

THE Camptonville Courier

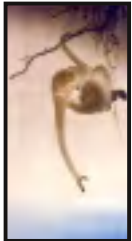
Connecting the Community
Since 1997



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AUGUST 2021

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Monkey Mind – Not If But When...

By Jesse Golden

In mid-July, I visited with my brother KC, who had just left the house he built on the Mazama River in Washington knowing that he will probably not see it again. Local wildfires were at that point uncontained and over 4000 acres. Online, my brother had posted a picture of the woods by his home, with these words: "The urgent clarity and stinging beauty of looking at home for what could be the last time." In a talk with him over early morning coffee, he said, "I am facing that it's not if, but when."

I listened knowing that we face similar loss, and that whatever we've done as a community is not nearly enough compared to the danger we face.

I'll be spending this month of August familiarizing myself with the resources at yubafiresafe.org and translating them into action, and I hope you will too...

The monkey mind is a term sometimes used by the Buddha to describe the agitated, easily distracted, and incessantly moving behavior of ordinary human consciousness. As an ordinary human afflicted with monkey mind, I offer these thoughts for the month of August – Jesse Golden

Want to discuss? Email
monkeymindthecolumn@gmail.com
or message @monkeymindthecolumn on Facebook



Cedar Creek Fire – Mazama, Washington – July 2021



July Firefighters Report

By Dakota Pratschner, Firefighter,
Camptonville Volunteer Fire Department

July was a relatively calm month for us volunteers. Although many of us are anxious to get on a fire and see some action, we have to agree that we are glad our district is in good shape and that everyone is safe. The calls we did have for the month of July were for a very wide variety of incidents. Our department encountered landslides blocking the roadway, typical medical calls, a residential structure fire, a call that required us to be transported in a boat, and several motorcycle accidents. Not only does this demonstrate the range of the responsibilities we have as a fire department, it shows that this is a hectic time along our waterways and along Highway 49. Frequent visitors and more tourists in the area always increase the number of incidents that can occur out here!

This month I would like to introduce and thank one of our firefighters and most active responders, **Geoff Burke**. Geoff attends almost every single Tuesday night training and makes it to just about every call our department has! That is impressive, considering the fact that we are volunteers who have jobs and families of our own.



Geoff Burke

Despite this challenge, we can still find him scribbling a patient's vital signs down at three in the morning, or swinging a pulaski on the fireline. He works great with the whole crew here at the CVFD, and most importantly, he believes in the mission. We are grateful for everything that he brings and offers to the community. Thank you, Geoff. Your time, effort, and dedication are not going unnoticed.

"Not If But When" is also the title of a short film by local filmmakers Radu Sava and Rebekah Hood-Sava:

wildfiresolutionsfilm.com

Next viewing will be online through the Yolo County Library,
October 4, 2021.



School Notes

By Patrick Brose, Superintendent and Principal, Camptonville School

It is almost time to open the doors to Camptonville School for another exciting year of school. Our office reopens on

August 9th, teachers return on August 16th, and students resume in person on August 18th. The school calendar has been published on the school website (www.cville.k12.ca.us) along with registration forms for new families and any other information you may need for the coming year.

I have been asked by multiple people what this year will look like with COVID and the ever changing guidelines that go with it, so here it goes:

1. **Volunteers and Visitors are welcome back to campus** this year! So many parents and community members have been eagerly awaiting the return of adults to campus.

2. **The school will be open for full-time (8:25-2:45) in-person instruction for all students.** There will be an independent study option available for those families not yet ready to return to school; details of that program are coming soon.

3. **COVID Vaccines** – At this time, there is no mandate for requiring COVID vaccines for students or adults. I would, however, encourage you to **get vaccinated as soon as possible.**

4. **Masks** – What I write today will likely change tomorrow as both the CDC and CDPH have altered the recommendations and requirements multiple times over the past few weeks. We will be letting families and the community know specifics as school starts.

5. **Funding** – **The school is receiving a sizable pool of funding** through the ESSER III grant program. Part of this funding requires input from the school and community at large for recommendations to improve and enhance learning programs at our school. If you have ideas that you would like to share, please email them to me at: pbrose@cville.k12.ca.us.

I can't wait to see everyone back on campus and ready to go for the school year. Enjoy the last bit of summer and stay cool!

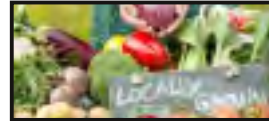
News from the Camptonville Community Center

by Jesse Golden



In August, the 2021 Sri Moonshine Music Series will close with a performance by **Thollem**, Electric Confluence, on **Saturday, August 21st, at 7 pm**. Doors will open at 6:30 pm, and the audience will be asked to follow current health guidelines. Beverages and food treats, prepared by creative local cooks, will be offered for a donation.

Camptonville's Saturday **Gardeners' Market starts August 7th, 10 am to Noon** behind the Camptonville Community Center. You're likely to find fresh vegetables and fruits for sale, as well as home preserves and delicious treats ready to eat. Local farmers may join us with landscaping and tree starts, as well as local craftspeople, and musician **Cheryl Z** will continue to offer **acoustic open mic**. Wear your sun protection hat – it's hot out there! To sign up as a vendor, text Cecilia at 530-263-3759, or email



earnest.gallardo@gmail.com.

Luckily, the Gardeners' Market coincides with **Coffee @ the Center**, so if our intrepid volunteer hosts keep up the good work, you'll be able to find cool drinks as well as sustaining caffeine and, of course, fine conversation. To sign up as a coffee host, email coffeeatthecenter@gmail.com, or just add your name to the schedule on the clipboard in the Center's lobby.



One-hour **Reiki sessions** are now offered by reservation on the **2nd and 4th Saturday** afternoons with Reiki Master Pam Davis, who is donating the proceeds to the Community Center – thank you, Pam! Contact Pam at 288-0322 to experience this healing modality. Other wellness events at the Center continue: weekly **Yoga with Lucille on Thursdays at 10 am** and **Qi Gong with Sema, Saturdays at 12:30 pm** through August 7th, after which she will take a break.

Would you like to rent the Center for your private event? Call 288-5016, or check out the Rental Information page at:

camptonvillecommunitycenter.org

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Free to Camptonville Residents; Subscriptions: \$15/year Tax-deductible donations are appreciated!

Hidden Stress of Living With Wildfire...

By Cathy LeBlanc

Hi folks! I want to know: Are you aware of anyone (such as a medical researcher) working on a study of cortisol levels for folks living in constant fire danger? My thinking is it has to be very similar to the constant stress of below poverty-line city life. It leaves me with a lot of questions as to how we can understand and act on these health concerns.

Is anyone looking into this? Are you interested? If so, please contact Cathy@theccp.org, and we'll chat.

Job Opening! **Camptonville Needs An** **Assistant Water Operator**

This is a part-time position, and will average 20 hours per month, but hours will vary. Wages start at \$20 per hour.

We need a reliable, professional, organized self-starter, with the ability to multitask. Candidates will need strong math, trouble shooting, and problem-solving skills. You will need to have general plumbing skills as well as computer knowledge, including Word and Excel.

This position requires the ability to perform physical labor and to be on call after-hours. You must have a current California Driver's License, clean driving record, and reliable transportation.

Interested personnel should contact:
"JT" Thomas Rumsey
Tom_905@yahoo.com

Photo - Shirley Dickard



Gyan Riley and Peppino D'Agostino, July Sri Moonshine concert

Reiki Hands-On Healing Treatments

By Pam Davis, Reiki Master

Reiki healing is a palms-on healing practice, an ancient laying-on of palms healing technique that uses the universal life force energy to balance the subtle energies within our bodies. Reiki practitioners act as a conduit or channel through which Reiki energy travels. The intended result of receiving Reiki is a balanced physical, mental, emotional, and spiritual being.

Reiki is being used today in clinics and hospitals all over the world to support health, wellness, and transition. It is a complementary medical art that works well alone as well as in concert with other treatments. Healing is often the result of gentle shifts in awareness, release of emotional patterns, and achievement of new understanding. Reiki is not a replacement for traditional medical treatment.

During a Reiki treatment, you will lie fully clothed on a massage table, covered in a blanket if you choose, listening to soothing music. The practitioner will lay their hands on your body in a series of hand positions to deliver Reiki energy. If the reclined position is uncomfortable, Reiki can be performed while you sit in a chair or on a stool.

Reiki tends to feel warm and profoundly relaxing. You may feel the hands of the Reiki practitioner become hot or tingly. Some people describe a floating sensation; some people fall asleep. There is no expected Reiki experience. Reiki treatment is unique for each individual who receives it.

Reiki Master Pamela Davis will be offering **Reiki treatments at the Camptonville Community Center** on the **2nd and 4th Saturday** afternoons. Three hour-long treatments are available: 1-2 pm, 2-3 pm and 3-4 pm. Pricing for each session is on a sliding scale, donation basis. All money received goes to the Camptonville Community Center.

To schedule a session call Pam, evenings, on her land line: 288-0322. If there's no answer, please leave a message.

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CV FIRE DEPARTMENT
Chief Brandi Durdak 530-288-3303



CCSD
P.O. Box 527
Camptonville
CA 95922

Pianist/Keyboardist Thollem Plays Camptonville Sri Moonshine Music Series – August 21st

By Richard DicKard, CCSD

Come join us for an exhilarating evening of original solo piano and keyboard music! **Thollem**, piano and keyboard wizard, performs at the final concert of the Sri Moonshine Music Series at the Camptonville Community Center, **Saturday, August 21st, 7 pm**. Doors open at 6:30 pm.



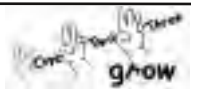
Thollem is an astounding piano and keyboard artist who understands the huge scope of the instruments. He has spent his life skirting and erasing the edges of boundaries musically, culturally, and geographically. His work is ever-changing, evolving, and responding to the times and his experiences, both as a soloist and in collaboration with hundreds of artists across idioms and disciplines. (www.thollem.com)

Terry Riley says: *"Thollem is absolutely mesmerizing... unleashing cascades of notes of seemingly impossible velocity and no matter where he goes tonally, it always seems right, fresh, and satisfying."* (Terry will Zoom in from Japan to talk about the concert.)

Thollem will perform two distinct halves: one on Terry's piano and the other with his electric rig.

Tickets are available at www.brownpapertickets.com in early August.

As Summer Temps Soar, Drink Water!



By Christina Dondono, 1,2,3 Grow

I hope we are all enjoying the summer and keeping active, but most importantly, keeping hydrated! Do you know that children are more susceptible to getting dehydrated than us adults? It is even more important for them to be drinking plenty of water every day.

1,2,3 Grow is a parent participation program that offers early childhood enrichment and kindergarten readiness three days a week in 3-hour increments.

We are closed for the summer, but will be excited to gather together again **Tuesday, August 24th, for our first day of school.**

For more information or to get a jump start on registering for our program, contact me directly at christina@theccp.org or call the Resource Center at 288-9355.



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Photo - Janie Kesselman

2021 Camptonville Gardeners' Market!

By Jimbo Garrison

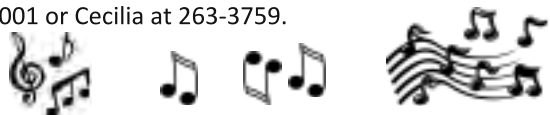
Woo Hoo! Starting **Saturday, August 7th from 10 am 'til Noon** and continuing **every Saturday in August and September**, the fabulous Camptonville Gardeners' Market is back at the Community Center for another season of local flavor. We are

thrilled that Cecilia will be back to run the show, and we invite you all to come for fresh homegrown veggies and fruit, wonderful local eggs, live fermented pickled vegetables, ridiculously good cheesecake, plant starts, and much more!

There will be **live music with Cheryl Z hosting an All-Acoustic Open Mic**, so bring instruments and join the fun!

The market is held in conjunction with **Coffee @ the Center**, so this is the place to meet and greet your friends and neighbors and do some hobnobbing. Come on by and have a beverage and some yummy snacks, and check out the local bounty at the market.

If you have surplus produce or any locally made products you wish to sell, you are welcome to bring them to the Market. Please join us! For more information, call Jimbo at 288-1001 or Cecilia at 263-3759.



Kyle Ledson & Friends – August 6th

By Christina Ledson

Kyle Ledson & Friends will be playing their first show as a trio at the Camptonville Community Center on **Friday, August 6th. Doors open at 7pm**, but get there early (6pm) to enjoy fresh eats by Fatty's Fine Foods.

Tickets are \$10 for general admission or \$15 for reserved seats. You can pre-purchase your tickets at:


<https://www.brownpapertickets.com/event/5173152>.

Kyle Ledson grew up in the Grass Valley area playing mandolin and guitar for nearly his whole life, from Bluegrass to Jamgrass to Psychedelic Folk. His new album, "Left It All Behind," features his original music along with members of Yonder Mountain String Band, ALO, and Hot Buttered Rum.



Photo - Christina Ledson

Catch Kyle pickin' with his good friends and fellow musically talented locals, **Django Ruckrich** and **Mei Lin Heirendt**. Django plays guitar and mandolin and has recently released his first album, "Gravity," produced by Joe Craven. Mei Lin plays fiddle and guitar and is a great songwriter. She also recently released a bluegrass album, "Ragged Road," with her band Boston Ravine.



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**Highlights of our community-driven activities
in the Yuba County foothills:**

- Youth enrichment and skill building projects
- Family Resource Center
- Community Health Action Plan
- 1, 2, 3 Grow: Parent participation-child enrichment for 0-5 year olds
- The Camptonville Courier

Development of:

Community-scale forest biomass to energy facility
and business center

Camptonville Community Partnership (CCP) 501(c)(3)

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A Splash of Local Gardens!

-Janie Kesselman, Editor

Despite the unprecedented heat, some gardens are still growing here in the 'hood! It's great to have an excuse to douse our plants and ourselves with water nowadays, although it's also good to keep in mind that we're in the midst of an unprecedented drought (see water-saving tips on pg 7). With that in mind, I hope you will enjoy the photos, keep cool, and keep those go-bags filled and ready!



Shirley's flowers



John's flowers



Janie's kale



Janie's peppers



Peter's grapes



Focusing on organic gardening; amendments and supplies, organic soils like Vermicrop bulk and bagged, Foxfarm Roots Organics, and Black Gold, gardening tools, irrigation supplies, greenhouse covers, and pest control.

29435 HWY 49, NSJ CA 530-292-9000
www.sweetlandgm.com



Caleb, Mia, and Zephyr's garden



Shirley's first tomato!



John's winter squash and corn



Rochelle's garden



Marcy's garden



Tiger lilies in Camptonville Cemetery

Big thank yous go to Lydia Miyasato for all the Tiger lily photos in this issue, and to everyone who submitted photo evidence of your hard, loving work in your gardens!

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Conserve Water!

By Bonnie Dickson, Yuba Water Agency



Yuba Water Agency and local water providers are urging residents to conserve water as drought conditions deepen throughout the region. The drought is already impacting local irrigators and businesses, domestic wells, and the environment. A lack of water also threatens the region's ability to fight wildfire, especially here in the foothills where wildfire risk is extreme this summer.

Turning off the faucet while brushing your teeth, shaving, or doing dishes, defrosting food in the fridge instead of running water under the sink, and shortening showers to less than five minutes are easy ways to reduce residential water use immediately. Scaling back lawn watering and only watering early in the morning or after sundown reduces evaporation, saving thousands of gallons of water a day.

"This is an all-hands-on-deck situation," said John Tillotson, general manager of Olivehurst Public Utility District. "Everyone's efforts can collectively make a huge difference."

Water agencies are partnering on this effort to ensure all in the region are getting the same, consistent information about the drought and the urgent need to conserve.

For more water-saving tips and resources, go to:

yubawater.org

Pond Life!

By Katie O'Hara-Kelly, northyubanaturalist.com

It's summer, and in the Lakes Basin there are many ponds and lakes teeming with wildlife. Although they contain many of the species that are found in rivers, they also harbor many of their own unique species. Compared to rivers, ponds and lakes are usually warmer and contain less oxygen. They often contain silt and algae in higher concentrations than rivers. Aquatic pond and river dwellers have adapted to these conditions in a variety of ways.

One of the most amazing aquatic critters is the **Spiny-tailed Fairy Shrimp**. A pond can contain thousands of them! They measure .75" to 1.5" in length, and have 11 pairs of leaf-like legs that ripple as they paddle around on their backs! These legs also serve as their gills, and absorb oxygen out of the water. They have one pair of stalked eyes and two pairs of antennae. They are filter feeders of tiny organisms and plant detritus, and will also scrape algae and detritus off of rocks and sediments.



Spiny-tailed Fairy Shrimp

The Spiny-tailed Fairy Shrimp are preyed upon by other aquatic insects, shore and wading birds, and sometimes fish. Their typical life span is just three to four months. They live only in inland, non-flowing, temporary, fresh (non-marine) water. When they die or their pond dries up, they leave behind thousands of embryonated eggs, or cysts, that will remain dormant until the pond refills. These cysts can remain dormant for decades! WOW! Apparently these fairy shrimp used to be more widespread, but as human developments filled in wetlands and vernal pools, their numbers have declined. How lucky to see these fascinating crustaceans!

Odonata is an order of carnivorous insects encompassing the dragonflies and the damselflies. **Dragonflies** are generally larger, and perch with their wings held out at 90 degrees to their sides; **Damselflies** have slender bodies, and hold their wings over their abdomen at rest.



Dragonfly nymph and exoskeletons

Immature odonates are referred to as naiads or nymphs. All nymphs are voracious predators feeding on everything from small invertebrates such as mosquito larvae to smaller vertebrates such as fish and frogs. Damselfly and dragonfly nymphs are pretty tiny, only about 1/2" in length. Their tail filaments are actually their gills! Nymphs will molt nine



Damselfly nymphs

to 17 times before becoming an adult. The number of generations per year depends on the species of odonate. When nymphs are ready for their final molt, they leave the water and crawl onto the bank or vegetation. They will dry out and their exuvia (exoskeleton) will crack open on their back. They will then pull themselves out of their exuvia, pump up their wings, and dry out. A newly emerged odonate is teneral (soft). A teneral dragonfly or damselfly has glossy wings and the colors on the body are often pale. Several days after emerging, they are hardened completely and will have taken on the colors of an adult.

Lots of tadpoles can be found in ponds. The following information about the life cycle of a frog came from allaboutfrogs.org.

"Seven to 10 days after a tadpole hatches, it will begin to swim around and feed on algae. After about four weeks, the gills start getting grown over by skin until they eventually disappear. The tadpoles develop teeny tiny teeth that help them grate food, turning it into soupy, oxygenated particles. They have long coiled guts that help them digest as much nutrients from their meager diet as possible. After about six to nine weeks, tiny legs start to sprout. The head becomes more distinct and the body elongates. By now, their diet may grow to include larger items like dead insects and even plants. The arms will begin to bulge where they will eventually pop out, elbow first. After about nine weeks, the tadpole looks more like a teeny frog with a really long tail. By 12 weeks, the tadpole has only a teeny tail stub and looks like a miniature version of the adult frog. Soon, it will leave the water, only to return again to lay more eggs and start the process all over again!"



Tadpoles

Get out there and check out your local ponds for aquatic critters. I'm sure you'll be amazed!

Enjoy Katie's weekly blog of the
natural history of the Yuba watershed at:
northyubanaturalist.blogspot.com



Recreational Safety IQ (Intelligence Quotient)



By Beverly Cameron-Fildes, YWP&FSC

While the opening of school looms large on our calendars, we still have an eye on recreational activities which put us square in the middle of our very fragile wildlands. What is your recreational IQ? Do you know how to avoid those unintended "careless acts" that can lead to disaster in our foothills and forests?

By this printing, some of the forestlands may already be closed to any form of recreational activity. Fire danger is high as we head into what we used to think of as "peak fire season." Humidity is low, and fuels are bone dry. It's the perfect storm for a fire.

So how do we recreate and still keep safety in mind? Here are a few ideas to reduce "careless acts" that can lead to catastrophe.

1. Be sure that any vehicle using a tow chain has "No Spark" tow chain covers and an auto fire extinguisher. The covers keep chains from contacting the asphalt and igniting roadside fires.

2. If you take motorized bikes into a wooded area, be sure they are equipped with spark arrestors. The arrestor is critical in preventing wildland fires and is required by law in most places.

3. "Know before you go." Check ahead to see if the area where you're planning to camp allows campfires.



Most importantly, know how to put out a campfire completely! An unattended campfire is a risk even if it's just down to a few glowing embers. Don't wait until the last minute to put out your campfire, as there are several steps to ensure that your fire doesn't ignite the surrounding area.

Note: I found step-by-step instructions for extinguishing a campfire by Googling "how to put out a campfire in a fire pit." I even learned a new step. Check it out, and increase your recreational IQ!

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PG&E Tree Trimming Leftovers?

By Jimbo Garrison

Do you have an unwanted pile of logs on your property as a result of PG&E's tree trimming project? Any wood over 4" in diameter is being left behind. If you want it removed, you will need to file a "Request for Wood Removal" with PG&E. To start the process, call the PG&E Customer Service Center at 800-743-5000.

What I did as an alternative was to speak to one of the tree workers in my neighborhood. They were quite pleasant and eager to help. With their help I was able to get the logs removed with a minimum of effort, without calling PG&E.

So don't just let those logs sit there creating a mess and a fire hazard. Request their removal!



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Tiger lilies in Camptonville Cemetery

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Sierra Family Health Center Celebrates National Health Center Week!

By Brandy Kolmer, SFHC

August 8th – 14th is National Health Center Week, when elected officials across the country honor the diligent work that Community Health Centers provide to keep our communities healthy, and the heroic extra efforts they have made on the front lines of the COVID-19 pandemic. **Sierra Family Health Center** joins in this celebration, acknowledging its compassionate staff and providers, and its patients.



Submitted Photo

Sierra Family proudly serves our community, including members who suffer from chronic disease and lack access to affordable, quality care. While our approach is community-based and local, collectively Community Health Centers are the backbone of the nation's primary care system, lowering health care costs to the tune of 24 billion dollars a year and reducing rates of chronic diseases.

As your local community health care provider, Sierra Family looks beyond medical charts to address the factors that may cause poor health, such as poverty, homelessness, substance use, mental illness, lack of nutrition, and unemployment. We are dedicated to providing medical, dental, behavioral health, and chiropractic care to our community to improve health outcomes – particularly for people who are medically vulnerable.

While COVID-19 continues to exacerbate social and medical inequities across the country, Sierra Family has adapted their services to meet those in need. As unemployment rates rise and more people lose their employee-sponsored health insurance, Community Health Centers play a critical role in providing care for all, regardless of insurance status.

Sierra Family is proud to serve the community where we all live... keeping access open and available to all who seek care. Thank you for your support. We will be there when you need us.

HELP & HOPE

For emergencies first call 911.
All area codes are 530 unless otherwise specified.

CAMPTONVILLE:

- Cemetery ————— 559-1629
- 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
- Water Plant ————— 775-980-7138
- Yuba River Ranger District ————— 362-8259/288-3231

Alcoholics Anonymous: Local 24 hr Hotline — 272-6287
 Burn Day Status (www.fraqmd.org) — 741-6299
 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



YUBA COUNTY OFFICE OF EDUCATION

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 www.yubacoe.org

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 comments any time. 530-274-3709



Food Distribution in the Yuba County Foothills



The Foothill Food Pantry:

10775 Texas Hill Road, Dobbins (Dobbins Store pkg. lot)

Thursdays from 12–1:30 pm

(closed the week of USDA distributions)

August 5th, 19th, and 26th

September 2nd, 16th, 23rd, and 30th

The USDA Commodities Food Bank:

Willow Glen Restaurant pkg. lot, Oregon House

The 2nd Friday: 10:30-11:30 am

August 13th and September 10th

Food Bank in North San Juan:

Located at Oak Tree School

The 2nd Tuesday: 10 am-noon

Free Food & Clothing Closet: Call 292-3174 for hours



Medical Clinic

Primary Care, Acute Care, Medication Assisted Treatment:
 a full service family practice serving all ages

Wellness Center

Comprehensive Perinatal Services, Women's Health
 Newborn Care and Women's Chiropractic Services

Baby Buddies Birth Center

Free-standing birth center for low-risk moms to deliver
 their babies in a warm and welcoming environment

Integrated Behavioral Health

Serving youth and adult patients dealing with a variety
 of concerns to include: Adjustment Disorders, Depression,
 Anxiety, ADHD, Emotional Dysregulation and Trauma

Complementary Services

Chiropractor and Acupuncture serving all ages

Resource Center

Open to the community, free classes/support groups, eye glasses
 program, insurance enrollment and referral linking to other services

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 Harmony



We have four locations to serve you

Marysville	Wellness Center
1908 M. Beale Rd. Ste. E Marysville, CA 95901 (530) 743-8888	1930 M. Beale Rd. Marysville, CA 95901 (530) 645-7336
Del Norte	Plumas
295 Del Norte Ave. Yuba City, CA 95991 (530) 764-4262	1015 Plumas St. #1408 Yuba City, CA 95991 (530) 777-3190

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Camptonville, CA 95922

AUGUST 2021 Community Calendar

The *Camptonville Courier* and Calendar are online **IN COLOR** at Camptonville.com

To add local events to the calendar, send an invitation from your electronic calendar or email: calendarcville@gmail.com



August 6th – Kyle Ledson & Friends Concert (pg 5)
August 7th – Gardeners' Market begins! (pg 5)
August 18th -- 1st day of School (pg 2)
August 21st – Thollem Concert (pg 4)



WEEKLY Events (CCC = Camptonville Community Center)

Tuesdays: Yoga, 5 pm, School Gym
C'ville Vol. Fire Dept. Trainings, 6-9 pm, Fire Hall

Thursdays: Yoga, 10 am, CCC

Saturdays: Coffee @ The Center, 10 am-Noon, CCC

Gardeners' Market, 10 am-Noon, CCC **All Food Banks – See pg 11**

MONTHLY Events:

(Call first to verify meeting times before attending.)

CCP Board - 3rd Wednesday, 1 pm, Resource Center 288-9355

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

School Board - 3rd Thursday, 5 pm, CV School 288-3277