

Rio Dell-Scotia News

New additions – kiosks to tell of local history

A set of kiosks will start appearing soon along Wildwood Avenue in Rio Dell, sharing information about the area's past. The project, of the Rio Dell-Scotia Chamber of Commerce, builds upon the work and ideas and cooperation of many, and aims to create points of interest for visitors to the area to encourage them to take a walk, learn about the area, and spend time in the community.

Initially conceived by the Eagle Prairie Arts District to showcase the work of local artists, four, two-sided kiosks were built at the High Tower Conservation Camp in Weott. The project got put on hold, and the kiosks were put in storage, as the arts district underwent some changes and moved to a virtual space rather than the gallery to which the work in the kiosks would have directed visitors.

The arts district offered the kiosks to the chamber, which used photos from the Old Photo Guy, Greg Rumney of Rio Dell, and background information offered by Jim Garrison of the Humboldt County Historical Society, to create the first of four envisioned displays.

U.S. Bank of Fortuna funded the project, which involved in addition to the photos, typesetting and mounting of the display, and the purchase of Plexiglas protective covering, for the set of four.



For illustration only, the actual kiosks will be similar.

Working with the city through an ad-hoc committee comprised of city council members Julie Woodall and Amanda Carter, locations were selected that would be easy to access for those walking or bicycling around town: Tri-angle Park, the city hall lawn, and the library lawn. The library is owned by the fire district and Woodall, city liaison to the fire department, secured approval.

Citing the interest in local history expressed by residents and travelers alike, and the interest shown by followers of the many Facebook pages addressing local history, council members applauded the idea.

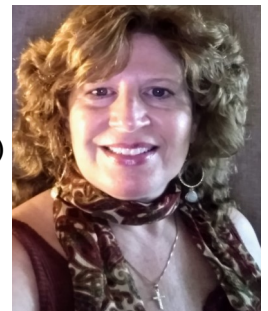
Watch for the first of these installations, and the ones to follow!

Where are we a year later?

Massage of the Redwoods looks ahead

At this writing, Humboldt County is in the orange tier of Covid restrictions and more things are opening up. Cynthia Rogers, of Massage of the Redwoods, looked back at a difficult year and ahead to new opportunities to serve her clients.

Rogers notes her business was closed for more than three months at the start of the pandemic, during which time she checked in on her clients to see how they were doing. “When we were finally able to open up in July, I thought the best way to be safe was to limit appointments to locals and family members only, including PACE (Program of All-Inclusive Care for the Elderly) clients,” she said. She was grateful to be able to help people addressing issues such as stress, or pain issues after surgery, and to the many clients who purchased gift certificates for others, or for themselves, looking forward to a time when they could again have a massage.



Rogers has also used the time to expand her skill set this past year, and is training as a life coach, with plans to offer therapeutic techniques for issues ranging from quitting smoking to depression, anxiety, and trauma. “My goal is to help you heal,” she says.

Starting in June, Rogers plans to offer an individual wellness package of a half-hour of guided, therapeutic meditation and a one-hour, relaxing massage for \$120. She thanks her clients for their support and looks forward to seeing more of them again soon. “Stay well and be happy,” she says.

NEWS AND NOTES

KIWANIS KORNER –MAY 2021

BY: CAROLE ARRINGTON, RIO DELL/SCOTIA KIWANIS

Equality, Racism, Inclusion, Diversity, Equity. These are the words we hear every day in the mainstream media, social media, in the streets, and among family and friends. During a time in our history, both locally and abroad, greater emphasis is being placed on fair and equitable treatment of all people regardless of race, ethnicity, religion, sexual orientation, age, culture, or status. Every being deserves to be heard, respected, and to receive equitable treatment from fellow beings. People are standing up to be heard, and your local Kiwanis club is listening. Kiwanis is a safe place for all, providing equal opportunity for every member: fair, impartial, nondiscriminatory to all, no matter the criteria. Kiwanis International prides itself on welcoming, encouraging and respecting the empowerment and dignity of all people. The foundation on which our international organization and our local Kiwanis club is built is diversity, equity and inclusion. In a world of mixed messages and confusion, come be a part of the solution. Join your local Kiwanis Club today.

Becoming a member is easy! If you have been thinking of becoming involved, do it now. We would love to have you. Inquiries can be made through the Rio Dell/Scotia Kiwanis Club Facebook page or email riodell.scotiakiwanis@gmail.com.

Scotia, Rio Dell schools slate kindergarten registration

In Scotia, packets to can be picked up in the school office between 9 a.m. and 4 p.m. daily. Please contact Trudi Walsh, administrative secretary, with any questions at 764-2212. The first day of school is August 30.

In Rio Dell, children turning five between Sept. 1 and Dec. 1 qualify for transitional kindergarten while those turning five in the year ending Sept. 1 can sign up for kindergarten. The packet for each is the same and can be picked up at the school office weekdays between 8:30 a.m. and 4:30 p.m. or by calling 764-5694.

Sign up for health insurance under the Affordable Care Act by May 15

Persons seeking health insurance can find options through the Affordable Care Act (ACA, informally called Obamacare) until May 15. The typical window to sign up has been expanded due to the pandemic and the number of people who may be facing altered circumstances due to job loss or other life changes. An about 15 million persons nationwide are estimated to be without health insurance at this time according to the Kaiser Family Foundation. All insurance plans under this umbrella of policies will cover treatment for pre-existing medical conditions and cannot terminate coverage for changes in one's health. Subsidies may be available depending on household income to help meet monthly premiums. Go to HealthCare.gov for more.

Wildwood Days planning is underway

The members of the combined local volunteer fire department are meeting to plan this summer's Wildwood Days August 6 - 8. The theme will be the event's 50th year. A parade, firemen's muster, duck race and barbeque are among the traditions being planned in this modified version of the annual community festival, pending the county's approval of the Covid-19 plan. Mark your calendar and watch for more details.

Exercise with your friends via Zoom

The exercise group that was meeting at the Chamber of Commerce office on Wildwood prior to Covid is still exercising on Zoom. You can meet with them online Mondays, Wednesdays, and Fridays at 11 a.m. via Zoom meeting number 785 092 5856 according to leader Susan Nessen. (News and Notes Continued on page 4)



With Honor & Gratitude
We Remember

**MAY, 31st
Memorial
Day**



Remember -
our fallen heros.
They are the reason
that we are free.

Memorial Day to see launch of tribute to veterans

In addition to being the first holiday of 2021 in which the expanded display of flags will be flown on Wildwood, the Memorial Day Weekend will also see the launch of a tribute to veterans that, after being introduced in recent issues of this newsletter as it underwent stages of modification, will be displayed on the City Hall lawn, flanked by flags. So stop by and see the names and faces of current and former friends and neighbors. The plan is to leave the display up throughout the weekend. Those still wanting to get involved should contact the chamber at 506-5081 or rdschamber@gmail.com. If you have a scanned jpeg of the service member (preferably the official one taken by the military), email it with the person's name, branch/rank of service and years of service. There is no cost to have a person honored in this way.

May is bike month!

By Jennifer Weiss, Project Coordinator, Natural Resources Services Division, Redwood Community Action Agency. Ed Note: This is a monthly feature produced in coordination with the Safe Paths to Schools effort which included extensive road improvements around Rio Dell's main corridor, to increase awareness of and safety for alternate methods of transportation. The Redwood Community Action Agency's Natural Resources Services Division was contracted to conduct this educational component.



Across the country, the month of May is being celebrated as National Bike Month to help communities showcase the many benefits of bicycling and to encourage even more folks to giving bicycling a try. Whether you already ride regularly or are considering getting back on that bike for the first time in a while, here are several considerations that can help make your trip safer, more comfortable, and more fun!



Before you start riding, be sure to conduct an [ABC BIKE CHECK](#) to ensure your ride is safe and ready to roll. **A** is for **Air**. Be sure you have enough air in your tires and that they are inflated to the correct PSI (pounds per square inch). **B** is for **brakes**. Check your

brake pads for wear and replace them if needed. Then squeeze your brakes to ensure there is a thumbs' width of space between your brake lever and your handlebars. **C** is for **chain**. Check for rust then turn your pedals backwards to make sure that the chain is moving smoothly and is free of gunk. Also check your **cranks** to see that they are not loose. Tighten the bolts if needed. Next, make sure all **quick releases** are closed and secure. Quick releases can typically be found on your wheels and/or seat. Lastly, visually look over your bike then lift and gently lower or bounce your bike to the ground to **check** for any loose or missing parts.

The best way to maintain your safety while you are riding is to drive your bike like you would any vehicle. This means always ride *with* traffic, follow all [roadway laws](#), signs and signals and be predictable. [Hand signals](#) help let motorists know in advance what you are about to do. Holding your (left) arm straight out to the side is an indication you are about to turn left. Bending your (left) arm at a 90 degree angle means you are about to turn right. You may also use your right arm straight out to the side to indicate a right turn. Angling your (left) bent arm downwards means you are slowing or stopping. Making eye contact with drivers when possible, especially before changing lanes or turning corners, is another great strategy to help keep yourself self while sharing the road with vehicles. For more information on National Bike Month or to pick up additional safety tips, visit: <https://bikeleague.org/bikemonth>



News and Notes continued from page 2.

Fire department slates Mothers' Day breakfast

The annual Mothers' Day pancake breakfast hosted by the volunteer firefighters will be a drive-through again this year, from 8 to 11 a.m. on Sunday, May 9 for \$10 which includes pancakes, eggs, and bacon or sausage. Pick-up will be from the fire hall at 50 Center Street, Rio Dell.

Element 7 plans May opening

Josh Black of Element 7 says the new Rio Dell dispensary is planning to open in May. Watch for more details!



Need someone to talk to?

Call the

**Behavioral
Health
Warm Line**

707-268-2999

Monday through Friday from 8 a.m. to 5 p.m.



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Submissions deadline for June newsletter copy is May 14.

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506-5081 to advertise.

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