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Postal Customer

New Dance Studio Opens in Red Hook The Garage Dance Co-Operative is Surviving in this Covid Environment

By Lisa Dudley



The Garage Dance Co-Operative (GDC) is open at 7345 South Broadway (Rte. 9) in Red Hook, located across from the Red Hook Town Hall. It was closed for three months during Covid but their cadre of fans and community continue to support their mission of providing the highest quality instruction for all dancers and artists, in a supportive, comfortable, and safe environment. Even if you're a beginner, dance has many benefits. Dancing increases your energy level. Studies find that dance can improve physical performance and increase energy in adults. Dancing helps to improve memory and helps to prevent dementia. Dancing reduces stress. It helps to diminish depression -- and dancing to good music can lift the spirit. Compared to running on pavement, dancing is a gentler activity for those who are at risk for cardiovascular disease. It improves heart health, breathing, and quality of life. Now offering a full schedule of classes, GDC offers a new robust program designed for adults of

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Holiday Events at Clermont State Historic Site

Celebrate the holidays at Clermont this year with several new events in our visitor's center. On December 4 at 11:00 AM join us for American Girl Day at Clermont, bring your 18-inch dolls and meet with dolls styled to represent the real girls of Clermont, make a craft, and leave with a goody bag of treats. All kids must be accompanied by an adult and all adults must be accompanied by a child. Reservations are required. There is a charge of \$10 for adults and \$5 for children.

On December 5th at 2:00 pm our curator will present a lecture entitled "The Chancellor's War" which will explore the role that Chancellor Robert R. Livingston played in the American Revolution. This event is free.

On December 11th at 2:00 pm. Kids and their adults will enjoy Winter Wonderland Story Hour. Our last story hour of the year, winter-themed stories will be read. All children must be accompanied by an adult and all adults must be accompanied by a child. This event is free.

On December 12th at 2:00pm we will finish our year of programming with "All My Boyfriends are Dead. Visit with Janet Livingston Montgomery and try to answer the age-old question; was she cursed in love? This event is free.

These programs will take place in our visitors' center. All visitors are strongly recommended to wear a mask while attending any of these programs. Please register for the events at www.friendsofclermont.org/events as space is limited for the events.

Clermont State Historic Site is located at 1 Clermont Avenue in Germantown, off Route 9G. The Historic Site features the mansion, formal gardens, scenic Hudson River views and miles of hiking trails. The Friends of Clermont is a private, non-profit educational corporation, founded in 1977 to support and supplement the museum education and historic preservation programs at Clermont State Historic Site. Designated a National Historic Landmark in 1973, Clermont is one of six historic sites and 15 parks administered by New York State Office of Parks, Recreation and Historic Preservation in the Taconic Region.

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails, and boat launches, which were visited by a record 78 million people in 2020. A recent university study found that spending by State Parks and its visitors supports \$5 billion in

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Craig Austin Dermatology Opens New Office in Rhinebeck

By Amy Byrne:

With a new Rhinebeck office, dermatologist Craig Austin is bringing more than 30 years of professional skin care experience to the Northern Dutchess region.

Austin, a well-known specialist who has practiced since 1988 in



Craig Austin with wife, Nancy

Fishkill and Poughkeepsie, says a recent home move to Stanfordville made opening a location in Rhinebeck a natural fit.

"We've always loved this area, and we finally moved up here. And we started a practice in Rhinebeck. I'm going to be in Rhinebeck probably at least 50-50. Also, I have two PA's that work for me, and they're in both offices. So I intend to be in Rhinebeck a good part of the time."

The convenience of a local Craig Austin Dermatology office is good news for anyone looking for professional care for skin related problems or conditions. And when

it comes to skin cancer screening and diagnosis, the news is even better. Craig is a board certified pathologist who contributes his knowledge and experience in that area as an associate professor at Mount Sinai Hospital.

Craig's practice also offers some of the latest technologies for cosmetic skin care

"Skin-Deep" Doesn't Apply to Skin Care
"It's only skin deep" might be a handy phrase for shaking off some of life's troubles. But it's no way to deal with actual nagging skin problems.

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Local Author Offers Stories to Nourish the Heart

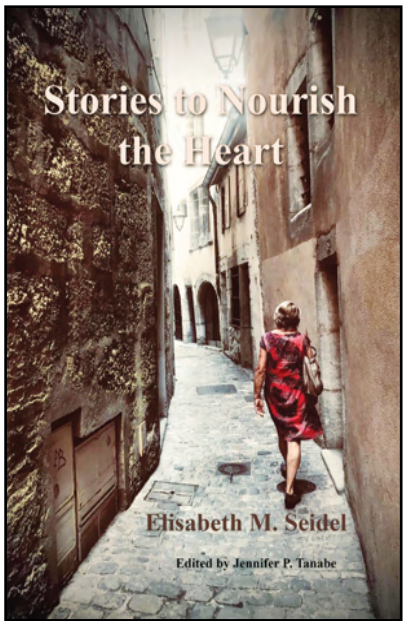
By Joe Doran

Elisabeth Seidel manages to gently convey a sense of the connections between family, society and the higher purposes of God in her new book, *Stories to Nourish the Heart*.

The long-time Red Hook resident shares a series of insights on a life spent learning to grow in love, often by seeming accident or serendipity.

Though it imparts its wisdom via personal reflections, *Stories to Nourish the Heart* is more than a reminisce. Rather it uses the personal to meditate on questions every person asks at one time or another.

The questions don't seem quite so abstract when considered as part of the fabric of everyday experience. And Elisabeth shows answers are there if we are willing to look, in the eyes of a loved one, the working



through of conflict, the sacrifice of duty, and the preservation of faith in the face of the unknown. **A Great Love**

Told in loosely connected sketches, *Stories to Nourish the Heart* is an easy read in one sense. But at the same time, it offers much spiritual food for thought.

It's quickly apparent that Elisabeth was fortunate indeed in her life to experience a great love. Her relationship with her husband Dietrich informs many of the book's passages.

Elisabeth touches on the gift of this life experience early on in the book, in a story concerning her elderly mother-in-law, who at 97, still enjoyed reading romantic novels: "But to my surprise she was reading a book from the American author Pearl Buck,

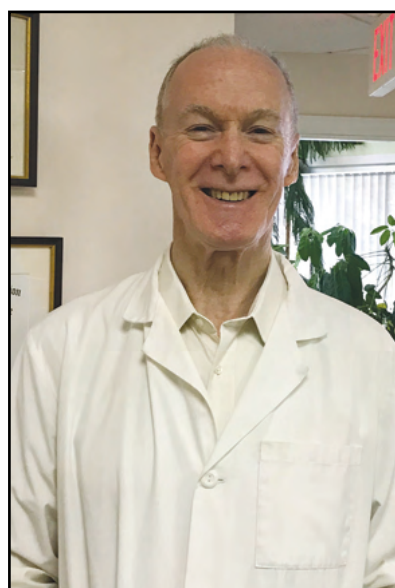
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Patrick Studley and Hudson River Acupuncture Relocated to Rt 9G in Hyde Park

By Lisa Dudley

Patrick Studley and Hudson River Acupuncture have moved from Sleepy Hollow, NY to Hyde Park, NY and are now located at 1363 Rt. 9G in the space once occupied by Dr. Dipti Patel's dental office. Acupuncture is an ancient kind of medical treatment. The oldest records are at least 2,500 years old. Thin sterilized stainless-steel needles are inserted into the body at certain places called "acupuncture points" --

to stimulate the body's energy and healing systems. This, in turn, releases chemicals into the muscles, spinal cord, and brain. These biochemical changes stimulate the body's natural healing abilities and promote physical and emotional well-being. Acupuncture is a key component of Traditional Chinese Medicine (TCM) based on the Chinese philosophy of yin and yang which, when simplified, might be understood as opposite energies which must be restored to balance. In the United States, acupuncture is frequently used to help control drug and alcohol addiction. It is also used to treat pain of all kinds, headaches, asthma, arthritis and mood disorders. Acupuncture is a treatment option for chronic lower back pain, chronic tension-type headaches, migraine and infertility. Mr. Studley has a Master's Degree



Patrick Studley

in Traditional Oriental Medicine (MSTOM) from Pacific College of Oriental Medicine (now called Pacific College of Health and Science) and has been licensed to practice Acupuncture by the State of New York since 2008. The MSTOM degree includes training in both acupuncture and Chinese herbology. He was curious about oriental medicine

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Hudsonriverview.net

The January Edition Of The Hudson River View Will Be In Area Homes On January 5th The Deadline For Advertising And Press Release Submission Is December 22nd

ACCORDING TO QUACKERS



The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar (as it was in the preceding Julian calendar). However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word *decem*, meaning "ten." Back in Roman times, the calendar only had ten months and began with March! The winter period was not even assigned months because it was not an active time for military, agriculture, or civil life. The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the

subsequent Julian calendar, two days were added to December, making it 31 days long.

Winter Solstice

The month of December brings the winter solstice in the Northern Hemisphere. This is the shortest day of the year (the day with the least amount of daylight). In 2021, the solstice occurs on Tuesday, December 21.

Full Cold Moon

December's full Moon, the full **Cold Moon**, appears on Saturday, December 18, reaching peak illumination at 11:37 P.M. EST.

Geminid Meteor Shower

Look skyward on the night of December 13 after 9 P.M. for a chance to catch a glimpse of the **Geminid meteors**. The Geminid meteor shower is the most active shower of the year. This year, the peak of the meteor shower lands just one day after the new Moon, meaning that the sky will be nice and dark—perfect for stargazing! If the sky is clear and temperatures aren't too chilly, it's worth venturing outside to try to see the Geminids.

Patrick Studley from page 1

and discovered Pacific College was walking distance from his office on Madison Ave. in NYC where he worked as an actuary for over 30 years. Upon retiring from actuarial work ten years ago he opened his acupuncture practice on a full-time basis.

Pacific College is one of the most prominent Chinese medicine colleges in the United States, offering degree programs, courses, and certification exams on a range of topics related to integrative and holistic medicine. Mr. Studley was always interested in Chinese philosophy, Qi Gong and Tai Chi. He discovered Pacific College and took one class. To be able to take more classes, he had to matriculate

into a degree program. "Students came from great distances to attend Pacific College," he notes, "but I was literally two blocks away." It took several years of study, but Mr. Studley graduated and is fulfilling his dream of helping people feel better with acupuncture.

Mr. Studley speaks eloquently (and passionately) about the benefits of acupuncture. He describes most illness and disease as caused by a body in chronic stress. "Stress causes the body to perceive it is in danger causing fight or flight reactions. When a body believes there is danger, the body will shut down all non-essential functions, eventually causing important organs and other body functions to shut down as well. "In modern society, we live with chronic long-term stress which can lead to sleep deprivation, digestion upset and suffering." The body compensates with inflammation response -- the first sign that all is not as it should be. While Mr. Studley does not

consider himself an expert on digestion or diet, he does see the correlation between good nutrition helping a body to heal. "When people ignore good nutrition or they function on too little sleep, the body identifies this as stress and shuts down. The body believes it is starving and metabolism keeps slowing down and the patient either starts gaining weight or is unable to release weight." It isn't accurate to say that acupuncture will help you lose weight but when stress or pain is relieved or improved the body can return to normal and the patient might take long walks again or participate in other beneficial movement towards a healthy body weight. "Acupuncture can also help regulate the body's metabolism." Mr. Studley identifies habitual toxic stress caused by refined sugar, processed foods, pesticide residues and food sensitivity. He classifies PTSD and grief as stressful "and so is staying in a job you hate." He says, "75-

Continued on page 3

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Patrick Studley from page 2

80% of his patients have neck and back injuries or complaints which may be caused by internal disorders or emotional upset, but most likely it's just due to orthopedic injuries, physically demanding jobs and other ordinary causes. In the case of grief, some patients describe their acupuncture treatments as a release – as if deep emotions are rising and leaving the body.

Many acupuncturists use massage tables, but Mr. Studley has found he gets better results with a zero-gravity recliner chair because “the patient is comfortable. The knees are bent, and they stay in that position for as long as they need.” Acupuncture is calming “and patients often rest or nap” -- which is an important part of healing. Mr. Studley practices community acupuncture where he can see multiple patients in an hour, allowing him to maintain lower rates. He is happy to pass on the savings to his patients -- although private sessions can still be arranged. Many people believe that acupuncture is a luxury, but Mr. Studley insists that acupuncture should be affordable because “acupuncture can improve or prevent a lot of ailments and discomfort.”

For more information or to book an appointment, call Hudson River Acupuncture at

(845) 233-5445, email Pstudley@HudsonRiverAcupuncture.com, or visit HudsonRiverAcupuncture.com. Accepting all major credit cards. Fully insured. Hours: Mon, Wed, Fri, Sat 10 am to 7 pm. Gift certificates are available.

Holiday Events at Clermont State Historic Park from page 1
output and sales, 54,000 private-sector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on Facebook, or follow us on Twitter. The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: Google Play Store, NY State Parks Explorer App or Apple Store, NY State Parks Explorer App.

THE WONDERLAND OF LIGHTS GRAND DEBUT IN RHINEBECK AT THE DUTCHESS COUNTY FAIRGROUNDS OPENS THANKSGIVING NIGHT THROUGH DECEMBER 26

In just two days, THE WONDERLAND OF LIGHTS will “flip on the switch” to more than a mile of dazzling holiday light displays at the Dutchess

County Fairgrounds through December 26. Debuting for the first time in Rhinebeck, THE WONDERLAND OF LIGHTS, has already received positive feedback based on strong advance ticket sales.



“Wearesoexcitedtobepresenting THE WONDERLAND OF LIGHTS for the first time ever in Rhinebeck,” owner and producer Tammy Peters said. “There is a soft spot in my heart for these folks here and the fairgrounds

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was the perfect place for us to add to our family and provide a memorable experience for Hudson Valley residents.”

Visitors can expect a slow, joyful drive through the parade of lighted pageantry in celebration of the season and enjoy the sounds of the holidays synchronized with the animated lights through individual car stereos. From sparkling tunnels to Gingerbread houses and even Santa’s workshop, there will be something for everyone to remember.

THE WONDERLAND OF LIGHTS debuts Thanksgiving night, 6pm to 9pm. For more

information on days, times, or to purchase tickets, visit www.thewonderlandoflights.com.

VIRTUAL MORTON HOLIDAY SHOW Premieres Sunday, December 5 at 2:00 pm

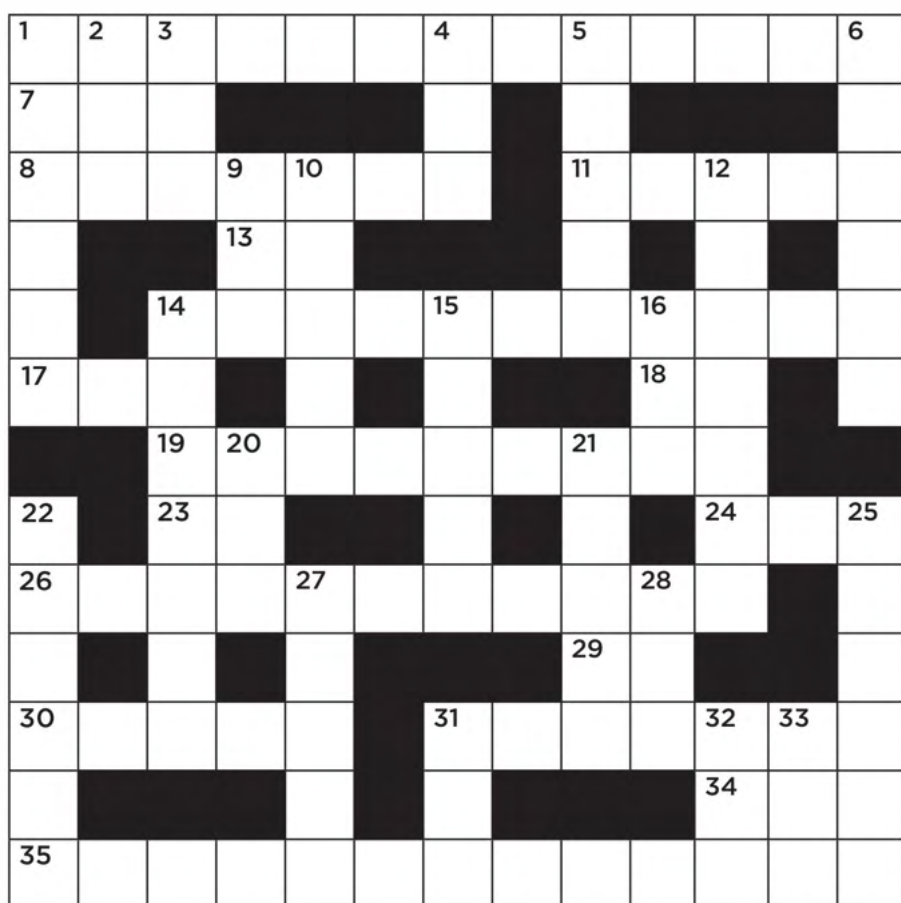
Holiday poems performed by Joe, Sam, & Maddox Baer and Shirl DiGugno. A Hanukkah story performed by Stanley Katz. Holiday songs performed by Michelle Kafer. As a special treat, Peter Sipperley playing Christmas Carols and holiday songs on the organ at Saint John’s Church in Barrytown. <https://youtu.be/9xcXS1D9-eM>

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- ACROSS**
1. Titular artifact in a classic mystery
 7. Thurman of *Kill Bill*
 8. Greatest quantity possible
 11. Cut into cubes
 13. It’s between la and do
 14. The best of both worlds in men’s undergarments
 17. ___ Marie Saint
 18. The chemical element selenium, for short
 19. Swimmer with nine Olympic gold medals
 23. Wong of *Law & Order: SVU*
 24. Little devil
 26. 1950s fashion

29. Duo at the top of the roulette board
 30. Right under our _____
 31. Nomadic insect
 34. Soap ingredient
 35. Singer Ruth, Anita, or June
- DOWN**
1. Mutter
 2. Physicians’ organization, in brief
 3. Loose about rules
 4. Street where Freddy wreaked havoc
 5. Passion
 6. Birthday suit lover
 9. O.J. trial judge
 10. Get-together
 12. Orange snack square
 14. Fast-growing grasses
 15. Pitfalls
 16. Suffix
 20. Recipe instruction
 21. Peculiar expression
 22. Share one’s feelings
 25. Tinker
 27. Composer Franz
 28. Rogers or Orbison
 31. ___ Lingus
 32. Ctrl + ___ + Del
 33. Science guy Bill

solution page 4



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Local Author from page 1

and the title was 'Die Große Liebe,' which means 'Le Grand Amour' or 'The Great Love.'

"Wow! She is 97 and reading love stories! I realized this ideal of ours never dies. At 100 you can still dream about love, true love, the one and only. This quest never ever ends and reading about it becomes so exciting, interesting and fulfilling."

Elisabeth firmly conveys that a great love is available to everyone who is willing to see it. The trick is that it may present itself in an unlikely way, and it's important to go beyond personal conceits and barriers in seeking it.

"We are born this way that love is part of our inner self, and the most interesting topic, even when you reach 97 years of age. To keep a true love is great work. If you did not find it yet, do not despair. One day every one of us will find their true, unique, and forever love. This I believe."

Many of the posts in *Stories to Nourish the Heart* end up drawing a wider implication from personal experience, and the section on "The Great Love" does so with the admonition:

"Let's spread more love around us, more loving words, more smiles, more random acts of kindness, and especially if someone attacks you let's give back in kindness. We are changing ourselves so that a world of heart and love will come about."

Elisabeth and Dietrich met and married in a way most people might find unusual. They were suggested for each other by the head of their church, the well known Reverend Sun Myung Moon.

"Dietrich never saw me before, and I also never saw him before," Elisabeth recounts. "And when Reverend Moon suggested us as a couple, it was really something, first of all because we came from enemy nations. Dietrich's father was German, his mother Austrian. And I'm French. So those two nations, Germany and Austria, had war with France as part of World War Two, of course. A lot of wounds from the past had to be healed."

For the couple, it was a pairing that carried a significance beyond the personal. "Our relationship, our life, our love was not only to love each other, but also to

love our nations, that our nations could be healed of the past. For example, my parents experienced the war, and when I showed them a picture of my husband, and his father, who worked as a bodyguard of Hitler, they were really shocked. But because they loved my husband so much, we could heal something in our family, and in our ancestry as well. So that's why I feel our marriage was not just for ourselves, but for the sake of healing our nations and the world."

In Elisabeth's latest book, she finds ways to compare her own life's romantic serendipity with touchstones of current pop culture. In one example, she talks about getting hooked on a Korean TV series, "Crash Landing on You."

The premise involves a rich South Korean girl, head of a business empire, who manages to land in North Korea while paragliding in bad weather. She becomes trapped there, and during the series, you follow her adventures trying to get back home, and in the meantime falling in love with a young high official.

"The new handsome superman comes from over there," Elisabeth notes. "The emotions there are strong. Their love is from their bone marrow. The food tastes like heaven. I just loved it. Being transported to another world where I never went before, but someone found true love there."

Open to Change, and Changing the World
Stories to Nourish the Heart illuminates how personal decisions and emotions can impact larger events in sometimes surprising ways. A section titled "Proclamations, Declarations, Pledges, Vows and

Promises," considers how the strong faith of early Americans would extend to perseverance and duty in the birthing of a nation:

"When our first president George Washington was at Valley Forge, he kneeled in prayer. The task and responsibility were too much to bear for one person alone. He had to make a decision which was unbearable by himself. He searched for answers coming from heaven.

"This is why we are moved in our heart and mind and in awe when we see this historical portrait of our famous and beloved president submitting to our Heavenly Parent. It stirs our original mind that we should always include God."

But for Elisabeth, the personal struggle to grow and be open to change, is never just a metaphor. The daily battles of life leave their marks on both the world and the soul.

The author recounts an instance where her daughter once startled her out of complacency.

"Mom, be nice to Dad!" My daughter responded, one day after I was using a sharp tongue toward my husband. It came to me as a

surprising shock, as I was not even aware of my attitude. Sometimes too critical, or impatiently babbling something too fast or inappropriate. It stopped me in my tracks and I could reflect on my attitude. I was not nice. To my husband. I had a lot of reasons why. I could enumerate all of them. In order of importance.

"But in the end, it does not matter the reasons why. What does matter in the end is if we could love anyway. Being always nice and pleasant speaking, and reconciling and agreeable. This is an art. The art of living together."

In another passage, Elisabeth meditates on the relationship between a parent's love for a child, and God's love:

"To be a parent, we learn to love unconditionally. This is why all of us should become a parent, to grow and feel God's heart, because He loves us as a parent. Parental heart makes us more complete, more whole. Then we can love others too, as a parent.

"If for any reason we cannot have children, then we can adopt, or be a foster parent, or adopt a loving animal with whom we

Continued on page 5

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Local Author from page 4

can share our abundant love.”
Ultimately, the love Elisabeth experienced with her husband, begun in a call to faith via an unlikely arranged marriage, and the work they shared in service of their church and in raising a family, opened her to divine grace in her own life.

“I truly experienced the love of God at the Matching and Blessing ceremony. When introduced to my husband, Dietrich, and looking deeply into his eyes, it was like a spiritual experience going through a tunnel all the way to heaven and sensing God and His profound love. God was looking at me through Dietrich.”

By its series of spare yet thoughtfully contemplated vignettes, *Stories to Nourish the Heart* will gratify anyone who is looking to be more open to the lessons available in life’s sometimes perplexing, but more often mundane events. For more info, visit: <https://dietrichfseidel.com>

Hudson Area Library Launches NEW History Room Website and Online Shop: Learn about the History of Hudson and Give the Gift of Hudson’s History!

Locals, transplants, and visitors alike are all fascinated with the history of Hudson. With the planning of the city by a group of merchants and whalers from their homes in Rhode Island and Massachusetts; the seedy stories of Diamond Street brothels, Legs

Diamond and other characters; the historic shad fishing shacks at North Bay; and Hudson’s decline and rise time and again, the city has a colorful history and lessons for all of us.

Responding to the ever increasing interest in the history of Hudson and the surrounding area, the popularity of its local history talks, and the increasing use of its archives, the History Room of the Hudson Area Library has launched its own website: historyroom.hudsonarealibrary.org.

“Hudson is hot now but in many ways, it has been a fascinating place for more than two centuries,” said Gary Sheffer, library board trustee and chair of the History Room Committee. “There have always been people who saw Hudson’s beauty, its gritty and friendly nature, and its potential. The history of the city has ups and downs and unexpected outcomes. Our website will give visitors an idea of the valuable collections we have about Hudson’s history including photographs, oral histories, historic maps, city directories from 1851, yearbooks from 1914 - 2021, news clippings, articles, books, pamphlets, physical items, and much more.”

In addition, there is an online shop on the website with archival quality copies of historic maps, aeroviews, and posters of Hudson; sets of night-scene and Warren Street postcards and a set of note cards of prominent buildings from an 1871 map of Hudson; tote bags and tea towels with a line drawing of the historic Armory by local artist and musician Tony Kieraldo.

“Consider giving the *Gift of*



See the New Hudson Area Library History Room

Hudson’s History this holiday season! Your friends and family will receive unique items and you will be funding the work of preserving and making accessible to the public the history of the Hudson area”, stated Brenda Shufelt, History Room Coordinator, “Our current projects include developing online websites for our oral history collections, digitizing City of Hudson directories from 1851 - 1940, and archiving the Arthur Koweek Urban Renewal Papers. All our funding is from grants, donations, and History Room Shop sales. We have a federal grant for our oral history project, and AmeriCorps workers for our directory digitization, but are hoping to fund our latest archiving project through our holiday sales.”

The Hudson Area Library has a dedicated History Room whose primary mission is to acquire, preserve, and make accessible the history of the library’s service area, which includes Hudson,

Greenport and Stockport. These holdings are maintained, preserved, and protected in a secure, conservation-quality repository that is open to the public by appointment only at this time, due to concern for the health and safety of our patrons. For an appointment contact Brenda Shufelt by email: brenda.shufelt@hudsonarealibrary.org.

[org](http://historyroom.hudsonarealibrary.org) or phone: 518-828-1792 x106. Online research requests for information on local history are available on the History Room website. This is a free service to the public. To learn more about History Room offerings, visit historyroom.hudsonarealibrary.org/. The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn and grow. To learn more about library offerings, visit hudsonarealibrary.org

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Woodworking & Holiday Craft Classes at Wooden Boat School

Sessions for beginners include kniferackandnauticalropewreath. The Wooden Boat School at the Hudson River Maritime Museum will offer a number of holiday-themed woodworking classes throughout December. Fun and creative sessions enable students of all experience levels to create thoughtful and personalized gifts for family and friends, as well as locally made home decor. Students will create a matching live edge cutting board and knife rack during a 1-day class on Saturday, December 4. Each student will pick a flitch of locally harvested and kiln dried hardwood, then use draw knives, sanders, and other tools to plan dimensions, smooth their material, and embed magnets to custom make these common kitchen tools. People can register for an intro to leatherworking session on Sunday, December 5, during which students will choose leather varieties and colors to make a handcrafted leather wallet. On Saturday, December 11, staff will offer a fun introductory class to create scroll saw holiday ornaments. Students will select designs, learn to read patterns, and use basic cutting techniques using a scroll

saw. Other classes throughout December include a parent/child cardboard dulcimer build on Saturday, December 11, nautical wreath construction on Sunday, December 12, and a wooden block plane class on Saturday, December 18. A calendar and registration details can be found at www.hrmm.org/woodworking. Introductory woodworking classes at the HRMM Wooden Boat School are designed for beginner woodworkers. Curriculum includes an overview of materials, tool use, and shop safety. Instructors work with small class sizes which allow students to learn at their own pace and customize their creations. Also offered at the school are after-school youth sessions and an extensive foundations of woodworking series, as well as more advanced woodworking courses on timber framing, boat building, and vessel restoration.

About the HRMM Wooden Boat School

The Wooden Boat School was founded by the Hudson River Maritime Museum in 2015 to preserve the maritime craft traditions of the Hudson Valley and to teach a hands-on interpretation of the living history of the Hudson River. The school offers diverse curriculum and opportunities which inspire skills in woodworking, boat building, and maritime craft. Also available are restoration services for

wooden boats. A class calendar and details can be found at www.hrmm.org/woodworking. **About Hudson River Maritime Museum**
The Hudson River Maritime Museum is dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries and related industries. In addition to extensive collections documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard Solaris, the 100% solar powered tour boat and floating classroom. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit www.hrmm.org for more information.



Registration is open for a DIY live edge cutting board and knife rack class happening Saturday, December 4 at the Wooden Boat School at Hudson River Maritime Museum.



The Wooden Boat School at Hudson River Maritime Museum will offer a number of holiday-themed classes including a session on creating a nautical rope wreath on Sunday, December 12.

IN FLIGHT, INC. WELCOMES NEW BOARD MEMBER

Strategic Planning Expert Aims for Long-Term Financial Success for In Flight, Inc.'s Future

In Flight, Inc. is pleased to announce a new member to the Board of Directors, Steve Bischoff. Bischoff will add to the multitude of different professional

backgrounds, experiences, and skills In Flight's Management and Governance Teams strive towards to enrich their operations.

Steve Bischoff is currently the Executive Vice President of Strategic Planning at Atlantic Home Loans, Inc.



Prior to that, Bischoff was a Senior Partner and Head of the NatAlliance Securities, LLC. Investment Banking and Asset Management Team's. He has extensive experience managing risk and building profitable businesses but is best known for developing and managing successful teams in the areas of structured finance, derivatives, whole loans, and middle market investment banking. Bischoff also is an expert in trading, risk management, and analytical infrastructure. Prior to NatAlliance Securities, Bischoff was the Chief Operating Officer of Dept Capital Markets at Cantor Fitzgerald in New York City, the Managing Director in charge of fixed income trading at GMAC/RFC Institutional Capital in Bethesda, MD. He is also a Founder, Board Member, and Managing Director at Amherst Securities in Houston, Texas. Bischoff also holds eight security licenses from The Financial

Industry Regulatory Authority, Inc. (FINRA) including North American Securities Administrators Association Uniform Combined State Law licensing and General Securities Representative license. He is a graduate of Bowdin College.

"I have seen In Flight grow and as I get older in my years, I feel it important to give back," said Bischoff when asked why he decided to join In Flight, inc.'s Board of Directors, "I see In Flight's mission as one that I would love to be a part of." Bischoff hopes to use his skills, "to add value and help In Flight with critical financial and strategic planning issues to help ensure In Flight long-term financial success, so they can continue to assist those who need help get help."

About In Flight, Inc. In Flight, Inc., an affiliate of Abilities Partnership of the Hudson Valley, inc, is a local non-profit organization that empowers people with intellectual and developmental disabilities, to reach for hopes and dreams, and to promote a meaningful quality of life. The organization has programming in Dutchess, Ulster, Columbia, and Greene Counties and offers a variety of different programs including Community Habilitation, Day Habilitation, Residential, and ISAIL programming. For more information about In Flight, Inc, please contact Jill Rodriguez at 845-835-6060 x 143 or jrodriguez@inflightinc.org.



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New Dance Studio from page 1

all levels of dance experience. Whether you are a beginner, a seasoned dancer looking for a new exercise routine or you just want to have fun, this beautifully mirrored, hardwood floor studio space with changing room and facilities will accommodate you.

The studio has acclaimed and professionally trained instructors and dancers who have performed on Broadway, at Radio City Music Hall, and in film. Now residing in the local area, they are here to offer their experience, expertise, and love of dance in support of the Hudson Valley dance community. Check out their impressive bios on the website: <https://gdcdanceco.com>. This Garage Dance Co-Operative is currently offering Adult Ballet, Tap, Musical Theatre, Acting, Coaching, Public Speaking, with more to come. Specialized classes in dance fitness, personal exercise and fitness are available, "Move, Groove, and Improve", Ballet Cross Fit, and Zumba are some of the classes currently available. A beginner youth program for ages 5-9 in a Ballet-Tap Combo is held on Saturday mornings. Social dance instruction in several dance art forms is being offered with more to be added. Social events, workshops, and master classes will be announced as they become available. Private and small group instruction is available by all instructors by appointment and availability. GDC has a lively Argentine Tango program with classes, private lessons and a weekly Practica (a gathering for those wanting to practice their tango skills with other dancers). They offer classes for beginners and intermediate/

advanced tango dancers. Argentine Tango has a vibrant tango community in the Hudson Valley and this space has been a large part of that for more than five years.

As GDC continues to develop its programs and offerings it hopes to be an active



participant in the arts community in the Hudson Valley. Currently, they offer time slots for public use, for artists and dancers seeking to practice, choreograph, or rehearse in a safe, comfortable environment. All are welcome. GDC would like to thank everyone who helped make this possible and for their continued support of this local small business. Spokesperson John Doty says, "Like the old and several villages rose to the occasion to help keep GDC in it." It's the wonderful instructors, students, and community that make GDC a special place.

Due to Covid, class sizes are limited to accommodate social distancing. If you are interested in a class, "We recommend you register as soon as possible." Classes are offered throughout

the day and evening, Monday through Saturday, and on Sundays by appointment or by announcement. GDC follows current NYS and CDC guidelines in collaboration with instructors and participants in developing best practices for its safe operation for all involved. GDC supports personal choice and will work to support both vaccinated and non-vaccinated persons to the best of our ability. Currently we are looking for Instructors that will support and instruct non vaccinated students as well. "As we move into the holiday season, dance is a wonderful way to maintain your weight or even release weight. Dancing



helps you to keep your mind and body healthy and is just as good for you as cycling and jogging. It helps with your upper-body strength and strengthens your core muscles." Overall, it can be a great workout! Gift certificates are available and make a wonderful stocking stuffer. For more information and instructor contacts call 845-471-4362, email gdcdanceco@gmail.com or visit their website at <https://gdcdanceco.com> to view schedules. Follow on Instagram: @gdcdanceco. Or like them on Facebook: @Garage Dance Co-Op.



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22nd Annual Interactive Dinner Theatre Performance of "A Christmas Carol" Returns to the Hudson Valley

Theatre On The Road celebrates their 22nd anniversary performance of the Charles Dickens classic with six local dinner theater events.

You've seen Scrooge, Tiny Tim, and the Ghosts of Christmas from a theatre seat. This season, don't just watch the story unfold, be a part of it during Theatre On The Road's interactive dinner-theatre performance of Charles Dickens' *A Christmas Carol*. Kick off the holiday season with merry songs, laughter, and heart-warming nostalgia as actors and carolers bring the story to life at a variety of public venues throughout the Hudson Valley. A Christmas Carol is scheduled at the following venues:

- Le Chambord, Hopewell Junction: Sunday, December 5th at 5 pm

- The Venue Uptown (Best Western), Kingston: Wednesday, December 8th at 7 pm

- The Beekman Arms, Rhinebeck: Wednesday, December 15th at 7 pm

- Meadowbrook Lodge, New Windsor: Saturday, December 18th at 5 pm

- The Beekman Arms, Rhinebeck: Sunday, December 19th at 5 pm

- The Beekman Arms, Rhinebeck: Sunday, December 22nd at 7 pm

In addition, there are five private performances scheduled at



Mohonk Mountain House in New Paltz and the Historic Hotel Broadalbin in Broadalbin, New York.

Each event features a sumptuous three-course meal following a reception where guests meet Ebenezer Scrooge, Tiny Tim, Nephew Fred, and carolers in authentic Victorian

costume. Audience members are encouraged to interact with the Dickens' characters throughout the performance. Adapted from Charles Dickens' classic, the production is a tribute to the spirit of a traditional holiday, with script written by Theatre On The Road founders Frank and Kristen Marquette.

"Theatre on the Road's dinner theater presentation of *A Christmas Carol* has become a holiday tradition at The Beekman Arms. The actors and singers are professional and engage the



audience much to our delight. We look forward to hosting them every year." - **Brenda Catalano, The Beekman Arms, Rhinebeck, NY** "There's no better way to feel the enchantment of the holiday season than by gathering with friends and family to enjoy a performance of this holiday classic over a delicious, three-course meal at the beautiful and historic Beekman Arms," says cofounder Frank Marquette. "And now you can take the magic home with you with our commemorative CD."

The Lacan Reading Group

Fridays at 4:00 p.m.

Morton Memorial Library
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After a two year hiatus the Lacan Reading Group will return with a reading of Lacan's Seminar of 1971-1972, he titled, not without humor "...Or Worse: The Knowledge of the Psychoanalyst". This seminar combines the weekly readings given at the Pantheon to a large audience, with a private seminar given the night before to a select group at Saint Anne Hospital. Together the seminar marks a turning point in Lacan's thought. In these later teachings Lacan has abandoned his efforts at revisioning Freud's own more didactic teachings - which had gone so awry in their dispersal to the next generation of followers - and is working through his own more radical position regarding the human subject. At the heart of Seminar XIX emphasizing "Oneness", is the explosive aphorism "there is no sexual relationship". As Jacques Alain Miller says in his introduction to the English edition, "Everything he has already taught you is here, and yet everything is new, overhauled, topsy turvy." This is a fun ride; delightful, and at the same time resounding with insight in the workings of the human subject. We will be reading Lacan's two weekly seminars in

chronological order so we will hear both his overview as well as what is reserved for his private audience. Our texts will continue to be the unauthorized version which is as close to Lacan's own presentation as tape recorders, notes and translation allow. This version of the text can be obtained from Richard Klein at his FREUD2LACAN website or copied from a print in the Lacan Archives at The Morton Library. The meetings are open to those interested. In addition to the weekly meetings, Dr. Anna McLellan will create a blog, building it around key points addressed each week as well as other readings that complement his teachings. This year's Seminar is dedicated to the memory of Lynn Gallagher, a colleague, dear friend and a member of The Lacan Reading Group for more than 20 years. She will be sorely missed. *All the riches of the world Pass swiftly through your memory Except for fame and glory* Roberto Bolano

ALZHEIMER'S ASSOCIATION TO OFFER FREE PROGRAMS IN DECEMBER

The Alzheimer's Association Hudson Valley Chapter will host the following free events via Zoom/telephone and in-person in December. Unless otherwise noted, call the Alzheimer's Association at 800.272.3900 to

Continued on page 10

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Our Spiritual Well-Being

by Charlotte Michos, RN, MS, CNS, CLNC

We typically address the impact of mental and physical aspects of our health, but what about the spiritual? Our spiritual well-being is often left out and gets muddled with our emotional well-being, but they are not the same. Emotion is described as a reaction to a person, object, or situation in our life; it can be real or a thought. Our emotional responses are often connected to past experiences and are distinguished from reason or knowledge. Spirituality addresses the “big picture” – a search for meaning in our lives. Spirituality has many definitions, and a secular vs. religious distinction helps to clarify the meaning (Soul Matters: The Spiritual Dimension Within Healthcare by Dr. Mabel Agghiaduno). Secular spirituality is not necessarily connected to

a specific belief system or even religious worship. Instead, it arises from our connection with ourselves and with others, the development of our personal value system, and our search for meaning in life. For many, spirituality takes on the more traditional form of religious observance, which includes a certain dogma, belief system and recognition of a higher power.

When it comes to sorting out the elements of “mind, body, spirit,” the whole point is that they are interconnected. Using this approach to healthcare is called holistic health. The mind-body connection is a well-known concept in medicine, but the spirit part is often cast aside. As health professionals, we assess physical and mental problems, but spiritual assessments are often dismissed as too time-consuming, not useful, irrelevant, or simply a check-box on the assessment form listing your religious practices (<http://www.aafp.org/afp/2012/0915/p546.html>).

Practitioners are typically not adequately trained in the area of spiritual assessment, or they do not believe it has a place in the biomedical world of clinical practice. Yet studies demonstrate that most patients want their spiritual needs assessed and addressed and that patients feel their spirituality does result in improvement in their well-

Continued on page 17

Craig Austin from page 1

Painful conditions such as eczema, rosacea and acne can reach the point where they are debilitating, and can cause serious lasting damage. And in the case of screening for skin cancer, the stakes can be even higher.

That’s why seeking professional help and regular screenings is a smart idea.

“As a dermatologist, skin cancer is probably the most important thing you’re going to do,” says Craig. “Early detection, especially of melanoma, is very important.”

Melanomas are an aggressive type of skin cancer. And people who have any previous incidents should be checked several times a year for re-occurrences. The good news is that screening and early detection work to prevent more serious outcomes.

“So people should be checked yearly, I would say, for the average person. And then people that have one or several episodes of skin cancer, they should be checked at least twice a year. The more you have, the more likely you’re going to develop another one. So that’s kind of essential to see your dermatologist. And you know, the thing about dermatology is, if you recognize a skin cancer early, especially melanoma, it’s 100 percent curable.”

Of course, there are many other issues that can affect that “superficial” layer of the human body that can range from annoying to painfully serious. Craig Austin and his staff are among the most experienced in the region in dealing with virtually any common (and some not so common) skin ailments, including:

- Acne
- Psoriasis
- Eczema Treatment

- Wart Treatment
- Rosacea Treatment
- Skin Cancer Screening
- Mole Removal
- Melanoma

Non-cosmetic skin issues are usually covered by most healthcare insurance plans, including Medicare.

New Tech Helps Clients Look and Feel Their Best

Of course, healthy skin is beautiful skin, and cosmetic dermatology is another area where Craig Austin offers experienced and innovative care and treatments.

Some of the most sought after current cosmetic procedures involve non-surgical facials and fat reduction therapies, and new innovative treatments for hair loss.

“I think there’s a lot of facial rejuvenation, now, or actually, fat reduction, with ultherapy,” says Craig.

Ultherapy is noted as being the only FDA-cleared, non-invasive procedure that lifts the neck, chin and brow. It can also be used to improve lines and wrinkles on the upper chest.

“We do a lot of ultherapy, which is a machine that tightens the skin. So it’s like getting a plastic surgery without having to go through the

surgery. It’s like a facelight, so ultherapy is a nice procedure.”

Acne is another condition that may be noted as the cosmetic plague of teens, but which can also affect adults, and become a serious issue in some circumstances.

“We have a great esthetician who does acne facials, which helps rejuvenate the skin,” Craig notes. “We can use non-aggressive lasers that make a difference in the skin, like superficial fraxels. So we do acne facials.”

One dermatology related specialty that might not seem obvious, but which makes sense, involves treatments for hair loss. It’s an area where Craig says recent innovations and technologies are making a difference.

“We have a treatment for hair loss, called PRP. It’s meant for men and women. It’s a process where you use platelet rich plasma, and you basically spin down the blood, and you get the growth factors that you can inject into the scalp. And that helps people regain their hair. You know, if somebody’s totally bald it’s not going to work. But it does work for people who are losing their hair. So it’s

Continued on page 17

ANNE’S ELECTROLYSIS

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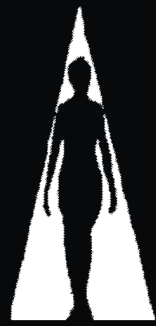
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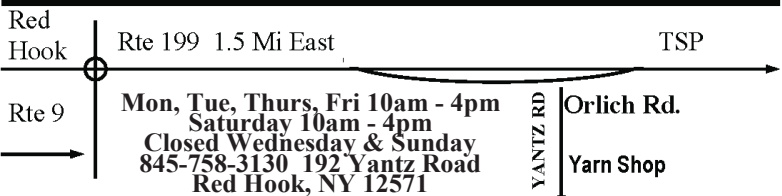
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God's Corner

GOOD TIDINGS OF GREAT JOY: REJOICING IN THE BIRTH OF JESUS!

And the angel said unto them, Fear not: for behold, I bring good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord" (Luke 2:10,11). As the Shepherds were watching their flocks by night an Angel appeared to them to bring good news about the Birth of Jesus in Bethlehem. It was an announcement of good tidings which resulted in great Joy to the Shepherds then, and continues to be a joyful message to all of us today. Down through the centuries the good news about the Birth of Jesus is a message of Joy, Hope, and Salvation to everyone who believes on and trust the Lord Jesus Christ as their personal Savior, and Lord! The Apostle Paul wrote, "This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief" (1 Timothy 1:15). As we celebrate the Birth of Jesus again this year I trust that you will reflect on the importance of His Birth and why He came into the world. Jesus is Perfect God (John 1:1) who became a Perfect Man (John 1:14) when He was conceived in the womb of Mary when she was a Virgin and was born in Bethlehem. Jesus is the Reason for the Season. Let's be careful that we don't get wrapped up into the commercialism of the day. Let's stay focused on the His Birth and why He came, which

was to live a perfect life, to reach out with compassion to those in need, and to give His life a Ransom Sacrifice for our sins. We Rejoice in the Birth of Jesus and give thanks to God for the precious gift of Salvation in Him. "Thanks be unto God for his unspeakable gift" (2 Corinthians 9:15). During this Christmas Season take time to reflect on how God has blessed you and your family. The celebration of the Birth of Jesus is a very special day for Believers!. He should be first on your gift giving list. The best thing you can give to Jesus is to give yourself to Him (Romans 12:1,2). The greatest gift that Jesus came to give us is the gift of Eternal Life. He gave His life on the Cross to die for our sins, and He Rose from death and the grave to guarantee Eternal Life to all who believe on and receive Him into their life! "For God so loved the world, that He gave his only begotten Son, that whosoever believeth in him shall no perish, but have everlasting life" (John 3:16). Remember to give Thanks to God for the gift of Jesus and His great love for you. He gave His life so that by believing on and receiving Him you might be saved, and enjoy Eternal Life with Him forever. "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things" (Romans 8:32). If you haven't received the gift of salvation I encourage you to do so know. Salvation is a gift of God's grace that is available to all who place their faith in the finished work of the Lord Jesus Christ on the Cross and

His Glorious Resurrection. I urge you to call upon the name of the Lord for salvation now! "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13). If you would like to know more about the Birth of Jesus and why He came into the World please contact us by Email at cdfeirone@aol.com or by Phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is 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

A Homeless Savior

By: Naomi Fata
 He came as a baby.
 He came as a stranger.
 He came to a virgin.
 He came to a manger.
 He came as our Savior.
 Jesus.

In the season of Christmas, we celebrate His birth with lights, food, family, and presents. Amid the tradition, we must ponder the sacrifice of His life. The cross was not His only sacrifice. Just think: Jesus came from heaven, His home, where He was with His Father whom He loved, to earth where He was a stranger. He left the comfort of a place called HOME filled with peace and love, to come to our world filled with hate and conflict. Not only was the atmosphere of our world unpleasant compared to His heavenly home, He also lacked the comfort of housing at all. His birthplace was dirty, with the animals, and filled with straw. Then He spent the first few years of His life as an exile in Egypt, hiding from crazy King Herod, who wanted to kill Him.

Most of us celebrate the birth of Jesus from the comfort of our own homes, surrounded by familiar tradition. This past year,

as my family transitioned from one home to the next, we spent many months staying in places that weren't ours, before we were able to move into our new home. At times it became the running joke among us and our friends that we were temporary nomads. The experience reminded me how much having a place called home is part of who we are. It brings comfort to know you can go home in the evening, to a place of comfort and familiarity.

Jesus didn't have that. His home was in heaven. Matthew 8:20 is a reminder of this, "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head." As you celebrate the birth of Christ this season may you meditate on what it cost Him to come to earth for you. He left His home, to become a stranger in an unpleasant world. He left the comfort of heaven to come to earth so that He could meet you. He didn't have to, but He came because He loves you. If you ever think that Jesus doesn't know what you are going through, remember that He came to earth and became homeless for you. Isaiah 53:3 says, "He was despised and rejected by mankind, a man of suffering and familiar with pain."


Don't let His sacrifice be in vain. Reach out to Him, He went through great personal loss to reach out to you.

Alzheimer's Association Programs from page 8

register for any of these programs.
Dementia Conversations: 9:30-10:30 a.m. Wednesday, Dec. 1. A free virtual program offering tips for handling difficult dementia-related conversations such as going to the doctor for a diagnosis, when to stop driving and planning for the future.
Something for Alz: Chair Yoga for Every Body 10:30-11:30 Wednesday, Dec. 1. No experience necessary; join us for a free virtual gentle seated yoga experience

focused on breathing, gentle movements and stress reduction.
Something for Alz: Winter Break: 12:30-1:30 p.m. Wednesday, Dec. 1. A free virtual concert for people with dementia and their loved ones featuring music by Sing for Your Seniors.
Caring through the Holidays: 3-4 p.m. Thursday, Dec. 2. A free virtual program in partnership with Artis and John C. Hart Memorial Library. Get tips for making the holidays more enjoyable for the caregiver as well as the person with dementia.
Living with Alzheimer's: For Middle-Stage Caregivers (Part 1): 11 a.m. Tuesday, Dec. 7. Part one of a free three-part series in partnership with Suffern Free Library on caregiving in the middle stage of dementia.
Something for Alz: Writing for Reflection and Connection: 2-3 p.m. Tuesday, Dec. 7. A free virtual writing and poetry workshop for both the caregiver and the person with dementia. Facilitated by licensed creative arts therapist Mary Farkas.
Something for Alz: Chair Yoga for Every Body: 10:30-11:30 Wednesday, Dec. 8. No experience necessary; join us for a gentle seated yoga experience focused on breathing, gentle movements and stress reduction.
Something for Alz: Winter Break: 12:30-1:30 p.m. Wednesday, Dec. 8. A free virtual concert for people with dementia and their loved ones featuring music by Jeffrey Friedberg.
Something for Alz: Morning Game Show: 10-11 a.m. Saturday, Dec. 11. Join us for a free virtual morning of games including Jeopardy, Hollywood Squares, Charades and more.
Living with Alzheimer's: For Middle-Stage Caregivers (Part 2): 11 a.m. Tuesday, Dec. 14. Part two of a free three-part series in partnership with Suffern Free Library on caregiving in the middle stage of dementia.
Tuesday Social: 11:30 a.m. to 1 p.m. Tuesday, Dec. 14.

Continued on page 18



Red Hook Community Center
59 Fisk Street, Red Hook, NY 12571

Worship Services - Sundays 10:30 AM

In this month of Gift-Giving, remember the Original Gift-Giver:
Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." - John 4:10

Thanks be to God for his indescribable gift! - 2 Corinthians
For it is by grace you have been saved, through faith - and this not from yourselves, it is the gift of God - Ephesians 2:8

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**Sunday Services
 10:45 am and 6:00 pm**

CHRISTMAS EVE SERVICE:
 FRIDAY, DEC. 24 AT 7:00 PM
 Sunday School (For All Ages) 9:30 AM
 Grace Bible Institute & Women's Bible Study: Mondays 7:00-8:20 PM
 Wednesday Prayer Meeting 7:00 PM
 Children & Teen Ministry: Fridays at 6:45-8:30 PM
 Men's Bible Study: Saturdays at 7:00 AM
 The Course offering for the Winter Term of Grace Bible Institute will be CC 105: Overcoming Obstacles. The Winter Term will begin on Monday, January 03, 2022 at 7:00 pm. For more information email: cdfeirone@aol.com or call: (845) 876-2122 or (845) 876-6923

For information about Grace Bible Fellowship Church, please call (845) 876-6923 or (845) 876-2122 or email us: cdfeirone@aol.com

Lutheran Parish of Northern Dutchess

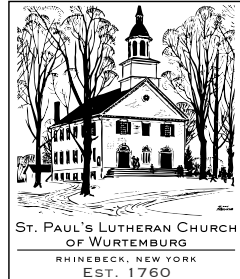

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 8:30 am – Memorial, 1232 Rte. 308, Rhinebeck
 9:45 am – Third, 31 Livingston St., Rhinebeck
 11:00 am – St. Paul's, 7412 So. Broadway, Red Hook

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The Rev. Mark D. Isaacs, D.Min., Ph.D.

Saturday evening worship service 5:00pm

Sunday morning worship service 10:00am

Christmas Eve Service - 7:00pm

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 Sunday Morning Service 10:30am
 Wednesday Night Prayer Service 7pm

Physical Rehabilitation in Dogs

By: Julianne Porter

Many people who have been through surgeries and injuries know of the importance of physical rehabilitation, and it is no different in dogs. Physical rehab is a crucial component of the multimodal approach that veterinarians use to treat a variety of injuries and to help slow the progression of arthritis.

Physical rehabilitation is more than just exercise. It includes massage, heat and cold treatments, acupuncture, LASER, and electromagnetic therapy.

Massage and stretching are often used prior to any exercise. It helps to relax dogs prior to their subsequent therapies, improve their flexibility, decrease pain, improve joint stability and increase blood flow to promote healing. This is typically done with the pet lying down on their side with their owner (or veterinarian or technician) manipulating the joints

and muscles with their hands. Cold therapy is a great way to reduce inflammation, especially in the immediate hours and days following an injury, surgery, or arthritis flare-up. This is typically performed with ice packs. Heat therapy, on the other hand, is often implemented in the days after the initial "insult" to help promote blood flow and healing. Warm compresses are often made of either warm towels or store-bought heat packs. In either situation, the heat or cold source should be wrapped to protect the skin from any damage and the pet should never be left alone with a heat or cold pack on.

LASER therapy sends light energy (photons) into the mitochondria of cells, which causes the cells to produce the fuel needed to repair themselves. This allows for tissue to heal faster and more efficiently, all without damaging the cells. Pulsed electromagnetic field therapy is another safe method that delivers a small current to damaged tissue to promote anti-

inflammatory mechanisms by enhancing the production of nitric oxide. Acupuncture, which can be enhanced by electrical nerve stimulation, works by placing small needles in specific points to stimulate the nervous system to release chemicals to reduce pain and promote healing.

There are a variety of exercises used in rehabilitation depending on the location and severity of the condition. Some exercises target the balance system in the brain, while other exercises focus on strengthening the muscles around a joint. Most of the time the exercises start off with very low impact (i.e., rising from a sitting position to a standing position) and gradually increase with time. Swimming is a great low-impact exercise if a dog is comfortable with water and many rehabilitation facilities use an underwater treadmill as part of their therapy protocol.

While it is very important to begin physical rehabilitation at a veterinary hospital or rehabilitation center, many methods can eventually be performed at home, but always should be under the direction and advice of a veterinarian. Performing the wrong exercise or performing exercises too quickly can result in further damage and prolong the healing process. Acupuncture is an area that requires a specially trained veterinarian to perform and should not be attempted at home. Your veterinarian can work with you to develop a proper physical rehabilitation plan to help your pet return to normal as quickly and safely as possible.

or xylitol, an artificial sweetener. Particularly dangerous are cooked poultry bones. Cooked bones easily splinter, and the bone shards can cause choking or get stuck in your dog's gums. Instead, give "dog bones" specifically designed for dogs to chew. Ask your veterinarian or trainer for suggestions. Discourage your dog from foraging in the garbage. Secure all trash cans. It's natural that you do want to share holiday treats with your dog. While a small taste of turkey or sweet

potatoes can make your dog happy, don't over do it. Too much of a good thing can make him sick. **DECORATIONS ARE NOT PLAYTHINGS** Keep your pets away from holiday plants, many of which are poisonous, such as holly, mistletoe, poinsettias and amaryllis. Snow globes can contain antifreeze, which is extremely toxic to dogs. Keep any antifreeze products away from your happy, tail-wagging dog. If there is an

Continued on page 14



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It is hard to believe but the holiday season is once again rapidly approaching, and I would hope that we can all have happy and safe celebrations. Please keep in mind that good times with family and friends; decorations, parties, gifts and all the excitement that goes along with the holidays can be stressful for our dogs that don't quite understand what is going on. While we humans try to get more done in the time we have, our dogs only see an upset to their normal routine, trees growing in the living room and, in many homes, an unusual amount of kitchen activity that produces amazing aromas. **HOLIDAY FOODS**

While the array a food that comes from our kitchen are treats to be had by the human members of our households, they can be dangerous when consumed by our dogs; some even toxic. These include fatty or spicy foods, bread dough, fresh herbs, alcoholic beverages and sweets of all kind, especially those with chocolate

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Wishing you and your loved ones a happy, healthy, and safe holiday season!



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info@RhinebeckAnimalHospital.com

A GILDED AGE CHRISTMAS AT STAATSBURGH

NOVEMBER 26 – DECEMBER 31, 2021

Staatsburgh State Historic Site will present *A Gilded Age Christmas*, featuring lavish decorations in a Gilded Age mansion, from late November through New Year's Eve. The decorations create a stunning and festive touring experience in the Beaux-Arts

country home, one of the great estates of the Hudson Valley. Staatsburgh will open for holiday visits on Friday, November 26, by advance reservation only at www.bookeo.com/StaatsburghSHS. Visitors can tour the main floor of the mansion Thursdays through Sundays from 11 a.m. to 4 p.m. (last admission at 3:30 p.m.) through December 23. The site will be closed on December 24 and 25. From December 26 through December 31, Staatsburgh will be open

every day from 11 a.m. to 4 p.m. (last admission at 3:30 p.m.) In addition, Staatsburgh will be open on Friday evenings December 10 and 17, from 6 p.m. to 8 p.m. (last admission at 7:30 p.m.) The site's giftshop will be open during all tour hours, offering a wide range of books, jewelry, apparel, toys, and other gift items. Admission is \$8 per person; \$6 for seniors and students; children age 12 and younger are free. Staatsburgh was the Gilded Age country home of Ruth Livingston Mills, a prominent figure in New York Society, and her husband, financier and philanthropist Ogden Mills. Their stately home, overlooking the Hudson River in the hamlet of Staatsburgh, was redesigned and expanded to 79 rooms in 1895 by the famous architect Stanford White.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburgh, 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 Parks.NY.gov, [Facebook](https://www.facebook.com/staatsburgh), and [Blogger](https://www.blogger.com). Staatsburgh's events are listed at Parks.NY.gov/Events.

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 78 million people in 2020. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 private-sector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on [Facebook](https://www.facebook.com), or follow us on [Twitter](https://twitter.com). The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: [Google Play Store](https://play.google.com/store/apps/details?id=com.ny.parksexplorer), [NY State Parks Explorer App](https://apps.apple.com/us/app/ny-state-parks-explorer-app/id1488888888) or [Apple Store](https://apps.apple.com/us/app/ny-state-parks-explorer-app/id1488888888), [NY State Parks Explorer App](https://apps.apple.com/us/app/ny-state-parks-explorer-app/id1488888888).

Spencertown Academy Roots & Shoots Concerts Series Presents The Wanda Houston Band

Spencertown Academy Roots & Shoots Concerts Series presents the Wanda Houston Band on Saturday, December 4 at 8:00pm. For Covid safety, proof of vaccination will be required for attendance, seating will be distanced and limited,

and masks will be required for audience members while in the building. The Academy has installed Blue Pure 211+ air filters in the auditorium. General admission tickets (\$20 public, \$15 Academy members, and \$10 students) must be purchased in advance via www.spencertownacademy.org. "I have known Wanda for many years, and have seen her perform dozens of times. She always presents with grace in a multitude

Continued on page 15



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Fri: 10-6
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All About Travel would like to wish everyone a healthy, happy holiday season.

Travel is coming back and it's as exciting as Christmas morning!
The holidays are a wonderful time to talk with family and friends about traveling together and making lifetime memories!
All About Travel is ready to help plan with you when the time is right.
Wishing you all the best in 2022!

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Aunt Rose's Fantastic Butter Toffee



Ingredients
2 cups unblanched whole almonds
11 ounces milk chocolate, chopped
1 cup butter, cubed
1 cup sugar
3 tablespoons cold water

Directions
Preheat oven to 350°. In a shallow baking pan, toast almonds until golden brown, 5-10 minutes, stirring occasionally. Cool. Pulse chocolate in a food processor until finely ground (do not overprocess); transfer to a bowl. Pulse almonds in food processor until coarsely chopped. Sprinkle 1 cup almonds over bottom of a greased 15x10x1-in. pan. Sprinkle with 1 cup chocolate.
In a heavy saucepan, combine butter, sugar and water. Cook over medium heat until a candy thermometer reads 290° (soft-crack stage), stirring occasionally.
Immediately pour mixture over almonds and chocolate in pan. Sprinkle with remaining chocolate and almonds. Refrigerate until set; break into pieces.

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HAVE YOU HUGGED YOUR TREE TODAY?

Barkbusters from page 11

antifreeze spill, send your dog out of the room while you clean up the liquid. Dilute the spot with water and floor cleaner to ensure your dog does not lick the area later.

- Keep electrical wires and batteries out of your pet's reach. Chewing or biting anything electrical can cause shock or burns.
- Don't leave lighted candles unattended. A lit candle knocked over by a swinging tail can burn your pet or cause a fire.

CHRISTMAS TREES CAN BE HAZARDOUS

Anchor the tree to the ceiling or wall to prevent it from tipping over.

- Hang non-breakable ornaments near the bottom of the tree. Avoid putting tinsel on your tree. If ingested, tinsel can twist in your dog's intestines and be deadly.
- Don't let your dog drink Christmas tree water. The water may contain preservative chemicals, which can trigger severe indigestion in dogs. Stagnant clean water can breed bacteria and cause nausea or diarrhea to the pet which imbibes.
- Regularly sweep up fallen pine needles, as they can puncture holes in a dog's intestines if ingested.

HELP YOUR DOG FEEL SAFE AND RELAXED

Most dogs get very excited when guests arrive. To help your dog be calmer, exercise him prior to the festivities. After 30 minutes of walking or playtime, your dog will likely be relaxed or want to nap.

- As a general rule, don't allow the family dog to greet unfamiliar guests since unusual activities and commotion can cause him extra stress.
- Give your dog a break from the hubbub by putting him in his crate or in a quiet room with his bed. Allow him to rejoin the festivities after guests have arrived. Don't put your dog outside, especially in cold temperatures, where you might forget about him.
- Pets stressed by unfamiliar events typically pant more, so keep your dog's water bowl filled with freshwater.

PETS LIKE PRESENTS TOO

- Help your dog stay busy and out of the holiday trimmings by giving him fun, safe gifts.
- Bark Busters' Game Changer and Kong are virtually indestructible puzzle toys that reward your dog with treats and keep him well entertained.

A FINAL NOTE

Please, please, please don't give a pet as a surprise gift. A cute puppy might seem like the perfect gift choice, but many of these holiday presents end up in animal shelters. Owning a dog takes a genuine commitment of time and responsibility, and adoptive owners must be ready to participate in training and other activities. If you are absolutely certain the recipient is

up to the challenge and wants the responsibility, seriously consider giving a leash and a collar or, better yet, a gift certificate for Bark Busters training along with the note saying a dog of the recipient's choice will come with it. This helps ensure the lucky person gets just the right pet to bring into the family.

Caution and common sense in caring for your dog during the holidays will help ensure a safe and happy holiday season for all. And the results? Happy Dogs = Happy Families

Bark Busters is the World's Largest and Most Trusted Dog Training Company. Our techniques have been used to train more than 1.1 million dogs worldwide without the use of treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world

through the eyes of the dog and to "Speak Dog". By learning how to effectively communicate with a dog and tapping into what the dog already instinctively understands, you build a relationship with the dog based on trust, respect and bonding.

Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 12+ years. On the eastern side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.

For more information about Bark Busters, please visit our

Continued on page 15



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Barkbusters from page 14
 website at www.BarkBusters.com where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

Spencertown Academy Roots & Shoots from page 12
 of styles. You always leave her shows smiling, and feeling like she's your best friend," says Rob Fisch, member of the Academy's Music Committee.



With their dynamic blend of classic jazz, R&B, adult contemporary, and rock, the Wanda Houston Band is one of the most popular musical groups in the Berkshires. Vocal stylist Houston leads the quartet in fresh takes on standards, ranging from Fitzgerald to Sinatra, Aretha to Sam Cook, and the Beatles to Jackson 5.

They recently celebrated their 10th anniversary with the release of their first album, "Lucky So & So," which showcases their arrangements from the Great American Songbook and music of the Temptations and Gladys Knight and the Pips. In addition to songstress Houston, the group features Rob Kelly on keyboard/bass/vocals and Jeff Stevens on horns/vocals. Roots & Shoots Streams Concerts is a series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration,

while incorporating more recent forms and influences of the present. Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

Morton/Rhinecliff Holiday Weekend Rhinecliff Light Up Night
Saturday, December 11 @ 5:00 pm
 Saturday evening we will shine some literal and figurative light on the hamlet! We ask everyone to pick up luminaria kits at the library and then line the streets with candles. That evening we can enjoy the sights by walking and visiting with neighbors while enjoying a complimentary hot beverage from the Epicurean. You can also stop and have your picture taken in front of the Rhinebeck Grange wreath. Perhaps some neighbors will have heat lamps out, perhaps there will be fire pits, perhaps music on porches. We know that there will be lots of conviviality! Luminaria kits will be available at Morton for curbside pick up beginning Wednesday, December 1.

Each kit will contain 10 candles, bags, and sand and we are asking for a donation of \$20 per kit. The money will go to Rhinebeck and Red Hook Responds. For more information: [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org)



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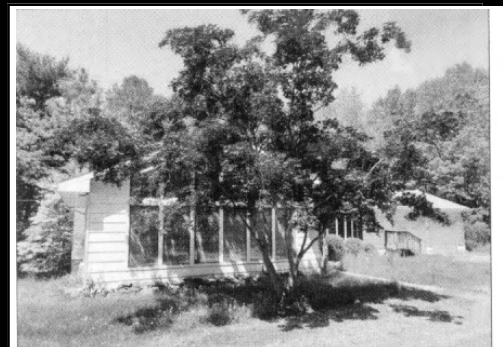
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BR's. Full WO basement can be easily finished. Add'l work shop to work on your hobbies. Large flat yard w trails & enough room for gardening/ play. Walkable to Tousey Winery, Clermont Park & Hudson Valley Distillery, 5 minutes to Germantown, 15 to Hudson. Red Hook Schools. **\$269,000**



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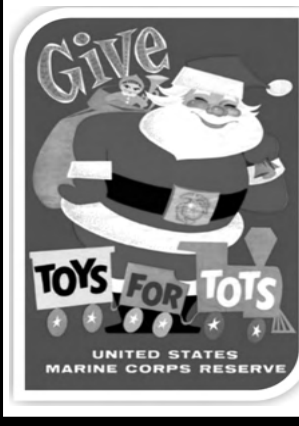
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Our Spiritual Well-Being from page 9

being (<https://link.springer.com/article/10.1007/BF02248742>).

There are various spiritual assessment tools, but the groundwork begins with a patient simply wanting a trusting relationship with his/her doctor. Patients want their doctors to talk to them and to show some understanding. One could conclude that a doctor has the "power" to relieve suffering just by the "way they are." According to the National Institute of Health, one of the lines in the modern version of the Hippocratic Oath is: I will remember that there is art to medicine as well as science. Physicians can learn the science part (treating the disease) in medical school and residency, but the artistic part (treating the patient) may take a lifetime of practice.

So, what types of questions are asked in a spiritual assessment and what is the purpose? The following are some sample questions from the FICA Spiritual History Tool (<http://www.aafp.org/aafp/2012/0915/p546.html>):

1. Faith and Belief: Do you have spiritual beliefs that help you cope with stress? If the patient responds "no," consider asking: what gives your life meaning?
2. Importance: Have your beliefs influenced how you take care of yourself in this illness?
3. Community: Are you part of a spiritual or religious community? If yes, is this of support to you, and how?
4. Incorporate faith in approach to care: How would you like me to address these issues in your health care? (<http://www.aafp.org/aafp/2012/0915/p546.html>)

A spiritual assessment

is just as important as a physical and mental assessment. How do these three assessments come together to form a plan of care for the patient? Take for example, two patients who experience a motor vehicle accident, which leaves them with numerous injuries, pain and a long path of rehabilitation. Physical: Standard operation includes a physical assessment of each patient's condition and pain level – it helps in determining the diagnoses and course of treatment. In remembering that medicine is "a science and an art," the physical assessment (body) might be thought of as the "science" part of medicine because the disease or condition is being treated. At this point, both patients may have equal treatment and a similar plan of care.

Moving on to complete the plan of care, the emotional and spiritual assessments may be considered the "art" of medicine because now you begin to treat the individual patient, not just the disease or condition. This is where the plan of care becomes customized and the paths of healing may have different outcomes. We would expect patients, who are more emotionally stable and have more positive attitudes, to have smoother paths to recovery than patients who are anxious, depressed and/or pessimistic. The approach to care requires modification, not judgment. In the spiritual realm, patients who have a sense of purpose in life, a connection to others, and/or believe in a higher power will often be more confident about their recovery. These patients may be more receptive to hope, feeling calmer and more peaceful. The spiritual assessment is relatively simple and not time-

consuming and yet has the potential to greatly impact the outcome of the patient's health status in a positive manner.

Although we like to refer the spiritual assessments to the chaplaincy team, it is the doctors, nurses and health team members who can help the patient by utilizing this valuable assessment, showing some honesty, humility, and compassion.

In conclusion, when people are struck with illness, the patient outcomes are potentially limited when healthcare providers are preoccupied with only the diagnosis and physical treatment. Illness is a human experience that impacts the lives of our patients on many levels: physically, mentally and spiritually. Our health is not just physical; it encompasses the mind, body and the soul. Hoping you all have a happy, healthy holiday season and New Year! Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products and to view previous articles visit www.besthealthconsultant.com or email charlottemichos@icloud.com

Craig Austin from page 9

a nice effective way to treat without taking any medicines, and using your own plasma." With a new Rhinebeck office, important medical services and screenings covered by most insurances, and a wide array of cosmetic care that can help clients look and feel their best, it's a great time to schedule a convenient visit to Craig Austin Dermatology.

All are also welcome to join a ribbon-cutting ceremony on Friday December 3rd, 2021. Craig Austin Dermatology PC (845) 896-6669 200 Westage Business Center Dr Suite 231 Fishkill, NY 12524 Craig Austin Dermatology PC (845) 516-6500 6565 Spring Brook Ave Suite 11 Rhinebeck NY 12572 <https://www.craigaustringeratology.com/>

Germantown Learns About Attracting Birds, Bees and Butterflies

The November meeting of the Germantown Garden Club featured a talk by Master Gardener, Timothy Kennelly. Tim focused on indigenous/native plants to use in our gardens to not only attract birds, bees and butterflies but what plants to add to the overall aesthetic of a garden. He covered all the growing mediums, trees, shrubs, flowers and groundcovers to accomplish this goal. A list of these mediums was available. Most impressive was the use of photographs of his own garden rather than

professional photos. This allowed the viewer to visualize the possibilities for their own garden. A lively question and answer period followed the presentation. The meeting portion of the monthly meeting included a discussion of the Germantown Garden Club's annual holiday event, a Christmas Market Saturday, December 4, 1 to 4pm and Sunday, December 5, 1 to 3pm. The Christmas Market will feature fresh hand decorated wreaths, fresh table arrangements, houseplants, a boutique table and a bake sale. The holiday event will be at the Palatine Parsonage, Maple Ave., Germantown. An election of officers for 2022 was held. The following slate was elected: President, Fran Bufi, Vice-President, Maureen Lockwood, Treasurer, Joyce Vale, Recording Secretary, Elke Crane, and Corresponding Secretary, Kate Kennedy. For more information about the club's holiday event, about the club, next year's program or how to become a member call President Fran Bufi at 518-537-4868. The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs



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Alzheimer's Association Programs from page 8

A free virtual social program featuring a musical performance. **Something for Alz: Writing for Reflection and Connection:** 2-3 p.m. Tuesday, Dec. 14. A free virtual writing and poetry workshop for both the caregiver and the person with dementia. Facilitated by licensed creative arts therapist Mary Farkas. **Something for Alz: Chair Yoga for Every Body:** 10:30-11:30 Wednesday, Dec. 15. No experience necessary; join us for a gentle seated yoga experience focused on breathing, gentle movements and stress reduction. **Something for Alz: Winter Break:** 12:30-1:30 p.m. Wednesday, Dec. 15. A free virtual concert for people with dementia and their loved ones featuring music by Doug and Ricardo. **Alz Across NY: Sinterklass in Rhinebeck:** 1-2 p.m. Monday, Dec. 20. A free statewide program for people with dementia and their family caregivers focused on the Sinterklass tradition originally founded in the Netherlands. **Living with Alzheimer's: For Middle-Stage Caregivers (Part 3):** 11 a.m. Tuesday, Dec. 21. Part two of a free three-part series in partnership with Suffern Free Library on caregiving in the middle stage of dementia. **Something for Alz: Winter Break:** 11 a.m. to noon. Wednesday, Dec. 22. A free virtual concert for people with dementia and their loved ones featuring music by Melinda Burgard. These programs are supported in part by a grant from the New

York State Department of Health. **About the Hudson Valley Chapter**
The Hudson Valley Chapter serves families living with dementia in seven counties in New York, including Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester. To learn more about the programs and services offered locally, visit alz.org/hudsonvalley. The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Its vision is a world without Alzheimer's and all dementia. Visit alz.org. For more information, contact Communications Manager Dugan Radwin at dradwin@alz.org

Museum Crowdfunds for Lighthouse Documentary

"Seven Sentinels: Lighthouses of the Hudson River" trailer is now live
The Hudson River Maritime Museum is pleased to announce the launch of the trailer and a crowdfunding campaign to complete the new documentary film "Seven Sentinels: Lighthouses of the Hudson River." Of the dozens of lighthouses and lights that once dotted the Hudson River, only seven remain. This iconic American river, at the heart of the rise of New York City and westward expansion into the interior of the continent, was also a transportation super highway long before automobiles

were invented. Throughout it all, the lighthouses kept watch, guarding the safety of the Hudson's waterborne traffic. But no comprehensive history of these lighthouses exists. Until now.



The Esopus Meadows Lighthouse located in Esopus Meadows flats off the west bank of the Hudson River in the Town of Esopus, NY.

The idea for this film has grown out of decades of Hudson River lighthouse interpretation, including research, exhibits, articles, short films, presentations, and the book. Together with filmmaker Jeff Mertz of Moonbow Imaging, the Hudson River Maritime Museum is creating a feature-length documentary film: "Seven Sentinels: Lighthouses of the Hudson River." This beautifully shot film will place the lighthouses in historic context, tell the fascinating stories of the buildings themselves and their keepers, and outline how these seven have survived to the present day, and how to preserve them for generations to come. The museum and Mertz spent part of 2020 and most of 2021 partnering with lighthouse organizations, historians, and historic preservationists to record interviews and get footage of the interior and exterior of all seven of the Hudson River Lighthouses: Hudson-Athens, Saugerties, Rondout, Esopus Meadows, Stony Point, Sleepy Hollow, and Jeffrey's Hook (a.k.a. the "Little Red Lighthouse"). Those interested in learning more about the film, each of the lighthouse organizations, and how to donate can visit www.hudsonriverlighthouses.org. Supporters through Indiegogo can receive perks like DVDs, signed *Hudson River Lighthouses* books, lighthouse tours, supporters-only film screenings, credits, and more. The museum has already received partial support from Ulster Savings Bank, Rondout Savings Bank, and the County of Ulster's

Ulster County Cultural Services & Promotion Fund administered by Arts Mid-Hudson. The **Hudson River Maritime Museum** is dedicated to the preservation and interpretation

and open to all, every day from 8:00 AM to sunset.

Ongoing tours, indoors and outdoors:

Friday – Sunday 11:00am – 3:00pm
All tour participants are required to: Wear a mask covering the mouth and nose during indoor tours. Maintain social distance (six feet) at all times. To learn more and purchase tickets visit <https://www.olana.org/>. The Olana Museum Store is open Friday -Sunday, 11am-3pm. *The Museum Store and Tours will not be offered on December 24 and 25, 2021*

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/OLANAEEYE. Use the hashtag #OLANAEEYE on social media to share your amazing screen captures! Follow us @olanashs

VIRTUAL WEBINARS
Olana offers more than 20 virtual webinar recordings available to watch for FREE! Tune in to view presentations by esteemed scholars, artists, and researchers from a diverse range of fields. Learn more about topics such as the saving of Olana, Frederic Church's role in the establishment of the Metropolitan Museum of Art, or the careers of Church's 19th century contemporaries like Eliza Pratt Greatorex and Mary Edmonia Lewis, along with conversations by contemporary artists Jean Shin, Portia Munson, Paula Hayes and more. **Connect with Olana through virtual tours and programs by visiting <https://www.olana.org/>**

Continued on page 19

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Olana State Historic Site from page 18
[org/virtualg/virtual-olana/](http://www.olana.org/virtualg/virtual-olana/)
Exploring Special Places with Olana Onsite and virtual field trips for grades K-12
Scheduled Tuesdays- Fridays upon request

The Hudson Valley was an important place and source of inspiration for Frederic Church and other artists. During this tour, students will learn more about how Church and his contemporaries were inspired by this region of the American landscape. Students will explore Olana's history through an outdoor tour, house tour, or 3D view of the site if participating in a virtual tour. Activities and conversations will prompt students to explore how artists are inspired by special places. By connecting with the story of Olana's history and preservation, Church's masterwork and family home, students will be encouraged to consider how they relate to important places in their own lives and communities. Free for schools in Columbia and Greene Counties. \$10 per student for onsite tours/\$5 per student for virtual tours. Email education@olana.org to learn more. **Free First Weekend Wanderings Saturday, December 4 12:00-1:00pm**

Kickstart your month outdoors at Olana! Learn more about Olana and its artist-designed landscape during hour-long walking tours beginning at the Wagon House Education Center at the historic farm complex. Each tour will cover a different portion of Olana's 250-acre landscape and 5 miles of carriage roads. This gentle walk will cover about 1 mile; please wear weather-appropriate apparel and comfortable footwear. Limited capacity; all attendants must register in advance. FREE. Advance registration required.

This program begins at Olana's Wagon House Education Center. For more information, please contact education@olana.org or call (518) 751-6938.

Webinar - The Land of Beautiful Flowers and Birds': The Journey of Frederic Edwin Church through New Granada Thursday, December 9th, 5:30-6:30pm

Frederic Edwin Church arrived in New Granada on April 28th, 1853 seeking inspiration from the tropical landscape that was previously recorded by Alexander von Humboldt in *Cosmos* (1845). This talk will follow the trail left by Church while crossing the territory of current-day Colombia, characterized by his fascination with what he encountered and the great discomforts of navigating the complex geography and culture. Food, birds, plants, people, and astonishing views were part of his adventure and recorded through sketches, letters, and a bilingual diary. In this virtual program, Professor Veronica Uribe will discuss how Church fed his visual memory and brought these memories to life through his well-known paintings of the tropics. This webinar is free for members of The Olana Partnership. **Winter Solstice Community Celebration at Olana Saturday, December 18 1:00-5:00pm**

Join us at Olana to usher in the new season with a series of free opportunities to experience Olana's beautiful winter landscape! Take in Olana's famous views in a new way during being-sound's special audio performances and art installation, *Senses of the Solstice*, all afternoon (free, advanced registration required). Then, help us say farewell to Jean Shin's site-specific installation, *FALLEN* as we conclude the work with a small bonfire on Olana's East Lawn. Check

olana.org for more updates. **Senses of the Solstice Saturday, December 18, 1:00pm, 2:00pm, 3:00pm and 4:00pm** Join us at Olana for an afternoon sound experience to celebrate the Winter Solstice. Revel in the meditative views of Olana's artist-designed landscape while enjoying 30-minute outdoor performances by being-sound, a collaborative interdisciplinary project between sound artists Joro-Boro and Keena.Maya. In their performances, being-sound incorporates a variety of sound sources to open listeners to the wonders and mysteries hidden in everyday life. During this interactive experience, visitors will be invited to sip tea and explore subtlety in their five senses while taking in Olana's spectacular views. Usher in a new season through this free binaural headphone sound experience. This performance will take place outdoors about 1 mile from the parking lot. Please wear appropriate footwear and dress for the weather. FREE. Advanced registration is required. being-sound explores the intersection of place, presence, listening, and relating - to oneself, to others, and to the non-human world. being-sound creates time-based experiential art, sound/video installations, interactive experiences, bass meditations, tea/ambient rituals, and DJ sets. Being as sound and silence, being as stillness and movement. To learn more, visit being-sound.com. *This project is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of the New York State Legislature and administered in Columbia County by the Greene County Council on the Arts dba CREATE Council for Resources to Enrich the Arts, Technology & Education.*

Webinar - Deck the Halls: Female Abolitionist Societies and the Evolution of Christmas December 21, 6:00-7:00pm In the mid-nineteenth century, the Christmas traditions we know today were just beginning. In this virtual lecture, Historic New England's Ken Turino narrates the history of female abolitionists in America and their contributions to the development of modern American Christmas celebrations. These abolitionists, including Maria Chapman and Lydia Marie Child, hosted Christmas fairs to raise money for the abolitionist cause. Turino looks at the Sewing Circles both abroad and across America that contributed a wide array of goods for sale at these fairs. These fairs had a wide-ranging influence on a number of Christmas traditions, including the adoption of greenery and the Christmas tree in America. This live webinar is for members of The Olana Partnership. To learn more about becoming a member, visit olana.org/membership. This webinar is free for members of The Olana Partnership.

WALKWAY OVER THE HUDSON STATE HISTORIC PARK // 845.834.2867

December 19th 12-1pm - Flag Changing Ceremony - 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, organized and presented by these local veterans' organizations, are open to all who wish to attend.

BANNERMAN'S ISLAND // 845.831.6346

Book a tour to Bannerman's Island for 2022. Hike the island trails with professional tour guides, enjoy the Bannerman historic gardens and visit the Bannerman Island museum and visitor center. \$40 Adults, \$35 children - For tickets book online at www.bannermancastle.org **Now through Sunday, January 30, 2022 - "Winter Holiday Exhibition at the Bannerman Island Gallery** - located at 150 Main Street, Beacon, NY. A new open-themed art exhibition of assorted paintings, pastels, watercolors, photographs, pottery and sculpture by over 25 artists. All works are for sale. Gallery Hours: Saturdays and Sundays, 12:00 noon - 5:00pm and most weekday

afternoons and early evenings by chance or appointment by calling 845-416-8342.

JOHN JAY HOMESTEAD STATE HISTORIC SITE // 914.232.5651

All Month Virtual Thematic Tours: John Jay & George Washington 222 years ago, on December 14th, George Washington died at the age of 69. This virtual tour will discuss how John Jay and George Washington worked together to help build the new nation and shape its identity on the world stage. It will also explore the enduring friendship between the two men. **All Month Self-Guided Historic Landscape Tours**

John Jay began to inherit his land near Bedford, New York in 1785, three years after his father died. He began developing the land as an income-producing farm in 1787, strictly as an investment at first. He developed it further in the late 1790s, to become his home in retirement. His descendants lived into the 1950s, and as you walk around the property, you will see many features developed by the different generations of the Jay family. Self-guided historic landscape tour booklets are available for download from our website

Continued on page 20

PINE PLAINS COLONIAL

At the end of a tree-lined street lined with vintage homes, this c1870, 2200 s.f. 4BR/2BA home sits on .65 acres. Main level has EIK, LR, office, BR, BA, laundry and rear deck. Second level has 3 BRs and BA. Det. 1-car garage. Walk to center of the Village and enjoy the new Stissing Art Center and town rec park with swimming lake. \$295,000.



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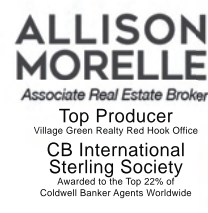


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John Jay Homestead from page 19

<http://johnjayhomestead.org/explore/historic-landscape-and-farm/> and at the Carriage Barn Education & Visitor Center. The grounds of John Jay Homestead are open daily from sunrise to sunset. Free admission.

All Month Spymaster Activity Box

Though widely celebrated for his political and diplomatic achievements, John Jay played an important role in creating a spy network to help defend the colonies during the Revolutionary War. Designed to entertain kids for hours, each Spymaster Activity Box contains an age-appropriate book about Revolutionary spies; spy-themed books; a book full of different types of codes to create and decode; materials and directions for over a dozen spy themed crafts and activities; secret spy gear; additional games and activities you can try at home; and access to supplementary downloadable content. Reading material and

activities are designed for children entering grades 2 through 6. The price per box is \$100, with a 10% discount to members. Advanced registration and payment required. We have two boxes available with differentiated materials by grade level (Grades 2 & 3 OR Grades 4-6). Please purchase the correct box for your child's age. \$100 / \$90 members. We will email you within 1 week of your purchase with your options for a pick-up date and time. We do also offer shipping (+\$25) within the contiguous 48 United States. We will email after your purchase to get the shipping address information.

Wednesday, December 1, Family Stories

The descendants of John Jay made a significant impact on American politics, culture, and global events, much like their famous ancestor. Learn more about the fascinating lives of author and poet John Jay Chapman, landscape architect Mary Rutherford Jay, and more. This blog will be posted on the first of each month on our website.

Holiday Shop

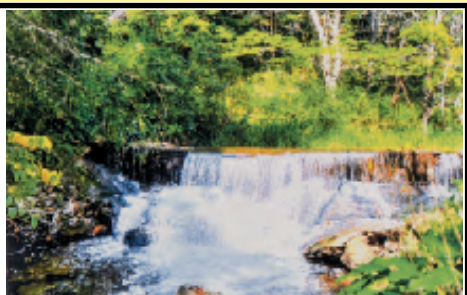
Saturdays December 4, 11, and 18, 10am – 2pm
Browse our expanded selection of merchandise, including many gift items featuring images of John Jay's Historic Bedford House, Bedford Farm, and the newly installed historic wallpaper found in John Jay's Office. Books for history lovers; John Jay Homestead Christmas ornaments; 18th & 19th century toys and games; note cards and housewares are also available. The holiday gift shop is located in the Ballroom of the Main House.

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REDUCED 50k for a quick sale, this 2-3 BR, 1.5 bath, 1830s Colonial in Northern Dutchess has 2 acres of land & many modern updates. 1st floor has modern EIK, LR, DR, 1/2 bath, & office/BR, 2nd floor 2 BRs & full bath. **NOW, \$249,900.**



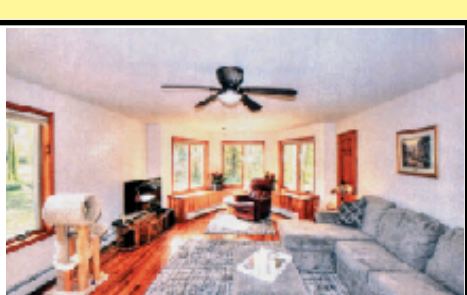
IN SOUTHERN COLUMBIA, this 4 BR, 2 bath, Circa 1860 Colonial w/2438 SF is light filled & incredibly charming w/wood floors, front & back stairs, an 85 ft covered porch, + there are hundreds of feet on the stream & a lovely waterfall. **\$409,900.**



IN PHASE 3 OF THE GARDENS in Rhinebeck, this amazing 2334 SF two story condo has a huge first floor MBR suite, grand chefs Kitchen, open DR & vaulted LR,+ guest rooms & separate bath. CA, FPL, clubhouse, pool. Easy living here. **\$699,900.**



ONE STORY LIVING! This Rhinebeck ranch has a large LR w/FPL, open DR & K, + 3 BRs, a heated breezeway, & full bath. Here the main rooms have oak floors, windows are thermopane, there's an attached garage & fenced year. **\$329,900.**



FILLED W/LIGHT & spacious, this 3024 SF Rhinebeck home has oak floors, an open K/DR/& LR, a 16 x 29 FR & a 24 x 27 MBR. There's an office, exercise room, screened porch, & deck. 1.77 acres is in a quiet are just outside the Village. **\$649,900.**



THIS 12 ROOM CONTEMPORARY in Rhinebeck has 4 BRs, 3 baths, vaulted ceilings, a granite K, 2 offices, a 4-season porch, DR, huge FR, + there are marvelous Trex decks & a beautiful INGROUND pool. 2.8 very private acres. **\$795,000.**

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RBK Village 14 Acre Parcel




Located on the East side of the Rhinebeck Village is this 14 acre vacant parcel that offers many opportunities. Some possible uses are: Private Estate, Minor/Major Residential Subdivision, Agricultural Use, Home Occupation and/or a Bed & Breakfast, just to name a few. Owner financing with terms...Asking **\$1.9 Million**

Rhinebeck 90 Acre Farm




Located just a short drive from the Historic Rhinebeck Village is this 91 Acre Farm with Barn Complex and 3 BR, 2 bath Colonial. Property currently a Christmas Tree Farm and CrossFit Gym. Proudly offered at **\$1,150,000**

Rhinebeck Village Victorian




Historic 1870 Anglo Italianate Victorian with brick lined walls and period detailing including crown molding, plaster ceiling medallions and oak parquet floors in 2 rooms. The original 2 bay carriage barn has a walkup loft. You could create the crown jewel of Chestnut Street and Rhinebeck. There are 2 deeded parcels...Asking **\$2.1 Million**

Country Cape on 12 Acres



Located just minutes from the Pine Plains Village and Millbrook. This 2002, 3,000 SF cape offers radiant heated floors, 3 large bed rooms, 2.5 baths, family room, office, 3 season porch, bonus room with pellet stove, heated attached 2 car garage. 12.82 acres and a 30 X 40 workshop with 12' high garage doors and radiant heated floor. Asking **\$784,000.**

Located in the Rhinebeck Village



within walking distance to Schools, Parks and Restaurants is this 1930 single level, 2 bedroom, 1 bath, 1064 sqft ranch on 0.21 acres. This home boasts a den/office and the window and heating system have been updated. wood floors, galley kitchen, full bath with tub and 2 nice sized bedrooms all compliment the property. The house sits far back off the road and is also home to a 1 car detached garage and storage shed....Asking **\$459,000**

Rhinebeck Ranch



2 bedroom 1 bath Rustic Single Level Ranch with a nice size custom kitchen located just minutes from the Rhinebeck Village. This home boast living room-dinning room combo, wide board pine wood floors, 2 car detached garage with 2nd floor studio...Asking **\$329,000**