

Black River News

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

VOLUME 14 ISSUE 10

October 2019

October is the time for elections. This year federally as well as Black River. For the first time we have a polling station at the Community Hall. The federal election is on October 21 and our Annual BRCC election is on October 20. We will be electing a new executive and a new board of directors with some members continuing in their positions.

The executive and board of directors are caretakers of our community hall along with all the volunteers who are committed to the idea of a communal meeting place. Unlike the old days when it cost very little to keep a community hall open for meetings and events, today's halls are expensive to operate, are heavily regulated by the county and it is necessary to use all the ingenuity and talent of the community to keep the doors open for the use of the community.

If you are interested but would prefer to not offer for an office there are several committees which might pique your interest (e.g. Heritage Committee, Ways and Means, Maintenance, Crafts and Quilting, Bursary and the Newsletter). There is always room for more people on these committees. On election night each committee gives an account of yearly activities thereby providing an opportunity to see what each is about. There is an opportunity to influence the direction that the community will take with regards to itself and beyond our borders. It is said "Together we can

accomplish great things."

Ongoing events such as monthly Card Making, weekly Tai Chi, Auction 45's Cards, Computer and Internet Tuesdays, Book Club, Cafe and Market, Quilting and Crafts are a chance to have fun and enjoy the company of people with whom you may have a lot in common.

We all came to be in our community in different ways. Some were born and brought up here, increasingly, those who have no specific ties to the community are choosing to make their lives here. Our collective common bond is strengthened by interaction with each other and through planning for the future together.

All this rhetoric leads up to a call to the community in general to take an interest in the activities and maintenance of the Hall, as it pertains to the life and continued existence of a community - our community.

On October 20 the meeting will be given over to the election. Everyone is welcome to attend, to gather more information on the various committees and any other aspect that you fancy. Please feel welcome to attend the Annual Meeting and as well, the monthly meetings. They can only be enhanced by the addition of interested persons.

Sharon Lake and Gladys Long

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

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.

April 10, 1947 (continued from last month)

Mr. and Mrs. Allison (Verna) Chute and baby Marilyn recently visited Mr. and Mrs. Rupert (Inez) Long.

Mrs. Percy (Mildred) Atwell and daughter Judy (Judi) spent last week end with Mr. and Mrs. Arthur (Sadie) Buckley, Newtonville.

Glad to report that Brian Levy, little son of Mr. and Mrs. Lloyd (Ruby) Levy, is better after having pneumonia.

We wish Mrs. Frank (Phyllis) Ells, who has been on the sick list, a speedy recovery.

Mrs. Florence Isnor, who spent the winter months with Mr. and Mrs. Stanley (Elsie) Levy, has returned to her home in Chester.

Our Sunday School has reopened after being closed for the winter months. A number of children were present and we are looking forward to many more next Sunday.

Bernard and Albert Scott have been ill with the measles. Glad to say they are better, and no other cases are reported.

Mr. and Mrs. Leslie (Lettie?) Schofield and family, of Greenfield spent Sunday with the latter's sister, Mrs. Freeman (Lexie) Levy.

June 5, 1947

Miss Verna Clem, of Aylesford Mountain, spent the week end with Mr. and Mrs. Rupert (Inez) Long.

Miss Vilda Spinney, Wolfville, spent several days last week with her parents, Mr. and Mrs. Emery (Bessie) Spinney.

A pie sale was held in the school house on Thursday night. After expenses were paid \$22.85 was realized which is to be used for school purposes.

continued on page 2

NATURE'S PANTRY AND PHARMACY

THE COMMON CATTAIL (*Typha latifolia*)

This month we will look at a common plant seen in all areas of our province and most of the country. It is the Cattail. This plant has been used for centuries as a great source of vitamins, minerals and carbohydrates. It has been called the "Walmart of the Swamp".

Identification: Cattails are recognized by the long stalk and brown catkins. They have sword like leaves and grow in marshes, swamps and other wet areas. Many children have enjoyed collecting these catkins and breaking them up to see the fluff blow in the wind.

Useful parts of the plant: Nearly all parts of the plant can be used from the green shoots in the spring to the catkins in the fall. For this article, we will look at the roots as a source of carbohydrates. They are one of the richest wild sources of edible carbohydrates in the area.

Preparation: *Since cattails can gather and store metals and other pollutants, be careful where you harvest.*

The rhizomes, a root-like, underground stem are gathered in the late fall for the best harvest although they can be harvested anytime, even in winter. It is easier to collect the roots from the outside edge of a colony. Find a good plant and follow the stalk down into the mud until you locate a horizontal root. This may lead to another plant. Cut the root between the plants. The outside layer of this root can be removed by rubbing when harvested or by roasting and then removing the layer. What you have left is a whitish root that can be chewed as is or used in soups or stews. These can also be sliced into coins and dried for later use. When dried, these can be ground into a flour to be used in pancakes or breads or anywhere flour is used. A great benefit is that it is gluten free. This requires a great amount of roots, so make sure you have a good supply but don't overharvest.

Benefits: Apart from their distinctive taste, cattail is a good source of nutrients, vitamins and minerals. Consuming 19 gram of cattail offers 0.144 mg of Manganese, 4.3 mg of Vitamin K, 12 mg of Magnesium, 0.9 g of Total dietary Fiber, 0.17 mg of Iron, 0.023 mg of Vitamin B6 and 21 mg of Sodium.

Some benefits may include:

- Provides natural antiseptic properties
- Helps in preventing Anaemia
- Provides skin care
- Helps in cancer prevention
- Provides steady increase in energy
- Provides cardio tonic and lipid-lowering effects
- Helps in reducing the risks of atherosclerosis
- Helps in controlling diabetes

Like all Herbals, be sure to clear its use with your doctor. Ed Schofield



What is it? Answer -

It is a fig grown by Ed Schofield. It was very sweet and delicious.

Black River *continued from page 1*

Mrs. Kenneth (Ida Mae) Smith and son Ashley are spending this week in White Rock.

Mrs. Stanley (Elsie) Levy, accompanied by Mrs. Arnel (Helen) Levy, spent one day last week in Windsor.

Mr. and Mrs. Ian (Hazel) Long and family and Mr. Leverett Long motored to Falmouth and Hantsport on Sunday to visit relatives.

We should like the co-operation of the parents in our community to send their children to the Sunday School if possible, as a program is being planned for Father's Day, June 15th, and we wish each and every child to take part. Lic. Stewart Murray started his new work in our field Sunday afternoon.

Glad to report Mrs. Lloyd (Ruby) Levy and son Brian are improving after having the measles.

Clifford Long motored to Truro Saturday returning Sunday accompanied by his wife (Ada) and sons who spent the past week with her parents, Mr. and Mrs. Hugh (Arabella) Taylor.

Mr. and Mrs. Clyde (?) Murray and daughter, of Kentville visited the home of Mr. and Mrs. Stanley (Elsie) Levy. Other visitors at the same home were Mr. and Mrs. Boutilier and children of Marriott's Cove, Lunenburg County.

Mr. and Mrs. Eddie (?) Hyland and baby Nancy and Mr. and Mrs. Frank (?) Davis, of Halifax were week end visitors of their parents, Mr. and Mrs. Edgar (Aggie) Weir.

Miss Olive Weir is spending a few days at her home.

Mrs. Alice Greenlun, who spent the last two weeks with her daughter, Mrs. Clyde (Florence) McInnis, who has been ill, returned to her home in Windsor on Saturday.

Mr. and Mrs. Freeman (Lexie) Levy and family spent Sunday, May 25 guests of the former's sister, Mrs. Charles (?) Schofield, and Mr. Schofield, of Windsor Forks. They were also accompanied by Lawson Levy, of Gaspereau.

Misses Helen and Elaine Smith and Mrs. Burton (Bernice) Mallott and three children, of Wallace, recently visited their sister, Mrs. Ian (Hazel) Long.

Several from here, attended the Apple Blossom Festival.

Mrs. Illsley is spending an indefinite time with her daughter, Mrs. Percy (Mildred) Atwell.

october 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.

October 7 - Smittens - you will need to bring your sewing machine, a good pair of scissors, and straight pins. Also a gently used sweater from Frenchy's would be good. There will be some sweaters and wool blankets available. No charge for this workshop.

October 14 - Thanksgiving Holiday - **No Class**

October 21 - Election Day at the Hall - **No Class**

October 28 - Button Ornaments cost \$2.00

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 - Starts at 9 am**

Card Making Classes: Thursday, October 3, 7 pm-9 pm. **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-3 pm. **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.

Harvest Auction: Saturday, October 26 2 pm-4 pm. Come and enjoy a Harvest Auction with Preserves, Jams, Produce, and a Silent Pie Auction. Canteen Available

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 Simply Computer 12-3. \$3	2 Card Party 7-9 \$3 50/50 Lunch	3 Tai Chi 3:00 Card Making Classes 7-9 \$10	4	5
6	7 Quilting & Crafts 11 pm - Ways & Means	8 Bookmobile 10:45-noon Simply Computer 12-3. \$3	9 Card Party 7-9 \$3 50/50 Lunch	10 Tai Chi 3:00	11	12 Jam Session 7 pm-10
13 Farmer's Market & Cafe	14 NO Quilting & Crafts <i>Thanksgiving</i>	15 Simply Computer Directors' Meeting, 7-	16 Card Party 7-9 \$3 50/50 Lunch	17 Tai Chi 3:00	18	19
20 Annual Meeting- Elections 7-	21 NO Quilting & Crafts- <i>Election</i>	22 Simply Computer 12-3. \$3 Maintenance Meeting, 7-.	23 Card Party 7-9 \$3 50/50 Lunch	24 Tai Chi 3:00	25	26 Harvest Auction 2 pm - 4 pm
27 Farmer's Market & Cafe	28 Quilting & Crafts 11 pm - Heritage Meeting 7-	29 Bookmobile 10:45-noon	30 Card Party 7-9 \$3 50/50 Lunch	31 Tai Chi 3:00		

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

Website: blackrivercommunityhall.weebly.com

Facebook: @blackrivercommunityhall

Newsletter: sharonlake07@gmail.com
gladys.zanelong@xplornet.com

CONTACTS

Victoria: toria.tait@hotmail.com or facebook

Quilting & Crafts: levy.judy3@gmail.com

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

Brad Long	Oct. 7
Sueanne Russell	Oct. 8
Dennis Attwell	Oct. 9
Donna (Hank) Levy	Oct. 10
Jack Spinney	Oct. 11
Barbara Kingsley	Oct. 12
Myrna Harper	Oct. 17
Debbie Levy	Oct. 19
Emily Harris	Oct. 19
Conrad Levy	Oct. 21
Hank Levy	Oct. 25
Paul Spinney	Oct. 25
Theresa Feltmate	Oct. 27
Osie Harris	Oct. 29
Darlene Weir	Oct. 30
Cheryl Rector	Oct. 30
Tina Gertridge	Oct. 31

Anniversaries

Phillip & Tracey Pick	Oct. 1
Perry & Sarah Levy	Oct. 6
Blake & Clara Spinney	Oct. 8
Brian & Tammy Schofield	Oct. 27

Get Well Soon

Glenda Schofield is recovering from surgery performed in September.

Carl Levy has had emergency heart surgery in September.

We wish them both a speedy recovery.

With Appreciation

Many thanks to our wonderful, hard-working volunteers who put together the breakfast last month. It was a successful fundraiser, and enjoyable to see the many friends and neighbours who attended.

EXECUTIVE ...

Black River Community Hall
989 Deep Hollow Road
Black River, NS B4P 2R2

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

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

Sunken Lake Journal of Wildlife Observations recorded by Clara Spinney

September 1 - Fall is coming too rapidly. It seems like such a rapid change took place once August was over.

September 2-15 - The hummingbirds have gone south, sadly. Such a short visit.

- All the seasonal birds seem to be flocking up.

- Going to miss my ducks so much.

- The Pick family related their story of a skunk taking Clayton's bag of squid fish bait. Many laughs of the skunk happily dragging it away. Do tell, who argues with a skunk?

- A long time resident on the lake told me of watching an eagle attack the loons. They made noises she had never heard before and formed a ring with their wings over the juveniles to protect them from the attack. Thankfully the loons won. Seeing was believing.

- The Loons thankfully have raised two young this year. They have their winter plumage and are learning to fly.

- Eleven geese circle this lake often. How come their honking in the fall sounds so forlorn, yet in spring so joyous?

September 16 - Three men on their way to work today met up with a female bear and her two cubs on the north side of Sunken Lake. Sighting made without incident.

September 24 - The adult loons and one juvenile have left the lake. One juvenile remains. It has been seen testing its flying abilities and hopefully it will join the migration too.

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

What's The Occasion?

