

# THE Camptonville Courier

*Connecting the Community  
Since 1997*



VOLUME 25

NOVEMBER 2021

NUMBER 11

## **\$6,300 Raised for the Camptonville Volunteer Fire Department!**

By Donna Tate, Camptonville Volunteer Fire Department (CVFD) Auxiliary



It was with great sadness and disappointment that the CVFD picnic was cancelled this year. Not only did we miss the opportunity to come together as a community, but it would also have been the second year our volunteers would be impacted by limited funding. The CVFD relies greatly on fundraising from the picnic for training, firefighting and safety equipment, building maintenance, and other expenses... all to keep our community safe.



**Raffle tix at the Market**

Even without the picnic, we found a way to move forward with the raffle and silent auction to try to raise some money for the department. We all thought even if we raised \$1,000, that would be a win.

Never in our wildest dreams did we think the final number would be SIX THOUSAND THREE HUNDRED dollars! The generosity of our local and neighboring communities and those folks just passing by has left us speechless, humble, grateful... we are truly unable to find the words to express our sincere gratitude.

The Raffle Drawing at the Lost Nugget was a great success. Special thanks to Mike and Randy for all their help and support. The Volunteers, USFS Engine 331, Smokey, and several community members were there to show their support as we streamed the event "Live" on Facebook (this was a first for us). It was very heartwarming to see all the familiar faces gather around the raffle bin. We did have a few "faux pas" along the way. We had no clear date/time that the silent auction would close, and we fumbled what items we were drawing for. Please just know we did the best we could to make this fundraiser a success. We always encourage feedback on how we can improve the raffle process. At the end of the day, let's remember what a huge success this was for our fire department volunteers!



**Smokey and helpers at the raffle drawing**

I would like to give a shout-out to a couple of the CVFD Auxiliary members who went above and beyond to make this happen. Denise Stratton and Tudy Tardiville spent a month of weekends at either the Camptonville Gardeners' Market or in front of the Lost Nugget selling tickets and promoting the need to support our volunteers. Way to go, ladies! And thanks to all the Pink Ladies for your help behind the scenes; you are our silent heroes!

Here's hoping for a healthy year to come and a fantastic blow-out-bash at the Camptonville Volunteer Fire Department Picnic in 2022!



**CVFD Firefighters with Smokey and the CVFD Auxiliary**

Photos - Donna Tate

## From the Editor

-Janie Kesselman

Well, it's that time of year again when I take stock of how lucky I am to have loving family and friends in my life and to be able to cook up a storm in my warm kitchen to honor them and give them my thanks. Celebrating the spirit of Thanksgiving means so much to me, having grown up with fun and delicious extended family gatherings, and having continued to experiment with creating meaningful new traditions as time passes.

Below is a recipe I've used for over two decades, after my closest neighbor and dear late friend, Nancy Doub, first brought these yummy treats to our annual feast. May all enjoy and participate in the gratitude and thankfulness of this season, and may we keep it going for the rest of the year.

Happy Thanksgiving!



## The Center Takes A Coffee Break...

By Rochelle Bell



Since June, The Coffee crew has had a lot of fun dispensing coffee and extraordinary goodies made and donated by our hosts. We have had a great, diverse, and chatty crowd every week – lots of new hosts and attendees from near and far.



Winter has arrived, with cold and wet days making it too difficult to meet outdoors at the Center. COVID concerns keep us from having a large group inside the building; therefore, Coffee gets a break! We will take a month off and reevaluate at that time.

We would like to thank all the hosts and assistants for their support, and community members who helped make it a fun time for all. This cooperative event sponsored by the CCSD is all volunteer-run, and funded by those who show their appreciation by filling the donation jar.



We will continue our coffee time as soon as it is okay to do so. It's been so much fun for everyone that we are sorry to have to stop. We so enjoyed visiting with old neighbors and making new connections with others we had not known before. Hope to see you all soon.

As co-organizer Jocelyn Rapp says: "No matter what the verdict come December, I am confident that Coffee will return as vibrant and wonderful as ever whenever we do receive that green light. In the meantime, remember that you can still call, email, text, and visit your neighbors and the new and old friends you normally see at Coffee (and the ones you don't). This is a time when I think most people could use more love and connection, and although it sure helps, you don't need Coffee @ the Center to do that!"



### ♡ Sweet Potato Biscuits ♡

2 c. warm mashed yams

1/2 c. butter

1/2 c. sugar

1 tsp. salt

4 tsp. baking powder

2 c. flour

Cut butter into the warm yams.

Mix in rest of ingredients.

Spread dough onto floured surface (don't knead much!).

Roll to  $\approx 3/4$  - 1" thick.

Cut into desired shapes.

Bake  $\approx 15$  minutes @ 350°.  $\sum$  Yum!  $\sum$

**Published monthly by Courier volunteers as a program of Camptonville Community Partnership, 501(c)(3)**

**PO Box 32, Camptonville, CA 95922 \* EMAIL: [camptonvillecourier@gmail.com](mailto:camptonvillecourier@gmail.com)**

**Senior Editor:** Shirley Dickard (530-288-3479)

**Editors:** Janie Kesselman, Marcy Risque

**Copy Editors/Proofreaders:** Yakshi Vadeboncoeur, Jimbo Garrison, Linda Brown

**Ads & Subscriptions:** Linda Brown

**Editorial Advisory Staff:** Rod Bondurant, Rita Ortega

**Folding & Distribution Managers:** Rochelle Bell, Barbara Ramirez

**Finances:** Shirley Dickard, Corrin Burdett/CCP

**Online Calendar & Website Support:** Jesse Golden

**Deadline to submit articles:** 18th of the month. Email to: [camptonvillecourier@gmail.com](mailto:camptonvillecourier@gmail.com)

*The views expressed in The Courier do not necessarily reflect those of The Courier, its staff, advertisers, or donors.*

**Read The Courier online (in living color!) at [www.camptonville.com](http://www.camptonville.com)**

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



## School Notes

By Patrick Brose, Superintendent  
and Principal, Camptonville School

Happy Thanksgiving, everyone! I have had a bit of time to contemplate thankfulness and what

it means, and have come to a few conclusions: I am thankful for the time spent with my family. I come from a very small family and married into a very large family. We are close to both and spend as much time as we can together. I am thankful for my community. There is so much support and kindness in Camptonville. And I am thankful that life is not a spectator activity. Life is to be lived to its fullest, experienced for all of its adventure, and shared with the people we love.

Our school is thriving with life and joy and happiness. We are thankful to all and wish you the best in this holiday season!



Photos - Christina Dondono

Happy faces at Camptonville School: Jasper, Talia, and Ketana

## Still an Inconvenient Truth —

By Jesse Golden, @monkeymindthecolumn

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 November — Jesse Golden



The weather is changing, and that means we can probably put away our emergency "Go-Bags" for a few months. But next fire season is not far away, and the trend of ever-higher temperatures and ever-larger fires in the West continues.

Meanwhile, almost no political leaders treat climate catastrophe with the urgency it requires, even though six-in-ten Americans are worried that climate change will harm them in their lifetime, and only 17% of Americans are not at all concerned about the personal impact of global climate change, according to the Spring 2021 Global Attitudes Survey by the Pew Research Center.

You'd think that we humans could look at the facts, draw logical conclusions, and take necessary action. But apparently we're good at ignoring "inconvenient truth," as Al Gore put it in 2006. Gore also quoted Upton Sinclair, writer and political activist: *It is difficult to get a man to understand something when his salary depends upon his not understanding it.*

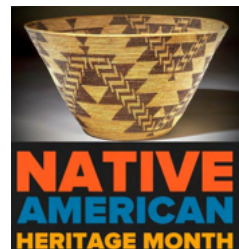
How to insist that saving the planet must be #1 on our national agenda? There's a remark often attributed to FDR, as it was in this quote from a 2013 speech by then Vice-President Joe Biden: *"[There was] a group of activists who made their case for some reform to President Franklin Delano Roosevelt. And he told them, and I quote, 'You have convinced me. Now make me do it.'"*

It's our job, the job of concerned citizens, to make our "leaders" do it.

*"Look and listen for the welfare of the whole people and have always in view not only the present but also the coming generations, even those whose faces are yet beneath the surface of the ground -- the unborn of the future Nation."*

The above quote is from the Constitution of the Iroquois Haudenosaunee Nation, a participatory democracy dating from 1142. It's a principle we'd do well to adopt.

November is Native American Heritage Month! Find out more at [nativeamericanheritagemonth.gov](http://nativeamericanheritagemonth.gov) or check out a great article at [culturalsurvival.org/news/9-ways-decolonize-and-honor-native-peoples-thanksgiving](http://culturalsurvival.org/news/9-ways-decolonize-and-honor-native-peoples-thanksgiving)



Want to take action on the climate crisis? Email [monkeymindthecolumn@gmail.com](mailto:monkeymindthecolumn@gmail.com) or message @monkeymindthecolumn on Facebook



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

Located at our Family Resource Center  
behind Camptonville School

Monday thru Thursday 8:30am – 12:30pm

High speed WiFi available for community use. Drop on by!

### 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)**

530-288-9355 • [corrin@theccp.org](mailto:corrin@theccp.org) • [camptonville.com](http://camptonville.com)  
PO Box 218, Camptonville, CA 95922



## News from the Camptonville Community Center

By Jesse Golden, Events Manager

Are you receiving the Camptonville Community Center's email newsletter? It goes automatically to members and to anyone else who requests it. If you don't see it, it may have gone to a spam or "other" folder, rather than to your email inbox, and you may have to add the address: [cvillecommunitycenter@gmail.com](mailto:cvillecommunitycenter@gmail.com) to your email contacts.

If you want to receive the newsletter (it comes out every month or two), email us with your request, and we'll add you. The Center's pretty quiet right now – indoor events sponsored by the Center are on pause due to health concerns, but private parties can arrange rentals.

Speaking of which - did you know you can rent the Center for as little as \$100/day for members; \$125/day for non-member Camptonville residents; \$150 for non-member non-residents? And it's even less if the event can be considered a community benefit event. Contact us if you're interested.

You can read Coffee @ the Center news on page two of this month's *Courier*.

The Center will be holding a Local Treasure Fundraiser in December, selling donated items such as homemade pies, awesome artwork, and charming crafts. The Center's next renovation will be a safety door for the back entrance; YOU can help make it happen! We'll provide more details later this month about how to donate your Local Treasure – look for flyers around town, or check Facebook or Instagram.

### Recent renovations at the Community Center include:

- \* Repair of a gap in the parking lot asphalt, thanks to a generous donor
- \* Construction of a new gravel pad for the PG&E power generator — thanks to PG&E for the funds and to **Tedd Sapp** for making it happen!

The Center sends a big thank you to those who continue to donate as members. You, too, can be a member for as little as \$10!

Visit our membership page at: [camptonvillecommunitycenter.org](http://camptonvillecommunitycenter.org), or send your check to CCCA (Camptonville Community Center Advocates), PO Box 414, Camptonville, CA 95922. CCCA is a 501(c)(3) non-profit organization.



New pad for the PG&E generator at the Center!

Photo - Jody Deaderick



Land Clearing  
Forest Management  
Excavation

(530) 913-3501  
[Tedd@sappenterprises.com](mailto:Tedd@sappenterprises.com)



RENT THE  
**Camptonville**  
COMMUNITY CENTER

Private party rentals available

Info at [bit.ly/rentCCC](http://bit.ly/rentCCC)  
or call 288-5016



**Tinnel Painting**

Professional Quality Work

Affordable Rates • Free Estimates  
Interior / Exterior  
Residential / Commercial  
Deck Restoration



CSL # 873151  
Insured

**Daniel Tinnel**  
(530) 277-3564



## Farewell to Summer and Farewell to our Friend Kamren!

By Dakota Pratchner, CVFD Firefighter and Correspondent

This time of year always seems to present change. There are changes in the trees, the river, the sky, and the air, but for my family and the Volunteer Department this change is personal. Kamren Bowker-Prout (a firefighter with the CVFD) is now moving away to Idaho. Kamren is one of my best friends, and I can't tell you how great it was to learn, train, respond, and work with him. I've never met someone more passionate about the world of first responders/firefighters before. He lives for the lifestyle. Despite the fact that he struggles with severe pain in his body, he's got heart. His heart shows when he's still high off the adrenaline given by a wildfire, sometimes daydreaming about it for days after. His heart shows when it's grossly sleeting at 3:30 in the morning but he's there pulling on his turnouts, grabbing his gear, full of life. You have to admire it. We hope Idaho takes good care of you, Kamren!

There are some additional factors that come into play this time of year. Last month, I explained the hazards of slippery roads. While this is still true, wood stoves are also a major concern. In the US, 48,530 structure fires a year are caused by heating apparatus or fireplaces in homes. Have you inspected your chimney and fireplace for damage? Are there holes or weathered areas in your chimney or fireplace that could allow embers to fly out into your home or onto your roof? It would seem like common sense not to



Nick Gitlin, David Pratschner, and Autry Dean on the job

leave combustible or flammable materials near a wood stove or heater, but it's easy to do. We all hang our jackets and towels to dry, but that can become a disaster in minutes. Keep your fires mellow, and be aware of your fireplace before leaving the house. We hope everyone stays warm and cozy and safe this November.

Training is still every Tuesday night from 6-9 pm. Remember that there is always something valuable and interesting to learn. It is completely free and we would love to have you! Come on up to the station on 15410 Mill Street.

For more information contact Brandi Dudek, CVFD Fire Chief, AEMT at 288-3303 or 305-4495, or Dakota (me) at 777-8820.



Kamren Bowker-Prout

Photos - Dakota Pratchner

**LOST NUGGET MARKET**  
**Ice Cream! Cold Beer!**  
**Hardware**  
**Gas, Bait, Videos & more**



**16448 Highway 49**  
**Camptonville, CA 95922**  
**288.3339**

## CAMPTONVILLE COMMUNITY SERVICE DISTRICT

• WATER PLANT MANAGER  
JT Rumsey 775-980-7138

• CEMETERY  
Sandy Ross  
530-559-1629

• SECRETARY  
Pam Wilcox  
530-288-3676

• COMMUNITY CENTER  
Jesse Golden 530-288-5016

• CV FIRE DEPARTMENT  
Chief Brandi Dudek 530-288-3303



CCSD  
PO Box 327  
Camptonville  
CA 95922

## Great Year For the Gardeners' Market!

By Jimbo Garrison

The recently concluded 2021 Camptonville Community Gardeners' Market was an unprecedented success! Lots of new faces,



Bustling scene at this year's market

Photo - Rod Bondurant

both sellers and buyers, instilled new energy into the proceedings, and we broke our fundraising record with a whopping total of over \$1,100! This money will be used for improvements at the Community Center.

Thanks go out to Cecilia, our delightful Market Master, to the gardeners who brought all the great produce, and to everyone else who participated in making this such a wonderful season. It was awesome!

We wish to extend special thanks to Tedd Sapp and his family for volunteering their time and equipment for much-needed work on the grounds at the Center.

We love you all. See you next year!

### And here are 1,2,3 Grow's potential future contributors to the Gardeners' Market!



On the left is Ruby offering a pea to a friend (Ayda and Caroline behind), and on the right are Ruby, Ketana, and Caroline planting peas in the school garden for winter snack time harvesting.



(Photos courtesy of 1,2,3 Grow teacher Christina Dondono)



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



NORTH COLUMBIA  
**SCHOOLHOUSE**  
1875 ★ CULTURAL CENTER ★ 1982

Home of the Sierra Storytelling Festival  
Amphitheater & Concert Space  
Community Building Events  
Wedding & Event Venue  
Local Talent Showcase  
(530)265-2826

www.northcolumbiaschoolhouse.org

## Black Oak Acorns

By Katie O'Hara-Kelly, [northyubanaturalist.com](http://northyubanaturalist.com)



Acorns inside and out

California Black Oaks are one of the many native, deciduous trees in our forests. Even though it has been an extremely dry year, the local oaks are incredibly beautiful in their golden-yellow autumn foliage! Acorn crops vary greatly from year to year. Some years, there is a bumper crop of acorns, and there are thousands of them on the ground. Some years, acorns are few in number. Some scientists have actually estimated that in a high yield year there can be as many as 250,000 acorns per acre! Bumper crops apparently occur, on average, two out of every 10 years. Since so many critters eat acorns, scientists think that oaks may vary their acorn production levels to control critter populations. If they had bumper crops of acorns every year, the critters that eat them would also increase in population. This population increase could potentially decrease the amount of new trees sprouting from uneaten acorns.



Black Oak Acorns

When I cracked some acorns open, I was surprised to find that the shell was leathery and pliable, not dry and brittle. The size of the nutmeat inside was impressive! About a third of the acorns I opened were damaged. It turns out that a variety of insects eat and live in acorns.



Black Oak tree

Many animals eat acorns, including deer, bear, pigeons, and insects. While an acorn is still attached to a tree branch, an Acorn Weevil will drill a hole into it and then lay an egg. In about two weeks, the larva hatches from the egg and feasts on the nutmeat until the acorn falls from the tree. Once the acorn lands on the forest floor, the larva emerges from the acorn and digs down about 12" into the ground. The larva then lives underground for up to five years, before it pupates and emerges as an adult.

An Acorn Moth lays an egg near the hole an Acorn Weevil has made, but only after the weevil larva has left. In a few days, the Acorn Moth larva hatches and crawls into the acorn via the hole the Acorn Weevil made. The larva then builds a web across the hole to keep others out. It remains in the acorn, eating the nutmeat, until the following spring when it pupates and emerges as an adult.

Lots of insects will live in emptied acorn shells, including ants, snails, wasp larvae, and slugs. These in turn can be eaten by predators such as centipedes. WOW! What a complex little ecosystem an acorn can be!

Photos — Katie O'Hara-Kelly

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

## Yuba Water Agency Recognized For Yuba River Watershed Education

By Bonnie Dickson, Senior Public Information Officer, Yuba Water Agency



Yuba Water Agency has received a distinguished contribution award from the California Association of Science Educators (CASE) for its Yuba River Watershed Curriculum Project. The project is the cornerstone of the agency's broader Watershed Education Program, which aims to promote stewardship and awareness of the region's water and natural resources.

"We're honored to receive this recognition and grateful for the many partners who have helped shape our education program into what it is today," said Willie Whittlesey, Yuba Water's general manager. "We hope these efforts will expand opportunities for Yuba County students and inspire them, instilling a life-long appreciation for the incredible natural resources we have in our backyard."



Kindergarten teacher Corrine Garcia pilots Yuba River watershed curriculum during a nature walk with Lone Tree Elementary students. - Submitted Photo

The agency's curriculum development project began in 2020 with an inaugural cohort of 45 teachers who received training on the Yuba River watershed and how to create lessons that meet California 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 several community college lessons.

"This award is really for all the Yuba County teachers who added one extra thing to their already very full plates last year and worked so hard to develop the new curriculum and test it out in their classrooms," said DeDe Cordell, Yuba Water's communications manager and lead on the curriculum project.

Yuba Water is in the process of preparing a second cohort of teachers to implement the lessons in their classes and refine the curriculum before it's shared countywide. The curriculum is designed to pair with a planned, state-of-the-art watershed experience center where students can participate in hands-on, experiential learning. The center is currently in the master planning process.

The water education program began as an idea from one of the agency's board members, Brent Hastey, after touring a water education center in Sonoma County.

"I am overwhelmed by the idea that we are being honored for this," said Hastey. "I remember our first meeting on this just a couple of years ago, when we pulled friends from the local education community together to help us dream about what this could be. We all got chills that day. The excitement and energy in the room was just electric. And now, we are so close to giving this gift to all the schools in Yuba County."

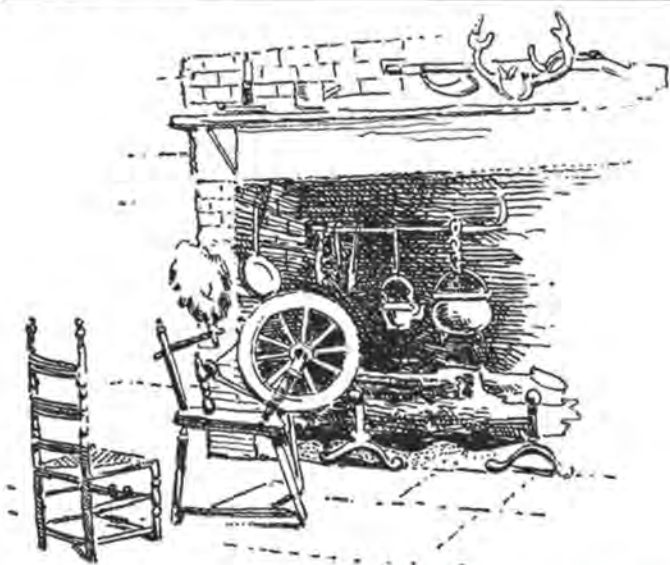
The curriculum project is an ongoing collaborative effort that involves all five of Yuba County's school districts, the Yuba County Office of Education, Yuba Community College District, South Yuba River Citizens League, and the Yuba River Endowment. Whittlesey accepted the award on behalf of the agency at CASE's Virtual California Science Education Conference on Friday, October 8.

Yuba Water is a public agency established by a special act of the California State Legislature in 1959. Its primary missions are flood risk reduction, water supply reliability, fish habitat protection and enhancement, hydroelectric power generation, and recreation at New Bullards Bar reservoir.

Learn more at [yubawater.org](http://yubawater.org).

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

Flood Risk Reduction • Water Supply • Hydropower  
Fisheries • Recreation



## Safety Tips for Fireplace/ Woodstove Season



By Beverly Cameron-Fildes, YWP&FSC

October rains have taken us from the fear of wildfire to the joy of a warming fire on a chilly day. This doesn't mean that we need to be any less vigilant about fire indoors. In fact, it is essential that we approach fireplace/woodstove use with the same care that we used in our defensible space treatment.

Here are some basic tips to ensure that the fires you build will bring you warmth and joy and not destruction.

1. Check your chimney for soot and creosote buildup. A professional inspection can go a long way to prevent chimney fires and carbon monoxide poisoning. A buildup of soot, creosote, and tar can block adequate ventilation up the flue and send deadly gases back into your living area.

2. Check for cracks in the flue. Moisture, heat, and gas can deteriorate your chimney from the inside out, as well as allowing harmful and potentially deadly gases into the home.

3. Check your screen to be sure hot embers and sparks can't escape from the hearth onto carpets, furnishings, and folks enjoying the fire!

4. Be sure that the chimney cap screen is intact, secure, and free of soot.

5. Check the draft up the chimney.

6. Burn only well-seasoned wood.

7. Always have a fire extinguisher within easy reach.

Ash from a fireplace can contain hot coals, staying hot for several days (as with a campfire). Be sure to clean the ashes out into a metal bucket and set the bucket a safe distance from any other flammable materials. Don't dispose of the ash until completely cold. (As a side note, check the internet for all the things you can do with the cold ash.)

Stay safe, and happy fall!

## Want Water Restrictions To End? Fill Out the Survey!

By Richard Dickard, CCSD

We sorely need your HELP! If you live in the Camptonville Water District, in the next month or two you will receive a survey prepared by the Rural Community Assistance Corporation (RCAC). If folks in the Camptonville Water District want to end the current restrictions on the amount of water you can use, please fill out the survey! Here's why:

According to the American Census Survey, the Median Household Income for Camptonville is \$98,600! That figure is what the Federal and California state governments use to determine if a community is disadvantaged or not. The American Census Survey included a large area that grossly misrepresented the household incomes in the Camptonville Water District.

The Median Household Income for residents in just the Water District is estimated to be much less than what was reported for the entire Service District. If it is indeed a lot less, like the reported \$30,000 - \$40,000 per household in the Camptonville School District, the Camptonville Water District will then qualify for grants to improve its water system.

RCAC will send out three mailings including one informational water customer letter and two confidential survey requests. Your personal information will be kept private and will not be shared. We need at least a 50% response to the mail survey. If that rate isn't achieved, we will do a door-to-door survey request. **Camptonville needs a resilient water system!** Thank you for your help!

**We can help you with your Starlink install!!**

**dish DONADAMS**  
AUTHORIZED RETAILER ANTENNA SATELLITE SERVICES  
Since 1979

**Don Adams Satellite Antenna**  
**155 Joerschke Dr. Grass Valley, CA 95945**  
**(530) 274-3709**

..... Voted **BEST of the BEST** 2005-2016 .....



**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

*Good Health Begins With Harmony*



*We have four locations to serve you.*

<b>Marysville:</b> 1906 N. Beale Rd. Ste. E Marysville, CA 95901 (530) 743-6888	<b>Wellness Center:</b> 1930 N. Beale Rd. Marysville, CA 95901 (530) 645-7336
<b>Del Norte:</b> 399 Del Norte Ave. Yuba City, CA 95991 (530) 763-4252	<b>Plumas:</b> 1215 Plumas St. #1400 Yuba City, CA 95991 (530) 777-3190

*Most insurances accepted*

[www.myharmonyhealth.org](http://www.myharmonyhealth.org)



**Sierra Family Health Center**  
CARING FOR YOU AS FAMILY

## Here for every part of you.

### Integrated Health Services Include:

Medical, Dental, Behavioral Health and  
Chiropractic Care

### Covid-19 testing and vaccines now available!

We accept Medi-Cal, Medicare and most insurances.  
Ask about sliding scale fees and gas card program.

### Two convenient locations:

Tyler Foote | 15301 Tyler Foote Rd | **530.292.3478**  
Oregon House | 8676 Marysville Rd | **530.692.9073**

**For more information:** Visit [SierraClinic.org](http://SierraClinic.org)

# BREAKING NEWS!!!

## Harmony Health's Clinic On Wheels Coming To The Lost Nugget — November 5!

By Christina Villegas, Harmony Health Resource Specialist

Harmony Health will be at The Lost Nugget Market located at 16448 Hwy. 49, Camptonville on November 5, 2021 from 9:30 am-4:30 pm. Come down and meet the Clinic on Wheels (COW) staff.

We will be providing new patient appointments, women's health, acute care, physicals, CHDPs, and immunizations including COVID vaccines on a first come first served basis. Our Resource Specialist, Christina Villegas, will be present to answer questions regarding our clinic, available programs, resources, and insurance.

For more information, please call (530) 743-6888.



## Song for Autumn

In the deep fall  
don't you imagine the leaves think how  
comfortable it will be to touch  
the earth instead of the  
nothingness of air and the endless  
freshets of wind? And don't you think  
the trees themselves, especially those with  
mossy,  
warm caves, begin to think

of the birds that will come — six, a dozen — to  
sleep  
inside their bodies? And don't you hear  
the goldenrod whispering goodbye,  
the everlasting being crowned with the first  
tuffets of snow? The pond  
vanishes, and the white field over which  
the fox runs so quickly brings out  
its blue shadows. And the wind pumps its  
bellows. And at evening especially,  
the piled firewood shifts a little,  
longing to be on its way.

~ Mary Oliver



## 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](http://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*

## Holiday Dinner November 13 Benefits Foothill Food Pantry!

A dinner at the Alcouffe Community Center  
in Oregon House (see poster below)  
benefits our local  
**Foothill Food Pantry,**  
an organization helping  
foothills households in need.  
Tickets can be purchased in the drive-through.



### Drive-through Harvest Dinner



Saturday Nov. 13th  
4 - 7pm

Enjoy a great turkey dinner,  
with proceeds benefitting a local nonprofit!

@ the Community Center  
9185 Marysville Road, Oregon House

\$10.00/ticket





### YUBA COUNTY OFFICE OF EDUCATION

935 14th Street, Marysville, CA 95901  
[www.yubacoe.org](http://www.yubacoe.org)

**FRANCISCO REVELES, Ed.D.**  
Superintendent of Schools

Phone: (530) 749-4855

Fax: (530) 741-6500

E-mail: [francisco.reveles@yubacoe.k12.ca.us](mailto:francisco.reveles@yubacoe.k12.ca.us)

### BOARD OF SUPERVISORS

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

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

Office: (530) 749-7510

Cell: (530) 693-7481

Fax: (530) 749-7353

E-mail: [rfletcher@co.yuba.ca.us](mailto:rfletcher@co.yuba.ca.us)



### Food Distribution in the Yuba County Foothills



#### The Foothill Food Pantry:

Alcouffe Center, 9185 Marysville Road, Oregon House

**1st and 3rd Fridays from 12-1:30 pm**

(closed the week of USDA distributions)

**November 5th and 19th**

**December 3rd and 17th**

#### The USDA Commodities Food Bank:

Willow Glen Restaurant parking lot, Oregon House

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

**November 12 and December 10**

#### Food Bank in North San Juan:

Located at Oak Tree School, Oak Tree Road, NSJ

**The 2nd Tuesday: 10 am-noon**

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



The Camptonville Courier  
PO Box 32  
Camptonville, CA 95922

Prsrt., Std.  
US Postage  
PAID  
Permit 4  
Camptonville, CA  
95922



Photo - Janie Kesselman

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

Postal Customer  
PO Box or HC Route 1  
Camptonville, CA 95922

## NOVEMBER 2021 Community Calendar

*The Camptonville Courier* and Calendar are online **IN COLOR** at [Camptonville.com](http://Camptonville.com)

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



**November 5 – Clinic On Wheels (pg 11)**  
**November 13 – Drive-Through Harvest Dinner (pg 10)**

### 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

### 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 or Zoom 288-3676

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

**All Food Banks – See pg 11**