

# Owl Light News



OwlLightNews.com

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February 2019

# News

## Tree Time



by D.E. Bentley

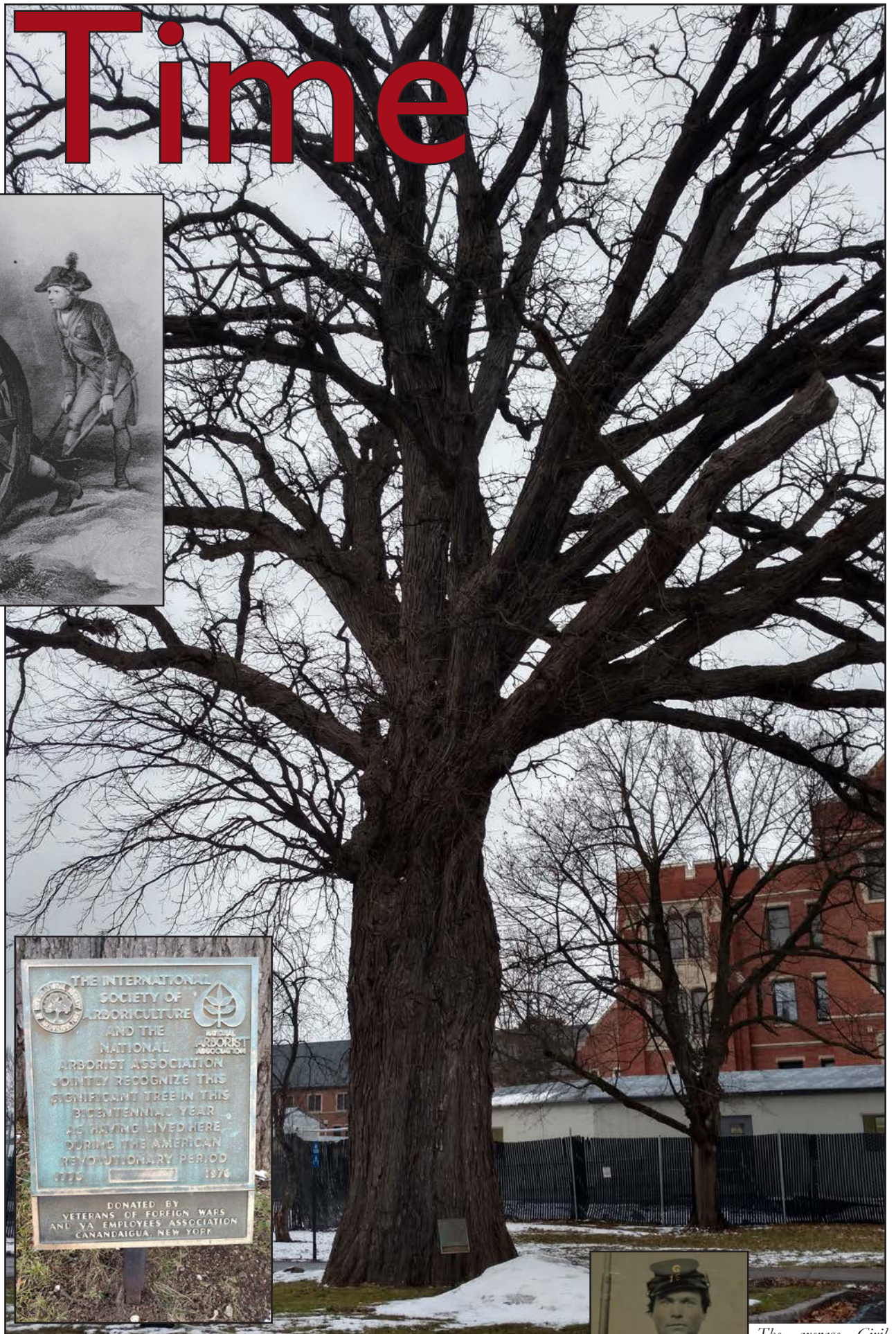
I had previously noticed the tree, a Bur Oak, casting its great shadow across the walkway in front of the Veterans' Hospital in Canandaigua, New York. I had also noticed the plaque at the foot of the tree, but had never taken the time to read the words embossed into the metal. On December 12, 2018, a veteran leaving the facility at the same time as me walked toward the base of the tree, greeting some friends as he passed them by. I was parked in the closest space, and he asked if it was my vehicle since we walked in the same general direction. He explained that he was going to read the plaque, and then stood quietly reading the words - inspiring me to do the same.

*The International Society of Arboriculture and the National Arborist Association jointly recognize this significant tree in the bicentennial year as having lived here during the American Revolutionary Period, 1776-1976.*

At the bottom it reads:

*Donated by Veterans of Foreign Wars and VA Employees' Association, Canandaigua, NY.*

Continued page 4



*The average Civil War soldier was 26 years old, weighing 143 pounds and standing 5'8" tall. (Library of Congress)*

PRESORTED STANDARD  
US POSTAGE  
PAID  
ROCHESTER, NY  
PERMIT NO. 1673

At home with  
the Owl Light.

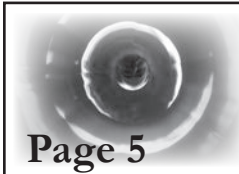
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Reflect  
Belect

American Revolution 1775-1783	Creek War 1813-1814	US Civil War 1861-1865
Barbary Wars 1801-1805; 1815	The Tree is about 100 years old.	Spanish American War 1898
Tree's life begins	Franco-American Naval War 1798-1800	The Thompsons purchase Sonnenberg 1863; build Sonnenberg Mansion (1887).
War of 1812 1812-1815	Mexican-American War 1846-1848	Timeline American involved wars since 1775 continues on back.
	War of Texas Independence 1836	



# Owl Light Contributors Monthly Columns



**T. Touris ~ The Light Lens**  
T. Touris is a wanna-be-retired-computer-programmer. He spends his free time designing and working in wood, while dreaming up the next Light Lens.

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## Doug Garnar ~ Pathways to Democracy

Doug Garnar works with the Kettering Foundation and NIFI (National Issues Forums Institute) to help citizens find "pathways to democracy." He has taught since 1971 at SUNY Broome Community College. He lives in Binghamton, New York. [garnardc@sunybroome.edu](mailto:garnardc@sunybroome.edu)



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## Ben Haravitch ~ That Finger Lakes Sound



Ben currently lives in Warsaw, NY. He teaches banjo, records music made by his friends, and performs with a variety of roots-based bands throughout the Finger Lakes region. To learn more about what Ben is up to visit: [www.benharavitch.com/](http://www.benharavitch.com/) or fb Ben Haravitch Music. He can be contacted at [ben@benharavitch.com](mailto:ben@benharavitch.com).

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## Mary Drake ~ The Monthly Review

Mary Drake is a novelist and freelance writer living in western New York. Visit her online at [marydrake.org](http://marydrake.org) to learn more about her books.

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## Kade Bentley ~ Kade in the Kitchen



Kade Bentley has collected experience from commercial kitchens, vegetarian and vegan collective living, organic farming, and a general love of food. They can cook for one or 100. As a "kitchen witch," they believe that how and with what we sustain ourselves has a spiritual significance, and sees eating and cooking as agricultural acts. They support small farms, the right to whole nutritious food, generous use of butter and coconut oil, and the creation of a more just food system.

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## Sky Trombly ~ Simple Sustainability



Sky has been something of a sustainability nerd for most of her life, Sky Trombly's goal is to empower herself and others to live in a way that is congruent with personal values - and intimately linked to the Earth. You can join her in her wanderings through the quagmire of sustainable living in every issue of *Owl Light News*, and on her blog - [talkwalking.org](http://talkwalking.org).

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**Read  
Listen  
Reflect**

*Ken Bristol*  
*Nuclear Power on the Farm*  
(non-fiction) **Page 6**

*Gavin Spanagel*  
*"Submission"* (poem) **Page 10**

## Dee Sharples ~ The Night Sky

Dee Sharples is an amateur astronomer who enjoys observing planets, star clusters and the Moon through her telescope. She is a member of ASRAS (Astronomy Section of the Rochester Academy of Science) and records "Dee's Sky This Month," describing what can be seen in the sky, on the ASRAS website, [rochesterastronomy.org](http://rochesterastronomy.org). Watch for her monthly *Owl Light* feature to learn more about the night sky.



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## Derrick Gentry ~ Homestead Gardener

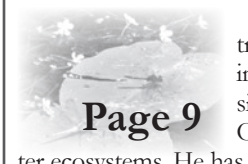
Derrick Gentry lives in Canadice with his wife and son, and numerous furred and feathered friends. He teaches in the Humanities Department at Finger Lakes Community College. [Derrick.Gentry@fccc.edu](mailto:Derrick.Gentry@fccc.edu)



**Page 8**

## Steve Melcher ~ Dragonfly Tales

Steve Melcher is the primary caretaker, hoof trimmer & poop scooper at Odonata Sanctuary in Mendon. His studies at Harvard and University of Delaware included using members of the Order "Odonata," as bioindicators of freshwater ecosystems. He has written/coauthored in journals, magazines, and books re: environmental literacy and ecological issues. Steve now works with environmental and educational organizations whose goal is to have "no child left inside". Learn more at [fb Odonata Sanctuary](http://fb Odonata Sanctuary).



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# Guest Contributors

## Hank Ranney ~ "R-E-S Solutions in 2019" (poetry) **Page 4**

Hank Ranney is an entertainer and poet who hails from Naples, NY. He writes poems and sings songs about the absurdities of life, the life of the cowboy and a range of topics in-between. He is a past *Owl Light* contributor.



## Wendy Schreiner ~ Hearts A Plenty (Poem) **Page 16**

Wendy Schreiner resides in Warsaw with husband Dave and their two shih tzus Daisy Mae and Paisley Rae. She studied English at Daemen College and loves writing when not at her day job at Wyoming County Dept. of Social Services. She also facilitates "Write Connection" at the Warsaw Public Library. She is a periodic *Owl Light* contributor.



*Nora Ferruzza*  
*Trinket* (Poem) **Page 11**

## Tawn Feeny ~ "Voices of Vets" **Page 14**

Tawn Feeny grew up in Geneva, and returned to living in the Finger Lakes in 2000, after living many places for almost 40 years. She and her life partner built their home next to their pond on the ridge above Hemlock Lake. She is now a semi-retired speech pathologist and is active in the Little Lakes Community Association.



## Stephen S. Lewandowski ~ My Woodstock **Page 12**

Stephen S. Lewandowski is a direct descendant of the first prokaryote bacterium to begin photosynthetic activity about 3 billion years ago. During the rise of these cyanobacteria, they converted an anaerobic global atmosphere to the current oxygenated atmosphere we breathe. He vaguely remembers the Great Oxygenation Event also known as the Rusting of the Earth, though foggy on the details. He and his microbial gut bacteria now live and tend a garden in Rushville, NY.

### On the Cover:

*The Tree as she stood on December 12, 2018. In the background you can see the construction work - estimated to take (5) years. Photo D.E. Bentley. Molly Pitcher at the Battle of Monmouth. Engraving by J.C. Armitage from painting by Alonzo Chappel. 148-GW-923. (revolutionary\_war\_045.jpg) <https://www.archives.gov>.*

*Back A group visiting one of the largest known bur oak trees. Photo by Rick Showalter*

\*Timeline dates source: [thoughtco.com/american-involvement-wars-colonial-times-present-4059761](http://thoughtco.com/american-involvement-wars-colonial-times-present-4059761)

## Bee Lines will be back in March!!

## Sam Hall ~ Bee Lines

Sam Hall is a Western NY beekeeper who first worked bees as a child growing up on a "dirt farm" in Allegany County, NY. He has kept bees for most of his adult life and believes that his mistakes "far outnumber his successes."

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## The Conscious Crow ~ Reminding you to grow!



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## Joy Lewis ~ Richmond History

Joy Lewis has served as Town of Richmond Historian since 2013.

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**Every other issue**

# Owl Light News

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# Down the rabbit hole - again!

## ~ Notes from the editor

It often happens that I choose and move in a particular direction and find myself down a rabbit hole. Like Alice in Wonderland, once one is there – once we have made a life choice or been thrown headlong into one – there is nothing to do but follow the path, see where it leads and in many cases find a way out. Such is the case of those thrown into wars – usually not of their own making.

The root for the article I worked on for this issue was a simple encounter on the grounds of the Canandaigua VA. I envisioned posting a short discussion about a tree, and ended up delving into the conflicts that our Nation has been a part of. I am not a veteran or active service person (although I know many who are) and have never been a war buff, but nonetheless found myself getting pulled deeper and deeper into the wars we have waged or been thrown into. As with all quests for answers, my inquiry fell far short of my expectations, despite it having expanded from a short discourse on a tree to a timeline of conflicts that have occurred during the life of that tree.

Most importantly, I wanted to know more about the soldiers who served: less about the regiments and locations; less about the battlefields and strategies; less about the victories and defeats, although these are crucial components to understanding. What I wanted to know – especially in regard to the earliest wars that helped define our Nation's global role as a defender of freedom – was the stories of the soldiers. Whose son or daughter, husband or wife were they. Why did they fight and what were their thoughts in those final moments when all is lost and, in some cases, something gained. Unanswerable questions internalized by each soldier, each refugee of war – past or present – as they move through the maze of experience, trying first one thing then another to negotiate the surrealism of the experience, survive the ordeal and return to the green banks beside the river.

These experiences – as with each of our experiences – are personal and varied, influenced by when and where we are born, the color of our skin, our gender, our predispositions and the random encounters and follies of fate of our individual journeys. Thus, as is often the case, I found myself telling only a minute fraction of a story that – like the battles that rage all around the world – are clustered together as they fall like an endless wave of dominoes, each triggering the next. When we reflect that these are only the wars of our direct involvement since the American Revolution – when the tree first made her stand – we are forced to take notice. I cannot hear the voices of the past; the dead are dead – laid to rest where they can tell their stories no more. None can predict the future lifetime of this tree. If she lives into old age, to 400, we will all be gone as she drops her last leaves into the wind and gives up her body into the hands of a master woodworker. We can we listen to the stories of the present and learn from those living who have seen and experienced the human tragedy of war. We can focus on finding common ground rather than building machines of death. We can – like this tree – despite being rooted in our shortsighted origins and upbringings, offer others shelter from the rain and sun and the storms that rage all around us.

D.E. Bentley  
Editor, Owl Light News

*We welcome stories and diverse perspectives from those who have been impacted by wars – including stories from those who have served and fought and from refugees of wars – here and around the world – who have been caught in the crossfire, lost friends, family and homes. These are often sad human expressions of loss and pain, but remembering brings us closer together and helps us find humanity in the midst of the ashes. Send thoughts, comments to Editor@CanadicePress.com or e-mail writings to Canadice Press, 5584 Canadice Lake Road, Springwater, NY 14560.*



# Letters from Owl Light Readers

## ~Bee plight and human survival linked

In 1962 Rachel Carson published “Silent Spring”. Two years ago I moved from my home in the hills to my new home in a valley. I set about recreating my former, nearly ecologically balanced property, at my new home planting over 700 trees, shrubs, herbs and flowers. This year I added a bee hive. I have raised bees for fifteen years but because of my current location to farm fields I was hesitant, due to concerns about chemical usage and its effects on my bees. I was right to be concerned. In the late spring of this year I experienced my own “silent spring” as I walked my property. Despite having over seeded the wild flowers with clover, I was met with silence, with a handful of bumble bees and a few other insects the only evidence of insect activity. Recently, in checking my bees, I discovered that my hive was dead, with piles of bees at both the front and rear entrances, their tongues hanging out. Evidence of poisoning. Due to the lateness of the year, I suspect a contaminated water source.

Life on this earth is interdependent. What we do affects other species, often to their detriment and what happens to them will negatively impact us. We need to stop and stop now our arrogant and apathetic attitudes. In less than 250 years we have brought about changes to our planet that have taken tens of thousands and even millions of years to transpire in the past. As a result, our pollinators are in trouble, serious trouble, as are numerous other species, including our own, and I just lost another 25,000 of them because of it. Stopping the destruction we have caused is a war that every single person must commit to.

Sincerely,  
Martha Ferris  
Wayland, NY

## Byrnes joins New York State Assembly



Assemblywoman Marjorie Byrnes (R,C-Caledonia) sworn in to state Assembly. Photo provided.

On January 8, 2019, Assemblywoman Marjorie Byrnes (R,C- Caledonia) was sworn in as a new member of the New York State Assembly. Byrnes will represent the 133rd Assembly District, which includes all of Livingston county and parts of Steuben and Monroe counties. The swearing-in ceremony was administered by Hon. Kevin J. Engel and held in the Legislative Office

Building in Albany.

“I am so honored to begin my first term as assemblywoman and am determined to bring much-needed change to Albany,” said Byrnes. “I am committed to focusing on issues that matter most to upstate families and business owners like reducing burdensome taxes, enacting term limits on elected officials, placing state-funded School Resource Officers in our schools, and repairing New York’s crumbling infrastructure.”

Byrnes, an experienced attorney and former Rochester City Court Judge, was appointed as ranking minority member of the Committee on Children and Families. She will also serve as a member on Health, Housing, Judiciary, and Small Business committees.

**Become part of the Owl Light conversation.  
Submissions to editor@canadicepress.com**

*Letters should be less than 300 words, although longer, well written opinion pieces will be considered. All published commentary must be signed (or sent via personal e-mail) and include a street address. Please focus on sound arguments, respect opposing views and avoid direct attacks. We reserve the right to edit or refuse any submitted editorial content. Opinions and letters published in Owl Light News are not necessarily the views of the Editor, Publisher, contributors or advertisers.*

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We now offer color placement options and continue to offer our print advertisers supplemental online posts that highlight their product or service for our online readers.

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Submission deadline is the 21st  
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month's issue.  
Content received early is given  
first consideration.



# Regional Reflections

## REED HOMESTEAD Guesthouse & Shop

circa 1803



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or call us at 585-367-8651.

## Achieving cybersecurity requires diplomacy, *not* new technology

Denver, CO - Declaring that "Technology alone will not fix the challenge of cyberwarfare," policy expert Tracy Mitrano called for diplomatic solutions in a speech at the University of Denver Thursday.

"The more we ratchet up technology the more dangerous it will get," Mitrano warned. "Treaties and agreements such as those between the United States and Russia for nuclear weapons are a working historical precedent." She has long advocated for international rules to address nation-state cyber warfare as well as to protect the privacy and security of user's data.

"The fact that the internet is everywhere around the world means that a multilateral approach is required in our contemporary context," Mitrano said.

Mitrano also called for reforming U.S. privacy laws for both government surveillance and consumer privacy in the electronic realm. "Citizens and consumers of the United States are in desperate need of meaningful privacy legislation," she said. "The Electronic Communications Privacy Act was passed in 1986, before the Internet was even open to the public."

The first wiretapping act was passed in the 1960s, balancing the interests of citizens and law enforcement. Mitrano said time and technology has since upended that balance. "For example, the USA-Patriot Act tilted the scales towards law enforcement. And one need only mention Facebook to know that it is time for the federal government to balance the needs of consumers with business. Right now, that balance is way out of whack in the favor of business.

"This area is still new and vibrant," Mitrano added. "Much work remains to be done to be sure that the United States continues to be a global leader, and to balance the needs of citizens and consumers with those of government and business."

She was invited to speak to the Denver campus community by the Vice Chancellor for Information Technologies. Mitrano is the former Director of Information Technology Policy at Cornell University and Academic Dean of a cybersecurity certificate program at the University of Massachusetts Amherst. A Democrat, she is making her second run for Congress from New York's 23rd district.

*Submitted by Tracy Mitrano For Congress*



Our Farms & Our Families is a special 2019 program for the Arts Council for Wyoming County funded in part by the Finger Lakes Regional Economic Development Council. The Visual Arts Programming will commission works of art from 10 local artists to be shown in galleries and non-traditional venues all in partnership with farms or agricultural venues.

This project is open to artists who reside in Wyoming County or are ACWC Members. Each artist may submit five images of work created in the past 2 years. Work may be submitted on a USB drive or in a physical portfolio.

Artwork must be submitted with an application form. Call is open to artists in all 2D & 3D media.

A panel including regional artists, community members, and agriculture representatives will evaluate the artwork using the criteria below.

Artist's work selected for this program will:

Show strong composition

Good use of color/light

Skillful use of medium

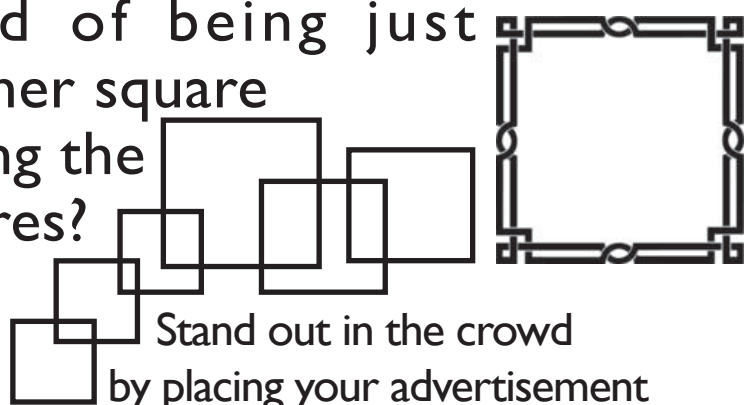
Effect an emotional response from the panel

Be reproducible on a large scale

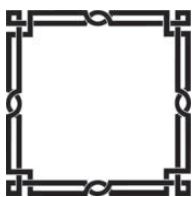
For more information, including application and guidelines, please visit:

<http://artswyco.org/our-farms-and-our-families/visual-arts-program.html>

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## R-E-S Solutions in 2019

Poem by Hank Ranney

New Years Eve has come and gone and what will happen then?  
We'll promise to change our ways and different things will end.  
These are called RESOLUTIONS. Some are good, some are bad.  
Do we stop doing things we've done & ruin the fun we've had?  
Every year this situation appears, decisions must be made,  
to try to improve the way the game is played.

What about the other words that begin with R-E-S?

Restitutions –

A legal action serving to cause restoration of a previous state.  
Returning items to proper owners.

Restricted –

Available to the use of particular groups only.

Responsible –

Able to answer for one's conduct and obligations.  
Able to choose between right and wrong.

Resilience –

An ability to recover from or adjust easily to misfortune or change.

Resort –

Turn to and adopt a strategy / course of action to resolve a difficult situation.  
(Instead of continuing to run a country as if it were 1950-60 when it is 2019).

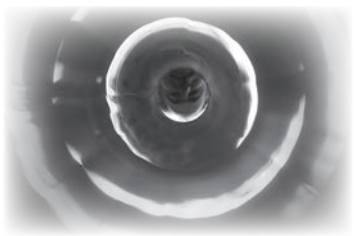
and finally...

Respect –

An act of giving particular attention, like showing consideration to each other,  
to other people's beliefs, to show that we are not *always* correct.

Check out [OwlLightNews.com](http://OwlLightNews.com)





# The Light Lens by T. Touris

## Time travels



**M**y New Year's resolution is to build my time traveling skills. Last month I grabbed my old 1920's vintage Stanley No. 4 time machine/hand plane and began making wood shavings. Instantly I was transported back to my teen years when I found this simple tool in a small collection that used to belong to my grandfather. That's when I learned how patience and a sharp blade could transform wood.

A tool tote recently found in my father's basement sent me back to the 1930's. Inscribed with the name Brunn and Co., I learned that my grandfather had carried that tote to go work at the Pierce Arrow Car Company in Buffalo. He probably carried the trusty Stanley No. 4 in it to help create finely crafted custom wood interiors.

Over the past month I've been putting the old No. 4 to use hogging out thick shavings to level out a new workbench top that's going to send me back to the eighteenth century. The bench design is from a French dude named André Roubo, who created an amazing record of woodworking during that period. I'll be using him as a guide for future explorations of the past.

I'm not sure where my travels will take me next. There are some cool Roman workbench designs that look interesting. Anyone have a toga I could borrow?

# Pathways...to Democracy by Doug Ganar



## Public Voice:

## A different way to engage elected officials

**E**ssential to any democracy is the opportunity for citizens to talk with their elected representatives. The 1st Amendment to the Constitution ensures the right of petition, the right of public assembly and freedom of the press among other things.

Yet many elected officials at the Federal, State and Local levels often pay only lip service to listening to their constituents. A call to an elected official's office rarely will result in a conversation with them. Written letters still can have an impact on one's representative even at the Federal level (if there are enough of them). Petitions may also influence an elected official along with letters to the editor of a newspaper. These more traditional means of engaging one's representatives seem to have less influence today.

At SUNY Broome Community College, we have, for the past four years, begun to use "Public Voice" events, which allow citizens to directly, engage their representatives. For the past four years we have asked citizens to weigh in on what the top three legislative priorities should be at the state and county level.

We do this by:

- Asking state./county officials (e.g. our two Assembly reps/one state senator; the county executive and the majority/minority leaders of the county legislature) to provide us with their top three legislative agenda goals.
- We then schedule a two hour session where citizens can come to the college in the evening to share their top three agenda items for each level of government. They are allowed 90 seconds to identify each of their goals. They are also encouraged to bring a written copy to leave with the moderator and if they can not be present they may email our Center for Civic Engagement with their ideas.
- Citizens are reminded that this is not a debate but rather an opportunity to let their elected officials know what citizens want the respective legislatures to grapple with in the coming legislative session.
- Elected officials or their representatives may attend, but they are not permitted to speak—they are there to listen. The Center provides each elected official with a summary of what citizens have to say. Each year the state elected officials and the county executives have made a point of attending and usually stay around to talk with citizens after the formal session has ended.
- This year's event has been expanded to have citizens provide their top three legislative items for the US Congress, and our newly elected Congressman will have an aide attend the session.

This same approach was used in August 2017 to solicit citizen input as to how Federal legislation would be impacting them. The last person to speak suggested that monthly public voice events be held on a variety of issues. Our institutional capacity is limited but we are exploring how more of the public voice type events can be offered, We are also looking at churches, libraries, senior citizen centers, veterans hall, and volunteer fire halls as a more varied set of venues. We do partner with the League of Women Voters, the local chamber of commerce and some media outlets.

The Broome County Executive used a similar format to solicit input from local citizens focusing on a proposed drug treatment facility. Two such meetings drew over a hundred to each one and the majority on the county legislature finally agreed to put partisan differences aside and accept a major state grant to establish such a center. In one year, heroin deaths have dropped by over 50%. This year's Public Voice event (1/17/2019) saw the County Executive and two of the state elected officials once again listing the heroin epidemic as a major concern.

Another facet of using the Public Voice format will be our effort to use a new type of political forum for the 2019 election cycle. We plan on inviting those running for multiple seats on a legislative body to come and sit in the back of the venue. For the first 45 minutes, citizens will be given 30 seconds to provide their top two political issues. Several recorders will take notes. Candidates, during this 45-minute period, can only listen. Then, after a short break, the moderator, drawing on what citizens have said, will ask candidates to respond to the top issues raised by the citizenry. This approach has been done with fair success in Arizona and we will experiment with it later this year.

We are reminded of what \*Charles Kettering meant when he said "to fail intelligently... is one of the greatest arts in the world." The struggle for a citizen-based democracy is not easy, but the alternative has led us to begin to question if our democracy might be in a death spiral. In future columns of Pathways to Democracy other examples of "deliberative democracy" will be offered for citizens to think about.

*\*Kettering amassed a huge fortune which has been used to fund health research and civic engagement activities for over 90 years.*

Any questions about the Public Voice strategy maybe addressed to Professor Doug Ganar - NIFI Ambassador - at [garnardc@sunybroome.edu](mailto:garnardc@sunybroome.edu).

## Check out OwlLightNews.com

### Conversations with the County ~ 2019

Geneseo, NY- Livingston County will be continuing the popular Coffee with the County community engagement series under a new name for 2019. Rebranded as Conversations with the County, these are town-hall style, drop-in gatherings designed to encourage residents and business owners to give feedback on County programs and services in an informal environment. Feedback received from the events in 2018 included having some of these gatherings in the evening hours. Therefore, the monthly series will intersperse after business-hour opportunities along with morning sessions.

Mr. Coyle stated, "In order to make the meetings as accessible as possible for our engaged residents, I, in consultation with the Board of Supervisors, have moved some meetings to the evening. I look forward to continuing the engaging and thoughtful discussions with even more people in the coming year."

During these informal meetings, County Administrator Ian M. Coyle will provide updates from the Board of Supervisors on County government happenings and answer questions.

All "Conversations with the County" events are open to the public and all are encouraged to attend. Below is a schedule for upcoming events:

Monday, Feb. 11 at 8:30 am	Monday, Mar 18 @ 5:30 pm (NEW TIME)
Portage Town Hall	News from Livingston County, NY
2 North Church St., Hunt	Geneseo Town Hall
	4630 Millennium Dr., Geneseo



## Tree Time from front

I looked up at the tree, its branches bare, and noticed a few clinging oak leaves. The Bur oak (*Quercus macrocarpa*) is in the family Fagaceae, along with other oaks, beeches and chestnuts. *Quercus* is the Latin name for oak. *Macrocarpa* comes from the Greek *Makros* meaning "large" and *karpos* meaning "seed" in reference to the large acorns. Other common names for bur oak are mossycup oak and scrub oak. The tree is known by the Lakota as *u'tahu can*, meaning "acorn stem tree." Other Native American names for the bur oak are *tashka* (Omaha), *chashke* (Winnebago), and *patki natawawi* (Pawnee). The Bur Oak is a widely distributed oak in Eastern North America, native to North America (from Nova Scotia to Manitoba, south to Texas). They are very resistant to fire injury and develop a deep root system early on, increasing their resistance to drought and offering them longevity.

Its leaves are deciduous, alternate, simple, 6 to 12 inches (15 to 30 cm) long, with 5 to 9-rounded lobes. Bur oak flowers appear on old or new wood, often as the leaves unfold. The flowers occur on several to many flowered spikes. The fruit is a nut (acorn) about 1 inch (2.54 cm) or less in length with one-half or more of the nut enclosed in a fringed cup. Twigs are stout, usually covered with corky ridges after a year or two. The bark is dark gray with deep vertically aligned ridges.

There are some of these individuals living quite near to where I live; I have found their distinctive acorns – a squirrel delicacy - scattered trailside. Few ever reach the size of the tree at the Canandaigua VA. At the time of the tree's commemoration, measurements taken by the New York State Forestry Service put the tree at 90 feet high with a circumference of 18 feet 5 ½ inches (measured 4 ½ feet from the ground) and a crown diameter of 100 feet. At that time, the tree was estimated to be 265 years old. The bur oak's average lifespan is between 200-400 years.

In 1976, when the Tree was dedicated, the Veterans' Hospital was in its forty-third year of service to America's Veterans. The lands on which the Canandaigua Veteran's Administration Medical Center – as it is now known - and the tree, are firmly rooted was purchased by the United States Government in 1931 from the Sonnenberg Estate. An additional 362 acres – most from the Bacon Farm - were subsequently purchased and added to the original 118 acres. The earliest patients, who arrived by train in 1933 after the completion of the first buildings on the expansive grounds, farmed much of the acreage. The tree - if it was in its infancy in the mid-1700s, as its estimated age would indicate – already stood tall in front of Building 1.

She had been there already when the Revolutionary War began in 1775; it lasted for 8 years. The majority of the war was fought in New York, New Jersey and South Carolina. There were six New York State Regiments and an artillery company. It was a time of hope – and death - that must have seemed endless. Women joined the fight – in some cases following their husbands and sons onto the battlefields where they assumed domestic roles and cared for the wounded. Some fought on the front lines, as was the case with Mary Ludwig Hays (Molly Pitcher) who took over in artillery after her husband was wounded at the Battle of Monmouth in 1778. Margaret Corbin, severely wounded at Fort Mifflin in 1776, was left for dead alongside her husband (also an artilleryman). She survived but was left permanently disabled, and subsequently became the first American female to receive a soldier's lifetime pension. Both free and enslaved African Americans fought; many of the estimated 9000 Black Patriots believed in the Patriot cause – some were promised freedom for helping to fill the regiment ranks. Smaller numbers joined the Loyalists. The War became a civil war for the Haudenosaunee – with tribes divided between the British (in the hopes of protecting their homelands from colonial encroachment) and the American Patriots. Many tried for neutrality, but their remaining lands had become a battlefield for American independence. During the infancy of the tree, the Haudenosaunee (Iroquois) had still occupied portions of their homelands in Canandaigua - "The Chosen Spot." During the Revolutionary Period thousands more perished, and their lives and lands would never be the same. A decade after American Independence, most of those that remained had been forced onto reservations; although the Canandaigua Treaty of 1794, also known as the Pickering Treaty (one of the earliest) was signed between the Haudenosaunee (Six Nations Iroquois Confederacy) and the United States of America (ratified January 21, 1795), offering the potential for peace between these two sovereign nations.

It is impossible to determine the exact cost of human life during the Revolutionary Period. According to Battlefields.org, the British lost approximately 24,000 men and an additional 1,200 Hessian (German soldiers conscripted by the British). Estimates are that 6,800 Americans were killed in action and almost as many were wounded (at a time when hospitals were housed in homes, churches and barns, anesthesia was not in use and amputation was a common outcome – for those who survived). Many others died in unsanitary conditions and as prisoners of war. According to Militaryhistorynow.com, John Gray of Virginia was the last verified surviving American Veteran of the Revolutionary War. Gray joined the Continental Army at 16 (soldiers as young as 15 could fight – with parental consent) in 1780. He died in 1868 in Ohio, at the age of 104, having witnessed the triumph and devastation of the Civil War.

The Tree was there as well during the U.S. Civil War (Apr 12, 1861 – Apr 9, 1865), when 2,128,948 men enlisted in the Union Army, including 178,895 black troops; 25% of the white men who served were foreign-born. Information about some of the Union (and Confederate) soldiers and sailors can be found in a searchable database at: [www.nps.gov/civilwar/soldiers-and-sailors-database.htm](http://www.nps.gov/civilwar/soldiers-and-sailors-database.htm). The war took more lives than any other American-involved conflict to date. Roughly 2% of the population – an estimated 620,000 - lost their lives in the line of duty. New York lost more than any other state, with more than 35,000 deaths – as many from disease as from combat. As a nation we were ill prepared for the largest human catastrophe in American history, with, as noted on Battlefields.org, "no national cemeteries, no burial details, and no messengers of death." Approximately one in four men never returned home, although inaccuracy and loss of muster rolls and casualty lists make it impossible to fully comprehend the loss that resulted from this fight for freedom. It was during this time – in 1863 – that Frederick Ferris and Mary Clark Thompson (newly weds at the time) purchased Sonnenberg ("Sunny Hill") in Canandaigua for their summer estate. Twenty-two years after the Civil War, they had completed the mansion that remains on the hill at Sonnenberg. It was after her husband's death that Mary Clark Thompson began to dedicate her life to the gardens that are today gradually being restored to their early grandeur. \*

By 1931, when the US broke ground for the Veteran's Hospital, most of those that fought for freedom in the Revolutionary War had faded from memories – the gravestones that remained slowly sinking into the earth - and one hundred more years of war had passed. It was the Veterans of World War I – the "war to end all wars" who arrived by train in 1933. More than a decade after the War's end, deep scars remained. They came to farm the land around the tree and rest in the shadow of her grand canopy, trying to replace nightmares with moments of quiet reprieve. It was a short time of peace. A decade later war again loomed on the horizon and young men – and women – were again called forth to fight in WWII; and after that in the Korean War; and then in the Vietnam War.

For many of The Canandaigua VA's earliest arrivals, their call to serve came as a result of the Selective Service Act of 1917 – which created the Selective Service system that remains in place today. 2,810,296 young men (21-30 years old) were drafted during WWI; 10,110,104 (18-37 years old) during WW II; 1,529,539 (19-26 years old) for the Korean War; and 1,857,304 (18-35 years old) for the Vietnam War. Initial draftees were prioritized based on familial responsibilities and, later, enrollment in college, although during various periods of conflict these guidelines were suspended. Periods of conscription were twelve months during WWI and at the start of WWII. It was extended to the duration of the war in 1942, after the US declared war on the Empire of Japan and Nazi Germany. There was opposition – particularly during the Vietnam War, which many saw as an unnecessary and unjust conflict - resulting in deadly riots in New York and draft dodgers – men who crossed into neighboring countries to avoid conscription – and prison. Despite many wanting to fight for freedom at home and around the globe, there was no way to avoid the realities of war and the impact on those that served and on their families back home. \*\*

Standing its ground in front of Building 1 at the Canandaigua VA, the Tree remains, a silent witness to the horrors of the wars that first prompted the draft and the wars that have followed. Below they come and go, nursing the pain of the past. The VA health care system serves about 200,000 patients a day - the largest of its kind in the United States – a dire and trying task. Recognizing this challenge and those who have served, President Obama in 2014 took action for change by signing into law a \$16.3 billion plan to overhaul the nationwide health care system run by the Department of Veterans Affairs. "This will not and cannot be the end of our effort," Obama said. "Implementing this bill will take time. It will take focus from all of us." The bill included provisions for hiring additional VA doctors – including specialty care physicians — nurses, mental health professionals and other medical staff. To address shortages in care, it also allocated \$1.27 billion to pay for 27 new medical centers in 18 states and Puerto Rico. In Canandaigua, the Canandaigua VA Medical Center Mega Project (a 5 year project facilitated jointly by the U.S. Army Corps of Engineers and the Department of Veterans Affairs) will provide a state-of-the-art medical facility and health care service infrastructure to approximately 65,000 veterans living in and around the greater Canandaigua, NY area.

Based on our November 2018 mid-term elections, war and the cost of war continue to influence Americans. Over 200 veterans ran for office, with 18 veterans winning their first term in the House of Representatives and one in the Senate. Even with these recent additions of veterans, the number of members in Congress with previous military experience is still 40-60% below what it was in the 1950s-60s. Many American's have forgotten that we are at war and have been at war continuously for the past seventeen years. In contrast to earlier wars, the impact of more recent conflicts are not felt as directly at home. There are no battles being waged on our soil and no conscription of our young. Our homes and places of worship are not makeshift hospitals. They *are* felt in the places where those wars are being waged and in the military family – both those deployed and those left behind.

Continued on page back

## Nuclear Power on the Farm

by Ken Bristol

The title is misleading, but it got your attention. This article does not refer to ICBM silos dug into the south forty. Or the controlled decay of uranium in nuclear power plants that generates electricity for factories, businesses, homes, and farms. I am referring to the transmutation of one element into another, in other words, the alchemist's dream of turning lead into gold. Some scientists purport that plants and animals routinely perform alchemy as an ordinary part of their life cycle. Well, maybe not lead into gold. But allegedly sodium into potassium, potassium or magnesium into calcium, calcium into potassium, and other transmutations.

A Frenchman, Louis Kervran (1901-1983), and other researchers have investigated the possibility of alchemical reactions in plants and animals. Kervran called this phenomenon biological nuclear transmutation, or bio-transmutation. He studied chickens that were given no source of calcium. Their eggs had soft shells. The chickens were then given mica, a source of potassium, and they laid eggs with hard shells. This study was repeated using guinea fowls with similar results. Were the chickens and guinea fowl turning potassium into calcium? Wheat and oat seeds were germinated in solutions that were free of calcium. The sprouted wheat contained more than three times the calcium found in the seeds. The sprouted oats contained more than four times the calcium in the seeds. Legumes germinated in manganese salt solution lost manganese and gained iron content. Plant seeds sprouted in distilled water contained more minerals than in the original seeds. And so on.

Skeptics argue that the experiments were flawed and that conclusions derived from the experiments were unfounded. Nevertheless, studies, especially in plants, continue to demonstrate this bio-transmutative phenomenon. The problem is that no one has been able to explain exactly how plants transmute one element into another. How do plants move protons around without using the high amounts of energy associated with nuclear physics? Plants and animals use enzymes all the time to facilitate biochemical reactions. Perhaps enzymes are also facilitating the transfer of protons within living organisms. Symbiotic microorganisms may be the enzymatic powerhouses doing most of the work. We just do not know.

The implications of these bio-transmutations in plants are promising. Maybe one day such plants could be used to restore fertility in spent soils. Indeed, some scientists believe that our reliance on the application of chemical fertilizers on farmland disrupts this natural yet unexplained balancing act of soils. Or to detoxify soils laden with heavy metal pollutants. Or to produce minerals and metals of commercial importance yet in short supply. The accepted laws of chemistry, physics, and thermodynamics work exceedingly well most of the time. However, additional processes in living organisms may be at work quietly under our noses. Life does not necessarily operate within the confines of our textbooks. The natural world never fails to surprise and humble us.

Source:

*The Secret Life of Plants*, by Peter Tompkins and Christopher Bird, HarperCollins 1973, pages 274-291.



# The Night Sky ~ February



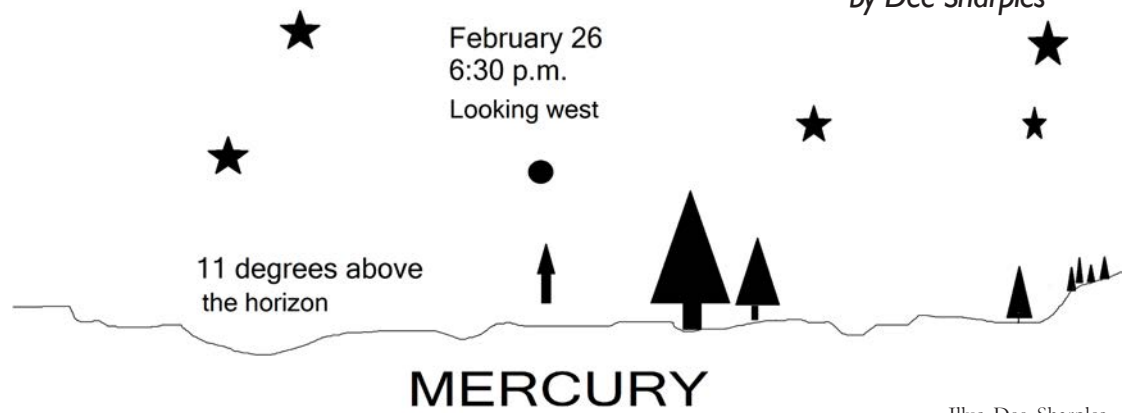
by Dee Sharples

## Exploring Mercury

**M**ercury is the smallest of the eight planets in our solar system and also the closest to the Sun. It races around the Sun in only 88 days while it takes the Earth 365.25 days to make the same trip. A day on Earth is 24 hours long while Mercury rotates very slowly, and one day on this tiny planet lasts 1,408 hours!

In February, you can see this fast moving planet naked eye in the early evening sky just after sunset. On the 15th of February, the planet shines brightly at magnitude -1.1. But because it lies only 5 degrees above the horizon, you'll need an unobstructed view toward the west-southwest to spot it looking like a bright star. Mercury will climb higher each evening and by the 26th, it will be at its highest point in the sky for the month at 11 degrees, or about one fist width above the horizon. Although it will have dimmed to magnitude -0.5, it will still be easy to spot at twilight about 30 minutes after the Sun sets.

Astronomers didn't know what the surface of Mercury looked like until 1974 when the NASA spacecraft Mariner 10 arrived at the planet. Ground-based telescopes only showed a bright disk-shaped object which went through phases like our Moon. This spacecraft was programmed to fly by the planet three times to take images of its surface and surprisingly found it to be heavily cratered.



Illus. Dee. Sharples

Another NASA spacecraft named Messenger became the second mission to reach Mercury and entered orbit around the planet in March 2011, the first ever to do so. It mapped the entire surface of Mercury as well as studied its magnetic field and interior structure.

To celebrate the 10th anniversary of its launch, NASA has released a short movie of a Messenger flyover. Go to this website to view it: [www.nasa.gov/content/nasa-s-messenger-spacecraft-10-years-in-space](http://www.nasa.gov/content/nasa-s-messenger-spacecraft-10-years-in-space)

**Magnitude** measures the apparent brightness of a celestial object and is expressed by a decimal. The larger the number, the dimmer the object.

Sun: -26.7  
Full Moon: -12.6  
Venus: -4.2  
Jupiter: -2.0  
Bright star: 0.0  
Saturn: 0.6  
Dimmest star visible with the unaided eye: 6.0

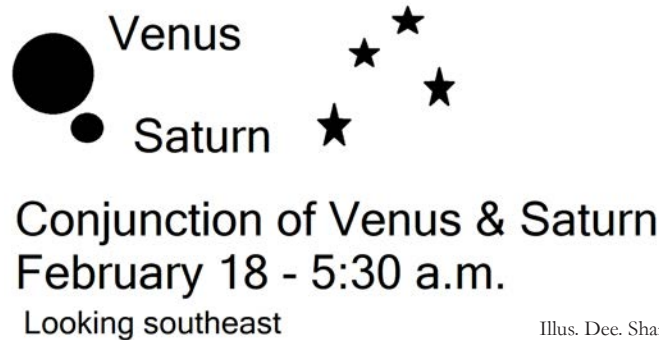
**To measure degrees in the sky:** A simple "ruler" is to hold your arm straight out and make a fist. The area of the sky covered by your fist measures about 10°. Start at the horizon and by moving your fist up and counting how many "fist widths" it takes to reach an object in the sky, you'll have an approximation of its height. To measure 1°, hold your little finger out at arm's length. The area of the sky covered by your finger is approximately 1°.

## The conjunction of Venus and Saturn

**T**hree planets will provide some special observing opportunities in the early morning hours. Venus, Saturn, and Jupiter can be found in the southeastern sky all month, but on February 18th, around 5:30 a.m., Venus and Saturn meet up in the sky in a close conjunction with Venus passing about 1° above Saturn. Hold your little finger at arm's length toward the sky to estimate this measurement. The space covered by your finger is roughly 1°.

Conjunction is a term astronomers use to describe two objects in the sky which appear to be very close to each other. Although Venus and Saturn will look like they lie very close together in the sky, it's actually just our perspective from Earth that creates this illusion. In reality Venus will be approximately 93 million miles from Earth, while Saturn will be about another 10 times farther away. Jupiter, looking like a bright star shining at magnitude -2.0, will lie above and farther to the right of these two planets.

A crescent Moon passes just above Jupiter in the early morning hours of February 27th, a beautiful sight as well as providing an easy way to locate the largest planet in our solar system.



Illus. Dee. Sharples

## 24th Annual Ontario County Master Gardener's Spring Garden Symposium

Saturday, February 16, 2019, 8:30 am – 2:45 pm ~ Club 86, 86 Avenue E, Geneva, NY 14456

**A**re you longing for Spring? Cabin fever got you down? Don't despair! Come join the Ontario County Master Gardeners for a day of horticultural inspiration at the 24th Annual Spring Garden Symposium. It is being held on Saturday, February 16, 2019 from 8:30 am to 2:45 pm at Club 86, 86 Avenue E, Geneva, NY 14456.

Michael Volpe will be presenting Low Maintenance Landscaping: A Basic Work. Landscape Designer, Michael Volpe will guide you through the process of a site analysis looking at your soils, physical restrictions; while keeping in mind your needs and expectations. He will identify the different levels of care required for various design elements that will guide you in your selection of plant materials. Michael Volpe has been a Landscape Designer for Ted Collins Tree and Landscape in Victor for 6 years. Mike specializes in landscape design-build projects. He is a graduate of SUNY College of Environmental Science and Forestry.

Michael Hannen will be presenting Rare and Unusual Perennials. Perennial gardens can be sources of great beauty and peace. There is an entire world of rare perennial plant material which most gardeners are unaware of. Michael will present some of his favorite rare perennials that most people have never heard of, but which are well suited to the climate of Western New York. Using time lapse photos from his own garden, Michael will show you an array of rare and unusual plants that will make your garden a unique, one-of-a-kind work of art. Also he will share details of where you can find and acquire many of these rare treasures. Michael runs and operates a small sustainable perennial nursery in the upper Monroe neighborhood. He grows and propagates over 800 rare and different perennial varieties for sun and shade, all different heights. He grows all of his plants in his .2-acre backyard lot in recycled reusable pots and uses his own compost to grow his plants. The plants are not grown in a greenhouse or any other source requiring the use of electricity and remain outside year round with no cover or protection.

Sarah Sorci will be presenting Medicinal Plants for the Home Garden. Whether you have a spacious backyard or a stoop for a few containers, you can enjoy easy-to-grow medicinal plants at home. Holistic Herbalist, Sarah Sorci will introduce you to a range of common perennials and lesser known medicinal plants that are safe and beneficial for wellness. Sarah will offer tips for cultivation, harvest, and storage. Recipes for herb-infused vinegar, herbal finishing salts, and proper tea preparation will be shared. Sarah Sorci is a Holistic Herbalist and is the owner of Sweet Flag Herbs in Hamburg, NY. She is a graduate of the Holistic Herbalism Program at the Blue Ridge School of Herbal Medicine and is completing a clinical herbalism program through the Eclectic School of Herbal Medicine. She completed a Horticultural Therapy certificate through Colorado State. Sarah is Executive Board President of Greystone Nature Preserve in Fredonia, NY, where she manages the Native Medicinal Plant Trail.

Cost: \$40.00 per person which includes refreshments, hot buffet lunch, registration, and a folder with all the presenters' handouts.

Registration deadline is February 4, 2019. The registration flyer is available at [www.cceontario.org](http://www.cceontario.org). For more information or to receive a flyer, call 585-394-3977 x 427 or email [nea8@cornell.edu](mailto:nea8@cornell.edu).

For possible cancellation tune into: Finger Lakes News Radio-WGVA 1240, 1590/98.1, WAUB and 104.5/1550 WCGR.WYLF (am radio 850); WHAM (am radio 1180); SUNNY 102.3 FM.



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by Derrick Gentry

# The Homestead Gardener

## Mining the wintertime mind:

### Winter ponderings on goats, trees and an acre of riches

A way in a manger

It is mid January. The holiday season is just wrapping up on our little homestead, marked by the ritual of taking our Christmas tree out to the barn to feed to our goats. They strip it bare in one final flourish of holiday exuberance.

Goats are browsers by nature, not grazers. In the warm months, they love a pasture of alfalfa and chicory and timothy grass as much as any deer. But deep down, they would really rather be out in the woods nibbling on saplings and understory brush with those carefree bohemian deer (the ideal life, if only there were designated crosswalks on those back roads...). Throughout the seasons, we try to give our domesticated goats as much of a taste of the browsing life on the other side of the fence as possible: "tree hay" in the Fall, Japanese knotweed, sumac, multiflora rose, and other wild and invasive plants that are prevalent in these parts.

And then, inexplicably, for nearly two months in the winter, a lit up tree appears framed in a window of the house over where those people live a short distance from the barn. The trimming of the tree must seem as odd to them as the perverse ritual of delayed gratification. If there is something faintly comical about hauling browse to our goats, then there is something far more vividly so about giving domesticated goats a Christmas tree as browse in January.

We have a sick goat to tend to in these early days of the new year. Lyle – the only buck we have chosen to keep, the only member of our barn family who supplies us with no milk, whose only "function" on our homestead is to be his goofy and jovial self – has developed a swollen abscess around a cracked tooth, which quickly developed into an ear infection (a common problem with our short-ear breed of goats). From my own experience, I imagine it must be about as painful as a toothache combined with a sinus infection. Judging from Lyle's expression, it is probably quite a bit more painful. After several days of attempting to treat the infection on our own, and hoping for Lyle to rally on his own, we finally had to resort to antibiotics, not wanting to take any chances with the stress of the sub-zero wind chills coming up this weekend.

Goats are ruminants, like deer, their body heat generated from the complex digestive processes that occur in their rumen. It is a useful built-in feature for animals who spend cold winter days in a barn. But the bitter cold January weather of this week taxes even the healthiest of ruminants. In the morning, I replace the frozen water in the barn with steaming hot water, which the goats all seem to enjoy like a hot cup of tea. We are watching to make sure that Lyle is eating enough hay to keep his furnace going. We have even brought him a warm blanket, something we have never done with any of our goats.

People sometimes ask if it is difficult looking after goats. Most of the time, in fact, they look after themselves. Yes, it is harder to find a goat sitter than a dog sitter. But the most difficult part of animal husbandry, no different than caring for a pet or any loved one, is looking into the eyes of a fellow creature that is suffering and not knowing what to do. In such moments a shared language does not matter as much as one might expect.

We will be keeping an eye on Lyle. This morning we found him sitting in a draft-free corner of the barn wrapped in the blanket we brought him, close to the kidding stall where he was born on the same day as his sister.

The view in winter

Nearly two feet of snow this weekend, the wind chill far below zero. Now it is winter for real. I think of Wallace Stevens's "Snow Man," which captures January better than any poem that I know: "One must have a mind of winter / to regard the frost and the boughs / of the pine trees crusted with snow ... and not to think of any misery in the sound of the wind, in the sound of a few leaves." It is a poem about snow-bound hallucination as well as impossible forms of mental self-discipline for the one who finds himself in the middle of it -- "For the listener, who listens in the snow, / And, nothing himself, beholds / Nothing that is not there and the nothing that is."

Well, that is not quite the mind of the gardener in winter. In the off season, gardeners have their imaginations to keep them warm as they sit by the woodstove. I suppose we are not a very disciplined sort. We see plenty of things that are not there right now. We are also an easy target demographic for peddlers of utopian futuristic fantasies. On the table near my woodstove sits a stack of lavishly colored seed catalogs for next season, which began to accumulate well before the beginning of the new year.

But what really is there for a gardener to do in winter, apart from daydreaming by the fire? Not much to do in the garden, that's for sure. The garlic and shallots were planted out in mid-November, the winter wheat seeded around the same time, and things get pretty quiet after that. The leeks are the first seeds that we start, but that doesn't happen until well into February. We did enjoy a couple of brief thaws in December that allowed for the collection of a few more leaves and for adding another layer or two of mulch in the beds. But now it is January, and things have gotten serious. The lake is frozen; the ground is frozen. Outside the window there is a monochrome, bleak, snow-mulched canvas of nothing upon which to project our visions of the next season.

"Winter kept us warm, covering / earth in forgetful snow, feeding / a little life with dried tubers." So wrote that other American poet T.S. Eliot, in what is likely the finest poem in English written from the point of view of a tuber. There are still plenty of tubers around the homestead waiting to be excavated, long after the kale is all gone and the hoop houses have closed for the season. The occasional thaws have allowed for periodic harvesting of sunchokes, also known as Jerusalem artichokes. Like the carrots that store well in the ground, sunchokes only get sweeter and tastier with every hard freeze. They have, at their prime, a sweet and nutty flavor with the crispness of a water chestnut. They make wonderful kim chi, and mixed with potatoes and fermented leek paste, a sunchoke soup that I have come to associate with exactly this time of year. Most of our sunchokes, however, go for winter forage; we make a little Waldorf salad for our goats, mixing the chokes with

slices of apples culled from the ones stored in our root cellar.

I will be expanding our sunchoke plot next year, interplanting them with sunflowers. Actually, sunchokes -- *Helianthus tuberosus* -- are a species of sunflower. They also go by the name of Jerusalem artichokes, and I must report that a good number of non-ruminants gifted with language have come to refer to them as "fartichokes" on account of the bloating caused in some people by the high levels of inulin (a carbohydrate which, thankfully, gets mostly converted to sugars later in the cold season). Geoffrey Chaucer, by the way, may have written the finest lines on flatulence in English; you can dig them up yourself if you'd like.

Pondering the basic elements

Gardeners don't let winter get them down, but winter does put a gardener in mind of elemental things. The processes have mostly suspended, leaving only the bare elements to contemplate: the what rather than the how, the simple components rather than the wonders of holistic complexity. The reductive mindset is one that I resist at other times of the year, but it is a point of view that one can easily adopt at this time of year. Among the elemental things are the elements themselves -- I mean the inorganic ones on the periodic table that are the simple building blocks of the life of the soil and life itself -- carbon, nitrogen, phosphorus, and the other non-living building blocks of life and the life of the soil.

From a composting point of view, a pile of dead autumn leaves is primarily a pile of carbon. Although it gets a lot of bad press these days, carbon (as we all know) is essential for composting. An ideal compost pile consists of about a 25:1 ratio of carbon to nitrogen, "green" matter to "brown." That's an awful lot of carbon, a lot of brown relative to the green. Winter is the time when we happen to have a lot of brown stuff harvested and stored up: golden brown straw, crispy brown leaves, sawdust and woodchips. When I mix leaves with some nitrogen-rich alfalfa hay in my 13-amp top-feeding mulcher, the fine spongy matter that comes out the bottom feels almost like humus in my hand. Microbes will make short work of converting it to actual humus come Spring. In the absence of biological activity, one can appreciate how much of the composting process is physical and mechanical, not biological -- breaking down these materials and maximizing their surface area, in the right elemental ratio, so that microbial life can finish off the job.

There is not much composting going on now, with most of the microbial life gone dormant due to the cold. But a slow and steady process persists in the barn. The so-called "deep litter" method, if it deserves to be called that, simply involves fresh layering of carboniferous clean straw and sawdust and leaves in the right amounts as clean bedding for our goats and chickens. In order for the lasagna layers to compost properly in place, it is important to maintain something close to the proper carbon to nitrogen ratio. We have bales of seedy straw this year, which gives my chickens a fun indoor game to play as they scratch for the seeds and at the same time do the work of turning this cold-weather compost. Chicken do not need vitamin D supplements in snow-bound January, but they do need diversions.

Recycling versus mining

As gardeners, we do an awful lot of recycling in the form of composting and in various other ways. But sometimes our focus on the cycling of nutrients within elegant closed systems obscures the mining aspect of our operation.

The building of soil, like the building of empires, begins with the raw extraction of resources. There is a well-established mining operation on my one-acre homestead; my neighbors have also granted me mineral rights. Trees are the ultimate miners and scavengers, their roots going deep into the subsoil where there is little life but lots of minerals. They deliver these minerals from the lithosphere -- the subsoil -- and deliver these essential elements to the biosphere above in the form of ... common leaves. I do not need to do the mining myself; all I need to do is rake up and mulch the leaves that contain all of the many micronutrients scavenged by the roots of trees.

These minerals and micronutrients go into the soil once the leaves have been fully composted. In terms of soil amendments, it is no exaggeration to say that the most important harvest of the year is the harvest of autumn leaves. Chemical analysis indicates that tree leaves contain just about all of the micronutrients that gardeners (and nutritionists) need be concerned about. No need for azomite or rock dust or rock phosphate or other amendments that are mined by humans and transported over long distances at great cost. Just rake up your leaves, along with your neighbors', and enjoy this free gift of nature.

Not all leaves are the same, their value depending on one's needs. Maple leaves are great for composting, and they are highly nutritious for goats who absolutely love the taste of them when they are newly fallen. Oak leaves, on the other hand, contain high levels of tannin and are not as palatable to ruminants, nor do they compost as quickly as leaves from maple or ash or beech. Walnut leaves are notoriously difficult because of the allelopathic chemical juglone contained in them; if you put them in your garden mulch, or if they are not fully composted, they may stunt the growth of your plants.

The tree, the whole tree, and nothing but the tree

Archival evidence suggests that at least some of our ancient forebears were super passionate about recycling and totally into zero-waste. A pig in the midden, after all, was an early community recycling program. Waste no part of the pig! That was a maxim for homesteaders of yore.

Continued page 9





# Dragonfly Tales by Steve Melcher

## Liberty Hyde Bailey: The Father of Modern Horticulture

**L**iberty Hyde Bailey is one of my greatest influences and someone who I believe to be an unsung hero of today's Nature Movement. Odonata Sanctuary, where I live, is home to the Center for Sustainable Living as well as the American Nature Study Society. The American Nature Study Society (ANSS), an affiliate of the American Association for the Advancement of Science, is America's oldest environmental education organization. Liberty Hyde Bailey, of Cornell University's Bailey Hall fame, became the society's first president in 1908. This scrappy botanist, now known as the Father of Modern Horticulture, became an expert in palms and travelled the world searching for different horticultural varieties. Dr. Bailey was born in the rough frontier land of Michigan in 1858. His father, of the same name, "tramped all the way from Vermont, carrying fruit trees for the West," a veritable Johnny Appleseed. In fact, his son, our very own Liberty Hyde Bailey, was awarded the Johnny Appleseed Bronze Medal in 1947 for his work in fruit horticulture. Dr. Bailey was raised on a farm in Michigan on land cleared of forests by his father. The family farmed the tract, made its own soap and candles, tanned its leather for shoes and horse bridles, wove its cloth, fought off bears and made friends with the 'indigenous folk'.

My garden is small in the midst of a city, yet I have grown as many as eight hundred different things in it in a single year."

Liberty Hyde Bailey



Poet and Prophet Liberty Hyde Bailey 1858-1954

party planned for him at Cornell over Christmas break that year had to be postponed because he was late for his return to campus and was wandering through the jungles of the Lucayan Archipelago in the West Indies. Bailey published over 1300 articles, 65 books, a collection of poetry, and 24 albums of plant photography. One of the largest collections of his works in New York is housed here at Odonata Sanctuary.

The stories of Professor Bailey are still told in the halls of Cornell. He lived a long, active life with a flair for the spotlight and a discipline for science exploration. As a professor, he would sometimes enter the classroom lecturing and finish while walking out the door. He was known for giving his talks while standing sideways looking out a window, one hand writing on the chalkboard and then startle a student by calling him by name to answer a question. He would pepper his lectures on growing potatoes and the taxonomy of tomatoes with tales of being mugged in Korea or the time he was washed off his boat by a tsunami while in Trinidad. The drama extended to the end of his life, where at age 90, while attending a conference in Chicago, he was befuddled by a newly installed 'revolving door'. Although he had travelled to China by Clipper and Brazil by propeller plane, he had never gone through a revolving door before. On his second or third trip around the revolving rascal he fell out onto the pavement and broke his hip. He never quite recovered from the incident and sadly died on Christmas Day in 1954, after having taken a spin and a spill in that revolving door.

Bailey's stone cottage, Bailiwick, still stands on the western shore of Cayuga Lake. His "Nature Study" ideas are experiencing a renaissance today with efforts such as the "No Child Left Inside" movement, works of the Children & Nature Network, and locally at Cummings Nature Center, Burroughs Audubon Society and Odonata Sanctuary.

"To farm well; to provide well; to produce it oneself; to be independent of trade, so far as this is possible in the furnishing of the table, - These are good elements in living."

"Every man in his heart knows that there is goodness and wholeness in the rain, in the wind, the soil, the sea, the glory of sunrise, in the trees, and in the sustenance that we derive from the planet."

From *The Holy Earth* by Liberty Hyde Bailey

Further reading:

- The Holy Earth*, L.H. Bailey 1915.
- Handbook of Nature-study*, Anna Botsford Comstock 1911

*A note of thanks from the author:*

The land that Odonata Sanctuary is on is divided into three intersecting purposes: organic farming, habitat management and farm animal hospice.

I'll relay the story of finding and purchasing the land that eventually became a sanctuary in another article, but needless to say, I am grateful to the Taylor family for making the property available to us. Joe, Mary and Betsy Taylor had promised their parents, Joseph W. and Helen, that they would only sell the land to someone who would not grow houses but rather conserve the land for future generations to enjoy nature.

**Odonata Sanctuary:**

Odonata Sanctuary is a nature preserve, active farm and sanctuary where abandoned farm animals find a home to spend the rest of their days and Eastern Bluebirds, Meadowlarks, Bobolinks and Monarch Butterflies find suitable habitat to thrive. <http://odonatafarmsanctuary.blogspot.com/>



Bailiwick ca. 1900s - digitally restored from Bailey's glass plate negative. Source: libertyhydebailey.org.

After graduating from Michigan Agricultural School, Bailey attended Harvard University to work with the world-renowned botanist, Asa Gray. He moved to Cornell in 1888 to take a position as Chair of the College of Practical and Experimental Horticulture. He continued his work at Cornell, where he was influential in the organization of extension programs still popular today, designed to teach natural studies and farming practices to people in rural areas. Due to Bailey's influence and the program's astounding success, the Legislature passed a bill in 1904 establishing the New York State College of Agriculture at Cornell and Bailey became the college's first dean. While Dean of the College of Agriculture, Bailey appointed the first female professors and created the Bailey Hortorium, one of the largest collections of preserved plant material in the nation. One female professor appointed by Bailey, Anna Comstock, went on to publish 'The Handbook of Nature Study'. Originally written in 1911 for elementary school teachers, this book is still used today by homeschoolers and nature oriented public and private schools. The ANSS, under Comstock's direction, published a monthly "Nature Review" as well as the journal "Nature Study" (later edited by yours truly). Dr. Bailey worked diligently to keep folks on the family farm and to show the "holiness" of rural living. In 1908, President Teddy Roosevelt appointed a Commission on Country Life, with Bailey as chair. Bailey described the country life movement of that time as "the working out of the desire to make rural civilization as effective and satisfying as other civilization."

Dr. Bailey was the "Indiana Jones" of the plant world. Before taking his position at Cornell he had traveled abroad to study herbaria in Europe. Keep in mind this was all by steam and sail. Bailey brought back samples from China in 1917; Trinidad, Venezuela, and Cuba in 1929; Hispaniola, Guadeloupe, and Martinique, Mexico in 1940; and in 1947, at age 89, samples were smuggled in from Brazil. The renowned botanist travelled over 250,000 miles to collect more than 275,000 plants. Curious, but perhaps absent minded, Dr. Bailey thought nothing of making a trip to the West Indies to search for palms at age 91; after obtaining permission from the airline to fly as a "senior citizen". The surprise birthday

### Homestead Gardener from page 8

It is easy to take the same attitude toward the tree. This is our fourth year on this one-acre property, and the first winter of burning the stacks of split oak that have been drying for three full years. No fuel wood requires as much patience as oak. Ours is being fully rewarded. Oak leaves may present challenges for composting or as browse for ruminants, but oh how that seasoned oak burns! The only thing that gets wasted is the heat that goes out the chimney. With coppicing, moreover, you do not even need to fell and slaughter the tree itself, and the gathering of fuel wood becomes more like digging up and dividing tubers.

If you burn wood for heat, and you have at least one garden bed, then you know as generations have known that wood ash has value as a soil amendment. We burn between 8-10 cords of hardwoods each season and produce over 50 gallons of ash. Like the leaves of a tree, the ash that results from burning hardwoods contains within it a wide spectrum of trace minerals and is particularly good source of potassium (hence, the word "potash").

As a soil amendment, however, wood ash must be used with caution. Yes, it is a great way to lime the soil and adjust for overly acidic soils with lots of additional ingredients not

included in a commercially purchased bag of lime. But too much ash can easily throw off the pH of the soil, and alkalinity is harder to adjust for than acidity. Be especially careful using it as a nutrient amendment with crops like potatoes that love the potassium found in ash but also prefer acidic soil. More on this come potato planting time...

I take some care to strain out the charred bits from my wood ash before I apply it to my soil. Charcoal is extremely absorbent, and it will absorb and retain chemicals (like formaldehyde) that have not fully burnt off in your woodstove. You do not want these residual compounds, or bits of creosote, in your garden soil. For the most part, I have actually stopped applying wood ash to the garden beds and use it instead on the pasture and in the orchard. (I also apply it liberally to the raspberries, which love alkaline soil as much as blueberries love acidic.)

Check out <https://www.owlighnews.com/homestead-gardener-making-biochar/> for "Making Biochar at Home" and the continuation of Gentry's winter ponderings. The continuation also includes some thoughts on the poet Mary Oliver.



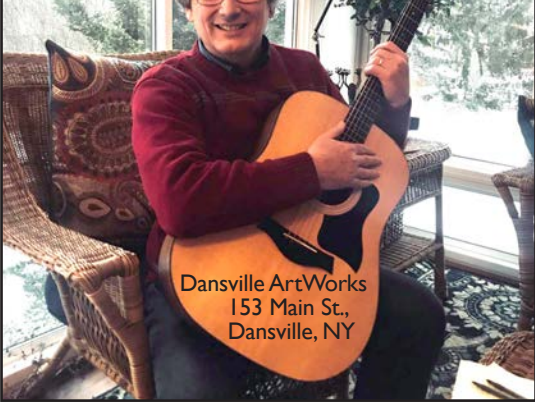
While recently visiting Penn Yan, I caught a glimpse of the idyllic summer scene captured in glass by artist James O'Hara of Pike Stained Glass Studios in Rochester. The glass art had been displayed in the Columbia Bank branch in Penn Yan from 1979-1995. It was then placed in storage for 22 years. The (6) glass panels were lovingly restored by James' daughter - Valerie O'Hara - after being acquired by Bank of the Finger Lakes. The framed panels (a portion of which is shown right) - which feature historic scenes from Yates County's history - are on display at Bank of the Finger Lakes on Main Street in Penn Yan. Their bright colors and summertime themes from the past offer a warming contrast to our recent blasts of winter cold and snow.

An article published by the *Chronicle-Express*, April 19, 2018, provides a nice overview of Pike Stained Glass Studio and how these panels were rediscovered and brought back into the light. [www.chronicle-express.com/news/20180419/historic-stained-glass-art-comes-home](http://www.chronicle-express.com/news/20180419/historic-stained-glass-art-comes-home)



# Live on Stage

Open Mic with Michael Scott Smith  
Fri., Feb. 22,  
6:30pm



Dansville ArtWorks  
153 Main St.,  
Dansville, NY

February - November, Dansville ArtWorks hosts an Open Mic event on fourth Fridays. Free and open to the public, the series features musicians, writers, poets, songwriters and more. Details about the series and scheduled performers can be found at: [www.dansvilleartworks.com/open-mic-performing-arts-series.html](http://www.dansvilleartworks.com/open-mic-performing-arts-series.html).

## Arts • Exhibits

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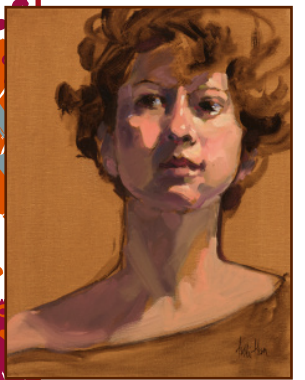
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by Lesli Heen

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All About Elvis:  
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~ Fowler's original short  
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Sun. March 10  
Band of Friends  
A Celebration of  
Rory Gallagher  
with  
Nick Schnebelen  
Band opening at the  
Geneseo Riviera

Poem by Gavin Spanagel

### "Submission"

Things are supposed to run out.  
That means that they were loved.  
People are supposed to stay.  
That means that they are loved.  
I love you.  
Please stay.  
I'll be here for you...  
We're almost out of sugar by the way.

### Native American Winter Games

Seneca Art & Culture Center ~ 7000 Co Rd 41, Victor, NY

Children and families alike can experience Native American culture while engaging in storytelling, Iroquois Social Dancing, Native American games, make-and-take traditional art activities, and more! FREE with Museum Admission, FREE for Members! All children must be accompanied by an adult.

Winter Admission: \$6 Adults, \$3 Seniors/Students, \$1 Children (ages 5-11), FREE for ages 4 and under, FREE for Members

*This event was made possible by the Rochester Area Community Foundation.*

See pages 12-13, 14-15 and 18  
for more events around the region!

Dansville ArtWorks Student Art Showcase  
Until February 23, 2019 - 153 Main Street, Dansville.

Dansville ArtWorks hosts its annual Student Art Showcase January 4-February 23, with support from this year's sponsor, the Dansville Festival of Balloons Ltd. More than 75 artworks were submitted by students from Dansville, Wayland-Cohocton and York schools with the cooperation of art educators and parents. The exhibit is open to youth in grades K-12 from public, private and home schools in our area.

"In keeping with our mission, the Student Art Showcase was established to highlight and celebrate the visual art talent of youth in our region and encourage all young artists," states board president Nicole Alioto. "Additionally this year, four \$25 Best of Show prizes and one People's Choice award were given at a reception on Saturday, January 26. Youth who missed this year's opportunity should watch for the Call for Art in late November, which will appear on our Facebook page, website and at the arts center."

Visitors are welcome to view the exhibit Thursday, Friday and Saturday weekly

Visit them online at: [www.dansvilleartworks.com/](http://www.dansvilleartworks.com/)

Check out OwlLightNews.com for more content and more color



# That Finger Lakes Sound

by Ben Haravitch

## Grab Yer Partner ~

### Social Dancing makes for a time-tested, guaranteed good night



“Alamen left, balance to the corner; four hands round; down the center, meet your sweet, swing that girl right off her feet.”



*The Geneseo String Band playing a square dance at SUNY Geneseo. Photo courtesy of Jim Kimball.*

These are the words a writer from the Honeoye area used in 1926 to recollect the house dance parties of the “old days.” In fact, house dances took place even a century before these “old days.” Jim Kimball, a lecturer in the music department at SUNY Geneseo tells us that “we have numerous accounts or advertisements referring to social dancing all through this area as far back as the early 19th century – some refer to log cabin house party dances (back to c. 1805), others are ads for dancing masters offering classes for social dance.”

Kimball leads the Geneseo String Band; a student performance group that plays American and Irish folk dance music for square dances, contra dances, and concerts for students and the community. The roots of these dances trace back to the 17th and 18th centuries in England and France. Dances forming a square of eight people (one couple per side), fashionable in France as Cotillions, became what we call “square” dances. Other dances configured in lines were more popular in England and over time became what we now know as “contra” dances. The American adaptations of these dances flaunted impromptu and sometimes complicated steps which created the need for a “caller” – someone who provides cues for the dancers to follow. Kimball points out that “calling had not been part of the English or French traditions, but by the 1820's it was part of American country dancing and has remained so to the present.”

The main difference between square dances and contra dances is how you move throughout the dance. In a square dance, you start and end in a square formation made up of 4 sets of couples, and depending on where you are in the square, you may play a slightly different “role” in the dance. In a contra dance, you and your partner will dance for a short while with another couple through a series of interesting 4-person moves before moving down the line to the next couple with whom you'll dance the same moves, and onward down the line. All the while your memory for the steps is being supported by the other dancers and the caller.

Another difference, says Rochester-based dance caller, Margaret Matthews, is how the dances are called. “For contra, the caller teaches the dance, prompts when the dance starts, and gradually backs out of calling to allow the dancers to groove on the music without the caller's voice prompting. For square dance callers, the voice is part of the music. The caller uses a more rhythmic style of calling that is informed by the beat of the music.”

When Matthews isn't calling a dance, you might see her playing bass with the band. She keeps a busy schedule playing and calling dances both here in upstate NY and in Asheville,

NC where she keeps up with the current trends in Southern Old Time square dancing. As the out-dated method of learning routines to recorded music (like in elementary school gym class maybe?) is losing popularity in our area, Matthews is working on promoting the vibrant Southern dance culture with live string bands in our area. One successful dance she calls is hosted by Wild Hill Farm in Ionia, home to a barn dance series played by bands including The Crooked North, Richie and Rosie, and Mount Pleasant String Band. The events, which have included a pot luck dinner, the square dance, and an after-dance bon fire, are community-oriented and prove to be a great way to meet neighbors and promote local small businesses. Matthews reports that the last dance held at Wild Hill in November “had over eighty dancers out on the dance floor with even more on-lookers enjoying the music and watching the dancers.”

The scene is reminiscent of the stories from old-timers which Jim Kimball has preserved throughout his career. This excerpt from his article “Country Dancing in Central and Western New York State” paints a vivid picture of winter-time dances near Syracuse in the late 19th century:

“Straw ride parties usually drove out to the country hotels at Cicero, Brewerton, or South Bay for a big chicken or frog's legs supper... The music was provided by a little orchestra of country fiddlers – and how they could play 'Turkey in the Straw,' particularly after they had been warmed up with a few drinks of hard cider... It was usually long past midnight before we started back to town, snuggled in the straw, holding hands beneath the buffalo robes, sleigh bells jingling, steel runners creaking against the hard packed snow...”

Winter time can be lonely. Even if you're not alone, it can be a very isolating time. It's important to know that our ancestors, our neighbors in time, they understood the winter blues. They knew that getting out and interacting with other folks was an essential part of our existence. Luckily, the local tradition of social dancing to live string band music is still very much alive. We may not take a sleigh ride through the woods anymore, but opportunities still abound.

On Saturday, February 2, The Geneseo String Band, led by Professor Kimball, will host one of their two annual square dances. Always open to the public and offering enough basic instruction for anyone to join, Kimball finds that “students of all ages (both college and middle or high school) who come to our dances, as well as the students who play in the string band have lots of fun and say they want to come back.”

While all the dancing described here requires a “partner”, by no means must you come to a dance with a partner. It's common for partners to switch up often and to sit out when you feel like it. Following this article is a list of local square and contra dance opportunities. Aside from these public dances, there are opportunities for social dancing anywhere you can fit some people, including your backyard! Contact the Owl if you'd like information about local dance callers and bands.

Social dancing offers its participants many benefits. Besides the deep connection to music and our local history, it offers an escape from our everyday interactions and our increasingly isolated virtual existence. As a long-time dance enthusiast, Margaret Matthews sums up the benefits of participating in a social dance: “I truly love how music and dance bring people together. It is one of the rare places where folks of all sorts of cultural traditions, political beliefs, religious beliefs, gender orientations and so on, find neutral ground. I've met people whose world is very different than mine, whose paths I would not normally cross in daily life.”

#### Local Social Dance Opportunities in February

~ Geneseo String Band, Feb 2

([www.geneseo.edu/music/departments-music-concert-and-events-calendar](http://www.geneseo.edu/music/departments-music-concert-and-events-calendar))

~ Country Dancers of Rochester, Thursdays ([cdrochester.org](http://cdrochester.org))

~ Flurry Festival, Saratoga Springs, Feb 15-17 ([www.flurryfestival.org](http://www.flurryfestival.org))

~ Mount Pleasant String Band at 3HB, March 23

([threeheadsbrewing.com/events/](http://threeheadsbrewing.com/events/))



*Nora with her favorite horse Trinket that she rides at the non-profit A Horses' Friend, where she is a volunteer. Photo provided.*

Poem by Nora Ferruzza

#### Trinket

I am my best self

On my faithful mare

We soar and we gallop

As the wind whips the horse's mane

Never look back because

You must trust your horse and fly



# Owl Light Outings by D.E. Bentley

## Harper and Midwest Kind storm into Fanatics Pub



Winter storm Harper blew across the region Martin Luther King Jr. weekend and left a lasting impression. By Monday night, January 21, 2019, the roads were better, and a lingering wind and bitter cold temperatures could not have been enough to keep me in. I was venturing out – coincidentally – to catch Harper and Midwest Kind at Fanatics Pub in Lima, NY.

Peter D. Harper and his band blew into New York from Connecticut, timing their arrival with not only the aftermath of the namesake storm but also with a blood wolf full moon eclipse. This celestial connection seems more than coincidental when you consider Harper's deep spiritual roots to the land. Add to this the egalitarian messages inherent in his songs and performance and the timing of Harper's show with the celebrated birthday of MLK Jr., and it just feels like magical convergence. Harper was backed by his very talented Detroit based band "Midwest Kind" featuring James Norris on Bass Guitar, Dee Washington on Drums and Elijah Russ on Guitar.

I confess that the opportunity to hear Harper perform on the didgeridoo was part of what attracted me to this particular show. Although I have never traveled there, I have developed a bit of a fascination with Australia; basically a fascination with the uniqueness that comes from being an island escapee from Gondwana. Australia is the lowest and oldest continental land mass - diverse in flora, fauna and, consequently, artistic roots and innovation. I was not disappointed.

Peter D. Harper was born in the United Kingdom, where he started his training for the didgeridoo by playing trumpet and euphonium (a large, conical-bore, baritone-voiced brass instrument that derives its name from the Ancient Greek word meaning "well-sounding" or "sweet-voiced"). His grandfather introduced him to the harmonica at the age of ten, when his family moved to Perth, Western Australia – with its thriving folk and blues scene. It was here where Harper began his "journey backwards" to discover the deeper roots of blues music. His chance meeting with a Hopi "Dan Running Bear" in Silverton, Colorado inspired him to explore Native American culture, and ultimately led him back to the music and culture of the Australian Aborigines of his homeland. The didgeridoo is a spiritual and healing instrument; adding it to his music came as a natural progression in his art that just fit. However, as he shared in one of his lighter songs – "my momma don't like me playing my didgeridoo" – his mother never quite warmed up to the instrument; thankfully, he did not let this deter him.

One of the most moving songs that incorporated the didgeridoo was "We Stand Together" from *Live at the Blues Museum* – a rousing blues number that speaks to aboriginal rights while offering a subtle call for global peace. Much of the power of this song comes from the haunting and incredibly energetic didgeridoo performance by Harper. He had (4) of his didgeridoos in house – including his latest named "Heather" and a PVC pipe version that had a slide feature. Harper and his wife Bobbi – who we had the pleasure of talking with after the show – conduct workshops on making and using these simple instruments, as well as classes on Aboriginal culture.

Despite a lightness that never leaves the stage, many of Harper's songs are more serious numbers – in a hard rocking call for change that also offers an engaging and enlightening evening of entertainment. They touch on the plight of Detroit's autoworkers, immigra-

tion, politics (oh so lightly) and Australian Aboriginal rights. His belief in a better world was evident in songs like Love=Peace=Freedom, and titles from their latest CD, *Show Your Love* – including the single "Show Your Love," which hit # 3 on Billboard, USA and remained in the Top Ten for an incredible six months! The performance on the 21st also included "Hell Yeah" and "It's Time to Go," from the *Show Your Love* CD.

As a blues musician, Harper inevitably also applies energy to his harp playing, which can only be described as hot – fast – and intense! (A good intensity that bleeds out emotions, as blues should.). The Midwest Kind adds to this rocking and blues with a quiet cohesion that threatens to fade them into the background – I loved the way James Norris settled in for the evening stage right. Harper offered guitarist Elijah Russ Norris – along with Dee Washington, nestled in the back with the drums, and Norris – chances to stand out. All of this made for a very nice evening, a very nice evening indeed. Thankfully - unlike the full lunar eclipse which we will not have the chance to see again until May 2021- there will be another opportunity this year to see Harper locally. Harper and Midwest Kind will be back at Fanatics on Tuesday, October 22, 2019 at 7 pm.

Check out Harper and the Midwest Kind online at: <http://www.harper.biz/> to see upcoming shows - they are heading south.



Left: Harper plays one of his Didgeridoos. Above: Can you guess which is "Heather?" Photos T. Touris.

Catching live music in Lima (and at the Geneseo Riviera in Geneseo), a short distance from home, would not be possible without Fanatic's owner Jim Shelly and the incredible staff at Fanatics. The first time I met Jim, I knew that the thing he most wanted to do was support musical artists and make it possible for more people to hear great music out here - in the region's less urban areas. Just because we all like to live (and work) in areas where trees outnumber people does not mean we don't like to take in the nightlife. What attracted us first to Fanatics was their line up of musicians, with a focus on the blues, in a smaller venue. I have personally grown weary of larger concert venues with long lines and little attention paid to the artists (who might not mind due to the ticket prices) and people moving about constantly to grab a cheap beer or some fast food. I know, there is more to it than this - and maybe I am just getting too old for concert venues - but my last couple big events were less than spectacular despite them being top named artists.

Contrast that with being shown to your table to listen to an eclectic mix of excellent musicians – who you can enjoy some quiet conversation with before and after the show – at a fraction of the cost of the bigger events, and there is no comparison. Smaller venues make for a much more enjoyable evening out.

Fanatics Pub and Pizza is also a true community restaurant and bar, offering something almost every night. And it is just a half an hour from Rochester, Batavia, Perry, Canandaigua, Dansville, and us (actually everything is a half hour from us – it's weird). There's Happy Hour Monday -Thursday 3-6 with \$.50 off all drinks and Bloody Mary Specials (Sunday after noon too), Monday night pizza specials and Thursday night wing specials and Friday Fish Fry (of course – and it's good!). On Wednesday it's Trivia Night (Free event – win House Cash!). I am not a trivia buff, but I was here for dinner one night and it was packed with teams of all ages and many people having an abundance of fun.

And did I mention all the great music that Jim brings in and keeps coming back? I did, but it does not hurt to say it again. Stop in, check out their great lineup of music in the Owl Light News (p. 10) and their music and specials online at: <https://fanaticspub.com/>

## My Woodstock

by Stephen Lewandowski

I'd graduated from college a couple months earlier, then returned home. My college tenure was characterized by the push-pull of intellectual curiosity and aversion to being drafted in roughly equal amounts.

Because I was at home I looked for work in the usual places. I remember pounding the pavements of Ithaca but finally ended up back where there was a regular bed for me, at my parents' house. I'd worked for minimum wage at several stores around town since turning fifteen, starting with toting four gallons of paint at a time from the Sherwin Williams basement to the showroom. Later I worked at both men's clothing stores in town, Shenkman's and Montesano's.

Coming home in the summer of 1969, I returned to a part-time job stocking and selling men's clothing at Montesano's, where my mother also worked. That morning I had ironed a pair of khaki slacks and a light blue broadcloth shirt to wear to work. I wore a tie but, because it was August, no sports coat. I ironed my own clothes because I liked the fussiness of the work, my mother didn't, and I hated the creepy feel of "Stay Press®" next to my skin.

So I was, for me, all dressed up for work. It was a preppy outfit that I knew well from college. Maybe I was wearing penny loafers. I couldn't see anything wrong with dressing like one, even though I wasn't one, as long as I didn't act like one.

So it was hot and the air conditioning was on, but I had been at work for hours, and things were slow. I hung around the front door, looking out on the wide sidewalk and two

lanes of Main Street traffic each way. The store's front door was recessed twelve or fifteen feet, with big show windows on either side. Into this recess drifted three young men about my age, long hairs all. They all wore jeans and carried small backpacks. They'd been hitching and walking and now sought the shade of the entry. They looked tired and a little dirty.

They saw me and motioned me to come out. The heat hit me in the face when I opened the door. "Hey man," they said.

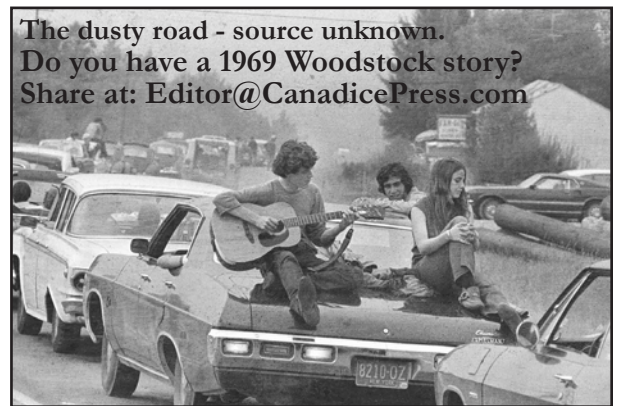
"Hey," I said.

They said, "Hey man, whatcha doing? We're going to Woodstock! Have you heard? Something big's going down. It could change the world."

"No," I said, "I haven't heard. What is it?"

"Music!" they said, "A big festival, all kinds of people playing and millions of people coming. We got off the Thruway it was so mobbed. Come on with us!" They were walking through the city and getting ready to hitch-hike east on 5&20 two hundred more miles.

I looked around the store. Nothing doing here, but I knew the boss wouldn't let me go just like that. "No," I said shaking my head, "No, I gotta work."



The dusty road - source unknown. Do you have a 1969 Woodstock story? Share at: [Editor@CanadicePress.com](mailto:Editor@CanadicePress.com)



# Out & about in the Owl Light

Shining light on arts and innovation  
in the less traveled byways of the Finger Lakes

Add your event today at - <http://owllightnews.com/events/community/add>

If you are looking for another way to get the word out about an arts or sustainability event that offers avenues for social and cultural change, *Owl Light News* can help!

- Do you have an upcoming performance, art opening, lecture, reading or demonstration?
- Are you hosting a community-wide farmer's market or garden/farm tour?
- Are you a community or rights group hosting an open community event?

We invite you to add your *non-recurring* events to our online calendar.

Please send recurring events like food pantries, clubs and open mics to [editor@owllightnews.com](mailto:editor@owllightnews.com) for *print inclusion only*.

Get the word out one more way for last minute events or advance post for future events. Future events received prior to our 21st of the previous month deadline may also be included in our Out and about in the *Owl Light News* print calendar or as a featured event.

Our goal is to help promote area arts with this free online service for artists. If you are a venue that supports arts (i.e. a bar, gallery, theatre, museum, community organization or business), please contact us for paid advertising via our print and online *Owl Light News* monthly publications. Your advertising dollars are what allows us to get the word out there for as many artists as possible, while also providing a platform for writers across the region to share their voices with others.

It's as simple as that! Find us online at [OwlLightNews.com](http://OwlLightNews.com) and like and follow us: fb @ Canadice Press.

## OPEN MIC Performing Arts Series

**Michael Scott Smith**

Original songs & storytelling in the  
Americana style

Friday, Feb. 22  
6:30 pm

Free and open to the public

This project was made possible with funds from the Decentralization Program, a re-grant program of the New York State Council on the Arts, with the support of Governor Andrew M. Cuomo and the NYS Legislature and administered by the Genesee Valley Council on the Arts.



## Dansville ArtWorks

Arts Center & Gift Shop

153 Main Street - Dansville

585-335-4746

[www.DansvilleArtWorks.com](http://www.DansvilleArtWorks.com)  
Thurs 12-6 | Fri 12-6 | Sat 10-2

## Music

Get sweet on The Campbell Brothers with your loved ones.  
February 15, 2019, 8 - 11 pm, 21+  
Hollerhorn Distilling ~ 8443 Spirit Run, Naples, NY

Tom Chamberlain  
Friday, February 8, 2019  
6-8pm

Going city-way?  
Check this out!

Noble Shepherd Brewery  
7853 State Route 20a,  
Bloomfield, NY

Old World Warblers and  
Dave Chisholm  
Thursday, February 14, 2019

Benny Bleu  
at Cricket's Coffee  
Friday, February 14, 7 - 9pm  
Cricket's Coffee Company  
53 Main St, Geneseo, NY

7 - 10 pm  
The Daily Refresher  
293 Alexander St,  
Rochester, New York

Add your event today at -  
[owllightnews.com/events/  
community/add](http://owllightnews.com/events/community/add)

The Brothers Blue  
Friday, February 22,  
8:30 - 11:30 pm  
Roots Cafe  
197 N Main St Naples, NY

## Hometown Postcard Project underway in Geneseo

The dreary, gray days of winter can make people feel a bit down in the dumps. When this happens, it is said that making a list of what you are grateful for is helpful. With that idea in mind Promote Geneseo! has developed a fun project for everyone in the town and village of Geneseo to participate in.

The Why I Love Geneseo Postcard Project will give residents, young and old alike, the opportunity to share their positive feelings, experiences and memories of living here with their neighbors, family and friends. Beginning January 28th, residents will be able to pick up oversized postcards from four sites in the village:

The Not Dot Shop, Touch of Grace, Howard Hannah and the Wadsworth Library.

When you pick up your card, bring it home and decorate it however you wish and include a story or statement about why you love Geneseo. Instructions for the project are on the back of each card. When completed return the cards to any storefront listed above. Cards will be on display in various storefronts throughout the village during the months of February and March.

During the Main Street Chocofrolic event on February 16th 12-4PM, you can decorate your card on site at Howard Hannah (markers, crayons and pencils will be provided). For further information about the Postcard Project, contact Kim Lee at 585-447-9009. Promote Geneseo! is a volunteer organization dedicated to promoting Geneseo businesses, events and attractions to visitors, residents and members of the college community. For information on how you can help Promote Geneseo! and become a member, call 585-991-5000 or visit [geneseony.com/](http://geneseony.com/), and follow us on twitter, instagram and facebook.



Advertise your event:  
[Editor@CanadicePress.com](mailto:Editor@CanadicePress.com)

WOODSTOCK  
MUSIC AND ARTS  
FAIR 2019  
PRESENTS

**woodstock 50**<sup>TM</sup>

Aug. 16, 17 & 18 2019 • Watkins Glen, NY

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Original Woodstock promoter Michael Lang has announced that the official 50th anniversary concert will be held in Central New York. "Woodstock 50," a three-day festival honoring the original 1969 event, will take place at Watkins Glen, located 80 miles outside of Syracuse, on Aug. 16, 17 and 18, 2019. Tickets will go on sale in February; prices have not been announced.

**Check out OwlLightNews.com**

Voice,  
Music,  
Poetry,  
Stories



Idle Hour ~ Mondays, 8:30!  
Hosted by Tim Bucci, and Emily  
5 Center St, Geneseo, NY. ~ fb The Idle Hour

Kelly's Saloon ~ Tuesdays, 8:30 pm 'til 2 am!  
Hosted by Tim Bucci... and Buzzo!  
71 Main Street, Geneseo ~ fb Kelly's Saloon

\*Peacemaker Brewing Company ~ Wednesdays 6-9 pm  
~ Hosted by Old World Warblers ~  
\*20 Pleasant St, Canandaigua

CB Craft Brewers - every Thursday, 6-9 pm.  
Acoustic Open Mic Hosted by Steve West  
~ \*All ages and talent levels are welcome ~  
[www.cbcraftbrewers.com](http://www.cbcraftbrewers.com) - Honeoye Falls  
\*Minors must be accompanied by a parent or guardian.

Brew and Brats at Arbor Hill ~ Fridays, 6 pm!  
6461 BB State Route 64, Naples, NY  
[info@brewandbrats.com](mailto:info@brewandbrats.com)

Dansville ArtWorks  
4th Fridays: February ~ November, 6:30 pm  
153 Main Street - Dansville ~ [www.DansvilleArtWorks.com](http://www.DansvilleArtWorks.com)

Fanatics Pub and Grill  
~ Check web site for dates and times.  
7281 W. Main St. Lima ~ [fanaticspubandpizza@gmail.com](mailto:fanaticspubandpizza@gmail.com) ~



## Auditions for "A Piece of My Heart"

Auditions for the play, "A Piece of My Heart," by Shirley Lauro will be held at the Little Lakes Community Center, 4705 S. Main Street in Hemlock on Tuesday and Wednesday, February 12 and 13, 2019, from 6:30 to 9:00 p. m. Roles for both women and men of various ethnicities are available. Those auditioning should prepare a 3-minute monologue. The play is sponsored by the Honeoye Community Players and the Little Lakes Community Association, and is underwritten by a grant from the Genesee Valley Council of the Arts.

Presentation dates for the play are Friday and Saturday, April 12 and 13, at 7 p. m., and Sunday, April 14 at 3 p. m. A powerful, true drama of six women who went to Vietnam, the play portrays each young woman before, during and after her tour in the war-torn country. It has been presented thousands of times here and abroad. The Vietnam Vets Association named it, "The most enduring play on Vietnam in the nation."

The production staff is also looking for gently used military clothing, insignia, duffle bags and other military issued items from the Vietnam era to be donated or borrowed.

For more information, please call the director, Bonnie Sykes, at 585-703-7536 or email jimisykes1971@gmail.com.

*This project was made possible with funds from the Decentralization Program, a re-grant program of the New York State Council on the Arts, with the support of Governor Andrew M. Cuomo and the NYS Legislature and administered by the Genesee Valley Council on the Arts.*



## "Voices of Vets" awarded Arts Grant by Genesee Valley Council on the Arts

by Tawn Feeney

The Little Lakes Community Association has partnered with the Honeoye Community Players to produce three events under the title "Voices of Vets." Voices of Vets has been made possible by a recently awarded grant from the Genesee Valley Council of the Arts. The series honors the courage and sacrifices of veterans, particularly women, who have served our country, but whose contributions may have been under appreciated in the past.

The centerpiece of the series is the production of the play, "A Piece of My Heart" by Shirley Lauro, which tells the true stories of seven women who served in Vietnam. A simple set and minimal costuming are used to suggest the changes in time and place as the women each experience the war and their difficult return to civilian life. The play has been presented thousands of times here and abroad, and has been honored by the Vietnam Veterans Association as "The most enduring play on Vietnam in the nation." The play will be presented on April 12 and 13, at 7 p. m. and April 14 at 3 p. m. in the Little Lakes Community Center, on Main Street in Hemlock. Auditions for the play will be held at LLCC on February 12 and 13 from 6:30 until 9:00 p. m.

Leading up to the play and in celebration of International Women's Day, local storyteller, Cris Reidel will present her program, "Women Can," on Saturday, March 9, from 7 to 9 p. m. at LLCC. In this family-friendly evening, she will relate traditional folk stories where women are the heroes in the tales. Admission is \$7, which includes light refreshments.

Finally, on May 18, Armed Forces Day, veterans will be given the opportunity to tell their own stories in an evening gathering at the center. Volunteers from LLCA will be reaching out to various veterans' organizations to get out the word that their neighbors and fellow veterans want to hear about their experiences. Women vets are especially being sought, but all veterans are welcome to participate.

For more information, contact LittleLakesNY.org or call (585) 367-1046 and leave a message.

*This project was made possible with funds from the Decentralization Program, a re-grant program of the New York State Council on the Arts, with the support of Governor Andrew M. Cuomo and the NYS Legislature and administered by the Genesee Valley Council on the Arts.*



Check out OwlLightNews.com

Thank you to everyone who contributed to making the 2018 Children's Holiday Bazaar a success. This annual fundraiser succeeds because of the continuing community support it receives.



This year's contributors included:

### DONATIONS

Arbor Hill  
The Fuzzy Bunny  
Coleman Farms  
Dave's Towing  
Hemlock Hills Alpaca Farm  
Honeoye Boat House Grille  
Honeoye United Church of Christ  
Inspire Moore Winery  
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Owl Light News  
Nancy Prowell  
Ralph's Barber Shop  
Rheinblick German Restaurant  
Rising Sun  
Simply Crepes  
St. Mary's Catholic Church  
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Unique Toy Shop  
Village Grill  
Ward's Home Center  
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Wegman's  
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Jim Briggs      Carol Sherman  
Terry Cassidy

### MONETARY DONATIONS

Skill Glass  
Walmart – merchandise gift card  
Lowe's - shopping spree  
Barb Greene

### A special Thank You to...

- Honeoye Girl Scout Troop #2 for their help with gift wrapping.
- Honeoye Central School for the use of the building.
- Honeoye Central School Maintenance for their help setting up, tearing down and disposing of our trash.
- To our Piano Player – Marcia Johnson
- To our Resident Jeweler – Sharleen Deisenroth
- To Mr. and Mrs. Claus.

•Thanks to Elin Orman and Nancy Andres who organized and ran our sweet shop and to all those who made treats to sell.

And many thanks to the **community** for their donations of merchandise and time and to all of the **volunteers** who helped to make this **Children's Holiday Bazaar** another success!

The Honeoye Public Library received \$3500.00!!!

## Trees for Troops 2018

For those who have contributed to the Trees for Troops Program over the years, here are some interesting statistics. Trees for Troops had another successful year in 2018! The 14th year of the program saw 16,599 trees delivered to 71 military bases in the US and across the world, 5 of which were from All Western Evergreen Nursery & Christmas Tree Farm in Springwater and several more from Alexander's Tree Farm in Dansville. The 14 year total of real Christmas trees donated to military members and families = 225,319. The Christmas SPIRIT Foundation would like to thank all of the participating growers, customers and farms. We would also like to thank all of our sponsors especially FedEx. by

*Submitted by Katherine J. T. Humphrey*

Livonia Kevin W. Honeoye

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# The Monthly Read by Mary Drake

## You better listen to your wife!

**The Changeling**  
by Victor LaValle  
Penguin Random House  
431 pages

A review of Victor LaValle's novel *The Changeling*

If you're confused as to what to believe nowadays with all the claims of biased information and fake news, you might not think to turn to a fairy tale for truth. But Victor LaValle, author of *The Changeling*, did. Although fairy tales occur in imaginary settings and have strong elements of magic, they also contain timeless elements of truth. In LaValle's book this truth—or moral—seems to be that we should listen to others and not discount their experience.

In folklore, the legend of *The Changeling* is an old one; it's about fairies stealing a human infant and leaving a substitute in its place. So when the book begins by announcing itself a modern-day fairy tale, you might expect it to start right away with some magic, but nothing out of the ordinary happens until one-third of the way into this four-hundred-page book. And then the narrative explodes. In chapter 30, the main character Apollo wakes to find himself chained to a kitchen chair while his wife, Emma, drives a hammer into his face and then empties a kettle of scalding water onto their infant in the next room. The last thing she says to her husband is, "It's not a baby."

All right, a little backstory seems in order here. The main character, Apollo, is a rare book collector; he and his librarian wife Emma have given birth to a baby boy they name Brian, after Apollo's father who disappeared when he was four. In the months after Brian's birth, Emma becomes increasingly depressed and is receiving anonymous pictures on her phone of their child being taken. Naturally, she's alarmed, but whenever she tries to show them to Apollo, the pictures have disappeared. He doesn't believe her and they become increasingly estranged. Emma tells her sister, "Sometimes I look at Brian, and I don't think he's my son. . . . He looks like the Brian I gave birth to, but it's like he's someone else. When I hold him with my eyes closed I can almost feel the difference."

In fact, he really isn't her baby. He's a changeling, and Emma is the only one who can tell. The fantastical story that follows

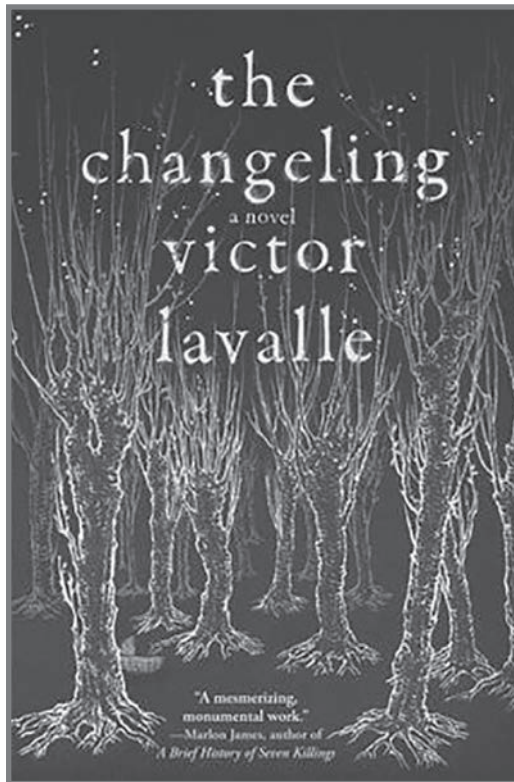
more than compensates for the ordinary way the book began. The mundane parts of the narrative are not unusual in the genre of magical realism, in which magic coexists alongside the everyday. Following the death of the supposed baby Brian, Apollo goes on a quest to find his wife, ostensibly to kill her. But in the story that follows, there are colonies of witches, conspiracies to steal babies, and trolls—both the computer kind and the mythical kind.

LaValle seems to be preoccupied with monsters, as well as the monsters we humans can become. Several of his books prior to this one concern monsters, like the comic book he wrote called *The Destroyer*. It's based on Mary Shelley's *Frankenstein*. In LaValle's version, Frankenstein actively seeks to destroy human beings because he feels they have ruined everything they touch. Sometimes it's hard to argue with that.

*The Changeling* was selected as one of 2017's ten best books and won a 2018 World Fantasy Award for Best Novel. The author has taken a traditional folkloric theme and deftly interwoven it with twenty-first-century issues, such as the challenging responsibilities of modern parents, the dangers of the Internet and of computer hacking, and the importance of listening to the experiences of others, especially women. With the Brett Kavanaugh fiasco fresh in our minds, this could hardly be more relevant.

Any thoughtful reader who enjoys fantasy and fairy tales will enjoy this book. It also has a lot to say about what it means to be a good parent and a good spouse. As the book progresses, it's impossible to predict what will happen, which is always the sign of a well written book, and, as an added bonus, you'll get to find out what a troll really looks like. Just be patient with the beginning of the book, and soon enough you'll be in a place you never expected.

Learn more about Victor LaValle and purchase the book at: <http://www.victorlavallo.com/>.



## Honeoye Public Library



"We're Books... and More"

Ancestry.com available at HPL  
~ explore your past today ~

### "I Love Books" Book Sale February 9th, 9 am - 1 pm

35th Annual Children's Holiday Bazaar was a huge success! The generosity of our volunteers and the community, along with the weather, made for a wonderful shopping opportunity for the kids. This fundraiser raised \$3,500 for the library. Job well done and thank you!!!

Book Talk Group ~ Wednesday, Feb 27 @ 5:30 pm  
Writers' Group ~ 2nd & 4th Tuesday @ 6 pm  
Join Us! ~ 2nd Monday @ 10 am

Second Saturday  
Movie & POP CORN @ 11:30am

Hours: Mon. & Thurs. 2-8, Tues. - 10 - 8, Sat. 9-1  
honeoye.pls-net.org  
8708 Main St. - Honeoye 585-229-5020

## Honeoye-Richmond Historical Society Museum

Winter Hours  
First Saturday of the month,  
9:30-11:30 am.

Honeoye-Richmond Historical Society Museum provides a wonderful and enlightening glimpse into the past and is free of charge. (Donations are appreciated).

Located in the back of Richmond Town Hall,  
8690 Main Street, Honeoye, NY 14471.  
585-229-1128  
historian@townofrichmond.org



## Area Writing Groups

**Warsaw's Write Connection**  
2nd Tuesday of the month, 6:45 PM ~ Warsaw Public Library  
(no meetings June, July or August)  
For more information, contact Wendy at (585) 786-5290

**Canadice Lake Writers' Group**  
2nd and 4th Tuesdays, 6-7:30 pm. ~ Honeoye Public Library  
Info Darlene at 585-313-7590

**Lakeville, NY ~ Poets' & Writers' Group**  
1st & 3rd Wednesdays, 10:30- noon  
~ Chip Holt Ctr., Vitale Park, Lakeville.

**The Canandaigua Writers' Group**  
First Friday of the month from 10 am to 12:30 pm.  
~ Ewing Family Community Room, Wood Library ~  
Share your original stories, poems, memoirs, and more in a supportive, learning community of fellow writers.

**Writing Group in Naples**  
Meets 2nd Friday of each month, 10:30-noon. ~ Naples Library  
Bring a short piece to read aloud.  
Info. at 585-374-2757

**At home with the Owl Light.**  
Subscribe today!  
See page 18





Reminding you to grow!

# The Conscious Crow ~ The power of LOVE ~

The season is upon us; a reminder to love one another fully and accept every individual we encounter on our path as a member of the big human family we belong to. Love teaches us many things, and although this is the time when we reflect upon its meaning

and message, loving acts should be intentionally practiced every single day. The more we practice in lieu of love, the deeper seeds we sow for a positive, conscious change. We need to redefine our current priorities and reactions and make the effort to spread higher concentrations of Love among our lives.

seen. The immaculate energy that is love, brings with it a fundamental element of magic that sustains our well-being and increases our health. It is an inexplicable, elusive supernatural power that has the ability to transform and heal. It can immediately dissolve separation and creates unity where there is hatred. Compassion where there is anger. Balance where there is disorder. Dr. Emoto, a Japanese scientist did an experiment using water to demonstrate that when we express loving thoughts and words, we are able to restore and physically alter the object of our attention to an incredibly balanced and vibrant state. The results of this experiment tangibly reflect how positive, loving words have a remedial and healing effect on the water- whereas hateful, negative input results in a harsh and chaotic state. This shows how powerful love truly is and what an impact it has for good.

When we choose this secret weapon referred to as love, we reclaim our right to live in the most conscious and natural state of being we've ever discovered. This compelling and almighty stream is a compass that points to our intrinsic spirit. It renews our sense of purpose, drives us towards excellence, and re-establishes why we exist at all. Love is that wild and exquisite force behind the most extraordinary masterpieces ever to exist, and continues to inspire and empower us to reach farther, try harder, and believe in things un-

If we utilize its benefits, we can move the poisonous mountains and walls we have built distancing one another that only amplify separation and anger. This division does not have to be our reality. When we bring love to the surface we take a leap towards a conscious evolution; shine a light where there is darkness, and unify our lives once and for all.

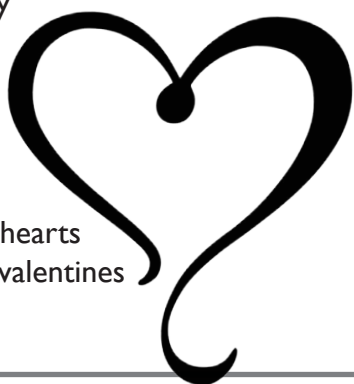
What we need, and what we will always need, as the Beatles so wonderfully and simply put it - is Love... "Love is all you need."

~Conscious Crow, Reminding you to Grow~

## Hearts A Plenty

Poem by Wendy Schreiner

Valentine's Day  
arrives in February  
cupid shoots  
hearts a plenty  
spreading love  
in full bloom  
all around  
chocolate shaped hearts  
school kids trade valentines  
florists are a buzz  
as love grows



## Massage by Amanda,

Amanda Miles LMT,

at Shannon's Family Barber.

Located at 7 N Main St, Wayland NY 14572.

To schedule appointments please call

(585) 728-5515.

Hours: Thursday-Friday 8am-7pm,

Saturday-Sunday 8am-2pm.

# Kade in the Kitchen

...with breakfast smoothies and granola

by Kade Bentley



## Breakfast

I take breakfast seriously.

It's the biggest meal of my day.

If I'm gonna be working, I never skip.

Here are some lovely additions to your fave brunch or breakfast.



### Coconut Cardamom Dessert Breakfast Smoothie

Decadent- and vegan! And only 5 minutes! (+5 for clean-up).  
For when you need a ton of calories to burn.

Two large servings



Place in blender:

- ~ 2 bananas
- ~ 1 1/2 cup of ice
- ~ Big scoop peanut butter (or nut butter)
- ~ 1/2 tsp cardamom
- ~ pinch salt
- ~ 1 shot espresso or 1/4 cup black coffee (optional).

Add:

- ~ a half to 1 cup Coconut Cream\*  
(not coconut milk or beverage).

Blend on high adjusting coconut cream amount for consistency.

Pulse blender adding:

- ~ 1- 4 Tbsp maple syrup to taste.

Enjoy!

\*Coconut cream has a thicker, more paste-like consistency than coconut milk, and a mild non-sweet taste.

### Granola ~ super simplified!

Store-bought granola is a crime as far as I'm concerned. It is like 6\$ or more a lb, but oats are so cheap! With some practice this guideline will help save a little of that cash, and keep a steady supply of this crunchy sweet cereal around for about an hours' labor a week.

My mom and I have been using this recipe for years. I don't remember where it came from originally.

1 hour - easy but attention intensive- temp 350°

The BASIC :

- ~ 4 cups rolled oats plus some. Or sub some quick oats for diversity of texture.
- ~ 1/2 cup coconut or vegetable oil
- ~ 1/2 cup honey, maple syrup, or combination
- ~ tsp vanilla extract
- ~ 1/4 tsp salt or to taste
- ~ FIXIN'S.

Preheat oven to 350°

Mix all ingredients well in a large bowl. Oil should cover oats evenly. Add more oats if it seems very wet.

Spread evenly on large glass casserole dish, pie dishes or cookie sheets.

Bake about 45 minutes depending on your oven.

Check and mix up granola after 15 minutes.

Check and mix a couple more times until slightly browned. The edges will cook faster.

As it nears the end of baking watch it closely. The difference between crispy and burned is a matter of minutes and it takes a little practice to get the doneness you prefer.

I love it warm out of the oven as a special treat.

Cool and store in a sealed container.

FIXIN'S: Infinite diversity in infinite combinations.

Tips:

- ~ Bake raw nuts and powdered spices right into the mix.
- ~ Add dried fruit to the still hot finished oats after baking.
- ~ Chocolate chips added to warm oats will melt into granola chocolate clumps. Add cool for chunks.

Try:

Chopped pecans and apricots with chai spices, Coconut flakes with cashews and curry powder, Chopped peanuts with chocolate chips, cinnamon and raisins, Almond, cranberry and orange zest, Flavored and coffee extracts, flax seed, dried apples, Sunflower seeds, walnuts, chopped up sandwich cookies, sesame seeds, nori, crunchy snax or bits of other cereals, dried peaches, banana chips, candied ginger, matcha powder, chopped up bits of brownie, freeze-dried okra, carmel chips, freeze-dried strawberries, elderberry flowers, dust with powdered sugar...





# Simple Sustainability by Sky Trombly

## Middle Ground Purchases: Finding a place between waste and restriction

|| "Use it up, wear it out, make it do, or do without!" ||  
- War Advertising Council Slogan, March 1944 ||

Aspiring minimalists often wonder for how long they should hang onto something and when they can replace it guilt free. The average American consumer, on the other hand, might be wondering why they shouldn't replace it, especially when they can afford to do so.

The pithy environmentally-conscious answer is to make something last for as long as it still functions, but sometimes the answer should recognize a fuzzier reality. Sometimes an item is still functional but causes the owner enough distress to warrant a replacement.

Here, we will explore the middle ground on consumption in an effort to establish a saner purchasing philosophy.

As I see it, there are two ends of the spectrum. The replacement theory on one side and on the other, the theory American consumerism promulgates, the perfection theory.

*Let's explore these theories.*

### Replacement Theory:

Objects are meant to serve a purpose. If they are no longer able to do so, they ought to be replaced, preferably with an item the user deems to be an upgrade in some way. If the object is replaced, there is no temptation to hang onto the older version. It is, in a phrase, "functionally obsolete".

This no-nonsense method does not include aesthetics or other preferences in the decision making. Proponents of this philosophy will likely make use of stop gap measures to keep an object functioning for as long as possible: shoe glue, tape, safety pins, etc.

### Perfection Theory:

There is an idealized, perfect version of everything out there and your ability to own it is only hampered by the amount of money you have or can borrow. Furthermore, what you have reflects aspects of the perfect you. This theory is part of the package of the American dream, but the dream can turn into a nightmare, creating clutter, debt, wasted money, and dissatisfaction.

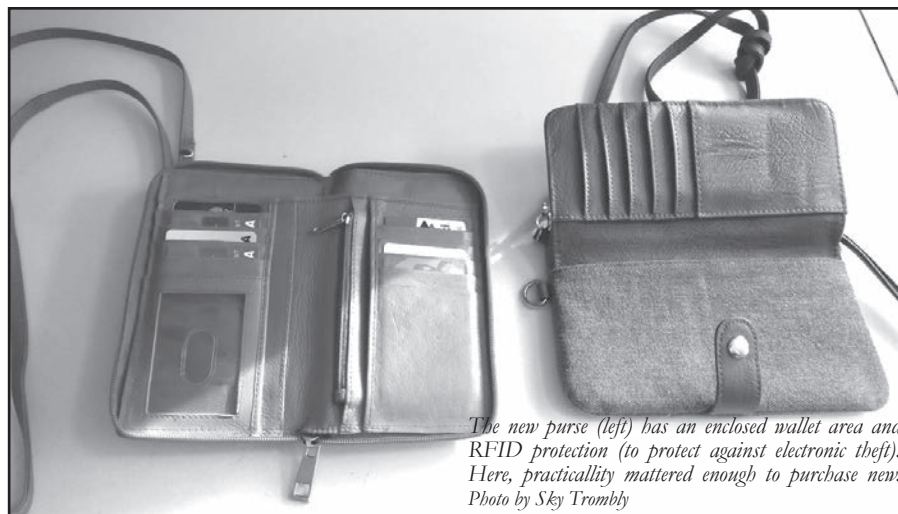
This theory leads to clutter because when a functional item gets replaced with something better it is often still too good to get rid of so the old item still remains in the home. It leads to debt and wasted money because constantly seeking out the best your money can afford means money is often spent rapidly and unnecessarily. Finally, this theory creates dissatisfaction because the vision of perfection is always out of reach.

### The Middle Ground:

I prefer to work in between these two extremes. The reason is that I recognize other complaints against an object as having value. For example, an item might still function if you add a little tape, but tape on your glasses, for example, may diminish your vision or impact your social circle.

This said, consumption for the sake of consumption is irresponsible.

I employ three questions when considering a replacement purchase. Recently, I considered buying two things and I used these questions with different results. One was a new purse and one was a new set of earrings.



The new purse (left) has an enclosed wallet area and RFID protection (to protect against electronic theft). Here, practicality mattered enough to purchase new.  
Photo by Sky Trombly

### #1:

Is this item necessary in my life? What do I use it for?

What do I like about it?

Why am I considering replacement?

*These questions pin point the function of the object and the nature of the dissatisfaction.*

In the case of the purse, the answer was an adamant "yes!" I used my old purse to carry my ID for driving, my credit cards and money, my cell phone. The strap on the purse was useful when I wasn't wearing clothes with pockets. The small size was small enough that I could easily take it with me everywhere or even use it as a wallet in a larger purse or backpack.

I was considering a replacement because the wallet portion was not secure and my baby had pulled out and lost some of my cards while we were away from home.

I wanted something similar but with a closed section for the purse and maybe even RFID protection (protects against thieves stealing your cards' information electronically through the wallet). In the past, I had cut the patches off the old purse to improve the aesthetics but securing the cards was not within my ability.

I also considered getting a new pair of earrings, but this was harder to justify: I had other pairs and earrings serve no practical purpose. I was considering a pair of gold earrings because gold studs would irritate my ears less and so I could wear them all day.

### #2: Can the item be modified so that a replacement could be delayed?

This question asks if there is something one can do to keep an item in service for longer.

In the case of the purse, I had already modified the purse (by removing patches). I might have been able to employ rubber bands or paper clips to secure the cards but I would have been dissatisfied by the change to its appearance.

In the case of the earrings, studs are basically studs and the posts' material was the problem so here, again, the answer was no. This can be applied to anything. In the past, I've used shoe glue to repair hiking boots and thus delayed purchasing a new pair.

### #3: In what circumstance does a replacement make sense?

In the case of the purse, replacing it now makes sense. I would use it daily and the added security is important and relevant at the moment.

In the case of the earrings, if one or both is lost or broken than an upgrade would then make sense. Purchase of new earrings was deferred.

If I can afford it, why shouldn't I buy it?

Truth be told, I would love to replace the earrings too. They are shinier, more classy, and would complement the image I want to project in the work force. If I could afford it, why shouldn't I just buy them then?

When I asked the above questions, I determined that the purse was a need and the earrings a want. This is important because wants are basically endless and I could spend a lot of time and money and energy pursuing every whim, but it would take away from far more important things, such as my family's uncluttered home space, financial security, my life's goals and personal mission and so on.

Mostly, by delaying the gratification of wants, I am able to save my resources for my needs. Granting a wish never seems to feel as good as not being able to address a need feels bad.

Until next time, be the light  
by living lightly!

See Sky's Handy Household Hints on page 19

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See page 18 for complete info.



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# Community Calendar

## Explore & Learn

**Olive Oil Soap Making Class**  
February 5 @ 6:30 pm - 8:30 pm  
Little Lakes Community Center,  
4705 S. Main Street, Hemlock  
\$15

**Sustainability Series, Part 1:**  
Using Community Choice Ag-  
gregation to Combat Climate  
Change  
February 21 @ 6:30 - 8:30 pm  
Little Lakes Community Center,  
4705 S. Main Street  
Hemlock, NY - Free

**Herbal First Aid Kit:**  
**Grow Your Medicine!**  
February 9 @ 1:00 pm - 3:00 pm  
Little Lakes Community Center,  
4705 S. Main Street, Hemlock,  
\$20

**Mystical Meetup**  
February 15; 7-9pm  
Presents author, Ted VanSon  
Little Lakes Community Cen-  
ter, 4705 South Main Street,  
Hemlock, NY. For more info:  
mgrace-888@outlook.com.

**Book Signing:**  
**The Communion of Saints,**  
**Talking to God and Grandma**  
Meet the author, Mary Grace  
February 23, 10 am - 5 pm.  
Quality Inn's Valley Oak  
Event Center, 4242 Lakeville Rd.,  
Geneseo, NY.

Add your event today at -  
[owllightnews.com/events/  
community/add](http://owllightnews.com/events/community/add)

## Faith in Community

**Finger Lakes Forest Church ~ February 9th, 10 am**  
The Finger Lakes Forest Church meets monthly, with rotating outdoor locations. Our February meeting - celebrating winter fun - will be held on February 9th, 10 am, at Ontario County Park. Activities will include sledding, snowshoeing, and potluck refreshments inside the four-season Wilson Lodge. Bring warm clothes, winter toys, and a dish to share. Location: Ontario County Park, 6475 Gannett Hill Park Dr, Naples, NY. ~ meet at Wilson Lodge. See Finger Lakes Forest Church on Facebook for more information.

**Free Spirit Book Club ~ February 20, 6:30-8 pm**  
Wednesday, February 20, 6:30 - 8:00 pm - Free Spirit Book Club. This book club, with a broadly spiritual focus, meets the third Wednesday of each month. It is an open-hearted, open-minded group, focused on reading and discussing texts from spiritual disciplines around the world. All are welcome - even if you haven't read the text. Location: Honeoye United Church of Christ, 8758 Main Street, Honeoye, NY. For more info., including the title of reading for our next meeting, contact [emily.pecora@gmail.com](mailto:emily.pecora@gmail.com).



**GRIEF SHARE** Grief Share is a help seminar provid-  
ing encouragement after the death  
of a loved one. The program is  
non-denominational and features  
helpful tools for healing from grief. It is led by friendly, caring  
people who understand what you are going through. Mondays at  
6 pm at Springwater Church of the Nazarene, 8498 Indian Valley  
Rd (Rt 15), Springwater.  
For more info: 585-728-5961 or 585-669-2319.

## Area Food Pantries

All welcome and appreciate community contributions  
and volunteers.

**Geneseo/Groveland Emergency Food Pantry**  
Tuesdays/Thursdays 10-2 am, Wednesdays 4-6:30 pm  
31 Center Street, Geneseo (the lower level of CPC).  
To donate, please drop items during scheduled hours (lower level).

**Springwater Food Pantry**  
Wednesdays 6:30 - 8 PM and Saturdays 9 - 11 AM\*  
South Main Street, Springwater  
\*Serves Springwater Canadice & Webster's Crossing area,  
but no one in need will be turned away!

**Honeoye Community Food Pantry**  
UCC church on 8758 Main Street, Honeoye  
Alternate Saturdays, 9-10:30 am.  
Info: [honeyefoodpantry@gmail.com](mailto:honeyefoodpantry@gmail.com)

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**Sky's Handy** by Sky Trombly  
**Household Hints**  
*Good for you ~ Good for the environment.*

**3 Ways to save your clothes with needle and thread**

We spend a lot of good, hard-earned money on our clothes and we want them to serve us for as long as possible. When we lose a button, when a button falls too easily from its hole, or when a seam becomes a hole, we could give up on expensive clothing. But, we also don't have to!

With a little thread and a sewing needle, these common problems can be solved without a sewing machine or much effort.

I am no great seamstress and I don't enjoy sewing. That said, my husband calls me his "pants fairy" for the number of his work trousers I have managed to keep in use over the years we've known each other. I've saved us a lot of money on all of our clothes, actually. And, by the way, almost anyone can become a pants fairy.

**Learn these three skills and you can too:**

- (1) How to re-attach a button.
- (2) How to reinforce a button hole.
- (3) How to reinforce a seam.

*These skills can easily be found on YouTube for video demonstrations.*

**Bonus: Travel Sewing Tin (The Pin Tin?)**

My mom is a bit of a globe trotter and when she visits her kids, she usually does some minor mending. Her micro sewing kit she carries is genius and I am planning on making an Altoids tin version for my own purse.

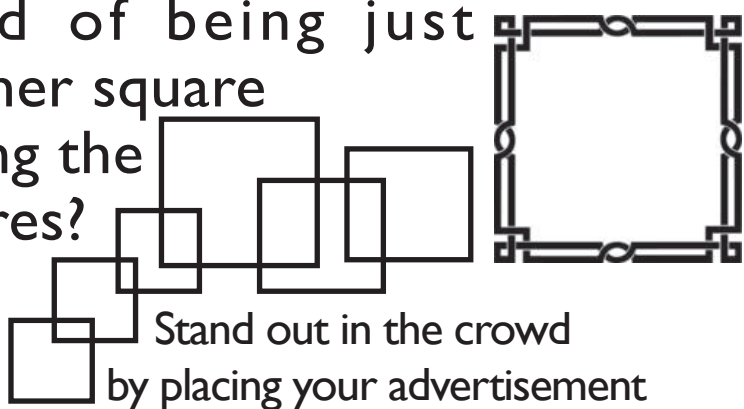


**She includes:**

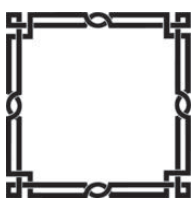
- A basic tin or other container
- Magnetic sheet (optional) – keeps metal elements in place.
- 4 lengths of thread wound around 2 embroidery floss bobbins: black, white, denim & beige.
- Mini-scissors
- Needle Threader
- Needles
- Safety pins

*Until next time, live lightly!*

**Tired of being just another square among the squares?**



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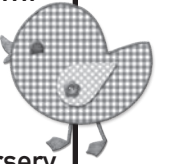
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# Classifieds



**Honeoye United Church of Christ is looking for a Nursery Care Provider to take care of babies to 3 years old during Sunday morning worship.**

**Hours: Each Sunday from 9:45 a.m. to 11:15 a.m.  
 Expected Commitment: 4-5 Sundays monthly.  
 Pay: \$25.00 per Sunday.**



**Responsibilities:**

- Constant care, play and safety of children in the nursery.
- Communicating with parents of children attending.
- Picking up the room at the end of the morning.

**Call (585) 371-8880 to express interest or with questions.  
 Honeoye United Church of Christ,  
 8758 Main Street, Honeoye, NY 14471**

## Dansville Chamber sets 2019 event schedule

The Marketing Committee of the Dansville Area Chamber of Commerce has established its 2019 downtown event schedule and invites community members to note these future dates and events.

First Friday Dansville are monthly "themed" activities with families in mind occurring in the heart of the business district. Starting at 5pm on the first Friday of every month, participating business and building owners offer activities (many free) and specials.

**Coming up in 2019 are:**

- February - Board Game Night
- March - March Into Dansville
- April - April Showers
- May - Fun & Games
- June - Farm Days
- July - Fairy Fireworks
- August - Cruise In
- September - Kidding Around Downtown
- October - Oktoberfest
- November - Simple Abundance
- December - Toy Drive

*Themed events in Downtown Dansville include the June Farm Days - Here a participant from 2018 holds a chick.  
 Photo courtesy Dansville Chamber.*



On Facebook, the Discover Dansville page lists each First Friday event and planned activities. First Friday signs throughout downtown Dansville the week of these events are posted as a reminder. Be aware that some First Friday events require a portion of Main Street be closed for a few hours; off-Main municipal parking lots (there are three) are available.

The Dansville Chamber also plays a significant role in downtown events sponsored by other organizations, so save these dates, too.

- Dogwood Festival, May 13-18; 2019 theme is Toyland
- Dogwood Car Show, Saturday, May 18, time TBD on Main Street, Dansville
- Chalk Walk & ArtsFest, Saturday, August 3, starting at 10am
- Winter in the Village, Saturday, December 7, all day; 2019 theme is Santa's Workshop

The Dansville Area Chamber of Commerce is a member organization whose mission is to ensure the greatest success of its members and the Dansville area community as a whole. Learn more about the Chamber's work and membership at [DansvilleChamber.com](http://DansvilleChamber.com) or reach out to its president, Barry Haywood, at [dansvillechamber@frontier.com](mailto:dansvillechamber@frontier.com) or 585.335.6920.

For information about the Marketing Committee, please connect with Jennifer Leuzzi at [millcreekoptical.jenni@gmail.com](mailto:millcreekoptical.jenni@gmail.com) or via [www.Facebook.com/DiscoverDansville](http://www.Facebook.com/DiscoverDansville).



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**DISPOSE** - drop off and unwanted/unused and expired medication to your local disposal site



### Medication Drop Box Locations

**Bristol**  
 Town Hall

**Phelps**  
 Community Center

**Geneva**  
 North Street Pharmacy  
 Police Station

**Canandaigua**  
 FLCC (Keuka Wing)  
 The Medicine Shop  
 Ontario County DMV Office  
 Thompson Hospital (lobby)  
 Mental Health Clinic  
 Police Station (lobby)

**Shortsville/Manchester**  
 Red Jacket Pharmacy

**Rushville**  
 Village Hall

**Farmington**  
 State Troopers

**Victor**  
 Mead Square Pharmacy

**Clifton Springs**  
 Hospital (lobby)

**Richmond**  
 Town Hall  
 CVS Pharmacy



**Questions, please call us at  
 585-396-4554**

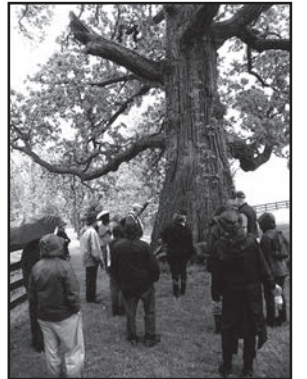
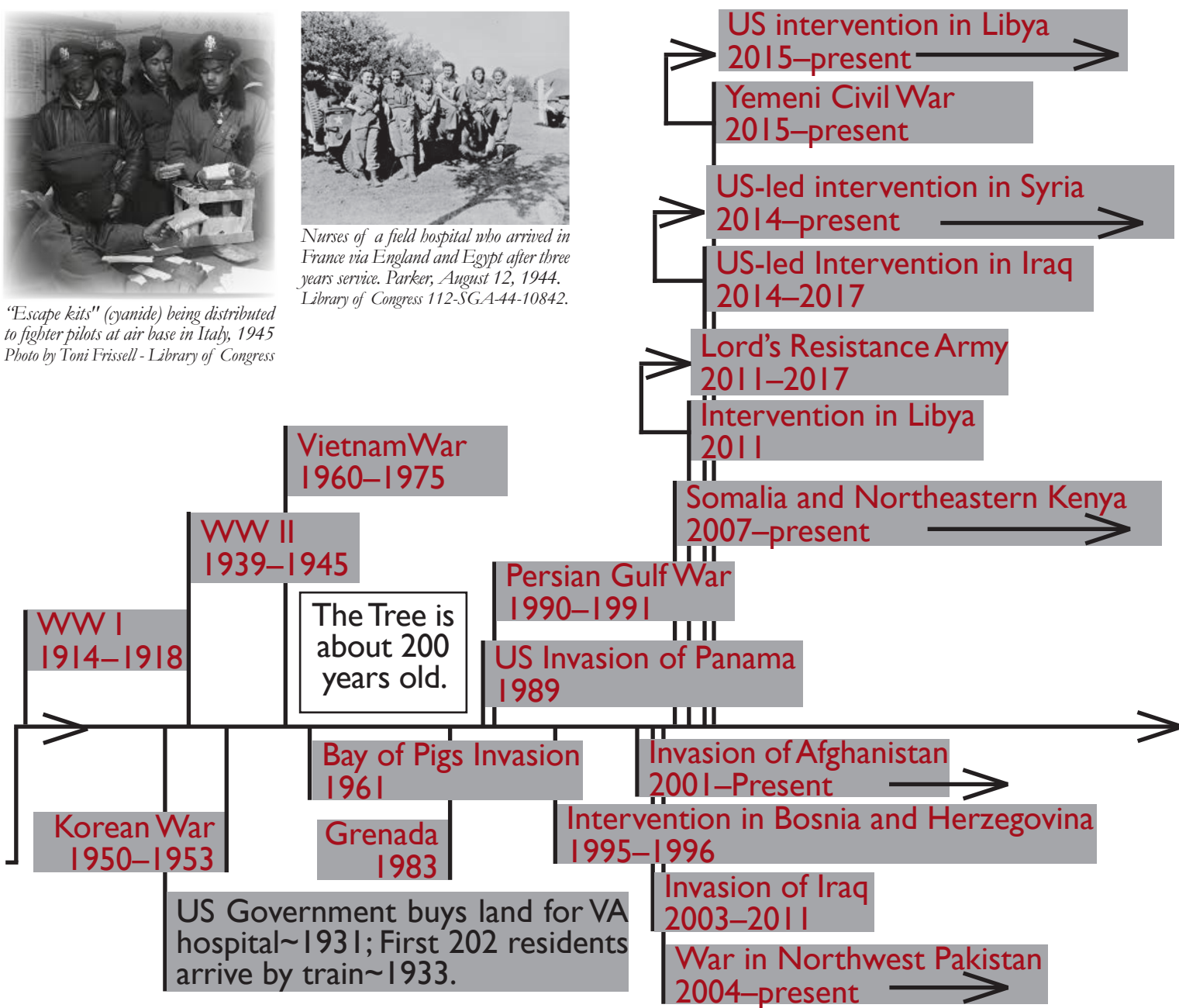




"Escape kits" (cyanide) being distributed to fighter pilots at air base in Italy, 1945  
Photo by Toni Frissell - Library of Congress



Nurses of a field hospital who arrived in France via England and Egypt after three years service. Parker, August 12, 1944.  
Library of Congress 112-SGA-44-10842.



The Tree will be about 400 years old in 2176

### Tree Time from page 4

These losses are often felt more devastatingly when they are our neighbors, our loved ones. As with the deaths on January 16, 2019 of Shannon M. Kent, 35, of NY (Navy Chief Cryptologic Technician); Army Chief Warrant Officer 2 Jonathan R. Farmer, 37, of Fla.; Former Navy SEAL Scott A. Wirtz, of Mo., a US defence contractor - and (10) other people in an ISIS-claimed bombing of a restaurant in Syria. The wars we now face leave enduring wounds, with devastating consequences beyond the battlefields. War and military build up has become a "normal" and almost accepted part of our lives - as battles rage around the world and soldiers return to piece together home lives they left behind.

On January 17, 1961, President Dwight Eisenhower in his farewell speech from the White House warned of what he called the military industrial complex. He was concerned about the potential for fears and an increased emphasis on the building of weapons of war to result in a misbalance of power. He cautioned his fellow Americans:

"In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex. The potential for the disastrous rise of misplaced power exists, and will persist."

He also recognized the cost of an arms race and the potential for funds allocated to weaponry would be taken from schools and hospitals - including hospitals established to care for those who have already served. He believed that "we must learn how to compose differences not with arms, but with intellect and decent purpose."

Moving forward, the United States and her egalitarian-minded allies must find ways of resolving domestic and international conflicts without sacrificing our loved ones or the loved ones of people around the world - most of whom are everyday citizens caught up in conflicts beyond their control. Looking at the wars that have transpired since the life of the Tree began leaves me wondering what the future holds for the next one hundred years. In this tree's time, we have gone from fighting wars with muskets, bayonets and tomahawks to wars waged with robotics, unmanned systems and biological weaponry. She stands rooted, unable to act, as below her canopy the cost of wars past roll by. Like the tree, we all wait for the new day - wondering what future will emerge by the dawn's early light.

\* Our ability to enjoy the Sonnenberg legacy is due to dedicated citizens who, beginning in 1966 begun to purchase a 50-acre portion of the original estate and gardens back from the Veterans Administration. They set about to preserve and restore the Mansion, gardens and greenhouse complex. A legal transfer of the estate from the VA to Sonnenberg Gardens, a not-for-profit organization, was passed and signed into law in 1972. Formal restoration began in 1973, with plans drawn up from original blueprints and photographs (including garden details) and Sonnenberg Gardens opened its gates to the public in May of that year. In March of 2006, the property was "purchased" by New York State and is now operated by the non-profit in a cooperative (5) year renewable agreement with NYS Office of Parks and Recreation but receives no tax monies or state funding for daily operations. Restorations continue with a small year-round staff, a growing base of hundreds of seasonal volunteers and revenues from seasonal visitor admissions, annual memberships and donations, public or private special events and a seasonal retail gift and wine center.

\*\* In 1969, selective service became a lottery system and in 1971 another amendment made Military Selective Service compulsory. Compulsory registration was eliminated in 1975. Five years later - in response to the Soviet invasion of Afghanistan - Selective Service was re-established - requiring all 18-26 year old male citizens born on or after January 1, 1960 to register. Beginning in 2014, bills to abolish and change Selective Service System (including a bill to order young women as well as young men to register) have been introduced, but no change has taken place. ([https://en.wikipedia.org/wiki/Selective\\_Service\\_System](https://en.wikipedia.org/wiki/Selective_Service_System)).

Selective Service System registration forms with "Men you can handle this" printed at the top can be found in most US post offices. Currently, "All male US citizens between 18-25 (inclusive) years of age are required to register within 30 days of their 18th birthday." Certain categories of non-US citizen men between 18-25 years of age must also register. There has not been a draft since Jan. 27, 1973, as the end of the Vietnam War came into sight. Today's United State's armed forces are voluntary, offering for many a career path, opportunities for affordable education after high school and a chance to make a difference. According to Defense Department personnel data, there were a total of 1.3 million active duty military and more than 800,000 reserve forces as of September 2017. As of 2016, there were 6.8 million Vietnam veterans and 7.1 million Gulf War veterans (classified as those who have served from 1990 to present times, although there is some overlap between the two).



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