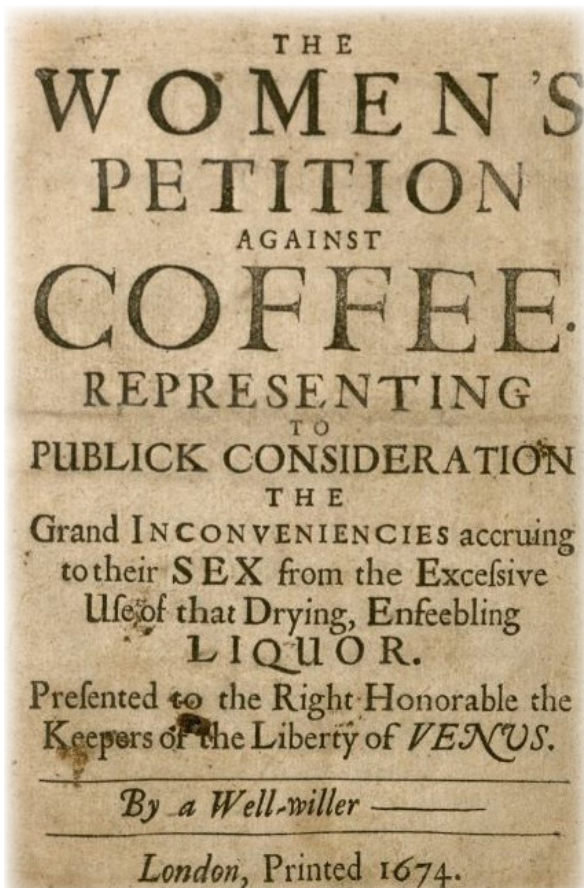


STIMULATING CONVERSATION

Coffee houses offer more than coffee to chase away winter's chill

Coffee houses dot our rural and urban landscapes, offering us spaces to relax and socialize. Winter is an ideal time to settle into a quiet corner to read, join a lively group of fellow citizens conversing on the topics of the day, or listen to music and stories during an interesting evening out. One of the things I love about coffee houses is the way they develop character as they grow and evolve in response to their proprietors, the community, and the customers—primarily the regulars who come to see these environs as homes away from home.

Coffee houses, in the US and around the world, have a long and, at times, sordid history—as Tom Waits alludes to in “Hold On.” Frequented by poets, playwrights, politicians, journalists, scientists, artists, and other stimulated thinkers, the earliest coffee houses were more diverse than many other establishments, which made them ideal places for conversing openly about current affairs. Modest entry fees made them accessible to almost anyone (almost anyone male, that is) and earned them the English nickname of “penny universities”. As coffee houses gained in popularity in thriving cities around the world—*Constantinople in the 1470s; followed by Venice (1600), Oxford (1651), London (1652), New York City (1668), Paris (1672); Vienna (1683), Berlin (1721), and others—they also had detractors. These included various political leaders—who saw these as places where sedition could fester (*GoCoffeeGo.com*). And wives—who resented, I am sure, their own social exclusion from these establishments and their husbands’ late-night absences. Herein lies the earliest hint of “you don’t meet nice girls in coffee shops.” In England, this discontent was marked by a document titled: *The Women’s Petition Against Coffee*. This was followed by *The Men’s Answer to the Women’s Petition Against Coffee, vindicating Their own performanes....* In which men defend against the satirical affront on their masculinity and their coffee-drinking socialization. Coffee houses declined in the 1800s, although things were still buzzing with various coffee-related inventions, including



*EC65.A100.674w, Houghton Library, Harvard University

the espresso machine (Yes!) and “soluble,” that is instant, coffee. (Oh no! No wonder coffee houses were on the decline.) Nonetheless, they persevered and fueled arts and political dissent in the 1950s and 1960s in places like San Francisco and Greenwich Village. We are now in a new wave of coffee houses that are hip, too hip some might say, and coffee drinkers with more discriminating tastes. At the newest artisanal coffee shops, coffee is seen as an art rather than just a great stimulant to inspire creative thought.

In this issue of *Owl Light News*, we touch on MacFadden Coffee Company, a newly reopened coffee house in Dansville, NY—whose owners are hoping to recapture that elusive character. We have mapped out many independently owned shops that we believe offer that “coffee house” flavor in their coffee offerings or conversational spaces. (All of the establishments mentioned we have been in, if only to drop a stack of *Owl Lights*). There are many places where we go to get coffee, everything from gas stations to interstate rest areas, but coffee houses are something more.

MacFadden Coffee Company

Reinvigorating the Coffee House Scene

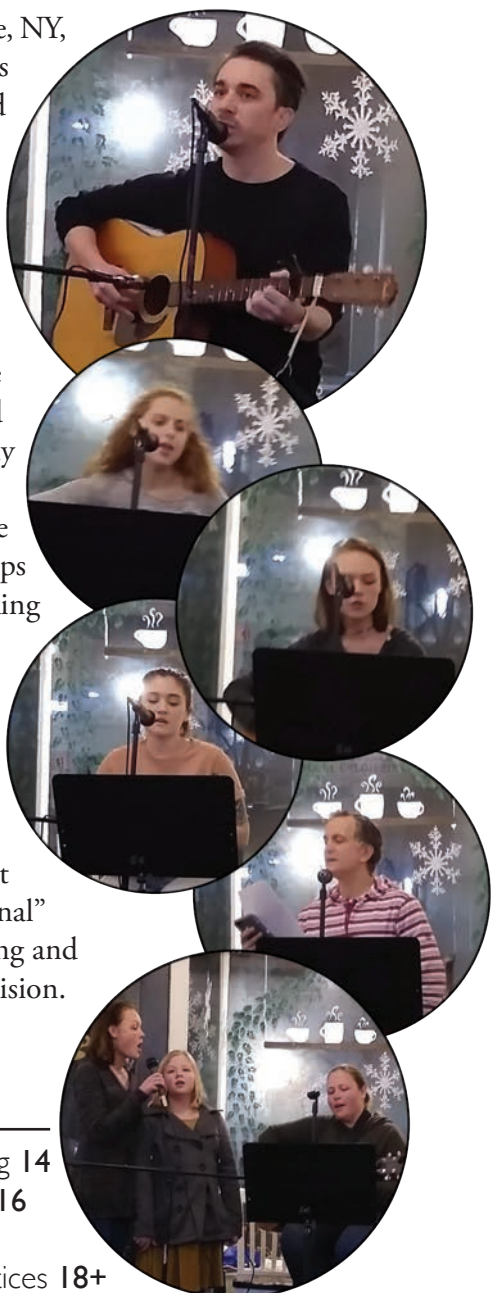
By D. E. Bentley

When I met with Denise Scannell and George Guida, the new owners of MacFadden Coffee Company in Dansville, NY, our monthly *Owl Light Inquiry* about Tom Waits song “Hold On” seemed like an ideal segue into our planned discussion about their new venture. Waits’ perception of coffee shops stems, they believe, from a particular time and place, including the New York City coffee shop scene in the 1980s, when coffee shops were a bit more avant-garde. (Waits also experienced the coffee shop scene in Los Angeles in the 1970s.)

George and Denise reflected on the loss of some of these NYC arts-focused venues, with their simple wood tables and late-night hours (and *heavily* smoke-filled rooms). These early venues also fostered creative conversation around political storms of the times. “Coffee shops started to variegate in the 1990s,” offered George, “many of our current day coffee shops are veneers of those earlier shops, with similar styles but lacking the vibe.”

This led us into a more in-depth discussion of their coffee house vision. They are looking to create a community gathering place rather than a coffee shop/restaurant (although both come from large Italian families who owned restaurants, and worked in restaurants, giving them an advantage over those totally new to food service). They want a more authentic café culture, a “cultural, civic, and communal” space where people feel at home and can socialize in a relaxing and affirming setting. Music and literary events are part of that vision.

Continued page 3



Also In This Issue

- From the News Room **2**
- State and Regional News **4**
- Nature and Gardening **6+**
- Out in the Owl Light **10+**
- Pen and Prose **12+**
- Sustainable Living **14**
- Keeping it Light **16**
- The Past **17**
- Community Notices **18+**
- Light Lens **Back and...**

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

Owl Light at Home!

Get Owl Light
delivered to
your door—and a
friend’s door too!



Go to:
www.OwlLightNews.com
/Subscribe
to submit a request, or
see form page 7.

OwlLightNews.com

Online exclusive content for February includes: “Owl Light Outings” featuring Esperanza Mansion and some same-day tastings in Penn Yan. Check it out at: www.owlightnews.com/owl-light-outings-esperanza-mansion.

Find great articles online and...•OWL PDF ARCHIVE
•ADVERTISING •EVENTS •SUBSCRIBE •CONTACT US



We want to hear from artists! Owl Light News loves to support the arts, and artists—be they musicians, visual artists, performing artists, beverage artists, innovators, skilled crafts people...or... Let us know what you do to feed your creative fires. We also want reviews of events /shows that are happening in rural places, suburbs and exurbs across New York State and how art is driving cultural revolutions outside of cities.

We also offer a free online calendar...add your event today—be it an art opening, a performance, a lecture, a community action meeting, or a reading...or... go to www.owlightnews.com/events/community/add. E-mail arts-related reviews to: Editor@canadicepress.com.

We welcome varied views from our readers. E-mail Letters to the Editor and Opinion Pieces to Editor@CanadicePress.com. Please include your mailing address and any other pertinent information.

Letters should be less than 500 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.



Editor D.E. Bentley

editor@canadicepress.com

Phone: 585-358-1065

OwlLightNews.com

[fb@Canadice Press](https://fb.com/CanadicePress)

Published Monthly by Canadice Press



*Submissions via e-mail to: editor@canadicepress.com or - last resort
- via our postal address.
5584 Canadice Lake Road, Springwater, NY 14560

Copy Edit: Emily Pecora

Mailings: Laurie Phillips

Delivery

Georgianne Vyverberg, Honeoye Falls/Bristol/Bloomfield; Dee Sharples, Henrietta); Darlene Deats, Honeoye; Jim Shelley, Geneseo/Perry/Warsaw/Leicester/points west; Gavin Spanagel, North of Canandaigua/Geneva; Laurie Phillips, Naples/Cheshire); D.E. Bentley & Co., Points North/Keuka Lake/Canandaigua.; with (1) drop in Ithaca, at Greenstar; and (1) drop in Rochester; at Starry Nites Cafe.

Owl Light News is available free of charge at locations across the Finger Lakes. If you would like more than one free copy, please contact us for additional copy permissions and/or to arrange location drops near you.

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

© 2020 Canadice Press ~ No material contained within or online may be copied or used by any means without the written permission of Canadice Press and the contributing author(s). Original print copies and credited online links of stories of interest may be shared.

Deadline for all content for the March issue of the Owl Light News is February 10th!
Our pages fill up FAST!

Send content/inquiries, including advertising inquiries,
to: Editor@CanadicePress.com.

Advertising rates can be found at:
<https://www.owlightnews.com/owl-advertising/>
Or call us at: 585-358-1065 (message please).

Owl Light Inquiry for March:
What is your favorite body of water in New York State and why?

Each month we will feature a different question.
Give us your take at: www.facebook.com/CanadicePress

Response to our Owl Light Inquiry for February:
Your take on Tom Waits’ line from “Hold On” -
“You don’t meet nice girls in coffee shops?”

Re: Tom Wait’s song “Hold On”
I’m thinking he got a bad cup of joe when he said “you don’t meet nice girls in coffee shops.” So Tom, where to go for girls that are nice. Take a minute and give your advice. Sounds like you know your way around to where nice girls are found. They are everywhere, MAN!

Response by Jack Taylor

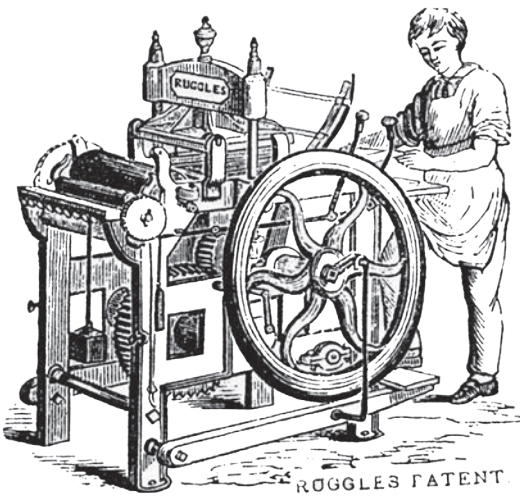
There must be some nice girls in coffee shops, after all my eighty-one year old mother frequents one – at least the drive-thru of one. I know sometimes she goes in one with her friend who is I think even a bit older than she is and both of these ladies are very nice women. Many folks I know have caffeine addictions and I would believe that many are nice girls who have these caffeine addictions and many frequent these coffee shops so whoever this Tom Waits is, better wait a minute and re-think the line, “Hold On” – “You don’t meet nice girls in coffee shops?”

Response by Wendy Schreiner

On the Front Cover:

Featured performer Joseph Fasano (top) and MacFadden Coffee Co. co-owner George Guida (second from bottom) and the incredible January 17 open mic performers at MacFadden’s that we got shots of (there were others not captured that were equally entertaining).

PRINT



Looking for a more personal, simpler
way to reach your customers?

Advertise in the OWL LIGHT NEWS!

Editor@CanadicePress.com

585-358-1065

MacFadden... from front

The space will have a resident piano and a place for original acoustic performances. A well-attended Wintertime Coffeehouse Live Performance and Open Mic with songwriter and poet Joseph Fasano on January 17th offered an enjoyable and welcoming coffee house evening. The open mic portion of the evening featured musicians and poets, including a number of young women honing their songwriting and performance arts with guitars, and a ukulele. Other events are in the works, so stay tuned. MacFadden Coffee Company will be open year-round. They will gradually grow their hours, while creatively expanding their offerings of food and entertainment.

More than anything, they want to get to know and collaborate more with people from the community. When they heard that MacFadden’s was on the market, they knew that this would facilitate their goal of becoming permanent residents, a desire that has grown as they have spent, and enjoyed, time in the area since 2004. One benefit of the move is being in a place where their children can move about more freely, without the need for micro-management. They also hope to provide another welcoming place for young people in the Dansville



Top: George and Denise at MacFadden’s Coffee Company.
Above: MacFadden’s is a full service coffee house, with rotating breakfast and lunch options, such as the Leek Potato Bisque and grilled cheese sandwich I enjoyed during a recent lunch visit.

community—a community space where they can visit with friends, work on schoolwork, and share conversation and creative collaboration with their peers.

The more we talked, the more their sentiments seemed to echo my feelings about the downtown feel that Dansville offers. People who have moved away or have never lived in smaller, close-knit communities are returning “home” to raise their children, start over, and retire. Denise and George believe that we will see smaller communities in the region, such as Dansville, become exurbs for Rochester and other higher-population-density areas as the nature of work continues to change, with more people working remotely. During a First Friday visit to MacFadden’s, I enjoyed a cup of Leek Potato Bisque and a grilled cheese sandwich on Texas toast, with an espresso. I sat looking out the window as many people took advantage of the warmer winter weather and strolled Main Street. More people everywhere are starting to discover or rediscover the joys of small-town life. As this demographic change happens, MacFadden Coffee Company will be here, offering residents and visitors to the area a place to gather, to talk, and to celebrate all that Dansville has to offer.

From the Editor

A steep decline in simple civility

I used to have a pretty regular habit of glancing though the morning news on my phone. I recently realized just how turned off I am by what is going on when I found myself, instead, exploring styling for contemporary loos. Seriously. It seems like we have gone so far in some areas while in others, such as election reform and global diplomacy, time is going in reverse.

One aspect of contemporary news that has me tuning out is a lack of professionalism on the part of some, from entertainers to politicians to leaders of nations, including the United States. I have never been one for strict formalities, although there are times when marching in exact formation does make sense—such as when training for war, as the ability to stay in step and obey orders can save lives. Nonetheless, there is a difference between more casual dress or behavior in casual situations and the marked decline in civil proprieties that seems to be a prominent hallmark of our society in recent times. There are the simple civilities that have fallen into decline: holding open the door for the next person; please and thank you; using language thoughtfully; assisting a stranger in need; basic, quality customer service; and appreciation of others who offer their services. For each slight there are now seemingly accepted justifications such as: “doors open and close automatically”; “what they did was no big deal”; “it’s just Twitter, what does it matter what I say or how I say it”; “I might be held liable if I help, or, they should help themselves”; “why should I cater to them” (it’s just a job); and “it’s *their* job to pick up my garbage, without me they would be unemployed.”

This crudeness in civility has spread beyond the general public to public organizations—a superintendent of schools addressing her staff in a gym suit rather than in business attire. To politicians—who routinely shoot out crude insults to opponents rather than focusing on the issues and their supposed service to the people. And to our leaders—who belittle other leaders and countries, speak unprofessionally, and act in their own best interests rather than in the interest of the citizens they represent.

Another area pervaded by lack of formality and civility is the respectful recognition of meaningful symbolism. This includes everything from defiling of monuments to disrespectful handling of national and state flags. As a resident of a country founded on action, and change, on justice for all, and freedom of beliefs and speech, I have also long recognized the need for citizens to step out of line when needed—respectfully and peaceably—to safeguard these things we most hold dear. Yet, there is a vast difference be-

tween protest for cause and casual sloppiness in civility and etiquette when it comes to the symbolic representations that we have built around our country’s stated principles. I was reminded of this when I recently passed a house displaying a political flag on the same flagpole as the American flag. Moments later, I saw a pickup truck flying an American flag alongside a political flag, at the same level. This prompted me to refamiliarize myself on flag etiquette. (Forget political etiquette as those in power are not likely to make the needed changes.) The commercialization of our flag has already resulted in them being carried on little sticks, discarded in the mud after a parade, or placed as degrading stickers plastered to vehicle windows, and, most recently, as highlighted by his fellow twitter users, posted by the President of the United States as a low resolution image to... (What? I don’t know)... rather than speaking to us, the People, after his unwarranted attack on foreign soil (without consulting Congress, a “formality” set down in our Constitution).

According to information found at www.usflag.org/flagetiquette.html:
“*The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.*”

Clearly, a political sign is advertising, and this practice of placing a political flag on the same staff or on a pickup truck alongside the US flag is disrespectful of this symbol. As are cheap windshield stickers and, yes, poor quality posted online images used for political purposes.

Many people who fly flags by their homes and in front of businesses now fly them day and night, in all weather conditions. This symbolic casualness is in marked contrast to times past when flags were ceremoniously raised and lowered. I remember being assigned this duty in elementary school, where two students, along with the school’s janitor, would raise and lower the school’s flag. Was this, I wonder, before or after I finally realized that we were not one nation invisible. Most of the posted flag etiquette makes sense to me, with the exception of flying warring sovereign countries’ flags lower—which I certainly hope we do not stoop to, as so many of those who have made this country great have lived under flags of other great and powerful nations; nations that we have, at times, been at peace with as well as at war with. Nations, like ours, that have at times gone astray.

Continued page 6

ESL Seeks Nominations of HS Seniors for 2020 Scholarships / Applications due March 10, 2020

Each year ESL Federal Credit Union awards college scholarships to five college-bound, high school seniors. We are excited to continue our annual college scholarship program in 2020!

In celebration of our 100th anniversary in 2020, we will recognize ten college-bound high school seniors; awarding \$2,000 to each scholarship recipient.

At ESL, our Purpose is to help our community thrive and prosper and we are seeking applications from students who have helped improve the community. Applicants will be required to provide an essay with an example or story of how they help or have helped their community thrive and prosper, official copies of their transcripts, a letter of recommendation from a school official or community/volunteer organization, and a resume of extracurricular activities and community service.

In order to be eligible, students must be:

- a member in good standing at ESL Federal Credit Union at time of application and time of award;
- a high school senior in the Greater Rochester area during the 2019/2020 school year;
- attending an accredited college or university in the Fall of 2020.

Applications are due March 2, 2020. The scholarship winners will be announced by May 1, 2020.

2020 Livingston Co. Teen Recognition Awards
Do you know of a Livingston Co. teenager worth recognizing?
Nominations Due February 7, 2020

Geneseo, NY, January 8, 2020 — Recruitment for the 2020 Livingston County Teen Recognition Awards is currently underway. The annual award program is sponsored by the Livingston County Board of Supervisors. Nominations are due by February 7, 2020.

The goal of the award program is to recognize and award youth in Livingston County who have demonstrated community involvement, exceptional leadership, or have positively influenced others by overcoming a significant challenge. To be considered eligible, the exemplary teens must be age 15 by February 7, 2020. Youth are eligible while in school and up to high school graduation.

Youth may be awarded in one of three areas:

- Community Involvement;
- Leadership;
- Positive Influence on Others While Overcoming Significant Challenges.

To nominate an exceptional youth, please visit <http://www.livingstoncounty.us/youth.htm> or call the Livingston County Youth Bureau at 585.243.6909. Please carefully read the Nomination Instructions and Rules before completing the Nomination Form.

Flu Cases are Increasing:
Protect Yourself and Your Family

Mount Morris, NY, January 16, 2020 – The flu season has started earlier than it has in the past three years. It has not yet peaked, but there has been an increase in cases over the last few weeks. It is expected to continue increasing in the upcoming weeks.

The seasonal flu is a respiratory illness that spreads easily from one person to another. Flu symptoms range from mild to severe and include fever, chills, headache, stuffy/runny nose, sore throat, dry cough, body shakes and body aches.

The best way to prevent the flu is by getting a seasonal flu vaccination, which is recommended for all individuals 6 months of age or older.

Some other ways to help prevent the flu include:

- Stay home from work, school and public gatherings when you are sick.
- Avoid close contact with people who are sick and avoid going near people when you are sick.
- Cough or sneeze into your elbow.
- Wash your hands often with soap and warm water.
- Avoid touching your eyes, nose or mouth; this is how germs are spread.

By following these tips, you can protect yourself and your family from the flu. For more information on the flu, please contact the Livingston Co. Dept. of Health at 243-7299 or visit <http://bit.ly/LivCountyDOH>.

Submitted by Jennifer Rodriguez, M.S. - Public Health Director

New York State Dept. of Labor Announces New Law to Close Gender Wage Gap in NYS

The new ban prohibits employers from asking about salary history

The New York State Department of Labor, on December 27, 2019, announced the implementation of a new law that prohibits both public and private employers from asking about salary history. One of the pillars of the new law, which takes effect on January 6, 2020, is New York employers cannot request that job applicants provide wage or salary history as a condition of employment. Current employees do not have to provide their salary history from any outside employers. It also prevents businesses from seeking similar information from other sources.

“New York continues to be a leader in the fight for economic justice and advancing equality for women in the workplace,” said Governor Cuomo. “The salary history ban reinforces our commitment to breaking down the barriers that have hindered women for far too long.”

New York State Department of Labor Commissioner Roberta Rear-don said, “This law is another critical step toward reaching full gender equality and equitable pay for all. While New York currently has the narrowest wage gap in the nation, with women earning the equivalent of 89 cents to a man’s dollar, that’s still an unacceptable gap. We have more work to do. This will help our state to move more quickly toward closing

that gender wage gap and breaking this discriminatory cycle.”


In 2017, Governor Cuomo directed the Department of Labor to study the causes, scope and economic impact of the gender pay gap in New York State and issue policy recommendations to help close it. As part of the study, the Department of Labor conducted pay equity hearings in New York City, Syracuse, Long Island and Buffalo to solicit testimony identifying specific causes of the gender wage gap and suggestions on ways in which the wage gap can be closed, either in its entirety, or in particular industries. The study asserts that the salary history ban will be an important step toward pay equity by virtually eradicating the impact of low wages or experience gaps that compound over time.

The report, available here, outlines the state of the gender pay gap in New York, including its scope across the economic spectrum and throughout each region of the state.

The salary history ban is part of Governor Cuomo’s 2019 Women’s Justice Agenda. The new law builds on the progress New York has made to improve reproductive, economic and social justice for all New York women.

The salary history ban took effect on January 6, 2020.

For more information visit www.ny.gov/salaryban.



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 to access

DISPOSE— drop off any unwanted/unused and expired medication to your local disposal site

Medication Drop Box Locations:

Bristol: Town Hall	Farmington: State Troopers
Canandaigua: FLCC (Keuka Wing) The Medicine Shoppe Ontario County DMV Office Canandaigua Police Dept. Thompson Hospital (lobby) Mental Health Clinic (County Complex)	Clifton Springs: Hospital (Lobby)
Geneva: Police Station North Street Pharmacy	East Bloomfield: Town Hall
Richmond: Town Hall CVS Pharmacy	Naples: Village Hall
	Phelps: Community Center
	Rushville: Village Hall
	Victor: Meade Square Pharmacy

If you do not live in Ontario County, please contact your local law enforcement agency. Questions, please call us at 585-396-4554.



Pathways to Democracy

Contemporary Political Chatter in the Winter of our Discontents



By Doug Garnar

From the passage of the Alien & Sedition Acts in 1797 to the Civil War and on to the civil rights, women’s suffrage, LGBTQ and environmental movements, rarely has there a period in American history without rancorous political discourse, some leading to outright violence. The idea of a divided America is not just a contemporary feature of our county.

Imagine you are an historian writing a century from now. What artifacts of the political chatter of the period from 1960 to 2020 might you select to illustrate some of the core sources of discontent/division? The following is a short list and I hope readers might come up with their own lists:

- Future Shock—a term originally coined in the late 1960s by Alvin Toffler to describe a hyper change society which leaves individuals in a state of confusion and disbelief. The term has resurfaced in recent writings.
- Credicide—a term used by W.W.Wagar in his *A Short History of the Future* (written in 1989) to describe a culture that has lost all belief in any systems of thought (religious or secular).
- Creative destruction—a term coined in the early 1950s by the economist. Joseph Schumpeter to describe capitalism as a system that both creates new vibrant economic wonders/wealth while at the same destroying those economic enterprises no longer able to compete.
- Fake news—the idea that most news is not objective/truthful but is fake---the idea has been a subtext of America history for centuries, but our current President has made it a moniker of his world view.
- Make America Great Again—only the latest political slogan in a long history including such ones as “the Fair Deal”, the New Deal”, the Great Society” etc.—a sort of political bumper sticker designed to appeal to the gut.
- President Obama’s Executive Order #13653, issued in late 2013, ordering all govt. agencies to assess how climate change would impact their agency. Upon coming into office in 2017 President Trump rescinded Obama’s executive order. He has maintained that climate change is a hoax. The Pentagon continues to research the implications of climate change (see M. Klare’s *All Hell Breaking Loose: The Pentagon’s Perspective on Climate Change*, an insightful examination of Pentagon documents on the subject and some key interviews with current and retired military officers).
- The Deep State—one version is that non-elected govt. bureaucrats subvert the will of elected officials from Congress to the President. Another view is that for the most part bureaucrats who abide by law/Constitution will, on occasion, become “whistler blowers” to show where elected officials are working outside the guardrails of our democracy.
- Refugees—the greatest number of refugees since the end of WWII are now fleeing from violence, economic poverty, environmental degradation, disease, and climate change. Walls in the past, including the Great Wall of China, have not worked. The refugee problem persists.
- Failing/failed states—an increasing number of nation states are unable to meet basic internal/external security needs, such as Somalia, Syria, Nigeria Iraq etc., while other states are looking to break up, such as the United Kingdom. There are even some who feel that Texas should leave the USA and revert to its former Republic of Texas. Globalization has produced great wealth, but an unanticipated consequence has been the failure of nations to address increasing economic divisions—the 1% and the rest
- Tribal politics—even in mature democracies increasing number of citizens no longer embrace a national identity; rather they see their primary identity in terms of race, religion, gender, social class or a political party. The loss of a belief in the American Dream may be a major catalyst for American tribalism.
- Drain the swamp—a political slogan suggesting that the Federal govt. is rigged to benefit “insiders” leading to graft/corruption on vast scale perhaps not seen since the age of the Robber Barons.

“Things fall apart, the centre cannot hold . . . The best lack all conviction, while the worst Are full of passionate intensity.”

From “The Second Coming” by W.B. Yeats

- The Age of the Anthropocene—a concept advanced by geologists in the early 1990s suggesting that human beings now control the fate of all life on the planet. The possibility of one last mass extinction is feared, and that humanity will also be a victim of its own behavior in this last extinction.
- Global communications promoted by the arrival of the internet/social media will continue to shrink the planet—with few gatekeepers the potential for both good and evil abounds.
- Global pandemics will continue to grow with climate change, a global economy and the various revolutions in transportation.
- Terrorism will continue to dominate the political/social landscape. States will make difficult decisions about how to ward off terrorists and still ensure an open free society. The icon of security state will be the increasing use of TV cameras in the public sphere, leading some to believe that Orwell’s world of 1984 is closer than we think. For non-democracies this is not an issue, but for democracies....
- The New Norm---the idea that established patterns of human behavior and the relatively stable features of the physical planet will be increasingly overturned. Vile/vulgar language used to describe one’s political opponents in democracies will transform the political landscape. In the temperate climate of the United States the traditional “Indian Summer” and January thaws have become things of the past as increasing erratic/volatile weather patterns emerge ranging from polar vortexes, extreme droughts, more violent hurricanes/tornadoes, fires etc..

The aforementioned political chatter does not bode well for the children of today, some who will live into the 22nd century. Yet there is a sign of hope in the “Greta effect”. Several weeks ago, *Time* named the 16-year-old Swedish girl, Greta Thunberg, Person of the Year. She has challenged the powers to be ranging from Parliaments and international bodies to even the Pope to recognize that little time is left to wrestle with the looming disaster of climate change. She and thousands of other young people are making their voices heard. Young people are also interested in other issues, such as gun violence as evidenced by the youth movement following the shootings at Parkland HS. The Black Lives Matter movement is yet another reflection of young people tackling the problem of racism. Generation Z, and those to follow, may be the salvation of humanity. Their willingness to embrace the values of strong democracy*, reason, science, altruism and empathy for all should give us cause for hope.



**Strong democracy is rooted in the need for much greater civic engagement by citizens. Deliberative forums, public voice events, and public policy-oriented study circles are but a sampling. In addition, schools need to weave in their K-12 programs a civic engagement theme.*

I will resume looking at deliberative forums in succeeding months and I can be reached by email at garnardc@sunybroome.edu

Doug Garnar
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, NY. E-mail: garnardc@sunybroome.edu.

Dragonfly Tales

A Lesson in repurposing, recycling, and windfalls

by Steve Melcher



I want to thank our local Scout Troop 10/410 for not only providing a treat for the critters here at Odonata Sanctuary, but a lesson in sustainability and stewardship. We've all heard the saying, 'When life gives you lemons, make lemonade'. That's just what the scouts did with the 'leftover' lemon trees they were selling for the holidays.

The ex-Xmas trees were heading for the landfill or the chipper, which would have used town labor and expensive fuel. Unfortunately, there were quite a few smaller spruce and pine trees, perfect for a 600-square-foot apartment in the Big Apple, but not suitable for most folks in upstate NY, who want to fill the family room with as big a tree as possible. After the holidays, there was a surplus of spruces. A call was out by phone and social media to 'come and get em'. Folks showed up with pickup trucks and trailers, some even dragging them down the street tied to the backs of their Priuses, doing a great job of keeping the streets clean in the area. Odonata Sanctuary was contacted about the *windfall of 'free if you can haul them' trees. We told them that we would take any of the giveaway gymnosperms that were abandoned at the park. After all, Odonata Sanctuary is a hospice for farm animals, why not expand that to the plant kingdom? Before they were to be hauled away and chipped at taxpayer's expense, the scouts loaded the balsam, larch and Fraser Firs onto a dump trailer and delivered them to the Sanctuary.

The scouts turned what was possibly a financial loss into a lesson of social responsibility and a lesson in ecology straight out of Barry Commoner's *Four Laws of Ecology*. The abandoned trees could have have taken up space in a landfill, after all 'Everything must go somewhere'. Or the trees could have been run through a chipper which uses fuel and labor and is designed to reduce the volume where, in most towns, ends in a landfill anyway. Or they could've become part of the 'Great Christmas Tree Race' where Concolor Christmas trees are tattooed and then dropped upstream into Honeoye Creek and tracked to see which one travels the farthest in three days. But, because 'Everything is Connected to Everything Else', they chose to put the word out to local goat-



A broad arrow mark on a tree.

herds, Solstice and Saturnalia celebrators and Christmas Tree collectors, but, most importantly, a local animal shelter, to provide food and shelter. This is a lesson in resource management as well. What happens to trees in a natural setting? Because *Nature Knows Best*, trees in the beautiful woods of the Finger Lakes, provide food and shelter when they are alive and when they are dead, decayed and decomposed, they provide nutrients for the firs of the future. The scouts learned that 'There is no such thing as a free lunch' by doing the best with a business deal that lost its bark.

Odonata Sanctuary received a small local grant specifically for trail maintenance that will require mulch on some of the footpaths. Where will we get the mulch? The Scouts! The Sanctuary has given half the funds to the scouts for the trees and is planning on providing an Eagle Scout Project for this summer. This will hopefully defray some of the losses from the annual tree sale.

The trees that the scouts provided will:

1. provide food for the goats** and donkeys here at the sanctuary;
2. Provide shelter for the geese and peafowl;
3. Provide a windbreak for the pot bellied pig shelter;
4. Dry needles, fallen from the trees, provide bedding for the

warm blooded critters during the blustery upstate winters; and, 5. The skeletal remains of the spruce and pine will be mulched and spread across the 5 kilometers of trails where generations of nature lovers, including future and present scouts, will tread softly through the woods and fields of Odonata Sanctuary.

I'm looking out towards the barn where piles of pines are stacked against the windward side of the barn where two goats, Van Der and Stilton, are munching away in the manger on the eve of 12th Night. Thank you again, scouts.

Barry Commoner's Four Laws of Ecology

- 1) Everything is connected to everything else
- 2) Everything must go somewhere
- 3) Nature knows best
- 4) There is no such thing as a free lunch

The scouts learned valuable lessons in the fields of economics and it's cousin ecology; both using the suffix 'eco', meaning house. This generation has stepped up and is taking care of their house in the Anthropocene epoch.

**Windfall: The trees on a British nobleman's estate, here in the colonies as well as back home in Great Britain, belonged to the king and were marked with the 'King's Mark'. However, trees that had fallen in a storm were free to those who lived on the estate. Such a piece of luck was called a windfall. A tree commonly used today as a Christmas tree, the majestic White Pine, (Pinus strobus), played a crucial role in early American sailing history providing masts for the tall ships that brought prosperity to what became the USA. **Goats, like deer are browsers and not grazers like cows and sheep.*

Steve Melcher

Steve Melcher is the primary caretaker, hoof trimmer & poop scooper at Odonata Sanctuary, Mendon. His studies 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: fb Odonata Sanctuary.

Eagle Rescue – Otsego County



December 31, 2019

ECOs
Timothy Card and
Dustin Osborne
rescued a bald
eagle from the
shore of Schenevus
Creek-Schenevus,
Otsego County.

Officers transported the eagle, which was unable to fly, to a wildlife rehabilitator in Greene County.

Submitted by NYS DEC.

Civility... from page 3

Times when countries and their governments do not live up to their expectations are when the symbolism of objects of representations, such as national flags, are most important. Finding respectful ways of showing that we expect more as citizens of a free country—such as kneeling or standing quietly rather than patriotically saying a pledge that does not respect all beliefs or accurately reflect the realities of life in America as experienced by millions of oppressed and disadvantaged people—is an important way for us to ensure that those freedoms remain, for *all* citizens. So many of us—citizens and political representatives alike—seem to be staying in step when we should be standing up and standing out for what our symbols—our flag, Lady Justice—are meant to represent. Meanwhile, the inadvertent and blatant lack of formality, civility, and respect that has pervaded the Nation as a new, acceptable, norm is making comic the very principles that we so feverishly claim to uphold.

Find us online at OwlLightNews.com / Like us at fb@Candice Press

The Night Sky - February

Elusive Mercury comes into view in February



By Dee Sharples

Not very many people have seen the elusive planet Mercury in the sky, but there's an opportunity in February to do just that. Mercury is the smallest planet in our solar system and the planet which lies closest to the Sun. Because of this, it can only be seen for a short time after the Sun sets this month.

The first thing you'll need is an observing location with a clear view of the west-southwest horizon with no obstructions to block your view, such as trees or houses. On February 1st, the planet can be spotted half an hour after the Sun sets, only seven degrees above the horizon. That's less than one fist-width. It will shine brightly, looking like a magnitude -1.0 star.

The planet Venus is a bright beacon which will help you locate Mercury. Venus, which will shine brilliantly at magnitude -4.1, will be impossible to miss in the evening sky. Mercury will be about 2½ fist-widths below and slightly to the right of Venus. By February 10th, Mercury will have already started to dim to magnitude -0.6 but will now be 11 degrees above the horizon and easier to spot

because of its higher altitude in the sky. It will continue to fade quickly each night after that. Mercury is one of the four terrestrial planets, those planets which are comprised of rock and metal, such as iron, with a solid surface. Earth, Venus, and Mars are the other three.

Mercury is only slightly larger than our Moon and its surface looks very similar, covered with countless craters caused by collisions with comets and meteoroids since it formed 4.5 billion years ago. There are also areas of smooth terrain and steep cliffs hundreds of miles long and up to one mile high. It's the fastest planet in our solar system making its journey around the Sun at 29 miles per second in only 88 days. While Mercury speeds around the Sun, it rotates on its axis very slowly, only once every 59 days. Earth rotates once every 24 hours, making a day on Earth 24 hours long, but a "day" on Mercury is 59 Earth days long.

Mercury's axis is tilted only 2 degrees – Earth's axis is tilted 23.5 degrees. Because Mercury spins almost perfectly upright, it does not experience seasons as we do,

West-southwest

February 10

★ Venus

Mercury

30 minutes after sunset.

since a planet's tilt is what causes the changing seasons as it circles the Sun.

Not surprisingly, temperatures on the surface of Mercury are hot! During the day, temperatures can reach 800 degrees Fahrenheit. Because the planet has no atmosphere to retain that heat, the nighttime area on the surface can drop to minus 290 degrees Fahrenheit.

Mercury, a planet of extremes, began giving up its secrets when the Mariner 10 spacecraft visited the planet in 1974, followed by Messenger which went into orbit

around the planet in 2011. A multi-national spacecraft named BepiColumbo is on its way to Mercury, scheduled to start orbiting the planet in 2025.

The brightest star in the night sky, Sirius, also known as the Dog Star, lies due south at 10:00 PM, close to the horizon shining at magnitude -1.46. It appears to twinkle more than other stars because we're looking at it through a denser, dustier part of the atmosphere near the horizon.

Hopefully, February will have more clear nights than we've seen in recent months.



Dee Sharples

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.

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: -4.1

Sirius: -1.46

Mercury: -1.0

Bright star: 0.0

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 about 1°.



Genesee Valley
Conservancy

**Celebrating 30 years
of conservation!**

Support local conservation:
PO Box 73 | Geneseo NY 14454

www.geneseevalleyconservancy.org

Get Owl Light News sent to you!

Go to www.OwlLightNews.com/Subscribe and submit a request. An invoice will be sent to your e-mail (payable online or by check). OR send completed form below *with check* to:
Canadice Press 5584 Canadice Lake Road, Springwater, NY 14560.

I would like Owl Light News delivered to my door.

For Owl Light News delivery, fill out and send this form with a check for \$25 (per year) payable to Canadice Press.
Please print clearly:

Name: _____

Delivery Address: _____

Phone () _____ - _____

E-mail: _____ (for invoicing only)

Gift? _____

Billing address (if different from above or if this is a gift subscription):

Bee Lines

Winter in the Bee Yard

by Sam Hall



The winter solstice is past and for some reason it causes me to start looking forward to the coming year more so than New Years. In about five to six weeks a mystical and marvelous thing will happen in the beehive. Around the middle of February the bees who have been clustered will start raising the temperature inside the cluster.

The cluster is a ball of all of the bees in the hive and the queen is at or near the center of the cluster. The bees will form a cluster anytime the temperature drops much below 45 F. The temperature in the cluster during the beginning of the winter is about 55 F, though depending on the location this may vary a bit. This temperature is achieved by the bees appearing to shiver. The shivering of thousands of bees in a ball creates the heat.

If you have seen videos of penguins, you will note that in extreme cold they form a circle and the inside of the circle is always working outward and the outside in, so that everyone gets some heat and some cold. It is the same in the bee cluster. The inside bees are working outside and the outside bees are working in.

In mid-February the bees will increase the temperature in the center of the cluster to around 90 F. The queen will then start to lay a great number of eggs. This is in the anticipation of having an adequate work force when spring flowers arrive. It takes 21 days from the time the queen lays an egg until an adult

“The way humanity manages or mismanages its nature -based assets, including pollinators, will in part define our collective future in the 21st century. . . . The fact is that of the 100 crop species that provide 90 percent of the world’s food, over 70 are pollinated by bees.”

Achim Steiner

worker emerges.

Other things take place in February. The eggs will hatch in three days and the resulting larvae will then need to be fed. In the normal scheme of things, this feeding is done by the youngest bees that are aptly called nurse bees. Since in February there are no young bees in the hive, the remaining bees are about 6 months old, way past the age of normal nurse bees. However, nature has given these elderly bees the ability to revert to nurse bees. It is perhaps like grandparents raising grand children.

If you have bees living near you either in a hive or in a tree, on sunny days when the temperature is in the 40s or higher and there is little or no wind, you may see the snow around the hive covered with yellow matter. This is known as “yellow rain”. The bees will not defecate in the hive and so will take the opportunity to relieve themselves, sometimes for the first time in many weeks. Often alarming to new beekeepers, a number of the bees that come out die in the snow, some because they are too weak to fly back in and some because

they may be ill and do not want to contaminate the whole colony. These can number in the hundreds and it is normal. It is the survival of the colony that is important not the survival of an individual bee.

So often we take for granted the gifts of nature and, since they are free in a capitalist society, we feel they have no value. I remember a friend some years ago that thinned out his daylily bed and put the culled bulbs by the street with a sign “FREE”. No one took any. He made bunches of them and put a sign \$5/ bunch and he got rid of most of them.

Since it is spring, try to plant a tree.
If that is not possible just don’t step on that ant.

Sam Hall

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 Blizzard of 1966: Six Stories from the Big Snow

Fifty-four years ago, at the end of January 1966, western and central NY, along with much of the mid- Atlantic and northeast, experienced the blizzard of 1966. It was three days of wind and snow that dumped thirty plus inches of snow, and deeper drifts, on much of our area. To commemorate the blizzard, I recently asked friends and relations to tell their tales of the storm. Here’s what they remember. Respondents ranged in age from 7 to 20-something back in 1966. Submitted by Andy Smith

Blizzard of ’66, remember that one?

Some of the heaviest snow was in Brockport, where dad got snowed in taking me back to campus. He helped me with my janitor job. Bob, my roommate, and I trudged to the phys. ed building across campus, grabbed two pair of snowshoes, and delivered sandwiches to kids in the dorms. J.S., SUNY Brockport

My dad had taken my oldest brother back to college at Brockport. Three days later, Dad made it back from Brockport. Driving down East Ave., where the snow banks were piled high on both sides of the road, he spotted our dog Yogi on top of one of the snowbanks. Yogi had been visiting a lady dog friend. Dad brought him home. A.S. Pittsford, NY

Ted and I remember that storm most vividly. As newly-weds we were living in Caledonia, it being close to the horse farm. During that natural assault Ted was daily snow-shoeing several miles from home to farm in order to be sure all the horses were fed and watered. Other farm hands were snowed in as well, and he felt it was his responsibility to take care of the stock. It was an adventure for both of us that is much better in the telling than it was in the living. M.Z., Caledonia, NY

Only the aerial of our car was visible when the snow stopped blowing. I know that from a photograph. I was sleeping over at a friend’s house and wound up spending three nights. I remember we went outside on the second day because we heard a motorized vehicle coming down the road. It was a sort of bulldozer. It bogged down in an enormous drift not far from my friend’s house, and the driver just walked away down the road he had cleared. JMS, Brockport NY

That storm was responsible for the best sleigh riding winter in my memory. The drifts crusted over and the sleigh riding lasted longer that year than any I could remember. The crust wasn’t there right away, but eventually it was there. In the spring when then snow melted, we had one long stretch that was a large drift that stayed there a long time. We did a lot of sleigh riding on that longer than normal into spring. D.T., Afton NY

Stephen shoveled the whole driveway while me, Jamie & Richie car-skied to Pittsford Plaza, back and forth, car-skiing in Dingo Boots was where it was at, man. B.S., Pittsford, NY

I do! My neighborhood organized a caravan to walk for groceries. From Fox Chapel Road to Wegman’s (now Beers of the World.) I was curious about exactly what a hike this was, so I did a Google Map – 2.2 miles one way. I am sure the time could easily be doubled, because much of the route was not plowed and people were dragging sleds of groceries, and maybe some beer. N.H., Henrietta, NY

Can you dig out the Blizzard of ’77 from this website, would be interesting to compare. That’s when five of us drivers ended up stranded and bunked out at this farmers house on Town Line Road, wasn’t fit for man or snowmobile to be out that day – young & foolish. It was good conversation, great food, it took three days to get out, but they had plenty of chickens, meat – we ate well. I believe it was in February...I remember I couldn’t see that well driving, someone had their flashers in front of me, so I stopped, then the next few cars behind us stopped. There was a 3’ drift across the road and the cars were getting drifted in quickly so we couldn’t turn around. We saw the Farmers porch light about 1/8 mile up the road and trekked through the snow, knocked on the door and the rest is history. B. W., Newfane, NY

So, there you have it, six stories from big snow in ’66 and one from 1977.

Visit Owl Light News online to read this article with accompanying images, including a map showing the extent of the story: www.owllightnews.com/the-blizzard-of-1966

The Homestead Gardener

Growing Together: A Review of *Farming on the Wild Side*

By Derrick Gentry



It is a fact of some importance that Henry David Thoreau, the proponent of self-reliance who wrote of planting beans and of sharing a portion of his harvest with the woodchucks, nevertheless chose not to share his cabin with a soul mate. The one-room on Walden Pond was, among other things, a bachelor pad. His stay at the pond, moreover, was hardly a long-term commitment: Within a couple of years, Henry was back in town living with his parents.

Any experiment in living a more sustainable and ecologically sane life gains another interesting dimension when pursued alongside the experiment of sustaining a long-term relationship with another person. Over the years, a distinct sub-genre of garden writing has emerged that adopts the first-person plural voice and charts both a stewardship learning curve and the growth of an interpersonal relationship. There are some famous “gardening couples” who have written famous books together. Among Americans, Helen and Scott Nearing come immediately to mind. On the other side of the pond there is Margery Fish and her classic *We Made a Garden*, which tells the subtext-heavy story of the not always harmonious relationship with her husband Walter. (Fish originally wanted to title the book “Gardening with Walter,” but a friend of the couple later reported that “We Made a Mess of Our Marriage” might have been a more appropriate title...). At first glance, these books may not be as radical or as inspiring as Thoreau’s *Walden*; but they tend to be more grounded in the day-to-day challenges of living in imperfect harmony – which, at the end of the day, may be the only kind of harmony there is.

In their new book, *Farming on the Wild Side: The Evolution of a Regenerative Organic Farm and Nursery* (Chelsea Green, 2019), Nancy and John Hayden join company with Helen and Scott and Margery and Walter. The Haydens have spent the past quarter-century living together and farming together on an eighteen-acre property in the foothills of the Green Mountains in northern Vermont. Their joint memoir chronicles the evolution of what started out as a small-scale livestock grazing and meat production and has since transformed into “an agro-ecological fruit farm, nursery, and pollinator sanctuary.” At a deeper level, the book tells the story of a gradual philosophical change in the way the couple conceives of their long-term relationship to the land and of their role as stewards and promoters of biodiversity. Their story also deals with the familiar theme of how to pursue grand ideals while making ends meet at the household level.

There is no discernible subtext of marital drama or strain in the story they tell, and they divulge little that is personal let alone confessional, but it seems pretty clear that the Haydens have not made a mess of their marriage. *Farming on the Wild Side* opens with an account of an ordinary daily routine in which the practice of stewardship merges with that intimate pastime of long-married couples, going for a walk together:

“It’s early morning or midday or evening, any day in every season no matter the weather. It’s time to walk the perimeter of the farm. Time to walk the dogs. [...] A great way to start and finish the day, it’s also an important step in learning about the various habitats on our land, the plants and animals that live there, and their complex relationships – the definition of ‘ecology.’ Watching our own lives unfold along with the phenology (the plants’ and animals’ seasonal cycles) reinforces our sense of place and connectedness with our world.”

The “evolution” mentioned in the book’s sub-title is generally a move away from labor-intensive practices that, in many cases, were also undermining some of the Haydens’ longer-term regenerative goals (which have recently become primary goals). After several seasons of preparing their garden beds to plant annual crops, even employing light tillage, the Haydens began to notice some degradation in their soil structure and rapid loss of some of the organic matter they had worked so hard to incorporate. Since that revelation, there has been a gradual shift away from growing annuals to establishing perennial fruit trees and berries – for example, the hoop houses where tomatoes once grew having been replaced with trellised dwarf apples and apricots and raspberries.

And then there is the Haydens’ “rewilding” project, which has meant rethinking the more vigorous maintenance and management methods practiced in their early years on the farm, and making wiser decisions

about what NOT to do moving forward. The Haydens still raise some animals on the farm, but not nearly as many as they once raised. Much of the old pasture land has been converted to a “wild” pollinator and wildlife sanctuary—to the initial dismay of their neighbors, who perceived it as unmanaged and unkempt. On page 8 of the book, there is a photograph of the main entrance to the farm taken in 1992, with cut grass and wide opens spaces, juxtaposed with a more recent photograph image showing a much less manicured farmscape of berry bushes and fruit trees and a jumble of native plants – a messier scene, but far more biodiverse.

These decisions to scale back are philosophical in nature, but they are also thoughts that occur to cultivators of the land – and to people generally – when they reach a certain stage in life. One of the more telling passages in “Farming on the Wild Side” comes at the beginning of chapter 8, on the growing and harvesting of black currants. As the Haydens point out, there are many attractive reasons for growing currants and related species (such as gooseberries). The problem is that harvesting currants can be a tedious and physically demanding chore. The Haydens have several hundred bushes to manage and harvest. One year, Nancy Hayden harvested an amazing 300 pounds of currants, one berry at a time, within a single day. Age has caught up with them, however, and “those glory days are past now.” Several pages in chapter 8 are devoted to discussing, with kinesthetic precision, the art of picking black currants in the most efficient way possible, causing the least amount of wear and tear on the body. The young athletes they recruited to assist in the harvest did not know how to pace themselves or how to make good use of their energy, adopting the misguided approach of “move your body, and move your body faster.” As a middle-aged non-athlete who is beginning to feel his age, I will keep in mind the advice in the section of the book the next time I am crouching down amid currant bushes (and it will remain a cautionary tale in the back of my mind if I ever consider expanding from a few dozen bushes to a few hundred).

The Haydens have made compromises along the way; for example, the draft horses have been replaced in recent years with a small tractor with a front loader. But in their advancing years the couple remain dedicated to some older ideals: appropriate technology, small-scale (that is to say, human-scale) food growing, and the belief that “small is beautiful.” Many of their navigational adjustments over the years have been informed by a sense of economic sustainability and basic time management. At one point, for example, John Hayden realized that he was working 60-80 hour weeks on the farm at something less than minimum wage. (Nancy’s academic position has been the primary source of income.) The book concludes with a wise meditation on “biggering,” or the question of whether or not to scale up some part of the business (such as their syrup production in response to increasing demand). In the end, perhaps one of the most important lessons from the Haydens’ experience may be to have a diversity of broader goals in mind, not just a diversity of revenue streams. For the Haydens, that includes non-lucrative but meaningful goals such as building ecological biodiversity, building community, and sharing knowledge with others. Nancy Hayden at one point says that from the beginning they had “wanted to open the farm to the world.” By telling their story and sharing their experiences in this book, they have taken a major step toward achieving this goal.

Advertising Ways of Life

“This is the future of farming” reads the back-cover blurb from Andre Leu, international director of Regeneration International. Chris Smaje, the British farmer and author of the *Small Farm Future* blog, declares lower down on the back cover that “we need more books like this.” Do we? What purpose do books like this serve? I think those are fair questions to ask. A how-to guide in the form of a scenes-from-a-marriage-memoir is also, in effect, an advertisement for the possibility of living one’s life a certain way.

One of the virtues of the Haydens’ book is that it genuinely opens out to the world and aims to inspire individuals to form communities (and a marriage may be thought of, I suppose, as a microcosm of a society). By contrast, Thoreau’s “Walden” comes dangerously close at times to an advertisement for the hermit lifestyle, an unplugging from the larger economy and from society itself that is unsustainable in practice and perhaps impossible in principle.

Continued page 17

Out in the Owl Light

Cartoon by Sally Gardner
<https://sallygardner.com/>



Start the new year off with some inspiring art! Shawna Apps' work will be at the solo exhibit space at Dansville ArtWorks through February!

"I have always seen the world different from those around me. To me, the grass isn't green, the sky isn't blue, the animals aren't just animals. Instead, I see a variety of colors that shift moment-by-moment in the landscapes and in the animals that have their own individual personalities."

Dansville ArtWorks • 153 Main Street, Dansville.

Dansville ArtWorks is a volunteer run, nonprofit arts organization. For more info, www.dansvilleartworks.com, 585.335.4746, dansvilleartworks@gmail.com.

2020 ESL FEDERAL CREDIT UNION
COLLEGE SCHOLARSHIP



VISIT ESL.ORG/SCHOLARSHIP
FOR MORE INFORMATION

APPLICATIONS DUE MARCH 2, 2020

ELIGIBILITY

- Member in good standing at ESL Federal Credit Union
- High school senior in the Greater Rochester Area during 2019/2020 school year
- Plans to attend accredited college or university during 2020/2021 school year

Membership subject to eligibility. ESL is a registered service mark of ESL Federal Credit Union. This credit union is federally insured by the National Credit Union Administration.

See additional information about this scholarship opportunity page 4

D&D's
MISFIT
Antiques
CRAFTS and
FURNITURE

Stop in today to see

what we have in store!

Upcycling the past...into
new & exciting treasures!

Open Thurs.- Sat. 10 am - 6 pm
& Sunday 10 am - 2 pm

Watch for Weekly Specials!
~ Check us out on facebook and at
ddsmisfitcraftandfurniturestore.com

darlenedeats@gmail.com • 585-703-0213



Honeoye Public Library

"We're Books ... and More"

Book Sale
Saturday
Feb. 15th, 9am-1pm

~Book Talk Group~ All are Welcome!
Wednesday Feb. 26, 5:30 pm
Before We Were Yours by Lisa Wingate

Check us out at honeoye.owwl.org to learn about the
many new and exciting programs happening this year!

Join Us!~February 10th. Canadice Lake Writers' ~ February 11th

Hours: Mon. & Thurs. 2-8, Tues. - 10 - 8, Sat. 9-1

honeoye.owwl.org



Like us on facebook@
Honeoye Public Library

Second Saturday Movie,
Feb. 8th-11 am

Aladdin



Side Steet Sounds

Varied venues for live music

By Steve West

What makes a venue a good place to listen to live music? The answer seems to depend on whom you're asking. I recently posed the question to my friends on social media. I got answers from other musicians, non-musicians, and from some people who book shows.

The most common answers had to do with the physical layout of the venue. Musicians mentioned having a dedicated stage area with good lighting and a quality sound system. Many non-musicians mentioned comfortable seating and good sight lines. Virtually everyone who answered agreed that good acoustics in the room are important. Too many venues were not originally designed with live music in mind. Concrete floors, metal ceilings, and other hard surfaces create difficulties for even the most experienced professionals when it comes to producing music that can be heard without overpowering the room. Strategically placed baffles and soft wall hangings can go a long way toward tempering unwanted reverberations.

After the physical issues, many of the responses to the question of what makes a good music venue mentioned having good food and drinks. There was some disagreement however about the level of service that contributes to a good music room. Non-musicians prefer having a large selection of food and drink available. Many musicians feel like that can be too much

“Strategically placed baffles and soft wall hangings can go a long way toward tempering unwanted reverberations.”



Even places not originally designed for musical performance—such as Little Theatre Cafe, shown here during a set by Benny Bleu and Co.—can use fabric wall panels, as shown, to improve acoustics.

of a distraction. One friend preferred a room, “where they may drink to accompany the music, not listen to music to accompany drinking.” There was some acknowledgement that such situations make it difficult for venue owners to make any money.

The least tangible, but most important factor in making a good music venue has to do with attitude and atmosphere. Musicians should be engaging and responsive to their audience. They need to be prepared for the evening

by making sure they have the right equipment, and that they know their material. Audience members should be respectful of the performer by not talking loudly. The audience also needs to make sure they are supporting the venue by ordering drinks or food when available, and making sure the venue thrives. Venue owners need to create a great atmosphere by providing a clean, comfortable place where people can enjoy live music. Turn off the televisions when a performer is on stage, and make sure they have products that their customers want.

Any place can become a great venue to enjoy live music if the conditions are right. All it really takes is the desire for everyone to enjoy themselves and come together to share their love of good music.

Steve West

Steve West performs every Sunday, 11am-2pm at The Brown Hound in The Memorial Art Gallery, Rochester, NY. Other gigs and info. can be found at: <https://www.stevewestmusic.com/>



There's more great music heading our way in 2020...

Freightrain

Sat. Feb. 29 – 7pm, \$10



Jimmy Wolf Band

Sat. March 7– 7pm, \$10

Pub seating limited to 55 seats!
fanaticspub.com • (585)624-2080
•7281 Main Steet, Lima, NY

TICKETS AVAILABLE NOW:

- Slambovian Circus, Sat. April 4
- Popa Chubby, Sat. April 11
- Rael—The Music of Genesis, Fri. April 24
- Gold Rush—Neil Young Celebration, Sat. April 25
- Aztec Two-Step 2.0, Sat. May 2



Tickets at: geneseoriviera.com/music/

All shows:
Seating at 6, shows at 7.
Tickets start at \$25, with preferred seating and VIP/ Table Service available.

February Events

Events listings are free. Enter your event at:
www.owlightnews.com/events/community/Add
Events may be added at anytime.

(Events are placed in print if in before the deadline—see p. 2).
Advertising inquires to Editor@CandicePress.com.

Thursday, February 6

Sea of Coffee Open Mic at The Dalai Java , February 6, 6:30 - 9 pm
Spoken Word and Music open mic with featured poet GS Murphy and 5 minute open mic slots.

Friday, February 7

The Brothers Blue, February 7, 8-11 pm pm, Hollerhorn Distilling, Naples
The Brothers Blue, local folk and bluegrass outfit, make their primetime debut at Hollerhorn Distilling in Naples.

Saturday, February 8

Genesee Valley Greenway Future Projects - Public Presentation, February 8, 2020 1-3pm, Mt. Morris Central School.

Mystical Meet-up: Saturday, February 8: 7-9 pm,
Little lakes Community Center, Hemlock

Wednesday, February 12

“It’s Your Time to Shine!” Open-Mike/Open-Stage Event
Wednesday, February 12, 6:30 to 8:30 HS students: \$3. ;Adults: \$5. Donation.
Light refreshments available. Little Lakes Community Center, Hemlock

Friday, February 14

Second Stage Writers, February 14, 2020 7pm at Grindhaus Cafe 160 Allen St Buffalo Featured are poets Lynn Cielsielski, Herb Kauderer and Josh Smith
Four open mic slots available.

More calendar items and community events can be found on page 18

serious poet

By GS Murphy

I so desperately want to be

a serious poet,

concrete lines, mixed with rebar and precision, with visions and hallucinations.

lines to last a thousand years,

heart-heavy stanzas to melt the frigid souls,

hope enough to carry the weak,

incendiary enough to start riots, to make you shout crowded room in a fire.

seductive enough to make a libido runneth over

but a serious poet doesn’t make time for humor,

take playful jabs at the ego and laugh at the sorry backbone of the self

a serious poet doesn’t write lines about middle-aged love handles and acid-reflux

a serious poet doesn’t put a red clown nose

on the protagonist, unless the protagonist is an actual clown,

with exaggerated unmanageable shoes,

flowing bright fabric,

a painted face,

a self-inflicted bullet hole through the skull

an exit wound to show the protagonist

a serious exit.

a serious poet writes about the determined farm fields with hay that survive the snow and cold,

a harvest worthy yield, only to be eaten by a deer, that will be hit at 7am by a passing SUV,

a serious poet would dip into the family’s eccentricities, delve into those last moments

of joy, or horror, or anything in the scope of human understanding,

the last sad, fleeting thoughts to go through their mind,

a dark poet would tell you the last thing to go through their head was sheet metal, glass shards

pulverized and sharpened bone fragments from the right forearm where the ulna separated

and pierced the right mandible

a serious poet is too serious and wants this poem to be so serious

when in reality,

this

is the result of a cup of coffee and

morning nostalgia.

GS Murphy’s Bio

GS Murphy is a Poet and Photographer currently living in Geneva NY after living in Pittsburgh for the better part of a decade. He’s been published in places such as The Festival Review, New Plains Review and Prometheus Dreaming. GS writes about both serious subjects and utter nonsense. He writes often in the storyteller tradition passed down from his elders. When he’s not putting ink to paper he has a real-life job as an addictions professional. He also enjoys being a firefighter and avid motorcyclist.

He is the guest reader at *Sea of Coffee Open Mic at The Dalai Java in Canandaigua, NY
February 6, 2020, 6:30 - 9 pm

**Spoken Word and Music open mic with featured authors and 5 minute open mic slots.*



Open Mics

Fanatics, Lima, NY, 1st and 3rd Mondays, 6-9 pm, hosted by George Scherer

Kelly’s Saloon, Tuesdays, 8:30 pm ‘til 2 am! Hosted by Buzzo! 71 Main Street, Geneseo • fb Kelly’s Saloon

Idle Hour, Mondays, 8:30! Hosted by RagTag Rabble Band, 5 Center St, Geneseo, NY. • fb The Idle Hour

*Peacemaker Brewing Co., Wednesdays 6-9 pm. Hosts- Old World Warblers. *20 Pleasant St, Canandaigua

CB’s Bar and Grill, Wednesdays 7-9 pm, hosted by Gary Peet. 130 Main Street, Dansville

The Lobby Craft Eatery, Thursdays, 6-9 pm. Rotating hosts. 3530 E Lake Rd, Canandaigua

The Dalai Java Cafe, First Thursday, 7-9 pm. Co-hosted by Steve Lewandowski & Scott Williams. Rotating guests plus open slots each month. 157 Main St Canandaigua,

Brew and Brats at Arbor Hill, Saturdays, 6 pm! 6461 BB State Route 64, Naples, NY • info@brewandbrats.com

Writing Groups

Canandice Lake Writers’ Group
2nd Tuesday Monthly, 5:30 PM ~ Honeoye Public Library
For more info., contact Darlene at (585) 358-1065

Warsaw’s Write Connection, 2nd Tuesday, 6:45 PM,
Warsaw Public Library, Info. Wendy at (585) 786-5290

Wayne Writers Group, Macedon, 2nd and 4th Tuesdays, 7-9 pm. ~ At Books ETC., by Post 494. Goal: To Intensify Creativity

Lakeville, NY ~ Poets’ & Writers’ Group
1st and 3rd Wednesdays, 10:30-12pm
~ Chip Holt Ctr., Vitale Park.

The Canandaigua Writers’ Group, 1st Friday, 10 am-12:30
~ Ewing Family Community Room, Wood Library

Open Writing Network in Naples, 2nd Friday, 10:30am-noon~Trinity Church basement; Info: Jo at 585-315-6719

Reading Groups

Honeoye Public Library Book Talk Group
4th Wednesday, 5:30pm, library conference room.
See ad page 11 for upcoming titles: or 585-229-5020

New Age Book Study, Wednesdays at 4 pm~Warsaw Library, Hosted by Trinity Episcopal Church.
book @ trinitywarsaw.org.

The Monthly Read

Move Over, Casper!

By Mary Drake

Some might be put off by the title, as well as the cover, of *The Saturday Night Ghost Club*. Besides the slightly juvenile looking cover, there's the element of the supernatural. A specter, phantom, or spirit by any other name is still a ghost, and the term conjures up images of Casper or the cartoonish characters hunted by Bill Murray and Dan Ackroyd. It's a topic that inspires strong opinions and sometimes an eye roll and/or a derisive smirk.

But the outside of Craig Davidson's most recent (2018) novel belies the depth within.

The rule of thumb within the book world is that a novel is intended for an audience which is the same age as the protagonist, and Jake Baker of this novel is twelve years old. It's touted as a coming of age novel, but it is so much more than that. What does "coming of age" mean, anyway? It means that a young person is initiated into the adult world, with all its attendant problems, conflicts, responsibilities, and pain. It means, as Jake says near the end of the book, that as adults "we all end up a bit broken—a collection of small hurts, hairline cracks in the foundation," which doesn't make growing up sound too great. But hey, what choice do you have? Usually there are also some benefits that may compensate, like greater understanding and control of one's life.

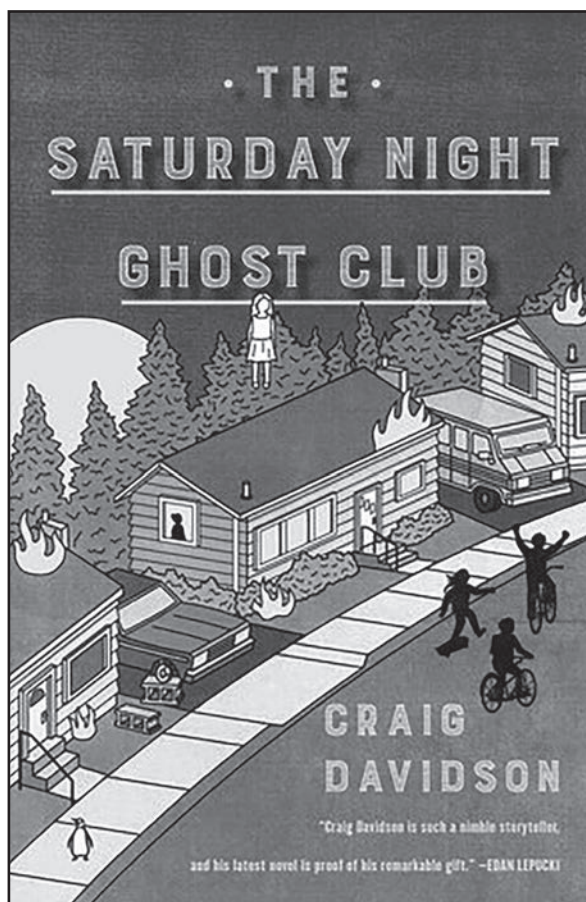
The chapters begin with the adult Jake discussing his life as a neurosurgeon. Somewhat of a surprise since the rest of each chapter concerns Jake's twelve-year-old self and makes this later success seem far from certain. Jake is chubby, introverted, and fearful; he's the proverbial kid with a target on his back. Others ignore, ridicule, or torment him, like his one-time friend Percy Elkins who, at the start of the novel, throws a firecracker into Jake's face, temporarily blinding and deafening him. Who knew that boys were so callous and violent?

But Jake is fortunate to have a loving family, and his best buddy is his eccentric Uncle C. When Jake is seven, Uncle C is the only one who not only believes there is a monster living in Jake's closet but can also identify it by shape and knows what it eats—"hairy, slimy blobs with uncanny stretching capacities," he tells Jake, are usually Slurper Slugs, and "Most are harmless, even good-tempered, if they have enough dust bunnies and cobwebs to eat." Jake spends a lot of his time at Uncle C's unusual shop, The Occultorium, which sells all manner of arcana, from dowsing rods to tarot decks, amulets to all-seeing eyes, but his most mysterious item is the "spirit phone," which "opens a connection" to those who have passed into "the long dark."

The Saturday Night Ghost Club
By Craig Davidson
206 pp
Penguin Books (2018)



A review of *The Saturday Night Ghost Club*
by Craig Davidson



The idea of starting the Saturday night ghost club is Uncle C's, and he takes Jake and his new friend Billy to places all over the city of Niagara Falls which are supposed to be haunted by people who have died there. But what begins as a lark quickly takes a darker turn. Jake, cursed or blessed depending on how you look at it with an overactive imagination, embarrasses himself during the first field trip by fainting in "The Screaming Tunnel." But as the group meets in one location after another, Uncle C's description of what happened in each place becomes increasingly detailed and disturbing. At the sight of "The Sunken Wreck," how did he know what the man was thinking who drove his car off a bridge and consigned his wife and unborn child to a watery death? Even more upsetting, even to himself, is Uncle C's seemingly intimate knowledge of the horrors that occurred at "The House on the Hill." Soon everyone in the club recognizes that bad things sometimes happen to good people. But these descriptions of evil are not gratuitous, intended merely for shock value. We may not be able to make sense out of suffering, but we can learn from it. And Jake does.

He learns that grief and loss can crush a person "into a shape unrecognizable to his prior self." But he also learns that even though you may try to hide sorrow from yourself, the brain is "a truth-seeking organ" and even if "you bury those secrets so deep that you forget they ever happened . . . the truth is a bloodhound. . . . The truth is that abandoned

dog following you over sea and land, baying from barren clifftops, never tiring and never quitting, forever pining after you—and the day will come when that dog is on your porch, scratching insistently at your door, forcing you to claim it once again."

He learns that the brain which houses our memories is a storyteller and that those stories often help shield us from the injustices of life. As a neurosurgeon he learns that the brain can turn feral, unexpectedly developing tumors in an eight-year-old girl that can change her living world into a sleeping one. He learns that brain tumors can change someone's personality, even for the better. And when Jake becomes a parent, he recognizes that he "won't always be able to protect" his son "from the things that can really hurt"—illness, accidents, evil, even heredity.

As he learns and grows up, Jake falls in love with a girl for the first time and develops the nerve to stand up for himself before his nemesis Percy Elkins, who ends up with a permanent bump on his broken nose.

It's not necessary to believe or be interested in ghosts to enjoy this book, especially since the term "ghost" is loosely used to mean memories that are haunting and persistent. But you will enjoy this book more if you're curious about human nature, and about the brain in particular. Davidson's style is thoughtful, reflective, and figurative, and it's a wonder he can write so convincingly about being a brain surgeon when he's a novelist.

Although the narrative jumps around in time, it's never hard to follow. However, it's not completely clear how all of the ghosts relate back to the storyline, and, like many novels, the narrative seems to lose some of its momentum in the middle, although the suspense is enough to keep you reading.

Davidson is a Canadian writer who is no stranger to horror, having written many thrillers under the pseudonyms Patrick Lestewka and Nick Cutter. Some of his award winning short stories in the 2005 collection *Rust and Bone* have been made into plays and movies, and *The Saturday Night Ghost Club* has also been critically recognized. It's a good read that is also enlightening and thoughtful, and well worth your time.



Mary Drake

Mary Drake is a novelist and freelance writer living in western New York. Visit her online at marydrake.org to learn more about her books

Owl Light News is a perfect gift for the readers on your list!
Owl Light at Home mailed subscriptions are \$25 (for one year).
Go to www.OwlLightNews.com/Subscribe to submit a request,
or complete and send the subscription form, found on page 7.

Simple Sustainability

Swedish Death Cleaning

By Sky Trombly



I used to joke with my sister that I couldn't die until I finished decluttering the attic. As the task was monumental and I hated the idea that anyone else would be forced to comb through it, I figured I must have made myself immortal.

How did it ever get to be this way? My living space is typically very tidy. There isn't even a lot of clutter hiding in drawers as everything earns its keep or leaves the house.

...Well...Unless I wasn't sure what to do with it.

It's easy to toss garbage and it's easy to donate goods that aren't useful to us anymore. If something serves a purpose, we don't mind returning it to its home. The trick is when something has acquired emotion and yet does not serve us in any way. The decluttering task becomes a much more difficult process. When riddled with indecision, I used to put it in the attic to deal with later.

"Later."

My mother-in-law passed away a few years ago. Even though we knew she didn't have much time, we all lived in a state of denial. Truthfully, there are now many things up in the attic that my husband isn't prepared to deal with. We didn't just inherit things she wanted to pass down, we inherited a great deal of things that weren't useful or wanted because no one knew how to deal with the emotions of our loss.

My dad just passed. He also knew it was coming. I don't know if he read about Death Cleaning or if he was channeling his inner Swede, but he did put a lot of thought into what he wanted to pass on. We were all given pictures, his art, memorabilia, and other items we knew would be used in our homes. He also passed on 5 Bibles from his collection for each of his 5 children. He included personal notes

"I used to joke with my sister that I couldn't die until I finished decluttering the attic. As the task was monumental and I hated the idea that anyone else would be forced to comb through it, I figured I must have made myself immortal."

and meaningful pictures inside.

When it comes to minimalism and grief, it helps me to consider what I shared with the person I lost. My Dad and I had so much in common, but I narrowed down three things that we shared and asked him for things that I could use and remember him by. As an example, he and I shared a love of exercise and many memories of working out together. I took his weights. Hefty memorabilia, I know, but they are functional as well as sentimental.

It is also helpful to note that not everything has to be physical. My mother-in-law taught me to crochet while we spent time together in the hospital. It is a hobby that reminds me of her and one I hope to teach my own kids – her grandchildren.

As my Dad's health failed, he was bed ridden. There were a lot of possessions that did not make the cut for getting passed on, but also didn't get cleaned up prior to his leaving. My sister, who had provided round the clock care for months, was also left to comb through everything that remained. She looked at me as she threw garbage into a grocery sack and said pointedly:

"This is the treatment your attic will get if I am left to clean it."

Somehow, my attic isn't so funny anymore. And, I know I am not really immortal.

The idea of Death Cleaning isn't morbid, but practical. We all eventually die. We will be left with the possessions of others or we will leave our own stuff behind. The best-case

scenario is that we get intentional about what we have and what we want to leave before we get to a point that our stuff becomes someone else's problem.

Swedish Death Cleaning is taking off as a trending phenomenon. Even though it is billed as an activity for those 50 and older, no one is guaranteed another day and we all do not want to burden those we leave behind.

We also don't want to burden ourselves in our present lives. This practice has the immediate impact of evaluating what is useful to us and what brings us joy as well as what we might like to pass on to our posterity.

Obviously, Death Cleaning and minimalism have a lot in common. As an aspiring minimalist, I hope that my consumptive habits take less of a toll on the environment and on future generations, but this new lens looks at a more immediate "future generation". The one that doesn't need to be burdened by what to do with my stuff.

It's time to tackle my attic.

Until next time, live lightly!

Sky Trombly

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.

The Conscious Crow

Try Feng Shui to chase away the winter blues

Although this winter has not been as harsh and dreary as others we've experienced in upstate NY, we still inevitably find ourselves indoors more than not and feeling the shift of weather as it affects our mood and mindset. We may have overlooked or never before considered the impact our immediate environment plays on our mental health and how powerful place and placement are in the grand scheme of things. Creating a conscious mental stream and improving our daily habits are positive steps towards leading a more conscious lifestyle and when we bring this consciousness into our environment we can plant new seeds of perspective and ways to see that we could not see before.

When we feel stagnant and things have fallen into a routine that brings little joy or excitement, sometimes all we need is a little refreshment and adjustment to our habitat. If things in our home have been in the same place for a while it is healthy to move items around

in order to activate the life force, or chi, bringing not only a fresh perspective to our space but simultaneously to all other areas where we see environment co-creating and playing a role in our lives. Feng Shui is the art of intentional placement and utilizing this chi to our benefit enhances our growth and serves as a helpful resource in our expansion. Our minds trickle over onto our space and vice versa so making change to places we visit and see everyday can be very helpful for that sought after perspective, outlook and emotional or psychological renewal that is necessary especially as we approach these darker months, alternating how we feel about our space so it keeps us feeling positive and balanced.

Incorporating a favorite item that invokes joy, introducing a lively plant, or centering a beautiful piece of art that we will notice more—all offer avenues to see and feel different, rippling out in all directions. A little change can create a big wave. One single

modification and alteration holds more power than we think; for

it is we who determine the effectiveness contained in a single action and we who have degraded "small" change as simply "insignificant" because of its simplicity and size in nature. We have forgotten just how effective small change can be. Because it is a series of "small" changes that snowball into "big" change that really make quite the difference overall. We can live more consciously in thinking alternatively about our approach and relationship to situations, spaces and ourselves, bringing new life and vigor to a simple act and taking that first step to re-arrange, which is key in shifting our consciousness and embodying the peace we wish to imbue.

The Conscious Crow—

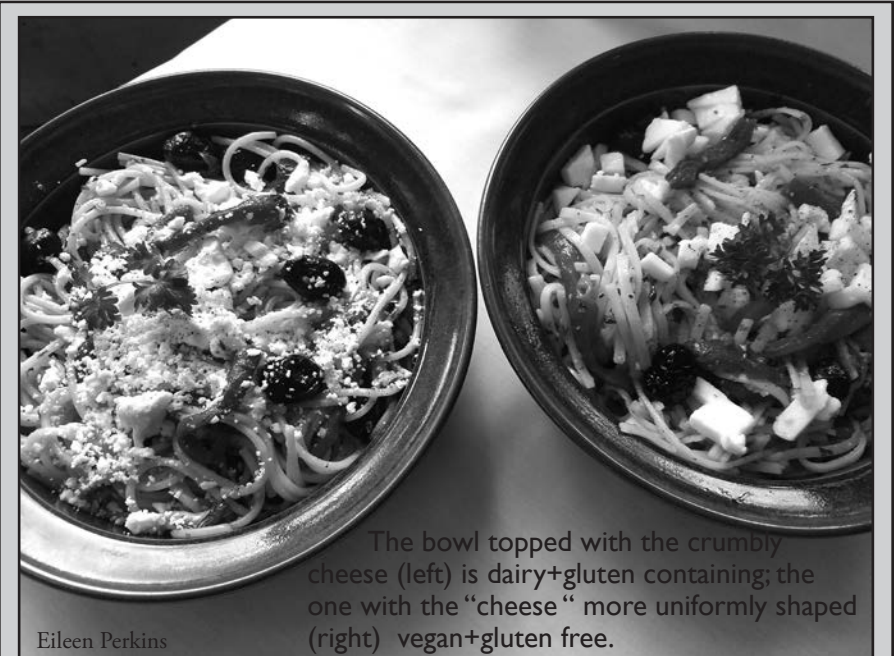
Reminding you to Grow



Crafting Your Own Cuisine

Spaghetti Diavolo • Review: The Conscious Cook-Delicious Meatless

By Eileen Perkins



Eileen Perkins

The bowl topped with the crumbly cheese (left) is dairy+gluten containing; the one with the “cheese” more uniformly shaped (right) vegan+gluten free.

Spaghetti Diavolo

Makes Two Servings

Vegetarian

Allergy-friendly substitutions are provided. **Be sure to make appropriate ingredient choices and adhere to safe handling procedures**

Excellent quality ingredients go a long way in pulling this off authentically. Fresh pasta is better but dried boxed will work too. For a GF version, I recommend an unorthodox substitution, “Thai Kitchen Stir-fry Rice Noodles”. Allow about a 10 minute soak in boiled, very hot water, as the package instructions describe. These instructions are meant for use in a stir fry, where the noodles get cooked a bit in the sauce. This recipe doesn’t provide for much of that, so you might want to turn the heat back on under the pot for a few minutes until the noodles are soft but firm. Do not overcook or they will become gummy and fall apart. Gluten free pastas are not as forgiving as those with gluten! Follow package instructions for cooking your wheat pasta al dente. If making this simultaneously for gluten free along with a non-gluten free version, make sure the ingredients for the veggies, seasonings and sauce are gluten-free, since the sauce and veggies are the same for both options. The cheese is optional for the Vegan version. Ume Plum Vinegar (see product review) is a great flavor substitution for feta. (It sounds exotic, but you’re a craft person after all. Consider it creative license!)

Ingredients:

8 oz. wheat or GF pasta, or half GF and half wheat

1/3 cup extra virgin olive oil, divided

6 oz. (1 cup) jarred roasted red pepper strips, drained, and 1/2 c liquid in the jar, divided

(Left over red peppers are wonderful in grilled cheese sandwiches and wraps!)

2 Tbsp. (about 6 large cloves) fresh garlic, minced

1/3 cup fresh parsley, finely chopped

1/3 cup pitted oil cured black olives (for GF, if oil cured are unavailable, sub GF Kalamata Olives)

¼ rounded tsp dried hot red pepper flakes, (you can always add more later)

1 tsp. lemon juice, or more to taste

1 ½ tsp. dried oregano (or 3/4 tsp fresh)

Feta Cheese to taste (Vegan version, use “Violife” brand “Just like Feta”-see product review)

1/2 tsp salt, or more to taste

Preparation:

1. Cook pasta, as indicated above ingredient list. Make sure to use a clean strainer when draining gluten-free pasta, and not one just used for the wheat pasta.
2. While pasta is cooking, heat half the oil, 1 Tbsp. of the garlic and salt in a large skillet. Cook over low heat until the garlic begins to caramelize, stirring often, for about 3-4 minutes.
3. Add red pepper strips with 2 Tbsp. of the pepper liquid, hot pepper flakes and bring to a gentle boil.
4. Add remaining garlic and pepper liquid, along with parsley, olives, lemon juice, and oregano. Cook 2 minutes on low.
5. Remove from heat. Stir in rest of the olive oil. Taste and adjust seasoning, adding more salt, lemon juice, and hot pepper flakes if desired
6. Onto hot pasta(s), divide sauce, veggies and seasoning equally (especially sauce) and toss. Top with crumbled or diced feta cheese to taste. Or omit feta and season with ume plum vinegar.

Monthly Cookbook Review:

The Conscious Cook-Delicious Meatless Recipes That Will Challenge the Way You Eat by Tal Ronnen

I chose this title to review, not to “challenge the way you eat”, but to support, most especially, the folks who resolved, in January, to reduce or eliminate animal products in their diets; also to help people continually challenged by their inability to consume dairy products made from the milks of animals.

If one noticed this book, in a library or store, one might actually have passed over it, thinking it wouldn’t be a helpful resource for meeting personal dietary goals. Its cover depicts a chef, appropriately dressed in his white chef coat, smiling as he garnishes a plate of fine restaurant-worthy food. Unless you are a person who routinely takes a lot of time to prepare elaborately named dishes, this image may have been off-putting... But wait a minute. Let’s give this guy a chance!

This book was a best seller. He is a gifted culinary expert, who wants everyone, meat-eaters and non-meat eaters alike, to be delighted with his cuisine. I suggest that his efforts in this direction might help us find ingredients, and recipes, that support the development of our cuisines too. We all know that we do not have to swallow any cook book, whole, so to speak. We are, after all, at liberty to just pick and choose from what is offered. Let’s check this one out...

I notice, for example, there’s a recipe called “Old Bay Tofu Cakes with Pan-Roasted Summer Vegetables, Horseradish Cream, Apples and Beets”. Wow. A mouth full! I’d try it in a restaurant, but does it match my day-to-day eating style? No it doesn’t, in its entirety, at least. “Old Bay Tofu Cakes with Horseradish Cream” (read “horseradish sauce”) surely does, however.

Missing the pleasure of an umami-rich Caesar salad? Let’s check out the Caesar dressing recipe accompanying “Grilled Artichokes”. We can forgo the artichokes, if we choose, and lift the dressing out of its context to use on a salad, as a dip, or in a sandwich or wrap.

In a section of the book called, “Meet Cashew Cream”, Chef Tal introduces what he calls “the magic ingredient” for making it easy to live without dairy milk products, using only raw cashew nuts and water. He utilizes this cashew cream in some of the book’s recipes. We can use it as substitute as well, choosing between regular and thick versions. He also offers a little fancier dessert one for whipping.

In addition to interesting recipes, and supportive info for vegan eating, I like that this book contains interviews of some pioneers in plant-based cuisine. Among them, are Bob Goldberg, “The Mayo Man”, inventor of “Veganaise”; Seth Tibbot, founder of “Turtle Island Foods”, original producer of artisan quality tempeh and later “Tofurky” meat-analog products; and Yves Potvin, creator of the meat-like protein brand “Gardein”, made from vegetables and grains. I truthfully have no experience cooking with the “Gardein” line of products, since prior to looking into them here, I had the impression they were all made using wheat gluten. No so, I’ve discovered. Some are labeled gluten free! (If gluten intolerant, read labels carefully, as always) I look forward to the adventure of discovering, if these products will earn a spot in my cuisine!

This book’s index is a little weak, but there are plenty more good things to say about it, that I’m going to leave for your discovery. “The Conscious Cook” is available for loan through many area library systems.

Products to Try

•“Violife” brand, “Just like Feta”—When I first purchased this, I expected a salty, crumbly product and was surprised that the taste and texture of this non-dairy cheese was reminiscent, not of a briny Greek-style feta, but some French and Israeli fetas I’ve sampled in the past, with a subtle flavor and creamy texture. The taste becomes more complex when melted. Even though it does not tout being a source of protein, as some other non-dairy cheeses can, I enjoy using it. The label identifies “Just like Feta” as Vegan, gluten free, lactose free, soy free, and nut free.

•“Ohsawa” brand, “Ume Vinegar”—This tangy, salty seasoning is indispensable at my table. I often sprinkle it on tossed salad with a dash of olive oil for a quick dressing. It is not actually vinegar, with strong sourness, but rather, a subtly flavored brine made during the yearlong pickling of umeboshi plums, from Japanese cuisine. It is pricy, but a little goes a long way. It’s website says it’s Vegan, Raw, gluten-free and macrobiotic.

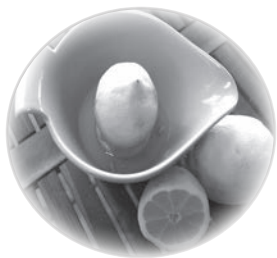
•“Earth Grown” (Aldies brand), “Mushroom Risotto Veggie Burger”—I find these patties quite tasty, and certainly convenient. Baked, they are especially crispy on the outside edges, and smooth and creamy in the center. Mushroom flavor is clearly discernable, and not over-powered by the flavors of other vegetables. The label identifies these patties as Vegan, cholesterol free, gluten free and a good source of fiber.

Eileen Perkins

Eileen is a professional cook, who sees wellness and food choices as intimately connected. She and her husband owned and operated “Eileen’s Bakery an’ Soup Kitchen”, in Brockport and Rochester, N.Y. Her interest in special diets was reinforced while working in area natural food stores. Currently, when Eileen is not engrossed in recipe development, freezing food from the garden, or presenting special dietary needs programs, she enjoys soaking in the quiet beauty of the woodland home she shares with her husband and pup, doing her Falun Gong practice, reading and volunteering.

Making Lemonade

The Challenges of Making Lemonade Sweet



By Barb Stahl

February is the month to declare love, so I will be appreciating people for whom I am thankful. I recently had a new dose of lemons given me in the form of a diagnosis of macular degeneration. Who did I think of first, second, etc.... my family, my friends from book clubs, church, water-aerobics class, chorale, A-Team, neighbors. Notice a pattern? Family and friends from all directions. Those articles we keep reading in the magazines constantly reminding people to develop friendships are absolutely true!

How can I make lemonade out of that diagnosis? That is my challenge!

I must start by saying that at first I really didn't want to talk about this news at all. I kept trying to process it. I knew I had to tell my family first, but how would I start? What would they think? It's not hard to imagine the potential responsibilities they may face given this news. Fortunately, my son and daughter-in-law called and I spilled the news which broke the ice, and after our conversation I called my two daughters and their families immediately.

After those conversations I was able to tell friends and everyone's reactions gave me the courage to keep talking about it. I began to feel somewhat comfortable talking about it and this "lemonade" article will show how important it was for me to discuss it. In fact, I was even able to laugh at some of their responses. The message became clear that people care.

One friend is an avid reader and she gave me several articles from newspapers, some of which were on medical topics. She knows I like in-depth things to read, enjoy learning about old or new books, and her selections were "spot-on." She also frequently gives me "lemonade" ideas.

Another shared her experiences with her 92-year-old father and his macular degeneration progression which, thankfully, was slow. Only

How can I make lemonade out of that diagnosis? That is my challenge!

recently has he been stopped from driving. Here is a good place to mention what a stubborn independent cuss I can be. I know, that independence will have to be reconsidered when the time comes. I also know my family will deal properly, and firmly, with me!

A couple of friends made me smile by declaring how I could start considering choosing a puppy and a potential seeing-eye dog friendship. I love dogs, but my cat Tarzan doesn't.

Others began giving me recipes that included salmon, spinach, and other green leafy vegetables.

Many have declared, "We'll have your back," or "When you need rides I'll be there." Most friends read my "Making Lemonade" articles, so I hope they will feel the appreciation and love I am trying to convey to them now.

I urge you, my readers, to be willing to share your problems with someone. As hard as it is, the reward is huge. Also, as a friend don't hesitate to talk to someone who needs encouragement. True, not everyone wants this kind of help and I don't have advice as to how to figure that out other than start slowly just by saying "I'm thinking about you." I also urge you, my readers, to surround yourself with interesting and thought-provoking people! For now, and until I know more about this troubling diagnosis, I will mindfully begin storing visuals in my "eye bank" for whatever may be ahead.

Barb Stahl

Barbara is a mother, grandmother, great-grandmother, retired school library media specialist, and a western New York/Finger Lakes area lover who did a previous column for Canandaigua Daily Messenger. She loves her family, circle of friends, reading, writing, history, music, theater, and Tarzan the cat who critiques her articles. Contact: makinglemonadeOwl@gmail.com





Real Estate Services

ANDREA HERTZEL
Licensed Real Estate Salesperson

8731 Main St., - Honeoye, NY 14471

Cell: 585.455.2965
Office: 585.229.4769 - Fax: 585.229.2017
andreahtzel@howardhanna.com
HowardHanna.com



Little Lakes

CUSTOM PICTURE FRAMING

585-245-9481

4801 RESERVOIR ROAD
GENESEO NY 14454

TUESDAY-FRIDAY 10AM-5PM. SATURDAY 10AM-2PM
OR BY APPOINTMENT


"For all your custom framing needs"

Nails on Commercial

11B Commercial Street, Livonia, NY

*Trendy and Relaxing
to meet all your nail care needs.*



MaryAnn Aurisano,
Proprietor & lead nail technician
nailsoncommercial@gmail.com
 or by phone: 585-346-6161

www.nailsoncommercial.com



REED HOMESTEAD
Guesthouse & Shop




A delightfully different shopping destination, featuring local artisans and makers of unique products from around the globe.

4357 Reed Road, Livonia, NY 14487

Check out our weekly hours at www.reedhomestead.com, or call us at 585-367-8651.



This event took place at my childhood home in Hemlock in the spring of 1963.

“Everyone has a guardian angel,” I was told as a kid. I knew it to be truth, for on the wall over my bed hung a picture of two small children, presumably lost in a dark and scary forest. Towering behind the boy and girl hovered a beautiful angel guiding them on their way to safety. I was not the kind of kid who went out and got herself lost in the woods. Nor was I any kind of malicious trouble-maker: not even the aspiring kind. I got into hot water on a daily basis without half trying. In retrospect I see that my guardian angel saved me from harm on more than one occasion.

The petty mishaps I engineered between the ages of four and fifteen were not life threatening, though they might have been. That's what my guardian angel saved me from. I ice skated in late March (though I'd been told not to), played with a paper boat in a flooded storm drain (another forbidden activity), and waded in a torrential rain-swollen creek in spite of all warnings. You hear all the time about kids who fall through the ice, who get stuck in culverts, who disappear while crossing a washed-out ford. Yet I walked away from those watery experiences with no more trouble than a soaking and a scolding, thanks to my ever-vigilant guardian angel.

My usual accomplice in those tentative forays into forbidden exploits was my best friend Ellen. In elementary school Ellen and I both won citizenship awards: how wayward could we have been? The minor acts of mischief we perpetrated hardly deserve to be mentioned. As a matter of course, against the strongly-worded cautions of both our mothers, we climbed to the topmost branches of the elms and maples in our yards. We walked barefoot along the ridge or the eave of any barn, house, or garage whose roof we were able to scale.

We were not naughty girls; rather we were independent thinkers, having to learn for ourselves the lessons we heard preached from our parents. We smoked a couple of cigarettes, chucked rock-laden snowballs at cars -- but only after they'd passed our range -- and shoved our little brothers and sisters around without mercy.

The string of youthful misdemeanors we two girls committed led inevitably to the day Ellen and I, aged ten, took Mom's car for a drive. At the time, my mother's car was a peach-colored station wagon that could be started with a spoon handle. Dad was a mechanic; an expert at toggling together a near-junker, he could rig anything. If he didn't have

Wild Side... from page 9

If the intent of these memoirs of farming at a small scale is to demonstrate that a certain way of living is both possible and desirable, it is best to be completely honest about what one is getting into. The Haydens do an admirable job of that on the whole. Nevertheless, there are a few facts that need to be openly acknowledged and out on the table.

First of all, the Haydens' memoir, like most works in this genre, begins with the purchase of the property. That is where the story begins; there is no mention of how they saved up the money to purchase the property, or how it came to them. The possibility of property ownership at a young age is a particularly relevant question today, when more young people are saddled with debt and working precarious jobs (compared with three or four decades ago).

Then there is the problem of how to manage a multi-acre operation when it will very likely be a supplemental source of income at best. Nancy Hayden, a tenured professor at a public university with salary and full benefits, appears to have been the primary breadwinner over most of the period of time covered in the book. This fact is mentioned repeatedly, but it is most often presented as a fact about their particular financial situation rather than a fact of our larger economy. And when we talk about breadwinners and primary sources of external income, then at some point we should probably talk about gender roles and economic power and autonomy within these relationships.

Finally, there is the question of the long-term viability of the biodiverse system that has been regenerated and established by people (like the Haydens) who have dedicated a large part of their lives to this noble task. Regenerating a healthy forest ecosystem, for example, requires more than a single lifespan and generation – hence, the famous line on planting trees under whose shade you do not expect to sit. It may be that couples who aspire to long-term regenerative projects (with abandoned

the money for a needed part, Dad would come up with a temporary solution to get a car running. The old car needed a starter, but with the sixth new baby in the house money was tight. So Dad, using leftover parts, figured out how to fix the starter and in the process bypassed the need for a key. To start this car you stuck the end of a spoon into the key slot and gave it a turn. My siblings and I had seen it done dozens of times and were always warned against trying it. We took that advice seriously.

Then one afternoon Ellen came over to get a look at my newest sister. Mom was napping and Shelly, sleeping in her basinet, did not hold our interest for long so we went outside. One of our favorite games, at her house or at mine, was to get into the front seat of a car and pretend to take a drive. In our imaginations we went to Niagara Falls and Roseland, to school or church, or across the country to the Grand Canyon. This afternoon, as we made our pretend way to the home of Ellen's married sister in Lima, I mentioned that this car could be started with a spoon. Naturally she didn't believe me. Mom was still asleep when I tiptoed into the kitchen and came out with a spoon.

To my credit, I can say I was having second thoughts as I got back into the car on the passenger side. Not so, Ellen. Her older sister had recently gotten her driver's license and in the process had given Ellen a few rudimentary lessons behind the wheel. She was eager to show off what she'd learned and pressed me to hand over the spoon.

I made her promise she wouldn't take the car out on the road. We had a U-shaped driveway that circled the house. She agreed to just go around the driveway once and come back. I gave her the spoon. Ellen, already seated behind the wheel, inserted the spoon into the ignition. That car started on the first crank! There we sat with the motor purring and considered. Did we dare, really, to take her for a spin?

Ellen declared her confidence in her ability to drive by slipping the gear into reverse. With a kick that flung me into the dash the car jumped backward. And stalled. Ellen shifted into park; I grabbed the spoon out of the ignition. We were both shaking. And there, behind the car, stood two guardian angels, their feet braced and their powerful hands splayed against the rear bumper. We couldn't see them, but I know they were there.

Joy Lewis

Joy Lewis has served as Town of Richmond, Historian since 2013. She offers reflections on the history of Richmond, NY in every other issue of Owl Light.

Horse Thieves and Highwaymen
—Tales of True Crime from the Olden Days
Presented by Joy Lewis-Town of Richmond Historian
Honeoye Public Library on Feb. 24 at 6:30pm.

and abused farmland, for example) are in much the same position as traditional family farmers and family-run businesses. You do not know whether the property you have tended will stay in the family, whether those newer generations will have anything like the same interest in stewardship, or whether the property will simply be abandoned once again.

It is easy to imagine the voices of future neighbors: “I think there was an older couple who once lived there; it probably got to be too much for them.”

On this last point, I think the Haydens already have some wisdom to offer. They have clearly given the matter some thought. In a section on “Rethinking Cultural Philosophies,” they include a brief meditation on why they have both been attracted to the Japanese aesthetic of “wabi sabi,” the philosophical attitude that appreciates beauty and value in the impermanent. Change is the only thing we can count on. Is that not an eminently sustainable attitude to adopt toward marriage itself, the key to growing together rather than growing apart? Yes, that old couple made a garden, and they also made a life together. It can be done. That is indeed a good way to start and finish the day.

Derrick Gentry
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 State University.

Derrick Gentry

*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.
E-mail: Derrick.Gentry@fllc.edu.*

Livingston Co. Office of Workforce Development 2020 Job Fair Schedule

Geneseo, NY, January 13, 2020 — The Livingston County Office of Workforce Development has released its schedule of monthly job fairs for 2020. All job fairs are held from 4-6pm on the second Tuesday of each month (except for July and December) in the Livingston County Government Center, Rooms 205, 208 and Foyer. There are typically over 20 employers represented at the monthly job fairs.

2020 Job Fair Schedule: January 14, February 11, March 10, April 14 , May 12 , June 9, August 11, September 8, October 13, November 10.

For more information on the 2020 job fairs, please contact the Livingston County Office of Workforce Development at 585.243.7047.

Kiwanis Club of Canandaigua Hosts Pancake Breakfast to Benefit the Inclusion in Motion Playground

Canandaigua, NY—The Kiwanis Club of Canandaigua invites the community to show their support of the Inclusion in Motion Playground in Canandaigua by joining them at a Pancake Breakfast.

Saturday, February 8, 2020, 8-10:30 a.m.

Charlie Riedel's, 340 County Road 10, Canandaigua.

Tickets are \$6 each and can be purchased from any Canandaigua Kiwanian, the Canandaigua Chamber of Commerce, Canandaigua National Bank & Trust, Lyons National Bank, Wolfe Insurance or at the door.

The Inclusion in Motion Playground will be in Canandaigua NY for people of all abilities to learn together, play together, and be together. To create social inclusion with people of all abilities to develop socially emotionally and physically.

Parkinson Support Group of FL Meets Jan 29th

The Parkinson Support Group of the Finger Lakes meets Wednesday January 29, 1pm at Wood Library (134 N. Main Street, Canandaigua). This month's speakers are Irene Coveney (Ontario County Office for the Aging) and Julie Knapp (Veterans Administration), followed by social time and breakout groups for those with PD and their care partners. All are welcome; no charge; facility is handicapped accessible. For more information, contact Ellie (585-313-9689). Or visit their website at: parkinsonsupportgroupofthefingerlakes.com.



In Memoriam notices in Owl Light News are \$50.

Food Pantries

Naples Open Cupboard - Every Wednesdays from 11-2 Harwood Lane - basement of Village Offices.
Serves people in Naples Sch. Dist.

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

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

Wayland Food Pantry - Wednesdays 4:30-6pm,
Saturdays 9-10:30am. Serving all in Wayland- Cohocton Dist. Bread and Baked Goods may also be picked up Sundays 9:00-9:30am. Lighthouse Wesleyan Church, 101 South Lackawanna St, Wayland - 585-736-7586
Info. www.enjoylwc.com/food-pantry

Hemlock Food Pantry - Thursdays, 10am - 5:30pm
Little Lakes Community Center - Around the back.. Serving people in the Hemlock area & others in need!

Honeoye Community Pantry - First Saturdays, 9-10:30 am. UCC church on 8758 Main St., Honeoye
Info: honeyefoodpantry@gmail.com

Sent by RavensPantry - Saturdayws 9-11am 40 Spring St, Livonia, NY

Trinity Pet Food Pantry - 1st Sundays, 12:30-1:30pm
62 W. Buffalo St, Warsaw, NY

February Events

Events listings are free. Enter your event at:
www.owlightnews.com/events/community/Add
Events may be added at anytime.
(Events will be added to print if in before the deadline)
Advertising inquires to Editor@CandicePress.com.

Saturday, February 15

Wintertime Activities at Cumming Nature Center, February 15-16, 9-4:30, Winter is a wonderful time to be active! Join us as we celebrate Nordic sports and raise funds as a form of gratitude for the Genesee Valley Nordic Ski Patrol, who tirelessly patrol our trails all year round.

Thursday, February 20

Ecological Sustainability Series Part I: "Introduction to Drawdown: Reversing Global Warming" Thursday, February 20, 6:30-8:30 p.m. No admission charge, donations are welcome. An interactive presentation by members of the Rochester Chapter of the Pachamama Alliance that invites you to see both the possibility of reversing global warming and the most effective ways that you can help make it happen. Little Lakes Community Center, Hemlock

Friday, February 21

Benny Bleu, February 21, 6-8pm, Noble Shepherd Craft Brewery.
Benny Bleu plays his stomping grounds. Sure to be a winter warmer!.

Saturday, February 22

The Brothers Blue, February 22, 4-7pm, Steuben Brewing, Penn Yan.
Local folk troop, The Brothers Blue, return to one of their favorite spots - Steuben Brewing. The Brothers Blue plus The Hometown Brown makes for a colorful afternoon!

Sunday, February 23

Native American Meditation and Drumming Circle, Sunday, February 23 2:00 to 4:00 p. m., Little Lakes Community Center, Hemlock

Friday, February 28

Benny Bleu, Green Heron, and The Double Crossers, February 28, 8-11:30pm, Roots Cafe. Benny Bleu, local folk musician, presents to you friends from NH. A fun-filled evening of old-time fiddle tunes and country songs!

Dansville ArtWorks 5th Annual Student Art Showcase continues through February

Meals

Honeoye UCC Spaghetti
1st Wednesdays, 5-7pm
8758 Main Street, Honeoye, NY (except November).
A portion of the profits donated to a different charity monthly.

Community Closets

The Open Closet
Wednesdays and Saturdays, 11-2
Harwood Lane - basement of the Village Offices. Offers people in Naples School District quality clothes etc.

Honeoye Community Closet - For more info. contact Kelly Sacchitella, Box 170, Honeoye, NY 14471

Seniors

Community Coffee Hour
1st Wednesdays, 9:30-10:30am
- Free coffee! 62 W. Buffalo St, Warsaw, NY

Community Meetings

Little Lakes Community Center Open Community Meeting The first Monday evening-6:30-8:30pm-each month is dedicated to community input. All are welcome to join in, to learn about the organization and to ask questions and make suggestions.

Grief Share - Mondays, 5pm
Wayland Free Library, 101 W
Naples St, Wayland Encouragement after the death of a loved one
- non-denominational

ROcovery Fitness of Southern Tier offers free events with the completion of the membership form online at www.rocoveryfitness.org and at least 48 hours sobriety.

LLCC Offers Ecological Sustainability Series
beginning with Pachamama Alliance, Rochester
Chapter, Presentation on February 20

Annual presentation series continues through May at LLCC

The Little Lakes Community Association will again offer its Ecological Sustainability Series, meeting on the third Thursdays evenings from February through May, 2020. Each presentation is scheduled from 6:30 to 8:30 p. m. at the Little Lakes Community Center at 4705 South Main Street in Hemlock. The series will be initiated on February 20 with a presentation by members of the Rochester Chapter of the Pachamama Alliance, entitled “Introduction to Drawdown: Reversing Global Warming.”

“Introduction to Drawdown” is a two-hour interactive presentation that invites participants to envision not only the possibility of reversing global warming, but also the most effective means for making it happen. Through videos and group activities, participants will learn about a comprehensive plan to reverse climate change from Project Drawdown: a revolutionary scientific study that identified 80 existing solutions that, together, can actually draw down greenhouse gases and start to reverse global warming by 2050. The solutions include the food we eat, the energy we use, the ways we get around and the ways we manage land. During the session, participants will learn the vital part that each can play in this growing global movement to save our planet. Learn how Project Drawdown is changing the conversation about global warming from “game over” to “game on!”

On March 19, the series will continue with a presentation by Dr. Robert Gallagher from Prometheus Farm &Market LLC titled "Global Perspectives on Food System Sustainability" . Gallagher is a former professor of Agriculture at Penn State University, among other institutions, and will present insights from his 25-year international research & teaching career and how these insights have influenced the development of Prometheus Farm & Market.

Each meeting will include interactive activities and plenty of time for your questions and comments, as well as a time for informal socializing with refreshments after the presentations. Ideas for future sustainability topics are welcomed at any time. Topics for the April and May meetings are currently being considered.

For more information about the Little Lakes Community Association, you may visit their website LittleLakesNY.org or check out their Face Book page @littlakesNY. You may also call their office at (585) 367-1046 and leave a message for a volunteer to return your call.

Monthly Spaghetti at
Honeoye United Church of Christ

A portion of proceeds
go to a different charity
each month.

Cut
&
Save

Spaghetti donations 2020

February 5- Salem Bus Token Fund

March 4- Hospeace House

April 1- Food Pantry

May 6 - Richmond Ambulance

June 3 – UCC Technology

July 1 - Hospeace House

August 5 - Richmond Ambulance

September 2 - Food Pantry

October 7 - Embrace Your Sisters

November - no supper (Election
Day Dinner)

December 2 - Food Pantry

8758 Main St. Honeoye, NY • 585-371-8880 • honeoyeuucc@gmail.com

Massage by Amanda,

Amanda Miles LMT,

at Shannon's Family Barber.

Located at 7 N Main St, Wayland NY 14572.

To schedule appointments please call
(585) 728-5515.

Hours: Thursday-Friday 8am-7pm,
Saturday-Sunday 8am-2pm.

Village Pet Care

Quality care when you can't be there!
Serving Honeoye Falls, Mendon & nearby areas.
Pet Tech Certified in Cat and Dog CPR & First Aid.

Daisy & Angel

Georgeanne
(585) 455 -2015

Care for all
your animal friends
- including small livestock.

JOHN BLAIR ENTERPRISE INC., DBA
CLAR'S COLLISION

4778 Honeoye Business Park

Phone (585) 229-2008 • Fax (585) 229-4717

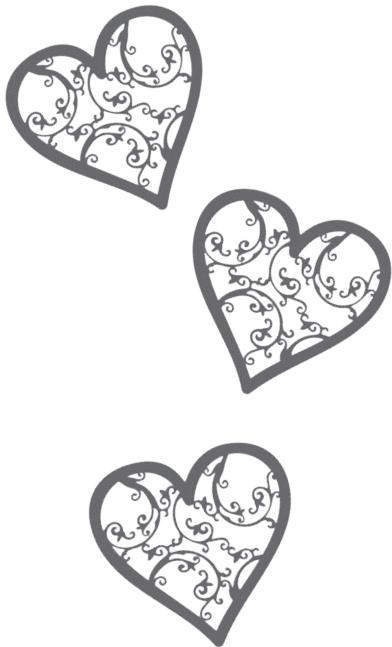
We bake your
paint like factory!

We're the only
shop in town with
paint/bake booth.



Hours: M-F 8-5, Sat. 9-12

GEORGE BLAIR - Shop Manager Reg. #7078849



Livonia Kevin W. Honeoye

DOUGHERTY

Funeral Home Inc.

Michael P. Dougherty ~ Kevin W. Dougherty
Licensed Funeral Directors

346-5401 & 229-2444

www.doughertyfuneralhomes.com

Serving families with integrity, professionalism and compassion



The Light Lens by T. Touris

Sekure Koffie

Coffee connoisseurs are a protective bunch.
We closely cherish our hard-earned grinding secrets.

Sekure Korp is pleased to introduce the next phase in coffee security:

The Sekure Koffie Grinder

The Sekure Koffie grinder creates an impenetrable firewall between you and the java jerks who are out to steal that perfect grind you've toiled to achieve over the years. This ceramic beauty is designed to fend off any and every cappuccino cyber-attack imaginable.

How is this possible?

No Bluetooth - No WiFi - No NFC - No Electricity

That's right. Total containment from the bean bozos looking to hack into your coffee secrets. Using the patented handle mechanism, it's no longer necessary to speak to your grinder. Just put in the beans and turn!

Don't get us wrong.

The internet is a wonderful thing--do your banking, keep track of your health records, manage your retirement savings, decide who to vote for--but when it comes to your coffee:

get Sekure.

Your bank account is important. Your Coffee is essential!



T. Touris
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.