

June 2022 Volume 26 Number 10

Solstice is almost here. What are your plans for the longest day of the year? Perhaps a day at the river before the algae takes hold! School will be out. The kids are fleeing the confines of the school grounds on the 16<sup>th</sup> and preparing for their summer fun program starting up the last week of June or the first week of July. Parents keep an eye out for the flyers with the dates. Make sure your kids don't miss out! This summer we will also again be doing the summer food bags. Please let us know if your child, up to age 18, could benefit from the summer food box program. This is weekly, and will be available for pickup at the center every Friday afternoon. We have resources available. No child, parent, individual or senior should be going hungry this summer. If you are concerned for your food security, please reach out, we got you covered. Programs are available specifically for hard times like these which we can only imagine will be getting harder with the cost of gas prices increasing.

With the warmer weather and the ability to host events both outside and in, we will be having a much fuller calendar at the center over the next few months. While we are still working out the logistics of our potential movie nights (they want \$300+ for each movie we try to view, what a racket!!!!), we are still hosting our other events. Tea time every Wednesday at 2:30-3:30. the woman's gathering on the 21st, Vaccine clinic on the 11th, community lunch on the last Thursday, drive thru dinner on the 17th same day as the food pantry, 8th grade graduation on the 15th, elections on the 7th, committee meetings, board meetings, clothing closet and vaccine signup/outreach on the 29<sup>th</sup> and more. Coming in July we are hoping to have another vaccine and testing clinic, we will be having the Bloodmobile as well. Also, the yoga on the bridge has begun again thanks to Delilah. Her 5 week session began on May 23<sup>rd</sup> and it couldn't have been more beautiful. If you have missed your chance for this session, don't worry, you can still show up, and then try to catch the next full session. Rumor has it there may be more running this summer. Don't miss your chance to get blown away by nature. (pun intended...it can be windy on the bridge)

We will be having several volunteer opportunities this coming month, we will be needing help picking up the kids summer lunch boxes each week, help serving the drive thru dinner, packing food bags on the afternoon of the 16<sup>th</sup>, working the food pantry on the 17<sup>th</sup> and we will be ready to raffle off our BridgeFest tickets, and begin the fundraising sales of our BridgeFest-shirts. A HUGE THANK YOU to Rylee Bremer for her design work for this years' design for shirts and posters and a congratulations to being our contest winner. I know I can't wait to get mine! As always I am impressed by the work this community continues to do to ensure fun, thriving and socialization. If you see where we could be doing better please let us know. Drop in for some tea, give us a ring or drop us an email. We want to know what we can do to better serve our community. We wish everyone the best start to summer and will catch you on the July edition.

Danielle Holway
Executive Director



2022 BridgeFest Quilt Raffle Prize

#### **Bridgeville 4-H wins Award from Fortuna Kiwanis**

Bridgeville 4-H was awarded \$1302.50 from the Fortuna Kiwanis for all the members efforts during the 2022 Spaghetti Feed. Thank you to everyone that bought tickets and helped with transportation. Thanks also to Fortuna Kiwanis! The money will be used for a bike rodeo at Bridgeville School, Swimming in Fortuna, supporting project groups, supporting Humboldt County 4-H commitments, and a Grizzly Creek adventure.



Pictured left to right: Todd, Shiloh, Ray Lovell, Calvin, Damien, Mike Johnson, Myla, Lilly, Anora, and Kyla.



# 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**

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### **BioChar Workshop May 21**

by Kate McCay

Bridgeville's VanDuzen/MadRiver Fire Safety Council hosted a Kelpie Wilson BioChar workshop on May 21, from 9:00-3:00, on Lyn & Kate's property. There were 24 participants (from HoneyDew to AlderPoint to Mad River) at the BioChar Workshop, where the class started with putting together the BioChar Kiln (6' in diameter by 3.5'H) and then loading the slash piles into it. The whole process of making BioChar took 5 hours. Kelpie gave a thorough understanding of the uses of BioChar beneficial to our forests, garden soils and decreasing carbon dioxide (smoke) into the air. The benefit of taking this workshop results in the participants being eligible to check out the Bridgeville FSC Kiln & tools for use on

their property to convert their slash piles into many different uses.

I would like to thank Randy, Kathy W., Mark M., Kate for setting up the event. Also Danielle H. of the BBC, Chi Chi of the CBI Grant and BVFD Chief Scott with Elliot B. for partnering with FSC to sponsor this event.





FREE EXERCISE CLASS - Wednesday June 1 (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







# Better Food for Better Living

2021 CalFresh Income & Eligibility Limits

Effective October 1, 2021 - September 30, 2022

People in Household	Gross Monthly Income	Net Monthly Income		
1	\$2,148	\$1,396		
2	\$2,904	\$1,888		
3	\$3,660	\$2,379		
4	\$4,418	\$2,871		
5	\$5,174	\$3,363		
6	\$5,930	\$3,855		
7	\$6,668	\$4,347		
8	\$7,444	\$4,839		
Each additional member	\$758	\$492		

# 2022 BridgeFest Broadcast

Every year the Center has been blessed with continued fundraising support from our local businesses and individuals. Below is the list of BridgeFest supporters as of May 20, and you will see far more in the coming months!

# **WE SHOP LOCAL!**

**Bridgeville Quilters** Bear River Casino & Resort **Bandera** Leather Booklegger **Bonnie Cook** Clark and Rachel (Clarkies) **Humboldt Flavor** Frank Gloeggler Humboldt Funeral and Cremation **Patterson Insurance** Pierson's Building Supply Les Schwab Fortuna Leon's Care Care **Main Street Feed Mariveda Industries** Redwood Capital Bank Redwood Glass & Window Sequoia Gas Sequoia Zoo Signature Coffee Randy Krahn & Dave Vigliano **Swains Flat Outpost Center** Valley View Realty Western Chain Saw

Tina & Arthur Navarrette Rey's Cannabis Coast Central Credit Union Wyckoff's Plumbing 4000

# **Healthy Spirits**

By Lauri Rose, RN BSN HNB-BC

Can't sleep well? You are in good company, 30-50% of us will have some kind of a sleep disorder in our lifetime and 5-10% of those disorders will become chronic. But, all insomnia is not the same. Sleep has many different parts to it and sleep 'architecture' can get messed up at any point. The most common types of insomnia are getting to sleep, staying asleep and waking too early. There is some indication that certain personality types are prone to certain types of insomnia. And that certain kinds of stressful events contribute to certain types of insomnia.

There is also sleep apnea, but that is not insomnia – that's a breathing problem. If someone tells you that you snore a lot, or your sleeping partner lays awake waiting for your next breath you should get your doctor to order a sleep study. Sleep apnea worsens cardiac disease, diabetes, depression and many other conditions. You may have to wear a silly annoying machine to correct it but, the result is worth it. However, we are talking about insomnia and I am digressing.

Medications that help with sleep include the benzodiazepines such as Ativan, Valium, Klonopin and Restoril and atypical benzodiazepines like Ambien, Sonata and Lunesta. These are all addicting and sedating which puts you at risk for falls if you have to pee in the night. If you also take opioids they put you at risk for death as both narcotics and benzodiazepines work to depress the central nervous system (the thing that keeps you breathing).

Antidepressants are also used to help people sleep. The most common ones used for insomnia are Silenor (low dose doxepin), amitriptyline and trazodone though the last is no longer recommended. All these medications should only be used short-term otherwise your body begins to depend on them. And, they all mess with the architecture of your sleep so, though you are sleeping you aren't doing the 'work' of sleep like consolidating learning/memory or cleansing the brain (which helps prevent dementia).

Lunesta, Ambien, Rozerem, and Sonata are medications for sleep onset insomnia. Their side-effects include sleep walking, eating, driving and other activities you don't remember in the morning. This can be quite dangerous, not to mention confusing when you are looking for the cake you baked just yesterday and there is not a crumb in the fridge. Temazepam, Silenor and Ambien help maintain sleep but, can leave you feeling hung over and sleepy the next day. Benadryl also leaves you hung over and after several nights you function at the level of someone who has drunk too much alcohol. This is especially dangerous for the frail people as they could fall and fracture a bone.

So what is a person to do??? Tune in next month for the answer.





#### **Bridgeville's BCERT Meet in May**

At this month's meeting, we asked Greg Waters from the (OES) Office of Emergency Services to instruct us on operating 2-way/FRS radios, using the proper procedures as we would in an emergency. Practiced working a Handheld radio as the emergency tool it is. This was the first time using these radios for all that attended. Actually doing the exercise birthed the interest to continue the exercise at the next meeting in June on the 20th. It seems these are the kind of radios that we would have success communicating in our wild mountainous areas.

We will start our June meeting at 10:00am-12:00pm as this is a Training/Drill/Debrief Exercise, for current CERT members only.

Any community members interested in CERT Basic Training can easily sign up for the upcoming courses at <a href="https://www.humboldtcert.com">humboldtcert.com</a> or you can email Linda Nellist at <a href="https://humboldtcert@gmail.com">humboldtcert@gmail.com</a> to put you on the list for the next course. If enough people up here in our area, then the class can be held at Bridgeville Community Center/Elementary School. I know there are many of you who have seen the need to at least have the basic knowledge of surviving a disaster and what your CERT teams will be doing to help. Call Bridgeville Community Center 707-777-1775 or Lyn Javier 707-601-7982 for information

#### "Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



My Oregano & Sage bushes are huge! How do I preserve them? Culinary herbs make plain food exceptional, but fresh herbs are not available year 'round. The best time to harvest most herbs is just before the flowers first open. Gather in early morning after dew has evaporated. Discard bruised, soiled or imperfect leaves and stems. Rinse in cool water and gently shake to remove excess moisture.

**Freezing:** Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag. Seal and freeze. Know the frozen product can become limp when thawed.

**Drying:** Less Tender Herbs — Sturdy herbs such as rosemary, sage, thyme and parsley are easy. Tie into small bundles and hang to air dry. Do NOT dry in the sun as herbs can lose flavor and color.

**Tender-Leaf Herbs** — Basil, oregano, mints and others have high moisture content and must dry quickly. Hang tender-leaf herbs inside paper bags to dry. Cut holes in the sides of bag. Suspend a small bunch (large amounts can mold) of herbs in a bag and close the top with a rubber band. Place where there is good air circulation. Leaves or seeds that fall off will be caught in the bag.

**Dehydrator:** Pre-heat dehydrator to 95°F to 115°F. In areas with higher humidity temperatures up to 125°F may be needed. Place herbs in a single layer on dehydrator trays and dry 1 to 4 hours. Check periodically. Herbs are dry when they crumble, and stems break when bent.

#### Other methods:

- For larger leafed herbs, dry the leaves separately. Remove leaves from stems and place on paper towel without allowing leaves to touch. Cover with another towel and layer of leaves. Five layers may be dried at one time. Dry in very cool oven or dehydrator. Leaves remain flat with good color.
- Microwave ovens can dry small quantities of herbs. Follow the directions for your microwave oven.

When leaves are crispy dry they're ready to store. Remove from stems, if needed, and leave whole to crush when used for best flavor. Store in cool, dry, dark area in airtight containers to protect color and fragrance. Label with the date so you can use the oldest first.

Dried herbs are 3 to 4 times stronger than fresh! Only use 1/4 to 1/3 of the amount listed in a recipe to substitute for fresh. (this was an encore presentation)

Questions about food preservation? Interested in a demo? Contact us via: <a href="mailto:bridgevillenews@yahoo.com">bridgevillenews@yahoo.com</a> or: Dottie Simmons, 42295 State Hwy 36, Bridgeville, CA 95526



# BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

#### **Burn Permits**

Hey there Bridgeville,

The Bridgeville Volunteer Fire Department would like to welcome back Cal Fire to the neighborhood. We're glad to have them out for another season.

Remember everyone who still has piles to burn needs a permit. A standard burn permit authorizes an individual to burn a maximum of one pile (4' in diameter) at a time of approved materials. The fee for Standard Burn Permits is \$20. Property must have a resident on-site. Burn hours are 6:00 a.m. until 12:00 noon on permissive burn days only - call 866-287-6329 (1-866-BURNDAY) to determine Burn Day status. Permit applications can also be obtained (not issued) through participating local fire protection agencies and CDF fire stations. There are several ways to obtain a valid burn permit. District staff is available Monday- Friday from 9:00 a.m. - 12:00 p.m. and from 1:00 p.m. - 4:00 p.m. to issue burn permits at our District office 707 L Street, Eureka, or by downloading the application and mailing it along with a check or money order payable to the AQMD.

Things you need on site: burn permit, a ready source of water, a shovel, an adult.

burnpermit.fire.ca.gov

Weather conditions: no wind, too dry

Local Bridgeville Cal Fire station: 707 777-3636

### Fire Safety Council June 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. Monday, June 13, 2022 from 3:30-4:30pm 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

VACCINE CLINIC

BCC In school gym.

Saturday June 11, 2022



# **ARE WE CRAZY OR WHAT?**

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

# Jays, Fire Prevention and "Keep Moving"

We've got a brand new Scrub Jay nest on an old elk antler in our equipment shed. They say if you feed the fledglings they will tell their parents how nice we are and we will then have Jay friends for life. Trying to figure out how these new friends are going to help weed the garden.

In the meantime garden season is really here! In town irises and lilacs have bloomed and in our 'frost valley' they are just budding out to flower. Well, that's nothing new, but what is new we've had help trimming back trees, willows and sundry for fire prevention - now for the continual weed eating and mowing to keep things safe. This year we thought we were reaching into our pockets for a new lawn tractor to ease our muscles, but the house extension trickled out the last of our coins. But...we have a bright, colorful, larger home to wipe our tears!

We've had a few Spring/Summer visitors already, which always gives us a reason to be tourists in our own area. The Waffles in Rio Dell, the galleries and shops in Ferndale and Cheatham Grove Redwoods filled our day yesterday. Kate's sister, Penny, is coming in June and Kate has already "conscripted" her to help paint our little guest studio...and maybe a little fun at the river....she is from inner city so has been warned about dirt, sawdust toilets, smeared paint and snakes.

Here we are, out in beautiful country, retired and taking it easy. At least that's what we thought we would do when we moved here 14 years ago. Bollocks! Every morning there's a new To Do list, not including left over projects or scheduled future activities to maintain our "restful" living standards. Plus participating in our Bridgeville Center's wellbeing, planning preparedness exercises for Bridgeville CERT, going to meetings of various kinds for fire prevention, BridgeFest plans and Their monthly dinner thoughts, and a bunch of social things including playing cards with Karen and Kathy. Whew. Just a restful, easy lifestyle...

But, the good news is that all of this stuff is important to us and the community in which we live. So we go for it then crash into bed late at night. Good thing about it is that at our age we have "kept moving" and are "Still Above Ground".

Kate McCay and Lyn Javier Larabee (Nongatl) Valley

## **TRCCG News**

Two Rivers Community Care Group

#### Death vs Digital Assets [continued]

Digital assets that are physically on devices you own, like files on your computer and thumbdrives, are clearly yours (unless copyrighted by someone else). For most of us these have little monetary value. However, the hard drives of a writer or digital artist could be valuable assets. They need to be mentioned in a will.

Even if you don't have valuable files, it might be time to think about what is on your computer. There could be things there that you wouldn't want your surviving spouse, children, cousins, etc to know about. Including search histories.

Online investments like Bitcoin are completely online, but they are considered 'ownable' and should be mentioned in your will. Other digital ownable items include funds owed to you by an online store like Amazon or Etsy. Even frequent flyer miles may be inheritable. You may be able to use your will to transfer digital licenses like domain names. Some domain names are valuable and make a nice inheritance. You will need to check the contracts to see if they are transferable on death. Do you have real money tied up in a virtual life like MineCraft or SecondLife? Leave the account in your will.

While digital assets on a physical device are easy, it gets much more confusing with assets that aren't kept locally. These days more and more of our digital belongings are uploaded to the 'cloud'. How many of you store your photos in the cloud? Probably a lot of you. Every once in a while Google backs-up the photos on my phone. They are 'my' photos and I have the originals on a thumbdrive, but the copies in the cloud don't belong to me! In many cases you do not own 'content' that's in the cloud. It is owned by the company (Google, Microsoft, Facebook, etc) that provides the servers it is stored on. And they have rules about what they will do with it when you die.

You definitely don't own your email or social media accounts (SNS). Even though Facebook is full of pictures of you, your family and your friends, you don't own those pictures or messages. No matter how personal and dear they are to you – Facebook owns them, you just have a license to use them. The same with all those Instagram and Tumblr pictures.

SNS companies are concerned about intellectual property laws and privacy laws and are often reluctant to release content, even to next of kin. Even when your will stipulated that your executor can have access to your digital accounts these companies may not give up the content or close the account. That is why it is best to leave the access information with your designee so they can just go in and do what needs to be done. Just remember, it may not be lawful.

# Thank You

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for making the newsletter possible.

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

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

Please spay and neuter your pets. Need help getting your pets fixed? Call 707 442-SPAY



### Bridgeville Trading Post

**WANTED:** Looking for a new coordinator for Two Rivers Community Care Group. Two Rivers Community Care Group is a volunteer hospice group serving the BCC community. Call the Bridgeville Community Center for more information, 707 777-1775.

**WANTED**: We are looking for a house-keeper/caretaker in the Bridgeville area to assist with the care of my wife. Call Ted Lichti - 707-777-3509

**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

**What to be a STAR?** - Southern Trinity Area Rescue (STAR) is needing volunteers for the volunteer ambulances service. We need dispatchers, responders, and drivers. Please call Brooke at 707-574-6616 ext. 2090. Please help the community.

**BridgeFest needs volunteers**. Aliens and humans welcome. BridgeFest is August 20th. Please call BCC, 777-1775, or come to a BridgeFest meeting.

**The Mad Group** - Invites you to join us!!, Where: Mad River Fire Hall, When: **Sundays** @ 2:00 pm, **Wednesdays** @ 5:30 pm, **AA** 

### The Bridgeville Baptist Church

Sunday Worship- 11:00-12:00

We are on Alderpoint Road, just past the Bridgeville Bridge off Hwy 36.



Customer Service Managers

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# Bridgeville Community Newsletter

PO Box 3

Bridgeville, CA 95526

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#### **POSTAL CUSTOMER**



TO ALL THE GRADUATES !!!

June 2022								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
PLASTICS ARE NOT YOUR FRIEND!	REDUCE, REUSE, RECYCLE		1 Exercise Class	BCC Board Mtg	Bookmobile 10:30-12 noon (change for June)	<b>4</b> Mad River Breakfast 8-11		
5	6 BridgeFest Meeting 10am	7 Elections Fire Dept meeting, 6pm	BES School board meeting, 5:30-6:30	9	10	11 Vaccine Clinic 10am-3pm Bridgeville Fire Dept training 10am		
12	• Fire Safety Council Meeting at BCC 3:30 pm • Fire District meeting	Order Drive-Thru dinner 777-1775	15 BES Graduation	16  BES - Last Day of School	17 USDA Pantry: BCC 10am-4pm Dinsmore Airport, 9:00 am-11:00am - Drive Thru din- ner pick up 5-6pm	18		
FATHER'S  DAY	20	Women's Gathering First Day of Summer	-22	23	24	25		
26	27	28	29 • Vaccine signup and outreach • Clothing Closet	Community Pot- Luck Lunch, 11:30	31			

#### WEEKLY: Tuesday - Friday 9am - 4pm

Mondays: BCC CLOSED

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

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

www.BridgevilleCommunityCenter.org

#### **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