

## SPRINGWATER PARTY LINE

26 November 2020

by Katherine J. T. Humphrey

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Happy Thanksgiving Day wishes are extended to you all. Please put Sylvia Pifer on your prayer list as she is at Noyes Hospital in Dansville and not doing well. Also please have Mary Weed on your prayer list, as she is at Strong Hospital and not doing well either. Thank you.

The Spaghetti Dinner by donation at Webster Crossing United Methodist Church was a real success. Thank you to all who participated in any way. The congregation was blessed by a young man who delivered a home made envelope, which when opened, astounded every one watching because there were three one hundred dollar bills! The goal is to nourish people in the area. Pastor Dorothy provides an outstanding sermon at 9 a.m. every Sunday morning, so come learn more about the stories in the Bible that will help you in your daily life. Face masks are recommended and the pews are marked to make it easy to attend.

This week on the All Western Evergreen Christmas Tree Farm the high school crew is made up of Gavin Brooks, Sawyer Barron, his brother Abram, Peter Carr, and Aiden Mangano-Mays, Stanley Payne Jr. and Jerriane Scheiderich will cut the retail trees to display on the pin racks behind the house. The crew will drill and shake the trees prior to putting them on the pin stands for display. An assortment of species including Fraser fir, Concolor fir, Nordmann fir, Grand fir, Korean fir, Canaan fir, and Douglas-fir may be available. Stephen Scheiderich and his son Ted will be driving the Case 4 x 4 utility vehicle to the plantations. Customers are requested to call ahead for a reservation similar to how a restaurant takes orders.

Active members of the New York Forest Owners Association, Mike Seager passed along this information from Stephen Kutney: "Join the NYFOA Southern Tier chapter and the Broome County Cornell Cooperative Extension as they host an online Zoom meeting at 7 PM on Thursday, November 19th. Ed Neuhauser will speak on the topic of Renewable Energy from the Land: Wood Fuel to Solar and Wind. Learn some of the efficient ways to harvest wood fuel and the possibilities and cautions you need to know before turning your land into a wind or solar power area. Registration is required to receive the Zoom link to access this workshop: To register, enter the following in your browser or click on the link [https://cornell.zoom.us/meeting/register/tJEIcEqspj4qE9YgOUrQBAMsXJqBSAip\\_kWZ](https://cornell.zoom.us/meeting/register/tJEIcEqspj4qE9YgOUrQBAMsXJqBSAip_kWZ). After registering, you will receive a confirmation email containing information about joining the meeting. This week Members of NYFOA have received their first e-mailed copy of the new "Woodlot" publication in digital form.

On Sunday, November 22, eight hikers joined Melissa Cohen at 1:30 PM at Abraham Lincoln Park, Penfield - Early departure time set because the 2-hr hike needed to be over by 4PM. They stayed in one group on the well-blazed main trails, enjoying some beautiful views of the Irondequoit Bay. Swans were tame enough to come up to the hikers. All enjoyed the 4 mile hike to a fancy lodge and back to the cars. Unfortunately our photographer, John Larysz, ended up in the hospital with chest pains, and we wish him well. Enjoy a Happy Thanksgiving Day and come join the Springwater Trails hikers on their next hike on Sunday, November 29th at Powder

Mills Park, off Route 96 in the Town of Perinton, one of Monroe County's outstanding hiking parks, matching Mendon Ponds Park for rugged terrain and interesting features. Being inhospitable to farming or development, it was the site of a gunpowder factory in the 19th century, and some vestiges of this history survive, along with stories of some dramatic explosions. The 380 acre property has been a county park since 1930, and features a fish hatchery and a downhill ski area. Details are on the Springwater Trails website, posted by Thursday, or ask a regular hiker.

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. For more details and to register contact 585-244-8400, ext. 201. Choose from the following:

The Science and Art of Gratitude: Nov. 23, 2-3 pm. Participants will learn about the relationship between gratitude and brain health and how they can implement the practice in their daily lives.

Fake News and How to Spot it: Nov. 30, 1-2:30 pm. If you are confused by your online news feeds, you are not alone. Learn ways to spot what's real, what's true and what's not. Registration is required: [www.Lifespanrochester.org](http://www.Lifespanrochester.org) OR call 244-8400, ext. 201

Memory Foods: You're feeling forgetful? Diet plays a major role in brain health. Boost your brain health by including broccoli, cabbage and dark leafy greens; berries, cherries in either dried, frozen or fresh forms; omega-3 fatty acids in either 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.

Tawn Feeney has posted the Little Lakes Community Center, 4705 S. Main Street, Hemlock events for December 2020:

The first is a Felted Soap Bar Workshop presented by Kerri Vaughn. Choose to attend on Wednesday, December 2 from 1 to 3 PM or Friday, December 4 from 6:30 to 8:30 PM at a cost of \$10.00. Wet felting is a fiber art that uses wool fiber, soap, and warm water to create felt cloth. We will use this technique to create beautiful bars of soap encased in their own felt washcloth. Makes a great gift! Students will each make one felted soap bar. Additional materials will be for sale (\$6) for students who want to make multiple bars. Registration needed. Call (585) 367-1046 or write [www.littlelakesny.org](http://www.littlelakesny.org).

Also, on Wednesday, December 2 in the evening, the Little Lakes Book Club is meeting from 6:30 to 7:30 PM for a \$5.00 donation. The club meets the first Wednesday of each month. This month discussion will be about The Scent Keeper by Erica Bauermeister. You are welcome to join the discussion, even if you have not yet read the book or read it previously. In January, the book Where the Crawdads Sing by Delia Owens will be the subject of the discussion.

An open Community Meeting will be held Monday, December 7, 2020 from 6:30 – 8:30 PM. The first Monday evening of each month is dedicated to community input. All are welcome to join in, to learn about the organization, to ask questions and make suggestions. For up-to-date information, visit [littlelakesny.org](http://littlelakesny.org), FB [@littlelakesny](https://www.facebook.com/littlelakesny), or call 585-367-1046.

The Little Lakes History Club with Linda Auble meets Monthly and is for fans of local History, family genealogies, and other topics of historical interest. Tuesday, December 8, 2020, 6:30 to 7:30 PM with a \$5 donation.

Then on Saturday, December 12, 2020 from 11:00 to 12:00 Noon, join Sustainable Sassy's Magical Snowflakes Workshop for a cost of \$5 ( includes all materials). Snowflakes are one of nature's most fragile things, but think about what they can do when they stick together! Attend Sustainable Sassy's end of the year holiday children's crafting project. Registration is in advance at [www.littlelakesny.org](http://www.littlelakesny.org) for both in-person and Zoom attendance.

Crista Barrows from Noyes Health writes: “A program on managing stress is for caregivers struggling to balance life while care-giving for a family member with chronic health conditions and/or memory loss. Join us virtually, via zoom, from the comfort of your own home on Dec. 1st at 11:00 AM to learn more about managing stress. More info is on a flyer. There are 4 spots available in this class. To register, call 585-335-4358.

Happy Birthday to:

November 26 – Denise Rearmore, Alice Colegrove

November 27 – James Pfuntner, Audrey Hergenroder, Neal Wormuth

November 28 – Jackson West

November 29 – Pat Granger, Kyle Tokarz

November 30 – April Mann, Sarah DiPasquale

December 1 – Amanda Case

December 3 – Michael Barry

Anniversaries:

November 26 – James & Joice Kelley Biek

December 1 – Robert and Cheryl Parker #29

December 2 – Robert & Sue Strassner