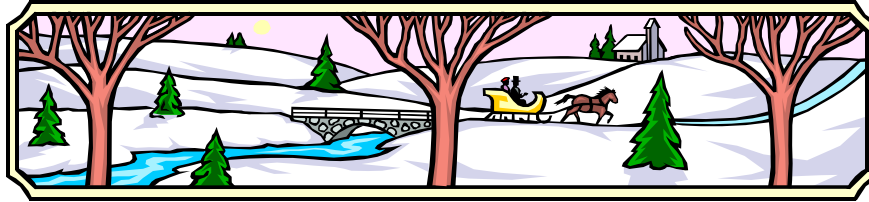


Camptonville Community



Courier

December 2003

Circulation 485

Vol. 7 No. 12

Holiday Twilight School

By Paula Sweeney

December's Holiday Festival is fast approaching! Mark your calendars for December 9th, from 6pm to 8pm at The Camptonville School.

There will be many local artists selling homemade crafts and baked goods. You can do ALL of your holiday shopping in one place! See inserted flyer for more details.

There will also be a holiday crafts class for all ages and all supplies will be furnished. Come with a creative mind to make that special holiday ornament!

Don't forget the caroling group... Bring your instrument and/or voice and join in!

If you'd like to reserve a FREE spot to sell your wares, please call The Camptonville Resource Center: 288-9355 or Paula Sweeney: 288-0909.

Santa Claus is coming to town

Have you been naughty or nice? Santa Claus will make an early stop at the Camptonville School gym Dec 20th at 5:30pm. He and his elves will be in attendance for all the girls and boys with gifts and goodies. Everyone is welcome.

Sponsored by the Camptonville Christmas Club

You can change the world

By Audrey Bowman

That is the optimistic message of Roots and Shoots, a new youth club forming at Camptonville School. Roots and Shoots is designed to engage and inspire youth of all ages through service-learning projects.

Founded by Dr. Jane Goodall, this fast-growing global program is based on the principle that knowledge leads to compassion, which inspires action. The group will be planning and implementing service programs in three areas: the environment, animals and the human community.

We are looking at having club meetings two days a week after school: one day for younger children and one day for older ones. Principal Gary Bowman supports the program and has offered to provide bus transportation for participating children. AmeriCorps member and credentialed elementary school teacher Audrey Bowman will be leading Roots and Shoots, "I am excited about all the great projects we will be doing. The club will not only teach kids that they can make a difference but it will be a lot of fun, too." Please contact Audrey at the Resource Center at 288-9355 or email crc@cville.k12.ca.us if you have any questions or would like to learn more about Roots and Shoots.

New! Free classified ads
See page 8.

Sustaining each other in a community that cares.

Follow-up ideas from the town hall meeting

By Shirley DickKard

A group of dedicated, or just curious folks met Monday night (11/17) to throw around some of the ideas developed at the Town Hall meeting held at the Community Appreciation dinner on 10/26. After talking awhile on what we felt was of value, several key concepts arose. The main theme that everyone seemed to agree with in some way is that we value *sustaining each other in a community that cares*.

This took many forms.

- **Sustainable agriculture and environments.** We talked about building on the Camptonville Family Garden idea so that community members could support the people who grew produce and other products, while themselves eating locally-grown nutritious food. There were many spin-off ideas that I hope will emerge over time, (see next page).
- **Making a living.** We all agreed that wherever possible, that project and plans include ways for people to make a living here in Camptonville.
- **Disaster planning.** How can we support each other through difficult times? Several people are exploring the CERT training, (see next page).
- **Recovery** – There's interest in starting an AA group here in Camptonville where people can count on having a place to show up regularly.

- **Twilight School.** Since we all want to continue gathering for fun and education, and funding for TS may be gone, we thought having a "Community Night" that rotates to various locations around town – fire hall, school, near local businesses, etc. We might have a theme, or just have fun.
- **Connecting our skills and businesses.** There are plans for another edition of the Gold Pages Business and Services Directory, and also a revival of the "Neighborhood Network." skills bank.
- **The Courier!** How this little publication sustains our community! We may have to start sustaining it's publication with donations to keep it going.

If you're interested in any of these ideas, and want to know who the lead contact people are, call the Resource Center 288-9355 and watch for follow-up information.



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Address all correspondence for the Camptonville Courier to:

PO Box 32 Camptonville, CA 95922

Contact: Rod 288-3550, or Cathy 288-0913

Your Camptonville Newsletter Committee

Roger Rapp (world correspondent), Cathy LeBlanc, Bob Carpenter, Rod Bondurant, Joan Carpenter, Rochelle Bell, Yana Slade

Just a few steps farther

By Elzeard Rapp

You know, time really does fly when life is full, last month seems to have escaped me in the blinking of an eye. So in-between mouthfuls of a sandwich, sans the lettuce I forgot to get some last I was in town, I contemplate the response to "Can Camptonville CSA?" It's a question that in my opinion has not been answered in full yet. While the e-mail response to the question was almost non-existent, the verbal was overwhelmingly positive, especially at last months Town Hall meeting.

I now know of several community members who would love to move towards a more self-sustaining agricultural system in C'ville. We have even had the generous offer of land to cultivate this dream on. Although, as of yet the land has no farmer to tend it, I'm sure from among the green thumbed wizards of our little community a champion of this cause will venture forth.

So let us close ranks to give that champions a warm reception when they step to the fore, e-mail me at lizeard@yahoo.com or write to CSA care of The Camptonville Courier PO Box 32 Camptonville CA 95922, simply to let me know if you would be interested in supporting a CSA in Camptonville, or becoming our CSA champion (farmer).

I know the support is out there, I just need to get some idea of the numbers in our ranks. So send me a message before another month escapes us all, and maybe next year success can be written in organic Camptonville lettuce for a great many sandwiches.



Community Emergency Response Team forming

By Audrey Bowman

In response to local interest, Camptonville residents are forming a group called Community Emergency Response Team (CERT). CERT will be comprised of people in our neighborhoods who want to be better prepared for the hazards threatening Camptonville. Initially, CERT programs were developed to assist communities in taking care of themselves in the aftermath of a major disaster when first responders were overwhelmed or unable to respond because of communication or transportation difficulties. As the CERT concept has taken hold across the county, however, CERTs have become much more than originally envisioned. CERTs have proven themselves to be an active and vital part of their communities' preparedness and response capability.

Camptonville residents Audrey Bowman and Connie Gross are acting as Program Coordinators. We are looking at starting CERT training in January. Everyone is welcome and anyone interested in CERT should contact Audrey Bowman at the Camptonville Resource Center 288-9355

"2004" Gold Pages

By Pam Wilcox

In 1999 the Yuba Community Collaborative for Healthy Children and the Yuba Watershed Alliance sponsored the first Gold Pages of Camptonville, a local community services and business directory. We followed with an updated edition in 2000, 2001 and 2002. 2003 slipped by, 2004 is just around the corner, and the Camptonville Community Partnership and Yuba Community Collaborative for Healthy Children will sponsor our next "2004" edition.

To list a community service or business in the "2004 Camptonville Gold Pages" call and leave a message for Pam at the Camptonville Resource Center 288-9355.

CanWORK Rural Senior Forum

By Cathy LeBlanc

Did you know that there's Bingo in Downieville weekly? That Downieville has an Outing Coordinator that brings their seniors to Reno trips and Grass Valley doctor appointments? Did you know that North Gold Senior Mountaineers have a senior exercise class weekday mornings and a complete restaurant certified kitchen? Did you know that Ponderosa Community Center in Brownsville has a quilting club and daily senior lunches (weekdays)?

Yuba County Supervisor Hal Stocker was amongst the 20 plus interested citizens gathered at the LDS church November 19th for the CanWORK sponsored forum to discuss senior resources. The most distinguished guests were the seniors themselves including representatives from Camptonville, North San Juan, Downieville and Brownsville. We joined together as a region to find the resources available to area seniors and to locate the "holes" or missing elements. Here's some of what we discovered:

The three community centers for seniors (identified above) have a common need, Transportation. We looked to Hal on this, he

informed us that when groups like this bring their issues to their Board of Supervisors it can be very effective.

A committee was formed to take the next steps that will include a "phone tree" for volunteers and development of an idea for an "adopt a senior" type program. Nancy Niccoli volunteered to bring together the forum outcomes into a resource guide available soon. If you are interested in knowing more or would like a copy of the local guide, call the Camptonville Resource Center 288-9355 ask for Jeannie or Cathy.




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from Helene Riley

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The little town that could

By Cathy LeBlanc and Jen Bliss

Highlights from An Invitation to ACT November 21

Why do we know the most intimate details of celebrities yet very little of the names of the native plants in our forest or which ones are edible? What can we do for our own sustainability as a planet? Why do we put poison on our foods to keep them safe from insects yet harmful to us? Why do we allow dioxins, perhaps the largest contributor to cancer, to be a part of our everyday existence? Why do we not know this and why does our government continue to allow it to be in our environment? These were some of the thought provoking ideas brought into focus by activist, author, journalist, small farmer, bee keeper, teacher and philosopher Derrick Jensen author of "A Language Older Than Words".

Mimi Mills of Light in the Dark Foundation originator and producer of the event, illuminated the message, which threaded itself through the evening, "No matter what you do for a living, no matter what your field of expertise is, make an effort to support and cultivate awareness, respect and social change through action.

Joan Baez spoke of the importance of being in the moment, being here now. She illustrated that by her presence. She told us that she had made a conscious effort to not plan how she would engage the audience. And because of her brave spontaneity we were treated to a unique evening of song and remembrances of her personal journey as a folk singer and activist.

Hundreds of folks in attendance were given the opportunity to be a part of mobilizing efforts for community support. We (Camptonville Community Partnership) shared table space with "Animal Save" and were next door to "KVMR

Community Radio". Before the event and during the break attendees were encouraged to become involved through volunteering, offering goods or services, becoming a member, making a donation or anything else they could think of. As a result the Courier may have a few more subscribers and at least one more volunteer.

So I say we have a lot to be proud of in Camptonville. The little town that could was highlighted for its ability to support the health, education, economic and social well being of Camptonville residents of all ages. In other words, we are a community in action.




Heather K. Morrison

 Forestry & Horticultural Services

Forester, R.P.F. #2681
 Pest Control Advisor, P.C.A. #03027

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**haircut's, highlight's
& perm's**

 by JEANNIE 288-0220

The winter garden

By Cheryl Zatuchni

Gardens are not just for summertime. Even while the leaves on the trees are turning brilliant shades of gold, the cabbages and broccoli are still growing. Carrots planted last spring are being harvested now, and after several frosts and some snow, the fall-planted spinach and chard are still alive, and delicious too. Turnips are another wonderful fall/winter crop. There's nothing quite as colorful and tasty as early winter feasts from the garden.

The best time to harvest pumpkins and winter squash, like butternut and acorn squash, is after a good frost. They will keep for some time in a cool, dark, dry place, which isn't too hard to find this time of year. Or, for the more adventurous, pumpkins can be cooked, (sliced and steam-baked), and then pureed and frozen for pies, soup, cookies, and bread. And don't forget those pumpkin seeds; roasted on the woodstove, or in the oven, they are a tasty and nutritious snack.

Wintertime is an excellent time to get your soil amendments into the ground. Sprinkling rock powders such as rock phosphate and oystershell lime, as well as your wood ashes, onto the surface of the soil now will allow them to soak in all winter, so that by spring, the nutrients will be ready for the plants to absorb. Better to wait until spring, though, before applying nitrogen fertilizers such as compost or manure, as nitrogen breaks down more rapidly in the soil than phosphorus or potassium.

Early winter is also an ideal time to transplant your perennial herbs and flowers. Look around your garden and ask yourself (or the plants!) if they would be happier somewhere else. Perhaps one plant would do better in a shadier location, while others would love that sunny spot in the border. And if your perennials are getting a bit crowded, now is a good time to divide them and plant that new area you've been wanting to fill in; they will have all winter for their roots to settle into their new place.

Free medical and dental services

If you have no insurance and you meet financial eligibility you can receive services at either the Sierra Family Medical Clinic or the Oregon House Clinic. When you make an appointment, ask to be screened over the phone for the Camptonville Rural Health Grant.

Free counseling

If you have no insurance and meet financial eligibility requirements, you can receive up to 10 free sessions with the following counselors: Jennifer Sales 292-3478, Geeta Dardick 292-3059, Tom Young 265-3307, Yana Slade 478-6943.

Either call the Camptonville Resource Center 288-9355 to see if you meet the eligibility requirements or call the therapist of your choice and they will screen you over the phone. You do not have to give your name. Tell them you are interested in the Rural Health Grant. Know a counselor you would like to go to? If they are a licensed counselor, tell them to call Yana Slade 478-6943 to be added to the provider network. All sessions are confidential.



Smile Secret #3

Don't let your teeth be like the stars and come out at night!
Brush, floss and eat good foods.



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Merry Christmas to one and all

From Connie Gross & Barbara Muller-Hogan

"1,2,3, Grow" would like to invite parents and your children 0-5 years old to a Holiday Get-together on Thursday, December 18th at 9-11am. We will be doing crafts, having snacks, and giving out a small gift for the little ones. Our program has been going on since April 2003 and is doing very well. It is a free program held on Tuesdays, Wednesdays, and Thursdays, 9-11am.

We invite you all to come and enjoy the socialization, fun and learning! We are located behind the Camptonville School in the red portable building. Come on down.

Please call the Resource Center if you plan on coming to our Holiday get-together. R.S.V.P. by December 12th at 288-9355.



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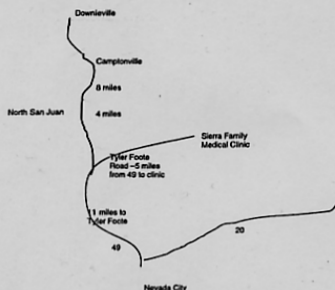
FAX: (530) 741-6500

E-MAIL: rteagard@yuba.net



Appointment Hours: Phone: (530) 292-3478
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 Sat 1-4

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**Mental Health News
From Nancy and Yana**



“WINTER HOLIDAY POEM”
December Celebrations
By Helen H. Moore

Every year at just this time,
In cold and dark December,
Families around the world
All gather to remember,
With presents and with parties,
With feasting and with fun,
Customs and traditions
For people old and young.
So every year, around the world
In all lands and nations,
People of all ages love
December celebrations!

Dear Parents:

It's Holiday time again! We are having a food and toy drive for families who are in need in our community. We are asking for donations of food, toys, or money. There is a box in the front hall of the school for all food donations. Toys and money should come to the Resource Center or be given to Skip.

If you or anyone you know is interested in donating, or receiving, a dinner basket, or want to be put onto the "Secret Santa List" to give or receive, please call me at the Resource Center - 288-9355.

Thank you.
♥ Barbara

Courier Classified

Experimental program: free classified ads. Call 288-3550 to place yours.

Mountain bike for sale

Kid's size Giant MTX, 20" wheels, six speed
\$100 firm: 288-0519

Free Sears electric dryer "ran when we parked it": 288-3550

Free pickup truck shell 61" X 90" 288-3550

Free bunk beds, metal framed: 288-0913

Medical back office person

Immediate opening for experienced assistant. Upbeat, multi-tasker with typing skills to enhance our very busy family orientated clinic team. 32-40 hrs/wk. Good wage & benefit package for the right person. Send resume to: Sierra Family Medical Clinic 15301 Tyler Foote Rd. Nevada City, Ca 95959 or fax to 292-4296. For details, call Wendy @ 292-3478 ext 207 or option #6.

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▪ Trying to make Camptonville Fire Safe

Downieville Ranger District

By Betty Leffew

As the holiday season is upon us, I would like to remind you that the Tahoe National Forest does not have a Christmas tree cutting program. Personal use Christmas tree cutting permits are available in the Plumas National Forest. For information, please call the ranger station in Quincy at (530) 283-0555 or in Blairsden at (530) 836-2575. For the price of \$10.00 per tree, you will receive a map of the Christmas tree cutting areas, regulation, and a permit.

Burn permits are no longer needed for dooryard burning. Burning in burn barrels will not be allowed after the end of December, 2003. You still need to check the Department of Air Quality for burn day status. During business hours, call the North Yuba Ranger Station for burn status information. After hours or on weekends please call the appropriate county:

- Sierra County: 289-3662
- Nevada County: 274-7928
- Yuba County east of Bullards Bar
(Camptonville): 289-3662 or 274-7928
- Yuba County west of Bullards Bar: 743-1189

Fishing in Sierra County rivers and streams closed on November 15, 2003. Fishing in the lakes and reservoirs is open year round. Brochures are available at the ranger station.

We finally have snow in the high country. Watch out for bare patches. Feel free to come in and get our Winter Recreation Map. As of November 21, 2003, the North Yuba Ranger Station has received 7.13 inches of rain. Last year at this time the yearly rainfall total was 8.40 inches. The rain was a long time coming, so we are still below normal.



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 www.moonshinecampground.com
 Dwayne & Chris Dobbins, Mgrs.



Senior news

By Carol Wenger

NEW MEMBERS ALWAYS WELCOME
 We are always seeking new members to join the North Gold Senior Mountaineer (NGSM) lodge. If you are 55 years of age or older, or 50 years of age, if disabled, you are always welcome to join us to meet new friends and neighbors and enjoy our weekly Tuesday luncheon. Please call John Skoverski at 292-3315, or stop by at the NGSM lodge any Tuesday at 12 pm to enroll.

The NGSM offers the following community events for residents to meet your neighbors, enjoy a friendly, relaxing atmosphere and a good meal in support of our local seniors.

SENIOR LUNCH EVERY TUESDAY. Lunch will be served every Tuesday at 12:00 noon. Please make reservations in advance by signing the reservation list at the front desk at the lodge, or by calling John Skoverski at 292-3315 no later 5:00 p.m. the Sunday evening prior to Tuesday lunch.

On December 14th We will be having our monthly breakfast. We welcome anyone who would like to join us.

Breakfast Menu
2 Eggs (made to order)
2 Pancakes or Waffles
Sausage or Ham
or
Biscuits and Gravy
Sausage
Orange Juice and Coffee
Donation
Adults \$4.00 Children 2.50

SENIOR MEMBER FUN NIGHT is hosted on the last Friday of the month. Our next Senior Fun Night is Friday, December 26th. Please bring a dish for our potluck and after dinner we play cards, games or just visit.

EXERCISE WITH SUE on Monday, Wednesday, and Friday from 8 a.m. to 9 a.m. at the NGSM lodge.

TREE OF LOVE 2003. Friends of Hospice will host their 18th annual "Tree of Love" Lighting Ceremony at Sierra Presbyterian Church, 175 Ridge, Nevada City, on Thursday December 4th. The Memorial Service will be held at 6:00 p.m. followed by a Reception. For more information call Lindy at 271-0707.