

# Rio Dell-Scotia News

VOL. XVI NO. 5

~AROUND TOWN~

MAY 2015



**Please join us!  
Rio Dell  
Community  
Resource  
Center  
Bike Rodeo**

**Mark your calendars for fun and learning at the Rio Dell Community Resource Center's FREE Bike Rodeo!**

This is a bike and safety event for the whole family! There will be helmet inspections and giveaways (while supplies last), bicycle safety checks, road rules activities to ride through on your bike, a bike inspector, raffles for great prizes, free lunch, and much more.

**Saturday, May 9, 2015**

**11 - 1 pm**

**Rio Dell Community Resource Center  
Firemen Park on Wildwood Ave., Rio Dell**

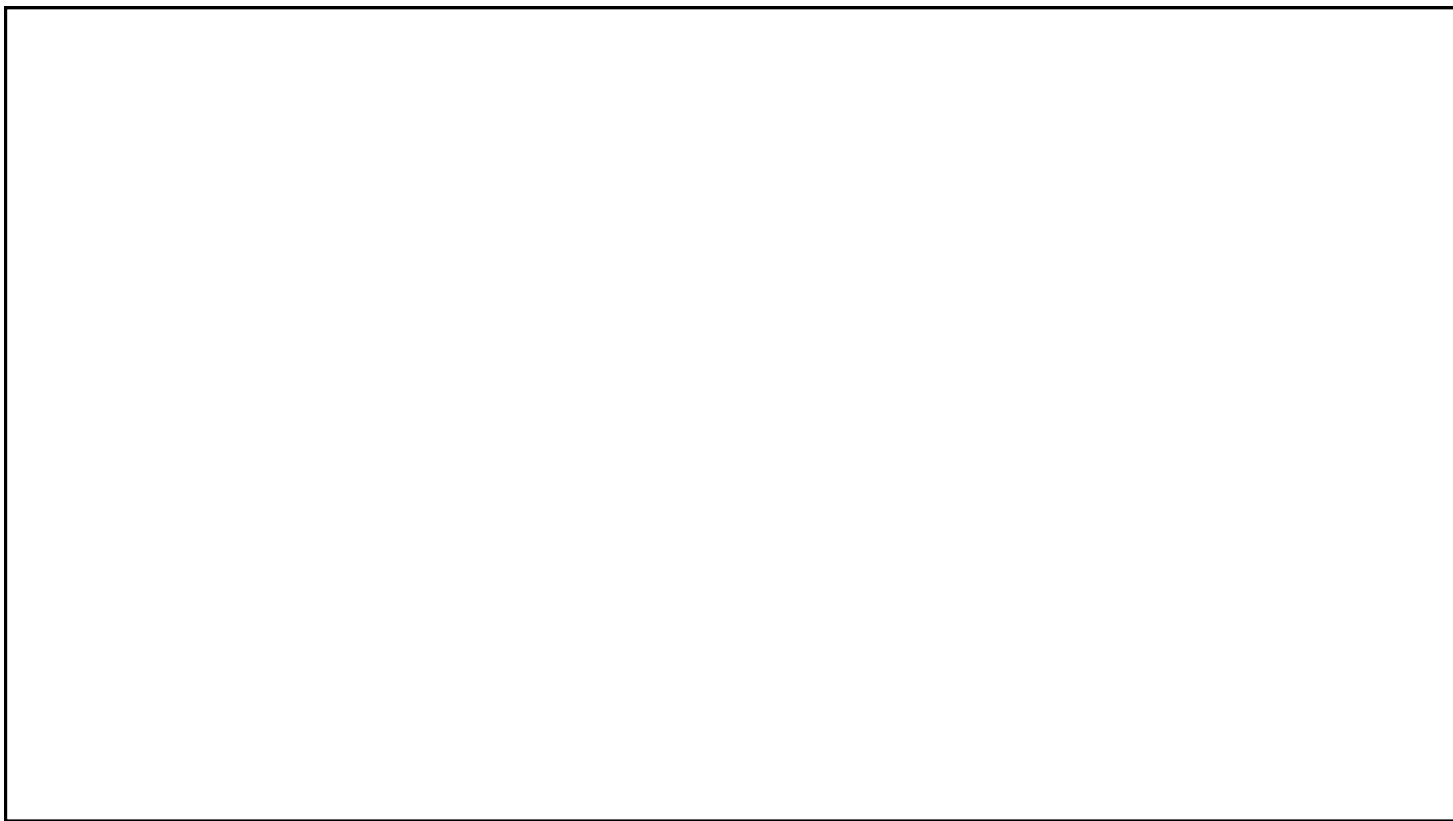
For more information please give the Community Resource Center a call at (707) 764-5239.

***Free BBQ  
Lunch while  
it lasts!!!***

This community event sponsored by:

St. Joseph Health   
St. Joseph • Redwood Memorial

**KOHL'S**  
**Cares**   
Committed to Kids' Health and Education



### Nurturing Parenting Workshops Coming to Rio Dell!

The Nurturing Parenting Programs are a family-centered initiative designed to build and support nurturing parenting skills. The community based program the Rio Dell Community Resource Center will be featuring consists of 10 workshops that parents can attend independently based on the topics that interest them or in a series of all 10 workshops to earn a certificate of completion for the program. The entire series runs for 10 weeks. **These workshops are free!**

The first workshop will meet Wednesday, May 13th from 10 a.m.– noon at the Rio Dell Community Resource Center located at 99 Wildwood Ave. Snacks, coffee, and other refreshments provided. The workshops will continue to meet every Wednesday at the same location and time until all 10 topics have been covered. We will run through the topics in the order they are listed below. To sign up for a workshop or for more information please call Jennifer at 707-764-5239.

#### Lessons include:

- |   |   |
|---|---|
| 1. The Philosophy and Practices of Nurturing Parenting            | 5. Building Self-Worth in Children                          |
| 2. Ages & Stages of Growth for Infants & Toddlers                 | 6. Understanding Feelings                                   |
| 3. Ways to Enhance Positive Brain Development in Children & Teens | 7. Understanding & Developing Family Morals, Values & Rules |
| 4. Communicating with Respect                                     | 8. Praising Children & their Behavior                       |
|   | 9. Alternatives to Spanking                                 |
|   | 10. Learning Positive Ways to Deal with Stress & Anger      |



## FAITH CENTER SOUTH

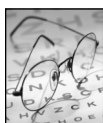
This church service takes place the last Sunday of every month from 6 to 7:15 p.m. at the Winema Theater in Scotia.

Services include live music, a message, coffee and dessert. Children's ministries are provided at the Scotia Inn.

Faith Center | (707) 442-1784  
www.eurekafaithcenter.org

The Rio Dell Fire Ladies Auxiliary is hosting the Culpepper & Merriweather Circus on **Sunday May 17<sup>th</sup>** in Rio Dell.

First show 2:00pm  
Second show 4:30pm  
Advanced tickets are \$10 for adults and \$6 for children available in Rio Dell at C & C Market & DJ's burger bar and in Fortuna at Deb's Bark Avenue & Shaw Computers.



**Dr. Brian Calvert O.D.**  
-family eye care -  
Examinations  
modern eyewear

most insurances accepted

Mon-Thurs: 9-5:30p.m., 3429 Renner Drive,  
Fortuna •725-5255



Visit our full service deli or  
call ahead to place an order  
**Market:764-3073 Deli:764-2941**

**CC MARKET**

1328 Eeloa Ave., Rio Dell, CA 95562

### ~Meeting Calendar~ Rio Dell/Scotia

#### Rio Dell Senior Center-

**Senior Meeting & Lunch** every week at The Church of Christ, 325 2nd Ave., Rio Dell, 95562.

**Meeting time-** 10:30-3 p.m.

**Lunch** is catered by CC Market and is served at noon. Please call 764-3629 the Monday before to reserve a lunch if you plan to attend.

**Senior Brown Bag Program-** Food boxes given the 2nd Thursday of every month for local seniors. To sign up call Food for People at 445-3166.

#### Rio Dell Library-

**Tuesday-11-4, Wednesday- 1-6,**

**Saturday- 11-4**

There is Story Time held on Saturdays starting at 11a.m. 715 Wildwood Ave, 764-3333.

#### Playgroup-

**Every Friday** ages 0-5 with a parent. 10-noon at Early Head Start building 95 Center Street, 764-5239.

**T.O.P.S.-Take Off Pounds Sensibly** 9:30-10:30a.m. Baptist Church 100 Butcher Street. 764-3025. Weigh-in @ 8:00 a.m.

#### Emergency Food-

**The Journey Church**, 95 Bellevue Ave. Rio Dell, Tuesday & Thursday 9-11:30a.m.

#### Rio Dell-Scotia Chamber of Commerce,

406 Wildwood Avenue Rio Dell, CA 95562. Tues-Sat 9-5:30. Meetings are held the 3rd Tuesday of each month 12 p.m. at the Rio Dell Pizza Factory. For more info call 707-506-5081

**Bread for Life Food Pantry-** 143 Main Street, Scotia, 3rd Thursday, 10-noon, & following Friday 10-noon. For more info call 707-764-5239

#### Clothing Closet-

**Ruth's Room:** Rio Dell Baptist Church, OPEN Tuesdays 10-1. Call 764-3811 for more information.

#### Eagle Prairie Arts District

Meetings are held on the 1st Thursday of each month at 6 PM in the Chamber's Visitors Center. Call (707)506-5081 for more info.

764-5617



500 B Street  
Scotia

**Scotia Bluffs  
Community Health Center**

We gladly accept Covered CA and Partnership  
Health Plan of CA Benefits

Providing Compassionate, Quality Health Care  
Regardless of Ability to Pay

Proporcionar Cuidado Compasivo y de calidad  
Sin importar la capacidad de pago



**Truck and auto parts**

**Open Mon-Fri**  
8:30-5:30, Sat 9-5, Sun 10-4  
33 Center Street, Rio Dell • 764-5632



## FARMERS

Mon-Friday 8:30 a.m. - 5:30 p.m.  
534 12th Street Fortuna, CA 95540  
Phone: 707-725-5777  
Fax: 707-725-5165  
Email: rossinsur-  
ance@northcoast.com



## Palco Pharmacy

Scotia Shopping

*Come in for friendly service*

9-6 M-F, 10-2 Sat • 764-3591



750 Wildwood Ave, Rio Dell, CA (707) 764-3525

## ACTION REALTY



**Susan Pryor - Realtor**  
*We Take Action for Your Needs!*

1055 Main St., #1  
Fortuna, CA  
Cell: 707-845-2967  
Office: 707-725-1820  
License #01742845  
Email: susanactionrealty@sbcglobal.net  
Notary Signing Agent

Website: www.actionrealtyhumboldt.com

## Humboldt Gables Motel

*"Clean and cheerful"*  
Best rates, AAA-approved  
•40 West Davis St, Rio Dell



•fine firearms •gunsmithing  
•fishing tackle •ammunition  
•modern & traditional archery

## Grundman's Sporting Goods

75 Wildwood Ave, Rio Dell •764-5744

## Mobile Engagement Vehicle (MEV)

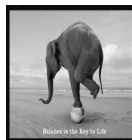
The MEV van and Food for People's Free Choice Style Market truck will be at the Rio Dell Volunteer Fire Department on May 13th. The MEV can assist community members in exploring county resources they may qualify for and signing them up for those services. Both the MEV and Produce truck will be open to assist you from 1-3 p.m.

## Scotia Hardware & Rental

115 Main Street,  
Scotia  
Phone # 764-1780

### May Specials:

Loppers- \$17.99  
2 Pk Kingsford Charcoal- \$12.99  
3 Pc. BBQ tool set- \$9.99  
4 Pk. Miracle Grow- \$8.99



## The Strong and Better Balance Program

*Strong and Better Balance Program* is for seniors or anyone wanting to strengthen their bones or better their balance to prevent falls and broken bones. This program is **FREE** of charge to attend! The group will be meeting at 1-2 pm every *Wednesday and Friday* at the Baptist Church (100 Butcher Street, Rio Dell). Come on out and join the many that are already attending! If you would like more information please call 707-764-3025.

Eagle Prairie Art District  
Rio Dell Scotia Chamber Of Commerce needs volunteers to meet and greet the public. *Be a part of art and the community.* For more info please call (707) 506-5081.



## Massage of the Redwoods

Cynthia Rogers,  
Masseuse

~ 722-1773 or 499-5475 ~

Gift Certificates & Punch cards available  
Feel better fast

Inside the Scotia Bluffs Community Health Center- 502 B Street - Suite A - Scotia. CA



## Rio Dell-Scotia News

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Deadline for submissions for 6/2015 is 5/20/15

Please call the Rio Dell/Scotia Chamber of Commerce at 506-5081 for Ad submissions

Created by the Rio Dell - Scotia Chamber of Commerce, 406 Wildwood Ave., Rio Dell and the Rio Dell Community Resource Center, 99 Wildwood Ave. Rio Dell.

St. Joseph Health



St. Joseph • Redwood Memorial



## Jim Brickley Painting

Interior - Exterior

Lic.# 696031

brickley@sonic.net (707) 247-3507  
Since 1979 223-5788



## ~Rio Dell Playgroup Now Open~

Playgroup is open again. Come join us for fun and activities!

Every Friday from 10a.m.-12p.m.  
Inside Early Head Start Building-95 Center St.  
For families & care givers with children 5 and under.

