

# Black River News

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AUGUST 2019

What would be a better way to spend the first really hot, humid afternoon of summer than to follow Bernard Forsythe as he led a group of rubber-booted, bug sprayed, long-sleeved shirted, cameras at the ready group through a bog to see, among other things, one of the most eye-catching orchids in our area - the Showy Lady Slipper. Pictures do not do it justice. Regal, incredible, delicate, stunning and perfectly attuned to its very specific environment. Bernard told us that the Showy Lady Slipper's seeds, encased in a shrivelled pod are blown away by the wind and must land on soil that contains a particular fungus in order for a new plant to grow, and even then it takes at least seven years for that to occur. The cup-like blossom of the Showy Lady Slipper entices insects to enter, but its rolled rim prevents them from exiting. The pollen located closer to the stem end has two small holes. For the insect to exit, it crawls through the pollen and out through the small holes. When the insect repeats the process at the next blossom it crawls through, the grains of pollen from the first blossom are caught thus completing the pollination process. Consider how specific the conditions must be for that to happen. Plants bloom for several years but eventually they die and, hopefully, the new plants, begin from the blown seeds aided by the fungus, are established.

As we followed Bernard blindly along barely discernable paths, taking care to step in his footsteps, he pointed out other plants that exist in the tamarack bog: Jack-in-the-Pulpits, Giant Lady Slippers (which are not nearly as large the name would suggest), Yellow Lady Slippers, lamb kill, white strawberries and various ferns.

Happiest when out looking for orchids, birds' nests, all sorts of birds but particularly Barred Owls, Bernard is generous with both his time and his knowledge. He was honoured in 2013 by being named the Stan Hodgkiss Canadian Outdoorperson of the Year, awarded to an outstanding individual in the field of conservation. He has identified and registered more than 4000 birds' nests, banded more than 800 Barred Owlets, kept meticulous records that add to the growing and important body of knowledge, offered his expertise and assistance to Acadia Biology students, given numerous presentations to



Bernard Forsythe



Photos by Gladys Long

Showy Lady Slipper

more than 40 years searching out various orchids, still gets a kick out of hearing our *oohs* and *aahs* as we catch our first glimpse of the Showy Lady Slippers.

As we stopped, deep in the bog surrounded by the beauty of the lady slippers and painfully aware of the fragility of the ecosystem, Bernard called "his" owls. As we turned to leave, from across the bog, came the returning call of both male and female Barred Owls. Such a day!

Gladys Long

**Please note the dates of meetings and events on the calendar on page 3.**

## NATURE'S PANTRY AND PHARMACY

In the next few articles, I will be featuring some common native plants to consider for use in your home. Some of these are old "cures and treatments" of some conditions that may impact your health and others can be used to enhance meals. I have not used all of these myself and so cannot attest to the value of them as listed.

Remember, when considering using any of these plants, please clear it with your doctor. Drug interactions can occur with many of these plants.

The first plant that we will talk about has been featured in a past edition of the Black River News and was the theme of a workshop earlier this year - **Dandelions.**



**Identification:** Bright yellow blossoms appearing in spring ... oh heck, everyone knows what dandelions look like.

**Useful Parts of the Plant:** Everything! New leaves in the spring are used as greens and are one of the earliest to appear. Blossoms are used in creating wine. Roots are used as a tea or coffee substitute or in soups or stews.

**Preparation:** At this time I will cover the preparation of the roots for a tea or coffee replacement or addition.

*Best results are from 2 year old roots and are prepared in the fall. Dig and clean the roots of all dirt and small "hair" roots. Now, cut them in pieces about the size of a coffee bean. Try to be consistent with the size. Place them on a parchment covered cookie sheet. You don't want to try to clean your pan of the sap. Roast in the oven at 200°F for 2 - 2.5 hours. The longer times will produce a darker roast. Let cool and store in a tight mason jar. Grind as you would regular coffee.*

During the war, when coffee was scarce, people added this to regular coffee to extend the supply. It has the added benefit of being caffeine free.

**Benefits:** A *Prescription for Herbal Healing* states that the dandelion root is a blood purifier, promoting detoxification through the kidneys and the liver. Dandelion is also used as a natural diuretic and does not deplete the body of potassium the way medication can. In fact, according to "The Healing Herbs" dandelion is full of potassium. It also contains high levels of iron, boron, calcium, silicon, vitamin C and ounce for ounce contains more beta-carotene than carrots, states A *Prescription for Herbal Healing*. You can also add riboflavin, folic acid, B6, copper and manganese to the list.

If you would like information on preparing other parts of this herb, contact me at [nellieed.schofield@gmail.com](mailto:nellieed.schofield@gmail.com)

Ed Schofield

*Thank you*

Thanks to all the volunteers who helped make our Ice Cream Social such a success. We very much appreciate that our community members pitch in and help wherever and whenever needed at every function. We are indeed fortunate.

## Black River

... from the *Wolfville Acadian*

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

**March 20, 1947**

Mr. and Mrs. Allison (Verna) Chute and baby, Marilyn, of Waterville, spent Sunday with the latter's parents, Mr. and Mrs. Rupert (Inez) Long.

Mr. Leverette Long, who is employed with the Avon River Company at Methol, spent the week end at his home.

The advanced teacher, Miss Pansy Coldwell, spent the week end with her parents in Melanson.

Miss Mabel Nowlin is spending an indefinite time with her sister, Mrs. Earl (Zena) Schofield, and Mr. Schofield, at Starrs Point.

Mr. Stanley Levy and sons, who have been the woods at Greenfield, moved out last week, and will start their mill work at Melanson.

**April 3, 1947**

Mrs. L.W. (Mabel) Long, who has spent the past seven weeks in E.K.M. Hospital is convalescing at the home of her sister, Mrs. Raleigh (Abbie) Eagles, and Mr. Eagles, of Greenwich.

Congratulations are extended to Mr. and Mrs. Vincent (Minnie) Schofield on the birth of a son at E.K.M. hospital.

Mrs. Freeman (Lexie) Levy entertained several children on Saturday in honour of her daughter Joy, it being her eighth birthday. Refreshments were served including ice-cream and birthday cake.

Miss Mabel Nowlin returned home from E.K.M. Hospital on Sunday after undergoing an ear and nose operation. We wish her a speedy recovery.

Several of our young folk accompanied Miss Coldwell to Gaspereau on Thursday night to attend the Melanson B.Y.P.U.

Mr. L. W. Long has been home several days with an infected hand.

Our church service on Sunday was conducted by the Rev. Mr. Hadley of Acadia.

# august events

## Preview of Quilting & Crafts ...

- September 2 - Labour Day - Holiday  
 9 - Open - bring your own project to work on or just drop in  
 16 - Easy cross-over pot holders  
 23 - Beaded Snowflakes  
 30 - Hilda the Witch
- October 7 - Smittens  
 14- Thanksgiving - Holiday  
 21- Hall is being used for Election purposes  
 28- Button Ornaments
- November 4 - Woven Snowflakes  
 11- Remembrance Day - Holiday

**Whirili-Gig Tutorial August 19 - 9:30-12:00**  
 Join Reta Spinney as she demonstrates how to make these fascinating whirili-gigs. Adults and children welcome to attend but children must have an adult in attendance. Materials supplied. Class is \$5

**Newsletter:** If you would like to receive a hard copy of the newsletter let us know at the email below. If you wish to read it online: [blackrivercommunityhall.weebly.com](http://blackrivercommunityhall.weebly.com). There are past and present newsletters at this site. We welcome your input, please send submissions to: [sharonlake07@gmail.com](mailto:sharonlake07@gmail.com). **The deadline for each month is the 15th.**

**Keith Irving, MLA Kings South** will be at the Hall on **August 8, 3:00-7:30 pm. All are welcome to attend the Open House** with Mr. Irving addressing some provincial government issues. There will be a time for questions and answers and to speak directly with Mr. Irving as time permits. Please feel free to come and go as you please.

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 Ticket DRAW for One Day Family Pass to Oaklawn Farm Tai Chi 7:00	2	3
4	5 Ways & Means 7 pm	6 Bookmobile 10:45-noon Simply Computer 12-3. \$3	7 Card Party 7-9 \$3 50/50 Lunch	8 Keith Irving MLA Kings S. Open House 3:00-7:30 pm Tai Chi 7:00	9	10 Jam Session 7-10
11 Farmer's Market & Cafe 11-1:30	12	13 Simply Computer 12-3. \$3 Director's Meeting, 7-	14 Card Party 7-9 \$3 50/50 Lunch	15 Tai Chi 7:00	16	17
18 Monthly Meeting, 7-	19 whirili-gig tutorial for kids/adults 9:30-12 Book Club 7-8	20 Simply Computer 12-3. \$3 Maintenance Meeting, 7-	21 Card Party 7-9 \$3 50/50 Lunch	22 Tai Chi 7:00	23	24
25 Farmer's Market & Cafe 11-1:30	26 Heritage Meeting 7-	27 Bookmobile 10:45-noon Simply Computer 12-3. \$3	28 Card Party 7-9 \$3 50/50 Lunch	29 Tai Chi 7:00	30	31

## NEWSLETTER

**Website:** [blackrivercommunityhall.weebly.com](http://blackrivercommunityhall.weebly.com)  
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**Newsletter:** [sharonlake07@gmail.com](mailto:sharonlake07@gmail.com)  
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## CONTACTS

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## Classifieds...

Looking for **QUALITY, DRY KINDLING** for the upcoming camping season? \$5 feedbag full. Call **Jack Spinney** 902.542.1552

**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, Wolfville, B4P 2R2 Tel: 902.542.1552

**WANT A JOB HAYING?** - Must be reliable, available on short notice and be able to throw 40 lb bales of hay. \$15/hr cash. Call/text: Paul Spinney 902.680.2032

### *With Sympathy*

Sympathy is extended to the family and friends of Josephine Pineo who passed away in July.

[www.whitefamilyfuneralhome.com](http://www.whitefamilyfuneralhome.com)

To the family and friends of Perley Coldwell who passed away unexpectedly in July we send our condolences.

[www.whitefamilyfuneralhome.com](http://www.whitefamilyfuneralhome.com)

Maxine Myles passed away in July. We offer our sympathy to her family and friends.

### EXECUTIVE ...

**Black River Community Hall**  
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nancymorse@hotmail.com  
902.680.2095

### *Best Wishes for Speedy Recovery*

A community of best wishes go out to Zane Long who is recovering from unplanned heart surgery experienced in July. He is at home and looking much better.

We hope that Gary Manthorne is continuing to recover from a heart attack in July.

### Birthdays

Ken Bylund	August 10
Debbie Hancock	August 13
Brodie Russell	August 16
Stephen Levy	August 17
Doreen Arnburg	August 28
Joe McInnis	August 30
Leslie Ells	August 30

### Anniversaries

Zane & Gladys Long	Aug 1
Bryce & Diane Ells	Aug 2
Jeff & Debbie England	Aug 6
Frank & Shelley Hill	Aug 6
Justin & Amy Davies	Aug 15
Jeff & Mary Tanner Long	Aug 20
Todd & Pam Schofield	Aug 24
Bruce & Tanya Hoyt	Aug 30
Rick & Pearl Tait	Aug 30

## Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

July 1 - Rain, rain, rain. Even the frogs are silent through this deluge.

July 3 - Sunny weather has brought a very abundant hatching of dragon flies. They seem almost magical.

July 4 - The Pick Family are hosting an interesting family of cedar waxwings in their wild honeysuckle bushes.

July 5 - Great news! The loon is nesting again. I am told she is nesting on two eggs but I can't confirm.

July 6 - While my family were swimming this afternoon a baby beaver showed up and won everyone's heart. After several hours of being fluffed dry with my granddaughter's towel (which he nuzzled and sucked on) we knew it was not old enough to be on its own. After my daughter had talked with Natural Resources it left on its own. Many photos were taken and shared on facebook.

*Note:* This is the time of year for the turtles to lay their eggs. They dig a hole in gravel and lay the eggs. So be on the watch in your driveways. They even showed up in someone's garage.

July 10 - Been quiet on the lake which has been nice. My fat ducks come now without their mothers. So we can only hope she is nesting again.

July 12 - The hummingbirds have joined forces and put the run to the woodpecker. That is fun to see but the woodpecker is still beating away on the metal.

July 15 - Have been visited by a skunk. Phew! It dug up one of my planters. I am not happy. Think he spent a night or two in the shed. It sure smells like it.

July 18 - The float plane was back again today. The bright yellow of the plane against the blue sky and water is beautiful. Hope it comes again. It seems quiet on the lake this summer - more and more kayaks and paddle boats being used.

July 20 - On a happy note the loons hatched off two babies. Now we have to hope the eagles have other items on their menus.

July 22 - Went out on lake this morning. It was beautiful. What could be better - warm temp., no wind, and blue of sky and water? The water lilies - such a crisp white colour. Who would want to travel with this in their backyards?

*Note:* I have been told the eagles took the baby loons this pm. So very sad and unfair.

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

## YOUR EVENT, OUR LOCATION

Meetings, Parties, Weddings, Anniversaries, Family-Get-Togethers & whenever you need a meeting place. Contact us for available Dates and Rates. Call Reta Spinney 902.542.1552