



June 2024

Volume 28 Number 10



June is here and soon there will be more river days, school break, camping and recharging those batteries after a long late winter. While the school will be on summer break, the Community Center will remain open throughout the summer for our regular hours Tuesday-Friday, 9am - 4pm.

We want to send a shout out to Clover for donating a raffle spinner to the center. It will be put to good use! BridgeFest 2024, here we come! Two more months and we will be raffling off our amazing items and having a day filled with community, music, and fun! Mark your calendars...August 17th, 2024. If you are interested in entering the pie eating contest we will be signing folks up before the day of the event with a small entry fee. We will also be selling the T-shirts and raffle tickets beforehand and on the day of. Keep an eye out on the calendar for fundraising events happening, you'll be able to get tickets there and likely some good food! Hot Food Fridays have been an incredible success, and we want to say a huge *Thank-You* to our volunteers- Emily, Jamie, Kay, Jody, Chantal and Rachel and the Swain's Flat Outpost for allowing us the space and the community for supporting us.

We would like to congratulate Isabella Kavanaugh for being this year's winner of the Bridgeville Community Center Love Scholarship. Her response to our prompt for what could make Bridgeville a better place was well thought out, respectful of our unique challenges and focused on sustainability and was very environmentally conscious. We wish her well on her continuing education and are so excited for her future. Maybe she'll make us some loaves of sourdough this summer before she goes back to focusing on school. We can hope!

As always, keep on keepin' on folks and we will be seeing you soon.

Danielle Holway



Complete other side of this raffle ticket stub for drawing The 2024 Bridgeville Quilt! "Quirky Quesar Quilt"	2024 BRIDGEFEST Saturday • August 17 • Need not be present to Win! \$5 or 5/\$20 RAFFLE WIN! Bear River Night and Dinner for Two Ruth Lake Patio Boat Rental Pierson Building Center Gift Certificates Bridgeville Quilt and 40 more Prizes!	BRIDGEVILLE CERT COMMUNITY EMERGENCY RESPONSE TEAM Bridgeville CERT team members come from Blocksburg area, Bridgeville area, Dinmore area and east Carlotta. Come Join Us! For more info, call Lyn at (707) 601-7982
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Some Dolly Statistics

Dolly recently paid a visit to the KMUD block party on May 25th. Where can you catch her next? At Eureka Friday

Night Market in June. **FYI-** The Imagination Library Humboldt Program has mailed out 12,708 books in Humboldt County, including 471 Spanish/bilingual editions. We currently have 1,363 children enrolled.

Thank-You for the donations, and the children thank you.



BCC Commodities/Food Pantry

Friday, June 21

Bridgeville BCC
10am - 4pm

Dinsmore Airport
9am - 11am

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

Call BCC at 707 777-1775 for more information.



Happy Fathers Day



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

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Bridgeville Community Center

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Upcoming Bridgeville Community Events

- **Fire Board Meeting** - Tuesday June 4,
- **BES Spring Concert and Bingo** - Tuesday, June 4, 5:30
- **BCC Board meeting** - Thursday, June 6, 3:30
- **Summer Arts**, Benbow, June 8
- **Fire District Meeting** – Monday, June 10, 5:00
- **Book Mobile** – Tuesday, June 11, 10:30 – 12 noon
- **BES Graduation** – Wednesday, June 12
- **Senior Lunch** – Thursday, June 13, 11:30 – 1:30
- **BES last day of school** – Thursday, June 13
- **Hot Food Friday** – June 14, 3:30 – 6pm
- **Happy Father's Day** – Sunday June 16
- **First Day of Summer** - Thursday June 20th
- **Food Pantry** – Friday, June 21
- **Community Potluck**– Thursday, June 27, 11:30
- **Hot Food Friday** – June 28, 3:30 – 6pm



ZUMBA

EVERY WEDNESDAY

FITNESS

COME AND JOIN FOR SOME FUN!!!!

BRIDGEVILLE SCHOOL GYM

TAUGHT BY DELILA

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

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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.



CalFresh
1-877-410-8809

Better Food for Better Living

2023 CalFresh Income & Eligibility Limits
Effective October 1, 2023 – September 30, 2024

[Click GetCalFresh.org](https://www.getcalfresh.org)
to apply online

Bridgeville Community Center

SENIOR LUNCH
Thursday, June 13
11:30-1:00

Bring a Dish Potluck!
1:00-3:00 **Cards & Games**

Notice: The activity may change to a Native Plant Walk/with Picnic supplied. You will be contacted if Senior Lunch activity

For more information call (707) 777-1775

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



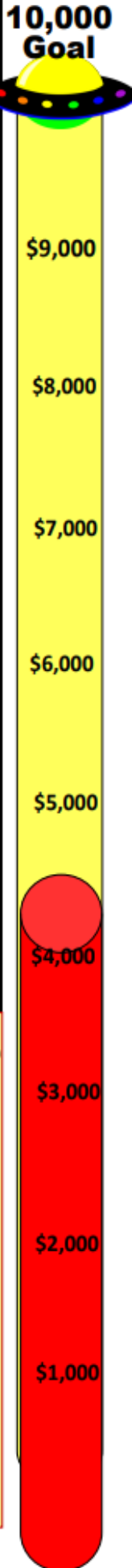
BridgeFest 2024 Supporters
as of May 20

Swains Flat Outpost Garden and Store
Bear River Resort & Casino
Forbusco
Coast Central Credit Union
Humboldt Distillery
Humboldt Creamery
Les Schwab
Redwood Glass & Window
Hummel Tire & Wheel
Sisu Extracts
Family Business Music
A.M. Baird
Pierson Building Supply
Ruth Lake Marina
Galactic Farms
Skyfall Humboldt
Humboldt's Premium
CanniFest
Booklegger

BridgeFest Committee BROADCAST

Music Posters are printed to distribute! Raffle Tickets should be available by the time you read this! Main BridgeFest Poster to be printed in June. Donations coming in faster and faster! Hot Food at Swains Flat continues, Vendor applications are coming in, and we are looking hard for event volunteers. Watch for news on Watches and Facebook.

4 NEW BANDS!



Healthy Spirits

By Lauri Rose, RN BSN HNB-BC

Every day 24.9 million people live in slavery. Sometimes it is overt, like the millions of women, men and children bought, sold and traded into sex work and domestic labor. Sometimes it is more subtle, people are lured somewhere with promises of a good job, then are told they owe lots of money for their transport. They are forced to work the 'debt' off. Which they can't do because they continually get charged for food, room/board, etc.

We like to think slavery happens 'over there', away from our cozy lives. The truth is many people are trafficked in Humboldt County. Many are involved in the cannabis industry and some are even in our own neighborhood. We've all heard about people lured into the mountains with promises of good pay, only to be made to work topless, or have sex with someone they didn't want to. Or, they worked all summer and then weren't paid. Working without pay, and being unable to leave because someone is threatening you, is considered slavery no matter how innocently you fell into it.

We might wonder why the enslaved person doesn't just walk away, or find the nearest policeman? Not so easy to do if doors are locked, you don't have a phone, someone is holding your passport or giving creditable threats of violence against you or your family - backed up by photos of what others have suffered? What are your options then? And, sometimes the victims don't think of themselves as enslaved. They have been brain-washed to think they 'love' the slaver. So, escaping is not as easy as 'just do it'.

Besides cannabis and sex work, enslaved people are often found working in restaurants, agriculture and domestic services like house cleaners and caregivers for the elderly. How do you recognize someone who is enslaved? They are frequently young and may not speak English well. They are often very timid and may look to someone else to answer questions. They may have an 'owner's' tattoo somewhere on their body. Or you might just get a feeling that the vibe between two people isn't 'right'. It is important not to jump to conclusions, but it's also important to try to find out if anything is wrong. If a person can't leave their situation, or isn't being fairly paid, they are considered enslaved and may need help to leave.

Don't endanger yourself by trying to rescue someone. Humboldt County has an anti-trafficking nonprofit group. The phone number for 'Empower, Protect, Invest' is 707-499-1415. If you see someone you think is being trafficked - ie made to work in a situation they don't want to, and it is safe for you, give them this number on a small piece of paper they can easily hide. When they reach out the group can help them. You can also reach out to law enforcement and share your concerns.

Blazer News



At one of our recent Whole-Staff monthly potluck lunch/working meetings I may have bored the group with the recounting of a lumbermill worker strategy employed when working "contract" jobs. Those were jobs that paid by the amount of work done as opposed to an hourly rate. If you worked exceptionally hard it was possible to make a significant amount more than the hourly rate. The accepted belief was that the extra money was made during the last hour of the day. And that relates to the staff at Bridgeville School how? My point was that it was late in the school year with only a month or so to go and everyone was tired and tempted to ease into the year's end. But like the contract workers at the mill or a long-distance runner's kick during the last lap of the race, the end of the school year is time to step it up with a burst of energy making those final weeks the most productive, action packed, and exciting weeks of the year! And that's exactly what our amazing staff at Bridgeville has done.

Every month in the California public school system is a busy month to say the least. There is never enough time and always too much to be done and accomplished. It comes with the territory, and everyone involved accepts that. However, the last couple of weeks in May and the first two in June are unbelievably jammed with State testing, culminating academic activities and projects, special days, field trips, a music concert, graduations, and more.

As I pen this column, we are in the middle of Spirit Week. Monday was Game Day; Tuesday was Crazy Hair Day during which Sarah Carey and Gabby Wotherspoon garnered staff honors. Some, and definitely not all, of the students that dared crazy hair included Corina, JoJo, Alan, Danny, Nathan, Colt, Cecelia, Annabelle, Nadine, and Quinn. Wednesday, today, is Field Day and Bike Day, Thursday is Water Day (watch out for the Fire Department), and Friday is Pet Day. After the Memorial Day holiday, the TK-2 classroom will be dissecting fish and the 3rd-8th graders will take an over-night field trip to the San Francisco Academy of Sciences and Santa Rosa's Safari West. It doesn't let up in June. The Spring Concert, a Quack and Rabbit presentation, two graduations, and the last day of school picnic at Triumphant Life Camp wrap up the school year. Whew!

Congratulations to all of the students and staff at Bridgeville School for another year well done and thank you parents/guardians and families for your support and appreciation!

John Blakely
Superintendent Bridgeville School





The earliest harvest: Herbs

Herbs should be harvested before they flower to preserve for year-round use. For best quality pick as soon as morning dew has dried, discarding discolored, damaged leaves. If needed, wash and blot dry. Then fill your spice shelf by drying them. Rosemary, sage, and thyme are easy. Tie into small bundles and hang to air dry out of direct light and in a well-ventilated area to preserve flavor and color.

Parsley, basil, oregano, and mints with higher moisture content must dry quickly. Cut small holes in the sides of a paper bag, suspend a loose bunch of herbs inside, closing the top with a rubber band around the stems to hold them as they shrink while drying. Hang where there's good ventilation. Dill or coriander (cilantro) seed heads benefit from this method as it catches any falling seeds.

A dehydrator works great for chopped parsley or chives. It's fast and preserves color and flavor. Place herbs in a single layer on dehydrator trays and dry for 1 to 4 hours.

Leaves are crispy dry when done. Remove from stems, leaving whole to crush later for maximum flavor. Store in cool, dry, dark area in airtight containers. Label with the date and have fabulous seasonings all year. If you've seen the prices of herbs lately, you know this is a money saver. Up those savings by making seasoning blends! Here are a few:

Italian seasoning: 2 Tbsp dried basil, 2 Tbsp dried oregano, 1 Tbsp dried thyme, 1 Tbsp dried rosemary, 1 Tbsp garlic powder (NOT salt), ¼ tsp onion powder, ¼ tsp salt

Meat Treat: 2 Tbsp dried rosemary, 2 Tbsp dried sweet basil, 1 Tbsp dried thyme, 2 dried Mediterranean Bay (the kind you get in stores) leaves, crumbled. It's milder than native Bay Laurel (use that sparingly), 1 Tbsp garlic granules (NOT garlic salt). Delicious on all meats and chicken cooked by any method.

Fish Fest: 1 Tbsp each lemon thyme and lemon basil, not found in stores, grow your own if you want to try this blend. 1 Tbsp dillweed (not seeds), 2 tsp oregano, 2 tsp sweet marjoram, 2 Tbsp celery leaves – it's worth saving the leaves from celery to dry for this. 1 Tsp each garlic granules (NOT garlic salt) and onion powder.

Play with these seasonings as suits your taste, adding or subtracting flavors. For instance, you can add fennel seed to the Italian Seasoning or dried lemon zest to Fish Fest. Add salt and pepper as desired, separately.

Here's to delicious days ahead!

SUMMER TIPS

BE SUN SAVVY

wear waterproof sunscreen
& reapply every hour

STAY HYDRATED

water is the best way to prevent
dehydration in the heat.

H2O

BE SPLASH SAFE

never swim alone & always
have an adult near by.

STRANGER DANGER

never leave a location
with a stranger.

As summer approaches, many parents are unaware that swimming pools can pose a threat to their kids.

KNOW THE RISKS:

Drowning is the
SECOND LEADING
cause of accidental death
among kids ages **1-14**.

(SRC: CDC)

Yet **57%** of parents don't
consider drowning a threat.

(SRC: NATIONAL SAFE KIDS CAMPAIGN)

70% of Americans
don't know CPR

(SRC: AMERICAN HEART ASSOCIATION)

A child can drown in
5 UNDER MINUTES

- the time it takes to
check your newsfeed.

(SRC: CIGNA)

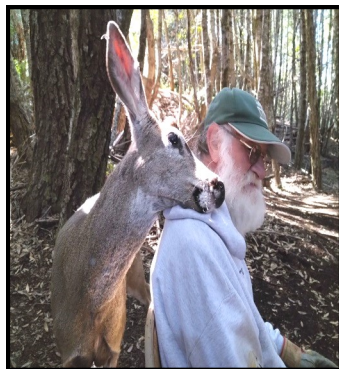
19%

of drownings
happen with
lifeguards present.

Community

Facts & Faces

A slice of our Community life in News and Photos.
Submit photos or news to katemccay123@yahoo.com by 20th of each month.



Dave and Randy at Larabee Buttes have been adopted by a wild deer! They have named it "DEER-ME". It lies on the porch, likes to be petted, plays with the dog, hangs out and then leaves, What a Wild thing to happen!

After more than 40 years on his land, Mark Middleton this past year selectively cut 30 acres of Fir & Pine to heal his white and black oak woodlands.



Elliot Brown has started his own tractor business. Call him at (707) 499-2487

IMPORTANT HAPPENINGS

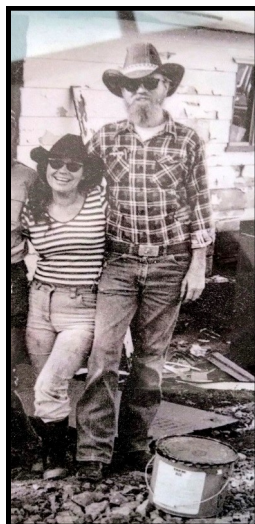
- Our local community emergency service, **STAR**, is in the process of becoming a separate non-profit organization. Watch for more news!
- California Public Utilities Commission CPUC issued a proposal to **reject** on June 20th the application of AT&T to take down our **Land Lines**. **Yay!**

Rachel Capistrano is the first female boat operator for Humboldt public works, helping the crew and operating the McCann Ferry at high water.



Who is This Woman? 1980's. Got ID? Call or text Randy at 499-8714 to answer.

km/rk



Care-Giver Corner

Catheters (part 1)

When you are caregiving it is very important to notice if your caree is urinating. Urine not released from the bladder can back up into the kidneys causing immense damage. Infections and blocks are the two most common causes of oliguria (no pee). Men especially have problems with retaining urine due to enlarged prostates, but women can have retention also. Oftentimes people will pee, but only a tiny amount of what is in their bladder comes out. That is also retention. The urine left in the bladder becomes a wonderful home for bacteria and frequent urinary tract infections (UTIs) are a sign of the problem.

There are medications for both men and women that help relax the muscles that hold the bladder closed so people can fully empty their bladders. However, sometimes these medications don't work, or stop working. When a person retains urine and the cause can't be fixed, a urinary catheter (silicone tube) is used to drain the bladder. Sometime this is done intermittently several times a day. Sometimes the catheter is permanent going into the bladder through the urethra or through an opening created just above the pubic bone. The urine then drains into a bag by the person's leg. The bag has a spout on it and is emptied before it becomes inconveniently full. These bags can be reused after cleaning with a weak bleach solution or vinegar.

When a person urinates normally the cyclic filling and emptying of the bladder is strong enough to flush bacteria out. With a catheter the urine is continuously drained and there is never a strong bladder flushing action. Plus, the catheter tubing quickly forms a biofilm of bacteria growing inside the tube. If people with catheters are tested for bacteria in their urine they will almost always test positive. This is not a problem, the body and the bacteria reach homeostasis, this is called colonization. But, sometimes things change and the bacteria overgrows causing a true infection. Signs of true infection are increased confusion, fever, lethargy, or abnormal aches and pains. If these are noticed call a healthcare provider for infection treatment.



Mask Making Class

August 3rd, Just in time for BridgeFest

Save The Date - A maskmaking class on the afternoon of Saturday August 3rd. Taught by the world renowned maskmaker and Dell'Arte faculty member Tony Fuemmeler. Cost is sliding scale. No one turned away. Call BCC to register.



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



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



Blocksburg Vendors and Bands Wanted

Blocksburg Harvest Faire, September 7, 2024

Wanted: Vendors

Sherby (707) 223-1754 Email: sherbynotary@yahoo.com

Wanted: Musicians, Bands

Blocksburg Harvest Faire, September 7, 2024

Text (707) 502-5149, Email: rtgarden@gmail.com

Mad River Community Breakfast

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



The Mad Group - Invites you to join us!!



When: Sundays @ 2:00 pm

Wednesdays @ 5:30 pm

Where: Mad River Fire Hall

"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 Trading Post

Rental Wanted - Citizens of Quasar '90, Third Star, Right-hand looking for AirBnB accommodations for nights of August 16 and 17. Must have spacious landing pad for luxury touring saucer. Contact us through Muskline 100. We love BridgeFest!

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. Bonus: Volunteers get an Official Badge.



Randy, Mark and James, after a day of working on the new Bridgeville CERT trailer.

Job Announcement: Executive Director

Bridgeville Community Center is looking for a kind and dedicated person to lead the Center as the Executive Director (ED). The ED is the heart of the Bridgeville Community Center, and their diverse community respectively. Responsibilities include representing the organization at meetings, fund raising, managing programs, managing volunteers, working with the board of directors, handling the financials, and serving the community. Email bridgevillecommunitycenter@gmail.com or call 707-777-1775, for the full job description and more details.

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

Have a safe and
 fun summer!

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mondays: First 5 Play- group Parents Sup- port Group ↓		Wednesdays: Painting ZUMBA ↓		Fridays: The Gathering ↓	1
2 Mad River Breakfast 8-11	3	4 BES Spring Concert & Bingo Fire Board meeting 6pm	5	6 BCC Board Meeting 3:30	7	8
9	10 Fire District meeting 5pm	11 Bookmobile 10:30 - noon	12 BES Graduation	13 Senior Lunch BES - last day of school	14 Hot Food at Swains Flat	15
16 HAPPY FATHER'S DAY	17	18	19	20 First Day of Summer	21  USDA Pantry: - BCC 10am-4pm - Dinsmore Air- port, 9:00 am-11 - Blocksburg 1:30	22
23	24	25	26	27 Community Pot- luck Lunch 11:30	28 Hot Food at Swains Flat	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



Congratulations to all the Graduates

You have brains in your head.
 You have feet in your shoes.
 You can steer yourself
 any direction you choose.

— Dr. Seuss, Oh, The Places You'll Go!