

INSIDE



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Gretchen Balcom
PUBLISHER



FROM THE PUBLISHER

Sew many things to see and do amid the fabric of fall colors here in our mountains

My apologies! We start out this edition with fabric and textiles, and creativity, and yes... sewing. I just couldn't resist the puns.

My quirky sense of humor aside, we are fortunate to have such an abundance of fun and health-improving things to do to keep us occupied year-round.

How well do you really know this area that you call home? It wouldn't surprise me at all if the newcomers to our region know more about our rich history, have visited more local places, attended more events, and just generally made themselves more familiar with the things we long-timers take for granted.

Thanks to my grandkids, I've been out and about much more, and have been enjoying myself at many places I've driven past for years. Here's a challenge we can all embrace: find one new place to visit or one new thing to do every month. Stop in a store you've never been in. Visit one of our museums. Try a new restaurant. Take a drive down a road you've never been on. How sad would it be to reach the point in your life when it's no longer easy to do those simple things, and to look back and realize you missed so much of the wonderful things that make life in the Catskills such a great place to live?

Don't wait. Before you know it, it could be too late.

Gretchen

**Gretchen Balcom
Publisher**



HAPPY
thanksgiving

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Felted Scarf Workshop

Just in time for our chilly winter weather, artist Bobbi Goldman will lead a Felted Scarf Workshop at the Headwaters Arts Center on Saturday, November 12 from 12 to 4pm. This is an opportunity to make your own wearable fiber art, or create one as a gift.

Felt is defined as a textile material that is produced by matting, condensing and pressing fibers together.

Bobbi is a master artisan who spreads her love of fiber by offering this unique fiber felting workshop in the community. Each participant will leave with their own one-of-a-kind felted scarf masterpiece.

The Headwaters Arts Center is located at 66 Main Street in Stamford. The cost is \$75, which includes all materials for this workshop. Pre-registration is required. Masks are strongly encouraged.

For more information, connect with Headwaters Arts Center at (607)214-6040 or headwaters@roxburyartsgroup.org. Additional information and workshop registration are available at www.roxburyartsgroup.org.



All programs offered by the Roxbury Arts Group are supported by the New York State Council on the Arts with the support of the office of the Governor and the NYS Legislature, the Robinson Broadhurst Foundation, the A. Lindsay and Olive B. O'Connor Foundation, the Tianaderrah Foundation, The Community Foundation for South Central New York, The Roxbury Contemporary Catskill Lodging, The Delaware National Bank of Delhi, and by the generosity of business sponsors and individual donors like you.

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Christmas All Year Long

by Suzanne M. Walsh

"Every morning when I wake up, I feel like I'm the luckiest person in the world!" These are the infectious words of Shirley Hall-Garner, the enthusiastic owner of "Stoney Creek Quilts & Wovens" on NY Route 7 in Richmondville. Stepping inside her wonderland shop is a refreshing experience whether you're a real, live quilter yourself, or just into appreciating really fine works of handcrafted art.

"This place used to be my restaurant called 'Shirley's'. I provided a lot of jobs for the locals here for twenty years. The place was hopping!" Shirley sighed and smiled, "But then Covid hit and I had to close. But soon I thought, y'know what? Maybe I could resurrect the place into something I've always wanted. And so I did!" And she really did: high up on the walls near the ceiling of this former restaurant is a wrap-around, 360 degree panorama of colorful hand-pieced quilts of every design crafted together by Shirley herself, several of which are hand-sewn with hundreds and hundreds of little pieces, making a display showcasing considerable skill, an impressive body of work and the creative imagination matching the exuberance of the artist herself.

If you're able to pull your eyes away from the display of quilt heaven above and drift down to eye level, there's more beautiful craftsmanship to be seen. Shirley's elf-like workshop is surrounded with all kinds of specially designed shawls, tea towels, table runners and other crafts, all handwoven individually on the loom holding center stage in her studio.

"I'm so fortunate to be doing what I love—" Shirley reflected while carefully hand-working some fine, detailed stitching repairs on an extra-long heirloom quilt that a patron had brought in. "When I get tired of doing the hand stitching, I can just swivel my chair around in the opposite direction, like this—" and she whips a 180 to face her loom, "and I can pick up my



shuttle and continue right where I left off last with the soothing, meditative practice of weaving." And sure enough — the muffled, rhythmic sound of her shuttle passing back and forth wefting through the soft cotton threads does create a calm and peaceful sensation that actually feels integrated into the very quality and fibers of the finished piece itself. A real art, that. Incidentally, the work Shirley was weaving while demonstrating the above are the hand-washed cotton dish towels she has been commissioned to craft for the Beekman 1802 company. They are beautifully made.

Shirley also has three sewing machines in her shop, each engaged with a different project going on which she enjoys shifting back and forth among, keeping her imagination activated and lively — although I don't think it takes very much to set this artist's imagination soaring. Shirley's shop is well worth a visit, not only for the sheer artistic delights it holds, but also for a chance to meet and talk with the fascinating woman herself.

"Shirley's Stoney Creek Quilt & Wovens" is located at 1216 NY-7 in Richmondville. Shirley's work will be featured this month at the 45th Annual Holiday Craft Bazaar — this is a juried craft event to be held on November 18, 19, and 20 at the Schoharie Valley Railroad Museum Complex at 143 Depot Lane in the Village of Schoharie and is hosted by the Schoharie Colonial Heritage Association.



Passing On Her Love To Sew

Like many of us, Megan Avery fell in love with the Catskills, and like others, she and her husband, Adam Gallagher, re-evaluated their lives during the pandemic and made the decision to move to their second home in Harpersfield full time. Uprooting from Jersey City, NJ, Adam was able to work from home and Avery closed her sewing studio in Hoboken. “We made the move and haven’t looked back.”

Avery is an entrepreneur, taking her education in advertising and online marketing and developing her own business, first as a designer of purses, and then as a sewing instructor and consultant, teaching in person and online courses and consulting for others who wish to start similar businesses. She learned to sew in 4-H as a young girl, entering her projects in the county and state fair. Growing up in the Adirondacks and attending college in Ithaca, she is no stranger to upstate New York. “I have upstate New York in my blood.”

Although she didn’t do much sewing in high school or college, she picked it up again after she started her first job with an advertising agency in Manhattan. She started sewing again to save money and taught herself how to make clothing. “I didn’t make a lot of money, so knowing how to sew allowed me to create unique

things that I wouldn’t normally be able to afford.”

In 2000 she started her bag business, selling customized handbags and purses online. However, it required her to sew “way too many hours per week” and the only alternative was to move her operations overseas. Well, it wasn’t the only alternative — she started teaching others how to sew. “In 2006 I published my book called *Bag Bazaar*, filled with handbag and tote sewing projects you can make in an afternoon and I started teaching classes to promote the book. Bag classes grew into clothing classes, classes for kids and more.”

She teaches zoom classes, so the lessons can be taken from anywhere. Avery has taught people to sew from California, Texas and even Israel. “I also coach small businesses that are similar to mine, helping with getting their sewing businesses started, in addition to marketing and promotion.” She also teaches sewing classes at local businesses and the local library. And, she hosts seasonal retreats for people to come to the area and spend the weekend sewing in her studio and enjoying the area. “This beautiful place where we live,” said Avery.

She and her husband found the area in 2014, when they were married in Bloomville. “I fell in love with the area,” she admits. They bought their house in

Harpersfield and for four years rented it part time as an Airbnb, in order to afford it. She also made the decision to stop buying new clothes as a way to save money and to push herself to make everything she wears. "So now my wardrobe is only things I've made, purchased at a thrift store or have owned for more than three years. I want to encourage others to sew their own wardrobes."

They have settled in now and Avery has her new studio set up, complete with all sorts of sewing machines, many given to her by those who inherited them from mother or grandmother and wanting to ensure they had a good home. She is midway through a four-week in-person sewing class and plans to continue with the class, one time per week in her studio. Students may continue on in the next four-week class or new students added in as space allows.

One of her summer retreat students thanked Avery for keeping her from giving up on a project to make a top. If she had been on her own, the woman said she would have given up in frustration. "Now I have this nice top. It's not perfect, but it's comfortable and it has given me the confidence to continue sewing," she said. Another woman in the online testimonials was thankful for learning how to use her surge sewing machine. Obviously not new to sewing, she was grateful to learn from Avery and she said she loved spending the weekend upstate.

Avery keeps sewing notions and fabric on hand in her studio for her students. She works from sewing patterns and has developed her own line of sewing patterns, designed to teach the beginner students in her sewing classes. "I also sell sewing class curriculum to other sewing teachers." And she will take on custom projects or do alterations. However, she believes in teaching others to do it for themselves.

While sewing may not always be passed on from one generation to the next like it used to be, Avery believes there is a strong community of people who still sew. "Once you can sew, the possibilities of what you can do are endless."

She said you can definitely save money by sewing, although in the beginning it may cost you more. "Because clothing is so inexpensive, it's hard to justify the cost of the fabric and the time that goes into making your own clothing, but once you get better at it, you can save money." A case in point is her \$3

top. She purchased three sweatshirts at CORE VALUE thrift shop and turned them into something she loves. "So that top cost me my time plus \$3.

"I'm a firm believer in mending and fixing things before you get rid of them. I realize it's a hard thing to do because clothes are so cheap, but I feel it's my duty to encourage people to try to fix their clothes and try to teach it in my classes."

When asked what project she is most proud of, she says it is her wedding dress. That's right, she made her own wedding dress.

"Sewing and making things brings me so much joy. I love to pass that along to other people and that is why I teach."

Try something new, or revive an old hobby. You can sign up for Megan's newsletter at HipstitchAcademy.com, or check out all the fun on Instagram.

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One of a Kind Weddings at Belleayre Mountain

by Jonathan Ment

PHOTO COURTESY OF BELLEAYRE MOUNTAIN

Nestled in the peaks high above Highmount, is a wedding venue like none other, with an event and marketing team dedicated to helping plan and deliver the wedding of your dreams.

Belleayre has long been known for skiing, but when the weather warms, 3,429 feet of elevation provides astonishing views at the summit in the summer and fall months, presenting a truly one-of-a-kind option for special events.

"Discovery Lodge is all brand new. There's simply no comparison," said Loronda Murphy, an event and marketing team member at Belleayre.

With a dance floor, stage and large bar, the room can comfortably host 275 guests for a sit-down meal. Large, overhead garage-type doors lift open to let the party flow out on to a spacious outdoor patio with fire pits and an additional bar.

"And we have this incredible gondola. That's probably the highlight for most of the weddings here. Guests don't even want to get off. They just ride it up and down, and enjoy the scenery. One of the best attributes is that the wedding party and their guests do not have to face the elements!" she said.

Murphy has worked in the industry at other

venues, and on more than one occasion she recalls witnessing couples deciding, "We're not going to the top" due to weather.

"That won't be the case at Belleayre," she said, adding, "Of course if there's thunder and lightning we cannot go to the top either."

"Our Sunset Lodge at the summit offers an alternative, if the weather is not cooperating, for a cozy indoor ceremony site.

"I think it's our focal point. Most people want to get married at the top and enjoy the ride in the gondola and the beautiful scenery," said Murphy.

Among Belleayre's added appeal is the ability to use outside catering in addition to Sodexo Live, Belleayre's on-mountain food service provider.

According to the team, most ski areas are limited to in-house food service offerings.

Murphy works with Alexandra Sines, who also handles events and resort services at Belleayre. The team has already started to fill dates on the 2023 calendar with no more than one event per day.

Most bookings thus far are between June and October.

Belleayre Mountain used the past two years as a



chance to focus on improvements and possibilities, rather than making concessions to host events in a restrictive COVID climate.

“Bruce Transue, the general manager here, is really pushing for Belleayre to be a four-star wedding venue going forward,” said Murphy.

“We want to give each bride personal attention and we can do that — any day of the week.” Of course, weekends are the most popular but possibly due to pent up demand they are fielding inquiries for Fridays in 2023.

While winter weddings are also an option, skiing takes the front seat, but smaller events can be accommodated on the mezzanine, which can accommodate about 100 people.

The team said Belleayre’s rates are competitive with other ski areas and venues in the area.

Of course, a stellar ceremony site and the knockout reception space are only part of planning the big day. You also need somewhere for out of town guests to sleep.

“We do have partners,” said the team. “Belleayre Lodge at the bottom of the mountain is one of our



PHOTOS COURTESY OF BELLEAYRE MOUNTAIN

partners and can house approximately 42 guests,” said Murphy, adding many other lodging options can also be found on Belleayre’s website.

The team recently coordinated 100 rooms for 180 guests for one upcoming wedding. “You have to do it way in advance and there is no problem,” said Murphy.

For more about weddings at Belleayre or to contact the team, visit www.belleayre.com/groups/weddings

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Pet Me Please!

Heart of the Catskills
Humane Society

by Laura Wright

Holiday Pet Safety

Cold weather is creeping in, and the holiday season is just around the corner. We have talked about our pets being members of the family that we include in our holiday celebrations. But what if you are hosting family and friends for the holidays and you have a pet that is stranger wary, anxious around large groups of people, or possibly even aggressive or nippy with children or strangers? Your pet's needs and comfort need to be taken into consideration, as well as the safety of your guests.

Pets with these issues should not be allowed to just roam freely around your home if you are having new folks or pets in the home. If you are aware the animal has behavioral issues with strangers and something happens it will ruin your holiday festivities as well as leaving you liable. It can also turn out badly for your pet, if he or she bites someone. You can include your pet in your private holiday celebrations with you and your family, but when your guests arrive, it makes sense to have a separate, safe space for your pet to be contained.

You don't necessarily have to put your dog or cat in a crate for the whole holiday celebration. But perhaps having a separate room set up with a soft blanket, toys, and treats and having a fan on a low setting or the TV or radio on a low volume is an option. It should be a room where your guests are not likely to enter. And to be on the safe side you can put a sign on the door asking people not to enter or put a pet gate up in addition to the door being closed, just in case a young child opens the door by accident.

If guests ask to see your pet, you can explain to them that having new people in the home is very stressful for your pet or that your pet is protective



of its own home environment, and the pet is much happier being left alone in another room for the duration of the celebration. Offer to show them photos of your dog or cat instead.

We all love to show off our beloved pets, but if you have an animal that is truly fearful of or aggressive with strangers, it should always be a priority to minimize any chance of an incident for everyone's safety. Socializing these animals is important and possible, but your holiday party isn't the place to do it. Introducing your pet to one person at a time in the proper way is a much less overwhelming and safer option. We wish you a wonderful holiday with your two and four-legged family and friends!

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Sets Up Shop In Stamford

Opening a bike shop in the rural community of Stamford, where bike travel isn't the first mode of travel, might be a challenge, but it's one that Leeman Markee is starting to tackle.

Markee has been using a bicycle for travel since he left his rural roots in Maine, where an over-protective mom wouldn't let him ride his bike beyond the driveway.

Growing up in a neighborhood where his sister was the only other kid, he had to occupy his time somehow and tinkering on his bike was one way to fill his time. Now, he can "repair anything if it was engineered to be fixed", according to Markee.

He likes fixing bikes because you can tell what you are getting. Bicycles haven't evolved into the mechanical, computerized nightmares like cars and other vehicles. Although you will find some ebikes now.

In the older (age-wise), farming community of Sidney, Maine where there are few distractions, Markee began tinkering on bikes and puzzling over their bearing systems, working to get it right.

"As an adult, I have gravitated towards bikes because I am so sick of the throw away society we have become."

He sees a bicycle as transportation from point A to point B, over a car, which costs money to run, instead of the free application of leg power. It doesn't pollute anything. It's also easier and less costly to maintain. He's the only member of the Stamford Fire Department who rides a bike to the fire station to respond to calls and other activities. You will often find his bike parked just inside the doorway of the fire house.

He has perfected his own bikes to be a compromise between speed and durability, striving to find the perfect balance that can also be easily maintained. He has what he calls his stable of bikes, designed for the type of ride he wants on a given day. He still takes a daily ride, since there is no travel to work.

Customers can get a basic tune up or a standard

PLAY



tune up for single speeds or multi-speeds. He will adjust the bearings, tighten things up and get things rolling the way they should. You can likely tell the difference on your first re-pedal after he has worked his magic.

He can build you a custom bike, or put together one that arrives in pieces inside a box. He knows each and every piece and can get you a new anything, from the kick stand to derailleurs, or fix them for you.

"Planned obsolescence weighs heavily on me," said Markee, who used to watch his parents scrimp and save every dime in order to purchase a five-year-old car. "They would struggle and invest only to watch it deteriorate quickly and start the process over again."

Everything he does with his time, he said, is an attempt to solve multiple problems. He wants the time he spends fixing bikes to also help fix society. He thinks on some level that "if he makes it easier to own a bike, people will realize how much they can do with nothing but a few pipes and a chain. That they don't need to surrender half their income just to leave the house."

"It may not make a ton of sense to open a bike shop here in Stamford," he admits. "But in every place I have lived, if you have a bike, you don't need a car."

The problem with Stamford is that when winter

rolls around, he realizes no one will be riding bikes at all. But he hopes to change the fact that you don't see many bike riders in Stamford.

Markee has held various jobs, but in particular, was anxious to leave the tough life of working in a foundry behind him. "It was just a bad environment," he said. So he left Santa Fe, New Mexico, for Denver, Colorado. Denver has bike paths everywhere.

"I knew I wanted to strike out on my own and I knew how to repair bikes." So, he opened a bike shop in Denver, just before they legalized marijuana. That, he said, changed the dynamics and the economy of the city, making it unaffordable for him as rents soared.

With the city changing, he and his wife, Christina, decided it was time to move on and looked all over the entire country for the perfect community. Reluctantly, he admits, he agreed to move back east to be closer to family.

"Stamford fit a lot of our criteria," he said. They paid a visit, flying out from Colorado, and they decided to make the move. Although they looked at a home with acreage to start with, it wasn't what it was depicted online and they ended up buying a home in the village. That was before the pandemic — before others also moved from urban areas to Stamford.

So, the couple purchased a home on Main Street, not with the rural acreage they were hoping for, and Markee set up his repair shop in their dining room. He hopes that will change in the future, but for now, his dining room is home to a number of bikes, there for repair or maintenance and Christina is growing

things in their small back yard, not on the acres she had dreamed of to grow botanicals.

"We like the fact there are no chain stores and most of the businesses are mom and pop oriented and local," said Markee, who opened the shop in March of 2019.

"I went back to the work I knew," he said, and has promised himself he will make it work.

"The supply chain is manageable now," he said, meaning he can get parts and other items that he hasn't been able to get for the past couple of years.

Markee says he is a perfectionist, which means his repairs are unassailable. "I look for mechanical perfection, which means I go further than most bike shops," he said. He repairs custom, performance and antique bikes.

He has also established a bike rental service over the summer. The Catskill Scenic Trail provides a good opportunity for visitors to ride the trails.

If you would like to rent a bike, or ask about repairs, visit: youbiglug.com or call. He also does mail order, if you find it feasible. He asks that you text him at the above number or email: BeABigLug@gmail.com.

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The National Do Not Call Registry is a government program intended to block unwanted sales calls. It's a free service, and all you have to do is sign up either on your phone or on the internet.

Call 888-382-1222 from the phone you want to block and follow the steps. Or go online to donotcall.gov and read the info. A word of warning: If you register your number online, you are also required to enter an email address. They'll send you a note asking you to click a link in that email to finish the registration to stop unwanted calls -- if they stop.

Blocking scammers on the registry doesn't take care of the whole problem. The FAQ on the site says that certain types of calls are allowed: political, charitable, debt collection, informational and surveys. So, there are holes in the system. But you can take steps to stop at least some of the calls by registering with Do Not Call.

Call or text from an unknown number? Here's what to do...

The Federal Communication Commission (FCC) offers these tips to avoid getting scammed:

- Only answer calls from known numbers.
- If a caller or recording asks you to select a button or number to stop receiving the calls, just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered "yes" or "no." By

responding "yes," you're informing robocallers that your phone number is active. They then might sell your number to other telemarketers, leading to more unwanted calls. Criminals also may record your answers and use the recordings to impersonate you, such as authorizing charges to your credit card or account.

- Never give out personal information, such as account numbers, Social Security numbers, maiden names, passwords or other identifying information.
- If you get an inquiry from someone who says they represent a company or government agency, hang up and call the organization using the phone number from your account statement, the phone book or its website to verify the authenticity of the request. You will usually receive a statement in the U.S. mail or email before a phone call from a legitimate source, particularly if the caller asks for a payment.

Use caution if you are being pressured to divulge personal information. Unless you initiated the call, it's probably safest to simply not give your personal information over the phone.

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Women in business: the benefits of joining a professional network

Are you inspired by the bold and determined businesswomen in our area? In addition to uplifting the local economy, they act as role models for young girls who are thinking about their professional futures. Here are a few reasons why joining a professional business network can help women propel their careers forward.

Helpful services

Women entering the business world face many obstacles and challenges. For example, they must wear many hats and tackle unfamiliar tasks like writing a business plan, applying for financing, acquiring certifications and so much more.

Fortunately, businesswomen's networks offer services such as conferences, training seminars and one-on-one mentoring to help women start their own business or take their business to the next level — and build their confidence along the way.

Rewarding encounters

Being a member of a businesswomen's network lets you meet new people from various backgrounds. Virtual and face-to-face networking events bring together women who have similar interests and who might never have met otherwise. These exchanges often lead to fruitful collaborations and long-term partnerships.

Finally, businesswomen's networks are a way to combat isolation, pass on knowledge, obtain support and build friendships. Are you a businesswoman or thinking of becoming one? Whatever your career plans, joining a professional network will help you achieve your goals.

Today, more than one in three small businesses around the world is owned by a woman, with this trend expected to increase in the coming years.



Join a Chamber and Grow Your Business

from the Delaware County
Chamber of Commerce



The best way to spread the word about your business is by making connections. Whether you're new to the local community or an established company that has been around for decades, your reputation grows as you engage in other influential entities within your community.

That's why so many businesses choose to join a chamber of commerce. These resourceful organizations are made to help local businesses thrive.

From building your brand's presence to increasing sales, learn how you can use your membership to foster your company's growth.

The first chamber of commerce ever created came about in 1599 in Marseille, France. Its purpose was to gather merchants, industrialists, traders, and craftsmen in order to discuss and tackle community challenges. The chamber of commerce was a place of unity, even among competitors. Their voice soon became a persuasive power amidst public authorities and the community.

Like our predecessor many centuries ago, the Delaware County Chamber of Commerce and the several local chambers, alliances, and business associations that serve our communities continue to be spearheads which focus on protecting and defending the interests of business owners. Together, we tackle both issues and trends taking place in their

community as well as offer resources and services to help local businesses succeed. It isn't just a goodwill effort, but an effective strategy.

Consider these statistics from American Business Magazine:

- 44% of consumers are more likely to think favorably of businesses who are members of their local chamber
- 63% of consumers are more likely to buy products or services from businesses who are members of their local chamber
- Consumers view chamber of commerce members as trustworthy and are 12% more likely to believe their products or services are better than competitors

So what is it about these organizations that make them so influential?

Chamber of Commerce organizations are not out-of-the-box, cookie-cutter setups. Every chamber is unique, with different benefits, resources, and opportunities.

However, their end goal is the same: to serve as an influential voice and power that stands for the wellbeing of the local business environment. This includes helping to promote local businesses and improve their growth.

From regular networking and volunteer events

to promotion and marketing packages, your membership will gain you access to opportunities to make connections, meet potential new clients, and bring attention to your brand.

The universal mission of chamber of commerce organizations sounds great, but how does it work for you? What can businesses expect when they sign up for their membership?

Being a Chamber of Commerce Member Gives You Credibility

A chamber of commerce has a reputation for standing up for the local community and its economy. When your business is associated with their name, it gives the perception that you stand for these things, too.

As a result, consumers trust you more. This leads to more positive impressions of your business. Those seeking products or services related to your own will lean more toward your brand when faced with various options.

Chamber of Commerce Memberships Promote Your Business

Gaining exposure is hard, especially if you're a new business. You have to find ways to bring your brand into the community so consumers know who you are and what you offer.

With a Chamber of Commerce membership, you gain resources that make this much easier. Directories, newsletters, social media posts and other publications produced by chambers are used frequently by individuals and businesses within the area.

Chambers Provide Numerous Networking Opportunities

There is no lack of networking opportunities through an established chamber of commerce. From committees to mixers to ribbon cuttings and more, you'll find various opportunities to connect with other businesses every single month. The connections you make can lead to new customers or partnerships.

Chamber Members Receive an Influential Voice on Large-Scale Issues

A Chamber of Commerce does more than serve as a marketing vehicle for local businesses. It has an important role in local government affairs as well.

They serve as a voice for the local business owners and industries. This includes addressing issues that may arise with new regulations, fees, taxes, costs, or assessments applicable to the businesses they serve. When you join a chamber, you become a part of that voice. Your role is relevant and your opinion becomes part of the many contributed voices that form the chamber's views.

Chamber Members are Kept in the Loop of Local Business News

Running a business is more than a full-time job. With so much to do, it can be difficult to keep up with what's going on outside your company's walls. Chambers make it easier. Through regular newsletters, they update their members on various news and issues that are happening within the community, as well as spotlight features or new businesses that may pique your interest. It's a great way to stay connected, even when you're on-the-go.

Chamber of Commerce Memberships Open Doors to Referrals

Chambers are businesses just like you. Part of their job is linking companies and individuals to the resources they are seeking. This includes a slew of calls and emails, some of which may be looking for a solution that your product or service can offer. When you're a chamber member, you become one of the organization's resources. When a need arises that your business can help fill, your chamber is likely to refer you. Why? Because that's part of their core mission. They support their members just as your membership supports their daily operation.

It's clear that devoting time and resources to supporting both your County Chamber and local business association are wise investments in your business as well as your community. The week of October 17 has been nationally designated as Chamber of Commerce Week. What a great time to collaborate with those groups that are focused on real issues and problems in your community and are making Delaware County a better place.

Join the Chamber movement.



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Delaware County Businesses Honored



Receiving 2022 Delaware County Business Awards are Ashley Rossi, Matt Trattner, David Madie, Sophie Rasmussen-Walas, Ed Snow, Kyle Clark, David Kopach, Peter Gioffe and Brad Lockwood. Also pictured is Delaware County Chamber of Commerce President Ray Pucci.

ANDES - The 2022 Delaware County Chamber of Commerce's Business Awards ceremony, held Sept. 22 at The Andes Hotel, drew over 60 people to celebrate the entrepreneurial spirit of Delaware County.

The award winners were presented with citations from Assemblymen Brian Miller and Chris Tague and New York Senate certificates of achievement and recognition from Senator Peter Oberacker representing New York's 42nd Senate District.

Local businesses were recognized for their achievements in making a significant, positive impact in Delaware County and its economy.

Award categories included Business of the Year, Rising Star awards, Entrepreneur of the Year award, and a new award this year - the Community Connector award.

Business of the Year was presented to The Delaware National Bank of Delhi. The bank was established in 1839, is the oldest bank in Delaware County and the oldest corporation in Delhi. It is the 25th oldest bank in the country, and the third oldest in New York.

During the Covid-19 pandemic, their six branches and loan offices remained open to the public and never closed, continuing

to remain accessible to their customers and offering a little normalcy during a time that was anything but normal. Additionally, their loan officers worked overtime to help hundreds of small business owners apply and receive Payroll Protection Program loans to keep staff employed and businesses operating, as well as offering payment extensions and modifications for existing loans.

Accepting the award for Delaware National Bank of Delhi, Peter Gioffe credited the bank's eight directors and more than 50 employees with making the financial institution an integral part of the community.

Rising Star New Business of the Year Awards were presented to:

Clark Farms Creamery on Elk Creek Road, Delhi. In 2018, Kyle Clark resurrected the old creamery that once stood on his family's farm and after years of research, learning and hard work, Clark Farms Creamery opened as a fully functioning 21st century dairy lab in 2020 with the aim of providing the freshest dairy products possible to the Catskills and beyond.

Bovina Center Montessori School on county Route 5, Bovina Center. The school
continued...

Businesses Honored *continued*

was established with a vision is to support the natural development of children through young adulthood, by enabling them to become creative, responsible, loving, and transforming agents in society. The Bovina Center Montessori School was founded in September of 2021 as the first-ever private school in Delaware County.

Dirt Road Camp, on Dirt Road, DeLancey. Opened in 2019, Dirt Road Camp began as a vision to create a serene, private and primitive campground that offers guests an escape into the wilderness. Owners Laura LaSpaluto and Brad Lockwood have placed a priority on collaborating with area schools and are frequent guest speakers at SUNY Delhi.

The Hamden Inn, built in 1844, has been renovated and re-opened as Hamden Inn and Lounge by owners Dave Kopach and Scott Kocher. The main floor of this cozy cornerstone of the community is home to The Lounge, a restaurant and bar offering signature cocktails along with delicious bar snacks, sandwiches, salads, burgers, full dinners, and a kids' menu. Upstairs are two suites for overnight guests, providing an ideal retreat for small or large groups. In accepting the award, Kopach said he learned very quickly that the Hamden Inn was very special to a lot of people. He realized if he rented it to someone else and they did a bad job, would be mad. "If they did a good job, I would be jealous," he said, "so I had absolutely no choice but to open this restaurant." He is grateful, he said, to the entire community for their support.

Ashley Rossi and Matthew Trattner were awarded the Entrepreneur of the Year GROW Award. Self-described as "serial entrepreneurs" they have quickly made their mark on the Delaware County business community through their business development, promotion, and property restoration efforts.

Their first Delaware County based business was Red Kill

Mountain Homestead Farms in 2019. Their commitment to the community inspired them to open the Hancock General Store in 2021 with a goal to restore and build up the local supply chain and, because overhead expenses are low, pass cost savings on to local consumers. Recently, the couple purchased 150 Delaware Street in Walton in anticipation of attracting fun and interesting retail businesses to downtown Walton. Trattner and Rossi are more than building owners, they offer business guidance and mentoring for start-ups or micro-enterprises. Accepting the award, Rossi said their businesses honor the history of the area.

The Community Connector Award was presented to Walton Mayor Ed Snow. The award is presented to a municipal official (elected, appointed, or employed) who makes an outstanding effort to connect local businesses with the greater community and demonstrates the enthusiasm, trust, and community knowledge necessary to bring groups together toward a sustainable and more prosperous goal.

Snow epitomizes the Chamber's vision that "thriving communities start with prosperous businesses" and connects businesses with the resources needed to open and grow. Snow has served as mayor for 14 years and was recently elected as a director to the Coalition of Watershed Towns and gives all business owners an effective voice to that watchdog group. Snow is a former U.S. Marine and Vietnam War veteran, an active member of the Lions Club, American Legion, Veteran of Foreign Wars, as well as a director at UHS Delaware Valley Hospital. Snow received the award on behalf of the village of Walton, he said, as he is just one of five on the board of trustees who make Walton welcoming to businesses.

For more information about the Delaware County Chamber of Commerce visit delawarecounty.org.

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MAKING CONNECTIONS

Hamden Inn recognized by Senate

New York Senator Peter Oberracker presented the Hamden Inn with a citation in recognition of its Delaware County Chamber of Commerce Rising Star, New Business of the Year award, on Oct. 21. ▶

Pictured, from left, are Delaware County Chamber of Commerce President Ray Pucci, Tara Vitti, representing the Hamden Inn, and Senator Peter Oberacker.



Delaware National Bank honored

◀ Senator Peter Oberacker, representing New York's 51st senate district, presented The Delaware National Bank of Delhi with a citation in recognition of its Delaware County Chamber of Commerce 2022 Business of the Year award, received Oct. 21.

Pictured from left are Peter Gioffe, bank president and CEO, Senator Peter Oberacker and Delaware County Chamber of Commerce President Ray Pucci.



Networking with Dr. Mary Bonderoff, SUNY Delhi

◀ Dr. Mary Bonderoff, SUNY Delhi officer in charge was our featured speaker for our Business & Breakfast event held on October 21 in Hamden.

A recording of the informative talk is viewable [HERE>>](#)



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Monday, November 14 - 9:30am - 1pm**

\$30 PER PERSON - INCLUDES LUNCH

**The Old Schoolhouse Inn & Restaurant
NYS Rte. 30, Downsville**

This half-day conference is directed toward women in business (men are also encouraged to attend) and is a key component of the Chamber's overall effort to increase workforce participation and inclusion.

Join an amazing group of professional women in learning how to make an impact in your career and community, identify your strengths, and find clarity on your next steps. Come for honest and open conversations. Leave with key strategies to help elevate your success at work.

KEYNOTE SPEAKER

Joyce St. George

"Being Unreasonable: Why the Future Depends on It".

WORKSHOPS:

"Find Your Unique Voice and Fall in Love with Your Work and Your Life" and
"Women in the Workplace: Work Life Integration and Having a Voice"

**Register at delawarecounty.org, call 607-746-2281
or email rpucci@delawarecounty.org.**

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Workforce, advocacy, business growth workshops

November 8, 9 & 14

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<https://us02web.zoom.us/j/6294840607>

Explore issues that are important to Delaware County business owners and managers. During the three sessions, focused on workforce, advocacy and business growth, participants will be encouraged to share challenges and opportunities, explore ways to better connect our businesses and communities, and help set priorities for business growth.

Nov. 8 - Session will focus on workforce and the current challenge of finding qualified staff. During this session, explore ways the Chamber may better connect business owners to local schools, collaborate with human service organizations to expand the pool of workers, and help residents overcome the barriers toward employment.

Nov. 9 - Discussion will include federal, state, and local public policies that both support and hinder business growth as well as community well-being.

Nov. 14 - Conversation about business growth and what business owners need in order to grow. Staff training needs, access to capital and lending, referral networking, business planning, and other topics that may be obstacles to growing a business in Delaware County.

Advance registration at www.delawarecounty.org/events/calendar is not required, but is strongly recommended.

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Third Friday **Business & Breakfast**



NOVEMBER 18
8:30 to 10:00am

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Our monthly Third Friday Business & Breakfast is a terrific opportunity to network before your workday begins. Make new business connections, brush-up your existing contacts, meet new and old friends, and keep current on what's happening in our region.

Cost is \$20 per person and includes a buffet breakfast, networking with other business owners and an informational session!



Mitzi Sackett, Community Outreach Specialist for the Cancer Services Program at Bassett Healthcare Network, will talk about the importance of cancer prevention and early detection. Mitzi will tell you how The Cancer Services Program at Bassett Healthcare can be a no cost addition to your workplace wellness initiatives.



Become a Delaware County Business 'Toys for Tots' Collection Site

Join the Chamber in providing Christmas gifts to Delaware County children in need! Your business provides a toy collection box for the public to drop off new, unwrapped toys. The Chamber will provide the logo labeling for the collection box and advertise that your business is a collection point!

Chamber staff will pick up the toys from your business and deliver them to Delaware Opportunities, which has partnered with the Chamber, to provide distribution of the gifts to Delaware County families.

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

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Book

Reviews by
Jessica Reed

I Need To Tell You

November is Adoption Awareness Month. To be equitable, adoption awareness must include adoptees, adoptive parents and birth parents embracing all the stories of love and loss, success and failure. Author Cathryn Vogeley is one in a million.

She shares that statistic with over a million birth mothers pressured to relinquish their infants for adoption during the "Baby Scoop" era from 1945 to 1973. During those years, millions of infants were adopted into rigidly controlled closed adoptions. Adoption into two parent homes was considered preferable to single motherhood and no safety nets or resources were offered to unwed mothers to allow them other choices. Moreover, shame for the unwed mother and the illegitimate child was used heavily by society to further cement the choice of giving up the baby. But Vogeley is one in a million for a different reason too, having come full circle to unabashedly and with unflinching honesty, tell her story of pregnancy, birth and adoption with the intent to heal other mothers who have come before and after her.

Vogeley, an astute storyteller, who has a photographic memory and a knack for scene setting also gets the make it or break it part of writing conversation so well that the reader is easily transported to the era. As one of five children in an abusive home with emotionally unavailable parents, it becomes crystal clear how Vogeley ends up in the shoes of the unwed mother. The writing is so earnest and tender that it is impossible not to become invested. The theme of loss is explored in two ways, the giving up of the infant daughter itself, along with suppression of those memories, leading to Vogeley's loss of self and arrested emotional development.

When Vogeley becomes a mother again to two



Author: Cathryn Vogeley
Publisher: E. L. Marker
ISBN# 978-1-947966-58-1

more daughters, she sets herself apart from her past by excelling as a mother, wife and nurse, constantly keeping herself busy to keep the past from haunting her. Follow along with this book as Vogeley, a nurse who has devoted her life to healing others, begins to heal herself and finds redemption and peace through missing pieces.

November is a time to celebrate successful adoptions and mourn loss of identity and heritage for others. As an adoptee this subject is near and dear to my heart and I thank Cathryn Vogeley for revealing the other side and healing pieces of my heart. True to the title, this story needed to be told, both to shine a light on the past and as a precautionary tale for history not to repeat itself in today's political climate.

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HERE'S A TIP by JoAnn Derson

"Hang a bag of clothespins near your laundry basket. Then if something has a stain that needs to be addressed, put a clip on it before adding it to the basket. This way, you'll know what to pretreat on wash day." -- *D.W. in Washington*

To remove stubborn contact paper from kitchen shelves, use a hair dryer set on low to loosen the adhesive. Peel away slowly.

Here's a trick for removing hard-water stains on windows or glass doors: Apply full-strength fabric softener to surface. Let dry, then use a wet cloth to remove, rinsing the cloth frequently.

Got a grease stain on your shirt? Cover it with baking soda right away. The baking soda will absorb oil. Repeat several times and launder as quickly as you can.

Using your fireplace? Try adding citrus peels to the logs for a nice aroma. They can be a good starter material as well.

Those hide-a-key rocks can be a little obvious. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known to our family members. Also, it's not right by the door. -- *I.E. in Mississippi*

If you keep a seasonal cabin, scattered a box of mothballs around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around. -- *S.F. in Pennsylvania*

"To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" -- *L.A. in Florida*

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The holidays are just around the corner, but you'll breeze through this hectic season with these clever tips and tricks!

- Does your front door catch your wreath hook? Try using an upside down Command Hook on the inside of the door. Hang your wreath over the door with a pretty ribbon.
- Use a can or a toilet paper roll as filler in your holiday decorator jars and floral arrangements so you don't need as many decorations.
- Wrap dollar store sanctuary candles with gift wrap or seasonal paper to coordinate with your decor.
- Keep your kitchen organized during holiday meal prep. Keep a bowl or container handy for cooking scraps and small trash so you can easily toss it all when you finish. A sink of hot soapy water at the ready makes quick cleanups a breeze and you can do up a few dishes at a time while cookies or the turkey are baking.
- Save space on your stove and keep mashed potatoes and other potato dishes warm in a crockpot(s) until serving.
- Freeze cranberries in ice cube trays to jazz up your holiday cocktails.
- Does your artificial tree have a big gap between the bottom of the branches and the stand? Fill that space with a decorative tree screen. Measure the height needed to camouflage the space and find two appropriately sized cardboard boxes. They have to be identical. Cut the top and bottom flaps off of each box, and cut one seam so you have a long rectangle with four panels. Tape the two boxes together with duct tape so both boxes form a long rectangle. Wrap the cardboard with wrapping paper or fabric to match your decor. Stand it up at the base of the tree, bending it slightly at each fold to curve around the base of your tree.
- Put your Christmas lights on timers. Inside and out. If you prefer a little more control with your tree lights, invest in a "clapper" or touch sensor so you don't have to root around under the tree for a hard to reach outlet.
- Is your artificial tree (or your real one) a little sparse? Wrap green tinsel around the center of the tree to fluff it up.
- Sew old sweaters or flannel shirts into pillow covers for cozy winter pillows.



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Elevate Your Thanksgiving Sides

Traditional Dressing in a Bundt Pan

INGREDIENTS

- 3/4 cup butter
- 5 stalks celery, chopped
- 1 large onion, chopped
- 1/2 teaspoon dried thyme leaves
- 1 1/2 teaspoons poultry seasoning
- 1/2 teaspoon ground sage
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 10 cups stale bread cubes (10 to 15 slices)
- 3/4 cup chicken broth

INSTRUCTIONS

1. Melt butter in 4-quart Dutch oven over medium-high heat. Cook celery and onion in butter 6 to 8 minutes, stirring occasionally, until tender. Remove Dutch oven from the heat.
2. Gently toss celery mixture and remaining ingredients, using spoon, until bread cubes are evenly coated.
3. Spray bundt pan with cooking spray. Fill the bundt pan with stuffing and press down to pack it into the pan. Bake uncovered for 30- 40 minutes.
4. Let cool for 25 minutes in the pan. Use a long narrow spatula to loosen the edges. Then flip onto serving platter.

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

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Sweet Potato Gratins

INGREDIENTS

- 6 tablespoons brown sugar
- 3 tablespoons unsalted butter
- 3/4 tsp. fresh thyme leaves, minced
- 3/4 tsp. fresh rosemary leaves, minced
- 3/4 tsp. fresh orange zest
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. ground cinnamon
- 3 medium sweet potatoes, peeled & thinly sliced
- 1 cup heavy cream
- 1/3 cup chopped pecans

INSTRUCTIONS

1. Pre-heat your oven to 375 degrees. Generously coat a standard 12-cup muffin tin with non-stick cooking spray.
2. Add the first eight ingredients to a small bowl and microwave for 30-60 seconds, or just until the butter is completely melted. Stir to combine.
3. Add the sweet potato slices to a large bowl. Scrape the brown sugar mixture over the sweet potato slices. Then use your hands to toss and coat the slices with the brown sugar mixture.
4. Layer coated sweet potato slices in prepared muffin tin, about 5-7 slices, just to the top of the well. Then slowly pour a scant tablespoon of heavy cream into each well.
5. Transfer the muffin tin to pre-heated oven and bake the sweet potato gratins for 30 minutes. The sauce should be bubbling and the potatoes should be cooked through (you should be able to easily insert a small paring knife into the stack).
6. Set the muffin tin aside to cool for 5 minutes. Then using a small flexible spatula, carefully remove the gratins from their wells and place them on a serving plate. Spoon the excess sauce that remains in the wells over top of the gratins. Top each gratin with some of the chopped pecans. Serve immediately.

WEEKEND PROJECT

Thanksgiving Centerpieces

DO

Carving pumpkins are plentiful, come in lots of sizes, and are inexpensive. Use them to create colorful, creative centerpieces that accentuate your Thanksgiving table. Decopage several with leaves, flowers, fabric, sheet music, old book pages, scrapbook or wrapping paper.

Things you'll need:

Carving pumpkins in assorted sizes
Fabric, decorative paper
Modge Podge
Sissors & Craft Brushes
Embellishments (rafia, moss, etc.)

Step By Step:

1. Wipe down the pumpkins and remove all dirt.
2. Position paper or fabric so that it covers your pumpkin from the bottom to the stem. Determine if you will keep your fabric or paper in one piece or if trimming it into strips will work better, and cut to fit.
3. Working in sections, brush a layer of Modge Podge onto the pumpkin and press your fabric or paper (or leaves and flowers) onto the pumpkin, using your fingers to smooth it out and allow to dry.

Chances are you're going to have some wrinkles in the paper or fabric. If that makes you crazy, check out some of Modge Podge tips and tricks online for no wrinkles.

4. Brush another coat of Modge Podge over the entire pumpkin, allow to dry and add any embellishments.

For a stand out centerpiece, arrange several pumpkins down the length of your table and accent with candles and some greenery or fall leaves. Nestle a few in a basket of fall leaves. Build up your arrangement with pine cones, acorns, branches and other natural fall elements. Raise a few up on candle sticks, or even tin cans to create height. Include a few glass pumpkins



for a more modern look. Or carefully trim a thin, flat layer off the top and use as part of your serving buffet.

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STRANGE BUT TRUE

by Lucie Winborne

In 1962, former MLB catcher Harry Chiti was traded from the Cleveland Indians to the New York Mets for "a player to be named later." After a poor showing, Chiti became that very player, making him the first ever to be traded for himself.

The average person will grow 590 miles of hair (including nose hair) in their lifetime.

Forks were once considered a sacrilegious tool by the church.

In an effort to limit the Dalai Lama's power, China has banned Tibetan Buddhist monks from reincarnating without government permission.

The movie title "Death Wish III" was changed to "Death Wish 3" after a survey conducted by the Cannon Group revealed that nearly half of Americans couldn't read Roman numerals.

Tom Hanks' brother Jim voices "Toy Story's" Woody when his sibling is too busy.

Those chocolate-covered caramel candies we fondly know as Milk Duds were originally intended to be perfectly round. But when machines in 1928 couldn't produce them consistently, the misshaped goodies were called "duds," hence their unusual name.

The center of the Milky Way tastes like raspberries and smells like rum.

Rhubarb grows so fast you can actually hear it!

For a reasonable \$19.95, you too can buy alien abduction insurance from a Florida agent. Of course, to cash it in, you'll need to hand over a signature from an "authorized, on-board alien,"

A survey revealed that nearly half of the unmarried gents polled washed their bedsheets a mere four times a year, instead of the recommended once per week. Singletons, there may be a lesson in there.

Less than 14% of all M&Ms candies are brown.

May never begins or ends on the same day of the week as any other month in any given year.

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History of Our Hamlets

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

Sylvester “Vet” Walley (1864-1952) was a blacksmith on Margaretville’s Main Street for decades. He is shown in the doorway (right) and at the anvil (below) inside the building, which still stands but has been boarded up since a fire gutted it in 2011.



Vet also worked at the Delaware & Northern Railroad yard in Margaretville, and made hand wrought andirons, door latches, hinges and other ironwork that were much admired for their artistry. Vet was a fair musician, too, and is shown below with his collection of instruments, some of which he made himself.

***Thanks to Georgi Smith
for the photos.***

Thought for the Day

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

-- Thomas Edison



Hurley Burley

Artsy Fartsy

Fancy Schmancy

Argy-Bargy

Willy Nilly

Easy Peasey

Boogie Woogie

DO

Chilly Willy!

The Bronx Museum will once again be holding its popular Chilly Willy tours. These special content tours are designed to provide visitors with a small taste of winter living in times past, long before the comfort and convenience provided by central heating and artificial light made winter life much easier. A costumed guide will lead visitors through the interiors of the venerable Bronx houses decorated for the celebration of the late fall and early winter holidays of Martinmas, St. Nicholas Day and St. Lucia Day. The old traditions associated with these now largely forgotten holidays will be remembered and retold. What a great way to begin your holiday season!

The Chilly Willy tours will be offered at 1pm and 3pm on Friday, November 11th and at 11am, 1pm and 3pm on Saturday and Sunday, November 12th and 13th. Tickets are \$10.00 per person. The Bronx Museum is located just off US 9W 1.5 miles south of the intersection of routes 385, 81 and 9W near Coxsackie, and is easily accessible from NYS Thruway exit 21B.



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Elizabeth Koster's work has appeared in River Teeth, Hobart, Lost Balloon, and The New York Times Modern Love column. She holds an MFA in creative nonfiction from Columbia University and has taught creative writing in public schools, nonprofits, and a program for incarcerated women on Rikers Island.

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SATURDAY NOVEMBER 5

10am to 5pm

2022 Craft/Vendor Fair

Southside Mall

5006 NY-23

Oneonta

SUNDAY NOVEMBER 6

7:30am to 12pm

2022 Hot Cocoa 5k Run
and 1k Walk, Run, and Roll

Neahwa Park

Oneonta

SUNDAY NOVEMBER 6

9am to 3pm

Oneonta Gun and Knife Show
sponsored by the Midstate

Arms Collectors

Quality Inn, Route 23

Oneonta

FRIDAY NOVEMBER 11 – 13

7 to 10pm Opening Night

Festival of the Trees

Anthony's Banquet Hall

Leeds

SATURDAY NOVEMBER 12

at 11am

Hatch

Roxbury Arts Group

5025 Vega Mountain Rd

Roxbury

SUNDAY, NOVEMBER 13

10am to 1pm

Winter Farmers' Market

572 Main Street

Franklin

SUNDAY, NOVEMBER 13

11am to 3pm

Bridal Expo

Belleayre Mountain

SUNDAY, NOVEMBER 13

10am to 4pm

Gilboa Museum

& Juried History Center

Craft & Psychic Fair

Gilboa Museum

NOVEMBER 25 thru DECEMBER 25*

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SATURDAY, NOVEMBER 26

9am to 4pm

Craft and Antique Show

Castle on the Delaware

139 Stockton Ave

Walton

THURSDAY, NOVEMBER 24

9 to 11am

Thanksgiving Day

Turkey Trot for Hospice

Oneonta Boys & Girls Club

70 Delaware Street

Oneonta

Info & Registration

[REGISTER ONLINE>>](#)



What's the difference
between a hippo
and a zippo?

One is really heavy
and the other's
a little lighter.



GREEN living

How used cooking oil is collected and recycled

Used cooking oil should never be flushed down the sink or toilet because it can contaminate or block your pipes, sewage and water treatment systems. It's against the law in New York to improperly dispose of used oil (e.g., dumping oil on the ground, in the street, down the drain, etc.). Additionally, since vegetable oils float on water, introducing them into waterways can inhibit light from penetrating the surface, preventing photosynthesis in aquatic plants and limiting the amount of oxygen available to underwater animals. Collecting and recycling cooking oil is essential for maintaining healthy ecosystems.

Recycling commercial cooking oil

Restaurants, grocery stores and other commercial food manufacturers must regularly drain and replace large quantities of cooking oil. They should store the used oil securely until it can be collected by a specialized company.

Recycling cooking oil at home

If you use vegetable oil when cooking at home, never pour hot oil into anything plastic as it will melt. Allow oil to cool and solidify before disposing in a cardboard container. To turn it into even more solid waste, mix it with an absorbent



substance like waste flour, sawdust, or cat litter. You can also mix it with other food scraps that are not headed for your compost pile. You could also ask at local service stations, car dealerships or marinas who provide oil changing services, or big box automotive parts stores if they recycle cooking oil.

Did you know you can reuse cooking oil three to four times? Simply strain it using a fine sieve covered with a coffee filter and store it in an air-tight container in the refrigerator. Remember to keep track of how many times you've used it by writing on the container.

Used vegetable oils can be converted into biogas, fertilizer, biofuel and animal feed. There are facilities upstate that accept used cooking oil. Ask local farmers if any make their own biofuel.



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