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# OWLIGHT News



OwlLightNews.com

Where Inspiration & Inquiry Converge

August 2020

## WHERE DID THAT SNAKE COME FROM?

By STEPHEN LEWANDOWSKI



### Location

Bare Hill is located about 15 miles west of the geographical center of the Finger Lakes region, 9.5 miles south of the City of Canandaigua and 37.5 miles south of the shore of Lake Ontario. Bare Hill is 9 miles south of State Routes 5 & 20, which follow an ancient east-west trail as well as marking a general division between the Ontario Lake Plain and the Allegheny Uplands.

Bare Hill is located 5.5 miles north of the southern end of Canandaigua Lake and 9.5 from the northern end. It is in the northeastern corner of the Town of Middlesex, Yates County. At 42° 44' 50" N and 77° 17' 45" W, Bare Hill is one of the northernmost extensions of the Allegheny Plateau.

By local landmarks, Bare Hill is directly across Canandaigua Lake from Seneca Point, site of settler Gamaliel Wilder's 1791 gristmill and distillery; 1.5 miles west of Overacker's Corner's schoolhouse and graveyard; a mile north

and west of the ancient settlement of Vine Valley; and 3 miles north and west of the hamlet of Middlesex.

## The History of a Story

Among current residents of Yates and Ontario Counties in the Finger Lakes region of New York State, there is strong value, interest, and concern associated with the past, present and future of several hills close to Canandaigua Lake. People have been told that the previous residents, the Onundawaga (Seneca) people, had a special relationship with Bare and South Hills; that they considered the area to be their place of origin; and that a Seneca myth or legend was located on these hills.

All postcards courtesy of Stephen Lewandowski.

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### Dimensions

Bare Hill covers more than a thousand acres and reaches a summit half a mile east of the lake at 1540 feet above sea level, more than 850 feet above lake level.

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## From the News Room

Correction(s): •on page 14 of our July 2020 issue, we incorrectly identified an image of German swirl marble as a corkscrew marble. Thanks again to Barb Jordan for this educational article; marbles, it turns out, are quite complex. If you missed the article in print, you can read it online at [www.owllightnews.com/roll-call/](http://www.owllightnews.com/roll-call/)  
•Also, our poet last issue was Jack Taylor. He was correctly identified as the author of his poetry. However, we inadvertently put Jack Wilson (who contributed to a previous issue and in this issue) in the front index rather than the correct Jack. We welcome "Pen and Prose" submissions ongoing, and there is no reading fee.

Submissions for *Owl Light News* can be sent to [Editor@Canadice Press](mailto:Editor@CanadicePress.com). Feel free to contact us in advance with queries, if desired. Please specify the type of submission in the subject line of the email (i.e. news story, feature story, press release, poetry, editorial, opinion, fiction etc.). Include your name and phone number in the email, as well as an attachment of the submission. All submissions will be considered for publication on a case by case basis (in print or online) for publication in future issues.

Content may be submitted anytime, including news stories, literary pieces, arts-related review and commentary. The general deadline for all content is the 10th of the month prior to publication. *Owl Light News* pages fill up FAST! We place online content ongoing and welcome press releases.

Calendar items (for community events) may be entered for free online at: [www.owllightnews.com/events/](http://www.owllightnews.com/events/). If you have a cancellation on a previously added event, please e-mail us at [editor@canadicepress.com](mailto:editor@canadicepress.com) or message us on [fb@CanadicePress](https://www.facebook.com/CanadicePress).

Submissions are now closed for *Owl Light Literary: Turning Points*—out late in 2020. Advance sales for the journal will be announced soon. Judges are currently reviewing the entries, and everyone who submitted will be notified as soon as final decisions for publication have been made. Thank you one and all!



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## From the Editor

### String (...and other fancy stuff)

There are times when something—be it an object, song, image or encounter—morphs into a theme that unexpectedly generates thoughtful reflection in unforeseen ways. This often starts with something quite ordinary like, most recently, string.

My earliest recollection of string as a meaningful thing came with the reading of (when I can't recall, but when I was quite small) *A Big Ball of String*, by Marion Holland. As the story progresses, the bored protagonist collects more, and more, and more string from unlikely places. He

then takes the string and makes it into useful contraptions. In some ways, this ideology is being played out in our creative responses to Covid-19 pandemic frustrations.

Sometimes when I am caught up in the moment, I miss little things that later occur to me. One such missed moment came with our last pick up of *Owl Light News*. We now print with Wayuga Press in Red Creek, NY. We picked up our first copies from them late in June. The printing looks great and the folks are friendly and helpful. The press is a family-owned business, with the newest CEO/Publisher, Chuck Palermo, being a son of the original owner. In short, I was happy to be there. We loaded the papers into the truck and were off.

It was only later, when we stopped for lunch in Fair Haven—and I was handing off a copy to the person who brought us our food—that I noticed that the papers were bound up with cotton string. Yes, that's right, string. I was elated. With our first *Owl Light* printers, the papers were bound in plastic straps. The recycling place did not want them, and, other than wrapping bundles for mailing, I could find no good use for them (although woven placemats came to mind as a viable creation).

Just as I was rejoicing in this modern-day use of an ancient invention and the joy of renewable resources (that will decompose when they have lived out their usefulness), another string related incident reminded me that there may be strings attached to this seemingly simple happiness.

Another source of string for me is the feed bags for the grains with which I feed my chickens. I love the way I can simply pull on one end and watch as the bag magically opens and I hold in my hand a long piece of usable string. Recently, I ran out of the organic feed I generally use and purchased a store-bought bag, to get by until my next trip to Penn Yan (home of Lakeview Organic Grain, purveyors of certified organic feed and seed). The new bag did have a pull string, but the material was synthetic and, well, a bit of a turn off.

Soon after this, as we watched a Robin family building a new nest (their third of the season, we believed), we saw a Robin transporting a particularly long piece of material. They flew up to the nest, high in a Norway spruce, and I watched with binoculars as the string was carefully tucked into place. Then, when the bird flew down to find more forage for nestbuilding, the string unraveled and went along. After seeing the same bird a few more times, we realized that a string was attached to their leg. This was of obvious concern, and we wished there was some way we could free the bird of the added appendage before it became entangled in something.

A few days later, as we headed up the driveway for a walk, we were startled by a movement. The Robin was there, and the long dangling string had become tangled in some branches at ground level. How lucky, we thought, as we covered the bird with a towel and carefully untied the piece of string.

We joyfully released the bird. It was then that I realized that the "string" was actually the synthetic pull (or something closely resembling it) from the recently purchased feed bag. The bird could have just as easily gotten caught in a cotton string. Those I value a bit more and, consequently, routinely tuck into my pocket rather than dropping them carelessly on the ground (which is what I must have done).

There are other string mishaps as well.



Continued on page 8

## HVA Launches Communication Series

The Honeoye Valley Association (HVA) is launching a communication series, *Know Your Lake*, to increase community awareness and knowledge on topics related to water quality and water quality management of Honeoye Lake. We will be publishing articles throughout the summer season and will also be enhancing HVA's communication role throughout the year with follow-up information and other lake relevant topics. You'll see articles in email blasts, posted on the HVA website and Facebook page, and on other stakeholder Facebook pages too. Know Your Lake topics will include:

- Honeoye Lake history
- Lake science (limnology)
- Lake ownership, management and governance
- Projects that address water quality and lake health
- Total Maximum Daily Load (TMDL) - EPA driven
- Summary and conclusions



Honeoye Lake has a long history of problems that impact water quality and recreational use. Addressing these problems over the years has dominated water quality activities and actions, and has even been at the heart of fervent controversies. The good and bad news is that Honeoye Lake is not alone; it is just one body of water in a growing worldwide phenomenon that has gained increasing attention, funding and scientific research. Various solutions are being tested around the world—each solution specific to each location. An interesting finding has been that a solution for one location will not necessarily work at another location. Because problems like ours plague bodies of water globally, the scope of the Know Your Lake series will not only focus on Honeoye Lake issues, but will also touch on regional perspectives, and national and worldwide efforts.

One of the more timely subjects facing Honeoye Lake is the significant potential for water quality improvement. Those opportunities would be threat-

ened by the dissemination of inaccurate information and a community that is unknowing of the particulars. Because we believe only an informed community can make the best decisions, the Know Your Lake series is designed to promote feedback from the community and stimulate questions and constructive dialog. We welcome your feedback at the email address below and encourage you to exchange viewpoints with your neighbors, family and friends. HVA has been, and will continue to be, an active partner in the future of the Honeoye Lake watershed and is committed to communicating accurate information that leads to informed opinions regarding lake management recommendations.

Watch for more articles in the coming weeks and get to Know Your Lake!

- If you're not familiar with HVA or would like to learn more about us and our history, visit <https://hvaweb.org/page-1723989>.
- For weekly lake updates, visit the HLWTF Weekly Water Quality Blog at: <https://www.honeoyelakewatershed.org/post/july-6-2020-honeoye-lake-update-click-here>. Updates will also be posted monthly at [OwlLightNews.com/HVA](https://OwlLightNews.com/HVA).
- Interested in lake management projects and plan details? Look here: <https://www.honeoyelakewatershed.org/resources>.
- Find out more about the factors that affect water quality and recreational use on Honeoye Lake and other lakes in New York at: <https://www.honeoyelakewatershed.org/education-and-outreach>.
- For a national and global perspective go to: <https://www.usgs.gov/center-news/global-study-finds-algal-blooms-intensifying-freshwater-lakes-worldwide>.

We'd love to hear your feedback, questions and comments. Please email us at: [honeyecontact@gmail.com](mailto:honeyecontact@gmail.com).

*Submitted by HVA board member Linda Vanderbeck.*

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### The Little Lakes Community Center is Open for Business!

Located at 4705 S. Main St. in Hemlock, LLCA is now offering classes, workshops, outdoor tours, discussion groups, and other events.

Our unique spaces are also available for rent by the hour or day.

We are seeking presenters to share their expertise, with class admission fees shared with LLCC.

COVID-19 protocols are respected.

For more information, visit our website: [littlelakesny.org](http://littlelakesny.org), email [k.vaughn@littlelakesny.org](mailto:k.vaughn@littlelakesny.org) or call (585) 367-1046.



### From our Readers

“Great Newspaper. I wanted to thank you for the trucking ad in the newspaper ...looks great!! Also, your paper has substance and is enjoyable to read.”  
*Karl*

“Just got done reading the article about the history of marbles, so interesting!”  
*Nicole*

“I love ‘Owl Light News.’ I pick up it in Mendon, NY, where I live on my own in a circa 1830's farmette on six acres of land.”  
*Gwenn*

“I never thought I could do puzzles, but saw the *Owl Light* puzzle, gave it a try, and have been enjoying doing these.”  
*Mary*

### View and Add Events ONLINE

View Events at [www.owllightnews.com/events](http://www.owllightnews.com/events).

Add events at [www.owllightnews.com/events/community/add](http://www.owllightnews.com/events/community/add).

Once your venue/contact information has been added by you once, it will be available in a pull down for subsequent entries. Posted events **must be open to all individuals, must offer some direct community enrichment, and be noncommercial in nature.** Meetings—such as writing/reading/art groups, community services, or community/local government—that meet on a regular basis may also be added, **provided these are entered individually by date (no multi-date entries please) and are open community meetings.** Virtual events may also be added. *There is no charge for calendar entries and entries may be added at anytime.*

## Where Did That Snake Come From?

Its neighbor hill to the south is 340 feet taller than Bare Hill at 1883 feet above sea level, but its summit is flattened and elongated. Bare Hill, by contrast, seems pointed.

Seen from above, Bare Hill is egg-shaped, smoothed and flattened like a drumlin on the northern, lead edge by glaciation. Its northern slope is the flattest, with less than a 4% rise, and approaching from the north one would be unaware of the hill. Its western slope toward the lake is the steepest, at more than 30% grade. The hill measures a mile east-west and nearly two miles north-south.

The steep slope continues into the lake which reaches a depth of 242 feet within half a mile. Beneath the sediments forming the lake's current bed, bedrock continues to fall away another 300 feet. In other words, a bedrock hill nearly twice the size of the visible one is hidden, buried in sediment and covered with lake water.

### Views

Bare Hill's prominent location means that it is both in many views of the area and has an unusually fine view of the area.

From the northern end of Canandaigua Lake, Bare Hill is visible from the Owasco (C.E. 1000-1350) period village sites at the Deer and Sackett Farms and the Iroquois (C.E. 1350-1730) period village site at Canandaigua Fort. Both are set on rises to the west and somewhat above the present site of the City of Canandaigua. Because of the curve of the lake, one must either come to the lake-shore or climb one of the rises north or west of the city to see Bare Hill.

The most spectacular view of Bare Hill is from the west across the lake. Your eye may be caught by the diversity of landscape figures, the pointed shape of Bare Hill, the steepness of slopes, the sheltered aspect of Vine Valley, and the huge multi-colored plane of the lake below.

The view from Bare Hill is magnificent and provides a sense of the territory defined by the hill. You feel that you look down at much of the world from Bare Hill. The view is relatively unobstructed to the northeast, north and southwest for ten to twenty-five miles. The northern view is particularly striking since you are looking out over the flat lake plain with its abrupt drumlin rises far off. From the west side of the hill, looking southwest, the view is down the Canandaigua Lake valley as far as the glacial terminal moraine between Naples and North Cohocton, some 14 miles distant. Above the moraine you see the bulky "shoulders" of glaciated Hatch Hill, Pine Hill, High Point and other unnamed hills of the Cohocton River watershed.

### The Story and Its Translations

Over time, a story reported to be of Native American origin has become associated with Bare Hill.

There are two original English-language sources for the Big Snake on Bare Hill story from the first quarter of the nineteenth century. The story is in the original edition of James Seaver's *A Narrative of the Life of Mrs. Mary Jemison*, "taken carefully from her own words, November 29, 1823" and published by J. D. Bemis and Company of Canan-

daigua in 1824.

The story itself, however, is not included in the main body of the text, which is purportedly a transcription of Mary Jemison's statements. The story is the third section of the Appendix, which Seaver's introduction informs us "is principally taken from the words of Mrs. Jemison's statement. Those parts which were not derived from her, are deserving equal credit, having been obtained from authentic sources."

The story, as it appears in the Appendix, seems to be ascribed to Horatio Jones, who was, like Mary Jemison (1743-1833), a long-term captive of the Seneca. Later, he often functioned as an interpreter and still later as an agent in the payment of annuities to the Seneca. He was trusted as one faithful to language and good relations.

In *A Narrative of the Life of Mrs. Mary Jemison*, the story appears this way:



"TRADITION OF THE ORIGIN OF THE SENECA NATION. THEIR PRESERVATION FROM UTTER EXTINCTION. THE MEANS BY WHICH THE PEOPLE WHO PRECEDED THE SENECA WERE DESTROYED - AND THE CAUSE OF THE DIFFERENT INDIAN LANGUAGES.

The tradition of the Seneca Indians, in regard to their origin, as we are assured by Capt. Horatio Jones, who was a prisoner five years amongst them, and for many years since has been an interpreter, and agent for the payment of annuities, is that they broke out of the earth from a large mountain at the head of Canandaigua Lake, and that mountain they still venerate as the place of their birth; thence they derive their name, "Ge-nun-de-wah," or Great Hill, and are called "The Great Hill People," which is the true definition of the word Seneca.

The great hill at the head of Canandaigua lake, from whence they sprung, is called Genundewah, and has for along time past been the place where the Indians of that nation have met in council, to hold great talks, and to offer up prayers to the Great Spirit, on account of its having been their birth place; and also in consequence of the destruction of a serpent at that place, in ancient time, in a most miraculous manner, which threatened the destruction of the whole of the Senecas, and barely spared enough to commence replenishing the earth.

The Indians say, says Capt. Jones, that the fort on the big hill, or Genundewah, near the head of Canandaigua lake, was surrounded by a monstrous serpent, whose head and tail came together at the gate. A long time it lay there, confounding the people with its breath. At length they attempted to make their escape, some with their hommany-blocks, and others with different implements of household furniture; and in marching out of the fort walked down the throat of the serpent. Two orphan children, who had escaped this general destruction by being left some time before on the outside of the fort, were informed by an oracle of the

means by which they could get rid of their formidable enemy- which was, to take a small bow and a poisoned arrow, made of a kind of willow, and with that shoot the serpent under its scales. This they did, and the arrow proved effectual; for on its penetrating the skin, the serpent became sick, and extending itself rolled down the hill, destroying all the timber that was in its way, disgorging itself and breaking wind greatly as it went. At every motion, a human head was discharged, and rolled down the hill into the lake, where they lie at this day, having the hardness and appearance of stones.

To this day the Indians visit that sacred place, to mourn the loss of their friends, and to celebrate some rites that are peculiar to themselves. To the knowledge of white people there has been no timber on the great hill since it was first discovered by them, though it lay apparently in a state of nature for a great number of years, without cultivation. Stones in the shape of Indians' heads may be seen lying in the lake in great plenty, which are said to be the same that were deposited there at the death of the serpent.

The Senecas have a tradition, that previous to, and for some time after, their origin at Genundewah, this country, especially about the lakes, was thickly inhabited by a race of civil, enterprising and industrious people, who were totally destroyed by the great serpent, that afterwards surrounded the great hill fort, with the assistance of others of the same species; and that they (the Senecas) went into possession of the improvements that were left.

In those days the Indians throughout the whole country, as the Senecas say, spoke one language; but having become considerably numerous, the before mentioned great serpent, by an unknown influence, confounded their language, so that they could not understand each other; which was the cause of their division into nations, as the Mohawks, Oneidas, &c. At that time, however, the Senecas retained their original language, and continued to occupy their mother hill, on which they fortified themselves against their enemies, and lived peaceably, till having offended the serpent, they were cut off as before stated."



### David Cusick's Version

In 1827, David Cusick's *Sketches of Ancient History of the Six Nations* was privately printed at Lewiston, NY. In 1828, a second edition of 7000 copies was published at Lewiston. In 1848, it was re-published by Turner and McCollum Printers of Lockport, NY. The second and third editions contain four woodcut illustrations and several extra paragraphs of text, and in the text it is stated that the sketches were written "from the Tuscarora Village, June 10, 1825".

Cusick was an educated Tuscarora (the sixth of the Six Nations, who joined the five original League members after moving from North Carolina in 1712). Cusick included this version of "The Serpent at Bare Hill" in Section III of his sketches, *Origin of the Kingdom of the Five Nations*, which was called A Long House:

Continued on page 6

# Pathways to Democracy

## 75 Years Living with The "Device"

By DOUG GARNAR

I was born on June 6, 1945 (D-Day plus one year). Forty days later, on July 16, 1945, the world changed with the first successful test of a nuclear device.\* J. Robert Oppenheimer, the civilian leader of the Manhattan Project, tasked with beating the Germans in the development of a nuclear weapon, mused about his success, using a quote from the Hindu scripture (Bhagavad-Gita), "Now I am become Death, the destroyer of worlds." Twenty-one days later, a three-day nuclear war began with the obliteration of Hiroshima and then Nagasaki. One side, having two nuclear weapons, used both. The other side, which had none, had no defense. A week after the second bombing Japan sued for peace.

Less than a year later, a young intelligence officer, Bernard Brodie wrote an essay in a slender volume entitled, *The Absolute Weapon: Atomic Power and the World Order*.

He made the following points:

- The nuclear bomb was a weapon of unprecedented power.
- How to make such a device could not remain a secret.
- Once the secret is learned, production of such a weapon would increase dramatically. (Since 1945 over 125,000 bombs have been produced with the US accounting for 53%, the Soviets 44%, and the remaining 3% among a handful of other nations.)
- No defense could render such a weapon useless, citing an example of 101 German V-1 buzz bombs launched against London in late 1944—ninety seven were destroyed but four reached their target, causing Brodie to ask, what would London have looked like if they carried Hiroshima-type bombs?
- Brodie concluded that in the past the military establishment of all countries had been developed to wage war when called upon by the political leadership. But from now on the role the military will play is to DETER a war from breaking out.

Brodie's ideas were not embraced by either the Soviet Union or the US for decades. Meanwhile John Hersey's 1946 book, *Hiroshima*, chronicling the lives of six Hiroshima survivors left quite a mark on anyone reading it. Two years later, a young medical naval officer, observing the 1946 Operation Crossroads nuclear tests at the Bikini atoll, wrote a book, *No Place to Hide*. The lethal power of radiation was something the military had not counted on. And the Japanese film *Hiroshima*, produced after American occupation ended, portrayed a very devastating view of the impact of the bombing on civilians.

Much of the subsequent history of how American political and military leaders responded to the bomb through the end of the Cold War in 1989 focused on how to make use of it. President Eisenhower, who had opposed the use of the Hiroshima bomb, decided in 1954 to adopt the policy of "massive retaliation" if an enemy elected to attack the US or its allies. While never mentioning the use of nuclear weapons, it was clear that they would be used, and very quickly. General Curtis Lemay, who also opposed use of the Hiroshima bomb, created war plans in the 1950s which would use ALL American nuclear weapons early on in any conflict even if the enemy did not make first use, hinting that he might not even wait to get the order from the president. Since 1945, the US has never publicly declared a "no first use policy". President Barack Obama came close but backed off late in his second term. Four decades of US nuclear strategy emphasized either "Counter Force" (military) or "Counter Value" (people/industries) targeting.

Delivery systems of nuclear weapons focused initially on using bombers, then land-based rockets, and finally submarine launched missiles---taken together, known as the TRIAD. Competition between the three major branches of the armed services (Army, Navy, and Airforce) broke out in the 1950s over who would get the lion's share of defense moneys for nuclear weapons. Compounding this intra-service rivalry, competition was a constant in American domestic politics so that the party out of power would charge the party in power with being soft on defense. The concepts of bomber and missile gaps became standard fare. When Kennedy ran against Nixon, he charged the Eisenhower administration with having allowed a missile gap to open up. Once in power Kennedy found that there was a gap of 25 vs 4 missiles, but in favor of the US. The Airforce wished to build a missile force in excess of 10,000.



## "Now I am become Death, the destroyer of worlds."

*J. Robert Oppenheimer, the civilian leader of the Manhattan Project*

Kennedy realized this was too costly and would trigger a Soviet response. His defense Whiz kids dusted off a study done in the mid 1950s calling for a theoretical 1000 missile force. While it was thought that only 200 would really be needed, 1000 was a nice round number so this became his stated policy. This meant that the Soviets had to play catch up. Until the end of the Cold War, the Soviets would continue to build newer and larger numbers of weapons and missiles. Their "metal eaters," composed of scientists and technologists along with military leaders and directed by political "hardliners" in the Kremlin, would be a perfect match to the "military industrial complex" in the US who were committed to an endless arms race (Eisenhower warned of this in his Farewell Address).

For a brief moment after the 1962 Cuban Missile Crisis, both Premier Khrushchev and President Kennedy recognized the need to find an alternative to the nuclear arms race. In less than two months both agreed to a "Partial Test Ban Treaty" and the creation of a telephone hot line between the two capitals. But Kennedy's assassination and Khrushchev's ouster by Kremlin hardliners nipped this effort in the bud.

In the 1964 Presidential election, President Johnson ran only once a political ad showing a flower and, in the background, a nuclear explosion. The question the ad posed; would you trust Barry Goldwater (running against Johnson) with his finger on the button? Johnson, preoccupied with Vietnam, would resist General Westmoreland's request to use "tactical nuclear weapons" to relieve the siege of Khe Sanh, concluding nuclear war would be "the death of all our hopes."

The remainder of the 60s and early 70s saw Henry Kissinger and President Nixon juggle the threat to use nuclear weapons to end the war in Vietnam (Kissinger would suggest informally that Nixon was mad enough to use them against North Vietnam/its allies---they rejected this proposition). Kissinger authored *The Anti-Ballistic Missile* and the SALT 1 treaties to create a roadmap to a continued nuclear weapon buildup but with no surprises, which the Soviets accepted. With Nixon's resignation and the short Ford interim Presidency, little changed. Jimmy Carter, upon becoming President, was interested in foreign policy initiatives leading to peace between the Israelis and Egypt, an international human rights campaign and an end to the issue of the Panama Canal. But the Soviet Invasion of Afghanistan, the Iranian hostage crisis, and the charge he was soft on defense led to his defeat at the hands of Ronald Reagan. The irony is that Carter proposed a 5-year, trillion-dollar defense budget including new nuclear weapons/delivery systems. The only new weapon system (MX Peacekeeper) offered up by President Reagan was never implemented because of debates over how to site it.

President Reagan initially viewed the Soviets as an "evil empire" and there were some consultants advising him ("Victory is Possible", Colin Gray/Stanley Payne) that the US could win a nuclear war. By the end of his first term, three Soviet hardliner premiers had died to be replaced by a reformer, Mikhail Gorbachev, who wanted to reform the Soviet Union and end the Cold War. President Reagan had been convinced by Edward Teller (father of the H-bomb) that a foolproof anti-missile defense system could be produced which would make nuclear weapons obsolete. Gorbachev and Reagan negotiated a dramatic reduction of nuclear weapons in Europe and at a summit in Reykjavik the two leaders flirted with the idea of putting an end to all nuclear weapons. But Reagan's unwillingness to also end the Strategic Defense Initiative program doomed this moment. American military strategists, who since the dawn of the nuclear age had constantly strategized about American nuclear war fighting options, were relieved that the summit failed.

Continued on page 8

## Where Did That Snake Come From?

"There was a woman and son who resided near the fort, which was situated near a hole, which was Jenneatowaka, the original seat of the Te-hoo-ne-nyo-hent (Senecas) the boy one day, while amusing in the bush he caught a small serpent called Kaistowanea, with two heads, and brings it to his apartment; the serpent was first placed in a small warm box to keep tame, which was fed with birds, flesh, etc. After ten winters the serpent became considerable large and rested on the beams within the hut, and the warrior was obliged to hunt deers and bears to feed the monster; but after awhile the serpent was able to maintain itself on various game; it left the hut and resided on top of a hole; the serpent frequently visited the lake, and after thirty years it was prodigious size, which in a short time inspired with an evil mind against the people, and in the night the warrior experienced the serpent was brooding some mischief, and was about to destroy the people of the fort; when the warrior was acquainted of the danger he was dismayed and soon moved to other fort; at daylight the serpent descended from the heights with the most tremendous noise of the trees, which were trampled down in such a force that the trees were uprooted, and the serpent immediately surrounded the gate; the people were taken improvidentially and brought to confusion; finding themselves circled by the monstrous serpent, some of them endeavored to pass out at the gate, and others attempted to climb over the serpent, but were unable; the people remained in this situation for several days; the warriors had made oppositions to dispel the monster, but were fruitless, and the people were distressed of their confinement, and found no other method than to rush out at the gate, but the people were devoured, except a young warrior and his sister, which detained, and were only left exposed to the monster, and were restrained without hope of getting released; at length the warrior received advice

Bare Hill today, as viewed from the southern end of Seneca Point Road.



Stephen Lewandowski

from a dream, and he adorned his arms with the hairs of his sister, which he succeeded by shooting at the heart, and the serpent was mortally wounded, which hastened to retire from the fort and retreated to the lake in order to gain relief; the serpent dashed on the face of the water furiously in the time of agony; at last it vomited the substance which it had eaten and then sunk to the deep and expired. The people of the fort did not receive any assistance from their neighboring forts as the serpent was too powerful to be resisted. After the fort was demolished the Council fire was removed to other fort called Than-gwe-took, which was situated west of now Geneva Lake."

A later study (1987) of Cusick's work by Russell Judkins pronounces it "an early example of Iroquois intellectual endeavor in ethnic self-analysis and the communication of Native American culture." Judkins argues that in its structure and language the work "ultimately reflects Iroquoian mind, spirit, assumption, and reality" and finds great value in Cusick's use of "symbolic imagery" and "language which 'bridges' two cultural worlds."

### The Snake

Wallace Chafe's *Handbook of Seneca Language* (1963) translates Kashaistowaneh" as "Big Snake." In one version, it is gigantic and has two heads, and in the other it is simply gigantic. Each of the stories acknowledges that there's more to the hilltop than meets the eye. One version says the Seneca "broke out of the earth" and the other that they "originated from the top."

What about the snake? Neither story says so, but could the snake have come from the same hole? Mary Jemison's version doesn't mention an origin, and Cusick says the snake was found in the bush. Why did it follow them? To destroy them and give them a fresh start? The snake links an under and other world with the present and above ground world.

Since the story originated in the Seneca society and language, what do snakes mean to them? One prominent past association of snakes was with water. Almost any spring, well or seep was thought to have a snake, like a guardian spirit, lurking nearby. In a number of Seneca tales, lakes are inhabited by huge snakes whose intentions toward humans seem to be malevolent. The snakes can take human form, the better to mate with human women, but are in constant conflict with He-no the Thunderer, a god associated with another form of water, rainfall from the sky.

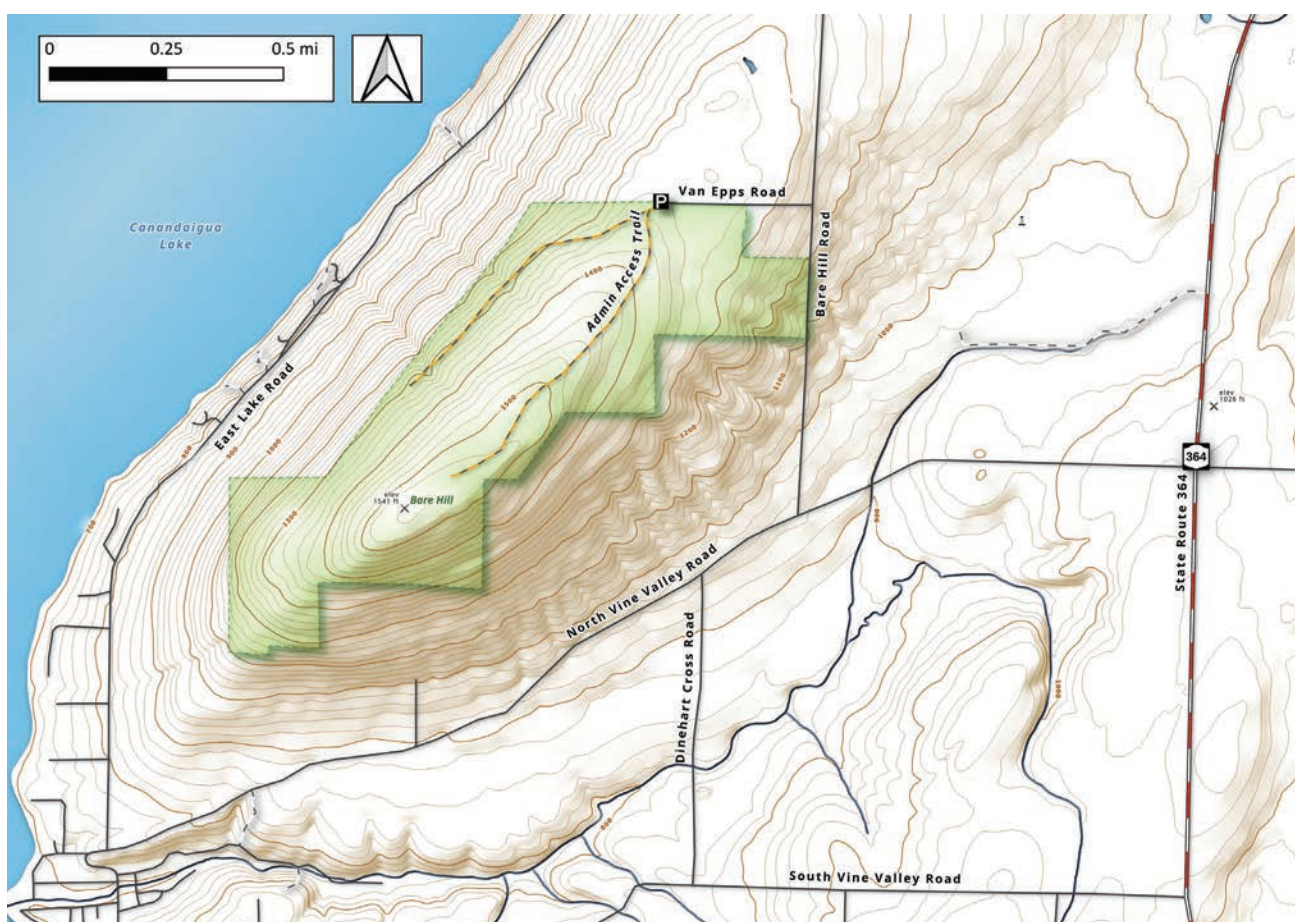


Image courtesy of Andy Arthur who hosts a site about Bare Hill Unique Area. ([andyarthur.org/explore/bare-hill-unique-area](http://andyarthur.org/explore/bare-hill-unique-area))

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# The Light Lens

By T. TOURIS



## A public service message from ducks

**U**s ducks have been watching you humans over the past several months with increasing alarm. We are very concerned about the reckless and cavalier attitude many of you have taken with regards to the deadly coronavirus.

Unlike cats and many other animals on the planet, we like having you guys around. Being domesticated ducks ourselves, we in fact rely on you. So what's up with not wearing a mask?

Why are you still congregating in large gaggles?

If you don't care about yourselves, you can at least think of us ducks. You've spent centuries domesticating us and now you're going to put yourselves on the endangered species list?

Thanks a lot—your dumb dogs aren't going to feed us when you're gone. Don't be so darn selfish—straighten up and fly right!



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.

## Side Steet Sounds

The Strange Sound of Summer 2020

By STEVE WEST

### Creative Venues Offer Musical Sanctuary during the Summer of COVID-19.

**A**nd so continues the strange summer of 2020 in the live music world. Venues are walking the fine line between supporting live music, and not attracting too much of a crowd that can't maintain the proper social distance. Damned if you do, damned if you don't.

Venues that offer outdoor music have managed to adapt the best to the post-Covid requirements. The Beachcomber on Conesus Lake has allowed acoustic, solo and duo acts to perform for guests. In Rochester, Marge's Lakeside Inn and Abilene have restarted their summer out-door music schedules. In Canandaigua, Lincoln Hill Farms is hosting bands. All of these venues require customers to wear masks when not seated. Social distancing of at least 6 feet is encouraged, and groups are limited to 10 people or less. Hand sanitizer stations are present at each location.

In July, Fanatics in Lima started hosting bands from a parking lot stage, restricting concert goers to their cars and the parking spaces immediately adjacent to one side of their vehicle (see back page).

"The venues that support live music are struggling to stay afloat after the long NY pause, and the cooperation of their customers will be vital to their success."



The Beachcomber on Conesus Lake has allowed acoustic, solo and duo acts to perform for guests.

Because they have not yet been able to open their normal operations, Roseland Water Park in Canandaigua has made use of their large parking lot and have tried to follow, with some success, Fanatics' example.

Every step forward is shadowed by challenges, and the possibility that policies can change overnight if the statistics take a turn for the worse. The venues that support live music are struggling to stay afloat after the long NY pause, and the cooperation of their customers will be vital to their success.

Face coverings and social distancing are in-

convenient, but they are currently mandated as part of the requirements for venues to re-open. We must adapt and accept COVID compliance, for the foreseeable future. That is the only way we're going to be able to support musician and live music venues, and enjoy live music.



Steve West streams live on Facebook every Sunday, 11am-2pm. Other gigs and info. can be found at: [www.stevewestmusic.com/](http://www.stevewestmusic.com/)

## 75 Years

In the post-Cold War period, which witnessed the collapse of the Soviet Union, the US worked with the new Russian Federation to better secure nuclear weapons from theft and to remove such weapons from three of the new independent states. Efforts were begun to develop a new treaty approach, START I, designed to significantly reduce the nuclear inventories of both the United States and the Russian Federation. Other nuclear problems emerged around the increasing number of states who developed nuclear weapons (India, Pakistan) and would be nuclear states such as Iraq, Libya and N. Korea. In addition, there was the concern that sub-state terrorist groups would seek to get nuclear weapons and materials. The defeat of Saddam Hussein and the overthrow of Libyan dictator, Muammar Gaddafi, eliminated their perceived threats to go nuclear. (Neither were anywhere close and the resulting political instability and economic cost of waging war to eliminate them still need to be reckoned with.)

President Clinton appeared to have bought time with N. Korea by a series of economic carrots. But the succeeding Bush administration vowed not to deal with “evil”, so the North Koreans resumed their march to developing a nuclear weapon and a credible delivery system. President Obama did negotiate nuclear deals with both Russia and Iran. He also played with the idea of a no first use declaration but was forced to make concessions on a large nuclear weapons project (\$1.2 trillion) to replace all our nuclear weapons with new ones as the quid pro quo. He did not achieve his goal of a declared “no first use” policy.

By 2017 a new President would wonder why the military did not build back up to 35,000 war heads the US had in the late 60s and early 70s. Then Sec. of State Rex Tillerson privately would refer to him as a “..... Moron”. Tillerson was fired shortly after. Secretary of Defense, James Mattis, told his staff there would be no new arms race. He resigned a year later over policy differences with the president.

President Trump threatened North Korean with “fire and fury” if they continued their nuclear weapons program. He then stunned the world by exchanging a series of “love letters” with Kim Jong-un, leading to several unprecedented meetings between the two leaders. But today no fruit has been born from these efforts.

In 2018 Congress held hearings for the first time in 43 years on the president’s sole authority to launch nuclear weapons. The hearings, which included Republicans, were premised over concern about President Trump’s erratic behavior. Retired Gen. Robert Kehler believed that if Congress felt the president was erratic then the procedures for launching nuclear weapons should be changed. Nothing came out of the hearings.

In 1948 The Bulletin of Atomic Scientists included a “Doomsday Clock” in its publication. Over the past 70 plus years the clock has stood as close as 100 seconds (which is the case today) to 17 minutes with the end of the Cold War. Over this same period there have been some interesting citizen efforts to influence political leaders to end the nuclear arms race. The 1957 Campaign to End Nuclear Weapons was the first of such efforts. By the 1980s the Nuclear Freeze movement led to a referendum, which passed in nine out of ten states, calling for the US to suspend the development, production and deployment of new nuclear weapons. Numerous Protestant churches and the American Catholic bishops supported this effort on moral and humanitarian grounds, much to the initial chagrin of the Reagan Administration. The Freeze enjoyed a 70% support rating in various polls. The TV film, *The Day After*, saw over 100 million watch a picture depicting the outbreak of a nuclear war. Roger and Earl Molander, who were national security consultants, created the “sister city project”

—a classic effort to pair Soviet and American cities with each other to promote citizen diplomacy. Scores of American/Soviet sister cities were initiated.

A key question to ponder today: is humanity living on borrowed time? My students for many years have been concerned that either by accident, political blunder or the actions of a disturbed leader or sub-state terrorist group, the world will witness nuclear weapons used to kill people by their thermal pulse, explosive force or radiation. What would the global economy look like in such an event? And what of the next Olympics or World Cup? We worry about a global pandemic, as we should, but crossing the “nuclear threshold”, not seen since 1945, opens up a new world. Dystopian fiction like *Fail-Safe*, *On the Beach*, and more recently, *The Road* may be a better guide than any defense think tank can conjure up.

**In the coming election consider posing the following questions to those up for Congressional seats and the Presidency:**

- Instead of spending \$1.2 plus trillion dollars to replace all our nuclear warheads should the money be either saved or used for nonmilitary purposes, including climate change?
- Should the US finally declare it will not be the first to use nuclear weapons in any conflict?
- Should the decision to use nuclear weapons remain exclusively in the hands of the president?
- Should the US work with other nations to aggressively pursue the goals of the Nonnuclear Proliferation Treaty?
- In a 2007 Wall Street Journal op-ed piece William Perry, Henry Kissinger, George Schultz and Sam Nunn (known as the 4 Horsemen) called for the abolition of all nuclear weapons—a reversal of their earlier positions while government officials—is their new position now a reasonable one? Public debates/forums on these issues could well have a positive impact on those elected to serve the citizenry and bring this existential threat to all life out of the shadows.

I have been heavily influenced by Fred Kaplan’s two books, *The Wizards of Armageddon* (1983) and *The Bomb* (2020). He is arguably the best versed investigative journalist writing on nuclear weapons and national security matters today. I also taught a course on Global Security and Nuclear Weapons from 1984 to 1989, doing a great deal of reading and attending conferences that included the likes of Edward Teller, Carl Sagan, McGeorge Bundy and Freeman Dyson among others.

*\*For security purposes the directors of the Manhattan Project used the term “device” rather than bomb and that word use continues to this day. Terms like MAD (mutual assured destruction) or NUTS (nuclear utilization target select) were firmly embedded in the language of nuclear strategy well into the mid 1980s.*

Questions or reactions to this column can be sent to Doug Garnar at [garnardc@sunybroome.edu](mailto:garnardc@sunybroome.edu).

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.

## String

I periodically wind bailing twine up in the weed eater, necessitating a stop and unwind procedure. I save this twine as well (usually by looping it around a garden fence), to retrieve when I need to tie up a tomato plant or train a tree branch. Getting tangled in it is an annoyance. With the string that threatened the well-being of one of our bird inhabitants, I felt personally responsible. I admonished myself for the carelessness and made a mental note to be more careful with string (and other things).

My thoughts returned again to string as I walked with some friends who I had not seen in a

very long time. We chose Green Lakes Park as a get together location, so we could spread out. As we walked along the trail I stopped and adjusted the string-like ties on the mask worn by one of their children, a lovely alternative to the elastic which adorns my two carry along masks. It reminded me of early times tying my shoe, which I learned to do one handed, taught by my father who only had one hand to work and consequently adapted to that and shared the expertise with me. It reminded me of the time I tied a toy spider to a string and lowered it over a tree branch onto my mother, who was resting on a hammock (yes, I really did that). It also reminded me of my own giant ball of string. Many different balls of string tied together so that,

as an avid young kite flyer, I could allow the kite to go higher and higher, to touch the sky.

This reflection on string also reminded me of a string-related song, Puff (the Magic Dragon), written by Leonard Lipton and Peter Yarrow. The song reflects most on the inevitability of change (an avid reflection in these modern times, in any modern times). Maybe, just maybe, we let go of our fantasies as we age and mature. Nonetheless, what’s the harm in collecting “...strings and sealing wax and other fancy stuff.” One never knows, does one, when time will slow, and the raw materials for creative construction just might come in handy.



# The Night Sky

## August Under the Stars

By DEE SHARPLES

August is a fantastic month to be out under the stars.

**A**bundance of planets will be traversing the sky either in the evening or early morning hours before the sun rises. Seven of the eight planets in our solar system will be on display in the sky—five will be visible naked eye, two will require additional visual aid to see.

A beautiful pair of planets, which we've been enjoying for a few months, is still with us. Look for bright Jupiter at magnitude -2.7 and dimmer Saturn at magnitude 0.2 about 20 degrees above the horizon in the southeast at 11:00 PM on August 1st and due south at midnight by mid-month.

The best time to spot the planet Mars is the last week of August when it will be shining at a bright magnitude -1.4, looking like a reddish-hued star in the eastern sky at midnight. By morning, it can be found in the south before dawn.

Uranus, one of the ice giant planets, will be high in the eastern sky near the end of August. By early morning, it will have moved to the south. Although Uranus shines at a faint magnitude 5.8, it will be close to the limit of most observers' naked-eye vision so binoculars will make it easier to spot. It should be easy to find as it will be located in a patch of sky with no other bright stars. The other ice giant planet is Neptune, which will shine at a dim magnitude 7.8, and although you can find it with binoculars looking like a faint star, a telescope will reveal its bluish distinctly round disk.

For early morning risers, Venus shining at a brilliant magnitude -4.5 is a beacon in the eastern sky before the sun rises. On August 15, a crescent



August 12 - 2:00 AM  
Looking northeast



## Perseid meteor shower

*Illus. Dee Sharples*

moon lies within 4 degrees of Venus and is a pretty sight. Mercury is visible naked eye but only for the first few days in August. Look for it only 5 degrees above the horizon 45 minutes before sunrise, shining at a bright magnitude -0.9. You'll need a flat horizon free of obstacles like buildings and trees to see it.

If finding the planets doesn't keep you busy enough, the fabulous Perseids meteor shower will put on a great display this year. You don't need any special equipment to enjoy the Perseids, just a reclining chair and a jacket or wrap to keep any night-time chill at bay.

You can spot the most meteors per hour after midnight on August 12 when the Earth

has rotated and is now traveling directly into the stream of debris. The meteors are particles of dust and debris left behind by Comet 109P/Swift-Tuttle as it passed through our solar system numerous times throughout history. The Perseids are known to produce fireballs, extremely bright meteors which can leave a long trail of smoke.

The radiant, or area of the sky from which the meteors will appear to originate, will be from the constellation Perseus which can be seen high in the east around 2:00 AM. The meteors can be seen anywhere in the sky so just let your eyes casually wander the sky until a streak of light catches your eye. The Perseids meteors enter the Earth's atmosphere at an average speed of 133,000 miles per hour. If you can travel to a dark sky site or rural area away from city lights, you should be able to see from 50-75 meteors per hour until dawn begins to brighten the morning sky. ★

### 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: -4.4
- Jupiter: -2.7
- Mars: -1.4
- Mercury: -0.9
- Bright star: 0.0
- Saturn: 0.2
- Uranus: 5.8
- Dimmest star visible with the unaided eye: 6.0-6.5
- Neptune: 7.8

### 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 is an amateur astronomer who enjoys observing planets, star clusters and the Moon through her telescope. She is a member of ASRAS (Astronomy Section of the Rochester Academy of Science) and records "Dee's Sky This Month," describing what can be seen in the sky on the ASRAS website, [rochesterastronomy.org](http://rochesterastronomy.org).

### Strasburgh Planetarium

Public observing on Saturday nights from the roof of Strasburgh Planetarium has been canceled until further notice. For updates go to: [rochesterastronomy.org](http://rochesterastronomy.org). Once viewing resumes, observation information is available at: [www.rochesterastronomy.org/the-strasburgh-scope/](http://www.rochesterastronomy.org/the-strasburgh-scope/).

# The Homestead Gardener

## Fail, and Fail Better

By **DERRICK GENTRY**

**F**ew people have accused me of being a gung-ho optimist by temperament, and it is therefore all the more curious that I tend to overcommit myself to overly ambitious projects on the homestead. I know I am not the only gardener to set themselves up for disappointment in this way. Many of these abandoned projects are based on naïve and poorly thought-out premises. And in spite of the quite visible evidence of untied loose ends come first frost, and in spite of my wife's efforts to turn these anticlimaxes into teachable moments, the end of each growing season ushers in a predictable period of amnesia and denial. The problem is in the pattern and not the particulars: I seem incapable of learning from my failures how to avoid the conditions for failure. Good grief, Charlie Brown...

It is important to be honest with ourselves about our failures as well as our triumphs as amateur growers and stewards of resilience. Or, failing that, we can at least try to be honest with others.

Sean Dembrowsky, owner of Edible Acres nursery near Trumansburg NY, is one of the most honest and "centered" gardeners in the public sphere. Sean is also an extremely likeable person; I'm not sure, but it may be logically impossible to develop and sustain a dislike toward him. For several years now Sean has had a YouTube channel that has served as a fountain of knowledge and inspiration for me and many other aspiring homestead gardeners. In May of this year – not at the end of the growing season, but near its start – Sean posted a video with the title "Permaculture Fails," in which he wisely reminds us that there is some value in openly sharing with others what is not working, at any given moment, in our little resilience-building laboratories:

"A lot of people who are just getting into gardening are having a lot of issues just like we are, and you go on YouTube or on social media and you see beautiful rows of carrots and perfect transplants, and everybody's right on top of their game. Well, we are not! We're trying."

And then, for ten minutes, we are given a behind-the-scenes overview of what has not been going so well at Edible Acres: of the unsightly and unfinished and the woefully inadequate, with footage of dead Nanking cherries that failed to transplant, of rain catchment systems that did not catch nearly enough, of "toss it in there for now (I'll get to it later)" garden sheds that would shock even the least tidy of Lego-hoarding 10-year-olds.

I think we could all put together a video of at least the same length, and probably much longer. It is now just past the mid-point of summer, and following Sean's example I would like to take the opportunity to give as honest an account as I can of a few things that are not working out well at our homestead, or not working as well as I would like them to. These are not "epic fails" so much as common challenges that all homesteaders face and which I have yet to solve. Each one of these

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better."  
Samuel Beckett

not-so-personal works in progress really deserves a full column to itself, so you can also think of this list as a preview of concerns to be more fully addressed in future installments of this column.

### My Rinky-Dink Water Catchment System

This is among the "fails" that Sean mentions, and the challenge of "living within the rain budget," so to speak, would have to be at the top of my list as well. Setting up a system before the Spring rains was certainly a priority for us when we moved to our 14-acre property this past December. But while we are able to collect many hundreds of gallons from a good steady rain, about two weeks' reserve to meet our current irrigation demands, what we collect nevertheless remains a fraction of the runoff from our roof surfaces – the house, the barns, the 100-foot-long poly tunnel. We currently use a combination of 55-gallon food-grade barrels and galvanized metal stock tanks. I now realize that those will likely need to be replaced or supplemented with re-purposed plastic 275-gallon IBC totes, which hold far more water than our barrels and can more easily be lined up and stacked. We also have a good deal of progress to make setting up gravity-fed systems for various sites (the greenhouse beds, the orchard, the veggie garden). We are getting by, but right now our bucket-and-barrel brigade system feels like ad hoc bumbling.

Water is the most basic need of any garden and homestead. Water is life: the signs and bumper stickers are no exaggeration. It is also becoming more and more apparent that we will all need to adapt to the irregular rain patterns of future climate instability. Just this week we had a sudden deluge of more than three inches of rain from tropical storm Fay, after a two-week spell of no rainfall and extreme heat (in the mid 90s). The irony is that when so much heavy rain falls so fast upon dry ground, it might as well be cascading off a rooftop. An effective catchment system is a necessity on the homestead, not just an insurance policy.

Over the long term, I would like to shift our water catchment system away from re-purposed plastic containers and more toward earthscaping. That is to say, I would like to excavate more ponds and construct more berms and swales and generally channel and arrest water flow using gravity and the contour of the land. (Some of my favorite Edible Acres videos are on getting water to flow how and where it is desired. These videos feature extended footage of Sean patiently "watching where the water wants to go" and carefully sculpting channels and redirecting the flow with the use of a ten-dollar hardware store shovel.)



### Missed Beats with Pasture Management

Edible Acres occupies a mere tenth of an acre, and in many ways working within those space limitations represents a more interesting challenge than practicing permaculture with the luxury of more space. We have 14 acres, however: much of it wooded, some of it cleared pastureland, with multiple inherited greenhouses and a sizable orchard of fruit trees that we planted this Spring. We would like to manage the pastureland and the space between the orchard rows with the help of grazing and free ranging animals—goats, sheep, poultry. The problem in this, our first season on the new property, is that we simply do not yet have the number of animals to achieve the proper stocking density. Nor do we have a clear idea of how many head that would come out to. We would like to do "mob grazing," which involves putting animals out at high-intensity for short periods, but at the moment we cannot even do basic rotational grazing. As a result, the pastured acres have gotten away from us and grown tall, which is the very image of poor pasture management. The best we can do is keep paths and borders scythed and cut grass and brush to bring to our goats. I feel like Lucille Ball gobbling chocolates and trying to keep up on the assembly line. We are nowhere near in the groove...

### Mixed Success with Cover Cropping and Intercropping

Permaculture encourages us to think in terms of polycultures, and that often means dense companion planting and intercropping and generally covering the soil at all times during the season. Sometimes the dense-planting party goes well. But there are also limits and conflicts that I have not been able to reconcile. I have planted white clover between rows of corn with some success (the slow growth of the clover held in check by the shade of the stalks), but planting clover between rows of peppers during a dry season led to competition for moisture and (I believe) stunted the growth of the peppers.

A similar problem occurred this summer when I seeded Lacy Phacelia between my raised beds of strawberries. Phacelia is a great soil conditioner with beautiful insect-attracting flowers. But it is easy to seed it too densely (as I did), and those rows that looked wide enough at first now look crowded and ridiculously tight. I have had to do a lot of thinning out so that my strawberries are not shaded or not do not compete for water. (I note that the more widely spaced June-bearing strawberries are perhaps better suited to intercropping.)

Seeding density is also an issue with winter rye, one of a handful of useful soil-building cover crops that overwinter successfully in the Finger Lakes region.

Continued on page 15

# Dragonfly Tales

## Foraging in the Time of COVID 19

By STEVE MELCHER

### What's in a Name?

When I lived in the little state of Delaware I taught at a small HBCU (Historically Black College or University) now called Delaware State University which contains one of the finest herbariums in the world. Students were expected to take at least one science class before graduation. I taught oceanography, marine biology and 'Recent Sedimentary Environments' which were all 200-600 level courses with few freshmen enrolled. I was asked to help out with a freshman level Botany course that was having trouble signing up students. The first thing we did was change the name from Botany 101 (blah) to Wild Edibles and Medicinal Herbs (much more interesting eh?). This is a trick I learned from Arthur Fiedler of the Boston Pops who brought folks in because the music of the Beatles was on the program but had them whistling Bach on their way out of Symphony Hall. Changing the name was the key to attracting freshmen students. By the second year, we had a waiting list and hired three more assistants to help with labs and field trips. Even though we changed the name of the course, we did not change the course content. We just tweaked it a bit to make it more interesting. Students still had to learn the basics of botany and the birds and the bees of pollination but we added the interesting aspect of the plant's medicinal and epicurean qualities. This was goal oriented teaching! Our goal was to have a banquet at the end of the course. Every student chose a dish to prepare in a given category such as main dish, drink, dessert, bread, soup, hors d'oeuvre, entrée, garnish or condiment. Each dish had to include a 'wild edible' plant that we had studied in class. Each student was allowed to invite one classmate to the banquet. If, after two days, the invited classmate survived, the student gained a passing grade. Not really, but that's what was written in the invitations. Each week we would learn a few more plants during labs and in the field. Thursdays were reserved for cooking some of those plants and experimenting with different recipes.

### Fear of Latins

Students still had to learn the latin names of plants. But to abate their fear of latinizing Creeping Charlie, we would go through the alphabet and name the scientific name of a plant for each letter. You could try this yourself and see that you already know the scientific name of many plants. A: for Asparagus. B: Begonia C: Chrysanthemum D: Dieffenbachia E: Eucalyptus F: Fuschia G: Geranium and so on are the plants' common and scientific names. We needed to know the scientific name because there were so many common names for the same plant and many common names were the same for different plants! For example, when I held up *Glechoma hederacea* which is an aromatic, perennial, evergreen creeper of the mint family Lamiaceae, the students, who were from all

### Have you found yourself foraging for fiddleheads, sauteing sorrels and craving wild carrot?

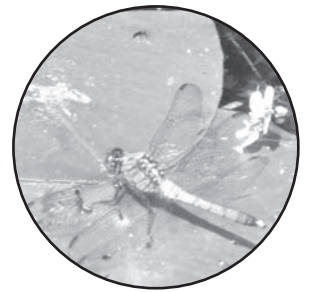
over the world, would name the plant as ground-ivy, gill-over-the-ground, creeping charlie, virginia creeper, alehoof, tunhoof, catsfoot, field balm, and my favorite, "run-away-robin". Great names!, even though Creeping Charlie and Virginia Creeper sound like they should be on the neighborhood watch list.

### What's for Dinner?

Once we established the importance of scientific names, we could research the plant and determine its edible or medicinal qualities and most importantly its preparation. We would then substitute the 'wild edible' for what ingredient was similar in a recipe. For instance, we substituted spinach in many dishes with Lamb's Quarters (*Chenopodium album*) or a similar green. One of my favorite recipes was a tofu quiche (all the recipes were plant based, no meats) using Lamb's Quarters instead of spinach. We would start with Wild Green Salads, Green Nettle soup, Yellow Dock Curry Soup, 'Eggs' Florentine, Nettle Pesto Pasta, Plantain Polenta, Green Loaf Muffins with wild violet jelly, Sour Grass Souffle, Russian Sorrel Soup, Shchaveloviy borscht, Seven Sisters Stir Fry and finish with Rose Petal Fritters and Elderberry Flower HushPuppies. Then wash it all down with Wild Strawberry, Raspberry Fizzies and Chicory Cafe (Chock-Full-o' Nuts coffee contains chicory!). We did sometimes sneak in some dandelion/elderberry wine for willing faculty and staff. We learned a few poisonous plants, like poison ivy and poison hemlock, along the way to spice up the class a bit and emphasize the importance of proper identification. We stayed away from mushrooms. The spores from one misidentified poisonous mushroom could spoil an entire basket of these fungus fruiting bodies.

### Foraging in the time of COVID 19

Growing up in the 60's I've always had a bomb shelter, which meant a few weeks' supply of food, water and necessities. During COVID 19, we self sheltered early in March and found our 'bomb shelter' full of canned goods, packages of pasta, bags of beans and coffee, and 5 gallon jugs of bottled water (even toilet paper and baby wipes!). We made our own soy milk and ate very well for a few weeks but were missing fresh greens. I dug out the old course syllabus for the Wild Edibles and Medicinal Herbs' class. This was spring time, which is a wonderful time for foraging. We found ramps, *Allium tricoccum*, rampant in the woods at that time along with dandelion, purslane and lambs quarters



in the yard. Our bodies know what we need and we all need greens. But are these weeds good for you? The iceberg lettuce in the produce section wasn't always that watery tasteless cardboard that we eat today. Iceberg lettuce, which is an expensive way to transport water (it's about 95% water), gets its name from how it was originally shipped: covered in crushed ice. But lettuce was probably once thought of as a weed somewhere if you define a weed as a plant in a place that it's not wanted. Wild lettuce, *Lactuca virosa*, that is in the field across the street from you, has been used for centuries, often ingested for its mild analgesic and sedative effects. The ancestors of the corn and tomato in today's produce section were once 'weeds' in the wilds of yesteryear. It turns out that Japanese Knotweed, now considered an invasive species in New York, is edible. What a great way to get rid of this 'weed'. Eat it! I encourage you to become a family of foragers or weekend weed eaters. Foraging is a wonderful social distancing activity for the whole family. Perhaps we won't be spraying our yards to kill those 'nasty weeds' after this current pandemic. Perhaps we'll teach our children how to identify a dandelion (*Taraxacum officinale*) and how to eat it.



### Interesting!

Dandelion. What a cool name! Probably a corruption of the French 'dent de lion' meaning "lion's tooth", referring to the coarsely toothed leaves. Wild Carrot has a scientific name that sounds like a character from Star Wars: *Daucus carota*.

### Where are they?

I just took a wonderfully refreshing dip in the pond and on my walk from the pond to the cabana I counted 18 edible "weeds". This reminded me of the story Euell Gibbons told me of a man begging for food in a park in Philadelphia. Euell said it was such a shame; the man was standing on the edge of a park that could have provided a banquet of wild edibles, if only he knew what they were and how to prepare them.

There are plenty of videos and books concerning foraging, wild edibles and medicinal herbs. We will be offering our 'Norman Dill Wild Edible Foraging Feast' at Odonata Sanctuary with proper social distancing this fall. For recipes and more information check out Odonata Sanctuary's Blog at: [odonatafarmsanctuary.blogspot.com](http://odonatafarmsanctuary.blogspot.com).

Continued on page 15

## Fail, and Fail Better



In the Fall, I tend to plant winter wheat instead of rye and sometimes pair it as a "nurse" crop with the nitrogen-fixing legume hairy vetch. The idea occurred to me a couple of seasons back that I could let the wheat grow a little longer into the middle of the summer and develop mature seed heads while still reaping the soil-tilth benefits at the root level. I have long wanted to experiment with growing some of my own grains on a small scale (though my wife does not share my enthusiasm). The problem, however, is that the motives for growing wheat as a cover crop and growing it as a harvestable grain are in some ways at cross purposes. In order to get the maximum benefit from wheat as a cover crop, it is best to seed it at a fair density in a fertile place of the garden where nitrogen-hungry crops have been harvested and there are excess nutrients in the soil that need mopping up before the winter rains leach them out. That is a basic reason for cover cropping. Dense seeding and high nitrogen levels, however, are a classic recipe for lodging -- in other words, the rapid vertical growth and toppling over of the wheat the following summer before the seeds are fully developed. At that point, I usually cut the matted wheat and feed it to the goats before it begins to rot. (They love the immature seed heads and do not sit around dreaming of loaves of fresh bread hot from the oven.) Growing wheat for harvesting is an ancient and delicate balancing act, and I have not yet found a way to have my wheat as a cover crop and eat it too.

### "Salutations!" Oona, Abe, and Emrys

I can proudly report that I did complete one project that was undertaken this year: Converting one of our 40-foot greenhouse structures into a second barn for the female goats we will be milking (the other barn is reserved for the boys). This was a project with a firm deadline, one that I could neither abandon nor put off until later. We have three goats with kidding due dates this summer, beginning in the first week of July. I met my construction deadline with less than a week to spare.

Thus far, the greatest success this year on the

homestead has been the smooth birth of three baby goats—Emrys, Oona, and Abe—in the shade and shelter of that newly completed barn. The first birth went smoothly, an event which took us completely by surprise. This was Violet's first time giving birth, and we were naturally worried about possible problems that might occur with a first pregnancy. The worries were completely unfounded. Violet gave birth to Emrys, a healthy and rather extroverted buckling, while I was working less than 20 feet away from her kidding stall. I did not hear a thing, not until I heard the high-pitched voice of the little guy introducing himself to anyone who would listen.

Mathilda's delivery, however, began far more ominously. I woke up past midnight to the distant cries of Mathilda when she finally went into final phase of labor. My wife was already in the barn, with the rubber gloves and lubricant on hand and preparing for Plan B. It was not looking good. After less than ten minutes of struggle, we were relieved when Mathilda gave birth to a doeling (Oona) and a very large and long-legged buckling (Abe).

We have learned to not take smooth and successful births for granted. Failure in this case can be tragic and heartbreaking. Every kidding, every birth, is a reminder that most of the successes on the homestead -- and perhaps in life -- are more properly appreciated as serendipitous moments of grace and good fortune. Success is not just the avoidance of failure by luck or by planning.

As permaculturists, we all like to mimic the workings of nature as closely as possible, working with nature rather than against it (as they say). That includes working within the logic of natural selection. We mimic natural selection whenever we hedge our bets and attempt to germinate more seedlings than we will need, whenever we thin out our beautiful rows of carrots, whenever we select the hardiest for breeding and saving seed with our own selfish needs in mind. Though every sperm may be sacred, as the Monty Python tune affirms, it seems that nature's wildly over-ambitious plan is to throw everything at the wall and see what sticks. Nothing succeeds like success in this game.

Oona nestled safely in my arms.  
Below: Abe  
Bottom: Emrys and Violet  
All photos courtesy of William Gentry



In addition to permaculture principles of nature mimicry, we at the homestead also like to incorporate within our world view some of the philosophical attitude of Fern in Charlotte's Web. We root for the runts and the underdogs -- the diminutive Oonas and the hale and hardy Abes -- and like to play a role in seeing them succeed where they might otherwise fail. In other words, we love our goats a bit more than evolution requires us to do. (And although I cannot be certain, I would say the same of Violet and Mathilda.) This season, now two weeks into July, I am pleased to report that our new kids have evolved to the stage where they are jumping around like fleas and climbing ramps and climbing on top of their patient mothers (and on top of us). Without effort and without plan or purpose, they have succeeded in making our world, for the moment, a much happier place.



*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@ficc.edu.*



Mary, Mary, quite contrary...  
How does your garden grow?

With beetles and grubs  
and weevils and slugs.  
That's why I'm contrary,  
just so you know.



Cartoon by Sally Gardner  
sallygardner.com

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# Where Did That Snake Come From?

If Big Snake is like other snakes from around the world, his reputation is mixed. He lives at the boundary between the world we know and the ones we don't. What's hidden underground is akin to what's hidden in times past and by death. Big Snake lives near chaos and brings destruction with him, yet he also bears a strong relation to procreation, birth, rainfall and fertility. He is a go-between, with powers to destroy and create. Despite the good qualities such as generosity and protection of the weak demonstrated by the orphan in caring for the snake, the boy made a fundamental error: such things make poor pets.



## Other Variants

References to and variants of the tale are included in Henry R. Schoolcraft's *Notes on the Iroquois* (1846), Harriet Maxwell Converse's *Myths and Legends of the New York State Iroquois* (1908), William Beauchamp's *A History of the New York Iroquois* (1905) and *Iroquois Folk Lore* (1922), Arthur Parker's *Seneca Myths and Folk Tales* (1923), and Joseph Bruchac's *Iroquois Stories* (1985).

Schoolcraft appropriates Cusick's materials, including the Big Snake story, with only minimal attribution of authorship. No mention is made of David Cusick when the story appears on pp. 60-1 of *Notes*.... Later in *Notes*... (pp. 237-40), a letter from Reverend James Cusick, David's brother, seems to convey the remainder of Cusick's *Sketches*... to Schoolcraft's use with brother David's authorship relegated to a footnote.

The Converse version is a literary re-telling of David Cusick's story. It appears in Part 2 of her volume as material which had not been prepared for publication at the time of her death in 1903 but was "Revised by the Editor (Arthur Parker) from Rough Drafts Found Among Mrs. Converse's Manuscripts." Her snake, like Cusick's, has two heads and her additions to the tale are identifying the hero whom Jemison calls "an orphan" as Ha-Ja-Noh, a boy who became a warrior, and in emphasizing the hypnotic power of the snake's "swaying heads" and "bright eyes." In Cusick's version of the tale, the boy is not called an orphan.

In *History*..., Beauchamp recites the Big Snake on Bare hill story and ascribes it to "a general Seneca tradition" while offering as a possible "explanation" that "the fort was besieged by a powerful foe, or that something near by produced a pestilence." He does call the story a "favorite" Iroquois tale and notes that "the story seems to belong to but one of the two great bands of the Senecas." In *Folklore*... Beauchamp republishes both Cusick's and Jemison's versions. He comments that he was told a version similar to Jemison's by Captain Samuel George, an Onondaga.

Arthur Parker includes the theme in his *Literary Elements of Seneca Folklore* as "Number 43: Fast-growing Snake. A boy finds a pretty snake and feeds it. It grows enormously and soon eats a deer. Game is exhausted and snake goes after human beings."

Joseph Bruchac follows the Converse version in most details.

## Some Other Themes

Neither Jemison nor Cusick attribute rapid growth to the snake. Cusick states that it took ten winters for the snake to leave the lodge and thirty years to reach a dangerous size. The snake's rapid growth first appears in Converse's version and is reaffirmed by Parker.

Jemison calls the brother and sister "orphans" but Cusick does not. Neglected orphans are as ubiquitous in Iroquois folklore as wandering princes are in Grimm. Jemison doesn't refer to the boy as a warrior, but Cusick does, and Converse not only makes him a warrior but gives him a name, Ha-ja-noh.

The weapons and their origin also vary among versions. Jemison says that an oracle advises the boy to make a "small bow and poisoned arrow, made of a kind of willow" and to shoot it "under the scales." Cusick says that a dream advised the boy to "adorn his arms with the hairs of his sister, which he succeeded in shooting at the heart." Finally, Converse says a dream instructed the boy to make "arrows of dark snake wood" tipped with "white flint" and bow strung "with a lock of your sister's hair" and aimed at the monster's heart.

The Seneca consider dreams oracular, so there is probably no conflict in those terms. The snake wood and white flint of Converse seem unduly romantic. In all versions, the weapon which is small (unlike its opponent) and made from a kind of willow, draws some magic power from association with the sister's hair, and penetrates the creature's scales to its heart, unlike the failed conventional weapons of other warriors who were devoured by the snake.

## Arthur Parker

Arthur Parker (1881-1955) was a protégé of Mrs. Harriet Maxwell Converse (1836-1903). In his youth, he seems to have followed her more fanciful versions and interpretations of Seneca folklore. Mrs. Converse was a valued friend of the Iroquois in that she opened her New York City home to Native American visitors, spent her fortune in relieving the distress of their indigents, and actively lobbied in Albany and through the New York City press for their protection and benefit.

In his later years, however, Parker returned to study of Seneca folklore with a fresh perspective and influenced by the science of anthropology. Parker had returned from his position as State Archaeologist in Albany to become director of the Rochester Museum of Science. Working in Rochester and living in Naples, he lived and worked in the landscapes depicted in the stories he retold and studied.

In 1949, Parker was interviewed by the *Canandaigua Daily Messenger* and asked specifically about the hills and the snake story. His opinion at that time was that Bare Hill is Genundewah and should be associated with the snake story, but that Nundawao, the hill from which the Seneca say they originated, is the next hill south along Canandaigua Lake locally known as South Hill. It is not difficult to imagine the original Seneca people issuing from the chasm called Clark Gully in the southeast slope of that hill.

## Allegory?

Professor Laurence Hauptman's *The Tonawanda Seneca's Heroic Battle Against Removal* (Albany: SUNY Press, 2011) provides us with some clues as to why this story reached prominence in the 1820s and 30s. The book's cover illustration is one of Ernest Smith's (1907-1975) WPA watercolors showing a huge rattlesnake just pierced by a small arrow from the bow of the boy and his sister.

Tonawanda leader Corbett Sundown was quoted in 1987 as saying that the Big Snake is a "white man's story." Its most obvious interpretation is that Native Americans fed and protected weak colonists when they first appeared on this continent and then were "devoured" when the colonies grew large and strong.

Perhaps Sundown means that the story is about white men, not by/for white men. Evidence for this view is provided by Hauptman: he relates that the Big Snake story was told by Tonawanda sachem John Blacksmith in 1838 to proto-anthropologist Henry Rowe Schoolcraft as a description of fraudulent activities of the Ogden Land Company devouring the remaining reservation lands of the Seneca, forcing them to re-locate to Indian Territory in Kansas. Blacksmith labored the rest of his life along with Eli Parker and attorney John Martindale to regain the Seneca land. Only in 1857 were the Tonawanda Seneca (who refused to remove) allowed to sell their Kansas reservation lands and use the proceeds to buy back most of their reservation in New York State.

## Questions Remain

Questions adhere to the story and the hills. Is the Big Hill in question Bare Hill or South Hill? Was the story native in origin or, as Tonawanda Seneca leader Corbett Sundown said in 1987, "a white man's tale"? Its most obvious interpretation is that Native Americans fed and protected weak colonists when they first appeared and then were "devoured" when the colonies grew huge and strong. Is there more to the tale? Is there archaeological evidence of the village that several texts describe on top of either hill?

One hundred and ninety years later, there are no new texts to which to appeal for answers. There may, however, be remnants of the story being told in the Seneca language. If so, these and other questions might receive an answer in Seneca.

Bare Hill is protected from development since 1988 as part of the NYS Hi Tor Wildlife Management Area (Hi Tor translates into high hill). Saturday 8:30pm of Labor Day weekend, there's big fire and dancing on top.



Steve Lewandowski was born in Canandaigua. He has published widely in journals such as *Rolling Stone*, *Country Journal*, *The Northern Forest Forum*, and *Hanging Loose*. He has fourteen books of poetry and essays from a variety of literary publishers. His fifteenth, *Hard Work in Low Places*, will be published at the end of this year by Tigers Bark Press of Rochester.

## Dragonfly Tales

### Tips on Foraging Plants

- Make positive identification of any plant you hope to consume.
- Learn to recognize the most dangerous plants in our area. Poison hemlock (*Conium maculatum*) and spotted water hemlock (*Cicuta maculata*) are both members of the carrot (*Apiacea*) family and people have died mistaking them for wild carrots.
- Carefully research each plant to make sure that you know how to safely prepare it. Some plants must be cooked or even par-boiled. Some plants have poisonous as well as edible parts.
- Use scientific names when doing your research, since many plants share the same common name and/or have many common names.
- Gather from areas not treated with pesticides, herbicides, or pollutants. But still wash your harvest.
- Never eat too much of any new food, wild or otherwise. For example, docks (*Rumex*) species and sorrels (*Oxalis*) species contain concentrations of oxalic acid that can be harmful in large quantities. It is also possible to have an allergic reaction to a food that most people have no difficulty eating. If you are pregnant or taking medications, you should consult your doctor before eating wild foods to avoid the risk of chemical/drug interactions.
- Conduct your own research and include new sources of information. Use multiple and updated references.
- Be a thoughtful and respectful forager. Get permission if venturing on others' property to forage and always leave plenty for other creatures that might depend on it.

### Pistol Pete's Wild Pesto for the Perfect Pizza or Pasta

#### Ingredients

- 4 cups assorted wild edible greens (suggestions: dandelion, chickweed, purslane, lamb's quarters, wood sorrel, Russian sorrel, oxalis, cat's ear, dead nettle, ramps)
- 1/4 cup almonds, pine nuts, walnuts, pepita seeds, pumpkin seeds or squash seeds.
- 3 cloves garlic -wild or store bought. Great mosquito (and people) repellent.
- zest of one lemon or extra Oxalis
- 1/4 cup of 'Nooch' (nutritional yeast).
- Salt and pepper to taste.

#### Instructions

Rinse, drain and pat dry your foraged weeds. In the bowl of a food processor or blender, or with a hand processor, quickly pulse garlic and almonds/nuts/seeds to a rough meal. Add foraged weeds, Nooch and lemon zest to the food processor and pulse until well combined. Slowly pour in warm water while the food processor is processing until desired consistency is reached. Salt, pepper to taste.

*Serve with desired dish or freeze until needed.*



#### Scientific names:

Dandelion: *Taraxacum officinale*  
Chickweed: *Stellaria media*  
Purslane: *Portulaca oleracea*  
Lamb's quarters: *Chenopodium album*  
Wood sorrel: *Oxalis* sp.  
Russian sorrel: *Rumex acetosa*  
Cat's ear: *Hypochaeris radicata*  
Dead Nettle: *Lamium* sp.  
Ramps: *Allium tricoccum*

#### How do I remember that scientific name?

We had fun coming up with ways to remember the scientific names of plants. Some were easy like Red Clover: *Trifolium pratense*. Tri-three, folium-leaves. *pratense*: 'of the meadow' or for those who don't speak Latin, think of someone praying so intensely they are turning red all while kneeling in front of the Holy Trinity. Others were a challenge, like Bull Thistle: *Cirsium vulgare*. We remembered

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

## FARM MARKETS

**Little Lakes Farmers Market**  
**Sat. 9 - Noon** (through Mid-October)  
Little Lakes Community Center,  
Hemlock, NY

Participating vendors will offer the following:

- in season vegetables •fresh herbs
- in season fruits - cherries, blueberries, blackberries and raspberries
- baked goods from a local bakery
- packaged herbs, spices•honey /maple syrup
- soaps, candles, lip balm, mosquito repellent and gourmet spice rubs.

Additional information:  
contact Robin at 585-451-7294

**Penn Yan Farmers' Market**  
**Sat. 7:30-Noon**  
Penn Yan, Main Street

Also known as the Yates County Cooperative Farm and Craft Market. This year the Market's expecting a new baker and a new nursery grower, who will join our multiple produce growers and craft vendors. Vendors are looking forward to seeing regular customers again, as well as to meeting new ones.

The Penn Yan Market is still accepting new vendors. All items must be grown or made in Yates County or one of the immediately adjacent counties. Interested vendors, or customers with questions, should contact the market president, Rivka Davis, 607-243-5234 or the market manager, Howard Hoover, 315-536-3192.

**Dansville Village Market**  
**Thursdays 3-6:30** (June-October)  
Church Park, Clara Barton Street

A producer-only market. Our market's vendors offer a variety of fresh produce including no-spray/organic, baked goods, cut flowers and sunflowers, meat, cheese, goat cheese, mushrooms, berries, jams and jellies, herbs, masks and more! Vendors include Valley View Farmstead, Glen Haven Farms, Sunny Cove Organic Farm, Jill Dewispelare; baker, The Farmette, Canacadea Berries, Roxeanne Simone; masks, and more vendors are coming soon!

Facebook: Downtown Dansville Village Farmers Market and Instagram: @dansville\_farmersmarket. The market is currently accepting applications for vendors. Inquiries can be sent to dansvillevillagefarmersmarket@gmail.com

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# The Monthly Read

## How Daring Are You?

*Daring Greatly*  
303 pages  
Penguin Random House  
(2012)



A Review of *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*

By MARY DRAKE

We live in a time of great disagreement and division. When entering the public arena, it is often considered a virtue to stand up for one's beliefs, to have strong convictions. So why, then, would you want to make yourself vulnerable, open yourself up to failure, criticism or disapproval? The simple answer, according to sociologist and researcher Brené Brown, is that vulnerability is an important part of being human. In her book *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead*, Brown defines vulnerability as "uncertainty, risk, and emotional exposure. It's that unstable feeling we get when we step out of our comfort zone or do something that forces us to loosen control." You know, like speaking up for an unpopular point of view. Like putting your painting or short story out into the world for others to appraise and judge. You are vulnerable when you do anything that makes you nervous, like playing goalie for your team, performing in a piano recital, or giving a powerpoint presentation at work.

Usually we cherish the illusion of being in control of our lives, which is why we dislike vulnerability so much; we're terrified of the unknown, of opening ourselves up to failure and disapproval. But Brown counsels that it is only through allowing ourselves to be vulnerable that our lives can move ahead.

Vulnerability requires courage. Perhaps no president is more known for his courage in battle than Teddy Roosevelt, leader of the famous Rough Riders in the 1898 Spanish-American War. Brené Brown's title for the book, *Daring Greatly*, comes from a speech given by Teddy Roosevelt entitled "Citizenship in a Republic." According to Teddy Roosevelt, a true citizen is a person "who is actually in the arena, . . . who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; . . . who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly." These are strong words in favor of vulnerability.

Brown has studied thousands of individuals and how they handle vulnerability, plus she is no stranger to vulnerability herself, having struggled with alcohol addiction and mental health issues. She admits that many of her problems were created by "trying to outrun, outsmart, and numb vulnerability." Her research subjects also voiced their desire to avoid vulnerability, because they were afraid, they were ashamed, they thought they were not enough—not good enough, not smart enough, not lovable enough, etc. So Brown has spent years studying human feelings around vulnerability. She began with how women feel, then went on to study men, teens, and even middle schoolers. Some of her most poignant insights about feeling vulnerable, she says, have come from very young subjects.

Perhaps we all struggle with feelings of not being good enough, even the most self-assured among us. But Brown's years of studies and interviews have led her to conclude that when a person has a strong belief in her own worthiness—when she believes that she is worthy of love and connection—then it is the surest indicator of her ability to be vulnerable, and thus her ability to move forward in life. It's not as simple, though, as just telling yourself I am good enough; you must reinforce this belief every day in all the choices and decisions you make. Brown calls people who can do this "Wholehearted."

Wholehearted people, she says, choose to cultivate the following: authenticity, self-compassion, resilience, gratitude, trust, creativity, play, calm, meaningful work, and enjoyment. They also choose to let go of caring what others think, perfectionism, numbing, fear of scarcity, the need for certainty, comparison, productivity as a measure of self-worth, anxiety, self-doubt, and always being in control. This may sound difficult, and it is. Brown herself says that after gleaning these characteristics of Wholeheartedness from her many interviews with test subjects, she was "personally devastated" to realize that she herself "was about two for ten in my own life when it comes to Wholehearted living."

Learning to tolerate vulnerability, then, can put you on the road to becoming a happier, more balanced, a Wholehearted person. But first she at-

tempts to dispel some of the myths around vulnerability. Like the fact that we often associate being vulnerable with being weak. Vulnerability is not weakness. As mentioned before, it often takes great courage to be vulnerable. Vulnerability is something we all must face; it's just part "of being alive, of being in relationship, of being connected." So don't think that vulnerability doesn't apply to you. And don't think you can "go it alone," no matter how appealing the idea of going it alone might be. We all need one another; we are imperfect, vulnerable creatures, and it is in our best interest to recognize that, ask for help if we need it, and take the chances that make us feel vulnerable. But being vulnerable does not mean revealing your innermost secrets to just anyone because being vulnerable "is mutual and an integral part of the trust-building process."

Brown has counseled and advised everyone from corporate employees to parents and educators. Her book is grounded in research but also speaks to the heart. One of the chapters in *Daring Greatly* concerns what she calls "the Disengagement Divide," a division which comes from disagreements, political and otherwise, such as those occurring today in our society. It's normal for all of us to have different ideas, but nowadays people seem to be lining up on sides, which keeps us separate from "the other." Disengagement is the opposite of working together and it often doesn't lead to a good place.

Brown's book, *Daring Greatly*, and her many others, such as *The Gifts of Imperfection*, *Rising Strong*, and *Braving the Wilderness*, are not for the faint of heart. She has studied tough topics, like fear, shame and vulnerability. They're hard to think about and even harder to do something about. But her writing and the stories she tells are inspiring. Her books are the kind that you'd like to keep on your shelf so that you can refer back to them for the well-phrased quote, or just as a reminder and an encouragement to be your personal best.

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

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[andrea.hertzell@howardhanna.com](mailto:andrea.hertzell@howardhanna.com)

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### A Sonnet By JACK JOSEPH WILSON

#### Dear Dog

A summer day begins with a cool dawn,  
The pearly sky aglow with promised heat;  
Then when at last the savage sun is born,  
And darkness shrinks to shadows in retreat,  
Reclining in a fragrant patch of dew,  
I plot the scandals of the coming day—  
For I am prone to boredom more than you;  
A dog is satisfied with smells and play.

But I have senses that you cannot know,  
And sense alone can't close this ring of thought:  
I see us even now in afterglow,  
Of days we've spent and memories we bought;  
Though years ahead hold days of debt and fear,  
For now we share this moment free and clear.

Jack Joseph Wilson is a poet living in the Finger Lakes with his wife & partner Mac Wilson. Jack & Mac are collaborating on a book of his poems inspired by her portraits. Mac Wilson is a Finger Lakes portrait artist & photographer.



Portrait for Sonnet "Dear Dog" by Jack Joseph Wilson

djMac

#### Life

Life is sorrowful, silly and sublime—  
Not by turns, but at the same time.

JACK JOSEPH WILSON

Owl Light News welcomes submissions of poetry, fiction, creative nonfiction, and hybrid literary art for our monthly "Pen and Prose."

Submissions to [editor@canadicepress.com](mailto:editor@canadicepress.com).

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## Have you taken a walk on the wild side lately?

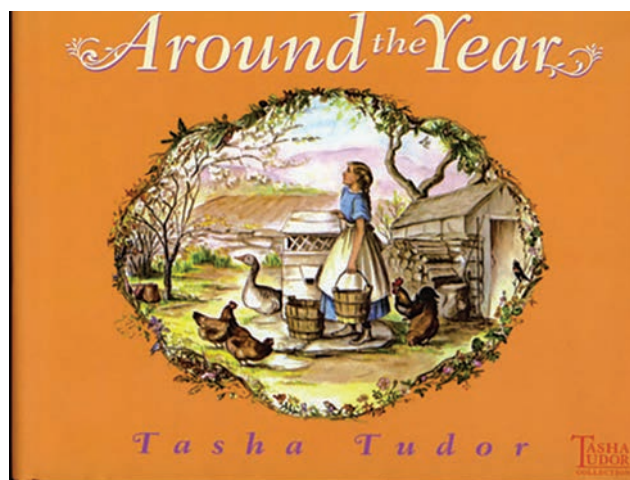
Macedon Canal Park's Butterfly/Nature Trail is open in full swing. Just as you begin to turn around the corner near the water, The Storybook Trail will be waiting for you to view. This season it is the book *Around the Year*, by famous illustrator and artist Tasha Tudor. Lovely for all ages to view, we certainly hope that you enjoy it.

The Macedon Library continually works in conjunction with many organizations, and Western NY Finger Lakes Tasha Tudor Society has been blessed to be one of these organizations. It is our group, along with the MPL, which has continued to place story books along the STORY BOOK TRAIL.

We are The Western NY Finger Lakes Tasha Tudor Society, residing in Macedon. Every year we celebrate the life of an artist who has touched the lives of thousands of people. By sharing Tasha Tudor's life with others, we gain perspective in our own lives. Meeting annually at the library has always been our purpose. Because of the current pandemic, this will not be happening this year, but we do have a \*Facebook page for those who are interested.

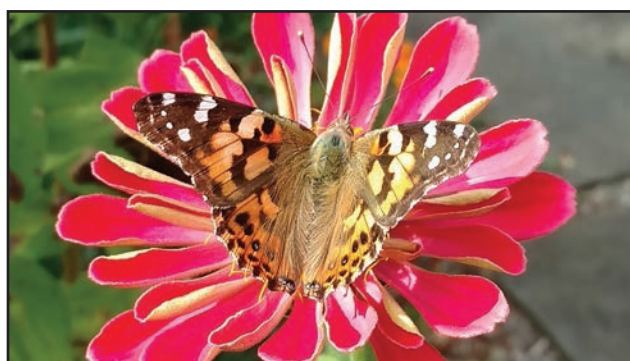
*At such a time as this, every positive endeavor counts! This is one of them.*

Carol Elaine Deys



The Butterfly Nature Trail at the Macedon Canal Park, Lock #29, Macedon, New York was begun with a dream of several people from John Cieslinski's Book Store on Main Street and the then Mayor of the Village, Marie Cramer. Many strong hands helped to create this trail, and today the Town of Macedon is in charge of its upkeep. Display structures built by community members, Roger Hotel and Richard Deys, Sr., were placed along the walking trail to hold the pages of each chosen book.

\*[www.facebook.com/groups/180718896592487](http://www.facebook.com/groups/180718896592487)



## Where the Path Leads

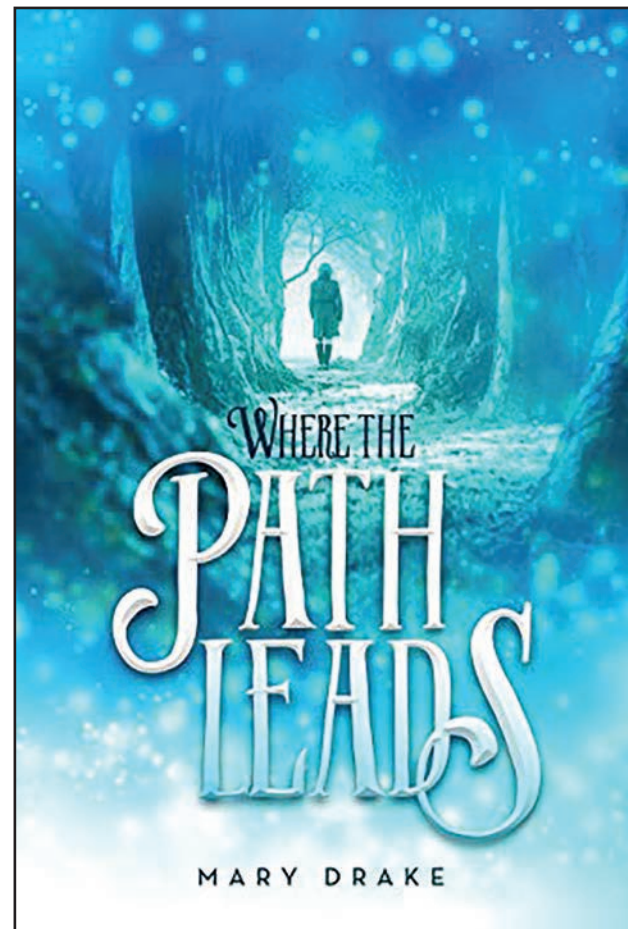
In the previous chapter, Emily has difficulty adjusting to the primitive new place where she finds herself even learning how to milk a cow. Just surviving requires a lot of work.

She knows she should find her way home, but Sophia, the old woman she's staying with, is kind and home hasn't been so great lately. Then Sophia reveals that there is a whole world beyond this clearing in the woods.

### Chapter 5 : Magic Shoes

She knew she should try to find her way back, but for some reason she stayed. Maybe to help this solitary woman? But if she was honest, it was more to avoid things at home.

Yes, the chores here were boring and time consuming, but they didn't require thought. Much of the time she just listened to the clanking of the loom, regular and steady as a pendulum, lulling her so much that she found herself sweeping in time with it, churning butter along with it, even pulling weeds in the garden with the back and forth rhythm of the beater bar. Often, her gaze strayed to the interplay of threads as Sophia threw the shuttle from one side of the loom to the other, over and over, seemingly without end. And before her eyes a glistening emerald-colored



fabric magically appeared, catching the sunlight coming through the chinks of the cottage, bathing everything inside with a green hue, as if the forest had come indoors. The cloth seemed to have an almost living quality, like captured leaves and rays of sunlight.

Something for young—and young at heart—readers.

Mary Drake, who offers us "The Monthly Read," continues her young adult fantasy story, *Where the Path Leads*. A starter paragraph for new chapters will be found in print each month. Chapters will continue **online**. 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.

If you want to find out more about the book, go to [marydrake.online](http://marydrake.online), or you can purchase the ebook on Amazon.

Need to catch up? Go to:

[www.owlighnews.com/where-the-path-leads/](http://www.owlighnews.com/where-the-path-leads/) to read earlier chapters.



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D&D's Misfit Store was started by sisters, Diane and Darlene, in 2016, in the back of a barn.

Darlene does most of the furniture, although Dianne has been getting her hands dirty making some great pieces. Dianne also does all of the fine painting and lettering. They both work on seasonal crafts together, bouncing ideas off of each other. To say it has been a joy ride.....heck NO. You try working with your sister and living together. At the end of the day we still love each other, and have created something that we hope others will love and enjoy for years to come.

There you will also find Doc's Tackle with live bait and rows of lures, fishing poles and so much more.



# Crafting Your Own Cuisine By EILEEN PERKINS

A popular cold summer soup in Spain and Portugal, as well as here in the United States, Gazpacho can actually be made to be eaten either hot or cold, and there are many variations in ingredients. This particular version of the soup, a meatless one, was a mainstay on our restaurant's warm weather menu, and often chosen by patrons not only because it was delicious, but for its healthful, high fiber and nutrient dense veggies.

We're enjoying our first tastes of many of the ingredients in this delightful montage of summer garden stars as I write. If you are new to cold soups, and can't quite wrap your head around the idea, framing gazpacho as a "liquid salad" may help. It is just as light and refreshing.

The ingredient list here is long, and this dish can certainly be made using a food processor or blender, but I urge you to make it with hand cut vegetables, at least the first time. If you do so, you will have a basis for flavor comparison for the finished soups and I think you may agree with me that the flavor and texture of the hand cut vegetable version justifies the greater investment of time. If you do not have time, process the vegetables coarsely in your machine, and then stir them into the liquid parts of the soup. It takes a little time for the heat of the hot pepper to kick in, so allow flavors to marry before adding more. The taste of this soup will deepen with time, so if you still have some in your refrigerator after a day or two, readjust the seasoning before enjoying.

## Cold Zesty Gazpacho — Serves 6-8

Combine well in a large bowl and chill at least an hour before serving:

- 1 46 oz. container of tomato juice, chilled
- 1/4 onion, minced = 1/4 cup
- 2-3 medium tomatoes, diced = 1 1/2 cup
- 1 large clove garlic, minced
- 1 red, yellow, orange or green bell pepper, diced small = 1 cup
- 1 cucumber, seeded and diced = 1 cup
- 1 tsp. ground cumin
- 1-2 scallions, white and light green, chopped = 1/4 cup
- 2 Tbsp. lemon juice
- 2 tsp. lime juice (or more lemon juice)
- 2 tsp. balsamic or cider vinegar
- 1-2 Tbsp. extra virgin olive oil
- 4 tsp.-2 Tbsp. honey
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. fresh basil, or fresh cilantro, chopped
- 1 1/2 tsp dried tarragon (fresh may be substituted)
- 1 tsp salt, or to taste
- 1/4 tsp. hot pepper flakes or other spicy addition, to taste

Top with chopped fresh herbs, croutons (see accompanying recipe) and sour cream, if desired.

*\*Gazpacho and croutons can be gluten free, soy free and vegan, if appropriate ingredient choice and safe handling procedures are adhered to.*



### Homemade Croutons — Yields 2 Cups

Combine seasoning in a small bowl. Toss in bread cubes and stir well. Drizzle choice of fat evenly over cubes and stir. Bake in preheated 350 ° until lightly brown, around 15 min., flipping once or twice.

- 2 cups bread, with crusts or not, GF or not, cubed
- 2 Tbsp. olive oil or melted butter
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1 tsp. dried parsley or other choice of dried herb

## Vegetables On The Grill-A Menu Cookbook by Kelly McCune, Photographed by Deborah Jones

Bestselling author Kelly McCune has written several books on grilling all kinds of foods, primarily meat. This one is different, in that it contains no meat recipes at all.

She states in the Introduction, that she didn't arrive at this material as a vegetarian, but that she wanted to offer "...more ways to cook and combine

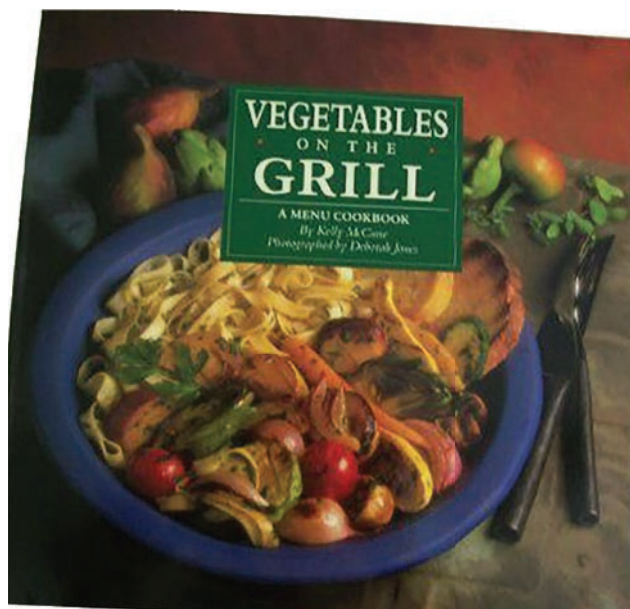
vegetables and put them at the center of the meal." She adds, "With the increased awareness of the high fat and cholesterol contents of meats, and the connection between over-consumption of them and health problems, more people are looking for new and exciting ways to cook and eat vegetables."

In this slim volume, I think she does a good job with that! The chapter headings are three: "Tools, Techniques and Marinades," with charcoal being the usual fuel of choice, but there is some guidance for gas grill cooking too; "A Glossary of Vegetarian Foods For the Grill," providing details for grilling over 60 vegetables, fruits and non-meat items; and "Hot Off the Grill," offering an assortment of some delicious looking (and sounding) excursions into epicurean delight, including wood-smoked pizza!. This book is especially valuable for the Glossary

information, I think, which can be made use of in as simple or complicated a way as one wishes.

Even if you aren't a cook, "Vegetables On The Grill" contains art quality photographs that might even provide an undemanding place to rest in, if sandwiched into the hours of a busy day. The recipes themselves are both imaginative and in terms of ingredients, not terribly exotic by today's standards. The transformative component is clearly the process of grilling, that magical granter of umami goodness.

Note that since this is an older book, the tools listed in it might not include what's most currently available, and there may be a favorite meat analog not covered too, but it is foremost a book about making varied use of fruits and vegetables we gratefully have plenty of. The paperback edition of this book can be purchased reasonably on line.



Eileen Perkins is a native of Rochester N.Y., who cooked professionally, in a wide range of venues, for many years, before moving to the Finger Lakes. She and her husband owned and operated "Eileen's Bakery an' Soup Kitchen", a business that emphasized vegetarian cuisine and the craft of artisan baking. Recipe adaptation for people with special dietary needs is a passion she enjoys sharing. Among Eileen's current priorities is preservation of food from the garden, developing more comprehensive communication skills, her Falun Gong practice, and educating compassionate people about human rights in Communist-ruled China, and elsewhere.

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# Making Lemonade

Read for C•H•A•N•G•E!

By **BARB STAHL**

Life-changing events have made me try to figure out how to “make lemonade” right now. Tarzan has helped me sort through this difficult time. He said, “Barb, you’re reading constantly—any answers in those books?” What a brilliant cat! “You’ve got it I answered—it’s books.” It’s time for deep soul searching and we are all in this together. We need each other to be able to come out of this very difficult time in a better place.

To set the stage, I grew up in the 1950s, a small-town girl where in twelve years of school there was only one Black child who was there only for sixth grade, I never met a Jewish person, being gay was practically unheard of, and I had not heard the word “Muslim.” In short, there was no diversity.

So, how did I, who uses Instacart and doesn’t go to grocery stores or any stores for that matter, haven’t had my hair cut yet, and now gets all my pharmacy items via mail, end up going to the recent local Peaceful Protest? I can’t even answer that. I just went. Then I began to wonder more and more... how I have arrived at my current thinking and “BINGO,” I think I know. I have been a constant, and continual reader since I can remember. So, I realized (as Tarzan reminded me) that it was books that opened my mind to all kinds of different people throughout the world.

I began recalling books that I read as a young person in the 1950’s and 1960’s that had a life-long impact on me. The first that came to mind was *The Diary of Anne Frank*. As I read it, I was scared, and right with her in that attic in Amsterdam while she and her family, because they were Jews, were hiding from the Nazis. And, I know all too well how that

ended with all but her father, who saved Anne’s diary, being killed. Why? I always wondered. I didn’t, and honestly still don’t, understand how people are killed for their religious beliefs!

*Little Women* by Louisa May Alcott gave me an early taste of the importance of women’s rights. And *Anne of Green Gables* by Lucy Maud Montgomery quickly illustrated how badly one could be treated if they were “different,” and in her case, being orphaned, Anne was different.

*To Kill a Mockingbird* by Harper Lee demonstrated how young, Black males could be treated cruelly and unjustly, and especially in a court of law, which is supposed to be dedicated to discovering the “truth.”

Fast forward to May 25, 2020. I was deeply shaken and am forever going to see that cold-blooded murder of George Floyd scene lasting 8 minutes and 46 seconds. I also know there have been many, many other brutalities that have taken place before this. But, something in that moment felt different and I’m not exactly sure how to move forward, but forward I must try to go. As his daughter Gianna said, “My daddy changed the world.” He did indeed.

I need to make up for much lost time! I will never totally know how difficult it is to be a Black person in America.

We must stand up to injustice. Stop the silence. We are at a new and unique moment on the precipice of change. We must transform and reimagine a better America. We cannot go back to normal but need to seek that “better place.” There aren’t many Black Lives in my life, but I do know they Matter! **Let’s talk, and listen, to one another.**

Tarzan has helped me sort through this difficult time. He said, “Barb, you’re reading constantly—any answers in those books?”



Here’s one way to start—say their names:

Trayvon Martin, Yvette Smith, Eric Garner, Michael Brown, Laquan McDonald, Tanisha Anderson, Akai Gurley, Tamir Rice, Jerame Reid, Natasha McKenna, Eric Harris, Walter Scott, Freddie Gray, William Chapman, Sandra Bland, Darrius Stewart, Samuel Dubose, Janet Wilson, Calin Roquemore, Alton Sterling, Philando Castile, Joseph Mann, Terrence Crutcher, Chad Robertson, Jordan Edwards, Aaron Bailey, Stephon Clark, Danny Ray Thomas, Antwon Rose, Botham Jean, Atatiana Jefferson, Michael Dean, Ahmaud Arbery, Breonna Taylor, George Floyd. (From Time Magazine Cover, June 15, 2020). And now add to that list - Rayshard Brooks.

With thanks to those authors early in my reading life for launching me with baby steps toward understanding people who are different from me, now I must search for more in-depth books suggested by Goodreads or similar sources, and continue reading about different cultures, injustices, and racism. We can, and must, change to make a difference. Reading, learning, and trying to understand gives me hope. Won’t you please join me? Let’s get reading!

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

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# Owl Light Puzzle 4<sup>©</sup> By GEORGE URICH

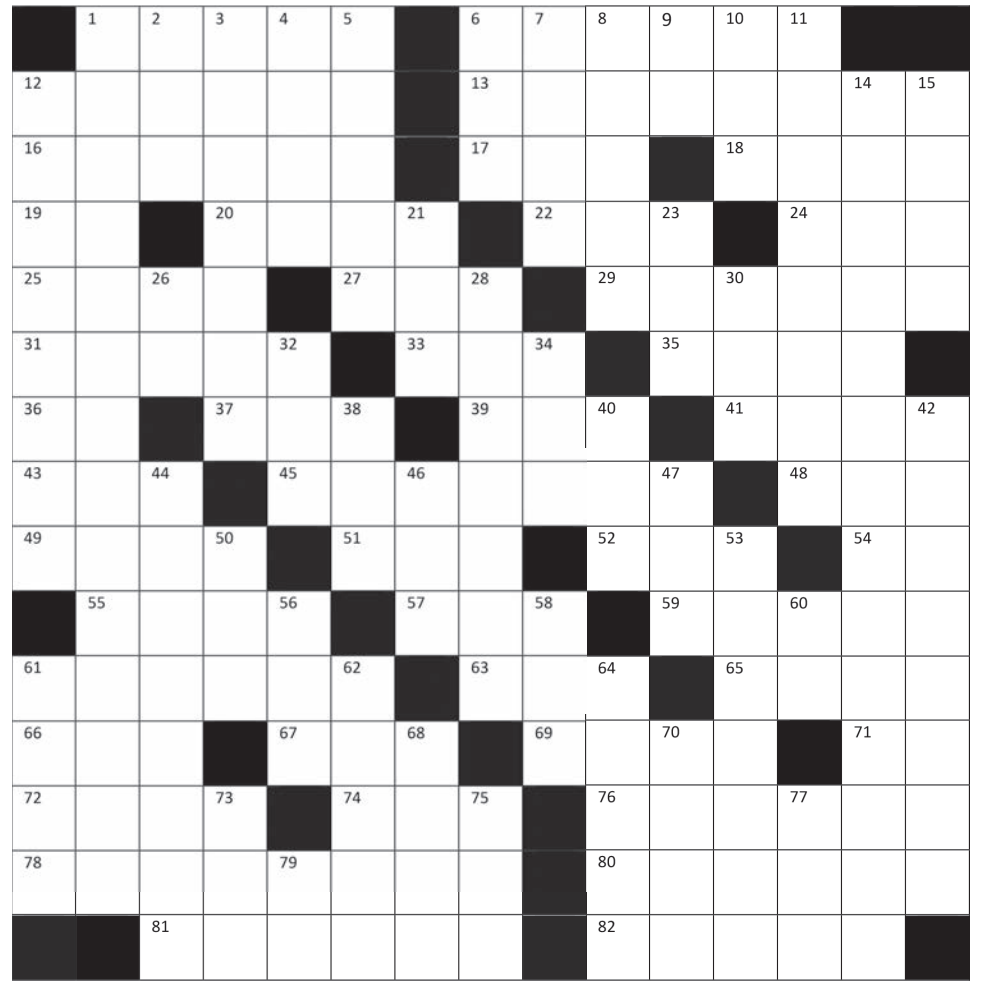
## ACROSS

- 1 Female Otter
- 6 got a hit
- 12 Ice Cream with syrup
- 13 Movie actress Hurt
- 16 Get away
- 17 \_\_\_ me?
- 18 French expression of exasperation or dismay, Sacre \_\_\_
- 19 Northeastern State postal code
- 20 Ott and Brooks
- 22 Sarasota TV
- 24 Nelson Mandela's org.
- 25 Top Rating
- 27 Male offspring
- 29 What an elver would need to defend itself like an octopus
- 31 Steak containing a piece of tenderloin
- 33 Lair
- 35 A brand of bath soap
- 36 Support group for people with eating disorders, abbr.
- 37 New to Society
- 39 Indivisible
- 41 Bridge position
- 43 The effective valve of a sinusoidal wave form, abbr.
- 45 Assassinated President
- 48 U.S. agency that administers retirement benefits, abbr.
- 49 Spoke
- 51 Zero
- 52 Small dog's complaint
- 54 Initials of a member of the Supreme Court
- 55 Nicholas II
- 57 Part of a byte
- 59 Capitale of France

- 61 Relating to early stage in evolutionary development
- 63 Source of an IPA at a brewer
- 65 Thanksgiving starch
- 66 Scottish chimney
- 67 Chicago people movers
- 69 British term for a stupid or foolish person
- 71 Algorithms simulating human thought and reasoning, Abbr.
- 72 Russian river
- 74 High card
- 76 Paradoxical
- 78 Alan Shepard
- 80 Gasoline rating
- 81 Part of U.S. Congress
- 82 French river

## DOWN

- 1 The last three Presidents
- 2 Business abbreviation
- 3 Football score and minor changes
- 4 Super hero's garment
- 5 Stilettos
- 6 German luxury car
- 7 sounds of contentment
- 8 Weighing machine (Scottish)
- 9 \_\_\_ Cobb, baseball great
- 10 Recede
- 11 Light weight dress materials
- 12 People who serve in 81 across
- 14 Southern State and Northeastern State
- 15 Tom's friend
- 21 Lawn grass
- 23 Bottom line
- 26 James Bond doctor
- 28 Some store signs



- 30 less than average
- 32 \_\_\_ it's a mouse!
- 34 U-turn from SSW
- 38 Big clock in London
- 40 Ice cream brand
- 42 What does a smart person do when camping on a hot day?
- 44 Emphatic Spanish "Yes" and Executive degrees
- 46 Pen point
- 47 Same as 52 across
- 50 It controls lake levels
- 53 Compensate Dorothy's dog
- 56 \_\_\_ Allen, American actress
- 58 Strike lightly but audibly
- 60 Chronic inflammatory disorder affecting joints, abbr
- 61 A word used when adding
- 62 Cousin of an Alpaca
- 64 Preceding in time
- 68 Ella Fitzgerald specialty
- 70 Part of a foot
- 73 A person who excels at an activity
- 75 180 degree turn from WSW
- 77 English grandmother
- 79 Type measure



George Urich is a retired Xerox engineer living in Canandaigua, NY. He solves and creates crossword puzzles to keep his brain active. A new puzzle will be shared each month, for the puzzling enjoyment of Owl Light readers.

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# The Conscious Crow

## Shedding Skin



In observation of nature certain patterns play out repetitively; renewal, change and rebirth. All of life and every parcel of nature is continuously teaching us. Nothing stays the same and not one component in this world is void of change. When the season bears new beginning an entirely different chapter ignites. All around us creatures offer a reminder to bid the old farewell and greet a new. The dawn, the flower, the weather all weave introductions and incantations to awaken a fresh start. The butterfly so beautifully embodies metamorphosis with such profound resiliency. A once slow-moving creature of the ground morphs into an entirely new being bred of flight and height. And with this an entirely new sight. It is a majestic phenomenon to witness and embody. Evolution is occurring everywhere and within every life form. As humans, our feat and plight in this walk of life is to accept endless change as it visits us and move along its wake. To let go of the past and to relish the untouched, incredible moments beginning.

Unlike a snake whose evolution primordially stems from completely shedding old layers of skin to welcome the new, our evolution is sustained in a mental extension. We are creatures whose greatest tool is simultaneously our greatest folly. Our mind will keep us trapped in illusion or can free us beyond form, depending on how we exercise and care for it. James Allen's meditative compilation, *As A Man Thinketh*, simulates that "A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild...in the shadows of... catastrophe and destruction." The garden of our mind seeks continuous and careful life-enhancing energies in order to evolve. In consciously tending to our minds we assimilate the fluctuation of incessant thought and adjust according to which thoughts permeate positivity and which must dissolve negativity. We can choose which thoughts to believe and which will take root and blossom "...the flowers and fruits of right, useful, and pure thoughts."

It is a process to let go of the old and transform. One that requires constant effort, attention and intention. Most of the time we are trapped in our own suffering with obsession and impulsive thinking about the past or future. We have a soundtrack continuously running "...[a] stream of incessant and compulsive thinking," as Eckhart Tolle refers to our mental activities in *A New Earth*. We replay painful events, thereby re-living in the present moment, a past experience, focusing on what we wish we did or didn't do, evaluating and criticizing to a fault. How does this serve or enhance the present moment we are experiencing? It does not. The key to any peace and contentment lies in complete dissolution of the past and fully existing in the present. Buddha quotes "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." This moment is where the past has brought us to. With all the challenge, heartache, and confusion, we find ourselves to be here today. Regardless of what happened unto now, it is how we handle this moment that determines our elevation into the new, or stagnant recreation of

the old. We can do reap the lessons gleaned from experience and let the past exist in the past, morphing completely into where we are now by only thinking about, looking at and listening to what is actually happening in the world around us today. To "...let go of the story - and return to the only place of power: the present moment." Right now, is the only space where any change can occur, and where our truest power awaits us.

Tolle refers to the dire need of our mental salvation and the repercussions "If the structures of the human mind remain unchanged, we will always end up recreating fundamentally the same world, the same evils, the same dysfunction." Do we choose to live in reruns of days gone by, playing outdated patterns and thoughts, or choose to shed our skin like the snake and slide into the new existence of our Being that is becoming today, and awaken our minds to the power of living consciously in the here and now?

### The Conscious Crow—Reminding you to Grow

#### Change

By BETH ELY SLEBODA

The Sun comes up. The sun goes down.  
The moon goes through her changes.  
Oak trees turn from green to brown.  
A shoreline rearranges.

Babies grow into adults.  
They race right through their youth.  
Nothing natural stays the same.  
That's a basic truth.

Then why is it so difficult  
to change the way we treat  
others who are not like us?  
WHY must we defeat?

We MUST adopt a better way:  
RESPECT for EVERY man.  
After all, we ALL are part  
of Mother Nature's plan.

*If we don't change our ways and learn to love and respect one another—AND respect Mother, herself - none of us will be left to enjoy the changes life brings.*

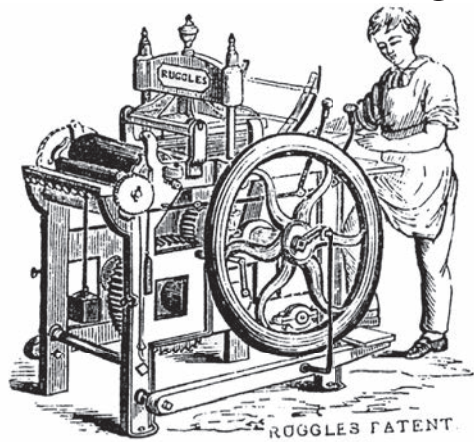
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## August Already

By WENDY WASNER

Cooler nights  
 in August  
 the breeze  
 makes me  
 grab a sweater.

I dream of  
 autumn  
 and all  
 things apple  
 while enjoying  
 the end of  
 summer  
 that went  
 by way too fast  
 once again.



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Solution to Owl Light Puzzle 4, (found on page 21).

1	B	I	T	C	H	6	B	A	T	T	E	D	11			
12	S	U	N	D	A	E	13	M	A	R	Y	B	E	T	H	
16	E	S	C	A	P	E	17	W	H	O	18	B	L	E	U	
19	N	H	20	M	E	L	21	S	22	S	N	23	24	A	N	C
25	A	O	N	E	27	S	O	N	28	E	E	30	L	I	N	K
31	T	B	O	N	E	32	D	E	N	34	T	O	N	E		
36	O	A	37	D	E	B	38	O	N	E	41	W	E	S	T	
43	R	M	44	S	45	K	E	N	N	E	D	47	S	S	A	
49	S	A	I	D	50	N	I	L	51	Y	I	P	54	E	K	
55	T	S	A	R	56	B	I	T	58	P	A	R	E	E		
61	P	R	I	M	A	L	62	T	A	F	65	Y	A	M	S	
66	L	U	M	67	E	L	S	68	P	R	A	T	71	A	I	
72	U	M	B	A	73	A	C	E	75	I	R	O	N	I	C	
78	S	P	A	C	E	M	A	N	80	O	C	T	A	N	E	
81	S	E	N	A	T	E	82	R	H	O	N	E				

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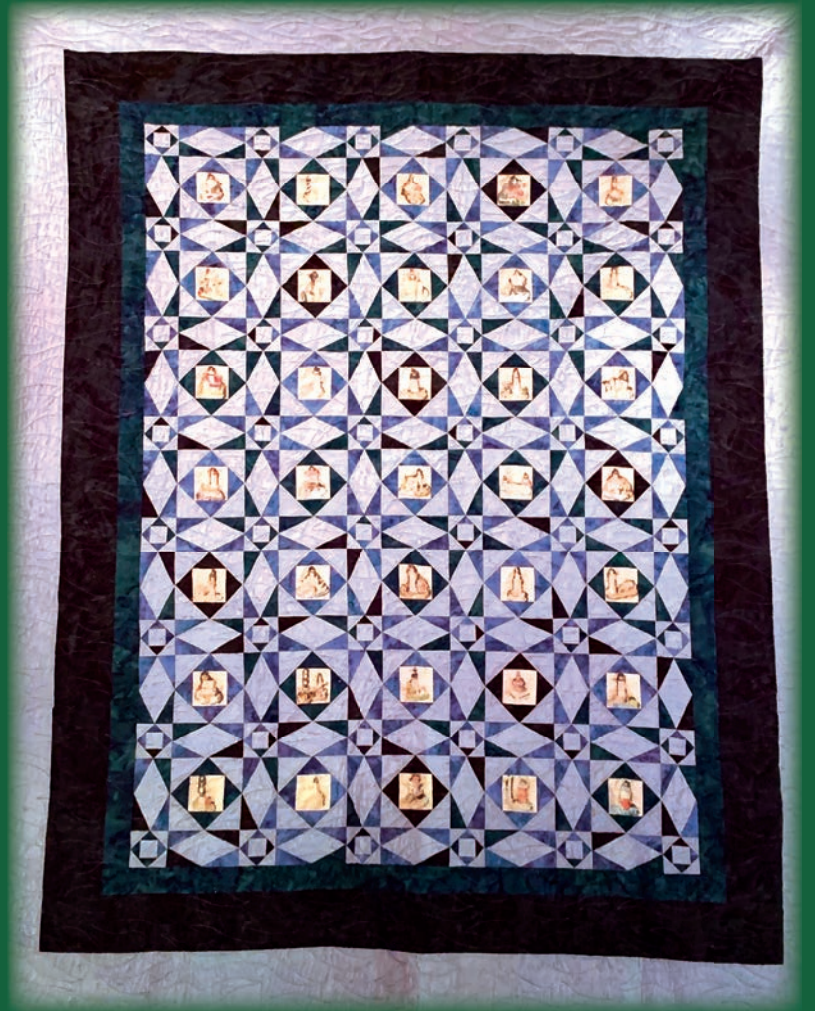


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# 31 lighthouses, 31 Days, 331 tickets

...and an opportunity to own a piece of lighthouse history *and* support Hospeace House in Naples, NY.



This 31 day Hospeace House fundraiser is in memory of Leona J. Bentley, who spent her final days in the care of Hospeace staff and volunteers.

Thirty Harbour Lights© lighthouses and one Lenox© lighthouse, part of a lifetime collection donated by Paul Touris of Buffalo, NY, will be auctioned off, with all proceeds going to Hospeace House. Bids will be accepted online at [www.biddingowl.com/HospeaceHouse](http://www.biddingowl.com/HospeaceHouse) from August 1, 2020, 8AM until August 31, 2020 at 8PM.

During the same 31 days, we will be selling raffle tickets for "Storm at Sea," a queen-sized quilt, which features watercolor images of all thirty of the auctioned Harbour Lights lighthouse figurines. Only 331 raffle tickets will be sold (\$5 each or 3 for \$10 - need not be present to win). The quilt was pieced by two of Leona's daughters, Deanna Crossgrove and Cherie Frid, with quilting donated by Marcy Wyant of Cotton Patch Quilters. To learn more about the auction and raffle go to [www.owlighnews.com/31-lighthouses/](http://www.owlighnews.com/31-lighthouses/) or contact Canadice Press (585-358-1065 / [editor@canadicepress.com](mailto:editor@canadicepress.com)); or Hospeace House (585-374-2090 / [jennifer@hospeacehouse.org](mailto:jennifer@hospeacehouse.org)). To read about our family's experience with Hospeace House, go to [www.owlighnews.com/a-soft-exit/](http://www.owlighnews.com/a-soft-exit/).



Concerts will be held in the parking lot adjacent to the pub. Call (315) 573-2411 for advance sale tickets and guidelines. Or visit [FB@fanaticspubandpizza](https://www.facebook.com/fanaticspubandpizza).

## LIVE MUSIC IN AUGUST

- Sat. Aug. 1 – Hanna & the Blue Hearts – \$50 per car – 6pm
- Tues. Aug. 4 – 52nd Street Billy Joel Tribute Band – \$50 per car, 6:30pm
- Sat. Aug. 8 – Pete Griffith Group – \$50 per car, 6:00pm
- Tues. Aug. 11 – Jennifer Westwood and the Handsome Devil – \$40 per car, 6:30pm
- Tues. Aug. 18 – Ruby Shooz – \$75 per car, 6:30pm
- Sat. Aug. 22 – Western New York Blues Society Fundraiser – \$80 per car, 1-6:30pm
  - Pete Griffith Group – 1pm
  - Steve Grills and the Roadmasters – 3pm
  - Gabe Stillman Band – 5pm
- Tues. Aug. 25 – Dana Fuchs – \$75 per car, 6:30pm
- Sat. Aug. 29 – Johnny Rawls – \$50 per car, 6pm



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