

Black River News

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FEBRUARY 2024

Tai Chi is an ancient Chinese art form known as a moving meditation. It involves a series of postures performed in a focused, slow manner accompanied by deep breathing. In the past, Tai Chi was commonly recognized as a form of self-defense, but is now respected as a graceful form of therapeutic exercise. It is also considered an essential adjunct therapy in traditional Chinese medicine (TCM) and used by practitioners for their own energetic, physical and mental health.

Michelle Greenwell is a 25 year veteran of Tai Chi and author of the internationally acclaimed, *My Little Black Book of Qi: Qi YINtegration Set 1*. Initially, she took up Tai Chi as a gift to herself and to deal with a debilitating cramping in her feet. As fate would have it, with a shortage of instructors and an evident need for them, Greenwell eventually found herself at the head of her own class.

She has since worked with a multitude of students who experience everything from a fused back (a surgical technique that joins two or more vertebrae) to knee and hip problems, anxiety and pacemakers (to regulate heart rhythm).

In 2004, The American Journal of Medicine conducted a 12-week clinical study to examine the effects of Tai Chi on the quality of life in patients with heart failure. Participants showed noted improvement in oxygen levels, stamina and in the distances that they were able to walk unassisted. The study concluded that Tai Chi, in conjunction with appropriate medical treatment, can be extremely beneficial.

Tai Chi is recognized for its elegant and fluid motions, generally performed while the participant is standing upright. A truly beautiful aspect of Greenwell's design of the practice is the inclusive nature. Due to her experience with kinesiology (the study of body movement) and her training as a dancer, she is able to convert the more traditional, full-range movements into positions easily accessible to those with a limited range of motion.

Greenwell says no matter what the style of Tai Chi, there is always a seated version in her teaching. This way all of her students are able to reap the benefits, including

individuals who are restricted to a bed and might assume this form of therapy isn't accessible to them.

The therapeutic benefits of Tai Chi are found in the circulation of energy, measured breathing and mental focus. I found it heartwarming to discover a few simple hand movements can actually be very effective to strengthen and energize the spinal column, or a sluggish internal organ. All this can be done while the participant is lying down.

The phenomena of using one part of the body to treat the whole, mirrors the practice of TCM. Both work with the entire body system and in this case, use sections of body - such as the arm, from hand to elbow - to represent other, more inaccessible areas - such as the torso, back or spinal column.

In the case of one of Greenwell's students, recovering from a hysterectomy and unable to move her midsection, a few simple turns of the wrist and flexing at the elbow encouraged energetic flow in the actual, physical spine. This was done from her hospital bed and a rapid surgical recovery was noted.

Greenwell says that because we spend so much time sitting, we have developed stiff physiques. With regular Tai Chi practice, we begin to reshape and strengthen our bodies - our tendons, fascia and ligaments - allowing for greater flexibility, increased circulation, energy flow and potentially better health, overall.

Greenwell also prescribes specific Tai Chi movements to help treat physiological complaints, such as restless leg syndrome- a condition characterized by uncomfortable leg sensations which can interfere with resting, or falling asleep.

In this case, a motion of simply raising and lowering ones' arms while focusing on the rhythm of even breathing has proven effective. When the discomfort wakes her students up in the night, they perform the repeated movement, along with measured breathing, After a few minutes, the super charge of energy running through the afflicted nerve is dispersed and they are able to return to sleep.

Catherine Knott

Previously published with Advocate Media Newspaper

Hello Neighbour ...

Bernard Forsythe, was born and raised in Wolfville, Nova Scotia and since he was a teenager his interest has been in nature and birds in particular. He has discovered rare plants unknown in Nova Scotia before his locating them and he has also banded over 800 Barred Owls. He did this in his spare time while raising 3 children with his late wife, Sandra and working full-time delivering mail. He has been invaluable and inspirational in the help he has extended to many young people, university students, naturalists and others, out of the kindness of his heart and as a result of his own interest in nature.

Throughout the years he has discovered many orchids. In fact, all but 2 of the 40 species found in Nova Scotia. He is mainly interested in the long bracted orchids that are only found on Cape Breton and Sable Island. Very early on he also became interested in the breeding biology of birds by collecting nests, studying them and keeping records. He has submitted over 4000 nests to be studied. At 80, he was still climbing trees to check on owl boxes and band Barred Owls.



Bernard has had a dream, to visit Sable Island and recently his dream has come true. Some people visit to see the horses and Bernard thought that would be ok but he was mainly excited to explore the islands' plants and birds. One must get permission from Parks Canada in advance to visit Sable Island, as it is a National Park Reserve, but with the help of several people, organizations and a photographer from *Acorn Art and Photography* to record the event, Bernard went to Sable Island.

• Information taken from Facebook

The Frugal Kitchen

For this recipe I decided to jump back a bit. A few people, older than me, remember their Mom making this. I have not inherited my Mother's ability to make a delicate, flaky pie crust. Mine is more for replacing the sole of a shoe if needed. At some point I am going to attempt this simply because I am curious but I will be using a pre-made pie crust.

Vinegar or Depression Pie

1 baked pie shell cooled

Whisk together:

4 large eggs

1 1/2 cup sugar (1/2 brown 1/2 white)

1/4 cup melted butter

1 1/2 tablespoon apple cider vinegar

1 teaspoon vanilla extract

Pour into cooled baked pie shell.

Bake at 325° for 30-40 minutes or until pie is set but jiggly. *Trina Long*



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.

January 4, 1951 (continued)

Mr. and Mrs. Freeman (Mildred) Ells and Gladys, Gaspereau, spent a few days last week with the former's parents, Mr. and Mrs. Frank (Hattie) Ells.

Harold Brown, Kentville, was a Thursday supper guest of his aunt, Mrs. Frank (Hattie) Ells.

Arthur Weir, Kentville, visited his mother Mrs. Edgar (Aggie) Weir, Sunday morning.

Mr. and Mrs. Ben (Eunice) Stultz, Shirley and Marjorie, Kentville, were Sunday visitors of Mr. and Mrs. Edward (Pearl) McInnis.

Mrs. Edgar (Aggie) Weir and Beverly visited Mrs. Crealman (Lydia) Schofield, who is very ill, on Sunday at Kentville.

Sunday guests of Mr. and Mrs. Frank (Hattie) Ells were Mr. and Mrs. Clifford (?) Brown, Kentville.

Glad to report Mrs. Lloyd (Ruby) Levy improved and home from the hospital.

Mrs. Ellis (Martha) Weir, Greenwich, also Victor Weir, accompanied by Miss Marie Smith, Wolfville, spent Sunday evening with Mrs. Edgar (Aggie) Weir.

Sorry to report Mrs. Isaac Corbet's baby ill with pneumonia.

Much sympathy is extended to Joe Smith and Mrs. Emory (Bessie) Spinney on the passing of their aunt, Mrs. Orenda Leopold, Kentville.

Mr. and Mrs. Clifford (Ada) Long spent Tuesday in Halifax.

Little Carol Levy returned from the hospital and is improving.

Oscar Levy and family, who were all ill with flu, are able to be out again.

Freeman Ells had the misfortune to break two fingers while working for the Avon River Power Co., at Gaspereau.

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

february events ●●●



SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5 Sewing/Crafts Meeting 11 am Ways/Means & Maintenance 7pm	6	7	8 Card Making 7-9 pm	9 Games Night 7-9 pm	10
11	12	13	14	15	16	17
18 Monthly Meeting 7 pm	19 Sewing/Crafts Meeting 11 am Book Club 7pm-	20	21	22	23 Family Bingo Night 6:30 -8pm 50/50 Draw	24
25	26 Heritage Meeting 7pm	27	28	29		

• **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.

• **Book Club** - Mary Tanner Long heads up our Book Club. She can be contacted at mary.tanner.long@hotmail.com. We meet at the Hall every **3rd Monday of the month.** We all read separate books throughout the month and when we meet we talk about what we have read, likes and dislikes, etc. It gives us an idea of what to read next. All are welcome.

• **Games Night** - Feel the need to get out and have some fun with neighbours and friends? Want to play the game of Sequence but don't have enough people? Come to games night **Friday, Feb. 9 7-9 pm** ... darts, cards, scrabble, sequence, crokinole, etc. Food Bank donations accepted. No admission



• **The Latest in Farm Equipment from the Creative Minds at the Levy Farm: repurposed, recycled and**



• **Family Bingo Night - Friday, Feb. 23 from 6:30 pm - 8 pm.** Fun for the whole family. Prizes for the winners. No Admission, food bank donations accepted.
• Canteen Available • 50/50 Draw

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

Contacts: • sharonlake07@gmail.com • 902 542 5125
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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>

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.**
- 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

Levi Ells	Feb 2 (4 yrs)
Elizabeth Levy	Feb 3
Janet Hiltz	Feb 3
Larry Spinney	Feb 5
Reta Spinney	Feb 6
Perry Levy	Feb 7
Samantha Gertridge	Feb 7
Wanda Schofield	Feb 7
Amy Schofield	Feb 9
Brenda Bylund	Feb 10
Kelvin Davison	Feb 11
Annette Schofield	Feb 13
Noah Tait	Feb 14
Joel Sheffield	Feb 17
Lorna Pick	Feb 18
Carl Levy	Feb 19
Trina Long	Feb 26
Tammy Schofield	Feb 28
Brody Davies	Feb 28

Condolences

- Terry Tanner, beloved older sister of Mary Tanner Long and Tanya Hoyt and daughter of Murray Tanner, passed away suddenly in December. We extend our sympathy to their families and friends.
www.facebook.com/100000887393152/posts/7226660687373439/?d=n&mibextid=qC1gEa

Get Well Soon

- Pat Levy has had hip replacement surgery. We wish her a speedy recovery.
- Perry Munro is recuperating in Valley Regional from pneumonia.

Wanted

- Looking for family favourite recipes for a community-wide cookbook. A little story about the recipe (eg. where it came from, when you use most, etc.) would be appreciated. A fundraiser for the Hall.
- We are planning a calendar that represents our community, to be ready by the early fall. Looking for photos of the area (horizontally positioned) eg. family skating on outdoor ponds, sunsets, snow, animals, etc.) Also a fundraiser for the Hall.

Sunken Lake and Area Journal of Wildlife Observations

recorded by Clara Spinney

- **Dec 19** The lake froze over on the weekend, then yesterday a big rain and wind - so there went the ice. This afternoon twenty-five to thirty geese back out front here accompanied by four mallard ducks.
The lake has frozen over several times only to thaw and freeze again. The geese and ducks seem to keep tabs on it.
- **Jan 1** The ice is out again but no geese or ducks except for one lone goose swimming back and forth past here very close to shore, acting like it should come in, which they never have. I must make it plain I have never fed them.
- **Jan 7** The lake froze over again last night - almost all but a good size pond in the middle.
- **Jan 16** Today while driving past Conrad Levy's place I got a real lift from my winter ho-hums. There was a flock of thirty to fifty geese in the field. Strange for January but nice to see.
- **Jan 17** The lake finally froze over completely this past week. Looks so grey and dreary - long wait for the waterfowl to return. I still don't have any woodpeckers. It seems odd as they were always so hungry for suet.
The bird count is sadly down but apparently everyone has the same problem. I felt happy with my count of mourning doves of thirteen but then I remembered that I used to have over thirty. It make me sad. I have half a dozen chickadees, very few goldgoldfinches and nuthatches. I shouldn't complain as I'm saving money on bird food.
- **Jan 17** This afternoon when I was coming home there were three racoons in the cornfield. It seemed strange as it is cold and it was daylight. They should be penned up somewhere.



Mourning Dove

• **Wondering Who?** - made the **Lady Ashburn Mustard Pickles** from the Fall



Ticket Auction? The woman who got the pickles would like more. Send email or phone to me I will pass it on.

EXECUTIVE ...

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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**