

THE Camptonville Courier

Connecting the Community
Since 1997



VOLUME 27

APRIL 2023

NUMBER 4



Earth Day

By Katie O'Hara Kelly

I hope this year brings better environmental awareness and action than in the recent past. We can't do enough to protect our precious earth. Learn as much about your environment as you can. Support environmental agencies such as The Nature Conservancy, Audubon, and The Environmental Defense Fund—any amount helps. Limit your impact on the earth. Reduce, reuse, recycle. Get out in nature as often as you can, and make it part of your life. The beauty and peace are endless!

For me it is simply instinct, and perhaps this is all that a person can try to put into each of her days: attention to the radiance, a rise to the full chase of beauty.

Ellen Meloy — The Anthropology of Turquoise

Seed Exchange April 1st

By Diane Neubert

Welcome to the first Annual Seed Exchange during **Coffee@theCenter** from **10 am-12 pm on April 1**. We would like people to bring seeds in small envelopes or packets that they would like to share. There is no requirement to bring seeds if you have nothing to share this year; just come and enjoy this community event and pick up some free seeds for your future gardens.

Questions?

Call **Mackenzie at 404-414-0852**

or **Diane at 530-648-8032.**





Editor's Note – Marcy Risque

After "snowmegeddon" and now that spring is here, everyone is coming out of the woodwork to hold their event, meeting, class, demo, and celebration — you name it! Check out the events at the Camptonville Community Center, and in North San Juan as well.

On Earth Day, see what Camptonville is doing to help reduce the impacts of climate change (pg 6). We have a caring community of dedicated souls. *Happy Earth Day!*

RENT THE

Camptonville

COMMUNITY CENTER

Private party rentals available

Info at bit.ly/rentCCC
or call 288-5016



A Well-Earned Introduction

By Janie Kesselman

I would like to introduce our Old Toll Road hero, **Anthony Gregg**. He cheerfully plowed almost two miles of our road and Carson Trail so neighbors could get out after "Snowpocalypse." And when he saw me walking down to the road, he asked if he could come on up and plow our driveway as well! What a mensch! Thanks for being such a good neighbor, Anthony!



Anthony Gregg



Anthony Gregg

Photos by Janie Kesselman

Coming Up at the Community Center

By Jesse Golden

Special events:

- Saturday, April 1, 10 am-12 pm Seed Exchange
- Saturday, April 1, 3-6 pm, Clothing Swap and Giveaway
- Saturday, April 8, 12:30-5 pm, CPR/AED/First Aid class; sign up now (pg 4)!
- Thursday, April 13, 5-7 pm, Thirsty Thursday, drinks & snacks
- Wednesday, April 19, 5:30-7 pm, Firewise Meeting (pg 4)
- Saturday, April 22, Earth Day — Forest Biomass Energy Center, water catchment demo, biochar kiln demo (pg 6)
- Saturday, April 29, 4:30-9 pm, Parents' Club Bingo Night

Ongoing events:

- 1st and 3rd Thursdays, 5-7 pm, Rally Point for youth
- Fridays, 9:30 am-3:30 pm, Harmony Health Clinic on Wheels
- Saturdays, 10-noon, Coffee@theCenter, a community event
- Saturdays, 12:30 pm, Qigong class with Sema

Coming up in May:

- May 6, introductory meeting for Bouquets to Art, during Coffee@theCenter
- May 20, Plant Sale and Market, 9:30 am-1:30 pm, at the Lost Nugget Market field

Fun at the St. Patrick's Day Dinner Fundraiser for CCP



Annie McNair and son Sasha

Submitted Photos



Tyann Flower

Published Monthly by Courier Volunteers as a Program of Camptonville Community Partnership, 501(c)(3)

PO Box 32, Camptonville, CA 95922 * Email: camptonvillecourier@gmail.com

Senior Editor: Shirley DicKard 530-288-3479

Editors: Janie Kesselman, Marcy Risque, Sandy Ross

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

Ads & Subscriptions: Linda Brown

Editorial Advisory Staff: Rod Bondurant, Rita Ortega

Folding & Distribution: Rochelle Bell

Finances: Shirley DicKard, Corrin Burdett/CCP

Online Calendar and Website Support: Jesse Golden

Deadline to submit articles: 18th of the month. **Email to:** camptonvillecourier@gmail.com

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

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

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

Our Local Fire Department Needs Your Help!

By the CCSD Board of Trustees

Your support for our Volunteer Fire and Rescue team is urgently needed.

Currently there are fewer than a dozen people who make up the Camptonville Volunteer Fire Department. These are the folks who provide emergency medical service and fire protection to our community when you call 911. They save lives! These volunteer firefighters have huge workloads maintaining the firehall and all firefighting equipment (besides regular jobs). They donate their time, energy, and often their own resources to serve you. Even the Fire Chief is essentially a volunteer. These folks are being stretched to their limits. Without our support they may no longer be able to maintain the level of performance and dedication that we count on and appreciate so much. Let's step up and show our firefighters we've got their backs!

Here's a short list of possible ways to give back to our Fire Department:

- * Sign up to bring dinner to one of the weekly Tuesday evening fire trainings at the Fire Hall.
- * Volunteer to help keep the Fire Hall clean and orderly.
- * Volunteer to assist with routine paperwork.
- * Become a volunteer firefighter!
- * Join the Fire Department's Auxiliary Pink Ladies! (Contact **Rita Ortega 530-288-3421** or **Skip Ness 530-288-3561** to find out more.)
- * Volunteer at the annual Fire Department Picnic (usually in September).
- * Donate money whenever and for whatever amount you can.

Be sure to thank our volunteer firefighters for the vital services they provide and their selfless dedication when you see them in the community and at events.

Please contact **Tedd Sapp, 530-288-3328** to discuss ways you could help support our Fire Department.



Land Clearing
 Forest Management
 Excavation
 (530) 913-3501
 Tedd@sappenterprises.com

Rally Point

By Tyann Flower

What's better than Musical Chairs? Musical Chairs accompanied by live music! March was an exciting month for Rally Point students. As the weather cleared enough for students to meet, guest speaker Kyle Ledson — a fantastic young man with a serious talent for music — shared his experiences in furthering his musical career.

Rally Point students were engaged and eager to learn from Kyle, as he spoke about music field opportunities from performing to producing. Not only did he share his experience as a performer, Kyle also talked about his educational goals and how they relate to music but not necessarily to performing.

Kyle was inspiring as he played many original songs, some going back to his early childhood. If you have not already discovered Kyle Ledson, search for him on YouTube, Spotify, Pandora, AppleMusic, and other music platforms — you will not be disappointed!

Rally Point welcomes all students aged 10-15 to join in the fun while building important skills they can utilize throughout their lives. Our students share in a night of friendship, fun, and games mixed in with a bit of leadership skill building.

Rally Point is held at the community center the first and third Thursdays of the month from 5-7 pm. If you are interested in volunteering your time to the youth in our community, there are mentorship opportunities at Rally Point. I look forward to watching where these students lead.

Rally Point is a Camptonville Community Partnership sponsored program. For more information contact **Tyann Flower at 530-288-9355: tyann@theccp.org**.



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

Firewise Community Meeting April 19th

By Jesse Golden

Camptonville Prepared! invites you to a community meeting on **Wednesday, April 19, 5:30 pm** at the Camptonville Community Center. Our featured speaker is from the Fire Safe Council, speaking on Firewise, the national program that helps neighbors organize together and can save you money on fire insurance for your home.

Emergency preparedness is not just for government any more. Here in Camptonville, we know that much of the work to prevent and prepare for emergencies is on us.

Please invite your neighbors and join us at the community meeting for soup and salad and information that can make your home and property safer!



Camptonville Plant Sale and Market — May 20th

By Jesse Golden,
Camptonville Community Center



Now is the time for those who would like to sell or have an information table to sign up for the 2023 **Camptonville Plant Sale and Market, Saturday May 20, 9:30 am-1:30 pm.**

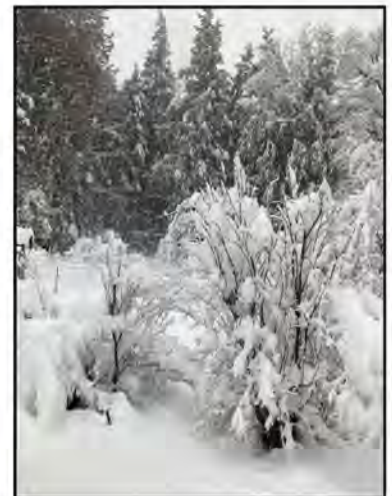
To be a vendor or request an information table, go **online to bit.ly/vendorinfo2023**, read the vendor information there, and click on the link to signup; email **cvillecommunitycenter@gmail.com**, or call **530-288-5016** and leave your name, phone, and mailing address.

Look for flyers and updates at the Lost Nugget Market, the Post Office, and online at **facebook.com/camptonvillecc**.

*"March came in like a lion..."
...and out like a lion too?"*



The March mega snowstorm in Camptonville
Photos by Yakshi Vadeboncour



HEARTSAVER ADULT AND PEDIATRIC

CPR/AED & FIRST AID CLASS

Sat. April 8 12:30-5pm
Camptonville Community Center
 15333 Cleveland Avenue



CPR/First Aid/AED Class with Fire Chief Brandi Dudek on April 8th!

By Jesse Golden

What would you do if someone nearby suddenly collapsed or was injured?

Come learn or review CPR, First Aid and AED, taught by Brandi Dudek, Camptonville Volunteer Fire Department Fire Chief and certified Advanced Emergency Medical Technician, on **Saturday, April 8 from 12:30-5 pm at the Camptonville Community Center.** Certificates available.

Including:

- Adult and pediatric CPR/AED
- Choking
- Sudden illness
- Bleeding control
- Injuries and environmental emergencies

The class is limited to 12 participants and needs at least five participants. Scholarships for financial need may be available; please inquire.

Please make a reservation in advance by emailing **camptonvilleprepared@gmail.com** or calling **530-285-0595**. This reserves your seat and lets us know that we have enough participants.

Cost for class only: \$24 (cash requested). This covers the trainer's fee and a donation for use of the Community Center. Cost for class plus CPR/FA/AED certificate: \$61 (cash requested).

Twilight School Spring 2023

By Tyann Flower, CCP



Once again we are inviting the community to come have some fun, learn a skill, or find a new passion. Mark your calendar for the first two Tuesday evenings in May: **May 2 and 9, from 5-7 pm**. Activities will include, but not be limited to, 1,2,3 Grow, team sports, and a variety of community-led classes that will spark imagination and creativity. Spring is a wonderful time of year to learn something new. Twilight School has something for everyone! Come enjoy with us as we showcase the diverse talents in our community.

The best part of the Twilight School is that it is not only an opportunity for community members to learn and grow, but also for those who would like to share their knowledge and skills. Do you have a passion for a specific topic, a skill in a certain area, or are you even looking to pass on knowledge to others? Twilight School is a great venue to showcase and share your talents. Stipends for materials are available to cover costs for instruction.

For more information, call Tyann Flower at **530-288-9355**; tyann@theccp.org. We look forward to seeing you this Spring!

Learn from Earth Day and Connect with Life

By Patrick Brose, Superintendent and Principal



I usually talk about what is happening at the school and how things are going, but in March we were closed for the most part due to the monster snow storms.


As I write this, we have been back for a few days, and things are going well. A big shout out to **Joseph Gomez** for spending tons of hours clearing snow and making access routes not only for the school, but also for local residents.

Now it's time for a personal tangent. During April we celebrate many things — typically Spring Break, Easter, my daughter's birthday (April 1, so yeah, I have an April Fools baby!), and Earth Day. I have been thinking about what has changed in the past three years for me in regards to the earth and how I personally treat it since joining Camptonville School:

1. I value water far more than I ever have before — both in dry and wet times. I see the strength it provides everything around it, and the power it has to destroy.
2. I am much more picky about trash and waste. Being in a place free of trash just makes it all the more gross when I go back to the city to visit.
3. There is an interconnectedness which exists in natural spaces that I can't fully explain. But I can feel when our neighbors, coworkers, and friends are in need just through our natural connection. Removing the stimuli of the city does wonders!

My earthy challenge to myself this year is learning how to grow mushrooms. Oyster, Lions Mane, and Shiitake are all in the rounds and each time I do it, I get a little better. It is really cool watching how quickly life can sprout, grow, and return to the earth.


Learn something new this Earth Day and connect with life!



YUBA COUNTY OFFICE OF EDUCATION
935 14th Street, Marysville, CA 95901
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



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

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

www.northcolumbiaschoolhouse.org

**The Camptonville Elementary School Parents Club
proudly presents the return of...**

Bingo Night!

**Please join us for a family fun-filled night
with food, drinks, and awesome prizes!**

- Saturday April 29th
- Dinner will be served between 5-6 pm
- Bingo starts at 6 pm

**We will have food, snacks and an assortment of
beverages available for a donation
Cosponsored by Camptonville Community Center**

Think Global: Earth Day Every Day!

By Jesse Golden

Earth Day is a great time to think globally and act locally. Here in Camptonville, on **Saturday April 22**, come celebrate several ongoing projects that can make a huge difference! Come meet up for coffee and treats at the Community Center, and:

- Learn about the **Camptonville Forest Biomass Business Center** which, when built, will feature a 3.5 megawatt power generator that will turn forest byproducts into electricity, reduce carbon emissions, and provide good jobs. Talk to the project team at Coffee **10:30 on Saturday, April 22**, or visit camptonvillebbc.org.

- Learn about Camptonville School's **new water catchment system**, which provides a fully self-sustained garden irrigation system. See a demonstration on **Saturday, April 22, 11:30 am** at Camptonville School.

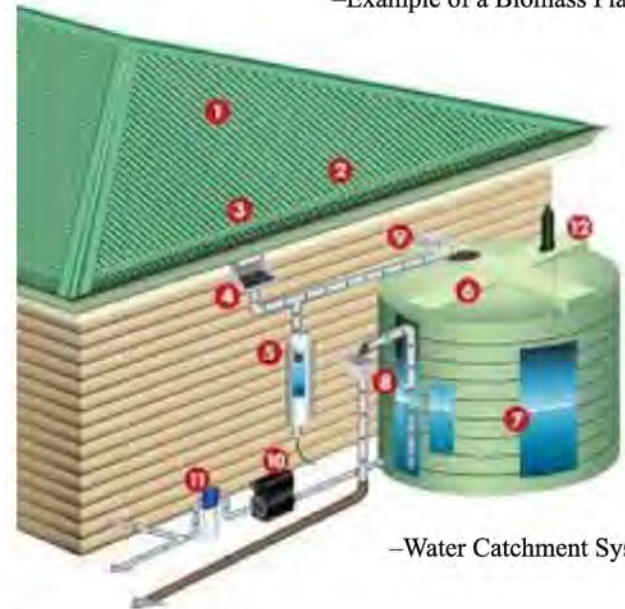
- Learn about using a **biochar kiln**, a great answer to a local problem. Most of us regularly clean up and burn fallen branches and other wood products, but while helping to reduce wildfire risk, that system releases harmful greenhouse gases into the environment. The kiln allows you to burn while trapping 95% of greenhouse gases. See a demonstration on **Saturday, April 22, 12:15 pm** near Camptonville School.

Besides these great efforts, did you know that Camptonville School staff and Parents Club have projects under way such as composting food waste, "Leftovers Day" in the cafeteria, aluminum can recycling and, of course, the school garden? For information, call **Camptonville School, 530-288-3277**.

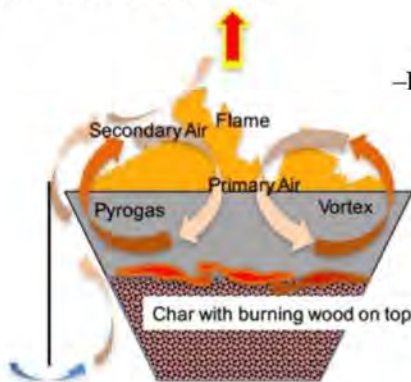
Do you know of another great local project? Let us know: CamptonvilleCourier@gmail.com.



-Example of a Biomass Plant



-Water Catchment System



-Biochar Diagram

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



16448 Highway 49
Camptonville, CA 95922
288.3339

We can help you with your Starlink install!

dish DONADAMS
 AUTHORIZED RETAILER ANTENNA SATELLITE SERVICES
 Since 1979

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

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

Biochar Kiln: How it Works, and Why You Need One

By Jesse Golden

Curious about the biochar kiln? I asked Yakshi Vadeboncour about hers, and she told me that the kiln reduces carbon emissions from burning by an amazing 95%! In the picture of this simple kiln, you can see the red hot flames, but no smoke. The kiln has two steel walls, one just inside the other. You fill it, light it from the top evenly all around and it pulls the air down from above, thus no smoke. When it burns to red hot embers, you refill it and repeat the process as many times as needed, or until you have filled the kiln with embers. Then you hose down the outer part of the kiln to cool and disassemble it.

When the kiln is disassembled, spread the char out thinly and hose it down to stop the burning process, so the fuel doesn't burn to ash, but only to char. Now you have biochar which, per Wikipedia is a lightweight black residue. Besides sequestering carbon so that it doesn't spread in the atmosphere, it can improve water quality, increase soil fertility, raise agricultural productivity, and reduce pressure on old-growth forests.

Come see **Yakshi's kiln** during the **Camptonville Community Center's Earth Day Demos on Saturday April 22, at 12:15 pm.**



Yakshi's biochar kiln

Submitted photo

Right Plant, Right Place

By Beverly Cameron-Fildes

I read, with pure envy, a Facebook post that detailed all that a friend had planted in mid-March. Like many of you, I've been "itching" to get my hands into the soil, to dig it up, refresh it, and plant the seeds that will result in delicious edibles and engaging landscapes. But obligations, both here and out of town, and the constant rain had prevented me from doing more than pulling a weed or two as I walked by on the way to some other "more pressing commitment." But truly, what could be more pressing and important than our commitment to caring for our land in a way that will help make it more fire resistant?

The April page in the 2023 calendar is dedicated to fire resistant landscaping and promotes the idea of "right plant, right place." With a little research and preplanning, many plants can be fire resistant as well as attractive.

Where to plant? Plants really should be outside the 0-5 ft. zone from the home. Using that guide, locate plants away from siding, vents, eaves and out from under windows and decks. Also avoid tree limbs overhanging roof/chimney. Remember, keep it clear.

What kind of plants? Look for plants with high moisture content in leaves that are slow-growing and open-branching. A properly pruned rose is a good example of open-branching. Aloe plants are also a good choice. Stay away from resinous plants like rosemary and lavender.

Another issue to consider when planning your landscape is your ability to maintain the vegetation. Some trees and plants require great amounts of water and can be difficult to keep pruned because of size. Keep these factors in mind when selecting plants.

Another tip for fire resistant landscaping is to use non-flammable decorative rock in place of highly flammable bark. It's also easier to clear dead leaves from the rock.

Go to YubaFireSafe.org and request a free **Wildfire Mitigation Review** to help plan your fire resistant landscape and take advantage of the Defensible Space Cost Share grants now available.

Stay Fire Safe.

Your Local Mercantile
featuring garden supplies,
home repair products,
hardware, tools, PVC,
swim tubes, snow shovels,
fishing gear,
grass seed, plants,
fruit trees, seeds, flowers, gifts
and a whole lot more.
Knowledgeable staff,
lots of smiles.

SWEETLAND GARDEN MERCANTILE
DIG IT!

29435 State Hwy 49
Downtown North San Juan, CA
530-292-9000
www.sweetlandgm.com

Tinnel Painting

Professional Quality Work

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

CSL # 873151
Insured

Daniel Tinnel
(530) 277-3564

Bullard's Bar
Emerald Cove
MARINA

530.692.3200
Toll Free 877.692.3201
www.bullardsbar.com
info@bullardsbar.com

BOAT RENTALS



Tahoe National Forest Update

By Amanda Siciliano

Tahoe National Forest, USFS

Despite the heavy snow load and storm damage we received this year, the Bullards Bar campgrounds are still scheduled to be opened on April 15. Recreation crews have been working diligently to clear vegetation and downed limbs from the campgrounds and repair any damaged facilities.

Our timber department is starting the sale boundary layout on the North Yuba Landscape Resilience Project, and more seasonal staff will be onboarding to the crew soon. Staff are also planning a few school visits, to talk to students about future careers in forestry.

The **Hotshot Half Marathon** is scheduled for **April 22, 2023**. You can register for the annual 14.5 mile trail race at www.hotshothalf.com

Fuelwood cutting permits are now available for purchase. For information on how to purchase a permit, please call the Nevada City or Camptonville offices.

Residential burn permits can be obtained online at burnpermit.fire.ca.gov, or by visiting our Nevada City office during regular business hours.

Are you interested in working with us? You can check www.usajobs.gov to find career opportunities. Openings are common, so it's recommended to check the site regularly.

- Our Camptonville office is closed until further notice.
- You can still contact the **Yuba River Ranger District** by calling **530-362-8259** Monday-Friday, 8 am-4:30 pm. In-person appointments can be made if needed.
- **The Nevada City Supervisor's Office** is open 9 am-4:30 pm Monday-Friday, **530-265-4531**.

Earth Day 2023: Reaffirming Our Commitment to the Yuba River Watershed

By Willie Whittlesey, General Manager, Yuba Water Agency

The North Yuba Forest Partnership is a shining example of the power of investments and bringing the right people together to get things done. What started with an initial \$1.5 million commitment from Yuba Water in 2018 to help restore nearly 15,000 acres in the Tahoe National Forest has evolved into a tremendously valuable partnership that is undertaking one of the largest scale landscape restoration projects in the state.

What's more, the North Yuba Forest Partnership has successfully leveraged more than \$35 million in additional funding from the state and federal governments to initiate shovel-ready projects to reduce catastrophic wildfire risk across more than 300,000 acres in our watershed. This includes roadside vegetation treatments, meadow restoration, ecological thinning of forest density, prescribed fire, and more.

In addition, Yuba Water is a longstanding partner on several projects that reduce flood risk for people while benefitting fish and wildlife. Projects like the Feather River Setback Levee and, most recently, the Hallwood Side Channel and Floodplain Restoration Project have restored and enhanced more than 1,500 acres of riparian habitat for fish, like salmon and steelhead, and other wildlife.

As a registered professional forester who grew up in the Sierra Nevada foothills, the stewardship of the Yuba River watershed is not just my job as General Manager of Yuba Water, it's something deeply personal to me. Happy Earth Day.

Learn more at yubawater.org.



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

Located at our **Family Resource Center** behind Camptonville School
Monday thru Friday 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 • camptonville.com
PO Box 218, Camptonville, CA 95922



Powering A Brighter Future for Yuba County



Flood Risk Reduction • Water Supply • Hydropower
Fisheries • Recreation

[f](https://www.facebook.com/yubawater) [i](https://www.instagram.com/yubawater) [in](https://www.linkedin.com/company/yubawater) @yubawater YubaWater.org

Yuba Water Unveils Plans and Priorities

By Alex Boesch, Yuba Water Agency

The Yuba Water Agency Board of Directors received an in-depth presentation on the agency's recently completed Flood Risk Management Plan, which outlines and prioritizes future flood risk reduction projects and efforts. As part of the presentation, Yuba Water introduced a new infographic demonstrating just how frequently the Yuba River sees high flows, and just how high those flows can get.

The new plan is a result of a year-long study to identify actions that Yuba Water should take to further reduce the risk of catastrophic flooding for Yuba County and other downstream communities. The four overarching goals of the plan are to reduce flood risk to the lowest level practicable, increase the flexibility and resilience of flood control facilities and operations, increase Yuba Water's local partners' capacity for levee maintenance and emergency response capability, and demonstrate proactive environmental stewardship.

The major project recommendations include a planned second spillway at New Bullards Bar Dam that would offer more flexibility to release water before large, threatening storms, 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. The detailed plan can be found at yubawater.org.



Water release at Bullards Bar Photo by Janie Kesselman

MONTH OF THE YOUNG CHILD

Visit our virtual bulletin board for events and activities!



(530)-749-4877 to learn more or add your event to the calendar

Recognized by: 

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


Harmony Health
MEDICAL CLINIC AND FAMILY RESOURCE CENTER
a californiAhealth center

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

Good Health Begins with Harmony

Earth Day Celebrations at Oak Tree School!

April 22, 12- 4 pm

18847 Oak Tree Road

Free! (Some items available for purchase.)

Information: NSJ Family Resource Center 530-292-3174

First Wednesdays of the Month Seniors on the Go Luncheon

11:30am to 1:30pm
10034 Marysville Rd. Dobbins
Hosted at the SDA Church dining hall
Soup, Salad, Fruit and Dessert Bars
Suggested Minimum Donation \$3

April 5th
Vision screenings will be offered by the Lions Club 4C-1 and you could qualify for free glasses.

May 3rd
Led class of gardening tips and tricks.

June 7th
Professional woodcarver and Disney artist, Raymond Kinman, will be our guest. He will talk about his craft and his journey.

Check out our new DVD Movie Library! Over 300 selections to lend for free!

Come for our lunch. Stay for the free Service/Guests

World Tai Chi and Qi Gong Day, April 29th

By Sema Kelly, Qi Gong Instructor

Hello Camptonvillians and Friends! The last Saturday of April is celebrated in over 80 countries as World Tai Chi and Qi Gong Day. This year, April 29, 2023 is the day. To join the celebration, we'll have a complimentary Qi Gong practice at the CCC on **April 29, from 12:15 to 12:30**. It's right after Coffee@theCenter. Come Join Us!

Here is a beautiful and inspiring three-minute video on YouTube:

<https://www.youtube.com/watch?v=ZsZHGI1CZWbQ>



☯ We Are the World — Earth Day at Oak Tree

By Diana Pasquini

For those who think of the shimmering orb we call home as a world apart, think again. We are a part of, not apart from, Planet Earth. In the words of renowned twentieth century astrophysicist Carl Sagan, "We are made of star stuff." The elements that comprise our bodies are the same elements that comprise the body on which we reside, as well as all her creatures. Although our universe may be vast and other worlds may be infinite in number, this Earth, this beautiful, bountiful planet is our only home. When she is hurting, we are hurting. When she is gone, we are gone.

Just as Thanksgiving is a day upon which we acknowledge and celebrate the many blessings in our lives, so Earth Day is a day upon which we acknowledge and celebrate this glorious planet. It is a time to be mindful of our impacts and to be grateful for the exquisitely diverse, radiantly wondrous world we inhabit.

After a three-year COVID-induced hiatus, Earth Day has returned to the San Juan Ridge. Beginning on Oak Tree School's upper campus from **Noon-4 pm on Saturday, April 22**, the San Juan Ridge Family Resource Center's family-friendly event will include American Indian drumming, yoga, arts and crafts, information from local organizations, a sustainable and recycled fashion show, and more. Hope to see you there! For information, call the **Family Resource Center at 530-292-3174**.

Spring Events at the North San Juan Community Center

By Pamela Rasada

Spring is upon us and with that come many opportunities for community gatherings. The North San Juan Community Center Board looks forward to celebrating Ridge style at multiple exciting spring events.

Keep an eye on our Facebook page and our website for information. If you are interested in volunteering, or would like a booth for vending at one of our events, reach out and let us know. Our contact information is below.

Join us on **April 9 for Easter Brunch!** We have some fun activities planned, including an Easter egg hunt, an open mic, a silent auction with Easter baskets, and a special menu, developed by Chef John Finnegan, featuring delicious, hard-to-choose-from items. Menu items range in cost from \$10 to \$20.

We will have hot chocolate, coffee, and juice available for purchase, and we offer a free mimosa with each adult breakfast. Veterans and members of the Fire Department receive \$2 off their meal. For those 12 and under, there is a reduced cost children's menu.

If the weather is clear, we will have outdoor booth space available for local artisans and vendors. Those interested in reserving a 10'x10' booth space can contact the **NSJ Community Center at NSJCommunityCenter@gmail.com or 530-522-8205**.

The North San Juan Community Center is located at 29190 Highway 49 in North San Juan. All proceeds from the Easter brunch support the warming shelter and other community programs hosted by the NSJ Community Center. Check out our community calendar of events on our Facebook page at <https://www.facebook.com/NSJCenter> or our website <https://www.nsjcommunitycenter.org/>

Tea Party event in Downieville

Food Distribution in the Yuba County Foothills



The Foothill Food Pantry:

Alcouffe Center, 9185 Marysville Road,
Oregon House

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

(Closed the week of USDA distributions)

April 7 and 21

May 5 and 19

USDA Commodities Food Bank:

Willow Glen Restaurant, Oregon House

The 2nd Friday, 11 am-12 pm

April 14 and May 12

Food Bank in North San Juan:

Located at Oak Tree School, Oak Tree Road, NSJ

Tuesdays and Thursdays, 12-3 pm

Free Food and Clothing: 530-292-3174 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) _____ 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

Bouquets to Art Again!

By Katie O'Hara Kelly

I would like to encourage and remind everyone to be in the Bouquets to Art Show this year. I'll be giving a short intro/pep-talk about the show at Coffee@theCenter from **10-11 am on Saturday, May 13**. Last year we had 16 entrants; let's get twice that number this year! The show itself will be at the Center on **Saturday, June 3, from 10 am-2 pm**.

Please email me if you have any questions at northyubanaturalist@gmail.com.



Harmony Health
MEDICAL CLINIC AND FAMILY RESOURCE CENTER
a call for 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

Chiroprator 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

Marysville	Wellness Center
1908 N. Beale Rd. Ste. E Marysville, CA 95901 (530)743-6898	1990 N. Beale Rd. Marysville, CA 95901 (530)645-7336

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

Most insurances accepted

www.myharmonyhealth.org

BEAR YUBA LAND TRUST PRESENTS
NATUREFEST
Scavenger Hunt • Outdoor Activities • Nature Journal Raffle
Saturday, April 8th 9:30am-1:30pm
FREE
All-Ages
Family &
Youth Event

Cascade Canal Trail • Hitchman Trail
Wolf Creek Trail • Wildflower Ridge Trail
RSVP TODAY by visiting www.BYLT.org
#BYLTNatureFest

The Camptonville Courier
PO Box 32
Camptonville, CA 95922

Prsrt., Std.
U.S. Postage
PAID
Permit 4
Camptonville, CA
95922

Performers in Wordsmiths & Musicians on March 19th, which included local writers, poets, songwriters, and musicians. What a wealth of talent!



Photo by Shirley DicKard

Mackenna

Photo by Tosha Prince

*****ECRWSS 22B001
Postal Customer
PO Box or HC Route 1
Camptonville, CA 95922

April 2023 Community Calendar

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

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

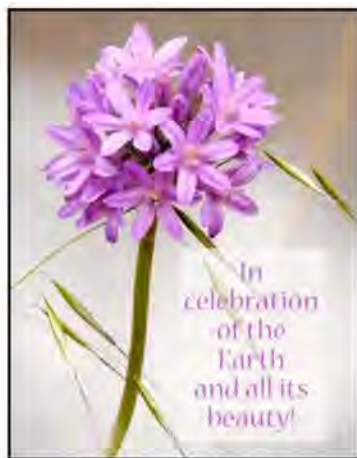


Photo by Katie O'Hara Kelly

- April 1 — Seed Exchange (pg 1)
- April 1 — 1st Annual Spring Clothing Swap, (pg 2)
- April 5 — Seniors on the Go, Dobbins (ad, pg 9)
- April 8 — CPR class (pg 4)
- April 8 — Nature Fest (ad, pg 11)
- April 9 — Easter Brunch and Egg Hunt, NSJ (pg 10)
- April 19 — Firewise Community Meeting (pg 4)
- April 22 — Forest Biomass Energy Center, water catchment demo, biochar kiln demo (pg 6)
- April 22 — Earth Day Celebration, NSJ (pg 10)
- April 22 — Mad Hatter Tea Party, Downieville (ad, pg 10)
- April 29 — World Tai Chi and Qi Gong Day (pg 10)
- April 29 — Bingo Night (pg 5)

WEEKLY Events

(CCC = Camptonville Community Center)

- Tuesdays:** Yoga, 5 pm at the School Gym
Camptonville Fire Dept. Trainings, 6-9 pm, Fire Hall
- Thursdays:** Rally Point, 4/13 and 4/27, 5-7 pm, CCC
- Fridays:** Harmony Health *Clinic on Wheels*,
9:30 am-3:30 pm, CCC
- Saturdays:** Coffee@theCenter, 10 am-Noon
Qi Gong, 12:30-1:30 pm, CCC

MONTHLY Events

Call to verify meeting times and location

- CCP Board - May 17th, 1 pm, Resource Center: 530-288-9355
- CCSD Board - 4th Thursday, 5:30 pm, CCC: 530-288-3676
- School Board - 3rd Thursday, 5 pm, CV School: 530-288-3277
- Thirsty Thursday - 2nd Thursday, 5-7 pm, CCC

All Food Banks - see pg 11