

Black River News

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

VOLUME 14 ISSUE 12



December 2019

Several years ago Black River Community Club members, as a fundraiser, produced a Christmas recipe book entitled *Recipes & Remembrances from Black River Kitchens*. The book includes recipes, some handwritten, along with many wonderful stories.

'Tis the season of warmth, merriment, community, story telling and food. What better way to celebrate than with a few excerpts from this book.

Donna (Hank) Levy (Lexie Levy's daughter-in-law) writes: "This is a recipe that belonged to Lexie Levy. My kids loved her big, fat cookies and she always had them ready for all of the children. It took me quite a few years of practicing to get the cookies just like Grandma's. I remember once taking cookies out of the oven and dismayed that again I had burned the cookies. My second daughter, Crystal, promptly said, "Don't worry Mommy, by the time you are a Grandma you'll be able to make cookies too."

From Zane Long ..."A small tree was set up on the table in the dining room. Oh, how it sparkled! We didn't have lights on our tree, but the tinsel twinkled from the light in the kitchen. Grammie would spend hours baking. The Eaton's and Simpson's catalogues would arrive and would have been well thumbed while dreaming of the wonders of such abundance. Somehow on her widow's pension Grammie would manage to produce such rare treats as oranges, candies and grapes, and the smells from her oven make my mouth water even as I remember them all these many years later. Christmas morning was almost too perfect to be real. Grammie would be up first, as usual,

getting the wood fire going and preparing the Christmas feast. She would have bought a fresh chicken from Ian and Hazel Long's store, and she would be singeing the pinfeathers off. That smell would be the signal that it was Christmas morning. Down the steps I'd go - afraid that if I came down too fast, it would somehow break the spell. There would be the shining tree and around it on the table gifts. One year Jim and Lois gave me a Hespler MicMac hockey stick. It cost \$1.99 and was more than I could have ever hoped for! As soon as dinner was over, out the door I went with my hockey stick and skates. Barry and Carl Levy had got hockey gear as well and over they came to the pond in front of Mabel and Leverett Long's. We scraped the ice clean and spent the hours until chore time playing better than ever we did because of the new gear. What magical, wonderful, amazing times those were."

From Nellie Schofield - "A Sled from Glubes - ... When I was about 10 years old, my father bought my mother a brand new wringer washing machine on the time plan from GLUBES Furniture Store. He was so proud of that machine. Mom used this new machine for a couple of things. She piled every-one's coats on it because there were no hooks to hang them on and the lid became a sled. We had a great hill across from us to coast on. We were all coasting one fine winter day when we heard a shout and there was my mother on the top of the hill. She was a tall, thin

woman with red hair and she had on a pair of my father's wool pants tied up with a rope for a belt as his were too big for her. She had on an old coat and hat and a pair of my sister's boots. You see my mom couldn't walk far in the winter as she only had one-half of one lung and the cold air tended to make it hard for her to breathe. We all laughed at what she had on and then she dropped the washing machine cover onto the snow and sat on it. She had taken the little knob off it " so it wouldn't dig in" and away she went like a bat of ... laughing all the way. We had to pull her back up because she couldn't climb the hill and she gave all of us a ride with her on that cover. We laughed and coasted for quite a time. We walked her home and she screwed the knob back onto the washer lid with the remark, " Now don't tell your father." Dad came home, put his coat onto the pile only to have them all fall off. He looked at the new cover all scratched to bits and said "Blanche, what happened to the cover of the new washer?" Mom's reply was, "Oh Bill, I found such a great use for that cover and I never use it when I wash anyway." My Dad just shook his head and walked away. Sometimes the simple recipes make the sweetest memories."

From Judi Atwell Munro - ..."Aggie Weir would have been around 90 years old at the time and she walked from her home, down the road to the corner, and then past the Levy Farm to Ernie McInnis' place to bring their new baby a knitted sweater set. Many of us remember these spontaneous gifts from Aggie when our children were born, or at other times during the year.

In our family we have a little bow-tie quilt that will always be a treasured gift

NATURE'S PANTRY AND PHARMACY

TEABERRY

Identification: *Gaultheria procumbens* is an evergreen plant. Depending where you find it and who you ask, teaberry may be called American wintergreen, checkerberry, boxberry, grouseberry, spiceberry, leatherleaf, Canadian mint, hillberry, groundberry, Johnny Jump Ups (our name for wild violets), red berry tea, and mountain tea. It is hardy to zone (UK) 4 and is found all over the Northeast. It is in leaf all year, in flower from July to August, and the seeds ripen from October to December. The species is hermaphrodite and is pollinated by insects and is self-fertile. It has small, rounded semi-shiny leaves and bears tiny bell-shaped white flowers that mature into red berries that sometimes have a pinkish hue. The berries have a mealy texture with a light, yet fragrant scent and an understated berry flavour with a hint of a warm mint and spice undertone. Teaberry plants grow like a ground cover by sending roots far and wide. The plants have a spreading habit - one huge patch can actually be a single plant. It usually grows less than six inches from the ground and when the leaves are crushed, they have a wintergreen odour.

Useful Parts of the Plant: Fruit - raw or cooked. Young leaves - a pleasant wayside nibble if used when very young. Dry and powdery according to some taste buds.

Preparation: The fruit has very strong spicy taste. It is best after a frost. The fruits can also be used in pies, or made into jams. A very agreeable tea is made from the fresh leaves. A strong tea can be made by first fermenting the bright red leaves. "Oil of wintergreen" can be distilled from this plant. It is used to flavour beer, sweets and chewing gum.

Benefits: The active ingredient teaberry oil, made from the leaves is methyl salicylate, a compound similar to aspirin. In fact the oil of wintergreen was used in some of the first commercially prepared aspirin tablets. Due to this property, the teaberry was used by Native Americans and early settlers in much the same way as we do aspirin today. Most often the chemical would be derived from steeping the leaves in boiling water. The tea was drunk as a cure for headaches, to soothe sore muscles, and to relieve aches and pains. To make a stronger medicinal tea the crushed leaves were steeped in warm sterile water for a few days until they began to bubble or ferment. Then those leaves, either dried or drained, or wet, directly from the fermentation process, could be brewed to make medicine.

Warnings: The pure distilled essential oil is toxic in large doses. If used orally may aggravate stomach ulcers. Do not use if allergic to aspirin. Avoid if under 12. Topical use can cause contact dermatitis.

Note: Teaberry gum was manufactured by the D.L. Clark Company of Pittsburg, Pennsylvania. They purchased the patent from Charles Burke, who started the whole teaberry gum thing around 1900 by experimenting with various flavours of chewing gum in the basement of his home. From the turn of the 20th Century to the height of its popularity in the 1960's teaberry gum was one of America's first chewing gums and favourite treats.

Ed Schofield



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.

July 5, 1947

Past [sic] List of Black River School: Advanced Department

Grade X: Ferne Nowlin, Charlton Levy.
Grade VIII: Ethel Scott, Jean Scott, Orville Levy. **Grade VII:** Jean Nowlin, James Long, Stanley Golar. **Grade VI:** Ruby Nowlin, Bertha Schofield, Earl Sweet, Mervin Levy (on trial). **Grade V:** Alva McInnis, Mary Eagles, Pauline Schofield, Rodney Schofield, Eldon Spinney (on trial).

Prize List

Excellence in Spelling: Grade V: Alva McInnis, Mary Eagles; Grade VI: Ruby Nowlin; Grade VII: Ethel Scott, Orville Levy, Jean Scott.

General excellence in all school work and highest average - Ruby Nowlin.

Greatest improvement during year - Mary Eagles.

School Spirit - Ferne Nowlin, Charlton Levy.

Special Mention - School Spirit - Orville Levy, Jean Nowlin, Ruby Nowlin.

Industry and Effort - Orville Levy, Ruby Nowlin, Jean Nowlin.

High Attendance - Mary Eagles, Orville Levy, Jean Scott, Ruby Nowlin, Jean Nowlin, Ferne Nowlin, Mervin Levy.

Singing - Charlton Levy, Ferne Nowlin, Ruby Nowlin.

Attitude towards younger pupils on playground - Orville Levy and Charlton Levy

from page 1

at the birth of one of our babies. Sometimes at Christmas-time there would appear in the mailbox a pair of mittens for each child in a family and she did this all over our community. Aggie lived to be 102 years old and maybe it was her selflessness and love for her fellow human beings that carried her so far."

december events

Quilting & Crafts ...

Please remember that even if you are not interested in doing the activity advertised you are welcome to drop in and work on your own project, bring a show and share, or join us for a cup of tea or coffee. Samples of the projects will be available for viewing on Mondays.

Our sessions start at 11 am and usually go until 3 pm, depending on participation. **There are no sessions on holidays and the days that school is cancelled due to poor weather conditions.**

December 2 - Projects to be finished and work on Victoria Quilts

December 9 - Our closing for the Holidays. Please bring 1) a wrapped ornament to exchange and 2) finger foods.

Pot Luck Supper for John and Sandra Cudmore Friday, December 13 - 6pm to wish them good luck on their move. **Black River Community Hall.** Pop in and wish them well or bring a dish to share and join us for supper.

Sunday, December 15 - 2pm-4pm **Children's Holiday Movie** (There will be a visit from a special friend). We ask that children be accompanied by an adult. **RVSP tinagertridge@gmail.com**

White Rock Community

Darts - ongoing every Monday 7pm. Everyone is welcome and **no experience required.** \$2 drop in fee. Teams are formed by draw from those present. Tons of fun!

Fitness Class - ongoing every Tuesday & Thursday 10:30 am-11:30 am. \$2 drop in fee. Led by qualified seniors' fitness instructor Robin Foster. For information call Dianne 902 542 3109 or just come. Everyone is welcome. Ends Dec 19

Card Parties - ongoing every Wednesday 7pm. Everyone is welcome. \$3 drop in fee includes a light lunch. Call Deanna 902 542 7234 with questions or just come!

Turkey a la King Luncheon Dec 8 11:30-1:00 \$10, Gingerbread with hot lemon sauce (or whipped cream) for dessert.

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 Quilting & Crafts 11pm - Ways & Means 7pm	3 Simply Computer	4	5	6	7
8 Farmer's Market & Cafe 11am-1:30pm Last one until Spring	9 Quilting & Crafts 11pm -	10 BOOKMOBILE 10:45am-NOON Simply Computer Directors' Meeting 7pm-	11	12	13 Pot Luck Supper for John & Sandra Cudmore 6pm -	14
15 Holiday movie for children 2pm-4pm RSVP	16 BOOK CLUB 7pm	17 Simply Computer 12pm-3pm \$3 Maintenance Meeting, 7pm	18	19	20	21
22	23	24 Christmas Eve	25  Christmas Day	26 Boxing Day	27	28
29	30	31 New Year's Eve				

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.

\$5 feedbag full. Call 902.542.1552

Birthdays

Sherry Spinney	Dec. 5
Bernie Davies	Dec. 7
Emily Levy-Purdy	Dec. 7
Trevor Long	Dec. 8
Debbie England	Dec. 11
Bryon Spinney	Dec. 12
Bernard Forsythe	Dec. 12
Greg Long	Dec. 18
Gerald Harper	Dec. 20
Blaine Myles	Dec. 21
Maddie Harris	Dec. 24
Emma Marie Ells	Dec. 25 (2nd)
Gordon Barry	Dec. 26

Get Well Soon

We extend best wishes to Ed
Schofield. Hope you are feeling
better soon.

Births

Congratulations to Keigan and Nadia
Levy on their birth of their son, Issac
Arnel on October 31, 2019. Proud
grandparents are Steven and Donna
Levy and Darren & Nadine
Davidson.

Congratulations to Janet & Peter
Hiltz on the birth of their
granddaughter, Leah Susan
Wittenberg on November 6, 2019.
Proud parents are Jelina Fraser and
Ryan Wittenberg.

Condolences

We extend our sympathies to the
family and friends of Connie Hudson
who passed away in November.
[www.thechronicleherald.ca/obituaries/
constance-marjorie-connie-
hudson-29581/](http://www.thechronicleherald.ca/obituaries/constance-marjorie-connie-hudson-29581/)

Christmas Greetings

- from my family to yours

Hope your Christmas is totally
wonderful in every way. Wishing
you all a bright and beautiful
season of joy, and may all your
Christmas dreams come true!
Have a jolly, joy-filled Christmas.

President - Tina Gertridge

Sandra and John Cudmore, long time members of our community, have
sold their home and are moving to New Brunswick for a year. The
community wish them well and hope that they won't be strangers. See
Community Events for December 13.

EXECUTIVE ...

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Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

Nov. 1- A pair of mallards have been here
non-stop for over a week now. The female
follows me around when outside.

Nov. 3 - Very quiet on lake now. My
neighbour takes his dog for a boat ride
every night before dark. Brrr

Nov. 4 - Nice day, lots of leaves to rake.
Such a lull in everything.

Nov. 5 - Getting bird feeders ready.
Mallards still here. Looking forward to small
birds coming to feeder.

Nov. 8 - Bird feeders have been up for a
couple of days. No birds yet. Very odd,
always have birds first thing.

Nov. 10 - Two white breasted nuthatches
at feeder. Exciting!

Nov. 12 - Small birds keep trickling into the
feeder. Neighbours same problem. Low
bird count.

Nov. 13 - The pesky hairy woodpecker is
back. Always amusing!

Nov. 15 - Mallards still here. A few
mergansers still here on the lake. Heard
geese going over, always north. Had
reports of a mink being seen.

Nov. 16 - Thought beavers had gone but
here they are. Busy and away from me.

Nov. 17 - Mallards have been gone all day.
Hope they have gone. Will miss them. Lots
of doves at the feeder. The woodpecker
has brought his whole family. Things
looking up but overall birds count down.

Telephone Clara 902.542.3180 with
any of your wildlife observations and
she will add them to her own or
email: claraspinnney123@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