



September 2022

Volume 27 Number 1



Wow, and I will say it again, WOW!!! BridgeFest was OuT of This WoRLD!!! Thank you to all who came out and volunteered, had fun, dressed up, cooked, and played with us. Although it was different

this year, we are all so pleased with how BridgeFest turned out and look forward to hearing everyone's feedback. Please let us know if you have any ideas for next year or criticism so we can keep moving forward to make it better. All in all though, Thank you Thank you Thank you. It was such a good time for all, and we were so pleased to see so many faces that we haven't seen in a while.

As we move on in the after times of our social peak, we still have many events happening throughout the month, starting with exercise classes the first Wednesday, then a **stellar drive thru dinner September 9th** that is a fundraiser the Kid's Backpack food program, woman's gathering, vaccine clinic, food pantry, community potluck and more. Keep our calendar on the fridge as we are having things every week. Volunteer and social opportunities are plentiful. We will also be starting our substance use support group this month with dates TBA. On top of all those goodies....are you ready for it....we will be having our **Volunteer Appreciation Dinner Sunday September 25th**. It's catered! Not by me this year....and in person! I am so excited to enjoy good food and show gratitude for all our loyal volunteers who work so hard throughout the year and years past. We will be calling and reaching out to those who are on our volunteer list to get an idea of numbers for the dinner. If you are worried we may not have your correct contact info, please contact us so we can get you on the list. I want no volunteer to be left behind. 707-777-1775

This month our food pantry will be on September 16th, Bridgeville 10-4, Dinsmore 9-11 and Blocksburg at the town hall 1:30-3:30. If you have any questions please let us know. We welcome all local donations. Fresh fruits and Veggies make us smile!

On that note, we will be having a slight change for this year's holiday food boxes. **For November and December holiday food boxes we will be asking folks to sign up**, or put a family name on our list. The holiday boxes will be limited to one per household. The deadline for the sign up will be **Oct 15th**. This will put you on the list for both boxes. If you are eligible for our food pantry then you are eligible for the holiday boxes. No person in our community should ever go hungry. This is one of the many reasons why we are here.

Such a wonderful summer we just had and school is getting ready to be back in full swing. Watch out for those kids on the road and we will see you all soon!

Danielle Holway
Executive Director





BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Elsie Seviour

Well, it's a wrap. What a great turnout for BridgeFest 2022. It was a huge success to be back to a live in-person event. The Fire Department sold out of every food item we had, and almost all our raffle tickets.

Congratulations to all the raffle winners. We would like to give a huge shout-out to all the donors to our annual fundraising raffle. Without their generosity of donations of prizes, we wouldn't have been able to have done this raffle. Thank you to all the Bridgeville community center volunteers for putting on a wonderful event, it was most definitely out of this world.

Mostly thank you to all who attended BridgeFest and stopped by our BBQ booth and supported our local fire dept. Looking forward to next year.



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

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Bridgeville Community Center

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BCC Commodities/Food Pantry

Friday,
September 16

Bridgeville BCC
10am - 4pm

Dinsmore Airport
9am - 11am

Blocksburg Town Hall
1:30pm - 3:30pm

Call BCC at 707 777-1775 for more information.



Free Exercise class

Classes are held the first Wednesday of the month in the Bridgeville School Gym. Three groups available. A second class will be later in the month. All levels welcome, come on down. (sponsored by the Bridgeville Community Center).

Wednesday, September 7,
Seniors 2pm; BES 3pm; Adults 4pm

Saturday, September 17,
Seniors 10am; BES 11am; Adults 12 noon.

BCC
VACCINE
CLINIC

In school gym.

Saturday
September 10

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

Humboldt County Bookmobile



Read A Book

They Deliver

Tuesday September 6th, 10:30

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

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

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

With a little luck (maybe a LOT of luck) our community will squeak by this fire season without having to deal with more smoke than we've already had.

As wildfires have become more prevalent there has been more research into the health effects of smoke exposure. Folks – it ain't pretty. Exposure to smoke can worsen asthma, cause mental health disturbances and even increase your risk for heart attack. Smoke exposure to children and pregnant women is especially bad. Fetal exposure to wildfire smoke can result in low birth weight, respiratory problems, metabolic problems, immune dysfunction and increased mortality. Young children, whose lungs aren't fully developed, aren't able to filter toxins and particulate matter very well. They also have more increased problems from smoke.

Wildfire smoke generally has more and worse pollutants than polluted urban air. It is made up of volatile compounds/gasses plus large and fine particulate matter (PM). It can travel hundreds of miles from its source and PM can remain in the air for a long time. Wildfire smoke can also contain terrible toxins from plastics and other materials volatilized when houses and cars burn. It is controversial whether these toxins stay close to their point of origin or travel in the smoke to faraway places.

Particulate matter that is 10 microns or larger will irritate eyes, nose, throat and skin. But, generally won't cause long term damage. It's the PM at 2.5 or less that causes big problems as it can get inhaled and cross into your bloodstream causing clotting problems, including strokes and heart attacks. Breathing in wildfire contaminated air can also trigger an immune response that leads to long-term lung and heart damage.

People think they know when air quality is bad, but it actually can be harmful well before you feel the effects. If there are fires burning near you check your Air Quality Index even if the air looks clear: 0-50 is good, 50 to 100 is okay, but not great and vulnerable people with lung or heart conditions need to be careful. As do young children or pregnant women. Over 100 and we all need to take precautions like limiting outdoor activity and maybe wearing N95s if we *have* to go outside. If you don't have an air purifier it's time to get one.

Fires can also cause PTSD, depression, anxiety and sleep disturbances. The stress of going through a fire affects your immune and limbic systems, which can have long term effects on health. Even if your own home doesn't burn, feeling the trauma to your community will affect you. Mental health affects physical health, don't be afraid to ask for help.

Don't try to be tough, when the wildfires and smoke come, stay inside and limit your exposure to the smoke.





WE ARE BACK!!!

26th BRIDGEFEST

Saturday August 20, 2022 11am-5pm

LIVE MUSIC!

Kids Zone

Homemade Pies

Alien Parade

HUGE RAFFLE!

Arts & Crafts Vendors

Alien/Human Games

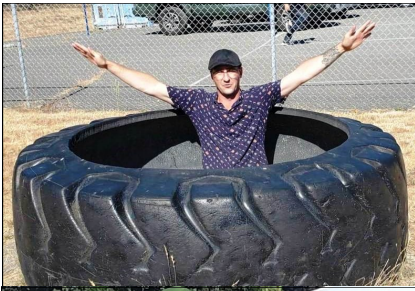
SVRD BBQ

Temporary Alien Landing Zone
McGuire School Campus

A Fundraiser for the Bridgeport Community Center



BRIDGEFEST 2022



BridgeFest 2022	
Welcome to the Greatest Show in the Universe on Earth	
11:00	- 11:10 Welcome
11:10	- 12:00 Community Showcase Jay Roller, Jacob Jake Uno
12:15	- 1:15 The Hunz
1:15	- 1:35 Alien Parade
1:35	- 2:35 Knights of the Van Duzen
2:55	- 3:55 Melange

Photos by Delila Lise Longhofer Werner & Attila Gyenis



Soup – the Alpha and Omega of the vegetable garden!

Winter's coming and what is more satisfying on a cold winter day than a bowl of nourishing hot soup?

Soups are a quick lunch item or quick meal on hand for unexpected guests. Just can all the ingredients together for some real homemade 'fast food'! For that jars should only be filled halfway with the vegetable mixture. Top off with the hot liquid leaving 1-inch headspace.

For ingredients such as noodles, rice, barley or other grains, or thickening such as flour, add after jar is opened for serving. For instance, heat a jar of chicken vegetable soup and add noodles when it comes to a boil.

Select, wash, and prepare vegetables, and meat.

Cover meat with water and cook until tender. Cool and remove bones.

Clean, slice or chop vegetables, bring to a boil and simmer 5 minutes.

For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, and heat to boil; drain.

Combine prepared ingredients and heat together with hot water or broth, to boiling, and boil 5 minutes. Salt, pepper, and other herbs or spices can be added to taste. Do not overcook before filling jars; the canning process completes the cooking. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace.

To process: (Pressure Canner ONLY) In a weighted-gauge canner use 10lb up to 1000' elevation. Over 1000' use 15lb. For a dial gauge canner, process at 11lb PSI up to 2000' elevation and add 1lb pressure for each additional 2000' (12lb for 2000' to 4000', 13lb for 4000' to 6000', and so on...)

For either style of canner pints take 1 hour, quarts 1 hour and 15 minutes.

Should you want to make and preserve pureed or cream soups, consider **freezing** them. Omit potatoes from the recipe. Cool your soup, place in freezer-safe containers, leaving headspace for expansion and freeze. Be sure to label and date all containers. Soup should keep 4 to 6 months in the freezer.

Canning Mixed Vegetables: Chop, slice, or dice vegetables **except** leafy greens, dried beans, cream-style corn, winter squash, sweet potatoes, broccoli, cauliflower or cabbage. Combine in large pot with water to cover. Bring to a boil for 5 minutes. Fill jars leaving 1" headspace, add ½ to 1 teaspoon salt to each jar if desired. Add lids and rings and tighten. Process as for soup, timing 75 minutes for pints and 90 minutes for quarts.



TRCCG News

Two Rivers Community Care Group

Digital Assets *(continued from June 2022)*

Because every social network site (SNS) company is different it is impossible for me, in a single column, to cover all the different SNSs and what they want when someone dies. But, it is pretty easy to do an internet search "how do I close the - *name of app* - account of a deceased person" for any of the major SNSs and there will be instructions to walk you through the process. Generally, most of them have the same requirements, though some are more querulous and difficult than others.

Before you go to close your loved ones accounts have the following items in hand: the user or member name for the account, the deceased's email address, full name, proof of death (some sites will accept an obituary, others want the death certificate), proof of *your* identity, proof of your relationship to the deceased (a copy of the will naming you executor/beneficiary or possibly a birth or marriage certificate). Because SNS accounts are often linked to google or other SNS accounts you should be careful of the order in which you close them. And, you will probably need to be proficient enough with computers to turn physical objects like death certificates into PDFs or Jpegs that can be sent digitally. You also want to give some thought about which accounts to delete. It may give you comfort to look at old Facebook pages.

Want to help your heirs prior to your death? Leave them a list of accounts and passwords. Some people use an online service that securely stores passwords and has a feature that can be set-up to send them to a designated person at death. Of course the person will have to prove you are dead, and who they are.

Many services, like PGE, phone companies, and utilities let you designate someone to act for you. That person can usually act to close your account after you have passed. Many companies let you designate a legacy contact who can manage your account when you die, including deleting it. Facebook will change your page to a memorial and it will be there forever. Whatever SNSs you use, be sure to check the settings for options should you pass away. Do this no matter what your age. We all know our Highway 36 is a life-taker. If you die suddenly you don't want your digital assets scattered to the virtual winds. Nor do you want your survivors spending weeks and months trying to close down your virtual presence. I found this website very helpful. <https://www.dignityfunerals.co.uk/what-to-do-when-someone-dies/dealing-with-social-media-accounts-after-death/>

Thank You

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

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



Fundraiser for BES Backpacks for Kids program



**Chicken kabob dinner or
vegetarian option of tofu.**

**Dinner includes a side of rice and
one veggie spring roll.**

ORDER BY TUESDAY
SEPTEMBER 6

PICK UP SEPTEMBER 9TH

BRIDGEVILLE COMMUNITY CENTER 777-1775

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Customer Service Managers

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License 4082757

Melissa Boomer
License 4082759

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707-725-3400

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



Volunteer Appreciation Dinner Sunday, September 25

**Thank
You !**

As a thank-you to all the volunteers at BridgeFest and in the community, the BCC will be hosting a catered dinner. We appreciate our volunteers who work so hard throughout the year and years past. We will be calling and reaching out to those who are on our volunteer list to get an idea of numbers for the dinner. We want no volunteers to be left behind.

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POSTAL CUSTOMER

ENJOY

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS				1 BCC Board Mtg	2	3
4 Mad River Break-fast 8-11	5 Labor Day	6 Book Mobile Order drive thru dinner	7 BES School board meeting, 5:30-6:30 Exercise Class	8	9 Drive thru dinner	10  Vaccine Clinic 10am-3pm - Fire dept training
11	12 Fire District meeting	13	14	15	16 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Blocksburg 1:30	17 Exercise Class
18 Women's Gathering 11:30	19	20	21  International Day of Peace	22  Fall Begins	23	24
25 Volunteer Appreciation Dinner	26	27	28	29 Community Potluck Lunch	30  Skip the Bottle, Save a Life	

WEEKLY: Tuesday - Friday 9am - 4pm

Mondays: BCC CLOSED

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