

## SPRINGWATER PARTY LINE

17 March 2022

by Katherine J. T. Humphrey

Webster's Crossing United Methodist Church is hosting a **monthly Spaghetti Dinner by donation** on the 4<sup>th</sup> Thursday of every month. The next one is **Thursday, March 24<sup>th</sup>** and the Roast Beef Dinner is scheduled for Saturday, **April 9<sup>th</sup>**, 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 WCHS, Mary Yarger, 400 N Main Street, 1338B Aqua Unit, Warsaw, NY 14569.

Ten hikers enjoyed the **March 13th Springwater Trail's hike** along the western half of the Keuka Lake Outlet Trail starting at Seneca Mill and hiking up toward the Cherry Street Parking area. The whole trail follows Keuka Lake's "alongside waterfalls and the ruins of mills, factories and canal locks". John Larysz has shared his photographs here [The Keuka Lake Outlet from Seneca Mill to Penn Yan \(larysz.com\)](http://larysz.com) Sunday, **March 20** the hike will be at the Ganondagan State Historic Site, 7000 County Road 41 (Boughton Hill Road) in Victor. Ganondagan is the site of a large 17th century Seneca town, and offers hiking trails with interpretive markers illustrating the history and traditions of the Seneca people. The trails will take us through wooded rolling hills and meadows just south of the Village of Victor. Highlights will include the Granary Trail, where the Seneca protected and distributed their corn supplies on a palisaded mesa, and the Earth is Our Mother Trail, where interpretive markers describe local plants and their particular roles in Seneca life. See <https://ganondagan.org/Visit/Hiking-Trails> for more on Ganondagan and its interpretive trails. **March 27** the hike and social will be 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.

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). Coming soon is the three day Master Food Preserver training to be offered at the Presbyterian Church in Lima.

### **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 LLCAs 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](http://www.littlelakesny.org)

Little Lakes Community Center

4705 S. Main St., Hemlock

[www.littlelakesny.org](http://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](http://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](http://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](http://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](http://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](http://www.littlelakesny.org)

### **Mushrooms - Harbingers of Spring**

**Presented by Dr. Shannon Nix**

**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.

Springwater representative to the Livingston County Office for the Aging, Linda Hopkins, has shared the following: (1) through a partnership with the Livingston County Office for the Aging, Lifespan is offering free one-on-one **counseling for Medicare beneficiaries**. Services include: Medicare plan choices, Medicare savings programs, Part D prescription-drug coverage, EPIC (Elderly Pharmaceutical Insurance Program), coordination with other health insurance. In-person or phone appointments are available. Call: 585-498-4034. (2) **Home Safe Home** is offering FREE in-home modifications for seniors over 60, people with disabilities, or with an income of \$38,000 or less. This program provides an in-home safety assessment that identifies slip and fall hazards, inadequate lighting and other problems. Home owners will also be educated on how to prevent falls and prepare for emergencies. Call: 585-243-7299 for details.

The NY Forest Owners Statewide Meeting on the weekend of April 23, 2022 hosted by the Western Finger Lakes Chapter will take place at Finger Lakes Community College in Canandaigua, Ontario County. The meeting will open on Saturday the 23rd with keynote speaker Conrad Baker, a Naturalist at Letchworth State Park who will be speaking about the North American Beaver, the official mammal of New York State, and his experience with this fascinating animal. His presentation will be followed by a choice of two breakout sessions on birdsong identification and native plants. After a long lunch to enjoy catching up with old friends and a brief presentation about the liability associated with dead ash trees, a choice of two sessions on forest resiliency and building your own Biltmore stick will be offered in the afternoon. On Sunday morning the 24th there will be a woods walk. For details and to register, contact the NYFOA office at [info@nyfoa.org](mailto:info@nyfoa.org) or call 1-800-836-3566. Many thanks are extended to the Western Finger Lakes Chapter for their effort to plan and arrange this meeting.

Happy Birthday to:

March 17 – Zack Smith

March 18 – Brendan Willard, Alexis Carnrite, Cheyenne Carnrite

March 20 – Renee Pauline, Margaret Ryan, Elaine Nadeau

March 21 – Emery Drake, Rory Banaszak

March 22 – Tyler Forrester, Jennifer Shutt, Ira Langhorn

March 23 – Ron Brown, Bryan Willard, David Sleuter, Karen Whiteman

March 24 – Adeline Doerrer

March 25 – Barbara Malone, Diane Akers, Justin Shutt, Terry Lee Kuznicki, Ward Reamer, Aidan Decker

March 26 - John Jacob Mastin, Ilene Washburn-Richards

March 27 – Weaver Holley

March 29 – Samantha Allan

March 30 – Justine Gricius, Matthew Galuski

March 31 – Sarah Clement Shull, Mike Croston

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Anniversaries: Congratulations!

March 17 - Ron & Sally Brown #66

March 17 – Jerry & Barb Carney #66

March 22 – Dave & Carolyn Caron #53

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](mailto:kjth@allwesterntrees.com) or by mail to PO Box 217, Springwater, NY 14560. Thank you.