SPRINGWATER PARTY LINE

o1 March 2018 by Katherine J. T. Humphrey Katherine kjth@allwesterntrees.com

No doubt you have stories to tell from your activities this past week. Mine was certainly fun filled and like yours, full of plenty of opportunities for "eating out". March is Nutrition Month, a good time to focus on what you are eating and the simple little changes you can make to better your health. "Eat more "real" food and less "junk" food, and mind the amount." ChooseMyPlate.gov website to give you ideas on how to change up your eating habits and lengthen your life.

Are you planning to enter the 15th Annual "Boup" Chili Contest on Saturday, March 3, at the Springwater Legion Post 905 on School Street in Springwater (585-669-2300) starting at 4 PM? Come share your recipe & sample the FREE Chili & Hot dogs. Vote for your favorite. Prizes: Original \$30, Hottest \$20, Crowd Favorite \$10. The contest is open to the public. Proceeds benefit the Legion. To enter, drop off your Chili in a crock pot at 4 PMalong with a \$5 bill. Judging starts at 5 PM. Drawing for Pick Table and 50/50 starts at 6 PM and continues through the evening.

Or how about going to the Sarah Connor Fund Raising Event, a Chicken BBQ at the Union Hose Club, 66 Elizabeth Street in Dansville on Saturday, March 3, between 5 and 8 PM. Call ahead for pre-sale tickets: Cheryl (585-245-2154), Margaret (585-245-2060), Jaime (585-447-3004), or Pat (585-732-1181).

We thank everyone that came to the Spaghetti Dinner and Music Jam by donation at Webster's Crossing United Methodist Church February 22. The next one is Thursday, March 22 starting at 4:30 PM and we hope to see you there.

This week, come join the United Methodists for the Lenten Bible Studies:

Allan's Hill UMC & Canadice UMC, Wed. at 10 AM – "He Chose the Nails" Part II by Max Lucado

The following will all be studying "What Makes a Hero? The death-defying ministry of Jesus" by Max Rawle (so if you miss a date, catch up at one of the others):

West Sparta UMC , Wednesday at 12:30 PM, Thursdat at 7 PM Conesus United Church, Wednesday at 7 PM – Open congregational prayer. Saturday 2:30 PM

Groveland Federated Church, Saturdays 2/17 – 3/24, 10 AM – 12 Noon Webster's Crossing United Methodist Church, Wednesdays 2/21-3/28, 7:00 – 8:30 PM

To continue with Cornell Cooperative Extension's educator Nancy Riegelsberger's suggestions for taking clutter out of our lives, she says "Today is here, NOW, and it is time to give it all you've got. Start TODAY, because all that matters is what you are doing RIGHT NOW. What is wrong with NOW? Disorganization stands between you and your ideal life. When you are disorganized you are distracted. Clutter is noise that

demands your attention. It prevents you from being productive. Clutter causes you to show up late, to avoid having guests over, to search for missing items repeatedly, and to pay bills late (plus late fees). Clutter then causes feelings of frustration, overwhelm, lethargy, and shame. When you don't feel well, you're unable to work effectively on your goals. Since your goals are what lead you to your ideal life, clutter is standing directly between you and your ideal life. How long will you allow clutter to steal your dreams?"

The Chicken BBQ / Lasagna Dinner and Raffle to benefit Rick Tripp was at the Kern Robinson American Legion Post 905 in Springwater on Saturday (2/24) starting at 4 PM and was packed with people. Thank you is extended to all who participated – especially to those that came to honor Rick, to eat and to prepare and serve the delicious food.

Another beautiful Sunday (2/25) brought out 19 hikers for our Springwater Trails' hike last week at All Western Evergreen Nursery & Christmas Tree Farm at 6840 Liberty Pole Road in Springwater, and to the social afterwards at the farm house. This coming Sunday, we will hike at Stony Brook State Park just south of Dansville. More details can be found at https://SpringwaterTrails.org or ask a regular hiker.

March 3 there is a Meat Raffle at the Sparta Center Fire Hall at <u>8479 Reeds Corners</u> <u>Road</u> starting at 6 PM. Meat bundles for dinner, for breakfast, and for other occasions will be raffled. Food and Beverages will be available for purchase.

You will want to work off all the above calories by attending the Line Dancing on either or both Tuesdays (Wayland American Legion) and Thursdays (Atlanta E. J. Cottrell Library) from 6:30-7:30 PM. The cost is \$4/ class or \$6/to attend both locations. No experience necessary. Spectators welcome. If you have questions, do call or text <u>585-734-7634</u>.

Child Safety Seat Checks (Child must be present.) are being held Feb. 24 and March 31 between 10 AM and 2 PMat the Lakeville DOT, 5543 Lakeville Road in Geneseo, sponsored by Cornell Cooperative Extension of Livingston County Traffic Safety Education Program. Contact person is Katelyn Sanders, 585-991-5420 or 585-335-1752 or e-mail to kis334@cornell.edu.

Birthdays:

March 1 – Mary Markle

March 2 – Kaia Elu Langhorn

March 3 – Scott VanScooter, Mary Forte, JonDavid Gibson

March 4 – Becky Fox VanAllen, Carol Rossman

March 6 – Louis James

March 7 – Paula Longacre

March 8 – Kenneth Shull