

December 2021 Volume 26 Number 4



Hello friends North, South, East and West:

Winter has shown us what we have in store. We need the water, and our hope is to get a lot of it, and it is forecasted but let's be prepared. Keep your car full of gas, and your fridge and freezer full. Although the slides didn't block us too greatly last year, it never hurts to think ahead. Trees take out power lines, and there we sit. Make sure to have fuel for backup generators and be prepared in the case of needing any assistance for medical devices. Remember as always, please check on your neighbors.

The Center is slowly trying to get back to socialization and outreach events. Our first in a while was our woman's gathering yoga and wreath making. It was nice to see some familiar and new faces attend. The sun was out, and who would have known that yoga in the grass was just what the doctor ordered. Although we will not be having another gathering until February due to the holidays and winter commutes, it was amazing to see everyone and we will keep everyone posted on the upcoming gatherings. We also began our weekly tea time. Every Wednesday from 2:30-3:30. Come on down if you like. This is meant to be for a time to gather, chat, plan, and discuss. Although some work may be the topic, it is intended for socialization and communications, perhaps some recruitment for volunteers and just an overall good time. Our first tea was a great chat from tree trimming practices to how great the cookies were. Everyone is welcome, we hope to see you there too!

This month, we will be having our Holiday Craft Fair and Dinner Sunday, December 19th from 3-7, with dinner around 4:30. There will be some outdoor

seating, indoor seating, vendors, door raffle, and giveaways, also with a drive thru option if you are not wanting to attend the event itself. **Please RSVP by Monday December 13th**, so we can get an idea of how many will be attending. For another event we will be having our clothing exchange on January 2nd from 12-3. Tables will be set up in the school gym and there will be lots of clothes to pick from! If you have any donations, we will be accepting them up until January 2nd. After the event we will be going through and stocking our own clothing closet and then donating the remaining clothes to other community agencies.

As a reminder, all events will follow community gathering safety precautions surrounding Covid-19. We respectfully request that everyone bring masks, and socially distance and stay vigilant. We want to bring people together, and must be safe in doing so! Thank you everyone and I can't wait to see all your faces at our holiday dinner!

Danielle Holway
Executive Director

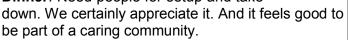
BCC Question of the Month

Great News! A fairy godmother has just granted the Center \$10,000. What do you think the center should use it for?

Please contact the Bridgeville Community Center with suggestions. (P.S. This is just an exercise question in a Grant Class a few of us are taking for the Center. We would like to hear what you think the Center could use the money for.)

Volunteer For December

Looking for volunteers for the Holiday Dinner. Need people for setup and take-



Please call the community center 777-777-1775 for questions or to schedule a time you can volunteer.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Danielle Holway

Another month has gone by and we are anticipating Cal Fire leaving our area around December 27th. They should be back staffing at the beginning of fire season 2022. We want to send such a huge shoutout to our community members for being so safe and conscious this fire season. Fire safety starts with us, and I couldn't be more impressed with everyone's efforts to keep our community safe. Keep it up! If you are interested in going the extra mile, we are always seeking out those motivated individuals to add to our team. Dept meetings the first Tuesday of the month at 6 pm at the fire barn, or community center depending on the weather. Training the 2nd Saturday at 10am. Come on down and see if you might want to give it a shot. See you there!

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11/8 medical

11/9 electrical hazard 10/23 wildland fire 11/13 medical 10/24 traffic collision 11/15 traffic collision 11/2 residential fire 11/20 medical 11/2 traffic collision 11/22 medical 11/3 medical 11/23 medical

REDUCE, REUSE, RECYCLE

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

Joyce Church, Clover Howeth, Lauri King, Gabriel Marien, Frieda Smith

Bridgeville Community Center Mission Statement

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

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

Attila Gyenis—Editor

Bridgeville Community Center

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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



assistance call 711 Relay

Landline - Local 707 Calls Require Area Code



Calling locally has changed. You probably already noticed. But all landline calls to 707 local calls, need the 1 and area code before the telephone number. When calling BCC you would dial 1-707-777-1775.

Please spay and neuter your pets. Need help getting your cat fixed? Call 707-442-SPAY



Humboldt County Bookmobile



Read A Book

They Deliver Bookmobile: (707) 267-9933

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.



Clothing Exchange



Sunday, January 2nd

Bring your "Don't Want Anymore or Doesn't fit Anymore" clothing and exchange them for something more fun, fits good or different.

In the BES Gym Noon—3:00pm Sponsored by Bridgeville Community Center

Attention MediCal / Partnership Members

Are you confused, anxious or undecided about a Covid Vaccination?

Need Help setting up an appointment for a Covid Vaccination?

Need a Ride to the Covid Vaccination appointment?

Let Us Help You!!
For Confidential Assistance Call
the Center at 777-1775

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

By the time the Great Thanksgiving Feast is over and November ends we are feeling stuffed, both physically and emotionally. Then December descends and we're sliding pell mell into the mad Christmas dash. Baking, sending out cards, partying (safely), making or buying presents and scrambling desperately to get it all done by Dec. 25th.

What a weird way to spend a month!

What is Christmas really about anyway? People all through the ages have had some kind of celebration at this time of year. And, it is usually about regeneration. Christians celebrate Jesus's promised spiritual renewal for the earth and for humans. Ancient farming peoples celebrated the return of the light after the longest night of the year. Many indigenous Americans celebrate the winter solstice as the beginning of the new year, which is one of the most potent symbols of new beginnings.

Perhaps, just perhaps, you could buck the social trend towards frenzy and use December to slow down and think about what's really important in your life? Sure, you may have to buy some presents to keep up with social expectations. But, you can do that in one day and not get caught striving to make every sale there is. To help you remember how you are using this December to renew yourself, you can use an advent calendar. Every morning when you open a door you can say one thing that makes you happy. It's a great thing to do with your kids (and your spouse!). Or, you could open the door and acknowledge your intention for a change you want to make in your life.

I use the lighting of my Hannuka candles as a time to think about family and friends and renew the love I have for them. If you don't have a menorah, any candle lighting will do.

I'm not saying you should spend the holiday season being an absolutely austere ascetic. I'm positive you don't need anyone 'shoulding' on you during the holidays. I'm just suggesting that when you recognize you are caught in the fray of holiday preparations, you stop, breathe and acknowledge why you are doing whatever it is you are doing. Be present and mindful of the moment you are in. Even if you are in the middle of Costco desperately searching for the slippers your mom loved so much, you can stop, breathe and remember - the real reason you are here is not to buy slippers, but to acknowledge and show your love for mom. And, if its a present that is just a social obligation you feel you can't escape, well, acknowledge that and feel good that you are participating in your social network. Let go of the negative and renew the goodness in you.

Letter to the Community

We want to express our concern regarding Southern Trinity Health Services and the direction it is headed, and the future of Southern Trinity Area Rescue, our Emergency Medical Ambulance service

We feel clinic management has lost almost all ties to its original commitment to employees, patients at the Mad River clinic, and the Mad River/Ruth/Dinsmore community.

The clinic is understaffed, that staff overworked and, as far as we can tell, not supported where it counts by the Board of Directors or higher officers. This short staffing is not just a by-product of Covid, as suggested at the Annual Meeting. It was a problem long before that.

Extra providers are apparently chosen as much for economic expediency as for the quality of care. Their 'quality' becomes how they fill their quota, not how well they do their job.

Under Federal rules STAR now needs to be a separate entity from the clinic. Still, clinic management could work harder to support STAR and ensure critical emergency services to this area.

We're hoping the Board of Directors and executive officers of Southern Trinity Health Services can show THEY CARE, for our local community and supporting staff before we lose these services and this clinic altogether

We hope they can live up to their mission as originally stated:

"To improve the quality of life in southern Trinity and southeastern Humboldt Counties by providing access to quality, comprehensive, innovative, and integrated primary health care, dental, and emergency medical services regardless of ability to pay."

Mr. & Mrs. Dennis H Simmons Dinsmore, Ca

PS - I fear our local Mad River clinic is being forced to die a slow death, from losing community outreach services, to urgent care, school programs and that it's heading to us losing the clinic altogether, unnecessarily. Please consider writing to the Southern Trinity Health Services Board of Directors (attn BoD Secretary) and letting them know if this matters to you, to: 321 Van Duzen Rd, Bridgeville, CA 95526 or P.O. Box 7, Scotia Ca 95565.



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)

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Happy Holidays! Time to bring out those pickles and relishes, applesauce and other goodies you canned over the summer!

How to safely transport food and save leftovers from spoiling?

Key to food safety is time and temperature. Bacteria that make us sick thrive at temperatures between 40°f. and 140°f. Even in the refrigerator or freezer they multiply so slowly that safe storage is prolonged, but not eliminated. Follow the **Two-Hour Rule "don't leave hot foods below 140° or cold foods above 40° for more than 2 hours".**

This includes transportation time as well as time on the table. Don't prepare food without plans for proper cooling and reheating. Some dishes will keep on the stove or in the refrigerator until ready to serve. And reheat on the stove or in the oven. Microwaving food such as gravy until hot does NOT kill bacteria. It needs to boil.

Keep raw dairy/egg based desserts cold until serving. Eggnog and cakes with whipped cream/ cream cheese frostings, too.

It's important to cool hot leftovers and refrigerate or freeze within 2 hours of cooking. Store in shallow containers, no more than 2 inches deep for fast cooling and easy storage.

Speaking of storage, how long can I store Home Canned food?

To store, once jars are cooled and lids sealed, home canned foods processed as directed (Pressure Canning or Boiling Water Bath), remove the screw bands, wipe jars as needed to remove residue, rinse, dry, label and date and keep in a clean, cool, dark, dry place. Do **not** store food where the temperature is over 95°, near a heat source, under a sink, in an uninsulated attic or garage where temperature fluctuates, or in direct sunlight. In those conditions food can lose quality quickly. Dampness can corrode lids, leading to broken seals and contamination.

It's best to store canned or dried foods at temperatures between 50° and 70°. The sooner you eat it, the better the quality. Organize your pantry to rotate food and eat the oldest first. Discard any food with leaking or a broken or bulging seal. While your canned food will keep indefinitely, over time natural changes do occur. These may affect the flavor, color, texture and nutritional value of the product. It is recommended it be consumed within one year.

Have a wonderful Holiday Season and here's to a bountiful year ahead!

Questions about food preservation? Contact us via:

bridgevillenews@yahoo.com
Preserver Program? Contact the Humboldt County Cooperative
Extension Office at: (707) 445-7351, or online at: http://ucanr.edu/mfp



BCERT NEWS

Ceci Lemieux hosted the November meeting of BCERT, the Bridgeville Community Emergency Response Team. The team attendees and Greg Waters, from the Humboldt County Office of Emergency Services, held lively discussions while imbibing cakes, pies and other goodies.

- Dottie Simmons is putting together an insert in the Bridgeville newsletter that residents can pull out, fill in and use on their property to show where their utilities are located for emergency responders.
- There will be an upcoming workshop for the community about using the Bio-Char kiln that is offered for use by the Fire Safe Council. This will be in February. Details to be announced in the Bridgeville newsletter.
- With the help of Mark Middleton, Randy Krahn, Ceci Lemieux and Lyn Javier, The interior of the CERT trailer construction is moving along, while CERT trailer outfitting supplies and emergency equipment bags are still being received through the CBI Grant.
- Becky Patterson and Kate McCay are putting together more detailed maps of specific neighborhoods within the Bridgeville Fire District and western parts of the Ruth Lake Services District for emergency responders. BCERT Team members will be involved in inputting information they have of their own neighborhoods and will set up a confidential phone tree list for emergencies.
- There is also an ongoing study to have individual driveways marked with address numbers that can easily be read by approaching emergency personnel.

The next meeting will be held on January 10, 2022 from 1:00-3:00pm. Visitors or potential CERT members are always welcome. You can contact Lyn at 707-601-7982 for more information.



The Winter Solstice (first day of Winter), on the 21st, is the point at which the path of the sun in the sky is farthest south. At the Winter Solstice, the sun travels the shortest path through the sky resulting in the day of the year with the least sunlight and therefore, the longest night. After that the days start getting longer.

ARE WE CRAZY OR WHAT?

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

A Whoosh, Kalamata Olives and Reality

Did you hear that noise? The whoosh, then tinkle of bells? That was Lyn. This is the first time for her. She called me tonight when she arrived there, via telebell, and sounded far away but safe. What happened, is that vesterday she finally received the express email telling her to wait under the Pine by the road at noon today for transportation to her first seasonal tour as one of the Elves living and working up in Santa's arctic retreat. You think this is a joke? Think about it...think about Lyn's open smile and loud laughter whenever you are with her. Look at her eyes: those elfin-like sparkles radiating humor and good cheer. So Believe It. She is there with her fellow seasonal workers and will be back about December 22. By then all the presents must be completed, ready for packaging and delivery at Midnight, December 24th. If you see her before then, It's just a Hologram.

Of course, then Kate is staying home with just her animals plus the herd she always takes care of through the month of December till the 24th, when in the afternoon they yelp! and just fly away. Rudolph is the picky one – dried cranberries and kalamata olives mixed in alfalfa. His nose has to be rubbed down every morning to wipe off the excess red glitter dripping – it automatically lights up on the eve of December 24th. Prancer, Dancer, Dasher, Vixen, Comet, Cupid, Doner and Blitzen all get their normal feed of rice straw, cream-of-wheat and whey. They always seem to like being down south and are content to roam the land, curl up under the big old oaks and dream of icicles, snow balls and ice cream.

Ok. Yuk. That's so much mush, so much kid's stuff...well, it IS the season. As Kate's parents used to yell out on the eve of December 24th "We don't care who you are, just get your f#&%!*g reindeer off our roof!"

Back to Earth. Kate's son has been with us for a while and has helped us get the rest of the old greenhouse down; pulling up old drip systems, broken gopher traps and the rusty chicken wire we lined the original foundation with. Then helped install our TV back up on the wall and re-connect our Wi-Fi booster way up in our big backyard oak...and so far we are back in the digital world! Gees, it's good to have a helper around to lift loads over 10#, drag pallets across rocky fields, straighten up the piles of unused but useful wood, split kindling and help lay down blocks and rocks onto the dirt pathway to the back of our house. It's not like we can't do 'anything' but why not use what you have?

This sunny morning we look out of our new big window to the south and see tall leafless walnut trees along our willow waterways, then across the valley to green mounds of firs, tan oak and laurel with a cloudless blue sky above – a feast for our eyes. Blessed Be.

Kate McCay and Lyn Javier
Two Crones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

When you are a caregiver holidays times can be extra special and/or extra stressful. Sometimes the rest of the family comes through with offers of help and sometimes they just leave you to it, expecting you to do what you always have, even though an idiot ant could see that you are drowning. To add insult to injury they will probably call you an angel as they wave good-bye and dance down the driveway.

The holidays are a good time to take things in hand. It's *really* okay to ask for help. If someone wonders why you aren't doing handmade cards this year, look them in the eye and say, "Thank you for offering to sit with Mama for a day so I can create my cards." If your brother wants to know why you aren't doing the holiday dinner 'like always', it's okay to say, "Granny is taking so much more of my time these days. I just don't have the energy."

Of course, keeping your holiday traditions may just be what keeps you sane. It's important to take a moment to decide how you want to spend your holiday days and with whom. One way to help yourself realize what you really want to do is to make a 'map' of the things that juice you up.

Make a list of the people you know. Put a ** by those who make you feel better, put an X by those who make you feel irritated, inferior or otherwise unhappy. Now rate the ** people with a 1, 2 or 3.

Use the same technique with holiday activities. Which make you smile? Which make you tired? Which do you like, but not have the time to enjoy, so doing them becomes stressful? Note: It's important to actually write these lists down. Doing them in your head doesn't give you the same clarity as seeing it in black and white.

Now you have a map for whom you'd like to spend your holidays with and the things you'd like to do. Budget your time to spend most of it with 1s, some with 2s and a bit less with 3s. Ghost the people and activities with Xs. You don't need to waste time with people who make you feel bad.

You may get trapped into doing things you'd rather not, with people you rather not be with. But, by creating your lists and setting your intentions you will not get trapped for as long.

Another essential holiday hack is to lower your expectations. Being a care provider is a BIG job, of and by itself. It's okay to sit on the porch with a cup of tea, even if there are dishes in the sink and unwrapped presents in the hallway. The Hubble telescope is not looking at *you*. In the end people will remember the sound of your laughter for longer than they will remember what cookies you baked in 2021.



Thank You

THANK YOU SPONSORS

for making the newsletter possible.

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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



Bridgeville Trading Post

Volunteer Firefighters 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. Bridgeville Fire: 707-777-3244, Mad River Fire: 574-6536

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.

Local Community Breakfast



Every First Sunday of the Month
6 Rivers - Mad River Community Center 8–11

Social Security scams, Medicare scams are on the rise. They come to you by phone, email, and even letters. So do not give out private information,



Social Security numbers. If someone asks you for personal information, tell them you'll call them back and hang up. You can contact the agency directly to confirm if there is a problem with your account. Many times there isn't. It was just a scam.

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.



Carol Ann Conners License OE79262

Greg Conners License 0488272

Patterson/Conners Insurance Services 1040 Main Street, Fortuna CA 95540 707-725-3400

Bridgeville Community Newsletter PO Box 3

Bridgeville, CA 95526

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POSTAL CUSTOMER

PEACE AND JOY

December 2021									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
PLASTICS ARE NOT YOUR FRIENDI	The end of this year may be a good time to end smoking. Gift yourself.		T-time Every Wednes- day, 2:30 - 3:30	BCC Board mtg	3	4			
5	6	7 Fire Dept meeting, 6pm	8	9	10	11			
12	Fire District meeting, 6pm	14 BES School board meeting, 5:30 Library bookmo- bile, 10:30	15	16	BCC USDA Food Pantry, 10am-4pm	18			
Holiday Craft Fair and Dinner	20	21 BCC Mobile Food Pantry @ Dinsmore Airport, 8:30 am-11:00am Winter Begins	22	23	24	Happy Holidays			
26	27	28	29	30	31 New Year's Eve	Upcoming: Clothing Ex- change on January 2 nd			

WEEKLY: Some changes are in the air

NOTICE: The Community Center will be open 5 days a week through the holidays (until end of January), including Christmas Eve and New Year's Eve. Monday to Friday, 9am - 4pm, closed holidays.

NEW - Wednesdays: T-time with Danielle, 2:30 - 3:30

Thursdays: Cancelled - Community Potluck Brunch

www.BridgevilleCommunityCenter.org

HOW TO CONTACT US

You can call us at 707-777-1775. Email us at BridgevilleCommunityCenter@gmail.com

Visit us on facebook - Bridgeville Community Center

Or come to the office located on Kneeland Rd at the Bridgeville School.

Or join Danielle at the weekly Wednesday T-time 2:30 - 3:30. Maybe you might even get a biscuit.