

# NEIGHBORS OF SKANEATELES



## MEET THE **HINNA FAMILY**

*A Family of Charitable Hearts!*

PAGE 8



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# Dear Neighbors,

As we turn the page on summer and embrace the crisp air of autumn, Neighbors of Skaneateles offers a fresh collection of stories to warm your heart and spark your imagination. Dr. Rebecca offers some good advice on the "Gift of Autumns Pace". Janice Wiles continues to educate us on "Rewilding, What is it? Why do we care?" More about nature with Nikki's photo and statement about "The Plight of the Monarch" and Baltimore Wood's Anna Stunkel's talk about "New Beginnings on the Trails". Read about the Hinna Family and the charitable work they do in our community. We say thank you to them! A great recipe idea to use up the last of those summer vegetables is offered. The Skaneateles Police Department selected to be an Inaugural Member of the First Ever Law Enforcement Community Engagement Network.

Evan Whitney gets a few shots of this year's JV and Varsity Soccer Team. Finally, you will smile when you see our Pet Star of the month, Sophie the Greeter Dog. I would like to announce the kickoff of the webpage and our Facebook page. Here we look back on some of our favorite articles of the past and update you on what our Neighbors are up to now. This is also a place where you can sign up to contribute stories or suggest people for future issues. It also provides an easy way to advertise in our magazine. Just go to [www.neighborsofskaneateles.com](http://www.neighborsofskaneateles.com) and from there you can go to our Facebook Page. As always this is all made possible by our Great Sponsors who care enough about our community to show their support.

Until next month,

**GREG ESCE**

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*Neighbors of Skaneateles*



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(5 days prior to the Submission Deadline)

CONTENT DUE:	EDITION DATE:
December 10.....	January
January 10.....	February
February 10.....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10.....	September
September 10.....	October
October 10.....	November
November 10.....	December

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## OUR COMMUNITY

# Skaneateles Police Department is Selected to be Inaugural Member of the Nation's First-Ever Law Enforcement-Community Engagement Network

BY HEATHER BRUNO IN AN INTERVIEW WITH SKANEATELES VILLAGE POLICE CHIEF SCOTT HEGGKLE, LOGO BY SKANEATELES VILLAGE POLICE DEPARTMENT

**S**kaneateles Police Department is proud to announce that it is one of a small group of agencies selected to participate in the first cohort of the Law Enforcement Community-Engagement Network (LECEN).

The LECEN is a first-of-its-kind resource to support public safety professionals in the highly specialized community engagement sector. It provides them with access to best practices, peer support, industry expertise, and current research. The network is convened by MovementForward, Inc., a modern, inclusive social change organization working to protect, promote, and advance the civil and human rights of all people.

"It is a great honor for our agency to be recognized by a national organization for our efforts in community relations. I am proud to be selected as a member of the cohort where we can share ideas and learn from others," said Scott Heggelke, chief of police.

The 2023 trial cohort set the stage a launch of the full network in the second half of 2023. Its members offer feedback, organize events in their local communities, and receive support through webinars,

networking, and training. Cohort members were invite-only and provide a cross-section of agency size and types, geographies, demographics, census sizes, experiences, and more.

"For the past several years, we've seen significant strains on the relationship between law enforcement and communities," said Rev. Markel Hutchins, president & CEO of MovementForward, Inc. "The members of this cohort are exemplary in engaging their residents and will provide key insight into the building and professionalizing of the field of community engagement."

MovementForward, Inc. is a modern, inclusive social change organization working to protect, promote and advance the civil and human rights of all people. It organizes activities focused on reconciliation and bridge building including National Faith & Blue Weekend and the Professionalizing Law Enforcement Training Conference. Visit MovementForward, Inc at [www.movementforward.org](http://www.movementforward.org) or follow us on Twitter at @MovementFWD.

The Skaneateles Police Department has exemplified MovementForward. They

worked with the pastors of churches in Skaneateles to meet after services with the congregation to have coffee with a cop and mingle. The Blue Water Grill also hosted a coffee with a cop event as an initiative to build trust and relationships in the community - and with our visitors to Skaneateles. The police department has also partnered in coordination with Adam and Kim Wietzman to have 'coffee from a cop' - where they helped the wait staff serve coffee. Tops and Cops care' is another example of greeting customers, and members of the department can also be seen joining students to cheer at a school pep rally.



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# THE GIFT OF AUTUMN'S PACE

BY DR. REBECCA ALEXANDER CAREY, PT, DPT, ERYT/YACEP



As we pass through these months, it can be helpful to orient ourselves to the rhythm of nature. During the summer, with the natural

world living and growing, some of us feel more energetic and active. As the fall often begins with a sprint in early September for “back to school”, some of us feel burned out before we make it to October.

If you're feeling run down, don't panic. We can spin the perspective here, and consider autumn a reminder to slow down and prepare for a marathon of colder weather, dimmer days. Our bodies almost instinctively want to slow down during the early fall, even if it's still warm outside by

early September. Slowing includes adding intention to our days, saving energy for the important stuff, and planning ahead a bit more. Could we make one grocery run per week instead of several; does meal planning to save time during the week make sense? Your body wants to prioritize rest during these first weeks: it knows it has months ahead with less sun and ambient energy.

That being said, exercise is your friend. Walking, jogging, or doing anything aerobic that you love can be perfect this time of year. Weight lifting and resistance training is one of the most well-studied and most beneficial forms of exercise we can engage with for healthy aging, immune support, and more energy. Find activities that zap your mood or make you tired, and try to scale back or shift how they're done.

When I was a little girl, I recall seeking comfort in the early fall from my parents each year. It was almost as though I knew a lot was going on and couldn't express it. I needed to hear from them that we would all be okay with the busy-ness and the darker days; that summer would arrive again next year.

Taking notice of the autumn and cooler temperatures allows us to demonstrate reverence for ourselves and the natural world, but I think it can also generate more compassion as we connect with others in the community. Slowing down and sipping a warm beverage is not only what our bodies want to do right now, but they give us perspective and allow space, and grace to be more easily offered to others. Go easy on yourself. Go easy on your neighbors. Bundle up, and enjoy.

*As a physical therapist, yoga teacher, and lifelong student of meditation and yoga, Dr. Rebecca Alexander Carey is passionate about guiding others on their pathway toward wellness and healing. She has instructed yoga and meditation since 2014, and has taught programs locally with Upstate Medical University, Syracuse University, Syracuse Parks Department, Crouse Hospital, and several other local sites. She has been featured in 55Plus, Syracuse.com, Syracuse Woman magazine, and in 2020 was named a CNY Business Journal 40 under 40 honoree. Dr. Rebecca is the owner/founder of Terra Physical Therapy and Wellness. She offers specialty yoga classes and yoga-based rehabilitation. For more information visit [www.terraphysicaltherapy.com](http://www.terraphysicaltherapy.com).*



# NEW BEGINNINGS ON THE TRAILS

BY ANNA STUNKEL, ENVIRONMENTAL EDUCATOR, BALTIMORE WOODS NATURE CENTER



Lately, summer has been winding down and making way for fall to begin. Katydid songs are becoming quieter and slower with their nighttime songs, the air is cooler, and leaves are even beginning to change to flaming colors of red, orange, and yellow. Fall is also a time of change for us humans as kids

return to school, we put on cozy flannels, and we think about fall traditions like apple picking or trips to see the fall foliage in the mountains. For those of us who love the fall, it is an exciting time to have new places to explore.

Here at Baltimore Woods, there will be a great new opportunity to take in autumnal changes starting next week. Close to two miles of new, beautiful trails will be officially open to the public, with updated trail maps available to guide your adventure. The trails meander through and around a variety of habitats including meadows, an abandoned quarry, and forest edges.

As you begin your early October journey on the Meadow and Bluebird Trails, you'll be greeted with a huge field of bright yellow goldenrod. Look closely at the flowers and you might discover bustling communities of insects and spiders. These flowers are a sure sign of early fall, providing a crucial food source for pollinators like butterflies, bees, wasps, and beetles. Watch your step as grasshoppers, locusts, and leafhoppers spring ahead of you in all directions. Tiny gardens of puffballs dot the trails, soaking up moisture from the late summer rain.

Reaching the other side of the field, you'll be presented with two options (and of course, you might do both!) You could continue into the Schoolhouse Field, where children played

back in the 1800s and more fall wildflowers abound. Or you could follow the yellow and black pickaxe and shovel trail markers to hike around a huge abandoned quarry. This Rim Trail provides opportunities for stunning views, and it's a great place to look for migrating birds like warblers and sparrows among the shrubs and forest edge habitat. As you pause to enjoy the landscape, you might take a deep breath of the crisp, cool air. Listen to the crickets and take in the peacefulness of your surroundings as you inhale, and release any stress you may be feeling as you exhale.

We hope that these four new trails will bring years of joy to adventurers at Baltimore Woods. They are the result of many hours of dedicated work thanks to our stewardship staff and volunteers. This fall is just the beginning for the trails, and we can't wait to hear stories of what you find as you explore them throughout the seasons.



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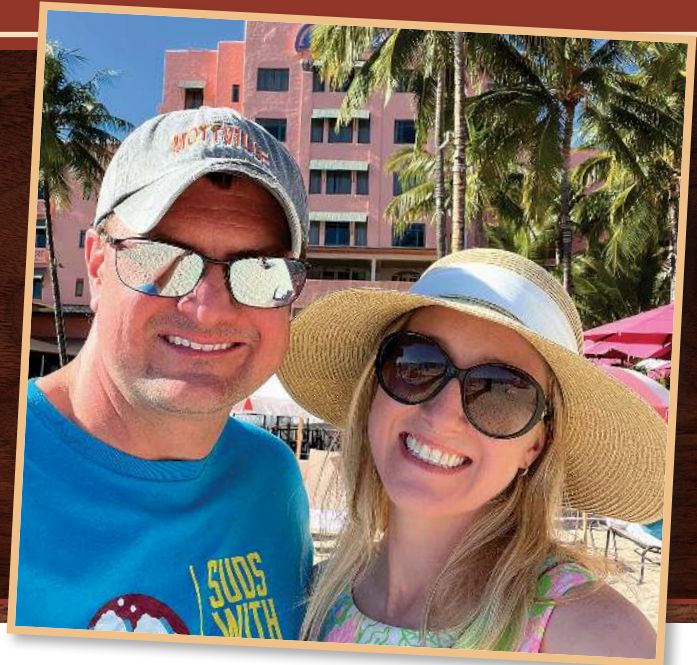


# MEET THE HINNA FAMILY

*A Family of Charitable Hearts!*

BY BRITTANI ROGERS, PHOTOS BY NIKKI KEATOR PHOTOGRAPHY





Winston Churchill once said, "We make a living by what we get, but we make a life by what we give." The Hinna family have exemplified what it means to live a life with charitable hearts. In 2019, Meghan and Rob Hinna made the decision to reside in the hamlet of Mottville with their two children Robbie and Alice. They nestled near Meghan's parents in Skaneateles where they spend much of their time when not working or being of service to the community.

The children love to help at the Mottville fire station. Robbie especially enjoys being assigned to toast duty at the pancake breakfast fundraisers. Robbie plays hockey, golf and participates in Brazilian jujitsu while Alice does hippotherapy (occupational

therapy horseback riding), swimming, ballet, and tap dancing. She loves dogs and one of her favorite activities is dog-sitting. Robbie and Alice want to be volunteer firefighters when they grow up, just like their dad.

Meghan and Rob's story started in the realm of aviation. He was a pilot, and she was a flight attendant. One of their favorite memories together is when they joined on an overnight stay in Honolulu, Hawaii. One can say that their hearts were soaring high from the very start.

Rob grew up in Las Vegas and comes from an aviation family. He had always aspired to be a pilot since the age of five. He spends his workdays as a pilot for FedEx and as a fire inspector. Rob's father was a baggage handler for

Southwest Airlines. His uncle used to work on the ramp for Southwest Airlines and his aunt was a flight attendant. The city school he went to had fostered a magnet program for aviation and the pathway to the sky was made. He started his training in high school and received his private pilot's license at that time. Rob attended Embry Riddle Aeronautical University for further education. Following his education with Embry Riddle Aeronautical, Rob obtained his first commercial airline job at Chataqua Airlines. This is where he would meet Meghan and begin a new chapter in what would be a beautiful life in Skaneateles. She was the flight attendant of his heart, and they spent much of their time flying together as they were both based in Buffalo.

Continued on page 10

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Continued from page 9

Rob also volunteers as a firefighter with the Mottville Fire Company. The Mottville Fire Company aids the community in fire disasters, medical emergencies, and any other disaster that may threaten the public's welfare.

Meghan works at the village office and at Sky Yoga which offers traditional and beginner yoga lessons. She has a passion for health and wellness while she also fosters a heart for the children of the community. Meghan is on the Vincent House Guild that is a group of volunteers that plans an annual gala to fund summer programming for children. This funding helps the children that attend the Vincent House in Syracuse. The Skaneateles Vincent House Guild is a group of volunteers with a heart for children in

need. Every year, as a committee, they raise money to support the Vincent House Neighborhood Center in the city of Syracuse. This center offers a safe place for children after school and during the summer months when school is not in session. Megan also enjoys spending time with friends and family when not serving the children of the community. Meghan's father and husband are the family chefs and have a long running family group text to communicate with each other every day. The decision on whose house they are having dinner at highlights the conversation each day.

One can see that the Hinna family are grateful for the home they've found in Skaneateles. Their service to others harnesses the power of community and what it means to comfort and protect those in a vulnerable state. The essence of giving begets more giving. In this, a more sustainable community is built that can withstand hardship and become attentive to what matters most. May the words of Churchill remind us of all that the way we live our lives is not made by what we get, but what we give. Thank you to the Hinna family for what you give to the community of Skaneateles.



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RECIPE TO SAVOR

# Deb's Chow Chow

BY BRITTANI ROGERS

Summer is departing us and what better way to use the last of the summer veggies from your garden than to make this delicious relish! This relish can be used as a condiment to be paired with any dish. Pair with omelets, burgers, mix with egg salad, deviled eggs, salmon and more!

**INGREDIENTS**

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 cup navy beans            | 2 cups tiny white onions      |
| 2 cups dried kidney beans   | 2 cups chopped cabbage        |
| 2 cups string beans         | 2 cups chopped sweet cherkins |
| 1 cup yellow wax beans      | 5 cups sugar                  |
| 2 cups cauliflower          | 2 ½ cups cider vinegar        |
| 2 cups chopped celery       | 1 ½ cups water                |
| 2 cups red and green pepper | 2 t. mustard seed             |
| 2 cups sliced carrots       | 1 t. celery seed              |
| 2 cups fresh corn kernels   | 1 t. turmeric                 |

**DIRECTIONS**

Cook all vegetables separately, then mix. Put in jars and cold pack. 10-15 minutes.



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# ReWilding:

## WHAT IS IT? WHY DO WE CARE?

BY JANICE WILES, OWNER GO NATIVE! PERENNIALS/DOCE LUME FARM  
PHOTOS BY J. WILES, V. MEYER, J. BOLSTER



**R**eWilding is the process of turning lawns, farm fields, streambanks, and gardens into functional,

beautiful, vibrant eco-systems by replacing invasive and non-native trees, bushes and plants of all types, including turf grass, with native perennial plants that have been here since the last ice age, but were nearly driven to extinction by agriculture, and sprawling urban and suburban development.

The typical American lawn or farm field is the food equivalent of an interstate truck stop for most self-respecting insects and birds. Take a look at the average lawn and think about it. If you are a pollinator insect flying around

looking for something to eat, a vast expanse of tightly clipped turf grass is worse than trying to do the weekly grocery shopping at Kwik Fill.

Natives, on the other hand, offer an abundance of food, nesting, and breeding sites to declining numbers of bugs, birds and butterflies. But it doesn't stop there. Our region's native plants have co-evolved with insects and other wildlife since the glaciers receded. If we want to put down resilient plants that can deal with rising temperatures and more extreme rainfall, we should go with candidates that have withstood the test of time.

And there is more! Perennials protect water quality by covering and holding soil from washing into ditches, creeks and our lake. Their deep roots, often many feet deep after several years, create millions of tiny vertical drains for water to go down and infiltrate,



Seeding the meadow, June 2021



A mix of small to mature plants, and some seed



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The meadow is filling in and attracting insects, like this Monarch butterfly



Summer 2023 firepit garden

as opposed to flowing across the land, picking up dog poop, fertilizer, dirt, or whatever else is lying around before depositing it all into a stream that ultimately feeds into the Lake. It really is true, native plants do what nothing else can! Including leaving you with a lot less lawn to mow.

In this issue we want to show our neighbors within the Skaneateles watershed photos of land undergoing ReWilding. It's a process that requires preparation and diligence at first until mother nature does "her thing". Instead of nature we let nature have a say, with some support to favor competition by native plants. It's a win-win for all. Here goes. In 2021 SUNY ESF Restoration Science Center taught us and others how to make a 40' x 50' meadow on what was a tarped area. The tarping kills off the plants that have germinated. Since there are thousands of seeds (wanted and unwanted) in the soil we need to try and

exhaust the seed bank by getting as many of the seeds to germinate as possible and then killing those plants with tarps. Just one tarping doesn't do the trick. We tarped, removed the tarp to allow plant growth, tarped again, removed the tarp for plant growth again, then tarped again before we removed the tarp to put on meadow seed. You can see a lot of photos of that day in their "Converting Lawn to Meadows" landowners pocket guide (found on their website).

This yard is ready for a garden party!

Since we started this work in 2020 interest in ReWilding has been growing steadily. For me it's not only for all the reasons mentioned above - it's also for quality and love of life. I think of my adult children and their kids. Waking up in the morning early, grabbing a cup of coffee and taking a young one out to meander through the

meadow walk - surrounded by pretty flowers, majestic plants, fluttering butterflies, and the birds loving them too. We are trying all methods of preparing areas to increase the likelihood of project success. If you have an area that you'd like to rewild please get in touch so we can help you bring a 21 st century landscape to your world as well.



A firepit garden planted in Summer 2022



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# Sophie the Greeter Dog

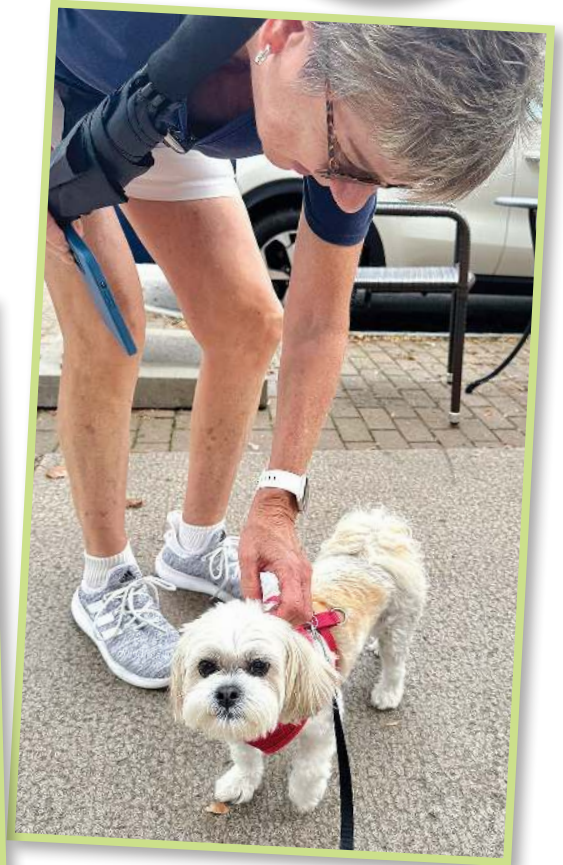
BY HEATHER BRUNO, PHOTOS BY DAVE MILLER

**A**lmost every day, Sophie and her Dad Dave Miller leave their Hannum street home and stop first in Clift Park (across from the Sherwood Inn) with the goal of welcoming visitors to our special little Village. Our mission is to greet people and be sure that they are made to feel welcome and answer any questions they may have. We are amazed as to how many countries, far away cities and states are represented as folks seem to have heard that Skaneateles is a great place to visit.

We are also impressed, as we travel down E. Genesee greeting shoppers, that there are many frequent visitors. When asked what brings them back so often, the answers range from “the shops, the character of the Village, Doug’s Fish Fry, The Sherwood Inn, and the friendly people” among other reasons, including those who have family here.

Sophie is also a promoter dog. After she greets a visitor, she will suggest (using her dad to translate) that folks should take a ride on the Judge Ben Wiles and/or go the Creamery Museum and “tell them Sophie sent me”.

These photos show Sophie in action in the park and downtown and there are those visitors who are starting to say “I remember Sophie from our last visit”. That is a good thing. Stop us if you see us and say hello!



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## Pick Your Plan!

Trillium Homes Inc. is now offering (2) new house plans for any home buyers to choose from. The building site is located at 3551 Millrun Terrace, Skaneateles, NY, in the well established neighborhood of Windward Estates.

This .89 acre lot is only a 1/2 mile to the village, is on public water, and is one of the last building lots left in the neighborhood.

Don't miss your opportunity to own a beautiful home in a great setting.

### Craftsman



This Craftsman 2-story home offers an open and spacious floor plan. 3,450 +/- square feet of finished living space, a total of 4/5 bedrooms, 2-1/2 bathrooms, and a large front sitting porch perfect to enjoy the outdoors. At an added cost, a finished basement, and bonus room could add an extra 1,685 square feet of living space. Also at an added cost, the plan could be modified to accommodate a 3-car garage.

### Cape Cod

This Cape Cod house plan has a large first floor master bedroom with a flowing open floor plan. 3,200 +/- square feet of finished living space, a total of 4 bedrooms, 2-1/2 bathrooms, a 3-car garage, and still leaving space in the backyard for a pool if desired. At an added cost, a finished basement could add an extra 1,757 square feet of living space.



PROUDLY BUILT BY TRILLIUM HOMES INC.

Owner and Builder: **Christopher Graham**

Email: [TrilliumHomesNY@verizon.net](mailto:TrilliumHomesNY@verizon.net)

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Phone: **315-345-2227** Instagram: [TrilliumHomesNY](https://www.instagram.com/TrilliumHomesNY)



# FALL SPORTS AT SKANEATELES HIGH SCHOOL

BY EVAN WHITNEY, PHOTOS BY EVAN WHITNEY

Fall sports are in full swing at Skaneateles High School, with the boys soccer teams recently taking on Fayetteville-Manlius. JV goalkeeper **PADDY REILLY** is pictured making a diving save, while Varsity defender **ZACH CERIMELI** battles for the ball against the visiting Hornets.




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# Nature Photo of the Month: The Plight of the Monarch

BY NIKKI KEATOR, NIKKI'S PHOTOGRAPHY

**G**rowing up, I saw monarch caterpillars and butterflies all the time and everywhere. In the last 5-10 years, they have become rare and numbers are quickly declining due to loss of habitat. This one was seen at Baltimore Woods Nature Center. I was able to get some photos after a day of being a counselor at the Nature Day Camp. The adult butterflies use only milkweed plants to lay their eggs and the caterpillars only eat these plants. The loss of these plants has impacted the numbers. I have allowed whatever milkweed plants that have grown naturally in my yard to continue to grow and stay. Every little bit helps to save these beautiful creatures.




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# October '24

## CALENDAR of EVENTS

OCTOBER 1

**ADULT ART CLASS:  
WATERCOLOR TECHNIQUES  
AT THE SCHWEINFURTH**

Schweinfurth Art Center  
205 Genesee St., Auburn  
1-3pm

OCTOBER 3

**ADULT ART CLASS:  
AFTERNOON FALL WHEEL  
THROWING WITH ALAINA HALL**

Schweinfurth Art Center  
205 Genesee St., Auburn  
2-4:30pm

OCTOBER 5 & 12

**SKANEATELES FARMERS' MARKET**

Austin Park Pavilion  
9:30am-12:30pm

OCTOBER 5

**FOREST THERAPY WALK WITH  
BALTIMORE WOODS**

Baltimore Woods Nature Center  
10am-12:30pm

OCTOBER 26

**LIVE MUSIC:  
THE DAN PUGH TRIO AT  
ANYELA'S VINEYARDS**

3pm

### DICKENS CHRISTMAS

The 31st edition of Dickens Christmas in Skaneateles opens at noon, Nov. 29, with the World's Smallest Christmas Parade. Charles Dickens and his entourage will meander down Fennell Street to Jordan Street to Genesee Street, ending on the porch of the Hannum House. Dickens Christmas continues every Saturday and Sunday, noon to 4pm, through Dec. 22, with an abbreviated production (noon to 2:30pm) Christmas Eve. Merriment for the whole family: trunk shows, sing-alongs, musical and other entertainment, hot roasted chestnuts, and appearances by such beloved characters as Charles Dickens, Queen Victoria, Scrooge, Jacob Marley and Father Christmas. Produced by Scarlett Rat Entertainment and presented by the Skaneateles Area Chamber of Commerce Foundation.

More information: (315) 685-0552,  
skaneateles.com.

~ SANDI MULCONRY

Principal, Group M Communications

Neighbors of Skaneateles is pleased to announce your future events, special occasions, and opportunities to gather. Email [brittanirogers@bestversionmedia.com](mailto:brittanirogers@bestversionmedia.com) to be published in our Calendar of Events.

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Join me and other SECC families for a fun evening to benefit this much-needed childcare resource in our community! SECC was invaluable to my family when my children were young and I was beginning to build my career. Come meet new community members and celebrate the autumn season!