



May 2011

Volume 17 Number 9

**Join us for the
Bridgeville Health Fair
and Firewise Day on May 12**



May is an exciting month for our community! We'll have our annual Firewise Day and Health Fair on Thursday, May 12, from 2 to 6 PM at the school with live music, games, food, and lots of educational

information. We hope to have representatives from many agencies with info on home and fire safety, nutrition, insurance, health screening, and other topics of interest. After the free dinner, stick around for a tea and cake tasting/competition fundraiser organized by Jennifer Bishop (details inside). You may have seen the picture and article in the Times-Standard and Humboldt Beacon about our Firewise Awards ceremony last month. This upcoming Firewise Day is one of the requirements for maintaining our national Firewise Community status. You remember the fun we had at last October's Firewise Day with displays, giveaways, games, dinner, and music. Come on down and join the activities.

Please note the enclosed article on the upcoming election for the BCC Board of Directors. Note also the article about the distribution of a petition to form a Bridgeville Fire Protection District. The petitions should be ready within a couple of weeks; please sign your support for forming the District. I misspoke last month: we don't know whether your insurance rates will be reduced by having a district and encourage you to check with your homeowner's insurance carrier. Even if not, there are significant benefits to having a district.

We gratefully acknowledge the \$500 donation just received from Humboldt Redwood Company's Community Action Team to support our teen program. Our teens have been enjoying their events

together and this will help sustain their activities.

Many of you valuable Community Center volunteers attended the appreciation luncheon held in your honor on April 7. If you weren't able to attend, please let us know so we can get you your Certificate of Appreciation. We'll be calling on you again to consider helping out on May 12.

I hope to see many of you at the Southern Trinity Area Rescue (S.T.A.R.) benefit dinner and talent show on May 27 in Mad River.

Only Love Prevails,
Lynne Reardon



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**Bridgeville
Health Fair &
Firewise Day**

**In the BES Gym—
Fun for the Whole Family**

**Thursday May 12th
2 - 6 pm**

- Health Booths**
- Free Community Dinner**
- Firewise activities**
- Live Music**
- Dessert and Tea Competition**

Letter of Appreciation

On March 7, 2011, Linda Smith, my friend and partner of 24 years passed away. Linda was diagnosed with advanced cancer. She wanted to spend her last days at home.

Some of our neighbors, who call themselves The Two Rivers Community Care Group (TRCCG), helped realize Linda's last wishes. These volunteer ladies acted in the capacity of angels and made a trying time infinitely more comfortable and easy for us. I wish to specifically recognize those that I had contact with: Lauri Rose, Willie, Annee Wilson, Peggy Wheeler, and others unseen.

The love and care these angels shared with us made me write the letter. Thank you for helping us. I think about Linda and her angels often.

Art Rigel, Mad River

Editor's Note: In case you were wondering, last month's issue was the April Fool's issue, and the banner was intentionally reversed. It was a mild attempt at humor.

In addition, due to a printer's error, some copies were printed with extra blank pages. Maybe the printer was playing a joke on us, who knows? Anyway, all copies still had all 12 pages of the newsletter. So don't worry, you didn't miss anything.

If there is a community event that you want mentioned in the newsletter, just let us know in plenty of time (submissions are due by the 20th of each month).



S.T.A.R Dinner & Talent Show

Friday, May 27th

S.T.A.R. benefit dinner and talent show Memorial Weekend, Friday, May 27th, in the Mad River Community Center, Mad River. Call 574-6616 for information.

Humboldt County Bookmobile



**Read A Book
They Deliver**

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

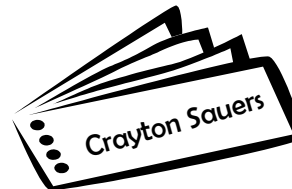
PO Box 3

Bridgeville, CA 95526

Tel: (707) 777-1775

Email— BridgevilleNews@yahoo.com
www.BridgevilleCommunityCenter.org

Crayton Sauers Raffle



Raffle Tickets:

\$20 each

6 for \$100

Drawing held Sunday May 15

Prizes:

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

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

Benefits the Bridgeville Volunteer Fire Company

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.



Bridgeville Health Fair & Firewise Day May 12, 2011

Enjoy a day with the family. Learn about good health by visiting the health information booths. And learn how to keep your house and family safe from fires, with activities for kids, presented by Firewise. Then top it off with a community dinner. Stay for the special Dessert Competition where (for a small fee) you can enjoy tasty treats (below). Takes place in the BES gym.



Let the Baking competitions Begin!

Some may know that a group of Bridgeville Citizens are trying to have a community center built to host events here in the area. We are beginning our fund raising events with encouraging some of our local talents. One is Baking. We have some secret recipes out in the hills here. So here is a chance to let your favorite cake, cookie or pie be tasted and enjoyed by all.

Our first event will be after the Health Fair at Bridgeville School on May 12th. An early dinner (5-ish) is provided by BCC and then let the cake competition begin.

The Themes of the months are:

- **May 12th at 6pm- Cake and Tea**
- June 9th at 7:30 (After Dell' Arte Performance) - Cookies and Coffee
- July, date and time TBA- Pie & Ice Cream



This is a fund raiser for our community so get your wallets out!

- It is \$5 for entry of your dessert.
- It is \$5 for tasting, \$3 for children.
- and \$5 for a voting card to be a judge of the desserts.

If you are entering your dessert please bake enough for 25 tastings and write your receipt on a 4x8 card. If you are entering a tea or coffee please bring a fancy tea pot to serve. Fancy tea cups will be provided.

For more info call Jennifer Bishop 777-1702 or email flowercandle@pon.net.

Bridgeville School Kindergarten Visitation and Registration



Tuesday May 17, 2011 in Room 3 from 10:30am to 11:30am

- Open to all kindergarten students starting in the fall of 2011
- To be eligible to enroll students must turn five by December 2, 2011
- Head Start students transitioning to kindergarten are welcome

This is a chance for parents and their children to visit the classroom, meet the teacher and classroom aide, partake of some activities, and complete your registration.

The Rio Dell Community Garden, a program of St. Joseph and Redwood Memorial Hospitals, has applied for a fruit tree donation through an internet contest program. The competition is stiff, with 125 non profits competing for 20 orchards to be given away. The way to win.... by people voting online everyday by visiting www.communitiestakeroot.com.

Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driver Training Prep ■ Adult Basic Ed

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

Call 777-1775 for more info



NEWS FROM THE HIVE

By Skylar Blue

Aristotle has said "The avarice of mankind is insatiable," and that was a long time ago. Not much has changed. Fear promotes that feeling in us to hoard all we have lest we lose it or it is taken from us. Being afraid can make people greedy, but much worse, greedy of the heart. Greed is the reaction to fear of the future.

To combat those irrational fears, continue to give. You may not be able to give much, but to clench tightly everything you "own" is a step backwards. To continue to give, in times like these, may seem irrational, but it really is the only solution to fear. Fear is not your friend, so when you feel that feeling coming on, take a breath and remember that fear is man-made. You don't have to accept it. It tears your insides out.

No matter how hard up we are or how much we don't have, we must continue to connect to others or we will be swallowed by fear. You cannot be ethical unless you are accountable to some standard. Let that standard be of love and sharing. The only thing that really makes you feel good about yourself is the happiness you receive by putting your hand out to help others. Kindness to one another is imperative, especially during these rough times. Be as kind as you can and as unselfish as you can muster.

We may not be a monetarily wealthy community, but don't let that stop us from having wealth, wealth of the heart, wealth of the mind, wealth of the soul. We need each other, more than ever now, and that opens a window of kindness never needed more than today. Remember what is really important and that control is truly, truly only an illusion. We cannot control what comes at us, we can only remain flexible and bounce. If you find yourself being afraid, stick your chin out, get your butt up, and go help someone else. Continue giving and your fears, though they feel so real, will stay in the background until that time when you realize you were meant to be here. To be here now. Instead of fear, embrace that! Hallelujah!

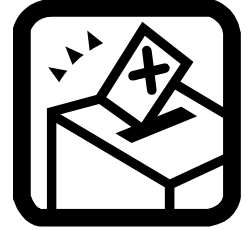
BRIDGEVILLE QUILT

All those interested in helping make this year's quilt to be raffled off at Bridgefest, please call the Center at 777-1775. We'll be meeting on Tuesday evenings, from 4:30 – 6:30.

BRIDGEVILLE COMMUNITY CENTER BOARD ELECTIONS TO BE HELD AT THE ANNUAL MEETING JULY 13TH, 2011

HOW TO SIGN UP TO VOTE

Voting is open to anyone who signs up annually as a member of the community center. To be a member you need to qualify in any one of the following four ways; live within the boundaries of the Bridgeville School District, have children attending the school, work at the school or work at the Community Center. Stop by the BCC to sign this year's membership roster. It takes just a moment.



HOW TO RUN FOR A SEAT ON THE BOARD

We will have four open seats this year. If you would like to run, submit a candidate's statement about why you would like to run and your qualifications. Terms are for two years. The candidate's statements are due by June 20, 2011 and are limited to 100 words. If you would like help with your letter or have any questions please contact a current board member.

HOW TO VOTE

At least two weeks before the July 13th annual meeting ballots will be mailed to members who signed this year's membership roster at the BCC office. Read each candidate's statements in the July Newsletter, vote, and return your ballot by July 12th, 4:00 pm, the day before the annual meeting.

HOW THE VOTES WILL BE COUNTED

On the day before the annual meeting, the election committee will count the ballots.

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



Carol Ann Conners
License OE79262

Greg Conners
License 0488272

Patterson/Conners Insurance Services
668 Main Street, Fortuna CA
707-725-3400



The BVFC will be having the Crayton Sauers Rifle Raffle on May 15, 2011 at the pancake breakfast, drawing at 10:00am and breakfast is from 8:30-11:00am. The grand prize is sponsored by Redwood Marine and is a Savage 270 rifle. The other prizes are a 1 night stay at the Benbow Inn, a pickup load of firewood and a beautifully crocheted afghan by Claudia Sauers. Please purchase your ticket from the BCC or BVFC member. Thank you to our sponsors, and Claudia, for your continued support of the BVFC. The proceeds from this raffle go towards our operating budget.

The BVFC has been busy training, increasing training days to twice a month, in preparation for the spring change in traffic. In addition to local training, the members of Fire Company participate in training throughout the county. Tim Smith is continuing his training with the Eel Valley Technical Resource Team, Jessica Springer is studying to take her EMT, Steven Blahnik just passed his EMT test (currently responding for STAR) and Tammy Farmer has completed the Fortuna Fire Academy. We would like to welcome and thank our newest member, Eliah Dinur-Loranger, he recently began training with the Fire Company. I would like to mention another community member, Chris Bender, who is finishing up his Firefighter I training. Thank you to the Bender family for your support of the BVFC and helping us at the pancake breakfast.

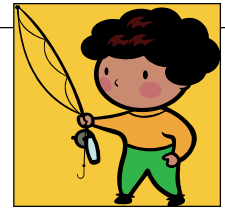
The members of your fire company are Ben Fleek, Brian Sturgill, Tim Smith, Jessica Springer, Jim Nelson, Teresa Stewart, Tammy Farmer, Steven Blahnik and Eliah Dinur-Loranger. We are certified in various elements of responding such as; CPR, First Responder, Flagging, EMT, Firefighter I & II, Swift Water Rescue, Low-Angle Rope rescue, and Hazmat.

The BVFC is here to serve this community. The reality of our area is that we will have wildland fires, auto accidents, car fires that can spread to wildland and medical aid calls. Also, the reality is that we need more volunteers. Responding to emergency calls requires a commitment and training. We, as a community, need to find those who will serve. If responding is not for you, we have fundraiser positions available and a monthly pancake breakfast. Our business meeting is the first Friday of the month at 6:00 pm at the BCC. Let's build our fire company up for future generations.

Tammy Farmer, Secretary

Fishing Derby

Saturday, May 7
8:00 AM 'til noon



Kids Free Fishing Derby **(up to 15 years old)**

Ruth Lake Marina

Family outdoor event—All children must be accompanied by an adult.

Prizes for all!

Call Margaret Kiser 574-6332 for more info and to obtain an entry form

Sponsored by Ruth Lake Community Services District

FIRE DISTRICT PETITION

We are preparing a petition to circulate throughout the community for establishing a Bridgeville Fire Protection District. The County will be publishing the notice of intent to circulate the petition in the North Coast Journal. The petition will be available in early May. Come to the BCC to sign it or look forward to being contacted by one of our volunteer fire company representatives. This notice will appear in the North Coast Journal:

Notice of Intent to Circulate Petition

Notice is hereby given of the intention to circulate petitions to form the following fire protection districts:

- Briceland Fire Protection District,
- Bridgeville Fire Protection District,
- Fruitland Ridge Fire Protection,
- and Palo Verde Fire Protection District.

The reasons for these proposals are:

- To support volunteer fire departments serving each area;
- Establish formal boundaries that clearly define the service responsibilities of each fire department;
- And establish ongoing revenue sources that can support fire protection services into the future.

FARMERS MARKET



Look for local produce this summer at the new **BRIDGEVILLE FARMERS MARKET**. They are having another meeting on the **29th of April** to iron out the final details. The tentative schedule is as follows: Our farming friends will be at the **Swain's Flat Outpost on Sundays from noon till 3, beginning May 15th**.

A few arts & crafts vendors will take part of the market, too. The hours, day, and starting date are not actually set yet so please contact **BCC, 777-1775**.

Support your local farmers!

DRIVING HIGHWAY 36



Beware pulling over on the smaller "pullouts"; at least twice in the past few months, the soft shoulders along our highway have given out when drivers have pulled over to allow faster traffic to pass. While this a very thoughtful gesture, the ground is so soft that pulling over is only safe in the large, wide pullouts. Both drivers were very fortunate not to end up in the river, although one vehicle was totalled, and the driver was trapped inside for several hours before being rescued. Don't let this happen to you!

BVFC PANCAKE BREAKFAST is May 15th, 8:30-11am. Please join us.

The Bridgeville Community Website is up and running. Visit us at:

www.BridgevilleCommunityCenter.org



Food Matters

By Ann Matula Gyenis
Certified Nutritional Consultant

Spring into Green

Now that spring and gardening is upon us it is a good time to renew our commitment to protecting our environment and bodies. The food choices we make impact the environment profoundly. The USDA Center for Nutrition Policy and Protection offers 10 ways we can green up our lives and our world.

1) Buy from farmer's markets or barter with friends and neighbors for produce. The food will have traveled fewer miles and contain little or no packaging.

2) Buy in bulk from bins in stores to reduce packaging costs and price per pound. Store your dry goods in glass jars and freeze if you have that option.

3) Stop buying things in single serving containers. Buy as large a package as you can find then break it up into smaller, re-useable containers at home. With school lunches it takes some forethought but is worth the extra effort.

4) Look for the USDA Organic seal which assures you that the crop items are grown without conventional pesticides or petroleum based fertilizer and the meats are raised with no antibiotics or growth hormones.

5) Eat seasonally-- which is easy to do if you frequent farmers' markets or grow your own. There is scientific evidence that things come ripe at times when our bodies need those specific nutrients the most.

6) Vary your proteins. Use nuts or beans in place of meat more often than not. These use way less energy to produce than animal proteins and are better for your heart and digestion.

7) Grow veggies in containers or in a garden, if you have the space. Try herbs on your windowsill. This eliminates pesticides and any packaging or transportation costs. Plus it is fun.

8) Go for natural which means little or no processing. An example is rolled oats instead of instant oatmeal, whole chicken instead of breaded nuggets (chickens don't have nuggets), and brown rice instead of white. You will take in fewer calories and get more fiber and other nutrients to boot!

9) Drink tap water. Filter it if you have to but stop buying plastic bottles of water. It is overpriced. You are paying for the bottle. Bottles use fossil fuel production and transportation, put chemicals in the water (even the BPO- free ones) and increase household waste. Even if you recycle them you have to use fuel to get them to the recycler and the recycler uses more fuel to recycle them!

10) Cook at home and make eating out a rare and special treat. Cook double batches to save cooking energy. Involve the family in meal prep at home for more togetherness and fun.

Check out www.MyPyramid.gov

~ Healthy Spirits ~

Inflammation is an important process in the body. When we hurt ourselves pro-inflammatory neurotransmitters call in the macrophages (white blood cells) and other body defenders to battle incoming bacteria. They also cause our blood vessels to become more permeable so those defenders can get out to the battleground. And they cause fever, which is beneficial in low doses. You can see inflammation does a lot of good in the short-term. However, constantly having pro-inflammatory cytokines like interleukin and prostaglandins floating around is not good. High C-Reactive Protein (CRP) levels, which measure inflammation, are linked to poor cardiovascular health, immune diseases and lower life expectancy.

Many things can cause sustained low systemic inflammation. Poor nutrition, poor gut health, gum disease, increased estrogen from birth control pills or menopausal treatment, many chemicals, diabetes, autoimmune diseases like rheumatoid arthritis, sustained stress and obesity all contribute to inflammation.

There are many ways to decrease inflammation. Big Pharma (drug companies) are touting statins (a class of cholesterol lowering medications). Statins have been shown to lower C-Reactive Protein levels. Some researchers think statins' effect on inflammation and their cholesterol lowering effect may be why they appear to lower cardiac mortality. The problem with statins is that they have some significant side effects. They can be hard on the liver, cause muscle death and lower CoQ10, a very important co-enzyme for all cellular energy production. Their plus – one pill a day and you don't have to think about it.

What can you do to lower CRP if you don't want to risk the statins? First off, if you are overweight try to lose some poundage, because excess fat cells produce inflammatory products. Vitamin C, (1000-2000mg in divided doses) has been shown to be almost as effective as Crestor (a statin) in lowering CRP. Omega-3 fatty acids (fish oil, flax), low dose aspirin, magnesium, curcumin, folic acid and ginger also lower CRP. Vitamin D in 2,000-4,000 unit doses has proven effective. All these antioxidants also support the immune system, plus magnesium, Vitamin D, and the Omega-3's have been shown to decrease depression. Low dose aspirin has been shown to be effective but you have to worry about bleeding, and aspirin also suppresses needed prostaglandins in the stomach and gut.

Exercise triggers the release of anti-inflammatory compounds from the brain and elsewhere. It also

helps build cardiac strength, decreases depression and lowers the risk of Alzheimer's. Gum disease is linked with inflammation so be sure to brush regularly. I use a tooth powder with cinnamon, golden-seal, and Xylitol as an antibacterial. Niacin in the higher doses also helps eradicate gum disease. Niacin is usually taken in high doses to decrease cholesterol and should not be taken without a doctor's supervision.

Since there is so much immune function happening in the gut, keeping it healthy will decrease inflammation. One study showed that simply adding 12 grams of fiber a day to the diet lowered the CRP by 13.7 percent in three weeks. That fiber can be in the form of flax or chia seeds so you get the double hit of fiber and Omega-3's. Plus, if you drink enough fluids with the fiber your constipation will be cured! Overcooked foods and high fat foods result in the formation of advanced glycation end products which are pro-inflammatory. Most junk foods, especially fried foods, are cooked at very high temperatures, cutting them out will help decrease inflammation.

If you have to eat those fatty foods, and we all do sometimes because what is life without ice cream, you may be able to neutralize some of the pro-inflammatory lipopolysaccharides by taking in proanthocyanidins (love those big words!) Proanthocyanidins are molecules found in plants, they are in cranberries, apple, pear, grapes, blueberries, avocados, red wine, tea and chocolate. A little wine or chocolate with your cheese seems to be a good combination. Just remember, all things in moderation.

I tend to like therapies which help the creation of a balanced body environment rather than the ones that just suppress symptoms. Anyone can treat a disease, creating wellness takes finesse. Funny thing is whether we are talking about inflammation, diabetes, heart disease, cancer or you fill in the blank, it mostly comes down the same advice - exercise! eat mostly organic fruits and vegetables, keep your mouth healthy and your stress levels low. Enjoy the nice weather.

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



0-5 Playgroup Schedule



- May 6, Friday. 6 – 8 pm Dinner
- May 12, Thursday, 12:30-2pm Preschool room
- May 20, Friday, 6 – 8 pm Dinner
- May 26, Thursday, 12:30-2pm

For more info call Jen at 777-1702

TRCCG NEWS

TWO RIVERS COMMUNITY CARE GROUP

The following piece appeared in the My Word column in the Eureka Times Standard last month. It dramatically highlights an important social choice in which we all can participate. It is included here with permission.

Donate life; celebrate life

By Richard J. Wolf

April is National Organ Donor Awareness Month, a time to remind us of the need for and benefit of donating our vital organs after death so that others may live and prosper. It worked for me.

As a nephrologist (kidney specialist), I cared for kidney transplant recipients for over 35 years. I never thought I might one day need a transplant myself. However, after several months of a nagging cough, I was diagnosed with pulmonary fibrosis in late 2007. It is a rare lung disease of unknown cause, essentially untreatable, relentlessly progressive, with an average two- to three-year lifespan from diagnosis. I stopped working two years later, and soon needed oxygen 24 hours a day. Knowing my options, I pursued the possibility of a lung transplant at UCSF, and needed many tests and procedures to make sure the rest of my body was healthy enough to benefit from a transplant. These included blood tests, colonoscopy, stomach endoscopy, ul-

trasounds and a heart catheterization. By the time I was activated on the lung transplant waiting list in late January 2010, I was rapidly going downhill and soon could not walk 20 feet with oxygen without marked shortness of breath. I had lost 35 pounds as it was hard to breathe and eat at the same time. I knew that I could not survive much longer and anxiously awaited the availability of a donated lung. That call came on March 30, 2010, and my wonderful wife, Lorraine, and I flew by Cal-Ore Life Flight air ambulance to UCSF where I had a double lung transplant (which took seven hours) that night. I was in the hospital only eight days, and then spent five more weeks in an apartment near the medical center for frequent post-transplant testing and clinic visits.

Since then, I have regained my life. During the last year I have again been able to ride my bike, fly fish in Idaho, hike in Yosemite and Crater Lake, and play with my wonderful grandchildren. I feel good. All of this was made possible by the family of the 14-year-old trauma victim in San Diego that so generously donated the child's organs so that others might live. I am one of those "others."

There are over 100,000 Americans awaiting a donor for a kidney, pancreas, liver, heart, or lung transplant. It's easy to make your desires for organ donation known. Do so online at donatelifecalifornia.org. It is truly the gift of life. Donate life. Celebrate life.

Richard J. Wolf, M.D., resides in Bayside

[Submitted by Peg Wheeler for Two Rivers Community Care Group (TRCCG)]



Happy Mother's Day

Sunday, May 8

Tai Chi Class

Tuesdays, 4:30-5:30

Mad River Community Center,
Van Duzen Rd. Across from
Southern Trinity School

Contact Dottie Simmons for more info
at 777-1920



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; (QRT); Food Stamps, Free garden seeds

The ROSE RV will be at: Bridgeville Community Center, Tuesday, May 24, 10 am to 1pm

CHILD CARSEAT INSPECTION FREE CARSEAT EXCHANGE

Tina Anderson, is a certified car seat technician. She can inspect, adjust, or install your child's carseat in your car for you. No need to go to town!

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



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SWAINSFLATOUTPOST@YAHOO.COM

(707) 777-3385

STHS Senior/Adult Health Screening

Available to adults over 50

May 20th, 2011

Please call 574-6616 for appointment (by May 13 for certain tests). Free tests include hearing, vision, cholesterol, Blood glucose, anemia etc. Reduced cost testing (\$5-\$20) for blood chemistry, electrocardiogram, tetanus booster, TB test, Prostate test.

Art Show— Exploring Remote Location Ghost Schools and Voices: Photos by Diana Schoenfeld

A Literal and Metaphorical Journey at the Humboldt. Arts Council in the Morris Graves Museum, 636 F Street, Eureka. Photos by Diana Schoenfeld. Opening reception, Saturday Arts Alive in Eureka, May 7, 6-9 pm.

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RANDOM THOUGHTS

By Attila Gyenis

Strawberry Shortcake

There used to be a time when Howard Johnson's Restaurants dotted the landscape. I'm talking about the restaurants with the orange roofs that were located on the side of highways on the way to (or from) any place you and your family were traveling.



When I was a kid (in the 1960s), it was one of the few restaurants that my family would stop at that wasn't serving Hungarian food. We usually went there for dessert, and the dessert of choice for many years was the Strawberry Shortcake. It came on a small silver serving platter with the shortcake covered with strawberries, vanilla ice cream, and topped with whipped cream. Howard Johnson's also bragged about the 28 flavors of ice cream that they carried. This was before Baskin-Robbins had their 31 flavors.

I have had a long relationship with strawberries, probably longer than anything else except for my parents. I like strawberries. I like them freshly picked; thinly sliced lightly powdered with sugar; on waffles (with whipped cream); strawberry ice cream (though it has to be a good brand, I'm picky); chocolate covered strawberries; and last week I got to have my sister-in-law's strawberry shortcake (it was baking sheet size). It was all good.

As kids, we went to a pick-your-own-strawberries patch with these large fields filled with rows of strawberry plants. You took your wooden quart baskets and only paid for what you took out in the baskets. It was basically an all-you-can-eat strawberry patch. The hard part was that after you filled your stomach with strawberries, it was difficult to keep picking more strawberries to fill the baskets. Our parents made us pick at least two quarts each and we'd take them back to the house, clean them, slice them, and freeze them. I'll tell you about the *Great Strawberry Fight* at some later time, but I'm sure my family remembers.

At its peak in the 1970s, there were over 1,000 Howard Johnson's restaurants nationwide. Sadly, today there are only three left, the victim of fast food restaurants and a declining vacation-by-car population.

My little granddaughter sometimes wears a 'Strawberry Shortcake' shirt that has the picture of the character Strawberry Shortcake. The image was designed by a greeting card company and has nothing to do with how delicious strawberries are.

Soon it will be time for the Wild Strawberry hunt, searching for those tiny, delicate berries that get almost crushed as you carefully pick them. They are the sweetest thing in the world, just like my granddaughter. *Peace & Strawberries.*

ARE WE CRAZY OR WHAT? (BACK TO THE LAND IN OUR 60's) PART 15

Wildflowers, Seedlings, Pallets and Property Taxes

Yesterday was the first day this spring that my winter-weakened muscles scrambled through wild things, mud and hills to reach a wildflower I spotted with my binoculars from the cabin. I take pictures of every flower species I see to keep a running tab of what we have around here. This one was new to me this year....welcome to the "Grass Widow"- it looks like a cousin of the Blue-Eyed grass or the purple Bro-dee-ah except it has a white long female part (stigma) sticking up out of 3 yellow male things (stamens) and blooms much earlier. That's my bot-any message for the month.

So, here we are in the midst of our first year of planting seedlings in our pallet foundation greenhouse; last year we were too late so purchased some starts from Kathy and Steven of Wolff Farms...look for their produce stand at mile 33 on Hwy 36 this summer!

Thinking of pallets. We have located some really good sources for free almost new pallets and have put them to good use. We are using them to build our woodshed, garden trellises, the foundation to greenhouses, well pump housing, to hold up our cabin ramp, human-manure bins, resource pile storage shed, chicken coop, the future workshop, barn and animal shelters plus emergency firewood. Have you used them some unique way? We just got Verizon wireless so you can email me with your unique pallet uses by the 15th of May at katemccay123@yahoo.com. I'll include your other pallet uses in the next article.

Now, for the last part. Hold your horses. If you can't dance and it's too wet to plow....read this! You may know this already but the tax assessor's plane flies over us out here each year to see if there are any new buildings, etc... If a structure is more than 10'X10' (with or without electricity) *and you can't move the construction by yourself* it's taxable (that includes anything and everything....including metal horse fencing and think of that permanent greenhouse you handmade for \$100 that may increase your taxes by \$1000 or more). Depending on who is the assessing your place, this may only apply to people who have just purchased their property and the tax office has seen that they are the midst of construction....but can you imagine a pallet-built woodshed worth an additional \$2,000 property value that will increase your taxes even if you are going to rebuild it in the future, it doesn't have a solid foundation and it cost only \$35 to build?

~ Kate McCay and Lyn Javier

They're Back!!!



Students of the Dell'Arte International School of Physical Theatre, located in Blue Lake, Ca., will be coming to Bridgeville from May 31st to June 9th for their Rural Residency this year. The Rural Residency is an exchange between a rural community and the international students of our one year certificate training program, and its focus is for the students to experience what it is to be immersed within an existing community, how it can inspire them, and what they can give back creatively in turn.

The students participate in all aspects of the community, getting to know the people and environment, offering volunteer service, and teaching workshops in the local elementary school.

During this period, the students camp at a local campsite. They also engage in a creative process where they create and rehearse a show, inspired by their host community, that is performed for the community on the final day of the residency. The date for this year's performance is scheduled for Thursday June 9th, location to be determined.

For more information about the school, please visit www.dellarte.com

For more information about the Rural Residency, contact Zuzka at Dell'Arte: (707) 668-5663 x24.

Support the Bridgeville Community Center

You can now make a tax deductible donation to the Bridgeville Community Center or the Newsletter by mail, or via the internet through our website—

www.BridgevilleCommunityCenter.org

By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third, by experience, which is the bitterest. ~Confucius

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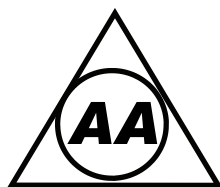
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For Information, contact BCC at (707) 777-1775



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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Bridgeville Trading Post

Wanted: 3 bdr rental in Bridgeville/Larabee area. Need room for pets. Good refs and good jobs. Want a place closer to work. Please call Amber at Southern Trinity Health Services 574-6616

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.

TRCCG NEEDS MEN TO VOLUNTEER—
Call Cathy @ 777-1775 or Lauri @ 777-3008

Bridgeville Correspondent Wanted— The Humboldt Beacon is looking for a writer living in the Bridgeville area to send occasional news items on things going on in Bridgeville and west of Bridgeville along Highway 36. Photos are encouraged. Must have access to email. For information, call Franklin Stover, editor, at 707-441-0563. The Beacon has covered news of the Eel River Valley and Highway 36 for over 100 years.

PEOPLE DON'T CHANGE WHEN THEY SEE THE LIGHT. THEY CHANGE WHEN THEY FEEL THE HEAT. - UNKNOWN



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— Thursday 6:00 pm

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POSTAL PATRON

MAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Breakfast by the 6 Rivers Senior Group 8 – 11
2	3	4	5	6 BVFC mtg 6pm Playgroup 6-8	7 Art's Alive Eureka.	8 Mother's Day Breakfast at the Carlotta Grange 8 – 10
9 BES school board 5:30 Scrapbooking 1-7	10 BOOKMOBILE TRCCG mtg 3pm BES Boys vs Girls basketball game 3:30	11 BCC board mtg. 4:30	12 Playgroup 1-3 Health Fair & Firewise Day 2-6 PM	13 Letter Carriers Food Drive	14	15 Breakfast by the BVFC 8:30-11 And Raffle Drawing
16	17 BES Kindergarten registration	18	19 Last day of head start	20 Commodities 10-3 Playgroup 6-8	21 Trinity County Rabies Clinic – Mad River Community Ctr 9:30-11	22
23	24 ROSE Van 10-1 CARSEAT Inspection & Exchange	25	26 Playgroup 1-3	27 S.T.A.R. benefit dinner and talent show in Mad River	28	29
30 MEMORIAL DAY – SCHOOL CLOSED	31 May 31 st – June 9th: DELL'ARTE on BES campus					

WEEKLY

Tuesdays: Medical Clinic from STHS - at BCC 10-4, For appointment call STHS @ 574-6616

Tuesday and Thursday: Strength & balance exercise class 10:30-11:30

Wednesdays: ADULT EDUCATION 8:30-12 BY APPOINTMENT & Alder Grove Charter School 8:30-2

Thursdays: Senior Lunch 11:30 – 1 except April 7

Thursdays: Harp ensemble 3 pm

NEW: ZUMBA DANCE/EXERCISE will be offered on Monday & Wednesday evenings from 5:30-6:30 pm

The Letter Carriers' Stamp Out Hunger Food Drive is a nationwide event that takes place annually on the second Saturday in May. For general information about the Food Drive and to learn about its national impact, visit the web site of the National Association of Letter Carriers (NALC) at www.nalc.org/commun/fooddrive.