



April 2021

Volume 26 Number 8



Wow, have we been having some beautiful weather lately, the whole Bridgeville area is full of signs of life and is in its greatest glory. Right now is a great time to make those preparations for fire season, make sure you have at least 100 feet clearance around your home and harden your home against embers during a wildfire. To learn more about wildfire preparedness visit www.readyforwildfire.org or come into the community center for booklets with good info. Always remember to check if it is a burn day before you decide to burn your vegetation piles and be prepared with a hose and shovel at least on hand during the times you are burning, watch the wind and be safe.

We will be doing a bake sale and chicken skewers for our drive through dinner this month on Friday the 16th from 5-6. Please get your order in ahead of time because space is limited! Thank you to our volunteers last month who helped with the soup dinner: Laurie King, Gabriel Marien, Lyn Javier and to Carl Campbell for picking up all of the supplies, it takes a village! We are very sad that we will not be hosting BridgeFest again this year but hopefully with these fundraisers we can make up some much needed income that we typically get from this event. Thank you to everyone who has supported us through this last year, it was rough for everyone.

We are currently looking for someone to fill the Executive Directors position at the Bridgeville Community Center as I have come to a time in my life where I have outgrown the position. It was a very difficult decision for me that did not come without many many months of thought and inner reflection. I love this place and will continue to fight to improve

the lives of all members of the Bridgeville community through volunteer efforts. I appreciate all of your kind words and encouragement and am looking forward to assisting with ushering in a new era here at the community center. Please open your minds and if you can think of anybody who has office experience, who is a good communicator, is compassionate and reliable, someone who knows QuickBooks or has accounting experience and who has excellent phone and computer skills please encourage them to send or bring a resume into the community center or by email to chantal.bcc@gmail.com.

Stay Well,

Chantal Campbell
Executive Director



Inside this Month

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Happy April Fools Day

Bridgeville Community Love Scholarship



This scholarship is open to students who graduated from Bridgeville School and who are/will be attending college/trade school and are 12th grade to 20 years old. The award amount will change from year to year. Applicants will be asked to write an essay about what would make Bridgeville a better place. You will be awarded points in a rubric format. The scholarship applications will open on January 1st 2021 and **close on May 1st 2021**. The scholarship will be awarded in June 2021. An invitation/award letter will be sent to the award recipient. Thank you for your interest. Good luck.



Got a Sweet Tooth?

\$10 EACH

1 Dozen Lg chocolate chip or peanut butter cookies

1 Single layer German Chocolate cake

6 Vanilla/Raspberry cupcakes

Tray of lemon bars

3 Lena's mini banana nut loaves

6 Brownies

Drive-Thru Homemade "BAKED GOODS"

FRIDAY APRIL 16

5-6 PM IN SCHOOL PARKING LOT

Call 777-1775 to Pre-Order by Tues April 13

Proceeds to BCC Scholarship Fund



HWY 36 Traffic Report

Still one way controlled traffic, with a stop light, at the slide near the Dinsmore Bridge.

On top of South Fork, Trinity County, there still may be traffic stops.

Check with: <https://roads.dot.ca.gov/>

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

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

Joyce Church, Clover Howeth, Lyn Javier,
Lauri King, 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 Community Center

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Notice: BCC Laundry Closed

Because of the water shortage the school and community center is not open to the public to wash laundry until further notice. When this changes we will notify the community.

**BRIDGEFEST
DRIVE-THRU DINNER**
**CHICKEN + VEGGIE
SKEWERS**
\$15 Dinner: 3 skewers with
rice and fresh fruit
Friday April 16th
Curbside pick-up
5:00 - 6:00pm
Reserve your dinners by Tuesday April 13th
707-777-1775

Good Garlic

by Shirley Orman

1. Fill a 'screw top' jar with peeled garlic cloves.
2. Fill jar 2/3 full with raw apple cider vinegar and add 1/3 Tamari soy sauce or honey.
3. Screw lid on tight and put in a cool dark place for 3 weeks. *Enjoy*



Humboldt County Library



The libraries are taking back books, and waiving all late fees. This is your time to return that overdue library book, CD or DVD.

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.



2020-2021 CalFresh Income & Eligibility Limits
Effective October 1, 2020- September 30, 2021

Monthly Income Limits

People in Household	Gross Monthly Income	Net Monthly Income
1	\$2,128	\$1,064
2	\$2,874	\$1,437
3	\$3,620	\$1,810
4	\$4,368	\$2,184
5	\$5,114	\$2,557
6	\$5,860	\$2,930
7	\$6,608	\$3,304
8	\$7,354	\$3,677
Each Additional Member	+\$748	+\$374

Click GetCalFresh.org to apply online

Call 1-877-847-3663 (FOOD)
For speech and/or hearing assistance call 711 Relay

April Is Not All About Fools

- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.
- After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens, Greece.
- On April 15, 1912, the Titanic ship hit an icecube and sunk on her first and only voyage.
- For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.
- The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
- And of course, as we all know, "April showers bring May flowers," so if the rain of April ever gets you down, never forget the silver lining!

[source: www.thefactsite.com]



Spring is here, the flowers are blooming and the deer are finding their way on to school grounds to eat the tulip bulbs stems before they get a chance to bloom, they have not been eating the daffodils. After school program kids have been busy planting seeds to sprout, and there are tons of pumpkin seeds in the garden from last year's pumpkins, we will see how well they do. Last year the deer were a problem to the school garden, they wiped out everything. Miss Jessica planted two different crops of tomatoes and both were eaten down along with the lettuce, peppers and strawberries. We are brain storming on different ways to deer proof the garden and are open to any new ideas and/or community help to deer proof the garden.

Talking about the school garden leads me to bring up the water system. I am still limping the system along until the repair work can begin. We are waiting for better weather and the State's financial approval. The goal is to begin the work this summer. Until the water system is redone I don't think we are planning to have a big school garden this year. This will be a busy summer for the school with big project do be done. We have a bond committee of community stakeholders who are working with us to delegate what projects need to be done first.

Spring break is just around the corner. This year because of the Covid regulations, we were unable to host a community Easter Egg hunt and activities. The school kids will be doing their own class egg hunts and activities during school hours and bringing home goodies. We are getting so close to the end of this school year and so far so good, everyone has been healthy and in good spirits. Kids are doing a good job of keeping their masks on while playing outside and going to and from different rooms. Music class is going very well inside and mostly outside. There will be no Spring concert or shows for the community to enjoy this year. But kids are still very busy learning to play their different instruments and learning different songs. We are all looking forward to the future and being able to enjoy our normal activities again Some of our staff members have got their first and second Covid vaccine shot and are doing very well. Hopefully more and more restrictions will be lifted in the near future.

If you have any ideas for the school garden deer proofing or would like to volunteer to help, please contact me (Frieda Smith) at Bridgeville School (707) 777-1775.

Take care everyone and be safe out there.

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Ahhh, spring time. Finally the sap is flowing, flowers are popping up, procreation is in the air. Even humans, who mate and bear young in any season of the year seem particularly susceptible to Spring. It may have to do with the neurotransmitter dopamine making us more sensitive to falling in lust and/or love. Dopamine is stimulated by novelty and after a gray winter the spring is vibrant with new colors, new smells - new life. The constant dopamine rush primes us for love.

But, why do people fall in love? Obviously sex is about propagating the species and specifically about keeping your own genes in the mix. But, sex in the promiscuous style of certain rodents, would do that. Humans do 'pair-bonding'. From a male perspective it doesn't make much sense. A guy can get a lot of his genes out there if he isn't monogamous. However those genes might not survive. It turns out that when people started standing upright it limited the size of their pelvises, which limited how big a newborn's head could be. Because of that it meant most head growth takes place outside the womb. Which means, by comparison to most mammals, people have very long childhoods. Guys need to stick around so nothing kills the vulnerable children carrying their genes, hence pair-bonding and monogamy.

So, with spring here, we are all twitter-pated on dopamine and ready to propagate and protect our genes. Why would we chose one mate over another? Why chose John over Bill or Jane over Jill? There is a lot of folk wisdom out there explaining the mystery of who we are attracted to. Some people say opposites attract or men fall in love with women like their mothers and vice versus. Statistics tell us that as a species we are generally attracted to people who are symmetrical with specific ratios on certain facial features, who have signs of health like long hair, height, and either broad shoulders and narrow waist or the hour-glass figure. Woman are also attracted to the scent of men whose immune systems are different from theirs. Mating with someone whose major histocompatibility complex is different from yours theoretically makes your offspring resistant to more pathogens.

If you are looking for a mate this spring keep remember people are complicated, often don't fit the 'statistical norm' and have incredible minds which, when we use them, can override our baser biology. If you know yourself and why you are making choices you can be more than your animal self - even where love and sex is concerned.

Work Hard, Forgive Often, Practice Gratitude

25th Anniversary BridgeFest!

Saturday, August 21, 2021

Founded in 1997 by a few who at first just wanted to have a BBQ on the bridge, our BridgeFest has exploded into an Alien & Human Games fundraising event surpassing all interplanetary expectations.

In our 25th year and the 2nd year of Covid 19, BridgeFest will again be virtual to be safe for all.

But, we have not HALTED! No, we and our Alien friends still sheltering in space have already begun our fundraising efforts to help maintain our Bridgeville Community Center and its services.

We appreciate your involvement and support.

FRIDAY APRIL 16

5-6pm in BES Parking Lot

Drive-Thru Dinner **\$15**

CHICKEN OR VEG KEBOBS, WITH RICE PILAF AND FRUIT SALAD

HomeMade Pies **\$20**

BLUEBERRY, MIXED BERRY, PUMPKIN, PEACH AND APPLE

Call 707-777-1775 to RSVP

coming Soon!

HUGE RAFFLE

2021 T-shirts & Merchandise

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Preserving the Earliest Harvest: Herbs

The perennials: rosemary; thyme; mints; oregano; sage, and annuals: basil; parsley; chives; dill & more, all can be preserved for year-round use. Harvest herbs before they blossom, picking soon after the morning dew has dried for best quality. Discard any discolored or damaged leaves. Wash and blot dry.

Freeze fresh herbs by placing a few sprigs or leaves in freezer wrap, then a freezer bag, and freezing. Or chop herbs and place in ice cube trays and cover with olive oil. Once frozen, pop out and place in freezer bag. Or make pesto (a herb, garlic, nut paste) to freeze. Basil, parsley, cilantro, or mint can all be a base for pesto. Pack into small canning jars or freezer bags and freeze. I like to use clean, re-purposed 8oz deli containers.

Create your own pesto recipe:

<https://www.foodnetwork.com/recipes/articles/mix-and-match-pesto>

Preserve herbs by drying.

Hardy Herbs — Sturdy herbs such as rosemary, sage, thyme and parsley are easy. Tie into small bundles and hang to air dry. Do NOT dry in the sun as the herbs will lose flavor and color.

Tender Herbs — Basil, oregano, mints and others have high moisture content and must dry quickly. Hang these herbs inside paper bags to dry. Cut holes in the sides of bag. Suspend a loose bunch (packed tightly they can mold) of herbs in a bag and close the top with a rubber band. Hang where there is good ventilation. Mature Dill seed heads or coriander (cilantro seed) benefit from this method as seeds that fall off will be caught in the bag.

Dehydrator: Pre-heat dehydrator to 95°F to 115°F. In areas with higher humidity, temperatures up to 125°F may be needed. Place herbs in a single layer on dehydrator trays and dry 1 to 4 hours. Check periodically.

When leaves are crispy dry they're ready to store. Remove from stems if needed, and leave whole to crush when used for best flavor. Store in cool, dry, dark area in airtight containers to protect color and fragrance. Label with the date so you can use the oldest first.

Vinegars and Herbal seasonings:

Fresh herbs can also be used to make flavored vinegars, herb blends, or herb 'Infused Salts'. See links below for reliable recipes and methods.

Herbal seasoning blends:

<https://simmonsmountainhome.blogspot>

Herbal vinegars:

https://nchfp.uga.edu/publications/uga/uga_flavored_vinegars.pdf



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Scott Katzdorn

This will be my seventh year as a volunteer for the Bridgeville Fire Department and my second year as Chief. I work forty hours a week as a mechanic with a daily two and a half hour round trip commute. I have found nothing more satisfying than to be able to help the community as a First Responder. The responsibilities of maintaining vehicles and equipment is crucial for the expectations of those that need emergency help, something that I really enjoy doing. Repeated individual and group training is so important, it keeps you safe and productive during some really bad moments. Humboldt County's local Fire Departments share training's and work very well together, it is a very welcoming group. I use the most of what our area has to offer by teaching at the local Fire Academy, leading the local Technical Rescue Team and by doing twelve hour medical staffing for the Fortuna Fire Department regularly. It seems like a lot but there is still time for myself and my family. The Bridgeville Volunteer Fire Department's monthly meetings are at 6pm on the first Tuesday of the month at the station in Bridgeville, visitors and volunteers are welcome to attend.

Our Department relies on the management and guidance from our leaders on the District Board. These volunteers give their time to keep the Department working with financial guidance, future planning, expressing local concerns and by keeping the ball rolling. Every person that is or has been on the District Board has made a difference for good in our neighborhood. This group needs more local individuals to step up and fill numerous open positions. The spectrum of people that live here needs to be represented. The monthly meetings have been on the same day and time for years so it's easy enough to remember when to visit. The Bridgeville Fire Protection Board meetings are at 5pm on the second Monday of the month at the Bridgeville Elementary School.

A big thank you goes out to the individual and group donations that the Department has been receiving. Because of the limited gathering rules and our lack of fundraising, it has been an unknown path financially. The support from Loomis Foundation and the Swains Flat Store has been overwhelmingly generous and we are very grateful. Again, thank you!



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



ARE WE CRAZY OR WHAT? (BACK TO THE LAND in our 60's and beyond)

WiFi Boosts, Wriggles and BridgeFest

Our only true spot up until last month to get Wi-Fi connection was in the studio...most times. That meant a 1200 foot walk down the road, past the permanent greenhouse, the sawdust compost pile and the burn pile, to the studio while carrying the laptop that was fully charged as the studio is powerless, a drink of some sort and maybe a book in case there was time to lie down and read. That also meant doing all that stuff and finding that the Wi-Fi reception had decided not to be working in that spot, that time (and at that time, in our thoughts..."Crash! Bam!...with a gush of 90mph wind the laptop almost leaves our arms to fly across the road, the glass of iced tea is splashed against the studio door and all our dreams of playing that silly bubble gum app game was gone").

Well, now we have WiFi inside the cabin! We can look out the window and see the oak tree tall limb where our booster antenna has been installed by our friend, Ted, with cable floating through the air to the cabin, then into a drilled hole in the wall to fall down the corner of the room. We can also look under the dining room table and see 30 feet of wrapped unused cable that transfers the signal to the booster equipment on the little desk among papers, binders and books, then transfers the boost to our Verizon router/modem/jet pack that gives us that internet connection.

Just in time for Zoom meetings and Webinars and classes (plus special for Kate, videos of Freddie Mercury). It is really a blessing in this time of Covid distancing; so what if we waited a long time to boost ourselves up! Of course, like all WiFi reception in these hills, we see the bumps, fog, wriggles, flickers and jigs it sometimes does across the screen, but who cares, We Got It! And right now Kate is taking the online Amateur Ham Radio class that Lyn took last year. She says Help! Are Amperes Volts or are they a colony of ants? If I have alternating current will the sound come back to me?

Anyways, BridgeFest fundraising is upon us as volunteers! It's BridgeFest's 25th Year! Lyn and Maria are hard at work collecting donations for the Raffle and money from businesses to support the event or to advertise on the back of the 2021 T-shirt. The Dinners and Pies Start this month with Kay as coordinator! Kate is trying to synchronize the activities, while running around with her head chopped off. Randy is first out of the Pie Gate! You can *FEEL BRIDGEFEST* is in the Air! Our Alien friends are hovering over us, sending good energy out to us while still Sheltering In Space. We are waiting for Lauri Rose to report on her latest interplanetary travels, wearing a mask and distancing as she attends the annual AHCBW (Alien and Human Council for Bipartisan Wellbeing).

Support the Center! Love to you all.

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

Treatment of Rashes

The best way to deal with fungal infections is to prevent them. Keeping skin clean and dry is the key. If someone is incontinent that means frequent checks and diaper changes. To help keep skin folds and under the breasts dry cut old cotton sheets (or any cotton cloth) into strips and place them in the folds, this helps keep things dry and keeps skin to skin contact from happening. Wash any skinfold areas 2-3xs/day and be sure to dry it really well. Using powder to help keep things dry usually results in a goeey mess but if it works for you it's okay to do. Using a zinc based barrier cream like calmoseptine along with the cotton separators can be also be helpful. Coconut oil, as discussed below, will also act as a barrier and may have some antifungal properties.

Antibiotics makes the body more susceptible to fungus as it often kills the good bacteria that keep the yeast and fungus in check. Steroids, diabetes, and chemo also disrupt the immune system and make a person more susceptible to fungal infections. If the person you care for is on any of these medications you have to be extra vigilant but you can't beat yourself up if they get an infection. Infections are very hard to prevent under those circumstances. You also will want to be vigilant about Thrush which is an oral yeast infection. Check the tongue frequently for irritated looking redness and for white patches. Notify the healthcare provider if you find any as a Nystatin 'swish and swallow' can be prescribed and is pretty effective.

There are over-the-counter creams like Nystatin and Clotrimazole to treat fungal infections and stronger prescription medications also. The key for cure is consistent use for the full length of the prescription even after the skin starts improving. There are home remedies which have a varying degree of effectiveness. These include 2-3xs/day applications of garlic paste or coconut oil (you can mix it with tumeric but it will stain anything it touches). Apple cider vinegar can be dabbed on 2-3xs/day but is going to *hurt* on open skin so don't use unless skin is unbroken. Some people feel castor oil applied to the skin helps.

You can also fortify your body to be less susceptible to fungal infections by eating lots of yogurt and other fermented foods. Probiotics may be helpful though some studies are showing they decrease the amount of different bacterial species in your gut, which is not a good thing. Other foods touted as good for becoming yeast and fungal resistance include ginger and oil of oregano. As always cutting out sugar and increasing fiber will nurture gut bacteria that help keep fungus under control.

Main take away – clean, dry and airflow.

Thank You

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for making the newsletter possible.

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

To be a sponsor for this newsletter, please send a contribution of \$25 or more to BCC, or through our website via paypal:

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

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



The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm
Wednesdays @ 5:30 pm
Where: Mad River Fire Hall
(new meeting place)

Bridgeville Trading Post

For seniors who cannot afford a computer, check out this site:

<https://oats.org/agingconnected/>

For sale: Petunia Hanging Baskets 12" \$20. Also 4" pots of assorted flowers. Will be available end of April and all of May, Mother's Day specials. 83 Ackerman, in Golden Gate. Call 777-1921 for time

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 or if you need our services. 777-1775.

Volunteer Firemen Wanted- The Bridgeville, Mad River, and Ruth Volunteer Fire Departments are looking for volunteers. The house they save may be yours or your neighbors. Contact them directly to sign up. Southern Trinity Fire: 574-6536

"To serve is beautiful, but only if it is done with joy and a whole heart."

~ Pearl S. Buck

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POSTAL CUSTOMER

ENJOY SPRING

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 April Fools Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 - Drive-thru Dinner 5-6pm - BCC USDA Food Pantry, 10am-4pm	17
18	19	20 BCC Mobile Food Pantry @ Dinsmore, 8:30 am -11:00am	21	22	23	24
25	26	27 ○	28	29	30	"Too many of us are not living our dreams because we are living our fears." — Les Brown



WEEKLY:

Mondays: BCC CLOSED

Thursdays: Cancelled: Community Potluck Brunch

BCC Board Meeting on first Thursday of month at 3:30pm

www.BridgevilleCommunityCenter.org

Remember to Order Ahead

- **Tues 13th:** Baked Goods order deadline
- **Wed 14th:** Pie and Dinner Deadline
- **Friday 16th:** Pickup Dinner, Pies and Scholarship Bake Sale, 5-6 pm

