

SPRINGWATER PARTY LINE

13 May 2021

by Katherine J. T. Humphrey

Katherine kjth@allwesterntrees.com

Gene Binder writes “On Sunday afternoon, May 9, about a dozen mothers, and mother's supporters, met at Mertensia Park in Farmington. The group hiked around the circular bluebell trail and west on the Auburn trail, to Victor and back. The bluebell blossoms were at peak, and created a beautiful and spectacular sight, as well as many other herbaceous flowers, and trees, like cherry. Native songbirds were busy courting, singing, and building their nests. Among those identified, by either sight or sound, were northern cardinal, house sparrow, robin, grey catbird, red bellied woodpecker and Baltimore oriole. Temperature was around 50 and sky was cloudy, but rain didn't start until the end of the hike, which prevented our planned after hike picnic social, at a table by the creek.” This week on Sunday, May 16, between 2 and 4 PM, we will again be hiking a portion of the Finger Lakes Trail. Toward the end of the week, for details, log into the Springwater Trails website or ask a regular hiker.

This week the Tufts University letter suggests following these tips to preserve muscle with age. “Add strength training using weights, machines, or your own body weight at least two days a week. Be generally active, whether by walking, dancing, working, or playing, to keep muscles moving. Choose high fiber foods like fruits, vegetables, legumes, and whole grains. These foods have health benefits in their own right, and help maintain healthy gut microbes which may play a role in muscle structure and function.”

From the Livingston County Office for the Aging our Springwater representative, Linda Hopkins, sent the following information about Covid Vaccine appointments. The Office for the Aging continues to assist the Department of Health with scheduling vaccine appointments. The goal is to have a vaccine for every senior who wants to be vaccinated. If you know of any senior that wishes a vaccine to please call 585-243-7520. On a different note, the Office for the Aging will be part of a 6-month pilot program for a Virtual Senior Center program. This program is free and allows access to many virtual programs directed to seniors. A computer and access to internet is a must. To sign up contact the Office for the Aging at 585-243-7520. In addition, on May 15 from 11 AM to 2 PM, a Safety and Wellness Community Fair is being held on Murray Hill Drive, Mount Morris. Vendors with fun activities for all ages and Special events such as a Silent Auction, Scavenger Hunt, Sheriff's Mounted Patrol, K0 team, Drug Take-Back Program, Car seat check events, NYS trooper Roll-Over Simulator, Safety on Wheels Contest and Bike Helmet fitting station will be offered. For more information: www.GVHP.org or TrafficSafetyCCE@cornell.edu.

Do log into the Little Lakes Community Center activities at <https://www.facebook.com/littlelakesNY/> as there is something to do everyday of the week at 4705 S. Main St. in Hemlock. Find upcoming events at the Little Lakes Community Center, 4705 South Main Street, in Hemlock, website www.littlelakesny.org, and phone (585) 367-1046. Gift Shop Box Office hours are: Tuesday, Wednesday, Thursday, and Saturdays 10 AM to-2 PM and Sundays 1 to 3 PM.

Other events of interest at the Little Lakes Community Center include the following: Introduction to Digital Photography or/and Intermediate Digital Photography with Lance Michel; Ecological Sustainability Series: Session 5 - Planning Meeting for LLCC Landscape Design, Thursday, May 20, 6:30 to 8:00 PM. Share your ideas with the on-going group for the design of the four acres to the rear of the Little Lakes Community Center. We will present our action plan for immediate implementation and volunteer opportunities, as well as our more long-term dreams for the property. This meeting will be in person only, outdoors if possible; Barn Quilting Talk, Tuesday, May 18, 2021, 6:30 to 8:00 PM. Come join us at the Little Lakes Community Center for a great evening of historical content concerning barn quilting and its history. Leah, from the Finger Lakes Barn Quilters Organization will be speaking about these great outdoor pieces that can now be found on the Barn Quilting Trail, founded in 2015, throughout New York State. Light refreshments will be served. Be sure to contact the Little Lake Community Center by phone at 585-367-1046 or the Little Lakes Community Center website to register and to look at all the details on these events.

With so much attention being given to Health and Fitness these days, the May 26, National Senior Health and Fitness Day will be observed by the Livingston County Office for the Aging with a program from 2:00 to 3:30 PM. Included is an Introduction to Tai Chi; information about Wellness/Safety Programs for Older Adults, and Be Well in Livingston. Cornell Cooperative Extension will have a Master Food preserver (Barbara Brenner) to answer any home food preservation questions, a Master Gardener demonstrating adaptive gardening tools; and an introduction to the Healthy Livingston Program. The event will be held at 3 Murray Hill Drive, Mt. Morris, NY. RSVP to Office for the Aging 243-7520. (This is an outdoor event-weather permitting. In case of inclement weather it will be rescheduled.)

Regenerate NY Cost-Share Grants are available for forest landowners. If you own between 10 and 1,000 acres of forest land and have interest in improving your woods then Department of Environmental Conservation's Regenerate NY program provides cost-share grants to New York landowners looking to enhance forest regeneration on their property. Landowners who want to plant trees, control competing vegetation, restore a degraded forest stand, or exclude deer are encouraged to apply for project funding. [Click here to find out more about getting funding for your forest.](#) Applicants will need to apply through [Grants Gateway](#). DEC will be hosting a Grants Gateway training webinar on Friday, May 21 at 10am to assist applicants in navigating the grant process. Private landowners are encouraged to team up with a [cooperating forester](#) who may provide application support. Check out the [Regenerate NY webpage on the DEC website](#) for more information.

Happy Birthday to:

May 13 – Marian Crawford

May 14 - Valliere Thompson

May 15 - Brian West, Jr.

May 16 - Renee Smith, Rob Parker, Sam White

May 17 - Jamie Van Durme, Amy Graves, Kris Reamer

May 18 - Breanna Foster, Lawrence Grouse, Mark Hopkins, Eugene Binder, Jane Humphrey

May 19 - Morgan Van Scooter, Carl Lewis, Laura Keough

Happy Anniversary and congratulations to:
May 13 – Richard “Smerf” & Kathy Kurtz #33
May 19 - Aaron & Sabrina Motzer