



June 2023

Volume 27 Number 10

June

Howdy folks from Bridgeville and beyond,

The Bridgeville Community Center is proud to announce the beginning of our playgroup this month. Orientation for the group will be Monday June 12th for ages 0-4, and Saturday June 17th, for ages 5-8. This is not a drop off child group, but a group for children to come with caregivers/parents/guardians to engage in different activities and socialization. Come on down, between 10-12 on the day correlating to your kid's ages, and see for yourself just how amazing the peer socialization can be for both you and the young ones. If you have kids spanning the age divide, you are more than welcome to attend both classes with all your kids. We know the struggle, and we are here to try and accommodate. If you have any questions feel free to reach out. This is open to all our community members, and even outlying areas if they are interested. It is not required to attend each group.

We've got some summer updates! The final day of school is going to be June 16th. Summer Program will be starting Monday July 10th and running approximately 6 weeks. Kindergarten registration was May 25th, and we are ramping up for this coming school year already. Cal Fire is staffing their station here locally and should be around until November or December depending on how the year plays out. We are unaware of any major roadwork happening this summer but we know that can change at any time. We do know tree crews will be working through a large portion of the summer cleaning up the side of the roads and the pathway for the power lines. Keep an eye out for the road signs, they'll let you know if they are there!

BridgeFest plans are in full swing, and if you would like to participate or have your opinions heard let us know. Our next meeting will be on Tuesday

June 6th, from 5-6 pm. We are working towards having zoom as an option now, so please let us know if you are interested in attending, we could get out the zoom invite if you are unable to attend in person.

The other events for June are the Teen dance June 2nd, The Writers Group, Tuesday June 6th, we will be having the breakfast and yard sale day June 11th, Bookmobile Tues the 13th, Food Pantry June 16th, Fathers Day June 18th, Zumba on the 7th, 14th and 21st, and the return of Yoga on Monday June 12th! Lots of events to keep us entertained. We'll see you all soon! Enjoy the heat and stay hydrated!

Danielle Holway
Executive Director

2023 BridgeFest BroadCast!

A Monthly Update

BRIDGEFEST

GREETINGS TO ALL ALIENS & HUMANS

The 27th Annual BridgeFest will be held on Saturday, August 19th, at the Bridgeville School (same landing zone as last year).

INTERGALACTIC FLYING SAUCER TRIALS will resume taking off from the bridge. We will have vendors, bands, food, alien costume contest, blueberry pies, kids zone, and other activities to be announced at a later date. All are invited to enjoy and have a good time. Be seeing you.

You are also invited to the BridgeFest Meeting on Tuesday, June 6th, from 5pm to 6pm. We are looking for volunteers to help put on this great event. Let us know if there is something you would like to do for BridgeFest, call (707) 777-1775. Zoom also available. Come down and join the fun.

Most Excellent Pretty Good Writers Group

Calling All Writers

**Tuesday,
June 6th,
3 - 5 pm**



Please Join Us!

Bridgeville Community Center or by zoom.

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

mepgwg@gmail.com.

We look forward to seeing you there!

If there's a book you really want to read, but it hasn't been written yet, then you must write it.

~ Toni Morrison

Humboldt County Bookmobile



Read A Book

They Deliver

Bookmobile: (707) 267-9933

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

PO Box 3

Bridgeville, CA 95526

Tel: (707) 777-1775

Email— BridgevilleNews@yahoo.com
www.BridgevilleCommunityCenter.org



Dolly Parton Imagination Library Humboldt Update

Greetings,

The Imagination Library is off and running. Over 400 children aged between 0 to 5, have received books during the month of May. And more are signing up.

Our fundraising efforts are also taking off. Every \$13 dollars collected will allow a child to receive a book once a month for a year. What a great gift.

To date, we have received many generous donations to help with this effort. Thank you to all.

Janay Neufeld, Humboldt Association of Realtors, Booklegger, Clary Auto Parts, Jane Morace, Richard Callahan, Skylar Blue, Seena Hawley, Gail Jenner, Lauryn Blottin, Jessie Wheeler, Attila Gyenis Books, Phylis Geller, McLean Foundation, Kate McCay and Lyn Javier, Olivia Kernen, Janay Wilkinson, Bonnie Cook, Virginia Howard Mullan & Michael Mullan, Jessie Wheeler, Kurt Vonnegut, Ceci Lemieux, James Rizza, Beckey Patersen, Clover Howeth, Joyce Church, Bridgeville Community Center Breakfast and Bingo, Dave Vegliano and a very generous donation from an anonymous donator.

Thank you to all.

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, June 16

Bridgeville BCC

10am - 4pm

Dinsmore Airport

9am - 11am

Blocksburg Town Hall

1:30pm - 3:30pm

Call BCC at 707 777-1775 f
or more information.



EVERY WEDNESDAY

COME AND JOIN FOR SOME FUN!!!!

BRIDGEVILLE SCHOOL GYM

TAUGHT BY DELILA

June BCC Calendar

- Friday, June 2nd-Community BES school dance at BCC
- Tuesday, June 6, Writers Group 3-5 pm
- Tuesday, June 6- BridgeFest Meeting 5-6
- June 11th Bcc Breakfast and yard sale, Breakfast 10-12, yard sale 10-2
- Monday, June 12th -Play date open house, 10am -12 noon, 0-4 years old
- June 13th book mobile, 10:30am
- Thursday, June 15th -Last day of school
- Friday, June 16th -Food pantry
- Saturday, June 17th -Play Date open house
- June 21st first day of summer
- Thursday, June 29th-Community potluck 11:30-1

Every Wednesday -Zumba @ 6:00-7:00

Every Friday -The Gathering, 2-3pm

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

People who chose to live rurally usually describe themselves as tough, self-reliant, and independent. They pride themselves on being able to weather, with equanimity, things like broken waterlines, power outages, and less than fully functional vehicles. We are hard workers, life can throw us curve-balls and we'll roll with 'em.

Sometimes life throws A LOT of curve-balls, all at once, or one after another without a rest in between. The last few years have been like that for a lot of us. Even those of us who didn't get Covid, or actually burned out of our homes, have been living in stress because of the fires, social isolation, economic uncertainty and everything else. We've been joking we have PTSD. But, what if it isn't a joke? What if all these moderate stressors piled on top of each other can be equal to one big BIG stressor? How many of us really do have PTSD? How do you even know if you really have PTSD?

A short list of the signs of PTSD include higher than normal anxiety levels – even without immediate cause, nightmares, changes in mood or concentration, being on guard, trouble sleeping. If some of these things are happening to you, you might want to explore PTSD as a cause. It doesn't mean there is something morally wrong with you. It means your body is responding to a toxic level of ongoing low level (or high level) stress. Your body is taking a system designed to be used for short bursts of scary events and applying that system to long-term unrelenting stress. And, it's harming you.

Chronic stress affects the hypothalamus-pituitary-adrenal (HPA) system and makes it hyper reactive so even small stressors cause increased cortisol and other stress hormones to be released in the body. Although extremely helpful in acute situations these hormones are toxic if we live in a constant bath of them. These hormones suppress the immune system making you more susceptible to illness, cancer, immune disease and cognitive deficits. They also facilitate actual changes to your brain structure, and increase your risk for dementia later in life.

The first step in dealing with PTSD is to recognize it. Check out and acknowledge if you have any of the symptoms listed above. Then make a commitment to cope with your feelings in a healthy way. It's super easy to turn to things that numb feelings, but don't really fix anything. Alcohol may deaden the anxiety while you are drinking, but it doesn't dig out the root of the problem. Ditto for eating 10 Ding-Dongs in a row.

Recovering from PTSD, whether it is from soldiering, being raped, having your home burn down (or nearly burn down), being abused and neglected as a child, or any other long or short-term event, takes time and dedication. But, it is entirely doable. Be empowered, know you *can* change the way you manage your emotions. Next month we'll talk about how to go about healing from PTSD and getting your life back under your control.



BRIDGEVILLE
COMMUNITY
CENTER
YARD SALE

furniture
tools artwork
book Vintages
household
..and many more

IN GYM
10 AM-2PM

SUNDAY
JUNE
11TH

CALL NOW 707-777-1775
Reserve a table

Image of a woman browsing clothes in a store.

Made with PosterMyWall.com



Bridgeville
COMMUNITY
CENTER

**First 5
Play
Group**

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

PARENT'S PRESENCE IS REQUIRED

OPEN House
Monday June 12th
10-12
0-4 yrs old

Saturday June 17th
5-8 years old

CALL FOR MORE INFO:
777-1775

Image of a child playing with blocks.

Made with PosterMyWall.com

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Tools of the Trade

As we plant our gardens and look at fruit starting to form in the orchard, how to preserve this future bounty may be lurking in the back of your mind. Having the tools on hand to accomplish the job when inspiration hits makes it easy. What basics do you need?

For Everything: Long handled spoons and spatulas, canning-type jars and 2 part closures (lids and bands), a large ladle, canning funnel and jar tongs. Everything else, such as sugar, salt, vinegar, stock pots, measuring cups, potholders, and cleaning supplies you likely already have. Optional, but it sure makes things easier, is a hand blender, also called a 'stick' or 'immersion' blender.

For jams, jellies, salsa, applesauce, fruit and pickles:

Freezer or dehydrator – A chest freezer might be needed in addition to the freezer on your fridge. You can dehydrate most fruit and vegetables in any dry screened place with excellent ventilation. To speed the process use a dehydrator*. There are also techniques using your oven. *If you do a lot we recommend the Ex-calibur.

Boiling Water Bath Canner – A 21 qt. stock pot with lid and a rack to go inside. For canning it must be filled with water enough to cover jars 1" to 2" over the top. Or buy a regular canning kettle.

Steam Canner – can only be used as canner, uses MUCH less water.

Strainer or Food Mill – for pureeing and removing seeds and peels.

Candy Thermometer – If you want to make jams or jellies without added pectin.

Pectin – liquid or powdered, if you want to make Jams in that manner (Pomona Brand for low-sugar recipes).

Pickling Spice – some pickle recipes call for this. Make your own by mixing 2 Tbsp mustard seed, 1 Tbsp whole allspice, 2 tsp coriander seed, 2 whole cloves, 1 tsp ground ginger, 1 tsp crushed red pepper flakes, 1 bay leaf, crumbled, and 1 bay leaf crumbled. This makes about ¼ cup. Double or triple recipe as needed.

For vegetables and meats:

Freezer or dehydrator – Must use oven or dehydrator, otherwise see above.

PRESSURE CANNER - a MUST to safely can low-acid foods to store without refrigeration. There are several to choose from and can be found used. If used, get the pressure valve checked at the county Ag Extension office or a Hardware store (Shafer's in Eureka does it). Check and replace the gasket if needed.

Ready? Set... now you're ready to Go! And preserve whatever comes your way when the opportunity comes.



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Elliot Brown

Fire Season

Once again we're approaching fire season. We're asking everyone to be thinking of water storage [FIRE WATER]. Whether it's personal storage or water for the Fire District. Consult your local fire department, CAL FIRE, and your local County Planning and Building Department when developing water storage for firefighters to ensure you are complying with local building standers and that your system's fittings are compatible with the need of local fire engines. Some types of new development require emergency water supplies to meet very specific local standards. Contact your local planning and building department for details. If you're ahead of the curve help Firefighters find your water. Emergency water storage must be easily seen and visibly signed from the nearest road. Here are some tips to help:

- Install round blue reflectors on your address post and leading to your water supply.
- Paint the word FIRE or FIRE WATER in larger letter on a sign near where firefighters can hook up their hoses. You can even write FIRE right on your water tank. For odd-sized tanks and underground cisterns, mark how many gallons they hold.
- Let your local fire department and CAL FIRE personnel know where your water storage is, long before they might need to use it.

The Fire Department meets every first Tuesday of the month at 6pm in Bridgeville. The District Board meets every second Monday of the month at 5pm in Bridgeville. All meetings are open to the public, your comments and input are welcome. If you have any questions about your local fire department call (707) 777-3244.



Pressure Canner Available: After reading Dottie's Master Food Preserver, you may be wondering where can you get a good pressure canner? Here is your chance. Dave Vegliano has an All-American canner available that he will give to somebody who makes a \$100 donation to the Bridgeville Community Center. Dottie gives a thumbs up to the pressure canner and the price. Please call Dave at (707) 777-3525. Thank you Dave, and happy canning to the new owner. And BCC is happy.

ARE WE CRAZY OR WHAT?

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

Flash, Fire and Wildlife

Our Row of 25' tall Leland Cypress got a trunk shave; all branches up to 10' above ground gone, plus we got our big old oak branches culled that were touching the house and willows by the house cut back. All part of the FLASH program we had signed up for at the end of last summer. "FLASH" (The Fire-adapted Landscapes & Safe Homes Program) is a cost share program designed to assist property owners like us to reduce our vegetation wildfire risk. The Bridgeville Community Center used to oversee the FLASH program in our area, using a local labor team. But now Humboldt County has trained technicians from local landscape companies to inspect, design and approve completion of FLASH projects based on the fire safety perimeters. We took it upon ourselves to get it done. Instead of hiring a company for a one-time job (and paying through the nose) we elected to do it ourselves, with help. If you want better information, contact the FLASH Program Manager, Julia Cavalli at jcavalli1@co.humboldt.ca.us or by phone at (707) 296-1498.

Beyond that project, we also put up more fire protection with Hardy Board siding and soffits, tin roofing foundation siding by Bryce and Mark, and a metal roof on parts of the house. We also have a convenient water system to fight fire; down at the bottom of the big hill that our water tank sits top of, is a fire hydrant for hook up with a hose or by the Fire Department. That's good. Then we have 2 - 100' garden hoses that can water down all sides of the house and woodshed. We thought of roof sprinklers but our gravity fed water system would just "drip" after climbing up the roof. *"We can only do what we can do" Oscar Wilde*

Rachel and Elliot saw a spectacular wildlife sight the other day at our house; a low animal slinking up the side of the hill, glowing white in the sunlight. A white weasel? We kept our eyes peeled for it and saw it again that evening; a pale, white creature again slithering up the hill away from our house. Out came the wildlife ID books and found nothing wild white but snow fox, polar bear, swan, mountain goat, sneaky white wolf, Taiwanese dolphin, snowy egret or arctic hare. Nope. So we set out our binoculars to see when IT came back, hoping for an Albino somethingorother. At last, we saw it as it stopped up a ways and sat up, then started cleaning its face and body with its furry paw. A wild cat? A feral cat escaped from a zoo? What? Then we watched as IT walked down closer to us – that Albino wild Cat became a homeless, almost white, Tabby cat. Oh Gees, what happened to seeing Wildlife?

Kate McCay and Lyn Javier, Larabee Valley

Care-Giver Corner

Caregiver's Grief

Taking care of someone with a serious illness can be fulfilling, but it also involves a lot of losses. When a family member receives a diagnosis of a serious illness, the whole world goes into a tailspin. Cherished dreams for the future are ripped up and rearranged to accommodate the disease and this can cause a lot of unresolved and unrecognized grief.

Caregivers lose the things they were going to do with their partners, from the Hawaiian vacation to the winter wood stacking. There is the loss of time to spend on hobbies and visiting friends. There is the loss of being able to rely on your partner to carry out their share of the household duties. There may even be the loss of your partner's personality. Even if you love this person and are more than willing to take care of them, you still have losses that need to be acknowledged, and grieved.

The loss of ability can be fast, as in a stroke. Or slow as in dementia. However abilities leave, fast or slow, they create a hole when they are gone. Acknowledging the hole, and the pain of loss, allows you to find way around it. Even if you feel guilty about grieving your own losses when your caree has lost so much more, it's important to do so. If you stuff your losses in the back closet of your mind they become a ghost, something vague and disturbing that rattles around disturbing you, but which you can never quite figure out.

Coming to grips with the truth that things aren't going to change is a tough process. Acknowledging loss may mean facing your internal judgment that you are being selfish and letting that voice go. It may even mean recognizing that you long ago stopped liking your caree but, now you are stuck caring for them. It's a process of brutal loving honesty. And, it is essential to healthy caregiving.

Tears are okay. Finding a friend who can listen to you without judgment is okay. Seeking professional help is okay. Yelling, screaming and throwing things – safely, and not at your caree, are okay. Storytelling/Journaling, drawing and dancing are okay.

By bringing your worst fears and griefs into the light of the day, you can stop bumping into them and find a way around them. Maybe you'll even be able to tell your griefs, "Good-bye, I'm moving on."

Healthy caregiving is a dance you do with your partner, and even with yourself. Dancing can be tiring, but it's joyful.



Thank You

THANK YOU SPONSORS for making the newsletter possible.

Bridgeville Community Center is a Federal non-profit organization. Please consider donating to support the newsletter and the community center.

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



"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.

Mad River Community Breakfast

Van Duzen Rd, Mad River
First Sunday, Mar - Nov, 8am -11am,



Please spay and neuter your pets. Need help getting your cat fixed? Call (707) 442-SPAY



The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm
Wednesdays @ 5:30 pm
Where: Mad River Fire Hall
(new meeting place)

Bridgeville Trading Post

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.

Pressure Canner available- All-American canner. More information inside on the Master Food Preserver page.



Donate to the Imagination Library by going to:

https://www.paypal.com/donate?campaign_id=EHUQXSXZHC8R4

Or visit our website for a link, and info about the program. Thanks.

Steven Blahnik

February 10 1952 - March 28 2023

Steven passed away on March 28 at 4:20pm after a short-lived but intense illness.

He was born in Algoma, Wisconsin. We all know him as the tall, lanky farmer from Larabee Valley, whose unique metaphysical philosophy and Wisconsin wit blended into Kathy and his determination of self-sufficiency and leaving a light footprint on this earth. We also know him as a faithful EMT volunteer for STAR for many years. His mountain community will miss him.

He left behind his loving longtime partner, Kathy Wolff. His sisters Constance and Lisa. Son Eli, daughter Gabriele, step sons Ritchie and Charlie, step daughter Chrissie, Grandchildren Sabrina, David, Iriana, Ryan, Aidan. Great-grandchildren Kendra, Kendall. Niece Tanya, nephew Alex.

A Celebration of Steven's Life will be held 4pm at Grizzley Creek Campground, Saturday, June 25.



A note of Appreciation

I would like to thank the community for coming out to John's memorial and celebrating his life.
Thank you, *Cathy Torres*

Bridgeville Community Newsletter

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IMAGINE

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Don't start Smoking. Save money and save your health. Call 1 (800) NO BUTTS			ZUMBA 5:30 ↓	1 BCC board meeting	2 BES School Dance - The Gathering, Fridays at 2pm	3
4 Mad River Breakfast 8-11	5 ○	6 - Writers Group - BridgeFest meeting 5-6 - Fire Dept meeting , 6pm	7	8 BES School board meeting, 5:30-6:30	9	10 • Fire dept training
11 BCC Breakfast and Yard Sale to follow Breakfast 10-12 Bingo 10-2	12 Play Date Open house Fire District meeting 5pm	13 Bookmobile	14	15 BES- Last day of school	16 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Blocksburg 1:30	17 Play Date Open house
18 HAPPY FATHER'S DAY	19	20	21 	22	23	24
25	26	27	28	29 Community Pot-Luck Lunch 11:30	30	

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

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.

Visit us on facebook - Bridgeville Community Center

Or come to the Community Pot Luck lunch.