VOLUME 15 ISSUE 1 JANUARY 2020

Christmas Bird Count 2019

This year's count took place on December 14th. Christmas counts are planned in advance therefore we must put up with whatever weather we have on count day. Most of the birds Pauline (Meldrum) and I recorded were found during the early morning of our search around Sunken Lake and Black River. The day was warm but after 10:00 a.m. heavy rain and wind started and continued all day. Most birds don't move around much in heavy rain and are hard to find. Even the bird feeders we stopped at held very few birds.

A hike to Bentley Meadows only produced a couple of Chickadees and a Ravens. No Barred Owls answered my calls. Frozen Sunken Lake produced no ducks. However the usual Common Mergansers were below White Rock Bridge. Crows, Chickadees and Starlings were the easiest birds to find in the rain. The best find of the day was a flock of Snow Buntings over fields on the Sheffield farm. Most members of the Finch family were not found. The final tally for the Wolfville count will be very low this year.

Our best efforts recorded 16 bird species with a total of 273 individual birds.

SPECIES	NUMBER FOUND
Common Merganse	er 13
Bald Eagle	12
Red-tailed Hawk	1
Rock Piigeon	5
Mourning Dove	16
Downy Woodpecke	er 1
Hairy Woodpecker	3
Northern Flicker	1
Blue Jay	10
American Crow	47
Common Raven	10
Black-capped Chick	kadee 25
White-breasted Nut	thatch 1
European Starling	89
Snow Bunting	22
American Goldfinch	n 17

By Bernard Forsythe



Northern Flicker

Snow Bunting



Red-tailed Hawk Common Merganser



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NATURE'S PANTRY AND PHARMACY

Natural Dyes

In the last few articles I have focused on plants for medicinal and food uses. Of course there are many more uses for plants. This month we will look at using plants as natural dyes for fabrics.

Types of: The best fabrics to use are those made from natural materials themselves such as cotton, silk, wool and linen.



Natural Dyes: Using natural dyes for fabric is great because we want something non-carcinogenic and not harmful to our environment. This is a list of colours and the plant material that will give you shades in that colour. Some are a bit of a surprise.

Natural Dyes:

- **Orange**: carrots, gold lichen, onion skins **Brown**: dandelion roots, oak bark, walnut hulls, tea, coffee, acorns **Pink**: berries, cherries, red and pink roses
- **Blue**: indigo, woad, red cabbage, elderberries, red mulberries, blueberries, purple grapes **Red-brown**: pomegranates, beets, bamboo, hibiscus (reddish colour flowers), bloodroot **Grey-black**: blackberries, walnut hulls, iris root
- Red-purple: red sumac berries, basil leaves, daylilies, pokeweed berries, huckleberries Green: artichokes, sorrel roots, spinach, peppermint leaves, snapdragons, lilacs, grass, nettles, plantain, peach leaves Yellow: bay leaves, marigolds, sunflower petals, St. John's Wort, dandelion flowers, paprika, turmeric, celery leaves, lilac twigs, Queen Anne's Lace roots

Note: You want to be sure to use ripe, mature plant material and always use fresh, not dried. Dried plant material will usually give you muted colours and sometimes no colour at all. Chop the plant material very small to give you more surface area. If you know you won't need it for a while, but the plant is at its peak, you can chop it up and freeze it for a few months. Just be sure to label it.

Prepare your Fabric for Natural Dyes - Before you start the dyeing process, you'll want to get your fabric ready. First, wash the fabric. Don't dry it though, it needs to be wet. For berries, you'll want to use salt and for any other plant material, you'll want to use vinegar. Here are the measurements. Salt: dissolve 1/2 cup salt in 8 cups of cold water. Vinegar: blend 1 part white vinegar to 4 parts cold water. Place your damp fabric in the fixative solution for an hour. Rinse with cool water when done. Then, it's time to dye the fabric.

The Process: 1. Place the plant material in a large non-reactive pot (stainless steel or glass). Remember the dye could stain some pots and spoons, so use these only for dyeing. 2. Fill the pot with twice as much water as plant material. 3. Simmer for an hour or so, until you get a nice dark colour. 4. Strain out the plant material and return the liquid to the pot. 5. Carefully place the fabric in the dye bath and bring to a slow boil. Simmer for an hour or so, stirring once in a while. 6. Check your fabric. Remember, it will be lighter when it dries. An hour should produce a nice colour, but darker hues can be achieved by allowing to sit longer, even overnight. Turn the pot off after an hour and allow the fabric to sit in the warm water as long as needed. 7. When you get the colour you want, take the fabric out and wash in cold water. Expect the colour to run some as the excess dye is washed out. 8. Dry as usual.

For more information see www.diynatural.com/natural-fabric-dyes/. There are some great hints and tips.

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 3, 1947

Mr. and Mrs. James Eye, of Melanson, were Sunday visitors of Mr. and Mrs. Stanley (Elsie) Levy.

Mr. and Mrs. Clifford (Ada) Long and family motored to Margaretsville on Sunday.

Mrs. Wesley (Roxie) Levy and daughter Hope recently visited her aunt, Mrs. Bezanson, of Kentville, who has been very ill.

Mrs. Percy (Mildred) Atwell and her mother, Mrs. Illsley, spent last Wednesday visiting the latter's sister, Mrs. Guy Fuller, of Hortonville.

Miss Marjorie Scott, who has been working in Fredericton, is spending her vacation at her home.

Mr. and Mrs. Norris (?) Hennigar, accompanied by Miss Wilson, visited Mr. and Mrs. Frank (Phyllis) Ells, on Monday last.

Mr. and Mrs. Leslie (Mae) Ells and son Morris, spent last Sunday with their daughter Mrs. Arnold (Ruby) Davison and Mr. Davison, of Forest Hill.

Miss Leona Lake, of Wolfville, spent the week end at the home of Mr. and Mrs. Stanley (Elsie) Levy.

Church service was conducted by our pastor, Mr. Murray on Sunday afternoon. Next service will be in the evening.

July 17, 1947

Mr. and Mrs. Lester (Martha) Weir and family of Greenwich, visited on Sunday with Mr. and Mrs. Edgar (Aggie) Weir.

Mr. and Mrs. Ben (Eunice) Stultz and family recently returned from a two weeks' visit with the former's relatives in New Brunswick.

Glad to report that Mr. Obed Benjamin, who has been ill for some time, is slightly improved.

continued next month

january events ooo

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.

Jan 13 - We will start back on **Mondays beginning January 13**, **2020.** We will work on quilting and/or individual projects. Please bring items for show and tell as well as future projects.

Community Welcome to A New Year's Levee. Shake out the old year and join friends and neighbours at the Hall for a New Year's Levee, Noon - 2 pm. Bring snacks to share, tea and coffee provided. Games, darts, cards, crockinole, scrabble and good old conversation.

Variety Show. Sunday Jan. 19 2-4. Free Will Offering. Canteen available. Proceeds for upkeep of the Community Hall. Many wonderful acts. Come out and keep warm with music. Cancelled if bad weather.

White Rock Community Hall

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! Starts Jan. 6 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. Starts Jan. 7. Everyone is welcome.

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! Starts Jan 8.

SUN	MON	TUE	WED	THUR	FRI	SAT
			New Year's Levee 12pm-2pm bring snacks to share	2	3	4
5	6 Ways & Means 7pm	Simply Computer Directors' Meeting 7pm	8	9	10	11
12	Quilting & Crafts 11pm	14BOOKMOBILE 10:45am-NOON Simply Computer Maintenance Meeting, 7pm	15	16	17	18
Variety Show 2pm-4pm Canteen Monthly meeting	20 Quilting & Crafts 11pm - BOOK CLUB 7pm	Simply Computer 12pm-3pm	22	23	24	25
26	27 _{Quilting} & Crafts11pm Heritage Meeting 7pm	Simply Computer 12pm-3pm	29	30	31	

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

Website: blackrivercommunityhall.weebly.com

Facebook:@blackrivercommunityhall

Newsletter: sharonlake07@gmail.com 902 542 5125 gladys.zanelong@xplornet.com 902 542 1994

Victoria: toria.tait@hotmail.com or facebook

CONTACTS

Quilting & Crafts: levy.judy3@gmail.com, 902 542 5182

Book Club: mary.tanner.long@hotmail.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 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

Cail Tait	Jan. 1
Lewis How	Jan. 6
Jean Coldwell	Jan. 3
Brad Schofield	Jan. 6
Holly Chappus	Jan. 7
Jim McInnis	Jan. 8
Darren Gertridge	Jan. 9
Tasia Schofield	Jan. 13
Shawn Levy	Jan. 14
Elaine Schofield	Jan. 15
Amber Gertridge	Jan. 16
Brandon Schofield	Jan. 17
Sandra Cudmore	Jan. 19
Marion Gee	Jan. 24
Jayne Kenny	Jan. 25
Pauline Murray	Jan. 29
Alisha Cassie	Jan. 31

Missing Cat

Our cat Panda has been missing since



November 25. He is 2 years old, fixed male and a child's pet. We are hoping someone may reach out to us and return him. I can be reached at 902-670-2084 if anyone knows where he may be. Tammy Levy

Get Well Soon

Speedy recovery wishes go out to Wanda Schofield who is recovering from knee surgery.

With Appreciation

We would sincerely like to thank all those who came out on Dec. 13 for a delicious Potluck Supper hosted at the Black River Community Hall to wish us well on our recent move to NB. We were blessed to have been part of such a great community as Black River for the past 28 years. You are very special to us!

- John and Sandra Cudmore

Something Different:

Wellbeing Radio first internet radio station designed to promote physical, mental and emotional wellbeing. Broadcast from Fife, Scotland across the UK and North America. We in Canada may also hear advice from leading experts, talk shows, discussions, podcasts, interviews, meditation and relaxation techniques, mindful children's stories, a half-hour rise & shine meditation and Wake Up The Right Way - a breakfast show presented by Zen yoga teacher Scott Hutchison-McDade and something for everyone. Google Wellbeing Radio.

EXECUTIVE ...

Black River Community Hall

989 Deep Hollow Road Black River, NS B4P 2R2

902 542 7913

President - Tina Gertridge tinagertridge@gmail.com 902.542.4152

Vice-President -

Roswitha (Reta) Spinney 902.542.1552

Secretary - Mary Tanner Long mary.tanner.long@hotmail.com 902.670.2212

Treasurer - Nancy Morse nancymorse@hotmail.com 902.680.2095

BOARD OF DIRECTORS ...

Ed Schofield

nellieed.schofield@gmail.com 902 542 5134

Clara Spinney

claraspinney123@gmail.com 902.542.3180

Zane Long

gladys.zanelong@xplornet.com 902.542.1994

Joe McInnis

902.542 2558

Hank Levy -

donnahank@hotmail.com 902.542-5419

Wanda Schofield

902 542 3206

Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

Dec. 2 - Lake has completely frozen overDec. 5 - Bird feeders busy but low count.

Hairy Woodpecker constantly at suet blocks.

Dec. 8 - Ice was checked for thickness today.

Three inches of solid ice.

Dec 10 - Ice all gone. Wind and rain wiped it out.

Dec. 12 - Lake froze over again.

Dec. 15 - Ice gone again. Warm. Everyone should have woodpeckers at their feeders. This male falls asleep on the suet cake. He is always amusing.

Dec.17-There is a pair of pileated woodpeckers making their rounds checking out everyone's trees. Beautiful birds.

Dec. 19 - Lake froze over again. Will it stay? Evening grosbeck at feeder.

Happy New Year

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



Lucy Levy, Mildred Levy & Santa Claus at the Community Hall 2019

YOUR EVENT OUR LOCATION

 $\bullet Meetings \bullet Parties \bullet Weddings$

Anniversaries

•Family-Get-Togethers

& whenever you need a meeting place.

Contact us for available Dates and Rates.

Call Reta Spinney 902.542.1552