



March 2011

Volume 17 Number 7

## First Day of Spring is Coming

Someone should tell the Snow



We are very grateful to the Bertha Russ Lytel Foundation for their recent, generous grant award to keep our senior programs going. This grant will pay for our weekly senior lunches, strength & balance class, and other activities that the seniors enjoy so much.

March is marching in with lots of activity around the BCC and school. Look for details inside on two important events on the 8<sup>th</sup> and 20<sup>th</sup>. On March 8, please consider attending a brainstorming/visioning meeting on creating a new space for our community to gather for fun activities such as dances, concerts, dinners, fundraisers, weddings, parties, etc. This meeting will be followed by entertainment and a fundraiser dinner of all-you-can-eat pizza.

On Sunday, March 20<sup>th</sup>, following the BVFC breakfast, we'll have our awards ceremony for becoming a Firewise community. We expect special dignitaries to attend. The ceremony will begin at 11:00 AM and be followed by a 90-minute educational workshop on fire preparedness for homeowners.

Welcome to our newest member of the Board of Directors: Claudia Sauers—we appreciate her enthusiasm and support! In June, there will be three open Board seats up for election as the two-year terms of three current directors expire. If you would like to be more involved in overseeing the activities of the BCC, please send us a

letter describing your interest by June 20 to be on the July ballot. It benefits us to have a diverse Board with varied backgrounds and experience. Fundraising experience would be a plus. Board members serve two-year terms and hold eight regular meetings per year.

Our First 5 playgroups are going great thanks to the efforts of Jennifer Bishop, Frieda Smith, and all of you parents and kids who've been attending. They are meeting weekly; see article inside for details.

The Teen Program's February activities were going to a movie and dinner, and attending the HSU men's basketball game. If you are not already being contacted or receiving flyers about teen events, please let the BCC know.

Congratulations to Steve Blahnick for passing his national EMT certification and joining S.T.A.R. Kudos, Steve!

Thanks again to the many of you who have returned your blue community surveys and those who have donated so generously to keep our programs healthy. We'll be tallying the results of the surveys soon. A quick scan reveals that among the programs you ranked most highly are: newsletter; fire risk reduction work by our Fire Safe Council; and our volunteer fire company. Thanks to our many wonderful volunteers who continue to do so much. What a great community!



### Inside this Month

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- School News
- News from the Hive
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- Are We Crazy or What
- Letter to the Community

## Firewise Awards Ceremony

The community is invited for the Community Awards Ceremony with special guests on Sunday, March 20<sup>th</sup>, 11:00am following the BVFC breakfast at the Bridgeville School.

Food and entertainment will be provided. A 90-minute educational workshop on fire preparedness for homeowners will be presented afterwards. Workshop attendees will receive a gift.

**The Bridgeville Community Website is up and running. Visit us at:**  
**[BridgevilleCommunityCenter.org](http://BridgevilleCommunityCenter.org)**

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

Jim Nelson, *Board President*; Jessica Springer, *Treasurer*; Tammy Farmer, *Secretary*; Dan Fuller; Kathleen Guelfo, Laurie King, Claudia Sauers

### 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

Attila Gyenis—Editor

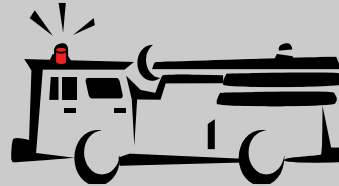
### Bridgeville Community Center

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[www.BridgevilleCommunityCenter.org](http://www.BridgevilleCommunityCenter.org)



### Bridgeville Volunteer Fire Company News

With all the snow we have had, so far, this year, it has come to our attention that there are still homes that we cannot get to once there is 2 feet or more of snow. We would like to have the availability of a Snow Cat that we could use in those extreme cases. Is there anyone out there that we may contact in case we need to access remote places during the harsh times? Please contact Sky if you know of or have a Snow Cat we can use.

We would also like to compile a list (for the BVFC's use only) of names, addresses, and whereabouts (such as, gates, MM's, driveways, etc.) of all Bridgeville properties in case we need to get to you swiftly. These are confidential and will only be used to access your home in an emergency. Please contact Sky, vis-a-vis phone (777-3565), email ([skyblues@gmail.com](mailto:skyblues@gmail.com)) or snail-mail (PO Box 82, 95526) and I will make up a directory for the BVFC. Your safety is our only concern. Thanks again for all your contributions. It is what we, and you, survive on!



### BVFC Incident Reports Dec. 29--Feb.13,2010

12.29.2010	15:37	MED w/Extrication	MM38
01.01.2011	13:38	MED	MM40
01.02.2011	01:31	MED	MM40
01.08.2011	17:25	MED	MM25
01.17.2011	10:26	MED	Jay Mar Ln.
02.11.2011	08:08	PA Agency	MM40
02.13.2011	18:18	MED	MM20

### Humboldt County Bookmobile



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They Deliver**

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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.



By Curtis Cross

It looks as though the new governor for California is trying to improve the state budget predicament. News reports tell us that a consequence of the budget cuts could be larger class sizes in the schools. While class size is only one factor thought to play a role in the quality of education, experts tell us that class size and student to teacher ratio are important.

Research seems to indicate that smaller class size in early childhood education really benefits children all the way through their education and later in life. Students in smaller classes during the elementary school years are more likely to graduate from high school. According to GreatSchools.org, researchers see gains in academic achievement where class size is less than 20 students. We would have to find a lot of new students for enrollment at Bridgeville to reach 20 students per class.

When I was in college we often worked in small groups to complete projects because the professors believed this created an environment in which we learned to both problem solve and communicate with our peers. They seemed to think these skills were necessary to function in a civil society. The students at Bridgeville are working in small groups starting in Kindergarten.

I've read a bit about the benefit of prekindergarten programs and how much they help to prepare children for a more formal education. The community center here in Bridgeville has helped to bring young children and their parents together by sponsoring play groups throughout the community for years. Joyce and Wanda have done a great job managing the Headstart Program. Both of these programs have been a great help in preparing our children for school.

Researchers believe that learning and playing music is very helpful in the development of math skills. I have seen the work Ms. Owen and others have done with the students of Bridgeville and look forward to my children being old enough to more actively participate in the school music program.

I have now come to appreciate the small class sizes currently found at Bridgeville Elementary School but know there are others looking for schools providing quality services. Although many details of the governor's plan are still unknown, I'm pretty sure he isn't planning on busing in new students to ensure our class sizes grow. However, there are a few seats available, just in case.

## CARSEATS: IS YOUR CHILD RIDING SAFELY?

More than 90 percent of carseats and booster seats in Humboldt County are either fitted to the child incorrectly or installed in the vehicle incorrectly, or both, putting the children using them at greater risk of injury and death.

To protect children in vehicles as much as possible, child passenger safety experts recommend these important basic guidelines:

- Children under 30 pounds or 2 years old should ride in rear-facing convertible carseats, every time they are in a vehicle.
- Children between 30 and 40 pounds should ride in forward-facing carseats every time they are in a vehicle.
- Children over 40 pounds should ride in booster seats until the seat belts fit them correctly with the shoulder belt going over the collar bone and the lap belt over the hip bones, touching the thigh (usually when they are about 4'9", 80 pounds, and 8 to 10 years old.)

All kids should be in the back seat, until they are at least 13 years old. Some experts even say that kids should stay in the back seat until they start driving!

Make sure your child is riding safely and securely. Have his or her carseat, booster seat, or seat belt checked by a Certified Child Passenger Safety Technician at: Fortuna Police Dept. (725-7550), CHP in Arcata (822-5981), Community Wellness Center in Eureka (441-5568), Garberville DHHS office (923-2779), Redwoods Rural Health (923-2783), Arcata PD 9822-24280, or Eureka PD (499-4194). Be sure to call for an appointment.

### Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driving Training Prep ■ Adult Basic Ed

**Still trying to get that illusive driver's license? We can supply you with all the practice tests and information you will need to pass the test at the DMV of your choice.**

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**



## NEWS FROM THE HIVE

By Skylar Blue

Well, we knew it had to happen, sooner or later, WINTER!! I am so lucky to live in the Bridgeville Sun Belt, because I rarely see the snow. But last week, the high winds blew off and broke my chimney top, broke Madrone limbs, scattered oak branches, blew the top off the water tank down the driveway, and snowed about 3 inches that toppled my outdoor dining canopy. Whew Wee! Even here in the Sun Belt, Mother Nature rules.

The next day, after all the fixes I did, it was sunny and melted all the snow. Even the dining canopy popped right up again. Rolling the water tank cover up the driveway was a chore, to say the least, but getting the 7ft diameter top back up and on the top of the tank, alone, was a cartoon miracle. As my kids would say, it was "full of swears"...hahaha.

But I got it all done, by myself, and sure felt proud, cold and wet, but fulfilled. It seems that we all have our strange and different chores out here to do that are much different than people in the city have to do. It's harder, out here in the mountains, but a sooo much better place to live. Glad I have friends who help me when I can't do it alone and appreciate those people so much. Living and surviving out here is not for sissies, and not everyone can make it. But to those of us that can, I tip my proverbial hat to you, and welcome signs of summer.



## WE HAVE PET VOUCHERS AVAILABLE!

There is still funding available from the Marian Ledgerwood Fund to cover 50% of your cost for spaying or neutering your pet. Come by the Bridgeville Community Center office to pick up a voucher for each animal (limit 6). We have made arrangements with the Animal Health & Surgery Center in Fortuna for this program. Remember, shots are not covered by these vouchers.

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## Playgroup 0-5



The last couple of playgroups have been fun. Two babies met that were only one day apart in age. Welcome Toby and Lilly age 7 months!

The dinners have been delicious. Join the fun.

Playgroup for children aged 0 - 5 (newborn to 5 years old) and their families are held the 2nd and 4th Thursdays in the Preschool room from 1to 3pm. Family dinner for families with small children 1st and 3rd Fridays 5pm to 7pm in the Bridgeville School Gym.

Bring a bike or toy and a side dish of food. The main meal is provided with drinks. For more info call Jen at 777-1702.

## Air Ambulance

We have extended the sign-up period for those interested in the Air Ambulance Service to March 21. As a group, we can get a discount on the annual fee. Call the Center if you're interested, or if you have questions.



REACH for Life is an air ambulance service that provides members with emergency services at low cost. We're extending the deadline until we have at least 8 people/families to obtain a discounted rate (\$25-\$40). Individual memberships are \$40, families \$45. Group/business memberships are available for a minimum of 8 applications submitted together by a group coordinator with a single group payment. If you are interested in this service, please contact the BCC for the registration form. More information is at [www.REACHair.com](http://www.REACHair.com).

Some folks are also signing up for a second air ambulance service, CAL-ORE, in case one service is busy during a time of need: information at [www.cal-ore.com](http://www.cal-ore.com). You cannot always guarantee which air ambulance will be called out for your particular call since they alternate.



A student comes up to the Zen master and says, "I can't meditate anymore. I feel like a dog." The Zen Master says, "Oh, no. How long have you felt that way?" Student: "Every since I was a puppy."

# SCHOOL HAPPENINGS

By Rachel Owens

Bridgeville students have enjoyed several learning events off-campus recently. Two of these events, History Day and Honor Band and Choir required quite a bit of preliminary work on the part of the students.

History Day took place at Humboldt State University on Saturday, January 29th. Student participants were required to present a project following the assigned theme, a pretty tough one this year: Debate & Diplomacy: Successes, Failures, Consequences. Tonya, Freda and Savannah wrote individual papers. Michaelyn, Amaylia and Cortney created a website as a group. We had one winner among our students: Devan Morgan for her individual performance on the Lewis and Clark Expedition.

As you may have seen featured in the Humboldt Beacon, the Southern Humboldt Honor Band and Honor Choir gave an evening concert and tour of schools on January 27th and 28th. Five Bridgeville students participated in the choir and three of those students also performed



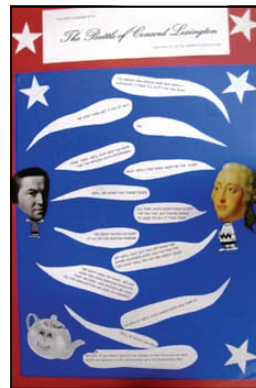
with the band. This annual event combines music students from area elementary schools with the Fortuna High band and choir. It is a great chance for students from the smaller schools to experience the rich sounds and harmonies that can only a large group can produce. It is also a chance for students to see what high school music classes might be like. It is always exciting to go to a performance at the high school and see familiar Bridgeville faces on stage.

The GATE Academy took place at Humboldt State University in January and we brought students in grades 4-8 to participate in workshops on archeology, math, basket weaving, physics and other subjects. Chris Mastaloudis and I led a workshop on steam engines and showed students how to make a simple steam boat powered by a birthday candle. Bridgeville.

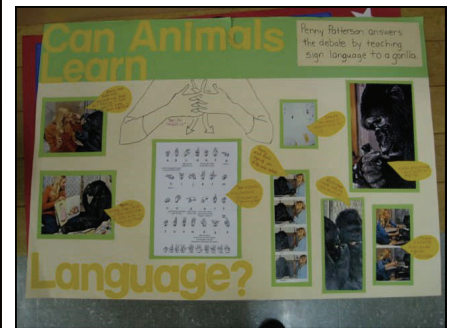
A group of our music students joined me to see the Eureka Symphony Youth Concert, which fea-

tured three young Humboldt County virtuoso performers. The concert was excellent and included *Themes from Jurassic Park* by John Williams and the story *Many Moons* by James Thurber set to music. I know all six Bridgeville students were inspired by the performances of the high school performers. Before the concert we went out for Chinese food. The students were great company, keeping up a lively conversation and using their best manners. We decided to share a big bowl of soup, one appetizer and three dinners among the seven of us and it was just the right amount of food.

Mrs. Mullan took a group of six students to the North Coast Youth Summit on a recent Saturday. The theme was "Time for Action" and students participated in a number of workshops on various aspects of leadership. Freda reported that especially interesting to her were the workshops on the using the internet safely in the age of cyber-bullying and one called *You be the Jury*, in which students learned about our modern court system. She really enjoyed the motivational talk given by Lou Moerner, who emphasized the importance of feeling good and being yourself in spite of what others say is cool or fashionable.



## Bridgeville Student Projects



## ~ Healthy Spirits ~

Capillary blood vessels that nourish the skin are easily compressed. It only takes 20mm of pressure to stop blood flow to the tissues (imagine a blood pressure cuff only pumped up to 20, that's all it takes). Once blood flow stops tissue damage begins.

That is how pressure ulcers, aka 'bed sores' develop.

Bed sore is an imprecise name. It is not the bed causing the sores, otherwise we would all wake up in the morning covered with them. Unrelieved pressure is the culprit and that is why the medical profession now uses the term 'pressure ulcer'. Most pressure ulcers develop over bony parts of the body where the skin covering is thin. That makes sense – hard sharp things (bones) will cause more pressure and the less padding the deeper the pressure. People lying in bed tend to get pressure ulcers on the back of the head, the hips (if they lay on their side), the tailbone and along the bumps of the spine. Heels are also particularly vulnerable as are knees or shins if a person lies with them pressed against each other. A person in a wheelchair will get ulcers where the 'sit bones' push into the seat, on their elbows if they rest them on the armrests and on their feet. People with poorly fitting shoes get them where the shoe presses.

The only way to stop pressure ulcers is to relieve/prevent the pressure. Most of us do this without thinking. When our butts start to hurt we wiggle in our seats, move around, shift from side to side because we want to get rid of the pain. But, if the sensation of pain is altered like in advanced Parkinson, MS, stroke, spinal injury or even diabetes, a person won't get the message and even if they *can* move for themselves they won't because they don't feel uncomfortable. They will need reminders to move. Then there are people who may feel the discomfort but *can't* move. These people will need their care providers to shift their bodies for them.

Pressure sores or ulcers are 'staged' by how much damage has been done to the skin and underlying tissues. STAGE I ulcers are areas of pink/red unbroken skin that does not blanch or turn white when it is pressed. STAGE II ulcers have a thin layer of skin that is eroded away but underlying fat or muscle is not exposed. STAGE III ulcers go deeper into the dermis. Fat and muscle tissue is exposed. STAGE IV ulcers are deeper and may expose tendons and bone. Many ulcers have layers of dead black (eschar) or yellow (slough) tissue over them and it is not possible to see how deep the damage goes, these ulcers are UNSTAGED. We just can't know how bad they are. Other ulcers may be unbroken skin but rather than being pink and un-

blanchable they have a redder bruised look. These ulcers are also UNSTAGED. Now you know what the nurse means when she says Uncle Jack has a 'two'.

Frequent position changes (every two hours or more) are the main stay of ulcer prevention. If your friend or relative is bedbound turn them from side to side using pillows along the back and between the legs to help keep them in the proper position.

Along with changing positions it is necessary to frequently check pressure points for redness, tenderness and sponginess. Make sure any areas showing any of the above have NO pressure. The best thing is to 'float' the area such as putting a pillow under the ankles so the foot hangs off the pillow and doesn't touch the bed at all.

Don't use donut pillows, they relieve the pressure in the area but they cut off the circulation around it. Foam mattresses and egg crate mattresses are of only small benefit. Roho cushions and air overlay mattresses are excellent. Nutrition is also very important. Without enough protein, minerals and the vitamins A,C, D and E the body can't repair itself. People with poor nutrition will need supplements. Yogurt (or even ice cream) shakes with protein powder added may be more palatable than Ensure.

The end all and be all of pressure ulcer prevention and care is not ointments, honey, St. Johnswort oil, or any other topical treatment, it is **pressure relief**. Whether it is a pair of ill-fitting shoes causing a hole in your ankle, the oxygen tubing behind your ear or your coccyx against a bed you have to get the pressure off. If you can't do it for yourself enlist your friends because pressure ulcers are no fun. If they get severe enough they can warrant hospitalization or even surgery. Death from a 'bed sore' is ignoble but not unheard of, don't let it happen to you (or those you love)!

Practice Gratitude, Forgive Often, Work Hard  
*Lauri Rose, RN BSN HNC*



### **Strong and Better Balance**

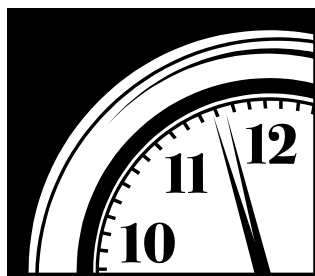
Classes Tuesday and Thursday  
10:30—11:30 (free)

Somewhere along the line I knew there'd be girls, visions, everything; somewhere along the line the pearl would be handed to me.

- *Jack Kerouac* (from *On The Road*)

**"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing."-- Albert Einstein**

By Ann Matula Gyenis  
Certified Nutritional Consultant



## DAYLIGHT SAVINGS TIME

### SPRING AHEAD

Daylight Saving Time 2011 starts on March 13 at 2 a.m. (just in time to make us all discombobulated for St. Patrick's Day), and ends on November 6. Set your clocks ahead an hour on March 13 (or the night before)-- spring forward.



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### Rural Outreach Services Enterprise (ROSE)

Humboldt County Department of Health and Human Services— Our staff can assist you and answer your questions about these services:



*Humboldt Housing Now; Homeless prevention; Rapid Re-Housing Program; Cash aid assistance; Medi-Cal; Quarterly Income Reports; (QR7); Food Stamps*

The ROSE RV will be at: **Bridgeville Community Center, Tuesday, March 22, 10 am to 1pm**

If you have questions or need Transportation to the ROSE RV, please call (707) 441-5542.

## Two Heads Are Better Than One

When we are talking about the cabbage family that is! These cold weather veggies, known as *cole* crops (derived from the Latin word for cabbage) are abundant at this time of year.

This *brassica* genus includes more important agricultural and horticultural crops than any other plant groups including canola oil which comes from a cabbage cousin, rapeseed! Cabbages have been farmed for at least the past 2000 years and have been staples on tables throughout the world, and for good reason. They are beautiful to look at, delicious, nutritious, linked to cancer prevention and healthy hearts, and can be a tremendous ally in weight control.

Here are a few cabbage facts to wrap your head around:

- **Green Cabbage** - Farmed since 2000 BC is a staple in Germany, Russia and Poland. Early sailors brought along sauerkraut to ward off scurvy as cabbage is high in vitamin C. The longer you cook it, the stronger its flavor. *Red cabbage* has nearly twice the Vitamin C of the green. It gets its color from anthocyanin which makes blueberries blue.
- **Kale** – Also farmed since 2000 BC the name is Scottish and was the most common vegetable in the middle ages. Settlers brought it to America in the 1600's mainly as an ornamental. High in Vitamins A and C it can be eaten cooked or raw and comes in a variety of colors.
- **Broccoli** – In spite of past Pres. George H.W. Bush banning it from the White House dinner table, it is so antioxidant rich it has skyrocketed to popularity. Cultivated for 2000 years, its name is of Italian origin and was introduced to America in the 1920's.
- **Brussels Sprouts** – Originally grown in ancient Rome they became popular in Belgium in the 1500's. The frozen food industry made them an American hit. High in Vitamins A and C you want to only cook them until fork tender for the best flavor.
- **Cauliflower** – The protective leaves keep the middle white but they also come in green and purple. The name is Latin for "cabbage flower". Very high in fiber, Vitamin C and potassium you need to eat them quickly before brown spots appear.
- **Kohlrabi** – The name means 'turnip cabbage' in German and although it looks like a bulb it is really a stem. High in vitamin C and fiber you can enjoy it cooked or raw. Cook and eat the leaves too!
- **Collards** – First cultivated by ancient Greeks these were brought to America in the 1600's. They are extremely high in Vitamin A and potassium and rich in calcium. It they are picked after a frost the flavor will be sweeter.

There are hybrids now on the market and all with the same health benefits. Enjoy!!

## Two Rivers Community Care Group So -- How Are We Doing?

When community organizations take their role seriously, they pause from time to time to evaluate what and how they are doing. For Two Rivers Community Care Group (TRCCG) that evaluation is part of what we do. Recently we asked our volunteers about what they gave, what they gained and how volunteering affected their lives. The following summarizes some of our answers. I've put them here so the community can get an idea of what volunteering with us is like.

### Q. What are some of the reasons you volunteer for TRCCG?

Answers:

- To feel a sense of purpose and meet new people.
- Now that I'm retired, I need to be of use, and a friend encouraged me to come.
- To keep up my nursing skills.
- I like being prepared and learning new skills.

### Q. Have your experiences met your expectations?

Explain:

- Yes. It's good to know that if I am needed, I will know what to do.
- Yes. I feel a real sense of accomplishment by being accessible and trained to help with care giving.
- Yes. People really seem to appreciate my efforts.

### Q. What have you been learning in the past year?

Answers:

- New skills and reinforcing old ones.

- Answers to ongoing questions I have about aging, health, and life.
- How to take a risk to meet a new client who turns out to be very polite, intelligent and ..... well, ...talkative.

### Q. What were some of your best moments?

Answers:

- The workshops and seminars are AMAZING. I learn so much!
- Helping my friend and her family through a tough time.
- Doing an informational table at BridgeFest and Ruth Lake Festival.

### Q. What were the hardest?

Answers:

- Losing a client.
- Paperwork
- Working with and losing a person whom I had come to know.

### Q. What are we doing right?

Answers:

- Monthly meetings, they are very supportive.
- We learn from each other's experiences.
- I look forward to meetings and trainings for their caring and helpful suggestions.

### Q. What can we be doing better?

- Getting word out about the importance of advance directives for health care.

(Watch for a few paragraphs on advance directives in next month's newsletter.)

Peg Wheeler for TRCCG

## 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 on the 2nd Tuesday of the month.

Bookmobile (707) 269-1990

## 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

Learning is the first step in making positive changes within yourself. Other factors are conviction, determination, action and effort. Learning & education help develop conviction about the need to change & increase your commitment. Conviction then develops into determination. Next, strong determination leads to action: a sustained effort to implement the changes. This final factor of effort is critical. ~Dalai Lama

## FREE TAX PREPARATION

Did you know that President Obama's Recovery Act is providing families with Earned Income Tax and Additional Child Tax Credits up to \$5,666, right NOW!



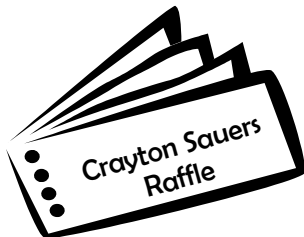
Get your Federal and State tax returns for free. Preparing taxes can be complicated. Let the pros do it! Money in as little as 2 weeks! To make an appointment call 441-1001. The VITA Program is sponsored by the Redwood Community Action Agency, the RICHES Coalition and the Community Services and Development Dept.

The Rio Dell Community Resource Center is hosting the VITA program to help people file their taxes on March 8th from 1:30 - 5 p.m. And there will be another opportunity to get tax help on March 21 at Food for People.

**Call 441-1001 to get more information and confirm dates and places.**

## Crayton Sauers Raffle

Drawing held Sunday May 15



**Raffle Tickets:**

**\$20 each**

**6 for \$100**

### Prizes:

**Rifle, Night at the Benbow Inn,  
Load of firewood, Quilt**

**Tickets available from BCC or one  
of the BVFC volunteers**

*Benefits the Bridgeville Volunteer Fire Company*

## RANDOM THOUGHTS

By Attila Gyenis



### THE WORLD ACCORDING TO BART



*The Simpsons* television show first aired back in 1989. They did make appearances on the Tracey Ullman Show (1987) in 30 second sketches before developing into their own half hour show. It was created by Matt Groening and based on family members (he based the Bart character on himself). The Simpsons are lovingly called America's First Family.

The show features Homer, the balding, bumbling, beer drinking, occasionally sexy father who is employed at the local nuclear facility as a safety inspector; Marge, his wife with the tall blue hair and caretaker of the family; Bart, the obnoxious, sometime loveable and always thoughtful and considerate child (not); Lisa, who may be the most normal of the bunch, plays saxophone and loves ponies; and Maggie, a baby genius who crawls around with the pacifier confidently stuck in her mouth. And they never age. The show should not be confused with the OJ Simpson trial which aired during 1995.

For a cartoon show, it is one of the best, if not the best, having great story lines, an astute insight into the human condition, inventive opening scenes, lots of insider references that only the most perceptive viewer would notice, and chock full of other loveable (and not so loveable) characters including Moe, Chief Wiggum, Apu, Mr. Burns, Smithers, Principal Skinner, Ned Flanders, and Reverend Lovejoy.

In fact, you forget sometimes that you are watching a cartoon as the characters transcend the screen and become part of your extended family. Everybody can relate to a Homer and has experienced a brat like Bart. Who can count how many memorable lines the show created? (*D'oh*; *Eat my shorts*; and my favorite *Donuts- is there anything they can't do?*)

As the longest running prime time comedy show, it spawned the advent of other animated cartoons on prime time television, which may or may not be a good thing depending on your tastes.

I recently flipped through the book, *The Simpsons, A Complete Guide to our Favorite Family*, and re-realized how funny the show is. By the way, if you are wondering whose picture is at the top, it is Nancy Cartwright, the voice of Bart Simpson. She writes about being the voice of the bratty 10 year old in her book *"My Life as a 10 Year Old Boy"*. Of course, for regular watchers of the show, all this is common knowledge. Cowabunga, Dude. *Peace.*

## ARE WE CRAZY OR WHAT? BACK TO THE LAND IN OUR 60's) PART 13

### Wakes, Water and Mice

We came back to Larabee on February 13<sup>th</sup> and it is great to come home after two months down in San Diego taking care of an ill father and a dying grandmother, who passed away while we were down there so we got to go to her Irish wake. Those Irish should be jailed; they are loud, rowdy and full of high tales but oh so much fun! We imagined Lyn's grandmother sitting up in the clouds with a shot in her hands, her legs hanging off the side, shouting and laughing with us.

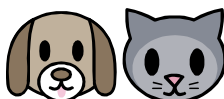
After that finale to our endless sojourn, we arrived home to at least 5 pounds of mouse scat all over the floors, kitchen ware, bathroom, bed covers, window sills and inside drawers and clothes shelves. What a mess! We explored and found one place under the cabin that has a little opening to it and probably at least 9 mouse couples slithered through there to have a bash while we were gone. Since we took our cat they had the whole cabin to themselves. I can envision chipmunk music playing, snacks of cheese and raisin bran, thimbles of stout rodent liquor made out of our torn yeast packets, oatmeal and fermenting apple juice; wild dancing, sunning on the window sills and whatever mice do to copulate, since they must had a thousand little meese.

The reason why we came back to just the mouse scat instead of flitting mice is that Lyn had driven up here for a couple days to check on things about 3 weeks before our final trip home. Lucky she did as we had a flood in the cabin coming from an inside pipe fitting Lyn had broken by mistake shoving a box up against it before we left. She came back to 3 days of hanging rugs to dry, pulling everything up off the floor, soaking the floor with towels, sweeping out water and turning the fan on to dry things. Then Lyn put down a ton of Decon beginning our wait for that putrid smell of dead mice in the walls once the bodies thaw out. We are still waiting for that one. I'll tell you, Kate was really glad she didn't come back with Lyn then. She probably would have hung herself on the frozen clothes line.

The trip is ended, the pipe is capped, the water gone and the mice dead somewhere. It's great to be home!

*Kate McCay and Lyn Javier*

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



## COMMUNITY ANNOUNCEMENT

### Invite to the Bridgeville Community,

Have you heard that there is a group forming around creating another community center for social activities? There are some grants available for funding some of this project. Some of the ideas that have come out of the last meeting were:

- A big space for weddings, reunions, parties, fun fundraisers, and entertainment.
- A nice kitchen for production of local foods.
- A meeting place for diverse groups.
- A park and playground.
- A radio station.

There is a need in this area for arts, entertainment, food, and business. Can we build it? It is up to you. This is a call for an **Alliance of Bridgeville Citizens** - ABC in short. We all live our separate lives out here in the country. Tending to the land or just living on it.

Currently, if we want something to do, we go to town, meet our friends, have our activities there and then we drive the 1 to 3 hours to get home.

Where is our culture? Who are we as a people, a diverse people? When people get together they create culture. One commonality around here is that people really love the land and we feel lucky to be here.

When people organize they become a social, and economic force. That means we can create infrastructure, culture and commerce amongst ourselves. Here are some examples of this; a farmers market, a social hall, a food grade kitchen, local music or a fire station. There are grants and organizations that help communities to create these things. We are eligible, but it will take effort by many, organization, and money. We have to be the 'many'.

So make an effort to come to the meeting on:

**Join us March 8th, 4:30pm at the Bridgeville School Gym, followed by all-you-can-eat pizza for \$8 / \$4 for children. And entertainment.**

# Thank You

## **THANK YOU SPONSORS** for making the newsletter possible.

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

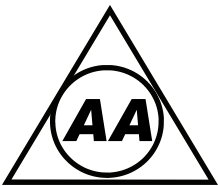
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Bridgeville, CA 95526

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



### **The Mad Group - Invites you to join us!!**



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

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### **HUMBOLDT TRINITY REAL ESTATE**



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## **Bridgeville Trading Post**

**WANTED:** Locking file cabinet and locking storage cupboard/closet for the BCC. Please call 777-1775.

**JOB SEARCH ASSISTANCE:** Looking for a job? The BCC can help you write a professional resume and cover letter. You can also use our computers for your job search.

**WANTED:** Are you interested in a Bridgeville Farmers Market? Someone needing to take the lead in organizing a Bridgeville Farmers Market. Contact the BCC.

**STILL MISSING:** Plastic tub with green lid containing Playgroup arts & crafts supplies. Last seen at BridgeFest. If found, please call the BCC 777-1775. And many thanks to **First Five** for giving us a replacement art tub.

**Wanted**—Need caretaker with their own trailer for property near Dinsmore. \$100/month. Call Dennis 822-2560

**MISSING**— Some of BCC's beautiful, new cloth tablecloths are missing from the Bridgeville Community Center. About 6 to 10 of them are no longer in the closet where they have been stored since the Holiday Dinner. If, by chance you took them home when you got free clothes out of the closets, would you be so kind as to return them right away?

**For Sale**— PA Speakers, 2 sets: the school is updating our sound equipment. Please contact Rachel Owen at 777-3311 for more information.



### **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

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**POSTAL PATRON**

**March 2011**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> No STHS Clinic	<b>2</b> BES Curriculum Fair 5-7 pm	<b>3</b>	<b>4</b> Zumba in the gym 9-10 am 0-5 Playgroup 5-7pm BES Basketball Tournament in Crescent City	<b>5</b> BES Basketball Tournament in Crescent City	<b>6</b> Breakfast by the 6 Rivers Senior Group: 8-11 AM at Mad River Community Hall
<b>7</b> BES board mtg. 5:30  Scrapbooking 1-7 pm	<b>8</b> <b>BOOKMOBILE</b> 10:30-11:30 am  <b>ALLIANCE of BRIDGEVILLE CITIZENS</b> meeting 4:30pm	<b>9</b> BCC board mtg. 4:30 PM	<b>10</b> 0-5 Playgroup 1-3 pm	<b>11</b>	<b>12</b> <b>5th Annual St Patrick's Day S.T.V.F.D. Dinner At Mad River Community Hall. Call 574-6381</b>	<b>13</b> <b>Daylight Savings Begin</b>  Breakfast at the Carlotta Grange 8 – 11 AM
<b>14</b>  Albert Einstein was born on this day in 1879	<b>15</b>  1950 New York City hired Dr Wallace E Howell as the city's official "rainmaker".	<b>16</b>	<b>17</b> <b>St Patrick's</b>	<b>18</b> COMMODITIES 10-3  0-5 PLAYGROUP 1-3 PM	<b>19</b>	<b>20</b> <b>SPRING ARRIVES</b> BVFC breakfast 8:30-11 am and <b>Firewise Community Award</b> 11 am
<b>21</b> 1969 John Lennon and Yoko Ono staged their first bed-in for peace at the Amsterdam	<b>22</b> DHHS ROSE VAN 10-1 pm  Spelling Bee in Scotia 6 pm	<b>23</b>	<b>24</b> 0-5 PLAY-GROUP 1-3 pm	<b>25</b>	<b>26</b>	<b>27</b>  1790 The first shoelaces were invented.
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**WEEKLY**

**Tuesday & Thursday** 10:30 - 11:30 - Strength & Balance Exercise Class  
**Tuesday** - Medical Clinic 10 - 4 For appt., call STHS 574-6616  
**Wednesday** - ADULT EDUCATION 8:30 - 2 PM  
**Wednesday** - Alder Grove Charter School 8:30 – 2 PM  
**Thursday** - Senior Lunch Noon-1 PM  
**Thursday** - Harp Ensemble - 3 PM

**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.**