



November 2021

Volume 26 Number 3



Hello Bridgeville Community,

My name is Frieda Smith, I work at Bridgeville School and just recently joined the Bridgeville Community Board. It's an honor to be a part of an amazing community. Our community is growing fast with new generations of people stepping in. It's important to me that we continue the legacy of volunteers, community networking and services. I am excited to touch on several new highlights this month. A quick recap on October's drive-thru dinner. It was a total success, the food was absolutely gourmet. Thank you to all the volunteers who cooked and helped make that dinner happen.

On Wednesday November 10th our Community Director Danielle will be hosting the first "Tea-Time" from 2:30-3:30pm (hosting every second Wednesday after that). This is a good time to talk about things that you would like to see in your community or to give feedback from the community. Also if there is anything you would like to see on the calendar for events or if you are interested in becoming a volunteer. "Tea-Time" is the place to bring your ideas and share how you can help support new projects. We look forward to being able to socialize safely.

More to come, the "Women's Gathering" is picking back up Sunday November 14th at noon in the Bridgeville School Gym. There will be no child care for this event. We will discuss future options for having childcare available. The project for this Women's Gathering will be "Wreath Making". Bring whatever you want to share, lots of greenery will be needed, if you have dried flowers, fake flowers, evergreen branches, anything from nature that you might want to share will be welcomed. There will be yoga to start and pot luck dishes or snacks are wel-

comed, coffee and tea will be provided. I want to point out that this will be a masked event along with any other events held by the BCC. We are dedicated to good health and the safety of our community. If you or any members of your family are sick we ask that you stay home and get better before attending any community events.

A sneak peek into December – the BCC will be moving forward with the Holiday Dinner and Craft Fair. Help spread the word to your fellow crafter/creators and mark your calendars for December 18th. Call the BCC at 777-1775 to reserve your spot and get details. Updates will be in the December news letter. There will also be Holiday Food for the month of November and December. Winter is early this year and a lot of us welcome the much needed water. Now is the time to start prepping for winter if you haven't started yet. Batten down the hatches. Get that firewood in, preserve your home grown foods. Stock up on candles, batteries whatever it is you do to prepare for winter. Most of all be safe out there, try not to drive through storms, be aware of falling rocks and trees. Check on your neighbors and offer help if you can, community is about looking out for one another. The more we do these things the stronger our community becomes. Communication is also important to a strong community if you have any questions or concerns please call or stop by the Bridgeville Community Center.

The BCC is looking into changing the dates for the Dinsmore food pantry to Friday from 11:30am-2:00pm. This change hasn't happened yet and the BCC is open to feedback on this potential change.

Don't forget to check your BCC calendar for dates and times of all the upcoming events.

Frieda Smith
BCC Board Member

Holiday Dinner - Looking for Vendors

If you are a craft vendor wishing to set up for the Holiday Dinner in December, please contact us in regards to the holiday dinner/craft fair - 777-1775

Giving Thanks

Editor's Note: In the spirit of Thanksgiving, I would like to recognize and give thanks to those who help make this newsletter what it is. It started some 25 years ago, and one of our current columnists has been here since the beginning. There have been many people over the years who have contributed to this community effort. They include previous editors, directors, board members, community members, columnists, representatives from the Bridgeville School, Bridgeville Fire Department, Two Rivers Community Care Group, and the list goes on.

I'd like to specifically thank the current crop of regular contributors who volunteer their time and share their knowledge: Lauri Rose with her *Healthy Spirits*, Dottie Simmons with her *Dear MFP (Master Food Preparer)*, and Lyn Javier and Kate McCay with their *Are We Crazy of What?*. They don't just write for the newsletter, they also volunteer in many different ways.

A big **Thank You** to contributors both past and present, for helping make the newsletter a community asset. I feel gratitude for being part of this process.

And lastly, thank you to the readers and supporters. Our purpose is to help fulfill the BCC's mission statement below.

Peace Joy Happiness Health to all. Attila



HWY 36 Traffic Report

To get current traffic reports check:
<https://roads.dot.ca.gov/> or call
Caltrans 1 (800) 427-7623

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

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

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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

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
to apply online

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

REDUCE, REUSE, RECYCLE

Comments and corrections are always welcome. Management is not responsible for any errors, omissions, or other editorial mis-statements, intentional or otherwise. The views expressed by the authors do not necessarily reflect the Bridgeville Community Center or its staff. If you have any other concerns, please submit them in triplicate.

BridgeFest 25th Anniversary 1996 - 2021



"Celebrating BridgeFest with 24 T-Shirt Designs!"

25th Anniversary BridgeFest 24 T-Shirt Design Banner!!

Starting November 1st, the banner will be hung at the center for a month, alternating monthly with 3 framed BridgeFest posters from years past. Don't miss this BridgeFest Historical presentation!!

Hi ladies of Bridgeville and surrounding areas,

We are slowly introducing our social gatherings for those who wish to participate. With that, we are pleased to announce our Women's Gathering is coming back. Sunday, November 14th!

Due to the current environment, we are unable to provide childcare and respectfully request that other arrangements be made for young children (10 and under) prior to attending.

We are only using the gym for the time being and will be following the guidelines and standards of the school since they are kindly allowing us to use their facility. Masks are required and social distancing to your comfort and others.

Yoga will be in the gym at noon and potluck at 1:00. We will be making holiday or decorative wreaths this month. If you have materials please feel free to bring them.

We hope to see you there, we have missed you all. If you have any questions, please call BCC at (707) 777-1775.

Happy Autumn,
The Bridgeville Community Center



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Once more, wondering where the thanks giving is going to come from in a year that is again fraught with Covid, fires and political division. I find some solace (actually a lot of solace) thinking about the people who volunteer for Bridgeville, and other places.

When you plant a seed, even on barren soil, it has enough nutrients to get started and to grow *some* kind of plant—once. But, the plant won't be strong enough to produce beautiful blooms or regenerate itself unless you feed it. To get a strong healthy plant you have to pay attention to the soil the plant is growing in.

Community is the same way, it won't matter if we build a beautiful community building if we don't nurture the *people* of our place, the true ground from which community springs. As we take care of each other, links of interdependence are formed and our community grows in strength. In a forest the trees link their roots to other trees, giving and taking nutrients as they need them. Acts of volunteering are like that, they link us up so we can support each other, give each other what we need.

The funny thing about volunteering is that the act of spending your time and energy nurturing something you feel is important, feeds you as well as those you help. You are giving to the community and the community is giving to you. Like the roots in a forest. Even scientific studies have shown that people who engage with others on a regular basis live longer and rate their lives as happier than those who sit in their rooms making 'friends' on social media.

We are lucky because our community has had leaders that skillfully work to grow, support and nurture a vibrant group of volunteers that spans all ages. But, there are lots of people who don't engage with the greater community. Some have busy lives with jobs and kids, some are shy, some just always seem to lag behind their best intentions. I would challenge these people to try it out. Call the community center and ask to volunteer for one small thing – maybe packing commodities, or helping serve a drive-thru dinner. Just a couple hours of giving yourself to support the community you live in. See if your 'ground' isn't nourished and you don't walk away feeling grateful for the experience.

To those of you who already are volunteering, I extend my utmost gratitude for all you do for the community – and for me. I was thinking to name you one by one, starting with Pam Walker, who we all miss; but, I'm sure I'd forget someone. So just know that this year at our Thanksgiving table we will be sending you blessings and gratitude for all the soil-building you do to keep this community as vibrant and happening as it is.



CERT Meeting November 8th

Next CERT meeting will be in Blocksburg on Monday, November 8th, 1:00 - 3:00 pm. Call Lyn Javier at 707 601-7982 for address.

BCC Tea-Time

BCC is introducing "Tea-Time" hosted by Danielle. It will be held every other Wednesday from 2:30-3:30 starting on Wednesday November 10th, and again on November 24th. This will be an opportunity to share a cup of tea and chat with BCC's director Danielle Holway. Although anyone can come in at any time, this would be an ideal time to come chat about programs, projects, or events you would like to see BCC have. Or talk about how you can help. Or just come in to socialize with a spot of tea.



Humboldt County Bookmobile



Humboldt County Bookmobile resumes its Bridgeville stop on the 2nd Tuesday of the month from 10:30 - 12:00

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



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



With the threat of looming store shortages this is a good year to consider making gifts at home for this Holiday Season. While there's a treasure trove of flavorful ideas for home-grown Holiday gifts to choose from, **Do Not Give:**

- Canned breads. Instead, package completely dry cake recipe ingredients as gifts and provide mixing and baking instructions.
- Canned chocolate sauces/ fudge sauces. The NCHFP, USDA or its partners do not have safe tested recipes for these products.
- Canned gifts made in decorative, untested, jars. There are decorative approved canning jars, use non-approved jars for dry mixes, vinegars, and herb/spice blends.

Most chilled foods can only safely be kept out of refrigeration for a very short period of time. When choosing to give a refrigerated or frozen preserved food as a gift, deliver it in person.

Here is a useful link for Flavored Vinegars:

The basics: http://www.uga.edu/nchfp/publications/uga/uga_flavored_vinegars.pdf

Flavorings: To one pint of vinegar (multiply as desired) For best quality store in fridge.

- Herbal-Mix – White or white wine vinegar, 3 sprigs each fresh parsley, Rosemary and thyme, lightly crushed
- Lemon-Dill Peppercorn – White vinegar, thin peel of one whole lemon, 4 sprigs fresh dill, ½ tsp. whole black peppercorns.
- Raspberry (3 cups) – wash 2 cups fresh raspberries and bruise slightly with back of spoon. Place in clean, sterile quart jar. Heat 3 cups white vinegar to just below boiling and pour over berries. Cap tightly and set in cool, dark place for 2 to 3 weeks. Strain through cheesecloth and decant into clean. Sterile bottles.

Other great gifts include a "mix in a jar", layering dry ingredients for beverages, quick bread, cookies, or soup into a jar and attaching directions for cooking.

Packaging: Remember to carefully pack your canned and baked goods carefully so they survive to their destination. If shipping pack with crushed paper, bubble wrap, or even popcorn (!), to make sure nothing shifts in its box, making sure no glass containers are touching.

Labeling - Clearly label the contents of your gift including:

- The creation date, ingredients, storage instructions, tips for use.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Scott Katzdorn

The other day, I had a conversation with two younger men as they were waiting to get their vehicle repaired at the shop I work for. I brought up the subject of our local volunteer fire departments and how they always need more members. They talked as if Fire Departments only let the biggest and the bravest into that kind of work. These two gentlemen were of a smaller stature, multilingual and had not even considered becoming firefighters because of that stereotypical idea that we are always shown on movies and TV. When I told them that I was a local Fire Chief and the local Technical Rescue Team Leader they could see that I was not one of the biggest and bravest, maybe just one of the busiest. I told them that there were monthly meetings, work friendly training schedules, and that they would learn skills that would last a lifetime. The conversation ended and their vehicle was eventually back on the road.

The firefighters that I have met volunteering have all kinds of different reasons for helping out. They all want to help their community, some want the training, a few have had life experiences that drive them to take on any challenge, others are going from volunteer to paid professional firefighter (like a jump start into a career), and there are those that do it because it just makes sense. I have met a few that have had relatives that were part of the fire service, most of them ended up going very far and are usually officers and Chiefs. Families are the strongest supporters of the fire service, the sons and daughters hear the stories and eventually want to help out.

This month is seven years helping with the Bridgeville Volunteer Fire Department. I have been Chief for a little over two years and Technical Rescue Team member for over four years. Firefighting is not my career, I work out of the area five days a week and get my forty hours fixing vehicles in Redway. We don't get hammered with calls in Bridgeville, but some of them take a while because of drive times to the scene, so we would love some more additions to the crew to help cover our area and serve our community.

This month's article is a callout to those who have not considered joining their local fire department and might be more interested after reading this article. The Bridgeville Volunteer Fire Department meets every first Tuesday of the month at 6pm at the Fire Barn right behind Bridgeville Elementary. If you have any questions or concerns please call me, Chief Scott Katzdorn, at 707-777-3244.

ARE WE CRAZY OR WHAT?

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

A Convention of Flies, Cloud Nine and Apples

We came home one afternoon to a house full of flies....like it was the middle of a hot August day instead of this cooler October! On the windows, on the floor, on counters, in our hair (okay, maybe we are exaggerating a bit...but it was a lot!) We have a leather fly swatter and it attacked and attacked, even attacked two flies on top of each other. Alas. More would be there the next day or flying right in front of our face at night when we were having dinner. The only thing we could think of is that this particular assembly of flies was having an all-tribe convention and wanted to meet in a place with a lot of color and a new compost bucket. We figured the convention lasted about a week, with males meeting females from other tribes to keep the lineage strong. They seemed to be all the same size, so we were unable to distinguish the *Lord of the Flies*. They all were of the same color, the same amount of legs and all could affix their bodies in any direction. When you think about it, we really were lucky to be guests at this special societal convention, yet hope next year they select a different location.

We don't think we would make good farmers with animals. We can barely take care of our three cats and last month one of our cats, Tommy, got so sick with something we don't know of that he left us into the mist of cat cloud nine. It was so very sad to say goodbye to one of our family, and to a cat that was so loveable, very curious and a rebel rouser. His mother, Redy, and brother, Jerry, miss him too as they wander around the property trying to find him. His body will rest in peace in a special place in the Labyrinth garden.

Everyone's running around trying to put in all their harvest while totally submerged in Apples. Apple Betty, Apple sauce, Apple juice, Apple pastries, Apples for breakfast, lunch and dinner...fresh, canned, candied and frozen. Jimmy, the Apple seed guy, has nothing on us around here!

During and after harvest is the time to use Brawn again. We hate to use it, our muscles scream about it, but now is the time to make sure the soil (and garden area) is ready for planting in the spring. "Stand that stand, dig that soil, keep on going till you die from the Toil!" The Brawn is to dig in compost, till, plant cover crops, weed that well-trodden path around the Labyrinth, mulch strawberries with pine needles and straw mulch the grapes. Oops, heavily sprinkle blood meal and bone meal around the outer reaches of the fruit trees. ...We dream of waking into a fairy dust world where every task, every dream, every need has been taken care of, and all we have to do is flutter around to land in our comfy, cushioned and quilted arm chairs to watch the world go by. Mmmmm.

It is our 16th anniversary, 13th year "Back to the Land", 144th year totalized of our lives – and still going strong (well, maybe a little bit flimsier and a lot pooped...but who can tell?)

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Calley

TRCCG News

Two Rivers Community Care Group

Reminiscing

Reminiscing is a simple form of socializing that doesn't ask much of a person with cognitive issues. It is also deeply therapeutic. It's hard to believe that something so obvious and intuitive can be so powerful. But, it really is.

As cognitive decline sets in people begin to doubt their own worth as human beings. Thinking back and remembering past triumphs, or just plain old good times, can help validate a person's self-worth and bolster their sense of dignity. When you truly listen to someone tell their stories they are going to feel heard and understood. If you think back to a time when someone listened to *your* stories and remember how that felt, you will understand how validating reminiscing can be.

Reminiscing also helps strengthen over all memory by stimulating brain cell connections. It helps decrease depression. And, if practiced regularly, it can help decrease stressful behaviors.

Reminiscing can be as simple as asking someone for a story of their youth. But, including as many of the five senses as possible strengthens the experience. Keep some photos on hand to use as a prompt so your friend can hold (touch) and see (vision) the memories. You might try putting on some music from their high school years for auditory stimulation. Smells are also excellent at pulling forth memories. The smell of baking cookies is often cited as good for bringing up childhood memories. But, if someone was once a janitor, maybe the smell of cleaning fluid would work well. Perhaps someone worked in the woods; the smell of fresh-cut fir might be a good stimulus. Just make sure the props will pull forth happy, pleasant memories. If grandma handed you fresh baked cookies, then beat you silly, the smell of baking isn't going to work well.

Family gatherings, like Thanksgiving dinner, are great places for reminiscences. Young kids love to hear the stories of their grandparents. And older adults are beginning to realize that they need to get these stories soon, or they won't get them at all.

The thing to remember about a family gathering is that it can be loud and chaotic. For a person with dementia, who cannot process quickly, it can be a very confusing and exhausting situation. The chaos may illicit anger or other problematic behaviors. Though you want to honor 90 yr old Uncle Max with the best seat at the table, you might want to think about putting him in a quiet corner. He might even feel best in his own room where family can visit with him one or two at a time.

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

For Sale - Local Honey. Quarts \$25 Pints \$13. Call 777-1921

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

Be safe on the roads at the start of this rainy season, and if you are planning on travelling, be vigilant. Have a Happy Thanksgiving from all of us here at Bridgeville Fire!

"If you are not willing to learn, no one can help you.
If you are determined to learn, no one can stop you."
~ Zig Ziglar



Carol Ann Connors
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License 0488272

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707-725-3400



Kiki Bugenig
1941 - 2021

Kiki was one of a kind; fearsome, a cowwoman, animal lover, artist, teller of tales, a good friend and a member of our community, we will miss her.

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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November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Fire Dept meeting, 6pm	3	4 BCC Board Mtg	5	6
7 6 Rivers Mad River Community Breakfast Daylight Savings Time Change	8 CERT meeting Blocksburg, 1-3 pm Fire District meeting, 6pm	9 Bookmobile BES School board meeting, 530-630	10 BCC Tea-Time 2:30 - 3:30	11 Veteran's Day	12	13
14 Women's Gathering, noon	15	16	17	18	19 BCC USDA Food Pantry, 10am-4pm	20
21	22	23 BCC Mobile Food Pantry @ Dinsmore Airport, 8:30 am-11:00am	24 BCC Tea-Time 2:30 - 3:30	25 Thanksgiving	26	27
28	29	30			 Please Don't Start Smoking	

WEEKLY:

Mondays: BCC CLOSED

Thursdays: Cancelled - Community Potluck Brunch

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

www.BridgevilleCommunityCenter.org

