



# The Gardiner Gazette

A call to community



Spring 2015 - Issue #26

Free! Please take one

## Open Space In Gardiner: A Look To The Future

by Barbara Sides



The Town of Gardiner passed its Open Space law and formed the Open Space Commission (OSC) in 2006. The original committee had nine members and one alternate, and for the next eight years was instrumental in helping to preserve the Kiernan Farm (pictured above), in 2010, and Hess Farm, in 2013. The com-

mittee thus ensured that over 200 acres will continue to be used as farms, not housing developments.

The OSC has been inactive since the Hess Farm project was completed, but the Town Board would like to reinvigorate it so that the goals of the

Open Space law can be pursued, including working with the Open Space Institute to acquire additional development rights. Some members are quite interested in continuing their work. The re-start effort is being coordinated by Warren Wiegand, the first Chair of the Commission, and Marc Moran, the last Chair.

They are now looking for people to join the Commission, which, going forward, will be responsible for creating new strategies to protect farms and open land; overseeing conservation easements; and educating Gardiner residents and their children on the importance of open space. For more information, call Warren Wiegand at 255-7915. □

### Also in this issue ...

Free Money For The Library, [pg. 2](#)

New Old McKinstry's Store, [pg. 3](#)

Gardiner Day Turns 30-ish, [pg. 4](#)

Pilates On Main, [pg. 5](#)

Just a Sip, [pg. 6](#)

Horse Vet Katie Gould, [pg. 7](#)

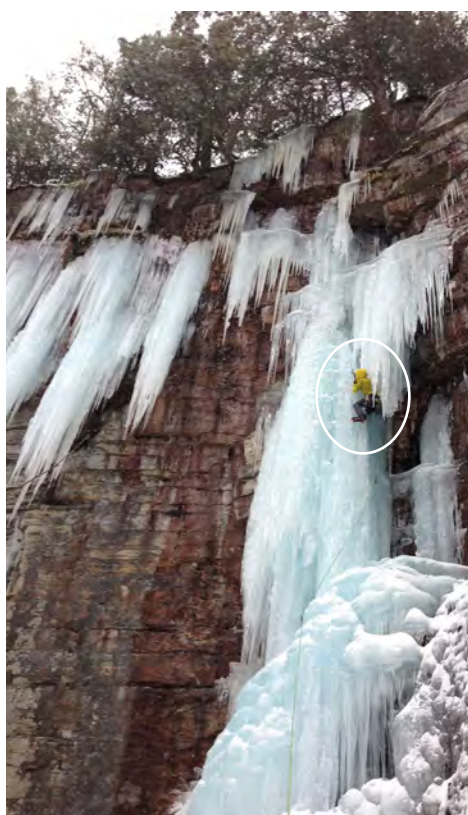
Light Pollution, [pg. 8](#)

What Is It?, [pg. 9](#)

Own Your Own Yoga, [pg. 11](#)

Leonie Lacouette's Clocks, [pg. 13](#)

Spring Planting, [pg. 14](#)



## Some Folks Enjoyed The Winter

by Laurie Willow

Dani Pendino and Dora Yordanova have been trekking from New York City to Gardiner as climbers and hikers since early 2000. Two years ago, they moved to Gardiner. Like many people who settle in Gardiner, they fell in love with the Ridge.

They are active in several of the many modalities available to enjoy the Ridge. Dani and Dora ride mountain bikes, climb, hike and ice climb. This past winter was touted as one of the best ice climbing in years. When many of us were complaining about the cold, Dani and Dora were ecstatic. The trick, they say, to finding great ice climbing is that you have to be close by; suitable climbing ice is a moving target, and conditions can change tremendously in a day.

On a possible climbing day, you have to check it out in the morning. If there was a flash freeze overnight, the ice might be

Ice Climbing, [continued page 12](#)

At left and inset: Dani Pendino ice climbing in the Gunks last winter.  
Photo: Dora Yordanova

## Free Money For The Library, With Your Help

by Ray Smith

You already buy stuff from Amazon, and you probably use the Gardiner Library for books or other services. How about getting free money for the library just by using the Amazon link on any page of the Library's web site? Seriously.

If you access Amazon via the Amazon link on any page of the Library's web site, the Library gets a credit from Amazon of from 4 to 8.5% of the value of your purchases based on types and numbers of products you buy. Since the Library purchases most of the new items for its collections from Amazon, it made sense to participate in this program.

As Library Manager Nicole Lane explained, "Amazon is usually the least expensive source so we buy most of our acquisitions from them." In 2014, the Library received \$650 in credits from Amazon in this way, which amount equaled 10% of the Library's 2015 acquisitions budget of \$6,500.

You can further benefit the Library if you also use Amazon Smile with the Gardiner Library designated as your beneficiary. Click on the Amazon link on any page of the Library's web site.

Your Amazon Smile page should come up. Place your order and the Library again receives a credit of the same 4 to 8.5% of the value of your purchases, plus 0.5% because you used Amazon Smile.

By the way, you cannot claim a tax deduction for these donations since they are made by Amazon and they should be in addition to—and not a substitute for—your own continued cash support for the Library. This is just a way to provide the Library with extra money to purchase new items, such as books, movies and audio books for its collections.

Here's another one: use cash or a check and buy a \$50 ShopRite or Stop & Shop gift card at the Library



Photo: Wikimedia Commons. Public Domain.

Library at the beginning of the month. As you use them, you know exactly what's left. Unfortunately, Hannaford's in Modena does not have a similar gift card program.

We all eat; we all probably buy things from Amazon. If we all did it through these programs, the financial impact would be major. The Library's 2015 budget is \$318,000, so if it sells 4,000 \$50 ShopRite or Stop&Shop gift cards, it would cover \$10,000 of that, and if supporters bought \$130,000 from Amazon through the button on any of the Library's web pages, the Amazon credit to the Library could equal its \$6,500 book acquisitions budget figure.

The more residents participate in these two programs over the longer term, the later the need for the Library to request an increase in tax money. Free money is always better than raising taxes. □

[← Back Comment →](#)

## 36 YEARS SERVING

ORANGE ULSTER SULLIVAN DUTCHESS



## DEVINE INSURANCE

SPECIALIZING IN  
**Commercial Business Insurance**

*First in Service ... Best in Price*

58 N. Chestnut St., New Paltz, NY  
(845) 255-7806 (800) 805-0438  
[www.devineinsurance.com](http://www.devineinsurance.com)



HOOVER ARCHITECTURE, PLLC

*Celebrating over 200 projects in the  
Hudson Valley since 2002*

[Design your residential or commercial project now](#)

[HooverArchitecture.com](http://HooverArchitecture.com)

Voice 845.598.4762

U.S. Green Building Council and American Institute of Architects

*Excellence by Design*



## The New Old McKinstry's Store

by Carol O'Biso

The renovation of the building that began its life as McKinstry's store brought to mind the old adage about the farmer who'd had the same ax for 40 years; he changed the head twice and the handle three times.

It's a story that circulates in the world of ethnographic artifacts. How do you determine age and authenticity for that African stool? That ceremonial mask from New Guinea? Beautiful they may be, but until we snatch them up and put them in museums, they are used, repaired and modified with no more or less nostalgia than we now afford a car, a couch, an ax—or a 150 year old candy store.

The building at 123 Main Street, most recently the home of Hi Ho Antiques, was old and in bad condition, with an interior rabbit warren of eccentric spaces suited to very little in a modern world. The sensible and possibly most economical thing to do was knock it down and start over, but new owner, Pasquale Iovieno of Pasquale's Pizzeria, says he understood the strong feelings people have for this historic building. And submitting a plan for new construction to the Town of Gardiner would have left the building sitting empty, possibly for years, while the project moved through a lengthy review and approval process. Renovation of an existing building, on the other hand, basically requires only a building permit.



Above: The front and rear of the newly renovated building. Photos: Carol O'Biso. To see floor plans visit our facebook page.

Pasquale, along with his architect, Jennifer Lucas of Lucas Architecture in Kingston, and engineer Jonathan Cella, met only once with the Gardiner building inspector Hank Vance before Lucas was given her brief: re-design the building with plenty of space for stores and apartments, and maintain the "feel" of the Hamlet. In a very short time builder Anthony Basselini had a set of plans in his hands and was up and running.

Those of us who drove through the Hamlet daily watched with elation. The building had been saved from the wrecking ball! Weeks went by and elation

turned into mild concern. Day after day we saw parts of the old landmark stripped away and replaced. Concern soon turned to full-blown alarm. Would there be anything left to recognize?

The building lost the setback over the front porch. The roof lines changed. The windows and doors moved around and changed shape and size. Finally, the front facade disappeared. The whole thing turned yellow instead of red. Oddly, when that happened alarm turned back into delight; we could finally let go of the old and see McKinstry's store reborn as something new and fresh.

Some of the original structural timbers remain, but the building now has new plumbing, new wiring, new insula-



tion, new siding, new flooring, a new roof and new windows and doors. Even some of the foundation had to be rebuilt.

There are now two retail (or office) spaces on the ground floor, each with a handicapped accessible bathroom, a large closet and a back door—though a single business might rent the entire space.

And, the apartments upstairs will apparently be very nice places to live. They are each two bedrooms, with granite countertops, washers and driers, central AC, a deck—and a view! (Prices are negotiable, but currently listed at \$1,400/mo for the apartments and \$1,550/mo for each of the retail spaces.) As of this writing, Pasquale did not yet have any confirmed tenants, but with luck, that will change soon.

So, thanks to Pasquale Iovieno, McKinstry's Store is new, and old, and she's still with us. And let's remember this: Michael Jackson had a lot of cosmetic surgery, too, but he was still Michael Jackson. When he exploded onto the stage and started to sing, were we any less thrilled? ☐

[↔ Back Comment ↔](#)



**FREE  
TOURS & TASTINGS  
FOR GARDINER  
AND NEW PALTZ  
RESIDENTS**

**AWARD WINNING LOCAL  
FARM DISTILLERY**

**CALL 845.255.1527 FOR DETAILS & SCHEDULING  
14 GRISTMILL LN, GARDINER, NY • TUTHILLTOWN.COM**

**JBJ PET CARE**

[www.jbjpetcare.wix.com/  
jbjpetcare](http://www.jbjpetcare.wix.com/jbjpetcare)

**845 274-8902  
jbjpetcare@gmail.com**

**Experienced, caring pet sitting  
& dog walking in the Gardiner/  
New Paltz area.**

Insured • Bonded • Member  
Pet Sitters International

## Gardiner Day Turns (Almost) 30

by Ray Smith

Back in 1985, Carol Anne Majestic and Mike Moran, Supervisor at the time, thought a community-wide gathering with live shows, music and events that cost nothing to attend might be, well, fun.

From those early discussions, the Gardiner Day Committee emerged, and on September 12th what is now called Gardiner Day will celebrate its 27th year of community fun. Not the 30th year because, as Jewell Turner explained, "We had to cancel Gardiner Day a few times due to flooding and hurricanes."

Jewell was also involved from the beginning and says, "To keep Gardiner Day fun and affordable, we need to have fundraisers throughout the year." Gardiner Day is a bargain. It's free to attend, but it's not free to put on. Each year, it costs about \$5,000, which the Commit-

tee must raise, and each fundraiser requires its own planning, set up and management. The Committee actually runs three or four major events during the year, culminating in the big event, Gardiner Day.

But Jewell and other veterans of the committee fear that community participation and volunteerism may be on the wane. "At first we thought it was the weather, but then we had to cancel the Spaghetti Dinner due to lack of attendance—after 20+ years. We've produced a fabulous murder mystery and wine tastings and dances; we even had parades. But," she added, "we need community support . . . we need people to come to our fundraisers and we need people to volunteer on Gardiner Day and stay to



Sharon DeMatteo, Carol O'Byrne, Jewell Turner, Susan Hansen, Carol Lohrman, Jackie Wild, Jaynie Aristeo & Patrick Murphy at a recent Gardiner Day Committee meeting. Photo: Ray Smith

clean up afterwards. Without that, we can't keep this tradition of community going."

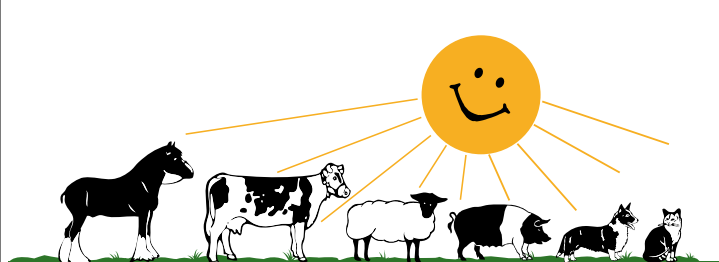
The Gardiner Day Committee also hosts other events unrelated to Gardiner Day, such as the annual Christmas caroling and the Women Helping Women Dance last April, all the proceeds of which go to the Ulster County Shelter for Battered Women.

Sharon DeMatteo, Eileen and Stewart Glenn, Susan Hansen, Carol Anne Lohrman, Barbara Meszaros, Patrick Murphy, Carol O'Byrne, Jewell Turner, Carl Zatz, and Jackie Wild. Those fundraisers continue to take place, so anyone wishing to help the effort can call Jewell at 255-9675, Extension 103, to volunteer or send a check payable to Gardiner Day Committee, PO Box 1, Gardiner, NY 12525.

Right now, the Gardiner Day Committee consists of: Jaynie Aristeo, Judy Bacon, Cindy Dates, Kathy DeLano,

Jewell summed up, "Come give us a hand however you can, and hope for good weather on September 12th!" □

[Back Comment](#) ⇌



**GARDINER  
ANIMAL  
HOSPITAL**

**845-255-1549**  
**175 Main St., Gardiner, NY 12525**

### ***D & A Concrete Contractor, Inc.***

Poured Concrete Foundations & ICF Structures

1246 Albany Post Road  
Gardiner, NY 12525

Dan Albach, President

845 590-4117

daconcrete28@aol.com  
www.daconcreteinc.com

MARILYN PERRY ART



**PAINTINGS**



marilynperryart.com • marilynperryart@gmail.com • (917) 834-4507



## David Loewen: A Life In Motion

by Marilyn Perry

If you've been a varsity ice hockey player at the University of Calgary, and then a professional jazz dancer on a cruise ship calling at Casablanca, Gibraltar, and ports in the Caribbean, and a devoted skier and tennis player your entire life, what's your future career path?

For Canadian David Loewen, who founded Pilates on Main in Gardiner in 2007, there was never any question—he would spend his life in motion. He was drawn to the world of performance, but also realized, early on, that he enjoyed the rewards of working with others on improving their balance, posture, and strength.

Enter Melissa Bierstock, an American/Canadian dancer from Rhinebeck, NY, also passionate about fitness training, who would become his wife. Together they opened a pilates studio in Toronto, where

they lived for fourteen years.

And from Toronto to Gardiner? Melissa's desire to return to her family and friends brought them and their daughter Emma (soon joined by their son Eli) to the Hudson Valley. In search of a perfect location with suitable space for a pilates studio, David chose Gardiner. 'I liked the size and spirit of the place,' he says. 'It's a community that values health and is mindful of the environment. I also enjoy the fact that my studio is in the heart of town.' (Located on the second floor at 127 Main Street, next to the Village Market).

Pilates on Main offers solo and group classes on mats and several types of machines, and those of us who attend his sessions benefit both from David's personal



David Loewen in his studio. Photo: Marilyn Perry.  
Visit our facebook page for more pictures.

attention and the open, light-filled space. And, of course, you leave much better attuned to your own physical well-being.

David and Melissa are active in the Catskill Ballet Theater, as Melissa has been since her childhood. This year, both David and his daughter Emma danced in Tchaikovsky's 'Nutcracker Suite'

at Christmas. Emma, age 11, performed the role of Clara, exactly as her mother had when she was the same age. Her father was The Rat King.

David and Melissa have recently opened a joint studio — Mainly Pilates—in Kingston, where they make their home. Contact [www.pilatesonmain.com](http://www.pilatesonmain.com) or [pilatesonmain@gmail.com](mailto:pilatesonmain@gmail.com). □

⇐ [Back Comment](#) ⇐

## TIRED OF OIL?

**We are too! Convert your oil boiler to clean burning and efficient propane. Benefits of propane?**

- Stable Prices, Propane is on average **\$1.00 per gallon cheaper** than oil.
- It's **CLEAN**, no more messy oil smell in your home.
- No more oil tank! Oil tanks **LEAK**, and when they do, guess who foots the bill.



# Kimlin Propane

[www.KimlinPropane.com](http://www.KimlinPropane.com)

## Just A Sip ...

### Whitecliff Vineyards Offers A Wide Range Of Wines

by Fred Mayo

On a recent weekend, the tasting room of Whitecliff Vineyards on McKinstry Road was full of people anxious to try new flavors and enjoy wine made with grapes from the Hudson Valley, Long Island and the Finger Lakes.

Currently, Whitecliff offers approximately twenty wines, ranging from dry to fruity to full flavored. Wine maker Brad Martz has also expanded the range to include three sparkling wines—Awosting White, Dry Rosé and Moscato—sold on tap or in Growlers, and meant to be enjoyed within a few days.

The sparkling Awosting White is a version of the still wine of the same name, and would go well with roasted almonds, sharp cheddar and a ripe Gouda. The Dry Rosé, a delightful sparkling wine, brings back memories of the old French rosé wine—tart and with plenty of color and flavor, perfect for a summer day, and was so good that I brought a growler home to serve my friends at a dinner party. (I served it with a soft, creamy, bloomy rind cheese called Margie, from Sprout Creek; Dulcinea, a hard sheep's milk cheese from Fulton, NY; Stilton from England,

and a fig and almond cake. The combinations were delicious.)

After the sparkling wines I moved on to the still whites, which range from dry (2013 Reserve Chardonnay) to the more fruit forward (Awosting White and the 2013 Traminette). The fresh tasting Awosting White, an easy drinking blend of Seyval Blanc and Vignoles grapes, goes well with any summer foods from sandwiches and burgers on the grill to chicken with potato salad or cheeses, nuts, and bread or for a picnic in the Gunks. (Disclosure — I have liked this wine for years and once carried two cases to Martha's Vineyard for a summer vacation.)

The Traminette, a Gold Medal winner for the past several years (2011, 2012, and 2013) in the San Francisco International Wine Competition, is a spicy wine that goes well with Indian and Asian foods. I liked the spicy taste (like a Gewürztraminer) so much that I bought some home and served it with wild caught Coho Salmon mari-

nated and baked in garlic, ginger, scallions and fermented soy sauce. Everyone loved it since the wine complimented the salmon perfectly. The more commonly known 2013 Reserve Chardonnay, fermented in oak barrels for five months, has a taste of oak but not too much, making it a delight to serve with roasted chicken and garlic roasted potatoes or with shrimp scampi.

On to the reds! I tasted several: the 2013 Gamay Noir, fermented in oak for ten months, would make a wonderful accompaniment to roasted pork loin with garlic and mustard, grilled fish, or steak. The 2012 Pinot Noir, lighter than Oregon pinot noirs and sister to the Gamay Noir which is also made from Finger Lakes fruit, would compliment grilled fish, pork tenderloin with a spice rub, roast chicken, and pasta with clam sauce (if you like red wine with fish).

Even better with steak, ribs, or butterflied leg of lamb would be the 2013 Cabernet Franc, with grapes grown in the Hudson Valley. It has a luscious smoky flavor and has been one of the wines that Whitecliff has been making since the beginning. I also tasted the 2013



Whitecliff owner Yancey Migliore and tasting room manager Matt Student. Photo: Fred Mayo. Visit our facebook page for more pictures.

Merlot-Malbec combination that reminded me of cherries and blackberries. I would serve it with grilled pork chops, pasta with a strong marinara sauce, or good bread and cheese, sitting on a patio. The Table Rock Red, a new wine for Whitecliff, was also a delight. Three different grapes from the Hudson Valley are used in making it. Its bouquet and flavor made me want to make a pasta puttanesca, or serve it with a grilled rib eye marinated with garlic and Worcestershire.

For a lovely afternoon, visit the tasting room, open at this time of year from Thursday through Sunday and open seven days a week from June through November. For more information, call 255-4613 or check out the website at [www.whitecliffwine.com](http://www.whitecliffwine.com). □

[⇐ Back Comment ⇐](#)

A photograph of a modern interior space with large windows and wooden beams. The text "BIALECKI ARCHITECTS" is prominently displayed at the top, followed by "architecture • historic restoration • interiors". At the bottom, the contact information "845 255-6131 • mb@bialeckiarchitects.com • bialeckiarchitects.com" is provided.

**BIALECKI ARCHITECTS**  
architecture • historic restoration • interiors  
845 255-6131 • mb@bialeckiarchitects.com • bialeckiarchitects.com

A logo for "LUCKY C STABLES" featuring a horse silhouette. Below the logo, the text reads "One of the finest Equestrian Centers in the Hudson Valley" and lists services: "BOARDING-LESSONS-TRAINING", "SHOWING-SUMMER CAMPS-HAULING". At the bottom, the contact information "Gary & Susan Clark", "845 255-3220", and "31 Yankee Folly Rd. New Paltz, NY 12561" is provided.

**LUCKY C STABLES**  
"One of the finest Equestrian Centers in the Hudson Valley"  
BOARDING-LESSONS-TRAINING  
SHOWING-SUMMER CAMPS-HAULING  
Gary & Susan Clark  
845 255-3220  
31 Yankee Folly Rd.  
New Paltz, NY 12561



## Dr. Kathleen Gould, DVM Keeping Our Horses Healthy

by Laurie Willow

Down a long driveway bordered by a fenced paddock with a barn at the end, sits the home and office of Dr. Katie Gould, horse veterinarian. Katie and her partner, photographer Kit Defever, combine their home with offices for Katie's equine veterinarian business and Kit's photography studio and business.

Katie did her college work in neurobiology and biology, studying canaries in particular. She then worked for two years in a field research center in Millbrook, where she worked with Dr. John Jager who became her mentor. Katie clearly remembers much of what he shared with her twenty years ago. He helped shape her decision to go to graduate school at Cornell University for Veterinary Science. After graduating as a veterinarian specializing in equine

medicine, Katie served in a clinic for a year, then went to a position in Connecticut. In 2000, the move came that brought Dr. Katie Gould into the Gardiner community; she was offered a position with Pine Bush Equine. Five years later, in 2005, Katie, with another veterinarian, opened her own practice here in Gardiner, called Mid-Hudson Equine. In 2010, having acquired her current house and home office, she opened her own practice in that location and called it Mid Hudson Equine of Gardiner.

Katie has plenty of animals herself: three horses, three dogs, two cats, three sheep, one pig and twelve chickens. That's 29 critters to care for, many of them rescues. In



Above: Katie Gould riding on her property. Photo: Kit DeFever

order to do her own chores, with Kit's help, Katie is up at six and often isn't done working until night.

Katie's equine practice serves a large area, which includes Orange County, Pine Island, Pine Bush, Gardiner, Shawangunk and New Paltz. This is an especially busy season for Katie as

February through August is breeding and foaling season. Somehow, amidst all of this, Katie rides her own horses Western style, and is even now taking lessons in western equine events such as roping. Dr. Kathleen Gould at Mid Hudson Equine of Gardiner can be reached at 845 800-8427. □

↔ [Back Comment](#) ↔

# Spring is here!

## Put your home's equity to work for you!

*If you have home projects in mind but want affordable financing options, consider a Home Equity Loan or Line of Credit!*

- Easy loan process
- No annual maintenance fee
- No application fee
- No prepayment penalty
- Interest may be tax-deductible\*

### Ulster Savings

866-440-0391 • [www.ulstersavings.com](http://www.ulstersavings.com)

MEMBER FDIC NMLS# 619306

\*Please contact a tax adviser regarding the deductibility of interest paid on your home equity loan or home equity line of credit.

## Lights At Night, Both Beautiful And Hazardous

by Bill Harvey

Many people are lucky to live fulltime in Gardiner, while others come up for weekends from their lives in New York City. When asked why they come, these weekenders are likely to talk about the peace and quiet which repairs their frazzled nerves after the relentless beat of the city. In fact, the healing nature of this place, and others like it around the world, is a whole complex of different types of experiences. Step outside late at night and if the lights are off in the house, the sky is a tumult of stars, some sticking out so sharp, others dusted in an arc, and the mind, if open, is gripped in awe and wonder.

Not so much in a city. City lights are pretty when seen from a plane, but from the ground, they put out the stars. Our eyes adjust to keep out the city's glare and this blinds us to the stars to a degree. Artist Thierry Cohen has created amalgam photographs, superimposing the way the sky looks from a desert over the silhouettes of famous cities. Visit [www.thierrycohen.com/pages/work/starlights.html](http://www.thierrycohen.com/pages/work/starlights.html) to see what we are missing when we're in a city—in fact, even Gardiner is not far enough away from populated centers to really see the night sky as it would be with no light pollution.

Fortunately, there is new awareness of the negative effects of light pollution and legislation is now attempting to roll back unnecessary luminal obliteration of the starry night sky. Artificial light at night has been proven harmful to many species, including us. For humans, nighttime light pollution is linked to reduced production of melatonin, increasing cancer risk. It also disrupts our circadian rhythm, and increases risk of obesity, diabetes, and cardiovascular disease.

For the leatherback turtles of Tobago, night lighting of the beaches causes hatchlings to follow human lights instead of the moon and stars, often to their death from various causes, and this is dwindling the population of that species. And scientists estimate that between 100 million and a billion birds a year are killed by collisions with manmade structures, largely due to the glare of manmade lighting. Bats, moths ... the list of species being endangered by nighttime artificial lighting continues to grow as this subject draws more scientific attention.

Still, there are no easy answers; other factors compli-



This image is a composite assembled from NASA data acquired by the Suomi NPP satellite in April and October 2012. Image: wikimedia commons. Public Domain.

cate the search for appropriate solutions. Crime has been one cause of increased lighting of gas stations and other types of businesses operating at night. In England, Kate Painter has done a series of studies showing that improved lighting did result in reduced crime, so that the solutions to be found must balance multiple factors.

In 2013, France passed legislation which mandates that from 1:00 a.m. to 7:00 a.m., shop lights must be turned off; building lights cannot be turned on until sunset; and lights inside office buildings must be turned off within an hour of workers leaving the building. In addition to the health benefits, the main prize sought is a savings in energy cost estimated at \$266 million per year. While this will hopefully lead a trend among other enlightened nations, the opposite trend—more lights on at night—is, at present, a much stronger one due to booming growth in affluence and urbanization in China, India, Brazil, and other rising nations.

The development of new, energy-saving lighting technologies has, to some ex-

tent, worsened the problem because the new energy-efficient lights shift emissions more to the blue end of the spectrum which, as writer/professor Paul Bogard points out, is what the brain has evolved to associate with the sign of dawn, sending mixed signals to the brain as it attempts to regulate all of the systems in the body.

A 2011 study by some of the leading scientists investigating light pollution found that the two best types of lighting from the standpoint of minimizing harmful effects to living things are low pressure sodium (best) and high pressure sodium (second best). The worst offenders, producing the bluest light, are Metal Halide and white LEDs. (We can certainly take this advice for the lights we ourselves purchase and leave on at night, protecting our own bodies and those of our furry and feathery friends).

The common wisdom is that the stars make us feel small, and the uncommon wisdom is that they also trigger our deepest curiosities. Freud talked about the sense of being connected to something unimaginably large. The sky can do this if we are open. We're grateful to Gardiner for still providing the awe and the wonder. □

↔ [Back Comment](#) ↔

***Dedrick's Gifts***

190 Main Street • New Paltz, NY 12561

**(845) 255-0310**



## What is it?



**Hint 1:** The photo was taken in December. **Hint 2:** Those are apple trees in the background.  
For the answer, see our [Facebook page!](#) Photo: Anne Allbright Smith



**Gourmet Quality Healthy Food**

1278 Albany Post Road, Gardiner, NY • 845-895-7433

[Brookside-Farm.com](http://Brookside-Farm.com)

### **Brookside Farm Store ... All Your Old Favorites!**

Organic Grass Fed Beef, Chicken, Eggs, Berkshire Pork, Local Produce, Artwork,  
Organic Ice Cream by the pint, & more.

**Store hours: Saturday and Sunday 10:00 - 4:00**

## How To Lose A Parachute And Still Be Around To Tell The Story

by Ray Smith

**"Lost Parachute Canopy, near Wallkill. If found please phone . . ."**

A while back, that one jumped out at me from the notice board at the Gardiner Post Office. How do you lose the canopy, but not the skydiver as well? I wrote the number down, planning to follow up.



When I phoned, the call was answered by the parachutist himself, at his home in Gardiner. He explained that a skydiver carries two chutes. "If the first one does not open properly, you cut it away and deploy the second chute. You hope you can roughly pinpoint where the first one might land, and later retrieve it," he explained.

I received a little more education on the intricacies of this process. A skydiver's chute pack is surprisingly small, even though it holds both the main chute and a reserve chute. The skydiver, when ready to deploy his or her chute, pulls a small plastic ball at the bottom of his pack. This deploys the pilot chute, a mini version of a parachute. Its drag pulls the main chute from the pack, where it—hopefully—picks up air and billows.

In the case of a malfunction like the one that led to the notice in our Post Office, the skydiver pulls the cut-away handle, detaching that failed main chute and its lines from his back. When the canopy floats away and clears, the reserve chute handle is pulled and the reserve chute opens.

It all sounds so easy from down here, doesn't it? And, yes, our friend did recover his lost canopy. □

[↔ Back Comment ↔](#)

### GOT RHYTHM? DANCE STUDIO & DANCEWEAR STORE

Tot Classes-Tap-Ballet-Pointe-Jazz-Hip Hop- Lyrical  
Children's Birthday Parties! All Ages, All Levels  
(845) 255-6434 [www.GotRhythmGardiner.com](http://www.GotRhythmGardiner.com)

Deliciously Healing!

**Gomen  
KUDasai**  
*Noodle Shop*

RITE AID PLAZA, NEW PALTZ, NY  
[www.GKnoodles.com](http://www.GKnoodles.com) 845-255-8811



**Jim DeMaio, Agent**  
246 Main Street  
New Paltz, NY 12561  
Bus: 845-255-5180  
[www.jim-demaio.com](http://www.jim-demaio.com)

# Hello, neighbor!

**Please stop by and say, "Hi!"**

I'm looking forward to serving your needs for insurance and financial services.

**Like a good neighbor,  
State Farm is there.®**

**CALL ME TODAY.**



1001013.1

State Farm, Home Office, Bloomington, IL



*Focusing on Sustainable,  
Organic & Hormone Free ingredients  
from the Hudson Valley.*

### MARKET

Freshly Baked Desserts  
Culinary Delights  
Prepared Meals  
Daily Specials

### CATERING

A Creative Passion for Food  
Full Service Catering  
Customized Menus  
Weddings and Events

175 MAIN ST. NEW PALTZ, NY 12561 • 845 255-2600  
[WWW.MAINCOURSECATTERING.COM](http://WWW.MAINCOURSECATTERING.COM)



## A Fledgling Business Expands

by Barbara Sides



New Paltz who runs the dojo at 19 Osprey Lane in Gardiner. She feels it evokes a sense of harmony.

Laura strives to “creating accessibility” to yoga. “Yoga is calming and restorative, a natural sedation. It’s an opportunity to scan the body and get in touch with how you’re feeling. Movement with breath helps to bring our attention inside and in tune with the body, creating awareness.”

Laura Faye makes the point that once people understand that yoga is not about how you look while practicing, it’s about how you feel, they begin to see yoga as accessible to them. “There are exquisite yoga postures often used as icons of yoga practice and, as

Own Your Own Yoga is new in Gardiner and its owner, Laura Faye Walls, credits the Gardiner Library with helping her to launch her business. Laura Faye is a certified Kripalu Yoga Teacher who received her training at the Kripalu Center for Health and Wellness in Stockbridge, MA.

“The training I received was broad and deep, yet I found teaching to be a humbling experience and I needed to get into it slowly,” explained Walls, “so the library’s community room was the perfect resource to spread my wings by offering yoga workshops in the space. The library served as a business incubator for me.”

Once she felt ready for regularly scheduled classes, Laura Faye arranged to share space with John Chiarolanzio, of Aikido of

***“The exquisite postures used as icons of yoga leave people feeling they are ‘too inflexible.’ That makes me sad, because if you can breathe you can do yoga.”***

beautiful as they appear, those iconic pictures too often leave people feeling as if they are too inflexible or too this or too that to do yoga. That makes me sad, because if you can breathe, you can do yoga.”

Own Your Own Yoga is presented as technology for your use, particularly helpful in



Laura Faye Walls practising yoga. Photo courtesy Laura Faye Walls.

calming the incessant brain chatter many of us experience known as “monkey mind.” The practice of yoga can be calming—an antidote to the stressful, frenetic and distracting aspects of everyday life. Laura explains that the tools, methods and systems of yoga enable you to do yoga in your own way whether on or off a yoga mat, in a class, at home, or while you are out-and-about. Laura helps her students to apply the technology

of yoga to their lives and reap the benefits of aligning body, mind and spirit.

Each class offers a collection and sequence of yogic techniques from breath work, postures, and movement to meditation and relaxation. Private and small group classes are also available. Find out more at [www.FaceBook.com/Own-YourOwnYoga](http://www.FaceBook.com/Own-YourOwnYoga) or [LauraFayeWalls@gmail.com](mailto:LauraFayeWalls@gmail.com) or 914 466-5180. □

[↔ Back Comment ↔](#)

The  
Bruynswyck Inn



2162 Bruynswick Road, Wallkill, New York 12589  
845 895-1147 • [www.bruynswyckinn.com](http://www.bruynswyckinn.com)  
Wednesday - Sunday, 5 PM - 10 PM

**DAWES**

**SEPTIC & REPAIR**

**Design • Install • Maintain**

Septic Pumping and Cleaning • Repairs and Replacements

Cesspool/Dry Wells • Leachfields • Dye Tests

Sewer Pump Service • Engineering Available



1997 State Rte. 32, Modena  
Family Owned and Operated since 1952

**845-883-5440**

[www.dawesseptic.com](http://www.dawesseptic.com)



## Ice Climbing, from page 1

good for a few hours. If it's sunny, sheets of ice can separate from the rock. Cloudy weather is good because the ice lasts longer. "You have to time it," they insist. One day it will be great, then, with a little afternoon sun, the opportunity has passed. This year in early January in the Near Trapps, ice formed at night a few times then fell apart.

In a good year there are only about 10 routes available to climb. Each climb demands different gear depending on what sort of ice forms.

Clothing and gear are expensive and specific. A helmet and ice screws are just two of the many necessities. If the ice is forming, it may be good for four or five days or you may not be able to go out the next day. How long it stays is an unknown, but Dani and Dora say you just climb what forms, and work with what nature offers that minute. It demands skill and commitment.

Dani and Dora both admit this winter was one of the crazier ones. On the coldest day this year they climbed "Broken Hammer" in the Trapps. They started up when it was 12 degrees below zero and watched it go up to zero in two hours. They wore a lot of protection that day, including the ever important ice gloves, and climbed both ice and rock that day, lasting until dark.

Often Dani and Dora climb with their buddy Kevin Delaney, who doesn't shrink from leading. Kevin's out here every winter too and lives his life around what is happening with the ice. He has an amazing depth of intimacy around nature, which is a prerequisite for ice climbing. Nature can be fickle; the ice can be there and then not. There are many ice conditions, and people need to know what to do in each situation. There are guides available if you are inclined to experience this exciting sport. □

[← Back Comment →](#)



*Tall Oaks, Stone Walls and abundant nature trails on Gardiner's*

**BLACK HAWK TRAIL**

*\$375,000 buys you the main home and separate access apt on two acres with a 2 car garage*

**G2-CONSTRUCTION**

Commercial • Residential • High Quality Craftsmanship

David Gervais  
845.926.6736

New Construction - Decks  
Siding - Painting - Renovations  
Custom Kitchens - Trim  
Architectural Woodwork  
Hand-made Furniture

**DEEP CLAY**  
ART AND THERAPY

MICHELLE RHODES LCSW-R ATR-BC  
deepclay@mac.com • 845-255-8039

STUDIO BASED PSYCHOTHERAPY

"DREAMFIGURES" WOMEN'S  
ART THERAPY GROUP

What's your Home worth? Check on  
[www.HudsonValleyHomePrices.com](http://www.HudsonValleyHomePrices.com)



**FOUR SEASONS**  
REALTY GROUP

35 Outlook Farm Drive  
New Paltz, NY 12561  
**845-255-0019 Office**



## Leonie Lacouette: Time Is In Her Hands

by Annie O'Neill

Esteemed clockmaker Leonie Lacouette's grandfather, a Frenchman who fought in World War I as cook on the front lines, came to America in the 1930s. By 1937 the family had discovered Tillson Lake in Gardiner and, shortly after, bought the perfect property on what is today Lacouette Lane—a location close enough to walk through the woods to the lake from. Imagine that?

Leonie's father was an artist and set designer; his wife, an actress. They came weekends to the property from Hell's Kitchen in Manhattan, where Leonie spent her teenage years attending the High School of Art and Design. The weekend home became permanent, and Leonie eventually attended SUNY New Paltz where she studied ceramics.

It was a time of artistic discovery and exploration and in 1981 she met her husband Bruce Pileggi, a builder, local actor and artist. He helped her set up her first studio. Her "ah-ha" moment came when she saw an ad for clock movements. She was hooked; her first clocks were ceramic, but at SUNY she had also pur-



Leonie Lacouette (left, on left) with Lesley Rokjer. Photo: Annie O'Neill. Above: a Leonie clock. Photo courtesy Leonie Lacouette. See our facebook page for more pictures.

sued metalsmithing, painting and sculpture, all of which she now incorporates in her contemporary, innovative clocks.

She is a master of invention. Her work has evolved from "kitschy" playful pieces to sleek, sophisticated design-oriented and timely wall

sculptures. Patinated copper is her signature look, while employing highly stylized geometric shapes. Her current studio, meticulously designed by Pileggi, intrigues artists, machinists and technicians alike. Her clocks are all hand assembled of components such as metal, clockworks, pendulums and a wide variety of altered surface materials. Each clock requires cutting, drilling, polishing and patinated metal surfaces combined with faux-finished wood, stainless, and copper, cherry veneer and barnwood. She has become a master of surface decoration.

Leonie works with her longtime assistant, Gardinerite Lesley Rokjer. The creativity involved in any clock by Leonie is astonishing. She has tackled the age-old dilemma of time in a totally unique way. Locally, her work is at the Mark Gruber Gallery in New Paltz and Sweetheart Gallery in Woodstock. In the wider world she is represented at over 150 galleries and shops across the United States, Canada and the Virgin Islands.

Don't you think it is high time to visit her website, [LeonieTime.com](http://LeonieTime.com)? You will clock up a most unique experience. □

⇐ [Back Comment](#) ⇒



**VAZ-CO**  
**RECLAIMING SERVICE**

**WE KNOW OIL TANKS!**

**RESIDENTIAL AND COMMERCIAL  
PROFESSIONAL INSTALLATIONS  
CLOSURES AND REMOVALS  
24 HOUR SPILL RESPONSE  
FAMILY OWNED AND OPERATED**

**CALL CHRISTINA FOR A FREE  
CONSULTATION TODAY!**

**(845) 691-6246**

**SERVING THE HUDSON VALLEY FOR 25 YEARS!**

## Spring Is Here: Some Planting Tips That Might Help

by Angela Sisson

We're all heading out into the garden right about now, so it might be useful to pay attention to what *not* to do. The information on root correction in this article generally applies to all container-grown plants, trees, shrubs and perennials and might help your garden thrive.

### The dreaded mulch volcano ...

A very common mistake people make after planting a landscape tree is over-mulching—specifically, mulch piled against a tree's base, as shown on the right. Just google "Mulch Volcano" and you'll see plenty of examples. Arborists warn against this all the time, but for some reason the practice persists. Perhaps the world doesn't get it because the damage doesn't show up immediately—in fact the damage usually takes years to set in and by then the mulch volcano may have already killed the tree.



Piling mulch up around a tree's trunk can damage a tree in two ways. First, the moisture beneath the mulch is conducive to rot. Once the bark begins to rot, it can no longer provide a natural barrier against invasion by insects and pathogens. Second, the shallow feeder roots will grow up to be near the surface of the ground and over time, as the tree trunk gets bigger and expands in girth, these roots will begin to girdle or strangle the tree.

It's ok to spread a thin layer of mulch under the base of a tree for moisture retention or weed suppression. Just keep the mulch off the trunk, and make sure the root flare is exposed.

### Show me the roots please ...

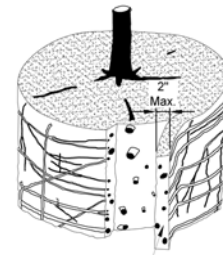
What we see above the ground—plant form, structure, branching, trunk, bark, leaves—tells a great deal about the health of a tree. But we still need to know about the below-ground parts, the parts we can't see. Otherwise healthy-looking plants can be root-bound—a big problem if left uncorrected.

Before Shaving



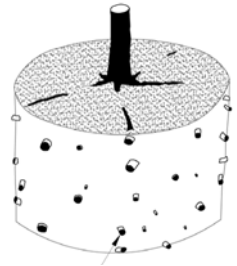
Shave root ball here to remove all roots growing on periphery

Shaving Process



Shave outer periphery of the root ball a maximum of 2" thick

Shaving Complete



Root tips exposed at periphery. All roots growing around periphery are removed.

Root-bound plants, like the one shown on the next page, proliferate in even the best nurseries because growers often give plants a nutrient boost before sending them to market. Therefore, it is advisable to pull the plant out of the pot before buying it in order to inspect the roots. (Oh by the way, you should tell the nursery what you're doing, and why, so they won't think you're some kind of plant abuser.) If a tree, or any plant, is root bound, you could opt not to buy it, but it's

relatively easy to correct the root-bound condition at planting time.

After removing the container to expose the roots, one solution is to slice the root ball vertically in a few places with a pruning saw in order to cut through the excessive roots. The plant will grow new roots not confined by the container. Another solution is to tease apart all the roots, knocking off most of the planting medium. The idea is to free up and redi-

Planting, [continued page 15](#)

### GLENN & BREHENY PLLC, ATTORNEYS Stewart P. Glenn, Esq. - Mary Fern Breheny, Esq.

#### "REACHING OUT TO ALL GENERATIONS ..."

Real Estate, Estate Planning, Wills, Trusts  
Advance Directives, Elder Law, Estate and  
Trust Administration

845-561-1951 • [www.glennbrehenylaw.com](http://www.glennbrehenylaw.com)  
372 South Plank Road, Town of Newburgh, NY

ATTORNEY ADVERTISING

## OWN YOUR OWN YOGA

Discover your own unique expression of yoga



Laura Faye Walls, Kripalu Yoga Teacher

See Facebook for class schedule.  
Classes held at 19 Osprey Lane, Gardiner.  
Private and small group instruction available.

LauraFayeWalls@gmail.com  
Facebook.com/OwnYourOwnYoga

914-466-5180  
19 Osprey Lane, Gardiner

Pete Patel



**IRELAND**  
CORNERS  
GENERAL STORE

# 551, Route 208,  
New Paltz, NY 12561

Ph : 845-255-8883 Fax : 845-256-1124 Cel : 845-527-2455



## Planting, from page 14



The roots will suffer some damage in the short term, but they'll quickly recover and grow new root hairs, feeder roots and structural roots. The tree can then grow without the imminent threat of strangulation by roots.

Even though you can't see them, the roots are a very important half of the tree. So do inspect the roots before buying a tree. And after planting a tree, do not make a mulch volcano!

rect roots which were curving upwards. However, the best solution, according to the Urban Tree Foundation, among others, is to shave off the outer surface of the root ball—no more than two inches deep—cutting away the bound up roots.

For further information on tree planting and care see Ed Gilman's site at the University of Florida, ([www.hort.ifas.ufl.edu/woody](http://www.hort.ifas.ufl.edu/woody)), and the Urban Tree Foundation, ([www.urbantree.org](http://www.urbantree.org)). □

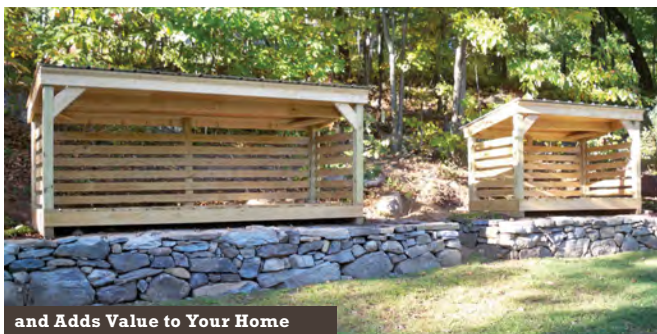
↔ [Back Comment](#) ↔

## GLENN'S SHEDS

ELEGANT ■ RUGGED ■ ENDURING



Firewood Storage that Beautifies



and Adds Value to Your Home

845 255-4704 [GLENNSSHEDS.COM](http://GLENNSSHEDS.COM)

### LAKE VIEW HOUSE



*Casual Fine Dining Overlooking  
Picturesque Orange Lake*

**Lunch - Dinner**

*Chef-Owner James A. Carter offers eclectic cuisine  
featuring duck, seafood, steaks and pasta.*

*Also join us for outside  
Patio Dining. Specializing in  
Private Parties for all occasions.*



343 Lakeside Road, Newburgh, NY 12550  
(845) 566-7100 • [www.thelakeviewhouse.com](http://www.thelakeviewhouse.com)





**Animal Welfare Approved**  
**100% Grass-Fed Beef**  
**Pastured Pork, Lamb, Goat**  
**Self-Serve Farm Store**  
**54 Steves Lane, Gardiner**  
**Open Daily 8AM-6PM**  
[FULLMOONFARMNY.COM](http://FULLMOONFARMNY.COM)  
 845-255-5602  
[PEC4LJW@GMAIL.COM](mailto:PEC4LJW@GMAIL.COM)

CAFÉ

# Mio

LOCAL FARE

✶

845-255-4949  
 2356 RT 44/55 GARDINER, NY 12525  
[WWW.MIOGARDINER.COM](http://WWW.MIOGARDINER.COM)

## ***The Gardiner Gazette***

PO Box 333  
Gardiner, NY 12525  
gardinergazette@earthlink.net  
www.gardinergazette.com

### **Editorial Committee:**

Fred Mayo  
Kathy Muessig  
Carol O'Biso  
Barbara Sides  
Anne Smith  
Ray Smith  
Laurie Willow

Carol O'Biso, General Manager

Jason Stern, Ad Manager  
GardinerGazetteAds@gmail.com  
(845) 527-6205

### **Contributing Writers:**

Bill Harvey  
Annie O'Neill  
Marilyn Perry

NON-PROFIT ORG  
U.S. POSTAGE PAID  
C R S T . N E T  
1 2 5 5 0



Spring is finally here: These Painted Turtles, basking in early spring sun, were photographed by David Warg on South Ohio-ville Road. Painted Turtles are commonly seen in groups on logs in ponds. See our facebook page for more pictures.

[↔ Back Comment ↔](#)

### **About This Newsletter**

*The Gardiner Gazette* is a quarterly publication funded entirely by advertising and contributions. Articles are written by community members, not reporters. If you would like to submit an article for consideration, please contact us to discuss it before you write your article. To suggest a business to feature, please contact us.

Dates are as follows:

Winter, Feb. 18 release (Submission deadline January 8)  
Spring, May 6 release (Submission deadline March 30)  
Summer, Aug. 7 release (Submission deadline July 2)  
Fall, Nov. 14 release (Submission deadline October 1)

To advertise in The Gazette contact Jason Stern (845) 527-6205



# MAJESTIC PRO HARDWARE

BB 12994 3206

## STIHL®

OVER 25 YEARS  
IN SALES AND  
REPAIR SERVICES

## TORO®

TEXT PRO  
TO 55155  
FOR  
MONEY  
SAVING  
OFFERS!



STARTING AT  
**\$179<sup>99</sup>**

Stihl Chainsaws

2 Year warranty with 6 pack HP Ultra Oil Purchase!

01-03 MS170



SELLING TORO  
FOR OVER 30 YEARS!

Save now on our complete selection of riding and walk behind mowers

01-04 MX-S060 20370

**FINANCING, FREE DELIVERY AND DEMOS AVAILABLE**

Get Your  
Garden Ready

LIFETIME  
WARRANTY!

PROUDLY  
MADE  
IN THE  
USA

BPA  
FREE!

Chrome Hand Trowel,  
Transplanter or Cultivator.....

YC **\$2<sup>99</sup>**

01-06 1986500, 1986600, 1986700, 0-49108-19865-4, 8-1, 7-8

50' Flexogen® Hose .....

**\$19<sup>99</sup>**

01-07 10058050

75' Flexogen® Hose .....

**\$29<sup>99</sup>**

01-07 10058075, 0-34411-11203-8, 85-2

Watering Can, 2 Gallon.....

**\$4<sup>99</sup>**

01-09 201-0-70652-00201-1

Poly Impulse Sprinkler.....

**\$5<sup>99</sup>**

01-10 200GMSP 0-34411-02844-5



AMES

Gilmour

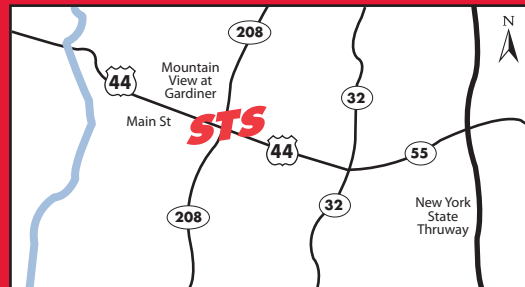
To receive "email specials" visit [www.prohardware.com](http://www.prohardware.com)

PRO Majestic 1505



**Proud to Serve**  
**Gardiner & Surrounding**  
**Communities**

**GARDINER STS**  
**2170 Rte 44/55**  
**845-255-7600**



**Store Hours:**  
Mon - Fri :  
7:00am-6:00pm  
Sat :  
7:00am-5:00pm  
Sun : Closed



**OIL**  
**CHANGE**

**\$15 OFF**

with **FREE** tire rotation

Drain oil, add up to 5 qts. Quaker State motor oil and install a new Quaker State oil filter. Some filters or special oils may result in an extra charge. Includes filter disposal fee. Custom wheels may result in extra charges. Most vehicles, with coupon. Not to be combined with any other offers. Expires 6/28/15.

**A/C**  
**PERFORMANCE**  
**CHECK**

**\$19<sup>95</sup>**

Visually check A/C system including  
pressure and performance check



Most vehicles with coupon. Not to be combined with any other offers. Expires 6/28/15.

**TIRE SPECIAL**

**\$50 OFF 4**  
**\$20 OFF 2**

excludes  
signature  
series

No carry outs. No dealers. Tread design may vary. Tire Installation: Alignment, balancing and valve stems extra. Additional shop supply charges may apply. This offer not to be combined with any other offer. Expires 6/28/15.



**BRAKE**  
**SERVICE**

**UP TO \$60 OFF**



**BOSCH**

**\$30 PER AXLE**

With purchase of complete brake service. Instant rebate of \$15 per axle and mail-in Bosch rebate of \$15 per set of Bosch QuietCast Brake pads. Most vehicles with coupon. Not to be combined with any other offers. Expires 6/28/15.



## Count On Us. We Do It All.

- Tires
- Brakes
- Alignment
- Fluid Services
- Repairs
- Batteries
- Belts/Hoses
- Electrical
- Maintenance
- AC Service
- Shocks/Struts
- Engine Diagnostics

**Foreign and Domestic Vehicles**

We employ  certified technicians. Backed by our **12.12** **STS** Warranty  
12 Months 12,000 Miles

## More Value at **STS**

-  **Tire Price Assurance**  
We'll match any local advertised price within 30 days of purchase!
-  **Interest-free Financing**  
Drive now, pay later!
-  **30-day Buy & Try**  
Not completely satisfied? Exchange for tires of equal or greater value!
-  **Free Alignment Check**  
With a 4 tire purchase
-  **Free Lifetime Tire Rotations**  
With a 4 tire purchase
-  **Brand Name Tires Available Now**  
Over 450,000 tires in stock

 **MICHELIN**  **BRIDGESTONE**  **Firestone**  **Continental**  **GOODYEAR**  
 **TOYO TIRES**  **PIRELLI**  **YOKOHAMA**  **GENERAL TIRE**  **GT** ...and more!

## **STS** TIRE PRICE ASSURANCE

We will match any competitor's advertised price within 30 days of purchase.

# Gardiner Association of Businesses

## The Voice of Gardiner Area Business

### DINING/CATERING

**Bridge Creek Catering, LLC**  
845-255-9234; Catering  
[www.BridgeCreekCatering.com](http://www.BridgeCreekCatering.com)

**Café Mio Restaurant**  
845-255-4949; Restaurants & Cafés  
[www.MioGardiner.com](http://www.MioGardiner.com)

**Lombardi's Restaurant**  
845-255-9779; Restaurants & Cafés

**Mountain Brauhaus Restaurant**  
845-255-9766; Restaurants & Cafés  
[www.MountainBrauhaus.com](http://www.MountainBrauhaus.com)

**Tuthillhouse at the Mill**  
845-255-4151; Restaurants & Cafés  
[www.Tuthillhouse.com](http://www.Tuthillhouse.com)

### CONTRACTORS/TRADES/SUPPLIES

**Alert Security and Investigations, Inc.**  
845-234-0923; Security Services  
[www.AlertSecurityInc.com](http://www.AlertSecurityInc.com)

**Amthor Welding Service**  
845-778-5576; Tank Truck Welding  
[www.AmthorInternational.com](http://www.AmthorInternational.com)

**BuildingLogic, Inc.**  
718-791-6443; Building Design  
[www.BuildingLogicInc.com](http://www.BuildingLogicInc.com)

**Dalan Adjustment Corp**  
845-568-5500; National Public Adjusting Firm  
[www.DalanAdjustment.com](http://www.DalanAdjustment.com)

**D&A Concrete Contractor, Inc.**  
845-857-4372; Concrete Contractor  
Facebook

**David Kucera, Inc.**  
845-255-1044; Pre-Cast Concrete, GFR  
[www.DavidKuceraInc.com](http://www.DavidKuceraInc.com)

**Fall Fittings, Inc.**  
845-255-5710; Structural Steel Fabricating

**Fischer Electric**  
845-256-0365; Electricians

**Friedle Construction, Inc.**  
845-256-9338; Construction  
[www.FriedleConstruction.com](http://www.FriedleConstruction.com)

**Gordon Fire Equipment, LLC**  
845-691-5700; Fire Suppression Systems  
[www.GordonFire.com](http://www.GordonFire.com)

**GCD Property Services, LLC**  
845-568-7885; Locksmith Services  
Facebook

**HeritagEnergy**  
845-255-7779; Oil & LP Gas  
[www.HeritagEnergy.com](http://www.HeritagEnergy.com)

**Hudson Builders Group**  
845-245-7773; Comm. & Res. Contracting  
[www.HudsonBuilders.com](http://www.HudsonBuilders.com)

**Mitchell Electric, LLC**  
845-255-5216; Electricians  
[www.MitchellElectricLLC.com](http://www.MitchellElectricLLC.com)

**New York Solar Farm, Inc.**  
845-597-6631; Comm. & Res. Solar PV Installer  
[www.nyssf.com](http://www.nyssf.com)

**P.E. Colucci Excavating, Inc.**  
845-255-5602; Excavating & Landscaping

**Ron DeGroodt Paving, Inc.**  
845-895-3171; Paving

**Stryker Electric**  
845-255-3200; Electricians

**Ultimate Homes, Inc.**  
845-255-9378; Construction  
Facebook

**Vaz-Co Reclaiming Service**  
845-691-6246; Environmental Services  
[www.Vaz-Co.com](http://www.Vaz-Co.com)

### OUTDOOR/ADVENTURE/TRAVEL

**Mohonk Preserve**  
845-255-0919; Hiking Nature Preserve  
[www.MohonkPreserve.org](http://www.MohonkPreserve.org)

**New Paltz Travel Center, Inc.**  
845-255-7706; Travel  
[www.NewPaltzTravel.com](http://www.NewPaltzTravel.com)

**Skydive The Ranch, Inc.**  
845-255-4033; Airport, Skydiving  
[www.SkydiveTheRanch.com](http://www.SkydiveTheRanch.com)

### FARMS/ORCHARDS

**Blue Crest Farm**  
845-895-3754; Farm

**Full Moon Farm**  
845-255-5602; Farm: Beef, etc.  
[www.FullMoonFarmNY.com](http://www.FullMoonFarmNY.com)

**Jenkins & Lueken Orchards**  
845-255-6787; Farm, Farm Markets  
[www.JLOrchards.com](http://www.JLOrchards.com)

**Meadow View Farm**  
845-255-6093; Farm, Farm Market  
[www.MeadowViewFarmStand.com](http://www.MeadowViewFarmStand.com)

**Phillies Bridge Farm**  
845-256-9108; Farm Markets, Orchards & CSAs  
[www.PhilliesBridge.org](http://www.PhilliesBridge.org)

**Wright's Farm**  
845-255-5300; Farm Markets, Orchards & CSAs  
[www.EatApples.com](http://www.EatApples.com)



### LODGING

**Enthusiastic Guest House**  
845-256-1122; Lodging  
Facebook

**The Inn at Kettleboro**  
914-213-2487; Bed & Breakfast  
[www.Kettleboro.com](http://www.Kettleboro.com)

### REAL ESTATE/PROPERTY MANAGEMENT

**Connor Properties**  
845-255-5420

**Laura Rose Real Estate**  
845-255-9009; Real Estate Brokerage  
[www.LauraRoseRealEstate.info](http://www.LauraRoseRealEstate.info)

**Ridgeline Realty**  
845-255-8359; Real Estate Agents  
[www.RidgelineRealty.net](http://www.RidgelineRealty.net)

**Ulster Properties**  
845-256-0075; Management & Hospitality  
[www.UlsterProperties.com](http://www.UlsterProperties.com)

**Willow Realty**  
845-255-7666; Real Estate Agents  
[www.WillowRealEstate.com](http://www.WillowRealEstate.com)

### GALLERIES

**DM Weil Gallery**  
845-255-3336; Art Gallery  
[www.DMWeil.com](http://www.DMWeil.com)

**Tuthilltown Art Gallery**  
845-943-0798; Art Gallery  
[www.RonSchaefer.com](http://www.RonSchaefer.com)

### FLORISTS

**Elegant Accents**  
845-527-9590; Floral Design  
[www.ElegantFloralAccents.com](http://www.ElegantFloralAccents.com)

**Floral Affairs by Sarah**  
914-213-3281; Floral Designs  
[www.FloralAffairsBySarah.com](http://www.FloralAffairsBySarah.com)

**Meadowscent**  
845-255-3866; Flowers & Florists  
[www.Meadowscent.com](http://www.Meadowscent.com)



# Gardiner Association of Businesses

## The Voice of Gardiner Area Business

### WINERIES/WINE & LIQUOR/DISTILLERY

**Hudson Valley Wine Market**  
845-255-0600; Wine & Spirits Shop  
[www.HudsonValleyWineMarket.com](http://www.HudsonValleyWineMarket.com)

**Robibero Family Vineyard**  
845-255-9463; Wineries/Wine & Spirits  
[www.RobiberoFamilyVineyards.com](http://www.RobiberoFamilyVineyards.com)

**Tuthilltown Spirits Distillery**  
845-633-8734; Farm Distillery  
[www.Tuthilltown.com](http://www.Tuthilltown.com)

**Whitecliff Vineyard**  
845-255-4613; Wineries/Wine & Spirits  
[www.WhitecliffWine.com](http://www.WhitecliffWine.com)

### PETS/VETS

**Gardiner Animal Hospital**  
845-255-1549; Veterinarian  
Facebook

**Hudson Valley Dogwatch**  
845-255-3126; Dogwatch Hidden Fence  
[www.DogWatchDave.com](http://www.DogWatchDave.com)

**Lung Ta Wellness**  
845-797-2079; Animal Wellness Facilitation  
[www.LungTaWellness.com](http://www.LungTaWellness.com)

**The Natural Pet Center at Ireland Corners**  
845-255-7387; Pet Supplies  
[www.TheNaturalPetCenter.com](http://www.TheNaturalPetCenter.com)

### AUTO & RV/SERVICE/SALES

**Beek's Auto**  
845-255-7376; Auto Repair & Services  
Facebook

**Len-Rich RV**  
845-725-7624; RV Repairs  
[www.Len-RichRV.net](http://www.Len-RichRV.net)

**STS Tire & Auto Center**  
845-255-7600; Auto Sales & Repair  
[www.STSTire.com](http://www.STSTire.com)

**X-Treme Rides**  
845-270-2504; 24 Hr. Towing & Collision Restoration  
[www.X-TremeRides.com](http://www.X-TremeRides.com)

### LAW FIRMS/ATTORNEYS

**Glenn & Breheney, PLLC**  
845-561-1951; Attorney  
[www.GlennBreheneyLaw.com](http://www.GlennBreheneyLaw.com)

**Peter Cordovano, P.C.**  
845-691-4200; Law Office  
[www.CordovanoLaw.com](http://www.CordovanoLaw.com)

### FITNESS/SPORTS/DANCE

**Gardiner Athletics**  
845-419-2177; Strength & Conditioning Center  
[www.GardinerAthletics.com](http://www.GardinerAthletics.com)

**Got Rhythm? Dance Studio**  
845-255-6434; Dance Studio  
[www.GotRhythmGardiner.com](http://www.GotRhythmGardiner.com)

**New Paltz Karate Academy, Inc.**  
845-255-4523; Karate & Martial Arts  
[www.NewPaltzKarate.com](http://www.NewPaltzKarate.com)

### HORSE STABLE/TRAINING/BOARDING

**Journey's End Farm**  
845-255-7163; Horses, Sales  
[www.ACPS.org/JourneysEnd](http://www.ACPS.org/JourneysEnd)

**La Luna Farm**  
845-332-4519; Horse Boarding/Lessons  
[www.LaLunaFarm.com](http://www.LaLunaFarm.com)

**Lucky C Stables, Inc.**  
845-255-3220; Horse Boarding/Lessons  
[www.LuckyCStables.com](http://www.LuckyCStables.com)

**Mountain View Farm**  
845-255-5563; Horse Boarding/Lessons

### RETAIL

**Kiss My Face**  
845-255-0884; Body & Skincare Products  
[www.KissMyFace.com](http://www.KissMyFace.com)

**Majestic's Hardware, Inc.**  
845-255-5494; Hardware Stores  
[www.MajesticsHardware.com](http://www.MajesticsHardware.com)

**Oh Crow**  
845-255-0250; Rain Gauges  
[www.WorldsCoolestRainGauge.com](http://www.WorldsCoolestRainGauge.com)

### BANKS/FINANCIAL/INSURANCE

**Fraleigh & Rakow, Inc.**  
845-876-7035; Insurance  
[www.FraleighandRakow.com](http://www.FraleighandRakow.com)

**Mirto CPA PLLC**  
845-419-3854; Accounting  
[www.MirtoCPA.com](http://www.MirtoCPA.com)

**Walden Savings Bank**  
845-256-9667; Financial Institution  
[www.WaldenSavingsBank.com](http://www.WaldenSavingsBank.com)

### PERSONAL CARE/HEALTH

**Creative Edge Hair Design**  
845-895-3343; Full Service Hair Salon  
Facebook

**Goldman Family Medicine**  
845-255-5450; Medical Family Practice  
Facebook

**Happiness Day Spa**  
845-256-3840; Boutique Day Spa  
[www.HappinessDaySpa.com](http://www.HappinessDaySpa.com)

**Kellie James Salon**  
516-967-8022; Full Service Hair Salon  
[www.KellieJamesSalon.com](http://www.KellieJamesSalon.com)

**Miracle Day Spa**  
845-702-3526; Skincare, Massage, Yoga  
[www.SpaMiracles.com](http://www.SpaMiracles.com)

**Peace of Mindfulness**  
845-255-9090; Massage Therapy  
[www.PeaceOfMindfulness.org](http://www.PeaceOfMindfulness.org)

### MARKETING/PRINTING/MAILING

**Cornerstone Services**  
845-255-5722; Graphic Design & Fulfillment  
[www.CRST.net](http://www.CRST.net)

**Pages Printing & Graphics**  
845-562-3309; Printing & Graphics  
[www.PagesGraphics.com/Newburgh](http://www.PagesGraphics.com/Newburgh)

### ARCHITECTURE

**Hoover Architecture, PLLC**  
845-598-4762; Architects  
[www.HooverArchitecture.com](http://www.HooverArchitecture.com)

### CLUBS/ASSOCIATIONS

**Southern Ulster Rotary Club**  
Community Service  
[www.SouthernUlsterRotary.org](http://www.SouthernUlsterRotary.org)





# Colucci Shand Realty, Inc.

**(845) 255-3455**

2356 Route 44/55, Gardiner, NY 12525

[www.ColucciShandRealty.com](http://www.ColucciShandRealty.com)

LIKE US on  
FACEBOOK



## Country Roads Lead Here!



- ◆ Sits on the edge of Stone Dock Golf Course
- ◆ Executive Log Home
- ◆ Glistening wood floors
- ◆ Wrap around front porch
- ◆ Bright airy open floor plan
- ◆ Endless outdoor activities
- ◆ Town of Marletown



- ◆ Meticulous 4 Bedroom Colonial in New Paltz Harvest Hills Community
- ◆ Large screened porch
- ◆ Manicured 2.27 acre lot
- ◆ Solar panels for electric & hot water
- ◆ New remodeling done



- ◆ Two Story w/ separate studio
- ◆ New Paltz School District
- ◆ Lush perennial gardens
- ◆ Beautiful mountain views
- ◆ Minutes from the Wallkill Valley Rail Trail
- ◆ Close to New Paltz and Rosendale



- ◆ Spectacular Mountain Views from expansive living spaces
- ◆ 3 Bedrooms, den, 3 Baths
- ◆ Cooks kitchen
- ◆ Manicured 2.5 acre lot
- ◆ Open airy floor plan
- ◆ Town of Gardiner



- ◆ Stylish Cape Cod-Interior completely renovated
- ◆ 5 Bedrooms, 4 Baths
- ◆ Updated kitchen with granite, stainless appliances & glass backsplash
- ◆ Walk to Village of New Paltz



- ◆ 2 Family, 2 Story Home
- ◆ Hardwood floors
- ◆ Updated kitchens and baths
- ◆ 2 Units-2 bedrooms, 1 bath each
- ◆ Monthly income
- ◆ Town of Gardiner



- ◆ Modern L shaped Ranch
- ◆ Breakfast Nook & large pantry
- ◆ Screened Gazebo
- ◆ Expansive backyard w/pool
- ◆ 3 Bedrooms
- ◆ Easy access to Newburgh & New Paltz



- ◆ Sleek & Stylish Ranch
- ◆ 3 Bedrooms, 2 Baths & Den
- ◆ Close to hiking
- ◆ Quiet Country Road
- ◆ Seasonal View of the Cliffs
- ◆ Modern kitchen
- ◆ Town of Gardiner



- ◆ New Construction
- ◆ Nestled on 3 level acres
- ◆ 4 Bedroom, 2.5 Baths
- ◆ Gourmet kitchen
- ◆ High efficiency Propane Heat
- ◆ Master Bedroom suite w/full bath & walk in closet
- ◆ Town of Gardiner

### LOTS/LAND FOR SALE

NEW PALTZ: 13.6 acres ready to build on..... \$145,000

GARDINER: 4.8 acre wooded parcel.....\$ 79,000

GARDINER: 6.83 acre wooded parcel.....\$ 89,000

LLOYD: 1.52 acres picturesque parcel.....\$ 50,000

PLATTEKILL: 5.6 acres on private wooded site \$ 59,000

GARDINER: 1.70 acres of rolling hills.....\$130,000



- ◆ Charming Cottage
- ◆ Authentic wood trim and wood floors
- ◆ 2 Bedrooms, 1 Bath
- ◆ Seasonal Views
- ◆ Steps from the Rail Trail
- ◆ Detached 2 car garage
- ◆ Town of Gardiner







**Colucci Shand Realty, Inc.**

**(845) 255-3455**

**2356 Route 44/55, Gardiner, NY 12525**

**www.ColucciShandRealty.com**

**LIKE US on  
FACEBOOK**



## Homes with New Owners



SOLD-GARDINER FOR \$218,000



SOLD-NEW PALTZ FOR \$693,860



SOLD-NEW PALTZ FOR \$232,000

### WHAT PEOPLE ARE SAYING ABOUT COLUCCI SHAND REALTY

- ◆ We operate in a Boutique setting. You will meet all members of our team from the broker/owner to our admin staff. We are a team ready to make your transaction smooth from start to finish.
- ◆ We take time to learn about every client.
- ◆ We do business the way YOU want to do business.
- ◆ We offer a professional designed website which is managed by designers who are always trending and finding innovative ways to keep us on the cutting edge of internet marketing.
- ◆ We visit our clients home and ask what it is you like about this home and what you would like to change about it to determine your needs and desires.
- ◆ Our agents know the properties that are on the market and preview them before bringing our clients to see them. We demonstrate how each room and feature line up with our clients desires.
- ◆ Our agents help stage your property to sell and optimize its features which will help you get the best return on the sale.
- ◆ We are available to answer any and all of your questions on your time schedule.
- ◆ Every detail matters in your transaction, whether it is selling or buying property. We are proactive not reactive.
- ◆ We want you to feel like your home is the happiest place on earth.

### THE COLUCCI SHAND TEAM

Teresa C. Shand, CRS, ASP, ABR, SRES, SFR-NYS Real Estate Broker/Owner  
 Linda Majetich Hansen, CRS, ASP, ABR, SFR- NYS Real Estate Associate Broker  
 Terry Jacobus, Robert M. Dorris, Victoria Beach, Monique McCutcheon  
 NYS Real Estate Salespersons  
*Let us help make your Real Estate dreams come true!*





# McMahon's Home Improvement

Gardiner, NY



*Getting ready for*

*Home*

*One of the Mid-Hudson Valley's Most Respected, Full-Service, Home Remodeling Companies*

*Check out what your neighbors are saying about us:*



*projects*




[www.mcmahonshomeimprovement.com](http://www.mcmahonshomeimprovement.com)


Additions, Building &amp; Remodeling

Roofing

Bathrooms &amp; Kitchens

Custom Carpentry, Doors &amp; Windows

Heating, Cooling &amp; Plumbing

Electrical

Siding Services

Tile &amp; Wood Flooring Specialists

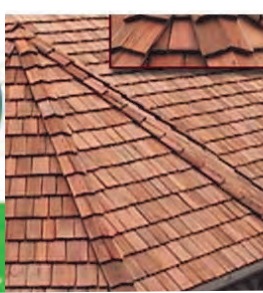
Attic &amp; Basement Remodeling

Fire &amp; Water Remediation

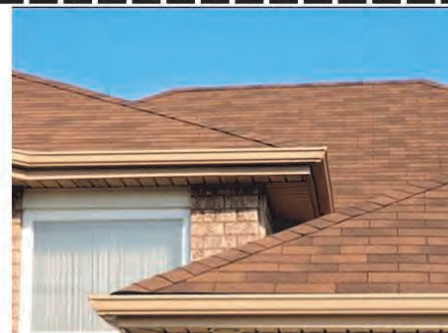
Painting &amp; Staining

Masonry, Chimneys, Cement Work

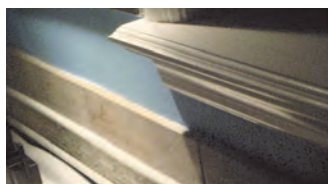
—WINDOWS &amp; DOORS—



—ROOFS—



—LUXURY SPA BATHROOMS—



—CUSTOM KITCHENS—



\*\$750 OFF

Full Kitchen or Bath Remodel

McMahon's HOME IMPROVEMENT

\*Offers expire 6/30/15.  
Some limited restrictions apply.