

ellicottvilleNOW

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FREE

Bringing Your Baked Good Dreams to Life

Ellicottville Bake Shop is NOW Open for Business



@ellicottvillebakeshop

By JESSICA SCHULTZ

Bakery, bakery, bakery!!! I'm beyond excited that the Ellicottville Bake Shop opened its doors to the public this week. Located at 5 E. Washington Street, it promises to be a haven of delicious breads, sweet treats, and comforting classics.

The bakery sports a sleek, modern counter design, large windows and electronic menu boards. Simple tables and a comfortable seating area with a lovely little fireplace really bring home the European cafe vibe. It practically begs guests to grab a bite and sit down to chat with a friend - or twelve - over a steaming cup of coffee. How did we get so lucky?

Owner Jennifer Hogan explained, "My husband and I love bakeries; we are always scouting out bakeries on our trips. We were in Ellicottville one day and wanted to stop for something to eat on our way home when we realized that there weren't that many options for what we were craving, and the idea started to take shape. When we found a new space for our law firm (Tiveron Law) it was much too large and so we decided to put those thoughts to work for the other half of the space, and the bakery was born!"

... page 03

CCA'S ANNUAL POT O' GOLD FUNDRAISER RETURNS

The weather hasn't been the most cooperative creature this year. Is it still winter or is it early spring? I don't even know, I just know that it rotates between hot and cold faster than my mood can handle. So what can we do to make ourselves feel better? Well, my mom always says that nothing warms you up faster than a tasty bowl of soup, so let's "soup it up" and help out the community at the same time!

Connecting Communities in Action (CCA) of Salamanca is setting up its 4th Annual Pot O' Gold Soup Fundraiser for this Friday, March 15th from 11:00am-1:00pm at the CCA Main Office. The event is primarily to support the organization's mission to help community members in need. Bridget Sanford, CCA's Director of Planning and Resource Development, let us know about this year's fundraiser, and how the public can get involved.

... page 07

HOLIMONT OFFERS STOP, DROP & BREATHE CHALLENGE FOR TEENS

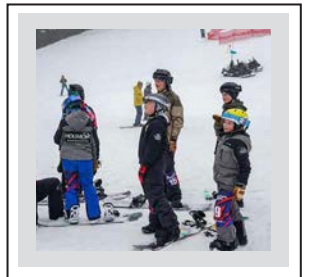
Stress: It's something that every creature with a nervous system experiences, and it's a state of being that goes back to our earliest ancestors. Stress is experienced by animals, too, noted Steve Beattie, certified Wim Hof Method instructor and founder of Breathing in Nature. "If you were to take a stress test of a cheetah and an antelope, they're both having a very strong stress response," he noted. "But one of them wants to be there, and the other does not!" In January, Beattie hosted the first Breath & Ice Challenge at HoliMont, which sold out and prompted requests for a repeat event. He is looking forward to hosting another Challenge for adults on March 22nd and is thrilled to invite high school-aged students to participate in a youth version of this event on March 21st ... page 04

BREAKAWAY CLASSIC ADVENTURES: THIS ONE'S FOR THE BIRDS

Birds are an integral part of our lives and culture. We have a national bird in the majestic Bald Eagle, and a state bird in the pretty Bluebird. There have been many well written screenplays about birds and we have a zillion uses for their feathers - from symbolic rituals to decoration and warmth and of course don't forget 21 were once baked in a pie! Not to mention that feathers are the number one material used in tying fly-fishing flies! Birds are very important, especially for our mental health. Whether we just enjoy bird watching or feeding them, they bring peace and tranquility to our complicated lives ... page 11

instaNOW

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Pond Skimming Still a "GO"

Test Your Icy Cold Water Sliding Skills at Holiday Valley's Spring Party



@holidayvalley

By JESSICA SCHULTZ

The ski season might be coming to an end but if you have to say goodbye, you might as well do it with a rebel yell as you propel down the hill one last time this year. And while you're at it, maybe you can take all that energy and see how far it will get you across the man-made icy pond at the end of Yodeler? That's right, Holiday Valley's Pond Skimming event scheduled to take place March 23rd from 1:00-2:30pm.

ellicottvilleNOW spoke to Holiday Valley's Marketing Director, Dash Hegeman, about all the details. "Pond Skimming is, first and foremost, an awesome party!" Dash stated. "Many ski resorts hold a pond skimming party in the spring as the season starts to wind down and the weather warms up."

... page 04



photo / Evan Evans, @ellicottvilleNOW

HOLIMONT CELEBRATES A MOMENTOUS 60TH ANNIVERSARY

It's hard to believe another ski season is (almost) in the books and even harder to believe that HoliMont just celebrated its 60th Anniversary last Saturday. And true to fashion, HoliMont marked this very special occasion with an amazing party to celebrate its rich history and over 60 years of incredible support from their members. The event was masquerade themed to coincide with Ellicottville's Mardi Gras Weekend. Over 560 people donned their finest clothes, beads and masks and made their way to the main lodge, where they were greeted with tablecloth covered tables, full of delicious charcuterie to kick off the fun ... page 04



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Publisher's PICK

ELLICOTTVILLE BAKE SHOP

New School Look Meets Old School Taste; NOW Open!



photos / Jessica Schultz, @ellicottvilleNOW

By JESSICA SCHULTZ

Bakery, bakery, bakery!!! I'm beyond excited that the Ellicottville Bake Shop opened its doors to the public this week. Located at 5 E. Washington Street, it promises to be a haven of delicious breads, sweet treats, and comforting classics.

The bakery sports a sleek, modern counter design, large windows and electronic menu boards. Simple tables and a comfortable seating area with a lovely little fireplace really bring home the European cafe vibe. It practically begs guests to grab a bite and sit down to chat with a friend - or twelve - over a steaming cup of coffee. How did we get so lucky?

Owner Jennifer Hogan explained, "My husband (Corey) and I love bakeries; we are always scoping out bakeries on our trips. We were in Ellicottville one day and wanted to stop for something to eat on our way home when we realized that there weren't that many options for what we were craving, and the idea started to take shape. When we found a new space for our law firm (Tiveron Law) it was much too large and so we decided to put those thoughts to work for the other half of the space, and the bakery was born!"

They've got an excellent team, led by Manager Kevin Fisher, set up to keep things running smoothly. Head Baker Mark Notarpole and his assistant, Emma Carpenter, are the bread bakers who will be churning out items like their signature sourdough, Italian, farmhouse white, caraway rye, baguettes, English muffins, bialys and so much more. On certain days you'll find specialty items such as brioche or sunflower sourdough. During the holidays you may find hot cross buns for Easter or stollen and other Christmas-time novelties. They've got an extensive selection of recipes to share year-round.



Then there's the pastry people. Pastry Chef Katie Cummings and her assistant, Maris Parmelee, will be creating decadent sweets and treats that will satisfy any craving. Think Danish, muffins, scones, brownies, cinnamon and sticky buns, cookies of all kinds like Snickerdoodle, chocolate chip and more. They're also making some of the tastiest croissants you can imagine, from plain to savory (think ham and cheese) or the famous pain au chocolat (chocolate filled). They will even have butter tarts available, especially for their Canadian visitors.

But that's not all! (I know, how can there be more?) The bakery will also have some amazing sandwich offerings. Breakfast sandwiches of all kinds - veggie, Canadian bacon or sausage with egg and cheese, salmon lox... Get any of those on a homemade biscuit, English muffin, bialy, etc. Combinations are vast. And, if you prefer, there will be a great selection of flavors of butter, cream cheese and jams.

The best part is that they are striving to source all of their ingredients locally. Jen and Marketing Director Bo Sunshine were very passionate about the topic. Bo stated, "It's important to work with as many local people as we can. Going right to the farms to pick up items directly. Getting to know who we are purchasing from on a more personal level. It's key to building a great local business."

That's a great work ethic, especially since they've got big plans moving forward. Over the next couple of weeks, they will be hosting open houses to acquaint the community with what they are offering, inviting the likes of realtors, shop owners, restaurants. And in the future, they'd love to host some fun events in the bakery. (Maybe a collaboration with RocketCup Coffee in Cattaraugus is in order?)

Of course, I couldn't resist asking both Jen and Bo what their favorite items from the bakery's menu were. Jen said, "I love everything, but I'd have to say the croissants are outstanding. They are the perfect blend of buttery, flaky and crispy. Just as good or better as any I've ever had, including ones I've had in France. They are excellent plain and mind-blowing with additions. (Looking at you, chocolate.) Sticky buns are a close second for me."

Bo readily agreed about the sticky buns. "They're like eating caramel corn. Soft, sticky

"Ellicottville Bake Shop" continued page 12

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Test Your Pond Skimming Skills at Holiday Valley's Spring Party March 23rd



@holidayvalley

By JESSICA SCHULTZ

The ski season might be coming to an end but if you have to say goodbye, you might as well do it with a rebel yell as you propel down the hill one last time this year. And while you're at it, maybe you can take all that energy and see how far it will get you across the man-made icy pond at the end of Yodeler? That's right, Holiday Valley's Pond Skimming event scheduled to take place March 23rd from 1:00-2:30pm.

What exactly is Pond Skimming? How much does it cost to participate and where can people sign up? ellicottvilleNOW spoke to Holiday Valley's Marketing Director, Dash Hegeman, about all the details.

"Pond Skimming is, first and foremost, an awesome party!" Dash stated. "Many ski resorts hold a pond skimming party in the spring as the season starts to wind down and the weather warms up. The Mountain Crew here will dig out a large area at the base of Yodeler, line it with a giant tarp and fill it with water (which as you can imagine, is quite cold). People sign up the day of the event and it's first come, first serve. There's no fee to enter so if you want to brave the chilly waters and test your skimming skills, show up to the Champagne Sundeck early the day of the event to get signed up. Everyone will need to sign a waiver form (or have a parent sign it if you are under the age of 18)."

And you can jam out while you're watching the participants strive to stay dry. There will be a DJ spinning tunes during the event. Dash said, "DJ Tyler Swift will be on-site and helping to create the vibes for the event. He plays a wide variety of music and does a great job on the mic to get people hyped up for any event he does."

"Holiday Valley Pond Skimming" continued page 12

PENGUIN PADDLE SUCCESS

Adaptive Program Continues to Receive Great Support from Annual Event



@lounsburyadaptive

By PATRICK FERRINO

Belly down! Holiday Valley and the Lounsbury Adaptive Ski Program (LASP) just celebrated the 40th annual Penguin Paddle, both a staple in Ellicottville's snow sports mecca and a fundraiser for a great cause. The event took place on February 24th, 2024.

The race itself is almost as fun to watch as it is to do! Racers head up the mountain with their trash bags fitted over their snow gear, and then race to the bottom on their bellies, like penguins! As somebody who has Penguin Paddled at Holiday Valley for years, I can tell you it's much harder than it looks, but it's always a highlight of ski season! The race is usually paired with a cookout lunch, silent auction, and raffle, with this year's highlights being a pair of skis and a Holiday Valley season pass!

"Holiday Valley has always been incredibly generous, and they also raffle off a groomer ride!" said Sue Whistler, the program director for the Lounsbury Adaptive Ski Program. "We also had a wine wall. For twenty-five dollars you get a couple bottles of wine, you're not sure what they are, it varies from year to year."

Sue and her husband moved to Ellicottville in 2007 and were very drawn to the Lounsbury Program. "I don't personally have anyone in my family with any major disabilities, but

"Lounsbury Adaptive Program" continued page 12

STOP, DROP & BREATHE

Breath and Ice Events Return to HoliMont; New Session Added for Teens



@holimont

By MARY WEISER

Stress: It's something that every creature with a nervous system experiences, and it's a state of being that goes back to our earliest ancestors. Stress is experienced by animals, too, noted Steve Beattie, certified Wim Hof Method instructor and founder of Breathing in Nature. "If you were to take a stress test of a cheetah and an antelope, they're both having a very strong stress response," he noted. "But one of them wants to be there, and the other does not!"

Is it possible to reframe one's relationship with stress - to see it as a tool, instead of a constant state of fear and worry? Beattie believes that yes, not only is it possible to change one's relationship with stress, but it is also possible to heal the mind and body through a simple, yet powerful method that's changed the lives of countless people all over the world. He invites all to experience the Wim Hof Method through two upcoming events at HoliMont: the Stop, Drop & Breathe Challenge (ages 14-18 years old) on March 21st and the Breath & Ice Challenge (adults) on March 22nd.

In January, Beattie hosted the first Breath & Ice Challenge at HoliMont, which sold out and prompted requests for a repeat event. This one-day event challenges participants to learn how to use breath and cold exposure to hike (or take the ski lift) up Exhibition Run and then plunge into Saddle Pond! HoliMont Marketing Director Jennah Bradley said, "Our members and guests absolutely loved it! We have been trying to offer a diverse range of activities, and this one was a definite crowd-pleaser. The Wim Hof Method has been gaining popularity among many lately, so when the opportunity to participate in this event arose, we jumped at the chance. Our Saddle Pond provided the ideal backdrop

"Mardi Gras and Winter Carnival" continued page 22

A MOMENTOUS 60 YEARS

HoliMont Celebrates Landmark Anniversary



photos / Evan Evans, @ellicottvilleNOW

By JESSICA SCHULTZ

It's hard to believe another ski season is in the books and even harder to believe that HoliMont Ski Resort just had its 60th Anniversary this past Saturday. (That's right, their 60th!) And true to fashion, HoliMont marked this very special occasion with an amazing party to celebrate its rich history and over 60 years of incredible support from their members.

The event was masquerade themed to coincide with Ellicottville's Mardi Gras Weekend. Over 560 people donned their finest clothes, beads and masks and made their way to the main lodge, where they were greeted with tablecloth covered tables, full of delicious charcuterie to kick off the fun.

Members and their guests mingled with the HoliMont staff. ellicottvilleNOW's own distributor and long-time HoliMont member, Evan Evans, could be found, along with his wife, Joyce, taking photos to commemorate the event. Quite a few past presidents were present, along with current president, Jim Mahaffy, enjoying the atmosphere and the sounds of the live entertainment.

That entertainment was provided by the Buffalo, NY-based Bob Meier and the Hitmen Horns Big Band. They are a 17-piece orchestra ensemble that performed music from mul-

"HoliMont Anniversary" continued page 12



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A FEAST FIT FOR ST. PATRICK

A Ligean Ar Pháirtí (Let's Party, in Gaelic)



By JESSICA SCHULTZ

With St. Patrick's Day right around the corner, I'm sure you have green beer, bar counters and parades doing a jig in your head. Everyone is Irish on St. Paddy's Day, as they say, which is pretty fitting considering the man himself wasn't actually Irish. (That's right, he was Roman British.) Did that fact surprise you? Well, let's see a little more fun facts about the man and the day and then turn to what's happening here in the present when we all do a little celebrating on March 17th.

A LITTLE HISTORY

Let's start at the beginning, like all good stories should. So yes, "Saint Patrick" was born in Roman Britain and was kidnapped by pirates (yes, actual pirates) at the age of 16 and brought to Ireland as a slave. He later escaped Ireland and returned to his homeland and studied to become a missionary. He returned to Ireland later in life to spread Christianity to the people, something he's been long accredited for and became the 1st Bishop of Ireland.

Why did I air quote his name? First, no one is actually sure that Patrick is his real name (some people think its Maewyn Succat. Try saying that 10x fast). It's never been discovered, and second, he wasn't actually ordained as a Saint, which is why they call him a "Patron Saint" because he isn't really an official one.

St. Patrick's Day was originally meant as a holy day to honor the man's life with a feast, also known as the Feast of St. Patrick. (Typically during lent, the Catholic Church prohibits the eating of meat but the ban is lifted for this particular day only.) It was switched over to an official Irish holiday in 1903. Traditionally, Catholic families go to church in the morning and then eat a meal that consists of cabbage and Irish bacon. Other traditional foods would be the prerequisite corned beef and cabbage, Irish soda bread and shepherd's pie.

A LITTLE TRIVIA

Want some fun facts? Well, this was a dry holiday once. (Hard to picture right?) It was a religious observance before it became a holiday and, up until the 1960s, there were laws that forbid bars from even being open that day. The only place you could grab a stiff drink or a pint of Guinness from 1927-1961 in Ireland was The RDS Dog Show. Oh, and the official color isn't the grassy green we've all come to know and love during the month of March - it's actually blue. The color changed in 1798, the year of the Irish Rebellion to reflect the colors of the Irish flag in their honor.

The first St. Patrick's Day parade took place in America (and not in Ireland) in St. Augustine, Florida of all places in the year of 1601. Dublin's first official St. Patrick's Day celebration was in 1931. New York City's parade is the world's oldest civilian parade and the largest in the U.S. Each year, 5.5 million people visit New York's St. Patrick's Cathedral. The annual Shamrock Ceremony at the White House didn't start until 1952.

Chicago began its yearly tradition of turning the river green on St. Patrick's Day in 1962. It takes over forty pounds of green vegetable dye to make the illusion work for the short while it lasts.

Bet you can't guess the costume that is most worn for St. Paddy's?! If you guessed leprechaun, you're spot on boyo. Side note: if you aren't rocking your green that means you get a pinch because the leprechauns can see you if you aren't wearing it. Thought to hold the "luck of the Irish" and hide pots of gold at the end of the rainbow, legend has it if you were ever lucky enough to catch the mischievous little critter, it would have to grant you three wishes.

There's so much more we could mention, like the fact that large famous landmarks around the world, like the Great Wall of China, the Roman Colosseum and the Empire State Building in NY are all lit up green to celebrate or that there is a myth that "Saint Patrick" chased all the snakes out of Ireland into the sea. (Not that Ireland is a land where many snakes even live, but that's besides the point.) If you are interested in more fun facts, let me direct you to history.com or time.com.

A LITTLE PRESENT-DAY FUN

Now, let's twirl our focus back to the present and see what there is to do around our area for St. Paddy's weekend.

"St. Patrick's Day" continued page 14

POT O' GOLD FUNDRAISER

Public Invited to Soup Bowl Event to Support CCA Nutrition Program



By JESSICA SCHULTZ

The weather hasn't been the most cooperative creature this year. Is it still winter or is it early spring? I don't even know, I just know that it rotates between hot and cold faster than my mood can handle. So what can we do to make ourselves feel better? Well, my mom always says that nothing warms you up faster than a tasty bowl of soup, so let's "soup it up" and help out the community at the same time!

How can we do that? Connecting Communities in Action (CCA) is setting up its 4th Annual Pot O' Gold Soup Fundraiser for March 15th from 11:00am-1:00pm at the CCA Main Office, first floor, in Salamanca, NY. The event is primarily to support the organization's mission to help community members in need. ellicottvilleNOW had the chance to speak with Bridget Sanford, CCA's Director of Planning and Resource Development about this year's fundraiser, and how the public can get involved.

eNOW: The Pot O' Gold Fundraiser is back. Is anything new happening this year?
SANFORD: This year CCA is excited to announce that there will be a shoulder/arm massage station. (Compliments of Michele Harvey at Passport Massage and Holistics). This year, CCA is happy to announce a one-time "golden" raffle basket category: A Buffalo Bills James Cook Autographed Cleat from the 22-23 NFL Season, with certificate of authenticity!

eNOW: Can you explain how the Pot O' Gold fundraiser works?
SANFORD: This year is CCA's fourth annual Pot O' Gold fundraiser. Each year, CCA partners with local restaurants that donate soup for the event. The delicious variety of soups are then sold to raise money for CCA's Resilient and Healthy Families Nutrition Program. This year's event will take place at CCA's main office location in Salamanca, NY at 25 Jefferson Street on March 15, 2024, from 11:00am-1:00pm.

CCA offers a wide variety of raffle baskets at this event, with 2024 items ranging from: an autographed Buffalo Bills cleat (\$10 per ticket), a gift certificate to West Rose, Passport Massage, a Leprechaun basket and more: Tickets are 10 for \$5 or 1 for \$1 with all proceeds going to CCA's Nutrition Program.

This event is a lot of fun for the Community and a great day to dress in St. Patrick's Day colors and themes.

Soup prices are: \$5 for a 12 ounce / \$10 for a 24 ounce / \$12 for three 12 ounce soups / or \$25 for three 24 ounce soups. Soup pre-order forms will be available very soon, so stay tuned to CCA's Facebook Page.

eNOW: What local establishments are providing soups and what kinds are they offering?
SANFORD: West Rose is serving up a Sweet Potato & Chili Bisque, Duper's plans to bring a Loaded Baked Potato offering, Chef Fellows is creating a unique Creamy Curry Butternut Squash soup, EBC will be providing their homey Tomato Bisque, Hughes Hotel is offering a tasty chili, Chef Haley is stirring in an interesting sounding Creamy Riesling Arugula Chicken Soup, Lucia's on the Lake out of Hamburg, NY has a decadent Lobster Bisque, The Eatery brings nostalgia with their Vegetable Beef, Villaggio adds in some heat with their Chicken Sausage Gumbo, Myers is spooning up a hearty Steak and Mushroom, and last but definitely not least, Harvest Moon is providing a traditional Native offering of Roast Corn Soup.

eNOW: Who/what are the funds going to support this year and what do they/it represent?
SANFORD: When families are experiencing nutrition-related crises, CCA is able to provide emergency amelioration of that crisis, then to proceed along a continuum of care that allows for advocacy, assistance in obtaining food resources, education and training, even job readiness and employment experiences.

CCA Nutrition Services provide support to the Community by offering our food pantry 5 days a week, as well as CCA's Soup Kitchen by way of to-go hot meals 4 days a week. Food items that are donated by local businesses, restaurants and grocery stores are utilized daily. CCA staff receive donations by way of pickup multiple days of the week, thus supplying our clients with items ranging from frozen meats to bread and milk. Annually, CCA provides 17,000 mobile food boxes to households as well as 15,000 hot meals.

All proceeds from this Fundraiser go to support CCA's Nutrition Department equipment

"Pot O' Gold Fundraiser" continued page 14

PHOTO REWIND

2024 Mardi Gras Parade in Ellicottville

Ellicottville's zaniest parade marched down Washington Street last Saturday during the annual Mardi Gras celebration. Locals and visitors alike watched as Punxsutawney Phil led the revelry, with King, Queen and Grand Queen close behind, greeting spectators. Find the full album of photos on ellicottvilleNOW's Facebook page.

Photos / Rich Rumfola



Winter Carnival at Holiday Valley

Holiday Valley's Winter Carnival, which coincides with Ellicottville's Mardi Gras celebration each year, hosted a great crowd on the slopes, complete with their own parade, snow bar, Dummy Downhill race, plenty of cookouts, raffles and more. This year's theme was Outer Space, and HV staff went above and beyond to deliver!

Photos / Ashley Baron





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THINGS TO CHECK OUT

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RAIL RIDER JAMBOREE

The Rail Rider Jamboree returns on March 23 with an amazing lineup, headlined by The Infamous Stringdusters. With fun both on & off the slopes, it's going to be a concert experience unlike any other.



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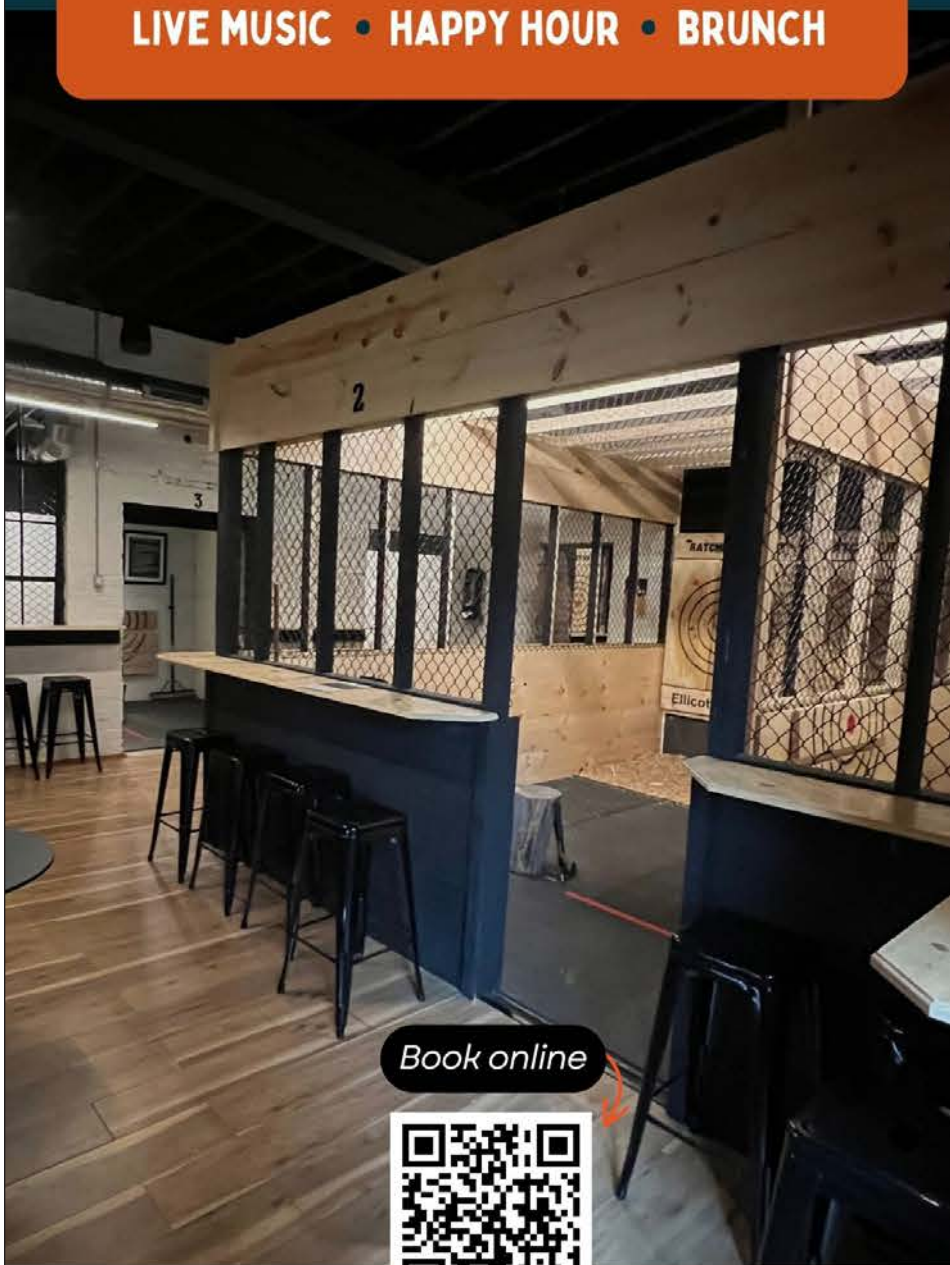
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LIFESTYLE

Breakaway Classic Adventures: This One's for the Birds

By **INDREK KONGATS**

Birds are an integral part of our lives and culture. We have a national bird in the majestic Bald Eagle, and a state bird in the pretty Bluebird. There have been many well written screenplays about birds and we have a zillion uses for their feathers - from symbolic rituals to decoration and warmth and of course don't forget 21 were once baked in a pie! Not to mention that feathers are the number one material used in tying fly-fishing flies!

This year's Academy Awards are over but our avian friends are no strangers to Oscar! Five-time nominated director Alfred Hitchcock put the horror in *The Birds* with his classic 1963 movie a year after Burt Lancaster won his Oscar for nursing an ailing sparrow back to life as the *Birdman of Alcatraz*, only to have Oscar wining Jack Nicholson flee the coop in *One Flew Over the Cuckoo's Nest* in 1975 to go... where else but fishing!

"Birds of a feather flock together", "a bird in hand is worth two in the bush" and "this is for the birds" are everyday colloquialisms that are familiar to us all, just as the first sign of spring is the appearance of a robin in your yard! Where would we be without our Thanksgiving turkey, Kentucky Fried Chicken or Chick-Fil-A or worse yet... 'no partridge in the pear tree'?

Yes, birds are very important, especially for our mental health to keep us from going cuckoo like Jack or becoming bird brains. Companionship offered by our feathered friends keeps away the 'Lonesome Dove' syndrome as well. This is where backyard birding comes into play! Whether we just enjoy bird watching or feeding them, they bring peace and tranquility to our complicated lives. Simply listening to the familiar song of a chickadee is somehow comforting and reassuring that all is well in the natural world if not real life. For those few bars sung we forget all else.

There are all sorts of ways to attract birds of all types into our yards - from putting out a plate of bread crumbs to building sophisticated feeders and even going all out and planting wild rice in your pond to get those Mighty Ducks to stop in for a visit. In western NY the variety of birds is immense from year-round residents to migrating flocks of 'Snowbirds' like the Cedar Waxwings returning from a southern vacation.

My favorite resident birds are the Chickadee of course, those nutty upside-down Nuthatches, and being from Canada, the world champion Blue Jays! Less frequent visitors to my yard but no less cherished are those brilliant red Cardinals and that tufted Titmouse.

Every bird has its own unique personality; some are aggressive and bossy like the Blue Jays and some are happy-go-lucky like the Junco who are quite content to pick up after everyone else, feeding for leftovers off the ground. Less welcome are those annoying birds that sometimes swarm in large invasive flocks like Starlings and Grackles, chasing even the Blue Jays away. When you really think about it, there isn't even one major league sports team named after them with exception that in Texas they have a minor league team in the state capital aptly named the Austin Grackles.

Although I derive great comfort in watching and listening to my regulars, I eagerly await the arrival of what I call the 'Roadies', the ones that set the stage for a most entertaining spring, full of stunning performances by colorful actors of song and dance. Red Breasted Grosbeaks are first to arrive, followed by a troupe of colorful Goldfinches and guest appearances by the Indigo Bunting and Bluebird, topping off with a dazzling flash dance by the Orioles.

Having a little pond in the yard, I also get plenty of vocal Red Wing Blackbirds making themselves well known if I get too close to their nest in the bulrushes. Although

we only have horses, we do get the greatest of all impersonators in our pasture - those thieving rustlers, the Cowbirds. As mating season gets into full swing we'll also get a pair of Mallards checking out the merits of our pond for a nursery. Thankfully the only geese we get are the ones that honk as they pass us by on their way to a cornfield or larger body of water. Not that I have anything against the Canada Goose, after all I am from their neck of the woods.

As I start approaching the end of this article, I have saved the 'piece de resistance' for last, the gem of precious gems. Although tiny in stature, what it lacks in size it more than makes up for in speed. We only wish the Bills had someone comparable, that mighty ruby throated master of levitation the Hummingbird. Talking about personalities, the Hummingbird quite literally has a Dr. Jekyll and Mr. Hyde side to its character. Sometimes I wonder as I sit on my front porch if I am safe? Meek and mild mannered like Clark Kent when all alone enjoying the nectar of my feeder, come along an unwelcome rival and all - excuse my language - hell breaks loose. All of a sudden, you're caught in the middle of an aerial battle only equaled by Snoopy and the Red Baron. I would truly feel safer if I had a helmet on for protection, to prevent accidentally becoming collateral damage!

Today to keep this wonderfully cast of characters performing in your own backyard, you'll unfortunately have to pay the price of admission. What used to be a relatively nominal fee, a few tossed crumbs here and there, to get a team of major performers now requires you to have a salary cap! The cost of bird food has become outrageously expensive. If you still want to eat, yourself, you'll have to come up with a plan and a budget to cut costs.

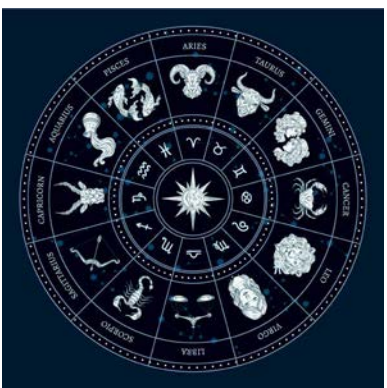
I have resorted to combining different feeds and foregoing the steak and lobster type designer bird feeds. The most inexpensive feed sold today is full of fillers that most of the birds discard. Black Oiled Sunflower seed is still the best price so I buy bags of just that and mix it with of all things chicken scratch that is full of barley, whole oats, wheat, milo and cracked corn. A bag of scratch is relatively inexpensive around \$17.50 for a 50lb. bag compared to almost \$18.00 for a 35lb. bag of cheap bird food. Chicken scratch offers more nutritional value than the filler filled mixed bags and is good for wild game birds and waterfowl as well. Don't forget those lovable woodpeckers though, they still love those .99 cent suet cakes, "Ha-Ha-ha-HAAAAHA"!

Indrek Kongats is an artist, traveler, outdoorsman, and business owner residing in Ellicottville. He operates River Dog Art Gallery in Houghton, NY, and his Breakaway Classic Adventures specializes in adventure travel destinations. Learn more about him at breakawayclassicadventures.com.



Suzy's Star Readings: Get Ready; the Lunar Eclipse is Calling

By **SUZY WOO, B.Msc**



On March 25th, we will have a full moon. It is called the "worm moon" because this is when the ground thaws, earthworms surface, robins return and planting season commences in the northern hemisphere.

In individual astrology, the moon represents our emotional needs, where the sun sign indicates our wants. When we have a full moon, the tides come in, and for us that means the water in our body "rises" too. This results in feeling more emotional, nostalgic and reflective.

When we have a full moon, it is normally a wonderful time to recharge yourself, your crystals or make moon water by basking under the full moon glow, allowing the light to recharge and replenish us or the items. However, when it is a full moon being eclipsed, such as this one on March 25th, do NOT charge anything or launch anything on this day, for the ancients say it will not bear fruit. It will be as if the intention never happened and even worse, is vacuumed into a void.

It is a great day to be very open to the subtle signs, symbols, feelings and intuitive pulses you experience. Pay close attention to your dreams in the days leading up to the 25th and look up the symbolism of what you recall from your dreams. As the sun finishes its journey through the zodiacal belt, the ride comes to an end with Pisces, which dissolves in order to be born anew. A version of us, and a cycle or phase in our lives, needs to end.

Full moons are a culmination point, bringing things to light that may have been in the

shadows prior. Let yourself have eyes, mind and heart wide open to let yourself see what you need to be aware of. Cry it out, let it go, and prepare for the new Aries equinox energy arriving at 11:06pm on the 19th. When you wake up on the 20th, you'll feel very different, perhaps ready to do some spring cleaning!

The full moon of the 25th being eclipsed is a great time to do any ceremony of gratitude and release. Give thanks to Creator for the experience of whatever needed to end (many relationships are coming to an end, jobs, careers, life paths, etc.) and ask for guidance as you prepare for a brand new light of day, as a symbolic spotlight lighting your path for the next 12 months.

If you'd like to know how this plays out in your personal life, you can schedule a private reading with me online or in person via my website, www.suzy-woo.com and choose "Book My Session".

Be sure to look for my column on the total solar eclipse we are having on April 8th. I am hosting a hybrid class (online and in person) entitled "Karmic Endgame: The Eclipse and You" on March 28th to explain it in detail and give readings for all the signs. Tickets for that are under "Events" on my website.

For the total solar eclipse, I am facilitating a very powerful retreat taking place at Beaver Hollow in Java Center, NY. To learn more please visit <https://www.beaverhollow.com/2024-solar-eclipse-retreat/>.

A word to the wise: We are in for massive changes in the world, many not comfortable. But there is no growth in staying in a comfort zone. Please do not expect the worst, but prepare for the best!

With love and gratitude, your sister from the stars,

- **Suzy Woo**

Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium specializing in Energy, Sound, Light and Crystal Healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB, find her at suzy-woo.com or call 716-699-2871.

ELLICOTTVILLE BAKE SHOP

cont. from page 03

and sweet. Those and the cinnamon rolls with cream cheese frosting embody traditional homestyle goodness. Which is really what the bakery wants to promote.”

The Hogans both wanted to express to the community how grateful they are for all the support they’ve received for the bakeshop since they started working on the space. Everyone has been very encouraging and helpful, and they are so excited to open and finally realize their dream become a reality. They want to provide a need for locals, not just the tourists that come through, and not just push a menu for the sake of making profit but making what the people want and sharing their love of bread with the town.

The eNOW team is looking forward to some repeat visits! The Ellicottville Bake Shop is open Thursday through Monday from 6:30am-3:00pm. Follow them on FB/IG and at www.ellicottvillebakeshop.com.

HOLIDAY VALLEY POND SKIMMING

cont. from page 04

We also asked Dash what he thought makes this event so special and he replied that, “Honestly, there are so many things that make pond skating great. From a spectator standpoint, you never know what you’re going to get. Will everyone make it across the pond mostly dry? Probably not. So who is going to fall? And how spectacular will the splash be? It’s a really fun event to take part in and to watch. From the competitor’s perspective, it’s all about bragging rights. This event takes place once a year so if you make it across the pond, you have 364 days to brag about it to your friends.”

Do people actually ever make it the whole way across? Well, of course they do, the amount just differs every year. That’s a big part of the fun. Even the best skier or rider can slip up at the last second before they enter the pond and end up taking a spill. So you’ll have to come out and watch the fun (if you don’t want to take a chance at it yourself) to see who skims to the finish or who goes down into the icy deep. (Okay, it’s not that dramatic, but it is chilly.)

In closing, Dash did make sure to mention, “Not only is Pond Skimming on the 23rd this year but following the event, Rail Rider Jamboree will be taking place back at the base area of the Resort Center. So the entire day is going to be one ongoing fun-filled party.”

Make sure you head up to Holiday Valley Resort on March 23rd and join in on all the exciting shenanigans. And keep your eye out on more upcoming events on their website, holidayvalley.com, or their Facebook page.

LOUNSBURY ADAPTIVE PROGRAM

cont. from page 04



it just seemed like a wonderful way to give back to the community and a sport we love,” commented Sue.

The kindness of donors is the reason that LASP’s Penguin Paddle is able to power its sweepstakes every year, and donations at large support the Lounsbury Program’s commitment to inclusion and empowering those with physical disabilities to participate in snow sports.

Bill Lounsbury, a Holiday Valley ski patroller, lost his leg due to cancer in 1987. That didn’t stop him, however, and he continued to ski using handheld skis. Following his passing, empowered members of his community made donations in his honor, which helped start the Lounsbury Adaptive Ski Program.

Today, donations like these help other skiers to get the equipment they need to participate and enjoy the mountain. “Funds go to purchasing and maintaining adaptive equipment, as well as for training and certification programs for our forty adaptive volunteer instructors. We also have a scholarship program, so we never turn anyone away based on their ability to pay,” added Sue.

The Penguin Paddle event itself is the Lounsbury Program’s only fundraiser, and it’s a big one. The event is always such a fun way to come together with friends and family at Holiday Valley. But there’s also a message within the Penguin Paddle racing.

“The paddle itself is definitely one of the most humbling things I’ve ever done, it makes you aware of how difficult life can be for people struggling with disabilities,” remarked Sue. “Each of our students have a precious gift to share with all of us. That gift is their ability to inspire and humble everyone they meet with their courage, strength and indomitable spirit,” she added.

We all know how tough this ski season has been with the weather, and I think I speak for most of us when I say that a little more cold and a couple more flurries would have been nice. “I think the major challenge this year was the season in general. Mother nature wasn’t as generous, and she definitely threw us some curveballs!” said Sue. That didn’t stop WNY from getting both their turns and paddles in, however, and this year’s Penguin Paddle was still very successful. “We had a wonderful turnout, and all indications are that we were very successful this year.”

Next year, the Penguin Paddle is sure to be just as fun-filled as ever! “Come next year!” Said Sue. “It’s gonna be bigger and better than ever, and we’re always looking for new volunteer instructors!”

If you’d like to learn more about the Lounsbury Adaptive Ski Program, you can check them out at lounsburyadaptive.org. There, you can become an athlete, volunteer, or donate to help “deEmphasize the disAbility” (lounsburyadaptive.org). And if you couldn’t make it this year, not to worry! Penguin Paddle will be back next year, iconic black trash bags and all!

STOP, DROP & BREATHE

cont. from page 04



photos / Darlene Allen



for the Breath & Ice Challenge, with its stunning scenery and tranquil atmosphere.”

Beattie is looking forward to hosting another Breath & Ice Challenge for adults from noon-4:00pm on March 22nd and is thrilled to invite high school-aged students to participate in a youth version of this event on March 21st from 1:00-5:00pm. “We’re going into the instructional work around breath and cold exposure and pushing their bodies so they can learn the effects of stress on their body,” said Beattie. “They’ll be learning how to identify what stress is and use it as a tool so that they’re not trapped in that runaway stress response where they can’t think properly anymore. A lot of times when we talk about stress, we’re talking about distress, but there’s also eustress, which is the good stress! That’s what makes us stronger and makes us focus our energy.”

Like the adult version of the event, youth participants will also be hiking up Exhibition Run and plunging into Saddle Pond. Beattie, who is a parent of a teen, is familiar with the unique challenges youth face today, especially since the pandemic when many students had no choice but to rely on screens for their educational and social connections. In-person connection is vital to human development, Beattie explained, and helping youth connect with themselves and nature is something he’s very passionate about.

As for the name of the youth event? “When we were little kids, the firefighters came to our class and told us that when we catch fire, we should stop, drop, and roll,” he recalled. “I thought, ‘Am I going to catch on fire one day?’ But we catch on fire all the time on the inside. Our brains are on fire all the time, especially kids now; they’re just on fire. It’s burning hot and it’s burning them out. That’s the theme: use the breath to change your state. Notice your breath. What can you do with your breath to change your experience?” Whether that stress is playing a sport, dealing with a breakup, or preparing for an exam, Beattie said, “There’s a way to connect mind, body, heart and spirit to center yourself and feel good, and it’s all based in the breath.”

The adult and youth events are great opportunities to improve health and enjoy nature, said Bradley. “As a club dedicated to outdoor sports, activities, and promoting health and wellness, these events perfectly embody the spirit of HoliMont.” she said. “Our goal is to encourage individuals of all ages to enjoy outdoor recreation, prioritize their health, and most importantly, have fun while doing it!”

The youth event is open to 40 participants and is free of charge. Those who are interested should sign up soon, as the event is more than half filled. The Breath & Ice Challenge (includes a fee) is open to 50 participants and spots are filling quickly. Those who are interested in either event can sign up online through www.holimont.com/events or directly at <https://www.breathinginnature.com/stop-drop-and-breathe/> and <https://www.breathinginnature.com/holimontbreathice/>.

HOLIMONT ANNIVERSARY

cont. from page 04



photos / Evan Evans, @ellicottvilleNOW



multiple genres, including R&B, funk, soul, rock and some jazzy big band swing! They kept the people busy on the designated dance floor.

Then it was time to sit down for some tasty main courses. All the food at the party was provided by Dina’s Restaurant and served at each table family style, so guests could help themselves to the wonderful options like immaculately prepared salads and delicious pork tenderloin.

All of this sounds wonderful, but don’t forget the reason behind the celebration. HoliMont’s Sales Manager, Bill Rosenberry, said, “The most memorable part of the event was simply the way nearly 600 folks ranging in age from 87 to 2 years old came together and enjoyed dinner, camaraderie, and an evening of entertainment together as one. This accomplishment of reaching the milestone of 60 years gives us an incredible feeling of pride. Some members would say that HoliMont has always been a family focused social club with the benefit of skiing. Generations of members have raised their families here, and friendships that last a lifetime are common. We are looking forward to keeping this tradition alive and well as we move toward the next chapter of our bright future.”

Congratulations to HoliMont Resort and all the hard working folks who keep the wheels turning. We hope to see you celebrating 70, 80 and 100 years in the future!



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EMPLOYMENT

NOW HIRING: The Gado-Gado team is looking for a hard-working and motivated individual to work alongside us. Must be available on weekends and festivals! Email resume to gadogado98@hotmail.com. *This is a yearly position, not seasonal.

HELP WANTED: The Silver Fox Steakhouse is looking for an experienced head chef. Stop by 23 Hughey Alley, Ellicottville, NY 14731 or e-mail resume to silverfoxeville@aol.com.

FOR RENT

ALPINE WILDERNESS LODGE VACATION RENTAL: Available weekly or weekends, December 20th through September 30th. Sleeps 14. Pet friendly! Located only 8 minutes to Holiday Valley and Ellicottville. Surrounded by wildlife and hiking/snowshoeing trails. 60-foot deck overlooking pond. Book your skiing, hiking, biking, or fishing adventure TODAY! Please email ellicottvillefun@hotmail.com or call 716-244-0608.

EMPLOYMENT

IMMEDIATE OPENINGS: ELLICOTTVILLE CENTRAL SCHOOL

- **MS/HS Science Teacher:** This is a full-time, 4-year probationary position starting September 1, 2024. Candidates must be certified in Chemistry in NYS; preference given to candidates dual certified in Chemistry/Living Environment or Chemistry/Physics. Salary based on experience and the current ETA Contract. Application deadline = 3/29/24.
- **K-12 Library Media Specialist:** This is a full-time, 4-year probationary position starting September 1, 2024. Candidates must be certified in NYS as a Library Media Specialist. Salary based on experience and the current ETA Contract. Application deadline = 3/29/24.
- **School Nurse, RN:** This is a full-time, probationary position starting July 1, 2024. The position is an 11-month position and salary is negotiable based upon experience. Application deadline = 3/29/24.
- **Cafeteria Workers:** These are part-time positions starting March 25, 2024. Salary shall be as per the current ECSRPA negotiated contract.
- **Substitute Bus and Van Drivers.** Salary shall be as per the current ECSRPA negotiated contract. Substitutes in the following areas: teachers, cleaners, teacher aides, nurse, and cafeteria worker.

Interested candidates for any of these positions are invited to apply at: <https://ellicottvillecentral.recruitfront.com/JobOpportunities>. EOE.

LLC NOTICES

NOTICE OF FORMATION of REAL VITALITY LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/20/24. Office location: CATTARAUGUS County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Courtney Ingham, 4457 Pumpkin Hollow Road, Great Valley, NY 14741. Purpose: Any lawful activity.

NOTICE OF FORMATION of TRAVELLUXE NY LLC. Auth filed 01/14/2024. Cty: Albany. LLC org with Secretary of State of NY ("SSNY") on 01/14/2024. SSNY design. for process and shall mail a copy of any such process to: 418 BROADWAY, STE R ALBANY, NY, 12207, USA. Purpose: any lawful act.

COMMUNITY

SLOPPY JOE DINNER on Saturday, March 23, 2024 from 4:00 – 6:30 PM at the Little Valley Bridge of Hope Church, 109 Court Street, Little Valley. Kid friendly dinner includes Sloppy Joe, Green Beans, Chips, Applesauce and Cookies. Dine in or Take out. Free will donation. Proceeds will go towards maintenance and repairs of our Church. For questions or further information call 716-938-6150.

ROTARY SCHOLARSHIPS

Local Club Offering Scholarship Awards; Deadline April 15th

ELLICOTTVILLE - The Rotary Foundation Scholarship Committee of District 7090 is pleased to be able to award 3 scholarships to deserving high school graduating students! TWO - \$1,000.00 USD Awards and ONE - \$1,500.00 USD Award for a student with a median family income of less than \$40,000 USD or Canadian / year.

SCHOLARSHIP DESCRIPTION: A general scholarship awarded to a student(s) who at the time of application is in their final year of high school education, with a commitment to enroll in post-secondary education. The scholarship is open to any area of study and must be used towards full time Canada post-secondary/U.S. post-high school study at a university, college, or community college, anywhere in the world. The applicant's permanent address must be within the boundaries of District 7090 (which includes Rotary Clubs in Ontario, Canada and New York, USA).

SCHOLARSHIP CRITERIA: The scholarship will be based on the following criteria: 1. Academic merit: high school transcripts. 2. A resume of community service and/or volunteer activities completed, plus a 100 word paragraph about the impact these experiences have had on you. 3. An essay of 750 words describing why you chose your career/education path, and what community service/volunteer activities in which you plan to participate. 4. Optional: letter of reference from any community member.

TIMELINES: The application deadline for the Rotary Foundation Scholarships is April 15, 2024. The scholarships will be awarded no later than June 30, 2024. For more information go to <https://rotary7090.org>.

POT O' GOLD FUNDRAISER

cont. from page 07

maintenance, purchasing of essential food items and outreach.

eNOW: Does Community Action have other events coming up or in the works?
SANFORD: CCA will be hosting more events starting in April 2024 (Community Clean-up Day), a Steps Out of Poverty Walk in May 2024, and our Back to School Bash in August 2024.

eNOW: Anything else you would like to add or let the community know?
SANFORD: We hope that a lot of folks can make it out to our event this year! Come out and get some delicious soup and support a fantastic community cause at the same time!

Thank you, Bridget, for taking the time to speak with us and for sharing such great details on the event. Don't forget to keep track of the CCA's Facebook page "CCA - Connecting Communities in Action" for up-to-date info and other upcoming events.

ST. PATRICK'S DAY

cont. from page 07

Starting with HoliMont Resort, they are hosting a Torchlight Parade on March 15th, starting at 7:00pm. It's their way of celebrating Mardi Gras, St. Patrick's Day and their HoliBreak all at the same time. This dusk parade is open to everyone but you do have to be able to ski down the Exhibition hill unassisted and everyone 7-years-old or younger must be accompanied by a guardian. The chairlift line opens at 7:00pm and the parade officially starts at 7:45pm. Also, if you happen to stay overnight, you can watch the 3rd Annual Dummy Downhill that's happening on the 16th at 11:00am on Sunset.



Holiday Valley Resort is just being it's awesome self on the 15th, but on the 16th, they are introducing their brand new uphill touring event, the UppenOvr, in collaboration with HoliMont. Participants will journey up from Yodeler Lodge over the Tannenbaum and Spruce Line trails to Spruce Lake then making their way across HoliMont they will race down Sunset. Then once at the bottom, will turn around and back track their way to Yodeler. Guests can choose competitive or a just-for-fun pace. And after conquering the terrain, a much deserved post-event party will be awaiting participants inside the lodge. (This event supports the Empire State Ride Team, which benefits the Roswell Park Canter Center.)

Even if you don't like alcohol (I'm sorry), you can still get your St. Pat's drink on at Ellicottville Coffee Company. Keep an eye on their Facebook for their St. Paddy's Day seasonal menu drop. And of course, if you miss a visit to Madigan's, Ellicottville's favorite party bar, can you even be local and call yourself Irish?

Don't miss out on the opportunity to do a little feasting this St. Patrick's Day and support a good cause while you're at it. Connecting Communities in Action is hosting their 4th annual Pot O' Gold Soup Fundraiser on March 15th. (More details on this event can be found in the full article, also in this issue.)

The Little Valley Memorial Library is hosting a Leprechaun Hunt on March 16th at 11:00am. This event is geared for ages 2-12 but everyone is welcome. Embark on an exciting hunt through the library, and if you manage to spot one of those little imps, you could be in for a prize! Then join them for a delightful magical book reading session. There will be a crafting corner after the hunt and story time. Light refreshments will also be offered. Visit the Little Valley Memorial Library's event page for full details.

This weekend isn't just St. Paddy's weekend. It's also NYS Maple Weekend, so hit up one of the purveyors of tasty tree syrup and grab a jug or two to sweeten up your Irish Whiskey. Or purchase some other snacks and treats to include in your own Feast of St. Patrick.

If you are up for a bit of traveling, I'd suggest hopping a rainbow over to Jamestown, NY on March 16th at 10:00am when people will be coming out to Brooklyn Square at the Chadakoin River Walk for some fun activities, kids games, live music and then watching the river turn green starting at 11:00am. Jamestown's own Lucky the Leprechaun will also make an appearance.

No matter how or where you choose to celebrate, remember to wear your green, have a bit of Guinness (or maybe a Shamrock Shake from McDonalds), eat a little corned beef and cabbage and have a great time. We're all a little Irish on St. Patrick's Day. Sláinte! A ligean ar pháirtí! Cheers and let's party!

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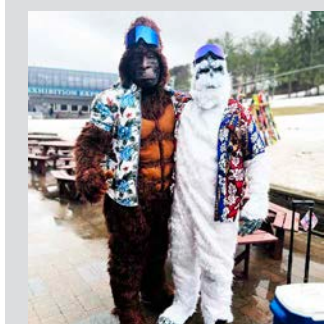
holiday_valley_race_team: Mardi Gras weekend in Ellicottville did not disappoint this year! For the first time in a long time, or ever, HVRT had a float in the parade. #youthskiracing #evlnow #holidayvalley #slalom



team_pritchard: The rain held off! Another great Mardi Gras parade in the books. @visitellicottville #iloveny #thisisellicottville #evlnow



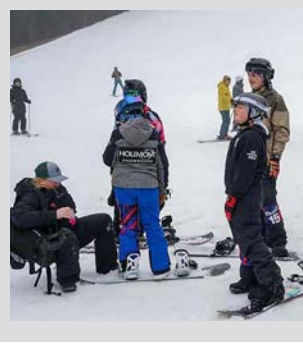
wineryofevl: If you're out & about look for our EVL Green. #drinkny



holimont: Embracing the Mardi Gras spirit! #evlnow



gunner_shreds: Snowboarding is fun and @holimont_parks is fire. @chrisperks_716 and the park crew are making something special there.



holimont_freeride: About time we use some professional pictures!



bperksey: Taste test @ellicottvillebakeshop #evlnow



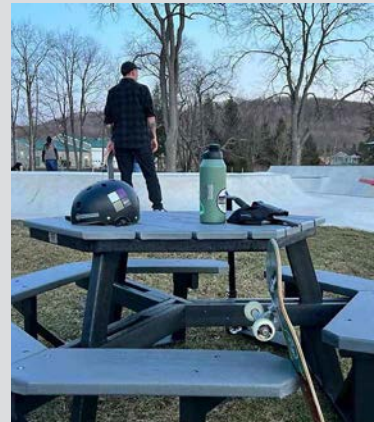
willgoat_adventures: Love is not an emotion, it's your very existence. Thanks to my friend @leanne.michelle.photo. #evlnow #adventuredog



debbiegeorgesf: Dressed up for the Masquerade Party for @holimont's 60th! #ellicottvillenow #mardigras #ellicottville



ellicottvillenow: "Behind ever successful woman is a tribe of other successful women who have her back." #evlnow



sk8evl: New picnic table who dis? #manleygrant #evlnow #sk8evl



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