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Vol. VIII Number 12 - Serving Northern Dutchess & Southern Columbia County February 2024

Postal Customer

Mike's Painting and Landscaping Home Improvement at its Best

By Lisa Dudley
Mike Castillo, of Mike's Painting and Landscaping, is a retired veteran from the US Army. Born and raised in Red Hook, NY, he attended Red Hook High School before enlisting in the service. He has since returned to the area to re-establish his life in the Hudson Valley. Mike's Painting and Landscaping handles everything from landscaping, to painting (interior and exterior) and snow shoveling in the winter along with any handy-man needs around the house or property. No job is too big or too small. Mike is very proud of the before and after photos that demonstrate the quality of his work and the kind of craftsmanship you can expect when you choose to hire him. He is careful and conscientious and treats every job as if he were doing it for his own home. One of his clients, Jennifer Axinn-Weiss, is a Certified Hypnotist (CH) and a Certified Somatic Practitioner specializing



Mike Castillo

in trauma healing. That means she helps clients overcome the anxiety, depression and PTSD that may come after overwhelming life experiences. Her company, Clear Mind Arts, can help people "move on in their lives" - using a variety of therapies including hypnosis. (www.ClearMindArts.com) Jennifer Axinn-Weiss lives in Rhinebeck and was introduced to Mike Castillo by a friend. He and his crew originally painted her whole house and "did a wonderful job." They cleaned the yard and gutters and

Continued on page 2

Tivoli Artists Gallery presents

Artists Choice
Salon Style 2024 Exhibition
February 16 - March 17, 2024
Celebrating 2024 with a new show highlighting new ideas in Art. TAG's members are showcasing their painting, sculpture, photography, collage, poetry and music. Shake off the Winter Blues, bring your friends and family to experience the creativity of the Tivoli Artists Community.
Friday, February 16 - Sunday, March 17
Hours:
Friday 5-8:30, Saturday 12-8 Sunday 1-5
Reception Saturday, February 17, 5-7
Curator: Janene Gentile
janenegentile@gmail.com

It is our great pleasure to announce the continuation of our Ruth Piwonka Scholarship for the 2024 year.

The annual scholarship, established by The Jacob Leisler Institute to honor Ruth Piwonka, noted Columbia County historian and beloved Trustee Emeritus of the Board, is awarded to a graduating high school senior in Columbia County who has been accepted at an accredited college or university, and has declared, or has an intention to declare, a major in history.

Since inception, in 2021, the Scholarship has been awarded to students from Chatham and Ichabod Crane High Schools. For more information on the Scholarship please visit: <https://jacobleislerinstitute.org/ruth-piwonka-scholarship-award/>

The Frederick W. Vanderbilt Garden Association

is looking for volunteers to perform all tasks required to plant and maintain the garden. No gardening expertise is needed, we will train as we work. You need to be eighteen years old or older and be able to perform, at minimum, basic physical labor such as bending, kneeling and carrying buckets. Garden work is done during the spring, summer and fall months on Saturday, Tuesday and Thursday mornings from 8:30 a.m. to noon. You are welcome to work as often and on any days that suit your schedule. For further information, visit our website at <http://www.vanderbiltgarden.org> or call 845-229-6432.

Happy Valentine's Day To All!!!

Spencertown Academy and Millay Arts Present

"The Ninth Hour: A Beowulf for the Modern Age"

Spencertown Academy Arts Center, in collaboration with Millay Arts, presents "The Ninth Hour: A Beowulf for the Modern Age" on Saturday, March 9 at 2:00pm at the Academy's Blanche Grubin Auditorium. Created and performed by Shayfer James and Kate Douglas, this rock-noir musical is a reimagining of the epic poem "Beowulf" that explores the intricacies of humankind's relationship with power and violence. General admission tickets (\$15 public, \$10 students and Academy members) are available via spencertownacademy.org.

"We are excited about our first ever collaboration with Millay Arts," said Nick Van Alstine, president of the Spencertown Academy Board of Directors. "We look forward to both welcoming a new audience to the Academy and offering this innovative theater piece



to our loyal following." "The Ninth Hour" is a classic story of glory and ruin as told through triumphant pop anthems, heart-wrenching lullabies, heroes, and monsters. A hero, summoned to be a protector against a relentless enemy, must confront the evil within herself as a monster comes to terms with the agony of isolation at his life's end. The production had its sold-out premiere at The Met Cloisters. At the Academy, James and Douglas will perform all the songs from their musical in an intimate duo format, which will be followed by a Q&A.

Kate Douglas is a writer, composer, and performer. Her work has been developed at Second Stage Theater, SPACE

Continued on page 3

The Claverack Free Library

is proud to announce The Cyndy Hall Memorial Concert by The River Trio, Kathryn Aldous violin, Michelle Stewart violin and Jay Shulman cello. The concert honors Cyndy Hall, beloved neighbor, music teacher and benefactor who bequeathed her piano to the library in 2018.

The concert will be held Saturday, February 3rd, 2024 at 3:00 PM (Snow date February 10th at 3:00 PM).

English violinist Kathryn Aldous was educated at Cambridge University and the Guildhall School of Music and Drama in London. Kathryn has been a member of English String Orchestra and RTE National Symphony Orchestra in Ireland. Kathryn moved to the Hudson Valley in 2010, and plays with the Vermont Symphony, Albany Symphony, American Symphony Orchestra, and teaches and plays at Bard College.



photo credit: Carol Anderson

Award-winning violinist Michelle Stewart studied at Juilliard, Mannes and Manhattan Schools. She has toured and recorded extensively and played the Hudson Valley Philharmonic, Albany Symphony, Glens Falls Symphony and Newburgh Symphony. Her experience includes Broadway and Irish fiddling.

Cellist Jay Shulman was born to a musical family in New York and attended Syracuse University and Colby College's Hungarian String Quartet summer seminar. Jay was a 36-year member of the Long Island Philharmonic, is active as a chamber music player, recitalist and teacher, and has produced 8 CD reissues of the music of his father, cellist, arranger and composer Alan Shulman.

Tickets are pay-what-you-wish with a suggested donation of \$15.00. Reservations are recommended as seating is limited. To reserve seats email: info@claveracklibrary.org or call 518-851-7120.

The Claverack Free Library is located at the junction of NY Route 23 and NY Route 9H. Library parking is located at 629 Route 23B, Claverack NY.

ZONTA'S "THINK SPRING" PAINT AND SIP FUNDRAISER

Join the Upper Hudson Valley Zonta Club for our "Think Spring" Paint and Sip Fundraiser Saturday February 10, 2024, 2PM to 5PM at the New Concord Meeting House, 2689 County Route 9, East Chatham, New York.

Enjoy an afternoon of painting, refreshments and good company and learn about the Zonta Club of Upper Hudson Valley bettering the lives of women and girls. Painting instruction will be given by Jen Dorgan from Piece of My Art Studio.

Proceeds from this event will support our local Domestic Violence Shelter and our High School Scholarship program. Tickets are \$55 (?) per person and include 2 beverages and snacks. Tickets may be purchased online at ZontaUHV@gmail.com or contact Jill Potter 518-301-3341.

Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. With nearly 27,000 members belonging to 1,133 clubs in 62 countries, Zontians volunteer their time, talents and support to local and international service projects focusing on achieving gender equality and empowering women and girls.



Zonta Clubs also sponsor Z clubs for high school students to develop leadership skills, promote career exploration and encourage members to participate in school, community and international service projects. The Zonta Club of Upper Hudson Valley meets the second Tuesday of every month and welcomes new members. For more information, contact Jill Potter at zontauhv@gmail.com.

THE HUDSON RIVER VIEW ONLINE!

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

Hudsonriverview.net

The March Edition Of The Hudson River View Will Be In Area Homes On March 6th The Deadline For Advertising And Press Release Submission Is February 21st

ACCORDING TO QUACKERS



'Sweethearts' Candies Started Out as Lozenges

The iconic chalky heart-shaped candies that have been passed out lovingly every Valentine's Day started out as lozenges. According to the Food Business News, pharmacist and inventor Oliver Chase created a machine that would quickly create the lozenges before switching to using the machine to create candy—later known as Necco Wafers. Chase's brother came up with the idea to print messages on the candy in 1866, and the candies got their heart shape in 1901, appealing specifically to Valentine's Day sweethearts.

Mike's Painting and Landscaping from page 1

made her property beautiful. "His prices are reasonable and he listened to our wishes. He's very willing to adapt to what our needs are. I appreciate that he is very good-natured and positive. He gets back in a timely manner" even if he is super busy. "He is effective and thorough. He puts 110% into everything he does and is very respectful." Another happy client is Kaloie Gianniolous who says Mike, "bends over backwards" to get the job done. "He has a great personality. He did my deck. He repaired it and stained it. He power washed my house and deck" in Red Hook. "I would definitely use him again," she adds. "He will do anything for you." So, keep his number by your phone. Spring is a perfect time to evaluate your property and determine what needs fixing and improving. The folks at Mike's Painting and Landscaping are fully-insured, experienced and incredibly reliable. Give Mike a call to schedule an appointment. Estimates are free. For more information call 845-389-5089. Email: michaelacastillo88@gmail.com or visit his website at www.MAC88.org.

together a series of meetings, a field trip, and events that revolve around a theme. This year's theme is "Gardening for All Seasons." We will have speakers talk about native plants and their effect on the environment throughout the year, how to attract pollinators through the seasons, and what plants to grow in the garden for a sequence of bloom. We will learn about creating a year-round garden in a glass container, learn about using natural materials to decorate for winter and the holidays, plus visit an important historical garden created by the first woman landscape designer.

Come find out what garden clubs are all about, meet other gardeners from our area, and enjoy some refreshments. Please join us, our meetings are always open to the public. For more information, please call Irene Clum, 518-537-4793.

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

"Morton's Talent Show ART Opening"

Friday, February 23, 6:00 - 8:00 It's NEVER too early to start thinking of your talent for the Talent Show. We plan to have our art opening for the visual component of the Talent Show a week before the performance component. This allows our visual artists to be fully recognized and appreciated. The art will remain up for the month of March. Please contact Sandy ([sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org)) by February 2nd if you are interested. Please bring in your piece to the library by Saturday, February 17th. Morton Memorial Library & Community House 82 Kelly Street, Rhinecliff, NY 12574 (845) 876-2903





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Germantown Garden Club Offers a Season of Great Programs for 2024

The Germantown Garden Club will hold its first meeting of the year on Tuesday, February 27, at noon, in the Hover Room at the Germantown Library, 31 Palatine Park Rd. Each year, the club puts



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February 16th, February 23rd, March 1st and March 8th
From 4:00pm to 7:00pm
Dine-in or Take-out

*** All dinners come with a bottle of water and dessert***

- Fried haddock dinner with fries, coleslaw, cornbread.....\$15.00
- Clam strip dinner with fries, coleslaw, cornbread.....\$12.00
- Baked haddock, rice pilaf, coleslaw, cornbread\$15.00
- Soup: New England fish chowder\$8.00 for 16oz
- 12oz Mac & Cheese\$6.00

Come see us on Saturday March 16th for our Corned Beef & Cabbage Dinner

Spencertown Academy and Millay Arts from page 1

on Ryder Farm, Millay Arts, The Civilians R&D Group, Rhinebeck Musicals, the Writer's Colony at Goodspeed, and the New Musicals Lab at the Ferguson Center. ShayferJames is an internationally touring songwriter, theatrical/film composer, producer, and performer. He has composed, co-created, and performed immersive theater works in Iceland, London, NYC, and Jersey City and developed theatrical works at Rhinebeck Musicals, the Writer's Colony at Goodspeed, and The O'Neill Theater Center. His song "For Departed" has surpassed ten million streams on Spotify and his catalog boasts nearly two million streams per month on the service. "We at Millay Arts are so excited about this opportunity as well as partnership with our neighbors-down-the-road. We look forward to this and future collaborations that present imaginative and compelling creative projects that also highlight the process and practice behind the creations,"

said Monika Burczyk, PhD, Millay Arts co-director and manager of external affairs. "Spencertown Academy not only offers a singular and beautiful space, but also a passionate and dedicated audience, and, paired with our gifted alumni, we know that these offerings will be truly special and not to be found easily elsewhere."

This performance is made possible by the Upstate Coalition for a Fair Game. Spencertown Academy programming is also made possible, in part, by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Founded in 1973 and located at "Steepletop," the historic estate of poet/activist Edna St. Vincent Millay (one of the first women to win a Pulitzer Prize), Millay Arts is a nonprofit organization that offers multidisciplinary artists residencies on our campus as well as in the community. Located in the Hudson Valley, nestled against the Berkshire foothills of Austerlitz, New York, our sylvan seven acres border Vincent's

house and gardens (maintained by the Millay Society, a separate nonprofit) and the beautiful Harvey Mountain State Forest.

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.

Kinderhook Memorial Library Events

Yoga Story Time
Friday February 23rd @ 10:30 am

Join us for gentle movement, stories, a craft, and songs!

Play Group
February 2nd, February 16th @ 10:30-12:30

Every other Friday morning our unstructured play group meets in the community room for creative play. This is a great opportunity for caregivers to meet and make new friends. Ages 18 months to 5ish

Glow in the Dark Bingo
Friday, Feb 2 at 5pm-7pm
Grades 7-12

It's Bingo, but in the dark! Wear your best black light attire (white and neon!) and test your luck at the return of Teen Bingo Night!

TAG Lego Contest
Entries Due by Feb. 9! Check our website for more info! Tween Advisory Group is ready to judge your building skills! Grab a baseplate from the Library and return with your most creative build by 2/9!

Family Fort Night

Monday, February 19th @ 4 pm
You bring the blankets; we'll bring the snacks! Come take over the library on a day we are closed. Read stories by flashlight with your whole fam!

Pop Docs! Film Screening

Friday, Feb 16 at 5:00pm
What are arcade bars, and how did they develop? Learn the story at this documentary screening!

Book Brunch

Sunday, Feb 18 at 11:00am
Enjoy fresh coffee, bagels,

and brand new books with our Library Director!

Friendship Bracelet Making

Wednesday, February 21st @ 4 pm
Calling all Swifties! (and anyone else who wants to make a friendship bracelet!) We'll have plentiful supplies on hand to make personalized friendship bracelets for you and all of your besties!

Barbie as the Movie Star!

Thursday, Feb 22 at 2pm
Grades 5-12
Continued on page 4



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ACROSS

- English dude
- Instrument with some heft
- Not a heavyweight
- Frau's partner
- Got dirty going home?
- Blotto
- Jason's ship
- Title character with the King of Siam
- Battery terminal
- Dilly-dalliers' activities
- "Come in!"
- "... and you know the rest"
- Spigot
- Perform incorrectly
- Force out of office
- Word with "photo" or "black"
- Extremely long films
- Voice in the choir
- The art of putting things off for tomorrow
- Member of the Jackson 5
- Glitterati member, briefly
- Bawl
- Acted badly
- Like illegally parked cars, often
- Don'ts partners
- "Much ___ About Nothing"
- Come to mind
- Delays leading to rescheduling
- Bloodhound's guide
- Material in a gym
- Mine entrance
- At a good clip, in poetry
- Pre-owned
- 5,280 feet
- Word with "film" or "home"
- Cushiony forest growth
- Fortune-teller, supposedly

DOWN

- Make sore by rubbing
- "Great white" bird
- Slanguage
- For the time being
- The last one was Nicholas II
- Arm bone
- Type of cherry
- "Love is blind," e.g.
- Batting position
- Type of valuable vase
- Relating to the Pope
- Hallucinogenic drug
- Caustic drain opener
- Less humid
- "___ be an honor"
- Mary of "The Maltese Falcon"
- Indiana's state flower
- Where to get a muddy face
- LP or CD, e.g.
- Santa's reindeer, collectively
- Butter unit
- Made a choice
- First-rate, slangily
- In a way
- Fodder holder on a farm
- Bunk
- Not yet unwrapped
- Crosswise, on deck
- Resurrection Day
- Banned bug killer
- Enters REM sleep
- Codeine source
- Low-budget film, often
- Attendance counter
- Banana oil, for one
- Fairy-tale opener
- About
- Words of denial
- Concludes
- First name on "Cheers"
- Bean counter, for short

WAITING GAME By Timothy E. Parker

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Kinderhook Memorial Library from page 3

Hi Barbie! Throw on your happiest outfit and join us for a totally fabulous existential crisis! Popcorn for all, and door prizes for any teen dressed in their favorite Barbie aesthetic! **Super Smash Bros Tourney** Friday, Feb. 23 Grades 5-7 at 2pm; Grades 8-12 at 3:30pm Sign up in-person starting 20 minutes before each bracket to secure your spot in the tourney!

Harlem Valley Rail Trail Association Receives \$125,000 Parks and Trails New York Partnership Grant

The Harlem Valley Rail

Trail Association has received a \$125,100 Parks and Trails New York Partnership Grant to boost its outreach and the trail's expansion by hiring a professional marketing, fundraising and communications firm.

The funds will aid the nonprofit organization with



A snowy scene this month at the Hillsdale entrance to the Harlem Valley Rail Trail in Columbia County. Credit: Bart Ziegler

creating promotional materials, overhauling its web and social media design, and devising a multiyear plan to raise funds for the completion of the trail. The Harlem Valley Rail Trail currently consists of 26 paved miles that link the Metro-North Railroad station in Wassaic to Copake, along with a second section traveling 1.5 miles southeast from the Hamlet of Hillsdale. The goal of the association, which helps oversee the trail's expansion and maintenance, is a 46-mile continuous trail from Wassaic to Chatham following the path of the onetime New York and Harlem Railroad.

Gov. Kathy Hochul last week announced \$1.8 million in grants, including the HVRTA's, to support 27 not-for-profit organizations involved with stewardship of state parks, trails, historic sites and other public lands. The grants support public-private partnerships that leverage private funds for new state park amenities, engage in state park and historic site maintenance and beautification projects, and provide educational programming and special events.

"Our state parks, trails, forests and historic sites offer some of the best outdoor recreational and cultural opportunities found anywhere in the world," Gov. Hochul said. "Friends Groups are crucial to helping our state parks succeed, and these grants will help leverage their hard work to make our state park system even better for all."



The Parks and Trails Partnership Grant program is funded through the state Environmental Protection Fund. Grants are administered by Parks & Trails New York, in partnership with the state Office of Parks, Recreation and Historic Preservation and the Department of Environmental Conservation. Grant recipients must raise outside funding of at least 10 percent of their total project cost.

Panorama: Summer Art + Nature Program at Olana State Historic Site Open for Registration

Dive into Frederic Church's Olana this summer during PANORAMA Summer Art +

Nature Program. Back for its 15th annual season, The Olana Partnership will offer four weeks of hands-on exploration for children ages 6-11 from July to August at Olana State Historic Site. Discounted early bird registration is now open.

"Panorama is one of our most exciting and fun programs of the year" said Carolyn Keogh, Director of Education at The Olana Partnership. "The Olana Partnership's education team looks forward to welcoming new and familiar faces each summer for weeks of engaging play, exploration, and discovery."

Experience art, science, and nature through sketching, lake exploration, hiking, painting, play, and more, all

Continued on page 8

Summer Stuff looking tired and worn? Be Ready for this Spring! Before you put it away for the winter, bring it in for a fresh, new look...

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SELECTING THE RIGHT DOG

Presented by Barbara Sweeney Fassett And Bark Busters Home Dog Training Dutchess County

I am frequently asked which breed of dog is the most difficult to train and my answer is always the same because the difficulty level is not as much about breed as it is about "fit". If the owner and the dog are not a good fit for one another the training will be much more challenging.

A dog's breed and temperament, combined with the owner's lifestyle and personality, all play an important role in determining what kind of dog will be the best fit for you. For instance, a physically slight or shy person could find a large breed dog - especially one that is boisterous or hyperactive - difficult to control. On the other hand, a timid, little dog may not be suitable match for an adventuresome, outgoing or loud person. High energy dogs are generally best suited for owners with active lifestyles and less active dogs better suited for owners who are more low key.

Understanding the Importance of Temperament has nothing to do with the dogs size, breed or upbringing - temperament is

something innate in in a dog. A dog's temperament has a lot to do with how easily it can be trained and, while good training can improve certain traits in a dog, training cannot change the dogs temperament.

There are a variety of temperaments in dogs (some dogs have a combination of temperament traits) but generally speaking, dogs have four basic temperament types: nervous, timid, dominant and middle of the pack. Choosing the Best Breed for Your Lifestyle and Personality

In addition to recognizing an individual dog's temperament, you would do well to investigate a breed that best suits your needs. Listed here are some of the most popular breeds and, based on our experience with hundreds of thousands of dogs worldwide, how their personalities and characteristics might match requirements of different types of owners. While some breeds do have tendencies toward a certain temperament, keep in mind that this is not absolute. Use the information as a guide, but we recommend you make your final decision based on background information and observation and, whenever possible, your interaction with the prospective pup.

Sociable Dogs with Soft Even Temperments

These breeds are typically less demanding and more docile making them a good fit for older people and families with children. They are loving and respond well to lots of attention, and prefer to not be left alone. Examples include: American Cocker Spaniel, Cavalier King Charles Spaniel, Golden Retriever, Lhasa Apso, Poodle, West Highland Terrier, Whippet

Dogs that Require More Discipline

Often exuberant, many of these breeds require more discipline and exercise but are great for people with lots of energy. They're loyal, loving natures still make them wonderful family pets. Examples include: Afghan Hound, Boxer, Rottweiler, Dachshound, Dalmatian, Doberman Pinscher, Bull Terrier, English Cocker Spaniel, Great Dane, Miniature schnauzer and German Shepherd.

One-Person dogs

Protective of their homes and owners, these breeds are perfect for people who live alone. Although not in all cases, these breeds tend to be less suitable for families. Examples include: Chihuahua, Chow Chow, Maltese, Pekingese and Shih Tzu.

Mixed Breeds

Generally heartier and less prone to hereditary faults, cross breeds can be pets that are just as good - and sometimes better - than purebreds. Again,

Continued on page 11

Honey bees

by Julianne Porter, DVM

It is well known that veterinarians care for many different species of animals. However, you may be surprised to know that they also are involved in the health of honey bees.

Apis mellifera Linnaeus is the scientific name for the Western Honey Bee, commonly known as the European Honey Bee. Interestingly, honey bees are not native to the United States, yet our agricultural economy relies heavily on them. Honey bees were imported to the U.S. in the 17th Century and have been making their mark ever since.

Aside from creating major products such as honey and beeswax, the most critical role honeybees play in our economy is pollination. Honeybees pollinate approximately one-third of all the food eaten in the United States and are the main pollinator in three quarters of the world's crops. Commercial production of more than 90 crops in the U.S. relies on bee pollination, contributing \$20 billion to the value of U.S. Crops annually. Crops that rely on honey bees include apples, cranberries, melons, almonds, pumpkins, squash, and broccoli. They are the most prolific pollinator, surpassing butterflies, moths, flies, ants, and beetles.

Since veterinarians play an important role in maintaining public health as well as ensuring safe and nutritious food, it is fitting that they are also involved

in maintaining the health of honey bees. In 2017, the federal government issued the Veterinary Feed Directive (VFD). This requires that farmers work with a licensed veterinarian when using a VFD medication, such as an antibiotic. Since honey bees are vulnerable to bacterial infections such as American and European foulbrood, fungal infections, viruses, varroa mites, tracheal mites, hive beetles, as well as hornets, ants, and mice, among other pests, veterinarians are necessary to oversee the proper use of antibiotics and other medications. They help identify, treat, and prevent viral, bacterial, and parasitic infections.

Honey bee education is slowly expanding in veterinary medicine. Michigan State has a bee club, Cornell University and U.C. Davis have honey bee health courses, Purdue hosts a workshop on bee medicine, and NC State hosts the Honey Bee Veterinary

Consortium Conference. Veterinarians and beekeepers are not the only ones who can contribute to keeping honey bees safe and healthy. Planting native pollinator friendly flowers such as common yarrow, purple coneflower, black-eyed Susan, and milkweed, among many others, will provide much needed pollen for bees. Reducing or eliminating pesticides will also help keep the bee population safe. Air pollutants can also pose a problem - these can interact with scent molecules released by plants which bees need to locate food, making the bees slower and less efficient.

Honey bees are a vital part of our economy and everyone plays a role in helping to keep them healthy.

For more information on how you can contribute to keeping the bee population healthy, visit: <https://ccedutchess.org/gardening/pollinator-support> <https://cals.cornell.edu/pollinator-network>



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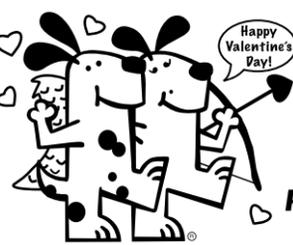
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All Natural Relief For Those Suffering With Symptoms Of The Flu, Cold, Covid Or Fatigue

By Joseph V Cassarino

It is difficult for some to believe that something all natural and not prescribed by a physician could improve health. However, once upon a time, not too long ago nature and food was thy medicine! People around the globe healed all naturally, utilizing ingredients found in nature. Also, about one hundred years ago food was not full of toxins, chemicals, pesticides or the extremely harmful glyphosate, that carcinogenic and toxic herbicide causing all sorts of health issues. A short time ago medicine was all naturally derived and was not synthetic or toxic. Nature was the pharmacy. The first synthetic drug, chloral hydrate was discovered in 1869

and introduced as a sedative. The first pharmaceutical companies were spin-offs from the textiles and synthetic dye industry and owe much of their rich source of organic chemicals derived from the distillation of coal (coal-tar). Synthetic chemicals are actually considered dangerous. Statins, one of the most extensively studied drugs and taken by tens of millions of Americans alone have long had perplexing and concerning side effects. Reports about Statins on a Pub Med search and recent other research describe harmful side effects of Statins and many other synthetic drugs.

Fast forward to current times and health food stores and vitamin shops are thriving these days by those fed up with toxic overload and from heavily processed foods full of synthetic fillers, chemicals, dyes, etc. Health food stores tend to carry minimally processed foods or foods with less harmful ingredients. The public has become desperate to

seek relief from over toxified foods and drugs full of chemicals and toxins. Therefore, more and more people are now flocking to local health food markets such as Sunflower Market in Rhinebeck and Woodstock, and even online specialty sites to stock up on natural healing super foods and supplements such as Spirulina, Sea Moss, Probiotics, CoQ10, Zinc and other all natural and non-toxic supplements like ProImmune – Immune Formulation 200 the all-natural scientific breakthrough that replenishes glutathione intracellularly. Replenishing glutathione intracellularly with the only intracellular glutathione formula in the world reduces harmful toxins and heavy metals that have built up over a lifetime. Eating processed foods, breathing polluted air and drinking toxic tap water that is also processed and full of chemicals and toxins has destroyed immune systems of almost everyone alive. The amount of toxicity we are absorbing today is wreaking havoc on our immune system. Another factor that weakens our immune system is daily stress from life. Overworking, raising a family, maintaining relationships, restless nights with little sleep, emotional stress, financial stress, it all adds up to creating additional oxidative stress inside our cells and destroys the immune system further. This is why more and more people are seeking out alternative remedies to destress, eat healthier and supplement with additional nutrients.

Our cells can no longer replenish glutathione fast enough in order

to keep cells from forming very harmful oxidative stress that then form free radicals. Once the cell forms free radicals, this is how cells become cancerous. The key to optimal cell health is to detox and replenishing glutathione directly inside the cell. However, most people have not heard of the word glutathione or understand the importance of replenishing glutathione. It is important to replenish many vitamins and minerals as we age, especially now since everything is toxic and we need all the support we can obtain in order to combat the toxic overload.

It is not that easy to detox without supplementation especially when everything we eat is not only toxic, but the soil is also stripped from minerals due to the soil being depleted of minerals over the years of farming. Additionally, a visit to any supermarket where you could read the label of any product, you will discover that the majority of products, upon reading the ingredients, contain chemicals, preservatives and toxic dyes. Worse off is the fact mostly

all of the fruits and vegetables are now genetically modified. Hardly anything in modern times is totally natural any longer. You have to pretty much eat all organic and even then, many experts claim most organic farms are using some sort of pesticides and even if they are not, the acid rain alone and the pollution and the leaching from the toxic water supply is depleting nutrients and still causing some toxins to leach into organic foods. And let us not forget the ubiquitous micro plastics now being discovered in everything including bottled drinks and plastic food wrappings.

It is as though everything is against us and it is inevitable that we will become sick. This is probably why diseases are epidemic and at an all-time high for almost every illness, from early Alzheimer's, asthma, cancers, diabetes, fatigue, inflammation, the list goes on. Add into the mix the toxins and heavy metals in the vaccines that newer research is now proving and it is a recipe for a health disaster. Increasing glutathione

Continued on page 7

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All Natural Relief from page 6

intracellularly also mitigates symptoms of autism. Most people are not aware that the root cause of autism is depleted glutathione in the brain cells. Replenish glutathione with ProImmune directly inside the cells and some of the symptoms of autism should mitigate. Additionally, the glycine in ProImmune also reduces anxiety, depression and ADHD. These are facts of science that anyone could research.

The body has an innate ability to heal itself and to detox itself and this is how we have survived. However, lately, the toxic overload is way too much. We are bombarded by toxicity almost constantly. EMF's and WiFi from our cell phones, computers and smart TV's are causing oxidative stress inside our cells. Now, you begin to comprehend why almost everyone is forming some sort of an illness. This is why it is critical to super boost the immune system with scientific breakthrough formula's like the all-natural ProImmune discovered by research scientist and Harvard medical school graduate Dr. Albert B. Crum. I came out of retirement for the fourth time in my life specifically to help people understand there is an all-natural, safe, trusted scientific breakthrough to help mitigate toxins and oxidative stress that is backed by research and numerous global patents and that is used by world leaders, dignitaries, famous athletes, politicians and people across the globe since 2008. ProImmune is not a new product. However, it is only recently being introduced to the public more aggressively because the public

needs it now more than ever.

Dr. Crum successfully, through many years of extensive research discovered the only glutathione precursor in the world that induces cells to replenish glutathione directly inside the cell exactly as nature designed glutathione to be formed. Remember, everyone produces glutathione inside their cells every second while we breathe. However, the problem is we are ingesting and absorbing more toxicity than the cells could produce any longer glutathione. This is why we need to replenish glutathione. In fact, we need to replenish all of our vitamins especially after thirty years old. As we age, we deplete calcium, vitamin D and B12, iron, magnesium, glutathione and several other important nutrients. This is why we become vulnerable and sick. We tend to fail to supplement with some of the most important supplements. Speaking of replenishing glutathione, typical glutathione supplements on the market being sold do not enter the cell wall. Glutathione is a synthetic molecule that cannot penetrate the cell wall. Typical store bought glutathione enters the bloodstream and provides additional energy. However, only the all-natural precursors of glutathione, the ingredients of ProImmune are scientifically proven to be the only all natural ingredients that are capable of penetrating the cell wall in order the cell itself replenishes glutathione directly inside the cell. ProImmune is a miracle of science in that it reduces the toxins and oxidative stress inside the cells to combat the excessive toxic overload we are

all ingesting and absorbing these days. In reality, mostly all of the fabrics we wear are toxic and full of chemicals. The furniture we sit and sleep on is usually toxic too. All of this toxicity is what is causing epidemic illnesses and this is why supplementing with great vitamins and supplements and replenishing glutathione with ProImmune is the best investment you could ever invest into your health.

Replenishing nutrients and glutathione including minerals is a highly effective way to reduce fatigue and increase energy. Speak to your supplement manager at your local health food store. Personalized Vitamin Stores like The Health Connection, located on Freedom Plains Rd in Poughkeepsie, owned by Debbie, a nutritionist will guide you well. A wellness and health coach such as Mary Beth Cale located in Rhinebeck is another great resource. Most physicians are not trained in nutrition. You need to delve deeper into holistic health. Bliss Juice Bar located in Red Hook, NY is an amazing

all natural freshly squeezed juice specialist who juices twelve pounds of fresh organic greens rich in enzymes daily and this is another great all-natural nutrient source to further super strengthen your immune system. By mitigating toxins directly inside with ProImmune, and by fueling your cells with the finest nutrients and minerals, you really can become immune to sickness. Strengthen your immune system all naturally and join the health revolution! Traditional foods and medicines are mostly toxic and should be minimized as much as possible. This is the key to longevity. In fact, replenishing glutathione is known as the secret to anti-aging. Any Google search will confirm all that I declare.

For those seeking all natural Covid relief, please know in 2020, Great Plains physician Edward F. Fogarty, MD was awarded Federal CARES ACT funding for the promotion of ProImmune - Immune Formulation 200 supplementation and hyperbaric therapy together or individually during the Covid 19 pandemic. When the grant was approved

the application included research obtained from the Georgia State Virology Lab who evaluated Immune Formulation 200 and highlighted the dietary supplements dramatic potential. Dr. Fogarty also used the antiviral patent owned Dr. Albert B. Crum, M.D., DSc, (Hon), M.S., as the additional basis for ProImmune as an all-natural Covid 19 protocol. Experience the power of ProImmune and optimize your health naturally and without toxicity. I am not a doctor and nothing written here is intended as medical advice and are only useful suggestions. Always check with your medical provider for medical advice and a professional nutritionist for additional guidance.

Joseph V Cassarino is a retired entrepreneur, published author in the health and wellness arena and business consultant to the ProImmune Co. LLC. Visit: www.TheBestImmuneSupport.com to learn more about ProImmune. ProImmune is also available on Amazon in the U. S. and Canada. Distributed by The Best Immune Support.

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Panoramic Summer Art + Nature Program from page 4

while meeting new friends and learning from the experts. The whole summer focuses on art and nature with special guest visits and activities each week. You don't want to miss this unforgettable summer adventure! "It is one of the best camps in the area- varied activities and educational" said a Panorama parent.

Highlights for each of the four weeks includes, exploring habitats, animals, and ecosystems that are within Olana's 250-acre artist-designed landscape with Taconic Outdoor Education Center and Columbia Land Conservancy, unleashing your own inner sculptor by experimenting with clay, wire, and paper mâché, creative cooking classes with The Sylvia Center, a special visit from beekeepers at Fox Farm Apiary, and experimenting with professional materials like paint, charcoal, and collage.

The program runs Monday-Friday, 9 am to 3 pm. Secure your space! Early bird registration is available from January 1 through February 29 and offers a \$50 discount. Registration

will close on June 1, 2024. The cost of attendance is \$350 a week for members of The Olana Partnership or \$450 a week for non-members. To become a member, visit OLANA.org/membership. Early bird pricing is available until February 29th and is \$300 a week for members and \$400 a week for non-members. Full scholarships and financial support for transportation are available for students who attend Title 1 schools and/or receive SNAP and EBT benefits. To apply for funding or to learn more email education@olana.org. To learn more about each week and register, visit OLANA.org/Panorama.

About Olana and The Olana Partnership: Olana is the greatest masterwork of Frederic Edwin Church (1826-1900), the most famous American landscape artist of the mid-19th century and the most important artist's home, studio, and designed landscape in the United States. Church designed Olana as a holistic environment integrating his advanced ideas about art, architecture, landscape design, and environmental conservation. Olana's 250-acre artist-designed landscape with

five miles of carriage roads and a Persian-inspired house at its summit embraces unrivaled panoramic views of the Hudson Valley and Catskill Mountains and welcomes more than 170,000 visitors annually. The landscape is open for guided touring, and reservations are highly recommended. The landscape is open daily 8 AM-sunset. Olana State Historic Site, administered by the New York State Office of Parks, Recreation and Historic Preservation, is a designated National Historic Landmark and one of the most visited sites in the state. The Olana Partnership is the 501(c)(3) not-for-profit cooperative partner of the New York State Office of Parks, Recreation and Historic Preservation at Olana State Historic Site.

The Rhinebeck Garden Club



wrapped up another successful year – our 96th. Thirteen new members joined, which appears to be a record number. Club meetings address a variety of topics related to gardening, conservation, and public service while providing fun and social interaction.

2023 was packed with learning opportunities and social activities: meetings with excellent speakers, tours of both public and members' gardens, a hands-on wreath making workshop where we were shown how to create showstopping wreaths, ending with our annual holiday luncheon at The Beekman Arms. (See attached photo.)

Part of our mission is giving back to the community which we do by designing, maintaining, and

purchasing new plants as needed for two gardens in the Village. Every December we create thirty-five wreaths as a fundraiser for The Starr Library. Philanthropy was met this year by donating funds for a picnic table at the Fireman's Pavilion in Rhinecliff.

Early fall was our annual plant sale which featured a limited number of house plants and hundreds of perennials donated from members' gardens.

Meetings are usually held at the Rhinebeck Village Hall at 10am on the fourth Wednesday of the month. We don't meet in January or August. Members are expected to participate in the Club by volunteering for or chairing a committee; suggesting or arranging a speaker or trip; presenting horticulture topics; serving on the board; signing up for refreshments; or opening their garden for member viewing as available.

Planning is underway for 2024. Our yearbook that lists the calendar of events, a membership directory, and more will be available at our February meeting. We

hope to see current members as well as new folks at our first meeting where we welcome Sue Sie, environmental advocate, architect, leader of the Rhinebeck Community Garden, and founder of "Dirty Gaia", <https://www.dirtygaia.org>. Visitors and guests are welcome, so please join us for our 97th year! For information, call Hannah at 914-263-5298, or [Log into Facebook](#)



RHINEBECK GARDEN CLUB MONTHLY MEETING

February 28, 10am, Rhinebeck Village Hall, 76 East Market Street. Program: Dirty Gaia; Small, Simple & Sustainable Ways to Garden & Grow Food. Presented by Sue Sie. Refreshments will be served. Visitors are welcomed. Every year the Rhinebeck Garden Club puts together a series of meetings, field trips and events which are mostly open to the public. For information, call Hannah at 914-263-5298 or [Logon to https://www.facebook.com/p/Rhinebeck-Garden-Club-100064834505072/](https://www.facebook.com/p/Rhinebeck-Garden-Club-100064834505072/)



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- 1 teaspoon ground black pepper
- 3 tablespoons vegetable oil

Directions

Pick through salmon to remove any bones or large pieces of skin. Beat eggs in a mixing bowl. Stir in salmon, onion, and black pepper. Mix thoroughly. Shape salmon mixture into eight 2-ounce patties. Heat oil in a large skillet over medium heat. Fry patties until crispy and golden brown on the outsides, about 5 minutes per side; work in batches if necessary to avoid crowding the pan.

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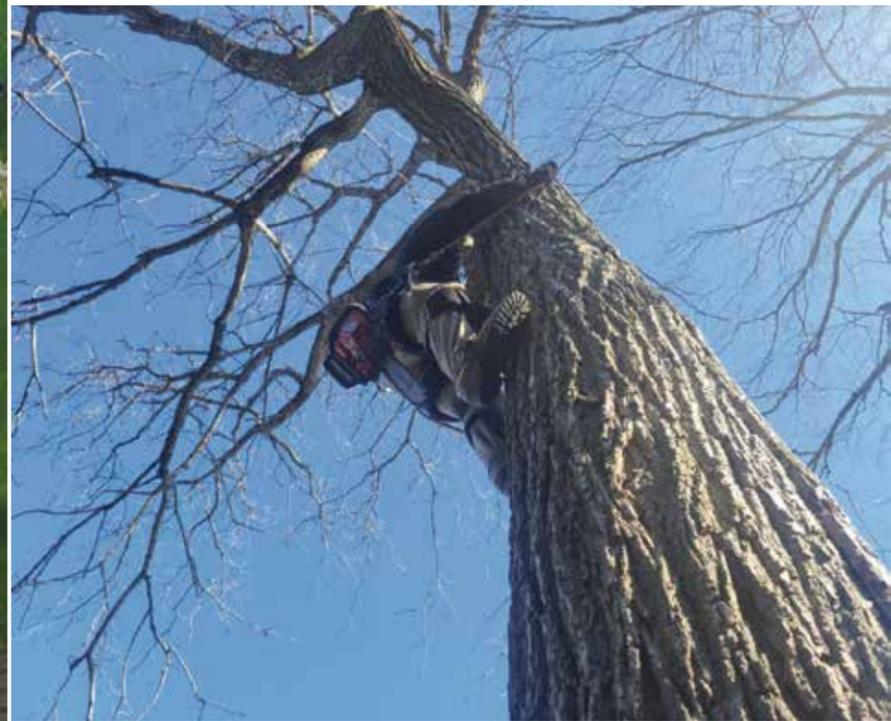
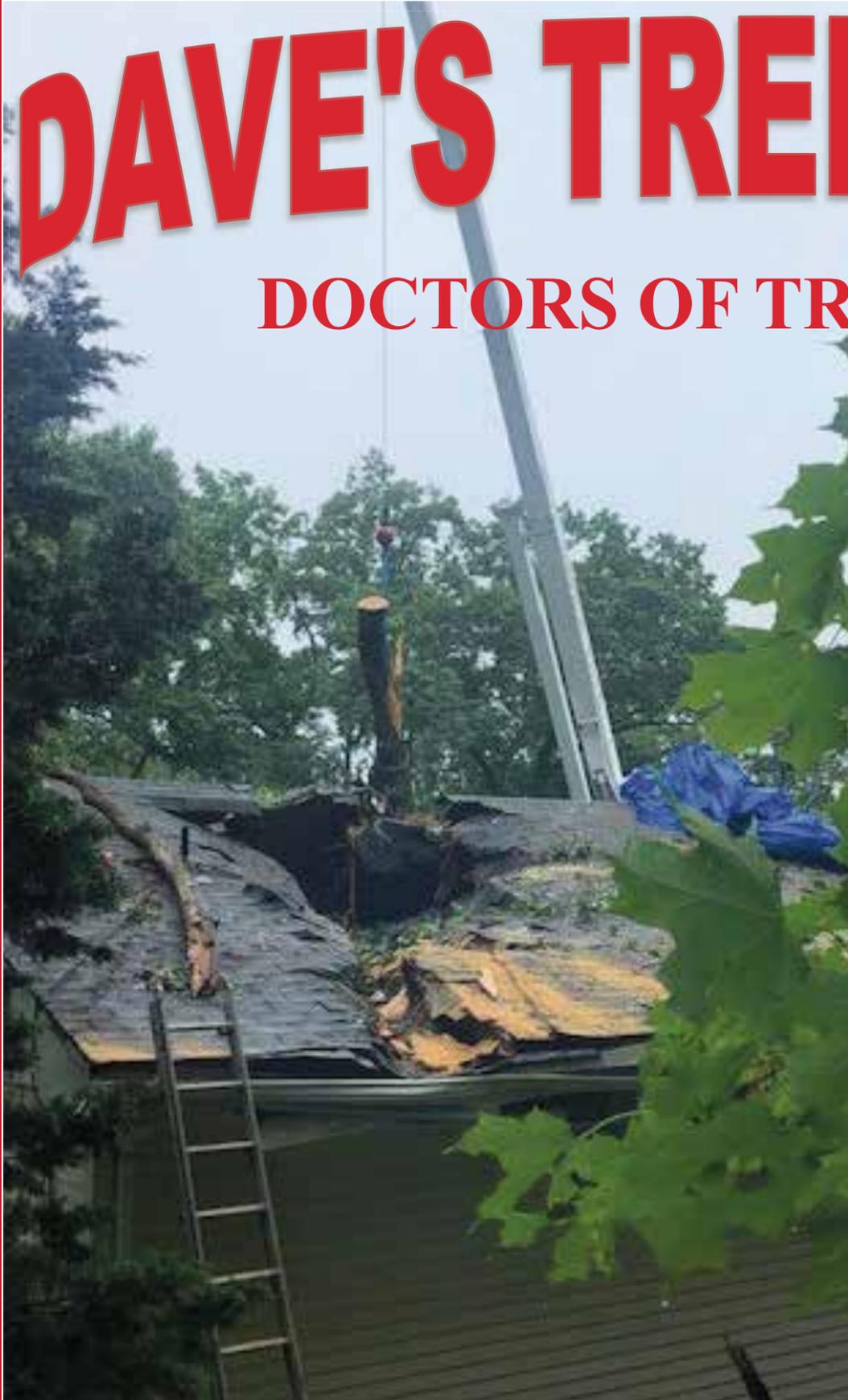
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God's Corner

Love Through Hearing

By Naomi Fata

"Being heard is so close to being loved that, for the average person,

they are almost indistinguishable."

~ David Augsburger

As we enter the month of love, approaching the top engagement day of the year – Valentine's Day – have you considered what it looks like to love well? I don't just mean the romantic love of our life, but all the people in your life. According to the quote by David Augsburger loving well means to hear those we love, because listening (and hearing) is an act of love.

Have you ever been in a conversation with someone only to find their attention completely diverted to their cell phone? How does the lack of attention make you feel? In the past few months, I've become even more acutely aware of how much attention these screens are stealing. Often in a restaurant I see all the parties scrolling their phones rather than engaged in conversation. The actions seem to communicate that the person on the other side of the screen is more important than our real-life presence. According to ExplodingTopics.com 47% of Americans admit they are addicted to their phones, the average person checking their phone 352 times per day, with 71% of people spending more time on their phone than with their romantic partner. I am equally guilty of engaging in a distraction on my screen while conversing with family, or friends. But with growing awareness of how inconsiderate it is to those I love.

Did you know that God delights to hear you? God who has the needs of humanity in his hands, is never too busy conversing with someone else to take the time to hear you. 1 John 5:15 says that we know that He hears us, whatever we ask. Jeremiah 29:12-13 encourages us to come to Him and pray and HE promises to listen. Though we do not see God, the Bible encourages us to have confidence that He loves us, is present with us and hears us. To be heard is an act of love, that involves a freedom from distraction. When we pray whether in the silence of our car on the way to work, a cry for help in a desperate situation or in the middle of the night pouring out to Him the worries that are keeping

us from sleep, He is not distracted. We have His full attention.

God hears because He loves. May we also hear because we love. With modern technology we can easily lose the ability to hear those around us as well as the opportunity to be heard. It takes effort to truly hear what someone has to say. Perhaps it means holding the space of silence while they formulate the words that want to speak. Or being quiet enough to hear the grief of a friend who has no words to speak. Have we all become too uncomfortable with silence? I've noticed it even myself – in quiet moments it's all too easy to pick up the phone and start checking email, answering texts, or scrolling. Perhaps we all need to begin to hold space for ourselves and for others once again.

Love is hearing. May you want to hear - to hear God and to hear the ones you love. NaomiFataistheAuthorofBeyondHead Knowledge: Knowing Christ Who Satisfies Our Hearts.

THE GREATEST DEMONSTRATION OF LOVE!

The Lord Jesus Christ said, "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13). Shortly after Jesus said this He went to the Garden of Gethsemane. He prayed, while his Disciples (Peter, James and John) fell asleep. Then Judas Iscariot came with the authorities to arrest Jesus. He was put on trial before the religious authorities, and then brought before Pilate to be condemned, and be given permission to have Him crucified. Jesus was condemned unjustly. Jesus willingly laid His life down for our sins on the Cross. When Jesus said, "It is finished" (John 19:30), He meant that the work of salvation was complete by His sacrificial death on the Cross. His Glorious Resurrection three days later proved that He provided salvation for those who call upon the Name of the Lord Jesus Christ. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13). THE SOURCE OF LOVE IS GOD!

"Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; God is love" (1 John 4:7,8). When a

person truly knows the Lord Jesus Christ they will love God and love One Another. God is love and He is the source of love. A person that doesn't love others is showing by their actions that they don't know God. A person can say they know God by words, but then deny Him by their actions. When a person is Born Again the Holy Spirit comes to live within their life and as a result of the Spirit residing in their life the love of God will be shed abroad in their heart (Romans 5:5). The fruit of the Spirit will be evident in their life. "But the Fruit of the Spirit is love, joy, peace ..." (Galatians 5:22,23). THE SACRIFICE OF LOVE!

"In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be a propitiation for our sins" (1 John 4:9,10). The greatest sacrifice of all time is when the Lord Jesus Christ came from heaven (The Word became Flesh and dwelt among us: Perfect God at the incarnation became a Perfect Man - John 1:1,14). Jesus came into the world to save sinners (1 Timothy 1:15). He came to lay His life down for our sins on the Cross and Rise victoriously over death and the grave. Hallelujah, What a Savior! LIVINGTHECHRISTIANLIFE!

Jesus was asked the question by one of the Religious Leaders, a Pharisee. He asked the question in order to tempt Jesus. The question was, "Master, which is the greatest commandment in the law? (Matthew 22:36). The Lord Jesus said unto him, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets" (Matthew 22:37-40). When a person knows the Lord Jesus Christ as Personal Savior and Lord, the

Holy Spirit comes to live within their life and writes the law on their Heart. When this occurs the person becomes a Believer and will be obedient to the Lord and the Word of God and will be able to live the Christian Life by the Grace of God in the power of the Holy Spirit for the Glory of God by loving the Lord, and loving One Another.

If you would like to know more about the Love of God, and what it means to be a True Follower of the Lord Jesus Christ, please contact us. If you would like to know more about the Ministries at GBFC, contact us by Email at fdcirone@aol.com or by Phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is an Independent Bible Church. We are located at the intersection of Route 9 and Route 9G, 1/4 mile north on Rou 9 in Rhinebeck, NY. Frank L. Cirone, Pastor.

ZONTA CLUB SEEKS APPLICANTS FOR \$2,000 SCHOLARSHIP

The Zonta Club of Upper Hudson Valley is currently soliciting applications for its District 2 Jean M. Coon Humanitarian Award. This annual award is given to a high school junior or senior who demonstrates outstanding community service. Academic achievement is not a factor in selecting a winner. A monetary award of \$2,000 will be presented to the winning candidate in the spring of this year by the Zonta Club. Each club's winner becomes a Zonta District 2 finalist and is eligible to compete for the District award of \$1,000.

Completed applications must be postmarked no later than March 20, 2024 and sent to Zonta Club of Upper Hudson Valley, Attn: Scholarship Committee, PO Box 34, Ghent NY 12075. Applicants must reside in Zonta's Upper Hudson Valley region which includes Columbia, Greene, Rensselaer and Dutchess counties.

"We are especially pleased to be able to increase this year's scholarship award to \$2,000 as a result of successful fundraising by our club members. Young people today are often faced with financial challenges and we hope this increased funding will make a difference for the recipient." stated Zonta Club President Celeste Alexander.

To find out more about Jean M. Coon, the award criteria and obtaining the application, contact your local high school guidance counselor or visit the Zonta District 2 website at www.zontadistrict2.org.

zontadistrict2.org, then select the District Awards tab. If more information is needed, please do not hesitate to call 845-561-1536.

Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. With nearly 28,000 members belonging to 1,100 clubs in approximately 63 countries, Zontians volunteer their time, talents and support to local and international service projects focusing on achieving gender equality and empowering women and girls.

Zonta clubs also sponsor Z clubs for high school students to develop leadership skills, promote career exploration and encourage members to participate in school, community and international service projects. The Zonta Club of Upper Hudson Valley proudly supports the Columbia County Z Club.

The Zonta Club of Upper Hudson Valley meets monthly and conducts events and fundraisers throughout the year. Members work to improve the lives of women in its local communities as well as worldwide. Zonta always welcomes new members to support its mission. Contact Jill Potter lifecoachjillpotter@gmail.com to inquire about membership.

Who: Rhinebeck Choral Club

What: Open Rehearsals - ages 14 to adult, no experience required
When: February 7th, 14th, 21st, 6:30pm - 8:00pm
Where: Red Hook Community Center - 59 Fisk St Red Hook NY
No experience required.
Spring program features songs of Peace and Hope

Valentine Cookies, Mozart, & Literacy with artist Theresa Corrigan

Thursday, February 8 4-5pm EST
Morton Memorial Library & Community House
82 Kelly St Rhinecliff, NY 12574
Acclaimed artist Theresa Corrigan will read some of her favorite children's books about feelings and emotions and then invite an open dialogue with the participants. Theresa will encourage the children to talk about things that invoke feelings of happiness, frustration, excitement and joy. After the book reading and discussion, the children will be provided with a blank cookie canvas and eatable materials to create an expression of their own feelings while listening to the sounds of Mozart. The workshop is free but registration is required.

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Sunday School (For All Ages): 9:30 am
Mondays at 7:00 pm:
Women's Bible Study and Grace Bible Institute
Wednesday Prayer Meeting: 7:00 pm
Children and Teen Ministry
Fridays at 6:45 pm

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



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Third Lutheran - 9:45 am
31 Livingston, Rhinebeck
St. Paul's Lutheran - 11:00 am
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Wednesday Night Prayer Service 7:00pm
Youth Nights on Fridays at 6:30pm

Barkbusters from page 5

some are better than others. There are no guarantees.

Designer Dogs

Designer breeds, a cross between two purebred dogs, were developed to create a mix of the best characteristics of each breed. For instance, the goldendoodle combines the family-friendly traits of the golden retriever with the non-shedding, hypoallergenic traits of the poodle. Some of the more popular mixed hybrids are the: Puggle (Pug / Beagle), Labradoodle (Labrador / Poodle), Schnoodle (Schnauzer / Poodle), Chorkie (Chihuahua / Yorkshire Terrier)

Just like people, dogs come in all shapes, sizes and temperaments. A dog's breed and temperament, combined with your lifestyle and personality all play an important role in determining what kind of dog is best for you. If you are considering adding a new dog to your pack, do a bit of research first and visit your local shelter. Somewhere out there there is a dog with a perfect temperament

for everyone and selecting the right dog is an important step to ensuring a good fit between you and your dog. 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 he 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 of Dutchess County LLC has conducted business in the mid-Hudson Valley for the past 17+ years. On the eastern side of the Hudson River, her territory includes all of Dutchess County

and on the western side of the Hudson from Saugerties on the north to Newburgh on the south and Kerhonkson to the west.

For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can take a free 20 question quiz to rate your dog's behavior. You can also reach her directly by phone or text at 845-489-0764 and you can join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

February Events at Clinton Community Library

February is Library Lovers Month! Show your library love this month and attend our programs! For more specific information about any library programs, or to register, please call (845) 495-0655 or email larnold@clintoncommunitylibrary.org

Ongoing Programs:

Qi Gong with Vince (online)
 Mon. 02/05, Mon. 02/12, Mon. 02/19
 Mon. 02/26, at 9:30 AM
 Wed. 02/07, Wed. 02/14, Wed. 02/21, Wed. 02/28 at 9:30 AM
 Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension.

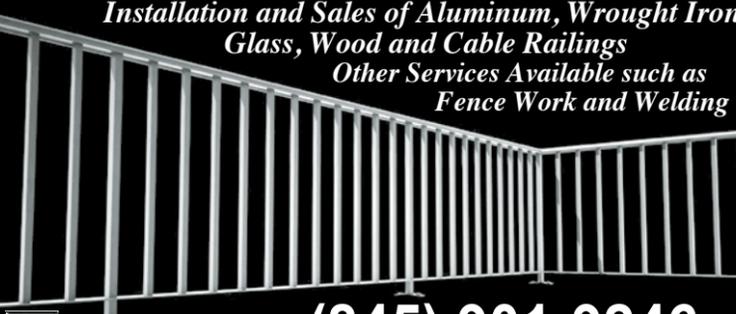
Story time on the Dot (in-person)
 Tue. 02/06, Tue. 02/13, Tue. 02/20, Tue. 02/27 at 10:30 AM
 Join us every Tuesday at 10:30 for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.
Mah Jongg (in-person)
(Optimistic Aging)

Tue. 02/06, Tue. 02/13, Tue. 02/20, Tue. 02/27 at 2:00-4:00 PM
 If you're looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you'll want to give Mah Jongg a try! Players of all levels are welcome.
AllLevelYoga (inperson&online)
 Wed. 02/07, Wed. 02/14, Wed. 02/21, Wed. 02/28 at 6:00 PM (online)
 Sun. 02/04, Sun. 02/11, Sun. 02/18, Sun. 02/25 at 10:00 AM (in person or online)
 Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. You may also participate online. Please

plan according to your comfort and needs as class is held indoors.
Chair Yoga, (in-person or online) *(Optimistic Aging)*
 Fri. 01/01, Fri. 02/09, Fri. 02/16, Fri. 02/23 at 12:00 AM
 Join Samantha for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-495-0655.
Zumba, (in-person)
 Sat. 02/03, Sat. 02/10, Sat. 02/17, Sat. 02/24 at 9:00 AM
 Join Ginny Morrow for a fun fitness routine every Saturday at 9 AM. Pre-registration is not required. You may sign in at the door.

Continued on page 12

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February Events at Clinton Library from page 11

Free Tech Help (in-person)
Sat. 02/03, Sat. 02/10, Sat. 02/17, Sat. 02/24 9:00 AM- 1:00 PM
 Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on Saturdays between 9AM-1PM or call the library at (845)-495-0655 to book an appointment.

Book Club Meetings:

Never Been in a Book Club, Book Club (in person)
 February Selection: *The Friend* by Sigrid Nunez
 Thursday February 1 at 1:30 PM
 Never been in a book club? This is your chance! Join a new group of people new to the book club world! Come with your thoughts, feelings and anything you'd like to share about the monthly selection. Don't be shy, everyone is new just like you!

Tea Time Book Club (in person)
 February Selection: *The Brilliant Life of Eudora*

Honeysett by Annie Lyons
 Thursday February 8 at 2:00 PM
 Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.

Global Literature Book Club (in person)
 February Selection: *Painting Time* by Maylis de Kerangal
 Monday February 5 at 7:00 PM
 The Global Literature Book Club focuses on exploring the world through literature. We discuss novels from around the globe, selected by members of the club. These works provide insights into a wide variety of nations, cultures, and styles of writing.

SPECIAL PROGRAMS & EVENTS
Make The Friendship Bracelets! (in person)
Saturday February 3 at 10:30 AM
 February 3rd is "Take Your Child To The Library Day". Come make your very own

beaded friendship bracelet at the library. You can add a positive word, your name, or just let your creativity shine! Spread love and friendship this Take Your Child To The Library Day! We will also have coloring sheets and materials here so you can spend time at CCL and get to know the library. *Beaded bracelets are recommended for ages 8 and up as they will be made with small pieces. Parents/guardians are required to stay and monitor their child.*

Crafts & Coffee (in person)
Monday February 12 at 1:30 PM
 Join us for a lovely afternoon of coffee, crafts (and conversation!) On the second Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more. *Note: You must register for each individual who is attending and would like to participate. Materials are limited and there will not be extra!*

Lunch & Learn: Rhinebeck Post Office Mural
Thursday February 22 at 12:30 PM
 Description TBD
 Presented by Dr. Myra Armsread
About Clinton Community Library
 Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library

is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM, and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 or visit www.clintoncommunitylibrary.org

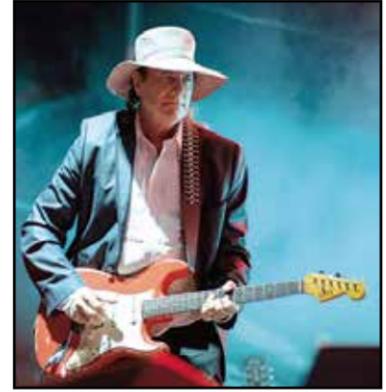
Spencertown Academy Presents "Gary Lucas: Solo Electric and Acoustic"

Spencertown Academy Roots & Shoots Concerts Series presents "Gary Lucas: Solo Electric and Acoustic" on Saturday, February 24 at 7:30pm at the Academy's Blanche Grubin Auditorium. The acclaimed guitarist and Grammy-nominated songwriter will perform a tour de force program of original songs, blues, tributes to Lucas collaborators Captain Beefheart and Jeff Buckley, covers of 30's Chinese pop, Wagner, Stones, electronic soundscapes, and more. General admission tickets (\$25 public, \$20 Academy members) are available via www.spencertownacademy.org.

"Gary Lucas's influence transcends boundaries and cultures," says Dusty Wright, a member of the Academy Music Committee. "We're in for a rollicking treat."

Lucas has performed and collaborated with a who's who of musical luminaries, including Captain Beefheart (Don Van Vliet), Jeff Buckley, Leonard Bernstein, Lou Reed, John Cale, Patti Smith, Chris Cornell, Bryan Ferry, Nona Hendryx, Los Van Van, Bob Weir, Nick Cave, Thurston Moore, Lukas Ligeti, Martha Wainwright, Camille O'Sullivan, Steve Kilbey, and many others. He has also recorded over 50 albums to date in his own right in a variety of genres—jazz, rock, classical, folk, blues, avant-garde, and world music—and has performed in over 40 countries.

He has received several Lifetime Achievement awards for his songwriting with Jeff Buckley (he co-wrote Buckley's



anthems "Grace" and "Mojo Pin") and many honors, including performing solo before the General Assembly of the United Nations to commemorate International Holocaust Remembrance Day.

Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music

Continued on page 13

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Spencertown Academy Presents from page 12

(Americana, jazz, blues, rock, and world music) for inspiration while incorporating more recent forms and influences of the present. This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

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

The Columbia-Greene Humane Society/ SPCA (CGHS/SPCA) and the Columbia County Sheriff's Office

are asking for the public's help in locating the owner of a Cane Corso that was abandoned on the side of the road on Route 23 in the hamlet of Craryville. The dog, now named Barney,

was abandoned by the side of the road on the evening of Thursday, January 25.



Barney was spotted by a passerby who stopped to help him. Their first thought was that Barney was hit by a car because he couldn't place weight on one of his front legs. After closer observation it was found that his leg was swollen and causing him tremendous pain. Copake's Dog Control Officer was called, and Barney was rushed to a veterinarian. After numerous x-rays it was discovered that Barney was suffering from an advanced stage of osteosarcoma (bone cancer).

Osteosarcoma is one of the most painful conditions to

have and without proper pain management it can cause excruciating pain.

It's the opinion of investigators that Barney's owner, knowing his condition and not wanting to seek proper medical attention or reach out for assistance, abandoned Barney on the side of the road.

"This is one of the most shameful, cowardly acts of cruelty one can do to an animal. In their most desperate time of need, to abandon an animal on the side of the road - in Barney's case, knowing the painful condition that he was suffering from - is unconscionable and shows depraved indifference to this dog," said Ron Perez, President/Investigator of the CGHS/SPCA.

After careful consideration and consultation with the CGHS/SPCA medical team, it was determined that Barney was suffering too badly from this irreversible and painful condition, and he was humanely euthanized.

Anyone with information pertaining to Barney, please contact the Columbia County Sheriff's Office at (518) 828-0601.



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Elegantly sited on 4 AC w Pastoral, Far Reaching Views!
Gallatin, NY: Welcome to Soleil Levant - a French Country

Farmhouse, Custom Built & just 19 yrs young. Open, Bright w a Picture Window to take in the Countryside Views & Warm, Rich Brazilian Cherry Floors. The Double-Sided FP is cozy while visiting w friends in the LR or having breakfast in the Bright Open Chef's KIT. Host dinner parties in the Formal DR & the Butler's Pantry is handy indeed! Spacious Office w French Doors is ideal for working from home. The second level hosts a Primary Ensuite w Gas FP, Jacuzzi Tub, Water Closet, Walk In Shower & 2 WICs. The Finished Lower Level includes a FB, Storage & Walks Out to Lower Gardens. Come fall in love w divine country living! Asking **\$759,000**

An Equestrian's Dream!
Red Hook, NY: Down this story book country road, framed by Magnificent Mountain Views lies

this Pristine One-of-a-Kind Home. Expanded Ranch features a Remodeled KIT w SS Appliances & Open FP. Cherry HW & Large Windows flood the home w light & boast picturesque views from every angle. PVT. MBR En Suite w Dual WIC & FB. Lower-level w Media RM, FB, & Office. Could easily be converted into an In-Law Suite. The front of the home welcomes you w the classic, country Wrap Around Deck framed by sunsets over the Catskills. Coffee & cocktails never tasted better. 2 Car GAR w generator H/U. Turn-Key Barn w 6 Oversized Stalls. Water, Electric, Tack Area, & RV Power H/U. Two Fenced Fields w Run-in Shed & Outdoor Riding Arena makes this an Equestrian Dream! On almost 11 acres, the Hudson Valley is welcoming you home! **\$749,000**

Two Homes in One!
Red Hook Village, NY: Recently Renovated Two Family. Unit 1: Brand new w

Massive LR, Reading Nook & French doors. Sleek & shiny Contemporary KIT w Pantry flows into the Formal DR. A Primary Suite features a fabulous BTH & WIC. Two more Guest BR's share another FB. Laundry/ Mud Rm is a convenient place to hang coats & there is a brand-new deck to enjoy. Unit 2 features a large LR w Woodburning FP, Built-In's, Arched Doorways & Bright & Sunny KIT w DA. This unit is Freshly Painted, w Three Spacious BR's, Tiled FB & Ready to Rent. Full BSMT w Storage, New Furnace, HW Heater & Central Air. The Covered Porch is a perfect place to relax. Off-Street Parking & Walkable to Shops, Restaurants & Bard Shuttle/Loop Bus. Asking **\$625,000**



Two Family Investment at an Affordable Price!
Milan, NY: Live in one unit & collect rent on the other; or rent out both for optimal income. Unit 1: Newly Renovated w Soaring, Vaulted Ceilings, Laundry RM & Open FP. Two good-sized BR's, & PVT yard. Unit 2: Open FP w one BR downstairs, oversized BR w Office Area & Deck w PVT Yard. Both units have split units for Heat/CA, Separate Entrances & Parking. Minutes to Rhinebeck, RH village & TSP. Asking **\$399,000**

Both units have split units for Heat/CA, Separate Entrances & Parking. Minutes to Rhinebeck, RH village & TSP. Asking **\$399,000**



Lake House Living!
Livingston, NY: Cute Two BR bungalow w 2 floors for possible expansion. Features include a large Living Area, Spiral Staircase, Fireplace & Vaulted Ceilings. Private lot for relaxing outside after a day of swimming on the lake! Would be a wonderful Weekender, or Investment Property **\$265,000**

Would be a wonderful Weekender, or Investment Property **\$265,000**

Rail Trail Right in Your Backyard!
West Hurley, NY: Come fall in love w the simple but roomy FP that includes a

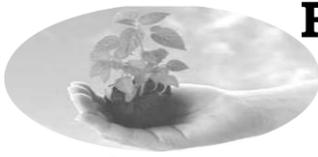
comfortable LR that opens to the KIT w Breakfast Bar & lovely double window. Host holiday meals in the formal DR w sliders to gazebo, the perfect place to read a book or have a summer meal. Spacious MBR w custom WIC. Sparkling new FB w oversized shower. Updates include flooring, windows, & 3 split units. The home is nestled off a PVT drive & backing up to the Ashokan Preserve, perfect for hiking & nature lovers. A skip & a jump & you're on the Rail Trail great for biking / hiking. A short drive takes you to groovy Woodstock, NYS Thruway & Kingston. **\$319,900**

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16.93 Acres **\$259,900**
- Hyde Park BOHA:**
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2.8 Acres **\$69,000**
- Rhinecliff BOHA:**
8.05 Acres **\$450,000**

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Registration for June-August Sailing & Woodworking Classes at Hudson River Maritime Museum is now open

Hudson River Maritime Museum invites you to spend your summer on the water or in the wood shop. Our youth sailing and woodworking programs are now open for registration. Every summer, the Hudson River Maritime Museum offers kids and teens a chance to experience the magic and history of the Hudson Valley's rich maritime traditions with on-land and on-water programs running June through August. The Museum's Wooden Boat and Sailing Schools, located on the banks of the Rondout Creek in Kingston,

host immersive multi-day courses that teach practical skills in sailing and woodworking which build self-confidence and forge new friendships. For more information and to register visit, www.hrmm.org/youth-summer-programs. A full summer line-up with descriptions of the classes is available below. All HRMM members receive a discount on registration. Additional discounts are available for registering for multiple weeks of programs, or if signing up multiple siblings. Scholarships for the Sailing School are available. The deadline for applications is May, 2024.

The Sailing School at Hudson River Maritime Museum is the only US Sailing Accredited sailing school in the Hudson Valley. Founded in 2017, the School seeks to inspire a new

generation of enthusiasts to get out on the water and become more confident sailors by offering accessible programming for youth and adult beginners. For students seeking to advance their skills, US Sailing instructor certification classes are also available.



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. We offer diverse curriculum and opportunities which provide skills in woodworking, boat building, and maritime craft. The school offers adult and youth courses.

Details of the Youth Summer Programs are listed below: PARENT & CHILD SAILING CLASS

(A child with an accompanying adult)
 Dates: **June 26 - 28, 1:00-4:00pm; July 1 - 3, 1:00-4:00pm**
 Level: **Beginner/Ages 5-9**
 Tuition: \$250 (HRMM members \$230-240)

Perfect for the young, aspiring sailor, this class consists of three 3-hour sessions and will introduce children ages 5-9 to the basics of sailing. The sessions are designed for an adult and accompanying child to sail and learn together, with the goal of getting the child comfortable aboard a sailboat while they learn some basic sailing concepts, and most importantly, have fun and gain new experiences. We are offering this course twice this summer.

INTRODUCTION TO YOUTH SAILING

Dates: **June 26 - 28, 9:00 am to noon; July 1 - 3, 9:00 am to noon.**
 Level: **Beginner/Ages 7-9**
 Tuition: \$250 (HRMM members \$230-\$240)

This is a three-day class (nine hours in total) that introduces children ages 7 to 9 to the basics of sailing. Each session is three hours long and is designed to ensure each student feels comfortable

aboard sailboats, is safe, and has fun learning some basic sailing concepts. We are offering this class twice this summer.



YOUTHSAILING PROGRAM

Dates: **We are offering this class six times. Each session runs 9:00am-4:00pm on the following dates,**
 July 8 - 12
 July 15 - 19
 July 22 - 26
 August 5 - 9
 August 12 - 16
 August 19 - 23

Level: **Beginner-intermediate/ Ages 10-17**
 Tuition: \$575 (HRMM members \$529-\$552)

This five-day sailing course teaches students ages 10-17 sailing on 8' Optimist Prams, 14' & 16' Capri sailboats, 14' High Performance 420 sailboats, and other sailboats. Each day will feature Science, Technology, Engineering, Art, and Math (STEAM) workshops, short chalk talks, and learning activities

Continued on page 15

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RED HOOK - 7578 North Broadway. 4500 Square Foot Rental. Large open space, well lit, high ceilings, was formerly a fitness center and now a dance studio. Has a full kitchen from when it was an adult day care. Adaptable for many uses. Only large space available in northern dutchess. Ample parking.



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ELIZAVILLE - 1191 County Route 19. Spacious home nestled in the woods w/ gorgeous mountain views, very private, yet close to Taconic State Parkway, great home for a family! This is a gem w/ some clearing you will have great views. House is set back and long driveway gives it an estate feel. Has a wonderful stone flpl that needs a liner. 36 acres that has quad trails but can easily be cleared. The house is somewhat dated but a solid home a real deal in a great location. Land is subdividable and nice pond on property. I have a deed plot I can send electronically. **\$789,000**



RED HOOK VILLAGE

Charming 2 bedroom 2 updated bath and kitchen. Premier location with a corner lot. Outstanding oak floors, full basement and an unfinished second floor, great for home office, exercise area or additional bedroom. Home is in excellent condition. Call Tom. **\$599,000**



GREEN PASTURES FARM - 188 rolling acres located in historic Livingston with frontage on CR-19. Five miles from Taconic Parkway, located halfway between Rhinebeck and Hudson. Exceptional parcel for continued agricultural use or livestock. Excellent gravel soil and great Catskill views to the west. Development possible w/ 2 acre zoning, which also allows camp sites. Hard to find large parcels that are high and dry. Offered at **\$1,795,000.**

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 Office 750 feet great location **\$1250** includes Utilities
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 Office commercial 1250 sq ft in village **\$1250** plus utilities
 Call Tom

CLERMONT

52 Acre Land Parcel, Great Location. Needs lighr clearing. Property is Subdividable. Has a nice pond on property and has mountain views. Perfect for horses or family compound. Offered at **\$520,000.**

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Registration for June-August Sailing from page 14

on land and on-the-water with games, drills, and informal races on the Rondout Creek and the Hudson River. Beginners are welcome. Additionally, students with prior sailing experience will benefit by expanding and building on their current skill set.

BUILDING AND SAILING BOATS

Dates: **This four-day class is being offered four times this summer at the following times, Tuesday-Friday, July 30-August 2**

Morning Session: 9:00am - 3:00pm
 Afternoon Session: 11:00am - 5:00pm

Tuesday-Friday, August 27-30

Morning Session: 9:00am - 3:00pm
 Afternoon Session: 11:00am - 5:00pm

Level: **Beginner/Ages 12-16**
 Tuition: \$440 (HRMM Members \$380-\$400)

This 4-day class involves woodworking, boat building, and sailing encompassing a range of STEM focused skills and activities. Students will have the opportunity to work with experienced boatwright, Wayne Ford, in the wood shop and US Sailing Certified instructors on the water. Students will spend part of the session at the Wooden Boat School learning basic woodworking skills such as measuring, sawing, planing, and sanding. They spend the other part out on the water learning the basics of sailing, the functions of various parts of a sailboat, steering the vessel, tacking and gybing safely, and capsizing practice. This course will teach students about the parts of a sailboat and allow them to put their new skill into practice building an Optimist Pram sailboat. They will also have the opportunity

to practice skipper and crew skills, and will sail independently when they are ready to do so.

WOODWORKING
 Dates: we are offering four different courses that will run Monday through Friday, 10:00am - 2:00pm each day, on the following dates,
 Week 1: July 8-12: Build a Toolbox
 Week 2: July 22 - 26: Make a Stool & Bandsaw Spoon
 Week 3, August 5 - 9: Build a Bandsaw Box & Do Nothing Machine
 Week 4, August 19 - 23: Make a Half Hull Boat Model
 Level: **Beginner/Ages 12-16**
 Tuition: \$395 (HRMM Members \$340-\$360)
Students can register separately for each one-week session, and can register for one or more sessions.
 The Wooden Boat School is offering a hands-on introduction to woodworking and carpentry in this series of week-long classes. Designed for youth ages 12 - 16, students will take on a project or projects, giving them practical application for basic woodworking and carpentry skills. Woodworker and HRMM's boatwright Wayne Ford will teach the fundamentals of shop safety, measuring, layout, joinery, and the use and care of basic hand woodworking tools and some power tools. At the end of the week, students get to take home a finished project that they made themselves. For more information and to register visit, www.hrmm.org/youth-summer-programs
 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.

ZONTA'S ANNUAL GIFT GIVING SHOPPING SPREE

On December 13th, members of the Zonta Club of Upper Hudson Valley met Staff from the Columbia Greene Domestic Violence program in Hudson to purchase 89 holiday gifts for women and children displaced from their homes by domestic violence. The gifts, valued at more than \$2,000 were given to the residents served by the Domestic Violence program, which is administered by Community Action of Greene County. For families displaced from their homes, uncertainty is certain, especially during the holidays. Unexpected and thoughtful gifts can be life changing. Gifts were carefully chosen for each individual recipient by Staff of the Columbia Greene Domestic Violence program as they are most familiar with each resident's specific circumstances, likes and needs.

The gift giving is a part of Zonta's an annual initiative which has been stepping up to support and care for survivors of domestic violence since the Club was formed in 1984. Fun-

draisers held throughout the year and generous donations allow Zonta to purchase these holiday gifts and to support the Columbia Greene Domestic Violence program throughout the year. Zonta International is a leading global organization of professionals empowering women and girls worldwide through service and advocacy. With nearly 27,000 members belonging to 1,133 clubs in 62 countries, Zontians volunteer their time, talents and support to local and international service projects focusing on achieving gender equality and empowering women and girls. Zonta Clubs also sponsor Z Clubs for high school students to develop leadership skills, promote career exploration and encourage members to participate in school,

community and international service projects. The Zonta Club of Upper Hudson Valley meets the second Tuesday of every month and welcomes new members. For more information contact Jill Potter at zontauhv@gmail.com.



Pictured on each end, Zontians Kathy Schreiner-Smith and Irene Waldorf. In the center, left to right, Staff of the Columbia Greene Domestic Violence program: Stephanie, Donatella and Victoria after completing Zonta's annual holiday shopping spree for Columbia and Greene Domestic Violence program residents.

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photography or wildlife viewing but please leave the picnic and park games at home. Thank you!
Hike with Mike: Swan Lake Connections February 10 from 9 am – 12 pm Explore some of the small connecting trails around Swan Lake that can be easily overlooked, like those from David Rockefeller's former residence to the Brook Trail just north of Swan Lake. Mike will point out a few areas where you'll want to have a map handy, as these trails become a bit confusing. He will also provide tips on how to use the data provided by maps. Leashed dogs are welcome. Be prepared to move at a steady pace; some hiking experience is recommended. Max: 20 people.

Cost: \$5. Parking: \$6 per vehicle.
Native Wildflower Seed Sowing Workshop February 11 from 10 – 11:30 am Did you know that the middle of winter is the best time of year to start native wildflowers from seed for your garden? Join us for this hands-on workshop with botanist, Patty Butter, and conservation steward, Devyani Mishra, and learn how to grow wildflowers from seed. We will discuss the ecological benefits of native wildflower gardens and cover techniques for seed sowing and growing your own plants. Ages 10+. Cost: \$5. Max: 15 people.
Birdwatching with the Saw Mill River Audubon Society

February 12 and 24 from 8 – 10 am Get to know our feathered residents! Join an expert from the Saw Mill River Audubon Society on a bird walk around the Preserve. Great for all levels of birding experience, beginners welcome! Binocular loans available upon request. Ages 8+. Max: 25 people. Cost: FREE. Parking: \$6 per vehicle. NYS Residents over 62 park for free on weekdays.
Walk with the Light of Your Life February 14 from 5 – 7 pm This Valentine's Day, celebrate love with the light of your life - whether that's your partner, friend, child, or pet, all are welcome! Take an evening stroll around Swan Lake on carriage roads lit by lanterns. Sip hot chocolate and admire artwork in the art gallery before or after your walk (no pets inside though, sorry!). This is not a group hike; you are welcome to begin at any time and walk at your own pace. Please arrive no later than 6:30 pm; all guests must exit the Preserve by 7 pm. Cost: FREE, registration required. RockefellerStateParkPreserve.org/events

Coexisting with Coyotes February 17 from 1 – 2:15 pm As coyote breeding season begins in January, sightings within the Preserve are bound to increase. Join Dana Goin from the Wolf Conservation Center for a presentation about coyotes, their history and ecology, and what we can do to best coexist with them. Dana's goal is to empower our community with the tools, information, and resources we require to live in harmony with this misunderstood predator. Max: 20 people. Cost: FREE, reservation required. Parking: \$6 per vehicle. RockefellerStateParkPreserve.org/events
Winter Photo Walk February 18 from 10 am – 12 pm Capture the serenity of the Preserve in winter with photographer, Heidi Fuhrman, on a 2-mile walk in search of scenic vistas and natural subjects. Heidi will guide you to some of the best locations to shoot and will advise on framing, perspective, lighting, etc. Any camera is fine, even a cell phone; both beginners and experienced photographers are welcome. Cost: \$5. Parking: \$6 per vehicle. Max: 20 people. RockefellerStateParkPreserve.org/events

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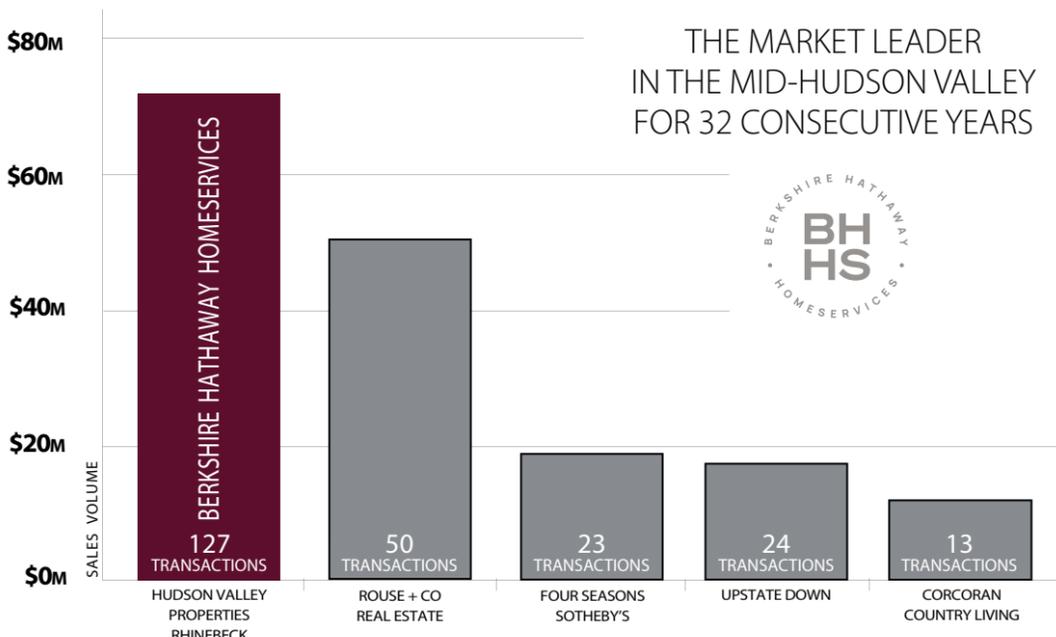


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