

Black River News

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VOLUME 19 ISSUE 3

Lyme Disease

MARCH 2024

Lyme disease is an infection caused by the bacterium *Borrelia burgdorferi*. In the majority of cases, it is successfully treated with oral antibiotics.

Lyme disease is spread primarily by the blacklegged tick (or deer tick) in Eastern Canada and in the northeastern, mid-Atlantic, and north-central United States.

Some notes on the history of Lyme disease ...

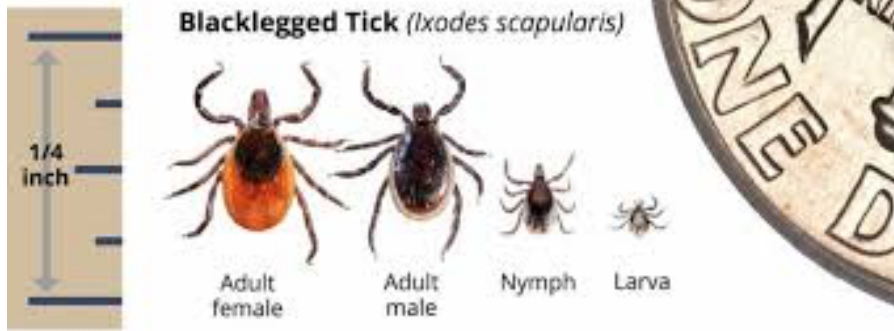
- "Oetzi", the 5300 year old ice mummy, discovered in the Eastern Alps about 20 years ago, appears to have had the oldest known case of Lyme disease, new genetic analysis has revealed.

- Alfred Buchwald, a German physician, first described the chronic skin rash of Lyme disease more than 130 years ago. However, Lyme disease was only recognized in the United States in the 1960's and 1970's. It was diagnosed as a separate condition for the first time in 1975 in Lyme, Connecticut, originally mistaken for juvenile rheumatoid arthritis. Its diagnosis is based on symptoms, physical findings (eg. rash) and the possibility of exposure to infected ticks. Willy Burgdorfer, first described the bacterium involved in 1981.

- The riskiest months for Lyme disease are May through September, when young ticks are likely to be biting. In humans, the bacteria may cause flu-like symptoms.

What is "chronic Lyme disease?"

If Lyme disease continues to be left untreated, it can become established in various parts of the body over months or years after the initial infection. Symptoms include: joint pain and swelling (Lyme arthritis). 60% of people not treated with antibiotics will develop recurring attacks of arthritis-like symptoms. Some other symptoms include nerve problems such as numbness or pain in your limbs; memory problems; difficulty concentrating; heart problems. Taking oral antibiotics typically cures Lyme disease after two to four weeks. It is possible that an additional dose of antibiotics intravenously may be



necessary for four more weeks.

If you get bit, what do you do?

- **Don't panic, you likely don't have Lyme.** The tick has to be infected with the bacteria that causes Lyme first. Deer ticks require incubation

of 24-36 hrs to cause an infection. It is probable that you will discover and remove it before then.

- **Carefully remove the tick** by grabbing some clean tweezers and gently pulling the tick until it pops off. The whole goal is to NOT SQUASH THEM. You want to minimize the risk of having any potential organisms left in your body. The longer attached, the deeper they can burrow under the skin and the greater are chances of infection.

- **Save the tick** in a baggie, pill bottle or covered container and label it with the date of the bite.

- **Wash the area of the bite** and your hands with soap and water or disinfect with alcohol hand sanitizer.

- **Go to the doctor or pharmacist** (in some cases) **and take the tick.** The doctor will send it off to a lab for testing, which may take a week. A pharmacist or doctor may offer you a prophylactic treatment of antibiotics depending on how long the tick was attached.

- **Symptoms of Lyme disease** include an early "bull's-eye shaped" rash on the skin for up to a month after the bite. When Lyme spreads through the bloodstream it can cause fatigue, weakness, heart and neurological problems, etc.

- **Prevent getting bit by-**

- a) daily full-body checks for ticks

- b) wear light coloured, long-sleeved shirts and pants enabling you to spot ticks easier

- c) tuck shirts into pants and pants into socks.

- d) wear close-toed shoes.

- e) use products such as **Atlantic tic repellent** or apply **insect repellent containing DEET or Icaridin** to clothing and exposed skin following label directions.

Chronic Lyme Disease is not something you want.

Ed Schofield

The Frugal Kitchen

This may have been a better recipe to feature in the February newsletter given the seemingly never ending snow storms we had. Perhaps some of us were going a bit "shack wacky" and it would have been an appropriate time to make this cake. This recipe was popular during the depression era (1924-1941) and carried into the War time era (1939-1945). Desserts are perhaps not as common sitting under cover on our counters given our change in life styles and more conscious efforts toward healthier eating.

This is a fun cake, certainly easy for children just starting to take an interest in baking.

Trina Long

Wacky Cake

Ingredients:

- 1 1/2 cup flour
- 1 cup white sugar
- 4 Tbsp unsweetened cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 6 Tbsp vegetable oil
- 1 Tbsp cider vinegar
- 1 tsp vanilla
- 1 cup water

Directions:

Mix together dry ingredients into an 8x8 ungreased pan.

Make 3 depressions into the flour mixture.

Pour oil into one well, vinegar into second well, vanilla into third well.

Pour water over all and stir with a fork until well blended.

Bake at 350° F for 30-40 minutes or until a toothpick comes out clean.

- You can substitute coffee for water for a deeper chocolate.
- You can omit the cocoa for a plain white cake.
- You can add grated or chopped apples and cinnamon, nutmeg and cloves for another version.



NOTICE TO FOOD HANDLERS

- **FOOD HANDLERS' COURSE - MONDAY MARCH 4 @ 9:30 am**
\$45 per person at White Rock Community Hall.

Advance Sign up is requested **Call 902-542-7073.**

Course recognized by the NS Gov't.

All materials provided. Bring a lunch.

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.

April 19, 1951

Mr. and Mrs. Roscoe (?) Schofield and son were Sunday guests of Mr. and Mrs. L.W. (Mabel) Long.

Mr. and Mrs. Gerald (Mildred) Spinney, Halifax, were week end guests of the former's parents, Mr. and Mrs. Emery (Bessie) Spinney.

Sorry to report Mrs. Ian (Hazel) Long on the sick list with an attack of pleurisy and wish her a speedy recovery.

Misses Ferne and Jean Nowlin, Wolfville, spent Sunday with Mr. and Mrs. Emory Nowlin.

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

Jack Allen, Grand Pre, spent the week end with his wife [Grace] who is visiting her mother, Mrs. Jenny Long.

Mr. and Mrs. Ellis (Martha) Weir and Cristy, Greenwich, visited Mr. and Mrs. Edgar (Aggie) Weir Saturday evening.

Mrs. Edgar (Aggie) Weir and Beverly visited the former's mother, Mrs. Creelman (Lydia) Schofield, Kentville, on Saturday and to report she is much better in health.

Orville Levy, Horton Academy, spent the week end at home.

Mr. and Mrs. Ivan (Leona) Levy and Garth, Melanson, called on Mr. and Mrs. Arnel (Helen) Levy on Sunday.

Mrs. Milford (Leta) Schofield, White Rock, visited her daughter, Mrs. Lloyd (Ruby) Levy on Sunday.

Mr. and Mrs. Stanley (Elsie) Levy and Mrs. Florence Eisenhour, Melanson, were Sunday evening guests of Mr. and Mrs. Arnel (Helen) Levy.

Mr. and Mrs. Clifford (Ada) Long were visiting in Halifax on Sunday.

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

MARCH events ●●●



SUN	MON	TUE	WED	THUR	FRI	SAT
• COMING ... APRIL 13 10 AM-3PM CLEAN OUT YOUR CLOSET SALE					1	2
3	4 Sewing/Crafts Meeting 11 am Ways/Means & Maintenance 7pm	5	6	7	8	9
10	11	12	13	14 Card Making 7-9 pm	15	16 Eat in Spaghetti Supper 4-6 pm See details below
17 Monthly Meeting 7 pm	18 Sewing/Crafts Meeting 11 am Book Club 7pm-	19	20	21	22	23
24	25 Heritage Meeting 7pm	26	27	28	29	30
31						

• **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.

Wanted 1

• We are planning to create a calendar to represent our community. If you have a photo or plan to take one to submit please contact Diane Ells at dianeells@gmail.com or 902 542 5173. Looking for photos of the area at different seasons of the year (horizontally positioned, high resolution) eg. family skating on outdoor ponds. sunsets, snow, animals, gardens, etc). We are hoping to have the calendar for sale in September so get your photos in soon. A fundraiser for the upkeep of the Hall.

• **EAT IN/TAKE OUT SPAGHETTI SUPPER Fundraiser**
Saturday, March 16 4-6pm. This is our first **Eat-In** at the Hall in a number of years. We are celebrating this occasion with a delicious Spaghetti Supper which includes spaghetti with meat sauce, roll, dessert, tea, coffee, juice. **Adults - \$12, children aged 6-12 - \$6 and children under 6 free.** Looking forward to a tasty meal eaten with neighbours and friends in our cozy Hall.
Take-Out available

Wanted 2

• 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. Please contact Diane Ells at dianeells@gmail.com or 902 542 5173 with your recipe. A fundraiser for the upkeep of the Hall.

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

Contacts: • sharonlake07@gmail.com • 902 542 5125
• gladyslong67@gmail.com • 902 542 1994

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.**
- SMOKED GASPAREAU FILLETS** - Jack is taking orders now.

Available 1st week of May

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

Lucas Schofield	Mar 1
Larry Long	Mar 2
Susan Haley	Mar 3
Nancy Morton	Mar 8
Alice Clancey	Mar 9
Keisha Levy	Mar 12
Mary Tanner Long	Mar 13
Richard Knott	Mar 17 (80th)
Wendy Weisner	Mar 18
Millie Whiston	Mar 21
Leland Leggett	Mar 25
Wayne Schofield	Mar 28
Levi Pick	Mar 29
Ethan Levy	Mar 29
Clayton Pick	Mar 31

Condolences

• Bernie Hawkins passed away in January. We extend our sympathies to his family and friends.

www.whitefamilyfuneralhome.com/obituaries/175406

• We are sorry to report that Gladys Saltzman passed away in February. To her many friends and members of her family we extend our condolences.

www.whitefamilyfuneralhome.com/obituaries/175926

Up Date

• Perry Munro is progressing very well and is out of the hospital. He is living with his son Shawn and daughter-in-law Tasha O'Reilly and family.

• Trina Long has had a hard time this winter fighting cancer, shingles, and compression fractures in her back. In spite of her intense pain her sense of humour is still intact. She says she doesn't know how she got the new fracture as she has not been partying at her place.

• We wish Brian Levy a speedy recovery from pneumonia.

Sunken Lake and Area Journal of Wildlife Observations

recorded by Clara Spinney

• The nature notes fall short this time as there doesn't seem to be much going on.

• The mourning dove count is improving at my feeder, thankfully, but still falls short of what it used to be.

• I seem to be close to normal on my amount of chickadees and nuthatches. There are very few goldfinches and a few purple finches.



• Purple Finch

• As usual I have the ravenous blue jays. They are such gluttons but they have to eat too.

• We now have a male downy woodpecker coming to the suet feeder.

• Phil and Tracey Pick have a pair of grey jays at their place, more would be welcome. Their house is set more in the woods which makes a good setting for these jays.



• Merlin Hawk

• There was a merlin hawk at the suet feeder today. I'm sure it wasn't interested in the suet. It was looking



• Grey Jay

to nab a small bird at the sunflower seed feeder.

• We have a weasel hanging out here, mostly in the driveway. There must be a mouse under the snow there. I've even wondered if it is interested in the salt from the highways.

• A piloted woodpecker

is coming to Theresa and Don Feltmate's feeder as well as two downy woodpeckers.

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

Anniversary

Richard Knott & Sharon Lake Mar 29

With Appreciation

• Thank you Diane Ells for putting the lovely wreaths on the "Door To Narnia" at the Hall. It really dresses up the joint.

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