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Tully Historical Society
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TULLY NEWS

SERVING THE PEOPLE OF TULLY

Recycling Concerns from OCRRA:

OCRRA encourages as much recycling as possible in order to keep trash out of landfills. Currently only 6% of our trash is landfilled, 56% is recycled and 38% is recovered as a source of energy, providing enough electricity to power 30,000 Onondaga County homes. The more we recycle, the less goes into a landfill, which is essential as space in landfills declines and the trucks used in landfill operations suffer heavily from this use. And even though China is no longer accepting our recycling, other countries are, thus preventing it from being landfilled. And did you know you can purchase compostable plastic garbage bags online?

What can you NOT put in your new enormous recycling bin? 1) Clamshell containers such as those used for fruits and vegetables, which are #1, but compressible, should be discarded in the trash. 2) Plastic bags of all kinds should not go in the recycle bin. Many of these can be brought to Wegmans for recycling. 3) Batteries must be recycled – Wegmans offers this service as well. 4) Shredded paper should be discarded at one of OCRRA's shredding events and not in the recycling bin, as small scraps of paper gum up the works, even if they are discarded in paper bags stapled shut.

Other reminders from OCRRA include the following. Bottles should have plastic caps removed. Cardboard packing materials should have Styrofoam and other plastic parts removed before recycling. Plastic packaging materials can be dropped off at the retail store where purchased. Pills should never be discarded in the toilet or sink, but can be dropped off at Kinneys or other places noted on the OCRRA.org website. They can also be mixed with substances like coffee grounds or cat litter and disposed of in the trash, to be burned at 2000 degrees and thus inactivated.

Tully Community Christmas Basket Program 2018

To all the businesses, individuals, community groups and churches for your generous donations to the Tully Community Christmas Basket Program!

Special thanks to:

- Steve Shahan & Elizabeth Weinstein * Denise's Hair Care * Rick & Hanna Nye * Clearview Orchards, Inc. * Margie & Kevin Ragosta * Carol Gleason * Tully Rotary Club * Tully Masonic Lodge F&AM 896 * Tim & Margie Creamer * Clark CPA PC * Kevin, Suzanne, Brendan and Ryan Clark * Hayes Agency * Barbara & Rob Rogers * Rick & Judy Shafer * Apulia Fire Department * Otisco TelCom * Neil & Barb Casey * Tully Building Supply, Inc. * Deb Cox, the Interact Club and TES 6th Graders

The Town Of Tully:

The Town of Tully is still accepting letters of interest for the position on the Grievance Board of Assessment Review. The board meets in May for any residents who wish to grieve their taxes. It's a five-year term beginning Jan. 1, 2019. If interested, please send letter of interest to Tully Town Supervisor, P.O. Box 206, Tully NY 13159.

News from the Village of Tully

The Village's application for a Block 3 Grant Award of \$5,000 under NYSERDA's Clean Energy Communities program has been APPROVED.

Village residents are reminded to place their trash bins at the curb but not in the street, so as not to interfere with plowing and to remove them from curbside once they are emptied. In addition, snow clearance from driveways and sidewalks should leave the roadway free of snow.

Calendar of Events

Tully Town Court—Municipal Building
Tuesday Nights 6:00 p.m.

Tully Town Board—Municipal Building
(second Wednesday of month @ 7 p.m.)

Tully Fire Commissioners—Fire Station
(third Thursday of month @ 7 p.m.)

Tully Village Board — Municipal Building
(first Wednesday of month @ 7 p.m.)

The Tully News

P.O. Box. 206
Tully, NY 13159
315-696-4693

Town Supervisor

William Lund
tullysupervisor@cnyemail.com

Editor

Benjamin Bibik

Printer

OCM BOCES

Important Phone Numbers

Assessor696-4693, ext. 13
Code Enforcement696-4693 x19
Dog Control (315) 454-0928
Highway Department 696-8861
Justice Court 696-5884
Parks & Rec.696-4693 x21
Town Clerk696-4693, ext. 10
Town Supervisor696-4693, ext. 12
Tax Collector696-4693, ext. 11
Town Historian 696-4681
Trash & Garbage 422-0715
..... 683-5679
Village of Tully 696-5041

Town of Tully Website

www.townoftully.org.

Village of Tully Website

villageoftully.org.

Onondaga Co. Website

www.ongov.net

The Tully News is a monthly publication of the Tully Town Board. The Town Board meets on the Second Wednesday of each month at the Town Hall. Deadline for publication is the night of the Board meeting. Materials may be submitted to: The Tully News , 19 Railroad Street, Tully, 13159 or they may be e-mailed to: ben.bibik@outlook.com

Tully Parks & Recreation Dates for Spring 2019:

- **March 1** – Rec Baseball & Softball registration is active
 - Majors, Minors, Coach Pitch and Tee-Ball
- **May 1** - Summer Camp registration is active
 - Track/XC, Junior Hoops, Volleyball and Soccer Camp
- **May 11** - Pitch Hit and Run Competition
 - Located at the Town of Tully baseball/softball fields
- **June 8** – Tully Dairy 5K Moo Run
 - Starts at Song Mt, run around Crooked Lake
- **June 22 & June 23** – Green Lake opens for the weekend 12:00 pm – 8:00 pm
 - Lake will close for the week while school is still in session.
- **June 29** – Green Lake opens permanently for the summer
 - Lake hours 12:00 pm – 8:00 pm

Use the Tully Schools website (under Community/Parks and Recreation) for all registration information. Email: tullyparksrec@gmail.com with questions

Ice Harvesting

It looks pretty bleak that there will be an ice harvest this year. The first reenactment was in 1979. Since then there have only been six years that there was no ice harvest event.

Ice Harvesting was a very major industry for Tully dating back over 100 years ago. Several hundred people were employed with some men coming great distances to work harvesting the ice. They boarded at one of the three hotels in the Village or one of the three hotels on Tully Lake. The development of the railroad enabled many tons of ice to be shipped from Tully to New York City. Ice was also used as refrigeration for local farmers' milk being shipped. There were four ice warehouses in the village for storing the ice year around for not only shipping via rail in the winter; but house-to-house delivery in the warmer months prior to electric refrigeration. Many farmers had ice houses on their property which allowed them to chill their milk until such time as taken to the railroad station for shipment; or for local distribution.

We welcome you to stop by the Tully Area Historical Society to see the ice harvesting tools on display and view pictures from past ice harvests.



Note From the Editor: When space is available, we will be spotlighting groups, organizations and non-profits that make our community a better place. If you are part of that

SPOTLIGHT ON...

From The Ground Up Therapeutic Horsemanship, Inc

From The Ground Up Therapeutic Horsemanship, Inc. is a 501 c 3 non-profit corporation that has served the Central New York area since 2002. Our programs are located at Gentle Hill Farm, north of Tully, New York, in a beautiful and peaceful country setting.

From the Ground Up Therapeutic Horsemanship, Inc. (FTGU) offers Equine Assisted Activities and Therapies (EAAT) to persons of all abilities, life challenges and stages. The intuitive and accepting nature of the horse, as well as its movement, motivates participants to achieve physical, emotional, social and educational goals. The horses' size instills confidence, mutual respect and trust in all who partner with them on the ground or in the saddle. It is our mission to facilitate all that is possible through this partnership.

FTGU's programs include Groundwork, Therapeutic Riding, Common Ground Natural Horsemanship, Equine Assisted Psychotherapy, Equine Assisted Learning, Special Olympics, Equine Services for Heroes (military & veterans), Service Learning for volunteers and traditional riding lessons. Each participant receives an initial assessment and if FTGU determines that we can accommodate the person, a plan is implemented in conjunction with the client, family, healthcare providers, teachers and other involved caregivers. Short and long term goals are developed with objectives and valued outcomes. Participants are evaluated periodically. Sessions are available for individuals, families, schools and other groups. FTGU is an inclusive organization that operates on public support from the community as well as Home and Community Based Service through Medicaid for eligible participants.

From the Ground Up Therapeutic Horsemanship, Inc. offers a range of Equine-Assisted Activities and Therapies (EAAT), described under our Programs link. The benefit of these programs is grounded in the holistic nature of working with horses, i.e. "holistic" in terms of effects on the body, mind, emotions, and relationships. For example, EAAT can improve:

Balance * motor skills * coordination * flexibility * posture * muscle tone * sensory integration * problem solving
focus/attention * communication * memory * teamwork * coping skills * setting boundaries * impulse control
emotion regulation * self-esteem

Here's how it works:

Interacting with horses provides unique experiences unlike other types of physical, psychological or relationship therapies. There are many ways that our equine "therapists" can affect us to bring about functional improvements and enhance our quality of life. And there is increasing scientific support regarding the horse's ability to affect the whole person: Biomechanically, neurologically, emotionally and even relationally.

Biomechanically, the horse's movement is the unique and key component in the mounted (riding) aspect of EAAT. The pelvic motion of a horse most closely simulates the human gait and cannot be replicated in any other therapy or on any equipment. While riding, the horse moves the rider's body in a three-dimensional, rhythmic, repeatable manner that the rider may be unable to do on his/her own. By this process, the rider with physical disabilities develops core strength and improves balance, flexibility, postural control and range of motion.

Neurologically and cognitively, the horse's three planes of movement stimulate the vestibular (balance "sense") and proprioceptive (body awareness and spatial orientation) systems of the body. The input from the horse's movement on these two systems stimulates brain function and rehabilitation, enhancing normal developmental processes like motor planning and sensory integration (ability to process and organize information from the senses). The benefits can include improved learning, communication and attention.

On an emotional level, and with implications for interpersonal relationships, forming a bond with another living creature can have powerful results, including reduction of anxiety and depression, healing old wounds and creating new, positive experiences. Horses are very intuitive, mindful and accepting animals. They sense our mood and emotions and clearly reflect that information back to us using non-verbal communication. Their intimidating size instills confidence, mutual respect, trust and boundaries in all who work with them on the ground or in the saddle. Interacting with horses can teach those with emotional and behavioral problems to trust and care for another creature in a nurturing manner. The ability to guide (in riding or on the ground) and partner with a large, responsive animal offers an increase in self-esteem and independence. And working with horses on the ground in a group setting provides benefits in social skills, teamwork, boundaries and self-discovery.



