

The Gardiner Gazette

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A CALL TO COMMUNITY

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HOT TODDIE: DOG SUPER MODEL & PUPS ON PARADE AMBASSADOR

By Amy Greenfield and L.A. McMahon

Celebrity, whether human or animal, is an interesting thing to most people. We wonder at the special qualities that confer that star quality to the select few that claim it, and we want to know everything we can about those celebrities, especially those who may live near us, right here in Gardiner. Toddie, also known as "GCH BISS DeWitt's Court Hot Toddie, DCat" was the first Grand Champion, natural-eared, Harlequin, Great Dane in the United States, and is a celebrity/model/actress. But what did it take for the Gardiner born-and-bred Toddie to become an A-list, dog celebrity? First, it takes generations of breeding for a dog to achieve the Championship-worthy, physical, mental, and emotional attributes that make competing possible. In Hot Toddie's case, her pedigree goes back 4 generations with every predecessor listed in her pedigree papers: 30 dogs have contributed their genetic material, through repeated puppy-making, to make Toddie what she is, a Grand Champion Great Dane and one hot mamma, I mean one "Hot Toddie"!

Meeting with Gardiner resident Christine Compeau, Toddie's owner/trainer, and her daughter, Kayla, was a treat. As she approached with Toddie on her leash in the Gardiner Library's parking lot, I was amazed at the beauty and grace of this magnificent animal. She walks like a super model on the runway! You'd think Toddie might have a big head about her accomplishments, but she struck me as a kind and generous personality, ready to make friends and be "one of the pack". Don't get me wrong, Toddie's head is HUGE, and it came up almost to my chest when I faced her, but she was not intimidating, rather she showed a gentle calmness that draws one in--qualities that obviously make her "a natural" to work in advertising. Of course, Toddie has an agent, and she has worked with well-known super models including Gigi Hadid for Harper's Bazaar, Christy Turlington for Vogue, and recently with Camila Cabello on the cover of Glamour, and she has also acted in TV commercials! I asked Christine what it took to train Toddie for ad work, and she said with a laugh, "Toddie is very food oriented and as long as I am there with her boiled chicken, she does everything she's told to do."

Toddie is also a sterling example of how a star can use their celebrity for the good of the community. I asked Christine, "What are your and Toddie's favorite causes or organizations?" She replied, "We support multiple animal causes, including the Ulster County SPCA, The Humane Society, and Bleu's K9 Rescue, to name a few. We also support the Shawangunk Kennel Club of which I am the current Vice President." When the Gardiner Gazette team



Photo: Christine Compeau

invited Christine and Toddie to be the human and dog ambassadors at our upcoming fundraising event, "Pups on Parade: A benefit to support the Gardiner Gazette and Bleu's K9 Rescue", Christine agreed immediately and enthusiastically.

The event will occur on Saturday, June 3rd, 2023, from 9am -12pm, at the ballfield next to Town of Gardiner Town Hall, with overflow parking at Majestic Park. All well-mannered, friendly, non-aggressive dogs are welcome but are limited to 2 dogs per walker. Leashes are required (no longer than 6 feet and no retractable leashes), and walkers must please give each dog their personal space. The parade will take place rain or shine, and pooper scooping is required (bags will be provided); costumes are encouraged but not required. Dogs and their owners can win various prizes, observe presentations on agility, obedience, FastCAT and

Continued on page 12

BAGS TO BENCH CHALLENGE

From March to August 2023, the Gardiner Library will be collecting plastic to be repurposed into a bench. Any type of plastic that can be stretched when pulled and doesn't tear like paper is acceptable including: grocery bags, bread bags, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, Ziploc and other reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap, and produce bags. Items can be dropped off at the Gardiner Library, the Gardiner Transfer Station, and New Paltz High School.

CLIMATE SMART GARDINER (CSG)

CSG is partnering with the Cornell Cooperative Extension on a Disaster Preparedness Outreach Project, where they will assist Gardiner in publicizing available local resources in the event of a disaster. They are working with Sustainable Hudson Valley and publicizing their Green Group Purchase Program, where

local residents can make "green" purchases at discounted group rates. An intern from SUNY New Paltz has joined CSG for the spring semester to work on Gardiner's Emergency Plan and other projects. CSG is continuing to move forward with Community Choice Aggregation program (CCA) implementation and our CCA administrator, Joule Assets, Inc. (Joule), provided 2 outreach sessions for residents to discuss CCA. Gardiner's Repair Cafe, where folks can bring beloved possessions to be repaired, was held at the library and many items avoided the landfill. Learn more at: www.facebook.com/climatesmartgardiner

ENVIRONMENTAL CONSERVATION COMMISSION (ECC)

In January 2023, the Town Board appointed Joan Parker, a standing member of the ECC, as Chairperson. Current items on the ECC agenda include conservation value and environmental impacts of the Millbrook Meadows Major Subdivision (2901 Route 44/55 and 63 Ferris Rd) application. The Planning Board has referred the Millbrook Meadows major subdivision application to the ECC for review. In addition, we are also working on drinking water (supply and quality) in the hamlet, water resource Zoning Law regulations (aquifers, wetlands and watercourses), developing a network of consultants, continuance of public programs (e.g., pollinator gardens), and partnering with the Open Space Commission and community initiatives (Trees for Tribs, Climate Smart Gardiner) to advance environmental awareness.

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GARDINER LIBRARY

Phase 2 of the library's plan to increase the native biodiversity on library property and to help educate residents about these plants and their importance in our environment is underway, thanks to an environmental restoration grant through Partners for Climate Action Hudson Valley. When finished, the library will be flanked on both its west and east sides with native plants visible and accessible to both library patrons and users of the Wallkill Valley Rail Trail. On Saturday, May 27th, from 10 am to 12 noon, visit the library for the second annual Native Plant Sale and find a variety of affordable native herbaceous and flowering perennials which can be successfully planted in containers, raised beds, lawns, and fields.

OPEN SPACE COMMISSION (OSC)

In the Fall of 2022, the Town of Gardiner, with the Gardiner Open Space Commission (OSC) as lead, initiated a pilot program to conduct monitoring of the nine (9) town-held conservation easements and eight (8) additional properties donated to the Town for the purpose of conservation. The Town contracted with the Wallkill Valley Land Trust (WVLT) for the monitoring work which included walking the easement properties, observing existing conditions, and identifying any follow-up actions needed to be taken to ensure the conservation purpose of the easement is met. Gardiner's conservation easement monitoring program will continue in 2023.

RIVERBEND TRAILS PARKING

Visitors to Riverbend Trails at Gardiner Park will soon be able to use the trails anytime. Until recently, trail hours were limited to the hours of the Transfer Station. A new dedicated trailhead parking area has been created by the Gardiner Highway Department, in cooperation with the Parks & Recreation Committee and Gardiner Trail Alliance with help from P.E. Colucci Excavating. When complete, hikers and bikers will be able to access the trails via a footpath to the Riverbend Trails informational kiosk. Many thanks to all who made this possible!

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A NOTE FROM SUPERVISOR MAJESTIC

Over the last several years, the Gardiner community and the town board have worked diligently to update Gardiner's Comprehensive Plan to reflect the environment of the mid-21st century. Next, we need to ensure that our laws and codes are revised to help achieve the Comp Plan's goals. We have been working with consultant David Church, AICP, to achieve this essential alignment. I highly recommend that you become familiar with the 2023 Comp Plan (on the Town's website at www.townofgardiner.org/comprehensive-plan) AND that you contribute to the recrafting of these important laws. Please contact me if you have suggestions or would like to discuss further: supervisor.tog@gmail.com or 845-255-9675 x101.

TRANSFER STATION

The Transfer Station is now also open on Thursdays. The days/hours of operation are Wed., Thurs., Fri. & Sat. from 8am - 3:35pm. For more info contact Operator Dan Scharf at 845-255-9775 or recycling.tog@gmail.com.

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UPDATE: SOUTH MOUNTAIN ROAD CELL TOWER

by Misha Fredericks

Despite robust public opposition, the cell tower was approved and is scheduled to be installed this year at 630 South Mountain Road – the location of the Gardiner Highway Department. The Gardiner Town Board approved the location stating that it would improve the cell phone reception in low lying areas of Gardiner. The Town Board also held out the carrot that a possible reduction in property taxes for town residents might be made with the revenue from the cell tower. The board however never forecast any specific tax deduction, a key piece of data which would have allowed town residents to fully analyze the risks and benefits.

There were a variety of reasons for the community's opposition to the cell tower. Brian Stiscia, the Highway Superintendent, had concerns that ice on the tower in winter could fall down on highway department equipment damaging it as well as endangering those who work there. He also stated, "If my memory serves me correctly, this cell tower will not provide improvement to the problem areas that currently exist in the Town of Gardiner. However, it will take the overload from the Wright's tower on Route 208 which will improve drop calls. A third tower will still be necessary to correct the poor cellular service that exists in the Town." Many residents attended the open board meetings in-person and on Zoom saying that they were appalled that the town board would allow the cell tower to be located on "the Ridge" where it would spoil the iconic view for residents and visitors. However, no one fought harder than the town residents whose properties are close to the proposed location. They organized a group called CellNo!, and one member of the group, Linda Goldsmith, shared, "My neighbors and I have spent countless hours researching, educating ourselves on health effects of EMF (Electromagnetic Field) exposure, hiring lawyers, submitting testimony, attending Gardiner meetings, and speaking up against this travesty. We lost. It was an emotional and very time-consuming battle. There is absolutely no proof that this tower would eliminate the poor cell reception in low lying Gardiner areas. It should also be restated that there were/are other sites available that would not be so close to homes."

There are health concerns. Across the country there are advocacy groups fighting residentially-placed cell towers. Pittsfield, MA erected a tower and 20 people are already reporting illness, three of whom were diagnosed with cancer. If more cancer occurrences in a defined geographic area arise over a specific time period, it is classified as a "cluster". A cancer cluster may be suspected when people report that several family members, friends, neighbors, or coworkers have been diagnosed with the same or

related types of cancer. Even when a cancer cluster has been identified, the current federal Telecommunications Act does not allow citizens to voice health concerns as a reason to oppose the installation of cell towers despite cancer clusters occurring near cell towers (Sources www.plumasnews.com/letter-to-the-editor-cell-towers-and-cancer, <https://healthjournalism.org/blog/2009/03/san-diego-cancer-clusters-hazard-or-coincidence>, and www.americansforresponsibletech.org). "Lawyers say that you cannot speak of negative health effects in fighting a cell tower or you will lose based on the translation of an existing federal Telecommunications Act created to resist opposition to cell towers. In keeping with this legal advice, CELL NO! did not speak about health outcomes during the application review. So now there is a new group called Gardiner for Responsible Technology whose purpose is to educate Gardiner residents about the realities of the negative health effects from EMFs (Electromagnetic Frequencies) from these technologies," Linda Goldsmith explained. "Most Gardiner residents live far enough away from the hot zone around the tower, so they need not be concerned about the health concerns for themselves. However, we believe they do care about their fellow residents who live in the hot zone. If you are concerned, please join us by emailing GardinerforResponsibleTech@gmail.com." 📧

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THE GLACIAL SOILS OF GARDINER

by Jon Benner

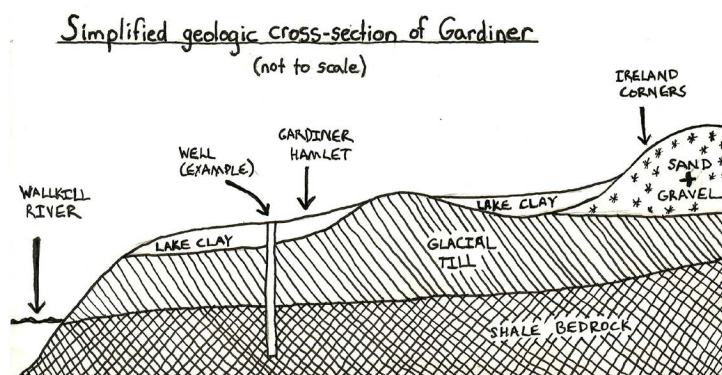


Illustration: Jon Benner

Have you ever tried to dig a hole in your Gardiner backyard and marveled at the effort required to scrape deeper and deeper into the dense clay soil? Or maybe you live on one of many properties plagued by standing water after heavy rains, the puddles blocked from percolating into the Earth by the same thick layers of clay.

How did Gardiner come to be gifted with (or cursed by) such dense clay soils? To answer this question, we must go back about 15,000 years to the end of the last Ice Age, when the glaciers that had filled the Hudson Valley were melting away from south to north. Torrents of sediment-laden meltwater poured off the ice sheets and turned the Wallkill and Hudson Valleys into vast lakes, their waters blocked from draining south to the Atlantic by piles of rocks and debris (moraines) deposited by the retreating ice. As the centuries rolled by, the sediment suspended in the meltwaters of these lakes settled slowly to the bottom, forming a layer of clay over the rubble (or till) left by the receding glaciers. When these lakes finally drained, the land that would one day be called Gardiner lay draped in a mantle of this lake-bottom clay. Over time, shrubs and grasses colonized these dry lake beds, followed by trees and eventually humans: but the clay remained. These are the "Churchville" soils that underlie much of the Gardiner hamlet and surrounding areas.

When humans began to farm these old lake beds thousands of years later, they found that, despite the poor drainage, the soils could be productive for hay, pasture, and some vegetable crops – indeed, they are classified today by the USDA as "prime farmland soils if drained". And speaking from personal experience, it is possible to have a productive backyard vegetable garden in these soils with proper attention to drainage and amending with organic matter.

Not everyone in Gardiner lives on these clay lakebed soils.

In some places on the landscape, such as slight rises and ridges, the lake bottom clay did not collect as thickly and the underlying glacial till is close to the surface. These soils drain much better and are highly desirable for agriculture; a notable swath in the hamlet runs along the east side of Dusenberre Road from the Gardiner Fire Station to Majestic Woods Drive.

In other places on the landscape, such as the deltas of the ancient streams that flowed into these meltwater lakes as well as along the former ice margins, the glaciers left huge piles of sand and gravel. The most extensive of these sand and gravel deposits lies along the Route 208 corridor, stretching from Forest Glen Road in the north to south of the Wallkill Correctional Facility. The soils that developed on these gravel piles are critically important for recharging Gardiner's aquifer because rain infiltrates rapidly into them, replenishing the water-filled cracks in the deep shale bedrock upon which our wells depend. And finally, in the valley bottom of the Wallkill River run swaths of prime agricultural soil, rich in organic matter and nutrients laid down by countless cycles of river flooding, while along the base of the steep slopes of the Shawangunk Ridge lie shallower rocky soils studded with chunks of the cliffs that have fallen off over the millennia.

If you're curious about the soils on your own property, visit the Gardiner Natural Resources Inventory online (www.townofgardiner.org/natural-resources-inventory), open the NRI Online Mapping Tool, select the "Soils" layer in the "Physical Setting" tab, and find your property on the map. Some googling will yield information about the soil series, and if you'd like help interpreting the soil jargon – or to trade tips on gardening in our clay soils – feel free to send me an email at pannaria37@gmail.com.

Next time you're struggling to dig a post hole for your new mailbox, take a break from cursing the clay and imagine yourself standing at the bottom of a frigid Ice Age lake that laps against the cliff faces of the Shawangunk Ridge, the water cloudy with drifting particles of clay, hulking white ice sheets looming just to the north. It won't help dig the hole, but it might be a welcome and mildly mind-expanding diversion. 🌱



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MICHELLE MOSHER RETIRES AND STARTS ANEW

By Jen Bruntl

After spending almost three decades as Town Clerk, Michelle Mosher stepped down from her post serving her last day on December 30th, 2022. During her time in the position, she served under six different administrations and was a name that many came to know from their interactions with her at Town Hall or from seeing her name on town business over the years. She was honored in December when the town board voted unanimously to name the Town Hall's meeting room after her. It will now be called the Michelle L. Mosher Meeting Room.

I recently had the chance to catch up with Michelle about her time as town clerk and to see what she is doing now. I started by asking if she was surprised by the naming of the room after her. She told me she didn't have any idea but when five of her former supervisors showed up for a late December meeting she thought it was a bit unusual. "I knew then something was up but never dreamed that it was to honor me by naming the meeting room after me. I was deeply touched and a bit emotional at the very meaningful gesture."

The Town Clerk has a plethora of diverse responsibilities. Typically, Michelle was the first person in the local government to interact with town residents. Michelle shared, "On a daily basis I could answer any number of questions from 'Is the dump open?' to 'Who do I talk to about a subdivision?' to 'How do I get a marriage license?'. Over the years she issued hundreds of marriage licenses, hunting licenses, dog licenses, birth and death certificates as well as transfer station permits. Not to mention attending and taking the minutes at all Town Board meetings. She also added, "Don't forget I was also the Tax Collector. During tax season that in itself was a full-time endeavor!"

Town clerks are also the keepers of all of the Town records. In fact, when pressed to narrow it down to her favorite part of the job she replied, "I loved the history of Gardiner. Researching family information for genealogy was fascinating to me." She went on to say that many of the old records were in really bad shape when she took office and over the years she worked to repair and preserve these records for future generations.

As for what she is up to now... Well, she admits that she is "not sure how retirement is supposed to feel," but is keeping busy helping out with tax collection at Town Hall, spending time with family and her "sweet puppy Jasper" and looks forward to "traveling to some tropical and exotic locations in the near future." She is also in the process of growing her natural homemade soap making business named "Jasper & Ivy" and expanding it to include other products such as bath bombs, lotion bars, lip scrubs and



Photo: Scott Mosher

more. She plans to continue with what began as a hobby during Covid and create a small-batch, handmade bath product company. Michelle is still in the beginning stages of her business and doesn't have a website yet, but perhaps we will do another article in the future about Jasper & Ivy as it grows! 🐾



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THE DISGRUNTLED CHEF

By Misha Fredericks



Photo: Misha Fredericks

Has everyone noticed that “Julian’s Provisions”, the food emporium in the center of town, is now “The Disgruntled Chef”? There were some enquiries about it on the Gardiner, NY Facebook page, so I stopped by there to get the scoop for Gazette readers. According to Danielle Goodreau and James Frank, the owners of The Disgruntled Chef, they opened Julian’s Provisions in 2020 with Gardiner resident Alexander Dzieduszycki, the owner of Julian’s Recipe, a nationally distributed gourmet food brand, who provided the investment capital, hence they named it after Alexander’s son Julian. James explained, “It was always our intention to eventually own the restaurant outright, and in 2021, we transferred the business to the newly formed LLC: The Disgruntled Chef. When the interior renovations to expand the dining area were finished in January 2023, we officially changed the name and started the rebranding process.”

I asked how they came up with the name The Disgruntled Chef. “Paul Lamarche, our sous chef, would call me ‘The Disgruntled Chef’ – a term of endearment referring to my disposition after working 80 plus hours per week”, James replied with a wry smile. When I commented on their new

logo which includes a cool crow graphic, they cheerfully told me the story of stumbling upon the work of artist David Crank (<https://davidcrankdesign.com/about>) who lived only two blocks away from them in Richmond, VA. James answered, “The crow with the open beak looks like he is a little irritated, like he is a disgruntled crow.” Evidently, both James and Danielle felt it was the perfect image to complement the new business name, but regardless of the cranky sounding new name, they both expressed a deep love of their work and of serving our Gardiner community. Having their own restaurant has been “a dream come true.”

Current hours of operation are the same (Wed.-Fri. 7am-5pm, Sat.-Sun. 8am-5pm), but once they acquire a liquor license, they plan to offer a beer and wine service and extend their hours on Fridays and/or Saturdays to support a new dinner service. “We are just slowly collecting art we love and using the restaurant space to display it,” Danielle said. Work by Vicki Morgan Erenzo is on display there. For more info about their delicious food, beverages, and daily specials, go to: <https://thedisgruntledchef-gardiner.square.site> and www.instagram.com/disgruntled.chef. 🐦

FREYJA'S STORY: A DOG LOST & FOUND

by L.A. McMahon

In early December 2022, it seemed that the entire town of Gardiner was motivated with the help of social networking to assist in finding a lost dog named Freyja during an extremely cold and snowy snap of weather. She was found after 12 long, frigid days. This is the story as communicated by Freyja's owners, Victoria and Joe Santiago, of Marlboro, NY.

The saga started when the Santiagos planned to take Victoria's parents to Disney World to celebrate their wedding anniversary. They hired a pet sitter to stay with their dogs at their home. At the last minute, the pet sitter canceled, so they boarded Freyja and their other two dogs at the Gardiner Animal Hospital (GAH) where her husband had been bringing the family's animals for vaccinations for many years. A few days later, while they were standing in line at the Magic Kingdom, Joe got a call from the vet's office. The next thing Victoria heard her husband say was, "She's gone...she's gone... they LOST OUR DOG!" Joe continued, "They said someone was walking Freyja and her leash got wrapped around a pole, so the walker dropped the leash to unwrap it and Freyja bolted."

Unable to get a return flight immediately, Joe and Victoria contacted Gardiner Animal Control Officer, Andrew McKee, who reassured them that they'd do their best to find and trap Freyja. Days went by with plummeting temperatures and snow. Friends of the Santiagos picked up their two remaining dogs at GAH and started posting Freyja's photo all over social media. The post on the Gardiner NY Facebook page about Freyja went viral with over 100 people sharing the post. Victoria commented, "Buddha Dog Rescue and a local dog trainer named Jorge Rodas were a 'Godsend'." The Santiagos estimated that 20-30 Gardiner residents were patrolling the streets of Gardiner on foot and in their vehicles looking for any sign of Freyja. A few traps were set out, but days passed with no luck.



Once they arrived home, the Santiagos were out every day and evening searching and started noticing other cars driving very slowly through Gardiner's side streets. They would roll down their window and ask, "Are you looking for Freyja?" Phone numbers were exchanged to help with the search. When I asked Victoria what their primary concern was besides the

brutal weather, she said, "I read that typically when dogs are away more than a couple of days they revert to a survival mode, so we stressed in all the social media posts, "DO NOT CHASE. If you see her, just report it."

During the interview the Santiagos were in awe at the level of support they received from Gardiner residents saying, "People in Gardiner care and they showed it through their actions." Victoria said that one resident, who lived near to where Freyja was lost, contacted them and offered to leave the heated shed in her backyard open with a bed, blankets, and hot dogs to try and lure Freyja to a safe spot. Another resident, Mary Meyer, texted Victoria paragraphs of how-to-search tutorials which were very helpful. However,



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one cold day after another passed. Then, Mr. McCord, the owner of McCord's Welding contacted them to say that Freyja was howling by his back door on Route 208. When he opened the door to lure Freyja in with a deer carcass, she wouldn't come in. The next morning Joe Santiago went to McCord's house and sat in a chair in the backyard calling softly, but no Freyja. He thought, "If I was a dog where would be a good place to hide around here?" That's when he noticed some large pine trees in the back of McCord's property that were so dense there was little snow under them. Slowly he walked over and found Freyja hunkered down under a tree. When she recognized him, she came out and leaped into his arms. Joe hugged Freyja tight and called his wife at work. Victoria said, "When we got the news everyone at my job was crying tears of joy. I quickly updated the Facebook page and called all the people I had numbers for who helped us. It was an amazing and powerful experience to have a community rise up like the people in Gardiner did. Gardiner is the most wonderful town I have ever experienced, and my dream would be to move there." 🐾

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CANNABIS 101: THE USER-FRIENDLY GUIDE TO CANNABIS PRODUCTS

by Courtney Beaupre

Many Gardiner residents are eagerly awaiting the opening of a legal cannabis dispensary in town, but progress feels slow, doesn't it? In the meantime, residents have been asking questions about cannabis, which prompted the writing of this article. That fact alone shows that the culture and stigma around cannabis use is changing and cannabis (Marijuana, Mary Jane, the Sticky Icky) is becoming more accessible and acceptable. In March 2021, New York State became the 17th state to legalize recreational cannabis. So, whether you are a cannabis connoisseur or just canna-curious, here is a basic 101 on cannabis.

Cannabinoids

The cannabis plant contains over 100 various cannabinoids, THC and CBD being the most well-known. Cannabinoids are compounds that interact with our bodies to create a variety of effects such as appetite stimulation, lessening of nausea, and reducing inflammation. Cannabinoids are created in the resin glands of the cannabis plant, but they aren't just found in plants; our bodies also naturally produce cannabinoids. In fact, we have an endocannabinoid system (ECS) which is believed to play a key role in the regulation of sleep, appetite, mood, and other biological functions. Although our bodies produce cannabinoids, they don't act the same as plant cannabinoids. For example, we don't get "high" from our ECS functions.

CBD vs. THC

Cannabidiol (CBD) is a natural compound found in both marijuana and hemp plants. It is considered the cousin to THC but does not contain the same intoxicating components; it will not ever get you "high." There are a variety of CBD products which offer either "full spectrum", "broad spectrum" or "isolate forms". Full spectrum refers to the whole plant that contains flowers, CBD, various other minor cannabinoids and 0.3% or less of THC. Broad spectrum products contain CBD and other minor cannabinoids but do not contain THC and thus should not show up on a drug test. Isolates, as the name suggests, only contain Cannabidiol (CBD) itself, with all other compounds removed during the extraction process, and again, will not show up on a drug test. Isolates do not offer the potential synergistic effect that may occur when CBD is coupled with other cannabinoids and terpenes.

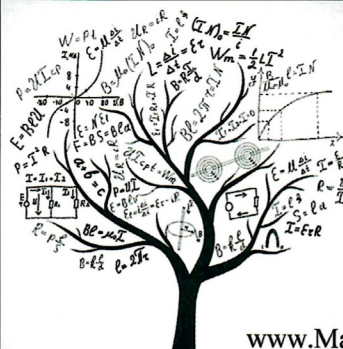
Tetrahydrocannabinol (THC) is the active ingredient in marijuana that gives users the euphoric feeling of being "high". THC also contains many of the same properties as CBD. For example, both THC and CBD are known for their analgesic, anti-inflammatory, and antioxidant

properties. THC is also known to protect nerve cells from damage, prevent vomiting, reduce involuntary muscle twitching, and act as a bronchodilator. THC is often used in the treatment of pain, nausea, insomnia, convulsions, stress, and anxiety.

THC Cannabis Strains

There are 3 main strains of cannabis: Indica, Sativa and Hybrid with various properties: Indica, also known as "In Da Couch", is associated with relaxing and potentially sedative effects. Sativa is more broadly known for its uplifting or energizing properties. However, effects are not necessarily indicative of everyone's experience. It's important to remember everyone's body reacts differently when consuming cannabis (THC) which can create a dramatically different experience than what your friend experiences using the same product. Hybrids are a mixture of both strains, some having more sativa or indica dominant qualities. "Terpenes" are the aromatic compounds found in plants and fruits such as lavender, pine, lemon, or orange. These terpenes give each strain of cannabis a different aromatic profile and composition and have names such as Sour Diesel or Strawberry Lemonade.

If you have never consumed THC or CBD but are interested in exploring, speak with your healthcare provider, and stay tuned for future installments of this Cannabis 101 covering various CBD/THC products and New York State legal guidelines for usage. 🌿



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A DAY IN THE LIFE OF A BABY SHEEP: A LULLABY

by L.A. McMahon

Baby sheep, called lambs, start their life inside the mother sheep, called ewes. Warm and comfy, they ride inside the ewe for around 5 months. In very early spring the excitement in the barn starts to grow because soon the baby sheep will be born. At Willow Pond Sheep Farm, at 2252 Route 44-55 in Gardiner, live Brent and Carrie Wasser who are local sheep farmers who tend their sheep with love and the help of their livestock guardian dogs. Carrie describes the birth of the baby sheep like a lullaby, "When the lamb is ready to come out of its mom, it happens very quickly. The lamb slides out easily because it is covered in slippery yellow birth fluid. As soon as the lamb is out, it boldly stands up. The ewe quickly licks off all traces of the birth fluid to dry the lamb so it doesn't get cold and to remove the smell so that predators like coyotes or fox won't hunt the lamb. Although the newborn lambs can walk, they sometimes do not quite know who they are or where they are, but one thing they do know is that they are HUNGRY, so they quickly find mom and drink milk from one of her teats."

After 2-3 days the lambs and ewes are moved to what Carrie calls "the kindergarten", a pen where the babies meet and play with each other and where they can feed from their mothers in peace. Within 2 weeks they are also eating hay and cracked corn, and when they are around 4-6 weeks old, they are moved onto pasture to eat grass and grow. Once the lambs no longer need their moms' milk, the farmers milk the ewes over the summer and fall, bottle the milk, and make delicious yogurt that is sold at their Gardiner farm store, local farmers' markets, and



Photo: Carrie Wasser

stores. Willow Pond Sheep Farm is a wonderful place to visit, and adults and children can go on a lamb tour to see and touch the baby sheep every late March/early April. For more information about the farm, tours, and to try their excellent sheep's milk and yogurt: willowpondsheep.com.

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HOT TODDIE, CONTINUED

FIT DOG presented by the Shawangunk Kennel Club. All the proceeds from this event will be shared equally between the Gardiner Gazette and Bleu's K9 Rescue, and all donations will be fully tax-deductible. Save the date (June 3rd) and look for more event details at the Facebook and Instagram (IM) pages of the Gardiner Gazette and Gardiner NY.



To volunteer to assist at the event, please email gardinerpupsonparade@gmail.com. Those interested in sponsorship opportunities, vendor slots, or who wish to donate goods or services for the silent auction at the event, please email us at gardinerpupsonparade@gmail.com. Check out Toddie "at work" on Instagram at @gdmako_toddie_echo. 🐾

POSITIONS AVAILABLE GARDINER GAZETTE

Both the General Manager (GM) and Executive Director (E.D.) positions are open for applicants and must be filled before Fall 2023 to keep the Gazette operating without interruption. The GM post is a paid position, and the E.D. post is a volunteer position. Applicants for GM should have demonstrable skills in Quickbooks, Adobe InDesign, Office, Google Drive, editing and writing, and have experience with managing both people & deadlines. Applicants for the E.D. position need experience in organizational and financial oversight and responsibility.

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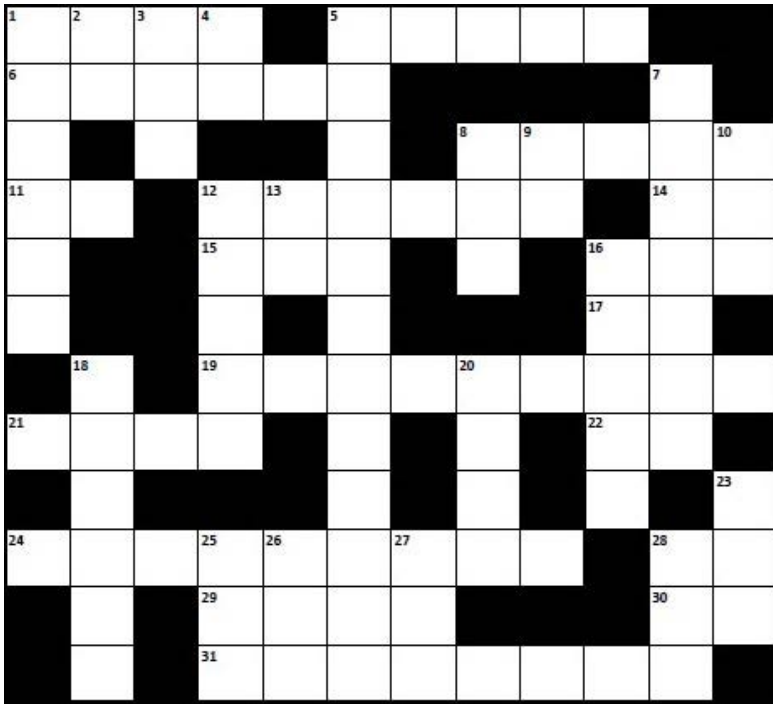
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Across

1. Find variations of this German staple at the Brauhaus
5. Pork belly, sliced
6. Like the event in 16 down, since 1985
8. Gonner, or sourdough
11. Initials of the founder
12. Caroline Garcia (nationality)
14. Hops crafters join this organization, abbrv.
15. Sphere
16. Lichen brightens a day, _ _ _gy and gray
17. Two Thousand Kisses a Day, author _ _ _ Knost

Across, continued

19. Barn floors and mosh pits
21. Get window boxes from Mike's Hot House & avoid the _ _ _
22. English pronoun
24. As lightning may, the Inflation Reduction Act proposes to
28. Greeting
29. Another name for French wine grape Teoulier
30. Ends the name of previous gift shop in town
31. Honey's hopes to purvey it soon...

Down

1. Absolutely, we don't have one, ripe or unripe.
2. According to 28 down, a shortage and demand in this medical profession, abbrv.
3. A picnic invader
4. A Spanish pronoun
5. The pursuit of jam or pie ingredients, at Minnewaska
7. Rehabbed Dutch barn (locally), and castle in Garrison
8. Working hard on Instagram, or Elvis's band
9. " _ _ my!"
10. Outdoor hands-on game
12. Clinton, Montgomery, Orange, as examples
13. Transportation repurposed to trails, abbrv.
16. Kids love to make it at Gardiner Day
18. Bird app that identifies by sound and photos
20. Brand of gaming controller for Xbox
23. Café that dishes up 5, 8, 12 across & 1 down.
25. Audobon's seasonal bird census, abbrv
26. Franklin D's brother's association
27. Splendid accommodations with a view at Kettleboro
28. United States Department of Health & Human Services, abbrv.

(answers at GardinerGazette.com or [Facebook.com/GGazetteNY](https://www.facebook.com/GGazetteNY))

Crossword by L.C. Wiley





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HUDSON VALLEY WINE MARKET: NEW LOCATION, SAME PHILOSOPHIES

by Allison Dempsey

Buying wine from a large chain liquor store can feel a bit intimidating. Shelves upon shelves of options loom above you, and you have no idea what would be the best drink option to bring to the dinner party you were invited to. With warm weather just around the corner, spring parties and get-togethers await — and Hudson Valley Wine Market wants Gardiner wine-sippers to know that they're in good hands. The market, now located at 4 Dusenberre Rd. (formerly Majestic's Hardware) moved from its 119 Main St. location in April 2022. Current owner Leonard Giannotti has been in possession of the store since 2016, and has been curating the shop into a personable, fine spirits establishment that welcomes new and experienced taste buds all-around. Because the store is located right in the heart of Gardiner, it elevates this sense of community.

"Nomenclature and buzzwords are oftentimes very, very limiting for people," he said. "We try to take the fancy words out of the equation when it comes to wine. I always tell people that the two things you need to know are what you like to drink and who you like to drink it with. You're gonna get better at that for the rest of your life." Giannotti prides his business style on "helping not hovering." If you come into the market looking for suggestions, he and his team will be more



Photo: Allison Dempsey

than happy to be hands-on in your shopping experience. However, if you are a customer who knows what you want and prefers to get in and out quickly, they will also abide. With focus placed on serving the community, each visitor can expect to get a tailored experience upon entering the cozy, wood-paneled shop. Natural light reflects off the neatly-stacked bottles of liquor, welcoming the sights of winter's end into the bright and cheerful storefront. There is a certain ebb and flow to the way Giannotti interacts with customers, and you will leave the store feeling confident and supported, with a new bottle of wine in your hand, as well.



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Like any industry, the trends that hit the liquor world are rapid and ever-changing. Hudson Valley Wine Market tries to tap into new, trendy items, such as hard seltzers, while also maintaining a traditional setup that will outlast any fads. "People are constantly trying to find the newest 'cocktail-in-a-bottle' or the newest, hot fashion thing," Giannotti said. "This is just a small-town business. We try to accommodate the fastest growing categories as much as we possibly can, but really, what we want to be is a full-service shop."

Whatever meal you decide to cook up this spring—from a specialty pasta dish to simple Sloppy Joes—Hudson Valley Wine Market will do their best to find the perfect drink to match your favorite food. Even though Giannotti believes that a person knows best about their own taste, his expertise will point you in the right direction to develop your preferences and help you find what you're looking for.

At the end of the day, the most important thing about buying a bottle of wine for an event or dish is the experience itself. Hudson Valley Wine Market wants customers to learn what they think goes best with certain foods. What better time than the spring to experiment with flavors? "If you're intimidated by wine or if you're new to it, and you just want to be guided, we're here," Giannotti said. "It's our way of just being nice. Tuning into the person and finding out how they wish to be served. As simple as that."

Stop into Hudson Valley Wine Market at 4 Dusenberre Rd for your every liquor need. Their hours are 10 am to 9 pm Monday through Saturday, and 12 pm to 7 pm on Sundays. (845) 633-8235. 🍷🍷



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SUNFLOWER ART STUDIOS—AFTERSCHOOL PROGRAM

by L.A. McMahon

I caught up with Liz Glover Wilson, freshly home from a shaman and yoga retreat in Costa Rica, to ask her about the new afterschool program at Sunflower Art Studios (2694 US 44 55, Gardiner). Sunflower Art Studio is a non-profit organization started in honor of Liz's sister, and the afterschool program is "new" in the sense that it is a re-imagining of the original after-school art program which shut down during Covid. They also have a Summer Program for kids. I asked for a thumbnail sketch of the new afterschool program and Liz obliged, saying, "The afterschool program is suitable for kids 5 to 12 years of age and focuses on a nice blend of movement, mindfulness, and creativity; we also offer a toddler program. There is room for about 30 children, and we are currently averaging about 10, so there is plenty of room for more."

I asked, "How do you manage the supervision of children with a 7-year age span?" Liz replied, "We adjust the

supervision ratios based on the ages and number of children attending." The thought of children learning "mindfulness" intrigued me, so I asked, "How do you teach children mindfulness?" Liz replied, "It's a mix of breath awareness and active listening techniques, self-image practice, and singing. Art is especially important for mindfulness because it calms the nervous system and allows space for focus and expression. We also use the Lenape Meeting Space replica we put up every Spring on a dedicated spot of land dedicated to the Lenape heritage, and bring kids into the hut so they can hear about and experience the Lenape indigenous people's experience and implement the use of talking sticks to teach them respect, help them learn about indigenous people, and how to be peacekeepers. We also use the space for one-day women's retreats and for teacher trainings." In a world where there is an extreme lack of mindfulness, peace, and respect, this afterschool program is more than needed and deeply appreciated. For more information: sunflowerartstudios.community or call (845) 419-5219. 📞

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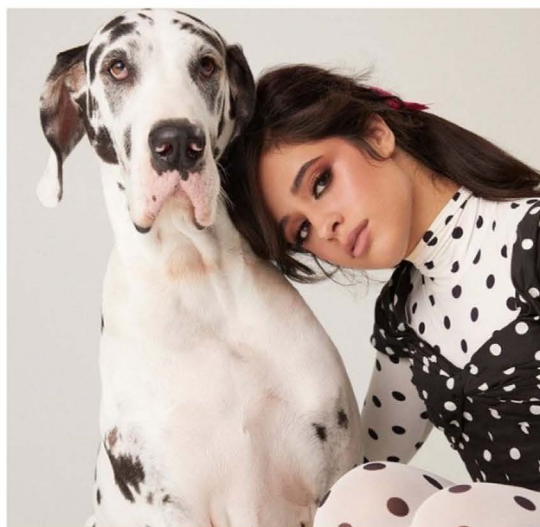
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New Paltz	101	\$456,000	44



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