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On the Cover: Camper Emma Gallier performs in Redding Performing Art Center's production of "Finding Nemo, Jr." during RPAC's 2023 Summer Camp. RPAC offers classes, lessons, and camps for students of all ages. For more details visit reddingpac.com.

Cover Photography: Sam Borquez, a Northern California based photographer, is the official photographer for Redding Performing Arts Center. He expertly captures the grace, beauty and essence of young RPAC performers. Inquiries can be made by contacting him at [@savorshasta](https://www.instagram.com/savorshasta) on Instagram and Facebook.

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Happy Mother's Day, Readers!



Pamela Newman
Publisher



Stacey Leigh Mohr
Managing Editor



Kate Hiller
Columnist & Marketing Representative

We, as mothers and grandmothers, work to support moms and families in all we do. We wish you the very best Mother's Day and joy in your family all year long!



Joann Goble
Marketing Representative



Jennifer Arnold
Columnist



Marilyne Shamansky
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Publisher: Pamela Newman
Managing Editor: Stacey Leigh Mohr
Family Calendar Editor: Isabel Henson
Production: Marc Schrievers
Photography: Sam Borquez, Betsy Walton
Sales & Outreach: Kate Hiller, Joann Goble & Pamela Newman
For Billing Questions: billing@northstateparent.com

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Main office: (530) 926-1287
310 N. Mt. Shasta Blvd.
Mt. Shasta, CA 96067

Mailing address:
PO Box 1602
Mt. Shasta, CA 96067



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BrightLife Kids

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Caring for Your Kids Starts with You: Self-Care Tips for Parents and Caregivers

If you're a caregiver, you need to be a care receiver, too.

Devoting your days (and nights) to caring for infants, toddlers, teens, or adults who need it can be both rewarding and exhausting. The hours spent making sure that person (or people) are fed, hydrated, safe, and healthy are worth it. That said, sometimes that effort leaves you too tired to take care of yourself. You might find it easy to prioritize others, but it can be just as important to move your own needs up that list at times. After all, if you're worn down, unhealthy, hungry, or too tired, you won't have the energy to do anything for anyone. And when others keep pulling from your empty well, feelings of resentment might start to build.

Self-care isn't selfish. You might be thinking that putting self-care on the calendar is just one more task you can't make time for. But self-care doesn't have to take hours (or be expensive) in order for you to feel restored by it. Also, caring for yourself can look like not doing everything alone. Whether help is offered or you have to ask for it, letting someone else handle a task might make them feel useful while bringing your own stress level down a bit.

Think about the small, simple things you do for the people you love and how special it can make them feel. Then, think about little things that can make you feel happy, energetic, or loved, and do those things. And consider this: self-care is actually good for everyone.

Here are some easy ideas to try:

- Meditate, stretch, dance, or do a deep-breathing exercise for five minutes
- Spend a few minutes every day in nature
- Sit down to eat your meal — taste and enjoy your food (yes, even if it's a peanut butter and jelly sandwich)
- Drink lots of water throughout the day
- Read a few pages of a book or listen to a podcast
- Pick a flower or some greenery and keep it in a vase by your bed
- Ask for help, find help around you, or take someone up on their offer to help

Whatever it is, take a minute to put it on the calendar — and then, make it a non-negotiable. You wouldn't push off a doctor's appointment

for your infant, right? You'd never miss your 3rd grader's holiday lunch or your teen's basketball game, either. Now it's time for you to make what you need a priority as well. And remember, if it's not something you can do alone, don't be afraid to ask for the help you need.

The better you feel, the better job you can do as a caregiver. So make yourself a priority today. You, and the ones you care for, will be better off because of it.

You can also turn to BrightLife Kids for additional support to help you become the parent you strive to be. All California parents and caregivers with kids ages 0-12 now get free behavioral health coaching through BrightLife Kids.

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BE THE CHANGE SOMMER GROOMS

The mission of our be the change column is to feature community members from the North State who are actively making a difference in community life as it related to children and youth. If you would like to nominate someone who is making a difference, please write to pn@northstateparent.com.



“When I say I’m a principal of a juvenile hall, most people say, ‘Wow, that’s a tough job.’ But this is the best job I’ve ever had,” says Sommer Grooms. “I thought this was going to be the thing that stretches me, and in a way it does. But it’s exactly where I’m supposed to be.”

Sommer entered the education world after serving in the US Marines. Her passion for education has consistently drawn her to students who face adversity and need a champion. Toward this end, she taught at California Heritage Youthbuild Academy, an alternative education school, for six years. Sommer’s husband, Trevor, says her care for at-risk youth comes from the core of her being. “She does it all for the kids,” he says. “It isn’t to make a name for herself or anything. She cares so much about those kids.”

ANSWERING ANGER WITH LOVE HELPS CLOSE SOCIAL LEARNING GAPS

In July 2023, Sommer became the first on-site principal of Tehama Oaks, Tehama County’s juvenile court school. About two dozen students from Tehama, Glenn, Lake, Siskiyou, Trinity and Plumas Counties attend Tehama Oaks – some for only for a few days and some for multiple years. Sommer’s goal for her students is to close both the academic and social learning gaps into which most of them have fallen. “We have kids who come in and are not responsive and are filled with so much hurt from their lives that they’re not ready to receive love,” she says. “But we have to keep on keeping on, just pouring out the love, no matter how much anger they’re pushing back.”

POSITIVE AND MEANINGFUL EDUCATION INSPIRES STUDENTS

Renee Walker, the school’s transition specialist, says one of Sommer’s first efforts was to move the school beyond simply assigning homework packets. While the students initially resisted the loss of easy credits, they soon began to recognize

the beauty of replacing busy work with meaningful education. “Everything she has changed has been a huge improvement,” Renee says. Having an on-site principal helps students feel more seen and supported and Renee says students especially enjoy the reward of one-on-one lunches with Sommer. “They all like her a lot,” says Renee. “They haven’t always had positive adults in their lives, and she recognizes their abilities.”

Sommer also recognizes the abilities of her staff. She enthusiastically credits her team for creating the school’s positive environment. “I have worked at quite a few sites and I have never been more blessed than I am with the staff I have,” she says. “They are all team players. I came in and made so many changes – one of my teachers has been here 26 years – and everyone has been on board with all the changes. They’re so incredible and supportive, and it’s a fun place to work.”

OPPORTUNITY TO EARN COLLEGE CREDITS OPENS NEW HORIZONS FOR HIGH SCHOOL STUDENTS

During Sommer’s time as principal, Shasta College initiated a partnership with the school to offer students the opportunity to earn college credits while still in high school. When she announced the dual-enrollment program, students responded with a deeper appreciation than Sommer had expected. “One of them said, ‘I never thought I would go to college.’ And now, every single one of my students has completed at least one college credit.”

FOCUS ON HEALTHY RELATIONSHIPS, COMMUNITY INVOLVEMENT LEADS TO REDUCED RECIDIVISM

In addition to the traditional “three R’s” of education (reading, wRiting and aRithmetic), Tehama Oaks focuses on a “fourth ‘R’”: relationships. A designated course helps students learn about healthy relationships, such as healthy boundaries and good communication. A recent third-party evaluation praised the school’s positive culture and relationships. As Sommer observes, “For that to be the shining light at a juvenile court school is huge.”

Sommer’s future plans for Tehama Oaks involve expanding career technical education 7►

(CTE) courses and strengthening community involvement. As a co-liaison for the Community Schools effort in Tehama County, Sommer promotes schools connecting to the resources in their communities to increase families’ access to mental health supports, housing, food pantries, wellness centers and more.

While the Community Schools approach can benefit any school, Sommer sees it as especially essential for her student population. Knowing they have community support can help these students envision a brighter future for themselves, providing powerful motivation to safeguard against recidivism – a topic Sommer is investigating through her doctoral program for educational leadership at Liberty College. “These are not detention facilities; these are meant to be rehabilitative,” she explains. “We as a community have the responsibility to pour into these kids and support their rehabilitation, because they will come back into our community.”

When she’s not preparing youth for the future ahead, Sommer enjoys engaging in her church, working on home improvement projects with her husband and spending time with his eight-year-old son and her high school children. Sommer’s son is about to graduate and her daughter is a freshman in high school. “There is nothing that can prepare you for the senior year,” she says. “So many emotions!” Sommer also loves snuggling with Brittany, her 200 pound pet pig. “I didn’t know the hole in my heart was pig-shaped,” Sommer laughs.

Fortunately for the North State, the holes in Sommer’s heart are also shaped for youth who need caring, compassionate support. With Sommer leading the charge to bring the community around them, these youth – and the North State as a whole – have hope for a brighter future. ■



Jenna Christophersen is a Chico native who fell in love with writing as she wrote her first words as a student at McManus Elementary School.



Transition Specialist Renee Walker works with Sommer Groom to help children move toward a successful future. Photo by Pamela Newman.

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Shasta Community Health Center Brings Advanced and Compassionate Care to Northern California Families

The new C. Dean Germano Women's, Babies' & Children's Center at Shasta Community Health Center in Redding offers support for low-income families and mothers braving high-risk pregnancies and provides health care for children facing physical, emotional or mental hurdles in one easy-to-access location.

J. Brandon Thornock, chief executive officer of Shasta Community Health Center, explained how this new center is transforming the lives of families by providing much needed low-cost maternity and postpartum services in the North State community. "At our center we follow the mother through her pregnancy and postpartum period. We can then also provide newborn care in our Pediatric department in the same building," he says. "A mother might come in for her postpartum appointment and then also have a newborn appointment for her child on the same day." The center does not currently have birthing facilities.

WOMEN'S, BABIES' & CHILDREN'S CENTER ADDRESSES SHASTA COUNTY'S GROWTH

The new center, which opened March 25, was created to streamline health care services, making it easier for families to get the support they need in one space. The former facility faced challenges in meeting the increasing demand for services, hindered by the physical limitations of the former locations. "Our maternity services were originally located at 1900 Railroad Avenue. Our pediatric services were located at our main location and our vision services were offered at our Enterprise location," says Brandon.

The new center, located on the main campus of Shasta Community Health on 1000 Placer Street in Redding, is equipped with a lab draw station for necessary lab work throughout pregnancy and ultrasound imaging facilities and is conveniently located across the street from an in-house CVS pharmacy, ensuring easy access 9►

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All photos by Betsy Walton



to prescriptions and health care products. The establishment of this dedicated space is a strategic move, according to Brandon, to address and fulfill the growing health care needs of the community and is part of a broader initiative to recruit and develop the workforce required to effectively provide these essential health care services.

DESIGNED TO SUPPORT FAMILIES IN NEED

The center is especially tailored to support low-income families. “Shasta Community Health Center is a Federally Qualified Health Center (FQHC) which means we receive federal funding to provide discounts to low-income families and those who are uninsured,” Brandon says. “These discounts are offered on a sliding fee scale with eligibility based on income and family size. We also have Certified Enrollment Counselors on-site who can help with enrollment in Covered California or Medi-Cal. There are several income-based programs available for pregnant women or women needing reproductive health services.”

Along with serving low-income families, the center offers a comprehensive approach to care that acknowledges underlying issues that affect well-being, such as helping patients grappling with food insecurity, facing addiction challenges or dealing with mental, behavioral or emotional issues. Brandon says, “We try to address as many challenges as possible - including socioeconomic - that a patient may be experiencing when they are present for care with us. This holistic approach helps our patients feel better supported and to experience better outcomes.”

ONGOING PROFESSIONAL TRAINING PROVIDES EXPERT CARE

At the maternity center, every clinician has undergone specialized training tailored to their specific area of expertise, a standard that extends to pediatric providers at the pediatric center and the optometrist at the vision center. These dedicated professionals engage in ongoing education to stay at the forefront of the latest practices and advancements within their respective fields. This commitment ensures that patients receive not only expert care but also the most current and effective treatments available.

“The core mission of the new center is to provide high-quality health care to the members of our community with compassion and understanding,” 10 ▶



Jan Snodgrass, LVN puts young patients at ease with her friendly smile.



Hayley Walker, medical scribe and Dr. Thomas Perry, MD work as a team to provide professional care to maternity patients.



Elena Morrissey, visit coordinator and Jessica Conlin, lead visit coordinator in pediatrics work together to make children feel welcome.

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Shasta Community Health Center

says Brandon. The facility is proud to offer comprehensive maternity services, including pregnancy testing, prenatal and postpartum care and specialized support for high-risk pregnancies. To assist expecting and new mothers, the center provides breastfeeding support through a Certified Lactation Consultant RN and nutrition guidance from a registered dietitian (RD). A diabetes support program is available for managing gestational, Type 1 and Type 2 diabetes.

A HOLISTIC APPROACH TO FAMILY MEDICAL CARE

The center also offers prenatal and childbirth education classes, behavioral health services, medication-assisted treatment (MAT) and on-site lab and ultrasound imaging to ensure a holistic approach to maternity care. Additionally, vision services are accessible to everyone, featuring routine and comprehensive eye exams alongside affordable frame and lens packages. For younger family members, pediatric services cover primary and preventative care for children aged 0-18, including well child exams, immunizations, behavioral health services and specialty clinics to ensure comprehensive health care for the entire family from the earliest stages of life.

"While we primarily serve those with Partnership Healthplan of California as their primary insurance, if you are prone to a high-risk pregnancy, please know that we have all the resources available to help support you through your pregnancy and beyond," Brandon says.

Go to shastahealth.org to find out more about the center. ■



Sarah Kirby is a mother and educator who believes that affordable and high-quality health care are cornerstones of vibrant communities.



Kristin Burks, lead visit coordinator and Angela de la Cruz, center manager in Maternity welcome expectant moms to the new maternity center at Shasta Community Health.



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shastaheadstart.org

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REKINDLE ROMANCE: CREATIVE DATE NIGHT IDEAS

“Feeling close to your spouse or partner is often the result of spending time together, doing things you both enjoy,” says couples counselor Alexa Elkington in Psychology Today. “Partners who make it a point to reserve time for each other find that their shared experiences give them a common frame of reference and increase the positive, loving feelings they have for one another.”

With the many demands on parents and working couples today, making time to be together, just the two of you, doing something you love, can easily slip to the back burner and then into the dusty closet. Financial concerns can push date night, (or date day), even further down the priority list.

“As parents, date night sometimes feels more like a chore after finding a babysitter, planning what to do, then changing after a kid spilled something on you when you were going over directions for the sitter,” says Erin Stidham, Licensed Marriage and Family Therapist and clinical director of Creekside Counseling in Redding. “Sometimes money is just too tight and we think we should just postpone until things are easier or the kids are older. In reality, our children learn from our example of how we show up for our partner. They see how we love them through the difficult times and make the time for them even if it’s popcorn and a movie on the couch after walking the dogs or dancing on the back porch in the dark to the radio. Our example of love sets the example for their future relationships.”

Your relationship with your spouse is the glue that holds your family together, so making it a priority to nurture it is vital to family harmony. With a little creativity, couples can find ways to spend quality time together. Set aside the time, hire a sitter or trade child care with another couple and try one of these creative ways to date your mate.

CHEAP DATES CAN BE ROMANCE FILLED

- Pretend the electricity is out. Turn out the lights, light candles and make a comfy pillow fort. Use a charged device to watch a show or listen to music.
- Stargaze. Find a spot away from city lights and look at the Milky Way, Orion’s Belt or possibly a shooting star.
- Enjoy time together at a local coffee shop and invite a few friends or go wine tasting.
- Rent bikes and ride around town. Chico and Redding both offer an amazing number of paved bike trail options and Redding’s new bike share program make bikes very accessible to those who don’t own bikes. Mountain bikes can be rented as well from some outdoor shops.

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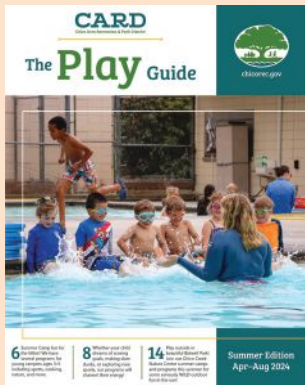
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Rekindle Romance: Creative Date Night Ideas

- Try your hand at couples bowling.
- Treat each other to an at-home spa night with bubble bath, foot rubs and massages.
- Watch a sunrise, sunset or both.
- Visit a the historic district in a small town in the North State area. Park the car and walk the town. Gather or bring items for a picnic and eat outside in the town park. Downtown Weaverville and Mount Shasta and historic districts of Chico, Red Bluff and Orland are filled with interesting shops and are imminently walkable. Or take a walk through Lithia Park in Ashland.
- Visit a local art gallery with time to browse and discuss the exhibits without the kids. [The Museum of California Art](#) (monca) in Chico has ever-changing exhibits and evening activities for adults. Take a walk hand-in-hand through the botanical gardens at [Turtle Bay](#).
- Create a playlist together of your favorite love songs or go retro and make a mixed tape.
- Recreate your first date.
- Write each other a love letter.
- Read romantic poetry by a fire. Some poets to try: Elizabeth Barrett Browning, Robert Burns, Christina Rossetti and of course, the bard himself, William Shakespeare.

FANCY DATES FOR SPECIAL OCCASIONS

- Take a cruise on beautiful Lake Shasta on a [dinner yacht](#).
- Dine at a restaurant that has live entertainment like jazz, blues or theater.
- Ride on a dinner train. [The Fox River](#) train in Sacramento offers a variety of dining and tasting experiences and for a real adventure, you can ride a two-seater railbike on a 10-mile roundtrip.
- Go out to a progressive dinner. Have drinks or dinner at one place and dessert at another.
- Rekindle the spark at a local romantic restaurant like [Nello's Place](#) in Redding, [Huffs at Bridge Bay](#) at Lake Shasta, [Sicilian Café](#) or [Red Tavern](#) in Chico, [Sage Restaurant](#) in McCloud or [Denny Bar](#) in Etna. McCloud River Bed & Breakfast has special music and dinner nights. They are planning outdoor concerts after dinner this summer. Check McCloud River Mountain Music for concert dates.
- Attend special performances at local arts venues. Check the online schedules at Chico State's [Laxson Auditorium](#), [Paradise Performing Arts Center](#) in Paradise, [Cascade Theatre](#) in Redding, [Jefferson Center for the Arts](#) in Mount Shasta or [Ashland Armory](#) in Ashland, for local and touring acts.

STAY-AT-HOME DATES BRING THE FUN BACK TO A RELATIONSHIP

- Make popcorn and enjoy a romantic movie like Casablanca, The Notebook or La La Land.

15 ▶



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- Play a board game like Carcassonne, Pandemic Legacy or Patchwork.
- Build a fire in an outdoor fire pit, make s'mores and snuggle. Remind each other how grateful you are for all you have together.
- Hold a trivia night at home. Try a trivia app. Trivial Pursuit based on the show "Friends" is a fun option.
- Enjoy a fondue night at home. Dip your favorite fruits, veggies, bread, crackers, chocolate and cake in cheese or chocolate.
- Read a book to each other or read a book together.

BOND THROUGH ADVENTUROUS OUTDOOR DATES

- Go canoeing, kayaking, paddle boarding or river rafting. River Dancers offers day trips and overnights with exciting rapids, experienced guides and great food. Forebay Aquatics rents peddle boats, single and tandem kayaks, stand up paddle boards, canoes, hydrobikes and more for fun water adventures on Lake Oroville.
- If you both love to camp and fish, Lime Saddle Marina and Campground on Lake Oroville offers both, with a bait and tackle shop to pick up any fishy stuff you forgot to pack.
- Rent a cabin or tent on the shores of gorgeous Lake Siskiyou, or just stay for the day. Swim in the lake, fish from the shore or rent a boat and laze the day away on this peaceful lake.
- Cuddle up in a rustic cabin at Mill Creek Resort in Mill Creek or Greenhorn Guest Ranch in Quincy.
- Hunt for treasure by geocaching. Using GPS, treasure seekers enter a specific set of coordinates and then attempt to find a hidden container at the location. Check out geocaching.com to find out more.
- Go fishing. Romantic spots abound in the gorgeous natural surroundings of our local lakes and rivers, making for a relationship-enhancing trip even if you don't catch a fish.
- Hit golf balls at a driving range.

PLAN A DATE TO A NORTH STATE ATTRACTION

- Visit Schreder Planetarium in Redding. There is something romantic about viewing constellations in the night sky, even if it is indoors.
- For a beautiful romantic evening stroll, the Glowing Wild Illuminated Lantern Festival at Turtle Bay is the ticket. Open Wednesdays through Sundays through May 26.
- Audition for a part in a community theater production together.
- Rent a convertible and explore the town you live in.

WORK TOGETHER TO STRENGTHEN AND BETTER OUR COMMUNITIES

- Volunteer at a community garden. Grow your relationship along with some vegetables and donate your harvest to a soup kitchen. Serve together at a soup kitchen or homeless shelter.
- Volunteer as a docent, greeter or server at one of your favorite charity events.
- Complete a charity run together. You could also walk it together if running isn't your thing.

16 ►

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Rekindle Romance: Creative Date Night Ideas

- Buy tickets to a local charity gala. Many North State schools, educational foundations, land trusts and nonprofits hold galas and fundraising dinners throughout the year. Dress up in a tuxedo and evening gown, have a glamorous night and help others. Check out [North State Parent community calendar](#) for upcoming charity walks, runs, galas and other fundraising events.

RECAPTURE YOUR CHILD-LIKE WONDER

- Go to a carnival, fair or festival. Ride the rides, visit booths and eat food on a stick. Check the [North State Parent community calendar](#) for upcoming festivals and fairs.
- Visit your local roller rink and skate.
- Spend a morning watching cartoons with milk and cookies.
- Take an art class together. No experience necessary. Express yourself through various art mediums. Display your creations together in your home.
- Or find your inner artist at a paint-it-yourself studio. You can paint keepsake ceramic pieces and top the date off with gourmet ice cream at [Bella Artworks and Creative Cafe](#) in Yreka. Or express yourself in clay, glass or ceramic at [All Fired Up! In Redding](#).

SPARK YOUR RELATIONSHIP THROUGH DATES THAT SUPPORT A HEALTHY LIFESTYLE

- Take a dance lesson together. Whether you pick a steamy salsa, intimate tango or flirty cha-cha, it will be good for your heart both physically and romantically.
- Go square dancing or contra dancing. You can find a local square dance club near you on the [California Council of Square Dancers](#) website. Most clubs offer free lessons before dances.
- Take aerobics, yoga or Pilates together.
- Lift weights together.
- Take martial arts classes together.
- Hit together at the batting cages.
- Go old fashioned and play bocce ball at [Red Tavern](#) restaurant in Chico.
- Take up a new trending sport together like pickleball.

Whatever you decide to do together, let it be a time of bonding, with open, honest and loving communication. And above all, have fun and let the focus be the good in your relationship! ■



Janeen Lewis is a freelance journalist and mom to Andrew and Gracie. She has been published in several anthologies and parenting magazines across the country.

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THE LIFE-CHANGING MAGIC OF PURGING TOYS

Until recently, I was convinced my life would be better if only we had more space. Until we got a bigger house or remodeled, I thought a special organizing system for our burgeoning collection of toys and books would do the trick. I lived in constant fear of a painful Lego-meets-foot disaster. I felt suffocated by the sea of toys covering every surface of our house.

AND THEN I PURGED.

Our lives changed for the better, overnight. It turned out, we didn't need more space, more labels, or more baskets. My kids certainly didn't need more "friendly reminders" to pick up toys. What we actually needed is fewer toys to pick up.

KEEP TOY PURGING SIMPLE

Before The Great Purge, I had this awesome idea. I would rotate the toys every few months. I put a huge bin of toys on a shelf with extra diapers and good intentions. But organization is not my forte. Our plants are chronically thirsty and my car typically gets an oil change a thousand miles too late. Not surprisingly, I never got around to rotating the toys. I just couldn't muster the energy to get the bin down, empty it and fill it back up with different toys, all under the watchful eye of my opinionated three-year-old. But collecting the books I was tired of reading and gathering the annoying, battery-operated toys (you know the type) and dropping them in a box to donate instead of the toy basket? That was easy.

PURGING UNUSED STUFF LIGHTENS THE LOAD

Once I got the urge to purge, I couldn't stop. I began to look at everything in my house with a fresh perspective. Instead of asking myself, "Where should I put this?" I asked myself, "Do I really need it?" If the answer was no, into the box it went. Along with the kids' toys and books, I got rid of clothes I didn't love but were saving for "just in case," socks without mates, half a dozen books I'd been meaning to read, a stack of expired coupons and jewelry I'd forgotten I owned. Without the burden of extra stuff in my house, I genuinely felt lighter.

KIDS LEARN CHARITY THROUGH THE PROCESS OF PURGING TOYS

My three-year-old learned it's important to share. I learned she's happy to share if I give her the chance. Initially, I worried about how she would feel about letting go of her things. I thought about restricting my adventures in purging to after bedtime. But her bedroom is where most of her toys are, so that was not an option. I considered lying, but I feel it's important to be honest with my kids (although I maintain it's not hurting anyone if they think my chocolate is a spicy adult vitamin). So, I told the truth. I explained to my daughter that she and her baby sister are lucky to have lots of books and toys, but some kids don't have any, so we need to share. I braced myself for tears and screams. They never came. Instead, my daughter nodded and helped me add toys to the give-away box.

REDUCING TOYS INCREASES SPACE TO PLAY, EASE OF CLEANUP

With less stuff, there is less mess. Less mess means I am not perpetually an inch away from tripping over a rogue block or a Frozen doll. While being asked to put her toys away used to elicit tears and cries of "It's just too much!" from my three-year-old, now she generally cleans up with minimal pushback. On the nights when the tidying falls to me, I get it done in under five minutes. Meanwhile, my kids don't seem to miss any of their old toys. If anything, they have more space to create forts out of blankets and end tables.

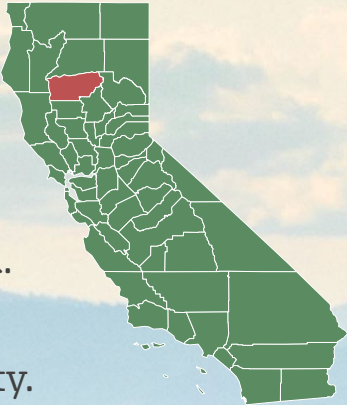
Having less means less to put away, less to think about and less chaos. Less time spent dealing with stuff leaves more time for the stuff that matters. I only wish I'd purged sooner. ■



Pam Moore writes about parenting, health and fitness for North State Parent, The Washington Post, The Guardian, Time, Outside, Runners World and many others. She's also a body-positive health coach.



THIS IS TEHAMA



The ancient word “Tehama” once meant a place where rivers could be crossed. With our county’s rich currents of history, happenings and hope, this is our crossing place today — where we meet to celebrate our beautiful Tehama County.

THE FIG HUNTERS: TEHAMA COUNTY’S TREASURE HUNTERS

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ARTICLE

I tracked down the Burke family through Instagram and set up a meeting at Reiter’s Bakery in Red Bluff. Expecting to have a quiet sit-down with Priscilla, I was surprised to also meet her husband, David, just returning from a long stint working away from home; and their three energetic daughters, Cadhla, Aoibheann and Priscilla Eibhilin. It was obvious then that their venture as fig specimen hunters, aka The Fig Hunters, is a family affair.

“We like to call our daughters free-range - they have energy for days,” Priscilla shared with a chuckle. “We want their childhood to be full of adventure while also learning firsthand where food comes from.” When they are not farming pigs, poultry and produce on their homestead, they are often hunting down wild fig trees in remote areas of Tehama County. “The girls only clean up for school,” Priscilla says. “Otherwise, they pretty much live in the dirt.”

The Fig Hunter rooted in happy childhood memories

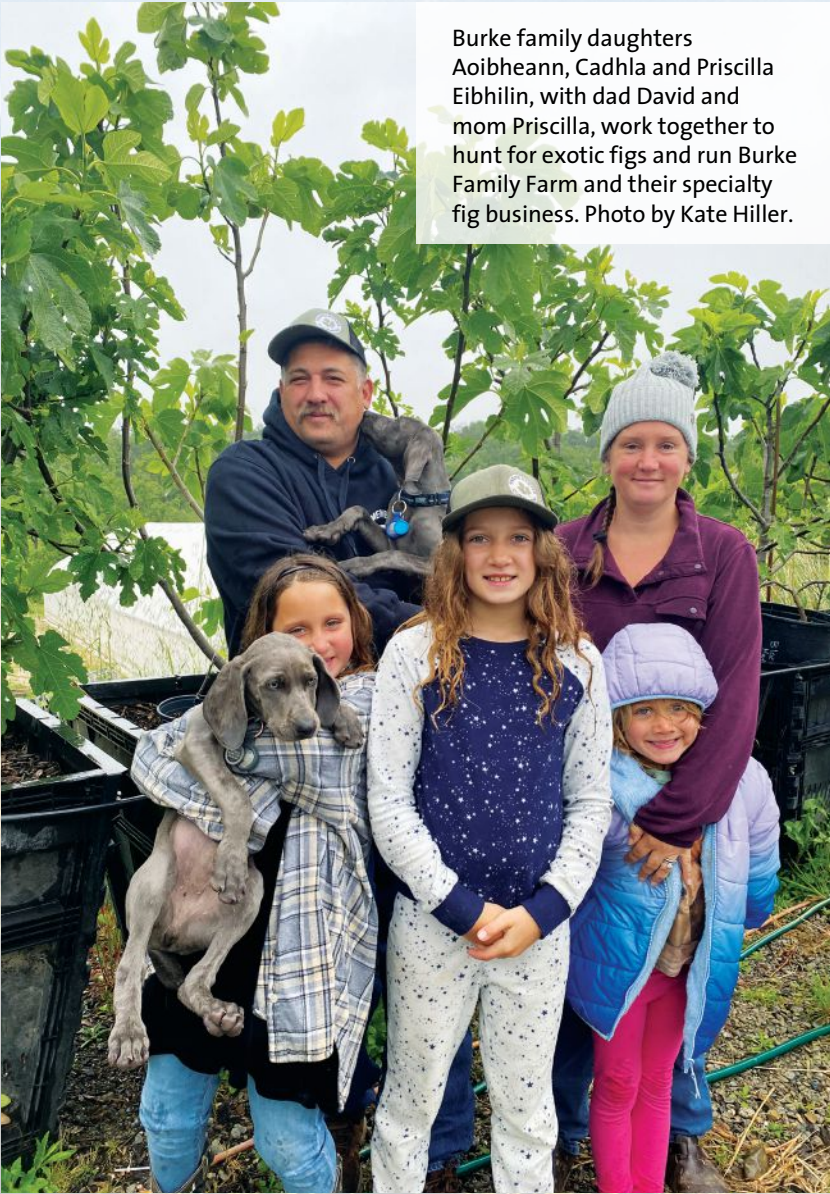
David is proud of his other “dirty” environment which includes his work as a pile-driver, union operating engineer and casual longshoreman. You might assume that he looks forward to an easy chair and television after his long shifts, but nothing could be further from the truth. In 2018, David saw a fig tree on a construction project and it reawakened something from his childhood. Growing up on a ranch near Napa Soda Springs in Sonoma County, a massive fig tree had been central for his family and friends. The tree, spanning at least 50 feet across, served as a fort for David and his friends, complete with snacks; and its dried figs became ammunition in their pretend wars.

Seeing figs at farmers’ markets about that same time also inspired David. “I was surprised when our girls sampled the figs and actually liked them,” David says. A passion was sparked and ever since then, David unwinds from work by pulling off the freeway during his commute to search out and map fig varieties. By now he has mapped more than 500 trees.

Historic California fig legacy

David credits Leland Stanford for establishing California’s unique and widespread fig population right here in Tehama County. In 1843, General John Bidwell and Peter Lassen, with orders from General John Sutter, were exploring the Sacramento Valley as they chased down horse thieves. By the time they caught the thieves near Red Bluff, Bidwell had fallen in love with the rich soil in the Chico area and Stanford with the same in the Vina area.

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Burke family daughters Aoibheann, Cadhla and Priscilla Eibhilin, with dad David and mom Priscilla, work together to hunt for exotic figs and run Burke Family Farm and their specialty fig business. Photo by Kate Hiller.

Part of what became the Stanford Vina Ranch and Stanford's vision for a vineyard is now home to the Abbey of New Clairvaux. According to the Golden Nugget Library's Tehama County biographies, when Senator Stanford acquired the ranch, he used one portion for his famous race horses, another for his range cattle, another portion for sheep and still another for a registered Holstein-Friesian dairy herd, which contained the first advance registry Holstein ever in California. With all this stock business, Senator Stanford planted an immense vineyard of 5,000 acres, brought winemaking from France, and erected extensive brick buildings for winery purposes, while also planting English walnuts, pecans, chestnuts, oranges, lemon, grapefruit, figs, peaches, pears, prunes, apricots and almost every commercial variety of fruit or nut tree, all of which did well from the start.

David adds, "Stanford imported and established 75 varieties of figs and, with the ever-increasing number of natural hybrids, we now have at least 2,124 different fig species in California."

The Burkes work together to make their dreams a reality

After discovering and mapping the unique fig trees, David takes cuttings, labels them and then the family grows the treasured trees for their own California State registered Specialty Fig Nursery and Arboretum. Rare and natural-hybrid fig varieties are sold nationwide as rooted stock and cuttings are sold internationally. David says, "We are on this adventure as a family -spreading the love of growing figs and preserving the rich history of our area."

"I dream it, Priscilla makes it happen," David says of his wife. The Fig Hunters may have been born out of David's childhood nostalgia, but Priscilla is the one who is keeping the dream alive. David and Priscilla's interests merged well over the years. Priscilla was working as a family law paralegal when she decided to leave her job to be at home with the girls full time. Always a gardener, Priscilla was able to immerse herself in their family farm. As David discovers and maps fig trees, Priscilla and the girls work together with their other business, Burke Family Farms, making and selling homemade pickles, pasta sauce, pizza sauce, homemade soaps

and lavender spray from produce grown on their farm. Priscilla's education and career background prepared her for the logistics and technical side of their businesses.

One Seed at a Time brings community together

Priscilla also recently started a nonprofit One Seed at a Time to combine all the family's aspirations by providing family-friendly and sober community events at little to no cost for participants and to support growing healthy communities. She works with partners to create more public and school garden spaces and to educate the public about growing and maintaining local plant species. Priscilla says, "The name grew from the idea that all change starts with one idea, one conversation and/or one seed."

In March, One Seed at a Time held the first annual Seed and Scion Exchange. This free event was wildly successful with more than 1,200 people in attendance. Families went away excited for spring with their arms full of cuttings, seeds and plants. In September, The Fig Hunters will host the second annual Fig Fest on the river in Red Bluff. Last year more than 475 stopped by for good food and fun for their families. "Food is an equalizer," David says. "Once people start talking over a meal, they will start talking about anything. You can really learn what the needs of the community are during that fellowship."

While David's childhood fig tree served as a gathering place, the Burke Family hopes that same symbolism will continue to inspire communities and families to plant fig trees, grow gardens and gather together around the table. ■



Figs are one of Kate Hiller's favorite summer treats and she is thrilled to have added one of the Fig Hunter's varieties, The Igo, to her family's homestead.



Priscilla shows her stored fig tree cuttings and Priscilla Eibhilin proudly shows her baby duckling

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SISKIYOU OPPORTUNITY CENTER EXPANDS TO SERVE SHASTA COUNTY CLIENTS



Ryan Hogan, hard-working member of the janitorial crew at Siskiyou Opportunity Center, helps keep city municipal properties and rest stops along I5 clean and tidy. Photo by Stacey Leigh Mohr.

Northern California is home to a vast network of support programs that enhance the lives of adults with developmental and intellectual disabilities by promoting financial independence, employment, community involvement and personal growth. The Shasta County Opportunity Center was one such place. This center was established in the 1960s through a collaborative effort involving nine northern counties, the State of California, local educational institutions and dedicated parents. Its mission was to forge new paths for individuals with developmental disabilities.

Seamless transition ensures stability for clients

In 2023, the program was deemed financially unsustainable and the Shasta County board of supervisors voted unanimously to close its doors. Had the Siskiyou Opportunity Center not intervened, the closure would have affected nearly 100 of the county's most vulnerable residents. "There were some clients that were extremely depressed because they were fearful of losing their employment, which could result in losing their housing and food and they were facing a real crisis," explains program director Kristina Jackson. Siskiyou Opportunity Center's executive director, Dan Chianello, worked closely with Far Northern Regional Center and staff at the City of Redding to coordinate client referrals, staff recruitment and contract negotiations to create a seamless transition for their new clients. "We were able to just provide that hope and stability for them. Not a single client lost a day of work," Kristina says.

Empowering clients through diverse vocational opportunities

The Siskiyou Opportunity Center has been in operation since 1970 and today serves around 120 clients, including former Shasta County clients, in its employment programs. The Supported Employment Program offers participants comprehensive community support, employment opportunities in specialized teams and training in both job-related and interpersonal skills.

Siskiyou Opportunity Center clients engage in diverse vocations, including recycling operations where participants operate equipment like bailers, crushers and conveyor belts and sort recyclables for the blue bag program serving the Weed and Dunsuir communities. Those residing in Shasta County may work at the City of Redding Recycling Center. Additionally, some participants contribute through janitorial services in municipality facilities.

Clients also engage in craftsmanship and woodworking, creating picnic tables, custom-designed planter boxes and bundles of kindling. Many are involved in bulk mailing, secure document shredding and managing food pantry logistics—including shopping and delivery for the Yreka Community Resource Center, demonstrating a commitment to supporting local community needs.

Enhancing lives through the Community Endeavors Program

In addition to job training services, the Siskiyou Opportunity Center offers the Community Endeavors program, which provides their more severely developmentally disabled clients opportunities such as cooking classes, arts and crafts and community outings. Within this program, clients can enhance their communication skills, reducing frustration and improving interactions. They also learn essential daily living tasks, including meal preparation, cooking and maintaining personal hygiene.

Referrals to the Siskiyou Opportunity Center primarily come from Far Northern Regional Center - one of California's regional centers that provides services and support for individuals with developmental disabilities. To qualify for services, Kristina explains that clients must have a "documented disability before they turn 18."

The Siskiyou Opportunity Center has locations in Mount. Shasta, Yreka and now Redding serving Shasta County clients. For more information, visit siskiyouoc.org. ■



Shasta County author Jennifer Arnold is the mom of four, two of whom have been diagnosed with multiple special needs. She hopes to raise awareness of many issues that parents of special needs children face on a regular basis.

Mike Taton and Ryan Hogan love their jobs on the recycling crew at Siskiyou County Opportunity Center and the work they do to help the environment. Photo by Joann Goble.



MAY 31 | 2024

Lincoln Street School

1125 Lincoln St, Red Bluff, CA 96080

11:00 am to 1:00 pm

May 31st is World No Tobacco Day. This yearly celebration was created in 1987 by the World Health Organization to draw global attention to the tobacco epidemic and the preventable death and disease it causes.

The World No Tobacco Day 2024 theme is Protecting Children from Tobacco Industry Interference. This year the Tobacco Education and Community Health (TEACH) Coalition is coming together to stand up to Big Tobacco by hosting a Community Health Resource Fair. This event will be used as a platform to inform the community about the dangers of using commercial tobacco and nicotine products, what TEACH is doing to fight the tobacco epidemic and share what community members can do to claim their right to healthy living and to protect future generations.



JOIN OUR COMMUNITY COALITION



Coalition Goals

EDUCATE about the dangers of tobacco/nicotine product use.

PREVENT youth from starting to use tobacco/nicotine products and breathing secondhand smoke/aerosol.

PROMOTE resources on how to quit using tobacco/nicotine products.

CHANGE policies and social norms on tobacco/nicotine use.

HOW TO JOIN?

1. Obtain a Coalition Membership Packet
2. Review the Coalition Bylaws
3. Review and complete the Membership Agreement
4. Return your signed Membership Agreement to TobaccoEducationProgram@tchsa.net



(530) 781-6489

tobaccoeducationprogram@tchsa.net

SISKIYOU COUNTY NEWS

Shasta Gravity Adventures

Strengthening Family Relationships and Building Community

“We have a strong belief that outdoor recreation builds and strengthens relationships among young and old,” says Monique Monmonier-Birch, co-owner with her husband, Christian Birch, of Shasta Gravity Adventures in Mount Shasta. “We believe in the relationship component that comes from being challenged outdoors together. It’s a sweet opportunity and experience to witness in young people. It’s what keeps us going.”

Monique and Christian both grew up in families that relished outdoor adventures in biking, hiking and camping. They continued that tradition with their three sons, traveling to bike trails throughout the US. After establishing summer bike camps at Kidder Creek Camp and biking throughout Yreka and Etna, they realized they had a passion for teaching kids how to ride a mountain bike. They decided to start a business to expand the opportunities for children and families to learn to bike and moved to Mount Shasta five years ago to found Shasta Gravity Adventures, because, as Christian says, “It’s a beautiful area and there are lots of established family-friendly trails on Mount Shasta.”

YOUTH DEVELOPMENT IS FOCUS OF SHASTA GRAVITY

With an emphasis on youth programming and guiding families on mountain bike trails, Shasta Gravity

conducts afterschool bike camps for more than 60 children in local schools. They bring around 30 bikes for kids to use who don’t have bikes of their own, teach lessons at the schools and take the students on trails if any are close to the school. Kids can continue their bike lessons into the summer break through Shasta Gravity’s school summer camps.

In addition to their robust school programs, they also offer shuttles to local bike trails, private lessons, guides and coaches for hire and six-week spring and fall Gravity Grom bike clinics. “Gravity” because, as Christian says, “children like riding downhill, not so much uphill.” “Grom,” based on a term for young surfers, refers to kids who love outdoor adventure. About 100 children attend the once-a-week clinic to learn mountain biking skills in age groups: Cubbies (ages 3-6), Bruins (ages 6-9), Black Bears (ages 10-14) and Gravity Team 23▶



(ages 10-18). The spring clinic this year is full, but check the [Shasta Gravity Adventure website](#) this summer for fall Gravity Grom clinic registration.

“One of our passions and the driving force in the youth programs like Gravity Groms and the school programs is to develop young leaders by hiring and training young people as Junior coaches,” says Monique. “Young people who enjoy the outdoors together, collaborate and experience teamwork on the trails are catalysts for a thriving community. It’s a heartfelt message at the core of all we do.”



They believe a key component to training future leaders and building strong communities is to make bike lessons and outdoor biking adventures accessible to all, regardless of income. Every year they team up with [Youth MTB Collective](#) to sponsor Shasta Gromduro Youth Race. This fun competition raises funds for Youth MTB Collective to purchase bikes for kids to use in all Shasta Gravity youth programs, clinics, camps and races. Funds raised also help to offset youth bike coach certifications and the costs of clinics for families in need of scholarships. Kids ages 8 to 18 can participate in this year’s race June 16, which includes a celebratory party afterward in Shastice Park featuring a hot dog lunch provided by the [Mount Shasta Elks Lodge](#). Visit [Shasta Gravity Adventure website](#) for details and tickets.

SHASTA GRAVITY ADVENTURE FREE BIKE NIGHTS

Monique and Christian continue their dedication to building community through their partnership with [Youth Empowerment Siskiyou](#) and [Boys and Girls Club of Greater Shasta](#).

But they are most excited about their latest project, Friday Family Bike Nights. In partnership with the [Siskiyou Community Resource Collaborative](#) and [Bike Shasta](#), these free bike nights will be held once or twice a month starting in May and include free food, free shuttles to bike trails and a bike course in Shastice park with a jump ramp and air bag. Kids must be with a family member to participate. Check the [Shasta Gravity Adventures website](#) for dates and times.

SHASTA GRAVITY OFFERS FUN FAMILY ADVENTURES

If you and your family are looking for a fun, exciting outdoor experience this summer, Shasta Gravity Adventures has the answer with their guided family bike rides. They can show families the best trails for kids. “Sometimes it can be scary to go down a trail you don’t know with young children,” says Monique. “If you have a guide, it gives time for parents to sit back and relax without the worry of having to know where they are going and what is a safe trail for kids.” Christian says. “All our guides are great. All Shasta Gravity guides and instructors are certified through the Nationwide Bike Instructor Certification Program (BICP), with certifications for local trails and trails throughout California.”

Information on guided family mountain bike trail rides, camps, classes, free Friday Night Family Bike events and more can be found on their website. [shastagravityadventures.com](#). ■



Stacey Leigh Mohr’s father was definitely a Grom as a child and young adult. He taught her to also be an adventurer, taking her and her brother camping, hiking and rafting high in the Sierras every summer, teaching her to fish (and clean the fish), build a proper campfire and cook full meals with dessert over the fire, deal with rattlesnakes and emergencies and imbuing her with a love of nature and the great outdoors.



Kevin Shearer
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- Children & families welcome



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701 Pine St., Mt. Shasta
[mountshastadentist.com](#)

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[springhillnurseryandgardens.com](#)

Looking for something to do with the family?

Check out our Events Calendar filled with classes, outings & places to visit.

[northstateparent.com/calendar](#)





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117 W. Miner St., Yreka
f [BellaArtWorksGlassStudio](#)



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LEARN MORE AT [CEDARGROVECENTER.ORG](#)

SUMMER CAMPS & CLASSES

CLICK
HERE TO VISIT
ON THE NSP
WEBSITE

Summer camps are an excellent opportunity for kids of all ages to explore their passions, foster their creativity, learn new skills and make new friends. There are camp and class options that will fit a wide range of schedules and budgets. Register now as classes do fill quickly!



Camp Wild Heart at Thrive STEAM Enrichment
DAY CAMPS
Thrive-Enrichment.com
(530)809-4638
1361 Hawthorne Ave.

Camp Wild Heart runs from June 3 to August 15, Mondays to Thursdays, 9:30am to 4:30pm. New this year, we will have two sites: Hope Site for ages 4-7 with full day & half day options & Thrive Site for ages 5-11 with flexible drop-in days. Camp registration is open now. Cost to participate varies per site. Space is limited so early registration is recommended. For more info: office.thrive.enrichment@gmail.com or (530) 809-4638



CARD Camps
DAY CAMPS
chicorec.gov
(530)895-4711
Cost: Varies

Summer Camps: Have your kids join our renowned summer camps like Camp Chi-Da-Ca, Camp Chico Creek, Summertime Delight, and more! We have 75+ camps where your kids can make friends, explore nature, burn energy, discover new talents, and create lifelong memories.
Aquatics Programs: When the summer heat's on, cool off in the pool. Introduce your toddler to the water, get your teen on the swim team, become a lifeguard, and more – even rent the whole pool for a birthday splash!



Cat Camp - Be A Cat Champion
DAY CAMPS
chicocatcafe.com
(530)855-0542
Chico Cat Cafe,
1725 Esplanade, Chico.
Ages: Ages 5-8
Sessions: Wed. 10-11:30am until school begins in the fall.
Cost: \$25/child/day

Does your child LOVE cats? Harness your inner cat! Learn all about cat care, feeding and MORE in this fun and interactive day camp! Each session includes a fun and educational theme with a featured lesson, book, cat craft and (of course!) BONUS cat time in our lounge! Children will earn the "Junior Cat Champion" privilege and certificate. Don't miss out - sign up today



Earthbound Skills
DAY CAMPS
earthboundskills.com/summer-day-camps
(530)513-2542
Ages: 5-14
Cost: \$275

Forest Foxes Camps | Ages 5-7 | 9am-3pm
June 17-21, July 1-5 (no camp on 7/4), July 29-Aug 2
Nature Ninja Camps | Ages 8-12 | 9am-3pm
June 10-14, June 24-28, July 8-12, July 22-26
Woodland Scout Camp | Ages 11-14 | 9am-3pm
July 15-19

If your children love to be outside and are passionate about nature, this is the camp for them! Every day will be filled with nature-inspired activities and games that will stimulate their senses, refresh their bodies, and rejuvenate their relationship with nature. They will learn naturalist skills, survival skills, and crafts that will deepen their love for our precious environment. Your kids will come home excited, happy...and probably dirty!



Chico Creek Dance & Art Centre
DAY CAMPS
chicocreekdancecentre.com
(530)893-9028
1144 W 1st St., Chico
Cost: \$100-\$185

Trolls Show Kids Dance Camp
Ages 4-10 | June 10-14, 9 am-noon | \$185
Embark on a journey to the fantastical land of the Trolls where music, dance and happiness reign supreme.
Ultimate Teen Beach Dance Camp
Ages 6-12 | June 24-28, 9 am-noon | \$185
Pack your bags, grab your surfboards and get ready for sun, sand and sensational fun!



Hogwarts Arts and Crafts Camp
Ages 5-10 | June 10-14, 2-5pm | \$185
Wizarding wonders, where imaginations soar and artistic spells come to life in the most enchanting way!
World of Art Camp
Ages 5-11 | July 8-12, 1:30-4:30pm | \$185
A celebration of diverse artistic expressions, encouraging campers to explore various cultures, styles and techniques across the globe.
Art Perspectives Workshop- Beginner/Intermediate
Ages 12-17 | June 20-22, 5:30pm-8pm | \$100
Participants will delve into the creative use of charcoal, pencils and soft pastels to develop their skills and enhance their artistic techniques.



Dance & Gymnastics Camps at Kinetics Academy of Dance & Gymnastics

DAY CAMPS
kineticsacademyofdance.com/summer-camps
(530)345-2505
627 Broadway St., Ste 100, Chico
Cost: \$15-\$188

Whether your child wants to dance like a pop star, cheer and tumble, work on their gymnastic skills, or be a fairytale princess, there is something for them at Kinetics. From open gyms starting for toddlers to accelerated ballet classes for your teens, choose from a variety of camps and let your child enjoy a musical and active summer.

- Unicorn Fairy Ballet** Ages 4-8 | June 17-20 & July 29-Aug 1, noon-2:30pm | \$150
- Taylor & Miley Pop Star Camp** Ages 5-15 | June 24-27 & Aug 5-8, noon-2:30pm | \$150
- Dance Barbie!** Ages 5-12 | July 1-4, noon-2:30pm | \$150
- Ballet Accelerated Intensive Training Camp** Ages 8-16 | July 8-11, noon-2:30pm | \$150
- Fairy Tale Princess & Tea Party Camp** Ages 4-9 | July 15-18, noon-2:30pm | \$155
- Summer Dance Pass for Preschoolers** Ages 3.5-5 | June 17-Aug 17, time varies | \$188
- Summer Dance Pass for Preschoolers** Ages 5-7 | June 17-Aug 17, time varies | \$188
- Summer Dance Pass for Preschoolers** Ages 8-16 | June 17-Aug 17, time varies | \$188
- Slumber Party** Ages 4-9 | July 12, 5:30-8:30pm | \$42
- Dance & Gymnastics Camp** Ages 4-12 | July 22-25 & Aug 12-15, noon-2:30pm | \$155
- Aerial Arts & Circus Camp** Ages 6-16 | June 24 & July 15, 9:30-11:30am | \$49 & Aug 5-Aug 8, 12:15pm-2:45pm | \$169
- Gymnastics Camp** Ages 5-12 | June 24-27 & July 8-11, 12:15-2:45pm | \$155
- Ninja Fun Camp** Ages 4-8 | July 1-4, 12:15-2:45pm | \$155
- Cheer & Tumble Camp** Ages 6-15 | June 17-20 & July 29-Aug 1, 12:15-2:45pm | \$145
- Gymnastics Day Camp** Ages 4-12 | July 5 & Aug 9, 12:30-3pm | \$42
- Gymnastics Day Camp Level 2** (Beyond Basics) Ages 6-15 | July 15-18, 12:15-2:45pm | \$155
- Gymnastics Toddlers Open Gym** Ages 18mo-4 | July 1 & Aug 5, 9-10:30am | \$15
- Gymnastics Open Gym** Ages 6-12 | July 1 & Aug 5, 10:30am-noon | \$15



Forebay Summer Aquatic Camp

DAY CAMPS
forebayaquaticcenter.com
(530)774-7934
Forebay Aquatic Center
930 Garden Drive, Oroville.
Ages: 7-14
Sessions: June 10-Aug 5
Cost: \$175-\$275
Half-day: Mon-Fri 8am-12:30pm, \$175
Full Day: Mon-Fri, 8am-5pm \$275
Scholarships available to those who qualify.

Campers learn to master watercraft, including kayaks, canoes and standup paddle boards, in a safe and exciting environment. Campers will work their way from basic terminology to skills such as self rescue! Campers play games to learn about local wildlife, nature skills and team building. All experience levels welcome! Signups from 7:30-8am; campers are expected to be picked up by the end of their session.



Youth Camp at Chico Racquet Club

DAY CAMPS
chicoracquetclub.com/summer-camps •(530)895-1881
1629 Manzanita Ave.
Ages: 4-16
Sessions: Mon-Fri, June 10-Aug 9, Aug 12-16, 10:30am-3pm
Cost: Varies

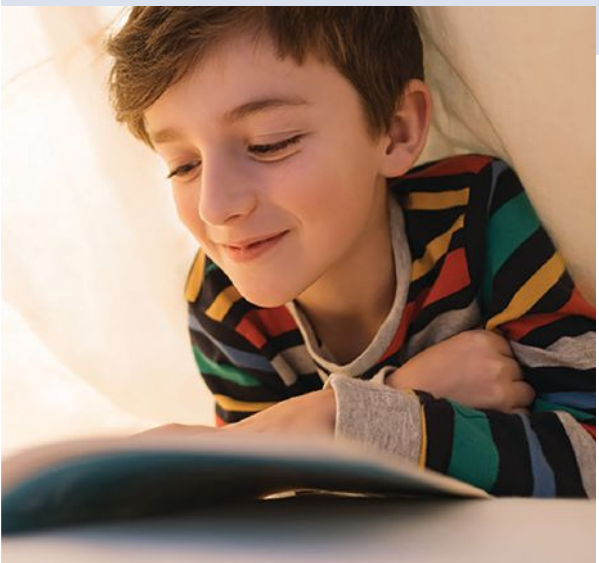
We offer daily, weekly and monthly Pickleball/Tennis Summer Camps with pro instructors. Mornings will include stroke technique lessons, on-court instruction and games. Campers may bring their own lunches or purchase food in the Pro Shop and then enjoy the pool mid-day. Finish the day with more on-court instruction and games!



Summer Adventures in Reading—Online Reading Classes for Kids

DAY CAMPS
rce.csuchico.edu/reading
(530)898-6105
Multiple Counties
Ages: K-10th Grade
Cost: varies

This summer, help your child become a confident, enthusiastic reader through Chico State's Professional & Continuing Education **Summer Reading Skills Programs!** Designed and taught by instructors from the Institute of Reading Development, these single-grade programs teach key reading skills, from phonics and sight words for younger children to comprehension, reading speed, and textbook strategies for older kids, and everything in between. Guided by a knowledgeable and supportive teacher, students in these programs experience success with reading again and again, developing their skills and building confidence in outstanding books at the right level of challenge for each age. By the end of the summer, your child will have avoided many difficulties associated with summer learning loss and become an avid reader who enjoys reading for both school and pleasure.





Martial Arts Summer Camp

DAY CAMPS

azadsmartialarts.com

(530)892-AZAD

Azad's Martial Arts Center

313 Walnut St, Suite 150, Chico

Ages: 3 and older

Sessions: June 3-7 Nerf Camp | June 10-14 Ninja Camp

June 17-21 Gladiator Camp | June 24-28 Nerf Camp

July 8-12 Ninja Camp | July 15-19 Gladiator Camp

July 22-26 Nerf Camp. All camps sessions Mon-Fri, 8am-noon

Cost: Enrollment Begins \$255 per week

Your child will enjoy high-quality martial arts training and a wide range of games and activities each day. While the entire week is packed with fun activities and lessons each day brings a series of specialized focus activities on areas such as personal safety, self-defense, mental sharpness, emotional health, physical health, teamwork and celebration in what we accomplish.



Little Hoopsters Basketball Camp

DAY CAMPS

chicorec.gov/little-hoopsters

(530)895-4711

Arron Ray Clark Memorial Field House,

1900 Dr. MLK Jr. Parkway, Chico

Ages: 5-7

Cost: Varies

Sessions: 3-day sessions, June 17-August 9. Morning session 10am-12:15pm, all day session 10am-5:15pm

Sign your Little Athlete up for this camp to learn the fundamentals of basketball, offensive and defensive stations and drills, join in small-sided games/scrimmages and more! Each camp provides entertainment with a purpose. Geared specifically toward age and ability, your "Little Athlete" will be highly entertained doing what they love and learning the fundamentals of the game along the way. Each camp will feature paid coaches that create a positive, non-threatening environment for your little one to gain a love of the game.



Terrain Park Climbing Center Youth Summer Camp

DAY CAMPS

terrainparkclimbingcenter.com

(530)809-0796

931 W 5th St., Ste. 100 Chico

Ages: 7-13

Sessions: Mon-Thurs 9am-12pm. June- Aug

Cost: \$250 per week for a single child, or \$215 per kid when signing up siblings.

Our youth summer camp is geared towards providing young climbers an environment where they can have fun and grow as a climber and connect young climbers with other young climbers on a weekly basis. A typical day consists of climbing, drills, games and team building skills. Our goal is to create a friendly learning environment while building strength, confidence, solving problems, making friends & having fun all at the same time! Make sure to wear comfortable clothing you can move around in. Bring lunch and a water bottle. We'll supply the rest!



Museum Camp at Valene L. Smith Museum of Anthropology

DAY CAMPS

www.csuchico.edu/anthmuseum/

(530)518-5231

Valene L. Smith Museum of Anthropology,

Chico State Campus, 400 West First St, Chico

Ages: 5-12

Sessions: Mon-Thu, 8:30am-12:30pm, July 15-18 &

July 22-25.

Cost: \$150 per week or \$290 for both

This year's camp offers a mashup of history, science, culture & adventure. This year marks the 20th year for the anthropology museum camp! Campers travel the world and enter epic time periods in human history and in engage in science and art in fun and exciting ways.

Week 1 - Wet & Wild July 15-18 Explore the ecosystems of forests, oceans and discover the past through ice archaeology.

Week 2 - Ancient Egypt July 22-25 Who were the ancient Egyptians? From daily life to animal gods uncover facts and mysteries around this famous civilization.

GLENN COUNTY



Career Discovery Camps

DAY CAMPS

www.success1charter.org/gap-cte-career-technical-education

(530)936-6980 x 3555

Ages: 16-19

Sessions: June-Aug

If you have a teen who is looking towards the future, join us for Career Discovery Camps. There will be a range of camps for all interests including: Fire Fighting, Office Technologies/AI, EMS/Ambulance, Aviation & Transportation, Police Investigation, Construction, Future Educators, Food Service & Hospitality. Here they can learn about different careers and investigate their passions. Open to all Glenn County students. Call for more info.



Shasta Family YMCA Best Summer Ever!
DAY CAMPS
sfymca.org/programs/camps/summer-day-camps
(530)246-9622
Shasta Family YMCA at Boulder Creek Elementary School,
505 Springer Drive, Redding
Ages: 5-13
Sessions: June 10-Aug 2, Mon-Fri, 7:30am-5:30pm, No camp 7/4 & 7/5
Cost: \$210 for 3-day week; \$267 for 5-day week

We know not all parents/guardians get time off when their child(ren) are on school break, that is why the Y has you covered. We offer day camps all summer long. While you are taking care of business, you can be assured your child(ren) are engaged, safe, and having fun. Don't miss out on this unforgettable summer experience for your child. Register Now! Looking for additional activities for the entire family? Check out our website: www.sfymca.org



Trinity Lutheran
DAY CAMPS
reddingtlc.org/learningcenter
Crystal@reddingtlc.org
(530)221-6686 x 205
2440 Hilltop Dr., Redding
Ages: Varies
Cost: \$215/week
Sessions: June 10-July 19, closed July 4. M-F 7:30am-5:30pm

Registration is now open! Come join us for fun and adventure. We go on field trips most weeks and the price includes all field trips. Please email or come down to pick up a packet. Space is limited as we keep our camp small.



The Redding Arts Project – School of Theatre and Dance
DAY CAMPS
1726 Market Street, Redding
thereddingartsproject.com
(530) 245-1019
Dance Camps: Ages: 3+
Sessions: June 10th – July 19th
*Special August Dance Intensive – more details to come!

Join The Redding Arts Project for our delightful summer dance and theatre programs emphasizing creativity, fun, and a commitment to age-appropriate technique. Nestled in Redding's flourishing downtown Arts District, The Redding Arts Project offers a professional yet welcoming atmosphere. Our dedicated staff and faculty are committed to helping you or your child excel in the art of theatre and dance. Explore our website for additional details about our summer camps!



Dance Depot July 3-Day Camps & Ballet Intensive
DAY CAMPS
dancedepotfamily.com
(530)275-9618
Dance Depot
2225 Larkspur Lane, Redding
All ages & levels
Sessions: 3 Day Camps in July 9-11, 16-18, 23-25 (Tues., Wed.,Thurs) 3 Week Ballet Intensive July 9-25 (Tues & Thurs mornings) - Intermediate/Advanced Levels.
Check website for times.
Cost: \$60 to \$130 with discounts for additional classes.

We will be offering a variety of dance styles including Ballet, Lyrical Jazz, Acrobatics, Tap, Hip-Hop & more! along with Mommy or Daddy and ME classes. Students will be able to jump in & dance with us! Don't miss out on this unforgettable summer experience for your child. Register Now & give us a call 530-275-9618



Shasta Youth Leadership Camp (SYLC)
RESIDENTIAL CAMPS
shastayouthleadershipcamp.com
2211 College View Dr, Redding
Counselor Application Dates: Mar 1-31
Camper Application Dates: May 1-31
Camp Dates: 7/9-7/12
Cost: \$200

Aimed at cultivating leadership skills among local middle school youth. Hosted at Simpson University. Participants engage in a comprehensive leadership curriculum, encouraging commitment to a positive lifestyle and inspiring them to become agents of change within their schools and communities. 4-day, 3-night. Open to middle school students. Counselors must be in 10th grade-21 years old.



Turtle Bay Discovery Camps

DAY CAMPS

turtlebay.org/camps
(530)242-3108
Turtle Bay Exploration Park,
844 Sundial Bridge Drive, Redding
Ages 7-12
Sessions: Mon-Fri, June 17-Aug 2, 9am-4pm
Cost: \$225 for members and \$250 for nonmembers

Turtle Bay's Discovery Camps are an opportunity for 7-12-year-olds to participate in various science activities, crafts, games, and more! At Turtle Bay, we encourage interactive and hands-on learning that builds on prior knowledge. We encourage campers to try new and different activities and experiments. Sequential days will build off the previous day's work as we explore science, arts, and the surrounding natural world. Throughout the week, campers will also have opportunities to attend Turtle Bay programs, visit the Parrot Playhouse, enjoy the play-grounds, and explore our exhibitions, gardens, and more.



Acton Academy Camp Curiosity

DAY CAMPS

actonredding.com/camp-curiosity
(530)377-3302
2960 Hartnell Ave, Redding
Ages 6-13
Cost: 1-day Pass – \$40, 10-day Pass – \$345,
Summer Pass – \$595
Sessions: June 17-July 12, 8:15am-1pm daily.

Camp Curiosity provides a variety of activities for learners to choose from, including theater, coding & robotics, arts & crafts, outdoor play, gym sports, engineering challenges, 3D printing, stop-motion animation, group games and so much more! They'll choose what they want to do and for how long. Our role is to step aside, cheer them on in tackling new challenges and taking creative risks, celebrate 'failure' and provide just enough guidance to keep everyone safe and happy. Each day begins and ends with Socratic discussions and team games, while built-in incentives keep learners engaged until time runs out.



Hokema's Sewing and Vacuum

DAY CAMPS

Hokemas.net
2736 Bechelli Ln, Redding
(530)223-1970
Ages: 8-17
Sessions: June 17-July 25
Cost: \$375 per camper. All materials, lunches and snacks included. Prices reflect no increase over last year!

Sewing 101: June 17-20, 9am-4pm
Spend the week learning the basics. Projects include pillowcase, roll-up case and more. Great for beginners.
Panel Quilt: July 29-Aug 1
Students will get to pick their own panel and make a quilt. Class is great for a confident beginner.
Bag Making 101: July 22-25, 9am-4pm
Students will learn the basics of bag making. Main project will be a backpack. Class is great for an intermediate sewist.



Shasta Rock Club Kids Summer Camp

DAY CAMPS

shastarockclub.com • (530)691-4505
2325 Athens Ave., Redding
Youth Camp: Ages 6-12 | June 24-28, 8am-11am |
July 22-26, 8am-11am
Summer Intensive: Ages 12-18 | July 1-5, 8am-11am |
July 29-August 2, 8am- 11am
Cost: \$225-\$275

Join us for an awesome time full of action-packed climbing fun! During our summer camps, we will play games, make friends, and climb a lot! Our goal is to provide campers with a unique experience that is challenging, educative, and teaches teamwork. Kids leave our camp more confident, empowered, and courageous. Previous climbing experience is NOT required for camp. Parents are invited to join us at 10:30am on Friday to see what their kids have learned over the week and for our end of the week Camp Rally! Camps includes a t-shirt and pizza for lunch on the last day.



Roots Farm EDU Camp

DAY CAMPS

rootsfarmedu.com
(530)549-8021
Palo Cedro
Ages: 5-12
Cost: \$225/week
Sessions: June 24-28, July 15-19, August 5-9, 8am-2pm.

Get your kiddos to unplug from electronics this summer at Roots Farm EDU where nourishment of mind, body, and spirit is discovered in skills, knowledge, and reverence of generations past. They will learn about life on a farm and nature and how animals and plants can help each other for a more productive farm. We will also learn folksongs, planting, cooking, harvesting and have a mix of various art forms from poetry to painting!



Shasta Libraries Summer Reading Program

DAY CAMPS

shastalibraries.org/
summer-reading
Burney Library, 37116 Main Street | (530)245-7250
Redding Library, 1100 Parkview Ave | (530)245-7250
Anderson Library, 3200 W Center St | (530)365-7685
Ages: All ages
Sessions: June-July
Cost: Free

Shasta Public Libraries will be hosting and creating events and programs to support literacy for all ages. Camps will be open to all ages and family oriented with fun arts and crafts, magicians, readings and even prizes. Sign Ups open mid-May



California Dance Co Summer Sessions

DAY CAMPS
cadanceco.com/summer
(530)365-7749
2150 #1 Marx Way, Anderson
Ages: Varies

- Fairytale Ballet Mini Session**
Ages 4-8 | May 22-June 26 | \$95
- In My Dance Era Summer Dance Camp**
July 15-17 | \$159
- Welcome to the Circus Summer Gymnastics Camp**
August 5-9 | \$179
- Gymnastics - Olympics Theme**
June 4-week session | \$70
July/August 8-week session | \$140
- Aerial Silks - Olympics Theme**
June 4-week session | \$70
July/August 8-week session | \$140
- Tumbling Tricks & Flips**
June 4-week session (semi-private classes) | \$80
July/August 8-week session 8-week session (semi-private classes) | \$160
- Twirlin' Tiaras Dance Class**
Ages 2-4 | July 4-week session | \$70
August 4-week session | \$70
- Barbie's Summer Dance Party**
Ages 5-9 | July 4-week session | \$70
August 4-week session | \$70
- JULY DANCE POP UPS**
Int/Adv ages 7-12 | \$25 each class or \$69 for all 3 classes in one style
- Hip Hop Pop Up:** July 11, 5-8pm
- Technique Pop Up:** July 17, 5-8pm (Flexibility & Strength, Acro Tricks, Turns & Leaps)
- Industry Pop Up:** July 24, 5-8pm (Lyrical, Musical Theatre/Improv, Contemporary)
- Technique Pop Up:** July 31, 5-8pm (Flexibility & Strength, Jumps & Leaps, Building Strong Turns)



Redding Fashion Alliance Summer Sewing Camps
DAY CAMPS
Redding School of the Arts,
955 Inspiration Plaza
reddingfashionalliance.org/summer-sewing-camps.html

Learn basic sewing skills from how to operate a sewing machine to sewing simple beachwear and upcycle creations. Machines, threads, tools and supply list provided. Student brings fabrics.

Introduction to Sewing: Learn the Basics of Machine Sewing: June 24-27 & July 22-25, 1-4pm | July 29-August 1, 9am-12pm

Make a Summer Beach Outfit: June 17-22 & July 8-11, 9am-12pm

Make a Crossbody Bag and More: June 17-20, 1-4pm | June 24-27, 9am-12pm

Stuffed Animals: July 8-11 & July 29-August 1, 1-4pm

Make a Hooded Vest: July 15-18, 9am-12pm

Make Shorts or Summer Dress: July 15-18, 1-4pm

Upcycle Jeans Project: July 22-25, 9am-12pm



Redding Performing Arts Center
DAY CAMPS
Reddingpac.com
(530)276-8283
3274 Bechelli Ln
Ages: Varies
Cost: \$250-\$475
Check website for camp options, days and times

Camp registration is now open for both our Performance and Technical Theatre camps! During camp students will grow as actors, singers and dancers, learning fun new songs and exciting choreography with excellent teachers, professional rehearsal space and a welcoming environment. Have a student who doesn't love being on stage? Sign them up for tech camp for a hands on experience of the behind the scenes of a show, Space is limited, register today at reddingpac.com.



Redding Recreation Summer Camps: Unleash the Adventure
DAY CAMPS
reddingrecreation.org
(530)225-4095
Ages: 5-14
Sessions: June-early Aug. For camp times, go to reddingrecreation.org and click on Activity Guides and Recreation Programs.
Cost: \$30-\$160

Get ready for an unforgettable summer at Redding Recreation Summer Camps! Our Summer Adventure camps are a whirlwind of excitement, filled with weekly field trips, swim days, innovative crafts, awesome games and a dedicated team of highly trained camp staff. Hurry, spots fill up fast!

Our summer swim lessons bring a splash of fun and skill-building in the waters of the Redding Aquatic Center. Camp Adventure is a camp for thrill-seekers, including traditional and nontraditional sports, fitness, team competitions, and water play. If your child is interested in a more specialized camp, we have those too! Baseball Camp, Skateboard Camp, Farm Camp, Nuts and Bolts Construction Camp, Tennis Camp, and Sailing Camp, to name a few.

With these and more, Redding Recreation Summer Camps offer diverse activities tailored to your family's interests. Secure your spot for a summer of exploration, growth, and lasting memories! Visit online today!



Sensory Innovations

DAY CAMPS

sensoryinnovations.org

(530)780-5559

20 Hilltop Dr, Ste A, Redding

Ages: 6-13

Sessions: July 8-12 | 8-12pm & 1-5pm, July 15-19 | 8-12pm and 1-5pm, July 22-26 | 8-12pm and 1-5pm, July 29- Aug 2 | 8-12pm and 1-5pm

Cost: Register by May 1, \$215.00 per week or \$830 for all 4 weeks. After May 1, \$235.00 per week or \$930 for all 4 weeks.

At Sensory Innovations, we take pride in providing a wide range of sensory-friendly camps and workshops all year round. These thoughtfully crafted programs are designed by our team of Licensed Occupational Therapists, who are experts in their field. Our goal is to empower individuals by equipping them with effective strategies for improving self-regulation and enhancing motor skills. Additionally, we focus on developing executive functioning skills that can be applied to various daily activities. Join us on this journey of growth and discovery as we create a nurturing environment where individuals can thrive and reach their full potential.



Pasture-Raised Kids Farm Camp & Music Lessons

DAY CAMPS

farmschooladventures.com/summer

(530)643-6551

7715 Eastside Road, Fort Jones

June 24th - August 2nd, closed on Fourth of July.

Thursdays meet at Etna City Park and pick up at Etna City Pool

Monday-Thursday, 8:30-3:30pm

Cost: \$125/Week

Get ready for an unforgettable adventure filled with hands-on experiences and exploration! Step into our world where learning meets nature. Our summer program is designed to ignite curiosity and foster a deep connection with the environment. From our bustling farm to the heart of our culinary kitchen and vibrant children's garden, every corner is a new discovery waiting to happen. Enroll now!



Regenerative Arts Day Camp (RAD)

DAY CAMPS

[facebook.com/people/](https://facebook.com/people/Regenerative-Arts-Learning-Center-Day-Camp)

Regenerative-Arts-

Learning-Center-Day-Camp

(207)458-8247

Regenerative Arts Learning Center

Ages 3-12

Sessions: June 17-Aug 28, Mon – Wed, 3 days a week. 10am-3pm

Cost: \$40-65 a day

At RAD Camp, children will take part in natural and recycled arts & crafts, help tend to their own garden and learn how solar cooking works. Organic meals will also be provided. With a 6 to 1 child to instructor ratio, children will feel independent and have freedom to create. Email ilanna_d@yahoo.com to enroll today.



College of the Siskiyous Summer Show Choir & Jazz Camp

DAY CAMPS

www.siskiyous.edu/camps

(530)938-5373

800 College Avenue , Weed

Ages: 5-18

Sessions: June 23 - Sunday afternoon - check in and voice/dance placement. June 24-29 - Mon-Fri 9am-5pm - singing and dancing

Cost: \$42

College of the Siskiyous Music Department invites you to spend a full week receiving instruction by the most respected Jazz and Show Choir directors, composers, and choreographers in the United States! This year we are offering two age groups: Grades K-5th and 6th-12th. Come and join the fun! For more information and to sign up: rsabbinnck@siskiyous.edu.



College of Siskiyous Basketball Camp

DAY CAMPS

siskiyous.edu/camps

(530)938-5373

COS Gymnasium, 800 College Ave., Weed

Ages: Basketball Camp (Ages 5-14 years)

Group 1 (Ages 5-8) 8:30 to 10:30 am

Group 2: (Ages 9-14) 11:00 am to 2:00 pm

Cost: Group 1 (Ages 5-8) \$60 pre-registration/\$70 walk-up

Group 2 (Ages 9-14) \$110 pre-registration/\$120 walk-up

Ages 5-8: \$60 pre-registration, \$70 walk-up day of camp

Ages 9-14: \$110 pre-registration, \$120 walk-up day of camp

Sessions: June 19-22

Girls and boys ages 5 to 14 years are invited to participate in a one-week summer basketball camp. Campers will receive instruction in ball handling, shooting, offense, passing, defense, and fundamentals. Coaches include COS Men's Basketball Head Coach Kyle Heath and current/former players. All Campers will receive a camp t-shirt. Daily awards will be given. For information contact Camp Director Kyle Heath (530) 938-5859. heath@siskiyous.edu



Red Bank Outdoor Academy

RESIDENTIAL CAMP

redbankoutdooracademy.com

(707)498-2013

Red Bank Outfitters aka Red Bank Ale & Quail, 18875 Red Bank Rd, Red Bluff

Ages: 8-16

Sessions:

June 9-13 – Level I

June 16-20 – Level I & II Combo

June 23-27 – Level I & II Combo

July 7-11 – Level II

July 14-18 – Level I & II Combo

July 21-25 – Level I & II Combo

July 28-1 – Specialty Camp (TBD)

Cost: \$900 for lodging, three meals per day, and all supplies needed to participate. Full & partial scholarships are available based on financial need and family hardships.

All camps drop off on Sunday at 4pm and pickup on Thursday between 12:30-2pm. Pickup times vary due to the number of students per camp. Pickup day is also our competition day with an awards ceremony before pickup. During our week-long, highly supervised camps, RBOA will provide students ages 9-15 with hands-on, in-depth instruction in outdoor recreation and conservation skills. Red Bank Outdoor Academy is dedicated to preserving our outdoor heritage through providing our youth with the highest-level instructional opportunities. Our goal is to ensure all youth have the ability to experience hunting and fishing opportunities, learn the importance of wildlife conservation, and build safety and outdoor skills that will last a lifetime.



Flare Dance and Acrobatics

DAY CAMPS

igniteyourflare.com/page/class-registration

(530)255-4180

446 Walnut St, Red Bluff

Ages: Varies

Sessions: June 3-19, Mon & Wed

Cost: \$35-\$236. Receive 10% off your uniform with registration in one of our 4-week summer programs.

Unleash your potential this Summer at Ignite Your Flare! Dive into dance and acrobatics classes designed to ignite your passion and elevate your skills. Join us for 3 fabulous weeks this June and let your spirit soar! Contact us at 530-255-4180 or igniteyourflare@gmail.com for more information!



Summer SERRF Expanded Learning

DAY CAMPS

tehamaschools.org/Departments/SERRF/index.html
(530)528-7381

Tehama County Department of Education

Ages: K-8th Grade Students

Sessions: June-July. Check website for locations, days and times of camps throughout Tehama County.

This summer we are embarking on an adventure centered around the California Gold Rush! Utilizing the Tehama County Book in Common, *By The Great Horn Spoon*, students will engage in five weeks of educational and enriching hands-on activities, field trips, and recreation! Programs are held at selected school sites throughout the county with partial and full day options to meet your summer needs.



Lassen County Kids Camp

RESIDENTIAL CAMP

rmhcn.org

(916)734-4230

Lassen National Park

Ages: 8-12

Sessions: July 7-13, 4 days, 3 nights

Cost: \$300

Limited scholarships available

This camp week specifically is for able bodied kiddos, in rural north areas. We look at this camp week as a thank-you to our communities for hosting our camp grounds in Lassen National park. Camp experience includes: archery, arts and crafts, canoeing, drama / music, fishing, group games, hiking, mountain biking, outdoor education & swimming.

Lassen County Kids Camp is looking for counselors ages 16-18.





YOUR FUTURE IS INFINITE THINK BEYOND



Standing Tall Against Teens Using Substances (STATUS) Tehama County Youth Coalition collaborated with Friday Night Live (FNL) Corning Union High School chapter to plan and host the 2024 Tehama County Youth Summit in Red Bluff on April 16, 2024. The theme this year was Your Future Is INFINITE Think BEYOND.

During the summit, participants had the opportunity to engage in an artistic project, use their voice through poetry, gain awareness on the impact of tobacco products on their mental and social well-being, and encouraged to achieve their dreams no matter the circumstances they face.



2024 Youth Summit Planning Committee



STATUS Youth Leaders



Mosaic Art by Youth Participants



JOIN OUR YOUTH COALITION



ACTIVITIES

- Leadership, Advocacy and Public Speaking Workshops
- Tobacco Litter Clean Ups
- Meetings with Policy Makers
- Youth Conferences
- Presentations to Elementary and Middle School Students

REWARDS & BENEFITS

- Community Service Hours
- Certificates of Recognition
- Letters of Recommendation
- T-shirt
- Gift Cards for Participation



(530) 781-6489

Denise Sandez-Rivera

FOLLOW US:



@status_tehama

GLOWING Wild



AN ILLUMINATED
WILDLIFE
LANTERN
FESTIVAL
at the SUNDIAL
BRIDGE

MARCH 29 - MAY 26

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10 ACRES OF GARDENS
GIANT WILDLIFE DISPLAYS
MUSIC & ANIMATION
GLOWING SWINGS
FOOD & DRINKS BY MOSAIC
& MUCH MORE

Dr. Eric & Tiffany Blasingame *present*

Amazing Pollinators

An Immersive Game-based Conservation Adventure

Turtle Bay Museum • Now - May 27



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EXPLORATION PARK

See all events & exhibits at

www.turtlebay.org

530-243-8850