

Black River News

• Together • We • Can • Accomplish • Great • Things

VOLUME 15 ISSUE 4

APRIL 2020

SENIORS' Shopping

What the following stores are offering for Seniors' shopping:

SUPERSTORE - 7am-8am. Regular hours - 8am-8pm Monday to Saturday. Offers online ordering of groceries. Personal shoppers fill order, free during COVID-19 crisis. Pickup in person or choose a pickup location -charge \$3-\$5. No Cash. To order on line download the pc express pickup app see pcexpress.ca

SHOPPERS DRUG MART - Shopping for seniors from 8am-9am & 20% off every morning at this time only with PC Optimum card. Subject to change when pandemic is over. Regular hours 8am-8pm. Save 15% every Thursday age 65+ Super Senior Days on select Thursdays, where seniors can get 10,000 PC Optimum points or a \$10 Savings Card. Availability varies every month.

LAWTONS - New Minas and Kentville, 9am-10am Shopping for Seniors and those who require extra attention. Regular hours 9am-6pm. Wednesday 20% off for Seniors.

COCHRANE'S PHARMASAVE, Wolfville Regular Hours 9am-9pm closing at 6pm on Saturday.

WILSON'S PHARMASAVE - Kentville, Hours: 8am-6pm, Saturday 9am-5pm, Sunday 12pm-5pm. Drive-Thru prescription service. Limit stay in store to only what is necessary and call ahead to order prescriptions.

SOBEYS - 7am-8am for seniors and those that may require assistance or have chronic illness. Regular hours 8am-8pm Rain checks, refunds and bottle returns suspended. Prefer payment with debit or credit card. Pharmacy hrs: 9am-6pm, Saturday 10am-6pm, Sunday 12pm-5pm

INDEPENDENT - Kentville - Limited store capacity during COVID-19. 8am-9am is dedicated to seniors and those who need extra assistance. Regular hours Monday to Saturday 8am-8pm, Sunday 10am-5pm.

INDEPENDENT - Wolfville same as above. No ID needed for seniors.

WALMART - Seniors' hours, disabled and those with vulnerable health conditions. 7am-8am. Saturday and Sunday closed. Regular hours: 8am-8pm and open on Saturday and Sunday.

Sports Sparklers

*With the cancellation of the NHL games this year, due to Covid-19 virus, some of our readers may be suffering the pangs of hockey withdrawal. Here are a couple of games involving our hockey player greats from the Black River section of **The Acadian** - March 14, 1945, with play-by-play described by an unknown writer.*

Some of our local hockey players drove to White Rock to witness a game between the girls of White Rock and those from New Minas. There was a big crowd of spectators who cheered wildly for their respective teams. The White Rock team was made up as follows: Goal - Marjorie Scott; defence - Marie Hancock and Alberta Schofield; forwards - Louise Ells, Velma Hancock, Blanche Jodrey, Kay Spidle, Bernice O'Leary, Ethel Forsythe. The spectators all agree that it was hockey all the time. At the end of the game the score was 2-1 in favour of White Rock. Although the New Minas girls were on the losing end they were not at all discouraged for everybody will say it was anybody's game all the way. Eddie Hancock handled the whistle.

Our three hockey players, Ian Long, Claude Rogers and Charlton Levy, went to White Rock to play on their team in a friendly game with Port Williams on Thursday last. The game was keenly contested. At the end of the first period the score stood 10-3 for Port Williams. When the second period came White Rock had reorganized their team and the score in that period was 2-2. When the third period was called the White Rock team had every man ready and willing to give the best he had. Time and again the forwards on Port Williams came down the ice only to find the way to the net completely blocked. At the end of the third period the score stood 12-10 in favour of Port Williams, thus showing that in the third period the score was 5-0 for White Rock. The White Rock team was glad to have their old goalie in the net. His name is Harley Jodrey and he seemed to soon find his stride. Let us hope these two teams meet again for they all seemed to have a good time and kept so good natured.

NATURE'S PANTRY AND PHARMACY

Oregano

The next couple of articles will be on herbs that have health benefits and can be raised in the garden or in pots. They are easy to grow, process and use. Oregano can be grown as a perennial with the seed planted early in the summer or transplants planted anytime during the growing season. Pick a spot with lots of light and good drainage. Some protection for the first winter is recommended. The Roman's love of the herb helped spread its use throughout Europe and Northern Africa. In the Middle Ages it was used for medicinal purposes. Oregano leaves were chewed as a cure for ailments such as rheumatism, toothache, indigestion and coughing fits.



Identification: *Origanum vulgare* is a flowering plant in the mint family. Native to temperate Western and Southwestern Eurasia and the Mediterranean region but will overwinter in Nova Scotia. It grows 7.9-31.5 ins. tall, with opposite leaves .39-1.57 ins. long. The flowers are purple and produced in erect spikes. Sometimes called wild marjoram and close relative sweet marjoram

Useful parts of the plant: Leaves are the most commonly used part of the plant. All of the plant but the root is used in the production of oregano oil.

Preparation: Fresh leaves of the oregano are used in food preparation and as an application to skin problems such as cold sores, scrapes and bites. The stalks and leaves can be pressed to extract the oil but it is easier to buy it. Oregano can be very easily dried and is one of the few herbs that have a stronger flavour when dried.

Benefits: 1. *Claim: Oregano Oil Kills Bacteria: True.* Numerous peer-reviewed studies indicate that oregano oil is an inexpensive and effective antibacterial and antimicrobial agent particularly against foodborne pathogens. 2. *Claim: Oregano Oil Kills Viruses: Mostly True.* Multiple studies investigate the antiviral powers of oregano oil and carvacrol, and support their use in sanitization formulas. Most notably, carvacrol could stop cell replication in antiviral medication-resistant herpes simplex (HSV-1) or the cold sore virus. 3. *Claim: Oregano Oil Repels Insects: Somewhat True.* Carvacrol, produced by the oregano plant to repel pests, can also keep bugs away from humans. One study found that oregano oil can be as effective as DEET at repelling ticks.

4. *Claim: Oregano Oil Promotes Skin Healing: Somewhat True.* Because of its antibacterial, antimicrobial, antifungal and antiviral properties many have reported using oregano oil on minor cuts, scrapes, burns and acne with great success. *Research from many credible medical journals supports oregano oil's potential as a therapeutic treatment for many conditions.*

Lots of information in the culinary use of oregano can be found online and in books. A drop of oregano oil taken orally each day is known to kill some viruses and bacteria. During the next few weeks it may be something to keep in mind. Like all herbals, be sure to clear its use with your doctor.

Ed Schofield

Black River

... from the *Wolfville Acadian*

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

July 31, 1947

Mrs. Freeman (Hattie) Ells and baby Gladys recently returned from a two weeks' visit with relatives in Middleton and Berwick.

Mr. and Mrs. Mort (Clara) Freeman and daughter left on Monday for their home in Pennsylvania, after visiting the past week with the former's parents, Mr. and Mrs. Rupert (Inez) Long.

Miss Grace Long has gone to Grand Pre where she will be employed.

Rev. Freeman Fenerty conducted the baptism at the lake on Sunday when four candidates were baptized. Special music was rendered by the Anderson twins and a quartette by the three Levy brothers and Mr. Murray.

Mr. and Mrs. Frank (Annie) Ells had as recent guests the latter's brother, Herman Brown, and wife from the U.S.A.

Mr. and Mrs. Merlin (Verna) Forsythe and Dale, of White Rock, visited Mr. and Mrs. Lloyd (Ruby) Levy on Sunday last.

Mr. and Mrs. Rupert (Inez) Long enjoyed a picnic supper at Evangeline Beach on Sunday with a number of their children and grandchildren present.

Messrs. Hedley Schofield and Kenneth Smith, of White Rock, spent the week end at the home of Mr. and Mrs. Stanley (Elsie) Levy.

Keith Schofield, son of Mr. and Mrs. Walter (Mildred) Schofield went to Halifax on Saturday for further treatment at the V.G. hospital. Keith has been in a cast for the past six weeks.

April Events ○○○

ACTIVITIES, MEETINGS, RENTALS ARE CANCELLED UNTIL FURTHER NOTICE DUE TO THE COVID-19 VIRUS. CHANGES WILL BE POSTED ON THE BLACK RIVER COMMUNITY HALL FACEBOOK PAGE or WEBSITE.

NOTE: We normally send our newsletter to be printed at Mister Printer in Kentville. During the COVID-19 pandemic he is not at work. This means that unfortunately there is not a widely distributed paper copy of the newsletter available. If you have a printer it can be printed from blackrivercommunityhall.weebly.com website where the newsletter will be posted as usual.

WHITE ROCK COMMUNITY CENTRE ACTIVITIES ARE CANCELLED FOR NOW. ANY CHANGES WILL BE POSTED ON THE WHITE ROCK FACEBOOK PAGE.

Some recipes for Hand Sanitizers

1.

- 3/4 cup isopropyl alcohol
(60-75% alcohol, 99% isopropyl is best)
- 1/4 cup aloe vera gel (keep hands from drying out)
- 10 drops essential oil (tea tree oil, lemon juice)
Pour all ingredients into a bowl (eg. glass measuring container) Mix with spoon and beat with whisk to turn the sanitizer into a gel. Pour ingredients into an empty clean bottle and label "hand sanitizer.

2.

This one is less sticky -
- 12 fluid ozs. isopropyl alcohol
(60-75% alcohol, 99% isopropyl is best)
- 2t. glycerol or glycerin
- 1T. hydrogen peroxide
- 3 ozs. distilled water
- spray bottle
Mix alcohol with glycerin. (Glycerin keeps alcohol from drying hands). If you don't have glycerin add moisturizer after. Then add hydrogen peroxide and distilled water (or boil tap water and let cool before continuing). At least 3/4 of your final mixture must be alcohol.

3. No alcohol? use ethyl alcohol (grain alcohol 151 proof or 75.5%)
- 50 ml of ethyl alcohol
- 1-2 ml of glycerin
Mix together. Make sure the containers are clean and sterile before filling.

Best method is to wash your hands in hot soapy water.

How some of our friends and neighbours are passing the time at home.



• Not doing much differently as it seems we are already living an isolated life style. We shop mostly once a month and shop for Jack's mother when she needs it. For now I am doing some Spring cleaning, sorting clothes and getting ready to recycle them. Using the computer.
... Reta

• Today I'm cleaning the oven and doing housework. Normally I don't have the time for it. Also doing a few crafts. Amber is enjoying talking with her friends on the computer.
... Tina

• Taking a deep breath. Children are facetimeing each other. When I go to the grocery store I check with Mum and kids to see what they need and then leave the groceries on the doorstep. A lot of what we are doing seems like old times, like what we did in the past - check with family and friends before going into town. Broke down and bought a basic television package from Shaw. Since I already had the receiver it was done in a jiffy.
... Ed

• Realize that we can do without a lot of things. But I worry about my children even though they are adults. Thinking about the future, how we could change things. Perhaps have a community school - no buses, children walking to school, taking advantage of internet and nature as teaching tools. We have it all here plus teachers.
... Gladys



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

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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 BRAIDED RUGS - local and handmade, 85 Upper Sunken Lake Road, Sunken Lake B4P 2R2 Tel: 902.542.1552

Looking for KINDLING for the winter season? Look no further. Jack Spinney is offering **QUALITY, DRY KINDLING** at the great price of \$5 for a full feed bag. Call Jack at 902 542 1552.

Birthdays

Alice Clancey	Mar. 9
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
Helen Levy	Apr. 14
Shane Kaizer	Apr. 17
Pam Schofield	Apr. 20
Francis McLearn	Apr. 20
Josh McLearn	Apr. 21
Paul Levy	Apr. 22
Kyle Chappus (20)	Apr. 23
Evan Ells	Apr. 24
Blair Schofield	Apr. 24
Tracey Pick	Apr. 26
Nellie Schofield	Apr. 27
Joel McLearn	Apr. 29
Aaron Levy	

Anniversaries

Paul & Sueanne Russell Apr. 9

Congratulations

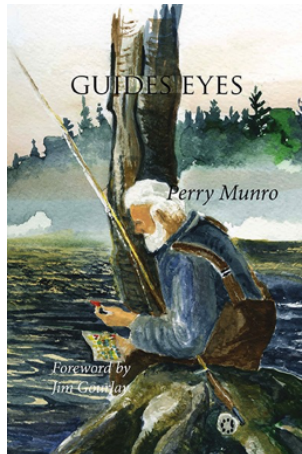
Paul and Sherry Spinney have a new baby horse called Luke.

Congratulations

Congratulations to Perry Munro on the publication of his book

Guides

Eyes. It is available on Amazon. An autographed copy can be had for \$11.95 plus shipping, handling.



It is about as long as a pen. It may have a sewing use as it was found in a sewing basket. It has two wheels which turn but are not sharp nor is the pointy end sticking out sharp. Any ideas?



Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

FEB.20 - Although it is still Feb. leaf buds are showing on my wisteria and lilacs, also the maples are showing little red buds.

Feb. 24 - More and more you can see some of the birds are showing their spring colours.

Feb. 27 - I still have the woodpecker. It falls asleep on the feeder and although I have put something at the window to keep him from banging into it, when he wakes up he still hits the window.

Mar. 1 - Laurie Levy contacted me saying a small flock of geese flew over his place headed north. He also said he has a barred owl hooting at the back of his property.



Barred Owl

Mar. 7 - There are 14 mourning doves mated up here at the feeders. Their cooing sounds are constant now, apparently they are courting.

Mar. 10 - More and more people are telling me of sightings of geese heading north. Looking forward to being able to write that the ducks and loons are here. Of course first got to get rid of the ice.



Mourning Dove

Mar.15 - More geese headed north his evening. Have had many reports of robins all over the neighbourhood but I haven't been fortunate enough to see them.

Mar.17 - Cool temperatures make for lots of activity at the feeders. Hard to believe in 1.5 months it will be hummingbird season.

Mar. 18 - Evidence of spring - sightings of buckets hanging off maple trees.

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

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 - Family-Get-Togethers
- & whenever you need a meeting place.
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