

Black River News

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VOLUME 15 ISSUE 5

MAY 2020

Tributes To Mum

With COVID-19 herding us within in the confines of our homes we don't want to forget that in the month of May we celebrate our Mothers. We are never too old nor too isolated to remember Mum.



Lexie May Atwell Levy

When you think of all the holidays in Canada, which ones stand out for yourselves? For me as a child, it would have to be Christmas. Each year Christmas would come and go and we would wait for the next one. Time changes and you begin to think about your mother - you only have one mother! My Mother was always cooking, meal after meal every day of the year. She washed our clothes, prepared our lunches for myself, my brothers and sisters as we all went to school in Black River. The thing I remember most about Mother was how she made the bread for the family and her special molasses candy. They were both so delicious! She would pick strawberries then preserve them along with her canned beans and other vegetables. I do not think anyone has had any bigger influence on my life than my dear Mother.

- Henry Levy

Bessie Spinney

I recall my mother making corn meal cakes and how delicious they were.

- Blake Spinney

Elaine Schofield

When I think of all the things mothers have experienced during their lifetimes, I feel just a bit sad that they have to get through one more challenge. I find it amazing to see what the older mothers have managed to get through in the past and not only survive but in some cases thrive. I am sure that the younger mothers will be able to do the same during these hard times. After all, we have a great example in our mothers. I believe that all of us who still are blessed with our mother will not miss any chance to visit with our mother when this is all done and over. I just want to say to my Mother that If I haven't said it enough, we miss you and we love you. Stay safe.

- Ed Schofield

Tracey Pick

I remember humourously my mother doing my school projects and homework during my "rebellious stage". It got me through. Thanks, Mom

- Levi Pick

Madge Kathleen (Long) McPhail

Madge Kathleen (Long) McPhail, my mother, passed away in early October, a month after her 91st birthday. On my birthday every year she would always say, "You're catching up to me." Once it was a thing she'd say to me as a joke, but now, as I am a month away from my 72nd birthday, I am indeed catching up to her and not finding it nearly as amusing as I once did.

Mum's death came as a shock although it wasn't unexpected, given her age. Nevertheless, one is never prepared to lose one's mother.

My mother was a person of simple pleasures. She had what she wanted, but her wants were modest. She was frugal, sometimes to a fault, but the one luxury she allowed herself was birdseed. Mum loved birds and spent a great deal of time feeding and watching them. Of all the common species of bird that visited her yard for the goodies she offered, she especially loved robins. She had one of those clocks that had various birds announce the hour. One o'clock was always marked by the robin's song.

The morning after her passing, I walked to our mailbox to retrieve the morning paper, just as I always did although things in my world would never be the same. Just as I got to the bottom of the driveway, there, sitting in the bush next to the mailbox, was a robin - not more than a metre from me. The robin and I looked at each other for several seconds in comfortable silence in the early morning. Neither of us seemed surprised to be there, so close together nor did we feel any pressure to move along. In that peaceful, companionable moment I felt that somehow Mum was there. Things would be all right.

- Zane Long

continued on page 3

NATURE'S PANTRY AND PHARMACY

Summer Herbs

The time is approaching when we will be able to get digging in the dirt and planting our gardens. Summer savory, basil and dill are herbs most people are familiar with. All these herbs like lots of sun. Sow them directly in the garden after all danger of frost is passed. Plant them thinly and if you need to thin more you can always dig up a plant or two and plant them in a container. It is best to water well in the heat of summer. The general rule for harvesting is to collect them for drying just before the plant starts blooming. This includes dill if you want to harvest dill weed to dry. Dill seed is also used for pickles and you can also save the seed for the next year's planting. All these herbs have both medicinal as well as culinary uses.

Dill - is an annual herb and is the only species in the genus *Anethum*. Dill is widely grown in Eurasia where its leaves and seeds are used as a herb or spice for flavouring food. Dill is an aromatic herb with delicate, feathery green leaves. It is a member of the parsley family and One cup of fresh sprigs provides Daily Value: Calories - 4; Vitamin C - 8 %; Manganese - 5%; Vitamin A - 4%; Folate - 3%; Iron - 3%

Summer Savory - People take summer savory for coughs, sore throat, and intestinal disorders including cramps, indigestion, gas, diarrhea, nausea, and loss of appetite. People with diabetes take it to relieve frequent thirst. Delicate, pleasantly aromatic summer savory is one of the traditional culinary herbs featuring in the East-European and American cuisines. This annual herb belongs to the mint family. Dry savory herb has amazingly high levels of vitamins and minerals. Just 100 g of ground dry herb provides Daily Value: Dietary fibre -20%; Niacin - 25%; Vitamin B6 - 130%; Vitamin C - 83%; Vitamin A - 177%; Iron - 474%; Calcium - 210%; Magnesium - 94%; Manganese - 265%; No cholesterol.

Basil - Sweet - Basil plays a role in many Mediterranean, and particularly Italian, cuisines. It forms the basis of pesto and adds a distinct flavour to salads, pasta, pizza, and other dishes. Indonesian, Thai, and Vietnamese cuisines also feature this herb. *1 Tablespoon Fresh leaves, chopped:* Calories - 0.6; Vitamin A - 3% of the RDI; Vitamin K - 13% of the RDI; Calcium - 0.5% of the RDI; Iron - 0.5% of the RDI, Manganese 1.5% of the RDI. *1 Tablespoon dried leaves crumbled:* Calories - 5; Vitamin A - 4% of the RDI; Vitamin K - 43% of the RDI; Calcium 4% of the RDI; Iron - 5% of the RDI; Manganese 3% of the RDI.

Though dried basil is more concentrated in nutrients, you use less in recipes compared to fresh. Therefore, neither is a significant source of most nutrients except vitamin K. Beyond these nutrients, basil contains various B vitamins, traces of iron. and other minerals, and a range of additional antioxidants. Have fun growing, drying and using these herbs both fresh and dried for the winter!



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.

August 14, 1947

Mrs. W. Levy and family, from U.S.A., are visiting with Mr and Mrs. Wesley (Roxie) Levy.

Mr. and Mrs. Gerald (Phyllis) Henderson and son spent last week with the latter's parents, Mr. and Mrs. Leslie (Mae) Ells.

Mrs. Ora (Muriel) Scott spent last Wednesday with her parents, Mr. and Mrs. George (?) Forsythe, White Rock.

Thursday visitors at the home of Mr. and Mrs. Frank (Hattie) Ells were Mr. and Mrs. Fred (?) Arnold, daughter, Clara, and their two grandsons, from Everett, Mass., and Brenton Arnold, from Woodville.

Mr. and Mrs. Freeman (Mildred) Ells and baby Gladys spent the week end in New Ross.

Mr. and Mrs. Clifford (Ada) Long and sons visited relatives in Windsor on Sunday.

Mr. and Mrs. Frank (?) Conrad and family, of Wolfville, accompanied by Mrs. Violet Jodrey, Gaspereau, recently visited Mr. and Mrs. Stanley (Elsie) Levy.

Mrs. Waldo (Dorothy) Long, of Kentville, spent Sunday at the home of Mr. and Mrs. Rupert (Inez) Long.

Miss Ruth Long, of Halifax, spent the week end with her mother, Mrs. Jennie Long. Grace Long, of Grand Pre, spent Sunday at the same home.

A sacred concert will be held at the church Sunday evening under the direction of Miss Pansy Coldwell.

Sunday visitors at the home of Mr. and Mrs. L.W. (Mabel) Long were Mrs. Gertie Baker and son Tom, Robert Illsley, of Falmouth; Mr. and Mrs. Donald (Ferne) Davison, Erna and Alvin Ells, of Hantsport. Stoessel Atwell, of U.S.A., also spent the week end there.

Mrs. (Clara) Jeremiah and children spent last week in Waterville, guests of her sister, Mrs. Allison (Verna) Chute.

May Events ○○○

ACTIVITIES, MEETINGS, RENTALS ARE CANCELLED UNTIL FURTHER NOTICE DUE TO THE COVID-19 VIRUS. CHANGES WILL BE POSTED ON THE BLACK RIVER COMMUNITY HALL FACEBOOK PAGE or WEBSITE.

WHITE ROCK COMMUNITY CENTRE ACTIVITIES ARE CANCELLED FOR NOW. ANY CHANGES WILL BE POSTED ON THE WHITE ROCK FACEBOOK PAGE.

B I N G O

Our last event before the Virus closed our doors. We had a great time with our dobbers. Thanks to Gordon Berry for calling the Bingo numbers and Tammy Levy for sending the photos.



l-r: Kathy Berry, Cookie Spinney, Hank Levy & grandson, Ethan Levy, 5

l-r: Donna Levy & granddaughter, Leslie Ann Levy, 8
background - Joe McInnis



Dobbing and looking after the chips
l-r: Sharon Lake, Clara Spinney

Bingo caller extraordinaire-
Gordon Berry

Tributes To

Mum



continued from page 1

Joyce Pick

I remember my mother's chocolate cake as the best ever made. I also recall her beautiful flower gardens and how she would save the lupin seeds so when we went for drives in the country she could strew them along the roadsides.

- Philip Pick

Ruby Levy

At 71, I often think of Mum. She was an amazing mother and teacher instilling a love of learning and sense of social responsibility in those she touched.

- Laurie Levy

Greetings from Tina:

I hope everyone is doing well, keeping safe and practicing social distancing. I know it's hard not being able to visit family and friends but by doing what we are asked to do, the quicker we can return to normal activities. So with saying that, we in the Black River Community were planning to kick off the 2020 Cafe season on Mother's Day but due to COVID-19 we are unable to participate in any gatherings at the Hall. We will continue with the Black River Cafe as soon as the Nova Scotia government and health authorities say it is safe to have community gatherings. Please stay safe and I hope to see you all at our community hall soon.

- Tina Gertridge

NEWSLETTER

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

CONTACTS

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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.

Birthdays

Violet Levy	Apr. 18
Livia Levy	May 4
Carla (Davies) Spidle	May 4
Kathy Berry	May 6
Amy Davies	May 7
Megan Ells	May 8
Judy McLaren	May 8
Jane Feindal	May 8
Anna Ells	May 9
Jeff England	May 9
Sandra Schofield	May 14
Mark Rector	May 19
Lois Long	May 21
Deanna Schofield	May 23
Bryce Ells	May 24
Leland Harris	May 25
Richard Schofield	May 25
Sharon Lake	May 27
Clara Spinney	May 29
Jimmy Milligan	May 29
Aidan Schofield	May 29

Anniversaries

Bernie & Charlene Davies May 20

WHAT IS IT?

Phyllis Crowe sleuthed out the answer to this question and the answer is: a wrapping paper cutter. The wheels are offset enough to cut paper. Thanks, Phyllis

EXECUTIVE ...

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With Sympathy

Elizabeth "Betty" England - passed away in March. We offer our condolences to her son, Jeff England and daughter-in-law, Debbie and their families.

www.middletonfuneralhome.com

Christopher Long - passed away in March. Chris grew up in Black River and we send our sympathy to his family, extended family, and friends.

www.whitefamilyfuneralhome.com/obituaries/145467

Congratulations

To **Victoria Tait** and **David Milligan** on the birth of **Beau Tait Milligan**, April 19. Beau joins brothers Hunter and Owen in the Tait Milligan household. Beau is another grandson for Nancy Morse and Jimmy Milligan, Leisa and Mike McNeil and Rick Tait and Pearl West. Greatgrandparents - Gladys and Zane Long. Best Wishes to all.

Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

Mar. 23- My first robin at feeder but the blue jays keep chasing it away.

Mar. 24 - Snow today. Lots of birds- red-winged blackbirds at the feeder.

Two purple finches, very red in colour. Lots of juncos here, many more than all winter. Robin here - I cut up an apple for it.

Junco



Mar. 29 - The birds are taking advantage of the warm weather to court and sing. Wonderful to hear.

Apr. 4 - My happy day.

The ice went out of the lake and the first pair of ducks arrived. No loons yet but they always come within a day of the ice going out.



Red-winged blackbird

Apr. 6 - Sharon related that a robin was singing at her place. Glorious music.

Apr. 7 - Lots of geese flying around, a few in the lake but not staying for long. A few mergansers here today.

Apr. 10 - Still no loons.

Must be held up at the border. Snowy and windy so birds at the feeder are busy. Of course, the faithful woodpecker is here.

Loon



Apr. 11 - So excited - the loons are here! My resident hairy woodpecker is beating on anything metal.

Apr. 16 - Feeders are more colourful every day. The goldfinches are so yellow and the purple finches so red, then add the red-winged blackbirds.

Goldfinch



Apr. 17 - People are noticing the songs of the frogs in the evening. Nice to hear them. Lots of geese flying over or stopping for short visits at the lake.

Apr. 21 - A lazy warm day. Birds full of song this morning but dispersed for the day. Very few ducks so far this year but the eagles are busy patrolling all movement on the lake.

Peeper



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