

Black River News

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VOLUME 19 ISSUE 4

Crafting and Happiness

APRIL 2024

Do what makes you happy! One of my mother's favourite expressions was "I'm just trying to be a happy woman." It appears that it is not as easy as just saying it. Happiness is an elusive emotion, hard to describe, hard to sustain, as we wander around in our lives seeking that certain something that makes it all worthwhile.

Some folks have found new lives with crafting. While little research has been done specifically on crafting, neuroscientists are beginning to understand that such activities such as doing crossword puzzles might also apply to quilting complex patterns. That there are connections between mental health benefits of meditation and the zen reached while painting, writing, felting or knitting.

"There's promising evidence coming out to support what a lot of crafters have known anecdotally for quite some time," says Catherine Carey Levisay. "And that's that creating whether it be through art, music, cooking, quilting, sewing, drawing, photography or cake decorating is beneficial to us in a number of important ways."

Psychologist Mihaly Csikszentmihalyi described the "flow" of losing oneself in activity is the secret to happiness.

"When we are involved in (creativity), we feel that we are living more fully than during the rest of life. You know that what you need to do is possible to do, even though difficult, and a sense of time disappears. You forget yourself. You feel apart of something larger."

The effects of "flow" says occupational therapist Victoria Schindler reduces stress and fights inflammation. Our bodies are in a constant state of stress because our brain can't tell the difference between a bear attack or a business meeting. The repetitive motions of knitting, for example, activate the parasympathetic nervous system, which quiets the "flight or fight" response.

"Flow" could dampen internal chaos and could offer a nonpharmaceutical way to regulate anger or prevent irrational thoughts.

When one is involved in a pleasurable endeavour dopamine is released in the reward centre of the brain. It is our natural anti-depressant. "In one study of more than 3,500 knitters, published in The British Journal of Occupational Therapy, 81% of respondents with depression

reported feeling happy after knitting. More than half reported feeling "very happy".

Exactly how I felt recently as I finished knitting my first sock. It fit perfectly at the ankle, heel and toes. I couldn't have been more surprised and I'm sure I fairly glowed with dopamine.

Sharon Lake

The Frugal Kitchen

Measurement Conversions

Perhaps there is something to be said about "It doesn't taste like my grandmother's!" or "I can't make it like my mother did!" Have you ever come across an old recipe which may say a pinch of something, or a scant cup, fistful, or chunk? Fannie Farmer, who went to the Boston Cooking School, is credited with promoting the level measurement for consistency. So by the late 1800's, early 1900's measurements had become standardized.

Flour is said to be the most common mis-measured ingredient. Try dipping a measured cup into a bag of flour, level it and see if it yields a different result than spooning the flour into that same measured cup levelled.

The following are a few examples to understanding old recipe measurements:

Pinch	1/8 tsp
Knob	2 tbsps
Coffee Spoon	1/2 tsp
Kitchen Spoon	1 tsp
Dessert Spoon	2 tsp
Jigger	3 tbsps

Fistful	1/4 cup
Teacup	1/2-3/4 cup
Coffee Cup, Glassful, Tumbler	1 cup
Scant Cup	1 cup less 2 tbsps

Dollop	1 1/4 tbsps
Chunk	2-3 tbsps
Handful	1/2 cup

Perhaps this will cause us to pause briefly and fondly when we add a dollop of something when test tasting a recipe or feel that a dish just needs a pinch of this or that to improve the flavour.

Trina Long

Hello Neighbour ...

Back in early summer 2023, a young lady, who I met through my son Josh in St. John's, Nfld, asked me if Josh would bring her home a "Jellybean Row" mailbox on his next trip home to Nova Scotia. She had seen these mailboxes online. This prompted me to investigate further and possibly creating one for the young lady. I always admired the many bright colours of the homes in St. John's on my walks when I visited the province. I asked my brother to fabricate a pine mailbox and the planning process began. The first box would be a trial run to prove that my painting would be "up to par" with the store bought mailboxes. This first one is now anchored to my garage!



Nfld Jellybean Row Mailboxes

Being content with the first, the second mailbox was in the making. At the time of writing, I have completed a total of eight mailboxes, the majority of which have found homes with happy customers. Each mailbox is unique as I am able to change the colour palette as I choose.



Nfld Jellybean Row Mailboxes

From the priming of the wood, the three base coats of the bright colours, the hand drawing of the windows, doors, clapboard, and the two coats of clear coat to protect them from the weather, these items are time consuming to create. I have found the whole process rewarding and have enjoyed working on them over the long

winter days.

These mailboxes have also lead to the creation of bright "Jellybean Row" birdhouses, feeders and decorative garden fence.

Francis McLearn



When we relocated to Black River in 1967, this tree was in a ladies' hay field. A few years later, a family built a home beside the tree. That family didn't make syrup from the sap, and why my family didn't ask to tap the tree is beyond me. When Joel started tapping trees years ago, he asked Larry and Mary Ann Long if he could borrow their tree. This tree is actually two grown into one, but just the same. The big guys say that a tree can be tapped every two feet. Joel had six pails on it. Joel gathered at dark and I gathered again at noon. I'm not sure how many litres were gathered that night, but I got 21 at noon. The tree or trees are showing their age. They have a lot of damage in the tops. I'm not looking forward to the day when this sight is no longer.



Francis McLearn

Black River

... from the Wolfville Acadian

This column was originally printed in the Wolfville Acadian and was printed without the wife's name, as was the practice of the time. Where it is known we have included it in brackets.

April 26, 1951

The Community Club met with Mrs. Rupert (Inez) Long Thursday evening when 16 members were present. After the pleasant evening the 10¢ tea was served by the hostesses. The next meeting will be with Mrs. Clifford (Ada) Long.

Miss Mabel Nowlin, Hantsport, and Mrs. Morley (Hilda) Nowlin, Wolfville, spent Sunday with Mr. and Mrs. Emory Nowlin.

Donald Clem, of the active Force, stationed in Vancourver is visiting his sister, Mrs. Byron (Verna) Long.

Mr. and Mrs. Jack (Grace) Allen accompanied by Mrs. Jennie Long, motored to P.E.I. to visit the latter's daughter, Mrs. H. (Ruth) Babcock, who is sick.

Mrs. Alice Greenlun and Mr. and Mrs. Carleton (?) Schofield, Hantsport, visited Clyde McInnis recently.

Mr. and Mrs. Everett (?) Hiltz and Gordon, Avonport, visited Mrs. Welsey (Roxie) Levy on Sunday.

Alex McDonald has returned to Camp Hill Hospital for a check up.

Mrs. Byron (Verna) Long visited her mother, Mrs. Clem at Morden, Saturday.

A crokinole party was held Friday evening at the school when \$14.60 was raised for church purposes. Prizes went to Mrs. Arnel (Helen) Levy, Dean Schofield, and consolations to Mary Eagles, and Phillip Long.

Mr. and Mrs. Lloyd (Ruby) Levy, Brian, Richard and Laurie visited Mr. and Mrs. Lemuel (Murial) Levy on Sunday.

The church service was held Sunday at Black River with Dr. Warren, accompanied by three Acadia University students as visitors.

Sorry to report Clifford Long is on the sick list but wish him a speedy recovery.

Annapolis Valley High Speed Internet

We thank the AVHS for the complimentary internet at our community hall. CONTACT them at 902-692-9100 or annapolisvalleyhighspeed.com.
LOCAL BUSINESS • NO CONTRACT • UNLIMITED TRANSFER

APRIL events ●●●



SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8 Sewing/Crafts Meeting 11 am Ways/Means & Maintenance 7pm	9	10	11 Card Making 7-9 pm	12	13 Clean Out Your Closet Sale 10 am-3 pm See details below
14	15 Book Club 7pm-	16	17	18	19	20
21 Monthly Meeting 7 pm	22 Sewing/Crafts Meeting 11 am	23	24	25	26	27
28 Emergency Preparedness Presentation 7-8	29 Heritage Meeting 7pm	30				

• **Card Making Classes - Diane Ells 902 542 5173** instructs classes in very professional looking cards. **Classes - 2nd Thursday of the month at 7 pm, in the Hall.** All are welcome to attend and enjoy the fun.

Wanted 1

• We are planning to create a calendar to represent our community. If you have a photo or plan to take one to submit please contact Diane Ells at dianeells1933@gmail.com or 902 542 5173. Looking for photos of the area at different seasons of the year (horizontally positioned, high resolution) eg. family skating on outdoor ponds. sunsets, snow, animals, gardens, etc). We are hoping to have the calendar for sale in September so get your photos in soon. A fundraiser for the upkeep of the Hall.

Plants for the Hall Garden

• We are looking for some plants for our Hall garden. If you are thinning out your plants and want to donate the extra plants to the Hall. please call Diane Ells 902 542 5173 and leave a message.

NEWSLETTER : The deadline for submissions is the 15th of each month for the following month.

Contacts: • sharonlake07@gmail.com • 902 542 5125
• gladyslong67@gmail.com • 902 542 1994

LIVE LINKS TO OUR FACEBOOK, NEWSLETTER & PODCASTS below:

<https://www.facebook.com/blackrivercommunityhall/>

<http://blackrivercommunityhall.weebly.com/>

<https://anchor.fm/storiesfromblackriver>

<https://open.spotify.com/show/1zMHYxDmWQ9uUjCNQSmN7U?si=m5N2VSSQQZufzbSNR96dyQ>

• **APRIL 13 10 AM-3PM**

CLEAN OUT YOUR CLOSET SALE

Here's a chance to get some new treasures, earn a little money from your old treasures and declutter your closets. You decide what price you want to ask for them.

Tables: lg \$10, sm \$5 To book a table contact:

Diane at 902 542 5173 and leave a message • Taylor Swift handbag Draw • Canteen Available • Ticket Draw on A Variety of Homemade Cakes.

Kings REMO EMERGENCY PREPAREDNESS PRESENTATION & DISCUSSION

• SUNDAY April 28, 2024. 7:00 pm -8:00 pm

Black River Community Hall. The Kings County Regional Emergency Management Coordinator will provide a presentation on the Kings Regional Emergency Management Organization and What it means to You!

www.KingsREMO.ca

CONTACTS: Hall Rental/Events Booking: Daily Rental-\$100, Damage Deposit \$50 Contact: Jayn Kenny 902 542 0002

jayneileenkenny@msn.com

Ways and Means: Contact Diane Ells 902 542 5173

Book Club: mary.tanner.long@hotmail.com

Card Games: Zelma Long 902 542 2842 or

sunkenhaven@gmail.com

Classifieds...

- **PORCUPINE CREEK PRODUCTIONS** - handcrafted by Nellie Schofield - nellieed.schofield@gmail.com. Tel: 902.542.5134
 - **JESSICA MYRA - NATURAL FIBRE CREATIONS**-mothermuse@outlook.com
 - **JACK SPINNEY is offering QUALITY, DRY KINDLING \$10** single, \$8 five or more bags. **DROP-IN AT 85 UPPER SUNKEN LAKE RD** or **CALL 902.713.5094.**
- SMOKED GASPAREAU FILLETS** - Jack is taking orders now.

Available 1st week of May

RETA SPINNEY'S Jams Jellies Pickles -\$6 Jams & Jellies & \$8 Pickles

• **HUMBLE HILL HOMESTEAD** offering: farm fresh eggs in a variety of colours, frozen-fresh rabbit, veggies and transplants seasonally. Contact Facebook Farm Page or call/text 902.300.5482

• **FOR SALE: Locally grown lean ground beef \$6/lb.** Custom beef orders for sides and quarters \$5/lb. **Call Shawn Levy 902 300 4432**

• **Need a little help around the house or yard? Some cleaning, organizing or light yard work? If so, call Amber Hermie-Long at 1 (506) 280-1568. She can help you out!!**

Birthdays

Nancy Morse	Apr 1
Todd Schofield	Apr 1
Joyce Carnell	Apr 2
Donna (Stephen) Levy	Apr 5
Patrick Clancey	Apr 9
Sarah Levy	Apr 11
Brittany Gertridge	Apr 14
Jayden Oulette	Apr 14
Shane Kaizer	Apr 17
Violet Levy	Apr 18
Beau Milligan	Apr 19
Pam Schofield	Apr 20
Francis McLearn	Apr 20
Josh McLearn	Apr 21
Aiden Levy	Apr 21
Paul Levy	Apr 22
Kyle Chappus	Apr 23
Evan Ells	Apr 24
Blair Schofield	Apr 24
Mitchell Long	Apr 25
Sage Munro	Apr 26
Tracey Pick	Apr 26
Nellie Schofield	Apr 27
Joel McLearn	Apr 29
Aaron Levy	Apr 30
Anniversary	
Paul & SueAnne Russell	Apr 9

Condolences

• Manford "Mannie" Vaughan passed away in February. We extend condolences to his family and friends.

www.whitefamilyfuneralhome.com/obituaries/176100

• Martinus "Ries" Spithoven passed away at the age of 96 in March. Our condolences are extended to his family and friends.

www.whitefamilyfuneralhome.com/obituaries/176368

With Appreciation

Many thanks to the community for their support for the Spaghetti Supper. We had many people turn out to help for our first Eat In since COVID. It takes a lot of work from volunteers making the food, serving it and then washing up. A pat on the back to everyone and Mother Nature gave us a sunny day.

Wanted 2

• Looking for family favourite recipes for a community-wide cookbook. A little story about the recipe would be appreciated. Please contact Diane Ells at dianeells@gmail.com or 902 542 5173 with your recipe.

Sunken Lake and Area Journal of Wildlife Observations

recorded by Clara Spinney

• It's a wonderful time of the year with all the birds and animals showing themselves more and more.

• Robin Armitage tells me they have a mink under their shed that likes peeking out keeping an eye on her.



Mink

• Zelma Long is having visits from two adorable skunks. They are so cute but can do a lot of damage to a lawn. We all know they are cute but oh my the damage they can do!

• Donald and Theresa Feltmate report having a pair of pileated woodpeckers, also a pair of downy woodpeckers.

• The geese are back in Black River on every body of water, no matter how small. They are also in the cornfield up the road. I can't imagine what there would be to eat.

• Levi Pick tells me that at his parents place they had a large flock of juncos. That is unusual as there was so few here all winter.



Raven

• The ice is gone in front of my place on Sunken Lake. So the first pair of mallards landed this morning. There is also three mallards in Miner Meadow Road brook.

• We have a pair of ravens nesting not too far from here.

• There have been numerous reports of sightings of deer out in the fields enjoying the freedom of no snow.

• Oh, Yes! I don't want to forget the reports I've had of sightings of robins, a very welcome sight.

So I would conclude that Spring is very close.



Robin

Telephone Clara 902.542.3180 with any of your wildlife observations and she will add them to her own or email: claraspinney123@gmail.com

HALL RENTAL:

• Daily Rental \$100 • Damage deposit \$50. Effective January 1, 2022

Hall Rental/Events Booking: Jayn Kenny jayneileenkenny@msn.com, 902 542 0002

Accepting bookings for Hall Rental Now

EXECUTIVE ...

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