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Vol. X Number 2 - Serving Northern Dutchess & Southern Columbia County April 2025

Postal Customer

## RHINEBECK'S DOWDEN AGENCY JOINS WITH MARSHALL+STERLING TO OFFER WIDER INSURANCE OPTIONS TO CLIENTS

By Joe Doran

Two long-time local insurance companies, Dowden Insurance of Rhinebeck, and Poughkeepsie's Marshall+Sterling, have joined forces.

Carl Dowden says the merger will allow clients to take advantage of the synergies and resources of Marshall+Sterling, one of the largest independent insurance agencies in the region, while still providing the personal touch that has marked Dowden as a special local business for 50 years.

The merger officially took place in February, and Carl says he will be available by appointment for the next year during a transition period. Marshall+Sterling staff in nearby locations like Poughkeepsie and Kingston will take more of a role as the transition proceeds.

The change means more options for clients looking for personal insurance, retirement and wealth advisors, business



Carl Dowden

insurance, and employee benefits solutions. It also provides the combined expertise of two well-known local independent insurance companies, says Carl.

"I'm an independent agent, which means I have contracts with different companies. Now with the merger, my clients will be merged with Marshall+Sterling. The companies I have now - nothing will change there. That will all stay the same for my clients. Marshall+Sterling being a larger firm, will give my clients more opportunities and exposure to more companies that might have different coverages or might have different rates."

Continued on page 14

## ANDERSON FOUNDATION FOR AUTISM ANNOUNCES DETAILS OF 2025 GOLF CLASSIC; EVENT TO BE HELD JUNE 12th AT THE LINKS AT UNION VALE

Anderson Foundation for Autism has announced details of the 2025 Anderson Golf Classic, which is scheduled for Thursday, June 12th at The Links at Union Vale. Sponsored by Oldies 98.9 (among others), the outing is expected to raise over \$125,000 to help carry out Anderson Center for Autism's mission of optimizing the quality of life for individuals with autism.

Founded in 1924, Anderson provides award-winning educational, vocational, residential, clinical, and training programs for people locally, regionally, and all over the country.



1st Place Winners - 2024 Anderson Golf Classic Tournament Winners

According to the Centers for Disease Control, 1 in 36 are now diagnosed with the neurological disorder, which presents with a wide range and various combinations of communication, sensory processing, behavioral, and socialization differences.

Stated Patrick Paul, CEO/ Executive Director of Anderson Center for Autism, "On an annual basis, this outing sells out, drawing people from all over the Northeast, Mid-Atlantic, and as far away as California. That so many return - year after year - is not only a testament to how much fun they have at the Anderson Golf Classic, but it also reflects their unwavering commitment to our mission. We are grateful to everyone who makes this event such a success. I look forward to seeing our returning golfers and welcoming newcomers when we head out on the course in June to enjoy what will be our first golf outing of the second century in Anderson's story!"

Eliza Bozenski, Chief Development Officer of Anderson Foundation for Autism, Continued on page 3

## ICE CREAM for BREAKFAST

Holy Cow's 18th Annual Fundraiser for St. Jude Children's Research Hospital Saturday April 5th and Saturday April 26th

9:00 am - 11:30 am

Donation of Your Choice Special limited menu includes: Shakes and Sundaes with waffles, cider donuts, blueberry muffins, oatmeal cookies, hot apple topping, blueberry topping, cinnamon sugar topping and cereal!

Thanks to YOU, we have raised \$42,300 with the hopes of continuing to raise more one scoop at a time

## The Rowe Methodist Church

in Milan is pleased to offer "Revolutionary War women" a history presentation, on Sunday April 27th at 2pm. Hear fascinating stories of the war that created our nation from the woman's perspective- famous and unknown heroines of the time. Their service is fascinating not only in its variety but in its genuine importance in our gaining independence. This entertaining and informative event is free to attend. We are located at 1376 Rt. 199 in Red Hook NY. Like us on Facebook for more info.

## Movie Sing-Along Experience Coming to the Claverack Free Library!

Get ready to belt out your favorite tunes from a popular musical based on the novel by Gregory Maguire. The Claverack Free Library proudly presents a special sing-along screening of this beloved film, inviting audiences to fully immerse themselves in the music by singing along to every hit song on the big screen! Get ready to have a wicked good time while singing along with Cynthia Erivo and Ariana Grande. Date: Sat., April 12, Time: 2:00pm. Location: Claverack Free Library, Special Feature: On-screen lyrics to guide you!

**Unleash your inner star: Join** a community of passionate fans and sing your heart out to all the iconic songs from this musical. **A fun afternoon out:** Bring your friends and family for an unforgettable movie experience filled with music and laughter. **Perfect for all ages:** Whether you're a die-hard fan or just love a good sing-along, this event is for everyone! The sing-along is open to everyone, regardless of singing ability or experience. Reservations are not required, but encouraged. Bring a snack to share, the library will provide beverages. 518-851-7120 or email [info@claveracklibrary.org](mailto:info@claveracklibrary.org)

## Denise VandenShay is Seeds Design, LLC Expanding Into Site preparation

By Lisa Dudley

Winter is over and now is the best time to spruce up your property. Spring cleaning is also about tidying up your garden, trimming your trees and shrubs and looking over your domain.

Denise VandenShay and her company, Seeds Design, LLC are well known for planting and maintaining plants, foliage, flowers, shrubs, and trees that thrive in the Hudson Valley - for both residential and commercial properties. She is highly respected for her quality landscaping and design.

"We do big and little projects including hardscaping, excavation, patios, walls, design and installation," she explains. "More and more clients are asking for ground preparation after new construction. Once the new construction is complete, we take over and clean up the mud, level and grade and create a fully developed landscape with bricks or pavers, plantings and



Denise VandenShay

patios." They also grade the soil so water drains away from the house. "Beyond gardening we are now all inclusive. When we leave a project - we leave it beautiful."

Denise VandenShay has been in the trade for more than 20 years and the business keeps evolving and expanding. "I have so much gratitude for repeat customers who want me to make things grow. Flowers are good energy. Relaxing in a garden releases stress and tension - reducing anxiety and improving overall mental well-being and harmony."

Speaking of mental well-being, "This past winter was cold enough that things went dormant leading to natural spring growth. Hopefully, the bees are coming

Continued on page 6

## Beacon Resident Named 2025 Poet Laureate

Dutchess County Executive Sue Serino announced she has appointed Beacon resident Ruth Danon as the County's 2025 Poet Laureate, bringing poetry to residents of all ages throughout the county.

County Executive Serino said, "Poetry has a unique way of bringing people together - it encourages empathy, sparks meaningful conversations, and helps us see the world through each other's eyes. We are grateful to Arts Mid-Hudson for continuing to champion this important program and extend our congratulations to Ruth on being named this year's Poet Laureate!"

"It is a great honor to be named this year's Dutchess County Poet Laureate. As a Bard College graduate and a resident of Beacon, NY I have a deep love of this region", said Ruth Danon. "In all my work, whether writing, teaching, or curating, my desire has been and will continue to be the creation of community. During these difficult times, community is more important than ever. We cannot allow ourselves to feel alone or powerless. Writing and performing poetry helps us connect to one another and to the world; it also opens avenues to inner experience -- so important to reclaim in a world dominated by social media and its many falsehoods and distractions. Poetry asks us to pay attention, and when people pay attention,



Ruth Danon

positive changes can occur. In my role as Poet Laureate, I plan to develop readings and workshops that will be situated within existing community organizations and that will be open to diverse and multigenerational audiences. Workshops will be playful, utilizing a variety of artistic modes as aids to generating writing. These will culminate in participant readings. I will also curate readings in larger venues that will connect poets from within the region to writers beyond Dutchess County."

Ruth Danon's fourth book of Continued on page 2

## THE HUDSON RIVER VIEW ONLINE!

Visit our website to read our current edition, view our advertising rates and distribution, publication schedule and deadlines. Visit often to view updated and additional editorial received after publication and throughout the month.

Hudsonriverview.net

The May Edition Of The Hudson River View Will Be In Area Homes On May 7th The Deadline For Advertising And Press Release Submission Is April 23rd



# ACCORDING TO QUACKERS



## April's Gift of Words

Poet: Catherine Pulsifer  
 April brings the buds of spring,  
 A time when nature starts to sing.  
 Yet one more gift this month holds dear,  
 A poet born to bring us cheer.  
 Shakespeare's words still touch today,  
 With wisdom, love, and grand ballet.  
 His tales of fate, of joy and strife,  
 Still breathe within the pulse of life.  
 So as April days pass by,  
 Beneath the bright and warming sky,  
 We honor him, his words so true,  
 A timeless gift in verse anew.

## Beacon Resident Named from page 1

poetry, Turn Up the Heat, was published by Nirala Series in 2023. Her prose and poetry have appeared in many publications in the United States and abroad, most recently in On the Seawall, Noon: The Journal of the Short Poem, Sunday Salon Zine, The Nu Review, and The CAPS 25th Anniversary Anthology. Her work is forthcoming in Pratik, The Beltway Quarterly, and the Poetry is Bread Anthology, She has performed her poetry across the United States and abroad and has appeared in many podcasts and Zoom readings For 23 years, she taught in the Creative and Expository Writing Programs she designed and directed for NYU's School of Professional Studies. Founder of Live Writing: A Project for the Reading, Writing,

and Performance of Poetry, she teaches for Live Writing and the New York Writers Workshop. A Bard College graduate, she now lives in Beacon, NY, where she curates literary events and works to create a community of poets. She was one of the founding curators of the BeaconLitfest at the Howland Cultural Center. More about her and her poetry and career can be found at <https://www.ruthdanon.com/>

The Dutchess County Poet Laureate program was instituted in 2016 by former County Executive Marc Molinaro. Poet Laureates serve a one-year term. Arts Mid-Hudson manages the public call for nominations, facilitates a panel composed of literary professionals and community members to select from the nominees, and provides support and promotion for the Dutchess County Poet Laureate's work during their year of service.

"Arts Mid-Hudson is thrilled to announce the appointment of Ruth Danon as the 2025 Dutchess County Poet Laureate. We extend our heartfelt gratitude to County Executive Sue Serino for her unwavering support of this initiative," said Melissa Dvozenja-Thomas, Executive Director for Arts Mid-Hudson. "Poetry has the power to make us feel acknowledged, understood, and connected, even amidst diverse backgrounds

and challenges. We are eager to collaborate with Ruth this year, as she inspires partnerships through this impactful art form."

Information about the Dutchess County Poet Laureate and the upcoming programs can be found at [www.artsmidhudson.org/dc-poetlaureate](http://www.artsmidhudson.org/dc-poetlaureate)

Arts Mid-Hudson is the preeminent nonprofit arts service organization serving the Mid-Hudson region. Since 1964 our initiatives have engaged and promoted the arts benefiting our artists, arts organizations, and communities. Arts Mid-Hudson provides vision and leadership to support thriving and diverse arts in the Mid-Hudson region.

For more information about Arts Mid-Hudson and future art events, sign up for the monthly E-newsletter at [www.artsmidhudson.org](http://www.artsmidhudson.org)

## Tivoli Artists Gallery Small Works Exhibit

Small Works for Small Spaces  
 Paintings, prints, photography, ceramics, sculpture.  
 Fri April 4 to May 4th 2025  
 Opening reception April 5 5 to 7pm  
 Gallery Hours  
 Friday: 5 to 8:30 pm, Saturday: 12 to 8pm, Sunday: 1 to 7pm  
[tivoliartistsgallery@gmail.com](mailto:tivoliartistsgallery@gmail.com), 845-757-2667

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**Anderson Foundation for Autism from page 1**

continued: "Without question, the Anderson Golf Classic has become a beloved tradition - and continues to attract new sponsors, volunteers, and golfers every year. As autism incidence rates have grown, it has become abundantly clear that almost everyone is touched by the important work we do - and that together as a society, we must ensure that autistic and neurodivergent people are fully experiencing well-deserved opportunities throughout their lives. Sharing our message at events like this one is so meaningful for all of us - and watching people have so much fun while raising funds is a true privilege. We're looking forward to our 2025 outing, and encourage everyone who's interested in participating to register as soon as possible!"

The 2025 Anderson Golf Classic will include a shotgun start, scramble format, breakfast,

lunch, cocktail hour, and awards dinner. Unlimited beverage cart and stations are included. All golfers will receive a golfer gift and favor bag. Individual tickets are \$300 per player (with registration for foursomes also possible). Golfers of all playing abilities are welcome, and sponsorship opportunities are available as well.

Bozenski noted, "We have some really creative and impactful sponsorship packages for businesses who want to align with our organization and elevate their brand awareness. Our team is also planning other events this year for which there are a myriad of opportunities available to those who want to join our circle of support. Anyone interested should reach out anytime to our Foundation office to learn more."

For more information, call 845.889.9208, email [events@andersoncares.org](mailto:events@andersoncares.org), or visit [www.andersoncenterforautism.org/](http://www.andersoncenterforautism.org/) golf.

**About Anderson Center for Autism**

Our mission at Anderson Center for Autism is to optimize the quality of life for individuals with autism.

**About Anderson Foundation for Autism**

Through grantmaking, fundraising, and marketing initiatives, Anderson Foundation for Autism helps support, sustain, and expand upon Anderson Center for Autism's efforts to optimize the quality of life for individuals with autism.

**Learn How to Grow and Care for Orchids**

The Germantown Garden Club will hold its next meeting on Tuesday, April 15, at noon, at the Hover Room at the Germantown Library, 31 Palatine Park Rd., Germantown. This month's program will feature a presentation on "Growing and Caring for Orchids" with Brian Bender-Tymon, who is the owner

of Petalos Floral Design in Kingston, NY, that exemplifies floral artistry at its best with stunning arrangements and captivating orchids.

Since the mid-1800s, more than 100,000 orchid cultivars have been developed and orchids can be found to suit almost any growing condition. Successful orchid culture is the result of imitating an orchid's natural habitat as closely as possible. Brian will cover all that's needed to grow orchids successfully such as light, temperature, humidity, potting medium, and maintenance.

The club will also discuss plans for their Spring Plant Sale which will be held on May 17 and is a big fund-raiser and a popular community event.

Refreshments will be served. The meeting is open to the public. For more information, please call Irene Clum, at 518-537-4793.

The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.

**Thank You**

*One year ago on April 27<sup>th</sup>, my husband, James W. Baretzky, passed away. In the months following his passing I was overwhelmed with all that I was facing. So many wonderful people reached out to me with kindness and generosity. I want to again say "Thank You". You will always be in my prayers and in my heart.*  
Doreen Baretzky



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**ACROSS**

- 1) Hinge holder
- 6) Clock feature
- 10) "Brainiac" author Jennings
- 13) Crockett's last stand
- 14) Volunteer's cry
- 15) Senate vote
- 16) Barbarian who creates a buzz?
- 18) Mardi Gras king
- 19) B'way "no seats" sign
- 20) Chest part
- 21) Lyricist Lorenz
- 22) Wipes clean
- 24) Matt of "The Martian"
- 26) Greenish-blue shades
- 28) Very quickly
- 31) Tool with teeth
- 34) "Good Will Hunting" sch.
- 35) Sci-fi master Isaac
- 36) Lawyers' org.
- 37) Waiting uncomplainingly
- 39) Mined asset
- 40) Loss caused by a pothole strike
- 42) Phone no. adjunct
- 43) Hawaiian strings
- 44) Waited in line, say
- 45) Tread heavily
- 47) Welles who played Kane
- 50) Difficult burdens
- 53) Private employer
- 55) Ghastly
- 57) P on a frat pin
- 59) "Chocolate" dog, for short
- 60) Worthless stock contract?
- 62) Swelled head
- 63) Grueling exams
- 64) Hurricane of 2011
- 65) Kinsey research topic
- 66) Truth or \_\_\_ (party game)
- 67) Slackens off

**DOWN**

- 1) Fifth Avenue retailer
- 2) Author \_\_ Boothe Luce
- 3) Barbering tool
- 4) Comedian Philips
- 5) Like a pine fragrance
- 6) Shorthand similar to "IMO"
- 7) Prepared to shoot
- 8) Barton of the Red Cross
- 9) Right angle
- 10) Dress designer Donna in a frenzy?
- 11) Admirer from afar, maybe
- 12) Deli counter call
- 14) Ticked off
- 17) Walking tour carry-along
- 21) Pueblo tribe
- 23) Super serve
- 25) Crow's nest support
- 27) Farm enclosures
- 29) Apple throwaway
- 30) Times to revel
- 31) Cheers from the grandstands
- 32) Border on
- 33) Crate of exploding cigars?
- 35) "The Four Seasons" composer Vivaldi
- 37) Elbow guards
- 38) Shakes down
- 41) "Glee" actor Monteith
- 43) Favorable times
- 46) Rich, chocolaty dessert
- 48) Tara family name
- 49) Stock valuation phrase
- 51) Great Lakes tribe members of old
- 52) Performed brilliantly
- 53) Brewpub offerings
- 54) Word after "road" or "roid"
- 56) Be the king
- 58) Vending machine inserts
- 60) Dropped for a 10-count, for short
- 61) "La-la" lead-in

**EURE-KAI** By Elizabeth C. Gorski

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## Old Dutch Village Garden Club Greets Spring With A Plant Sale and More

By Nancy Bendiner and  
Felice Gelman

Get Ready for THE GREAT PLANT SALE!! On Saturday, May 17, starting at 9 AM sharp, ODVGC will offer bargain priced, locally grown perennials, shrubs and herbs at our annual sale near the Memorial Garden across from CVS. Save the date!

We hear from our local community that our plants have an excellent track record for

beauty and survival. As most come from local donations, they are acclimated to our weather conditions. Look around your perennial garden — thing about what you'd like to thin out or move out to donate to the sale think and think about and what new plants you need. Ideally, we request plant donations no later than May 3. (We like to make sure they have time to recover from being repotted so they will be in good shape for their new owners). We will accept plants already potted or we will come and dig them out if you are unable to do so. We also welcome donations

of garden ornamentation, decorative pots and planters, and gently used garden tools. For more information about donations, please call Linda Lawson at 845-399-9532.

Club members continue to learn about gardening at our monthly



**Plants Ready to go for the Plant Sale Credit Nancy Bendiner**

meetings. On March 13, Miriam Goler of Full Circus Farm offered a fascinating presentation about how the organically grown fruit trees sold at her farm get their start. She demonstrated how she

uses grafting to achieve a desired variety of fruit tree. The young trees are nurtured for about two years, then offered for sale. The farm also sells tomatoes, peppers, basil and winter greens. To see photos of this horse-powered (!) farm, directions on how to order trees, guides about how to care for young trees and much else go to [fullcircusfarm.wordpress.com](http://fullcircusfarm.wordpress.com).

As well as learning about gardening, the Old Dutch Village Garden Club has a commitment



**Miriam Goler of Full Circle Farm presenting to ODVGC. Credit Nancy Bendine**

to community service. We maintain a large demonstration garden at Veterans Park in Red Hook and a smaller garden in Upper Red Hook at the Welcome to Red Hook sign. ODVGC



**ODVGC members at work in Veterans Park Garden. Credit Joe Conroe**

members will be prepping the Veterans Park garden for its spring debut at the end of March.

ODVGC looks forward to our April 10 Anniversary Luncheon at Charlie O's in Red Hook—each attendee can order at the luncheon their individual choice from the menu. At our May 8 meeting, the subject will be "The Power of Purple in the Garden"—how to incorporate shades of purple and burgundy using perennials, annuals, herbs, shrubs and trees. Join us at our monthly meetings, usually the second Thursday of the month at 12:30 at St. John's Reformed Church in Upper Red Hook. See you there! And watch us on Facebook for updates on our activities.

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## The Use of Fish Oils in Dogs and Cats

By Julianne Porter

Many people are aware of fatty acids when talking about nutrition. These are polyunsaturated fatty acids that are required for us to function. The main groups of fatty acids are omega-3, omega-6, and omega-9. Omega-3s and omega-6s are "essential," meaning that our bodies are unable to make them on their own and therefore we have to eat them in order to gain them. Omega-6 fatty acids are used as a main structural component in our cells and are important in maintaining optimal skin and coat quality. Omega-3 fatty acids are used in the retina and throughout the central nervous system. With some exceptions, omega-6s are generally considered pro-inflammatory, while omega-3s are considered anti-inflammatory.

In dog and cat foods, most diets are sufficient in omega-6s, but can lack the proper amount of omega-3 to provide the correct ratio of omega-6s and omega-3s needed to help reduce inflammation and improve cellular function. The recommended ratio is between 5:1 and 10:1. This means 5 to 10 times as many omega-6s compared to omega-3s. This provides the best balance between reducing inflammation while providing the essential fatty acids necessary for cellular performance. There are some commercial maintenance diets that do provide these ratios, but not all do. Therefore, supplementation of omega-3 fatty acids is often recommended. In some pets with certain inflammatory conditions, a low fat diet will help lower the amount of omega 6s. That, coupled with supplementation

of omega-3s, can greatly improve their condition.

It is important to mention that while supplementing with omega-3s to provide the correct ratio is important for many conditions, pets with seborrhea – a skin condition that causes dry, scaly skin – actually benefit from increased supplementation with omega-6s. Common sources of omega-6s are those high in linoleic acid such as sunflower, safflower, corn, or soy oils.

Omega-3 fatty acids supplementation has been shown to reduce inflammatory conditions, such as allergic dermatitis, arthritis, kidney insufficiency, heart disease and cognitive dysfunction in our pets. The three main omega-3s are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA). Cold water fish oils are an excellent source of DHA and EPA. Flaxseed oil contains an omega 3 fatty acid called ALA. This is great for humans as we can convert ALA into DHA. However, dogs can only convert about 10%, and cats can convert even less, making flaxseed oil an inefficient means of supplementation. Also, certain algae are rich in omega-3s, making them a great option for people who want a vegan option, or for pets who don't like the "fishy-flavor" of fish oils, but can tolerate the algae.

When considering fish oils, please aim for those who are ethically sourced and have as low of an environmental impact as possible. Also, there is no federal governing body to oversee that the production of pet supplements are safely and reliably created. Therefore, when deciding on pet supplements to use, a good thing to look for is a label from "NASC". This is a non-profit trade association called the National Animal Supplement Council.

Visit <http://www.nasc.cc> for more information. This doesn't mean that products without the label are automatically inferior – it just means they haven't been evaluated by this association.

When introducing omega-3s, allow for at least 4-6 weeks for initial effects, and 8-12 weeks for full effects. The main side effects of omega-3 fatty acids are GI upset- mainly diarrhea. However, very high doses can delay wound healing as they do reduce inflammation. It is important to remember that some inflammation is important for our bodies' natural healing. Omega-3 fatty acids are one of the essential supplements needed to maintain the overall health of our pets. Please discuss supplements with your veterinarian to see if your pet could benefit from them.

## The Columbia-Greene Humane Society/ SPCA

is excited to present a Pet First Aid Training class on Wednesday, May 7th from 6-8 p.m. at 111 Humane Society Road in Hudson. The class is instructed by Paul S. MacNamara, DVM, Chief of Surgery, Hudson Highlands Veterinary Medical Group. No certification is received at the end of the class; it is strictly informational. Topics to be covered include pet CPR, heat stroke, hypothermia, gastrointestinal issues, allergies, poisonings, burns, eye issues, wound care, and more! A \$20 donation is requested to participate. Proceeds will benefit CGHS/SPCA and the non-profit organization Odin's Fund. Contact our office to reserve your spot at 518-828-6044 or email us at [info@cghs.org](mailto:info@cghs.org).

## Help Feed Hungry Pets!

Pet Food Drive for the Columbia-Greene Humane Society/SPCA Pet Food Bank The Food Bank is available to any family that is having trouble feeding their pets because of financial hardship. The food bank is a free service of CGHS/SPCA and is open every day from 11:30 a.m. to 4 p.m. CGHS/SPCA gives away 50,000 lbs. of free food every year, and needs your help because the Food Bank is very low. With Guest Celebrity Mid-Day Host Bill Williams from WBPM 92.9/96.5 Saturday, April 19th, 2025 From 10 a.m. – 3 p.m. at the Hudson Shop-Rite 351 Fairview Ave, Hudson, New York 12534

## Free Birding Walks in April at Staatsburgh State Historic Site

New to bird watching and don't know where to start? Or perhaps you're a seasoned veteran looking for a new favorite birding spot in the Hudson Valley? This April, Staatsburgh State Historic Site is hosting free, guided birding walks through Mills-Norrie State Park. April Birding Walks are

free to attend, but reservations are required at [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS). This program will be offered on Saturdays, April 12, 19 and 26 at 9:00am. Staatsburgh and the surrounding Mills-Norrie State Park is an ideal area for birding, possessing a great variety of environments in close proximity. Local birder,



David Lund, is an experienced volunteer guide who has been birding in Mills-Norrie State Park for the last 35 years. Staatsburgh's two-hour birding walk is open to bird enthusiasts with all levels of experience - from beginners to experts! Experienced birders will enjoy a walk through several interesting environments while those new to the hobby will find encouragement and a helping hand. Please bring your own

binoculars. If you would like to borrow a set, binoculars can be checked out using a Mid-Hudson Library System library card at the nearby Staatsburg Library: <https://staatsburglibrary.org/> Staatsburgh State Historic Site is open for guided mansion tours Thursdays through Saturdays. To attend a mansion tour, please make advance reservations on [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS); admission is charged upon arrival. Visitors may also enjoy a picnic or stroll by the Hudson River, or a hike along the woodland trails in adjacent Mills-Norrie State Park. Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851.

Continued on page 7

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### Denise VandenShay is Seeds Design, LLC from page 1

out on time - when they should.”  
March did indeed come in like a lion. April is the time to clean out fallen branches, leftover leaves and applying mulch. Regular landscape maintenance - pruning, planting, weeding, etc. - is a requirement for a good-looking property and increased market value. May is a good time to start new plants, usually after Mother’s Day and the last frost.



For those who want to protect their planting investment, Denise and her team can set up underground irrigation and sprinkling systems. “Using simple drip

methods on timers for irrigation is effective and economical.” And yes, they can be set up with controls on your smart phone. Denise loves working garden

design. She describes her relationship with clients as “deeply personal.” Some want instant gratification - geometry or fantasy - and many want color and magic. Denise enjoys close interaction with customers who have a vision of what they want their environment to look like. She will help them create a flower garden, an edible garden or pathways and trails. It’s possible to have sustainable and stylish outdoor spaces while maintaining traditional herbs such as mint, basil, and fennel for their medicinal properties. As always, “patience grows the best garden.”

For more information about Denise VandenShay and her company Seeds Design, LLC call 914-456-4287, visit her website [www.SeedsDesignLLC.com](http://www.SeedsDesignLLC.com) or like her Facebook page @seedsdesignLLC and see gorgeous photos of their work.

### Claverack Free Library

When libraries join together everyone is a winner! Book It! 2025, a 5K run or walk event to benefit youth activities and adult programs at the Claverack & Philmont Libraries, will be held on May 4th, 2025. The prior Book It! events have been huge successes because of the support we have received from our sponsors, volunteers and participants. We are hoping for another victory this year! Register by April 15 to receive a T-Shirt, designed with the Book-It logo on the front and names of sponsors on the back. Please include your T-shirt size(s) on your race entry form(s). The T-shirt(s) can be picked up at

the Churchtown Firehouse on the day of the 5K event, or at the Claverack Free Library if unable to attend. At the end of the race, age-bracket winners will be awarded prizes. The Overall fastest male and female will also receive a fresh homemade loaf of bread. The proceeds for this event will help each library expand their programming. Library Registration forms can be picked up at either library or may be downloaded from either library website: <https://claveracklibrary.org/bookit-5k/> or [www.philmontlibrary.org](http://www.philmontlibrary.org) and mailed to Claverack Free Library, PO Box 417, Claverack NY 12513; The form can also be completed and entered directly on the active.com website: <https://www.active.com/orgs/claverack-free-library> website. The registration fee is \$25 for adult participants. Fee for kids 18 and under are \$10. Registration is also available the day of the race: Day of Race Fee: \$30.00 for adults, \$15.00 for 18 and younger.

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**Free Birding Walks from page 5**

or visit Staatsburgh's websites at, <https://www.Bookeo.com/StaatsburghSHS>, [www.facebook.com/StaatsburghSHS](http://www.facebook.com/StaatsburghSHS), and [www.staatsburghstatehistoricsite.blogspot.com](http://www.staatsburghstatehistoricsite.blogspot.com). Staatsburgh's events are also listed at [parks.ny.gov](http://parks.ny.gov)

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, and welcomes over 80 million visitors annually. For more information on any of these recreation areas, visit [parks.ny.gov](http://parks.ny.gov), download the free [NY State Parks Explorer app](#) or call 518.474.0456. Connect with us on [Facebook](#), [Instagram](#), [X \(formerly Twitter\)](#), the [OPRHP Blog](#) or via the [OPRHP Newsroom](#).

**Funding Available for Arts and Cultural Activities Dutchess, Orange, and Ulster Counties**

Arts Mid-Hudson announces the [Arts & Culture Project Grant Program](#), a funding program to support the arts in Dutchess, Orange, and Ulster Counties. This funding is available to artists, nonprofit organizations, libraries, municipalities, unincorporated groups, and collaborations for arts and cultural activities from June 1, 2025 - May 31, 2026. Grant amounts range from \$1,000 - \$5,000. Eligible projects may include, but are not limited to, exhibits, performances, concerts, festivals, in-school and community workshops, screenings, readings, cultural programming, and the creation of new work. Grant awards are determined by a peer review panel made up of community members. **Eligible Applicants:** Nonprofit organizations, individuals, and individuals applying on behalf of an unincorporated group, collaboration, or collective located in Dutchess, Orange, or

Ulster Counties are eligible and encouraged to submit a grant proposal. Applicants and grantees of NYSCA and other Arts Mid-Hudson funding programs are eligible for this program. **These awards are made possible with funds from the New York State Legislature and administered by Arts Mid-Hudson. The deadline to apply is Wednesday, April 23, 2025, at 11:59 PM.** For full application details and eligibility requirements, visit [www.artsmidhudson.org/arts-and-culture-project-grants](http://www.artsmidhudson.org/arts-and-culture-project-grants). "The Arts & Culture Project Grant Program is a great opportunity to learn how to write a grant for an arts or cultural project. Arts Mid-Hudson's Grants Team is looking forward to meeting with applicants to discuss their ideas, offer networking opportunities, and provide feedback on draft proposals," said Lilia Pérez, Grants Manager at Arts Mid-Hudson. **Information & Q&A Sessions** To assist applicants, Arts Mid-Hudson will host a series of virtual and in-person information sessions, including: **In-Person Overview & Q&A Sessions:** April 3 at 4:00 PM - Newburgh Free Library, 124 Grand St, Newburgh April 8 at 1:30 PM - The Center for Photography at Woodstock, 25 Dederick St, Kingston **Virtual Q&A Sessions:** April 12 at 11:30 AM April 16 at 1:00 PM April 18 at 3:00 PM April 22 at 3:00 PM April 23 at 11:00 AM **To RSVP for an information or Q&A session, visit <https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E231621&id=505>** **Additional Support & Resources** Arts Mid-Hudson provides free, in-depth support for applicants, including informational videos, resources, one-on-one consultations, and draft proposal reviews. Prospective applicants are encouraged to contact the

Grants Team well in advance of the deadline at (845) 454-3222 ext. 11 or [grants@artsmidhudson.org](mailto:grants@artsmidhudson.org). The mission of Arts Mid-Hudson is to provide vision and leadership to support thriving and diverse arts in the Mid-Hudson Valley. Fostering a diverse offering of arts and cultural programs, many free, attract a range of age groups, and are produced across a broad geographic area. For more information, visit [www.artsmidhudson.org](http://www.artsmidhudson.org) or contact the Grants Team at (845) 454-3222 ext. 11 or [grants@artsmidhudson.org](mailto:grants@artsmidhudson.org).

**Spencertown Academy Presents "Sing, Dance, and Play with Miss Deb" Free Children's Workshops**

Spencertown Academy Arts Center Family Arts Kaleidoscope program presents "Sing, Dance, and Play with Miss Deb" led by music teacher Deb Cavanaugh on four consecutive Saturdays: March 22 and 29 and April 5 and 12 from 10:00am to 10:45am. These workshops for children ages 18 months to 6 years, along with their adult companions, will incorporate storytelling, traditional instruments, American folk arts, and traditional folk songs. Tuition is free and participants are welcome to sign up for however many of the sessions as they would like to attend. To register, see [www.spencertownacademy.org](http://www.spencertownacademy.org). Cavanaugh is an artist educator, singer songwriter, and multi-instrumentalist. In her programs geared for the younger set, she mixes playfulness with professionalism. Over her more than 40 years of experience, she has developed an innate respect and appreciation

for children of all ages.



The Family Arts Kaleidoscope program will continue this spring with "Improv with Julie" led by Julie Griffin on Saturday, May 17 from 10:00am to 12:30pm. For children ages 6 to 10, the class will feature playful improv games in which participants make up characters, create stories, and laugh...a lot. The intention is to discover your voice, build confidence, and make new friends

while you're at it. Griffin was a nursery school teacher and has taught theater and improvisation to people from ages 3 to 93 years old. Her goal is to let kids find their voices and explore their creative side in a positive space. Tuition is free for this workshop as well. To register, see [www.spencertownacademy.org](http://www.spencertownacademy.org).

This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact [info@spencertownacademy.org](mailto:info@spencertownacademy.org).

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# God's Corner

## Do You Fear God?

By Naomi Fata

How do you view God? As a loving Father? As an authoritarian ruler? As a judgement parent? Are we to respect Him or to fear Him? If He is a God of love, why is there eternal punishment?

As we look forward to Holy Week, thoughts turn to the cross. A loving Father, let His Son die a horrible death — for us. The famous words from John 3:16 remind us of His purpose in this. “For God so loved the world that He gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

God loves you. He sent His Son for you. But His love does not mean that there are no rules or boundaries. A loving parent prevents their toddler from running into the street. When parents catch a teen with cigarettes or drugs, they intervene. We see these as an act of love, as the parent keeps the child safe from destructive choices. These acts of love come with a boundary and distinctive warning against unsafe behavior. Yet when God enacts a boundary—

when God set out the 10 commandments or other rules to live by—some consider Him to be authoritarian, harsh, or prejudice.

If the boundaries of a parent are loving, why then are the boundaries of God seen as authoritarian? Some associate rules or boundaries with oppression and hate. Yet these are forms of love. Even Hebrews 12:6 mentions that God disciplines those He loves. He

longs for us to choose the way that is best for us; the choices that will give us a joyful, productive life.

This concept is fundamentally rooted in biblical fear and respect for the Lord. “Fear of the Lord is the foundation of wisdom. Knowledge of the Holy One results in good judgment.” (Proverbs 9:10) In this passage, as in many other passages, the word fear is the Hebrew word for reverence. Our relationship with God is not supposed to be one of fearing an authoritarian parent, but one of reverencing God our Father, who has rules, boundaries, and guidelines in place because of His great love for us.

Parents who take time to invest in the discipline of their children to teach them right from wrong sacrifice time and energy to do so, which is motivated by love. God’s sacrifice for you involved the crucifixion of His only Son, purely motivated by His desire to reconnect with you. Let us not take what He has done for us lightly, but turn our hearts to fear (reverence) Him as we build a foundation of wisdom and knowledge.

## THE HEART OF CHRISTIANITY: THE DEATH, BURIAL, AND RESURRECTION OF THE LORD JESUS CHRIST!!

“And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay” (Matthew 28:5,6).

The Heart of Christianity is centered in the Death, Burial, and Resurrection of Jesus. From the foundation of the World the eternal plan of God was for the Lord Jesus Christ to come to Earth at the appointed time in order to redeem mankind. Jesus Christ is Perfect God-Perfect Man. “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1). The Word is the Lord Jesus Christ. John 1:1 clearly teaches that the Word is God. At the appointed time the Word became flesh when God sent an Angel by the name of Gabriel to a Virgin Girl by the name of Mary to inform her that she was chosen to give birth to Jesus. “And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth” (John 1:14).

## THE MINISTRY OF THE FOUR GOSPELS.

The four Gospels tell about the life and ministry of the Lord Jesus Christ. They begin with His birth (Matthew 1&2 and Luke 1&2) and conclude by telling about His death, burial, resurrection, and post resurrection ministry. Forty days after His resurrection He ascended into Heaven and is now seated at the Right Hand of God. He is interceding for us as our Great High Priest. He will be coming back to Earth one day as King of kings, and Lord of lords) (Revelation 19:11-16).

## THE LORD JESUS CHRIST WILLINGLY GAVE HIS LIFE FOR OUR SINS.

The Heart of Christianity is focused on the fact that Jesus willingly gave His life for our sins on the Cross. No man took His life, but He willingly gave it. “Therefore doth the Father love me, because I lay down my life, that I might take it again. No man taketh it from me, but I lay it down of myself. I have power to lay it down, and I +have power to take it up again, This commandment have I received of my Father (John 10:17,18). On Good Friday we remember that Jesus died on the Cross to pay the price for our sins and provide salvation to all that call upon Him to be saved. From the Cross the Gospels record the seven sayings of Jesus. He concluded His sayings by saying “It is finished” (John 19:30). He then bowed His head and commended His spirit to God. Joseph of Arimathea, a disciple of Jesus, got permission from Pilate to take Jesus’ body down from the Cross. Along with Nicodemus, they laid his body in a new tomb where never any one laid (John 19:38-42).

## THE GLORIOUS RESURRECTION OF JESUS OVER DEATH AND THE GRAVE.

After three days some of the

women headed to the tomb in order to anoint Jesus’ body with ointments. On the way to the tomb they talked about how to get the stone rolled away from the tomb. (Mark 16:3). When they got to the tomb, the stone was rolled away and the tomb was empty. Jesus Christ rose bodily from the grave. He is alive for evermore. Hallelujah what a Savior, My friend this is the Heart of Christianity. The death, burial, and resurrection of the Lord Jesus Christ: Perfect God-Perfect Man! **NOW IS THE TIME TO CALL UPON THE LORD TO BE SAVED!**

Now is the time to turn your life over to the Lord Jesus Christ to be saved (to be a Genuine Christian). “That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation” (Romans 10:9,10). **IF YOU HAVE ANY QUESTIONS OR WANT MORE INFORMATION CONTACT US!** If you would like to know more about the Heart of Christianity or what it means to become a Christian, please contact us by Email at [fdcirone@aol.com](mailto:fdcirone@aol.com) or by phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is a Local Independent Bible Believing Church located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Frank L. Cirone, Pastor.

## A Trip Around the World in Folk Art Stitches

April 2 - Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville, NY. Skyllkill, a local chapter of the Embroiderer’s Guild of America (“EGA”) presents Catherine Redford, fiber artist, teacher, speaker, author, lecturer and TV personality beginning at 12:30pm. Catherine will explain how she embellishes her fabric quilts with creative expression of her handmade work using thread art. Join other needleworkers for fun and learning at 10:00am or, come for this program only at 12:30pm. For more information visit [www.facebook.com/SkylkillEGA](http://www.facebook.com/SkylkillEGA) or email [EGASkylkill@gmail.com](mailto:EGASkylkill@gmail.com).

## Ghent Reformed Church

The following events will take place in April 2025 at the Ghent Reformed Church, 1039 County Route 22, West Ghent, NY.

Worship service begins at 9:00 am every Sunday and Sunday School follows at 10:15 am. All are welcome. We will be having an open house luncheon dedication on 4/6/25 at noon celebrating our newly renovated fellowship hall and kitchen. This will be in conjunction with our free community dinner. Please join us. Palm Sunday will be 4/13/25 and we will have a Hat Parade during service at 9:00 am. Following worship will be an Easter egg hunt for the kids and a covered dish lunch. Maundy Thursday is 4/17/25. We will gather together for a covered dish fellowship meal and a Communion Service beginning at 6 pm. Please join us for Easter Sunday worship 4/20/25 at 9:00 am to celebrate our risen Lord and Savior. Any questions, please call the church at 518-828-5946. Have a blessed day.

## WHAT: “The Blessing of the Animals”

WHERE: Third Evangelical Lutheran Church, 31 Livingston St., Rhinebeck, N.Y. 12572  
WHEN: Saturday, May 17th, Noon to 4pm with a Rain Date of Sunday, May 18th, 1pm to 5pm  
WHY: To strengthen the human-animal bond by celebrating the 110th anniversary of “Be Kind to Animals Week”  
HOW: This is a free, outdoors, family fun event. Bring your pet for an individual hands-on blessing from Pastor James Miller and meet the Ambassador Animals who are exhibiting with their caregivers. This is an afternoon meant to educate and build compassion for all living creatures. This year’s “The Blessing of the Animals” honors the LA firefighters and animal rescue groups whose heroic efforts helped save the lives of many dogs, cats, horses, peacocks, pigs, chickens and assorted wildlife. Our 2025 “Pet Remembrance Tree” is dedicated to those animals who met an untimely “Journey’s End” because of the historic California wildfires. Many animal rescue groups have stepped forward to provide shelter, medical attention and other ongoing disaster responses. Their work continues and donations are urgently needed. For this reason, the BISSELL Pet Foundation (BPF) is this year’s charity of choice. BPF maintains open communications with over 7,000 shelter partners and responds swiftly to emergencies. To raise much needed funds BISSELL Inc. has generously donated four

Continued on page 10

## Rowe United Methodist Church

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10:45 am and 6:00 pm**

**Palm Sunday (April 13):** Worship Services: 10:45 AM & 6:00 PM.  
**Good Friday (April 18)** Worship Service: 7:00 PM.  
**Resurrection Sunday (Easter)** Services (April 20): 9:00 AM, 10:45 AM & 6:00 PM.

Sunday School (For All Ages & Adult Classes) 9:30-10:30 am  
Women’s Bible Study: Mondays, 7:00-8:20 pm. The Epistle of James.  
Grace Bible Institute: Mondays, 7:00-8:20 pm. The Epistle of James.  
Mid-Week Prayer Meeting: Wednesdays at 7:00 pm  
Bible Study for All: Tuesdays at 11:00 am  
American History Class: Thursdays, 1:30-2:45 pm  
Children & Teen Ministry: Fridays, 6:45-8:30 pm, Ages 4-18  
Men’s Bible Study: Saturdays at 7:00 am  
If you would like more information on the Ministries offered at GBFC contact us.  
**For information about Grace Bible Fellowship Church, please call (845) 876-6923 or (845) 876-2122 or email us: [fdcirone@aol.com](mailto:fdcirone@aol.com)**

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9:45 am – Third, 31 Livingston St., Rhinebeck  
11:00 am – St. Paul’s, 7412 So. Broadway, Red Hook

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### The Blessing of the Animals from page 8

top-of-the-line vacuums from their Pet Pro Carpet Cleaning line to be used as raffle prizes. There thus are four chances to win one of the vacuums with the tickets being \$5.00 each. Direct donations are greatly appreciated and can be made through their Venmo account, @bissellpets or website, <https://www.bissellpetfoundation.org/donate>. All donations are tax deductible. On Saturday, May 17th at noon, the Third Evangelical Lutheran Church in Rhinebeck will be hosting their annual, "The Blessing of the Animals". This celebration corresponds with "Be Kind to Animals Week", a 110-year-old American tradition. It is the oldest commemorative week in United States history, started by AMERICAN\*HUMANE. This organization was founded in 1877 and is committed to ensuring the safety, welfare and well-being of animals. Our 6-foot community "Pet

Remembrance Tree" is dedicated to the California wildfire victims. People are invited to adorn the tree with loving tributes to their pets who have passed. Items such as pet toys, leashes, photos, notes, paw prints, cards and other tributes may be placed on the tree in memory of loving companions. "The Blessing" is a hands-on, individual experience administered by Pastor James Miller. All furred, finned, feathered and scaled friends are invited to attend with their companion humans. All animal guests must be properly escorted, leashed, kenneled, harnessed, etc. This is an outdoor event. In addition to "The Blessing" the church's great lawn will be filled with community-based rescue services and shelter organizations. Visitors, with or without pet escorts, can meet and interact with Ambassador Animals and learn more about pet and wildlife care. Countryside Animal Hospital is sponsoring a free "Ask the Vet" table to answer questions about medical issues,

general care and grooming. **ANIMAL FARM FOUNDATION** ... a 501c3 charity, AFF was founded in 1985 and built on the principle that "all dogs are individuals". Promoting animal and human welfare their focus is to help people and pets in their communities by supporting local shelter programs, rescuing and placing at risk breeds, esp. pit bulls. Their "Old Friend" program focuses on senior shelter dogs. Their Ambassador Animal will be an adoptable "Old Friend". **BLIND DOG RESCUE ALLIANCE** ... one of their missions is to place blind canines in loving homes. Being visually challenged does not inhibit a dog's ability to live rewarding lives and be loving companions. Their Ambassador Animal is Hazel. **COUNTRYSIDE ANIMAL HOSPITAL** ... Free "Ask the Vet" table. A mainstay of the community, providing quality care throughout the life of your dog, cat or pocket pet. They will be waiting to answer questions so bring your list!

**DR. LAURA JAWORSKI AND LAZARUS** ... Dr. Laura is a veterinarian, wildlife rehabilitator, educator and falconer. At her table folks can meet and greet Raptor Ambassador Lazarus, an eight-year-old Eurasian eagle owl. **HOLLY MENTZER** ... is a board-certified music therapist working for Hudson Valley Hospice. Uniquely trained, Holly knows the power of music. It enhances the lives of homebound patients and calms anxious pets. She will be playing her portable harp at "The Blessing". **HOPE FARM ANIMAL RESCUE, INC.** ... a 501c3, their mission is to rescue farm animals and provide them with a safe place to heal and thrive. Their van is always filled with amazing residents that children can play with and learn about. Their Ambassador Animal is Rosie, a 200 plus pound pot belly pig ... her favorite treats are lollipops. **HOPE FOR DOGS PR** .. a 501c3, their mission is to rescue and rehabilitate homeless and at-risk dogs from Puerto Rico. Once in the US, they have a second chance for a nurturing

home and stress-free life. They will have several Ambassador Puppies for adoption. **P.A.N.T.** ... a 501c3, "Partnership for Animal Needing Transition" is an all-volunteer community group working to reduce feral and abandoned cat populations. They support early neuter and spay while maintaining an ongoing TNR (trap, neuter and return) program. They will have several Ambassador Felines looking for loving homes. **PET DIVISION of 4-H** ... a 501c3, the 4-H Small Animal Project allows youth to learn about the life history, management and care of a pet of their choice: birds, guinea pigs, rabbits dogs and even bugs! The project covers all aspects of pet care: selection, feeding, health, etc. Raising these pets in the 4-H Pet Division helps kids develop important life skills for future success. Come meet the members and learn more about their Ambassador Animals. **STATE POLICE CANINE UNIT** ... The New York State department's participation is always a very exciting addition.

Continued on page 11

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**The Blessing of the Animals from page 10**

From the moment the transport vehicle arrives everyone is eager to meet the team, 2 and 4-legged officers. Working members of the canine unit, these partners provide a great opportunity to answer questions about their important role in keeping the community safe. THE SOUTHLANDS FOUNDATION ... a 501c3, this focal point of the Rhinebeck equestrian community will be highlighting many of their interactive programs. One of special note is "Mommy & Me". Starting at 3 years of age children, accompanied by a

parent learn how to approach, care for, respect and share their lives with horses. The Foundation has many programs to accommodate all age groups and all levels of riders. Their Equine Ambassador is Casey **THANK YOU TO OUR GENEROUS SPONSORS DAVE'S TREE SERVICE FRANK GAGLIO INC. S&S vac, appliance & sewing, inc. THE EMPORIUM LTD. WILLIAMS Lumber & Home Center**

**From Farms to Incubators**

Sunday April 13, 2pm, Rhinebeck Village Hall, 76 East Market St., 2nd floor

Presenter: Amy Wu, Award Winning Journalist Program: "From Farms to Incubators: Woman Innovators Revolutionizing How Our Food is Grown". <https://www.farmstoincubators.com/about> Signed copies of her books will be for sale. The public is invited. Co-sponsored by the Rhinebeck Garden Club and Chancellor Livingston Chapter NSDAR. For information, contact [bklaproth@gmail.com](mailto:bklaproth@gmail.com) or call 845-309-3181.

**Historic Tavern Trail at Foster's Coach House**

**Date:** Wednesday, April 9, 2025  
**Time:** 6:00 PM - 7:00 PM  
**Location:** Foster's Coach House, 6411 Montgomery St., Rhinebeck, NY 12571  
The Dutchess County Historic Tavern Trail brings history and local cuisine together while introducing the community to iconic locales. This collaborative program, organized by the Dutchess County Department of History, local historical societies, and food and beverage partners, highlights the county's rich past through engaging presentations at historic sites. This month's program features "Anna Sang For Red Hook." The Story of 19th-Century Opera Star Madam Anna Bishop" presented by author and Historic Red Hook researcher Sarah K. Hermans. Herman's presents the story of how a world famous opera singer came to be buried in St. Paul's Lutheran Cemetery. Nineteenth-century soprano Madame Anna Bishop's voice was never recorded, but you'll hear some of the songs she was famous for as we weave the tale of her life. Born in England in 1810, Anna traveled the world and was as famous at the time as Jenny Lind. Anna lived large, sang beautifully, loved fiercely, and was buried without a tombstone here in Red Hook in 1884. This event is free and open to the public. RSVP is required.

RSVP and details: <https://www.historicredhook.org/upcoming-events/tavern-trail-fosters-apr25>

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Continued on page 12

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**Patty Melts**



**Ingredients**

- 3 tablespoons extra-virgin olive oil
- 2 medium onions, thinly sliced
- 10 ounces button mushrooms, sliced
- Kosher salt and freshly ground pepper
- 2 teaspoons balsamic vinegar
- 2 tablespoons plus 2 teaspoons Worcestershire sauce
- 10 ounces 93% lean ground turkey
- 6 ounces lean ground beef sirloin
- 8 slices multigrain bread
- 8 thin slices Monterey jack or Swiss cheese (2 to 3 ounces)

**Directions**

Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat. Add the onions and cook, stirring, until soft, 2 to 3 minutes. Push to one side of the skillet; add the mushrooms and cook until browned, about 2 minutes. Season with salt and pepper, then mix the mushrooms and onions together and cook until the onions are golden, about 10 more minutes. Add the vinegar and 2 tablespoons Worcestershire sauce. Transfer the mixture to a bowl and keep warm. Meanwhile, mix the turkey, beef and the remaining 2 teaspoons Worcestershire sauce in a bowl. Shape into 4 equal-size oval patties. Wipe out the skillet, add 1 tablespoon olive oil and place over medium-high heat. Season the patties with salt and pepper and cook until browned on the bottom, about 4 minutes. Flip and cook through, 1 to 2 more minutes. Divide the onions and mushrooms among 4 bread slices; top with a slice of cheese, a patty, another slice of cheese and another bread slice. Wipe out the skillet; add 1 tablespoon olive oil and place over medium heat. Cook the sandwiches in two batches until the bread is toasted and the cheese melts, 1 to 2 minutes per side, adding the remaining 2 teaspoons oil as needed. Serve with fries, onion rings or coleslaw.



**Join Us For Cocktails from page 11**

fundraiser will directly contribute to sustaining our local treasure. **Space is limited.**

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**Annual CCEDC Master Gardener Plant Sale Fundraiser Returns This May**

Spring is just around the corner, and Cornell Cooperative Extension Dutchess County (CCEDC) is gearing up for another thriving season with its **32nd Annual Master**

**Gardener Plant Sale Fundraiser!** Taking place on **May 16th and 17th** at the Farm and Home Center in Millbrook, this highly anticipated event will offer a diverse selection of annuals, perennials, vegetables, and herbs, all grown with care by dedicated Master Gardener volunteers.

For nearly five decades, the Master Gardener Volunteer Program has served Dutchess County, making it the first county in New York State to offer this esteemed volunteer opportunity. The program's mission is to train volunteers as peer educators, providing research-based knowledge to help the community manage gardens, lawns, and landscapes while emphasizing food security and environmental stewardship. "There are so many reasons why



Shoppers at the 2024 Master Gardeners Plant Sale at the Farm and Home Center in Millbrook, NY.

this program is essential," said Heather Brenner, Community Horticulture Program Coordinator. "Our Horticulture Hotline and lecture series give residents easy access to expert guidance. Whether it's pest control, diagnosis, or sustainable gardening techniques, Master Gardeners are here to help their

neighbors." **What to Expect at the Plant Sale?** A wide variety of garden favorites and new plant introductions. **Expert guidance** from Master Gardener volunteers supporting local horticulture education and outreach. A community-driven event for gardeners of all experience levels.

The **Master Gardener Volunteers** contribute significantly to the community by providing educational resources, workshops, and direct assistance. In 2024, **19 new volunteers** successfully completed Master Gardener training, expanding the program. The newsletter, **Dutchess Dirt** reached over **2,200 subscribers** monthly. A major milestone was securing the **Lower Hudson PRISM grant**, enabling invasive species management training for Dutchess County Parks staff. Educational materials, including a Spotted Lanternfly brochure and a QR-coded business card, were developed.

Additionally, the **Seed Library pilot program** launched in **six Mid-Hudson Library branches**, reaching over 130 individuals. The **Horticulture Hotline** handled **440+ inquiries** in 2024, highlighting the program's dedication to expert support. Volunteers revitalized the Diagnostic Lab

with new shelving, a lab table, and a wall-mounted microscope monitor display to enhance efficiency. The **Speakers Bureau** engaged over **275 community members** through educational presentations. "The program is growing in exciting new directions," said Isabella Magna Yannuzzi, the new Agriculture/Horticulture Program Leader. "This year, we are expanding our efforts with the NYS Seed to Supper (S2S) initiative, which provides local gardeners with resources to grow their own food on a budget. Through partnerships with Snap-Ed NY, we are also helping people turn their harvests into nutritious meals."

For more details on the Master Gardener Volunteer Program, the Annual Plant Sale, or to sign up for upcoming workshops, visit [ccedutchess.org](http://ccedutchess.org) or call 845-677-8223. **About Cornell Cooperative Extension Dutchess County (CCEDC)** CCEDC provides diverse programming throughout Dutchess County, including agriculture, horticulture, youth and family services, environmental and energy initiatives, financial literacy, and nutrition. Key programs include the Mid-Hudson Clean Energy Hub, Dutchess County 4-H, Taste NY at Todd Hill, Green Teen, No Child Left Inside (NCLI), and the Relatives as Parents Program (RAPP). Connection, Collaboration, Community: that's how CCEDC is Growing Forward! For more information on CCEDC's programs and services, visit [ccedutchess.org](http://ccedutchess.org) or call 845-677-8223.

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**You're Invited!**

Bindlestiff's Cirkus After School participants at Chatham's Morris Memorial will present Spring Cirkus to showcase their skills on Thursday April 3, at 5pm. The show is about 25 minutes long and is free for all! Family, friends, and community welcome.

You'll witness artistry on the aerial silks, mastery on the low tight-wire, poise and power on stilts, and an assortment of other circus skills. Youth are the creators of their acts, many of which are peer-to-peer collaborations, with guidance and support from Cirkus After School Site Director Amy Chen, Senior Staff Serria McGriff, Serenity McGriff-Phillips, and Tierell Oliver, plus Teen Staff Julian Cruz and Gunnar Verzello.

Bindlestiff's Cirkus After School uses skills like juggling, stilt walking, tumbling, partner acrobatics, prop manipulation and physical comedy to help youth to become stronger learners, community members, and leaders by encouraging them to express themselves creatively, challenge themselves physically, and work inventively with others. Our projected outcomes are aligned with Social Circus theory, as recognized by the American Youth Circus Organization, which proposes application of instructional and cooperative techniques from the world of circus arts to help accelerate desired outcomes in

youth development, therapeutic or community development settings. (www.ayco.org)

Bindlestiff's program at The Morris Memorial, for grades K - 8, has been running since 2008, and is free for participants. This program is supported, in part, by The New York State Council on the Arts, The Berkshire Taconic Community Foundation, Chatham Education Foundation, Rhinestrom Hill Foundation, Hudson River Bank and Trust, Greylock Federal Credit Union, Stewart's Shops, Price Chopper, and individual donors.

Bindlestiff Family Cirkus was founded in New York City in 1995 by stephanie monseu and Keith Nelson, and has been a Columbia County neighbor since 2005. Bindlestiff's Mission is to create original, collaborative circus experiences that nurture transformation in people and communities by centering joy, wonder, healing, beauty, and learning, by presenting high quality world class performances, lifting the diverse cultures, experiences, skills, and work of artists and creators, creating relevant, high-quality circus arts education programs for youth and adults of all abilities and serving emerging and established variety artists with funding opportunities, technical support, access to residencies, and professional development.

Bindlestiff's work is centered in its Core Values, of Joy,

Community, Innovation, Artistry, Folly, Play, Diversity, Equity, and Justice. For more information, visit [www.bindlestiff.org](http://www.bindlestiff.org)

**Spring Break Programs at Staatsburgh State Historic Site**

**April 16, 17, 18, 2025 at 10:00a.m.**

Staatsburgh State Historic Site, is offering three, instructor-led, interactive programs during local schools' upcoming spring break that explore the Gilded Age mansion through the lens of art and mythology, architecture, and the lifestyles of the rich and those in service to them. These programs are designed for children ages 8 to 12, when accompanied by an adult. To purchase tickets, visit: <https://fomas.eventbrite.com>

On April 16, *Mythology and Mascarons* brings students up-close with the gilded faces, known as mascarons, that adorn the walls and ceilings of the mansion. These ornate faces represent kings, archetypes, and mythological figures. Students will then sculpt one of their own to take home. On April 17, *It's a Gilded Life* includes a guided tour where students learn about life in a Gilded Age mansion over 130 years ago. A hands-on activity following the tour allows students to compare the lives of the servants and the gentry. On April 18, *Architecture of Staatsburgh* introduces students to famed architect, Stanford

White, and the neo-classical elements that comprise the 79-room, Beau-Arts mansion he designed. Using these elements, participants will build their own cardboard model to bring home. All three programs are from 10:00a.m. to 12:00p.m. and are for children ages 8 to 12, accompanied by an adult. For tickets, visit: <https://fomas.eventbrite.com>

Staatsburgh State Historic Site is open for guided mansion tours Thursdays through Saturdays. To attend a mansion tour, please make advance reservations on [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS); admission is charged upon arrival. Visitors may also enjoy a picnic or stroll by the Hudson River, or a hike along the woodland trails in adjacent Mills Memorial State Park.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State

Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's websites at, <https://www.Bookeo.com/StaatsburghSHS>, [www.Facebook.com/StaatsburghSHS](http://www.Facebook.com/StaatsburghSHS), and [www.staatsburghstatehistoricsite.blogspot.com](http://www.staatsburghstatehistoricsite.blogspot.com). Staatsburgh's events are also listed at parks.ny.gov

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, and welcomes over 80 million visitors annually. For more

**Continued on page 15**



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**Rhinebeck's Dowden Agency from page 1**

Carl notes that he's proud of the 50 years his brother Bill (William Dowden, who passed away in 2022) and he spent serving the region with their go-to local insurance business. And he says that going forward, he's confident Marshall+Sterling will provide their longtime loyal clients with exceptional and personal service.

"Marshall+Sterling prides itself on being committed to helping secure its clients' success," Carl says. "Since 1864 the company has been synonymous with

outstanding service and insurance protection, striving to educate their clients about their risks and tailoring coverage to meet their clients' unique requirements."

**Balancing Costs With Prudent Coverage**

One of the things that sets independent insurance agencies like Dowden Agency and Marshall+Sterling apart is the ability to choose from multiple insurance products and providers in a way that suits client needs.

Another advantage of local presence is the ability to develop relationships and better

understand customer needs. That allows for providing expertise and advice that can't be matched when people buy online via impersonal processes.

Carl says his job over the years has been to work with clients to make sure they understand different kinds of insurance, as well as trade-offs between things like price and coverage, that meet different expectations and needs.

When it comes to home insurance, Carl notes it's usually the biggest asset and center of people's daily living and deserves to be covered with the best protection possible.

"Replacement cost value is different than market value or even the assessment for your property taxes because it deals with building material costs and labor," says Carl. "Whereas the market value can fluctuate based on what the real estate market is doing and also includes the value of the land that your house sits on."

He notes that while inflation has led to replacement cost assessment increases, and thus insurance rate adjustments, replacement insurance is a prudent choice for many homeowners.

"What people are seeing is some increase in their premiums on homeowner's policies, because the insurance companies are reviewing the replacement costs and increasing the coverage on their homes."

Auto insurance is another area where having personalized guidance and assessment of client needs is important, says Carl: "With auto insurance, you can review your deductibles for comprehensive and collision coverage, and increasing your deductible can help save premium costs."

"So, some advice I would give people is to review your policies about every two or three years to make sure that your homeowner replacement cost value is up to date and see if there are any changes you can make on your auto insurance with deductibles."

One insurance offering that isn't that expensive but can

save clients major expenses in the event of accidents and related circumstances is personal umbrella liability insurance, which Carl says he commonly recommends.

"Umbrella liability insurance, as the name implies, is over the coverage provided by your homeowners and your personal auto policy. So, if you were in a serious automobile accident, say, and you were sued, your auto insurance policy would come into play first. With the lawsuit, if there is a settlement against you, if it exceeds the limit of your auto policy, you're responsible for that additional amount yourself. If you have an umbrella – then it would go to the umbrella policy."

"And I frequently recommend that to people, because it's usually not a very expensive policy to purchase – it's usually just a few hundred dollars – depending on the number of cars you have, and residences. But it's less expensive than hiring your own attorney, which the company would recommend you do if the lawsuit went above the limits of your auto policy or if it's a homeowner's claim above the limit of your homeowner's policy."

**Big Enough To Offer the Best, and Local Enough to "Ensure" that Personalized Attention**

Carl says knowing that clients of Dowden Agency will be served by one of the most renowned long-term regional insurers, Marshall+Sterling, which was established in Poughkeepsie more than a century ago, is gratifying.

"Marshall+Sterling is an independent agency like I am, though they're larger, of course. But the advantage I find in dealing with an independent agent is that we have more choices for you. We can research multiple companies and find the best ones to provide particular kinds of coverage, and maybe a more affordable premium. And you get personal advice."

Also, people these days sometimes opt for online or direct phone contact with automated processes that lack personalized attention or guidance.

"Sometimes when you go online to get a quote like that, you will fill out the questionnaire and it will say, how much coverage do you want for your liability insurance? And do you want comprehensive coverage?"

**Continued on page 15**

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**Rhinebeck's Dowden Agency from page 14**

Do you want collision coverage? Do you want personal injury protection, otherwise known as No Fault coverage? Some people may not understand insurance terminology, so they have a tendency, I think, to click the lowest number to get the lowest premium, but they might not be getting the coverage they need to protect themselves and their assets. And that's really the whole principle of insurance: to pass on a financial risk that you can't handle by yourself and pass that on to the insurance company."

**Dowden Agency: A Longtime Legacy of Service to Rhinebeck and Beyond**

Dowden Agency's story began with William W. Dowden, IV, a Rhinebeck native who transformed the Laura Wildey-Ham Agency into a community

cornerstone after graduating from Jacksonville University. Bill was a civic leader who served as Rhinebeck Town Supervisor and councilman for over 15 years. Carl joined his brother as a sales representative at Dowden Agency, after graduating from Husson University in Bangor, ME. Together they served the Rhinebeck and Northern Dutchess region for nearly 50 years together, until Bill passed away in 2022.

A member of Rhinebeck Lodge #432 F. & A.M.; Rotary Club of Red Hook, NY and Third Evangelical Lutheran Church, Rhinebeck, NY, Carl also currently serves as chairman of The Red Hook Rotary Foundation. He recently became a member of the Wilderstein Historic Site Board of Directors.

With the merger of Dowden Agency and Marshall+Sterling,

Carl is now crafting a fitting final chapter to a legacy of service, one that has guided countless local clients through life's often challenging moments with support that a trusted insurer can offer. The Dowden Agency  
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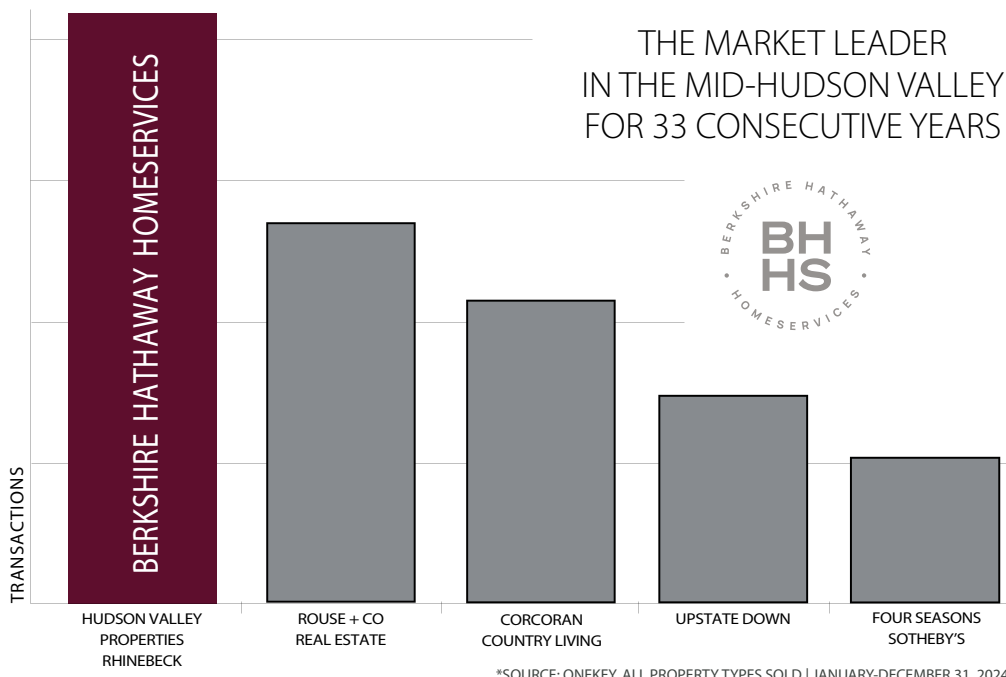
**Spring Break Programs from page 13**

information on any of these recreation areas, visit parks.ny.gov, download the free NY State Parks Explorer app or call 518.474.0456. Connect with us on Facebook, Instagram, X (formerly Twitter), the OPRHP Blog or via the OPRHP Newsroom.

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Wednesday, April 2, 8:30a.m. - 9:30a.m.:

Coffee & Connections @ Columbia County Chamber Offices

Thursday, April 3, 5:00p.m.: Ribbon Cutting: WanderWise (Chamber Offices)

Friday, April 4, 5:00p.m. - 7:00p.m.:

Kick-Off Committee: Women In Business (Chamber Offices)

Every Tuesday, 10:00 - 11:00 a.m.: Qigong ~ Tai Chi, Hudson Area Library

Every Wednesday, 1:15p.m. - 2:00 p.m.:

FREE Chair Yoga for Healthy Joints, by Roots Holistic @ Philmont Public Library

Every Thursday, 10:30 - 11:30 a.m.: Core Strength & Balance Class, Hudson Area Library

Every Thursday, 4:00 - 5:00 p.m.: Movement and Music Storytime (Youth Event), Hudson Area Library

First and Third Wednesdays, 5:30p.m.:

Taconic Toastmasters at the Chamber Office

Third Thursdays, 8:00a.m. - Sunset:

Tour Grounds & House of Olana State Historic Site (Free, First Come, First Served)

First and Third Wednesdays, 6:00pm:

Trivia with Nabal at Upper Depot

Second Wednesdays, 5:30p.m.:

Caregiver Support Group with Alzheimer's Association of NENY at the Chamber Office  
Check Out Our Events Calendar

## From our friends at Baryshnikov Arts: SPRING BREAK PROGRAMS

are coming to Kaatsbaan Cultural Park this spring! APRIL 14 - 18

Programs are for children ages 4 through 12 and use play-based activities to allow children to engage their inner artist in new ways. Baryshnikov Arts is providing a week of arts education programming at Kaatsbaan Cultural Park. In alignment with their education core values of community, creativity, high quality, and lifelong learning,

programs will use play-driven activities to engage children in creative practice through a variety of art forms: **Dance, Drama, Visual Art, and Music.** **Spring Break Young Artists** is for ages 4 and 5, and provide a developmentally appropriate environment to introduce children to the arts.

**Spring Break Arts PlaySpace** is for ages 6-9 and 9-12, and allow children to explore art forms, culminating in a Friday performance for family and friends.

**Registration is open until April 8**

To learn more about the program, tuition, and scholarships, visit

**Baryshnikov Arts' Education & Community Engagement**

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**Village Two Family with Potential for Growth!**  
**Village of Red Hook, NY:** This property features a light-filled 3 BR home w 2 sunrooms, a stone FP, & a large BTH w skylights. Recent updates include roof, skylights, & carpets. A separate 2 BR cottage w 2-car GAR offers potential for guests, family, or rental income. The property also includes a detached 2-car garage, a stone building for storage, & 1.3 acres of park-like land. An additional building lot of nearly an acre, is included, offering options to build another home or expand the compound. Just a 2-minute walk to the village & 10 minutes to TSP, this property offers great potential in a prime location. Asking **\$825,000**

**Walk to Village/Hannaford & Lyceum! Red Hook, NY:** Easy living in this 5-year young 3 BR / 2 BTH Manufactured Home in well-maintained park. Features include Open FP, bright & sunny KIT with abundant cabinetry, DA overlooking front yard & Cozy LR to entertain guests. Primary BR w large En-Suite & two guest BR's with their own FB. A separate mudroom doubles as laundry w a new stack-able W/D. Economical affordable w propane heat. Updates include new gutters & central air. Located minutes to Village. Asking **\$178,000**

**Move In, Replace or Build New!**  
**Red Hook, NY:** Older manufactured homes serves as living quarters for the current family. A separate foundation, building permit & a fully approved set of stamped plans are included with the property. Replace the current home with a newer model or build your dream home or studio. Infrastructure in place includes well, septic & electric. Set on 1+ pretty acres within 5 minutes to TSP / 10 minutes to Red Hook & Rhinebeck. Asking **\$200,000**

**Fixer Upper with Classic Details!**  
**Elizaville, NY:** "Diamond in The Rough" best describes this 1930's Farmhouse w details of the era still intact. Classic moldings & beautiful wide board floors. Spacious country KIT, Large FR w vaulted ceilings, Cozy LR can also double as a first-floor BR w own FB. Upstairs you'll find two BR's & another FB w Skylight. Set on 1+ acres w a variety of outbuildings. 10 minutes to Red Hook & TSP. Asking **\$249,000**

**1930's Vintage Charmer with Modern Updates!** Amenia, NY: Located in the picturesque, storybook town of Amenia sits this Vintage 1930's Charmer featuring modern updates w a comfy, country home vibe. Enter a welcoming entryway & enjoy convenient built-in's to store coats & shoes. An open LR & DA w pellet stove for cozy, efficient heating, floats effortlessly into a sparkling KIT w Quartz counter, new cabinets & updated appliances. Gorgeous HW flrs, new windows, & recessed lighting create a bright & airy ambiance. Off the KIT is a spacious LA, guest BTH, door to Trex deck, blue stone patio, & fenced yard. Mature shrubbery & plantings create a PVT oasis where the whole gang can gather around the firepit. A large Primary, FB & 3rd BR complete the picture. Walk to the Rail Trail, shops, & restaurants, just a short drive to Metro-North. Asking **\$429,000**

**Charming Farmhouse, Minute to Village!**  
**Red Hook, NY:** Charming Farmhouse Situated on 5+ ac., just minutes to the village! A charming front porch greets you as you walk into an EIK w gleaming HW Floors & plenty of cabinet space. Off the KIT is a Bonus Rm, perfect for an Office / Playrm. Separate Laundry w an abundance of closet space. The spacious LR guides you to a first-floor Primary En suite & a separate Sunroom to enjoy in all weather! This home has an array of charming details w modern updates including, new furnace, C/A, charcoal water filter & electrical system. Want more land? Boarding 4+ Acres is also for sale, Let's Make a Deal! Asking **\$499,000**

**Land for Sale:**

**Red Hook, NY:** Minute to Village  
4.98 Acres **\$175,000**

**Tivoli, NY:** Private with Seasonal Mountain Views  
10.15 Acres **\$399,000**

**Tivoli, NY:** Garage with Water & Electric  
16.27 Acres **\$229,500**

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