



June 2011

Volume 17 Number 10



Everyone had a good time at our annual Firewise Day and Health Fair and our volunteer fire company prepared a great dinner. The tea and cake tasting/competition fundraiser was a big hit and earned almost \$150. Thanks to the many volunteers who pulled this together; it truly takes a village. June's competition (June 9) will be a cookies and coffee tasting following a not-to-be-missed fire company-prepared dinner and performance by Dell'Arte on the school campus.

Thank you very much to our recent grantors. We'll be holding our annual Summer Fun Days thanks to a grant from the Humboldt Area Foundation, St. Joseph's Health System, Humboldt County, The Smullin Foundation and the Melvin & Grace McLean Foundation. Our July newsletter will give the dates and details for our summer fun program. And our teen group will be continuing another year of fun thanks to a generous grant from Humboldt CAN (Community for Activity & Nutrition). Thanks also go to First 5 Humboldt for funding to help support our ongoing playgroup next fiscal year; see the information inside on summer dates and times. Last, but certainly not least, we are grateful to the County of Humboldt Department of Health & Human Services for their continued annual allocation that keeps our doors open to serve you and provide social services.

So far the local farmer's market has yet to materialize. Key needs are someone to serve as market manager and a location that can provide insurance. Stay tuned for further developments.

Congratulations to our volunteer fire department for collecting so many registered voter signatures in support of forming a Bridgeville Fire Protection District. They continue to gather signatures to complete the required number for holding an election. The new district will establish formal boundaries to define the service area, establish basic funding for operating expenses through a special tax, and provide for

the continuation of this valuable service.

Remember that blue survey that came in the mail with our annual fundraising letter? Forty-two were returned and the results have been tallied (thanks to Board member Laurie King). The programs and services you appreciate are listed in order with "most points" first: newsletter, volunteer fire company/early responders, BridgeFest, fire risk reduction work by VDWFS, computer/internet access, senior program, weekly medical clinic, food bank/clothes closet, focal point for county social services, Two Rivers Community Care Group, summer family fun, community dinners/fairs, exercise class, sewing class, music class, adult education, playgroup, and teen program.

If you haven't already done so, please stop by the BCC to sign up as a member. There's no charge, and membership enables you to receive a ballot for the Board of Directors election in July. Candidate statements are in this issue.

The end of the school year is rapidly approaching. Remember to drive more carefully along Hwy 36 since many of our youth will be out and about during the summer. Let's hope that we actually have an end to this winter weather soon and enjoy a warm, sunny summertime.

Only Love Prevails,
Lynne Reardon



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Humboldt County Bookmobile



**Read A Book
They Deliver**



The Green Thumb

Spring gardening: the Good, the Bad and the Ugly

We all look forward to spring for many reasons. If you are gardening, you can now grow and harvest cool weather food such as asparagus, artichokes, lettuce, peas. The fruit trees and early-blooming perennials are in flower. The sun is shining. (some of the time) What's not to love about this time of year? The ticks. They are out and are voracious. Lyme disease, caused by tick bites, has proven to be a serious and debilitating illness.

Last year there was a letter written in the *Times-Standard* about an easy method to remove a tick. This has proven foolproof for me, and is especially handy if you are alone and the tick is in a difficult place to reach and pull out. Squeeze a little dish soap on a cotton ball and place over the tick. Hold it there for about 10 seconds. When you pull the cotton off, the tick should be detached and on the cotton ball. This method has worked every time. The plant-based dish soaps, although better for the environment, do not work as well as the oil-based dish soaps. Keep a small bottle of a brand such as Dawn under your sink with a few cotton balls just to be ready.

Before heading out into the garden and other grassy areas, tuck your pant legs into your socks. Spray your shoes and legs with a tick repellent. Herbal insect deterrent sprays seem to work well. For more information about Lyme disease symptoms and diagnosis, check out the American Lyme Disease Foundation website.

Happy gardening and stay healthy!

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

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

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THANK YOU! THANK YOU!

This is a big shout out of appreciation to the folks that made it all happen! I was able to attend a few community events this month, and could see how many volunteers were giving their time so I could enjoy and benefit from the event.

The Health Fair and Firewise Day at the school on May 12th was an excellent chance to learn some great stuff, as well as a time to spend with neighbors and friends in the area. After the displays came down, the most delicious meal was served, salad and lasagna, all for free.

The real "frosting on the cake" came just after dinner, when Jennifer's tasteful fund raising effort took place on the picnic table outside. I was one of the judges of the calorific collection of confections laid before the eager crowd, who donated \$5 each for the delight of non-stop tasting. (Entrants and Judges also donated \$5 for their honorable tasks.) Every cake was so very good to me, that I could hardly judge one over the other.

By Sunday morning I was hungry again and so headed through the fierce snowstorm down the hill to Bridgeville. The Rifle Raffle was on my mind as I ordered "the works" from the kitchen crew, so I got a couple of tickets for the drawing. The Crayton Sauers Rifle Raffle is a fine way to help support our Fire Team, so even not winning is always money well spent! I won't mention names here, because you ALL are so appreciated by the rest of us. You really are!

And that goes for all the other generous and community-oriented folks out there, as well as the local merchants, and the charitable foundations that give so much to me, and you, and all of us.

Randy Krahn

REDUCE, REUSE, RECYCLE

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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."



By Rachel Owen

Science and Art in the Redwoods

Bridgeville's fourth through seventh graders recently enjoyed three days of learning in the redwoods at Grizzly Creek State Park and Pamplin Grove County Park. Carlotta filmmaker Barbara Domanchuk organized the entire event, which included students from Willowbrook Learning Academy as well as Bridgeville students. Each day of the event included three to five science and art workshops. Science workshops were led by local specialists from organizations including Humboldt County Parks; U.S. Bureau of Land Management; California State Parks; AmeriCorps; California Native Plant Society; Humboldt Wildlife Care Center and Humboldt Redwoods Company. Art workshops were led by Bridgeville's own Mike Guerriero and Donvieve. Student work produced during the three days of learning was on display at the Fortuna Library during the month of May. Thanks to Mike Guerriero for setting up the display. And special thanks to Humboldt County Parks Ranger Pat Boyle for his leadership throughout the three days.



Bridgeville Graduate Wins Scholarship to Pursue Career in Auto Mechanics

Bridgeville School graduate Clark Parvis and fellow Fortuna High student Travis Wescott won First Place at the North State Finals Auto Skills Competition that took place in Danville, CA on Friday, May 6. Clark and Travis qualified for the competition by earning top honors on the 50-question written exam taken at Fortuna High School.



The hands-on competition pits ten two-student teams against each other in diagnosing and accurately repairing new Ford Motor Company vehicles. HERTZ supplies 10 identical cars, and Ford technicians bug them for the competition. The students then have up to 90 minutes to repair all the problems while they race against the clock and the other teams.

In addition to a 1st Place trophy and plaque, each student received a \$3,000 scholarship to the Ford Asset Program; a \$5,000 scholarship to the University of Northwestern Ohio; a \$10,000 scholarship to Lincoln Technical Institute; a \$10,000 scholarship to the Ohio Technical College and a \$20,000 scholar-

ship to Universal Technical Institute. In addition, each student received around \$750 in tools. Congratulations, Clark!

Tour of the Unknown Coast

Eight Bridgeville students recently demonstrated their athleticism on the Tour of the Unknown Coast, riding their bikes through the scenic countryside surrounding Ferndale. Four students went on the ten mile ride: Doug Smith, Angel Church, Konnor Good and Emily Morgan. Angel had just learned to ride without training wheels the week before! They were accompanied by chaperones Brand Church, Bobbie Good and Virginia Mullan. Four other students challenged themselves on the 20-mile ride: Orion Silva, Freda Hauck, Jonathan Grant and Michaelyn Mullan. This was a pretty tough ride, with a steep hill at the beginning and a couple of miles of rolling hills at the end approaching the turnaround point. Making it even tougher was the chilly headwind that developed in the afternoon. On top of that, Jonathan and Freda really should have had bigger bikes (but they made it anyway) and Michaelyn's brand new bike was slowed by a rubbing brake pad for the entire 20+ miles! Adult chaperones on the 20 mile ride were Rachel Owen and Chris Mastaloudis.



Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driver Training Prep ■ Adult Basic Ed

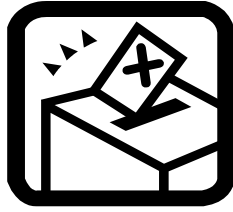
Last week of Adult Ed will be June 13-17 and will start again the week of August 24. All classes are held on Wednesdays and by appointment

Call 777-1775 for more info

**BRIDGEVILLE COMMUNITY CENTER
BOARD ELECTION RESULTS TO BE ANNOUNCED
AT THE ANNUAL MEETING ON JULY 13TH**

HOW TO VOTE

Ballots will be mailed at least two weeks before the July 13th annual meeting 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. Contact BCC for membership info.



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 THE VOTES WILL BE COUNTED

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

HOW TO RUN FOR A SEAT ON THE BOARD

We will have four open seats this year. Terms are for two years. If you would like to run, submit a candidate's statement about why you would like to run.

First 5— Food For The Families

What is a good way to help mothers, attract fathers to functions, and have the kids play? How about a free dinner! This idea drew the mountain families of Bridgeville out of their country homes.

And what a way to exemplify good food. The First 5 coordinators supply the main course and drinks. We offer a vegetarian option and seltzer water mixed with juice as a beverage. We have low sugar and healthy appetizers and desserts. Parents contribute side dishes and desserts. We have had some wonderful recipes from the parents.

Parents take turns leading activities with the kids. It gives each parent a time to step forward and exemplify some of their skills or ideas. This also gives the other parents a rest from being 'on duty' and allows them to sit back and socialize.

This summer, Playgroups will be held on these Fridays at BES school from 5 to 8 including dinner: June 3 and 17, July 1 and 22, and August 5. Call Jen at 777-1702 for more information.

Candidate Statements

(presented in alphabetical order)

DAN FULLER: I am currently serving on the Community Center Board as a replacement for a member who resigned. I would like to be elected to this position for a full term. I feel my previous experience on this board will make me a good candidate to be elected to this position.

KATHLEEN GUELFO: I've lived in Humboldt County since 1985 and the Bridgeville area for the past 7 years. I love the area and the diversity of the people in it. I've been a board member for 3 years and am involved in handing out commodities, the Strength & Balance class, and volunteering for BridgeFest. I try to keep the people with whom I have contact informed of what we are doing as a Board. I would like to continue serving as a Board member.

Laurie King: My name is Laurie King and I have been on the board of directors since January. I enjoy serving on the board because it gives me an opportunity to participate in my community and it gives me a chance to meet a lot of great people. I volunteer to answer the phone, hand out commodities, collect donations and help at events. I am a graduate of the College of the Redwoods and I hold an AA degree in business. I have lived here for 9 years and I would enjoy continuing to serve this community in this capacity. Thank you very much.

CLAUDIA SAUERS: My name is Claudia Sauers. After being an active BCC board member the past few months, I've found that I really do enjoy being involved and knowing what's happening.

Each meeting is a learning experience. I would like to continue being a board member.

ROGER SCHELLHOUS: My name is Roger Schellhaus. I have lived in this area for the past 8 years. My daughter, Grace, lives on our property with her three sons who attend Bridgeville School and Fortuna High School. Ida, my wife, and I have enjoyed the activities put on by the Bridgeville Community Center ever since we came, and I would like to do what I can to support the Center. I am willing and able to serve on the Board of Directors if it is the wish of the community that I do so.

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.



NEWS FROM THE HIVE

By Skylar Blue

We've all heard it said, "it was 1848 when gold was discovered in Coloma, CA., and the rest is history." What we call the "rest" truly is history, but we're talking about 163 years! The "rest" word sure encompasses a whole lot of time.

History is made very quickly, though, as tomorrow is already history. People make their own historical data, one day at a time, and often forget that our personal history is part of the whole background of our world, our country, our home, our cosmos, and is made from interactions with our family, friends and even enemies. What you do this minute, today, will contribute to your framing of history and that is something we should think about. How do we want to be historically remembered?

Universal history is like a quilt being made from the middle outwards. We are continually adding threads by merely being alive. We look to the history of the world and must wonder how much we contribute to it. Well, we are the history of the world and as we make it, we must be conscious that we are either building on or tearing down all that came before us. We have a moral obligation to this world to create history that conveys us as loving, kind, moral, flexible, and conscious peacekeepers. We can make it or break it each and every day. Remember all you do goes down as history. Make the most of this June 2011, "and the rest is history".

Rural Outreach Services

Enterprise (ROSE)



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

They will be providing oral health information and dental hygiene kits for children and adults. Unfortunately, they are not able to schedule fluoride varnishing in Bridgeville. **On the June outreach visit, they will have staff from the county Veteran's Services office along to help veterans in your area.**

The ROSE RV will be at: Bridgeville Community Center, Monday, June 28, 10 am to 1pm

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

Food Matters AZ

By Ann Matula Gyenis
Certified Nutritional Consultant

AVOIDING THE BIG S's

Salt and Sodium. Most Americans consume about 2 – 4 teaspoons of salt a day often without even knowing it. Salt is used in almost all processed foods (anything that comes in a box, can or package) and is added to most home and restaurant cooking. It makes food taste good so what is wrong with that? Sodium has been positively linked to hypertension (high blood pressure) and even kids are developing that dangerous condition!

According to the USDA Center for Nutrition Policy and Promotion a healthy adult should have no more than 2,300 mg (about 1 teaspoon) of sodium a day from all sources.

Here are some suggestions for making a conscious effort to put less salt and sodium in your and your children's bodies:

- 1. Choose fresh first.** The worst offenders are chips, cured meats like bacon, sausage, hot dogs, lunch meats, canned and frozen entrees like soup, chili and ravioli.
- 2. Eat out less and cook at home using herbs and spices for delicious flavors.** Whip up your own salad dressings, make oven fries seasoned with paprika and garlic and just get creative. Buy a low-sodium cook book.
- 3. Fill up on fresh vegetables and fruits –between 3 and 6 cups a day for adults- and take smaller portions of the salty foods.**
- 4. Change the way you eat.** Chew each bite of food longer and really concentrate on the texture and taste. After a while of doing this you will find that food is really quite tasty in its natural state and added salt will eventually become distasteful to you.
- 5. Table salt (sodium chloride) is about 40% sodium.** Do not keep a salt shaker on the table. Make it an effort to get so you will think about if that is really what you want to do to your food.
- 6. Read the label.** Foods with less than 140 mg sodium per serving can legally be labeled 'low-sodium'.
- 7. Decipher the code.** Salt comes hidden in words containing 'benzoate', 'nitrite' and 'ascorbate.' If 'sodium' is part of the word, as in sodium nitrite, that is what you are putting in your mouth.
- 8. In restaurants look for the selections in the menu that say 'low sodium' or ask the wait person.** Many markets have a low sodium aisle or ask a clerk where to find them. If you shop the outer aisles in a store you will be getting the fresh things. The salty stuff is on the shelves in the middle ones.

~ Healthy Spirits ~

Allergic Rhinitis isn't some rare North American horned beast, it is common hay fever. With the acacia and scotchbroom in full flourish, this is the season when we feel it. Complaints of headaches are accompanied by the snuffle, "It's okay, I don't have a cold I just have allergies." as eyes get wiped and noses blown.

Allergies can be life long, can develop slowly or can just blind-side you. All your life you never have a problem and then along comes a spring and BLAM you are one of the snufflers. No one knows for sure what starts allergies but they are definitely mediated by the immune system which goes into overdrive over some innocuous thing like grass pollen and causes cells to spill out histamines, cytokines and other cellular irritants. All of which causes the above symptoms of headaches, snuffly noses and watery eyes. Most annoying.

Of course there are lots of pills for allergies. Many make you sleepy and may or may not alleviate your symptoms. And one only has to read the insert or listen to the T.V. ad to realize there may be other worse side effects.

So what can you do beside suffer? There are homeopathic remedies available that several of my friends swear by. You can go to a homeopathic doctor and he can prescribe some or you can go the health food store (Humboldt Herbals in Fortuna, the Coop or Eureka Natural Foods in Eureka/Arcata) and try to match your symptoms to the ones listed on the bottle.

Aromatherapy using chamomile, lemon and lavender can work. Remember it isn't just the smell it is the actual oils that make it work. You can't just buy some perfume; you need to get the actual essential oils. Cleansing and/or fasting can also be effective. This is probably best to do right before allergy season so you go into it detoxed. If you are doing a cleanse during allergy season you may experience a transient worsening of symptoms during a 'healing crisis'. Lymph drainage massage can be helpful. It unclogs the lymph nodes letting not just the sinuses but the rest of the body drain some of the mucous and toxins away. Another good way to flush excess mucous from the body is some lemon water in the morning and a 'green' drink during the day. Remember not to get some sugary thing parading as a green drink. A straight-up juiced vegetables, wheat-grass, and spirulina kind of thing is what you want.

Definitely try to stay way from foods that promote mucous, like milk products and citrus. And of course, stay way from any foods you are sensitive to. No reason to tax an already over taxed system.

In general take extra omega-3's, they help stabi-

lize the cell membranes that are exploding all over the place releasing histamines. Vitamin C and bioflavonoids are also helpful. Vitamin B complex is good anytime you are experiencing stress. Even if you are feeling basically fine allergy symptoms are a sign of a stressed body. So extra B will be helpful. Some people swear by using honey native to the area so your body gets used to pollens specific to your home stomping grounds. I'm not so positive it works but it is always great to buy local and support local farmers.

An acupuncture treatment for sinus headaches and runny noses directs you to press the tip of the nose and/or the hollow above the center of the upper lip. I haven't found it particularly helpful but you might and it is an easy enough experiment.

And of course there is the all time favorite Netti Pot. This is a contraption that looks like a small teapot. You fill it with saline water and put the 'spout' in your nose, tip your head back and pour in the water. It comes out the other nostril washing out your sinuses as it goes. It is very effective.

Nettles contain antiallergenic and antihistamine compounds, you can use the young greens in a salad or make a tea from the mature leaves. Quercetin, which is found in apples, red onions, tea and citrus skins also blocks histamine release. Quercetin is also great for the heart and blood vessels so it's a 'twofer'. Turmeric – which seems to be great for everything is first and foremost a great anti-inflammatory (well okay, foremost it's a great spice but *medically* its an anti-inflammatory) so it will work for allergy symptoms, as they are part of an inflammatory response to the pollens. And, though it won't fix anything, congestion relief can be great from inhaling some eucalyptus steam.

If your symptoms are constant and bad you want to reduce your exposure as much as possible. Pollen counts are lower in the morning so that is the time to do your outside activities. When you come inside remove your outdoor clothing and shower before traipsing through your home. Clean your floor daily and wear a mask while doing it. Don't hang your laundry outdoors where it will trap floating pollen. Air conditioning can help reduce the pollen in the house. HEPA filters are definitely a plus but they are very expensive.

And of course, stop smoking, eat food, eat less, eat mostly green. And smile, summertime is just around the corner.

Love Long, Forgive Often, Practice Gratitude
Lauri Rose, RN BSN HNC

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



SWAINS FLAT OUTPOST GARDEN CENTER

OPEN 9:00 - 5:00 (707) 777-3385



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NUTRIENTS

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CUTTING EDGE SOLUTIONS
GENERAL HYDRO
B'CUZZ
ROOTS ORGANIC
GENERAL ORGANICS
FOX FARM



This month the BVFC earned \$2500 with our annual Crayton Sauers Memorial Rifle Raffle. These needed monies will help fund the operation of our fire company. With Crayton in our hearts, we are grateful for this contribution. Congratulations to the winners: Jennifer Budwig won the 270 rifle, Ben Fleek won the Benbow Inn certificate, Rene Fulton won a load of firewood and Vern Belisle can stay warm with an afghan by Claudia. Thank you to our sponsors: Redwoods Marine, Benbow Inn, Claudia Sauers and Laurie King. Over the past three years this fundraiser has raised over \$10,000, which is a tremendous help to our community fire company. In addition to the raffle, we are still receiving donations from the fundraising letter. Thank you for any amount you have donated. We would like to thank Gram and Gloria Cottrell and Laurie King for their continued support and generous donations.

In the past two weeks we have had four auto accidents, all non-injury: a semi truck and trailer off the bank; two accidents in Grizzly Creek with one over the bank and another had a collision with a redwood; along with a motorcycle accident at mile marker 27. Please use extra caution this time of year and expect the unexpected, such as traffic in your lane, falling rocks, fallen trees and tourists taking pictures.

You may have seen BVFC representatives gathering signatures for our petition to transform the BVFC into the Bridgeville Fire Protection District. For the past six years we have been volunteering to provide emergency services and fire protection to this area. Through generous donations, the Mel and Grace McLean Foundation, a FEMA grant, and fundraising events we have been able to maintain a minimal but essential service. The BVFC would like to provide a sustainable level of service to this community by gaining a more consistent source of revenue by forming a fire protection district.

Important advantages of forming a district are defined district boundaries and a guaranteed and consistent source of funding from parcel owners, allowing us to provide sustained fire services. Furthermore, becoming a district will qualify us to participate in the counties workers' compensation program. We are currently providing quality fire services as if we were a district, yet we're on a shoestring budget and uncertain how much longer we can financially maintain services without reliable funding. Another great advantage to forming the district is that this can give the next generation a chance to serve their community while receiving specialized training in fire and emergency

support. This would look great on an application with CalFire and the USFS.

While we have some structure fires, most of the 911 calls that we respond to are medical aid calls, auto accidents, over the bank rescues, patient extrication and car fires. We provide first aid, carry oxygen, and have an automated external defibrillator for potentially life threatening cardiac arrhythmias. We repel down cliffs to package patients to get them to the ambulance and we warn traffic that an accident is ahead. In case of approaching wildland fire we will help protect the structures on private lands and are equipped with two fire trucks carrying a total of 1500 gallons of water.

The BVFC will be proposing to LAFCo (Local Agency Formation Commission) the formation of a fire protection district supported by revenue from a special tax. The special tax will be voted on by registered voters residing within the proposed district boundary. LAFCO oversees local boundary and district changes. The proposed special tax is \$75.00 - improved parcel, \$10.00 - unimproved parcel and \$100.00 - for commercial parcel. In order to qualify for the ballot, we need at least 100 signatures from registered voters.

On May 18th the BVFC, along with Briceland, Fruitland Ridge, and Palo Verde fire departments, attended a LAFCo meeting to discuss the organization of each district. Within ten days of receiving the petition and a month before the mid-June deadline, the BVFC was able to arrive at the meeting with 93 of the 100 signatures required. We would like additional signatures and a chance to talk to more people about our goals. The next steps will be a formal submittal of the LAFCo application and petition, public hearings in July, an election to determine community support for the tax and then, if successful, the election of a district board. Remember a special tax is a form of community self reliance, the funding is collected with property taxes by the County but it all comes directly back to the fire district and is protected by law for the purpose for which it was created, which in our case will be local fire service. A special thanks go to Cybelle Immitt and John Miller from the Humboldt County Community Development Services Department. Their efforts are instrumental to us in this process and we appreciate their assistance. Please join us in the campaign and talk with your neighbors. Petitions are available to sign at the BCC office and with fire company members.

This month training will include live fire drills, ladders, roof operations and first responder training. The next business meeting is June 3 at 6pm at the BCC and the July meeting will be on the 1st.

Welcome back Dell'Arte! We love the smiles and laughter. The BVFC will be having a fundraising BBQ on the night of the Dell'Arte performance on June 9th; dinner at 4:30 pm and performance at 6 pm. We are your fire company progressing forward for our community.



Cake Competition

A report by Jennifer Bishop



When talking about food one always starts with the savory: the fabulous food at last month's Firewise/Health Fair dinner. Sponsored by the BVFC, a fine spread was served with many choices of salad and yummy lasagnas, both vegetarian and meat.

Outside in the sun we began the feast of cakes. Lemon, devil food, pomegranate cheese, smore muffins, and an angle food cake to die for. I got out my great aunt's butterfly tea set to serve dandelion mint tea, sage blackberry black tea, and nettles spearmint tea. What better medium to wash down the sweet fluffy delights?

The winners? Well, we were all winners but the Coconut Lemon Cake made by Rose Valentine won; followed by a close second with Claudia Sauers and her Pomegranate Cheesecake with a chocolate crust. Best looking was a tie between Devils Food Cake by Emilia Brinkhouse and the Coconut Lemon and the White Chocolate Pomegranate Cheesecake. "Most Interesting Nutrition" was a tie between the Non-dairy Lemon Bread and the Gluten Free Chocolate Torte (garbanzo beans never tasted so good!).

One aside here to note that the Angel Food Cake dribbled with chocolate sauce was heavenly. Dandelion mint tea was hands-down winner of the beverages.

I must say a little something about hats. I know this seems out of context but what should we do with all the fancy hats of the world? Let them collect dust in our closets? When we eat and serve tea what better time to wear a hat. Not just the Keep-the-sun-out-of-my-eyes hat, but a hat that brings something interesting to an event. I wore my grandmother's velvet flower hat. Besides the delicious food, fine teas and lovely day we also discussed hats.

So for our next fund raising event of cookies and coffee on June 9th at 7:30pm (after the Dell'Arte performance) consider your head attire. Dare to wear. We will be adding a 'best hat' category on our voting ballot.



Low Cost Rabies Shots Available

Pet clinics will be offering Rabies vaccinations for dogs and cats at the cost of **\$6.00** per rabies vaccination. Call BCC for dates and times. Within the last year, two dogs from Humboldt and Trinity Counties that were unvaccinated died of rabies. This presents a real threat to people and is preventable through routine vaccinations.

The Pet Spay Voucher program has ended. Thanks to all who participated. Your pets thank you, too! For those of you who might need low-cost spay & neuter services, call Bless the Beasts at 764-4081 or Friends for Life at 442- 5999. It's the best thing you could do for your pets.

RANDOM THOUGHTS

By Attila Gyenis

The Day After the World Ended



A religious radio show host recently predicted that the world would end on May 21, 2011. He was so sure of his doomsday prediction that he plastered 5,000 billboards with his dire warning for all to see. Some people had taken him seriously and gave away all their money. He had made a similar doomsday prediction back in 1994 that also failed to materialize. Still, I wouldn't want him making another end of the world prediction hoping that 'three is a charm.'

I haven't heard the term 'doomsday' since the Cold War days, when both the US and Soviet Union were accusing each other of creating doomsday scenarios as we pointed our nuclear weapons at each other like a Mexican standoff.

A group of scientists, the Board of Directors of the Bulletin of the Atomic Scientists at the University of Chicago, started maintaining a "Doomsday Clock" in 1947. It was originally set at '7 minutes to midnight.' From their website:

THE DOOMSDAY CLOCK CONVEYS HOW CLOSE HUMANITY IS TO CATASTROPHIC DESTRUCTION--THE FIGURATIVE MIDNIGHT--AND MONITORS THE MEANS HUMANKIND COULD USE TO OBLITERATE ITSELF. FIRST AND FOREMOST, THESE INCLUDE NUCLEAR WEAPONS, BUT THEY ALSO ENCOMPASS CLIMATE-CHANGING TECHNOLOGIES AND NEW DEVELOPMENTS IN THE LIFE SCIENCES THAT COULD INFLICT IRREVOCABLE HARM.

The doomsday clock moves backward and forward over the years, depending on world events. It was set at only '2 minutes to midnight' during 1953-1960 in response to the escalation of the Cold War. Our most relaxed period according to this group of scientists was in 1991, when they gave us '17 minutes to midnight.' I thought that I felt an unexplained sense of relief back then. The Doomsday Clock is currently set at '6 minutes to midnight.'

I was in The Big Hunt in Washington DC, the day the world was supposed to end. My purpose was to consume a few beverages with friends, always a fun activity. I hadn't seen one of my friends in over 25 years. That is a long time between visits.

The day after the world was supposed to end, I was up in the Washington Monument with my parents, and looking out over the four corners of our nation's capitol. Saw the White House out one window; the Lincoln Memorial the other; the Jefferson Memorial out the third; and the Capitol Building the last window. It is a spectacular view from the top.

There are some that wait for Armageddon and the apocalyptic end of the world as we know it. I'm not one of those people. Personally, I'd rather we all try to enjoy our brief stay on this pale blue dot called Earth. That's where I'm putting my energy. *Peace.*

ARE WE CRAZY OR WHAT? (BACK TO THE LAND IN OUR 60's) PART 16

Confucius, Pallets again, farm doodads
and big things to do

When I met Confucius at a meditation conference on-line in the 2500's BC, he told me personally to, "Turn time off, lower your eyes; the earth will be yours".

Now, where was I? Oh, a few more suggestions for use of Pallets came in: 1) build sheep or goat shelters with them – then staple sheep wire over the pallet interior where you want the animal to feed, leaving the top wire open to create a great hay feeder that you load from the top; right down through the middle of the pallet. Use smaller meshed sheep wire on an area so the kids can eat without having the adults steal from them. 2) Lacey wrote that she tries to get the pallets with plywood floors (you can find them sometimes at Pierson's – I know) and places them low in the dirt to use them for huge stepping stones over muddy areas.

With our 2nd full season summer coming up, we're starting to get the gist of farming. Last fall we actually drained and winterized the weed eater, tiller and extra generator. Then this spring I put linseed oil on all the wooden handles of garden tools, scraped rust off and oiled their in-betweens. Jared Meyer sharpened all of the sharp-able garden tools and we are set for the season. He charges only \$3 for all sizes of shovels and big stuff like that. Call him at 777-3377 for sharpening of any kind, including chain saws and he also works on small gas engine repair and he picks up and delivers. We bought a new BCS tiller last fall on sale; as much as it cost we covered it with fur, rhinestones and silk this winter to keep it warm. But it works like a charm...just wish you didn't have to put all your weight on the handlebars to get the tines to go in deep (that's Lyn's job as her weight works, mine doesn't...lucky me). So while she's doing that I mark out the places to plant what, how big to till a plot, where to put the temporary greenhouses and I also am in charge of making & carrying out the iced Chai tea over to the garden when it's hot.

Now the big stuff starts, I guess. Weed-eat two acres of vegetation, cut down dead nettle branches, take a hand shovel and dig out the waterway where the silt is piling up onto the top of the willow branches, bush-wack 3 acres in the bottom 40 (I always wondered what bottom 40 meant. I've heard of the bottom line and the 40 line goal, and 40 bottom pence a line...European drug cost, I guess). I'm guessing the 'bottom 40' in our case means it will take 40 hours to bush-wack the bottom 3 acres of field. Yikes!
Kate McCay and Lyn Javier

TRCCG NEWS

TWO RIVERS COMMUNITY CARE GROUP

Mountain Meadow Cemetery: A New Rural Public Burial Site

For families losing a loved one, a cemetery is a place of solace and closure. Not unlike death, cemeteries are a fact of life in many cultures, and the communities near or around the general vicinity of the upper Mad and Van Duzen River watersheds now have a new one.

It's a REALLY new one! The final papers were signed and filed with Trinity County in the last weeks of May 2011. It is to be called *Mountain Meadow Cemetery*. It consists of about 2.5 acres of a natural meadow setting on benched and gently sloping land one half mile up Hastings Tie Road (also called USFS Rt. 1) above Lamb Creek.

Over the years a number of people and groups have tried to have a local public cemetery, but they were always met with bureaucratic complexities. It took the tenacity and hard work of several local residents: principally, Susan Gordon, with Bette Elgin, and Russ Frasier, to make it happen at last. First an organization with a Board of Directors was necessary; Bette Elgin's *Solid Rock Foundation Ministries* met that requirement.

The state and county permit process, including PG&E, USFS and Trinity County Planning Commission, necessitated numerous trips and limitless paperwork which was skillfully navigated by Susan Gordon with considerable assistance and guidance from Jeannie Bonomini, retired Trinity County Planning Director.

This public and non-profit facility was fortunate enough to be designated as a "Pioneer Cemetery" which means, among other things, it will not be required to provide either water or restroom facilities. The plan is to keep it a natural meadow environment with weed-eating only as necessary: green in spring and golden in summer. There will be fencing and gating, a single-lane gravel road through the center of the narrow parcel, a picnic table and gathering area near a tree grove.

Cost to families wishing to bury an individual will be in the neighborhood of \$750 which is largely to cover the backhoe expense of opening, closing and maintenance of the individual gravesite. (It is necessary to return after the first winter or so because of natural settling.) Green burials and cremains are permitted.

Russ Frasier has submitted several applications for grant funding to meet the cost of fences, gates, a storage shed, some minor equipment, gravel and especially a nice sign. Donations for these amenities will be happily accepted and deeply appreciated. Contact Bette Elgin 574-6483 or Susan Gordon 574-6489.



Thank You

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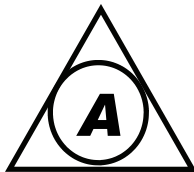
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For Information, contact BCC at (707) 777-1775



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)



Carol Ann Conners
License OE79262

Greg Conners
License 0488272

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



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

Bridgeville Trading Post

CAR WANTED: Used car in good operating condition to be donated to the BCC (tax deductible) for one of our handicapped community members who can no longer maneuver into her own vehicle for doctor and physical therapy appointments. Need something like a Mazda CX9 or Honda CRV 4-door style or larger with plenty of front seat room. Thank you.

Wanted—Dell Arte performers are looking for firewood donations for their campground at Swimmers' Delight. AND they need lots of large cardboard boxes for making props and puppets for their show.

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.

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POSTAL PATRON

Happy Father's Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNE		1 ZUMBA 5:30	2 <i>One joy dispels a hundred cares.</i> ~ Confucius	3 Playgroup 5 - 8	4 North Coast Open Studios Visit your local artists	5 Breakfast by the 6 Rivers Senior Group 8 - 11
6 Writer's Group 5:30 ZUMBA	7 Tai Chi Class, Tuesdays, 4:30-5:30, Mad River Community Center, Van Duzen Rd. Contact Dottie Simmons 777-1920	8 YOGA 5:30	9 • BVFC Bar-B-Q at 4:30 • DELL'ARTE performance 6 PM • Cookies & Coffee competition 7:30	10 <i>Everything comes to him who hustles while he waits.</i> ~ Thomas A. Edison	11 North Coast Open Studios <i>Chance fights ever on the side of the prudent.</i> ~ Euripides	12 Breakfast at the Carlotta Grange 8 - 10
13 Scrapbooks 1-7 School Board meeting 5:30	14 BOOKMOBILE 10:30-11:30 BridgeFest planning meeting 4:30	15 8 th Grade BES Graduation 6 PM in the gym	16 BES - LAST DAY OF SCHOOL!!!! Senior exercise class evaluation 10-12. • Last Senior Lunch	17 PLAYGROUP 5 - 8 COMMODITIES 10 - 3	18 <i>When angry, count to ten before you speak; if very angry, a hundred.</i> ~ Thomas Jefferson	19 Breakfast by the BVFC 8:30-11 HAPPY FATHER'S DAY!!
20	21 First Day of Summer	22 YOGA 5:30	23	24	25	26
The Bridgeville Community Website is up and running. Visit us at: www.BridgevilleCommunityCenter.org						
27	28 ROSE Van 10 - 1	29	30	Congratulations and success to all the 2011 Graduates.		

SENIOR EVALUATION

Seniors: be part of a research study conducted by HSU. We need people over 60 for comparison to the people in our senior exercise class. There will be questionnaires and a simple assessment of balance, mobility, and strength. **Please join the exercise class on June 16th, at 10 am. There will be a free lunch provided afterwards!**

WEEKLY:

Tuesdays: STHS Clinic in Bridgeville 10-4
 Strength & balance exercise class 10:30-11:30
 Quilter's group 4 - 7

Thursdays: Senior Lunch 11:30 - 1
 Harp ensemble 3 pm