

# Black River News

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VOLUME 14 ISSUE 11

November 2019

Our Annual Election is over and the voters have spoken. The following are the 2019-2020 executive officers for the Black River Community Hall:

*President:* Tina Gertridge

*Vice President:* Roswitha Spinney

*Secretary:* Mary Tanner Long

*Treasurer:* Nancy Morse

Their contact information is on the back of the newsletter.

The following are The Board of Directors:

*Ed Schofield*

*Clara Spinney*

*Sharon Lake*

*Zane Long*

*Joe McInnis*

*Wanda Schofield*

*Hank Levy*

Their contact information is also on the back of the newsletter.

Please feel free to contact the executive and/or board of directors with any questions, comments or issues.

We thank the executive who have volunteered their services, time and talents to the work of keeping up our community hall for another term. Probably we haven't been appreciative enough of your efforts. So again, on all of our behalfs, thank you.

The same is true of the Board of Directors and the committee members. They provide their time and talents, keep the Hall maintained and see that we have some interesting programs, and work at fundraising. It is a real team effort. Thank you.

If you, our dear readers, are interested in becoming part of some

of the programs offered, there is always room for more persons and ongoing is the search for ideas. Perhaps you have a hobby that you could share. Come to the Hall and let us know what you are thinking. There are probably others interested in the same thing.

Sharon Lake

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

## 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

## 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.

**June 19, 1947**

Mr. and Mrs. Rupert (Inez) Long spent Sunday with their daughter, Mrs. Allison (Verna) Chute, Waterville.

Mr. Gerald Spinney and Miss Ruth Long, of Halifax, spent the week end at their homes.

Several young people from our community attended the B.Y.P. Convention in Halifax on Monday last.

Mr. and Mrs. Stanley (Elsie) Levy spent Sunday last visiting in Sherwood.

Mr. and Mrs. Delbert (Frances) Eagles and children recently visited the former's parents, parents, Mr. and Mrs. Otis (Frances) Eagles, Melanson.

Our community club reopened on Thursday evening and met at the home of Mrs. Emery (Vera) Nowlin. Refreshments were served by the hostess.

Mrs. John (?) Schofield, one of our oldest residents, celebrated her eighty-first birthday on Monday.

Mrs. Gordon (Phyllis) Young and baby Joyce visited Mrs. Ian (Hazel) Long on Sunday.

Mr. and Mrs. Leverette (Mabel) Long spent a recent week end in Falmouth guests of Mr. Long's sister, Mrs. (Helen) Baker. Mrs. Long had spent the past two weeks with her brother, Gordon Ells, and Mrs. Ells, of Hantsport.

Mr. and Mrs. Arthur (Sadie) Buckley, of Lumsden, recently spent the evening with Mr. and Mrs. Clifford (Ada) Long.

Mrs. Wesley (Roxie) Levy and daughter, Hope spent a recent week end with her sister, Mrs. (?) Smeltzer and Mr. Smeltzer, in Hants County.

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# NATURE'S PANTRY AND PHARMACY

## STINGING NETTLE

I am including this herb at this time because I have just discovered it at the edge of my garden. I found it while mowing and thought that it was a type of mint. I quickly grabbed a leaf and held it to my nose. WRONG! My nose burned for about a half hour and then went numb for another half hour. **Do not handle**

**this herb with bare hands.** The treatment for this "sting" is the same as a bee sting. Now I know.

Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout and anemia. It is now used by many people to treat urinary problems during the early stages of an enlarged prostate (BPH).

**Identification:** Its scientific name, *Urtica dioica*, comes from the Latin word *uro*, which means "to burn", because its leaves can cause a temporary burning sensation upon contact. It can be found throughout the world and I have found out that there is a variety of this herb that is only found in the Atlantic region of Canada. The leaves may look like a "mint" plant and have hair-like structures that sting and also produce itching, redness and swelling however, once it is processed into a supplement, dried, freeze-dried or cooked, stinging nettle can be safely consumed. Be careful when handling fresh stinging nettle leaves, as their hair-like barbs can harm your skin. These barbs can inject an array of chemicals, such as: *acetylcholine, histamine, serotonin, leukotrienes, formic acid*. These compounds can cause rashes, bumps, hives and itchiness.

**Useful Parts of the Plant:** All parts of the plant can be used.

**Preparation:** Once the leaves have been frozen, cooked or dried, the stinging part is no longer a problem. Remember to harvest fresh plants using good quality gloves. Stinging nettle is incredibly easy to add to your daily routine. You can buy it in many health food stores, but you can also grow it yourself. You can buy dried/freeze-dried leaves, capsules, tinctures or creams. Stinging nettle ointments can be used to ease osteoarthritis symptoms. The dried leaves and flowers can be steeped to make a delicious herbal tea, while its leaves, stem and roots can be cooked and added to soups, stews, smoothies and stirfrys. There is no real guide to dosages for this herb but research shows an average of 300 to 600 mg is a healthy amount per day.

**Benefits:** Stinging Nettle's leaves and root provide a wide variety of nutrients, including: 1. *Vitamins:* A,C,K, and several B vitamins; *Minerals:* calcium, iron, magnesium, phosphorus, potassium and sodium; *Fats:* linoleic acid, linolenic acid, palmitic acid, stearic acid and oleic acid; *Amino acids:* All of the essential amino acids; *Polyphenols:* kaempferol, quercetin, caffeic acid, coumarins and other flavonoids. 2. May reduce inflammation. 3. May treat enlarged prostate symptoms. 4. May treat Hay fever. 5. May lower blood pressure. 6. May aid blood sugar control.



## Black River *continued from page 1*

Mr. and Mrs. Leverett (Mabel) Long and Mr. Ian Long and sons motored to Victoria Beach on Sunday to visit their daughter, Mrs. Alvin (Ada) Ellis. Mrs. Long remained there for a few weeks.

A number from here attended the concert in White Rock on Friday evening.

Mrs. Ian (Hazel) Long and daughter, Linda spent Sunday with her parents, Mr. and Mrs. Howard (?) Smith, of White Rock.

The Community Club met with Mr. and Mrs. Lloyd (Ruby) Levy on Thursday evening with a large attendance. Dainty refreshments were served. Next meeting will be with Mrs. Stanley (Elsie) Levy.

Mrs. Stanley (Elsie) Levy spent Friday with her daughter, Mrs. Hedley (Merle) Schofield, of Hillaton.

**Warning:** Pregnant women should avoid consuming stinging nettle because it may trigger uterine contractions, which can raise the risk of a miscarriage. Speak to your doctor before consuming stinging nettle if you're taking one of the following:

- *Blood thinners* • *Blood pressure medication*
- *Diuretics (water pills)* • *Diabetes medication*
- *lithium*

Be careful of this herb if you have unwanted interactions with any of the mint or sage family of herbs.

*Like all Herbs, be sure to clear its use with your doctor.*

Ed Schofield

I spotted a fairy house on my morning walk. Of course they heard me and scampered off.

Photo by Wendy Weisner



Wendy Weisner

# november events

## 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.**

**November 4** - Woven Snowflakes - bring Christmas material 2 blocks needed for each snowflake (6 inches by 6 1/2 inches), tacky glue (Aleene's tacky glue works really well) and at least 8 clothespins. Cost of workshop \$2.00.

**November 11**- Remembrance Day - **No Class**

**November 16** - **BRCC 5th Annual Craft Fair- 9 am-3pm**  
**Canteen Available, Free Admission. To book a table call Judy @ 902 542 5182. Small table \$5, Large \$10**

**November 18** - Discussion on Crafts

**Card Making Classes:** *Thursday, NOV.7, 7pm-9pm.*  
**Instructor Diane Ells** provides the designs and all the materials needed to make your own cards. It is a great opportunity to make professional looking cards and have a lot of fun doing it. Course offered once a month on first Thursday of the month. **Class:\$10**

There will be a **Family & Friends Holiday Shopping Party at the White Rock Community Hall** (1542 White Rock Rd) on **Saturday, Nov. 2nd** from 10am-3pm. **Free Will Offering in support of the White Rock United Baptist Church.** Several vendors including Cards by Isabella, Norwex, Thirty-One, Hand Knit/Crochet Hats, Mitts & Socks, Aperture 16 Photography, Lavinia's Olde English Delights, Woodworking & Fresh Bread, etc. Come and enjoy lunch & fresh baked goods.

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4 Quilting & Crafts 11pm - Ways & Means 7pm	5 Simply Computer 12pm-3pm \$3	6	7 Tai Chi 3 pm Card Making Classes 7pm -9pm \$10	8	9 Jam Session 7pm -10pm
10 Farmer's Market & Cafe 11am-1:30pm	11 <b>NO</b> Quilting & Crafts - Remembrance Day	12 Simply Computer 12pm-3pm. \$3 Directors' Meeting, 7pm-	13	14 Tai Chi 3pm	15	16 5th Annual Craft Fair 9:00-3:00
17 Monthly Meeting- 7pm-	18 Quilting & Crafts- BOOK CLUB 7pm	19 BOOKMOBILE 10:45am-NOON Simply Computer Maintenance Meeting, 7pm	20	21 Tai Chi 3pm	22	23
24 Farmer's Market & Cafe 11am-1:30pm	25 Heritage Meeting 7pm-	26	27	28 Tai Chi 3pm	29	30

**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

**WILLIAM GOLAR** is looking to rent an apartment or house. Can be contacted at the Kentville Hospital.

**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

Brian Schofield	Nov. 1
Ed Schofield	Nov. 3
Mildred Levy	Nov. 7
Tanya Hoyt	Nov. 7
Willie Golar	Nov. 8
Bruce Hoyt	Nov. 9
Pearl Schofield	Nov. 11
Glenda Schofield	Nov. 17
Laurie Levy	Nov. 18
Cranswick Golar	Nov. 19
Laura Harris	Nov. 23
Margo Levy	Nov. 29

## With

## Appreciation

*Thanks to everyone who supported the Harvest Auction, who donated items and who volunteered in any way. It takes a lot of people to put on a fundraiser. Thanks for your help.*

## Anniversaries

Eamon & Sara (Munro) Clancey	Nov. 3
Brad & Glenda Schofield	Nov. 17
Morris and Gertie Ells (65th)	Nov. 29

## Condolences

To the family and friends of **Orville Levy** who passed away in October we extend our condolences.

[www.serenityfuneralhome.ca](http://www.serenityfuneralhome.ca)

**Nancy Myra** 1944-2019 passed away in October. To her son, Shawn, daughter-in-law, Jessica, family and friends we offer our sympathies.

[www.arbormemorial.ca](http://www.arbormemorial.ca)

## Notice

*The Heritage Committee is looking for the return of The Levy Genealogy which was borrowed from the Hall. We encourage people to read the genealogies but please don't forget to leave them at the Hall.*

## Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

**October 2** - Summer was so short. The adult loons and one of the young have gone. Hope the second loon gets going.

**October 3** - Most all the ducks are gone. The lake seems a lonely place today. The leaves are starting to show their colours.

**October 4** - The remaining young loon seems to be very busy eating constantly. We have a large flock of blackbirds. Must be visiting us on their way south. Have not seen any ducks today.

**October 6** - Fall is really showing their colours, beautiful. No loon. Hope it has gone safely.

**October 8** - Has anyone seen a more beautiful sunset. So very red.

**October 9** - Our summer ducks are gone. The fall flocks of mergansers are here. Kind of interesting. The beautiful leaves are about at their peak.

**October 10** - Got up to the strong aroma of skunks and holes on my lawn.

**October 12** - A close friend of the family was travelling down the back side of the lake when to his surprise a cougar crossed the road in front of him.

**October 20** - A pair of mallards are back here visiting. So glad to have their visit. There has been a group of coyotes across the road from here. There goes any wildlife that was over there. No further sight of the young loon.

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

## EXECUTIVE ...

### Black River Community Hall

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**Treasurer** - Nancy Morse  
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## BOARD OF DIRECTORS ...

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902.542-5419

**Wanda Schofield**  
902 542 3206

**Sharon Lake**  
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## What's The Occasion?



September 2014  
The Official Opening  
Ceremonies of the  
New  
Black River  
Community Hall.

Occasion recognized  
by Cookie Spinney  
and Reta Spinney.

Photo by Melanie Long