

SPRINGWATER PARTY LINE

10 March 2022

by Katherine J. T. Humphrey

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, "Celebrate a World of Flavors," showcases how flavors from cultures around the world are a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors. Try Livingston County Cornell Cooperative Extension in Mount Morris (585-335-1752) for information in Food and Nutrition. Lucille Tang, Nutrition Educator for Livingston County Cornell Cooperative Extension and Barbara Brenner, Master Food Preserver, are offering "Fermentation Fridays" to hone your cooking skills. Barbara is also offering an introduction to dehydrating at the Lima Public Library (no registration required) on Tuesday, **March 22** (6:30-8:30 PM) or Wednesday, **March 23** (10-30AM-12:30 PM).

Are you or do you know any 14 – 15 year old youth interested in agriculture and like to be outdoors working or helping others? All Western Evergreen Nursery & Christmas Tree Farm is interviewing and hiring circa **March 18th**. Call 585-669-2659 for details.

Webster's Crossing United Methodist Church is hosting a **monthly Spaghetti Dinner by donation** on the 4th Thursday of every month. The next one is **Thursday, March 24th** and the Roast Beef Dinner is scheduled for Saturday, **April 10th**, both from 4:30 to 7 PM. The Spaghetti Dinner is both Dine In and Take Out; however, the **Roast Beef Dinner is Take Out only**.

Mary Yarger, long time member of the Webster's Crossing UMC is now in rehab at the Wyoming County Hospital receiving physical therapy with the hopes of being back home in Carney Hollow soon. Send encouraging cards to WCCHS, Mary Yarger, 400 N Main Street, 1338B Aqua Unit, Warsaw, NY 14569.

American Legion Post 905 on School Street in Springwater is featuring **Trevor Donlon**, musician, on Saturday, **March 12** from 6 to 9 PM, and a **Corned Beef and Cabbage Dinner** will be held on the following day, Sunday, **March 13**, as advertised on the corner of Route 15A and Route 15 at the blinking light. Details are available by calling the Legion at 585-669-2300.

Seventeen hikers enjoyed the **March 6th Springwater Trail's hike** along the Eastern Trail of Hemlock Lake. John Larysz took photos which can be accessed at [Rob's Trail at Hemlock Lake \(larysz.com\)](http://Rob's Trail at Hemlock Lake (larysz.com)). There was a tremendous amount of water coming down the hill; the group crossed a dozen torrents across the path in less than a mile and a half. The last one was just too wide and deep. Two hikers tried to walk up the gully to find an easier crossing. They failed as the gully became steeper and deeper and the water flowed faster, but they did glimpse a huge waterfall about 100 yards away through the trees. The social at the Birdhouse in Honoeeye was a merry affair too. With the warm temperature, all could sit outside and "there was a musician singing

songs that were older than he was!” The next Springwater Trails adventure will be this Sunday, **March 13** on the western half of the Keuka Lake Outlet Trail starting at Seneca Mill. The whole trail follows Keuka Lake’s outlet to Seneca Lake, starting in Penn Yan and going to Dresden, dropping 275’ along the way. If the spring weather continues, mud is likely, so poles and shoe gripping devices or good boots will help. This trail runs along the stream in a wooded ravine, formerly a canal towpath and later a railroad bed. It crosses the original Preemption Line and passes near the area of the first permanent white settlement of ‘The Universal Friend Jemima Wilkinson’, alongside waterfalls and the ruins of mills, factories and canal locks”. Sunday, **March 20** the hike is planned for Monkey Run, and **March 27** at the Springwater Center. For details, see Springwater Trails website or ask a regular hiker. All these hikes are scheduled for 2 PM start time, arrive early for best experience.

Plan to attend **Maple Day Pancake breakfast**, scheduled for **March 26**, 10:00 AM -2:00 PM at Lagom Landing, Reeds Corners Road, Dansville, NY, 14437. For a small donation, you will have some wonderful pancakes and real maple syrup; plus, you will be able to see the pieces of furniture that the current youth in the program are constructing.

Annie’s Ukelele Hour is the third Thursday of every month starting **March 17**, 2022 from 7:00 PM to 8:00 PM. The plans are to continue until December.

Registration: \$5

Little Lakes Community Center
4705 S. Main St., Hemlock

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. Anne O’Reilly is the leader for the session.

Triyoga Class

with Carol Williams

Fridays, 9:30 to 11:30 AM

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 PM

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

Little Lakes Community Center
4705 S. Main St., Hemlock

www.littlelakesny.org; 585-367-1046

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 AM

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.

Zumba Class

With Shanna Butler

Monday evenings from 6:00 – 7:00 PM

Cost: \$25 per month (5 classes) or \$7 drop in.

Little Lakes Community Center

4705 S. Main Street, Hemlock

www.littlelakesny.org, 585-367-1046

Shanna Butler had her own studio for several years, is a certified instructor in both Zumba and Beach Body, and a choreographer. She completed a degree from the University of Buffalo in Theater and Dance. Come ready to dance, exercise, and have fun! This is a good time to sign up.

Spring Wire Wrapping Class - Come join Kristi Metzger for a fun-filled beginner's spring wire wrapping class. Kristi has been wire wrapping professionally for two years. She has traveled to different locations in upstate N.Y. attending festivals and vendor events with her handmade items. We are excited to have Kristi offering a class at the Little Lakes Community Center on **April 2, 2022** from 2:00-4:00 PM. Cost is \$25.00 and will cover all materials needed to make a beautiful flower shaped sun catcher, snacks and a beverage. Masks required. Register early as there is a class limit of twelve. Register online at www.littlelakesny.org or at Little Lakes Community Center 4705 S. Main St. Hemlock, 585-367-1046.

Beaded Bracelet Making Class- Corky Culver will be teaching a class on making beaded jewelry at Little Lakes Community Center (LLCC). The cost of the class is \$25.00 and this will include supplies needed to make a beautiful beaded bracelet. Corky has been making beaded jewelry for over five years and her pieces are lovely; many of which are on display and for sale

at the LLCC artisan gift shop. Corky's love for beading came after receiving a beaded Christmas tree ornament as a gift. We hope you can join this class and learn from this skilled artisan. Class will be held **Sunday, April 3, 2022** from 1pm-3pm at Little Lakes Community Center, 4705 S. Main St., Hemlock, NY. Register online at www.littlelakesny.org or call 585-367-1046. Cut off for registration is Monday, **March 28, 2022**.

Little Lakes Book Club

Thursday, April 7, 2022

6:30-8:30 PM

\$5.00 donation, refreshments included

April's meeting we will be a discussion regarding The Chicken Sisters by K.J. Dell'Antonia. This is a feel good story about bonds and rivalries only sisters can share. The book is both charming and hilarious. Come join us a fun evening of discussions. Little Lakes Community Center, 4705 S. Main St., Hemlock, (585) 367-1046, www.littlelakesny.org

Mushrooms - Harbingers of Spring

April 6, 2022

6:30 – 8:30 PM

Free, donations gratefully accepted

Little Lakes Community Center, 4705 S. Main St., Hemlock

Did you know that there are mushrooms that herald spring? Please join us and discover what mushrooms might be popping up in your backyard. The lecture on **April 6th** will be the first of a **two part series**. The second part will be an actual hike outside. This will begin at the Hemlock Lake North Boat Launch Parking Lot on **May 7th** from 1:00-3:00 PM. Dr. Shannon Nix will be hiking with everyone to help with identification. These are both wonderful times to gain valuable knowledge about mushrooms and what is safe and unsafe to eat. What a nice time to be outside and you might even meet some new friends.

Dr. Shannon Nix is a fungal ecologist who recently relocated to the Little Lakes region from Fairfax, VA. Shannon received her B.S. from SUNY ESF and a Ph.D from Rutgers University. In her career as a university professor, she taught undergraduate and graduate - level courses in mycology, botany, microbiology and environmental science. Shannon regularly gives invited talks and workshops for local and regional mushroom clubs and is a member of the Rochester Area Mycological Association (RAMA). She is passionate about education and raising awareness of the role that fungi play in the environment and our lives.

Happy Birthday to:

March 10 – Kasey Freas, Breanna Willard, Layne Irwin

March 11 – Tracy Smith

March 12 – Phillis Shepard

March 13 – Jonathan VanDurme, Shelley Quackenbush

March 14 – Sandra Lee James, Jeffrey Vadney, Richard Jamison

March 15 – Chris Sackett, Sarah Hart

March 16 – Carly Miceli

March 17 – Zack Smith

Anniversaries: Congratulations!

March 17 - Ron & Sally Brown #66

March 17 – Jerry & Barb Carney #66

Please do not hesitate to let Katherine Humphrey know of any errors you find or information you wish to share from the Webster Crossing area in this Springwater Party

Line. Contact kjth@allwesterntrees.com or by mail to PO Box 217, Springwater, NY 14560. Thank you.