## SPRINGWATER PARTY LINE

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The Livingston County Historical Office Heritage Tours are in full swing for the 2021 Bicentennial (200 years!). For more information check out the County Historian's website at <a href="https://www.livingstoncounty.us/">www.livingstoncounty.us/</a> In March, virtual tours of county historical societies including interviews with town historians and seniors are highlighted.

Will you come and help revitalize our Webster's Crossing Church? Sunday, March 7, the Webster's Crossing United Methodist Church Sunday service will be the first of many (following Covid-19 rules). You are invited. The service begins at 9 AM and ends at the latest at 10:15 AM because Pastor Dorothy Hotchkiss travels to lead the service at Groveland Federated Church afterwards. Each of these churches has much history, is blessed to have a pastor with an awesome sermon and a great voice, and the current parishioners are welcoming, friendly, and caring. The Take-out Spaghetti Dinner at Webster's Crossing is definitely on the calendar for Thursday, March 25th and the Spring Roast Beef Dinner is scheduled for Saturday, April 10th. Both will be served as take-outs between 4:30 and 7:00 PM. Do mark your calendars now and plan to come to pick up a meal you will enjoy. We will look forward to seeing you.

Sunday, February 28, seventeen people attended the hike at the Nature Trails at Genesee Country Museum in Caledonia. The weather was ideal in the 40's with little wind. Regular hikers Mark and Linda, Char, Dena, Rick, and Katherine welcomed back Gene and Georgia and all who were able to attend. The different hiking trails are well marked and have markers with nature notes of interest. Many gypsy moth cases were observed on the hardwoods. This led to Gene remarking that just scraping off the egg cases was not good enough to deter this pest that defoliates trees. Rather, when scraping, carry a container with denatured alcohol to drown the eggs, otherwise they survive even the coldest of winters. They will hatch into crawling caterpillars that will eat tree leaves, which can weaken or kill the tree. If you have not already done so, look up Gypsy Moth on the internet and start checking the tree trunks on your hardwood trees like walnut and maple. We have a large infestation of gypsy moth this year. Ontario County Park will be the destination for Springwater Trails' hikers the first Sunday in March. For more details, log into the calendar at Springwater Trails.com or ask a regular hiker.

There is something to do everyday of the week at the Little Lakes Community Center, 4705 S. Main St. in Hemlock. Therefore, if you enjoy socializing, are willing to attend and contribute to their sustainability look into the website at <a href="www.littlelakesny.org">www.littlelakesny.org</a>. Some activities are once a month like the Book Club or the History buff's meeting, there are people presenting on other topics or leading in exercise, games, touring, craft, dance or music, food preservation or gardening in season. And, if you have a talent to share and are willing to present, there is room to do so. A box office and store is open as follows: Tuesday, Wednesday, Thursday, and Saturday from 10 AM to 2 PM and Sunday from 1 to 3 PM. Folks are there to welcome visitors to the region, share the local history of the LLCC and build on their knowledge of the region

over time as well as sell products from local artisans and register those who are interested in the activities.

This week's tip: March is Nutrition Month. Try to include a variety of fresh fruits and vegetables in your daily diet because the anti-oxidants they hold are the basis for good health and staving off all manner of maladies. Practice substituting nutritious food for not so nutritious food, one food at a time – fruit instead of a baked dessert, dark green or yellow vegetables subbing for white ones. Hearty soups and stews can be delicious and nutritious when built around a variety of legumes, whole grains, and colorful vegetables, perhaps garnished with fresh herbs for added flavor.

## Happy Birthday to:

March 4 – Becky Fox Van Allen, Carol Parsons Rossman

March 6 – Louis James

March 7 – Paula Longacre

March 8 – Kenneth Shull

March 9 – Sally Brown, Cassie Bartlett

March 10 - Catherine James Rizzieri, Kasey Freas, Breanna Willard, Layne Irwin

March 11 – Tracy Smith