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A TIME AND A PLACE

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Gretchen Balcom
PUBLISHER



FROM THE PUBLISHER

Since I started on this grand adventure and launched A Time and A Place, there have been numerous learning experiences, and I am well outside my comfort zone. Then along comes the COVID pandemic, and now I'm really working without a net. But we're alive and well (the magazine and me) and now I'm into yet another adventure — distance learning.

I'm sure those of you who have school-age children will agree, teaching is a vastly under-rated skill, and we all have an even greater appreciation for our teachers and educators and for everything they do.

I'm equally certain that teachers everywhere are anxious for this pandemic to be behind us... and my apologies to my granddaughter's class for forgetting to mute.

To Our Teachers and Educators

Thank You!
from the bottom of our hearts!



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WHEN YOU CAN'T BE THERE, WE CAN!

ON THE COVER: Thanks to Cynthia Elizabeth Greenberg for this colorful photo taken up Millbrook.

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4 FAMILY ACTIVITIES

for a fun Halloween at home

You can celebrate Halloween from the comfort of your home. Here are a few fun activities the whole family will enjoy.

Play Board Games

There's no better time to play games like *The Werewolves of Millers Hollow*, *Cauldron Quest* and *Ghost Blitz* than on Halloween. You can also play monster-themed charades or *Pictionary*.

Sing Karaoke

Choose a selection of songs that suit the occasion and belt out the lyrics on your own or as a group. Your playlist can include *Monster* (Lady Gaga), *Zombie* (The Cranberries) and *Ghostbusters* (Ray Parker Jr.).

Organize a photo shoot

Make a creepy backdrop and show off your costumes in a makeshift photobooth. Alternatively, you can host a fashion show in your living room.

Make a home movie

Recreate scenes from classic Halloween movies like *The Nightmare Before Christmas* and *Hocus Pocus* or write your own script. Make sure everyone has the chance to play a fun role.

Once all your monsters are ready for bed, wrap up the evening in your pajamas with a bowl of popcorn and a scary movie.

HALLOWEEN CRAFT for kids

This Halloween, encourage your kids to get creative with this fun and easy craft your little ones will love making.

Toilet Roll Monsters

Make ghosts, vampires and other Halloween monsters out of empty toilet paper rolls. Use the tubes as torsos for your spooky creatures, then create horns, wings, fangs and other eerie features with markers, paint, construction paper, pipe cleaners and other odds and ends you have around the house.

To make a mummy, for example, wrap the roll in strips of gauze or paper towel. Or, to bring your

very own Frankenstein to life, use green paint and black felt for the hair.



Hudson Valley Yarn Crawl Spins its Web Through October

DO

Additional Shops Added to the Route for the Second Half

by Jonathan Ment

This year's Hudson Valley Yarn Crawl may be a little smaller than in recent years, but at a time where more folks may be discovering the satisfaction of making things by hand – from bread to mittens, it's surely no less relevant.

I chatted with the organizers about this year's event, and separately with the fiber artist friend that clued me in about the crawl.

The crawl is the creation of Marlea Willis, an event planner, and AnneLouise Burns, a graphic designer and a rail trail enthusiast. "It's kind of fun to ... visit all the places in the Hudson Valley that support fiber artists and sheep and wool shops, it's grown to knitting, and crocheting and spinning and weaving," said Willis, adding, "Our goal is to keep this going not only for our enjoyment but for the future."

The warmer months, when most folks who do aren't knitting or crocheting as much, were a natural choice for a yarn crawl because it would help bring people into the shops.

"There is a big 'maker' movement going on right now where people want to learn some of the crafts



PHOTOS PROVIDED

Nettie Farrell's haul from The Knitting Room in Windham.

that went by the wayside when computers were invented," said Burns, "Especially now. It's all about being creative and making something tangible."

"It also provides a community where you can meet people with like interests. You can do it your whole life and continue learning new skills and techniques," she said.

"It's a meditative and thoughtful process to create something," said Nettie Farrell, my fiber artist friend, adding it's helped her "get through the past six months."

"When I crochet it comforts the people I'm with. It makes it ok to be quiet. It quiets the whole area so they become calm and I become calm," said Farrell.

The Hudson Valley

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Our weekly Cheese Board To Go —
a curated selection of cheeses and accompaniments
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in a barn box.



Yarn Crawl began in 2017 when Burns and Willis recruited about 14 shops and created a ‘passport’ that attracted around 500 people. Most visited all of the shops on the list, they said.

This year, even though with COVID it’s a smaller affair, people are desperate for yarn because they’ve used it all while cloistered at home, according to the organizers.

Burns explained the 2020 Passport. It contains all pertinent information about the crawl and has a page that can be stamped by each shop visited. That page gets mailed in for entry into drawings for prizes donated by the shops and this year’s sponsor, the Brown Sheep Company. Eligibility is determined by how many shops you’ve visited. The top prize is valued at \$150.

Included for the first time is The Knitting Room at 11111 state Route 23 in Windham, whose focus is on “indie, hand-dyed yarn.”

“Their energy is why we do this,” said Burns

“The biggest challenge yarn shops have nowadays is a lot of crafters have a tendency to go to (chain) stores,” said Willis.

That sentiment is shared by Farrell who urged, “Local wool should be supported in the Hudson Valley, or we’re just not going to have it.”

“There are so many fibers, they’re combining fibers,” said Farrell who picked up her passport and a few new hanks in Windham, and has eyed Saugerties (The Perfect Blend Yarn & Tea Shop, 50 Market St.) and Chatham (The Warm Ewe, 31 Main St.) as next stops for her participation in this year’s crawl.

All participating shops offer in-store browsing, with online ordering and curbside pickup also available. Visit HUDSONVALLEYYARNTRAIL.COM or [facebook.com/HudsonValleyYarnTrail](https://www.facebook.com/HudsonValleyYarnTrail) for more details and updates.

2020 Shops

(Listed South to North)

- | | | | |
|--|---|---|---|
| 1 The Endless Skein
Cold Spring, NY | 3 The Grumpy Goat
Fine Yarns
Port Jervis, NY | 5 The Perfect Blend
Yarn & Tea Shop
Saugerties, NY | 7 The Warm Ewe
Chatham, NY |
| 2 Nancy O
Ridgefield, CT | 4 The Yarn Box
Pawling, NY | 6 The Knitting Room
Windham, NY | |



HOBART BOOK VILLAGE

A Treasure in Our Own Backyard

by Michael Martin Independent Writer, Author

SHOP

Hobart, a village of only 324 acres and a population of 400, is known throughout the county, and to book lovers everywhere as Hobart Book Village, “the reading capital of New York State.” Hobart lays claims to several firsts, not just being the first book village.

Blacksmith, John Foote, made the first cut nails in the United States in Hobart. Hobart also lays claim to the first Holstein dairy in Delaware County.

Several fires have ravaged the town through the years, but Hobart residents are resilient and refuse to go quietly into the night. Through disappointments and setbacks Hobart remains. Hobart was down but not out, needed a miracle... and it came in the form of a book village.

Hobart’s Book Village got its start in 2005, when

local entrepreneur Don Dale established the only book village east of the Mississippi. Dales saw a near ghost town but, a ghost town with spirit. The Hobart Book Village is modeled after a small town in Wales named Hay-on Wye. As in Hobart, an entrepreneur bought vacant buildings and today at least 25 independent bookstores call that town home.

While on a visit, Diana and Bill Adams fell in love with Hobart and on a whim bought a building and opened the first bookshop, The Adams Antiquarian, in 2002. Then, Don Dales opened two bookstores, and in 2005 when two more bookstores were added to the mix, Hobart Book Village was born.

Today, the book village sports a growing number of bookshops selling used, antiquarian and hard to find books. The lineup currently consists of: Adams Antiquarian, Liberty Rock Books, Blenheim Hill Books, Mysteries & More, The Book Nook, Creative Corner, Vintage Bottega and More Good Books. Several more shops are scheduled to open soon.

The book village is seeing a resurgence, indirectly as a result of the COVID-19 restrictions. People who would normally travel abroad find themselves exploring the treasures in their own back yards, and the book village is certainly a treasure. To entice visitors, the book village holds a yearly festival, book fairs, and hosts scheduled lectures.

THREE FLOORS OF BOOKS: *Adams Antiquarian Books, where it all began, is a reader's paradise offering uncommon books at reasonable prices.*





Can't Wait to get started on your next book? Liberty Rock books is the place to go. The open at 10am for all you "early birds". Would you like to know more about the happenings at Hobart Book Village? Join their email list. Log on to www.hobartbookvillage.com, click on "contact us" and then enter your information. All six shops in the book village share the same list.

The success of the book village directly benefits other businesses in town by default. Thanks to increased tourism, Hobart is able to support an art gallery and three eating venues; The Coffee Pot, The Dinner Plate and The Bull & Garland.

With the influx of new business, residents and tourists, a need for places of faith has presented itself. To help fill that gap, a new non-denominational church has arrived. Pastor Matt Anderson, a 23-year-old local who studied in Colorado, saw the need and opened a place called "Backyard Gospel", a no

pressure, family friendly place to learn. This, along with the more traditional church offerings make Hobart an attractive choice.

Business, books, food and faith; do yourself a favor, don't let just the tourists and book lovers enjoy what is right here in your own back yard... visit, be surprised.

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Pet Me Please!



Heart of the Catskills
Humane Society

by Laura Wright

Signs our pets may be ill

As cold and flu season approaches, it brings to mind that our cats and dogs may feel under the weather at times. And they can't talk to let us know they aren't feeling well. Animals are generally very stoic and don't always show obvious signs of illness. But if we pay attention and stay in tune with them, we can catch the signs of illness early to help prevent further sickness and provide care and comfort.

The first thing is to take note of our pets' usual habits, personality, and activity level so we can quickly notice when something is "off." Our furry friends might seem lethargic, stop eating or drinking well, stop grooming themselves, and drool if they have soreness with their gums or teeth. Cats will sometimes sit in a "hunched" position with their eyes squeezed together and seem like their back end is sore when they walk. This could indicate a urinary tract problem or some other internal issue. They may have runny eyes, snot, cough, or congestion that go along with an upper respiratory infection. Dogs may be lethargic, stop wanting to take long walks or jump into the car, and that can be an indicator of arthritis or that they should be tested for Lyme Disease. They may shake their heads and paw at their ears if they have mites or a yeast infection bothering them.

An animal's fur may get rough-looking and unkempt or their eyes dull if they are under the weather. Your pet may suddenly change habits, like being more stand-offish or even "cranky." Or sometimes with a normally shy animal, they may actually seem more needy and accepting of affection when ill. Weight loss or gain with changes in energy level may indicate a thyroid problem. Drinking an excess of water suddenly and for a prolonged period



can be a sign of a health issue, one being diabetes. Excessive itching can be a sign of many possible issues: fleas or other parasites, a skin allergy, a hot spot or bite. Changes in our pet's stool over time can be a clue of parasites or allergies to food as well. Lethargy, fever, and a tender swelling may indicate an abscess that may need to be drained. That can often happen after a puncture from a bite or injury, and your pet may need antibiotics. Doing an occasional hands on exam of your pet is always a good idea, because fur can hide problems. Look and feel for swelling, sores, ticks, and tender joints.

These are just some examples. There are many reasons our pets can display certain symptoms, and you should always consult your vet if you notice concerning changes in your pets' behavior or habits. Our pets count on us to read their subtle hints so we can help them stay healthy and happy!

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200+ Local Producers

SHOP

by Brian Sweeney



The Catskills Regional Harvest Shop on Route 28, Andes is packed with goods from local producers.

Less than three years after opening, the Andes-based Catskills Regional Harvest (CRH) has grown from an outlet featuring products from 30 local farmers and producers to showcasing the offerings of 215 local/regional farmers and producers.

Business founder Nicole E. Day related that the primary reason for the move from the shop's Delhi location was expansion of the store and the implementation of a locally-focused butcher shop.

"Now in our second year in the Andes location we are seeing the model successfully expand, detailing

Strong support

its mission and building into a full-scale special foods grocery store," she stated.

Nicole credits the "incredible support from our local area farmers and the Delaware County Industrial Development Agency" with making the expansion possible.

In addition to being the CRH owner, Nicole also owns and operates AgriForaging Food Safety, a state and federal food safety compliance consulting firm, as well as Delaware County FoodWorks+ a shared

commercial kitchen. The latter is located in the building at 27905 State Highway in Andes that houses CRH.

Nicole said that the development of the of the three businesses was a natural progression.

Logical step

“As a former national food manufacturer from Vermont, I have taken the network developed, skill-sets I incurred and love for our local community to create a biodynamic entrepreneurial vision to support our local food entrepreneurs, provide high quality safe locally-sourced foods to our community and expand food entrepreneurship economic development,” she noted. “I am thankful to the incredible mentors in my life such as Jim Thomson who have given me business advice, kindness, moral support and strength to bring this project to fruition.”

Got things rolling

She explained that AgriForaging Food Safety (she calls it the Mothership as her brainchild established in 2011) is a federal and state food safety compliance consulting firm specializing in meat processing and humane slaughterhouse design, HACCP plan development, dairy production, general food processing and warehouse management.

The Catskills Regional Harvest & Butcher Shop showcases a vast array of goods from hundreds of local producers. In addition, the butcher shop benefits from Nicole’s vast experience in the meat industry,

as she has been able to source the highest quality of meats from her local and regional clients.

“We are so honored to work with so many incredible producers in our Catskills region – they are incredibly talented passionate people who want to live a good life, produce incredible foods and connect as a community in a really special way,” she stated.

More the merrier

Nicole pointed out that she always welcomes more local producers to become part of the CRH store.

The third prong of Nicole’s entrepreneurial endeavor is Delaware County FoodWorks+, a shared commercial kitchen which is licensed by NYS Ag & Markets and is rented out to chefs, budding food entrepreneurs and experienced food wholesalers as well as farmers who create their own value-added products.

At FoodWorks+ Nicole also collaborates with SUNY Delhi and other incredibly talented entrepreneurs and organizations to offer The AgriPreneur Project; an agricultural entrepreneurship business program funded by the Chobani Community Impact Fund at the Community Foundation of South Central New York. The AgriPreneur Project is a 14-week training for new or existing food entrepreneurs.

What’s cooking

Among the businesses currently utilizing the services of FoodWorks+ are: Roman Roasters roasting coffee, Ty’s Taco-ria rents space and uses the shared

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commercial kitchen, Star Route Farm and The607CSA produce value-added foods, the Modestos utilize the building as home-base, Chef Norberto Piattoni helps provide co-packing services to Lucky Dog Farm and Berry Brook Farm, as well as a variety of chefs creating special products for the CRH store.

To keep all of these ventures running smoothly, 2-6 staff assist. Nicole recalled that, during the height of COVID (traditionally a quieter time of year), she had only one team member to help build out sanitation protocols and pivot the entire business by expanding offerings and, at the same time, keeping everyone safe.

Even with the many hats she wears, Nicole is always looking to expand offerings. Recent innovations include implementation of a full-service cheese counter at CRH, offering the highest quality of cheeses. They have brought in an incredible cheesemonger “who has taken our cheese offerings to a new level.” And, just this week, CRH received its license from the state Liquor Authority to offer retail sales of beer, hard cider and wine products, and is in the process of doubling the size of its grocery store.

Not a problem

It’s a lot to manage, but Nicole savors the challenge.

“The overarching mission of my businesses has been to help rebuild a resilient local food system by offering a biodynamic approach to community support, educational offerings, resource assistance and building agricultural economic growth in our region, while also publicly supporting our network



Cheese platters are a big hit with customers at Catskills Regional Harvest.

of generational and new farmers, and producers in our grocery store and using social media platforms plus print such as The Mountain Eagle to share their personal stories,” she commented.

SNAPSHOT

Thanks to our reader, Lydia Bauer for sending us this great photo. This is the view from her front deck along Upper Liddle Road in Andes. Lydia's view overlooks the mountains and a little piece of the Pepacton Reservoir.

If you'd like to send a photo for inclusion as a Snapshot or to be considered for the cover, you can upload photos on our website: atimeandaplacemagazine.com on the **Fun Things To Do** page.





Book

Reviews by
Jessica Reed

Reservoir Year

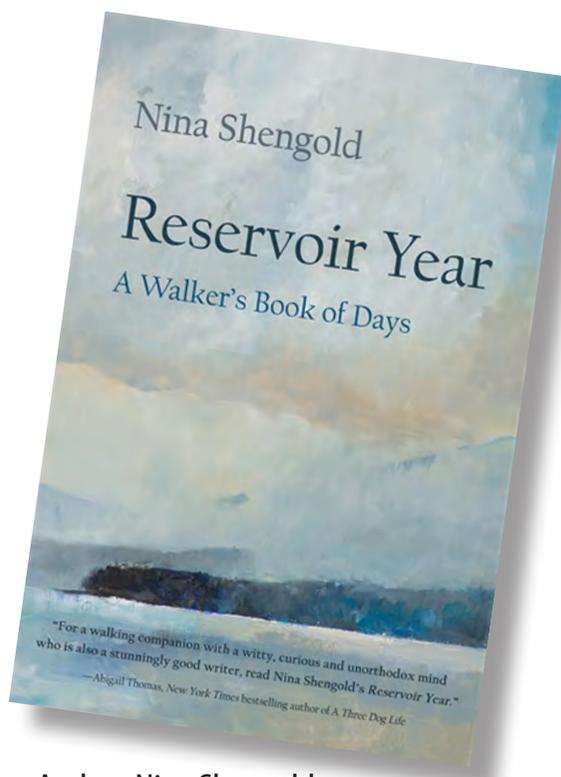
There are many words to describe what author, Nina Shengold is: writer, single parent and empty nester. In the book, *Reservoir Year — A Walker's Book of Days*, Shengold learns not what she is, but who she is and the reader does too.

On the cusp of turning sixty, Shengold double-dog dares herself to take a walk along the Ashokan Reservoir in upstate NY, every day for a year in any kind of weather. Why? She doesn't really know.

In her entries for every day of the year, there are days that are triumphantly confirming along with days that she and the reader questions her sanity. There is no rhyme or reason to the time of day or night Shengold chooses to walk, but there is rhyme and reason to her words. She is a wordsmith with an astonishing ability to conjure up a picture in our minds eye. She is also heartbreakingly human which she conveys with poignant transparency. This makes her feel familiar, like we know her, miss her. Maybe we are her.

Shengold shares the ugly history of the beautiful Ashokan Reservoir where towns were submerged to supply New York City residents with drinking water. Shengold's writing, paired with gorgeous illustrations from Will Lytle and Carol Zaloom made me feel alive.

There were spit my tea out funny moments such as times that she outsmarted the DEC officers to brazenly explore forbidden areas. There were calming moments as she met some of the same people day after day such as overeager, eagle photographers. An entry that I noticed was on my birthday read, "If you feel a mysterious pull to do something, listen."



Author: Nina Shengold
Publisher: Syracuse University Press
ISBN: 978-0-8156-3696-0

Her message is clear. We can all have a Reservoir Year in our own way. I can hear her dare us. What will yours be?

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SHOP

Good cheese, excellent wine and decadent sweets. The holidays are the perfect time to indulge your inner epicurean. To please your senses — and those of your favorite foodies — plate local products.

Whether you're hosting an intimate gathering for family and friends or a cocktail party for colleagues, you want to offer your guests the best. Look to local producers who put hard work and passion into creating their breads, beers, chocolates and other delicacies that will undoubtedly impress those who try them.

Seeing the look on someone's face when they unwrap a truly unique, one-of-a-kind gift, is a gift in itself. These special treasures are cherished, and often passed down from generation to generation.

Local shops and galleries are an obvious outlet for local handicrafts, as are farmers markets and craft fairs. Many times bookstores and wineries can be counted on to support local artists, not only displaying paintings and artwork, but also offering local handicrafts for sale.



Trip Advisor can be an untapped *local* resource for locating unique hand-crafted items from the region. Visit tripadvisor.com, click "Things to do" and enter a nearby town or village in the "where to" search bar. Typically you can find fairs and businesses likely to support local artisans.

A responsible choice

Because the products don't have to travel vast distances to reach your home, when you buy local, you end up lowering your carbon footprint.

Additionally, by eating and drinking locally and supporting artisans living and working in our region, you encourage your region's economy. Instead of giving money to large corporations, you'll be helping your neighbors make a living and fostering employment in our area.

But altruism aside, one of the best reasons to buy food items locally is that they're fresher — and tastier! — than those bought at the grocery store.

For these reasons, and so many more, serve and gift delicious eats and treats that are made close to home.



Cider Doughnuts at the CATSKILL MOUNTAIN COUNTRY STORE

by Jonathan Ment

www.catskillsphotographer.com

I like Apple cider doughnuts, and have sampled them near and far.

I once bought a box from a regional convenience chain then took them up on their 'satisfaction guarantee' after rejecting them from the first bite. In the letter that accompanied my refund, the company said due to the highly perishable nature of apples, no apples or apple juice were included in their apple cider doughnuts...

With better options within an hour's drive of almost anywhere around these parts, you never have to make the same mistake I did.

Thankfully, apples figure prominently in the doughnuts at the Catskill Mountain Country Store on the west end of Windham. (They spell it 'donut' but that's for another day...)

"We can tell the difference between a cider doughnut that doesn't have cider in it. It's a different flavor," said Natasha Shuster, who spends part of her mornings bathing freshly fried and cider-rich apple cider doughnuts in a mix of

cinnamon and sugar.

Natasha's husband Drew said cider doughnuts have "turned into a big part" of the family business. But it was their son Gus that first advanced the idea of offering the fried confections at their main street mainstay.

"He was about five and said nobody sold them in town," said Drew. "We looked for used machines and didn't really find one. We looked online and found they were about \$5,000 back then."

Later, then seven-year-old Gus who had \$1,000 in savings offered to invest in the new family venture. "We said he could put up half of his savings and work weekends," said Drew, adding, "Doughnuts helped pay for Gus's college."

Gus is studying molecular biology and German studies. Gus worked a lot of weekends.

The Catskill Mountain Country Store includes a café, gift shop, petting zoo and more, and offers a variety tasty treats year-round, from sugar coated to chocolate dipped.

That's uncommon among purveyors of cider doughnuts, most of which offer them only plain or sugared, for on the one hand, many are seasonal businesses and on the other, most don't sell them all the months they are open.

What makes a good cider doughnut?

"There are two secrets," said Drew, promptly giving them away "Cider and clean oil."

"With fresh oil you can tell the different in the color and the clarity," said Natasha, adding, "And there's a lot of cider in our doughnuts."

The, with all those yummy cider doughnuts (and fudge, and more!) is at, with a second location at. At least where cider doughnuts are concerned, the Windham location serves as the bakery for both.



Cider doughnuts make their journey through the fryer where they're automatically flipped and ejected before being hand dipped in sugar or other delicious finishes.

Catskill Mountain Country Store

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Let's do breakfast!

Breakfast: the best way to start your day

You've probably heard that breakfast is the most important meal of the day, but have you ever wondered why? Here are some of the benefits provided by eating a healthy breakfast.

Restore your energy

The time between dinner and breakfast tends to be the longest period that your body goes without fuel. Eating in the morning will help revive your brain and muscles and give you the push you need to go about your day. If you don't eat breakfast, your body will draw on its energy reserves instead, which can increase your level of fatigue.

Improve your performance

Eating breakfast has a direct impact on your cognitive and physical performance throughout the day. Numerous studies from around the world indicate that eating a healthy breakfast improves



academic performance and enhances hand-eye co-ordination.

Maintain your weight

Skipping breakfast makes it more likely that you'll snack during the day and may consequently increase your risk for obesity, high blood pressure and diabetes. Plus, studies show that people who start the day with a healthy breakfast have an easier time losing weight and are less likely to be overweight in the first place.

Eating breakfast should be a daily habit. In addition to restoring your energy, improving your performance and maintaining your weight, it makes it more likely that you'll make healthy choices throughout the day.

The healthy, easy way to make breakfast

A balanced breakfast is essential for making sure your body has the energy it needs to get through the day. Therefore, your morning meal should always include protein, whole grains and fruits and vegetables.

Ideas for a balanced breakfast

If you keep your pantry stocked with the essentials, putting together a healthy breakfast will be easy. Some options are:

- Whole grain cereal with dried fruit, yogurt and a small handful of nuts
- Multi-grain toast with nut butter and sliced fruit
- Oatmeal sweetened with apple sauce and a glass of milk
- Nut muffin and a fruit smoothie
- Vegetable omelet and a whole wheat bagel

If you're pressed for time in the morning, prepare your breakfast the night before. You could make overnight oats, assemble the ingredients for a smoothie or pour a bowl of cereal so it's ready when you wake up.

4 tasty on-the-go breakfast options

If your mornings are rushed, it can be hard to make time for breakfast. Here are four healthy options that are easy to prepare and can be eaten on the go.

1 Overnight oats

Combine rolled oats, fruit, yogurt and seeds in a Mason jar and store the meal in the fridge overnight. In the morning, add a drizzle of honey or maple syrup for a touch of sweetness.



2 A muffin

A muffin with seeds, nuts and dried fruits makes a nutritious and portable snack. Eat one along with a bit of yogurt or a slice of cheese as your morning meal.

3 A smoothie

To make a breakfast you can drink, simply put milk and fresh or frozen fruits and vegetables in a blender. If you want, you can also add some nut butter or Greek yogurt; the protein will help keep you going till lunch time.

4 An egg wrap

To make a breakfast wrap, stuff scrambled eggs, tomatoes, spinach and cheese into a whole wheat tortilla. The resulting meal will be delicious yet portable.

Breakfast served all day

Is it almost lunch or dinner time? Are you wondering what to eat? If so, consider making breakfast your next meal, no matter what time of day it is.

Enjoying breakfast foods in the afternoon or evening can give you a welcome break from your regular habits. A change in your normal routine is also a great way to lift your spirits when you're feeling down or stressed, especially after a busy day.

If you're like many people, mornings are far too rushed for you to sit down and enjoy a full breakfast. When you eat this type of meal at another time of the day, however, you can linger over every bite. Why not

spoil yourself with pancakes, waffles, French toast or a decadent omelet for dinner? Don't forget the bacon and roasted potatoes on the side.

If you don't want to prepare the meal yourself, head to a local restaurant or diner. Many serve breakfast all day.



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Bacon, Egg & Cheese Bake

INGREDIENTS

- 4 Tbsp melted Butter
- 10 Eggs
- 1/2 cup Milk
- 10 strips cooked Bacon, cut into bite sized pieces
- 1 Green Pepper, diced
- 1 medium Onion, diced
- 8 oz shredded Cheddar Cheese
- 2 cans Grands Biscuits

DIRECTIONS

Preheat oven to 350. Coat 8x10 baking disk with melted butter.

Beat eggs and milk in a large bowl until blended. Separate biscuits and cut into quarters. Add biscuits to egg mixture and toss to coat.

Add bacon, peppers, onions and cheese to bowl and mix together. Let sit for 10-15 minutes.

Transfer mixture to prepared dish. Bake for 25 minutes. Cover top with aluminum foil and bake for another 30 minutes or until eggs are cooked through.

For a lighter alternative, egg substitute, turkey bacon, and/or low fat cheese can be substituted.



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WHAT THE DELAWARE COUNTY CHAMBER OF COMMERCE DOES FOR YOU

As a member, you are helping to...

- Strengthen your community
- Promote your community
- Increase local business activity and support
- Represent the interests of business to government

As YOUR Chamber of Commerce, we work to...

- Bring you more business
- Create better connections
- Make you more visible
- Develop community leaders

We help create a stronger economy

Through our programs and events, the Chamber is working to make our local economy stronger and to provide you with opportunities to help you grow your business every day.

We promote Delaware County

Through our tourism promotion program, information centers, and business referral efforts, the Chamber is a reflection of Delaware County and is a trusted resource for visitors, residents, and businesses.

We represent the interests of business

There is no more important function of the Chamber than to be the voice of the business community. We are the only broad-based business organization that actively represents the business interests of Delaware County to county government, to Albany, to Washington, and to anyone seeking the advice and participation of local businesses.

We develop community leaders

The Chamber is proactive in developing leaders in our community through volunteer opportunities on our committees and partnerships with other community organizations. Our Leadership Delaware program highlights our assets, profiles economic segments, and teaches practical leadership skills to new generation of civic leaders.

Join Today!
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Join County Chamber for 2021 Get Rest of 2020 FREE

Become a Delaware County Chamber of Commerce member today and immediately reap the rewards of membership including networking, workforce development, online learning and training webinars, exclusive member-to-member discounts and so much more!

The Chamber takes the success of Delaware County businesses seriously and works to ensure a solid return on membership investment. Chamber members help to strengthen the local economy, promote local communities, increase business activity and support and represent the interests of

businesses to government.

The Chamber has developed strong relationships with elected officials and community leaders to advocate for business interests.

Go to delawarecounty.org/join to join online, call us at 607.746.2281 or visit us at the Delaware County eCenter at 5-1/2 Main Street in Delhi.

Annual membership is based on employee count and starts at just \$99. As an incentive, the Chamber is offering the remainder of 2020 membership FREE when you join for 2021.

MAKING CONNECTIONS

Job Fair Success!

The 2020 "We're Hiring" Job Fair held the week of September 14- 18 in Delhi was a success! Manufacturing, health and direct care, professional services, retail, hospitality and tourism-based companies met with job seekers, accepting resumes and conducting on-site interviews to fill vacant positions.

Workforce development is just one of the many different benefits the Chamber offers to its members!



Here, job seekers inquire about available positions at Chamber member Audio Sears on Monday, Sept. 14.

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Small Business Start-Up Entrepreneur Academy

Chamber member DCMO BOCES is offering a 4-week fast-track business workshop as part of its newly launched Entrepreneur Academy aimed at start-up businesses, beginning Oct. 27. A combination of in-person and facilitated workshops will be offered on Tuesdays and Thursdays from 6 to 8 p.m. at the BOCES Harrold Campus in Masonville and the Delaware County Chamber of Commerce in Delhi.



Participants will explore business consultant and coach-led online marketing and promotion tools and learn business planning techniques and strategies.

Cost is \$240 per participant and includes workshop materials and online access to Growthwheel business success tools. **Scholarships are available.**

For more information or to register email ryanm@dcmoboces.com.

Annual Sexual Harassment Prevention Training

The Chamber has partnered with New Haven Consulting Group, Inc. to provide our members with an online "Preventing Sexual Harassment" workshop that meets the requirements of the new law.

This program is available at a Chamber-member reduced price of \$20 per participant.

To sign up visit delawarecounty.org

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The Small Business Development Center (SBDC) is offering FREE comprehensive programming to provide management and technical assistance to small businesses in Delaware County!

Specializing in direct one-to-one counseling, the SBDC offers assistance in the following business areas:

- Start-up assistance
- Business Plan Development
- Accounting and Financial Projections
- Sources of Financing
- Marketing
- Business Expansion
- Relocation and Agribusiness

There is no cost for the counseling services of the SBDC. Reservations are required for the one hour appointments. Schedule your appointment at michelle-catan.appointlet.com

JOIN US!

Oct 20
9-10am

Virtual 19th Congressional District Debate
Featuring Incumbent Democrat Antonio Delgado and Republican Challenger Kyle Van de Water
[Delaware County Chamber of Commerce Facebook Page](#)

Oct 21
Noon

Virtual NY State Senate District 51 Forum
Featuring candidates Jim Barber (D) and Peter Oberacker (R)
Zoom link upon registration at delawarecounty.org

Oct 22
10am

Virtual NY State Senate District 42 Forum
Featuring candidates Jen Metzger (D) and Mike Martucci (R)
Zoom link upon registration at delawarecounty.org

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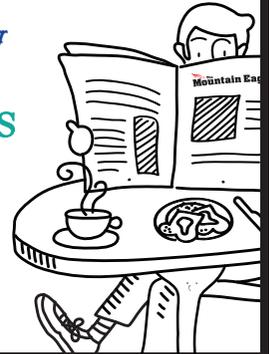
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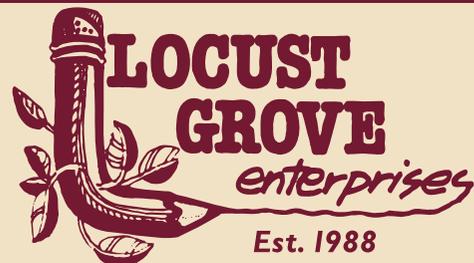


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Meet the State Senate Candidates

The Chamber is hosting two virtual and nonpartisan forums for New York State Senate candidates.

New York State Senate District 51 event, featuring candidates Jim Barber (D) and Peter Oberacker (R), will be held on Wednesday, October 21, starting at 12 noon. The 51st Senate District is comprised of all or part of nine counties. In Delaware County, the district includes the towns of Andes, Bovina, Davenport, Franklin, Harpersfield, Kortright, Meredith, Middletown, Roxbury, Sidney, and Stamford.

New York State Senate District 42 forum, featuring candidates Jen Metzger (D) and Mike Martucci (R), will be held on Thursday, October 22, starting at 10:00 am. The 42nd Senate District includes parts of Delaware, Sullivan, Ulster, and Orange counties. In Delaware County, the district includes the towns of Colchester, Delhi, Hamden, Masonville, Tompkins, and Walton.

Both events are free and open to the public via Zoom. Connection information will be emailed prior to the event to all those who register. We will record the programs and make them available for viewing later.

Registrants are encouraged to submit written questions to info@delawarecounty.org in advance of the event.

To register visit delawarecounty.org

Virtual 19th Congressional Candidate Forum on October 20



Antonio Delgado
DEMOCRAT



Kyle Van de Water,
REPUBLICAN

Meet 19th Congressional candidates **Antonio Delgado**, Democrat incumbent, and **Kyle Van de Water**, Republican challenger, who will speak and take questions during a Facebook LIVE watch party on October 20 from 9 to 10 a.m.

Don't miss this opportunity to hear these candidates and ask questions. This event is sponsored and hosted by our friends at the Ulster County Chamber of Commerce and Radio Kingston.

Mark your calendar and visit the [Chamber's Facebook page](#) on October 20, where Chamber staff will screen your questions to be forwarded to the candidates.

"Like" and "Follow" the Chamber on [Facebook](#) and [Instagram](#) for information, events and videos that will help your business succeed!

Chamber Online Learning Center

As part of the Delaware County Chamber of Commerce ongoing initiative to respond to member needs, an online learning center has been opened to help businesses meet their training needs in three key areas:

- Leadership, Management, and Supervisory Skills
- Sales and Customer Service Skills
- Human Resource Compliance Skills

In a self-paced, online learning environment, your staff can learn and enhance various skills including how to create a productive working environment, effective delegation, conflict management, working in a remote environment,

working post-COVID and much more.

Sales and customer service modules focus on handling client or customer attitudes and objections, negotiating styles and effective sales negotiation and the dos and don'ts of effective customer services.

Human resources modules include diversity and inclusion training, micro-inequities, process of stereotyping and methods of exclusion, among other topics.

Each module is priced at a reduced rate of \$45 per person. To register, or for more information, visit delawarecounty.org.

October is

Fall CAR CARE Month



Better care for a safer ride

Common car problems: what drivers should know

If your car isn't regularly maintained, its components can wear out prematurely and the vehicle can become dangerous to drive. Since October is Fall Car Care Month, here are some common problems to watch out for and get promptly repaired by a professional.



Observable issues

Many car defects can be detected by visually inspecting your vehicle, noticing how it handles on the road and listening for unusual sounds. For example, you might notice that:

- The steering wheel shakes or pulls to one side
- One or more of the exterior lights is cracked or burned out
- The car makes a clunking noise when you drive over speed bumps
- There's a warning light illuminated on the dashboard
- A squeaking noise can be heard when you apply the brakes

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If you notice these or other issues, schedule an appointment with a professional to have it inspected and repaired before it becomes a hazard.

Hidden problems

If you want to confirm that your vehicle is fit for all kinds of weather and road conditions, only a mechanic with a car lift can verify whether or not it's mechanically sound. An inspection is a must to check the condition of your vehicle's various components, including:

- The exhaust system
- The steering and suspension systems
- The belts and hoses
- The heating, cooling and ventilation systems
- The braking system

If a problem is detected, your mechanic can fix it using the right tools and parts.

For more information about keeping your car safe and in top condition, see one of our local service station or tire centers, or visit carcare.org.

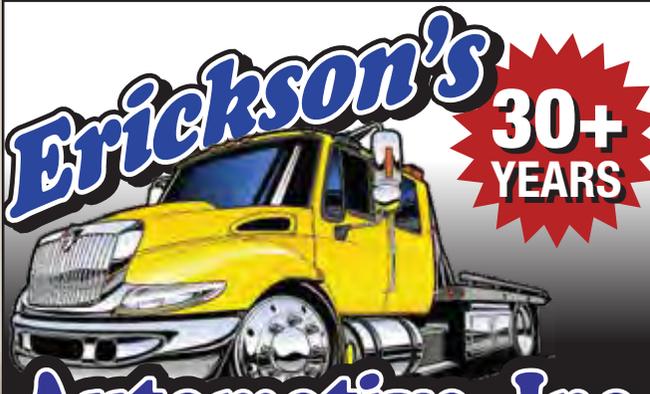
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To ensure your car is able to handle snow, slush and ice on the road this year, schedule an appointment at your local garage. Make it a priority to get your vehicle inspected and serviced before winter.




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How well do you know cars?

Calling all car enthusiasts: put your pedal to the metal and test your automotive expertise with this fun and quick car quiz.

Match the model to the make

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|--------------|---------------|
| 1. Ioniq | A. Subaru |
| 2. Outlander | B. Hyundai |
| 3. Passat | C. Ford |
| 4. Seltos | D. Cadillac |
| 5. Avalon | E. Mitsubishi |
| 6. Q70 | F. Toyota |
| 7. BRZ | G. Infiniti |
| 8. Murano | H. Volkswagen |
| 9. Escalade | I. Nissan |
| 10. Edge | J. Kia |

Identify the brand by its symbol

11. Three diamonds
12. Four rings
13. A bowtie
14. A ringed three-point star
15. A prancing horse



True or false?

16. Windshield wipers were invented by American rancher Mary Anderson.
17. "The power to surprise" is the slogan for Hyundai.
18. William Lyons is a founder of the Jaguar brand.
19. The General Lee, from the series The Dukes of Hazzard, is a 1969 Dodge Charger.
20. Production of the famous Ford Model T started in 1912.

18: True
19: True
20: False (1908)

15: Ferrari
16: True
17: False (Kia)

12: Audi
13: Chevrolet
14: Mercedes-Benz

ANSWERS
1-B, 2-E, 3-H, 4-J, 5-F,
6-G, 7-A, 8-I, 9-D, 10-C
11: Mitsubishi!

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VOLUNTEERING

It's A Family Thing for the Schoonmakers

by Bill Sharick

It's not unusual to find several members of the same family on the roster of small town volunteer fire departments. Many times there will be several generations as sons follow in the footsteps of their father and grandfather.

The Stamford Fire Department has the unique situation of a mother and two daughters serving as active and highly motivated members. They include Margaret Schoonmaker and two of her daughters Paula and Rachel.

Paula preceded her mom when she took an interest in fire department activities and joined. Once becoming a member there was no stopping her. She took course after course to develop her skills. Paula learned how to drive all the vehicles, trained in the dangerous task of interior firefighting, and is an instructor of junior fire fighters.

She was recently elected by fire department members as Fire Lieutenant. "Someday I hope to serve as chief" she said.

Not long ago a hunter was reported missing in Harpersfield and Paula responded with the Stamford Fire Department contingent to search for him. She brought along her mother Margaret. It was obvious to others that Margaret was dedicated to the task. She persevered though out the long strenuous day.

As a result she was encouraged and did join the fire department.

Like her daughter she focused on becoming the best emergency responder. She has learned and continues to refine her fire fighting skills and is also an Emergency Medical Technician. Members of department feel that



Gear up for your community and volunteer... like the Schoonmakers, (L to R) Rachel, Margaret and Paula.

she is someone who can be depended on to show up and do the job. Margaret stated, "I do all this because I really like to be able to help people".

Both Margaret and Paula are members of the Delaware County Search and Rescue Team.

When Rachel learned that her mother had signed up to take the months long EMT training course she decided to step forward, join the Stamford Fire Department and also become an EMT.

In these days of declining interest in community volunteering the Stamford Fire Department is fortunate to have these outstanding women, always ready to help those in need.

History of Our Hamlets

Photos and recollections courtesy of Roger Davis



▲ Look at these happy firefighters. They are all past firemen of the Arkville Fire Department. **FRONT ROW:** Stanley Oliver, Sherwood Griffin, Donald Finch, John Hughes, Ed VanSteenburg, (*first name?*) Santos, (*first name?*) Johnsmeyer and Ken Holden. **2ND ROW:** Chas. Snyder Jr., Junior Pultz, Buss Peck, Francis Sweeney, Virgil Valk, Andy Rosa, Bud Barnes, Bob Griffin, Helmut Rosenhain, Bob Traver, Roy Saxauer, Ralph Griffin and Charles Schoonmaker. **3RD ROW:** Charles Scully, *Unknown*, Walt Heley, Ray Oliver, Floyd Oliver, and Don Lewis.

Margaret Mead

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it’s the only thing that ever has.”



Promoting Forest Stewardship

CFA leads the way

by Brian Sweeney

Over the course of nearly four decades, the Catskill Forest Association (CFA) has provided property owners with forestry education programs, services, events, workshops and demonstrations to promote forestry stewardship.

The CFA, which is headquartered in Arkville, was established in 1982 as a nonprofit, membership-based, forestry education organization serving private landowners in six Catskill Mountain region counties — Delaware, Greene, Otsego, Schoharie, Sullivan, and Ulster. CFA educates its members about proper forest management, including the improvement of forests for wildlife. The organization operates under a Board of Directors and the Director of Forest Services. Ryan Trapani holds the latter position.

Mr. Trapani said the CFA currently offers 10 programs: Apple Tree Grafting, Apple Tree Pruning, Consultations, Forest Bird Program (Canopy Bird Feeders/High Nesting Bird Boxes), Invasive Species Management (Forest and Tree Saver), Property Mapping, Portable Sawmill, Trail Cameras, Tree Planting, and Wildlife Habitat Management.

He noted that the CFA is the only private



A first cut by Catskill Forest Association Director of Forest Services Ryan Trapani exposes the rot inside a tree.

Forestry Education Organization in New York State, now caring for over 78,000 acres.

CFA has five employees: Director of Forest Services Ryan Trapani, Forest Program Manager John MacNaught, Forest Program Technician Zane Lawyer, Financial Manager Kathy Fox, and Marketing and Outreach Manager Dorothy Monforte.

Mr. Trapani pointed out that the CFA also relies on the assistance and support of members who volunteer to lend a hand throughout

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Learning the best time to plant trees is one of many facts offered via Catskill Forest Association programs.

the year.

The director noted, "CFA's membership base has recently grown to more than 900 members. The increase in memberships is directly related to our marketing and outreach strategy, website development, printed advertising material, as well as word of mouth. We have been adding and fine-tuning

our programs to best suit our members' needs. We do our best to cater to those needs and change/add things to help our members reach their goals."

The Catskill Forest Association is located at 43469 State Route 28, Arkville. For more information, please call 845 586-3054, e-mail: cfa@catskillforest.org or visit: catskillforest.org

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6 Benefits of House Plants



House plants do more than just pretty up your home and provide sketchy evidence that you're capable of maintaining a relationship. Not only will plants give your home a more natural feel, you can enjoy these mind and body benefits:

1. Plants purify the air

Experts say indoor air is usually a lot worse than outdoor, even when pollution indexes are high. Plants in your home help purify the air by converting carbon dioxide into new oxygen. NASA adds plants to its international space station to control air quality, so there's a lot to be said for it.

2. Plants help boost immunity

Plants increase humidity indoors through a process called transpiration. Adding healthy plants indoors can reduce your chance of developing a cold, sore throat or a dry cough.

3. Improved your emotional state

Plants can lead to "an improved emotional state, reduce negative mood states, reduce distraction, increase creativity, and improve task-performance.

4. They improve your I.Q.

A study showed that subjects in a room with plants fared better at cognitive tests.

5. They Speed up Healing

Plants and flowers enhance healing environments for patients. The National Library of Medicine tested a group of 90 patients recovering from a surgical procedure by placing half the participants in rooms with plants. Those patients had lower post-operative blood pressure, less pain, and decreased anxiety than those not in the company of plants.

6. They're safe and relatively inexpensive

Houseplants are low-maintenance and are not needed in abundance to have a positive outcome. Don't skip your meds or therapy, but plants may add another layer of stimulation you may find helpful.

How many plants do you need to purify the air? At least 15 plants that are in at least 6-inch diameter pots for and 1,800-square feet indoor space. For other health benefits such as stress and fatigue reduction, you'll need one large, 8-inch diameter potted plant for every 129-square feet.

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October is Breast Cancer Awareness Month

DO

4 ways to support breast cancer research

In 2020, it's estimated there will be 276,480 new cases of invasive breast cancer in women in the U.S., and 42,170 breast cancer deaths. Here are four ways you can get involved in the cause to eradicate this disease.

1. Make a donation - You can make a one-time donation or a monthly contribution to the Canadian Cancer Society to help fund breast cancer research and initiatives that provide resources to people living with breast cancer.

2. Raise money - You can organize or participate in a fundraising event such as a run or charity dinner. Alternatively, you can support a person or team taking part in a fundraiser by sponsoring them.

3. Shop pink - You can purchase pink clothing, notebooks, luggage and more from companies that have partnered with the Canadian Cancer Society and pledged to donate part of the proceeds to breast cancer initiatives.

4. Volunteer - You can sell pink ribbons, join an event committee, become a community ambassador or otherwise donate your time to support the cause.

For more information about breast cancer and how you can get involved in the fight against it, visit the American Cancer Society at cancer.org, Komen at komen.org or volunteer and support local events and organizations.

Every ribbon makes a difference



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fire-safety measures you can implement at home

A fire can spread rapidly through your home, leaving you with just a few minutes to safely evacuate. This means every member of your household needs to be prepared to act quickly in an emergency. If you haven't done so already, here are four things you should do to protect your family.

Install an alarm system

You should have at least one smoke alarm and one carbon monoxide detector on each floor of your home, as well as near the bedrooms. Regularly make sure they function by holding down the test button until the alarm goes off. Always keep extra batteries in the house.

Buy a portable extinguisher

Make sure you have a working fire extinguisher on hand to quickly put out small fires before they cause extensive damage. Install it in a visible location out of the reach of children, ideally on a wall near an exit. Additionally, make sure you know how to use it.

Create an evacuation plan

Draw a floorplan of your home that clearly

identifies possible exits, escape routes and a meeting point. This diagram should also note the location of fire extinguishers and alarms around the house. Conduct a fire drill at least once a year to ensure everyone can evacuate your home within three minutes.

Keep exits clear

Exits should be free of obstructions at all times. In the winter, make sure snow is promptly cleared away from doors and ground-floor windows, and that none of these exits are frozen shut. Additionally, make sure furniture and other objects don't block escape routes.

These simple steps can help keep you and your family safe in the event of a fire.



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Dark roast vs. light roast: which contains more caffeine?

For a cup of coffee that packs the most energizing punch, choose a light roast variety over a darker blend. Although the term “dark roast” might seem synonymous with strength — in other words, a higher caffeine content — that’s not the case. Dark roast coffees tend to have a bolder color and flavor, but actually contain less caffeine than lighter varieties.

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Thank you Karen LaFever for this shot of Iris Hager at Maplewood Farm & Orchard in Bovina Center.



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