

# THE Camptonville Courier

Connecting the Community  
Since 1997



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## Spring Is Coming... Take A Hike!

By Katie O'Hara-Kelly, North Yuba Naturalist

For a change I thought I'd feature an area very near Camptonville that is a great place to hike in the winter and spring. It's called the Daugherty Hill Wildlife Area and is managed by the California Department of Fish and Wildlife (CDFW). There are four units to explore. Two of the units are just past Collins Lake; the other two are



Blue Oak leaves

near Bangor. All of the units in the Daugherty Hill Complex were private ranches at one time. Through an arrangement with the CDFW, the land has become a nature preserve, but the cows are still allowed to graze.



Photos - Katie O'Hara Kelly

The terrain is rolling, grass-covered hills with gullies and creeks, vegetated by Blue Oaks, Live Oaks, Gray Pines, Coyote Brush, and many other shrubs. It is designated as a "Blue Oak Foothill Pine Woodlands" ecosystem. There are dense, shrubby forests, as well as open, brush-free woodlands. The trails are mainly old dirt roads and cow paths that are easy walking.

Blue Oaks are found only in California. They are named for the bluish-green cast of their deciduous leaves, which are currently a lovely, rich brownish-yellow. They are the most drought tolerant oak of California's deciduous oaks and have deep, extensive root systems. They usually grow on dry hilly terrain between 3,000 and 4,000 feet or lower, where a water table is unavailable. They can live to be 400 years old! They live where the winters are mild and wet and the summers are hot and dry. The trees are monoecious (both sexes on the same tree) and are wind pollinated. The acorns are eaten by a wide variety of wildlife, including squirrels, birds, bears, and deer.



Scrub Jay and House Finch

Many different birds live in the Blue Oak Woodland. On a recent walk, we mainly saw Acorn Woodpeckers, Western Bluebirds, House Finches, Spotted Towhees, Golden-crowned Sparrows, Bushtits, White-crowned Sparrows, Northern Flickers, White-breasted Nuthatches, Ruby-crowned Kinglets, Nuttall's Woodpeckers, and Scrub Jays. We even saw a Bald Eagle fly by!

I'd highly recommend visiting this lovely Wildlife Area. The Daugherty Hill unit has the

longest trails, at 10-12 miles round trip. If you go to the Darby Road unit, make sure to stop at the Mennonite Bakery in Bangor for delicious baked goods and sandwiches! In another month or two, this area should be in gorgeous bloom. Hope to see you down there!

For map and directions go to: <https://wildlife.ca.gov/Lands/Places-to-Visit/Daugherty-Hill-WA>

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



White-crowned Sparrow



Western Bluebird

## From the Editor

-Janie Kesselman

A peaceful snowy day: Sipping my spicy, hot tea beside the woodstove's delicious warmth, I watch an Anna's Hummingbird sip sweet nectar from the feeder just outside my window. I'm grateful I can be at home today.

And a not-so-peaceful scenario: In the midst of this cold, wet snowstorm, local fire departments including our CVFD crew couldn't save a house that just burned to the ground in North San Juan – a sobering reminder to clean out chimneys and make sure all electrical wiring is safe!

On the brighter side, we will "Spring Forward" on Sunday, March 12th. March includes International Women's Day, St. Patrick's Day, and the Spring Equinox. There are unique celebrations returning to our town after a few years' absence. Check out the Calendar, and maybe see you there!



## Rally Point Kids and Teens – From Writing To Music

By Tyann Flower,

Camptonville Community Partnership (CCP)



February was an exciting month at Rally Point. We had the great privilege of receiving local authors Shirley Dickard and Jenifer Bliss as guest speakers. Students had identified several career interests at the beginning of our fall session, and "becoming a published author" was on that list. It was great to see our Camptonville youth engage with these ladies about their journeys to publication.

Along with information sharing, students were tasked with a writing exercise in which they all participated. Some creative and expressive pieces of writing were shared. It is my hope that some of our students will participate in submitting written works to *The Camptonville Courier*. Regardless of future writing submissions, these students have left me impressed with their individual and combined talents.

March is sure to be another amazing month of comradery and fun as we continue to build on leadership skills and social networking. Another amazing speaker will be visiting our group to discuss his journey in the music industry. I am certain our students will gain a great deal from this opportunity.

Keep an eye out for the Rally Point students, as they have big plans in the works to create a community event for all to enjoy. I am continually impressed by their ideas and hope to see them come to fruition.

**Rally Point meets from 5-7 pm the first and third Thursdays of the month** at the **Camptonville Community Center**. All students between the ages of 10-15 are invited to join this CCP-sponsored program.

For more information, contact Tyann at 530-288-9355 or [tyann@theccp.org](mailto:tyann@theccp.org).



## St. Patrick's Day Dinner and Dessert Auction – March 18th

By Tyann Flower, CCP



The **10th Annual St. Patrick's Day Dinner and Dessert Auction** comes to the **Camptonville Community Center** on **Saturday March 18th, from 4-7 pm**. It is sure to be an amazing night of great food and fun competition. A suggested \$10 donation is greatly appreciated for the continuing success of this event. The auction is presented "Live Auction Style" and is sure to be exciting. All funds raised from this event go directly back to our community in support of the programs sponsored by our Camptonville Community Partnership (CCP).

A wonderful corned beef dinner is paired with the chance to bid on and win a fantastic dessert. Local bakers and candy makers cook up their best confections to display throughout dinner. Come prepared to eat and compete for the yummy treats. We look forward to seeing you there.

*St. Patrick's Day Dinner is a CCP event.* For more info, contact Tyann at 530-288-9355 or [tyann@theccp.org](mailto:tyann@theccp.org).

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

### Think Global On March 8th, 2023 – Women’s Day is not every day!



By Jesse Golden  
March 8th, International Women’s Day, began as a rally in 1907 to support striking garment workers in New York. Why do we still need it?

**1 • Women do not have equal rights under the US Constitution – in fact, it has been exactly 100 years since the Equal Rights Amendment to the Constitution was first proposed in Congress. It still has not passed!**

**2 • In 2021, women earned only 83% of men’s wages (median earnings, per the US Bureau of Labor Statistics).**

**3 • Sexual assault is still widespread; one out of six American women has experienced rape in her lifetime (per RAINN.org).**

How different would our world look if we focused on the welfare of women and children? It’s a question worth asking.

If you’re looking for inspiration on **International Women’s Day (Wednesday, March 8th)**, you might consider live-streaming a **concert from Berkeley at 7 pm**, featuring musician and activist Holly Near with Emma’s Revolution, Terry Garthwaite, and more. For information, visit: <https://thefreight.org/shows>.

### Guitars, Word Magic, Flowers, and Feasting – March 19th



By Yakshi Vadeboncoeur

**Wordsmiths & Music Makers Reborn** is ready to break into bloom with a spring equinox concert on **Sunday afternoon, March 19th, from 3-7 pm** at the **Camptonville Community Center**. Doors open for pre-concert snacking and chatting with neighbors at 2:30. Tickets are \$7 at the door, \$5 for youth ages 12-20, and free for under-12-year-olds, accompanied by an adult. Our concert dinner feast is included in the price of your ticket.

Come savor the creative musical, literary, and storytelling talents of your community, and then feast on your neighbors’ culinary magic.

If you would like to be a presenter (Makenna Prince, this means you!), please contact Yakshi at [yakshiv@gmail.com](mailto:yakshiv@gmail.com).

Gather the women  
Carriers of the future  
Heal our Mother Earth  
-Marcy Risque-



### Wanted! Fancy Confections for St. Patrick’s Day Dessert Auction – March 18th

By Yakshi Vadeboncoeur

Calling on all Angel food and Devil’s food cake, pie, and cookie wizards – we need your *Magic* for the annual **St. Patrick’s Day Camptonville Community Partnership (CCP) Fundraiser Dessert Auction** on **Saturday, March 18th, 4-7 pm**. Let Yakshi know if you can whip up a delicious contribution. Then come for the dinner and stay for the competitive free-for-all bidding. It’s lots of fun and helps support CCP’s year-round programs like **1,2,3 Grow, Rally Point, The Camptonville Courier**, and other wonderful activities.

You can make any kind of dessert specialty; bring it by CCP or Yakshi’s on Friday, March 17th, or just show up with it on Saturday the 18th. For more information, contact [yakshiv@gmail.com](mailto:yakshiv@gmail.com).



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# Call To Local Artists, Writers, Photographers, and Performers!

By Caroline Fowler

Artists inspire artists! I'm an inspired working artist and have started a new visual art and writing project on Instagram called the California Art Journals Outreach Project, 2023. Join me by journaling independently yet together in order to support and dream together, share our influences and creativity worldwide, create opportunities, support and celebrate the arts and arts education in California, and inspire one another!

Good things start small. Five California artists have joined me in conversation and journaling as I write this.

This is a support group and outreach project advocating the arts, arts education, artist resume building, and artists inspiring artists. I believe art heals and is essential for good mental health. Arts education and art of all forms should be accessible for all ages. Creativity builds a healthy community.

There are so many artists I would love to connect in this project. I hope at least one artist in our community will join me in art journaling! Here's the link:

[nevadacountyarts.org/call-to-artists/californiaartsjournals](http://nevadacountyarts.org/call-to-artists/californiaartsjournals)



## Coffee@the Center: A Yummy Event!

By Janie Kesselman

Come shmooze and enjoy hot drinks and homemade goodies with your neighbors, family, and friends **every Saturday from 10 am-Noon**. Free and Fun!

To volunteer, text Rochelle: 530-575-7124



## Meet Supervisor Jon Messick – March 30th

By Cathy LeBlanc

Camptonville Community Partnership hosts an opportunity to **meet our new 5th District Supervisor, Jon Messick, on Monday, March 30th at 4:30 pm**. We'll be introducing our community organizations, associations, and community members to Jon and will hear his vision and ideas for Yuba County's 5th District. There will be time for addressing some questions and concerns.

Come enjoy the coffee, tea, snacks, and conversation at the **Camptonville Community Center**, 15333 Cleveland Avenue, Camptonville. For more information, call the Resource Center at 530-288-9355.





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

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

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

**Development of:**  
 Community-scale forest biomass to energy facility and business center

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**Camptonville Community Partnership (CCP) 501(c)(3)**  
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"I am not afraid of storms, for I am learning how to sail my ship."  
– Louisa May Alcott –

### Thank You, Camptonville Friends!



As I sit here combing glass out of my hair, I want to express my love and gratitude to my Camptonville friends and neighbors.

After bumping the "butt" of a small critter on Saturday, my car decided to become an off-road vehicle. As I saw the tree coming at me I asked the "spirit" to protect me. I tried to climb out of the car, screaming for help, as Eric and Chelsea drove by on their way into town. Eric pulled me from my car as Karen drove past and then stopped to see if I was alright. Next, LaWana came along and gave me a wonderful hug.

Then Jessica, Zoey, and Makenna came along, and thank god Jessica knew what to do! She called the North San Juan Fire Department, and Cameron and Casey came out to help. Then came Rod G, who brought his shovel and was able to dig the car out with the help of Cameron and Casey.

Eric and Jessica were traffic control while I fell apart with Chelsea, making jokes about a Camptonville tailgate party. Jessica called Donna and my daughter to let them know I was okay. When I was able to drive home, I received several messages on my phone to see if I was okay. My love to Melody. I just want to say thank you to the beautiful people of Camptonville. > Barbara Mueller-Hogan <



Conversations at the Coffee

Photo - Janie Kesselman

### Here a CAN, There a CAN...



By Carolyn Mumm

Bring in your clean, empty cans to help raise money for Camptonville



School children's trips and activities. You may deposit clean aluminum cans in the large metal trash container outside the front door of the Camptonville School.

### 1st Annual Clothing Swap and Giveaway – April 1st

By Barbara Graham

Ladies of the community and surrounding areas are hereby invited to our first annual Spring Clothing Swap! Mark your calendars for Saturday, April 1st from 3-6 pm at the Camptonville Community Center.

Clean, gently used clothing items and footwear can be dropped off at the Center directly before the event or on Thursday or Friday from 4-6 pm. The event is free, but donations are appreciated to help cover the rental of the space.

BYOB and maybe an appetizer to share... or just bring yourself and those once-loved but no-longer-used items to the Center for some feminine fun. You might even go home with a new favorite or two!

### Camptonville Plant Sale & Flea Market – May 20th



By Jesse Golden, Camptonville Community Center Advocates

Spring is around the corner, and so is the 2023 Camptonville Plant Sale & Flea Market, which returns Saturday May 20th, 9:30 am-1:30 pm. Join us at the Lost Nugget Market Field on Highway 49 for plants, used items, arts and crafts, and more!

The \$20 fee for each 12'x12' space benefits the Camptonville Community Center. Non-profits are welcome to reserve an information table. Volunteers will sell baked goods and beverages to benefit Camptonville School. To be a vendor, or to request an information table, go to [bit.ly/vendorinfo2023](http://bit.ly/vendorinfo2023) or email [cvillecommunitycenter@gmail.com](mailto:cvillecommunitycenter@gmail.com), or call 530-288-5016 and leave your name, phone number, and mailing address.

Wet weather may cancel or postpone. Updates will be posted at the Lost Nugget Market, the Camptonville Post Office, and online at [facebook.com/camptonvillecc](https://facebook.com/camptonvillecc).

Thanks so much to the folks at the Lost Nugget for again providing their venue!



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Golden Paper Wasp

Submitted Photo

## Not All That *Can* Sting, *Will*...

By Chris Mills

We are at a crossroads in our ongoing introduction to local trees, having talked about the seven most common conifers, These, with the exception of the Yew, have the shared characteristics of single, cylindrical trunks, relatively soft, light wood, and the inability to stump-sprout. The Yew Tree is the only species that has multiple, twisty trunks, hard, heavy wood, and the ability to grow back after being cut or burned. The Yew tree has the added distinction of being dioecious, meaning that male and female reproductive parts occur on separate trees, which is true of Ginkgo, Mulberry and Willow trees as well. 94% of all plant species are monoecious, or hermaphroditic.

Before moving on to the broad-leaf tree species, I would like to digress, for a couple of articles, into a zoological vein – entomological, to be exact. In these Northern California hills, we have a number of species of insects that can sting; but I want to dispel the aura of fear around most of them, because the probability of being stung in some cases is actually very low, and some of the stings are mild.

Several summers ago, in an outbuilding in Pike, there was a nest of wasps with long, thin bodies, black and yellow-green rings, and a narrow waist. These were **Golden Paper Wasps**, which make nests consisting of several downward-trending, open paper tubes under the eaves of houses . Four inches from their nest was the web of a large spider of the sort that makes a tube of webbing as a protected shelter. The spider had grasped one of the wasps by the hind foot, and was slowly and inexorably pulling the wasp into its nest. No movement was visible, and the process took all day. The next day there was one fewer wasp, and another was being pulled by the foot. This continued until all the wasps were gone, a week later! The wasps had no defense against the spider, and seemed unaware of its presence. My heart went out to these paper wasps.

After that, I started seeing these “stinging” insects in a different light: I noticed that they seldom sting, and rarely more than one at a time. The stings are light like a mosquito bite, and they don’t leave the stinger in your skin. If you come near one of their nests, you may see the wasps on the surface of the nest suddenly shift, as if to get a better look at you, the potential threat. This might spook you, but if you move slowly enough, you can actually touch their nest and not get stung. Why do that? Good point. I have experimented with this and come away with a great trust, and even love, for these creatures.

Carrying a ladder into my house one day, I put my hand on an active nest under one of the rungs, knew instantly what I’d done, and dropped the ladder like a hot potato. Several wasps buzzed around me; none stung. Carrying the ladder back outside, I stirred up another cloud of wasps; again none stung me. After that, there were half a dozen on the inside of a window, as though looking for a way out. I opened a nearby door, and, one by one, evicted them with a quick, stealthy, pinch-a-wing-and-toss kind of motion. None was harmed, and still none stung me.

Humans have evolved with an instinctive horror for creepy-crawly critters, but having eliminated most of our major enemies in the animal kingdom, we have much less to fear in the present world. A little knowledge can help to defuse most of these fears.



Next month I will talk about yellow jackets, or meat bees, a type of hornet. They are a different story; you will see that they have many natural enemies, and “reason” for their “hostility.”

## CAMPTONVILLE COMMUNITY SERVICE DISTRICT

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JT Rumsey 775-980-7138

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• SECRETARY  
Pam Wilcox  
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• COMMUNITY CENTER  
Jesse Golden 530-288-5016

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



CCSD  
PO Box 327  
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# A Self-Sustaining Water Catchment System for the Camptonville School's Garden

By Patrick Brose, Superintendent/Principal



"Hello, Camptonville School, this is Patrick." I answered the phone just as I do any other day at Camptonville School, but that day would prove to be a bit different than the typical parent or unsolicited sales pitch we usually receive. On the other end of the phone was a local gentleman who began asking me about donating to the school. We began to talk a bit and realized that there were some very cool opportunities for both of us to take on a project with purpose at the school.

A few days later, this local gentleman and his wife (who will remain anonymous for this writing) met me at the school to walk the campus and talk about the school's history and visions for the future. I spent time pointing out many small projects we had going on and some that I had hoped to make happen in the future, when we came across the school garden.

The school garden is in a prime location with lots of sun, space, and good soil, but lacks a crucial component: water. I shared with my guests how we have the garden, the staff, and many ideas for bringing it to life, but with the current water situation in town, we are unable to sustain any growth once the wet season ends. Our conversation ended pleasantly with a few ideas passed back and forth. I was told that I would hear from them in a few days with some plans and ideas for a donation. I had no idea what was coming next.

A few days later, the couple shared with me their passion for gardens, and more importantly, they shared their passion for having a positive impact on the environment and the community, and how sustainability is crucial. They proposed a rainwater catchment and containment system for our garden and asked me to work with a local person to design it and make it happen.

And happen it did! With the help of Mike Covert, we designed and installed a 10,000-gallon water storage system. This system is fed by the roof of one of our buildings and can catch approximately 1,200 gallons of rainwater for every inch of rain. Camptonville School now has a fully self-sustained garden irrigation system that uses no water from the town supply!

This project not only supplies water to the garden, but also opens the door for enhanced water conservation curriculum and a multitude of learning opportunities for our students. Pelton wheels, water troughs, and water power generation are all topics to be explored over the next few years as we continue to expand on the garden and the outdoor space it provides for learning.

The Camptonville School Rainwater Project is designed to be a showcase for other schools and community organizations on how to collect, store, and utilize rainwater. Our students will grow up with an intimate knowledge of these designs, preparing them for a future in California which will need all of the support it can get when it comes to water collection, storage, and sustainability.



Photo - Patrick Brose



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# Yuba Water Approves \$645,358 For Camptonville’s Water Well Development Project!



By Bonnie Dickson, Senior Public Info. Officer, Yuba Water

Yuba Water Agency’s Board of Directors received an in-depth update on the agency’s current and planned flood risk reduction projects and has approved funding for additional flood risk reduction and water supply reliability efforts in Yuba County. In addition to discussing the need for continued investments in flood risk reduction, Yuba Water’s board committed funds to several other local projects.

The board approved a **no-interest line of credit worth up to \$645,358 for Camptonville Community Services District** to support an ongoing water well development project to ensure water supply reliability in the Yuba County foothills. Yuba Water’s line of credit will improve their ability to obtain reasonable bids for the construction phase of the new well while they await reimbursement from the State. This project is also being funded by the Department of Water Resources.

Yuba Water staff gave an overview of future flood risk reduction projects, including a planned second spillway at New Bullards Bar Dam that would offer more flexibility to release water before large, threatening storms hit, while there is still plenty of capacity downstream. The Atmospheric River Control Spillway, or ARC Spillway, is in the final stages of design, and Yuba Water is actively seeking funding partners for this project that has significant regional benefits.

Visit [yubawater.org](http://yubawater.org) to learn more.

# Wildfire Mitigation Steps for March

By Beverly Cameron-Fildes, YWP&FSC



“If March comes in like a lion, it will go out like a lamb” comes from a bit of weather folklore, I’m told. The Farmer’s Almanac says that it stems from “an ancestral belief in balance,” ie: if the weather in the beginning of March is “roaring like a lion,” the month then should end on a more gentle tone. What we do know is that this winter has been a bit wild so far, and as I’m writing this, with one eye on the gathering clouds and the other on the projected weather forecast, I’m leaning towards March coming “in like a lion.” We can expect wind, rain, snow, or hail in the span of 48 hours, followed by a heat wave.

So what can one do in this time of instability to reduce wildfire risk around your home? Pruning dead branches, removing ladder fuel from below healthy trees, thinning trees, pulling out old dead stumps, burning piles, and creating cleared, open pathways between your home and plant groupings can all be done between storms.



Submitted photo

Our Yuba Watershed Protection & Fire Safe Council 2023 calendar suggests starting your defensible space work in March. If you have your calendar, check out what work can be done now... and whatever weather March brings, you’ll be well on your way to a more fire safe home and landscape.

Wildfire Mitigation reviews are available by request at:

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

Look there also to check availability of defensible space cost-share grant money.

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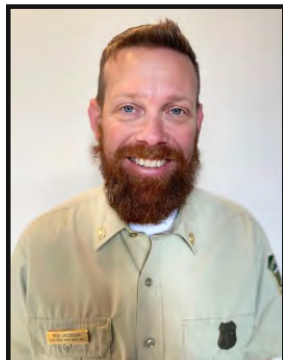
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# Tahoe National Forest Welcomes New Fire Management Officer



By Lauren Faulkenberry, Public Affairs Officer, USFS



Kyle Jacobson

Tahoe National Forest is proud to welcome Kyle Jacobson as Forest Fire Management Officer. He succeeds Jason Withrow, who retired in summer, 2022.

Jacobson began his career on the Los Padres National Forest while completing his graduate education in Forestry

Management. He also worked for the USFS Pacific Northwest Research Station studying fire behavior and fuels. Jacobson joins the Tahoe after spending the last 15 years on the Lake Tahoe Basin Management Unit in a variety of fire and fuels management roles.

"I have known Kyle for over a decade and am excited that he is joining our team on the Tahoe in this critical leadership position," said Tahoe National Forest Supervisor Eli Ilano. "This past summer, Kyle helped us all navigate through the Mosquito Fire in addition to leading our fire, fuels, and aviation programs. He brings a wealth of knowledge, expertise, and passion to the Tahoe."

Jacobson also serves as a member of California Interagency Incident Management Team 4 as a Type 1 Operations Section Chief.

# Renovation Progress at the Center!


Photos - Janie Kesselman



Above: Keith, Bob, and Norm pry out the kitchen window.



Right: Keith steadies scaffolding while Bob cuts the Center's concrete shell.

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[www.myharmonyhealth.org](http://www.myharmonyhealth.org)  
*Good Health Begins with Harmony*

## Remember To Use Harmony Health's Clinic On Wheels on Fridays!

By Carolyn Mumm

In February, I received my second COVID booster shot at the Harmony Health mobile clinic's Friday location at our Camptonville Community Center. I was happy with the professional manner of the health technician and the friendly way I was treated. I was the only person at the clinic that afternoon.

We Camptonville residents need to use this health service or we won't have it. Think about our children and our older folk like me: we don't have to drive into town for things like a tick we can't get out, a screening for moles or warts, a deep cut, or many other kinds

of health problems... on a Friday we can go to Harmony Health on Cleveland Avenue, right in front of the Community Center!

## New Sierra Family Health Center Clinic Opens In Nevada City

By Debra Plass, RN, CEO

Sierra Family Health Center is pleased to announce the expansion of our medical practice in Nevada City. Our new Searles Avenue facility is open three days per week for existing patients. The hours and access for new patients will be announced to the community as we expand.

"With so few providers in our community, this new location will allow for expanded access to care, room for our growing practice, and reduced commute time for staff and patients who live in the area," says Chief Executive Officer Debra Plass.

Rural health clinics are a critical service to the community because they provide cost-effective and appropriate levels of care to individuals who would otherwise not be able to afford health care. Sierra Family Health Center is able to provide high-quality primary health care services regardless of insurance coverage or ability to pay. Sierra Family Health Center now serves 3,000 patients each year in Nevada and Yuba counties, providing comprehensive care with medical, dental, behavioral health, and chiropractic services.

"It's hard to believe that forty years have passed since our clinic first opened its doors. We remain rooted in humble service and kindness, treating each one of you as family. Early on, we learned that your health depends as much on your engagement as it does on the skill of the clinician. Knowing this, we became pioneers in a model that is now called Integrated Collaborative Healthcare (ICH). At its heart, ICH is a commitment to working with patients as partners in healthcare and bringing together clinicians from diverse disciplines to make sure each patient can thrive."

-Dr. Peter Van Houten-

Government and private insurance programs are accepted, including Medicare and Medi-Cal, and a sliding fee is available for uninsured patients. Visit [www.sierraclinic.org](http://www.sierraclinic.org) or call 530-292-3478 for more information.

**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)**

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

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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)




**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)  
**March 3 and 17**  
**April 7 and 21**

**The USDA Commodities Food Bank:**  
Willow Glen Restaurant parking lot, Oregon House  
**The 2nd Friday: 11 am-12 Noon**  
**March 10 and April 14**

**Food Bank in North San Juan:**  
Located at Oak Tree School, Oak Tree Road, NSJ  
**Tuesdays & Thursdays: 12 Noon-3 pm**  
Free Clothing Closet: Call 292-3174 for hours

**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 Jon Messick (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*

**YFACA**  
**Homesteaders Program 2023**  
**Monthly classes**

**MARCH 19**

2ND SEED SWAP,  
SOIL AMENDMENT CLASS  
BRING SOIL SAMPLES FOR  
MINI-EVAL AND SOIL BOOSTING  
ADVICE. DISCUSS HOW SOIL  
AFFECTS PLANT HEALTH, FINDING  
SUPPLIES, AND ALTERNATIVE  
BOOSTING SUPPLIES.

**APRIL 16**

MICRO-GARDENING  
STYLES, IRRIGATION,  
MULCHING,  
COMPOST TEA.

**MAY 21**

ROOT-BEER BREWING,  
AND  
FERMENTING  
PROCESSES.

**2-4pm**  
**ALCOUFFE CENTER**  
9185 MARYSVILLE RD, OREGON HOUSE  
YFACA 530-446-5026

**CLASSES ARE \$10.00 SUGGESTED DONATION (NON-MEMBER),  
OR FREE TO YFACA MEMBERS. MATERIALS COSTS MAY APPLY.**

This is the first of many classes taught by knowledgeable instructors.

 **Help Me Grow**  
Yuba County

Completing a regular milestone screening is one of the best things  
you can do to ensure your child reaches their greatest potential.

Learn more!



Scan the code to complete an  
at-home screening today!

☎ (530)-749-4877 to learn more

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Willow Creek

Photo - Caroline Fowler

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## MARCH 2023 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)



- March 9 and 23 — Rally Point (pg 2)
- March 12 — Daylight Savings Time begins!
- March 18 — St. Patrick's Dinner & Dessert Auction (pg 2)
- March 19 — Wordsmiths & Music Makers (pg 3)
- March 30 — Meet Supervisor Jon Messick (pg 4)
- April 1 — 1st Annual Spring Clothing Swap (pg 5)

### WEEKLY Events:

• CCC = Camptonville Community Center •

- Tuesdays:** Yoga, 5 pm, School Gym  
 Camptonville Fire Dept Trainings, 6-9 pm, Fire Hall
- Thursdays:** Rally Point, 3/9 and 3/23, 5-7 pm, CCC
- Fridays:** Harmony Health Clinic On Wheels,  
 9:30 am-3:30 pm, CCC
- Saturdays:** Coffee@the Center, 10 am-12 noon, CCC  
 Qi Gong, 12:30-1:30 pm, CCC

### MONTHLY Events:

• Call to verify meeting times before attending •

- CCP Board** - 3rd Wednesday, 1 pm, Resource Center: 288-9355
- CCSD Board** - 4th Thursday, 5:30 pm, CCC: 288-3676
- School Board** - 3rd Thursday, 5 pm, CV School: 288-3277
- Pendola Road Association** - 3rd Saturday, 11 am, CCC
- Thirsty Thursday** - 2nd Thursday, 5-7 pm, CCC

*All Food Banks – See pg 11*