



July 2023

Volume 27 Number 11

**HAPPY
SUMMER**

Summer Greetings,

Did I miss the memo? Did you all get the memo? I don't know about you, but I was thinking there would be some sunshine down in this little valley, but it seems summer has gotten off to a late start. The heat jumped up a bit near the end of the month. Hopefully, it keeps up and we get a nice little summer before the fall. We can hope, can't we?

The kids Play Group has been going now for a few weeks and we are so excited. Don't hesitate to pop in and say hi. Kids aged 0-4 on Monday 10am-12 noon, and on Saturdays kids aged 5-8 from 10am-12 noon. We have had a mild turn out so far, we have lots more space available for socializing with the kiddos and breaking up the day. Come on down and try it out. Snacks provided and Jody has been hard at work planning projects.

There is much more news for events happening, raffle tickets for BridgeFest, the quilt, meetings, so much! Peep out the calendar on the back. If you have any questions about events, dates and times, please give us a ring.

We are also hoping to begin an oil painting beginner class, hosted by our very own Ted Lichti! If you have any interest, please let us know. email or call (707) 777-1775. We would love to get a headcount and perhaps start sometime in July. We hope to see you all throughout the month at one of our events or meetings. Stay cool folks.

Danielle Holway
Executive Director



**Bridgeville Community Center
closed Tuesday, July 4th**
Happy 4th of July

Stay safe, keep your pets safe (many get very anxious because of fireworks). Please be firework safe (we don't need fires).

And keep your children safe when swimming, around fireworks. And watch for your pets as well. Heat, left inside vehicles can all cause problems. Have a safe and fun summer. We will reopen Wednesday. *Wear sunscreen.*

July Dog Days

July was named after the famous Roman general Julius Caesar by the Roman senate, as it was the month he was born in. The month was previously called Quintilis (Latin for fifth) as it was the fifth month of the 10-month-long ancient Roman calendar.

July has some pretty delicious observances, too! There are three that stand out – National Watermelon Month, National Hot Dog Month, and National Ice Cream Month.

And then there are the Dog Days of Summer that occur in July. Who ever lets the dogs out that day, should bring them back in that same day.

Why A Duck?

Why were the ducks happy about the 4th of July celebration? Because there were fire-quackers! What makes a duck different from George Washington? One has a bill on their face, while the other has their face on a bill. What did the firecracker shout on the 4th of July? Red, white, and boom! Where was the Declaration of Independence signed? On the bottom of the page.

REDUCE, REUSE, RECYCLE

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

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2023 BridgeFest BroadCast!

A Monthly Update





HUMBOLDT DISTILLERY
THE SPIRIT OF CALIFORNIA

JOIN THE BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT
(707) 777-1775

DRAWING HELD SATURDAY, AUGUST 19, 2023 AT BRIDGEFEST
NEED NOT BE PRESENT TO WIN
(707) 777-1775 www.bridgevillecommunitycenter.org

We Shop Local !!

Trish's Out of the Way Cafe
2865 School Rd. Fortuna
(In the Campion Heights Shopping Center)
(707) 726-7885

Swains Flat OutPost Garden Center & Store
Garden Center: 707-777-3513 Store: 707-777-3385
10% OFF of one shelved item in Garden Shop
Limited to one ticket per visit Expires 08/01/24

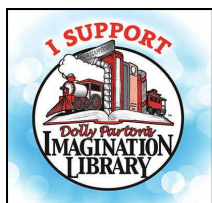
BridgeFest Raffle Tickets For Sale

Raffle Tickets are now available for sale. Grand Prize is the lovely Quilt, lovingly quilted by community members every year for BridgeFest. It will be drawn first so that all tickets have a chance of winning it (though the winner may be announced at the end of festivities). Other great prizes too. Thank you to all the donors for the BridgeFest Raffle who are listed elsewhere in this newsletter.

We are moving ahead with the planning for BridgeFest, and if you want to participate, please contact us. Our July meeting have been moved to Wednesday, July 5th.

August meeting will be Tuesday 1st, 5:00 - 6 pm. You can volunteer for as little as 1 hour, sitting at a t-shirt booth, no heavy lifting if desired, or you can get a good workout moving chairs. Many hands make for light work. It all helps the success of BridgeFest.

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.



Dolly Parton Imagination Library Humboldt Update

Your donation helps provide a child aged 0 – 5 to get a book free of charge on a monthly basis. A big **THANK YOU** to the people who donated.

As of July 2023, over 600 children are signed up for the program in Humboldt County and Mad River and Ruth in Trinity County (our coverage area).

The seeds of these dreams are often found in books and the seeds you help plant in your community can grow across the world." *Dolly Parton*



Links:

<http://bridgevillecommunitycenter.org/>

Sign up for Dolly Parton Imagination Library:

<https://www.imaginationlibrary.com>

Donation via paypal (or mail to BCC):

https://www.paypal.com/donate?campaign_id=EHUQSXZHXC8R4

July Community Calendar

4th Tuesday, BCC closed
 5th Wednesday, Zumba 5:30-6:30
 5th Wednesday, BridgeFest meeting 5 - 6 pm
 8th, Saturday, Red White Blue BBQ, Ruth Fire Hall
 9th Sunday, Blocksburg Ice Cream Social
 10th Monday, Yoga 5-6
 11th Tuesday, Writers Group 3:00 – 5:00
 11th Tuesday, Bookmobile 10:30
 12th Wednesday, Zumba 5:30-6:30
 16th Sunday, Women's gathering 11:30-1
 17th Monday, Yoga 5-6
 21st Friday, Food pantry Mad River, Dinsmore, Blocksburg
 24th Monday, Yoga 5-6
 28th Friday, Virginia Howard Mullan Book Signing
 28-29th Friday & Saturday, Ruth Rodeo

Coming Attractions: We also had an outdoor movie night recently, and are planning on another movie night. Stay tuned for details.

Please call to confirm events - (707) 777-1775.



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.*



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

Mad River Community Breakfast



Van Duzen Rd, Mad River

8am -11am, First Sunday, Mar - Nov

"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.

BCC Commodities/Food Pantry

Friday, July 21

Bridgeville BCC

10am - 4pm

Dinsmore Airport

9am - 11am

Blocksburg Town Hall

1:30pm - 3:30pm

Call BCC at 707 777-1775 for more information.



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

PTSD (continued)

The first step in healing your mind and body is to recognize you have a problem. You can honor that you have been doing the best you can, even as you acknowledge that the ways you are dealing with the situation are causing you harm. Healing means recognizing that your anxiety levels, hyper-vigilance, nightmares and irritability are *not* normal. That sounds basic, but a lot of people resist it. They have grown so used to the devil they know, that they are fearful of changing. If PTSD isn't running your life, what will take its place? Who will you be?

There are lots of healing techniques for PTSD, you need to decide which one or ones you want to start with. Most people need some help on this. Having someone trained in PTSD to guide you will speed the healing process, but it's not necessary. What is most important is having some who listens to you and is honest with you, even when you don't want their honesty. One stable, reliable friend can work wonders to mitigate PTSD.

Mindfulness helps slow down racing thoughts and calms your body. Studies show it decreases anxiety levels. Mindfulness is literally just stopping, paying attention to the here and now, and breathing consciously. Here are some links to websites that explain it more thoroughly.

Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356> Very Well Mind <https://www.verywellmind.com/mindfulness-meditation-88369>

Large muscle exercises can release past trauma and can keep current stress hormones from becoming a toxic stew inside you. The large muscles are in your legs and arms. Working them hard helps scatter the stress hormones in your body. I find doing this right after a traumatic event (say a fight with my spouse) to be very helpful. I also did them regularly during the week that fire threatened our home. The exercises can be as simple as stamping your feet and waving your arms, or as complex as belly dancing. Just get the muscles good and tired.

Tapping techniques sound crazy but, the VA has done multiple studies that show it can help with PTSD. This site has simple explanations and instructions: <https://www.healthline.com/health/eft-tapping>

Sometimes our best efforts are just too slow and we need change faster. It's okay to consider medications. Medications don't need to be a lifetime commitment. They should be used as a bridge to get from out-of-control back to in-control. Once things calm down, diligent work can put your psyche back into your own hands.

Finally, start thinking of yourself as survivor, not a victim. Watch your language, don't say 'the pandemic nearly killed me', instead say 'I *survived* the pandemic'.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

By Elsie Seviour

Well summer is fresh upon us and so is fire season. Are you prepared? For a defensible space try to make sure you clear 30-100 feet around your residence and structures. Make sure you have wildfire plan of action this summer and of course when in doubt call us out.

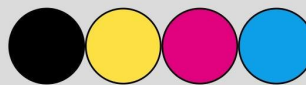
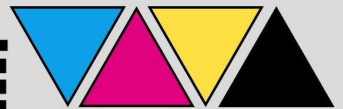
Some exciting things are coming for the BFVD. I hear there is going to be a chili cook-off amongst the department and the winner may be bringing their award-winning chili to BridgeFest. Speaking of BridgeFest, be on the lookout soon for our annual Fire Department raffle tickets, with some amazing prizes. Drawing will be held at BridgeFest where we will be joining the Bridgeville Community Center in August with our annual infamous BBQ.

We encourage and welcome all to join the Bridgeville Fire Department. Our meetings are the 1st Tuesday of the month @6pm.

Calls:

5-25 -Medical call, Traffic collision, 14:09
5-28-Medical call, Bridgeville 12:45 pm
5-30-Fire residential, Golden gate drive, 12:13 pm
6-02- Fire vehicle, Passenger hwy 36, 5:28 am
6-02- Fire vehicle, Passenger mm 27.00 hwy 36, 10:07 am
6-13-medical/w violence, Hwy 36 Bridgeville, 20:55 pm
6-13- Medical lift assistance., Bridgeville Hwy 36, 11:54 am

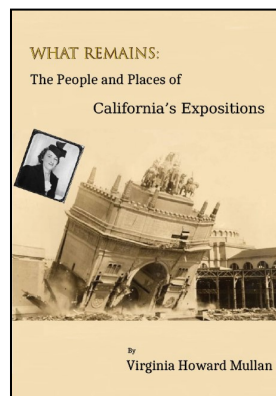
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707-444-3044

AUTHOR'S CORNER



Our very own Virginia Howard Mullan will be signing her latest book "*What Remains: the People and Places of California's Expositions*" at Eureka Books, Friday, July 28, 5 - 8 p.m.

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Strawberries

Oh, the sweet abundance of strawberries in early summer!

All the folks I know, including myself, who have strawberry plants are having a bumper crop. Thankfully there are many ways to preserve them for later use. Here are the easiest.

First - Sort, wash and hull the berries. Discard any defective or overripe fruit. Rinse under cool running water, drain, and pat dry with paper towels. Then 'hull' - remove and discard the green leafy cap.

Easy Peasy - Freeze them, unsweetened, whole or in halves. The 'Tray Pack' is the best method for freezing berries. Place a single layer of clean berries on shallow trays and freeze. As soon as they're completely frozen pack into a freezer-safe container, label and date and return to freezer to use any way you like.

Alternately you can dehydrate them. Small strawberries can be dried whole, otherwise halve or slice the prepared berries ¼ inch thick. If you have firm berries and a good egg slicer, you can use it for perfect, uniform slices. Place the berries/slices in a single layer on dehydrator trays and dry at 135° to 140°. If using baking trays in an oven you will need to turn the berries during the drying process.

They are done when they are no longer sticky and no moisture can be squeezed out of them. Let cool 30 to 60 minutes before packaging in air tight container for storage.

Another method is to dry strawberry puree as fruit leather. You can also use overripe berries for this method. For best results preheat prepared berries that are cut into chunks by heating in microwave on high for 6 to 8 minutes per 2 cups of fruit (this will make 1 - 13' x 15" fruit leather). Or you can do this in the top of a double boiler, covered. In either case, stir every couple minutes until fruit is soft. Then puree adding 2 teaspoons lemon juice to preserve color, and 1 to 2 Tablespoons of sugar to sweeten, if desired. You can also strain to remove seeds if you like.

Spread puree on plastic wrap lined trays ¼ inch thick or less and dehydrate at 140° until you cannot indent it with your finger and it peels easily from the plastic wrap. Cool, then roll loosely in plastic wrap and store in airtight container.

For Jams, jellies and syrups, see the Ball Blue Book or check nchfp.uga.edu online

Questions about food preservation? Contact: bridgeville-news@yahoo.com

Questions about Master Food Preserver Program? Contact: Humboldt County Cooperative Extension Office: Phone: 707) 445-7351, or online at: <http://cehumboldt.ucanr.edu>

Bridgeville

Play Group

COMMUNITY CENTER

- ✓ Social Connections
- ✓ Educational Resources
- ✓ Child Development
- ✓ Parenting Resources
- ✓ Drinks and snacks will be provided.

PARENT'S PRESENCE IS REQUIRED

Monday(s)
9:30 am to 12 noon

For Kids 0-8 years old

CALL FOR MORE INFO:
777-1775

Made with PosterMyWall.com



Most Excellent Pretty Good Writers Group

Calling All Writers

Tuesday, July 11th, 3 - 5 pm

Bridgeville Community Center or by zoom.

Humboldt County Bookmobile



Read A Book

They Deliver Tuesday July 11th
Bookmobile: (707) 267-9933

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

Red White Blue

BBO

And Dutch Raffle

Saturday, July 8th

5-8pm

Ruth Volunteer Fire Hall

\$12 adults and \$6 children 10 and under

Care-Giver Corner

Finances and Budgets

We don't like to think about money when we are caring for someone we love. But, in the real world money dictates what you can eat, where you can live, what medications you have access to, and who will take care of you if you need it. It's good to think ahead.

If you are caring for an elderly person with a nice income, either family or otherwise, you'll probably use some of the income for expenses, but will the rest of the family agree? Or will they think of that money as accumulating toward their inheritance? We paid my brother a bunch of my Dad's pension for being his caregiver. We also paid extra for other people to spell my brother a couple times a week, and to pay for increased utilities and food bills. When the bathroom got remodeled, making it easier for my father to use it, Dad's money was used, even though the long-term benefit would accrue only to my brother. On the flip side, when it was time to consider Dad going into assisted living, my brother needed to consider how that would diminish his income. Luckily my brother and I communicate very well and I have a good understanding of how hard taking care of someone can be. If there is someone in the family who is not in agreement about how you are using your caree's income, then it is important to keep good records so you can prove the money was spent on your caree.

If the person you care for isn't wealthy, you may be getting In-Home Support Service hours for helping them. Because that will become a significant part of the household income, you need to plan for what happens when your caree is in the hospital, or dies, and you don't have that money coming in.

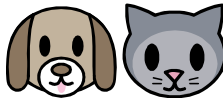
Part of your financial planning should include knowing how your caree's death will effect your income. A pension plan usually continues to pay out some portion to a surviving spouse. However, it is usually significantly less than the person themselves received. Social Security has survivor benefits, but the amount paid depends on the age of the survivor and how many people may be getting those benefits (ie, spouses, dependent kids, etc.). Also, you can only get one Social Security. When your caree was alive you probably had income from both theirs and yours.

It is never too early, nor too late to start financial planning. If you need help thinking about these things the Senior Resource center is a great place to start. [\(707\) 443-9747](tel:7074439747) <https://www.humsenior.org>



Zoe and Hayden work on BridgeFest signs.

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



"I can accept failure, everyone fails at something. But I can't accept not trying." – Michael Jordan

2023

Blocksburg

Ice Cream

Social Picnic

Sunday, July 9th

at the Blocksburg Town Hall

Come **EARLY** (before 11am) to help crank the ice cream!

Potluck Lunch at **NOON**, bring 1 or 2 dishes:
hot dish, salad or dessert!

Corn hole Tournament! \$10 per team. Sign up by 11am
Tournament starts at 11:30am.

Kids Water Zone! Bring towels and swim clothes.

Live Auction to follow!

Please bring donations for the auction to help fund the
June Burgess Memorial Scholarship.

Call: 707-223-1754 for more information



Thank You

THANK YOU SPONSORS for making the newsletter possible.

Newsletter Sponsors

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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

BridgeFest needs volunteers. Aliens and humans welcome. BridgeFest is August 19th, 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.

BridgeFest Donors

Thank you to all those who donated cash and prizes to the BridgeFest effort and the Fabulous BridgeFest raffle prizes. Please support your local businesses.



Bridgeville Quilters Group, Swains Flat Outpost Store and Garden Center, Randy Krahn and Dave Vegliano, A'Fxisi Tis Ene'rgeias, Trappist-1, Planet F, Ruth Lake Community Service District, Bobbie Spurloc LCSW, Bear River Casino and Resort, Tina and Arthur Navarrette, Redwood Glass & Window, Pierson Building Center, Middleton Glassworks, Double D Steakhouse, Port O Pints Brewery, Redwood Thrift Shop, Humboldt Flavor, Rey's Cannabis, McCrear Nissan, Hummel Tires, Sisu Extracts, Bonnie Cook, Les Schwab, Lost Coast Brewery, Kiskanu Dispensary, Demitria, Holly Yashi, Humboldt Distillery, Out of the Way Café, are just some of them. Thank you to all.

COMMUNITY ANNOUNCEMENTS

Donna Casey
RIP — May 18, 2023

Community Member and musician.



Wilma 'Willie' Wilder
RIP — June 20, 2023



Willie Wilder of Mad River passed away on Tuesday, June 20 after a long battle with cancer. Willie was a unique individual; in her personal style, her total commitment to her family and years of contributing to the Two Rivers Community Care Group as a volunteer LVN caregiver. We will miss her smile, her generosity and love.

(This is just a small recognition to a big lady)

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

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Be
Fire
Safe

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Skip the Bottle, Save a Life					The Gathering, Fridays at 2pm ↓	1
2 Mad River Breakfast 8-11	3 ○		5 - Zumba 5:30 - BridgeFest meeting 4:30-5:30	6 BCC board meeting	7	8 Red White & Blue BBQ, Ruth • Fire dept training
9 Blocksburg Ice Cream Social	10 Fire District meeting	11 - Bookmobile - Writers Group, 3-5pm	12	13	14	15 Movie Night
16 Women's Gathering, 11:30	17 Yoga 5 - 6	18	19	20	21 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Blocksburg 1:30	22 Movie Night
23	24 Yoga 5 - 6	25	26	27 Community Pot - Luck Lunch 11:30	28 Virgina Howard Mullen book signing @ Eureka Books, 5-8pm - Ruth Rodeo	29 - Movie Night - Ruth Rodeo
30	31 Yoga 5 - 6		Imagine Magic	 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS		

WEEKLY: Tuesday - Friday 9am - 4pm**Mondays:** BCC CLOSED**Fridays:** "The Gathering" Meeting - 2pm at Church**BCC Community Potluck Lunch** - Last Thursday*BCC Board Meeting on first Thursday of month at 3:30pm***Playgroup:** Kids aged 0 - 8 Mondays 10 - 12**BCC Movie Night:** July 15, 22, 29 @ 9:30**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.

Visit us on facebook - Bridgeville Community Center

Or come to the Community Pot Luck lunch.