we need your input** to strengthen our work for Yuba County's youngest children!



Please kindly complete a short survey available online at [www.first5yuba.org](http://www.first5yuba.org)



First 5 is a Tobacco Tax Program

## Meet Your Local Postal Service Employee - Sheryl Spencer

By Linda Rose

If you live in Camptonville, chances are you have met Sheryl Spencer, who has been the USPS Postal Service Employee (PSE) since September, 2013. She was appointed to this job after having participated in a selection process consisting of a written test, interview, a background investigation and building an online profile for prospective employers to consider. In addition to this job, she and her boyfriend, Lee, own a travel business, *Harry's Hidden Adventures*.



Photo: Linda Rose

There is no Postmaster at the Camptonville Post Office now, so Sheryl, assisted by Geri Pape, is responsible for running our post office, under the supervision of John Konze at the NSJ Post Office. As the PSE, she processes mail for 250 P.O. boxes and one postal route that services 100 residents. Sheryl ensures mail is processed in a timely manner. If there is insufficient postage, she calls the sender rather than returning it for postage. You won't get that kind of service in the city! She is a strong believer in customer service.

Sheryl enjoys working with the people who have been so nice and helpful to her during her learning process. The opportunity to visit with residents is very important to her, and she loves that so many people are active in the community. She likes the beauty and wildlife and the small community environment.

Sheryl enjoys gardening and loves to travel. She is a great cook and is learning home canning. She has two children, two step-children and 13 grandchildren who are the most important things in her life. She is also very devoted to her father who's been an inspiration to her throughout her life.

As a past victim of domestic violence, her goal is to become involved in an organization to help people who, like her, have been subjected to this type of suffering. She wants to help victims change their patterns so they can come out on the other side as she was able to do. Who knows? Perhaps she will start such an organization here in our community.

Without the community's support, our Camptonville Post Office would not exist today. Sheryl encourages everyone in the community to continue supporting the post office by coming in to purchase stamps, money orders and other mail supplies.

## Gold Show at Alleghany's Gold Miners Museum – June 20 and 21st

By Rae Bell Arbogast

The Underground Gold Miners Museum in Alleghany is holding its 6th Annual Gold Show *and* its 20th Anniversary Celebration on Saturday and Sunday, June 20th and 21st, from 10 am to 5 pm, both days. Admission is \$2.

- The Native Gold Display theme this year is: "Western Ores" featuring other minerals in addition to gold.
- Historical walking tours of Alleghany will be offered on Saturday only. Reservations are not required for the walking tours.
- Underground tours of the 16 to 1 Mine will be offered Sunday ONLY. Space is limited and reservations are required for the Underground Tour. Reservation information is online at [undergroundgold.com](http://undergroundgold.com)
- There will be carbide lamp demonstrations, and a gold/quartz specimen from the 16 to 1 Mine will be raffled off on Sunday (need not be present to win).

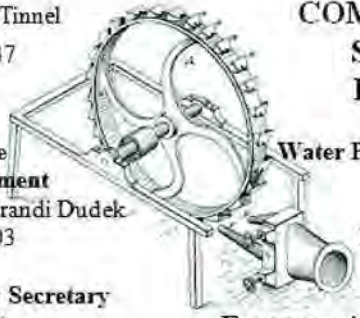
This year the museum is inviting vendors to join the festivities! Booth spaces are \$25 with 60% of the proceeds going to the Alleghany Volunteer Fire Department. For more information, please call 287-3223 and ask for Rae Bell, or email [info@undergroundgold.com](mailto:info@undergroundgold.com).

## Ceramic Art Workshop – Coming this June!

By Linda Rose

Local ceramic artist, Linda Rose, will be conducting workshops in her private studio starting in June.

For more information, contact Linda either by email at [lindacrose01@gmail.com](mailto:lindacrose01@gmail.com) or call 288-3347. Space is limited so you are encouraged to sign up earlier rather than later.

<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 Secretary</b> Pam Wilcox 288-3676	<b>District Agent</b> Tedd Sapp 288-3328	<b>Emergencies Dial 911</b>
<small>Lester Palton U.S. Patent 233,692 Oct. 26, 1880</small>		



## Growing Capacity

By Cheryl Zellers and CCP Staff

March kicked off Camptonville Community Partnership's (CCP) first workshop of a three-part capacity

building series offered to our local community and the greater community of Yuba County. This first workshop focused on two foundational areas: Social Determinates of Health 101, and Asset Based Community Engagement.

With the goal of making neighborhoods healthier, an approach was developed by Dr. Anthony Iton that addressed the social determinates of health (or the conditions where you work, live and play). Implementing various health strategies from this approach in Alameda County in the early 2000's, Dr. Iton produced some very impressive improvements in people's health. This pioneering work demonstrates the degree to which folks' health is dependent on what is available to them right where they live. Its lessons are continuing to change the way issues of health equity are defined and addressed in the U.S.

Asset Based Community Engagement looks from a community perspective at what is working rather than focusing on the problems and "fixing them." By looking at existing resources, and coming from the perspective that everyone has something to offer (whether it is the elderly woman down the street, the children playing in the park, various organizations, groups and business owners in the community and beyond) the "fix" comes from the community, organically and naturally.

CCP is proud to be sharing the impactful insights of this approach with our wider community, all in the context of our long-term and on-going commitment to Asset Based Community Engagement. There are two more workshops scheduled in the series, so stay tuned.

## CCP Awarded USFS Grant for Forest Biomass Business Center Project

By Regine Miller, CCP

How about a little woo-woo?!

CCP's joint Wood Innovations grant application to the USFS was awarded funding. This project is a collaboration with the Nevada County Biomass Task Force and the Fire Safe Council of Nevada County. The grant will fund site planning, permitting and the System Impact Studies for the proposed Camptonville and Grass Valley Forest Bioenergy projects. This project is expected to begin in late spring following the results of the Camptonville project's feasibility study, which is underway.

The Forest Biomass Business Center (FBBC) feasibility study is moving forward. The Steering Committee will meet with the consultant to review potential technologies for the facility and will select a specific technology. Following this, economic analyses will be conducted and the remaining elements of the study will be prepared by the consultant. In addition to the feasibility study, CCP is exploring potential co-located businesses. The Pacific Combined Heat and Power Technical Assistance Partnerships will provide an evaluation of potential businesses once the technology for the project is selected. CCP welcomes any ideas for co-located businesses or interested persons to contact us.

Finally, in April, CCP staff attended a workshop hosted by The Sierra Institute for Community and Environment, where presentations were given on technology considerations and development pathways, co-located businesses, building organizational capacity, financial development considerations, Senate Bill 1122 implementation and resource agency updates. The workshop was loaded with information most of which directly applied to the Camptonville project.

It is worth noting that the FBBC is on the forefront of forest biomass to energy projects on a State-wide level. The project is in a unique position given the feed-in tariff auction process and the fact that there are only two projects further along in development. So, while our town is small and resources are limited, CCP is making strides in the potential development of a bioenergy facility in our community.

Check out the projects latest and greatest, and sign up for web posts on the website: <http://sites.theccp.org/fbbc/home>. You can also contact me at [regine@theccp.org](mailto:regine@theccp.org).



## Harmony Health Medical Clinic

### Rachel Farrell

Physician Assistant  
Board Certified PA 12271  
Licensed Midwife LM 169



1908 N. Beale Rd., Suite E  
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530.743.6888 hhealth@jps.net  
[www.harmonyhealthfamilyservices.com](http://www.harmonyhealthfamilyservices.com)

# The Water Report

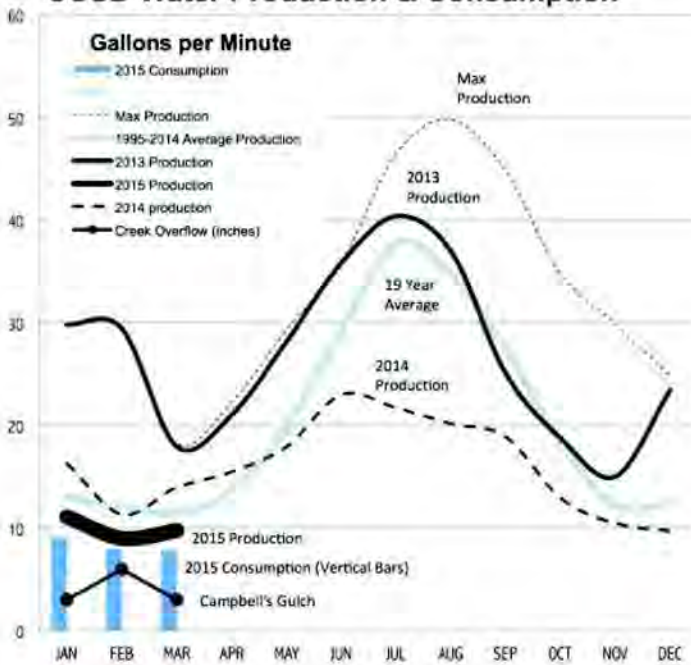
By Mark Jokerst, Water Plant Manager

The State of California Department of Water Resources has passed a new regulation, "Emergency Conservation Regulations." *The new regulation prohibits all domestic and business water users from:*

- Using potable water to wash sidewalks and driveways
- Causing water runoff when irrigating with potable water
- Using hoses with no shutoff nozzles to wash cars
- Using potable water in decorative water features that do not recirculate water
- Using outdoor irrigation during and 48 hours following measurable precipitation.

Also, the water department is required to limit outdoor irrigation to two days per week or comparable measures to achieve a 20% reduction (from the 2013 base year) in water use. The board will be considering the impact of these new regulations at the May 25th CCSD Board Meeting (7 pm at Camptonville School). We are currently using 39% of the 2013 base year production amounts.

## CCSD Water Production & Consumption



The Water Chart reports production and consumption in gallons per minute, current to the end of March. The thick black line labeled "2015 Production" shows current water production, and the vertical bars (labeled "2015 Consumption" shows current metered water use. The creek overflow is reported near the bottom of the graph labeled "Campbell's Gulch", which is holding steady at 3 inches over the weir.

## A Different Kind of Spring

By the 3-5th Grade Class of Camptonville School

Spring is normally a time of renewal and rebirth, but the students in Mrs. Spiers's 3rd-5th grade class at Camptonville School realized that this Spring seems much different than ones in the past.

During their poetry unit, they've been working on themed poems, rhyming schemes and metaphors. When given the chance to write a poem about Spring, kids did not hesitate to bring to life what they really see and feel.

### Flower Drought

Why do I see dry, dead flowers  
It makes me think why don't they get showers  
Why aren't the buds coming out  
It is because we are in a drought  
Some of the trees are not towers

Why are the flowers so out  
Aren't flowers what Spring's about  
And I think for hours  
Feeling very sour  
We get flowers this year I doubt

By Ava Spackman, 4th Grade



### Bad, Bad Drought

There has been a bad drought  
We're starting to lose trout  
I can't afford to lose food  
That really changes my mood  
That, I don't want to talk about

My brother says it is not too crude  
But that doesn't change my mood  
There is no doubt  
We're in a bad drought  
Nothing will change my mood

By Jon Boyd, 4th Grade

## Camptonville Community Center Update

By Tonie Hilligoss

Under the leadership of Christina Ledson, the Community Center hosted its first fundraiser, an Easter Egg Hunt and Pancake Breakfast. We made a profit of \$345, which is almost enough to pay the bills for one month. This will be an annual event, so please make a note to add it to your 2016 calendar. Upcoming fundraisers include Bingo and a used book and CD sale. We are accepting donations of books and CDs in good condition at the Community Center, so please contact the people listed at the bottom of the "How Can I Help?" article on Page 9 if you would like to make a donation. Dates for these events will be announced in the next edition of *The Camptonville Courier*.

Char Jokerst and Fire Chief Brandi Dudek accompanied the Fire Marshall on a safety review of the facility. He made several recommendations for compliance, which we estimate will cost slightly under \$1,000. Several chairs, a few tables, some bookcases for the museum and a few other items have been donated. These are being stored at the Center until renovations for the museum have been completed. A Memorandum of Understanding has been developed by the Historical Society for presentation to CCSD, and construction is being planned for the near future.

Stephanie Korney has created a link for the Community Center on Camptonville's webpage [www.camptonville.com](http://www.camptonville.com). This includes information about facility use, fees and a downloadable rental form. She will be adding photos as she receives them. Most of those taken at the Easter event were lost in the process of transferring them to my computer. :( If anyone has some they would be willing to share, please send them in an electronic format to Tonie at [thilligoss@mac.com](mailto:thilligoss@mac.com). They will be greatly appreciated.

**BURGEE DAVE'S @ The Mayo**

Work Hard, Play Hard & Eat Hearty

**Food & Spirits**

Open - Thurs - Fri - Sat - Sun  
 Food Served 11 am - 9 pm (fri-sat 10 pm)  
 Bar Open 11 am til' ???  
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 15315 Cleveland Ave, Camptonville



## Camptonville Community Center – Events and Surveys

By Tonie Hilligoss

Several events are scheduled for the next few months:

- *The Parents Club Bingo Night and Dinner* will be held on Friday, May 1st at 4:30 pm
- *Hal Stocker's Appreciation Dinner* potluck has been rescheduled for Sunday, May 31st at 6 pm
- *The Country Faire* will be held on Saturday, July 11th
- *The Historical Society's presentation* has been rescheduled to August 1st
- *Terry Riley's benefit concert* for the Center will be held either August 15th or August 22nd

The exact times and dates for each event will be published as soon as they are available.

**The surveys**, which were disseminated through local businesses and *The Courier*, are continuing to be collected, and a summary of the findings will be shared in the next *Courier*. It is encouraging that several people have indicated an interest in volunteering time, materials and financial donations. The Center is only a building until we transform it into a Community Center, and that will require all of you who care about it to contribute to the process in the manner that works best for you. We sincerely appreciate the efforts put forward thus far and invite you all to join in this adventure.



### Yuba County's Strategic Priorities

Public Health And Safety

Economic Development

Responsible Growth

Organizational Excellence

### Our Guiding Principles

Innovation

Trustworthiness

Professionalism

Financial Responsibility



## How to Reserve the Camptonville Community Center:

By Char Jokerst

- 1) Go to [www.camptonville.com](http://www.camptonville.com) and look under "Community Center" for policies, fee schedule and printable rental agreement.
- 2) Check the community's Online Calendar at [www.camptonville.com](http://www.camptonville.com) for any conflicting dates.

THEN

- 3) Call Char Jokerst at 288-9320 or email [rubbycj@att.net](mailto:rubbycj@att.net) to schedule your event at the Center. Char is also available for live help with any questions you may have.

It's that easy!



## How Can I Help This Month?

By Tonie Hilligoss

We all want the

Center to be more than just a building, and we have to pay the bills (about \$400/month) to keep the doors open. But we also want the Center to house the activities we care about.

**So this month, we need:**

- **Volunteers to work on renovating the building** to incorporate the Leland K. Pauly Museum (date TBA).
- **Volunteers to help collect rocks** for the hillside Community Center sign (date to be announced for a rock collecting party).
- **Financial donations** to enable us to comply with the Fire Marshall's recommendations and to purchase materials for renovating the Center.
- **Books and CDs** in good condition for the used book and CD sale (contact Christina Ledson at 288-3655 or [christinaledson@gmail.com](mailto:christinaledson@gmail.com)).
- **Electronic photos of the Easter Egg Hunt** and Pancake Breakfast to replace those that were eaten by my computer (please send to [thilligoss@mac.com](mailto:thilligoss@mac.com)).

Rita Ortega is our Volunteer Coordinator and can be reached at 288-3421 or [ritaortega4@gmail.com](mailto:ritaortega4@gmail.com). Tax-deductible donations can be sent to CCP, PO Box 218, Camptonville, CA 95922, with checks made out to CCP. Please write Community Center on the memo line. Questions about donations can be directed to Char Jokerst (288-9320 or [rubbycj@att.net](mailto:rubbycj@att.net)) or Tonie Hilligoss (288-3451 or [thilligoss@mac.com](mailto:thilligoss@mac.com)). If we all work together, we can make this the Community Center we have wanted for a very long time. Thank you!

## Fletcher's Supervisor Support

By Richard DicKard, CCSD

Many thanks to our Yuba County Supervisor, Randy Fletcher, who expedited our ability to use the Camptonville Community Center. At a meeting last month, Randy asked what he could do to help Camptonville. This is how he followed through.

Soon after the Camptonville Community Center had been transferred from the Masons to the Camptonville Community Service District (CCSD), the Yuba County Planning Department informed CCSD that due to the change of ownership, the zoning would have to be reviewed and reclassified. The CCSD board was very concerned this would create a log jam of meetings and paperwork that would significantly slow down our ability to use the Community Center.

This potential problem was given to Supervisor Fletcher at that meeting. Two days later, Wendy Hartman, Director of the Yuba County Planning Department, called after Randy Fletcher conferred with her. She said the rezoning of the Community Center could be handled over the phone!

At the March CCSD board meeting, the board voted to have the Community Center reclassified as a Special Purpose Public Facility Zone. Ms. Hartman said that the Community Center would be rezoned as CCSD indicated and that no further input or paperwork was needed. Nice! Thanks to Supervisor Fletcher, we can continue full speed ahead with our exciting plans for the new Center.



*Are there things you are concerned about in Camptonville or need help with?* It's important to let Mr. Fletcher know so he can effectively and accurately represent us. Give Randy a call at 749-7510 (office) or 693-7481 (cell) or email him at: [rfletcher@co.yuba.ca.us](mailto:rfletcher@co.yuba.ca.us).

**BOARD OF SUPERVISORS**

**RANDY FLETCHER**  
Supervisor 5<sup>th</sup> District

**YUBA COUNTY  
GOVERNMENT CENTER**  
915 8th Street, Suite 109  
Marysville, CA 95901

Office: (530) 749-7510  
Cell: (530) 693-7481  
Fax: (530) 749-7353  
E-mail: [rfletcher@co.yuba.ca.us](mailto:rfletcher@co.yuba.ca.us)



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-Chinese proverb



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## The Healing Flavor of Spring: Bitter!

By Catie Pazandak

A hearty welcome to this beautiful spring that has embraced us with verdant showers of flowers, buzzing bees and an ever deeper appreciation for our life giving waters.



We still swim in the *liver time waters* (spring time), clearing the muck away from winter with pungency and bitters. The bitter flavor stimulates the secretion of bile from the gall bladder and the production of it from the liver. Bitters are best taken/eaten 15-30 minutes before a meal, as doing so prepares the digestive tract (from the salivary glands on down) for digestion.

I love eating my bitters, but teas, tinctures or other mediums can be used just as well. In former days, folks imbibed aperitifs before their meals. An aperitif is an alcohol infused bitter tonic to help with digestion. We have all but eliminated the bitter flavor from the American diet. For this and more reasons, we have a great deal of sluggish digestion and elimination in this society. As with most things, bitters are to be used in moderation and not to be used for long periods of time (no longer than 2-3 months), especially if the person's constitution is already cold and/or dry.

If you have Dandelion (*Taraxacum officinalis*), harvest and eat them daily at this time, adding the mineral rich bitter greens to salads, pestos, smoothies... anything. Chickweed (*Stellaria media*) is another spring time cleansing and mineral rich, tonic herb that pops up with great enthusiasm in our gardens. Oregon Grape (*Mahonia* spp.), Stinging Nettle (*Urtica* spp.) and Plantain (*Plantago* spp.) are other wonderful spring herbs you may have growing around your home. There are many bitter herbs, but some other classic digestive bitters are: Gentian, Elecampane, Horehound, Hops, Chamomile, Meadowsweet, Mugwort, Angelica and Agrimony.

As mentioned, there are many different ways to enjoy medicinal herbs. Teas and tinctures are most popular. But they can also be added to foods, oils, vinegars, honeys and much more. *Harvesting Vitality Herbal Honey Elixirs* will be sold once again at the Camptonville and North San Juan Plant Sales this month. Stop by for a tasting or to try the six new additions to the collection.



## Wild Turkeys

By Shirley Benedick

Three wild turkeys strut  
straight down my driveway.

Oblivious  
to the rain,

they pause, look up, gaze about  
like tourists just off the bus,  
trying to decide where to go,  
noting with interest  
the local architecture.

Surprised,

I run from window to window  
to get a closer look.

Strangers here,

I want to greet them, make them welcome.

Then I remember.

They are the locals, native residents  
of the pinewoods and manzanita  
that once covered this hill.

I am the foreigner,  
and I don't speak their language.

## Wild and Wonderful Turkeys

By Ann Westling

Although a common site in the foothills, Wild Turkeys are quite an interesting bird with a unique history. Due to extensive hunting and clearing of forests, they came close to extinction in the early 1900's. Thanks to several wildlife research groups, studies began on how to restore turkey populations in the 1930's. Today the population is estimated to be near seven million birds and their comeback is considered one of the most successful conservation efforts in the US. Wild Turkeys live in every state in the continental US as well as Canada, Mexico and Central America. The domesticated turkeys are offshoots of the wild ones.

### What's in a Name?

A male Wild Turkey is called a *Tom*; a female, a *Hen*; a young bird, a *Poult*; and an adolescent, a *Jake*. According to the National Wildlife Federation, a group of turkeys can be called a *crop*, a *dole*, a *posse*, a *gang* or a *raffle*.

There are 5 subspecies of Wild Turkeys in the US. The primary subspecies in the Sierra foothills are the Rio Grande and the Merriam's.

### Life History

Turkeys travel in groups and the males gather in the spring to perform their courtship displays. The tom turkey will court a female by shaking his snood and wattle, puffing up his feathers and flaring his tail feathers while strutting and gobbling. The hen will lay from 8 - 16 eggs in a shallow nest on the ground. After hatching, young poults will start walking around, looking for food in less than 24 hours. Turkeys normally sleep in trees, can run 25 miles an hour, fly 55 miles an hour for short distances and they can swim. Their gobbles can be heard a mile away.

### Political Aspirations

It is well known that Benjamin Franklin seemed to prefer a Wild Turkey as our national symbol rather than the Bald Eagle. In a letter to his daughter, Franklin wrote, "For the Truth the Turkey is in Comparison a much more respectable Bird, and withal a true original Native of America. He is besides, though a little vain & silly, a Bird of Courage, and would not hesitate to attack a Grenadier of the British Guards who should presume to invade his Farm Yard with a red Coat on."

So next time you see turkeys ambling down the road, remember their unique cultural history, their interesting habits and the fact that they almost suffered the same fate as the Passenger Pigeon. Gobble Gobble.

*Ann Westling is a happily retired outdoor enthusiast and optimistic birder, formerly with the USFS.*



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## Learning About Ourselves at the REACH Conference

By Camptonville's 6, 7, 8th Graders

I went to a conference that is called REACH. Reach is located at Richardson Springs outside of Chico. Reach teaches us about leadership, character building, getting out of your comfort zone, and saying what we want. You're there for 3 days and you're constantly doing something. Some of the things we did there was Challenge Day, Cross the line, Workshops, Ropes Course, Hikes, dance and even more.

**The first workshop I attended was a workshop called Take a Hike. Take a Hike is meant to be a workshop where we can just relax and enjoy the beautiful surroundings by walking to a waterfall.**

**The second workshop I went to was Me, Myself & I. Me, Myself & I is a workshop that is meant to teach us about positive ways to deal with stress. One of those ways is to talk to someone about what is causing the stress and maybe they can help out in some way.**

I look up. I'm crying in front of 360 kids and adults that I don't even know. This is Challenge Day. I am in my "family" group and everyone is telling their life story and by the end of it you realize how good you have it.

*In the morning I went to go get cereal and orange juice (OJ). The OJ was so good I had 6 cups of OJ.*



Photo: Maggie Orion

The only bad part about Reach was the girls got all the hot water for showers and the boys got cold water. That was no fun.

Do people tell you that your not good enough? Are you bullied at school? Do people judge you for the things you wear or even for the way you look? Do people tease you about your race? Just remember we are all somebody. We all have feelings. Don't let people put you down because your different or don't have enough money to get what everybody else gets.

Have you ever wondered, "Is anyone else in the same position that I'm in?" Well there are many other people that are in your position.

"Now comes the final day. The hardest of them all, but you have a hero, and that hero is you!" says Lain. We head over to the rock wall. I did not do it. We eat lunch, and I down my Caprisun and chomp on my Oreos. Now we are headed over to the flying squirrel event. Before I know it my heart is pounding on my rib cage but the heavy green harness is keeping it in. Support team ready? Support team ready! Belayers ready? Belayers ready! Flying? Fly on!! My ear is flooding with [my partner's] screams. I am swinging so high above the ground it seems impossible. I am now spinning in circles lowering to the ground and giving random people high fives. Laughing, screaming and practically crying. I am tingling from head to toe. It's hard to think that just about an hour ago my best friend called me scaredy-cat for not wanting to be her partner on the rock wall, but after doing what I just did, I don't think I am a scaredy-cat.

In conclusion I am very happy that I was able to go to Reach because it is an amazing place to be. Reach lets me be me, and that is amazing because in some places I feel like I can't be myself. If I could, I would go to Reach every day and have a blast because I would never be fake.

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## Update: Local Lawsuits by Yuba Patients Coalition PAC

By Eric Salerno, Yuba Patients Coalition Board Member

The Yuba Patients Coalition PAC has taken their lawsuit against Yuba County's urgency ordinance to the California Supreme Court. With a total of six causes of legal action, currently one has been filed and is going to the Supreme Court. Once the Higher Court rules, then the group will begin working on its additional five causes of action to stop the county's actions against legal medical marijuana patients. The group also has been addressing strategies for initiatives and recalls aimed at changing the political landscape for the future of Yuba County.

All of these actions are not possible without continued support from those who are able and willing to help. Please go to [www.yubapatientcoalition.org](http://www.yubapatientcoalition.org) to be added to the email list, or to donate and help with the good fight for all our communities' sake!

The next fundraiser will be held May 30 at Rebel Ridge Organics, 16042 Creekside Trail in Camptonville. Watch for fliers.



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email: [office@willowcreekcampground.net](mailto:office@willowcreekcampground.net)

## Our Volunteer Fire Department

By Brandi Dudek, Fire Chief

The Hotshots Half Marathon was a huge success! There were 230 runners from the Western U.S. who came to honor firefighter Mike Kelly, including his parents who traveled from Idaho. The day was full of cheering, laughter and inspiration, especially when Mike's father finished the half marathon line. All money raised went to the Wildland Firefighter Foundation to assist families of fallen firefighters. Thanks to all who came out to help.

It appears that fire season has arrived early. Everything is very dry. Please be safe with your burn piles by not leaving them unattended, and have a water source and a rake or shovel close by. If you are burning and the wind comes up, *please extinguish your fire*. It only takes one spark to ignite a wildland fire.

Camptonville VFD was paged out for 4 calls this month: 3 medicals and 1 smoke check. Our roster stands at 22 with 2 cadets.

We are always looking for volunteers! Training is Tuesdays from 6 to 9 pm. There is one training night per month that we go to NSJ for medical training. We also need volunteers for support staff, such as helping with maintenance, paperwork and other non-firefighter projects. To become part of a great team, please give me a call at 288-3303.



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## Yuba River Ranger District Report

By Betty Leffew

Campgrounds along Highway 49 to Loganville will open April 24th. You can make reservations at Recreation.gov or by calling 1-877-444-6777. The following are now open: Bullards Bar trails and boat ramps, most of the high country trails and the North Yuba trail along the river between Indian Valley and Goodyear's Bar. Dogwood and Redbuds are blooming and wildflowers are close behind.

Fuelwood season is open on the Tahoe National Forest. Permits can be purchased through December 31st at any Ranger Station. The price per cord is still \$15 with a 2-cord minimum and a 10-cord maximum per household. Mail-in applications for permits can be found online at [www.fs.fed.us/tahoe](http://www.fs.fed.us/tahoe). We will also send you mail-in applications. In general, the permit allows removal of dead and downed wood on TNF system lands. Trees may not be cut if marked with paint, wildlife signs, boundary landmark signs, other official signs or in areas closed to woodcutting. Carefully study the maps accompanying the permit to see which areas are closed. Woodcutters are responsible for knowing what the daily fire restrictions are. The following day's information will be on the recorded message after 5 pm at 288-3231. Try to get your wood in early as we will probably have restrictions limiting woodcutting due to potential fire danger this summer.

Dooryard burn permits are required May 1st. You can pick one up at the Ranger Station. You will need to check with the Department of Air Quality or the Ranger Station for burn day status.

Rainfall as of April 17, 2015 is 1.57 inches, bringing our season total to 36.58 inches. Last year's total was 33.20 inches. It's not looking good, so please use extreme caution as things dry out.

## Looking for a Rewarding Career Opportunity?

By Sandy Ross,  
Principal/Superintendent,  
Camptonville School



If you enjoy working with children and have ever thought about wanting to become an educator, a great way to find out is to become a substitute teacher. If you have a Bachelor's Degree and are willing to take the California Basic Educational Skills Test (CBEST), then you are on track with the necessary qualifications. You do not have to possess a teaching credential to begin the process. Camptonville School is always seeking qualified subs for both short-term and long-term positions.

In order to be hired, you must be registered with the Tri County Substitute Teacher Consortium. The best way to find out more about this worthwhile career move is to go to the Tri County Teacher Consortium website at <http://www.tricountysubstitute.com/home>, and they will walk you through the process.

Once you've completed the requirements, you will be eligible to work in Yuba, Sutter and Colusa Counties should you so desire. If you are only interested in substituting for Camptonville Elementary School, please contact Pam Wilcox or Sandy Ross at 288-3277.



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Camptonville Union School District  
P.O. Box 278  
16585 School Street  
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**SANDY ROSS**  
Superintendent/Principal

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### May 2015 Camptonville School Calendar

- April 28 - May 14 Smarter Balanced/CAASPP Testing (3rd -8th)
- May 7 Crocker Art Museum Field Trip (6th -8th)
- May 13 Awards Assembly, 8:45 am  
 Volunteer Appreciation Brunch (following assembly)  
 Staff Development Minimum Day, 12:45 pm dismissal for all  
 Kindergarten Schedule for Minimum Day, 8:25-12:45
- Mid-May Trout Release, Willow Creek (K-2nd)
- May 14 Yuba County Track Meet (6th-8th) - Wheatland High School
- May 18 Site Council, 3 pm
- May 20 School Board Meeting, 6 pm
- May 21 Memorial Day Observance (K-8th), 10:15 am  
 - Camptonville Cemetary
- May 22 Snow Day – *No School*
- May 25 Memorial Day – *No School*
- May 29 Reading Rewards Trip (TBA)
- June 2 8th Grade Graduation

### Help & Hope

**For Emergencies.....First Call 911**

(All area codes are 530, unless specified)

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	288-9355
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 corrections)



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**Please Note Change:** The Yuba-Sutter Gleaners (who run the USDA/Brown Bag programs) have changed their distribution site. It is no longer being done at the Dobbins Lake Francis Grange, but at the *Dobbins Church* across from the Dobbins Post Office. This is a permanent change. The Foothill Food Pantry is still in the same location.

### May 2015 Community Calendar

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

#### MAY

(CCC = Camptonville Community Center)

- 1 Parent's Club Bingo and Dinner, 4:30, CCC
- 5 WSMC Health Van, 10 am - 3 pm, CCC
- 9 Annual Plant Sale, 9:30-2:30, Rebel Ridge Field
- 10 Scotch Broom Breakfast, NSJ Firehall, 8-12, Res. St.
- 18 CCP Board Meeting, 5 pm, Resource Center
- 25 CCSD Board Meeting, 7 pm, Camptonville School
- 28 1,2,3 Graduation, 11 am, School.
- 30 Indian Valley Outpost Open House Dinner
- 31 Hal Stocker Appreciation Potluck, 6 pm, CCC

**Save the Date:**

June 20-21 Gold Show, 10-5, Alleghany

#### 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 Church
- Sundays: Open Mic, 1st & 3rd Sundays at Burgee Daves, 4-7 pm



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## Got Scotch Broom? We've Got Help!

By Cathy LeBlanc, CCP

I know you've seen it, thin green stems with yellow flowers blooming profusely along our roadways. Scotch Broom is a very flammable brush that acts as ladder fuel in a forest fire, allowing smaller trees to catch fire and go up the chain to low pine braches and then to a crown fire. One way to fire safe your home is to remove the Scotch Broom.



**Rebel Ridge Organics in Camptonville has Scotch Broom puller/wrenches for free community use.**

PG&E has given these tools to the Yuba Watershed Protection and Fire Safe Council (YWP&FSC). These are available in two sizes and are free to use. You must leave a small deposit so they will be returned for other community members to use. Each puller comes with instructions. Call Rebel Ridge Organics (288-3222) or the Camptonville Resource Center (288-9355) for more details.

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

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## Look What's Happening in May!

May 1 - Bingo

Check Inside  
 for Details

May 9 - Camptonville Plant Sale

Mark your  
 Calendars!

May 10 - Scotch Broom Breakfast – NSJ

May 30 - Indian Valley Outpost Open House Spaghetti Dinner

May 31 -Hal Stocker Appreciation Potluck Dinner

These are also listed on our on-line Community Calendar: [www.camptonville.com](http://www.camptonville.com)

To submit calendar items, email: [camptonvillecalendar@gmail.com](mailto:camptonvillecalendar@gmail.com)

(See Page 15 for the full community and school calendars)

