



# Galway Get Together

Volume 2, Issue 27  
March 1, 2013

*A bi-weekly online newsletter  
promoting local resources and  
opportunities*

A community service of the Galway Public Library, P.O. Box 207, Galway, NY 12074 Phone: 882-6385. [www.gettogether.galwaypubliclibrary.org](http://www.gettogether.galwaypubliclibrary.org).

## Free

**Yarn** —Acrylic worsted weight yarn. I have four balls of black, seven of white and five of brown. Various sizes. Call Jeanne at 882-6147.

## For Sale

### All Natural Beeswax Lip Balm—

Contains: beeswax, cocoa butter, grape-seed oil, Vitamin E, lemongrass and peppermint essential oils. Only \$1. From Middle Grove Farmer's Market inventory. To order, email: [cndmcintyre@yahoo.com](mailto:cndmcintyre@yahoo.com).

## Found

**Adult male cat** — Dark gray and white. Showed up at a barn in Galway looking for hearth and home. Very friendly and talkative. Has gold collar with a bell. He was taken to the Saratoga County Animal Shelter and is hoping his family will claim him. Call the shelter at 885-4113.

## Position Available

**Part-time position available for a Clerk for the Town of Galway Planning Board and Zoning Board of Appeals.** — Hours vary depending on the number of applications before the boards. Job duties require strong secretarial and organizational skills and dependability. If interested, please send your resume to: Town of Galway, P.O. Box 219, Galway, NY 12074, or send via email to: [ghargrave@townofgalway.org](mailto:ghargrave@townofgalway.org). **Resumes must be received by March 8, 2013.**

## Services Available

### The Honestly Clean

**Company** — We focus on a cleaning plan that fits your needs and lifestyle. Serving the surrounding area for over ten years. Prices start at \$10 per room and vary depending on size. Call or email today to schedule your appointment. Colleen Bellamy-Pike, 518-848-9069.

### Healthy Strong Fit Personal

**Training Service** — Diets do not work! While changing habits can result in quick weight loss, pounds return with old eating habits. I will give you tools to keep weight off for good. I am a certified personal trainer and nutrition health coach specializing in weight loss and pain management. Come to my Galway home, my Saratoga Springs group class location or I'll come to your home. For free consultation, contact: Patricia Matthews RDH, [Healthystrongfit@aol.com](mailto:Healthystrongfit@aol.com). 518-641-8121.

**Providential Yoga** — for all levels, at the Providence Town Hall, Wednesday evenings, 6-7:15pm. Ten week session from March 20 – May 22 (make up day: May 29) \$80 for the session; \$10 for single sessions. Call Maggie Schmidt at 882-9632 or email: [msmagschmidt@gmail.com](mailto:msmagschmidt@gmail.com). Walk-ins accepted.



Cold day on Charlton horse farm.

*-Photo by Adrienne Maros*

Raging snow squalls charge across open fields like a protective mother.

*-Haiku by Patricia Kay*

## Community Announcements

### Galway High Drama Presents

**"Hello Dolly!"** — Galway High Drama brings Tony-Award-winning "Hello, Dolly!" to the Galway High School stage March 22-24 (Friday and Saturday March 22-23 at 7pm. and Sunday, March 24 at 2pm).

Based on Thornton Wilder's "The Matchmaker," the comedy is filled with memorable musical numbers including "Put On Your Sunday Clothes", "It Takes a Woman", and "Before the Parade Passes By".

All tickets are \$8 and can be reserved by calling 882-9864. Tickets will also be available at the door.

**Premiere Performance —The musical duo, Southstreet** will be playing Friday, March 15, from 8-9pm at the Cock n Bull Restaurant, Parkis Mills Road, Galway.

The duo features Vince Seeger of Glens Falls on vocals and guitar and local resident Neil Goes on lead guitar. Two sets of classic and folk-rock. Don't miss it. No cover charge.

*The Galway Get Together* seeks to help build a stronger, more cohesive and conservation-minded community through local trade and networking. The Galway Public Library is not responsible for the outcome of any exchange. To receive the newsletter and to submit postings go to: [www.gettogether.galwaypubliclibrary.org](http://www.gettogether.galwaypubliclibrary.org). Inquiries? Email: [mcuffeperez@gmail.com](mailto:mcuffeperez@gmail.com).





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Send us your news: [www.gettogether.galwaypubliclibrary.org](http://www.gettogether.galwaypubliclibrary.org)

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## Community Announcements

### Galway Public Library is Pushing the Limits

— Registration is now open for the new “Pushing the Limits: Making Sense of Science” four-part reading, viewing and discussion series for adults.

The schedule of books to be read and discussed is:

March 25, 2013 - *When the Killing's Done* by T.C. Boyle;

April 22 - *Arctic Drift* by Clive Cussler;

May 20 - *Thunderstruck* by Erik Larson;

June 24 - *Land of the Painted Caves* by Jean Auel.

Amy David, a botanical illustrator who holds a Masters in Science Education and Ecology, will lead the discussion at each session. All programs are free and books will be available at the Galway Public Library.

**The next meeting of the Galway Neighborhood Watch is Thursday, March 14, 7pm at Bob's Trees.** The program will be “How to deal with unwanted pests in and around your home.” Everyone is welcome to attend.

**Greenfield Historical Society meets March 19, 7pm** at the Community Center in Greenfield Center. **Program: Bill Dake** will tell some stories and give a little bit of history of the Dake family, and also speak about how Stewart's evolved from Dake's Ice Cream.

**Galway Preservation Society meets March 4, at the Galway Town Hall.** The program will be: **A Visit from President Grant, by Steve Trimm.** Social hour is 7-7:30pm; business meeting at 7:30pm and the program starts around 8pm. All welcome to attend.

### Galway Lions Community Breakfast

— Saturday, March 16, from 7-11am at Bob's Trees Ski Lodge. Come and enjoy a delicious breakfast and meet your neighbors. Breakfast includes pancakes, French toast, eggs, home fried potatoes, sausage, bacon, ham, juice, coffee and tea. Cost is \$7 for adults and \$6 for children ages 10 and under. All proceeds go to support the Lions' many contributions to the Galway community.

### Food for Thought

#### Recipes by Adrienne Maros

This low calorie salad contains some of the healthiest ingredients you can buy. Kale is high in vitamins A and K and iron, and its loaded with antioxidants.

#### Kale Salad

2 tablespoons dried currants, dried cranberries or golden raisins  
7 tablespoons balsamic vinegar  
1 tablespoon unseasoned rice vinegar  
1 tablespoon honey  
1 tablespoon extra-virgin olive oil  
1 teaspoon salt  
2 bunches Tuscan kale (about 1 pound), center ribs and stems removed, leaves thinly sliced crosswise  
2 tablespoons pine nuts, lightly toasted  
Parmesan cheese shavings

Place currants, cranberries or raisins in a small bowl; add 5 tbsps. balsamic vinegar. Soak overnight. Drain.

Whisk remaining 2 tbsps. balsamic vinegar, rice vinegar, honey, oil, and salt in large bowl. Add kale, soaked fruit, and pine nuts; toss to coat. Marinate 20 minutes at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

### The Woods Near You—Who's Knocking

Some common woodpeckers found year round in the northeast are the Downy and Hairy Woodpeckers, the Red Bellied Woodpecker, Northern Flicker and the magnificent Pileated Woodpecker. They are all evolutionary masterpieces, perfectly designed for their ecological niche.

Woodpeckers share features that enable them to live their particular lifestyle. They have long, straight bills and reinforced skulls to absorb the impact of drumming; two toes forward and two rearward and sharp, pointed claws for gripping tree bark. Stiff tail feathers serve as props. Other specialized features are fine, bristly feathers above their nostrils that protect them from inhaling wood particles, and long tongues with a viscous tip for slurping up insects.

Woodpeckers drum to get to insects and grubs under bark, to excavate nests and to communicate with other birds — sort of a version of texting.

Drumming patterns are used by birders to identify species. For instance, the Hairy has a fast, buzzing drum with long pauses between sessions. The similarly marked but smaller Downy, has a slower drum with only a few seconds between sessions. The large Pileated, which looks something like a Pterodactyl, has a slow, powerful drum which accelerates in the middle and trails off at the end. The Red Bellied Woodpecker and the Northern Flicker have less distinct drumming patterns and can only be identified with practice.

Spring is just over the hill and the drumming will intensify in woods near you. So tune in and see if you can tell who's knocking.

**Send your submissions to the Galway Get Together to:** <http://www.gettogether.galwaypubliclibrary.org>. **Submit articles and photos:** [mcuffeperez@gmail.com](mailto:mcuffeperez@gmail.com). Also, “Like” GGT on Facebook and read news as it happens: <http://www.facebook.com/>