



April 2010

Volume 16 Number 6



April Showers Bring May Flowers

...and soggy socks

A life time resident and good friend, Philo Barnwell, has passed away last month. Nearly every day, for three years, he would push through the doors with a ready smile and conversation about the weather. His active participation in the Senior Strength and Balance class and weekly luncheon warmed the room with his caring charm and wit. He opened doors to new friendships by sharing the stories and country wisdom of his family's generations at Chalk Rock Ranch. Our sympathy goes out to the family along with our thanks for the times that we shared and enjoyed Philo's company.

The last time I talked with Philo I asked about the VFW hall that is now a private residence. He explained it's history, His part in the leadership and eventual demise of the post due to lack of membership. I asked for this history in order to have some background pertaining to the board interest in the potentials of building a multi-purpose community center. A Board committee and interested residents met to dream about what would be great and then to consider what may be possible. Ultimately, these new activities are dependent upon the interest and participation of the community-at-large. They would have to support the social activities that would eventually be carried out of the center. With this in mind, there are plans afoot to throw a few dinner and music events at the school gym, in order to test the waters. While this may not be considered equal to the facility we have in mind, the event will give a gauge of the communities actual interest and support.

Once again, our election of the Board of Directors will be held in July in conjunction with the annual meeting. There are three seats up for election for two year terms. In the coming months we will invite

interested candidates to join the ballot. This is a good way to share one's experience in community organizing and support. This is a membership election and as defined by our bylaws, "voting membership will be those...that sign the membership roster annually." The roster is now available for signatures at the Community Center.

The Van Duzen Watershed Fire Safe Council is seeking recognition of the Bridgeville area as a Firewise Community. It is a national program that promotes fire safety and is a requirement placed on some of the available grant programs. Firewise Communities/USA is a unique opportunity available to America's fire-prone communities. Its goal is to encourage and acknowledge action that minimizes home loss to wildfire. It teaches you to prepare for a fire before it occurs. It works in the following way:

- Wildland fire staff from federal, state or local agencies provide the community with information about coexisting with wildfire along with mitigation information tailored to that specific area.
- The community assesses its risk and creates its own network of cooperating homeowners, agencies and organizations.
- The community identifies and implements local solutions.

With all of our previous work, we already have much of the planning in progress. We have one obligation that still needs to be organized; observe a Firewise Communities/USA Day each year that is dedicated to a local Firewise project. Look for and join in on the planning of the new event in the coming months. We will be making it fun with music and food.

With peace in mind,
Mike Guerriero



Inside this Month

School News
BFVC News
Green Thumb
TRCCG
Healthy Spirits
Food Matters
Random Thoughts
Am I crazy or what?



Earth Day, April 22

Earth Day is a global holiday celebrated as a day to bring awareness and appreciation for the Earth and its environment. Earth Day 2010 can be a turning point to advance climate policy, energy efficiency, renewable energy and green jobs. Earth Day Network is galvanizing millions who make personal commitments to sustainability.

Earth Day 2010 is a pivotal opportunity for individuals, corporations and governments to join together and create a global green economy. Join the more than one billion people in 190 countries that are taking action for Earth Day. !

What can you do?

- Walk more, bike, and park your car.
- Plant a tree, including a fruit tree.
- Remember, we all need clean air and water, so let's preserve it.

Who are the members of the Bridgeville Community Center Board of Directors?

Rachel Owen, Board President; Jim Nelson, Treasurer; Lynne Reardon, Secretary; Tammy Farmer; Kathleen Guelfo; Skylar Blue; Rob Patton

Bridgeville Community Center Mission Statement

"The Bridgeville Community Center is dedicated to improving the quality of life for all our community members. We are committed to bringing people of all ages together to encourage good health, self-esteem, creativity, and personal development."

Bridgeville Community Newsletter

Published monthly by the Bridgeville Community Center

Attila Gyenis—Editor

Bridgeville Community Center

PO Box 3

Bridgeville, CA 95526

Tel: (707) 777-1775

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

Thank You, Slingshot

Thank you for being in our lives.

Thank you for my beautiful chair.

Thank you for playing bumper cars, around the corner or who knows where,

Thank you for the slingshot across the room.

Thank you for the weights sliding across the floor; watch out feet!

Thank you for that sparkle in your eye and oh, that look on your face. You're up to no good!

Thank you for "OK, where's that ball going?" One to the gut. Too many misses. "Time for the wall."

Thank you for; oh, I beat you at cribbage. "No need to get mad about it."

Thank you for the goodies that Gloria helped you with.

Thank you for your wisdom and generosity.

Thank you for your laughter and adventures. Too close to the cliff, I see.

Thank you for being our exercise and lunch buddy.

But most of all, thank you for your love and kid-like ways.

Although I will miss you lending me a hand to help me stand, I will not forget you. Neither will the rest of us.

Thank you for the memories. Thank you, dear friend. You brought us closer together and made us like a family.

Gloria:

Thank you for sharing Philo with us.

Thank you for my blanket and all you do for us, too.

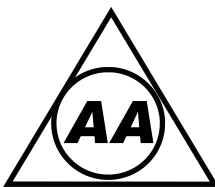
We love you and send you big hugs.

We have all been blessed to have you both in our lives.

Thank you!

Love you both always, *Lena Fuller*

The Mad Group - Invites you to join us!!

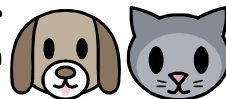


When: Sundays @ 2:00 pm

Wednesdays @ 5:30 pm

Where: Community Center, Mad River (on Van Duzen Road)

Please spay and neuter your pets. There are already enough strays. Thank you.



REDUCE, REUSE, RECYCLE

Printed on recycled paper.

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

By Joyce Church

As the school year flies by it is hard to believe it is already the beginning of April. That means less than three months of school left. A lot has been going on the last couple of months here at our school. In February we had a great curriculum fair with several science fair and history day projects displayed. Kayla McKinnon, who is a third grader, did a great project on termites and not only received a first place ribbon, but the Peggy Rice Science award. We had six science fair projects from Mrs. Mullen's class and eight history day projects that were eligible to go to county. Ms. Owen had four science day projects and two history day projects that also went to county.

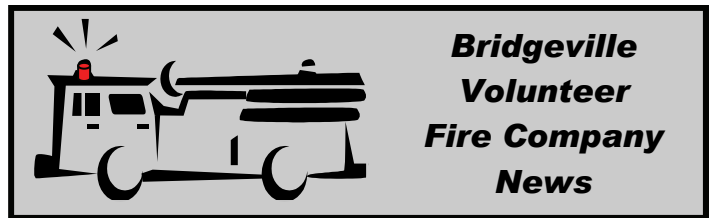
On Friday March 19th two of Ms. Owens's students were presented with awards at the County Science Fair. Angel Rivera received a second place Award for Excellence in Science for her project on Wind Energy from the Arcata Chamber of Commerce. Cedreic Silva also received a second place award for Scientific Excellence from North Coast Unified Air Quality Management District's. Congratulation to Angel and Cedric, and all the other students who participated at the county level.

In May, six of our students will represent Bridgeville at the State History Day in Pasadena. Those students are Tim Smith, Raina Sunshine, Maria Brightman, Michaelyn Mullan, Rowan Silva, and Cortney Reavis. All of these students received first place at the county level. Good luck to all of you and have a great time while you are there.

On March 5th and 6th the boy's basketball team represented Bridgeville at the Crescent City tournament. They played three games winning the last game by one point. Parents who were there said it was quite an exciting game. Josh Iloff was presented the All Tourney trophy. All who went had a great time. What a way to end the basketball season!

March 12th was of the end of the second trimester, and report cards were mailed on March 22nd. Hope all your students are doing a great job, but remember to do well in school you have to be here.

On May 25th at 10:30 Mrs. Fearrien will be having a Kindergarten visitation/registration day. Any parents who have students who will be going to Kindergarten are welcome to come check out the class. The pre-K from Head Start will also be visiting that day. Registration papers will be available for you to pick up then.



Multiple Hazards Of Vehicle Fires

Vehicle fire operations require a basic skill rarely talked about but they are certainly worthy of an in-depth discussion. Vehicle fires are more prevalent than structural fires. Reported vehicle fires annually reach around 60,000. Do not stand around a vehicle on fire. There are many risks involved. Some of them could take your life. There is much more danger than just the fire itself.

Different vehicles carry varying degrees of safety impacts based on their size, manufacture and utilization. Automobiles have evolved into lightweight structural support systems covered in plastic and false veneer panels on the inside. Newer vehicles now generate more toxic smoke and can contain monoxide (CO), hydrogen cyanide (HCN), hydrogen chloride (HCL), and/or acrolein (CH₂CHCHO).

Vehicle fire impacts consist of the construction elements of the vehicles themselves:

- Drive shafts are closed hollow tubes that can rupture when heated and send metal flying at massive velocity.
- Batteries can explode and release acid.
- Struts used to keep hatchbacks and engine hoods can explode during fires and, again, reach maximum velocity.
- Fuel injection systems vaporize fuel into cylinders; that fuel is still under pressure when the vehicle is at rest but can release in a fire.
- Air-conditioning systems contain compressed refrigerant gasses that can poison the air.
- Tires are pressurized as well as fuel tanks and can explode.

If your vehicle starts on fire, if you can, disconnect the battery. If you cannot, please stand well away from your vehicle and remember that anything under compression can burst and send metal objects (such as your shocks) traveling at such high speeds as to be able to go right through your body. Vehicle fires are nothing to mess with, ever. Please contact our BVFC for more in depth information or please come by our monthly meeting, every first Friday of the month at 6pm in the BCC, there is always a lot to learn.

Skylar Blue, BVFC Volunteer



CALL LOG: 3/09/10: (22:34) BVFC responded to medical aid in Little Golden Gate.

3/18/10: BVFC responded to medical aid call.



Samuel Langhorne Clemens aka "Mark Twain"

November 30, 1835 - April 21, 1910

Mark Twain may have died 100 years ago, but his stories and witticisms live on. Writer and humorist, Twain was the author of *Tom Sawyer* and *The Adventures of Huckleberry Finn* among others, and called by many the father of American Literature. Here are some classic Mark Twain quotes:

- I have been complimented many times and they always embarrass me; I always feel that they have not said enough.
- It could probably be shown by facts and figures that there is no distinctly native criminal class except Congress.
- Nothing so needs reforming as other people's habits.
- It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.
- Never put off till tomorrow what you can do the day after tomorrow.
- A person who won't read has no advantage over one who can't read.
- Action speaks louder than words but not nearly as often.
- Age is an issue of mind over matter. If you don't mind, it doesn't matter.
- All generalizations are false, including this one.
- Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.
- By trying we can easily endure adversity. Another man's, I mean.
- Don't let schooling interfere with your education.
- 'Classic.' A book which people praise and don't read.
- Clothes make the man. Naked people have little or no influence on society.
- Courage is resistance to fear, mastery of fear, not absence of fear.
- Do the right thing. It will gratify some people and astonish the rest.
- Everything has its limit - iron ore cannot be educated into gold.
- Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times.
- Denial ain't just a river in Egypt.
- Honesty is the best policy - when there is money in it.



Van Ride To Town

The Community Center van goes to town on Thursdays. Reserve by calling 777-1775. Depart @ 9:15am, return 5:30pm. Donation of \$5 per household appreciated. Be seeing you.



The Green Thumb



Our community is diverse in so many ways and climate is no exception. Depending on what "neck of the woods" you are located, the weather can prove to be a challenging force for the gardener. Elevations range from 500 ft. to 3500 ft. above sea level. Ocean influence keeps it cooler and milder west of Bridgeville. Continental air influence triggers colder winters and hotter summers to the east. The hills and mountains can modify temperatures creating microclimates within a narrow range, with erratic temperatures during late spring and early summer. Don't let this keep you from planting a garden this summer.

The USDA has devised a climate zone map based on average minimum temperatures. Most of our local microclimates range between zone 8 (10 to 20 degree min.) and zone 9 (20-30 degree min.) Knowing what zone you are located in would be useful when you are ready to purchase for example, a fruit tree, an artichoke or a perennial; something that is supposed to live and survive more than one season. USDA zoning doesn't work when you are ready to plant your tomatoes, squash and other summer veggies. If you are new to gardening in this area or have moved from one microclimate to another, your best bet is talk to your nearest gardening neighbor. Most local, experienced gardeners are happy to give advice and suggestions about their last frost-free date in spring, or what seed varieties work best in your area. The companionship of gardening among neighbors can lead to an abundant food harvest for next winter and the blossoming of new friendships.



TO BE A LOVING AND JUST ADULT WE MUST FIRST
EXPERIENCE LOVE AND JUSTICE AS A CHILD.

- KRUEGER

Humboldt County Bookmobile



**Read A Book
They Deliver**



The Bookmobile comes to Bridgeville and Dinsmore the second Tuesday. (new schedule)

Bookmobile: (707) 269-1990

Bridgeville School	10:30 - 11:30
Dinsmore (next to Laundromat)	12:15 - 2:15
Carlotta (Martin & Shirley's)	3:30 - 4:30

Love of Truth vs. the Truth of Love

By Peg Wheeler

We are taught from childhood to abhor anything less than complete honesty in our dealings with others. Along the way, we learn about *little white lies* – those untruths designed to keep from hurting someone's feelings, or to keep the peace. "Honey, how does this dress look on me?"

"Really nice, dear."

There comes a time in the course of Alzheimer's and other age-related dementias, especially in more advanced stages, when a complicated truth does more harm than a simple lie.

"Where did your father go?"

Dad died six years ago and you know the truth could be like giving her the news all over again which could be devastating emotionally. Of course, there is a chance she will not believe you, deny the fact and proceed to drag you into an argument about what is true. It is a cardinal rule that one never argues with dementia.

So, you can say "Dad's gone to the store, he'll be back soon. Can I fix us some lunch?"

This kind of untruth is called (are you ready for this?) *a geriatric fiblet!* That's so cute! It totally makes me grin. In my research trying to understand my mom's Alzheimer's as well as to answer some questions others have asked, I have come across an even more sophisticated term: *therapeutic lie*. I'm not sure if I like it as well – it sounds rather clinical. But it seems to be an accepted strategy.

When a loved one is confused, it seems natural to want to un-confuse them, i.e., set them straight, and help them understand the truth. It doesn't work that way with dementia. The brain doesn't do reason or logic very well any more. It's incredibly sad, and to add further confusion, sometimes there are fleeting moments of clarity

and coherence. The last thing we want to lose is our credibility with them, so we try as much as possible to stick to the truth.

There are two other strategies recommended by the Alzheimer's Association: validation and redirection. Validation acknowledges the underlying concerns of the person. It is important to be able to really listen to their concerns especially when they are happening with frequency. For example, when she repeatedly (and I do mean repeatedly) asks "When is my mother coming to get me?" a validating response would be, "It sounds like you're thinking a great deal about your mother; tell me about her." At a somewhat deeper level, this question could indicate a sense of insecurity, and one might reassure her that "I am here to take care of you."

Redirection is simply a matter of changing the focus of the person's anxiety by substituting something that may be of more interest. "Oh, look what I found – that CD of your favorite songs. Let's play it."

As dementia progresses, we might find ourselves joining them in their reality. "Gee, Dad, I don't think there is a stranger in the hall, but let me check. Nope, it's just Uncle Pete come to get his jacket he forgot. He's gone now."

The thoughts I'd like to close with are that if the untruth you need to tell: 1) doesn't hurt anyone, 2) is done with love and respect and 3) avoids further anxiety; it can't be a

bad thing. Do try validation and redirection first if you can.

Oh! And KISS and avoid TMI (for the acronymically challenged: *Keep It Simple, Silly* and avoid *Too Much Information*.)

Submitted by Peggy Wheeler for TRCCG (Two Rivers Community Care Group)



Tai Chi Class

Tuesdays, 5:30-6:30

Mad River Community Center,
Van Duzen Rd.

Contact Dottie Simmons for more info at 777-1920

~ Healthy Spirits ~

Our blood has to be slippery enough to slide smoothly through veins and yet when we get a cut it has to be able to clot quickly so we don't bleed to death every time we nick ourselves with the razor. To accomplish this amazing balancing act the body has many 'factors' or blood components to make the blood stick together and other factors that make it break apart. This micro clumping and unclumping dance is happening throughout your body a thousand times a second (or more!), all day long. Wow!

Some people lack one or more of these clotting factors, the most famous being Factor VIII which is missing in hemophiliacs and causes them to bleed profusely if cut or even sometimes just bruised. Blood that sits in one place or is agitated is more likely to clot. When you disrupt smooth blood flow by not moving around enough or sitting with legs crossed too long the blood may build up a big enough clot to block a vessel and cut off circulation. Or if your heart does not pump well enough, like in atrial fibrillation, and some blood stays bouncing around in the atrial chamber it too may clot.

Clots in your legs are called Deep Vein Thrombosis (DVT). They can cause your leg to swell up and eventually die but the biggest danger is that they, or a piece of them, will break off and clog a heart vessel or a lung vessel. Rarely do these clots end up in your brain because they have to go through the heart and lungs first and usually get stuck there. The signs of a DVT are swelling, coldness and (usually) redness to one leg only. It is usually painful but might not be. Treatment involves keeping the leg elevated and taking heparin and/or coumadin, which are blood thinners. Cinnamon also has coumarins in it. Those taking it as a home remedy for regulating blood sugars need to watch for signs of bleeding. Don't use cinnamon if you are on a pharmaceutical blood thinner.

Heparin and coumadin keep clots from forming but they can't break them up, only the body can do that. When you have a DVT and are given heparin, coumadin or Lovenox the hope is the medicine will keep the clot from getting bigger while the body breaks it down. There are two medicines that *can* break up clots but they have significant risks for bleeding and are only used for heart attacks or brain attacks (aka strokes), where the benefit outweighs the risk. They must be given within a few hours of the clot forming and that is why it is sooooo important to get right to the ER if you think you are having a heart attack or stroke. Women – you can't serve dinner first! (It takes women an average of an hour longer to get to the hospital when having a heart attack).

Aspirin is also a blood thinner. Like coumadin and heparin it interferes with the clotting cascade and inhibits clots from forming. Some people are aspirin resistant and many people's response to aspirin fluctuates wildly over time, though some of that may have to do with food or supplements taken before the tests. Many things will inhibit the effectiveness of aspirin and coumadin. Coumadin is metabolized by a system in the liver that is very sensitive to many meds and supplements. If you are on coumadin always consult with your pharmacist before starting supplements or 'natural' medicines. Many healthcare professionals recommend everyone be on a daily baby aspirin. Others say it is nonsense and studies can be found to support either side. At the moment the ayes seem to have it and most healthcare professionals support the use of a baby aspirin for anyone who has cardiac or vessel problems and is NOT PRONE TO ULCERS. Aspirin, like most nonsteroidal antiinflammatories inhibit prostaglandins which protect the lining of the stomach. That is why they can create ulcers. Despite that risk many healthcare providers support aspirin use by everyone, talk it over with your own healthcare professional.

Lately in the complementary health literature there is a quite a buzz about Natto. Natto is a fermented soybean product that actually causes fibrinolysis, or the break down of clots. Again it is important to remember that your body manages a very delicate balance between too much clotting and not enough. Too much Natto could cause you serious bleeding problems however; if you have a problem with DVT's or have Atrial Fibrillation you might want to look into it.

There are other blood thinners. One of the current darlings is Plavix. Because of where it interferes with the clotting cascade it is less likely to cause bleeding problems like ulcers. The big drawback (besides price) is that it stays active in your system a long time so if you break a hip you may have to wait up to five days before you can get surgery. If you need emergency surgery or have an accident it could increase your risk of death.

Once again the body just amazes me with its ability to walk the fine line between too much of something and not enough. If we do not handicap our bodies with nicotine, alcohol, sugar and meth and give them the supplies they need by eating right and exercising they will do the most amazing things for such a long long time. Enjoy your body, it is your oldest friend! And if you are going on a long trip be sure to get out of the car and stretch your legs frequently. Or if you're on an airplane, bus or train walk the aisle frequently to keep the blood from pooling.

Be Grateful, Forgive Often, Work Hard
Lauri Rose, RN HNC, WWQ

**2nd Annual
Crayton Sauers Memorial
Rifle Raffle**

GRAND PRIZE: A Remington 770 (7mm with 3-9-40 scope)

Second prize: A truck load of firewood.

Drawing will be held Sunday, May 16th at the BVFC Breakfast in Bridgeville.

Sponsored by Redwood Marine in benefit of the Bridgeville Volunteer Fire Company

Only 500 tickets, \$20 each or six tickets for \$100



For tickets call or stop by the Community Center, 777-1775.

Supported by the Bridgeville Community Center

**Tour of the
Unknown Coast
Saturday May 8, 2010**



Join us for a bike tour starting in Ferndale. The bike tour is being put on by *Tour of the Unknown Coast*. It can be 10 miles, 20 miles, and up to 200 miles. Join the Team Bridgeville Bike Club. This is advance notice. Enjoy cycling through some of the most beautiful country in the United States. In addition to participating in an invigorating and challenging ride you will be helping to support the North Coast Community.

Contact the Community Center for details if you want to be part of "Team Bridgeville." **Online Registration Closes: 05/07/10**

Check out the website: <http://www.tuccycle.org/>



**The Bridgeville
Baptist Church**

*We are on Alderpoint
Road, just past the
Bridgeville Bridge
off Hwy 36.*

Sunday School- 9:45-10:45 am
Morning Worship- 11:00-12:00
Mid-Week Service- Wednesday 6:00 pm

Food Matters

By Ann Matula Gyenis
Certified Nutritional Consultant

How Old Can You Go?

A few weeks ago there was news that two of the world's oldest people had passed away, coincidentally, on the same day. One was 113 and the other 114 and both were women. There is a category for those who live to be over 110 and that is "supercentenarian". There are approximately 79 of these old timers living in the world still and they cross nationality boundaries- some are Asian, some African American, other Caucasian and other nationalities, although the majority are women (at this writing only 6 are men). They don't look a day over 90!

Would you be willing to eat a plateful of cardboard if that would gain you even one more day to spend with your loved ones, walk along a nature path or engage in an activity you love? Well, you don't have to eat cardboard (might have good fiber :>) but there is action you can take to add not just days, but years to your life. That action is proper nutrition.

For those who give credence to the Bible, the life span of man is given as 120 years. What are we doing wrong that is preventing us from reaching that goal? Plenty of research is devoted to answering that question and we still don't have all the answers. What we do know is that the human body lasts longest on a diet rich in whole grains, fruit, vegetables and herbs and lots of water, exercise and clean air (no smoking).

Dietary excesses in the form of animal protein and isolated soy protein cause the production of growth hormones (like IGF-1). As an adult you do not want to grow (age) any faster than is necessary. Plants are abundant in anti-oxidants which slow aging. A diet rich in animal fats like red, marbled meat and dairy fats like cheese and cream create a lot of waste in the form of excess cholesterol, fat, protein and chemical contamination that your body must metabolize and eliminate daily. Rapid aging is the consequence of all this wear and tear. Our technology alone creates an environment hostile to our health with car and plane exhausts, food additives and pesticides and chemical releases in building materials in our own homes. Cleaning up our diet is one definite step we have control over and will go a long way to offset these other assaults on our longevity.

Live in harmony with nature and enjoy the longest life possible,



Is Your Child Riding Safely?



Sponsored by Eureka Police Dept.

In collaboration with:

- California Rural Indian Health Board, Inc. (CRIHB)
- Humboldt County Office of Education
- Humboldt County Child Passenger Safety Program

Find Out!

Who: Parents, grandparents, caregivers

What: Child Car seat Inspections – FREE

Where: Eureka Police Department, 6th and C Streets,

When: Saturday, April 3, 2010, 10a.m. – 12p.m.

Rain or Shine

- Be sure your child is riding safely and securely.
- Learn about child passenger safety and have your child's car seat or booster seat checked by a Certified Child Passenger Safety Technician.
- Please bring your vehicle & owner's manual, car seat & instructions booklet, and your child and someone to help take care of her/him.

For more information, call the Eureka Police Department at 441-4060.

Kids Free Fishing Derby

Saturday, May 8th

8:00 am till noon

@ Ruth Lake Marina

All children must be accompanied by an adult. For more information, call 574-6332



Fortuna Union High School

Freshman Parent Night

For all incoming freshman parents of the class of 2014

Location: Fortuna High Library

Date: Wednesday, April 14

Time: 6:00—7:00 pm



Meet the administration, teachers, and staff.

Southern Trinity Health Services Announcing new hours

Comprehensive family medical care now provided by Colleen Graey, MSN, FNP at Bridgeville Community Center on Monday, Tuesday, and Thursday.

For appointments call 574-6616.

Walk-ins welcome. Same day appointments available.



Didn't get the form? Need help filling it out? Get counted. Questionnaire Assistance Centers are open until 4/19. Replacement Census forms available.

It's important that you are counted. In California, our communities will lose \$3,000 in federal funds for each person who is not counted this year. When you receive your form in the mail – fill it out. There are just ten questions. Then put it back in the postage-paid envelope that's provided and send it back. Back. Don't worry – any personal data you provide is protected under federal law. Any individually identifiable information is completely private, and will not be shared with anyone. The Census Bureau needs to receive your response by April 20 to make sure they don't have to follow-up and come to your door. Be counted!

Questionnaire Assistance Centers

Bridgeville Community Center:
Mondays & Wednesdays, 10-5
Mad River Community Hall:
Tuesdays & Fridays, 10-5

READ THIS ARTICLE AND GET \$100 FREE

April Fools' Day, sometimes called All Fools' Day, is one of the most light-hearted days of the year. Its origins are uncertain. Some see it as a celebration related to the turn of the seasons, while others believe it stems from the adoption of a new calendar.

New Year's Day Moves

Ancient cultures, including those of the Romans and Hindus, celebrated New Year's Day on or around April 1st. It closely follows the vernal equinox (March 20th or March 21st.) In medieval times, much of Europe celebrated March 25th, the Feast of Annunciation, as the beginning of the new year.

In 1582, Pope Gregory XIII ordered a new calendar (the Gregorian Calendar) to replace the old Julian Calendar. The new calendar called for New Year's Day to be celebrated Jan. 1st. That year, France adopted the reformed calendar and shifted New Year's day to Jan. 1st. According to a popular explanation, many people either refused to accept the new date, or did not learn about it, and continued to celebrate New Year's Day on April 1st. Other people began to make fun of these traditionalists, sending them on "fool's errands" or trying to trick them into believing something false. Eventually, the practice spread throughout Europe.

Problems With This Explanation

There are at least two difficulties with this explanation. The first is that it doesn't fully account for the spread of April Fools' Day to other European countries. The Gregorian calendar was not adopted by England until 1752, for example, but April Fools' Day was already well established there by that point. The second is that we have no direct historical evidence for this explanation, only conjecture, and that conjecture appears to have been made more recently.

Constantine and Kugel

Another explanation of the origins of April Fools' Day was provided by Joseph Boskin, a professor of history at Boston University. He explained that the practice began during the reign of Constantine, when a group of court jesters and fools told the Roman emperor that they could do a better job of running the empire. Constantine, amused, allowed a jester named Kugel to be king for one day. Kugel passed an edict calling for absurdity on that day, and the custom became an annual event.

"In a way," explained Prof. Boskin, "it was a very serious day. In those times fools were really wise men. It was the role of jesters to put things in perspective with humor."

This explanation was brought to the public's attention in an Associated Press article printed by many newspapers in 1983. There was only one catch: Boskin made the whole thing up. It took a couple of weeks for the AP to realize that they'd been victims of an April Fools' joke themselves.

PS— There's no \$100.
Source: www.infoplease.com

RANDOM THOUGHTS

By Attila Gyenis

Nursery Rhymes and other Nonsense

I never learned nursery rhymes other than the few basics- *Jack and Jill*, *Humpty Dumpty*, and the *ABC song*. That about covers it. And I wasn't much better about learning songs either.

There could be many causes for that, the usual childhood trauma induced by parents and supposed friends. Or maybe it was from head injuries, ranging from playing soccer to running into walls. I didn't usually run into walls on purpose, but accidents do happen. Like when that bicycle ran into me as I was sliding into home plate playing kickball. Don't ask me why I would feel I had to slide into home playing kickball in the street. Maybe I had just kicked a homerun, or whatever you call it in kickball. Anyway, that was the first time I got stitches.

The only other nursery rhyme that I know is Hungarian. It is about a squirrel that went up a tree and fell down and is just laying on the ground. There is a line that says, "Doctor sir, please don't try to help; the squirrel is just joking, and up the tree he climbs again." A loose translation, but it makes about as much sense as any other nursery rhyme.

The other day I'm talking to my brother on the phone walking around outside looking for the cat (that is another story) and I see this squirrel laying on the ground on it's side. It is barely breathing, one hind leg is twitching. We have two dogs, and the above mentioned cat, all who like to, let's say 'play,' with squirrels resulting in the squirrel not being able to play ever again. There it was, and I couldn't do anything. I felt sad. It looked at me with fading eyes, a few more twitches, but kept up the labored breathing. I walked away, thinking of what I could do. I wasn't a person who could 'dispatch' an animal. My immediate job was to keep the dogs and cat away so they couldn't 'play' with it anymore. I'm still talking to my brother, and I go back a few minutes later, hoping that the squirrel was out of its misery. It was still twitching. Thoughts that ran through my head including taking it to the vet, or taking a shovel and gently whacking it resulting in a painless, and hopefully merciful, death. Though when is getting whacked on the head painless.

I decide to get the shovel and just gently move the squirrel to a more befitting final home as opposed to the barren driveway. As I come back, I see the squirrel still twitching, and as I'm watching it (with the shovel in my hands), it slowly rolls over. Then it slowly sits up. Then it slowing starts moving away, first in a drunken swagger before breaking into a sprint and stopping by a tree down in the meadow. I was amazed. I don't know if it was the sight of the shovel (I wasn't going to hurt it) or whether it was just playing a joke (I don't think it was).

When I told my brother, he said the same thing had happened to him just the week before, that he almost dispatched a squirrel before it ran away. We were both amazed. Who says that Hungarian nursery rhymes are silly? Maybe Humpty Dumpty had a chance. *Peace.*



AM I CRAZY OR WHAT? (BACK TO THE LAND IN MY 60's) PART 3

Blind spots, Running water and Kombucha

When we first moved up here in June of last year we noticed the road from Bridgeville to Larabee included a startling 10% grade. It scared me to death, but then I remembered the screams and howls I emitted on a 16% grade of the Sea to Sky highway from Vancouver to the Cariboo highway in Canada. And I survived. What's a little 10%? Yet the road up to Dinsmore seems even hairier, with single lane roads on the edge of cliffs, lots of almost switch backs and blind spots where the bright sun and black shade leave you frantically deciding whether to turn right or left...not to mention the ice in winter. So, we have been very careful on Highway 36, and if I start to feel a little spooked usually I handle it by acting like a real old lady driver (you know... more than my age). I drive *very slowly*, hunch my shoulders, bend my neck out forward, slide down in my seat, wrap both arms around the steering wheel and pop my eyes out in a wrinkled grimace (all that and my whitish grey hair could either scare someone off the road or they give me plenty of leeway!). This method of handling fear has worked for me but, alas, one afternoon this fall Lyn had to actually stop in her lane right in the middle of one of those blind turns up toward Dinsmore as she watched a car coming toward her *blindly drive* right into the side of our new old 1985 Ford pickup, totaling it. Luckily Lyn wasn't hurt too much but it has taken us 3 months to get paid by their insurance for the truck, and a measly 1/4 of what we paid for it! Yet, we HAVE gotten used to 36, love the scenery and I have only several times been scared out of my wits, so that's good.. and brave.

In our cabin today we have the insulation in (some not covered, with bits of fiberglass floating through the air), the studs of our bathroom up, propane in for our stove and we have installed the well and bibs for outside water. We now have running water outside, but *I am really tired* of using a nozzled hose pushed in through the kitchen window to wash dishes and ourselves inside, letting in more of those darned hornets, even in the winter. I am also *tired* of putting all of our pots and pan on the stove, filled with water to heat for these tasks; my city-girl patience is about gone (and my mental attitude stinks). I know I should be lucky as it is, as some people live this way for many years. So why should I complain? Well, for over 2 months we have spent good money for plumbers, a new on-demand hot water heater,

spray heads and faucet but still we have no inside running or hot water. Every single *new, unused* fixture has had one or more damaged parts reordered - taking 2-3 weeks for delivery!. Our little 6' X 6' bathroom looks like a wrecking yard with the water heater torn apart, black plastic wrapped around the shower walls, boxes of un-useable parts everywhere and our little ole' sawdust toilet sitting right in the middle.

Inside running and hot water is a pretty civilized part of the "back to the land" experience, as most real back-to-the-landers wouldn't hear of such as thing. What can I say, I'm game for lots but won't it be nice to have some conveniences, especially when I start to hand wash our clothes this summer (we'll see about that last subject!).

One of the ways Lyn has been able to relax in this chaos is to drink Kombucha tea. Our neighbors told us of this anti-oxidant, anti-digestive disorder, healthy drink made by fermenting huge white soft-tofu-like discs of Kombucha mushrooms in copious amounts of green tea. When finished they say the resulting tea to most will taste a bit like slightly tart but soothing green tea: drink a cup a day for life to alter and subside internal disturbances. We now have six 1-gallon glass jars with floating mushrooms that have reproduced into more floating mushrooms, which now the young will be lifted out of their first home into another jar, etc. Myself, I like the feel and look of the mushroom as I have always been interested in strange plants and animals yet my personal taste buds are slightly offended by the tea - it tastes to me like a mix of slime from a dead pond and the bottom of a vinegar jar. Though, I guess it's like a good brandy...you have to acquire a "taste" for it. (*In case you want to try Kombucha tea, we can give you starters. Call 601-7982*) Watch for Part IV!

Kate McCay (and Lyn Javier)
Larabee Valley



Bridgeville Community Center Adult ED Classes

We Fit Your Schedule

ESL ■ Driving Training Prep ■ Adult Basic Ed

Use this opportunity to get your GED. All it takes is a phone call to get started. Sign up.

If you are interested in getting a GED or in basic adult education classes, please call the BCC at 777-1775 to register. We will contact you to set up class times. All Adult Ed (GED, Basic Ed, and ESL) classes are held on Wednesdays and by appointment.

Call 777-1775 for more info

Thank You

THANK YOU SPONSORS for making the newsletter possible.

Newsletter Sponsors for 2010

Kent & Catherine Stanley (Alder Grove Nursery), Bridgeville Booster Club, Graham & Gloria Cottrell (Cottrell Ranch), Charis, Charles & Jan Rose, Wayne & Betty Heaton, R.O. ADKILL, Lauri Rose, Mike Guerriero & Rose Valentine, Dan & Karen Sanderson, Sky Blue, Mark & Nancy Vellis / Mark Vellis Construction, TEAM OUTPOST, James & Judy Nelson, Claudia Zellner, Jessie Wheeler, Claudia Sauers, Mel & Lauren Shuman (Shuman Red Angus), Team Prozac, Dave Vegliano, John & Peggy Rice, Dennis & Dottie Simmons / Simmons Natural Body-care, Eileen & Larry Crain, Six Rivers Senior Citizens

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:**

Bridgeville Community Newsletter
P. O. Box 3
Bridgeville, CA 95526

For Information, contact BCC at (707) 777-1775



When does the Bridgeville Community Center Board of Directors meet? The board meets the second Tuesday of the month at 4:30pm. We meet nine months out of the year, and there are no regular meetings in March, August, or December. Members of the community are invited to attend.

AN OPEN APPEAL TO OUR COMMUNITY

The Tuey family is once again asking for your support for Danny King. His sentencing is set for April 4, 2010. We are asking for letters of reference from friends & neighbors so the court will lighten his sentence.

If you knew Jubal Tuey and his family, then you would know the relationship they had with Danny. The Tuey family thinks of Danny King as a member of their family and it would just add more pain and suffering if he went to jail.

If you could please write a letter on his behalf, we would be forever grateful. Letters can be mailed to Julie Tuey, 84 Maple Avenue, Carlotta, CA 95528 or e-mailed to cstanley@humboldt.k12.ca.us

Bridgeville Trading Post

Free dog: One year old female Jack Russell mix needs a new home. Call Rosie 777-3277

Two Rivers Community Care Group Loaner Closet currently has an excess of Depends, mostly lg/xlrg. We also have some gauze and some incontinence barrier creams. If you could use any of those please give me a call, Lauri - 777-3008. We also have some walkers and a commode for loans.

EcoBroker® Certified!

HUMBOLDT TRINITY REAL ESTATE



 Northern California
Country Property

SUSAN ROGERS, Realtor®
CA. LIC. #01308720



Office: (707) 777-3613
Cell: (707) 599-7976
Email: landsearch@hughes.net
Website: www.rayeckert.com

Richard Philo Barnwell

Richard Philo Barnwell Philo Barnwell passed away at home on the family ranch March 18, 2010. Philo was born on March 27, 1927 to William Henry Barnwell, Jr. and Gladys Elizabeth Moorehead Barnwell, in Eureka, California. Philo was fourth generation of the pioneer families Dudley and Moorehead, early settlers of the Mattole River Valley. Philo was third generation of the Barnwell family of Chalk Mountain Ranch, Bridgeville, California. Philo attended grade school at the one-room Burr Creek School where his Aunt Ruth French was the teacher, the same school attended by his father and brother. By the time he graduated 8th grade, he was the only student in the school. He graduated from Fortuna Union High School in 1944 at the age of 17. Philo left for the Army Air Force in August 1945. His duties included photography, mechanics and studying radar. He was stationed in Texas, then sent to Iwo Jima, where he was in the radar department. When Philo came home from the service, he went to work on the family ranch, where he remained for the rest of his life. Philo met Gloria Read in the fall of 1944 at the Harvest Ball in Scotia. They were married April 30, 1947. After a lifelong passion of hunting and wildlife conservation, Philo accomplished getting a portion of the ranch into a conservation easement, which will insure a viable working ranch in perpetuity. [read the complete obituary in the Times Standard.]

Bridgeville Community Newsletter
PO Box 3
Bridgeville, CA 95526
Change Service Requested

NONPROFIT ORG
US POSTAGE PAID
BRIDGEVILLE, CA 95526
PERMIT NO.2

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

POSTAL PATRON



April Calendar

- 2nd – Friday, **BVFC meeting @ 6 pm**
3rd – Saturday- **Easter Breakfast @ 10:30 am**,
Easter Egg Hunt starts at noon
4th – Sunday, **Breakfast by the 6 Rivers Seniors Citizens**, Mad River Community Hall, 8 - 11 AM
5th – 9th: **BES Spring Break**, No School
11th – Sunday, **Breakfast at the Carlotta Grange** 8 - 10 AM
12th – Monday, **BES board mtg** 5:30
13th – Tuesday, **Bookmobile @ 10:30**
13th – Tuesday, **TRCCG** 3:00
14th – Wednesday, **BCC board meeting** 4:30
15th – Thursday, **Taxes Due**, so sorry
16th – Friday, **COMMODITIES** 10 - 3
16th – Friday, **DHHS Mobile Engagement Vehicle**. 9-1
16th – Friday, **Free H1N1 vaccinations** 9 - 1
18th – Sunday, **Breakfast by the BVFC** 9 - 1
21st – Wednesday, **Writers Group**
22nd – Thursday, **Earth Day**

Weekly:

Every **Monday to Friday**—**Strength and Balance @ BCC 10:30-11:30**
Every **Monday, Tuesday, Thursday**—**Medical Clinic** from STHS @ BCC, 10-4 ~ For appointment call STHS @ 574-6616
Every **Wednesday**—**Adult Ed & Alder School**
Every **Thursday**—**Senior Lunch**, Noon @ BCC
Every **Thursday**—**Computer Class @ 12-4**, call for appointment
Every **Thursday**—**Van Trip to town** - reserve by calling BCC

Note: No Senior Lunch on April 8.

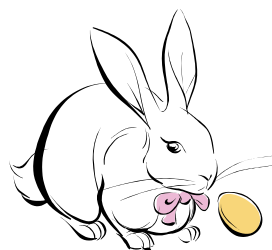
◆ ◆ ◆ ◆ ◆

SAVE THE DATE – May 29th — Passages & Transitions, an End-of-Life Care Seminar

A class for people who take care of and care about those nearing the end of life. Pre-registration will be required. Call Lauri Rose, RN at 777-3008 for more information.

ATTENTION- ALL CONTRIBUTORS!

Email, snail mail & hand deliver your articles and announcements to the Bridgeville Community Center. On computer disk or email is preferable. **Submissions are due by the 20th of each month.** Thank you. Support the Newsletter, contribute.



Bridgeville Community Annual Breakfast and Easter Egg Hunt

Saturday, April 3, 2010

**Bridgeville School
Breakfast at 10:30
Adults \$4.00 Children \$3.00
Easter Egg Hunt at 12:00**

Bridgeville Writers' Group

**Wednesday,
April 21st, 5:00**

We are a loosely organized writers group looking to share our stories and receive comments in a friendly fun filled atmosphere. Open to all ages. Adult wishing to share their writing starts at 4:00. The main meeting starts at 5:00. Number 2 pencils provided. New members always welcome.

