



September 2021

Volume 26 Number 1

The ship landed! They left their gifts for us and propelled back into space to leave us planning for another year. I am sure many of you viewed the virtual BridgeFest on youtube for the 25th annual raffle. If you have not, you still can. Watch our very own Bone Nose Number 1 and 2 draw those raffle tickets and perform the best version of an alien Vanna White you could imagine, while visitors pass by in flashy git ups. If you were a winner, you would have been contacted on the 24th of August to learn how to collect your prizes. A big congratulations goes out to Kenny Church, the winner of the BridgeFest quilt, an absolute beauty. We had over 60 prizes go out so if you have any questions about the drawing or prizes just let us know.

With BridgeFest coming to a close for its 25th year, we must look back at this year and say, "What the Heck?" I don't know about you guys, but I am ready to have our celebration back and running in full force next year with vendors and friends alike mingling in the streets (*street*) of Bridgeville. I want to see it, you want to see it...let's make it happen. We are ready to start planning for this coming year's festivities and will need all the help we can get. Our comeback event should rock the hills. If you think you may want to participate and lend a hand, some ideas, or even get a booth or give a donation, LET US KNOW!!! We need all hands on deck for this coming year. Fundraisers galore and bake sales and pies. Help us make next year a blast for all.

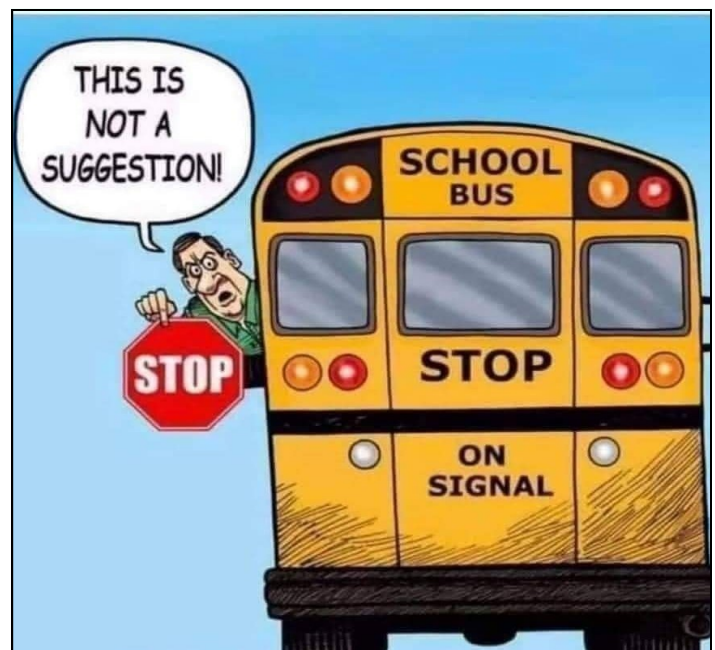
Speaking of our up and coming need for volunteers, we would not be where we are without the hard work of our current crews. Such a huge 'Thank You' needs to be said to all those who have donated and volunteered their time, from dinners to raffle tickets, to supplies and recording. You all have made, not just BridgeFest, but this community a joy to be a part of. Thank you Thank you Thank you! In honor of all you amazing folks, Septembers drive thru dinner will be our **Volunteer Appreciation Dinner**. We will be reaching out to those of you who have participated and volunteered in every inch of

our community. Community Center, Bridgeville School, Bridgeville Fire, CERT, Fire Safe Council, Two Rivers Community Care Group and more could not succeed and thrive for our community if it wasn't for the volunteers that man these stations and groups and devote time and energy into our beautiful and diverse Community. If you don't think we have your current contact info, please reach out to the center, so we can show our gratitude with a free drive thru dinner, we will need a head count! 707-777-1775

Another shout out needs to go out to everyone in the community that showed up for our last minute Pizza and Soda gathering. It was very last minute, and we owe a huge thanks to everyone who took their time out and came down (or tried!) to show their support for the town and the people. Thank you all again! You are awesome!

Until next time, stay happy Bridgeville. Perhaps I will see you at the drive thru dinner...

Danielle Holway



Throughout the year, community residents from far and wide step up to volunteer for our community's activities: BCC projects, committees, administration, commodities, programs, BridgeFest - The Bridgeville Fire Fighters, Fire District Board, Fire Safe Council - Two Rivers Community Care Group - BES Booster club and projects.

Every year Bridgeville Community Center offers a free dinner to these volunteers. The Center will be calling volunteers to invite them to the Free drive-thru event. There will be free raffle tickets given out as you drive thru—prizes displayed to drive by and wish for (winners will be called).

Annual awards will be given for Fire Fighter of the year, BCC volunteer of the year, Two Rivers Community Care Group volunteer of the year, the BES volunteer of the year and the Randy Krahn Extraordinary BridgeFest Volunteer.

**—Volunteer *Free Drive-thru*—
Pulled Pork and Vegetarian Dinner
Friday, September 17, from 5-6:30.**

**We will be calling you!!
RSVP 777-1775**

Who are the members of the Bridgeville Community Center Board of Directors?

Joyce Church, Clover Howeth,
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

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School News

by Frieda Smith



Hello Bridgeville Community, I hope everyone has enjoyed their summer. Fall is here and we are ready for school. I would like to Welcome our new Superintendent/Principle Don Boyd, he joined the Bridgeville team July 1st 2021. Everyone at Bridgeville School thanks John Blakely for his time and putting in for the Measure S Bond. A huge *Thank You* to all those who voted yes. The schools water project is almost complete. We have water back to the school but we are still being careful with water usage until our tanks are full. Our filtration system is estimated to be completed around the end of September. Until then we are still practicing the no drinking policy. There is plenty of filtered and bottled water for staff and students. We are beginning this school year practicing the same Covid-19 and now Delta Variant and whatever else comes our way, as last year. We will continue to maintain a healthy environment for staff and students. Bridgeville School offers Independent Study for those who would rather keep their kids home. As of now Bridgeville School is not able to provide transportation to and from school. The School is looking into getting a bus and driver in the near future. Over the summer we had new carpets and floors put in the office, classrooms, kitchen and some of the bathrooms. I painted all rooms that needed it and gave all rooms a deep cleaning. The School is going back to its regular school hours with Wednesday being the only 1:30pm day, all other days are 8:30am-3:00pm. After School Program will go to 6:00pm all week with snacks and drinks provided. One of the best parts about coming back from summer is seeing how much all the kids have grown and hearing all the different summer adventure stories. We look forward to this new year and many more improvements to come... Take care and be safe out there.



**Read A Book
They Deliver**

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.

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Trinity River Harvest
Trish's Out of the Way Cafe
The Outdoor Store
Western Chain Saw of Eureka
White Acres Family Farm
Wild Cactus Clothing
Wildwood Chain Saw

***A Special Thank-You to
Humans/Aliens who
purchased raffle tickets.***



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

September 21st is World Alzheimer's Day. Alzheimer's is a type of dementia, or cognitive impairment. It is important to know if someone has Alzheimer's or another type of dementia because the medications and treatments will differ. There is no cure for a true dementia but there are medications and/or supplements that can slow the downward progression – sometimes, in some people. So, early diagnosis is important. Denying Pops is having problems because you are afraid of the diagnosis, could be delaying important treatment.

Some things can cause memory problems and look like dementia but aren't dementia. Some causes of pseudo-dementia include antihistamines, pain meds, tranquilizers and problems such as hypothyroidism, sleep apnea, vitamin B-12 deficiency and even urinary tract infections. And that's just the short list! If you think your spouse or parent isn't 'tracking' quite right, check it out.

Early diagnosis is so important because the person with dementia can still participate in their health care. They can make a durable power of attorney for health-care stating their wishes for future treatment, they can make financial decisions and wills. Most importantly they can do the things they want to do before it's too late. Early diagnosis also allows people/families time to think about and prepare for obstacles down the road. You might even want to build a cottage or a room for a careprovider. Because, like it or not, there are some hard times coming down the road for you and you want to be as prepared as possible for them. Dementia is not something to wish for, but caring for someone you love who has dementia can be a very rewarding experience.

Want to decrease your risk of developing dementia? It's the usual advice. Get lots of exercise to increase blood flow and oxygenation to your brain, eat fresh organic fruits and vegetables from a variety of sources, reduce stress to reduce oxidative damage to your cells and get plenty of essential fatty acids. It also appears that exercising your brain, especially the language part, by reading, writing or learning another language is protective. Certain vitamins seem to help including all the B's, galantamine, nicotinamide and anything that decreases inflammation like turmeric or green tea (I'm not sure about aspirin or NSAIDs, the studies go back and forth). Coffee also has some protective effect. Alcohol has definitive negative effects on the brain. Ginkgo may help by increasing blood flow through the brain but it has been studied a lot and taken as a whole the studies don't seem to support its use to prevent dementia. And anti-inflammatory lifestyle, with good aerobic exercise, is by far your best prevention against cognitive impairments of any kind.

This month's BCERT happened at Kate & Lyn's property. In attendance: Maria Navarratte, Dottie Simmons, L. Sherby, Pam Small, Mark Middleton, Becky Paterson, Jamie P., Kate McCay, Randy Krahn, Kay Brown, Lyn Javier.



We unpacked and looked at the gear and supplies we received from the LISTOS/FSTI grant. The supplies were divided up into the different categories needed and packed into their carrying cases. Our team decided some items would be returned to OES because they were not the quality items we ordered. Whether or not the OES sends back for replacements is a wait and see situation. So while we wait, we will be looking for other grants and ways to get the correct type of replacements that are needed in a disaster.

The BCERT team as a whole will be designing & constructing our CERT trailer as self-contained as possible. Randy Krahn has started priming the inside of the trailer. We will give updates as the project progresses.

The team did a training exercise: sized up the off-grid property as if there had been a disaster, earthquake/fire situation. Discussing the possible dangers our team might face and how to shut off utilities, etc.

Our next meeting will be held on September 20th at 1:00. Community members invited, call Lyn Javier to find out information at 707-601-7982.

Be safe & stay healthy,
Lyn Javier

**BridgeFest
Fundraising
Thank You All
for Your Support!
We raised \$10,000
for the Community
Center in 2021!
See you On The
Old Bridge in 2022!**

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Fruit Leather!

Making your own fruit leather has many advantages. You can use little or no sugar, you can use leftover fruit pulp from making jelly. You can use fresh, frozen, or drained canned fruit. Kids love them!

Prepare fruit:

Use ripe or slightly overripe fruit. Wash, peel as needed, remove pits, seeds, and stems. Cut into chunks. About 2 cups of fruit will make a 13" x 15" sheet. Purée or run through a food mill until smooth. Prevent darkening by adding 2 teaspoons of lemon juice or 1/8 teaspoon ascorbic acid to each 2 cups of lighter colored fruit. Sweeten if desired with 1/4 to 1/2 cup of sugar, honey, or corn syrup per 2 cups of puree.

With canned fruit, drain, saving the liquid. If puree is too thick add some liquid back. If frozen, thaw and proceed similarly. Treat for darkening or sweeten as for fresh fruit.

Adding applesauce sweetens and gives a smoother, more pliable finished product. Applesauce makes a wonderful fruit leather all by itself!

Flavor with spices such as cinnamon or ginger. Start with 1/8 teaspoon per 2 cups. Alternately, flavor with 1/8 to 1/4 teaspoon of vanilla or almond extracts, lemon, lime, or orange juice or zest.

Dehydrating:

Leathers can be dried in an oven, dehydrator, or out in the sun.

To dry in the oven or sun, use a 13" x 15" baking sheet with raised edges. Line pan smoothly with plastic wrap. Do NOT use wax paper or aluminum foil as they can stick to the finished product.

For a dehydrator you can purchase special plastic sheets or line trays with plastic wrap. Pour prepared fruit onto the covered surface, spreading about 1/8 inch thick leaving space all around the edges.

In the oven, dry at about 140°. 135° is recommended in a dehydrator. It takes about 1 to 2 days in the sun, up to 18 hours in the oven, or 6 to 8 hours in a dehydrator.

Test for doneness by touching the center of the leather. When it does not leave an indent and is only slightly sticky, your leather is done. Peel from plastic while still warm and roll. If very sticky, dust with powdered sugar before rolling. Let cool, then wrap in plastic wrap to store. Alternately you can cut it into snack size squares, rectangles, or even cookie cutter shapes.

Fruit leathers will keep, wrapped, up to one month at room temperature. To store up to one year, wrap tightly in plastic and freeze. If your family likes them as ours does, you will never need long-term storage!



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Scott Katzdorn

This has been a rough ride for wildfires in California. Our local Cal Fire crews have been in and out of our area helping out where they are needed. The local agencies have been putting time in covering stations, and going to some of the larger fires. It is a very difficult job when it comes to wildfires. My experiences have had me walking beside large fires, with a hose pack on, a tool in one hand and an ear to the radio. It is truly amazing what a hand crew can accomplish by cutting line and back-burning. I'm not sure if there are enough thanks that can be given, Thank You Hand Crews!

Our Department has had some very generous donations from the Loomis Foundation. We have added some needed rescue equipment that can make smaller crews more efficient. Our extrication, rope rescue and fire suppression tools have improved because of their focus and generosity. We have had some of our other neighbors donate to the Department also, a lot of very kind people and organizations helping this year.

The Chief's side of things - The cost of dispatching in our area has gone up. The District has seen more of the usual expenses go up in cost. Measure Z money has helped our Department with hoses and other fire suppression tools. Fortuna and Humboldt lost a local helper, Dave Nicholson, a very kind person that gave a lot to his community.

This is a call out to those in the community that want to help out with the Fire Department, but don't want to be a firefighter. Be a part of the Bridgeville Fire Protection Board. Make a difference by shaping the direction of our area through this group. The board gathers on the second Monday of each month at 6pm in Bridgeville, usually in the Community Center. Thank you for reading.



 1-877-410-8809 BETTER FOOD FOR BETTER LIVING		
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

ARE WE CRAZY OR WHAT?

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

AS THE DUST SETTLES DOWN

The dust is settling around our place after moving back in a few weeks ago. What an experience! Three months of pounding construction and last minute design decisions! Three months living out of a suitcase, staying at the Brown compound and sleeping in the tent with the cats while we expand our cabin from 364 sq. feet to 540 sq. feet.

Now we have boxes and bins strewn around but our kitchen is functioning and the bathroom has a very glamorous new shower, even without hot water (another story for another time....thank goodness it's hot out!). We have new finished floors without worrying about splinters, feel like we are living in a tree house with added windows (can see forever!) and are feeling safer with new hardy board siding – painted bright green and purple!

We are still cleaning up tons of sawdust scattered, sweeping a magnet rod for nails, putting away extra building materials and trying to find places for books and doodads whose original shelves were trashed on purpose – with (un)thought-out ideas of new furniture.

Our three semi-feral, semi-indoor/outdoor cats were in for a big surprise themselves! They always were able to jump in and out through an open window, but now they have a CAT DOOR! "What? I have to go through that tiny hole with a big swinging plastic door hitting my nose every time? What?" Tom and Jerry have figured it out when they have to, but Momma Redy just sits out front, calmly waiting for the window to open. It's hard to catch her, but looks like that's the only way we are going to bodily show her that hole.

And all this around the doings of putting together the annual BridgeFest! Like in 2020, Covid caused the 25th Anniversary 2021 event to be recorded to YouTube instead of the Old Bridge. You can link this through bridgevillecommunitycenter.org. Even without the physical event (and the Aliens still sheltering in Space) all of our work selling Raffle Tickets, T-Shirts, Drive-thru Dinners and Pies earned the Center a whopping \$10,000! And did we have fun recording the Raffle Drawing in Maria's backyard! A bunch of nutty volunteers, two smart phones, 1 microphone system, 60 plus prizes stacked on shelves, a couple alien-costumed curmudgeons, the fabulous Master of Ceremonies, Randy Krahn, and the Spinner with Raffle tickets to draw the winners! To top it all off, a potluck to celebrate the end of months of hard work it took to compile, sell and complete BridgeFest! Here's to all the volunteers who put tons of hours in and to the businesses who supported us!! We Shop Local!!

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

Memorials & Celebrations of Life (continued)

Putting together a memorial takes thoughtfulness. You have to think about making it reflect the person who died. Start by asking yourself what motivated your loved-one? Was it family, music, animals or....? Have a space where you can display some beloved belongs. A cowboy's memorial might have his saddle and boots. Betty's had quilts made. Dana's was just one candle and a bowl of rosewater. Whatever you choose should reflect your loved-one. Many memorials have a laptop with a slide show of important moments.

Flowers are traditional but aren't mandatory. If you chose not to have them, remember people will likely bring them anyways, so have a space ready for them. After the memorial you can take excess flowers to nursing homes or hospitals.

Music literally sets the tone so chose carefully. A rock band will get everyone dancing but, it will be hard to talk over. A string quartet might be too stilted. Would a friend or family member want to present a musical tribute?

What about food and drink? Up in our neck-of-the-woods potlucks are traditional. But, if the deceased was a foodie (or resented pot-lucks), you might want to get the event catered. The decision about drinks hinges on alcoholic or nonalcoholic and your budget. Or, just put BYOB on the invite.

Speaking of invites; paper and snailmail? Email? Flyers? Word of mouth?

Memorials often have small gifts guests can take home to remember the deceased by. Traditionally it's a small card with a picture of the person, their dates of birth and death, and a favorite quotation or prayer. But, don't be limited. You could make playlists with favorite songs, bottles of special jam, commemorative golf balls, or envelopes with forget-me-not seeds. The choices are as endless as your imagination (or your pinterest account).

Weave your beloved's passions into your choices. For Mr. Barbeque hold a backyard event with the savory smells of cooking meat. For Hippie Philip tie-dye will not be optional and Jerry Garcia's last words, "What a long strange trip it's been" are printed on the napkins. You get it – make it personal and memorable.

It's customary for someone close to the deceased to give a speech. Warn them that they will be asked. Other people may also prepare tributes. Many memorials open the circle for people to spontaneously share memories. People are shy, so sometimes this can be hard to start. It's okay to ask someone ahead of time to be prepared to start it. These natural shared memories are often the most heartwarming. But, sometimes someone mad at the deceased, or just plain drunk, starts being inappropriate. It rarely happens but, have a plan.

Overwhelmed? Parcel out the tasks. Carol can arrange the flowers, Fred can arrange tables. Grandkids are great for doing the slide show. Remember, holding the memorial a few months after a person has died is okay. With the razor-sharp edge of fresh grief dulled, you'll find time in the planning to remember your beloved and to laugh as well as cry.

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



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!



Some of the 2021 BridgeFest Raffle Crew

You can view the actual 2021 BridgeFest drawing, with Randy, Raffle Host Extraordinaire, and his crew of aliens. We come in peace, and with prizes.

<https://youtu.be/5oR4l4Qth7c>



Get your 2021 BridgeFest T's, celebrating the 25th Anniversary of BridgeFest, for \$20 (xl \$25). And black hoodies for \$40. Limited sizes and colors. Your chance to get them. Call 777-1775.



"NEVER LIMIT YOURSELF BECAUSE OF OTHERS' LIMITED IMAGINATION; NEVER LIMIT OTHERS BECAUSE OF YOUR OWN LIMITED IMAGINATION."

— MAE JEMISON, (ASTRONAUT)

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September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS 662 - 8887			1	2 <i>BCC Board Meeting</i>	3	4
	5	6	7	8	9	10
11	12	13	14	15	16	17 BCC USDA Food Pantry, 10am-4pm
18	19	20 	21 BCC Mobile Food Pantry @ Dinsmore Airport, 8:30 am-11:00am Int'l Day of Peace	22 First Day of Fall	23	24
25	26	27	28	29	30	Don't buy drinks in plastic bottles. Choose glass or aluminum. Plastic is choking the oceans.  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

Local Community Breakfast



Every First Sunday of the Month
6 Rivers - Mad River Community Center 8-11

BVFD Breakfast cancelled until further notice

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

