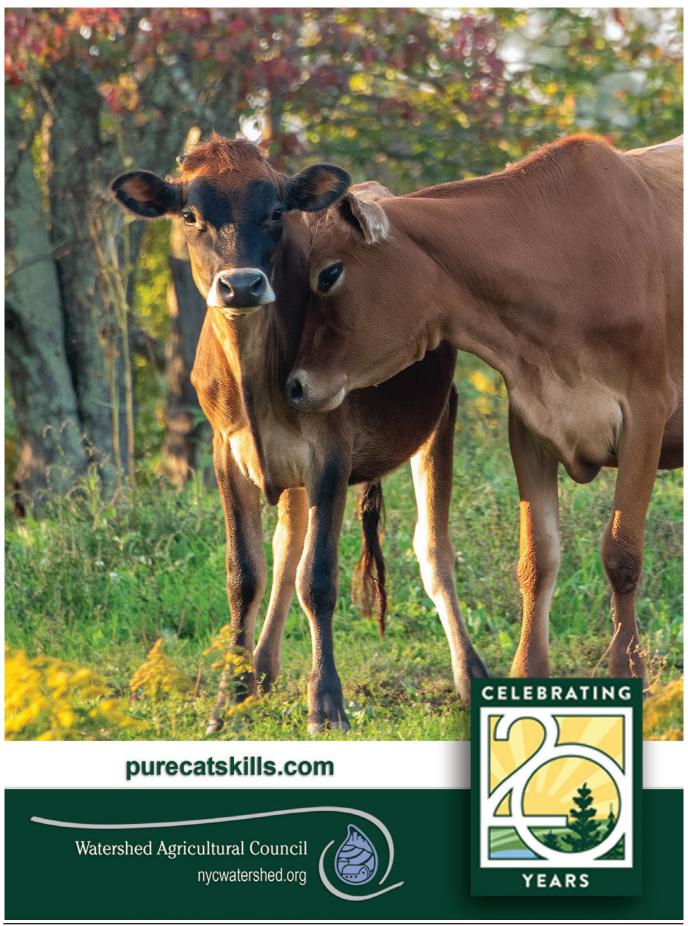
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Out & About

...and more!

FREE • FALL / WINTER 2024-25



Nutritional Workshops Available in Your Community

TRY THIS!

New! 10 Tips for Adults

Roasted **Sweet Potatoes & Apples**

4 Servings

INGREDIENTS

- 2 medium sweet potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 1 fuji apple or other baking apple, scrubbed with clean vegetable brush under running water, chopped
- ½ Tablespoon vegetable oil 1 Tablespoon maple syrup

DIRECTIONS

- 1. Wash hands with soap and water.
- 2. Preheat oven to 450°F.
- 3. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.

4. Core the apple. Cut into bite-sized chunks.

- 5. In a 2-quart baking dish, add the sweet potatoes and apple. Drizzle vegetable oil over the mixture stirring to coat. Bake for 10 minutes.
- 6. Remove from oven and stir. Bake 10 minutes, or until tender. Potatoes are tender when they can be pierced with a fork. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
- 7. When the potatoes are tender, drizzle with maple syrup and stir.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Budgeting

The Workshops include:

- Plan meals ahead
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skillcountry **FALL/WINTER 2024-25 • SINCE 1978**

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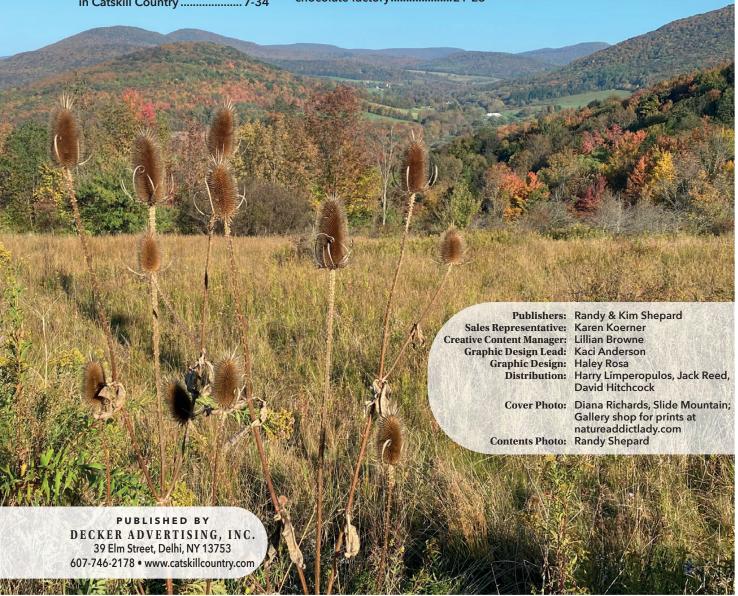
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use/recovery support - a labyrinth she both walked and guided others through.

Her business, The Loaf Lab, was propelled by a desire for solace from the tumult of her former profession.

After years of extending a helping hand to others, she found her own mental wellbeing faltering. Stepping away from her career, she embarked on a journey of self-preservation one "knead" at a time.

ment, mirrored the tenacity required for her personal sobriety journey.

She draws parallels between the patience demanded by sourdough and the resilience cultivated through sobriety. Each setback unveiled her determination — a metaphor for breadmaking.

Self-taught and determined, she immersed herself in a whirlwind of experimentation.

contributed photo

Recent additions to her business model are bread-making and sourdough-starting workshops.



contributed photo

Sourdough can also be used to make breadsticks.

The cornerstone of her craft lies in the selection of premium bread flour, rich in protein — a testament to nurturing growth.

As The Loaf Lab grows, so does Jen's repertoire and aspirations. From modest beginnings, she now orchestrates work-



contributed photo

Focaccia with a variety of ingredients is a top-seller.

shops and classes on sourdough starter and breadmaking, with an array of offerings ranging from cookies and bread to rolls and scones. Her

> marketing ingenuity is unconventional - suggesting sourdough-making classes as an alternative to traditional gatherings like bridal or

baby showers. For now, The Loaf Lab's offerings grace the shelves of select locales, including Nightshade on Elm in Hancock and the Pretty Pretzel in Bainbridge. Her Maple Cheesecake S'mores and More cookies reign supreme, earning accolades in culinary competitions. Focaccia, baked in a variety of flavors and spices, remains a perennial favorite, alongside gluten-free delights like Blueberry Lemon and Strawberry White

For more information on upcoming classes and workshops email Cutting at theloaflab@gmail.com or find The Loaf Lab on Facebook and Instagram.

Cooking classes throughout the Catskills

Delaware County

Strickland Hollow Tasting Room, 70 Main Street, Delhi; Located in downtown Delhi Strickland Hollow also offers group and private cooking courses in the backroom of the shop. Each class takes an in-depth look at the processes, equipment, and ingredients used to make great meals. stricklandhollowfarm.com

Ulster County

Blue Cashew Homestead. 37b North Front Street, Kingston; bluecashewkitchen.com, 845-514-2300

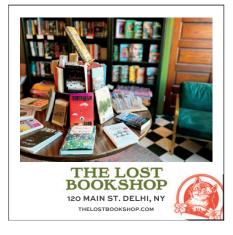
Sullivan County

Natural Valley Kitchen, Jeffersonville; naturalvalleykitchen.com, naturalvalleykitchen@gmail.com

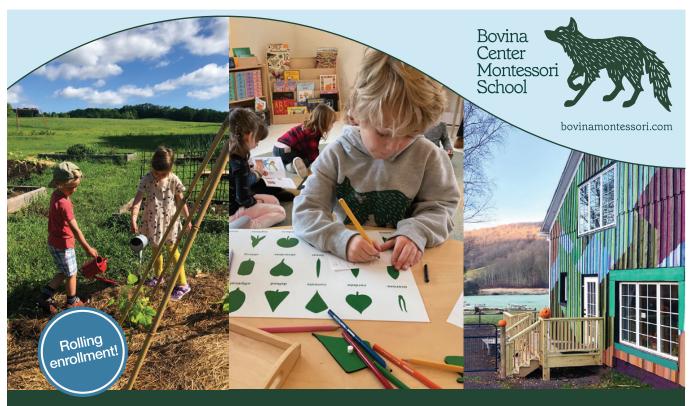












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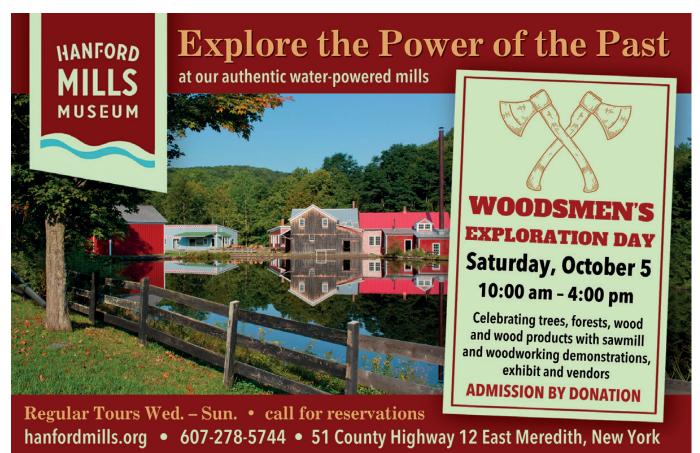
Beth O'Brien,

Real Estate Paralegal

607-865-6575

28 Townsend St.,

Walton, NY 13856



DUT& ABOUT IN CATSKILL COUNTRY

The Out & About calendar of events is a (by county) list of events that were available at the time of publication. Please check listed websites for event updates.

DELAWARE COUNTY

OCT. 4

• Haunted Castle Tour: 7 - 10 p.m., Castle on the Delaware, 139 Stockton Avenue, Walton. Back for its 2nd season after its terrifyingly successful debut last year, the legendary Castle on the Delaware beckons you to enter its haunted walls once more for a horrifying tour unlike any other! Enjoy a Halloween themed buffet dinner as you await your ultimate doom in this Legendary Castle of Horrors! www.castleonthedelaware.com

OCT. 5

- Woodsmen's Exploration Day: 10 a.m. - 4 p.m., Hanford Mills Museum, 51 county Route 12, East Meredith. Highlighting the importance of trees and forests while showcasing the talents of local woodcrafters and foresters. Museum staff will demonstrate how logs are processed into finished products in the mill. Exhibitors will be invited to showcase their woodworking skills. www.hanfordmills.org
- 4th Annual Cowtown Scramble: 11 a.m., Creamery Field, Bovina Center. Each year on the first weekend in October, Creamery Field Vintage Base Ball Park, home of the Bovina Dairymen in Bovina Center, hosts a premier event in the 19th century baseball community. Teams from throughout the Northeast compete for the love of the game. www. delcovintagebaseball.org/festival
- Pakatan Farmers Market: 9 a.m. 1 p.m., 46676 state Route 30, Halcottsville. The Pakatakan Farmers' Market is a great destination for breakfast or lunch, while getting your weekly shopping done! The array of food vendors, farmers, producers, herbalists and craftspeople, make it the perfect place to shop for weekly groceries, enjoy a nice Saturday brunch, and shop gifts for special occasions. roundbarnmarket.org

OCT. 12

- Walton Fall Market: 10 a.m. 4 p.m., Delaware County Fairgrounds, 12 Fair Street, Walton. Enjoy live music, activities for kids, food trucks, and 65+ vendors. The event will take place rain or shine - vendors and eating areas will be under cover. www.waltonhistoricalsociety.org/walton-fall-market
- Catskill Mountain Fall Festival: 10 a.m. - 5 p.m., Maple Shade Farm, 2066 county Route 18, Delhi. Come sip on local beverages, shop at the vendor market, play festive games, and simply chill. Beginning at noon, live music will fill the main stage and acoustic tent. The rotating lineup of musicians will set the stage for a great afternoon in the crisp fall air. www.catskillmountainfallfestival.com

NOV. 15 - 17

• Writers in the Mountains Literary Retreat: 506 Main Street, Andes. The weekend-long event will offer writers a stimulating and cozy environment to discuss ideas, improve craft, and build a better writing practice while at the same time bond with fellow writers, make lifelong friendships, and pursue future collaborations. Writers may choose to stay at the Retreat or only attend the day's programs and activities. The Retreat will offer five different workshops led by accomplished writers and educators as well as a public reading at the Andes Hotel on Saturday evening, followed by a film screening hosted by Derek Curl. Participants will have plenty of time to write, give and receive feedback, and read their works. www.writersinthemountains.org

EVERY WEDNESDAY

• Delhi Farmers Market: 10 a.m. - 2 p.m., held on the Courthouse square through October (weather permitting). November through April the market moves indoors to the American Legion Hall, 41 Page Avenue, Delhi. Variety of fresh veggies, meat, eggs, baked goods and locally made items. visitdelhiny.com

GREENE COUNTY

OCT. 4

- First Fridays Catskill: 5 p.m. onwards at various locations across Catskill. Join us for a vibrant evening to kickoff each month with a burst of creativity and camaraderie. Art galleries, live music, culinary delights, shopping, and more. Bring friends, family, and an eagerness to experience the heart and soul of Catskill! www.firstfridayscatskill.com
- First Fridays at Athens Cultural Center: 5 - 7 p.m. Athens Cultural Center, 24 Second Street, Athens. Whether a local resident or just passing through, First Fridays are the perfect opportunity for immersion into the arts, share ideas, and enjoy the welcoming atmosphere of the Athens Cultural Center. athensculturalcenter.org

OCT. 5 & 12

• Hunter Mountain's Oktoberfest: Hunter Mountain Resort, 64 Klein Avenue, Hunter. Surrounded by the glorious foliage of the Northern Catskills, Hunter Mountain transforms into a joyous Oktoberfest celebration. Multiple bands, local vendors of goods and good eats, and, of course, you - to enjoy it and view it aboard the Scenic SkyRide. www.huntermtn.com/activitiesand-events/events-calendar.aspx

OCT, 11

• 16th Annual Gavin's Guinness Oktoberfest: Three days of live music! Friday beginning at 8 p.m., and Saturday and Sunday beginning at 2 p.m. Gavin's Irish Country Inn, 118 Golden Hill Road, Cornwallville. gavinsinn.com

OCT. 12

• Hudson-Athens Lighthouse Tour: 10 a.m. to 12 p.m., Athens Riverfront Park, 4 N Water Street, Athens. A tour of the Hudson-Athens Lighthouse, an 1874 lighthouse in the majestic Hudson River. First come first served. halps.org

continued on page 16

Checkered tile Service with a Smile

The charm of a Catskills diner

By Alyshia Korba

The atmosphere of a small town, where neighbors have known each other for generations and everyone greets you with a smile, is one of the many charming traits of upstate New York, and no eatery fosters that small-town feel more than a local diner. Supplying locals and tourists alike with affordable comfort food in a homey

environment keeps the diner business booming in the Catskills.

"For me, that diner and that counter space specifically, I feel like people end up forming bonds who would have never talked otherwise," Courtney Malsatzki, director of operations at the Phoenicia Diner, said.

Originating from the idea of a Rhode Island entrepreneur's sandwich and coffee shop, run out of a converted

Alyshia Korba

Local maple syrup tops off the Phoenicia Diner's famous pancakes, which pair perfectly with a glass of their fresh-squeezed orange juice.



horse-drawn wagon in the 1870s, diners have deep roots in the Northeast. The concept of a small, portable restaurant to sell cheap food to working men expanded to the rest of the country during the Great Depression and evolved into the diner culture prevalent across the U.S. today.

Serving quality, affordable food is still a priority of Sundaes Restaurant and Tasty Freeze in Grand Gorge. The diner dates back to the 1960s and has maintained its vintage diner aesthetic, with its checkered tile and chrome accents.

Current owner Andy Mumbulo, who took over the restaurant in 2020, takes pride in serving homemade comfort foods like hot sandwiches, soups and pies. The real star, however, is a diner classic.

"We have the best burgers in the Catskills," Mumbulo said.

With its extensive menu options, the diner has become a popular social hangout. Summer evenings have the large covered patio filled with customers enjoying their many ice cream options, with 18 hard ice cream flavors and 36 soft serve fla-



Alyshia Korba

vors. In the winter, patrons move indoors to the booths and tables to enjoy homemade soup and seasonal dinners.

While locals fill the booths of Sundaes, local flavors occupy the Phoenicia Diner in Phoenicia. The diner highlights the flavors of the Catskills by sourcing ingredients from local artisans, crafting unique tastes exclusive to the region.

The diner was founded in 1962 in

Facebook photo

Sundaes Restaurant and Tasty Freeze boasts the "best burgers in the Catskills," like this mac-andcheese-topped burger.

Long Island and moved to the Catskills in the 80s, Malsatzki said. She explained that most vintage diners, like the Phoenicia Diner, are prefabricated and driven to their location.

The diner was sold to current owner Mike Cioffi in 2012, a Brooklynite who spends most weekends at his summer home in Margaretville.

Diners are usually known for having a consistent menu from diner to diner - burger, milkshake and fries anyone? - but Phoenicia Diner is not your usual diner. The menu not only features diner classics with a modern and local twist — like their bagels topped with locally-sourced trout — but the menu changes with the season to provide customers with the freshest local products year round.

One diner patron who was getting breakfast with her family, said she usually enjoys the predictability of diners, but liked that Phoenicia offered more unique options.

"To me, when I think about a diner I think about the patty melt and the bacon and eggs, so it was interesting to find out that they had so many unusual options," Sandy Plain from Oklahoma said.

Plain came to the diner while visiting family, but had to return the next day to try their famous buttermilk pancakes. The plate of five fluffy pancakes is topped with fresh berries and local maple syrup.

Using as many local products as possible is a priority for the diner, Malsatzki said, explaining that supporting the community was one of Cioffi's main motivations for taking over the

"He's not a restaurant person," Malsatzki said. "He did not come from a food background. He very much is an active member of the community."

Cioffi is on the board of the Phoenicia Playhouse and the board of directors of Margaretville Hospital.

Local collaborations include Catsmo Artisan Smokehouse, Union Grove Distillery, Del's Creamery, Catskills Distillery, and Fruition Chocolate Works among others. "We really take the time to showcase products from other businesses that we feel are worth showcasing," Malsatzki said. "We try to give everybody a good meal not just a greasy spoon."













By J. Lawrence-Bauer

As red, gold and orange leaves signal the arrival of autumn in the Catskills. locals are already deep into their preparations for winter. When sunny skies turn snowy, a whole new world of activities and attractions opens up for residents and visitors. With summer gear packed up and kids back in school, planning for winter holidays and getaways reveals hundreds of ways to kickback during fall and winter months. Whether people are seeking outdoor adventures or indoor activities, the Catskill Mountain region delivers variety and value!

While spontaneous "get up and go" travel can work during summer months, winter getaways require a little more advance planning. Attractions (think ski centers) and activities (think snowmobiling and hiking) are often impacted by prevailing weather conditions. Popular attractions may limit their hours of operation during winter or require advance reservations. But for those willing to take a bit of time to plan ahead, fall/winter getaways can be just perfect when cabin fever starts to set in.

Delaware County

The great outdoors is always in season in the magnificent Catskill Mountains. Before winter sets in, take the kids to Gladstone Farm in Andes to pick their own pumpkins or sunflowers and enjoy fall fun on the farm. Plattekill Mountain Ski Center comes alive when other attractions wind down. A fall festival on Columbus Day weekend is always a precursor to a

winter season that boasts great downhill skiing and riding. Unlike larger ski centers, this family owned and family operated ski center also offers snow tubing. The Hancock Rink offers ice skating from December through February at the Hancock Town Square, weather permitting. Delhi and Downsville also offer community ice skating when weather permits. Delaware County also boasts more than 300 miles of well-maintained snowmobile trails with scenery that can't be beat. Five local snowmobile clubs including the Hamden Hill Ridge Riders, the Delaware Valley Ridge Riders and D&D Snowdiggers welcome visitors and are always eager to share upto-date information on the latest trail conditions. Information is also available from the Central Catskills Trail Association and the Delaware-Otsego-Chenango Snowriders.

For special fun early in the season, Margaretville celebrates Thanksgiving in a big way with a parade down Main Street on Saturday, Nov. 30. Santa and Mrs. Clause make their first appearance of the season. Later the same day. nearby Andes follows with its community Thanksgiving parade and a giant tree lighting ceremony. Both communities offer very creative pop-up sales up and down their Main Streets the same day.

For those who would rather be indoors during the winter, the region offers unique attractions that have sheltered activity throughout the fall and winter. In Delaware County, activities range from bowling with music and food at the Ark Bowl in Arkville, to wildly popular yoga classes at many sites including among others,

Twisted Sister Yoga Studio, Play, and Breathnation in Arkville, Roxbury and DeLancey respectively. The Catskill Recreation Center (CRC) in Arkville offers a year-around fitness facility complete with swimming and is open to the public for one-day visits or membership programs six days a week. Biking is a special focus of the CRC and its fifth annual Cross Mountain Crusher, a 55 mile gravel/road ride for serious cyclists is expected to draw scores of participants Saturday,

Most Delaware County communities host year around art galleries with exhibits changing every month to six weeks. Among the most popular are 1053 Gallery in Fleischmanns, Longyear Gallery in Margaretville, Roxbury Arts Group in Roxbury, Headwaters Arts Center in Stamford, and **Bushel Collective** in Delhi. For those who want to get hands on, Jeremiah Pottery offers complimentary classes in both hand-built and wheel pottery on Sunday afternoons from 1 to 3 p.m. and Thursday evenings from 7 to 9 p.m. courtesy of the Walton United Presbyterian Church.

Adult oriented magnets in Delaware County include local breweries, distilleries, and cideries that provide unique libations from locally grown and sourced producers. Union Grove **Distillery** in Arkville, which started its distillery with vodka but has since branched out, won Discovery Channel's Moonshiners: Master Distiller reality TV competition earlier this year and has now been joined by Calico Outlaw Brewing adding beer on-site at the popular night spot. Wayside Cider, housed in two "off Main Street"

barns in Andes features a taproom with their own locally made ciders but also offering beer, spirits and wines from other small scale producers. Like Union Grove, Wayside often features food and music options. **Awestruck Cider** a small batch, locally sourced and produced specialty cider made in Sidney also boasts a tap room for tastings of flights and pints on weekends. They also have a flagship location, the **Awestruck Mill** in Walton.

The historic **Walton Theatre** hosts evening and matinee movies, mainstage concerts and more. In collaboration with Music on the Delaware and other co-producers, the programming is varied and exciting. Look for the Walton Theatre Coffeehouse Concert Series with performances nearly every month as well.

A hot tip for cold weather must be the annual **Ice Harvest at Hanford Mills Museum** is an amazing handson history event for kids and kids at heart. Follow them on social media for the exact date, sometime between mid-January and mid-February, then head on up. Visitors young and old tour the museum buildings, take horse pulled carriage rides and then participate in harvesting ice the way it was done centuries ago. The harvested ice is dragged to a shed, packed with sawdust and saved until July when it is used for the annual ice cream festival.

Greene County

Hunter Mountain and Windham Mountain rule when it comes to the outdoor winter experience in Greene County. Both ski facilities offer state of the art trails, lifts, lodges, and scores of scheduled activities throughout the ski season. With modern snowmaking equipment investments, both ski centers offer extended skiing seasons that generally begin in mid-November and can last through April. Bearpen Mountain Sports in Prattsville has expanded outdoor winter recreation opportunities with cross country skiing and snowshoeing, fat tire winter biking, snowtubing, ice skating and the area's first curling center. Open on weekends and holidays, they also offer equipment rentals so even newcomers can try the sports. The popular North/South Lake Campground in Haines Falls has no winter camping. But the property is available for use and popular for ice-fishing, hiking,

snowshoeing, and cross-country skiing. Snowmobilers are also welcome to use the trail network when winter snowfall cooperates.

For those preferring indoor pursuits, the historic Thomas Cole National Historic Site has recently opened a new visitors center to tour in addition to the famous artist's home. Located in Catskill, the site is one of the most popular year around destinations in the county. Athens Cultural **Center** hosts a wide variety of events. From Friday, Oct. 4 through Sunday, Oct. 20 three local high schools will partner with them to present "The Light in Our Eyes" featuring artwork, student poetry and creative writing commemorating the 150th birthday of the historic Hudson Athens Lighthouse. First Fridays at the cultural center feature happy hour celebrations from 5 to 7 p.m. the first Friday of each month with changing focus and exhibits throughout the year.

CREATE Council on the Arts in Catskill has a gallery in Catskill and is also working with Columbia and Schoharie Counties to expand artistic expression and tourism opportunities in the area. Visitors are fascinated by a trip to St. John the Baptist Ukranian Catholic Church and Grazhada in Jewett where the wood carved basilica is constructed without the use of nails and the hand-carved interior features carved wood iconostasis, grand lapidary and gold covered accents. As part of the Grazhda Music and Art Center the church is open for concerts, Ukranian craft workshops and art exhibits.

Windham's Catskill Mountain Country Store and Restaurant is a unique country market, bakery and garden center that features walking paths, a playground, and a farm animal rescue "zoo" in addition to gourmet food, toys and gifts. Adults will love the Rip Van Winkle Brewing Company in Catskill, the West Kill Brewing Company and Hunter Mountain Brewery, all of which offer the traditional brew pub atmosphere with local craft beers and simple food in comfortable settings.

Otsego County

Like Delaware County, Otsego County boasts more than 300 miles of trails for snowmobiling and connects its visitors to information through local clubs that groom, mark and maintain the trails. The land of Natty Bumpo has 16 road-accessible lakes making ice-fishing a popular endeavor when weather permits. Snowshoeing and cross country skiing are attractions at five New York State Parks in the county. At Glimmerglass State Park, winter mountain biking can provide adventure for visiting thrill-seekers.

In Oneonta, two major colleges, SUNY Oneonta and Hartwick offer a variety of activities and events to connect their campus activities with the greater community. The Foreman Gallery and Yager Museum of Art and Culture offers compelling exhibits all year. Three galleries at SUNY Oneonta including Martin-Mullen Gallery, the Project Space and the **Open Space Gallery** offer innovative exhibits year around and both colleges present music and theater productions throughout the year. For kids needing indoor action, Interskate 88 is among the most popular attractions. For more than 40 years the facility has combined skating on a hardwood maple floor and a superlighted disco dance floor with laser tag, arcade games, an indoor playground and snack bar.

Cooperstown is the home to the National Baseball Hall of Fame and the Farmer's Museum and both welcome visitors all year around. Baseball isn't just for summer and the shrine of the "national pastime" is even more fun during fall and winter when crowds are small and special activities are offered. For example, fall Fridays through the month of October offer special tours, trivia contests and interactive, hands-on history carts. November is Native American Heritage popup month with special exhibits on native American contributions to the sport. There is always something happening at the Farmers Museum. Since 1944 its collection of buildings and artifacts provides living history lessons. October includes Ghost Tours, a Tractor Fest with other special events including a Blacksmith showcase. A December Festival of Lights is magical. In February, the Winter Carnival takes over Cooperstown, including the Farmer's Museum and the town is abuzz with indoor and outdoor activities.

The **Fenimore Art Museum** is open through the fall and early winter, closing at the end of the year un-

til spring. Three floors of exhibits are designed to appeal to both kids and adults. After a visit, adults might want to head to Brewery Ommegang, one of the earliest specialty pubs in the region for fine beer and food. Billed as the first farmhouse brewery in America in a century, the taproom and tasting events feature Belgian style brews and activities and events keep the place "hopping" year around. Elsewhere in the county, Fly Creek Cider Mill and Barn offers a wonderful experience with the addition of a great gift shop. Montezuma Winery & Hidden Marsh Distillery as well as the Red Shed Brewery are all on the Cooperstown Beverage Trail.

Schoharie County

Fall in Schoharie County is a hard season to beat with incredible leafpeeping vistas and farm stands galore. Kids love picking their own apples and pumpkins and the Terrace Mountain Orchard in Schoharie has the apples and more! Pumpkin picking at RSK Farm in Prattsville, and Fox Val**lev Vail Farms** in Schoharie will keep everyone happy. A visit to Schoharie **Valley Farms** and the wildly popular Carrot Barn café and gift shop is a must any time during the year. Whatever the season, the Carrot Barn has something growing and something cooking.

Schoharie County sets itself apart in the winter outdoor adventure category with the Schoharie County Eagle Trail. Boasting 19 different locations where eagles can be observed nesting or fishing, the county's resident eagles stay in the region year around. In winter they are joined by eagles migrating south from Canada who arrive in Schoharie County and find it just warm enough to end their journey and shelter them until spring. Mapped driving and walking routes are easily accessible to visitors and guides them through areas of stunning beauty and eagle habitat. Each January, trail organizers help lead the National Bald Eagle Count with professionals and amateurs all joining in to collect data on the magnificent birds.

Mine Kill State Park, operated by the New York State Office of Parks, Recreation and Historic Preservation collaborates with the Bald Eagle trail but also offers an incredible array of trails and scenery for fall and winter outdoor enthusiasts. The park also offers ice skating, tubing and sledding, snowshoeing and cross country skiing with rental equipment available at the office during business hours. Nearby, the New York Power Authority operates the Blenheim-Gilboa Visitors Center as part of the Lansing Manor Complex. Interactive exhibits cover basics of electricity and the operation of the Blenheim-Gilboa Pumped Storage Power Project. Lansing Manor, on the National Register of Historic Places is often the site of special activities and events. From Spooktacular on Saturday, Oct. 19 to Movie Matinees on November Sundays to the Festival of Trees on Sunday, Dec. 1, the run up to winter is an active time at Lansing

Middleburgh's Vroman's Nose, popular for hikers in all seasons, offers some of the most spectacular fall foliage and long distance views in the region and is among the more accessible terrain for area hikers.

For history buffs, the Old Stone Fort Museum complex is a treasure trove of history and lore. Seven historic buildings and exhibits spaces on 25 acres house thousands of artifacts, a research library and a local genealogy collection. A museum for more than 130 years, it is a must-stop for all students of New York history.

For art lovers, the Middleburgh Coffee Co. offers a wonderful café/ art experience while 287 Main, a newly created co-work space for artists and friends adds a new gallery touch to Schoharie with artwork and more on display. Adults will love the Green Wolf Brewing Co. in Middleburgh where Schoharie County's first farm brewery has open mic nights and music on tap with the beers. Wayward Lane Brewing, a true farm brewery and taproom in Schoharie is also a must on the beverage circuit.

Sullivan County

Sullivan County is the home of the Villa Roma Resort, the only hotel in the region that boasts its own downhill ski center with a chairlift and numerous trails. In addition to skiing and boarding, winter visitors to Villa Roma in Callicoon can enjoy snowtubing, sledding, and cross country skiing if they want to get outdoors. Indoor activities include everything from a bowling alley to pools, hot tubs, saunas, spas, fitness centers and game rooms. The facility is just one of two ski centers in Sullivan County which also plays host to Holiday Mountain **Ski and Fun Park** with six trails, two chairlifts and a state of the art learning center. A snow tubing center offers 12 lanes for tubers with its own conveyor lift.

A third major outdoor asset in Sullivan County is the 5,500 acre **Frost** Valley YMCA in Claryville, which functions as a camp, a retreat destination and an environmental education center for people of all ages, all year. The access to nature at this rural, mountainous resort is unparalleled. Specializing in family getaways from September to June, the facility offers extensive cross-country skiing and limitless snowshoeing opportunities along with ice fishing and snow tubing activities. Special theme weekends are offered through Columbus Day weekend in October.

For those seeking indoor activities, the depth and variety of attractions in Sullivan County is hard to match. **Bethel Woods Center for the Arts** and the Museum at Bethel Woods celebrate the world-famous Woodstock concert that never really took place in Woodstock. The museum in Bethel helps baby boomers relive the past and their journeys during the 1960s and the Woodstock era while others get to learn for the first time what that experience was like. The museum is open daily until Dec. 31.

The Callicoon Theater and Hurlevville Performing Arts offer special shows throughout the year. A visit to the Callicoon Brewing Company and the Roscoe Beer Co. are musts for those who enjoy the beverage circuit.

Ulster County

Ulster, the county where Catskills meet the Hudson River, has been a leader in outdoor winter recreation since the state of New York opened Belleayre Mountain Ski Center for the 1949 - 1950 ski season, Ulster County will join its tourism partners in celebrating its 75th anniversary of the family oriented facility this coming season. Belleayre Mountain boasts the only gondola in the Catskill region and, like Hunter and Windham ski centers, offers state-of-the-art snowmaking that virtually guarantees

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skiing from November through April. Before the snow flies, visitors can enjoy two weekends of fall festival activity on the mountain. Saturday and Sunday, Oct. 5 and 6 and again Saturday and Sunday, Oct. 12 and 13, gondola rides, trail hikes, music, brews and preski, pre-holiday shopping will cascade across the mountain.

In addition to being home to the Catskill Mountains, Ulster County also boasts the Shawangunk Mountains, home to some of the best rock climbing on the east coast. The **Black Diamond Golden Carabiner Hunt** on Saturday, Oct. 26 is presented by Rock and Snow and Black Diamond to raise funds for the Gunks Climber's Coalition. Golden carabiners are hidden in 30 locations in the mountains and pairs of climbers use clue sheets to search for and claim them for prizes at an evening afterparty the same day. The Catskill Ice Climbing Festival has been an Ulster County tradition for more than two decades. Generally the first week in February, the festival boasts a series of clinics and events from basic ice movement and steep ice tech to mixed ice, ravines and rescue techniques. For those who prefer to keep their feet on solid ground, Ole Savannah restaurant in downtown Kingston opens an ice rink on the Rondout Creek as soon as weather permits.

Kingston, New York's first capital, is always in season. But December and later winter months bring a special air to the place. For four days in October (17, 18, 19, and 20) visitors tour the Senate House and Old Dutch Church where Revolutionary War activity was hot. Colonial Camp Re-Enactments illustrating the burning of Kingston are accompanied by dozens of activities including a Colonial Grand Ball and **Reception and a 5K RunWalk** event. Kingston also pulls out all the stops for its annual Snowflake Festival.

Down the road, the **Headless Horseman** is the granddaddy of all Haunted Halloween experiences drawing hundreds of thousands of visitors each year. The Ulster Park attraction uses a historic mansion and 65 acres of property to scare the wits out of visitors each fall. In December the property turns on a spectacular holiday lights

Two major activity centers on opposite ends of Ulster County keep visitors entertained throughout the fall and winter months with special activities that range from art to music and nature to nurture. The Ashokan **Center** in Olive Bridge offers music and dance camps and educational field trips in addition to special events ranging from Northeast Blacksmiths Association's Fall Hammer - to a Fall Family Fun Fest, a Botanical Art & Nature Sketching Retreat and a Banjo Weekend. The Pine Hill Community Center offers weekend concerts from jazz to classical, an art gallery, kids activities, and a pottery studio open to anyone who wants to try their hand at the craft. The eclectic programming offers something for everyone from native to newcomer and young kids to grandparents. Its thrift shop is among the best anywhere.

Other magical must visit places in Ulster County include Mohonk Mountain and Rocking Horse Ranch with activities and events throughout the winter. The World's Largest Kaleidoscope and the Em**erson Resort** Gift Shops have special holiday celebrations and the Catskill **Mountain Railroad Polar Express** experience is a must for kids. Adults will enjoy evening entertainment at **UPAC** in Kingston which brings nationally renowned performers to the stage. A visit to the Woodstock **Brewing Company** in Phoenicia and Keegan Ales in Kingston are both top-notch on the beverage trail.

Information for this story was provided by county tourism promotion agencies who are always eager to talk about their favorite places to go and things to do. More information can be obtained by checking the websites of the attractions mentioned or by contacting one of the following tourism offices.

> Delaware County greatwesterncatsills.com Greene County greatnortherncatskills.com Otsego County thisiscooperstown.com Schoharie County visitschohariecountv.com Sullivan County sullivancatskills.com **Ulster County** visitulstercountyny.com



· Windham's 30th Annual Autumn **Affair:** 10 a.m. - 5 p.m. Oct. 12 and 13, Main Street, Windham. More than fifty vendors will line both sides of Main Street with local crafts and food in addition to the many sidewalk sales and food specials that will be offered by Main Street businesses. Enjoy live music from noon to 4 p.m. www.movingwindhamforward. com

OCT. 13

• Hudson Valley Dance Festival: 2 - 5 p.m., 1 Main Street, Catskill. Hudson Valley Dance Festival returns for its 11th year to Historic Catskill Point. The festival is a benefit for Dancers Responding to AIDS, a program of Broadway Cares/Equity Fights AIDS. Hudson Valley Dance Festival is a spectacular display of dance from both lauded and emerging choreographers and performers. This benefit support helps more than 450 social service organizations across the country, including 15 here in the Hudson Valley. dradance.org

OCT. 27

• Boo at the Zoo: 1 - 6 p.m., Bailiwick Animal Park, 118 Castle Road, Catskill. Trick or treat around the zoo with costumed characters. Enjoy a maze, pumpkin patch, witches cauldron bonfire, petting and feeding areas throughout the zoo, and more. Family and kid-friendly. www.bailiwickranch.com

NOV.8

• Fortnightly's 29th Festival of Trees:

Three-day event from Nov. 8 - 11, beginning Nov. 8 at 7 p.m., Anthony's Banquet Hall, 746 route 23B, Leeds. Come feel the holiday spirit by seeing the beautifully decorated trees and wreaths that can be yours by silent bid. There will be plenty of food, vendors and gift ideas with live entertainment and of course, Santa. Reservations suggested to ensure your spot. www.facebook.com/people/ Festival-of-Trees-Fortnightly-Club-of-Catskill/100064768744179

NOV. 9

• Wylder Windham X Hester Street Fair: 11 a.m. - 5 p.m., Nov. 9 and 10, 19 route 26, Windham. Hester Street is a space for people and businesses to gather, celebrate and discover what unites

and propels local community. Going beyond a typical street fair or market, here's the infrastructure to empower people's pursuit of passion through commerce, connection, and cultural inclusion. Undoubtedly, the little giant of NYC markets. wylderhotels.com/windham

OTSEGO COUNTY

OCT. 1

• Anna Warfield's UNDOINGS: Oct. 1 - 4. ll a.m. - 4 p.m., Martin-Mullen Art Gallery, 108 Ravine Parkway, Oneonta. UNDOINGS is a solo exhibition by Binghamton-based artist Anna Warfield featuring her fabric sculptures, artist books, and drawings. This show demands an active presence and critical thinking; use this opportunity to reassess your assumptions and allow the artist to reframe your perspective. www.facebook.com/events/ 2603602679839732/2603602793173054

FRIDAYS IN OCT.

• Hyde & Shriek! Candlelight Ghost Tours: 6 - 8:30 p.m., Hyde Hall, 267 Glimmerglass State Park, Cooperstown. These frightful candlelit tours will bring visitors within the chambers of the mansion to hear tales of the ghostly apparitions who have lingered at Hyde Hall for over two centuries! This autumn tradition is a chance to step into the shadowy realms of the unknown with Hvde & Shriek, a spine-chilling ghost tour that unveils the secrets and spectral stories lurking in the heart of the old mansion. Extended periods of walking and climbing stairs are required. www.facebook.com/even ts/708423981273237/708424074606561

OCT. 5

- 4th Annual Fall Craft Fair: 10 a.m. 4 p.m., Cullen Pumpkin Farm, 587 Cullen Road, Richfield Springs. Homemade craft fair featuring a plethora of different vendors. cullenpumpkinfarm.com
- Fall Foliage Excursions: 11 a.m. 5 p.m., Cooperstown & Charlotte Valley Railroad, 136 East Main Street, Milford. Picturesque ride through the Susquehanna River Valley. Travel along the tranquil Susquehanna River, through farm fields with beautiful views, and forests with colorful foliage. An open air car with new permanent canopy makes for a perfect view of the colors, rain or shine! www.facebook.com/even

ts/474305828569090/474306788568994

• Oneonta Farmers Market: 9 a.m. -12 p.m. Saturdays, 53 - 55 Market Street, Oneonta. local.aarp.org/event/oneonta-farmers-market-2024-07-13-oneonta-ny.html

OCT. 12

- Family Service Mud Run: 10 a.m., Waterhill Farm, 3050 county Route 8, Oneonta. The ultimate obstacle race for all ages, shapes, and sizes. Run, walk, crawl, and laugh your way through the course. Competitive and noncompetitive classes offered. www.facebook.com/ events/397094316062973
- Orange County, Paranormal NY: 7 - 10 p.m., Hyde Hall, 267 Glimmerglass State Park, Cooperstown. Orange County NY Paranormal will first reveal the findings of an exciting paranormal investigation at Hyde Hall. Then visitors take a turn to conduct a paranormal investigation. This is an amateur paranormal investigation; all are welcome. en-gb.facebook.com/events/1408079026509406

OCT. 19

- Campfire Jams Music Festival: 10 a.m. - 11 p.m., Cooperstown KOA, 565 Ostrander Road, Richfield Springs. \$5 parking per car. allevents.in/richfield%20 springs/campfire-jams-music-festival/10000928693285617
- Schenevus Shriek Show: 10 a.m. 3 p.m., Borst Field, state Route 7, Schenevus. A day-long festival featuring artisans, crafts, costume contests, trick or treating, a petting zoo, and more! The Rocky Horror Picture Show performance presented by Inside Insanity at the Worcester Wieting Theatre to follow beginning at 7pm. en-gb.facebook.com/ events/2820187584804528

OCT. 20

• GOAToberfest: 3 p.m., 336 Coye Brook Road, Gilbertsville. Start with a goat yoga class. Get your downward dog on and take silly selfies with our goats on the Selfie Cam. After class, enjoy local craft beer, meet the team behind NY Goat Yoga, take a hayride around the property and amazing photos with peak NY fall foliage as the backdrop. Pick a pumpkin, mingle, tour the property and enjoy the best that upstate New York has to offer! en-gb.facebook.com/events/880856096754693

continued on page 26





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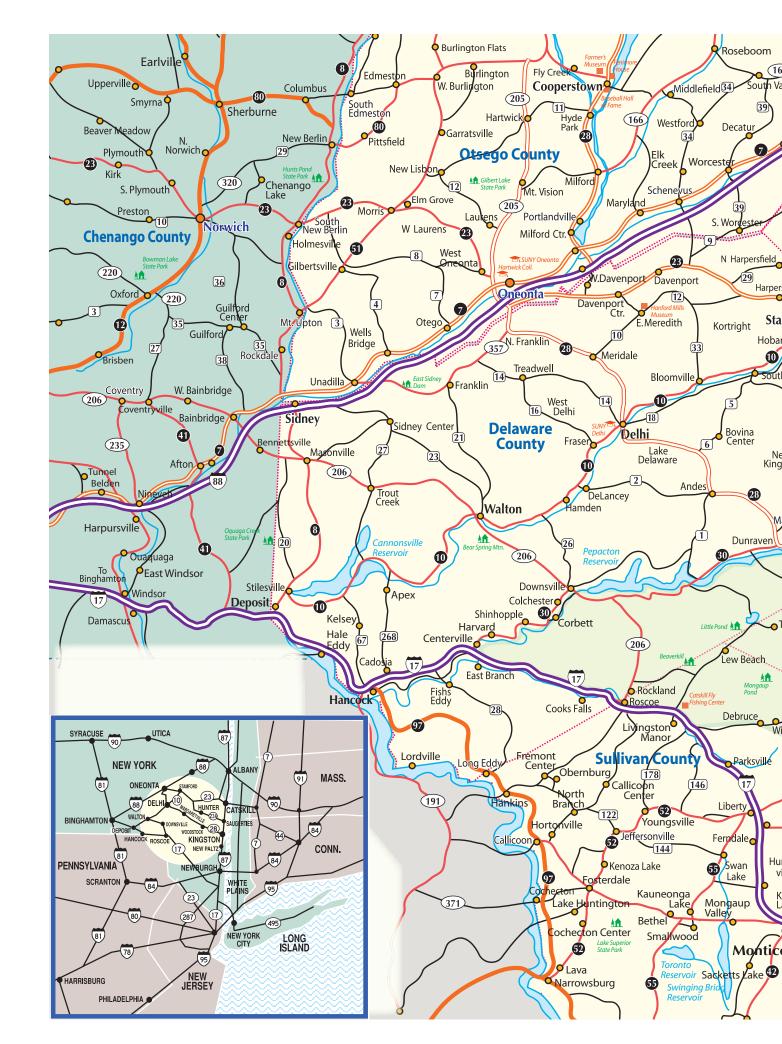
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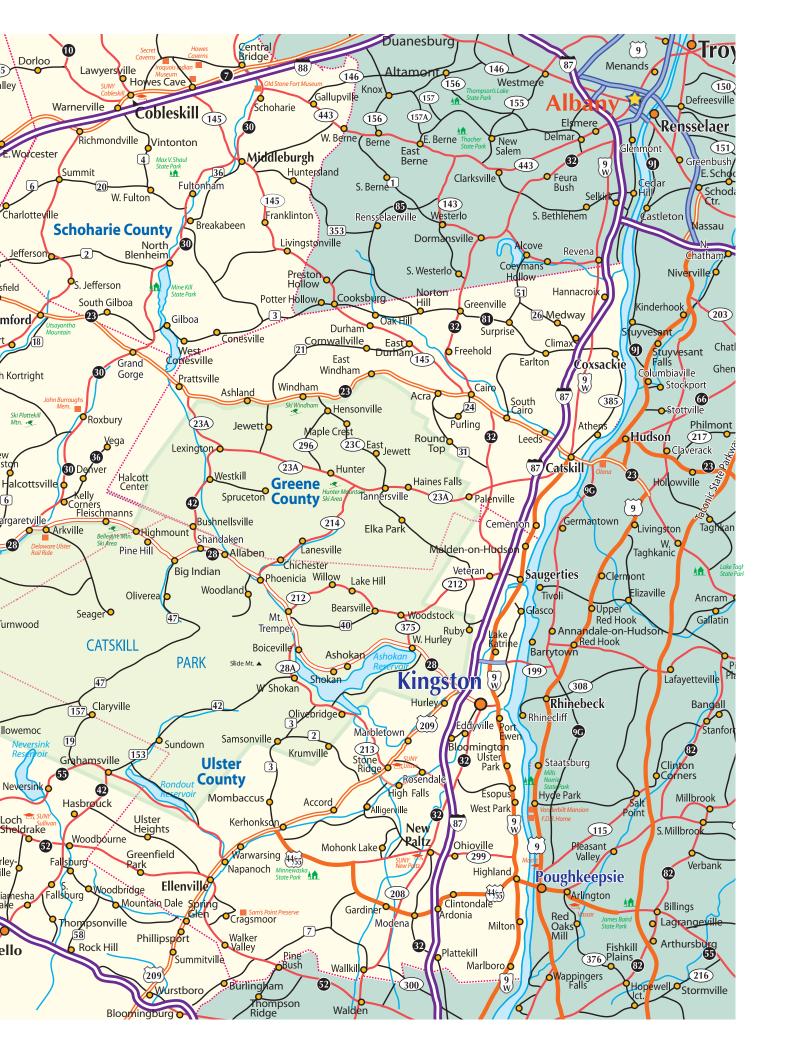
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sold in the store as bars, bonbons, hot chocolate and ice cream sandwiches among many other confections.

Visitors who cannot believe that these decadent delicacies are crafted right in the next room can see the chocolatiers work their magic through a viewing window in the shop. Samples are also available for each of the bars so guests can select their perfect chocolate.

Bryan, the co-founder and creative director of the operation, has been dedicated to starting with quality ingredients since hand picking raspberries for pies at his grandmother's farm in Andes as a child, to now traveling the world to hand pick only the best cacao suppliers. Bryan and Dahlia visit all of the farms that they source cacao beans from, which are located in Peru, Bolivia, Dominican Re-

public, Colombia and Madagascar. The couple is committed to only sourcing sustainably - and ethically-harvested cacao, a practice that sets the company apart from other chocolate producers.

"You can get a bar of chocolate for \$2 at the gas station, but you don't know if you can trust their cocoa bean sourcing practices," Dahlia, the CEO and cofounder of Fruition, said.

The beans, which are the harvested seeds of the cacao fruit, are fermented and dried in their country of origin before being shipped to Shokan. The first step once the beans arrive is to roast them. Fruition's roasting process is somewhat unique in the chocolate world because they use a convection oven rather than a coffee bean roaster.

After being roasted, the beans must be winnowed to remove the husk. The winnowing machine — the industrial equivalent of their original hair dryer technique —

cracks the bean and uses a fan to separate the light husks from the heavy beans. The beans, now known as cacao nibs, can be eaten after this stage and have a nutty flavor.

The beans are then refined and conched — a process in which heat and air are used to remove unwanted tannins and astringent flavors. Beans from different sources are processed separately to preserve the unique flavors of each bean, producing single-source chocolate.

"What we're doing is we're trying to highlight the nuances of the particular cacao, so some might be more of a citrus note, or more of a berry note, or more fruit forward or a little more earthy," Dahlia said. "Kind of like wine or coffee, there's nuance, and we're trying to preserve that and showcase it as something of value."

The final products vary from the bare basics of chocolate — cocoa beans, sugar and cocoa butter — to more



recipes like their eight-time awardwinning brown butter milk chocolate which features butter from Ronnybrook Farm in Ancramdale.

Most of the confections — like the miso maple almonds or the passion fruit caramels — use beans sourced from the Dominican Republic. Bryan explained that this is because their Dominican Republic chocolate is a "crowd pleaser" as it is not too bitter and not too fruity.

"It's something that's accessible to everybody," Bryan said. "It's just a very delicious, middle grade cacao."

Having both grown up in the area, community connections are at the heart of Fruition's operation. The Grahams have collaborated with many other local businesses for their own products and for other artisans' goods. At the shop in Shokan, they sandwich Del's Dairy Farm ice cream, which uses Fruition's products in their chocolate flavor, between two of their flourless chocolate cookies for their ice cream sandwiches.

A collaboration with Westwind
Orchard in Accord has yielded four
orchard-inspired chocolate
flavors using Westwind's



iconic Catskill businesses, and visitors

may find the name popping up in un-

expected places like in the Phoenicia

Diner's hot chocolate, West Kill Brew-

ing's chocolate stout or Peekamoose's

Alyshia Korba

Bryan and Dahlia Graham craft their chocolate from bean to bar right at their facility alongside the Ashokan Reservoir.

been proven worthwhile as their chocolate has stood out among the best of the best at international chocolate competitions. Fruition Chocolate has collected over 70 awards throughout the years, including several dozen international competition awards, for both their luxurious flavors and their commitment to ethical chocolate production. Bryan was also named one of the top 10 chocolatiers in the U.S. by Dessert Professional magazine in 2013.

These world-renowned confections can be found at the shop in Shokan along with a variety of other local products. They have also spread to over 600 locations throughout the country including local businesses; Whole Foods in New York, New Jersey and Connecticut; New York state welcome centers; and John F. Kennedy International and LaGuardia Airports. The chocolate can even be found in a few international locations in Canada and Europe.

Chocolate can also be purchased online at fruitionchocolateworks.com



Alyshia Korba

The company has many collaborations with other artisans including two-time Chopped champion and Beat Bobby Flay winner Ric Orlando who operated New World Home Cooking Company in Woodstock in 1993-2018.







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OCT. 26

- Halloween Costume Party: 7 p.m. -12 a.m., Creekside Farms, 463 Pegg Road, Morris. Join us for a frightfully fun evening filled with large bonfires, moonlight hayrides, a twilight maze, tours, delicious food and drinks, costume contests with awesome prizes, live music by the band Sundown and more! www.facebook.com/ events/7940948666024437
- Haunted Mansion for Kids: 5-7 p.m., Hyde Hall. 267 Glimmerglass State Park Road, Cooperstown. Step into a world of enchanting eeriness and thrilling tales. This Haunted Mansion is designed especially for brave young souls! Bring them for an unforgettable adventure through the mysterious corridors of the museum, where history and spookiness collide. Come in costume, and try to brave the Ghosts of Hyde Hall gathering candy along the way! Ideal for individuals age 5 to 12; a guardian must accompany all participants. en-gb.facebook.com/ events/1063575338212230

NOV. 2

· Harvest Festival at Creekside Farms: 11 a.m. Creekside Farms, 463 Pegg Road, Morris. Enjoy a day filled with fall family fun, including a challenging corn maze, exciting hay rides, and friendly farm animals. Delight in delicious food, bounce houses, and a variety of games for all ages. Tap your feet to live music and taste and savor local wine. It's the perfect autumn celebration for everyone! www. facebook.com/events/1037563601125830

NOV. 8

• November Wine Down Weekend: 3 p.m., The Inn at Cooperstown, 16 Chestnut Street, Cooperstown. Join us and our friends from The Studio for Art and Craft for flight tastings, charcuterie, design your own ceramic charcuterie board and more! www.innatcooperstown.com/ packages/wine-down-weekend-package

NOV. 15

• November Bed and Brew Weekend: 3 p.m. The Inn at Cooperstown, 16 Chestnut Street, Cooperstown. Visit Brewery Ommegang for a weekend of relaxation, brews, and more! Bed and Brew guests experience a tasting, multi course dinner

with drink pairing, mercantile shopping experience, and receive a commemorative growler with choice of beer and glass to go with it! Join us Friday evening in the parlor with your own favorite brews. Saturday after breakfast is your time to explore. In the evening meet the group for a trolley ride over to the Brewery and enjoy all Brewery Ommegang has to offer! www.innatcooperstown.com/packages/ bed-and-brew-with-brewery-ommegang/

DEC. 6, 13 & 20

• Holiday of Lights: 6 - 8 p.m., 48 Lake Street, Morris. Come and take a walk through Santa's Village! Stop by our general store, hot cocoa bar, Santa's hut, kissing bridge, Santa's post office, village bakery and candy shop, and make-your-own ornament shop. Santa and the Grinch will be attending, presents will be given out, all while listening to your favorite Christmas music! https://www.facebook.com/ events/514531287703264/

DEC. 14

• Victorian Candlelight Christmas Tour: 5 - 6 p.m., Hyde Hall, 267 Glimmerglass State Park Road, Cooperstown. Step back in time at Hyde Hall's Victorian Candlelight Christmas Tour! https:// www.eventbrite.com/e/hyde-halls-victorian-candlelight-christmas-tour-tickets-899221023287

SCHOHARIE COUNTY

OCT. 4

• Halloween I: 378 Stryker Road, Gilboa. Catskill Mountains/Gilboa KOA Holiday Event, Oct. 4 - 6. Bubble, bubble, toil and trouble, fire burn and cauldron bubble ... join us for a freaky fright Friday Night and stay all weekend long! Participate in Trick or Treating, Costume Contests, Site Decorating Contest and more! Saturday Night Entertainment: Mixtape Revival and Spook Trail. https://koa.com/ campgrounds/catskill/events/octoberhalloween-i 1b47ea0c-3389-4bd8-9bbb-0ed15a8c6b4f/

OCT. 5

• Schoharie County Arts Trail Driveabout: 10 a.m. - 4 p.m., Schoharie County Arts Now, 115 Parkway Drive, Cobleskill.

- Schoharie County Arts is hosting its second annual Arts Trail Driveabout on October 5-6, 2024 from 10am-4pm. This county-wide event will celebrate the creativity of area artists and artisans by encouraging the public to visit your studio or a designated venue where you can set up to display and sell your work. The Driveabout will be a self-guided tour throughout Schoharie County during peak foliage season. https://en-gb.facebook.com/SchoharieCountyArtsNow
- Gentle Yoga Saturdays: 11 a.m. 12 p.m., Rockland Cider Works, 201 Stryker Road, Gilboa. Join us every Saturday, OC-TOBER 2024 for Yoga @ the Cidery! Great for first-time students and seasoned practitioners. Props will be provided, but please bring a yoga mat (towel/blanket) as mats are limited, and any additional support you may need. Wear comfortable clothing and bring a water bottle. http:// www.laurapotteryoga.com/

OCT. 6

- Chili Cook-Off: 12 p.m., Charlotteville Schoolhouse, 641 Charlotte Valley Road, Charlotteville. Hosted by Summit Community Center, Inc. from noon until sold out. https://www.facebook. com/events/1192622248387547/?ref $source = news feed \delta ref_mechanism = feed$ attachment&action context=%257B% 2522action history%2522%253A%2522nu ll%2522%257D
- Chair Yoga Sundays: 11 a.m. 12 p.m., Rockland Cider Works, 201 Stryker Road, Gilboa. Join us every Sunday, OCTOBER 2024, for Yoga @ the Cidery! Yoga is for everyone and all-bodies, and chair yoga is a style of yoga that can offer more accessibility. Whether you struggle to get up and down off the ground, drive or sit a lot for work, or use a wheelchair-chair yoga might be for you! Learn how to create a movement practice from anywhere. Chairs and props will be provided, but please bring any additional support you may need. Wear comfortable clothing and bring a water bottle. http://www.laurapotteryoga.com/
- Market in the Meadow: 12 5 p.m., Wayward Lane Brewing, 255 Ward Land, Schoharie. Live bands, food trucks, tasty beverages and as always your favorite local farm and craft vendors from the area (some new, some old)!

continued on page 31







607-865-6061



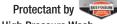




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INTERINTH IDERNESS:

When the forest comes alive

By Alyshia Korba

Following several months of trips through the winter woodland, Heather Rolland once again was trekking through the snow following a path of coyote tracks. As a wildlife photographer, she was on a mission to photograph a coyote that winter.

That day, the tracks she was following were clearly made by more than one coyote as they appeared braided and chaotic, and she guessed she was tailing three individuals. While she was not able to catch up with the animals that day, or any other day that winter, she came across what she says was her "single greatest delight" on that adventure: three perfect depressions in the snow where the tracks halted and the animals laid down for a nap.

Wildlife tracking can be a hobby on its own, or a fun addition to other outdoor activities like hiking, fishing and camping. Some wildlife trackers look to follow tracks and find an animal, some are happy to simply observe tracks, and others have a favorite animal that they seek to observe through tracking.

Moe Lemire, owner and lead guide of Hike on Guides, said wildlife tracking can be used to enhance a hiking experience by making people aware of animals in the area that may be too elusive to see firsthand. He said it is also an important safety skill for wilderness enthusiasts as it can alert them to potentially dangerous animals in the area.

Lemire is a licensed guide through the New York State Department of Environmental Conservation who, along with his husband Jeff Senterman, offers guided hikes in the Catskills. Lemire said he enjoys teaching his clients about tracking and opening their

eyes to the world of wildlife around them.

"When you're hiking, animals, even if we're super quiet, they hear our footsteps," Lemire said. "They hear breaking branches, and, a lot of times, things are gone before you get there. The tracks kind of give you an idea of what's out in the woods."

Winter is the most popular season for tracking, especially for beginners, because the snow creates a fresh canvas. Rolland said going out in the winter allows her to see the world like her dogs "see" it through their keen sense of smell.

"I realized one of the things that I loved so much about the winter and the snow was that suddenly it was like I was let into the world that my dogs existed in," Rolland said.

Lemire said he enjoys winter hikes because that is when the forest comes alive, at least to the human eve.

"You see little tracks going you're like, 'Hmm, is that a chipmunk? Is it a squirrel? Is it a mouse?'," Lemire said, "and then vou can follow them. and a bunch of tracks go to a tree and then they disappear. Then you look up the tree and you're like, 'Well, there's a party going on up there' because there's tracks coming from different directions."

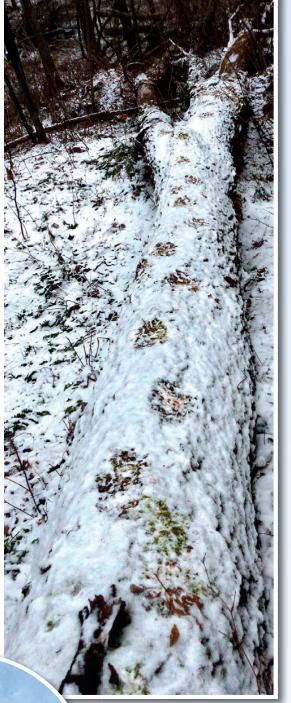
Contributed photo

One of the most common tracks that can be found deep in the woods or in your backyard is the gray squirrel. Squirrel tracks show five toes on the front feet and four on the back.



Contributed photo

Beavers tend to leave muddled tracks, but the classic beaver slide into a body of water leaves little room for doubt as to who made this track.



Contributed photo If the size of a black bear track does not make it clear who it is, they can also be identified by their five toes that curve around the asymmetrical palm pad.

Lemire said the best time for tracking in the winter is just after a fresh snow. He said that tracks can start to deteriorate even a few hours after a snowfall. Wildlife tracking can be practiced anywhere with wildlife, from a backyard to a wildlife preserve. Rolland said she recommends state parks to see a variety of tracks. She said one of the best ways for beginners to find tracks is to

walk along the truck trails in the parks as many animals take advantage of the easy-to-navigate paths.

Bodies of water are often surrounded by tracks as many different animals may visit for a drink. Lemire explained that in the Catskills, animals often have to go down into the valleys for water as the clay soil in the mountains prevents water from accumulating too much at higher elevations.

He said muddy conditions along shores tend to result in clear, defined tracks, making them a popular tracking site when there is no snow. Common tracks to find around bodies of water include raccoon, muskrats and various mustelids like minks.

Wildlife trackers use a variety of observations to identify tracks, but some of the most important features to look for are the number of toes, the general shape of the track and the size of the track.

With these observations, even beginner trackers can identify many of the common Catskills tracks. Identification becomes more difficult, however, when tracks are imperfect, aged or disrupted. In this case, the pattern of the tracks can also give a clue as to what animal made them. Some ani-



Contributed photo

Fisher tracks photographed by Heather Rolland demonstrating their angled track pattern and meandering path.



Contributed photo

Porcupines can be difficult to identify by a single track as their blocky feet do not always create defined tracks. They can be easily identified, however, by their alternating step pattern and the tail swish that often accompanies their tracks.

mals, especially felids and canids, place their feet in a single-file line practicing a track feature known as "direct register". A direct register is when an animal steps on its own tracks, appearing to leave only one track per two steps.

While there are many animals that perform direct register, other animals have very distinct track patterns. Rabbit tracks, for example, make a "Y" shape distinguishing them from squirrels which have a more rectangular pattern.

The pattern can also indicate what gait they were moving in and how they were moving. Were they strolling along looking for a snack or were they running from a predator? Tracks not only tell what animal passed through the area; they tell stories.

Apart from identifying animals, tracking also allows participants to "observe" wildlife activities like deer digging through the snow to forage, a muskrat meandering in and out of a river as it hunts or a few coyotes stopping for a nap.





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Submission Rules:

- · Submit online using the form on CatskillCountry.com
- \cdot Be at least 2 megabytes or 300 dpi at 8 ½ x 11, no filters
- · Feature the Catskills outdoors, activities, animals, food, farms or shopping
- · Include your name, mailing address, date and location where your photo was taken along with a brief description of the photo.
- · If there are people in your photo, include their names

By submitting your image you acknowledge that the photo is yours and yours alone. You further understand that by submitting this photo you are granting Decker Advertising, Inc., publisher of Catskill Country all rights to publish the photo in any tangible medium of expression, now known or later developed, from which is can be perceived, reproduced, or otherwise communicated, either directly or with the aid of a machine or device, including without limitation the rights to archive and republish.

OCT. 11

• Stranger Things Weekend: Catskill Mountains/ Gilboa KOA Holiday, 378 Stryker Road, Gilboa. It might take Eleven of your closest friends to help you through this frightful weekend. Keep the monsters away with trick or treating, Site Decorating Contests, and then brave our spook trail at night or dance the night away. Saturday Night Entertainment: DJ Brian and Spook Trail; Sunday Night Entertainment: Funk Evoution; Food Truck: Helen's Lil Kitchen Fri/Sat/Sun. https:// koa.com/campgrounds/catskill/

OCT. 12

• Beekman 1802 Farm Tours: 11 a.m., meet up spot at The Kindness Shop, 187 Main Street, Sharon Springs. A walking tour of the vegetable garden, house exterior, crypt, matrimony hill, & flower garden Time with our goats! Your email confirmation and/or receipt will serve as your ticket. Limited availability, only 30 spots per tour! kindnessshop@beekman1802.com

OCT. 19

• A Night Out at Schoharie Library: 6 - 9 p.m., Schoharie Library, 103 Knower Avenue, Schoharie. Adult 21+ event, Charcuterie & dessert, Music and local craft beverages provided by Wayward Brewery, Midddleburgh Winery, and Dry AF. Ticket sales will begin September 1st. Please call the library with any questions. https://www.facebook.com/ events/465445812937154/

OCT. 20

• Yoga at the Iroquois Museum: 10:30 a.m., Iroquois Museum, 324 Caverns Road, Howes Cave. \$15 for Museum Members/Non Members. Bring a mat, towel and water. All donations support the Museum's education programs. https://engb.facebook.com/iroquoismuseum

OCT. 26

• Trunk or Treat: 6 - 8 p.m., Diamond's Little Gems, 121 Park Place, Schoharie. Come join us for a family friendly Trunk or Treat Event! Enjoy Games and Tunes with DJ CheyChey! There will be a prize for the best decorated trunk so let Ms. Colleen know if you'd like to join that competition at DiamondsLittleGems. com!

OCT. 27

• The Legend of Sleepy Hollow Marionette Show: 2 p.m., Gallupville House, 913 state Route 443, Schoharie. Please ioin us for a free fall afternoon marionette show with The Legend of Sleepy Hollow being performed by The Puppet People! The Legend of Sleepy Hollow focuses on themes of bullies, jealousy, and superstition. This show will feature marionettes, 2 life sized puppets, special effects, classical and traditional folk music. The suggested ages for this even is 5 and up! https://www.facebook.com/ events/1070769974406208/

NOV. 9

• Beekman 1802 Farm Tours: 11 a.m., meet up spot at The Kindness Shop, 187 Main Street, Sharon Springs. A walking tour of the vegetable garden, house exterior, crypt, matrimony hill, & flower garden Time with our goats! Your email confirmation and/or receipt will serve as your ticket. Limited availability, only 30 spots per tour! kindnessshop@beekman1802.com

NOV. 16

• Annual Fall Craft Show: 10 a.m. - 4 p.m. Gallupville House, 913 state Route 443, Schoharie. Please join us for our Gallupville House Annual Fall Craft Show! To request a vending spot please email GallupvilleHouse@gmail.com directly.

NOV. 17

• Yoga at the Iroquois Museum: 10:30 a.m., Iroquois Museum, 324 Caverns Road, Howes Cave, \$15 for Museum Members/Non Members. Bring a mat, towel and water. All donations support the Museum's education programs. https://engb.facebook.com/iroquoismuseum

DEC. 6

• Lights in the Park: Fridays and Saturdays in December, 6 - 8 p.m. Timothy Murphy Park, 4260 state Route 30, Middleburgh. A festive, drive-through event for ALL ages! Talk with Santa, view our holiday displays, and take selfies with our characters! Donations graciously accepted to add to the display! https:// www.middleburghrotary.org/events/ lights-in-the-park/?mc id=1136

DEC. 14

• Beekman 1802 Farm Tours: 11 a.m., meet up spot at The Kindness Shop, 187 Main Street, Sharon Springs. A walking tour of the vegetable garden, house exterior, crypt, matrimony hill, & flower garden Time with our goats! Limited availability, only 30 spots per tour! kindnessshop@beekman1802.com

DEC. 15

• Full Moon Labyrinth Walk: 6:30 - 8 p.m., The Awen Center, 1688 state Route 10, Jefferson. Experience the magic of the labyrinth during a full moon. https://www.eventbrite.com/e/december-full-moon-labyrinth-walk-tickets-789689230747

SULLIVAN COUNTY

OCT. 5

- Faux Pumpkin Decor Workshop: Lavender Sky Farms, 413 Horshoe Lake Road, Swan Lake. Join us to make your own inviting fall wreath or decoupage a faux pumpkin to create a stunning entryway or tablescape for the season! \$55 per person, all materials and light refreshments included. www.lavenderskyfarms.
- Narrowsburg Logging Days: 11 a.m. - 5 p.m., Narrowsburg. This free, familyfriendly event will feature the New York State Lumberjack Association Lumberjack Contest on the riverfront with the iconic Narrowsburg Bridge as a backdrop. There will be 12 different competitive events. The day will be filled with other interests for attendees such as an expanded vendor market, musical performances, a baking contest, beard & mustache contest, a kids' activities area, and educational lectures related to wood and forests to name a few. https://welcometonarrowsburg.com/logging-days

OCT. 12

• Manor Flea!: 12pm, 672 Old Route 17, Catskill Brewery, Livingston Manor. A recurring market, free and family friendly. Unique vendors, beer, delicious food, and great music. Located in the Catskill Brewery Beer Garden. www.catskillbrewery.com

continued on page 32

OCT. 13

- Callicoon Artwalk 2024: 12 6 p.m., in the hamlet of Callicoon. Join us for casual meet & greets with featured artists, LIVE music, performances and activities. Artists' work will remain on display throughout the weekend, and Artwalk will culminate in a full day of activities on Sunday, Oct 13th, including theatre performances, screenings, LIVE music & workshops. https://www.facebook.com/ events/862733835803523
- · Cabaret Comedy featuring Maureen Langan: 7 p.m., The Eldred Preserve, 1040 state Route 55, Eldred. Don't miss the conclusion of The Bradstan Cabaret Series with "America's Got Talent" semifinalist Maureen Langan. She is an acclaimed standup comedian, broadcaster, and TEDx Talk speaker who has performed at clubs, festivals, and corporate events across the world. Join us for a night of laughter and fun as Maureen closes out The 2024 Bradstan Cabaret Series. https://theeldredpreserve.com/ entertainment/cabaret-comedy-nightmaureen-langan/

OCT. 26

• Oktoberfest Beer Festival: Holiday Mountain, 99 Holiday Mountain Road, Monticello. Beer, food, music, what else do we need to say? https://skiholidaymtn.com/events-announcements/

DEC. 7

· Narrowsburg Union Holiday Market: 11 a.m. - 5 p.m., 7 Erie Avenue, Narrowsburg. The Narrowsburg Union warmly invites you to the Holiday Market 2024, a showcase of regional talent and holiday spirit. As you explore the market, you'll encounter a delightful array of handcrafted gifts from over 20 local vendors, ensuring you find unique presents for your loved ones. Food will be available, and Christmas trees will be available for purchase. https://www.narrowsburgunion.com/holiday-market24

ULSTER COUNTY

OCT. 2

• Woodstock Farm Festival: 3 - 7 p.m. Mountainview Lot, 20 Mountainview Ave, Woodstock. Weekly farmers market in the heart of Woodstock. Celebrate

the bounty of the Catskills with farmers. makers, live music and food vendors. www.woodstockfarmfestival.org

• Ellenville Market on Market: 4 - 7 p.m. 3-5 Clinton Avenue, Ellenville. Fresh produce, flowers, seafood, meat, handmade goods, live music, and so much more at Ellenville's Market on Market! SNAP benefits are accepted! https:// www.facebook.com/EllenvilleMarketon-Market/

OCT. 4

• Still Standing: 11 a.m. - 4 p.m. 63 Main Street, Kingston. The 2024 exhibit, STILL STANDING, showcases 12 structures preserved by past and present members of the Friends of Historic Kingston. We invite you to come celebrate our predecessors' foresight in restoring these iconic structures and to reflect on your own essential role in protecting our city's architectural heritage. https://www.fohk. org/welcome/house-gallery/gallery/

OCT.5

- 4th Annual Hurley Craft Fair: 9 a.m.
- 4 p.m. Hurley Reformed Church, 11 Main Street, Hurley. Hurley Church is holding their annual Craft Fair. Food will also be available for purchase during the event. Entrance fee is \$3 per person.
- Saugerties Farmers Market: 10 a.m. - 2 p.m., Cahill School Parking Lot, 115 Main Street, Saugerties. All the best of local produce, including fruits and vegetables, pasture-raised meats, artisanal cheeses, eggs, maple syrup, honey, wines and spirits, baked goods, jams and jellies, prepared foods, and more. Weekly live music and Kids Art Corner as well as special events make this a favorite community gathering place. saugertiesfarmersmarket.com
- Fall Festival at Belleayre: 10 a.m. 5 p.m., 181 Galli Curci Road, Highmount. Join in on all the fun happening at Belleavre this Fall! Take scenic gondola rides, play in the corn hole tournament, shop through craft vendors, participate in the pie eating contest, and SO much more! Food trucks will also be on site serving up delicious bites! https://www.belleayre. com/todo/fall-festival/#date=20241012

OCT. 6

- Phoenicia Farmers Market: 10 a.m. - 2 p.m., Parish Field, 109 Main Street, Phoenicia. A delightful farmers market in the heart of the Catskills. Visit PFM outdoors for locally grown produce and artisanal, handmade foods. Enjoy free kids' activities and live music on Parish Field, adjacent to the Tanbark Loop Trail and steps from Phoenicia's charming Main Street. https://www.phoeniciafarmersmarket.com/
- Fall Festival at Belleayre: 10 a.m. 5 p.m., 181 Galli Curci Road, Highmount. Join in on all the fun happening at Belleayre this Fall! Take scenic gondola rides, play in the corn hole tournament, shop through craft vendors, participate in the pie eating contest, and SO much more! Food trucks will also be on site serving up delicious bites! https://www.belleavre. com/todo/fall-festival/#date=20241012
- Still Standing: 11 a.m. 4 p.m. 63 Main Street, Kingston. The 2024 exhibit, STILL STANDING, showcases 12 structures preserved by past and present members of the Friends of Historic Kingston. We invite you to come celebrate our predecessors' foresight in restoring these iconic structures and to reflect on your own essential role in protecting our city's architectural heritage. https://www.fohk. org/welcome/house-gallery/gallery/

OCT. 15

• Adult Nature Hike, Walkway over the Hudson: 9 a.m. - 12 p.m., Forsyth Park, Lucas Avenue, Kingston. This is an easy hike on the Walkway over the Hudson. Transportation is provided and free. We will meet at the Forsyth park pavilion at 9 a.m. and will return at noon. Please wear appropriate footwear and bring water. Transportation space is limited so please register here https://anc.apm. activecommunities.com/kingstonparksandrec/home

OCT. 19

• Opus 40 Fall Foliage Gala: 5:30 - 9 p.m., Opus 40, 356 George Sickle Road, Saugerties. Opus 40 Sculpture Park held its first-ever Fall Foliage Gala in October 2023 raising more than \$50,000 for ongoing restoration of Harvey Fite's 6.5-acre bluestone sculpture and his historic studio-home beside it. opus40.org

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OCT, 26

· MyKingstonKids Halloween Fest and Parade: 2 - 7 p.m., YMCA, 507 Broadway, Kingston. Prepare for an outof-this-world adventure at the MyKingstonKids Halloween Fest with a Space Theme! Dress up in your best space gear and join us for a day of cosmic delights, featuring thrilling space-themed workshops, interactive activities, and a galaxy of treats! Don't miss our stellar costume

Aunt Jet SISLAND GIRL DISCOVER MAGICK INSIDE MAIN NY

contest, where the most creative space explorers will be crowned champions. It's a Halloween celebration that's truly 'out of this world' and promises to be an unforgettable experience for kids and families alike. The festivities starts with the MyKingstonKids Halloween Parade leaving Kingston Plaza near Hannaford Supermarket and will end at the Kingston YMCA on Broadway. All community organizations, businesses, churches, individuals, groups and residents are welcome. Vehicles, walkers and bands are encouraged!

NOV.8

• The State Ballet Theatre of Ukraine Presents 'The Sleeping Beauty': 7 -9:30 p.m., Ulster Performing Arts Center, 601 Broadway, Kingston. The State Ballet Theatre of Ukraine is thrilled to announce its upcoming performance of the full-length ballet The Sleeping Beauty in three acts at the historic Ulster Performing Arts Center. The show will take place on November 8th, 2024, at 7:00 pm and

features the enchanting music of Pyotr Tchaikovsky. https://www.ticketmaster. com/event/00006098BE7855F4

NOV. 17

• STOMP: 8 - 10:30 p.m., Ulster Performing Arts Center, 601 Broadway, Kingston. STOMP is explosive, inventive, provocative, witty, and utterly unique-an unforgettable experience for audiences of all ages. See what all the noise is about. Tickets are \$44 each. https://www.ticketmaster.com/event/000060D99C7E2D67

IAN. 20

• The State Ballet Theatre of Ukraine presents 'Swan Lake': 3 - 5:30 p.m., Ulster Performing Arts Center, 601 Broadway, Kingston. Classical Arts Entertainment invites you to indulge in a mesmerizing spectacle that will leave you breathless. Prepare to be captivated by the enchanting Dance of the Little Swans and entranced by Odile's flawless execution of 32 fouettés. Let yourself be transported to another realm by Tchaikovsky's celestial melodies. Immerse yourself in a world of unparalleled beauty with meticulously crafted, hand-painted sets that will take your breath away. With over 200 breathtaking costumes, this timeless masterpiece breathes new life into every intricate detail. Suitable for audiences aged five and above, this exhilarating performance runs for 2 hours and 30 minutes, with a 20-minute intermission for rest and reflection. Take advantage of this exclusive one-night extravaganza! https://www.ticketmaster.com/ event/000060A8A7E3437D





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