



April 2023

Volume 27 Number 8



Spring has sprung! Hopefully everyone is starting to feel safe again to come poke your heads out and start getting hands dirty for spring planting. I believe April 1st is the last frost for us in the lower elevations here in

Bridgeville and Carlotta. Get those gardens in if you can. Perhaps share some of those indoor starts with your friends and neighbors who were unable to get ahead this year due to the storm. It sure did keep us buried for a while. As always, let's check on our neighbors, and make sure everyone is getting the assistance to get back on their feet after the snow.

With a bit of good news, the Community Center has been awarded the ACES grant for the year 2023-2024. This will be assisting us in hosting a weekly playgroup for ages 0-8, and also monthly parenting classes. We are so excited for this to happen, since the loss of our Head Start Program, we have been without any 0-5 programs. We are now on our way to being able to help support our families with younger children by means of socialization and parenting strategies and skills. If you are interested, please let us know at the center, 707-777-1775. We can add you to the list to be contacted when the first classes are set to start.

We have also heard that there is a day care starting up down in Little Golden Gate, set to start in May-June. Please reach out to us at the above number for more contact information regarding that program. This daycare is not a community center program, but we are so happy to support it in any way possible. Imagine that, now two programs are coming up for our younger kiddos. Good things are happening, and with local support for our younger families and parents there can only be more positive changes. Just in the nick of time too, as we have several community members who are welcoming new babies into the world. New babies, spring in the air, it is time to shine!

Danielle Holway
Executive Director



Dolly Parton Imagination Library Fundraiser Kickoff

The Bridgeville Community Center is fundraising for over 400 Humboldt County children aged 0 - 4 already signed up for the Dolly Parton's Imagination Library. For every year of books mailed directly to their homes (at no cost to them), we have to raise over \$10,000. California state will be kicking in 50% of the cost starting in June. We have already received over \$4,000 (*thank you donors*). But we need your support to continue funding this great program every year.



You can make your donation by mailing a check or money order to the Bridgeville Community Center, or on-line by visiting our website:

www.BridgevilleCommunityCenter.org

Our long term goal is to eventually expand the program to allow any of the almost 5,000 eligible Humboldt kids wanting books to get them. A community that reads is a community indeed. We thank you for your support, and helping make book dreams possible.

Humboldt County Bookmobile



Read A
Book

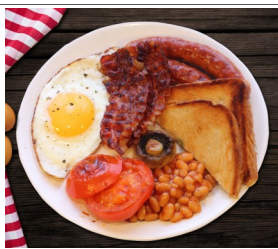


They Deliver

The Bookmobile comes to Bridgeville and Dinsmore the second Tuesday of the month.

Bookmobile: (707) 267-9933

Bridgeville School	10:30 - 11:30
Dinsmore (next to Laundromat)	12:15 - 2:15



Bridgeville Breakfast and Bingo

Breakfast 10-12
Bingo 12-2

Sunday, April 23rd

B I N G O					
14	24	44	53	68	
7	28	31	54	73	
2	26	★	51	67	
3	22	39	57	75	
9	20	37	50	71	

Who are the members of the Bridgeville Community Center Board of Directors?

Joyce Church, Brooke Entsminger, Clover Howeth,
Lauri King, 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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Email— BridgevilleNews@yahoo.com
www.BridgevilleCommunityCenter.org

2023 BridgeFest BroadCast!

A Monthly Update

Join us for an
OUT OF THIS WORLD
Bridgefest Metting

April 4th
5-6 pm @
Bridgeville
Community Center
707-777-1775

Yoga on Mondays

5 - 6:30



ZUMBA

EVERY WEDNESDAY FITNESS

COME AND JOIN FOR SOME FUN!!!!

BRIDGEVILLE SCHOOL GYM
TAUGHT BY DELILA

**5:30 -
6:30**

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

2022 CalFresh Income & Eligibility Limits

Effective October 1, 2022 – September 30, 2023

Monthly Income Limits

People in Household	Gross Monthly Income	Income Reporting Threshold
1	\$2,266	\$1,473
2	\$3,052	\$1,984
3	\$3,840	\$2,495
4	\$4,616	\$3,007
5	\$5,412	\$3,518
6	\$6,200	\$4,029
7	\$6,986	\$4,541
8	\$7,772	\$5,052
Each additional member	\$788	\$512

Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691
Each additional member	\$211



Better Food for Better Living

BCC Commodities/Food Pantry

Friday, April 21st

Bridgeville BCC

10am - 4pm

Dinsmore Airport

9am - 11am

Blocksburg Town Hall

1:30pm - 3:30pm

Call BCC at 707 777-1775 for more information.



**Bridgeville Community
Easter Breakfast**

&

**Easter Egg Hunt
Saturday, April 8, 2023
Bridgeville School**

Breakfast served at 10:30 a.m.

Adults \$5.00 Children \$3.50

Easter Egg Hunt at 12:00 p.m.

Bridgeville Booster Club

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Pain in the Back

Between 50-85% of adults experience back pain. Sometimes you know the exact action and moment you 'tweaked' it. Sometimes you just wake up and can hardly get out of bed, it hurts so much and you don't know why.

There are different reasons for back pain. Most are skeletal/muscular. You did something that hurt the muscles. Other injuries include fractures from accidents or spontaneously from brittle thin bones. Pain can develop from pressure on the spinal nerves when discs, the padding between the vertebrae, herniate or rupture. Muscle pain is usually achey and/or burning, while nerve pain may be numb, tingling, electrical and radiate into limbs.

Most back pain will go away in 2-6 weeks. The advice used to be to lay in bed to heal. Now, the advice is to keep as active as is tolerable. Other helpful techniques include the use of chiropractic, acupuncture, massage, ice/heat, saunas, biofeed back and relaxation techniques. Physical therapy can be life changing for chronic back pain but, don't self prescribe via youtube, get a referral to a real therapist. Ice and heat for 20 minutes 2-3 times a day can help, as can anti-inflammatory medications and muscle relaxants (though these are not for eternal use). You should consult a doctor before using them as they can harm your kidney and liver, and they interact with lots of medications.

The best way to deal with back pain is to prevent it. ALWAYS use good body mechanics when picking something up, even if it's light. Rather than bending over, squat and use your thighs to lift. Keep packages close to your body. Don't twist. Plan things out so you can avoid twisting or bending. Be conscious as you move.

Prevention has to include keeping your back strong. Swimming and Tai-chi are wonderful for strength and flexibility, as is yoga (offered in Bridgeville and the Mad River Community Hall). Monitor your posture, especially with device use, as that forward neck/head thrust is really hard on the neck and upper back. Strengthening the core is essential. Drink plenty of fluids to keep your discs hydrated and stop smoking as nicotine decreases blood flow, which hinders healing.

If after 4 weeks you aren't significantly better, or if there is numbness, tingling, weakness or other signs of nerve damage, see a doctor. Chronic pain actually changes how neurotransmitters work within the body and may make you more sensitive to pain. You want to avoid that. If you already have chronic pain, consider taking a class that teaches you techniques for living with chronic pain/illness. The county Health Department offers them free.

Beware of addiction to medication. If the meds aren't doing anything, but you keep taking them, you may be addicted. No med is without side-effects, you don't want to risk further damage to your health for something that provides not benefit.

The most important take-away is: don't stay in bed with your back pain. Move it or Lose It, but don't abuse it. So, keep moving.



Calling All Writers

The Most Excellent Pretty Good Writers Group is a safe place to get inspired, invite critique (or not), and simply share your own creative works. We are inviting local writers of all experience levels and genres to join our monthly meetings in person or Zoom for mutual writing support.

As we get a better idea of participation levels, content and interest, we'll format the group's structure to ensure everyone has time to share.

We meet the first Tuesday of each month at the Bridgeville Community Center from 3 – 5 p.m. Our first meeting is April 4, 2023. Writers are not required to make every meeting to join the group.

Feel free to bring your works-in-progress to share, but if you need inspiration, check out the writing prompt below.

Prompt: Ordinarily Extraordinary

Directions: In any format, but within 300 words or less, describe how or why something seemingly ordinary in nature feels extraordinary to you.

For more information or questions about the group, please email Celena Mock at:

mepgwg@gmail.com.



We look forward to seeing you there!



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.*

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Lemon-Palooza! (part 2)

It's that time of year when if you have a Meyer Lemon tree or know someone who does, you likely have more than you know what to do with! Not a true lemon, this cross between a citron and mandarin/pomelo is sweeter and less acidic with a bright citrus flavor. They can be substituted for regular lemons. Delightful as lemon/honey tea, Moroccan-style preserved lemons, or Lemon Curd or marmalade.

Last month's article talked about how to make Preserved Lemons. This month we talk about how to make a Simple Marmalade.

Simple Marmalade - Makes 10 to 12 half pints
2 lb each washed organic lemons or 1lb each lemons and limes OR oranges
6 cups water
7 cups sugar.

Place sliced, seeded citrus in med large pot, add water, bring to boil, reduce heat and simmer 1 hour, or until fruit is tender.

Add sugar, stir to dissolve, simmer another 20 or 30 minutes or until it just starts to sheet from a spoon* OR is 8 degrees above the temperature of boiling water at your elevation (water boils at 212° at sea level, 206° at my house).

Ladle into clean hot jars w/ 1/4" headspace, wipe rims, affix lids and process 10 min in boiling water bath.

* **Spoon or Sheet Test** – Dip cool metal spoon into boiling jelly then lift out of steam so syrup runs off the side. At first it will be light and syrupy. As boiling continues, drops become heavier and drop off two at a time. When drops form together and "sheet" off spoon, jellying point has been reached.



Master Food Preserver Information: Remember, use an approved recipe such as those found in the Ball Blue Book, and follow the directions and times for preparing your food, jars, & equipment as well as the recipe and canning procedure to guarantee the best and safest results. If you have any questions about the **Master Food Preserver Program** contact: Humboldt County Cooperative Extension Office at: 5630 S. Broadway, Eureka, CA 95503, Phone: (707) 445-7351, or online at: <https://cehumboldt.ucanr.edu/>



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Danielle Holway

Now I know we are always asking for the new up and coming volunteers to join our crew, but have you ever wanted to find a way to support the department but not wanting to carry hoses or fight fire? Then we think we have the job for you. The Bridgeville Volunteer Fire Department is putting a call out for anyone who may be interested in joining the Board of Directors. As a Non Profit we have quarterly meetings, that's 4 a year, that do the work to keep our department running. We are seeking 3-4 board members to support our Department Non Profit. If you are at all interested, our next Non Profit Board of Director Meeting will be held directly after the firefighter committee meeting on the first Tuesday in April. Right around 7pm. This will be **Tuesday, April 4th at 7pm**. Again, this is a volunteer position, which would involve meeting only quarterly, but such an important aspect of keeping things running smoothly. We hope to see you there.

On another note, we have two attendees in the Eel River Probationary Fire Academy. So far they have both been showing excellent drive and focus and we are looking forward to them being a part of our team and our emergency response. Keep up the good work you two!

Until next month, or the next Board of Directors meeting, stay safe folks and Happy Spring!

Call Log

2/6- Medical 1:42 am
2/11- Medical 8:36 am
2/15- Smoke Check 6:10 pm
2/15- Smoke Check 7:42 pm
2/16- Smoke Check 8:03 pm
2/22- Medical 2:15 PM
2/22- Medical 4:10 pm
2/26- Medical w/ Staging 2:31 pm
3/9- Traffic Collision- 1:17 am
3/9- Public Assist- 11:07 am
3/10- Medical 2:20 pm

Bridgeville Volunteer Fire Department, Inc.

PO Box 4
Bridgeville, California 95526
BridgevilleVFD@gmail.com

HOW TO CONTACT THE BCC

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.

ARE WE CRAZY OR WHAT?

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

Snow, Quiet...into a Daze

Wow! Snow! And more Snow! Here in Larabee Valley, Kathy next door measured 84" of snow up to March 9, toward the end of being encapsulated in it...just before finally having the road plowed and free to drive out after days of captivity.

What a brilliantly white world we had! And what a lot of work trudging through hip-deep snow, balancing ourselves with our trusty old broom handle - stepping into repeat shoe-print paths over the bridge, under the apple tree, to the power shed for the generator start up, then back. Shoveling every morning the porch, stairs and path to get firewood....and watching falling snow cover it up again. Seeing the vehicles is covered by snow up to their roofs. Whisking off snow from the satellite panel to start our Wi-Fi phone and trying to push off accumulated snow on our solar panels (which ended up not cleared, with snow too deep to get through!)

What a powerful experience to see a never-ending scene of glowing white snow, deep on trees and burying every object on the ground; plants (including 5 foot lilacs), old tin roofing, pallets, burn piles, compost buckets, firewood stashes, trash bins, bee hives, covered garden equipment and our frog sculpted bird bath. Our land looking so clean and pristine, without a hint of human hustle. And Quiet. Peaceful.

But what do you do when there is no outside connection? When your world diminishes to the very spot you are standing in. When it is just you; the quiet of snow falling, the intermittent crashing of snow off the roof and the little buzzing of the refrigerator – so quiet, so isolating, it can be frightening.

Well, let us tell you, it can be tough all Alone. Even when you don't need help and everything is working well; your inner silence can be very very *Loud*. You find yourself thinking weird stuff, playing piano, reading, designing projects, watching the quail or fog roll in, figuring out your finances (or lack of), re-watching all the Ice Age movies, writing letters that can't yet be mailed or mumbling to yourself just to hear a human voice. Now that's "alone Busy-ness" and all those activities can also drive you nuts, everything becomes too much!

But then...you can stop all that and just Daze off. Just Daze; not think or do, just be quiet...until the world opens up again, the snow melts, and those outer activities, connections and challenges come tumbling in, and you're hooked up to the outside and running fast. All those Alone instances, the depth of being with yourself, is swept away for another time.

Unless. There is just a minute a day the quiet comes, and you can breathe into yourself. Alone.

Lyn Javier and Kate McCay
Larabee Valley

Care-Giver Corner

April is all about new life but, because nothing in life is sure but death and taxes, April 16th has been designated National Healthcare Decisions Day.

Some people think talking about dying and the 'what if's' of life is courting death or disaster. They think even just talking about a bad thing can make it happen. And, some people are so scared of what might be coming, that they can't bear to crack the window on that possible future, even by a ¼ inch. To which I say, hiding your Big Bad Fear takes way more mental energy than dragging it into the open and seeing how tiny it really is.

Talking about death and disability is not just for old folks. It's important for younger people to talk about what they like about being alive and what seems scary, or maybe even worse than death. Starting young having these conversations makes it easier to talk about this stuff when you get older. Talking about healthcare decisions helps people get comfortable with the concept that mortality is out there waiting for all of us. Facing mortality, even for young people, makes life sweeter.

Talking about disability also helps people of all ages think about those around them, how they might be feeling, and what they might need. A young couple planning to buy a house might choose one that is alter-ability accessible, not just because *they* might need it one day, but because family and friends might need it now.

For older people it's a fact that most of us will have some level of disability. Depending on our preparation and our luck, it may be sooner or later, more or less. But, it's coming for all of us who stay alive. Haul out your advance directive and look it over. Make sure it still reflects your wishes and you still like your surrogate decision-maker. Talk with friends and family about what makes a good life. You'll be surprised that such conversations often take you out of thinking about all the things you can't do and into realizing all the things you still *can* do.

April 15th, mail your taxes. Then, sit down with the beverage of your choice and a good friend, talk about the 'the slings and arrows of outrageous fortune' and when 'it is better to take arms against the sea of troubles' and when it is better 'to sleep...end the heart-ache and the thousand natural shocks that flesh is heir to'. (W.Shakespeare)

Some helpful websites:

- The Conversation Project: theconversationproject.org/starter-kits/
- Humboldt Advance Care Planning Coalition: <https://www.facebook.com/humboldtACPcoalition/>
- The American Bar Assoc. Consumer Toolkit for Advance Directives

Thank You

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

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



"Our background and circumstances may have influenced who we are, but we are responsible for who we become." — Barbara Geraci

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

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



**You are invited to
A Celebration of Life
For
John A. Church
June 1944 — May 2022**

**Saturday, May 20
1 - 4 pm**
The Steelhead Room
River Lodge, Fortuna
1800 Riverwalk Drive

The Mad Group - Invites you to join us!!



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

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



Mad River Community Breakfast

Van Duzen Rd, Mad River

April 2, 8am -11am, First Sunday of month



"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

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Bridgeville, CA 95526

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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga ↓		ZUMBA 5:30 ↓		The Gathering ↓	1 
2 Mad River Breakfast 8-11	3	4 - Writers Group - BridgeFest meeting 5-6 - Fire Dept meeting, 6pm	5	6 ○ BCC board meeting	7	8 - Resume Work- shop 11am - Fire dept training
9 	10 Fire District meeting 5pm	11 Bookmobile	12	13 BES School board meeting, 5:30-6:30	14	15
16 Women's Gathering 11:30	17	18	19	20	21 USDA Pantry: - BCC 10am-4pm - Dinsmore Air- port, 9:00 am- 11:00am - Blocksburg 1:30	22
23 BCC Breakfast and Bingo to follow Breakfast 10-12 Bingo 12-2	24	25	26	27 Community Pot - Luck Lunch 11:30	28	29
30				Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS		

WEEKLY: Open Tuesday - Friday, 9am - 4pm

Please call ahead to confirm events

Mondays: BCC CLOSED -

BCC Community Potluck Lunch - Last Thursday

Yoga on Mondays and Zumba on Wednesdays

The Gathering" substance use meetings Fridays at 2pm
@ Bridgeville Baptist Church

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

COMMUNITY CALENDAR

- Tuesday, April 4 - **Writers Group** 3pm, **BridgeFest** 5 - 6pm
- Saturday, April 8th- **Resume Writing Workshop** with Leanne from the Humboldt workforce coalition. 11:00-3:00
- Sunday, April 16th - **Women's Gathering** 11:30-1:30
- Friday, April 21st - **Food pantry**
- Sunday, April 23rd - for a **BCC Breakfast and Bingo** to follow 10-12 Breakfast. Bingo 12-2
- Thursday, April 27th - **Community Center potluck** 11:30am, with Chris Rose, IHSS representative will be attending to answer questions about IHSS (In-Home Support Services)