



January 2021

Volume 26 Number 5

Happy New Year 2021

Happy New Year!

Here we are in a new year and I am so thankful to be healthy and happy in this new year. A new year brings new and exciting things here at the BCC and one of them is that we hired a new Community Liaison! We would like to welcome Attila Gyenis to another part of our BCC team. Attila will be doing things like handing out food and helping community members with referrals and services. Attila has worked for the community center for years, he is deeply rooted in the community and we want you to feel free to let him know if you need help with anything or if you have any ideas on how to improve our center and our community as well. We are really excited to have another team member in the office helping to make our community a better place.

Last month we handed out 60 hams and all kinds of delicious goodies in our December food bags. We are thankful to our community for coming out to make the bags happen and to do this we needed many volunteer hours and, of course, money. We had donations from Claudia Sauers and the Bridgeville Baptist Church as well as a Holiday Funding Partnership grant through the Humboldt Area foundation. Thank you so much for your support. We also had volunteers to get the food and to distribute it. We

would like to send a big 2021 BCC thank you to Lauren Johnston, L.J. Olson, Laurie King, Ceci Le Mieux, Judy McClintock, Rene Hudson and Biff Addington for all of your help getting this food out to our community.

This month we will be back to our regular schedule with our food pantry distributions. We will be doing Bridgeville on the 22nd from 10-4 and in Dinsmore the 26th from 8:30-11:00. As always you can come in any day to get some food but we have lots of bread and fresh produce on the dates listed above. Lots of things are changing and they have recently upped the income guidelines for CalFresh so please come in or call for help to see if you qualify.

Stay Well,

Chantal Campbell
Executive Director



Inside this Month

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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.

There is still the ongoing construction between Dinsmore and Larabee Valley (Humboldt County) that has been going on for the last few years. And their operations are starting to wind down for the winter season. Still having occasional one way controlled traffic. Check ahead.

And then there is the road construction starting on top of South Fork in Trinity 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. Their schedule is continuously changing. 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 drive carefully at all times on Highway 36. *Please Slow Down.*

"Peace brings with it so many positive emotions that it is worth aiming for in all circumstances."

—*Estella Eliot*

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

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SAY NO TO PLASTIC!

#BeatPlasticPollution

9 REASONS TO REFUSE SINGLE-USE PLASTIC



1 Made from fossil fuels



2 Huge carbon footprint



3 Will still be here in hundreds of years



4 Only a tiny percentage is recycled



5 Leaches toxins into food & drink



6 Causes hormone disruption & cancers



7 Pollutes our oceans



8 Kills marine animals and birds



9 Enters our food chain

Do your part. Choose glass bottles or cans for your drink. BCC has stopped using plastic utensils at events.



Humboldt County Bookmobile



Read A Book

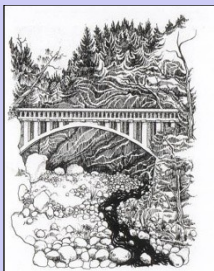
They Deliver

Bookmobile: (707) 267-9933

REDUCE, REUSE, RECYCLE

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Bridgeville Community Center



The **Bridgeville Community Center** began in 1991 with a Healthy Start Grant. This funding allowed the community to plan and build a Community Center that would provide services to the school children, their families and the community-at-large.

The vision behind the Community Center is to improve the well-being of all members of the community, from children to adults. We provide family centered supportive services with the belief that educational and life success cannot be separated from physical health, social and emotional support, and strong families.

Office hours are Tuesday-Friday 9 am-4 pm.

The following services are normally available to you and your family :

Resource Room

Here's a place to hold community meetings, classes, or special events. A Washer/Dryer & shower are also available. Limited use during COVID.



Computers

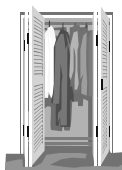
We have two computers for free public use, with high-speed & wireless access to the Internet and word processing programs.

Food Bank

USDA Commodities are distributed once a month, with an additional location at the Dinsmore airport (check calendar). Emergency foods & special food programs for seniors, homebound people, and children.

Clothes Closet

Free clothes and shoes are available. Just stop by to take advantage of this service. We accept donations of clean items in good condition.



Senior Programs

Community Lunch is temporarily cancelled due to COVID. It took place every Thursday, promptly at

noon where one could enjoy a home-style pot-luck meal while socializing with other community members.

Bridgeville Newsletter

A monthly newsletter for the community and by the community has information on local events happening in and around Bridgeville.

Family Support

We provide support to families and individuals in need of information and resources. We can help community members connect with health and social services.

Hospice and Palliative Care

The *Two Rivers Community Care Group* is a volunteer group dedicated to serving those families & individuals facing life-threatening or life-altering illnesses, including those needing palliative or end-of-life care.

Bridgeville Volunteer Fire Department

The BVFD's mission is to preserve & protect life and property in the event of fires & emergencies. Their strategy is to provide our community with the fastest possible response time by well-trained and equipped responders.

HOW TO BUILD COMMUNITY

KNOW YOUR NEIGHBORS

Be Creative ✦ Take a Walk with a friend
Plant Flowers ✦ **READ A BOOK** ✦ **HELP SOMEONE JUST BECAUSE YOU CAN** ✦
Look up at the Stars ✦ **IMAGINE** ✦
Turn off your TV ✦ Be at Peace with Yourself ✦
Use Your Library ✦ **HELP A LOST CAT** ✦ **volunteer** ✦ **Reduce, Reuse, and Recycle** ✦ **Don't be mean** ✦ **BUY FROM LOCAL MERCHANTS** ✦ **START A TRADITION** ✦ **Bake extra and Share** ✦
MEDIATE A CONFLICT ✦ **PUT UP A SWING**
PARTICIPATE in a positive way

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

Most New Year's resolutions last from about midnight to noon when the old desires raise their ugly heads haunting us until we give in and smoke a cigarette, eat cookies, sit on the couch, drink a beer and kick the dog because we blew it again.

Human Beings are notorious for being habit-bound. Of course, not being able to change also brings death. Beings that can't adapt go extinct.

Once you have recognized how your behavior negatively affects your life and feel like you *should* change you have moved from denial into contemplation. You see change is needed but you aren't yet ready to *work* at it. If you attempt change at this stage failure is assured, so *don't attempt*. Wait, you will know when you are ready. Want to motivate yourself out of contemplation and into action? Start listing all the reasons the change will be positive, perhaps you'll have more money, feel more energized, have more friends. Think about how the change relates to your values. When you find yourself saying, "I *want* to do this" rather than "I *should* do this" you'll be ready to make the needed effort.

At this stage most people try to leap to the end goal. But, small successes build confidence, the key to successful change is to take baby steps. When you want to wear a size 8 it may seem silly to just promise to exercise 10 minutes 2 times a week. However, that is doable where wholesale disruption of your life in one fell swoop probably isn't. Once you can make room in your busy life for ten minutes twice a week you'll start to see where you can do it three times a week, and then where you can expand into 20 minutes 3 times a week, etc, etc.

Another key to success is identifying strategies to deal with the barriers and obstacles you know you'll run into. If you are hunting tigers it's much better to go armed then try to pick up a stick while being clawed. When I ask people how they will deal with their triggers, so many say, "I don't need to figure this out, I'll just quit." And then I see them back in the hospital with pancreatitis once again.

So this New Year give yourself a leg up. Don't promise something you aren't ready to work at. Let yourself be okay with taking real small baby steps towards your goal. Before you even start come up with a strategy for every obstacle you can think of. And remember, your friends will give you lots of advice about what worked for them, listen (friends sometimes have good ideas), but only accept what resonates with you. No matter how wacky your ideas seem, if they came from you they are probably the best solutions for you.

Practice Gratitude, Forgive Often, Work Hard

Do you need a battery back up system for your Medical Equipment in case of a power outage?

The California wildfires and the Public Safety Power Shut-off (PSPS) events in northern California have caused many households to worry about their health and safety. RCAA has a VERY limited supply of portable power stations available to help medically vulnerable households within the High Fire Threat Tier 2 & 3 districts.

The power stations can be used to provide power to run durable, medical equipment in the event of a power outage or a PSPS event.

To qualify for a FREE power station, households MUST:

- Complete a short survey to assess their medical needs and program eligibility.
- Meet the low-income guidelines and complete the required paperwork.
- Utilize a medical device to maintain their health such as a c-pap, nebulizer, electric wheelchair or a portable oxygen machine, OR have medicines which require refrigeration.
- Reside within a Tier 2 or Tier 3 high fire threat area.

(Please note that we cannot help households whose medical equipment needs exceed the capacity of the program services.)

Please call Redwood Community Action Agency TODAY at (707) 269-2016 to see if you qualify.

Don't wait! The program is VERY limited and ends once we run out of the power stations.



Carol Ann Conners
License OE79262

Greg Conners
License 0488272

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

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Happy New Year and new beginnings looking to the year ahead.

Time to take stock of what's in the pantry, what's stored and preserved and which is the most useful. Before cracking open seed catalogs or buying more jars and lids (the best time to buy is off-season), it helps to know what gets used most and what just takes up space.

Time to re-arrange your food and make sure the oldest gets used first. I often find a hidden jar completely overlooked for a year or two or more! That doesn't mean the contents have gone bad. Check the date and seal. Most canned food is fine for a year or more, though quality may suffer. Food can discolor or lose texture without losing flavor or nutritional value. On the other hand, things like pickles with hot peppers may grow spicier and liquid around high pectin fruits like plums may gel! All are still good to eat.

Go through vegetable and flower seed, too. These may still be useful (Tip - mark the date on seed packets when you get them, or highlight it on the packet to make it easy to see).

Here is a list for seeds for how long you can keep them and have them germinate:

- Up to 5 years: Annual and perennial flowers, cucumbers, melons, radishes
- 4 years: Tomato, eggplant, summer and winter squash, pumpkins, chard, beets, turnips
- 3 years: Beans, peas, cabbage, cauliflower, broccoli, brussel sprouts, carrots
- 2 years: Corn, okra, peppers, spinach
- 1 year: Onions, lettuce
- Older seed will have a lower success rate.

Each year your garden yield will be different. In a good year, a dozen healthy tomato plants of productive varieties can produce a LOT of tomatoes. For salsa you may find that only one or two hot pepper plants are needed. Seed packets or plant tags often indicate size of mature fruit, helping give you an idea of yield for planning how many plants to grow.

Old seeds can be fed to the chickens or wild birds. I mix all my old flower seeds together and scatter them someplace. I hope, but don't count on them growing.

Any home canned fruit and vegetables you find that are unsealed or questionable can be composted.

Time to toss the unusable and prepare for the new. Here's to an abundant 2021!

Questions about food preservation? Interested in a demo? Contact us: bridgevillenews@yahoo.com Questions about the **Master Food Preserver Program**? Contact the Humboldt County Cooperative Extension Office for information: (707) 444-9334, or online at: <http://cehumboldt.ucdavis.edu>



BRIDGEVILLE VOLUNTEER
FIRE DEPARTMENT
by Danielle Holway

Vehicle Check for Winter

Winter is coming! Actually it's already here. Last month we reviewed some fire and holiday safety Tips, this month let's go over some road and vehicle tips to ensure your rides are ready for the weather.

According to the National Safety Council, here are some of the top items to check for safety and supplies to have in your vehicle. As well as, some of our own drive tips for safe travels.

Vehicle Check -

- Check wiper fluid and wiper blades
- Check tire tread and pressure
- Check brakes
- Test your battery
- Try to maintain at least 1/2 tank of gas
- Know your vehicles abilities

Be Prepared With -

- Spare blanket, mittens, hat
- Flashlight and extra batteries
- First aid kit
- Flares or roadside reflective triangles
- Water
- Multi tool
- Jumper cables
- Snacks

Drive Tips -

- Leave early in case of delays on the road
- Don't drive faster than is safe for conditions
- Beware of debris in the road such as branches, rocks, slides and even fallen trees
- Avoid slamming on your brakes

Please check out your vehicles and drive carefully.

We are always looking for new members. Our monthly meetings take place on the first Tuesday of the month at 6:00 pm, either at the fire barn or community center. If interested please join us, as the community is always welcome.

Happy New Year and as always...Be Safe.

Call Log

Nov 18th - traffic collision mm 20
Nov 24th - medical Dinsmore airport
Nov 30th - medical mm 28.50
Dec 15th - unknown medical Bar W



ARE WE CRAZY OR WHAT?

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

Revisions and Rebirths

Off Grid Power

From June 2010 article ...hiking up the hill 1200 yards to check the cable on our wind turbine then back down a bit to pat our new 5,000 gallon water tank, traipsing 1500 yards across the lower field to look into our solar well system or ambling over to the power house to check our inverter, controller and batteries. So far we haven't had to yell "help!" too much.....

December 2020 Rain is pouring down for once but it had better stop as it's the day before Paul Woodward is coming to replace our old wind/solar batteries. They are old – way older than we thought they would be before they clunked out. Since the batteries began dying, Lyn has been starting the generator twice a day to prop up our electricity and we are using matches like mad. Well, Paul and Attila Gyenis came and took out our old scrungy batteries to be replaced with brand new sealed ones. Now we are ready for an unmatched, bright New Year!

On-Demand Hot Water Heater

From June 2010 articleWe have running Hot Water! Though we must admit we kind of miss living in the raw - taking sponge baths, heating water for doing the dishes, etc. - but we can get used to this improvement pretty fast.

December 2020 For a few months now, we hold our breath when turning on the hot water, listening very carefully to hear if our on-demand water heater ignites. Nope. Go to the heater in the bathroom, push buttons to start the flame again, then turn on hot water again. All this because the water heater needs oxygen to work and if we don't leave our tiny bathroom doorway open, the heater suffocates. Kate now has rigged up a doorway cover that stays ½ way open....and, we have hot water!

Permanent Greenhouse

From August 2010 article ...decided to build a permanent greenhouse...Lyn was the contractor, I the menial labor and go-fer...permanent wooden base out of pallets...to dig a 2 foot deep trench all around the greenhouse parameter, then place chicken wire in it, then fill it back up - all to ward off the gophers. She had only 5 feet of trench to go before finishing the project, when it hit her that Kate had purchased 2" chicken wire, rather than the 1". ...gophers popped up the next day.

October – December 2020 Slowly we are taking apart our permanent greenhouse surrounded by gopher holes, where on top a huge un-repairable rip maintains an inside waterfall in the rain. We have started to take out the fencing around it. Still more to go. Then in **Winter - Spring 2021** finish taking down old and building a new permanent greenhouse within the vegetable garden area, using PVC piping from the old one and everything else new.

Life goes on! We miss you all and wish you a wonderful, healthy, safe and, hopefully, social 2021!

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

Hospitalization during COVID

What if your relative gets hospitalized during the pandemic?

Due to the surge most hospitals don't allow visitors at this time. Even in the ER they will only allow a second person in the room if the patient is a minor or obviously can't take care of themselves like someone with dementia or advanced disease. Of course this is heartbreaking, but it can also be impossible if there is someone else who can't be left at home alone. Maybe *both* your Mom and Dad have dementia and can't be left at home alone. Or maybe you have young children. What will you do if Mom falls and breaks her hip? Pre-planning helps. Before disaster strikes talk to other family members, friends and neighbors, know who you will call to stay with Dad and the kids while you accompany Mom to the hospital.

If Mom needs to be admitted to the hospital try to get a room with a window, preferably one that opens and you can walk up to. You will still have to wear a mask and stay 6 feet away but at least she can see you. Mom will do better if she has familiar things around her so make a list of things that mean home to her. This list might include things like her own pillows, blankets and nightgowns plus comfort items like stuffed animals or pictures of family. Along with the list take pictures of the items so when you ask your cousin Mary to get them she will bring the right ones. Keep the list somewhere easy to find as you may very well be coordinating this via phone from a hospital room. You could make a Go-Bag of some things but mostly your list has items your Mom uses everyday and aren't easily set aside.

Know where you can buy or borrow an ipad or similar device (don't forget the charger). Have the device preloaded with Zoom or Facetime. You can leave this with your Mom and arrange with the nurse for a time when she can help your Mom get connected. It's better than nothing.

If at discharge your mom goes to rehab or a long term care facility ask the facility what they are doing to prevent staff/visitors from bringing in COVID-19. Ask how you will be allowed to visit your Mom and what they will do to mitigate her fears and anxiety from being in a strange place.

You also need to take care of yourself during this time. If you have a self-care routine continue it. Although having a relative in the hospital is anxiety producing it is also freeing to not have the stress of caring for them 24/7. Use the time to rest and recuperate.



Thank You

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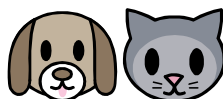
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To be a sponsor for this newsletter, please send a contribution of \$25 or more to BCC, or through our website via paypal:

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

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

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



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.

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.

"The greatest tyrannies are always perpetrated in the name of the noblest causes."

~ Thomas Paine

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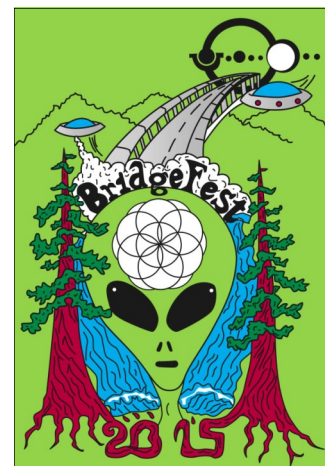
560 12th Street
Fortuna, Ca. 95540

Ph: (707) 725-2294 - Fax: (707) 725-5441

Email: gobles@goblesmortuary.com

Tim Garvey

We are sad to hear that Tim Garvey passed away. He was our artist in residence here in Bridgeville for several years. We were so grateful to have him be part of the community. Condolences to his family.



Bridgeville Community Newsletter
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POSTAL CUSTOMER

Be safe out there.

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Before I criticize a person, I like to walk a mile in their shoes. That way, when I do criticize them, I'm a mile away and I have their shoes.		I'm reading a book about anti-gravity. It's impossible to put down.		1 Happy New Year	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22 BCC USDA Food Pantry, 10am-4pm	23
24	25	26 BCC Mobile Food Pantry @ Dinsmore, 8:30 am-11:00am	27	28	29	30
31		The future, the present and the past walked into a bar. Things got a little tense.	 Please Don't Start Smoking. Call 1 (800) NO BUTTS Talk to someone who has COPD.			

WEEKLY:

Mondays: BCC CLOSED

Thursdays: Community Potluck Brunch Cancelled

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

www.BridgevilleCommunityCenter.org

Cowardice asks the question - is it safe?
 Expediency asks the question - is it politic?
 Vanity asks the question - is it popular?
 But conscience asks the question - is it right?
 And there comes a time when one must take a position
 that is neither safe, nor politic, nor popular;
 but one must take it because it is right.
 - Martin Luther King, Jr.

