



Hudson River View

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Vol. X Number 9 - Serving Northern Dutchess & Southern Columbia County November 2025

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Cooking for Christmas in the Gilded Age Author Talk & Book-Signing at Staatsburgh State Historic Site

Saturday, November 1, at 2:00pm
Extraordinary cuisine and
impressive dining were hallmarks
of entertaining at Staatsburgh, the
Gilded Age country estate of Ruth
Livingston Mills and Ogden Mills;
a large part of one floor of the
historic mansion was dedicated
to food preparation, storage, and
elegant presentation. Christmas
is also a special time for the site,
as Staatsburgh State Historic Site
presents the mansion lavishly
decorated for the holidays.
Combining these two themes, on
Saturday November 1, at 2:00pm,
the site will present author Becky
Libourel Diamond, whose new
book, *The Gilded Age Christmas
Cookbook*, translates holiday
recipes from an earlier era for
the modern cook while providing
interesting historical notes and
culinary history. Ms. Diamond
will sign copies of her book which
is available in the site's giftshop;



Becky Libourel Diamond

a reception with the author will
include tastings of two cookie
recipes from the book. Tickets
are \$15/person, available at
<https://FOMAS.eventbrite.com>.
Although most Americans have
heard of sugar plums thanks to
the famous holiday poem *A Visit
from St. Nicholas*, many have
likely never had the pleasure of
tasting one of these luxuries, or
even know what they really are
(hint: they are not sugar-dusted
plums). This is because sugar
plums are one of the Gilded
Age-era holiday sweets that was

Continued on page 3

CYNTHIA BAER RECOGNIZED WITH A DAR COMMUNITY SERVICE AWARD

On Sunday, October
20, at the monthly
Chancellor Livingston
Chapter NSDAR
meeting, Cynthia Baer
was presented with



from right to left: Dorris Harrington, CLC
Regent; Cynthia Baer, Brenda Klaproth,

the National Society Daughters
of the American Revolution
Community Service award. The
room was overflowing with
members and guests who came to
share her honor.

This award is given to recognize
individuals or groups for their
outstanding volunteer work and
contributions to their community
over the last five years. This is a
local award given by individual
chapters, not a single national
award.

The nomination process
involved submitting a form to our
local state chair, and requesting
three letters of recommendation.
It was quickly approved since
Baer's impact on Rhinecliff is
significant. It was noted that it
would be hard to find someone
who has given so much time to
her community as she has.

President of the Rhinebeck
Grange #896

Treasurer of the Rhinecliff
Volunteer Fire Company and
Rescue Squad

Coordinates the pancake
breakfasts for the Rhinecliff Vol.
Fire Co.,
Chair of the Annual Chili
Cook-off and Field Day held at
Firemen's Field for 12+ years
Spear-headed the drive to
construct a Picnic Shelter at
Firemen's Field

Created and maintains pollinator
garden at Firemen's Field with
the Rhinebeck Grange
Coordinates Fire Co. scholarships
for area graduating high school
students

Continued on page 2

16th Annual Community Thanksgiving Buffet



Enjoy a Traditional Thanksgiving
Buffet with Friends and Family
without a fee

When: Thursday, November 27th

Where: Red Hook Firehouse
Firehouse Lane

Time: Buffet 12 Noon
(one seating only)

Drive-through take-out also
available: starting at 2:00 pm
Reservations for both are required
by Tuesday, November 25th
Please Call Holy Cow at
(845) 758-5959

Sit wherever, eat whatever,
but come!

All Are Welcome!
Happy Thanksgiving!

Take A Moment To Thank A Veteran

By Joanna Fuchs

When you see someone in a
uniform,

Someone who serves us all,
Doing military duty,

Answering their country's call,
Take a moment to thank them
For protecting what you hold
dear;

Tell them you are proud of them;
Make it very clear.

Just tap them on the shoulder,
Give a smile, and say,

"Thanks for what you're doing
To keep us safe in the USA!"



A Thanksgiving Prayer

Oh, God, when I have food
help me to remember the hungry;
when I have work, help me
to remember the jobless;
when I have a warm home,
help me to remember the
homeless;

when I am without pain, help me
to remember those who suffer;
and remembering, help me
to destroy my complacency
and bestir my compassion.
Make me concerned enough
to help, by word and deed,
those who cry out
for what we take for granted.
—Samuel F. Pugh

Sage City Symphony to Present Fall Concert November 16

On Sunday, November 16, at
4:00 p.m. Sage City Symphony
will present a Fall Concert at
Greenwall Auditorium in the VAPA
Building at Bennington College.
This concert is sponsored by the
Bank of Bennington. Admission
is free and open to all. The
venue is handicapped accessible.

On the program: Symphony
#25 by Mozart, premiere of a
new work by Alex Rockwell;
Symphonie #5 by Shostakovich
ABOUT COMPOSER AND
GUITARIST ALEX ROCKWELL

Alex Rockwell is a guitarist,
composer, and teacher based
in upstate New York. He began
learning the guitar at age 14,
originally self-taught then
studying with Archie Anderson.
Alex learned a wide variety of
musical styles and was encouraged
to pursue music professionally.
Alex obtained an Associate's
Degree in Music from SUNY
Adirondack then a Bachelor's
Degree in Music Performance
from SUNY Fredonia, studying
under internationally acclaimed
James Piorkowski. He obtained



Alex Rockwell

a Master's Degree in Music
Performance from Austin
Peay State University (APSU)
under the instruction of another
internationally acclaimed
guitarist, Stanley Yates. During
his time at university, Alex
received numerous academic
awards and honors. At SUNY
Adirondack, he was a recipient
of the Parnassus Award for
Excellence in Music Performance
from SUNY Adirondack, a three-
time recipient of the Trinity
Guitars Guitarist of the Month
Award from SUNY at Fredonia

Continued on page 4

Spencertown Academy Arts Center Presents "Curator as Artist IV" Exhibit November 15 – December 7

Spencertown Academy
Arts Center presents the
"Curator as Artist IV" exhibit,
featuring paintings, collages,
metalwork, and jewelry by
members of the Academy
curatorial committee, including
artists Karen Andrews, Munya
Avigal Upin, Norma Cohen,
Meryl Enerson, David Lesako,
Alice McGowan, and Amelia
Toelke. On Saturday, November
15, there will be an opening
reception from 3:00p.m. to
5:00p.m. and the show will
remain on display through
December 7. Gallery hours are
Saturdays and Sundays from
1:00p.m. to 5:00p.m. Admission
is free and the artworks are
for sale, with a portion of the
proceeds benefiting the Academy.

"Curator as Artist IV" features
art by curators who have been
actively involved in mounting
exhibits at the Academy during
the last two years. "As committee
members do not enter any of
the juried or open call shows
we organize, their artwork is
presented as a separate exhibit,"
says Curatorial Committee Chair
Meryl Enerson. "This show
has been curated internally by
David Lesako, a talented exhibit
designer who has assisted on the
layout and hanging of most of the
exhibits at the Academy, and we



"Amulet" by Amelia Toelke (24k
gold leaf and gouache on paper,
27.25 x 21.25 inches)

thought he would be the perfect
choice to curate our own show."

"All of the Academy curators
are artists," notes Lesako.
"With this show, I have had the
pleasure of visiting their studios
and helping select the work."

Karen Andrews is a watercolor
artist and photographer based in
West Stockbridge, MA, where
she runs her fine art gallery,
Inner Vision Studio. "What is
sacred to me about painting,"

Continued on page 3

The December
Edition Of The
Hudson River View
Will Be In
Area Homes On
December 3rd
The Deadline For
Advertising And
Press Release
Submission
Is November 19th

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ACCORDING TO QUACKERS



The Stick-Together Families

By Edgar A. Guest

The stick-together families are happier by far
Than the brothers and the sisters who take separate highways are.
The gladdest people living are the wholesome folks who make
A circle at the fireside that no power but death can break.
And the finest of conventions ever held beneath the sun
Are the little family gatherings when the busy day is done.
There are rich folk, there are poor folk, who imagine they are wise,
And they're very quick to shatter all the little family ties.
Each goes searching after pleasure in his own selected way,
Each with strangers likes to wander, and with strangers likes to play.
But it's bitterness they harvest, and it's empty joy they find,
For the children that are wisest are the stick-together kind.
There are some who seem to fancy that for gladness they must

room,
That for smiles that are the brightest they must wander far from home.
That the strange friend is the true friend, and they travel far astray they waste their lives in striving for a joy that's far away,
But the gladdest sort of people, when the busy day is done,
Are the brothers and the sisters who together share their fun.
It's the stick-together family that wins the joys of earth,
That hears the sweetest music and that finds the finest mirth;
It's the old home roof that shelters all the charm that life can give;
There you find the gladdest playground, there the happiest spot to live.
And, O weary, wandering brother, if contentment you would win,
Come you back unto the fireside and be comrade with your kin.



Cynthia Baer Recognized with a DAR Community Service Award from page 1



An informal picture creating a punched metal ornament

Past contributions include:
Former EMT for the Rhinecliff Volunteer Fire Company
Chair of Rhinecliff Waterfront Committee
Founder of Rhinecliff Day and Rhinecliff Waterfront Day in the late 90s/ early 2000s
Former Girl Scout Leader
Chair of the Rhinecliff Ladies Auxiliary Halloween Party for nearly 20 yrs.

After the certificate and pin presentation, Cynthia gave a slide presentation on "The Homespun Movement and Crafts of the Revolutionary War Era."

A hands-on craft-making session to create a punched tin ornament followed her talk.

Cynthia recently retired from a fifteen-year career teaching art at Rhinebeck High School. She plans to launch her latest idea, Art-A-Go-Go Creation Station offering art programs to homeschool pods, assisted living facilities, the home-bound and as fund-raisers in the coming year. Programs are designed to stimulate people of all ages to

think about art and themselves in new ways.

Beginning in January 2026, Cynthia will also be guiding the Makerspace Program at Morton Memorial Library. For more information, contact Morton Memorial Library at 854-876-2903.



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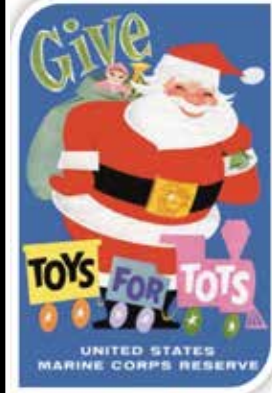
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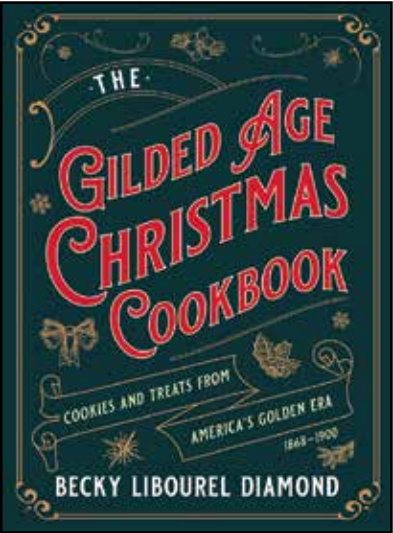


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Cooking For Christmas in the Gilded Age from page 1

eclipsed as America moved into the 20th century. But *A Gilded Age Christmas* will bridge the past and present, bringing back confections not typically found in modern cookbooks, while revisiting some beloved favorites. With origins that date back to the 19th century and even earlier, the recipes in *A Gilded Age Christmas* have been adapted for today’s ingredients and appliances, allowing cooks to recreate them in their own modern kitchens. Each recipe will provide a colorful glimpse into the era, featuring the fascinating history behind it, its ingredients, and baking methods. There will also be sidebars throughout, offering tidbits of Christmas lore of the era. A perfect gift to bring sparkle to the holiday season for anyone who enjoys food, history, culture and Christmas traditions, *A Gilded Age Christmas* is a unique way to revitalize any baker’s holiday repertoire while looking to past foodways for inspiration. Other books by Ms. Diamond, along with a large array of gift items, are available in the site’s gift shop. The book is published by The Globe Pequot Publishing Group, ISBN 9781493088423. Becky Libourel Diamond is a food writer, librarian and research historian. Her most recent book, *The Gilded Age Cookbook*, blends Gilded Age details and celebrity stories with historic menus and recipes updated for modern



kitchens. She is also the author of *The Thousand Dollar Dinner* and *Mrs. Goodfellow: The Story of America’s First Cooking School*. Visit her at www.beckyldiamond.com



Staatsburgh’s 79-room mansion overlooking the Hudson River is in the hamlet of Staatsburg, between Hyde Park and Rhinebeck. A time capsule of the Gilded Age, Staatsburgh retains its original furnishings and opulent décor. The historic

estate grounds surrounding the mansion, now Ogden Mills & Ruth Livingston Mills Memorial State Park, offer scenic walking paths as well as woodland trails. Staatsburgh State Historic Site opens its holiday season and *A Gilded Age Christmas* on Friday, November 28, with self-guided tours of the decorated rooms and special programs. Reservations for an entry time can be made at www.Bookeo.com/StaatsburghSHS; admission is charged upon arrival. Visitors may also enjoy a 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, and 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 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](#).

Spencertown Academy Arts Center Presents “Curator as Artist IV” Exhibit from page 1

she says, “is my intention of recording deep, special moments of authentic feeling and seeing. I cannot deny the influence of 25 years as a photographer, which preceded my life as a watercolor painter. Most of my images are of places and experiences I was able to capture quickly with my camera—the way a stand of trees caught the light, the corner of two buildings, a look on someone’s face or dancers in motion.” Munya Avigail Upin has been working with metal for over 50 years. She has taught at the University of Wisconsin, Southwest Texas State University, Haystack, Penland, and

numerous art centers throughout the United States and she is the recipient of a Mid-America Arts Alliance fellowship and a Niche award, among others. Avigail Upin has exhibited around the world and is in numerous private and public collections, including the Jewish Museum (NYC), Clarion University, and the University of Hawaii. She is represented by Laurie Donovan Designs and Concepts of Art, both in Lenox, MA. Norma Cohen is a mixed-media artist and painter, working in collage, watercolor, acrylic, Continued on page 4

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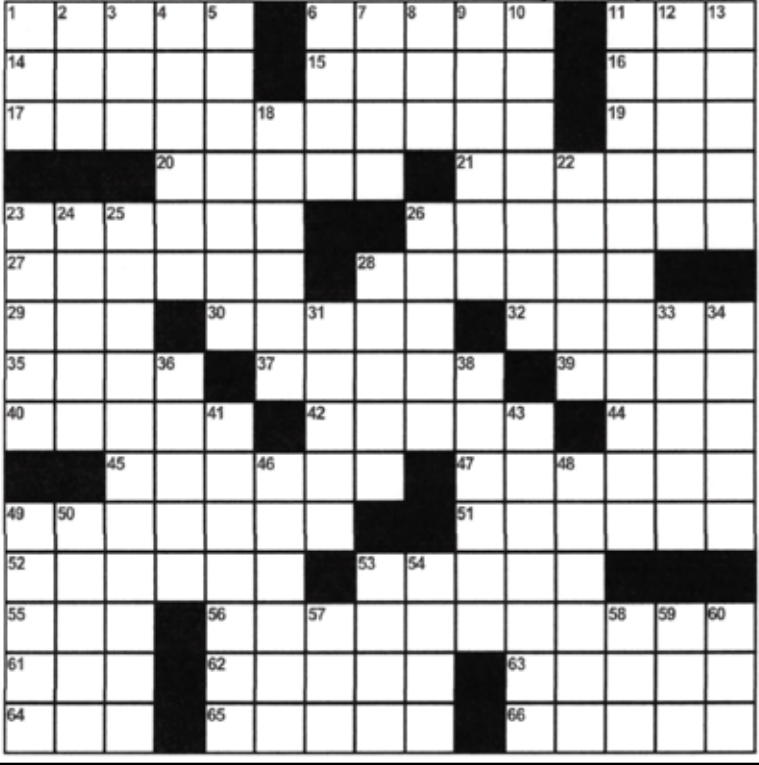
1) Swap
6) Ancient calculators
11) Baby that barks
14) Lots of land
15) Man-made fiber
16) Santa ____, Calif.
17) Indy 500 leaders
19) Sleet-covered
20) "____ porridge hot ..."
21) Bring under control
23) Trees with quaking leaves
26) Legendary actress Holm
27) Meeting with a medium
28) Holder of baby's milk
29) Attack, to a dog
30) Baylor of basketball fame
32) Begot
35) Looped cross
37) Japanese rice wines

39) "As ____" (letter closing)
40) Arizona flat tops
42) Place of pilgrimage, for some
44) English 101 verb
45) More creative, perhaps
47) Abdominal protrusion
49) Disheartens
51) Author
52) Natural, hairwise
53) Newton of science
55) Shutout score, in soccer
56) It's undone for change?
61) Part of SUV, briefly
62) French school
63) Over, as a meal
64) Faux ____ (public misstep)
65) Impede the progress of
66) Ice cream serving

DOWN

1) Spigot
2) Old electronics company
3) Line made with a compass
4) Extend farther down
5) True nature
6) They might be liberal
7) Make less intense
8) "Sure thing, skipper!"
9) Outmoded women's garment
10) "Yo mama" jokes, essentially
11) Professional butler, for one
12) Whole, as a film
13) Check casher
18) Art-studio stands
22) Be in contradiction with
23) Black tea from India
24) Catcher in the Rhine?
25) Burdens for Grand Canyon mules
26) Like a dunce cap
28) Man on a "hog"
31) Arcade attractions
33) Creepy and supernatural
34) Dismal, to a bard
36) Built to take it
38) Unstressed vowel sounds
41) Prepared tea, in a way
43) Pumps full of bubbles
46) Bring on, as labor
48) Zigzag braid on clothing (Var.)
49) Time to rise, for some
50) "West Side Story" girl
53) Sea-girt land
54) Tarot reader, supposedly
57) Decay
58) "What was ____ think?"
59) Keanu in "The Matrix"
60) A country's output, for short

P.S. By Timothy E. Parker



Solution on page 4

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Sage City Symphony to Present Fall Concert from page 1

and was chosen fellow for the Craig Einhorn Fellowship. While a Graduate Teaching Assistant at APSU was the winner of the APSU Concerto Competition. Alex taught as an adjunct music professor at APSU from 2017 to 2019 following the completion of his studies. After a period of career uncertainty owed in large part to the Covid-19 pandemic, he developed an online guitar and music teaching business instructing students from all over the world. He has produced numerous videos on YouTube and his social media platforms pertaining to guitar and music theory, a number of original guitar exercise books, compositions, and arrangements that he regularly sells to viewers and supporters.

As an artist, Alex primarily composes instrumental guitar-centric music, drawing inspiration from his extensive classical guitar studies, jazz and fusion music he was exposed to as a student, and the rock and metal music he enjoyed in his teenage years. In October 2025, he released his first album of compositions for the guitar, *Deep Thought Quiet Space*. He will be premiering a new work on Nov 16, “Mugunghwa for Guitar and Orchestra” featuring himself a guitar soloist. This is a new and exciting direction for Sage City Symphony. ABOUT MUSIC DIRECTOR MICHAEL FINCKEL Having served as principal cellist during Sage City Symphony’s early years in the 1970s, and later as a commissioned composer and cello soloist, music director

Michael Finckel continues the unique traditions and musical standards of the orchestra’s cofounder, Louis Calabro.

A native of Bennington, Vermont, Finckel’s formative studies were with his parents, both prominent musicians well known throughout the state. He later attended Oberlin College Conservatory of Music and Bennington College, where he studied composition, conducting, and orchestration with Louis Calabro and Henry Brant. He has taught cello and composition at Bennington and Marymount Colleges, and at Princeton and Cornell Universities. As a member of the faculty of the Vermont Governor’s Institute on the Arts, he taught gifted junior and senior high school students from around the state. Currently living in New York City, Finckel is engaged in an active multiple career as soloist, chamber musician, composer, teacher, and conductor. As a cellist he has performed with orchestral and chamber ensembles in venues from coast to coast and across Europe. He has performed and coached at the Composers Conference and Chamber Music Center in Wellesley, Massachusetts, and the Chamber Music Conference in Colgate New York.

ABOUT SHOSTAKOVICH SYMPHONY #5

This symphony is massive work of great difficulty.

Symphony #5 was written out of a terrifying time for Shostakovich under the reign of Stalin. As he was finishing his fourth symphony, Stalin and his cultural advisers acted with great prejudice towards his opera *Lady Macbeth of the Mtsensk District*. They decided

that the irreverence in this opera was inappropriate for the Soviet audience. *Lady Macbeth* was immediately banned from Soviet theaters, and Shostakovich’s future, musical and personal, became terribly uncertain. Shostakovich withdrew his Fourth symphony after a few rehearsals under pressure from local officials. It was not performed until 1961, by the Moscow Philharmonic Orchestra.

When he started work on the Fifth Symphony in April 1937, Shostakovich was very aware of the risks he faced in creating music that was personally satisfying while avoiding again upsetting the Party. He wrote: “My new work could be called a lyrical-heroic symphony. Its main idea is the sufferings of mankind and an all-affirming optimism. I aimed to show how—through a series of tragic conflicts and great inner spiritual struggle—optimism is affirmed as a world view. The subject of my symphony is the genesis of the individual. I placed man and all his sufferings at the center.” Musically, the harmonic style and formal structure of the Fifth Symphony are more accessible than earlier works. This symphony follows classical symphonic form and was presented with no personal dedication or programmatic description from Shostakovich; perhaps to avoid further trouble. ABOUT SAGE CITY SYMPHONY

Cofounded in 1972 by composer Louis Calabro and Christine Graham as a community and college orchestra with close ties to Bennington College, Sage City Symphony gave its first concert in 1973. At the time, it was one

of only a handful of orchestras in the country to commission and premiere new works. Today the symphony performs the traditional classical repertoire as well as contemporary music, commissioning and premiering new pieces each season, with the mission of presenting programs that are beyond the usual ambition of community orchestras and that offer a challenging playing opportunity to local musicians. The symphony attracts a high caliber of dedicated amateur and professional players who travel from throughout Vermont, New York, and Massachusetts for weekly rehearsals during the concert season. Auditions are not required, and academic credit is available for Bennington College students who participate. Information about joining the symphony, as well as COVID protocols observed at rehearsals and concerts, is available at www.SageCitySymphony.org.

Sage City Symphony is a registered federal non-profit organization in the State of Vermont that relies entirely on generous donations, gifts in kind, grants, and volunteer services from individuals, local foundations, businesses, and sponsors. Donations are gratefully received by mail at Sage City Symphony, PO Box 547, Shaftsbury, VT 05262 or online via www.SageCitySymphony.org. Concerts are always free and open to all.

Spencertown Academy Arts Center Presents “Curator as Artist IV” Exhibit from page 3

graphite, and oil crayon. She creates work based on her studies and interest in art history, frequently collaging media and objects from different sources and timelines into her work. For this exhibit, she presents a variety of work, some abstract, and some representational in nature. Her art has been shown nationally, in New York City, Columbia County, Pennsylvania, California, and internationally, in Paris, where she received

a Residency award from the Ministry of Cultural Affairs. Meryl Enerson, who is both a painter and digital media designer, considers painting to be the perfect antidote to modern life. She is drawn to the tactile nature of paint, especially oil paint, and loves how the process of working from life sharpens her awareness of the present. “When you paint from life, you really have to look at the thing, the place, or the person you’re trying to capture,” she says. “Then every distraction falls away, and suddenly you’re free.” She first developed a passion for painting when she and her husband, Fred, moved from New York City to Columbia County 25 years ago. “The landscapes here just beckon artists,” she says. She will be exhibiting some of her oil landscapes.

David Lesako is a landscape artist who works primarily in pastels. “I love capturing the landscape in all seasons and conditions,” he says. “I see my artworks as documents of time and place. When working ‘en plein air,’ I like to work in pastels, as they are bright and I can work quickly and capture a scene as the light changes.” Lesako has a background in art education, having taught at public schools and the university level. He now teaches drawing, watercolor painting, and lino printing to adults at the Art School of Columbia County in Harlemville, NY, where he also serves as the gallery curator. Alice McGowan is a still life painter who works in oils and pastels. Her favorite subject matter are the fruits and vegetables she grows in her own gardens in North Egremont, MA, where she lives with her husband, Brian. “My paintings often reference personal history,” says McGowan. “... my grandmother’s and my own canned peaches, the larger-than-life vegetables that sat in the shadows of postwar Japan where I was born. And they are also about the tomatoes and pumpkins ripening on the counter today.”

Continued on page 10



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Dear Friends and Community,

This is a difficult letter for me to write as Commander of American Legion Post 429.

As many of you know, we recently suffered a devastating fire in our building. The fire began upstairs, causing extensive damage, including to our canteen and banquet hall. Unfortunately, when we submitted our insurance claim, it was denied. We now have attorneys working on this matter, and we remain hopeful for a positive outcome.

The American Legion proudly supports veterans in Rhinebeck and the surrounding areas. We are also deeply committed to our community-supporting organizations such as the Boy Scouts, Girl Scouts, auxiliaries, fishing clubs, and many others who turn to us for assistance. In addition, our banquet hall has long been available to the public, helping us cover expenses while serving as a gathering place for the community.

Now the tables have turned, and we are the ones in need. Our immediate goal is to reopen the canteen and ballroom so we can begin generating revenue again and covering our ongoing expenses. From there, we will move into Phase 2-completing the repairs needed to fully restore our building.

We have established a GO-Fund-Me page on our website at: americanlegion429.org to help with our recovery efforts. Every donation, no matter the size, brings us one step closer to reopening our doors, continuing to serve veterans, and giving back to the community we love.

Thank you for standing with us during this difficult time.

With gratitude,
Commander John Imperato
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Astor's Adopt-A-Family program matches children and families in need with volunteers that are able to buy gifts. With generous donations of time and money, Astor helps over 1,500 children and families during the holiday season.

Every child deserves to have happy memories associated with the holiday season. Astor asks you to lend your support to make their wishes come true.

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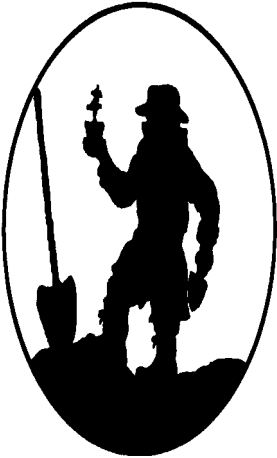




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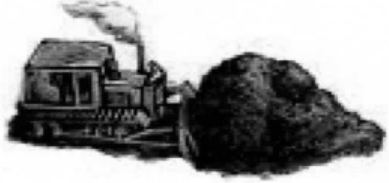


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Rabies

By Julianne Porter

Most of us are aware that rabies is a serious disease, but we might not realize that rabies is still a constant presence in wildlife throughout New York State. Rabies is not as rare as you may think and it remains a disease of public health significance. In early October of this year, a white-tailed deer was confirmed to have rabies in Columbia County, and the month prior, a rabid raccoon with human exposure was found in Sullivan County. Sullivan County also had a rabid cat confirmed in 2023.

There are more than 50,000 human deaths from rabies annually worldwide. There are thankfully few reported cases in domestic dogs and cats in New York State since a law requires all domestic dogs and cats be vaccinated against the disease.

Rabies is contracted through the bite and saliva of an infected animal. The virus replicates in the tissue around the bite and then travels along the nerves to the brain. It can take anywhere from a few days to a few months for the disease to show up after an infected bite. Once the rabies virus has entered the nervous system the disease is rarely curable. While human exposure to rabies in New York State is not common, one should always be aware of the risk for potential exposure and avoid high risk situations such as wildlife encounters.

The most commonly reported rabid animals are skunks, raccoons, bats, foxes, coyotes, and feral cats. However, any mammal can be infected with the virus. Rabid animals generally display abnormal behavior such as a wild animal seeming friendly and then suddenly becoming aggressive and biting. Common

signs of rabies infection include anxiety, confusion, agitation, excessive salivation and difficulty swallowing. Rabid animals with overt symptoms are easy to spot due to their strange behavior and are usually avoided by humans. It is the seemingly friendly cat, dog, or wild animal that can lead us to let down our guard.

One of the best ways to protect your pet and yourself is to vaccinate your pet against rabies. Although wildlife in the US accounts for most the rabies cases, your pet can be exposed via rabid wildlife and bring the disease into your home. If you are bitten by an unknown pet or wild animal it is important to wash the wound quickly and thoroughly with soap and water and apply an antiseptic. You should then immediately contact a physician and report the bite to the Department of Health. Likewise, contact your physician if there is suspected contact with a bat or a bat is found in the home. Post exposure vaccines, if given soon after the bite, are almost 100% effective.

Some people may be concerned with the idea of giving an indoor-only pet a rabies vaccine, but it's important to remember that in addition to it being a law, no indoor pet is 100% protected from rabies. Rabid raccoons have been known to break through screens to get inside, bats easily find their way inside, and it's not impossible that a pet might accidentally find itself outside – either from escaping or during an emergency. Bats have a high incidence of rabies and they do not have to appear sick to transmit the disease. And chances are if a bat entered our house, many of our pets would eagerly investigate. Lastly, if an unvaccinated or just overdue pet came into contact with a rabid animal or bit someone

themselves, euthanasia may be recommended or even enforced, depending on the local law. There is no post-exposure treatment for rabies in pets and the post-exposure treatment only works in people if it is administered in time.

Although rabies exposure is not a common occurrence, the rabies virus is ever present in New York State. Vaccinating your pets and avoiding exposure to wild animals and unknown domestic animals is the best way to prevent the disease.

The Columbia-Greene Humane Society

would like to extend a heartfelt thank you to the Hudson ShopRite for hosting a food drive on Saturday, October 4, in support of our Free Pet Food Bank. We are also thankful to every community member who contributed to the effort. Because of your kindness and support, nearly 1,000 pounds of dry dog and cat food were collected.

These donations go toward helping local families and individuals who rely on our Free Pet Food Bank, which remains open to anyone in need. The food bank operates seven days a week from 11:30 a.m. to 4:00 p.m. at our facility.

For questions about the Free Pet Food Bank or how you can continue to donate, please contact us at 518-828-6044 or info@cghs.org.

The Columbia-Greene Humane Society/ SPCA

would like to thank everyone who participated in our 2025 Shelter Sweeps. This year's Sweeps raised over \$33,000 to help provide programs and services to more than six thousand animals every year. This year's Shelter Sweeps winners are: Polaris Sportsman ATV with plow: Alexis (last name redacted by request) Mirbeau Inn & Spa: Alan Brower Blackstone Griddle/Air fryer and YETI Cooler: Tricia Hoffman

We'd like to offer a heartfelt thank you to an anonymous long-time supporter of CGHS who helped sponsor the prizes.

Special thanks to our Sweeps Committee: Phyllis Carito, Jennifer Donoghue, Dan Dyksen, Pat Kenahan, Peggy Rouse.

Hillsdale Receives \$50,000 HRBT Foundation Grant for Roe Jan Park

The town of Hillsdale has been awarded a \$50,000 grant from the HRBT Foundation toward the renovation and upkeep of Roeliff Jansen Park, a New York State Park that is managed by the town.

The funds will go toward repairs and upgrades to the park's infrastructure, including buildings that are used for community and other events such as the Copake Hillsdale Farmers Market, concerts and a Town of



A former barn at Roe Jan Park now used for events.

Hillsdale summer youth program.

"The generosity of the HRBT Foundation will aid the Town of Hillsdale in its responsibility as the steward of Roe Jan Park," said Hillsdale Town Supervisor Mike Dvorchak. "The park is a vital asset to our residents as well as those of Copake and other nearby towns."

Hillsdale Town Board member Joanna Virello, who oversees the park, said the funding comes at a crucial time since the park's historic structures, which include several repurposed barns, are in need of major upgrades. "We thank the HRBT Foundation for its foresight in giving us

this substantial grant. It will allow us to bring the park up to a state of good repair," she said.

The grant will be issued in two payments of \$25,000 each over two years. Each payment requires that the town contribute an equal amount of matching funds.

Roe Jan Park is located on State Route 22 about a mile south of the Routes 22-23 intersection, across the highway from the Roeliff Jansen Community Library.

The HRBT Foundation, formerly the Hudson River Bank & Trust Company Foundation, is based in Hudson, N.Y. It funds projects of not-for-profit enterprises that themselves engage the larger community around them. It has supported charitable causes and community development in Columbia and Greene counties since 1998.

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Spencertown Academy Arts Center Presents “Curator as Artist IV” Exhibit from page 4

Amelia Toelke is an accomplished metalsmith, jeweler, and visual artist. Her 2D mixed-media work for this exhibit incorporates 24K gold leaf, drawing on her jewelry practice. Adornment is a recurring motif in her work. “Ornament is far from supplemental,” she says. “We adorn ourselves, our spaces, our lives to communicate who we are.” Toelke has exhibited widely, and her work can be found in many prominent collections. She teaches art in the Metal and Foundations area at SUNY New Paltz, and is a frequent presenter and workshop leader.

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 see www.spencertownacademy.org.

Fall Events at Clinton Community Library

Fall is here at CCL! For more specific information about all that we do or to register, please call (845) 495-0655 or email larnold@clintoncommunitylibrary.org

Ongoing Programs:

Qi Gong with Vince (online)
Mondays & Wednesdays at 9:30 AM

Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension.
Stretch & Strengthen Exercise (Senior Exercise)

Tuesdays & Thursdays at 9:30 AM
This guided class will stretch, strengthen, balance and help keep your body moving. Exercises include: chair based stretching, calisthenics, and light weight lifting. Join every Tuesday and Thursday from 10 AM - 11 AM.

Story time on the Dot (in-person)
Tuesdays at 10:30 AM
Join us every Tuesday at 10:30 for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.
Mah Jongg (in-person)
(Optimistic Aging)
Tuesdays & Fridays 2:00-4:00 PM

If you’re looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you’ll want to give Mah Jongg a try! Players of all levels are welcome.
All Level Yoga (in person & online)
Wednesdays (online)
Sundays 10:00 AM (in person or online)

Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. You may also participate online. Please plan according to your comfort and needs as class is held indoors.
Chair Yoga, (in-person or online)
(Optimistic Aging)
Fridays at 11:00 AM

Join Samantha for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-495-0655.
Zumba, (in-person)
Saturdays at 9:00 AM

Join Ginny Morrow for a fun fitness routine every Saturday at 9 AM. Pre-registration is not required. You may sign in at the door.

Free Tech Help (in-person)

Check online for weekly schedule
Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime during tech help hours or call the library at (845)-495-0655 to book an appointment.

Book Club Meetings & Monthly Programs:

Bold & Glorious Book Group (in person)

First Thursday of the month
Our book group has lifted off and we are now “Readers who are part of a Book Group Book Group.” Our founding readers have selected meaningful and mostly short novels to discuss. From our recent selections of Adventures of Huckleberry Finn followed by James, we peruse intriguing and worthy books.

Tea Time Book Club (in person)
Second Thursday of the month
Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.
Global Literature Book Club (on Zoom)

Third Monday of the month
The Global Literature Book Club focuses on exploring the world through literature. We discuss novels from around the globe, selected by members of the club. These works provide insights into a wide variety of nations, cultures, and styles of writing.
Crafts & Coffee

Second Monday of the month (crafts vary!)
Join us for a lovely afternoon of coffee, crafts (and conversation!)

On the second Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more.
Audience: Adults & Seniors
About Clinton Community Library

Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM, and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 495-0655 or visit www.clintoncommunitylibrary.org

Rhinebeck Garden Club

Monthly Meeting, Wednesday, November 19, 10am, Starr Library Community Room, 68 West Market Street. Program: “Foraging for the Holidays”. A demonstration by Jay Bell using materials gathered from your garden. Refreshments served. Most meeting are open to the public, but guests are asked to join after attending two meetings. For information about this meeting, or to become a member call Sue at 845-797-3226.



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Free Parenting Workshops Offered This Fall to Strengthen Family Connections Before the Holidays

Before the holiday rush sets in, **Cornell Cooperative Extension Dutchess County (CCEDC)** invites parents and caregivers to take part in its **Fall Parent and Support Education (PASE) Intensives** through the **Family and Consumer Education (FCE) Program**.

Raising children in today's fast-paced world is both rewarding and challenging. CCEDC's evidence-based workshops are designed to help parents build confidence, reduce stress, and strengthen family communication. These programs provide practical tools to guide, nurture, and motivate children while improving relationships at home, at work, and in the community.

"Strong families build strong communities," says **Jessica Canale, FCE Program Leader**. "Through the PASE Program, we empower caregivers with the tools, knowledge, and confidence to nurture thriving families because every parent deserves support and every child deserves a bright future."

Two Free PASE Events This November:

Virtual 2-Day PASE Intensive Mondays, November 3 & 10, 2025 5:00 PM – 7:00 PM
Location: Online via Zoom
This interactive two-evening course helps parents and caregivers explore five essential communication tools: **E n c o u r a g e m e n t** "Can Do" Skills Decision Making **S e l f - C o n t r o l** Respecting Feelings

Participants also learn strategies for positive discipline, co-parenting, and stress management. Both sessions must be completed to earn a certificate of completion. A quiet space and internet access are required.

In-Person/ Virtual 2-Day PASE Intensive at Generation Hope Youth Clubhouse Tuesday & Wednesday, November 18–19, 2025 5:30 PM – 7:30 PM
Location: Generation Hope Youth Clubhouse, 31 Marshall Rd, Suite 3F, Wappingers Falls, NY 12590 and via Zoom
Offered in partnership with CAPE of Dutchess County Generation Hope Youth Clubhouse, this hybrid workshop covers the same key communication and parenting tools in a hands-on, supportive setting. Parents are encouraged to bring snacks or a light meal. Attendance at both sessions is required for a certificate of completion. While the event is open to the public, established Generation Hope Youth Clubhouse participants will receive priority registration. **Workshops are free and open to parents and caregivers of children of all ages.** Registration is required. Please visit ccedutchess.org/

[events](#) to sign up today!

These classes do not qualify for and cannot substitute for the DCFS-mandated course. Maximum enrollment per workshop: 12 participants.

"Parents already come to our workshops with so much wisdom," says **Heather Ohlson, Community Educator and PASE Facilitator**. "Our role is to support and strengthen those skills in a collaborative, welcoming space. Small, intentional shifts in behavior can create big changes in a child's life. These sessions are about connection, not perfection." **LaQuan Rosario, Community Educator and PASE Facilitator**, adds, "Every family's story is different, but what we all have in common is the desire to feel seen, heard, and supported. These workshops give parents space to reflect, learn, and practice real strategies that make home life calmer and more connected."

Workshops are free and open to parents and caregivers of children of all ages. Registration is required. Full attendance is required to receive a certificate of completion. These sessions are made possible in part by funding from Dutchess County. Visit ccedutchess.org for full details and additional upcoming family education opportunities.

About Cornell Cooperative Extension Dutchess County (CCEDC)
CCEDC delivers research-based programs in agriculture, youth development, environmental sustainability, nutrition, and more. Key initiatives include Green Teen, Master Gardeners, Dutchess County 4-H, Taste NY at Todd Hill, Family and Consumer Education and the Mid-Hudson Clean Energy Hub. *Connection. Collaboration. Community.* That is how CCEDC is **Growing Forward!** For more information on CCEDC's programs and services, visit ccedutchess.org or call 845-677-8223.

HRMM Announces After-School Introduction to Carpentry Youth Woodworking Program

Contact: Dan Nelson / HRMM Wooden Boat School Manager / dnelson@hrmm.org
Program Title: Youth After-School Woodworking: Introduction to Carpentry
Date & Time: Thursdays and Fridays - Nov. 6-7, 13-14, 20-21; Dec. 4-5, 11-12, 18-19
Location: Hudson River Maritime Museum Wooden Boat School - Kingston, NY
Pricing: General Public: \$525 / Household Member & Above: \$475
P r o g r a m Description: This hands-on after-school class teaches youths age 14 to 18 the fundamentals of building with wood, Thursdays and Fridays, 4:15-5:45 PM, for



six weeks. The first two weeks cover safety, power tool and hand tool use, and students will get their hands dirty practicing with a wide variety of tools to measure, cut, and shape wood. During the remaining four weeks, students will work as a team to design and build a little library for placement in the community by a local library. This project, which builds skills in project planning, layout and design, measurement, fabrication, and assembly, is the

perfect vehicle for STEAM-based learning. As a miniature version of a building, it's also a great starting point in applied learning for both college degree track students and vocational students, whether they'll go on to study architecture or engineering, or to start a career as a general contractor or furniture maker. **Instructor:** Max Smith is a multidisciplinary craftsman with ten years of experience in wood working in various forms, stringed instrument repair and making, piano tuning and repair, boatbuilding, cabinetmaking, and as Maintenance Coordinator for the Beacon Sloop Club. He is a full time instructor at

HRMM and has participated as a skills demonstrator at the Eric Sloane Museum in Kent, CT. Find more information about the program and registration details at hrmm.org or [here](#).

Frank Marquette, Hudson Valley based actor and author, will stage an Author's Event at the Rosendale Theatre on November 12, 2025.

Frank Marquette, a resident of Rosendale, New York, is the owner-operator of Murder Café, a traveling entertainment company now in its 27th year of operation. His memoir, *The True Story of Murder Café*, has been published by Troy Bookmakers of Troy, New York. According to Frank, the book's subtitle offers the reader a big clue as to its content. It reads: "*How One Family's Plunge into Mystery Dinner Theatre Made the World a Better Place*".

On Wednesday, November 12th at 7:00 pm, Frank Marquette will take the stage at the Rosendale Theatre to discuss his book and his 27-year history with Murder Café. His remarks will be interrupted by members of his theater troupe; they will offer

Continued on page 12



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**Welcoming
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Frank Marquette, Hudson Valley based actor and author from page 11

characters, songs, and comedy taken from Murder Café’s popular shows. After his presentation Frank will take questions and then conduct a book signing. Frank Marquette was recently quoted by Main Street Magazine as saying, “ My book tells the story of Murder Cafe through the eyes of the Marquette family, our actors, clients, and audience members. It is filled with stories of triumphs and challenges, most

hilarious and some dramatic. Celebrate the incredible journey of Murder Cafe, a testament to one man’s obsession and the joy it has brought to so many over the years.” The admission fee for this event is \$20.00. Tickets can be purchased at the door, or in advance by going to www.murdercafe.net. The owner-operator of Murder Café since 1997, Frank Marquette has appeared with theatre groups in New York, Nevada and New Mexico. He has written fifteen plays and since 2017 he has

produced Mystery Weekend at Mohonk Mountain House. His on-camera work has included national commercials, and featured roles in several series.

Historic Red Hook’s 2025 Online Benefit Auction

Bidding begins on November 1 at 9:00 AM and concludes on November 16 at 8:00 PM. Support Historic Red Hook and connect with the rich history of Red Hook by participating in our benefit auction! This is your chance to bid on exclusive experiences like personalized tours of historic homes and estates, private food classes, and unique getaways. Every bid supports our mission to collect, preserve, and promote Red Hook’s history. Join us, have fun, and make a lasting impact on this wonderful town! **Bidding takes place online at www.historicredhook.org/auction.** Auction

finale: celebrate the close of the auction with Historic Red Hook at the Elmendorph Inn on Sunday, November 16, from 6 to 8 PM! Bring friends, test your local history knowledge, share some food, and bid as the clock winds down. RSVP and register your trivia team online.

Historic Red Hook Trivia Night & Auction Finale Sunday, November 16, 6–8 PM

Elmendorph Inn, 7562 N. Broadway, Red Hook, NY Put your local history knowledge to the test at Historic Red Hook’s friendly trivia night! Gather a team, enjoy food and drinks, and compete for bragging rights. Plus, stick around as we wrap up our annual benefit auction—place last-minute bids on unique local experiences and help support community history programs. RSVP and register your trivia team online: www.historicredhook.org/auction

Elmendorph Inn Holiday Open House

Historic Red Hook, 7562 N. Broadway, Red Hook, NY Sunday, December 7, 1 - 4 PM The Elmendorph Inn looks its festive best for the holidays. Historic Red Hook invites you to enjoy live holiday music, hot mulled cider, homemade cookies, and fresh-baked treats from the beehive oven! Free, no registration required. Learn more at <https://www.historicredhook.org/upcoming-events/holidayopenhouse25>

Celebrate the Closing Reception & Wine Label Winner of Art in the Loft at Millbrook Vineyards & Winery

Raise your glass and toast to creativity as Arts Mid-Hudson and Millbrook Vineyards & Winery invite you to the *Art in the Loft Closing Reception* on Sunday, November 9, 2025, from 2:00–4:00 PM. This annual celebration marks the

culmination of the *Art in the Loft* exhibition, where regional artists and wine lovers come together for an afternoon of art, wine, and community. Now in its 2025 season, *Art in the Loft* transforms Millbrook Winery’s scenic loft gallery into a showcase of Hudson Valley talent—culminating in a friendly competition where one artwork is selected to become the next Millbrook Vineyards & Winery wine label. Guests at the closing reception will enjoy the exciting unveiling of this year’s winning design. Attendees can enjoy live jazz by Laura Evans & Chris Macchia, mingle with exhibiting artists, enjoy hors d’oeuvres by Simply Gourmet, and savor the exceptional selections from Millbrook Vineyards & Winery. The event combines the joy of fine art with the elegance of local wine in one of the Hudson Valley’s most picturesque settings. **Event Details:** *Art in the Loft Closing Reception* **Date:** Sunday, November 9, 2025 **Time:** 2:00–4:00 PM

Location: Millbrook Vineyards & Winery, 26 Wing Road, Millbrook, NY **Tickets:** \$80 per person (\$50 tax-deductible portion) **Please note:** Millbrook Vineyards & Winery is not an ADA-compliant location, and access to the loft gallery requires the use of stairs. For full information and to purchase your tickets please visit <https://www.artsmidhudson.org/art-in-the-loft>

HRMM Announces A Field of My Own: A Memoir of Place Lecture with Cynthia McVay

Contact: Emma Cariello / Museum Educator / ecariello@hrmm.org **Program Title:** A Field of My Own: A Memoir of Place with Cynthia McVay **Date & Time:** Monday, November 10, 2025 - 7pm **Location:** Hudson River

Continued on page 17



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1/4 cup brown sugar

2 tsp. prepared mustard

1/2 cup water

hamburger buns

Directions

Brown meat in oil. Put in large kettle. Saute onions until tender. Add to meat. Then add beans, BBQ sauce, brown sugar, mustard and water. Bring to boil. Simmer 10 minutes. Serve on hamburger buns. Serve with dill pickles and carrot sticks, if desired.

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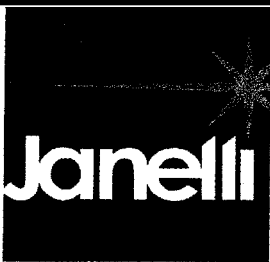

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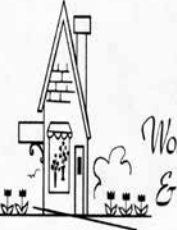
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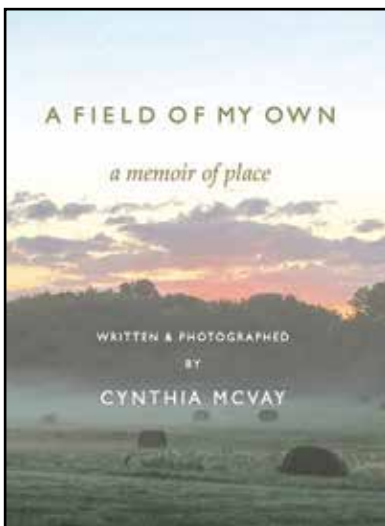
Veterans Day



November 11, 2025



HRMM Announces A Field of My Own from page 12



Maritime Museum - 50 Rondout Landing, Kingston, NY
Pricing: \$10/non member - \$5/ HRMM members
Presentation Topic: Pull on your boots and take a walk with Cynthia McVay and her dogs in a riveting landscape rife with adventure and discovery. In *A Field of My Own: A Memoir of Place*, lifelong creative and environmentalist McVay chronicles her intimate, two-decade relationship with a flagging orchard in the Hudson Valley. As a single working mother, she was looking for a weekend escape from New York City, a piece of green, a place to call her own. One blustery winter day, she falls in love with a meadow and her life is forever altered. She renovates the modest cottage, builds a pondish-pool, creates pollinating, native gardens from orphans and strays, learns to forage and runs the tractor. A decade in, as architect and general contractor, she moves an enormous 180-year-old hand-hewn Amish barn to the property to make her sustainable home. This engaging memoir of place is generous and honest, packed with useful know-how and humor. This is an ode to the Hudson Valley and something of a coming-of-middle-age story. Books will be available for purchase at the event.
Bio of Speaker: After 25 years as a strategy and management consultant, Cynthia McVay returned to writing and art full-

time. Her award-winning essays, stories and poems have appeared in literary journals. She served as Latin American Program Officer for the World Wildlife Fund and inaugural Director of Innovation for the Peace Corps. She holds a BA from Harvard in biology and studio arts, and an MA in international studies from the University of Pennsylvania and MBA from Wharton, as a Fellow of The Lauder Institute. Cynthia serves on numerous boards including the Rauch Foundation, Center for Large Landscape Conservation, Harvard Club of the Hudson Valley and John Burroughs Association. She splits her time between the Hudson Valley and St. Croix, USVI. She is a member of the Rondout Rowing Club and an obsessed rower; in the summer, you will likely see her on the docks in the morning. The Follow the River lecture series is sponsored by Rondout Savings Bank.

Find more information and registration details at hrmm.org or [here](#).

SALON HANG EXHIBIT AND FUNDRAISER AT THE MILLBROOK LIBRARY November 7th to November 29th, 2025 OPENING RECEPTION: Friday, November 7, 4:30 - 7:30pm

The Millbrook Library's Salon Hang exhibit and fundraiser is a joyful celebration of Millbrook and our surrounding communities. Community members of all ages, from professional to beginning artists, are invited to share their artwork in a community-wide exhibit that runs November 7th to November 29th, 2025 during regular library hours.

Everyone's invited to support our local artists and the library at the Opening Reception Party

and Live Auction on Friday, November 7, 4:30-7:30pm. Refreshments will be served.

What is a Salon Hang? During the late 17th century, salons rose to popularity as a means for cultural patrons to gather and view art. In early salons, artworks were hung in a manner reflecting the artists' rank whereby paintings deemed most important were displayed at eye level (or "on the line") and those by emerging artists were "skied" (or hung higher up). Against the traditional hierarchies of gender, media, materials and professional status undergirding traditional salon installations, the Millbrook Library's Salon Hang strives for a community-based spirit of inclusion, uniting the professional/amateur, old/young, and artists working in diverse media and materials, from painting to fiber art and beyond.

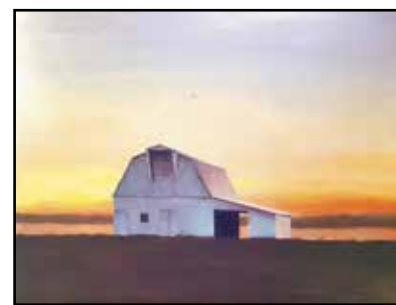
Drop-off dates for submitting artwork for the exhibition are October 27 and 28. For more information about the exhibit and how to participate, please visit <https://millbrooklibrary.org/millbrook-library-1st-annual-salon-hang-community-art-show-fundraiser/> or email Jen McCreery at jmccreery@millbrooklibrary.org.

All library programs are free and open to the public. The Millbrook Library is located at 3 Friendly Lane, Millbrook, NY. For more information about the Millbrook Library, please visit: <https://millbrooklibrary.org/>.
ABOUT MILLBROOK LIBRARY:

The Millbrook Library's mission is to foster learning, connection, and collaboration, empowering a resilient community through inclusive programs and resources. As a vital place within the cultural foundation of the Village of Millbrook, the Library has been presenting rotating exhibitions in the lobby gallery for almost two decades, most recently in collaboration with the Millbrook Arts Group.

FARM to TABLE: A Tribute to All Things Agricultural October 17 - November 16, 2025

Farm to Table invites Tag members to consider what about this great valley inspires them. Consider the landscape, farming seasons, or the journey and the abundance of the harvest. You will find a range of styles and responses from printmakers, photographers, painters, sculptors and mixed media artists that continue to illuminate our relationship with nature.



Kevin Palfreyman White Barn at Dusk 16x20 Oil on Canvas



Melissa Braggins Fall Cornstalks, Lithograph, 26x33 with hand coloring

Visit our website, which includes artists' pages for more information and additional works. Follow our social media pages for additional pop-up hours, events and show information.

SUMMER HOURS: Friday 5-8:30 PM, Saturday 12-8 PM, Sunday 11-7 or by appointment 845-757-2667 or at www.tivoliartistsgallery.com

Art School of Columbia County Launches Annual Membership Drive and Member Exhibit

The Art School of Columbia

County (ASCC) is excited to announce the launch of its Annual Membership Drive, highlighted by one of the year's most inspiring events: the Annual Member Exhibit. The opening reception will take place on November 22, 2025, from 4:00 PM to 7:00 PM in Ghent, NY. This special event is a celebration of our community's creativity and extends an invitation for everyone to participate.

Exhibit Participation

Current ASCC members, as well as those who become members by November 1, 2025, are invited to showcase their artwork in the Annual Member Exhibit. This is a unique opportunity for individuals to share their creative expressions with friends, neighbors, and art lovers throughout Columbia County.

The Value of Membership – Transforming Lives Through Art

Becoming an ASCC member means more than supporting the arts; it means joining a vibrant community that values creativity, connection, and the joy of making and experiencing art.

Karen Martin, Director of ASCC, shared, "This is one of our favorite times of the year. The Member Exhibit is truly a celebration of the incredible talent and spirit of our community. Whether you've been making art for years, just starting out, or getting back to it, we welcome you to be part of it."

Membership Opportunities and Benefits

ASCC memberships are open to artists, art enthusiasts, families, and anyone who believes in the transformative power of art. By joining, members become part of a community dedicated to nurturing creativity and supporting the arts.

Exclusive Member Benefits

Eligibility to participate in the Annual Member Exhibit and display artwork to the community. Special discounts on a variety of art classes offered by ASCC. Additional savings at four local

Continued on page 19

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The VOICE OF THANKSGIVING!

“That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.” Psalm 26:7 Thanksgiving is celebrated on Thursday, November 27. A day that has been set aside to give thanks. While one day is set aside each year as a National Holiday for giving thanks, for the Believer every day is a Thanksgiving and a Thanks living day. The voice of thanksgiving from the mouth of the Believer should not only be heard from their lips but also observed and seen in the way they live. “The Word of God says, “In every thing give thanks: for this is the will of God in Christ Jesus concerning you” (1 Thessalonians 5:18).

We have so much to be thankful for in our lives every day. I trust that your voice is proclaiming the blessings that come from God's hand of Grace. “Blessed be the LORD, who daily loadeth us with benefits, even the God of our salvation. Selah” (Psalm 68:19).

The Voice of Thanksgiving should be heard from the mouth of the Believer. The voice will resonate with thanksgiving for who God is and for His Wondrous works. The following are several blessings in which the Believer can give thanks to God:

1. For our Creator. He created the heaven and the earth. We are created in the image and likeness of God. “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every thing that creepeth upon the earth” (Genesis 1:26).

2. For our Precious Lord and Savior, Jesus Christ. He came to earth born of Mary the Virgin in Bethlehem to live a glorious life and to willingly give His life for our sins. “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).

3. For giving thanks for our Salvation which is all because of the grace of God. “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him shall not perish, but have everlasting life” (John 3:16).

4. For God's presence is in our lives. “What? know ye not that your body is the temple of the Holy Ghost which is in you which ye have of God, and ye are not your own” (1 Cor 6:19).

5. For the inspired Word of God. “All scripture is given by the inspiration of God, and is

profitable for doctrine, reproof, for correction, for instruction in righteousness” (2 Tim 3:16).

6. For the privilege and importance of Prayer. “And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name I will do it (John 14:13,14).

7. For the Church, the Body of Christ. “And he is the head of the body, the church: who is the beginning, the firstborn from the dead, that in all things he might have the preeminence” (Colossians 1:18).

8. For our Families and Homes as we serve the Lord together. “But as for me and my house, we will serve the LORD” (Joshua 24:15c).

9. For our Eternal Home in Heaven. “Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also” (John 14:1-3).

10. There are many more blessings we have received from God's hand of Grace. I encourage you to look through the Word of God and note the many blessings that God promises to us! At your Thanksgiving table you may like to read Psalm 100.

“Bless the LORD, O my soul, and forget not all his benefits” (Psalm 103:2).

If you would like to know more about the blessing of Giving Thanks and/or How to become a Thankful Christian, contact us by Email at fdcirone@aol.com or by phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is a local Independent Bible Church located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone

The Secret Strength of Joy

By Naomi Fata

As we enter the season of thanksgiving, have you ever considered how interconnected joy and thankfulness are? Can you have true joy if you are not thankful?

According to an article from The Carrington Clinic, “When you feel joy, your brain releases neurotransmitters like dopamine, serotonin, and oxytocin.” The article goes on to say that you can develop joy by making gratitude a habit. This leads me to believe there is a strong connection between joy and

thankfulness (or gratitude).

Scripture also has a lot to say about joy. One favorite verse is from Nehemiah 8:10, which says the joy of the Lord is our strength. Think about it—if joy releases dopamine, serotonin, and oxytocin, it only makes sense that we gain strength from joy. And where does joy come from but from gratitude in the goodness of God, and what He has done.

Recently I saw a mental picture of this type of joy painted by the words of C.S. Lewis' famous book The Lion, The Witch and the Wardrobe. If you are unfamiliar with the book, maybe you have seen movie rendition, Narnia. In this scene, the magnificent lion, Aslan, who is a depiction of Christ, is killed by the White Witch. The two children, Susan and Lucy, watched Aslan get murdered, and were brokenhearted. They believe that all is hopeless and expect a reign of terror by the White Witch now that Aslan is dead. But Aslan comes back to life, and Lewis describes a great picture of joy and laughter.

Perhaps you could confine this to reasoning that they were simply happy to see a beloved friend alive again. Or you could see it as a reminder that we also have a risen Savior, who was dead and is now alive. Regardless of circumstances, there is joy in giving thanks that He has “rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,” (Colossians 1:13 NIV)

Let us give thanks! Though we still live in a world with terror, heartache, sickness, and death, He has rescued us from the dominion of darkness if we believe. Beyond the present-day circumstances that we see with our physical eyes, there is a spiritual world. The promise of Nehemiah 8:10, that the joy of the Lord will be our strength, is a promise of inner strength, that is beyond what we see. This thanksgiving may you experience His joy as your strength as you give thanks that He has rescued you.

Rhinebeck Reformed Church

Sunday, November 9, 10am. Rhinebeck Reformed Church, 6368 Mill Street. During church service there will be a wreath dedication to General Richard Montgomery on the 250th anniversary of his death. General Montgomery was a member of the Church who died in battle in December, 1775, the first American officer to die in the line of duty. Co-sponsored by Chancellor Livingston Chapter NSDAR and the Rhinebeck Reformed Church. Open to the public. Refreshments served. For information about this meeting or how to become a member, email darrhinebeck@gmail.com

The Ghent Reformed Church

1039 County Route 22, West Ghent, NY. Will be having an Election Day Cafe on Tuesday, November 4, 2025 from 11am-7pm. Lunch will be served early and then dinner starts at 4pm. The cost of the dinner will be \$20.00 and the meal consists of your drink, salad, stuffed meatloaf or pork tenderloin, and dessert. As always, worship service begins at 9am every Sunday and Sunday school will follow at 10:15am. All are welcome. We hope to see you all. If you have any questions, please call the church at 518-828-5946. Have a blessed day.

Freedom Plains United Presbyterian Church

1168 Rte. 55, Lagrangeville - November 5th - “From Basic to Beautiful: Hand Stitching Reimagined”. Lynn Kane of Puppy Girl Designs will present a lecture/trunk show where the history of Redwork is reviewed through antique pieces. Skyllkill, a local chapter of the Embroiderer's Guild of America presents this program beginning at 12:30pm. Join other needleworkers for fun and learning beginning at 10am or come for this program only beginning at 12:30pm. For more information visit www.facebook.com/SkylkillEGA or email to EGASkylkill@gmail.com.

The Two Kinds Of People

By Ella Wheeler Wilcox

There are two kinds of people on earth to-day;

Just two kinds of people, no more, I say.

Not the sinner and saint, for it's well understood,

The good are half bad and the bad are half good.

Not the rich and the poor, for to rate a man's wealth,

You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,

Who puts on vain airs is not counted a man.

Not the happy and sad, for the swift flying years

Bring each man his laughter and each man his tears.

No; the two kinds of people on earth I mean,

Are the people who lift and the people who lean.

Wherever you go, you will find the earth's masses

Are always divided in just these two classes.

And, oddly enough, you will find, too, I ween,

There's only one lifter to twenty who lean.

In which class are you? Are you easing the load

Of overtaxed lifters, who toil down the road?

Or are you a leaner, who lets others share

Your portion of labor, and worry and care?

Learn About Making Holiday Crafts with the Germantown Garden Club

The Germantown Garden Club will hold its next meeting on Saturday, November 15, at the Hover Room at the Germantown Library, 31 Palatine Park Rd., Germantown. The meeting begins at 10:30 a.m. On the agenda is a Holiday Craft Workshop.

Club members Elke Crane and Linda Levitt will lead a holiday craft workshop. Elke will teach the art of creating small origami 3D paper Christmas trees. Bring a pair of scissors; paper will be provided. Linda will teach us how to make decoration-worthy bows using wired ribbon that can adorn your home, table, or wreath.

This Saturday meeting is open to the public and is a great opportunity for people interested in garden clubs who usually can't attend weekday meetings. New members are always welcome. Refreshments will be served. 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.



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Youth Nights on Fridays at 6:30pm



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Grace Bible Institute and Women's
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Children & Teen Ministry Fridays at
6:45-8:30 pm
Men's Bible Study Saturdays
at 7:00 am

For information about Grace Bible
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Art School of Columbia County Launches Annual Membership Drive from page 17

art supply stores, making it easier to obtain the materials you need. The satisfaction of supporting a valued community art school and ensuring its future for generations to come. **Get Involved**

Join ASCC today to show and sell your work, participate in the celebration, and help make this year's Member Exhibit the most colorful and creative yet. Thirty percent of artwork sales will directly support the Art School. Donations are always appreciated as well.

For more information about membership benefits and participation in the exhibit, as well as class offerings and our involvement in the community, visit www.artschoolofcolumbiacounty.org. For additional details or questions, please contact us. ASCC is a 501(c)(3) nonprofit organization dedicated to "imagining art for everyone."

LAKE TAGHKANIC STATE PARK // 518.851.3631

Mid-Hudson Astronomical Association Monthly Star Party Fri., November 21 @ 4:30 PM
FAMILY The Mid-Hudson Astronomical Association hosts a monthly stargazing party in the West Beach parking lot. Bring your own telescopes and binoculars or use those provided by our members. You will be asked to provide your license

plate number and make/model car, so park management and police have a record of who will be in park after hours. More info at <https://www.spy-hill.net/myers/astro/ltsp/> Registration: RSVP is required at least one day beforehand.

Germantown Garden Club

"On October 14, the Germantown Garden Club hosted Rebecca Polmateer from Cornell Cooperative Extension. Rebecca gave an interesting presentation on preserving the herbs from our gardens."



Arts Mid-Hudson and The Inn at Bellefield Present: Art at the Bellefield Featuring Alcohol Ink Artist Linda Lavin + Artist Talk

Arts Mid-Hudson announces an exhibition of alcohol ink paintings by Linda Lavin at the Inn at Bellefield in Hyde Park, on view through January 2026.

For more than 40 years, Linda Lavin has called New York's

Hudson Valley home while remaining proud of her Vermont roots. Her vibrant alcohol ink paintings evoke the natural beauty that has surrounded her throughout her life. A lifelong creative spirit, Lavin began painting just over a decade ago and was quickly captivated by the luminous possibilities of color. Her semi-abstract images often echo impressionistic landscapes—alive with flow and movement. Working without brushes, she embraces the fluid, unpredictable techniques of alcohol ink on impervious surfaces such as tile, glass, and yupo paper, creating works that are both dynamic and distinctive.

Her award-winning pieces are collected across the country and are especially beloved in the Hudson Valley, where her work appears in homes, businesses, galleries, and boutiques. In addition to frequent exhibitions, Lavin welcomes visitors to explore her studio by appointment.

This exhibition is presented as part of a partnership between Arts Mid-Hudson and the Inn at Bellefield, featuring work by Arts Mid-Hudson member artists throughout the hotel. Artwork is rotated every six months and installed on the elevator landing areas of every floor, enhancing the hotel's aesthetic with a regional flair that complements its historic and agricultural branding.

Exhibition Details:
Art at the Bellefield featuring Alcohol Ink Artist Linda Lavin
On View: Through January 2026
Location: Inn at Bellefield at Hyde Park, 25 Old Vineyard Place, Hyde Park, NY 12538
Hours: Please refer to the Inn at Bellefield's website for hours
Artist Talk:
Artist Talk with Alcohol Ink Artist Linda Lavin
Date: Thursday, November 13, 2025
Time: 3:00–4:00 p.m.
Location: Inn at Bellefield,



25 Old Vineyard Place, Hyde Park, NY 12538
Discover the creative process behind alcohol ink as Linda Lavin shares insights into her journey, influences, and current work during this intimate conversation—ideal for art lovers, students, and fellow creatives. For more information, visit: artsmidhudson.org/art-at-the-bellefield.

OLANA STATE HISTORIC SITE // 518.751.0344

Landscape: Olana State Historic Site's 250-acre landscape is free and open to all, every day from 8:00 AM to sunset. November Hours: Visit OLANA.org/plan-your-visit/ for the most up to date November hours. Olana Eye Skycam: Virtual visitors can experience the iconic view from Olana's Studio Tower at any time and from around the world at OLANA.org/OLANAEYE. Use the hashtag #OLANAEYE on social media to share your amazing screen captures. Follow us @OlanaFredericChurch. Virtual Tours: Learn about Frederic Church's Olana and explore the 250 acre landscape from the comfort of your own home. Virtual tours are available on the Olana website at <https://www.olana.org/virtual-olana/>

www.olana.org/virtual-olana/ A Closer Look | Olana State Historic Site | Sharp Family Gallery Organized by The Olana Partnership Frederic Church carefully studied the world around him, incorporating those observations into his paintings, guiding the viewer's eye through his composed landscapes, and encouraging them to take A Closer Look. The Olana Partnership invites you to discover works of art through close looking, observation, and conversation. Participants in A Closer Look will be encouraged to slow down, open their minds to discover Frederic Church's art in new ways, and spend time in close dialogue with select artworks from the Olana collection. No prior knowledge of art is required. Visit <https://olana.org/acloserlook/> for the full schedule. OLANA Webinar Virtual offering – visit olana.org/webinars Get cozy and learn more about Olana and its history from home with our range of over 50 webinars highlighting the diverse stories connected to Frederic Church, his family, and creation, Olana. Topics range from the popularity of coffee in the 19th century to presentations on Church's unique artist friends and colleagues like Marianne North and Edmonia Lewis to conversations with

Continued on page 21

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HAVE YOU HUGGED YOUR TREE TODAY?

Olana State Historic Site
from page 19

contemporary artists like Jean Shin and Mark Igloliorte. Visit olana.org/webinars to learn more.

A Closer Look with Director of Education, Carolyn Keogh
Sunday, November 2 | 10am-11am
Join The Olana Partnership's Director of Education and Public Programs, Carolyn Keogh, for an exclusive guided exploration of *A Closer Look: Frederic Church's Atmospheric Eye*. This is an exclusive member event. Space is limited to the member and a guest. RSVP is required by emailing hdiiamond@olana.org.

WEBINAR – Behind the Collection's Curtain: Conservation Ethics and Logistics of Thomas Cole's "Solitary Lake in New Hampshire"
Friday, November 7 | 12-1pm Zoom
Did you know Olana State Historic Site's collection contains over 90,000 objects and archival documents? Learn more about how this expansive collection is maintained, cared for, and shared with the public during this webinar with two conservators from the New York State Office of Parks, Recreation, and Historic Preservation, Elizabeth Robson and Lauren Ross. <https://zoom.us/webinar/register/>

Thursday, November 20 | 10:00 – 5:00 PM
The Olana Partnership's Free Community Day at Olana State Historic Site, the Third Thursday of every month. Make a day of it! Join a FREE program! Learn more below.

Tours | 11:00 – 3:15 pm
Artmaking in the Afternoon | 2:00 – 5:00 pm
To learn more visit: <https://olana.org/thirdthursdays/>

Family Tours Saturday, November 22 | 1:00-2:00pm
Experience learning, looking closely, and conversation as a family during this series of special museum gallery tours at Olana State Historic Site. Each month, The Olana Partnership educators will lead an exploration of two to three works of art on the second-floor galleries through family friendly dialogue and other hands-on activities. After your tour, extend your day at OLANA

and head down to the Wagon House Education Center for a free drop-in program, Art Making in the Afternoon from 1-4pm. Designed for families with children ages 3 and up. FREE, advanced registration required. Please contact education@olana.org to learn more, visit <https://olana.org/programs-events/> for details. Image credit: The Olana Partnership

Artmaking in the Afternoon
Saturday, November 22 | 1:00-4:00pm

Inspired by your time at Olana or looking for family-friendly fun? Participate in free, drop-in artmaking in the Wagon House Education Center and learn more about Frederic Church's artist-designed home and studio on the Hudson. This drop-in artmaking program is open to all ages and skill levels; all materials provided. FREE. No advanced registration is required. Contact education@olana.org or call (518) 751-6938 for more info. Visit <https://olana.org/programs-events/> for details.

**CLERMONT STATE
HISTORIC SITE //**
518.537.4240

Ongoing: Thursdays, Fridays, Saturdays, and Sundays. Closed Thanksgiving Day. On the hour, 11:00AM through 4:00PM

Mansion Tours Come take a tour of the historic Clermont Mansion! Explore the legacies of the illustrious Livingston family and the untold histories of the enslaved and paid staff whose labor made life at the mansion possible. Dive further into the history with our Visitor Center exhibit, “Spero Meliora: Life in The Land of Livingston,” special exhibit “A Connection of This Kind, The Romantic Friendship of Robert R. Livingston and John Jay” and our “Poetry in the Parks” installation. Take a stroll through our gardens or enjoy the scenic view the river from our parking lot adjacent picnic area. Please note: Tour tickets for the mansion must be purchased at the Visitor Center. Tickets are \$10 for adults, \$8 for seniors and students.

and children under 12 are free.

Chancellor's Open House Series: The Dow Van Buren House Saturday, November 8, 2025 6:00 PM – 9:00 PM Schodack Landing, NY 12156 \$125 for Friends of Clermont Members, \$150 for non-members Enjoy a multi-course dinner in a stately Federal period home, circa 1795 owned by our board member John Delikanakis and his partner, German. Get to know more about them and the Friends of Clermont during this charming and unique dining experience.

Poetry in the Parks: There Once Was a Family Called Livingston Sunday, November 9, 2025 2 PM Visitor Center, Free! Honoria Livingston, the last surviving resident of Clermont, kept a poetry journal during her youth. Join us as we take a look at some of her pieces in an open-mic style Livingston Poetry Slam. There might even be some verse from the Chancellor... Please Note: This event is free. Reservations not required but appreciated. Bookeo.com/Clermont

18th Century Games at Boardman Road Branch Library Thursday, November 20, 2025 6:30pm–7:30pm, Free! Boardman Road Branch Library: 141 Boardman Road Poughkeepsie, NY 12603 Come play the 18th century way! Join educators from Clermont State Historic Site as they teach kids and their grownups how to play three popular games from the 1700s. Test your agility and gracefulness with Graces, dodge whoever is “It” in Blindman’s Bluff, and stump your friends with Pass the Slipper. These beloved games were favorites among New York’s youth over 250 years ago and we think you’ll enjoy them too! Please Note: Recommended for families with children 5 and up. Presented in partnership with the Sports Museum of Dutchess County. All participants must sign a safety waiver. All children’s waivers must be signed by their parent or guardian before participating. Waivers will be available to fill

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out at check-in. Registration required. <https://poughkeepsie.librarycalendar.com/event/18th-century-games-day-12696>

Crafty Kids Thanksgiving
Saturday, November 22, 2025
11:00 AM – 12:00 PM Meet at the Visitor Center Free

Happy Thanksgiving! We're welcoming in the holiday with paper bag turkeys--- the perfect centerpiece for your holiday table! A fun craft for kids ages 2 to 12. Light instruction is offered, creativity is encouraged! This is a program for children; all children must be accompanied by an adult and all adults must be accompanied by a child

The Livingston's Landscape:
Uncover the relationship the Livingstons had with the land and those living on it. Sunday, November 30, 2025 2:00 PM Meet at the Visitor Center, Free! Join us at Clermont State Historic Site for a guided landscape tour. On this tour we will look back through generations of the Livingston family and explore how their role as landowners shaped the land and local communities. From the questionable land purchases from Indigenous tribes to enslaved men and tenant farmers tilling the soil, to the Livingston's own gentleman farmers, the relationship with the land and those who worked it changed many times over the past 300 years. Please dress for the weather and wear sturdy shoes. In the event of severe weather this tour will be postponed.

**TACONIC STATE
PARK // 518.329.3993**

The Great Pond Adventure Tuesday, Nov. 4 at 1pm Free Event | Rudd Pond Day Use Area FAMILY Start a new tradition for Election Day and get outside with us at Rudd Pond. We are partnering with North East Millerton Library to learn about pond ecology. Talk with our Park Educator about what mammals call the pond and nearby wetlands home, as well as learn about some of our macroinvertebrate residents. Fishing is weather dependent. Youth aged 15 and younger are welcome to try fishing! Some poles and supplies are being provided by NE Millerton Library. All must adhere to fishing rules and regulations set forth by New York State Department of Environmental Conservation. Registration required with North-East Millerton Library visit nemillertonlibrary.org or call 518-789-3340 Hydration and a snack encouraged. Appropriate footwear and outerwear required. Free Fishing Day Tuesday, Nov. 11, All Day Free Event | All Are Welcome | Rudd Pond Every year the NYS Department of Environmental Conservation chooses a few days throughout the year as "Free Fishing Days". These are days where anyone can fish, regardless of whether or not they have a license, though other fishing regulations must be upheld. Join us at Rudd Pond for a day of fishing. All are

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The logo for Viewmont Tree Service features a stylized 'V' inside a circle, with a tree silhouette integrated into the 'V'. To the right of the logo, the word 'Viewmont' is written in a large, bold, serif font, underlined. Below it, 'Tree Service' is written in a smaller, bold, serif font. A black horizontal bar contains the text 'FREE ESTIMATES • FULLY INSURED' in white, bold, italicized serif font. Below this bar, the services 'Tree Removal', 'Pruning', 'Stump Grinding', and 'Brush Chipping' are listed on the left, while 'Preventive Maintenance', 'Storm Damage', 'Land Clearing', and 'Firewood' are listed on the right, all in bold serif font. At the bottom, the phone number '(518) 537-6780 • Cell: (518) 965-4216' and the name 'J.R. Bates' are displayed in bold serif font.

Taconic State Park from page 19

encouraged to bring their own equipment, though a couple fishing poles will be available to borrow from Park Staff.

Turkey Walk Sunday, Nov. 30 at 1pm Free Event |All Ages & Abilities Welcome | Meet at Orphan Farms location Get up, get outside, and walk that turkey day off. Join us for a fun group walk with our educator down the Harlem Valley Rail Trail. This is a relatively flat paved trail and is about 2.5 miles round trip. Great for beginners and those not sure about getting out in nature, this walk will begin a nature conversation while we step away from the turkey Hydration and a snack encouraged. Appropriate walking footwear required. Strollers and mobility assistance devices approved for the HVRT are welcome. Check here for rules of the trail www.hvrt.org/about/

Cornell Cooperative Extension Dutchess County Announces 112th Annual Meeting: “Cultivating Resilience”

Cornell Cooperative Extension Dutchess County (CCEDC) will host its **112th Annual Meeting** on **Wednesday, November 19th, at the Dutchess County Farm and Home Center in Millbrook.** The event will begin with a continental breakfast at 7:30 AM, followed by the Annual Meeting at 8:00 AM.

This year’s theme, “**Cultivating Resilience,**” highlights CCEDC’s ongoing commitment to fostering community strength, sustainability, and innovation through education and collaboration. The morning gathering will celebrate the individuals, organizations, and partners whose work continues to grow a more resilient Dutchess County.

Executive Director Mary Lou Carolan shared, “Resilience doesn’t happen in isolation. It’s cultivated through connection, shared effort, and a willingness to adapt together. This year, we’ve seen how our community rises to meet challenges with creativity and compassion, and that’s exactly what we’re celebrating at this year’s meeting.”

Attendees will join Board President Chris Shave and Executive Director Mary Lou Carolan in reviewing highlights from CCEDC’s programming across agriculture, the environment, youth development, and community well-being. The meeting will also recognize volunteers, educators, and community leaders who have strengthened CCEDC’s mission over the past year.

Eligible Dutchess County residents (any Dutchess County resident 18 years of age or older) may vote on the Program Advisory Committee and Board of Directors nominees and appointees, among other items and are invited to purchase a ticket and stay for the breakfast and annual meeting. Voters will be asked to confirm their

residential status as part of the process. Details regarding voting eligibility and procedures will be provided to registered attendees prior to the meeting through the event page of the CCEDC website. **Voting is open the day of the event in the lobby of the Farm and Home Center between 7:30-8:30 AM.**

The breakfast is \$30 per person, and advance registration is required. All community members, partners, and supporters are invited to attend and participate in this annual gathering.

Join us in celebrating over a century of community service and the shared spirit of “Cultivating Resilience” across Dutchess County.

Event Details:
Date: Wednesday, November 19th, 2025
Location: Dutchess County Farm and Home Center, Millbrook, NY
Breakfast: 7:30 AM (\$30.00)
Meeting: 8:00 AM

For more information, to register, please visit ccedutchess.org or contact the CCEDC office directly. For additional information, please visit ccedutchess.org or call 845-677-8223. **Sponsorship opportunities are available.**

Learn how your CCEDC is ***Cultivating Resilience for Dutchess County!***

WALKWAY OVER THE HUDSON STATE HISTORIC PARK // 845.834.2867

Community Gardening Day Saturday, November 15 - 10:30 a.m. - 1 p.m. - Both Entrances

HERITAGE NATURE Help us get our beautiful gardens ready for winter by volunteering your time and energy! We’ll be working on both the Poughkeepsie and Highland sides of the Walkway, focusing on tasks like deadheading, raking, and general garden clean-up to protect and preserve these green spaces during the colder months. This is a fantastic opportunity to earn volunteer hours, connect with fellow community members, enjoy the fresh air and scenic views, and make a real impact on your New York State Park! No experience needed—just a willingness to help! Tools and gloves will be provided (but feel free to bring your own). To register, please call (845) 454-9649, ext. 4 and provide your

name, email, phone number, and group size (if applicable). This event is open to high school and college students, families, and all community members who want to lend a hand.

Flag Changing Ceremony Sunday, November 16 - 12-12:30 p.m. The American Legion Post 739 organize and present monthly Flag Changing Ceremonies on the Walkway to honor our region’s veterans and their service to our country. These events are open to all who wish to attend.

Holiday Celebration With Santa Sunday, November 30 - 12-3 p.m. - Ulster Welcome Center Join us at the Ulster Welcome Center Plaza in Highland on Sunday, November 30 to kick off the holiday season with Jolly Ol’ Saint Nick on the World’s Longest Elevated Pedestrian Bridge from 12-3 p.m. This event is free to attend and no RSVP is required. See the cuddly Brays of Sunshine miniature donkeys, enjoy hot chocolate, and take your own festive photos with Santa! Bring a reusable mug for hot chocolate to help us cut down on paper waste.

BANNERMAN CASTLE TRUST // 845.831.1001

Time to Book a 2026 Tour to Bannerman Island & Castle in the Hudson River Highlands! Gift Cards are available for all tours and events for the 2026 season. The Estuary Steward tour boat leaves the Beacon Waterfront Dock directly across from the Metro-North Train Station at 2 Red Flynn Drive in Beacon, NY from May-October. Enjoy a guided, or self-guided tour of Bannerman Island. Visit the historic Bannerman Castle ruins and gardens and explore the original Bannerman residence which is now a museum. For a schedule of tours and events including; theater, concerts, dinner events and more, or to purchase tickets visit: <https://bannermancastle.org/tours-events/bannerman-island-tour/> Group charter tours available by calling Executive Director Neil Caplan at 845-440-3318. Exhibitions at Bannerman Island Gallery, 150 Main Street, Beacon, NY. Main Gallery Exhibition The Bannerman Castle Trust’s History Exhibition continues. This show features artwork, photographs and artifacts from Bannerman Island and the

Bannerman Family Collection, as well as works by contemporary artists. The exhibition focuses on the history of the island and the BCT’s development since 1994. West Wall Exhibition – Virginia Donovan (Paintings) and Mary Ann Glass (Photo-Mixed Media). Ongoing show featuring Hudson Valley Paintings & Photography. (Art Sales support preservation projects on Bannerman Island). Gallery Hours: Saturdays & Sundays, Noon – 5:00pm, weekdays by chance & appointment. 845-831-1001 www.bannermancastle.org

November 5 - 9 Beacon Bonfire The Bannerman Castle Trust invites you to visit our gallery/museum located at 150 Main Street in Beacon, NY where you can pick up information on the Beacon Bonfire – an artistic celebration that transforms Beacon and the Hudson Valley into a stage for music, art and imagination at different locations around Beacon. For more Information and schedules for Beacon Bonfire events and performances please visit: beaconbonfire.com

Saturday, November 8, 8:00am Beacon Bonfire 10K Race (1 to 3 hours) - Start the Beacon Bonfire Weekend off with a killer race in the Hudson Highlands! Blaze up Mt. Beacon’s iconic fire tower trail and loop back through scenic paths. This course delivers rugged terrain, serene overlooks, fall foliage, and bragging rights for conquering this biannual challenge. Kick off the Beacon Bonfire Music + Arts Festival with a race that’s as bold as the festival itself. To register visit: beaconbonfire.com

EMPRESS EXPANDS ITS COMMITMENT TO THE HUDSON VALLEY WITH ACQUISITION OF NDP EMERGENCY MEDICAL SERVICES

Empress Ambulance Service, LLC (“Empress”) announced the acquisition of Northern Dutchess Paramedics Emergency Medical Services (“NDP”) today, further strengthening its role as the leading EMS provider in the Hudson Valley and reaffirming its commitment to investing in local EMS systems, supporting providers

Continued on page 23

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**Empress Expands Its
Commitment from page 22**

and enhancing patient care.

Empress, with headquarters in Yonkers and Poughkeepsie, will work with the NDP team to ensure seamless continuity of care for the patients and communities they serve.

"We are excited to have the opportunity to invest in the people, resources, and systems that keep our communities safe," said Michael Minerva, Sr., president of Empress EMS. "This step underscores our belief that strong EMS systems are built by supporting the professionals who deliver care every day and reflects our long-standing commitment to the region. By working together, we will expand capabilities, improve systems, and continue delivering the high-quality care residents and healthcare partners deserve."

NDP EMS has more than 30 years of experience delivering emergency and non-emergency medical transportation in the region and has built a respected legacy of service operating from its Rhinebeck headquarters.

"After many years of operating independently, we felt it was the right moment to partner with an organization that shares our values," said Edward Murray, founder and CEO of NDP. "Empress's commitment to its employees, patients, and communities made them the clear choice. We are excited about what this partnership means for strengthening EMS in our region."

As part of the PatientCare EMS Solutions family, Empress brings nearly four decades of

experience in providing state-of-the-art emergency services, non-emergency transportation, and compassionate patient care across Westchester and Dutchess counties, as well as the greater Hudson Valley. "With this acquisition, Empress demonstrates its growing investment in and commitment to the communities served in the region and aligns with the company's overall strategic goal of expansion and providing exceptional service for these communities" said Herman Schwarz, CEO of PatientCare EMS.

About Empress EMS

Empress Ambulance Service, LLC, a PatientCare EMS Solutions Company, has served the greater New York area since 1985. Empress provides 911 emergency medical services to the City of Yonkers, mutual-aid response throughout the Hudson Valley and holds emergency and non-emergency service contracts with municipalities, hospitals, correctional institutions, and private care providers throughout Westchester County and the Hudson Valley. Additionally, Empress has a growing Mobile Integrated Health (MIH) unit providing out-of-hospital care to patients in those areas. For more information about Empress and PatientCare, visit empressems.com and patientcareems.com.

About NDP EMS

Founded in 1994 by CEO Edward Murray, NDP EMS has provided emergency and non-emergency medical services throughout Dutchess County and Columbia county in New

York, as well as in Litchfield County, CT. Headquartered in Rhinebeck, NDP EMS operates from multiple substations across the region and employs more than 140 professionals dedicated to patient care.

HRMM Announces Museum Mates - Maritime Inspired Activities for Kids

Contact: Emma Cariello /
Museum Educator / ecariello@hrmm.org

Program Title: Museum Mates
- Maritime Inspired Activities
for Kids

Date & Time: 1st Saturday and
3rd Thursday of Every Month -
11AM

Location: Hudson River
Maritime Museum - 50 Rondout
Landing, Kingston, NY
Pricing: \$10-Sail Tales /
\$10-Legos / \$15-Crafts



Program Description: The Hudson River Maritime Museum is proud to offer a new series of fun and educational activities for children. Come join us for Museum Mates, an enriching and entertaining time for kids and parents alike. Each month, activities will alternate between building with legos, hearing and drawing maritime themed stories, and building a craft. Take

this unique opportunity to play in a museum setting, surrounded by local historic objects and educational resources and get your children excited about museums and learning! When you're done with the activities, enjoy complementary museum admission included with your ticket. Stay as long as you like and soak in the history. This program is recommended for children age six and under and adults of all ages! Find more information about the program and registration details at hrmm.org or [here](#).

Learn About a Clinical Trial for Mild to Moderate Alzheimer's Disease

(NAPSI)—Have you or someone you love been diagnosed with Alzheimer’s disease? Alzheimer’s is a brain disease that affects memory, thinking and behavior. It’s the most common cause of dementia, which is a word used to describe memory loss and other thinking problems that affect daily life. (Source: Alzheimer’s Association)

“The symptoms of Alzheimer’s disease are different from person to person and get worse over time,” said Dr. Brandon Lenox, chief medical officer of K2 Medical Research. “The most common symptoms of Alzheimer’s disease include memory loss, trouble finding words or speaking, difficulty learning new things or solving problems and changes in mood or personality.”

Alzheimer's disease affects approximately seven million

people in the U.S. Black Americans aged 65 or older are nearly twice as likely to have Alzheimer's disease compared to white Americans the same age. Additionally, Alzheimer's disease is more common among women than men, and women make up approximately two-thirds of people living with Alzheimer's disease in the U.S. (Sources: Alzheimer's Association & *Alzheimer's Dement.*)

“It’s important for individuals and their families to feel empowered to play an active role in their health journey,” said Dr. Lenox. “Through culturally sensitive and effective community engagement, we can help ensure that people have an opportunity to consider clinical trials and determine with their health care provider whether participation may be right for them.”

There is a clinical trial underway that is evaluating an investigational drug for adults living with mild to moderate Alzheimer's disease dementia. Researchers are evaluating whether the investigational drug is safe and may work well compared to placebo, when people take it with their current Alzheimer's disease dementia medicine.

Researchers are looking for people who may be able to join the MK-1167-008 ([NCT06721156](#)) clinical trial. To qualify for this clinical trial, participants must be 55 to 90 years old and:

- Have mild to moderate Alzheimer's disease dementia;
- Be taking a type of medicine

Continued on page 24

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Learn About a Clinical Trial from page 23

for Alzheimer’s disease dementia called a cholinergic medicine, such as donepezil, galantamine or rivastigmine; Have a trial partner/caregiver who can attend all trial visits; Meet additional criteria for the trial that will be assessed by the study doctor.

Participation in the clinical trial is voluntary, and people are free to leave at any time. Participant privacy will be maintained throughout the trial.

If someone qualifies for the clinical trial, they will receive the investigational drug or placebo (a placebo looks like the investigational drug but has no active ingredients) and study-related medical exams at no cost. Please note that participants may or may not directly benefit from study participation. The study doctor can answer any questions and discuss the possible risks and benefits of participation.

Merck is committed to researching and developing investigational medicines to see whether they may help treat, slow progression or prevent central nervous system disorders, including Alzheimer’s disease. For more information, visit <https://www.merckclinicaltrials.com/alzheimersclinicaltrial>.



7 Lifesaving Furniture Safety Tips

(NAPSI)—When buying furniture, if you’re like most consumers, you look for style and comfort, but it’s important to consider safety, too. Here are tips to help:

Check dates/secure furniture. Check the manufacture date on the back of furniture used to store clothing, including dressers or chests. Beginning in September 2023, those pieces had to meet a strict new stability standard.

Store heavier items down low so taller pieces are not top-heavy. Don’t put toys or treats on top of furniture where kids can see but not reach them, which might tempt them to climb. New or old, if it has shelves, doors or drawers, you need to anchor it to the wall. Manufacturers include free anchors, or you can buy anchors. See www.AnchorIt.gov for advice.

Wall-mount or secure TVs on a sturdy base. For flat screen TVs, the safest strategy is wall-mounting according to manufacturer instructions.

If you cannot wall-mount your TV, choose a low, sturdy cabinet and secure the TV to the wall or to the furniture with a TV anchor. Never place TVs on furniture not built to hold electronics.

Buy upholstered furniture made with certified foam. For example, CertiPUR-US® has certified the polyurethane foam used in mattresses for more than



17 years and certifies the foam used in upholstered furniture.

If you choose upholstered furniture made with CertiPUR-US certified foam you will know the foam has been screened for chemicals that can harm human health or contribute to poor indoor air quality.

If shopping for mattresses, pillows, sofas, upholstered chairs and recliners, youth furniture and play cushions or pet beds, you can check their directory at CertiPUR.US. Better yet, consult the CertiPUR-US mobile app while shopping.

Monitor your children around recliners and lift chairs. Don’t let kids play on recliners or fiddle with the buttons or remotes. Return recliners to the upright and closed position when not in use. Know the whereabouts of small children and pets before closing a recliner or lowering a lift chair.

Follow bunk bed safety precautions. Children under 6 should never use the top bunk. Even older kids should be reminded not to jump from or play on the top bunk. Discourage horseplay and make sure the

bunk’s ladder or stair is securely fastened.

Bunk beds must have railings on both sides of the top bunk that extend 5 inches or more above the mattress. Decorative finials

or extensions of bed posts on the top bunk are not allowed under safety standards, because they can be a strangulation hazard.

Be aware of glass tabletop risks. Don’t let children play on or around glass-top tables and never, ever stand on a glass-top table.

Make sure glass tabletops in your home are made from tempered glass, which is less likely to break. To find out if a glass tabletop in your home is tempered, check the edge or a corner. Most manufacturers mark tempered glass with the word “tempered” or a “T” or stamp it with the code for the glass safety standard, which is ASTM F2813-18.

Use caution buying used furniture. Second-hand furniture is great if you’re on a budget.

If it was produced before 1978, however, the finish in painted furniture could contain dangerous levels of lead. If you have children, you should avoid old, painted furniture altogether.

Crib safety standards change frequently, so it’s best to avoid used cribs. If you inherit or buy an old cedar chest, remove the latching mechanism so no one can be trapped inside.

No matter what type of secondhand furniture you’re considering, it’s a good idea to check for recalls at SaferProducts.gov.

Find more tips at SaferHome.Info. **Editors Note:** 10/5-10/11 is Furniture Safety Week.

Why You Should Get Your Air Ducts Inspected Before Turning on the Heat This Season

(NAPSI)—When the weather cools down and furnaces fire up, it’s a good time to think about your home’s air ducts. Hidden behind the walls and ceilings, ducts quietly move warm air through the house, but they can also circulate dust, dirt, and contaminants if they haven’t been cleaned in a while.

Energy Savings

Clean ducts don’t just help with comfort; they help with your wallet, too. A peer-reviewed energy study conducted by the National Air Duct Cleaners Association (NADCA) found that cleaning HVAC systems can improve airflow and efficiency, leading to measurable energy savings. That means your system won’t have to work as hard to heat your home, lowering utility bills while keeping rooms cozier.

Indoor Air Quality

Indoor air quality is also important. The U.S. Environmental Protection Agency recommends managing contaminants inside your ducts to help maintain healthier air indoors. When ducts are clogged with dust, pollen, even mold, every cycle of your furnace spreads those irritants throughout your home.

Asthma and allergy sufferers benefit most from the home having a professional duct

Continued on page 25

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Why You Should Get Yur Air Ducts Inspected from page 24

cleaning. Removing dust mites, pet dander, and other airborne triggers can make breathing easier and reduce the frequency of flare-ups.

A Healthy, Cost-Saving Win

Scheduling a duct inspection before turning on the heat helps make sure your system is free from buildup and operating at peak performance. If cleaning is needed, the result is a home that's not only healthier but also more energy efficient.

Learn More

For further facts about keeping your indoor air clean, visit NADCA at www.breathingclean.com.

Life Doesn't Pause When You're Sick; Get Vaccinated This Fall

(NAPSI)—In most of the United States, respiratory illnesses like flu, COVID-19, RSV, and pneumococcal disease consistently show increased activity between October and March. That's in part because during the fall and winter, people spend more time indoors and close to one another, making it easier for respiratory illnesses to spread.



These infectious diseases can cause more than just a few days of sickness or missed work. In some cases, they can disrupt your life, cause a financial burden, or even lead to complications such as long-term health issues or hospitalization—and infants, older adults and individuals with chronic health conditions are at higher risk for severe illness.

That's why vaccination is an important step to help stay protected this fall. Getting vaccinated can mean the difference between a mild infection and a severe illness.

Respiratory Vaccines Help Protect You and Those You Love

Vaccination is the best protection—helping to reduce the spread of respiratory illnesses in your community, especially to those most vulnerable.

Depending on your age and health status, vaccines for flu, COVID-19, RSV, and pneumococcal disease may be recommended for you. As you age, your immune system naturally weakens, putting older adults at a significantly higher risk of severe illness and hospitalization from these respiratory diseases.

That's why staying up to date on respiratory vaccines is an important fall activity, starting with getting your seasonal flu shot. The 2025-2026 flu vaccine has been approved and recommended by CDC for everyone ages 6 months and older, with rare exceptions.

2025-2026 COVID-19 vaccines are also recommended by CDC based on individual decision-making for those 6 months to 64 years of age, especially if you are at increased risk for severe COVID-19, and for adults 65 years and older.

Individual decision-making means that the choice to get vaccinated is best made individually and CDC encourages you to talk to a health care provider, like a doctor, nurse, or pharmacist, to help make the best choice for you. However, you don't need a prescription to get a COVID-19 vaccine.

The RSV vaccine is recommended for all adults ages

75 and older and for adults ages 50-74 who are at increased risk of severe illness from RSV, such as those with chronic heart or lung disease and those who live in a long-term care facility.

Lastly, all adults ages 50 and older should receive a pneumococcal vaccine if they haven't previously. Adults ages 19-49 may also need a pneumococcal vaccine if you have certain medical conditions that can increase your risk for infections like pneumonia. Adults can receive RSV and pneumococcal vaccines at any time of the year.

Staying Protected This Fall

Flu, COVID-19, RSV, and pneumococcal vaccines can be given at your local pharmacy, health care provider, or community health center. Medicaid, Medicare, and private insurance all cover recommended vaccines at no cost to you but check with your insurer to make sure the pharmacy or health care provider is in-network. You can also call ahead to

your local pharmacy or health center to ensure availability.

Visit CVEEP.org for more vaccine resources, including the most up-to-date vaccine recommendations, and to learn about vaccines that offer the best protection against severe illness. You can also use CVEEP's Vaccine Locator to find a vaccination location near you.

Sen. Hinchey's \$125,000 Grant Boosts Hillsdale Wastewater Plant Project

New York Sen. Michelle Hinchey presented a ceremonial check to Hillsdale officials on Tuesday commemorating a \$125,000 state grant she provided for the town's wastewater treatment plant upgrade.



left to right, Hillsdale Town Clerk Robina Ward, Town Board member Steve Tiger, Deputy Supervisor Bart Ziegler, Brandon Lentine of Hillsdale's Sewer & Infrastructure Committee, Sen. Michelle Hinchey, Town Supervisor Mike Dvorchak, Town Board member Joanna Virello, George Schmitt of engineering firm CPL, Deputy Town Clerk Emily Stalker and Les Coon of town sewer operator H2O Innovation. Photo credit: Marcy Feld

"The funds provided for our emergency wastewater plant rehabilitation project are vital to the long-term viability of our Sewer District," said Hillsdale Supervisor Mike Dvorchak. "Senator Hinchey understood the severity of the situation and

acted quickly with financial assistance. We could not have done this without her support along with funds provided by Assemblymember Didi Barrett."

Sen. Hinchey said she "was glad to support Hillsdale with a \$125,000 grant for its emergency wastewater rehabilitation project, which is helping the town make necessary upgrades while saving money for local residents who now don't have to shoulder these costs themselves."

Hinchey added, "We live in one of the most beautiful places in the world, and as stewards of this region, it's our responsibility to protect our resources and improve quality of life for our neighbors."

The Hinchey funds come from the New York State Community Resiliency, Economic Sustainability and Technology

Diabetes: A Silent Threat—and How the American Red Cross is Taking Action

(NAPSI)—Diabetes affects millions of Americans and is a leading cause of serious complications, including kidney failure, lower-limb amputations, adult blindness, and an increased risk of heart disease and stroke. Yet many people remain unaware they're at risk.

Genetics, lifestyle habits, and limited access to healthcare all contribute to this growing health crisis.

This November, in honor of Diabetes Awareness Month and its theme—"Taking Action to Prevent Diabetes-Related Health Problems"—the American Red Cross is offering free A1C screenings to all blood donors who haven't received the test in the past 12 months. The initiative is already making a difference. Since March, the Red Cross has provided approximately 550,000 A1C screenings, notifying 145,000 individuals about concerning results. About 1 in 5 donors tested had results in the prediabetic or diabetic range—clear evidence that early awareness can save lives.

This is more than a health campaign—it's a humanitarian effort. By offering free A1C testing, the Red Cross gives donors vital health insights and encourages proactive steps toward better health, especially in communities most affected by diabetes.

Why Everyone Should Pay Attention

Many people are at risk of developing type 2 diabetes and may be unaware of their condition. Factors such as genetics, lifestyle habits and limited access to healthcare

Continued on page 26

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Diabetes: A Silent Threat from page 25

contribute to this increased chance.

Diabetes remains a leading cause of kidney failure, lower-limb amputations, and adult blindness—and adults with diabetes face twice the risk of heart disease and stroke compared to those without it.

“The A1C test measures average blood sugar levels over the past three months, providing a clearer and more reliable picture than a standard glucose test,” explains Dr. Jorge Ríos, medical director for the American Red Cross. Dr. Ríos knows this firsthand—he discovered he had diabetes through an A1C test, which allowed him to act before serious complications developed.

“Eight years ago, during a medical convention, I came down with what I thought was the flu. I was so exhausted I couldn’t even leave my hotel room,” recalls Dr. Ríos. “Weeks later, the fatigue continued. My doctor tested my A1C—it was almost 7. The normal range is 5.7% or less. That’s when I was diagnosed with diabetes.”

Dr. Ríos immediately changed his diet, began exercising, and started medication. Today, his diabetes is well managed—and his message is clear:

“If you have a parent, sibling, or grandparent with diabetes, get tested. And perhaps once a year, ask your doctor to test you if you have symptoms like I did, which was feeling very tired. It’s an easy test and can save your life,” says Dr. Ríos. “Know your numbers so you can make lifestyle changes,” he adds.

Dispelling Common Myths

Misinformation often prevents people from seeking help. Here are some common myths about diabetes—and the truths behind them:

• **Myth:** Herbs or home remedies can cure diabetes.

Truth: Diabetes needs medical care and ongoing management.

• **Myth:** Only older people get diabetes.

Truth: It can affect anyone, including kids and young adults.

• **Myth:** If you feel fine, you don’t need testing.

Truth: Diabetes can be silent for years; fatigue may be the only sign.

• **Myth:** Diabetes is a death sentence.

Truth: With treatment and healthy habits, people can live full lives.

• **Myth:** People with diabetes can’t donate blood.

Truth: If well-managed, they can donate safely

Get Tested During November

To receive your free A1C result, make a successful blood, platelet, or plasma donation and ensure you haven’t received an A1C test through the Red Cross in the past 12 months. Results will appear within one to two weeks in the Red Cross Blood Donor App or at RedCrossBlood.org. If your A1C is elevated, follow up with your healthcare provider. As a thank you, all who come to give Oct. 27-Nov. 16, 2025, will get \$20 in e-gift cards to a choice of merchant, plus automatic entry for a chance to win one of three \$5,000 prizes. See RedCrossBlood.org/Harvest. Additionally, donors who give blood between Nov. 17 and Dec. 7 will receive a pair of exclusive Red Cross x PAC-MAN™ socks, while supplies last.

Sandy & Sonny Fraiman Art Opening “Floral Fantasy and Junk Art”

Friday, November 7, 5:00 pm - 7:00 pm

Exhibition: November

Sandy Fraiman COOL-AGE by Sandy

Cool Collages for Holiday gifts

I am a creative collage artist with a passion for Color and the hope to inspire everyone to appreciate the Art World at a price that is affordable. I execute my collages on sundry paper with frames or directly on wood or canvas, My inspiration comes from decades of a professional advertising and a marketing career and from linkage to all great art in the world. I do not name my artwork as I believe the viewer should speak to each piece and the piece should speak to each viewer, and when it speaks to you....you name it! I am a resident of Rhinebeck and teach collage at Red Hook Community Center supervising the free open crafts room.

SANDY FRAIMAN / sandy@fraiman.net

Sonny Fraiman JUNKART by SONNY

“I spent my entire career in New York City as an exclusive designer of ultra-high end diamond showpieces for A-list celebrities on various red-carpets at all the major award shows. After stepping back from all the glamour and glitz I still felt the need to create art but with a twist. Instead of using precious stones to express my talents I decided to use junk! That’s right! Found pieces of everyday items: nails, bottle caps, tools, bits of wood, old bottles, in fact whatever you consider junk, I see as art. Hence: JUNKART BY SONNY

It’s rougher around the edges and doesn’t sparkle or shimmer like diamonds. But after perusing my pieces I hope you’ll be able to discover a piece or two – of what I call: “A DIAMOND IN THE RUST”

SONNY FRAIMAN / sonny@fraiman.net

Admission is free; art purchases and donations for the library are welcome. Refreshments will be available. Library open hours for exhibition **7 - December 30**

Autumn Yoga Foundations Series with Kristin DiSpaltro

6 sessions - Sundays: 10 am - 11:30 am

October 19 - November 23

This 6-week foundational series offers a steady progression and supportive practice. This series welcomes both beginners and experienced practitioners to explore how yoga practice cultivates balance, vitality, and deep presence.

Each Sunday, we’ll focus on a different set of postures including standing poses, twists, forward bends, back bends, as well as breath and relaxation. We’ll take time to know and safely experience these forms from the ground up, learning alignment, listening with the whole body, and opening our sense awareness. Accessible transitions and modifications will be offered, ensuring that every practitioner feels supported. Students will not only develop physical abilities such as balance, strength, and

flexibility, but will also cultivate a capacity for going inward, inviting clarity, embodiment, and calm.

*Please bring a yoga mat

If you have 2 yoga blocks and a blanket, you can bring them too

Series price: community rate \$108 pay-it-forward rate \$140 (a portion of the proceeds will support Morton Library)

Registration Required: RSVP at kdispaltro@gmail.com

Rhinecliff Folk Choir Tuesdays @ 1:30 pm

Please come check out this new, daytime community music offering.

Rhinecliff Folk Choir will explore traditional Harmonies from the Americas, the Balkans, the British Isles, Caucasus Georgia, Corsica, Sardinia, Ukraine and always some more surprises. All are welcome regardless of prior experience. Songs will be taught by ear mostly, with occasional sheet music.

Led by Eva Salina, founder and director of Driftwood Chorus, and a lifelong singer of traditional music. She is a mother, singer, gardener, and community music educator who believes sometimes the simplest ideas (community! harmony! traditional music!) are the medicine we need to build a better world.

To read more about Eva you can visit www.evasalina.com.

For any questions about folk choir, please email Eva via chorus@evasalina.com

Participation is by donation (suggested \$10-15 per class meeting, but all are welcome). Come build community through harmony!

Rockin’ Rooks Youth Chess at Morton Mondays @ 5:30 pm

“It’s Back!”

Join the award-winning Rockin’ Rooks every Monday from 5:30-7:00 with

D. Suris and Cathy Young! Students in grades K - 12 are welcome to join for fun, learning, and tournament competition.

To sign your child up, for more information, or to volunteer contact:

D. Suris 845-416-3287 or email [racersplace\[at\]hotmail.com](mailto:racersplace[at]hotmail.com)

Knit ‘n Knatter Wednesday, November 5 @ 3:00 pm

Come to knit, crochet, to do any needlework, or just for the confab. We will drop purls, collaborate on projects, and work on our own. We’ll meet in Morton Hall where there is plenty of room to spread out. See you there! All are welcome.

PHILIPSE MANOR HALL STATE HISTORIC SITE // 914.965.4027

Did you know? Philipse Manor Hall is open year-round! Explore the museum on your own or take a guided tour. Free scavenger hunts for kids! Museum and museum gift shop open Wednesday-Sunday, 10 am to 5 pm. Now through December 28, 2025 Exhibit: “Takings: A History of Land Dispute on the Old Croton Aqueduct” 10:00 AM – 5:00 PM | Wednesdays through Sundays

When the first Croton Aqueduct was built, the exercise of eminent domain disrupted many longstanding working farms and estates in Westchester, the Bronx, and Manhattan. Although local landowners were powerless to stop the project, they did win significant concessions, including tunnels, ramps, small route diversions, and even the glorious Highbridge. Don’t miss this new collection of archival documents and research that reveals this important part of the Aqueduct story. Originally developed by the Old Croton Aqueduct State Historic Park and the Friends of Old Croton Aqueduct, this temporary exhibit will be on display through December. Learn more at <https://www.philipsemanorhall.com/programs-and-events/exhibit-takings-a-history-of-land-disputes-along-the-croton-aqueduct> Sunday, November 2, 9, 16, 23, 30, 2025 Morning Hatha Yoga 10:30 AM | in-person at Philipse Manor Hall State Historic Site Join us for this Sunday morning Hatha yoga series at Philipse Manor Hall State Historic Site! The beautiful sunlit Gothic Chamber is the perfect place for a morning yoga class. This open level Hatha yoga class will help you ease into the body with low-impact, stress

Continued on page 27

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Philipse Manor Hall State Historic Site from page 26

releasing movements. Spine lengthening stretches with slow, thoughtful transitions and breath-work gradually build flexibility, strength, and calm. A class for all students, including beginners. Adaptations are available so that everyone can feel comfortable in their own bodies. You will leave having worked your body, calmed your mind and opened your heart. Learn more and register at: www.philipsemanorhall.com/programs-and-events. Saturday, November 8, 2025 Saw Mill River Industrial History Walking Tour 10:30 AM | in-person at Philipse Manor Hall State Historic Site | Free! Although often ignored today, the Saw Mill River was for centuries the main hub of life in Yonkers. On this special 2.5 mile, 2.5 hour urban hike, explore the Saw Mill River over 400 years of history, from its days as a fishing tributary called Nepperhan, through its earliest uses for water power, to its industrial heyday, burial, and daylighting. We'll learn about historic mills, from Adriaen Van Der Donck's saw mill to the Alexander Smith Carpet Mills, why it's called Chicken Island, the influence of the Old Croton Aqueduct, and how the river shaped Yonkers' working life. Learn more at [https://www.philipsemanorhall.com/programs-and-events/saw-mill-river-industrial-history-walking-tou](https://www.philipsemanorhall.com/programs-and-events/saw-mill-river-industrial-history-walking-tour)rWednesday, November 12, 2025 Lecture: "Aspects of Emancipation: Quakers, War, and Runaways in Westchester County" 7:00 PM | in-person at Philipse Manor Hall and online via YouTube Live This talk will examine three iterations of the effort by enslaved people to gain their freedom in 1700s Westchester County. Quakers in the eastern part of the county were under pressure from Quakers meetings north of them and from their own consciences as a steady stream of Freedom seekers moved through the area. The

Philipsburg Proclamation during the Revolutionary War both put pressure on Patriot slaveowners and gave new incentive to enslaved men to break out of their bonds and join the British war effort. And throughout the entire 18th century, scores of enslaved men, women and children took the momentous step to free themselves. These "aspects of emancipation" shed light on the risks and opportunities facing enslaved people during this period. Learn more and register at: <https://www.philipsemanorhall.com/programs-and-events/lecture-aspects-of-emancipation-quakers-war-and-runaways-in-westchester-county> Thursday, November 13, 2025 Virtual Lecture: "Spilling the Tea: A History of Tea Drinking in New York State" 6:30 PM | online via the Poughkeepsie Public Library How did a beverage developed in Asia make its way to the shores of the Hudson River? How did tea drinking affect culture and commerce? Learn about the history of tea in colonial New York, from its introduction in Dutch New Netherland to the Tea Act boycotts of the American Revolution and beyond. Sarah Wassberg Johnson of Philipse Manor Hall State Historic Site in Yonkers, New York, will lead us on a journey through the global and local history of tea and sugar, all the accoutrements necessary to consume it, and New York's unique role in American tea culture. Learn more and register at <https://poughkeepsie.librarycalendar.com/event/spilling-tea-history-tea-drinking-new-york-state-9537> Sunday, November 16, 2025 CreArt Box in Concert 3:00 PM | in-person at Philipse Manor Hall State Historic Site | Free! CreArt Box, co-founded by Josefina Urraca and Guillermo Laporta, is a leading force in the world of classical and contemporary music and a hub of creativity in New York City. Performing around the world, Josefina (piano) and Guillermo (flute) bring their talents to Yonkers in this not-to-

be-missed free concert. Presented by the Chaminade Music Club of Yonkers. This concert is free and open to everyone. Registration is not required. Learn more at <https://www.philipsemanorhall.com/programs-and-events/creatbox-live-in-concert>

Thursday, November 27, 2025 Museum Closed for Thanksgiving Holiday Philipse Manor Hall State Historic Site will be closed for the Thanksgiving holiday, but will be open to the public and for tours on Wednesday, November 26, Friday, November 28, Saturday, November 29, and Sunday, November 30, 2025 regular hours, 10:00 AM to 5:00 PM each day.

Fill Your Heart With Thanksgiving

Poet: Helen Steiner Rice
Take nothing for granted, for whenever you do
The "joy of enjoying" is lessened for you -
For we rob our own lives much more than we know
When we fail to respond or in any way show
Our thanks for the blessings that daily are ours . . .
The warmth of the sun, the fragrance of flowers,
The beauty of twilight, the freshness of dawn,
The coolness of dew on a green velvet lawn,
The kind little deeds so thoughtfully done,
The favors of friends and the love that someone
Unselfishly gives us in a myriad of ways,
Expecting no payment and no words of praise -
Oh, great is our loss when we no longer find
A thankful response to things of this kind,
For the joy of enjoying and the fullness of living
Are found in the heart that is filled with thanksgiving

Thanksgiving
Poet: Edgar A. Guest
Thankful for the glory of the old Red, White and Blue,
For the spirit of America that still is staunch and true,
For the laughter of our children and the sunlight in their eyes,
And the joy of radiant mothers and their evening lullabies;
And thankful that our harvests wear no taint of blood to-day,
But were sown and reaped by toilers who were light of heart and gay.
Thankful for the riches that are ours to claim and keep,
The joy of honest labor and the boon of happy sleep.
For each little family circle where there is no empty chair
Save where God has sent the sorrow for the loving hearts to bear;
And thankful for the loyal souls and brave hearts of the past
Who builded that contentment should be with us to the last.
Thankful for the plenty that our peaceful land has blessed,

For the rising sun that beckons every man to do his best.
For the goal that lies before him and the promise when he sows
That his hand shall reap the harvest, undisturbed by cruel foes;
For the flaming torch of justice, symbolizing as it burns:
Here none may rob the toiler of the prize he fairly earns.
To-day our thanks we're giving for the riches that are ours,
For the red fruits of the orchards and the perfume of the flowers .
For our homes with laughter ringing and our hearthfires blazing bright,
For our land of peace and plenty and our land of truth and right;
And we're thankful for the glory of the old Red, White and Blue,
For the spirit of our fathers and a manhood that is true.





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Walking Distance to all Village Amenities. Features Beautiful Wood Detail, Abundant Natural Light, and a Spacious Attic for Storage or Finishing Potential. Cozy Kitchen with Pellet Stove, lovely Backyard with Shed, and Rare 3 parking spots! Recent Upgrades include a New Furnace, Water Heater, and Electrical Panel. Steps to Bard Shuttle, shops, libraries, and restaurants. Don't miss this classic Red Hook Village opportunity! Asking **\$399,000**



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Quiet, Picturesque Street. Features include a Welcoming Covered Front Porch, Open Kitchen with Stainless-Steel, Butcher-Block Counters, and Living Room with Wood Stove. Includes Bonus Room/Office, Primary, Two Guest Bedrooms, and Attached 2-Car Garage with Workshop. Outside, enjoy a Double Lot, extra Garage/Barn with Wood Stove & Power, and a Fenced Inground Pool ready for revitalization. Walk or bike to Clermont State Park, Tivoli's shops, eateries, park, and library. Neighborhood charm meets Hudson Valley living-this rare find won't last! Asking **\$589,000**



Clinton Corners, NY: Peaceful & Private Retreat! Tucked into the Trees, Down a Long,

Private Drive, Sits this Charming Cape Cod offering Serene, Hudson Valley Living. Features include a Covered Front Porch, Living Room with Wood Stove, Eat-in Kitchen & First-Floor Primary. Finished Basement with Playroom/Gym, Laundry, and 2-Car Garage with Workshop. Step Outside to find an Outbuilding, Custom Playhouse, and room for a pool or garden. Private, Serene, Minutes to Red Hook, Rhinebeck, and the Taconic-the Perfect Upstate Retreat! Asking **\$739,000**



Pine Plains, NY: Fall in Love with this Turnkey Colonial! Enjoy Turnkey Living in this Immaculate Colonial. Features include an

Open Floorplan with Gleaming Bamboo Floors, Crown Molding, Lofty Ceilings, Living Room with Cozy Fireplace, Formal Dining, and Stylish Kitchen with Quartz & Custom Cabinetry. Upstairs Includes a Primary Ensuite, Three Bedrooms and a Full Bath. A Finished Basement with media room, storage, and high-end mechanicals complete the picture. All this on 1+ acre with baby barn, distant Stissing Mountain Views, and Quiet, Country Road Setting. Minutes to town, schools, farmers markets, wineries, and 10 minutes to Taconic, Rhinebeck, and Red Hook. Asking **\$575,000**



Red Hook, NY: Country Charming with Inviting Inground Pool! Tucked Back on

a Quiet Country Road this home features a Rocking Chair Porch, Open Living Room with 20-foot Ceilings and Primary En-Suite. The Bright Kitchen with Breakfast Bar flows to a Dining Area, while a Mudroom/Office opens to a spacious 2-Car Garage. Lower Walk Out Level offers a Bedroom, Living Area, Full Bath, and Pellet Stove, Perfect for in-law or Guest Suite. The Welcoming Outdoor Space features a Large Deck, Inground Pool, and Storage Shed. Sitting Pretty on 1+ Parklike Acre. 10 minutes to the TSP & Red Hook, 15 to Rhinebeck/Hudson-Who Says You Can't Have It All? Asking **\$639,000**



Milan, NY: Classic 1800s Colonial with Vintage Charm This Classic 1800's Vintage Colonial features Hand-Hewn Beams, Wide Board Floors, Cobble

Fireplace, and a Rocking Chair Porch. 3+ Bedrooms, 1 Full Bath (possible 2nd upstairs), Large Country Kitchen, and Formal Dining with Woodstove Hookup leading to a Massive Deck. Whole-house Generac adds security. Includes a Post-and-Beam Barn with Loft and Mature Gardens on a Lovely Yard. Just 5 min to Taconic, 10 to Rhinebeck, Red Hook, and Pine Plains. Perfect for a visionary looking to restore a classic country home. Asking **\$325,000**



Tivoli, NY: Bring Your Vision to Life! Early 1800s Farmhouse is awaiting your vision to restore back to its

original charm. A completely blank slate retaining some natural original details; wide board floors, mantles, moldings and hardware. Set back off a quiet country road and a knoll surrounded by mature shrubbery, bordered by farmland and a whimsical forest. Perfect opportunity to restore or replace. Asking **\$205,600**

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Rhinebeck, 60 Acre Farm w/ Historic Farmhouse

Just east of Rhinebeck Village, Wonderland Farm spans 60 scenic acres of meadows, woodlands, and the Landsman Kill stream. A designated Century Farm, it features a classic 1898 farmhouse, two historic barns with electric, and a working Christmas tree farm. In the RC zoning district, it offers remarkable potential for agriculture, conservation, or residential use. \$1,495,000



Milan, 3 Bedroom 2 Bathroom Single Level Ranch



Built in 2020, this 1,700-square-foot ranch sits on 4.38 private acres in Milan and offers an inviting open floor plan, a gourmet kitchen, central air, a full basement, and a two-car garage. Beautifully landscaped grounds surround the home, located in the Red Hook School District and convenient to Rhinebeck, Red Hook, and the Taconic Parkway. Priced at \$599,000.

Rhinebeck, 3 Bedroom 2 Bathroom w/ Lake Access

Located in Sepasco Village on private roads, this 2,100 sq. ft. home offers 3 bedrooms, 2 baths, hardwood floors, pine accents, vaulted ceilings, an office/library, and a loft. Enjoy a front deck, garden, and shed, all just a short walk to a private Lake Sepasco beach. A charming blend of comfort and lakeside living. Priced at \$449,000.



Pine Plain Farm w/ Eyebrow Colonial



This historic 87-acre farmstead in West Pine Plains features an 1840s colonial with 4 bedrooms, 2 baths, and wide-board floors. The property includes a guest cottage, classic barn, meadows, woodlands, and a pond—offering timeless character and endless potential in a tranquil rural setting. Priced at \$1,175,000.

Rhinebeck, Vacant Building Lotw/ Lake Access

Peaceful double lot in Sepasco Village with shared lake access. This level 0.8-acre parcel offers a serene, open setting just steps from Lake Sepasco—a pristine, motor-free lake ideal for swimming, paddling, and fishing. Enjoy deeded beach access, nearby year-round and seasonal homes, and close proximity to Rhinebeck Village and Amtrak. A tranquil retreat with endless potential. \$225,000



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