

SPRINGWATER PARTY LINE

5 November 2020

by Katherine J. T. Humphrey

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To the delight of the tree growers that sell evergreen boughs to the wreath makers, we've had the two hard frosts (29 degrees F. or below) to set the needles. Those who make garland, kissing balls, centerpieces and mailbox huggies are happy also, as there are many decorations to make in the next few weeks for customers that like to decorate with natural greens.

On the first Saturday in November, the 7th, The Webster's Crossing Church will not be having a Bazaar this year; however the Conesus United Church is having their delicious Turkey Biscuit Dinner as all take-out this year and has expanded their hours from 2 PM until 7 PM. Go early for best service. This is always a stand-out dinner and we will all miss having the chance to visit and eat together in the church dining room.

On Saturday, November 14th, the Sons of the American Legion at Post #905 at 7998 School Street are preparing a Chicken BBQ Take-out from Noon until gone for \$12 to benefit the Legion in sponsoring Vincent House, Bath & Canandaigua VA, Family of Veteran's Christmas Baskets, and Trees for Troops. Be sure to stop by early so as not miss this wonderful meal. If you have the opportunity, purchase tickets ahead of time, too.

While thinking about dinners, please jot down the drive-through take-out Spaghetti Dinner by donation at the Webster's Crossing United Methodist Church for the third Thursday this month of November on the 19th from 4:30 to 7:00 PM. With many thanks to those who contribute the ingredients for the dinner, especially Anna and Linda for making the delicious Carrot Cake, Chocolate and Vanilla Cupcakes for dessert.

Linda Hopkins, Springwater representative to the Livingston County Office for the Aging sends the following News from the Office for the Aging: Lifespan's Information and Inspiration Series continues this month with a wide variety of topics. Exercise, health, wellness, Medicare and legal planning are covered. Sign up for the Totally Fit Fitness: Monday, November 9 from 10 to 10:45 AM. Form, Alignment, Posture, & Balance will be covered for the beginner, intermediate, & advanced, all in one class. Any level can participate! This is a full body work out with strength, resistance, cardio and endurance. For more details and to register contact 585-244-8400, ext. 201.

Linda also shared information about Memory Foods. If you are feeling forgetful, the cause could be lack of sleep, genetics, and level of physical activity, life style or environmental factors. Diet plays a major role in brain health. Boost your brain health by including broccoli, cabbage and dark leafy greens; berries, cherries in dried, frozen or fresh forms; omega-3 fatty acids in salmon or in a supplement; walnuts as a snack or in oatmeal, salads or stir fry. Over time these foods can support lifelong good health. A helpful publication that comes to mind is the Massachusetts General Hospital Mind, Mood & Memory 8-page newsletter published monthly \$39.00/year, phone toll free 1-866-848-2412.

On Sunday, November 1, seven hikers braved the chilly rainy conditions for the Finger Lakes Trail hike from the Dam Site in Mount Morris along the Letchworth branch to enjoy the views culminating with the Hogs Back Overlook chasm. John Larysz' photos: <http://larysz.com/Images/2020/November%20-%20Letchworth/index.php> will give you a glimpse of the pictures he was able to take between the raindrops. This coming Sunday, November 8, the Springwater Trails hike will be on the Harriet Hollister Spencer Park in nearby Canadice starting at 2 PM. Details are on the Springwater Trails website, posted by Thursday, or ask a regular hiker.

Tawn Feeney from the Little Lake Community Association in Hemlock writes about the many upcoming events in November at the Little Lakes Community Center, 4705 S. Main Street, Hemlock, www.littlelakesny.org, or call (585) 367-1046: Little Lakes Book Club meets monthly on the first Wednesday, but due to circumstances has been postponed until Wednesday, November 11. Thanks for your understanding. On November 11th from 6:30 to 7:30 PM the discussion will be on Beloved by Nobel Prize Winner for Literature, Toni Morrison. For a donation of \$5, you are welcome to join the discussion, even if you have not yet read the book or read it previously.

The History Club will meet Tuesday November 10 from 6:30 to 7:30 PM for a \$5 donation. This is a Monthly meeting for fans of local history, family genealogies, and other topics of historical interest led by Linda Auble.

There is a self-driving tour of the Marilla Country Store on Wednesday, November 18 from 8:15 AM to 2:00 PM at a cost of \$5. Come join us at the LLCC for a shopping tour with lots of extra information that promises to be fun-filled for everyone. There are lots of little rooms to explore with unique merchandise, as well as a small museum. The Marilla Country Store is a historic mercantile building that has been open since 1851, the oldest continuously operating general store in New York.

A Little Lakes Holiday Bazaar will be held on Saturday, November 14 from 10:00 to 12:00 Noon at the Little Lakes Community Center, 4705 S. Main St., Hemlock. Featured will be locally sourced gifts; clothing and accessories, created for LLCA by P.K. Creations of Canandaigua. Light refreshments available for purchase. For more details, go to www.littlelakesny.org; 585-367-1046.

Happy Birthday to:

November 5 – Daniel Dale, Jr., Karen Schnetzer

November 6 – Samantha Yeoman, Henry Marlow

November 7 – Edward Vadney, Georgia Robinson, David Mack, Francis Tripp

November 8 – Jerry Carney, Nanette Fox Riffe, Joice Kelley-Biek

November 10 – Robert Harder

November 11 – Sarah Hoppough

November 12 – Jim Yarger, Clifford Yeoman

Anniversaries:

November 9 – Skip & Heather Cleveland #29

November 10 – Tom & Melody Bogdon #41, Juergen & Elvira Lein #58