

# Owl Light

OwlLightNews.com



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March 2019

# News

## NY-23 in 2020

## A conversation with Tracy Mitrano

by D.E. Bentley

The sun reflected off the ice and a large flock of migrating mallards – and a sizable gathering of ice fishers – took advantage of the shift in weather from blizzard-like to brilliant on February 14, 2019, as I joined U.S. congressional candidate Tracy Mitrano for an interview at her Keuka lakeside cottage. “The 23rd is just a beautiful place.” she offered when I asked her what compelled her to continue her race, to remain in and fight for the people of New York’s 23rd Congressional District – her home - at a time when others are calling for a mass exodus. During an afternoon of at times quiet and at times animated conversation, I drifted away from my prepared questions (and a planned focus on women’s rights) and gained a deeper understanding of Mitrano’s love of the region, and her commitment to its people.

NY-23 covers the Southern Tier, Finger Lakes and Western New York regions of New York State, including Cattaraugus and Chautauqua counties to the west and stretching across the state to Seneca and Tompkins in the east. Mitrano’s ties to the area are rooted in family, and in community. Working in her parent’s Rochester area restaurant taught her first hand what it means to own and operate a small business in New York State. Despite offers and opportunities out of state, she instead kept her ties close to home, caring for her parents and providing for her children, while pursuing an education, working and traveling throughout the Southern Tier, across the Finger Lakes and into Western New York. It is through her travels that she gained a greater appreciation of the natural beauty and diversity that has led to her environmental priorities, including the clean up of the West Valley low-level radioactive-waste site (between Buffalo and Salamanca, NY) and her support for the federal Anti-Fracking Act.

One of the points that came up again and again during our lengthy conversation was the difference between our region of New York and New York City – and the need for leadership at the state and federal levels to act in the best interest of all. For Mitrano, this means bringing economic opportunity back to the Southern Tier, a goal that she believes begins with supporting families, especially working class and middle class families – both those who have lived and worked in the region for generations (the farmers who grow our food; the service industry and factory workers who provide for us) as well as young new families looking to build a better life in our region of the state. Supporting families includes providing affordable healthcare for all and providing equitable educational opportunities, including tuition support and low interest loans for higher education.

As a teacher who has worked with preschoolers in poverty and youthful offenders behind bars, I heartily applaud Mitrano’s support for universal Pre-K and Head Start. In addition to these earliest education initiatives, she also believes that we need public schools that offer “a weaving together of basic skills with an understanding of technology and the digital world – encased in an appetite for critical thinking.” As students move into high school, a quality education also includes opportunities for apprenticeships and vocational training in a wide range of trade and tech areas, with up to two years of post-high school paid education and training for all students in their areas of interest and aptitude. In lieu of free tuition for all, she advocates for an increase in state funding for SUNY schools to their previously funded levels – at least 25-30% of their operating costs. An open market approach to higher education has historically served to increase the diversity in and quality of higher education in New York State, offering an abundance of in state options for residents, while also attracting more students from out of state.

Twenty-first century education requires twenty-first century tools, and without adequate infrastructure we all lose out on educational and economic opportunities available to more connected areas. Enhanced communication networks – including rural broadband in underserved areas – and net neutrality are mandatory tools for today’s students. Other regional improvements in regional infrastructure: improved transportation – restoring bridges and railroads and expansion of public transportation options; growth in renewable energy – solar and wind; and improved infrastructure for extreme weather events, coupled with tax abatements, can attract out of state companies. All of these factors increase the Southern Tier’s desirability as a place to live, to work, to go to school, to raise a family and to start a business.

Tracy Mitrano’s focus on place-based policy is a far cry from the socialist portrait of her that some have tried to paint.



Tracy Mitrano takes in some sunshine on the deck of her Penn Yan cottage.

She defended the idea of corporate rights, while making it clear that the rights and responsibilities of corporations are very different from those of citizens. “Although corporations have an important role in a capitalist democracy, even an originalist interpretation of the Constitution balances the power of the corporation with the rights of individuals, instead of corporations at the expense of individuals.” By keeping reasonable levels of tax burden on corporations and shareholders, we can balance the playing field for small, local businesses and reduce the disproportionate tax burdens carried by lower and middle class workers. Small local businesses are, she believes, the anchors for local economies, regardless of where we live and work. Supporting these businesses requires balancing livable wages with local economies, eliminating burdensome expenses – including employer health care costs – and creating immigration reforms that allow DREAMers and other non-citizen tax paying workers in high need industries (agriculture, manufacturing and tech) to pursue legitimate pathways to citizenship. We also need to eliminate “capricious and arbitrary tariffs that place undue burdens on manufacturers.” With a growing number of breweries moving toward canned beer products to expand their markets, the spirit industry’s use of stainless steel and the increased use of stainless steel by vintners for fermentation and aging, aluminum and steel tariffs have the potential to harm our growing competitiveness in the beverage industry. A slowdown in beverage production also impacts the many tourism-related service and retail businesses across the Finger Lakes region, as well as the farmers that these manufacturers depend on for New York State grown crops. Our policies regarding immigration need to be built on “facts, reason and humanity.”

Opioid addictions not only result in deaths, but also contribute to the breakdown of families and an increase in crime. Like many in our area, Mitrano is angry and saddened by this national epidemic, and places the blame – and the responsibility – on the corporations that caused the problem.

Continued page 11

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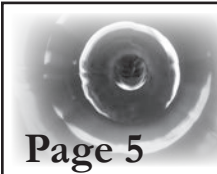
At home with  
the Owl Light.

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See page 6



# 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.

**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)



**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.

**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)



**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.*

## Guest Contributors

**Gary Catt ~ Travis: Secret Agent Dog Back Page (creative non-fiction)**  
Gary Catt is a retired journalist and corporate communications counselor who lives in Honeoye. He can be found wandering the trails in the area with his canine companions - most recently Travis.

**Ken Hutton ~ "My Woodstock experience"(essay) Page 10**  
Ken Hutton is a retired Social Studies teacher living in Farmington, NY.



**Wendy Schreiner ~ Priscilla Popp paints the Erie Canal (Review) Page 14**  
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.



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

**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).



**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.



**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.



**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).



**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."



**The Conscious Crow ~ Reminding you to grow!**  
Page 16



**Joy Lewis ~ Richmond History**  
Page 19  
**Every other issue**  
Joy Lewis has served as Town of Richmond Historian since 2013.



## Owl Light News

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### Published Monthly

Submissions via e-mail, facebook or - last resort - via our postal address.\*

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Darlene Deats (Honeoye);  
Rachel Pigott (Canandaigua, Naples and points east and south); and  
Jim Shelley (Geneseo, Perry, Warsaw, Leicester and points west).

\*We reserve the right to edit or refuse any submitted content or advertising.

# Looking ahead to spring, and 2020!

## ~ Notes from the editor

Years ago, while working as an apprenticeship coordinator at The Learning Web, a human service agency in Ithaca, NY, I had the privilege, and horror, of interviewing musician Bobby Comstock, to explore his role as a youth mentor through our program. Being an introvert, meeting “famous” people put me ill at ease.

Prior to the meeting, my brother – who I also placed on a bit of a pedestal – had talked to me about his friend Bobby. He was a musical legend, and I knew it – going into the meeting I was terrified! I don’t remember the meeting, or whether or not my contact with Comstock resulted in one of our youth finding a meaningful apprenticeship. I *do* remember getting pulled into the Director’s office after Comstock expressed concerns about our meeting, at which he categorized me – rightly I suspect – as being “unable to communicate.”

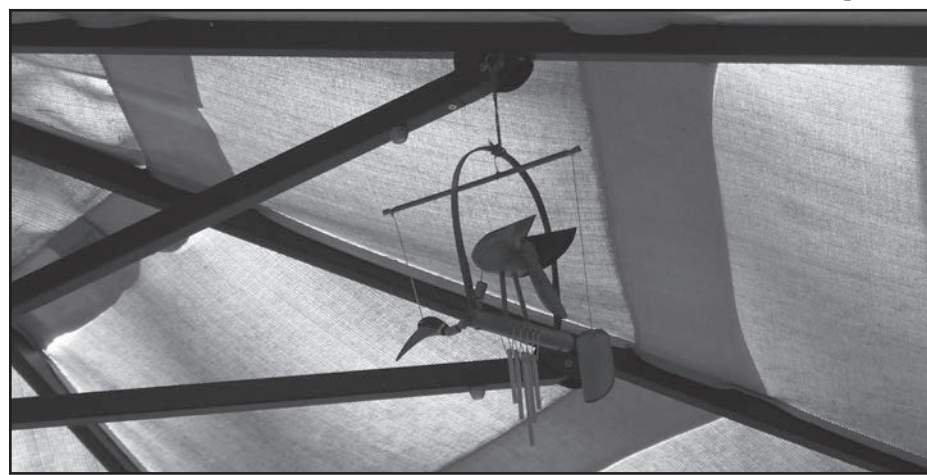
I thought back to that time as I drove into Penn Yan on February 14th to meet and interview Tracy Mitrano. Many years have passed since the Comstock meeting; I have since then presented in front of large crowds of people, and talked to many people who, through time or circumstance, have reached “higher” societal positions than I have. Still, reflecting back on my missed opportunity to meaningfully engage with Bobby Comstock, I was a little nervous about meeting Mitrano. It turned out to be an enjoyable introduction and discussion.

As I write this, having just wrapped up a draft of the March issue, my son is on the way to a job interview; he moved back to the area from out of state last year. Unlike me, he seems more at ease in the world of people; I suspect he will do fine. Many of our rural communities are aging communities – I am part of that demographic. One reason fewer young people are staying is the lack of jobs. At times it seems we can’t win for losing. A case in point is the recent layoffs from Gun Locke in Wayland, NY. After receiving and implementing a “state economic development incentive package,” that including the installation of machines that boost productivity (translated as reduce the need for human workers), Gun Locke has thanked its workers by eliminating 30 positions and laying off an additional 70 workers – about the amount the incentives were expected to add.

The statistics do, at times, seem grim. Yet I am reminded again and again, as I interact with people all across the Finger Lakes, that demographic statistics leave out important parts of the story. There is something about our region that is drawing people or enticing them to stay, and there are new, exciting businesses in every small town. Sure, there are empty storefronts, barns falling into disarray, ghost houses and high property taxes. Still, interspersed within the stories of discarded workers and lost homes and farms are success stories. There are new successful businesses; there are former “city” people at or nearing retirement starting new lives – and businesses – in the Finger Lakes; and there are young people discovering all the exciting things that our area has to offer, including many new and innovative farmers.

Mostly, there is a spirit of hope, a spirit of renewal, a feeling that what we have in our region of New York is special and worth staying and fighting for. This starts with providing young people with opportunities to learn, and to explore careers through community apprenticeships. Back when the The Learning Web was new, years before I worked there, I was an isolated rural kid; I was also one of the program’s earliest paired apprentices. I still remember the two mentors: they were Casey Carr – a musician and caller who tried to teach me the banjo; and Steve Huber – a farrier. After serving as the program’s Rural Apprenticeship Coordinator for several years, I also volunteered with the program as a mentor to others. This circle of learning, of one person sharing what they know with others is alive here. We are all learning. I can’t wait to see what spring, and 2020, brings.

D.E. Bentley  
Editor, Owl Light News



## Advertise in the Owl Light!

- Print readers are actively engaged readers - and the *Owl Light News* is read more often, in more places, by more people. We are a paper designed to be read, and that means that your advertisement is **seen**.
- Our advertisers tell us that their advertisements in *Owl Light News* bring them new customers for their goods and services - they get results!
- We keep rates low, to support small businesses.
- We support artists and communities across the region - meaning that your advertising dollars do **way** more than just buy ads - they give back.

*Owl Light News* offers creative advertising design and placement to meet the individual needs of our customers. We place advertising selectively to maximize results given your unique products & services. We have a wide and growing Finger Lakes distribution area as well as an expanding Owl Light subscription base and online presence. All print copies are archived online - so customers reading past issues can see previously placed ads.

We offer discounts for 6 and 12 issue advertising runs and convenient online invoicing and payment options (*net 10 days, unless prior arrangements have been made in advance of placement*). Final deadline for all content is the 21st of each month - please plan in advance for new advertising placement.

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. Advertising rates and sizes can be found at: [www.owlightnews.com/owl-advertising/](http://www.owlightnews.com/owl-advertising/)  
E-mail us at [editor@canadicepress.com](mailto:editor@canadicepress.com); fb @ Canadice Press, or 585-358-1065.

# Letters from Owl Light Readers

## ~Wood for war & the future of the bur oak

Your lead story about the oak tree in front of the VA Medical Center in Canandaigua was introspective. A living tree as history, in particular military history. While reading your story, I thought about all the other trees cut down and sacrificed because of the wars we’ve fought. The trees cut down for railroad ties to move troops and munitions. The trees removed to clear the way for new roads and to build bridges. For forts, stockades, barracks, wagons, army hospitals, crutches, caskets, and grave markers. For war ships and barges. The handles of shovels and pick axes. Rifle butts and pistol grips. All the firewood to cook meals and keep soldiers warm. And of course, to rebuild the houses, storage sheds, barns, businesses and factories destroyed. I’d say that bur oak’s unscathed, solitary life isn’t so bad. I worry more about its future. Can this bur oak withstand the bulldozer of economic development?

Ken Bristol  
Geneseo, NY  
February 3, 2019

## Richmond Fire Department expands services to include 24 Hour Emergency Medical Response in 2019

Richmond Fire Department (RFD) responded to 528 calls for our coverage area: Canadice, Honeoye, and South Bristol in 2018 – similar to previous years numbers. Of those 528 calls, 166 came from Canadice, and 20 through South Bristol. RFD also covered calls in Bristol, East Bloomfield, Hemlock, Naples, Springwater, and West Bloomfield. These calls resulted in an approximate 16,632 hours worth of emergency services. (Estimate based on average 3.5-hour call durations).

We started 2018 with a paid paramedic on duty for twelve hours a day, seven days a week. By the end of 2018, we had a paid paramedic on duty twelve hours a day, three days a week and twenty-four hours a day, four days a week. Beginning at the start of 2019, we now have a paid paramedic available twenty-four hours a day, seven days a week. In comparison to other area emergency services, RFD is funded entirely by taxpayers, resulting in a tax increase for this service in 2019. Commercial Ambulance transports often runs into the thousands because the patient pays for the paramedics’ salaries. The service provided by Richmond Fire Department is free of charge and gives us all the piece of mind that comes with knowing that help will be there when we need it!

Our ability to serve our community has been further enhanced by a grant, which enabled RFD to purchase two new heart monitors (a savings of \$70,000). We were also able to obtain a Lucas Auto Chest Compression device. These two purchases make our ambulance one of the best equipped in our service area. Another grant was given to our department for personal fire gear and masks; these are crucial pieces of equipment for the safety of our members. Yet another grant was obtained for an air compressor that enables us to fill our air bottles on site.

2018 was a year of intellectual and practical growth for our volunteer firefighters. Many of our members took classes at the NY State level. In total, our members have undergone over 4,200 hours of training at the local level. A few of the calls that we have gone on include: structure fires, motor vehicle crashes, drug overdoses, and basement pump outs. Our members are volunteers, taking time out of their personal lives to join together and become part of something that we all believe in: helping our community in the best ways that we can. As a department, this unifies us. We are especially grateful to Richmond voters for voting to replace a twenty-year-old first line pumper, and a twenty-three year old brush truck. Our deepest gratitude goes out to the town and district for voting to make our job safer.

No Chief’s Report would be complete without a grateful mention to the individuals who work behind the scenes, and on the actual scenes, to make The Richmond Fire Department not only possible, but also successful. This includes our commissioners - Harry Hawes, Paul Shaver, Deb Weber, and Jen Wylie; our 2019 fire officers - first assistant, Jessica Frost, second assistant, Mark Statt, third assistant, Chris Weber, Captain, Eric Lang, and Lieutenant, Jim Weber; and our EMT officers - Captain, Justin Osborn, Lieutenant, Robbie Duvall, and Lieutenant, David Hubble. Additional thanks to President Bruce Cavaretta, Vice President Linda Moorehouse, Treasurer Maggie White, and Secretary, Jennie Richerson. Even more thanks goes out to our Board of Directors: Pete Lead, Eric Lang, Jim Walsh, and Leigh Statt.

Our department is always seeking help. You do not have to be young or in the best physical shape; we have jobs available to fit any age or lifestyle. If you are under the age of 18 and feel called to serve the community that you live in, we have an Explorers group for individuals ages 14-20. Let this be an open invitation for anyone to stop by the department on a Monday night for our weekly training. We hope to see you there.

Respectfully submitted,  
Rick Frost, Chief Richmond Fire Department

PS: Help us help you: Please remember to keep your driveway clear of trees and other obstructive debris. In order for our equipment to access a driveway, the area needs to be at least ten feet wide and thirteen and a half feet tall.

PPS: Please stop by or contact us at any time; we are here for you.

Watch for RFD monthly statistics and updates in Owl Light News – available in print and archived online at [owlightnews.com](http://owlightnews.com).

Become part of the Owl Light conversation.  
Submissions to [editor@canadicepress.com](mailto: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.

# Regional Reflections

Romulus, home to proposed garbage incinerator, pleads with legislators for swift passage of bill in David vs. Goliath battle

**Richmond Fire Department is experiencing a volunteer shortage. Join the family & help others in need!**

Stop by any drill night (Mondays at 7 pm) to pick up an application and learn more. Also looking for students (14-17 years) to join as Junior firefighters.



585-229-5192  
www.richmondfiredept.com

Circular enerG filed two lawsuits against Town of Romulus following opposition of its proposal; Seneca Lake Guardian applauds Town of Romulus letter, urges Albany to act immediately

Romulus, NY – Town of Romulus Supervisor, David Kaiser, sent a letter thanking Senator Rachel May and Assemblymember Michael Cusick for sponsoring the Finger Lakes Community Act of 2019 and urging them to do everything in their power to ensure that the bill would not languish in the legislature this session. In response, Seneca Lake Guardian issued the following statement.

“We applaud David Kaiser for continuing to advocate for our community and are grateful to Senators May and Helming and Assemblymember Cusick for championing legislation protecting the Finger Lakes from a polluting incinerator opposed by dozens of local governments, businesses and elected officials,” said Joseph Campbell, President of Seneca Lake Guardian. “It is imperative for legislators to act immediately to get this bill passed and for Governor Cuomo to sign it into law. Not only is the region’s quality of life and booming wine and tourism industry at stake, but the Town of Romulus is being bullied by a multi-billion-dollar corporation in two Article 78 proceedings. The Town of Romulus and the Finger Lakes community can no longer be terrorized by corporations looking to exploit the region’s natural resources, it’s time for Albany to act now.”

~ See [www.owllightnews.com/tourists-not-trash-not-so-simple-after-all/](http://www.owllightnews.com/tourists-not-trash-not-so-simple-after-all/) for past Owl Light coverage of this topic and go to [senecalakeguardian.org/](http://senecalakeguardian.org/) for additional information and updates.

## Arc of Livingston-Wyoming accepting grant applications!

Our Foundation is now accepting applications for \$6,000 in scholarships to help local students and teachers support individuals with developmental disabilities.

For the 26th year, The Arc of Livingston-Wyoming Foundation will grant two student scholarships, valued at up to \$2,000 each, to graduating high school seniors from the Livingston-Wyoming County area. In addition to those scholarships, the Foundation will award a \$2,000 Continuing Education Scholarship to a working teacher to assist with his or her certification, licensure, or specialization in the field of special education.

*Submitted by The Arc of Livingston-Wyoming*

Paytan Mann, a 2018 Naples Central School graduate, was named to the Dean's List at Community College of the Finger Lakes for the Fall 2018 Semester. She earned a 4.0 grade point average under a work load of 15 credits. Paytan, a Liberal Arts Major, is the daughter of Aaron Mann of Naples NY and Lana Jennings Mann of Bristol NY.

*Submitted by Cheryl Alger Mann*

For a complete listing of FLCC Dean's list for Fall 2018 go to: <https://fingerlakescommunitycollege.blogspot.com/2019/02/fcc-announces-fall-2018-deans-list.html>

## Gleaners Community Kitchen Annual Walk

Sunday, March 10, 2019 1 -3 pm. - Gleaners Walk to end hunger.

Canandaigua Middle School, 215 Granger St, Canandaigua, NY

We have been feeding our community daily for over 31 years. Help us keep their plates full. Walk for the hungry among us. We need: walkers, runner, joggers, strollers, wheelchair-ers, kids or kids at heart that want a chance to walk or run in the school hallways! Also welcome are people willing to donate money, even if they can't come to the event. All proceeds go to Gleaners general operations. [www.gleanerskitchen.org/](http://www.gleanerskitchen.org/).

## Planning Board and Zoning Board of Appeals openings ~ Town of Canadice

The Town of Canadice Planning Board is seeking one civic minded Canadice resident to serve in the position of Planning Board Alternate Member. Training is provided. The Planning Board meets the fourth Monday of the month at 7:00 pm at the Canadice Town Hall.

Submit your letter of interest to:  
Canadice Planning Board  
Chairman,  
5949 County Road #37,  
Springwater, New York, 14560.

Call 585-367-2050, ext. 6# or email [planning@canadice.org](mailto:planning@canadice.org) for further information.

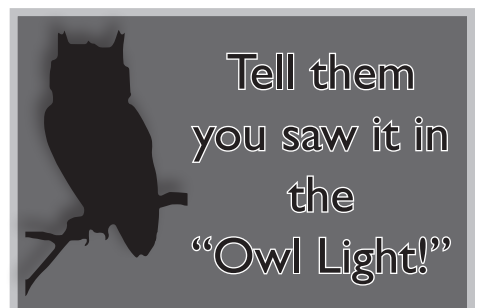


The Town of Canadice Zoning Board of Appeals is seeking a civic minded person for the position of Alternate Board Member. The Zoning Board of Appeals meets the second Wednesday of the month at 7:30 pm at the Canadice Town Hall.

Submit your letter of interest to:  
Linda Moorhouse,  
ZBA Chairwoman

Town of Canadice  
Zoning Board Member Position  
5949 County Road #37  
Springwater, New York, 14560

Conversations with the County  
~ 2019 ~  
Monday, March 18 @ 5:30 pm  
News from Livingston County, NY  
Geneseo Town Hall



Is Your Medicine Safe at Home?  
Only YOU Can Secure your RX!  
Help us prevent addiction, accidental poisoning & protect the environment!

**MONITOR** - count your medication regularly  
**SECURE** - lock up any medication you do not want anyone else to access  
**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

**Shortsville/Manchester**  
Red Jacket Pharmacy

**Rushville**  
Village Hall

Ontario County DMV Office  
Thompson Hospital (lobby)  
Mental Health Clinic  
Police Station (lobby)

**Farmington**  
State Troopers

**Victor**  
Mead Square Pharmacy

**Clifton Springs**  
Hospital (lobby)

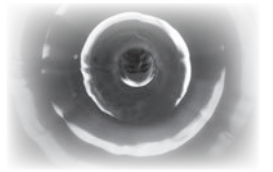
**Richmond**  
Town Hall  
CVS Pharmacy



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

# The Light Lens Time to split

by T. Touris



Last year our neighbors generously offered some white oak logs from a tree they had taken down on their property. Being a hoarder of wood, I quickly accepted. These logs inconveniently resided up on a steep hill behind their house. I considered rolling them down the hill, but I carefully calculated that the time for the log to roll through their living room, plus the time for me to make a getaway down the hill, was longer than the time it would take for them to retrieve their favorite weaponry. On to plan B: lure some gullible suckers into doing the grunt work.

Thus was born The Lumberjack for a Day Experience! Wherein, lucky participants would get to live the invigorating and exhilarating life of our pioneer forbearers. Splitting logs by hand, participants would get to use axes, hatchets, wedges and sledges. Swinging with abandon, all the frustrations and anxieties of modern life would be transferred to the mighty oak. In one afternoon, one would be educated, enlightened and revitalized - a singular experience to refresh the mind and body.

The success of the event exceeded my expectations. Friends and family were eagerly awaiting the chance to get their whacks in with the big sledge. After sweating a while over one especially big and gnarly log, we quickly had a nice bunch of manageable quarters that were easily moved to my growing log pile.

I still need to find the time to further break down the splits and maybe carve a few gift spoons or toothpicks for the participants. On the other hand, I could start planning the next event. Next time I should probably charge a fee. After all, they should feel like they got their money's worth.

# Pathways...to Democracy

## A House Divided: Deliberation and action

by Doug Garnar



Among other things, the Founding Fathers in the Preamble to the Constitution called for "a more perfect union..." and a government that would "promote the general welfare..." In 1858 Lincoln argued that, "A house divided against itself can not stand...I do not expect the Union to be dissolved...but I do also expect it will cease to be divided.... A civil war three years later, the bloodiest in American history, finally resolved the issue of slavery.

Today, we are faced with a growing list of serious, complex problems ranging from a 22 trillion dollar debt, immigration, climate change, disruptive technology - which both creates/destroys work/impacts our values, health care and the sustainability of safety net programs (Social Security, Medicare/Medicaid). Both parties either deny the problems or kick the can down the road. Steve Chapman of the CHICAGO TRIBUNE puts it this way, "American politics is a bicycle with a rusty chain, flat tires, and no brakes. It's broken, and it's not taking any of us where we want to go."

To buttress this diagnosis, consider the following:

- A recent Pew poll indicated that 70% of Americans think the country is on the wrong track.
- Americans vote in national level elections at a much lower rate (barely 50%) than many other democracies.
- Volunteering and contributions to not for profits are now declining.
- Citizen confidence in our basic institutions (Congress, the mainstream media, social media, intelligence agencies and even the Supreme Court) ranges between the low teens to low forty percentiles.

Some key questions to consider:

- What would we need to do to get the political system we want?

- What should we do to revive our ability to work together on our most urgent problems?
- What are we willing to give up to do so?

The National Issues Forum has created a new issues guide to promote citizen deliberation about the aforementioned questions. Working in groups of 15-20, a moderator takes citizens through a 90-120 minute deliberation looking at three different approaches to work toward aligning our democracy with the Founding Fathers' Preamble goals. Such forums can be run in schools, public libraries, senior citizen centers, veterans' halls, volunteer fire stations, churches/synagogues/mosques, chambers of commerce and service organization such as Rotaries, Lions, and Sertoma organizations. An online version of deliberation will be available soon.

The new forum is divided into three actions:

### Option 1: Reduce Toxic Talk

Deliberate the following actions (kick abusive people off social media; require opposing views on television; take step against false advertising). The guide also provides counter points for each of the aforementioned actions.

### Option 2: Make fairer rules for politics and follow them

Deliberate the following actions (remove blocks to voting; strengthen voting rights for minorities; draw fairer and more competitive election districts; limit campaign spending). Again as in Option 1 counter points for each action are provided.

### Option 3: Take control and make decisions closer to home.

Deliberate the following actions (let local communities set their own rules; give funds to states without restrictions; rely more on community groups; give back control of schools to local school boards). Again as in the first two options counter points for each action are provided.

The National Issues Forums Institute (nifi.org) and the Kettering Foundation (Kettering.org) expect to run hundred of forums, using a "A House Divided" over the next 9 months to promote a deliberative dialog, which they hope will kindle a new civic spirit.

The goals of using a deliberative process include:

- Bringing groups of citizens together to "deliberate," which means to weigh the merits of a proposed action in a civil fashion, identifying strengths/weaknesses.
- Understand why citizens have different points of view without the resulting demonization of people so evident in our civic culture these days.
- Through deliberation find where there is possible "common ground" and follow up a deliberation to see what actions can be undertaken.

Democracy is never a finished process. It is always a work in progress. While these are difficult times, deliberative democratic practices offer new ways of creating a more engaged citizenry, perhaps the most essential part of democracy. Martin Luther King Jr. once said that only when the sky is most dark do we see the stars. Consider contacting Doug Garnar (garnardc@sunybroome.edu) or nifi.org/kettering.org for information about using "A House Divided" in your community. Become part of a national conversation to improve our democracy and ensure that every voice is heard.



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# Bee Lines

by Sam Hall

## Life inside the winter hive



When the temperature drops to about 45 degrees, honey bees will form a cluster inside the hive with the Queen at the center. The bees reverse or change the configuration of their wing muscles so they can sort of shiver without flying and this shivering done by thousands of bees creates heat. Similar to penguins on Antarctica, the bees at the center of the cluster are moving outward and the bees on the outside are working inward. Thereby all get some heat and some cold.



bloom as well as the maples. To adequately handle all of the nectar and pollen being produced in March a large work force of honey bee foragers is necessary.

Another interesting thing almost magical happens. The bees in the hive before the emergence of bees from the spring build up are about 6 months old. Nurse bees are needed to care for the new larvae. Nurse bees are usually new

bees a few days old. To meet the needs of the colony these elderly bees somehow are able to regress to being young nurse bees. I supposed on a human level it could be like grandparents raising grandchildren.

As a beekeeper to help the bees at this critical time, I want to make sure they have adequate and nutritional food. Therefore I use candy boards. A candy board is basically a wooden box with a solid bottom about 2 inches deep and is configured so it can fit on the top of a hive super. I prepare a sugar mixture to go into the candy board and also put in pollen.

I place the candy board with the candy side down directly on top of the top bars underneath the inner cover. I used to wait until a colony was directly under and up against the inner cover which is a visual indicator that they have run out of stores and are starving. I don't do that anymore. I put the candy boards on wherever the colony is in the hive. If they have some of their own stores left they will generally use them in preference to what I furnish them. Not sure why even though I have been associated with honey bees periodically since I was a child on a farm in Allegany County, I still am filled with awe and wonder when I pull a frame of bees out of their hive. Perhaps they show me what humanity could be.

The last two weeks of February something almost magical happens in the cluster. Generally during the winter the internal temperature of the cluster is in the low 60 degrees but in the last weeks of February, they raise the temperature to about 92 degrees and the Queen starts laying in force. There was a time that we believed that the Queen stopped laying in late December for a while but modern technology has shown that while she slows down to almost no laying she still is laying some. A Queen at full tilt in the summer can lay upwards of 2000+ eggs a day. She isn't doing this at the end of February if for no other reason then there not enough workers to tend and feed the new larvae.

The reason for this dramatic increase in her egg laying in late February is to get a large work force ready to bring in the nectar and pollen from the early blossoms in April and May. Skunk cabbage is one of the first blossoms with nectar, which occurs usually in March. In my own microclimate, I find that the pussy willows bloom generally before the skunk cabbage. There are both male and female pussy willows. Both sexes produce nectar but only the male produces pollen. In March my weeping willow trees

## Tilia Americana?

Poem by Jim Reed



One roadside basswood  
on Gibson Street  
rears its delicate arms to protest  
those who would do it in.

Who will speak for the tree?  
The birds and the bees  
seasonally inhabiting its branches?

The rabbits and the voles dining on its bark?  
The caterpillars chewing its leaves?  
The chipmunks, squirrels and mice munching the seeds?  
The bees, especially the bees,  
who create spicy honey from its gifts?

The gentle octogenarian on whose land it lives?  
The beekeeper who, like the Slavs, considers it sacred.  
Who, like those in other cultures, believes it repels bad spirits.

Maybe you and I — who value the diversity of life,  
The interconnectedness of species.  
Certainly not those clear-cutting Amazonian cloud forests.  
Nor those who fail to welcome shade or aesthetics.

Gone are the days of those Earth Firsters  
who would spike the tree to save it,  
the days of active tree sitting as men came  
wielding chainsaws or axes.

Let's welcome the spring buds  
when the rain comes, the summer flowering  
of verdant leaves and yellow white flowers,  
the nutlet fruit, even the autumn leaf fall.

And let's honor the trails of snow-covered branches  
that direct our vision to the full moon,  
the North Star, distant galaxies.

*This poem was written about the loss of a beloved Basswood tree, a favorite food for honey bees, that had lived many years on Sam Hall's land.*

2019 Greater New York Bee Conference  
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Finger Lakes Community College

3325 Marvin Sands Dr, Canandaigua (city), New York 14424

This year's 2019 GNYB Conference will be held again at FLCC in Canandaigua, NY (Finger Lakes Community College). We'll have lots of fun events and break out speakers this year again. Phil Craft will be one of our keynote speakers. More exciting news about the program to follow. Registration is now open! Hosted by 2019 Greater New York Bee Conference and Ontario Finger Lakes Beekeepers Association.

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March 21: "Introduction to Permaculture"  
Patty Love - Barefoot Permaculture

April 18: "Why Sustainable Agriculture Should Support a Green New Deal"  
Elizabeth Henderson



May 16: "Beyond our Comfort Zone"  
Paige Dedrick, Citizen Climate Lobby, Buffalo-Niagara Region

# The Night Sky ~ March



by Dee Sharples

## The Winter Triangle

March is the month in which astronomers, as well as anyone who enjoys looking up at the night sky, have had more than enough of cloudy, cold weather. But spring is just around the corner officially arriving at 5:58 p.m. on Wednesday, March 20. Soon the temperatures will be more comfortable for observing and the beautiful spring sky will beckon you outside.

A large asterism that's easy to spot this month is the Winter Triangle. An asterism is a pattern in the sky made up of stars which are not physically related to each other and are separated by a great distance. It's only our vantage point from Earth which allows us to see this particular configuration of stars.

The Winter Triangle is made up of three bright stars in three different constellations which can be found in the southwestern sky around 9:30 p.m.

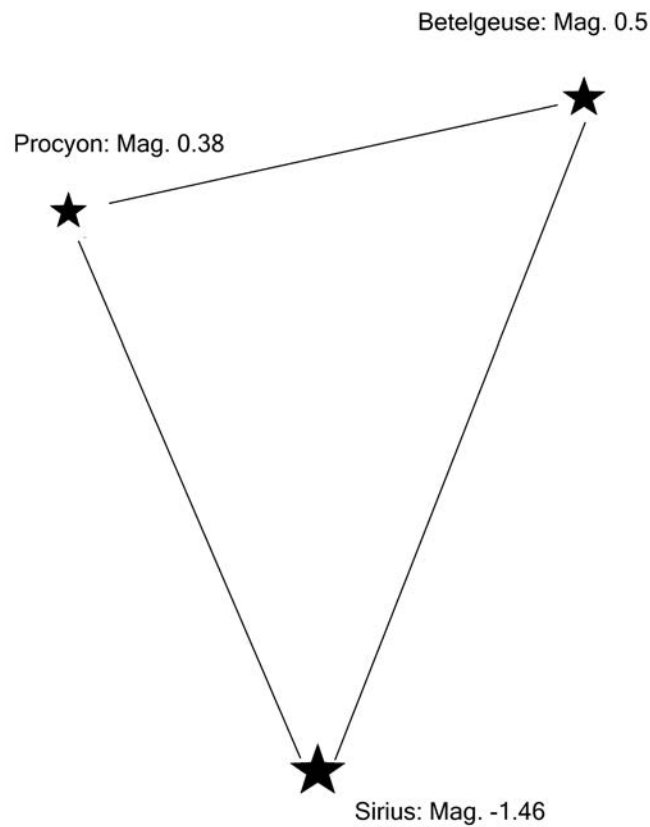
Sirius, the brightest star in the sky, is at the point of this upside-down triangle and can be found about one-quarter of the way up between the horizon and straight overhead. It's extremely bright and will be unmistakable when you spot it. Sirius is part of the constellation Canis Major, Latin for the 'greater dog', a large dog which follows Orion in the constellation of Orion the Hunter.

The 2nd star, Betelgeuse, is a red supergiant star located in the constellation of Orion and lies about halfway up from the horizon. It marks Orion's shoulder as well as the right corner of the base of the triangle. You'll be able to identify Betelgeuse because of its distinctly reddish hue compared to other stars in the sky.

The left side of the base of the triangle is represented by the star Procyon in the constellation Canis Minor, Latin for the 'lesser dog', a small dog which also follows Orion across the sky. Procyon can be found at almost the same height in the sky and east (to the left) of Betelgeuse.

## Winter Triangle

(looking southwest at 9:30 p.m.)



### Magnitude:

Magnitude measures the apparent brightness of a celestial object and is expressed by a decimal. An object with a negative number like our Sun is brighter.

- Sun: -26.7
- Full Moon: -12.6
- Venus: -4.0
- Jupiter: -2.1
- Bright star: 0.0
- Saturn: 0.6
- Dimmest star visible with the unaided eye: 6.0

### How 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 alignment of Venus, Saturn and Jupiter

### Alignment of Venus, Saturn, Jupiter

(looking southeast before dawn)



Venus



Saturn



Jupiter

Planets reflect light from the sun making them look like stars.

The planets Venus, Saturn, and Jupiter grace the early morning sky lining up in the southeast. Venus, the brightest and closest to the horizon, will be easy to find about 45 minutes before the Sun rises. It will appear dazzling, shining at magnitude -4.0. Follow an imaginary straight line up and to the right to see Saturn, dimmer at magnitude 0.6. Then continue that line once more up and to the right to spot Jupiter, brighter than Saturn, at magnitude -2.1. Although the three planets will appear in a straight line all month, it's only around the middle of March when they will lie equally spaced from each other and be especially impressive. If you're an early morning riser, it would be interesting to observe the trio every clear morning throughout March and notice how they seem to move in relation to each other across the sky.

Although these planets will appear close to each other in the sky, they are actually millions of miles apart. Venus is an 'inner planet' situated closer to the Sun and travels around it in 225 days compared to our Earth which takes 365 days. Both Jupiter and Saturn are 'outer planets' and are much farther away from the Sun. Their journeys around our star take 12 years and 29 years respectively. Again, it's only from our perspective on Earth that they appear to be close together in the sky.

You've most likely already noticed that the days are getting longer and the nights shorter. On the Spring Equinox on March 20, we will have 12 hours and 11 minutes of daylight and 11 hours and 49 minutes of darkness, almost equal.

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# The Homestead Gardener

by Derrick Gentry

## Inviting nature home

In spite of early doubts and insecurities, I have discovered that one clear benefit of writing a regular column like this one is that it is a great way to meet people and strike up conversations. A few weeks back, a reader sent me an email containing one passage in particular that is so charming and vividly rendered that I feel I must quote it in full:

“We've always had a compost pile. It seemed like a good thing to do with all the plate scrapings generated by our little family of young, picky eaters. I would occasionally see a crow flapping away with a giant flour tortilla from the vicinity of our pile, but I never fully appreciated the ecological niche we had created until one spring evening when I dumped the compost. We had used all the cinder blocks we'd found on our property to create a very substantial three-sided compost bin behind the barn, and the blocks made a good solid thing to bang the bucket against to knock loose the last remaining goo. That evening, it was as though I had rung the dinner gong, because when I looked up the hill towards the kitchen door, there was a baby skunk bouncing towards me unable to contain itself until I had moved aside. Another evening, we took our flash lights out to investigate loud squeals and found a big family of baby raccoons rolling around in it, looking pretty darned ecstatic. I finally realized the service our compost was performing: attracting all kinds of little critters who in turn attracted their own, bigger critters, i.e., their predators, owls, hawks, coyotes, fox -- and so on. Not just a place to dump scraps!”

I love this. Who among us, seasoned gardeners or aspiring wannabes, has not been possessed by this Edenic vision of the garden (and the compost pile) as a niche-filled ecological commons, as a longed-for reconciliation between the wild with the domestic, as a natural and unforced merger between home economics and the economy of nature? I am confident that deep down, every gardener wants far more than a casual snacking garden. We want the squirrels to come through an open window and eat breakfast with us every morning. I suspect that Bob Ross, who could stand in front of a television camera and paint canvases with a squirrel perched on his shoulder, experienced as well the joy of gardening and more than likely left his windows open during the warm months.

There are many cozy niches to be found in and around the garden and on the average homestead. Look under a rotting log, and you will see some ecstatic-looking creatures nestled and scurrying and wriggling around. Whether you have a mess of a wood pile or a row of neatly stacked firewood, both will attract and provide a habitat for snakes (in much the same way used bookstores once provided natural habitats for lounging and bookish indoor cats). Snakes are good to have near the garden. They are always welcome, along with the outdoor cats. One day, I would like to dig a larger pond that will attract frogs and other creatures, and I would like it to be as near to my garden as possible.

In the course of our conversation, my correspondent and I discovered another shared interest: We are both fans of the 2007 book *Bringing Nature Home*, a manifesto outlining the many ways we can all restore planetary biodiversity (currently in dire straits) by planting native species in our gardens and by converting our lawns into more ecologically inviting spaces. Tallamy is an entomologist and therefore focuses on insects and birds and the plants that attract and host them. This is obviously an important sector of the food chain from gardener's point of view. And it turns out that Goldenrod and Joe Pye Weed, which grow wild along roadsides, are among the best native species hosts for diverse insect populations. That is good to hear. Any insect-attracted pollinators or hosts that I include in my garden will add to the attractions already visible across the road.

Experience has certainly taught me that an open-borders policy is the best defense against most of the things we are afraid of -- provided there is a balanced and diverse guest list. Lacewings, parasitic wasps, ladybugs, pollinators of various kinds: the guest list of beneficial and most welcome insects is a long one. I would also put a word in for a mixed flock of chickens and ducks as one of the best methods of pest control, particularly for cleaning up the overwintering insects (such as squash vine borers or potato beetles in the garden, and a variety of other insects in the orchard). As a friend of mine likes to say: "You don't have a slug population problem; you have a duck population problem."

And I am grateful that my ducks, who lay eggs outside the enclosure on occasion, help to attract crows who want to steal their eggs. We sacrifice a mislaid egg (yes, I believe that qualifies as a pun) every now and then, but it is a price that we willingly pay to keep the egg-loving crows around, since they keep the chicken-eating hawks and eagles in check.

I love what Tallamy has to say, and I am all for open borders and mimicking the balanced ecosystems that we see in nature (or is it what *used* to be seen in nature?). Having a flock of chickens or ducks, however, dramatically changes the rules of the game in the homestead ecosystem. In practice, under the current set-up, I cannot quite keep a happy, open borders, throw-it-on-the-compost-pile type of attitude. That is actually one trade-off that paradoxically occurs when one attempts to domesticate animals and integrate them within the nutrient-cycling ecosystem. It is a quantum leap, one that comes with many benefits as well as a new perspective and set of concerns. As the steward and guardian of a small population of chickens and ducks, I would be quite alarmed (to say the least) if I found a family of raccoons rolling around in my compost pile, or hanging out anywhere on my property. Walking into a chicken coop the morning after a raccoon has entered uninvited would be for most people a nightmare vision. The last raccoon we spotted on our homestead was one stricken with rabies who had been attracted by some bird seed that had spilled on the ground. And raccoons are only one predator on the list of guests to whom we do not want to extend an open invitation. In early Spring, foxes with babies to feed can fixate on a site where they know there is food to be had and return again and again. I have known people who free-ranged their flock of chickens at the wrong time of year with no protection and no cover. And then (as they say), there were none. Such is the price of freedom in the wild.

Part of what makes stewardship and the practice of gardening so fascinating to me is that they are built around such an ensemble of contradictory fantasies and ideals. Do we contradict ourselves? Very well, then. We are of two minds (and possibly three or four). At the one pole, we are attracted by the vision of Henry David Thoreau and his rousing language: "I wish to speak a word for Nature, for absolute freedom and wildness. In wildness is the preservation of the world." Right on! But at the other pole is our steward's concern for preserving our flock of layer hens, not to mention the veggies growing in our fenced-perimeter garden. Before we have any scraps to compost, we need some fully grown

plants. Better put up a fence.

So, yes: We sometimes want to have our cake and compost it too ... remembering, of course, that cake is one of the many things on the list that one should not put in a proper compost pile (if we want to distinguish it from a refuse pile or an open buffet). Generally speaking, the food scraps that would attract unwanted visitors -- predators like raccoons or foxes or rodents -- are things that I feed directly to my resident animals rather than put on the compost pile. I have no trouble disposing of scraps in this way, since chickens are broad-minded omnivores and far from picky eaters. Let the chickens eat cake, and they will. Yes, chickens will even eat chicken.

On the wild side of things, I read recently that the numbers of bald eagles in New York state are continuing to rise. The population has increased dramatically from the handful remaining only a few decades ago. This is an inspiring victory for wildness and for human stewardship of the environment. It says to future generations: *we cared enough to do this.*

At the same time, however, I cannot help but think of the young bald eagle that killed one of our white-feathered Ancona ducks last year. It was a young eagle, probably a year old, as it did not yet have the white head and tail feathers that make adult eagles so easy to spot. This one was also too small in body and wing to make off with his substantial meal. It seemed he was still learning the rules of the game, including the laws of physics. Not knowing what to do with his serendipitous kill, he left the bloody carcass where it was -- which left either me or a turkey vulture next in the buffet line. I gathered the mess of feathers and buried the duck, not far from the final resting place of the rabid raccoon.

A day later, I saw the persistent young eagle perched atop a wood pile, the same wood pile that harbors the snakes, waiting for a second chance near the site of its first unconsumed meal. Our other ducks had wisely been relocated to a more secure place. Nevertheless, I felt almost as if we had disappointed our return guest. I even felt a little twinge of paternal concern, like a parent who wants to teach a child how to fish (even though I am not good at it myself). I thought of how I might encourage the eagle, still young and impressionable, to turn his attention to the nearby lake and consider the merits of a seafood diet. But it has been several months since he last visited, and of course part of me is relieved that he has moved on. Perhaps he will have his white feathers when we see him next.

I hope I continue to receive emails from kindred spirits like the one I quoted from above. It is always fun to share experiences and compare notes. No, I have never seen a crow fly off with a tortilla. But I have seen a speckled hen walking around with cake frosting on her beak. This is a crazy town we live in...

### No Chocolate for the Worms

I want to speak a word (several words, actually) for vermicomposting -- an indoor form of composting carried out by a population of domesticated worms who reside in a bin (or some other form of container). We compost in a variety of ways, some methods slower and some faster, but the 25-30 gallons of compost in the form of worm castings (worm poop) that we harvest from our worm bin every Spring serves a special set of needs. The castings produced by our worms are among the most intensely fertile substances known. Often referred to as "black gold," worm castings are highly valuable, but if they are used topically and locally and in small quantities. A little bit goes a long way. It is compost, in other words, but it is not the kind of compost that you spread in a two-inch thick layer over several hundred square feet.

We use the castings for starting seeds in the Spring and into the summer. It makes an excellent seed starting medium, and seedlings grown from it tend to be particularly robust and healthy. We also add some vermicompost to the soil when seedlings are transplanted out. And in early Spring, when the soil is warming up, we add small quantities of the microbially rich castings to five gallon buckets of water, add food to grow the populations of bacteria, aerate the mixture with an air pump, and produce aerated compost tea that can be used as a soil "drench." It is a great way to give a boost to the microbial populations in the soil and bring the soil back to full life in the warming months of the season. (I will write more on making and using aerated compost tea in a future column...)

The best worms for vermicomposting are *Eisenia foetida*, also known as "red wigglers" or "red worms" or "manure worms." These species are specially adapted to breaking down and feeding off of decaying organic material in piles and containers, where they feed on the surface rather than burrowing (the way earthworms do). They are in many respects different from earthworms; in fact, red wigglers are rarely found in soils.

Because they feed on the surface, it is important to keep them in a bin with a fairly large surface area as well as some depth. Worm bins come in many different designs. A 30-gallon rectangular plastic bin, drilled with holes for ventilation, will work just fine. And if you do not want to use plastic, you can use a wooden box or re-purpose a large dresser drawer (again, with drilled holes to allow for air).

One thing to keep in mind is convenient access to the finished castings. Since the worms feed on the surface and create layers of castings beneath them, the castings are best harvested from the bottom of the bin. You can always move the worms to the side and dig down below the surface, but you will likely harvest a few worms as well that you will need to pull out and return to the bin. One simple design for more convenient harvesting involves a burlap bag hung from a stand, in the shape of an inverted cone, with a tied off opening at the bottom that you can undo when it comes time to harvest. This design and many others are available online if you do a search. There are also a number of ready-made vermicomposting set-ups that you can purchase, though I find most of them to be a bit over-priced and prefer to build one with re-purposed material already on hand.

Worms have gizzards where they grind their food (like chickens do), and they need some grit in order to do this. Coffee grounds work well for that purpose. Food for the worms is placed directly on the top surface. We feed ours a variety of chopped-up foods; they particularly love green leafy foods, such as kale and lettuce and dandelion greens. There is a long list of foods, though, that should never be fed to worms in the bin: No acidic foods (no citrus fruits or onions); no meat; no greasy or fatty food; pelletized manure from herbivores (goats and sheep and rabbits) are fine, but avoid "hot" manure from poultry

Continued page 12





# Dragonfly Tales by Steve Melcher

## Charlotte's Web (cam):

I'm writing this when there is frost on the inside of our windows here at Odonata Sanctuary. Remember those negative degree days, when schools were closed? Sorry for the reminder, but the dead of winter is the time "bluebird nestboxers", those of us who maintain a trail of nestboxes specifically for bluebirds, are very concerned that these little balls of feathers keep their furnaces fully stoked. We're not quite sure why the males stay around in the winter. Perhaps just another example of sexual dimorphism showing the female to be the more intelligent of the species. The females head south for warmer climes while the males stick around, possibly concerned that they'll lose the territory they so vehemently fought for last spring. There were eight male Eastern Bluebirds at our mealworm feeder here at Odonata Sanctuary on that cold pre-Groundhog day; all vying for a chance to pop in through the specifically sized hole to grab a crispy, dried mealworm. That hole, 1 1/2 inches, the same as on their nestboxes, needs to be constantly monitored for damage by foreign feathered invaders. If the hole is enlarged by the pecking away of predators, the mealworms, and perhaps the bluebirds, will disappear in a flash. One such bird pest, with a chainsaw-like bill is the European Starling (*Sturnus vulgaris*), revered in its native Europe, but a bane to nestboxers. I have to replace the 'hole guard' on my feeders at least twice during the winter. I've recently replaced one set with the proper sized hole drilled into leftover scraps from a hardwood floor project. These should last the rest of the season. The other non-native nasty pest is the House Sparrow (*Passer domesticus*), whose story of immigration is not as elegant as the Starling's. The story of the Starling is that the chatty, black iridescent pirates were first introduced to Central Park by Eugene Schieffelin, then president of the American Acclimatization Society. The society's goals were purportedly to 'introduce every bird species mentioned in the works of William Shakespeare' to the betterment of Olmsted's masterpiece in New York City. About sixty common starlings were released into Central Park in 1890, and it's been bedlam ever since. To this day one can 'enjoy' flocks of starlings, or murmurations as they are called, while trying to relax on the green at a performance at 'Shakespeare in the Park'. The medium-sized passerines were also released in Oregon around the same time. Now Starlings are ubiquitous and considered an invasive species across the nation. House Sparrows, on the other hand, weren't purposely introduced to enlighten or improve the culture of New York. Being primarily seed eaters, they just followed the leftover hayseeds in the abundant horse poop from ship to shore; probably coming across with the other hayseeds on the Mayflower. Starlings are the major 'pest' and 'competition' in the winter, along with lack of food and whatever else mother nature can muster. The story will change in the spring when the bluebirds are searching out nest boxes to set up housekeeping for the future family. In the spring, house sparrows are the major competition for nesting sites. Why do we have house sparrows here at Odonata Sanctuary? Unfortunately, wherever you have livestock, you'll have house sparrows. The house sparrows eat the grain that is supposed to go to the critters. We built the barn and started the animal rescue farm and along came the house sparrows. I'll spread out scratch grain for the geese over the water and the sparrows can actually swim underwater to get the grain on the bottom. House sparrows are very aggressive competitors when it comes to nesting sites. They'll pull out the babies and adults or even build their nest right on top of an existing bluebird nest. I've found house sparrow nests with crushed bluebirds underneath. This is why nest box monitoring is so important. If you're going to set up a bluebird nestbox, make sure it's a design you can open and monitor for house sparrows. You don't want to raise house sparrows, they'll do fine on their own in the barn or somewhere else. One technique we have successfully used is to place the nest boxes in pairs. The pairs of nest boxes can be a few meters apart. The advantage of this pairing is that tree swallows (*Tachycineta bicolor*) will nest in the boxes as well. Swallows and bluebirds make great neighbors sharing a territory about half the size of a football field. These little blue and white dive bombers are the guardians of the bluebird galaxy. When a house sparrow approaches the nest boxes, the more timid bluebird retreats into its box while the tree swallow swoops down like a spitfire and chases the sparrow away.



Top: An Eastern Bluebird.  
Above: Charlotte Spaulding using her endoscopic camera.  
Images courtesy of Steve Melcher

Last summer we had the privilege of helping a local Girl Scout obtain her Gold Award - the highest rank of achievement within Girl Scouts. Charlotte Spaulding had heard of Odonata Sanctuary through her dentist, Dr. Cheryl Kelley, a major supporter. Charlotte and her family and I got together for a picnic down by Willow Pond and we decided to extend a section of our bluebird trail and name it in her honor. Charlotte's Trail consists of sixteen boxes that she and her cohorts constructed, erected and most importantly, monitored over the summer of 2018. We agreed on a design and she was able to obtain boards of beautiful western red cedar and hardware for the project donated by the Morse Lumber Company. After the nestboxes, C-01 through C-16, were installed in early July, she began the process of monitoring and recording data on their use.

Within a week, she had five bluebird eggs in one of the boxes. The following week there were several Tree Swallow eggs found in an adjacent box. What is unique about Charlotte's monitoring method is the use of an endoscopic camera. Monitoring the nestbox is of utmost importance and involves opening the box, taking a quick peek, counting eggs, fledglings and hitchhikers and quickly, gently closing the door. The trick is to do all this with minimum disturbance. Checking the box is especially risky when the young birds are about to fledge. Disaster could result if you open the door and allow the fledglings to fly before they are truly ready. They may end up flapping into the field's tall grass and become prey to all bird's Public Enemy Number One: the common house cat...and that's another story. By using an inexpensive endoscope attached to her smartphone, Charlotte may have solved the dilemma of 'monitoring and nestbox disturbance' and perhaps changed the monitoring techniques of future 'nestboxers' forever. She was able to insert the fiber optic camera and not only observe the occupants of the box but provide a record by taking a picture of the nest and contents. With a late start of July, Charlotte's Trail was able to successfully fledge over twenty Eastern Bluebirds and a dozen Tree Swallows. Charlotte is well on her way to obtaining her Gold Star for scouts and has a possible ecology project to continue. The nests from her trail were collected and bagged after all had fledged and sent to Dr. Jack Warren of the University of Rochester where he studies a wasp that lives on a type of bot fly larvae that are found in the nests. I'm reminded of the song we sang in scouts many years ago: "The Green Grass Grew All

Around...All Around," which provides a musical illustration of Barry Commoner's First Law of Ecology which is: "Everything is connected to everything else". For example, there is group of entomologists from the Netherlands, cooperating with Dr. Warren, who are studying a mite that lives on the wasp that lays its eggs in the bot fly larvae that feeds on the baby bluebirds that live in the nest in the box that Charlotte built.

### Further Reading:

The Bluebird Book: The Complete Guide to Attracting Bluebirds (A Stokes Backyard Nature Book)

Nestbox design: <http://www.nabluebirdsociety.org/nestbox-plans/>



The bluebirds need your help. They are like the 'canaries in a coal mine' advising us of environmental changes that may portend trouble ahead. Their numbers are increasing, primarily due to the efforts of bluebird advocates like Lawrence Zeleny, who became concerned with the fate of the Eastern Bluebird in the early '60's and who is credited with founding the North American Bluebird Society in 1978 and to the growing number of bluebird trails, like the one in your own neighborhood at Odonata Sanctuary.

P.S. Odonata Sanctuary has a goal of 100 nest boxes on its 100 acres. We're always looking for volunteers to help build the boxes and monitor the trail.

P.S.S. Charlotte Spaulding has been accepted (early decision) to the University of Rochester. Who knows? Her Gold Star may lead to a Ph.D.

### 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://odonatafarm sanctuary.blogspot.com/>

## Regional Farm and Garden Markets

Goods and products harvested, crafted and sold locally...

by the people who produce them.

We will post regional farm market listings starting with our April 2019 Owl Light issue.

**If you want your community market included in 2019, let us know!**

Send name, location, hours, contact information and a brief summary of your market to [editor@canadicepress.com](mailto:editor@canadicepress.com) or [www.facebook.com/CanadicePress](http://www.facebook.com/CanadicePress).

## "Introduction to Permaculture" - Patty Love Barefoot Permaculture - March 21 - 6:30 to 8:30

Little Lakes Community Center  
4705 S. Main Street, Hemlock, NY.

Permaculture is an interdisciplinary design approach based in ecology that improves system yields for meeting human needs while increasing individual, community and global resilience.

For upcoming events check out our facebook page @littlakesny

# A Fanatics focus on women musicians for the month of March!



Tues. March 5 –  
Danielle Nicole Band  
at 7pm - \$20

Her LP “Cry No More” has been nominated for a Grammy for Best Contemporary Blues Album!

Sat. March 23 –  
Eliza Neals, 8 pm - \$20  
Original compositions have garnered Eliza a 2018 Detroit Black Music Award for “Blues Artist of the Year.”



Fanatics Pub,  
7281 Main Steet Lima, NY  
- For tickets call (585) 624-2080

Visit us online at: [www.owllightnews.com/where-is-jimi/](http://www.owllightnews.com/where-is-jimi/) for a Woodstock-related poem by Buffalo area poet Scott Williams. Williams along with Virginia Hunter will be presenting “Poets Soup,” featuring readings by (3) poets, on March 31st.

Victoria Hunter & Scott Williams present Poets Soup FREE

Sunday March 31, 1:30 to 3:30 at 3rd floor,  
Wood Library, 134 N. Main St, Canandaigua

Three featured poets

Charles Banks, Just Poets member from Rochester

Julie Blue, poet from Canandaigua

George Grace, humorous poet, playwright & painter from Buffalo

Seven 5 minute open mic slots. Simple refreshments

## Naples high school presents Greece the musical!

March 8 & 9 at 7 pm. and March 10 at 2 pm.

Cost- \$6 for seniors and students; \$8 for adults.

Naples High School, 136 N Main Street, Naples NY

Tickets available at the door.

A musical about teens in love in the 50's. They had a secret romance in summer but now, back in the context of school, peer pressure and cliques make their love a bit more complicated.

## World class music close to home ~ brought to you by...

fanaticspub.com

(585) 624-2080

7281 Main Steet, Lima, NY



Steve Forbert -

Sat. March 16th at 8pm.



Tickets \$25 – available at The Rabbit Room,  
Fanatics or at Brown Paper Tickets.

Ticket price is for show only. If you are planning on dinner, doors open at 5:30 pm, we suggest making reservations soon by calling (585) 582-1830.

## At the Pub!

Frank Bang  
and the Cook County Kings  
Tues. March 19, 7pm - \$15



Bobby Kyle &  
the Administrators  
Sat. March 30, 8pm \$20

Pub tickets limited to 55 seats.

The Geneseo  
RIVIERA

VIP with table service  
available for the show!

Tickets at:  
[geneseoriviera.com/music/](http://geneseoriviera.com/music/)

Sun. March 10  
Band of Friends  
Featuring Davy Knowles  
and Gerry McAvoy

A Celebration of  
Rory Gallagher with  
Nick Schnebelen Band opening  
at the  
Geneseo Riviera

## My Woodstock experience

by Ken Hutton

In the summer of 1969, at the age of 17, I heard from a girl in Lake Placid of a music festival in southern New York. When I got back to my hometown in Herkimer I asked my friends if anyone wanted to go, but no one was interested in this adventure. Finally, a girl from Utica I met said she would go with me, so we hitchhiked down the NYS Thruway the next day. The last ride we got was a fellow in a black VW bug. We arrived on Thursday night. She ended up dropping some kind of hallucinogenic drug and was acting pretty weird so I left her there. I never saw her again.

Friday afternoon I started heading toward the concert area. I had limited funds and not enough to pay for the weekend ticket. I was figuring out how I was going to get in when I walked across some fencing and I realized I was in! Then I heard the announcer say, “It’s a free concert!” I was relieved. Friday night the music was mellow. I remember a lot of folk music and a guy on a piano. I saw Ravi Shankar on a sitar. Melanie looked like an angel. Saturday was the long day of music, rain, music, rain, and all types of interesting people. Hippies dressed up in all sorts of weird garb I had never experienced. Clothes were optional. Drugs flowed freely. The NYS Troopers could do nothing about the drugs being sold because there were too many people who would have overwhelmed them in numbers if they tried to bust anyone. I was amazed how the drug dealers could hawk their wares with impunity.

Love was in the air. I did not see a single act of violence the entire time I was there. Everyone was kind and patient and generous. I got caught up in generosity so I bought some cigarettes and gave them away. I remember watching the fellows enjoying a mudslide. I couldn’t see the bands very well. One guy shared his binoculars so I saw a few bands. I decided to walk down near the stage, but it was too high to see over as I walked by.

I enjoyed the music although I didn’t know many of the bands, as I was only a naive teenager. I did recognize the Who and Canned Heat and was most impressed with Sly and the Family Stone. As Sly sang “I Want to Take You Higher,” we all raised matches or lighters so it was literally the highlight of the weekend.

I was sleeping on and off in my soggy sleeping bag. I waited and waited in great expectation for Jefferson Airplane to begin to play. It was dawn when they finally started to play. I was tired and wet so left Sunday morning. I’ll never forget my adventure in the Summer of Love.



Ken donning a shirt he got from his sister for Christmas 2018. Image courtesy of Ken Hutton

See pages 12-13, 14-15, 18 and 20  
for more events around the region!

# Owl Light Outings by D.E. Bentley

## Spirited voices at Cricket's Coffee Et cetera

The window sign for Cricket's Coffee Etc. on 53 Main Street in Geneseo, NY is on the head of a drum; it is one of the first things you notice. In thinking back to the earliest roots of storyteller, it seems fitting to pair a cricket with this earliest form of instrumentation historically used as musical accompaniment alongside griots and other storytellers. Crickets talk by rubbing their wings together and their ears are on their knees, which means they engage in spirited conversation and listen on the go. This analogy seems fitting as well, given the engaging conversation and mingling of ideas that the space conjures from its community of followers. I looked around at the gathering of young and old and in-between, of left and right and undecided, of here and there and many places near and far.

A young couple at the table nearest me gave up the large table that they had comfortably occupied a corner of to a gathering group of regulars, who kept sliding in chairs as more people joined. This expansive group's lively conversations were varied and relaxed: ranging from politics to healthcare; from LGBTQ rights to evolution; from monuments to the "Lost in the Mall" question. Refreshingly, they talked about ideas and embraced differences in opinions; divergent thoughts lingered silently in the air before being mentally warehoused for future reconsideration and discussion.

There are other things I look for in coffee shops beyond conversation, coffee and tea – all of which Crickets offers in generous and varietal abundance. Foods to pair with the coffee, and friendly counter encounters are important. Cricket's has this covered, with a menu that includes the basics: bagels, muffins, soups and waffles, along with an expanding



selection of interestingly stacked sandwich options. They also now offer wine and beer, for the downslide of the caffeine up, along with kombucha on tap. Orders are made at the counter; service is friendly and timely.

That they support arts provides another layer of coffee shop luxury. Along the back side wall, adjacent to a second seating area and on the way to the self serve coffee and the anybody bathroom, is an area for visual arts. The current display is a selection of prints by Eileen Fee-ney Bushnell, an Undergraduate RIT Professor who teaches non-toxic printmaking techniques that she also uses in her art. Cricket's also hosts group activities on Wednesdays, live original music on Thursday and a free movie night on Fridays.

Given all that Cricket's offers – I have seen many changes since I first ventured in several years ago – it is good they have et cetera in their name. That Cricket's is in a college town does give them a coffee shop edge, but it is evident that the business's layout and design and the expanding menu, arts and events are part of a well thought out strategy for turning a space into a lively and engaging social venue.

[www.cricketscoffee.com/](http://www.cricketscoffee.com/)



## Paintings by Keith "Worm" Wormuth open March 1 at Red Tail Ridge Winery in Penn Yan

Red Tail Ridge Winery on Seneca Lake, Rt. 14 Penn Yan, NY will be hosting artist Keith "Worm" Wormuth beginning March 1, 2019.

Penn Yan resident Keith Wormuth is not a "typical" artist. He paints for fun, and to release stress from work and life – with the help of Sam Castner he has found a way to create something special that is not normally found in the art scene.

Keith is a self taught artist and musician. He would describe himself as a do-it-yourself type person, and is not a fan of technogoyles. His paintings emerge from unexpected places and invite the viewer to look beyond the conventional.

Stop by, sample some of Red Tail Ridge's many wines and take some home – and perhaps a new piece for your collection as well!



*Relax, renew and recharge*  
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Acupuncture and Classical Chinese Medicine practices for sports performance + recovery, cancer treatment, chronic illness + pain, weight management + nutrition, fertility + pregnancy, anxiety + depression, digestive health and overall wellness.

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At Geneseo Acupuncture, we incorporate the philosophy of "Yang Sheng" as part of our holistic healing plan, by nourishing your whole constitution and immune system to promote rapid recovery and build optimal strength.

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[GeneseoAcupuncture.com](http://GeneseoAcupuncture.com) Geneseo, N.Y. 585-645-5468

## Mitrano from front

"We need to go after the pharmaceuticals for the fraud, the deadly fraud they have perpetrated on the youth in this country, and use the money from these lawsuits to provide treatment."

As with so many things we discussed, her position on this was unshakeable; it was obvious she had thought about it often, and wanted to find real solutions to the underlying social and economic factors feeding addictions. This led to a discussion of the need for careful, thoughtful regulations to manage our growing alcohol, and anticipated marijuana, tourist trade, to allow responsible recreational use by adults – with the corresponding potential for economic benefits across the state – while avoiding harmful consequences, including an increase in abuse and accidents and violence, particularly among our youth.

My meeting with Tracy Mitrano marked the one-year anniversary of the killing of 17 people at Marjory Stoneman Douglas High School in Parkland, Florida, on February 14, 2018. After this recent mass killing, as with past ones, an immediate call for action is often followed by inaction. Tragedies such as this make it clear that current gun control legislation is inadequate. Mitrano believes that the federal government can and should require and manage robust background checks for gun owners. She also believes that gun manufacturers have a legal responsibility to provide adequate gun safety measures with their products. She disagrees with provisions of the Safe Act\* that arbitrarily group and ban gun ownership from targeted groups of citizens – such as those with mental health diagnosis and criminal records. And even with gun control, place-based policy applies; "there are regional differences in firearm uses – including historical uses such as those of hunters – that are best left to the discretion of states and municipalities."

Tracy Mitrano is an historian, lawyer and cyber security policy expert, and I was interested in hearing her views on electronic voting and election reform, and its role in change for our region. She started our discussion by recognizing recent changes in New York State that have the potential to increase voter turnout, including a nine-day early voting period – running until the Sunday before Election Day, and a single primary day in June. Although she does not believe that online voting is currently feasible in our area due to security concerns, a larger concern is the further disenfranchisement of rural voters – many of whom lack the needed Internet infrastructure. She does advocate for a vote by mail system that would allow all citizens to easily cast their votes. Our discussion around election reforms inevitably drifted toward the proliferation of negative campaigning and the use of social media to manipulate voters. During round one in the fight to take the NY-23 representative seat from Tom Reed, she sidestepped vicious personal attacks, intended to villainize her. These negative campaigns are counterproductive and draw attention away from the core issues that impact our day-to-day lives. Rather than hearing criticisms about the

"others," I prefer to hear concrete and logical steps toward change. This is why I focused my conversation with Mitrano on gaining a better understanding of how she will in 2020 bring about the positive changes she advocates.

In reflecting back on the beauty of the Finger Lakes and Western New York, Tracy stressed that the foundation for change is already here. The beauty of the region includes the physical landscape – there are so many beautiful areas – but is more about the diversity and strength of the people; "hardworking people, dedicated people who believe in New York." Having lived and worked here my entire life, I could not agree more. I resent this vibrant and enchanting area being called a ghost town by Trump; and as a business owner, I resent the call from him, and others, for New York's businesses to flee the area. This is home – for me, for you and for Tracy Mitrano – and we are all in this together.

It's sometimes easy to think of our elected representatives as outsiders – too far removed from their constituents to take an interest in the day-to-day lives of citizens. Some of this view was shattered for me in the mid 1990s, when Mary Luster, then Assemblyman for the 125th NYS Assembly District, fought for the extended unemployment insurance benefits that enabled me to complete my teaching degree, as a single mother, at SUNY Cortland. Tracy further shattered that view through her thoughtful, honest and heartfelt call for change, reminding me that there are still politicians who understand the economic realities of our region and are open to meeting and working with communities to bring about positive change.

\*See [www.owllightnews.com/gun-control-and-the-safe-act-part-two-mental-health-providers-and-the-mentally-ill/](http://www.owllightnews.com/gun-control-and-the-safe-act-part-two-mental-health-providers-and-the-mentally-ill/) for a related *Owl Light* piece from Len Geller.



D.E. Bentley

# That Finger Lakes Sound

## Irish music ~ A local, living tradition

by Ben Haravitch



The idea of traditional music means different things to different people. Some musicians feel it is their duty to build on traditions and express them in their own way. Others feel their role is to preserve music exactly as it has been played before. There is no wrong way to go about it. One thing that seems to tie all forms of traditional music together is connection. Whether the musicians are connected to each other in a groove, or a single musician connects a room full of strangers together in dance, the music serves to include. To embrace. That is exactly what Joe Dady has done for the last fifty some years, ever since he got his first banjo at the age of twelve.

Joe and his brother John, the Dady Brothers, have provided our region with some of the most entertaining and inclusive folk music playing locally everywhere from prisons to the Hochstein Performance Hall. Though fluent with many styles, they may be best known as Irish musicians. I asked Joe how he started playing Irish music in the first place.

"We started going to the Irish Inn in Charlotte when we were teenagers. The Carroll brothers who owned the Inn would bring in a lot of local and regional acts. They were also responsible for bringing a lot of bands from Ireland over." A member of one of these groups, Bill Fleming of the Emmigrants, saw that Joe and John really wanted to learn the music. He took them over to the Friendship Tavern on Lake Avenue. "We walk in and there're fifteen or twenty fiddles, accordions, penny whistles, 4-string banjos. We would pick up tips and bits, we had little tape recorders we brought in there. We just tried to glean whatever we could. We were chewing it up and spitting it out! Folks like Mitzie Collins (a curator of the local folk culture) and these Irish stalwarts were very supportive of us – Jimmy Finucane, Ted McGraw, Marty O'Keefe." I asked Joe to elaborate on O'Keefe, a local fiddler who passed away only recently at 103 years old. "Marty was the real deal. He was charismatic with his music, he had this glimmer in his eye, never had anything bad to say about anybody."

O'Keefe immigrated to New York in 1947. With dwindling economic opportunities in post-war Ireland, many from the emerald isle came to the States during that time. Dady explains that O'Keefe would say that he "couldn't even carry water" for some of the famous Irish musicians in his hometown, yet he was revered when he would travel back home. "He knew some of the old-timers from there, and just like John and I would follow him around when we were kids, it was the same situation with him and those hotshots in Ireland."

Joe continues with how the music is passed on from generation to generation, "That's how the tradition goes: you see something, you hear somebody play something, you work on it, you come back, and they say 'well, that's not really how that song goes.' You can be stubborn and say, 'well that's the way I'm gonna play it', but if you want to jam with people, you've got to play it how the song goes in order to make it happen. Traditional Irish music in a session is usually very linear. Everyone's playing the melody."

Buffalo fiddler, Charlie Coughlin, of the traditional Irish group Crikwater, agrees. "Depending on where in Ireland a musician is from, they may play a tune slightly differently, with different ornamentation, but the tune itself tends to remain consistent." Coughlin jokes, "On the west coast of Ireland the landscape is very hilly, and they play their fiddle tunes like that - with many slurs and ornaments." Charlie believes the main melody line of a tune remains mostly consistent from place to place not so much because of a reverence for tradition, he believes it's more subconscious than that. "The melody is what connects the players. Musicians who have never met can come together in a session, listen to each

other and play the same tune as a way of connecting and teaching."

This method of teaching is important for Irish musicians. To keep the tradition alive, a musician demonstrates how they learned the tune, and therefore how it was taught to the person who taught them, and all the way back. This allows beginners a quick connection to the old-timers. "That's how you spread it around," explains Dady. "People who really want to get into the music, you help them out because there are people who helped you out along the line, and you want to do the same thing. There's this student that comes to me, Shealeigh Brown, she's thirteen years old, and she's going to be amazing because she loves the fiddle, she learns from me by ear, we never write any notes down, we do it by the aural tradition, that's how we carry it on."

There are opportunities almost every night of the week for anyone who is interested in learning Irish music in this way. And you don't even have to be Irish! Similarly, you don't have to participate in the music, you might like to simply attend a session, have a drink, and enjoy the living tradition. The Rochester Irish Musician's Association maintains a great website with an up-to-date calendar of sessions and performances at [www.irishrochester.weebly.com](http://www.irishrochester.weebly.com). Once a week there is a beginners' session where Dady says "The leader, an accordion or fiddle player will typically play a tune at half speed for beginners to pick it up. They're very supportive of the beginners."

Joe Dady reflects on the beauty of the music: "There's something about Irish music. It makes you happy and sad at the same time. It ties in to the pathos of the struggle that Ireland has had through the years. Look back in the history of Ireland and America, some of the greatest music has come out of the depressions and struggle."



D.E. Bentley

### Homestead Gardener from page 8

and other omnivores. Some people who raise rabbits even set up their worm bins under the rabbit hutch so that the manure pellets fall and accumulate underneath and are slowly converted to worm castings.

In addition to holes for air ventilation, it is a good idea to keep a soft, fluffy three-inch or more layer of mulched leaves or straw on top of the surface to keep the worms' environment from drying out. The mulch also keeps insects away from the sweet banana peel and other food that might attract them. You can place a screen on top as added protection.

I am fond of my worms, but I do not know if they return my affection. They are among the least expressive creatures in terms of their physiognomy. You can nevertheless tell when they are healthy and content and even (it seems) excited by food they relish and prefer. When I chop up a banana peel and drop it in the bin, they do gather around it and look pretty darned ecstatic (for worms, that is).

Young children who visit our home sometimes ask how many animals we live with. I tell them approximately 10,000 non-humans, including the cat and dog. Then I show them the worm bin. It is fascinating to see how children respond with an almost confused sense of wonder at the sight of worms in a worm bin. They have seen worms before; it is nothing new to them creature-wise. Perhaps it is the strangeness of seeing common worms in an uncanny and exotic setting, above ground in an enclosed environment (Why do they make their home *here?*).

Most children I have seen do seem genuinely fascinated, and they like to watch and handle the worms for a certain amount of time. But I am still not sure how much vermicomposting appeals to young children in terms of what they used to call "moral education." Is raising worms anything like cultivating silkworms in elementary school? Do the worms teach kids patience and the virtues of non-virtual slow time, reverence for the natural miracles of metamorphosis and transubstantiation? (And by the way, are silkworms still to be found in elementary school classrooms these days?) In any case, it is probably best to let a child see things through a child's eye; they can come up with their own moral to the story, so long as it is a story that captures their interest.

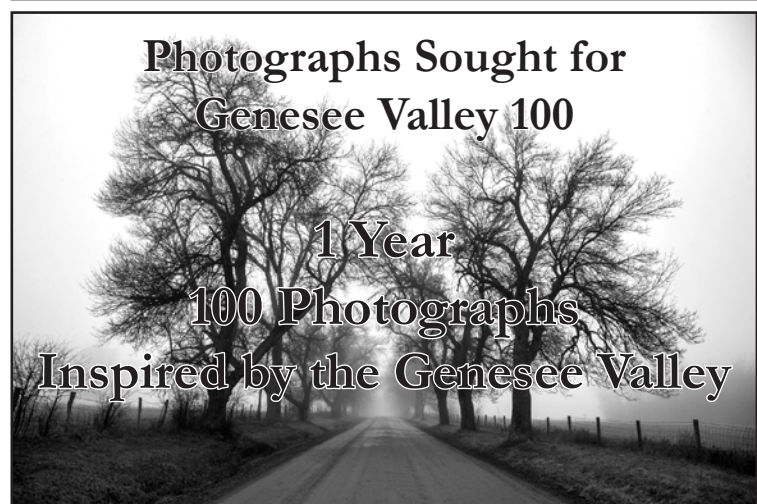
One thing I have observed is that vermicomposting seems to appeal to kids of a certain age who get satisfaction from observing rules. It also seems to appeal to those who relish the role of looking after small creatures as if they were younger siblings. "No, no, you're not s'posed to give them chocolate! You'll make them sick!" "Yes, that's right," I say. "Just like with dogs."

*Supplemental thoughts from The Homestead Gardener- on defining a homestead garden and the evolution of his homesteading experience can be found online this month at: [www.owlighnews.com/the-homestead-gardener-defining-homestead-gardening/](http://www.owlighnews.com/the-homestead-gardener-defining-homestead-gardening/).*

🎵 Honeoye Central School Alumni Jazz Concert 🎵  
Saturday, March 2, 2019, 7pm - \$7 admission  
Little Lakes Community Center, 4705 S. Main Street, Hemlock, NY.

Featuring the Honeoye Senior High Jazz Ensemble and  
Honeoye Central School Alumni

Tunes to include: Traces; Don't Stop Believin' - Journey; All My Lovin' - Beatles; Man In the Mirror – Michael Jackson, September, Crazy Train, Moondance, Vehicle; and many more....



**Genesee Valley 100 - Community Photography Project**  
Calling all photographers!

Genesee Valley Conservancy is seeking 100 photographers to capture the Genesee Valley in 2019 as part of our second annual Genesee Valley 100 project.

Photographers of all ages, styles, and abilities are invited to submit a photo that captures the Genesee Valley. Works are due in the fall and will be shared with the community via an online gallery and an in-person show at the Silver Lake Brewing Project.

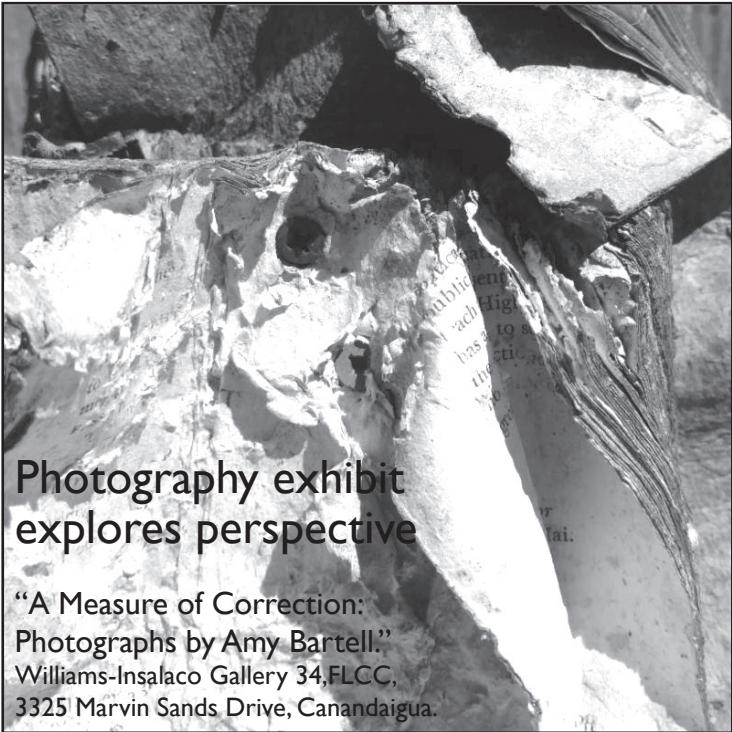
Project details and to apply:  
<http://www.geneseevalleyconservancy.org/events/other/photo>

Arts • Exhibits

# Out & about in the Owl Light

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

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



Artist Amy Bartell sees the world with double-vision and cast in shadows, the effects of a visual disorder called convergence insufficiency.

Thick prisms and strong lenses provide some correction and, for near vision, a small area of focus. But the prisms that help Bartell see are also making her eyes weaker and her window of focus, more narrow.

A selection of her photographs will be displayed in a new exhibit at FLCC titled for her condition: "A Measure of Correction: Photographs by Amy Bartell."

The exhibit opened in the college's Williams-Insalaco Gallery 34 on Thursday, Feb. 28 with a talk by Bartell and will continue through March 8, 2019.

### Photography exhibit explores perspective

"A Measure of Correction: Photographs by Amy Bartell." Williams-Insalaco Gallery 34, FLCC, 3325 Marvin Sands Drive, Canandaigua.



Dansville ArtWorks Juried Photography Exhibit Opening Reception, Friday, March 1, 2019. 5-7pm  
Dansville ArtWorks - 153 Main Street, Dansville NY

Arts Council for Wyoming County's Letchworth Arts and Crafts Show and Sale accepting exhibitor applications  
Show's forty-fourth year has the theme of "Community"

Perry, New York - Planning is underway for the 44th annual Letchworth Arts and Crafts Show presented by the Arts Council for Wyoming County. Sunshine Artists ranked the Letchworth Arts and Crafts show as the #17 Classic and Contemporary craft show in the nation (Sunshine Artists, 2018). Exhibitor applications are now being accepted for the show and are due on March 15, 2019. For more information or to download an application for the Letchworth Arts and Crafts Show and Sale, visit the Arts Council for Wyoming County's website: [www.artswyco.org/lacs](http://www.artswyco.org/lacs). For questions about the application, email [info@artswyco.org](mailto:info@artswyco.org) or call (585) 237-3517.



### SLBP'S 2nd annual hangover brunch! March 17, 2018

A little hair of the dog, some Irish inspired tunes from Ian McDougall and a yummy Irish brunch from The Hole In The Wall Restaurant & Lounge! Brunch, tunes, and good times from 1-4 (open till 6pm) - No cover! Only \$12 for brunch, and the Hole's famous smoked salmon will be available too!

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.

The Lobby Craft Eatery - every Thursday, 6-9 pm.  
With rotating hosts.  
3530 E Lake Rd, Canandaigua ~ [www.lobbycrafteatery.com](http://www.lobbycrafteatery.com)

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) ~

Canandaigua Martial Arts Tournament  
March 16, 2019 at 9 am - 3 pm.  
Finger Lakes Community College Gym.  
2291 State Route 21, Canandaigua, NY

Hollerhorn Coffee Haus and Open Mic Night,  
March 23, 2019, 8-11 pm. \$5 cover. ALL AGES WELCOME!  
Join Joe Bean Coffee and featured performer Garth Clark with Open Mic performers.  
Hosted by Curt and Nani Nehring Bliss.

Warren Paul Live,  
Honeoye Boathouse Grille  
March 1, 6 - 9pm  
5226 E Lake Rd, Honeoye, NY

An Evening of Jazz  
March 2, 7-10 pm  
Little Lakes Community Center,  
4705 S. Main Street, Hemlock, NY  
\$7 - includes admission & refreshments.

Genesee Junction at Peacemaker  
March 8, 2019, 6-9 pm.  
Peacemaker Brewing Company  
20 Pleasant street, Canandaigua, NY  
Acoustic blues, pop, and soul blended with delicious craft beer.

Parish Hill Winter Barn Dance  
March 8, 7-11:30 pm  
Parish Hill Barn  
5325 State Route 245, Naples, NY

Benny Bleu at Noble Shepherd,  
March 22 @ 6-8 pm.  
7853 State Route 20a, Bloomfield, NY

Sam Swanson Solo  
March, 22, 6-9pm.  
Young Lion Brewing Co.  
24 Lakeshore Dr, Canandaigua, NY

Check out OwlLightNews.com

### OPEN MIC Performing Arts Series

#### Hornell Little Band in Concert

Performing classical and pop music and marches

Friday, March. 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  
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Place your business card in the Owl Light for as little as \$25 per run.

<http://www.owllightnews.com/owl-advertising/>

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!

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

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

It's as simple as that! Find us online at OwlLightNews.com and like and follow us: fb @ Canadice Press.

CELEBRATE INTERNATIONAL WOMEN'S DAY

A family-friendly evening of *folktales* from around the world where women are the *heroines!*

# Women Can!

Local Story Teller, Cris Riedel

**SATURDAY  
MARCH 9, 2019**  
7:00 to 9:00 p.m.

Little Lakes Community Center  
4705 South Main Street, Hemlock

Admission: \$7 includes refreshments

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 New York State Legislature and administered by the Genesee Valley Council on the Arts.

# Priscilla Popp paints the Erie Canal

by Wendy Schreiner

Priscilla Popp of Perry, New York had a very interesting summer. She had a mission in mind. A self-taught artist and a writer, she was going to combine these two. Weekly, she drove her car and small camper carrying her three-wheeled bicycle to towns from Lockport to Newark along the Erie Canal. When she arrived, she biked a few miles west and a few miles east to find her perfect destination. The bike basket held her easel, paintbrushes and paints. At the completion of this summer fun childlike adventure, she had brushed nineteen oil landscapes (16"x20") in all and has written about them too. For the month of January they were on display in the front window of the Hearing Center on Main Street in Hornell, New York.



Upon the completion of this grand undertaking Priscilla says, "God had given me health and resources to have this fun and challenging adventure. Many of my peers are already battling the confining effects of aging. I recognize my abilities to do this was a gift."

Some of the challenges Priscilla found along the way were the hot summer heat and battling the strong winds on a few of her painting days. She had to watch the weather each week to determine the best day to paint plein air on location. Popp said, "the heat was debilitating this summer." After she went that first day, she realized all the "work" her summer dream would entail and she had to face her fears that she might not be able to accom-

plish it, but she never gave up! What made Priscilla go back was that, "riding the towpath of the canal had been a long-time dream." She wanted "to see as much of the scenery along the way as she could and respond artistically to it."

Priscilla is the author of *After The Devastations, The Journey* – a Christian allegory written in response to 9/11 (available on Amazon). Popp paints weekly with the Livingston Art Group meeting at the Chip Holt Nature Center in Vitale Park, Lakeville. She participates in the monthly writer's group, "Warsaw's Write Connection" that meets the second Tuesday of the month at Warsaw Public Library from September through May.

*Priscilla is not interested in selling any paintings, but would be open to offers to display The Erie Canal exhibition for the public's enjoyment, if any venue opens up like the Hornell Hearing Center display area did.*

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## Pen Prose 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

Check out OwlLightNews.com

Little Lakes

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HowardHanna.com



**Under a Sardinian Sky**  
by Sara Alexander  
Kensington (April 25, 2017)  
321 pages

As I look out the window at the snow gradually but persistently falling and starting to accumulate, I try to resist California dreaming. Hunkering down for another long western New York winter, I may have subconsciously chosen a book about white sand beaches and turquoise oceans in a warm exotic place—like Sardinia.

Wait. Where is Sardinia exactly?

Don't feel bad, I wasn't sure either when I began reading *Under a Sardinian Sky*, by Sara Alexander. Sardinia is the second-largest island in the archipelago off the coast of Italy. Situated in the Mediterranean, it is sheltered by Spain to the west, Italy to the east, and Africa to the south, which is why its long, turbulent history is marked with Roman, Arab, and Spanish influences.

Alexander chose Sardinia as the setting for this 321-page historical romance about a native Sardinian woman and an American army Lieutenant who fall in love after WWII against all odds. Carmela is already engaged to Franco, son of a relatively prosperous family in their town of Simeus, a village so small it has only two telephones. Lieutenant Joe Kavanagh is stationed at a nearby army base but has a wife and baby back in the States. Ostensibly, Carmela and Joe Kavanagh have a working relationship. She has taught herself English and is hired by him to translate as he tries to purchase land from native farmers, for Army purposes that are never made quite clear. She also teaches him about facets of the culture. When a rural farmer insists that Kavanagh accept a piece of bread with a thick, cheesy spread alive with maggots, Carmela tells Kavanagh, in English so that the farmer won't understand, that he must eat it, since it is something the farmer is famous for. It turns out to be "sublime." Later, during a lavish meal in the capital, Kavanagh tries to do business over dinner, but Carmela tells him, "Joe, we don't speak of money right away. It's not the Sardinian way."

The novel is structured as a story within a story, since Carmela is first introduced in the prologue by her niece Mina who obsesses about solving the mystery of what happened to her aunt Carmela when she went missing all those years ago. To this day, no one talks about it. The body of the book then reverts to Carmela in the 1950s. Readers who are fond of novels with a lot of character development will enjoy getting to know all the thoughts and feelings that motivate Carmela. However, sometimes it's a little hard not to become impatient with the extent of her internal debating. Yes, it's a hard choice to renege on her promise to marry Franco, especially when he becomes violent. But Carmela spends excessive amounts of time convincing herself either to go with Kavanagh or stay with Franco. And although we're repeatedly told that she is a strong, brave Sardinian woman, she seems to spend a lot of time crying.

Interwoven in this tale of thwarted love are lavish descriptions of 1950's Sardinian food, culture, geography, even feast days and games, as well as the customs and celebrations inherent in each season. On the eve of All Soul's Day, what we call Halloween, the women

# The Monthly Read by Mary Drake

## Let's take a trip to Italy!



A review of  
*Under a Sardinian Sky*  
by Sara Alexander

of the house always gather in the kitchen to shell almonds and hazelnuts, which, along with dried figs and plums, provide their offerings to the spirits of their ancestors who will visit that night. Food is closely associated with every season.

Carmela returned her full attention to cubing the sausage upon the thick, wooden board. . . . As the meat browned, a rich aroma rose up from the pan, sweet-salt steam thick with oregano, rosemary, thyme, and bay. Before the meat was cooked through, Carmela reached for a brown bottle of vernaccia and doused the pan. The alcohol wooshed up into steam, swirling into concentric spirals that filled the kitchen with the reassuring smell of a New Year's feast.

And who knew Sardinians celebrate Mardi Gras, what they call Martedì Grasso. In an enormous copper cauldron they cook steaming bean stew fragrant with pork and wild fennel and in another vat, sugar melts in preparation for making almond and hazelnut brittle. In the town square, there is always a poetry competition and later, a wild parade where hooded men dance while "bowing under the weight of at least two dozen metal bells attached to their backs, on sheepskins that wrapped around their bodies." These are the frightening Mamuthones:

At least fifty local men donning full costume. . . .thick, wooden masks of skewed faces, huge eyes, crooked mouths, and noses that ran almost from the forehead to the chin. Some had high-carved cheeks, and others had grave, sorrowful expressions, turned-down mouths etched deep into the wood; others still had an abstract of surprise, with long, tapered horns. The rich, dark wood lent a woe-stricken undertone to each. It was an army of demons.

It's a kind of scary version of the Mummers parade in Philadelphia, but the tradition goes back much further, to pagan times.

The island of Sardinia is portrayed as nothing if not paradise, so it's no wonder that Joe Kavanagh's first confession to Carmela is that he's fallen in love—with the island. It seems filled with "wide, rugged, deserted beaches" and "white sandy shores stretching as far as the eye could see." However, readers must be patient through these long descriptions of scenery before finding out, at the very end, what Mina finally discovers happened to her aunt all those years ago.

Perhaps because this is Sara Alexander's first novel as well as her second career—her first being acting—the novel seems somewhat overwritten, although it is definitely atmospheric and provides great escapism. In an interview Alexander stated that her acting background requires that she "slip into the skins of others," a talent that is useful in writing. Also, the romantic nature of the novel means that Carmela and Kavanagh are not really developed as people much beyond their love for each other, and both can come off seeming a little too perfect. However, Alexander comes from a Sardinian family and considers Sardinia her homeland, so it is a natural setting for her book, and she plans to write two more which will also be set in Italy.



### Frenemies for Suffrage: Stanton, Gage, Anthony

Monday, March 18, 2019, 7:00 pm – Five Star Bank Gate Branch  
395 Westfall Rd., Rochester, NY

Pioneering suffragists Stanton, Gage, and Anthony had a complicated relationship. Each brought strengths to their working relationship as the "triumvirate" leading the National Woman Suffrage Association – strengths that frequently grated on the other two.

Mary E. Corey, SUNY emeritus professor of history, will discuss the inevitable fireworks of these three dynamic women at Rochester NOW's March 18 meeting. She will also introduce her new book, *The Political Life and Times of Matilda Joselyn Gage*, which will be available for purchase and signing. Free and open to the public. Sponsored by Rochester NOW.

Going city-way?  
Check this out!


Reading and Q&A with Omar El Akkad  
Thursday, March 28, 2019 at 12:45 – 2 pm.  
Finger Lakes Community College  
3325 Marvin Sands Dr, Canandaigua, NY

Omar El Akkad visits Finger Lakes Community College for a book reading followed by Q&A and book signing. This event is free for students or \$2 for the general public and will be held at Stage 14.

For more information call (585) 785-1367 or email [curtis.nehring-bliss@flcc.edu](mailto:curtis.nehring-bliss@flcc.edu)

## Honeoye Public Library

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



Saturday, March 23, 9:00 - 3:30 pm  
\$28. Space is limited  
Pre-register with payment by March 19

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Second Saturday  
Movie &  
@11:30am




Hours: Mon. & Thurs. 2-8, Tues. - 10 - 8, Sat. 9-1  
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# The Conscious Crow

Seeing ...

is knowing... is...



For centuries mankind has become a great topic of conversation and study. With every new decade we find a more advanced version of the "modern" day female and male. Our understanding of the universe today surpasses what we thought we knew yesterday. We radiate change with every passing moment; the more we see the more we know, and the more we know the further we grow. Bit by bit our knowledge expands. We adapt to the world by learning how to innovate our current mode of existence at the time, and gaining a fresh perspective thereafter. Despite the amounts of research we rapidly accumulate we are still asking the very same questions we did in the beginning; What is the world that we live in and what is the nature of our being?

We are more skillful and wise in our approaches to these questions, and although our intentions have evolved in a more complex way, we are still relatively clueless on the matter. Jack Johnson sings about this concept and how "We're breaking and rebuilding and we're growing, always guessing... We're just moments, we're clever but we're clueless we're just human... just a bubble in a boiling pot just one breath in a chain of thought... the truth is, all we got is questions."

There is this vast sea of mystery that we float upon. Just when we think we've reached new levels of awareness there is a lingering unknown following us into the new era like a familiar shadow bathing us in questions. Regardless of the angle to our introspection and speculations- we find ourselves repeatedly in awe and incapable of truly defining these big questions; the majesty of how everything actually exists, how we endure, how we can create and carry life and, how we are still here after all these years. There are some things we can understand within reason, acutely discerning through our mental faculties and studies, and some that linger within a mysterious and elusive force, ever so steadily turning us to face the questions and fascinations of existence, and urging us into the eternal quest for answers.

~Conscious Crow, Reminding you to Grow

## Kade in the Kitchen

by Kade Bentley

### with (Vegan) Buttermilk Biscuits



You didn't know vegan biscuits could be this good!

Whether you're plant-based by choice or avoiding dairy fat for health try these quick drop biscuits and you might even forget they're not full of butter!



#### (Vegan) Buttermilk Biscuits



Temp: 450

Time: 30 min total, 20 min cook

Servings: like 8ish

##### Ingredients:

##### Dry-

- 2 C flour
- 1 Tablespoon baking powder
- 1 Heaping spoonful nutritional yeast
- 1 teaspoon salt
- 1 Tablespoon sugar -OR- honey

##### Wet-

- 1/2 Cup vegetable oil
- 2/3 Cup soymilk
- 1-2 spoonfuls apple cider vinegar

##### Make it:

Mix all dry ingredients together in a large bowl. Sugar is added dry if used or honey added with wet.

Make a depression in the center of the dry ingredients and pour in oil first, then soymilk with vinegar.

Mix it all together fast and loose until combined- the trick to a good biscuit is to not over-mix. Holly uses a regular flatware tablespoon.

Drop biscuit-sized clumps of dough onto an oiled baking sheet.

Bake at 450 for 15-20 minutes. Enjoy warm.

A note on Nutch' for the newly-acquainted:

Nutritional Yeast is different from bakers yeast, and not a rising agent at all. It's a common flavor-enhancer for vegan foods, used to give a "cheesy" taste and provide essential nutrients to a meat-free diet. It contains protein, amino acids, vitamin B12, and other vitamins and minerals. Great for anything from popcorn to mac-n-not-cheese.

If your village store doesn't have it in bulk, Wegmans' ought to. You might have to find it in a health food store. It can often be found in the "Bob's Red Mill" section. It has a wide price range, but can be found for pretty cheap in bulk if you look around.

This recipe has been re-written as my friend Holly made it from:

*Hot Damn and Hell Yeah/The Dirty South Cookbook* by Vanessa Johnson and Ryan Splint, which is a fantastic little paperback for folks who wanna cook vegan and like spice and flavor. You can find it for sale from the publisher at: [microcosmpublishing.com/catalog/books/86](http://microcosmpublishing.com/catalog/books/86).

If you're not familiar with Microcosm Publishing, based in Portland, OR, I suggest you check them out. They're one of the best and most well-known independent publishers around offering useful information on all kinds of stuff you need for your self-reliant and community-interdependent lifestyle on topics like DIY skills, food, bicycling, gender, self-care, and social justice.

Enjoy!

## Sky's Handy Household Hints

by Sky Trombly  
Good for you ~ Good for the environment.

### The magic numbers

When my firstborn was a baby, I learned a very important lesson. I thought, at first, that the more baby bottles I had, the easier our lives as parents would be. We accumulated quite a few. Exhausted and desperate, we would pull clean bottles from the cabinets before giving a glance to the pile of dirties accumulating. By the time our stash had run out, we had some pretty nasty bottles waiting for us.

Call it sleep deprivation, but it took me a while to realize just how generally true this principle is.

The kitchen is full of examples: too many bowls, for instance, means too large a pile of dirty bowls. Obviously, piles of unclean bottles and bowls are unsightly and unhygienic. They can smell badly and encourage illness and pests. Cleaning them is no fun either and, make no mistake, unless you plan to use costly items as disposables, they will need to be cleaned anyway. The sooner they are cleaned the easier they are to clean.

I have six people living under our roof and I find that in most cases, having 8 of a table setting item (8 bowls, 8 plates, 8 forks, etc.) seems to work well for us. This allows us to have the number of guests we can sit at our table while discouraging the lazy route.

Obviously the numbers vary from home to home and also from room to room. I have 6 pairs of socks, for example, as it is the minimum I can get away with for my laundry cycle. Just as dishes can quickly get out of hand so can the laundry.

In fact, I now ask myself about the magic number of all kinds of things we have in our home. And if I get the number just right, not too large and not too small, my life gets that much simpler and easier.

#### Pu-erh Tea Demonstration

Tuesday, March 5, 2019 at 5:30 – 7:30 pm

Naples Library

118 South Main St., Naples, New York 14512

Noah Cappotto has traveled all over to learn and teach about tea and its traditional roots. He has taught seminars and classes from coast to coast of the United States on Tea's history, appreciation, and the artwork that has followed this beneficial plant. We will be focusing on his favorite tea, Puerh! Puerh (poo-er) is an ancient Chinese tea from Yunnan, China. This particularly unusual tea, is one of the few that is intended to be aged (similar as wine would). Noah will be conducting a chado or tea ceremony for tastings as well as bringing traditional Chinese pottery to be used and observed. Participants will dive into the vast world of puerh, both aged and young, as well as several varieties, so you can get firsthand experience of this rare tea! This will be a fun and educational experience you won't want to miss!! Space is limited and registration is required. Call 374-2757 .

## Finger Lakes Food

#### Beer and wine tasting

March 2, 2019, 7 - 9:30 pm.

To benefit 2019 LCSD senior fun night.

Lakeville Training Grounds

5939 Stone Hill Rd

Tickets 25\$

Appetizer and dessert served.

Music, basket auction, 50/50 raffle

Tickets available at West Surefine, Livonia or call

Lorraine 585-755-0235 or Jen 585-943-0379\*

This is a 21 and older event\*

#### Sourcing Meats from Local Farms:

Farmer & Chef: Cut, Prep, Pair

Saturday, March 9, 2019, 3 - 6:30 pm

MyKitchen Space, Scandling Center,

Hobart & William Smith Colleges, 300

Pulteney Street, Geneva, NY 14456

#### Speed Dating Event for Ages 38-52

Tuesday, March 12, 2019 at 7:30 – 9pm.

Nick's Chophouse, Martini & Wine Bar

5 Beeman St, Canandaigua, New York

Hosted by Rochester Singles Events and

Nick's Chophouse, Martini & Wine Bar Take a

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Email Melanie with questions at [Rochester@Pre-Dating.com](mailto:Rochester@Pre-Dating.com)

Pre-Dating.com or text 585-204-0149.





# Simple Sustainability by Sky Trombly

## How to reduce your foodprint

|| “Eat food. Not too much. Mostly plants.”  
- Michael Pollan, *In Defense of Food: An Eater’s Manifesto* ||

**M**ost everyone wants to lead lives that have an impact on this planet and not just any impact, but a positive one.

I submit that it is the choices that we make every day and, indeed, at least three times a day that make the most impact relative to any other choice we can make.

Therefore, I’d like to offer some strategies for improving our foodprint, a word that speaks of our environmental impact (commonly referred to as a “footprint”) with regards to our food habits.

### #1. Reduce your meat consumption.

I am not saying this to make you go vegan or vegetarian. Reduction in meat can have a tremendous impact on the environment and human health. I recommend not keeping the “reduce” part nebulous or fuzzy. Create some personal rules that work for you and stick with them. Meatless Mondays, a modest decrease, has greater impact than you might think because it allows for consistency.

#### Other ideas include:

- meatless at home
- meatless during the work week
- portion decreases 6 oz instead of 8 oz

Whatever is easy to remember and implement for your family. Small decreases done consistently are best and you can always decrease further when you’re comfortable. Choose a method that is sustainable for you.

#### Food for thought:

“If all the grain currently fed to livestock in the United States were consumed directly by people, the number of people who could be fed would be nearly 800 million,” reports ecologist David Pimentel of Cornell University’s College of Agriculture and Life Sciences. He adds that the seven billion livestock in the U.S. consume five times as much grain as is consumed directly by the entire U.S. Population.”

- Roddy Scheer and Doug Moss

### #2. Avoid single meal foods.

Instead of getting applesauce in small plastic tubs, get a large container and dispense into small Tupperware. Instead of TV or microwavable dinners, pick up ingredients and cook. This can reduce food costs, waste and waistlines. I second guess myself whenever I use an entire bag or box for one meal. Frozen veggies is the main exception.

### #3. Pay attention to the material food comes in. Avoid Plastic.

#### Problems with plastic:

- Plastics are made from toxic chemicals and leach these chemicals into our food.
- They are not biodegradable (my childhood toothbrushes will likely outlast my grandchildren).

• They aren’t very recyclable. Assuming that the plastic is even sent to a recycling center, most plastic numbers (the numbers located in the chasing arrow symbol) are not recyclable at all or are too vague for processing. The numbers that are recyclable can be recycled one or two times before becoming unusable. (Glass and metal, in contrast, can be recycled over and over again).

When the option is available, choose metal and glass over plastic containers. When you have the option to go package-free (easier in the produce, bakery and bulk sections) go for it! I used to believe that those plastic, produce bags were somehow mandatory. That isn’t true. You can simply go without or bring reusable produce bags (and shopping bags for that matter) from home.

### #4. Shop the perimeter of the store.

Real food doesn’t have much of a shelf life. Real food is simpler and has fewer processing costs for the environment. I like Michael Pollan’s description of real food: “The food your great-grandmother would recognize from her childhood.” Go-Gurt is not a food.

### #5. Meal plan based on what you already have at home (bring a shopping list).

#### This:

- produces less food waste,
- saves money,
- is easier to prepare because you likely already have experience with the kinds of food you’ve been buying, have complementary spices and ingredients, and know who will eat the food you buy (in the case of picky-eaters at home).

### #6. Join the fun and get dirty too!

Try to grow your own food. There are options for almost everyone: growing sprouts and herbs in your kitchen, gardening with pots on your deck, keeping a backyard garden, or planting in a community garden. Shop from a farmer. The easiest ways to support local farmers are: (1) through a Farmer’s Market or (2) from a CSA (Community Supported Agriculture). Farmer’s Markets works a little like grocery stores in that you can pick up what you want from what’s for sale that day. CSA’s are kind of like a subscription service that you pay for in advance (allowing the farmer to have money to purchase supplies and so on). You usually get a box every week during the farm’s productive season.

#### Resources:

- In Defense of Food: An Eater’s Manifesto* by Michael Pollan (2008)
- Plastic Free: How I Kicked the Plastic Habit and How You Can Too* by Beth Terry (2012)
- How Does Meat in the Diet Take an Environmental Toll?* By Roddy Scheer and Doug Moss, writing for *Scientific American* <<https://www.scientificamerican.com/article/meat-and-environment/>>

□ Until next time, be the light  
□ by living lightly! □

### Goal Oriented Active Tutoring (GOAT)©

Focused academic tutoring for students of all ages, abilities, aptitudes *and* attitudes provided by a NYS Multi-Certified Teacher. (MS in Education) with 20 years of teaching experience in grades P-12.



#### Tutoring services including:

- Reading and writing skill and confidence building;
- Strategies for engagement/goal setting for reluctant learners;
- Regents/RCT specific essay tutoring in English (ELA, Reading Writing), Global History and Geography and US History;
- College admissions essay planning support; (One hour collaborative meeting with online editing follow up).

I work directly with parents/guardians and schools/teachers (if desired) to focus tutoring sessions on each student’s goals. Afterschool sessions can include homework assistance and guidance to foster independent learning and positive progress.

I also provide organizational editing support for writers of all ages in fiction (short stories/novellas) and non-fiction (memoirs, essays).

An initial meeting to discuss goals and define direction is \$25.\* \$30 individual/\$50 shared tutoring per hour thereafter. One-time college admissions essay planning session (includes follow up support) is \$40.

\* Please leave msg. or text Darlene at 585-313-7590 or e-mail [editor@canadicepress.com](mailto:editor@canadicepress.com) to request an initial meeting and/or additional information.

## Claire’s Closet returns for a second year of free prom gowns

Geneseo, NY - February 20, 2019  
Geneseo Central School, Geneseo NY.

The Second Annual Claire’s Closet is scheduled for Saturday, March 23 from 10am-2pm at Geneseo Central School.

Any girl in Livingston County can attend, and receive a free, gently-used prom gown or dress, by appointment.

Just register at the Event Brite website to reserve a spot:  
<https://tinyurl.com/yjf9hyk2>

The event is held in honor of Claire Allen, a GCS freshman who was killed while running cross-country practice with her best friend in September 2017. Claire was a very community-minded person, who supported many charities locally, nationally, and internationally. This event is held in her name to keep her spirit of helping others alive.

Questions about attending, donating, or volunteering for or at the event? Please contact: [debandjimallen@earthlink.net](mailto:debandjimallen@earthlink.net) Seamstresses to work the day of the event to do minor alterations (hems, etc.) are still greatly needed.

# Community Calendar

## Faith in Community

### Finger Lakes Forest Church

March 9, 10 am: Joining in the Great Renewal.  
\*9058 Luckenbach Hill Road, Canadice, NY.

Enjoy myths of season renewal, learn about the fascinating process through which death becomes life through the medium of soil, and plant the first seeds of spring in homemade newspaper pots.

All materials provided.

\* Luckenbach can be accessed either via County Road 37 or Canadice Hill Road/Ross Road.

See Finger Lakes Forest Church on fb for more info.

### Free Spirit Book Club

March 20, 6:30 pm, - Honeoye United Church of Christ, 8758 Main Street, Honeoye, NY.

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. For more info., including the title of the reading for our next meeting, contact emily.pecora@gmail.com.

## 2019 Spaghetti Supper Schedule at United Church of Christ

Honeoye UCC Spaghetti Supper Date, 5-7pm  
Take-outs available. A portion of the profits will be donated to the Charities listed.

March 6 - Richmond Ambulance

April 3 - Salem Bus Token Fund

May 1 - Food Pantry

June 5 - Hospice House

July - no supper (July 4th)

August 7 - Richmond Ambulance

September 4 - Food Pantry

October 2 - Embrace Your Sisters

November - no supper (Election Day Dinner)

December 4 - Food Pantry



Honeoye United Church of Christ,  
8758 Main Street, Honeoye, NY 14471

Clip and Save

Grief Share is a non-denominational help seminar providing encouragement after the death of a loved one. Mondays at 6 pm, Springwater Church of the Nazarene, 8498 Indian Valley Rd (Rt 15), Springwater.  
For more info: 585-728-5961 or 585-669-2319.

## Volunteer income tax assistance help

Geneseo, NY- The Volunteer Income Tax Assistance Program (VITA) will be providing a volunteer income tax service to eligible Livingston County residents during February and March 2019. Qualifying taxpayers include seniors, persons with disabilities, and persons with annual incomes below \$54,000.

The VITA program is made possible through a partnership between the Livingston County Office for the Aging and SUNY Geneseo. Sue Carlock, Director of the Office for the Aging states, "The trained and dedicated student volunteers and staff from SUNY Geneseo are the ones who truly make this service possible in Livingston County."

The VITA Program will be provided at: ABVI / Goodwill Community Center  
4119 Lakeville Rd. Geneseo, NY 14454

Please call the Livingston County Office for the Aging at 585-243-7520 to confirm your eligibility and to schedule an appointment.

Submitted by Heather Grant.

## 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!

Foodlink Mobile Pantry will be at the Springwater Fire Hall on March 23, 2019 & April 20, 2019 - Set up 8:45am/Distribution 10am.

### Honeoye Community Food Pantry

UCC church on 8758 Main Street, Honeoye  
Alternate Saturdays, 9-10:30 am.  
Info: honeoyefoodpantry@gmail.com

### Springwater Community Food Pantry request for donations

The Pantry is in need of the following items. Even if you could donate 1 item on the list it would be a blessing in someone's life.

Can Items: corn, waxed beans, green beans, kidney beans, tuna, chicken (in a can), peanut butter, jelly, can milk, spaghetti noodles, can sauce, tomato paste, sugar, flour, spices, cooking sprays/oil, any and all condiments, salad dressings. Also: Shampoo/conditioner, body soap, toothbrushes/tooth paste, deodorants, Kleenex, toilet paper, paper towels, cleaning and laundry supplies.

JOHN BLAIR ENTERPRISE INC., DBA

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Ontario County ABATE  
Motorcycle Swap Meet  
March 24, 2019 10 am - 3 pm  
American Legion  
Canandaigua Post 256  
454 N Main St, Canandaigua, NY

\$5/person.  
Motorcycle parts, gear, other vendors.  
Food and drinks available.

Read  
Listen  
Reflect  
Be *fect*

# Richmond History by Joy Lewis

## Richmond's remarkable recluse:

### Bradley Adams (February 21, 1852 - February 9, 1934)



Bradley Adams in 1929 at the dedication of the Clinton-Sullivan Memorial. From the Albert R. Stone Negative Collection. Rochester Museum and Science Center.

He was a trapper, an expert marksman, a collector of Indian artifacts, an entrepreneur, a loner. From the age of sixteen, when he built a rude cabin on a back lot of his parents' farm, Bradley Adams elected a solitary life. Those who knew him in his sunset years remembered that he was "always cheerful to meet, but he had little to say."

Born on a winter's day in 1852, he was the eldest child of Oscar Adams (1820-1891) and his first wife Emily Norris (1830-1864). Five more children arrived in the next decade: two boys, Henry and Ely; and three girls Emily, Bertha, and Etha. By the time Bradley's mother passed away in 1864, two of the daughters (Emily and Etha) had also died. Oscar did not long mourn the loss of his wife, for he married within the year, taking as his second wife, Marietta, the younger sister of his first. Bradley was then a boy just entering adolescence.

The Adams farm lay on the north side of Stone Hill Road, about a mile west of Plank Road in the township of Livonia. It was a large farm, and prosperous. Oscar worked the land with the help of a couple hired men and his two eldest sons.

A childhood chum, Charles Dewey, recalled years later the escapades he and Bradley enjoyed in their early teens. They "used to go woodchuck hunting" together and experimented to learn how to burn charcoal. Charlie remembered that he and Bradley, with a group of friends, "used to have royal sport in Salsich's old sawmill at Livonia Center, during the summer when there was no water in the flume; we used to play 'home' as we called it, choosing up in two groups, one going out and hiding while the others would hunt for them, and then running to a log or tree which had been chosen as 'home.' The old mill made many excellent hiding places and we never tired of the sport."

During Bradley's teen years his step-mother gave birth to four children: Moses in the first year of her marriage, followed by little Gracie, who lived but a day. Flora, the next born, also died in infancy. Addie came to them when Moses was ten and Bradley was twenty-four.

For nearly a decade Bradley had been living by himself in his one room cabin, working alongside his father on the farm from springtime to harvest, walking a trap line all winter. He found he could make a tidy profit selling his furs. For another year or two he remained at the family homestead. Then, nearing thirty, he packed up his scanty belongings and headed west.

His obituary provides a snapshot of his years in Oregon: "There [he] increased his love for the great out-of-doors, a trait with which he was born and which characterized him all of his life. It was during those years of pioneering that he gained his high regard for [Bill] Cody, [George Armstrong] Custer and others of their type, and ever since he came back to New York State...he dressed in the picturesque mode of the scout," garbed in fringed buckskin, a broad-brimmed hat, and wearing his long dark hair in a ponytail.

In late middle age he returned to the home of his youth, where now his half-brother Moses farmed the Adams acreage. Little Addie, who'd been a charming toddler when last he'd

seen her twenty years earlier, was now a woman grown. Shortly after his return from the West, in March of 1904, he gave a lecture at the Union schoolhouse in Lima on "How Oregon was Saved to the Union."

With his customary independence, Bradley purchased two acres of woodland along the Hemlock Outlet in Richmond, only a couple miles east of his birthplace. Here he put up a sturdy cabin, collecting the foundation stones from the nearby creek. Here he was to live for the next quarter century.

Mr. H. DeLong was visiting a relative in Richmond around 1915 when he met Bradley Adams. He later wrote of this meeting and the piece was printed in a local newspaper. He gave a detailed picture of Bradley's home:

Right across the outlet from the sugar bush [on the banks of the Hemlock outlet] dwells a hermit, a man, not old, who has...built him a little hut where he dwells in peace and contentment. [My cousin and I] crossed over on the stepping stones and ascending a little bank by means of a primitive set of steps found ourselves in sight of the castle. A cheery hail brought out this modern Robinson Crusoe, who greeted the intruder pleasantly and showed us all about his little domain. Scattered among the tree trunks were numerous bee-hives and in his little storeroom was piled up nearly five hundred pounds of honey in boxes...He had a neat little work shop ingeniously built...A mink skin was nailed on one end of the shanty, a gun leaned up in a corner, fishing poles hung on nails in the wall, and a bundle of steel traps spoke of plenty of sport during the winter. He had a little garden, where during the season he had raised tomatoes and cucumbers, but he said, "The varmints got most of them." This man was perfectly happy and contented in his isolation. The great world hummed all about him on every side, but he cared naught. Safely ensconced in his little freehold, with enough to eat and wear, plenty of wood to burn and no petty strifes to annoy, he leads an ideal existence that many and many who would call him a crank, might envy.

Bradley enjoyed his little corner, safely tucked back from the road among the trees. Here he tended his beehives, cultivated ginseng, burned charcoal to sell, hired out during the harvest to stack straw (a job most workers found tedious), hunted in the autumn, worked a trap line all winter, and cured a variety of pelts. To sell his furs, he paid for a perennial advertisement in the Livonia Gazette, which included his photograph.

For some years Bradley operated a steam-powered sawmill which he set up near his brother's farm. An accident with a buzz saw cost him his right hand. But as Mr. DeLong noted, "It was surprising how deftly he could work with his one hand."

Lois Wilkins, for many years the Livonia Town Historian, wrote in 1975 of her memories of Mr. Adams as he was in the late twenties: "His yearly visit to the store was looked forward to by the grownups as well as the children...He kept his own apiary and would come into the store, a basket filled with honey hanging from the stump of his arm. He wore his long hair tied in a ponytail, and had a broad brimmed hat looking all the world like Buffalo Bill who was his idol. He was a very quiet person and always spoke in a whisper. He would sidle up to Father and put his basket on the counter, and whisper to Father about the supplies he needed in exchange for the honey. The honey would be removed, the basket filled, and he would depart as quickly as he came."

Gertrude Reed, who recalled, "Bradley once planned a trip to visit his sister in Washington, D.C. and asked our family to take him to the train," supplies another memory of that time. "On the day he was to leave, Bradley arrived at our house, prepared, so he thought, for his journey. Mother Reed, however, had other ideas on his readiness for departure." "Bradley Adams," she scolded, "you are not going to Bertha's until you have a bath!" Hauling the old washtub into the middle of the kitchen floor, she filled it with warm water and left the room. Bathe he did, and it was probably his first bath in anything but the waters of Hemlock Outlet in many, many years."

It was about 1920 when his cabin caught fire and burned to the ground. The Livonia Boy Scout troop came to his rescue. Some years earlier, on a small patch of land owned by George Reed, the boys had built themselves a meetinghouse. This was a snug, well-built structure eight feet by sixteen, made from lumber they rescued from the building of the library. When they learned that Mr. Adams was sleeping outdoors, they offered him their little clubhouse. He moved with the few belongings he'd been able to salvage to the new cabin. Being unwilling to be a charge on anyone's good will, he agreed with Mr. Reed to pay a monthly rent of twenty-five cents.

On January 17, 1933, in the dead of winter, this cabin also succumbed to fire, destroying Bradley's collections of guns and Indian artifacts and all his furs. A piece in the Livonia Gazette tells the story: "For the second time within a few years Bradley Adams has been driven out of his home by fire. Tuesday morning about 7 o'clock flames took the building where he lived on the George P. Reed farm in Richmond. He lost everything he had except the clothes in which he was dressed. His feeble condition prevented his saving his guns, tools and other belongings. He had on only one shoe; the other was burned. He himself was considerably burned about the head, shoulder, and hand, but these wounds while painful are not considered serious. He was taken to the Ontario County Home at Hopewell Tuesday.

"[The] fire was caused by the pouring of kerosene on the fire [in the stove]. George Reed had been down to help Mr. Adams with the fire and other details for the last two weeks, and it is not known just why Mr. Adams started the fire himself Tuesday. He did, however, and when it failed to respond to suit him he applied the kerosene with disastrous results."

A month short of eighty-one at the time of the fire, Bradley remained at the county home for nearly a year. In December he was taken to a residence in Ovid, where he died two months later.

Let his obituary have the final word: "Bradley Adams' peculiarities were accentuated by his unusual dress and appearance, but those who knew him best speak not only of his kindly nature but of his extensive knowledge along lines in which he was particularly interested. He was notably a student of the Civil War and extremely well read in history. How he was able to live as he did for so many years is a source of wonder even to those in the vicinity who befriended him so constantly."



## 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



D.E. Bentley

# Red Tail Healing Center opens new healing & wellness center in Bloomfield, NY



Red Tail Healing Center will be having a grand opening on March 23rd from 1pm -5pm at their new location, 118 Main Street Bloomfield, NY 14469. Red Tail Healing Center practices holistic health care and wellness.

The mission of Red Tail Healing Center is to help people release what no longer serves their best interest and integrate love and light into the mental, physical, emotional and spiritual body. Red Tail Healing Center takes a holistic approach to healing all aspects of the human body; aiming to reach the root of problems and resolve them with the energy of love. The center provides a safe, confidential place for the community and is owned by two compassionate individuals, John Sarazyn and Brooke White.

John and Brooke offer energy healing sessions such as Crystal Healing, Reiki, Integrated Energy Therapy (IET) and a Personalized Spirit Painting with an Intuitive Reading (similar to an oracle reading). They also host events and classes focused on healing and wellness.

Some examples of events and classes are, holistic healing shares (similar to a Reiki share), group meditations, painting with spirit classes, drum circles, full moon ceremonies, crystal healing classes, and Reiki training.

Brooke White shares "Following my spiritual awakening in 2016, I have holistically healed the cumulative effects of four of my own traumatic brain injuries. Holistically healing my brain helped develop and enhance my skills and knowledge as an energy healer. I am excited to share what I have learned with my community!"

## Potential Benefits of Energy Healing:

- Healing of physical aches and pains
- Strengthening of the immune system
- Healing of emotions, trauma, PTSD, depression, lack of self-worth, anger, etc.
- Resolving of career related issues
- Restoring balance of the physical, emotional, mental and spiritual bodies as one whole body
- Reduce stress, anxiety and fear
- Achieve a sense of harmony, ease, peace, joy, balance
- Resolve of thought patterns and habits that hinder you

Red Tail Healing Center can be contacted by email: [RedTailHealingCenter@gmail.com](mailto:RedTailHealingCenter@gmail.com) and by phone: 585-754-6580.

For an event schedule visit [www.meetup.com/Red-Tail-Healing-Center](http://www.meetup.com/Red-Tail-Healing-Center).

## Red Tail Healing Center

118 Main Street  
Bloomfield, NY 14469

Reiki  
Crystal Healing  
Spirit Painting  
Intuitive Readings  
Integrated Energy Therapy  
Events Classes Workshops

585.754.6580

[www.redtailhealingcenter.com](http://www.redtailhealingcenter.com)

Join our group on  
[meetup.com](http://meetup.com)  
for event/class schedules



## Travis: Secret Agent Dog by Gary Catt

Well, he's here. He arrived last month. Finally. He's a fiddle-footed thing, 12 pounds of hyper-kinesis with face-seeking missile of a tongue and perpetual motion paws sticking out of a brown and white coat.

He's the replacement dog. He's got some big paws to fill. His name is "Travis." Not a name to demand respect around the rugged terrain of Mill Creek, but that's

what he came with not that it matters much. He responds to "come'ere" and "heyletsgo." Works for me, and I guess him. Not to wander off but I once had a dog inappropriately named Hercules. He responded best to "goddammit." I couldn't provide parental guidance to the kids without the goddamn dog climbing all over me.

Anyway, the new dog is here and while we're still working through the basics, he's doing pretty well. I got him from a fancy pound I think is run by the CIA or something similar. Go ahead laugh. Then Google this: CIA Project MKUltra.

So to continue, after weeks of searching I lock on to two dogs, both allegedly from the same "rescue" outfit. I'd like to take a look at the two dogs. How about if I just tool on up there some weekend.

Nope. I had to fill out a personal background check form that included pretty much my life story short of my Social Security and bank account numbers. I answered such questions as what my yard looked like, where the dog would sleep, and a couple personal references. Do I own or rent and landlord's name and number if I rent, and the name of my current veterinarian and the names and phone number for the veterinarians of my last five pets. There was more but I've forgotten. I kinda entered a fog by the time I filled out everything.

I filed my application for permission to look at and maybe adopt dogs that no one else wanted. It crossed my mind about who's doing whom a favor here?

To be frank, I know couples that have adopted babies from foreign countries with a lot less paperwork and rigmoral.

So what the hell, let's see where this goes? It'll fill my lonely hours... Perhaps a week later I get a call from the dog rescue place with no known address.

The interrogation was a bit more elaborate. "How many people in the house?"  
"Any children?"  
"How many hours are you home?"  
"What kind of work do you do or did you do?"  
"Where?"  
"Describe your fencing."

Somewhere in the midst of the interrogation I found myself appreciating my new Simplisafe alarm system.

I started asking questions. So where are the dogs? I knew to ask that because I was a kind of interrogator in my work life. Pretty snappy, no?

"We keep them in private homes, foster homes."  
When can I see them?  
"We need more information. Can you email photos of your home's interior and yard? We may have someone stop by to see you. Would that be alright?"

Yikes! My kitchen floor looks like a menu in a cheap Chinese restaurant and the dust

bunnies are organizing a takeover of the living room!

Sure. Come on by.

I really needed to find a dog because my friend – a psychologist who maintains he never analyzes me – has repeatedly suggested that a new dog would be "helpful."

Helpful?

I needed him to stop treating me as though I was pathetic.

Sh\*t, maybe I am pathetic or I wouldn't be going through this whole song and dance to get a dog from the shady rescue lady.

So I played along, asking for some more detail on the dog, Travis since he's the one I had the most interest.

"Well, Travis is from New York. He came into our hands after his owner died suddenly and he was sent to a kill shelter where we rescued him. He's been chipped, but we don't know anymore about that. The chip is from a foreign country and we don't know where or how to read it. After we rescued him, we flew him up here to Rochester to try and find him a home. He's being handled by a delightful animal behaviorist who has thoroughly checked him out for health and disposition etc..."

Petty fishy, I would say. Let's review this.

New York City.

Unknown owner dies mysteriously.

Dog is lined up for death.

Identification chip of unknown nation is discovered embedded in the dog.

Rescue operation with no known address plucks the dog from the shelter, puts him on an airplane to Rochester. Did he fly Business Class?

He's met at the airport by an animal behaviorist who recalibrates the dog for adoption. You be the judge.

Could this awkwardly named Jack Russell terrier be a retired CIA dog? Was it Travis that set up his master for assassination or worse? Is Travis chipped with important information that a CIA operative will one day want to retrieve? Is the name "Travis" a pseudonym?

Every dog has a tale, I guess. This has been just one of them.

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Angel



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