

SPRINGWATER PARTY LINE
14 February 2019
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The benefits of sleep cannot be over-emphasized when it comes to better health. This week I came across not only how a good night's sleep increases well-being, but how sleep can boost productivity and creativity and help foster innovation. Learn how organizations (and we, in our homes) can create an environment that puts sleep first: <https://www2.deloitte.com/insights/us/en/focus/behavioral-economics/sleep-benefits-impact-employee-performance.html>. The authors gave these 6 points to better sleep: 1.) Shut off computers, tablets, and TV 2 hours before bedtime. 2.) Keep all technology out of the bedroom. 3.) Put cell phones and computers on mute before retiring. 4.) Limit late night calls when possible. When necessary use a phone for late night calls instead of a computer. 5.) Avoid a snooze button, which is worse than waking up to a first alarm. Consider replacing a traditional alarm with a dawn simulator. 6.) Keep set evening routines. Try to go to bed and wake up at the same time each day.



Sixteen of us hiked on the All Western Evergreen Farm on Sunday, February 10. John took a photo of us just before the hike start, so if there is room you will find it here. The weather was downright excellent with little wind and penetrating cold. The terrain was covered with a sprinkling of snow everywhere to give a fresh look. An introduction to the different species grown on the farm gave hikers an opportunity to identify the conifers in the tree

plantations. At hikes end, those that could stay for the social had a selection of delicious food from which to choose. For example, Barry brought a layered vegetable casserole inspired by his homeland of Tanzania, Jane had baked off Mexican Conchitas (rolls with sugar topping in a conch design) to go with the Chicken Enchilada Soup, and Linda brought one of her tasty green salads with a gourmet dressing. On Sunday, February 17, at 12:30 PM we will meet at Cumming Nature Center in Naples on Day 2 of their Annual Nordic Fest Weekend for hiking/skiing/snowshoeing, depending on conditions. If you are hiking with the Springwater Trails group, identify yourself at the main desk. After the hike, we will gather back at the fireplace between 4 and 5 PM for warm-up and an exchange of (dish-to-pass) desserts. For more details, log into the Springwater Trails website or ask a regular hiker.

Pat Granger from Springwater United Methodist Church wrote me the following to share with you: "As I reported last week this month we are doing the 1939 Methodist Church 'Order of Worship IV'. It includes the doctrines and disciplines of the Methodist Church from 1939. One of the differences between the 1905 worship and 1939 is that there is more singing. It takes a little bit getting use to, but I enjoy music and singing even though I'm not good at it. We had joys, concerns, and prayers. John Coley, a proud grandfather, shared with us how great his grandson is doing at the University of Albany with a full schedule and still maintaining honors with a 3.8 average and being in the ROTC program. Jeanette Jones requested prayers for her son Leonard who has been receiving cancer treatments and has caught a virus, Shawn Wray who was badly beaten, and for her sister that is 68 and just had gall bladder surgery. Amy Goodwin is doing well, but has a long road ahead of her so she needs continued prayers and so does all of her family. I would like prayers for my granddaughter Tayler that has been ill and she has to go for a test on Tuesday. Jackie Malone requested prayers of healing for her sister-in-law that is having medical issues. Teresa Langhorn requested prayers for her daughter Michelle who has MS and her son Ira who is having some issues that he needs to work out. My closing words are 'Trust in Jesus'. Don't forget Thursday is Valentine's Day."

This past week, the Springwater Community Food Pantry was blessed with two local families donating items. If you would like to donate, please call Teresa Langhorn at 245-1223 or you can bring it to the Pantry at 8148C South Main Street (the summer ice cream place, thanks to the Gnau's generosity) on Wednesday evenings between 6:30 and 8:00PM or Saturday mornings from 9 until 11AM. Teresa shared that the Pantry is in need of the following items. Even if you can only donate 1 item on the list, that donation would be a blessing in someone's life: canned items like corn, waxed beans, green beans, kidney beans, tuna, chicken (in a can), peanut butter, jelly, canned milk, spaghetti, noodles, canned spaghetti sauce, tomato sauce, diced tomatoes, tomato paste, sugar, flour, spices, cooking sprays/oil, any and all condiments, salad dressings, shampoo/conditioner, body soap, toothbrushes/tooth paste, deodorants, tissues, toilet paper, paper towels, cleaning and laundry supplies. Thanks and God Blessings to everyone contributing to the SCFP.

Volunteers are needed for the Food Link delivery on Saturday, February 23rd. If you are able and wish to help, please call Teresa Langhorn at 585-245-1223 a week prior, as an application has to be filled out and safety rules explained. The food is available to anyone in an orderly manner, and all participants are asked to be cognizant of others needs and either help by picking up items for, or alerting people to, this free food distribution.

On Wednesday, February 6, Lagom Landing's mentors and year 7 students presented to the Trust in the Lives of Older Women's group. The gap year between high school and college or the working world is the perfect time for young people between the ages of 18 and 22 to learn not only hands-on skills, but also to be exposed to many people in different walks of life in order to open their minds to the possibilities in their own

life. Lagom Landing is a live-in program on Reeds Corners Road in the Town of Sparta designed to help young people learn more about themselves and their talents. If you know any young people who don't have a clue as to what they want to do in life, this program can be life changing. More details of the program can be found on the Lagom Landing website. Rock Castor and Laurel Nelson are the mentors for this life changing program.

Sunday morning, if a church in the neighborhood is your destination to gather together with others to learn more about the real reason we are on this Earth, there are many churches in the neighborhood from which to choose. The Genesee Country Express devotes over half a newspaper page to the local houses of worship most every week. If you see any errors, please contact the main desk in person at 113 Main Street in Dansville or call 585-335-2271 during office hours Monday 10 to 11 AM and 2 to 5 PM, Tuesday through Thursday from 8 to 11 AM and 2 to 5 PM, and Friday from 8 AM to 3 PM. It helps if they have the opportunity to get to know you. I would be glad to help make the corrections, if you prefer to contact me at 585-669-2659 or 585-737-5205 or by e-mail at kjth@allwesterntrees.com.

The Little Lakes Community Association series on Ecological Sustainability kicks off on Thursday, February 21 at the Little Lakes Community Center, 4705 Main Street in Hemlock. The event is free and is being presented by the Rochester Peoples Climate Coalition on Climate Change and Community Choice Aggregation (CCA). CCA is a local government tool to reduce carbon emissions and allow residents and small businesses to use their buying power to jointly contract for renewable electricity that is less expensive.

The New York Farm Show is scheduled for February 21-23 at the NYS Fairgrounds in Syracuse. It is cosponsored by New York Forest Owners Association, New York State DEC, and Cornell Cooperative Extension. This is an opportunity open to all interested in any way.

The Springwater Webster Crossing Historical Society is having a Penny Social at the Springwater Fire Hall on Saturday March 23rd starting at Noon when the doors open and bidding begins at 1 PM. Donations are currently being accepted by Brenda Haywood at 585-669-2478 or Pat Willsea at 585-669-2376 or 728-5552 or send a check or money order to: SWCHS, PO Box 68, Springwater, NY 14560. A historical program for March 26 at 6:30 PM at the Legion is in the planning stages and anyone with knowledge of metal working in Springwater is asked to contact Katherine Humphrey at PO Box 217, Springwater, NY 14560 or kjth@allwesterntrees.com or phone 585-669-2659. Please let me know your news for the Springwater Party Line, too. Thank you.

Birthdays:

February 14 – Kristie Schnetzer, Ann Jobson, Harper VanScooter, Susan Hart

February 15 – Stephen Scheiderich

February 16 – Max Markle, Jace Clifford

February 17 – Betty Engle

February 19 – Wendy Stek, Ed Hamsher
February 21 – Colin Stvenson, Samantha Irwin

Anniversaries: Congratulations:

February 15 – Michael & Joyce Croston #39

February 16 – Mike & Mona Bovee

February 18 – Joe & Allyn Canute