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Postal Customer

HUDSON VALLEY INDOOR GOLF OFFERS HI TECH TEACHING AND FAMILY FUN FOR GOLFERS AND SPORTS ENTHUSIASTS ON EVERY LEVEL

By Amy Byrn

There's a current resurgence in the sport of golf, and PGA pro Evan Silkworth is on the cutting edge of it, locally. Evan runs one of the most sophisticated indoor golf training and recreation facilities in the region, Hudson Valley Indoor Golf in Valatie. With five state-of-the-art bays for both training and playing available for individuals or groups, as well as a sports bar boasting five big screen TVs and classic bar food, Hudson Valley Indoor Golf has quickly become a go-to spot for entertainment and serious enthusiasts. Add to that an association with PGA America's HOPE program honoring veterans with special opportunities to learn and improve their golfing game, and it's clear that Evan, a Poughkeepsie native, has created something special.

Golfing For Competitive Edge—Or Just Plain Fun—Gets A High Tech Boost



Evan Silkworth

Hudson Valley Indoor Golf is geared to be accessible to families, as well as competitive golfers looking for state-of-the-art tech-aided training. "Golf has had a huge resurgence. More people are taking up the game and really getting into it," says Evan. "But really from Westchester County North, until you get up into Saratoga,

Continued on page 2

GETAWAY RAFFLE

Hudson Rotary Club announces a cozy winter cabin getaway raffle! Enter to win three nights at the gorgeous Moons & Loons Cottage on Fern Lake in the gorgeous Adirondack Mountains. Tickets on sale now through January 17. Drawing January 18. All proceeds benefit Hudson Rotary Club's charitable giving in Hudson. Winners of this raffle can choose from one of three weekends: January 26-28, 2024; February 9-11, 2024; or March 1-3, 2024. Moons and Loons Cabin on Fern Lake in the Adirondacks is a cozy, immaculate and newly built cabin with 3 bedrooms and 1.5 baths. There is an inviting and open floor plan that includes in-floor radiant heat, a



full kitchen, dining room and a living room that holds a queen size sleeper sofa. Step outside onto a back patio complete with seating and dining area to enjoy the gorgeous lake and mountain views displayed in front of you.

This Adirondack waterfront vacation rental sits in a quiet area amid several nearby natural attractions and outdoor sporting opportunities in every direction. Visit the malls of Plattsburgh, Whiteface Mountain Ski Center for a day on the slopes or venture to the Olympic Village of Lake Placid with several venues, all located within a short driving distance away! View the Vrbo listing here: <https://www.vrbo.com/9210169ha> Tickets are available for purchase at the following Hudson locations: 225 Warren Bar & Grill-225 Warren Street, Hudson (518) 697-8225 Operation Unite Education and Cultural Arts Center, 360

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Kakizome

Saturday, January 6, 2024
1:30 - 3:30 p.m.

New year's resolutions can be stressful but the Japanese kakizome method is here to help! Kakizome or "first writing," takes place within the first few days of the year, traditionally in a poetic calligraphic form expressing their hopes and aspirations for the coming year.



This custom consists of putting your chosen wishes and hopes onto paper as a means of realizing them. For example, if you hope for good health in the New Year, you would write a kanji for positive health; if you desire more patience, you would practice the kanji for tolerance or acceptance. **Kakizome is about positive wishes for the New Year.** It is a reflective practice based on the belief that practicing one kanji over and over helps the writer focus on the hoped-for theme. **Join us for Kakizome 2024 as we practice kanji to guide us into the New Year.** Volunteers from the local Japanese community will be on hand, offering guidance in choosing and writing your chosen kanji. Brushes, paper, and ink will be provided. **Location:** The Arts Mid-Hudson Folk Arts Program and the Mid-Hudson Japanese Community Association present Kakizome at Arts Mid-Hudson, 696 Dutchess Turnpike (Rt. 44), Poughkeepsie. We look forward to kickstarting 2024 with you!

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Fri., January 5: Mid-Hudson Astronomical Association Monthly Star Party, 4:30 PM The Mid-Hudson Astronomical Association hosts a monthly stargazing party in the West Beach parking lot. Bring your own telescopes and binoculars or use those provided by our members. You will be asked to provide your license plate number and make/model car, so Park Management and Police have a record of who will be in park after hours. More info at <https://www.meetup.com/mhastro/events/275468188/> Registration: RSVP is required at least one day beforehand

Spencertown Academy Presents "Winterlude: Classical Sunday with Bob Logan and Julian Müller"

Spencertown Academy Arts Center presents "Winterlude: Classical Sunday with Bob Logan and Julian Müller" on January 21 at 3:00pm at the Academy's Blanche Grubin Auditorium.



Julian Muller



Bob Logan

The program will feature works for piano and cello by Haydn, Bartok, Schumann, Beethoven, and Paradis. General admission tickets (\$25 public, \$20 Academy members, \$10 for students) are available via www.spencertownacademy.org. "What a wonderful way to celebrate winter!" says event producer Craig Bender. "Bob Logan and Julian Müller are both exceptional musicians. This Sunday afternoon concert of classics will be a beautiful start to the new year."

Pianist and composer Logan holds a master's degree from

the New England Conservatory, studying under Meng-Chieh Liu. In early 2020, he joined the Eurythmy Spring Valley Ensemble on their European tour with performances in England, Scotland, Germany, and Switzerland. He was a Tanglewood Music Center Fellow and has won prizes in the NEC Piano Honors Competition, the Chicago College of Performing Arts Concerto Competition, and the UW-Madison Beethoven Competition. He currently runs a piano teaching studio in Chatham, NY.

Continued on page 4

The Claverack Free Library

is pleased to announce their young children's programming for the 2024 winter season. The library will host Preschool Story Hour on Tuesdays at 10:00 AM led by Deb Wiede. Join us for an exciting hour of stories, songs, crafts



and activities all based on a weekly theme that focuses on the use of fine motor skills and socialization. Suggested for ages 2-5 years. On Thursdays at 11:00 AM we host Baby and Me Storytime with Nancy Smith. Caregivers and little ones will have the opportunity to listen to stories and engage in simple play. Caregivers are welcome to bring a bag lunch and stay for caregiver connections. Suggested for up to two years of age. Sponsored by the Bank of Greene County and Berkshire Taconic Community Foundation. Beginning January 19th, we'll be singing and dancing with Abby Lappen for Musical Storytime at 10:00 AM on Fridays. Dance, play, sing and move to stories and songs. Pairing favorite stories to music helps children develop reading readiness skills and builds a foundation for math and patterning comprehension. Suggested for ages up to 5 years. Sponsored by The Columbia

County Children's Foundation. The Claverack Free Library is located at 9 Route 9H at the intersection with Route 23B. For more information please email, info@claveracklibrary.org or call 518-851-7120. Visit our website at www.claveracklibrary.org.

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 February Edition Of The Hudson River View Will Be In Area Homes On February 7th The Deadline For Advertising And Press Release Submission Is January 24th

ACCORDING TO QUACKERS



The name for January comes from the Roman God Janus, who is always depicted with two heads. He uses one head to look back on the year before and the other head to look forward to the New Year! In leap years, January always starts on the same day as April and July. Some historical names for

January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth," meaning "winter/cold month." Originally, the Roman calendar had only 10 months, and it excluded January and February. King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days. Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January that we practice now! Generally, January is the coldest month of the year in the Northern Hemisphere.

Hudson Valley Indoor Golf from page 1

there's nobody doing really high tech golf instruction. I use force plates and dual high-speed cameras that integrate into computer software, where I can really break down your swing to highlight what's working and where to improve. I've only been using this technology for the past few months, and the number of students who have made huge progress very quickly. There's nobody else doing that locally."

For competitive golfers, Hudson Valley Indoor Golf has five bays equipped for sophisticated virtual golf training, metrics feedback and game play simulation.

"So there could be five individuals or five groups," Evan explains. "And the way it works is you come into a bay and you're basically renting a bay for a period of time. We go in half hour increments, with most groups staying for a few hours. In off-peak times, which is Monday through Friday from nine until three, it's \$45 an hour. And then on evenings and weekends it's \$55 an hour. But if you bring four people, you chop that cost in quarters, making it a very affordable way to spend some free time."

"The general rule of thumb is that if you're a single player, you can finish 18 holes of golf in well under an hour. So you hear about some of the traditional golf playing nine holes, even as a single can take an hour and a half to two hours. Here you're doing 18 in 45 minutes. So it allows you to do a lot more in a lot less time. Generally, a foursome, once you kind of get the hang of the technology, can play 18 holes in about three hours."

"If you're a really serious player, there's dual overhead cams that are high speed, and an infrared field that the club swings

through. And that gives you data analytics on face angle, exact impact position, club speed, ball speed, smash factor, as well as all your distances, carry distance, total distance, spin rate, rollout trajectory, launch angle, all that stuff. To your average recreational player, that's not going to mean a whole lot. But to serious players, that's the holy grail."

At Hudson Valley Indoor Golf, players can choose virtual courses from around the world. The software used at the facility has almost a hundred thousand courses on it. Just about any course played by golfers on the pro circuits are available, says Evan.

"One of the most popular features is the slow motion replay that shows your club actually making contact with the ball. This plays after every swing and makes it so clear for all golfers what is actually happening at impact, they get better without really trying. So you're in the bay, you take your swing, you hit it, you get to watch the ball flight simulated, which is insanely accurate. Then it gives you all your launch data and statistics along with a slow motion video of your club actually hitting it

so you can see precisely where you hit the ball on your club."

Hudson Valley Indoor Golf is just as good at providing recreational entertainment that families and even young children can participate in via intuitive and friendly technology. That includes special features for younger players, and a world of zany virtual golf courses meant to accentuate the fun.

"There are plenty of make-believe and silly golf courses that are available to play too. One favorite is called parents versus kids, with courses that would never work in real life, but they're designed so that you can have mom and dad play from adult tees. And then you can have your five-year-old play from five-year-old tees and your 8-year-old play from 8-year-old tees. That's great. And it all automatically adjusts."

Hudson Valley Indoor Golf has basic but tasty pub style food offerings, and a vibe that puts the accent on fun, Evan emphasizes. "One of the things that I think really differentiates Hudson Valley Indoor Golf is our emphasis on fun and being welcoming. I've always said

Continued on page 3

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Hudson Valley Indoor Golf from page 2

that golf is a game for everyone, and we try to make that clear when people come in. You don't need to be a pro or even consider yourself a "golfer." There are plenty of guests who come in and borrow clubs and just have a good time playing a great game. We give everyone free popcorn when they come in, so it gets a little bit of a movie theater feel, except the popcorn is way cheaper. And yes, we have food because that's part of it, but we're never going to become a full-blown restaurant. We've got chicken wings, mozzarella sticks, french fries and big German pretzels, the kind of food you can eat while playing and having a good time."

A Pro With A Passion For Teaching

Evan's personal journey in the sport started relatively late, for someone who managed to become a PGA professional. "I started when I was 13. I was helping my dad clear out the basement of a rental property that we had, and there were some old golf clubs down there. And



being a teenager, I was hitting rocks with sticks, and I was like, man, this is kind of fun."

"The only person in my family that played golf was my uncle. So I convinced him to take me out. We went to a baseball field and he was just going to let me hit a couple. The very first one I hit was a driver, and I absolutely pounded it from next to home plate. The ball flew out of the park and bounced it off the side of the school building that was a couple hundred yards away. So he was like, alright off to the driving range we go. From that point on, I just fell in love with it and then made my high school team the following year."

Evan played on his college golf team while at St. Rose.



After spending some time after college teaching an eighth grade English class in Brooklyn, Evan grew a passion for giving golf lessons into a full time gig.

"It kind of just led from one thing to another, with people booking lessons. I became head pro at Marine Park Golf Course in Brooklyn for a couple of years. I was running their shop and giving tons of lessons. And then I left to go down to South Florida, where I worked for the PGA of America at PGA Golf Club golf for five years. And I got my PGA certification and learned a ton there. And then it was time to have kids. So my wife and I moved back to New York, and I became the Head Pro/Director of Golf at Columbia Golf and Country

Club in Columbia County, right outside Hudson."

Evan and his wife Elisabeth made a decision that they wanted to open their own facility, just before COVID hit the world scene.

"I was the director of golf at Columbia Golf and Country Club, and I was looking at what was going on in the winter, and there was just such a huge void in golf opportunities. I wanted to build a simulator center. The technology was coming along, and I really saw the need for activities like this in the community up here, because there really just wasn't much happening, especially in the winter months. I got started working on it and found this space, which is in a commercial building. We converted the whole thing in 2020, when Covid was happening, and we opened what I call a soft open in January of '21."

Evan says one of the biggest personal reasons for starting his own business was to pursue his passion of teaching.

"I'm passionate about growing the game and helping people play better and introducing new people and creating more

golfers. I believe a big way of doing that is by removing some of the obstacles. And as I rededicate myself to my first love of teaching, I'm investing in this technology in a way that nobody else is doing locally. I'm working on offering programs for beginners, for women, and working with companies on doing corporate clinics as part of professional development."

Another endeavor that Evan takes pride in is Hudson Valley Indoor Golf's work with PGA of America in their program called PGA Hope.

"HOPE stands for Helping Our Patriots Everywhere and it's free golf instruction and lessons to veterans. Over the winter we're going to be hosting a HOPE Clinic here, which is eight weeks of clinics that are completely free to the veterans. They can come in, and they'll use the facility and get instruction from myself and a couple other PGA pros that are coming in, all at no cost to them. PGA Hope is a wonderful program developed by PGA National and it provides an essential community service."

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ACROSS

- 1) Book size of 6 x 9 in.
- 7) Foldable bed
- 10) Collies and such
- 14) Celtic language
- 15) "Chasing ___" (1997 film)
- 16) Tied
- 17) Lead-in to Bighorn or Big Man
- 18) Part of a bodybuilder's workout
- 19) ___ fide (authentic)
- 20) Sign up the "SNL" producer? (var.)
- 22) Ethiopian money unit
- 23) Bering, for one
- 24) Ground floor apartment
- 25) Former Ramone
- 27) Marriage, e.g.
- 28) Bullring shout
- 29) "Happy Days" actress
- 32) Office holder
- 38) Tel ___
- 39) Type of movie ticket
- 40) One of the Bridges
- 41) It attaches a handle to a door
- 43) People person?
- 44) Bloomers worn around the neck
- 45) Just ___ (not much)
- 47) Like a prima ballerina
- 50) Declare with confidence
- 51) Nahasapeemapiilon of Springfield
- 54) "The ___ Show"
- 55) "Scream" actress' lucky number?
- 58) Norwegian king
- 59) "Wherever you go, there you ___"
- 60) Bent nails
- 61) Insect stage
- 62) Cigarette ingredient
- 63) "Seinfeld" name
- 64) Tarot reader, e.g.
- 65) Suffix with great
- 66) "___ unto Caesar ..."

DOWN

- 1) Eyes sleazily
- 2) "The ___ Mutiny"
- 3) Aquarium favorite
- 4) Highest male singing voice
- 5) One "hissed" in a melodrama
- 6) Spotted cat
- 7) George Smiley's creator, John Le ___
- 8) Harbinger
- 9) Authored via keyboard
- 10) "Tool-Time Girl" Dunning waned?
- 11) Like L'eggs containers
- 12) Artistic category
- 13) It's loud when beaten
- 21) New York silver center
- 26) "Nightmare on ___ Street"
- 27) Tangle the "Reading Rainbow" star?
- 29) "That's really something!"
- 30) Future embryos, perhaps
- 31) Cup border
- 33) Almond, for one
- 34) Split with an ax
- 35) Moray, e.g.
- 36) "No" to Rob Roy
- 37) Slow-moving boat
- 39) Make an enemy
- 42) Caged bird, e.g.
- 43) Event for deals on wheels
- 46) Bottle at the perfume counter
- 47) Feeds the hogs
- 48) "The Antique Roadshow" estimate
- 49) Place where troops camp
- 50) Ward off
- 51) Sidestep
- 52) Tubular pasta
- 53) NASCAR family name
- 56) Pitching stats
- 57) Lively spirit

WHEN STARS ARE RATS By Richard Auer

Solution on page 4

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Spencertown Academy Present Winterlude from page 1

Cellist Müller is passionate about engaging communities through chamber music, recitals, interactive performance, and collaboration with composers. He soloed with the Louisville Orchestra and was hailed as “haunting and mesmerizing” by *USA Today*. He has collaborated with Sergei Babayan, Simone Dinnerstein,

Matt Haimovitz, members of the Cleveland Orchestra and Quartet, among others, and performs with Orchestra of St. Luke’s, the Berkshire Symphony, Caroga Arts Ensemble, the Metropolis Ensemble, and Williams Chamber Players. He is the Artist Associate in Cello at Williams College.

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.

Getaway Weekend from page 1

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Hudson Rotary Club, active since 1921, is a civic organization made up of diverse, committed community members who know Hudson deeply. This means that Hudson Rotary members hear directly from neighbors impacted by need, and can respond effectively with support.

In 2023 alone, Hudson Rotary Club members devoted over 170 hours of volunteer labor, raised thousands of dollars to support local and international initiatives, collected over \$3,000 worth of hygiene supplies for community-serving organizations, served 80 seniors with meals and holiday treats; and collected dozens of coats and warm clothing items to share back with neighbors through partnerships with Operation Unite New York, The Second Show Community Thrift Store, The Hudson Senior Center, The Salvation Army, Mental Health Association of Columbia and Greene, Columbia



County Sanctuary movement, Habitat for Humanity, and the Mount Zion AME Food Pantry.

About Rotary International: Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

For more than 110 years, Rotary’s people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and

health, we are always working to better our world, and we stay committed to the end.

Interested in taking action? We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves. Learn more about Hudson Rotary Club here <https://www.facebook.com/rotary.hudson.ny>

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Germantown Garden Club Announces Winners of Holiday Competition

The Germantown Garden Club held its annual Adorn-A-Door competition for the senior residents at Palatine Manor in Germantown. The door competition is one of the club's senior citizens outreach projects. Monetary prizes are awarded based on the following criteria; creative choice of decoration, creative use of decorations and creative use of space.

This year 25 apartment doors were judged. First place winner was Howard Coons, door # 220, second place Eugene and Pat Piella, door# 225, third place Marianne Gallant, door #223, fourth place Margret Miller, door#109. Judges were Elke Crane, Maureen Lockwood and Joyce Vale.

Another senior project for

the club is the annual gift donations by club members to the seniors at the Livingston Hills Rehabilitation and Nursing Home. The gifts were delivered by Garden Therapy Chairman Carolyn DiMauro and Maureen Lockwood.



220 1st Choice Howard Coons



225 2nd Choice Eugene and Pat Piella



223 3rd choice Marianne Gallant



109 4th Choice Margret Miller

The club's annual Christmas Market was a huge success. This event raises money for their various donations to philanthropic charities and organizations as well as the annual scholarship for a Germantown graduating

senior pursuing a career in related horticulture fields. The Germantown Garden club also sponsored fresh wreaths to be placed in the village for the holiday.

Want to get more information and become part of this club call Irene Clum at 518-537-4793

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

As the year begins let us hope that this year will bring with it, a year of peace, a year of joy, a year of plenty, a year full of fun with friends and full of blessings... Here's wishing everyone a happy and a prosperous New Year!

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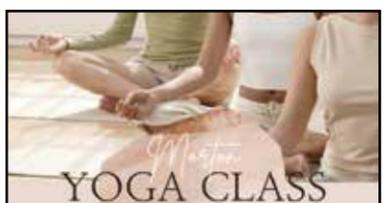
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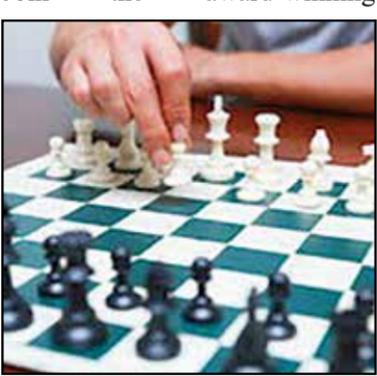
Morton Memorial Library & Community House

Yoga with Kristin
Sundays @ 10:00 am
All levels welcome in cozy Morton Hall. The classes are breath-based with an emphasis on thoughtful sequencing and alignment so that practitioners can move with stability, awareness, and grace. This is a drop-in class and all



are welcome. Please bring your yoga mat, a blanket, and blocks if you like. \$12 suggested donation. You can purchase a prepaid card for 10 sessions and get a free 11th class via check or PayPal.

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



Join the award-winning Rockin' Rooks every Monday from 5:30-7:00 with D. Suris and Cathy Young! Students in grades K - 12 are welcome to join for fun, learning, and tournament competition. To sign your child up, for more information, or to volunteer contact: D. Suris 845-416-3287 or email racersplace[at]hotmail.com

Rhinecliff Train Station Art Exhibition

Call for submissions
Chad Kleitsch is organizing an art exhibition inspired by the beautiful train station before the renovations begin to take place. "It's time to get your artwork ready for submission to the Rhinecliff Train Station Exhibition which opens January 5, 2024. Please drop off all artwork framed and ready for hanging or display the week of December 29 through January 3rd!!! Please have listed on the back of each artwork:

- 1) Name of artist
 - 2) Title and date of the work
 - 3) If it is for sale, please let us know the price."
- (Chad Kleitsch: chadkleitsch[at]gmail.com)

"Rhinecliff Train Station: A Celebration"

Community Art Exhibit
Opening: Friday, January 5, 5pm - 7pm
Exhibition: Jan 5 - Jan 30



Please join us for this community celebration of our beloved train station. Thanks to Chad Kleitsch's exhibit you will be able to view artistic visions of the Rhinecliff Train Station pre renovation. Admission is free; art purchases and donations for the library are welcome. Refreshments will be available. Library open hours for exhibition

Continued on page 7

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Morton Memorial Library from page 6

Rhinecliff Climate Conversation Tuesday January 9 @ 6:00 pm
 At this meeting Nick Sussillo will follow up on his presentation on Rhinecliff and how climate change affects the hamlet and its residents. This month we discuss "Food Forests" a low-maintenance, sustainable, plant-based agroforestry system based on woodland ecosystems. It incorporates fruit and nut trees, shrubs, herbs, vines, and perennial vegetables, which have yields directly useful to humans and beyond. Join us to learn how food forests can be managed, and how the concept can be applied to plant and human ecosystems to create a positive footprint on the earth. This is a way to get involved and to help make the hamlet more resilient in times of weather events

that are becoming more frequent. All residents are welcome and encouraged to attend. **The Hudson River Ice Yacht Preservation Trust Press Conference and Community Meet-and-Greet Thursday, January 11 @ 7 pm**



The Trust members will discuss their charter, the history of ice boating, and predictions for sailing in the Hudson Valley in early 2024. "Our event will give us the chance to talk about past ice boating escapades and current activities, which include contributing to the planning of the future

Town of Red Hook park on former Unification Theologica Seminary lands," says Robert Wills, President of the HRIYPT who continued, "Tivoli South Bay has been sailing "home ice" for the many years the Hudson does not freeze, thanks to the access granted by the former owners. The hope is that this will continue with the Town of Red Hook." All are welcome! For information call: Robert Wills, (845) 876-2298 or email to: director@hriypt.org Morton Memorial Library & Community House 82 Kelly Street, Rhinecliff, NY 12572, 845-876-2903



Columbia Memorial Health Earns Accreditation From National Quality Program

Columbia Memorial Health (CMH), a member of the AlbanyMed Health System, today announced the successful attainment of full accreditation by a national health care quality assessment organization. This accomplishment reflects CMH's continuous commitment to maintaining the highest standards of quality and safety in health care delivery.

The accreditation process—conducted by DNV Healthcare USA Inc., which operates under deeming authority from the federal government's Centers for Medicare & Medicaid Services (CMS)—utilized DNV's National Integrated Accreditation for Healthcare Organizations (NIAHO®) standards, which included a comprehensive evaluation of CMH's facilities, practices, and processes to ensure compliance with federal regulations and adherence to rigorous quality standards.

Columbia Memorial Health's dedication to excellence was evident throughout the accreditation process, with the organization meeting or exceeding the stringent requirements set forth by DNV Healthcare USA Inc.

"As a health care organization, our top priority is the safety and well-being of our patients. Achieving full accreditation to DNV Healthcare USA Inc. NIAHO® standards is a testament to the hard work and dedication of our entire team at Columbia Memorial Health," said CMH President and CEO Dorothy Urschel.

Accreditation to the DNV Healthcare USA Inc. NIAHO® standards affirms that CMH has implemented best practices, quality improvement initiatives, and patient safety measures. The accreditation process also emphasizes the importance of fostering a culture of continuous

improvement to enhance the overall patient experience. For more information about Columbia Memorial Health and its services, please visit www.columbiamemorialhealth.org. About Columbia Memorial Health: *Columbia Memorial Health* has served the Hudson Valley since 1893. Comprised of a 192-bed acute care hospital in Hudson, New York, and more than 40 primary care and specialty care centers throughout Columbia, Greene and Dutchess counties, Columbia Memorial Health

provides services to more than 110,000 residents, with a focus on primary care, health education and advanced surgery. Columbia Memorial Health is a member of the *Albany Med Health System*, which also includes Albany Medical Center, Albany Medical College, Glens Falls Hospital, Saratoga Hospital, and the Visiting Nurses. The region's largest locally governed health system, it has 1,520 beds, more than 800 physicians and 125 outpatient locations serving the region's three million people.

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Classic Meatloaf

Ingredients

- 1 1/2 pounds ground meatloaf mix (equal parts ground beef, pork and veal or turkey)
- 1 cup dried breadcrumbs
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 large eggs, lightly beaten
- 1 medium onion, grated
- 1 clove garlic, minced
- 1/2 cup ketchup
- 1 tablespoon plus 1 teaspoon Worcestershire sauce
- Kosher salt and freshly ground black pepper
- 2 teaspoons light brown sugar

Directions

Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment.

Combine the meatloaf mix, breadcrumbs, parsley, eggs, onion, garlic, 1/4 cup of the ketchup, 1 tablespoon of the Worcestershire, 1 1/2 teaspoons salt and 1/2 teaspoon pepper in a large mixing bowl. Using your hands, mix together until well combined.

Transfer the mixture to the prepared baking sheet and form it into a compact oval-shaped loaf about 9 inches by 5 inches. Bake the meatloaf for 30 minutes.

Stir the brown sugar together with the remaining 1/4 cup ketchup and 1 teaspoon Worcestershire in a small bowl for the glaze. Brush the top and sides of the meatloaf all over with the glaze. Return to the oven and bake until the glaze starts to caramelize and a thermometer inserted in the center of the meatloaf registers 160 degrees F, about 25 minutes more. Let rest for 10 minutes before slicing and serving.

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Motion Sickness in Dogs and Cats

by Julianne Porter, DVM

We love taking our pets with us on adventures with us, but the feeling isn't always mutual. Dogs and cats can become sick while riding in the car and this can cause anxiety and fear about traveling. This can be particularly stressful, especially when we need to travel with our pets.

This is typically more common in younger animals compared to older, presumably because the ear structures used for balance aren't fully developed. However, the cause is not fully understood. While most of the pets that have motion sickness when they are young will outgrow it, some will not. Sometimes the pet can begin to equate travelling with the sensation of nausea even after they mature. Or, they equate travelling with going to the veterinarian, which causes stress resulting in the same outcomes of vomiting,

drooling, pacing and panting.

If you suspect your pet may be feeling sick from the motion of the car, there are several things you can do to prevent this from becoming a chronic issue:

Do not feed your pet for 2-4 hours prior to a car ride. Some pets require longer fasting but consult your veterinarian to make sure it is safe.

Start slow – allow your pet to be in the car with the engine off for a few occasions. Once they seem comfortable with that, turn the car on for a few minutes but don't move. Once that seems okay, start going short distances (i.e. 30 seconds at 5 mph.) and work up to longer trips "around the block" and then full car rides to your destinations.

Have your pet face forward or in a carrier with coverings on the sides so they must look forward to see out of the carrier

Consider a seatbelt for keeping your pet secure if you don't use a carrier. Some states

require seatbelts or carriers for pets while in the car.

Keep the vehicle cool. If it seems like anxiety is playing a role, give a treat with praise when they get into the car and before they get out, (this is assuming putting food in their stomach doesn't trigger vomiting).

Consider medications to help prevent the sensation of feeling sick. If pets are less likely to vomit or feel nauseous, they will feel more at ease in the car the next time they travel because they did not have that previous negative experience.

There are some successful remedies used in humans such as acupuncture/acupressure, ginger, and other herbs. These have not been confirmed to be helpful in dogs and cats and, unfortunately, there is no safety data for their use in animals.

If anxiety is also playing a role, consider pheromones such as Adaptil in dogs or Feliway in cats. Spray it on a towel where your pet will be and allow at least 10 minutes before you put your pet in the car. Ensure all cats are in a carrier (whenever possible) as this will provide a safe space for them to hide if they prefer. Consider anti-anxiety supplements and medications if your pet continues to pace, pant, vomit, or have diarrhea. Cats tend to develop these signs from anxiety rather than true motion sickness, so a lot of managing cat "car sickness" is targeted at managing anxiety. Discuss these tips, supplements, and medication with your veterinarian to help make your pet comfortable so they enjoy taking the trip with you.

WINTER-PROOFING YOUR DOG

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

The holiday season has come and gone and now we look forward to the slower pace and tranquility of the winter months. During this colder season, we need to take special precautions to protect our canine friends from the cold. While it's easy to think that dogs are immune to cold because of their fur, the fact is that more dogs perish due to stress in the winter than at any other time of year. The following are some basic safety tips that are worth repeating and will help ensure your dog remains healthy throughout the winter.

WATCH FOR SIGNS OF FROSTBITE OR HYPOTHERMIA

Puppies, smaller dogs, older dogs and those with short coats should not be left out doors below 40°F. With proper shelter, other dogs can be safe down to 20°. However, be alert to signs of frostbite or hypothermia. Dogs' ears, paws and tail are especially susceptible. If you suspect frostbite, bring your dog into a warm location and contact your veterinarian. Always wipe your dog's feet after a walk in the snow to remove ice balls and salt deposits from the

road. Signs of hypothermia are shivering, lethargy, low heart rate and unresponsiveness. If you notice any of these signs, bring your dog into a warm area, place a light blanket over him, and call your veterinarian. Short hair dogs such as Chihuahuas, Greyhounds and even Pit Bulls might need a sweater or other protective gear. Leaving the warm temperature of the house to go outside can result in immediate chilling for these dogs.

PROVIDE A PROTECTIVE SHELTER

If your dog stays outside much of the time in the winter, make absolutely certain that the doghouse meets certain minimum criteria. First, it needs to be raised a couple of inches off the frozen ground or concrete. The inside should have a floor covered with cedar shavings or straw. Add a flap to the door and face the dog house away from the wind and weather. Place the dog house under an overhang or other shelter to keep snow off its roof. The size of the dog house should be large enough so your dog can sit and stand, but small enough so his body heat will be retained in the house. Provide water frequently and in plastic dishes to ensure the dog's tongue does not get stuck to cold metal.

KEEP OLDER, ARTHRITIC DOGS INSIDE

Older, possibly infirm or arthritic

dogs should not be left outside under any circumstances! Escort the older dog outside for toileting and use a leash if the ground is covered with ice or snow. Older dogs can easily fall and seriously injure himself. Keep your dog safe!

YOUR DOG MAY NEED SOME ADDED NUTRITION

Dogs will use more calories in the winter if they remain active. This will require the amount of food to be increased by approximately 10%. However, many dogs become less active in the winter because their owners don't walk them as frequently or they are not outside as often. If that is the case, do not increase the amount of food. Like many of us who are less active during the winter, less active dogs may be inclined to add on a few extra pounds during winter months, which should, of course, be avoided. The bottom line is, pay attention to your dog's appetite. If he seems hungrier, give him a little more food. If he is a couch potato in the winter, cut back a bit or give him healthier treats. Fresh fruit and raw vegetables are good choices. Experiment to determine what your dog likes. Apple slices (with skin and core removed), carrots and sweet potato slices are popular favorites.

Continued on page 12

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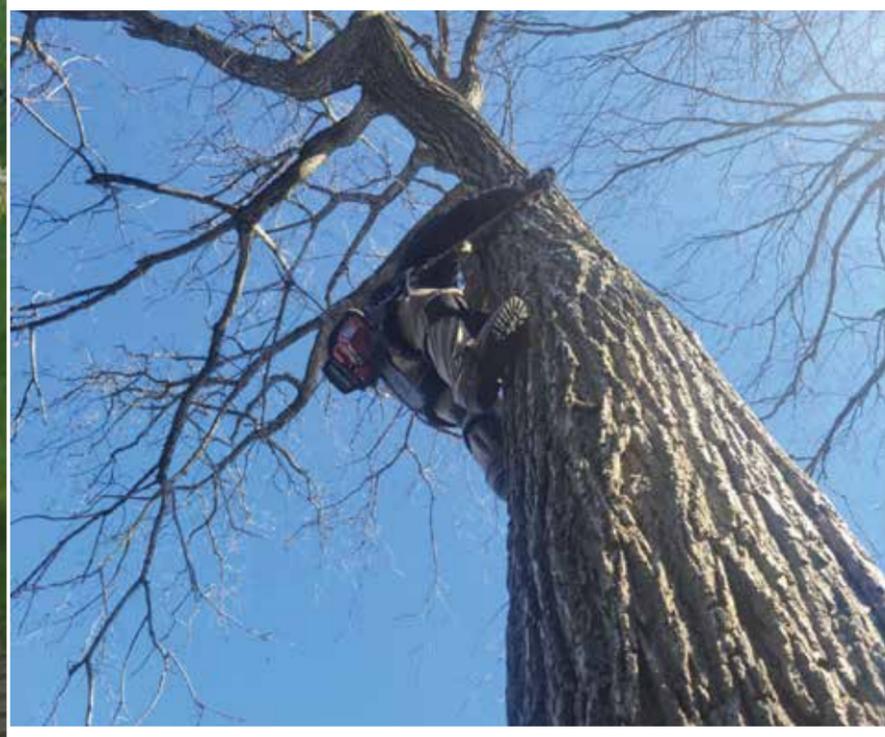
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God's Corner

Advent All Year Long

By Naomi Fata

The beauty of Christmas is fading, as the lights are unwrapped from the tree and packed up for December once again. With the Christmas decorations boxed for the attic, how often do we pack up the themes of advent as well.

Hope, Peace, Joy and Love. Perhaps we need these most as we look ahead to the bleak winter months of January and February.

Hope – on New Year's day so many turn with high hopes, to dreams and resolutions of the clean slate of another year. At Christmas we have the picture of Christ as a baby, which was the hope of a restored relationship with God the Father. Before the birth of Christ all those men and women of the Old Testament, looked forward in hope that the prophecy would be fulfilled. In order to have hope in the prophecy they had to know what was promised. As a new year rolls around there may be many things that we 'hope' for, some of which are not promised in the Bible. For example, world peace is not promised in Scripture. The very words of the Bible are the hope that we have (Romans 15:4) without reading it and studying it often we can come up with our own version of hope that has little to do with what God actually says. The best way to grow in hope throughout 2024 is to spend time knowing the promises of God by reading the Bible, asking God to help you know Him through the teaching that the Holy Spirit.

Peace – Jesus came so that we might have peace with God. Throughout the year we can experience the peace that He gives, which often means bringing all of our worries, fears, and anxieties to Him in prayer and praise. This peace is deeply tied to the focus of our hope. When hope is not in the reality of life after, our peace is quite disturbed by everything that happens in the world and in our own lives. Peace comes when we direct our thoughts according to the hope that we have found in the words of God. Joy- The host of angels appeared in the heavens, praising God at the birth of Christ. Joy had come because the Savior of the world had arrived. This is such good news, not only for our hope in heaven, but also for our lives here that we can experience a personal relationship with God. Just like you have great joy in being known and loved by a

family member, friend, or lover, we have great joy being known and loved by God. Joy comes when we know that we have meaning and purpose, such as the promises of Jeremiah 29:11 – that God has planned a future for us.

Love – The babe born in Bethlehem was an act of love from God the Father. As a He became a man, this babe taught that we should love the Lord with all our heart, soul, mind, and strength, and to love our neighbor as ourselves. Each of the 365 days this year holds 1,440 minutes. It only takes a minute to choose an act of love. The dawning of each day offers you the opportunity. To love God starts with spending time with Him, loving others often starts much the same way.

2024 is here. May it be the year that the Hope, Peace, Joy, and Love of the advent season stay alive in your heart all year round. Naomi Fata is the Author of Beyond Head Knowledge: Knowing Christ Who Satisfies Our Hearts.

LOOKING FORWARD TO 2024!

The Lord Jesus Christ in the Sermon on the Mount (Matthew 5-7), said to his followers, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). As we begin a New Year (2024), let's seek first the kingdom of God, and His righteousness. When we do, He said that all these things will be added unto us. Let's make sure that the Lord Jesus Christ is first in every area of our life. It is important to first make sure that you truly believe and have received the Lord Jesus Christ into your life as our Personal Savior and Lord. If you haven't received Him into your life, I urge you to do so now (Romans 10:9,10).

THE FOUNDATION OF OUR SALVATION IS THE LORD JESUS CHRIST!

The Foundation of our Salvation is Jesus Christ. "For other foundation can no man lay than that is laid, which is Jesus Christ" (1 Corinthians 3:11). Salvation is in Christ, and in Christ alone. The Word of God clearly teaches that our salvation is all of grace. "Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost" (Titus 3:5). The Holy Spirit

working in our lives calls us to believe and receive Jesus Christ as our Lord and Savior. **WHAT FOUNDATION WILL YOU BE BUILDING YOUR LIFE ON IN 2024?**

"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon the rock. And the rain descended, and the flood came, and the winds blew, and bear upon the house: and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built upon the sand. And the rain descended, and the floods came, and the winds blew, and beat upon the house; and it fell: and great was the fall of it" (Matthew 7:24-27). I encourage you to heed the words of the Lord Jesus Christ and obey His words. Both the house on the rock, and the house on the sand faced the same conditions, but the one on the rock was able to stand, while the one that was built on the sand fell. We all face the trials and tribulations of life. It is imperative that we are building our lives on the solid foundation of Jesus Christ. We need to listen to His words, and live in obedience to them.

THE CHURCH'S ONE FOUNDATION IS JESUS CHRIST HER LORD!

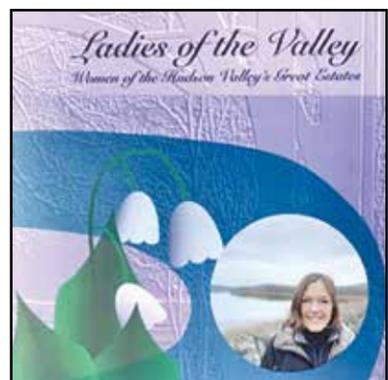
Notice how the Apostle Peter responded when Jesus asked Peter who He was? Peter said, "Thou art the Christ, the Son of the living God" (Matthew 16:16). To which Jesus responded, "And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven. And I say unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it" (Matthew 16:17,18). The Church isn't built on a man or a denomination, or a man-made organization, but it is built on the Lord Jesus Christ. Jesus purchased the Church with

His own Blood, and by His Glorious Resurrection. Every true Believer is a member of His Church, the Body of Christ. **ENSURE THAT THE FOUNDATION REMAINS STRONG!**

"If the foundations be destroyed, what can the righteous do?" (Psalm 11:3). We need to ensure that the foundation of our life is built on Christ. We must be careful of anything that will try to undercut it or try to destroy it. Likewise, the foundation of our families and homes needs to remain strong. As Believers we need to support Godly Leadership of the local Church, and do our part so that the foundation of the Church remains strong. We need to be totally depend on the Lord, be obedient to His Word, and Serve Him according to His Will. By God's Grace let's use our talents and Spiritual Gifts to Glorify the Lord, and build up the Body of Christ. Let's continue to build on the Sure Foundation we have in Christ in 2024!

If you would like to know more about how you can do your part to ensure the foundation of your Life, your Family, and the Church remains strong or 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 Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor.

Local Author and Docent Mary Mistler Comes to Hudson River Maritime Museum as part of Women's History Month



The Hudson River Maritime Museum is pleased to celebrate Women's History Month with the upcoming lecture "Ladies of the Valley: Women of the Hudson

Valley's Great Estates" by Mary Mistler, author of a book of the same title. The lecture is presented as part of the Museum's on-going **Follow The River Series**, sponsored by Rondout Savings Bank, and will be held in-person at the Wooden Boat School on **Wednesday, March 13, 2024 at 7:00 PM**. Tickets are \$7 for the general public and free for Hudson River Maritime Museum members. To register, visit www.hrmm.org/lecture-series.

Mistler's presentation will highlight several of the women of the Hudson River's major estates and offer insights and anecdotes from their lives, which largely reflect women's changing roles over centuries.

With names like Astor, Roosevelt, and Livingston, the women featured in "Ladies of the Valley" were born into families of great privilege, owners of large tracts of land in the Hudson Valley. These women were mothers, wives, sisters and daughters of wealthy landowners, and were often left in charge of these estates while the men were off pursuing political, military and business glories. Despite little education in these fields, these women often took on the roles of farmer, landlord, accountant, merchant, horticulturist and nurse to do what was required to maintain their families, their employees, and their properties. At the same time, they worked to fulfill their roles as society matrons, matriarchs, and philanthropists in the society of New York City and the Hudson Valley, overseeing the education of their children, arranging appropriate marriages, and insuring their heirs' successes in that small society of Old New York.

Presenter Mary Mistler has lived in the Hudson Valley area for most of her life, has worked as an administrator and teacher, and has volunteered as a docent at the Home of Franklin D. Roosevelt, the Vanderbilt Mansion and the Wilderstein Historic Site. In 2020, she published her book, Ladies of the Valley: Women of the Great Estates of the Hudson Valley. **About the Follow the River Lecture Series** For more than a decade, the Hudson River Maritime Museum's "Follow the River Lecture Series" has hosted historians, authors, and maritime experts for engaging, illustrated talks on a variety of regional history and maritime subjects. In recent years, many of the lectures have also been recorded

Continued on page 11

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Grace Bible Institute:
Winter Course: The Gospel of Luke, Mondays at 7:00 pm
Women's Bible Study Mondays at 7:00 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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Rev. James Miller, Pastor
Parish Office: 845-876-4471
Visit us on our Facebook page or www.lutheranparishnorthern-dutchess.org

Local Author from page 10
 and are available on YouTube. For more information about upcoming lectures and to access recordings of past lectures, visit www.hrmm.org/lecture-series. The series is sponsored by Rondout Savings Bank. 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, 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.

Grand Opening
 The Columbia County Chamber of Commerce is happy to announce that they recently facilitated a ribbon cutting to

celebrate the grand opening of the Spotlight of Hudson Theater, located at 350 Fairview Avenue in Greenport. At the event, Bill Gerlach, Columbia County Chamber President & CEO,



presented the Treutlein family, owners of Spotlight Theaters, with a congratulatory certificate from the Chamber as well as a citation from Assemblymember Didi Barrett's office to commemorate the event. Gerlach said, "we are so happy to welcome you to the neighborhood and want to remind you that the Chamber is here to help you however we can." For more information on Spotlight of Hudson and the family of Spotlight Theaters, please visit thespotlighttheaters.com. For more information on the Columbia County Chamber of Commerce, please visit columbiachamber-ny.com.

OLANA STATE HISTORIC SITE
 Olana State Historic Site's 250-acre landscape is free and open every day from 8 AM to sunset, offering five miles of designed carriage roads and spectacular views. In the winter, you can snowshoe and cross-country ski! Tours of the historic landscape and historic house are offered Friday-Sunday from 11 AM - 3:15 PM. The Museum Store is open Friday - Sunday, 10 AM - 4 PM. Please visit tour listings at OLANA.org for more details.

Tivoli Free Library Hooks & Needles Group Collects for the Red Scarf Project
 This is the sixth year that the Hooks & Needles, Yarns & Threads crafting group, which meets weekly at the Tivoli Free Library, has rallied their community to create scarves for



L-R: Chris Baker, Doris Formby, and Hildegard Edling outside the Tivoli Free Library on their way to the post office. Photo credit: Michele DelPriore (Tivoli Free Library)

donation to the Red Scarf Project, a program sponsored by Foster Care to Success. Foster Care to Success is an organization that works with college-aged foster youth as they navigate the many issues involved with pursuing higher education. More information can be found on their website: www.fc2success.org. This year the group crafted and collected a record 34 scarves!

CLERMONT STATE HISTORIC SITE // 518.537.4240
 Sunday January 7, 2024 1:00 PM Meet in the Visitor Center Alice and Egypt: Egyptomania at Clermont Throughout the 19th and early 20th century Egyptomania swept Europe and America. Like many people Alice Livingston was obsessed with all things Egypt. Come to Clermont to hear about Alice's travels to Egypt and her study of Egyptology. Some of Alice's Egyptian souvenirs from our collection will be on display. This presentation will require standing in the Mansion with some limited seating available. Tickets are \$5. Space is extremely limited. Please make reservations in advance on Bookeo: <https://bookeo.com/clermont>. In the event of severe weather, the presentation will be held on January 14, 2024

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*Not all eligible products are pictured. See store for more details or go to acehardware.com, type SKU in search bar for full product descriptions.

Barkbusters from page 8
ELIMINATE THE POSSIBILITY OF POISONING

After a walk, be sure to clean your dog's paws. Salt that is spread on roads and sidewalks can be toxic to pets. Please don't use any products unless the packaging specifies that it is "pet friendly" and be sure to wipe your dog's feet if he has been walking in areas where you don't know what may be on the ground. Many dogs become very sick or even lose their life from drinking antifreeze. Dogs like the sweet taste of antifreeze. When left in the garage, dogs may seek out a plastic antifreeze container that was inadvertently left on the floor and may try to open it. Make certain that all antifreeze containers are well out of reach of your dog.

TRAIN YOUR DOG DURING THE WINTER MONTHS

Dogs that spend less time outside during the winter can become lethargic or, in some cases, may

become hyperactive. The best way to keep your dog active or to use his excess energy is to engage him in activities that require him to use his brain and to think. Providing 15 to 20 minutes of daily training on basics such as sit, stay, come, and walking on leash energize the lethargic dog and cause a hyper dog to be more tired out. Providing a few minutes of activity twice a day is even better. Engaging your dog, keeping him active and getting him to use his brain is a great way to strengthen the bond between you and your dog too. When you play something as simple as a game of fetch (using lots of commands), the activity becomes a reminder to the dog that you are in charge and telling him what to do which easily puts you in the leadership role. Winter months can be just as hazardous as the "dog days" of summer. By taking the right precautions and using good ole common sense, you can help

protect your dog from the dangers of the harsh winter climate. And the results?

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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 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/>

Greetings of the Season from The Olana Partnership and Olana State Historic Site

SPEND THE FIRST DAY OF 2024 AT OLANA FIRST DAY HIKE with the "Dogs of Olana"

January 1 | 10:00 - 11:00 AM

FIRST DAY HIKE

January 1 | 1:00 - 2:00 PM

ARTMAKING IN THE AFTERNOON

January 1 | 1:00 -3:00 PM

"SPECTACLE" IS A MUST SEE EXHIBITION

A 21st Century Interpretation of Frederic Church's "The Heart of the Andes" at Olana

Through historic archival material and an immersive 21st century presentation of Frederic Church's great picture "The Heart of the Andes", this exhibition explores the showmanship and business savvy that brought Church to international fame and financial success

VOLUNTEER AT OLANA VIRTUAL INFORMATION SESSION

January 25 | 5:30 - 6:30 PM

The Olana Partnership is seeking Historic House volunteers to join the team at Olana State Historic Site. If you love nature, art, history, and Frederic Church's Olana, volunteering is the perfect way to give back to our community, spend time on-site and get involved.

CLERMONT STATE HISTORIC SITE // 518.537.4240

Saturday, January 20, 2024
 1:00 PM Visitor Center Turning the Page: A New Year's Story Hour As the new year begins come to hear stories about new beginnings. This is a children's event. All children must be accompanied by an adult and all adults must be accompanied by a child. Admission is free. Please make reservations in advance on Bookey: <https://bookey.com/clermont>



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Germantown Garden Club Installs New Officers

The Germantown Garden Club recently held their annual Christmas Market at the historic site The First Reformed Church Parsonage in Germantown. Each year the club decorates the house for the holidays. The Christmas Market featured a horticulture sale called 'Winter Container Plants', a sale of hand decorated wreaths and table arrangements created by the members, a raffle of specialty baskets, a sale of fresh baked goods made by the members, and a sale of boutique items. This event is part of the club's fund-raising; events held every year. Along with the annual plant sale the Christmas Market raises money for their various philanthropies which includes a \$500 scholarship for a graduating Germantown High School senior who plans to pursue a career in a horticulture of environmental related field or work with local youth and seniors at Livingston Hills Rehabilitation and Nursing Center and maintain the grounds at the Germantown historic site The First Reformed Church. The club also makes a monetary contribution to the local library, the National Garden clubs and USDA Forrest Service Penny Pines Program, The Columbia Land Conservancy, River Keeper, and the Federated Garden Clubs of New York State, Inc. World Gardening Project. This year's Christmas Market fund raising exceeded all expectations. A special thank you to all the members who contributed their time and talent for this success. And, also much appreciation to the public for their support of the club's efforts.

At the last meeting of the year new and returning officers were installed. For 2024 new President Irene Clum and new Recording Secretary Pat Byron were installed. Returning officers Maureen Lockwood, Vice-President, and Joyce Vale, Treasurer were also installed. Officiating the ceremonies was the Director of the Third District of Federated Garden



L to R Joyce Vale, Treasurer, Maureen Lockwood, Vice-President, Gary Barrack, Director Third District, Federated Secretary, Irene Clum, President

Clubs of New York State. Inc., Gary Barrack. Unable to attend returning Corresponding Secretary, Kate Kennedy. Plans are currently underway for the programs for 2024. The club meetings are free and the public is always welcome. to learn more about the club and its activities call Irene Clum at 518-537-4793. The Germantown Garden Club is a member of the Third District, Federated Garden Clubs of New York State, Central Atlantic Region and National Garden Clubs.

OLD CROTON AQUEDUCT // 914.693.5259

January 6, Saturday at 1 pm — **Sleepy Hollow Loop Walk** along the Aqueduct and within the Rockefeller Preserve. Free, small group, open-air walk of approximately 3 miles/hours. Meet at Aqueduct Ventilator #12, on the Aqueduct Trail just steps south of the intersection of Gory Brook Road and Ridge Street in Sleepy Hollow (on-street parking on Gory Brook Road). We will walk north and discuss the Aqueduct and view some of its structures, including a weir, a 90-foot high embankment carrying the Aqueduct over the Pocantico River, the ghostly remnants of an old Keeper's House, and touch upon Rockefeller history and the monument in nearby Sleepy Hollow Cemetery to those in the NY Guard's First Provisional Regiment who perished during the 1918 Spanish Influenza pandemic while guarding the Aqueduct during The Great War. Walk may be rescheduled

if weather does not cooperate. Required: pre-registration: <https://aqueduct.org/events/sleepy-hollow-loop-walk-4> **January 13, Saturday at 10 am** — **Weir Tour. Free**, easy, 2-hour tour. Meet at the front (upper level/south side) of the Joseph Caputo Center, which is located at 95 Broadway, Ossining, NY 10562, just west of Rte. 9/ Highland Ave. at the junction of Croton Ave., Rte. 133 (from Metro-North Ossining Train Station by taxi or 15-minute uphill walk - parking lots nearby). After a brief walk, descend into the Weir in Ossining and explore the original 1842 brick water tunnel and learn its history. Walk may be rescheduled if weather does not cooperate. Required: pre registration: <https://aqueduct.org/events/weir-tour-58> **January 27, Saturday at 10 am** — **Weir Tour. Free**, easy, 2-hour tour. Meet at the front (upper level/south side) of the Joseph Caputo Center, which is located at 95 Broadway, Ossining, NY 10562, just west of Rte. 9/ Highland Ave. at the junction of Croton Ave., Rte. 133 (from Metro-North Ossining Train Station by taxi or 15-minute uphill walk - parking lots nearby). After a brief walk, descend into the Weir in Ossining and explore the original 1842 brick water tunnel and learn its history. Walk may be rescheduled if weather does not cooperate. Required: pre-registration: <https://aqueduct.org/events/weir-tour-59> **January 28, Sunday at 1 pm** — **Croton Dam Hike**. Enjoy a free, easy, 2 miles/hours (total) loop hike north along the Aqueduct and atop the beautiful Croton Dam. Meet near the restrooms at the rear (south end) of the parking lot at Croton Gorge Park, Rte. 129, Cortlandt, NY. 10567, GPS Coordinates: 41°13' 20.46" N -73°51'12.59" W. The

leader of the hike will discuss the history and construction of the Old Croton Aqueduct and the features of the Croton Dam, the trailhead of the Old Croton Aqueduct Trail. The Aqueduct was completed in 1842 to supply fresh water to a thirsty New York City. (From Metro-North Hudson Line Croton-Harmon Train Station: 15- minute taxi.) Walk may be rescheduled if weather does not cooperate. Required: preregistration: <https://aqueduct.org/events/croton-dam-hike-1>

the Downton Abbey Era This tour highlights the real-life characters and themes at Staatsburgh that parallel Downton Abbey and HBO's The Gilded Age. Led by a costumed interpreter, the tour shows how servants and the Mills family conducted a busy weekend of high society entertaining, comparing Staatsburgh to what viewers saw on TV. Reservations required: www.Bookeo.com/StaatsburghSHS Cost: \$12/ Adults, \$10/Seniors & Students, Children 12 & under are free

STAATSBURGH STATE HISTORIC SITE // 845.889.8851

January 26- 27 Friday & Saturday Mansion Tours Mansion tours by advance reservation only. See the magnificent Gilded Age home of Ruth Livingston Mills, decorated with its original furnishings. Reservations required: www.Bookeo.com/StaatsburghSHS Cost: \$10/ Adults, \$8/Seniors & Students, Children 12 & under are free **January 27: 2pm** The REAL Gilded Age: America's Elite in

WALKWAY OVER THE HUDSON STATE HISTORIC PARK // 845.834.2867

Flag Changing Ceremony | Sunday, January 15- 12-12:30 pm. 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.

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Historic Lecture: The Eight: The Lemmon Slave Case and the Fight for Freedom Tuesday, January 23, 7:00pm Friends of John Jay Homestead present a lecture with The Hon. Albert Rosenblatt on The Eight: The Lemmon Slave Case and the Fight for Freedom on Tuesday, January 23 at 7:00pm at Bedford Playhouse. In 1852 a Virginia couple traveling to Texas bring their family, including eight enslaved, through New York. Slavery is legal in Virginia and Texas but has been abolished in New York. Abolitionists, including Louis Napoleon, John Jay II and Erastus Culver, were instrumental in the legal battle to win freedom for the eight enslaved. The case follows a slow path through New York courts, in the era of the Dred Scott case of 1857 and against the background of the Fugitive Slave clause of the Constitution.

But the Eight are freed in 1860. Currently a Judicial Fellow at NYU Law School, Judge Rosenblatt was a long-serving New York state judge, ending his career on the highest court, the Court of Appeals. A zoom option is available for those unable to attend in person. Visit www.johnjayhomestead.org/events/lectures to learn more
Thematic tour: John Jay and Benjamin Franklin Happy Birthday Benjamin Franklin! Born on January 17, 1706, Franklin is often referred to as "The First American" due to his service and dedication to the country in its early years. As diplomats Franklin worked closely with John Jay. The two were so close that upon his death, Franklin named Jay an executor of his will. To find out more about the relationship between Jay and Franklin, visit johnjayhomestead.org and take this month's Thematic Tour
Family Story: William Livingston When John Jay married Sarah Livingston in 1774, he married into one of the

most powerful families in the colonies. Sarah's father William Livingston was a lawyer, prominent statesman and member of the Continental Congress. He would go on to be a signer of the United States Constitution and serve as the first governor of the State of New Jersey. To find out more about William and the fascinating life he led, check out this month's Family story at johnjayhomestead.org
Self-Guided Historic Landscape Tours John Jay began to inherit his land near Bedford, New York, in 1785. 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 here 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 to download from our website at johnjayhomestead.org/explore/historic-landscape-and-farm/ and on the door of the Carriage Barn Education & Visitor Center. The grounds of John Jay Homestead are open daily from sunrise to sunset. Free admission.

views. In the winter, you can snowshoe and cross-country ski! Tours of the historic landscape and historic house are offered Friday-Sunday from 11 AM - 3:15 PM. The Museum Store is open Friday - Sunday, 10 AM - 4 PM. Please visit tour listings at OLANA.org for more details.

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Philipse Manor Hall Tours 10:30 AM, 12:00 PM, 1:30 PM, 3:00 PM Self-guided and guided tours of Philipse Manor Hall are offered Wednesdays through Sundays, 10:00 am to 5:00 PM. Tours led by our knowledgeable museum interpreters are available at 10:30 AM, 12:00 PM, 1:30 PM, and 3:00 PM each day. Reservations recommended for guided tours, but not required. Call 914-965-4027 to reserve. Special scavenger hunt available for kids, free! Admission is \$6 for adults, \$3 for seniors and students (13+), kids 12 & under get in free. Philipse Manor Hall Virtual Wing Visitors from around the world can experience the history of Philipse Manor Hall via our Virtual Wing. Explore our 360° Virtual Tour, read interesting articles about Philipse Manor Hall, check out our blog, or peruse our bibliography of historical books. Open 24/7 to anyone with an internet connection. Visit us at www.philipsemanorhall.com.
Saturday, January 6, 2024 Historical Games 12:00 PM - 2:00 PM | in-person at Philipse

Manor Hall State Historic Site | FREE How did people entertain themselves in the past? Join us indoors (outdoors, weather-permitting) at Philipse Manor Hall to try your hand at all kinds of historical games. Learn the history behind these games and then learn how to play Quoits, Nine Men's Morris, Skittles, Shut the Box, Cribbage, Whist, and more! For children and adults. Free! Children must be accompanied by an adult.
Wednesday, January 10, 2024 Virtual Lecture: The Armchair Time Traveler's Guide to Colonial Manhattan 7:00 PM |Free The New York City we know today is a world completely apart from the one early Dutch colonists created in the 1620s. But the street layout of Lower Manhattan remains relatively unchanged from that time. Join Philipse Manor Hall State Historic Site Manager Michael Lord on a journey back to the New York of the Philipses' era - from the 1640s to the American Revolution. We'll stop at Philipse-related properties around the city, learn about the locations of major events like the Insurrection of 1712, the Conspiracy of 1741, and the Great Fire of 1776, and get a feel for the street level view of this historic city through time. Time travel from the comfort of your own living room! This program will only be offered virtually. Admission is free, but registration is required. Register at www.philipsemanorhall.com.
Friday, January 19, 2024

Continued on page 15

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Philipse Manor Hall from page 14

Historian & A Movie: The Patriot 7:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE If you could think of one Hollywood movie about the American Revolution, it's probably this one, for better or worse. "The Patriot" (2000, 165 mins) follows the fictional story of a veteran of the French and Indian Wars and his family as they are reluctantly pulled into the American Revolution. Set in South Carolina, it includes graphic depictions of the brutality of war. We'll hear from Michael McGurty and Chad Johnson of New Windsor Cantonment State Historic Site, as they reveal the accuracies and inaccuracies of the film's depiction of the American Revolution. This film is rated R and is not recommended for young or sensitive audiences. This program is free and open to the public. Registration is recommended, but not required. Refreshments provided by the Friends of Philipse Manor Hall. **Saturday, January 20, 2024**

Historical Games 12:00 PM – 2:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE How did people entertain themselves in the past? Join us indoors (outdoors, weather-permitting) at Philipse Manor Hall to try your hand at all kinds of historical games. Learn the history behind these games and then learn how to play Quoits, Nine Men's Morris,

Skittles, Shut the Box, Cribbage, Whist, and more! For children and adults. Free! Children must be accompanied by an adult.

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Book a Hudson River Tour to Bannerman Island for 2024! Take a magnificent cruise in the Hudson River Highlands to Bannerman's Island on the Estuary Steward Tour Boat from the Beacon Institute Dock on the Beacon waterfront across from the Train Station at 2 Red Flynn Drive, Beacon, NY. Enjoy a guided, or self-guided tour of the island. Visit the historic Bannerman Castle ruins and gardens and explore the original Bannerman residence, now a museum. For tickets visit: <https://bannermancastle.org/tours-events/bannerman-island-tour/> where you'll also find a schedule of upcoming island theatrical events, concerts, film nights, environmental programs and culinary events planned for 2024. Tickets make a great gift! Please call Executive Director, Neil Caplan at 845-831-1001 for discounted rates for group tours.

Art Exhibitions at Bannerman Island Gallery, 150 Main Street, Beacon, NY.

Now on view through February 5th in the MAIN GALLERY "The BCT's Annual Small Works Exhibition" featuring paintings, watercolors, pastels, drawings, photography and mixed media works measuring 12" x 12" and under. WEST WALL GALLERY SPACE (ongoing) Virginia Donovan (Paintings), Mary Ann Glass (Photo, Mixed Media). Proceeds from all gallery sales help support restoration projects on Bannerman's Island! Gallery Hours: Sat.'s & Sun.'s, Noon – 5:00pm, weekday afternoons and evenings by chance and appointment. Please call: (845) 416- 8342, 845-831-1001 or contact: bannermangallery150@aol.com.

ROCKEFELLER STATE PARK PRESERVE // 914.631.1470

Rockefeller is a designated State Park Preserve. A Park Preserve is a protected area of importance for flora, fauna, or features of geological or other special interest, which is reserved and managed for conservation purposes. We are recognized as an Important Bird Area by the National Audubon Society and have a diverse population of animal residents. We are also part

of the Old Growth Forest Network and are home to a number of rare and protected plants. We welcome passive recreation such as walking, jogging, photography or wildlife viewing but please leave the picnic and park games at home. Thank you! **Hike with Mike: Lake to Lake January 6 from 9 – 11:30 am** Venture along the Pocantico River to Pocantico Lake and then back to Swan Lake on this 5-mile hike. We'll talk about watersheds and the recent history of the Pocantico River Valley. 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. Photo courtesy of Heidi Fuhrman. [RockefellerStateParkPreserve.org/events](https://www.rockefellerstateparkpreserve.org/events)

Postural Therapy: Living Comfortably January 9 from 9 – 10 am Start your day with movement! Get energized in this virtual session with postural therapist, Joey Zimet, and learn exercises to improve posture and function. The class will incorporate unique standing, sitting, and floor exercises that are gentle and easily adapted to fit your needs. These methods are well studied and based upon neuroscience, biomechanics, the myofascial system, and other variables. Treat yourself to some maintenance and self-care! Cost: FREE. Registered participants will receive a link to join via Zoom.

[RockefellerStateParkPreserve.org/events](https://www.rockefellerstateparkpreserve.org/events)

Sensory Hike: Rise and Shine! January 12 from 9 – 10:30 am Awaken your senses and tune in to nature in this embodied experience with Linda Parker. We'll begin with light stretching and breathing exercises before we set out on a short hike. Take this opportunity to quiet your mind and connect with the forest through all your senses. Max: 15 people. Cost: \$5. Parking: \$6 per vehicle; NYS residents over 62 park free on weekdays. [RockefellerStateParkPreserve.org/events](https://www.rockefellerstateparkpreserve.org/events)

History of Rockwood Hall January 13 from 10 am – 12 pm Join Rockwood docent, David Teich, on an adventure into the past as we explore the remains of Rockwood Hall and its rich history dating back to prehistoric times. Former estate of William A. Rockefeller Jr., this site boasts scenic views overlooking the Hudson, lush forests, and remnants of 19th century luxuries. Leashed dogs are welcome. The hike is about 2 miles roundtrip. Max: 40 people. Cost: \$5. [RockefellerStateParkPreserve.org/events](https://www.rockefellerstateparkpreserve.org/events)

Winter Tree Identification Walk January 17 from 10 – 11:30 am Join conservation steward, Devyani Mishra, for a leisurely stroll through the Preserve to learn about trees and how to identify them, particularly in the winter when your biggest clues (leaves) are not present. The hike will be short with

Continued on page 16

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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 fpl 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



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Rockefeller State Park Preserve from page 15

frequent stops for discussion. Leashed dogs are welcome. Max: 15 people. Cost: \$5. Parking: \$6 per vehicle. NYS Residents over 62 park for free on weekdays
Herbalism Workshop: Winter January 21 from 10 – 11:30 am Tickets available on December 21 at 10 am Join Herbalist, Clare Pierson, for an exploration of the medicinal properties of herbs. This class will cover herbs that we already have in our kitchens that can be used to support us as we move through this time of year. We'll learn basic medicine making techniques and make salve for everyone to take home. Depending on the weather, we may embark on a weed walk to observe herbs in their natural environment. No pets please. Max: 18 people. Cost: \$5. Parking: \$6 per vehicle. RockefellerStateParkPreserve.org/events PLEASE NOTE: the herbs used in this program are food-grade and responsibly sourced outside of the Preserve; collection is not allowed here.
Birdwatching with the Saw Mill River Audubon Society January 22 and 27 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. Photo courtesy

of Bill Golden. Please register at: sawmillriveraudubon.org/register-trips
SeeingStars:Astrophotography January 23 from 5:30 – 6:30 pm Explore the cosmos through astrophotography with Vinny Coulehan of the Rockland Astronomy Club. Vinny will showcase his work and describe the tools and techniques he uses to collect stunning photographs of galaxies, nebulae, star clusters, eclipses, and more. There will be plenty of time for questions, so come prepared! No pets please. Please arrive on time to avoid disturbing the group. Max: 20 people. Cost: \$5
Full Moon Hike: "Wolf Moon" January 25 from 5–7 pm Tickets available on December 21 at 10 am Experience the Preserve after dark! Join Shayla, Hailey, and Dave for a 4-mile hike on carriage roads lit by moonlight. We walk at a brisk pace; some hiking experience is recommended. Leashed dogs are welcome. Max: 40 people. Cost: \$5.
Mineral Identification January 28 from 1 – 2:30 pm Minerals are the fundamental building blocks of our planet! Come learn all about minerals and how to identify them with Environmental Educator, Kim Fendrich. Discover some of the ways we use minerals in our daily lives and hone your observational skills in this interactive program as you perform tests on a variety of minerals to figure out what they are. No pets please. Ages 8+. Max: 18 people. Cost: \$5. Parking: \$6 per vehicle.
Yoga in the Gallery January 28

from 5 – 6:15 pm Let's start the year with renewed focus as new possibilities abound. The ancient practice of yoga can be used as a tool to deepen our concentration, to promote self-reflection, and of course bring joy and energy to our lives. Join us as we get back to the basics in a foundational 75-minute session with instructor, Shivani Singh. Appropriate for all levels of experience, ages 18+. Max: 12 people. Cost: \$8. Parking is free after 4:30 pm
Sound Healing January 30 from 4 – 5 pm & 5:30 – 6:30 pm Tickets available on December 21 at 10 am Join Dayna Gralla for a therapeutic and restorative sound healing experience. Envelop yourself in the sounds of crystal singing bowls, chimes, and a variety of soothing instruments as you allow your mind to drift from an active state to a relaxed and meditative state. Max: 18 per session. Ages 10+. Cost: \$8. Parking: \$6 per vehicle until 4:30 pm.

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- 16 Cherry Street
- 34 Prince Street
- 15 Bird Street
- 19 Colburne Drive
- 7385 South Broadway
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- 204 Linden Avenue
- 55 Apple Ring
- 5 Aspinwall Drive
- 20 Aspinwall Drive
- 21 Aspinwall Drive
- 4 Elm Street
- 5 Elm Street
- 33 Cornell Avenue
- 57 Pondview Drive
- 115 Kelly Road
- 155 Metzger Road #52
- 155 Metzger Road #15
- 155 Metzger Road #36
- 75 Glenridge Road
- 35 Jefferson Road
- 79 Jefferson Road
- 69 Sunrise Drive
- 173 Echo Valley Road
- 59 Pitcher Lane
- 103 Deer Run Road
- 216 Spring Lake Road
- 98 Old Post Road
- 12 East Kerley Corners
- 176 East Kerley Corners
- 45 Lasher Road

Elizaville/Livingston:

- 23 Shore Drive

- 25 Helen Road
- 245 Snyderville Road
- 700 County Route 2
- 347 County Route 15

Kingston:

- 62 Kerry Lane
- 116 Andrew Street

Village of Rhinebeck:

- 51 Mill Street

Hyde Park

- 424 North Quaker Lane
- 60 Surry Lane, Hyde Park

Ancram:

- 308 Hall Hill Road
- Five Roses East

Village of Tivoli:

- 14 Elizabeth Street
- 8 Memorial Drive

Clermont/Germantown:

- 28 Nevis Road
- 153 County Route 6

Pine Plains/Clinton Corners:

- 111 Longview Drive
- 938 Bulls Head Road
- 5634 Route 82
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