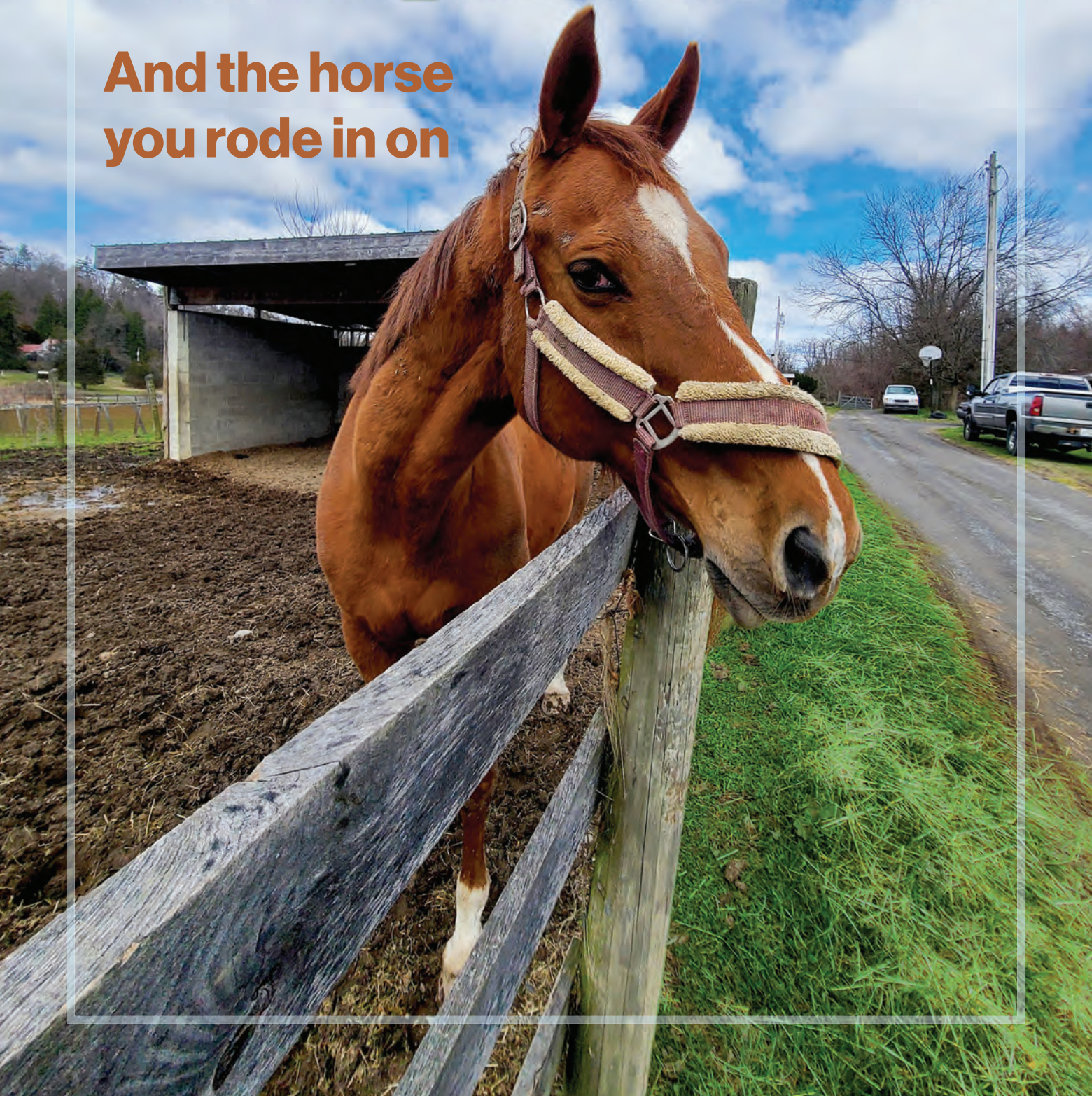


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And the horse you rode in on

*An interview with Tammy Candlin
of the Tullin Ranch in Saugerties*



PHOTOS BY ROKOSZ MOST

Tammy Candlin with Whitey.

by Rokosz Most

THE FIRST THING to know about horses is where you should stand. So said Tammy Candlin, owner of the Tullin Ranch, a riding school focused on beginners along Route 32 in Saugerties.

In a long barn hallway, she bade me ap-

proach a large, tethered chestnut horse waiting at the end of a row of stalls. His coat was a sort of a reddish brown color. He wore three stockings, that is, he had white colorations up to his knees on three of his legs. There was a strip of white from his forehead to his nose. His mane was tawny-colored, as was his tail.

“So, this horse is Pompeii,” said Candlin.

“He’s a retired jumper.”

Touching between a horse’s shoulder and jowl, you’re in the safe zone. It’s not a good idea to touch a horse from the girth, which is the belly of the horse just behind the front legs back to the flank, just in front of the back legs. Standing just in front of a horse’s head is not the best, either.

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The view while riding Pompeii.

“He can't really see you. There's a little blind spot. It's intimidating for him if he doesn't know you,” Candlin said. “You're a stranger, and you're just going up to some horse you don't know. He's not

gonna like that.”

Worst of all is to try to pet a horse on the hindquarters.

“This horse is very sweet,” continued Candlin, “But I'm gonna tell you how a

horse would think. If they live in a herd, there's always somebody biting the other one in the butt. ‘Hey,’ you know, ‘that's

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Spring in the Valley

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my haypile.' So if the horse is walking by, the last thing you want to do," she points to the girth, "is reach out and touch him anywhere from here back. He could be daydreaming and if it was a high-spirited horse he could be like, That's the dude that bites me every day, and he might throw a kick because he's always been bitten by that bully in the field."

Pompeii is what's called a warmblood. They think differently from the cold-bloods, the thoroughbreds, that think faster and react quicker.

Candlin brushes Pompeii with a curry comb, and he swings his head around to nuzzle. "You ever seen the movies with the old dogs on the porch? He's kind of like an old dog on the porch, he wants to hang out."

CANDLIN GREW UP IN KINGSTON, BUT her life's career started when she went clear across the country to California, holy land at the end of the westward expansion, the place of sunlight and palm trees and crashing waves, alive in the imagination of all those who've never actually been there.

Then just 18 years old, Candlin ended up south of Solana Beach and found work at the Del Mar racetrack, "Where the surf meets the turf."

"I set my sights on getting involved in that industry as an exercise rider because as a child I knew how to ride horses," she said.

While Candlin knew horses, she didn't know the industry.

"I couldn't get a break because I was young and the horses are so valuable out there," she said. "That was one of the top tracks in the nation. I couldn't even be a groom at that point. I was a hot walker."

Racehorses are pampered like prize-fighters. After the exercise rider comes back in the morning from exercising a horse, somebody, a hot walker, walks the horse and cools it down.

Everybody's got to start somewhere. Candlin ended up racing the horses as a jockey. During her 20s, she raced in over 3500 races, and worked for the top trainer in the nation.

"RIGHT NOW WE'RE ON WHAT'S CALLED the off side, kind of like your left hand is a little awkward if you're right-handed.



Pompeii poses for a photo.

If you ever have to walk around behind them, shorter is safer because if he ever had to make a kick the contact would

What horses really like to do is put their four-legged equine form to use and run.

be back here."

As in fistfighting, if you're too far outside your adversary can get at you full strength. Fighting closer in cheats the opponent of the range necessary to haul back and land a blockbuster.

"I haven't done a lot of fistfighting," Candlin admitted. "When I was a jockey, after another jockey had cut me off on the backside of the race, my agent told me that I gotta go kick his ass. I didn't really know how to fight. He goes, 'Take your helmet off and use your helmet and just go ballistic.'

The other jockey was cocky, says Candlin. Always had the best horses. He had cut her off and cost her a first-place showing.

"I think I sucker-punched him," confessed Candlin. "He walked past me and I said, 'Hey, Nice win,' and then as soon as he went past me I popped him. We fell into this tall metal laundry basket. I fell in first, but I had him by his gold chain. I

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was in the laundry basket throwing kicks, throwing jabs. And my girlfriend jumped in and broke it up. She was another girl jockey in the room. We watched out for each other.

I said, What are you doing!

She said, Saving your ass!

I said, I had him right where I wanted him.”

Candlin was fined \$1000 and suspended for a week.

“But when I went to the next track,” said Candlin, “I got a standing ovation.”

FORELOCKS, WITHERBONE, MANE AND flanks. Swishing tail and large, large eyes. A horse’s height is measured in hands from the top of their witherbone at the saddle to the ground, each hand four inches. Pompeii stood a little above 16 hands, and clambering up into the saddle puts the rider around five feet off the ground. A long way to fall.

“Usually when accidents happen around these animals, they don’t mean to hurt us,” said Candlin. “They just don’t know how big and powerful they are. You don’t want to end up underneath them getting dragged.”

Most accidents occur when climbing on or off a horse. There are signals. Where the ears are pointing. The noises the horse makes, the snorts, The way they carry their heads.

These are all signals.

“Notice his ears are always with us,” Candlin said. “If his ears are completely forward, his attention is out there. It could be something like a new dog in his space. Could be a kid walking into the barn with a balloon or an umbrella, something that’s out of the norm. And you want to be prepared because the natural instinct of a horse is to bolt. So you always watch their ears. and if the head goes up and the horse gives a sharp whooshing breath, that’s an excited snort, you don’t want to get on that horse. Licking and chewing, that’s a good sign. ”

Before the hour was through, I would clamber up onto Pompeii, into the saddle, and sit up straight, completing the picture of an unlikely centaur. Half-city, half-country.

With his horsey grass-clipping teeth, Pompeii did bite me when I first took the reins to lead him into the training pen.



Candlin prepares Pompeii for riding.

Horses are playful, Candlin assured me, and he did not draw blood.

Later, after I had ridden Pompeii, he tried to nuzzle me with his enormous head. I was expecting another nip and probably confused him with my stand-offishness. Or maybe he was going to bite again, a sign of camaraderie, like a friendly punch to the sternum.

HORSES ARE DEVIOUS, TOO, SOMETHING like big dogs. Something more calculating is also going on in their

a horse do, so I was told.

Except for the bite Pompeii, weighing about 1100 pounds, accepted me onto his back with grace. Horses respect those who don’t overdo it. I did not pull the reins hard, I did not kick him in his ribs.

“Part of the experience I want people to understand more is that these are live animals,” said Candlin. “It’s not a machine you can just come and turn on.”

ONCE OUT OF THE BARN IN THE FRESH air, trotting along the racetrack under sky and clouds, trying to imitate a passable horse-man, it’s hard to imagine how anyone could forget the horse underneath the saddle is anything but a vital, living, feeling and dreaming earthbound creature, as surprised as ourselves to be here and

making the best of a not always but oftentime staggeringly beautiful situation.

As with bears, otters, fisher cats and every other creature under the sun, Native Americans famously saw kindred spirits in horses. They recognized in them brothers and sisters. Possibly cousins.

Try hanging around any animal without the skeptical prejudices taught by the modern scientific establishment, one apprehends the obvious- if we have souls, so too do animals.

There’s not going to be ranches any more where people can go learn to ride.

equine minds. If they sense you don’t know their ways, like a representative of any tight-knit clan they will hustle you if they can.

They will walk the unsure rider where they wish, jerk their horsey heads forward to pull the reins from your hands, ignore you when attempt to whoa them to a stop. They will treat with contempt the rider who implies contradictory directions, pulls too hard on the reins, kicks too hard into the sides of their bellies, sits badly in the saddle. All these things will

Rats laugh. Pigs cry. Some dogs, like some people, are foul-tempered jerks. Like us, horses mourn their dead.

But when they're not oppressed by existential vagaries, besides gambling

about with other horses and cropping grass, what horses really like to do is put their four-legged equine form to use and run. In this way, an inexperienced rider is a disappointment to a horse feeling

the cold air with a wide open field and rolling hills laid out in front of it.

Lucky for them, then, as a consolation prize to their historical tradition of criss-crossing the continent in wild

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herds, harems of mares and foals led by individual stallions, as is their preference, there persist humans still who discover in themselves a bond with horses, can't get enough of riding them, folks who romanticize them, breed them, house them, protect them, and revel in their increase.

Candlin is one of these.

"People don't have farms the way they had when I was growing up," she said regretfully. "Everybody you knew had five, ten acres and a little barn in their back yard. We don't have that any more. Now most people got to board their horse somewhere, \$1000 a month. You're not even allowed to go ride the horse on your own. You have to be monitored by a trainer."

Which is anathema to the bond.

"I GREW UP IN THE SEVENTIES AND there was still rodeos around here and

I wanted be a rodeo cowgirl but I was never in the right path. The rodeo girls and the racetrack girls," Candlin recalls them happily. "It's 'balls to the wall, let's go,' that's their attitude. You know who looks down on the racers and the rodeo girls... the equestrians, because we just have too much fun. We're letting that horse do whatever they want, we're just going for it and they're all into like, performance. Dressage."

Equestrians. Those girls. The ones with the black helmets and tall, laced boots.

Candlin does give the ones doing the show jumping some credit, though.

"Starts with the same foundations as the more risky riding," she said. "Maybe out west, you're gonna meet a lot of horsemen and kids that know how to ride, kids that know how to act around horses, but not here on the Eastern Seaboard. There's less and less. There's not going to be ranches any more where people can go learn to ride. It's going to be a lost art in decades to come."

It's a wistful thought, even for someone

from the city to consider, like being told about a kind of music, knowing it used to be played everywhere, and louder, but soon, you won't ever be able to hear it again, not the way it was really played.

"All right, let's get a saddle on and get you on a horse, teach you something about riding."

While you can learn to ride over at the Tullin Ranch and she'd be happy to teach you, Candlin specifically wanted this article to be about all the ranches in Ulster County and anyway, she doesn't specialize in large groups. Expert, intermediate or beginner, looking to tide a horse or just looking to bliss out and walk alongside one, Candlin's got 32 acres that says you can.

Check out the website for details and prices. <https://www.tullinranch.com/>

A few of the other places to go horseback riding in Ulster County are Horses for a Change at Frog Hollow Farm in Esopus, Nichols Field Riding Club in Kerhonkson, Lucky C Stables in New Paltz, and Ashokan



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How to write a poem about spring

by Sparrow

“**W**HERE ARE THE songs of spring? Ay, where are they?” John Keats wrote – ironically in the poem “To Autumn.”

Well, to answer Keats, one of the songs of spring – or several of them – will be written by you if this essay is successful.

Though in our culture poetry is a specialized industry produced by certified poets, in many societies every cultivated person is expected to produce verse. And you are a cultivated person, since you read the supplement to *Hudson Valley One*. So what’s stopping you?

Here’s one way to begin. Go outside during the early days of spring. Close your eyes and feel the throbbing pulse of nature’s rebirth. Notice the first word that comes into your mind. For me, it was “gubble.” I know that’s not really a word, but that’s what I heard in my head.

Now use that word in a sentence. I came up with: The stream gubbled down Tremper Mountain.

Think of a title, perhaps a date early in spring. Now you have your poem:

April 4

*The
stream
gubbled
down
Tremper
Mountain.*

Your readers may wonder if you misspelled “bubbled” or “gobbled,” but that’s okay. Slightly mystifying the public is one of the perks of being a poet.

Haiku supposedly always mention the season, or at least suggests it. Look in a book of haiku, or search for “spring haiku” on the Internet, and find one you like. Now re-translate it. Let meshow you how.



sparrow throwing caution to the wind as he prepares to teach you how to write a spring poem

I just went to a website masterpieces-of-Japanese-culture.com and found

“Matsuo Basho’s spring haiku.” Here’s one I like:

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*The bush warbler
Drops on a rice cake
On the veranda.*

A Japanese person apparently did this translation, because “drops on a rice cake” doesn’t exactly mean anything to us. Here’s my revision:

*A bush warbler
drops a rice cake
on my veranda.*

It’s only slightly different, but it still qualifies as a revision. For one thing, I removed the unnecessary capitalization of the first lines. And I made the poem much more personal, by adding “my.” This required me to change the poem’s first word from “the” to “a.”

The haiku is more American now. In the U.S.A, we are very conscious of whether or not we own a veranda. To a Buddhist haiku artist, it’s simply “the veranda.”

But by making it “my veranda,” the bird’s action becomes disturbing – more like trespassing. This heightens the emotional tension of the haiku.

Anyway, I hope this helps you learn how to re-translate from the Japanese.

Here’s another re-translation exercise. I found. “Best Spring Quotes 2024” on goodhousekeeping.com (who knew that *Good Housekeeping* magazine still existed in some form?) Here’s one:

“Spring is the time of plans and projects.” – Leo Tolstoy.

That’s a little vague. How about:

Better than Tolstoy

Spring

is the

*time to
throw*

*out
ugly*

*napkin
holders.*

Now there’s a concrete example of

spring cleaning!

Personally, I don’t usually throw out old items – I bring them to Family of Woodstock, or to the thrift shop in Phoenicia, just in case someone needier than I wants them. But in my poem, I can be a little cavalier.

*Spring
is the
time to
bring*



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*ugly
napkin
holders
to the
thrift
shop*

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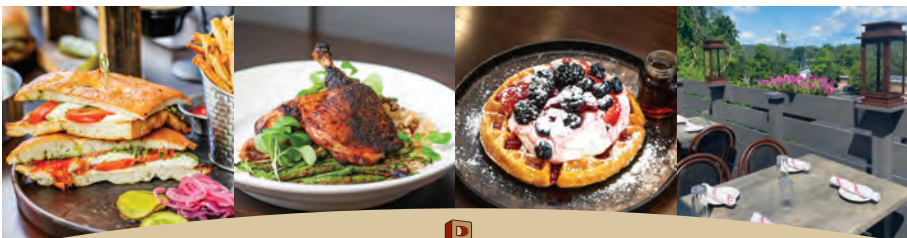
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blow of an axe.

Here's another easy poetry-writing project. Find a great poem about spring and re-write it. I opened *The Standard Book of British and American Verse* to "Spring" by Thomas Nashe (1567-1601). The first verse is:

*Spring, the sweet
spring, is the year's
pleasant king,
Then blooms each
thing, then maids
dance in a ring,*

*Cold doth not sting, the pretty birds
do sing:*

Cuckoo, jug-jug, pu-we, to-witta-woo!



DION OGUST

I simply brought this verse up to date:

*Spring is a luscious thing
that even the rockstar Sting
Loves, though his arm is in a sling,*

*And keeps getting tangled up with all
his bling.*

Cuckoo, jug-jug, pu-we, to-witta-woo!

One aspect of every poem, but especially a spring poem, is contrast. If you set your verse in a verdant meadow, it'll sound like thousands of other poems. But if your setting is a graveyard, or a sewer, it will surprise the reader – and hopefully even shock her.

Excuse me while I research sewers for a moment. I barely know what a sewer is.

April 7

*In a stormwater sewer system:
two forsythia buds.*

I skimmed an article called "understanding sewer systems," on metroconnects.org, and was attracted to the phrase "stormwater sewer." But what should I put in the sewer? Forsythia is one of the first spring blossoms. But why choose a blossom? A bud is more appealing, more unusual. In your mind you see the poor little buds floating in a sewer – like the hero of a noir movie, trapped in a maze, terrified, panicking. A bud is like a baby. How unfair that these buds never blossomed, and instead somehow fell into a stormwater sewer! What a poignant fate!

So that's your lesson. I'll be back in three months with: "How to compose a stunning summer poem."

P.S. Since finishing this essay, I wrote this totally accurate observation:

Catskills Poem

*First day of Spring:
it's snowing!*

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View of the Hudson and mountains across the river from the Clermont Property.

Top ten riverview picnic spots

The best locations for viewing the Hudson Valley's signature attraction

by Cloey Callahan

NESTLED RIGHT IN our backyard is the over-300-mile-long Hudson River, a haven for nature enthusiasts, history buffs, food aficionados and just plain folks. The majestic waterway provides the perfect complement to

the rolling hills, charming towns and picturesque landscapes of our region.

Sure, you can get an all-encompassing view of the river with hikes up popular spots like Breakneck and Storm King mountains, but that's not the only way to enjoy the river. There are more accessible ways, where all that is required from visitors is a short stroll from a parking lot to the greenery that overlooks

the beautiful water.

The Hudson Valley offers an array of idyllic settings where one can indulge in one's favorite foods while soaking in the region's natural beauty. That's why we compiled a list of ten top riverview picnic spots that offer a blend of tranquility, scenic vistas, and nearby markets for snagging local goodies. So pack your basket, gather up your loved ones, and

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head to one of our favorite spots.

1. Olana State Historic Site

Hudson, Columbia County

Once the home of Hudson River School artist Frederic Church, Olana welcomes visitors to step back in time and immerse themselves in the creative spirit that inspired Church's

masterpieces. With its distinctive Persian-inspired architecture and vast meticulously landscaped gardens, Olana is one of the best locations in the Hudson Valley for sweeping views of the river that transported the original settlers here..

Though the site offers guided tours of the mansion, stay for your own leisurely

stroll through the grounds. The 250 acres of grounds are open from 8 a.m. to sunset, with tours on the weekends between 11 a.m. and 3:15 p.m.

Remember, it's carry-in, carry-out, so take your garbage out with you. For those with animals, dogs are welcome. After your picnic, explore the Hudson River Skywalk, a scenic six-mile round trip pedestrian walkway that connects Olana and the Thomas Cole site across the Rip Van Winkle Bridge.

Nearby market we love: The gift shop at Olana State Historic Site offers a selection of New York food and beverages. The Olde Hudson, a short drive away, has a local-favorite gourmet grocery store.

2. Scenic Hudson's Long Dock Park

Beacon, Dutchess County

This 19-acre park on the Hudson River is a popular place to picnic, to stroll through rehabilitated wetlands and meadows, and

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to launch kayaks when the weather is right. In the summer, expect to find vendors selling ice pops and food trucks nearby. Once a bustling industrial site, this park has been transformed into a serene waterfront oasis with views of the Newburgh-Beacon Bridge and the expansive Hudson Highlands. It's a favorite for birdwatchers, too.

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Aaron Douglas, 'The Judgement Day, 1927, gouache on paper. Courtesy of SCAD Museum of Art Permanent Collection

“It always feels like a calming experience there, with such a nice view and it’s always lively,” said Nicolle Portilla, a Beacon resident who frequents the park in the summertime. “It’s the perfect spot to bring some sandwiches and your book, lay out, and take in the sounds of the water and nature.”

Within walking distance of Beacon’s Main Street and the Beacon train station, Long Dock is an especially good spot for people who don’t have cars, like Portilla. “It’s nice to have a relaxing spot right here,” she said.

Nearby market we love: Stella’s Fine Market on Main Street is a limited-ingredient grocer that sells non-alcoholic beverages, kitchenware and cookbooks. You can find last-minute treats to add to your picnic baskets or find inspiration for your next meals when you arrive back home.

3. Clermont State Historic Site

Germantown, Columbia County

The family seat of the Livingston family was built between 1740 and 1750. What’s really impressive about it are the grounds, open to the public with an accessible picnic area, tables included. Thanks to the grills available for public use, this is a perfect spot for the picnic that has barbecue food at the center of it.

There is a beautiful waterfront view, in addition to a pavilion that can be rented for large-group picnics for family reunion. Five miles of nature trails are included within the 500-acre state park.



The property around Clermont House affords wonderful views of the Hudson River.

Nearby market we love: Highland Farm, also in Germantown, is a fine place to stop for some of the best meat to grill. The rotating butcher’s seasonal selections include elk tomahawk chops, venison tomahawks, racks of lamb, and more.

4. Kowawese Unique Area at Plum Point

New Windsor, Orange County

A beautiful, peaceful oasis, Plum Point Park offers picnic tables, a playground, and a pavilion. There is a small sandy riverfront where you can enter the river for kayaking or fishing. The 102-acre state-owned site is managed by Orange County’s parks department. Historic Revolutionary-War-cannon batteries overlooking the river add an atmosphere of drama to the views of the Hudson River gorge. These are the cannons that prevented a British fleet from sailing up the river.

“Plum Point is amongst Orange County’s most remarkable hidden gems,” said Kevin Indaryán Luján, Orange County legislator

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and Newburgh resident who is focused on encouraging residents to enjoy the local vistas. "It boasts breathtaking views of the Hudson River and the surrounding mountain landscape which is unrivaled," he boasts

The gazebo at the heart of the park is great for watching sunrise or sunset. Luján said families get together regularly in the warmer months, with children playing near the water and musicians performing from the park benches.

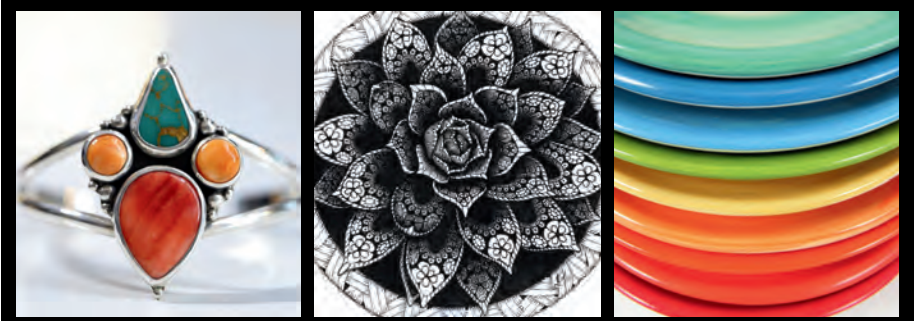
"It's an ideal location to unwind and decompress," said Luján. "If you are passing through Orange County, Plum Point should definitely be one of your stops. You will be mesmerized by the enchanting view and the opportunity to take a pause from the hustle and bustle of everyday life."

Nearby market we love: Before entering New Windsor, pass through Newburgh to find Betty's Snack Bar on Liberty Street. The cafe pours Irving Farms Coffee and offers a market with meats and cheeses, snacks, sodas, craft beer, plus a wide variety of freshly baked cookies, cakes and pastries.

5. Staatsburgh State Historic Site
Hyde Park, Dutchess County

Nestled along the eastern banks of the Hudson River, this park offers visitors a journey into the Gilded-Age opulence of the early 20th century. Once the elegant country estate of the Astor family, the park's centerpiece is the Staatsburgh Mansion, renowned for its grandeur and architectural splendor.

From guided tours of the lavishly decorated rooms to leisurely strolls through the meticulously landscaped gardens, visitors are transported back in time to an era of lavish parties, refined elegance, and aristocratic lifestyles. The site, located within Mills-Norrie



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State Park, boasts breathtaking views of the Hudson River, making it a perfect spot to roll out a blanket, open a picnic basket, and sit back and relax.

Nearby market we love: Head here on a Saturday from June through October and stop in Hyde Park's farmers' market, which features over 80 local vendors offering produce, handcrafted goods, and plants. It's the perfect way to pack your picnic basket before getting to the park.

6. Poets' Walk Park

Red Hook, Dutchess County

Inspiring poets and non-writers alike, this 2.2-mile loop trail off River Road is an intriguing place for a leisurely stroll. If you wish, you can sit on a bench along the way to enjoy all the goodies you packed for a snack. Once you reach the top, you will see the Hudson River peeking out in the distance.

"It's really beautiful, especially in the afternoon when you can see the sunset," said Miki Wang, a resident who frequents Poets' Walk Park often.

Expect a beautiful entrance, Wang says, made with a wooden structure, and that it's just like its name – "very poetic." There's a rustic pavilion bridge. It's an easy, but slightly hilly walk that has water views and is open year-round.

"The highlight is the view and how you can see the other side of the river," said Wang. "It helps you clear your thoughts as you hear the birds sing. It's the perfect spot to get inspiration from the nature around you."

Nearby market we love: The Locavore Market in Red Hook is an upscale neighborhood grocery market with coffee, local products and craft beer, all sourced within 100 miles. It's an ideal one-stop shop before you head to the park.

7. Marist College Campus

Poughkeepsie, Dutchess County

On the banks of the historic Hudson River, the Marist College campus boasts picturesque views. It's a great location for a nice



Kingston Point Beach is the only location on the list that allows for swimming in the Hudson River.

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stroll, including through its Fern Tor Nature Preserve. Later, visitors can pop a squat with their blanket at Longview Park and see some of the prettiest views of the river, including of the nearby Walkway Over the Hudson.



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Walkway to the Saugerties Lighthouse.

Nearby market we love: Skip making your sandwich at home for this one. The nearby Rossi and Son's Deli is world-famous, home to some of the best deli sandwiches in the area. A favorite is the Number Four.

8. Bowdoin Park
Poughkeepsie, Dutchess County

If being near college students isn't your first choice, we understand. Not too far away in Poughkeepsie is this 301-acre park on the banks of the Hudson River. There are multiple pavilions that can be rented out for larger groups. Besides that, there are dedicated picnic areas, a playground area, a seasonal splash pad, soccer fields, softball fields, and a sand volleyball court.

This is the location for someone who is

looking to make their picnic a full-day event, dedicated to outdoor sports, too.

Nearby market we love: Adams Fairacre Farms, the Hudson Valley super farm market with multiple locations, has one in Poughkeepsie where you can pick up any last-minute snacks to pack your picnic baskets with.

9. Kingston Point Beach
Kingston, Ulster County

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
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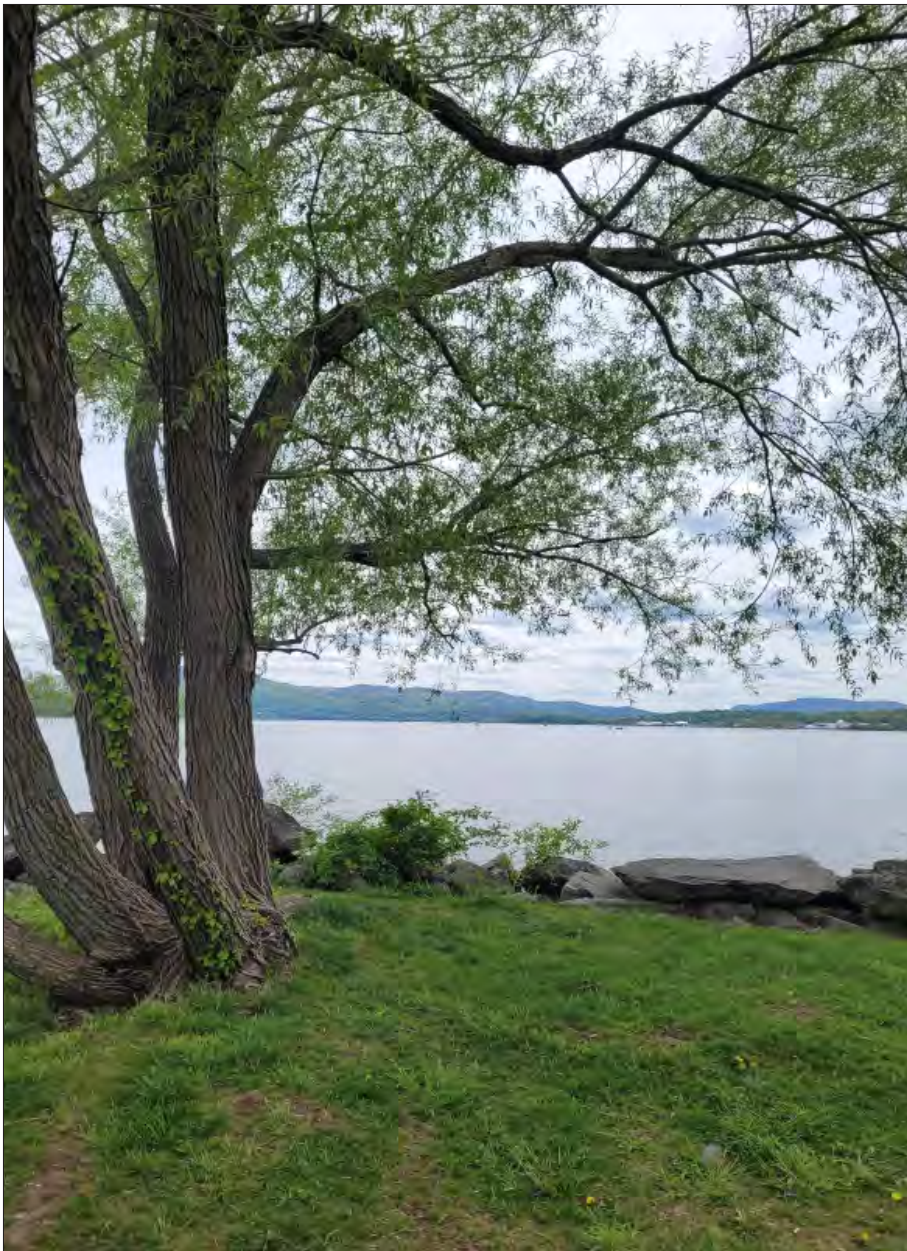
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Scenic Hudson's Long Dock Park, Beacon.

on the list that allows for swimming in the Hudson River. It has a kayak and boat launch, playground and pavilion, too. Across the road is a fenced dog area for those with furry friends. Additionally, there is a new nine-hole disc golf course.

While locals love this spot today, it's been a must-see for visitors as an oasis for a city for over a century. The Kingston Rotary Club led the way in the 1980s to restore this beautiful steamboat-era park in order to provide a new generation of visitors with an enjoyable visit. Kingston Point has over 87 acres of open space, and Kingston has designated a two-acre portion of the park as Rotary Park at Kingston Point.

Nearby market we love: Fletcher & Lu on Broadway in Kingston is a delicatessen inspired by old-world traditions, with a focus on sausages, artisan cheeses, fresh pasta, rotisserie chickens, smoked fish and other prepared and carefully selected goods. Bring your picnic to the next level with a stop in here first.

10. The Saugerties Lighthouse
Saugerties, Ulster County

This won't be your typical grassy picnic, but it is one that we recommend nonetheless. The walk to it is an attraction in itself. The building now serves as a bed-and-breakfast, with a long waiting list for its two bedrooms. A series of wooden decks overlook the Hudson. That's where you'll find several large picnic tables and an amazing view of the river.

Visitors can also see Amtrak trains go past on the opposite bank. There are no garbage cans, so remember the carry-in, carry-out rule.

Nearby market we love: It's a substantial but interesting drive east from Woodstock through Saugerties to the lighthouse. Stock up before you go at Woodstock's Sunflower Market, an independent store with sustainable, organic, grass-fed food on its shelves.



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You tube

An unauthorized guide to tubing the Esopus



Back in the day, tubers from Tinker Tube Rentals tubing the Esopus.

by Zac Shaw

GROWING UP IN Boiceville along the Esopus Creek, one of our favorite pastimes was to drive up to Town Tinker Tube Rental in Phoenicia and embark on a rubbery river adventure. On our inner tubes, we navigated intense rapids, lazily cruised the quieter passages, and even got extracted from being stuck against a bridge pylon by an emergency water rescue team that happened to be practicing in the area.

We became such river rats that we decided to purchase our own inner tubes, sold to us on the side of the road by a

truck maintenance garage. This allowed us to park a car anywhere along the creek, then drop in and ride all the way back home where we'd dry off and change before retrieving the car.

Sometimes the rapids would get wild, particularly after periods of heavy rainfall, and especially when the portal that connects the Schoharie Reservoir to the Esopus Creek was opened to increase water levels for recreation. During these rides, our senses would come alive. We were thrilled by the speed of the water and the intensity of the whitecaps. We always wore life jackets, helmets and boat shoes.

Over the years, several people drowned

while tubing the Esopus. Hitting your head on a rock or getting pinned under a particularly violent torrent were real dangers. A few bruises, scrapes and stubbed toes were par for the course.

Even as an adult, the thrill-seeking kid in me always ended up back in the Esopus. I'd try to get to Town Tinker Tube Rental at least once a year. I got to know owner and legendary local character Harry Jameson well enough to be invited one year to his back-yard Fourth of July fireworks extravaganza. It wasn't just me that loved to tube – Town Tinker saw 20,000 riders annually in its heyday.

In 2017, Jameson announced that Town Tinker was up for sale. There were no

takers over the following years, and he shut the business down for good when the pandemic hit. At the time of this writing, the buildings, property and its inventory was still available for just shy of one million dollars.

Those of us who grew up with Town Tinker Tube Rental can't wait until another adventurous entrepreneur brings it back to life. By "can't wait," I mean to say not just that we're excited at the prospect but also that we literally can't wait. Once the temperatures warm back up, this tuber is getting back in

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the creek. I will be waving to the newer, wealthier homeowners hanging out in their back yards facing the water. I'll be screaming, "This is so much fun! Are you rich? You should buy Town Tinker Tube Rental!"

Until that time, let's make tubing great again by taking matters into our own hands.



Photo by David McIntyre

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Do-it-yourself tubing: Gear up

The first thing you're going to need is an inner tube - but not just any inner tube. Your standard-issue cheap pool float won't make it over your first rock without deflating. Back in the day, getting your hands on a river-worthy inner tube meant propositioning a business that worked on trucks. Today the Internet is brimming with options starting at \$20. I'd recommend something more in the \$40-to-\$60 range if you don't want to be walking wet up a steep embankment to civilization.

When selecting your inner tube, make sure you take body type into consideration. The larger the human, the larger the inner tube should be. A good starting point is around 38" to 44", sizing up or down accordingly. You're looking for a large, thick, black donut, not a fancy blue pool tube with a chair back and four handles.

Town Tinker Tube Rentals' inner tubes had seats and ropes for comfort and control, but I always preferred no seat, no ropes, just the tube. If you seek these creature comforts, there are guides online on how to simply affix a seat and/

or rope handles.

Expect leaks. Inspect your tube after each river run. Get a patching kit and a pump.

Congratulations, your river recreation vehicle is ready to sail. The other half of the equation is suiting yourself up for the adventure.

Creek safety and comfort

Town Tinker Tube Rental's holy trinity of protection (and, one can assume, keeping insurance rates affordable) was lifejacket, helmet and foot protection.

If all you know of lifejackets are the big puffy orange type, it's time to visit a sporting-goods store or do some Internet searching. Finding a snug-fitting, comfortable, not-bulky sport lifejacket for a reasonable price makes all the difference in enjoying your ride. There are very few areas of the Esopus deeper than six feet, but the rapids that pin you under obstacles don't care if you're a good swimmer or a bad one. Having that buoyancy also makes it easier to keep floating downstream to your tube quickly after being separated. A comfortable life

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jacket is essential.

Similarly, you don't need a big, bulky, heavily padded bike helmet – opt for something more comfortable that won't get waterlogged. Chances are small you'll hit your head, but the consequence could be catastrophic if you're not wearing a helmet. Remember, you can take it off during the many lazy- river parts of the ride where you're at no more risk for hitting your head than being at a swim-

ming pool.

Foot protection can be anything, really. I've tubed the Esopus many times in sneakers, but it's not ideal. Boat and water shoes are a very comfortable option. If

you're entertaining thoughts of doing it barefoot, be forewarned that you'll be scraping your skin against miles of rocks, not all of which are perfectly river-smooth. You will be making constant

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TIMOTHY REID

Tube at your own risk.

contact with the rocks of the creek bed as you navigate its many shallow parts. Your feet will not be happy with you.

Now that you're safe, let's keep you

comfortable. Water-resistant sunblock is a must on sunny days -- which are the days you are ideally choosing to tube on. The forest-flanked, valley-floor creek will

cool significantly with too much cloud cover, making tubing kind of chilly if the temperature isn't soaring.

You can go full wetsuit and rock the rapids like an extreme athlete, but there are plenty of lazy parts where you might feel overdressed. That said, you don't want to tube in a bikini or swim shorts and nothing else. Be practical. Be dressed for a water experience that also includes a tiny bit of hiking.

You'll also need some sort of waterproof bag or travel container to hold any electronics, wallets and other items you want to keep dry (smoke 'em if you got 'em). Best to leave the cell phones behind, but carrying one amongst your party in something watertight is a good safety and convenience option. Just make sure it's not in a position where it could be smashed against a rock, and don't be that person tubing just for selfies.

Now that you're geared up, comfortable and safe, what's the plan for making this DIY tubing odyssey a reality?



VIOLET SNOW

Harry Jameson, owner of the former Town Tinker Tube Rental.

Advanced tubing tips

The best thing about Town Tinker Tube Rental was that they'd bus you to and from your entry and exit points in their Tube Taxi. To do the tubing trip yourself, you're going to need two vehicles. Your first vehicle needs to be able to hold as many large, inflated tubes as you're traveling with, or else you need to inflate them before entering the creek. The second vehicle must be parked where you plan on exiting the creek, and unless you deflate the tubes it too will need to accommodate a not-insignificant volume of inflated rubber tubing. Your second vehicle should be stocked at minimum with towels, water, and a first-aid kit.

Where to enter and exit the creek? This is not some arbitrary decision. You absolutely must understand where you can and can't tube. Go too far north and you'll be in a DEC access point where tubing is expressly not allowed. Go too far south and you'll end up heading toward the Ashokan Reservoir, where you'll be met with aggressive law enforcement, detention, and a possible fine or imprisonment.

I recommend searching the web for Town Tinker Tube Rental's route map and using that as inspiration. The trickiest part of this whole endeavor – and the one requiring the most creativity – is finding a legal place to park near your entry and exit points. Ideally, you can have a third party that's not tubing drop you off and pick you up. Failing that, Google Maps is your friend. Just make sure you avoid any part of the creek that Town Tinker Tube Rental wouldn't have been comfortable with you exploring.

Go with a group. More people in your group means more people to catch your tube floating away, more stories and jokes to tell during the lazy river parts, and more people to look out for your safety.

Be prepared to relax. If there hasn't been significant rainfall or a portal open, the rapids will be minimal. Even at high-water conditions, there are only a dozen or two intense passages. Most of the time you'll be leisurely floating down the creek. Don't be in a hurry. Soak it in.

At the other end of the spectrum, if you're into extreme sports, try hitting some rapids headfirst – with a helmet, of course. Assuming the Superman pose on the tube at the moment of whitecap impact, and you can sometimes launch into the air a foot or two. Be very aware that hitting this maneuver wrong can get

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your body smashed down on a rock or trapped in the sucking pocket of water at the front of the rock or boulder you tried to launch over.

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traveling through the backyards of hundreds of local residents in a protected waterway toward one of the most protected bodies of water in the nation the Ashokan Reservoir. Make a scene and

you will find the DEP pulling you out of the water like a trout.

I'm looking forward to fist-bumping you this summer on the Esopus as I shred a gnarly whitecap. Perhaps we'll see each other again at the future grand reopening of Town Tinker Tube Rental.

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DION OGUST

Thrift 2 Fight in Tivoli.

Beyond shopping

Thrift and vintage for a cause in the Hudson Valley

by Karlie Flood

CAN SHOPPING MAKE the world a better place? As the planet seems to spiral more and more out of control, some people are choosing to support local institutions concerned with contributing positively to society.

The fashion industry is known to have a negative effect on the environment. According to Earth.org, it “produces 92 million tons of waste each year.” Vintage stores are far more environmentally friendly than those selling new products. They resell items that might otherwise be added to the waste stream. But some

vintage shops go a step further. They give to important causes, making the shopping experience that much more altruistic.

With shoppers spending less money on luxuries and more on necessities, socially responsible businesses – those concerned with creating an ethical business improving the communities around them – provide a way for shoppers both to get what they need and to feel good about it. What easier way to be charitable than to shop in your own community at a small business that supports a good cause?

Here are four local vintage stores that are more than just fashion-focused. They support good causes as well as offering

some of the best thrift finds around.

Thrift 2 Fight
48 Broadway,
Tivoli

This donation-based community thrift and vintage shop mobilizes second-hand fashion to amplify the work of local grassroots social-justice initiatives at the intersection of racial, disability, and queer justice. It offers a combination of thrift and vintage at affordable prices. Unique features include its abolitionist lending library, a Mitzvah wall (meaning “good deed” in Hebrew) filled with customizable, anonymous gifts. Flash deals, and a room full of items priced at

eight dollars and under.

Thrift 2 Fight features work by incarcerated artists and hosts clothing swaps, film screenings, and carpooling opportunities to support Release Aging People in Prison. It answers community calls for emergency items needed both in our community and in Gaza.

While the thrift is always great, the true brilliance of Thrift 2 Fight is the work of co-founders Masha Zabara and Jillian Reed. They recently gave a TEDx talk with their alma mater, Bard College, on how to combat all-or-nothing thinking through activism based on their experiences.

Since opening in 2020, Thrift 2 Fight has donated over \$80,000 in social-justice initiatives hosting more than 40 pop-up sales in various states, in-store and online sales. It prioritizes, acknowledges and honors the knowledge that the land under its store is Munsee-Lenape territory.

Each month, it donates ten percent of proceeds to a local grassroots organization. This month, it's funding the Ulster Immigrant Defense Network, which supports immigrant and refugee families in Ulster County.

Thrift 2 Fight partners with other organizations on workshops on community organizing, fundraising, and sustainable fashion – changing the world one piece of clothing at a time.

Rewind Kingston

612 Broadway,
Kingston

Previously a used-book store that opened in the 1990s, this multi-generational family-owned thrift shop in Midtown Kingston rebranded in 2022 as Rewind Kingston, adding a combination of thrift and vintage clothing, vinyl, local art and gifts to the many used books that still line the shelves.



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Rather than a donation-based inventory, Rewind Kingston's stock is curated to keep up with current fashion trends and classic styles. Most of the items in the store are priced between \$10 and \$25, and new items are added every day.

Most importantly, Rewind Kingston offers a safe space for the community to talk about mental health.

Ten percent of all sales support mental-health nonprofits in the community in memory of the family's daughter/sister Cassidy, who tragically passed away in 2020. Rewind Kingston also hosts a cold plunge in the Hudson Go All In for Mental Health event in her memory every March for her birthday, as well as a Mental Health Street Festival in the fall.

To encourage conversation and prevention, the store distributes free mental-health zines that detail a support plan, lists signs of a mental-health crisis, and provides information for a variety of resources made in collaboration with mental-health nonprofits and with a licensed therapist.

Rewind has raised over \$30,000 to



DION OGUST

Thrift 2 Fight has a Mitzvah wall that allows customers to pay it forward.

local nonprofits since opening. For the past two years, donations helped local non-profit United We Om provide trauma-informed yoga and meditation classes in Kingston at the Benedictine

Hospital Intensive Outpatient Program for Teens and Adults, the Samadhi Recovery House, the House of Serenity Women's Recovery Home, and for the county probation department's Survivors



Rewind Thrift store in Kingston.

KARLIE FLOOD

of Sexual Assault program.

This year, United We Om will offer micro grants as it transitions to a karma project organization that supports and amplifies the good works of inspiring individuals.

Additional donations have been made to The Maya Gold Foundation, a non-profit organization in New Paltz that promotes teen mental health.

Free to Thrift

1050 Morton Boulevard, Suite 2,
Kingston

Free to Thrift is a great place to find low-priced thrift clothing, crafts, home goods and accessories. It's a donation-based thrift store that sells a variety of items with the mission of keeping shared resources circulating while contributing to those who need it most. It provides a great selection of treasures, different-colored tags free each week, and an ever-growing home section.

The following items are always free: baby clothes and accessories (under a year), craft supplies, fabric, and items across all sections that have been in the store for over a month.

By pricing items as free, Free to Thrift hopes that customers will seek free items before purchasing new ones at box stores or discount chain stores.

Fiber items that are no longer usable are sent to be recycled by Helpsy, a public benefit corporation with a mission to keep clothes out of the trash. Through "Sharecycling," also known as "weycling," Free to Thrift can help clothing and other items avoid the landfill. It estimates that 40 to 50 percent of all donations received are passed on to others for free. It also donates to local organizations such as the Ulster Immigrant Defense Network.

Pay It Forward

7856 Route 9W
Catskill

The Pay It Forward Community Thrift Store opened to serve its community with quality goods at affordable prices. The non-profit donation-based shop sells clothing, jewelry, furniture, housewares and accessories. It adds items at great prices daily and provides a wide selection.

All proceeds of the store benefit the programs of Community Action of Greene County, dedicated to community wellness and betterment through a wide

variety of programs and services for low-income citizens and their families, helping them on the path to self-sufficiency."

Community Action offers programs and resources from emergency assistance to housing solutions to legal advocacy to tax preparation.

The store provides opportunity for volunteerism among seniors, students and others, as well as serving as a job training site for those in its work readiness program. Its motto is "Creating Opportunities, Fighting Poverty, Changing Lives."

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Less is more

Five sustainable and affordable ways to beautify your Hudson Valley home



Become a minimalist.

by Zac Shaw

THE HUDSON VALLEY has a reputation as one of the most progressive and environmentally-conscious regions in the country. There are many reasons we Valley folk seek sustainable solutions: Saving the world, benefitting our community, escaping consumer culture, personalizing our products, cutting expenses amidst persistent inflation, having a do-it-yourself attitude, hedging against the fragility of the supply chain, and valuing quality over price (an increasingly privileged indulgence).

There are certainly more reasons to eschew wanton consumption of mass-



Support local artists. Seen here The Cape May Warbler block print by local artist Lora Shelley.

marketed goods and services, as one can see sustainability everywhere in our area you look: Organic food co-ops, ethically sourced luxury items, vintage clothing stores, bike sale and repair shops, eco-friendly cleaning services, and upscale grocery stores with natural foods in tubes called “refilleries.”

Of course, sustainability doesn’t need to have a trendy designer label or a fat price tag. In fact, the “luxurifying” of sustainability is antithetical to what the movement was originally about. It’s not about a \$150 puffy jacket that makes you look like everyone else, it’s about finding a \$15 vintage coat at Salvation Army that fits you perfectly and displays your unique style. It’s not about a \$20 jar of bespoke strawberry jelly, but a strawberry patch grown in your back yard or on your windowsill.

Amazing local business people are serving Hudson Valley’s middle- and upper-class homeowners with sustainability in mind. The majority of Hudson Valley residents aren’t in the artisanal bakery lines, though, they’re somewhere between the local grocery chain and the bread line.

Sustainability is likely to become more popular with all economic classes as a necessity as we continue to see shrinkflation and decreased product quality plague mainstream consumers. Whether you’re a prince or a pauper, here are five super-affordable suggestions to get more sustainable in and around your living

Thrift for furniture

What do bed frames, chairs, couches, dressers, dining-room tables and bookshelves have in common? They’re all rather expensive to buy new, and require lots of materials to make. Luckily, our area has a great selection of used furniture spread across several area thrift stores.

Ulster Habitat ReStore in Kingston has a fantastic selection of furniture that stretches all the way back into vintage classics and borderline antiques. They regularly stock unique pieces at great prices, and turnover is quite high.

Other used furniture hotspots include the other ReStores in Hudson, Newburgh and Wappingers Falls and the Salvation Army in New Paltz. There are dozens of local thrift and vintage stores to occasionally get lucky at, but the aforementioned spots always have a large selection of affordable used furniture on display.

Become a minimalist

Practicing minimalism is a path to a happier, more fulfilling life of deeper meaning. It is a pragmatic way to save money and resist contributing to an environmental catastrophe. And let’s face it, you’re probably staring at screens most of the day, so why do you need all that stuff that just sits on shelves and in basements?

A good place to start is at your local

library. Books like *The More of Less*, *The Joy of Less*, *a Minimalist Living Guide*, and *The Life-Changing Magic of Tidying Up* are classics of minimalist literature easily accessible to any type of reader.

It’s simple: Consuming less is far more sustainable than simply shifting consumption to more sustainable goods. The suggestion is not to throw out your quality of life along with your air conditioner and

antiques & auctions

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“Oops-paint”, also referred to as mistint paint or paint returns, is sold at a significant discount.

gas stoves (thanks, governor), but to improve your quality of life by cutting out all the crap that makes little to no contribution to your human experience. You'll spend less and treasure what you have more. Not incidentally, there's a reason minimalist design is widely considered to be more pleasing to the eye than many of the alternatives.

Support local artists

The phrase “starving artist” hits home for almost everyone who's tried to make a living (or even a buck) from making art. It's an eternal struggle, with the demands of business always at odds with the demands of creativity, not to mention the status quo of inequitable commercial exploitation of artists by large businesses.

You can be a local artist's hero by commissioning or purchasing a piece, and it may surprise you how affordable this can be.

Can't afford to pay an artist? Well, guess what? Anyone can be an artist (especially an abstract artist) with just a little practice. Making your own art is



PHOTO PROVIDED BY RESTORE IN KINGSTON

Thrift your furniture.

a very fulfilling experience, resulting in a piece you can proudly display *and* tell the story of making.

Try this paint hack

There's a semi-secret source of paint hiding at your local hardware store, and it's got a silly name. “Oops-paint”, also

referred to as mistint paint or paint returns, is paint that's been set aside by the store because it was improperly mixed, or the customer rejected or returned it. It's sold at a significant discount and/or discarded.

You won't get your pick of a color, but on the other hand, it saves you the time of comparing swatches with minute differences if you're forced into a shade.

Acquire houseplants from nature

Picking plants from their natural outdoor habitat to cultivate as houseplants is an out-of-the-box solution that can save you hundreds of dollars, no nursery required.

It goes without saying you must acquire your outdoor plants lawfully and ethically. That said, the next question is, “What are you looking for?” After all, many wild plants do not adapt well to indoor conditions. Internet research reveals a wider menu of options. Here are a few species native to the Hudson Valley that are adaptable to indoor conditions

(it's up to you to find them):

1. Partridgeberry - This is a charming, low-growing evergreen plant known for its small, white flowers and red berries. It thrives in low to moderate light conditions, making it ideal for indoors. Partridgeberry prefers moist, well-drained soil, similar to its natural forest floor habitat. Its trailing habit makes it attractive in hanging baskets or as a tabletop plant.

2. Maidenhair fern - A delicate and elegant fern, the maidenhair has a unique fan-shaped pattern of fronds on thin black stems. It prefers a shady spot with indirect light, replicating the dappled sunlight of its woodland home. This fern requires consistent moisture and high humidity, which can be achieved by placing the pot on a tray of

watered pebbles and misting it regularly

3. Wild columbine - Known for its distinctive, nodding red and yellow flowers, wild columbine can bring a touch of woodland charm to your home. It does well in medium to bright light conditions. While it prefers moist, well-drained soil, it's somewhat drought-tolerant and can



HELLO, SUNSHINE!

Some things are just better in a particular season, like wool socks, fresh tomatoes, and pumpkin spice lattes. It's true, too, if you want to go solar. While adding solar to your home or business is a smart decision at any time, **spring is the ideal time to go solar and save money!**

Fun fact: on average, there's 15-20% more sunshine in March than in February, and those numbers only get better as we move into the summer months. More sunshine plus more daylight means more energy fueling your solar array. And in New York, your utility even allows you to "bank" the unused energy you produce as credits toward your energy bill in the off-season. That means the solar goodness just keeps on giving all year round.

Need a few more reasons to check out solar? Going solar means moving away from fossil fuels and using the sun's clean energy to power your life, which is huge for our communities and for the world...Not to mention you could reduce your electricity bill by as much as 90% and have nearly 50% of the cost of your solar installation covered if you're eligible for New York State and Federal incentives.

Have we piqued your interest? If so, now is the time to maximize your investment, bank as many solar credits as you can, and cut your energy bill and carbon footprint to boot. **Spring into action and contact SunCommon today to make your green dreams a reality!**



Contact SunCommon today at solar@suncommon.com
suncommon.com/hvliving

