

SPRINGWATER PARTY LINE

6 January 2022

by Katherine J. T. Humphrey

The First Day Hike last Saturday, January 1, 2022, was well attended. John Larysz sent photos and mentioned he was able to photograph 28 out of 38. [The 2022 First Day Hike on Canadice Lake \(larysz.com\)](http://larysz.com). Cheryl Deussenberg won the Empire Pass in the drawing. “The Empire Pass is a wallet-size card that can be shared within a household. It is not assigned to a specific vehicle and can be used by parents, grandparents, caregivers and others. The Empire Pass is a key to all-season enjoyment at New York State Parks. It provides unlimited day-use vehicle entry to most facilities operated by New York State Parks and the State Dept. of Environmental Conservation including forests, beaches, trails and more. Empire Passes are available for the 2022 season, multi-year or your lifetime. Instead of paying the vehicle use fee on each visit, simply present your season pass and it waives the fee for day use entry.” Linda Hopkins wrote: “We had 38 at the New Years Day First Day Hike, a really lovely turnout. John Larysz did a nice job of coordinating. There were gloves and bandanas handed out, sponsored by the NYS DEC. A group of four took the bridge going up to the Canadice portion of Rob’s Trail. Greetings of best wishes for the New Year were exchanged by all on the trail. Nice hike.”

The topic for discussion at the Trust in the lives of Older Women for their first meeting at the Wayland Library at 1 PM in the New Year on Wednesday, January 5th will be: TODAY’S NEWS. The group participants will discuss how to distinguish between fact and opinion. Leader Marian Crawford writes: “It seems that we are in the midst of an information explosion and since the 1940’s when radio was the prime source for daily news reporting, we have witnessed the advent of more and many different types of sophisticated communication resources, i.e. CB radio, walkie talkie, HAM Radios, television, cell phones, and a variety of other technological inventions. Along with this movement it seems reporting news of the day as accurately as possible has become a thing of the past and we hear opinions as opposed to facts. Marian hopes all shared some insights on how to evaluate news stories, how to keep an open mind, how to seek understanding of multiple perspectives, and how to recognize the how, who, what, where and when of news stories. Like most of the meetings, this will be fun as well as an educational sharing, among us!”

Please keep Mary Yarger of Webster Crossing and Carney Hollow in your prayers. The family is considering transferring her from Noyes Memorial Hospital to Strong Hospital.

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 flicnewsletter@lifespan-roch.org

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:

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.

Happy Birthday to:
January 6 – Judy Tripp-Neu, Phil Moyer
January 7 – Amy Jacobs, Bessie Bourgoine, Melissa Wormuth
January 10 – Jennifer Humphrey Cooke
January 11 – Caleb Moose, Brad Markle
January 12 – Raymond Tripp, Jennifer Dale, Trisha Henry