



March 2023

Volume 27 Number 7



Hello Bridgeville and beyond!

The Community Center took a small break over January to gain our bearings after the holidays and then cancelled quite a few events in February due to the weather, but we are now back in full force. The monthly dinners will be starting again, community potlucks, Zumba and Yoga, and Women's gatherings. Our food pantry being taken up to Blocksburg has been a success and I want to thank all of the volunteers to the south who have helped support the program to get the food even further to Alderpoint. Thank you. Thank you! Food is a basic need, and we are so proud of our Pantry program and the volunteers who have continuously been there and the new volunteers who have risen to the occasion.

It seems like the slides on Highway 36 down between mm 14 and 16 have held up with the last storm. And there is still one way traffic up near Burr Valley. Know before you travel, take a second and check out roads.dot.ca.gov, enter in the highway number and read about any closures, or road conditions. Big shout out to Cal Trans and County Roads for all their work during the storms and every other day. They can't fix everything, but they sure do fix a lot and work hard to keep all our roads open.

Spring will be here before you know it. I don't know about everyone else, but I am ready to not be sloshing around the yard. It is time for fresh grass, sunshine and vitamin D. If you're curious when we shall be expecting our last frost, check out <https://www.plantmaps.com/interactive-california-last-frost-date-map.php>. Be thinking about getting those seeds started indoors depending on your zone!

Hope you enjoy this month's newsletter. We look forward to seeing everyone after the snow!

Danielle Holway



Dolly Parton Imagination Library

The Bridgeville Community Center is looking forward to partnering with Dolly's Imagination Library to fundraise and make books available to children in

Humboldt County who are between 0 and 5 years old. We will be working with other community members.

How It Works

Each month, Dolly Parton's Imagination Library mails a high quality, age appropriate book to all registered children, addressed to them, at no cost to the child's family.

While there is no cost to the families that want it, there is a cost to provide it, and we hope that the community pitches in to cover those costs. It costs \$27 for a book mailed monthly for a year, 12 books delivered by the Post Office. Books are signed, sealed and delivered for only \$2.25 each. What a screaming deal!

We are ready to go live with this program in March, and are finalizing some of the details.

The goal- to get young kids interested in reading, allowing for a fun family event sharing books, and eventually building a stronger community. *Thanks.*

2023 BridgeFest BroadCast!

A Monthly Update

INTERSTELLAR COMMUNICATIONS UPDATE:

The next BridgeFest meeting will be in April. Enjoy the month off. Be seeing you Tuesday April 4th, 5 - 6pm. Come join the fun. 

Humboldt County Bookmobile



Read A Book
They Deliver
Tuesday, March 14

Bookmobile is at BES the second Tuesday of the month, from 10:30-11:30. And then proceeds to Dinsmore.



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, 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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Humboldt County
Department of
Health & Human
Services

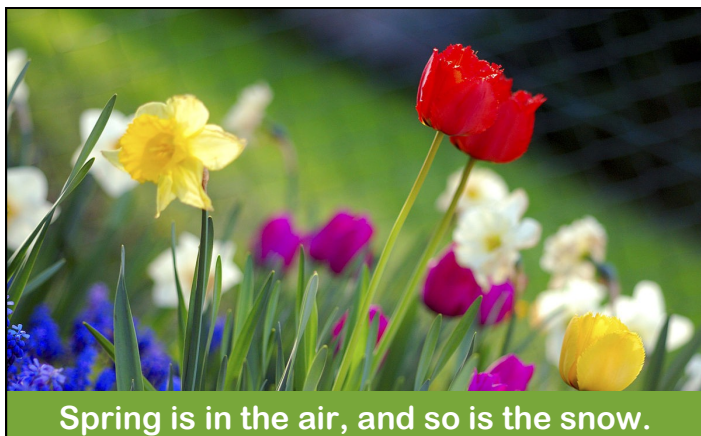
In-Home Supportive Services (IHSS)
808 E St., Eureka, CA 95501
707-476-2100

One job can change two lives.

Did you know you can earn money helping someone in your community? IHSS care providers make \$15.50 an hour and manage their own schedules. Work just a few hours or up to 40 hours a week, you decide.

Typical tasks include: Laundry, Grocery Shopping, Cooking and cleaning, Personal care services, Assistance with medications, Transportations to appointments.

Chris Rose, IHSS representative, will be at the Community Pot Luck Lunch on Thursday, March 30, 11:30 - 1:00, to answer your questions. Or call the number listed above.



Spring is in the air, and so is the snow.

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

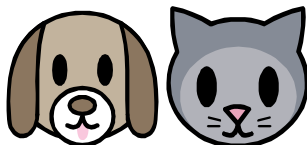
People in Household	Gross Monthly Income	Income Reporting Threshold
1	\$2,266	\$1,473
2	\$3,052	\$1,984
3	\$3,840	\$2,495
4	\$4,616	\$3,007
5	\$5,412	\$3,518
6	\$6,200	\$4,029
7	\$6,986	\$4,541
8	\$7,772	\$5,052
Each additional member	\$788	\$512

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



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



BCC Commodities/Food Pantry

Friday, March 17

Bridgeville BCC
10am - 4pm

Dinsmore Airport
9am - 11am

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

Call BCC at 707 777-1775 for more information.



Blood Mobile

**Tuesday,
March 14, 2023
10 am - 3 pm**

In the BES school parking lot.
No appointment necessary.



EVERY WEDNESDAY

FITNESS

COME AND JOIN FOR SOME FUN!!!!

BRIDGEVILLE SCHOOL GYM

TAUGHT BY DELILA

5:30 - 6:30



**Yoga
on Mondays**

5 - 6:30



March Bridgeville Community Center Events

Mondays- YOGA, 5-6:30

Wednesdays- ZUMBA with Delila, 5:30 - 6:30

Blood Mobile- March 14th, 10-3 at BES

Food Pantry- March 17th

Women's Gathering- March 19, 11:30-1

Drive-Thru Dinner- Friday, March 24th

Community Pot Luck- Thursday, March 30th, 11:30

For more info call BCC- 707 777-1775

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Antibiotics Don't Work on Viruses

People who get a cold or a flu may ask their healthcare provider for antibiotics. Antibiotics work by disrupting cell walls or interrupting the reproductive process of the germ. If a germ doesn't have real cell walls or DNA that it replicates itself, antibiotics don't work. Bacteria have cell walls and replicating DNA, viruses don't have cell walls and can't replicate on their own. Antibiotics won't work against viral disease. They won't work against covid, rhinoviruses, or the flu.

Just because antibiotics have been around for a long time doesn't make them benign. They are powerful drugs with powerful side-effects. They can cause Stevens-Johnson syndrome which is a terrible, blistering rash that is fatal in 10% of cases. Antibiotics can also cause torn tendons, sometimes months after treatment. They can cause delirium and cognitive decline in people over 65.

Antibiotics are indiscriminate killers. They kill off any bacteria that are sensitive to them; including the good bacteria in your gut and throughout your body. We live in harmony with these bacteria and they supply us with essential nutrients and keep the bad bacteria in check. When we kill them off we open the door to overgrowth infections of yeast and even of a bacteria called *Clostridium Difficile* – aka C-diff. Overgrowth of C-diff can cause life threatening diarrhea (you can die of dehydration or even sepsis from it). Plus, if you are pooping 20-40 times a day you can't go anywhere *and* your butt gets sore.

Another problem with antibiotic overuse is that we breed bacteria that are resistant to the antibiotic. That means if your bronchitis, pneumonia, cellulitis or whatever, is caused by a resistant bacteria there is nothing that can kill it. 35,000 people a year, in the US, die from an antibiotic resistant infection.

Please listen to your doctor when they tell you there is nothing they can give you, just go home, rest and drink plenty of fluids. If things get worse go back to your doctor because you *might* have developed a bacterial infection on top of your virus. That overlying infection would be appropriate to treat with an antibiotic. But, don't malign the doctor for not giving you something in the first place, what you had wasn't treatable at that point.

Things you can do to enhance your immune system so you don't get sick in the first place include aerobic exercise, red, blue and yellow food, 8 hours of sleep and periods of peace through meditation or mindfulness.

Forgive Often, Practice Gratitude, Work Hard

Most Excellent Pretty Good Writers Group

Tuesday
March 7,
3 - 5pm

At the BCC



Please Join Us!

The writer's group is starting up again after a temporary hiatus. The group will be meeting the first Tuesday of the month at the BCC. You can bring your writing to share (a few pages of prose or poetry), or just come down to check it out. We are a friendly group, and if you want your work critiqued, we can do that. The main goal of the group is to encourage each other to write and polish our craft. Call the BCC at 707 777-1775 for more information.

Humboldt County Department of Health & Human Services

If you are in need of urgent mental health services, contact the 24 hour Crisis Line: **707-445-7715**

Toll Free 24 hour Crisis Line: **888-849-5728**

National Suicide and Crisis Line: **988**

Daylight Savings Time

Spring Ahead



- Sunday morning at 2 am in the morning, on March 12, 2023, a few people will wake up to turn their clocks forward one hour, marking the beginning of Daylight Saving Time (DST). The rest will wait until they wake up. Some do it the night before. We lose an hour of sleep. Some will not know why they are late all day.

- The dates for daylight savings have changed over the years. From 1986 through 2006, DST ran from the first Sunday in April to the last Sunday in October. Beginning in 2007, the observance starts on the second Sunday in March and ends in the first Sunday in November.

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Lemon-Palooza!

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.

Preserved Lemons Makes 1 wide-mouth quart
10 lemons, ½ Cup non-iodized salt (sea salt or pickling salt)

OPTIONAL - Bay leaves, Cinnamon Sticks, whole black peppercorns, sprig of rosemary

Instructions

1. Sterilize jars.
2. Scrub 5 lemons and dry with paper towel.
3. Slice 1/8 inch off stem end. Starting at stem end, cut lemons in quarters lengthwise without cutting through the bottom, leaving the end intact. Juice remaining lemons for 1-1/2 cups juice
4. Put 1 tablespoon salt in bottom of jar. Working over bowl, pack 1 Tablespoon salt into each lemon and place in jar cut side down, pressing onto lemons below.
5. When 3 lemons are in jar add herbs and/or spices, if desired. Repeat with remaining lemons. Cover with remaining salt.
6. Add lemon juice to within ½ inch of top of jar. Cover securely with lid for airtight seal.
7. Place in dark, cool cupboard for 2 weeks, shaking daily to distribute salt.
8. Lemons are ready to use in two weeks. Refrigerate. These will keep in the refrigerator six months or more.

Use in recipes like Lemon Chicken and salad dressings and with fish.

For a simple pasta dish take a preserved lemon, remove pulp and seeds. Chop rind finely and place in bowl with olive oil and chopped parsley. Toss with hot cooked pasta. Add ground black pepper and Parmesan cheese to taste.

Next month- How to make simple marmalade.

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

Fire Academy

Congratulations to all the firefighters that completed the Southern Humboldt Probationary Fire Academy. Redway Fire hosted the academy with volunteer instructors from Bridgeville Fire, Shelter Cove Fire, Fortuna Fire, Garberville Fire, Rio Dell Fire, Redway Fire and more. Twenty graduates that will hopefully come back and instruct the next group of volunteers. The upcoming Eel River Valley Probationary Fire Academy starts this month and some of Bridgeville Fire's newest members will be attending. Older or younger, guys or gals, everyone that attends these training gains confidence and skills that keep them safer.

Some big news here in Bridgeville, there is a new Emergency Medical Technician on our crew. Assistant Chief Danielle Holway has completed her training and we all can call her an EMT. Her dedication to helping others and her thirst for knowledge shows. Thanks for all you do Danielle!

With all this training news, I would hope that it would entice others to consider joining their local volunteer fire department. Our department meets the first Tuesday of the month at the Fire Barn or Community Center. Our training is held on the second Saturday of the month at 10am at the Fire Barn. If you have any questions about our group or the Bridgeville Fire Protection District, call me at 707-777-3244 or Danielle at the Community Center.

Thank you, Chief Katzdorn



Welcome Spring!



Spring arrives March 20. It is a date that most of us recognize as symbolic of changing seasons. As we welcome spring, people south of the equator are actually gearing up for the cooler temperatures of autumn. Our seasons are reversed.

What Happens at the Equinox?

Far from being an arbitrary indicator of the changing seasons, **March 20** (March 21 in some years) is significant for astronomical reasons. On March 20th, the Sun will cross directly over the Earth's equator. This moment is known as the **vernal equinox** in the Northern Hemisphere. For the Southern Hemisphere, this is the moment of the **autumnal equinox**. Unfortunately, we could still have snow.

ARE WE CRAZY OR WHAT?

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

Tree Crusade and Pseudo Hyperthermia

When we first moved onto our land in 2008 we saw acres of grass fields, waterway ditches filled with scattered willows and clumps of woodland oak or fir mostly on our hills. Race over time to today - and we now see an accumulation of new 20' fir, new 20' pine here and there plus a multitude of fir "weeds", as Mark calls them, sprouting everywhere.

It's wonderful to watch nature grow, but for us, we have to remember that most of our pines are children of a Christmas tree farm planted years ago down the valley and everyone knows that firs spit out little ones faster than a blink of an eye. Then there's the "introduced" trees the past property owner planted: originally a row of 12 skinny Leland Cypresses for a wind break, five Black Walnuts that converted into non-bearing English Walnuts and 4 un-typed spindly apple trees.

Time again races by and we love our trees!

But many of those new, irrepressible Douglas firs are conquering and clogging our ditch waterways and sucking up important ground water for our well - and some up on top of our hill are now 60' tall and shading our solar panels for more hours of the day, giving us less electricity to use. Right now we are especially looking at today's wide and thick 40' tall Leland Cypresses spreading out over our access road and shading our important night soil compost bins.

So along comes Danny, our Champion tree guy, trucking in with his 30" chain saw, rappelling equipment, expert determination and kindness to cut down and buck two biggest Leland Cypress trees shading things, a big broken pine growing in the middle of a ditch waterway, and limbing all the other Leland Cypress trees up to 10' for fire prevention. February is the beginning of our tree maintenance crusade for the health of us and our land.

So, on this cold day in February, as we lay back on our frozen lounge chairs watching those trees being undressed, our talk comes to how we will spend our much needed vacation this spring, and Italy comes to mind. Or Denmark...or Maui...or sailing a schooner over to Catalina island...or paragliding off the Shilthorn Summit in Switzerland....mmmmm. Then, the warm sun wakes us from an hallucinating hyperthermia, and we're back to earth.

(Lyn re-read this and is now in the bathroom crying and crying in disappointment....maybe we could float the Van Duzen this summer)

Kate McCay and Lyn Javier
TwoCrones, Ranch, Larabee Valley

Care-Giver Corner

Food, Eating, and Swallowing

Due to physical or cognitive deficits a person may need help eating. Always encourage independence. You may need to scoop up the food, but see if your caree can hold the spoon and bring it to their mouth. Or, they may be able to eat most of the meal independently, but need your help at the end when they become tired. If a person fatigues easily pureed foods may be less tiring, though it is hard to make soft foods look appetizing. Finger foods are usually easier to eat than something requiring a fork and knife. Many people who can't manage to cut up a steak can eat a hamburger on their own. Just don't make it too tall or juicy, most older people don't want juice dripping down their wrists.

There is an amazing array of utensils adapted to make eating easier for those with altered abilities. There are weighted plates and silicone mats to keep plates from sliding around. There's raised edges you can attach to regular plates so food can be pushed against them to be scooped up. Forks can be weighted for easier lifting, or have large foam handles that make them easier for arthritic hands to grasp. Rocking knives or pizza cutters are easier to use than regular knives. Sippy cups can be a real blessing for those with tremors. Just do an internet search for adaptive equipment, you'll be amazed at what is out there for those with altered abilities. Many of the tools have been adapted by people who actually need them so they really fit the need exactly.

It can be hard to get meal times coordinated, but really try to keep the food at the proper temperature - you wouldn't want cold mash potatoes, neither does your caree. Wipe their mouth frequently. None of us like that feeling of having wetness on our lips.

Try to have your caree come to the table to eat, but if that's not possible make sure they are sitting up at 90 degrees for safe swallowing. If your caree starts coughing after swallowing, or sounds 'wet' it is time to stop, the food is probably going down the wrong tube and into the lungs (know as aspiration). Some people may actually have to be reminded to swallow. If you notice any of these signs discuss it with your caree's PCP and ask for a referral to a speech therapist. Speech therapists are the swallowing experts. They can evaluate and train you in safe swallowing techniques. Always stay upright for at least ½ hour after a meal to let gravity help the food through the stomach. This will reduce heart-burn and aspiration.



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

BridgeFest needs volunteers. Aliens and humans welcome. BridgeFest is in August, 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.

5 Lessons in Life from Dr. Seuss



1. Today you are You, that is truer than true.
There is no one alive who is Youer than You.
2. Why fit in when you were born to stand out?
3. You have brains in your head, You have feet in your shoes. You can steer yourself any direction you choose.
4. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
5. Today I shall behave, as if this is the day I will be remembered.



Mad River Community Breakfast

Van Duzen Rd, Mad River
See you in April



"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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If you wish to be added or re-
 moved from the Newsletter
 mailing list, please contact the
 BCC.

TO: Fellow Bridgevillian

Stay warm
 and safe

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Please Don't Start Smoking			1 ZUMBA 5:30 ↓	2  Happy Birthday Dr. Seuss	3	4
	6 YOGA 5pm ↓	7  Fire Dept meet- ing, 6pm	8	9 BES School board meeting, 5:30-6:30	10	11 - Fire dept training
12 Daylight Savings Spring Ahead	13 Fire District meeting 5pm	14 Book Mobile 10:30-11:30 Blood Mobile 10-3pm	15	16	17 USDA Pantry: - BCC 10am-4pm - Dinsmore Air- port, 9:00 am- 11:00am - Blocksburg 1:30	18
19 Women's Gathering 11:30-1:00	20 First day of Spring	21	22	23	24 Drive-Thru Dinner	25
26	27	28	29	30 - Community Pot- Luck Lunch 11:30	31	

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

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

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 third Wednesday
 afternoon 2:30 -3:30.

Visit us on facebook - Bridgeville Community Center