

Black River News

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VOLUME 18 ISSUE 9

Forest Bathing

SEPTEMBER 2023

"In Japan, there are dedicated 'shinrin-yoku' parks which means to 'bathe in the atmosphere of the forest'. This is their proactive medicine to keep themselves healthy, mentally and physically. In Europe, folks are protecting parks from logging - devoting them to forest therapy. I think it's only a matter of time before Canada will do the same."

Ronna Schneberger is a Forest Therapy Guide with the Canadian Council for the Association of Nature and Forest Therapy, based in Alberta. Schneberger says the concept of Forest Bathing is known world-wide. This spark of ingenuity is based on the recognition of our innate, physiological connection with nature.

"Our biology knows what to do, it responds with a recalibration and re-setting of itself. We are tuning into our senses, being present, it's a somatic experience - this was how 'shinrin-yoku' was created. Forestry and fisheries [representatives] had encouraged people to go outside. It was to [simultaneously] protect the forest - through zoned preservation - and create health among the people."

"Forest Bathing" is a therapy for just about every condition - from elevated stress levels to chronic illness - and there is a sizeable body of research to support the concept. It has been shown to alleviate depression, lower levels of the harmful "stress chemical" cortisol; reset brain programming: critical thinking, decision making, empathy, calm the nervous system; as well as having a positive effect on everything from blood pressure to your resting pulse.

As a Forest Therapy Guide, Schneberger has witnessed a variety of transformative experiences amongst individuals on the trail.

"It's like they become more alive, and far more present. It gets them into that deeper, reflective state. Some things I hear from people on the trail are, 'Gosh, I haven't felt this way since I was a kid, I had no idea I was missing this side of myself.' Or, 'I need to do this more often, just as much as I need to exercise.'"

Much research has been dedicated to the therapeutic affects of forest bathing and the findings are encouraging.

"It's been shown that time in the forest can help to increase your natural killer cells (NK) which are the cancer and tumor fighting white blood cells. This can be a powerful boost to the immune system. They attribute this boost to organic chemical compounds that the trees give off called Phytoncides. It's how the trees protect themselves from viruses and fungi. When we go into the forest we get them on our skin and they help us to boost

our natural killer cells."

NK cells kill tumors, or virus-infected cells, through the release of perforin. Perforin does this by inducing the programmed death of a cell that has become cancerous, or infected with a virus. Studies have found that phytoncides (from trees) significantly increase cytolytic activity (destruction of the unhealthy cells) and significantly increased intracellular levels of perforin. Phytoncides have been found to restore decreased human NK cell activity, and our decreased perforin.

Schneberger recounts an experience with an individual at one of her forest retreats:

"She had cancer and had her Neutrophils cells - a type of white blood cell that fights against infection - measured before attending the retreat. Two weeks after her time at the retreat those cell levels had gone up three times - from 0.8 to 2.4 - her doctor was amazed.

Schneberger adds this individual was also following a physician recommended diet of reduced sugar, certain medications and stress management but had wanted to try forest bathing for one month and those levels plummeted. Upon reinstating her regime, sitting under her willow tree for two hours a day, for one week, she observed positive results, neutrophil levels climbed and by the end of summer she was cancer free."

Schneberger says the ANFT would like to develop a liaison with Canada Health, citing examples of physicians who write Nature Prescriptions for their patients.

"A Canadian physician started writing nature prescriptions a few years ago and she noticed a significant reduction in the amount of prescribed pharmaceuticals required by her patients. Some of these drugs were for stress, depression and anxiety. A Washington D.C. doctor sends people into their state parks as a form of therapy. We'd love to work regularly with physicians to do the same."

Catherine Knott

An excerpt from the "Keeping It Holistic" Natural Health Column
authored by Catherine Knott
Published by Advocate Media, in The Reporter Newspaper, July 31, 2019
Catherine also hosts "Nature Therapy and Beyond".
A podcast based on a body of Holistic Health Journalism



Hello Neighbour Leonard's New Wheels

"Leonard's [Levy] gone 'round the lake' again." Not around the bend, but the lake. This miracle is happening on his shiny new electric bike, the result of two months of research, with the help of Robert Sanford who has one, and "dickering" at every bike store from Sackville to Kentville.

The new "motorized" family member, a V-Rook Surface 604, was purchased in Falmouth and has given Leonard some much valued independence. Although he is in the garden and barn daily, it also provides a good excuse for this different type of exercise and fun. A friend, Robert Sanford, who lives on Sunken Lake has a matching bike so the two of them make the trip quite often.

What's nice is what used to mean a walk up the hill is now just the turn of the throttle. That makes the trip a lot more enjoyable. Leonard plugs it in to recharge after every use or at the end of the day and has already clocked over 200 kilometres of travel, that's well past Digby in distance.

Emily remembers how Leonard used to zoom around Black River as a lanky teen. One time going down Spinney Hill, the handle bars popped right out of his bike. He spent a few choice words trying to stick it back in, and then dumped.

"Might as well have thrown the d@**# thing in the ditch," became part of story he could tell so well, having lived through it.

Now he is zooming again. Mildred says she thinks he'd rather do that than work. Who wouldn't? Maybe she should get a saucy pair of leather biker chick shorts and join him.



Emily Levy Purdy and Mildred Levy

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.

August 10, 1950

Mr. and Mrs. Ian (Hazel) Long and three children spent the week end with the former's sister, Mrs. Alvin (Ada) Ellis, and Mr. Ellis, Victoria Beach.

Mr. and Mrs. J.S. Jeremiah, Constance and Jerry, Providence, R.I., are spending August with the latter's parents, Mr. and Mrs. Rupert (Inez) Long. Recent visitors at the same home were Mr. and Mrs. Allison (Verna) Chute and three children, Waterville; Mr. and Mrs. Robie (Isabelle) Long, New Minas, Mr. and Mrs. Waldo (Dorothy) Long, Kentville, Mrs. R.A. (Rosie) Ells, White Rock and Mrs. Gladys Locke, Edmonton, Alberta.

Mrs. Lenna Cunningham, Mrs. Percy (Mildred) Atwell and Judy (Judi), spent Friday with Mrs. Atwell's aunt, Mrs. Guy Fuller, Hortonville.

Miss Madge Long, Wolfville, spent the week end at home. Mr. and Mrs. Jack (Grace) Allen, Grand Pre, were also guests.

Mrs. Mary Gallant, Brantford, Ont., is spending her vacation with Mr. and Mrs. Wesley (Roxie) Levy.

Mrs. Wesley (Roxie) Levy and family and Mrs. Mary Gallant visited Wednesday with Mr. and Mrs. Hiltz.

Mr. and Mrs. Arnel (Helen) Levy spent Friday evening in Melanson with Mr. and Mrs. Ivan (Leona) Levy.

Mrs. Loyd Jodrey, Curry's Corner, spent Thursday with Mr. and Mrs. Leslie (Mae) Ells. Mr. Ells is much improved in health.

Mr. and Mrs. Byron (Verna) Long and Clara, accompanied by Mrs. Adelbert (Frances) Eagles and Charlotte, spent Saturday evening with Mr. and Mrs. Robie (Isbel) Long, New Minas.

August 17-31, 1950

Mr. and Mrs. Clinton (Marjorie) Shurtleff, Lenna, Grace and Bobbie, Warren, Ohio, were visitors with Mr. and Mrs. Rupert (Inez) Long on Saturday.

Mrs. Eliza Voelker, Valley Falls, R.I. was a Sunday visitor with Mrs. L.W. (Mabel) Long.

A Penny Sale and Pie Sale were held at the school Friday night with proceeds for church purposes.

Graydon Forsyth, Wolfville, is building a cabin at Sunken Lake.

Repair work is being done at the school in preparation for the fall term. The teachers engaged for the year are Mrs. Percy (Mildred) Atwell, primary and Frank Bates, Freeport, principal. Mr. Bates and family will occupy Arthur Buckley's home.

Phillip and Kenneth Long spent Monday with Mr. and Mrs. Robie (Isbel) Long, New Minas.

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

September events



SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4 Ways/Means & Maintenance 7pm	5 45's Card Game 7-9 Adm: \$4 50/50	6	7	8	9
10	11 Sewing/Crafts Meeting 11 am	12 45's Card Game 7-9 Adm: \$4 50/50	13	14 Card Making Classes 7:00	15	16
17 Monthly Meeting 7 pm Directors Meeting 7pm-	18 Book Club 7pm-	19 45's Card Game 7-9 Adm: \$4 50/50	20	21	22	23
24	25 Sewing/Crafts Meeting 11 am Heritage Meeting	26 45's Card Game 7-9 Adm: \$4 50/50	27	28	29	30

• **45's card Games 7-9 pm.** Come out and enjoy the fun. Tickets are \$4 for the game. 50/50 Tickets Available and a light lunch included. All are welcome. Contact Zelma Long 902 542 2842 or sunkenhaven@gmail.com for further information.

• **Card Making Classes** - Are you interested in getting back to card making classes? If so, **Contact Diane Ells at 902 542 5173** and leave a message, if no answer. Classes are the 2nd Thursday evening of the month at the Hall. First Class is scheduled on Sept 14 at 7:00 pm.

• **Reminder** -In October, our Annual General Meeting takes place, when new executive and board of directors are elected. If you are interested in running for office or have an idea you would like to present, please come to our meeting on September 17 or let someone in the executive or on the board know you are interested. We always welcome fresh faces.



Photo by Francis McLearn

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

Quilting & Crafts:

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 \$6** for a full feed bag. **DROP INTO THE HOUSE AT 85 UPPER SUNKEN LAKE RD or CALL 902.713.5094.**
- **HUMBLE HILL HOMESTEAD** offering: farm fresh eggs in a variety of colours, frozen-fresh rabbit, veggies and transplants seasonally. Contact via 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

Jay Harris	Sept 2
Kenny Ells	Sept 3
Morgan Gertridge	Sept 3
Hunter Milligan	Sept 8
Owen Milligan	Sept 14
Cookie Spinney	Sept 17 (88)
Blake Spinney	Sept 17 (81)
Julie Hawkesworth	Sept 18
Lorne Saul-Demers	Sept 18
Gertie Ells	Sept 19 (87)
Eamon Clancey	Sept 21
Brian Levy	Sept 24
Eric Hoyt	Sept 25
Jeff Long	Sept 29

Anniversary

Joel & Jayden McLearn	Sept 3
Tyler & Don-Leigh Schofield	Sept 3
Caleb Carlos & Sammy Everett	Sept 10
Darren & Tina Gertridge	Sept 19
Ed & Nellie Schofield	Sept 24 (35)
Jay & Laura Harris	Sept 25

EXECUTIVE ...

Black River Community Hall

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902 542 7913

President - Clayton Pick

clayton-765@hotmail.com
902 698 1629

Vice-President - Ed Schofield

nellieed.schofield@gmail.com
902 542 5134

Secretary - Jayn Kenny

jayneileenkenny@msn.com
902 542 0002

Treasurer - Tara Lee McLearn

mclearn4@yahoo.ca
902 542 4548

BOARD OF DIRECTORS ...

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Donna (Hank) Levy

902 542 5419
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Sunken Lake and Area Journal of Wildlife Observations

recorded by Clara Spinney

- Laurie and Judy Levy hosted a pair of nesting cedar waxwings in their Christmas tree lot.
- Blaine Miles reported seeing a silver fox cross his front lawn-excited. (*Silver fox, sometimes referred to as the black fox, is a melanistic form of the red fox. The silver fox's colouration can range from black to bluish gray to silver with a white-tipped tail. It contains a higher than normal level of the pigment known as melanin.*)



cedar waxwing

- Zelma Long called to say she was hosting a doe and fawn enjoying the tender grass on her lawn.
- We have been so fortunate to have a pair of loons growing up on the lake this summer. They are growing so fast they no longer look like babies. The eagles have been very interested in them but so far the loons have been lucky. I'm missing a few ducks so I can only guess that is what has happened to them.
- Sharon Lake reported seeing deer on the Corkum Burns Rd. There doesn't seem to be a lot of sightings.

- I have noticed large flocks of birds gathered on the hydro wires along the roads. I wasn't sure what kind of bird they were so I asked Bernard Forsythe who assured me they were starlings. It seems like fall when you see birds gathered up like that. We don't need fall yet.



red foxes

- I am excited to write that several people have mentioned they have seen bats. That is such good news. Hope more people will report seeing them.

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

