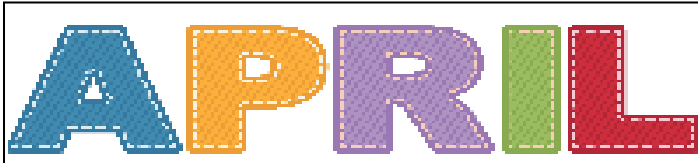




Volume 28 Number 8

April 2024



There should be a new face around the Community Center this coming month. The board shall be choosing the next Executive Director at the beginning of April. If you are interested in applying, BCC will be accepting applications until April 3rd. There will be a facebook announcement of the new director April 5th. Let's make them welcome, whoever they may be.

Lots of events on the calendar this month. Check out the back of this newsletter and take your pick to come get out of the hour.

It has been a pleasure being the coordinator for our Bridgeville Community Center. Thank you all, and I look forward to supporting the incoming member and then remaining in a volunteer capacity.

Happy Spring!

Danielle Holway
Executive Director

Dolly Parton Imagination Library Humboldt Update

\$5,000 Matching Gift

If you are thinking about donating to the Dolly Parton Imagination Library, now is a good time. We are pleased to announce that an anonymous donor has pledged to match donations up to \$5,000. This will double any donation that you make. If you make a \$25 donation, the Imagination Library program will get \$50.

Every \$13 donation helps a child aged 0 – 5 to get a book free of charge on a monthly basis for a year. Over 1,250 Humboldt children registered, and over 8,800 books mailed out since May 2023.

A big *THANK YOU* to the people who donated.

Online Donation (or mail to BCC):

https://www.paypal.com/donate?campaign_id=EHUQSXZXHC8R4



Sign your child up here (ages new born - until they turn 5 years old): [ImaginationLibrary.com](https://www.imaginationlibrary.com)

Bridgeville Community Love Scholarship



This scholarship is open to students who graduated from Bridgeville School and who are/will be attending college/trade school and are in 12th grade to 20 years old. The award amount will change from year to year. Applicants will be asked to write an essay about what would make Bridgeville a better place. Applications available at the BCC office. The scholarship applications are now open will close on May 1st 2024. The scholarship will be awarded in June 2024. An invitation/award letter will be sent to the award recipient.

Thank you for your interest. Good luck.

BRIDGEVILLE SCHOOL KINDERGARTEN REGISTRATION & VISITATION

Thursday, May 30th
from 11:00am-12:00pm

**Open to all Kindergarten and
TK students starting in the
Fall of 2024!**

This is a chance for parents and their children to visit the classroom, meet the teacher, participate in some activities, and begin the registration process!





cal fresh
1-877-410-8809 BETTER FOOD FOR BETTER LIVING

Click **GetCalFresh.org** to apply online

Call **1-877-847-3663 (FOOD)** For speech and/or hearing assistance call **711 Relay**

Most Excellent Pretty Good Writers Group

Is going on a sabbatical. And will regroup when there is interest. If you are interested, please call 707-777-1775.



Be Kind to the World



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

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

BRIDGEVILLE TALENT SHOW SIGN UP AND SHARE YOUR TALENT

Get your application form at the BES School office, tell your friends and share the fun.

Come Be A Star!



Bridgeville Boosters Talent Show and Taco Dinner
Friday, April 12th

Talent Show at 5:00 with Taco dinner to follow

Taco Dinner \$10 per person

Talent show entries \$ 5 dollars per act, dinner included with entry.

Come enjoy good food and a show!

BCC Board Member Vacancy

Community members interested in being a board member should write and submit a letter of interest to the community center. All candidates are strongly encouraged to attend a Board meeting. Looking for board members who want to help sustain the Community Center.

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.

2024 BridgeFest Raffle Donations as of March 20 Thank You!

**Swains Flat Outpost &
Garden Center
Bear River Resort
& Casino
Forbusco
Les Schwab
Redwood Glass & Window
Sisu Extracts
A.M. Baird
Pierson Building Supply
Ruth Lake Marina
Galactic Farms
Skyfall Humboldt**

2024 BridgeFest BROADCAST

Thanks to Jody, her Donut sale at Swains Flat put \$336 into the BridgeFest coffers. We are currently inserting the final design on the T-shirt, ready to put in to the printer by April 15.

Raffle Tickets will be printed by May 15 for sales, and more and more donations are rolling in! Important to note that there will be two new Bands this year! Be on the look out for more news about the event and the event hours! **VOLUNTEER!!**

BridgeFest Committee meetings the first Tuesday of the month. Come on down.

**10,000
Goal**



\$9,000

\$8,000

\$7,000

\$6,000

\$5,000

\$4,000

\$3,000

\$2,000

\$1,000

BCC Commodities/Food Pantry

Friday, April 19

Bridgeville BCC

10am - 4pm

Dinsmore Airport

9am - 11am

Blocksburg Town Hall

1:30pm - 3:30pm

Call BCC at 707 777-1775 for more information.



*Food
Pantry*



ZUMBA

EVERY WEDNESDAY

FITNESS

COME AND JOIN FOR SOME FUN!!!!

BRIDGEVILLE SCHOOL GYM

TAUGHT BY DELILA

April Community Schedule

Every Monday:

FIRST 5 Playgroup @ 9:30am-12 noon

Parent Support Group 12 noon to 1pm

Knitting Class 3pm- 4:30 pm

Every Wednesday:

Painting with Ted 10am-1pm

Zumba 5:15 pm to 6:15 pm.

Every Friday

The Gathering at 2pm -3pm

- **BridgeFest Meeting** 4/2/24, Tuesday, 5:30pm-7 pm
 - **BCC Board Meeting** 4/4/24 Thursday, 3:30pm
 - **Bookmobile** 4/9/24 Tuesday, 10:30am-12:00 noon,
 - **Booster Meeting** 4/9/24 Tuesday, 3:30pm
 - **Senior Lunch** 4/11/24, Thursday 11:30am-1pm and 1pm to 3pm games, bring a brown bag lunch
 - **BES Board Meeting** 4/11/24, Thursday, 5:30
 - **Talent Show** 4/12/24, Friday, Friday, at Bridgeville School
 - **Breakfast Fundraiser** 4/13/24, Saturday, Saturday 9am to 11am
 - **Wild Game Feed** 4/13/24, Saturday, Mad River Community Center
 - **BES Spring break** 4/15 to 4/19,
 - **Food Pantry** 4/19/24, Friday, 10:00 am
 - **Women's Gathering** 4/21/24, Sunday, 1pm-3pm (Bring a dish)
 - **Community Potluck** 4/25/24, Thursday, 11:30 am – 1pm,
 - **Drive-Thru Dinner** 4/25/24, Thursday, pick-up 5pm - 6pm (order by Monday 4/22) Cuban Sandwiches, \$20
- For info call BCC 707 777-1775**

Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Unlike single-celled bacteria, Fungi have clearly defined nuclei holding their genetic information, which is tightly bound on chromosomes, as it is in humans. They have real cell membranes with organelles inside and, except for yeast, are multicellular. They have similarities to plants and similarities to animals, but they are neither. Fungi are unique life forms. The three important groups of fungi are molds, yeasts, and mushrooms. And yeah, mushroom-hunters are fun guys. lol

Fungi are important decomposers, they even break down rocks. They trade the minerals from the rocks to plants in return for sugars that plants make from photosynthesis. It's another case of where does one Being end and the other start?

Most fungi are good beings. Certain mushrooms, including Shitake and Reishi help balance our immune system and have antiviral properties. Statin cholesterol-lowering medications were developed from fungus. And penicillin came from a mold. We also couldn't make bread or beer without yeast. Fungi are pretty important!

Fungi are part of our microbiomes. Candida albicans, a yeast, is incredibly important to controlling inflammation, especially in the gut. Yes, it is also the main culprit in 'Yeast' infections, which are those smelly infections we get in our skin folds (groin, under the breasts, armpits, etc.). There are over 200 different kinds of fungi on our feet! Sometimes they grow too much and cause 'athletes foot', which is itchy and smelly.

When in balance, the yeasts, molds, and other fungi that live on and in us enhance our health. Antibiotics and antifungals that indiscriminately kill fungi can contribute to the overgrowth of a single species, which creates an infection. Be thoughtful about using these medications. If you do get an overgrowth, you can treat it topically with tea tree oil, apple cider vinegar, or by rubbing raw garlic or banana peel on the area. However, because most of the fungus is living under/ in your skin as mycelium, and because they have complicated life cycles, fungal infections are difficult to get rid of. You may need to resort to pharmaceutical medications. Unfortunately, fungus cells are enough like human cells that those medications can also harm your cells.

Preventing fungal and yeast infections is better than trying to treat them. Keep your skin clean and dry, but well hydrated. Keep skin Ph in the 4.7-5.7 range. Change socks daily. If you have an infection in a skin fold place some cotton material in the fold, this helps keep things dry. Don't use talcum powder which has been linked to cancers. Decrease sugar intake, and increase probiotics like yogurt, kefir and kimchi. Increase fiber. Love the fungus amongst us and celebrate the Multi-Being that is you!

Forgive Often, Practice Gratitude and Work Hard

Blazer News

By John Blakely



Communication is key. It is ironic that in this era of instantaneous digital communication intolerance and polarization are rapidly increasing. Over two thousand years ago the Greek philosopher Plato popularized a form of communication called dialectic. Dialectic refers to dialogue between people holding different points of view about a subject but wishing to arrive at the truth through reasoned discussion. It's a civil process that can lead to a compromise. This necessitates a foundation of mutual respect regarding all parties involved in the process.

At Bridgeville School communication and respect are pillars of the educational process and the culture of the entire school environment. One clear example is the Whole-Staff Meetings that are held on the first Tuesday of each month at 12:30 pm. Parent volunteers graciously monitor lunch recess allowing every staff member to attend. Information is shared, not just from Joyce Church who facilitates the meeting but from everyone attending. Discussions include but are not limited to upcoming school events, classroom activities, sporting events, school rules, conflict resolution, attendance, information from the Humboldt County Office of Education and the California Department of Education, and even the weather. There is a critical element that makes these meetings more than just an information sharing opportunity. They are also a potluck lunch. Almost all staff bring a main dish, salad, or dessert and we share a lunch before business. It is said that "breaking bread" together creates a unique human bond and that is clearly evident at our Whole-Staff Meetings. The respect that the Bridgeville School staff hold for each other is nurtured by the shared meal and egalitarian spirit that exists in these meetings.

In addition to the Whole-Staff Meeting, our teachers, Joyce Church, Gabriella Wotherspoon, and Sara Carney, meet every two weeks to discuss and plan. Topics of conversation might be issues common to their classrooms, collaborations, and professional development. At the heart of their discussions are always how best to educate their students, academically, socially, and culturally.

Every Tuesday at 10 am Jessica Springer, Administrative Assistant and Business Specialist, Joyce Church, School Principal/Teacher, and I meet to discuss administrative issues, business, the ever increasing State Department of Education requirements, legal issues, and the overall logistics of a smoothly functioning school community.

Guidance and direction for the entire Bridgeville School District takes place every second Thursday of the month at 5:30 pm at the meeting of the School Board of Trustees. Current School Board members Diana Bennett, President, Brooke Entsminger, Clerk, Nick Glass, Dana Johnston, and Garrett Barnwell are an involved and supportive governing body working in concert with District administration to make sure Bridgeville School is providing our students with high quality educational opportunities. Communication is Key.

"Dear MFP" (*Master Food Preserver*)

By Dottie Simmons



If you're like me, you play with recipes to make them more to your liking. That's fine for food you eat right away, but must be done with caution for food you are preserving for future use. When freezing or dehydrating foods it is not much of an issue, but for any method of canning it is an important one.

Safety of home-canned foods depends on the acidity, density of the product, and the heat process used. Changes can affect acidity or processing time/temperature. Since the first foods to be preserved in spring are often jams and jellies, I will cover substitutions of ingredients and processing methods for those here.

- For Jams and Jellies you can Add 1 teaspoon or less of herb or other flavoring to a recipe, for example, basil strawberry jam or vanilla cherry jelly.
 - You can substitute peaches for nectarines, or apples for pears, and vice versa. Use unsweetened, frozen and thawed fruit or canned fruit in place of fresh in jam or jelly recipes. Measure frozen fruit before thawing, drain canned fruit before measuring. Canned fruit should be drained before measuring.
 - Use honey in making jams or jellies. In a product made with pectin, replace up to 1 cup sugar with 1 cup honey for every 6-pint recipe; be sure to adjust the amount of liquid in the recipe. In recipes with no added pectin, honey can replace up to half of the sugar; decrease the amount of liquid by the amount of honey added.
 - To make low or no-sugar jams or jellies, use pectin such as Pomona's, which is made for that.
 - Use regular pectin purchased in bulk. Use 6 tablespoons bulk regular powdered pectin for every individual box of pectin.
- Avoid the temptation to double jam and jelly recipes – unless you like syrup! Heating times and temperatures may vary from the original if recipes are doubled. You may can jam and jelly in pint jars when specified in the recipe. See nchfp.uga.edu for more information.
- Acid foods, such as many fruits are safely canned in a boiling water bath or steam canner. Size and shape of jars impacts processing time needed. Use a smaller jar if you want, for the same processing time, not a larger one.
- Important note: There are no tested recipes available for safely canning elderberries, or white-fleshed peaches and nectarines at home.

Questions about food preservation? Contact: bridgevillenews@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 VOLUNTEER FIRE DEPARTMENT

It's Fire Academy time again in the Eel River Valley. Bridgeville Fire has one new member making their way through the Academy. The local Academy is an all-volunteer group, the students and the instructors all give their time to make our community safer. I remember when I went through, I got totally worn out during search and rescue day.

Wildland fire season is right around the corner. Planning and cutting fire breaks around your property and home is an annual chore. Limbing up trees will also keep fire from getting out of hand. If your property is just right for a prescribed burn, please contact Cal Fire to discuss all the details.

Please consider joining your local volunteer fire department, your help is very welcome. Contact us anytime at 707-599-8048.

Thanks, *Chief Katzdorn*

Call log: 3/01- Medical; 3/02- CO Detector;
3/05 - Traffic Collision; 3/14 - Medical



Six River Lions Club

2024 Annual Wild Game Feed & Raffle

RLCSD Community Hall in Mad River

April 13th, 2024

(\$25.00 donation per plate)

Appetizers and Cocktails at 2 PM

Dinner at 5 PM

Drawing For a Custom Built 280 Ackley

Custom Rifle Tickets \$10 ea or 3 for \$25

Lots of other raffle prizes including a Ladies
Only Table and a Ladies Only Custom Built
Rifle!!

All are welcome to join us!!

ARE WE CRAZY OR WHAT?

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

A Hoard or Cache?

We don't mean to be hoarders. Really - The other day Kate took some doodads to the thrift shop and Lyn cleared off her bed cabinets in the house. Wait, though, Lyn "put away" stuff from the top of her cabinet. There's a difference between letting go of stuff and putting it away so it doesn't show. Luckily, since our house/cabin is small, collectibles or excess gadgets are not being acquired, or have been given away to gain space. But then you go out to our shed and barn and outside resource pile and that's another thing.

Last spring we spent a lot of time with the help of James clearing out the overload in our shed, where most of our Hoard is. One area is Kate's inheritance of 12 years from her Dad's wood shop, so a table drill press plus a cabinet full of woodworking tools, and four 20-drawer little cabinets full of rusty or good fasteners of all kinds. We have since given the drill press to Sarah and Gene, lucky them.

The other area of the shed is what has been collected since we moved here: in bins, cabinets and on the floor - used and new parts for electricity, plumbing, auto mechanic, fencing and various jars, cans and part cabinets full of bits and pieces for use if ever we need them. A shop vacuum on the floor, a couple old metal-encased power tools from a garage sale that still needs to be started to see if they work, big black flower pots holding saws, levels, big wrenches, clamps, empty caulk guns, solar panel soft brushes, clamps, rusty tools enamored by enough it's hard to get rid of, etc. Too, Kate bought Lyn a big table grinder and smaller table drill press for Christmas one year that hadn't been found or unwrapped for years....Here they were this spring in a dark corner. Oh, and the good hand power tools are in the Barn, so they don't count right now.

What is all this Hoarding about? Maybe it's because we are miles away from Ace Hardware or Pierson's so we need to squirrel away extra stuff to have. Or we live out in a rural area that doesn't contain many people to hire or help that have their own tools and gadgets. Or couldn't help ourselves when "Hum Free" online had FREE stuff that we may need in the future. Or couldn't find the tool or piece that we needed right away so went all the way down the hill to buy another. Or a good deal came up. Or a neighbor asked us if we wanted it.

We guess it's just life up here, Caching things for when you need them, or maybe for people to inherit when we Die. (We do have a list of all our household valuables and hoarded equipment, tools and supplies ready for our friends and neighbors to go through and check off what they want...after That Time)

"Insanity is obtaining stuff over and over, and expecting to use it all" Mark Twain

Lyn Javier and Kate McCay
TwoCrones Ranch, Larabee Valley

Care-Giver Corner

National Healthcare Directives Day

Spring is all about new life, right? Well, the only thing certain in life is death and taxes. April 16th is National Healthcare Directives Day. Death comes for all of us, so get over your squeamishness and talk about what makes life worth living for you.

Don't just tell your relatives, 'If there is no hope, pull the plug'. Because the meaning of 'hope' is as varied as the people who say it. Doctors are understandably reluctant to pull plugs. It's a very final decision and they often tell relatives that people can be 'saved'. Saved for what is the question. Often it's a life much more limited than the one your relative had before they got so sick they couldn't make their own decisions anymore. People are left having to guess if their relative would think that future is worse than death.

Make it easier on your loved ones by telling them, now - today, what quality of life means to you. Is life so precious you are willing to spend it bedbound in a nursing home? Or do you want the plug pulled if you will never be able to go hunting again? Does the equation change if you have dementia? Is it different if you are happily demented vs causing your relatives anxiety with your combative behavior? Do finances come into it? Long illnesses can wipe out a couple's savings and leave the survivor with no resources. That might feel horrible for someone who worked hard all their life to provide for their partner. It's the pits that we have to think about the cost of caring for someone, but in America healthcare costs a lot of money and finances do figure into our living and dying decisions.

Of course, no one is going to kill you just because you've had a stroke or have dementia. But, when things get really bad there is an option not to infections like pneumonia or UTIs. Medications that help keep you alive, but don't support your comfort can be stopped.

These conversations are more complicated than doing your taxes (and that says a lot), but they are more satisfying and can actually be a lot of fun. Please, talk with the people who will make your healthcare decisions if you can't. Be clear on what makes *quality* of life outweigh *quantity* of life. It will save your family a lot of grief in the end. And remember it's not a one-time discussion, people change. Be sure to update and confirm your decisions every April 16th.

The March 2024 Senior News has several good articles about end-of-life decisions: <https://www.humsenior.org/news-seniornews/senior-news/>



"It is not our abilities that show what we truly are. It is our choices." ~ J. K. Rowling

Thank You

THANK YOU SPONSORS for making the newsletter possible.

Newsletter Sponsors

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



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



Bridgeville Community Center

Senior Lunch & Cards/Games

Thursday, April 11th

11:30 - 1:00

Brown Bag Lunch

(Bring your own and a dessert)

1:00 - History Lecture

For More Information Call 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: 707-599-8048, Mad River Fire: 707-574-6536

BridgeFest needs volunteers- Aliens and humans welcome. BridgeFest is August 17th, 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
Saturday, August 17th

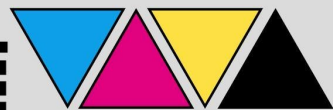


Drive-Thru Dinner \$20

Cuban Sandwiches with sides.
Drive-Thru Dinner Thursday April 25, pickup between 5 - 6 pm. Call BCC by Monday April 22nd to order.

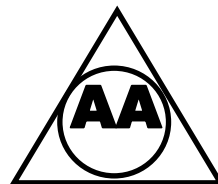


**THE CENTRAL
OFFICE**



326 I Street Eureka, CA 95501
707-444-3044

**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)

"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.

**Fortitude and
Compassion**

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 First 5 Play-group Parents Support Group ↓	2 - BridgeFest Meeting 5:30-7:30pm - Fire Dept meeting 6pm	3 Painting ZUMBA ↓	4 BCC Board Meeting 3:30	5 Fridays: The Gathering ↓	6
7	8 Fire District meeting	9 Bookmobile 10:30 - noon BES Booster Club 3:30	10	11 Senior Lunch BES Board Meeting 5:30	12 BES Talent Show-	13 - Breakfast Fundraiser - Wild Game Feed Mad River - Fire Department training 10am
14	15 BES Spring Break 4/14 - 4/19	16	17	18	19 USDA Pantry: - BCC 10am-4pm - Dinsmore Airport, 9:00 am-11:00am - Blocksburg 1:30	20
21 Women's Gathering	22 Earth Day (Order Drive-Thru)	23	24	25 Pot- Luck Lunch 11:30 Drive-Thru Dinner 5-6pm	26	27
28	29	30	 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

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.