



The Gardiner Gazette

A call to community



Winter 2021 - Issue #48

Free! Please take one

Gazette at a Crossroad: A Time to Change or Die

by the Gazette Editorial Committee

Like any labor of love, *The Gardiner Gazette* requires a certain amount of time, energy and attention to live and thrive. Assisted by a group of grateful, community-minded volunteers, our beloved General Manager and founding member, Carol O'Biso, has been the heart of the Gazette, lovingly and skillfully pumping its life's blood for the past 48 issues.

Carol has decided to retire from her role, a role which she masterfully delivered with an astounding array of diverse

skills and passion (see pg 8 for Carol's thank you to the community). And although the Gazette comes out only four times a year, the remaining editorial team in no way can fill her shoes alone, so it's time for a change.

The "change" we are actively seeking will require skilled volunteers to assist in the production of future issues under new collaborative leadership. In writing this, we express our confidence that the community

can and will rise up to help. We also believe that there are skilled people in Gardiner that would benefit from the upbeat, collaborative environment the Gazette fosters.

Just ask yourself, "Do I value the way the Gardiner Gazette brings our community closer together?"

If the answer is "YES!", please turn to pg. 8, "What We Need," to view the types of skill sets the editorial team needs and how to contact us immediately to get further information.

Without your help the Gazette will die, and this will be the last issue. We thank you from the bottom of our hearts for your

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readership and your support, and we look forward to hearing from you. □

Best of the Hudson Valley

by L.A. McMahon

Each year, since 2017, the Gardiner Gazette has valiantly endeavored to cover the "Best of Hudson Valley" (BOHV) awards to honor Gardiner businesses that have won in various categories. And every year we've gotten it wrong. In fact, every single year, despite our best efforts, businesses that have been left out are billboarded to us after the fact. One year, we were printing additional winners for two subsequent issues.

However, we vowed that this year, things would be different. Determined to discover every "Best of"

winner, we posted enquiries on the Gardiner Facebook group as well as the Gardiner Association of Business (GAB) page. We even called past winners to see if they had won again, which really was not a good idea because in almost every case we just underscored the fact that these past winners had NOT won.

Thankfully, Hudson Valley Magazine agreed to release the winners list to us in advance, as long as we promised not to publish it before they did.

And so, without further



Tuthilltown Spirits, Hudson Valley Hatchet and McMahon's Contracting; winners of the 2020 Best of the Hudson Valley

BOHV, [continued page 16](#)

McKinstry Road Bridge Reopening Delayed Indefinitely

by Richard Ayers

The signs arrived unannounced via Ulster County Department of Public Works (DPW) trucks and blocked each side of the McKinstry Road bridge.

This came in late summer of 2020, shortly after Andrew Emerich, Senior Engineer of the Ulster County DPW, visited the site in response to red flags raised by the Department of Transportation (DOT), and deemed the bridge unsafe. Large trucks outweighing the recently reduced three-ton limit still drove over the already compromised structure, knocking loose the deck panels.

In fact, the bridge had been host to all manner of vehicles, serving as an access route to Burnt Meadow Road, or as a way to avoid Route 44/55. On weekends, stretch limousines, small tour vans, classic cars, and out-of-staters caravanned over it as they traveled the wine trail. Cyclists raced through, as did runners and neighbors walking their dogs. Occasionally, cars slowed down to catch sight of the Shawangunk river in its various stages of flood.

Now, the road is silent, ex-

cept for the occasional car making use of the recently built turn-around, and a few walkers and cyclists who slip around the barriers.

Mr. Emerich also cautions against foot traffic; the bridge is not safe. This is the very reason his Capital Plan for the bridge, made prior to its closing, has been put on hold. The bridge's integrity had already been under observation. Cracks in the asphalt had etched tectonic plates that had sunken in some areas and crumbled in others, and rust had eaten through parts of the steel beams. Hurricane Irene also inflicted damage, causing a temporary closing in 2011. Since then, the weight limit on the bridge has progressively decreased in tonnage: 20; 15; 3; Closed.

Initiation of the Capital Plan was expected to occur within a year. According to the plan, a hydraulic system needed to be designed that would make it possible to raise the deck for repairs and perhaps also expand its width. Now it's questionable if that direction is even possible; the deck panels shook loose in



The McKinstry Road Bridge in February. Photo: Richard Ayers

such a way that re-connection may not be achievable.

This gives the bridge a precarious future and leaves the timeframe for completion indefinite. County trucks visit the site often, so rest assured it hasn't been closed and forgotten. Turn around traffic has slowed considerably as drivers

adopt new routes. And although the wine trail has not been derailed, through-traffic won't be coming this way anytime in the foreseeable future. My maps app has not yet been updated, so it is no wonder an occasional pizza delivery shows up at the end of the road, confused because there was once a bridge there, and though the bridge is still there, it is CLOSED. □



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A Gardiner Civil War Story

by AJ Schenkman, Gardiner Town Historian

"Gone to his long home," is how a local New Paltz newspaper, on August 28, 1863, described the death of Gardiner resident Michael Malady. He had been a private in the 156th New York State Infantry for about a year when he died far from home.

An immigrant from Ireland, he was born sometime around 1822. Once in the United States, he eventually made his way to what is today Gardiner. Malady lived in the close-knit settlement called Libertyville with his wife Bridget. According to the 1860 Federal Census, Michael was a laborer struggling to make ends meet, supporting a growing family.

Yet Malady joined the 156th Infantry Company A, on August 19, 1862. Lt. P.A. Lefever was the enlistment officer. Like

many immigrants of that era, he probably joined for the \$25.00 sign-on bonus which lured many soldiers to volunteer. Furthermore, a steady paycheck of \$13.00 a month could be sent home to his family.

It also appears, by a notation in his military records, that he was, what was called at that time, a "substitute," a person legally hired by another to serve in the army in his stead. Such payment could be as high as \$300.00, and this practice was a legal option at the time. No doubt the money that Private Malady earned for enlisting was probably more than he had ever seen at one time.

After joining the 156th, he was mustered in on Novem-

ber 17, 1862. His enlistment record describes the 41 year-old Malady as having "blue eyes, brown hair and a sandy complexion." He stood at 5'7" and was listed as Class 3. This designation meant that he was a volunteer. According to the regimental history, Colonel Erastus Cooke recruited soldiers for the 156th regiment in Kingston. Soldiers like Malady signed on for three years. The 156th was composed of different companies, but Malady's Company A, "was recruited mainly from Plattekill, New Paltz, Gardiner and Shawangunk."

So, Private Malady was with his neighbors and friends, which may have provided some comfort for him.

The regiment set sail for New Orleans on December 4, 1862. The 156th became part of General William T.



The only Monument dedicated to the 156th NY State Volunteers Infantry Regiment, erected on September 19, 1908, is located at the intersection of 9W and Milton Avenue in Highland.

Sherman's Division, Department of the Gulf. Private Malady's company saw their first battle during the battle of

Soldier, [continued page 9](#)

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Mary Ann Osgood: Gardiner's Loss

by Alan Rothman

She was a Gardiner original, born at a time when one room schoolhouses dotted the town map. The year was 1941, and the United States would soon enter World War II against the Axis powers (Germany, Italy, and Japan). Mary Ann Osgood (nee Alexander) would grow up here in Gardiner, leave for a number of years, and finally return to spend her last years in her childhood home with her husband, Paul.

Until the end of third grade, Mary Ann walked to the red, one room schoolhouse on McKinstry Road. Then her parents transferred her to St. Joseph's School in New Paltz, to which she rode the bus choosing to sit

next to the only black girl. According to Paul, Mary Ann's mother had told her that she shouldn't sit with her, but Mary Anne said, 'But I did. She was my friend.'

"Mary Ann was the liberal child and the rebel in the family as far as social issues were concerned," Paul continued. She went on to graduate from New Paltz High School, which was then located where the middle school is now.

In an earlier interview with Mary Ann herself, she reminisced about her childhood, saying, "My folks were both from farming families. My



Mary Ann Osgood in a recent photo. Photo courtesy Paul Osgood.

father came from a farming family in Maine and my mother from a farming family in Ireland. We had a big garden so we had many fresh vegetables in the summer. My mother canned tomatoes, peaches, and many other things. We had lots of squash. In the barn we had pigs, goats and chickens. We had milk from the goats and meat from the pigs and the chickens. They would kill a chicken and we would have Sunday dinner. We had a bread man who came and delivered bread. It was Wonder Bread. (She laughs.) It was in a waxed paper bag."

Upon high school graduation in about 1960, she went on to SUNY Potsdam to study music. After graduation from college, she moved to New Hampshire and lived two doors down from Paul. They connected and married. "We were really attracted to each other," Paul observed. "She was in a chorus but was a soloist. "She didn't pursue a professional career in singing, although she could have done so." Paul said. They

retired after some years and decided to return to Gardiner in 1986. They bought out her brothers' shares of the house she grew up in and lived there until her death in August of last year.

Soon after they returned to Gardiner, Mary Ann and Paul decided to buy the Gardiner Country Store building on the north side of Main Street in the hamlet, and opened an antique store which they operated for 17 years. (It was later sold and became Hi Ho Antiques.)

It was something she enjoyed. She always loved old things, and brought new life and usefulness to many things they came across in their own lives, from the farmhouse in New Hampshire that she and Paul bought because 'they felt sad for it,' to the many pieces she found in their Gardiner home. They sold the store because it tied them down and they couldn't travel as often, or for as long, as they had previously done.

In more recent years, when I

Osgood, [continued page 5](#)



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Osgood, from page 4

would see Mary Ann arrive at the weekly lunch gathering (pre-pandemic) called the Ritary, you could always see the glow on her face and hear the joy in her voice as she was uplifted by the company of her friends. "Although she lost her singing voice, she always had a wonderful speaking voice," Paul reminded me.

Her daughter, Melissa Logan, wrote a beautiful description of Mary Ann's active and fulfilled life. "Music was always in Mary Ann's life. She was a music educator at several public schools in New Hampshire, and later struck out on her own as a private voice and piano instructor. She enjoyed community singing and sang in her church and community choirs. She was active in various musical styles, singing madrigals, folk, and classical music.

She and her husband, Paul, enjoyed being in many musical groups, including the St. Cecilia Chorus in New York City, where they sang Handel's Messiah in Carnegie Hall every Christmas.

Mary Ann also directed the chorus at the "Singing Christmas Tree" at the South Street Seaport. Locally, Mary Ann was the music director at the Union Presbyterian Church in Balmville in the 1990s, and was the choir director of the Helen Baldwin Singers at the Unitarian Universalist Fellowship of Poughkeepsie until the very end of her life.

Mary Ann was also an advocate: for women, for education, and for the environment. She volunteered at the Rape and Assault Committee of Nashua, helping



Mary Ann Osgood in her youth. Photo courtesy Paul Osgood.

survivors of sexual assault re-establish their lives, and even testified on behalf of assault survivors at the New Hampshire state legislature. A passionate advocate for the environment, Mary Ann created and led the 'Tree Huggers,' a folk group that sang at local events.

Her volunteering and service to the community extended throughout her entire life, and in later years she served on the Gardiner Library Board and drove people to doctor's appointments

through Neighbor-to-Neighbor, an Ulster County Office of the Aging program."

Her daughter Melissa concluded, "Mary Ann is best known for her friendly demeanor, her kindness and generosity, and her willingness to share her talents with everyone."

Gardiner has lost a wonderful citizen and advocate, and I, like so many others who knew her, have lost a great and kind friend. □



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Foxes, Rattlers and Bears, Oh My!

by L.A. McMahon

Gardiner is full of wild animals roaming about. I say it all the time, "it really is wild kingdom out here."

For most of us, with the exception of roadkill, an animal sighting is a thrilling event, especially if it is from the comfort of our homes. However, for the property owner with a flock of free-ranging guinea fowl or chickens, not so much.

The following is a tragic, true story of how, in the course of one fall weekend, a bear invaded a heavily protected, locked coop, ate three guinea fowl, and left a 5-star rating--in the form of a steaming pile of bear scat--right outside the coop, influencing a local fox to try out the cuisine, while a three foot timber rattler ventured closer to the action from the drainage ditch just

to lose his head, literally, to a passing car:

Building things well is a way of life at our small, backyard, poultry, micro-farm. The coop we built is a two-room affair, so big we could rent it out as an Air BnB. It's built to last just like a human house but with a large wired-in enclosure attached.

To keep the birds safe from mid-level predators (i.e., foxes, coyotes, fisher cats) we framed the bottom of the enclosure with two by twelve planks and set them twelve inches below ground to prevent critters from digging their way in. We then topped all that off with two by four framing covered with two layers of chicken wire plus a three foot by four foot swing-



NOT the perpetrator, but close. Photo: the internet

ing door on steel hinges with a locking latch.

When it was completed, we thought, "Nothing will get in there," and we were happy....for a time...and then the BEAR came.

The evidence that it was a bear was clear—I mean REALLY clear. In fact, it was as if the bear were a serial killer, an ursine Son of Sam, leaving intentional clues as to

its identity and killing process: Clue #1 was the dismembered carcasses strewn about. Clue #2 was the gaping two-foot hole punched in at the top of the roof; that meant our perpetrator had to be really strong in order to punch through shingles and half-inch plywood, and our perp also had to be BIG, in fact, too big to fit his fat butt between the sixteen inch

Foxes, [continued page 9](#)

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The Lenape Indian Way: A Local Learning Experience for Kids

by L.A. McMahon

No doubt local activities for kids in Gardiner are always of interest, but fun, physically-active AND educational activities are rare as hen's teeth these days.

One such activity will occur on Tuesday, March 30th from 10:00 a.m. to 2:00 p.m. at Mohonk Preserve during spring break; children ages seven to ten years of age (with a parent) can join Education Coordinator Kim Tischler on a hike to a Native American encampment at the preserve and visit their longhouse at Spring Farm.

Kids will be able to imagine their way back in time and participate in skill-based, hands-on activities that Lenape youth practiced during the period of "European Contact."

It was a time when the first Europeans to venture to America brought technologies, ideas, plants, and animals that were new to America and would transform peoples' lives: guns, iron tools, and weapons; Christianity and Roman law; sugarcane and wheat; horses and cattle.

The Europeans also carried diseases against which the Indian peoples had no defenses. Gardiner resident Marc B. Fried is the author of several books on the subject. Prior to the pandemic, Fried gave talks at various venues at which he noted that, "only 100 years following Henry Hudson's 1609 expedition, only 10 percent of the indigenous regional population survived."

The Mohonk program of hands-on learning, crafts, and exercise is free, and will be 100% outdoors (Note that the Preserve is reinstituting limited public programs in compliance with COVID-19 guidelines.)

The Preserve website cautions that the program is not appropriate for children younger than seven, and all children must always be accompanied by an adult.

The lore of the Indians that lived in the area is fascinating and, in addition to what can be learned at the Mohonk program, worth reading

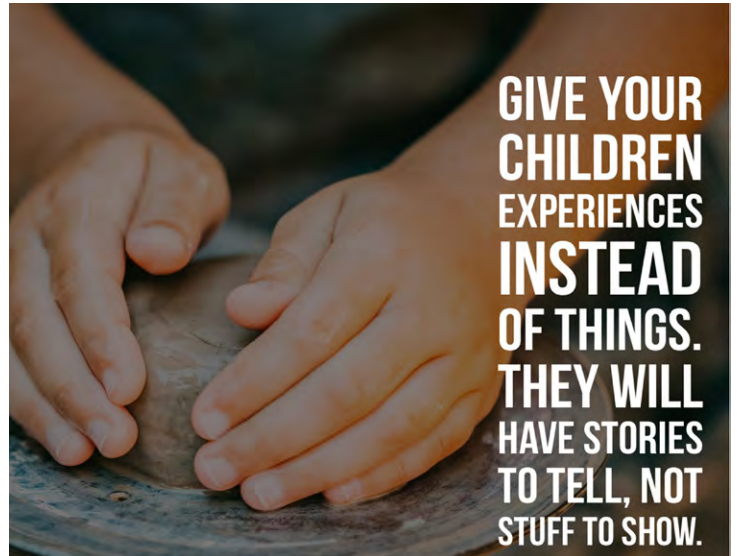


Photo: the internet

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about. (The history behind the names of local towns, such as Esopus and Shawangunk is of particular interest).

Marc Fried's books are a good place to start. They include, *The Early History of Kingston & Ulster County, NY* (Ulster County Historical Society, 1975), *Tales From the Shawangunk Mountains* (Adirondack Mountain Club, 1981), *The Huckleberry Pickers: A Raucous History of the Shawangunk Mountains* (Black Dome Press, 1996), *Shawangunk: Adventure, Exploration, History and Epiphany from a Mountain Wilderness* (North Country Books, 1998), and *Shawangunk Place-names: Indian, Dutch and English Geographical*

Names of the Shawangunk Mountains (2005). The books are well-researched, utilizing local records and found documents, with rich characterizations of the eras in which they occurred. His books are available on Amazon, at some local book stores, and in the Gardiner Library.

Registration for the March 30th program at Mohonk is required, and limited to 10, including adults. Dress for the weather with warm boots. Masks are required.

To register, visit www.mohonkpreserve.org/events, or contact: Lauren Borer, lborer@mohonkpreserve.org, (845) 255-0919 ext.1239. □



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A Transition at the Gazette

by Carol O'Biso

As you read on the front page, the Gazette has reached a cross road; this issue, Winter 2021, will be my last issue as this publication's General Manager.

After 11 years and 48 issues, it is time for me to retire from what has been a wonderful experience. It was not an easy decision! My fear has been that if I stopped, the Gazette would stop, and that is a very real possibility.

For many years I have enjoyed the camaraderie and teamwork of a dedicated group of committee members who attended meetings four times a year, helped think of articles that would fill the Gazette's pages, wrote those articles, took pictures, expressed strong and welcome opinions when touchy issues confronted us, and tackled a number of important tasks that kept the whole enterprise running. The fact is, however, that the tasks that underpin the Gazette's very existence (de-

scribed on the right) were all done by me. And now it's time for me to stop. My sincere thanks to the community of Gardiner for giving me this opportunity to serve. I have loved it for all 11 years.

It is my fervent hope that you will not make me regret this!! Please step up. Perhaps no one wants to take on quite as much as I carried, but if you have QuickBooks skills you might take on the accounting; if you have Adobe InDesign skills you might handle the layout; if, like me, you can organize the heck out of anything, you might oversee the whole operation and keep everyone on target. Four times a year for about five or six weeks you will be quite busy. Then you can take a nap until the next issue.

I look forward to sitting in my living room reading copies of the Gazette that I did not produce. Thank you all. □

What We Need

The Gardiner Gazette is in need of a volunteer General Manager to handle a variety of roles. Specific skills are QuickBooks and Adobe InDesign, however, the General Manager's primary role is coordination, even if some aspects of production are handled by other volunteers.

The GM will ensure that four meetings (physical or virtual) take place each year; that enough articles are identified and assigned at each meeting to fill the next issue; and that articles are received on time.

The GM also coordinates with the Advertising Manager; makes sure all ads and articles are placed in

the layout; and coordinates review and proofreading. Finally, the GM makes sure the Gazette gets to the printer on time.

Templates exist for almost everything (meeting agendas; production emails to the printer; QuickBooks invoices and reports; an Adobe InDesign template for layout; a scheduling spreadsheet for meetings and submission deadlines, etc.), and three existing Committee Members are already on board to assist.

If you would like to see the Gardiner Gazette continue and you have one of these skills, or all three, please contact L.A. McMahon (Lillian) at 845 514-5509 or vividdesign-hv@gmail.com. □

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Soldier, from page 3

Bisland which lasted from April 12 to April 13, 1863.

Next, he saw action in the Siege of Port Hudson including an assault on June 14, 1863, where the officer leading the charge, Lt. Colonel Fowler, was killed. After this siege, the 156th was relegated mostly to garrison duty where the men lived and worked in close, unsanitary conditions where diseases, insects, poor sanitation and contaminated water added to the misery the soldiers endured.

Typically, unsanitary conditions lead to contamination of food and water with feces, which is why today there are "Employees Must Wash Hands" signs in restaurant bathrooms.

During the Civil War period, one of the deadliest of these

feces-borne illnesses was dysentery. Dysentery caused a painful inflammation of the colon. Individuals who contracted this bacterium would experience severe stomach cramps accompanied by violent bloody diarrhea. Soldiers often died from its complications.

Private Michael Malady developed symptoms of acute diarrhea in late July 1863. When the misery did not abate, he was sent to the hospital located in Baton Rouge. Private Malady remained at the hospital for only a few hours before he died.

Private Malady was interred in what later became the Baton Rouge National Cemetery in 1867. About a month after his death, The New Paltz Times ran Private Malady's obituary. It listed the cause of death as "dysentery in its worst form." The reporter continued, "he

leaves a wife and eight small children to mourn his loss." They also informed their readers that the family would "need assistance."

Shortly after the death of her husband, Bridget relocated from Gardiner to Broadway in the City of Newburgh. Roughly five years after her husband's death, Bridget Malady applied for a widow's pension from the Federal Government. Application 161107 was approved and given the pension certificate number 190491. This would have helped her make ends meet.

By 1880, she lived with her son John at 387 Broadway in Newburgh. John died in 1892. After he died it appears that Bridget left Newburgh for New York City, where she

died around 1900.

For more information, contact the New York State Military Museum. □



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Foxes, from page 6

on-center rafters to gain entry.

Clue #3 was the door, which had been ripped off its hinges and thrown aside, and Clue #4 was the still steaming pile of bear scat, left right on the demolished door which left no doubt as to the species that performed this violent coop invasion.

Together, these clues left no doubt as to the killer's modus operandi: Clearly, our perp rolled up on the coop, spotted the guinea fowl roosting in the wire enclosure, climbed up on the roof, tried to enter there but was foiled by its own fatness, and in a fit of pique, climbed down, ripped the door off its hinges, committed its heinous

act and left its steaming scat calling card.

There was nothing left to do but patch the roof, reinforce the entire opening to the enclosure with thick plywood, and bury the dead.

You'd think that would be the end of it, but no-o-o-o. The very next day, Mr. Fox, who may have witnessed the murder and been inspired by it, a copy-bear killer if you will, came out of nowhere and BAM, another guinea bit the dust.

Later that same day a three foot timber rattler was found with its head smooshed in the road. Was it coming for its share? Were they all in cahoots? We'll never know. □



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Community Choice and the CCA Coming to Gardiner

by Misha Fredericks

In 2019, Governor Andrew Cuomo signed the Climate Leadership and Community Protection Act (CLCPA). The CLCPA contains many mandates designed to assist the state of New York in its goals to address and combat climate change. By 2030, 70% of the state's energy must come from clean, renewable energy.

One way to help the state get to 70% renewable energy is by purchasing your electric supply from sources like solar, wind, and hydroelectric. The Town of Gardiner is exploring just such an option. It is considering a CCA (Community Choice Aggregation) for its residents and small businesses.

In a CCA, several municipali-

ties join together. With their leveraged buying power, they can get a lower than market rate for 100% renewable energy supply.

For example, if a resident went online to their electric company and chose a 100% renewable electric supply they might pay 6.5 cents or more per kwh. The Hudson Valley Community Power (HVCP) CCA currently has a fixed rate of 6.4. In the spring of 2021, HVCP CCA, which includes the town and village of New Paltz, will issue a request for proposals for a new, fixed rate.

The Town of Gardiner is considering an Opt-out CCA,

which means all residents and small businesses will be automatically enrolled except those who have a third-party electric supply or those enrolled in a low-income assistance program (APP) with their utility. Before the CCA goes through, there will be Public Information meetings for residents to be educated about the CCA and to ask questions. These will be posted on the Town of Gardiner website at www.townofgardiner.org/announcements.

"When the Program launches, there will be a number of "opt-out" options, including a pre-paid mailer," explained Jeff Domanski, the head of the nonprofit partner to Joule Community, which was selected as the CCA Administrator. The idea for bringing a CCA to Gardiner originated with the Climate Smart Gardiner Taskforce (CSG)

– a group of local volunteers who work tirelessly behind the scenes in the town on various projects that improve the town and help the environment. Recent accomplishments include installing an EV charging station at the Wallkill Rail Trail, planting trees to stop runoff along a tributary, and more recently, doing a streetlight inventory to improve lighting that will save the town money while also reducing greenhouse gas emissions. If they can get Gardiner to adopt a CCA for the town, they would earn points that could lead to Bronze Certification for the town and grant money from NY state that could fund more projects for the town.

These future projects would benefit the community but some residents wonder at what cost? Like Maximilian Kimlin who stated, "Some people don't want governments to automatically

Choice, [continued page 11](#)



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Choice, from page 3

opt them in. Being opted into something without my consent feels a little slimy. Let people make their own choice."

He further explained that he felt that the program itself was an excellent initiative, "We should be funding alternatives sources of energy to coal." His primary concern is that though it looks easy to opt out, many people, like his grandmother, may simply overlook a mailing or mistake it for junk mail, and end up opted in to the CCA against their wishes, and which might raise their electric bill unbeknownst to them.

Other citizens fear that if one corporation can automatically enroll them without their consent, it sets a dangerous precedent that could further erode our democracy. In response, Jeff Domanski said that CCA customers can opt-out anytime and are protected by the Public Service Commission


so there would be no "slamming" or other predatory practices that sometimes have occurred with third-party energy companies. In order to secure the cheaper rates for renewable energy, CCAs need to guarantee they have a large enough customer base to cover the bulk energy they purchase. This is why they only offer an Opt-Out option (there is no Opt-In CCA op-

tion).

Mr. Domanski also stated that in some surveys it was found that most Americans support renewable energy and were willing to pay extra for power from renewable sources, but only 10% of Americans voluntarily do so. He said that an Opt-Out CCA helps people realize

their desire to purchase clean, renewable energy easily and effortlessly.

Upcoming Public Info Meetings: Tuesday, March 16th, 2021, 7:00 – 8:30 pm: Meeting Link: <https://tinyurl.com/gardiner16march>
Saturday, April 3rd, 2021, 2:00-3:30 pm: Meeting Link: <https://tinyurl.com/gardiner3april>. □

 **Village of Upper Nyack**
COMMUNITY CHOICE AGGREGATION
OPT-OUT REPLY CARD

Enrollment Acct No: XXXXXX

If you want to participate in the Village of Upper Nyack 100% Renewable Electricity Community Choice Aggregation program, you do not need to take any action. You will be automatically enrolled.

Opt-Out Instructions
If you do not want to participate:
1) Sign and date this card;
2) Insert into postage pre-paid envelope; and
3) Mail envelope

The card must be signed by the customer of record whose name appears in the address on this card. The envelope must be returned within 30 days of the date of this letter to opt out of the Program otherwise you will be automatically enrolled.

Service Address:
[Address]

TITLE
FIRST LAST
ADDRESS 1
ADDRESS 2

I **DO NOT** want to participate in the Village of Upper Nyack 100% Renewable Electricity program.

X _____
Signature Date

A version of this Opt-Out Reply Card would be mailed to eligible Gardiner customers. Image courtesy CCA.



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Local Program and Free Options for “Forest Bathing”; It’s Good for Us

by L.A. McMahon

“Forest bathing” does not actually refer to bathing in water; it means bathing in the sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the sound of leaves rustling overhead, the fresh, clean air to give us a sense of peace and serenity, and yes, even comfort. Such an experience can also ease stress and worries, help us to relax and to think more clearly.

Over a year into the pandemic, a really tough winter, social isolation and being cooped up, has most of us climbing the walls. It just may be the time to plan for some Spring “Forest Bathing” to restore our mood, give us back our energy and vitality, refresh and rejuvenate us.

The concept is derived from a practice in Japan. It is not exercise, or hiking, or climbing, or jogging. It is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell and touch. It’s meant to be like a bridge. By opening our senses, it bridges the gap between us and the natural world.

There are many free options, but if you think you’d benefit from a guided program, you can take advantage of a new Mohonk Preserve program called “Forest Bathing with Jane Dobson” which will take place on Saturdays, March 6, April 3 and May 1, from



Soaking in the sounds and sights of the forest can invigorate us.
Image: the internet

8:30 to 10:30 a.m. This program will be 100% outdoors and masks are required. Ages 16 and up welcome and must be accompanied by an adult. No dogs allowed.

Wear layers and proper footwear. Registration is required and limited to 10 people. The cost per person for

Mohonk Preserve members is \$20 per session or \$55/series. The cost for non-members is \$23 per session, \$62 for the series. For more information, visit www.mohonkpreserve.org/events/calendar.

So, what about doing it yourself,

Foxes, [continued page 13](#)

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A photograph of a person in a colorful jumpsuit skydiving over a layer of white clouds against a blue sky.

The logo for a REALTOR with the Multiple Listing Service (MLS) affiliation.

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Forest, from page 12

the free way? In Gardiner, we are surrounded by natural beauty; forests, streams & rivers, mountains and valleys are literally within walking, if not quick driving, distance.

What's more, humans have enjoyed the good feelings nature can provide us with for as long as people have walked the Earth. Even the naturalist, John Muir, wrote, "The clearest way into the Universe is through a forest wilderness."

Why else would we want to consider Forest Bathing? In general, the world has never been so divorced from nature. According to a study sponsored by the Environmental Protection Agency, the average American spends 93% of his or her time indoors, and a 2014 report by the United Nations cautions that by 2050, 66% of the world's population is projected to live in cities.

In addition, there is documented evidence that even a small amount of time in

nature can have a positive impact on our health. A two-hour forest bath will help you to unplug from technology and slow down. It will bring you into the present moment and de-stress and relax you, and numerous studies have shown that forest bathing has real health benefits.

So how does one go about it? Find a spot in Gardiner; there are many trail heads and informal natural places in Gardiner to visit.

Make sure you have left your

phone and camera behind. You are going to be walking aimlessly and slowly. You don't need any devices. Let your body be your guide. Listen to where it wants to take you. Follow your nose. And take your time. It doesn't matter if you don't get anywhere. You are not going anywhere. You are savoring the sounds, smells and sights of nature and letting the forest in.

Spring is a time of rejuvenation. Enhance it with a forest bathing experience. □

Ulster County; Saving Lives

The Ulster County Suicide Prevention, Education, Awareness & Knowledge Coalition wishes to remind you that,

Mental Health is Physical Health.

Stay well by eating right, getting outdoors, exercising, and connecting. If you feel overwhelmed. Remember, there's hope and there is help.

You Are Not Alone.

Call or Text (845) 679-2485.



Ulster County has several local resources to assist, including the Ulster County Suicide Prevention, Education, Awareness and Knowledge Coalition (SPEAK).

And Family of Woodstock's crisis hotline and text line is

available 24/7 at 845.679.2485.

The National Suicide Prevention Lifeline is also available 24/7 at 800.273.8255 or online at <https://suicidepreventionlifeline.org>.

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Greg Dawes

Wallkill Valley Pollinator Pathway: Restoring Habitats for Pollinators . . . One Backyard at a Time

by José Moreno-Lacalle

Gardiner residents now have the opportunity to participate in an important movement to save local pollinators while at the same time beautifying their yards and gardens. Here's how:

The Wallkill Valley Land Trust has created the Wallkill Valley Pollinator Pathway (WVPP). According to its Mission Statement, "Due to the precipitous decline in pollinating insect populations, where 90% of plants rely upon pollinators to reproduce and virtually all songbirds rely on pollinator larvae to feed their young . . . [we] will encourage pollinator awareness in southern Ulster County, New York by:

- establishing a pathway of home gardens and fields planted for pollinators;
- promoting any pollinator projects underway in the region;
- partnering with organizations and municipalities to support pollinators;
- using education and outreach

to support this activity." Consider the following:

Pollinator Decline: Bees, butterflies, and other insects that pollinate our plants, including 30% of our food plants, are in sharp decline due to habitat loss, pesticide use, and climate change. Songbirds, also in sharp decline, are dependent upon pollinator larvae (caterpillars and grubs) to feed their young.

Pathways: To survive, pollinating insects need nectar plants as well as "host" plants for their larvae. Pollinator pathways are simply a series of pollinator-friendly gardens or plantings to help these insects.

By connecting our landscapes and backyards into a corridor of pollinator-friendly gardens within at least a half-mile of each other (the



Common Eastern Bumble Bee on tomatillo flower.
All photos: Cheryl Alloway

distance many native bees can fly without nourishment) we provide a pathway for pollinators to forage and migrate.

Fields and Byways: Gardiner landscapes already provide many opportunities to support pollinators. Driving down coun-

Pollinator, [continued page15](#)

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Pollinator, from page 14

try roads past farm fields one can see all the wonderful wildflowers, many of which were hosting the last generation of monarch butterflies before they migrated to Mexico for the winter.



Eastern Black Swallowtail on Bottlebrush Buckeye.

Native Host Plants: Many of our pollinating insects have evolved to depend on only specific native plants, which are frequently unavailable in conventional landscapes where exotic plant species have become the norm.

For example, the Monarch butterfly depends on milkweed leaves to feed its caterpillars. To save our pollinators, we need to start shifting from traditional exotic landscape plantings to mostly native species for our gardens and landscapes.

Gardiner homeowners with even the tiniest plot are encouraged to join this exciting movement in our region to create a positive environment for the survival of pollinators by planting native species, managing invasive species, avoid-

ing the use of pesticides, especially insecticides, and creating a network with their neighbors of pollinator-friendly pathways.

This is where Gardiner residents can do their part. To help you, WVPP has developed an initial series of services and educational resources on biodiversity and pollinators to support the project:

- selected free recorded webinars;
- books and other publications on biodiversity and pollinators by leading authorities;
- how-to guides on designing, creating and, maintaining pollinator-friendly gardens and meadows;
- local and online native plant and seed sources, native plant lists, and seasonal bloom charts;
- information on invasive species management and effective tick and grub control;
- links to other local and national pollinator websites.

It is also offering a free landscape inventory-analysis site visit by one of our experts to registered members of our pollinator pathway. Monthly updates on WVPP will appear in Wallkill Valley Land Trust's Field Notes.

Identifying plants and other wildlife including insects can be accomplished by using the iNaturalist identification app (you can download it from the iNaturalist.org Website). It's a way to actively involve you and the public while raising awareness about the plight of the pollinators.

WVPP has also joined the

Northeast Pollinator Pathway (pollinator-pathway.org), an organization of over 100 pathways in New York, Connecticut, and Pennsylvania, and joined the efforts of our neighbor to the north—the Woodstock NY Pollinator Pathway of the Woodstock Land Conservancy (woodstocknypollinatorpathway.org), which embarked on their own pathway early last year and inspired us to do likewise.

The plan is to start small and provide guidance and advice through monthly email updates with pollinator articles. To learn more about the pathway, visit wallkillvalleylt.org/pp.

To join, you must simply commit to the following conditions: Start providing native plants for pollinating insects; begin removing invasive plant species;

and avoid using pesticides. For more information contact pollinators@wallkillvalleylt.org.

This is, shall we say, a “win-win” opportunity, which is, beautiful gardens and abundant pollinators! □



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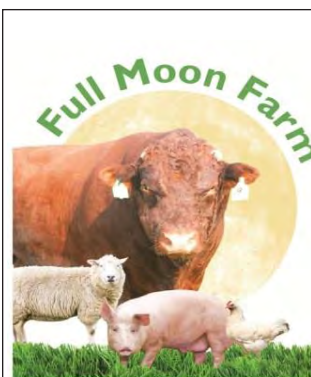
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Editorial Committee:

L.A. McMahon
Martha Linde
José Moreno-Lacalle
Carol O'Biso
Alan Rothman

Carol O'Biso, General Manager

Jason Stern, Ad Manager
GardinerGazetteAds@gmail.com; (845) 527-6205
Kaaren Vassell, Mailing List Manager

Printing & mailing by Cornerstone Services, Inc.
Proofreading and copy editing by Barbara A. Edelman
(www.inyourownwords.net) & Sandra Cranswick

Contributing writers:

Misha Fredericks
AJ Schenkman
Richard Ayers

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BOHV, from page 1

ado, the Gardiner businesses awarded the Best of Hudson Valley award for 2020 are:

• Hudson Valley Hatchet

Editor's Pick for "Best Way to Let Off Steam!" Hudson Valley Hatchet travels to parties and events, providing enclosed targets, hatchets, and coaching. There's something so gratifying about seeing the axe stick to the target while a crowd of people cheers you on!

• McMahon's Contracting

Readers Pick for "Best Contractor." Many have likely seen McMahon's signature truck pulling a big red trailer with a giant car-

toon image of Tom McMahon on the side, but did you know that McMahon's was the first company to be awarded the "Best Contractor" award ever, and has won that title three separate times?

• Tuthilltown Spirits Distillery

Readers Pick for "Best Distillery." As with every category, the competition was "stiff" for the "Best Distillery," but Tuthilltown was the clear winner, no doubt because of the leadership of Ralph Erenzo. On the company website it states, "Ralph didn't play by the rules. He fought for his whiskey," and Tuthilltown's Hudson Whiskey is becoming a well-known brand.



• Whitecliff Vineyard & Winery

Editor's Pick for "Best Rosé." They say, "cream rises to the top," and despite the pandemic and the bridge closing on McKinstry Road, Whitecliff rises to the top because they make great wine. We all love the Awosting White. Now it's time to run out and get some rosé.

In Gardiner, as a community, we really take pride in all our local businesses that go to great lengths to succeed, and when they win, we all win. Consequently, the best way to demonstrate our appreciation for our local businesses is for Gardiner residents to shop locally whenever possible. □

About This Publication

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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. To advertise in *The Gazette*, contact Jason Stern (845) 527-6205 or gardinergazetteads@gmail.com.

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