



Hudson River View

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AnimalKind: Twenty Years of Care and Compassion in Hudson

By Hilary Hart
People who have lived and worked around Hudson for the last twenty years or more marvel at the changes that have taken place in the wonderful little city. They point to all the restoration of the gorgeous architecture and the thriving diversity that brings such life and vigor to the community, even in these tough times. A less-heralded change in Hudson since 2000 is the work of AnimalKind. Twenty years ago, in almost every alleyway in Hudson, there were dozens of abandoned cats of all kinds, some in ill health and almost all needing help. Katrin Hecker, a registered nurse and businesswoman among other things, had noticed this after moving to the area in 1990 and running a small second hand boutique, and she was determined to end the plight of the stray cats and kittens that were overrunning the streets and alleys of Hudson. She and her husband had bought an old church building and she



Katrin with Snowball

started what rescue she could there, but it was after founding AnimalKind in 2000 that her rescue efforts were fully realized. The first floor of her present location at 721 Warren Street was generously donated for the organization's use in 2006 and the rest of the four-story building in 2008. Today, it is a well-known, nurturing community force that in fact has been awarded Top Not for Profit Organization for the last five years. Board Chairman Vivian Kimmelman says, "Katrin herself is a nurturing

Continued on page 2

Daffodils are Brave

Having been viewing my garden from the inside out over these past few months, I am most impressed by Mother Nature. My daffodils came up right on time (and some in places I never planted) and they are beautiful. Despite torrential rain, howling winds and snow they have persevered and jauntily revived themselves every time. Just as they thought it would be sunny and warm, they were surprised again. But they remain undaunted. I wish we could be so enduring.

It seems as if everything we enjoyed doing has been canceled. Foremost of these are the Old Dutch Village Garden Club meetings. Our Annual Plant Sale on the Village Green had to be canceled even though we had hundreds of plants eagerly awaiting new homes. The community will miss the sale as well. We have folks who come year after year for the variety of quality of the plants we offer. Some of our stalwart members have gone forth and weeded and spruced up our garden which does indeed look beautiful... as always. We cannot meet as a group for heaven knows how long.

However, several of our members were able to continue to bring joy to others though Red Hook Responds which is an admirable all volunteer group that is going forth helping in any way they can to sustain our community. They can be reached at RedHookResponds.org. If anyone needs assistance, please get in touch with them.

Recently four of our members purchased, potted up and delivered 50 pots of begonias to the Elks Club where they gave them out to residents. They spent time making little signs of hope to put on them and decorated with bows. The plants were greatly appreciated, and our members felt good they were able to contribute to the community. Who does not like flowers?



Denise VandenShay is Seeds Design, LLC Transform Your Property and Improve Your Life!

By Lisa Dudley
The mission of Seeds Design, owned by Milan resident, Denise VandenShay, is to "make living more vibrant and to reconnect humans with nature." Seeds Design is a landscaping and gardening company committed to making your space and your life come alive. By using "massive amounts of colors," a combination of height and texture as well as unique and native plant species, the folks at Seeds Design cater to your personal vision while incorporating a deep passion for conservation and sustainable living. Denise VandenShay and her team can install new gardens, revamp old gardens, put in vegetable gardens or create theme gardens like butterfly gardens, shade gardens, deer-resistant gardens and glorious container plantings. Ms. VandenShay comes highly recommended with long-term repeat customers



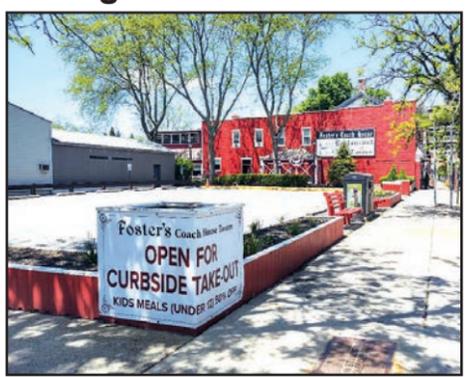
Denise

who line up to rave about her. Kate Farrell is a retired superintendent of schools and a long-term client. While Denise regularly does Ms. Farrell's mulching, weeding and planting, she is "currently working on areas around the pond and creek" that were damaged from the heavy ice. "Denise and her

Continued on page 13

The Way Forward: Local Business Leaders Focus on Ways of Coming Out of Covid 19 Stronger

By: Joe Doran
If there's one clear thing about the pandemic of 2020, it's that everything surrounding it continues to be uncertain. The New York metropolitan area has been a tragic epicenter, and surrounding locales including the mid-Hudson region, have also been hard hit. But many, even in NYC, are saying it's time to re-open. A May 21st NY Post cover headline encapsulated the frustration: "It Needs To End. Now." How are local communities and their lifeblood of small businesses coping with a shifting landscape of data, proscriptions and policies? Frank J. De Raffe Jr., Adam Simpson and Kimberly McGrath can provide some insight. Frank, a Wappingers Falls resident, is longtime Mid-Hudson head and now National Director at BNI Global, Inc., a business networking group.



Adam is a real estate professional who founded Professional Networking Powerhouse (PNP), based in Dutchess and Orange counties. Kimberly currently serves as Director of the Red Hook Chamber of Commerce.

Mostly Bust, With Some Boom

With more than 500 business members in Mid-Hudson BNI, Frank has a pulse of what's going on region-wide. He notes that businesses have been affected in different ways by the Covid 19 situation. "If we look at businesses, I think that they're in one of four categories. Category One would be, they're basically totally shut down. They can do nothing. So, it could be like the massage therapist, the chiropractor. They pretty much can't do business. Then you have the second level, Category Two, which I call virtually shut down. This means they're technically open, but nobody's spending money on that product or service right now. I know a printer in the area, 90 percent of

Continued on page 7

Mac-Haydn Board Member Makes Generous Donation to Bright Future Fund

Mac-Haydn Theatre Board member Meg Dooley and her husband Peter LaVigne have made a generous commitment of \$10,000 to the Bright Future Fund which they will give in monthly installments of \$1,000 for the next 10 months.



Meg Dooley into the Woods

Meg spoke about her motivations for giving: "For more than 25 years, the Mac-Haydn Theatre has been such an important and joyful part of our lives, it's hard to imagine a summer in Chatham without it. But we will get through it - just this once! Peter and I are committed to doing everything we can to make sure the Mac-Haydn Theatre is back and stronger than ever in 2021."

Meg and Peter's commitment highlights the benefit of making a monthly donation both for the theatre and for the donor. "Knowing that this recurring gift will be coming in for the next 10 months is hugely beneficial in helping us determine our plans as we navigate through this crisis." said Mac-Haydn managing director James Rodgers. Meg also offered an especially unique incentive to others who follow her lead: "Join us in supporting the Bright Future Fund. In recognition of your generous gift, I promise that in a future

season, I will return to the MHT stage for my FOURTH appearance as Mrs. Higgins in *My Fair Lady*—right, John Saunders?" A huge thank you to Meg and Peter for their generous support! More information on the Bright Future Fund can be found on the Mac-Haydn website (www.machaydntheatre.org)

The July Edition Of The Hudson River View Will Be In Area Homes On July 1st The Deadline For Advertising And Press Release Submission Is June 17th

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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

Animal Kind from page 1
 community force, the person directly responsible for the fact that Hudson only sees the occasional stray cat now. She is the "face" of AnimalKind and works tirelessly every day, always seeing and doing whatever has to be done to keep this important work going." Every year, the animal welfare organization saves thousands of animals in need, through various rescue and treatment and adoption programs, reducing suffering and euthanasia as well as promoting *Humankind through AnimalKind*. They are a cat rescue and adoption center, a spay/neuter clinic, and provide free adoption services to approved applicants and low-cost spay/neuter services to needy pet owners. A crucial aspect of what they do is to help people in need KEEP their pets, not only with these free or reduced services, but with food, medical help, even emergency boarding for people who have either lost their homes or are temporarily unable to keep

their pet but want to come back and get their pet when they can. Every single thing they do is for the welfare of the cats in their care. When a cat comes to them, from whatever source and in whatever condition, they check for signs of feline leukemia and whether the cat has a microchip or other evidence of physical conditions, also for any past rabies and distemper vaccinations. There are three veterinarians on staff, rotating time at the clinic assisting with whatever the medical needs are of each animal, and everything is recorded. Each new arrival is cleaned up, examined carefully and, if necessary, goes thru treatments to de-worm and/or de-flea them. The facility is beautifully set up on each of the four full floors to give the incoming and treated animals space to heal or settle in before being ready to be adopted. There are entire separate ICU sections of the building where treatments are given round the clock and the cats are monitored at all times. As an indication of the

dedication to the animals, when there was a devastating fire in 2012 that did extensive damage to the building, Katrin and her staff at AnimalKind were out on the sidewalk with all 80 or so of their cats at the time, and not a single animal was lost. They are one of the few older buildings in Hudson that have a superior sprinkler system. They sometimes have as few as fifty or so "residents" and sometimes as many as three times that number. Usually somewhere around one hundred animals are in various stages of their care during any given time. During the current health crisis of the last few months, AnimalKind has had to implement a few new policies and cannot be as "open door" as they have been. As of this writing, they are only open for medical emergencies and adoptions by appointment. When people arrive, they are asked to call the main number of the clinic at (518)822-8643 and someone from inside will come out to greet you. Like all other places of business at this time, if patrons are feeling ill or have illness in their household, they are asked to re-schedule appointments to help the risk to AnimalKind



staff, and everyone must wear a face covering. AnimalKind can be called at that number at any time to ask questions or register concerns they may have and even if they are too busy to answer the phone, a staff person will return the call. They do provide curbside services for some low-income pet owners but please call to get updated information on their schedule of operations so as best to help you. The COVID 19 pandemic has brought havoc to almost everybody, and one of the worst results for non-profit organizations is the cancelling of annual events that fundraise for the continuation of their



work. Such is the case also with AnimalKind, as they were
Continued on page 6

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The Franklin D. Roosevelt Presidential Library and Museum
 in response to the coronavirus public health emergency -- is producing "At Home with the Roosevelts" #AtHomeWithTheRoosevelts -- an online digest of talks, historical features, videos, and at-home activities -- available by subscription and across the Library's official social media accounts. To subscribe visit: www.fdrlibrary.org/at-home-with-the-roosevelts

In response to the coronavirus public health emergency, the Franklin D. Roosevelt Presidential Library and Museum is producing "At Home with the Roosevelts" -- a weekly online digest including talks, historical features, short videos, and at-home activities. This new content is available by email subscription and across the Library's official social media

accounts (including Facebook, Instagram and Twitter). For additional information, and to subscribe, please visit: www.fdrlibrary.org/at-home-with-the-roosevelts; and follow the hashtag: #AtHomeWithTheRoosevelts.

"The Roosevelt Library staff has been busy during this difficult time developing new online content for our many established audiences," explained Library Director Paul Sparrow. "We also hope that our 'At Home with the Roosevelts' material will bring in new audiences, as well. There is much to learn from the life and times of Franklin and Eleanor Roosevelt today." "At Home with the Roosevelts" offerings include: **Upcoming Event Notifications:** While the Library is closed due to the coronavirus public health emergency, Library staff continues to develop and present programs online and through social media. The weekly "At Home with the Roosevelts" notices alert followers of

upcoming events. These programs include interviews and discussions with Library Director Paul Sparrow, distance learning programs with Education Director Jeffrey Urbin and highlights from the museum collections with Supervisory Museum Curator Herman Eberhardt. **Program Archives:** The weekly digest includes links to audio and video recordings of past public programs from the Library's program archives -- many of which were filmed in high definition by C-SPAN camera crews. These include discussions with renowned presidential historians such as James MacGregor Burns, Michael Beschloss and Geoffrey Ward. **For Parents and Teachers:** The Library's education department continues to develop and make available free online educational activities for young people to provide learning resources for young people, adults and educators at home and out of the classroom. **Features on Franklin and Eleanor Roosevelt,** and their leadership in times of crisis, link to the Library's curriculum hubs online. On the lighter side, additional "fun and inspirational" programs include "Who's in Your Family Tree?" and "Birds at my Window." **Features and Diversions:** Library staff members continue

to generate new content on the many stories of the Roosevelts and their era through **FORWARD WITH ROOSEVELT** blog posts. "At Home with the Roosevelts" features links to new and existing blog posts including, "Hidden Figures -- Henrietta Stein Klotz: The Watchdog of the Secretary of the Treasury" and "One of the Millions: FDR and the Flu Pandemic of 1918-1920." Weekly emails and social media posts also include "My Roosevelt Story" content where people from around the country share their personal Roosevelt-related experiences. Please contact Cliff Laube at (845) 486-7745 with questions about the project. **Franklin D. Roosevelt Presidential Library and Museum**
 Designed by Franklin Roosevelt and dedicated on June 30,

1941, the Franklin D. Roosevelt Presidential Library and Museum is the nation's first presidential library and the only one used by a sitting president. Administered by the National Archives and Records Administration since 1941, the Library preserves and makes accessible to the American people the records of FDR's presidency. The Roosevelt Library's mission is to foster a deeper understanding of the lives and times of Franklin and Eleanor Roosevelt and their continuing impact on contemporary life. This work is carried out through the Library's archives and research room, museum collections and exhibitions, innovative educational programs, and engaging public programming. For more information about the Library or its programs call (800) 337-8474 or visit www.fdrlibrary.org.



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Center for Healthy Aging wellness talks on memory, movement and more go virtual

Older adults are invited to better their knowledge about Alzheimer's and Parkinson's diseases and more during the Center for Healthy Aging's

Virtual Wellness Series this spring and summer. These educational talks are at 2 p.m. Mondays, beginning June 15. All presentations will be online-only due to the novel coronavirus and safety precautions. To register, visit nuvancehealth.org/wellness or call Nancy Walsh at (845) 876-4745 (TTY/Accessibility: (800) 421-1220).

All registrants will receive an email confirmation with the link to access the event. *Wellness series schedule:*



Understanding Parkinson's Disease

2 p.m., Monday, June 15 with Dr. Jennifer Pallone, *Movement Disorder specialist, Nuvance Health* Parkinson's disease is a relatively common neurological disorder, but it is quite challenging to diagnose its early stages. Once diagnosed, there are a range of treatments. Join Dr. Jennifer Pallone, one of Nuvance Health's movement disorders specialists, as well as members of the Northern Dutchess Hospital Parkinson's Big and Loud Program, for a discussion about this complex disease. *Alzheimer's Communication*

and Behavior

2 p.m., Monday, June 29 with Tara DeLuca, *care consultant and director of client assistance, Alzheimer's Association Hudson Valley Chapter* Individuals living with Alzheimer's disease and dementia often experience changes in behavior that can be confusing to friends and family. You will learn strategies for decoding messages through nonverbal communication to connect in meaningful ways at each stage of the disease, how to identify common triggers for behaviors associated with dementia

and how to address them. **The Wellness Checklist: A Whole Person Perspective** 2 p.m., Monday, July 13 with Dr. Jodi Friedman, *medical director and Allison Gould, social worker, Center for Healthy Aging* Wellness isn't just determined by our physical health. Many factors contribute to our overall sense of well-being. This interactive discussion will identify several key elements of wellness from a multifactor, whole-person perspective. You will be guided through a self-assessment process and explore strategies for enhancing your total well-being.

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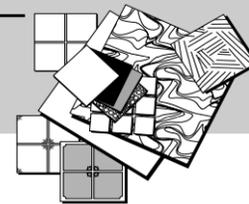
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- 1) Powdered beverage
- 5) Word before "numeral" or "candle"
- 10) Soaks color into fabrics
- 14) Shaving cream additive, perhaps
- 15) Supreme Court Justice Kagan
- 16) "The Bridges of Madison County" state
- 17) Star of the original "The Nutty Professor"
- 19) Hands on deck
- 20) ___ tai
- 21) Overly obsessive fans
- 23) Major inconveniences
- 27) "Smart" guy?
- 28) Dinner crumb
- 29) "The Blackboard Jungle" author Hunter
- 31) Muslim greeting
- 35) Collaborative coalition
- 37) Chapters in history
- 39) "Inferno" writer
- 40) Actor Lugosi
- 41) Balsa vessels
- 43) Numbered hwy.
- 44) Dead to the world
- 46) "Now!" in the emergency room
- 47) New Zealand parrots
- 48) Some electric vehicles
- 50) Word in a magician's phrase
- 52) ___ as directed
- 53) Suffix meaning "stone"
- 55) Blanketlike shawls
- 57) Ritz's owner, e.g.
- 61) Vienna's land (Abbr.)
- 62) Say it's so
- 63) Star of "Gone With The Wind"
- 68) Raja's mate
- 69) "A Fish Called Wanda" Oscar winner
- 70) Angler's need
- 71) Deer family members
- 72) Navigational aid
- 73) ___ Grande, Arizona

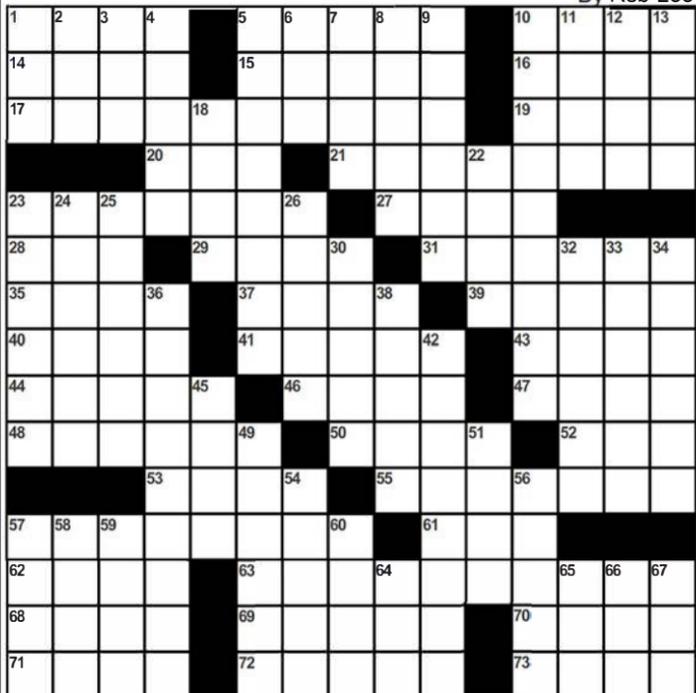
DOWN

- 1) ___ Mahal
- 2) Publican's serving
- 3) Postal creed word
- 4) Mouthwash victims
- 5) Bullpen figure
- 6) Grand-Opry link
- 7) Kitty litter sound?
- 8) "West Side Story" girl
- 9) Some speech sounds
- 10) Host of "American Bandstand"
- 11) Auld lang syne
- 12) Fancy pitcher
- 13) Does a carpenter's job
- 18) Connecticut college
- 22) Detective's need
- 23) Frodo Baggins, for one
- 24) Garfield's girlfriend in the comics
- 25) Fur pieces
- 26) Gilbert and Teasdale
- 30) 1993 treaty, briefly
- 32) Dealer's directive
- 33) Order to relax
- 34) Complicated situations
- 36) Track-and-field legend
- 38) ___ in the back (betrays)
- 42) Campus prankster
- 45) Dog feature
- 49) "___ and stones may ..."
- 51) Cut ___ (dance)
- 54) "You there?"
- 56) Words after "easy"
- 57) Aesop's also-ran
- 58) Elliptical
- 59) Honky-___
- 60) Drops from the sky
- 64) Biochemistry abbr.
- 65) A word from ewe?
- 66) Fleur-de-___ (Quebec symbol)
- 67) Announcement from a cockpit, for short

Solution on page 6

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By Rob Lee



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Practicing Yoga: Transitioning Out of the Pandemic

by Charlotte Michos, RN, MS, CNS, CLNC

Yoga is a practice that we all can do. It starts with the breath – an extended and deeper breath. **With a simple focusing of our breath**, we can start on a journey that improves our well being. This breathing process helps to take us away from the flight-or-fight mode in which many of us live everyday. Personally, I do not know anyone who currently is not feeling stressed, to some degree. Do you?

In addition to the breath, the other basic concepts of yoga are to **"be in the moment"** (leave your past and future thoughts outside the door), as well as developing the ability **"to let go"** – a sense of knowing that you are not in control. Although the first thing that comes to mind is the pandemic, a lack of control is not new to our lives. Our best bet has always been to manage these restraints (rather than fighting to control them), and practicing yoga may help. **Yoga is a 5,000-year-old tradition** with many experts in the field and volumes written about its complexities. I am not the "guru" of the yoga field, but I have practiced it for a long time, and I have incorporated yoga into the exercise routines that I have taught over the years (<http://www.agelessandmoving.com/Welcome.html>).

Practicing yoga is an especially good idea during this *pandemic era*. In reviewing the basic concepts of yoga, **"The Western medical world has come to acknowledge the effectiveness of yoga in managing various physical, mental and emotional illnesses to improve quality of our life"** (<https://divineyogabangkok.com/understanding-basic-concepts-of-yoga->)

The practice of yoga comes in so many shapes and forms. It may take a while to

find the right style that works for you, and in this environment we must search for a home program, purchase a video, or join a ZOOM class. There are certainly advanced yogis practicing in the field and many challenging approaches available, but the yoga spectrum is diverse– it can even be done in a chair (<https://www.verywellfit.com/chair-yoga-poses-3567189>). **Thus, when it comes to practicing yoga, there are numerous variations and levels to choose from.**

The key to yoga is to not only to find the right style of yoga that fits, but be sure to practice that style of yoga in a manner that works for you. This means you do not want to compare yourself to others, nor do you want to move in a way that is wrong for your body. **Therefore, try to be in tune to your body (and mind).** This takes time to explore and discover. I recommend that if you are new to yoga, start out slowly and mindfully – feeling comfortable to modify movements as you need to.

Knowing that yoga is a practice for so many, the following *NY Times* article (Jan. 19, 2019) caught my eye as it addressed a remarkable concept: the "intersection" of yoga and veterans. Now we can consider another intersection: veterans' experiences with stress and all of our experiences with the stress triggered by the pandemic. **It makes sense that yoga is a beneficial practice for post-traumatic-stress-disorder (PTSD).** After all, the foundation of yoga is a focus on our breathing – a breathing process that helps to take us away from the flight-or-fight mode. Note that the classic yoga positions are called *warrior* poses (<https://www.verywellfit.com/get-fierce-with-this-sequence-of-warrior-poses-3567198>). Many veterans can relate to this concept. Now we can as well, as we fight off the stress caused by the pandemic.

Because of this pandemic, some people are experiencing PTSD or perhaps getting a "taste" of what PTSD means. In interviewing various instructors who were former military personnel, one veteran instructor in California gave good advice for all yoga participants: **"...the whole system of yoga is about moral and ethical restraints on behavior and trying to stay calm in challenging conditions"** (<https://www.nytimes.com/2019/01/19/us/yoga-veterans.html>).

Many of us now understand what military personnel, healthcare providers, emergency responders, policemen, and firefighters experience on a regular basis, since dealing with crises is part of their routine work.

Interesting that the military and yoga are linked: Soldiers tend to be very good at "being in the moment;" it is part of their training. Ironically, this is a yoga concept. When you go to class, you want to step away from past and future thoughts. It is enlightening to hear from a former medic, who now teaches yoga in Texas, conclude: **"It doesn't matter if you are a former military vet who served four terms in Iraq or a housewife with four kids and anxiety issues"** (<https://www.nytimes.com/2019/01/19/us/yoga-veterans.html>).

The practice of yoga brings out a commonality in all of us. Such an old practice is not only getting our modern world healthier, but in a yoga class you can find many different humans moving together in harmony.

Yoga is one means to help us get through this pandemic together. What has your experience been with community connectedness during the pandemic? What behavioral changes have you discovered during this crisis? What path will you take as we transition out of the pandemic? Will your path be different or a return to the same habits? By definition a crisis has two characteristics: either danger/fear or growth/opportunity (<https://theconversation.com/coronavirus-what-are-the-chances-well-change-our-behaviour-in-the-aftermath-134991>).

Ask yourself: What lessons have I learned and will I carry them forward?

Yoga serves as a way for all of us to practice humanity in a better way (<https://www.yogaforhumanity.com/about/>). Lets hope society takes these lessons with us as we move forward out of the *pandemic era*. *Sending my gratitude to all my yoga instructors over the years and fellow yogis! Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products, and to view previous articles visit www.besthealthconsultant.com or email charlottesmichos@icloud.com.*

VIRTUAL DEMENTIA CONFERENCE TO FEATURE TALKS BY DAVID HYDE PIERCE AND BIOETHICIST DR. TIA POWELL

Dementia caregivers, family members, professionals and people with early-stage dementia are invited to tune into four days of free educational webinars during the Meeting of the Minds dementia conference from 10

a.m. to 12:30 p.m. June 15-18.

The conference will feature a special guest, award-winning actor and director David Hyde Pierce, who is a Celebrity Champion for the Alzheimer's Association. David lost his grandfather and his dad to Alzheimer's and dementia, and for the past 25 years has been an advocate and national spokesperson for the Alzheimer's Association.



Dr. Tia Powell, Director of the Montefiore-Einstein Center for Bioethics and author of "Dementia Reimagined" will be the keynote speaker. Powell said that despite being a physician and bioethicist, she was unprepared for the challenges she faced when her grandmother and mother were diagnosed with dementia. "My training as a physician was not especially helpful to me in trying to help a family member get through dementia," Powell said. "I didn't know enough, and I think in general, we physicians should shift our approach. Just because we don't have a cure doesn't mean we can't be helpful." Sessions are also planned on paying for long-term care; making connections through the end of life; living with uncertain grief, and Alzheimer's care options. A session will also be held in Spanish.

Social Workers can receive one continuing education credit for attending the session on connecting through the end of life. For more information, visit AlzDementiaConference.org or call 800.272.3900. Sponsorship opportunities are available for Meeting of the Minds. Please contact Lisa Kaurich at lmkaurich@alz.org or visit AlzDementiaConference.org for more information.

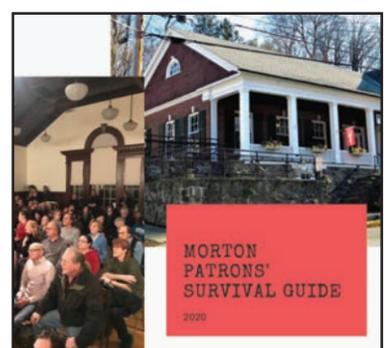
About the Hudson Valley Chapter

The Hudson Valley Chapter serves families living with dementia in seven counties in New York including Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester.

To learn more about programs and services offered locally, visit alz.org/hudsonvalley. **About the Alzheimer's Association** The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. Its vision is a world without Alzheimer's and all dementia. Visit alz.org

MORTON PATRONS' SURVIVAL GUIDE

Remember way back to March 6th and the talent show and lots of people IN ONE ROOM - eek. Our motto at Morton is "We all put the community in Community House." This is true whether we can meet in person, virtually, or just thinking of each other. To this end we have decided to put together a scrapbook of what is going on in all of our lives. Please send pics of what you are doing to stay safe and sane: gardening, working out, sewing, cleaning, reading, bingewatching shows? Or send recipes that you are trying or creating, or failing miserably at :) (Please credit your recipe source) Or perhaps you are painting, drawing, writing or musing - please send and share. Socially distancing is hard on everyone in different ways, and we want to be here for all. The way we know how to do this is to SHARE! We will be posting on social media (if you give permission), we will create a virtual scrapbook, and then we also hope to do a hard copy that will remain as a record of this crazy upside down/sideways time. Hope that you will all participate.



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Permanent Hair Removal

Animal Kind from page 2
 planning an auction in Hudson this last month. When this obviously could not take place as planned, they switched to the on-going pulling together of an Online Auction to be held

later this summer, and they will have to wait to have any regular "gala" until later in the year, which is especially needed during the summer months when animals are flooding the facility under normal conditions,

never mind during a pandemic.

They have already received some donations but are hoping that many in the community will want to support their rescue mission. Folks can donate in many categories, including Services, Art, Vacation Rentals, Gift Certificates, Jewelry, Antiques, even vehicles or real estate – whatever can be used to promote the auction. Please contact Loni.animalkindny@gmail.com for donations or any questions on the event and dates for donations, etc.

AnimalKind itself can be contacted by the phone number previously mentioned, or by visiting animalkindny.org or on their facebook page. AnimalKind's dedicated by-word is "Where Every Life Counts," and they have saved the lives, literally, of thousands of our feline friends – saved from actual abuse or from neglect, saved from untreated illness, saved from homelessness, and saved from unnecessary euthanasia.

This is twenty years and more of service to our community, and SO worth supporting!!

Happy 20th Anniversary, AnimalKind, and thank you!!

MAC-HAYDN LAUNCHES ONLINE WEBCAST SERIES, "IN THE MEANTIME"

The Mac-Haydn Theatre announces the launch of "In the Meantime," a weekly webcast series hosted by Producing Artistic Director John Saunders, as part of the "Mac-Haydn Online" virtual programming initiative.

The series will premiere this week and continue throughout the summer on Fridays at 12pm, with episodes appearing on the Mac-Haydn Theatre online platforms and machaydntheatre.org. Episodes will showcase notable Mac-Haydn alumni, discussing their artistic endeavors during quarantine as well as their past experiences working at the theatre.

This week's episode will feature Mac-Haydn favorite Emily Kron, last seen as Audrey in the 2019 production of *Little*

Shop of Horrors. Kron's past roles at the Mac-Haydn also include Sally Bowles in *Cabaret*, Nellie Forbush in *South Pacific*, Geneviève in *The Baker's Wife*, and her Berkshire Theatre Award-winning performance as Mrs. Lovett in *Sweeney Todd*.

The Mac-Haydn Online programming initiative also includes "Mac-Haydn Mondays," a weekly live stream from the theatre's Instagram account (@machaydntheatre) on Mondays at 5pm. **About the Mac-Haydn Theatre** Founded in 1969, the Mac-Haydn Theatre strives to present innovative, diverse and professional musical theatre productions to the residents of Columbia County and beyond. We aim to cultivate young talent for careers in theatre and seek to provide a supportive environment for the creation of new musical theatre works.

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MORE INVENTORY AVAILABLE

The Way Forward from page 1
 his business clients were non-profits. Nonprofits are not conducting business right now, so he's at his print shop every day, but no business is coming in. "The third category are people that are pretty much doing business as usual, at least in this environment. They've probably lost 20, 30, 40 percent of their business, but they're doing transactions every day. Then next level up, that fourth category, are people that are booming right now. In every crisis, there'll be those businesses that do really well, because they happen to have what people need. I know a guy in the area that has a cleaning company, and does sanitizing, and he's getting contracts right

now with police stations and fire stations and schools and government agencies. Because obviously, they want to stay as healthy as they can. So they're working seven days a week and doing more business in the last two months than they've done in three years." Frank is optimistic that the current recession will be more of a V-shaped type, than a prolonged U-shape, if governments act prudently and businesses work hard right now to prepare. "In a recession situation, business owners tend to say, 'Okay I'm gonna hunker down, I'm going to save all my money, and I'm just going to wait this out.' But that's not good. Doing nothing is not a strategy. So we have to

put a strategy in place. And the strategy is look, you may not be able to conduct transactions right now, but now's the time to invest in your knowledge of business. Invest in your future. Invest in your strategies and marketing going forward." It's not only possible to focus on building business during this dormant period, Frank says it's crucial. "What we have to be concerned with, with small business owners, is getting them focused on putting strategies in place, so that when the government opens restrictions, you have something that can really rocket you up, versus continuing to stay low.

"One key to that would really be, getting better referral relationships, and referral sources to go forward. Let's say I introduced you to two or three people who could be good referral sources. Maybe you do Zoom calls, and then in the next few weeks, you get three, four, five new relationships. That means when we come out of this, you can work together at growing each other's business. So technically, you could be in a better place coming out of this, than you were going in, because now you've got these new referral source relationships." **Growing Together in a Time of Being Apart**

Adam Simpson says his work with PNP during the pandemic has focused on ways of turning isolation into new synergies of

connection. "You'll find that right now, people are kind of looking for ways to become more creative with their marketing and looking for strategic alliances that they might not have been doing when business was good. And what I find is local business owners are

trying to take advantage of that." Having founded PNP in 2013 as a regional association focused on face-to-face meet-ups of local business people looking to grow their connections and help each other with professional learning

Continued on page 10

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Tangent Theatre ensemble members to appear in AboutFACE Ireland's digital theater project, a New York-to-Ireland online series

"Transatlantic Tales 2020" to premiere June 6 via Zoom

Tangent Theatre Company announces appearance with Dublin based AboutFACE Ireland, by way of participation in a new-plays theater event to take place via Zoom and YouTube. Featuring 31 artists (eight playwrights, 17 actors, three designers, two crew and one director) the series will present new short plays being written for the series, with artists randomly paired up from the New York and Dublin areas. Rehearsals are being held via the Zoom platform,

with the eight plays premiering with a limited audience/ ticketed event via Zoom, Sat. June 6 at 4pm (ET), including a live Q+A with the artists. The plays will then be available for free, shared individually the following week on YouTube (with suggested donation).

The team at AboutFACE came up with the idea after their June show in Dublin had to be cancelled due to the Covid-19 pandemic. AboutFACE recently became the resident theater company at The Civic Theatre, Dublin's premier theater destination – and where the June show was to happen. The founders of Tangent met two of the AboutFACE co-founders (Anna and Paul Nugent) on a trip to Ireland several years ago. The Nugents had just moved to New York at the time, where Tangent was originally based. The pairs become friends and colleagues

quickly, and collaborated together on numerous shows and readings, including the launch of their NEWvember New Plays Festival in Tivoli in 2011. The Nugents relocated back to Dublin in 2016 and introduced NEWvember-Dublin to audiences there – they continue to produce the idea on in various forms.

As Tangent looks to re-boot soon, both from time off for personal reasons (due to losses in their immediate families) and the current health crisis, this series is a welcome project to channel some creativity. "I'm very excited to be invited to be a part of this project. Live theater always has an electric energy, but there's even more to be performing freshly created plays. Plus, the added bonus of seeing so many familiar faces and meeting new ones. It's wonderful we can throw ourselves into this together and share with audiences. Very needed all around!" says Tangent's artistic director and actor Michael Rhodes.

For the producers, this feels like the natural evolution of their transatlantic U.S. - Ireland connections. "We wanted to provide a chance for our artists to create, to share their talents and be of purpose, which we feel is deeply important at this time," states Anna Nugent. "We wanted the project to be theatre-

driven and work digitally – fresh, short, inventive experiences, with global range – and that resonate with the present moment" chimes in Paul Nugent.

Several members from Tangent's troupe will be appearing in *Transatlantic Tales*, familiar faces to local Hudson Valley audiences. In order of appearance: **Amie Tedesco*** (actor) has appeared in numerous Tangent readings and shows, including several NEWvember plays and a main-stage production of *Circle, Mirror, Transformation* (2016); **Seamus Scanlon** (playwright) is the writer of *The Long Wet Grass*, part of NEWvember 2013, featuring Anna and Paul Nugent; **Brandon Jones*** (actor)

appeared in Tangent's *Lobby Hero* (2015) and various readings; **Michael Rhodes*** (actor) is Tangent's artistic director, seen in many shows and productions, including *Doubt*, *The Good Father* and *Circle Mirror Transformation*, to name a few; **James McLindon** (playwright) was selected for NEWvember 2012 - he wrote *Comes a Faery*, featuring Amie Tedesco, Anna Nugent and Paul Nugent; **Rachel White** (playwright) holds a distinction of being selected twice in NEWvember festivals (via blind submission): she is the writer of *Broken Wing* (2011) and *Green River* (2012).; **Paul Nugent*** (actor) is co-artistic

Continued on page 10

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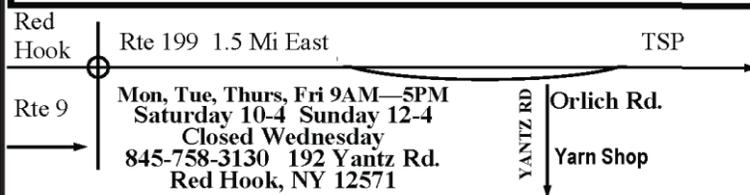
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God's Corner

Joy is the secret source of Strength

By: Naomi Fata, President of Christian Resource Ministry Inc. (CRM)

How many of you have felt weary these past weeks and months as the COVID pandemic continues? Perhaps weary of the endless, sad, confusing news. Or weary of the days that all seem the same. It becomes hard to tell the difference between Saturday and Wednesday because the weekend just blends in with rest of the days. In the evening when I tuck my kids into bed, they like to ask what we are doing tomorrow. These days, all I can say is that we are doing the same thing as today – staying home, playing outside or going hiking. I have been weary. Weariness is heavy, like a weight dragging us down. It makes us not want to get up in the morning and keeps us from being motivated to do the tasks of the day. Weariness is not necessarily tiredness from lack of sleep or excessive physical exertion. On the other hand, the opposite of weariness could be strength. I was reminded of a verse from Nehemiah 8:10 “the joy of the Lord is my strength.” It’s been hard to find joy in our world as days have dragged into weeks, into months.

But Nehemiah talks about joy that is from God that brings strength. And I wondered if I felt more joy, would I feel less weary and more strength? Galatians, another book of the Bible, says that joy is a fruit of the Spirit, which means that joy comes because of relationship with God. Apples come as a result of a seed planted in the ground. Joy comes from the seed of God’s spirit planted in you. Still apple farmers spend time tending their seeds which grow into apple trees and eventually produce good apples. In the same way we must be the gardeners of our own

lives, tending our own gardens to help produce the fruit of joy.

A few ways to tend your garden is to practice thankfulness. Author Ann Voskamp writes, “Being joyful isn’t what makes you grateful. Being grateful is what makes you joyful.” When we take the time to pause, to see the beauty, to give thanks for the gifts of the present day, then joy seeps in. It is a shift of focus off the things that are dragging down our souls with weariness, toward the One who gives the gifts of today. The trouble is that gratitude is hard. When we see life a mess gratitude is hard. Hebrews 13:15 calls praise a sacrifice. That means it costs us something. Gratitude costs us in effort, and in mental willpower. Gratitude must shift our thoughts away from the negative and find ways to choose thankfulness in all things. If you are weary, desperate for strength during this global pandemic, pursue gratitude. There you will find the joy of the Lord, which is your strength.

Naomi currently is organizing a face mask project for community organizations, essential workers and local businesses. If you sew or would like to find out other ways to be involved in the project find more information at <https://christianresourceministry.com/face-masks/>

HONOR OUR FATHERS

Take time to give Thanks to the Lord every day of your life and to take time to remember the special days throughout the year. During the month of June, we celebrate *Father’s Day (Sunday, June 13)*. The fifth commandment of the Ten Commandments states that we are to: “Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee” (Exodus 20:12). We are to be Thankful for and Honor our Fathers. We all know how important our Father have been and are in our lives.

THE CURE FOR ANXIETY

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Philippians 4:6,7). I am sure that you have experienced times of anxiety and fear over a number of different things that you have had to deal with in life. Maybe at this moment you are faced with anxiety. The coronavirus pandemic has caused many people to be anxious and concerned about going out to different places, like stores and other places that they have needed to go to. While the concerns are real and the need for safety is necessary, it is important to realize you can trust the Lord and can go to Him in Prayer. Philippians 4:6,7 instructs us to go to the Lord in Prayer with Thanksgiving and He will give you the Peace that passes all understanding. We all definitely need His abiding Peace in our lives!

PEACE WITH GOD

“Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ” (Romans 5:1). The Peace that the Apostle Paul is speaking about in Romans 5:1 is a Peace that occurs in the life of a person at the moment they trust the Lord Jesus Christ for their salvation. It is a positional Peace which is permanent.

PEACE OF GOD

We have to admit that as Believers we don’t always have the Peace of God. We experience anxiety and fear in our lives over a variety of things. This is why it is so important to go to the Lord in prayer and to give him all of your cares and concerns. My friends, it is too much for you to handle alone. Give all the cares and concerns you face to the Lord in Prayer! “Casting all your care upon him, for he careth for you” (1 Peter 5:7). Another encouraging verse of Scripture is: “Thou wilt keep him in perfect peace, whose mind is stayed

on thee: because he trusteth in thee. Trust in the LORD forever: for the LORD JEHOVAH is everlasting strength” (Isaiah 26:3,4).

I trust everyone reading this has Peace with God through the Lord Jesus Christ! If you haven’t trusted in the Lord Jesus Christ, now is the time to do so. Don’t put it off! Now is the accepted time to be saved (2 Corinthians 6:2). You can know of the forgiveness of sins and what it means to be a true Christian and to follow the Lord. “Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new” (2 Corinthians 5:17). Jesus paid the price in full on the Cross for our sins and Rose the third day! He is alive forever more. Trusting in the Lord Jesus Christ is the only way for you to be Saved. When you do, you will receive Eternal Life and have Peace with God and can have the Peace of God! (John 3:16; 14:6, Acts 4:12, Romans 5:1). If you would like to know more about what it means to be a Christian and/or to know of the help the Lord will give you in your life over anxiety and have the Peace of God in your life, please contact us at Grace Bible Fellowship Church, Route 9 in Rhinebeck, NY. You can contact

us by Email: cdfcirone@aol.com or by phone at (845) 876-6923 or (845) 876-2122. Pastor Frank L. Cirone

MASTER GARDENER VOLUNTEER TRAINING

Cornell Cooperative Extension Dutchess County is accepting applications for Master Gardener Volunteer training. Training begins Wednesday, September 9, 2020. Volunteers are given in-depth training on a wide variety of horticulture topics. Upon successful completion of the training program, graduates volunteer 100 hours over a two-year period staffing our horticulture diagnostic lab and working on community projects. Candidates must have a basic knowledge of gardening, a flexible schedule, be a Dutchess County resident and at least 18 years old. Master Gardener volunteers share the knowledge they have gained with the community. Enrich your life by learning more and meeting others who share your love of gardening! For more information and an application, visit our website at www.ccedutchess.org or call Nancy Halas at 845-677-8223 x 115. *Class is limited to 25. Application deadline is June 15, 2020.*



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Classes are offered for Adults (A Women's and A Men's Class). For more information you can contact us by Email or by Phone.

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The Way Forward from page 7
and mentoring, Adam says virtual communication has its limitations. "I've gotten a couple of my groups together in parking lots to just kind of have some real-world face-time. It's done in a socially distanced manner. So we'll have a dozen people park their cars every other parking space, and actually kind of talk to each other. But I think that's really more just for socialization than anything else. You lose a

lot, not being able to see body language. Things like that. Unfortunately, we're so restricted in what we can and can't do." Adam says some small business owners have pointed out disparities in the ways big businesses have been allowed to operate during the pandemic, versus small business. There's no doubt the current situation has made it even harder to compete with the resources and slick online interfaces of international

behemoths. Many of the advantages of small entrepreneurs and local retail and service businesses lie in the real world. Adam urges that now is a time for doubling down on supporting community based businesses in any way that's possible.

"You know, the people who sponsor your kids' soccer team, that's a local business. It's not Walmart, right? I see a lot on social media of people understanding that. So there's a lot of sentiment out there for, 'Hey, listen, the people who built this community are not the big box stores, they're your mom and pops.' So whatever you can do, especially right now, to try to support them, try to do. Whether it be something like, buy a gift card, so they see the immediate revenue. Have faith that they'll still be there when it's time to redeem it. I think a lot of people are willing to help."

Red Hook Chamber of Commerce Director Kimberly McGrath says that while her town, like many others, has experienced a sharp downturn overall, businesses and local government entities have grown closer as a result of the pandemic. "There's nobody that can predict how this will pan out. But all I can say is that Red Hook has been really proactive, with every possible organization being involved. I mean, we really are trying hard to work together, and that is the key. Our municipalities, the village, the town, our local organizations, our Red Hook Response. I gotta say, as horrible as this period of time has been for businesses, the response has been fantastic."

Kimberly notes that Town Supervisor Robert McKeon has spearheaded an effort to compile a comprehensive listing with a map of all businesses throughout that area, to foster awareness, connections and aid in working together during the crisis. "The contacts that we have are actually stronger as a result of this. But again, we're just hoping that everyone can hold on long enough to get through it, and prosper again."

Focusing On What You Can Control

Frank, a NY Times bestselling author and long-time entrepreneur who started his first business at 18, says groups like Chambers of Commerce and BNI are especially vital right now in interfacing with governments on behalf of small business. And he points to grassroots efforts to have that sector treated more fairly. But he says ultimately, business owners should be most concerned with positioning for re-opening, which will happen.

"I think a lot of small business owners are very good at what they do, but they don't necessarily have great knowledge of 'the business of the business'. Because that's not normally what they need to do. If I'm a plumber, or I'm a dentist, I know how to do that. But something like this, it's kind of like, 'Well, I've never strategized for something like this before.' So I think what's happening now with the chambers of commerce

and BNI is, we're trying to give the people the knowledge they need to go forward. I've been an entrepreneur my whole life, and I know that it's about looking for what you can do. Because ultimately, you're responsible for your business."

That doesn't mean going it alone, says Frank. It's more of a mindset that encourages people to be proactive. "If we can give people the tools they need to go forward, that's important. If you want to make people successful, that could be yourself or other people, you have to give them three things, tools, resources and support. They need to have the tools they need to go forward. They need to have the resources, whatever that might mean. It could be money, it could be time, it could be labor. Whatever it might be. And they need the ongoing support. And I think that's the most valuable thing that advocacy organizations like BNI, like the Chamber, can do for their members right now."

Tangent Theatre from page 8

director of AboutFACE, and co-creator of NEWvember and *Transatlantic Tales*. He appeared in numerous Tangent readings and NEWvember plays; **Melisa Annis** (playwright/director) was part of NEWvember 2013, with *Keep Calm and Carry On*. She directed Tangent's main-

stage production of *Circle, Mirror, Transformation* along with several NEWvember readings; **Anna Nugent*** (actor/director) is co-artistic director of AboutFACE, and co-creator of NEWvember and *Transatlantic Tales*. She appeared in Tangent's first Tivoli show, *Doubt*, and in numerous readings and NEWvember festivals. (* member, Actors' Equity Association)

Tickets to the June 6 *Transatlantic Tales* premiere via Zoom (webinar) can be purchased via this link (10 Euro, about \$11 USD): <https://bit.ly/2yAXDz9TransatlanticTales> For more information on *Transatlantic Tales*: <http://aboutfaceireland.com/> <http://aboutfaceireland.com/transatlantic-tales-2020/> **TRANSATLANTIC TALES; eight new short plays read over an online performance; Sat. June 6 @ 4pm (ET). Limited seating, tickets 10 Euro (about \$1! USD) via Zoom. Sharing of the show to be available post-premiere via YouTube (suggested donation). Tangent was founded in New York City in 2000 by Hudson Valley natives Andrea and Michael Rhodes and Keith Teller, and re-located to Tivoli in 2009. Tangent is known for intimate character driven productions, their new plays festivals and their popular pub readings. tangent-arts.org**

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1 package (12 ounces) semisweet chocolate chunks (2 cups) (See Note)
1 cup chopped walnuts (optional)

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Place melted butter in a large bowl; add cocoa and stir until well blended. Add sugar; mix well. Add eggs, one at a time, beating well after each addition. Add flour, vanilla, and salt; stir just until combined. Stir in chocolate chunks and nuts, if desired. Spread batter in baking dish.
Bake about 40 minutes, or until a toothpick inserted in center comes out clean. Let cool, then cut into serving-sized pieces.



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COVID-19 Update from CGHS/SPCA

Dear Adopters, Consumers, Clients and Visitors, On behalf of the entire Columbia-Greene Humane Society/SPCA we would like to offer our thoughts and prayers to all families that have been affected by the COVID 19 virus. CGHS/SPCA's lobby will continue to be closed to the public. However, we are resuming the implementation of some programs for the community. Curbside service will ensure that our staff and our consumers/clients remain safe. Below please find an updated program and service list.

Food Bank: Our Food Bank will continue to be open daily from 11:30 a.m. to 4 p.m. If you are quarantined and need food for your pet, please call (518) 828-6044 ext. 100 or 108, or email jessica@cghs.org.
Surrender Services: All surrenders are accepted by appointment only. Please call (518) 828-6044 ext. 100, or email at jessica@cghs.org.
Adoptions: We will maintain adoption services. Potential adopters can view animals on our website at cghs.org and fill out an online application to be pre-approved for adoption. Interaction with pets is limited to ensure the safety of staff

and the potential adopters.
Grooming: Grooming services have resumed. For an appointment, please call (518) 828-6044 ext. 103.
Boarding/Daycare: Boarding and Daycare services have resumed. For a reservation, please call or text (518) 610-3232, or email jessica@cghs.org.
Clinics: Health and Wellness services, vaccine programs, and Dog and Cat Spay/Neuter services have all resumed. For an appointment to any of our clinics, please call us at (518) 828-6044 ext. 100.
Nail Trims: Saturday morning nail trims will resume on Saturday, May 23, between 10 a.m. and 12 noon. Clients are required to prepay. To make a reservation, please call (518) 828-6044 ext. 100 or email jessica@cghs.org.
Donations: Donations of pet food and supplies can be left at the front door. If you need a receipt, please call or text Ron Perez at (518) 828-6044 ext. 100 or email ronperez@cghs.org. Thank you! If you have any general questions, please call Ron Perez, President/CEO (518) 828-6044 ext. 100, or email ronperez@cghs.org. I'd like to thank everyone who has donated food and/or funds to CGHS/SPCA during this very difficult time. Rest assured, we are continuing to serve all animals in need while practicing safe procedures for our staff and community.
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Seeds Design from page 1
 crew are outstanding. She's the real deal. She gets the job done and she's a genuinely nice person who treats her crew with respect. I admire that." Another happy client is a TV producer for a major cable channel with a second home upstate where he is sheltering and working from home for the duration of the pandemic. "I'm a first-time landscape gardener," he admits, "and I thought I should make my surroundings beautiful as a great way to raise my spirits. I fully researched 5 different landscapers and I met with three or four. I instantly clicked with Denise VandenShay. I consider her a partner. I describe what I want the property to feel like and she gives guidance and ideas. She's incredibly accessible. She really pays attention." For new clients – especially those with property that has never been landscaped or tamed, Denise starts with a free consultation. She walks around

and gets a feel for "what it could become." She will ask you what you want your results to be. She will discuss how realistic it is. Then she will break up your project into zones and price the work, one phase at a time. Our TV producer says he had several meetings with Ms. VandenShay to flush out the project. "The site has special waterfalls and a rustic hillside. She immediately saw the potential and the unique foundation of the place. "I was delighted by her enthusiasm for coaxing my vision to life. She is a pleasure to work with. She has a wicked sense of humor and she's a lot of fun. Plus, she has people on her team who are equally passionate. They are a work family and I like that." As a designer and conservationist, Denise recommends materials that are not only picturesque, but also sustainable. She believes, from design to maintenance, that all services must suit both the needs of the customer and those of the land.

"It's very clear she genuinely loves her work," he continues. "She really listens. She is totally available. No question is too small," including when he texted her a photograph asking, "Is this poison ivy?" Another long-term client is Anneliese Petrone, who owns a traveling wedding hair and makeup company in the Hudson Valley. "Denise has a vision like no other. She's one of the hardest working women I've ever met. I've seen her lifting huge rocks, covered in dirt and working long hours. The fact that Seeds Design is a successful female-owned business is one of the reasons I was drawn to her. I think she's amazing. Ms. Petrone discovered Denise while driving by a neighbor's house and seeing the Seeds Design lawn sign. "I couldn't believe the majestic garden she had created outside this woman's house," she declares. "It was breathtaking and original -- not your typical landscaping aesthetic. It's ethereal and magical." The magic comes from eye-catching colors that attract hummingbirds and provide pollen for butterflies and honeybees. A garden is a healing place to relax and be whole again. Recent research conducted in both the US and UK shows that improving your property with blooming flower beds, bushes and fruit trees can lower stress and increase your sense of well-being during these trying times. But improving your property can also help you sell faster. According Diane Silverberg, who is a local realtor, "people from the city are coming in droves" to escape the pandemic. "It's all about curb appeal," she insists. "It's true. When a buyer pulls into your driveway and sees breathtaking flowers and green bushes, they are

inclined to make a purchase offer faster than usual if the property looks warm and welcoming. It's all about emotional healing. "Denise did fabulous work for a [real estate] client of mine," she explains. "And when the house sold, the buyers were enthralled by the landscaping. I recommend her to everyone." Diane Silverberg is herself a client of Seeds Design. "She does exceptional work. She has an amazing ability to combine and enhance the flowers. It's a gift.

She has an affinity to the earth – to what grows on it. She has an inner sense of where things belong on the land. She gets quiet and an inner voice tells her what to do -- and where it should be put." Ms. Silverberg believes Denise's interior design degree from FIT has influenced her talent. "She took her interior design training and transferred it to exterior design. She was born to be a landscaper." Seeds Design has been in
Continued on page 14



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Seeds Design from page 13
business for 14 years with Denise VandenShay maintaining all her original and loyal residential clients. Each year, as word spreads, she adds more. "I believe in long term gardening and in long-term relationships!"

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



Oblong Books & Music to Host Virtual Author Events on Zoom Beginning June 3!

Oblong Books & Music is pleased to announce that it will begin holding a series of virtual author events via Zoom starting in June. The format will be much the same as its popular live events with an author presentation or "in conversation" followed by Q&A. The vibe will be intimate and will offer audiences a wonderful opportunity to interact with authors and learn about new books in a book group-style atmosphere. In addition, these events enable Oblong Books to lend much-needed support to authors whose new books have been scheduled for release during the pandemic. Events are free but registration is required to join the group. Participants are encouraged to support the authors by purchasing signed books which are available

from Oblong's website. Free shipping or contactless curbside pick up options are available. Of course nothing beats gathering together to hear authors and talk about books, but it's the next best thing until we can do that again safely. In the meantime, we hope to see some familiar faces starting next week!

Wednesday, June 3, 7:00 p.m. Eastern Daylight Time (EDT) **Maggie Doherty (THE EQUIVALENTS)** in conversation with **Honor Moore,(OURREVOLUTION).** FREE via Zoom. Registration Required.

In 1960, Harvard's sister college, Radcliffe, announced the founding of an Institute for Independent Study, a "messy experiment" in women's education that offered paid fellowships to those with a Ph.D. or "the equivalent" in artistic achievement. Five of the women who received fellowships quickly formed deep bonds with one another that would inspire and sustain their most ambitious work. They called

themselves "the Equivalents." Honor Moore's OUR REVOLUTION follows Jenny Moore, a charismatic and brilliant woman whose life changed as she became engaged in the great twentieth-century movements for peace and social justice. Born into Boston society in 1923 and the first woman in her family to go to college, she set aside writing ambitions to marry but left her writings to her daughter after her death. A Q&A will follow.

For more information and to register: <https://bit.ly/2ZGrot0>
Thursday, June 11, 7:00 p.m. Eastern Daylight Time (EDT) **Danielle Trussoni** in conversation with **Carol Goodman** FREE via Zoom. Registration Required.

Author Danielle Trussoni will talk with Carol Goodman (2020 Mary Higgins Clark Award-winning author of THE NIGHT VISITORS and THE SEA OF LOST GIRLS) about her new

Continued on page 17

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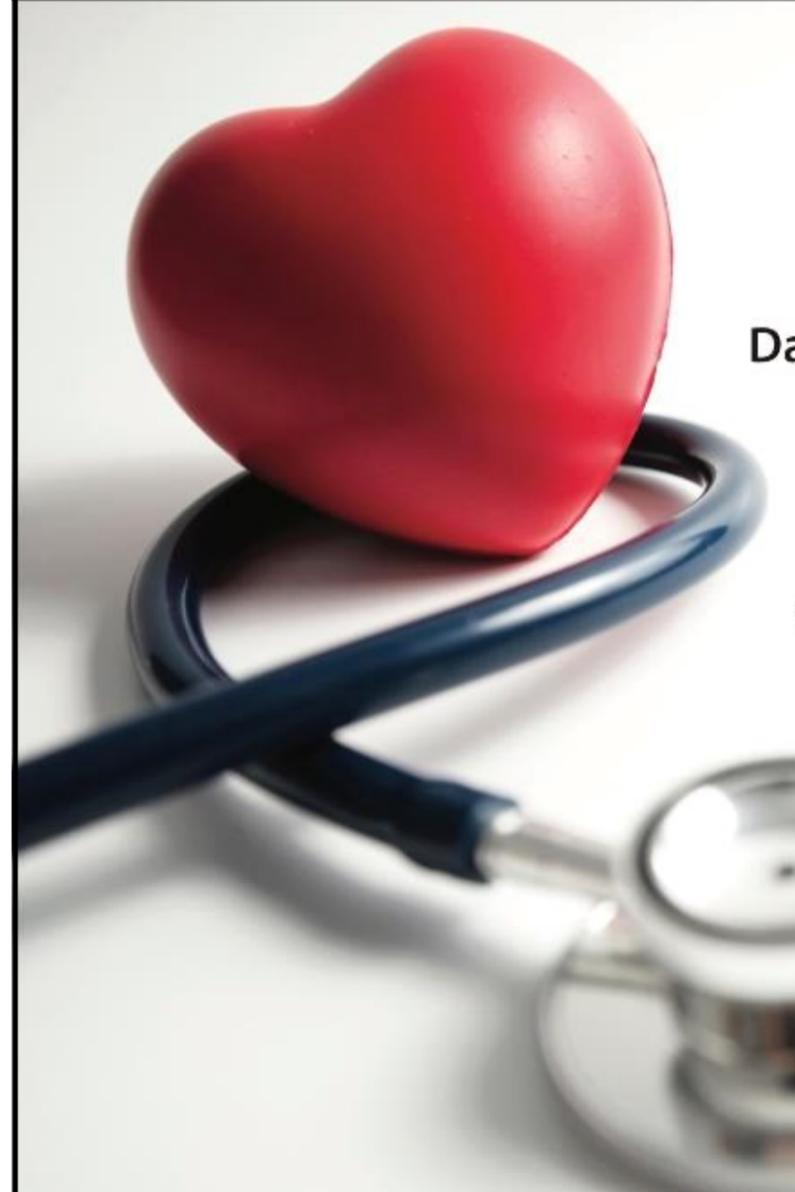
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Feline lower urinary tract disease on the rise during quarantine

By Dr. Christina Weckesser

As we find ourselves and our families under an incomprehensible amount of stress during the COVID-19 pandemic, we are also trying to find new routines in this “new normal” we’ve been living day to day. Well guess what? Our pets also feel our stress; they feed off of our energy and try to find their own new routine! Routine change is one of the biggest forms of stress for pets and although they may look happy and comfortable; three extra walks, pet parents being home 24/7 and a completely different feeding schedule might trigger a physiological stress response.

A study published in the Jan. 1, 2011, issue of the *Journal of the American Veterinary Medical Association*, conducted by Ohio State University, documented sickness behaviors in healthy

cats and in cats with feline lower urinary tract disease when their routines were disrupted. When the cats experienced what were called “unusual external events”, such as a change in feeding schedule or caretaker, the healthy cats were just as likely to exhibit sickness behaviors as were the chronically ill cats. The two groups had the same number of sickness behaviors in response to unusual events, and both groups had the same risk of acting sick when stressed.

Feline lower urinary tract disease (FLUTD) is a clinical syndrome involving multiple urinary symptoms in cats. Most common signs are straining to urinate, bloody urine, frequent attempts to urinate, excessive licking and crying out when trying to urinate; not to mention urinating outside the litter box. There are many causes of FLUTD such as bladder stones, urethral obstruction, urinary tract infection and feline idiopathic cystitis (FIC). FIC comprises most cases of inappropriate urinary behaviors

and it is considered a diagnosis of exclusion. This means there is no specific test to run, but it can be diagnosed after all other diseases causing the same symptoms have been ruled out.

Depending on the cause and severity, the treatment of FLUTD may range from a hospital stay with IV fluids and surgery to outpatient medication and pheromone treatment. It is important that any urinary symptoms in your cat be evaluated by a veterinarian. Urethral obstruction can be a life threatening, painful condition and could require life-saving surgical intervention.

Although stress related urinary disease is not well understood, there are a few things you can do to help limit the stress your cat might be experiencing. Consult with your veterinarian about the best diet for your cat. Many commercial diets are acceptable, but some urinary conditions respond better to specialized diets. Canned food may be preferred. Provide clean, fresh water at all times. Provide an adequate number of litter boxes (usually one more than the number of cats in the household) with the type of litter that the cats prefer. They should be kept in quiet, safe areas of the house, scooped twice daily and the litter changed weekly (or more often as needed). Minimize major changes in routine, if possible. Pheromone treatment can be a great way to help cats feel safe and comfortable in their environment. Feliway is a product that provides happy, comforting pheromones through a spray or diffuser that help the cat feel reassured in an otherwise uncertain environment.

In these uncertain times, stress has plagued our daily lives in so many different ways and could potentially affect our four-legged, furry friends. As we adapt to our new normal, help them adapt to theirs and know that their unconditional love for us will help us get through this together.

Covid-19 Keeping You Indoors? Can't or don't want to take your dog outside?

Try these indoor games.

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

While this article was originally written to give you some ideas for coping with cabin fever during the winter months, it seems worth repeating now when so many of us are self-quarantining due to the Covid-19 pandemic. All dogs need exercise, even when conditions limit our movement because of inclement weather or even when you just don't feel like going out. Try playing some of these games with your dog to keep him healthy and happy. In addition, playing with your dog, just like training him, enhances the bond you share and helps him keep his focus on you!

You can change these games depending on how your dog is best motivated: enthusiastic praise, belly rubs, or treats. If you do use treats, one way to keep your dog from gaining weight from too many snacks is to use some of his mealtime kibble to play the games. Think about healthy snacks like a piece of apple or a baby carrot. As with any activity, keep each session short and fun! It's better to end the game before your dog gets bored or overly excited.

WHERE'S THE TREAT?

Start with 3 or 4 paper or plastic cups (margarine tubs would work too). Show your dog that you have a treat or a favorite small toy. Put your dog in a SIT/STAY or DOWN/STAY a few feet away, then make sure he can see you as you place his prize under one of the cups. Then say WHERE'S

THE TREAT? and encourage him to smell the cups — give him lots of praise when he paws, sits beside, or barks next to the correct bucket, and then lift it up so he can claim his reward. In the beginning, you may have to help him understand the game by tapping or tipping the cup to give him a hint. You can increase the difficulty level by changing the placement of the cups after you hide the treat or pretend to put treats under multiple buckets.

NAME THAT TOY

Gather a group of toys that are noticeably different (for example, a stuffed duck, a rubber chew toy and a ball). Hold a toy up for your dog to sniff and see, get him excited, and toss it, saying WHERE'S YOUR DUCK? When he comes back with it, give him lots of

Continued on page 16

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Barkbusters from page 15
 praise, then do the same with the chew toy, then with the ball, etc. Repeat again and again, and again, and be consistent with your naming and be patient. Once he has mastered a few names, set out multiple toys and tell him which one to get.
FIND IT!

Put your dog in a SIT/STAY. Show your dog a toy or treat and put it on the floor so the dog can see it. Say FIND IT! Naturally, your dog will enthusiastically

(and hopefully easily) find the toy or treat. Over time make it a bit more difficult by moving it farther away or out of view, perhaps, behind a chair. Continue to vary treat placement or, for a real challenge, set up a roomful of hidden delights in advance. Watch your dog as he searches, and tap your foot and give an OOH or gasp to get him excited about the ones he missed.
CLEAN UP!

Teach your dog to CLEAN UP after playtime by picking up

his toys and putting them back in the toy box. Have your dog pick up a toy while you hold the toy box up to him. Tell him to DROP IT. When he does, give him lots of praise. Repeat with the next toy. Once he gets the idea, put the toy box on the floor and guide the dog over to it and say DROP IT. Keep it fun and simple, and use the same words each time for every command.
COME WHEN CALLED

Call your dog to COME, put him in a SIT/STAY, and then move

away from him. After a short time, call him to COME again, and repeat. Try to increase the distance you move away and the length of time you wait before calling your dog to you. This game is great for dogs with attention-seeking behaviors, as it teaches them to wait for your commands.

CIRCUS CLOWN

If your dog likes to jump, you can burn off a lot of his energy by teaching him to jump over and through things. Start with your dog on a leash. Place a pole or stick just barely off the ground, and have your dog walk over it. As you raise it each time, you will need to move him back and let him get a running start. Give him lots of praise every time he jumps over. Once he masters the pole, try a Hula-Hoop!

HIDE & SEEK

This old standby is still loads of fun for you and your dog. Have your dog STAY in one room. Go into another room and hide. Call your dog. Try not to give away your location by laughing! Kids love to play this game with the family dog.

Remember that:

- dogs use about the same amount of energy when they are challenged mentally as physically! Treat-rewarding puzzles, such as Bark Busters Game Changer (available from your local Bark

Busters trainer or through Amazon.com) require your dog to work for his treats.

- mental stimulation creates an outlet for your dog's energy when he's cooped up and also gives him a way to entertain himself.
- basic obedience is the foundation for having fun with your dog. Games and tricks should be a fun and rewarding bonding experience, not a stressful time, for you and your dog.
- Clarity and consistency are the keys to educating your dog. Being clear and consistent will help your dog understand and repetition will help him know what to expect which will make it all more fun for you and him. And the results?

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Continued on page 17

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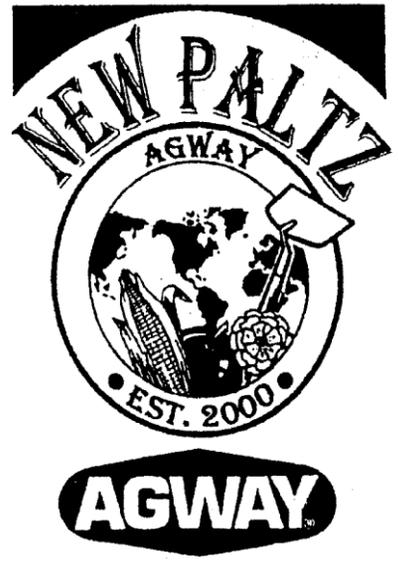
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Barkbusters from page 16

the dog already instinctively understands, you build a relationship with the dog based on trust, respect and bonding.

Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. She has done business in the mid-Hudson Valley for the past 14 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/>

Curbside Service Starts at Red Hook Public Library

Library patrons may begin ordering materials via an online form or by talking to staff members on the phone. All staff have been trained in the safe handling of materials, using PPE, and the importance of maintaining social distance. Items available will include books, magazines, CDs, and DVDs. Patrons will also have the option for staff to select materials for them based on their interests. Pickup will be contactless. The library is gradually moving towards restoration of its regular level of service. Each phase will bring new challenges and additional procedures to keep staff and patrons safe. More information is available on the library's website. **ADDITIONAL INFORMATION** Red Hook Public Library has been serving the community

of Red Hook and its need for lifelong learning since 1898. It has been designated a five-star library by *Library Journal* each year since 2013. The library was chosen as a finalist for the Best Small Library in America award, given by *Library Journal* and the Bill and Melinda Gates Foundation, in 2015. **FOR MORE INFORMATION:** Call the Red Hook Public Library, 845-758-3241, email director@redhooklibrary.org, or visit www.redhooklibrary.org.

Oblong Books from page 14

novel *THE ANCESTOR* - a bewitching Gothic novel of suspense that plunges readers into a world of dark family secrets, the mysteries of human genetics, and the burden of family inheritance. A Q&A will follow. **For more information and to register:** <https://bit.ly/2XA0Gjh> **Tuesday, June 16, 7:00 p.m.** Eastern Daylight Time (EDT) **Scott Spencer in conversation with Oblong's Dick Hermans Virtual Book Launch for AN OCEAN WITHOUT A SHORE** **FREE** via **Zoom.** **Registration Required** Scott Spencer, bestselling, critically acclaimed author of *Endless Love* and *Man in the Woods*, will talk with Dick Hermans about his new novel *An Ocean Without a Shore* - a beautifully rendered exploration

of that most timeless of human dilemmas: the one in which your love is left unreturned. **For more information and to register:** <https://bit.ly/2ASONcZ> **Thursday, June 18, 7:00 p.m.** Eastern Daylight Time (EDT) **Sharon Charde in conversation with Martha Toll I AM NOT A JUVENILE DELINQUENT:** **How Poetry Changed a Group of At-Risk Young Women** **FREE** via **Zoom.** **Registration Required.**

Compelling, appealing, poignant, and often hilarious, poet Sharon Charde's *I Am Not a Juvenile Delinquent* - winner of the PASS award from the National Council on Crime And Delinquency - chronicles the passion that grew for pushing voices out into the world. As Sharon and the girls share their losses through weekly writing, they came to realize their unlimited potential and poetic talents. **For more information and to register:** <https://bit.ly/3c2vMpe>



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Launching the OLANA EYE Skycam Frederic Church's Iconic View Now Accessible Around the World

On the occasion of Frederic Church's 194th birthday, Olana has launched the OLANA EYE, a live skycam from the artist's Studio Tower to share the iconic view of the Hudson River and Catskill Mountains, a view that Church painted in the 19th century and that today inspires artists and visitors to Olana State Historic Site. For the first time, this sublime view is now available online to audiences around the world at all times and in all seasons. Olana's famous Hudson Valley view is known for its dramatic atmospheric effects, including spectacular sunrise and sunset colors, which change throughout the year.

Olana's Main House and Studio command unparalleled views down the Hudson River and across the Catskills. In 1869, Frederic Church referred to Olana as "the center of the world". The composed views from Olana convey an American identity tied to ideas of wilderness and scenic beauty. Olana connects visually to the iconic landscape where a distinctly American art movement was created and continues to be celebrated. David Huntington, the visionary art historian who led the charge to save Olana from destruction in the 1960s, wrote: "Olana is the monument of Emerson's, Thoreau's, and Whitman's America."

The OLANA EYE skycam continuously captures Olana's atmospheric and climactic effects, which can be seen for miles across the Hudson River Valley into the Catskill Mountains. Seasonal and sometimes surprising weather patterns, fog and flamboyant sunsets often contribute to the experience of being at Olana. "We are having splendid Meteoric displays," Frederic Church wrote in 1870. "Magnificent sunsets and Auroras - red, green, yellow, and blue - and such - in profusion I have actually been drawn away from my usual steady devotion to the new house to sketch some of the fine things hung in the sky." In 1871, Church wrote to fellow artist Martin Johnson Heade, "I make a study from my studio window of a sunset or twilight nearly every day." Frederic Church was able to see art in the drama of nature. On canvas and in the creation of Olana's 250-acre landscape, Church was able to translate nature into an immersive art form.

The Hudson Valley was the birthplace of the Hudson River School movement that was founded by Thomas Cole, Frederic Church's friend and teacher, whose home is just across the Hudson River and is today connected by the Hudson River Skywalk pedestrian route (HudsonRiverSkywalk.org). Beginning in 1860, Frederic Church carefully composed and designed Olana's 250 acres over several decades, with an artist's eye to his property's borrowed view of neighboring hills and valleys, the Hudson River, and distant mountain ranges. The views beyond Olana -- its viewshed -- remain an essential part of Church's original

composition. Over the last four decades, The Olana Partnership has collaborated with regional preservation organizations, governmental divisions and private landowners to protect the most important views from Olana.

"With the launch of the OLANA EYE skycam, the whole world can share in Olana's spectacular, ever-changing views, every day and in real time, and feel themselves immersed in Frederic Church's vision," said Sean Sawyer, Washburn and Susan Oberwager President of The Olana Partnership. "Olana's views are the reason America's most celebrated artist built his home and studio here, and the viewshed is vital to Olana's integrity as a complete work of art."

"Frederic Church built OLANA as an earthwork and observatory, a vantage-point high on a hill where he could witness the weather patterns and atmospheric changes as they

move through the Hudson Valley over the expansive landscape of river, mountains and sky," said Amy Hausmann, Director of the Olana State Historic Site. "We at New York State Parks, along with our friends at The Olana Partnership, are honored to preserve and protect the vision and legacy of Frederic Church. And today, we are particularly excited to launch the OLANA EYE skycam so that people all over the world can experience the spectacular views at Olana."

The OLANA EYE can be accessed at OLANA.org/OLANAEEYE. We invite everyone to visit OLANA.org and to be captivated by the view which inspired Frederic Church. If you are interested in becoming a business sponsor of the OLANA EYE, please contact Margot Isaacs, Membership and Volunteer Coordinator at The Olana Partnership, at [518-751-6857](tel:518-751-6857).



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A Message from Morton COVID-19 Edition

At this time we will be remaining closed with all in person programs postponed until further notice. Hi everyone. I wish that I had news to share or ideas that didn't sound rote. At the moment, there is no information on when we may open the library. And when we do, it won't be the way it was when we closed back in mid-March. There won't be in-person programs for quite some time, or browsing, or hanging out side by side. BUT, we will still be here for you and we are busy

planning for what our re-opening will look like. So while the building may appear quiet, much is taking place. Our first concern is the safety of our patrons and our staff, so we want to continue to offer services, just in different manners. Please keep in touch via our social media sites: [Instagram](#) and [Facebook](#), where we try to share new ideas daily. We also post on our website and at the Rhinecliff Post Office. Let us know if there is anything that we can be doing for you to help out or if you can think of anything that we can do together to make this experience as positive as possible. Morton

remains fine free during our closure. You are welcome to put borrowed items in the book drop. We are checking the phones daily and electronically all day long, so feel free to contact us. Let us know if there is some amazing online tool that we should be sharing, or just something funny to give us a laugh or a smile. **This just in, we will be holding our 'contactless' shredding day on Saturday, June 20th from 10:00 am - 12:00 pm, details to follow shortly!!** Contact us either electronically: [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) or by phone: 845-876-2903. Thank you, stay safe, and take care of each other.



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RHINEBECK VILLAGE C1960s TWO-STORY



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A FABULOUS HEATED IG POOL,



stone patios, & superb privacy make this 2710 SF Rhinebeck Contemporary the perfect summer retreat. Brick FPL, AC, first floor MBR suite, open great room, huge deck, 2.58 acres that backs up to protected lands. **\$489,900.**

RHINEBECK VILLAGE



is THE place to live. This 2479 SF, 4 BR, 3 bath Cape has first floor living for the owners, guest BRs & bath up, plus a legal 1 BR apt for income for family. Oak floors, FPL, AC, great K, studio den, plus a private, level yard. Walk to schools & parks. **\$479,000.**

THIS RENOVATED ONE STORY



has vaulted ceilings in every room, sky lights, a fabulous custom K, built-ins, a stone FPL, tiled bath, + a separate studio w/vaulted ceilings & its own half bath, + 8.76 absolutely private & gorgeous acres w/huge trees. Rhinebeck address. WOW! **\$399,900.**

BUILT HIGH



w/dramatic Catskill views, this 3 BR, 3 bath Red Hook Contemporary has 3866 SF, open spaces for entertaining, wood floors, a 15x32 MBR suite, office, DR, great K, studio, plus 850 SF of decking for outdoor living, 3.86 private acres. Just stunning! **\$689,000.**

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Rhinebeck 97 Acre Farm



Located minutes from the Rhinebeck Village is this 97 Acre farm with a Classic Colonial Farm House, 2 barns one with electric and a meandering stream. Asking **\$1,295,000**

Bowling Alley



Located in the Town of Red Hook in high traffic corridor of the Kingston/Rhinecliff bridge close to BARD Collage is this 20 lane, 18000sf bowling alley constructed of 12 inch block & steel trusses that offers 20 lanes, arcade, miniature golf course, lunch counter w/liquor license & has parking for 100+ cars. Asking **\$2,195,000.**

Rhinebeck Village



Turn of the Century Colonial located in the heart of the Rhinebeck Village on one of it's most sought-after streets. This home is currently being used as a 2 family w/an apartment on the 1st floor and another on the 2nd and could easily be converted back to it's original single family floor plan. **Reduced to \$399,000.**

Rhinebeck - 3 BR Colonial



Located just a stone's throw from the Historic Rhinebeck Village is this warm, 3 BR, 2.5 bath, 1910sq.ft. Colonial with detached garage and stream. Asking **\$299,000.**

Red Hook 3 Acre BOHA Lot



with septic fields in place for a 3 BR house with 4 BR being an option with added lateral. The driveway base is in place and the house site is cleared and offers seasonal Catskill Mountain views. **\$125,000.**

ONE STORY LIVING



is easy & comfortable at this 3 BR, 2.5 bath updated home in Red Hook w/a granite K w/a walk in pantry, separate breakfast room & DR, a 20 ft LR w/a FPL, MBR suite, oak floors, CA, + there's a private, level yard. Close to schools & the Village. **\$389,000**

11+ ACRES



w/meadows, woodlands, & pond frontage creates a very quiet, totally private, & beautiful one of a kind setting for this 2270, 3 BR, 2 bath one story. Here there's a large LR & separate FR, sky lit K, DR, MBR suite, oak floors, a 50 ft deck, & an oversized garage. **\$439,000.**

HERE ESTATE LIKE GROUNDS,



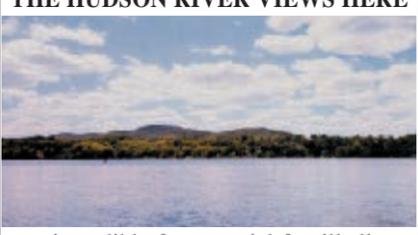
2.2 acres in all, are very special w/huge 100 year old trees, stone walls & level lawns & create the perfect setting for this Vintage Rhinebeck V colonial. Inside, there are 5 BRs, 4 baths, 3952 SF, a granite K, & lovely MBR suite. **\$1,097,500**

NOW IS THE TIME



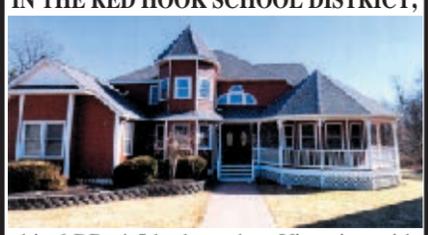
to move to this incredible Rhinebeck retreat set back on 30 completely private acres. Walk to Amtrak, dine in the Village, relax on the banks of the Hudson. This 6 BR, 6.5 bath masterpiece has CA, 4 FPLs, a huge saltwater pool & a guest house. So special! **\$1,495,000.**

THE HUDSON RIVER VIEWS HERE



are incredible & so special & will allow you to create your own special Shangri-La back on these 12.98 acres. Imagine river views from every room, relaxing on a stone patio watching the boats, observing the birds & wildlife. **\$838,000.**

IN THE RED HOOK SCHOOL DISTRICT,



this 6 BR, 4.5 bath modern Victorian with 4700 SF has wonderful spaces for your family, friends & guests. There's the MBR suite, a guest suite, a chef's K, vaulted ceilings, wonderful light, + a 3 car garage w/a 40 ft. loft! **\$765,000.**

32.55 ACRES



provides trails, privacy, & views of a waterfall at this 4 BR, 2 bath expanded 1800s colonial. Here are WB floors, an original fireplace, & wonderful moldings. Modern touches too w/walls of glass a granite K, & huge stone patios. Workshop & huge garage w/loft. **\$599,900.**

SPEND THE SUMMER



lakeside at this wonderful country home. Swim, fish, boat, relax on the dock just steps away. You will love the 3 rm MBR suite w/treetop views, the LR w/FPL, the huge EIK, DR, den, + a huge screened porch where you can entertain. **\$399,000.**

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Rhinecliff
RESTORED CARPENTERS GOTHIC. RESTORED BY AREA'S MASTER CRAFTSMAN THIS IS A ONE OF A KIND HOME, HAND CRAFTED WORKMANSHIP THROUGHOUT. Home offers 2 BRs, 2 baths, extensive wood work, additionally an unattached garage w/gorgeous studio/office/guest quarters. Property has HUDSON RIVER VIEWS. Walking distance to train. Offered at **\$749,000**. Quiet area of the hamlet.



A wonderful quality built 5 BR, 4 bath cape on **32 park-like acres**. A true nature lovers paradise yet close to both villages, Bard College & the Taconic Pkwy. Also 5 mins to the Kingston Bridge. Spectacular Cypress wood flrs, top quality cabinets w/granite counters. Updated appliances & 2 MBRs both w/baths + 3 addl BRs on the 2nd floor. A must see home. **\$799,900**



Rhinebeck
NEW CONSTRUCTION - 4 BR, 3 bath, 4500 ft Cape on 20 private acres. Top quality construction with all the best finishes: wood floors, tile baths, top quality cabinets with granite counters. Large porch on front and 2 car oversized garage. Nestled in the woods within walking distance to village and schools. Privacy plus. Offered at **\$1,150,000**. We have plans in our office.



First time to market in 60 years a charming Victorian farm house. 1890's in wonderful condition with outstanding wood work and most of the original detail has been retained. Situated on 37+ acres that is all cleared and drained in a hay crop. 3 large barn structures, great for a mini farm or animals, organics, etc. This is one part of a larger package, all are listed in this MLS. A wonderful location 10 minutes to Red Hook. 10 minutes to Bard College. County 6 is a picturesque road in the heart of farm country. **\$695,000**.



1 HOOK RD, RHINEBECK
A wonderful 9600 foot industrial building. There is no nicer industrial building available in Northern Dutchess County. Approximately 1800 ft of office, remainder industrial space. Concrete floors that can handle fork lifts, high ceilings 3 phase power, 2 loading docks and tractor trailer turn around. Clean site, easy to find, 6 miles to NY Thruway, 1 mile to bridge. 9600 sf total, largest building for sale in Northern Dutchess. **\$995,000**



COUNTY ROAD 19, LIVINGSTON
Green Pastures Farm, 196 acres, privacy plus about 80 acres is cleared and in agriculture. Stream goes through property and there is a nice pond also. Soil is sand and gravel. Soil is well drained, great for crops or animals. Property is subdividable and in a nice quiet area, yet only 10 minutes or so from town. This is a gem of a property and it is getting hard to find this large a parcel in one piece. Call Tom for a look. The Western portion has wonderful CATSKILL VIEWS. **\$1,799,000**

I HAVE SEVERAL 1 ROOM COMMERCIAL OFFICE AND MANY OTHERS UP TO 1900 SQ FT - RHINEBECK & RED HOOK. CALL TOM FOR DETAILS



This is an unfinished duplicate of #44, the house is erected, sided and windows installed, all framed, garage doors installed - driveway, septic tank and fill pad installed. House is back filled and rough graded, the basement entry is installed. The well is drilled, inground propane tank installed and decks are built. **\$875,000**.



WILLIAMS ROAD, RED HOOK
Beautiful 23 acre wooded parcel. Located on one of Red Hooks most quiet and scenic roads. Nice forest and ample road frontage. It is in 2 parcels, both are included in sale. **\$250,000**. Call Tom.



Spectacular property. 97+ acres mostly cleared and in hay. Has panoramic Catskill VIEWS, is sub dividable and in RED HOOK SCHOOLS! Development rites are included in the sale. No nicer land parcel available today. Has 3 premium house sites with world class Catskill views. A must see property. **\$695,000**.



RT 9G, RED HOOK
Private 9 acre lot, Red Hook Schools. BOHA, sale includes it. Long drive going in estate like feel. Lot offers great privacy and close proximity to villages, bridge and Bard College. **\$79,000**.

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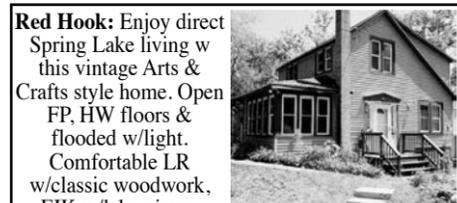
Commercial Space: Red Hook: Modern building which was renovated in 2015, is currently a health club & located in the B2 area of Red Hook which provides many permitted uses. Location is ideal, nearby to the center of Red Hook village yet privately set on 1.5 acre. Handicap accessible w two entrances, ample parking, a lot of great lawn space & flowering trees. **\$399,000**



Rhinebeck: Revel in luxury while enjoying life on this Mini Estate located right on the edge of Rhinebeck Village. Stone walls, large bucolic trees & 3+ acres of flat usable land make this property very special. No expense was spared while building this magnificent custom home - grand oversized rooms, custom antique 6 panel doors & exquisite woodwork are featured throughout. 10 ft ceilings & oversized windows introduce light & space. Sleeping quarters boast 5 Guest BRs PLUS a luxurious MBR Suite w/sitting room, FPL & a relaxing teak sauna. The sunroom w/FP is the perfect space for holiday gatherings. Walk up cedar attic is perfect for office, studio or seasonal storage. Enjoy a swim in the pool or enjoy cocktails on the flagstone patio under the pergola. The barn is perfect for the artist or collector! The sweet stone building is currently housing pool equipment but use your imagination to make it into whatever suits you! Nothing else compares to this property... a real gem in a prime location! **\$1,695,000**



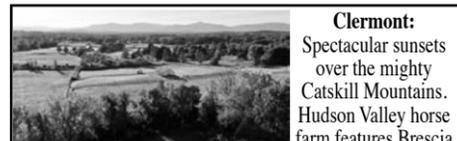
Livingston: Picture spending long summer days at the lake! This sweet & cozy chalet has been lovingly maintained & updated within the past few years. Open concept includes eat in KIT w/pretty bay window & comfortable LR. Spacious office & FB on first floor. Second floor includes good sized guest BR, 1/2 bath & MBR w/sweet balcony where you can sit and enjoy your morning coffee & paper. Spend the days fishing at the lake & then head back for a summer BBQ on the deck. The yard has plenty of room for both a garden & play. New roof, hot water heater & electric. Perfect weekend getaway or full-time living. **\$224,900**



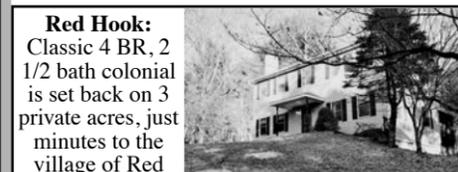
Red Hook: Enjoy direct Spring Lake living w this vintage Arts & Crafts style home. Open FP, HW floors & flooded w/light. Comfortable LR w/classic woodwork. EIK w/lake views, laundry room w/pantry & updated full bath. 3 season porch w/wood stove can easily be converted to full time living space. 3 BR's & den on upper level w additional water view from Master. Great back yard rolls right up to private waterfront. One car garage plus storage shed for your tools & toys. This is the perfect weekend or full-time home. 5 minutes to village of Red Hook. **\$249,900**



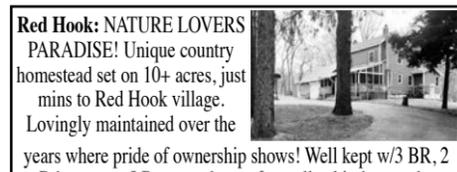
Germantown: Immaculate one level home w/1 BR Guest Apt in bsmt w/private entrance. Open floor plan w/Kit, DR, LR & FR all flowing into each other. Master Suite is separate from other BR's w private bath & WIC. 2 gracious guest BR's w FB. Massive 20x30 deck looks over the spring fed pond & beautiful vistas of country side. The land is abundant w lilacs & embraced by stone walls. 5+ acres of green space may accommodate a horse. 5 minutes to Hudson River for boating & Germantown Center. 10 minutes to Hudson for shopping, dining & train. 15 Minutes to Bard & Red Hook. 90 mins to NYC. **\$425,000**



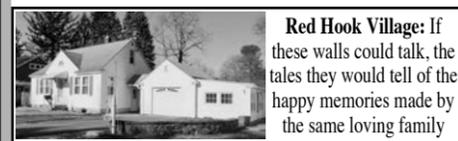
Clermont: Spectacular sunsets over the mighty Catskill Mountains. Hudson Valley horse farm features Brescia barn w/6 stalls, 4 matted w one padded foaling stall, a tack room w bath & bath stall. 1 BR apt. w/lovely maple floors & Joule wood stove in LR, Country Kit, full tiled bath & bonus room on the second story. Each of the 4 paddocks has it's own water supply & electric. There are two run-in sheds, 2 acres of Dog Watch fencing PLUS the most gorgeous building site set in the back. Excellent opportunity to live in apartment while you build your castle. This is a very special property lending itself to many possibilities. Almost 15 open acres w/a view from every angle bordering conservatory property. **\$525,000**



Red Hook: Classic 4 BR, 2 1/2 bath colonial is set back on 3 private acres, just minutes to the village of Red Hook. Large formal rooms are flooded w/light affording great space for those who like to entertain or appreciate having space to roam. The lovely screened porch is a serene place to sit & watch nature. Gleaming wide board floors run through the house & are in great condition. The finished lower level is perfect for a game of pool, ping pong or just a home office. Owner is ready to sell & looking for the next owner to make it their own! **\$385,000**



Red Hook: NATURE LOVERS PARADISE! Unique country homestead set on 10+ acres, just mins to Red Hook village. Lovingly maintained over the years where pride of ownership shows! Well kept w/3 BR, 2 Bths, a cozy LR w woodstove & a galley kit that can be expanded. Relax w a good read on the lovely screened porch! Convenient laundry/mud room is on the main floor. Original hw floors are under the carpet. Venture outside for some gardening, to feed the chickens or play a game of soccer. Plenty of ATV fun to be had on your nature retreat of woods & trails. Spy on the blue heron as he fishes in the wetlands next door. The hobbyist will find the outbuildings useful & the basement is set up for woodworking. The generator hook up is very convenient! So many possibilities here! **\$389,900**



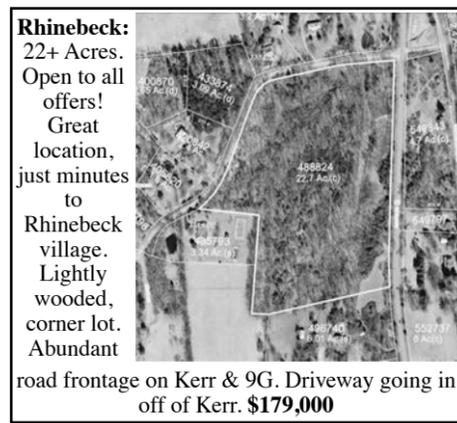
Red Hook Village: If these walls could talk, the tales they would tell of the happy memories made by the same loving family that cherished this home for 80+ years. Spacious LR/DR w sparkling HW floors & built in china cabinet. You can imagine the smell of apple pie baking in the vintage Betty Crocker KIT & dream sweetly in the two gracious BR's w nooks & crannies. Lovely Sun Room to enjoy warm summers days after a swim in the pool w/Cabana. One car att GAR plus two car det GAR, great for studio space or those who love to tinker. The back yard is fenced for privacy & perfect for ball games. Well sought after village location off quiet street & a short stroll to schools, cafes, churches, library and public transportation. Come fill w/love again. **\$319,000**



Tivoli: Diamond In The Rough best describes this jewel located within walking distance to the center of the Village Of Tivoli. Enjoyed by same family for over 25 years this home has been well loved. Vintage details include hardwood floors, beautiful brick hearth & exposed beams. Rare setting w over 3 acres that roll down to private stream frontage. Huge GAR w heat & electric plus 12 foot ceilings ideal for hobbyist or car buff. Excellent Opportunity to create your own vision here in the great Hudson Valley! **\$325,000**



Milan: Handyman special. 7+ acres of rural countryside with mature trees and pastures. Cape style - 3 BR, 2 BTH, LR w/cathedral ceiling, masonry fireplace and exposed beams. Amazing details. Good bones and well worth the investment. Privately set with abundant wildlife just a few miles to the TSP. Asking **\$189,000**



Rhinebeck: 22+ Acres. Open to all offers! Great location, just minutes to Rhinebeck village. Lightly wooded, corner lot. Abundant road frontage on Kerr & 9G. Driveway going in off of Kerr. **\$179,000**

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