



March 2010

Volume 16 Number 5

Spring is
in the Air

WELCOME
TO

MARCH

You may have read the recent front page *Times Standard* article about the current listing to sell the Bridgeville property. In the article, I describe an interest that all of our board members

have expressed, to purchase land that would suit the construction of a larger and more useable community center. Please be assured that this interest does not include the entire Bridgeville property. On March 10th a committee meeting is planned around considering what our possibilities of action may be.

Any effective project will require a substantial increase in local support. There have been early public halls in the area, the VFW and the smaller hall in Bridgeville that was dismantled. They were built when our population was more concentrated along the river. It was a time when there was no electronic entertainment and a ride to Fortuna was long and slow. From what I have read and heard, people were inclined to participate in social events, dances, sports and games.

We now have a population of 500-600 scattered throughout the watershed with as many interests as there are individuals. A vibrant, active community center, large enough to have more social, educational and entertainment events would be an asset to most. Once built,

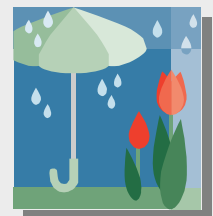
will people change their routines enough to take part in the activities?

I find that there is some potential foundation support, given with the understanding that the community will carry a larger portion of the land purchase and construction. As an example, Orleans is now renovating a building with similar uses, having \$50,000 partial funding from the county's Headwaters Fund. Like the work in Orleans, our effort will require a detailed plan including timeline, budget, financing and fundraising. Many questions will need to be answered about needs, viable locations, affordability and how we will maintain the facility. If you are interested, please join the meeting, March 10 at 4:30 or send a letter sounding your support and concerns.

Our senior programs; weekly lunch, daily exercise, activities and the hospice care program have received a supporting grant totaling \$12,800. Many thanks to the Bertha Russ Lytell Foundation for their continuing support.

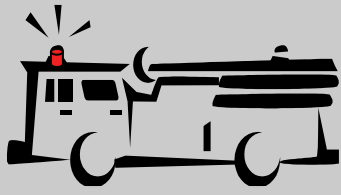
Long time resident, Eleanor May passed away last month. She maintained the family ranch north of Bridgeville which was established by her pioneering grandfather, William Slaughter Robinson. She was a supporter of the school and a former board member. Our sympathy goes out to the May family.

with peace in mind,
Mike Guerriero



Inside this Month

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**Bridgeville
Volunteer
Fire Company
News**

Wes Cooper is the Fire Captain and Training Officer of the Bridgeville Volunteer Fire Company. Wes is from Ventura County area where he studied Fire Technology and worked for CSH/DC Fire Rescue 5 years as a full time firefighter and for Boeing/Rocketdyne Fire Dept. He spent 2 years on the Hazardous Materials Response Team and as a Fire Prevention Officer. He has been through two paid fire academies and one police academy. Prior to moving to Humboldt he spent 2 years with the Ventura County Sheriff's Department SAR TEAM 1, Mountain Division, attached to their aviation unit.

Wes and his wife, Margot, moved to Humboldt County 2 1/2 years ago when he took a job with HSU. They purchased their dream home in Little Golden Gate and have been there ever since. Chief Ben Fleek got word of Wes, and his background, and called him to see if he would be interested in working for the BVFC and assist with training. Wes agreed and joined the BVFC just after a month of

living in Humboldt and has been responding and providing training ever since.

Wes' greatest joy in life so far has been watching the development of our BVFC crew. They have trained hard over the past 2 years and have received their CA State Firefighter 1 certificates. They have become true firefighters, and we are so lucky and a whole lot safer to have our BVFC here! Tim Smith, Jessica Springer, Teresa Stewart, Jim Nelson and Bryan Sturgill have been truly dedicated and **All** are our heroes, Wes will always be so very proud of them. Ben Fleek, too. The crew is the backbone of BVFC!

The BVFC is now attempting to become a Fire District through the Humboldt County Planning Department and ask that all Bridgeville residents and landowners support them through this endeavor as it will benefit each and every one of us. Home owners insurance rates are sure to drop when we become a Fire District. For more in depth info on this, please call Wes or Ben or please attend the BVFC meeting held on the first Friday of the month at 6pm in the BCC. Check your newsletter for the exact date each month and bring all your questions and concerns with you. I guarantee you, you will learn a lot at each meeting. The BVFC really knows what they are talking about!

Skylar Blue, BVFC Volunteer

**Who are the members of the Bridgeville
Community Center Board of Directors?**

Rachel Owen, Board President; Jim Nelson, Treasurer; Lynne Reardon, Secretary; Tammy Farmer; Kathleen Guelfo; Skylar Blue; Rob Patton

**Bridgeville Community Center
Mission Statement**

"The Bridgeville Community Center is dedicated to improving the quality of life for all our community members. We are committed to bringing people of all ages together to encourage good health, self-esteem, creativity, and personal development."

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

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Humboldt County Bookmobile



**Read A
Book
They Deliver**



Bridgeville School	10:30 - 11:30
Dinsmore (next to Laundromat)	12:15 - 2:15
Carlotta (Martin & Shirley's)	3:30 - 4:30

The Bookmobile comes to Bridgeville and Dinsmore the second Tuesday. (new schedule)

Bookmobile: (707) 269-1990

**THE SUPERIOR MAN THINKS ALWAYS OF VIRTUE;
THE COMMON MAN THINKS OF COMFORT.**

-CONFUCIUS

REDUCE, REUSE, RECYCLE

Printed on recycled paper.

Comments and corrections are always welcome. Management is not responsible for any errors, omissions, or other editorial mis-statements, intentional or otherwise. The views expressed by the authors do not necessarily reflect the Bridgeville Community Center or its staff. If you have any other concerns, please submit them in triplicate.



Some years ago we set off on trying to determine the best way to get our children educated. We knew people who were homeschooling and hadn't ruled

much of anything out since our daughter was only about a year old. It just so happened the Times Standard ran an article stating school board members were needed across the county. We decided that joining the school board might be a good way to evaluate our local public option, Bridgeville School.

Well, our eldest daughter is now five and I am into my second term as school board member. When I first started looking into public education I went to the county website and looked at the numbers. Being a bit of a numbers guy I wondered whether I could put all the right variables into a formula to determine whether or not our children would get a good education. I looked at student to teacher ratios, computer to student ratios, funds per student comparisons and historic and current test scores for many schools in the county. Bridgeville's ratios looked good and the school showed the highest test score improvement in the county last year.

We have found that the formula required to ensure a quality education has not yet been published. Now that our daughter is in kindergarten

we see a little more of the students and how they interact. I don't have a number that quantifies the value of relationships for use in the formula.

I get the impression Mr. Mullan is a numbers guy also. He provides us with various tables and comparisons to review on a regular basis. One of these tables compared services provided at various small schools in the county. It shows which schools have speech therapy, a library, reading specialists, sports, music, art and compared the student aid time and number of classrooms. I am convinced that this table holds some valuable variables for use in the formula. Bridgeville School looked pretty good throughout the comparisons. This school provides a lot of services to the children in this community.

One thing the numbers are telling me is that we can't continue providing all of these services without making some sort of change. I like most numbers but red ones are my least favorite. Our children are still in the early years of their education and we want to make sure that the school provides services in the long term.

We'll be looking for options over the next several months. This is a good time to get involved in your child's education and Bridgeville School District's future. We have meetings the first Monday of each month. Bring any ideas or suggestions.

It's a good community. Be part of it.

Curtis D. Cross
School Board Member

Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driving Training Prep ■ Adult Basic Ed

Use this opportunity to get your GED. All it takes is a phone call to get started. Sign up.

Private classes are available by appointment to start working toward your GED, Basic literacy, or other educational goals.

Bridgeville Community Center Adult School is having classes. Class times are flexible and designed to fit into each student's time constraints. If you are interested in getting a GED or in basic adult education classes, please call the BCC at 777-1775 to register. We will contact you to set up class times.

All Adult Ed (GED, Basic Ed, and ESL) classes are held on Wednesdays and by appointment.

Call 777-1775 for more info

Senior Lunch Moves to Thursday



There have been some changes made recently to the Senior lunch Program: Our

long-time cook extraordinaire has resigned, and Pam Walker, the school cook extraordinaire, will be preparing the Seniors' weekly lunch for us. Lunches will be held on **THURSDAYS**, beginning March 4. Social time starts at 11:30, lunch is served at noon. A cribbage tournament will follow, at 1 PM.

Sky's delicious meals will be missed by all, and we wish her all the best. The Center & the seniors look forward to enjoying Pam's fine cooking for a long time to come.



NEWS FROM THE HIVE

By Skylar Blue

A big THANKS! goes out to all my comrades in Bridgeville for that wonderful luncheon you all had for me at Shamus' last Saturday. How kind of you all and what a surprise! You are all very much loved and appreciated, not only by me but by each other, as we can all tell. It was sure a lot of laughs and fun camaraderie. (Rosie even met a new cowboy!) Thank you, again, for your kind gestures, hugs and love. I'll never forget how you made me feel like I'm part of your family. What great and seriously funny friends we have out here!

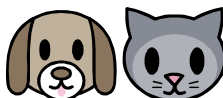
You know, people will forget what you've done and people have a tendency to forget what you said, but people never forget how you made them feel. There is tremendous happiness in making others happy despite our own situations. Noticing the kindness of others only promotes that feeling in you to get out there and be grateful yourself. I have never seen or felt such love between neighbors than out here in our vast mountain community. This is such a special place....not another like it on earth....but in a good way!

In the spirit of love and peace, I've given up being angry for Lent....six weeks ought to squelch any anger I've got left, you know! We just can't change things, even if we believe it's for the better, until we are ready to live by our word. And that may never happen! Once people get comfortable with hypocrisy it no longer embarrasses them to be caught in the act. The conundrum is how do we negotiate with people who change the rules to suit their own agenda? Waiting for others to be honest and change will make you grow a long beard and a sad face, so what is the point? Stay happy and life will move in that direction all on it's own! Feel and hear the 'hum' and follow your heart. A dose of outdoor beauty out here sure goes far!

My love and blessings to all and here's hoping that Verna Phillips, Linda Davis, Bobby and Ellen Judd, Billie Lichti and the rest of us grow stronger every day. And a big hug and kiss to Kathleen Guelfo for all her volunteering and help she gives to everyone all the time. We all really need each others' love and kindness. We grow stronger and healthier, the closer and the more forgiving we become. How much easier is that in all this God-given Humboldt beauty? Let's grow stronger in love together and remember how lucky we really are!



Please spay and neuter your pets. There are already enough strays. Thank you.



The Census Is Coming

April 1st is Census Day. That's the date the Census Bureau wants all people in the United States to stand-up and be counted. Households that get their mail home delivered will receive their Census questionnaire in mid-March, others will have the questionnaire hand-delivered about the same time. People who do not receive a questionnaire by the end of March should pick one up at the Bridgeville Community Center.

Households who don't mail back the questionnaire by the end of April will be visited several times by a Census enumerator in an attempt to get the information required. Therefore, every person is encouraged to mail back their Census questionnaire on April 2nd. Not only will this save the cost of sending a Census worker to one's home, in most cases, it will avoid the annoyance of a stranger entering one's property and disturbing one's privacy.

The Census Bureau has worked hard to make the 2010 Census one of the shortest and easiest to complete in our nation's history. It consists of only ten questions, takes about ten minutes to complete, and will form the population numbers used to distribute over \$400 Billion in Federal monies each year for the next decade. The brevity of 2010 Questionnaire means very little personal data is being collected. The only questions asked deal with one's sex, age, ethnicity, and relationship to the head of household. (People often give out much more personal information on-line, when filling our product warranty cards, etc.)

According to Census Bureau spokesmen at the local Eureka office, it is hard to overstate the importance of the Census. Every person who steps up to be counted represents \$1,200 or more a year in Federal funds distributed in California. Humboldt County's population is approximately 130,000. If the Census Bureau misses just 1,000 County residents in this decennial count the County could miss out on a million dollars or more each year in Federal money.



The Bridgeville Baptist Church

We are on Alderpoint Road, just past the Bridgeville Bridge off Hwy 36.

Sunday School- 9:45-10:45 am
Morning Worship- 11:00-12:00
Mid-Week Service- Wednesday 6:00 pm

Best Ways to Interact With a Person with Dementia

The following tips are reprinted from a brochure offered by The Alzheimer's Association

Alzheimer's disease and related dementias can gradually diminish a person's ability to communicate. Not only do people with dementia have more difficulty expressing thoughts and emotions, they also have more trouble understanding others. The ability to exchange our ideas, wishes and feelings is a basic need.

Communicating with a person with dementia requires patience and understanding. Above all, you must be a good listener.

To help the person communicate:

- **Be patient and supportive**

Let the person know you're listening and trying to understand what is being said.

- **Show your interest**

Keep good eye contact. Show the person that you care about what is being said.

- **Offer comfort and reassurance**

If he or she is having trouble communicating, let the person know that it's OK. Encourage the person to continue to explain his or her thoughts.

- **Give the person time**

Let the person think about and describe whatever he or she wants to. Be careful not to interrupt.

- **Avoid criticizing or correcting**

Don't tell the person what he or she is saying is incorrect. Instead, listen and try to find the meaning in what is being said. Repeat what was said, if it helps to clarify the thought.

- **Avoid arguing**

If the person says something you don't agree with, let it be. Arguing usually only makes things worse.

- **Offer a guess**

If the person uses the wrong word or cannot find a word, try guessing the right one. If you understand what the person means, you may not need to give the correct word. Be careful not to cause unnecessary frustration.

- **Encourage unspoken communication**

If you don't understand what is being said, ask the person to point or gesture.

- **Limit distractions**

Find a place that's quiet, so you won't be

interrupted. The surroundings should support the person's ability to focus on his or her thoughts.

- **Focus on the feelings, not the facts**

Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words. At times, tone of voice and other actions may provide clues.

As dementia progresses, communication can become more and more challenging. Sensitive, ongoing communication is important, no matter how difficult it may become or how confused the person may appear. While the person may not always respond, he or she still requires and benefits from continued communication.

To best communicate to the person:

- **Identify yourself**

Approach the person from the front. Tell the person who you are.

- **Call the person by name**

This is not only courteous, it helps orient the person and gets his or her attention.

- **Use short, simple words and sentences**

Don't overwhelm the person with lengthy requests or stories. Speak in a concise manner. Keep to the point. In some cases, slang words may be helpful.

- **Talk slowly and clearly**

Be aware of speed and clarity when speaking.

- **Give one-step directions**

Break down tasks and instructions into clear, simple steps. Give one step at a time.

- **Ask one question at a time**

Don't overwhelm or confuse the person with too many questions at once.

- **Patiently wait for a response**

The person may need extra time to process your request. Give the person the time and encouragement he or she needs to respond.

- **Repeat information or questions**

If the person doesn't respond, wait a moment. Then ask again. Ask the question in the same way, using the same words as before.

- **Turn questions into answers**

Try providing the solution rather than the question. For example, say "The bathroom is right here," instead of asking, "Do you need to use the bathroom?"

- **Avoid confusing expressions**

If you ask the person to "Hop in!" – he or she may take that as literal instructions. Describe the action directly to prevent confusion. "Please come here. Your shower is ready."

- **Avoid vague words**

Instead of saying "Here it is!" – try saying, "Here is your hat."

- **Emphasize key words**

Stress the words in a sentence you most want to draw attention to, like "Here is your coffee."

- **Turn negatives into positives**

Instead of saying, "Don't go there," try saying, "Let's go here."

- **Give visual cues**

To help demonstrate the task, point or touch the item you want the person to use. Or, begin the task for the person.

- **Avoid quizzing**

Sometimes reminiscing may be healthy. But avoid asking, "Do you remember when ... ?" Stay away from saying things like, "You should know who that is."

- **Give simple explanations**

Avoid using logic and reason at great length. Give a complete response in a clear and concise way.

- **Write things down**

Trying using simple written notes for reminders, if the person is able to understand them. A written response may also help when a spoken one seems too confusing.

- **Treat the person with dignity and respect**

Avoid talking down to the person or talking as if he or she isn't there.

Be aware of your tone of voice

- Speak slowly and distinctly
- Use a gentle and relaxed tone of voice, a lower pitch is more calming
- Convey an easygoing, non-demanding manner of speaking
- Be aware of your feelings and attitude – they are often communicated through your tone of voice, even when you don't mean to.

Pay special attention to your body language

- Always approach the person from the front
- Avoid sudden movements
- Keep good eye contact; if the person is seated or reclining, get down to that level
- Be aware of your stance to avoid sending a bad message
- Use positive, friendly facial expressions
- Use unspoken communication like pointing, gesturing or touch



~ Healthy Spirits ~

As promised last month – what you can do to take care of your ticker. First off, listen up you young whippersnappers – START NOW! You may think nothing bad will ever happen to you but look at the adults around you. Look at pictures of them in their teens and twenties – they looked just like you. Well, okay they wore funny clothes, but other than that they looked and felt just like you do – special, unique and immortal. Too beautiful to let *that* happen to *them*. Yet it did. The smoking made them short of breath, the meth made their teeth fall out, the unbridled eating of junk food made their middles spread. And now, suddenly it seems to them, they can't hardly get out of the chair without chest pain. But, it didn't need to happen. Sure, there are genetics but if you start early you can prevent or at least delay the effects of heart disease.

Number one prevention strategy – Get Physical! And you old fogies start now too, you may not be able to reverse the clock but you can make a better future for yourself and you can serve as a good role model for the youngsters you love. Do a cardiac workout at least 3-4 times a week. That is a session where your heart reaches 65- 80% of maximum for at least 20 minutes. A rough estimate of max heart rate is 220 - your age. You should be able to talk to your exercise buddy with just a little huffing and puffing between words. Just absolutely can't get that exercise in? Well, try adding little bits to your life elsewhere, you know the drill - take the stairs, park far away, stomp your feet while brushing your teeth, lay down on the ground and get up for one minute twice a day (try it, it got *my* heart going). Go to the strength and balance class at the community center! It might not reach cardio but it is definitely exercise. Or try interval training which seems to have the same cardio benefits with less time commitment. Though I'm not totally convinced of that, yet.

Weight control is also important. Excess fat promotes inflammation, which promotes plaque build up in arteries. Don't diet, just change your food focus. Start by paying attention. If you are full, stop eating. If you aren't full but you've eaten a plateful, stop eating anyway (some people have impaired fullness signals).

Start eating healthy foods. As of today don't buy anything else in a package. Eat salads. Eat cold-water fish 3 or 4 times a week for the oils. Sardines for lunch are cheap and effective. Nuts also provide healthy oils. When you eat meat keep your serving size to a deck of cards and eat some B6 vitamin foods with it. Meat raises homocysteine levels, which have been linked to heart problems and dementia. B6 helps mitigate that. It is also one of the

vitamins that alcohol interferes with so if you drink, take B6.

Drinking one glass of red wine (4 ounces) a day can provide some polyphenols, which are antioxidants, but more than one glass is detrimental. Green tea also provides lots of polyphenols and you can drink as much of that as you want. Potassium and magnesium are heart healthy and help lower the blood pressure. Lots of leafy greens are loaded with both. Calcium supplements should also have magnesium in them so you get a little that way. CoQ10 is needed in all the cells to produce energy but especially in the heart cells. Supplementing with CoQ10 is a good idea, especially if you take statins because they have been shown to deplete the body of CoQ10.

Believe it or not your mouth directly relates to your heart health. A mouth with lots of gum disease is inflamed and increased inflammation damages the heart. Your gums are very vascular and close to your heart. It is theorized that the bacteria in the mouth can easily infect the heart. Use a mouthwash to decrease the bacteria in your mouth. Brush your teeth regularly and treat your gums nicely, it pays off in more than extra kisses.

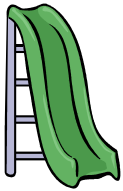
Taking care of the heart also involves developing your social networks. Connections and hearts seem to go together. Time and again studies show that being embedded in a community of social support decreases your risk of any kind of cardiac problems. So there is another reason to go to the Strength and Balance class, you get two for the price of one, exercise *and* connection. And, I'm told, lots of laughter and good times are had there in abundance.

Meditation and stress reduction help the heart by decreasing the stress hormones floating around in your body. Stress hormones amp up your flight or fight system, which stresses and damages your cardiovascular system if it stays in that mode for any length of time. Which is yet another reason to stop doing meth or other amphetamines which wash your heart in adrenaline and starve it with vasoconstriction. And I'm sure I don't need to say it, stop smoking. The hot smoke and tars from the cigarettes (including pot) are detrimental to lung tissue and the nicotine in tobacco causes blood vessels to constrict making it hard to get nutrients and oxygen to the heart. The vasoconstriction also starves all your other tissues, which, is why smokers have such poor skin.

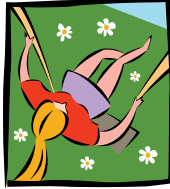
So, once again the advice boils down to - exercise! eat real food, and be of service to your community.

Forgive Often, Be Grateful, Work Hard
Lauri Rose, RN BSN HNC





**Sunshine!
Discovery!
Friends! Picnics!**



If you weren't there for our Bridgeville Playgroup today, Feb. 16, you missed out on a rockin' good time. Bridgeville Playgroup, sponsored by First 5 Humboldt, is just another way for our kiddos to get some good old-fashioned fun, and involves very little on your part, other than showing up! Today 3 of us parents met at Bridgeville School at 9 AM, carpoled in to the Discovery Museum, and let the kids determine when to leave for a picnic at Sequoia Park. After that much fun, it's usually a quiet ride back home to this place we love. Thank you First 5 Humboldt for funding the transportation, picnics, and outings for kids of the Bridgeville Community.

Contact Clara at 777-1714 to join the Playgroup or call the Community Center at 777-1775.

SAVE THE DATE – May 29th — Passages & Transitions, an End-of-Life Care Seminar

A class for people who take care of and care about those nearing the end of life. This class is appropriate for lay people and professionals alike. Topics will cover the dying process, symptom control, advance directives, what to say and do for friends with critical illness and resources available in Humboldt and Trinity Counties.

The class is presented by Two Rivers Community Care Group/volunteer hospice, a program of the Bridgeville Community Center with support from S. Trinity Health Services and the Sisters of St. Joseph Health System, Humboldt County. Pre-registration will be required. Call Lauri Rose, RN at 777-3008 for more information. (CE's may be available).

Van Ride To Town

The Community Center van goes to town on Thursdays. Reserve by calling 777-1775. Depart @ 9:15am, return 5:30pm. Donation of \$5 per household appreciated. Be seeing you.



Food Matters **AZ**

By Ann Matula Gyenis
Certified Nutritional Consultant

The Message in MSG

Monosodium glutamate (MSG) is the sodium salt of glutamic acid. It has no nutritional value and contrary to popular belief, it is not a preservative. It is added to foods as a flavor enhancer while not altering the taste of the food.

This stuff is in everything—just read the labels. Have you ever pondered why some menus in oriental restaurants and some package labels say “No MSG”? This stuff must be bad or it wouldn't be an issue. Even though the FDA requires MSG to be listed in ingredients, it can be part of another ingredient and not be listed separately. The statement “No MSG added” on a label does not guarantee there is no MSG in the product at all.

MSG tricks your brain into thinking the food tastes better than it really does, allowing manufacturers to use inferior ingredients and low cost processing techniques. It can disguise the tinny taste of canned products and give a fresher taste to frozen or freeze-dried foods. MSG can be found in some vaccines and IV solutions (as maltodextrin) and is always present in gelatin-encapsulated supplements.

MSG adversely affects some people and reactions can include headaches, intestinal upsets ranging from nausea to diarrhea, asthma, heart palpitations, mood swings, depression and mental confusion, skin rashes and under eye bags, runny nose, mouth lesions, and neurological disorders.

Definite sources of MSG are: autolyzed yeast, calcium caseinate, sodium caseinate, gelatin, hydrolyzed protein, yeast extract, corn oil and textured protein (including TVP).

Other sources to approach with suspicion are: carrageenan, vegetable gum, various seasonings, mixed spices and flavorings, bouillon and broth, malt, whey or soy protein and soy sauce.

Eating fresh and whole foods is one way to assure you are getting high quality nutrition and no MSG. Remember, if an item on a label is not something you would find in nature or you have trouble pronouncing it—it may not be food.

For more information check out
www.truthinlabeling.com



Emergency Preparedness

- **Make a Plan**
- **Get an Emergency Kit**
- **Be Informed**

Be Prepared

Being prepared is not just for boy scouts. We live in an area that has several potential disaster situations that could occur anytime throughout the year, including earthquakes, forest fires, and flooding. Usually there is no advance notice. If the disaster is wide spread, the local emergency response agencies might not be able to respond in a timely manner to all those in need. There may also be a shortage of basic necessities such as food, water, clothing, shelter for days or weeks.

It's up to individuals, families, neighbors and communities to plan for unexpected emergencies before the disaster strikes. The time to prepare is now, even if there doesn't seem to be an immediate threat. Don't just say you'll put that emergency kit together, actually do it.

The following is taken from several websites and is useful information in getting prepared. [www.ready.gov] [www.fema.gov]

It is crucial to be self-sufficient by storing emergency kits in your home, car, office and/or school, since no one can predict where we will be when a disaster strikes.

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via **emergency radio** and **TV broadcasts**. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

Call the closest chapter of the American Red Cross for emergency information that applies to your community.

Family Meeting Center and Contact List for Children and family

Set up an emergency plan and talk about it with your family and friends. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Establish a safe meeting place.

- It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members.
- Be sure every member of your family **knows the**

phone number and has **coins** or a **prepaid phone card** to call the emergency contact.

You may have trouble getting through, or the telephone system may be down altogether, but be patient.

Emergency Plans

You may also want to **inquire about emergency plans** at places where your family spends time: **work**, **daycare** and **school**. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Recommended Items to Include in a Basic Emergency Supply Kit:

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water**, **food**, **clean air** and **warmth**. Make an emergency kit for both the house kit and the car. And don't keep the house emergency kit in the house if at all possible because the house may be too damaged or dangerous to retrieve the emergency kit, and you might not have time to grab it as you are running out.

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- **Flashlight** and extra batteries
- **First aid kit**
- Whistle to signal for help
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers

RANDOM THOUGHTS

By Attila Gyenis



Is Life One Great Buffet?

I don't like buffets. The reason why is because I love buffets. Too much. Each time I am presented with an opportunity to eat at a buffet I stuff myself. Literally. I can't help it. A little of this, a little of that, and a little more of this and that. I pretend I'm making some healthier choices and include salads, but I don't think that Potato Salad or Cole Slaw count as healthier choices.

I am completely stuffed before I even start on the first round of desserts. I start with the cakes, then maybe a slice of pie, or two, remembering that eating fruit is a healthy choice. And the finale is soft serve ice cream with whipped cream (with healthy nuts, chocolate sauce, and maybe some strawberry topping). Everyone knows milk products are a good source of calcium.

But then as I wobble out of the buffet and try to squeeze myself into the car, I remember why I don't like buffets. Even though I ate all that great food (or was it a great amount of food), I am feeling sick and bloated, and not very satisfied with myself. I realize that I did it again. I am coming closer to the realization that I have no self control when it comes to the buffet line if given a choice. Which is why I don't go.

Speaking of all you can eat buffets, is anyone else a little perturbed at the almost one trillion dollar bailout given to the Wall Street and banking institutions during the latest economic meltdown? Of course, we shouldn't mention that they helped cause it in the first place.

So it should come as no surprise that they recently had to reward themselves with bonuses, some in the million dollar range, again. They are getting their pockets stuffed on our dime. Where else are you rewarded with even more money after losing hundreds of billions of dollars? It is like giving our tax dollars as a reward to thieves who have successfully stolen the family jewels.

I wonder if Wall Street CEOs get that sick and bloated feeling after the second helping of a million dollars? Maybe they can't help themselves either from gorging on the millions of dollars being offered.

Here I am worrying about getting another round of smashed potatoes with gravy, and I realize that I am in the wrong buffet line. How do you get invited into that buffet line?

By the way, the easy way to know how to spell 'dessert' (the scrumptious tasty morsel that concludes the meal) versus 'desert' (the dry, hot, lizard filled sand) is that 'dessert' gets an extra 's' because you always want more than one. I know. *Peace.*

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet (and make plans for livestock)
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil Books, games, puzzles or other activities for children

Emergency Search and Rescue Supplies

After an earthquake, there will likely be broken glass and dangerous items that you will have to deal with when evacuating your home or helping others evacuate. Collapsed structures could trap families in their homes. That is why your home earthquake kit must include the proper emergency search and rescue supplies for your home.

One very important item, especially for earthquake preparedness, which can save your home and neighborhood is an emergency gas shut-off wrench. An emergency gas shut-off wrench is included in each of our home survival kits. Other important search and rescue supplies for your home earthquake preparedness include a fire escape ladder and tools for setting up camp or shelter. Each home survival kit includes a swiss army knife, vinyl rope and duct tape, leather-palmed work gloves, vinyl gloves, and dust masks for protection from dangerous debris.

Be safe and help each other so we can all get through the disaster safely.



AM I CRAZY, OR WHAT? Part 2

Pee, Ditches and Disability

When we first got on the land in June, we immediately peed around all four corners of our future cabin, as we had heard that the pee will keep away stray bear, old she-mountain lions, gourmet flies and any people who can't abide the smell. It has worked so far. But we needed a toilet inside that was more appropriate for humans; we looked into every compost toilet made; we located plans to build a Russian sauna (Korka) which used urine as a liquid to pour on the hot rocks for steam (yuk!), then we found *The Humanure Book*. We now have a simple system that doesn't use any water, nor does it pollute the ground through septic. The Sawdust toilet's gimmick is simple: one 5-gallon bucket with lid, build a box to put over it and attach a toilet seat and cover to the top. There you go! Every time you use it, you grab a handful of sawdust and throw it over your waste. You can even throw all of your kitchen compost, you Kleenex, paper towel, dead mice bodies, and old cat litter into the same container. We built a 5'X5'compost pile out of pallets just for this out and layer the waste with straw. When the compost pile is full it will sit for at least one year, then can be used around trees and orchards (*The Humanure Book* tells us it can be used in your vegetable garden....but we haven't quite agreed). So we have the simple system, and can build and place toilets all over the property without any plumbings...what an idea! BUT, I have a teensy problem with it and that is when I take out the filled bucket it feels like it weighs at least 100 lbs; I take one in each hand so that I will get where I want to go without tearing my shoulders apart or cracking my back. Even so, I ended up with a sprained back. I found an easy solution for a simple toilet system. I let Lyn Do it! Simple.

We just now have almost finished the water system and the wind turbine electrical system. Living off the grid is remarkable and scary when I first saw that I couldn't plug in the computer, the toaster, the microwave and the hair dryer at one time....I have now gotten rid of the latter three items. I think the worst part of putting these systems in was digging the 2 foot across, 18' deep ditches -- Lyn and I were going to use a Ditch Digger at first but when we calculated we would have to run at least 1600 feet of ditch, not including that 50% was up a 30%+ grade....we decided that we wanted the ditch now, *instead of in a year or two if we did it!* So the "ditch guy" brought out his 8 year old son and proceeded to disrupt natural grasses, pull up of eons-ago-

created rocks and displaced our land that just made us cringe! After it was all done and the ditch covered again, we had a grid of tracks from ditching to vehicle tires to foot prints all over our land....that natural spectacular piece of heaven. We feel so sorry for it, but friends have continued to tell us that in a year or two the grasses will grow back to natural, with no wounds showing. I hope so; and I don't think I could go through that again without hand turning the soil myself.

By the way, for you 100% disabled Vets. Don't forget that you can get an exemption on your property taxes, up to the property value of \$172,000. Even if you share ownership with someone other than with a marriage contract, your % ownership can be exempt. If you qualify, you will get the exemption for this year and maybe for a couple of years back (getting a hefty refund). You need to show proof of your disability. Contact the Auditor-Controller, Humboldt County Courthouse.

See you again for Part III of our weird, wonderful, new life out in the country.

Kate McCay & Lyn Javier, Larabee Valley

[Part 1 was published in the November 2009 issue.]



Hello Dog Park Supporters! Many people are currently working hard to bring Eureka its first Dog Park.

LACO Associates has generously volunteered their engineering services. They are surveying the Dog Park site. One of LACO's staff engineers, Netra Khatri, will draw the grading plan. The grading plan is to make sure that the site is accessible for everyone in Eureka (and compliant with the American Disabilities Act). The plan will show what areas need to be leveled out to make paths and handicap parking spaces. It is an important step towards our Dog Park! The next steps will be grading the site and then paving or graveling the paths and handicap parking spaces. Look for announcements soon on who will be performing those tasks. (If you or any one you know wants to volunteer their services please contact us at eurekadogpark@gmail.com. They will of course be featured in our newsletters, on our website, on our Facebook page, and with signage at the park). Please take time to check out LACO Associates at <http://www.lacoassociates.us/> and remember them next time you have an engineering project. Thank you LACO Associates! Eureka Dogs Love you!!! Woof Woof!

Thank You

THANK YOU SPONSORS
for making the newsletter possible.

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Kent & Catherine Stanley (Alder Grove Nursery), Bridgeville Booster Club, Graham & Gloria Cottrell (Cottrell Ranch), Charis, Charles & Jan Rose, Wayne & Betty Heaton, R.O. ADKILL, Lauri Rose, Mike Guerriero & Rose Valentine, Dan & Karen Sanderson, Sky Blue, Mark & Nancy Vellis / Mark Vellis Construction, TEAM OUTPOST, James & Judy Nelson, Claudia Zellner, Jessie heeler, Claudia Sauers, Mel & Lauren Shuman / Shuman Red Angus, Team Prozac

And thanks the supporters over the years.

Bridgeville Community Center is a Federal non-profit organization. Please consider donating to support the newsletter and the community center.

To be a sponsor for this newsletter, please send a contribution of \$25 or more to:

Bridgeville Community Newsletter
P. O. Box 3
Bridgeville, CA 95526

For Information, contact BCC at (707) 777-1775



When does the Bridgeville Community Center Board of Directors meet? The board meets the second Tuesday of the month at 4:30pm. We meet nine months out of the year, and there are no regular meetings in March, August, or December. Members of the community are invited to attend.

**707.599.6108**
HumSHEDS
Thomas Carter
412 BROADWAY • EUREKA, CA 95501
E-mail: HumSheds@gmail.com

Bridgeville Trading Post

Two Rivers Community Care Group Loaner Closet currently has an excess of Depends, mostly lg/xlrg. We also have some gauze and some incontinence barrier creams. If you could use any of those please give me a call, Lauri - 777-3008. We also have some walkers and a commode for loans.

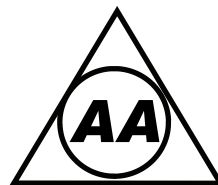
For Sale— 54" Television, 10 years old, for \$250. Call 777-3275

For Sale— Mary Meyers Quilts are for sale. She has quilts for horse lovers and gardeners and will even make custom quilts! She does all hand embroidery. She would even be interested in trading for work she needs done on her road. Please call her for info and to view them. 777-3377

Needed— S.T.A.R. volunteer dispatchers. S.T.A.R will be holding Dispatcher classes starting in March/April. Call STHS at 574-6616 for information.

Cooks Wanted— PUT YOUR PIE BAKING SKILLS TO WORK! A fundraising event for Tri-County Independent Living, 11 - 3 Saturday March 13, at the Bayside Grange Call 445-8404 or 445-8405 (TTY)

The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm
Wednesdays @ 5:30 pm (except 3rd Wednesday)
Where: Community Center, Mad River (on Van Duzen Road)

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please contact the BCC.

POSTAL PATRON

March Calendar

- 1st – Monday, **School Board Meeting @ 5:30**
5th – Friday, **BVFC Meeting @ 6 PM**
5th & 6th - **Basketball Tournament @ Crescent City**
6th – Saturday, **Arts Alive**
7th – Sunday, **Breakfast by the Six Rivers Senior Citizens 8 - 11 AM**
9th – Tuesday, **Bookmobile 10:30 - 11:30 AM**
10th - **NO BOARD MEETING THIS MONTH**
11th – Thursday, **Spelling Bee @ Fortuna High School 6 PM**
14th – Sunday, **Breakfast @ the Carlotta Grange 8 - 10 AM**
14th – **Daylight Saving Time Begins**
17th – Wednesday, **Site Council Meeting @ 1:45**
17th – **St. Patricks Day, wear green**
19th – Friday, **COMMODITIES 10-3**
20th – Saturday, **SPRING BEGINS**
21st – Sunday, **Breakfast by the BVFC 9 - 1**
26th – Friday - **BES playing @ Jazz Festival 10:45 - 11:45**

WEEKLY

- Every **Monday to Friday—Strength and Balance @ BCC 10:30-11:30**
Every **Tuesday—Medical Clinic** from STHS @ BCC, 10-4 ~ For appointment call STHS @ 574-6616
Every **Wednesday—Adult Education** and Alder Grove Charter School
Every **Thursday—Senior Lunch, 11:30 @ BCC,** (followed by **Cribbage** at 1pm on first Tuesday)
Every **Thursday—Harp Class @ 3pm**
Every **Thursday—Computer Class @ 12-4,** call for appointment
Every **Thursday—Van Trip to town** - reserve by calling BCC
Every **Saturday—Quilter's Group** at BBC, noon – 4 (except March 6)

ATTENTION- ALL CONTRIBUTORS!

Email, snail mail & hand deliver your articles and announcements to the Bridgeville Community Center. On computer disk or email is preferable. **Submissions are due by the 20th of each month.** Thank you. Support the Newsletter, contribute.



On Sunday, March 14, 2010 at 2 a.m., Daylight Saving Time begins

Every spring we move our clocks one hour ahead and "lose" an hour during the night and each fall we move our clocks back one hour and "gain" an extra hour. The phrase "Spring forward, fall back" helps people remember how Daylight Saving Time affects their clocks. Good time to check your smoke alarms.



Tai Chi Class

Tuesdays, 5:30-6:30

Mad River Community Center, Van Duzen Rd. Across from Southern Trinity School
Contact Dottie Simmons for more info at 777-1920



S.T.A.R. Classes

S.T.A.R. will be holding Dispatcher classes. S.T.A.R. depends on volunteers like you. Classes start soon
Call STHS at 574-6616 for info.

Call 777-1775 for more info

Visit the Bridgeville Community Center website at:
www.BridgevilleCommunityCenter.org