

## SPRINGWATER PARTY LINE

24 March 2022

by Katherine J. T. Humphrey

Did you take advantage of the opportunity to attend the Webster's Crossing United Methodist Church **monthly Spaghetti Dinner by donation** on the 4<sup>th</sup> Thursday of every month? If you could not come **Thursday, March 24<sup>th</sup>**, please schedule it on your calendar for **Thursday, April 28<sup>th</sup>** and also plan to come to the **Roast Beef Dinner on Saturday, April 9<sup>th</sup>**. The serving time is from 4:30 to 7:00 PM. Spaghetti Dinner is both Dine In and Take Out; however, the **Roast Beef Dinner is Take Out only**.

To everyone's joy, Mary Yarger was brought to Webster's Crossing United Methodist Church for Sunday morning worship on March 20<sup>th</sup>. She is now home. Her birthday is April 2 and a card shower would be most welcome. Address cards to Mary Yarger, PO Box 190, Springwater, NY 14560.

Seven hikers enjoyed the **March 20 Springwater Trail's** at the Ganondagan State Historic Site, 7000 County Road 41 (Boughton Hill Road) in Victor, despite the rain. 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. Here are the photos taken by John Larysz for the day which was raining most of the afternoon: <http://larysz.com/Images/2022/March%20-%20Ganondagan/index.php>. On **March 27, 2022** the hike and social will be at the **Springwater Center** off Mill Street Extension. The social will be a dish-to-pass sharing time. This is an opportunity to hike the trails at the Center that have beautiful views of the Town's landscapes, including the sparkling brook that feeds into the famous trout stream along Kellogg Road. For details, see Springwater Trail's 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 re-scheduled for Saturday, April 2 between 10 AM and 2 PM. It's officially spring and the trees are offering up their goodness! Learn how simple (but not easy!) it is to tap trees, collect and boil sap, and enjoy the Spring Wonder of Maple! \$8/person or \$30/family includes all-you-can-eat pancakes, sausage, syrup, and orange juice, coffee/tea/hot cocoa, walks in the woods, warming by the maple boil or in the Retreat House, and some great time re-connecting with friends after two years of not having this event!

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.

Go to 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 teaming up to

offer a **three day Master Food Preserver training**. The event will be at the Presbyterian Church in Lima, Thursday, Friday, Saturday, May 19, 20, 21. To register, go to the Livingston County Cornell Cooperative Extension website. The cost is subsidized, so do not hesitate to enroll. This is a tremendous opportunity to learn Home Food Preservation from A to Z with talented teachers and being able to meet others interested in the same skills.

### **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.

### **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](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)

**Book Discussion and Signing by the Author** - The Little Lakes Community Center Book Club is proud to be hosting a literary evening to launch a new book. Our very own Jerry Elman has authored a fascinating book, Miracles Through Hell. This is a true story of Holocaust survival and inter-generational healing.

Mr. Elman has agreed to come and tell us about how he got started with this book and the actual writing of this story. He will also be signing any books brought in or purchased at the event. The date of the event is **May 5, 2022**, beginning at 6:30. The cost is \$5.00 per person and there will be light refreshments. The book itself can be purchased on Amazon and there will be some available at the talk. We hope you can join us for this exciting event. We are sure it will be very informative. Hope to see you there. LLCC, 4705 S. Main St. Hemlock. (585) 367-1046, [www.littlelakesny.org](http://www.littlelakesny.org)

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 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

April 1 – Chris Lippincott

April 2 – Jeremiah Lippincott, Mary Yarger, Carol Anderson

April 3 – Sue Keister, Katherine Humphrey

April 4 – Margaret Matteson, Daniel Harter, Tammy Stewart, Lucas Brisbane, Adrianna Gricius

April 5 – Dale Coddling, Pete & Thomas Mitchell, Christina Yacomo, Kelley Colangelo, Alex Sanders

April 7 – Mike Gladstone

Anniversaries: Congratulations!

April 1 – Stanley & Wendy Stek

April 2 – Matt & Katie Hoppough #27

April 5 – Gary & Deborah Colligan #36

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.