

# ellicottvilleNOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ December 15-28, 2022



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Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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## Dressing Up Ellicottville In Winter

The Alley Katz Continue to Beautify the Downtown Village, Season After Season



Ellicottville, the quaint ski town known for its hallmark views, doesn't just wake up looking this good. It takes so many here that work around the clock to achieve the aesthetic and experience we want visitors to take in. At the heart of this is a team of ladies who call themselves the Alley Katz, bringing life with their flower displays to the village since 1979. It all started when a group of women took to cleaning the alleyway between the 1887 Building & The Banq Cocktail Lounge (formerly M&T Bank). Someone commented on their resemblance to a bunch of cats digging through the trash, and thus, the 'Alley Katz' were born.

Each year 44 barrels of flowers and 50 hanging baskets are put out on display all throughout the village. From summer to fall and now into winter, this group of dedicated ladies continue to beautify Ellicottville.

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### The Gift of Giving that Gives Back

Who doesn't enjoy sauntering the sidewalks of our busy little town, dipping in and out of all the unique shops and filling bag after bag with handpicked holiday gifts for family, friends and co-workers? If you've been following @ellicottvillenow on social media, you've gotten a glimpse of the many one-of-a-kind items available from our local businesses, and we've curated a list of ideas for every member in your circle.

On top of supporting small business, we'd like to also challenge you to choose a gift that gives back. Many area organizations offer special holiday promotions with proceeds supporting their mission. In every case, it's a win-win!

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## HOLIMONT OPENING FOR THE SEASON SATURDAY, DECEMBER 17

HoliMont will open to members this Saturday, December 17 with Exhibition slope and lift running. For non-members, the season will begin Monday, December 19. HoliMont is excited to announce significant improvements made over the summer months - widening trails, increasing snowmaking, and relocating the Rabbits Run conveyor belt, which will help improve the beginner area by providing more space and learning opportunities for all ages and levels of experience. Read up on more HoliMont news, including the Weekday Experience Pass and the reopening of Gear Up Retail & Rental Shop for those last-minute holiday gifts, seasonal rentals, tuning, and repairs ... page 08

## THE LITTLE BLUE RANCH

Country Rustic Magazine Features Vintage-Style Great Valley Home

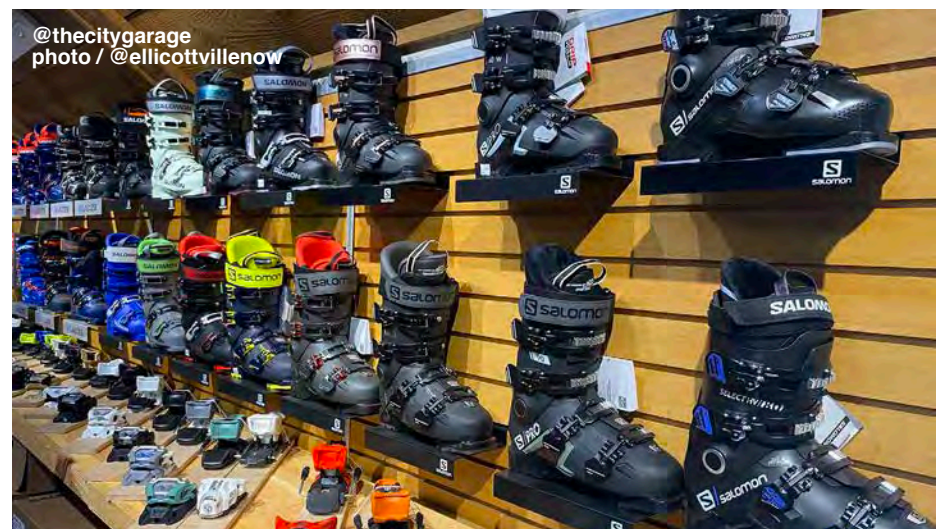


@thelittleblueranch

What began as a hobby during the early days of the Covid-19 pandemic has become a home décor passion that landed Kaitie Samland a feature spot in Country Rustic magazine. Page 50 of the Winter 2022 issue, "A Great Valley Christmas Cabin," features Samland's Great Valley home decked out in her signature vintage-themed décor that is as inspirational as it is festive. Known by her Instagram handle @thelittleblueranch, Samland has made a name for herself in the home décor world, and her recipes, DIY projects, and unabashed Buffalo Bills fandom are sure to spark anyone's creative side.

"Little Blue Ranch began back in 2020 when everything shut down," Samland explained. "It started with my crafting and kind of evolved into this umbrella of Little Blue Ranch being decorating, DIY and my felt flowers."

... page 15



@thecitygarage  
photo / @ellicottvillenow

### SKI SHOP Q&A: INTERVIEW WITH THE CITY GARAGE

Continuing with our ski and snowboard shop interviews, this week we made a stop at The City Garage, a namestay that needs no introduction. With a cool vibe and a passionate staff to match, The CG is in full winter swing, setting skis, fitting boots, and outfitting its customers with fashionable winter apparel for both on and off the hill. We talked with shop manager Trey Clauss, who let us in on this year's top product picks, the "back kitchen" and their beloved Telestock event - a day of peace, love and telemark skiing ... page 07





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# NOW *this ...* by Brenda



Willow and her mom, Ashley, continue their mission to help local animal shelters through the sale of 'Adventures of Willy Goat' calendars.

## The Gift of Giving that Gives Back

Who doesn't enjoy sauntering the sidewalks of our busy little town, dipping in and out of all the unique shops and filling bag after bag with handpicked holiday gifts for family, friends and co-workers? If you've been following us on social media over the past few weeks, you've gotten a glimpse of the many one-of-a-kind items available from our local businesses - Himalayan bath salts from Ellicottville Salt Cave, 14731 mugs from Daff, crystal gemstone jewelry from Good For the Spirit Gifts, adorable Santa puppy socks from The Purple Doorknob...

We've curated a list of wonderful gift ideas for every member in your circle. Check our FB and IG pages regularly (@ellicottvilleNOW) as we continue to post popular must-give gifts that you can find locally.

On top of supporting small business, I'd like to also challenge you to choose a gift that gives back. Many area organizations offer special holiday promotions with proceeds supporting their mission. In every case, it's a win-win! Here are a few of our top picks:

### FUNDRAISING FOR OUR FURRY FRIENDS

For the past four years, local videographer Ashley Baron and her pup, Willow, have been spearheading a calendar drive to help support animal shelters in our area. The 2023 Willow Calendar is now available, and unlike previous years, this year the public can order calendars online and have them drop-shipped to anywhere in the U.S.

Go to [createphotocalendars.com](http://createphotocalendars.com) and search "Willy Goat" in the calendar shop section (or find the link on IG @willygoat\_adventures). Choose your size, head to checkout, and you've just made gift-giving to friends AND animals in need so easy!

Empire Animal Rescue Society (EARS) has been the recipient of Willy Goat calendars since the calendar's inception, however, this year, Willow and her owner have decided to spread the love, choosing a new rescue to donate proceeds to. Celebration of Canine Lives Sanctuary (CCLS) of Cuba, NY is a non-profit, 501(c)(3) organization in the process of building a rescue/sanctuary for homeless dogs. The group purchased property in the Fall of 2019 and are now in the process of readying the land and facilities for four-legged friends in need. The next step for CCLS is getting electricity in the barn, which is estimated at \$4,000. Your purchase of a Willy Goat calendar will help them accomplish this! As soon as the barn has heat, CCLS can finish the first dog room and begin taking in pups! Learn more about CCLS at [celebrationofcaninelives.com](http://celebrationofcaninelives.com).

### FOR THE LOVE OF ART

The Tri-County Arts Council (TCAC) brings art and culture together, offering a number of artist exhibits, classes and workshops throughout the year that support the council's mission of advocating for the creation and appreciation of art in the 3-county territory of Cattaraugus, Allegany and Chautauqua. During the holiday season, TCAC puts special emphasis on showcasing many of their member artists in what they've titled, "A Little Something Small Works Member Show".

Featuring 55 artists with close to 150 original pieces on display and available for sale, the Small Works Show opens up opportunity for the public to not only support our local artists, but share these amazing art pieces with loved ones through the power of holiday gifting. Browse a wide array of media in-person at TCAC's gallery, 110 W. State Street in Olean, or shop from the comfort of your couch via [tricityartscouncil.org](http://tricityartscouncil.org). You'll find works

"NOW This... The Gift of Giving" continued page 21

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# LOCAL

## AN EVENING OF IRISH MAGIC

Bob McCarthy's Irish Christmas Fundraiser a Roaring Success



BY THE EVL ELF

Bob McCarthy's Irish Christmas, held Friday, Dec. 9 at EBC, was by far the best ever. After a two-year hiatus from the live event, a large crowd came out to celebrate the 16th annual Fundraiser. A brief comment by Mayor Burrell preceded the live auction hosted by Brooks LeFeber of Brookslefeberauctions.com, and at a frantic pace, the bids started to soar.

Incredibly, bids for a great EVL Themed Stainless Steel Fire Pit created and donated by Barrett Price of Bear Metal Works in Buffalo, skyrocketed. As usual, many came to donate via generously bidding on Live auction items. The custom Fire Pit saw rapid fire bidding back and forth, finally being won by Tina Dillon, who is always a generous supporter, while a second themed Fire Pit sold to Lynn Mayer. Bob's original creations were sprinkled in throughout, with his Irish Cabinet selling to Erin Cornelius. Ed Fredrickson once again used his creative genius and woodworking skills to put together an array of handmade gems in the Bob tradition. His beautiful Cedar Chest sold to Dan Minner and his unique Birdhouses were very popular. The Traditional Irish Whiskey Basket donated by Cynthia & Mike sold to a very thirsty family. The auction was limited to 15 items so it was complimented with an Irish basket raffle with a great assortment of Christmas gifts. This basket raffle, organized by Erin Cornelius, Brooke Szpaicher and Mila Clauss, was a great addition and will certainly be back next year.

This year's event could not have happened without our host, the Ellicottville Brewing Company, who again went above and beyond to support Bob's night! They are so generous to the Foundation, this year donating the proceeds from special beer and wine sales to the fund. Brew Master Dan Minner's tribute to Bob, "McCarthy Irish Red", was enjoyed to the delight of many in the crowd. Laura Kohler and Mike Rogers' expertise made staging this party easy and fun for the committee, while EBC's spacious new Beer Hall and their friendly staff were the perfect hosts.

It was obvious that many of our benefactors opened up their hearts and wallets to support The Bob McCarthy Foundation's Santa's Workshop & the Sheriff Santa program. The auction by far surpassed all prior ones, setting a new record of \$15,000! A very special donation of \$1,500 was made during the event by Trey Clauss on behalf of Sean Lowes and The City Garage. This was a result of their Film fundraiser held at The Depot this fall. Additionally, a number of generous people chose to donate directly to the Foundation. As these donations normally continue through the end of the year, we anticipate surpassing previous years' highs by over 25%. In the current economy, that is truly amazing.

PandaGoat Media - that is Brenda Perks and Meaghan Lucarelli - did a great job on the artwork and promotional material. Heather Sullivan of Heather J Sullivan Consulting worked her magic with the website and Facebook. Brooks LeFeber hosting the auction, as always made it both entertaining and successful with a local's flair.

As is always the case, our great local publications, EllicottvilleNOW and The Villager provided promotion of the event both online and in print, helping us greatly. The Chamber of Commerce's online promotion featured with The Stroll weekend was also greatly appreciated.

A special thanks to Cupcaked, Dina's, EBC, Katy's, Madigan's, The Silver Fox and Villaggio who brought "A Taste of Ireland" back to the live event. The food was fabulous and the crowd enjoyed the interaction with the restaurant owners. Ellicottville's home bakers (too many to thank) whose special desserts are done as a tribute to their friend Bob and this

"Irish Christmas Recap" continued page 21

## 40 YEARS OF BEAUTIFICATION

The Alley Katz Continue to 'Dress Up' Ellicottville, Even During the Winter Months



BY CAITLIN CROFT

Ellicottville, the quaint ski town known for its hallmark views, doesn't just wake up looking this good. It takes so many here that work around the clock to achieve the aesthetic and experience we want visitors to take in. At the heart of this is a team of ladies who call themselves the Alley Katz, bringing life with their flower displays to the village since 1979.

It all started when a group of women took to cleaning the alleyway between the 1887 Building & The Banq Cocktail Lounge (formerly M&T Bank). In this initial clean-up they got rid of an entire dump truck of debris and garbage. "Someone commented on their resemblance to a bunch of cats digging through the trash, and the 'Alley Katz' were born," quoted from Lynn Timon's 1998 news article.

Each year 44 barrels of flowers and 50 hanging baskets are put out on display, along with hand planting the creek beds and flower beds by Katy's Cafe, the Historical Museum, clock tower, War Memorial and of course decorating the iconic gazebo. Over the years the gazebo has provided the backdrop for weddings, prom photos, family portraits and more.

The Alley Katz just changed over to winter decor from the fall setting that has become a must-see when 'leaf peeping'. The winter tree will be on display until Mardi Gras weekend when the AKs will be prepping for the new 2023 spring display. This will be the FIRST year with a spring display. To me this signifies that Ellicottville is officially a four-season destination.

In years past, the ladies would utilize a greenhouse to grow all of the baskets personally. Now, "Waterman's Nursery in Springville designs our beautiful baskets," Deb Yantomasi, leader of this awesome group tells me. "A small portion of our funding comes from the town and village, but we rely mainly on donations." The ladies meet every Tuesday Spring to Fall to plan, plant and maintain, and afterwards they head to Ellicottville Coffee Co. for their on-the-house cup-o-joe. "A big shout out to the DPW and Dave Dixon who water all the plants 5-6x per week to keep them looking good all summer long!"

This is a small group of 15-25 ladies whose average age hits in the 60s, which lead us into the next part of our conversation. "We need more volunteers who are going to learn about this great group and help continue it into the future," Deb proclaimed. She wants to be able to take the Alley Katz to the next level, providing things such as gardening classes, a community garden and more.

They plan to expand their gardening expertise, in 2023, to the Episcopal Church that makes up 1/4 of our historic four corners. The event will be held in the spring where Yantomasi hopes volunteers will show up with flowers from their own gardens or flowers of their choosing to plant. The Alley Katz will, of course, be on-hand, helping to design a beautiful garden made up of pieces of our community.

The AKs are now online; you can follow them on Facebook and Instagram @AlleyKatzofEllicottvilleInc. They are also a registered 501(c)(3) organization. You can donate by sending a check to Alley Katz of Ellicottville Inc., PO Box 1407, Ellicottville, NY 14731

For over 40 years the Alley Katz have operated by the motto, "For a better Ellicottville," and they sure do add to that je ne sais quois to our downtown offers. If you are new to the area or here just for the season, reach out to see how you can help!



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## A BRIGHTER CHRISTMAS FOR ALL

Gift Tree Program Sponsors Ninety-Six Area Families



OLEAN - Ninety-six area families will have a brighter Christmas this year thanks to Interfaith Caregivers Gift Tree program and support from the Carroll and Dolores Anstaett Gift Tree Fund at the Cattaraugus Region Community Foundation. The Carroll and Dolores Anstaett Gift Tree Fund was established by the late Carroll Anstett and his wife Dolores in 2004 to provide annual support to the Gift Tree program, which assists the less fortunate in the community by providing holiday gifts at Christmas.

Each year families that are served by the program are listed for “adoption” in the Olean Times Herald. Community members then shop for and purchase gifts for their adopted family. This year 92 families were listed for adoption. Four needy families were added later. This year’s grant of \$1,803.69 allowed for the purchase of Greater Olean Area Chamber of Commerce (GOACC) gift certificates, which were then provided to the Gift Tree families most in need.

“These certificates were added to the gifts for the families most in need, largest families, and those with extreme circumstances,” said Julie Hall, Interfaith Caregivers’ executive director. “The flexibility of the [GOACC] certificates are so helpful for these families. They can be used for food, gas, or any other needs.”

According to Julie Hall, the Gift Tree program also worked to lead collaboration among groups that provide holiday season assistance (such as the Salvation Army, the Santa Sheriff program and more) to increase the efficiency of each program. That work came at a critical time, as financial hardship has increased the demand for such programs. “Increased collaboration among gift-giving programs has definitely helped all of us to serve the most families possible in Cattaraugus County,” she said. “By eliminating families

“Gift Tree Program” continued page 21

## Cattaraugus County Sheriff's Dept. Purchases Toys for Local Children

OLEAN - Once again this year, school resource officers from the Cattaraugus County Sheriff's Department stuffed their shopping carts full of toys and clothes to bring Christmas to area families in need. This year the Santa Sheriff program served 17 families, representing a total of 54 area children. A \$4,819 grant from the Santa Sheriff Fund at the Cattaraugus Region Community Foundation, established by the Cattaraugus County Sheriff's Department to support the administration of the program in 2012, provided funds to purchase gifts for the families.

For the last few years, the program has received most of its referrals through area school districts to school resource officers (SROs), according to Sgt. Tonya Dry. This allows the program to better serve the children who benefit, as the SROs are familiar with which children are most in need and have interactions with those children in school throughout the year. Sgt. Dry, who has served in a leadership role with the program since 2019, works closely with other area gift-giving programs and also takes referrals for additional families to ensure that needy area families are assisted during the holidays. Since 2012, the Santa Sheriff Fund at CRCF has made possible over \$80,650 in grants in support of the fund.

“The Santa Sheriff Program has been a steady source of support for area families in need for some time now,” said CRCF Executive Director Karen Niemic Buchheit. “It touches your heart when you see the joy on the faces of sheriff deputies shopping for the perfect coat or the perfect toy for a child. It is even more meaningful knowing that joy is only greater when a child sees that on Christmas morning.” Donations can be made to the Santa Sheriff Fund at CRCF, 301 North Union St., Suite 203, Olean, NY 14760 or online at cattfoundation.org.

## SKI SHOP Q&A: THE CITY GARAGE

Cool Skis, Hot Wax and Another Season of Telemark Happiness



INTERVIEW BY BRENDA PERKS

**eNOW:** Let us in on your top product picks for this season.

**THE CITY GARAGE:** This year we’ve added a new premium brand to our exclusive ski line-up. Being an exclusive dealer in a very populated ski market takes a commitment from each the ski dealer and the ski vendor... over the years we have been aligned with Salomon and K2; new for season ‘23 we have partnered with Stockli skis. With these 3 brands on the ski wall here at the shop we can now strongly say we have the “Innovation, Style, and Performance” in the ski industry. In the boot world, we carry a wide variety of “fits” to fit peoples’ feet! Ski boots are no longer cringeworthy, no more dreading, no more unhappy feet! Similar to the ski selection, boots are the most important part! Salomon & K2 are at the top of the list for this season. Don’t forget to add HEAT with the K2 heated boot line! Comfort and performance.

**eNOW:** You’re not just about downhill skis... you also carry cross country skis, telemark skis, snowshoes. Care to indulge?

**THE CITY GARAGE:** Getting people to love winter is our goal! Other than the downhill ski thing... we try to cater to the winter outdoors. Atlas snowshoes - anything from taking your first snowshoe steps, to the seasoned backcountry trekker, we got ‘em! We also have some of the region’s best Nordic trails in our backyard! The Allegany State Park entrance from Salamanca boasts over 25 miles of prepared trak skiing! We offer cross country rentals and retail for your Nordic needs! Spawning off of the nordic cross country, Telemark skiing is the best way to make our 750 vertical feet even more challenging. We offer rental and retail from the industry’s top brands! Lessons available at Holiday Valley and HoliMont.

**eNOW:** What goes on in the back of the shop and in the “Big Chair” upstairs?

**THE CITY GARAGE:** Tucked into the back of our cozy little ski shop is our “kitchen” so to speak. We have invested in state-of-the-art tuning equipment from Wintersteiger. If you are a ski enthusiast, you know how important a fresh sharp edge and wax is! We can get any modern ski back to factory settings and keep you ripping all season long! Not to be outdone by your skis, your feet could be the most important part of the whole ski equation! Take a few steps up to the 2nd floor and welcome to “Tim’s Boot Room” - in honor of our late friend, employee, and master boot fitter, Tim Cummiskey. Tim graced the CG for over 15 years, making so many skiers’ feet happy... we are going to try our best to keep the smiles coming!

**eNOW:** What other product lines do you carry that are unique to The City Garage?

**THE CITY GARAGE:** We pride ourselves on finding unique brands to sell in our store... leader or follower? Your choice. We partner with brands that focus on small independent retailers and give us the chance for an exclusive dealership for our area - those brands include the following: Yeti, Cotopaxi, Dale of Norway, Marmot, FlyLow, Kuhl, LeBent, Skhoop, Salomon, and Birkenstock.

**eNOW:** Your shop hosts Telestock each February at Holiday Valley. It has become quite an iconic event. Can you give us a little background and some details about this season’s showdown?

**THE CITY GARAGE:** The 172nd running of Telestock will be and will always be the last Friday in February. “Back from the Dead”, Telestock has truly become one of the biggest gatherings of telemark skiers east of the Mississippi! This is a free event, brought to you by US and our vendors: Scarpa, 22Designs, and Bishop. Located at the Champagne Sundeck at the Yodeler lodge, opening ceremonies start at 9:00am. We have

“The City Garage” continued page 21





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## WELCOME TO WINTER!

HoliMont will open to members this Saturday, December 17 with Exhibition slope and lift running. For non-members, the season will begin Monday, December 19. For up-to-date conditions and slope report, head to holimont.com or follow @holimont on FB/IG.



## LAST MINUTE HOLIDAY GIFT IDEAS

Our Gear-Up retail and rental shop is open for those last-minute holiday gifts! Or if you need to get ready for the ski season, we have seasonal rentals, tuning, and repairs. Gear-Up will be open Friday-Sunday from 9:00am-5:00pm until the club is officially open for the season, where we then will be open 7 days a week during regular season hours.



## CHRISTMAS WEEK

Christmas week at HoliMont begins on December 24 and goes through January 1, where we are open to members and their guests only. Per usual, we plan to have our Kids Christmas Camp, along with other fun Holiday events and activities for the whole family.

## IMPROVEMENT PROJECTS

Thanks to our Lifts, Snowmaking, and Operations departments we have been able to make significant improvements with trail width, increased snowmaking, and the relocation of our Rabbits Run conveyor belt from Sunset slope to between the Fall Line Finish Area and Grasshopper. This change will improve our beginner area by providing more space and learning opportunities for all ages and levels of experience.

## WEEKDAY EXPERIENCE PASS

Although we are considered a private ski club, HoliMont is open to the public Monday through Friday, except for Christmas week, Martin Luther King Day, and President's Day. Come experience what HoliMont has to offer with our premium conditions and no lift lines! Take full advantage of our weekday skiing by purchasing a Weekday Experience Day Pass. You get 10 lift tickets for yourself, 2 half-priced tickets for a friend, and 2 lessons, all for a discounted price! For more information on this great deal or to purchase, visit our website at www.holimont.com.





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**9 AM - 4:30 PM**  
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**6921 Rt. 242 Ellicottville NY 14731**

HoliMont Ski Club and Ski Club of Lockport are hosting a "Ski 4 a Cure" event to help raise money for Roswell Park Cancer Institute. Come enjoy a day of skiing, food and entertainment while supporting a great cause!

**EVENT DETAILS:**


\$100 event ticket. (Includes your lift ticket, food and access to games and entertainment for the day).

To purchase tickets go to:

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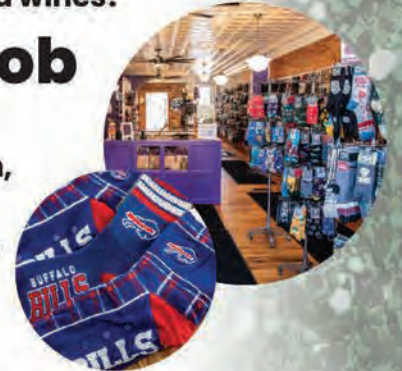
Shop a wide selection of winter equipment to keep you warm and on the slopes this winter season including touring skis, boots, and bindings!



## Purple Doorknob

11 Washington St. EVL

Shop our magical, colorful, fun, and wild selection of Socks! Enjoy our Buffalo Bills non-slip slipper socks, or gift them to your #1 Buffalo Bills Fan!



## She Shed He Shed

22 Washington St. EVL

Enjoy a shopping experience that compliments the local lifestyle! Specialized tees, Christmas ornaments (made locally), and a wonderful selection of cigars!



## The Silver Fox Steak House

23 Hughey Alley. EVL

Enjoy the coziest atmosphere in Ellicottville and our flavorful menu this holiday season! Be sure to ask about dining specials - they're sensational!

## The City Garage

5 Monroe St. EVL

This Holiday Season the City Garage is featuring products from Yeti to sweaters from Dale of Norway!



## Anew Beginning Massage & Spa

9 Monroe St. EVL

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## Gado-Gado

26 Monroe St. EVL

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## Dina's

15 Washington St. EVL

During the hustle and bustle of the season, we invite you to relish our innovative menu. Savor some of the freshest local ingredients on one harmonious plate!

## Katy's Cafe

38 Washington St. EVL

Warm up during the colder months with one of our specialty coffee drinks, traditional breakfasts, or tasty lunches. Gift cards are available too!



## Gi Threads

29 Washington St. EVL

Shop some of today's trendiest, clothing pieces while picking out the best gift from our home decor section like flick-a-flame!



## Good for the Spirit Gifts

11 Martha St. EVL

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## Winery of EVL

14 Monroe St. EVL

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## Watson's Chocolates

27 Washington St. EVL

We're known for our sponge candy but have many other Holiday treats for everyone on your list. The Ellicottville location is open 7 days a week.



## Ava Grace Fashions

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### UPCOMING EVENTS

#### DEMO DAY

December 17, 2022

Slopeside of the Holiday Valley Resort Center, there will be free demos from Ellicottville's awesome specialty ski & snowboard shops in collaboration with reps from some of the industry's best brands.



#### NEW YEAR'S EVE CELEBRATION

December 31, 2022

Ring in the New Year with the Holiday Valley Groomer parade & spectacular fireworks show. Family friendly party at the Holiday Valley Resort Center. Approx. times: Groomer Parade on Cindy's Run at 11:15 PM, torchlight parade at 11:30 PM then fireworks show at 11:45 PM.



#### CANADIAN FRIENDSHIP WEEK

JANUARY 2-6, 2023

Welcome Canadians! Our annual Canadian Friendship week is from Monday, January 2nd to Friday, January 6th. During this week, lift tickets are at par when paying with Canadian cash or check.



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# REGIONAL

## THE LITTLE BLUE RANCH

Great Valley Home Featured in Country Rustic Magazine's Winter Issue



photos courtesy @thelittleblueranch

BY MARY HEYL

What began as a hobby during the early days of the Covid-19 pandemic has become a home décor passion that landed Kaitie Samland a feature spot in Country Rustic magazine! Page 50 of the Winter 2022 issue, "A Great Valley Christmas Cabin," features Samland's Great Valley home decked out in her signature vintage-themed décor that is as inspirational as it is festive. Known by her Instagram handle @thelittleblueranch, Samland has made a name for herself in the home décor world, and her recipes, DIY projects, and unabashed Buffalo Bills fandom are sure to spark anyone's creative side.

With near daily postings of seasonal project ideas, tablescapes, and easy cocktail recipes for an audience of over 10,000 followers, Samland's Little Blue Ranch could easily fulfill the workload of a full-time job. However, her full-time job is at Niagara Falls Memorial Medical Center, where she is a cardiac x-ray technician. "Little Blue Ranch began back in 2020 when everything shut down," Samland explained. "It started with my crafting and kind of evolved into this umbrella of Little Blue Ranch being decorating, DIY and my felt flowers. On Instagram, it really took off!"

While Samland enjoys decorating for every holiday, Christmas is her favorite. She said, "I really embrace vintage Christmas, which is what caught the magazine's eye." A few years ago, Samland started looking for vintage items at local antique stores, such as the Salamanca Mall Antiques, and now has an impressive collection that she's been building over the years. One of her favorite vintage finds is her collection of mini Holt Howard Santa mugs, which she loves for their mischievous expressions.

Interestingly, readers of Samland's feature in Country Rustic magazine are looking at photos of her décor from last Christmas, as the magazine plans each of their quarterly issues about a year in advance. "All of the photography was done in early January of this year," she explained. "It took me two months to decorate my house! I decorated every single room, every single floor - it was crazy. I didn't know what the photographer would want to photograph, so I decorated everywhere!"

While this is the first Country Rustic issue to feature Little Blue Ranch, this is not the first issue to incorporate Samland's creativity. Last winter, when Samland and the magazine publishers began planning for this year's winter issue, they asked her to write for them. "I write two articles for each issue," Samland explained. "I write one article on a DIY project and the other is how to style a table. This issue's DIY project is a faux mug topper, which looks like whipped cream topping with a straw. You use a certain material so it hardens, and you can put it on any mug you want!" In the other article, Samland decorates a dining room table and features a beautiful garland from Flowers Off the Farm in Ellicottville.

For more seasonal ideas, be sure to follow @thelittleblueranch on Instagram. "I do a lot of recipes that are really easy," she explained. "A lot of us don't have the time to be creating these extravagant recipes, so I like to think of them as 'recipe hacks.'" This winter, Samland is focusing on easy appetizers and desserts for the holidays. "I'm all about changing it up! Instead of your traditional cookies, let's do a spin on that and turn some store-bought frosted cookies into cake pops!"

While Samland can be contacted through Instagram, she can also be seen at area craft shows. Most recently, she participated in Springville's "Very Merry Main Street." "The flower bar is a new concept I introduced in Springville," she explained. "I work with

"The Little Blue Ranch" continued page 21

## MASTER GARDENER PROGRAM

Cattaraugus Co. Cooperative Extension to Begin the Next Training Class Feb. 8



BY SHANNON RINOW, MASTER GARDENER COORDINATOR

Are you interested in becoming a Master Gardener? Cornell Cooperative Extension is accepting applications for their next Master Gardener training class. Instruction begins Wednesday, February 8, 2023 and runs through May 20, 2023. Classes take place conveniently on Wednesday evenings from 6:00-7:00pm, remotely. There will be one to three in-person classes that will take place monthly for hands-on learning activities.

Master Gardeners are trained volunteers who work in partnership with the Cattaraugus County Cooperative Extension staff to teach and share gardening knowledge county-wide. They are "neighbors teaching neighbors" about horticulture using researched-based gardening practices through a variety of educational programs and activities. The Master Gardener Program has an emphasis on environmental stewardship and on food insecurity. One way Master Gardeners contribute to addressing food insecurity locally, is by supporting the National "Seed to Supper" program that helps teach residents how to grow their own vegetable gardens. You get to be a part of some exciting opportunities as a Master Gardener in Cattaraugus County! Some upcoming activities include: Our new pollinator habitat garden program, opportunity to trial vegetable varieties in our community garden, teach horticulture-related workshops, engage with youth in school gardens, meet other garden enthusiasts at the Allegany Garden festival, and access to Cornell webinars and continuing education activities, just to name a few!

If you love gardening and are interested in giving back to your community - in a green-thumb way - please apply to become a Master Gardener today! Successful participants will be expected to commit 50 hours of volunteer service in their first year, and 30 hours of volunteer service annually to remain active Master Gardeners. There is also an annual expectation of 10 hours of continued horticulture education after the first year of volunteering.

Applications are available online (<https://cattaraugus.cce.cornell.edu/gardening/mastergardener-volunteer-program>), for pick-up in our Ellicottville office or call ahead at 716-699-2377 and we can mail you one. Deadline to submit an application is January 16, 2023. Tuition cost is \$125 and includes all training materials. Space is limited!

## SQUIRREL CALENDARS FOR SALE

Olean's Iconic Squirrels Will Keep Your Daily Schedule in Check

OLEAN - Woodland in the City and the Greater Olean Area Chamber of Commerce (GOACC) have created the seventeenth edition of the Woodland in the City Squirrel Calendar for 2023! The calendar features local families who turned in photos with their relatives appearing with the squirrels throughout Olean. Once again, this edition includes information on all the squirrels in town. It also showcases National Squirrel Day, National Squirrel Awareness Month, and many 'nuts' days - peanut, almond, etc. A map depicting locations of all squirrels is inside. The calendar, sold at the GOACC office, sells for \$12 or two for \$20 with limited copies (100) available. GOACC also has squirrel socks, squirrel bookmarks, squirrel onesies and two new Holiday plush squirrels for sale. Prices for these items range from \$1.00 - \$15.00. GOACC will be open special hours through December 23 (M-F) from 8:00am-5:30pm. For more information on the squirrel retail items, please stop in GOACC at 301 North Union Street in Olean or call 716-372-4433.



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Artworks on the Summit, Kane

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**Buchanan Brothers Pharmacy** Educational toys, games, puzzles. Find seasonal treasures, scented candles, wreaths, lanterns, and a wide selection of greeting cards. 313 West Main Street. 814-887-5375.  
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# HEALTH & FITNESS

## Core Performance: Hydration During the Winter

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

I could write countless articles on why hydration/water is so important to our bodies. It helps flush out waste, regulates body temperature and aids your brain function. If you feel thirsty, you are already dehydrated. Other signs that you are dehydrated are feeling tired, dizzy or light-headed. Or you may experience a dry mouth, lips and tongue. Your urine may be a dark yellow with a strong odor. And, in extreme cases you may experience a rapid heartbeat/breathing, faint and have dry skin and sunken eyes.

Typically, we know to hydrate when we exercise and when it's hot outside. But did you know that hydration is just as important during the winter months? This is partly because the level of humidity in the air during the winter months tends to be much lower, resulting in much drier air as compared to other times of the year. In addition, the air in our homes is also drier due to home heating. These differences in air quality both inside and outside can increase our chances of becoming dehydrated.

It is important that we stay hydrated in winter because doing so helps keep our body temperature at a constant and normal level. When there isn't enough fluid in the body, this can cause the core temperature to drop to dangerous levels. Hypothermia can set in quicker if the body is dehydrated. Staying hydrated also helps our immune system fight off colds and the flu, which are more common in the winter.

Staying hydrated with water is the cheapest and best way to prevent dehydration. However, if you find yourself experiencing some of the many side effects of dehydration, you more than likely should add electrolytes to your hydration routine. But, have you ever wondered what are electrolytes? Electrolytes are a group of minerals including sodium, potassium, magnesium, chloride and zinc. Electrolytes are absolutely essential for the efficient functioning of our bodies. Without them we lose focus, feel tired, you may get muscle cramps, your organs won't be working their best and you become dehydrated. We need to get electrolytes in our daily diet, and we do for the most part. Adding a daily electrolytes supplement can take the guess work out of this.

However, if you're just drinking water and eating a balanced diet, it is very likely that you are getting enough. Adding electrolytes should only be considered if you are sweating more than usual or experiencing symptoms related to dehydration.



The bottom line: dehydration can sneak up on you quickly, especially during the colder months. Always keep a water bottle with you even during something as uneventful as driving. If you have any signs of dehydration during the winter months, it is important to seek medical attention immediately.

*Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio please visit her Facebook page or go to [www.coreperformancefitness.com](http://www.coreperformancefitness.com). Kim can be reached directly at 716-698-1198.*

## Inner Peace & Strength: Inviting New Traditions this Holiday Season

BY LAURA WIDGER, LCSW



Families, people, and friends sprinkled across the U.S. are taking this post-pandemic time in history to reflect on holiday traditions, values and their importance. New and old traditions are being welcomed while questing for holiday cheer.

James and Louise Wesley, a semi-retired couple residing in San Diego, California depict one example of taking a different path or experimenting with tradition this year. James and Louise are avid travelers who ignite their passions, joy, ease, and happiness together on the road. James and Louise feel alive when traveling and immersing themselves in something new. They have family and friends in Ellicottville and love to visit. In the past handful of decades, James and Louise have celebrated the holidays in the desert and self-proclaim themselves "desert rats." Let us hear about their spin on the holidays.

**LAURA:** What new tradition will you be experimenting with this holiday season?

**JAMES:** We wanted to try something new this year. (With a grin, he remarks)... I used good

ole google and searched "white Christmas." NYC and Taos, New Mexico were top on the list. We wanted the white Christmas vibe. We grew up in Canada where snow was Christmas. We haven't had a white Christmas since we were kids. We hope to x-country ski, indulge a bit with unique cuisine menu items, and enrich ourselves in a different culture nestled in the hills of New Mexico. We also wanted to celebrate the traditional celebratory meaning of Christmas with Taos rejoicing the birth of Christ.

**LAURA:** What brightens your spirit when thinking about or planning this holiday?

**LOUISE:** We have a sense of excitement and anticipation. We reconnect with each other on the road. We love trains and have decided to head east by way of Amtrak, departing from San Diego and arriving in Santa Fe.

**JAMES:** We love the timelessness of train travel. The experience is very peaceful and meditative for us. There is no pressure with time. Time just does not have a hold on us. Trains resemble a wave of calm and peace for us. A few traditions honored in Taos are: a procession of the Virgin Mary in the Pueblo accompanied by bonfires, deer dancing, los matachines dancing, tribal turtle dancing, and sacred ceremonies.

**LAURA:** What old traditions will you celebrate?

**LOUISE:** We plan to have holiday meals with friends and family members outside the Christmas season. We love to decorate our tree, send Christmas cards dotting on our grandchildren from a distance, facetime with family on Christmas day, dress up as Santa and Mrs. Claus, and attend holiday events in the San Diego region, such as Holidays Nights at Balboa Park - a holiday must!

**LAURA:** Do you have any advice for readers who are perhaps looking for something different this holiday season?

**JAMES:** Experiment. There is a heartfelt sense in doing something you always wanted to do. You can connect with loved ones, as well as hitting the road to fill your cup. Find the meaning for you. Follow your heart, be open to change, and be flexible. Find the peace, calm, and joy."

*Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She owns and operates Inner Peace and Strength - Mental and Emotional Health, and specializes in trauma healing with children and adults. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.*



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## NOW THIS... THE GIFT OF GIVING

cont. from page 03



from Robin Zerfas-Clark, Michelle Capizzi, Elliott Hutton, Mikel Wintermantel, Barbara Fox, Sean Huntington and more. After viewing the artisan market online, I must say I am personally intrigued and drawn to Nicole Missel's "Goddess Bowl" (magazine, wire & glue), Rose Brawn's "Life & Wholeness" series (acrylic on paper backed with wood), Ruth Flood's "Paz" (mosaic glass), and Deb Stillson's "Golden Ferns" (cyanotype). It's absolutely stunning to see the level of art coming out of our area! The Small Works Show offers perfectly sized pieces for gift giving or to add to your own collection. Search Tri-County Arts Council on FB and IG (@artscouncil).

### TAKE A HIKE!

Looking for something special for that special someone who loves the outdoors? We are privileged to have the largest NYS park right in our backyard! Visitors have been flocking to Allegany State Park since the summer of 1921. One hundred years later, park officials have released "The Centennial 7 Hiking Challenge", a self-guided tour introducing hikers to over 20 miles of some of the oldest and newest trails within the park.

Purchase a packet for \$14 and your lucky recipient will unwrap seven maps, each featuring a different trail of the park. Once they've completed all seven hikes, they can return all seven maps, complete with all seven trail etchings, to the Red House Rental Office where they'll receive a custom Centennial 7 carabiner mug. It's a gift they'll enjoy walking for! And if they're your friend, chances are they'll want you to join them in the challenge, so you'll want to pick up a packet for yourself as well. Better yet, pick up a packet for each person in your friend group! Those coffee dates have officially turned into trail meet-ups. Okay, sign me up!

Purchase packets at the Red House Rental Office and feel good knowing that your donation will go to the Environmental Education Department of Allegany State Park to further develop programs like this in the park. For additional details, check out Allegany State Park's FB page or call ASP's Environmental Education/Recreation Department at 716-379-6939.

### DONATE... JUST BECAUSE

There's a reason to give back in every season, but I urge you to make it your mission before year's end to choose a good cause (or two or three) to donate to. Whether it's \$20 or \$200, think about the strides we can make as a community if everyone gave a little something...

- The Frank Pitillo Memorial Lighting Fund is up against the clock to raise the necessary funds to replace the stadium lights at Ellicottville Central School by next Fall.
- Established by citizens of the Ellicottville and Great Valley area, the EVGV Recreation Trail Fund supports the development of a multi-use trail, which when completed, will connect the two towns.
- Operation Warm Hearts ensures that every child in the surrounding communities is kept warm during the harsh WNY winters by providing coats, boots and winter accessories. They also provides underwear, socks, shoes, and clothing to any child in need throughout the year.
- You can find all of these funds and many, many others (290 to be exact!) on the Cattaraugus Regional Community Foundation website, cattfoundation.org.

Please remember when shopping for your loved ones this holiday season, also consider those in our county who could use a helping hand. The greatest gift of all, is helping others in need. Merry Christmas!

*Brenda Perks is the publisher of ellicottvilleNOW and owner of DesignPerks, a graphic design company affiliated with the local media/marketing agency, PaNDaGOAT Media. Reach Brenda directly at [brenda@ellicottvillenow.com](mailto:brenda@ellicottvillenow.com).*

## IRISH CHRISTMAS RECAP

cont. from page 04

tradition. We also thank the many local businesses who supported the basket raffle with their generous gifts. Many friends of Bob McCarthy helped make Friday night a success; you know who you are and we thank you all.

When asked how this started, Bob McCarthy would answer, "It started with a little magic". To be sure, the magic came in the form of Ellicottville's residents - both permanent and part timers - who bid or donated to the cause. The real magic is that this event is helping a number of local families have a better Christmas through Santa's Workshop and the Sheriff Santa program. Bob, we all miss you but we will continue your tradition of giving. The Bob McCarthy Foundation ([www.bobmccarthfoundation.com](http://www.bobmccarthfoundation.com)) wishes all of you a great holiday season. Thank you Ellicottville.

## GIFT TREE PROGRAM

cont. from page 07

being served multiple times, we have been able to reach more families and in more remote parts of the county. We will continue to collaborate in the future to continue to maximize resources and program efficiency."

CRCF Executive Director Karen Niemic Buchheit praised the efforts of Interfaith Caregivers and the Gift Tree program to not only meet community need, but to partner with fellow organizations to ensure that their programs had the needed impact. "The Gift Tree program warms our heart each year, and we know that this year the need was even greater," said Buchheit. "We are so proud to be able to lend a hand to programs like Gift Tree that make sure the holidays can be a happier season for families facing financial strife."

Since the Gift Tree fund was established at CRCF in 2004, the fund has provided over \$33,683 in grants that serve to provide for Gift Tree families. Donations can be made to the Carroll and Dolores Anstaett Gift Tree Fund at CRCF, 301 North Union St., Suite 203, Olean, NY 14760 or online at [cattfoundation.org](http://cattfoundation.org).

## THE CITY GARAGE

cont. from page 07

volunteer instructors breaking off into groups based on level of skill, skiing generally for the morning hours, breaking for sausage and family photos and then back off to the slopes for the mass assault on Morning Star for the world's longest telemark human slalom! Beers on the deck in the afternoon for gear talk! Check out Holiday Valley's event page and their YouTube channel for more info. Peace, Love, Telemark!

**eNOW:** On the flip side, The City Garage is the only ski shop in town that's open year round. Can you give us a glimpse of your summer offerings?

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The City Garage is located at 5 Monroe Street, downtown Ellicottville, phone 716-699-2054. Stay up-to-date with The City Garage through their website ([www.citygarageskishop.com](http://www.citygarageskishop.com)) and on Instagram/Facebook (@thecitygarage).

## THE LITTLE BLUE RANCH

cont. from page 15



wool blended felt and cut each petal and glue them to create the flower. The flower bar lets people create their own bouquets, and the selection includes dahlias, poinsettias, gerbera daisies, roses, and more."

Samland's family has been an important part of her journey. "My dad is a huge part of this. He'll help me with the woodwork that's part of my crafts," she said. "My grandma has helped me with sewing. My mom and fiancé always support and promote me. I'm so grateful!" Thinking of her floral inspiration, Samland credits Ellen Krzemien, owner of The Flower Stand in Springville and her grandmother. "My grandmother has a huge passion for flowers and the most beautiful garden," Samland noted.

For those who may be pursuing a new creative hobby, Samland says, "Keep on going! You will make mistakes; you will hit bumps in the road. At a certain point, you may want to give up. I just kept going. I tried different things, and that's where I am today! I'm still learning and growing."

The Winter 2022 issue of Country Rustic magazine is available at craft stores such as Jo-Ann Fabrics and Michaels, and many Walmart and Wegmans locations. Follow @LittleBlueRanch on Instagram for more information, where Samland can also be contacted for custom orders.



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Louisa Benatovich  
Kim Duke  
Laura Widger  
Trevor Brachmann  
Ashley Baron  
Clara Kosinski  
Rich Ruffola  
Frank Ujvari

## TRY BEFORE YOU BUY

Demo Day at Holiday Valley Set For Saturday, December 17

Try before you buy! Holiday Valley will host their annual Demo Day event this Saturday, December 17 at the base of the Main Lodge from 9:00am-3:00pm. Free demos from many ski and snowboard reps, featuring Ellicottville's awesome specialty ski and snowboard shops. (Credit card required for deposit and parent signature if under 18.)

Demo Day is brought to you by Ellicottville's fantastic local shops: Mud Sweat 'n Gears, The City Garage and The Boardroom, where you'll get the best service from the most knowledgeable technicians! Ski and snowboard brands include Volkl, Nordica, Rossignol, Blizzard, Burton, Salomon Snowboarding, Lib Tech, GNU, Jones, Salomon skis, Armada, Head, K2, Dynastar, Head and Elan. The City Garage will also offer Telemark ski demos (bring your own tele-boots), and The Boardroom will have Burton Step On bindings to try. See you on the snow!



### Article/Photo Contributions

Contributions are always welcome. Submit your articles and photos or story ideas to our publisher: brenda@ellicottvillenow.com

### Advertising Rates

Available upon request.  
Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

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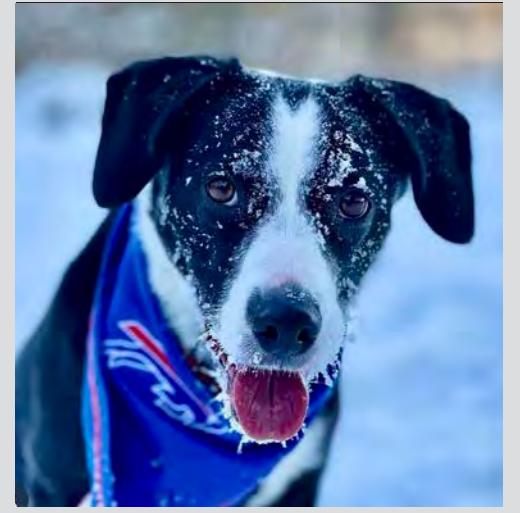
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holidayvalley: It's full speed ahead out there as our Snowmaking Team works to get more terrain open #thankasnowmaker #evlnow



mudsweargears: Join us at the annual Demo Day at Holiday Valley #shoplocal #ellicottville #evlnow



sageheadadventuredog: When your dad takes the best photos of you, you strike a pose #evlnow



willygoat\_adventures: My calendars at @biodomeproject are almost gone! But you can always get one from my online store. Link in bio.



bperksey: #daytrip #reststop #evlnow #iloveny



escape.to.ellicottville: #evlnow @holidayvalley @visitellicottville



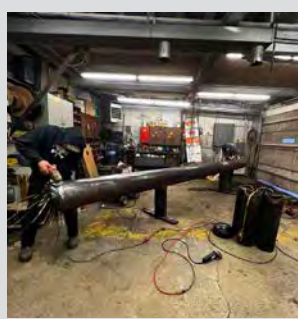
avagracefashions: #evlnow #elfontheshelf @visitellicottville



ellicottvillebrewinglocal: Winter releases @ellicottvillenow



dash\_913: All the snow in this picture is courtesy of the Holiday Valley Snowmaking Team @holidayvalley @ellicottvillenow



holimont\_parks: Something new to jib #holimont #evlnow



hilltophaventv: #girlsnight #bachelorette #evlnow #airbnb



goodforthespiritgifts: #healing #heartchakra #growth #evlnow



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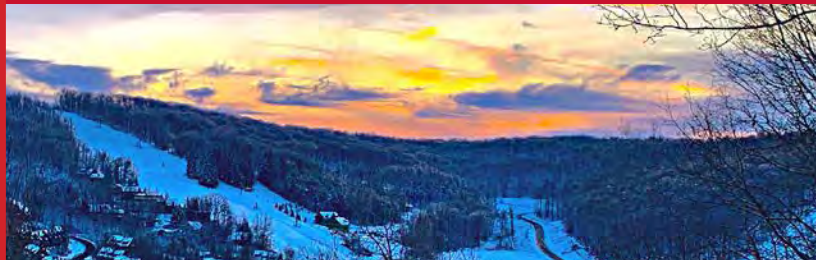


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## HoliMont opens December 17th!



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