

Black River News

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

VOLUME 15 ISSUE 3

MARCH 2020

*The following are some events and groups in which you might be interested at the Hall. **Just a reminder that you don't have to be a member to attend, as community functions, various groups, committee meetings and monthly meetings are open to all.** In fact, if you want to be part of the several committees or groups offered at the Hall you would be most welcome. The functions are offered sometimes free of charge or a drop in charge of \$3 or if the event is a course, like the Card Making Class, there may be more of a charge.*

• **CARD MAKING CLASS- 1st Thursday of the month, 7-9** Instructor-Diane Ells. The course is \$10 per class. From each class you take home approximately 4 professional looking cards with envelopes. Cards for all occasions. All the materials are supplied. Diane creates the designs, and with patience and good humour leads the class through the making of unique cards. No experience is necessary-just be prepared to have a lot of fun.

• **QUILTING & CRAFTS - Monday 11-3 depending on participation.** Crafts are varied. For this session from January - May, we plan to make some beeswax wraps, which replace the need to use plastic wrap, felted soap and working on charity quilts for infants, youth and adults. Kits for the quilt tops are being made up and can be sewn at the Hall or at home. We will be making pillowcases using the rolled pillowcase pattern. Anyone interested can drop in on a Monday, have a look and get the measurements for the materials needed. There will be a quilt available if someone would like to do some hand quilting. Individuals are encouraged to bring their own projects to work on or share, and/or just drop in for tea or coffee. Samples of the projects will be available for viewing on Mondays. **There are no sessions on holidays and the days that school is cancelled due to poor weather conditions.**

• **Bookmobile on Tuesdays 10:45-Noon every three weeks** (sometimes twice a month) at the Hall. The Hall is open at this time. Come in, see what's happening in the world of reading. The bookmobile carries novels, non-fiction, magazines, children's books, large print books and DVDs. The librarians are friendly, wonderful resources of information, will order any books you are looking for, provide a great service to rural readers and you don't have to leave the community. The bookmobile is truly a pleasure and a luxury.

• **Simply Computer- Tuesdays the Hall is open 12-3** for the use of the internet. Come in - \$3 drop in fee. During Simply Computer bring your own computers, iPads, phones or use one of the available computers at the Hall. The internet signal reaches to the road and can be used anytime outside when the Hall is closed.

• **BOOK CLUB- 3rd Monday of the month 7pm-9pm.** This club is probably a little different than other book clubs. Everyone reads a different book and conversation drifts around the books read during the month. Many books have been read, reread or never to be read again because of the sharing information. No reports, no pressure to read quickly just casual conversation usually over a lunch. For those who enjoy reading and like to share. \$3 drop in fee. As well we also have a library at the hall. Please feel free to take books out to read.

• **HERITAGE COMMITTEE- last Monday of the Month 7-9.** If you have an interest in the geneology of some of the families in the area, the Black River Cemetery, a curiosity about Black River's history, where old foundations can be found, have photos, old letters that you want to share or would like more information about, this is a group for you. We have several geneologies, some knowledgeable folks to talk with and everyone is keen to share!

FUNDRAISERS

• **PIE & SWEETS AUCTION Mar. 21 2-4, viewing at 1:30.** Various pies, cakes, cookies, sweet breads. *Leave the baking to us and let us fill your pantry.* Auctioneer available, bidders provided with paddles. Join in the excitement of an auction. Call Reta or Jack for more information 902 542 1552.

• **MARSHALL LAKE House Party - March 28, 7-9 pm. at the Hall.** Start the Spring with a foot tapping, good vibrations musical evening. **Advance tickets \$10, at the Door \$12.** Call 902 542 1994 or email: gladys.zanelong@explornet.com for advance tickets. Some may recognize this duo from their weekly gig at Edible Art. Enjoy the same talent and the warmth of a house party at our cozy community hall. Marshall Lake always leave you wanting more. *Canteen Available.*

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

NATURE'S PANTRY AND PHARMACY

Chaga

Chaga (*Inonotus obliquus*) is a type of mushroom that grows mainly on birch trees in northern Europe, Asia, Canada and the northeastern United States. Long used in folk medicine, Chaga contains massive amounts of the pigment melanin.



Identification: When exposed to the sun, the exterior of the mushroom will turn a deep black, while the interior will remain a bright orange-ish colour. Chaga also contains among the highest levels of oxalate (a compound linked to kidney stones) of any living organism and is known by many names around the world. In Norway it is translated to "cancer fungus" due to its purported health properties. If buying Chaga, check the colour. Chaga powder can range in colour from bright orange to dark brown. Darker colours suggest that the mushroom was not peeled prior to pulverization. This is only of concern because the blackened skin (sclerotium) may be more toxic to cells.

Useful parts of the plant: The mushroom has a hard texture that can be dried, powdered, and used to make Chaga tea, extracts, or tinctures. Less commonly, the powder is packed into capsules.

Preparation: Fresh Chaga requires drying before use. To do this place the fungus in an oven at 110°-115°F for 24 hrs. When dried, you can removed the blackened skin and grate the fungus with a kitchen grater or grind it with a coffee grinder. Store Chaga in an airtight container, ideally in the fridge or freezer (which may last up to 2 yrs. in freezer). Discard any product which is smelly or has visible spores.

Tea: Pour 1 cup of boiling water over 1 tsp. chaga powder and steep for 5 mins. or break Chaga chunks into 1" pieces, add 4-5 chunks to 1 l. of water and simmer for minimum 15 mins. up to 3 hours. The longer simmered the stronger the flavour. Some drink the darker brew as they would coffee. Lighter brews are sipped as a tea. There are various descriptions as to the taste but for a sweeter flavour add honey which brings out a slight vanilla essence.

Health Benefits: Chaga is rich in fiber and essential nutrients, including vitamin D, iron, magnesium, potassium, manganese and calcium. Melanin is an antioxidant and has one of the highest oxygen radical absorbance capacity (ORAC) of any food. Despite these properties, there is little evidence that Chaga can treat any medical condition, but a number of preliminary studies hint at possible benefits.

Chaga may help prevent or slow the progress of certain liver problems, suggested in a 2015 study in the International Journal of Medicinal Mushrooms. Perhaps it may help alleviate the inflammation and oxidative stress of viral hepatitis. Chaga may help control or prevent diabetes. This hypothesis is based on the beneficial effects that plant-based polysaccharides have on blood sugar. And in treated mice there was reduction in cancerous tumor size.

Possible side effects: *The black exterior shell of the plant is more toxic to normal cells than cancerous ones. Over use of Chaga powder has been linked to kidney failure and oxalate interferes with the absorption of other nutrients and can quickly bind with calcium to cause kidney stones. Chaga should never be used in people with kidney disease, or who have a prior history of kidney stones, should be used with caution in people on anti-diabetes drugs, including insulin. There is also concern that Chaga may interfere with blood clotting, and should be avoided in people using warfarin and plavix or who have bleeding disorders.*

So care should be taken when using Chaga. It is always a good idea to seek a medical professional's advice before using.

Black River

... from the *Wolfville Acadian*

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

July 24, 1947

Mrs. (Lorna) Jeremiah and children Jerry and Connie and Mr. and Mrs. Mort (Clara) Freeman and daughter Adrienne, from U.S.A., arrived on Friday to spend their vacation at the home of their parents, Mr. and Mrs. Rupert (Inez) Long.

Mrs. Clifford (Ada) Long and sons returned after spending the past week with friends in Liverpool.

Mrs. Lenna Cunningham and children, from R.I. (Rhode Island), motored home to visit with her mother, Mrs. Bessie Atwell, for a few weeks.

Mrs. Leverett (Mabel) Long has returned home after spending the past five weeks with her daughter, Mrs. Alvin (Ada) Ellis, and Mr. Ellis, of Victoria Beach.

Miss Myrna Reid, of Melanson, spent the week end at the home of Mr. and Mrs. Stanley (Elsie) Levy. Sheldon Levy, Kentville, was a Sunday visitor at the same home.

Our church service will be held at Sunken Lake on Sunday, where a baptism will take place.

Mrs. Florence Tucker spent Sunday with her niece, Mrs. Raleigh (Abbie) Eagles, and Mr. Eagles, of Greenwich. She is residing at the home of Mr. and Mrs. Leverett (Mabel) Long.

Mr. and Mrs. Milford (Leita) Schofield, of White Rock, accompanied by Mr. and Mrs. Lloyd (Ruby) Levy and baby Brian, motored to Halls Harbor on Sunday.

Mrs. Hedley (Merle) Schofield and family are spending some time with her parents, Mr. and Mrs. Stanley (Elsie) Levy, while building a new house in White Rock.

Sympathy is extended to the family of the late Mrs. Emma Nowlin whose funeral was conducted here on Thursday by Mr. Murray.

March Events ○○○

• QUILTING & CRAFTS ...

During the month of MARCH, we are working on charity quilts for infants, youth and adults. Kits for the quilt tops are being made up and can be sewn at the Hall or at home. We will be making pillowcases using the rolled pillowcase pattern. Anyone interested can drop in on a Monday, have a look and get the measurements for the materials needed. There will be a quilt available if someone would like to do some hand quilting. **here are no sessions on holidays and the days that school is cancelled due to poor weather conditions.**

• CARD MAKING- Thursday 5, 7-9 Instructor Diane Ells.

For \$10 you can have fun and make original, fine looking cards.

• FAMILY NIGHT BINGO - Saturday 14, 7-9 No admis-

sion. Small prizes. Bring the whole family and enjoy some bingo with friends and neighbours.

• PIE & SWEETS AUCTION - March 21, 2-4 Viewing at

1:30. Let us fill your pantry with delicious baked goods. See page 1

• MARSHALL LAKE House Party at the Hall

March 28, 7-9 pm. Advance tickets \$10, at the Door \$12. Canteen Available. See page 1 for more information

• BOOK CLUB- 3rd Monday of the month 7pm-9pm. See page 1

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!

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.

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!

Mar. 14 Community Breakfast & Dessert Auction

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|------------------------|---|--|-----|--|-----|--|
| 1 | 2 Quilting & Crafts 11-3 Ways & Means 7-8 | 3 | 4 | 5 Card Making instructor Diane Ells 7-9 \$10 | 6 | 7 |
| 8 | 9 Quilting & Crafts 11-3 | 10 Simply Computer 12-3 Directors' Meeting 7-8 | 11 | 12 | 13 | 14 Family Night BINGO 7- small prizes |
| 15 Monthly Meeting 7-8 | 16 Quilting & Crafts 11-3 Book Club 7-8 | 17 Simply Computer 12-3 Bookmobile 10:45-12 Maintenance Meeting, 7-8 | 18 | 19 | 20 | 21 PIE & SWEETS AUCTION 2-4 view 1:30 |
| 22 | 23 Quilting & Crafts 11-3 | 24 Simply Computer 12-3 | 25 | 26 | 27 | 28 MARSHALL LAKE House Party 7-9 Canteen |
| 29 | 30 Quilting & Crafts 11-3 Heritage Meeting 7-8 | 31 Simply Computer 12-3 | | | | |

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

CONTACTS

Victoria: toria.tait@hotmail.com or facebook

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

| | |
|-------------------|---------|
| Larry Long | Mar. 2 |
| Susan Haley | Mar. 3 |
| Nancy Morton | Mar. 8 |
| Keisha Levy | Mar. 12 |
| Mary Tanner-Long | Mar. 13 |
| Richard Knott | Mar. 17 |
| Millie Whiston | Mar. 21 |
| Wendy Weisner | Mar. 18 |
| Levi Pick | Mar. 29 |
| Ethan Levy | Mar. 29 |
| Cordall Schofield | Mar. 30 |
| Clayton Pick | Mar. 31 |

Anniversaries

Richard Knott & Sharon Lake Mar. 29

Notice

*For the next issue of the **Black River News** we are compiling a list of **Seniors' Discount Days** in the local area. Many places offer discounts to seniors and in order to not miss too many we ask for some help from you. Please contact me at 902 542 5125 or see email below if you know places that offer seniors' discounts.*

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 -
donnaahank@hotmail.com
902.542-5419

Wanda Schofield
902 542 3206

Sharon Lake
sharonlake07@gmail.com

Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

Jan.26 - warm & rainy so not many birds to the feeders.

Jan. 29 - ice fishermen out today; not for me! Cold, flurries so lots of birds to the feeders.

Jan. 31 - first purple finch of the season to



merlin (falcon)

the feeder. A merlin (falcon) has been to the yard a couple of times. What a party pooper. All the rest of the birds scatter and disappear while it is here.

Feb. 1 - brave fishermen on the lake early this morning. I would rather be warm. The pileated woodpeckers are now dining in some trees at the Picks.

Feb. 5 - nice to see skaters on the lake. Merlin back for a short while, other birds kept their distance,

Feb. 7 - notice more bluejays at the feeder, they are such gluttons. Beautiful birds but they boss the little birds. They don't, however, get away with trying to overrule my full time woodpecker.

Feb 11 - nice to see the lake used by skaters, fishermen and snowmobilers- all out today.

Feb. 16 - the powerpole across from my driveway now has 25 holes, thanks to the pileated woodpeckers dining.



purple finch

Feb. 18 - an abundance of birds at the feeders today, earlier it sounded like spring with all the chirping.

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