



Sasha, Olivia, Ayda, Jasper



Jasper



Jasper, Ayda, Isabelle, Olivia, Ruby

Welcome to the 2021-2022 School Year!

By Christina Dondono, 1,2,3 Grow

The staff at 1,2,3 Grow is excited as we welcome in the new school year. The summer heat after a very dry winter has us concerned and conserving water. With that said, please come prepared with a water bottle for both child and parent.

Class will be held every Tuesday, Thursday, and Friday from 9:30-12:30 pm. Please try to arrive on time to give your child the entire experience.

To promote appropriate growth and development, we have created age-structured days for all ages between 0-5 years:

- Tuesday is infant/toddler day, ages 0-3 yrs.
- Thursday is everybody day, ages 0-5 yrs.
- and Friday is kindergarten readiness day for ages 3-5 years.

Parent volunteers are much needed in the garden and in CCP. We have to limit the number of adults in the room, but can rotate as often as needed.

We are still following CDC guidelines/recommendations for a safe environment to keep our classroom as safe as possible during this pandemic. Masks are mandatory indoors. As of now, we are not doing distance learning and are working diligently to stay in person, in class.

On a lighter note, I would again like to welcome you all to the 2021-2022 school year!

What a Fun Start to the Year!

By Patrick Brose, Superintendent and Principal,
Camptonville School

I decided to write this on the first day of school this year (sorry editorial staff!) as this is the first "real" start to a school year that I have had in Camptonville. Last year we were forced to start the year on distance learning, which was not a particularly positive experience for anyone. This year, we opened our doors to full in-person learning and volunteers in our classrooms, even as we continue to be extremely mindful of COVID, requiring masks in the building and following all of the state mandates issued to schools.

At 8:25 am, I had the privilege of ringing the historic bell, calling our students to class and starting a new year. It is an experience that brings me joy each time I do it and will continue to be a daily activity for me throughout the year. Our students returned to the school rested and eager to start a new year. We are so fortunate to have such a large and energetic K-2nd grade class, and even more fortunate to have such amazing parent volunteers to help out. Our middle and upper classes are both smaller this year, which can afford many fun opportunities for our students.

Teachers are already planning field trips, class activities, and guest presenters. A slice of normal is returning to our little school, and while we continue to look to the past for inspiration, we also look forward to innovation and opportunities. So as I sit here writing this, I hear the sounds of children in the halls, and the chatter of parents and staff talking about our kids and school; it brings me immense joy! Happy New School Year to all of you!

Camptonville Community Center Report

By Jesse Golden, CCC Manager

The Community Center is following California's health guidelines to keep our community safe. We have posted mask guidelines in accordance with State and CDC policy. Masks are required indoors for all unvaccinated people and recommended for everyone.

The following individuals are exempt from wearing masks:

- Persons younger than two years old. Very young children must not wear a mask because of the risk of suffocation.
- Persons with a medical condition, mental health condition, or disability that prevents wearing a mask. This includes persons with a medical condition for whom wearing a mask could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a mask without assistance.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- Persons for whom wearing a mask would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.

The following weekly programs are continuing:

- On Saturdays, Coffee and the Gardener's Market.
- On Thursday mornings, outdoors, Yoga class.



Editor's Note - Marcy Risque

You may notice that this month's issue is smaller, which may reflect the malaise I and other people I know have been feeling due to smoky air, and the resurgence of COVID, among other things. Shirley D. offers us a reminder about staying sane in these times on pg. 8. I wish you well, and remember that "this too shall pass."

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CVFD Community Picnic is Cancelled – We Can Still Rally for the Raffle!

By Donna Tate, CVFD Auxillary



It is with much sadness that the Camptonville Volunteer Fire Department and Auxiliary have made the tough decision to cancel this year's Fire Department Picnic. Between the uptick in COVID (especially locally) and the unhealthy air quality from all the smoke, this seemed to be the responsible decision.

Now let's find a silver lining... With all the amazing raffle prize donations, we are moving forward with the raffle! Let's remember **the purpose of the picnic is to raise money for our incredible Volunteer Fire Department.** So, we are asking you to bring out your Camptonville spirit and make this the best raffle ever!

Since this decision was made with little time to finalize a plan, we will share what we know as of now:

- **Raffle tickets will be available for purchase until September 30.**
- **The Auxiliary and community volunteers will be setting up a booth at The Lost Nugget to sell tickets and to share a list of the incredible, irresistible raffle prizes (we are thinking this will be happening on the weekends – maybe even a hotdog BBQ?).**
- **Tickets can be bought at any time at The Lost Nugget, or you can contact any auxiliary member to arrange for purchase.**
- **We will also be setting up VENMO for those who wish to donate online, or for online raffle ticket purchases.**
- **On or about October 1 (time to be determined), the auxiliary will be at The Lost Nugget and on Facebook Live to draw the winning tickets.**
- **We will provide updates on the Camptonville Facebook page as the plan gets finalized or revised.**

I know we were all hoping for a day to celebrate our dedicated volunteers and this amazing little town that we are lucky to call home. But we have faith that we can turn our disappointment and these trying times into something positive. This is because we have THE SPIRIT OF CAMP TONVILLE in our soul!

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It's Not Too Late...Until It Is!

By Beverly Cameron, Yuba Watershed Protection and Fire Safe Council

There are a number of colloquialisms/idioms that have come into use over the years to indicate that one shouldn't assume that they know the outcome before it occurs. I tell myself, when I'm hanging onto a baseball game that has gone way into extra innings, that "the opera ain't over 'til the fat lady sings" — an expression reportedly coined by a San Antonio, Texas sports writer around 1976. "Wait for it," "it's not over 'til it's over," and the ever-popular "don't count your chickens before they hatch" all insist that the outcome isn't a given.

I'd like to add one that has a slightly different spin, and is just as relevant when it comes to defensible space and being fire-wise. I'm sure you've heard me say this before...and here it is again: "It's not too late...until it is!"

What does that mean in my world? It means that as long as there is no fire and your house is still standing, there is always something you can do to increase your home's chance of surviving a wildfire.

I recently heard a master gardener say how overwhelmed some lecture attendees were when he spotlighted all the things they needed to do with landscape during the coming season. One individual threw up his hands and asked how he could possibly get it all done. The lecturer let the man "simmer" for a few minutes as he knowingly smiled. "Well," he said, "Can you spare twenty minutes a day?" The man said he could. The lecturer went on to put the work into perspective for the bewildered gentleman. If he spent 20-30 minutes each day, he would be able to take care of all the prescribed work in the course of the year.

I certainly had an "aha" moment when I realized how much I could do in 20-30 minutes a day to ensure my home's safety. And so can you.

If you are still unsure about what needs to be done to ensure your home's survival, sign up for a **free Wildfire Mitigation Review** at the **YubaFireSafe.org** website and remember: it's not too late...until it is.

ONE LESS SPARK



"Are You Doing the Right Thing, the Wrong Way?"

By Jesse Golden

While doing some internet research, this headline caught my eye: *Fires in California: What's Causing Them?* I thought I knew the answer, but I was wrong.

Yes, drought, hot weather, and the build-up of forest debris is worsening our fires, but that's not what causes them. Nope, not lightning, and not arson, at least, not mostly. I know it's been hot, but we can't blame spontaneous combustion, either. Friends, 95% of wildfires are caused by people—people unintentionally creating a spark, perhaps while "doing the right thing, the wrong way."

Cal Fire says we can help prevent wildfires by learning how to properly handle outdoor equipment, burn debris, put out campfires, tow and maintain vehicles, and practice fire-safe target shooting. They have detailed information on this at **readyforwildfire.org/prevent-wildfire**. This month, we're sharing their information on equipment use:

Are You Doing The Right Thing, The Wrong Way?

Whether working to create defensible space around your home, just mowing the lawn, or pulling your dirt bike over to the side of the road, if you live in a wildland area you need to use all equipment responsibly. Lawn mowers, weed eaters, chain saws, grinders, welders, tractors, and trimmers can all spark a wildland fire. Do your part, the right way, to keep your community fire safe. Here's how to do it the right way:

Mowing: *Mow before 10 am, but never when it's windy or excessively dry. Lawn mowers are designed to mow lawns, not weeds or dry grass. Metal blades striking rocks can create sparks and start fires. Use caution.*

Spark Arrestors: *In wildland areas, spark arrestors are required on all portable gasoline-powered equipment. This includes tractors, harvesters, chainsaws, weed eaters, and mowers. Keep the exhaust system, spark arrestors, and mower in proper working order and free of carbon buildup. Use the recommended grade of fuel and don't top it off.*

Equipment Use: *In wildland areas, grinding and welding operations require a permit and ten feet of clearance. Keep a shovel and a fire extinguisher ready to use. Don't drive your vehicle onto dry grass or brush. Hot exhaust pipes and mufflers can start fires that you won't even see — until it's too late! Keep a cell phone nearby and call 911 immediately in case of fire.*

Environment: *To protect water quality, do not clear vegetation near waterways to bare soil. Vegetation removal can cause soil erosion, especially on steep slopes. Always keep soil disturbance to a minimum.*

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Assessed Home Values Now Online!

By Russ Brown

Property owners in Yuba County can now look up and print their current value notice from the Yuba County Assessor's website. Value notices and assessed values can be viewed by visiting yuba.org/valuenotice and following the prompts.

There are a number of ways to search for property values, including by street number, street name, or community. For additional assistance, call Stephen Duckels, Yuba County Assessor, at 749-7820 or 933-1386, or email sduckels@co.yuba.ca.us.



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Monkey Mind – Recall on My Mind

By Jesse Golden

Wow, I just hate waste. No, really, obsessively, I hate waste, from large to small. So you can imagine how much I hate that the State of California is spending over \$80 million to hold a recall election.

Nonetheless, it's happening on Tuesday, September 14, so here's voting information:

Is it important to vote? Obviously, if you agree with my politics, then you should vote, and if you disagree, then don't. Joking aside, in my humble opinion, heck yes, you should vote. Voter apathy undermines democracy and creates serious risk of putting unrepresentative people in power.

Can I vote? If you haven't received voter information in the mail, you might not be registered. You can check online at voterstatus.sos.ca.gov, or call the County Clerk (in Yuba County, 749-7855, Monday thru Friday, 8 am-5 pm). After August 30, if you forgot to register in time, you can register and vote the same day through a process called Conditional Voter Registration.

Can I vote in person? Yes, you can vote before the election at the County Registrar's office in Marysville, 8 am-5 pm Monday-Friday, through Monday, September 13, or in person on September 14, when Camptonville residents can vote at the Alcouffe Center, 9185 Marysville Road, Oregon House, from 7 am-8 pm.

Should I vote on both questions? There are two questions on the ballot: should the current Governor be recalled, and if so, who should replace him? You can vote on either or both. Newsom is urging voters to ignore the second question, and just vote no on the recall. No prominent Democrat is running, and that might be based on history; in 2003, when Governor Gray Davis was recalled and replaced with Arnold Schwarzenegger, one of the replacement candidates was a prominent Democrat, Cruz Bustamante. It might have been that voters felt more comfortable voting to recall Davis because they thought Bustamante would replace him.

Should I be worried about voter fraud? Not if you confine your worries to problems for which there is actual evidence. I couldn't find 2020 data, but per calmatters.org, after the 2016 elections, the cases investigated – not prosecuted, just investigated – by the State and counties equalled one one-thousandth of one percent (0.001%) of the more than 23 million votes cast.

Should I be worried that the next California governor will be someone massively unqualified? Well, as the song says, "don't worry, be happy." But some of us are worriers nonetheless. If so, you may be interested to know that in mid-August, a survey of voters showed that the leading replacement candidates were a "YouTube millionaire/real estate broker" and "a talk-radio host, attorney, and documentary filmmaker." Excuse me, I have to go roll my eyes.

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

Forest Service Temporarily Closes Nine National Forests

By Michele Woods, Administrative Assistant, Tahoe National Forest, Yuba River Ranger District



To better provide public and firefighter safety due to extreme fire conditions throughout northern California and strained firefighting resources throughout the country, the USDA Forest Service Pacific Southwest Region is announcing a temporary closure of nine national forests. **This closure will be effective at August 22, 2021 at 11:59 pm through September 6, 2021 at 11:59 pm.**

The closure order can be found at <https://go.usa.gov/xF7EM>. Affected forests include:

- Modoc National Forest
- Klamath National Forest
- Plumas National Forest
- Lake Tahoe Basin Management Unit
- Shasta-Trinity National Forest
- Lassen National Forest
- Six Rivers National Forest
- Mendocino National Forest
- Tahoe National Forest

Check the current forest orders at www.fs.usda.gov/tahoe.

Forest visitors are encouraged to “Know Before You Go” and call ahead to the local ranger station to check on location conditions and restrictions. Forest use restrictions are in place to protect the public and natural resources. They are designed to reduce human-caused fires. Wildfire suppression is very expensive. Most wildfires are human-caused on the Tahoe National Forest.

Our office at Yuba River Ranger District is currently closed until further notice. You can still contact the Yuba River Ranger District by calling 362-8259 during regular business hours Monday-Friday, 8 am-4:30 pm. In-person appointments can be made if needed for some services.

The Tahoe National Forest is starting to open offices in some locations. The Nevada City Supervisor Office will be opened 9 am-4:30 pm, Monday-Friday. Many services traditionally offered in our public offices are available online at www.fs.usda.gov/tahoe.

To contact your local Tahoe National Office with specific questions, please use the updated telephone numbers below.
Tahoe NF Supervisors Office (Nevada City): 265-4531
Truckee Ranger District Office: 587-3558
Sierraville Ranger District Office: 994-3401
American River Ranger District Office (Foresthill): 492-5631
Yuba River Ranger District Office (Camptonville): 362-8259

Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. —John Muir

A Scoop of School

By Alix Lamb, Office Specialist

I am writing this on the first day of school, and boy is it smoky and a dash of hectic. I could extoll the nuances of first day madness, the crispness of new backpacks, the brightness of eager faces, etc., etc., but I discovered a more pressing issue over the summer.

Y'all might not know how public schools work. So, for the next few issues, I'm going to break it down.

How much does school cost? For the 2019/2020 school year, the Expenditures for Current Expense of Education for the Camptonville District was \$726,825.23. Those expenditures include the salaries and benefits of the employees, books and supplies, equipment replacement, services, and indirect costs. Basically, it costs \$726,825.23 to run our school for a year. That cost is always rising, because things become more expensive as time goes on.

This cost is based on an ADA (average daily attendance) having 46.78 students (the decimal is for transfers, not for pieces of students) per year. If it costs \$726,825.23 to run the school with 46.78 students, that means the cost of education per child for the year is \$15,537.09. If we have more kids the cost per child goes down — unless, of course, we exceed the number of students that our current staff can reasonably handle, in which case the annual cost would go up for acquiring more staff, and buying more supplies. If we have fewer than 40 kids, our cost per kid becomes too large, and we have to start decreasing overall costs.

Essentially, the cost of a school is a balancing act which changes every year.

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Yuba Water Continues To Invest Big in Yuba County Education

By DeDe Cordell, Yuba Water Agency

Yuba Water Agency's Board of Directors voted to formalize a water education program. The action lays out a roadmap for how the agency will reach its education goals and includes a commitment of more than \$275,000 to complete the implementation of Yuba River watershed-focused curriculum in K-12 classrooms throughout Yuba County.

The agency's water education program, developed by staff with broad community participation, aims to improve the quality of life and economic prosperity for the people of Yuba County and to promote stewardship by helping residents and visitors develop an increased understanding of the region's water and natural resources. The program also seeks to increase awareness of the agency's mission and management of Yuba County's water resources.

A major effort under the program is the agency's watershed education curriculum project, which is currently being piloted in Yuba County classrooms. Curriculum development began last year with an inaugural cohort of 45 teachers who received specialized training on the Yuba River watershed and on how to create lessons that meet Next Generation Science Standards. Teachers then worked in smaller, grade-level groups to develop more than 175 Yuba River-focused lessons in science and other subject areas, covering all K-12 grades and some community college lessons.

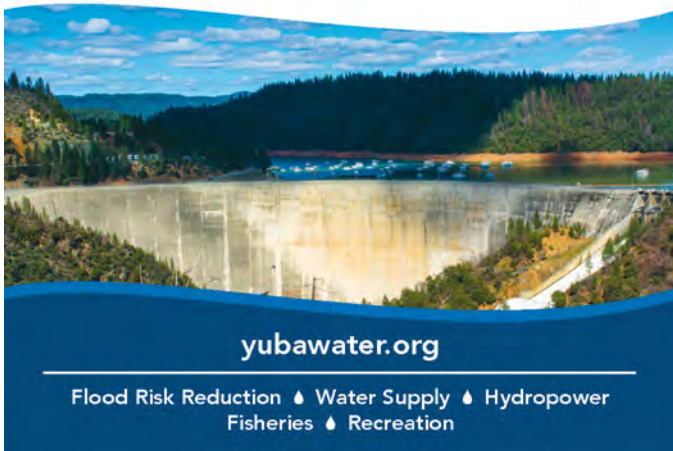
The funding will help train a second cohort of up to 40 teachers, who will evaluate and refine the initial curriculum before it's implemented countywide. The curriculum is


designed to pair with a state-of-the-art watershed experience center, which is currently in the master planning process. An update on the master plan with a multi-year implementation strategy is expected in the fall.

The curriculum project is a collaborative effort with involvement and guidance from many partners, including all five Yuba County school districts, the Yuba County Office of Education, Yuba Community College District, South Yuba River Citizens League, and the Yuba River Endowment.

Under the newly formalized program, the agency will also continue to partner with local educational, art, and nonprofit institutions, and instructors to advance water-related programming in the region through individual grants. Additionally, agency staff will continue to support water-focused career and technical education programs throughout all county schools.

Learn more about Yuba Water's investment in water education at yubawater.org.






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cicadia exuvia



snowy tree cricket

Down in the Garden

By Katie O'Hara-Kelly, northyubanaturalist.com

Since it's been so smoky, I haven't been able to be outside much these past weeks. Usually in the morning the smoke isn't as heavy, so I can spend a little time observing wildlife in our garden before the smoke gets bad. This week I mostly observed insects.

Every night we've been hearing the loud pulse-like trilling of crickets and the piercing trilling of cicadas. To some people these loud songs can be quite annoying. I didn't know why these insects sang so persistently, so I turned to bugguide.net for help.

Apparently, it's the males that are singing to attract females!

The tree cricket song is produced by a minute rasp on the underside of the forewing, which is scraped by a structure on the inner edge of the opposite wing. In producing the sound the wings are raised at right angles to the body and are vibrated rapidly. The number of notes varies from about 60 to over 150 per minute according to the temperature. Apparently the number of notes indicates the temperature. In the Laws Field Guide, it states "For the temperature in Fahrenheit, count the number of chirps in 13 seconds plus 40." The male also produces a secretion that attracts the female. While the female eats this secretion, the male mates with her. After mating the female drills a small hole in the stem of a plant, deposits the fertilized egg, and seals up the hole. The egg hatches into a nymph in approximately ten days. The nymphs go through five instars (molting, shedding of skin) before they are mature adults. About a week after their final molt, the newly mature adults will start mating. They will quiet down when the temperature cools off, and will die in the fall. Their eggs will overwinter and hatch in the spring. In the meantime, I'm taking my hearing aids off on these warm evenings!

Most people have heard that Cicadas live underground for 13-17 years. That is not true for the singing cicadas found in our area. Our local cicadas (*Okanagana tristis*) typically have a life-span of two to five years, almost entirely spent underground. The following information is from the website https://essig.berkeley.edu/documents/cis/cis02_3.pdf.

"Unfortunately, only general information is available on the life histories of the California species of cicadas. Of the few for which brood years have been noted, the time required to complete the life cycle would seem to be from two to five years. The females lay their sausage-shaped eggs in slits made by a sharp ovipositor and in packets of from eight to fifteen per slit. The author has found the incubation period for the eggs of Okanagana vanduzeei to be about 90 days. Other species have been reported to have

much shorter incubation periods. After hatching, the tiny nymphs drop to the ground and burrow into the soil where they begin to feed on roots. The forelegs of the nymphs are developed into large claw-like appendages which are used in tunneling during their long subterranean life. In early to late spring, depending on the species, the mature nymphs crawl to the surface of the ground, climb some vertical object, and transform into the adult form. Where large populations of a species occur, their case skins may be found in great profusion, clinging to rocks, stems of plants, or to any other vertical objects which the nymphs had climbed."

In all the meadows as well as in our garden, I've noticed that there are more bumblebees this year than ever before. I couldn't find out why there are so many of them this year. However, it is so encouraging to see this local population increase, as the native bumblebee population has been in decline across North America for years.

In the spring, mated bumblebee queens come out of hibernation and start a small colony. The colonies are made in tussocky grasses, small abandoned rodent burrows, or at the base of shrubs. Once the queen picks a site, she forms a wax "honey pot" and fills it with regurgitated nectar (honey). She then collects pollen, forms it into a ball, lays her eggs on it, and covers the whole ball with wax. Subsequently, she "broods" her eggs for four days, until the eggs hatch into larvae. Once hatched, the larvae feed on the pollen ball for four to five weeks, form a cocoon, pupate, and turn into adults. A bumblebee colony usually numbers about 50 in population. At the end of the season, the queen lays unfertilized eggs that turn into males, and a few special fertilized eggs that turn into new queens. The males hang out for a few days in the colony and then leave, never to return. These males are the bumblebees that you see spending the night on flowers! In the fall, the new queens leave the colony, mate with one or more male bumblebees, then hibernate over the winter.

Enjoy Katie's weekly blog of the natural history of the Yuba watershed at: northyubanaturalist.blogspot.com
Photos by Katie O'Hara-Kelly



adult cicada



bumblebee

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A Way To Reduce Stress in Our Lives

By Shirley DicKard

I've been thinking about Cathy LeBlanc's question in the August issue about the stress of living with wildfires, COVID, politics, poverty, and the effects of climate change, and their link with high cortisol (adrenalin stress hormone) levels. Sadly, it's the times we're in. One local clinic has quadrupled its counseling staff, and still they have a wait list.

Much as I wish I had a magic wand, I can't easily make the world's conditions go away. I can, however, manage my stress reactions to them. I was recently introduced to using meditation apps on my smart phone and computer. There are many free, highly rated apps for stress relief, sleep, meditation, breath work, gratitude, and other forms of self-care. Search for "meditation apps" to find one you like. My favorites are "Insight Timer" and "Calm." Even starting with five to ten minutes a day gives a tangible way to counter the damaging effects of long-term cortisol (think fight-flight reaction) on our bodies, minds, and spirits. And of course, the practice of Yoga, Qi Gong, and Reiki are known stress-reducers and are available locally at our Community Center.

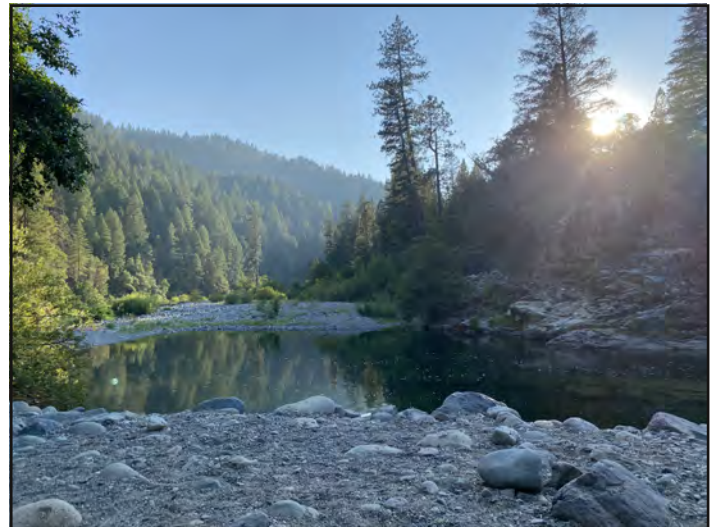


Photo of Rocky Rest by Christina Dondono

More Awards for *Heart Wood*

By Shirley DicKard

Even as an adult, it's kinda fun to get gold stickers. My novel *Heart Wood – Four Women, for the Earth, for the Future*, recently received national awards:

Winner: For "Visionary Fiction" from the National Indie Excellence Award (NIEA)

Finalist: The Self-published Review Award

Finalist: - For Thought-provoking Books - The Montaigne Medal, Eric Hoffer Awards

Recommended: *The US Review of Books*

If parts of *Heart Wood* seem familiar, it's because it is based right here in our part of the Sierra. You can purchase it at local bookstores, SPD, on Amazon (ebook too), and autographed from the author by contacting: heartwoodnovel@gmail.com

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- 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



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comments any time. 530-274-3709

Food Distribution in the Yuba County Foothills

* IMPORTANT ANNOUNCEMENT *

**Effective September 1, 2021, the Foothill Food
Pantry will be changing to a
bi-monthly drive-through distribution.**

The distributions will be held at the Alcouffe
Community Center in Oregon House at
9185 Marysville Road
(across from the fire dept.)

The 1st and 3rd Friday 12-1:30 pm



September 3, 17
October 1, 15
November 5, 19
December 3, 17



USDA Commodities Food Bank

Located at Willow Glen Restaurant, Oregon House

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

September 10
October 8

North San Juan food Bank, Nevada County

Located at the Oak Tree School

The 2nd Tuesday 10 am-noon

Free food and clothing closet: call 292-3174 for hours



**Harmony
Health**

MEDICAL CLINIC AND FAMILY RESOURCE CENTER
a California Health Center

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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We have four locations to serve you

Marysville:	Wellness Center
1926 N. Beale Rd. Ste. E Marysville, CA 95901 (530) 743-6888	1930 N. Beale Rd. Marysville, CA 95901 (530) 645-7336

Del Norte	Plumas
389 Del Norte Ave. Yuba City, CA 95991 (530) 763-4252	1215 Plumas St. #1400 Yuba City, CA 95991 (530) 777-3190

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Shirley DickKard and her giant corn
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September 2021 Community Calendar

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

To add local events to the calendar, email: calendarville@gmail.com

Call first to confirm meeting times and whether held virtually or in person

**The CVFD Community Picnic is cancelled —
— but you can still buy raffle tickets or donate money!
Raffle tickets are available until September 30 (see pg. 2 for details)
Please help support our amazing Volunteer Fire Department!**

WEEKLY Events

Tuesdays: Yoga, 5 pm at the school gym
Camptonville Fire Dept. Trainings, 6-9 pm, Firehall

Thursdays: Yoga, 10 am, at the field behind the Center

Saturdays: Coffee@The Center, 10 am-noon, behind the Center
Gardeners' Market, 10 am-noon, also behind the Center
Qi Gong class, 12:30-1:30 pm, will resume on Nov. 6, 2021



MONTHLY Events

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, CV School. Contact: 288-3277
For all food banks, see pg. 9

