



November 2022

Volume 27 Number 3



### Happy November Everyone!

Be sure to keep an eye on those calendars. Lots of events will be happening throughout the holiday season including the Veterans Lunch, and Holiday craft fair.

If you have any questions about any events happening or that you would like to see happen please let us know by calling 707-777-1775, or emailing [bridgevillecommunitycenter@gmail.com](mailto:bridgevillecommunitycenter@gmail.com).

We would love to hear ideas and concerns going throughout the community, so we can try to come up with solutions and events for our community members and clients. Holiday food boxes will be getting distributed during our regular pantry days. If you have signed up and provided your number, we will be calling the beginning of the week of the 19<sup>th</sup> of November for reminders.

We will be open during the school breaks, but **we will be closed for the November Holiday on November 24<sup>th</sup> and 25<sup>th</sup>**. In case of emergency, we can still be contacted at 707-572-7847, this is our center cell phone and will be on during the holidays if anything should come up for any of our community members.

*Danielle Holway*  
Executive Director

### HOW TO CONTACT US

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

### November BCC Events

- Saturday November 5<sup>th</sup> - Vaccine Clinic 10-3
- Tuesday November 8<sup>th</sup> - Elections BCC
- Friday November 11<sup>th</sup> - Veterans day and BCC will be hosting a lunch at 12 for all veterans
- Friday November 18<sup>th</sup> - Food Pantry
- Sunday November 20<sup>th</sup> - Women's Gathering
- Thursday November 24<sup>th</sup> - Thanksgiving
- Thursday December 1- Clothing Closet
- No BCC Community lunch in November

**Call BCC about exercise class.**



### Volunteer For December

**Looking for volunteers for the Holiday Dinner.** Need people for setup and takedown. We certainly appreciate it. And it feels good to be part of a caring community.

Please call the community center 777-777-1775 for questions or to schedule a time you can volunteer.



**CALLING  
ALL  
VETERANS**

*We would like to  
host a lunch with  
you in mind.*

**November 11th  
12PM**

**We want to hear your thoughts  
and opinions on what you would  
like to see happen in your  
community.**

Please call to RSVP by November 2nd

**Bridgeville Community Center 707-777-1775**

### 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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Bridgeville, CA 95526

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Email— [BridgevilleNews@yahoo.com](mailto:BridgevilleNews@yahoo.com)  
[www.BridgevilleCommunityCenter.org](http://www.BridgevilleCommunityCenter.org)

## BCC Commodities/Food Pantry

**Friday, November 18**

**Bridgeville BCC**

10am - 4pm

**Dinsmore Airport**

9am - 11am

**Blocksburg Town Hall**

1:30pm - 3:30pm

Call BCC at 707 777-1775 for more information.



*Food  
Pantry*

### November Trivia

- November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November actually translates into "ninth month" in Latin. When the Julian calendar was adopted in 45 BC two new months were added, which pushed November back to the 11<sup>th</sup> month. Despite its change in position, November was never renamed.
- November is apparently the official month of banana pudding lovers. If you're not a big fan of pudding don't worry. There are plenty of other things to celebrate this month, as November is also National Novel Writing Month (US), National Pomegranate Month (US), and National Adoption Month (US), among many others! And of course, Thanksgiving.



### 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



**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.



## Better Food for Better Living

These dollar amounts will be updated soon for 2023. Call CalFresh to get current limits.

### 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              |

### Maximum Monthly Allotment

| People in Household    | Maximum CalFresh Allotment |
|------------------------|----------------------------|
| 1                      | \$250                      |
| 2                      | \$459                      |
| 3                      | \$658                      |
| 4                      | \$835                      |
| 5                      | \$992                      |
| 6                      | \$1,190                    |
| 7                      | \$1,316                    |
| 8                      | \$1,504                    |
| Each additional member | \$188                      |

For more information,  
call 1-877-410-8809

Click [GetCalFresh.org](https://www.getcalfresh.org)  
to apply online

Call 1-877-847-3663 (FOOD)  
For speech and/or hearing  
assistance call 711 Relay

# CLOTHING Exchange

Thursday, December 1

Bridgeville Community Center

For more information, call  
**(707)777-1775**

Get Vaccinated or boosted and get a Free 50.00 gas gift card from Dinsmore store or Renner.

## COVID-19 VACCINATION Clinic

**WHY IMPORTANT?**  
COVID-19 vaccination is a safer way to help build protection. And if you get sick, you could spread the disease to friends, family, and others around you. Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines.

Bridgeville Community Center

**November 5th 10-3:00**

**707-777-1775**

You can donate your car/vehicle through the easy car program, where the proceeds of the sale will go to the BCC. Here is a link to get started:

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



# Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

The need for connection and reciprocal love is hardwired into the human brain. As herd animals our primal desire is for belonging. People lovers find connection via relatives and friends; solitude lovers may find it in a dog, or maybe in the magnificent oak that shades their home. The thing is, we all need to be part of something greater than just ourselves. We will all seek connection, whether that is to a community of people or to a watershed.

Just as we use Fall to take account of what our year's labor has brought to our larder. We can use the harvest time to take account of our *social* gardening. What kind of connections did you plant this year? Is the garden of your life providing you with lots of sweet fruit? Or, did you forget to feed the apple trees and all you're getting are small bites of punky yuck? Worse yet, perhaps you spread poison and now your larder is bare?

Like anything you want to grow vital and strong, your social connections need tending. This month of Thanksgiving is a great time to set up habits of empathy, compassion and kindness. Start with the easy stuff. Look at someone you know you love and consciously think, "I love you". Let that thought show on your face and you'll be rewarded with kind thoughts directed back towards you. Ready to try something a little harder? Do that person a small act of kindness. Maybe you'll see them pass it on to another.

Now take it up a notch. Look at a stranger, really pause and look. Now think, "I love you". You don't have to believe it – just say it to yourself. You'll be amazed at how it makes *you* feel. Kick it up another notch and do a random act of kindness for a stranger. Paying for the person behind you in the JitterBean drive-thru is an easy one. Or mowing your neighbor's lawn, or picking up trash on the highway. Again, notice how it makes you feel. What easy and cheap ways to boost your own happiness and self-esteem while helping your community!

When you sit down to Thanksgiving, even if it's in front of the T.V., look around you and consciously think about how each of these people effects your life. You change them and they change you. Feed and nurture those connections.

These aren't just my own wishful ideas. Study after study shows that cultivating connection and gratitude increases mental and physical health. Connections are correlated with longer and better quality lives. No more pissing and moaning, give what you want to receive, tend your relationships with love and care. Be prepared to revel in the sweet taste of your psychic harvest.

And have a wonderful Thanksgiving month!

## AFFORDABLE CONNECTIVITY PROGRAM



### WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

### The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

### WHO IS ELIGIBLE?

**A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:**

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

### TWO STEPS TO ENROLL

**1**

Go to **AffordableConnectivity.gov** to submit an application or print a mail-in application

**2**

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

### LEARN MORE



Call 877-384-2575, or



Visit [fcc.gov/acp](https://fcc.gov/acp)



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

By Dottie Simmons



### It's Pumpkin season!

With or without spices, pumpkins are versatile and delicious. They can be used in either sweet or savory dishes and the seeds are good as snacks or in salads. And they're everywhere this time of year! While small sugar or pie pumpkins are best for cooking and baking, seeds from any pumpkin are good dried and roasted.

**To can pumpkin** for soups, breads, or desserts, you will need about 2¼ pounds per quart. They should have a hard rind and stringless, mature pulp. Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree\***. Fill jars with cubes and cover with the cooking liquid, leaving 1-inch headspace. **Pressure can only** – Quarts: 90 min, Pints: 55 minutes. In a dial gauge canner, process at 11lb. pressure, adding 1lb for each 2000' in elevation. In a weighted-gauge canner process at 10lb up to 1000', then 15lb.

**\* Why not puree before canning? There is too much variation in thickness in batches of home-prepared pumpkin purees to permit calculation of a single processing time that would ensure safety.**

If you prefer having pureed pumpkin on hand, freezing is the way to go. Wash, cut into cooking-size sections and remove seeds. Cook until soft by boiling, steaming or roasting, as you prefer. Remove pulp from rind and mash. To cool, place container of pumpkin in cold water and stir occasionally. Pack into rigid containers leaving ½ to 1 inch headspace for expansion, and freeze.

Use pumpkin preserved by either method in pies, custards, soups, and baked goods, or served as a side like mashed potatoes!

And all those seeds? Drying or roasting seeds are different processes. To dry: carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in the sun, in an electric dehydrator at 115-120°F for 1 to 2 hours, or in an oven on a very low heat only, for 3 to 4 hours. Stir them frequently to avoid scorching. Dried seeds should not be stored with any moisture left in them.

To roast: take dried pumpkin seeds, toss with oil and/or salt and roast in a preheated oven at 250°F for 10 to 15 minutes.

**Find more recipes** for preserving pumpkin in the Ball Blue Book, So Easy To Preserve, or online at <https://nchfp.uga.edu/tips/fall/pumpkins.html>

Questions about the **Master Food Preserver Program**, food preservation or demo? Contact Humboldt County Cooperative Extension Office at: 5630 S. Broadway, Eureka, CA 95503, Phone: (707) 445-7351, or online at: [http://cehumboldt.ucanr.edu/programs/Master\\_Food\\_Preserver\\_and\\_Master\\_Gardener\\_Program](http://cehumboldt.ucanr.edu/programs/Master_Food_Preserver_and_Master_Gardener_Program)



## BRIDGEVILLE Volunteer FIRE Department *by Rachel Capistrano*

With the changing of the clocks comes fresh batteries for your smoke and carbon monoxide detectors. Cleaning the fireplace chimney and wood-burning stove pipes this time of year also makes sense, very disappointing when flames are shooting out above the roof. Keeping up on the gutters of your home is quite a battle in Fall, but your home is that much safer without the extra fuel waiting to go. Most of these tips are more for when you are at home, fire or heater going and ready to go to sleep.

Getting an early warning that something is not right can make a huge difference. Know when the last maintenance was done on your heater or fireplace.

Wet roads are the normal thing this time of year, fog and rain. Early mornings can be a mix of wet and frosty conditions. I have driven through a downpour that lasted a couple of miles, strong enough to wash my car away because of a small cell of rain passing through. Please make sure that you have good tires for our roads here. Summer racing slicks (bald tires) on wet roads can give you a slow ride on a tow truck.

Be safe and courteous out there, you'll get there eventually.



### INSTALL & TEST ALARMS

Carbon monoxide alarms should be tested at least once a month.



### PLUG SPACE HEATERS DIRECTLY INTO OUTLETS

Never use an extension cord or power strip.



### HEAT YOUR HOME SAFELY

Keep anything that can burn 3 feet away from a fireplace, wood stove, or space heater.



### KEEP CHIMNEY & VENTS CLEAN

Hire a qualified professional to clean and inspect your chimney and vents at least once a year.



### NEVER USE CANDLES FOR EMERGENCY LIGHTING

Always use flash lights and stock up on extra batteries.

## ARE WE CRAZY OR WHAT?

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

### Breathing, Woodshed, Games and Travel

Ah....We are beginning to Breathe Again! Breathless not from fire smoke, which wasn't so bad this year....yet. But from trying to finish projects before winter plus when changing things around, hoping it will go okay, or when we can't stop running around in circles with whatever we are doing. (We know these sound familiar, you who have trouble breathing too!)

But while just beginning to breathe again, we have had to stop breathing for a bit while trying to get home fire Insurance, as the company has required us to PAINT the woodshed. You know, the shed you pile wood into with sawdust all over the floor, with no glass windows, no insulation, just poles, pallets and tin roof....we were required to PAINT it! (Somehow they think that a coat of paint will prevent it from burning down...mmmmm) After a month we finally painted both ends with left-over green house paint, then another time painted the eaves and the top half of the front swirls of color to look like some kind of surreal sky, then a minute ago painted the bottom half a background color of light greens, yellows and just a touch of purple – all from left over paints. Now for the final stroke of paint, to create an abstract flower garden on the bottom half of the front. Have faith. Breathe.

Other than that, getting ready for the down time of winter, Lyn has started playing the strategic game of GO with Mark – Kate only sees a big wood board with a bunch of smooth rocks scattered on top, but is told its one of the oldest games in the world and pretty complicatedly simple. We both are also getting together with Kathy and Karen every other week to play Hand and Foot cards to keep our minds active and our sides split from laughing.

But personally, soon we are planning on traveling "Jack Reacher" style, starting out on a trial weekend. Now for you who haven't read the character in Lee Child's *Jack Reacher* books, this is how you travel: you take off with just the clothes on your back and a toothbrush in your pocket, a destination probably in your mind, a way to pay for public transportation and food, and knowing that your next change of clothes will probably be purchased at a thrift shop. You can stop any time, can change your plans any time, and can stay anywhere as long as it's in a cheap motel, a hostel or a friend's couch somewhere. (Rules are no personal vehicle, no camping, no trespassing, no hitchhiking, no harming). Want to go?

Lyn Javier and Kate McCay  
TwoCrones Ranch, Larabee Valley

## Care-Giver Corner

Incontinence is when you can't hold your urine. There are 4 kinds of incontinence: stress, urge, overflow and functional. Stress incontinence is the leaking that happens when you laugh, cough or sneeze. It is caused by your abdominal muscles tightening and creating pressure on the bladder. If the sphincter is weak, you leak. Urge is when you gotta go the minute you feel you gotta go. Overflow happens when you are retaining urine. You feel like you have to go most of the time, but only urinate a little bit at a time.

Retained urine is a perfect home for bacteria, so it is important to empty your bladder fully. This may require catheterizing yourself to drain the bladder via a tube inserted into the urethra (pee hole) several times a day.

Functional incontinence happens when your bladder is okay, but you can't use the toilet due to mobility issues. Or, as is happens to people with dementia, you forget, or just won't use the bathroom.

There are medications that can help with frequency and urgency. Most are anticholinergic and can have mild to serious side-effects, including a possible link to dementia. Another way to treat urgency is by doing Kegel exercises. <https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/kegel-exercises/art-20045283>

To help with anti-bathroom behavior in people with dementia make sure the bathroom is inviting. Make it a colorful and cheerful place (though not over-stimulating). Keep it warm with heaters and carpets over cold floors. You can even try cognitive conditioning by giving the person a treat whenever they go in the bathroom, then they will associate the bathroom with good things. Depending on the person, try leaving the door open so the space isn't as confining.

For those who have little bladder control or have movement issues, keep a commode close by. Timed voiding is also a good strategy. Figure out how often you naturally urinate and then urinate after that amount of time, whether you feel you need to or not. For most people it's every 2-4 hours.

Many people wear pads or briefs to catch leaks. These can hold a LOT of urine but they should be changed with each incontinence. If the person doesn't know when they've peed, check their briefs at least every two hours. Briefs are expensive, but MediCare sometimes pays for them. And, they can often be found at thrift stores. The Bridgeville Community Center often has adult diapers to give away (kid diapers too).

Last, but not least, always wipe front to back. Even for guys. You don't want to drag 'the nasty' any closer to your urethra than needed. Poor wiping is a major cause of urinary tract infections in people of all ages.

# 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**



## Bridgeville Trading Post

**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?** -EMT classes starting. 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. Thank you for helping the community.



**The Bridgeville Community Website is up and running. Click the Newsletters tab to see BCC Newsletters from the past 10 years in color. Visit us:**

**[www.BridgevilleCommunityCenter.org](http://www.BridgevilleCommunityCenter.org)**

**Fall Back, Daylight Savings,  
Sunday November 6.**



### **The Bridgeville Baptist Church**

Sunday School- 9:45-10:45 am, Sunday Worship- 11:00-12:00  
*We are on Blocksburg Road, just past the Bridgeville Bridge off Hwy 36.*

### **6 Rivers Mad River Breakfast**



**Every First Sunday of the Month**

Mad River Community Hall 8-11 (Mad River Rd)

### **"The Gathering" Meeting**

"The Gathering" is a Substance Use Support Group meeting every Friday at 2pm. At the Bridgeville Baptist Church on Blocksburg Road just off Highway 36.

**Bridgeville Community Newsletter**  
**PO Box 3**  
**Bridgeville, CA 95526**

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## POSTAL CUSTOMER

Thank you to the US Postal  
 Service for delivering the  
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## November 2022

| Sunday                                                                                                                     | Monday    | Tuesday                                                                                                                                      | Wednesday | Thursday                                                                                                          | Friday                                                                                                                                                                | Saturday                                          |
|----------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
|  <b>Please Don't Start Smoking</b>        |           | <b>1</b><br><br>Fire Dept meet-<br>ing 6pm                                                                                                   | <b>2</b>  | <b>3</b><br><br>BCC Board Mtg                                                                                     | <b>4</b><br><br><b>The Gathering</b><br>2pm, Church<br><i>Every Friday 2pm</i>                                                                                        | <b>5</b><br><br><b>Vaccine Clinic</b><br>10am-3pm |
| <b>6</b>  Mad River Break-<br>fast - 8-11 | <b>7</b>  | <b>8</b>  <b>Election</b><br><br>Fire Dept meet-<br>ing 6pm | <b>9</b>  | <b>10</b>                                                                                                         | <b>11</b>  <b>Veteran's Day</b><br>and Lunch                                       | <b>12</b><br><br>- Fire dept train-<br>ing        |
| <b>13</b><br><br>Fire District<br>meeting 5pm                                                                              | <b>14</b> | <b>15</b><br><br><b>Book Mobile</b>                                                                                                          | <b>16</b> | <b>17</b><br><br>BES School<br>board meeting,<br>5:30-6:30                                                        | <b>18</b><br><b>USDA Pantry:</b><br>- BCC 10am-4pm<br>- Dinsmore Air-<br>port, 9:00 am-<br>11:00am<br>- Blocksburg 1:30                                               | <b>19</b>                                         |
| <b>20</b><br><br>Women's<br>Gathering<br>11:30                                                                             | <b>21</b> | <b>22</b>                                                                                                                                    | <b>23</b> | <b>24 Happy Thanksgiving</b>  | <b>25</b>                                                                                                                                                             | <b>26</b>                                         |
| <b>27</b>                                                                                                                  | <b>28</b> | <b>29</b>                                                                                                                                    | <b>30</b> | <b>December 1st,</b><br><b>BCC Clothing</b><br><b>Closet/</b><br><b>Exchange</b>                                  | <b>Medicare Open Season</b><br><b>Ends December 7</b><br><br>This is the time to change your<br>plan if you want, you can call HI-<br>CAP to get info: (707) 444-3000 |                                                   |

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

**Closed November 24<sup>th</sup> and 25<sup>th</sup>**

**Mondays: BCC CLOSED**

**BCC Community Potluck Lunch - Cancelled for No-  
 vember**

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

**[www.BridgevilleCommunityCenter.org](http://www.BridgevilleCommunityCenter.org)**



## Happy Thanksgiving to All

Thanksgiving has been celebrated on the fourth Thursday of November since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the pilgrims of Plymouth. It is still celebrated in a similar way, with families coming together and sharing traditionally available during November. There has been a long tradition of harvest celebrations throughout human history. Smashed potatoes with copious amounts of gravy are mandatory, as well as pumpkin pie with whipped cream.