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C O N F I D E N T I A L

Volume 22  
Number 8

SPRING 2023

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# experience our springtime

The Sullivan Catskills is a beautiful destination throughout the year. But there's something particularly special about this region in the springtime. The Sullivan Catskills come to life with colorful flowers, green forests, and rushing waterfalls. Here are just a few reasons why you should plan a visit to the Sullivan Catskills in the spring:

**Scenic Drives:** One of the best ways to experience the Sullivan Catskills in the spring is to take a scenic drive through the region. As you wind your way through the rolling hills and lush valleys, you'll be treated to stunning views of the landscape as it awakens from its winter slumber. A popular route to consider is the Upper Delaware Scenic Byway, which stretches for 70 miles along the Delaware River.

**Hiking:** With the weather warming up, spring is the perfect time to hit the trails in the Sullivan Catskills. Whether you're a seasoned hiker or just looking for a leisurely stroll, there are plenty of options to choose from. Visit [www.trailkeeper.org](http://www.trailkeeper.org) to find out more about all of our hikes, their levels, and locations.

**Waterfalls:** Spring is the perfect time to visit

the waterfalls of the Sullivan Catskills. As the snow melts and the rain starts to fall, the streams and rivers in the region begin to flow with greater force, creating stunning cascades of water. Some popular waterfalls to check out include Katrina Falls and the Neversink Gorge Trails.

**Farmers Markets:** Spring also marks the start of the growing season in the Sullivan Catskills, and there's no better place to experience the region's bounty than at a local farmers market. You'll find a wide variety of fresh produce, baked goods, and other locally made products at markets throughout the region. Or you can sample local cuisine during Restaurant Week from March 20-April 2. And save the date for Catskill Cuisine—a food festival held May 12-13 at Bethel Woods.

Visit [www.sullivancatskills.com](http://www.sullivancatskills.com) and download our app, Sullivan Catskills Go, to plan your itinerary today. Whether you're looking to explore the region's natural beauty, sample its local cuisine, or take part in a fun festival or event, you're sure to find something to love in this picturesque corner of New York State.



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*Happy Holidays!*



# Catskills

C O N F I D E N T I A L

Publisher Fred Stabbert III  
 Editor Autumn Schanil  
 Editorial Designer Rosalie Mycka  
 Advertising Design Petra Duffly  
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 Assistant Advertising Director Barbara Matos  
 Special Sections Coordinator Susan Panella  
 Business Manager Sara Wendell

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### ON THE COVER

Each season brings a beauty of its own, but we have to admit, there's something special about Spring. Daffodils start popping through the snow and the chatter of the birds returns. The outdoor world fills with color again, and so do we. contributed photo

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# culinary kudos

by Autumn Schanil

Semifinalists for the 2023 James Beard Award were announced back in January, with Sims and Kirsten Harlow Foster of Foster Supply Hospitality right here in the Catskills topping the list in the State of New York in the Outstanding Restaurateur category.

The award recognizes exceptional talent and achievement in the culinary arts, hospitality, media, and the broader food system as well as a demonstrated commitment to community, sustainability, and a culture where anyone and everyone can thrive.

Places to visit, stay, and dine throughout the area that are under the Foster Supply Hospitality name include the DeBruce, Arnold House Tavern, Kenosza Hall, North Branch Inn, 9 River Road, Piccolo Paese, and their most recent addition, Hotel Darby.

They also founded the non-profit A Single Bite, working to feed and educate Sullivan County kids and their families with healthy,



Sims and Kirsten Harlow Foster at the North Branch Inn.

local food.

Sims Foster has worked with countless talented Chefs and Restaurateurs throughout his career, many of whom had been James Beard nominees and winners themselves, making Sims feel “lucky to have learned so much from them.”

The finalists for the James Beard Foundation Award will be announced at the end of the month, on March 29th, followed by the winners of each category being announced at a ceremony in Chicago on June 5.



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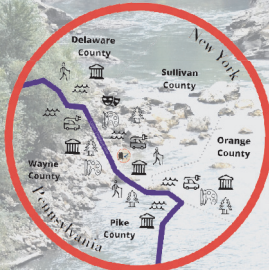
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# experiencing peace in the practice of archery *by Autumn Schanil*

**W**hen Ryan Terracciano came up to the Catskills from his home in Philadelphia for a weekend of camping, he

knew this was it, this was his place.

A veteran who served in the military for eight years, Terracciano suffers from PTSD, and life in the city wasn't making it better, but that camping trip with his son and his son's Stepdad changed all that. For the first time in a long time, he felt peace while standing next to the Delaware River.

Now having called the Catskills home for the last six years, Terracciano, with the helping ideas of his son, decided to open the Catskill Outdoorsman - a shop right on Main Street in Jeffersonville providing affordable access to outdoor gear so others can find that same peace whether fishing, hiking, camping, or shooting a bow.

"The mantra that we have for the store is 'find your peace outdoors,'" said Terracciano. "That's literally what happened to me on the river. It was an



alternative form of therapy for me."

Terracciano wanted Catskill Outdoorsman to be a shop where both adults and kids alike could find that for themselves. He carries stand-up paddle boards and kayaks for people who want to get out on the water. He has harnesses, safety equipment and toys for people who love to adventure outdoors with their dog. You can find tackle, poles, and reels in stock for

large or small mouth bass fishing, but what Terracciano focuses on most is archery.

"I'm a USA Archery Level 2 Coach, working on my Level 3," he explained, walking towards the targets on the back wall of the 20 yard indoor archery range, "and here we have a USA Archery JOAD (Junior Olympic Archery Development) Program."

**Archery is a sport, and a practice, for all kinds of people from all different skill levels and backgrounds.**

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The types of arrows you use in archery depend on the type of bow you're using and the purpose of your shot.





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In the JOAD program, young archers learn the fundamentals and mechanics of archery, as well as teamwork, a sense of pride and responsibility, and social skills. And if kids don't want to register for the program, there are individual lessons available too.

"Not all kids are interested in athletic sports like soccer or football, and that's okay. Archery is also a sport," said Terracciano. "You can play as a team, being cohesive as a team while still being an individual."



Besides archery lessons, the Catskill Outdoorsman has kayaks for fishing, stand up paddleboards and floats for getting out on the lakes and river, and fishing gear specializing in bass fishing.



That goes for adults too. In March, Catskill Outdoorsman will be hosting an Indoor 3D Competition as well as an indoor range LAC Redemption Tournament with Silver Birch Archery and B&B Archery.

“Learning to shoot bow doesn’t have to be about hunting, or looking to one day go out in the woods to get an animal. If you don’t like the thought of killing animals, that’s fine. That’s what paper targets are for,” he stated. “Archery is about skill. It’s about the craft. How you hold the bow, how you focus. Archery is an act of doing and not thinking. The more you relax and the less you think, the better you do.”

Catskill Outdoorsman specializes in various brands and types of bows, including compound, recurve, long bow, and even cross bows.

Besides the Archery Program and leagues, they offer Archery Birthday Parties and Team Building exercises, and during the warmer months they have outdoor axe and hatchet throwing.

So if you’re in town for the weekend, or have a home nearby, try something new and ‘find your peace outdoors’.



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The Catskill Outdoorsman owner Ryan Terracciano and dog Holly host archery birthday parties for kids, family archery parties, and even business office events.



Bagels, bagels, bagels... these rosemary parmesan and cheddar jalapeno are just two of the incredible flavors Zach Scheitlin of Grizzly Bagels cooks up each week before people grab them by the bagfuls.



bearing  
in mind  
...they're  
the  
best  
bagels

*story and photos  
by Autumn Schanil*





Zach Scheitlin's chase for the perfect bagel became something greater than he could have imagined - a delicious culinary adventure and the embrace of a community.

After spending much of his career in a high stress job in retail management, Scheitlin and husband Clint, decided to buy a home in Cochection back in 2014 and slowly make the transition upstate. It was during one of their morning drives to find a good bagel for breakfast that Scheitlin had an idea - why not learn how to make his own?

"Up here, when you have the weekend, time is more important than anything," he said, "and we were often driving more than half an hour in any direction looking for a good bagel. I remember the bagels that I first

had when I moved to the city in the 90s, and that's the flavor memory I've been chasing since. So I set out to learn how to make my own."

From his home kitchen, Grizzly Bagels was born.

Scheitlin started recipe testing, working on getting a classic plain bagel down pat, bouncing ideas off of husband Clint when it came to size, shape, texture, consistency, and flavor. Once he nailed the plain bagel, he went bold with a cheddar jalapeño. It was a hit.

He officially launched Grizzly Bagels in March of 2021 with a website, an Instagram, and his kitchen. People could place their orders online during certain days of the

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week, and then Scheitlin would spend his days off from his job to make bagels. Friday evening at 5pm, people could come pick up their bags of bagels from his front porch.

“It was still the pandemic so that system just worked. The first week I had maybe nine bags out on the porch, by the third week...my porch was starting to get really full,” he laughed.

By week eight, there were so many orders Scheitlin had to make the decision to either continue working part time while struggling to keep up on bagel orders, or make Grizzly Bagels his full time job. In May of 2021, he chose Grizzly Bagels.

Now inside the Callicoon Marketplace with access to a commercial kitchen, Scheitlin and Grizzly Bagels open at 9am Friday through Sunday, until sold out, which sometimes is as early as 10am. People flock to the counter buying bagels for themselves, friends and

neighbors while others pop in to pick up their pre-ordered batches. The rest of the week Scheitlin spends his time working on new flavor ideas, checking in on orders, and hand making the dough with quality organic ingredients (sourcing local when he can and when things are in season) before proofing, boiling, and baking each batch.

If you're looking for the classics, he's got it - plain, everything, salt, sesame seed, cinnamon raisin, poppy seed and honey wheat - but if you're looking for a flavor adventure he's got cheddar jalapeño, pretzel, rosemary parmesan, za'atar (think marjoram, thyme,

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oregano, sumac, and sesame) and another recent creation, the Cacio e Pepe inspired bagel.

“When it’s toasted with butter it has this kind of spicy, peppery flavor,” Scheitlin said, “but when toasted with cream cheese it has that cheesy-peppery-best-macaroni-and-cheese you’ve ever had kind of taste.”

Scheitlin’s favorite bagel? A salt bagel toasted with scallion cream cheese.

And if you’re wondering why the name Grizzly, for Scheitlin it’s pretty simple. He loves bears and he loves bagels, so, why not?

Grizzly Bagels makes bagel chips, and offers different flavors of cream cheese like scallion or spicy charred kale. One of Zach’s favorite’s is scallion cream cheese on a toasted salt bagel.







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# good news

## CALENDAR

SPRING 2023

### Wednesday, Mar. 15

**Bethel Woods Center for the Arts** is hosting an Action Painting Class. This workshop, facilitated by Creative Arts Therapist Candace Rivela, introduces action painting: a dynamic art form that relies on the body's spontaneous movements and gestures to transform a blank canvas into an abstract work of art. This event begins at 6 p.m. and ends at 7:30 p.m. Cost is \$15 dollars and \$13 dollars for members. Located at 200 Hurd Road, Bethel.

### Saturday, Mar. 18

**Damascus Community Center** and the NEPA Maple Producers Assn. will host a pancake breakfast from 8AM-12N at the township building, 60 Conklin Hill Road. Cost is \$12 for adults; \$7 for children 12 and under. On the menu: scrambled eggs, pancakes, sausage, bacon, applesauce, OJ, coffee, tea, and REAL maple syrup to slather all over the pancakes. After you've had your fill you're invited to attend a self-guided tour of our local sugar bushes and learn about the amazing procedure of syrup production. For more info call Linda at 570-729-7270. If no answer please leave message.

### Sunday, Mar. 19

**Monticello Fire Department** is hosting their annual spring pancake breakfast. Location is at the Monticello Firehouse on 23 Rochardson Ave. This event will start at 7 a.m. and will end at 12 p.m. Cost for adults is \$9 dollars, seniors is \$7 dollars, children is \$6 dollars and children under five years old eat for free.

### Monday, Mar. 20

**Safe Harbors Lobby at the Ritz** is hosting International Day of Happiness from 4 p.m. until 7 p.m. Join us as we come together as a community to celebrate International Day of Happiness on Monday, March 20 from 4 – 7 p.m. with music, games, food, improv, crafts and more. This event is free and open to the public. Located at 107 Broadway, Newburgh.

### Tuesday, Mar. 21

**The Ethelbert Crawford Public Library** presents Author Talk. Jernard Wells will discuss his new

book titled, "Southern Inspired." This will occur at 4 p.m. Located at 479 Broadway, Monticello.

### Wednesday, Mar. 22

**Bethel Woods Center for the Arts** is hosting Sound Bath Meditation and Yoga Class. Shake up anything that might be stagnated from winter rest through a warming and cleansing breathwork practice and light embodied movement. This will begin at 6 p.m. and will end at 7:30 p.m. Cost is \$15 dollars and \$13 dollars for members. Located at 200 Hurd Road, Bethel.

### Saturday, Mar. 25

**Come explore and learn with Holistic Wellness with their Psychic Fair.** There will be Holistic organic products, psychic readers, vendors, classes and refreshments from 11 a.m. to 4 p.m. Entry fee is \$3 and a chance to win some prizes. Located at 21 John Street in Liberty.

### A Murder Mystery Dinner at The Eldred Preserve

Select guests, along with a celebrated food critic, are judging a bake-off featuring four "celebrity" chefs, each who have prepared an original dessert recipe for a special dinner party. Doors open: 6 p.m. showtime: 7 p.m. Located at 1040 State Rte. 55 in Eldred.

**Safe Lobby at the Ritz** is hosting a Black Poetry Exhibition at 7:30 p.m. A night of poetry readings by local artists and creators celebrating Black poets with musical and dance accompaniment. Located at 107 Broadway in Newburgh. This event is free for the public to join.

**Safe Harbors Ann Street Gallery** is hosting CAUSE WE BE COMPLICATED: DIALOGUES OF BLACK ARTISTS from 4:30 p.m. until 7:30 p.m. 'Cause We Be Complicated: Dialogues of Black Artists honors Black History and features sixteen extraordinary visual artists. This event is located at 104 Ann Street in Newburgh.







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Conover Club • Kenoza Hall • Lotus • Piccolo Paese  
Seminary Hill Orchard & Cidery • Tavern on Main  
The Arnold House • The Cabin • The DeBruce  
The Homestead Restaurant + Lounge  
The Pickled Owl • Western Inn & Supper Club

CATSKILL   
**CUISINE**

SULLIVAN CATSKILLS MAY 12 & 13

A two-day foodie affair with local  
and celebrity chefs and farm-fresh  
seasonal ingredients at Bethel  
Woods Center for the Arts.



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