



June 2019

Volume 25 Number 10



It's looking like we're about half way through our spring already this year?! I hope you all have found the time and energy to get it all done. The Bridgeville Elementary School is busting out

of the seams with all the planning and hassling around to get the funding for new BES Playground equipment. On Saturday, June 8th there will be a student's Recycle Can Drive in front of the BUS BARN @ BES, from 9:00am-3:00pm. Bring in all the aluminum cans to help raise the funding still needed for BES's playground.

The Bridgeville United Grant is producing great results for the safety of our community and most important the cohesiveness within our huge community. The Community Forum & Dinner that happened on May 18th, with Jessica Hall (From GHD) presenting an excellent venue for Community Members to express their vision of the wants and needs in a new BCC Building, was a grand success. This second grant that funded this event was found by Bridgeville United's Leaders networking and is for BCC to use for the sole purpose of hiring an engineering firm to help see if a new Community Center Building is workable (FYI: GHD was the only local firm that gave BCC a bid--We lucked out big time!). The delicious dinner was prepared by Laurie Church and set the stage for a whole lot of conversations and a fun filled time. The next Bridgeville United Core Group meeting will be posted on BCC's Facebook Page.

Our Drive-Thru fundraising Dinners are back! On Friday, June 7th, Maria and Kay will be cooking enough for only sixty (60) Chicken and/or Cheese Enchiladas/rice, beans & salsa Dinners. Be sure to put your order in by June 4th, dinners are \$15 each. You can pick up your dinners on

Friday between 5:00-6:30pm at BCC and be sure to bring some extra cash for the locally baked desserts that Terry Convoy will be selling for BCC Fundraising. Then again, on Friday, July 5th, Maria & Jacob Navarrette will be cooking Lasagna with salad & garlic bread.

There are so many great activities going on....Let's be sure to put June 8 from 2pm-4pm on your calendar for a free self-defense class at the center. Then put Saturday, July 13 on your calendars; from 11am-4pm a Community Yard Sale and BBQ will be held in the Bridgeville Park where the Kidz Zone is located at BridgeFest. Call Maria at the BCC if you want to reserve a spot for your sale items. More information will follow in the July issue.

I know it seems like the word "FUNdraising" is used so much! But we have a whole lot of things going on that takes money. Besides fundraising, all of us have so much fun at the social and educational events, while at the same time BCC is ensuring that the needs of each of us in the community are met. And we appreciate your participation in all our events and in our efforts for the Health and Welfare of our community.

Later Gator, Lyn Javier
BCC Board member



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HWY 36 Construction Update

Construction and full closures have resumed with 4 hour closures in the morning and afternoon (Monday to Friday, 8am - noon, 1pm to 5pm, Friday till 3pm). There will be one-way controlled traffic before and after those hours with up to 30 minute delays.

Caution is advised when driving through the construction zone in the switchbacks. Rock slides and flooding can cause possible hazardous driving conditions.

Project Details: A realignment project between Humboldt Post Mile 36.05 and Humboldt Post Mile 40.44.

Please drive carefully at all times. *Slow Down.*

"Life is not discovery of fate; it is continuous creation of future, through choices of thoughts, feelings and actions in the present." —Sanjay Sahay



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

Kay Brown, Nickie Childers, Joyce Church, Clover Howeth, Lyn Javier, Gabriel Marien

Bridgeville Community Center Mission Statement

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

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

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BRIDGEVILLE UNITED



Hello Everyone!

Can you believe June is here? We can't! Bridgeville United has a few events going on this month.

Free CPR/First Aid/AED: Saturday June 1st. 9am-3pm, Fortuna's Division Chief of Operation/Training, Russ Brown will be our instructor. If you would like to attend this class please call 777-1775.

Women's Self-Defense Class: June 8th 2:00-4:00
SPACE IS LIMITED, please call 777-1775 to join.

Monthly Reminder:

- **Community Yoga** will be held every Thursday at 10am. All levels, donation based, bring your own yoga mat and come and decompress with Delila. (Call BCC to check for yoga on other days.)
- **Clean Up Day** Monday June 10th at 8:45AM for coffee, trash pick-up 9-11AM. Lunch is on us! Volunteers needed.
- **Women's Group will be canceled due to Father's day. We will be back in July.**

We would like to personally thank residents for showing up and participating in our Community Vision Dinner on May 18th. Your input is always needed.

A big Thank You to Laurie Church and Bethi Conit for all your hard work cooking that delicious meal. Thank you to our volunteers Carl Campbell, Lyn Javier, Kate McKay, Kathy Wolff, Kay Brown, and Elliot Brown for setting up.

Thank you to Jessica Hall from GHD for her presentation and our grant coach, Natalie Arroyo, for her support.

Maria and Chi Chi



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REDUCE, REUSE, RECYCLE

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.

**Adults \$5
Kids \$3
5 & Under Eat Free!**



Please Join Us Every Fourth Sunday

Bridgeville

Breakfast

STARTS AT 9AM & ENDS AT 11

Bridgeville School Gym

PosterMyWall.com

Little-Known Facts of Local Folk's Lives

Lauri Rose – Owned a Donkey with an Englishman while in Sudan.

Lyn Javier – Twice auditioned and twice offered the job as an 'August (fool) Clown' with Ringling Brothers & Barnum Bailey circus. And refused twice...*Life got in the way!*

Nick Entsminger – Wrote & Illustrated a textbook on Emergency Medical Hospital EKG interpretation.

Betty Heaton – One night while walking outside her tent in the Serengeti, Tanzania, her companion paused and said "Did you hear that growling? We are very close to Lions, get back in!"

Roger Schellhous – Up until the landslides closed the Northwestern Pacific railroad in 1978 (that's the tracks you drive over in Alton), he worked for them as a Dynamiter out of the Island Station of the Middle Fork of the Eel River.

**Think! You Know You
Want To Be Next!**

2019 BridgeFest

Thank You Supporters !!

*The following are Businesses and Individuals who
have donated through May 15*

**Swains Flat Outpost
Store & Garden Center
Pierson Building Center
Bear River Foundation
Stars Hamburgers
Bed, Bath & Beyond
Redwood Thrift
Wildberries
Rain All Day Books
Tornado Dave's Bar & Grill
Humboldt Distillery
Beverage Plus
Chapman Minerals & Gems
Asti Chiropractic
The Navarrette Family
Sequoia Gas
Tangles
Redwood Capital Bank
Furniture Design
HealthSport
Holly Yashi**

*Thank You to Our New
Local Licensed Farm Supporters*

**Humboldt Grove
Humboldt Sunrise Farms
Music Mountain Farms
Larabee Valley Farms
White Acres Family Farm
Lagniappe Family Farms**

Bridgeville is home to BridgeFest, the annual event when Aliens and Humans gather on the old bridge and determine, once and for all, who is Flying Saucer Contest Champion and Grand Emperor of the Universe. Come join us in August.



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Over the last couple of months we've talked about all the things that can go wrong with your heart. This month - what you can do to keep the ticker ticking.

I've mentioned many times, the best thing for all your health concerns is to get active. It's important to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity every week for the best results. However, ANY activity has been shown to be better than none. For your heart's sake drag yourself away from your device and get moving.

It is recommended that you keep your body mass index (BMI) at or below 25. Although it is true that people with a lot of muscle can still be healthy at a higher BMI, it is a good rule of thumb to go for 25. Maintaining a healthy weight is important but, it can be discouraging for those of us who have a hard time doing it. Rather than concentrating on weight concentrate on *health*. If you are eating right, exercising and still overweight you are still way better off than if you are eating junk food and sitting around.

Omega 3 oils and fish oils have shown some benefits for cutting down heart disease. Other supplements that may support a healthy heart include Magnesium 500-1000mg /day (provided you have no kidney problems), Hawthorn (heart tonic), L-carnitine, Coenzyme Q-10, the amino acids proline and lysine, and niacin. The evidence for supplements is not strong but there are some indications that they may be helpful to some people.

Lowering cholesterol, especially in those without risk factors, is of marginal value for stopping cardiovascular events. If you are 75 or older with no risk factors, statistically a cholesterol lowering drug is useless. If you do take statins you should research which one to take as they are definitely not created equal. And some have side effects like increasing cognitive problems.

Eating 1 oz of nuts a day will help decrease MI risk (That's about 5-10 depending on the nut). Walnuts are the best. Consuming lots of green, red and blue fruits and vegetables drops peoples' risk of cardiac events, as does stress reduction. Learn a meditation or mindfulness practice. Or, kill two birds with one stone and take up yoga or tai chi which gets you exercise *and* stress reduction. Meditation works heart healing by releasing healing hormones and decreasing cortisol levels.

Decreasing chronic inflammation is probably the mechanism by which all the above methods (including statins) work to help your heart. So powering through knee or back pain for years and years is not doing your body any favors. However, just taking massive amounts of aspirin, ibuprofen, or other NSAIDS doesn't seem to stop cardiac events either. Which means you are stuck with eating right, exercising and mindfulness to help your heart.



A vibrant poster for an 'Enchilada Drive Through Dinner' event. The background is a bright cyan color. At the top, a string of colorful triangular bunting flags in shades of red, orange, yellow, and green hangs across the frame. In the center, a green saguaro cactus stands prominently. A sombrero with a red band and yellow feathers is perched on the right arm of the cactus. Above the cactus, the words 'ENCHILADA DRIVE THROUGH DINNER' are written in a playful, arched font. Below the cactus, the text '2-CHICKEN AND 2-CHEESE, RICE AND BEANS' is displayed in a bold, orange font. Underneath that, 'PRE-SALE ONLY \$15' is written in a black font, followed by 'CONTACT 707-777-1775' in a black font. The date and time 'FRIDAY JUNE 7TH FROM 5-6' are written in a bold, red font. At the bottom, 'AT BRIDGEVILLE SCHOOL' is written in a bold, black font. A small red banner at the very bottom contains the text 'Made with PosterMyWall.com'.

ENCHILADA DRIVE THROUGH DINNER

2-CHICKEN AND 2-CHEESE, RICE AND BEANS

PRE-SALE ONLY \$15

CONTACT 707-777-1775

FRIDAY JUNE 7TH FROM 5-6

AT BRIDGEVILLE SCHOOL

Made with PosterMyWall.com



A poster for 'Cans for Kids' with a light gray background. At the top, the words 'CANS FOR KIDS' are written in a large, white, outlined font. Below the title, there are three green leafy branches. In the center, there is a green recycling symbol consisting of three arrows forming a triangle. Below the recycling symbol, the text 'BRING YOUR CRV RECYCLING TO THE SCHOOL TO DONATE TOWARD OUR NEW PLAYGROUND!' is written in a bold, green font. Further down, 'WHERE: BRIDGEVILLE SCHOOL BUS BARN' and 'WHEN: SATURDAY JUNE 8TH 9-3' are written in a bold, green font. At the bottom, 'WHAT WE ARE TAKING: ALUMINIUM CANS PLASTIC BOTTLES' is written in a bold, dark green font.

CANS FOR KIDS

BRING YOUR CRV RECYCLING TO THE SCHOOL
TO DONATE TOWARD OUR NEW PLAYGROUND!

WHERE: BRIDGEVILLE SCHOOL BUS BARN
WHEN: SATURDAY JUNE 8TH 9-3

WHAT WE ARE TAKING:
ALUMINIUM CANS
PLASTIC BOTTLES

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Pie in the sky!

You can have Strawberry Rhubarb and Cherry pies all year 'round.

Just freeze rhubarb and strawberries or can your own cherry pie filling for future use or, if you have room, freeze whole pies to bake later!

Freeze your favorite fruit pie before or after baking, but it's **best to freeze an unbaked pie**.

With baked pie, cool and wrap in a double layer of foil before placing in freezer. When ready, unwrap and thaw at room temperature about 3 hours.

For unbaked pie, place in the freezer in a resealable bag or box. To bake, preheat oven to 400°F. Then remove frozen pie from the freezer; cut a few slits in the top crust and place it in oven on foil lined cookie sheet to catch run over juice. **Do not thaw** the pie! No one wants a soggy pie, and the crust will have a chance to cook before the filling finishes thawing. Bake at 400 degrees for 30 minutes, then reduce heat to 350 degrees for 35-45 minutes until crust is golden and juices thickened.

Cherry pie filling is great to have on hand for turn-overs and toppings as well as pie. There's one special ingredient: ClearJel®. This special cornstarch thickener doesn't break down when heated twice. You can find it in kitchen stores or online. Select fresh, ripe, firm cherries. Sour, or pie, cherries are best.

Rinse and pit fresh cherries, and hold in cold water. To prevent browning, use a lemon juice or ascorbic acid solution.

Each quart of filling will need 3 $\frac{1}{3}$ cups sour cherries, 1 cup sugar, $\frac{1}{4}$ cup + 1 Tblsp Clear Jel, 1 $\frac{1}{3}$ cup cold water, 1 Tblsp + 1 tsp. bottled lemon juice. If desired you can add $\frac{1}{8}$ tsp. cinnamon and/or $\frac{1}{4}$ tsp almond flavoring to each quart.

Place up to 6 cups of fruit at a time in 1 gallon boiling water. Boil 1 minute after the water returns to a boil. Drain and keep fruit warm in a covered bowl or pot. Combine sugar and Clear Jel® in a large saucepan and add water. If desired, add cinnamon and/or almond extract. Stir mixture and cook over medium high heat until thickened and beginning to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained cherries and fill jars with mixture immediately, leaving 1-inch headspace. Adjust lids and process immediately, pints or quarts 30 minutes (1001' to 3000' elevation process 35 minutes, 40 minutes over 3000') in a boiling water bath or steam canner.

If you have never processed with a boiling water bath canner before, please read https://nchfp.uga.edu/publications/uga/using_bw_canners.html

Questions about the **Master Food Preserver Program**? Contact the Humboldt County Cooperative Extension Office at: (707) 445-7351, or online at: <http://ucanr.edu/mfp>

Report on the May 18 Community Forum

There were 75+ diverse residents that attended this "Community Vision Process" Forum. Lauri Church prepared a humungous assortment of before-dinner snacks and dinner entrees.

Bridgeville United's grant hired GHD, a local project consulting firm, to help with increased community involvement, concepts, designs, site and construction suggestions and visions for a new community center. At this first community GHD presentation, Jessica Hall, a GHD landscape architect and project leader, presented a comprehensive "Community Vision" slide show.

We were then directed to get up and follow their large pictorial guides to think about, then select our individual preferences for a new Community Center from a variety of specific questions and their choices. Here are the questions and the answer with the most votes:

1. How should the building feel to us? We want this building to fit with how we see and express ourselves as a community today.
2. How should social gathering areas feel? Spaces with traditional forms, natural materials & products. A local handcrafted functional feel.
3. How modern or traditional should the exterior be? Building updates with traditional forms to incorporate contemporary technology and uses.
4. How modern or traditional should the interior be? Artful and traditional. It feels grounding.
5. How would we connect to the outdoors? Sheltered patios and separate outdoor spaces
6. How structured should the gathering places be? A large focal space with smaller rooms to the sides.
7. What the center would look like from the outside? Barn-like, Grange with large windows.
8. What kind of construction materials? GHD Suggestions included 'Sustainable' such as straw bale, passive solar or 'Modular/prefabricated'. Residents agreed construction should be Sustainable, simple, of quality and ease of maintenance & repair.

On a board by the front door we were asked to select 3 out of about 20 choices for added amenities to a new Bridgeville park, not including bathrooms, playground, benches, tables, water fountains that are automatically included. The park is part of the major Parkland Grant BCC is going for that would purchase Bridgeville and develop a public park & community/recreation center. The 3 main choices were amphitheater, walking trails and water feature, though secondary were 4-H animal stables, outdoor kitchen and Disk game.

The process of envisioning and creating a new Community Center and applying for the Parkland Grant is a lot of work. I see success is really based on community participation, partnerships and funding. It's not just a Dream, it's a Plan!

ARE WE CRAZY OR WHAT?

(BACK TO THE LAND in our 60's and beyond)

Storage Purging, Trailer Upgrading and Traipsing

After rummaging through the 'coop storage' and getting rid of most of the unused, unwanted things stored, we closed up the buildings, made sure the pantry had no bad potatoes, loaned the last three chickens to a friend and hired someone to look after our cats, house and utilities. We were set to travel back to Alaska and beyond.

It had been since 2014-15 since we traipsed through the Alaskan *Bush*, north of Fox and Fairbanks; the unfettered, uncivilized last frontier with grizzlies hanging out, mosquitoes big enough to fly off with your flashlight and caribou walking through your camp. At that time we met Priscella Sage, native Inupiat and head seamstress for Utqiagvik's (Barrow) traditional fisheries; the men kill huge bearded seals and bring them to the women who sew them together for outer skins on the small boats the people use to hunt whale. We have kept contact with Priscilla and were invited to stay with her for a while.

To house us on our trip, we borrowed a casita trailer, changed the wheel base to handle off-road tires, installed solar panels, a small generator and took off to travel the backroads to the Dalton Highway, Alaska for 400 miles north to the Arctic Ocean and Priscilla's home in Utqiagvik (think Prudhoe Bay).

Since we only have limited space here, the highlights of our trip up were: the Inside Passage Ferry for 274 miles from Port Hardy, VI to the town of Prince Rupert, BC; then trailer and camp up to Fairbanks, Alaska and on to the Dalton Highway for 3 days of rough driving – Tundra, Grizzlies, Moose, Caribou, Mosquitoes and the Brooks Range in our sights - to Utqiagvik (total up and back 6,442 miles) .

During our two weeks visiting Priscilla, we attended an indigenous women's circle on the shores of the Arctic Ocean threading fresh seal meat through thin pieces of driftwood and cooking them over the fire, while women spoke in their language the rites, blessings and gossip of the circle. We could only converse with them in sign language but that evening, the Northern Lights expanded into huge ribbons of green and blue that seems to almost touch the Arctic Ocean shore before us.

Wait.... Am I sure that was the Northern Lights? I wake up, brushed sleep from my eyes and was surprised that I am not looking at the Northern Lights, but only the morning light coming through our bedroom window. Hmm...I look at Lyn and realize it's only a Dream, hesitate for a second, then bellow, "Lyn! Cancel our property plans for the summer! We're going to Alaska!"

Lyn Javier and Kate McCay, Larabee Valley

TRCCG News

Two Rivers Community Care Group

As noted in last month's newsletter, Two Rivers Community Care Group/volunteer hospice had another great Bingo Fiesta/Taco Feed 'fun'raiser. We are very proud that we earned the BIG B. We couldn't have done it without Randy Krahn, Bingo Meister extraordinaire, and Sue Gordon his ever-valiant Lieutenant. The Big B trophy with it's extra money incentive was a big hit. Thanks Randy and Sue for providing the excitement and entertainment!

We had lots of great prizes and would like to thank the following donors. Bear River Rancheria, Pierson's Building Supplies, Nielsen's Feed, O'Reilly's on Broadway, Ace Hardware in Fortuna, the Ruth Lake Community Services District, Burger Bar, Irene Hettrick, Claudia Sauers, Sue Gordon, Lauri Rose, B.J. Delaney (who also made the yummy tortilla bowls), and Old Town Coffee and Chocolates. These businesses are always so generous to our community and we urge you to support them and let them know how much we appreciate their generosity.

Pam Walker and our volunteers made delicious desserts to go with the great taco buffet and several community members helped with set-up and clean-up. A heart felt thank-you to those who helped! And a heart-felt thank you to our regular volunteers for what they do all year long.

We do this event to help pay for expenses like insurance, educational material for clients, office necessities and finger-printing and training for volunteers . But, we also hope that gathering together for food and fun will help us come together as a community. Helping people stay at home through serious illness is not just TRCCG's job, it's a community wide endeavor. As we come to know each other through having fun together we come to trust each other enough to ask for or offer help through tough times. Remember, community is a verb, it takes *you* showing up to create it. TRCCG would like to thank all the people who show up for community events and who show up in big (and small) ways for their neighbors. If you would like to get even more involved and even get some training on how to be helpful you can call the Community Center 777-1775 to get in touch with us. We need volunteers from Blocksburg Rd to Swains Flat to Mad River to Ruth.

Thank you again to our community for supporting us as we support you.



Please spay and neuter your pets.
Need help getting your cat fixed?
Call 442-SPAY



Thank You

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

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



Upcoming Bridgeville Events

June 7, 5pm-6 - BCC Enchilada Drive-Through Dinner. \$15 (60 ticket limit)

June 8, 2-4 - Free Self Defense Classes at BES school

June 8, 9am-3 - Recycled can drive in school bus barn. Fundraiser for BES school playground equipment.

June 23, Sunday 9am-11 - Bridgeville Breakfast @ BES

July 5, 5pm-6:30 BCC Drive-Through Lasagna Dinner. \$15 (60 ticket limit)

July 13 11am-4 - Community Yard Sale and BBQ in Bridgeville. For info, call 777-1775.

Bridgeville Trading Post

BridgeFest T-shirts and Hoodies Available

Pick yours up at the BCC during office hours or call 777-1775.

BridgeFest needs volunteers. Aliens and humans welcome. BridgeFest is August 17th, and we need all sorts of volunteers to help greet the aliens who will be descending from all points in the sky. Please call BCC, 777-1775, or come to a BridgeFest meeting.

WANTED: Loving, caring people to help neighbors in need. Two Rivers Community Care Group, a volunteer hospice, seeks volunteers to help neighbors facing life altering illnesses and end-of-life issues. Call the Bridgeville Community Center to volunteer.

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)

The Bridgeville Baptist Church

Sunday School- 9:45-10:45 am, Sunday Worship- 11:00-12:00

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

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The forest fire season will soon be here. Be fire safe.

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Great thoughts speak only to the thoughtful mind, but great actions speak to all Man-kind." —Emily P. Bissell	 BridgeFest Quilt			"A ship in harbor is safe, but that is not what ships are for." —John A. Shedd		1 CPR 9-4 @ BCC
2	3	4 BES Spring Concert- 5pm	5	6 BCC Board 3:30	7 BCC Drive-Through dinner, 5-6, presale only	8 - Self Defense Class @ BES - BES Cans for kids playground fundraiser
9	10 Bridgeville Fire Protection District Board meeting @ 5pm at BCC	11 Bookmobile 10:30	12 BES Graduation 2:30	13 BES - Last day of school	14	15 Most Excellent Pretty Good Writers Group
16 	17 ○	18	19	20	21  First Day of Summer - BCC USDA Food Pantry, 10am-4pm	22
23 Bridgeville Breakfast in BES Gym, 9am-11	24	25 BCC Mobile Food Pantry- @ Dinsmore, 8:30 am-11:30am	26 BridgeFest meeting 2:00	27	28	29
30	 Call 777-1775 for more info			 Stop Smoking. Save your money & health. Call 1 (800) NO BUTTS		

WEEKLY:**Mondays:** BCC CLOSED

Thursdays: Yoga in BES gym at 10 am. All ages welcome. Donations only. Please bring your own mat. (Please check with BCC about other days for yoga.)

Thursdays: Community Potluck Brunch 11:30 – 1*BCC Board Meeting on first Thursday of month at 3:30pm***www.BridgevilleCommunityCenter.org****Local Community Breakfasts**

Bridgeville Breakfast - Every 4th Sunday in the BES gym, 9-11.

**Mad River - Every First Sunday of the Month
Rivers - Mad River Community Hall 8–11.**