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A TIME AND A PLACE

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A Time and A Place
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Gretchen Balcom
PUBLISHER



Health benefits of maple syrup

Are you a fan of sweet, golden maple syrup? If so, you'll be happy to know that this one-of-a-kind treat packs quite the punch, health-wise!

Pure New York maple syrup is 100 percent natural and contains no artificial colors, flavors or preservatives. An excellent sweetener with versatile applications in the kitchen, it has slightly more calories than white or brown sugar (but fewer than honey). However, it stands out from other sweetening ingredients thanks to its nutritional value: a one-tablespoon serving of maple syrup contains 100% of the recommended daily intake of manganese and 60% of riboflavin. It's also a source of zinc (18%), magnesium (7%), calcium (5%) and potassium (5%). Compare that to a serving of brown sugar, which only contains 4% of the recommended daily intake of calcium and 2% of manganese, magnesium and potassium.



And that's not all! Maple syrup is packed with polyphenols, which are powerful antioxidants, as well as the plant hormones abscisic acid (ABA) and phaseic acid. The latter two chemicals speed up the body's ability to process glucose, thus giving maple syrup its low glycemic index. In a nutshell, when it comes to choosing a sweetener to use in your favorite recipes, you can turn to maple syrup without too much guilt! Just remember that it's still a high-sugar food and should be consumed in moderation.

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BUILDING COMMUNITY



Clockwise: Michael Moriarty fills up a dumpster with ceiling tiles. Alana Siegel and Alexandra Martin bring up debris from the church basement. Kev Bewersdorf gets down to the lathe in the basement.

In the New Kingston Valley of Delaware County many a construction project starts with a deconstruction. On Saturday, March 16, twenty volunteers headed to the New Kingston Presbyterian Church on Main Street in to gut the entire basement of the building.

The New Kingston Valley Association, a non-profit organization dedicated to getting New Kingston neighbors together, is sponsoring the rehab of the old church basement together with the Margaretville and New Kingston congregation. The plan is to turn it into a community center open to all in the New Kingston area, as well as continuing the 100+ years use of the basement for baptism, wedding and life celebrations.

Victor and Francine Lipko led the demolition crew and provided them with lunch. Victor, the President

of the NKVA and an elder of the Presbyterian Church, is spearheading the project. He said, "The New Kingston Church has been a focal point of this valley for 125 years. Most of the original families celebrated their life events there. It is wonderful to see a new breath of life being brought back to reunite all valley residents, both oldtimers and newcomers"

The volunteers got a good work out, tearing down moldy walls and ceiling tiles from 9:00 a.m. to 4:00 p.m. Wearing hazmat suits and masks, they filled an entire dumpster. The work went fast with so many helping hands and everyone was excited to dream about and discuss the events that would fill the community center in years to come.

A previous step to creating the community center was taken last summer when workers excavated around the church to keep water away from its walls. The next step will be to have plans drawn up allowing NKVA to raise funds for the project and solicit bids from contractors.

For more information about the Community Center Project, please contact Victor Lipko, President of the NKVA at NKVA@catskill.net or 845-586-3797.

Margaretville Telephone Company introduces



A Cutting-Edge Streaming IPTV Solution

MTC Cable Plus heralds a new era in home cable TV entertainment, offering subscribers an innovative streaming app compatible with mobile devices and a range of popular streaming platforms. This groundbreaking service is complemented by the introduction of the Force One Box, a compact set-top box that serves as the gateway to a world of entertainment possibilities.

With MTC Cable Plus, customers continue to enjoy the same cable TV entertainment plus they gain access to an extensive library of top-tier streaming apps, including household favorites such as Disney Plus, Netflix, Paramount Plus, HBO Max, and many more. This comprehensive lineup ensures that users can enjoy their favorite movies, TV shows, and exclusive content all in one place, with the convenience of a single device.

"Margaretville Telephone Company is excited to unveil MTC Cable Plus, our latest video offering designed to enhance the entertainment experience for our valued customers," said Matt Steen, Business Development Manager at MTC. "With the growing demand for flexible viewing options, MTC Cable Plus provides a seamless solution that combines traditional cable TV with an unparalleled selection of streaming content."

MTC Cable Plus delivers a user-friendly interface, intuitive navigation, and the flexibility to watch content on multiple platforms. Subscribers can enjoy high-quality TV and content streaming on their preferred devices, be it smartphones, tablets, laptops, or compatible streaming devices.

As part of its commitment to customer satisfaction, MTC ensures hassle-free installation of the service and Force One Box, enabling users to start streaming their favorite shows and movies without delay. The box seamlessly integrates with MTC Cable Plus TV packages, offering a cohesive and streamlined viewing experience. This is where cost saving is maximized as

the Force One Box monthly rate is less than 1/3 of the next leading set top box in the lineup. DVR recordings are stored in the cloud rather than on the individual box, so you can access your missed shows from any device you're viewing from.

To learn more about MTC Cable Plus and its exciting features, including subscription details and availability, visit www.mtctel.com or contact MTC at 1-877-727-2288, info@mtctel.com.

About Margaretville Telephone Company

Founded in 1916. Margaretville Telephone Company is proud to offer a "family of services" to over 9000 customers throughout the Central Catskill region of New York. Transitioning from offering legacy telephony services, MTC has expanded services to fiber-based high-speed internet, cable television, telephone services and a suite of business class services. MTC is 100% employee-owned and locally operated, fostering a local, community-minded approach to business, keeping customers connected to their communities and beyond.

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Upcoming 44th Annual Tour of Homes

DO



The Meadow Ridge Heritage Barn located at the Bronck Museum is one of 12 sites open to the public for the Greene County Historical Society's 44th Annual Tour of Homes in Coxsackie on Saturday, June 1 from 10 to 4.

Explore Coxsackie from the river to the hills on Saturday, June 1, 2024 with the Greene County Historical Society's 44th Annual Tour of Homes from 10 a.m. to 4 p.m.

This year's tour focuses on the Town and Village of Coxsackie where the first tour of homes took place in 1976. Tour sites span a full range of settlement from village to farmstead and river to valley. Take a trip through time as you visit these beautiful homes.

On this day only, through the graciousness of owners who have painstakingly restored and maintained their homes and the hard work of the Society's volunteers, tour goers are invited inside to enjoy the many sites.

Tour headquarters will be at the Vedder Research Library on the Society's Bronck Museum grounds located on County Route 42 off Rt. 9W. Off street parking is available. Picnic lunches prepared by the Coxsackie United Methodist Church will be for sale as

long as they last. The tour will be held rain or shine.

Tickets are \$30 the day of the tour; \$25 in advance. This is a driving tour. Car pooling is encouraged as some sites have limited parking. Participants will receive a packet of material about the sites along with a marked route map.

To reserve advance sale tickets, send a check payable to: Greene County Historical Society, P.O. Box 44, Coxsackie, NY 12051. Advance sale ticket reservations must be received by May 25th. Advance tickets will be available with your tour packet at the tour headquarters on June 1.

This is the Greene County Historical Society's major fundraiser. Proceeds from the sale of tour tickets support the Society, the Bronck Museum and the Vedder Research Library.

For more information, call David Dorpfeld at (518) 817-8771 or Carol Serazio at (518) 731-9050; or visit www.gchistory.org.

Catskills Springtime and Woodchuck Lodge

by Suzanne M Walsh



"The most precious things in life are near at hand, without money and without price. All that I have ever had or will have can be yours by reaching forth your hand and taking it."

—John Burroughs (1837-1921)

Spring is here, even though in some places in the Catskills it may not be quite recognizable yet. That being said, one of the loveliest places you could ever gift yourself with during this coming season is found headed way up Hardscrabble Road in Roxbury, heading toward the site of Woodchuck Lodge. This is the childhood home of John Burroughs, the man who would become the most famous nature writer of his day.

His story is a local one turned national, and no matter how great his fame grew or how much he was sought after by the rich and famous of his day, the simple rustic structure of Woodchuck Lodge became the summer home Burroughs returned to again and again as an adult, sometimes equipped with no more than his writing pads, pencils and a

supply of baking potatoes.

Some of those potatoes would get roasted over an outdoor fire on many a starry summer night. This was Burroughs at his best, introducing the healing effects of nature provided for his visitors as a first-hand experience for the very great as well as the many ordinary family and friends. All were open to being blessed with some aspect of healing, simply by being outdoors in the most uncomplicated of settings.

This rustic entertainment was just one of the many Burroughs engaged in for the benefit of those making the pilgrimage to stop by, all equally eager for a chat in the very same environs Burroughs sought out himself to soak in the breathtaking views of the surrounding Catskill Mountains and the pristine

healing beauty of nature, recalibrating and resetting the inner compass of his soul.

Nature, as Burroughs tirelessly wrote about it, was his antidote to a world that had inherited the heavy psychological tolls of the Civil War and its staggering after effects. Adding to these subtle complexities were the post-Industrial Age mindset mixed with the rigidities of a post-Victorian era trailing on the heels of the Gilded Age, whose class constrictions still ruled the society of his day. "Each of you," Burroughs wrote encouragingly in 1903, addressing both rich and poor alike, "has the whole wealth of the universe at your very door. All that I ever had — may it be yours by stretching forth your hand and taking it."

Burroughs was not the first to call America's attention to the healing effects of nature being always available at our fingertips by just stepping outdoors, but he was the first to dedicate a whole new style of writing to it that influenced millions of readers. He wrote simply and engagingly for their attention, captivating their imagination. Today the style of writing he perfected is classified as "the nature essay" with Burroughs acknowledged as its innovator.

Over the course of his lifetime Burroughs wrote 27 books on the natural world, along with countless letters, essays and articles probing the delicate mysteries and nuances of nature. At age 26 he met Ralph Waldo Emerson, the famous writer who became a mentor. During the Civil War, Burroughs

met writer and poet Walt Whitman who also became his mentor and a very good friend as well.

Burroughs was also befriended by the President, Teddy Roosevelt, the naturalist John Muir and countless other celebrities of his day including the major industrialists, Ford, Firestone and Edison. By age 48 Burroughs' writings were published in major magazines and were sought after nationwide by libraries and schools, enthraling students everywhere. In developing the nature essay, he is credited as having invented "a truly unique American form of writing".

When visiting the site of Woodchuck Lodge today, you'll experience the very same environment that continued to inspire Burroughs throughout his life, connecting nature with harmony and healing. The current Board President of John Burroughs Woodchuck Lodge, Vivian Yess Wadlin, welcomes everybody to visit and partake not only the unique



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ambiance this inspiring historic place has to offer, but also the exciting new season in store with the launching of Woodchuck Lodge's "Wild Saturdays" series of programs.

Beginning on May 4th the season's program will feature celebrated author Edward Renehan, Jr., who will present a special talk on John Burroughs. Yess Wadlin adds, "We also welcome everybody to participate in our vibrant Fourth Annual Online Auction. All are welcome to join this exciting fundraiser which will continue until April 30th."

John Burroughs opened the eyes of his contemporaries to the free and always available healing wonders of the natural world right outside

their doors. If you come and visit Woodchuck Lodge, you'll be imbued with the authenticity of what his life's work has bequeathed to us as a gift to our continuing mental health.

Woodchuck Lodge

1067 Burroughs Memorial Rd.

Roxbury

Historic Site website:

John Burroughs Memorial State Historic Site

(<https://parks.ny.gov/historic-sites/3/details.aspx>)

 John Burroughs' Woodchuck Lodge

*Thought
for the Day*

"Nature teaches
more than she
preaches."

-- John Burroughs

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Heart of the Catskills
Humane Society

by Laura Wright

World Veterinary Day April 27th

The World Veterinary Association began to celebrating World Veterinary Day in 2000 to promote diversity and equity in the veterinary profession. Now the last Saturday in April each year is a day to celebrate and bring awareness to veterinary professionals. This year, April 27th, 2024, the theme of World Veterinary Day is "Veterinarians are essential health workers." And yes, they certainly are!

Veterinarians are highly trained medical professionals, and the work they do not only benefits the animals they treat, but also greatly affects the health and well-being of humans. Think about how important our pets are to us; the joy they bring, the stress and loneliness they ease in so many people, the physical and mental activity they inspire. Having a great relationship with your vet and staff can also make hard decisions and situations more bearable. Veterinarians and techs don't only deal with your pets. They also deal with every human attached to that pet, and that is not always easy.

Did you know that the veterinary profession has one of the highest rates of suicide? Like other high stress jobs, you can imagine that stress, pressure, long hours, high expectations, and handling difficult situations and/or clients day in and day out can take a toll. This issue is now being talked about more openly, and hopefully that will lead to reducing the stigma and raising awareness so people working in the veterinary professions can get the support and help they need and feel safe asking for it.

As someone who works at an animal shelter, I can tell you that compassion fatigue is real. Often it is not brought on by working with the animals in the field. Most times it is brought on by the humans we deal with in conjunction with the animals, and I imagine it is the same for veterinarians and vet techs. The busy times of year, like kitten season, also contribute. When almost every phone call you take every day for months is about someone needing to find a place to surrender cats and



kittens, and you know your shelter is already full and your staff members are hitting their emotional walls and you feel great pressure from the people calling, the stress can take a toll. And let's be honest, we humans are not always so warm and fuzzy with one another when there is stress and worry on both sides. There is tension. Sometimes you need a good cry, a good vent, or a break. Sometimes you want to shut down because of so much stress and worry. That is compassion fatigue. Veterinarians and vet techs deal with it too.

The reason I bring this up is to suggest that we use World Veterinary Day this April as a day to show our veterinary professionals that we care. Let's make a pact to always treat them with kindness and respect, realizing that they care about our animals as much as we do, and the pressure is on them to "make it all better" even when that is not always possible. Let's think of simple ways to help brighten their day and show them that they are appreciated. As the professionals who care for our beloved animals, they deserve our care!

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SANDWICH GENERATION: 3 tips to prevent burnout



Are you looking after your children and aging parents while you're getting on in years? Here are three tips to help you overcome the tough times and avoid burnout.

1. Take care of yourself first.

Prioritize your well-being and take care of yourself first. This will allow you to offer your children and parents the support and time they need.

2. Get your finances in order.

Talk openly about your financial situation with your family members and focus on what you can control, such as the costs associated with your children's post-secondary education and your parents' loss of independence.

3. Organize your schedule.

Involve other family members in your planning, and don't hesitate to delegate tasks to each person based on their abilities.

Remember, resources like home care services or financial assistance are available to you. Don't hesitate to use them to ease some of your burden.

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Gretchen

This month's edition of ATAP is WONDERFUL!
Bright, cheery, happy and full of awesome articles.

— Deb C

They're Singing Our Song!

HERE'S A TIP by JoAnn Derson

Use a muffin pan to make cookie cups for ice cream or fruit. Just flip your muffin pan over, and press dough over the upturned wells. It will puff up a little, but once it settles, they make very nice bowls. I do this with pizza dough as well. Prebake for a few minutes to form the bowl, then fill with ingredients and complete baking.

Bread tags (the little plastic clips that hold bread bags closed) make great cord organizers when you are using a multiple outlet power strip. Write the kind of device (e.g. TV, Xbox, cable box) on the tag, then clip it to the plug end of the cord. When you need to unplug, it'll be easy to see which is which." -- *C.C. in OH*

If you make your own broth, you can freeze cubes in easy-to-measure amounts by using your muffin tin. Measure out broth in half cup or cup amounts, then freeze. When done, pop them out into a freezer-safe baggie.

Chrome is easily cleaned and shined up with vinegar. Keep a misting bottle in the bathroom to give handles a quick swipe after getting ready in the morning or evening.

Ice cream cones with a flat bottom make a great container for cupcakes. Fill cones two-thirds full with batter, bake as directed, and you have cupcake cones! Frost and go!

Have stubborn stains in the toilet? Drop in a denture-cleaning tablet and let it sit overnight. In the morning, scrub and flush. It just might do the job.

Collect small bits of soap into a cup or jar. When you have several, add a tablespoon or two of water to the cup to soften the soap pieces. When they are moderately soft, pour out the contents on a washcloth, fold it over and press into a bar shape with your hands. Peel away the cloth to reveal what should be a reasonably solid new bar of soap." -- *C.T. in PA*

Take soap scum right off your shower curtain -- spray with vinegar and water mixture, then throw it in the washer. Hang it right back up, and those mildew stains are gone!

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A message from Ray...

The Delaware County Chamber of Commerce believes that thriving communities start with prosperous businesses. By taking action in key areas--ADVOCATE, CONNECT, and GROW--we are the unified voice of business for the improvement of our communities.

In this issue, you'll find several examples of how we deliver practical results to these ideals. From supporting our vital non-profit organizations, to creating resource guides for entrepreneurs, to hosting interesting and valuable networking events, to bringing our state elected officials to YOU, the Chamber remains a vital connector to resources and tireless advocate for business.

As a private not-for-profit organization, we rely on the support of our members to achieve our goals. Your memberships help us produce programs and their volunteer efforts bring life to our mission. This collaborative spirit allows us to create synergistic results. Our Chamber brings together the ablest people in business, with whom you can join hands to accomplish what you cannot do alone. I encourage you to visit us at www.DelawareCounty.org and see how you may participate in the future of this region.



Ray Pucci is the president of the Delaware County Chamber of Commerce

Join us on Wednesday, April 17, for Speed Networking for a Cause from 4:00 to 5:30 pm at the Delhi Rehabilitation and Nursing Center.

**SPEED
NETWORKING
FOR A CAUSE**



Our not-for-profit and nonprofit organizations are still experiencing the effects of reduced resources--both financial and people--as a result of COVID-19. These groups are essential to our collective community development goals to build stronger, more sustainable, and vibrant communities.

As a business representative, you are a terrific source of valuable insight as well as volunteers seeking community service opportunities. These engaged employees can, in turn, enrich your company by these experiences while heightening your company's participation in your community.

At this round-robin event, business professionals will have up to two minutes to talk about the types of volunteer experiences that interest them. Non-profit representatives will then have up to two minutes to pitch their organizations.

Following the Speed Networking event, our Business After Hours event will run from 5:30 to 6:30 pm.

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LEGISLATIVE LEADERSHIP

Forum 2024

Confirmed Panel Speakers:



Peter Oberacker
NYS Senate



Joe Angelino
NYS Assembly



Brian Maher
NYS Assembly



Chris Tague
NYS Assembly

April 22, 2024 | 9:00 - 11:30am

The Okun Theatre, Farrell Hall SUNY Delhi
454 Delhi Drive, Delhi

Join the Chamber for an informative morning of public policy. Each of our speakers will discuss their legislative priorities as they affect our county business community. Attendance is FREE and advance registration is encouraged. www.DelawareCounty.org/Events/Calendar

Chamber Hosts National Civics Bee Local Contest

Cheer on our middle school students as they compete in our National Civics Bee local contest.

The local contest will be held at The Okun Theatre in Farrell Hall at SUNY Delhi on Saturday, April 27, starting at 2:00 pm.

The National Civics Bee is a competition that encourages young Americans to engage in civics and



contribute to their communities. This exciting opportunity extends to students in grades 6, 7, and 8, granting them a unique platform to demonstrate their civics knowledge.

Participants in the National Civics Bee will have the chance to gain recognition for their civics knowledge and skills, and compete for prizes, including a \$500 cash prize for the county champion and up to \$50,000 at the national contest. The competition enables students to explore issues that matter to their communities, furthering their understanding of civic engagement and fostering responsible citizenship.

Chamber Welcomes Venute as Intern

Jaiden Venute, a junior Applied Communications major at SUNY Delhi, will intern at the Delaware County Chamber of Commerce during the Spring semester.

A graduate of Francis Lewis High School in Queens, NY, Jaiden is a member of the college's Women's Volleyball team and brings a commitment to teamwork to her internship with the Chamber. Her experience includes previous internships with the college athletic department.

She credits the faculty in the Applied Communications program for creating diverse opportunities to explore career options in communications.

Jaiden will assist with Chamber newsletters, social media efforts, events, and working with young professionals and entrepreneurs.



County Chamber Releases Resource Guides

The Delaware County Chamber of Commerce has released a Business Resource Guide to support business growth in Delaware County. The directory provides nearly 60 resources and features sections based upon specific needs of businesses.

This publication is a first of its kind for Delaware County. "Our local and small businesses are significant contributors to our local economy, and their success is very important to us," said Ray Pucci, Chamber President. "We are focused on disseminating this information broadly to reach all businesses to increase access to individuals that may not be aware of these programs."

Listings in the guide are drawn from multiple publicly accessible online sources. Brief descriptions are given of organizations and programs that help companies establish, maintain, or expand their operations. This is a quick reference guide to programs, services, and resources to aid the Delaware County Regional Business Community

Other Chamber publications supporting area businesses include Legislative Advocacy Guide, Starting a Business in Delaware County, Diversity, Equity, Inclusion, and Belonging toolkit, and Fair Chance Hiring Guide.

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BUSINESS *after*
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APRIL 17

5:30 to 6:30 pm

Delhi Rehabilitation
and Nursing Center

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The challenges of accessing quality healthcare in rural areas was the topic of discussion during a visit with members of the leadership team at UHS Delaware Valley Hospital.

Participants in the Chamber's Leaderful Delaware Emerging Leaders program have been exploring aspects of community and economic development in Delaware County during their full-day monthly sessions. The program continues through June.

Front Row from left: Amy Warner, O'Connor Foundation; Makayla Palmatier, NBT Bank; Amanda Valk, Margaretville Telephone Company; Samantha Bouton, Margaretville Telephone Company and Town Supervisor of Town of Halcott. **Back Row from left:** Maya Boukai, Town Supervisor of Town of Delhi; Ray Pucci, President of Delaware County Chamber; Boomer Bojo, President and CEO of UHS Delaware Valley Hospital; Seth Wildenstein, Director of Facilities at UHS Delaware Valley Hospital and Chamber Director

Business Links Golf Tournament



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Set SMART goals for your golf game

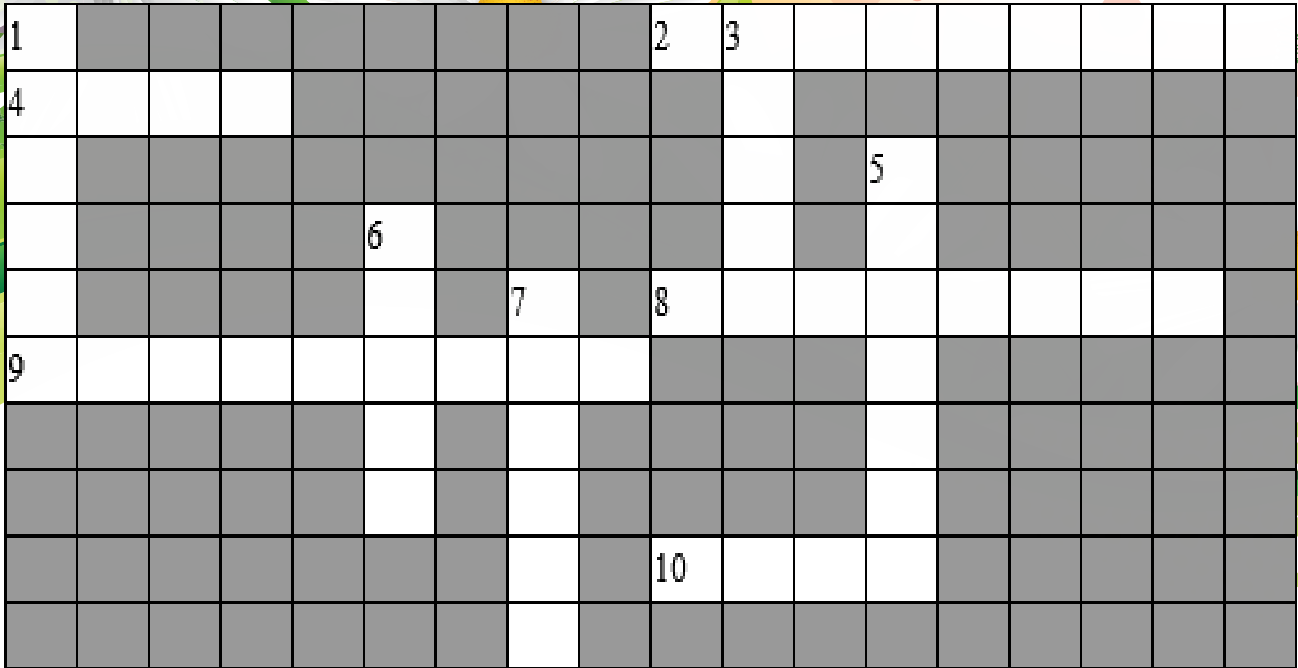
Take a strategic approach to improvement that ensures clarity, focus and attainability. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant and Time-bound. Here's how to apply these criteria to your golf goals.

- **Specific.** Clearly define what you want to achieve. For instance, rather than a vague goal like "improve my swing," make it specific, such as "reduce my slice by refining my backswing."
- **Measurable.** Establish concrete criteria for tracking progress. Instead of a goal like "get better at putting," set a measurable goal like "reduce my three-putt instances by half."
- **Achievable.** Set goals that are challenging yet realistic. If you're currently shooting in the 100s, aiming to consistently break 80 might be too ambitious initially. Choose goals that push you but remain within reach.
- **Relevant.** Ensure your goals align with your overall golf aspirations. If improving your short game is crucial for your overall performance, set goals that prioritize this aspect.
- **Time-bound.** Set a deadline for achieving your goals. For instance, rather than saying "improve my handicap," specify "lower my handicap by three strokes within the next three months."

Other examples of SMART goals include, "decrease my average putts per round from 34 to 30 within the next two months," and "increase my average driving distance by 10 yards through a structured fitness and training program over the next six weeks." These types of goals will give you a clear plan of action and allow you to track your progress.

Get SMART before you hit the links to improve your game!

A Springtime Puzzle



ACROSS

2. Early yellow flower
4. What flower represents love?
8. Bird associated with Spring
9. One of the first Spring flowers
10. Buzz

DOWN

1. Usually poking their heads through the snow
3. ____ showers bring May flowers
5. They make a peeping sound
6. What month has the first day of spring?
7. Season with longer days and lighter evenings

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The green thumb

DO

Composting 101



Composting lets you turn your kitchen scraps into fertilizer for your garden. Here's how:

- Place the compost on the ground. Either bare earth or grass works. You want worms and other beneficial organisms to get in to aerate it.
- Add green and brown compost in layers. Green compost consists of mostly table scraps, tea bags and coffee grounds. Brown compost includes leaves, grass cuttings, newspapers and paper towels, among other things.
- Keep the compost damp. It should be the consistency of a moist sponge. If you don't get a lot of rain in your area, sprinkle it with water periodically.
- Turn it every few weeks. This helps distribute oxygen throughout the heap, which enables the compost to decompose.

Within a few months, your compost pile will be full of nutrients and ready to incorporate into your garden.

Grow your own food from kitchen scraps



Did you know you can grow food from kitchen scraps? Here are just a few of the plants you can propagate from produce you bought at the grocery store.

- Leafy vegetables. The bottoms of lettuce, celery and other leafy vegetables can be used to grow new plants. Simply place them in a dish with a few inches of water.
- Herbs. Basil, cilantro and many other herbs will grow new roots when you put a few stems in a small glass of water and replace the water daily.
- Pineapples. Cut the leafy top off the pineapple and remove all the yellow flesh. Place it in a glass of water and wait for it to sprout in just a few weeks.

Once your kitchen scraps have grown roots, transfer them to your garden or pots filled with nutrient-rich soil.



Book

Reviews by
Jessica Reed

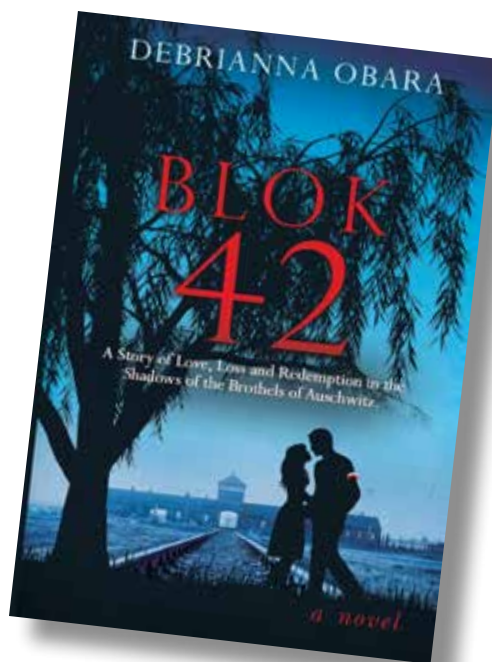
Blok 42

Debrianna Obara makes her debut as the author of *Blok 42*, an absolutely brilliant historical novel. Brilliant, not only in its form and meticulously researched storyline, but also that this astute telling of complicated and little known facts of World War II, comes from a first time author.

Blok 42 refers to a clandestine brothel run for Polish prisoners in Auschwitz. Though this is a novel, *Blok 42* was very real. Obara, the daughter of Polish immigrants, happened upon snippets of information about *Blok 42* through her work with the US Holocaust Memorial Museum in Washington DC. Destined to be kept hidden in the past, Obara changes history by exposing the life and times of the women kept there, who were put in a survivalist position of, “damned if they did and damned if they didn’t,” gifting them with a voice. There is no better person than Obara to tell their story and return their humanity, as she does so with palpable compassion and dignity.

Obara fashions the realistic characters of Aniela and Henryk, schoolmates and childhood friends, living in Krakow, Poland and their eventual courtship and marriage. The pages are populated with other strong characters including extended family and friends. Readers will identify with their universal human desire for family, love and happiness. Unfortunately, the invasion of Poland by the Nazis interrupts and upends their idealistic pursuits. As all wars do.

Obara invests in each character, making the reader care about their lives, all the while steadily marching towards darkness. Obara’s timing and pace is natural and nuanced. I wanted to stay on the same beautiful pages while also wanting to turn them, to



Author: Debrianna Obara
Publisher: Vanguard Press
ISBN# 978-1-80016-635-6

discover the story that history class won’t teach you. With this novel, Obara cements her place among authors to watch for all upcoming work.

Though war changes the landscape and the people forever, Aniela symbolizes the human spirit enduring great loss and suffering in this timely novel, but also of the power of love and redemption. The ending will take your breath away. This story was waiting for Obara to tell it and for you to read it.

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STRANGE BUT TRUE

by Lucie Winborne

Residents of the Galapagos island of Floreana use a barrel of disorganized mail in place of a formal postal system. Tourists are responsible for sorting through the mail and grabbing any parcels they can deliver on the way to their destination.

Apollo 17 astronaut Harrison Schmitt was allergic to moon dust.

According to the record-holder for tallest waffle stack, Guinness World Records has a 40-page document defining what a waffle is. (Frankly, we think we could have managed it in just 30.)

Alaska is simultaneously the westernmost and easternmost state.

High schools and universities in New Zealand are allowed to keep up to a pound of uranium on the premises for educational purposes.

Marie Curie's notebooks are still radioactive.

An ordinance in Gainesville, GA, states that everyone must eat fried chicken, "a culinary delicacy sacred to this municipality, this county, this state, the Southland and this republic," with their hands. The tongue-in-cheek law began as a publicity stunt aimed at getting folks to think of Gainesville as the fried chicken capital of the world.

Polar bears gain more than 400 pounds during pregnancy.

Using high-pressure, high-temperature techniques that mimic Earth's diamond-forming conditions, scientists can transform the carbon in peanut butter into sparkling gemstones. Chew on that!

If stored correctly and not contaminated, honey can last for thousands of years without spoiling.

A piano's frame is made of iron.

During his presidency, John F. Kennedy refused to take his salary of \$150,000 per year, instead donating the entire amount to charity.

Hundreds of people die each year from shoveling snow.

Andrew Jackson's parrot was kicked out of his funeral for swearing.



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Fabián Gallón with Diego Bahamón Serrato

Friday, April 12, 2024 @ 7:30 pm

Cost: FREE

Headwaters Arts Center

66 Main St, Stamford • 607-214-6040 • roxburyartsgroup.org

The Roxbury Arts Group presents a captivating concert of Colombian folk music with Fabián Gallón and Diego Bahamón Serrato at the Headwaters Arts Center on Friday, April 12 at 7:30. Originally from the Colombian Andes, Fabián Gallón and Diego Bahamón Serrato are two masters of the tiple, a descendant of the guitar. The performance is free and reservations are not required.

Considered the national instrument of Colombia, the tiple is a three quarters-sized, twelve string relative of the guitar. Its sound is unique, but will be familiar to fans of classical and other global folk guitar traditions.

Eduardo Carrizosa, former conductor of the National Orchestra of Colombia says: "Tiple has in Fabián Gallón its best passionate and knowledgeable interpreter. In his hands lay the responsibility of keeping the path of the development of the technique and interpretation of the instrument." In 2018, Fabián Gallón was awarded a Massachusetts Cultural Council Artist Fellowship in the Traditional Arts.

Diego Bahamón Serrato impressive live performances have earned him countrywide acclaim as both a solo performer and bandleader. He received top honors at the Festival Mono Nuñez (2014), where he won Best Solo Performer, as well as at Performing Music Contest of Bogota (2011).

This night of free music will bring the culture of the Andes mountains home to the Catskills. Doors open at 7:00 / performance at 7:30. Limited folding chairs will be available, but audience members are encouraged to bring their own chairs or blankets



for the floor. For more information, please contact the Headwaters Arts Center at headwaters@roxburyartsgroup.org or call 607.214.6040

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Slow cooker taco soup

Start to finish: 6 hours (20 minutes active)

Servings: 6

INGREDIENTS

1 pound boneless, skinless chicken breasts
1 cup salsa
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
1 can corn, drained
1 can diced tomatoes
2 cups chicken broth
2 tablespoons chili powder, divided
1/2 tablespoon cumin

1/2 tablespoon onion powder
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon dried oregano
1/2 teaspoon cayenne pepper
1 cup vegetable oil
2 corn tortillas, cut into short, thin strips
1 ripe avocado, peeled and thinly sliced
1/2 cup fresh cilantro
Salt and pepper, to taste

This nutritious, Mexican-flavored soup smells and tastes great!

DIRECTIONS

1. In a slow cooker, place the chicken breasts, salsa, beans, corn, tomatoes, chicken broth and spices. Season with salt and pepper. Mix well and cook on low for 6 hours.
2. In a small saucepan, heat the oil. Fry the tortilla strips, a few at a time, until golden brown. Drain and place on a paper towel or clean cloth. While still warm, sprinkle with salt and chili powder. Set aside.
3. After 6 hours, remove the chicken breasts from the slow cooker and place them in a large bowl. Using two forks, shred the chicken and return it to the slow cooker.
4. Pour the soup into 6 serving bowls. Garnish each serving with a few slices of avocado, a handful of tortilla strips and fresh cilantro. Add salt and pepper to taste.



*Have you tried one of the recipes published in A Time and A Place?
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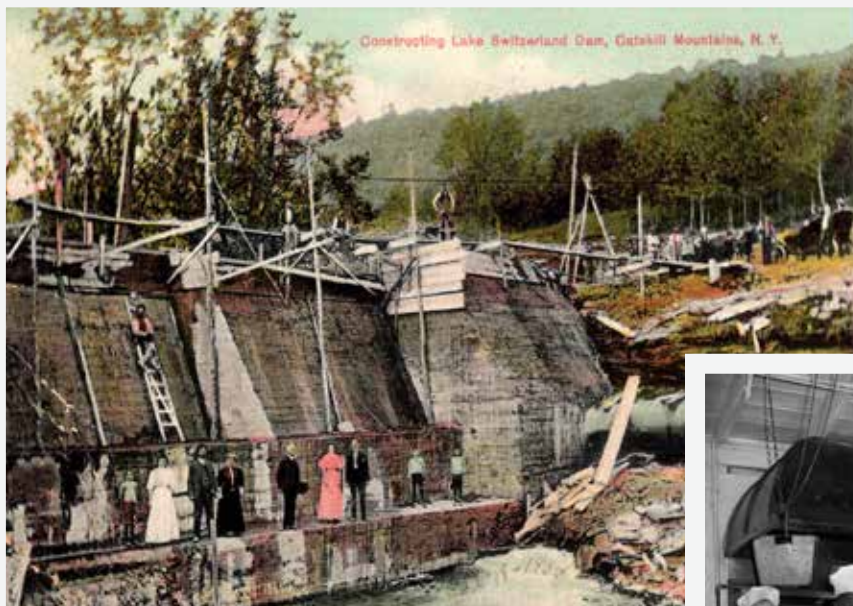
History of Our Hamlets

Photos and recollections courtesy of Diane Galusha,
Historical Society of the Town of Middletown

Worker bees



Much has been made of the wealthy businesspeople, the celebrities and the New York City notables who spent summers at the estates and fancy hotels in Fleischmanns back in the day. But what of the regular folks who kept those estates, hotels and indeed the village running? In appreciation, here are images of the crew at the Fleischmanns Laundry, 1931; the laborers who built the dam (now gone) to create Lake Switzerland (some of the workers can be seen among the well-dressed visitors in this 1907 postcard) and the staff at Camp Tarigo, 1953.



Images supplied by Delaware County Historical
Assoc., Lynda Stratton and Georgi Fairlie.



Painting with Hot Wax: Encaustics with Regina B. Quinn

April 13, 2024 10a – 4:30p

Headwaters Arts Center

66 Main St, Stamford • 607-214-6040

www.roxburyartsgroup.org

The Roxbury Arts Group welcomes President of the International Encaustic Artists, Regina B. Quinn for a one-day workshop exploring painting with encaustics. This compelling workshop will take place at the Headwaters Arts Center at 66 Main St. in Stamford, NY on Saturday April 13 from 10:00 AM to 4:30 PM. The fee for this one-day workshop is \$185 and includes all materials.

Encaustic paints create beautiful, unique luminosity by using beeswax, damar resin and pigments. These special paints are melted on a hot palette and then painted on panels or other substrates. Workshop participants will learn a wide variety of techniques for building translucent and opaque layers, creating smooth or deeply textured surfaces and incorporating other media to create artworks that have a unique glow – almost as if lit from within.

Demonstrations and explorations will be appropriate for artists who are new to encaustics as well as those with some experience. Participants will have the opportunity to create several small works during the session!

Regina B Quinn is an encaustic artist who lives and paints in Gilboa, New York. She serves on the International Encaustic Artists Board as President and as Director of Social Media, as well as on the Woodstock Art Association & Museum's Board of Directors as Chair of Outreach. She has received several awards for her encaustics including the Faber Birren National Color Award, the Cooperstown Art Association's Grand Prize, and the WAAM New Visions Award. Her work is included



in the permanent collections of the Williamsburg Art and Historical Center, in Brooklyn, NY and the Museum of Encaustic Art in Santa Fe, New Mexico.

Space is limited! Register now to join this singular painting experience with Regina B Quinn at Headwaters Arts Center for a one-day Encaustics Workshop. Registration and additional information is available at roxburyartsgroup.org or by calling 607-214-6040.



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Living green



Green Burials:

Death is becoming more environmentally friendly

Increasingly, people who adopt ecologically sustainable practices during their lifetime are forgoing traditional burial practices in favour of those that are more environmentally friendly. Here's what you should know.

Natural burials

Traditional burial practices rely on coffins and urns that release toxic chemicals into the soil. Plus, the carcinogenic compounds used in embalming and treating wood are likely to end up in the water table.

In contrast, natural burials are interment practices that return the deceased's body to the Earth with a minimal amount of environmental impact. They use either biodegradable shrouds, or coffins made of cardboard or untreated pine wood.

If cremation is preferred over burial, biodegradable urns that grow a tree can be used.

Eco-friendly cemeteries

An increasing number of cemeteries are eliminating environmentally damaging practices, such as using pesticides, herbicides and fertilizers to maintain their grounds. Many are also opting to use small, flat grave makers made of locally sourced stones or plants instead of large headstones.

If you want to be buried in such a graveyard, you'll have to respect fairly strict rules. For instance, some green cemeteries prohibit the use of coffins altogether, or won't allow embalmed remains to be interred on their grounds.

In order to help limit carbon emissions, it's also common for these places to restrict the ways bodies can be transported to their final resting place.

If a natural burial is right for you, consider pre-planning your funeral to ensure your wishes are respected.

"If no one ever took risks, Michelangelo would have painted the Sistine floor."

-- Neil Simon

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