



February 2020

Volume 26 Number 6

FEBRUARY
♥ ♥ ♥ ♥ ♥
2020 ♥ ♥ ♥ ♥ ♥

~ Love is in the air ~

Hello Bridgeville! Well it looks like we have been getting that much needed weather that we have been asking for and boy is the land responding, green everywhere (not looking forward to mowing). The first month of 2021 seems to have gone pretty smooth and was ready to take on the rest of the year. Bring it on world! I wanted to thank Maria and Jacob Navarrette for cooking for the Tamale fundraiser, it was a great idea and it was definitely a delicious hit. Thank you guys so much for everything that you do.

We are so nostalgic for the community lunch days, women's group and even little things like coming together to wrap presents for the school. It has been tough for all of us and many of us are seeing repercussions from this long term stressor. Even though we are not gathering now we can still socialize, be the one to reach out for a conversation with a friend or give us a call. We are here to talk and also help you get connected to resources because in Bridgeville we actually are in this together. We have an amazing community who will drop everything to help. The county of Humboldt has set up a warm line for people seeking emotional support; the number is 707-268-2999 and is available Monday through Friday from 8am-5pm.

We are once again putting out our annual scholarship which is available to Bridgeville School graduates. The "Bridgeville Community Love" scholarship is available to Bridgeville School graduates from 12th grade to 20 years old who plan on attending College or Trade School. There is a link to the application

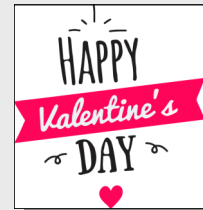
on our facebook page as well as our website and if you call or email us we can send you the link as well. Good luck!

We will be doing Bridgeville commodities on the 19th from 10-4 and Dinsmore will be on the 23rd where we will have a visitor from Food for People to do our annual monitoring for USDA. See you all then!

Please call or come in if you need help applying for CalFresh or Medical/ Partnership. We also have computers available to use as well as a tablet to use outdoors onsite if you need access to a device and the internet.

Stay Well,

Chantal Campbell
Executive Director



Inside this Month

Healthy Spirits
Dear MFP
BVFD News
Are we Crazy or What?
TRCCG News
Calendar

Shadow or no Shadow?

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.





HWY 36 Road News

There are two separate road closures happening on Highway 36. They both have different road closure schedules. Be advised it is all subject to change.

Construction between Dinsmore and Larabee Valley (Humboldt County) is completed, but there was a slide at press time near the Dinsmore Bridge. Currently there is one lane of traffic open, with one-lane traffic controlled by a stoplight, so expect a short wait.

And then there is the road construction on top of South Fork in County, between Mad River and going east towards Red Bluff, which has to do with the fire that crossed the highway near Forest Glen and Trinity Pines. Construction involves tree removal and road/guardrail repair. Traffic by pilot car at 7 am, 9:30 am, 12 noon, 2:30 pm, 5:30 pm, 7 pm; then every hour on the hour during the rest of the nights. Their schedule is subject to change. Check ahead of travel. <https://roads.dot.ca.gov/>

Caution is advised when driving through the construction zones. Rock slides and flooding can cause possible hazardous driving conditions. *Please Slow Down.*



School News

by Frieda Smith

Hello Bridgeville Community

My name is Frieda Smith. I work at Bridgeville Elementary School as Head of Maintenance. I've been an employee doing many different jobs at the school for six years now. I am super excited to announce that our school was granted a 1.4 million dollar bond for improvements. We have John Blakely to thank for making the bond possible and we are all very grateful.

Before school reopened in the fall we had all the buildings reroofed. Major work is being done, the water system is being replaced with a new filtration system and tanks, other small construction projects are also under way. We have been able to update and improve our technology, phone systems, appliances, tools, equipment and classrooms. All frequently used faucets, soap dispensers, paper towel dispensers, have been replaced with new hands free units. Big things are happening at Bridgeville School and I am happy to keep everyone updated on our progress.

On another note I would like to talk about the kids and Covid-19. This school year has been unlike any other, there are all kinds of new rules and regulations. Our kids naturally being strong-willed and very adjustable have made the transition amazingly well. Every one is healthy and happy, we have noticed that with the masks being worn daily it has cut down sick absences. Everyone at the school is doing a great job of mask wearing, temperature taking, hand washing and sanitizing, keeping distance between cohorts, and encouraging good daily germ fighting habits.

Our school is one of the very few that have been allowed to remain open and we are taking all precautions necessary to stay open. We are all in this together, supporting each other. A lot of our normal activities have been cancelled like sports and field trips but we're not going to let that get us down. We still have a music program, the kids get to play a lot of sports during recess and P.E time with their classmates.

After School program is very different this year having students social-distanced, but kids are still getting to do art, holiday activities, homework and extra reading time, fun free play time with snacks included. Most of all the kids are so happy to be back with their friends and their normal school schedule. We are wishing the best to all community members to stay healthy and safe.

"When you let go of your doubts you also let go of your limitations." ~ Lucy MacDonald

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

Attila Gyenis—Editor

Bridgeville Community Center

PO Box 3

Bridgeville, CA 95526

Tel: (707) 777-1775

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

Happy One Year Anniversary Bridgeville's BCERT Team

It was nearly a year ago, on February 24, 2020, that 25 of our community members completed FEMA's Basic (CERT) Community Emergency Response Team course. That was the day our local BCERT Team was formed. All thanks to Linda Nellist, Dorie Lanie, Lynn Sturgis, Cliff Von Cott, Gene Bass, Chris Kemp, David....., Greg Waters, Rachel Capistrano, Scott Katzdorn. One of the best events that the Bridgeville Community Center has sponsored, along side of BridgeFest!

Then in March, Covid-19 came along to prove that disasters can happen that aren't understood or visible to the naked eye. COVID-19 has made us completely change our ways of living and makes isolation the best way to stop the spread between peoples.

To aid in this pandemic, our BCERT Team was sworn in May 2020 as a resource of volunteers for Humboldt County's Office of Emergency Services that needed the help because of COVID-19.

Since then, BCERT Team members have volunteered in Eureka at Food for People to help package foods for distribution. In our neighborhoods, BCERT members have used phone tree lists (put together through a CBI project) to ensure neighbors had food and supplies. And are on call for more activities.

Then Fires started August 17, 2020 and our BCERT Team was boots on the ground with realistic reports of the fires locations and who evacuated & who stayed on their property. We got a little experience at some of the best disaster preparedness practices we were taught.

In November several BCERT members took the FCC Ham Radio class. The team now has three licensed HAM operators. Don Campbell is again instructing this Ham Radio License Class starting on March 8, 2021, Monday from 7:00-9:00pm. Every Monday for ten (10) weeks. Then you have a chance of taking the test for a FCC HAM Radio License. It's interesting, lots of fun and great people to meet. Open to the community. Contact us on our Bridgeville-CERT facebook page.

This past month, January 15, 2021, our BCERT Team received delivery of the new BCERT Trailer, which will soon be outfitted with equipment and supplies for our Team to use in emergencies, trainings, demonstrations and projects. These supplies and



equipment are coming from FSTI & LISTOS grants, due in April or sooner. More supplies for our BCERT Team's individual backpacks are coming in from St. Joe's CBI grant, between now & May 2021.

Upcoming courses for the BCERT Team are: Active Shooter, Search and Rescue, Stop The Bleed and HAM Radio (taught by Greg Waters). These will be done using zoom media and possibly distanced in-person activities too.

Future BCERT Team meetings will be announced in the BCC Newsletter, the Bridgeville-CERT facebook page and the BCC facebook page. We will be using zoom for our meetings and the community is invited to attend. We will post day-time & link. Thank you to Dottie Simmons & Greg Waters (OES) for establishing our BCERT facebook page!

During this time of isolation, if you want to learn about being ready to survive in a disaster, or want to be part of our BCERT team, you can take the online CERT course. The link is: [OnlineCERT.org](https://www.onlinecert.org). Anyone interested can contact Lyn Javier @ 707-601-7982.

I hope everyone is doing well and I hope to see you all in person sometime soon in 2021.

Be safe and stay healthy!

Lyn Javier-KN6MLN
BCERT Team Leader



ALL AMATEURS WELCOME

HUMBOLDT BAY FIRE

COMMUNITY EMERGENCY RESPONSE TEAM

Need CERT Info? Visit www.humboldtcert.com

CERT NET
THURSDAY 1-28-21
THURSDAY 2-11-21
*** NEW TIME * 1930 hrs.**
Every 2nd & 4th Thursday each month.

NET CONTROL WILL BE DON CAMPBELL - KEGHEC

ON THE FAR WEST REPEATER

Gene Bass
TUE AT 8:12 PM
 Mount Pierce, 146.760 (-600) (Scotia, California) Pratt Mountain, 146.611
 (-600) 103.5 (Garberville, California) Horse Mountain, 147.000 (+600) 103.
 (Willow Creek, California) Humboldt Hill, 146.700 (-600)
 All Repeaters PL Tone 103.5

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

As we learn to navigate living with COVID and climate change we can anticipate extra stress. We can't change world circumstances but we *can* change how we deal with stress.

When times are crazy it really helps to have routines, eat at the same time, go to sleep and get up at the same time. Exercise, especially outside, is one of the best stress reducers around. Aerobic exercise that gets you sweating is especially good at dispersing stress hormones and building resilience. Being outside where there is lots of green and/or lots of water helps soothe the mind and soul. Studies support that connecting with nature decreases stress hormones and helps you heal. Journaling is another stress reducer with lots of evidence supporting it. Somehow writing down your stressors helps you uncouple from them and set them aside. Also writing down 5 things you are grateful for every day helps increase contentment. Relaxing by watching TV or playing video games is NOT helpful. Both those mediums are all about stirring up your fight/flight system and will make you more anxious. Many people are now limiting their TV news time to 30-60 min/day and feel much better.

As a species meaningful connections are important to us. Helping others is a stress reducing technique. When we help others it creates feelings of belonging which gets the happy healthful hormones flowing. Another technique is mindfulness. Usually we stress about something in the past or the future, by being mindful of where we are *right now* we let our bodies relax. Practicing mindfulness is easy, just **STOP** – Stop what you are doing, Take a few deep breathes, Observe your mind, emotions, body – what do they feel like? Can you let your worries go for even just one second? Proceed with what you are doing. If you do this whenever you remember too you'll soon be doing it a lot and life will feel less wild and more contented.

Adaptogen herbs help your adrenal glands which play a major role in the stress response. Holy basil, ashwagandha, Rhodiola and St. John's wort are prime examples of adaptogenic herbs. Nervines effect the nervous and limbic systems and help with feelings of anxiety. Strengthening and toning nervines include American Skullcap, lavender and lemon balm. Relaxing nervines include Chamomile, Kava Kava, Passion flower, lavender and Vervain.

Support groups, in person or online, can be helpful. As can apps that remind you to practice mindfulness. Sometimes medications are needed for severe anxiety but most people can learn to control their anxiety on their own by diligently applying the techniques above. It is usually necessary to stop using caffeine (coffee, tea, energy drinks, sodas, etc), at least until you have your anxiety under control. The most helpful things to do are exercise and being mindful of where you are, *right now*, because, really – most of our lives – moment by moment are pretty good.



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

Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$204
2	\$374
3	\$535
4	\$680
5	\$807
6	\$969
7	\$1,071
8	\$1,224
Each Additional Member	+\$153

Click [GetCalFresh.org](https://www.getcalfresh.org) to apply online

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

'Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.' - Buddha

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



"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



I'm freezing in this winter weather

As an aside while we finish planning future garden, fishing and hunting trips, and watch calves and lambs grow, I thought it a good time to discuss freezing as a method of food preservation. Freezing is the easiest, fastest and most convenient method of preserving food. It works by slowing the chemical changes and growth of microorganisms that make food spoil. Done right it yields nutritious quality food. Frozen food requires power and a freezer and does not last forever. As it only slows, not stops, spoilage, foods have a 'freezer life'.

One thing freezing slows is the action of enzymes. Enzymes cause chemical discoloration and change of flavor. To prevent this we inactivate these enzymes by blanching vegetables in boiling water or steam then chill rapidly before freezing. This results in a top quality product.

Foods containing fats or oils such as meats can go rancid when exposed to air over time, even in a freezer. Any food can lose moisture, resulting in freezer burn, also from exposure to air. The best prevention for either is tight, moisture resistant packaging. Wrap tightly with lined freezer paper or plastic wrap under plain freezer paper. Remove as much air as possible from freezer bags or use a vacuum sealer to package foods.

To preserve texture, always freeze as quickly as possible. Your freezer should be at 0° F or lower. Chilling foods before placing in freezer helps. Fast freezing results in smaller ice crystals, which cause less cellular damage to foods.

Always label foods as to contents and date frozen and use the oldest first. Recommended storage times for best quality are below:

- **MEATS:** Ground meats – 3 to 4 months. Steaks, chops, and roasts – 4 to 12 months. Cured meats (such as ham, sausage, bacon – 1 to 2 months. Whole poultry – 1 year, pieces – 9 months
- **FISH:** Lean fish – 6 to 8 months, fatty fish – 2 to 3 months. Smoked fish – 2 months. Shrimp, scallops – 3 to 6 months.
- **FRUITS & VEGETABLES:** Fruits and vegetables that do well frozen can all be stored 8 to 12 months.

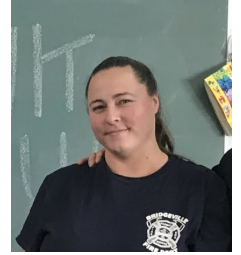
Refer to the Ball Blue Book or online at nchfp.uga.edu for information on which are good to freeze and recommended blanching times. Remember that freezing only slows spoilage and to cook frozen foods shortly after thawing. Refreezing lowers quality.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Rachel Capistrano

It is finally February! We hope everyone had a great start to the new year. The Bridgeville Fire Department would like to announce our newest graduate of the Eel River Valley Fire Academy, Danielle Holway. Since joining the department in March 2019, Danielle has also received her certifications and license in Engineering, CPR, Public Safety First Aid, and graduated top of her fire academy class. Danielle is currently working on her certifications in S-190 Wildland Fire Behavior and S-130 Wildland Firefighter Training. Thank you for all your hard work & dedication, Danielle!



Our department's next monthly meeting will be held on Tuesday, February 2nd at 6:00pm inside the Bridgeville Community Center. All are welcome.

2020 Emergency Calls

- Total Calls: 91
- Veg Fires: 6
- Other Fires: 15
- Vehicle Accidents: 21
- Medicals: 44
- Hazmat/FMS: 4
- Other: 1



GROUNDHOG DAY

The groundhog's full name is actually "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary."

The first official Groundhog Day was celebrated on February 2, 1886 in Punxsutawney, Pennsylvania, with a proclamation in *The Punxsutawney Spirit* by the newspaper's editor, Clymer Freas: "Today is groundhog day and up to the time of going to press the beast has not seen its shadow." The legendary first Groundhog Day trip to Gobbler's Knob was made the following year by a group of spirited groundhog hunters who dubbed themselves "The Punxsutawney Groundhog Club." Clymer, a member of the club, used his editorial clout to proclaim that Phil, the Punxsutawney Groundhog, was the one and only official weather prognosticating groundhog.



ARE WE CRAZY OR WHAT?

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

Ranch Ramblings, in the Time of Having Time

If you need to get to our exterior pantry you go out the cabin door, turn left and walk about 12 feet on narrow decking with no railings to the pantry door. But know this first. The end of that rail-less walkway to the pantry butts up against a rock and oak leaf strewn hill. So...Kate one night walks out in the dark to the pantry and walks right off the end of the walkway to fall UP, instead of down. Now we have a single strand of battery powered fairy lights that is our pantry Caution Tape for future plans of action.

Speaking of action, we finished winterizing the outdoor water system and accessories by disconnecting any outside bib faucet attachments and turning off the water to the garden and lower 40. A few weeks ago Kate walked out of the cabin and saw a water geyser spouting 30 feet up into the sky and ran out to the only open bib to see that a left-over plastic hose splitter *Split*. It looked like the water was geysering no more than ½ hour but put in our mind thoughts about water shortage.

Not to say we are skeptical, but the accidental geyser brings to mind that maybe that our well may go dry due to less ground water because of climate change or aqueduct drainage due to future neighboring gigantic water uses. It's a fear a lot of us well users have out here, sometimes encapsulating us...for in this time of Covid isolation, the Time to have Time contemplates these enormities.

But, also we can contemplate desirable times, as looking out in the garden to see we still have lots of carrots buried in their own plot, kale standing tall as red and green propellers in the wind and bare ground ready to explode with grass, cover crop and weeds when the weather warms. There we see the empty spot where our new greenhouse will sprout up in the spring, the Labyrinth walkway of sodden straw, the tools that need a good sharpening and our imaginings of the garden season's tall dill and the bright colors of zinnia, marigold and corn to come.

While waiting for Spring, inside the cabin Kate paints seahorses, giant squid and cats, plots out how to finish the inside of the cabin, takes online poetry classes and watches Lyn coordinate CERT activities, take online CERT instructor classes and communicate with others.

Lyn traveled to visit her Mother, then quarantined at the Simmonsville guesthouse till all was safe to reenter the land. Kate didn't travel, only in phone conversations, zooms and in her mind.

The suet feeder needs restocking, the hanging bird feeder platform needs repairing, the hummingbird feeder needs more sugar water, the bee hive box needs cleaning for a new tribe of bees in the spring and we still have toilet paper. All is well.

Lyn Javier and Kate McCay

TRCCG News

Two Rivers Community Care Group

February is the month of love. Show your love this year by protecting yourself and those around you from COVID-19 and the Flu. Wear a mask, stay 6 feet apart, don't congregate inside and wash your hands frequently.

I know we have started vaccinating people but we don't know just *how* protective the vaccine is. We know it works in about 80-95% of the people. And that those few people who do get COVID after being vaccinated have a less severe infection. We *don't* know how many people vaccinated people will be asymptomatic carriers, meaning they have COVID-19 without symptoms but they can still infect other people (like you or your grandmother!). We know that people who have had COVID-19 without any symptoms can still have horrible side-effects like strokes. We don't know if that can also happen to people who have been vaccinated but get asymptomatic COVID. We also know it is going to take months and months to get enough people vaccinated to have any effect on our infection rates. The vaccine itself **cannot** give you COVID or it's side-effects. Any discomfort from the vaccine comes from your immune system being stimulated.

The good news is that masks are very effective at lowering infection rates. If 80% of us wore face coverings infections would plummet. In Asian countries where people consistently mask, infections rates are way, way lower than ours. I know this isn't easy news to hear but, the best thing you can ever do to prevent COVID-19 infection is to wear a mask, stay 6 feet from others and not be in crowded poorly ventilated spaces. (Oh, did I say that already? Hmmm – must be important). Even if masks aren't 100% effective at preventing the virus people who are wearing them get less of a virus inoculation which makes it easier for their body to fight the infection.

Here are a few other things you can do that have some small amounts of evidence for preventing colds and respiratory infections. Vitamin C 500 mg and Quercetin 250-500 mg twice a day, Zinc 75-100 mg once a day, Melatonin (slow release): Begin with 0.3mg and increase as tolerated to 2 mg at night (may also help with sleep and depression), Vitamin D3 1000-4000 units a day.

In general you can support your immune system by getting lots of exercise, eating lots of fiber to promote good gut bacteria and engaging in daily quiet times that let you experience increased endorphins and decreased cortisol. TV and video time do not count for relaxing. And, of course, stop eating sugar which promotes inflammation. Eating leafy greens, fruits and berries is a major yes-yes. As is experiencing love and gratitude.

Thank You

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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

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



Bridgeville Trading Post

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

For Sale: Local Honey for Sale, from Golden Gate or Fortuna. Quarts. \$25. Pints. \$13, Humbuzz Honey, 777-1921

**WE DO NOT INHERIT THE EARTH
FROM OUR PARENTS. WE BORROW IT
FROM OUR CHILDREN.**

-NATIVE AMERICAN PROVERB

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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 moved from the Newsletter
 mailing list, please contact the
 BCC.

POSTAL CUSTOMER

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents Day	16	17	18	19 BCC USDA Food Pantry, 10am-4pm	20
21	22	23 BCC Mobile Food Pantry @ Dinsmore, 8:30 am-11:00am	24	25	26	27 ○
28						



Please Don't Start Smoking.
Call 1 (800) NO BUTTS
 Talk to someone who has COPD.

WEEKLY:

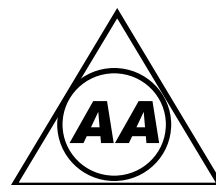
Mondays: BCC CLOSED

Thursdays: Cancelled - Community Potluck Brunch

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

www.BridgevilleCommunityCenter.org

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)

REDUCE, REUSE, RECYCLE