

Healing Spirits at Cobblestone Springs

A Contemporary Vision Redefines Historic Spence Home and Surgery



©2021 QKA Light Photography

Dr. Henry Spence brought in Irish stonemasons from the Rochester area — men who had crafted renowned cobblestone homes in Monroe County — to build his family's residence and surgery. Stones were shipped down from Sodus Point to Starkey Point on Seneca Lake, then hauled inland by ox teams. The stones on the front face of the house are all red cobbles from Lake Superior; varicolored stones on the other walls are from Lake Ontario; lintels, sills, and quoins are grey limestone. Four chimneys, with flues for stoves on all three floors, warmed the interior.

In the hills above the western shores of Seneca Lake sits a beautiful Greek Revival cobblestone house surrounded by rolling farmland. Dr. Henry Spence, a pioneer in cataract surgery, built the house in the 1840s as the Spence homestead and to serve his patients. Generations of the Spence family grew up there, and although the house has changed hands over the intervening years, participants in its resurrection — as Cobblestone Springs Retreat and Renewal Center — include Spence's descendants. The house speaks to an aura of health and healing — from its original intent to its current incarnation. It has suffered insult and injury along the way yet now stands as a testament to endurance and vitality.

In 1978, the Spence House was added to the National Register of Historic Places. Then-owner Robert Spence enjoyed showing its unusual features to guided tours of Cobblestone Society members and other visitors. Yates County has only eleven such structures, of the more than 700 in western New York. The Spence House is believed to be the farthest south of all of them.

In the 1980s, a literal vision led current owner Jan Carr on a search for “a simple place of peace, a place and time where all could share the miracle of our oneness.” The old cobblestone house she spotted in 1992 had seen better days and was up for auction. First miracle: No one else bid! Jan found herself owner of the neglected 5,000 square foot house, interior unseen, and the equally neglected 16-acre property that surrounded it. All the woes that historic property owners are heir to landed on the shoulders of Jan Carr and friends who rallied to help. So began a labor of love that will see her and others through the rest of their lifetimes.

After more than 25 years of restoration effort and quiet development, this nonprofit center for renewal is moving forward with an expanding vision for service. In reevaluating its operations during 2019, Cobblestone Springs Board members conducted surveys and held brainstorming sessions to set new directions. The group identified four major themes to provide focal points: community, creativity, nature, and spirituality. In the fall of 2020, new programs touched on each of these four “pillars,” and it soon became apparent that each program encompassed all themes.



Eileen Curtis and Mary Michalec working below the kitchen floor, 1999.

Helpers assisted with a flooded basement and crumbling floors; there was ancient plumbing and wiring to replace and masonry to patch and point up. Antique furnishings and fixtures were rescued from oblivion from attics and trash heaps and restored to service. Over the years, dozens of volunteers worked to bring the home into the 20th century and, now, the 21st, with a new water system, solar power, and updated appliances and fixtures.

Continued on page 6

GET INTO THE OWL LIGHT—owllightnews.com/subscribe

PERMIT NO. 10
WOLCOTT, NY
PAID
US POSTAGE
PRESORTED STANDARD

\$2.25



FROM THE NEWSROOM

Owl Light News is now available as a digital subscription. The cost is \$15 a year (on its own) or \$25 a year for both print and digital. If you are a current print subscriber and want to read us online as well, simply email me at editor@canadicepress.com and let me know, and I will add you to the online list.

Submissions are accepted ongoing for our monthly Pen & Prose. We are particularly interested in short fiction stories and hybrid submissions.

Owl Light Literary: Turning Points—Summer 2021

Join us on July 31, 2021 at 7 PM for a Zoom reading by seven of the journal's authors. Email GGuida@citytech.cuny.edu to receive the Zoom link in advance of the readings.

See advance sale information on page 23

or order online at owllightnews.com/turningpoints/.

Turning Points is Canadice Press' first stand-alone literary journal.

We want to take it slow and give it our best, given the challenges of 2020 that are continuing into 2021. See information about our upcoming Zoom reading on page 12. Thank you to all who submitted writing.

And thank you to everyone for your patience and support as we move forward with this exciting project. Out soon!

Letters to the Editor and Opinion Pieces

Letters to the editor and longer opinion pieces can be emailed to editor@canadicepress.com. We ask that letters be topical, with sound arguments focused on ideas and information that inspires discussion and fosters positive community growth. Open exchange and change requires a willingness on the part of many to share divergent thoughts and listen carefully; to explore the validity as well as the weaknesses in dissenting views. Short, concise letters under 500 words are more likely to be published. We look forward to hearing from you.



Where Inspiration & Inquiry Converge

Editor: D.E. Bentley

editor@canadicepress.com

Phone: 585-358-1065

owllightnews.com

Published Monthly by Canadice Press

ISSN 2690-5604 (Print) • ISSN 2690-5620 (Online)

Available by subscription (print and online pdf).

*Submissions via email to: editor@canadicepress.com

or—last resort—via our postal address.

5584 Canadice Lake Road, Springwater, NY 14560

• Copy Edit: Emily Pecora

• Technical Support: Sally Gardner and T.Touris

  @CanadicePress



Canadice Press is a print alternative/arts press. We publish *Owl Light News* and *Owl Light Literary*—a literary/arts journal (inaugural issue out in 2021). Community news content and our community calendar are available online (with no paywall or intrusive popups) at owllightnews.com.

Like us: [facebook@canadicepress.com](https://www.facebook.com/canadicepress.com) and follow us on Instagram.

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

© 2017 - 2021 Canadice Press ~ No material contained within or online may be copied or used by any means without the written permission of Canadice Press and the contributing author(s). Please contact the editor for additional information. Original print copies and fully credited online original links of stories of interest may be freely shared.

IN THIS ISSUE OF OWL LIGHT NEWS



- Healing Spirits at Cobblestone Springs FRONT
- FROM THE EDITOR Freedom, Fate, Opportunity 3
- Owl Light Renewal / FROM OUR READERS 3
- OPINION from SCOTT CORLEY: Emancipation Day, Freedom Day, Jubilee Day, or Juneteenth Independence Day 4
- REVIEW from STEPHEN LEWANDOWSKI: MOUNTAINS CAN MOVE 5
- OPINION from KURT STAUDTER: The COVID vs.VT:We (all) Win! 5
- SMALL TOWN HOUND: Human Nature and Turning One 7
- THE LIGHT LENS: MANURE SATURDAY 7
- SIDE STREET SOUNDS: Get Your Gig On 8
- MONTHLY READ: Review of *I Let You Go* by Clare Mackintosh *Plus...Where the Path Leads* 9
- PEN & PROSE - 10-11
 - POETRY from SUSAN ELIZABETH REYNOLDS 10
 - POETRY from STEPHEN LEWANDOWSKI 11
- BEE LINES: An Early Harvest, and a Lifelong Fascination with Bees 13
- COMIC: Pakko Da Pudgy Pigeon 13
- THE NIGHT SKY: Venus, Mars, and the Moon in the West; Vega High in the South 14
- DRAGONFLY TALES: Invited Guests that Became Pests 15
- Area Farmers' Markets 16
- RICHMOND HISTORY: Remembrances and Reunions at Sandy Bottom Park 15
- FANTASTIC FLORA: Walking with Cobblestone Springs 18
- CRAFTING YOUR OWN CUISINE: Chicken or Tofu Salad with Grapes...plus Review 19
- MAKING LEMONADE: A Doozy of a Diagnosis and a Dedication to Jean B. DeLong 20
- OWL LIGHT PUZZLE: Math 101 21
- SUBSCRIPTION FORM / TURNING POINTS 23

Thank you to ALL of the incredible contributors (and behind the scenes folks) who make the Owl the Owl!

SUBMISSIONS—to editor@canadicepress.com

We are actively seeking submissions for front page feature articles. Articles should reflect on rural life in New York State. They should be timely, and the original work of the authors(s). Submitted pieces should be around 2000 words and include original images (photos or illustrations). Authors/artists will receive full credit (in print and online). We are also looking for reviews of local arts (visual, performing, literary...) as well as original short stories and poetry for Pen & Prose—our monthly literary arts section.

We accept submission on a rolling basis. 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 a word doc attachment of the submission. Feel free to contact us in advance with queries, if desired. All submissions will be considered on a case by case basis for publication in future issues (in print and/or online). **The general deadline for all content for upcoming issues is the 10th of each month.** *Owl Light News* pages fill up FAST!

We place online content ongoing and welcome community press releases.

Freedom, Fate, and Opportunity

I initially drafted an editorial this month about vaccinations, masks, and the unfolding of our lives in the wake of COVID-19. (I will return to that in a future posting and, for now, will let the guest opinion on page 5 keep the conversation alive.) My attention was, instead, turned in another direction with the recent passage of legislation making Juneteenth a national holiday in the US. Progress requires change and although our world is changing in a fashion that makes adaptation challenging, changes such as this are welcomed and long overdue.



However, as has been demonstrated throughout our country's history, acknowledging (and celebrating) what is right and just does not make it so. The Emancipation Proclamation (September 22, 1862) did not end slavery. It was not until June 19, 1865, more than a month after the end of the Civil War, that General Order No. 3 spread the news of the Emancipation Proclamation to the residents of the U.S. state of Texas. A reason for celebration for sure (although enslaved people in Delaware and Kentucky were not formally emancipated until December 18, 1865, when ratification of the Thirteenth Amendment was announced). True freedom for all remains elusive. Nonetheless, the announcement of the Texas order is the central event commemorated by the holiday of Juneteenth (Texas became the first state to establish Juneteenth as a state holiday, on January 1, 1980).

Scott Corley offers some reflection on the significance of Juneteenth in his opinion on page 4. The feelings of discomfort Scott references are nothing new to me. Having grown up poor and White in a conservative rural area, I have spent much time wrestling with the realities of history while sharing with my students – most of whom were incarcerated young Black women and men who often had little knowledge of the history of their ancestors – the voices of the oppressed as well as the heroically-framed oppressors in a way that celebrated human accomplishments without ignoring our historic and continuing legacy of bondage and abuse. A grand celebration though grand, does not mean that there is not still work to be done by us all.

As often happens, another story I read—this one a trash to riches story—reinforced for me the importance of ensuring opportunity for all. The particular story I am referencing is that of Freddy Figgers, a now millionaire entrepreneur found as an infant next to a dumpster. I am sure Figgers would much rather be referenced in regard to his successes than his quite humble beginnings. However, his story rather than reinforcing the mythology of the American Dream instead reinforces the role that fate and opportunity can play in our lives. Early experiences and fate allowed Figgers to monopolize on his passions in positive ways. Figgers has shared that his father and he would “pull treasures...” from dumpsters (as did my father and I when I was a child, at a time when “recycling” meant walking through the dump yard, after dropping off the weekly trash, to forage for useful and beautiful objects). What he wanted most to find was a computer. “Dumpster diving” was doubly poignant in the case of Figgers as he was, literarily, one of the treasures retrieved.

There are children born each day in our country (and in desperate situations beyond our borders) that have not been picked up and offered anything. Sure, hard work can contribute to making the American Dream a reality (I am living proof of that, as is Figgers and so many others) but it starts with opportunity that so many are denied. As the lyrics from U2's “Crumbs From Your Table” state, “Where you live should not decide Whether you live or whether you die.”

Since our country's founding, opportunity has been denied to Blacks—most of whom are descendants of the formerly enslaved, brought forcefully to our shores. Many of the young people I worked with in juvenile lock up were, likewise, denied life affirming opportunities well before they were denied their freedom by being locked up (disproportionately) behind bars.

There are so many wrongs we can never fully right but recognizing our mistakes of the past (and present)—by trying to understand and by marking history—is a step forward. Progress requires change, as painful as that process might be. There are some holidays I believe we can do without—including Columbus Day—which were founded on an incomplete history that dis-carded the lives and stories of many, including, most notably, the First Peoples to set foot on these lands (lands which have been taken forcefully away). Juneteenth is, however, a jubilant addition to our Nation's recognized celebrations (it has been celebrated widely since 1866) that helps us continue as a forward thinking and moving nation toward a place of “liberty and justice for all.”

D.E. Bentley
Editor Owl Light News

On Owl Light Renewal

Watch for email invoices as your renewal date nears. Invoices are going out for many subscribers. Ex. email subject line "Invoice #0000 from Canadice Press" (Please also check spam for possible dropped messages.)

Please let us know if your contact information or subscription status has changed.

Thanks!

More comments from renewals!

We very much enjoy receiving and reading your paper. Great that it is so much away from "mainstream media." Keep up the good work. *R.B.*

I've loved your paper since I started reading it in 2017. Thank you for your commitment & many talents! *D.D., East Rochester*

Without a mask now you can see my smile as I open my monthly Owl Light News. Thank You *E.J., Livonia*

On Local History

More on "The Search for Osteologist Charles Edmund Mirguet" (Feb. 2021) "This is awesome, he would be my great great grandfather and I never knew anything really about him except he came here through Rochester. Thank you for the article." *John Mirguet*

FROM OUR READERS

June CHALLENGE from DAVID PIERCE: **What IS That?** page 4

Congratulations to Michael Porter of Naples, NY who correctly identified the mystery object, found in the woods, in Canandaigua, NY, as the door of an antique carriage lantern. The door was a cover for the metal box of the lantern. If a carriage was out on the road after dark, the driver would light a candle inside the metal lantern

boxes that were mounted on the rear of the carriage. The faceted red glass would magnify the candle light to make the carriage visible at night. This was an early version of a vehicle tail light.



In honor of Michael's participation and for his successful identification of the carriage lantern door, a \$100 donation will be made to Hospeace House in his name.

Dave Pierce

For a color image of the object, visit [fb@canadice press](https://www.facebook.com/canadicepress).

Letters to the Editor and Opinion Pieces

Letters to the editor and longer opinion pieces can be emailed to editor@canadicepress.com. We ask that letters be topical, with sound arguments focused on ideas and information that inspires discussion and fosters positive community growth. Open exchange and change requires a willingness on the part of many to share divergent thoughts and listen carefully; to explore the validity as well as the weaknesses in dissenting views. Short, concise letters under 500 words are more likely to be published. We look forward to hearing from you.

Emancipation Day, Freedom Day, Jubilee Day, or Juneteenth Independence Day

OPINION from SCOTT CORLEY

In the midst of the U.S. Civil War, President Abraham Lincoln signed an Executive Order on January 1st, 1863, freeing all enslaved people in the states that had left the Union to form the Confederacy and were in an active state of rebellion against the country. Texas, which was the most western of the Confederate's regions, like all other southern states, refused to spread news of the Emancipation Proclamation, let alone enforce it. Even when Confederate General Robert E. Lee surrendered to Union General Grant at Appomattox on April 9, 1865, it was not until June 19, 1865 that a Union Army, led by General Gordon Granger, entered Galveston, Texas with the formal announcement that the war was over, thus, providing the news of Emancipation which gave, "absolute equality" to more than 250,000 enslaved people in Texas. It is important to note here that slavery's legal abolition was not formally sanctioned in the nation until passage and ratification of the 13th Amendment on January 31, 1865.

Upon receiving the news of their freedom, African Americans in Texas, and then throughout the south, began the tradition of celebrating their official liberty in Texas with a day marked by prayer and religious services; speeches and educational events; food and dance; and lectures and cultural exhibits. Many formerly enslaved people interpreted the moment of Emancipation as evidence of God's Divine Deliverance, while others took the news as the U.S. finally embracing its self-proclaimed values of freedom, democracy, and opportunity.

In 1980, Texas formally declared Juneteenth to be a state holiday, which was then followed by other states, cities, and even private companies. The day is also recognized globally, outside of the United States, especially in those countries that are acutely aware of the cultural achievements of African-descended people and their incalculable contributions to the development of the United States as well as the modern world.

Despite the hard earned and victoriously momentous nature of the occasion, it is still something of a sad and shameful commentary on American democracy, society, and culture that it took more than another full century, soaked in Black people's blood, sweat, and tears, to only begin to realize the true Emancipation of formally enslaved Black people and their descendants. Failure of the first Reconstruction, formally sealed with the Compromise of 1877, which resulted in the proliferation of Jim Crow laws; legal segregation and discrimination; racial harassment and race-based terrorism perpetuated by the KKK and other white supremacist-terrorist groups (whose activities were met with informal compliance by U.S. government); plus structural violence, all made the celebratory nature and importance of Juneteenth close to null and void. Such historical developments deferred the dream of the holiday for over 100 years.

And in a related fashion, recent developments highlight the perpetuation of systemic inequalities highly correlated to race. Police killings of too many African Americans, disparities in access to quality healthcare (recently given new attention because of clear disparities in pandemic-related infection and fatality rates between White and Black Americans), in addition to increases in hate activities motivated by race, have all raised legitimately important questions about the real nature of Black Emancipation and just



Despite the hard earned and victoriously momentous nature of the occasion, it is still something of a sad and shameful commentary on American democracy, society, and culture that it took more than another full century, soaked in Black people's blood, sweat, and tears, to only begin to realize the true Emancipation of formally enslaved Black people and their descendants.

how much African Americans enjoy equal opportunity and the benefits of actual citizenship.

In the same way that Black people during the late 1800s held uncertainty and anxiety knowing that their technical freedom from slavery did not mean, or automatically translate into, equality, Black people have been forced to embrace similar contradictions and grapple with, on an everyday basis, similar ambiguities, which in fact, reveal a national problem. The United States faces ethical, moral, and democratic challenges resulting from the continued, extended failure to face up to one of its greatest failures.

Among that which further supports the validity of this question are present realities connected to the loss of momentum in protecting and furthering the accomplishments of the 1964-1965 Voting and Civil Rights Acts of the 2nd Reconstruction. In recent years, states and localities have successfully rolled back hard-earned Civil Rights victories that protected voting rights for African Americans as well as other marginalized groups.

There are also current efforts to legally restrict teaching the realities of slavery and the embeddedness of racism in U.S. history and contemporary society. Right now, there are over 15 states attempting to restrict teachers from providing instruction about racism, sexism and other types of oppression in the U.S. Complimenting these efforts are bans to prohibit utilization of Critical Race Theory and The 1619 Project's collection of essays and curriculum.

Just as media outlets, school systems, textbook companies, and individual campuses continue to deliberately present slavery and racism in the U.S. as strange, out of the ordinary aberrations of U.S. history, so as to project an image of innocence and dedicated obligation to democracy, increasing numbers of Americans are simultaneously being intentionally made to delegitimize the notion of systemic racism's influence, and by extension, movements to end it.

This, again, demonstrates why we should properly celebrate Juneteenth with a focus on its historic significance.

Although it would be nice to recognize Juneteenth as an opportunity to embrace a nationwide, multicultural celebration of freedom and an opportunity to organize dialogues aimed to promote, in the words of Lincoln, a "nation, under God, [that] shall have a new birth of freedom and government of the people, by the people, for the people" (Gettysburg Address), increasing calls to ignore the significance of racial injustice and see it as one of the most important and legitimate counter-narratives to U.S. liberty, again, eclipses the meaning of the oldest African American holiday.

After African Americans acquired their technical freedom from bondage, attained their legal citizenship, and gained their formalized political voice in the forms of the 13th through 15th Amendments and then further benefited from legislative gains accomplished during the 2nd Reconstruction of the mid-20th century Civil Rights Movement, Black people are still made to negotiate and re-negotiate a host of paradoxes, barriers, and disappointments prohibiting their ability to equally and equitably realize the American Dream. Race-based hatred, harassment, state-sanctioned violence, and systemic marginalization continue to throw up barriers to true Emancipation and independence.

And this should be the primary "bone of contention" for all patriotic, conscious, and engaged Americans to have to square with regarding the irony of Juneteenth's increasing popularity, especially now that Juneteenth is an official federal holiday. If more and more Americans hear about, embrace, or simply tolerate, the celebration of Juneteenth, they should also be encouraged to face the uncomfortable aspects of the holiday's meaning and reckon with incompatibilities with respect to how and why current incarceration rates; education and employment gaps; and health-care trends — all highly correlated to race — spectacularly fail to reflect the spirit of the holiday.

Although Juneteenth should rightly be celebrated as the signal of racial and democratic progress that it obviously is, how can such a celebration be properly appreciated without a complete understanding of, and confrontation with, what held back (and continues to hold back) that progress?

Americans seem to be comfortable with celebrating the surface of Juneteenth, however we should be equally uncomfortable from gaining a deeper understanding of the day. As Robin DiAngelo points out, we can move forward by embracing that discomfort, which is, indeed, necessary for the promise advancing of a multiracial, and just democracy.✿

Scott Corley is a Full Professor in the History, Philosophy, and Social Science Department at SUNY Broome Community College, where he primarily teaches Domestic Social Problems, U.S. History II, Race and Ethnicity, and African American History. He is also a part-time graduate student in Binghamton University's (SUNY) Community Research and Action PhD. program offered through Binghamton's College of Community and Public Affairs. Scott received his MA from SUNY Albany in African and African American Studies and his BA in History (with Honors) from Union College. corleysa@sunybroome.edu



MOUNTAINS CAN MOVE

A Brief Review of a novel by Paul Mitchell

•Self published •Available through Amazon, ISBN: 9798669133542

STEPHEN LEWANDOWSKI

When I was handed *Mountains Can Move* by the author, I said thanks, but was flustered. I knew his face from somewhere, but where. He introduced himself as Paul Mitchell from Middlesex and “an admirer of my work.” That’s enough to turn a fellow’s head, but on the other hand, I wondered which parts of my work he meant. I have conservation work and also books of poems.

But it turned out the familiarity was a matter of families, since I knew his father and mother and several brothers. He said he had self-published a novel, which had taken him two years to write. Thumbing through it, I saw references to Christianity and God. I had qualms.

But I told him I would read it when I could get to it and would report back. Though I planned to put it in the pile, I pulled it out that evening determined to read the first few pages. I was caught and read the first half that night and finished the second half two days later. It is a good read with a robust plot line and strong characters. Its setting in the Finger Lakes region of New York State drew me in, not just from familiarity but because of my curiosity to see how another might describe our region in the context of the arts it has produced.

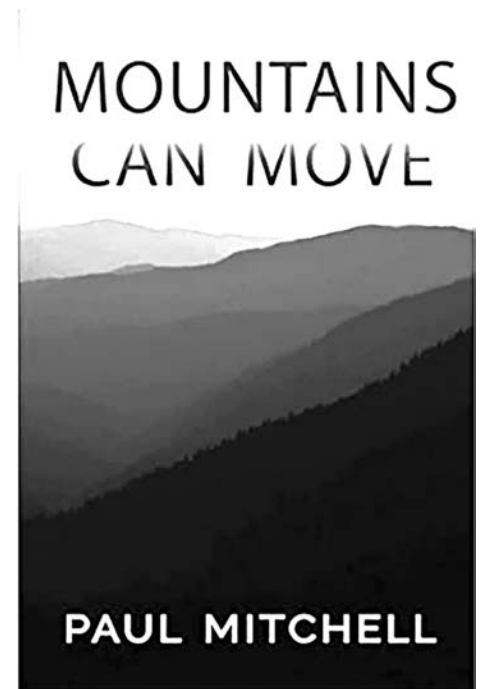
The conflict in *Mountains Can Move* is small, personal, local, within a single family, but in Mitchell’s hands it becomes a meaningful microcosm, reflecting the stresses and anxieties of our time and our nation. Gabriel Garcia Marquez has made the fictional Buendia Family chronicle a mythic story of Colombia in the wonderful *One Hundred Years of*

Solitude. Mitchell makes the Martel Family, in a very different way, an exemplar of meaningful change (remember, *Mountains Can Move*) in the face of many strains and tensions: aging, youth, the demands and meanings of art, family dynamics and social change. Where Marquez invokes mysterious and magical history, Mitchell shows us that our personal fears can be overcome by finding refuge, solace, acceptance, and meaningful change in the future. Mitchell’s work is a direct descendant of the charming historical writing of Walter Edmonds in all its humanity.

This evening, Paul Mitchell is giving a talk about his book, *Mountains Can Move*, at the Vine Valley Community Center at 7 pm, and I drive the four miles over to hear Paul speak to a small but real crowd of about twelve. He does a good job of describing the two-year process of writing a novel as a way of beginning his retirement (from a Nurse Practitioner).

Though he presents it as simply learning and following the rules, his book is a lot better than that. He’s vaguely apologetic about self-publishing, but I think he’s got nothing to apologize for. It’s a good story set in a place we all know and people we could know: Rochester and Middlesex, NY. The plot circles around the conflict between an old, artist father and his banker son. They speak well and convincingly.

It’s a good book published at a time when American publishing industry has no place for such a good book and, as if that weren’t enough, during a scary Pandemic. But that’s just bad luck. His good luck is that he liked the process, enjoys his novel as-it-is, and is writing another.



In its own modest way, *Mountains Can Move* is also a magical book, invoking mysterious personal powers, resolution in the face of adversity, and the love of others (though the others may make this hard). I recommend it highly. ✨

Stephen Lewandowski has published fifteen large and small books of poetry, and his poems and essays have appeared in regional and national environmental and literary journals and anthologies. He was student of philosopher Maurice Friedman, poet Howard Nemerov, a graduate assistant to philosophical essayist William Gass, and later studied with folklorist Louis Jones (*Things That Go Bump in the Night*). He is co-coordinator with Scott Williams of the Sea of Coffee Open Mic. at the Dalai Java coffeeshop in Canandaigua on third Sunday afternoons. His most recent book of poems is *Hard Work in Low Places* (see page 11 of July Owl Light) from Tiger Bark Press of Rochester, NY (June, 2021). He is currently working on a Journal of the Pandemic Year.



The COVID vs. VT: We (all) Win!

OPINION from KURT STAUDTER

Once again, if you are from Vermont and you’re looking for reasons to be proud you’re from Vermont, well, here it is. Over the course of the last year and a half Vermont has outpaced other parts of the country in compliance with every CDC guideline and safety precaution. When Vermonters were told to get vaccinated, we flocked to sites all over the state, and to paraphrase Larry the Cable Guy, we “got it done!”

Now remember, as the pandemic blew up Vermont stayed in the green while other parts of the Northeast were as red hot with the virus as a supernova; people from all over came here for sanctuary. I’ll be first to admit that the Governor’s self-policing and no enforcement of travel restrictions and quarantines had me concerned, but it turns out that he and the administration were right. It was going to be fine, and it even helped the business community just when they needed it most.

This last year and a half has been hell on all of us, but most of all for the 24,360 Vermonters that caught the virus, and the 256 that never got to see the reopening. Yes, we’re a small state and it can be argued that statistically we’re always going to be the “per capita” champ for just about everything, but what is often overlooked is our commitment to each other and our communities that is so deeply woven into the fabric of our lives – The COVID never really had a chance. We headstrong Vermonters were never going to let it win.

Yet, just because we’re a small state the victory becomes bittersweet: Almost all Vermonters knows someone that caught the COVID, many in our households were considered essential workers risking the virus every day, and those that lost loved ones will never be made whole again. Like me, there were those that spent

the pandemic desperately waiting to spend time with aging loved ones before it was too late. Sadly, the wait was too long for way too many. Finally, this was a crisis that effected every generation: From school kids to assisted living residents the world was turned upside down.

While Phil Scott might not yet be willing to declare victory, and in his position it would be prudent to remain cautiously optimistic, last week was the first time I’ve felt we were on the other side of the crisis. The Governor’s right to say not to let our guard down. However, it felt great to see my grandchildren again – It was after all the reason I retired. Last week we had Oliver the six year-old and I’ve never had more fun. After a year and a half of not hanging out with the boy, I was desperate to pick up where we left off, and I was not disappointed. I don’t even begrudge him the summertime cold my little outbreak monkey left behind.

Seeing and greeting people without masks, shaking the hands of long missed friends, and while I’m not quite ready to spend time in big crowds (of course this is the year my Mets are worth going to see,) I’m ready to resume Saturday morning breakfast and a cold pint at the pub. I’m also wonderfully surprised that now that anxieties associated with the pandemic are subsiding tensions between the right and the left are fading as well. You know that the anti-vaxxers and the folks that refuse to wear masks will just see this as the green light to openly misbehave, but we can rest assured that they’ll be the lightning rods for flare-ups and variants, and not the rest of us.

At this point so much of what’s both wrong and right in the United States and Vermont was learned in the last year and a half. For example, all but the most ardent control freak of a boss has to see that for many working from home has been a godsend. Not just for the employees and the quality of their family life, but for the companies and their bottom line. Of course corporations will rethink huge buildings and cubicles.

Continued on page 8

Cobblestone from front

A few carefully designed workshops, some outdoors and all with masks and distancing, kept up the momentum with some down time during the winter months. Opened or closed, renovations continue!

The arrival of spring and its cooperative weather has allowed Cobblestone Springs to resume outdoor programming and limited hospitality. Jennifer Randol, hired as managing director in April 2021, has already rekindled energy and enthusiasm at the cobblestone mansion and drawn in new presenters and new participants. Because of Jenny's fondness for history and antiques, she was fascinated by the place before she set foot inside. A seeker, she has been exploring diverse approaches to spirituality, world religions, and philosophy, making Cobblestone Springs a perfect match. She brings a willingness to learn and a variety of skills to a task that will require all of them! "Come for a tour," she invites, "we're always happy to show off this wonderful site!"

Today, the many people involved with Cobblestone Springs — its members and volunteers — are moving forward with renewed energy, finding joy in gradually overcoming the restrictions of COVID and taking on new projects.

With vaccines beginning to lessen COVID's impact, Cobblestone Springs is looking forward to welcoming people onto the property to enjoy the trails, stay in the house, and share this wonderful space! [For more on the trails, see "Fantastic Flora" on page 18.]

"Adaptive reuse" is the phrase historians use for reclaiming old buildings. The labor of many hands during more than 25 years has likely bought this marvelous building another century of life, service, history to share, and new history to create. That's the best miracle of all! ✨

"As I look back at the pictures of the renovations and all the people and miracles that have made up our journey at Cobblestone Springs, I think about the miracle that planted the seeds for Cobblestone Springs in my heart."

Jan Carr, Cobblestone's Visionary

Buildings and grounds projects are often a collaborative effort with staff and volunteers helping out.



The arrival of a new large gazebo in summer 2020 meant a move for this smaller gazebo. Now guests may enjoy two screened sitting areas, both within easy walking distance from the house. As with interior remodeling, grounds work is done in-house whenever possible.

Recent programming that incorporates the four "pillars" of the group's service vision have included:

An October 2020 workshop on Building Native American Style Flutes — with ten participants, many of whom are still playing.



The first cautious in-person program of 2021 was a meditation in early June, with "singing bowls" by Sandy Steigerwald.



Introductory bookbinding offered participants the opportunity to create their own simple journal booklets while learning the basic techniques used by all artisans who handcraft books. Deb Stevens presented this class.



Drawing programs by Kristin Malone followed



A dedicated pollinator garden is taking shape, thanks to the efforts of Ginger Goyer (left), here looking things over with Jan Carr. Ginger is providing plants and labor as her contribution to the beauty and educational value of the grounds at Cobblestone Springs. New signage, maps, and outreach efforts will extend Cobblestone's invitation to more retreat guests and visitors.

Through commitment and low-tech ingenuity, this private mansion has been returned to a life of service. Its peaceful ambiance and cozy rooms welcome guests in search of quiet contemplation away from the hubbub of daily life. It's also a supportive place for small group meetings, book discussions, shared prayer, or conversation.

All images courtesy of Cobblestone Springs



Cobblestone Springs
4306 Lakemont-Himrod Road
Dundee, NY 14837
(607)243-8212
E-Mail: cobblestonespringsrc@gmail.com
Facebook / Instagram @ Cobblestone Springs

Contact Cobblestone Springs if you would like to volunteer or are interested in learning more about upcoming programming.

Cobblestone Springs is a not-for-profit 501(c)(3) organization; donations made to Cobblestone Springs are tax-deductible.

Small Town Hound

Human Nature and Turning One

Æsc



Some big news this month is that on July 2, 2021 I am *one year old*. I have decided to celebrate by asking for some support for Massasauga Search and Rescue Team (MSART), “a volunteer non-profit organization that provides skilled field and search and rescue (SAR) management personnel to assist public safety agencies in searches for lost or missing persons in wilderness, urban, and water settings.” The team uses K-9 SAR units. My human is now a team member and I am continuing my search training in the hopes of training with the team as her canine partner ...**super exciting stuff folks!**

I do not know how to drive (and I suspect we are a way off from dog-only autonomous vehicles), so I remain dependent on the whims of my human companions. As the warmer weather of summer has settled in around us, they have been venturing out more and I have, in as many instances as possible, joined in on the adventures.

Many of my outings are with Winnie (we take almost daily walks near our Canadice home) and other canine companions. I recently took an outing with royalty, as I ventured lakeside with Harry and Phil. Their human, Mary, writes the “Monthly Read” in *Owl Light News*. I am not much of a reader, but if there was a book titled “Understanding Humans” I would give it a try...at least on audiobook. Humans are so complicated and confusing and have so many needs.

One thing that my human needed was new sandals for summer. The search took us to



Davidson Shoes in downtown Canandaigua — a big space filled with boxes and boxes of shoes in all colors, shapes, and sizes. Like so many things human, there were way more options than anything dogs could or care to figure out. Like I said, humans are complicated creatures. My Human knows what she likes (me!) and quickly zeroed in on just what she wanted (while I took advantage of an abundance of freely offered affection from the people who worked there and fellow customers) and we were on our way.



Continued on page 12



For my birthday, I am asking people to give a donation to MSART

Follow the link posted on fb@canadicepress or you can send a check to:

Massasauga Search and Rescue Team
P.O. Box 24751, Rochester, NY 14624
with “Æsc’s Birthday Donation” in the memo.

All donations support MSART’s volunteer efforts.
Learn more at msartny.org.

Also mentioned this month:

Davidson Shoes Inc.
153 S. Main Street, Canandaigua
sales@shoestoboot.com

Dalai Java
157 South Main St, Canandaigua, NY 14424
dalaijavainfo@gmail.com

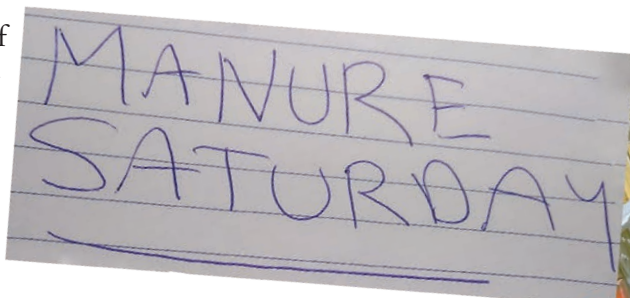
O'Malley's Cabin on the Lake
Located on the west side of Cayuga Lake
Reservations at 607-532-8846

The Light Lens

T. TOURIS

I recently came across a slip of paper on the kitchen counter with the words “Manure Saturday” scrawled on it. I stared at it for a moment wondering if this was some new thing, akin to “Taco Tuesday” or “Fish Friday.” Aside from thinking that “Manure Monday” would be more appropriate in the alliterative sense, I knew I didn’t want any part of a new “Manure Saturday” tradition. There are many things I’d like to do on a weekly basis: “Golf Sunday,” “Woodwork Wednesday,” etc. But shoveling manure is not one of them.

As it turns out, “Manure Saturday” is thankfully not going to be a weekly event. It will probably more likely be an annual or semiannual celebration. So, let me know if you’d like to participate in next year’s shoveling shindig. Bring your muck boots and come on down — shovels and pitchforks provided.



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 Street Sounds

Get Into *Get Your Gig On*

STEVE WEST

If you're a musician in the Rochester or Finger Lakes area and you're not already Facebook friends with Randy Fluker, you'll want to add him to your list. Randy isn't a musician. He's not a venue owner or a booking agent. He's simply a huge fan of live music, and he wants to help promote it to as many people as he can.

Eight years ago, Randy and his girlfriend, Christine Piano Thompson started the Facebook group, *Get Your Gig On*, formerly known as *Get Ur Gig On*, *Be Seen Here*. Almost every day, they painstakingly create a list of every live music performance they are aware of in the region and publish it to the group. They receive no compensation for this service. It is done for the love of live music.

There are a number of Facebook groups and pages that promote local events in the area but *Get Your Gig On* has become one of the largest, boasting over 8,500 members. At the time he started the group, there was another group that listed musical events in the Rochester area each weekend. Fluker notices, however, that this group frequently listed only the most popular bands and venues. "I started looking around and I realized two things: 1) there are more music venues than were being listed, and 2) there's live music happening during the week as well." He started listing the gigs of the other venues. Little by little, he discovered more and more venues that offer live music. "It didn't happen overnight." He friended as many local musicians as he could on Facebook and paid close attention to shows they mentioned and added them to his own list. Eventually, musicians and venues started posting their gigs to his group page on their own.



Randy and Christine Piano Thompson, founders of *Get Your Gig On* Photo credit: Matthew Langworthy



Before the Covid-19 pandemic, the "gig list" would have upwards of 150 listings on a typical Friday and Saturday. During the pandemic, the list dwindled in size. As venues shut down or were limited in capacity, many musicians turned to live streaming to keep their music alive. Randy made sure to include as many live stream shows on the gig list as possible. A sure sign that the music scene is coming back to life is that the gig list is once again growing. A recent Saturday in June listed 85 gigs. That number is expected to grow as pandemic restrictions continue to be lifted.

Although they are not themselves performers, Randy and Christine have become well known in the music community. They try to make it out to three or four performances every week. Musicians throughout the area recognize them and often go out of their way to acknowledge them for the service they provide in keeping music lovers informed of local performances. Although they have their favorites, they do their best to see a wide variety of music styles and support as many live music venues as possible. All the while, they maintain full time jobs. Randy is a truck driver, and Christine is a nurse. "Get Your Gig On is like a full-time job crammed into our spare time," said Fluker. He does it because he genuinely enjoys sharing the rich variety of music available in our area. If money were no object, he says he'd love to have his own live music venue. 🎸

Steve West gigs (online performances and Live shows) and other info. can be found at: stevewestmusic.com/

2021 Vitale Park Summer Concert Series

KICKS OFF on June 27 with Big Blue House ~ A unique gumbo of folk, rock, blues, jazz, and reggae



July 4: No show scheduled

July 11: John Dady and Friends ~ American folk roots music meets Irish traditional

July 18: Bob's Brother's Band ~ Classic rock 'n' soul all the way

July 25: Paulsen & Baker ~ Good-time feel-good music

August 1: Kubick's Rubes ~ Bluegrass, swing, and beyond

August 8: Chris Wilson ~ Some of your favorites, acoustic Americana

August 15: Blue Sky ~ Pop and country music

August 22: Chris Cady and Friends ~ A great mix of pop, rock, folk, Americana, and more

August 29: The Town Pants* ~ This rowdy Vancouver group blends Irish traditional, folk, rock, and roots Americana

*If they're able to enter the U.S. from Canada

COVID vs. Vermont from page 5

Another issue that's bubbled to the top is our wholly inadequate healthcare system that failed miserably at the task of the pandemic. If there were ever a reason to scrap the for-profit healthcare industrial complex, there's your sign.

With all the federal money that's being thrown around we're looking at a real opportunity to fix what's wrong in this country. Of course there are those that think it's crazy to spend the money, and insanely, there are even those states that refuse the extra federal help. Their loss, just send it Vermont – We'll put to good use.

I would be remiss to not send a heartfelt thanks to Governor Phil Scott and his administration for the exemplary work on the COVID pandemic. Also, Vermonters should be grateful to our congressional delegation of Peter Welch, Pat Leahy, and Bernie Sanders for being the often drowned out voices of reason in the otherwise sea of chaos. It's often said that a "small state can lead a nation." Nowhere is that truer than in little ol' Vermont!

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



Editor's Note: as mentioned in my June editorial, we have a sometimes Vermont contributor. I have to admit that I have a soft spot for Vermont, based on my experiences during several visits there, so I am happy to share some news from our border state that relates to our rural readership. Although Vermont is ahead of New York State with vaccinations, NY is not too far behind (in part due to early initiatives by Governor Cuomo). For those reasons, because Kurt makes me smile, and because these rates benefit travelers to Vermont as well as Vermonters. I feel happy to say CONGRATULATIONS VERMONT! (and NY).

The Monthly Read

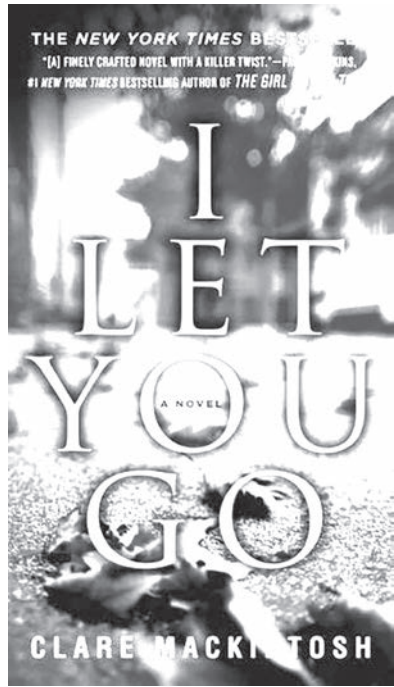
Letting Go of Expectations

A Review of *I Let You Go* by Clare Mackintosh

I Let You Go
377 pages
Penguin
(2014)



MARY DRAKE



This 2014 novel by Clare Mackintosh, which purports to be a crime thriller, begins with a Prologue that is every parent's worst nightmare: while walking her child home from school, Jacob's mother lets go of her five-year-old son a moment too soon and he is hit by a car while crossing the street and killed instantly. It's like a punch to the gut.

But then follows Part One, the investigation into this hit-and-run accident and we learn all about the hierarchy, rules, politics, and endless paperwork of the Bristol, England criminal investigation department. Told from the point of view of Detective Inspector Ray Stevens, these chapters are filled with more mundane stuff. Since police work is usually just about gathering facts, author Clare Macintosh spices up the story with a

potential love interest between Ray and his younger sidekick Detective Constable Kate Evans. We're privy to Ray's thoughts and he tells us that the newly-promoted Kate is still "finding her feet" but is "better than she knew." If the novel is true to life, then it's no wonder police officers tend towards extra-marital affairs, since they apparently work from early morning until late at night, after which they often go out to eat or drink together. There's little time left for home life.

Alternating with the police investigation chapters are those of a woman named Jenna Grey who was involved in the accident. We get her account in the first person I, which gives her version more immediacy and makes her voice direct and personal. We are meant to feel her pain, although it's unclear exactly how she was involved. But she is running away and her thoughts reveal that she has lost a child. By withholding crucial information about Jenna's participation in the accident, Macintosh sets us up for the twist which comes at the end of Part One. Readers will be surprised, although the reveal can seem somewhat contrived.

Part Two then goes on to explore the consequences of the hit-and-run accident, but not before jumping back in time and introducing a new character, Ian Peterson. He begins by describing his burgeoning love affair with Jenna Gray when she was a young college student fifteen years his junior. His chapters are also narrated in the first person, and from his voice we're meant to glean that he is devious, manipulative, and controlling. For instance, while giving a series of guest lectures at the college which Jenna attends, he tells us: "As I spoke I would make a point of pausing mid-sentence and making eye contact with a female student—a different one each week." He enjoys leading them on, then watching their confusion and disappointment when he doesn't ask them out. He finds Jennifer, as he calls her (even though she prefers to go by Jenna), even more beautiful when she cries, and

gradually he manipulates her into depending on him, then marrying him.

That's when the Prince Charming mask comes off and the abuse begins. On their wedding night he punches her in the face because she has disagreed with him in front of the maître d'hotel in Venice where they've gone for their honeymoon. And it's all downhill from there.

While Ray is stealing kisses from Kate and Kate is doggedly investigating the hit-and-run, the author leaves no room for doubt as to why in Part One Jenna ran away to Wales and found someone else. Living with Ian is one continual explosive outburst after another, whether it's because Jenna brings home a kitten without first asking Ian or because she accidentally leaves a scorch mark on the shirt she's ironed for him. We're told little about how Ian became so violent and are never really shown that he has any redeeming qualities. As a result, he can come off as a rather flat character, there simply to bully and antagonize others.

The coup de grâce is when we learn near the end (spoiler alert) that Jacob is Ian's son. I know that none less than the venerable Samuel Taylor Coleridge, author of *The Rime of the Ancient Mariner*, said that reading requires a "willing suspension of disbelief," but this revelation seems to stretch the limits of believability. Nor does it seem particularly necessary, except for its shock value.

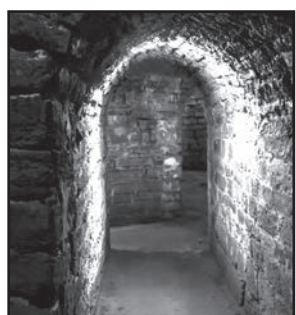
Withholding the reasons for a character's behavior, as Mackintosh does, is a standard technique for creating suspense, but spousal abuse is a dark well to go down. It might be fair to say that anyone who has not experienced it can never understand why a woman would stay with her abuser. But Jenna is initially presented as a free-spirited young artist, so her docile acceptance of Ian's continual verbal and physical abuse seems illogical. Throughout most of the book, she comes off as too cringing and submissive until her long-overdue retaliation at the end, which comes out of nowhere.

Motivations aside, Mackintosh skillfully interweaves the voices of Ray, Jenna and Ian in order to flesh out the plot and provide different perspectives on what happens. Like a jigsaw puzzle, the facts of the story are gradually pieced together, which makes the book suspenseful, although some might suspect or guess the outcome before the end. Critics have called it a "cunning psychological thriller" and have compared it to *Gone Girl* and *The Girl on the Train*. Not a bad reception for a debut novel. She is a prolific writer who has gone on to write a book almost every year since this initial one. It undoubtedly helps that Mackintosh was previously an English police officer, plus the plot for *I Let You Go* is based on a real hit-and-run killing.

Great skill in both writing and in organizing facts is required to produce a crime novel of this type and Mackintosh received a four-point out of five rating on Goodreads. The novel has won numerous awards and sold over one million copies worldwide. If the events in the book sometimes seem rather unlikely, well, I guess that's just fiction. 🦉

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

Where the Path Leads — YA FANTASY by MARY DRAKE (marydrake.online) Chapter 16: Into the Lion's Den



Emily, who has time-traveled back to a much more primitive place, left her forced labor in the field and has run afoul of the authorities. Now she is a wanted person and her friend Sophia has been taken hostage until Emily returns to face the consequences. But with the help of her friend Will, she hopes to free Sophia from her imprisonment.

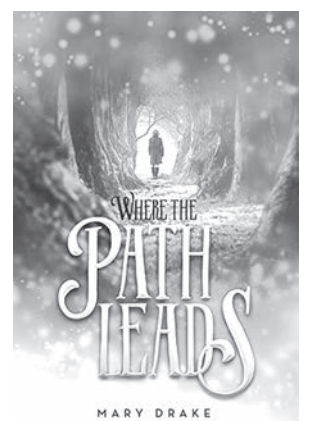
As they stood on the banks of the castle stream and looked up at the manor house, Emily wondered if homes mirrored their owners. What did these grim, implacable stone walls say about the Seneschal? And where was Sophia behind this unwelcoming exterior?

"Having second thoughts?" Will asked. "I wouldn't blame you if you did."

"No," she lied. "Let's go." She wanted to get in there before her courage failed her.

Will was delivering a pair of shoes his father had made for Morwen, but once inside he planned on taking a detour. He tried to talk her out of going in with him, but she was adamant. It was her fault that Sophia was in trouble and she wanted to make it right, though neither of them knew exactly how it would go.

Continued online...owllightnews.com/where-the-path-leads-chapter_____.



Available as an ebook on Amazon and soon to be released in print.

OMIE November 1983

Her face
 A mass of wrinkles
 A tear or two
 Would have eased
 The creases
 Her bones
 Crumbling Beneath
 Navigating by the light
 Of her eyes
 Youth focused within
 Her hand
 Parts the clutter
 On the table
 Stays in the house
 Poor health, she says
 Her words
 A jumble of sounds
 So heavy
 They tumble to the floor
 Ready to be
 Swept away
 Her day
 Too many thoughts
 Spoil the senses, she knows
 Sipping coffee
 A brew stiff enough
 To dull the wind
 Waiting for
 Each day to become
 Tomorrow

LIKENESS 1986

Poosum you have stolen my heart
 Scampering into my den of thoughts
 Galumphing like the Jabberwock
 Tail held high you have
 Befriended me
 Ever so polite encounters are brief
 Rustling with a tail flick
 Innocence intact

 Your attraction to me is as it should
 Orange peelings, old rice, burnt toast
 And the like
 Tossed forth with a strong
 Flick of the Wrist
 Final offering to the
 Goddess of waste
 Friendship based on the
 finest of stuff

 Moonlight chases you
 Down to the creek
 Flickers of the dust fly in your wake
 Bristles your belly slung so low
 Rotund like an orb afloat
 In the sky
 An image cone-like waddles in haste

 Becoming dew you settle to a
 Comfortable spot
 The opening of time slivered in a
 breast
 Telling tales of ancient pantomime
 You remember
 Grey breath gone into mist

 With the mist I shall join you
 Someday
 Quicksilver friend
 Coming into mist
 Someday
 I shall join you

ENIGMA November 1983

Intrigue
 Worthy of Doyle
 As morbid as
 Dickinson
 Calder blushes
 in his largesse
 Van Gogh
 Appears sane
 Einstein knew
 Then enlightened
 The world
 Vonnegut slips
 Into sweet sarcasm
 While Davinci
 Flies high
 Yet the witness
 Shifts in her seat
 Waiting for a show
 Already started

MISS ARTICULATION February 1984

Lisa was omission city
 Sibilants
 Come out her nose
 If you listen to the empty spaces
 In her speech
 You can understand her
 She doesn't believe in substituting
 one sound for another
 Truncated speech like a
 Stut ter er
 Only worse
 She doesn't notice or appear to
 She smiles, shrugs, repeats
 When you apologize for being
 Completely
 Lost

Continued on back

PILLARS

Four story, brick courthouse
plus cupola stands at the center
of a lawn groomed by jail trustees.
Beneath the gilded dome
judges and juries sit in
courtrooms lined with dark oil
paintings of the county's founders.
Atop the dome stands
a gilded statue of Blind Justice
scales in hand but too large
for the rest of the building.
The gold dome and statue are lit
by floodlights all night.
During the days of warm weather
out-patients from the VA Hospital
curl up to sleep on the wide lawn
and dream that, cured of
madness, alcoholism and old age,
as new men they walk the streets
of their hometowns.

MY OLD HEART

Rocky highlands
south of here
are full of deer.
When roused at dusk
by a walker
they flee away
white tails held erect.

Long after their bodies
fade into the brush
you can follow
the flash & flare
of their tails
bounding away.

A woman who lives alone
high in sun rise and set
beside the highlands'
shady gullies and glens
can be chased but
will not be caught.
You would be a fool
to pursue her.

STERLING/STARLING

The name was first given
but not taken, what can
they mean by "easterling"?
What compass brings
people out of the east,
what venture? They bring
refined silver to trade for brides
or failing that, just to take them.

Little star, you bird of many colors
all black iridescent, bright of eye
yellow-billed and -legged.
In what script was your name
first written then understood
by the Scots to mean
"new people, not like us"?

A cloud of birds wheeling
low then high, synchronized
flight, a form outlined against
sunset, a mark, a letter, a word,
comma, ampersand, period,
exclamation point constantly
shifting text singing in flight.

Notice of Publication- May 21, 2021

Tiger Bark Press, a literary press located in Rochester, NY is happy to announce the publication of a selection of poems by Stephen Lewandowski, **Hard Work in Low Place**, his fifteenth in a writing career spanning five decades.

J.P. "Sandy" Seaton, translator from the Chinese, poet and professor emeritus offers these comments on Lewandowski's recent work, "This is American poetry. American poetry doesn't get any better than this. You could be misled by reading a better known poet than Lewandowski about the nature of American poetry, about what it is to be an American and about nature itself. If you don't know what nature is but want to know, read this book."

Who is Stephen Lewandowski? As a poet he has followed twisting, sometimes seemingly contradictory paths. He was a Conscientious Objector to the Vietnam War. He objects as well to seeing poetry run as a business, a lottery, prizes. He's never entered one of his poems in any contest. As a student many years ago, he studied English Literature for a BA at Hamilton College in the Mohawk Valley.

Lewandowski spent a year at Pendle Hill, a Center for Study and Contemplation, studying with Maurice Friedman, translator and biographer of the philosopher Martin Buber. He did graduate work in philosophy at Washington University in St. Louis and studied with poet Howard Nemerov.

As was common with Nemerov, he advised "the world has enough poets, do something else." He studied American Folk Culture at the Cooperstown Graduate Programs where he worked with Dr. Louis Jones, author of *Things That Go Bump in the Night*.

Finally, needing a job and sort of heeding Nemerov's proclamation, he found one with the USDA Soil Conservation Service and worked for nearly forty years on the application of best management practices to agriculture, watershed management and environmental analysis. He spent the last ten years of his working life consulting with the Canandaigua Lake Watershed Association and the Lake Ontario Coastal Initiative.

When poet and publisher Bob Arnold says, "Here is a sure, durable and unsentimental chorus of poems to love and landscape- or as Lewandowski likes to describe the hills of the Finger Lakes district of western New York, 'there are/ hills upon hills walking/ the day away in the woods'—he may be describing himself. Take this book by the hand," he is describing a spirit at home in place.

Further, poet and critic Michael Rothenberg describes Lewandowski's poems as "a quiet walk, careful, clear, in the moment, full of nature and desire." Lewandowski's poems often describe a recognizable place and a reaction to it that the reader might share. Retired professor John Guzowski puts it this way, "Like Emerson and Thoreau, Stephen has the gift

of sensing spiritual facts beneath the natural facts he sees so clearly and describes so exactly.... He brings us to place and somehow shows us the mystery there."

Some might say Lewandowski has led two lives, but it's more like he's led the life his curiosity and his desire to write poems has led him to. He loves his environmental work and brings the same passions to it that enliven his poetry. He loves the land from which his poems spring. Native American poet Joseph Bruchac put it this way, "Steve Lewandowski's poetry draws from the same sure quiet sources as the old Chinese poets of the Tang Dynasty. His work is rooted in the earth of the Finger Lakes and his reverence for that soil would be appreciated by the Cayuga people whose presence is still felt there...."

Other, more famous poets like William Stafford and Ted Kooser have expressed their interest in and enthusiasm for Lewandowski's poems. Lewandowski has never seen poetry as a career, nor does he view his environmental work in that light. He would invite you to read a poem or two, think about it, and see where it takes you. Poet and translator Leah Zazulyer says, "It's naturalistic but metaphysical."

Hard Work in Low Places is now available from Tiger Bark Press (google it) and Lewandowski is willing and able to visit your forum or gathering for a reading and talk. Contact him through email at stachu14512@yahoo.com or (585) 554-4899.

Continued on back

Small Town Hound from page 7



Another Canandaigua stop that day was Dalai Java, where we sat and talked with a couple of poets: Scott Williams and Stephen Lewandowski (poets are really complicated people). I very much enjoy this place. The folks who work there are always friendly and there are always new interesting people passing through. I love the smell of freshly roasted and brewed coffee.

A couple other trips since my last writing included visits with family north and south. A trip south included a stop at O'Malley's Cabin on the Lake with our friend Len. I really liked this place. They brought me out a big dish of water and I just chilled while various other patrons

came up and said hello. The salmon burger I shared a bit of with my human was delightful, and I loved the view of Cayuga Lake. We drove, but some of the people who stopped in came by boat.

No matter how many places I go and people I see, I want more. Mostly, we spend time closer to home, but I am anxious for some new adventures and welcome suggestion for dog-friendly venues in New York State and beyond.

• I am still looking for a larger canine friend to play with sometimes and I need people to get lost (I mean that in a nice way). Contact me if you want to talk possibilities.



Æsc is the "Small Town Hound—Finding Creative Venues and Adventures in NYS." He lives with his two humans and his canine companion Winnie in Canadice, NY. When not writing, his favorite pastime is finding people. He loves hearing from his fans: smalltownhound@canadicepress.com. [facebook.com/SmallTownHoundNY](https://www.facebook.com/SmallTownHoundNY)

Zoom readings with authors featured in Owl Light Literary: Turning Points

July 31, 2021, 7PM

owllightnews.com/turningpoints/



Email GGuida@citytech.cuny.edu or editor@canadicepress.com if you would like to listen in as six of the published authors read live.

Hosted by Canadice Press with support from Poets & Writers. Special thanks to George Guida for getting us all together for this exciting book release event.

Owl Light News

Print



digital

Honeoye Public Library

honeoye.owwl.org

"We're Books...and More"

Summer Reading Packets are ready to be picked up at the library.



\$5 a bag every Saturday in July, 9AM - 1PM

Thanks to everyone who helped plant the butterfly garden!

Facebook live! Reading with Jimbo—Tues. Directed Draw—Sat.

OPEN: Mon. 12-6 • Tues. 2-8 • Wed. 10-2 • Thur. 2-8 • Sat. 9-1

8708 Main St. Honeoye, NY • 585-229-5020

Like and follow us on Facebook and Instagram @ Canadice Press.



HONEY CANADICE PURE

5584 Canadice Lake Rd. Springwater, NY 14560

Pick up a copy of the Owl Light too!

Got Swarms?! We can help.

Call or text 585-313-7590

beesandland@gmail.com

**BETTER WATER
BETTER HOME
BETTER YOU**

Culligan Water

- Water Softening
- Water Filtration
- Drinking Water
- Service & Repair

585-624-4000

[WaterTreatmentbyCulligan.com](https://www.WaterTreatmentbyCulligan.com)

Bee Lines

An Early Harvest, and a Lifelong Fascination with Bees

SAM HALL



I tried to keep ahead of swarming this year, making splits early on before the normal swarming season which runs, at least theoretically, from May 15th to June 15th. It fits somewhat with the old beekeeping saying, “a swarm of bees in June is worth a silver spoon, a swarm of bees in July ain’t worth a fly.” The reason being, a swarm in July will have less time to make enough honey to see them through the winter.

On May 12th I found the two center frames in #5 Saskatraz colony had several swarm queen cells. In fact they each had eleven swarm queen cells I could count and I’m sure I probably did not find them all. Normally, swarm queen cells number about 5 to 9 and are on the bottom of the frame in the brood chamber. They are created prior to the departure of the old queen with about 50% to 60% of the population to start a new home somewhere else.

Shortly after the departure of the old queen one or more of the swarm queens will emerge. Hopefully she emerges alone as her first job is to sting to death the other queens in their cells, so she is the undisputed monarch. If two emerge at the same time they will fight until only one survives. I have never seen this but believe it is probably true.

I removed both of the frames with the queen cells and placed them in my queen castle, which is a large super divided into four compartments with entrances facing the four different directions of the sides of the castle. I tried to transfer some of the queen cells to the other two compartments but my hands are old and not as steady as they used to be and so I ended up simply using two of the compartments.

The nurse bees that were on the sides of the frames in the brood chamber stayed attached and would be needed for warmth and foraging as the new brood emerged. I also put a frame of honey with each of them so they would have immediate food. Also, I scored the honey as they sometimes will not access it without scoring. Scoring they will go after the honey if for nothing else but to stop the honey from flowing out.

It was my hope to have at least two good queens from my own yard as a result. Remember however that the new virgin queen still has to fly and get mated and this is a very dangerous journey for her as birds might enjoy a bee feast, she might not reach a suitable drone congregation area for mating, or bad weather might cause not only no mating but her death. Of the two queens only one was successful and has returned and appears to be ready to start laying.

So far, I have been able to capture two wild swarms. I have a small Asian pear tree in the bee yard and over the years it has become a favorite landing place for swarms. May 31st this year was no exception. It was a large swarm and it filled an 8-frame super almost immediately. The second day I added another deep. I’m moving them 2 feet a day until I get them where I want them. More than two feet you will lose foragers.



Top: An abundance of swarm cells increases the chances for a replacement queen to survive but there are no guarantees.

Left: Although well cared for in the colony, as shown by the circle of worker bees, queens must fly to drone congregation areas to mate, facing dangers such as predators and inclement weather. Many do not survive the journey.

The second wild swarm took up residence in a swarm trap I had in a friend’s backyard on Gorham Street in Canandaigua. I will be moving them to the bee yard

sometime in the next few days.

It may be climate change or something else I do not understand but it in the first week of June I harvested my first new honey of the new year. It is the earliest that I have ever done so. It was capped but I was still concerned with moisture content, so I checked the moisture with a refractometer, and it was 18.1% which is well within tolerance.

Looking forward to a great year with my bees. I have had to start using my 16-year-old grandson for the heavy lifting. Fortunately, he seems to like doing it. I’m hoping he has or will develop the lifelong fascination that I have had with these insects. 🐝

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

PAKKO
DA
PUDGY
PIGEON!
PIPER DAVIS



Piper Davis, author and illustrator of Pakko Da Pudgy Pigeon, is a 2021 high school graduate. She loves art, writing, photography, and making people smile. She hopes you enjoy this comic strip series! If you are interested in seeing more from her feel free to check out her socials: Youtube: Wandering Phoenix Productions, And on instagram: @wandering_pheonix_productions.

The Night Sky

Venus, Mars, and the Moon in the West; Vega High in the South



DEE SHARPLES

Several celestial objects will be visible in the sky in July. Some will be in the evening sky, and others in the early morning. Some will be visible with the naked eye, and others with binoculars.

Venus will headline the beautiful warm summer evenings, brilliant at magnitude -3.9, low in the western sky as the sky darkens. The planet Mars will be 7 degrees east (to the left) of Venus at the beginning of the month shining at only magnitude 1.8. Venus will be visible at twilight but you'll need to wait for the sky to darken further to spot dimmer Mars, but this is definitely a naked-eye observing opportunity.

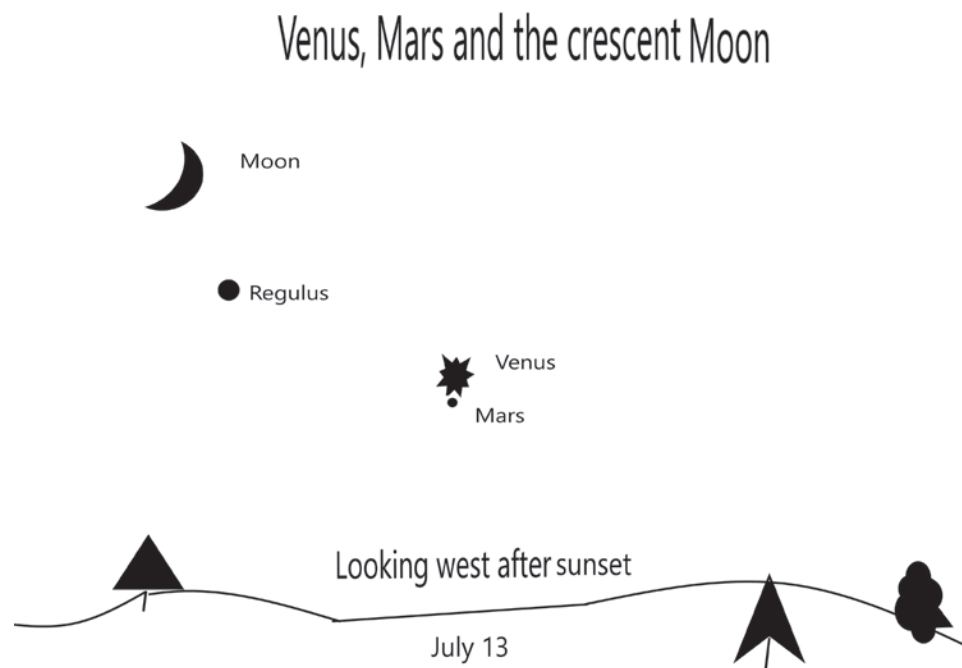
On July 11, a two-day old crescent moon joins Venus and Mars and will help you find them. The two planets will be about 1 degree apart in the sky with the moon to their right. On the next two evenings, the crescent moon moves higher and eastward and Venus and Mars move even closer toward each other. On the 13th they will be visible 45 minutes after sunset and are separated by merely one-half a degree. In order to see a conjunction between these two planets as close as the one on July 13, you'll have to wait until May 2034, so don't miss it!

There are other planets you can see without the need for special visual equipment. The beautiful ringed planet Saturn rises at 10:00 PM on July 1, shining at magnitude 0.3. Each week throughout the month, it rises a little earlier and gets a little brighter. You can find it in the southwest sky in the very early morning hours. By the end of the month, Saturn will have brightened to magnitude 0.1.

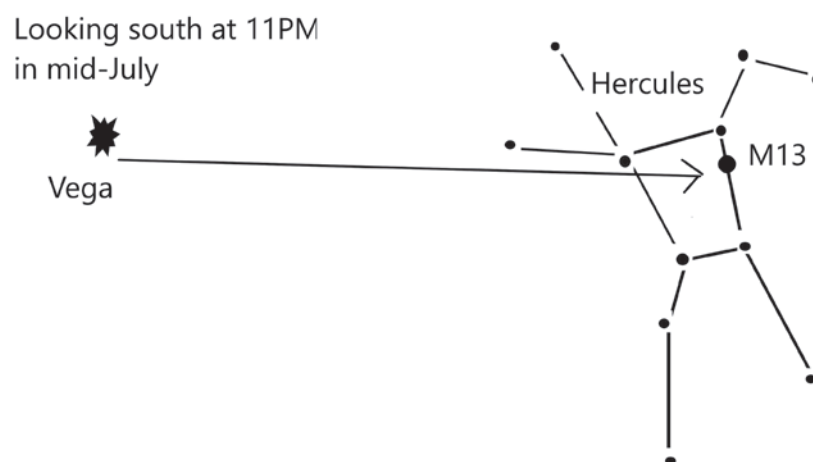
Jupiter rises in the eastern sky around midnight at the beginning of July. It will be easy to spot at a bright magnitude -2.7. By the end of the month, it will rise much earlier and on July 31, it will be up by the end of twilight. In the early morning sky, you'll find Jupiter has moved to high in the south.

Binoculars will be needed to see a fainter and more distant planet in our solar system. Uranus the 7th planet from the sun is fairly bright at magnitude 5.8. Using binoculars, Uranus can be found in the eastern sky 4.5 degrees northeast of a waning crescent moon at 4:00 AM on the 4th of July.

The Southern Delta Aquarid meteor shower peaks on July 30 but conditions this year are not ideal for observing due to the bright moon which will limit seeing to only the brightest meteors. But the good news is that this meteor shower is a very long-running event (it is active July 12-August 23) so you might spot one of the Delta Aquarid meteors any time during this period when the moon is not brightening the sky. The best time to spot a meteor is two to three hours before the sun rises.



The bright star Vega will be high in the south at midnight on July 1, 11:00 PM on July 15, and 10:00 PM on July 31. Look for the constellation Hercules to the west (right) of Vega all month. Its unique shape, appearing like a lopsided box, will help you identify it. Binoculars will reveal the Hercules star cluster designated Messier 13 (M13), looking like a fuzzy patch of light. A telescope reveals its true beauty comprised of over 300,000 stars with an estimated age of 11.65 billion years, almost as old as the universe. Check out this website for more information and photographs of this astounding star cluster – messier-objects.com/messier-13-hercules-globular-cluster/



Vega points the way to M13

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

Magnitude

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

- Sun: -26.7
- Full Moon: -12.6
- Venus: -3.9
- Jupiter: -2.7
- Vega: 0.0
- Saturn: 0.2
- Regulus: 1.36
- Mars: 1.8
- Uranus: 5.8
- Hercules star cluster: 5.8
- Dimmest star visible with the unaided eye: 6.0 to 6.5

How to measure degrees in the sky

A simple "ruler" is to hold your arm straight out and make a fist. The area of the sky covered by your fist measures about 10°. Start at the horizon and by moving your fist up and counting how many "fist-widths" it takes to reach an object in the sky, you'll have an approximation of its height. To measure 1°, hold your little finger out at arm's length. The area of the sky covered by your finger is about 1°. Also use this method to measure how far apart two objects are from each other in the sky.

digital



Print

Dragonfly Tales

Invited Guests that Became Pests

STEVE MELCHER

Gypsy Moth: The Destroyer!

Many of you are writing in and sending photos of the white 'cocoon' covering your trees, mostly oaks. These are probably the egg masses of the invited guest: Gypsy Moth. Gypsy moths were introduced for the silk market from Europe to Massachusetts in the late 1860s by none other than fellow AAAS Fellow, Étienne Léopold Trouvelot. The moths have spread south and west mostly by caterpillars blown by the wind and people unknowingly carrying them from infested areas as egg masses or cocoons attached to campers, boats or even firewood.

We've all experienced the devastation of the recent visitor, the Ash Borer, and now it seems that the Gypsy Moths have returned with a vengeance as well. Again we are faced with a dilemma of controlling the spread of one insect pest without harming the majority of the insects which are beneficial and necessary. Three-fourths of the world's flowering plants and more than 35 percent of the world's food crops depend on insect pollinators to reproduce. You can't just spray everything with DDT or you'll end up with a silent spring and empty stomachs.

Gypsy moths have a big appetite for oaks. Each two-inch caterpillar can gobble up to eleven square feet of foliage from early May through June. In some years, when abundant, they can do an Agent Orange number and completely defoliate trees. I remember a spring in the 80's when my brother and I were walking through the woods in our hometown in Pennsylvania. We were both visiting from away and deep in conversation when we noticed a light rain falling. Time to turn around and head home. Strange, that it would be raining when the sun was shining so brightly. We stopped in mid-sentence and realized the gentle sprinkle wasn't water but the patter of poo, more specifically, the poo, or frass, of the gypsy moth caterpillars. Conversation ended and we headed back home for lunch. If walking through a frass ridden forest is not enough of a discouragement for folks seeking a peaceful walk, some people develop a rash when exposed to the caterpillar hairs that are found floating through the air.

Most trees can survive a single year of defoliation, but repeated removal of leaves can end in disaster for a forest. Oaks are only one of the 500 plants on the gypsy moth menu.

One way to control the spread of gypsy moths and other pest insects is to shake up their sex life. In the early 1970's, a friend of mine, Clyde Apestoso, was working with insect pheromones (pronounced fair-o-moans) and invited me to visit his lab at Penn State. Insect pheromones can act as sex attractants and have shown promise for suppressing pest populations through mating disruption. The idea behind mating disruption is to create interference with the sex pheromone emitted by the female to a level at which the male has difficulty locating her. Clyde's team was working with a synthesized version of the sex attractant of gypsy moths. The female gypsy moth is the white one that is flightless and therefore sedentary. She just sits there on the tree trunk sending



Above: A gypsy moth caterpillar on a black pussy willow that's been stripped clean.

Right: An oak branch putting out new shoots after significant caterpillar damage. Most plants can survive a year of damage, but if there are repeat, large infestations entire forests can be devastated

out her sweet Chanel No 5-pheromone hoping a male or two or three or four will find her and make whoopi in the woods. The pheromone worked very well. So well, that as a demonstration, Clyde snuck a little sample of the gooey pheromone paste on the back collar of one of the lab grad students who was then followed around the greenhouse by a dozen or so male gypsy moths excited to find this beautiful female waiting sensually nearby. The thought was that NASA/NOAA folks who I worked for at the time, would load up the sexy stuff in a plane and spray it off the coast leading the males out to sea to their disappointment and ultimate demise. Unfortunately, the synthetic pheromone wasn't powerful enough to attract the males over several miles and the wind and weather patterns were far too complicated to attempt such an experiment. Today, those pheromones are used to confuse the males and tire them out enough to die of exhaustion. Tiny non-toxic plastic (yes - plastic: another problem) pheromone covered flakes are spread out over an infested area and designed to make it impossible to find a female since it seems they are everywhere!

The gypsy moth population will rise and fall in cycles over the years with most years having very little noticeable defoliation. This invited guest has become "naturalized" in the ecology of our Finger Lakes forests so they will always be around. If you are concerned about your oaks becoming denuded by the caterpillars, first determine if you have a large infestation. The NY DEC has an egg sampling survey on their website that helps you determine if you have a problem. When the populations are low, the egg masses can be destroyed by scraping them off the trees and dropping them into some sudsy water. Invite a few friends over for a brew and host an egg smashing party complete with spatulas and spray guns. If you have a manageable infestation, you may have a natural bird feeder. Laura Kammermeier reports both yellow and black-billed cuckoos in the woods of her new property in the Finger Lakes possibly feeding on the abundant supply of gypsy moth caterpillars. Black-billed and yellow-billed cuckoos, blue jays, orioles and rufous-sided towhees are among the species that feed on gypsy moth caterpillars. Black-capped



chickadees, and some other birds, will also feed on egg masses and can cause substantial egg mortality. Many mammals like shrews, mice and voles also eat the moths and their juicy egg masses. Mice seem to prefer the large female pupae. This selective feeding may have a greater impact than random feeding on the total population of gypsy moths. Thank you, Stuart Little family. The adult *Calosoma sycophanta* - caterpillar hunters) is a beetle that was imported as a specialist: it feeds almost entirely on gypsy moth caterpillars. Will we soon see the *Calosoma* beetle finding something else on the menu when the supply of gypsy moths is diminished?

Other examples of invited guests (species introduced for a specific purpose) that have become invasive in the US:

Kudzu vine was imported as a forage and ornamental crop by the Soil Conservation Service and as a tool to prevent soil erosion. When established, Kudzu — also known as the 'mile-a-minute plant,' grows up to 30 cm a day and can cover a hillside killing native flora in a weekend.

The 'lady beetle' you'll see this summer may not be who you think she is. The harlequin ladybird (*Harmonia axyridis*), which looks like, eats and out competes our seven spot ladybug, was introduced to North America to control aphids.

And one of my favorites: the European starling —introduced into the states by drug dealer Eugene Schieffelin, president of the American Acclimatization Society, who, in 1891, thought that every bird mentioned in a Shakespeare play should be imported into New York's Central Park.

"Nay, I'll have a starling shall be taught to speak nothing but 'Mortimer,' and give it him, to keep his anger still in motion," muses Hotspur - from Henry IV Part 1.

Continued on page 17



Farm Markets Offer Up Local Food & Artisan Goods

From fresh sweet peas to strawberries this is the time of year when there is no shortage of flavor or variety when it comes to local fruits and vegetables. A farmers' market is a great place to access the local bounty. From building local economies, to improving the environment, to creating a sense of community the benefits of farmers' markets are far reaching.

Farmers' markets are an excellent way to help build more robust local economies. By buying products directly from the farmer, more money is able to go directly to the farmer, rather than having to share costs with a food distributor or a grocery store. When folks shop at farmers' markets they are helping to financially support the farmers in their communities. These farmers in turn are employing local residents as well as using local stores and services to run their farms. Liz Toner, Geneva farmer's market manager shared a great example of how farmers' markets support the local economy; with Finger Lakes Kombucha, a company that started solely at the Geneva's market. They were so successful they were able to open their own store in Seneca Falls called Fall Street Brewing Company where they serve craft beer, cider, kombucha, espresso and light fare. The farmers' market was their first step in their successful entrepreneurial journey.

Eating local is more environmentally friendly, food travels a shorter distance when sold at the farmers markets compared to buying at the grocery store, using fewer fossil fuels. The Leopold Center for Sustainable Agriculture at Iowa State University conducted a study to measure this comparison and found that a local carrot will only travel 27 miles, while a conventionally sourced carrot from a grocery store will have traveled 1,838 miles to get to your plate.

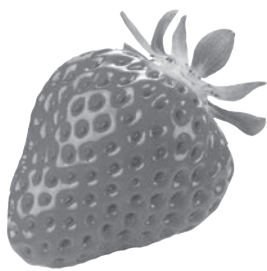
Farmer's markets help to create a sense of community. When people connect

to a farmer that grows their food it is an easy transition to care about not only the farmer that grows their food by also the land that produced the food and the community in which the food was grown. This builds stronger and more resilient communities. Farmers' markets are not only an excellent way for people to make connections with their farmer but also with their fellow community members. This was found in a study done by Projects for Public Spaces which illustrated that people who attend farmers market's have 10 times more conversations than when shopping at a supermarket.

If you want fresh produce shop at a farmers' market. When farmers do not need to ship their products long distances they are able to let the produce ripen properly in the field giving the customer the freshest possible products. Farmers' markets also provide so much more variety than one can find at a grocery store, from purple broccoli, to tie-dye peppers, to quail eggs the diversity of products is a nice way to add some flare to ones cooking or to encourage kids to try different fruits and vegetables. Liz mentions this when she talked about a vendor that sold Brussel sprouts directly on the stalk, and how they sold like hot cakes, just one example of how variety appeals to consumers, and how farmers' markets are able to fill that need.

So why wait? Check out your local farmers' market and get a taste of the season. Listed below are the farmers' markets in Ontario County and dates and times they operate. 🌱

*Submitted by Deanna Gentner, Agriculture Economic Development Educator
Cornell Cooperative Extension of Ontario County*



Canandaigua Farmers' Market (Saturdays)
Corner of Mill and Beeman Street (covered pavilion),
June 5 - October 30, 9AM - 12PM
Contact: 585-406-4771 or brhowell79@gmail.com
Website: www.canandaiguafarmersmarket.com

Geneva Farmers' Market (Saturdays Only)
Finger Lakes Welcome Center
35 Lakefront Dr, Geneva, NY 14456
Season: June 12 - October 9, 8AM - 1:30PM
Contact: Liz Toner at ejt@geneva.ny.us cityofgeneva.ny.us
facebook.com/people/Geneva-Farmers-Market/

Farmington Farmers' Market (Fridays)
Post Office Plaza, 1560 State Route 332, Farmington
June 4 - August 27, 3PM - 6PM
Contact: farmingtonfarmmarket@gmail.com
facebook.com/farmingtonfarmmarket/

Naples Valley Farmers' Market
Hanggi's Tree Farm 7976 State Route 21, Naples
Fridays, June 18 - September 24, 2021, 4- 7 PM
Contact: NaplesValleyFarmersMarket@gmail.com or
607-423-7239 [Facebook.com/NaplesValleyFarmersMarket](https://facebook.com/NaplesValleyFarmersMarket)

Victor Farmers' Market (Wednesdays)
60 East Main Street (village Hall Parking Lot), Victor
June 2 - October 27, 3 - 6PM
Contact: amber@thewoodlandelf.com

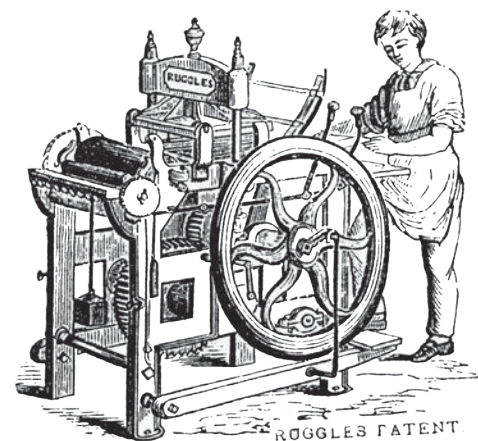
Little Lakes Farm Market,
4705 S. Main St., Hemlock NY 14466
Saturday's from 10AM – 1PM, June 5 - Oct. 16

Penn Yann Farmers' Market Opening June 12
Saturday mornings from 8 AM until 12:30 PM.

To apply as a vendor, or with further questions, contact the market president, Rivka Davis, 607-243-5234 or organic87@frontiernet.net.

If you would like your market listed, please *email relevant information to: editor@canadicepress.com.

PRINT



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

Advertise in the OWL LIGHT NEWS!

owllightnews.com/owl-advertising

• Editor@CanadicePress.com • 585-358-1065

Online options also available!

Richmond History

Remembrances and Reunions at Sandy Bottom Park



JOY LEWIS

Did you learn to make paste from flour and water? Did you brush your teeth with baking soda? Did your mother ever threaten to “put the dingbats” to you or to “send you into the middle of next week”? If any of these are familiar to you, chances are you, like me, grew up in the 'fifties and 'sixties. In whatever era you grew up, some of your treasured memories probably include the delights of summertime.

Summer vacation, to my siblings and me, was met with jubilation and expectation. Though we were not allowed to sleep until noon, we were not awakened at the crack of dawn in order to catch the bus. Freedom. We were encouraged to read, but not compelled to write a book report. Liberty. After making our beds and cleaning up from breakfast, we were shooed outside for the day and left to make our own fun. Autonomy. Hours were devoted to riding our bikes, playing at the creek, camping in the back yard. Independence.

Two activities loom large in my memory of summer vacation — long hours lolling on the front porch reading and afternoons spent at Sandy Bottom Park. We lived in Hemlock, only a ten minute drive to the lake. Once or twice a week we made the trek over the hill, the car full of children. There were six of us – I do have a baby brother, who made seven, but he didn't



Life guards on duty at Sandy Bottom Park. Photo courtesy of Joy Lewis

arrive until my senior year of high school — and we older ones usually had a cousin or a friend along.

Dressed only in bathing suits and sneakers, eight or nine of us kids rode in the back of the station wagon, vying for a seat at the window and arguing over towels. My mother was strict about rules of behavior

at the lake, and every rule she had was for our safety. Stay with your swim buddy. Come out of the water when you get cold. No floats or water toys, ever. Though she usually sat on the blanket on shore with my younger sisters, she had her eyes on each of us in the water. Pity the kid who defied her ban on horseplay! Called out of the water in stentorian tones, the offender was pinned to the blanket for the duration. Never mind that he was not one of hers; if he was ever invited again, he'd know how to behave.

I remember the day when my brother Rob, climbing into the hot car for the ride home, remarked that the park was aptly named as he now had a very “sandy bottom.” We all did. Once arrived home, part of the routine of changing into play clothes included sweeping up the sand that spilled out of our wet suits.

For about ten years after I married, I still lived in Hemlock and in the summers I brought my little boys to Sandy Bottom Park. We left New York for North Carolina and stayed away for more than two decades. Then in 2010 my husband and I came back; we bought my father-in-law's house in Honeoye. Three years ago, when the cousins on my dad's side of the family wanted to have a reunion, I suggested Sandy Bottom Park.

Continued on page 19

Dragonfly Tales from page 15

Add to that list:

Russian Olive: (*Elaeagnus angustifolia*), originally imported as a fence row and source of food for birds.

Multiflora rose: (*Rosa multiflora*), was used in the horticultural industry as readily available rose root stock for rose breeding programs and as an ornamental garden plant.

Autumn Olive: (*Elaeagnus umbellata*), was introduced as an ornamental and cultivated for wildlife habitat and erosion control.

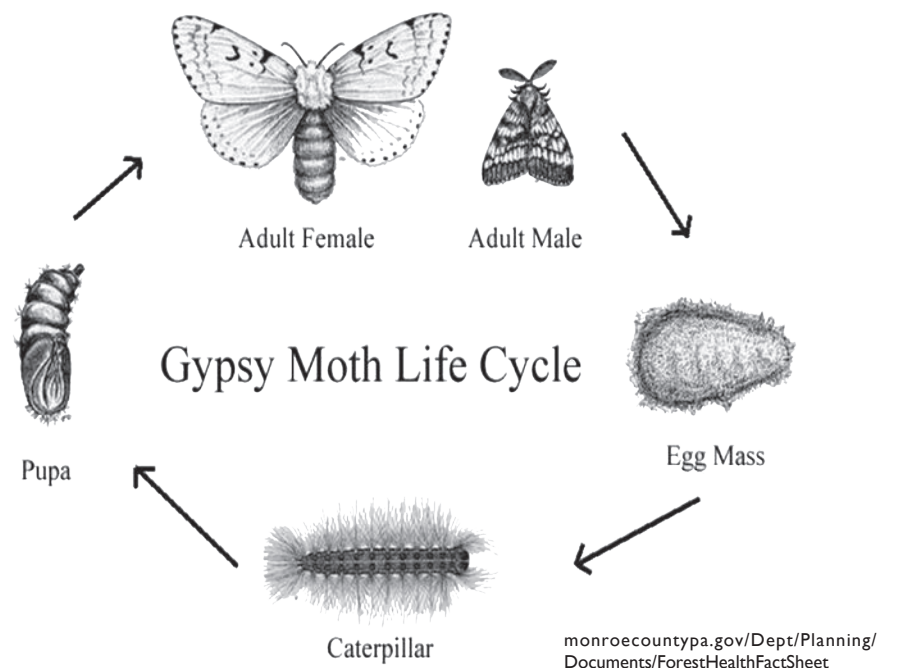
Purple Loosestrife: (*Lythrum salicaria*) The first discovery in the United States was in Lake Ontario in 1869. Purple loosestrife was sold and planted for decades as a decorative ornamental plant. However, due to its negative impacts on native plants and its ability to escape from cultivation, purple loosestrife is illegal to sell in most states.

Another favorite was a bacteria being developed to ‘eat’ oil spills which would be a wonderful premise for a Clive Cussler novel.

I know some of you will say, “Well, what's wrong with a new species coming into an area? After all, I'm not native to America!” It's true and interesting that even the horses that we associate with Native Americans of the West were introduced by the Spaniards in the 15th century. Surprisingly the horse, as a species, started in what is now North America but went extinct and was not here when the early European settlers arrived. Wild horses have been here long enough, over 500 years, that they are now considered native in a biological sense. The same may be true of the Gypsy Moth someday in the far future.

Benjamin Franklin famously said that guests, like fish, begin to smell after three days.

My wife and I went from empty nesters to a full house during the COVID-19 pandemic. We went from senior citizens to 5 dogs and a combination of 7 bohemians and yuppies at and under the dinner table. It appears, like the Gypsy moth who has become naturalized, some of the guests might be here for a while longer even after we've reached herd immunity.



FYI what's in a name

The gypsy moth, *Lymantria dispar*. The name *Lymantria dispar* is composed of two Latin-derived words. The generic name *Lymantria* means 'destroyer'. The species epithet *dispar* means 'to separate' in Latin; it refers to the sexual dimorphism (differences) observed in the male and female.

The 'gypsy' in gypsy moth refers to the behavior of larger caterpillars, which generally migrate each day from the leaves and down the branches and trunk to rest in shaded spots on the tree or objects on the ground. 🦋

Steve Melcher is the primary caretaker, hoof trimmer & poop scooper at Odonata Sanctuary, Mendon. His studies included using members of the Order "Odonata," as bio-indicators 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.

Fantastic Flora

Walking with Cobblestone Springs

SALLY L. WHITE

The Cobblestone Springs Retreat Center sits on 16 mostly wooded acres. The house and grounds are lovely and well maintained and an inviting trail system wanders through the back acreage. A long-ago vineyard, now abandoned, left much of the property a wild, overgrown tangle, and owner Jan Carr often laments the dominance of black walnut (*Juglans nigra*), or the abundance of invasive honeysuckles. Nonetheless, the property offers a diversity of flora.

As with most properties in our region, long settlement by Europeans and centuries of intensive use of the landscape have made it difficult to recognize remnants of the original plant communities that once thrived here. The observer may struggle to find the ecological values or the naturally occurring plants of the place. In certain seasons, like high summer, we searched in vain to make sense of the wall of green facing us. During my first few visits at Cobblestone, I was daunted by “weed” after weedy shrub. When it comes to the natural environment at Cobblestone Springs, however, the more we looked, the more we found.

Because of its natural springs, the “woods” are kept moist, if not waterlogged! Ponds and wetlands create much of the site’s character and support a wide variety of plant species, from Joe Pye weed (*Eutrochium* sp.) to marsh marigold (*Caltha palustris*). In the openings and along the trails, a little space and extra light allowed us to begin to distinguish other species. I have gradually discovered old green friends and some I’d never met. Growing familiarity bred joy and excitement rather than contempt as we discovered natives quietly hiding amid the obvious European introductions.

Among the first to pop for me was a shrub with few field marks other than its long, simple dark green leaves. That one turned out to be spicebush (*Lindera benzoin*), from the Laurel family. Laurels are sparsely



Above: Sassafras seedlings are common on one section of the trail, thanks to a large tree shedding seeds. Look for the distinct mitten-shaped leaves, although some may show one or three lobes as well as two. Roots of these plants were a source of original “root beer,” and bark and roots are still used in herbal teas.

Right: Deb Keammerer and Jan Carr admire a large sassafras tree at the edge of the trail. Fall color is a warm yellow on these distinctive trees.

represented in our flora, with only one other native species here, sassafras (*Sassafras albidum*). Lo, around a corner was a grove of young sassafras saplings and, we soon learned, a large “mother tree” doing her best to repopulate the Cobblestone woods. A sizable tulip tree (*Liriodendron tulipifera*) was also engaged in ensuring new generations of her species, adding another family, the Magnolias, to our growing list. A second magnolia, the cucumber tree (*Magnolia acuminata*) is sparsely distributed in western New York; perhaps it will also turn up if we pay close attention. Careful observation is the first step!



In September 2020, a walk with herbalist and forager Heather Houskeeper introduced us to useful plants, both native and invasive. Many of the ones we call “weeds” were brought to North America specifically because they were useful—usually edible or medicinal, sometimes both! She confirmed our spicebush and taught us about making tea and using its berries.

Among the non-woody herbaceous herbals, we may have discovered two mints: wild basil (*Clinopodium vulgare*) and downy wood mint (*Blephilia ciliata*). Last fall, a “Susan” jumped out at me. That one turned out to be brown-eyed Susan (*Rudbeckia triloba*), with its distinctive three-lobed leaves giving me confidence on the identification.



Left: Herbalist and forager Heather Houskeeper shared plant lore and useful tips with an appreciative group in September 2020.

Above: Dogwoods are abundant on the trails. Their fruits are relished by birds and mammals.

Our sleuthing continued this past spring, as each season revealed new features of the plant community. With the trees leafless in early April, we could see spicebush all through the woods; its bright yellow flowers lit up the landscape. This early bloom feeds hungry pollinators well before orchard trees and wildflowers are available, and the berries feed birds and small mammals when they ripen.

In October, walking through the woods with ecologists Deb and Warren Keammerer encouraged us to begin restoration of native plants. The work of restoration is daunting, but we can make a start. We’ll slowly make space for the existing native plants and hope that native animals return as these plant species expand. With care, we can bring in more natives to help the process along, returning trees, shrubs, and wildflowers that were, most likely, once resident here. We can hope future owners will extend this effort beyond our lifetimes and a more natural ecosystem will continue to take shape. On this small parcel, perhaps generations to come can build an oasis of ecological history to complement the rich cultural history — if we leave a foundation.

As restoration proceeds, our hope is that Cobblestone Springs can become a local sample of natural ecological communities and an educational opportunity for retreat guests as well as trail users and other nature lovers. Encouraging the native plants and animals to flourish will only enhance the feeling of renewal that is so key to Cobblestone Springs.

A new nature guide and map will help visitors enjoy what we’ve discovered on the trails as they wander. The trails are available year-round and are mowed regularly in summer to offer ease of walking for most people. Pick up a walking stick by the courtyard door if you’d like the extra support. 🌿

Sally L White is a lifelong naturalist and writer. After 40 years in Colorado, she’s getting reacquainted with New York’s native flora, exploring one plant at a time and sharing special stories of each. Once a place of youthful memories, the Keuka Lake area is again her home.

Crafting Your Own Cuisine

EILEEN PERKINS

RECIPE

Chicken or Tofu Salad with Grapes (Serves 4)

Part 1-Choose Your Protein

• Chicken

2 cups cooked chicken breast, diced into bite-sized pieces and tossed with 1 Tbsp. + 2 tsp. soy sauce (choose a flavorful one like San-J or Kikkomen brands)

OR

• Tofu

(Optional Step) For most meaty texture, and better absorbency of seasonings, place 14-16 oz. package of tofu in freezer for a day or two and freeze solid; then thaw in refrigerator for 24 hours. This amount of tofu yields about 2 cups when diced. If short on time and you want to skip the freezing process, you certainly can, just begin with this next step and employ recommended adjustments:

Rinse and cut tofu block into six slices of approximately the same thickness. Using your hands, press as much water as you reasonably can out of each slice. Cut into uniformly shaped, bite-sized pieces.

In a bowl, whisk together the following seasonings, then toss in tofu cubes. You may have some marinade left if you are using unfrozen/thawed tofu, because less water has been removed in the pressing process. If you are working with frozen/thawed tofu, be quick because absorption happens fast:

- 1 Tbsp. lemon juice
 - ½ tsp. granulated garlic /garlic powder
 - 2 tsp. sherry
 - 2 tsp. water (omit if using unfrozen tofu)
 - 1 Tbsp. + 1 tsp. soy sauce (choose a flavorful one, like San-J or Kikkomen brands)
- Bake at 375° on well-greased parchment lined cookie sheet for 30-40 minutes, flipping once or twice. Cool.

Part 2-Make Dressing

Whisk together:

- 1 cup mayonnaise (or ½ mayonnaise and ½ plain yogurt for lower fat)
- 2-3 Tbsp. lemon juice
- 1 tsp. celery seed
- 1 Tbsp. honey, or more to taste
- ½ tsp. salt

Part 3-Prepare Vegetables

Combine:

- 2 scallions, sliced thin, white and green
- ¼ cup grated carrot
- ¼ cup diced celery
- 2 Tbsp. chopped parsley

Part 4-Finish the Dish

Toss Vegetables with Protein choice and add half to three quarters of the Dressing, stirring in completely. Serve on lettuce, with dressing on the side, or make into sandwiches. (May absorb some dressing if refrigerated for a couple of hours before eating)



The Chicken version is on the romaine and the Tofu version plated on the red oak leaf lettuce.

COOKBOOK REVIEW

La Vita Verde---Plant-Based Mexican Cooking with Authentic Flavor by Jocelyn Ramirez

In my lifetime, I think I may have had in my possession nearly a ton of books, many of which were about cooking craft and food as medicine. Yet I am beginning to wonder if I have just discovered one of the most pivotal, for me. No, it wasn't written by an historic cooking icon like Julia Child, although the book, "Julia Child & Company" did spark my romance of many years with French cuisine (especially puffed pastry!).

What I'm referring to, now, is the subject of this review. *La Vita Verde—Plant-Based Mexican Cooking with Authentic Flavor* was a discovery made while perusing the shelves of a popular used book source in our region. After becoming discouraged with the depleted offering, my eyes fell upon this book, resting on a shelf where it didn't belong. I picked it up and, after a moment, although it sported an

Continued on page 21

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.

Richmond History from page 17

We met one day in late June. The weather was lovely; the food was delicious and plentiful; the company was congenial. My siblings and our cousins are scattered all over the country: from western New York to California, Colorado, Pennsylvania, Maryland, North and South Carolina, Florida, Missouri, and Tennessee. At the time of the reunion I even had one cousin living in Australia. There were many who weren't able to come, but those of us who were there had a memorable time looking at old pictures, catching up on news of far-flung family members, and bringing to mind old jokes and teases. There was that time Aunt Letha drove us into the canal...✂

We Want Your Memories!

On file in the Richmond Historian's office are a number of reminiscences written by townfolk from the early 1900s. But there are few such manuscripts recording the middle and later years of the century. We want your memories! Something as simple as an afternoon at the lake, or a trip to the store. What was it like at school? Do you have a story about your favorite teacher? Where did you go to church? Who mentored you at Youth Group or Sunday School? How did your family celebrate Christmas? What stories do you tell your children or grandchildren? These are what we want to record for future generations.

You can send your stories to Town of Richmond Historian, PO Box 145, Honeoye, New York, 14471 or email to historian@townofrichmond.org. Please include your full name, a phone number or email, and your date of birth. I'm looking forward to hearing from you.



"The gangs all here!" Our reunion at Sandy Bottom added family memories. Photo courtesy of Joy Lewis

Joy Lewis has served as Town of Richmond Historian since 2013. She offers reflections on the history of Richmond, NY in every other issue of *Owl Light News*. The Honeoye-Richmond Historical Society Museum will be open for the summer beginning Memorial Day. 585-229-1128 - historian@townofrichmond.org Please follow current COVID-19 guidelines.

Making Lemonade

A Doozy of a Diagnosis and a Dedication to Jean B. DeLong

BARB STAHL

Here goes with the “Making Lemonade” I never wanted to write! My annual mammogram showed cancer. There is no easy way to announce that! Over the past few weeks I have tried, so now I just say it. Then I follow up with emphasizing that I have a good prognosis followed by the importance of having annual mammograms. I have been, and will now and forever, be an advocate for having mammograms done annually. In fact, I think of the quote when the nurse at the Imaging Center told me that “No one should have to die of breast cancer if they get mammograms regularly!”



Jean B. DeLong.

This brings me to my dedication for this month which will be to my mother, Jean B. DeLong. She also had breast cancer, and she did not die of it. Hers was back in the 1970s when nobody wanted to talk about it. She told me but did not want to discuss it in great detail. I can't help wondering if I should have tried harder to get her to talk about it, I'll never know if that would have helped or not. I do know hers must have been pretty drastic as she did share that she couldn't look at herself in or out of the shower and proceeded to launch a prosthesis business with a local store owner. Along with supplying those, she volunteered to counsel other women as a cancer survivor. She was proud of doing that, as well she should have been. She knew many people

in my hometown of Dansville where she had worked for over thirty years at Ferguson's Dress Shop.

My mom was very active in Dansville and there is a small park by the hospital for which she organized various businesspeople in the community to donate time, supplies, workmanship, and construction, and energy for its completion. It is still there and named “The Jean B. DeLong Volunteers Memorial Park.” She hoped people would find the park helpful while thinking about loved ones facing serious illness or death in the hospital, as well as patients who needed a peaceful place to think. I have sat in that park thinking of her and my dad.

For me talking about cancer at first wasn't easy. There simply is no neat, clever, segue into bringing this subject up. Telling my children was my first test and I made myself do that within 48-hours of the diagnosis. Rather amazingly, having accomplished that I was able to begin to tell friends. Consequently, I find I tend to announce rather abruptly that I have cancer, then just as quickly add “But

it's been caught early, so there is a good prognosis.” I must confess that talking about it, for me at least, has turned out to be immensely helpful. Book club friends have been very helpful. Some of them are medical people so that's a bonus for getting some “free advice.” Everyone knows someone who has had cancer or have personally had it.

Having an MRI is an exciting adventure!! I told myself lots of stories while that was being done.

I discovered that a good friend had the exact same cancer as I do. This type of cancer is formed of micro-calcifications, and there is no lump involved—this is the most important reason to have annual mammograms! We have been taught to self-examine for lumps. Such a self-examination would not have revealed my cancer!

Now I must share with you what wonderful medical people I have met throughout this process. The nurses, technicians, doctors, surgeon, and clerical staffs have all made this difficult diagnosis something I can deal with. They have been kind, forthright, factual, and most reassuring to me. The most difficult time during this whole process was awaiting the results of the biopsy. The patient is told that many results are negative, but one always knows that this one could be different, and sure enough... this one was. As of this writing I have had the surgery and thankfully am currently “healing.”

Tarzy wanted me to be sure to tell you that he offered to write this article for me, but I told him “Thanks! But this one I must do myself!” He wants me to assure you that I have a wonderful support system, and we join in urging you to get an annual mammogram. Being fully vaccinated I have been getting lots of hugs throughout this experience, and those hugs have been really important to me. ❀

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.



Left to right: James Stahl, Lisa Gastelle, Richard Stahl, and Barbara Stahl (James and Lisa are Richard and Barbara Stahl's children; their daughter, Lynne, was working in the United Arab Emirates at the time. Photos provided by Barb Stahl

Honeoye-Richmond Historical Society Museum Open for the Summer

Saturday mornings, 9:30 to 11:30

The museum provides a wonderful & enlightening glimpse into the past and is open free of charge. (donations appreciated)

There are several new exhibits, including a display of the Hemlock Fair and an exhibit on Richmond barns.



The museum is located at 8690 Main St., Honeoye (in the back section of the Richmond Town Hall). Please follow current CDC guidelines when entering the building.

Information: Town of Richmond Historian, Joy Lewis, 585-229-1128 - historian@townofrichmond.org

Massage by Amanda,

Amanda Miles LMT,

at Shannon's Family Barber.

Located at 7 N Main St, Wayland NY 14572.

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

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

Visit owllightnews.com for paywall/pop-up-free community notices and press releases from around the region. Subscribe – print/digital – at owllightnews.com/subscribe for access to all of our monthly content—including our monthly crossword puzzle.

Math 101©

Owl Light Puzzle 15 – By GEORGE URICH

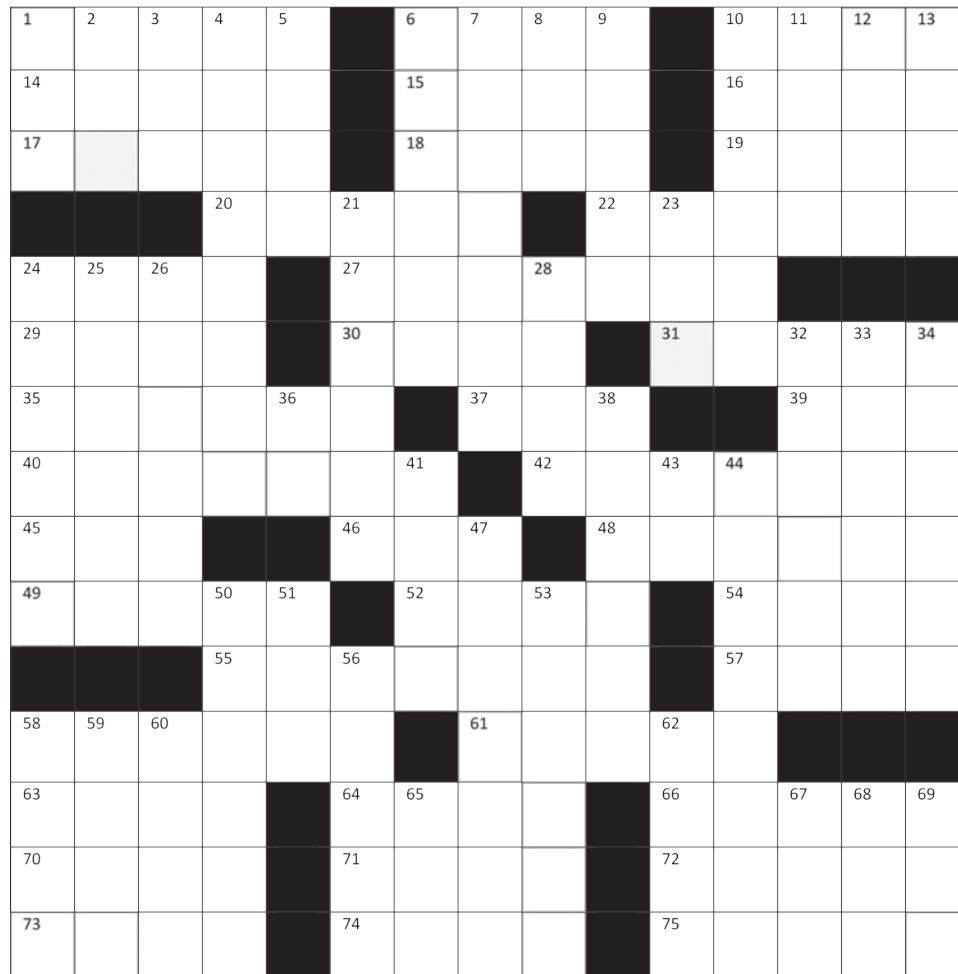
ACROSS

- 1 National retailer for dog and cat supplies
- 6 Not so good, backwards
- 10 “Laugh-In” comic actor Johnson
- 14 Places to put your car, parking _____
- 15 Letter sequence
- 16 Old fashioned telephone had one
- 17 Where kids hang out
- 18 Helper
- 19 An accumulation of information
- 20 _____ and desist, a legal doublet
- 22 An apt name for Oscar of “The Odd Couple”
- 24 They played together in the same outfield for the Giants, _____ brothers
- 27 Trigonometric function
- 29 Small flashlight, _____ ight
- 30 Part of a foot
- 31 Letter sequence
- 35 Three minus two in English and three minus two in Spanish
- 37 Snaky swimmer
- 39 Some furnaces heat with it
- 40 God mothers’ wards
- 42 An appropriate name for small island with lots of snaky Swimmers
- 45 Mountain in Arizona, _____raham
- 46 Result of an addition
- 48 Spanish speaking person buying sunglasses answering _____ blocking
- 49 Hockey tactic
- 52 What a non sailor would call a sheet
- 54 Pot starter
- 55 Branch of mathematics
- 57 Pussy cat, pussy cat, where have you _____
- 58 Things to hang on a bracelet

- 61 Author of Astronomy: Principles and Practice
- 63 Suffix for grand
- 64 Woman’s body problem caused by sedentary lifestyle
- 66 Dolly the sheep was one
- 70 _____ of the above
- 71 Abnormal rattling sound of an unhealthy lung
- 72 Put off
- 73 Paradise
- 74 Gossip subject
- 75 Author of the “Hornblower” series, _____ester

DOWN

- 1 Famous tennis player, _____ Shriver
- 2 What feminists have been trying to get for years, Abbr
- 3 Business card entry
- 4 Branch of mathematics
- 5 Sport, Lacr _____
- 6 Aunt in Japanese
- 7 Museum of _____ and Industry, Chicago
- 8 A type of number
- 9 Dreaded note from teacher
- 10 Expands list of possible lung problems
- 11 Monetary unit of Iran
- 12 Dad in Polish
- 13 Worked out carefully in great detail, _____orate
- 21 WW2 GI’s food, K-R _____
- 23 Cousin of DNA
- 24 Two words, military mailing address and truck named after its manufacturer



- 25 What could a collection of 268 vehicles be called, _____ ing
- 26 Nervous
- 28 Clarified butter
- 32 Trigonometric function
- 33 Make weaker
- 34 Sixth prime number
- 36 James Bond film, Dr. _____
- 38 Large art community
- 41 Of course
- 43 Symbol for an element used in batteries
- 44 Song by Little Joe and the Latinaires, Las _____
- 47 What happened at the Capital on January 6
- 50 To lean, sway or tip or sway to one side while in motion
- 51 Dutch Airline
- 53 Latin for “the time being”
- 56 One of four on a guitar, _____ng
- 58 Movie theater, _____ma
- 59 Engine cover
- 60 Actor Ed _____r
- 62 Electricity types
- 65 Fedora
- 67 Not on
- 68 Opposite of paleo
- 69 Mess up



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. Email George at gurich@frontier.com

Cuisine from page 19

appealing cover, beautiful paper and binding, I put it down. Mexican food I’d tried in the past was limited to dishes omitting cow’s milk products, something I’m allergic to. (In fairness, when dairy is removed from a dish, and its flavors and textures are not replaced, any food experience might be incomplete.) Drawn by something I couldn’t explain, I picked the book up again, and began leafing through it in earnest. It didn’t take long to hook me. The title words “vita verde” mean “green life”, making the book aptly named, I see. It provides not only an inspiring sojourn into authentic Mexican cuisine, without animal products, but one in which such are not simply omitted, but more than compensated for via the plant based substitutions of a culinary alchemist.

In the Introduction, Ms. Ramirez states that “My intention is simply for home cooks to make cravable,

plant-based dishes more often”. I think she manages to show how this cuisine can be an amazing exploration of flavors and textures, all the while finding resourceful ways of honoring emotionally moored preferences. I feel eager to try Mexican cooking now, in this plant-based form, as well as finding out more about the culture from which Mexican cuisine grew. I am looking forward to discovering fresh uses for a bounty of foods from our summer garden as well as testing out all her dairy product analogs. (It took me a bit of time to track down the recommended acidophilus pills for culturing but they did turn up available locally) At the top of my list of must tries are “Queso Fresco” (Fresh Cheese); “Queso Quesadilla”, (Soft Cheese); “Queso Anejo” (Dried Cheese, which she says “is dry and crumbly and adds a salty finish to any dish it’s crumbled over as a garnish”);

“Crema de Anacardo” (Cashew Cream, made using those acidophilus capsules I mentioned and culturing nuts and other good stuff for 15 hours until tangy and cheesy). I also want to make my own “Tortillas Hechas a Mano” (Handmade Tortillas), sample the sweet “Flan de Coco” (Coconut Flan) and try the savory, “Ensalada de ‘Atun’ En Chipolte” (Chipotle ‘Tuna’ Salad) which utilizes canned jackfruit, an ingredient I have been interested in trying. That is my list so far. Lots of “Chefs Notes” pepper the recipe pages, introducing intricacies of working with what might be unfamiliar ingredients.

Published just last year, by a small press, I have only found it in two public libraries so far, but I’m confident it will be popping up in others shortly. It is also easily obtainable for purchase. 🌱



Like and follow us on Facebook and Instagram @Canadice Press. Subscribe and read us online at owllightnews.com/owl-digital.

DEC Encourages New Yorkers To Help Avoid Conflicts with Black Bears

Feed Pets Indoors, Secure Garbage, and Take Down Birdfeeders to Reduce Potential for Human-Bear Interactions

State Department of Environmental Conservation (DEC) Commissioner Basil Seggos today encouraged New Yorkers to take a few simple precautions to avoid conflicts with bears.



“DEC is receiving reports of bears roaming neighborhoods in several parts of upstate New York,” Commissioner Seggos said. “We are encouraging New Yorkers to help reduce the potential for negative interactions with bears by removing the things bears find attractive like pet food and trash.”

Summer is a busy time for bears. Young bears disperse from family groups, breeding bears search for mates, and all bears forage for food to gain the fat needed for winter. With this increased activity comes a greater potential for human-bear conflicts, when bears find food near people.

New Yorkers living in bear country, which includes much of upstate New York, are asked to take a few simple steps this summer to protect their communities and bears from harm:



For more on this particular bear encounter visit beeculture.com/bear-story/
Photos D.E. Bentley

Bears present challenges to beekeepers. This bear knocked over some hives in Canadice, was treed by our dogs, and came back. We put up electric fencing, but later heard that another beekeeper had shot a bear nearby, which could have been avoided with preventative measures to protect his bees.

- Secure garbage indoors or a locked outbuilding until the morning of pickup;
- Remove birdfeeders;
- Clean grease from grills; and
- Secure livestock food and don't feed pets outdoors.

For more information, please visit DEC's webpage on reducing human-bear conflicts. dec.ny.gov/animals/6995.html



Please Take it Slow on our Rural Roads

Nails on Commercial

11B Commercial Street, Livonia, NY

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



MaryAnn Aurisano,
Proprietor & lead nail technician

nailsoncommercial@gmail.com

or by phone: 585-346-6161

www.nailsoncommercial.com

Livonia

Kevin W.

Honeoye

DOUGHERTY

Funeral Home Inc.

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

346-5401 & 229-2444

www.doughertyfuneralhomes.com

Serving families with integrity, professionalism and compassion.

THANK YOU to all of our past, present, and future Owl Light advertisers; we appreciate your support!

owllightnews.com/owl-advertising/

Like and follow us on Facebook and Instagram @Canadice Press.



Get Into the Owl Light



Subscribe to Owl Light News

A subscription-only monthly publication
Subscribe at owllightnews.com/subscribe.

Or fill out and send this form to: Canadice Press
5584 Canadice Lake Rd. Springwater, NY 14560

Please send an *Owl Light News* subscription to the address below:
Print and Digital _____ (\$25 a year) Digital only _____ (\$15 a year)
Amount enclosed _____ Check # _____
Please make check (for total amount) payable to Canadice Press.

To: _____
Delivery Address: _____

Recipient Email: _____ Please Include.*

Phone () _____ - _____

Is this a cell phone? _____

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

Name: _____

Address: _____

Email: _____ Please Include.*

Phone () _____ - _____

*Information used for delivery and invoicing ONLY - never, ever shared.
Contact us for out of US rates.

Turning Points Literary Journal

Advance orders for Owl Light Literary
Order at owllightnews.com/turningpoints/

Or fill out and send this form to: Canadice Press
5584 Canadice Lake Rd. Springwater, NY 14560

Please reserve ___ copies of *Turning Points* at \$15 per copy
(\$10 for your first book if you are a Current *Owl Light News* subscriber)
Amount enclosed _____ Check # _____
Please make check (for total amount) payable to Canadice Press.

To: _____
Delivery Address: _____

Recipient Email: _____ Please Include.*

Phone () _____ - _____

Is this a cell phone? _____

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

Name: _____

Address: _____

Email: _____ Please Include.*

Phone () _____ - _____

*Information used for delivery and invoicing ONLY - never, ever shared.
Contact us for out of US rates.

Solution to Owl Light Puzzle 15 (found on page 21)

1	P	2E	E	3	T	4	C	5	O	6	O	7	S	8	O	9	S	10	A	11	R	12	T	13	E
14	A	R	E	A	S					15	B	C	D	E				16	D	I	A	L			
17	M	A	L	L	S					18	A	I	D	E				19	D	A	T	A			
				20	C	21	E	A	S	E				22	M	23	R	S	L	O	B				
24	A	L	O	U				27	T	A	N	G	E	N	T										
29	P	E	N	L				30	I	N	C	H				31	A	B	C	D	E				
35	O	N	E	U	N	O				37	E	E	L					39	O	I	L				
40	G	O	D	S	O	N				41	S				42	E	E	L	43	I	44	S	L	E	
45	M	T	G					46	S	47	U	M			48	S	I	S	I	U	V				
49	C	H	E	C	K					52	R	O	P	E				54	A	N	T	E			
				55	A	L	G	E	B	R	A							57	B	E	E	N			
58	C	H	A	R	M	S				61	R	O	Y	A	E										
63	I	O	S	E				64	T	65	H	U	T			66	C	L	O	N	E				
70	N	O	N	E				71	R	72	A	L	E			73	D	E	F	E	R				
73	E	D	E	N				74	I	75	T	E	M			76	C	S	F	O	R				

Turning Points

—Canadice Press' first *Owl Light Literary* collection—
will be published Summer 2021.

ADVANCE ORDERS can now be placed online: *
owllightnews.com/turningpoints
(or by mail—see order form above).

Turning Points will feature
poetry, short stories, and
creative non-fiction from ten
authors, with illustrations by
artist Sally Gardner.



Chosen pieces—selected by judges
George Guida, David Michael Nixon,
and Steve Melcher—include work from published and emerging authors.

One of our goals since launching Canadice Press in 2017 has been to
support authors across genres. *Owl Light News* currently hosts twenty +
regular contributors, with additional guest contributors in each issue.
With *Owl Light Literary*, more voices will be shared. We are excited!

Owl Light Literary: Turning Points is \$15 per copy.
(\$10 for your first book if you are a Current *Owl Light News* subscriber).
Advance sale copies may also be ordered using the form on this page!
Follow [facebook.com/canadicepress](https://www.facebook.com/canadicepress) for updates and information about
publication/delivery schedule and readings (see p. 12) by the authors.





Real Estate Services

ANDREA HERTZEL
Licensed Real Estate Salesperson

8731 Main St. - Honeoye, NY 14471

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

Reynolds from page 10



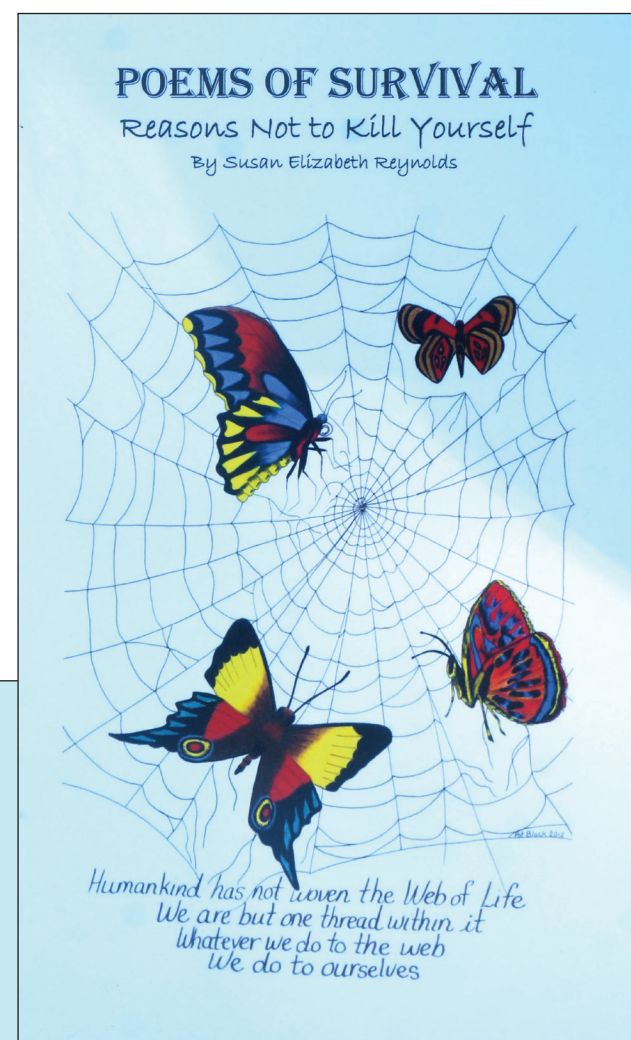
POEM 1984

Cultivate life
A harvest of blossoms
Will be your bounty
Enfolding yourself
Petal by petal

Susan Elizabeth Reynolds (1954 – 2018), a Rochester native, was the third child with two brothers, Bill and Jim, and an older sister, Pat. She was "constantly in the process of becoming" and over the years she accomplished a B.S. in Education, an M.S. in School Counseling, and an M.S.W. in Mental Health. She worked as a School Social Worker, a Child and Family Counselor, and a Speech-Language Clinician. While on her life's journey, she lived for a while on a farm commune in the Missouri Ozarks, with no electricity or running water. Her life was peppered with physical struggles. She survived ovarian cancer, brain surgery, and bouts of depression. Through it all, those of us who knew her were always inspired by her dedication to improving the lives of others, through her deep understanding of their own struggles and need for validation. Her friends and family never knew that through it all, she was writing poetry, not only as a means of coping with life's unexpected turns, but also to express the joy she found in every day.

*Poems of Survival
Reasons Not to Kill Yourself*
by Susan Elizabeth Reynolds
is available for purchase for \$20
(includes postage)

Send a check or money order to:
Pat Gawlick
3117 Krueger Road
North Tonawanda, NY 14120
Inquiries may be sent to
nanasbeach@yahoo.com or
716-998-2677



All images and poetry ©2021
THE REYNOLDS FAMILY

Lewandowski from page 11 BREAKFAST ALONE

While I was out clipping
three purple irises
from half-wild stalks,
the coffee pot boiled over
splattering across the stove.
Walking back in, I found
the kitchen already full
of breakfast smell but
made room on the cluttered
table for a canning jar
holding filmy flowers.

During a recent encounter, I asked Stephen to comment on J. P. "Sandy" Seaton's description of him as an "American Poet."

"You would have to ask him," he responded, adding that Seaton's perspective is influenced by his experience as a translator from the Chinese. "What I say is not obscure. It is straight forward, clear, does not need interpretation. American English is a language unto itself."

CARETAKER OF THE DARK SIDE

My hands are rough with spring work.

All winter they were soft
from oils, creams and lotions
spread on the skin you couldn't reach
after baths, before bed.

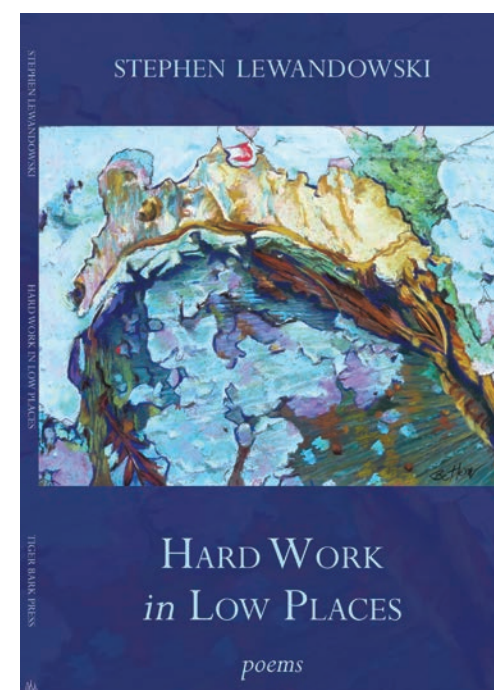
I called it your "dark side"
you know, like the moon.

These hands held you and
even now long to return
to smooth your hip,
breast, neck, and cheek.

These hands offer me solace,
rub together, pull an ear
and hide my face.

Close to you for months, finally

I learned these hard hands
held and smoothed surfaces
which will have to be enough.



Stephen Lewandowski has published fifteen large and small books of poetry, and his poems and essays have appeared in regional and national environmental and literary journals and anthologies. He was student of philosopher Maurice Friedman, poet Howard Nemerov, a graduate assistant to philosophical essayist William Gass, and later studied with folklorist Louis Jones (*Things That Go Bump in the Night*). He is co-coordinator with Scott Williams of the Sea of Coffee Open Mic. at the Dalai Java coffeeshop in Canandaigua on third Sunday afternoons. His most recent book of poems is *Hard Work in Low Places* (see page 11 of July Owl Light) from Tiger Bark Press of Rochester, NY (June, 2021). He is currently working on a Journal of the Pandemic Year.



All images and poetry ©2021
STEPHEN LEWANDOWSKI and TIGER BARK PRESS