

## SPRINGWATER PARTY LINE

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by Katherine J. T. Humphrey

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The Spaghetti Dinner and Music Jam by donation at the Webster's Crossing United Methodist Church on Route 15 between Conesus and Springwater continue on the fourth Thursday monthly. I hope to see you at the dinner January 25 between 4:30 and 7:00 PM with the music going on into the night. The most enjoyable part is having the opportunity to connect with so many in the community. Weather should be beautiful!

Last week I suggested we all get started taking the clutter out of our lives by making a "to do" list. Unfortunately for some, this was just adding more clutter, like pieces of paper strewn around, so hopefully this week might help more to assess your situation. Organization strategies suggested by Cornell Cooperative Extension's Nancy Riegelsberger included these: (1) Make your system fit your lifestyle. You need to examine your own life style and choose a system that fits. There are lots of books and websites that can help you (try the local library). (2) Sort and classify. Things that are used together belong together. Store them in one place. (3) Clean out constantly. When you keep things you don't use, they get in the way and create more work. Keep on top of things. Get rid of the old as soon as you get new. (4) Use storage devices to fit your system. Bad containers make things harder to manage. Label everything. Something left unlabeled causes frustration and is likely to disappear. (5) Keep it simple. Take on only what you can handle and do no more. (6) Decide to decide. Make a decision and follow-through. (7) Ask for help. Delegate tasks or hire someone to do the things you can't do yourself. (8) Organize year round. For example, in January mail in warranties for products you received as holiday gifts and purge your files as you prepare your taxes. Next week we will discuss sorting strategies.

My long time Texas friend Serena is an avid puzzle person. She is definitely a wordsmith and often shares a witty answer to my column. This past week she told me about the jigsaw puzzle she received for Christmas and how she immediately worked on it, as well as on a daily crossword puzzle book for the year. One of the books had palindromes in it and she defined the word for me. A palindrome is a word or phrase that reads the same frontwards and backwards and gave me the example "senilefelines" and I immediately laughed as I thought of my Trust in the Lives of Older Women's group! Why? Because those of us in the group are far from being senile and I know all would be interested in or knowing about palindromes, a great subject for one of our serendipity meetings. There is plenty of research available on how puzzles are an enjoyable way to help you keep your brain working.

How to avoid the afternoon lull caught my eye in a recent Leadership e-mail. The suggestion they gave was that studies show "taking frequent short breaks helps restore mental clarity and focus, particularly during the afternoon lull many of us experience". Daniel Pink writes that "researchers tell us to get up, talk to people and get outside if possible to restore our energy, focus and mood." I fully concur, and thought you might like to try it too, if you have not already.

The weather at circa 40 degrees F brought out 18 hikers for our Springwater Trails' trek on Sunday, January 21 on Wesley Hill Preserve near Naples. John, Springwater Trails vice-president, sent the Facebook photos he took and if there is room, perhaps one or two will be published. After the hike, our belated holiday party was well attended, the food was outstanding and the music provided live by John on the accordion and Marty on the piano set the ambiance for a successful event. Our next hike is this Sunday, January 28<sup>th</sup> at 2 PM. More details are at <https://SpringwaterTrails.org> or ask a regular hiker."

This past Sunday, parishioners had an excellent 9 -10:30 AM service by our Pastor Dorothy Hotchkiss on Jesus baptism and meaning to us for that baptism. Afterwards we prepared for our Webster's Crossing United Methodist Church Spaghetti Dinner this Thursday, January 25<sup>th</sup>. Following that I went to the Springwater UMC to find out about the results of the Food Link truck coming to Springwater Saturday (1/20). I had hoped to make it to their 11 AM Bible Study, but that was just over; there were tables set up for at least 15, so that was heartening. Teresa gave me the stats on the truck and at least 100 families were given food, again a plus. Teresa also mentioned that the Springwater Community Food Pantry will be open 9 to 11:30 AM on Tuesdays and Saturdays (except Food Link truck Saturdays), and that she can be called (585-245-1223) at other times if there is a need.

Webster Crossing United Methodist Church Bible Study has been postponed until after Ash Wednesday, February 14 (also Valentine's Day), when we invite everyone interested to a Community Stone Soup Supper (6 PM) and Service (7 PM).

#### Birthdays:

January 25 – Bones Grey  
January 26 – Ezra Parker, Opal Fox  
January 28 – Teffenie & Heather Bovee  
January 29 – Pat Parkhouse, John Stevenson  
January 30 – Jim Bowers, Elaine Jacobs  
January 31 – Kyle Schnitzer, Kendra Jacobs, Kyle Haas  
February 1 – Deryl Westurn, Ila Canute

#### Anniversaries:

January 26 - Norris & Carol Rowley #66 Congratulations!  
January 28 – Tom & Georgia Robinson