



March 2021

Volume 26 Number 7



Spring equinox is actually on March 20, 2021 this year, yet the willows are flowering and daffodils are blooming on the coast. I even saw birds mating yesterday! The end of Winter's here, almost.

Our three years of St. Joe's CBI grant is coming to an end this May 31, 2021. We have been so fortunate to have Chantal, Natalie Arroyo, Rachel (ChiChi), and Maria leading the Core CBI group (Carl, Attila, Kay, Elliot & Lyn) in completing the projects our community voted to have done in the three year duration of the grant. The following is the list of projects that are completed;

1) The change in speed limit at Swains Flat from 55 to 45 2) Magnets for the School Buses/Vans 3) Drive Safe in Our Neighbor Signs on Hwy 36 4) Public Service Announcements about driving safely on our Highway 36 5) Clean ups of trashed locations on the 36 6) Supplying the community with flares and emergency road kits 7) 2-5,000 gallon water tanks (and plumbing set up with fire connections, in process) for our BVFD fire trucks to use 8) A variety of classes for community members: CPR, Women's self-defense class, BCERT/Community Emergency Response Team (25 graduates February 2020), Women's Gatherings, Amateurs Radio FCC License classes, classes for the BCC Board of Directors, Grant writing classes 9) Bridgeville-CERT Team's backpacks outfitted with emergency supplies. 10) Emergency Phone Trees in most neighborhoods 11) Building three School Bus Stop Shelters. Placed one Bus Shelter in location (still needs to be painted) and the other two still needs to be setup in secured locations & painted 12) Provided workshops & classes for the BCC Board of Directors improve their Leadership skills.

Here's the Work in Process List:

1) Two speed bumps on both sides of the BES driveway 2) Getting Emergency Call Boxes on Highway 36 3) Re-organizing BCC space 4) Install BCC Bulletin Board in secured location (Rodger will finish building it up) 5) Solar Powered Ham Radio Repeater 6) 10'x12' building to support Repeater 7) Backup Generators for the School

The main focus of the CBI Grant was to improve the safety factors in our community, which we did on so many different levels. The local traffic has slowed down. The intrinsic values, like a feeling of pride in community. Especially after doing community group activities like; cleaning up trash piles on the 36, networking with neighbors during the August Fire Complex to know neighbors were safe. Taught us how to hold a meeting and empowered some to go after grants. Helping others to build up confidence to call on officials (city, Caltrans, Supervisors, etc.) to assist community members in getting an action done!

We still have so much more to do, which gives a person hope that it all just might happen! Just because the CBI grant is almost completed, this is not stopping our community from accomplishing their various other goals.

One last thing. Our monthly drive-thru dinners are starting again, with the first being Friday, March 19 from 5-6pm at BES. \$15 a quart, which serves three, and bread. Soup choices are Clam Chowder, Vegetable, Zuppa Toscana and Chicken & Rice. Call the Center at 707-777-1775 to reserve. Desserts for sale too, ask when you call. Presale Only.

Be Safe and Stay Healthy!

Lyn Javier,
BCC Chairperson



Inside this Month

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Happy Spring

Bridgeville Community Center News

This is an announcement about upcoming changes in the Bridgeville Community Center organization. The board received notice from Chantal Campbell that she will be stepping down from her position as executive director of the BCC. We are thankful for her service and sad to see her go, and wish her good luck in her future endeavors.

The Community Center is currently seeking candidates for the Director position (*see the job description on page 7*).



HWY 36 Construction Update

Currently in the construction zone in the slide area near the Dinsmore bridge there is one lane traffic. Traffic is 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. 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, subject to change. Caution is advised when driving through the construction zones. Please 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

Attila Gyenis—Editor

Bridgeville Community Center

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Spring is in the air! The miraculous gears of new life are turning! Are you someone who is passionate about putting things in the ground and helping them grow? The Bridgeville Community Center is looking to start a Community Garden and we need volunteers with passion, ideas, and maybe a little extra time! Call the Center and let us know you're interested: 707-777-1775

Gabriel Marien
BCC Board Member

BridgeFest, where Aliens and Humans will have to determine who is Flying Saucer Contest Champion and Grand Emperor of the Universe via ZOOM (since we are social distancing this year as well). Hope they have good WiFi.



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.

Humboldt County Bookmobile



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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.

Soup Drive Through



**\$15 a quart
(serves 3)**

**Pickup Friday, March 19th from 5-6 at
Bridgeville school**

**FRESH BREAD and CHOICE OF:
Clam Chowder, Vegetable, Zuppa
Toscana, Chicken and Wild Rice**

Presale Only, Call 707-777-1775 to Reserve

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Daylight Savings Time

Spring Ahead



Sunday morning at 2 am, on March 14, 2021, a few people will turn their clocks forward one hour, marking the beginning of Daylight Saving Time (DST). Most will do it the night before. Some will wake up Sunday and not know what time it is.

The dates for daylight savings have changed over the years. From 1986 through 2006, DST ran from the first Sunday in April to the last Sunday in October. Beginning in 2007, the observance starts on the second Sunday in March and ends in the first Sunday in November. We lose an hour of sleep.

2021 BridgeFest 25th Anniversary!!

Our 25th BridgeFest Anniversary Event is on Saturday, August 21 and will again be a Virtual Celebration. Only Better! BridgeFest is the biggest fundraiser of the year for BCC! Support your Community Center!



WATCH FOR!!



- Monthly Dinners and Pies
- The Huge Raffle
- Iron ButterFly Bridgeville Quilt
- Newly designed t-shirts/sweatshirts and other merchandise
- SEE FUTURE ADS -



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**

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Everything on Earth is made up of molecules and atoms. That includes me and you. On the micro level there is nothing special about Human Beings. But, I would venture to say that the way those molecules and atoms come together to form cells and the cells come together to form organs and the organs come together to form our self-conscious and thinking selves is something special. Over the eons our jumble of molecules and atoms have become an intricate dance forming the biological, social, psychological and spiritual beings that we humans are.

Anything that happens in any of the bio/social/psyche/spiritual realms of our beings influences the other realms. That is why exercise, diet and medications will never result in total health, we have to take care of our psychological and spiritual sides too. Unfortunately those are slow movers and in today's society where everything moves so fast it is hard to slow down enough to give those sides of ourselves the attention they need.

Here are three meditations to help your psycho-spiritual self recoup from the onslaught of modern life.

1) **Grounding** can be done anywhere anytime. You can enjoy it for hours or just take a few seconds to do it before you embark on a task or journey. Get your feet flat on the ground and let your awareness settle in the soles of your feet. Imagine yourself growing roots from the bottom of your feet deep into the earth, both down and out, establishing a wide and stable base. Now bring your awareness to your palms. Allow the centers to open up like a rose unfurling, imagine branches out of your palms and up into the sky, allow yourself to feel the wisdom of the Universe flowing into you.

2) **Breathing** can also be done anywhere, anytime without anyone knowing. Center your attention into your heart, think of someone you love and imagine them sitting in your heart. Breathe in and out 3 times letting the exhale be longer than the inhale. Feel gratitude for the Being in your heart. This can be combined with grounding for extra oopf.

3) **Releasing** Stand or sit with your feet on the ground. Tighten and tense your whole body for 5 seconds, then let it go with a whooshing sound out your mouth (it can be a quiet whoosh if others are around). Now take a few deep breathes into your lower belly, exhale softly and slowly, repeat a few times. Think of a time you were happy and safe, perhaps loved. Allow yourself to go back there. Stay there for a few more deep breaths.

Forgive Often, Practice Gratitude, Work Hard

March Forth to March Facts

- In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
 - The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
 - March is the equivalent of September in the Southern Hemisphere (the beginning of Spring).
 - March is the time of year when animals start waking up from hibernation.
 - The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
 - The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.
 - On March 10, 1876, Alexander Graham Bell made the first ever phone call to his assistant and he said "Mr. Watson, come here. I want to see you." And Mr. Watson texted back to Bell and said I can't hear you.
 - The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.
 - If you were born in March, your birth flower is a daffodil!
- [source: www.thefactsite.com]

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"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Things are happening!

Did you know the MFP in 'Dear MFP' stands for Master Food Preserver? The Master Food Preservers program is a group of trained volunteers who offer public classes to teach the art and science of preserving food safely. The Humboldt/Del Norte MFPs, as are all MFPs in California, are affiliated with the University of California through its division of Agriculture and Natural Resources (UC ANR) through their county UC Extension offices. We are kept up to date on research-based information about home food safety and preservation so we can share the information with everyone in our communities.

We have demos, workshops, comprehensive classes to train new volunteers, and we answer your food safety and preservation questions. And we have articles such as the ones in the Bridgeville Community Newsletter each month. All demos and responses are free to the public and, during this time of Covid, are conducted online or via e mail or telephone.

Our Humboldt & Del Norte MFPs have free online food demonstrations on the third Thursday of each month (excepting Holidays). The next Third Thursday event is a presentation on preserving food by freezing on March 18. 5:30-7:00pm. This is a Zoom meeting and registration is required. You can register for this or future online demos at: <http://ucanr.edu/mfp>

There are also online videos covering topics from fermenting sauerkraut to canning tuna, and recipes at <http://ucanr.edu/mfp> and click on 'recipes and how to videos' link on the menu on the left hand side.

Our local Master Food Preservers also have a Facebook page, <https://www.facebook.com/MasterFoodPreserversUCCooperativeExtension-Humboldt> where you can find lots of tips and information about upcoming demos and events. And, of course, you can always call, message or ask via the contact information below if you have any food preservation questions and we will answer your questions and maybe even base an article for this newsletter on one of them. Chances are you are not the only one looking for an answer!

One last note: If you plan on doing any canning in the months ahead and will be needing supplies, be sure to pick up a box of lids or jars whenever you see them. Between Covid related manufacturing slowdowns and difficulty getting materials like steel for lids, these remain in short supply. You don't need to hoard, but it won't hurt to stock up ahead as what you need may not be available on short notice.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Scott Katzdorn

The Eel River Valley Probationary Fire Academy is starting up this month. We have one member enrolled and other members as instructors. This academy is very important to all the local fire departments, it keeps us safe and reinforces techniques related to mutual aid. Because most rural fire departments are relatively small, having your neighboring departments use the same tactics and tools makes for a smooth team effort. Alder Point Fire, Kneeland Fire, Carlotta Fire and Fortuna Fire are our neighboring departments which all use this academy. The instructors and staff are all volunteering their time for the academy, both to pass on knowledge and to keep learning themselves. I'm always happy to be involved with the academy and enjoy practicing.

This is a good time to start planning prescribed burns. Fire reduction efforts with grassland control creates buffer zones for times when fire is not on your side. All it takes is a strong wind to fan the flames of unpredictability. If you would like to start the planning process, please contact the Humboldt County Prescribed Burn Association on Facebook.

We are always looking for more members to go on calls or to manage the department and the district. The department meets every first Tuesday of the month at 6pm in Bridgeville. The district meets every second Monday of the month at 5pm in Bridgeville. The people that volunteer their time are the most valuable asset our community has, please consider joining our fire and rescue crew.

Call Log:

12/24	Wildland Fire - China Mine Road
01/09	Debris Fire - Hwy 36 mm33
01/14	Medical - Suntan Glen
01/18	Medical - Hwy 36 mm20.5
02/07	Chimney Fire - Golden Gate Drive
02/19	Traffic Collision - Hwy 36 mm21.8
02/20	Rolling Medical - Bridgeville
02/21	Medical - Dinsmore



Master Food Preserver Information: Remember, use an approved recipe such as those found in the Ball Blue Book, and follow the directions and times for preparing your food, jars, & equipment as well as the recipe and canning procedure to guarantee the best and safest results. If you have any questions about the **Master Food Preserver Program** contact:

Humboldt County Cooperative Extension Office at:
5630 S. Broadway, Eureka, CA 95503, Phone: (707) 444-9334, or online at: <http://cehumboldt.ucdavis.edu>

ARE WE CRAZY OR WHAT?

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

The Excitement, The Thrill, The Almost Finished!

How Exciting! After living for 12 years in our little 16 x 24 cabin, we are planning on extending it a bit and finishing the inside. That means a real bathroom, without greenhouse plastic for a shower curtain; a bathroom sink and walls and a ceiling! A clothes washer!

This is Too Much. We are both hyperventilating thinking about the increase in space and something finished. (well, almost...nothing is finished in the hills, remember that...) Wow, increasing space enough to have a bedroom area rather than a bed corner, and maybe a closet...oh my gosh!...with some clothes hangers! To walk on floors without getting splinters or tripping over loose throw rugs. Not having to look up and see a spider crawl out of the wall seams and slide down its single strand of silk into your bed. Fire Resistant Siding!

Now...What can't be done? Is eliminating noise from the other's telephone conversations or zoom classes or having enough space where you don't have to step aside sometimes to let the other pass. And there will still be the bigger kitchen sink to brush your teeth and wash your face and underarms in the morning; still be the same chores such as carting fire wood. Although, we may get really, really urbanized and put in an alternative propane heat source to take the chill off or to use when we are just plain lazy. This is Just Too Much!

When construction begins, or before it begins, we will be taking every moveable thing out of the cabin and storing it. Then transferring ourselves out to the little studio and a sleeping tent. It will be well worth the camping out part when we are able to move back in to a fresh start. And just maybe we will be able to live here for another 10 years, or at least until both of us drop dead.

So much to do, so little time. Finish the cabin, paint the barn, put the door on to the equipment shed, install another clothes line and rebuild the permanent greenhouse in time to grow starts. This is life out here: never ending, yet feeling like time slips by too fast.

We have always loved the feeling of coming home to our little cabin space, snuggling in to a warm evening, listening to our local skunk try again to get into the trash bin and watching arguing birds peck at suet pads and new worms. It feels good to live in our small-footprint home, and will feel even better when that magic godmother waves her wand and creates a bigger, more finished space for our lovely shelter. *Somos tan afortunados!* (We are So Lucky!)

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

Most caregivers have to deal with rashes on their caree at sometime or another. Rashes can be from multiple causes. One common cause is medications. If a rash occurs within hours, days or even a couple of weeks after starting a new medication you should stop the med and call the healthcare provider to get instructions. Another common cause is a change in laundry soap. Usually that kind of allergic rash will be diffuse redness with some pimply bumps on areas of the body with prolonged contact with the bed linens. A person's back or side is a common area. If you haven't changed soaps you might check out if the manufacture changed their ingredients or just switch to another soap to see if the problem resolves.

Heat can also cause rashes. Again, these rashes tend to be on the back which gets moist and warm from laying against the bed so much in hot weather. The sun can cause an allergic rash if a person is exposed to it for hours and hours. Most people needing a careprovider won't be in the sun that long but old farmers and ranchers may be.

Then there are fungal and yeast rashes. These are much harder to deal with. There are over 300 different fungi that can infect the human body. Most of them affect the skin causing problems like athlete's foot, jock itch or those nasty, itchy, painful red areas that appear in skinfolds. These kind of fungus and yeast like a moist warm environment and love to take up residence where skin meets skin, especially abdominal and groin areas and under breasts as well as in the gluteal fold ('butt crack' for the non-medical people) Common, but not as frequent, are infections in the arm pits.

Yeast and fungal infections are usually red, shiny, gooey, raw and often have open areas, they may have scaling or sloughing tissue as well. Yeast infections will have a sickly sweet odor. Even after cured they often leave the skin discolored.

A person who has had a fungal infection is more prone to having repeated infections so it is important to try to prevent them. The key to prevention is keeping skin dry and clean. If you are caring for someone with skinfolds be sure to wash that area well 2-3xs/day and dry it well. If the person has a large belly it won't be easy to get into the deep skin folds but you can ask someone to lift the belly while you clean the folds. The person themselves may be able to help you. Placing soft cotton between the folds will also help. It is important to prevent or treat fungal infections as they can turn into bacterial infections which could require hospitalization and IV antibiotics.

(next month – prevention and treatment)

Thank You

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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)

Job Announcement

Executive Director Bridgeville Community Center

Permanent year-round position, approximately 30 hours per week, salary negotiable.

Bachelor's degree in social work, education, public health, community development, or related field preferred.

Two years minimum relevant paid work experience required. Additional paid work experience may be considered in lieu of education

General responsibilities

1. Working with the Board in order to fulfill BCC mission and strategy. Timely communication and interaction with Board at Board meetings.
2. Developing resources to enable financial health of BCC. Grant writing, fundraising.
3. Working with board, staff and volunteers to fulfill programs, strategy, community services and outreach.
4. Active in community and complementary organizations. Working closely with Bridgeville Elementary School.
5. Effective, organized administration of operations, including staff and volunteers.
6. Responsible for fiscal management and reporting. Planning and preparing Budget, financial statements.
7. Have excellent computer skills including word processing, publishing, and data entry. Must have working knowledge of Quickbooks for Nonprofits.
8. Must write and communicate effectively.
9. Must be able to establish rapport with diverse clientele and maintain confidentiality

Contact BCC at 707 777-1775 for a complete job description and application. Available immediately.

Bridgeville Trading Post

WANTED! For 2021's 25th Anniversary of BridgeFest, we are framing all of BridgeFest Posters!! We are missing 1997, 1998 and 1999. If you have one, call Dave at 777-3525.

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.

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POSTAL CUSTOMER

Be safe,
 Be happy

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How do you throw a space party? You planet!	1	2 Happy Birthday Dr. Seuss	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Time Begins	15	16	17 St. Patrick's Day	18	19 - Drive-thru Dinner 5-6pm - BCC USDA Food Pantry, 10am-4pm	20 First Day of Spring
21	22	23 BCC Mobile Food Pantry @ Dinsmore, 8:30 am-11:00am	24	25	26	27
28 ○	29	30	31	 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

You have **BRAINS** in your **HEAD**.
 You have **FEET** in your **SHOES**.
 You can **STEER** yourself any
DIRECTION you **CHOOSE**.
 ~ Dr. Seuss