Steve Grills & the Roadmasters Play City Love 2020

For Steve Grills, the blues has been a lifelong journey. Growing up he heard the music of Big Bill Broonzy, Leadbelly and Lightnin’ Hopkins from his father’s record collection. Through the Beatles, he discovered Chuck Berry, and he has not looked back since. He searched out the roots of Rock ‘n’ Roll, uncovering great artists who influenced and inspired him: Robert Lockwood Jr., Earl Hooker, Freddie King and Albert Collins.

Steve befriended Lockwood after meeting him in 1978. In 1992, he invited Steve and his band to perform at his Legendary Blues Festival near Cleveland, Ohio. Steve later recorded with him on Shakin’ Smith’s CD Harmonica Wizard. Steve and his band the Roadmasters (named after Earl Hooker’s band) draw their repertoire from these and other artists, giving contemporary audiences the opportunity to discover the vitality of the music of these legendary and influential musicians.

Steve has released a CD of recordings he did with pianist Ernest Lane entitled After Hours on the Toogaloo label. Steve is very excited for the opportunity to record with Lane. Lane’s musical career reaches back to the late 1940s when he played and recorded with the enigmatic Delta Blues guitarist Robert Nighthawk. Lane backed Nighthawk on his Aristocrat (later Chess) recordings titled “Black Angel Blues” (Sweet Black Angel) and “Annie Lee Blues.” Blues scholars consider these recordings with Night- hawk to be among the greatest Post War Chicago blues records ever made.

Tickets for City Love are available on line at RocCityLove.com or swpc.org.

Petal Pointillism #4 by Marcia Zach from the ongoing gallery show: “Visions of a Distant Ecotopia: The Garden as Organic Collage” by Michael Tomb and Marcia Zach of Studio Michaelieno. Visit the exhibit at My Sister’s Gallery, Episcopal Church Home, 505 Mt. Hope Avenue through March 1, 2020, hours 10:00 a.m. - 5:00 p.m. daily.

The exhibit consists of thirty photographs of “organic collage.” The original subject of every photo was handmade from layers of homegrown vegetables, flowers, seeds, edible weeds, perennial foliage and other items primarily found in the artists’ gardens. Each photograph captures a still life designed as an ephemeral installation on wood, picnic tables and benches. The art of Michael and Marcia derive from their experiences as gardeners who also appreciate urban agriculture. Their photographs are visions of “Ecotopia,” an imagined society based on ideal ecology, sustainability and other green themes.

We’ll be celebrating the 20’s at City Love 2020 on Friday, March 20. The Historic German House at 315 Gregory Street is booked and tickets, just $20.00, are available now for City Love 2020.

City Love is the South Wedge Planning Committee’s (SWPC) annual party to celebrate our great neighborhoods and support neighborhood housing initiatives. For nine years, City Love has invited community stakeholders and residents to come together for one night to shake off the winter blues, get ready for spring and enjoy great food and friendship.

The theme for the 2020 celebration is “The Roaring 20’s” with music performed by Steve Grills and The Roadmasters. Guests are invited to wear comfortable clothes and their dancing shoes. Guests are welcomed to dig through their closets and put together the best Roaring 20’s outfit they can find. Zoot suits, flapper dresses, feather boas are all part of the retro-fashion fest. Awards await the proclaimed King and Queen of City Love 2020!

The night will include tastings of the best beer and whiskey made right here in ROC City. The photo booth will be back, the auction and raffle items are the best we have seen yet, and the decorating committee is primed to go. The SWPC Board of Directors is pleased to announce that this year’s recipient of the Dave Halter Community Champion Award will be Jayne Morgan. Nominated by Rev. Judy Hay, Jayne has done an exemplary job of organizing the Hickory Nuts, a South Wedge community group, leads an annual picnic in Marie Daley Park for the group, serves on the Historic Calvary St. Andrew’s Team for concerts and lectures, serves on SWPC’s Community Engagement committee, and has spent hours reviewing the City of Rochester Comprehensive Plan. The Dave Halter Award is presented annually to community members who live a life of community service and activism. Congratulations, Jayne! Job well done!

City Love is a party with a purpose! All proceeds support neighborhood housing initiatives and rehabilitation, preservation, community victory gardens, The South Wedge Farmers Market and THE WEDGE newspaper. None of these local efforts would exist without the help of sponsors and guests. The guest list is limited to 300. Tickets are on sale now, $20.00 in advance, $25.00 at the door and a special price of $10.00 for students over the age of 21. Get your tickets on line at RocCityLove.com or swpc.org. Purchase tickets in person at 224 Mount Hope Avenue, the SWPC main office. For sponsorship information, contact GValent@swpc.org or call (585) 256-1740 ext. 2.
Hello South Wedge! I’m Mary Lupien, and I was recently elected to Rochester City Council to represent the city’s East District. The district starts at east of South Ave, and runs east to Win-
ton and north to Clifford. Much of the South Wedge is in the city’s South Dis-
trict, represented by City Council member Lashay Harris. Though each quad-
rant has its own representative, all nine City Councilmembers have the re-
sponsibility to vote on legislation for the whole city.

Prior to running for City Council, I had spent a decade advocating for social 
justice issues. Like many, my age, I voted, but had little faith in the electoral 
system or our systems of government. Getting involved in the presidential 
campaign of 2016 changed that. I was part of a movement to bring progres-
si ve ideas to the highest level of govern-
ment, and during that experience I learned that if I wanted to create social change, I needed to run for office in my own city. When I finally decided to make my first run for office in 2017, I didn’t even know who our City Councilmembers were or what they did.

However, I understood that I would need to listen, learn, and become an ac-
tive participant in our local government in an effort to fight for justice. In doing so, I also hoped to become an example for others to see themselves as some-
one who could one day run for office.

Running for office is really about cham-
pioning the issues that are important to our community. When knocking on doo-
ors, I’m able to meet and connect with my neighbors face-to-face. They tell me their stories and what matters most to them. In doing so, I am able to understand how to better serve and represent them.

Our neighbors understand that we can’t do more forward as a city without solving Rochester’s extreme and systemic pov-
en of poverty. In this column, I will keep you updat-
ed on these issues and more. I want to open up the process to make it easier for you to be informed and get involved in our city government. We can’t have a democracy, without participation! Be-
low are a few of the major items we’ll be dealing with in the next few months:

- Recently state law changed to allow rent control statewide to protect ten-
ants from rapidly rising rents.
- In De-
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continued on pg. 3

The Wedge Newspaper

Volunteer copies to SWPC Board.

Mary Lupien

City Councilmember Mary Lupien

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With the holidays over and the new year here, the Swillburg Neighborhood Association (SNA) kicked off 2020 with a steering committee meeting in early January. The group of fewer than a dozen residents had multiple items on its agenda, though I can’t be specific. No doubt most were repeats; organizing annual projects and events, assessing and marketing neighborhood merchandise and identifying and addressing concerns recently cropped up.

The SNA is simply a sociable gathering of neighbors lending their talents to focus on maintaining and improving the quality of life in our quilt patch of Rochester. One of our strong interests is creating events for neighbors to become acquainted and generate community. Hopefully our efforts generate a sense of shared experience and empowerment as Swillburg residents.

I learned as a new homeowner in the early nineties how valuable associating with neighbors is when addressing nuisances, as I found myself living across from a group of disruptive and uncooperative tenants and felt wholly disempowered. I reached out to the South East Area Coalition, and the SNA and fortunately learned that it’s far more productive to address concerns in a coalition of neighbors. With every one’s help we got the tenant’s management’s attention, and they responded by being more vigilant of their property’s appearance and tenant behavior. Within a year our block had been positively changed. My fear of having purchased a house in a dicey neighborhood was gladly relieved.

I’ve been involved with the SNA most years since. With today’s use of social media and sources like Nextdoor and Facebook and the WEDGE Newspaper, our community is able to communicate readily. This has greatly enhanced our ability to organize events, identify opportunities and concerns and address them.

The SNA is our representative to various agencies, especially to the South Wedge Planning Committee, South East Area Coalition (both Neighborhood Preservation Corporations) and the City of Rochester. These greatly empower us in many ways. As we begin the new year, I’d like to invite all Swillburg residents to join the SNA and get involved. Membership on the steering committee is open to any resident interested and participation in our gatherings is a great way to acquaint yourself with your community and its resources and concerns. You can get more information by going to our website, https://swillburg.com or our Facebook page. Here’s to 2020, wishing you all a Happy New Year!

Mary, like some of your neighbors, can’t drive anymore. She could use a lift... a visit to a doctor, a trip to the grocery store, a stop at the bank. If you have a couple of hours a month, please call us to volunteer. We provide training and supplemental insurance.

Mary Lupien (continued on pg. 2 more). If that rate is 5% or below, Rochester is eligible to opt-in to rent control. In January, City Council voted to appoint members to the Police Accountability Board who will serve for the next six months in order to hire an Executive Director and set up the structure of the board. Before the board can hear cases, the lawsuit from the Locust Club must be resolved.

Parcel 5 will be a hot topic as we decide how to use the 1 million dollars we received from the Finger Lakes Regional Economic Development Council (FL-REDC) to shape the future of a vibrant community space in the heart of our city. Have an issue for City Council? City Council usually meets the third Tuesday of the month at 7:30 pm, with a Speak to Council session at 6:30 pm. This is a great opportunity to bring any issue before your representatives on council. You can sign up to speak by emailing Wendy at council@cityofrochester.gov. You can also call any City Councilmember at any time to tell them your concerns and ask questions. You can contact me at mary.lupien@cityofrochester.gov or 585-406-4709! I look forward to hearing from you.

Mary Lupien

The Life and Teachings of Ram Dass

February 23, 2020
1:30 pm Matinee
Cinema Theater
957 S Clinton Ave
Rochester, NY 14620
Tickets available at the door:
$12 Admission
$10 Seniors/Students

Becoming Nobody is the quintessential portal into Ram Dass’ life and teachings: from psychology professor experimenting with LSD to spiritual seeker to a spiritual teacher and author of ‘Be, Here, Now!’.
When More is Better

South Wedge Couple Love to Celebrate Wedding Anniversary with Another Wedding

Nancy O’Donnell

What better time of year to celebrate love than February? Let’s contemplate a love that ever renews. That keeps on growing. That can’t be stopped by tradition, but makes its own rules.

Meet South Wedgers Justin Hubbell and Alex Hoang Hubbell. The couple were married in 2016, and they decided to multiply their wedding day joy forever and ever amen.

“We’re hopeless romantics,” said Justin. “Alex and I were first married in 2016 in Genesee Valley Park, and as much as we loved that wedding we wanted to marry each other again the following year.”

Here’s the love that bubbled through: “We get inexpensive ceramic rings, select a different time and place, and have a private ceremony (just the two of us) every year. It takes some pressure off of celebrating the anniversary.”

Last year, Alex and Justin headed to the Brooklyn Public Library for a more literary wedding.

“We got our library cards, then headed straight for the occult section (obviously). Rounding a corner who should greet us but a portrait of Frederick Douglass himself. Honestly, what are the odds? It was perfect.”

To date Alexandra and Justin have been married in Provincetown, Massachusetts; Brooklyn, NY; and their kitchen in the South Wedges. Their 2020 wedding will hold beneath the full moon on October 31. The couple would like to apologize in advance for the howling, but promise it won’t be as bad as the bike tours (by bike tours Justin means “drunk suburban peddlers slowly screaming their way through South Ave, and how city residents with PTSD can’t stand them.”)

Justin is the Executive Art Director of their publishing company, Divergent Press. A new book project is scheduled to be announced this year, with additional projects underway.

They published their first book in A Word: Trees in 2019, Alexandra is a Youth Educator for the Gandhi Institute for NonViolence, and is getting her Masters in Library Science.

CSA Sewing Bee Brings Community Together to Support Food Pantry

Katie Jo Suddaby

With the coming ban on plastic bags in New York State in March, the South Wedge Food Program based in the historic Calvary St. Andrews’ church put out a call for reusable cloth bags for clients of the emergency food pantry. The result was overwhelming, Katie Jo Suddaby responds to the “Great Charitable Sewing Bee.”

Editor’s note

The community has responded to the historic Calvary Saint Andrews’ “Great Charitable Sewing Bee,” and it was way more successful than I even imagined. We had people from all ages and from many neighborhoods around the city. We made eighty bags and cut and ironed patterns for more. All the fabric was donated by Sew Green.

Many people took home more fabric and have been dropping off finished bags they make at home. We can always use more sewing volunteers (whether people want to sew at home or at the VSW sewing sessions). Since the program started last summer, we have made hundreds of bags.

Want to help?

Volunteers sew reusable bags on site every Monday, Wednesday, and Friday 9-12 p.m.

Calvary St. Andrew’s Stained Glass Window Receives Grant

Judy Bennett

The Rochester Area Community Foundation has awarded a grant to the Presbytery of Genesee Valley to repair the historic Calvary St. Andrew’s “Great Charitable Sewing Bee.”

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Welcome to February! What images does the mere mention of February conjure up for you? For many, especially those of us who live up north, February makes us think of snow and dark, long days. In addition, and maybe a fortunate contradiction to the month’s drabness, quite often a plethora of red hearts and chocolate come to mind. Perhaps these images have been stealthily placed in our brains by the magnitude of Valentine’s Day marketing that often appears the day after Christmas! Regardless of our feelings about it, the month of February is upon us, the second month of a new year and a new decade. Many stories surround the history of St. Valentine himself, including various arrests for trying to convert people to Christianity, for marrying Christian couples, and for secretly marrying couples so husbands wouldn’t have to go to war; all of which defied the rulings of Emperor Claudius II. One story details St. Valentine healing his jailer’s blind daughter. On the day of his execution, he left a girl a note to his jailer’s blind daughter. On the day of his execution, he left a girl a note saying, “Your Valentine.” St. Valentine was clubbed and beheaded in Rome on February 14th, in about the year 269. The name’s origin came from the Italian spelling of Morgan le Fay, a powerful sorceress in Arthurian legend. By their very nature such mirages seem to appear out of magic. The shores of our Lake Ontario have been the setting for fantastic and magical fata morganas, including the famous 19th century Rochester Mirage. At the time, Mt. Hope Cemetery was a park as much as a burial ground. People took picnic lunches on the graves as well as strolled along the paths that wound through the rolling hills that made up the grounds. At the highest point in the cemetery, a wooden observation tower was built called the “Fandango.” It was a popular destination for visitors because inside the tower was an elevator, and for a small fee, an operator would take visitors to the top to experience a view of the city. The tower drew plenty of visitors each day, and on one Sunday, April 16, 1871, there was a bright clear sky and more people than usual waited on the shores of our Lake Ontario. However, this spring day they witnessed a one in a lifetime event. Instead of the Rochester skyline, Canadian landmarks and its beautiful country side were laid out before them clear and distinct even though there were more than 50 miles of lake between them. Word about the strange vision traveled fast and by the afternoon a crowd of more than a thousand spectators gathered to witness the Rochester Mirage. The following excerpt is from a published witness account of the mirage. “As if suddenly by a great tidal wave, old Lake Ontario had burst her confines and buried the entire north part of the city; and where generally thousands of buildings and churches are visible, nothing but the blue waves of the lake could be seen... Away to the right and left, as far as the eye could see, was the Canada coast (where) could be seen her shores, studded with mountains, hills, valleys, inland bays and lakes, rivers and forests; and so perfect at times that the sun’s rays, shining on the barren sand cliffs would illuminate their sides like dazzling mountains of glass.” A few days later, the event made national headlines in the Richmond Dispatch on April 25, 1871. “The reader can form some idea of its grandeur by knowing that a cannon continues on pg. 8
Roller Skating Dead? Think Again

Have winter’s long, dark days got you down? Searching for some exercise? You’ve taken your honey to the (old) outdoor roller rink when I was in high school on Long Island, I remember rushing from the place, and (2) you haven’t worn a pair of roller skates since forever. You’ve taken your honey to the (old) roller rink?SEARCHING FOR SOME EXERCISE?

You've taken your honey to the (old) roller rink?

Think of skates that were my size. I had to set my house to the rink to meet up with the place, and (2) you haven’t worn a pair of roller skates since forever. You’ve taken your honey to the (old) roller rink?SEARCHING FOR SOME EXERCISE?

You've taken your honey to the (old) roller rink?

DO YOUR PART
Don’t Litter. Pick it up if you see it.

Litterati (#litterati on Instagram) has collected and logged over 700,000 pieces of trash! Start Small. Use reusable silverware and straws. Let’s work together to keep plastic out of our oceans.

The Current Immigration Crisis: Facts from and Eye Witness, Underlying Causes, and Real Solutions - February 23, 3 p.m.

Join Pastor Katie Jo Suddaby for an informative briefing on the current situation along our Southern Border. Suddaby’s recent trip to Tijuana brings us a wealth of first hand experience on what caused the crisis, what American taxpayers are paying for, and how we can help most effectively.

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Votercade 2020 - Taking the Celebration on the Road - Sunday March 22 at 3 p.m.

The historic coincidence of Susan B. Anthony’s 200th birthday falling in the same year as the 100th anniversary of the passage of the 19th amendment gives us much to celebrate and much to think about. For two years, a planning group has been working on Votercade 2020, a project of the National Susan B. Anthony Museum & House. In a series of single-day events this summer, Votercade will carry Anthony’s message about the power of the vote beyond Madison Street to five historical and cultural sites in the Finger Lakes region.

Sunday February 9 at 3 p.m.

Anna Murray Douglass Station Manager on the Underground Railroad & Community and engage audiences. Calvary St. Andrews, 95 Averill Ave. Anna Murray Douglass is often lost in the shadow of her husband, Fredrick Douglass. She was the one to hold their home life together no matter how often he was on the road. Their house was on the Underground Railroad so Anna was accustomed to people showing up on her doorstep – any time of day or night. She had to watch her every word and present a calm face to the world. Rose O’Keefe will discuss this amazing, often over-looked woman. Learn how School #2 came to be named for her and much, much more. 95 Averill Ave. FREE. Donations welcome.

Sunday March 15, 3 pm

Concert for Children Rose O’Keefe will discuss this amazing, often over-looked woman. Learn how School #2 came to be named for her and much, much more. 95 Averill Ave. FREE. Donations welcome.

Folk Concert Guitarist and singer Val Fowler and Maria Gillard perform at Calvary St. Andrews, 95 Averill Ave. FREE. Donations welcome.

Concert for Children Sunday March 15, 3 pm


Artist Bethany Spells “Owl Always Love You” in Chocolates

Each year Hedonist Artisan Chocolates collaborates with a local artist in Rochester to put their art on chocolate. Truly artisan chocolate. This year’s Valentine’s Day artist is Bethany Dudek. Her collection is called “Owl Always Love You” and is a collection of five owl related images adorned on top of our chocolate caramel. We sat down with Bethany to talk about her interests as an artist and what inspiration she had when creating these Valentine’s Chocolate Gifts. We hope you find them as sweet as we do!

1. What inspires you as an artist?

So many things inspire me. A good color scheme. The Pantone color books. Nature, and being outdoors. Nineteenth century advertisements. Grow artists. My experiences through learning letterpress printing, from when I was an intern at WNYBAC in Buffalo, to interning for Tony at Type High Letterpress. He is not only a mentor, but a great friend, and skillful creative. His work is unique and varies with each project, and ifind his collection of typefaces and cuts inspiring.

2. What are your favorite things to do in Rochester?

There are so many things that I love to do here in Rochester. On the weekends, especially, I enjoy hiking and the occasional trail run. Wild Wings, the bird sanctuary at the park, is one of my absolute favorite places to visit. I am a big advocate of supporting local, and there are so many fantastic business owners, artists and makers in this city. Some of the shops I frequent include Little Shop of Hoarders, The Op Shop, Peppermint, Station Manager on the Underground Railroad - Sunday March 22 at 3 p.m.

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Meet Bethany and taste this delicious collection on February 7 from 6-8 pm at a chocolate tasting and art opening at Hedonist Artisan Chocolates 674 South Avenue, Rochester.

3. What were your ideas behind the artisan chocolate collection?

Well, I adore Wild Wings, the bird sanctuary that is home to several owls, hawks, falcons, eagles, kestrels, an osprey, turkey vulture, and even a bobcat. Owls are my favorite predatory bird. They can look either serious or silly. Focused or quirky. They are silent, feathery hunters. I thought about how their bodies can be shaped like half-hearts, round bodies with pointed tail feathers. A concept was born. The name for the collection is a play on words for, “I’ll always love you.” How can anyone deny love or chocolate?

4. What kind of work do you do?

I am a web and graphic designer, currently employed by Corporate Communications. I occasionally do freelance work when time permits. When I have availability during the evening, I letterpress print either in my apartment, or at Type High Letterpress, as well as write poetry. Find out more about Bethany Dudek at bethdudek.com or instagram.com/bethdudekdesign.

5. What inspired the artisan chocolate collection?

The Pantone color books. Nature, and being outdoors. Nineteenth century advertisements. Grow artists. My experiences through learning letterpress printing, from when I was an intern at WNYBAC in Buffalo, to interning for Tony at Type High Letterpress. He is not only a mentor, but a great friend, and skillful creative. His work is unique and varies with each project, and ifind his collection of typefaces and cuts inspiring.

Redacted Copy

Meet Bethany and taste this delicious collection on February 7 from 6-8 pm at a chocolate tasting and art opening at Hedonist Artisan Chocolates 674 South Avenue, Rochester.
Rochester Creative
Maya Rook’s Goal is to Make History Fun

If history brings back memories of excruciating hours reading and rereading the Federalist Papers, you haven’t been to one of South Wedge historian Maya Rook’s History Happy Hours. Her goal, she says, is to make history “fun, accessible, and relevant.”

An Albany native, Rook double majored in history and Black Studies at SUNY New Paltz and earned her M.A. in American Cultural History in 2010 from the University of Albany. Her specialty—Salem Witch Trials and The Donner Party (think cannibalism and early 19th century settlers in the California’s Sierra Nevada Mountains).

On a frigid late January evening, the back room of Nox: Craft Cocktails & Comfort Food in Village Gate was sold out for Rook’s talk on the Salem Witch Trials. In an interactive and lively hour, Rook resurrected the tragic persecution of fourteen women and four men in 17th century Massachusetts Bay Colony who were executed for conspiring with the devil and bedeviling young Puritan girls.

Is it the #MeToo movement, the current political climate that makes the Salem Witch Trials so popular?

“I think we’re in a peak moment of witch interest,” told the WEDGE before she began her talk. “It’s not just women, but men too, who are in touch with their own internal power as well a deeper connection with the natural world, with nature.”

Add to that interest the current passion for genealogy and talks on the Witch trials are always sold out Rook said.

“If [the family tree] can go back to 17th America, then you’re probably related to someone in the Salem Witch Trials,” Rook said. In fact, she’s descended from a confessed witch, one of the 200 imprisoned, who luckily survived the mass hysteria. [Side note: As it happens, my own recent genealogical research revealed that I’m descended from both an accused witch, Sarah Noyes, and her husband Reverend John Hale who went along to get along during the trials until his own wife was accused. He wrote a book out of it too, A Modest Enquiry into the Nature of Witchcraft.]

Throughout the evening, Rook wel comed an enthusiastic audience. One woman introduced to the story, Tituba, major actor in the trials. Tituba, a South American woman enslaved in Salem, was accused of being a witch, somehow managed to escape hanging. Rook took the crowd through witchcraft’s “long dark history of persecution and executions,” and the misogyny that argued that “certain women could manipulate the world around them through magic” or saw women as “a natural temptation, a calamity.” She noted the literature that fueled deadly persecutions like Mallesse Maleficarum or The Hammer of Witches, a 15th witch-hunter’s manual, and the Biblical injunction: “You shall not permit a sorceress to live.” She told the story of Margaret Jones, a midwife and healer, who was executed in 1648 in Massachusetts. In February 1662, the Salem witch hysteria erupted in full bloom.

At the end of the evening, people milled around the room to talk about witches and women and future History Happy Hours to come. Lauren Chekow invited people to find lost and lesser known suffragists in New York state. [See more about Women and the Vote NYS on page 6]. Others talked about books like Tainted Harvest that tells the story through Tituba’s eyes or the Discovery of Witches and TV series like American Horror Story: New Orleans, and history ala Rook continued.

Women or HistoryhappyhourROC.

The story of the Rochester Mi

gentlemen present who were familiar with the Canadian border could distinctly dis
tinguish Rice Lake, Belvedere, and other prominent points in Canada. The lake looked as though it had a great tidal wave rolled upon Rochester, had covered one entire half of the city, as no building could be seen, excepting the Methodist street, or any land between the city and the lake.

The story of the Rochester Mi

Rook is also available for private events, fundraisers, talks at recreation centers, libraries, assisted living homes, etc. She currently gives a talk once a month for the residents at Elderwood in Fairport.

The Day Rochester Disappeared

continued from pg. 5

try separated from Rochester by a lake seventy to one hundred miles in width was, as suddenly, by the great hand of its creator, painted upon the heavens so plain to be seen from a standing point one hundred miles distant.

Gentlemen present who were familiar with the Canada shore could distinctly distinguish Rice Lake, Belvedere, and other prominent points in Canada. The lake looked as though it had a great tidal wave rolled upon Rochester, had covered one entire half of the city, as no building could be seen, excepting the Methodist street, or any land between the city and the lake.

The story of the Rochester Mi

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The Cult of Heaven’s Gate” – March 19, 6:30 p.m. – 8 p.m. details cults and the shifting no

I often meet people who ask me how I arrived where I am today. They ask how did you go from being a Western medical doctor to Coaching for Inner Peace? And what is Coaching for Inner Peace, anyway? Don’t you miss being a doctor? Why would you devote all those years to medical school, residency and training only to give it all up?

Well, my very first book, Physician, Heal Thyself: A Doctor’s Journey from Medicine to Miracles: A mindful approach to healing based on teaching of A Course in Miracles is at least, in part, an answer to all those questions!

Physician, Heal Thyself offers what I feel is a groundbreaking exploration of the bridge between Western medicine and spirituality from my vantage point as a traditionally trained medical doctor. Drawing from my personal and clinical experiences along with scientific research, I share a clear explanation of the basic principles of A Course in Miracles, long regarded as a classic among modern spiritual teachings. My book also offers the reader simple, expansive and effective tools for healing. I share about how I was raised in a traditional Indian household, and how I experienced that typical immigrant angst to achieve, succeed and make something of myself, and of course, be of service too! Becoming a doctor was a way to accomplish all of this. However, something happened right before I entered a seven-year accelerated medical program in New York City.

After graduating from the Mount Sinai School of Medicine in NYC and completing my pediatric residency at NY Hospital-Cornell Medical Center, I felt inspired to create an integrative medical practice to offer different complementary healing modalities, including homeopathy, Ayurvedic nutrition, mind-body medicine, yoga and meditation. During this time, I developed chronic pain that coincided with my desire to go deeper with the teachings of A Course in Miracles. When I healed from this pain, I realized that the most powerful source of healing lies within our own minds—in our perception, awareness and attitude. I also learned that healing can be inclusive, and we need not divorce ourselves from Western medicine or rely exclusively on complementary/alternative medicine. Rather, our path of healing is often unique to each of us. We need to find ways to cultivate inner peace so we may discern that small still voice within our hearts that can guide us along our path. We also need miracles—those experiences that shift our perception from fear to love, from judgment and attack, to one of acceptance and allowance.

After my healing, I felt inspired to create Coaching for Inner Peace, a simple, elegant, inclusive, and expansive approach to healing that I am so excited to share in my very first book. Perhaps you are in the middle of an illness, grief, loss, or some other emotional or physical problem that leaves you feeling depressed, fearful, angry, anxious, or simply confused and overwhelmed. Do you long to experience yourself in a deeper and more expansive way? Are you a student of spirituality struggling to find a practical way to engage your inner resources to overcome a challenge in your daily life? This book can help you. Find Physician, Heal Thyself on Amazon in both print and Kindle editions.

To learn more about Dr. Khaneja and her work, please visit coachingforinnerpeace.com.
In Memoriam: Larry Staiger, BoulevArt Artist
Michael Tomb

I am saddened to report last year’s passing of Larry Staiger at the age of 88, but also would like to celebrate him as a great friend to our neighborhood. In the summer of 2011, my wife Marcia Zach led a neighborhood team that was destined to create a large scale street painting surrounding Ellwanger and Barry Park. The project became known locally as “BoulevArt,” and it was the first such street painting in the Northeastern U.S. Joining our design team early was a then 81-year-old resident, Larry Staiger, who just happened to live in a house next to the park. Larry was a Korean War veteran who had moved to Rochester in the 1960s, and then met his wife Paula in the 1980s. Paula (maiden name “Kinsky”) comes from a large family with a long history in our neighborhood. Until his passing, Larry and Paula could often be seen enjoying our playground accompanied by their grandchildren.

When Larry volunteered to work on a prototype design for BoulevArt, we immediately realized that he was especially qualified. Larry was once employed as an artist for the Stecher Graphics Company. Starting in the late 1960s, Stecher became the premiere local printer of chromolithography and specialized in commercial botanical art for Rochester’s famous plant nurseries and seed companies. Stecher built Village Gate as its printing factory, and Larry often remembered how the top floors were filled with artist studios. Larry created art for this company until it moved from Rochester in 1970. He then found work in a local factory. After that, he resumed working as an elementary school art teacher for a short period before he retired. Larry’s passion for art as well as teaching it to children remained important to him throughout his life. For the neighborhood, Larry created a colorful design with folk art elements consisting of flowers, plants, birds and insects. On BoulevArt day in 2012, he participated in the initial chalking of a template on the street based on his prototype. And then he assisted as painting went on for the rest of the day. As a teacher, Larry was very excited to see spontaneous contributions to the design, especially from children. In fact, he was proud that he did very little of the actual painting. That is because Larry understood from the start that our street painting was meant to be painted and “owned” by neighborhood adults and children together. BoulevArt has since been repainted three times. Each update has created new memories as dozens of neighbors have worked together – even meeting for the first time on the street. Larry was thrilled to have helped create this as a reoccurring community event. Last year, only weeks before he passed and right after the latest repainting, Larry walked the length of BoulevArt. I remember how he smiled and pointed out an improved flight path painted by a young neighbor that goes from a flower to the bee outside of my door. Those are the kind of added details of the project that Larry loved most of all.

Larry also donated his time drawing portraits at a number of our events. He participated in our art shows. And Larry’s portraits of Ellwanger and Barry remain in the kiosk in the park named after them.

Marcia and I thought of him as a good friend who was wise, witty and artistic. Paula recently showed me his final masterpiece. Painted within the year he died, it is a beautiful rendition of the sky. Larry’s last painting—the stairs in Highland Park. I will always think of my friend Larry Staiger as a great friend to our neighborhood. A short time ago,
Welcome back to our series focused on the ancient art/science of astrology. In writing this we hope to spark the interest of a wide range of readers, from those who might know their Sun signs to others who know nothing about astrology but can't help but notice events around them. We offer a glimpse into the current celestial weather, in hopes that readers will be able to use these energies for the highest and best possible outcomes.

We focus first on the Moon's cycle from New to Full and back again for each month. This is the fastest-moving cycle in our heavens and the most readily accessible in the sky to even the most casual observer. Since in astrological understanding, the Moon represents our emotions and how we respond to the ebb and flow of everyday life, it is also the most easily observed internally.

February: As the month begins, the Moon will be appearing to grow larger as it approaches Full on Feb. 9 in regal Leo. Watch for the larger emotional focus to be on our personal pride, dignity and need to be noticed and appreciated. This will be most notable, even dramatic, for those born Feb. 6-12 and Aug. 9-15.

Then two weeks later on Feb. 23, the New Moon occurs in sensitive Pisces, bringing a certain dreamy quality to all our actions. Those born Mar. 21-27 and Sept. 9-15 are likely to experience these energies within our own individual lives, but it's unlikely to be missed.

March: On Mar. 9 the Full Moon in earthy Virgo will amp up our emotional focus on getting the details of our lives correct and properly organized. Altho we might be working in a fog. Be alert for overly critical tendencies. Those born March 6-12 and Sept. 9-15 are apt to be most affected.

March 24 marks the start of our next lunation (moon) cycle with the New Moon in headstrong Aries. The admirable willingness to embark on new ventures without knowing the hows or the outcomes will be strongly activated. People with birth dates Mar. 21-27 and Sept. 24-30 will particularly notice this. This is right after the Spring Equinox (March 21), which is traditionally seen as the true beginning of the new year both astrologically and in the Persian culture (March 21), which is traditionally seen as the true beginning of the new year both astrologically and in the Persian culture.

April: Mercury's retrograde journey, which started March 24 and visited and by Mar. 16 Mercury will re-enter Pisces. Communications could get clouded with emotions once again. On Mar. 5, Venus will move into luxurious, love-loving earthy Taurus, a sign she has a natural affinity with, and we will all have access to a more sensuous approach to life. The tendency for a more deliberate, slower approach to food and fun may be infused with lightning strikes of genius as Venus reaches Uranus a few days later. Whether it's a welcomed disruption or not, it can't help be sudden and unexpected. As we segue into Spring, we are likely to enjoy the easing of some of the intensity that has marked this first quarter of 2020. Our cultural upheaval will continue a bit more quietly, as this task-oriented period yields to an interval of integration.

The same area of the zodiac will get revisited and by Mar. 16 Mercury will re-enter Pisces. Communications could get clouded with emotions once again. On Mar. 5, Venus will move into luxurious, love-loving earthy Taurus, a sign she has a natural affinity with, and we will all have access to a more sensuous approach to life. The tendency for a more deliberate, slower approach to food and fun may be infused with lightning strikes of genius as Venus reaches Uranus a few days later. Whether it's a welcomed disruption or not, it can't help be sudden and unexpected. As we segue into Spring, we are likely to enjoy the easing of some of the intensity that has marked this first quarter of 2020. Our cultural upheaval will continue a bit more quietly, as this task-oriented period yields to an interval of integration.

It remains important to have a plan. If you are curious about how the current planetary configurations affect you through your own astrological chart, the authors welcome the opportunity to assist you.

Aeolea Wendy Burwell has been a student of the celestial arts for over forty years, and is currently teaching astrology to eager students in her living room and wherever possible. (aeolea@junio.com)

Peter Doughty has nearly forty years experience studying and writing about mundane astrology, including his blog over the past nine years and recent book entitled Scenes from a Tapestry. (ZodiacaalSpiral.com, zodion@protonmail.com)
Be a fool for love!
www.roccitylove.com
Friday, March 20, 2020 / 6:30 - 9:00 p.m.
Historic German House / 315 Gregory St.

Be a Fool for Love!

Brae Adams

continued from pg. 8

the Human Rights Campaign, at least 22 trans and gender-nonconforming people have been killed in the United States in 2019 alone. Fighting racism is another focus for Adams and her church. She and her parishioners studied a 2014 book, Waking up White by Debby Irving. "It’s important to see we’re part of a racist society. [Parishioners] spent Spring discussing the book and to look at how we can check ourselves for racism," Adams said.

Open Arms also partner with others to do good including ROC SALT Center, a project of the Presbytery of Genesee Valley, the South Wedge Food Program and the Friends of the Calvary St. Andrews. Along with social action, the church has a full calendar of spiritual stewardship. It holds a weekly Biblical study group on Wednesdays. On Tuesday nights, a Spiritual Practices workshop reads a Scripture passage and then joins in "imaginative prayer" that borrows from the “Lectio Divina,” an ancient monastic practice that moves meditation and prayer.

The coming Easter season will be a busy time for Adams and her church. "We study the story of the cross, draw, write meditate. We make a very intentional walk through the life and death of Christ, but we know it doesn’t end." Last year Adams and her spirituality team began an inviting and inventive way to get the Easter story out on Ash Wednesday by standing on South and Averill avenues and offering ashes to passersby with its ancient refrain "Remember man that thou art dust and unto dust you shall return." "It’s weather dependent," Adams said with a laugh. "We will stand on the street throughout the day. We’ll hold up signs [and invite people to stop] and make prayer available.” Adams, a Memphis, Tennessee native, followed a former husband to the Rochester area and raised three children in Pittsford. She discovered the South Wedge when she began driving her transgender son, who was too young to drive, to Equal-Grounds Coffee House. She fell in love with a woman along with the South Wedge, and today shares her life with her partner Debbie. "Equal-Grounds is my favorite place," Adams said. “You can be who you are. It’s my second home. If I have to be in a nursing home when I get old, it better be in the Wedge.”

To learn more about Open Arms MCC, visit www.openarmsmcc.org.

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