



July 2022

Volume 26 Number 11



Well folks, here we are. Summer has hit hard and boy has it been hot. Remember to stay hydrated while attending river days, fun in the sun and while you are out working. Be sure to take those breaks in the shade.

The center and volunteers have been hard at work preparing this year's BridgeFest and are so excited for this year's live and in person event. We are always needing volunteers for supporting roles, if you are feeling interested or even just curious what things need to be done, please contact us. We will also be reaching out to community members and seeing what, if anything, they may be available to help with when the time comes. We've got projects from painting to baking and setup and tear down.

I want to say what a great success our other events have been. Everything from our woman's gathering, to the vaccine and testing clinics have been such a great time and huge support for our community. Our exercise classes have officially began. Classes are offered 1 to 2 times a month at the school gym the first Wednesday of the month with the 2nd day still to be determined. Seniors and general public classes offered. Please let us know if you have any questions or perhaps need transportation support. We are here to help any way we can.

More events should be happening over the next few months. Keep an eye on that calendar folks and as always, let us know if there is anything we can work towards to support our community.

Danielle Holway
Executive Director



BridgeFest– August 20th

NEWS FLASH: BridgeFest 2022 will be happening at a new temporary Landing Zone in the School Yard of the Bridgeville School. Keep going past the Old Bridge on Kneeland Road. Be seeing you.



Win a Chainsaw!



**One of MANY Prizes in the
BridgeFest
Raffle!**

Tickets Available at the Center



Drive-Thru Chicken Fettuccine Dinner

Includes Garlic Bread
and Caesar Salad.
Vegetarian available

\$20

Friday, July 22 5-6pm at Center

RSVP by July 18 — 707-777-1775

A BridgeFest Fundraiser for the Bridgeville Community Center



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

Attila Gyenis—Editor

Bridgeville Community Center

PO Box 3

Bridgeville, CA 95526

Tel: (707) 777-1775

Email— BridgevilleNews@yahoo.com
www.BridgevilleCommunityCenter.org

- Wear sunscreen, hats, and protective clothing. Use aloe for sunburns if necessary.

- Stay hydrated.
- Don't leave children and pets in cars.

- Be careful around rivers, lakes, boats and pools. Drowning is one of the leading causes of children deaths.

Be safe, have fun, and enjoy the summer.

HEALTHY TIPS FOR KIDS THIS SUMMER



Blood Mobile

**Tuesday,
March 12, 2022
10 am - 3 pm**

In the BES
school parking lot.
No appointment necessary.



VACCINE CLINIC

BCC
In school gym.

**Saturday
July 16, 2022**

**BRIDGEVILLE
COMMUNITY CENTER
VACCINE CLINIC**
38717 KNEELAND ROAD
10 A.M. TO 3 P.M.

FREE EXERCISE CLASS - Wednesday July 6
(sponsored by Bridgeville Community Center). Exercise Classes will be held the first Wednesday of the month in the Bridgeville School Gym. Choose from three classes: Seniors at 2pm. BES at 3pm. General Public at 4pm. All levels welcome, come on down.



Humboldt County Bookmobile



Read A Book

They Deliver

Bookmobile: (707) 267-9933

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.

2022^{26th} BridgeFest



\$10,000

Saturday, August 20

At Bridgeville School

GOAL

HUGE RAFFLE

\$9,000

\$8,000

\$7,000

\$6,000

\$5,000

\$4,000

\$3,000

\$2,000

\$1,000

**\$5 OR
5/\$20**

\$300 Shopping Spree!

Handmade Pam Walker Memorial Quilt

A MS170 Stihl Chainsaw

Bear River 1 night & Dinner for Two

A 4-Hour Patio Boat on Ruth Lake

Pierson's Gift Certificates

A Cord of Wood

A Pallet of Soil

& more!!

**Saturday
Aug. 20**

**Buy Tickets at
Bridgeville
Community
Center**

777-1775

*Need not be
present to win!*

BridgeFest 2022

**T-SHIRTS
& Sweat Shirts**

AVAILABLE IN JULY!

**Pre-
Order**

**Limited Supply
Call 777-1775**



*Original T-Shirt Design
by Rylee Bremer*

**Multi-Color Cotton
Unisex and Women's**

S-XL \$20

2X \$25

**Adult Black Hooded
Sweat Shirts \$40**

**Multi-color Cotton
Youth Unisex**

S-L \$20

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Sleep is a complicated dance between your alertness/arousal systems and your rest systems. Nearly every living organism sleeps and sleep is considered essential for life. Most adult humans need 7-9 hours of sleep (more or less is bad).

If you can't sleep well, determine if there is something keeping your arousal system turned on. Caffeine is a known stimulant so try no coffee, tea or caffeine-containing sodas after 2pm. Seniors may be more sensitive and need to stop earlier. Decongestants also have stimulants in them. No decongestants before bedtime. And – this is hard – no screen time for at least 2 hours before bed. Screens put out the same light spectrum the noonday sun does, which tells our bodies to stop making melatonin and wake-up. Not good for sleeping.

Contrary to conventional wisdom, wine won't help you sleep. It may help you *fall* asleep, but then your liver changes the alcohol into a chemical which actually wakes you up. Other things keeping people awake include nicotine, some opioids and stress. Pain can disrupt sleep, as can waking multiple times to pee.

To promote sleep try developing a routine that tells your body/mind – "It's bedtime". It can be as simple as a bath and a cup of herbal tea. Two common herbs to promote relaxation are hops and chamomile. Your routine might include meditation, soothing music, and gentle stretching (no vigorous movements). The key is to ONLY do this routine before bed. The routine kickstarts the biological processes that create sleep.

Go to bed at the same time every night. Make your bed a place for sleep only (ok, maybe sex), but nothing else. No reading, texting, movie watching. When you lie down in bed you want your body to know it's time to sleep. If you aren't asleep after 20 minutes get up and do something else until you feel tired. Keep your room cool and dark for sleeping.

Some people like a dab of essential oil on their pillow or in a diffuser. Oils like lavender, bergamot and sweet orange promote relaxation. Humboldt Herbals and RiteAid carry great essential oil blends for sleep. Just make sure you use real *essential* oils and not just scented oils. Again, only use this when you go to bed so your brain associates that particular scent with sleep.

There are CBD products for sleep. Your friend may or may not be growing the right plant for your needs. To try CBDs go to a dispensary and ask for a sleep promoting product. It might take time to match your subtype of insomnia to the right product. Be prepared to try a few.

Melatonin is a hormone the body naturally produces, especially as it gets dark. It is known to promote sleep. Melatonin supplements should be taken an hour or two before going to sleep. The dosing is between 0.5 and 3 milligrams. Start low and increase as needed. Use melatonin cautiously, it has many, many functions in the body.



2022 BridgeFest

"WE SHOP LOCAL" Supporters

As of June 20, 2022

Bridgeville Quilt
Bear River Casino & Resort
Bandera Leather
Booklegger
Bonnie Cook
Clark and Rachel (Clarkies)
Chapman Gem
Coast Central Credit Union
Eel River Brewery
Forbuscos
Frank Gloeggler
Humboldt Distillery
Humboldt Cremation
and Funeral Service
Humboldt Flavor
Les Schwab
Leon's Car Care
Main Street Feed
Mariveda Industries
Patterson Insurance
Pierson building Supply
Randy Krahn & Dave Vegliano
Redwood Capital Bank
Redwood Glass & Window
Rey's Cannabis
Ruth Lake Recreation District
Sequoia Gas
Sequoia Zoo
Signature Coffee
Swains Flat Outpost Center
Tina & Arthur Navarrette
Valley View Realty
Western Chain Saw
Wyckoff's Plumbing
MORE TO FOLLOW!

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Food prices are nuts! How can I cut costs?

Eating economically can easily be done if you follow a few rules: buy things that keep in bulk (beans, rice, pasta, flour, vinegar, sugar, etc.); try not to buy pre-packaged meals; let treats be for special occasions; **ONLY** buy staples on sale that fit your daily menu and be used before they spoil. If you have freezer space, a sale on meat is a good time to stock up.

Growing a vegetable garden is one of the best ways to cut food costs IF you don't get carried away with expensive extra tools and amendments. A six-pack of lettuce starts seems expensive at \$4, but considering the price of a single head of lettuce it's a heckuva deal. Ditto packages of seeds.

The first thing to consider is what your family likes to eat. Consider how much space you have. Salad greens, fresh herbs, brassicas, tomatoes, peppers, even melons and corn can be grown in containers. If your garden space is limited, the most cost effective vegetables to buy remain onions and potatoes and carrots – all of which can be bought in bulk and store well. Always check prices when you purchase fresh food in bulk. I have sometimes seen a 2# bag of lemons or other fruit cost as much or MORE than buying the individual item in quantity. And fruit or vegetables in season are often a bargain.

Share or trade with others in your community. Apples often go to waste that you could have for free, gardens regularly overproduce one thing or another (Zucchini anyone?). Go berry picking where blackberries and others grow wild and add to your jam supply or freeze for later use.

And canning, freezing, or drying food you gather or grow extends your food budget even further. Without a huge investment in equipment you can Boiling Water Bath process tomatoes for a variety of sauces, catsup, salsas, juice and soup. Also jams, jellies, and pickles, sauerkraut and more. All of those are 'value-added items and your savings are greater making them yourself. And I bet you'll find they taste better!

Now, I would like to ask a favor. Please let me know what food preserving questions you would like answered! The hardest part of these columns is deciding what would be useful to you all. Please contact us via: bridgevillenews@yahoo.com

Questions about the **Master Food Preserver Program?** Contact the Humboldt County Cooperative Extension Office at: (707) 445-7351, or online at: <http://cehumboldt.ucanr.edu>



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Scott Katzdorn

Congratulations to Larz Ringo for excelling in the local Eel River Valley Probationary Fire Academy. He topped his high academic scores by getting the best time in the challenge course at the end of the Academy. He is in training to drive the emergency vehicles and waiting for other first responder classes to come around. I have tried to out-hike him during wildland training with little success. Thank you for being part of the Department, our community is very fortunate.

This is getting to be the hotter part of the year. Fire safety is high on the list of considerations at home and during your travels. If you tow, stop and check your safety chains every now and then. Driving on the rim because of a flat tire or exhaust that touches the roadway, more sparky ways to put our neighborhood at fire risk. Cleaning your gutters and clearing brush away from the side of your home can make a huge difference in fire defense. Fire can happen fast or slow, being aware and proactive can make a huge difference between being small or out of control. Travelling with a fire extinguisher is wise, having a gas powered fire pump and water storage at home is beyond wise.

Our Department members are gearing up to grill food for the upcoming 2022 BridgeFest festivities. This year's raffle is being assembled as I write and we will have an update when the tickets are available.

Thank you for all the support from the local community. Two years without our usual fundraising has been missed. We have had donations from some of our local ranchers, people giving at the Swain's Flat Store and from the Loomis Foundation. The best donation of all is your time to make our Department and District Board grow, please consider helping us in any way. Contact us at 707-777-3244 or on Facebook.

Fire Safety Council July 2022 Meeting

As your FSC Representative since 2019 and I wanted to give a collective SHOUT OUT to ALL Neighbors & Friends! It is time for all of you who have had or HAVE the interest in your community's Fire Safety Plan...to come to the VD/MR Fire Safety Council Meeting. Wednesday, July 6, 2022 from 11:00-12:00pm in the BCC. There's lots of new information, job opportunities, new partnerships, Free educational courses and drinks & snacks.

Come take part in what you want to happen to our area and how to protect ourselves from wild-fires and other disasters. ~ Lyn Javier

John Church

He was a man of stories, not because he made things up but because he had lived. He was a survivor, traveler, and an adventurer. Growing up in San Francisco, he was the oldest son of a career military man. His family traveled all over the South Pacific and John's favorite story of his childhood was when he was diving with Jacques Cousteau as his expedition explored the Mariana Trench.

John was not the type to stay safe; he would find trouble and survive. His military father told him to never volunteer for duties, but that is exactly what he did. He signed up for two tours of Vietnam. On his very first mission he volunteered to helicopter in behind enemy lines. The helicopter crashed. He survived but the butt of his gun knocked out all his teeth. Luckily, he would say, his dentist had admired his perfect teeth and had taken an imprint. The dentist made him dentures from the imprint of his own teeth- just one of his many stories.

He loved beautiful women and married one of the most beautiful of them all, Cathy Torres. Cathy could not only party alongside John and keep up, she could also hold her own with him. When they met through friends drinking all night at a bar, she refused to let him into her house because she suspected he wouldn't remember her name. But he did, and he came back... again and again.

John, with Cathy by his side, were a walking party. They were both funny, full of stories, and companionate. But John was a stubborn warrior; he took life by the horns and wrestled it like Hercules. He said he was the biggest quitter because he had tried and quit every drug. Smoking cigarettes since he was 12, he claimed cigarettes were the hardest to quit.

After a scorpion stung him in the butt, he took it as a sign and admitted himself into a VA alcohol rehabilitation program. Becoming a student to the Native American sweat lodge, he returned a new man, and worked tirelessly at helping people. He conducted sweat lodges on his property, helped other Vets receive benefits, and took young and old under his wing.

John Church had gone to every height and every low a person could live through and survived. I always thought John would go out with a blaze of glory, in a shoot-out like the movie Rambo. But John died quietly after wrestling with death for over 8 years. I should have seen it coming. He had been in a wrestling match with death all his life. That man was bent on standing on the edge of a cliff but not letting death win. A warrior spirit, when death came at him with guns, knives, or car crashes John was ready. But John didn't realize that death is also patient and gentle. For John, death would never win in combat, so death came to him slowly and caressed him softly into submission. Cathy was by his side as he died in a VA hospital in San Francisco, May 24, 2022.

May his spirit live on in our hearts,

Jennifer Bishop

TRCCG News

Two Rivers Community Care Group

Wanted - Director for Two Rivers

We need a new Director to guide TRCCG. Can you be that person??? Please give the Community Center a call: 707-777-1775.

Two Rivers Community Care Group has cared for people living from Swains Flat, to Blocksburg, to South Fork Ridge and over to Ruth and Hettenshaw. Our wonderful volunteers have helped many, many families and clients. We have received as much love and support as we have given and we'd like to thank our community from the bottom of our hearts.

The Program Director does not need medical skills. They just need to be kind-hearted and emotionally perceptive. This is a volunteer position and takes about 10 hours a month. The Director is responsible for interfacing between community, clients and care-volunteers, for keeping paperwork up to date, insuring policies are sensible and finding and training volunteers. You would be well supported and mentored as you help TRCCG find its path into the future: 707-777-1775

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



2022

Blocksburg

Ice Cream

Social Picnic

Saturday, July 9th

at the Blocksburg Town Hall

Come **EARLY** (before 11am) to help crank the ice cream!

Potluck Lunch at **NOON**, bring 1 or 2 dishes:
hot dish, salad or dessert!

Servers will practice Covid safety. Bring your own lunch if you prefer. Please practice social distancing and keep our community healthy.

Live Auction to follow!

Please bring donations for the auction to help fund the June Burgess Memorial Scholarship.

Call: 707-223-1754 for more information

Thank You

THANK YOU SPONSORS *for making the newsletter possible.*

Newsletter Sponsors

Billie Cranmer, John Church and Cathy Torres, Ben Fleek, Ruben-Lalita Brinckhaus, Virginia Howard Mullan & Michael Mullan, Ivan Katzarov & Valentina Atanasova, Angelique Russell, Iren Dekmar Gyenis & Gyula Gyenis, Billie Henson, Vickie Powell, Pam Walker & Dana Johnston, Kate McCay & Lyn Javier, Mr. Topaz, Marc & Dawn Regan, Judy McClintock, Bridgeville Fire Protection District, Becky Paterson, Willie and Wilma Buergher, Betty and Wayne Heaton, Paul Llewellyn, Humboldt Trinity Recreation Alliance, Dianne and Lawrence Bitte, Karen Sanderson, Arthur Riegel, Dennis and Cheryl Anderson, Susan Gordon, James and Deanne Keyser, Claudia Sauers, Timothy Ranstrom, John Wright, Marin and Didi Stoilovi, Dave Vegliano & Randy Krahn, Roger and Ida Schellhaus, Gloria Cottrell, John and Dona Blakely, Maggie Philipson, Ceci Le Mieux, Carlene & Kenneth Richardson, Stephen Barager & Ilene Mandelbaum, George and Kathy Hayes, Charlotte and Harvey Holt, Ruben Segura & Paula G. Gouley, Lauri Rose, Darrell Furtado, Kay Brown, Robin & Vernon Rousseau, Kristofer Becker, Michael Guerriero Design, Blocksburg Town Hall Assn., John and Peggy Rice, Six Rivers Senior Citizens, Hansen Degnan Properties, Clarence Korkowski & Luis Bustamante, Hansen Degnan Properties, Six Rivers Senior Citizens, Jack Kerouac, Maria Navarrette, Richard and Carol Holland, Mike and Clover Howeth, Virgilia Becker, Robert Speray, Dean Martin, Steve Mendonca, Paul & Rhonnda Pellegrini, Charles & Irene Hetrick, James & Catherine Burgess, Dennis & Lavonne Warren, Lester and Betty Phelps, James V. Rizza, Jacqueline and Donald Appleton, Marianne Pennekamp, Valley View Realty, Patterson and Connors Insurance Agency, Judith Graves, Dottie & Dennis Simmons, Jim & Francene Rizza,

Bridgeville Community Center is a Federal non-profit organization. Please consider donating to support the newsletter and the community center.

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



Community Matters

Bridgeville Trading Post

BridgeFest needs volunteers. Aliens and humans welcome. BridgeFest is August 20th, and we need all sorts of volunteers to help greet the aliens who will be descending from all points in the sky. Please call BCC, 777-1775, or come to a BridgeFest meeting.

What to be a STAR? - EMT classes and Dispatcher classes starting soon at Southern Trinity. To sign up call Brooke at 707-574-6616 ext. 2090. Southern Trinity Area Rescue (STAR) needs volunteers for the volunteer ambulances service to serve the community.

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



Better Food for Better Living

The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm
Wednesdays @ 5:30 pm
Where: Mad River Fire Hall

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.



**Customer Service
Managers**

Mikki Correia
License 4082757

Melissa Boomer
License 4082759

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

Bridgeville Community Newsletter
PO Box 3
Bridgeville, CA 95526

NONPROFIT ORG
 US POSTAGE PAID
 BRIDGEVILLE, CA 95526
 PERMIT NO.2

If you wish to be added or removed from the Newsletter mailing list, please contact the BCC.

POSTAL CUSTOMER

Be
 Firework Safe
 Water Safe
 Fire Safe
this summer

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pets and Heat - Protect your pets from fireworks, hot asphalt, hot pickup truck beds, and inside vehicles.			1	2
3 Mad River Breakfast 8-11		5 Fire Dept meeting, 6pm	6 Exercise Class Fire Safety Council Meeting at BCC 11am	7 BCC Board Mtg	8	9 - Blocksburg Ice Cream Social - Bridgeville Fire Dept training 10am
10	11 Fire District meeting	12 Blood Mobile 10am - 3pm Bookmobile 10:30-12 noon	13  BES School board meeting, 5:30-6:30	14	15	16 Vaccine Clinic 10am-3pm
17 Women's Gathering	18	19 Order Drive-Thru dinner 777-1775	20	21	22 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Drive Thru dinner pick up 5-6pm	23
24	25	26	27	28	29	30
31	Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS 				We do not inherit the earth from our parents. We borrow it from our children. - Native American proverb	

WEEKLY: Tuesday - Friday 9am - 4pm

Mondays: BCC CLOSED

Wednesdays - T-time with Danielle 2:30 - 3:30

MONTHLY

Exercise Class: First Wednesday of the Month

BCC Community Potluck Lunch - Last Thursday of the month 11:30

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

HOW TO CONTACT US

You can call us at 707-777-1775. Email us at BridgevilleCommunityCenter@gmail.com

Or come to our office located on Kneeland Rd at the Bridgeville School.

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

Visit us on facebook - Bridgeville Community Center