

SPRINGWATER PARTY LINE

30 December 2021

by Katherine J. T. Humphrey

Some will be reading this in 2021, and others in 2022; either way, wishes for a time to reflect and recharge is yours, as well as, a time to plan for what is to come. If you've tried to make resolutions and not been able to keep them, the Tufts University Newsletter recommends these researched suggestions for keeping them:

Be clear: Define your resolution as a plan that can be followed, not a vague idea without a path.

Make it 'SMART': Specific, Measurable, Achievable, Relevant, and Time-bound

Seek out trusted sources: When sorting through plans and programs to help achieve your goals, skip trendy or pricey options, and choose those supported by research.

Be accountable: Your chances of achievement are highest when you share them with others.

Enjoy! If you choose enjoyable steps toward your resolutions, you're more likely to achieve and maintain them.

Food for thought from Pastor Dorothy Hotchkiss: "The Christmas Service went well at Webster's Crossing United Methodist Church. I believe there were 30 people including the musicians. Homily title: Would You Know Him? The shepherds were given specific directions to find the babe. What are we looking for when we seek Jesus? Start 2022 by preparing your mind and heart with worship including music, time of personal reflection and come to the Lord's Table (communion)."

As of Christmas, Mary Yarger is off the ventilator and using a CPAP to assist in breathing. Please continue prayers for her transition from assisted breathing to being independent.

From the Springwater Trail's website: Start the New Year the way you mean to go on – come for an inspiring hike along Canadice Lake! This is an easy, 1.8-mile each way hike along the shore of the lake; the trail is level and well-maintained and the lake views are lovely. For most hikers it will be a walk along the lake for an hour, and then back the same way; more enthusiastic hikers can veer off on Rob's Trail that leads over the ridge and down to Hemlock Lake – this is a moderate to hard trail with several steep uphill and downhill sections. We'll take a roll call the day of the hike if anyone wants to walk Rob's Trail. We'll arrange for transport back for those who only want to walk one way. Dress appropriately for the weather, carry water and some energy food, and carry a walking pole if it helps. Leashed pets are welcome.



A First Day hike along Canadice Lake.

This is not a "routine" Sunday hike – for a start, it's happening on a Saturday! The hike is promoted by the NYS DEC, and is part of a larger program of First Day Hikes to encourage people to get out and experience the magnificent State of New York that they live in.

Springwater Trail's hikes on Sunday are not only good exercise, but also an opportunity to visit with some

interesting people. This past Sunday, December 26, the hash hike was at Another World B&B, 8404 French Hill Road in Naples. For those who may not be familiar with hashing, a hash follows a marked route that contains checkpoints and false trails to keep you thinking and get you frustrated. John Larysz sends the following link to his photos [A Boxing Day Hash Hike on French Hill \(larysz.com\)](#). He mentions that 10 people showed up and managed to get lost as often as they could. Watch the Springwater Trail's website for the next hikes.

Marian Crawford will present a program at the Trust in the Lives of Older Women's Meeting at the Wayland Free Library on January 5, 2022, starting at 1 PM. Marian will talk to the group about how to find accurate information in a time when we are being bombarded with misinformation. The title of her talk is CRAAP which stands for Currency, Relevance, Authority, Accuracy and Purpose with a concluding solution of Faith. Linda Hopkins adds: "What a great way to clear our minds of clutter and proceed with information for the New Year of 2022."

Do check the Little Lakes Community Center activities. Find upcoming events in January 2022, Little Lakes Community Center, 4705 S. Main Street, Hemlock NY , www.littlelakesny.org: 585-367-1046:

Open Community Meeting

Monday, January 3, 2022

6:30 – 8:00 p. m. Community Room

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.

Little Lakes Book Club

Thursday, January 6, 2022

6:30 to 7:30 p. m.

\$5.00 donation, refreshments included.

The club meets the first Thursday of each month.

This month we will be reading *The Agitators*

by Dorothy Wickenden. You are welcome to join us if you have never read the book or read it previously.

Mindfulness in Daily Living

with Annie O'Reilly

1st and 3rd Tuesdays

11:15 to 12:15 (please note time change)

Registration: \$5.00

We will all be students together, learning how to bring more mindfulness and presence to our lives. Most meditation and other practices are in the tradition of Thich Nhat Hanh. We do not have to have experience in meditation to join. Little Lakes Community Center, 4705 S. Main St., Hemlock. www.littlelakesny.org. 585-367-1046

Meet the Author Night of “Navigating the Pandemic”

Thursday, January 20, 2022

6:30 to 9:00 p. m.

Little Lakes Community Center

4705 S. Main Street, Hemlock

www.littlelakesny.org; 585-367-1046

This is a book event that the Little Lakes Community Center is proud to be sponsoring. Teresa Schreiber Werth’s new book, “Navigating the Pandemic: Stories of Hope and Resilience” is a collection of poetry, stories and honest feelings about this transformational time. These are the voices of over 36 men and women from all over the world sharing their experiences. The author and our very good friend, Gloria Osborne, who was also involved in the book, will be present. Books will be available for purchase that evening. The cost is \$16.00 and proceeds from the sale are being donated to the Society For Refugee Healthcare Providers.

Annie's Ukulele Hour

1st and 3rd Thursdays of each month

7:00 to 8:00 p. m.

Registration: \$5

Little Lakes Community Center

4705 S. Main St., Hemlock

We will enjoy playing well-known or new tunes that are easy to play on the ukulele. Popular and simple chords will be used and taught. You may bring tunes to share with the whole group. If you are new or seasoned, you will leave the session with a smile on your face for having made music with others.

Triyoga Class

with Carol Williams

Fridays

9:30-11:30am

Little Lakes Community Center

4705 S. Main St., Hemlock

Rm. 25 (Yoga Bhoga)

Donations to LLCA accepted. Class content, while following systematized sequencing, allows for modification options as needed for each participant. Up to date COVID Safety rules respected. Learn ways to elicit the relaxation response, strengthening, instilling fluidity within the body, mind, and spirit for self-care. Contact Carol at 585-727-2230 to secure a space held for you.

Rueda de Casino Dance Club

Fridays, 7:00 to 9:00 p. m.

\$12.00; pre-register at www.littlelakesny.org

Little Lakes Community Center

4705 S. Main St., Hemlock

Rueda de Casino is a group Salsa dance from Cuba. Think Square Dancing meets Salsa. Couples are arranged in a circle (Rueda = wheel), dancing Cuban style Salsa (Casino), responding to a

"caller" orchestrating the dance.

The first 45 - 60 minutes is learning oriented, with frequent stops to learn the moves and to improve details. The next 30 - 45 minutes is "flow" oriented, only stopping between songs. The last 30 minutes is for socializing.

A variety of Salsa, Bachata, and Merengue music is played for anyone's dancing pleasure.

Sacred Circle Dancing

with Kerri Vaughn

Tuesdays, 10:00 to 11:00

Registration: \$5

Little Lakes Community Association

4705 S. Main Street, Hemlock

www.littlelakesny.org, 585-367-1046

Sacred Circle Dancing draws on ancient cultural and modern dances from around the world.

Each dance is presented in a step-by-step fashion and is appropriate for new dancers. The pace of the music will vary from slow and meditative to fast and energetic. Participants will be encouraged to listen to their bodies and participate only if comfortable.

If you or someone you know is a caregiver, be sure to share the following e-mail from Lifespan, as every week there is helpful information to make life easier when caring for others: Lifespan's FLCI [<flcinewsletter@lifespan-roch.org>](mailto:flcinewsletter@lifespan-roch.org)

Have an enjoyable holiday and I look forward to writing in 2022. Stay well and happy and share your light with others. Another year is winding down and we've a whole New Year looming in which to help to make our world a better place.

Happy Birthday to:

December 30 – John Swift, Alex Decker, Rick Tripp Jr., Eden Stephenson

December 31 – Juergen Lein

January 1 – Matt Hoppough, Alice Behnk, Jeremy Canute

January 3 – Andy Stevens, Sue Irizarry

January 4 – Nellie White, Betty Hoppough

January 5 – Jane White

January 6 – Judy Tripp-Neu, Phil Moyer

Anniversaries: Congratulations!

December 31 – Ed & Sandra Freas #55