



May 2022

Volume 26 Number 9



Spring has sprung and thank you Mother Earth for the April showers. We were already seeing the out of season flowers starts in February and March, but let's see more of those May flowers. We were so happy that it held up for our Easter

Egg Hunt and Breakfast at the school. We want to say a huge thank you for everyone who came out and volunteered their time to put it on for the kids and community.

The community center has been busy, welcoming back Maria as one of our outreach and event coordinators. We will be putting together more social events and outreach attempts to ensure that no one goes unserved in our area and beyond. Aside from our usual support to community members, with the occasional gas cards, diapers, food supply, upcoming Blood Mobile, support with applications, resumes and emotional health, we are looking to go above and beyond with movie nights, another clothing exchange, continual vaccination clinics with public health, a better health outreach, continual Covid support with supplies and so much more. I as the Executive Director here, feel very blessed to have the crew we do who care so much about the community as a whole and who are actively working to support all in our service area from young to old. If you have any additional ideas of ways we can outreach and ensure not a person is left unserved please let us know. Drop by, give us a ring, join us for a tea time and let us hear your ideas.

On top of our outreach and support we will be continuing to do, May, is Cal Fresh awareness month. As some of you may know Cal Fresh is a staple for those families and individuals experiencing hardship with food supply and that need that extra support. Inside you will see the income guidelines for families to be eligible for the food stamp program, but how many of you know all the other food programs that are out there that we offer? You don't

need to be on Cal Fresh to take advantage of our other income based food programs. We not only provide our monthly Food Pantry with food supplied from Food 4 People and local donors, but also the Student "Backpacks For Kids" and a Summer Food Program for eligible youth, Senior Brown Bags and homebound delivery services, as well as our walk in Emergency Food Program. These income guidelines have changed drastically over the years. One may not have been eligible 5 years ago, but could be eligible today. If you feel that you could benefit from any of these food resources please let us know. We have all the information on hand, and can help walk you through and get you going immediately. Call us today if you are in need. There is no need for anyone in our community to ever go hungry.

Enjoy the weather folks before we get the heat. Keep those feet dry and your gardens wet. Keep an eye on your calendars for all our upcoming events and we sure do hope to see you all there.

Danielle Holway
Executive Director



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Community Matters



The new CERT trailer is progressing. The trailer is still at Six Rivers Solar being outfitted for power source and battery storage. Next stop is Mark Middleton's to customize and build the vented boxes to store the batteries in and attach to the trailer.

From there we'll be designing the communications and office space, plus the shelving units to store our training and emergency equipment.

Our next BCERT training/meeting is May 22, 2022. Due to limited space & equipment & Covid, this meeting is at full capacity.

Our July meeting will be in June's BCC Newsletter. If anyone is interested in signing up for the next Basic CERT Class, please call Lyn Javier @ 707-601-7982.



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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2022 BridgeFest BROADCAST!

News from the BridgeFest Committee



We are busy working on the BridgeFest supporter program and have continued to receive donations, with this month's additional donations being Leon's Care Care Center with a \$50 Gift Certification, Frank Gloegler and Valley View Realty with \$150 cash each, to print on the back of our 2022 T-shirt, Bear River Casino and Resort with their annual donation of a night, dinner for two and \$40 play, Pierson's Building Center with \$100 cash and gift certificates plus Les Schwab & Main Street feed with merchandise worth a total of \$130. We are slowly reaching our \$10,000 goal! Maria and Lyn are hoofing it all over town to pick up donations and talk with businesses. Watch for them! PS: We will display the *total list* of supporters starting in the June Newsletter, with a possible Chain Saw in the pipeline. Remember: "We Shop Local!" Raffle tickets ready to sell by May 20.

Our Monthly fundraising dinners are continuing with our successful April dinner of Kay Brown's Chicken Pot Pie, and May coming up with an Enchilada dinner prepared by our illustrious Maria Navaratte.

We are still working on the design for the T-shirt and Poster and We have been lucky to have more volunteers step up to help us in the Kidz Zone and Grounds. But there is still room for You! Come on Out! Next Meeting May 7, 10:00 am at the Center.

4000

2500



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.*

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

Talk to somebody

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.



Better Food for Better Living

2021 CalFresh Income & Eligibility Limits

Effective October 1, 2021 – September 30, 2022

Monthly Income Limits

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

You can donate your car/vehicle to the CARS program, where the proceeds of the sale go to the BCC. We appreciate the past supporters. Here is a link to get started:

<https://careasy.org/nonprofit/>



New Date for BIOCHAR Workshop

The BIOCHAR workshop has been rescheduled from last month due to weather. The new date is Saturday **May 21, 2022**. Registration extended to May 13th (few spots are still available). Call FSC Rep. Lyn Javier (707) 601-7982 to register.

Morning Coffee and Lunch provided.

FREE BIOCHAR WORKSHOP

"Hands-On Training in Biochar Creation and Process"

Sponsored by Van Duzen/Mad River Fire Safety Council, Bridgeville Community Center
& St. Joseph's CBI Grant and Bridgeville Volunteer Fire Department

**FOR HOMEOWNERS, LAND MANAGERS, RANCHERS, FARMERS,
LOGGERS, CONSERVATIONISTS, FLASH PROGRAM RECIPIENTS**

SATURDAY, MAY 21, 2022

9:00 AM TO 3:00 PM in Larabee Valley

Providing Morning Coffee/Tea and Snacks, and Lunch.



The 2022 Bridgeville Quilt "Pam Walker Memorial Quilt"

The Bridgeville Quilters have almost completed their annual Quilt for the BridgeFest Raffle. As it is the "Pam Walker Memorial Quilt" the pattern is a memory of Pam's social events, including the special tea she hosted last year, and her enduring commitment to her community. As Pam is no longer here, the binding of the quilt will take longer than usual with Julie Stephens being the only one now to complete the binding. As Clover said, "...she is the Only one with the skills and patience needed". Thank You to Marliz O'Connell, Clover Howeth, Robin Wojcik, Julie Stephens, Rinday Samuelson and the professional quilter, Susie Freese, for dedicating their time to this Quilt. Pam is looking down and applauding! *(The photo is a fragment of the design and the finished quilt photo will be published when its completed.)*

Humboldt County Bookmobile



Read A Book

They Deliver

Bookmobile: (707) 267-9933

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Inflammation

Inflammation causes our bodies to release hormones that generally help with healing. However, if those hormones are *constantly* in the bloodstream they actually harm us. Many chronic diseases, like heart disease, diabetes, alzheimer's and autoimmune diseases have their roots in long-term, low-grade inflammation.

Low-grade inflammation can have many sources, from minor tooth problems to major arthritis. It can be so minor that you don't even know you are experiencing it, but it is still harming you.

There is a lot you can do to combat inflammation. Exercise is at the top of the list. At least 150 minutes moderate exercise/week (30 minutes 5x/week or 75 minutes/wk if it's vigorous). Moderate activity means your breathing quickens, but you aren't out of breath. After 10 minutes you may feel a light sweat. You can talk, but forget singing. With vigorous activity you can only say a few words without pausing for breath. For more specific information regarding heart rate, etc. see: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>. If you are wheelchair bound check Youtube for *wheelchair aerobics*.

The Mediterranean and Dash diets are both anti-inflammatory. But, any diet that decreases sugar and red meat while increasing dark green vegetables will go a long way. You don't have to be a vegetarian, just reduce the meat and increase the veggies.

Replacing saturated 'bad' fats with monounsaturated fats and medium chain fats is also good. Hold the lard and bring on the extra virgin olive oil. Just remember – you still have to use oils in moderation.

Cruciferous vegetables, like broccoli and kale are superstars (locally get them at Raven's Garden Stand). The synergy of fiber, minerals and vitamins in legumes is awesome, lentil soup - yum. Cold water fish like tuna, salmon and sardines are high in inflammation fighting Omega-3 oils. Black tea and coffee are inflammation fighters, to reduce caffeine intake try decaf. Other inflammation busters include grapefruit, almonds and walnuts.

No anti-inflammation article can be complete without mentioning turmeric, the premiere inflammation fighter. You can get it in supplements or you can start loading your diet with curry. Black pepper makes turmeric more available to your body.

The health of your gut is important for fighting inflammation. Keep your gut happy by eating lots of yogurt and other fermented foods. And LOTS of fiber, which the good bacteria love. You don't have to graze the front lawn, just load up on fruits, vegetables and whole grains.

Two other important inflammation fighters are stress reduction and 8 hours of sleep a night.

It's actually just what your mom told you, "no, you can't have another cookie", "eat your greens", "go outside and play" "Brush your teeth" "It's bedtime, go to sleep and don't bug me until the morning."

APRIL IS NATIONAL SAFE DIGGING MONTH

A reminder to Humboldt Homeowners and Contractors to Call 811 Before All Digging Projects, Large or Small



With spring months upon us, many people will take advantage of the warmer weather to do work around their home that involves digging. Whether it's planting a tree or shrub, gardening or landscaping, or repairing or replacing a fence that was damaged during winter months, customers should call 811 two business days before digging to avoid damaging underground utility lines. To help increase awareness of the importance of calling 811, April is National Safe Digging Month.

Underground utility lines can be shallow, sometimes only a few inches below the surface, due to erosion, previous digging projects, shifting or settling of the ground and uneven surfaces. And damaging an underground utility line is dangerous and can leave customers responsible for repair costs averaging \$3,500 and up. Calling 811 is free and easy, and professional utility workers will respond within two business days to mark the location of underground utility lines for your project site. "During spring and summer months, we see an increase in incidents where underground utility lines are damaged due to digging projects. Even if your digging project is small, calling 811 will help you dig safely and avoid expensive repair costs," said PG&E Gas Operations Senior Vice President Joe Forline. "There is far too much risk with guessing where utility lines are located or how deep they may be. The safest play is to call 811 before you dig and a crew member will come out to mark where your lines are located."



ENCHILADA COOK-OFF



Friday, May 6th

**Mad River
Community Hall**

(All you can eat, \$10.00 for Adults
\$5.00 for 10 & under)

Judging begins at 4:45pm
Dinner 5:30pm

"Bingo" immediately following Dinner

Entry fee is only \$10.00

Winner takes home half of the entry fees.

**To enter your favorite casserole of enchilada
just call, email or fill out form.**

Susan Bray @ 574-6237 - sbray@stjUSD.org

Everybody Welcome!

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



How can I preserve meat without a freezer?

Wind, storm, Public Safety power Shutoffs (PSPS). We lose electricity unexpectedly any time. Consider canning to prevent waste. Make sure meat is completely defrosted and **Process ONLY in a pressure canner**.

Stock: Beef or poultry stocks use bones without meat. Crack large, fresh beef bones. Place in large stockpot adding enough water to cover. Cover, bring to boil and simmer 3 to 4 hours for beef, 30 to 40 minutes for poultry. Remove bones, skim fat, bring to boil and add hot broth to clean jars leaving 1-inch headspace, wipe rims, add lids and process.

To process - Weighted gauge canner: 10 lb up to 1000 ft elevation, 15 lb if you are higher. In a dial gauge canner: 11 pounds pressure up to 2000 feet elevation, adding 1 lb pressure for every 2000 ft elevation up to 8000 ft. Process all 20 minutes for pints, 25 minutes for quarts.

Broth is made by simmering meat and vegetables together then straining, for a flavorful, thinner liquid.

Soups contain meat and vegetable chunks including dried peas or beans.

Meat and Poultry

Meat and poultry process at the same times and pressures, but preparation is different. Here are raw-pack methods as they're faster.

Chicken, Turkey, or Rabbit

Cut meat into pieces, bone in or out, to fit jars leaving headspace. I like bone in drumsticks and thighs, and boning the rest, making backs and wings into soup or broth. Pack loosely in jars leaving 1-1/4 inch headspace adding 1 teaspoon salt per Quart, if desired. Do NOT add liquid. Wipe rims, add lids, and process.

Beef, Bear, Lamb, Pork, or Venison

Can in strips, chunks, or cubes, making sure it is completely thawed. Add 2 teaspoons salt per Quart if desired, and fill jar with meat, leaving 1" headspace. Do NOT add liquid. Wipe rims, add lids, and process.

To can ground meat you must cook it first. Sauté crumbled or shaped into patties or meatballs. Drain fat and fill jars, adding boiling broth, water, or tomato juice, leaving 1" headspace. Wipe rims, add lids, and process.

To process - Weighted gauge canner: 10 lb up to 1000 ft elevation, 15 lb if higher. In dial gauge canner: 11 pounds pressure up to 2000 feet elevation, add 1 lb pressure every 2000 ft elevation up to 8000 ft.

Process time: Bone-in poultry 65 minutes for pints, 75 for quarts for, Everything else 75 minutes for pints and 90 minutes for quarts.

Find individual recipes for chili, stew, or soups, in The Ball Blue Book, So Easy To Preserve, or online: https://nchfp.uga.edu/how/can5_meat.html

Questions about food preservation? Interested in a demo? Contact us via: bridgevillenews@yahoo.com Questions about the **Master Food Preserver Program**? Contact the Humboldt County Cooperative Extension Office at: (707) 445-7351.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

Spring Cleaning

Spring cleaning can take on another meaning. It's the ideal time to check our homes and yards for dangerous materials and unsafe conditions and to spend the time to protect our families and our properties.

Start by taking a few minutes to plan your safety clean up day. You will want to check each room in your house, including the attic and basement. Also, don't forget the garage, yard and storage shed.

Plan to do several different things:

Remove All Hazards.

Check and correct things like:

- ★ Frayed or damaged appliance cords, wiring, fuses or breakers.
- ★ Piles of rubbish, trash and yard debris.
- ★ Remove stacks of paper and magazines; take them to recycling centers.
- ★ Check for water leaks, especially near electrical appliances.
- ★ Check for good clearance between heating appliances and combustibles.

Properly Store Flammable Liquids and Home Chemicals.

- ★ Make sure that gasoline and cleaning fluids are well marked and are out of the reach of children and pets. Store in a cool, dry place outside the house.
- ★ Clean up work areas. Put dangerous tools, adhesives, matches or other work items away and out of any child's reach.
- ★ Inventory all home and yard chemicals, paints and poisons. Store them according to their label. Properly dispose of any that are expired or leaking or that look bad *but don't throw them in the trash or down the drain*

Make sure that all chemicals are kept under lock and key and out of reach of children and pets.

Check Fire Protection and Safety Equipment. *This is important!*

- ★ If you didn't check you smoke detector last month with the time change, **Do It Now**.
- ★ Check fire extinguishers for proper type and placement.
- ★ Make sure all doors and windows open easily for fast escapes.
- ★ Make sure your street numbers are posted properly and are visible.
- ★ Check and make sure you have a working flashlight. Be safe out there.

Source: <https://uscvfd.com>

ARE WE CRAZY OR WHAT?

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

A Serious Story to Study and Stand By

In this article we want to further explain why we (in previous issues) have indicated we want to try and change the name "Larabee" Valley to "Nongatl" Valley, recognizing the historical native tribe living in and around this valley until eradication in the 1860's.

So, here's why. Everyone around here knows the name "Larabee" – as in Larabee Creek, Larabee, Little Larabee Creek and Larabee Valley. All are named after a despicable, terrifying 49er, Henry P. Larabee, who owned land around Blocksburg from the Eel River to Larabee Valley to the east. But what most people don't know is his part in the obliteration of the Nongatl native tribe living in this valley and surrounds before the European encroachment.

Here's How. Within the U.S. Bald Hills War of 1858-64 against the Chilula, Lassik, Hopa, Mattole, Nongatl, Sinkyone, Tsnungwe, Wailaki, Whilkut and Wiyot Native peoples, Ole' Henry participated in settler vigilante groups killing off Indians for rustling their cattle. Then he was part instigator and definitely participator in the Indian Island Wiyot Massacre of 1860, and then notoriously part of the Hydesville area *Humboldt Volunteers, Second Brigade*, a vigilante group trying to be identified as a state militia by intentionally ridding settlers of Indians along the Eel river, east up the Van Duzen and along Yager Creek.

Above all that, a Lieutenant Daniel Lynn in a Larabee Valley attachment of 1861 reported Henry P. Larabee as "...The universal cry was against him....accomplice and actor in the massacre at Indian Island....engaged in killing unoffending Indians....supposedly killed 80 women and children at one time....imbruing his hands in the blood of slaughtered innocence...."

All around the Van Duzen River from its outlet on the Eel River to its headwaters near Dinsmore and along Yager Creek and Larabee Creek there were a total of 35 Nongatl villages, approximately 2500 members.

After Larabee's independent killings, the Bald Hills War vigilantes, Hydesville vigilantes and before the subsequent U.S. Army's transfer of surviving Nongatls to various other surviving tribal bands, the Nongatl population was down from 2500 before the 1860's to 100. Today no one speaks the Nongatl language and no original Nongatls are living. We want to recognize the Nongatls through our Valley name change.

The current status of our request for geographic name change is awaiting an California Advisory Committee of the Geologic Survey endorsement. We will then send that endorsement on to the Federal U.S. Board of Geographic Name Change agency, with appropriate petition, for official change. More later!

Kate McCay and Lyn Javier
Larabee (Nongatl) Valley

TRCCG News

Two Rivers Community Care Group

It's important to have a plan for what happens to your digital assets when you die. Spoiler alert – the best thing you can do is to keep a list of all your passwords and usernames so your heirs can get into your accounts. Also keep a list of all your accounts, whether that's an account with PGE, Amazon, or a social media site (SNS) like LinkedIn, Instagram or Pinterest. Don't forget sites that provide online services/apps like Gmail or Yahoo. What about chatroom sites or gaming sites? OMG – I get mind-boggled thinking about all the bits of our lives that are digital and need to be dealt with when we die.

Most of us don't really think about our digital lives as 'assets' and, surprisingly many of the digital accounts that we think of as 'ours' aren't legally ours. Most of our social media accounts – like email accounts, Facebook, Twitter, TickTock, Tumblr, etc – and the content posted to them - are legally owned by the companies that provide these platforms. If you ever actually read the Terms of Service you would know this, but who reads those? Right? There is very little law around digital inheritance and every company has different rules about who can access and/or close an account once someone has died. Because there are so many companies and so many different rules, I'm just going to give you some general things to think about. This series of articles isn't going into the broader moral and ethical questions that were brought up in an earlier column. It's more just giving you a heads up about what you need to start thinking about. Like if Uncle Henry dies, who knows his bitcoin password and what should be done about his 15 gmail accounts (including the one he used to contact *that* woman in Alabama and - we don't really want to know about that anyway!)

Dealing with your digital leavings is somewhat like when people used to leave instructions about where to find old love letters and which to keep and which to burn. It's just a whole lot harder because physical letters are easier to remember about and find than digital files or online accounts. The average person has 150 accounts with passwords! Pray to God Uncle Henry left you the usernames and passwords for his accounts – especially the bitcoin!

Keep tuned for more articles about who owns those digital footprints you are leaving and who can deal with them when you are gone. And, how you can help make it easier for those left behind when you die.



Thank You

THANK YOU SPONSORS *for making the newsletter possible.*

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

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

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



Notice: Change of Drive-Thru Dinner prices. Due to costs going up, we regretfully had to increase the price of our homemade dinners to \$20. Thank you all for supporting the Center.

Bridgeville Trading Post

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.

WANTED: Loving, caring people to help neighbors in need. Two Rivers Community Care Group, a volunteer hospice, seeks volunteers. Call the Bridgeville Community Center to volunteer or if you need our services. 777-1775.

Volunteer Firefighters Wanted- The local Volunteer Fire Departments are looking for volunteers. Contact them directly to sign up. Bridgeville Fire: 707-777-3244, Mad River Fire: 574-6536

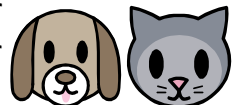
BridgeFest needs volunteers. BridgeFest is August 20th. Please call BCC, 777-1775, or come to a BridgeFest meeting.

The Bridgeville Baptist Church

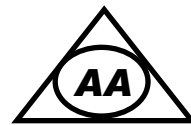
Sunday School- 9:45-10:45 am, Sunday Worship- 11:00-12:00

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

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



The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm

Wednesdays @ 5:30 pm

Where: Mad River Fire Hall
(new meeting place)



**Customer Service
Managers**

Mikki Correia
License 4082757

Melissa Boomer
License 4082759

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POSTAL CUSTOMER

Be seeing you.

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day	2	3 Fire Dept meeting, 6pm	4 BridgeFest meeting 10-11	5 BCC Board Mtg	6 Mad River Community Hall Cook Off	7 Mad River Breakfast 8-11
8 	9 Fire District meeting	10 Bookmobile 10:30-12 noon	11 BES School board meeting, 5:30-6:30	12	13	14 Bridgeville Fire Dept training 10am
15 	16	17 Order Drive-Thru dinner 777-1775	18	19	20 USDA Pantry: BCC 10am-4pm Dinsmore Airport, 9:00 am-11:00am - Enchiladas Drive Thru dinner pick up 5-6pm	21 BIOCHAR workshop, 9am
22 CERT	23	24	25	26 Community Pot-Luck Lunch, 11:30	27	28
29	30 Memorial Day	31	 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS			

WEEKLY: Tuesday - Friday 9am - 4pm

Mondays: BCC CLOSED

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