



hv1

# explore

WINTER IN THE VALLEY

2025

**Celebrate in the  
Hudson Valley**

*Chef Talk  
with Ric Orlando*

**Moonbathing,  
saunas & fire**

*and more...*

## STRETCH YOUR DOLLAR

2901 Route 9W  
Saugerties, NY 12477  
Ph. (845) 246-8934

www.Dolancpapc.com

**VIRTUAL  
APPOINTMENTS  
AVAILABLE**

**PROFESSIONAL  
AFFORDABLE • RELIABLE**

**DAVID R.  
DOLAN,  
CPA, P.C.**

**CERTIFIED  
PUBLIC ACCOUNTANT  
& CONSULTANT**

34 North Road  
Tillson, NY 12486  
(By Appointment Only)

**Year Round Tax, Accounting  
& Payroll Services for  
Individuals, Businesses,  
Estates, Trusts & LLCs**

*Veteran Owned • Local  
Become part of our family*



## THE FEDERATED SPORTSMEN'S CLUBS OF ULSTER COUNTY

P.O. BOX 3134, KINGSTON, NY 12402

[www.fscuc.org](http://www.fscuc.org)

### FSCUC's 2025 Youth Events – Outdoor Fun for Kids NYS DEC Summer Education Camp, Signup March 23rd

- Youth Expo Saturday June 14, 2025. Lippman Park Rt. 209 Wawarsing 9 am - 3 pm. Contact Natalie Buley (845) 594-4471. Fishing, Archery Daisy BB Gun Range
- Ulster County Fair July 29-August 3, 2025. Come visit us at the UC Fair Grounds. FREE Live-Fishing & Our Daisy BB Gun Range Contact Kriss Walsh (845) 399-5749
- Town of Olive September 6, 2025. FSCUC's Daisy BB Gun Range. Town's Website
- Youth Pheasant Hunt Saturday September 27, 2025. 710 Springtown Rd Tillson NY. Contact Lance DuBois (845) 399-2981. Pre-register & License Required.

#### FSCUC Fishing Charter Dates

Visit website for more info

<https://fscuc.org> charter fishing info & club events

#### NYSDEC Summer Camps

Visit website for more info

<https://dec.ny.gov/things-to-do/summer-camps>

### Member Clubs

Bushkill Rod & Gun Club, 4161 State Route 28A, West Shokan, NY 12494  
Dwarkill Rod & Gun Club, Rt. 208 Wallkill NY  
Esopus Township Sportsmen, Rt. 9W West Park NY  
Glasco Sportsmen's Club, Glasco NY  
Hidden Valley Lodge Club, Ulster County NY  
Highwoods Sportsmen's Club, 870 Zena-Highwoods Rd Saugerties NY  
Kyserike Gun Club, Kyserike NY  
Lake Hill Rod & Gun Club, Lake Hill NY  
Lake Katrine Rod & Gun Club, 5 Van Wagner Rd Ulster Park NY 12487  
Landowners & Sportsmen's Assn., 50 Quarry Rd Saugerties NY 12477  
Lloyd Rod & Gun Club, 65 Clearwater Rd Highland NY 12528  
Marbletown Sportsmen's Club, 105 Scarawan Rd Stone Ridge NY 12484  
Morgan Hill Game Assn., Dug Rd Hurley NY  
New Paltz Rod & Gun Club, Gun Club Rd New Paltz NY 12561  
Phoenicia Rod & Gun Club, Rt. 28 Phoenicia NY  
Plattekill Rod & Gun Club, Plattekill NY  
Plutarch Sportsmen's Club, Plutarch Rd. New Paltz

Rondout Valley Rod & Gun Club, 492 Samsonville Rd Kerhonkson NY 12446  
Rosendale Sportsmen's Club, Springtown Rd Tillson NY  
Ruby Rod & Gun Club, Main St Ruby NY  
Saugerties Fish & Game Club, 168 Fish Creek Rd Saugerties NY 12477  
Shawangunk Long Beards, Pine Bush NY  
Southside Rod & Gun Club, 41 Baker Rd West Hurley NY 12491  
Ulster County Trappers, Napanoch NY  
Ulster Heights Rod & Game Club, 244 Sherman Rd Ellenville NY 12428  
Upper Esopus Fish & Game Assn., Big Indian NY  
Vly Sportsmen's Club, Sarawan Rd Stone Ridge NY  
Walker Valley Sportsmen's Assn, Frontier Dr. Pine Bush NY,  
Wallkill Rod & Gun Club, 316 Bryn Tpk Wallkill NY 12589  
Warwarsing Rod & Gun Club, Sportsman Rd Napanoch NY  
West Esopus Landowners Assn., 757 Floyd Ackert Rd West Park NY 12493  
Whortlekill Rod & Gun Club, Rt 376 Hopewell Junction NY 12433  
Wittenberg Sportsmen's Club, 90 Montoma Lane Woodstock NY 12498

**IF YOU WOULD LIKE TO HELP, VOLUNTEER OR DONATE TO OUR YOUTH PROGRAMS,**

Contact President Ray Valk (845) 549-3964 or [President@fscuc.org](mailto:President@fscuc.org)

# Expert Tree Service



**845.331.6782**

*Did you know...*

Winter is the least expensive time of the year to have your trees removed???

*Call us today!*

Quality. Respect. Trust.

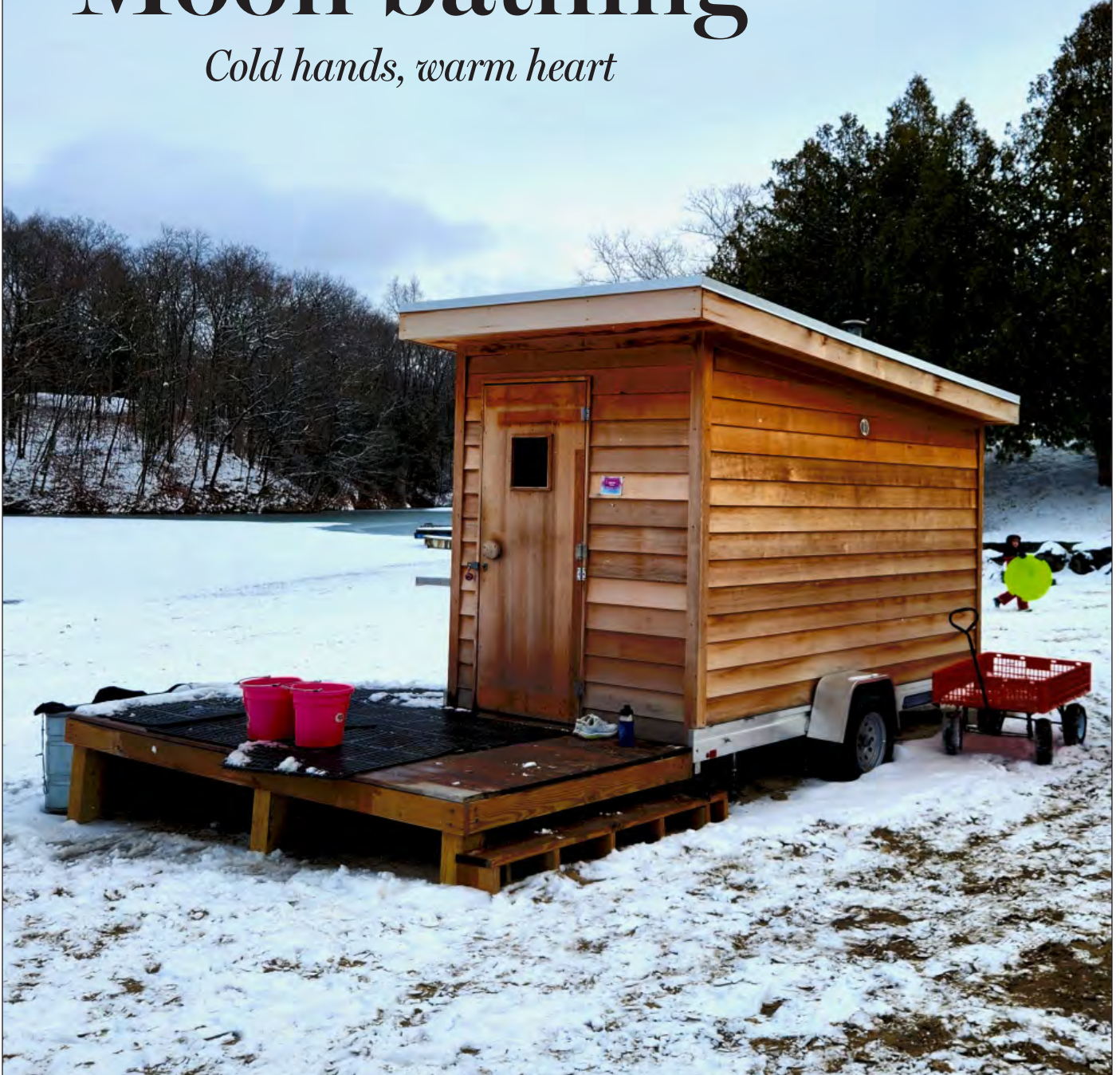
*What does your contractor sell?*

**Keith Hughes, Jr.**

*Serving Ulster, Dutchess, Greene & Albany Counties*

# Moon bathing

*Cold hands, warm heart*



PHOTOS BY ROKOSZ MOST

## by Rokosz Most

**W**AKING UP COLD. Freezing while sitting for any length of time as the circulation slows. Drawing too many hot baths is a sign of mental instability. As is lingering hopelessly in patches of warmth-free sunlight. Staying longer and longer in bed. Building light boxes to bask in the electric glow. This is all familiar from last year, and

the year before, and the year before that. There is no cold like cold metal gripped by bare hands. Terminal is the cold. Cold enough to lay outside in a jacket and jeans and wake up dead.

Anticipating icy monotony, one turns to meteorologists to better predict the duration.

The coldest month of the year in Kingston is January, not February, with an average of 34°F. The lows are much lower. When cold sinks to very cold,

then comes freezing and finally frigid. Then you've arrived at the bottom. While the meteorologists say the cold season in Kingston lasts until March, April can still break spring's heart.

In the interim, one must do what passes for a good time among the fourth-generation descendants of Norwegians, Danes, Swedes, Germans, Finns and Poles.

Skiing. Snowboarding. Ice fishing. Drag a parlor couch behind a pickup truck across a frozen lake. Take up iceboat



# MENLA

**Soak in the healing power of nature. Escape the city and enjoy life in a mountain oasis just two hours from New York City. Create Your Own Getaway.**

**FOREST BATHING • HIKING • MEDITATION • SOUND BATHS  
PRIVATE YOGA • BONFIRE • DEWA SPA • FARM TO TABLE MENU**

**WWW.MENLA.US | 845.688.6897**

**SPONSORED BY TIBET HOUSE US, THE DALAI LAMA'S TIBETAN CULTURAL CENTER IN AMERICA**



## Healthy Living Just Got EASIER.

Come visit us and our Exclusively Organic Produce Dept, Organic Juice and Smoothie Bar, Cafe and so much more.



**motherearthstorehouse.com**

300 Kings Mall Ct • KINGSTON  
336-5541





sailing. When frigid drops down to the positively arctic. Without snow, all this cold is suffering without meaning. Go lunar soaking. Moon bathing. Sure. The groomers of Belleayre activate their snow cannons to cover the dry, bare, shame of the mountain with fake snow. They weep, and their tears turn to ice drops. Real snow is cloud snow, as everybody knows.

### Steamroom

The cold is still hanging around like a rude houseguest. Outside, the misery remains. But this is how I end up in the YMCA in Midtown, in a dark, dank, tiled room near the showers, heated with steam. Real industrial. No palm fronds or massages here.

Men sit naked, for the most part, in silence as the temperature rises. The searing hot air hisses out from a pipe and carries the moisture with it. Everything is wet. The benches, the floor, the ceil-

ing, dripping. In an environment like this the bacteria must multiply. When anyone coughs there is some comfort imagining that the microscopic germs are trapped in the wet air, sputum enveloped in drops of moisture and taken down to the floor.

It happens that a younger man has forgotten his sandals. He comes in walking on the edges of his bare feet to minimize contact with fungal infection. It must be said that while it is hot the steam room lacks charm. It happens that one man will regale another with an anecdote at top volume, like a noisy businessman on his cellphone in a train car.

It happens that one man will splash a mentholated tincture into the pipe where the steam emits or the drain in the floor and everyone has to breathe in the oil. This is just the place for a toad. Or a salamander.

Outside, the cold is smothering the

## Hudson Valley Explore

*Winter in the Valley*

EDITOR & PUBLISHER: Geddy Sveikauskas

ASSOCIATE PUBLISHER: Genia Wickwire

ADVERTISING: Lynn Coraza, Pam Courselle,  
Elizabeth Jackson, Tobi Watson,  
Jenny Bella

PRODUCTION MANAGER: Joe Morgan

PRODUCTION: Diane Congello-Brandes,  
Josh Gilligan

CIRCULATION: Dominic Labate

COVER PHOTO: Dakota Lane

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

Ulster Publishing (est. 1972) is a Hudson Valley media company with its office at 322 Wall Street in Kingston. For more info on upcoming special sections, including how to place an ad, call (845) 334-8200, fax (845) 334-8202 or e-mail [info@hudsonvalleyone.com](mailto:info@hudsonvalleyone.com).

world. And the wind is rattling the branches. In this wet dark room at least, there is not enough heat hissing in through the pipes to keep despair at bay.

### Cold yard

Hours later, when I walk into the back yard, Regina is outside under the bright, blue-white moonlight, wearing a long, matted fur coat drawn tightly

about her. And boots, and a beanie with a pom-pom on top, and mittens. She places glass bottles of filtered tap water around the circle of bricks surrounding her ash-cold fire pit.

# Woodstock Office. National Reputation.



**Joseph W. Belluck, Esq.**

If you've been injured, call your hometown lawyer, Joe Belluck.

He specializes in car, truck, and motorcycle crashes, construction accidents, slip and fall cases, work injuries, asbestos cancers like mesothelioma, medical malpractice and dangerous products.

Joe will meet with you for free in your home or at his Woodstock office. He guarantees personalized representation from a local lawyer with a national reputation. He can help you recover money for medical bills, lost wages and other damages.

*Call Joe Now For Your Free Consultation*

**845-WOODSTOCK (845-966-3786)**

**[www.bellucklaw.com](http://www.bellucklaw.com)**

**\$1 Billion**

Recovered  
for our  
clients

**\$32 Million**

Recovered  
for construction worker  
exposed to asbestos

**\$7 Million**

Recovered  
for truck  
accident victim



**BELLUCK LAW**

Woodstock | New York City | Albany

"I'm harnessing the moon's energy," she says.

"You don't wear pants for that?"

"Obviously," she says, "not."

She's making moonwater is what she was doing. The practice has gone mainstream, but it's unclear who's to blame.

At a gas station yesterday, fingers frozen in a gnawing wind, I lifted the gas nozzle from its cradle and inadvertently activated Maria Menounos. From the video screen of the gas pump she offered meditation and mindfulness advice. There is no shutting her off. Her wisdom is included with the price of gas.

There must be more and more would-be seekers of ancient wisdom trapped running errands in the suburbs because USA Today has taken notice. I came across that news operation hocking astrological predictions on the Internet, and since the planetary divination act confused me, I clicked on another article, which like Regina, touted the desirability of making one's own moon water. The article quoted someone named Lisa Stardust.

"The moon can shed light on our reactions in certain situations," said Stardust, before the author interviewing Stardust cut in to write, as if she was leaving signage for an interstellar tourist, "The Moon has held deep cultural significance, often symbolizing life's cyclical nature."

Certain situations. Yes. Often. Well, good to know.

Gannett has no idea how to make moon water. But the creatives get paid. And every year, Yuletide breaks the heart of winter like a battle axe embedded into



the heart of a tree trunk. So why not Maria Menounos?

### Firepit

I offer to light the fire.

Regina winces and then sneezes. "That interferes with the moon water," she says.

"Fire is sunlight, in case you didn't know."

One does not argue with Regina.

"Moonlight is sunlight, too," I mutter.

She shakes her head from side to side

sadly. "The moon changes the composition."

Cold, white and dead is the moon above us. It isn't even full. Regina at least says she knows what she's doing. Infusing the water with the reflected light of a waxing moon is what she's after.

As we speak, the wind is 20 mph in Topeka. And 25 mph in Albuquerque. Some monster winter storm is stalking the country. Dumping a blizzard of snow on Denver and killing people wherever it catches them unaware. Newscasters advise that with only a single candle burning you can stay alive inside a broken-down car.

In Chicago five years ago, it got so cold they had to set fire to the subway tracks to keep the hot-rolled steel from cracking. Fire is what I need. Not moon water.

"There's that hipster convent down in Accord. They've got a fireplace."

She means the outdoor venue where the faithful worship at an indoor bar.

There are living fires there, outside, that some can gather around.

"But we can't go there," she said. "They have a stingy fire."

Nothing worse than a stingy fire.

### Hearth

So the moonwater ceremony is left to percolate. A roaring fire is what's required, and the eternal

blaze of the Hoffman House in uptown Kingston rises up in the mind's eye. The stone-built tavern has a fireplace large enough to shuffle inside of, all crouched over, and ignite like a wadded-up newspaper in a campfire. Which at first blush, appears to solve the cold question. But when everything has burned what's left? More cold. The definition of life is motion. Bones are stationary.

As it happened, lie down and die cold





SENIOR ADVOCATE

Do you need help getting started with Medicare?

Has your Medicare plan changed so that it no longer covers your doctors or prescriptions?

You may be eligible for a special election period.

Contact me to learn more or to schedule a

**NO COST** consultation.

☎ 845-419-1984

✉ K.HardingInsurance@gmail.com

🌐 medicarekaren.com

Steve Heller's  
**FABULOUS FURNITURE**

**Live edge furniture.**

**Robots.**

**Space age art.**

**Car creations.**

Open Wednesday thru Sunday. And sometimes Monday!

(845) 750 3035

Rt 28 Boiceville NY

(845) 750 3035

fabulousfurnitureon28.com

ROBERT BLOOMER

FREE ESTIMATE/FULLY INSURED



- TAKE DOWNS
- CHIPPING
- TOPPING
- CLEARING
- SCENIC VIEWS
- CABLING
- STORM DAMAGES

**TREE REMOVAL & STUMP GRINDING LLC**  
**"WE WILL NOT BE UNDER BID"**

**We are also offering Asphalt Seal Coating for Driveways and Parking Lots.**

**845-679-7949**

Serving the Hudson Valley

Cell: 914-388-0501

robert.bloomer@yahoo.com

**NORTHERN DUTCHESS SYMPHONY ORCHESTRA**  
2024/2025 SEASON

KATHLEEN BECKMANN  
MUSIC DIRECTOR

**Disney and ZIMMER**



**Saturday, February 8, 2025, 7:30 p.m.**

*The Culinary Institute of America, Hyde Park*

Enjoy a blockbuster evening of music featuring Disney classics like *Aladdin*, *Mary Poppins*, and *Pirates of the Caribbean*. Movie favorites with Hans Zimmer include *Gladiator*, *Man of Steel*, and *Interstellar*.

**Broadway guest vocalist Lindsay O'Neil** will join the orchestra for a couple ballads including "Part of Your World" from *The Little Mermaid*.

**Special family ticket package available.**

Learn more and buy tickets at [www.ndsorchestra.org](http://www.ndsorchestra.org)



Our concert season is made possible, in part, through funding from the County of Dutchess and Dutchess Tourism, which is administered by Arts Mid-Hudson and by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.



was the message sent from the universe. As it happened, Hoffman's was closed that night after all. Counterintuitively, people suffering from hypothermia have reported the warmth that seeps across the body and the overpowering passion for sleep. Lovely, the warmth unto sleep.

It was a 16-mile drive to the Boiceville Inn on Route 28. Parete family turf. The dirt of the parking lot had turned to mud and then froze. There's the smell of real wood smoke drifting up out of the chimney.

All the trees behind the inn are naked and mysterious in the darkness. Inside, massive wooden beams span the width of the room overhead. Walk the length to where the hearth waits, the throat of the fireplace sheathed in old iron. Wrought-iron doors stand open. Pull up some chairs. Outstretch arms, elbows deep into the heat. Fortify the spirit with wine while sap in the logs explode. Sparks pop out and bounce onto the red-tile floor. Chunks of embers smolder and glow orange as the flames off the

wood are sucked up into the flue of the brick chimney and out into the frozen life-killing air above.

The radiating heat makes one lazy and calm and inclined to manage the burning wood with a long, thick wrought-iron poker. Forget the cold. Sitting at the bar are gathered a small group in their seventies and eighties. None of them are in any rush. At least 350 years combined among them. A long time coming.

A classic publican, John Parete presides. He served a long stint in the county legislature. He's been 50 years in the same barroom while around him his family has increased and prospered.

"Whattaya call it? The opera. In Woodstock. They lost it. I don't know why. I heard it was going to Kingston. That fell through. Then it was going to New Paltz. That fell through .... People don't care about opera any more! Ladies singing like they got ice down their back."

After talking opera, the group recounts the confounding, inexplicable behavior of acquaintances and family. Then the talk

turns to judges. Judges and the land they bought. Judges who got caught drinking and driving. Judges who were known as bad drunks. For who will judge the judges? The elderly.

Sitting near the chimney, staring into the fire, the attention wanders. The cold is forgotten. The heat taken for granted.

Parete comes over to trade some conversation. Mounted on the wall above the fireplace is a massive wooden yoke with two U-bolts made of pig iron, used for locking in the beasts of burden and hitching them by a ring to plow or cart. Trying to elicit details about the plow, I muse about how it works and egg Parete to weigh in.

"What, you think I was alive back then?" he says.

I turn my hands palms up and shrug. "Oh, I see," he says, gearing up. "One of my sons gets here I'll have him punch you in the face."

Two weeks ago, John Parete turned 83 years young.

**Sauna**

Out here on the sandy beach of Oakdale Lake in the city of Hudson, the Big Towel wood-fired sauna operation provides saunas which look something like gypsy wagons have been pulled in from some other place and will leave again to some other place but for now they've been set up next to the lake.

Set on two wheeled axles, each sauna is built onto a tow-trailer. The whole operation could strike camp and disappear into the night in short order. Hitched to a truck and towed off. Only the frozen beach will remain.

Inside one of the saunas, the first thing that happens is a feeling of tightness at the skin over the cheekbones. And the bridge of the nose. Eventually the sweating starts, but the heat evaporates fallen moisture up off the benches.

There's room for six strangers, no more, on two benches, one upper, and one lower. Everyone sweats together looking out a picture window which frames the beach and the frozen lake. Outside, there is honest-to-god shrieking and whistling from time to time, emitted from a frozen wind which comes whooshing down out of the woods and crosses the lake. But it doesn't matter. It's anywhere from 180° to 200° inside the sauna, the heat emanating from the igneous rocks surrounding an *Estonian Huuoz wood*



**HOPE. HELP. HEALING.**  
**KIDSPEACE**

*My Tax Business is  
Your Tax Business*

- **Personal & Small Business Tax Returns**
- **Payroll Taxes**
- **Sales Tax**
- **Bookkeeping**

**(845) 389-8401**

*Dotty Miller*  
Enrolled Agent  
*Call Today!*

206 Tremper Ave.  
Kingston, NY 12401  
dottym1775@aol.com

**THE SHADOWLAND Foundation INC.**



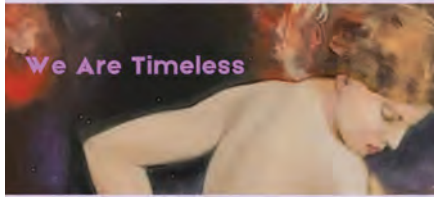
**HELP SECURE THE LONGEVITY OF SHADOWLAND STAGES FOR FUTURE GENERATIONS.**

Embrace your legacy by leaving a gift in your will to:  
**The Shadowland Foundation Inc.**

**845.210.4848**  
foundation@shadowlandstages.org

THE SHADOWLAND  
*Foundation*  
INC.

**Rich Morris**



**2/1 - 2/23, 2025**  
Opening reception:  
**SAT Feb 1, 5 - 9 pm**

**Rosalie Frankel**  
Documentary,  
Short Story, and Haiku



**THE LACE MILL**  
165 Cornell St, Kingston, NY  
thelacemillarts.com  
Gallery hours:  
**SAT & SUN, 1 - 4 pm**



# HOT TUB

**MAINTENANCE & REPAIRS | FULLY INSURED | RELIABLE**

*We Service All Makes & Models*

**MDL POOL & SPA SERVICES, LLC**

**845-332-0056**

Pool Maintenance | Repairs | Openings and Closings

# Go Titan

*for All Your Water Needs*



**DON'T PUT UP WITH DIRTY, SMELLY WATER!**  
**We will solve any /all of your water issues - from bacteria to clay and everything in between.**

*From well drilling to water testing, we meet every need.*



Contact us for dependable drilling contractors who ensure your water systems are operating as they should.

**1-800-GO-TITAN**  
**1-845-586-4000**

264 Co. Hwy. 38, Arkville, NY 12406 | www.titanwelldrillingny.com



**Find us on Facebook**



stove in the corner.

There's a man in the sauna from Siberia who bemoans the fact that the memory of his genetics isn't strong enough, that the heat is too much for him. He should

have been used to the heat, he reprimands himself out loud, because the saunas of Siberia and the frozen Taiga should be in his blood.

"You can handle the heat," he says to me,

nodding appreciatively. "You have a very large tolerance." Despairing at his lack of endurance, he leaves early.

There's a basket pouch which holds a bowl full of water. Sprinkle the pile of rocks radiating the heat from the wood stove like a benediction. Murmur some words. Steam hisses and humidity enters the air.

Two other women in the sauna were talking tractors and then talking about a woman they both knew. An aerial gymnast. One marveled to the other how exciting it must be after climbing up into the air.

"I wonder how she got into it?"

"Well, she dated a circus performer."

"That makes sense."

Outside on the sand next to the short deck covered with rubber mats and frozen water slicks, there's a body-length wash-tub full of ice-crusted water. What you do to get inside, first you crack through the crust to the ice water below, smashing it with your heel, and then you lower your body down inside until you're sitting with your legs stretched out before you and with your armpits up on the rim, like a cowboy bathing in a water trough. Lying in the ice water like Laura Palmer wrapped in plastic.

The imagination worries the cold will stop the heart. A stupid death, lying in a washtub of ice water. One can imagine the emergency responders shaking their heads.

"Another one dead, Charles, where will it end?"

"I dunno, Ozzie. The hallmark of a life without purpose is the search for cheap thrills."

After the sun has set, the two girls have gone. There is no light inside the sauna. The headlights of distant passing cars reflect and bounce off the frozen surface of the lake. Three times have I plunged into the ice water, three times did I return to the heat.

Along with the silence made louder by the occasional moaning wind is the chocking sound of logs being split by axe to feed the fire in the wood stove, a reminder that wherever there is someone relaxing, enjoying, benefiting, there is always somebody else at work, laboring to make it all possible. They accept tips.

After an hour and a half, I stand outside in a robe and beanie, and for a transitory enchanted moment I hold my breath, compelled into an aesthetic

**30% FEDERAL TAX CREDIT ELIGIBLE**

**THE SAVINGS ARE HEATING UP!**  
Lower your energy costs with efficient, affordable, renewable heat.  
30% Tax Credit Available on Select Wood & Pellet Stoves

**HARMAN PELLET STOVES**  
P43 ABSOLUTE 43

**VERMONT CASTINGS WOOD STOVES**

**QUADRA-FIRE GAS INSERTS**

ASK ABOUT 0% Financing WITH **synchrony BANK**

**GEM STOVE & FIREPLACE CO.**  
WOOD • PELLET & GAS STOVES • FIREPLACES • SUPPLIES & ACCESSORIES  
7987 ROUTE 32 NORTH • CAIRO, NY • 518-622-3862  
gemstoveandfireplace.com • Email: gemstoveandfireplace@gmail.com  
Tues. - Sat. 9-5  
Closed Sunday & Monday

**DISPOSABLE NEEDLES USED • STERILE EQUIPMENT**

COMPUTERIZED PROCEDURE  
FREE CONSULTATION

**GIFT CERTIFICATES AVAILABLE**

**845.876.4878**

**Ann Lombardozi, C.P.E.**  
**Michelle Lombardozi-Strollo**  
22 East Market Street, #201, Rhinebeck  
www.anneselectrolysis.com

Permanent Hair Removal

**ANNE'S ELECTROLYSIS**

**Looking for something to do? CCE Ulster has options for everyone!**

4-H • Veterinary Science • Tractor Safety • Public Presentations • Leadership • Agriculture • Grain School Horticulture • Garden Day • Master Gardener • Watershed Stream Management Program • Watershed Detectives • Stream Explorers • Healthy Cooking Classes • Family Wellness • Relatives as Parents Program • Farm to School • Environment • Natural Safety • Public Presentations •

**Cornell Cooperative Extension**

Agriculture • Environment • Healthy Communities • 4-H

Ulster.CCE.Cornell.edu  
(845) 340-3990 | Ulster@Cornell.edu  
232 Plaza Road, Kingston, NY 12401

**CCE ULSTER**

contemplation I neither understand nor desire, face to face for the first time this winter with something commensurate to my capacity to crave heat. Tell F. Scott I did not weep.

### Woodstock Town Car

24 Hour Service to Anywhere!\*

Local and Long Distance

\*Upon prior reservation



(845) 679-6656 | woodstocktowncar.com



### The Shandaken Historical Museum

in Pine Hill opened in 1989 with a vision to preserve and share our history with the public.



845-254-4460

26 Academy St, Pine Hill NY 12465  
Hours: Fri, Sat, Sun, 10am-4pm  
Closed Mon. - Thu.  
shandakennymuseum.org

# THE PACK & SHIP



## STORE

Printing ♦ Mailbox Services ♦ Returns

## ups THE UPS STORE® Print & Business Services

260 Kings Mall Ct. (on Rt. 9W / Ulster Ave.), Kingston  
store4541@theupsstore.com  
845.336.4UPS (4877)



ETHAN ALLEN  
TRANSPORTATION, INC.

# NOW HIRING

Openings for School Van Drivers

Excellent Pay & Benefits • Flexible Hours • Sign-on Bonus  
We guarantee 5 hours per day!



CALL TODAY 845-339-3115

Will Train Qualified Applicants For Their CDL License

113 Hunter Street, Kingston, NY 12401

# Chef talk with Ric Orlando

*Interview and photos by Jason Bover*

**R**IC ORLANDO IS a pioneer of the Hudson Valley farm-to-table movement. Since 1989, when he left New York City, Ric's tireless work in promoting the farms, products and people of upstate New York has made him one of the most well-known chefs in the region. After 20 years running one of the area's favorite restaurants, he is now focusing on consulting and special dining events. He also owns his own brand of creative seasonings and condiments.

You might have seen Ric on television beating Bobby Flay on the Food Network or winning twice on the cooking reality show Chopped. He is a regular guest on WAMC Public Radio's Food Friday, and even had his own TEDX talk.

How many restaurants do you frequent where you don't know the name of the chef preparing your food? That's wouldn't be the case with Ric. He, not the restaurant itself, is the focus of the experience.

Today, Ric is preparing his annual Feast of the Seven Fishes, in Averill



Park, N.Y. This Italian Christmas tradition focuses on the fruits of the sea. This year, Ric is cooking the feast at his good friend Kevin Tighe's Bistro Americain, a French-American bistro. Later, I had the

opportunity to enjoy dinner service and to try the dishes Ric had been preparing during our interview.

**Jason:** I certainly never perceived New

**Get your  
Snow Tires  
Today!**



**Up to \$150<sup>00</sup>  
in rebates on  
Goodyear Tires**

**All Phases of Mechanical Repairs  
Tune-Ups • Tires • Brakes • Oil Changes  
24 HOUR TOWING**

**TIRE PRICE SPECIALS**

**J&H  
Tire & Auto**

138 Cornell St. • Kingston, NY  
(845) 339-5435

**1st Place  
Tire & Auto**

279 Broadway • Port Ewen, NY  
(845) 339-4296



**Jason:** I once heard Mario Carbone say that the quintessential and most defining trait of Italian cooking is using what you have available in season and creating something simple and delicious. He was explaining that at his restaurants you might see something that we wouldn't consider typically Italian by American standards, but by following his definition he has had the freedom to experiment. As long as he is using in-season local

World as an Italian restaurant, but it seems in the last few years you have really turned toward your Italian roots,

**Ric:** The last five years I've spent two or three months a year in southern Italy. After 40 years of cooking food from around the world, I would say that Italy has recently been an inspiration to me. At my age, it's good to be inspired.

I still love cooking all my global flavors, but I have a great appreciation for the simplicity of Italian cooking — being able to make amazing food with very few ingredients. I like focusing on ingredients more than anything else. I obviously still love cooking and eating food from all over, though.

**Happy New Year!**

**Magic Touch Auto Body**

*Complete Auto Body Repair • Foreign & Domestic*

**845-687-7868**

1032 Berne Rd, High Falls, NY

**YOUR SERVICENTER, INC.**

**Trailer Sales & Repairs!**

**Truck Caps & Accessories**

**Auto/Truck Repair • Heavy Truck Repair**  
**Equipment Repair**  
**24 Hour Towing/Recovery**

**Mike Koskie, Owner**  
**(845) 338-1377 | Cell: (845) 417-5869**  
**3059 Route 32, Kingston, NY 12401**

**"Whatever you need to get your car in shape this winter... You'll find it all under one roof!"**

*Foreign and Domestic • Wholesale • Retail • Auto & Truck*

**Whatever you drive... We've got the parts!**

Voted #1 Auto Parts Store in the Mid Hudson Valley Choice Awards!

**Lynch Auto Parts**

SERVING THE AREA FOR OVER 70 YEARS!

**39 St. James St., Kingston**

**(845) 331-7500 • [lynchautoparts.com](http://lynchautoparts.com)**

- Exhaust Systems
- Clutches
- Brakes
- Shocks
- Fuel Pumps
- Catalytic Converters
- Water Pumps
- Plugs & Points
- Belts, Hoses, Filters
- Batteries
- Wipers, Lights
- Distributors, Rotors
- Rebuilt Parts

**Artistic Renovations**  
**CHAIR CANING**  
 Furniture repair and sales | *Free estimates*  
 hankmildew@gmail.com | 845-750-2298

**KIWANIS ICE ARENA**

Open 7 days a week with various times for public skating

**Public Open Skating Admissions**  
 \$6 for Adults, \$4 for Children 6-18, Children 5 & Under are Free.

**Public Drop In Hockey/Sticks & Pucks** \$8 for Adults, \$6 for Children

**Skate Rentals** - \$3 a pair. Hockey and Figure Skates available.

**Skate Sharpening** - \$5 a pair

Visit our website for the skate times for every public session  
**BIRTHDAY PARTIES • PRO SHOP**

845-247-2590 | kiwanisicearena.com | 6 Small World Ave, Saugerties

ingredients, that still makes it Italian at heart.

**Ric:** Farm-to-table isn't just Italian, it is Mediterranean at heart. You know, Spain, Portugal, Greece, North Africa. Farm-to-table is a great thing that happened to America, but it's the way we cooked up until about 50 years ago. Farm-to-table is just a reaction to the corporatization of the American food system. The food in our supermarkets is not very good compared to the rest of the world, and they know it. In Italy, you go to the market, and they only have what's in season. In America, we expect everything to be ripe all year.

**Jason:** So how did you learn to cook? Traditional schooling?

**Ric:** I ended up getting a job as a waiter at Harvest in Harvard Square, Cambridge. We had a daily changing menu, truly farm-to-table for its day. I got so into it.

That's when I realized I didn't always have to be a food slinger. I realized it's possible to cook with intellectual pursuit. You can cook elevated ethnic food with any ingredient in the world. So working at a restaurant like Harvest changed my life.

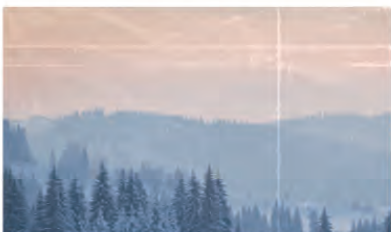
I left the Harvest to help open 21 Federal in Nantucket. I started cooking the lunch shift, and within three months I was running the kitchen. Back then there was no Internet, so we had stacks of books and magazines. You would actu-



CANNABIS DISPENSARY



VISIT OUR SITE



"FOR USE ONLY BY ADULTS 21 YEARS OF AGE AND OLDER. KEEP OUT OF REACH OF CHILDREN AND PETS. IN CASE OF ACCIDENTAL INGESTION OR OVERCONSUMPTION, CONTACT POISON CENTER I-800-222-1222 OR CALL 9-I-I. PLEASE CONSUME RESPONSIBLY." OCM-CAURD-24-000202

**A BOTTLE RETURN**  
**Don't Know Where to Return Your Bottles?**

**A**

**BOTTLE REDEMPTION CENTER**

We have machines that count your bottles so you get **ALL** your money back!

Open: 7 Days 9 am - 7 pm  
 85 Murray Street,  
 Kingston, NY 12401  
*Locally Owned and Operated*





ally have to follow the recipes and order the ingredients on the list.

We learned how to make stock by watching James Beard and Julia Childs. Julia Childs was a regular at the Harvest, actually. I cooked for her several times. I made her mussels with tamarind juice, chili, tarragon, and a whole mess of ingredients. She loved it! All the other cooks poked fun at me. She was a character, for sure. A genius!

**Jason:** So then, when did you open New World?

**Ric:** May 1993 at 401 Zena Road.

**Jason:** And what was that restaurant called before New World?

**Ric:** Shirley's. Musicians hung out there. Rumor is Love Shack was written about Shirley's. Kate Pierson used to hang there regularly. The building on 212 was The Getaway in the 80s. Then Medusa, then Seasons. It was built on top of an Olympic-sized swimming pool. The pool was made for Johnny Weissmuller, from Tarzan, to practice

swimming for the Olympics. His uncle lived next door.

New World closed on April 7th, 2018. Two weeks before we closed, we called the Freeman and the Poughkeepsie Journal and everyone came out. It was glorious! Everyone that worked there over the last 10 or 20 years came out to work for free. They wanted to put in their last shift. It was a great run.

**Jason:** So when did you move from Zena Road to Route 212?

**Ric:** July 1998.

**Jason:** New World closed well before Covid?

**Ric:** Yeah. I was working in Albany at the other New-World location. Consulting for a chef's salary, and Saugerties was becoming financially unviable. My wife, who was working for the restaurant, also got a great job offer, and it didn't make sense any more.

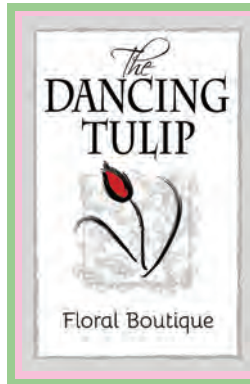
**Jason:** I used to hear stories about you bringing your employees on a pilgrimage to Boston. What's that all about?

**Ric:** We went to the East Coast Grill, Chris Schlesinger's East Coast Grill. He was a well-known food writer and chef in the late Eighties, early Nineties. He

Celebrations of Love 🍷🍷🍷

**CLOSED FOR VACATION**  
**Sunday, February 16th - Wednesday, March 12th,**  
**Re-Opens Thursday, March 13th**

**Hoffman House Tavern**  
 (845) 338-2626 • 94 N. Front St., Kingston  
 Hoffmanhousetavern.com



**"Your local florist for the Woodstock Area"**  
 5-star rated for 10 years at  
 114 Partition Street, Saugerties  
 Delivering 6 days a week  
 Order online @dancingtulipfloral.com  
 or speak to a human call 845-246-3164



# COLD WEATHER, WARM HEARTS



*Unbeatable Selection at Everyday Low Prices*

**miro**  
**wine & spirits**

*Purveyors of Fine Wine & Spirits Since 1960*

**WINE TASTINGS**  
**FRI. 4 -7PM**  
**& SAT. 1-4 PM**  
**EVERYDAY IS**  
**SENIOR**  
**DISCOUNT DAY!**

Curbside and Delivery Available  
(Contact Store for Details)

845-336-5155 | 15 Boices Lane (Harbor Freight Plaza), Kingston, NY  
Open Monday-Saturday 9am-9pm | Sunday 11am-5pm

really brought rock 'n' roll into eating. His restaurants were loud! One of the menu items was a twelve-pack for the kitchen. Just rock and roll. I took my crew to a lot of weird places. East Coast Grill definitely had the vibe I was trying to create in New World — in-your-face, loud flavors!

2023  
**Travelers' Choice™**  
Award Winner

Tripadvisor



*Fine dining with warm  
Irish hospitality*

**Warm up your winter  
with our delicious menu  
and cozy fireside dining.**

**Reserve online  
at [Garvans.com](http://Garvans.com)**

Join Us For  
**VALENTINE'S DAY**

♥ Special 3-course ♥  
**Prix Fixe Sweetheart Menu**  
**\$75 per person**

📞 *Reservations Required* 📞

*Host your small private event in  
one of our cozy dining rooms.*

*Our beautiful event space,  
"The Grove at Garvan's" is  
available Friday nights and  
Sundays in 2025 for your  
wedding reception, family  
reunion, birthday party &  
other special event.*

➤ *Call for details* ◀

**215 Huguenot St., New Paltz**

**(845) 255-7888**

**Tues. - Sun. 12-9pm • Closed Monday**

**Jason:** One of my favorite New World memories was your special Valentine's dinner. I vaguely remember blindfolds being involved.

**Ric:** Our safe-sex dinner! A lot of people really enjoyed that. The safe-sex plates were eight pairs of very simple but intense flavors. All of these really freaky things that you could eat with a blindfold on

Celebrations of Love 



Serving Breakfast & Lunch  
All Day  
9 am - 4 pm

Open Wednesday - Sunday

2356 RT 44/55 GARDINER  
845-255-4949 • WWW.MIOGARDINER.COM  
VISIT US ON FACEBOOK!



*is almost all you need*

**ONTEORA**  
Mountain House

Boiceville New York      [www.onteora.com](http://www.onteora.com)  
845.657.6233



Add a Touch of Irish Hospitality  
To Your Next Celebration

Experience great food, delicious drinks, and impeccable service in a lovely ambiance.

Our beautiful light-filled event space is perfect for family reunions, birthday and retirement parties, bat/bar mitzvahs, receptions and other special occasions.

**Friday night and Sunday dates  
still available for 2025!**

**Please call to set up an appt: (845) 255-7888**

Cozy dining rooms in our historic 1759 restaurant are also available for more intimate gatherings.

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

**215 Huguenot Street, New Paltz**  
(On the New Paltz Golf Campus)

to trick your senses. You couldn't put a finger on what you were tasting. Like a mango Serrano chili pepper dipped in white chocolate or a date stuffed with gorgonzola. Then — bam! — it exploded in your mouth.

**Jason:** When did you discover your love of big flavors?

**Ric:** I learned how to love to eat being in Boston and the Village in my early

twenties. Being introduced to mom-and-pop ethnic restaurants changed my life. When you are a poor, starving musician, often ethnic food was cheaper than McDonald's. Like real Thai food, Szechuan noodles, chicken livers, Vietnamese.

I wanted to learn how to cook what I was experiencing. To really be a good cook, you need to know how to eat. Not just shoving food in your piehole, but



really eat. I'm not talking ranch dressing on pizza!

**Jason:** How would you credit the evolution of the more sophisticated palettes of just ordinary diners? Now customers expect more than ever. I feel New World was ahead of the curve when it comes to the elevation of flavors and pushing the envelope.

**Ric:** Food Network shows changed everything. Social media has taken over, and Instagram has ruined a lot of it. Chefs see things on social media, and they try to make their food look like what they saw but without actually tasting it.

**Jason:** So seeing celebrity chefs on TV? **Ric:** Say what you want about him, but Mario Batali changed people's perception of Italian food completely. Bobby Flay introduced Tex-Mex, and Martin Yan introduced Shanghai and real Chinese food. All these people on TV in the Nineties introduced America to regional and global food.

Wolfgang Puck put smoked salmon on a pizza, and it was like the Sex Pistols. It completely opened our brains to taking a medium like pizza or tacos or pasta and putting new things on them. Something as simple as goat cheese and salmon on a pizza was revolutionary.

Then came the cookbooks, and it all kind of exploded. Don't get me wrong, the old-fashioned restaurants were great because mom was cooking. Mom isn't cooking in them any more. Now there is corner-cutting, and it's a step above diner food.

**Jason:** What makes the Hudson Valley special or different from the rest of the

Celebrations of Love

**KINGSTON ALTERATION CENTER**  
*Serving the Community for over 40 years*  
 Tailoring & Repairs  
 Men's • Women's • Children's Wear • Hems • Zippers • Linings • Gowns  
 Specializing in Weddings & Special Occasions  
 845.331.9490 20 Thomas Street, Kingston, NY  
 (Next to Frank Guido's Little Italy)

**DOWNTOWN CAFÉ**  
 Creative Cuisine  
 91 Broadway, Kingston NY  
*In the Historic Waterfront District*  
 Graziano Tecchio | 845-338-3380  
**PATIO OPEN!**  
 Seasonal Menu • Farm-to-Table  
*Love of food... True Italian passion.*  
 New York Times ★★★★★  
 Our Rehearsal Dinners are rated ★★★★★  
 www.grazianosdowntowncafe.com



For Memories of a Lifetime  
**Weddings, Baptism or First Communion Celebrations, Confirmations, Memorials, Birthdays, Quinceañeras or Anniversaries.**  
 Call Christine at 845-802-7007 or email [cvetere@bwpkingston.com](mailto:cvetere@bwpkingston.com)

**V**  
**THE VENUE**  
 UPTOWN  
 503 Washington Avenue, Kingston



country, in your opinion?

**Ric:** There are two factors. One is the proximity to the city. We are pretty much a suburb of New York. A lot of chefs make their way up here and bring that experience with them. We are an agricultural hub. We really have great farms up here. The Hudson Valley is one of a half-dozen great food centers in America that are not in a big city. That's the way I always described it. The Hudson Valley is the sixth borough.

**Jason:** Here's a fun one. What is your least favorite ingredient to work with?

**Ric:** I don't have a least favorite ingredient, but I do get tired of some after a while. I guess my least favorite ingredient would be anything premade and processed for sure. Nothing tastes like it's supposed to. It's all been dumbed down and made sweet and weird with chemicals and sugar. Maybe nacho cheese sauce? That orange-cheese shit. Dude, I hate that shit! Am I allowed to say that?

# Banquet Hall Rental

## Saugerties American Legion Post 72



30 John Street, Saugerties NY

Perfect for Receptions, Reunions, Trainings  
WiFi/Kitchen/Bar/Gaming/Museum Available

Contact Warren Whitaker at  
**845-514-5022**



*Catering  
to Love*



BLUEMOUNTAINBISTRO.COM  
845-340-9800

**HAPÁG BISTRO**

**Traditional FILIPINO FOOD Finally!**

**845-834-2379**  
♥ Reserve Now for Valentine's Day! ♥

**58 Vineyard Ave. Highland NY**

# *Walking yourself home*

RX for winter, with or without snow



**Text and photos by  
Dakota Lane**

**A** WAKENING TO A world hushed and radiant, a canvas freshly painted.

Red bird winging across grey sky, and you earthbound, the first to walk across a pure white field, snow outlining every thin black branch and twig, like calligraphy.

\*\*\*

Another day, you buckle on your snowshoes and trek alone, following the tracks of small creatures, tuning into the movements of hidden birds, savoring the many



shades of blue and silver in the frozen streams.

Later, stamping in from the cold, ice caught in your mittens, the scent of sweet woodsmoke and something good cooking on the stove. Peeling off boots and growing sleepy as the world outside fills up with softer and softer white and darker and darker skies and the purple twilight that comes always too soon.

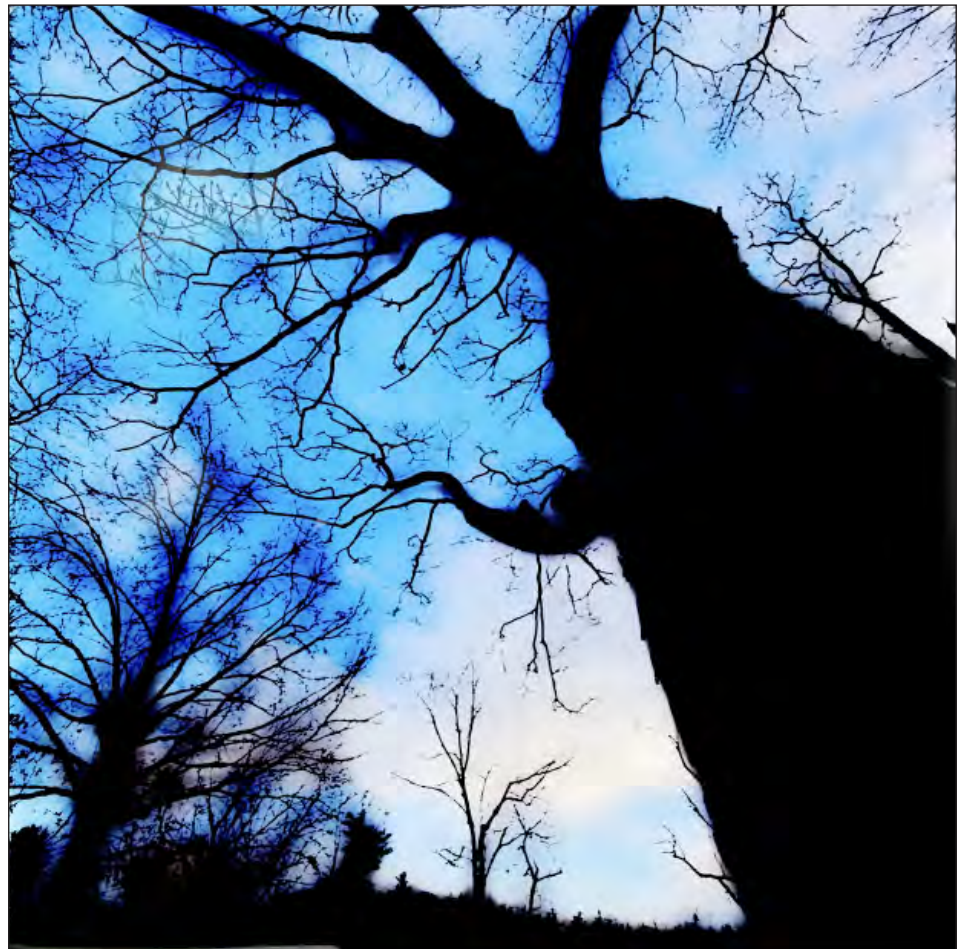
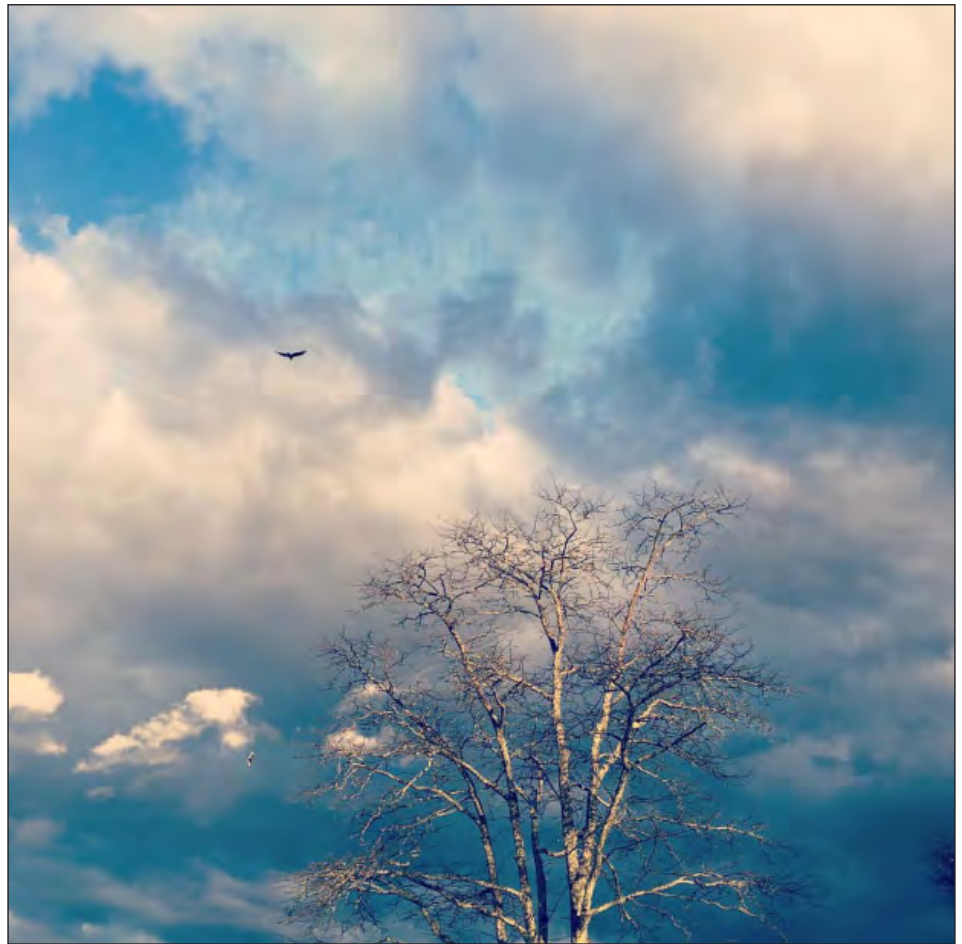
\*\*\*

The choices seem few in the interludes of winter when it does not snow, and the branches are naked, the world harsh. The easy road is back to your screen and bed and books — but what happens if you dare to become another kind of winter creature?

Trudging new trails along the river, you become a connoisseur of subtle colors — the orange berry pierced by the tip of a sepia thorn, held against the smoke-blue sky. You become a seeker of light and unexpected views. You might learn the calls and screams of the winter birds, touch the textures of the trees, and study the shapes of pinecones.

It takes a certain kind of warrior to brave the wilds of winter without the grace of snow. The air is bitter, the trees are bare.

Let yourself be battered by the wind. Feel your heart in your throat and know yourself a warm winter animal alone in the world. Cry if it comes, and also let something wonderful rise. To walk like this in solitude, in the wild winter days, you begin to forget your purpose and find your power. You become soft and pure. Your heart melts. All your atoms are unique, like snowflakes. A bluejay screams you from your reveries. With or without snow, if you walk outside in winter the world will wake to meet you.



SULLIVAN CATSKILLS

# Go! recharge



Embrace a new year and feel alive on the ski slopes or the trails. Restore your body and soul at a wellness resort, spa, or Pilates studio. Wander our small towns for award-winning craft beverages, acclaimed restaurants, and unique wares from local makers. Our hoteliers will keep you warm and cozy and care for your every need. Hot cocoa and cookies anyone?



**SullivanCatskills.com**  
**1.800.882.CATS**



This institution is an equal opportunity provider and employer.

© I LOVE NEW YORK is a registered trademark and service mark of the New York State Department of Economic Development; used with permission.