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Gretchen Balcom
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The Signs of Fall

by Lloyd Barnhart

The signs of Fall surround us;
 There is much that they can tell:
 Farmers heed the harvest moon,
 And hunters have their moon, as well.
 Oldtimers watch with keen eyes
 The food gathering of squirrel and bear,
 For such will tell how much wood to cut,
 And help them plan for which clothes to wear.
 Children seek out the wooly bear,
 And in his stripes they see
 How long the coming winter will last,
 And how much snow there will be.
 Yes, the signs of Fall are everywhere;
 Let them guide you, as you hurry on your way.
 Me?...I just hope the signs of Fall I'm seeing alongside the road
 Are promptly removed...Right after election day!



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The Historical Society of the Town of Middletown (HSM) Holds an Archives Open House **WANTED: Donations of historical materials**

The Historical Society of the Town of Middletown (HSM) will welcome visitors to the Nicholas J. Juried Archives Sunday, Oct. 13 from 1 to 4, when it will also accept donations of materials to add to its collection.

Those who can't come at that time may make an appointment to do research or donate at 845-586-2400 or historicalsocietyofmiddletown@gmail.com.

Located at the newly expanded Middletown History Center, 778 Cemetery Rd., Margaretville, the archives preserves documents, photographs and remnants of the town's past so that future generations may understand its unique history. From maps to business records, postcards to paintings, family genealogies to farm account books, the archives can be considered "Middletown's attic," says HSM President Diane Galusha.

"We are honored to protect these things because they tell the stories of people who have lived, worked and died here," Galusha commented. "Now that we have adequate climate-controlled

storage and work space, we are actively looking for more items to add to the collection. If people have materials related to Middletown and neighboring areas, like Hardenburgh or Halcott, and they don't know what to do with them, please bring them to the archives!"

Many physical items will be on display during the open house, a National Archives Month event. Visitors may also see digital records and information available on the HSM computer. These include files on individual properties in Arena and Dunraven taken for the Pepacton Reservoir, photographs, diaries, deeds and community history compilations.

The digital collection was recently augmented with the addition of scans of 25 individual issues of area newspapers dating back to 1864. The originals and microfilm reels are stored in the archives, while the scanned versions can now be safely read and searched.

For more information on HSM and its programs, visit www.mtownhistory.org.



OCTOBER IS
FIRE
PREVENTION
MONTH



Did you know cooking is a leading cause of residential fires? In response to this alarming fact, the National Fire Protection Association (NFPA) has chosen ***Serve up fire safety in the kitchen!*** for this year's Fire Prevention theme.

3 essentials of a fire-safe kitchen

1. A watchful eye

According to the NFPA, unattended cooking is the number-one cause of kitchen fires. Therefore, you should never leave the kitchen when frying, boiling, grilling or broiling food. If you need to leave the room, even briefly, turn off the burner. While it's safe to leave food briefly unattended if it's simmering, baking or roasting, you should check it regularly (set a timer to remind you) and never leave the house.

2. A clean space

To reduce the likelihood of a kitchen fire igniting, make sure your cooking area is free of clutter. This includes keeping flammable items like oven mitts, wooden utensils and food wrappers away from the stovetop. It's never a good idea to use your stovetop as a work surface. You should also avoid wearing loose clothing when you cook. Remember to clean food and grease from the stovetop and oven after each use.

3. A nearby lid

The most effective way to put out a small grease fire is to carefully slide a lid or cookie sheet over the pot or pan and turn off the burner. Never use water or a portable fire extinguisher to put out a grease fire, and don't use flour or baking powder. In the event of an oven fire, turn off the heat and keep the door closed until the appliance cools.



DO



cleaning your chimney is a must

If you have a wood-burning stove or fireplace in your home, you should have your chimney cleaned by a professional at least once a year. Here's why.

To remove creosote

Every time you use your wood stove or fireplace, smoke and soot build up inside the flue. This residue, known as creosote, is highly flammable and the primary cause of chimney fires. In addition, sweeping your chimney ensures that smoke and carbon monoxide are ventilated outside your home.

It should be noted that even a thin layer of creosote is a fire hazard. So while almost anyone can use a chimney brush, a thorough sweep by a professional is necessary to ensure your chimney is safe to use.

To identify defects

Once all the creosote is removed, the chimney sweeper can inspect the components of the ventilation system. This includes the interior ducts and the chimney cap outside. The purpose of this inspection is to identify any damage or deterioration and make necessary repairs.

While you should have your chimney cleaned and inspected once a year, additional maintenance may be required if you frequently use your stove or fireplace during the winter. This will ensure your home and family are safe.

How to avoid setting off the fire alarm



Smoke detectors are life-saving devices, but they can also be a source of annoyance if they go off when there isn't an emergency. Plus, if you have a monitored system, the false alarm might dispatch firefighters to your home. This can compromise public safety if a real emergency arises elsewhere.

Here are a few steps you can take to reduce the risk of mistakenly setting off a fire alarm at home:

- Move smoke detectors away from sources of smoke and steam such as the stove, shower and fireplace.
- Opt for photoelectric smoke detectors. They're less sensitive to steam than ionization smoke alarms.
- Activate the delay setting on your detector. This way you'll have 90 seconds to cancel a false alarm before it alerts first responders.
- Make sure everyone in your household knows how the detectors work and what to do if an alarm goes off by accident.
- Inspect the smoke detectors in your home at least twice a year to ensure they work, and replace them every 10 years.

Before you cancel a fire alarm, make sure you know why it was triggered. If you notice smoke or flames, evacuate your home and call 911.



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EMT.
Firefighter.**

"I've been in the department for 23 years— I love what we do. We help people on their worst days. And, I love fighting fires. To train for it, to know what to do, it's powerful and empowering."

— Sarah Hubbell

We need volunteers. Join us!



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LET'S GET FIRED UP

Despite our best efforts, sometimes fires cannot be prevented, and who do we depend on in an emergency — our fire departments.

Our rural fire departments are made up of volunteers. Those volunteers are men and women who live and work in our communities. They could be your friends or neighbors, or a family member. Our fire departments need our help. They need more volunteers.

You may be thinking you're too old, too young, not experienced enough, not in the best physical shape, or the old standby, "I don't have time". There are countless ways to volunteer and help out besides fighting fires, although we do need fire fighters. Community volunteers assisting with the non-emergency tasks of the department frees up the firefighters and EMS personnel to focus on training and response activities.

Be a part of the auxiliary where you can help with providing hot coffee on cold nights to fire fighters on scene, you could help with fundraising, traffic control, or setting up for an arriving helicopter... there are many ways you can provide much needed help. Being a volunteer has lots of benefits. It can bring meaning and purpose to your life, while increasing your self-esteem and well-being. Volunteering can also relieve stress and alleviate symptoms of depression. You are doing good for others and the community, which provides a natural sense of accomplishment. As well as having a positive impact on your community, your role as a volunteer can also give you a sense of pride and identity.

Volunteering makes a difference. The impact you make can be profound. Whether it's saving a life, protecting a home, providing comfort during a crisis, or contributing in ways that make those things possible, your contribution will matter.

To find out more, reach out to your local department and ask how you can help. For department contact details, click this link for

www.newyorkstatefire.com

scroll to the bottom and select your county.





World Mental Health Day

Mental health: a way of life

Start this October, and have compassion for yourself and others!

World Mental Health Day takes place annually on October 10. Created by the World Federation for Mental Health (WFMH), the event raises awareness of mental health issues and encourages people to take action to improve their mental well-being.

Compassion is vital to human nature, with tangible effects and real power. The WFMH stresses that showing compassion and empathy toward yourself and others can create a supportive environment and help break the stigma surrounding mental health issues.

What's compassion?

Compassion is sometimes mistaken for empathy, the ability to feel and understand someone's pain. However, compassion goes beyond just feeling empathy. It involves an emotional response to other people's difficulties and a strong desire to help alleviate their suffering. In other words, compassion consists of empathy and action, making it a more complete response to the suffering of others.

What impact does it have on mental health?

Compassion has a significant impact on mental health. When you care for others or yourself and act with kindness and understanding, it releases a hormone called oxytocin, which helps you feel good. Scientists

say helping others in pain can make you feel as good as experiencing something pleasurable yourself.

Receiving compassion from yourself and others can also help you manage emotional distress and calm your mind. It can also improve your relationship with yourself, leading to greater optimism and happiness.

Visit www.wmhdofficial.com to learn more about Mental Health Day and how to take action, create lasting change, and make good mental health a way of life.



*Shrinking
Violets
Adoption*

Shy shelter cats are looking for homes to grow and bloom in!

Do you have love to shower on an introverted feline and help it bloom into a beloved companion?
If so, please contact Heart of the Catskills Humane Society at 607-746-3080.
*Reduced adoption fee for these cats

Heart
of the
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www.heartofthecatskills.org

October is
BREAST CANCER
Awareness Month



CHECK YOURSELF
PROTECT YOURSELF

Rock and Roll Revue

Benefit Concert at Foothills Oct. 19th

DO

Put on your dancin' shoes! Eric Haight from Off the Record, will deliver a rockin' good time at the Rock and Roll Revue.



For the second time, Helios Care is hosting an exciting evening of music and community to benefit patients and families needing care. Presented by Country Club Auto Group, the concert will start at 7pm on Saturday, October 19 at Foothills PAC in Oneonta and will showcase 18 local artists and musicians from around our region.

Attendees can enjoy performances by John Thompson and the Elusive Gems Band, Eric Haight, Mary Frances Perricone, Shari Gage, Tom Pondolfino, Doug Decker, The Roundhouse Rockers and The Mopar Cams. The Elusive Gems Band is John Thompson, Evan Jagels, Rob Roman, Wyatt Ambrose, Bobby Angelotti, Kristina Johnson and Paul Carter. Music will be from the 50's to the 70's with lots of oldies favorites as John Thompson is the music director and is planning a toe-tapping good evening.

Pre-sale tickets are available for just \$20, but get them while you can! Seats are sure to fill up quickly for this event so grab yours today on the Helios Care

website at www.helioscare.org/events.

Be sure to bring cash for the silent auction throughout the event with a variety of items, including great gifts from the Helios thrift shop. Soda Jerks will be slinging burgers and serving other festive fare for the evening. And Foothills will have all the drinks you need to enjoy a dancing good time. It will be a night of great entertainment and fun while supporting an essential cause.

All funds raised from ticket sales and the silent auction will go directly to support the patients and families of Helios Care who are receiving hospice care, palliative care, grief support and other services. This exciting concert is brought to you by Country Club Auto Group and sponsored by Visions Federal Credit Union, Advantage Maytag, and The Otsego County Board of Representatives. Don't miss out on this great, community event! Tickets are \$20 in advance, \$25 at the door... *if there are any tickets left!*

Pet Me Please!

Heart of the Catskills
Humane Society

by Laura Wright

Canine costumes — not for every dog

Autumn is finally here, bringing cooler temperatures, colorful leaves, and delightfully spooky Halloween decorations. Many people enjoy including their dogs in their Halloween festivities. Maybe you dress your dog up in cute costumes or even take your dog out trick or treating with the kids.

If your dog is easygoing and takes it all in stride, that's great! But keep in mind, not all pets have the disposition to enjoy these types of celebrations. If your dog tends to be easily stressed out in public or around strangers, leave them home where they are safe and comfortable. If your dog is frightened or triggered by people wearing hats or certain uniforms, it's a good bet that your dog will not enjoy seeing children dressed as ghosts and goblins. Let them be in a space away from the door if you have a lot of costumed trick or treaters stopping by. And talk with your kids about not teasing your pets with scary masks. A scared dog can show aggression if provoked, even if they are normally the sweetest canine in the world.

We understand wanting to show off your little chihuahua dressed up as a taco - I mean, they are cute, right? But if your dog doesn't enjoy wearing clothes, you will be causing unnecessary stress to your pet. Luckily there are pets who don't mind and even enjoy wearing clothes and costumes. My female Shar Pei/pitty mix feels less anxious when wearing one of the many t-shirts or sweatshirts in her wardrobe.

So have fun! But please take into consideration your pet's happiness and comfort this Halloween. Have a spooky good time!



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Heart of the Catskills Rests in Fur

by Mary A. Crisafulli



The Heart of the Catskills Humane Society is the fairy godmother of Delaware County pets. Pets come to the Society to find better homes and new families or to go back home after being lost. The staff there welcomes and nurtures them in that transition.

Roughly four to five hundred dogs and cats make their way through the facility annually. Currently, Director Deb Crute tells me there are 59 cats and 16 dogs. Each one with its own story, and Crute knows them all. With staff members and volunteers that have been there for 20 to over 30 years, there is a strong foundation for the Society that has earned its name The Heart of the Catskills.

Each pet is assessed to ensure they end up at the right home. Staff look for things like being good with other animals, dietary restrictions, health issues, activity level, and more. Many of the pets are scared when they first come in, explained Deb, so they are given an evolution period or 'get to know me' phase before being listed for adoption. Assessments help make animals more adoptable, explained Crute. "People like to know their story."

Pets that come in due to owner surrender can be simpler to assess as the owner is required to fill out a form about the pet, Crute said. The number one reason for surrenders is due to owners moving and being unable to take the pet with them, Deb explained. Another top reason is owner's death and no family to take in the pet.

However, surrenders only account for 25% of cats while 75% are strays. For dogs, about 1/3 are strays and the rest are owner

TOP TO BOTTOM: Friendly gray tiger cat, Zebra Butterfly, hangs out in the cat room at Heart of the Catskills. Volunteer Kathleen Curran coming back from a walk with her large Great Dane friend. Checkerspot Butterfly is a two-year-old black cat with a shy nature. Siblings Corona (left) and Coors (right) play in the dog yard. Genny, a black lab mix, is a sweet dog that will just snuggle you with love.

surrenders. "Strays can be harder," says Crute, but they get to know them quickly with the help of volunteers.

Volunteers come to walk the dogs, spend one-on-one time with animals, and even take them on outings. "We aim for at least 20 minutes a day," said Deb. All social times with animals are recorded and tracked on clipboards to ensure each animal is cared for. Volunteers help staff to focus on the cleaning and care aspects.

But let's talk more numbers, while the facility has 59 cats and 16 dogs, there are many more animals they support. Currently, there are 32 cats in foster homes and one dog. The Society also collaborates with the Petsmart in Kingston to get more pets adopted. Since 2007, roughly 2,500 cats and kittens have been adopted through the arrangement. Cats are brought to Kingston weekly, which helps ensure each animal has proper care and the facility is not overcrowded. Mid-summer when cats are in heat, the number of kittens coming in can be high, says Crute.

While adoptions were high during the global pandemic, Crute says they have shifted back to previous numbers. But there is still a good flow of adoptions, she positively noted. In the past, Deb told a story of how she once ended up fostering 10 senior dogs because they just were not being adopted. Now, she says, with online listings through Petfinder and increased value in older pets, the adoptions for these animals are much better.

Animals that have the most difficulty in adoption are pit bulls, hounds, and those with black fur or who are not

good with other dogs. Pit bulls tend to have a bad rap despite their loving nature, explained Deb. Black-furred pets are difficult to get adopted out of superstitions that they are bad luck, she said. Another factor could be that black cats are common and people tend to be attracted to the more unique ones, Deb speculated. To help these furry friends the Society holds a Black Fur-Day sale every year on Black Friday where adoption fees are half price.

The Society also does a lot of fundraising events throughout the year to keep the facility running. An ongoing fundraiser is the Gifts From the Heart Store operated entirely by volunteers. One volunteer has crocheted over 10,000 cat toys for the store to sell.

The Society likes to keep adoption fees low, explained Deb, but they don't make ends meet so fundraising and donations are key to successful operations. Adoption fees are \$85 for cats and \$110 for dogs which includes all shots, deworming, diagnostic testing, flea and tick treatment, and spaying or neutering. Individuals can donate through memberships, attending events, in estate planning, or with items. The Society is always looking for bleach, cat food, towels, washcloths, treats, dawn dish soap, Windex, or other cleaning supplies. "They don't cost a lot but it goes a long way for us to offset costs," said Deb.

The Heart of the Catskills has been around since 1968 and the family there consider themselves "the little shelter with the big heart" — it seems they have earned that name.

To donate, adopt, or for more information visit heartofthecatskills.org

Volunteer Vicky Lundil pets Crickett, a four-year-old sweet-heart of a cat.



HERE'S A TIP by JoAnn Derson

To chilly to grill? Here's a tip from J.V. in Alabama: "Put hot dogs in the slow cooker. Don't add water or anything. They taste really good without taking up space on the grill."

"To keep my sharp kitchen scissors in the kitchen, I tied a long piece of yarn to the handle and attached it to the handle of the drawer that I keep them in. Now, those scissors get used in the kitchen, or nowhere!" -- J.J. in Florida

To fix a hole in drywall that requires a healthy helping of joint compound, you can cut a piece of screen slightly bigger than the hole and tack it to the inside of the drywall. You also can wad up a piece of aluminum foil and shove it in the hole, pressing it in a bit to create a recess for the compound. The foil will keep the compound at the site of the hole, allowing it to set up instead of fall down.

Remove scuff marks from hard-surface floors (wood, linoleum, tile) with a clean tennis ball. If your floor has many scuffs, you can poke a hole in the tennis ball and insert it on the top of your broom handle. When you hit a scuff, flip your broom over and rub. Most come off right away!

"Buy pretty dishtowels and tablecloths on clearance and clip them on curtain rods for a quick window treatment." -- T.C. in Texas

"To clean the TV remote in my home, I dip a cotton swab into rubbing alcohol, shake off any excess and use it to gently clean the surface. I do this weekly during cold and flu season." -- M. in Minnesota

To keep track of rolls of tape or other rolled items in your shop, hang a length of chain from two "S" hooks on your pegboard. They will be readily accessible, and you can tear off what you need.

"Use a plastic trash can with a lid for kids' toys. It's big enough to hold everything, convenient enough to drag around the yard to clean up, and the lid protects the toys from the weather and bugs!" -- W.K. in Illinois



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Dirty Girl Farm

by Iris Mead



Deciding to leave Rockland County in 2001 for a quieter and less populated place to settle, Cyndi Wright, landed on Perch Lake Road, outside Margaretville, about as secluded a place as could be found. A few years later she met her husband, Lester Bourke. After raising chickens and some goats, up went a sign named after her daughter, who always seemed to be playing in the dirt. Thus began Dirty Girl Farm.

Neighbors started asking for goat's milk as it is easier to digest, higher in protein, richer in calcium and helps the immune system better than cow's milk. As her business grew, she knew she needed more land. When she happened upon this deserted property with 38 acres of land in the Hamlet of Andes on busy Route 28 across from Andes Central School, she knew it was the perfect spot. Purchasing this property took her two years of wrangling and she finally closed on it in 2017.

Since moving to the farm, Cyndi has increased her goat herd and presently has two sheep with more to come. She plans to expand next year with the addition of a new road, already built, from the farm to the upper fields. And there are plans for two new barns to house the expanded herd of sheep and goats. Cyndi is happy

to say that she is finding it hard to keep up with the demand for goat milk with her present herd.

When visiting the Dirty Girl Farm, you are allowed to pet and feed the goats and rabbits. The sweet funny baby goats are born in February (Cyndi keeps some and finds homes for others through a network of other goat farmers). There are Lionhead rabbits and quail for viewing and petting, as well as the goats and sheep. Goats love company and will make you smile as they come bleating to greet you. Cyndi presently has 35 goats, 2 sheep and a 13-year-old Border Collie named Poe... who likes to announce your arrival and then be petted.

In addition to all the projects she has accomplished, the farm is also a certified Ag & Markets Creamery, which allows Cyndi to make yogurt and cheese on the premises which she sells in Albany at Honest Weight, in Woodstock at Sunflower, and from the walk-in cooler at the farm, a new addition this year. It holds goat milk, Clarks milk and meat. Other farms have asked her to sell their products and she now carries Harpersfield cheeses, Clark's Milk, Simply Jess baked goods, beef from Brookside Farm, Gername Farm

chicken and Hillside Honey. All are for sale in the new walk-in cooler located near the entrance to the farm.

Since Agri-tourism has become popular, Cyndi plans to jump in by increasing her sheep flock for viewing and for meat, offering hayrides, square and Latin dances in the barn, and as part of a national organization called Harvest Host & Hip Camp, she will offer sites for campers — *with one night free!* Both of these ideas will bring tourists and day-trippers to the area which in turn benefits all the businesses in the area.

Cyndi and Lester have worked hard, and it shows in what they have done in seven years with plans for more. The Dirty Girl Farm has accomplished Cyndi's dream and will continue to do so as she puts her heart and soul into this farm.

Dirty Girl Farm

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Raising Civics Knowledge of Our Youth

The Delaware County Chamber of Commerce is again partnering with the U.S. Chamber of Commerce Federation to host its annual civics competition encouraging young Americans to engage in civics and contribute to their communities. Participating 6th, 7th, and 8th graders will flex their civics knowledge for a chance to win recognition and cash prizes.

Local students will submit essays with ideas about improving their communities and how civics support those solutions. Twenty judged essay writers will be invited to participate in a Delaware County quiz in April. The top three students will be invited to compete at the New York state contest later in 2025 with an opportunity to advance to the National Civics Bee championship in Washington, DC during Fall 2025.

The Chamber is participating in the National Civics Bee because we believe that informed and active citizens make for a strong country, a strong econo-

my, and a strong workforce.

Our continued prosperity depends on the strength of all three. Civic education empowers us to be well-informed, active citizens and gives us the opportunity to change the world around us. It is a vital part of any democracy, and equips ordinary people with knowledge about our democracy and our Constitution. Through the Bee, we are promoting greater civics knowledge in Delaware County and celebrating our civic pride.

You can join this effort by volunteering as an essay judge. Judging will take place during February through an online platform that will outline all of the judging criteria.

The Civics Bee is also an opportunity to showcase your company's commitment to developing active and engaged citizens. I hope you'll consider joining the effort as a sponsor.

To volunteer as an essay judge or discuss becoming a sponsor, email Ray Pucci at rpucci@delawarecounty.org.

Emerging Leaders Program Starts October 17

Leaderful Delaware Emerging Leaders Program, an initiative of the Delaware County Chamber of Commerce, is seeking people committed to community service who would benefit from strengthening leadership skills while developing a personal professional network.

The 2024-2025 program will start on October 17 with an in-person session in Delhi. We will continue to meet on the second Thursday of each month through May 2025. A graduation recognition will be celebrated at the Chamber's Business and Breakfast event in June 2025.

Participants will learn about critical issues facing Delaware County and the Catskill Mountains region through lectures, discussion groups, personal introspection, and panel discussions featuring current community leaders. The innovative curriculum is based on scientific theories of organizational and

continued from Page 1...

community leadership. Leaderful Delaware offers an alternative to the traditional model and calls on leaders to be concurrent, collective, collaborative, and compassionate. Strategies include effective facilitation, dialogue skills, active listening skills, managing conflict, intercultural competence, leadership styles, and peer coaching.



LEADERFUL DELAWARE

Emerging Leaders Program

Candidates will be selected based on:

- Their commitment and motivation to community service.
- Previous community service or desire to become involved in community activities.
- Interest in public service and desire to learn more about public policy.
- Potential to advance to a leadership position within their companies.
- Commitment to remain in Delaware County.

Preference will be given to Delaware County residents but non-residents are also encouraged to apply.

Applicants may be sponsored by a business or a community leader and provide references. Tuition is \$595 and includes all program materials, meals, and fees.

Applications are due September 27.

More information, including an application for the **Leaderful Delaware Emerging Leaders Program**, is available **HERE>>**

EmpowHer

Supporting women in the workplace by building courage and confidence is the goal of a half-day conference hosted by the Delaware County Chamber of Commerce on Friday, October 25.

“EmpowHER: Leading from the Head and Heart” will bring together dozens of women and men to discover personal leadership characteristics, react more confidently to bodily messages, and commit to actionable and empowering behaviors in their lives and careers.

The program will be held at the Margaretville Telephone Company Community Room on Academy Street in Margaretville, starting with registration at 9:30 am. Following welcoming remarks, Jessica Moore, Chief Financial Officer of CitiHope Relief and Development, a Delaware County based humanitarian non-profit organization collaborating with partners around the world, will speak about her leadership experiences. John Mancuso, Owner/ Founder of Authentic Communication Matters, will then guide participants through small and large group discussions, personal reflections, and demonstrations of techniques.

The fee to participate is \$25 and includes all program materials, mid-morning snacks, and lunch.

EmpowHER: Leading from the Head and Heart is made possible through a grant by The Women Fund at the Community Foundation of South Central New York.

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Chamber Launches Candidate Training Institute

The Delaware County Chamber of Commerce announces a unique program to offer citizens the tools necessary to succeed in public service and prepare to seek elected office.

Participants in the Candidate Training Institute (CTI) receive exposure to critical issues facing Delaware County through lectures, small group conversations, personal introspection, and panel discussions. Topics in our CTI curriculum include leadership styles, strategic planning, community development models, media relations, and building partnerships. It also includes such mechanics of running for office as how to get on the ballot, campaign finances, honing your message, and more.

The program is open to everyone and is limited to 15 people. There is no cost to participate. Registrants must agree to attend all four 90-minute sessions.

Classes begin on October 23.



**FOR MORE INFORMATION
AND TO REGISTER**

**CLICK
HERE**



Become a Delaware County Business



Collection Site

Join the Chamber in providing Christmas gifts to Delaware County children in need!

Your business displays a toy collection box for the public to drop off new, unwrapped toys. The Chamber will provide you with a box and promote your business as a collection point.

Our Chamber elves will pick up the donations from your site and deliver them to our program partners at Delaware Opportunities to distribute to Delaware County families.

To participate, call the Chamber at 607.746.2281 or email us at rpucci@delawarecounty.org.



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Delaware County Businesses to be Honored

The Delaware County Chamber of Commerce will recognize several businesses and groups for their service to the county's business community at its 2024 Business Awards celebration on October 16 at The Meredith Inn at Stonewall.

Mallinckrodt Pharmaceuticals in Hobart will be presented with the Business of the Year award, recognizing its continuing investment in the community, enduring support of civic improvement projects, and model of corporate leadership.

The 2024 Community Connector Award will go to two recipients: Raegan Reed of The Cardio Club and the recently-formed Delaware County Mayors Association. In awarding this recognition, the Chamber cited the collaborative efforts of each to increase business activity and strengthen communities through innovative projects that draw upon local resources and people.

Several new businesses will be recognized as the Chamber's Rising Stars. Honorees include Bakers Grimm in Delhi, Bizzy Bees Learning Academy in Delhi, Catskills Junction in Stamford, Delhi Work Station, Galloping Horse Graphics in Hancock, The Hobart Exchange, The Lost Bookshop in Delhi, and The Walton Diner.

The 2024 Delaware County Business Awards celebration will be held on Wednesday, October 16, coinciding with National Chamber of Commerce Day, at The Meredith Inn at Stonewall at 4206 Turnpike Road in Meredith. Tickets for the dinner event are \$60 per person.

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Travel Writing 101 with Rachel Dickinson

October 16 – November 20, 2024

— ONLINE —

Have you ever met a travel writer and thought "I wish I could do that?" Well, you can. In this course we'll read a variety of travel pieces, and talk about what makes them good (or not so good). We will look at different kinds of travel writing - roundups, essays, hotel/spa reviews. Then we will write a couple of travel pieces - one that features something where you live (you don't have to travel to do good travel writing) and another about some place you have visited. These pieces will be critiqued by the class.

A freelance writer for over 20 years, Rachel Dickinson's pieces about nature, history, science, and travel have been published in numerous publications including Aeon, The Atlantic, Audubon, Smithsonian, Salon, Outside Online, The Saturday Evening Post, and many publications that no longer exist. A two-time winner of the Travel Classics Writing Award, she's also the author of seven nonfiction books. Her latest, a memoir in essays, is *The Loneliest Places: loss, grief, and the long journey home* (Three Hills Press, 2022). Dickinson has an MFA in nonfiction from Goucher College.

Travel Writing 101 is a six-week long workshop held online Wednesdays, from 6 to 8 pm ET. Once you register and pay, you will be given instructions on how to join the class. Class fee is \$160. Limited to ten students. To register, e-mail writersinthemountains@gmail.com, or register online, at www.writersinthemountains.org.

Writers in the Mountains is a not-for-profit organization with a mission to provide a nurturing environment for the practice, appreciation and sharing of creative writing.

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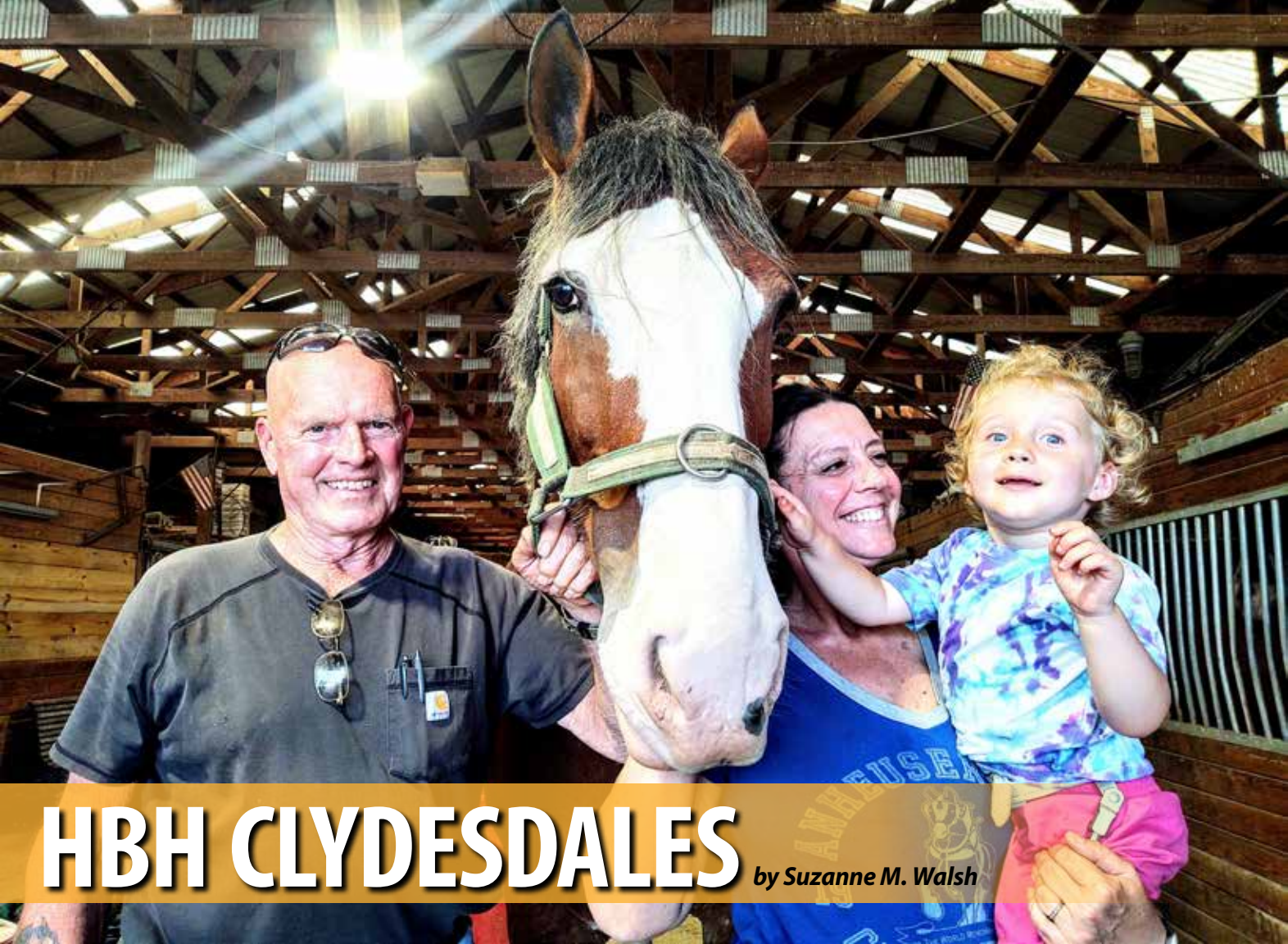
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HBH CLYDESDALES

by Suzanne M. Walsh

PHOTO CREDIT: SUZANNE M. WALSH

John and Stephanie Leavitt with their granddaughter Addie and "Johnny", one of the Stars at HBH Clydesdales Farm.

Up in the northernmost reaches of Schoharie County are the unbelievably beautiful rolling hills that make up the town of Carlisle. From the top of some of this town's vistas you almost feel like you could take in all of creation. The great Mohawk River valley and distant blue-tinted Adirondacks are seen away off to your right from some of these summits, with the awesome breadth and reach of the fertile Schoharie Valley below on your left. The view behind includes Albany, Troy, and all the way to Vermont and smoky New Hampshire beyond, while the gateway view of the way West lays like a picture in a storybook before you.

Bucolic Carlisle is also the place John and Stephanie Leavitt call home on their beautiful farm "HBH Clydesdales", where they own, train, display and promote the unforgettably stunning animals that will knock your socks off just to be in their awesomely tall presence.

Clydesdale horses are one of the two largest and most graceful equine breeds in America. With the usual height of males being over 15 hands (*that's 6 feet to you and me*) at the "withers" (and that's just up to their shoulders) before taking in the huge necks supporting their large heads. For very good reasons these impressively towering horses are known as the "gentle giants" of the equine world, and it's hard to believe, but true, they almost became extinct.

The Leavitts have been able to creatively combine their love of this region and their life-long love for these special equines with their mission to educate us about both. John currently serves as Carlisle's supervisor (mayor) and for many years this husband-wife team has preserved an encouraging tradition of welcoming their community and visitors from all over to experience the beautiful and graceful Clydesdale

breed up close and personal.

Opportunities to educate the public about these special horses are accomplished in a warm and engaging manner by HBH providing top-of-the-line carriages and wagons available for weddings, regional parades, private parties and many other events, both community and commercial.

Stephanie and John host an annual open house, held recently, which provides an additional opportunity for the community and the public to have a behind-the-scenes look at how their farm is run, with close-up tours of the specialty equipment needed for the housing, safety and training of their "star" animals. John has kept a long-standing friendship communicating with one of the members who handles the famous "Budweiser Clydesdales", and the safety and protocols of both farms is similar.

HBH's open house included meeting face-to-face with their handsome gentle giants, along with festive wagon rides for the kids and pumpkins and chrysanthemums galore sprinkled among the specialty craft and food vendors.

This year HBH's open house was also a very special one. October has been designated as Spina Bifida month, a cause the Leavitt family cares very deeply about. Their granddaughter Addilyn — known affectionately as "Addie" — was born with Spina Bifida. The whole family has joined together in dedicating their support to promote awareness about this common central nervous system birth defect, which occurs

during the first four weeks in pregnancy, sometimes before a woman even knows she's pregnant.

Affecting births worldwide, Spina Bifida — the development in which an area of the spinal column doesn't close properly — occurs in 1 per 2,000 live births in the United States. Although the exact causes for this are unknown, fortunately through research it's been discovered that folic acid can aid in preventing it.

Donations from friends and visitors collected during the HBH special open house prompted the Leavitts to respond with a post on their Facebook page "HBH Clydesdales" with the following: "Thank you so much to everyone who donated to the Spina Bifida fund raiser on behalf of Addilyn. To say we are beyond overwhelmed with your support is an understatement."

If you find yourself wishing for something really special and different for your next milestone event — that important wedding, retirement, graduation, community parade or fundraiser — consider adding a touch of magnificence by making your plans around the beautiful, stately Clydesdale horses at HBH Clydesdales. John and Stephanie Leavitt are the warm-hearted couple whose capable experience and genuine friendliness may be just what's needed to memorialize your event.

HBH Clydesdales Farm
137 Prairie Road, Carlisle
518-429-8365
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We have almost forgotten how strange a thing it is that so huge and powerful and intelligent an animal as the horse, should allow another, and far more feeble animal, to ride upon it's back.

— Peter Gray



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AUXILIARY HEATING

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SPOTLIGHT: Pellet Stoves

Pellet stoves are popular with homeowners because they emit few harmful gases and provide long-lasting heat. If you're looking for a supplementary heating system but are unfamiliar with pellet stoves, here's what you need to know.

Fuel source

Pellets are small, compressed capsules made from the manufacturing residuals of the wood processing industry. They're made up of tiny particles and contain very little moisture. This means they burn evenly, unlike logs. Pellets are also inexpensive and available at nearby retailers and most hardware stores.

How it works

Pellet stoves have a hopper, which is a funnel-shaped tank where the pellets are loaded. A thermostat activates the stove, and an auger feeds the pellets continuously into the fire. A set of fans pushes the heat into your home while expelling the combustion gases outside. You don't have to keep an eye on it or make sure it's constantly topped up. Depending on the model, pellet stoves can run independently for 24 to 70 hours.

Pros and cons

Pellet stoves are more environmentally friendly and easier to use than wood-burning stoves. However, they can be noisy and maintaining the chimney is more complex and costly. All-in-all, pellet stoves offer excellent energy efficiency and have a low carbon footprint.

If you're wondering whether a pellet stove would suit your home, talk to our fireplace specialists at Mountain Flame to find out more.



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WINTERIZE YOUR HOME

10 THINGS TO DO OUTSIDE

- Clean the gutters.** Clogged gutters can lead to water backup, which can damage your roof.
- Trim tree branches.** Remove any tree branches hanging over your home. Snow can cause them to snap.
- Seal leaks and cracks.** Inspect your siding, windows and doors for cracks or gaps. Use caulk to seal openings and prevent drafts.
- Inspect the roof.** Check your roof for missing shingles, loose flashing and signs of wear and tear.
- Protect exposed plumbing.** Consider wrapping exposed pipes with insulation for added protection.
- Disconnect and store hoses.** Hoses left outside can crack or burst. Disconnect, drain and store in a protected location.
- Winterize your sprinkler system.** Most sprinkler systems must be winterized to prevent pipes from freezing. Locate your shut-off valve and drain the system.
- Prepare your patio furniture.** Move outdoor furniture to a protected area or cover with weatherproof material.
- Clear dead leaves and debris.** Rake up leaves around your foundation and flower beds to promote good drainage and prevent unwanted pests.
- Stock up on winter supplies.** Create a stash of ice melt, snow removal tools and firewood.
- Reverse your ceiling fan direction.** Change the blade direction. In winter to rotate clockwise to push warm air down from the ceiling.
- Inspect and replace HVAC system air filters.** Clogged air filters restrict airflow and make your heating system work harder. Replace your air filters regularly for optimal efficiency.
- Winterize your pantry.** Create space for winter comfort food with staples like soups, stews and hot cocoa. Stock up on non-perishable items in case of bad weather.
- Check safety devices.** Test all your smoke and carbon monoxide detectors and ensure they have fresh batteries.
- Deep clean carpets and rugs.** Thoroughly clean your carpets and rugs with a steam cleaner or carpet shampooer.
- Gather winter supplies.** Stock up on cozy blankets, throws and extra pillows for those chilly nights.
- Winterize unused rooms.** Reduce heat in rooms that don't often get used to save energy.
- Plan winter maintenance.** Painting touchups, minor repairs, etc.

10 THINGS TO DO INSIDE

- Seal drafts.** Drafty windows and doors are a significant source of heat loss. Use weatherstrip or caulk to seal any gaps and keep warm air inside.
- Service your heating system.** Invest in a professional tune-up for your furnace or boiler.

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Enhance your hunting companion's gear: 5 accessories for your hunting dog

DO

A hunting dog isn't just a pet but a vital companion in the field. Equipping them with the right gear will help your furry friend perform better and stay safe and comfortable. Here are five essential accessories for your hunting dog:

- 1. Protective vest.** A durable, water-resistant vest protects against harsh weather conditions, thorns and other hazards during hunts. Choose a bright shade to ensure your canine companion is visible and safe in the field.
- 2. Dog boots.** Protect your dog's paws from rough terrain, sharp objects and extreme temperatures with high-quality dog boots with rugged soles and breathable materials.
- 3. GPS tracker.** These devices provide real-time location tracking, allowing you to monitor your dog's movements and quickly find them if they stray too far.
- 4. Water and food bowls.** Keep your hunting dog hydrated and nourished during long days in the field with portable water and food bowls. Choose collapsible, lightweight bowls that are easy to pack and clean.



- 5. First-aid kit.** It's essential to have a well-stocked first-aid kit with bandages, antiseptic wipes and tweezers to treat minor injuries and provide immediate care.

Look for these essential accessories for your four-legged hunting buddy at our local outdoor equipment shops.

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Book

Reviews by
Jessica Reed

Always Julia

When I was nearly finished reading this book, *Always Julia -- The Art Of A Life* by Upstate NY author, Ava Zacardi, I received a text from a friend, asking what I was doing. Eager to keep reading, I rushed back an answer. She asked if I liked the book and I told her that I did, very much. Then, she asked what the book was about. I hardboiled it down to a lady in her early sixties that had experienced much trauma and loss, but had decided to reinvent her life.

Intrigued, as she has those traits in common with the character, she pressed for more details. I told her that a friend of Julia's had described her as "a bit much" and always felt like taking a nap after they spent time together. Instead of feeling bothered, I realized that I liked discussing this book and that I loved this brash, complicated, wryly funny, and authentic character. I would want to be friends with her, even if I had to take a nap afterwards.

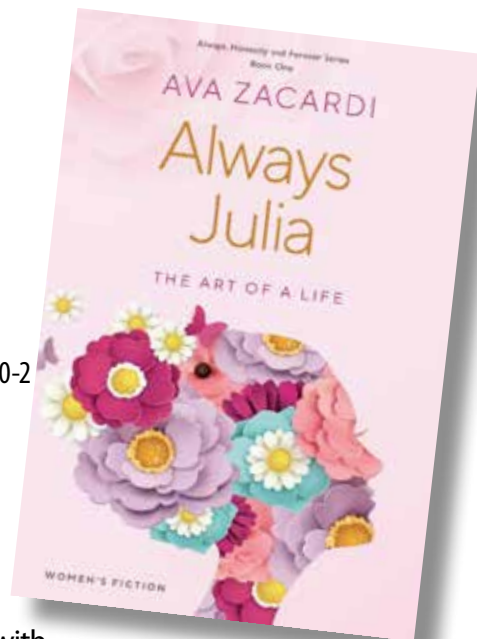
Julia's world is populated with family and friends revolving around and reacting to her outward expressions of repressed grief after tragically losing family members at a young age. Julia is then thrust into a divorce and loss of her job and marital home. The rug has been pulled out from under her and she "copes" in dysfunctional yet endearingly humorous ways.

Julia is colorful but doesn't overshadow the other intuitively well developed characters. Trust me, these are all people that you know from your family and town, both good and bad. Most compelling is the close relationship she shares with her ninth-grade granddaughter Bella, a bond that parallels her positive experience being raised by her own grandmother. They are two peas in a pod.

Bella, sensing her grandmother's sadness, gifts her with a DNA kit, hoping to expand her sense of belonging. Stunning, page turning family secrets are unleashed

Author: Ava Zacardi
ISBN: 979-8-9865810-0-2

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that lead to unexpected family and the reunion with a cherished childhood friend.

The narration is in present tense like Rod Serling in the Twilight Zone, which meshes perfectly with the bit of supernatural woven throughout. The modern use of words like Uber and Facebook give it a contemporary feel, that heightens the realism. As an adopted person that needed to rely upon DNA tests myself to fill in my missing pieces, I felt like Zacardi nailed both the highs and lows of discovery in the most authentic manner I have ever read.

Sometimes life can feel too predestined and we need a dose of Julia to show us how to reinvent ourselves. I missed Julia when the book was over, but lucky me, I just found out that there is a sequel, *Honestly Julia -- A Matter of Perspective*. Excuse me, my next week is booked.

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STRANGE BUT TRUE

by Lucie Winborne

Octopus wrestling was a popular sport in the 1960s. A diver would fight an octopus in shallow water and drag it to the surface.

Each spacecraft sent to Mars is scrubbed and inspected before dispatch as part of a strict planetary protection protocol meant to prevent contamination from Earth.

Geckos can turn the stickiness of their feet on and off at will.

And speaking of feet, during World War II, the United States began rationing shoes. Citizens were allowed three pairs.

Charles Richard Drew was a Black physician who developed blood banks for military personnel during World War II. He quit working for the Red Cross after he learned that the military separated blood donations by race.

The Dr. Seuss classic children's tale "Green Eggs and Ham" was banned in China from 1965 to 1991 for its "portrayal of early Marxism."

Beethoven went out of his way to ensure his morning coffee was made with exactly 60 beans per cup.

Pentheraphobia is the intense and disproportionate fear of your mother-in-law.

To ensure Queen Elizabeth II received her food on time, clocks in the royal kitchen at Windsor Castle were set five minutes ahead.

While they might look the same, Jenga blocks have subtle differences in dimensions to make their construction less stable. Each brick is a different size and weight, so no two games are alike.

Herrings communicate through farts.

Galileo's middle finger is on display at the Museo Galileo in Florence, Italy.

In 2009, a team of scientists searched Scotland's Loch Ness for evidence of Nessie. While the fabled monster remained elusive, they did recover more than 100,000 golf balls.

The NASA Vehicle Assembly Building in Florida is so huge it has its own weather.

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Beef meatball soup

INGREDIENTS (Serves 4)

- 16 ounces ground beef
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning
- 1 egg, lightly beaten
- 1/3 cup grated Parmesan cheese
- 1/3 cup breadcrumbs (Italian or regular)
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 medium carrots, coarsely diced
- 2 medium potatoes, coarsely diced
- 1 tablespoon tomato paste
- 34 ounces beef broth
- Salt and pepper, to taste
- Chopped parsley, for garnish



INSTRUCTIONS

1. In a large bowl, combine the beef, garlic, Italian seasoning, egg, cheese, breadcrumbs and a little salt and pepper. Shape into balls slightly smaller than golf balls. Heat 1 tablespoon of oil in a large frying pan and brown the meatballs on all sides. The aim is to color them, not cook them thoroughly. Set the meatballs aside with all the cooking liquid in the pan.
2. Heat the remaining oil in a large pot and saute the onion, carrots and potatoes for a few minutes. Add the tomato paste and beef stock. Bring to a gentle boil and simmer for 15 minutes.
3. Add the meatballs and cooking liquid to the pot and simmer for 10 more minutes (the vegetables should be tender).
4. Season with salt and pepper to taste and garnish with parsley.

*Have you tried one of the recipes published in A Time and A Place?
We'd love to hear about it! Why not post a photo on our Facebook page?*



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“I always love to read your magazine.
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around when the grandkids come.”

— Josef S

**They're
Singing
Our Song!**

History of Our Hamlets

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

History of Our Hamlets is sponsored by



Volunteer firefighters are called at all hours in every season to save lives and property when fire erupts. While most of us roll over or keep on with the task at hand, firefighters pull on their turnout gear and drive off to meet the challenge.



(Above) Fleischmanns and Arkville vols could not save this large Redkill barn.

A massive fire on Margaretville's Main Street in 1977 transformed the community by leading to the creation of the MARK Project and construction of Binnekill Square.



DO

A 1939 fire took the heart out of Arkville.



In 1986, intrepid volunteers climbed onto a snowy roof to quell a blaze at Sanford Auto on Route 28 between Arkville and Margaretville.



Celebrate Fall... Sustainably

Here are some eco-friendly tips to help you welcome fall responsibly:

- Support local farmers' markets by buying seasonal produce, reducing carbon emissions associated with transportation.
- Decorate your home with natural elements like pinecones, gourds and fallen leaves instead of plastic or disposable decorations.
- As temperatures drop, conserve energy by sealing drafts, using a programmable thermostat and opting for warm layers instead of cranking up the heat.
- Use reusable bags, containers and utensils for fall picnics or packing school lunches.
- Before splurging on new fall attire, consider swapping or thrifting clothes. Repair, upcycle or donate items you no longer wear to extend the life of your wardrobe.
- Get creative with leftovers and preserve seasonal fruits and vegetables through canning, freezing or drying.



- Instead of bagging fallen leaves for disposal, compost them to nourish your garden or donate them to local composting facilities.

- Simplify fall festivities by prioritizing meaningful experiences over material possessions. Instead of buying excessive seasonal items, host potluck dinners with friends or go on outdoor adventures.

- Opt for sustainable transportation methods such as biking or public transportation to enjoy fall foliage instead of driving.

- Join local sustainability initiatives or volunteer for fall clean-up events to make a tangible difference in your community's environmental efforts.

Making small changes can have a significant impact on the environment. This fall, do your part to celebrate the season responsibly!



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