

THE Camptonville Courier

Connecting the *Community*
Since 1997



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NUMBER 6

Camptonville Community Partnership

- 20 years in the making and still going strong

By Cathy LeBlanc, Executive Director

*Rural people working together for a safe,
sustainable and healthy community*

As we near our 20th year, Camptonville Community Partnership would like to take you on a trip down memory lane to share more about who we are and what we do.

The original seeds that grew into CCP

CCP became a 501(c)3 non-profit in 2001, formed as a natural evolution of several school-based community programs started between 1995-1997: The Outreach Program (Yuba County), Yuba Watershed Alliance (Annenberg Foundation), Healthy Start (CA Dept. of Education) and Community Partnerships for Healthy Children (Sierra Health Foundation). Around 1996 (I know it seems like yesterday) Shirley DicKard, one of the original founders of CCP, had a dream and made it come true. Being the School Nurse at that time, she saw that children could be much healthier growing up in a healthy community. *The Camptonville Collaborative* was formed, and using an "asset-based" approach to mobilize the community, it sowed the seeds for CCP and its many programs.

CCP's Community Programs

(1997 to present, in alphabetical order)

CanWORK offered local employment training and skills development.

Our efforts also led to action on Welfare Reform and brought three Camptonville moms to Washington DC to testify on September 11, 2001 (ask me about that 9/11 experience!).

Community Capacity-Building Workshop Series – CCP has recently conducted a countywide series of classes on building communities from the inside out. *(read about it on page 12)*

Celestial Valley Biomass to Energy Project - We are in the midst of our most ambitious projects to date. Camptonville is one of only five projects in the State working to utilize Senate Bill 1122. This effort will help fire-safe our "backyard" and produce energy at the same time (project web site is <http://sites.theccp.org/fbbc/resources>).

Community Celebrations are cool fun for all ages, such as the summertime Country Faire and Parade this July 11th. *(Continued on Page 3)*



The Camptonville Resource Center



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Stephanie Williams - Treasurer
Barbara Ramirez - Secretary
Don Deane - Board Member
James Garrison - Board Member



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Yakshi Vadeboncoeur - 1,2,3 Grow Director
Christina Dondono - 1,2,3 Grow Assistant
Corrin Burdett - Fiscal and Office Manager
Cathy LeBlanc - Executive Director and
Rural Health Advocate/Outreach
Jocelyn Rapp - Rural Health Advocate Intern

From the Editor

– Shirley Dickard

I have four ways to describe this spring.

First – *The Spring of Abundant Lettuce.*

Visitors to my garden rarely left without a mega-sized head of lettuce in their hands. I only grow lettuce that reseeded from last year's plants, then transplant them where I want them to grow. And grow they did!

Second – *The Spring of Snowy White Madrones.* For the past 4-5 years, our madrone trees have not set blossoms. This year, branches are hanging heavy with sweet white flowers, casting an aura of snow on the ground beneath them.

Third – *The Spring of Few Garden "Bugs"* - thanks to the super-abundance of skittering lizards that dine in my vegetable beds, and swooping birds that catch their meals mid-flight (I won't mention that the birds also eat my peas and chard, but hey, that's a fair trade-off for not dealing with slugs, pill bugs and earwigs!).

And last, *The Spring of Uncertain Water.* We have a well, and as it's difficult to gauge how much the continuing drought is affecting our water supply, we temper our water usage with a bit of fear, caution and faith.



Cherry Festival in NSJ – June 27th

The 120th Annual Cherry Festival starts on **Saturday, June 27th** with a Parade at **10 am** in downtown North San Juan. Come enjoy the festival's vendors, food and fun all day!

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Happening This Summer!

The Camptonville Historical Society - June 16th

The Annual Membership Meeting is **June 16, 7 pm** at the Community Center. Everyone is invited to come learn about and help plan for the new History Museum soon to be located at the Community Center! For information, call Carolyn at 288-3424.

Camptonville Country Faire - July 11th

By Barbara Ramirez

It's time to start planning the 2nd annual Camptonville Country Faire. The date is **Saturday, July 11th from 2 to 5 pm** at the Community Center. We will again have a parade starting at 2 pm, and this year we will be making two loops around town. If anyone is interested in joining the parade, please let me know. Dress up your kids, cars, wagons and horses. I'm looking for more vendors to sell their wares - no fee for space. Our local taco truck will be there. Woohoo! Contact Barbara at 288-3392 for information. Hope to see you there!

Gold Show in Alleghany - June 20-21st

By Rae Bell Arbogast

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

The Native Gold Display theme this year is: "Western Ores." Historical walking tours of Alleghany will be offered Saturday only. Reservations are not required. Underground tours of the 16 to 1 Mine will be offered Sunday ONLY. Reservations are required for the underground tour and can be made online at undergroundgold.com. For more information, please call Rae Bell at 287-3223, or email info@undergroundgold.com.

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

Camptonville Community Partnership *(continued from front page)*



The Community Health Action Plan – Developed in 2008, our own *Community Health Action Plan* (CHAP) connects us to the Yuba County General Plan. It was based on months of community meetings, surveys and input. The CHAP is still used to describe our community's values and vision and is on-line at www.camptonville.com under "Plans."

The Courier - The newspaper you hold in your hands began at an early Town Hall/Action Team meeting in 1997 and is still written and produced every month entirely by volunteers.

The Gold Pages was a Directory of Local Businesses and Resources. Anyone want to start it up again?

1,2,3 Grow is our free parent participation Early Childhood Enrichment Program for children 0-5 yrs, going strong for 15 years thanks to our school partnership and funding from First 5 Yuba and others.

The Outreach Project - The original staff were Sandy Radoff (Ross), Barbara Mueller-Hogan, Yana Slade MFT and Shirley DicKard, RN, who offered local support for families. The Project has grown over the years to include Summer Recreation, Movie nights, Twilight School and more.

The Resource Center is CCP's home-base located in the red building behind the school. We offer free use of high speed internet, Wi-Fi, phone, computer, copier, fax and more.

Rural Health Advocacy - CCP developed this department to increase our small town's visibility and bring our voice to decision and policy makers at the local and state level.

School Wellness Policies - Our Health Advocates helped Yuba County School Boards develop their School Wellness Policies.

Town Hall Meetings, Community Surveys and Action Teams are ways our community has learned to identify what we want and then work together to accomplish these goals.

Twilight School is Camptonville's own skills-sharing lab, featured on PBS television and Sierra Health Foundation's workbook *We Did It Ourselves*. Camptonville folks have shared their gifts and talents by giving classes on computers, sports, yoga, healthy cooking, gardening, music and more.

Wellness Center - Did you know we once had a weekly medical clinic, staffed by Sierra Family Medical Clinic and Harmony Health Clinic, and a UC Davis Tele-Medicine program at the Resource Center? (1998-99).

CCP also serves as the **Grants Manager** for Camptonville Community Service District and the Yuba Watershed Protection and Fire Safe Council, and is the **Fiscal Agent** for many of our smaller community organizations.

About now you maybe asking, "How can one organization be so diverse?"

The answer lies in our grit and our Mission: **Rural people working together for a safe sustainable and healthy community.** Those rural people are YOU by the way. All our programs are community-driven and developed by the people who live here. The programs are supported through a healthy mix of philanthropic foundations, county, state, and federal agencies and an involved community. If you want to know more, become a volunteer, help develop the next Town Hall meeting in July, or support our work through tax deductible donations, please call us at 288-9355 or drop me a line cathy@theccp.org.

Welcome Jocelyn!

By Cathy LeBlanc, CCP Executive Director

Camptonville Community Partnership is pleased to announce **Jocelyn Rapp**, lifelong resident of Camptonville, has become our new **Rural Health Advocate**.



Jocelyn will carry out the work begun by Cheryl Zellers who has moved to Sonora to pursue full time work. We thank Cheryl for her knowledge and skills-based practices she shared with us, and wish her good luck!

Jocelyn has recently moved back to Camptonville after attending William Smith College in New York where she received a BA in International Relations. Happy to be back home, she is "excited to be putting the skills I've learned to use in my own community". Jocelyn is also an extraordinary soccer player and coach. She brings a fresh perspective and a wealth of talents to share with the community. Welcome Jocelyn! *(See Jocelyn's article on Page 12)*

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

FIRST 5 YUBA COUNTY
First 5 is a Tobacco Tax Program.

Roadside Fire-safe Clearing Coming!

By Brandi Dudek, Fire Chief

PG&E has done it again! They have issued a grant for roadside clearance this time. This is great news with the threat of wildfires so high again this year. The Yuba County Road Department will be doing 4.6 miles of roadside clearance in Camptonville. The clearance will be 0.6 miles along Mill St., 0.3 miles on Spring St., 0.2 miles on Jackson St., 0.8 miles of Pike City Rd., 2.4 miles of Old Camptonville Rd. and 0.3 miles on Oak Valley Rd.

Important: Per our request, the county has assured us that they will not spray any herbicides. If you have any trees on your property fronting the roadway that you *do not* want cut down, you should tag them with *yellow flagging*. Because they are not using any spray, the county is asking property owners to please follow up by cutting off any suckers that regrow after they have done the clearing. I do not have any start dates but I do know that the work will need to be completed by October 15th. Please watch for flyers!



More from our Fire Chief

By Brandi Dudek, CVFD Fire Chief

Camptonville VFD was paged out for 4 calls last month: 1 motor vehicle accident, 2 medicals and 1 search and rescue. You might have either read about the search for the lost family in the Cal Ida area, or saw it on the news. Luckily, the family was found safe and sound.

Photo: Brandi Dudek

Burn permits are required. If you have called the Forest Service (288-3231) and Feather River Air Quality at 741-6299, and it is a burn day, please be extra cautious and use common sense, especially during this drought. Don't leave your burn piles unattended, and have a water source, a rake or shovel close by. If you are burning and the wind comes up, please extinguish your fire. It will only take one spark to ignite a wildland fire. For more information, please go to the CAL FIRE website at www.fire.ca.gov for lots of good information.

Our roster stands at 22, with 2 cadets. We are always looking for volunteers! Training is Tuesdays from 6 to 9 pm, with one medical training per month in NSJ. You don't have to be a firefighter to volunteer. We can use volunteers for support staff with station maintenance, paperwork and other non-firefighter projects. If you're interested in being part of a great team, please give your chief a call at 288-3303.

New! Free Defensible Space and Chipping Program

By Cathy LeBlanc, CCP



In May, the Yuba County Watershed Protection & Fire Safe Council (YCW&FSC) received funding from CALFire to work with Yuba County Public Works and Camptonville Community Partnership (CCP) to assist folks in the five fire districts of Yuba County to fire-safe their homes.

Low income, elderly and disabled persons may qualify for free defensible space clearing 100 ft. around their homes. This includes private contractor free chipping as well. A county-provided chipping service will be available to anyone owning property (in the five Yuba County fire districts) that is adjacent to a county-maintained road. At this time private roads are not eligible. The chipper and truck were purchased last year for the YWP&FSC with funds from PG&E.

CCP will act as the point-of-contact for folks and administer both programs, the details of which are being finalized. These two programs will roll out in June. To find out more or to sign up, you may go to the YWP&FSC website www.yubafiresafe.org, or contact CCP at 288-9355 or email corrin@theccp.org. Watch for flyers!

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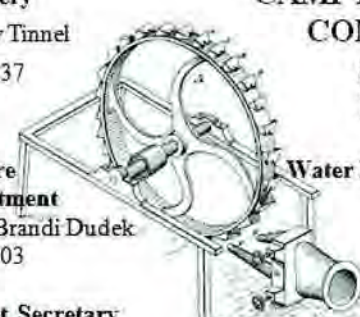
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Don't Throw It or Give It Away!

Save your good quality clothing and household goods until August, then donate them to the Community Center's Flea Market. For details, read "Look What's Coming to the Community Center!" on Page 6.



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Dig It!

Meet Your Local Merchant - Randy Rizzo, Lost Nugget Market

By Linda Rose

If you live in Camptonville or drive Hwy 49 on your way to or from Downieville, you have probably had occasion to stop at the Lost Nugget Market for groceries, camping, hunting or fishing items, or to put gas in your vehicle. If so, you have met owner Randy Rizzo and/or his nephew, Mike Dudek (the husband of our Fire Chief, Brandi Dudek).

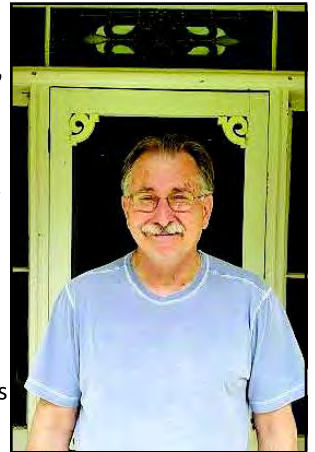


Photo: Linda Rose

The Lost Nugget Market opened in the early 1980's by Randy's sister, Louise, who expanded the small store (originally Lang's Garage) into what it is today. His brother, Ron, became a partner in the business in 1983. A carpenter in Simi Valley, Randy relocated to Camptonville at the request of his sister. He bought her share in the business, becoming partners with Ron, now deceased, in the mid-1980's.

In his business, Randy loves meeting new people and shooting the breeze with the locals. Business is not like it used to be when there were long periods of slow days, especially in winter months. Now it is busy every day, all day, with barely any time to take breaks.

Randy and Mike alternate tending the store every other week. During his week off, Randy, describing himself as a quiet guy who keeps to himself, spends his free time fishing, camping, hunting and riding his quad in the high country. He also collects antique bottles and loves mining. He spends a lot of time working on projects around his three bedroom, two bath home that was built in the late 1880's to early 1900's and originally used as a boarding house.

For 18 years, Randy served as a volunteer Camptonville firefighter. He also served in the U.S. Navy.

What give him the most joy are his children, Adriana, who lives in Illinois, and Randy Jr., who lives locally. He looks forward to grandchildren in the future.

Randy enjoys living in Camptonville mostly because it is away from the city. The times he must drive to a city for supplies is a reality check, reminding him of how much he loves living in the mountains.

Next time you're driving by the Lost Nugget Market, stop by and say, "Hey."

Camptonville Community Center Update - New Director Announced!

By **Tonie Hilligoss**

CCSD is expanding its scope of services (see "Kudos" this page), so the Community Center has reorganized itself. I've been acting as the temporary facilitator during the building's transition from the Masonic Lodge to the Community Center, and that process has largely been completed.

Now that we've reached the point where the Center needs permanent leadership, I'm very pleased to announce that **Christina Ledson** has agreed to be the first **Director of the Center**. She has been an active member of the Steering Committee from the beginning, and as the Fundraising Coordinator, has been a key participant in much of what we have accomplished. I will continue to serve on the committee in a support role, but Christina has assumed the leadership position and will be working closely with Char Jokerst, our CCSD liaison.

The survey results are ready and we appreciate the 34 responses we received. They are informational, important and valued. The Steering Committee understands these results do not represent the entire community, and we look forward to hearing from more of you as ways to use the Center come to mind. Those who responded, indicated support for using the Center for the activities suggested on the survey as well as specific activities, the most popular being bingo, community events, movies and renting the building for private events. In the near future, the Center will begin sponsoring bingo, and other activities will start as people volunteer to coordinate them. The second part of the survey focused on ways in which community members are willing to help fully transform the building into a Community Center. Almost half of those responding volunteered their labor, and almost as many offered to help with a specific program, donate money and help with fundraising. This is a community effort, and we deeply appreciate your interest in participating. Please read the accompanying article for information about upcoming events.

Look What's Coming to the Community Center!

By **Tonie Hilligoss**

The Parents Club Bingo Night was a huge success and lots of fun! Having a Community Center creates many opportunities, and we're looking forward to seeing what other ideas people will come up with.

Upcoming events include:

- **July 11th:** The Country Faire and used book and CD sale from 2-5 pm.
- **In August** there will be a Historical Society presentation, a benefit concert by composer/musician, Terry Riley, and a community-wide flea market. There will be opportunities for private booths, but the flea market is also a fundraiser for the Center. Donations of high quality merchandise will be enthusiastically accepted shortly before the event. Watch the Courier for exact dates. We'll let you know as soon as additional events are scheduled.



Camptonville Kudos

By **Richard DickKard**

The Community Center will soon be legally able to provide recreation and public events services to Camptonville. At their May 26th meeting, Camptonville Community Services District (CCSD) held a public hearing, then passed a resolution to that effect. The Yuba County Local Area Formation Commission (LAFCO) will now process CCSD's request to provide new services. It will cost \$2,000 and take two months for LAFCO to complete the public hearings and paperwork.

Thank you and praise to all the many organizations and individuals in Camptonville who contributed money to cover the costs, and are pitching in to help. The Camptonville Community Center would not be happening without you!

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How Can I Help This Month?

By **Tonie Hilligoss**

We all want the Community Center to be more than just a building, and we have to keep paying the bills to keep the doors open. But we also want the Center to house the activities we care about, **so here's what we need this month:**

- **Volunteers to work on renovating the building** to incorporate the Leland K. Pauly Museum (date to be announced – continued from May).
- **Volunteers to help collect rocks** for the hillside Community Center sign (date to be announced for a rock collecting party – continued from May).
- **Financial donations** to purchase materials for renovating the Center (thanks to those who donated funds for compliance with the Fire Marshall's recommendations!).
- **Books and CDs** in good condition for the used book and CD sale. Contact Christina Ledson at christinaledson@gmail.com or 288-3655. This will be a continuing request until the sale on July 11th.
- **Assorted merchandise** in good condition for the August flea market sale (contact Christina Ledson as above). Exact date will be determined soon.

Rita Ortega is our Volunteer Coordinator and can be reached at 288-3421 or ritaortega4@gmail.com.

Donations can be sent to:


CCP, PO Box 218, Camptonville, CA 95922

Please make checks out to "CCP" and write *Community Center or CCC* on the memo line.

Questions about donations can be directed to Char Jokerst (288-9320 or rubycj@att.net) or Tonie Hilligoss (288-3451 or thilligoss@mac.com).

We're seeing progress as more and more of you step up to offer assistance. Making the Center fully operational is a community effort that can only happen with your help.

Thank you!



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Kitchen Items Needed for our Community Center!



By **Carolyn Mumm**

Our new Community Center needs more *dinner and salad plates, bowls, glasses, cups, pitchers and silverware*. If you have extras or are able to buy them inexpensively at a thrift store or yard sale, please donate them to the kitchen at our Community Center.

We'd like to have enough so when there is a potluck or other event involving food, event sponsors have the option of serving food using washable dishes and silverware from our kitchen. This helps save on garbage bills and we won't fill up the landfill with disposables.

Items can be dropped off at The Lost Nugget Market or contact Barbara Ramirez at efieb@att.net or 288-3392.



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Things are Fishy at Camptonville School

By Regine Miller

Camptonville School's K-2 class successfully raised trout this spring. The students welcomed their eggs from the Mt. Shasta hatchery in late March, cared for them for six weeks as the eggs hatched, developed into stages called *alevin* then *fry*, before releasing them on May 15th in Willow Creek.



Photo: Regine Miller

Regine Miller, Trout in the Classroom (TIC) Coordinator for the Feather River Chapter of Trout Unlimited, worked with teacher Alison Martin and her students to engage them in the exciting world of aquatic science. Students learned how to fly cast as part of their P.E. curriculum, and participated in two field trips to Willow Creek Campground. At the campground, students planted and monitored willow cuttings, sampled for aquatic macroinvertebrates, learned about fish anatomy, observed a fish dissection and tried their hand at the Japanese art of fish printing. The class plans to perform an adaptation of the book *The Secret Life of Streams* on May 27th. Students have worked diligently to memorize their lines and ensure a first-class performance.

Special thanks is owed to the Camptonville School Parents Club for their financial support of TIC, as well to Don Deane and Willow Creek Campground, Dick Dickard, Caitlin DeMaranville, Chelsi Hedrick, Bill Copren, and the USFS. We should all be very proud of these young, bright students becoming stewards of our local watershed.



Photo: Regine Miller



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SANDY ROSS
Superintendent/Principal

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Local Salmon Fishing Again?

By Richard Dickard

In the 1850's, salmon spawned in the creeks around Camptonville. Native Indians and miners caught and ate salmon from the local watershed, but dams built in the 1900's closed the salmon's passageway.

Salmon runs may happen here again. A coalition of three government agencies and three conservation groups have proposed the "Yuba Salmon Partnership Initiative" to reintroduce Chinook salmon into the North Yuba River by trapping and then trucking them between Englebright and Bullards Bar reservoir areas. The South Yuba River Citizens League, however, has recommended waiting until 2018 for the results of a U.S. Army Corps of Engineers feasibility study on the best way to get salmon to our area. However the salmon get up here, I can hardly wait!

Take 1 – Common Core at Camptonville School

By Sandy Ross, Superintendent/Principal

At the end of a school year full of changes, one of the biggest shifts has been the incorporation of new educational standards. Curriculum, instruction and student learning have all been affected by the transition to the Common Core. The key characteristics include opportunities for students to communicate, collaborate, utilize critical thinking and creativity; enabling students to be prepared to work in creative teams, think tanks or be entrepreneurs if they so desire. This new way of digging more deeply into what is being taught has challenged instructional staff and parents, as students are being asked to show what they have learned and cite evidence to prove their claims.

Shifts in math presented a huge challenge for students and their parents, who have learned to perform operations with algorithms, fractions and number lines in the "traditional way". While this posed opportunities for frustration, the benefits certainly outweighed the disadvantages. As the third grade math teacher, I observed children become comfortable with giving verbal and written explanations about problems they were asked to solve, visually show or make models of algorithms using multiple strategies, define and use mathematical vocabulary, and construct arguments and counter arguments to defend those strategies. They quickly learned that it is no longer sufficient to just come up with the right answer.

I look at our endeavors and accomplishments this year as the first take in a new educational story that is being written as you read this. It is one that is more open-ended than we have ever considered. Education professionals who work with schools all over California have expressed their amazement at what Camptonville School has attempted and achieved, considering the size of our staff. I thank our teachers and support staff for stepping outside of their comfort zone and giving 150% to educate and motivate students every day in order to prepare them for their educations and careers outside of Camptonville School.

While it may be a wrap for this year, learning never stops happening. Have a great summer, and we look forward to seeing you next year for *Take 2*.



Kindergarten Registration

By Sandy Ross, Superintendent/Principal

Camptonville School is enrolling for Kindergarten and Transitional Kindergarten (TK) for the 2015-2016 school year from May 27-June 5. Please call the school at 288-3277 for information or to arrange a classroom visit.

To enroll for Kindergarten, students must turn five before September 2, 2015. They are eligible for TK if they turn five between September 2 - December 2, 2015.

Summer Trailers

By Sandy Ross, Superintendent/Principal

Please think about having your children participate in some exciting extended learning experiences over the summer.

- Nevada County Library's summer reading program, "Read to the Rhythm" launches on June 8th and includes a range of free activities throughout the summer at all of their branches. Go to their website at www.mynevadacounty.com/nc/library or check out the article on YubaNet.com.
- Swimming lessons at Pioneer Park (265-8223) are a great way to guarantee that your children are fully capable when they go out for a fun day at the river or lake.
- Naturally, don't forget to check out CCP's Summer Recreation Program taking place right here in town. (*See their article on this page*)
- Most importantly, limit screen time and encourage your child to be active. Healthy bodies are the key to healthy minds!

Camptonville Youth and Summer Recreation Program

By Cathy LeBlanc, CCP

Hi Folks! Over the past few years, CCP has partnered with Camptonville School to offer youth in our community a Summer Recreation program. Due to scheduled maintenance on the school bus, we will not be having our daylong Pioneer Park swim days this year.

However, we will offer a different Summer Recreation Program in Camptonville for one half-day a week, for 4 weeks. We are currently in the formative stages, and are seeking volunteers with ideas for healthy and fun youth activities.

Activities planned so far include a hike with Jeanne Black to the Green Bridge, and a possibly an adult/youth cooking class series, courtesy of UC Davis Extension. We have stipend money available (from Sutter-Yuba Prevention/Early Intervention) for supplies. If you have ideas you'd like to share, please call us at the Resource Center - 288-9355 or email cathy@theccp.org.



Yuba River Ranger Station Report

By Betty Leffew

With the weather getting warmer, more people will be enjoying the lakes and rivers, which are very low this year. All campgrounds along Highway 49, the high country and Bullards are open. All trails are open.



Bullards Bar Reservoir - May 18, 2015
Photo: Shirley Dickard

Fuelwood season is open on the Tahoe National Forest. Permits can be purchased at any ranger station and will be sold through December 31st. We can also send you a mail-in application. Carefully study the maps accompanying the permits 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 because fire restrictions will limit woodcutting, due to potential fire danger this summer.

Dooryard burn permits are now required. You can pick one up at the Ranger Station. You will need to check with Feather River Air Quality (741-6299) or the Ranger Station for burn day status.

Rainfall (as of May 20) for May 2015 is 0.05 inches, bringing our season total to 39.12 inches. Last year's total was 35.91 inches. *Please use caution as things are very dry!*

Report on the Plant Sale and Flea Market

By Carolyn Mumm

Camptonville community's Plant Sale and Flea Market on May 9th was again an exciting event for those who love gardening, crafts, flea market



Photo: Char Jokerst

treasures and visiting with friends and

neighbors. Hundreds of vegetable starts, herbs and flowers were vibrant, strong and ready to go into our gardens.

The profit of \$181 from the sale, booth rentals and book sale was given to our Community Center by Carolyn Mumm (r) to Christina Ledson (l) in the photo above.

We had an abundance of Flea Market and craft booths, including hand-crafted bent wood chairs, homemade soaps, lotions, purses, bead work, medicinal honey and art.

Camptonville school students sold food to benefit Club Live, and Fatty's Fine Foods offered freshly made Mexican food.

A heartfelt *thank you* to all who helped: Donna Jaynes for use of the Rebel Ridge field, Keith Montgomery who mowed the field, "anonymous" who weed-eated the edges, Lucille Rovnak who made the sign on the field fence, Kristel Miller who made the roadside sign and to Pam Wilcox who made our flyers. Also a hearty *thank you* to the Camptonville community for coming and making our sale a success.



Bullards Bar
Emerald Cove
MARINA

Wayne McMillen
General Manager

(530) 692-3200
www.bullardsbar.com
PO Box 480
Dobbins, CA 95935



Jessi Mullins of Rebel Ridge Organics at the Plant Sale
Photo: Shirley Dickard



Yuba County's Vision

To create a
"golden" future for
Yuba County
by:
Inspiring a community of
participation,
embracing our unique
history, and
discovering the wealth of
our untapped potential.

Highlights from *The Camptonville Courier* - 18, 15, 10 and 5 Years Ago

June 1997 (Roger Rapp, Editor) - The first year of the Courier.

- Camptonville is a finalist in the All America City and Communities Competition! The following will go to Kansas City to represent Camptonville: Sandy Radoff (Ross), Ryan Montgomery, Donna Tate, Cathy LeBlanc, Matt Cooney, Tonie, Cliff and Devan Hilligoss and Richard and Shirley Dickard. *(Though we didn't win, we were one of 30 finalists nationwide)*
- Camptonville receives funding to improve the health and well-being of the community from Sierra Health Foundation, Annenberg Rural Challenge and Healthy Start, providing over three years of funding and local job opportunities.
- Susan Wondergem reports on the annual CCSD May Plant Sale.
- Greg Parker and Sandy Radoff invite students to the Friday Night and Summer Recreation programs.

June 2000 (Roger Rapp, Editor)

- Y2K "Child Advocate" Awards are given to Greg and Diane Parker and to Georgette and Sunny Fowler by The Camptonville Collaborative.
- MYRACL (Middle Yuba Area Citizens League) reports that though the possibility of a dam on the Middle Yuba River has decreased, locals need to have input on how the Middle Yuba River water is handled.
- Yakshi Vadeboncoeur is organizing a Bulb Party for a mass order of beautiful fall flower bulbs.

June 2005 (Rod Bondurant, Editor, with Rochelle Bell)

- Barbara Mueller-Hogan is given the "Child Advocate" Award by CCP at the 8th annual Community Celebration.
- Carolyn Mumm recaps the Plant Sale.
- Eight students graduate from the Red Cross Babysitters class, coordinated by Barbara Mueller-Hogan.
- Cathy LeBlanc brings 3 parents and 4 youth from Camptonville to the State Capital in Sacramento for The Hunger Action Day.

June 2010 (Stephanie and Roy Ruff, Editors)

- Fruit Trees are planted at CV School by student Robert Thomas, his teacher, Cheryl Durrett and Supervisor Hal Stocker.
- Cathy LeBlanc helps us understand the 2010 Ballot Initiatives.
- Camptonville representatives attend the Yuba County Water Agency's hearings on the relicensing of Bullards Bar Dam.
- Judy Morris and Paula Goodman extend an invitation to attend *Relay for Life* with the Camptonville Buddies team.
- Stephanie Ruff warns readers not to read her "Chicken Chronicles" column while eating – gross!

St. John's Wort (*Hypericum perforatum*)

By Catie Pazandak

We are fast approaching Midsummer's Day, also known as St. John's Day. Although the celebration of St. John's Day has little connection to the herb St. John's wort, the earth blesses us with this amazing flowering medicine at the same time of year, June.

There are many medicinal plants that help to lift our spirits, calm our anxieties, fears, depressions and soothe and restore our nervous system, essentially, bringing the summer light in. But St. John's wort (*Hypericum perforatum*) is a uniquely powerful plant ally. It is a local, naturalized perennial (originally from Europe), growing in sunny fields and along roadsides. It can be identified by the five petal bright, yellow flower (no bigger than a nickel) with a showy burst of stamens popping out from the center and small, opposite leaves. Although it grows individually along our roadsides, it prefers to grow in patches. Something to note is the red color that the constituent hypericin turns your tea, alcohol extract or infused oil. The top one-third of the plant is harvested when in full bloom.



St. John's wort is most famous for its antidepressant effects and has been shown through clinical studies to be just as effective as many pharmaceutical antidepressants, but without the side effects. This plant is less commonly known for its other medicinal actions. St. John's wort is one of my favorite liver herbs. Not only a liver protector, it can help to detoxify by way of several liver enzyme pathways. It can do this so well that it is advised by most health professionals to avoid St. John's wort when on any important medications. Some people may have photosensitivity when taking high doses of this herb, so it may be best to avoid the sun while taking this plant. *St. John's wort is not safe in pregnancy.*

St. John's wort is a great medicine plant to help with bacterial and viral infections, depression, bed wetting in children, hemorrhoids, gastric inflammation and ulcers, inflammation in general, nerve pain including sciatica (and having an affinity to the spine), nerve damage (internally and externally), wound healing (internally and externally) and more. A true friend to the nervous system, St. John's wort can calm like a balm, nourish and restore.

Catie Pazandak is a clinical nutritionist and herbalist and can be contacted at harvestingvitality@gmail.com.

CCP's Awesome Capacity Building Workshops

By Jocelyn Rapp, Rural Health Advocate



Remember back in May when we told you CCP held its first of three Capacity Building Workshops? Well, we have concluded the series, and I am here to give you the scoop on who attended, what happened and why it should matter to you.

In total, CCP's Cathy LeBlanc trained six representatives from Yuba County Health and Human Services, five from Harmony Health, one from Yuba County Office of Education, one from Sutter-Yuba Mental Health and three community members.

A theme across all the workshops was the issue of youth at risk of homelessness, which the Yuba County Children's Council has identified as a priority issue in the ongoing struggle against poverty in the county. Most of our group work was tied to investigating the varying causes, brainstorming possible solutions and provoking leadership among all affected parties.

April's workshop was focused on working together to produce change. First, we explored the Right Question Project (RQP), which is a program used around the country to empower people to engage with officials or organizations that would otherwise seem too powerful or intimidating, and to achieve meaningful results from those encounters. We also explored the power of letting photos be your voice and the difference it makes to ask, "What is working around here?" rather than, "What problems are you having?" Action plans produced in this meeting have already been shared with Sierra Health Foundation for possible funding.

In May, we began with a trip down memory lane with a PBS video of Twilight School in Camptonville. Cathy provided materials on the great opportunities Twilight School presents for engaging communities. We also invited two longtime advocates, Galen Ellis and Deb Marois, to share their insights on the pitfalls of working on these issues as administrators who have agency regulations and budgets to worry about.

Alright, I promised I would tell you why you should care. The short answer: *Camptonville is really awesome*. Fourteen representatives from four different Yuba County organizations attended this workshop because Camptonville is good at this stuff. If you need reminding, come on down, we've got Twilight School (newly rescued from the VHS death pit) on DVD.



"Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently -- they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do."

- Steve Jobs

US Computer Engineer and Industrialist (1955-2011)

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Rachel Farrell
 Physician Assistant
 Board Certified PA 12271
 Licensed Midwife LM 169

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Cabin and land for sale just nine miles from the beach in Waldport, Oregon, with room to grow! There are 33 acres with a 900 sq ft., 1 bedroom/1 bath cedar cabin. Land includes swimming hole, 3 creeks, greenhouse, shop, pole barn, big RV space with utilities on separate meter. Timber harvest possible within 8 years. Out of the fog and still just minutes to the beach! \$333,000. Contact Ron at 541-272-7451.

News from the Foothill Food Pantry

By Lisa Baker

Thanks to the students, families and staff of the YES Charter Academy in Oregon House for their food drive that helped supply needed food for our Pantry.

The Grange Farmers Market is located at the Grange property on Marysville Rd. in Oregon House. **Weekly Saturday hours are 10 am to 2 pm.** Come by and see what your neighbors have grown for your table. Hang out under the trees and enjoy a tasty treat with friends! This certified market is one of the primary sources of support for the Lake Francis Grange, a local, community-centered organization.

The Brownsville Farmers Market will re-open **Saturdays**, starting June 13th, from **9 am to 12 noon**. You can find fresh local produce, fruits and handcrafted items. Fees help support the Ponderosa Community Center and programs of the Yuba Feather Communities Services.

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)

Western Sierra Medical Clinic to Expand Summer Hours in Sierra County

By Cheryl Rubin

Western Sierra Medical Clinic will expand the hours at its Downieville facility for the summer to seven days a week, 8 am to 5 pm, beginning May 22, 2015.

The clinic will offer expanded primary and urgent care services during the summer season to assist residents and tourists with their health care needs. After hours, Western Sierra medical providers will be available by phone. For emergencies, people in need of care should call 9-1-1.

According to Dr. Glenn Thiel, Chief Medical Officer for Western Sierra, "The clinic will offer same-day urgent care services for minor injuries, including small cuts with wound care and splinting; common illnesses such as colds, flu and kidney infections; and minor injuries, including back pain, cuts and sprains. Primary care services and dental care are available on Tuesdays from 9 am to 4 pm.

All patients are welcome, regardless of their income level or insurance coverage. "We want visitors and residents to have a happy and healthy visit to Sierra County. If they need medical attention, Western Sierra Medical Clinic is committed to serving the community and its visitors", said Dr. Thiel.



Western Sierra Medical Clinic
a californi^hhealth 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
wsmcmed.org

For appointments: 530.289.3298



The Camptonville Courier
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Camptonville School Calendar - June 2015

- June 2 Awards Assembly, 8:45 am (Not a minimum day)
 8th Grade Graduation, 6 pm in the Gym
 Graduation Dance (4-8th Grades), 7-9 pm in the Gym
- June 3 8th Grade Field Trip
 Grades K-7 Minimum Day, 12:45 pm dismissal
- June 4 Last day of school and End of Year Picnic at Lake Francis, 10 am-2 pm
- June 5 Teacher Work Day
 Kindergarden Round Up (May 27 - June 5)
- June 18 School Board Meeting, 6 pm, Public Hearing for 2015-16
 Budget and LCAP
- June 23 School Board Meeting, 6 pm, Adoption of 2015-16
 Budget and LCAP

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Happening This Summer!

Read Inside for Details

- June 2 8th Grade Graduation, Camptonville School
- June 16 Camptonville Historical Society Annual Membership Meeting
- June 20 & 21 Gold Show in Alleghany
- June 27 Cherry Festival, North San Juan
- July 11 Camptonville Country Faire

Community Calendar

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

On-Going MONTHLY Events

- WSMC Health Van** - 1st Tuesday, 10 am-3 pm, at the
 Community Center - Contact: 289-3298
- CCP Board** - Meets 3rd Monday, 5 pm, at the Resource Cntr.
 Contact: 288-9355
- CCSD Board** - Meets 4th Monday, 7 pm, at CV School
 Contact: 288-3421 or 288-3676
- School Board** - Meets 3rd Wednesday, 6 pm, at CV School
 Contact: 288-3277
- CV Historical Society** - Meets 3rd Tuesday, 7 pm at the
 Community Center - Contact: 288-3424

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 Cntr.
- 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