



January 2022

Volume 26 Number 5

Welcome to a New Year.

I believe many of us are happy to leave 2021 behind (just like we felt about 2020). 2022 brings with it a new beginning, fresh hope, and hopefully plenty of water.

The Community Center has been busy reorganizing, cleaning and getting prepared for this coming year. BridgeFest committee will be meeting again soon, and as usual, we are always looking for fresh volunteers. We are still looking for a BridgeFest director for this coming year, and we only have 8 short months before we will be back on that bridge and doing the flying saucer contest, listening to our favorite local musicians and spending time with our vendors and visitors, both human and alien. Our intention this year is to put on the full event, so we will be needing as many folks as we can to help put on our comeback event! Call the center to put your name on the list for the committee or to put your name in the running for the BridgeFest director. The first meeting will be Tuesday, February 1, at 10am at the Community Center.

Our community kiosk/bulletin board should be up and running fairly soon. It is located by the post office. This kiosk is one of the many community developments we have been able to do with our CBI grant and Bridgeville United. This community board will have 2 displays for news coming from the community center and school and will have a third section for community members to post fliers, news, etc. We are hopeful that this will boost communications between organizations and community members and we will be able to post information in regards to what the community center does, resources available and volunteer and job opportunities. Many other community projects have been completed as well, and we look forward to sharing this info with everyone as soon as our video wrap ups are completed within the next few months.

Our office has been operating 5 days a week, which has allowed us to be more available to our community for needs and resources. We will continue the 5 days a week as long as funding allows.

As a reminder, we have computers for use, and internet access, we have a community washer and dryer, shower, clothing closet, emergency food pantry and so much more.

We hope everyone enjoyed the holiday dinner and craft fair. It was our first large event back since cancelling everything due to COVID. A huge thank you to the vendors who all came out to share their goods and to the volunteers and of course our cook for a wonderful meal. Without you all, it would not have been possible. There were lessons learned on my part as it was my first large event, but I believe overall, it was a success. A good way to wrap up 2021.

Another reminder for our Dinsmore food pantry. Dinsmore food distribution will now be held the same day as our Bridgeville distribution. This falls on the Friday after the 3rd Thursday. Generally it will be the 3rd Friday, however, if the 1st of the month falls on a Friday, then it is the 4th Friday. You can always look at the back of our newsletter and check out our monthly calendar of events.

Stay warm friends, if you get the chance come in for tea, every Wednesday 2:30-3:30. A great time to come socialize and talk about volunteer opportunities.

Danielle Holway
Executive Director

BCC Question of the Month



Senior Survey question... How can we serve you better?

Please contact the Bridgeville Community Center with suggestions. 707-777-1775

Volunteer For BridgeFest

Two Positions available:

- Volunteer Coordinator
- Event Grounds Person

For more information please call the Community Center 777-777-1775, or come to the BridgeFest meeting Tuesday, February 1st at 10am.



Attention MediCal / Partnership Members

Are you confused, anxious or undecided about a Covid Vaccination?

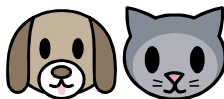
Need Help setting up an appointment for a Covid Vaccination?

Need a Ride to the Covid Vaccination appointment?

Let Us Help You!!

For Confidential Assistance Call
the Center at 777-1775

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



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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BridgeFest BroadCast!

A BridgeFest Update

2022 BridgeFest Planning Meeting

Tuesday, February 1
10:00am

at the Bridgeville Community Center

MARK YOUR CALENDAR!

The BridgeFest Committee invites you to participate in this fun adventure. Lots of laughs, lots of planning, lots of activity.... all toward having the best event of the year in August! Come on out!

Volunteers Wanted: BridgeFest 2022 is looking for two volunteers to fill two BridgeFest positions:

- **Volunteer Coordinator**
- **Event Grounds Person.**

Be part of a dynamic BridgeFest Committee! If interested in more details contact Kate at: katemccay123@yahoo.com



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.*

Humboldt County Bookmobile



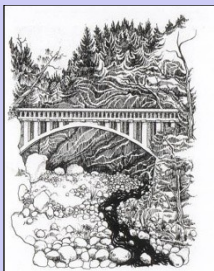
2nd Tuesday at BES
10:30 - 12 noon

Books, 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.

Bridgeville Community Center



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

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

Unfortunately some of our programs were temporarily suspended due to COVID concerns and community safety and will eventually resume.

The Community Center is located at Bridgeville School on Kneeland Road (next door to the school office). Come in to see what we are doing. Wednesdays from 2:30 - 3:30, Danielle will be hosting a community tea. Come in for a cup of tea and crackers. We are always looking for community input. If you have a an event or program that would be in line with our mission statement, please come in and talk with us.

The following services are available to you and your family:

Resource Room

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



Computers

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

Food Bank

USDA Commodities are distributed once a month. Emergency foods & special food programs for seniors, homebound people, and children.

Family Support

We provide support to families and individuals in

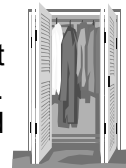
need of information and resources. We can help community members connect with health and social services.

Bridgeville Newsletter

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

Clothes Closet

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



Pre-School & Teen Groups

There are play groups scheduled throughout the year. If you are interested, please contact the BCC.

Weekly Potluck Community Brunch

The Brunch is on temporary hiatus until the COVID issue is resolved. The '*Weekly Community Potluck Brunch*' was held every Thursday at 11:30. Everyone is welcome and bring a potluck dish if you are able. We will be letting you know when it is going to resume.

Senior Programs

These are also on temporary hiatus. Senior trips and activities are scheduled throughout the year.

Hospice and Palliative Care

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

Bridgeville Volunteer Fire Department

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

Bridgeville CERT

CERT (Community Emergency Response Team) volunteers helping neighbors in time of need.

For questions on any of these activities, please contact the BCC at 707-777-1775.

And of course, BridgeFest August 20th

Kindness Matters

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Colds, flus and Covid are all caused by viruses. All three can cause asymptomatic illness. That means you have them and pass them along, even if you have no symptoms. If you do get symptoms all three are all going to make you feel crummy. So, how can you tell what you have?

A cold, which can last one or two weeks, gives you a runny nose, congestion, coughing, sneezing and a sore throat. Possibly you'll have body aches; probably some level of fatigue. It's unlikely but, you may lose your sense of taste or smell beyond what's expected with congestion. You won't have chills, fevers, shortness of breath or headaches unrelated to the congestion. You could have vomiting and diarrhea, but that is unlikely. If you have chills, fevers or gastrointestinal symptoms it is probably more than a cold and you should contact a healthcare provider.

If you get the flu expect to be sick 7-14 days. Your symptoms will include lots of fatigue, and lots of body aches. You'll have chills and a fever, and most likely a sore throat with a cough and shortness of breath. You'll probably experience headaches, maybe diarrhea and vomiting. There is such a thing as 'long flu' where you experience residual symptoms, especially fatigue and shortness of breath, long after the flu is supposedly over.

Covid symptoms last from 7 days to 25, unless you are one of the unlucky ones who gets Long Covid with symptoms persisting for a really long time. Mostly Long Covid resolves in a few months, but some people who got sick in early 2020 are still having problems. Covid symptoms often include diarrhea, often nausea and vomiting. Very frequently loss of taste and smell is the first symptom people notice. Chills are less common, but fevers are often present and high. Nasal congestion and a runny nose aren't very common, shortness of breath is. People who have experienced Covid often say, "I felt so sick I wanted to die." Translation – Covid can make you feel *really, really bad*.

In mild cases it can be hard to tell Covid and the flu apart. I would urge you to go to your doctor or urgent care and get tested. There are currently some very promising treatments (even a pill) to keep Covid mild, however, you need to start them early in the illness. You don't want to miss that chance.

About Ivermectin - It does not have a single reputable study supporting its effectiveness. And, many studies show it isn't effective at all. I am a great believer in the placebo effect, which may be why it works for those it works for. However, it is known to be harmful to the liver.

Wearing a mask, washing your hands and social distancing will greatly reduce your chance of getting a cold, the flu or Covid. Getting the COVID vaccine is your best 'shot' at not getting sick from COVID and for doing your part to protect your friends and family. A big shout-out **THANK-YOU** to everyone who is vaccinated and boosted.



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**

Bridgeville is home to BridgeFest, the annual event when Aliens and Humans gather on the old bridge and determine, once and for all, who is Flying Saucer Contest Champion and Grand Emperor of the Universe. Come join us in August.



"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Plan your Pantry

Planning for this year's pantry starts now! If you garden, those seed catalogs are piling up. This is the time to plan for food preservation.

First and foremost: what does your family like to eat? Fill your pantry with staples and have a small area for new experimental flavors – think of things that are quick, easy meals, and what goes into them.

That can mean a lot of tomatoes, particularly the 'paste' type, for a variety of sauces, catsup, salsas, juice and soup on the shelves. Also onions and peppers for salsa. Another staple is green beans. If you like pickles, make sure to have pickling cucumbers. Sauerkraut? Plant cabbage. Does your family like pickled beets? Frozen corn? Plan accordingly. It doesn't always take a lot of any one thing. We can mix vegetables to mix with broth for rich, hearty soups on these cold winter days. It only takes a little each of several varieties of vegetables to have a batch or two to go in the canner.

Don't forget foods to dry or freeze and those that take to long term storage, such as potatoes and winter squash.

Consider what you need the most of, available garden space, and cost. If you are doing the work for staples, a lot of ingredients in the garden is a bonus. If you only put up small amounts of specialty items, such as jams and chutneys, you won't be out too much money for the value of the goods.

So how much to grow to can what you need? Here are some guidelines of quantity of food needed:

- Beans (green, snap, wax): About 120 feet of garden row for a family of four
- Beets: About 40 feet of garden row for a family of four
- Corn: 4 ounces of seed, about 120 feet of garden row, should feed a family of four
- Tomatoes: 33 plants should produce enough for sauce, juice, and whole tomatoes for a family of 4.

In any given year your garden yield will be different, so always have a little extra. It never hurts to share if you end up with too much. Seed packets or plant tags often indicate size of mature fruit, helping give you an idea of yield when planning how many plants to grow.

Questions about food preservation? Send them to:
bridgevillenews@yahoo.com

Questions about the **Master Food Preserver Program**? Contact the Humboldt County Cooperative Extension Office at: 5630 S. Broadway, Eureka, CA 95503, Phone: (707) 444-9334, or: <http://cehumboldt.ucdavis.edu>

[encore article from 2017]



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

Calling for our newest round of responders!!!! Academy begins in March and we also have a potential for first aid training in February. You could be a probationary responder by May just in time for fire season. Make that New Years Resolution count!! Come introduce yourself and say hello at our next meeting, **January 4th, at 6 pm**. Although we are looking for first responders, we are also looking for supporting roles to be filled. These are things like helping to put together our social events and breakfasts, sitting on department or district board, and even just supporting us by helping identify issues in our community that could prevent us from helping folks, like locked gates, new structures, or unidentified addresses. Every little bit of info and support helps us help you.

Wet roads, ice patches and fog are proving to be quite the challenge for our trips to town, school and work. As a friendly reminder, please be cautious while driving. Our roads here have proven time and again to be dangerous, even for locals who have been driving them for decades. Be sure to keep your eyes on the road. It is always smart, and also the law, to drive no faster than is safe for road conditions. Be safe out there, friends.

We would like to take this time to say a big shout out to all you innocent bystanders, civilians and family members who are on scene before us. You all are amazing. Almost every time we show up, a friend, a passerby, a family member is there, doing their part, being a good Samaritan. Know this, you are needed, you are appreciated and your care and selfless acts for members in our community do not go unrecognized. In times of an emergency, there is no bickering, there are no differences, there is only caring, mutual respect, concern and a hope for the best possible outcome. We tip our helmets to you all and thank you.

We would like to also send a shout out to one of our, behind the scenes helpers. A man full of ideas and outside the box thinking. Thank you Dave Gomez for your continued support.

We wish you all the Happiest of New Years.

Call log.....

11/28 traffic collision
11/30 debris fire
12/1 medical
12/2 traffic collision
12/3 medical
12/4 CHP Assist
12/4 Lift Assist
12/8 Traffic collision
12/22 medical

ARE WE CRAZY OR WHAT?

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

Shall We Dance?

Its 2022! We made it through the second year of the pandemic! And are looking forward to more socializing in the New Year, maybe even a dance in the school Gym?

That brings to mind, "Can't Dance and its too wet to Plow". Back in the old days in Colorado this was the standard reply to dance invitations. Course, maybe they say "Can't Dance" cause the barn roof leaks, or the local café with a dance floor went broke. Who Knows! Right now at home it's still too wet to plow, and we don't have a whole lot of room to dance in, so we dug into our memory banks and looked up some dance history just to see what the past 120 years gave us.

After the Victorian 1800's, folks started to pair off and get close, with the Fox Trot, Samba, Tango and Waltz. Then in the early 20th century jazz era everything exploded: the African originated Lindy Hop catapulted into The Charleston, prohibition and speakeasies. And on stage, tap dancing with the Turkey Trot, Kangaroo Dip and Chicken Scratch. Then transitioning into the swing era of the big bands, the Jitterbug, the Swing and the Cha Cha...remember? Oops, don't forget that all along country music played to Square Dancing and Two Step, Polka and the Stomp.

We remember our parents telling us of those good old times in the 40's where you could actually dance on the floor of LA's Coconut Grove or the Avalon in Catalina Island and bump into movie stars, like Cary Grant or Ginger Rogers; when bathtub whiskey was there and lace garters, long satin dresses swirled and bow ties were the classic rage.

Then along came us and our generation with the Bobby Sox Swing, The Loco Motion, The Shimmy, Go Go Dancing, The Mashed Potato, The Twist, The Continental and The Love-in Lounge. And into the 70's with Disco, The Hustle, Breakdancing, Moonwalks, Line Dancing, Salsa and on into the rap, hip hop, video craze to the end of the 20th century with Hully Gully, Electric Slide and Humpty. Got That?

Okay, and into the 21st century, we both have lost all hopes of figuring out what the dance move craze is but found the popular Flash Mobs, the Harlem Shake and - The Whip and Nae Nae (huh?). And all along, ballroom dance moves, bits of the Swing, Cha Cha, Moonwalk, Line dancing and the Hustle all creep into however we dance now. Wow! It just makes you want to form a line and dance down highway 36 with Marvin Gaye, singing "I heard it through the grapevine"! Happy New Year!!

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

TRCCG News

Two Rivers Community Care Group

Throughout our lives we all cycle through being caregivers or care-receivers. Someone took care of us when we were young, very often that same person needs our help as they age. Sometimes the role reversal is gradual, sometimes it comes on us unexpectedly. Each role, receiver and giver, has its own joys and challenges. Sometimes the joy and the challenge are the same thing! Caring for aging parents certainly can feel that way.

Watching your parents struggle in the last years of life is going to stir up a nest of feelings. If you have a good relationship with your parents, seeing them needing your assistance rather than having them give *you* assistance, is scary and heartbreaking. If your parents weren't good parents, their disability may leave you thinking, "How can I do right by this person who has hurt me so deeply?"

Whether it is welcome or not, the joys and burdens of caring for disabled parents will come to many of us. And, many of us will have siblings to share the care. And those siblings may have very different ideas about what is needed and how to do it.

The most important part of sharing care with your siblings is good communication. Talk about needs openly, frequently and *before* you feel like exploding. Keep your words in a positive light.

Many times siblings who aren't directly involved in the caregiving won't see the depth of deficits. Or will deny them because it's easier emotionally, and it justifies their lack of help to you. If you just complain, "*Mom's needs are overwhelming me...*" they will think you are whining. Instead, ask them, "*What changes have you seen in mom since you saw her last?*" Be specific, mention, talking, walking, cognitive skills, but, let them grasp the decline through their own perceptions. If nothing else, they will pay more attention to mom and eventually come to see it on their own.

Try not to guilt trip your absent sibling, it creates bad feelings they will want to avoid in the future. Don't say, "*Its so great you finally showed up.*" Instead try, "How nice to see you." Keep it harmonious and create a visit that feels like one your sibling will want to repeat. Let them know their visit was appreciated and helpful.

Ask your sibling for help with specific needs. "Can you watch mom for two hours on Wednesday while I get my hair done." Start with small asks and gradually build up to where your needs are met. If you really want someone to be indebted to you, don't do them a favor, let them do *you* one. Get your sibling invested in your well-being and they'll want to see their investment do well.

Here is a link to a good resource for caregiving with a sibling.
<https://www.caregiver.org/resource/caregiving-with-your-siblings/>

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



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

Bridgeville Trading Post

Volunteers wanted for the Bridgeville Community Center food distribution program usually on the third Friday. You can volunteer any amount of time, from as little as an hour, morning, afternoon, or the whole day. Call 777-1775

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 Firefighters 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

Mad River Community Breakfast

6 Rivers - Every First Sunday of the Month
Van Duzen Rd, Mad River Community Center 8-11



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.



Carol Ann Connors
License OE79262

Greg Connors
License 0488272

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

The next CERT meeting will be held on Monday, January 10, 2022 from 1:00-3:00pm. Visitors or potential CERT members are always welcome.

You can contact Lyn at 707-601-7982 for more information.



Bridgeville Community Newsletter
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 moved from the Newsletter
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POSTAL CUSTOMER

**Happy and Safe
 New Year Wishes**

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Plastic bottles are not our friend. Use glass or cans. Thanks			Wednesdays Tea-Time with Danielle 2:30 - 3:30 		Notice: The Dinsmore Air- port Pantry has moved to Friday 9-11am	1 Happy New Year
2	3	4 Fire Dept meet- ing, 6pm	5	6 BCC Board Mtg	7	8 Fire Dept train- ing 10am
9	10 - CERT meeting 1-3pm - Fire District meeting, 6pm	11 - BES School board meeting, 5:30-6:30 - Bookmobile	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21 USDA Food Pantry: BCC 10am-4pm Dinsmore Airport, 9:00 am-11:00am	22
23	24	25	26	27	28	29
30	31	February 1, BridgeFest meeting 10 am @ BCC 	 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS			

WEEKLY:

**We will be open 5 days a week through the holidays
 (until end of January), Monday to Friday, 9am - 4pm,
 closed holidays.**

Thursdays: Cancelled - Community Potluck Brunch
BCC Board Meeting on first Thursday of month at 3:30pm

www.BridgevilleCommunityCenter.org

How to Contact us

You can call us at 707-777-1775. Email us at
[BridgevilleCommunityCenter@gmail](mailto:BridgevilleCommunityCenter@gmail.com)

Visit us on facebook - Bridgeville Community Center
 Or come to the office located on Kneeland Rd at the
 Bridgeville School.

Or join Danielle at Tea-time every Wednesday 2:30 -
 3:30pm.