

# THE Camptonville Courier

*Connecting the Community  
Since 1997*



VOLUME 26

OCTOBER 2022

NUMBER 10

## **\$5,000 MATCH**

### **FUNDRAISER TO FINISH FRONT OF THE CAMPTONVILLE COMMUNITY CENTER!**

Rendition of what the  
Community Center will look  
like once front is finished!

Your Donation is needed by  
**NOVEMBER 15TH!**

New  
front porch roof!

New  
windows & siding!

New paint  
to match!

### ***Wouldn't you love to see the front of the Community Center finished?!***

Well guess what, we have anonymous donors who will match up to \$5,000 of whatever the community donates between mid-October and mid-November. That means if people pitch in and send a donation check by November 15th, it will be doubled and we can actually finish off the front of the building, with new windows, paint, and a front porch roof over the front deck to keep us dry from all that dripping rain we hope to have this winter!



Current conditions of  
the Community Center.

**Thank you Camptonville!**

As of printing, you have already donated  
\$2,225 toward the \$5,000 match.

**SEE PAGE 5**

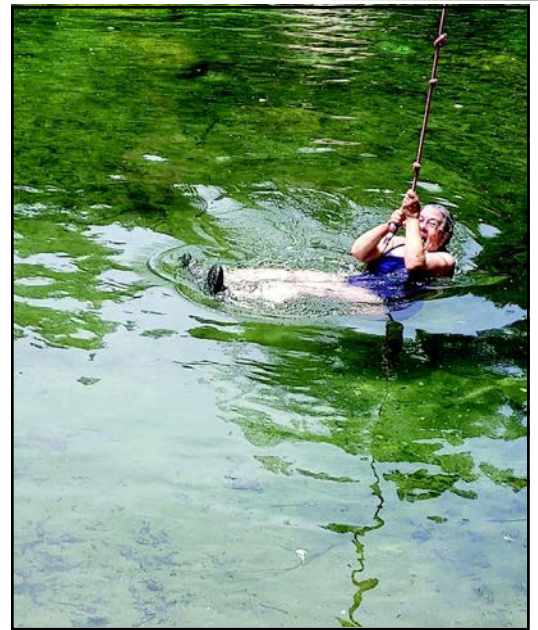
for details on how to make a donation  
by November 15.

## From the Editor

– Shirley DicKard

This photo from the August 2022 *Courier* is Fire Chief Brandi Dudek loading me into an ambulance after I fell and thankfully only broke several bones in my foot. In the eight weeks of hobbling around in a walking boot with a walker, crutches, then walking stick, I've had time to think about what it takes to heal: patience, time, and gratitude. There's no shortcut. I feel gratitude and awe that my body has its routine for repairing injuries, and if I don't interfere, it has the wisdom to know what to do.

It also got me thinking about the wisdom of our small community. It takes patience, time, and gratitude to build relationships with one another, which we've done over the years – one picnic, one work party, one cup of coffee at a time. If you're new to the Camptonville area, we look forward to getting to know you. This issue is filled with activities and opportunities to get to know each other. Come on by, volunteer, and bring your patience, time, and gratitude!



Swinging Rochelle!

Photo by Rod Bondurant

## Thank you to the USFS!

By Rod Bondurant and Rochelle Bell

As regulars who enjoy swimming at Oregon Creek, we would like to give a big thanks to all the Forest Service folks who kept Oregon Creek so clean this year. It is a busy place, not as crazy as last year, but all the efforts at picking up the trash and keeping order are appreciated.

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

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

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





## Busy October at the Community Center!

By Jesse Golden

We'll celebrate Halloween and the Day of the Dead with three new events this month, thanks to our community's creative and generous volunteer hosts and staff! Add in Coffee on Saturdays and Thirsty Thursday, and there's a lot going on this month at the Camptonville Community Center.

Though the Gardeners' Market is officially over, our local gardeners have been known to extend it when the weather's good, so keep an eye on the Camptonville Facebook page, and come to **Coffee @ the Center** anyway because it is fun, tasty, and free of charge! That's **Saturday mornings, 10 am to noon**; be sure to thank the volunteer hosts and bakers, and a donation is always welcome.

Camptonville doesn't currently have a neighborhood bar, but we do have **Thirsty Thursday!** Come join us **October 13, 5-7 pm**, and each second Thursday of the month, rain or shine! Beer and wine at Thirsty Thursday is by donation. We'll serve complimentary popcorn and pretzels. Come meet a new neighbor or chat with an old friend!

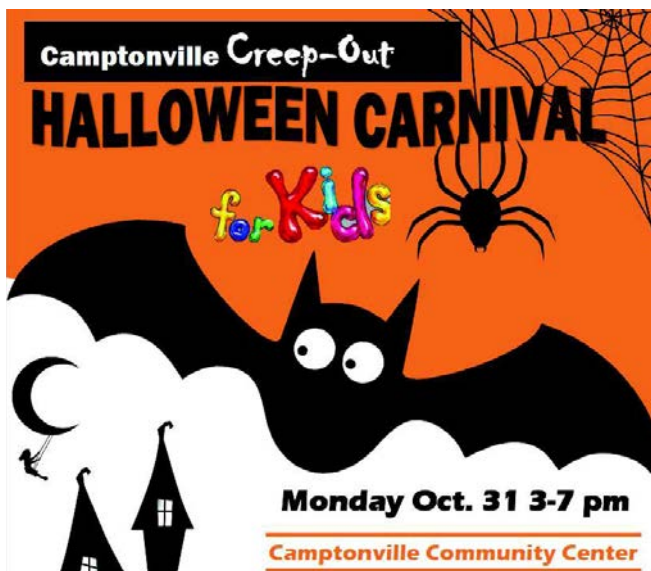
**Friday October 28, 6:30-8:30 pm, join us for a Halloween Party for "Grownups"** with games, drinks, and snacks! We had to put "grownups" in quotes because we hope you are not too grown up to wear a costume and play pin-the-eye-on-the-skeleton. **Pam Davis**, one of our Pike neighbors, will host this event, and we predict that everyone will go home with a prize and fun memories.

**Saturday October 29, 9 am-12 noon, is the Community Altar:** bring your photos and remembrances of those who have passed away and add them to a community altar, in the tradition of Día de los Muertos/Day of the Dead. In addition to the 29th, the altar will be open for viewing on **Monday afternoon, 3-7 pm, and Saturday morning November 5, 10 am-Noon.**

**Monday October 31, 3-7 pm, is the Camptonville Creep-Out Carnival for Kids!** Games, activities, and snacks for kids, plus Day of the Dead altar will be open. This will be a great addition to the Halloween trick-or-treat circuit! We're looking for volunteer guides and game leaders to assist (don't worry, we'll tell you what to do). Hosted by **Tyann Flower**.

The previously announced Oktoberfest (October 22) has been cancelled.

And, to help you keep up with all we're doing at the Center, subscribe to our newsletter; just send an email to [cvillecommunitycenter@gmail.com](mailto:cvillecommunitycenter@gmail.com) with the subject, SUBSCRIBE (and add us to your contacts list so it doesn't go to your spam folder).



California Heritage: Indigenous Research Project is excited to present the 6th annual *Visibility Through Art* Exhibition



## Visibility Through Art 2022 Exhibition ~ Perspectives on Erasure ~

Curated by Shelly Covert & Mira Clark

On View: October 8th, 2022 - March 2023

Opening Art Reception: Saturday, October 8th, 2022, 6 - 9 PM  
'UBA SEO Gallery, 225 Broad Street, Nevada City CA, 95959

Special Open Hours: Monday, October 10th, Indigenous People's Day, 1 - 5 pm  
Regular Gallery Hours: Thursday 1 - 6 pm, Friday - Sunday, 12 - 5 pm

"The Nisenan are the Indigenous People who were here thousands of years before the gold rush. Despite the destruction of their homelands, broken treaties, and forced assimilation, they remain here in their homelands today and strive to have their identity reflected in the fabric of the community."

For more information on the Visibility Through Art Exhibition, go to:

<https://chirpca.org/uba-seo> or

<https://www.facebook.com/events/1069070126981900>

## Twilight School Returns October 6 and 13 at Camptonville School

By Tyann Flower, CCP



The return of Twilight School is on the way, YAY! Our community members are coming together to share their skills, talents, and hobbies with others. Are you interested in learning something new, or maybe refreshing your knowledge? Twilight School is a great place to come together for a fun night of sharing experiences. From team sports in the gym to 1,2,3 Grow for the youngsters, there is sure to be something of interest for everyone. Twilight School returns for its Fall Session, **October 6 and 13, from 6-8 pm at Camptonville School**. Please see the center insert for the full schedule.

Twilight School 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 community members who volunteer to teach, share knowledge, and help in a variety of different ways. Funding for supplies is available to help support a dynamic teaching/learning experience.

Twilight School is a Camptonville Community Partnership sponsored program. For more information contact Tyann at 530-288-9355.

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behind Camptonville School  
**Monday thru Friday 8:30 am-12:30 pm**

**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)**

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## How to Donate toward the Center's \$5,000 Fundraiser Match

By Richard Dickard, Camptonville Community Center Advocates

In 2015, the Masons gave their lodge building to the community, and over the last seven years, we've steadily been renovating, repairing, and making it safer to use. Kitchen appliances, cabinets, countertops, and much more will be arriving soon, funded by a USDA grant.

### Now let's finally finish the outside front of the Community Center!

An anonymous donor has challenged the community by matching \$5,000 of everything the community donates through November 15. Your \$5 becomes \$10; \$50 becomes \$100; \$500 becomes \$1,000; \$5,000 becomes \$10,000! Everyone can be a part of making this happen!

### Two Ways to Donate to Double Your Money:

**1. Online:** You can make your donation online at: <https://www.camptonvillecommunitycenter.org/>

Click the orange "Donate" button (top left corner). All donations made through November 15 will go toward the match.

**2. Mail a check** (Make check to CCCA) to:

The Camptonville Community Center Advocates

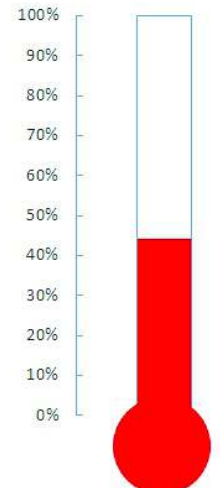
PO Box 414, Camptonville, CA 95922

Put "Match" in the memo.

As a 501 (c)(3) all donations are tax deductible.

### Can you help with labor?

If you can help with any part of the construction, please email me (Dick) at [rjdickard@gmail.com](mailto:rjdickard@gmail.com) or call 530-288-3479. This is a vital part of the renovation. Thank you!



As of printing, \$2,225 has already been donated toward the \$5,000 match.

*Thank you!*



## More Ways to Help in the Community!



### October 31 Halloween Creep Out: Volunteers and Donations Needed!

By Tyann Flower

Camptonville Creep-Out is coming to the Community Center, October 31 (see page 3). This is a family friendly, fun filled opportunity to add more excitement to the Halloween routine. We are seeking volunteers and donations to make this event as successful as we envision. Volunteers make it possible to create a more dynamic experience, and donations of decorations help to transform the space.

We need decorations to bring a Creepy Cave and a Twinkle Trail to life. Halloween Decorations of all kinds can be utilized in this event: various lengths of fabric, lighting, sound machines, animatronics, etc.

Camptonville Creep-Out is a Camptonville Community Center sponsored event. For more information on ways to help, call Tyann at 530-288-9355.

### Craft Donations Needed by November 30!

By Karen Barnett, Parents Club

The Camptonville Elementary School's Parent Club would appreciate craft donations to be sold at the **Christmas Craft Fair on December 3 and the Winter program on December 8**. The Camptonville Parent Club's mission is to fund raise and provide support for our school functions and to benefit our lunch program. If you have any crafts to donate, please contact Karen Barnett at 951-282-8269 or drop them off at the school office by November 30. We appreciate your support for the Camptonville School!

### Donate Your Aluminum Cans to School's Parent Club

Put your aluminum cans to good use! The Parent Club is collecting them in a garbage can by the front door of the school. Proceeds from recycling cans benefit students and the many Parents Club's school projects.

## Fall: Holding Our Breaths; Still Prepared

By Beverly Cameron-Fieldes, Yuba Watershed Protection & Fire Safe Council

My friend has a tee shirt with muted leaves of browns, oranges, and reds, with rustic lettering proclaiming "Fall is my favorite color." It reminds me of all the things I have always loved about autumn: pumpkins, cornstalks, ornamental corn, gourds, changing leaves.

However, in the past few years, other things that herald the changing of the seasons are not so pleasant: the crispness of a fall morning is replaced by warmer than normal temperatures; the earthy smell of soil tilled for fall planting is replaced by the smell of smoke; and the soft breeze that gently swirls the dazzling colored leaves gives way to howling winds whipping the leaves off the trees and over the dry landscape. During these times we are reminded of our increased vulnerability to large fires, and we hold our collective breaths waiting to see what the day or night might bring.

What brings me comfort, however, is that I know, as do many of you, how to prepare to handle those very changes. One of those inevitable changes is the need for warmth, which means, for some, lighting a fire in a fireplace or wood stove.



So, let me remind you all of the things we should do before lighting that first fire of the season.



Photo by BeverlyCameron-Fieldes

1. Inspect your chimney, checking for any creosote build-up, flue cracks, or any other damage to the stack or chimney structure. It is best to have a professional inspection and cleaning done each year.
2. Be sure there are no bird nests or debris buildup on the cap, and check to be sure that the spark arrestor is secure.
3. Make sure there are no tree limbs within 10 feet of the chimney or stack.
4. Inspect the doors/screen, to make sure that no sparks can blow back into the room.

5. Check the draft; have a charged fire extinguisher and an air-tight bucket for ashes.

6. Stack firewood at least 30 feet from your residence. It's still too early for wood on your deck or porch.

Enjoy the season and stay fire safe!

## Camptonville Prepared! Wants to Hear From You

By Jesse Golden



Last month, your *Courier* issue included a form from Camptonville Prepared! (CP!) Thanks to those of you who responded, and for those who haven't yet, please do fill out the form – online at [bit.ly/cvpinfo](http://bit.ly/cvpinfo) is best, but there are also paper versions available at the Camptonville Post Office, Community Center, and at the Lost Nugget.

The CP! working group continues to meet – come get involved! Contact us at: [camptonvilleprepared@gmail.com](mailto:camptonvilleprepared@gmail.com) or leave a message at the Camptonville Resource Center 530-288-9355

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## Damp Earth Art Show – November 5

By Katie O'Hara Kelly

When the smoke and wildfires started recently, I immediately wanted to DO something to help. Last year I donated the money from the sales of my prints and cards to the Wildlife Disaster Network at UC Davis. This year I thought we should try another approach and create art in honor of wet weather, with the hope of invoking rain to fall. So I approached the Sierra County Arts Council with the idea of a "Damp Earth Art Show," and they approved my plan!

**So, YOU are invited to be in a Damp Earth Art Show**

**Saturday, November 5, from 10 am-2 pm  
at the Masonic Hall in Downieville**

All art should reflect the theme of "Damp Earth," such as rain, snow, clouds, stormy weather, mists, raindrops, deluges, showers, etc. There will be a people's choice vote for the entrants, and cash awards for 1st, 2nd, and 3rd places will be awarded at 1:30 pm.

Only one artwork per entrant is allowed. An online registration form at [sierracountyartsCouncil.org](http://sierracountyartsCouncil.org) is required. I will accept artwork in Camptonville on Saturday, October 29, at Coffee from 10 am-Noon, and will bring them back to the Community Center on Saturday, November 12.

The Damp Earth Art Show will be part of the **North Yuba River Day event on November 5**, sponsored by the Sierra County Arts Council, including a Stakeholder's Public Forum, part of the Wild and Scenic Film Festival, followed by refreshments and a short documentary film about the editor of the *Mountain Messenger* newspaper, entitled "Carl Runs the Paper."

## Make Homemade Pectin from Apple Skins and Cores

Submitted by Carolyn Mumm

From *Mother Earth News*, June/July 2015

Instead of buying pectin for your jam and jellies, here's how to make it yourself.

"Reclaim the waste skins and cores from apple-based recipes by making homemade pectin. Combine two quarts of peels and cores (or whole apples cut into one-inch chunks) with two tablespoons lemon juice in a large pot. Add water to partially cover, and then bring the ingredients to a boil. Reduce the heat and simmer, stirring occasionally, until the cores become mushy (about an hour). Pour into a cheesecloth-lined colander, and let drain overnight. The next morning, boil the thick liquid that has drained out until it's reduced by about half. You'll end up with about a pint. Store any pectin you won't use right away in the freezer, or can it in a boiling water bath for 10 minutes."

– From *Preserving Everything*, by Leda Meredith



## November 12 – Harvest Dinner

By Lisa Baker, YFACA

Save the date for the annual Harvest Dinner on **Saturday, November 12, from 4-7 pm, in Oregon House**, put on by the Yuba Foothills Agricultural Communities Association (YFACA), a local nonprofit based in the Dobbins/Oregon House area. For many years, YFACA has held an annual Christmas Family Food Box program benefiting local families with minor children in the community (including Camptonville). They've also sponsored/supported the food pantry in various ways for years. Tickets can be purchased at the door for \$10, the evening of the event.



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## Some like it HOT!

By Katie O'Hara-Kelly, North Yuba Naturalist

The recent overly-warm/hot nights have some insects singing! Every night lately 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.

### SNOWY TREE CRICKETS

The Snowy Tree Cricket (*Oecanthus fultoni*) song is produced by a minute rasp on the underside of the forewing. 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. Laws Field Guide states "For the temperature in Fahrenheit, count the number of chirps in 13 seconds then add 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 10 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.



### CICADAS

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 2-5 years, almost entirely spent underground. The following information is from the website [https://essig.berkeley.edu/documents/cis/cis02\\_3.pdf](https://essig.berkeley.edu/documents/cis/cis02_3.pdf).

"The males produce sounds by means of the timbals or tympana which are situated at the base of the abdomen. Strong

muscles attached to these organs produce a vibration which causes the high-pitched buzzing or chattering noises associated with these insects. The various songs are often characteristic for particular species and serve as mating calls to the females. The females oviposit following their courtship, and the short-lived adult forms soon die."

"The females lay their sausage-shaped eggs in slits made by a sharp ovipositor and in packets of from eight to fifteen per slit. 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."

The Tree Crickets and Cicadas will quiet down when the temperatures cool off, and will die off 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!

Enjoy Katie's blog at [northyubanaturalist.blogspot.com](http://northyubanaturalist.blogspot.com)

Photos by Katie O'Hara-Kelly



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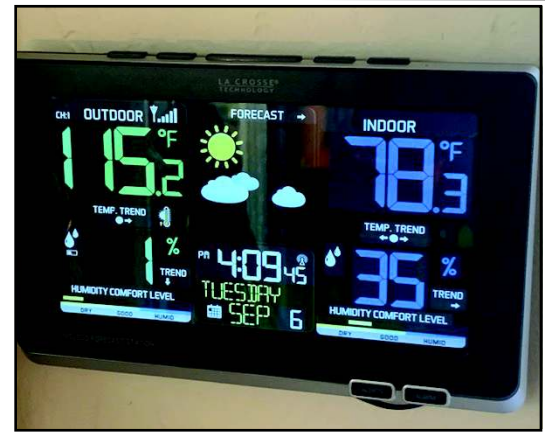




Kristin Musa photographed this smoky view on September 11 looking east from Highway 49 between The Lost Nugget and Marysville Road.

## Remember When? Only last month!

Images of the early September 2022 heat wave and smoky skies from the Mosquito Fire near Foresthill.



John Deaderick registered 115 degrees F and 1% humidity on Moonshine Road, September 6.

## Hacks for Hydration

By Bettina Joy

Do you drink enough water to keep your brain and body happy? If you answer *no* to this question, don't feel bad. I too have struggled with proper hydration, and I have researched this topic extensively. I know how much better our brains work, how we have less pain, have better bowel movements and more energy, and how it helps us to control our weight when we hydrate enough.

So why don't we just get on with it? Most people don't enjoy having to run to the bathroom every half hour or being woken up at night. And if we are fully engaged with life, we may plain forget.

From the research I have done, half of our bodyweight in ounces is the absolute minimum amount of water we need to drink every day. I weigh about 110, so I **MUST** drink about two quarts. However, once I started drinking closer to three quarts, it made a huge difference: more clarity in my thinking, fewer body aches, less cravings for sugar, more energy!

Since I get busy, I measure out my three quarts in the morning and drink the first quart of the Electrolyte Drink (see below) before I eat to get me off to a good start. I am into "pretty," so putting flowers and herbs into my water makes me more likely to drink it.

Drinking about four ounces at a time puts the least amount of stress on your kidneys and reduces trips to the bathroom. To safeguard your sleep, during the last two hours before going to bed, drink just enough to stay hydrated.



### DIY Totally Natural Electrolyte Drink:

- 1 quart of good quality water (warm in the winter)
- 2-4 Tbsp of grapefruit juice or ½-1 Tbsp of lemon or lime juice
- ¼ tsp or 2 potassium capsules emptied out
- In the winter, add a ¼-¾ tsp of freshly grated ginger root for warming your body and increasing your digestive juices
- Mix thoroughly and if you like this drink, make it again in the afternoon



Photo by Bettina Joy

My name is Bettina. My partner Ken and I and our fur babies moved to Camptonville in the summer of 2021. Thank you Camptonville for welcoming us with open arms!

Now it's time to give back to our beautiful community. I will be teaching at Twilight School on the 1st and 2nd Thursday in October, providing tips on wholistic living, selfcare exercises to relieve pain, and relationship tips. We will offer free "Healthy Cooking Reboots" and organic meals throughout the fall and winter. I have been a wholistic health care practitioner and educator for almost 40 years. Ken is a carpenter, permaculturist, and wellness coach. You can reach us at 530-285-1058 (housephone, no text).

## \$6,000 Raised for Our Fire Department!

By Donna Tate, CVFD Auxiliary

On Friday morning before the picnic, we awoke to a thick layer of smoke creating hazardous air quality for our community. Knowing the picnic was a day away, and with predicted better air quality in the forecast for Saturday, the auxiliary decided that the "show must go on." Lo and behold, the weather predictions were right! While the smoke was still lingering, it was a vast improvement from the previous day.

The event went together without a hitch. The smell of BBQ filled the air, the raffle bin was filling up, and the sound of laughter and joy could be heard throughout the crowd. Boy, was this event fun! By the look of the dance floor, I think most shared that sentiment. Randy Yager said it all in his Facebook post after the picnic. "The Camptonville Fire Department fundraiser picnic was oh so much fun, estimating by the turnout, a great success. I missed it more than I realized, dang COVID." Could not agree more. It felt so good to hang out with old and new friends.

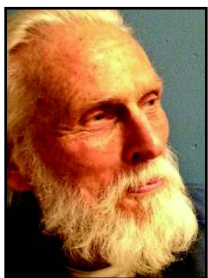
A special shoutout to local musician and community organizer, **Cathy LeBlanc**. Cathy has been our "rockin' picnic MC for 28 years and proud supporter of the CVFD. Cathy not only organizes the daytime entertainment, she is also a star musician and our opening performer. Next in the lineup was **Randy Yager**, longtime community member, gold miner, and rocking musician. Cathy and Randy's performances sure brought back some good old Camptonville memories! Randy was followed by **Cheryl Z**, known for her witty lyrics, including Cathy's favorite, "The Whole Enchilada." Such an enjoyable performance! Closing out the day were new entertainers, **Kenna and the Camptonville Calamity**. The heartfelt performance by ten-year-old **Makenna Prince** and our USFS Engine 331 crewmembers, **Kai Pratschner** and **Lyle Clint Susa**, truly exemplifies the *spirit of Camptonville*. Their sense of family and community remind us of what an amazing little town this is. I would be amiss if I did not mention the amazing, incredible, talented "**Sons of Boogie**." They just get better and better each year. I think they enjoy playing for us as much as we enjoy listening and dancing to them. They are a big part of our Camptonville family... can't wait to have them back next year!

Thank you so much to all who came out to support the community. Also, a huge thanks to all the friends, neighbors, and businesses who donated the incredible raffle prizes, and much appreciation to those who work so hard to put this event together (you know who you are). Most importantly, thank you to our Volunteer Fire Department who work tirelessly to protect and support our community. Your commitment and dedication is deeply appreciated. See you all next year!



Photos by Donna Tate





## Secondhand Rose Chain Saw

By Robert Mumm

The theme music of my early childhood home could well have been from the song "Secondhand Rose." We had some fairly nice things, but they had not come to us first hand. We had in the kitchen a grand old wood cook stove with lots of nickel trim emblazoned with a proud name: "Buck's Palace Range" which was duly polished for any and all occasions.

Work related things, too, all had a well-worn air about them when they became part of our toolkit. So our first chain saw had met many a tree before we first saw it. One day when I came home from school, my brother Sonny was eager to show me our chain saw. It was a two man saw or, in our case, a near man and rag tag kid brother. Sonny wound the starter cord on a notched pulley at the end of the motor and, with me holding the handle at the other end of the bar, gave a vigorous pull. Nothing happened, but, after a few tries, the engine came to life. When the engine settled into running smoothly, Sonny engaged the clutch and the chain came to life. On my end there was a handle, an oiler, and a tensioning device. It would be my duty to pump the little lever on the oiler and keep the chain lubricated and of course carry my part of the saw.

This saw starting produced a billowing cloud of blue smoke along with quite a bit of noise. Back then we mixed regular engine oil into the gas for two stroke engines and had to use much more than is needed with the special oil we have now. Engine oil was used for chain lubrication too. Our Mall chain saw only ran with the engine in near vertical position so there was a device between engine and bar assembly which allowed for rotation of that part while the engine remained upright. So to fell a tree, it could be set for a horizontal cut and then turned to cut through logs on the ground later with vertical cuts. Sonny and I went through many adventures with that old saw, but I must say, we never came to love it. Not even close.



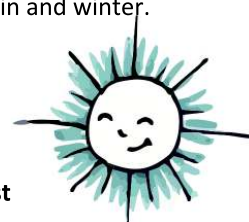
## LIONS! TIGERS! BEARS! OH MY!...

By Patrick Brose, Superintendent/Principal

Well, Mountain Lions, Smoke, and Heat, good golly? What a way to start September! The school has been full up this year with up to 58 students, and we are bursting at the seams. Right now, there is a wait list for non-Camptonville students to attend our wonderful little school. Our little school has become quite the notable place here in the foothills as the other Yuba and Nevada County districts have been hearing great things about what we are doing.

So how have we handled the Mountain Lions, Smoke, and Heat? Well, air conditioning and filtration helps the heat and smoke (and the unfortunate days we must stay inside) and some additional caution, awareness, and open eyes are on the lookout for the mountain lion. We take the safety of our students very seriously, and I can confidently say that the school is the safest possible for any smoky, hot, or mountain lion...ey day that we may have.

Keep it up Camptonville! This little town is blooming! Oh, and I can't wait for the rain and winter.



## A Scoop of School

By Alixis Lamb, Office Specialist

Hot as the blazes, then smoky as Hades, school has been...interesting. Heat and poor air quality means there is a lot of indoor recess and P.E., and while our gym may seem large, you'd be amazed how small that space becomes with 50 amped up kids in it. It's not quite the same as snowy indoor days; there's no wintery lethargy that makes coloring seem a snuggly, appealing option. No, summer lingers, and summer means running amok. So amok will be run. At top volume. Indoors. Mountain Spirits, preserve us.

BTW; Drop off your crushed aluminum cans for the Parents Club in the container in front of the school!

## The Clinic on Wheels is at the Camptonville Community Center Fridays, 9:30 am-4:30 pm



**Clinic on Wheels**

Walk ins welcome on this full service family practice mobile clinic serving all ages. Services offered are primary care, acute care, prenatal care, womens health, CHDPs/physicals, behavioral health, Medication Assisted Treatment, and COVID vaccines

**Brought to a Location near you**

Camptonville Community Center  
15333 Cleveland Ave,  
Camptonville, CA 95922  
(530) 301-9915

**Medi-Cal, Medicare, most insurances accepted and sliding fee scale**  
[www.myharmonyhealth.org](http://www.myharmonyhealth.org)

*Good Health Begins with Harmony*


### Developmental Screenings in Yuba (DaiSY)

Do you have questions about your child's milestones or behavior?  
Local developmental experts will be here to answer your questions



October 28th, 9am-12 noon  
@ 1,2,3 Grow  
Camptonville Elementary

☎ (530)-749-4877 to learn more

Hosted in part by:  **FIRST5**  
YUBA COUNTY  
Children and Families Collaborative

### Happenings for 0-5 Year Olds at 1,2,3 Grow

By Tyann Flower, CCP



We opened the doors to another amazing school year at 1,2,3 Grow. We were saddened by the departure of our wonderful teacher, Christina Dondono. Yet she has been blessed with an amazing opportunity, too good to pass over. We all wish her great happiness and prosperity in this new adventure. Meanwhile, we have interviews lined up and will be excited to introduce our new instructor in the November *Courier* issue.

September was a wonderful start to the season at 1,2,3 Grow. With a reimagining of the classroom layout and the inclusion of thematic instruction, our youngest community members have a chance to build on their social experiences and learn through play. September's theme was "Back To School," where students had a chance to relearn the routines of our class and get reacquainted with their friends. Also, in this month, we happily welcomed back one of our amazing partners, **Thelma Amaya**. As the YCOE Behavior Health Specialist, her knowledge and experience in the field of child development is inspiring. We are very blessed to have Thelma present quarterly workshops on a variety of topics, September's being "Tantrum Taming and Other Tricks." If you missed this awesome workshop, your next opportunity to learn from Thelma is **Friday December 3rd**.

October is the opening to Fall themes at 1,2,3 Grow. With farm themes filled with pumpkins leading into a Halloween celebration, our garden play space is set to turn into a pumpkin patch of exploratory learning. The cooler temperatures are a blessing to our outdoor play. Whenever possible, our students get to explore their environments in our outdoor learning spaces. What better way to explore the world than to be out in it.

1,2,3 Grow is a Camptonville Community Partnership sponsored program, funded through First 5 Yuba. If you are interested in learning more about our program, contact Tyann at 530-288-9355.

### Rally Point News for Teens!

By Tyann Flower, CCP



September 15 was a great night of friendship, fun, and games mixed in with a bit of leadership skill building, as Rally Point returned to our community. Held at the Community Center **from 5-7 pm, the first and third Thursdays of the month**, Rally Point welcomes all students aged 10-15 to join in the fun while building important skills they can utilize throughout other facets of their lives.

Students shared their interests and explored ideas on how to learn more about them. A variety of career goals were identified, and our coordinators have been tasked with searching out amazing mentors who can make presentations on their specialties.

Minute-To-Win-It games were the hit of the night; everyone joined in on the challenges. Teamwork was the key to success in three of the four games set out. In the final challenge, students were tasked with stacking HEX nuts using a dowl held by their mouth. With a last-minute balancing act, we had a winner. We closed the night, like we will all Rally Point evenings, with a \$25 gift certificate drawing. Students not only enjoyed comradery and excitement, but they also learned the value of cooperation and inspired each other to consider turning a hobby into a career. I look forward to watching where these students lead.

Rally Point is a Camptonville Community Partnership sponsored program. Call Tyann, at 530-288-9355 for more information.

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



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



## Special DMV License Renewal Options for Seniors over 70 years

From the Department of Motor Vehicles, "Ask the DMV Column"

Until the end of 2022, eligible senior drivers and REAL ID cardholders can renew noncommercial driver's license and ID cards online at [dmv.ca.gov/online](http://dmv.ca.gov/online) or by mail.

The Department of Motor Vehicles (DMV) wants to help seniors maintain driving independence for as long as they can drive safely. California drivers, aged 70 years or older, have until the end of 2022 to take advantage of a temporary rule that offers driver's license or identification (ID) card renewal online or by mail, even if a renewal notice states that the driver is required to visit a DMV field office.

If you choose to use the DMV's online services to renew, you should try to do so upon receiving your renewal notice in the mail, for driver's licenses and ID cards generally arrive in the mail within two to four weeks following renewal. For information visit [www.dmv.ca.gov](http://www.dmv.ca.gov).



Hungry Crowd  
at the CVFD  
Picnic

Photo by  
Shirley Dickard



*Powering A Brighter Future  
for Yuba County*



Flood Risk Reduction ♦ Water Supply ♦ Hydropower  
Fisheries ♦ Recreation



@yubawater

YubaWater.org

## Yuba Children's Council Comes to the Yuba Foothills October 5

By Cathy LeBlanc, CCP



Camptonville Community Partnership has been a member of the Yuba Children's Council for over 20 years bringing the voice of our foothill communities to the ears of Yuba County decision makers who make up the Council. Now it's your turn!

Please join us for the October meeting in the foothills. The meeting will be held Wednesday, **October 5, at 4:30 pm, at the Alcouffe Center in Oregon House.** The Yuba County Children's Wellness and Child Abuse Prevention Council wants to hear from you! Do you have a program or project you'd like to share with the Council? This is a great opportunity to communicate your desires and work for children in the Yuba foothills. Please join us!



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)



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Wedding & Event Venue  
Local Talent Showcase  
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[www.northcolumbiaschoolhouse.org](http://www.northcolumbiaschoolhouse.org)

## New Clinical Psychologist Joins Sierra Family Health Center

By Brandy Kolmer, SFHC

Sierra Family Health Center welcomes Clinical Psychologist **Josh Lepore** to the Sierra Family Behavioral Health practice.

Dr. Lepore is an experienced, licensed clinical psychologist who specializes in direct patient care, as well as training and oversight of behavioral health programs in at-risk community populations and environments. His experience includes 15 years within residential treatment programs, culminating as Senior Director of Campus Services at Casa Pacifica Centers for Children and Families.

Dr. Lepore provided leadership and oversight to programs including short-term residential treatment, partial hospitalization, intensive outpatient services, and transitional age youth programs.

"There has never been a time of greater need for behavioral health services in our community" says Debra Plass, Chief Executive Officer of Sierra Family. "We are extremely lucky to have Josh and his depth of experience on our team."

Dr. Lepore will see patients at Sierra Family's Oregon House and Tyler Foote Road sites, as well as via virtual visits.

Sierra Family Health Center is accepting new patients, and Medi-Cal and most commercial insurances are accepted. A sliding scale is available for those without insurance.



**Josh Lepore**

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

### About Sierra Family Health Center:

Sierra Family Health Center is a Federally Qualified Health Center providing comprehensive, compassionate, and quality medical, dental, and behavioral health care to a culturally diverse community of Nevada and Yuba Counties in California. As a center of healing, learning, and caring, priority is placed on preventive health programs that improve the general health of all individuals served, regardless of race, sex, color, age, national origin, disability, political or religious beliefs, sexual orientation, or ability of clients to pay for services.

**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**

—John F. Kennedy

## Qi Gong

By Sema Kelly

Qi Gong is a meditative movement; it balances Yin and Yang energies, which we as humans are naturally always seeking to keep in balance. We've all seen the symbol of the circle with white and black curved shapes that has a black and white dot.



It observes that there is duality (i.e. black/white, full/empty, day/night, up/down...) and Qi Gong practice brings these Yin/Yang energies into balance. As a result, we feel more in tune, happier, and live life with greater ease - *the Wu Way* - the

effortless effort. I encourage you to come and try some Qi Gong exercises. As Horace, the ancient philosopher/poet said, "He who has begun has half done. Dare to be wise - Begin!" Why do we want to begin Qi Gong? Because we, as humans, have the capacity to consciously clarify and elevate our life. If we have ever wished we could improve our life, our mental and physical health, our mind and thinking, we owe it to ourselves to try Qi Gong which can only help us. Besides, it's a lot of fun! Come join us, **Saturdays at 12:30 pm, at the Community Center.**

**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)





## Food Distribution in the Yuba County Foothills



### The Foothill Food Pantry:

Drive-through distribution at the Alcouffe  
Community Center in Oregon House

9185 Marysville Road (across from the fire department)

**The 1st and 3rd Friday, 12–1:30 pm**

**October 7 and 21; November 4 and 18**

### The USDA Commodities Food Bank

Located at Willow Glen Restaurant, Oregon House

**The 2nd Friday: 10:30–11:30 am**

**October 14 and November 11**

Distributed by The Gleaners.

### North San Juan Food Bank, Nevada County:

Located at Oak Tree School

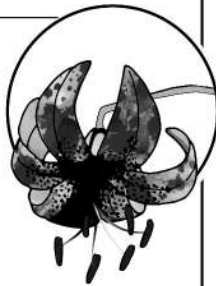
**The 2nd Tuesday, 10 am–Noon**

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

## RENT THE Camptonville COMMUNITY CENTER

*Private party rentals available*

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



## CAMPTONVILLE COMMUNITY SERVICE DISTRICT

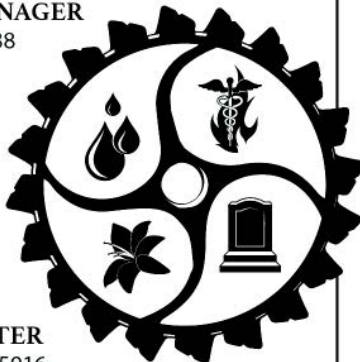
**WATER PLANT MANAGER**  
JT Rumsey 775-980-7138

**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

## 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, M-F*
- 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*

## Sip, Savor, and Celebrate the "Taste of Yuba-Sutter" – October 6

Submitted by Yuba Sutter Chamber of Commerce

Taste of Yuba-Sutter is about bringing together local restaurants, caterers, specialty food purveyors, wineries, breweries, and the community to celebrate great food we have right here in Yuba-Sutter.

The event will take place from **5:30 to 8:30 pm on Thursday, October 6, at the Yuba Sutter Fairgrounds** (442 Franklin Ave, Yuba City). All food and samples are included in the admission price of \$60 (Ages 12 and under \$15). For more information, visit [www.yubasutterchamber.com/toys](http://www.yubasutterchamber.com/toys) or call 530-743-6501.



The Camptonville Courier  
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Photo by Shirley Dickard

Chief Brandi introduces the CVFD Firefighters at the picnic

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## OCTOBER 2022 Community Calendar

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



October 5 - Children's Council-Oregon House (pg 13)

October 6 & 13 - Twilight School (pg 4)

October 6 & 20 - Rally Point for Teens (pg 12)

October 13 - Thirsty Thursday (pg 3)

October 28 - Developmental Screen, 1,2,3, Grow (pg 12)

October 28 - Halloween for Grown-ups (pg 3)



(CCC = Camptonville Community Center)

### WEEKLY Events

**Tuesdays:** Yoga, 5 pm, School Gym

Camptonville Fire Dept Trainings, 6-9 pm, Fire Hall

**Thursdays:** Yoga 10 am at CCC

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

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

Qi Gong: 12:30-1:30 pm, CCC

October 29 - Community Altar (pg 3)

October 31 - Creep-Out Carnival for Kids (pg 3)

November 5 - Damp Earth Art Show (pg 7)

November 12 - Harvest Dinner-OH (pg 7)

### MONTHLY Events



Call first to verify meeting times before attending

**CCP Board -** Meets 3rd Wednesday, every other month,  
1 pm, (Oct. 19) Resource Center.  
Contact: 288-9355

**CCSD Board -** Temporary change due to holidays: Meets 3rd  
Thursday, 5:30 pm, Fire Hall  
(10/20, 11/17, 12/15 only) Contact: 288-3676

**School Board -** Meets 3rd Thursday, 5 pm, at CV School  
Call to confirm: 288-3277

**Pendola Road Association:** 3rd Saturday, 11 am, CCC

**Thirsty Thursday -** 2nd Thursday, 5-7 pm CCC (October 13)