

# THE Camptonville Courier

Connecting the Community  
Since 1997



VOLUME 26

APRIL 2022

NUMBER 4



## Come Celebrate *The Courier's* 25th Year!

April 1977 – April 2022  
Saturday, April 9 @ 11 am  
Coffee with *The Courier*

*The Courier* staff will be hosting Coffee@theCenter, 10 am-Noon on Saturday, April 9 at the Community Center.

Around 11 am, we'll serve up cake, and toast *The Courier* with mimosas, orange juice, or coffee, while we share a few memories (maybe even a song) of our 25 years as a 100% volunteer-run, free community newspaper.

We think it's amazing that our small town of about 650 folks has kept this publication going for 25 years now. Who knew! At a community meeting back in 1997, we decided that this town needed a "community voice" to help us stay connected. A small group



Photo by Shirley Dickard

Robert Mumm in 2017 toasting to the next 20 years at the 20th Anniversary

rose to the occasion and just started one. (That's how we get things done in Camptonville). They were **Roger Rapp**, **Cathy LeBlanc**, **Bob Carpenter**, and **Dwaine Dobbins**. Along with a handful of writers, local advertisers, and volunteers, they put out their first issue in April 1997.

Since then, the following volunteers have served as Editor: **Roger Rapp**, **Rod Bondurant**, the **Ruff family**, **Diane Winslow**, **Nicole Mizener**, and currently a new Editor Collective of: **Shirley Dickard**, **Janie Kesselman**, **Marcy Risque**, and **Sandy Ross**.

There's teamwork behind every issue. A big shout out to our current volunteers who faithfully do their part each month: **Yakshi Vadeboncoeur**, **Jimbo Garrison**, **Linda Brown**, and **Janie Kesselman** (Copy editors/Proofreaders); **Linda Brown** (Ads, Subscriptions, Distributions); **Rochelle Bell** (Folding Organizer); **Barbara Ramirez** (Mailing); **Rita Ortega** and **Rod Bondurant** (Editorial Advisory Staff); **Jesse Golden** (Website); **Corrin Burdett** (CCP) and **Shirley Dickard**

(Finances), and our loyal group of "Folders" who help get the paper ready for mailing at our monthly "Folding Party." Thanks also to our fiscal agent, **Camptonville Community Partnership**, and sponsoring advertisers, **Camptonville Community Service District** and **Yuba Water Agency**.

We've been self-supporting thanks to donations, subscriptions, and especially our loyal advertisers. Can you guess which two local businesses have advertised with us since 1997? We'll reveal their names at the celebration and in the May Courier. We hope to see you there!

– By Shirley Dickard



## From the Editor

– Sandy Ross

This April marks a number of notable dates: *The Courier's* 25th and Sierra Family Health Center's 40th anniversaries; springtime religious observances (Ramadan, Easter, and Passover to name a few), and dates that are important to some of us (Earth Day and Tax Day).

For many, April will be a time to celebrate and enjoy family and friends, yet others will struggle to remain safe, pay bills, and have their basic needs met. As we count our blessings for this amazing community and the beauty we are surrounded by each day, let's remember to do what we can to help protect our planet and take care of those who are less fortunate. In that way, when we (or our children) read *The Courier* twenty or more years from now, we will still have much to celebrate!



### Camptonville Plant Sale and Flea Market Saturday May 14

**Saturday, May 14, 9:30-1:30 pm** come to the Lost Nugget Market Field for plants, used items, arts and crafts, and food treats!



All applicable county guidelines for COVID safety will be observed. Rain may cancel or postpone.

Please park thoughtfully and don't interfere with traffic at the gas pumps at the Lost Nugget. Updates will be posted at the Lost Nugget, at the Camptonville Post Office, and online at [facebook.com/camptonvillecc](https://facebook.com/camptonvillecc).

Want to sell your stuff? Please use this link for vendor information [bit.ly/cv-vendorinfo](https://bit.ly/cv-vendorinfo) or call 530-288-5016 and leave your name, phone number, and mailing address. This event benefits operations, renovations, and events at the Camptonville Community Center.

## Camptonville Community Center Plant Sale and Raffle Fundraiser

By Jesse Golden, CCC



We're making plans for the **Camptonville Plant Sale and Flea Market, Saturday May 14, 9:30–1:30** at the **Lost Nugget Market** field on Highway 49 (thanks, Mike and Randy!) This annual event features plant starts from a variety of growers as well as handmade items by local artists and craftspeople, and used goods. Would you like to be a vendor? Need to clean out some closets? Got rarely-used sports equipment gathering dust? Reserve one or more 12'x12' spaces by calling 530-288-5016 or emailing [cvillecommunitycenter@gmail.com](mailto:cvillecommunitycenter@gmail.com). Each space is \$20 and the funds benefit the Camptonville Community Center.

On **May 14**, we also plan to kick off a **Raffle Fundraiser** benefiting the Center. Raffle prizes include a \$250 cash prize, art by Katie O'Hara-Kelly, and gift certificates from local businesses. Watch for flyers and please buy some raffle tickets!

The Center hosts Harmony Health's **Clinic on Wheels on Fridays from 9:30 am to 4:30 pm**, providing restrooms and wifi for those waiting to be seen by the clinic staff.



Veggies for Sale at the Plant Sale, May 2021

Photo by Shirley Dickard

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

**Free to Camptonville residents; Subscriptions: \$15 yr. Tax-deductible donations are appreciated!**





### Camptonville School, Third-Fifth Grade Classroom Highlights

By Patrick Brose, Superintendent/Principal

"We're going on a camping trip!" As a child in the 3rd-5th grade, these are some of the most exciting words you can hear. To hear this from your teacher just raises the bar to a whole new level. How about dressing up in 1850's era clothing, building your own chair, and cooking gold rush era meals?

This month I want to focus on our amazing 3rd-5th grade teacher, Sara Spiers. Mrs. Spiers has been a dedicated teacher to Camptonville School for over 12 years. For the past two years, I have had the privilege of learning how to be a true master teacher by observing and working with Sara. This year, the theme for the class is camping, with a focus on our environmental impact. As you walk down the halls, you will see many posters, maps, and boards that students have created showcasing the many state and national parks that we have access to. By observing how we connect with and support nature, our students are learning to be lifelong ambassadors of the environment and the outdoors. Our 3rd-5th grade students have gone salmon rafting, visited the Monterey Bay Aquarium, and examined our entire water cycle while having a hands-on view of our local watershed.



Photo by Patrick Brose

Making Gold Rush Benches at Schoolhouse Campground

Does Mrs. Spiers teach reading and math? Of course she does, but always with a twist to make it interesting, engaging, and relevant to the world around us.

I often find myself wandering into her classroom, just to experience what our kids are learning and to see how I can better grow as a teacher. I know that Camptonville School, our entire staff, and the community are forever better because of the passion and experience that Sara brings every day.

### Water Rate Increase – Public Hearing

By Richard DicKard, CCSD

The Camptonville Community Service District (CCSD) will hold a Special Board Meeting on **April 7 at 5 pm**, to discuss and approve a proposed rate increase for water users in the Camptonville Water District (CWD).

A recent financial analysis determined that the District's rates are not adequate to cover its costs of service. The deficit is partly the result of the District not raising rates for the past seven years. The deficit is especially acute during "critical" drought related water years, when the District must pump more expensive groundwater wells to meet demand. Extreme weather events increase the operations, maintenance, and repair expenses. The District has inadequate reserves for future capital expenditures for equipment replacement. Income has also been decreased due to the increased number of accounts not being paid.

If deficit spending continues, the District will go bankrupt in the next year. The Camptonville Water District would then cease functioning, and the Water District's users would have to provide their own water.

The water rate increase document with how to "Protest the Increase" will be sent to CWD users with their monthly April water bill.

A Public Hearing is scheduled for **April 28** to hear discussion or protests to the proposed increase from CWD users.

## CAMPTONVILLE COMMUNITY SERVICE DISTRICT

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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



## Biochar: Burning to Share

By Yakshi Vadeboncoeur

A circle within a circle, two nesting cylinders of steel, about 4' high and 6' in diameter – a biochar kiln is a simple device, but a simple device with incredible potential for helping us resolve a crucial problem. We live in the middle of the forest, surrounded by its trees in a dry climate on a warming planet. Trees and other green growing things are made of carbon. They drink in sunlight, inhale carbon dioxide, and suck up water. They transform these into their bodies and into food for other creatures. In the process they respire oxygen to create the air we breathe and then take back in the carbon dioxide from our exhale – a vital circle.



Biochar kiln in use - Photo by Yakshi

When our yard debris is reduced to ashes in our burn piles, all the carbon it contained is released into the air. In a biochar kiln, on the other hand, the pyre of dry combustible wood is lit from the top; no air can reach it from the sides or from below. The needed oxygen is pulled in from above, the burning embers falling into the fuel below burning it up. While that fuel is still burning as embers in the bottom, the kiln is refilled to keep the process going. When all the fuel has been added and reduced to embers and flames have died out, the fire is quenched with water or dirt. What remains is biochar, not ash, and in that biochar is fixed around 95% of the carbon that would otherwise have been put into the atmosphere.

Why is this important? Carbon released into the air traps sunlight and heat that would otherwise bounce off the earth and radiate out into space. The trapped carbon instead warms the atmosphere, hence the name greenhouse gas. And here is where the biochar kiln can reverse this vicious cycle of adding more carbon to the air and increasing global warming tendencies and ferocious wildfire frequency.

Reducing fuel loads in the understory, in our yards, and reducing the amount of carbon we put in the air are the first and most powerful gifts of a biochar kiln, and I have purchased one to share these gifts with my neighbors.

A circle of steel within a circle of steel, within a circle of friends and community, within the circle of life.

Next month look for an article on the wonders of what you can do with the biochar you make along with some informative links. In the meantime, email me at yakshiv@gmail.com .

## Bouquets to Art Show!

By Katie O'Hara-Kelly

Have you ever been inspired by a work of art?

The **Bouquets to Art** show at the de Young Museum in San Francisco is created by professional florists in response to works of art in the museum collection.

They create floral art that is astonishing! The bouquets vary greatly in their interpretations. Some



Gees Bend Quilt with Bouquet

mimic the subject of the painting, while others are inspired by the colors or design of the painting. I find the show to be incredibly inspiring, and on several occasions have held local **Bouquets to Art** shows featuring the work of students and community members.

**This year it's YOUR chance to participate!** Anyone can be in the show. You don't have to use flowers, you can use ANY medium to create a 3-dimensional work of art in response to a masterpiece. I will give a brief talk, have lots of masterpiece posters to choose from, and some art-inspired artwork examples on **Saturday, April 23 at 10:30 am** at the Camptonville Community Center.

The actual Bouquets to Art Show will be on **Saturday, May 18** from 9-noon at the Camptonville Community Center.

Community members will vote for their favorite artwork, and prizes will be awarded. Refreshments will be available. Please join in this celebration of art. It will be gorgeous!



Photos by Katie O'Hara-Kelly

Richard Mayfew Painting with Bouquet

This event is sponsored by the

Sierra County Arts Council.





## Election Day - Tuesday June 7 What We Need to Know



By Jesse Golden

A primary election awaits us on **June 7** - are you registered to vote? You can check or register online at [voterstatus.sos.ca.gov](http://voterstatus.sos.ca.gov), or call the County Clerk (in Yuba County, (530) 749-7855, **Monday thru Friday, 8 am - 5 pm**). If you don't register by the deadline of **May 23**, you can register and vote at the County Clerk's office, or at a polling place on Election Day through a process called Conditional Voter Registration.

All registered voters will receive a ballot in the mail and can vote by mail; the mailing of ballots will begin by **May 9**. You can vote in person at the County Clerk's office prior to the election, or drop off your ballot there. On **June 7**, you can vote at any polling place in the county in which you're registered. The process will go more quickly if you vote at your designated polling place. For Camptonville residents, this is the Alcouffe Center in Oregon House.

### District 5 Supervisor's Race

For Camptonville, the race for County Supervisor for District 5 is particularly important. Yuba County District 5 includes Camptonville, Hallwood, Loma Rica, Smartsville, Browns Valley, Challenge, Dobbins, Oregon House, Strawberry Valley, Rackerby, Forbestown, and Reclamation District 10. Current District 5 Supervisor Randy Fletcher is not seeking re-election. These are the three candidates:

- Bob Bagley: described by the Appeal Democrat in January 2022 as "lived in Loma Rica for 33 years and is now retired, said he has more than 40 years of retail management experience including 10 years running Target stores and 12 years running Michael's Arts & Crafts stores throughout California and Nevada."
- Jon Messick: his biography on Facebook includes Planning Commissioner, Yuba County Planning Commission for 13 years; Board Member for Hallwood - District 10 Community Services District; presently Commander of Yuba-Sutter Sheriff's Aero-Squadron.
- Zachary Cross: has not posted a biography as of this writing.

Mr. Bagley and Mr. Cross can be viewed giving candidate statements in a video posted by "Yuba County Patriot" on Rumble ([rumble.com/vxsdtg-yuba-county-patriot-breaking-news-yubasutter-republican-women-candidate-for.html](http://rumble.com/vxsdtg-yuba-county-patriot-breaking-news-yubasutter-republican-women-candidate-for.html)).

The June election is a primary election, which means that a candidate in any race who receives more than 50% of the vote in June wins the seat; otherwise, the seat will be decided in the November 2022 election.



Due to redistricting in 2021, Camptonville is now part of U.S. House California District 3 and will elect a new Congressional representative. John Garamendi will be our Congressional representative until next January, but is running in June for the District 8 seat. Candidates for the District 3 seat are: Peter Delle (D), Kermit Jones (D), Scott Jones (R), Kevin Kiley (R), John Minnella (R), David Peterson (D), and Monika Sheldon-London (R).

In California, the **June 7** ballot will include candidates for U.S. Senate, Governor, Lieutenant Governor, Secretary of State, Controller, Treasurer, Attorney General, Insurance Commissioner, Member of State Board of Equalization, and State Superintendent of Public Instruction.

***Please check back in May, as The Courier has invited all three District 5 candidates to submit personal statements to be published in that edition. We look forward to learning more!***

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## Job Training Available at the One Stop

By Cathy LeBlanc, CCP and Mike Carling,  
Yuba County One Stop

Mike Carling from the Yuba County One Stop visited CCP in March to share what services they have available in Marysville to support Camptonville's job seekers. Here's what the One Stop has to offer:

The Yuba County One Stop at 1114 Yuba Street in Marysville is a proud partner of America's Job Center of California network. Through the Workforce Innovation and Opportunity Act (WIOA), the One Stop provides services for job seekers and businesses, such as job readiness, career counseling, assessment, employment, and training programs.

At the One Stop, job seekers can utilize free internet access for job search needs, check job listings, and have documents faxed or scanned to potential employers. In addition, One Stop staff and counselors can help job seekers write resumes and cover letters, and search for employment with CalJOBS and other online job search tools.

Training opportunities include on-the-job training and vocational training for jobs that are in high demand.

**Certified Nursing Assistant (CNA) training** is offered at the One Stop for those who would like to take the state exam to become a CNA. After becoming a CNA, there is a follow up course offered for a Home Health Aide (HHA).

We currently have a special grant for qualified unemployed workers. It is a five-week **MC3 construction pre-apprenticeship training program**. Participants experience various construction trades through hands-on projects like laying brick, bending pipe, and welding, to name a few. Upon successful completion of the program, an industry-recognized certificate is issued.

For qualified participants, funding is also available to help with specific certifications or associate degrees through Yuba College. **Special funding is available to help veterans, people with disabilities, the homeless, justice-involved, English as a Second Language, and those affected by layoffs or business closures.**

Yuba County One Stop is an equal opportunity employer/program. For more information about eligibility requirements or any other questions, please call 530-749-4850.

## Twilight School Comeback!

By Tyann Flower, CCP

The return of Twilight School is in the works, YAY! Do you have a skill or talent you would like to share with others? Are you interested in learning more about the history and successes of Twilight School?

Camptonville Community Partnership has been running community programs since 1996. Our community is familiar with the Twilight School concept where we "take over the school" one evening a week and invite the community to share their skills and knowledge with their neighbors. It is a community program for all ages, where people come together for fun, recreation, education, and socialization. The success of this program is dependent on you – the community members who volunteer to teach, share knowledge, and help in a variety of ways. Funding for supplies is available to help support a dynamic teaching/learning experience.

If you are interested in participating as a volunteer, have ideas to share, or would like more information please contact Tyann at 530-288-935,5 or email [tyann@theccp.org](mailto:tyann@theccp.org).



## Hip-Hip Hooray, Return of The Country Faire!

By Tyann Flower, CCP

Camptonville Community Partnership will again be hosting the **Annual Country Faire and Parade** in downtown Camptonville, **Saturday, June 25, 2-5 pm**. Come out and join our community in this family event featuring Fun, Food, Entertainment, and MORE!

Please consider participating in the **Parade**. Decorate a truck, car, trailer, bicycle, trike, or wagon; decorate anything that can move along the parade route, pets and people included. The more participation, the more dynamic our parade can be.

Calling all crafters and community groups: Booth spaces for crafters, artisans, and informational spaces are **free**. However, pre-registration is needed as spaces are limited. Food vendors are welcome!

We are looking to get an early start on planning this community event. If you are interested in participating, please call Tyann at 530-288-9355 to secure booth space, a place in the parade, or are interested in performing.





Dr. Peter Van Houten

## Sierra Family Health Center Celebrates 40th Anniversary

By Brandy Kolmer, SFHC

February 22, 2022 marks the 40th anniversary of the founding of Sierra Family Health Center (SFHC) by Peter Van Houten, MD. What began as a small practice with two physicians and two nurse practitioners in North San Juan, is now a thriving Federally Qualified Health Center with three locations providing over 25,000 patient visits each year.

The story of the clinic’s origin and substantial growth still surprises Van Houten today. After moving to Ananda Village in 1980, Van Houten began a private practice in Nevada City. He soon noticed, however, that no healthcare services were available in his new home community of North San Juan. In response, Van Houten opened a part-time clinic to serve his neighbors on The Ridge. “On my first day, I saw 10 patients and I realized the area badly needed a full-time clinic,” says Van Houten. “I never looked back.”

He would open Sierra Family Medical Center on February 1, 1982, working out of a small rental unit and a trailer. In 1997, he oversaw the building of its current facility on Tyler Foote Road. Today, the clinic serves 5,000 patients each year for their medical, dental, behavioral health, and chiropractic care needs in Nevada and Yuba Counties. SFHC became a designated Federally Qualified Health Center in 2016.

Of all the accomplishments made via the clinic, Van Houten is most proud of the clinic’s early integration of behavioral health in primary care. “In the 1990s I realized how much a patient’s mental health status affected their health care, especially in an underserved population like ours,” says Van Houten. “Before it was the norm, we developed an integrated model of health care with behavioral health, medical, and dental treatments all in one place.”

Today, all Sierra Family Health Center medical providers have advanced training in psychiatry for primary care medicine. In addition, Van Houten has developed an interactive approach to providing care based on three pillars: kindness, integrity and transparency. He teaches this approach in healthcare settings. “Our approach offers a way of being with each patient that includes authentic listening, relating, empathy, curiosity, and collaboration. We partner with our patients to understand their needs and goals, so we can know how to best serve them,” says Van Houten.

The health center staff will be celebrating the 40th Anniversary later this year with an outdoor gathering for friends, family, patients, and neighbors. Visit [sierraclinic.org](http://sierraclinic.org) or call 530-292-3478 for more information or to inquire about becoming a patient.



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



Smiling Health Center Staff



Original Sign for SFMC



# Yuba Water Removes Hazard Trees Around Lake Francis



By Alex Boesch, YWA

Yuba Water Agency’s work to remove 284 dead and dying hazardous trees around Lake Francis is expected to wrap up, which will reduce the risk of catastrophic wildfire and help slow the spread of a bark beetle infestation.

California’s ongoing drought conditions have lowered the trees’ resistance to bark beetle infestation, leading to rapid spread and a large tree mortality rate. Bark beetles attack stressed trees by boring holes into the bark. A normal, healthy tree would fend off the attack by exuding tree resin into the holes, which pushes the beetles out. Drought-stressed trees, however, have a difficult time producing enough resin to fight off the insects, which allows the beetles to lay eggs, quickly multiply and oftentimes spread to surrounding trees.

Yuba Water’s tree removal at Lake Francis is expected to slow the bark beetle infestation and prevent damage to additional trees. The work will also reduce catastrophic wildfire risk in the Yuba County foothills, while simultaneously benefiting habitat restoration efforts in the lower Yuba River.

“Visitors to Lake Francis will likely notice that the landscape has changed a bit,” Shaw said. “As someone who works and recreates in this area, I can assure you we do everything we can to preserve this area and that it was critical to remove these trees to ensure public safety and to slow the infestation.”

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

*Do unto those downstream  
as you would have those  
upstream do unto you.*

-Wendell Berry

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# Yuba Water Board Director Brent Hasteley Honored

By Bonnie Dickson, YWA

Yuba Water Agency Board Director Brent Hasteley was recently honored by the Association of California Water Agencies for his distinguished and dedicated service to ACWA, the country’s largest statewide coalition of public water agencies.



Dave Eggerton and Brent Hasteley

“Yuba Water is a premier leader in coming up with solutions that affect the entire state, and Brent is an extension of that,” said ACWA Executive Director Dave Eggerton, who presented the award to Hasteley. “He is a tremendous asset to the California water community and one of the finest leaders in the water business and local government.”

Hasteley was recognized for his leadership and contributions to ACWA from 2016 to 2021. He was elected as ACWA’s vice president in 2016 and president in 2018, and he served as immediate past president in 2020, each two-year terms, and all positions he held while simultaneously serving on Yuba Water’s Board of Directors. Learn more at [yubawater.org](http://yubawater.org)

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# In Celebration of Wildflowers!

By Katie O'Hara-Kelly

Local Native Americans, the Nisenan, lived in this area for thousands of years. They traditionally celebrated the beginning of spring with a ceremonial dance called the Weda or Flower Dance in April.

Local historian Hank Meals states in his blog, [yubatrethead.blogspot.com](http://yubatrethead.blogspot.com), of Aug. 18, 2018:

"Foothill Dancers: In Yuba River country the indigenous Nisenan people, for reasons both social and ceremonial, have been dancing for thousands of years. Among the events enhanced by dancing were the arrival of spring flowers featuring miles of blooming meadows that are now covered by housing developments. If I could enter a time machine to revisit a historical event this would be it."

The following quote is from <https://digitalassets.lib.berkeley.edu/anthpubs/ucb/text/ucp024-005.pdf>

"The Valley Nisenan by A.L. Kroeber, 1929: In Weda feasts-The Nisenan were given to outdoor feasts. They held the yo"we'da and sa"we'da, which were "like picnics," with races, hand-games, play, and a hu'sla or great meal given by the "great people." The yo"we'da was held when all the flowers, yo", were in bloom, and the women wore them on their hair, ears, and hands. The sa"we'da came later in the season, when flowers were gone and everything was in leaf."


The following information is from <https://anthrosource.onlinelibrary.wiley.com>

"Wedda Dance - Exact details of this dance were not obtained, but it seems that the dancers wore wreaths (wotut) of wild flowers and that it was danced in front of the houses in the village, not in the dance house. It might be termed the begging dance. A company of dancers would go from house to house, one carrying a basket. Each family contributed food. When the basket was full the dancers divided the contents among themselves. This seeking of food donations was done by visiting dancers as well as the dancers of the host village. This performance took place in the spring when wild flowers were blooming."

I couldn't agree more with Hank Meals' wish to travel back in time to witness this beautiful Weda ceremony. It must have been amazingly beautiful. Right now the foothills are filled with wildflowers. Get out there if you can and enjoy the beauty!



Lupine and Poppies - Photo by Katie O'Hara Kelly



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### Ask the DMV

By Frankie Wenson, DMV

New federal regulations are headed our way that will affect air travel in **Spring 2023**. Get prepared now with a **REAL ID**.

Starting **May 2023**, you will need to show a REAL ID driver’s license or identification card, or other federally approved identification – like a passport— at TSA airport checkpoints nationwide or to visit secure federal facilities.

**Q1: What is a REAL ID?**

A1: A REAL ID is a driver’s license or identification card that is also a federally accepted form of identification. And soon, the federal REAL ID Act places new rules on which forms of identification may be used to board flights within the U.S. and to enter secure federal facilities, such as military bases and federal courthouses. A California issued REAL ID driver’s license or identification card meets these new requirements and is marked with a gold bear and star in the top right corner.

Applying for a REAL ID requires one proof of identity document (like a birth certificate or passport), two California residency documents (like a bank statement or utility bill), your social security number and a trip to a DMV office. You may speed up your office visit by filling out the online application and uploading your documents.

For more information or answers to questions not listed here, please visit [www.dmv.ca.gov](http://www.dmv.ca.gov).

### Nose Blindness and the Danger of Adapting to Fire Risk



By Beverly Cameron-Fildes, YWP&FSC

“Nose blindness” is defined as a temporary adaptation of the body leading to the inability to detect common scents in your surroundings. Think the cat litter box or the boys’ locker room.

Now shift that “adaptation” to the eye and your home surroundings. When doing Wildfire Mitigation reviews we often hear the home owner say, “Gosh, I hadn’t even noticed that.” Last week a homeowner said, “I guess it’s good to have a new set of eyes looking at our fire risk.”

In our own environment we tend to become “blind” to landscape and home conditions that can easily make our residence and property more susceptible to fire. When we have the opportunity to have a “fresh” set of eyes, with fire safety in mind, evaluate our surroundings we are able to have a clearer picture of what it takes to be fire resilient.

Want a “fresh set of eyes” to help you prioritize tasks and projects to help reduce wildfire risk to your home and property? Sign up for a free Wildfire Mitigation Review at [YubaFireSafe.org](http://YubaFireSafe.org).



**LOST NUGGET MARKET**  
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*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





Photo by Shirley Dickard

## Going a Bit Slower

By Robert Mumm

It all comes down to a balancing act: on the one hand, one must understand the limitations that grow with the passage of years. On the other hand, we need to avoid assuming limitations that do not yet exist, sort of like walking a high wire. One can be foolish either way but think of it – life is always like that. I used to have a recurring dream in which I am pushing a top-heavy wheelbarrow along a very narrow path at the top of a mountain with very steep sides. This is a good visual metaphor for life in general but particularly fitting as we grow older. Physical balance becomes an issue too. My uneven garden path requires careful foot work now and even with care, my feet sometimes get tangled.

Going a bit slower in the garden is good. Even small flowers are worth attention and the rewards of taking time to see the intricate beauty of nature surely makes up for not reaching the top of the hill so quickly. My wife and I planted these plants and shrubs with an intent for future pleasure and it has paid off so well. She lived long enough to see this garden come into its own and for that I am so glad.

As I walk among the wonderful native trees and shrubs as well as those I planted years ago, I give thanks in deep appreciation for this wonderful gift. Hard work was involved but now it is all but forgotten. What is here, my house and garden, is pure pleasure to me. It is however a pleasure with a shadow over it.

We are in what is being called the worst drought in 1,200 years, and our forests have become choked with too many trees. I can remember a different forest, for in my childhood I roamed these hills in a different time and have seen the change. Unknowing, I contributed to the change along with so many others. We did not appreciate the harm we did and only now try to reverse trends we once accepted as “just the way it is.”

Now I look at my home which to me includes these hills and trees, and give them my special love and gratitude, for a fatalistic side of my thinking says: look now, for wildfire can snatch this all away and the probability that it will be greater than that it won't.

Now I look back on many years of an interesting and eventful life and go forward. In my life I cannot say ‘the best is yet to come,’ but it is my intent to make the best of it, whatever it is.



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Open to the community, free classes/support groups, eye glasses  
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Del Norte 389 Del Norte Ave. Yuba City, CA 95991 (530)763-4257	Plumas 1215 Plumas St. #1400 Yuba City, CA 95991 (530)777-3190

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# Qi Gong

By Sema Kelly

Qi Gong is a wonderful way to move, breathe, relax, and at the same time rejuvenate and strengthen the body.



"It is a powerful health practice invented by mankind for the prevention of illness, reducing stress, managing chronic conditions, increasing longevity and resilience, and promoting health and active aging," as spoken by Tom Rogers, President, Qi Gong Institute.

Qigong is a mind-body-breath practice in a new category of exercise called Meditative Movement which integrates exercise, movement, posture, breathing, and awareness. The more we do Qi Gong, the more we want to do it, as we can feel its benefits almost immediately.

United States Government, Harvard Medical School, and Stanford University endorse Qi Gong and Tai Chi as beneficial, non-pharmacologic, non-opioid ways to treat and help people with variety of illnesses, physical, mental and/or emotional.

It's a win-win. Come join our Qi Gong class at the Camptonville Community Center on Saturdays at 12:30. COVID-19 or not, it's a great way to improve immunity and wellness of our body-mind for a healthy and happy life.

## A Prayer

By Marcy Risque



- Birds not bombs
- Children not war
- Hugs not masks
- Cooperation not power
- Love not ego
- Care not neglect
- Hope not fear
- Earth not plastic
- Spoken not silent
- Green not black
- Allow not force
- Give not take
- Join not break
- Plant not burn
- Hope not abandon

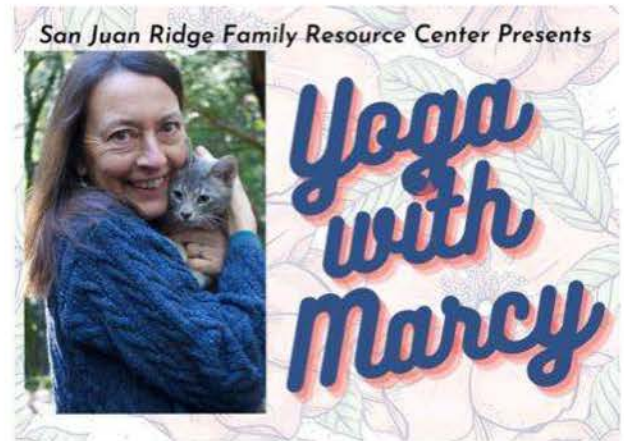


## Let's De-Stress Together ...with Free Yoga Classes on The Ridge!

By Marcy Risque

The Family Resource Center in North San Juan will be offering free yoga classes on **Mondays** from **9-10:30 am** beginning on **April 18**. Classes will run for six weeks. It will be free, open to the public, and for all ages and abilities. Donations to the Resource Center will be welcome. The class will be taught by Marcy Risque, who resides in Camptonville and has taught yoga since 1997.

For more information about Marcy's yoga class, please call 530-288-1188. For information about the Family Resource Center, call 530-292-3174.



### Let's De-Stress Together!

**FREE** yoga class for adults

Parents encouraged to attend!

**Mondays, April 18-May 23**

**9-10:30 am**

For all ability levels

Oak Tree Lodge

18847 Oak Tree Road

For information, call 530-292-3174





## Food Distribution in the Yuba County Foothills

### The Foothill Food Pantry:

Alcouffe Center drive-through, 9185 Marysville Road,  
Oregon House

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

(closed the week of USDA distributions)

**April 1 and 15**

**May 6 and 20**

### The USDA Commodities Food Bank

Willow Glen Restaurant Parking Lot, Oregon House

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

**April 8 and May 13**

### North San Juan Food Bank

Oak Tree School, Oak Tree Road, NSJ

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

Free Food and Clothing Closet: call 292-3174 for hours



## TRAILER FOR RENT

8 ft by 30 ft TRAILER with Deck

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Good for a single person

**The Earth is what we all have in common.**

- Wendell Berry, novelist

## 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

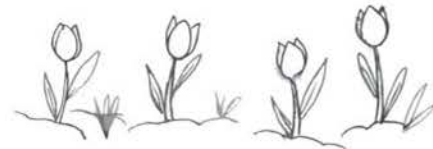
Sheriff (Yuba Co) Non-Emergency \_\_\_\_\_ 749-7777

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



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BOARD OF SUPERVISORS

### RANDY FLETCHER

Supervisor 5<sup>th</sup> District

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Photo by Sandy Ross

Tulips and Gazebo at Ananda Village, April 2017

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**Ananda's Tulip Gardens are open to the public in April.**  
**To purchase tickets, go to [crystalhermitage.org/tickets](http://crystalhermitage.org/tickets).**



## April 2022 Community Calendar

The *Camptonville Courier* and Calendar are online IN COLOR at [Camptonville.net](http://Camptonville.net)  
 To add local events to the calendar, email: [calendarville@gmail.com](mailto:calendarville@gmail.com)

### April 9 - Please join us at the CCC for *The Courier's* 25th Anniversary Party (Pg 1)

April 7 - CCSD Special Meeting, 5 pm (pg 3)

May 18 - Bouquets to Art Show (pg 4)

April 23 - Bouquets to Art talk (pg 4)

June 7 - Primary Election Day (pg 5)

May 14 - Plant Sale, Flea Market, and Raffle Fundraiser (pg 2) June 25 - Country Faire (pg 6)



April 22 - Earth Day

Earth Day Flag - NASA

### WEEKLY Events (CCC = Camptonville Community Center)

**Mondays:** Yoga, 9 am-10:30 am, NSJ FRC  
 (beginning April 18 - pg 12)

**Tuesdays:** Yoga, 5 pm, School Gym  
 Camptonville Fire Dept Trainings, 6-9 pm,  
 at CVFD Fire Hall

**Fridays:** Clinic On Wheels, 9:30 am-4:30 pm, CCC

**Saturdays:** Coffee @ The Center, 10 am-12 noon, CCC  
 Qi Gong, 12:30 pm, CCC

### MONTHLY Events

Call first to verify meeting times before attending

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

**CCSD Board** - Meets 4th Thursday, 6:30 pm, CCC or Zoom 288-3676

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

**All Food Banks - See Page 13**