



October 2021

Volume 26 Number 2



Merry October everyone. You may have seen me sitting down out in front of Swains Flat store this weekend. We were doing a bake sale raising funds for the Backpacks for kids weekly food program. If you are interested in hearing more or seeing how close we got to our goal, give us a ring. We will also be having our basket raffle this month. For more details contact the center or speak with Maria. Speaking of Maria and Jacob, they will be hosting our drive thru dinner this month with their infamous lasagna and butternut squash lasagna. Get it by the plate or the tray!

Thank you for everyone who turned out for the volunteer appreciation dinner. It was awesome to see everyone, even if it was drive thru. The pork was a success, however I believe some tweaking may need to be done for the vegetarian jackfruit option. Thank you for being my guinea pigs as my first go with the jackfruit, Another thank you to Laurie Church for being my go to for the salads. Much appreciated. Congratulations to our winners of the volunteer raffle, Norma, Linda, Frieda, Doug and Valentina and I can't wait to see us doing this dinner in person again. I hope soon folks.

As a group here at the center, we are finishing up projects related to our Community Building Initiative Grant. You may see us around town painting the bus stops, installing our BCC kiosk near the post office and even doing some filming for our Videos showing progress from before the grant and current. We are still reaching out and looking for locations for a HAM radio (repeater), and so on. Again, such good work done by those who worked this grant and many good things have happened throughout the community because of these folks hard work. If you see us, give a little honk and say hi. We will be trying to

tackle these outdoors projects before the rain.

Rain! Yes, we had a sprinkle back in September. Perhaps some more will be coming. It is time to pull out the fall clothes and winter hats. Halloween is around the corner and before you know it, we will be ringing in the New Year. Take a step back, a deep breath and soak in the remaining sun while it lasts. Give yourself a break between the gathering of fire wood, canning and packaging of meat. Take a hike and enjoy nature before turning to hibernation.

Stay cool.... and warm folks.

Danielle Holway



Inside this Month

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Calendar

Boo!

BCC Survey Question

This question is for senior members within the greater Bridgeville Community (who are 55 years old and up). **What programs would you like the community center to have? What services would you like the community center to provide?**

Thanks for responses. You can call the office at 777-1775, email bridgevillenews@yahoo.com or mail a letter, or come in and talk to us. We need your feedback, and you can possibly win a BridgeFest T-shirt.

BCC looking for volunteers

Looking for a Food Pantry Helper on commodity day, Friday October 22, between 10am to 4pm. You could volunteer as little as 1 hour, or more. Work with other volunteers distributing brown bag commodities to community members.

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

BridgeFest BroadCast!

BridgeFest 2022 is looking for a volunteer coordinator and event grounds person. Be part of a dynamic BridgeFest Committee! If interested in more details contact Kate at: katemccay123@yahoo.com

And thanks to Randy, Maria, and Travis who volunteered to organize the BridgeFest container on a fine September day. On a different intergalactic space time continuum their efforts might have been rewarded with a slice of pie. Mea Culpa. Again, thanks for the stellar effort.



HWY 36 Road Update

Stops, traffic patterns are constantly changing. Caution is advised when driving through the construction zone in the switchbacks. Rock slides and flooding can cause possible hazardous driving conditions.

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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Bridgeville Community Center

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Spay and Neuter Your Pets



There are programs that can lower the cost of your pet's spay and neuter procedures. Find a voucher program, it can lower the procedures by over 50%. Some have requirements. Check around.

• **Sequoia Humane Society** (a low income program, see table below for income levels): (707) 442-1782

LOW INCOME GUIDELINES COMPARISON CHART

HOUSEHOLD SIZE	Qualifying Income Cap
1	\$23,340.00
2	\$31,460.00
3	\$39,580.00
4	\$47,700.00
5	\$55,820.00
6	\$63,940.00
7	\$72,060.00
8	\$80,180.00
Each Additional Family Member add:	\$7,400.00

Sequoia Humane Society Voucher Amounts

CAT		
Neuter		\$48.00
Spay		\$72.00
DOG		
0-25 lbs	Neuter	\$100.00
26-50 lbs		\$122.40
51-75 lbs		\$128.00
76-100 lbs		\$144.00
100+ lbs		\$179.35
0-25 lbs	Spay	\$124.00
26-50 lbs		\$155.55
51-75 lbs		\$176.00
76-100 lbs		\$196.35
100+ lbs		\$225.25

Contact veterinarians and clinics to schedule procedures, ask for prices and scheduling.

Humboldt Spay Neuter Clinic (707) 442-7729

2021 Price List: Please note- our goal is to spay and neuter, please do not hesitate to call and ask for financial options and voucher programs!

- Cat Spay: \$90
- Cat Neuter: \$60
- Feral Cat Spay/Neuter: \$55 (click [here](#) for more information about our feral cat package)
- Dog Spay up to 30 lbs: \$190
- Dog Spay 31-60 lbs: \$230
- Dog Spay 61-100 lbs: \$280 (please call for dogs over 100 lbs)
- Dog Neuter up to 30 lbs: \$150
- Dog Neuter 31-60 lbs: \$190
- Dog Neuter 61-100 lbs: \$240 (please call for dogs over 100 lbs)

Hum Dog also has a voucher program, no income qualifications, must be Humboldt Resident: call (707) 444-3862 for info.

First, get a voucher and find a veterinarian. Other Veterinarians who also provide spaying/neutering services include: McKinley Animal Care, Garberville Redway veterinary. Ask friends for recommendations and reviews. Thank you for spaying/neutering your pet.

Randy Krahn Fourth Annual
2021 BridgeFest
Extraordinary Volunteer
Achievement Award
Presented To



Kay Brown

Kay is an important member of the BridgeFest Committee in planning and implementing our Event. For many years she has been manager of the BridgeFest Food Booth, making sure the supplies, pies, drinks and goodies are available and set up to sell. She has also been the main chef in a few of our Drive-thru dinners. She is always available to do what is asked of her, what needs to be done and does it with a smile. She has a soothing personality, yet is a powerhouse in her actions. No less, She has been a great help to the Center in assisting with the accounting.



Bridgeville 4H News

The Eel River Valley Chapter of the National Society of the Daughters of the American Revolution sponsored a wreath-laying ceremony today to honor Richard Guadagno, the former manager of the Humboldt Bay National Wildlife Refuge. He was flying home on Flight 93 from his native New Jersey when passengers and crew members fought back against hijackers, sacrificing their lives to prevent the plane from reaching its intended target, thought to have been the U.S. Capitol. Junior American Citizens from the Bridgeville 4-H Club, President Myla, and Treasurer Calvin, participated by carrying the flags for the service.



Bridgeville Community Center Presents

The 2021 Bridgeville Community
Volunteer Lifetime
Achievement Award
To

PAM WALKER

A powerful, gracious and good-humored woman, Pam bolstered and supported our Community in so many ways and for so many years. An Energy Force in getting things done, a Grand Chef to the countless multitudes and a Coordinator/moderator for many meetings and community efforts.

In the time her children were still at home and at the Bridgeville Elementary School, she led the 4-H group, was project leader in school efforts, educational endeavors, President of both the PTA and the Booster club, Cook to many fundraisers & get-togethers.

She took part in the Bridgeville Community Center from the time it was founded in the early 1990's. She served hot meals for the Senior lunches and took many turns at cooking for their community events, bake sales and fundraising dinners.

Pam put a lot of time into the wellbeing of Southern Trinity Health Services and STAR. She initiated or was involved in the STHS Clinic's fundraisers and was a STAR dispatcher for many years - always found in the kitchen preparing wonderful meals to help out in STAR fundraisers.

In her "spare" time, she organized and was hostess to many home social gatherings. No one will forget the Christmas Cookie Party or the Ice Cream Social or the High Tea, to list a few. She was one of the founding Bridgeville Quilters- for many years participating in the stitching and edging of the annual fundraising Quilt.

Throughout her years within our community, whatever the project or issue may be, she would do what needed to be done and get done what she set out to do, whether it was being actively involved or playing it close to home on the phone.

She was a Dynamic Custodian of Our Community.



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

This has been a rough couple of years (duh!). And stress, physical or psychological, can have long-term negative consequences. You can't change the fact that highly stressful events like pandemics, political collapse and fires are happening. But, you can change how you interpret and respond to these events. It's time (or past time) to break out our resilience building techniques and start using them.

Resilience is the ability of a substance or object to get mangled yet still spring back into shape. Resilient *people* build mental processes and behaviors that promote their personal strength and help them know they can still affect their world, even when it seems out of control. They remain flexible and learn to skip putting energy into unsolvable black holes. They focus on what *can* be done.

Lucky for us, resiliency is a skill that can be learned. Start by finding what supports you in your world, and start feeding those things or relationships by paying more attention to them than to the things that stress you. Ex: limit the news and increase the gardening.

Feeling connected and supported by another person really fosters resiliency. Find and nurture one deep relationship with a person you know you can trust. Reach out to them and tend that relationship. We also gain a sense of being effective in life when we reach out and help someone else. So – help your support person. Or anyone else in your community who needs assistance.

Another way to explore seemingly out of control situations and reframe them into manageable chunks, is to write about them. Whether you write prose in a journal, poetry on the wall, or just as a rambling mess, it will help your brain to get some objectivity. You can also sing about your pain and troubles, or put them in instrumental music or in art. You'll find some gratitude for your troubles as you explore how they are changing you for the better. Remember, everything that doesn't kill you, makes you stronger.

Foster gratitude. Everyday force yourself to think of three things that you are grateful for. Write them down. One fun way to do this is to use a 'headline' format. "Zinnas Exuberantly Praise the Sky, Lift Woman's Soul Too."

Exercise plays a big, big part in helping the body dispose of excess stress hormones. Anytime you are in a stressful situation EXERCISE, especially the big muscles. Even if you are wheelchair bound you can get aerobic. There are lots of YouTube videos for chair exercises.

Takeaways – Find the spots in your life that you *are* in command of and acknowledge them, Reframe towards the positive, Connect, Exercise.

Below is a link for Tapping for Resilience. It's a weird technique but some studies have shown it to be useful for managing stress. <https://www.thetappingsolution.com>



BRIDGEVILLE CERT VOLUNTEERS EAT PIE AND HAVE A GOOD CHAT

Under a beautiful blue September sky, at a gathering billed as The Fabulous Pie Party/B-CERT Volunteer Meeting, eight dedicated folks from our community became better at what they do. They are a part of the 20 plus members of the Bridgeville Community Emergency Response Team. And what they do as Team members is become better at being able to respond with disaster preparedness to local emergency situations. Lyn Javier, promoter of the local group, says that "We are getting to know our neighbors and what we can do together in any situation."

Nourished by a variety of home made pies and encouraged by each other's optimism and energy, were Randy Krahn, Kate McCay, Dave Vegliano, Dottie Simmons, Ceci Lemieux, Polly Kinsinger, Pam Small, and Mark Middleton. The Team is making plans to provide signage (through the BCC Newsletter) for individuals to display at their homes after a local disaster like fire or earthquake. The signs would give information to rescue personal such as "Gas Shutoff here" or "Fire Fighting Water Valve".

A great deal of constructive discussion, a bit of practical training, and some awesome storytelling filled the two- hour meeting. The next B-CERT meeting will be held on Monday November 8th with time and place announced in the Newsletter. And PIE could happen as well!



Giant Pumpkin at Swains Flat, courtesy of Abel.

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



It's Apple time!

'An apple a day keeps the doctor away' with high fiber, vitamins, and crisp deliciousness. Here are some suggestions for choosing the use and preservation method best for your apple variety.

Red Delicious, Fuji, and Gala apples are best eaten fresh. They do not freeze or cook well.

Fresh storage: Arkansas Black, Waltana, Rome Beauty, Mutsu, Fuji, Granny Smith, Winesap will keep 4 to 5 months or more. Only use perfect apples for long-term storage. Store **individually wrapped or layered** in paper in boxes with loose-fitting lids. Store in **cool, dark, well-ventilated spot**. Apples cannot withstand *freezing* temperatures, keeping best around 40°. Higher temperatures shorten storage time. Do NOT store next to potatoes or onions which release a gas that speeds ripening.

All apples can be dried. Some may need treating to maintain color. One treatment is Ascorbic acid (vitamin C). Peel, core and slice apples 1/8 inch thick. Make a solution of 2 cups water and 3000mg vitamin C (1 teaspoon ascorbic acid powder or the equivalent in crushed vit. C tablets). Soak sliced apples in solution 3 to 5 minutes, then drain and place on dehydrator rack. Dried apple slices are leathery, but cut and squeezed show no moisture. Place in air -tight containers and watch for a few days. If condensation appears in the jar they need further drying.

All apples make great cider or juice, and often the best is made from a blend of different varieties. Cider is best preserved by freezing (leave space in the top of container for expansion).

Varieties best for applesauce and apple butter: Golden Delicious, Rome Beauty, Stayman, Jonathan, Gravenstein and McIntosh.

Varieties acceptable for freezing: Golden Delicious, Rome Beauty, Jonathan and Granny Smith. Consider freezing sugared spiced slices for pie filling, or prepare a pie, crusts and all, and freeze to bake later!

For canned pie filling Stayman, Golden Delicious, Rome, or similar varieties are suitable. For canning pie filling, be sure to get the cornstarch called 'ClearGel'. ClearGel withstands the heat both of processing and of baking the pie.

For fresh pies and baking: Granny Smith, Bellflower, Rome Beauty, Jonagold, Braeburn, Honeycrisp, Cortland and Pink Lady.

Most apples are good for making jelly without added pectin. Make sure about 1/3 of the apples are underripe, to get the most pectin.

There are many other ways to preserve apples. For recipes check the 'Ball Blue Book' or 'Ball Complete Book of Home Preserving' or 'So Easy to Preserve'.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Scott Katzdorn

Our Department's most recent training day was time spent with our new Rope Rescue System. It's a Windlass Capstan Winch that can be affixed to a tow receiver, or to other anchors, and uses the rope's own friction to tighten up. It takes a lot of people or a high ratio rope-and-pulley system to match what the Capstan can do. We maxed out our 300 foot ropes to haul our volunteer rescue mannequin "E" and Assistant Chief Holway to the top of the hill with ease. This equipment was donation funded by the Loomis Foundation, which we are very thankful for!

Another part of the fire department world is maintenance. Trucks have to be driven and operated or they fall apart. They also have to be ready to go **all the time**. Fluids, fuel, brakes, tires, and top it with a custom water pump and tank - Every part of that list is an unknown of possible financial burden. We had to update the tires on our Wildland Fire Attack E7662 to match the dirt roads that we usually travel on because we were close to getting stuck too many times. When the word was out that we were getting tires, Redwood Towing donated funding for the front summer/rain tires, so that we wouldn't wear out our winter fronts. Then, Redway Tire gave us a spare, rim and all, to match our size change. Hummel Tire donated the labor to change the tires. A very fine group of people helping us with our ever revolving maintenance, Thank You!

The Bridgeville Fire District is the largest in Humboldt County. We get mutual aid from Kneeland Fire, Carlotta Fire, Alder Point Fire and Southern Trinity Area Rescue. There is one Cal Fire Station in Bridgeville that closes down in the winter months. Volunteers are how we take care of each other around here. Please consider joining your local volunteer fire department. If you have questions about this department then please call 707-777-3244.



ARE WE CRAZY OR WHAT?

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

An Almost Tree house, Parkland Grapes, and Rain

It's a new experience walking on finished floors. It is warmer and sounds different – a whisper instead of a thud. But there's a whole lot of bare floor; no piles of rugs to cover the rough plywood, and shiny new so you see every dust mote, every cat hair, every food scrap – which means more dust moping and sweeping. And more floor to do!

It's a new experience too, feeling as though we are living in a tree house or on the top floor of a lighthouse with windows and light coming from on all sides, as if you are on top of the world. Ten windows instead of five, four at 6'X4'. Whew!

Beyond this new marvel of a renovated house, we had to keep up with the new exterior paint job by power washing the house decks, sanding off the old stuff and staining. Kate went wild and power washed the rough plywood exterior of the wood shed to paint; possibly the barn too by the time you read this...maybe.

We know, this all sounds very domesticated, ordinary, tame – as it is. Kind of. But we have other things going too. We took down the old permanent greenhouse and only have to pull out rebar and t-stakes, plus roll up the old chicken wire fencing to make this area a parkland of walnut trees and grape vines. Those unfruited-due-to-tree-shade grapevines have lived their whole six year life in that greenhouse and are now outside, strung up on a partially built arbor to weather our freezing weather. Looks like we are going to have to fashion a grape-greenhouse for the winter and hopefully finally get grapes next year.

This year the Labyrinth garden was half vegetables and half a wild mass of overflowing calendula, cosmos, dianthus, daisies, bee balm, salvia, dill, fennel, marigold, small and large sunflowers, asparagus ferns, bits of parsley, zinnia, cornflower, aster, bush beans that got taken over and that besieging sorrel. Most of which just came up, seeing that there was lots of room to grow and do their thing. It was quite beautiful. Some would say flowers for looks are useless in a vegetable Labyrinth garden, but who cares...it was beautiful!

Today, September 18, we see dribbles of rain outside, hopefully the beginnings of heaven's water to drench this dry land, put out the fires, fill our wells and tanks, revitalize our springs, and give us good drinking water and garden life. Blessed Be.

Kate McCay and Lyn Javier
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

This column has shared information about the advantages of getting your wills and advance directives in order well before need. What about pre-prepping your funeral arrangements? Some people think it's ghoulish, but there are plenty of reasons to take care of your 'arrangements' ahead of time.

The best reason to pre-plan your funeral is to reduce the emotional and financial strain on your family. Most people don't know who to turn to after a person has turned into a 'beloved deceased'. Not knowing what to do, your family may just call the first name in the phone book. And, because they don't know what you wanted, they may feel pressured to spend more money than you would have liked. When people are in grief they want to show how much they loved you and it's hard to be shown beautiful caskets and say, "No, we show our love by choosing cardboard," unless *you've* made it clear that *is* the best way to show love for you.

Planning in advance also gives you the chance to have a say in your funeral arrangements. You can instruct for the barest minimal, say a cardboard casket and cremation. Or you can direct for the Humboldt Symphony to play taps at your graveside. Unless you state your preferences before hand everyone stands around guessing what you would have wanted. By making your own funeral-related decisions you reduce the stress on your family and they can use the time to process their grief by being together and sharing memories of you. Some people even write their own obituaries.

Creating a plan yourself can also minimize family disagreements. My grandfather wanted a cremation. Cremation is not considered proper for someone of the Jewish faith. Granddad's 2nd wife (of just a few years) want him to be buried. Sparks were flying. Luckily he'd written his wishes down and a family member could advocate for him.

Pre-planning can be as simple as leaving a written record of your desires for the disposition of your body and your memorial. Or, it can include paying for services in advance. Prepayment usually takes the form of an insurance plan that you purchase through your chosen mortuary. You never know for sure where you will die, so make sure your pre-pay plan is good for any mortuary, not just the one you purchase it through. For this reason I don't recommend pre-paying for a cemetery plot. If you don't die at home, transporting a body can be very expensive, and there is not a good 2nd market for pre-paid plots.

In a nutshell – for the sake of those you leave behind, leave written instructions for your post-life needs. And, if possible, prepay them.

Thank You

THANK YOU SPONSORS for making the newsletter possible.

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

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

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



Good Kind Bridge - AA Group, Bridgeville
Thursdays, 5 to 6 PM (to Oct 15)
"Living Sober Meeting"
- on the old bridge, park by the Post Office,
bring a 5 gal Bucket to sit on!



BridgeFest T-Shirt Sale

\$ 10

October Sale: All shirts are \$10 (normally \$20, 50% off sale). We have also discovered T-shirts from previous years. Come in (or call) for info on selection: various years, colors, and sizes.

Makes great presents, for that special human or alien. Check early to get the best selection.

Medicare Open Enrollment

REMEMER: Open enrollment for Medicare Part D and Medicare is from Oct. 15th to Dec. 7th. PLANS CAN CHANGE so review your plans to make sure they will still cover your drugs and use your preferred pharmacy. HI-CAP at the Senior Resource Center in Eureka can help.

REDUCE, REUSE, RECYCLE



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POSTAL CUSTOMER

Happy Fall

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS					1	2 BCC Bake Sale, Swains Flat Backpack
3 6 Rivers Mad River Community Breakfast	4	5	6	7 BCC Board Mtg	8	9
10	11	12	13	14	15	16
17	18	19	20 ○	21	22 Drive thru dinner BCC USDA Food Pantry, 10am-4pm	23 STAR Spaghetti Dinner, \$10 Details TBA
24	25	26 BCC Mobile Food Pantry @ Dinsmore Airport, 8:30 am-11:00am	27	28	29	30
31  Halloween						 Skip the Bottle, Save a Life

WEEKLY:

Mondays: BCC CLOSED

Thursdays: Cancelled - Community Potluck Brunch

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

www.BridgevilleCommunityCenter.org

Lasagna Drive-Thru Dinners **Friday October 22**

Friday, October 22
 - Pick up between 5 and 6:30 pm, at the BCC parking lot. Order by Tuesday, October 19.

