



WATER WARRIORS

Seneca Lake Guardians, Safeguarding our *most* Precious Resources

By D. E. Bentley

For many New York State residents, the sparks of environmental activism were first kindled by the anti-fracking* movement, with “Water for Life” serving as a rallying cry for collective action. Water is so important to our life here, to life everywhere. Still, most people don’t envision themselves as activists; I know I didn’t. We can easily remain unaware until the threats to our wellbeing are imminent, closer to home, at which point it may be too late to act. By the time fracking was proposed in New York State, I had already heard enough about its impact in other states—most notably Pennsylvania—to know that I did not want this happening in my backyard. Beyond attendance at a No Nukes rally in the 1980s, boycotting companies that I knew to have negative environmental roles, voting, and trying to live a sustainable lifestyle, I had remained mostly apolitical. The potential harm from fracking in New York State called for action; I found myself speaking out at a town hall meeting, along with many others.

For some, like Seneca Lake residents Joseph Campbell and Yvonne Taylor, the stories were closer to home, further reinforcing the need to remain informed and vigilant about potential threats to the environmental and agricultural wellbeing of the Finger Lakes—including the preservation of our growing tourism economy and rural character of our communities. Campbell’s mother and sister both suffered from respiratory illness as a result of residency in a Pennsylvania fracking region. It was later determined that this exposure to noxious chemicals also contributed to his sister’s liver illness. I had heard about the devastating impact of fracking; they had experienced it.

I met with Campbell and Taylor in January of 2020. Over the course of two hours, it became apparent that the couple never expected to become activists and certainly did not anticipate making water protection a lifelong passion. Their early concerns and actions, driven by self-preservation, might have rightfully grouped them with other NIMBY weekend activists, like me. Those first steps toward change have, instead, become a dedicated desire to help protect the Seneca Lake watershed, and to bring awareness and action to environmental issues across the region. Their efforts, combined with the dedication and work of many other environmental groups and individuals, have resulted in some significant environmental victories for the Finger Lakes.

Continued page 6

Gell Center in the Rain *By David Michael Nixon*

Rain covers the Bristol Hills.
Ann-Margret, Audrey Hepburn
and Buffy Sainte-Marie
come dripping through the door of Gell House
and settle on the furniture.
I come to them with towels and fruit.
My poetry retreat begins.



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Owl Light Outing

A Brief Stop in Watkins Glen... and pondside owl light walks

With our March deliveries *mostly completed, my Owl Light Outings have primarily consisted of a walk around our office-side pond and a few prior meeting commitments. Like many people, I am opting to stay in and stay put as much as possible. The song that keeps popping into my head is "Nobody Told Me," by John Lennon. Strange days indeed!

I did make it over to Watkins Glen, to connect with my Ithaca-area delivery emissary, and friend, Len. While there, I picked up a bag of delicious coffee beans from Seneca Sunrise Coffee (www.senecasunrisecoffee.com/) after a delightfully relaxing lunch at Thai Elephant (www.thaielephantswatkinsglen.com/).

Just before lunch, I stopped and dropped some papers at El Rancho Mexican Restaurant & Grill, where I happened to meet Leslie Danks Burke, who is running for State Senate in the 58th district of New York State (which includes our Keuka Lake and Ithaca Owl Light free distribution areas). Danks Burke has just been endorsed by the Yates County Democratic Committee—see related press release below. We met briefly and exchanged some information; we plan to talk more in the near future...so stay tuned.

*Regrettably, I did not get up to Medina and Brockport—areas I have been trying to regularly cover—before deciding to sequester in place for a bit (I will drop a few next round). You can read the March 2020 issue—and all of our back issues—online at: www.owllightnews.com/owl-pdf-archive/.



The Light Lens

by T. Touris

Right Privilege

Thankfully, the stress of the holidays will soon pass. Hopefully, I won't have to deal with the anguish and humiliation again until the next holiday calls on me to again exhibit my utensil ineptitude. Yes, I'm talking about the symbol of right privilege—the butter knife.

What arrogant, self-entitled jerk invented this thing? Did they think only right-handed people should be allowed to butter their bread? Or were they some masochistic lord of the universe who wanted to preside over their dinner table and smugly gaze on as a superior, left-handed guest struggled to not butcher the butter lamb?

Yes, my fellow southpaws, it's time we demanded our rights and took our proper seat at the table. The next time you see one of these infernal utensils, yell out "No more!" and break or badly bend this symbol of oppression upon your knee—be careful though, butter stains are hard to get out.

In memory of Leona



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.



Yates County Democratic Committee Endorses Leslie Danks Burke for State Senate



Leslie Danks Burke speaks to Yates Co. Democrats at the newly-opened headquarters in Penn Yan.

WATKINS GLEN, N.Y. - The Yates County Democratic Committee has endorsed Leslie Danks Burke in her bid to represent New York's 58th State Senate District. Danks Burke launched her campaign in January with a Whistlestop Tour that kicked off at the newly-opened Yates County Democratic Committee office in Penn Yan.

"The Yates County Democratic Committee has an office open in Penn Yan all year until Election Day this November because they know, like I do, that this region is ready for a real seat at the table, and they're doing the hard work to make that happen," said Danks Burke. "We've had 40 years of neglect, and it's my honor to now stand together to bring home the tax dollars that our current Senator keeps voting to send away from us."

"Leslie is exactly the kind of leader that we need fighting for us in Albany, and the Yates County Democrats are proud to support her campaign for State Senate," said committee Co-Chair Rich

Stewart. "I've known Leslie for years, and she is a fierce advocate for everyone in our community, regardless of party affiliation. She has the experience and the vision necessary to deliver victories for our district on creating jobs, ensuring affordable healthcare, and improving our education system, and I know she's the right person for this job."

Leslie Danks Burke is an attorney and a longtime advocate for education, healthcare, and rural economic development. She is the daughter of farmers and a mother who, together with her husband, is raising two children in this community. A Democrat, she previously ran for State Senate in the 58th in 2016, outraising incumbent Tom O'Mara by over \$200,000 and receiving more voter support from outside her party than any other challenger to a sitting incumbent that year -- on either side. Since 2016, Danks Burke has remained a powerful advocate for local community engagement and honest government.

Staying in these days? Subscribe and get home delivery at: www.owllightnews.com/subscribe/

Smoke, Smog and Mirrors...

Long gone are the days when it was possible to imagine infinite natural resources available for human consumption. Gone, too, is the ability to duck our heads under the sand and ignore the devastating consequences of our actions. Oft times those who set out to bring about change are challenged with accusatory diversions, political puppeteering to try and make us see one thing when the reality, the facts, point elsewhere. There are also the accusations of NIMBY (that is, Not in my Back Yard) when the next best, big environmentally damaging corporate proposal is “offered” (often unsuspectingly) to rural residents, packaged as an economic windfall for the region (although the who will profit most is often omitted).

Arguing that individuals and communities are against something just because it happens to be in their back yard as a critique of environmental action is designed to draw our attention away from the possible disadvantages; to blind us to the facts. When something hits close to home is, of course, when people are most inclined to notice and take action, as was evidenced by the large turnout and significant response to the proposed trash incinerator in Romulus, NY, and, more recently, the spread of COVID-19. It is so much easier to ignore the reality and believe the rhetoric when the problem is thousands of miles away from home—China or Italy, in the case of COVID-19. Or, when it comes to environmental devastation, someplace like *Kamilo Beach, a Hawaiian beach which is now more known for its garbage than its beauty. The Hawaiian translation of Kamilo is “twisting or swirling currents,” and it is these currents that deposit other people’s garbage, our garbage, on her shores.

Environmental awareness has always been an important theme for Owl Light News and with this issue, in advance of Earth Day 2020, we take an even closer look at issues that impact us all. Our front-page article features an article resulting from a conversation with Joseph Campbell and Yvonne Taylor, co-founders of Seneca Lake Guardians. One thing that quickly became evident in speaking with them was their love of Seneca Lake—and the Finger Lakes Region in general—and their belief that we all have a role as stewards of the land. The more I spoke with them and explored some of the issues that they have tackled in the past, and are working on in the here and now, the more I was reminded of just how complex the issues and decision-making process is. Everything has a cost. As our world and our lives continue to change and evolve, as we move into a future of our own making, taking the time to learn about and understand the implications of proposals and initiatives related to energy, waste, food security, health and economic security will be key to making decisions that offer equitable, environmentally sound, solutions. With the many challenges we face in our daily lives, it is challenging to stay tuned in, and easy to get caught up in the newest next best thing. Smoke and mirrors have become common in social media campaigns and politics. Making informed decisions—while trying to, at the very least, do no harm—means we must all take the time to look beyond the haze. In the words of Carl Sagan, “Look again at that dot. That’s here. That’s home. That’s us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. ... Like it or not, for the moment the Earth is where we make our stand.” (Sagan, 1994; Pale Blue Dot: A Vision of the Human Future in Space.)

D.E. Bentley,
Editor Owl Light News

**A Beach in Hawaii Has Become One of the Dirtiest Place on Earth, Meghan Werft, May 1, 2017, <https://www.globalcitizen.org/en/content/plastic-beach-hawaii/>*



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Insane Asylum Piece in March Owl Light Conjures Memories for Owl Light Reader



Jesse Ames

My Grandmother, Jesse Ames, spent the last 30 years of her life at the Buffalo Psychiatric Hospital. All through my childhood, we visited her to wave at her through the mesh of the enclosed chain wire balconies. Grandma Jesse was born 08/08/1888.

She had attempted to commit suicide and to kill 4 of her 5 children, one being my Mother, Arlowene Anna. It was the one oldest son not at the table—in the kitchen, with the gas stove on, where his sister and two other brothers were told to put their heads down and nap together. He had come home early, and that saved them all.

Thirty years later, my Mother told me that the psychiatric center had called to inform her that her Mother had died.

When I went to Buffalo State College just on the other side of the Psychiatric Center's twin towers to attend psychology classes, walking through the tunnels under the building, I was bluntly reminded what mental health meant in a life plan. Abnormal psychology never quite explained the enormous presence of that gigantic building to house the mentally ill.

I later moved to New York City, after going partially insane over a romance I had with a woman I met in my cell biology class. It was there, in New York City, selling telephone answering machines, that I learned about Primal Therapy developed by Art Janov. I became a patient and in the process learned more about myself and my past. I wish the knowledge given through Primal Therapy had been available for my Grandmother, I am thankful it was for me...thank you Art Janov.

*Will Page
Honeoye Falls, N.Y.*

More Crap from NYC?

Despite Overwhelming Opposition, Town of Butler Board Considers Sewage Sludge Facility

Butler, NY- Syracuse Sand and Gravel and Tully Environmental, the firms attempting to construct one of the largest sewage sludge facilities in the state, presented their plan in front of a packed audience at the Town of Butler Board meeting Monday night.

Amidst public statements in opposition to the project by dozens of concerned citizens, the Town voted to appoint an environmental engineer to review the proposal.

“We expect you to evaluate all potential risks and costs in order to ultimately make the right choice for the Butler Township,” decried resident Tom Mettler to the Butler Town Board.

“You have to understand that we don’t want this sewer sludge facility, and neither does the rest of upstate N.Y.,” Mettler added.

“There are many fatal flaws in the proposed sewage sludge facility’s proposal,” said Kristina Mastrangelo-Gasowski, co-founder of Butler and Beyond for Sludge-Free Backyards. “The most glaring is that the produced compost would not be safe for application to agricultural crops. This waste contains, among other things, heavy metals, and PFAS, a forever chemical linked to negative health impacts including cancer. The waste would then have to be sent to area landfills. The Finger Lakes already receives 50% of the state’s trash, and we certainly do not want to accept more, especially if it contains harmful toxins” said Mastrangelo-Gasowski.

Once the proposal is reviewed by the Butler Planning Board, the project moves to a possible vote at the next meeting on April 13th.

Mettler said that he and many other members of the community will fight this project at all costs. “At the end of the day, the Town of Butler Board needs to consider which headline they want to see: “Town Residents Sue Board for Irresponsible Representation”, or “Town Sued by Predatory Sewage Company”. We trust that they will consider their constituents opposition and ultimately respond accordingly.”

*Submitted by Joseph Campbell,
Watkins Glen*

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.

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Something for young—and young at heart—readers.

On page 14 in this issue of *Owl Light*, Mary Drake, who usually offers up “The Monthly Read,” instead shares Chapter One of her young adult fantasy story, *Where the Path Leads*, to help our young readers pass the time while away from school. A starter paragraph for new chapters will be found on page 14 each month, below her monthly review. Chapters will continue online at OwlLightNews.com/Where-the-Path-Leads. Although written with the young adult reader in mind, this story can be enjoyed by anyone who enjoys fantasy, and wants to come along on the journey to see where the path leads.

“Dragonfly Tales” by Steve Melcher & “Conscious Crow” return in May.

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Canadice Press will be publishing a literary journal—out late in the summer 2020. See additional information and submission guidelines at: www.owllightnews.com/owl-light-literary-2020-submissions-open-april-1/.

The Front Cover

Cover Image: While walking in Watkins Glen State Park, T. Touris captured this simple gesture. Water means so much to the Finger Lakes region, to life everywhere, and our attraction is undeniable.

Lower Image: A Columbine flower clings to a cliff, surrounded by many other individuals who rely on our stewardship of this unique ecosystem.

Poem By David Michael Nixon—See additional poem and bio page 13.



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While we were sleeping Unprepared for the Expected Opinion by Kurt Staudter

“I don’t take responsibility at all.”

President Trump when asked about botched response to testing for Covid-19.

As a big fan of science fiction, the subject of a pandemic has appeared often. Think about it: End of the world as we know it was even written about in The Book of Revelation in the *Bible*. In the first season of *Star Trek* in 1966 the episode “Miri” has the crew on a planet where a virus has wiped out the adult population and left the children as the only survivors. Given the seriousness of the novel corona virus outbreak, our biggest takeaway should be why this has taken us by surprise. This shouldn’t have caught us unawares, and the fact that our governments at all levels are now wringing their hands while they sweat out hastily crafted responses is in and of itself embarrassing. Everywhere there should have been a well thought out and coordinated response to a pandemic sitting on the shelf just waiting to be executed.

Having just come back from Virginia, one could sense that all was not well in the good old USA. First off, driving down and back I didn’t get caught in a single traffic jam—not once! The trips were made in record time, there were no lines at the gas stations or restaurants, and major highways were pleasant to use. However, scratch the surface, and you find that there’s been a run on toilet paper, disinfectants, food, water and any number of necessities. Then listening to the news and following financial markets, there’s chaos. There hasn’t been this kind of disruption in American life since 9/11 or the Great Recession.

One wonders if this is once again an event that leaves us forever changed. Will we ever shake hands again, or will we take up bowing or elbow bumps forever? As the population on the planet continues to grow exponentially, perhaps it was only a matter of time before a health event of this sort was to happen. We’ve had pandemics in the past, and some of them had millions of fatalities. The flu epidemic between 1918 and 1920 killed between 20 and 50 million, with a mortality rate of up to 1 in 5, and half of the deaths coming in the first 25 weeks. Go to any old cemetery and you’ll see many markers from this period. We were hard hit and it took years for our economy to recover.

There are those that will always try to find the good in devastating events, and looking around Vermont, where I live, our long-held tradition of stepping up and helping our neighbors is alive and well. Already people are volunteering to make sure food and medicine is getting to the most vulnerable in our communities, but more can be done. Contact your local government to find out how you can help, or for assistance. No one should have to get through this alone.

We’ve all heard about the steps we can take to protect ourselves from the virus. Common sense things like washing our hands often, coughing into our elbows, staying away from crowds, and new ideas like “social distancing”—loosely defined as increasing the physical space between us. Perhaps the most important thing we can all do is to self-isolate (stay at home) if you feel sick.

Government is now finally marshaling resources to calm the stock market, and to make sure the private sector gets to profit off the virus. Trump’s Rose Garden announcement of the state of emergency surrounded by CEOs of our largest corporations was a sight to see, even if there was a chance that the president was going to infect them all. One of the plans put in place includes paid leave for workers, but every one of the corporate leaders standing there will be exempt because they employ more than 500 workers. It’s only small businesses that will be affected.

I don’t want to turn this column into a giant criticism of the government response: I want to believe that our leaders are doing everything they can to keep us safe. This is hard to do when you read how the Trump Administration under National Security Advisor John Bolton in the spring of 2018 began to dismantle the team within the White House that responds to pandemics. Trump then goes on to justify these actions by saying that the Obama Administration got it all wrong in 2014—when they were preparing for the Ebola epidemic—and that this administration is just fixing it. Trump and Bolton would never replace Rear Admiral Timothy Ziemer and the Directorate for Global Health Security and Biodefense. Anyway, you cut it, while many other countries had already done tens of thousands of tests we were playing catch up from the start.

We’ll get through this one too. Take care of yourselves everyone, be careful, and follow the sage advice of another science fiction writer Douglas Adams from his *Hitchhiker’s Guide to the Galaxy*, and “Don’t Panic.”

Kurt Staudter - Kurt’s thirty year career working for National Grid and New England Power has given him a unique perspective on the Connecticut River. From operating the Bellows Falls Hydro Plant in the 1990s, to his job now in Substation Operations & Maintenance, every day his work takes him someplace along the river. He is an elected Executive Board Member of IBEW Local 486. A longtime activist and political columnist for the Vermont Standard, Kurt along with his wife Patti also ran the Vermont Brewers Association representing the growing number of craft breweries in the state for almost seven years. He has a Bachelors of Arts degree from the National Labor College, and participated with a fellowship in the Harvard Trade Union Program.

Pathways to Democracy

Land of Plenty: How Can We Ensure That People Have the Food They Need

By Doug Garnar



The issue of food is one that impacts society on multiple levels. One of our major exports is food and so we should be able to provide our citizenry with wholesome nutritious food. But consider the following:

- Over 40% of our adult population is obese. Our obesity rate is 2-3 times great than most of the world's democracies (i.e. Germany, France, Canada, Netherlands etc.). We spend close to a half of a trillion dollars annually on direct medical costs connected to obesity.
- In 2019 30 million school age children out of 56.6 million receive subsidized breakfast/lunch in their schools.
- The second largest source of garbage in our landfills is food.
- Low income families spend over 33% of their income on food while all other Americans spend between 8% to 17% of their income on food.
- “Food deserts” are common in many areas (where there are no regular supermarkets and many lower income people have no means to travel to where the stores are).
- Over 1.6 trillion dollars are spent on food annually.
- Our food system is based on a four phase system: produce, process, distribute and prepare.

How might we build a food system that benefits all Americans. The following three options are not in of themselves the “Correct” approach. Rather each approach offers something of particular value. As with all deliberations, both the strengths and “trade-offs will be identified.

OPTION 1: IMPROVE ACCESS TO NUTRITIOUS FOOD

- Strengthen Federal Food Safety Net programs.
- Bring more fresh food into low-income communities that lack grocery stores.
- Help people grow their own food.
- Discourage people from buying unhealthy food.

Trade-offs/downsides

- Federal programs alleviate people's immediate needs but they do not address the problem of people not making enough money to buy their own food.
- To have a significant impact, local food growers need a significant population, enough tillable land and a suitable climate
- Taxing certain undesirable food (i.e. soda pop) undermines people's individual freedom and what they eat—more so for low income people.

Questions to think about

- What is the responsibility for society and community to ensure that people have the food they need vs. the responsibility of the individual/family to secure their food needs?
- What does it take for people to become more self-sufficient and food secure?
- What opportunities exist in our own communities to make more nutritious food available for everyone?

OPTION 2: PAY MORE ATTENTION TO THE MULTIPLE BENEFITS OF FOOD

This option argues that people of all ages need to be better informed about the foods we choose, their nutritional value and how they are produced and processed.

- Provide accessible and trustworthy information.
- Build nutrition education into community food programs.
- Emphasize and preserve the social and cultural aspects of food.
- Recognize the healing qualities of food.

Trade-offs

- Tailoring food systems to individual needs/preferences/customs may be too expensive with an ever growing national/world population.
- Our food traditions/customs are not always healthy ones and society shares in the higher health costs due to diet-related problems.
- Integrating nutrition into health care systems may add another layer of bureaucracy/cost.

Questions to think about

- What do we value about our food/health/traditions and why do we differ?
- What could we do to learn about and enjoy other cultural traditions?
- What opportunities exist in our communities to become better informed about the foods we choose. their nutritional value and how they are produced?

OPTION 3: BE GOOD STEWARDS OF THE FOOD SYSTEM

This option asks us to think about the role of being stewards of the land. Such an approach requires that we consider all aspects of the food supply system, from the seeds we plant to the reduction of food waste:

- Strengthen our commitment to a healthy ecosystem.
- Keep food out of landfills.
- Realign our diets and food subsidies to support nutritious, sustainable food.
- Strengthen the food-system work force.

Trade-offs

- Conservation-oriented agriculture can be more labor intensive and costly.
- Over 20% of the food produced is exported. Reducing subsidies to agriculture could undermine our ability to compete in world markets.
- If we raise the hourly wages of farm workers, it will raise the overall price of food.

Questions to think about:

- How much are we willing to invest today in terms of higher prices, lower profits & personal effort to create a viable food system for the future generation?
- What are the most urgent issues that need to be addressed by local, state/ Federal policy makers?
- What opportunities exist in our own communities to be good stewards of the food system?

Readers seeking more information about this deliberation can contact the National Issues Forums Institute (nifi.org) or Professor Doug Garnar.

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.



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Canandaigua DMV Office FLCC (near gym) Police Department The Medicine Shoppe Thompson Hospital (lobby)	Geneva Police Station North Street Pharmacy	Richmond Town Hall CVS Pharmacy
Clifton Springs Hospital & Clinic (lobby)	Hopewell Mental Health Clinic (3019 County Complex Drive)	Rushville Village Hall
East Bloomfield Town Hall	Naples Village Hall	Shortsville Fire Department
		Victor Mead Square Pharmacy

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Water Warriors

In July of 2008, then New York State Governor David Paterson put Marcellus Shale development and fracking on hold until the DEC could complete a review of environmental impacts. Many rural landowners struggling from economic recession were lured by the potential economic benefits of hydrofracking. Although the risks were already becoming apparent, a land grab by companies resulted in thousands of acres around the Finger Lakes being leased to hydrofracking companies. (Some friends of mine who leased land ended up in a decade-long battle to free their land from lease obligations.) Shortly after the initial leases were secured, a proposal was made by Chesapeake Energy—which holds drilling leases in New York State—to truck in, from Pennsylvania, 660 million gallons of liquid hydrofracking wastewater for store in an empty natural gas well in Pultney, NY, less than a mile from Keuka Lake. In February of 2010, after significant public outcry, Chesapeake withdrew its application. With heightened concerns about storage of toxic wastewater, and reports of groundwater contamination and water well explosions in Pennsylvania, the anti-fracking movement in New York State had gained momentum. The Department of Environmental Conservation officially prohibited the practice in 2015, concluding a comprehensive seven-year review process that examined environmental and health impacts associated with high-volume hydraulic fracturing, as well as impacts on community character. New York's was the first ban by a state that had significant natural gas resources.

As these legal challenges related to hydrofracking proceeded, natural gas companies remained focused on the Finger Lakes area. Yvonne Taylor, living at the time in Lansing, NY, became concerned about a gas storage proposal after hearing presentations sponsored by Social Ventures and Shaleshock Action Alliance. (Speakers were Thomas Shelley, a chemical safety and hazardous materials specialist, and Peter Mantius, a journalist on business and finance.) The proposals called for a liquefied petroleum

gas (LPG) industrial storage facility and a methane expansion facility, with plans to store methane, propane, and butane in unlined, depleted salt caverns on the southwest shore of Seneca Lake, in the Schuyler County town of Reading (about two miles north of Watkins Glen). The caverns, created by U.S. Salt and Cargill's mining operations, were never engineered to store anything. In February of 2011, Yvonne Taylor teamed up with Joseph Campbell and Jeff Dombrowski to form Gas Free Seneca. Winning environmental battles against wealthy corporations who have teams of lawyers is no small feat. "You have to dare to teach. Be relentless. Spend every single day working on the cause and leave no stone unturned," summarized Taylor when I asked what was needed.

Once they started getting the word out, the group was joined by growing numbers of concerned citizens and business owners. On March 14, 2014, several years after Gas Free Seneca was conceived, eight hundred concerned citizens attended a forum held at Watkins Glen High School auditorium. Winery and vineyard owners traveled to Albany to call on Gov. Andrew Cuomo's administration to block the proposed storage facility for liquid petroleum gas near Seneca Lake. It was shortly after this that Will Ouweleen, owner of Eagle Crest Winery in Hemlock, NY, launched a No Frackin' Way series of wines, featuring the wineries three best sellers, to help environmental groups carry on their opposition to hydraulic fracturing and related activities in New York State. EarthJustice, a San Francisco-based nonprofit, agreed to provide legal assistance pro bono. Finally, on July 12, 2018, nearly a decade after the initial proposal for underground gas storage on the shores of Seneca Lake, New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos is-

sued a decision denying Finger Lakes LPG Storage, LLC's applications for the construction and operation of the gas storage facility.

Joseph Campbell and Yvonne Taylor, now both residents of Watkins Glen, have continued their work as the "eyes, ears and voice" fighting for Clean Water in New York State's Finger Lakes. In response to what they saw as continuing threats to Seneca Lake and the surrounding Finger Lakes Region, the founders of Gas Free Seneca—joined by Seneca Lake Pure Waters Board member Mary Anne Kowalski—created Seneca Lake Guardian, a New York State 501(c)(3) Not-for-Profit Corporation. Seneca Lake Guardian became a Waterkeeper Alliance affiliate in January of 2019. Waterkeeper Alliance is the largest and fastest growing nonprofit solely focused on clean water, uniting more than 300 Waterkeeper Organizations and Affiliates around the globe.

A more recent victory that Seneca Lake Guardian was actively involved in was the proposal for a trash incinerator near Seneca Lake in the town of Romulus, New York, in the center of wine country. The proposed facility would have been less than 4 miles from the shores of Seneca and Cayuga Lakes, and just a few hundred

yards away from the Romulus K-12 public school. Len Geller, a journalist for Owl Light News, joined Campbell, Taylor and I for our meeting in Watkins Glen. Geller had written a previous article about the trash incinerator and was interested in learning how the incinerator protests, and victory, compared with the earlier battles against gas storage adjacent to Seneca Lake. Most notable, we learned, was a shared belief on the part of many citizens, legislators, and businesses in our region of New York State that the proposed incinerator site rendered the project immediately undesirable, regardless of any potential economic gain. Gas Free Seneca faced a longer battle. There was initial significant legal and political momentum in favor of the gas storage proposals. Earth Justice lawyers created a roadmap for permit denial that was modeled after the earlier anti-fracking initiatives, based on the negative impacts on the environment and on the character of the community. Similar arguments were used against the trash incinerator, weighing the pollution risks alongside the aesthetic and community disruption—caused by hundreds of trucks and rail cars carrying garbage through the Finger Lakes.

Continued on Back



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The Night Sky

April Offers the Pleiades Star Cluster and Lyrid meteor shower

By Dee Sharples



Nature and Gardening

The planet Venus continues to dominate the evening sky in April shining brilliantly at a whopping magnitude -4.7. An especially beautiful sight will occur from April 1-5 as Venus approaches and crosses the Pleiades star cluster. Venus will be impossible to miss standing about 45 degrees above the western horizon after sunset. As the sky darkens, the stars in this cluster (also called the Seven Sisters) will begin to come into view one at a time. Although you'll be able to see the cluster naked-eye, a pair of binoculars will show the true beauty of it.

On April 1st, in the early morning hours, three planets Jupiter, Mars, and Saturn, will begin to rise in the southeastern sky. Jupiter rises first at 3:20 AM. It will be the brightest of the three planets shining at magnitude -2.3. Saturn and Mars follow together about 4:00 AM. Saturn shines at magnitude 0.7 and Mars at magnitude 0.8. These last two planets will look like only fairly bright stars, but this gives you the opportunity to notice the distinct color difference between them. Saturn looks yellowish, while Mars has a reddish hue. The trio will rise earlier each morning, but the best time to enjoy this view is one hour before the sun rises.

When the Lyrid meteor shower peaks in the early morning hours of April 22, if it's clear, there will be fantastic viewing conditions under a moonless sky (new Moon phase). An hour before twilight begins is the perfect time to be outside scanning the sky. Dress very warm, find a dark observing site away from lights, and get comfortable in a chair. Let your eyes casually roam the sky. Meteors can appear in any direction. If you spot a meteor, you can trace its streak of light back to its origin from the constellation Lyra which now lies almost directly overhead. This year astronomers predict we'll be able to spot approximately 18 meteors per hour. The Lyrid meteor shower is active from April 14th to 30th so if you're out observing the sky in the early morning hours before dawn, you may spot a sporadic Lyrid.

The constellation Leo the Lion will be due south half-way up from the horizon this month at midnight on April 1st, 11:00 PM on the 15th, and 10:00 PM on the 30th. It's easily recognized by the stars forming a backwards question mark which depict the lion's head.

April promises the beginning of many nights and early mornings of comfortable observing opportunities.



Strasenburgh Planetarium

April 2020

Public observing on Saturday nights from the roof of Strasenburgh Planetarium, which would normally resume in April, will be canceled until further notice due to the COVID-19 outbreak.

For updates go to:

www.rochesterastronomy.org/the-strasenburgh-scope/

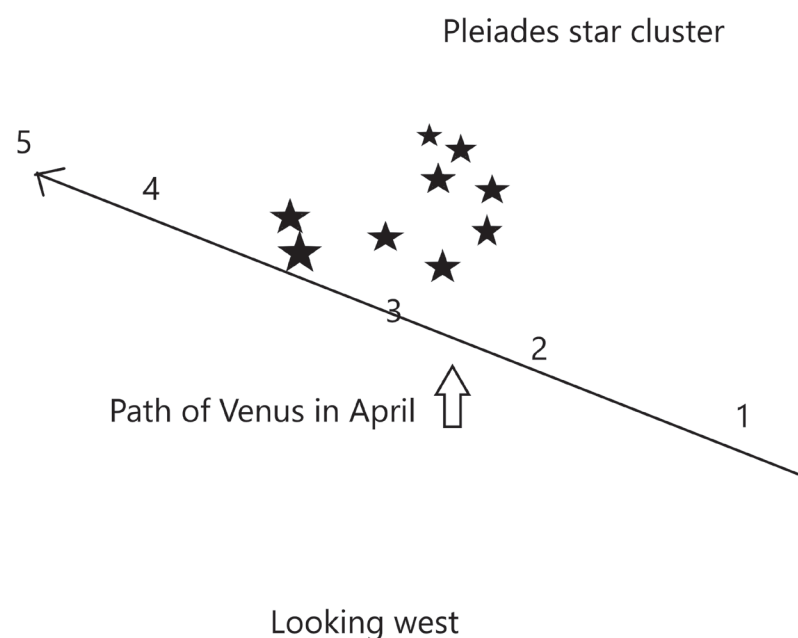


Illustration by Dee Sharples

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: -4.7
- Jupiter: -2.3
- Bright star: 0.0
- Saturn: 0.7
- Mars: 0.8
- Dimmest star visible with the unaided eye: 6.0-6.5

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°.

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.

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Saturday, June 20, 2020
7:00am to 3:00pm

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Materials NOT Accepted at the Event:

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Updated for Online due to postponement.

SCIENCE ONLINE activities offered by RMSC, Rochester

rmsc.org/science-museum/programs-and-events/item/732-at-home-science

LETCHWORTH STATE PARK IS OPEN

Letchworth State Park and Silver Lake State Park are open. No vehicle use fees will be charged.

A few buildings in Letchworth State Park and all interpretive programs will be closed until further notice.

- South Shelter
- North Shelter
- Trailside Lodge
- Humphrey Nature Center

The Homestead Gardener

Seed Saving Savvy for the Eager or Uninformed

By Derrick Gentry



Even anarchists need ground rules. It is understood that the Exchange is a place for sharing heirloom, open-pollinated varieties that members have grown themselves...

The political season is now upon us, and there has never been a better time to be outside in the garden. Or, if the cold Spring rain forces you out of the idyllic and apolitical bliss of the garden bed, there is always the indoor option of retreating to a comfy chair with a hot cup of tea and a stack of seed catalogs—those harbingers of the growing season that have been forming a stack on the kitchen table since long before the New Hampshire primaries.

I have spent many pleasant hours in recent weeks leafing through the latest catalog from the Seed Saver's Exchange. "The Exchange 2020 Yearbook" is surely the least glossy and the least glamorous of all seed catalogs. It also stands out every year as the thickest and heaviest among the pile, resembling a telephone directory more than a commercial seed catalog. This year's edition comes out to 508 pages. Not a single one of them features a black and white illustration, let alone a glossy photo of a luscious bright-red tomato. It is "text heavy," as the people in advertising like to say. But it is also great fun to read and an excellent way to lose track of the time. (My copy, which is dog-eared and underlined throughout, bears ample traces of that happy loss.)

The international party of seed savers is founded upon the political philosophy of the 19th-century anarchist Johnny Appleseed. Anyone, inside or outside the United States, can become a member. And to become a member is to feel like you have joined a movement.

The Seed Savers Exchange was formed in 1975 by Diane Ott Whealy and Kent Whealy (who passed away in 2018) along with 29 other backyard gardeners who came together over concerns about the rapid loss of seed biodiversity – an existential issue and human-interest story that, if anything, is even more urgent than it was 50 years ago. The central headquarters of the Exchange is Heritage Farm, which is located nearby the Whealys' home town of Decorah, Iowa. Heritage Farm has been described as "the most diverse farm in the world." It is also the physical site of one of the largest non-governmental seed banks, with more than 25,000 rare fruit, vegetable, and other plant varieties preserved in some form (often by vigilant planting and replanting every season).

Their central mission, however, is highly decentralized. The Exchange has grown in membership since 1975, and it is still comprised of a widely distributed network of small-scale growers. Their mission is expressed in the words of Diane Ott Whealy that appear as an epigraph at the beginning of each catalog: "We can only preserve heirloom seeds through active stewardship. If we don't allow them to grow again, they become lost." In Whealy's annual letter to members, she also quotes Margaret Mead's variation upon "think globally, act locally": "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

The bulk of the catalog consists of members' descriptive accounts of their serendipitous adventures in biodiversity. The listings are grouped by type and arranged alphabetically. Under "vegetables," the first up is a section for Adzuki beans (five varieties, offered by four members in four different states). There are 57 pages devoted to various other beans, each listing printed in tiny font size. The listings for tomato seeds extend from page 267 to page 440.

Some of the entries are brief and matter-of-fact, while many of them are longer and richly laden with anecdote and social history. Reading through them often feels like following a conversation

thread. In the section on "Black Shackamaxon," a dry pole bean, Allison Berg of Jamestown, NY (NY BE A3) writes:

"I obtained this from Will Woys Weaver (PA WE W). This stock originated from Mary Thomas who received the beans from her mother Rebecca, who in turn had gotten the seed at Pennsbury Manor abt. 1906 from Mahlon Moon, a Quaker interested in horticulture and local history. Will Weaver lists this as a different variety from Blue Shackamaxon, but to me they seem very identical."

Let's hope that Will and Allison will be able to work out their differences sometime before next season's Yearbook...

Allison is one of several members who offer the bean that has come to be known as "Indian Hannah." Here is the story behind it, as reported on page 63:

"Named for Hannah Freeman (Indian Hannah) one of the last Lenape Indians [sic] in Chester County ... Hannah was the last of the Lenape to remain in her part of Bucks County Pennsylvania (near Downington); she gave this bean to the Quaker farm family who provided her a home in the last years of her life."

(Yes, the "Indian" is in lower case. Seed savers do not always have a passion for proofreading, but you can be sure that no error in the catalog is a sign of disrespect.)

Some of the entries cross the threshold from anecdote and oral tradition to archaeology. In the beans section, not far from the stories of Hannah Freeman and Mahlon Moon, there is a hard-to-ignore listing for the "1500 Year Old Cave Bean," which is believed to have been found in a clay pot sealed with pitch in a cave in New Mexico. It is the only seed listed in the catalog that includes information on carbon dating along with the zone hardness. The anonymous and perhaps absent-minded individual who saved the seed in ca. 500 A.D. is the oldest honorary member of the Exchange.

On page 477, under "misc herbs," there is a short listing by member NY BE C for "Huacatay," a marigold "that stands taller than me or you."

After a few seasons of reading the Seed Savers catalog, you begin to realize that some of these stories (like the 1500-Year-Old Cave Bean) have been re-circulated year after year, like the same story told by an absent-minded relative at every Thanksgiving meal. As is the case with the seeds themselves, the active stewardship of the storyteller – the telling and retelling – is what keeps the story alive.

Strangely, the entries on the seeds themselves often sound more personal than the entries in the opening "Listers Section" where members are given the space to profile themselves. Some profiles are garrulous and even confessional; in some, the USDA growing zone is the most intimate piece of shared information.

In addition to the post-seasonal accounts of past floods and drought and disease pressure, there are stories about making due without a tractor that has been out of service since the Spring rains. Seed saving is a profitless endeavor; many of the Seed Savers sound like gardeners who are former farmers. Some members, in the space given to talk of themselves, open up about the struggle to make ends meet, of their concern not only to preserve biodiversity but also to hold on to the farmstead property that has been in the family for genera-

tions. There are sometimes touching stories of co-adaptation, such as a grower who is interested in trellis-friendly varieties on account of bad knees and difficulty bending over. None of this seems petty or self-absorbed; it's simply the kind of report that you might expect in response to the broad question of how things have gone this past year.

Even anarchists need ground rules. It is understood that the Exchange is a place for sharing heirloom, open-pollinated varieties that members have grown themselves – not GMO seeds or unstable F1 hybrids, or seeds that were purchased and are being resold. Members who share seeds are expected to be completely honest about the observed traits of this new variety: hence, we read qualifiers like "moderately productive," "taller than me or you, but slow to germinate," "beautifully colored, but really an acquired taste," etc..

The old-fashioned honor system is the basic ground rule with regard to transactions. Some members accept Paypal, others prefer check or cash or money order, and most are open to or openly prefer barter. In Sleetmute, Alaska "AK CA B" writes that she will take orders year round, but may not be able to get to the post office during break up and freeze up on the river. Some international members caution against sending cash in envelopes to countries where the system – or the postal system, at least – is broken.

In spite of all the talk among Seed Savers about selecting resilient varieties and adapting to newly unstable climates, what they do is fundamentally premised on abundance rather than scarcity. That is only natural: As anyone knows who has saved seeds from overwintered kale, a single plant gone to seed can produce enough seed to feed scores of people ... so long as the seeds are saved and shared and replanted. Stewardship is a year-round job, and far more of a social activity than we sometimes appreciate. There is also an optimism implicit in the activity. The Seed Savers combine a fear of loss with a love of surprise and an embrace of future possibility (which, come to think of it, is a pretty good description of the unnamed political party that I would like to join...).

Our U.S. postal system is close to broke but not broken. In recent years, it has increasingly played the role of facilitator for a system founded upon short-term gratification and planned obsolescence – something the 18th-century anarchist sympathizer Ben Franklin probably did not envision. It is therefore comforting to think that among the stacks of bulky amazon.com boxes that are loaded up onto planes every day, there are tiny envelopes that are also on the move, flitting about like stowaway butterflies, in which are contained the seeds of the future.

[NOTE: *Myself, Owl Light Editor D.E. Bentley and Owl Light "Crafting Your Own Cuisine" author Eileen Perkins—and other speakers—are scheduled to present at the Earth Dance festival hosted by Little Lakes Community Center Hemlock. Mine will be on "Amateurism and Earthcare," and a rainy-day, text-heavy version of what (I think) I have to say will be published in the online version of the Owl Light...]*
*See ad with additional information page 12.

Derrick Gentry

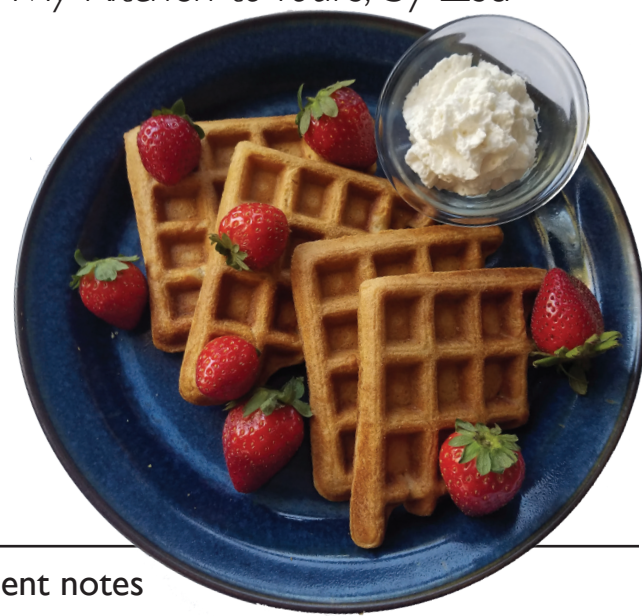
Derrick Gentry lives in Honeoye with his wife and son, and numerous furred and feathered friends. He teaches in the Humanities Department at Finger Lakes Community College.
E-mail: Derrick.Gentry@fllc.edu.

Crafting Your Own Cuisine

Waffles • Review: *Everyday Vegan Eats-Family Favorites from My Kitchen to Yours*, by Zsu

By Eileen Perkins

Many people's experience of waffles is limited to those available in the grocery's frozen food section. For individuals avoiding gluten and dairy, the offering is pretty bleak, as well as expensive for what you get. Homemade waffles are a versatile baked good that serve not only as breakfast fare but as quick, on-the-run meals when pulled from the freezer, heated and paired with a smear of nut butter and jam or ND cheese. My husband jokingly refers to them as "cookies", and there have been hectic days when they seemed to be just that (especially heated and tossed in cinnamon sugar)! For this recipe, I urge you to experiment with different flour blends, both premixed and your own creations, but only AFTER trying the brand recommended here. This formula was developed utilizing it. GF flour blends are a varied bunch, and although all baking is, in a sense, chemistry, baking for special dietary needs is much more obviously so, as one who's had a fair share of unpalatable outcomes will attest.



Waffles

(apx. 8-10 servings)

Ingredients

- 1/3 cup "Expandex" starch
- 3 2/3 cups (1 lb 1.5 oz.) "Bob's 1 to 1 Baking Flour"
- 3/4 tsp. xanthan gum
- 3 Tbsp. baking powder
- 1 tsp. baking powder
- 1 1/2 tsp salt
- 1 Tbsp. cinnamon
- 1 tsp nutmeg
- 1/2 cup plus 1 Tbsp. neutral flavored oil, and some extra for brushing waffle iron
- 6-7 eggs depending on size (12 oz.)
- 3 3/4 cups oat or almond milk
- 3 Tbsp. cider vinegar

Procedure

- Stir together milk and vinegar. Set aside.
- Whisk together dry ingredients.
- In a separate bowl, whisk eggs, then add oil and milk and whisk to combine.
- Add wet to dry ingredients and whisk until lumps are gone (no need to worry about overmixing and waking up gluten).
- Allow batter to rest and thicken 5 minutes.
- Bake on preheated, greased waffle maker. Using a fairly large Belgian waffle maker, I measure an ample 3/4 cup of batter and bake for about 6 minutes. Waffles should be brown and crisp outside; the inside should be light (some bubbles) and not doughy. Follow the specific instructions for your waffle maker.
- To serve, hold in a warm oven until all waffles are baked, or freeze on cookie sheets, then store in a sealed freezer container.

Ingredient notes

- "Bob's 1 to 1 Baking Flour" contains sweet rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum. When measuring flours, shake or whisk the flour blend first and spoon into measuring cup designed for dry ingredients, leveling with a knife. Do not shake down or use a cup designed for liquid measure (with a spout). The most exact way to measure many ingredients is using a scale.
- "Expandex" (available online) is a modified tapioca starch that improves texture and flavor of gluten free baked goods. If omitting, substitute more of the flour blend.
- Xanthan gum is added to the list of ingredients, but it is not essential here because this flour blend does contain some. This gluten free flour formulation is designed to work for a variety of products, but each item ideally calls for varying amounts of xanthan gum. This recipe recommends augmenting the quantity in the flour blend. If you eventually choose to use a GF flour blend that does not contain xanthan gum, you'll naturally need to use more than what's specified here.

Continued on page 16

Bee Lines

Spring Magic

By Sam Hall

It is with great joy that I'm observing the bees bringing in the first new pollen of the year. It is a dark non-glossy deep orange color that I believe is probably coming from skunk cabbage and pussy willows. The collecting of pollen by the bees signals the colony is making new brood to have an army of foragers ready when the blossoms open in great numbers in April and May.

So far, my colony survival rate is very good. I will feel more relaxed if it is the same at the end of March. I went into the winter with 14 colonies and now have 13. The survival rate was improved, I believe, by two things. First I periodically fed all of the colonies, starting in early December, with sugar syrup. Secondly, I tried to control the Varroa mite population.

I did a chemical treatment for Varroa mites in November, before the bees went into winter cluster. This knocked down the number of mites, which can overwhelm a colony in the winter if they are unchecked.

Varroa mites for centuries were in Southeast Asia where they had developed a symbiotic relationship with the greater Dorsada Bees, a relative of our European honey bees.

In the late 70s and 80s we had tracheal mites, which initially devastated colonies. We treated with menthela-tum, which controlled the problem



T. Touris

Through a chemical process, the skunk cabbage flower can heat itself to about 60 degrees Fahrenheit. This allows it to burn its way through snow cover. Its flower appears before the leaves.

until the bees learned how to handle the mites. It took only a few years before treatment was unnecessary. I thought the same thing would happen with the Varroa mites. I was wrong.

Varroa mites arrived here in the late 1980s after transferring from the Dorsada bees to our European bees, probably somewhere in Asia. Unlike the tracheal mites, there has been no development of a symbiotic relationship. The Varroa kills the bees and the Varroa die with them.

Beekeepers have tried many non-chemical treatments, such as selecting colonies that are very hygienic (groom themselves and each other a lot, knocking off the Varroa mites and then attacking the mites). The only problem with this is that this grooming trait is not necessarily passed on to

colonies that are descendant from that colony. I have tried this method and was not really successful long term.

Eventually, I realized that unless I wanted to buy bees from the south every spring, I needed to start chemically treating for Varroa, and I have. Wish I did not have to but I want my bees to be healthy and strong, and, more importantly, alive.

On another matter of interest, you may have read recently about another hive denizen called the wax moth. Beekeepers have known for many years that the wax moth, particularly the greater wax moth, will eat plastic, turning it into energy. I learned it years



ago by accidentally placing a frame that the moths had done their dirty work on (making tunnels through the cells and leaving a web-like gooey substance) into a plastic bag. The bag was quickly compromised. The moths go through a normal metamorphosis, including a caterpillar-like stage and eventually into the moth. The caterpillars are white and crawl somewhat like an inch worm. They are pure protein and can be eaten. There is a recipe for wax moth soup.

Until now it has been like nature is holding her breathe. Today, the 10th of March, I noted the large weeping willow trees near the yard are ready to burst into bloom. In about 10 days I'll be able to hear those trees before I see them.

I usually do not put signs in my dooryard but I was given one that I proudly display. It says, "Hate has No Home Here." Hate also has no place in the hive. The bees, like us, all depend on each other.

Editor's note:

For those interested in insect protein, I found a recipe at: www.bugs4beginners.com/blog/recipe-waxworm-ramen/

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."



Harper and Midwest Kind at Fanatics in January 2019.



Rise Up was released February 2020

A conversation with Peter D. Harper—March 2020

D.E. Bentley:

Hi Peter. Thanks for taking some time to share with us in advance of your April 21, 2020 planned return visit to Fanatics Pub, in Lima, NY.

First, here's me wishing that your family and friends in Australia are making out okay. So many areas of the country—including Western regions near Perth, where you lived as a child, and Melbourne, Victoria, where you lived as an adult—have been devastated and are only recently starting to see some relief from the wildfires.

Peter D. Harper:

Thank you Darlene. 2019 was Australia's driest and hottest year on record. The fires have been absolutely devastating. A billion animals killed, thousands of homes lost and many people also lost their lives. I feel so sad for Australia!

It looks like you and Midwest Kind have lined up tour dates in multiple U.S. states in the months ahead. When I heard you were in some southern states, I was tempted to use that as an excuse to feel some warmer rays a bit sooner. Still, I was super excited to hear that you would be back at Fanatics—and other New England area destinations—to heat up the stage in advance of our summer. What exciting changes and adventures have you and the band encountered since last we met?

I guess the most exciting thing to happen is the release of the new CD "Rise Up" which came out on February 11th. It actually had its debut at #3 on the Billboard charts, which was pretty cool. We've been touring heavily since January and the new tunes are sounding great live. The feedback from fans and reviewers has been absolutely amazing!! Its nice to know that people are digging my new music. The band is now a 5 piece. In addition to Austin Johnson (guitar), Lee Lewis (bass, backing vocals) and Reggie Wilson (drums), we now have Bobbi Llewellyn on vocals and percussion.

After a hop around to Delaware, New Hampshire, Connecticut, and Maine, you will be back in our area at Naples Elementary School. I know that educational outreach is important for you and Bobbi Llewellyn. What do you have planned for this group of area young people when you swing back into New York later in April?

We've been visiting the Naples Elementary School for many years now. We typically do a concert and talk about Australia's art, music and culture. We feature the Australian indigenous instrument of the didgeridoo and talk about good environmental policy. They have a wonderful music program at this school, headed by Julie Austin.

For folks who have not familiar with you and the band, what can the audience at Fanatics look forward to on April 21 (or when next we are able to see you)?

My music is all original featuring the harmonica and the didgeridoo, peppered with some great guitar and three-part harmonies. Roots music with a world music twist, is how I describe what I do. We have a really fun show and love to interact with the audience. We will be playing all the tunes from the new "Rise Up" CD.

How exciting about the new CD...will definitely need to pick up a signed copy, to add to my collection.

You previously shared that trumpet and *euphonium—along with the harmonica, which you first explored in the thriving folk and blues scene in Perth—were your earliest instruments. I really enjoy your performances on the didgeridoo. How did you discover this instrument, and why is it an important part of your musical journey and your sound?

The didgeridoo kind of happened by accident. I had always been a singer/harmonica performer. A didgeridoo player, named Steve Davies, asked if he could jam with me at one of our shows in Australia. I was surprised how well the didgeridoo worked with my songs. I loved the deep woody tribal feel it brought to my music. I asked Steve to join the band and he toured with me in Australia, the USA and Canada for a couple of years. When he decided to move on, I decided to learn to play myself. It took several years to master the instrument, I think having the background as a euphonium / trumpet/harmonica player, really helped me.

With songs like "We Stand Together," from Live At the Blues Museum—that speak to aboriginal rights, while offering a call for global peace—it is evident that you want to share a message through your music. What does that message include? Do you believe that musicians, creatives in general, should use their arts to move toward change, or is that just part of your personal journey?

I have always promoted peace /environmental and social justice through my music. I do believe that artists should have a message. While I do use my art to encourage positivity and change, I do it subtly. I never force my views on my fans. The lyrics of my songs can affect people in many different ways according to their own personal journey.

How are you balancing your time these days? You have many tour dates lined up. Will you also be spending some time in the studio? How about other educational initiatives closer to home?

I am doing the same amount of dates as I typically do. I am writing for other artists as well, so yes, more time in the studio is on the agenda. We have recently received an arts grant in Michigan to present "The Australian Didgeridoo Workshop", which I am really looking forward to.

Speaking of home, I'm curious, what musical and geographic forces attracted you to Detroit, Michigan. Why is this area now home, and can you sum up the musical scene there?

We met a guy from Detroit, who worked for GM, in Melbourne Australia, years ago. He became a very good friend and encouraged me to tour the US. We would always begin our tours in Michigan. We had friends who gave us a place to stay and helped us out with the lay of the land. I moved to Michigan with my wife Bobbi, after signing a record deal with Blind Pig Records, who had their start in Ann Arbor, Michigan. Detroit is coming back!!! Many new businesses are opening, lots of music venues and interesting artsy small businesses are thriving. Detroit is a cool city and it has a massive jazz scene!

We last had the pleasure of hearing you perform on January 21, 2019, the night of a blood wolf full moon eclipse. Your next planned visit, also on lucky 21, has Lyrids Meteor Shower about to peak. Heh, I know you can't plan these things, but for me it highlights the kind of magic that follows Harper and Midwest Kind. We know it will be an exciting night when we are next able to take in the sights, sounds and magic of Harper and the Midwest Kind. See you then!

Thank you for the kind words. My band and I are really looking forward to upcoming shows and meeting up with you again.

Thank you Peter. Be well! And keep spreading the peace and joy!

*A large, conical-bore, baritone-voiced brass instrument that derives its name from the Ancient Greek word meaning "well-sounding" or "sweet-voiced."



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 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...VIRTUAL/ONLINE EVENTS TOO! Go to: www.owllightnews.com/events/community/add. E-mail arts-related reviews to: Editor@canadicepress.com.

Making Lemonade

April Fool Tarzy

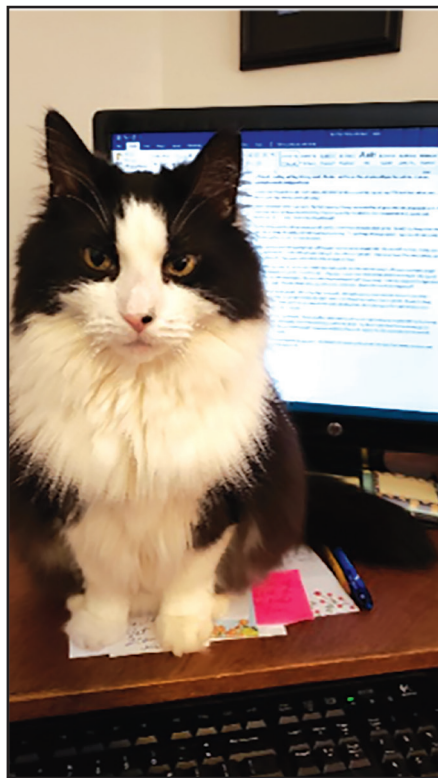
By Barb Stahl

I never was very good at April Fool's jokes. Not clever at all..... Tarzan, my cat, says "I'll do it Barb. Move over. I'll handle this one.... my life is a purr-fect 'Making Lemonade' story." So, I decided to let Tarzan write his story this month. Here it is....

I don't remember where I was born. My first memory is being surrounded by tall grass with lots of burdocks in it. Pretty soon I had lots of burdocks stuck to my fur. I got very muddy too, which is most undignified for a male, and very handsome long-hair Tuxedo cat.....well, I knew I had the potential!!

Besides being covered with burdocks and all muddy, a hawk kept swooping down at me. Luckily, my sharp claws could take care of things for a while, but that hawk kept returning. To top things off it was winter. I was so cold and scared and confused that I could not find my home.

Finally, a nice lady put out a garbage pail with blankets in it for me to snuggle into. She also left me food. Pretty soon she brought me into a room with cars and tools in it. She called it a "garage." I had never heard that word before, but I learned to love it. There were no burdocks, mud, or hawks in there.



One day the nice lady put me in a car. I didn't like that one bit! She took me to a place with more nice ladies, bright lights, and howling animals that I couldn't see—only hear. The nice ladies began poking me with sharp things. I must have fallen asleep, which is amazing as I was really scared, but did like the look of the ladies. The next thing I knew my bottom was really sore. What in the world just happened?



Keeping it Light

Soon I was back at that garage. After a few days Barb came. She had heard my story and told the nice garage lady she just wanted to see what I looked like. She said that she didn't want another cat because she had just had to put Mr. Phoebe to sleep, and still had Jane. Well, I gave her my sweetest one-year old darling young cat look, and it was love at first sight. Soon I moved next door to Barb's house.

Janie never liked me one little bit. Imagine, not liking handsome, charming, playful me?!? She refused to listen. I tried to tell her what a pal I could be and kept inviting her to play with me by chasing her down the hall. She usually dove under Barb's bed and hissed at me. For about a year Barb fed me downstairs to give Jane a break. Jane got so she wouldn't come out of Barb's office at all. Maybe she did when I was downstairs.

After a year or so Janie began to be very sick. I heard Barb tell people on the phone that Janie had kidney problems and one day I couldn't find

Janie to chase. Something was strange because suddenly I could eat upstairs. To this day I look sideways when Barb feeds me to see if Janie is coming to chase me downstairs.

Every once in a while Barb thinks about getting a dog. I have told her again and again that I really don't think that's a good idea. Plus, my understanding is dogs cause a lot of work. She would have to walk them outdoors which would only make her smartphone happy -- not me. And when she goes away, then what? As much as I hate her going away she has somebody come to see me twice a day when she's gone. You better believe I keep a good eye on her when she finally gets back.

So being an indoor cat at Barb's is pretty great lemonade!! No way am I interested in going outside. Won't you consider adopting a handsome kitty like me who doesn't have a home -- or perhaps donate to your favorite Humane Society?

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.

TAKE OUT AVAILABLE - 4-8 PM DAILY SPECIAL DINNER & "LATE NIGHT" MENU



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For updates on upcoming shows at the pub, check our website or Facebook or you can call Jim with questions at 315-573-2411.

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Pool Table: Harvard 6.6x3.6 \$150.00 or Best Offer.



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Accessories included. Partially disassembled and ready for pick up. Call/text 585-313-7590.

FAMILY RESEMBLANCE

The most recent common ancestor of all living humans



300 BCE, maybe. In east Asia, probably.

Australopithecus, ancestor of genus Homo.



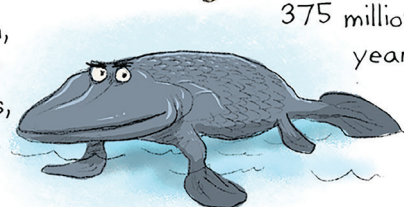
4.2 million years ago, eastern Africa

Tiny, furry, unnamed ancestor of all placental mammals.



100 million years ago

Tiktaalik, a fish, common ancestor of all amphibians, reptiles, birds, and mammals.



375 million years ago.

(NO NEED FOR 23 AND ME)



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

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

Life in the Owl Light

Art offers respite and hope during difficult times...
New exhibit, "Director's Choice" will open ONLINE Friday, March 27.



"Homecoming Will Be A Little Late This Year" by Edd Tokarz Harnas

The new exhibit will debut
ONLINE on Friday, March 27.

"Director's Choice" will be on run through April 16, 2020. The Gallery may be reached during normal business hours: M-F 10-5:30, Saturday 10-4:00. Online exhibit will open on the same date the reception was schedule to open.
www.WestEndGallery.net.

West End Gallery announces the opening of its newest exhibit, "Director's Choice", featuring personal favorites selected by Gallery Director, Jesse Gardner. Each of the artists represented by West End will have at least one work of art chosen for this exhibition. The Gallery represents more than 50 regional artists, some nationally known, some emerging artists, working in a variety of mediums.



"Forget-Me-Not" by Tom Gardner

Earth Dance 2020

Sponsored by
Little Lakes Community Assoc.
and Owl Light News

Earth Dance - Celebrating
Sustainable Community

Saturday, April 25
11:00 to 5:00

Little Lakes Community Center
4705 S. Main St., Hemlock

- Hourly speakers on sustainability
- Educational and fun family activities
- Local vendors of natural products and services
- Great food and music!
- Bird watching at Hemlock Park, 10:00 a.m.

LittleLakesNY.org and Facebook

Earth Dance 2020 will likely be postponed until later in the year. Check the website www.littlelakesny.org, FB @littlelakesny, or call 585-367-1046 to hear a recorded message. for updates on events.

DEC ANNOUNCES ANNUAL 5TH GRADE ARBOR DAY POSTER CONTEST WINNER

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos today announced the winner of DEC's Annual 5th Grade Arbor Day Poster Contest— Nicole Halaseh from Casimir Pulaski School in Yonkers, Westchester County.

"This year's 5th grade Arbor Day Poster Contest winner Nicole Halaseh's unique artwork captures the importance of New York's official State fruit, the apple, and how it's both a healthy food source and a valuable part of New York's economy," said Commissioner Seggos. "DEC thanks all the students who participated in this creative demonstration of the many ways trees contribute to our lives."

Each year, hundreds of fifth graders across the state compete in designing an educational and eye-catching poster focused on a theme that honors trees. The 2020 poster theme is "Trees Feed New York," giving students the opportunity to learn about the dozens of ways both humans and wildlife rely on trees as a food source.

The annual 5th Grade Arbor Day Poster contest is announced in September and runs through December. New York State teachers, schools, and clubs that wish to participate in the next contest round should visit DEC's website for more information.

Image of courtesy of NYSDEC.

AREA ENVIRONMENTAL CLEAN UP DAYS, PLANT SALE, FARM MARKET PLANNING

"PLEASE SAVE THE DATE: Saturday, April 25th! Our annual HVA Earth Day Roadside Cleanup will be held on Saturday, April 25th, 2020. A pre-pick up free breakfast (is currently planned) for all participants from 8-9 AM at the United Church of Christ on Main St. More info to follow as the date gets closer. If any questions, please call Jerry Passer (585-229-5474).

Sunday, April 26! "Fifth Annual Take Pride in Hemlock Day" Meet-up at LLCC at 9:30 am. The Little Lakes Community Association, in partnership with the NYSDOT, will sponsor a road-side clean up. Necessary materials and safety gear will be provided. Pot-luck lunch *may be held* in the Jane Barnard Community Room 1pm, along with local musicians (TBD). Little Lakes Community Center, Hemlock

The Bloomfield Garden Club's 46th annual plant sale will be held on Saturday May 16th from 9-3 at the Bloomfield Historical Academy Bldg, 8 South Ave, Bloomfield. The sale features annuals, herbs, hanging baskets & perennials. Proceeds support our many charitable & gardening projects. The public is invited. Information, updates call Laurie O'Mara 585-406-3457.

Penn Yan Farmers' Market Accepting New Vendors:

Staying home more than usual right now? Then stay home and plant, or craft, or prepare your kitchen, and plan to join our local distribution system.

The Penn Yan Farmers' Market (also known as the Yates County Cooperative Farm and Craft Market) is currently organizing for our 44th year in 2020. The Market is the longest

TREES FEED NY

ARBOR DAY 2020

Artwork Credit: Nicole Halaseh, Casimir Pulaski School, Westchester County, New York
©2020 New York State Arbor Day Committee. Printed on Accent Opaque Paper
Produced at International Paper's Ticonderoga, New York Mill.

running market in this area, and has been a part of the community since 1976. The annual organizational meeting, originally scheduled for April 2, may be held by phone; but the market's expected to open as usual in late May or early June: Saturday mornings in downtown Penn Yan, on the sidewalk of Main Street between Elm and Jacob Streets. We accept farm products such as produce, plants, meats, and cheeses; crafts; baked goods; locally processed foods; and in general anything that can be made or grown locally and can be legally sold at a farmers' market. All items must be grown or made in Yates County or one of the immediately adjacent counties; and at least 80% must be grown or made by the vendor. Most of last year's vendors intend to return, and there are new vendors expected; but there's still room for more. Vendors can join at any time of year, but most like to plan ahead, and sometimes space availability is limited later in the season. Those interested should contact the market president, Rivka Davis, at 607-243-5234 or organic87@frontiernet.net

Send us updates on your 2020 Farm Market!

Upstate, Long After Dusk

By Shelly Rafferty

At the kitchen window I took up my post.

For ten nights I'd stood there,

My bird-watcher's scope

Surveilling the snow across Friesen's fields.

In the coal-blue air I searched for deer.

Friesen, that grizzled, lapsed Mennonite,

Had let his corn go this year, abandoned it to rot,

Discouraged by the persistent, arguing rain.

The tractor didn't come down my road as often.

Too old, I thought, we're all getting too old.

But last night, after I'd surrendered the Grisham,

The effort to iron my pinpoint Oxford

And my khakis, the window was still there,

And so was I. I peered into the gathering darkness,

The soundless night, the blackened crown of trees.

At first, they stood in close ranks, a tiny battalion

So tight and stingy, I mistook their outline for a bear,

But I was deluded. No bear has ever been here,

Not in fifty years. After a few minutes, disentangled,

Three bucks turned their noses and dug in

To find rancid kernels of nourishment. They kept their heads

Down, anesthetized by the cold and white and illusion

That they could not be seen. But I saw them. I could have

Shot them if only they'd wandered closer.

But, as usual, I needed more moonlight.

Shelly Rafferty, PhD

Shelly Rafferty, PhD, is an editor and writer specializing in fiction and academic writing. She has worked as a publishing professional for the past 30 years and is the co-owner / CEO of JournalReadyUSA. Her poetry, fiction, articles, and academic writing have appeared in many anthologies, magazines, newspapers, and journals. Email: shellyrafferty2020@gmail.com.

Five Ways The Night Can Save You

By David Michael Nixon

The night provides owls to tutor you
in night vision and swift hunger.

You learn to seize what you need
at the end of steep flight.

The night sets the moon free
to wrap your love and you
in a silver spell
that floats you through this lost world.

The night closes your heavy eyes,
erases the screaming light of day
and holds you in the healing dark
until your vigor is renewed.

The night whispers deep waters
until a river of words rises
from your caves to the surface,
irrigating the land with poems.

The night welcomes the pillar of fire
that guides you through the wilderness.
Saving you from his awesome self,
the Lord leads you to milk and honey.

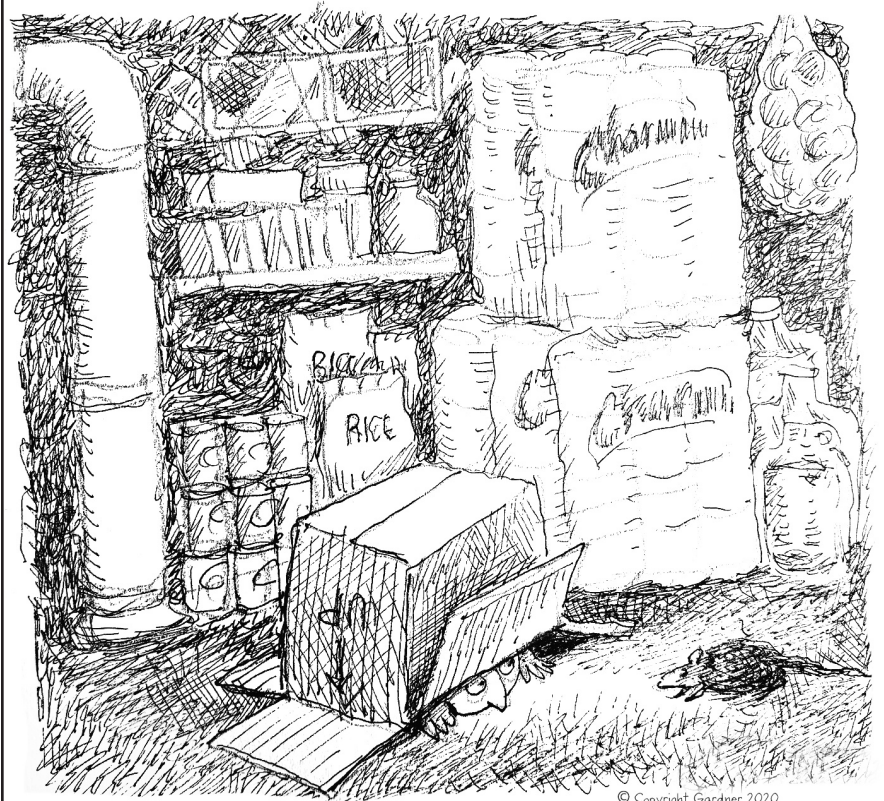
David Michael Nixon

David Michael Nixon has had poems in many periodicals and some anthologies. He has had four chapbooks and two full-length books of poetry published. He is also an a cappella singer. He lives in Rochester, New York.

Email: dmnpoet45@gmail.com

Canadice Press will be accepting literary submissions for "Owl Light Literary 2020" beginning 12:01 am, April 1, 2020 through 12:01 am, June 2, 2020.

The theme (to be interpreted in whatever ways you wish) is **Turning Points!**



For more information and submission guidelines, go to: www.owllightnews.com/owl-light-literary-2020-submissions-open-april-1/

We have decided to not include an April print calendar. A few late April, May and beyond events are listed here ... and there... things change... and NYS is on PAUSE!

See events, and postponements/cancellations online at: www.owllightnews.com/events/

Food kitchens and community services are on page 18.

Community events listings are free. Enter events at: www.owllightnews.com/events/community/Add Advertising inquiries to Editor@CandicePress.com.

Where the Path Leads

By Mary Drake

Have you ever wondered what it would be like if you could travel back in time just as you are now, with all your 21st-century ideas and values still intact? How would people from the past react towards you? What would they think of your lifestyle? Your values? Your way of thinking?

These questions prompted me to write my first novel, *Where the Path Leads*, which is about a thirteen-year old girl named Emily who goes to a Renaissance Faire. Everyone at the faire is pretending they're back in the Middle Ages, but Emily actually ends up there when she goes into a labyrinth and walks out into another time. Unfortunately, instead of going back as a noble lady, she finds herself one of the laborers. And those who work do not have a good standard of living nor do they have the freedom to change their lot in life. But Emily has grown up with the idea that life, liberty, and the pursuit of happiness are basic human rights. When she starts expressing these ideas, she immediately gets herself and others in trouble. The authorities come after her.

Combine this with a power-hungry nobleman, forbidden love, magic tokens, and all manner of supernatural creatures, and you have some idea of what Emily's up against.

This is a story about friendship, first love, and survival, in other worlds as well as in this one. I hope you enjoy this first chapter and subsequent chapters, which will appear monthly in the online edition of the *Owl Light News*. If you want to find out more about the book, go to marydrake.online, or you can purchase the ebook on Amazon.

Mary Drake



His barked question startled her from her thoughts.
“Do you know who I am?”

“Where do you hail from?”

Momentarily, she considered saying it was none of his business, but she remembered Sophia telling her that people in this place all knew one another's business.

“From the North,” she said on a whim, making it up as she crept toward the cow. Maybe she could grab Blossom's rope collar and lead her out. “The North!” the man on horseback choked out. “Our land has been ravaged and our people killed by Northmen. Some say the devil himself comes from the North.”

Blossom eyed them both warily, as if she didn't know which way to go and didn't trust either of them.

“Do you hear your betters when they speak to you girl, or are you dim-witted?”

That was too much and she stopped, turning to glare at him. Her face burned with anger. “How could I help but hear you when you're yelling. Can't you see I'm trying to do what you asked? You needn't insult me.”

Her response was moderate enough. After all, she hadn't traded insult for insult, but his reaction was alarming. Immediately, his expression hardened and he sat tall astride his huge horse, an imposing figure, especially seen from the ground. As the horse threw its head, he yanked hard on the reins.

“Wherever you come from, you haven't learned your place. It's time someone taught you, impudent wench!” and he raised his whip to strike her, except that Blossom chose that exact moment to make her escape, lunging past them both, charging headlong through rows of tender corn back to the safety of the forest.

The unexpected movement frightened the man's spirited horse and it snorted loudly, reared, then whipped around and began galloping towards the castle. She could hear its rider yelling, “Whoa! Whoa!” for a long way, but the horse wasn't stopping.

Now he enjoyed their discomfiture. “Has she not told you of our meeting?”

Emily hadn't told Sophia because she was afraid she hadn't handled it well.

“Perhaps she didn't want to mention the circumstances. Seems your cow wandered into the Baron's cornfield and was grazing on the crop.”

Sophia paled. “I'm terribly sorry, sir. It won't happen again.”

Emily clenched her hands into fists and bit her lower lip.

“I summoned her to get it out, but not only was she unhelpful, she was downright disrespectful.”

The powerful black horse pawed the ground and tried to turn around, but the blonde man just yanked the reins to turn it back. The horse tossed its head and gave a sharp swish of its tail.

“I'm afraid she's a bit backward with strangers, sir, and the cow doesn't mind her. She meant no harm.”

Emily couldn't believe her ears. Had Sophia just called her backward?

The older woman's servile attitude with this arrogant man outraged her, but Sophia maintained her placid expression.

“Well, your cow certainly meant harm to the Baron's corn. As for the backward niece. . .,” he turned pale blue eyes full of mockery upon her, “we have laws here about occupancy tithes that every subject must pay who lives in Baron Longsword's demesne. Do you understand that, wench?”

Emily bristled, sure that her loathing for him was written all over her face. What did she care about him and his tithes? It wasn't like she was planning to stay here long. Why didn't he just leave them alone?

Sophia piped up, “Sir, the cow is my responsibility. Hold me at fault and fine me if you must, but don't blame the girl.”

“I do blame her for her lack of respect, like the way she stands here right now staring into my face as though we're equals. Do the laborers in the North not learn respect for their overlords?”

Emily exhaled hard and looked away to keep from uttering the angry words ready to pour out.

“I'm sure you're familiar with the occupancy tithes, Mistress Weaver, or had you conveniently forgotten them?” His voice dripped with sarcasm.

“Sir, she's only been here a short time,” Sophia repeated, opening her hands in a gesture of excuse. “I hadn't yet considered it.”

“Well consider it now!” he snapped, suddenly jumping down from his horse to stand in front of them.

Underneath his cloak, Emily saw that he wore a soft-looking grey tunic, secured in the middle with a belt made of fine silver mesh. She wondered arbitrarily why she couldn't weave cloth like that, anything but the coarse homespun she was making. What she had really wanted to weave was the lovely green satin Sophia had made for the Baroness, but the older woman said they were not allowed to wear such fine fabric, that only the noble folk had such luxuries. This had galled her. The man before her certainly didn't act noble.

His barked question startled her from her thoughts.

“Do you know who I am?”

He was a head taller than she was and probably twice her age. Still, his build was slender, his features fine. Only his billowing cloak gave him the illusion of size. He would be handsome if he weren't so arrogant.

She shook her head, looking away, only glancing at him now and then, enough to see that he was smiling with perverse satisfaction.

“I am Sir Simon Poyntz, Right Honorable Bailiff to the most noble and courageous Richard the Longsword, Baron of the distant reaches

Continued on page 15

Chapter I: Do You Know Who I Am?

It was mid-afternoon and Emily's gaze drifted outside, towards the woods. She was dreaming of an excuse to quit weaving. The sun overhead had made the cottage stuffy, and her palms were damp, perspiration beaded on her upper lip, sweat trickled down her spine. Why had she wanted to learn to weave? It was so boring that even carrying water seemed appealing. She wouldn't have to do this if she were a noble woman.

Hearing a faint sound coming closer, she rose quickly from the loom and went to the doorway. Maybe it was Will, the boy she'd met from the village. That thought made her smile slightly as she recalled the afternoon they'd spent together searching the woods for mushrooms. He'd taken her to see the castle and they had shared confidences; he, his desire to travel; she, the strange way she'd come to be here. She hadn't told him everything, of course. He would have thought her crazy. Maybe she was, but this was really happening. And her encounter with the Bailiff had really happened, an unpleasant meeting which Will seemed to think was a big deal.

Then she realized what she was hearing was hoofbeats. It wouldn't be Will. Her breath caught with apprehension.

Sophia, who was working in the garden using branches to stake up the peas, also heard the sound and stood up, brushing dirt from her dress and hands. A moment later, the man Emily had encountered in the cornfield galloped out of the trees on his enormous black horse, barely slowing down until he was upon them, sending the chickens squawking in every direction.

Emily caught her breath, going reluctantly out into the dooryard. “Ah, so you weren't lying about staying with the weaver,” he said, looking down at her.

“Why would I lie?” she shot back, before catching sight of So-

phia's expression, which seemed to say, Don't anger him. Let me handle it.

“May I be of service, sir?” Sophia said. “Yes, Mistress Weaver, as a matter of fact, you may. Tell me how long this stranger has been with you.” He stared at Emily, who stared back. “She's my niece, sir, and has only been here a short while.” “Niece, is she? She forgot to mention that the other day when we met.” Sophia glanced at her, surprised. Three days ago, when Emily had been collecting firewood, she had heard Blossom's bell tinkling. Since evening was approaching, she followed the sound in order to fetch the cow back for milking and found Blossom contentedly munching young cornstalks in a field. Later she'd find out it belonged to the Baron.

That was when a young man whose blond hair and burgundy cloak billowed behind him had galloped up on a huge black horse. His fine features were contorted with anger. “Get over here, girl! Get this cow out of the Baron's field, immediately!” The peremptory rudeness of his command had the opposite effect on her. She stood rooted in place, stunned. How was she supposed to accomplish that? It wasn't as if the cow listened to her commands. Scanning the scene, for the first time Emily's gaze was drawn farther away to a distant castle which raised crenellated walls and turrets high into the air. A long, serpentine path led up to it, and it reigned queen-like on a hill, the farm fields on all sides like the voluminous folds of a gown. “Do you hear me, dolt?” the man yelled. “Get this cow now, or I'll take the whip to it. Who the devil are you anyway? I know all the laborers on this demesne.” Flustered, she stammered, “Oh... I'm ... uh, visiting, staying with Sophia, the weaver,” then she stepped into the field, calling Blossom, desperately wishing that just this once the cow would respond to her. But Blossom was spooked. She had stopped grazing and was looking at them, her eyes wide and the whites showing.

The man continued heckling her.



Simple Sustainability

Sustainability Lessons

By Sky Trombly

When I first came across the idea of minimalism, I didn't connect it with sustainability. It seemed like a movement about throwing perfectly good stuff in the trash. It also seemed at odds with my frugal, re-use kind of mindset.

Fast forward a few years and minimalism has taken front and center stage in my efforts to be more sustainable. It's been a drastic shift—a complete turnaround in thinking.

The process of becoming a minimalist has refined my ideas about what sustainability might look like. Firstly, I noticed a shift in thinking about my day-to-day lifestyle.

Daily Matters

As a college student working toward a degree in environmental studies, I had the notion that environmentalism was all about being an activist: putting on events to change the public's minds and pushing for governmental policies that would change how businesses were allowed to operate.

These are certainly important forms of environmental activism, but I tended to downplay my every day actions. Since I am no great orator nor a debater and since I am certainly no politician, I needed to focus on the things that I could do. The things that would make the change I wanted to see in the world.

The truth is, for most of us, our every day choices are the ones that make the most impact over time.

By living our lives as best we can, by acting as role models for our peers and our children, and by using our special talents to spread information and inspiration to others, we are impacting the world around us. It isn't crazy glamorous, but our continued steps made over time really do add up.

What this means in terms of sustainability goals is that building actionable habits that can be done over and over again is incredibly important.

This means addressing the behaviors of our lives: what we eat three times (or four or five) times a day, how we dress every day, what lotions and potions we apply to our bodies, how we clean our homes. Every thoughtful action minimizes harm, supports green alternatives, and normalizes ecologically-minded behav-

ior.

In every area of our lives, we can minimize our negative impact by becoming conscious of our needs and by being the master of our desires.

One thing I've learned that helps across the board for reducing my negative impact is just that: reducing. Figuring out what is a need, what is a valuable desire, and what is a fleeting impulse.

Enter essentialism.

Essentialist Philosophy

Essentialism is all about identifying the key characteristics or basic necessities of a thing. It is identifying the bare minimum and preferring this over superfluous elements, items, or ornamentation. It has a lot in common with minimalism and is sometimes used interchangeably.

Essentialist questioning could look something like this:

#1 Identify the goal.

For example, I decided that I wanted to take up running again. I decided I was interested in running distances up to and including 5Ks around town and on my treadmill. (Getting more specific than "running" allowed me a clearer picture of my goals.)

#2 Consider what is needed, at a minimum, to accomplish the given goal.

In my example, this might include new running shoes to prevent injury and maybe running socks to prevent blisters. Since my goal is to run around town or on my treadmill, the treadmill is also a necessity. While many might scoff at the thought of a minimalist having a treadmill, it is crucial for me to have consistency, regardless of season or weather and to be able to exercise while staying home with my young kids. You might say consistent running is my goal and the treadmill the tool I use to accomplish this.

Like most of us, I already had basic workout clothing suitable for running.

#3 Evaluate whether the needs for the task are still being met.

Continuing our example, I quickly decided to add my earbuds and phone to my running gear list. I use my phone as a multi-functional item: a way to track my distance and progress, a source of entertainment and a way to stay in contact. My workout

leggings have a pocket that can hold my phone and since I don't need to carry much for short runs, I think I won't be needing much else for now.

It's often exciting to start a new hobby or other venture. In the past, I have bought things to prepare. This approach is really problematic because when you start something new, you don't yet know what you don't know, ya know?

As you engage in a hobby (or other activity), you discover what you like and what you don't like and what will be useful to you and what won't. By starting off with the bare essentials, you won't waste your resources. And as you practice the new thing, you can collect what will be useful to you.

Embracing Enough

The feeling of enough is a kind of satisfaction with what is real and attainable. We all know that our needs are pretty finite: things such as clean water and air, shelter and safety, but our wants can be as infinite as we let them be.

We can let our wants be infinite and never feel content with what we have. We can always feel the sense of wanting. Or we can actively choose to be masters of our contentment and our satisfaction.

Practicing the art of gratitude can help in this. Speaking in positive terms about what you have can create a sense of contentment. Some like to use a gratitude journal to help them shift their perspective.

Another technique I employ for embracing enough is consciously setting limits.

Loving Limits

Project 333 is a specific capsule wardrobe plan created by Courtney Carver. Those practicing it pick 33 items to wear (not including underwear, Pjs, and the like) for 3 months. After 3 months, adjustments are made for the upcoming season. It limits consumption and illustrates how much can be done with a limited wardrobe.

The morning before I discovered Project 333, I was looking through my closet and despairing over the number of jeans I owned. It was something like 7seven pairs, but at least four of them I didn't wear

Continued page 16

Where the Path Leads

of Outlandia. I oversee planting and harvesting of the Baron's crops and I manage all his lands and collect all the taxes, fees, commissions, and services owed to the Baron by villagers and laborers residing within his demesne, under his protection. That," he concluded with a toss of his long hair, "is how I know that you have not paid your annual protection and residency tithe, yet here you stand before me on the Baron's land under his auspices."

She looked incredulously at Sophia, as if to say *Is he really serious? What am I supposed to say?* But the older woman seemed to have run out of answers.

"Do you question what I tell you?" He took a step toward her, his fair skin flushed with anger, his icy blue eyes narrowing.

"Sir, what would you have us do?" Sophia finally said, but his eyes never left Emily.

"Answer me," he snapped.

"I believe you," she shot back, "but I don't have any money."

He cocked his head, considering her. "Of course you don't." Then

he sauntered over and remounted his horse, gathering in the reins tightly. "You know what the residence and protection fee is per person, Mistress Weaver. I shall return tomorrow to collect payment. The cow will suffice. And a passel of eggs as well," he added, looking around at the chickens.

Emily caught her breath. Not Blossom. Sophia relied upon her for milk and butter every day, an important part of what the older woman had to eat. Not Blossom, who was soon going to have a calf. Emily stepped towards the Bailiff's horse, even though she felt Sophia's hand on her arm.

"Please don't take her." She hated pleading with this man.

"Ah, have you suddenly recalled your humble status?"

She could have sworn he sat up taller in the saddle.

"My duty is to enforce the laws, and that is what I intend to do. Pay the fee either in goods or . . ." he paused for effect, enjoying their discomfort ". . . in services." A malicious gleam lit his eyes. "We're draining the water meadow south of Blackwood for-

est for planting, and we need all the able-bodied laborers we can get. You don't look much suited to an honest day's work, but shoveling mud might just teach you your place."

"Sir," Sophia was suddenly beside her. "We all take our livestock to the water meadow for grazing. If you drain it, the animals will have no food."

Emily remembered Will mentioning the water meadow, what she called a swamp.

Simon Poyntz tossed back his hair, again. "It's not my concern where your animals graze, as long as it's not in the Baron's fields. If that happens again Mistress, I shall most certainly confiscate or kill the cow, whichever proves more convenient. Consider yourself fortunate I don't fine you."

Sophia stepped back, looking down.

"Remember, I'll come to collect the fee tomorrow. The cow or the service. The choice is yours." And with a sharp jerk on the reins he turned the horse around and gave it a sharp kick.

After he was gone, they both stood silently for a moment while chickens scratched around them, pecking for

any crumb or seed. Finally, Sophia spoke quietly.

"Is there anything else you haven't told me, Emilia?"

Emily shook her head.

"Why did he get so angry? I mean, it wasn't like Blossom knew what she was doing."

Sophia scowled. "The Bailiff is proud of his position. Some would say he abuses his authority."

"I'm sorry Sophia."

She was frowning, a crease between her eyebrows, her lips compressed in a straight line. But when she spoke, her voice sounded weary. "It's not your fault. He was going to find out sooner or later that you are here. I just hoped it would be later."

Going to the bucket, Sophia laddled out some water and drank deeply.

Emily stood there in the bare door yard, mindlessly running her toe through the dirt. She couldn't imagine sitting down again and patiently weaving. Her stomach still churned from the confrontation, her heart was still pounding.

Continued on page 19

Crafting Cuisine

Monthly Cookbook Review

—*Everyday Vegan Eats-Family Favorites from My Kitchen to Yours*, by Zsu Dever

This is an excellent vegan cooking primer for both new and seasoned cooks. Its unassuming format and simple, straight forward style might lead a reader to incorrectly expect less than professionally informed tutorage. Zsu Dever is a restaurant veteran, from a long line of restaurateurs, with many years of vegan cooking experience. (Years ago, her family went vegan cold turkey... so to speak!) Clearly, the book's presentation was intentionally chosen, complete with photos that il-

lustrate, realistically, how the food is likely to look when you cook it, not photoshopped to illustrate a discouraging, unnatural standard.

Especially helpful is the "Recipe Basics" chapter, which includes formulas for "Savory Broth Mix", "Hearty Umami Flavoring", and a mainstay familiar to many a vegetarian cook, "Vegetable Broth". These are followed by a section on "Dairy free basics", with a very good suggestion for how to break the "dairy cheese habit." Also included is a collection

of plant-strong protein recipes among which details crafting simple Seitan ("wheat meat") from scratch. This book can save a person money!

I found *Everyday Vegan Eats-Family Favorites from My Kitchen to Yours* refreshing. If you are embarking on a more plant-based diet, I think you might too. The process does not need to be scary or difficult. This book might help you smoothly transition, which is the author's expressed goal. To learn more, check out her website, www.zsusveganpantry.com

Products to Try

"Nona Lim" brand Miso Broth-I purchased a 10 oz. single serve cup of this classic Japanese broth at ALDI's, with hopeful curiosity. I've never had a satisfying, commercially made miso soup, but the ingredient list, packaging and ease of preparation encouraged me to try this "heat and sip" product. If you enjoy miso soup, I think you will find this a delicious broth. All that is needed to change it from a wonderful beverage to a satisfying light meal is a bowl, scallion, tofu cubes, cooked rice noodles and a couple chopped spinach leaves or baby bok choy. The single serve cup is elegant and enjoyably reusable. Do consider, however, that the highly valued probiotic benefits of miso are compromised by the heating of the soup. That said, this broth can also be frozen in its cup. As of the time of this writing, Amazon rated all "None Lim" broth products highly, so the Chicken Broth, also at ALDI's for a limited time, might be worth a try for a meat eater. This product is pricy, but used as a "meal base", it's certainly cheaper (and healthier) than carry out pizza, a burger to go or deli convenience food solutions. It is plant-based, and certified gluten free, according to packaging.

"Caulipower" brand "iViva Cauliflower Tortilla!"- These cute little torts can be helpful for those seeking an easy tasty bread that welcomes a marriage of Mexican flavored fillings and, according to the package, is gluten-free, vegan, Non-GMO and free from artificial colors, flavors and preservatives. If you are one who doesn't give cauliflower much of a chance, this is a way to sneak it into your cuisine. These ready-made torts accompany many fillings well. Try them, even if you're not eating gluten-free.

"Daiya" brand, "Non-Dairy Frozen Dessert Bars"-These come in several coconut milk-based varieties- Vanilla Bean Classic, Chocolate Fudge Crunch, Salted Carmel Swirl, and Espresso Coffee. Each is chocolate coated and has a stick for easy eating. I like the fact that the Chocolate Fudge Crunch gets its crunch from toasted pumpkin seeds! All bars are very sweet treats, and filling. These desserts are labeled vegan, gluten free, soy free, and containing no cholesterol per serving.

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.*

Sustainability Lessons

because they didn't fit quite right. I was considering going out and buying more.

That afternoon, I returned to my closet to create my first iteration of a capsule wardrobe. Funny thing was, if I was aiming for a closet with 33 items, seven jeans would make up more than 20% of my wardrobe. I knew I wanted more variety than that!

I decided that four pairs of jeans would be enough and donated the ones that didn't fit me. Not only did I remove the pairs that made me uncomfortable and cluttered up my closet, but I also found contentment with what I already had. I didn't go out to buy more after all.

While there are natural limits that we can't work around (for example, we each only have 24 hours in a day), many things are within our control. You can control the limits you set and you can set them anywhere. Limits can be specific numbers, as I illustrated above, but they can be limits by space (your crochet yarn has to fit inside the tote), time, function, and so on.

I love being the master of my limits and controlling how satisfied I am with my belongings!

Seek Progress Over Perfection

I used to believe in Correct Answers. Solutions that were correct for everyone, everywhere, at all times. Perfection.

I was naive. Nothing and no one is perfect because we're all changing over time. Perfection implies completion and we're all still growing, thank goodness.

The thing is, when we look to perfection, we create infinite wants. When we think there is an ideal, we can spend a lot of time, energy, money striving

after it. But we won't know how the landscape will change as we do.

I much prefer focusing on progress. I'm not giving up on improving things, but my focus is brought into the present moment and turned toward present action.

For example, I set out with a goal to run every day for a month, but as the days wear on, I notice signs of injury start to develop. Instead, I decide on a rest day, elevate my legs, and add to my plan more stretching and strength training. Preventing injury helps me to meet my longer term goals even though I might have to slow my plan down somewhat to get where I am going.

When I put my decisions in the present moment, I get immediate feedback about what is or isn't going to work. What fits with my schedule? What is uncomfortable and why?

In terms of minimalism, I know to keep what is working in the present and I am less inclined to hang onto clutter for the chance that "someday" I might take on a new challenge that isn't worth my time now.

Simple Solutions and Sustainability

Much of what I have written is mundane. Most, I am sure, have already occurred to you, dear reader. I am always impressed by how we strive to make things unnecessarily complex and then feel the weight of that complexity suffocating us.

My realizations about what makes for simple

solutions include:

1. Knowing that what we do matters. What we do today matters and what we do every day matters.
2. Getting clear about our goals and deciding what is most needed to accomplish them will help us achieve what we set out to do.
3. Finding satisfaction with what we have brings more joy and less waste than letting our wants run rampant.
4. Acknowledging natural limits (24 hours in a day) and setting our own will help us discover how well our needs and wants are already being met.
5. Progress over perfection is the difference between living in the present moment and looking toward an idealized future vision that will never occur.

I'm aware that this reads a little like pop-psychology or self-help and how we relate this to saving the environment may seem muddy. Here in lies the final secret. A sixth secret in my list, if you will. Simple solutions are more universally applicable, they can be used more widely.

I would hazard to say that much of the environmental devastation that we see stems, in reality, from human discontent with our current selves. From wishing we could make an impact while ignoring our daily lives, from having vague goals we'll never accomplish, from feeling unfulfilled wants, from feeling overwhelm, and from feeling like we'll never be perfect.

The outer landscape is a reflection of the inner

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.*

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Richmond History

Richmond's Forgotten Grave Sites

By Joy Lewis

All of the nine cemeteries in Richmond are well maintained and most are easily accessible. Five of these graveyards are still operational: St. Mary's, Lakeview, Purcell, Richmond Center, and Allens Hill. Four small old-time cemeteries are scattered across the landscape. The Baker Cemetery on Abbey Road and the Hamilton-Bray Cemetery on East Lake Road are the two that are not so easily visited. The Pitts Cemetery on Grandview Drive and the Denison Corners Cemetery on O'Neil Road are both easy to explore.

In addition to these public burial places, there are three lots on private family holdings that are not so well known.

The Smith/Pemberton Lot

On the east side of Canadice Lake Road about a mile south of Route 20A there is an old burying yard whose graves are empty. Between 1812 and 1839 six people were interred in this family cemetery; in the 1850s all the graves were opened and the bodies removed to rest in the Union Cemetery in Livonia Center.

Mark Smith was thirty-six years old in 1805 and fifteen years married. In the early part of the year he packed up all his worldly goods, his wife Sarah, and their six children and set out on the three hundred mile walk from their home in Litchfield, Connecticut, to Pittstown (now called Richmond). He purchased nearly eighty wooded acres along the Canadice Lake Outlet, a landscape riven with gullies and steep ravines. Once arrived, he put up a solid log house in time for his son Mark to be born there on the fifth of March.

Three years later Richmond was divided from the township on her west border and Mark found that his family now lived in Livonia; twenty-one acres of his farm were in Livonia, the rest in Richmond. Two more daughters were born into the Smith family before 1811. In that year Mark built the family a new house, located east of the town line in Richmond. (Today this is the property at 5103 Canadice Lake Road.)

On March 26, 1812, daughter Lucinda was born in the new house. Eight weeks later her mother died. Sarah Hull Smith, age forty-one, was buried in a plot north of the house. By the end of summer Mark was remarried. His new wife Phylena was the daughter of Moses Briggs, the widow of Asa Doolittle, and the mother of three children: Mary was twelve; Willard, ten; and Clarissa, six. It made for a large family, as all but one of Mark's ten children still lived at home. And then nine months and a few weeks later they welcomed baby Caleb.

When the Richmond Baptist Church was officially incorporated in the summer of 1817 Mark and Phylena were charter members. The congregation met often in the Smith home before the church building was erected in 1832. All the family were active in the church, the children in turn being baptized and welcomed into fellowship as full-fledged members.

On April 7, 1818, Mark's eighteen-year-old son Orlando died and was buried next to his mother. The boy had been sickly for some time and his family was wary that he had not long to live. Three weeks before Orlando died his sister Julia had given birth to a son that she named Orlando Smith Woodruff.

Across the road from the Smith family lived the Galen Pemberton family. In the early summer of 1825 seven-year-old Almira Pemberton died; the family buried her in the Smith lot and erected a small marker. Her brother Cheney was two months old; five years later the little boy was buried next to his sister. Another small stone marked his resting place. A third Pemberton child was buried in the graveyard the next year – a little boy who lived only eight days and was not named.

The last person to be buried here was Mark Smith. The patriarch died September 30, 1839, age seventy. Four years later the older Smith children sold their interests in the farm to their half-brother Caleb. It was he who later had the bodies moved to the Union Cemetery, where an impressive monument was erected.

The McCrossen Lot

Take a ride northward on Canadice Lake Road and cross over Route 20A. The road is now called Barnard Road. Less than a mile farther on the road will T at Big Tree Road. The McCrossen graveyard was on the south side of Big Tree Road less than a quarter-mile west of the intersection. All that remains today is a grove of pines to the west of the former McCrossen home and a few broken headstones.

James McCrossen, of Scots-Irish heritage, settled in Richmond in 1805. He owned a good-sized bit of property that extended in all directions from the intersection. His log home was on the south side of Big Tree, quite near the corner. He operated a distillery on the nearby creek. In the spring of 1806 James married Deborah Adams and she gave birth to five children. On Independence Day 1820 James McCrossen died; he was laid to rest on his own land. Two years later his youngest son, and namesake, died at age four. He was laid beside his father.

It is supposed that three more graves occupied this space: James' daughter-in-law Alida Westbrook, first wife of John McCrossen, died in 1845. Her funeral was conducted at the Baptist Church and her remains were interred in the McCrossen graveyard. James' wife Deborah died early in December 1874 and her daughter Jane Purcell in the early months of the following year. Both were buried in the family plot. About a year later, when Jane's husband William Purcell died, her body was reburied beside his at the Ashley Cemetery in Springwater.

And a few years after that the four bodies remaining in the McCrossen lot were removed and laid to permanent rest in the Union Cemetery in Livonia Center.



The Williams Lot

A third family grave site in Richmond is on the east side of County Road 37, just south of the Richmond/West Bloomfield town line. Here lie the remains of Job Williams and his second wife Nancy Sweet.

Born in 1772 in Windham, Connecticut, Job removed to Oneida County New York in his early twenties. After marrying Olive Apley they came to Richmond in the spring of 1796, settling at Allen's Hill where their daughter Polly was born two days after Christmas. Baby John arrived eighteen months later and before he was two, in the winter of 1800, Olive died. Job remained a widower only a short while, marrying Nancy Sweet Lusk before the end of summer. Nancy had an infant son, Elizur, the son of her first husband Elizur Lusk.

The Williams family grew quickly: Daniel was born in 1801, followed by Olive, Almeda, William, Phebe, Job, Charles, Nancy, and George. About the time Almeda was born in 1805 Job moved his family to a farm that straddled the West Bloomfield/Richmond town line. Their first house was on the Bloomfield side of the line, but around 1812 Job built a new family home, this on the Richmond side of the line. (The house is no longer standing.)

Most of the grown up Williams children emigrated to Michigan. The 1850 Census record for Richmond enumerated Job's family still living on the family farm: himself, Nancy, their youngest child George – age thirty, George's wife Mary, his two young daughters, and three teen-aged grandchildren. When Job died in November of 1851, he was buried on a lot behind his dwelling. The following spring George took his young family to Berry County Michigan and Nancy went with them. She died there twelve years later. Her body was returned to New York where she was buried next to her husband. The headstones erected by Job and Nancy's children still keep vigil over the graves.



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 News.



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Due to rapidly changing conditions across NYS related to COVID-19, some posted events may be cancelled. Please contact organizations directly about possible scheduling changes.

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. - 585-736-7586 Info. www.enjoylwc.com/food-pantry

Hemlock Food Pantry - Thursdays, 9am - 12:30pm, Little Lakes Community Center - Around the back.. Serving 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 Ravens Pantry - Saturdays 9-11am 40 Spring St, Livonia, NY

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

NYS Attorney General's Price Gouging Hotline: 1-800-697-1220

Geneseo, NY, March 18, 2020 — As part of Governor Andrew Cuomo's emergency disaster declaration on Saturday, March 7, 2020, the state is allowed to investigate and penalize those who are excessively pricing consumer goods and services that are used primarily for personal, family, or household purposes to prevent or respond to the COVID-19 virus.

If you see sudden and unexpected price increases in consumer goods such as hand sanitizer, cleaning supplies, or other health and sanitation related products, we encourage you to report these incidents of price gouging to the New York State Attorney General's office at 1-800-697-1220. The line is available seven days a week from 8:30AM to 8:30PM for consumers.

Community Closets

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

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

Community Meetings

Little Lakes Community Center Open Community Meeting The first Monday evening-6:30-8:30pm- 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

Community 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.
See page 19 of Feb. 2020 OLN at
OwlLightNews.com for complete
listing of donations/dates.

Seniors

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

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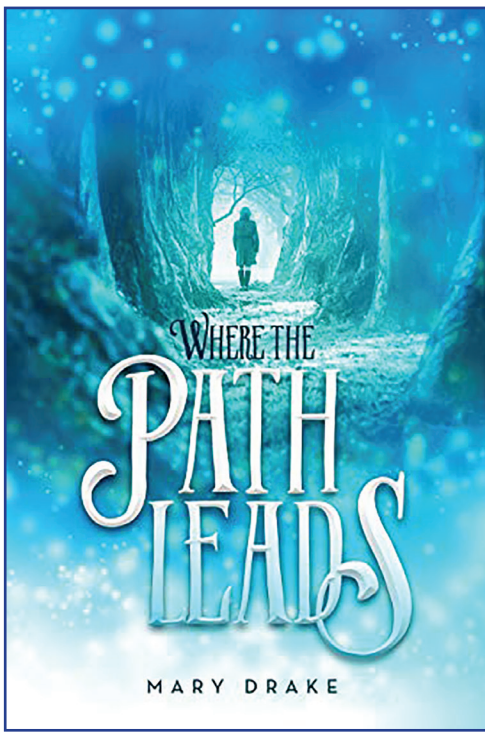
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“Why do we have to pay him? We don't need his protection on your land.”

Sophia dried her mouth on her sleeve and then sighed, gazing at the woods around them. “It feels like my land. My father and mother lived here, and their parents before them, and theirs before them. We made this clearing and live here and tend it. Yet they say it's not ours anymore. It belongs to Baron Longsword, like all the land in these parts, given him by an invading king from across the sea who conquered the people and divided us up like a scavenging bird tears apart something dead.”

Her intensely blue eyes had clouded over. “My father told me that in earlier times the land was shared by everyone, a gift from the gods to humans who cared for it and lived off it, working together.” She scowled. “Now the land belongs to a select few and we must pay taxes to live on what used to be ours, and even the forests are closed to us.”

“Couldn't we could just go to the Baron and explain that I'm not planning to stay, that I . . . ?” But

Emily's voice trailed off when she saw Sophia's raised eyebrows and look of skepticism. “But what can we do? We can't give him Blossom . . . and her calf.”

The older woman shook her head. “We'll ponder this more, but for now I have chores and you have your weaving.”

Reluctantly, Emily went back inside and once again sat down at the loom. As she passed the shuttle back and forth, pulling the beater bar towards her to press the weft into the warp threads, she realized that she too was being pressed. He was coming back tomorrow. Maybe she should leave now and try to find her way home. She'd already stayed longer than she should have. Or would that just make things worse for Sophia?

Clearly another change was coming, and Emily was already dreading it.



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

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The Library will be closed on April 11th.

Check us out at honeoye.owwl.org to learn about the many new and exciting programs happening this year!
Like us on [facebook@Honeoye Public Library](https://www.facebook.com/HoneoyePublicLibrary)•585-229-5020
Hours: Mon. & Thurs. 2-8, Tues. - 10 - 8, Sat. 9-1 honeoye.owwl.org

D&D's MISFIT

Antiques CRAFTS and FURNITURE

UPCYCLING THE PAST...
into new and exciting TREASURES

We will be moving into the **NEW Honeoye Emporium**
Located at 8960 Main Street
{Corner of 20A & C.R. 37}

Stay tuned for the exciting changes.
For open posting check Facebook and ddsmisfitcraftandfurniturestore.com
or call 585-703-0213.

COVID-19

Sources for updates & information

- Centers for Disease Control and Prevention (CDC) 800-CDC-INFO (800-232-4636) www.cdc.gov/coronavirus/2019-ncov/index.html
- NYS Department of Health - www.health.ny.gov/
- Rochester Medical Center U of R. <https://www.urmc.rochester.edu/coronavirus.aspx> www.facebook.com/UniversityofRochesterMedicalCenter/

United Church of Christ of Honeoye

An Open and Affirming Congregation

Palm Sunday (April 5th) 10 am
Maundy Thursday Service (April 9th) 7:00 pm
Good Friday Tenebrae Service (April 10th) 7:00 pm
Easter Sunday (April 12th) 10:00 am

We will be holding our worship services virtual due to the COVID-19 virus.

In-person services have been suspended until further notice.

Listen Live - (585) 371-8110. Dial in to listen to the worship service live.
Zoom Conferencing - Go to <https://honeoyeucc.org> for specific instructions for each service.
Thank you for your prayers & patience...we WILL get thru this TOGETHER!

Water Warriors



Yvonne Taylor and Joseph Campbell, two co founders of Seneca Lake Guardian.

It might seem that with these major legal battles behind them there is less work to do—and, consequently, these water warriors might have more time to enjoy the fine Finger Lakes wines, beers, and distilled treasures that our region of the state has been gifted with. In wrapping up our lengthy and enjoyable conversation, it did not sound like Seneca Lake Guardian was planning on slowing down anytime soon.

There are a number of issues they are currently monitoring and/or are involved with:

- They believe that new construction at the salt mine on Cayuga Lake involves risks that necessitate a full Environmental Impact Statement (EIS), to prevent salt mining accidents that could jeopardize water quality.

- They also want to further promote sustainable energy and increase investment in water supply/sewer systems.

- They join others in challenging destructive power plants. Seneca Lake Guardian represents hundreds of businesses and thousands of area residents who stand together in opposition to irresponsible and unsustainable infrastructure, such as the Cayuga Power Plant. Another group actively involved in raising awareness around these issues is Cayuga Lake Environmental Action Now (CLEAN), an independent advocacy group that is working to protect Cayuga Lake [cleancayugalake.org/].

- Seneca Lake Guardian is also involved in the case against the Greenidge Power Plant in Dresden. The coal to natural gas conversion and reopening of the small plant—designed to operate during peak energy usage—clashes with the Cuomo Administration's stated goal of shifting the state to renewable energy sources. Yet, the state awarded the Greenidge conversion a \$2 million grant, and state regulators granted the company's investment firm, Atlas Holdings, operating permits that allowed for relaxed state and federal environmental laws.*** Greenidge Power Plant is currently using a substantial percentage of its energy to cool high-power systems used to mine bitcoin—an activity which contributes to the wealth of its shareholders but does nothing to directly benefit the energy needs of the surrounding communities. This also uses unrecycled lake water as a potential coolant for data systems. The heated water is dumped back into the lake, disturbing aquatic life. (New plants are required to recycle their coolant waters). The Cayuga Plant is also exploring potential conversion to a data center (not necessarily for Bitcoin mining).

- Seneca Lake Guardian is teaming up with area groups to secure a date for the closing of area landfills. The Finger Lakes takes in 50% of all of New York's

garbage. The liners can fail and leach contaminants. The character of the community is negatively (and economically) impacted, and it smells.

- Seneca Lake Guardian is a party to lawsuits to shut down coal ash landfills near Seneca and Cayuga lakes. They will begin a project this Spring to do stream testing around the coal ash landfills at Keuka Outlet/Dresden (Lockwood) and Milliken Creek/Lansing (Cayuga Power) for the EPA required analytes that are not routinely tested for and reported.****

- Groundwater drawn from three sites at the former Seneca Army Depot in Romulus, NY is contaminated with the potent carcinogens PFOA and PFOS at levels of up to 1,327 times the federal health advisory limit. Even though tested wells surrounding the depot did not show amounts higher than the EPA advisory level, they were elevated, and most experts think the current health advisory thresholds are way too high.

- A controversial 10-million-gallon manure lagoon that state officials had recently ruled to be in violation of state regulations is being constructed in Cayuga County. Manure is high in phosphorous and nitrogen, nutrients that are suspected fuels for HABs (Harmful Algal Blooms). Seneca Lake Guardian is working with the community of Mentz to fight the proposed manure lagoon and forming a plan to test runoff from other factory farms.

Another related project that Seneca Lake Guardian has recently started assisting with is a proposed sewage sludge facility in Butler, NY that would accept human waste from New York City and “compost” it for agricultural use. Butler, NY is a township of around 2000 located ten miles south of Lake Ontario. The human waste would be trucked through neighboring towns, counties and villages, and the sewage sludge facility would be sited next to Wolcott Creek, a tributary that feeds Lake Ontario. The old gravel mining pit, where the proposed sludge facility would be located, is close to the water table, increasing the risk that the sludge could leak into surrounding water wells. Butler and Beyond for Sludge-Free Backyards, a group founded by local residents in opposition to the facility, is speaking out against the proposal at a grassroots level. This community-based group taking local action on local issues reminds me of Gas Free Seneca's earliest start and their goal of getting the word out about underground gas storage. This is how change begins, and how battles become victories for clean water, for us all.



**Fracking involves injecting large amounts of water, sand and chemicals deep underground at high pressures to release oil and natural gas from rock formations. Once supported by Governor Cuomo, he reversed his position after significant feedback from communities that would be impacted and sought a ban. On January 22, 2020, Governor Cuomo announced legislation in the FY 2021 Executive Budget to make New York's fracking ban permanent. <https://www.governor.ny.gov/news/governor-cuomo-announces-legislation-make-fracking-ban-permanent-included-fy-2021-executive>.*

***See <https://www.owlightnews.com/firestorm-in-the-finger-lakes/>*

**** The state is allowing the plant to wait until 2022 to comply with federal Clean Water Act requirements for screening on its massive water intake pipe that runs into Seneca Lake. Without screens, the intake pipe mangles millions of fish.*

***** Recent reports indicate that the Lockwood ash landfill in Dresden has had exceedances for Aluminum, Arsenic, Boron, Cadmium, Copper, Iron, Manganese, Mercury, Selenium, and Zinc. The landfill is NOT monitoring for all of the EPA mandated coal ash ground water contaminants.*

Learn more at: senecalakeguardian.org/or
fb @ Seneca Lake Guardian, A Waterkeeper Affiliate



Healing Spirits Herb Farm Presents...

DIRTY FINGERNAILS

April 17-19, 9am - 5pm
at Healing Spirits Herb Farm

A 3-day class learning and working with plants, tools, and different methods of the trade from start to finish.

Day 1 - Planting
Day 2 - Harvesting
Day 3 - Drying

All meals are included.
Lodging is not.

Deadline for registration is April 10, 2020
\$500. if registered before April 1; \$550 after April 1.
Register on our website: Healingspiritsherbfarm.com
or call 607-566-2701.

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