



September 2023

Volume 28 Number 1



The word has spread far and wide, across the galaxies, of the event that rocked the universe (or at least our little world's). BridgeFest has come and gone.

There was not a dry eye in the house, thanks to the nice little storm that crept upon our raffle announcements. BridgeFest 2023 was a success, and I could not have been happier.

Everyone did an excellent job coming together to create yet another intergalactic social masterpiece for the masses. **Thank-You**, I repeat, **Thank-You** for all the hard work and dedication that our volunteers and vendors showed and a big **Thanks** to the Bridgeville School for use of the school grounds. There will be a **Volunteer Appreciation** dinner Sunday, October 8th at 4 pm. We would like to see all the volunteers there.

We have a few other things happening in September and October coming up. For example, **Ted's Art Class** will be starting in the 2nd week of September. There is still time to get on the list! It is a six-week class, one day a week, approximately three hours each class. Come learn some skills for your repertoire. We will also still be hosting yoga on Mondays and Zumba on Wednesdays which will be starting back up in the 2nd week of September. Come shake your groove thing and catch some peaceful meditations on different days throughout the week. On a different note, **Bridgeville Cert will be meeting at the school gym on Oct 7th** to run some drills and get some information. Be sure to mark your calendar and check out the calendar. Lots of good stuff should be coming your way.

Danielle Holway
Director

BCC Community Events

Weekly

Movie nights - Saturdays 8:00 (new Time)

Playgroups - Monday 9:30 - 12 noon

Zumba Wednesdays Please Call BCC

Yoga Mondays Please Call BCC

BridgeFest Wrap up meeting – Friday, Sept. 1st, 5:00

Mostly Excellent Writer's Group - Please Call BCC

Women's Gathering, Sunday Sept 17th, 11:30

Commodities Friday, Sept 22nd

Community Potluck Lunch – Thursday, Sept 28th, 11:30

In October

CERT MEETING - October 7th, Saturday, 9:30 - 12:30

Volunteer Appreciation Dinner - October 8th, 4:00 pm

Editor's Announcement

There will be some changes to the Bridgeville Newsletter starting with next month's October issue. It will change from the current 8 pages to 4 pages, the new format is a result of cost saving considerations. There will be some changes, but the main function of informing the community of community events and issues will continue.

We will still have a calendar of Bridgeville events. There will be some changes. Our regular columnists Lauri Rose (Healthy Spirits), Kate McCay and Lyn Javier (Are We Crazy or What?), and Dottie Simmons (Dear MFP) will continue, but not necessarily on a monthly basis. Some may go to a half column, and others on a rotating basis appearing every other month or so. We appreciate their dedication and contributions over the years. Announcements may reduce in size. We will no longer publish a sponsor list, but we do thank you for your continued sponsorship of the newsletter.

Comments and suggestions are always welcome.
~ Attila Gyenis



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

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

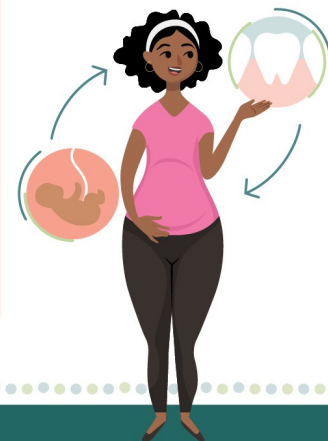
Bridgeville, CA 95526

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www.BridgevilleCommunityCenter.org

You're Brushing for Two!

It is safe and important to see the dentist while pregnant. As a Medi-Cal member, your dental visits are covered during pregnancy and 12 months postpartum.



smile,
CALIFORNIA™

Visit SmileCalifornia.org/Pregnancy to learn more about covered services during pregnancy.

NOW SHOWING

Outdoor Movie Night in Bridgeville
Saturday Nights 8:00pm (new time)
FREE Admission - call for movie list

Humboldt County Bookmobile



Read A
Book
They Deliver



Bridgeville School	10:30 - 12:00
Dinsmore (next to Laundromat)	12:45 - 2:15

The Bookmobile comes to Bridgeville and Dinsmore the second Tuesday.

Bookmobile: (707) 267-9933

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.

School News



Bridgeville Blazer News

Excited students and parents met teachers and staff this morning as the 2023-24 school year began with the ringing of the great ceremonial bell in front of Bridgeville School Monday, August 28th. Teachers Joyce Church, Gabriella Wotherspoon, and Sarah Carey and the entire staff at Bridgeville School are ready for a stimulating and successful school year.

The school is happy to welcome a new staff member, Courtney Slider as the Resource Specialist Teacher and John Blakely is returning for another year as School Superintendent. Ms. Church is enrolled in the Administrative Credential Program at Cal Poly Humboldt and is the new Principal at Bridgeville School.

It was a busy summer with many facilities upgrades and repairs happening as well as a six-week Summer Program for students during July and August. Come and take a look inside the school gym. The floor has been refinished and remarked and the ceiling and walls have been painted. It's spectacular!

Back to School Night is scheduled for September 14th from 4:30 to 5:30. Visit the school, meet your child's teacher, and see what a beautiful school we have in our community. Another important upcoming event is Conference Week September 11th through the 15th with every day that week being a 12:30 pm release day.

The Bridgeville School District Board of Trustees needs a fifth member. If you are interested and live in our district and are a registered voter, drop a letter by the school office or mail it to P.O. Box 98, Bridgeville, CA 95526.

John Blakely, Superintendent
Bridgeville School District



Dolly Parton Imagination Library Humboldt Update

Your \$13 donation helps a child aged 0 – 5 to get a book free of charge on a monthly basis for a year. Over 800 Humboldt children registered.

A big *THANK YOU* to the people who donated

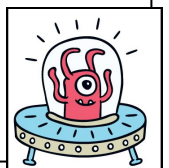
Donation via paypal (or mail to BCC):

[https://www.paypal.com/donate?
campaign_id=EHUQSXZHXC8R4](https://www.paypal.com/donate?campaign_id=EHUQSXZHXC8R4)

Thank You 2023 BridgeFest Supporters!

Bridgeville Quilters, Bridgeville School, Humboldt Creamery, Scotia Lodge, Jody, Bonnie Cook, Ida & Roger Schellhaus, Greens Pharmacy, Jamie Marx, Eel River Brewery, Horizon, Fortuna Feed Store, Lena Fuller, Melissa Evans, Mike Alumbaugh, Connie Card, Bear River Casino & Resort, Lost Coast Brewery, Bobbie Spurlock, Cuddly Bear Thrift Shop, Double D Steak House, A'fxisi Tis Ene'rg-eias, Gallagher's Irish Pub, Green's Pharmacy, Holly Yashi, Humboldt Flavor, Ida & Roger Schellhaus, Kiskanu, Les Schwab, McCrae Nissan and Subaru, Middleton Glassworks, Out of the Way Café, Pierson Building Supply, Randy Krahn & Dave Vegliano, Redwood Glass & Window, Rey's Cannabis, Ruth Lake Recreation District, Sisu Extract, Star's Burgers, Swains Flat Outpost Garden Center & Store, Tina & Arthur Navarrette, and all the humans and aliens who bought Raffle Tickets.

WE SHOP LOCAL!







Photos by Delila and BCC

2023

Bridgeville Community Center
Building Community Family to Family
FREE TICKETS

KID ZONE

BLUEBERRY
PIE

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Prions

When we were young and mom was trying to keep us healthy, she taught us to wash our hands. She didn't differentiate what we were washing away, they were just called 'bugs' and 'germs'. 'Bugs' includes, from simplest to most complex: prions, viruses, bacteria, archaea, fungi, and parasites. Some people would include in-laws but, we'll leave those out for now.

"Bugs" live on and in us. A human being, or any other living creature (or dead thing, for that matter), is an eco-system formed from all kinds of creatures. Mostly we all live in harmony, but sometimes one or another of these little creatures causes a problem. The offending creature may cause disease by growing too populous and using too many resources. They may also give off toxins that disrupt normal body processes. Or a creature not usually part of our body, moves in and disrupts the usual give and take of our balanced microbiome/eco-system.

Prions are the smallest of these things that make us up. If you've even heard of prions it is probably because of Mad Cow/Creutzfeldt-Jakob disease, which they cause. Prions are even simpler than viruses. Prions are just protein particles that interact with the normal proteins in our bodies, causing the normal proteins to form incorrectly. Prions aren't encapsulated in protein coats like viruses, nor do they have nucleic acids like DNA or RNA. They aren't considered to be alive, that's why I call them 'things' instead of 'beings'.

Prion diseases are rare, and it can take years from infection to disease symptoms. So far all the prion diseases we know of are in mammals, and all cause neurological disease, and all are fatal. Because prions cause amyloid plaques, some people think they may be involved in dementias like Alzheimer's and Parkinson's.

How prions cause normal proteins to misform is still a mystery, though there are several leads being investigated. We do know that eating foods from infected animals or plants is usually how the prions enter our body. Plants themselves don't seem to be affected by prions, but they can take the prions up into their leaves and pass them on to mammals. Hamsters fed grass from under a deer that died of Chronic Wasting Disease (caused by a prion) came down with CWD. It is possible that prions can accumulate in soil as infected animals die or urinate on the ground. There is not, to my knowledge, any known cases of humans getting a prion disease through a plant, only through consuming meat from infected animals.

Prions are very stable, you can't destroy them by cooking or other normal disinfection measures. Especially dangerous is eating food that is neurological in origin, like brains and spinal cords. So, stop sucking the juicy good part out of the backbone of your BBQ chicken and venison. If you are on safari in Africa, eschew the offered monkey brains.

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



Variety is the spice of life!

Food is delicious, plain or fancy, but changing it up keeps mealtime interesting. Condiments and seasonings are fun and easy to make and brighten up everything from hot dogs to fancy feasts. Here are some you can easily make without special tools.

Everyday Season Salt – For vegetables, eggs, meat – anything!

1/2 cup Kosher or Sea Salt
8 teaspoons ground black pepper
2 teaspoons paprika
2 teaspoons garlic powder (NOT garlic salt)
1 teaspoon onion powder
1 teaspoon ground red pepper

Place ingredients in airtight container. Stir or shake until combined thoroughly. Makes about ¾ cup.

For those who like to grill: **Type 'A' Rub**

1/4 cup dry mustard
1/4 cup granulated onion
1/4 cup paprika
1/4 cup salt
2 Tablespoons granulated garlic
2 Tablespoons ground coriander
2 Tablespoons ground cumin
2 Tablespoons black pepper (fresh is best!)

Combine in small bowl. Store in airtight containers. To use, press rub into all sides of the meat or fish to be grilled and refrigerate for 1 hour prior to grilling to intensify flavor. Makes about 1-3/4 cups.

Gourmet Mustards with minimal processing:

Cranberry Mustard – especially good with ham.

(Ball Complete Book of Home Preserving – 2006)

1 cup red wine vinegar
2/3 cup yellow mustard seeds
1 cup water
1 Tablespoon Worcestershire sauce
2-3/4 cups fresh or frozen cranberries
¾ cup granulated sugar
¼ cup dry mustard
2-1/2 teaspoons ground allspice

Bring vinegar to boil in medium non-reactive pot. Remove from heat and add mustard seeds. Cover and let sit 1-1/2 hours.

In blender or food processor combine mustard seeds and liquid, water, and Worcestershire sauce. Process until most seeds are well chopped. Add cranberries and blend until chopped.

Place in non-reactive pot and bring to boil, stirring constantly. Reduce heat, boil gently 5 minutes, stirring often. Whisk in remaining ingredients and simmer over low heat, stirring frequently, until reduced by 1/3 – about 15 minutes.

Ladle hot mustard in to hot jars, leaving ¼ inch head space. Apply lid and process in boiling water bath or steam canner 10 minutes. Makes about 7 – 4oz jars.

Be SURE to follow standard instructions for preparing jars and processing - <http://cehumboldt.ucanr.edu>



BRIDGEVILLE VOLUNTEER FIRE DEPARTMENT

by Elsie Saviour

The 27th annual BridgeFest put on by Bridgeville community center was a great success this year. They did an awesome job setting up this event. Loved seeing all the vendors both new and old. It was a hot one with lots of thunderheads and heat in the high 90's and low humidity with a warm breeze, typical BridgeFest weather.

So many lots of amazing prizes were raffled off between us and the community center and music playing for everyone to enjoy. There was a huge kid zone. Bridgeville's Cal-fire joined in on the festivities, nice seeing them get to enjoy some down time in-between their busy schedules.

We were so happy to see so many people come out and support our little local event.

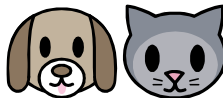
It's BVFD's biggest fundraiser of the year between our BBQ booth & our annual raffle. This year we also offered "Bridgeville Fire Department Supporter T-shirts" for the public to purchase. Our lines were long for our BBQ booth as the crew served up the pulled pork and hot dogs, hamburgers & corn on the cob and of course our award-winning chili. Large crowds and even a parade down to the bridge. Thank you to all that support our community center and our fire department. Thank you to our sponsors for our raffle ticket prizes this year.

Hope to see you all next year.

Call log:

7-19- Medical Hwy 36
7-31-Fire-Wildland Hwy 36
8-2 - Medical, Hwy 36
8-10-Fire, residential alarm Hwy 36
8-12-Medical, traffic collision, m.m 25.80
8-18-Medical Hwy 36 Grizzly Bluffs
8-20-Medical, Alderpoint Rd, Blocksburg

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



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 (tax-deductible).

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



CERT meeting. Saturday, October 7th, 9:30 - 12:30.
It will be held in the BES school gym in Bridgeville.
Topic will be Earthquake table top exercises. Open to all adults. Please bring brown bag lunch. All CERT members encouraged to attend.

BCC Commodities/Food Pantry

Friday, September 22

Bridgeville BCC
10am - 4pm

Dinsmore Airport
9am - 11am

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



Call BCC at 707 777-1775 for more information.



S.T.A.R. EMT Class

STAR (Southern Trinity Area Rescue) is planning on holding EMT classes in the near future if there is enough interest in having a class. Please contact Brook if you want to sign up or have a question. STAR depends on volunteers like you to help make our community safer. Call Brooke at 574-6616 (ext 2090) for info.

The Mad Group - Invites you to join us!!



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

Mad River Community Breakfast

Van Duzen Rd, Mad River

8am - 11am, First Sunday, September 3rd



"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 removed from the Newsletter mailing list, please contact the BCC.

Imagine

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	First Five Play Group, age 0 - 8 9:30 - 12 noon ↓	Official BridgeFest tee shirts are for sale at the Community Center.	Please Don't Start Smoking		1 BridgeFest meeting 5-6 The Gathering, Fridays at 2pm ↓	2 Movie - 8:00 ↓
3 Mad River Breakfast 8-11	4 Labor Day	5 Fire Dept meeting, 6pm	6	7 BCC board meeting	8	9 Fire dept training
10	11 Fire District meeting	12 Bookmobile	13	14	15	16
17 Women's Group 11:30	18	19	20	21	22 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Blocksburg 1:30	23 First day of Fall
24	25	26	27	28 Community Pot - Luck Lunch 11:30	29 ○	30

WEEKLY: Tuesday - Friday: 9am - 4pm

Mondays: BCC CLOSED

Fridays: "The Gathering" Meeting - 2pm at Church

Saturdays: Outdoor Movie Night - 8:00

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.