



VOLUME 24

SEPTEMBER 2020

NUMBER 9

## Help for Mental Health Available During Pandemic

By Debra L. Plass

While much of the media attention about COVID-19 has focused on prevention of transmission of the virus, less has been said about mental health issues caused by the pandemic. A recent study by the Commonwealth Fund found that one third of U.S. adults reported experiencing stress, anxiety, and great sadness that were difficult to cope with by themselves.

As the pandemic and its resulting restrictions drag on, more people are facing anxiety, depression, and burnout. Lost jobs, lost income, closed schools, and general uncertainty are causing strain on everybody. Some are experiencing fear and worry about their health and the health of their loved ones or changes in eating and sleeping patterns.

As part of its commemoration of National Health Center Week (Aug.9-15), Sierra Family Health Center on The San Juan Ridge and Oregon House wants people to know that they don't have to suffer alone. The health center provides behavioral health care as part of its comprehensive medical services to the community. Visit [www.sierraclinic.org](http://www.sierraclinic.org) or call 292-3478 (N. San Juan) or 692-9073 (Oregon House). Other local options for care are listed at: [www.211connectingpoint.org](http://www.211connectingpoint.org). The Center for Disease Control also offers resources for how to cope with stress.

## Sierra Family Health Center Names New CEO

By Lisa Renner

Sierra Family Health Center, a rural health clinic on the San Juan Ridge, has hired **Debra L. Plass** as its Chief Executive Officer. Plass formerly served as Vice President of Operations-Chief Operating Officer for Dignity Health Sierra Nevada Memorial Hospital in Grass Valley.

Plass worked at Dignity Health Sierra Nevada Memorial Hospital in business development and operations from 2004-2019. Most recently, she was responsible for hospital ancillary services leadership for six clinical and non-clinical service departments, strategic planning, and community relations. She has also participated on the Nevada County Economic Resource Council, Hospice of the Foothills, and BriarPatch Community Market Board of Directors.

She is a registered nurse and earned a Master of Science degree in organizational development from the University of San Francisco and a Bachelor of Science degree in nursing and public health from Biola University.

Sierra Family Health Center serves about 3,000 patients mainly from Nevada and Yuba counties, with some from Sierra and Placer counties. The Center is available to the entire community, including the indigent and medically underserved population, and strives to be a center of healing, learning, and caring. For more information, visit [www.sierraclinic.org](http://www.sierraclinic.org) or call 292-3478 (N. San Juan) or 692-9073 (Oregon House).




## A Healthy Response to Stress

By Marcy Risque, Editor

COVID-19, a faltering economy, uncertainty around the upcoming presidential election, environmental degradation, and horrific wildfires in California are some of the factors that can make us "stress out." As a result, we may have feelings of powerlessness, media-fatigue, concern for our health, and fear about the future.

Here are some ways that can help lessen how we experience stress:

(Continued on next pg)



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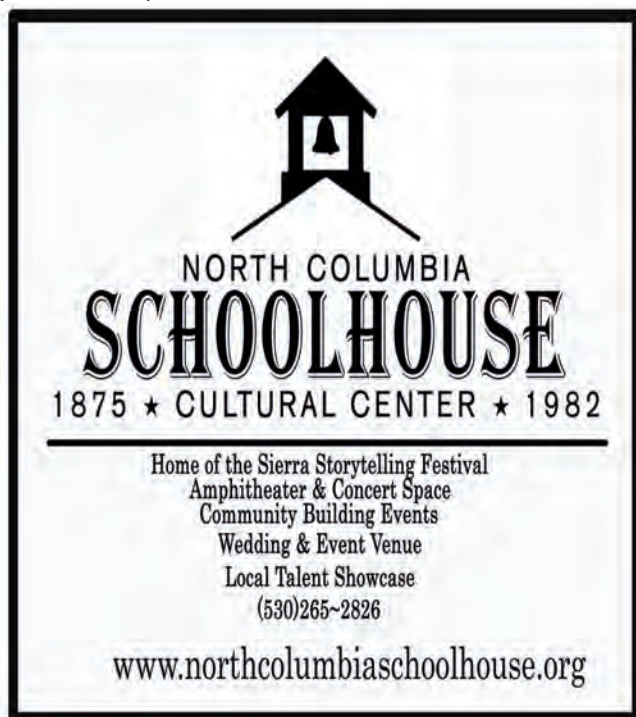
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Acknowledge to ourselves what we're feeling. The challenge is when we notice a sensation that's not pleasant not to force it away. We can say to ourselves "this too shall pass." We don't know what's going to happen, so there's no point in worrying about what hasn't happened yet! Learn to be okay with not knowing.

Try to practice positive thinking. We can learn to catch ourselves in the throes of complaining, impatience, or worry and see if we can change our thoughts about it. Is it my projection? What is okay about it? Can I change it, and if so, how? What can I learn from it?

When there is stress, we can be hard on ourselves. Instead of blaming, when we make a mistake we can learn from it, and then move on. If we are stressed, it is important not to place demands on ourselves that are impossible to achieve. Perhaps we need to do less, slow down, and be more deliberate about things. As a friend says: *Go Gently*.



## The Collective Good

By Yana Slade

Dear community, I love you. I have lived here for many decades, and I feel the web of friendship and community strong and alive. The recent COVID-19 stressors have uncovered rifts in our environment – some are very close to home – but really, unrest is everywhere.

I don't go out much. Instead, when I feel I want to do something to influence a positive outcome, I take a big breath, then exhale fear, and inhale love. I visualize all the people who want peace and wellbeing for all. I connect with you, my community, my beautiful surroundings, and the power of the Yuba Watershed for the right outcome. I invite you to join me in saying this prayer: *May all beings be free of suffering. May all beings know happiness.*

## Yuba Foothill Non-Profit Covid-19 Relief Funding

By Cathy LeBlanc

Camptonville Community Partnership (CCP) is pleased to announce that \$16,000 has been awarded through our Yuba Foothill Non-Profit Covid-19 Relief Funding, made available through a grant to CCP from Sierra Health Foundation to assist our local community non-profits in their time of need. The awards go to Foothill Food Pantry, Dobbins; Yuba Feather Next Step, Brownsville; Dobbins/Oregon House Improvement Foundation; and YES Charter Academy; Oregon House.



*Published Monthly by Courier Volunteers as a Program of Camptonville Community Partnership, 501(c)(3)*

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## A New Way to Start, a New Way to Create By Christina Dondono

1, 2, 3 Grow is here to support all children ages 0-5 and their families. We are open every Tuesday, Thursday, and Friday from 9:30-12:30. Call Camptonville Community Partnership at 288-9355 for more information, or email me at [christina@theccp.org](mailto:christina@theccp.org). We have many changes taking place and a lot of fun and games planned. Parents, please share your thoughts and great ideas with us. We are all learning together what this new way of life holds. Please bring your mask and come knock on the classroom door for a temperature check and health screening.

## Town's Water Supply Dwindling: Conserve Now! By "JT," your local water operator

To the Camptonville Community,

I hate to add to the list of dire things to be concerned about, but Camptonville's town water supply is dwindling and we may not have enough to get through the summer.



Here's the story on our three sources of water:

- Well "A" only produces brown mud and was inactivated.
- Well "B" is not currently producing a usable amount of water.

This leaves us only with the creek in Campbell Gulch. As we endure another heat wave, our little creek is shrinking!

This is important, folks! If we all voluntarily cut back on our water use now, it will help ensure that we continue to get water when we open the tap later this summer.

Can we do this? Do we have a choice? With COVID-19, elections, and fires, this is one thing we can control. Please conserve water starting now! Thank you for your help during these trying times.

## Introducing our New School Office Specialist! By Patrick Brose, Principal & Superintendent

As many of you read in the July *Courier*, Pam Wilcox, the long standing Office Specialist at Camptonville School, has retired. These are huge shoes for anyone to fill, however I feel very fortunate we have found someone remarkable to join our school.



**Alexis (Alix) Lamb**, whom many of you have met at various activities around town, has been named our new Office Specialist. Alix is a local resident who has spent countless hours working with the Camptonville Historical Society to preserve and archive hundreds of photos and other regalia of Camptonville's past. Prior to her work in Camptonville, she was a student records and data specialist in Southern California.

A prolific baker and seamstress, Alix brings a sense of whimsy and creativity to the school daily. Always with a cheery disposition and positive attitude, you will find Alix in the main office of Camptonville School. Please stop by and say "hi" as we strive to be a hub for the whole community.

## Become a Defensible Space Advisor!

By the YWP&FSC Education/Outreach Committee

The Yuba Watershed Protection & Fire Safe Council (YWP&FSC) is in the process of training Defensible Space Advisors, who are community members certified to make recommendations to home owners about needed defensible space work. If you are interested in being involved, please contact Jeanene Upton at [jupton0501@gmail.com](mailto:jupton0501@gmail.com) to be put on the list for future trainings. These advisors are a required part of any Fire Wise community plan, and getting trained puts us all one step closer to the goal of Fire Wise Communities.

A couple of good resources for preparing your property for fire safety are YouTube videos from Jack Cohen, Fire Behaviorist USFS. These include training films that are part of the Defensible Space Advisor training.

Reminder: The YWP&FSC will be producing a 2021 Fire Safe Calendar. Please send contributions to [calendarphotos123@gmail.com](mailto:calendarphotos123@gmail.com). Pictures should depict fire prevention work around your home, fire safety for being in our great outdoors, or even just pictures of the beauty of our foothill area.

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**Snuff Those Butts!****By Beverly Cameron-Fildes, YWP&FSC****Education/Outreach Committee**

We've often heard it said that a picture is worth a thousand words. Now don't get me wrong. I can take a small moment in time and through the telling, turn it into the great American novel – a gift I undoubtedly inherited from my mother. I love the drama of telling a long, protracted story...but in this case...less is more.

On a recent morning walk, I did my customary perusing of the roadside for "treasures," generally looking for nails, bolts, and other assorted hardware that seem to lie in wait for the unsuspecting car tire, often mine. I've made it my habit to remove these little accidents from the roadway in hopes of saving myself, and fellow travelers, a flat tire. On this particular morning I'd already found a nail, a socket head, and a piece of sheet metal. As I reached for another nail, I noticed a cigarette butt right on the edge of the gravel where it met the dry grass. Needless to say I was less than pleased; however, my goal was "tire killers." But once you notice something, you can't stop seeing it everywhere. Suddenly my eyes were drawn to every cigarette butt between there and home. I started counting over half way through my walk, and by the time I hit our driveway, I was at 19 butts knowing that I had probably missed equally as many on the first leg.

My great concern when it comes to fire prevention is the big things: house hardening, tow-chain sparks, leaves and pine needles in gutters and roof valleys, untreated landscape around houses, and unattended or illegal campfires, to name a few....but here, right along my own road, was one of the smallest, most potentially dangerous threats to our community. Please remember that even if we're careful about all the "big stuff," something as small as a still warm cigarette can cause a huge fire. You can prevent a wildfire by putting a can with cat litter or sand in the car and put the butt into that for later disposal.

Have a good month, and remember to be fire safe.

**Community Wildfire Protection Plan Meetings****By Cathy LeBlanc**

Fires can be more costly to suppress in the area we live, the wildland–urban interface, where homes are intermixed with forests and wildlands. More homes are at risk from wildfire as residential development continues to intrude on forest and wildland areas. The goal of protecting communities and natural resources from wildfire cannot be accomplished by any one person or group. We must work together to identify and design strategies for success.

Camptonville Community Partnership (CCP) will be assisting the Yuba Watershed Protection and Fire Safe Council (YWP&FSC) to update the Community Wildfire Protection Plan (CWPP) through a CA State CCI Grant, coordinated by Sacriver.org. Community meetings will be held virtually in each of the five Yuba County foothill fire districts: Loma Rica, Smartsville, Brownsville, Dobbins/Oregon House, and Camptonville. The week following each meeting the community (with masks and 6 ft apart) will have the opportunity to share their individual knowledge with in-person "mapping" meetings at each of the five fire districts.

The first of this series of meetings will be held in Camptonville (virtual) on September 10th from 6:30-8:00 pm. The follow-up meeting will be held the following Tuesday, September 15th from 6:30-7:30 at the Camptonville Fire station. This meeting will allow you to mark on our fire district map your areas of concern. Times and dates of all meetings will be posted on the YWP&FSC facebook page and website. We will also post flyers for the complete schedule and links to the virtual meetings.

The CWPP collaborative process is an effective way to improve coordination and communication between emergency response agencies and the community. The first step in wildfire prevention education is to raise awareness of the responsibilities of living in a fire-prone environment. Individual and community action can ensure that homes and neighborhoods are prepared for wildfire. One of the most successful tools for addressing these challenges is the Community Wildfire Protection Plan (CWPP). The development of this plan requires collaboration, with a priority on fuel reduction.

Please participate! If you have any questions, give me a call at the Resource Center 288-9355 or email me [cathy@theccp.org](mailto:cathy@theccp.org).



## Where is the Fire? Check Alertwildfire.org

By Rod Bondurant

Most folks with internet service know to check Yubanet.com for news and fire information. I also found another site, alertwildfire.org. There you can access the rapidly expanding array of hundreds of high-resolution, real-time cameras located throughout the state. Locally, our own Oregon Peak now has three cameras on the cell towers there. The site is very easy to use and offers a side benefit of excellent sunrise and sunset views.

The origin of the camera network is a good story. From the website: "The first ALERT Tahoe project began as a joint project between the Nevada Seismological Laboratory and the Forest Guard team, a group of young students from Meadow Vista, California; the Forest Guards won the Innovate Award at the Children's Climate Action in Copenhagen, Denmark in 2009. Their idea was to seed the forest with cameras that were connected wirelessly to enable early wildfire detection. Their most innovative contribution was the added ingredient of social media to engage the larger public to stand guard over the forest."

You might also enjoy reading another story about the cameras replacing fire lookouts on the website outsideonline.com/2004641/21st-century-fire-lookout-tower-camera.

## Equine Go Bag

By Gretchen M. Cupp

Many people in the foothills have horses, so here's a list of what you might want to have ready in a bag in case you have to evacuate with your animal. Various bandage materials, like vet wrap, and cotton sheeting plus the tape to attach the sheeting would be helpful. Other tapes, like duct and electrical can be handy. There are numerous drugs to have on hand: Banamine, Betadine solution, saline solution for flushing wounds, caustic, and Vetericyn. In addition, you should bring any special medications your horse is on. Bell boots and easy boots are helpful to have. A blanket, collapsible bucket, dental floss, hay or pelleted feed, halter or lead rope as well as a lunge line are useful along with a twitch or long, narrow cord. To help identify your horse, have a cattle marker to write your phone number on its flank as well as a picture of you with your horse. Have a lock or horse-proof clip for the gate where your animal is staying. Practice loading your horse in its trailer, so the animal is comfortable going in and out.

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## Monkey Mind: Show Up!

By Jesse Golden

How does one person make a difference? In the 60s, I thought that mass action— street demonstrations, civil disobedience, boycotts, nonviolent protest — was the answer. Local politics or working to change government policies seemed frustrating, slow, and rife with corruption.

But good things happen only when good people show up. I now appreciate the people who do the work of participating in local bodies such as our Camptonville Community Services District, school boards, and nonprofit organizations like our Camptonville Community Partnership and Community Center — all the places where decisions are made that impact our lives in important ways.

I've been wanting to learn more about what happens at the county level, where so much occurs that affects us directly, including policing, homelessness, and services such as public health. To learn more, I've been attending the Zoom meetings of the supervisors (for the link to see agendas, go to [yuba.org/departments/board\\_of\\_supervisors](https://yuba.org/departments/board_of_supervisors)) and I've asked our District 5 Supervisor, Randy Fletcher, to respond to some questions in this issue.

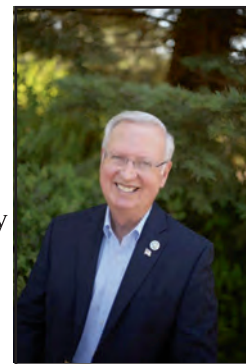
Election time is coming up — please let me encourage you to fill out and mail your ballot within a week of receiving it. Or, if you don't want to be part of deciding on the quality of life you want for yourself and future generations, then just throw that ballot away (that was my attempt at using contrarian tactics, hope it works!). But if you do see value in voting — why not find three people who don't usually vote and encourage them to vote as well?

Want to discuss? Email [monkeymind.cv@gmail.com](mailto:monkeymind.cv@gmail.com) or message @monkeymindthecolumn on Facebook.

## Ask the Supervisor: How Can Citizens Be Active with County Government?

By Jesse Golden

Randy Fletcher has been the District 5 Supervisor for Yuba County since 2014 and currently serves on over 20 committees, including chairing the Yuba Water Agency. District 5 includes Camptonville, Hallwood, Loma Rica, Smartsville, Browns Valley, Challenge, Dobbins, Oregon House, Strawberry Valley, Rackerby, and Forbestown.



### *What are the most pressing issues for Yuba County right now?*

Fire issues (fire prevention, fire safety, and fire insurance), economic development, flood control, COVID-19 and its repercussions. And then issues affecting specific towns and areas, such as traffic, roads, dumping, crime, and water.

### *How can citizens be better informed about county government?*

Start with the Board packets (online at [yuba.org](https://yuba.org), click the "government" tab) or in hard copy at the county offices. Understand that becoming well-informed takes time and a tolerance for the fact that there are a lot of intricacies to the work of the county. I go to the staff, the county administrator's office and the department heads for the specifics of programs and how they're working.

### *What opportunities are there to become involved in county government, other than running for elected office?*

Once an individual finds an area they're interested in, have background in, or have knowledge in, they may want to volunteer and be appointed to a particular board or commission, such as the Historic Resources Commission, the Library Advisory Commission, the Redevelopment Agency Oversight Board, the Resource Conservation Districts, and more, and there are plenty of these with vacancies available to the public (the list is online at [yuba.org](https://yuba.org), click the "government" tab, choose Clerk of the Board and then Boards and Commissions).

### *What would you like citizens to understand about how county government works?*

Most people don't realize the complexity of government. The running of the county is overseen by federal laws, rules and regulations, the state legislature

(Continued next page)

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(Ask the Supervisor-con't.)

and state laws, county regulations and the courts, and all of that is constantly changing. It's a challenge to stay up to speed on all of the things that are ongoing. I don't think one individual could track all the legislative changes every given year, and really understand it. It's very complex, and you need support.

Take a look at Assembly Bill 2167 and Senate Bill 292 which work together to address homeowners' insurance issues in California. Those two bills are on track to make a difference. That's a solid year of work we've put in. Now we have to process it, and hopefully get insurance companies to agree to start writing insurance again in the fire-prone areas. That's a great example for people to understand.

This year there will be several hundred bills that are passed by the legislature. As these laws are created, they typically get turned over to counties and cities, and we're mandated by law to implement them. It's a challenge!

## GOT VOTE?

By Jesse Golden

Want to make a difference? If you're not registered to vote, do it; if you are, ask three people if they're registered, and if they're not sure, help them register!

Registered voters in Camptonville were sent a postcard in July with notification of the new in-person polling place, at the Dobbins/Oregon House Community Center (Alcouffe Center). If you didn't get one, and you live in Camptonville, you should definitely check your voter status or register – call the **County Elections office, 749-7855 or online at [yuba.org/departments/elections](http://yuba.org/departments/elections).**

Ballots will be mailed out starting October 5. The official voter guide is online September 4, at [voterguide.sos.ca.gov](http://voterguide.sos.ca.gov).

Experts are saying that mailing your ballot well before Election Day is the most reliable way to vote.

**Reminder:** poll workers are needed! Yuba County will be training poll workers starting the week of October 19. Get information at the **County Elections Office, 749-7855 or online at [yuba.org/departments/elections/be\\_a\\_poll\\_worker.php](http://yuba.org/departments/elections/be_a_poll_worker.php).** This is an easy (and paid) way to make democracy work!



## Presidential AND Local Election November 3rd: Pay Attention to Ensure Your Vote is Counted! By Stephanie Korney

Due to COVID-19 restrictions designed to keep voters safe, along with ongoing policy changes at the US Post Office that could delay mail delivery, please pay extra attention to ensure that your vote is counted! Here are some key things to pay attention to this year:

- The early voting period runs from Monday, October 5th to Monday, November 2nd, 2020.
- All registered voters in California will automatically receive a mail-in ballot in the mail, starting October 5. It is recommended you mail your completed ballot to the Post Office by October 22, 2020.
- If you miss the October 22 recommended deadline for mailing your ballot, you can:
  - 1) Take your ballot to the Yuba County drop-off point, turn it in during the early voting period (October 5-November 2).
  - 2) Or, bring your ballot to any polling place on Election Day (November 3rd) between 7 am and 8 pm.
- To register by mail, the application must be postmarked 15 days before Election Day (October 19).
- If registering online, the application must also be received 15 days before Election Day. You can register online at <https://www.sos.ca.gov/elections/voter-registration/>
- If the registration deadline has passed (October 19th), you can still register to vote and cast a provisional ballot in person at the Yuba County Elections Office any time up to and including Election Day. To check if you are already registered, go to <https://voterstatus.sos.ca.gov/>.

## Vote for Local CCSD Positions Nov. 3rd

In addition to voting in the state and national elections, Camptonville voters will also vote to fill three Camptonville Community Services District (CCSD) board of director positions. Candidates are: Tomislav Branimir, Jody Deaderick, Richard DicKard, and Sandy Ross. *More details in the October issue.*



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## Local Raptors

By Katie O'Hara-Kelly

Raptors are birds of prey that have strong curved talons for catching or killing prey, strong feet for holding prey, a strong curved beak for tearing flesh (although vultures mainly eat carrion and have weak feet and claws), and excellent eyesight for finding food. They are carnivores and eat only meat in a variety of forms, including fish, birds, small mammals, and snakes. In contrast to most other birds, they are almost always solitary, to avoid competition for prey.

There are many classifications (or subgroups) of raptors, such as accipiters, buteos, falcons, eagles, harriers, kites, ospreys, and owls.

It is unusual that ospreys are the only bird in their classification. They are unique among raptors in their hunting method of diving feet-first into water to capture fish. They are usually successful in 1 out of every 4 dives. No other raptors use this method of hunting. They also have small barbs on the pads of their feet to help grab slippery fish. After they have caught a fish and are back in the air, they maneuver the fish to face forward, using the fish's streamlining to reduce aerodynamic drag. They then carry the captured fish to an elevated and prominent perch to be eaten. 99% of ospreys' diet is fish. They are large birds with a wingspan of 63", a length of 23", and a weight of 3.5lbs!

I saw a beautiful osprey along the North Yuba River three times this week. One morning, I was on my usual section of the river when I spotted the osprey in a tree across the river. It took off upstream as soon as I saw it. I quickly ran up our road to the bridge, just hoping it might have landed near there. When I got to the bridge, I looked downstream, and there it was perched in a douglas fir tree about 20 yards away. Wow! I watched it for about a minute before it flew off upriver. Such amazing beauty!

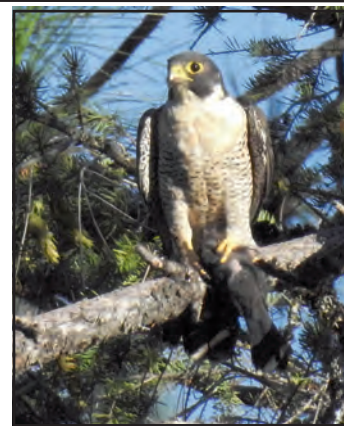
In our area I have also seen red-shouldered hawks, red-tailed hawks, sharp-shinned hawks, cooper's hawks, goshawks, bald eagles, peregrin falcons, pygmy owls, and turkey vultures.

I never see a lot of any of them, usually just one at a time and not often. They are such handsome birds!

*(Enjoy Katie's weekly blog of the natural history of the Yuba watershed at: [northyubanaturalist.blogspot.com](http://northyubanaturalist.blogspot.com))*



osprey



peregrine falcon

Photos by Katie O'Hara-Kelly

## Virtual Services at the Tahoe National Forest

By Michele Woods, Administrative Assistant, TNF

All Tahoe National Forest offices are closed to in-person visits and have implemented virtual services to protect the health and safety of employees and members of the public during the COVID-19 outbreak in accordance with guidance from federal and state authorities.

Online Services: Many services traditionally offered in our public offices are available online at:

<https://www.fs.usda.gov/tahoe/>. We will continue to update our website as conditions change. To email the Tahoe National Forest, please use the "Contact Us" function on our website:

<https://www.fs.usda.gov/contactus/tahoe/about-forest/contactus>.

The following services are available online: California Campfire Permits and Residential Burn Permits, Federal Recreation Passes, Forest Maps, and TNF merchandise.

Firewood Cutting Permits have changed. Please refer to the "permits" page on our website.

To obtain the daily Project Activity Level please call (530) 478-6176.

The Tahoe National Forest is in campfire restrictions. Campfires outside of developed recreation sites such as official campgrounds with fire rings are forbidden. Fire restriction patrols are frequently conducted; punishment could be up to \$5,000 in fines or imprisonment for not more than 6 months, or both.

To contact your local Tahoe National Forest Office, please use these updated telephone numbers: Tahoe National Forest Supervisors Office (Nevada City): 530-265-4531 and Yuba River Ranger District Office (Camptonville): 530-362-8259.



## In Memorium

### Antonia "Toni" Dobbins

By Marcy Manross

With a heavy heart, I share that Antonia "Toni" Lee Dobbins passed away on Thursday, August 13th, 2020.

Toni was born on August 17th, 1942 in Modesto, CA, and would have been 78 this year. Toni is survived by her husband of 55 years, Larry Dobbins, children Christian Dobbins and Tricia Baker, grandchildren Layne Dobbins, Bryce Dobbins, Trace Dobbins, Brennan Smullen and Morgan Smullen, and great grandchildren Carson Dobbins and Tianna Dobbins. She was preceded in death by her parents Barney and Patricia Barnes of Sonora, CA, and her sister Bonnie Barnes of Antioch, CA.



Toni Dobbins

The Dobbins family first came to Camptonville in 1978 opening the Rebel Ridge Mobile Home Village, and later, the Pine Tree Boat and RV Storage, owning both for many years. Toni enjoyed houseboating on Bullards Bar, relaxing at their family-owned Moonshine Campground, cooking, stained glass, ceramics, dining out, and shopping. In her later years, Toni and Larry lived much of their time in Yuma, AZ, where she passed away.

On a personal note, the Dobbins family was like a second family to me as a kid. I spent much of my childhood at their home, on the lake with them, learning to swim at Moonshine Campground, eating Toni's delicious meals, and even going on vacation with them. I am deeply saddened by this loss. Thank you, Toni and Larry, for enriching this mountain girl's life. You are dearly missed already.

### Who Was Kenny Dorris?

By Rochelle Bell

Kenny passed away last month. Most people knew him as the smiling guy who always wore a tin hat, but he was so much more. He wore the hat to protect his head after an earlier accident.

Kenny was retired from the Merchant Marines. He was involved in the Mormon church and promoted the annual solar cooking event. Dedicated to helping his community, he donated blood regularly. Kenny had a great interest in alternative medicine and would always be ready to tell you about it. He was a gardener extraordinaire who grew unique tomato starts every year, sold them at our plant sale and gave all the proceeds to the Camptonville Historical Society. He was a founding and active member of the Society, and never missed a meeting or event.

Kenny was one of the helpers of the world. I would often see him on the road in his battered old truck running errands for others. If you needed a ride to a doctor's appointment or food shopping, you could call Kenny. He worked at the NSJ food bank. Every year on Veteran's Day he would help Leland Pauly at the Camptonville Cemetery service honoring the vets buried there.

Kenny was one of the kindest and most generous people I have ever known.



Kenny in hardhat, with Leland Pauley

"A place where Memories are made  
& Memories are shared"

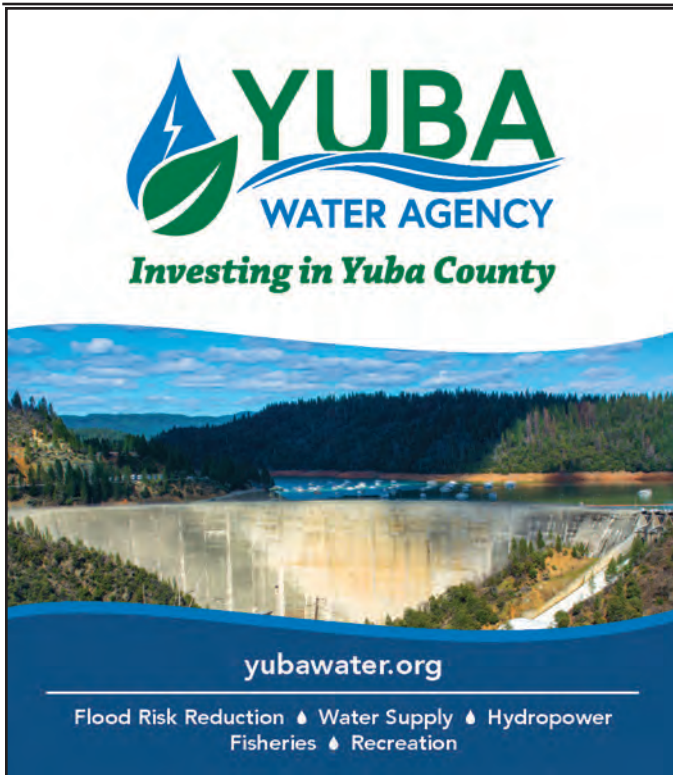
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## Yuba Water Approves Funding for Camptonville's Water Supply and More

By Alex Boesch, Yuba Water Agency

To maintain and enhance a reliable water supply for people living in the Yuba County foothills, Yuba Water approved a grant to \$34,200 to help Camptonville Community Services District with two projects.

Up to \$18,400 will be used to replace the district's internally-corroding, 64,000-gallon disinfection tank, which ensures safe drinking water for Camptonville Elementary School, residents, and businesses.

The additional \$15,800 will be used to plan and design a well system with the ability to produce reliable amounts of water during times of drought and be connected to the district's water plant distribution system.

For details on other funded projects, visit [yubawater.org](http://yubawater.org)

## Yuba Water Supports Ongoing Forest Restoration for Yuba County Foothills

By Alex Boesch, Yuba Water Agency

To help reduce wildfire risk for rural communities in Yuba County and the Yuba River watershed, Yuba Water Agency is investing in ongoing forest restoration efforts.

A recent \$4.5 million grant from Cal Fire will support significant biomass removal treatments on 5,375 acres in the Yuba County foothills, including Oregon House, Dobbins, Brownsville, Challenge, and Rackerby.

(For full article, see [yubawater.org](http://yubawater.org))

## Stepping up to Offset California's Energy Crisis

By Willie Whittlesey, General Manager of Yuba Water Agency

Between the heat and the rolling blackouts, we are seeing record breaking demands on California's electrical system. At Yuba Water Agency, we are stepping up our power generation efforts to support the state through this energy crisis.

Starting August 18th, we increased our hydroelectric power generation to add an additional 20 megawatts to the state's power grid during this critical time. This additional clean power production covers all hours of the day, including the peak hours between 3-10 pm when it is needed the most. This increase can power an additional 20,000 homes or businesses. It also means increased flows below Englebright Dam along the lower Yuba river, so anyone trying to escape the heat at the river should be aware of the possibility of faster, higher flows.

We're able to support the state's needs in this crisis because of the award-winning *Yuba Accord* – a landmark agreement that sets the rules on how much water we release and when. That collaborative agreement spells out how we operate in a way to benefit both fish and people, and how we change those plans due to extreme weather conditions. Under normal operations, we'd save this water for future needs, but in light of the historic heat wave and energy shortage California is experiencing, we are proactively taking the initiative to increase our power generation to help the state through this crisis.

I would also be remiss if I didn't take this opportunity to reinforce the importance of hydroelectric power as part of our state's broader energy portfolio. It truly is the best of the renewable energy options, because in addition to being carbon-free, it's incredibly reliable, flexible, and sensitive to the sudden changes in demand. It doesn't matter if the sun is shining or if the wind is blowing. At New Colgate Powerhouse, we can ramp up to full production in just eight minutes.

And what do we do with the revenue that we get from all that hydropower? Our earnings are invested right back into Yuba County, into important projects that are truly powering a brighter future for our residents. We are actively improving forest health in our watershed to lessen the risk of catastrophic wildfire, and reducing flood risk in communities that have been hit too many times already. We are improving water supply infrastructure and investing in water education for our schools, all to spark economic development in a community that has been disadvantaged far too long. All that and much more.



## Food Distribution in the Yuba Foothills

### The Foothill Food Pantry:

Located at the Lake Francis Grange in Dobbins

**Thursdays 12-1:30**

(Closed the week of USDA distributions)

**September 3, 17, 24**

**October 1, 15, 22, 29**

### USDA Commodities Food Bank:

Located at Willow Glen Restaurant/Oregon House

**September 11 and October 9**

### In Nevada County:

Food Bank, N. San Juan Community Center

For Schedule: phone 272-3796



#### Marysville

1908 N. Beale Rd  
Ste. E  
Marysville CA 95901  
(530)743-6888

#### Yuba City

399 Del Norte Ave  
Yuba City CA 95991  
(530)763-4252

#### Yuba City

1215 Plumas St  
#1400  
Yuba City CA 95991  
(530)777-3190

**Medical Clinic** ~ Full Service Family Practice serving all ages, Primary Care, Physicals, Immunizations, Acute Care, Integrated Behavioral Health, Women's Health, and Prenatal Care

**Resource Center** ~ Food Referrals, Diaper Closet, Infant Clothes Closet, Eye Glasses Program, R-Spot Youth Group, Anger Management, and More

**Baby Buddies Birth Center** ~ Free standing birth center for low risk moms to deliver their babies in a warm and welcoming environment

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## HELP & HOPE

For emergencies first call 911.

All area codes are 530 unless otherwise specified.

### CAMPTONVILLE:

- Alcoholic Anonymous ————— 288-1001
- Cemetery ————— 277-6737
- Community Center ————— 288-5016
- Community Partnership (CCP) ————— 288-9355
- Community Services District (CCSD) ————— 288-3676
- Elementary School ————— 288-3277
- Family Resource Center (CCP) ————— 288-9355  
*Hours 8:30 am–12:30 pm, Tues/Wed/Thurs*
- Post Office ————— 288-3348  
*Hours 11 am–1 pm, 1:45–3:45 pm, M-F*
- Volunteer Fire Department ————— 288-3303
- Yuba River Ranger District ————— 362-8259/288-3231

CA Rural Legal Assistance (Yuba Co) ————— 742-5191

CoRR (Community Recovery Resources) ————— 273-9541

Domestic Violence:

Casa de Esperanza Hot Line (Yuba Co) ————— 674-2040

DVSAC Crisis Line (Nevada Co) ————— 272-3467

KNCO 830 AM (Nevada Co) ————— 477-5626

KUBA 1600 AM (Yuba Co) ————— 673-5400

KVMR 89.5 FM (Nevada Co) ————— 265-9555

Legal Center for Seniors (Yuba) ————— 742-8289

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

NAMI -Support for Mental Illness ————— 272-4566

PG&E Outage Line ————— 800-743-5000

Red Cross of NE California ————— 673-1460

Road Conditions CalTrans ————— 800-427-7623

Sheriff (Yuba Co) Emergency ————— 911

Sheriff (Yuba Co) Non-Emergency ————— 749-7777

Supervisor Randy Fletcher (Yuba Co) ————— 749-7510

Yuba County Emergency Services (OES) ————— 749-7520

Yuba County Health and Human Services ————— 749-6311

*Contact Editor for additions or corrections*



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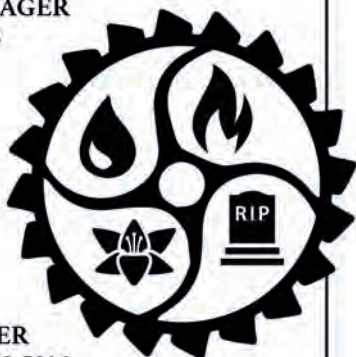
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JT Rumsey 775-980-7138

CEMETERY  
Wendy Tinnel  
530-277-6737

SECRETARY  
Pam Wilcox  
530-288-3676

COMMUNITY CENTER  
Christina Ledson 530-288-5016

CV FIRE DEPARTMENT  
Chief Brandi Dudek 530-288-3303



CCSD  
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Camptonville  
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## September 2020 Community Calendar

The Camptonville Calendar and Courier Archives are online in color at [www.camptonville.com](http://www.camptonville.com)

To add local events to the Calendar, send an invitation from your electronic calendar or email: [calendarville@gmail.com](mailto:calendarville@gmail.com)  
with event title, date, time, recurrence, location, event description, cost, contact phone and email for more information;  
or leave a message for Jesse Golden at 288-5016

*Due to the unknown status of COVID restrictions, always verify that an event is  
being held before attending.*

### On-Going MONTHLY Events

(Call first to verify meeting times before attending)

CCP Board - Meets 3rd Wednesday, 1 pm  
Resource Center. Contact: 288-9355

CCSD Board - Meets 4th Thursday, 6:30 pm, CCC  
Contact: 288-3676

School Board - Meets 3rd Thursday, 5 pm, at CV  
School; Contact: 288-3277

USDA Food Bank - 2nd Friday, Oregon House (pg 11)

NSJ Food Bank - N.San Juan Center (pg 11)

### On-Going WEEKLY Events

CCC = Camptonville Community Center

**Tuesdays:** Yoga, 10 am, CCC - outside in back  
Camptonville Fire Dept Trainings, 6-9 pm, Fire  
Hall

**Thursdays:** Yoga, 10 am, CCC - outside in back  
Foothill Food Pantry, Dobbins (pg 11)

**Saturdays:** Coffee @ The Center and Gardeners' Market,  
10 am-noon, CCC