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Vol. IX Number 4 - Serving Northern Dutchess & Southern Columbia County June 2024

Postal Customer

IRON HORSE IN HUDSON A GREAT PLACE TO ENJOY CIGAR CULTURE

By Amy Byrne

Camaraderie, celebration, pleasure...there are almost as many reasons why cigar aficionados enjoy a good smoke as there are varieties of the product itself.

For the past decade, Iron Horse Cigar



Proprietor, Roy Brown

Depot, located at 93 Ten Broeck Ave in Hudson, has served as a mecca for those who enjoy not just a great smoke, but a vibrant and friendly community of local cigar enthusiasts. Proprietor Roy Brown has created a comfortable meet-up lounge offering some of the world's finest cigars, and he has also been active in making sure New York remains competitive with neighboring states in promoting cigar culture.

That culture combines long tradition with new current trends, and Iron Horse has served as a regional focal point for all of that.

That trend will continue this

spring and summer, as Iron Horse has some great events planned, including a 10-year anniversary celebration in July.

The celebration will bring people together for the smoky flavors of barbecue and fine cigars and contribute to a great cause at the same time.

The Tastes, Traditions and Social Experience of Cigar Culture

While the growing and recreational use of tobacco dates to 2500 B.C. in the Americas, the evolution of the cigar resulted from a mix of European and indigenous influences.

Continued on page 2

Spencertown Academy Presents Mary Gauthier with Special Guest Jaimee Harris

September 26

Spencertown Academy Roots & Shoots Concerts Series presents Grammy-nominated folk singer-songwriter and author Mary Gauthier with special guest Jaimee Harris on Thursday, September 26 at 7:30 pm at the Academy's Blanche Grubin Auditorium. General admission tickets (\$30 public, \$25 Academy members) are available via www.spencertownacademy.org.

"I've been a fan of Mary's moving and eloquently crafted songs for a very long time," says Wayne Greene, who co-chairs the Academy Music Committee with Michele Quigley. "It's truly a thrill to host her and her partner Jaimee, who is a remarkable singer-songwriter in her own right, in our intimate



Mary Gauthier

Photo Credit:Alexa Kinigopoulos

venue here in Spencertown."

Gauthier's discography includes a dozen studio albums and her songs have been covered by artists ranging from Tim McGraw, Blake Shelton, and Kathy Mattea to Boy George, Jimmy Buffett, and Bettye Lavette. Her songs often deal with marginalization, informed by her experience of adoption, addiction and recovery, and growing up gay in the deep south. Although rarely in the pop/mainstream spotlight, throughout her career, Gauthier has won widespread acclaim and awards from the Americana Music Association, International Folk Music Awards, the Independent Music Awards, the GLAMA Awards, and the UK Americana Association. Gauthier's memoir about the art of songwriting, "Saved by a Song" was published by St. Martin's Press in 2021. She is a regular on the Grand Ole Opry, and currently resides in Nashville, Tennessee. Her new album, "Dark Enough to See the Stars,"

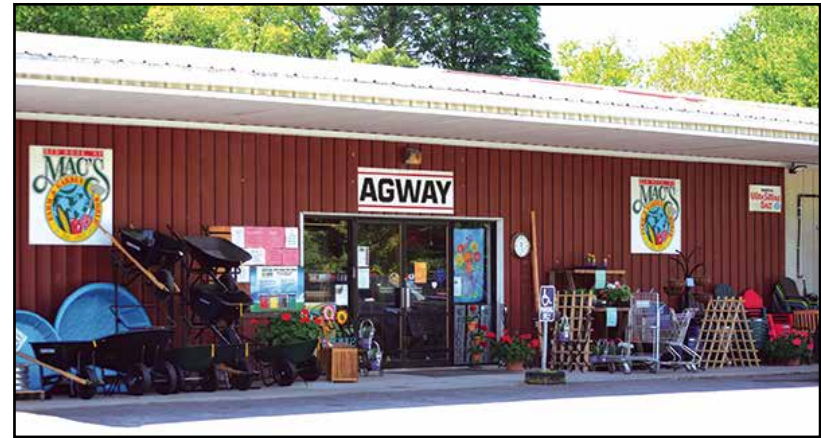
Continued on page 3

New York State Parks, Recreation and Historic Preservation Announces Free Concert Series, Twilight Music in the Parks Walkway Over the Hudson State Historic Park Tuesday and Thursday nights, 6-7pm Ulster Welcome Center Performances from Local Hudson Valley Musicians

New York State Parks, Recreation and Historic Preservation is pleased to announce its outdoor summer concert series, Twilight Music in the Parks, at Walkway Over the Hudson State Historic Park, on Tuesday and Thursday nights from 6:00 - 7:00pm, now through August 30. The free concerts will be held on the Highland (Ulster) side at the Ulster Welcome Center. Hudson Valley musician Vito Petrocitto will be performing each Tuesday from May 28 through July 9, with other musical guest to follow. On Thursday nights, the Hudson Valley Folk Guild will perform with a variety of local folk musicians. Bring a chair and enjoy the sounds of music from local singer-songwriters, multi-instrumentalists, soloists, and bands at the Walkway this summer. Featuring local musicians from the Hudson Valley, Twilight Music in the Parks outdoor concerts are free and open to the public. People are invited to come enjoy the great outdoors, and experience all NY State Parks have to offer. Concerts are weather permitting. In case of inclement weather please check for updates on the Walkway's Facebook page or visit <http://www.parks.ny.gov/> The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which saw a record 84 million visits in 2023. For more information on any of these recreation areas, visit parks.ny.gov, download the free NY State Parks Explorer app or call 518.474.0456. Join us in celebrating our Centennial throughout 2024, and connect with us on Facebook, Instagram, X (formerly Twitter), and the OPRHP Blog.



MAC'S FARM AND GARDEN WORLD IN RED HOOK... ALL YOUR COUNTRY-LIVING NEEDS AND SUPPLIES



By Lisa Dudley

Mac's Farm and Garden World in Red Hook, sometimes called Mac's Agway, is a charming journey into what is possible for your life, your home and your property in the Hudson Valley. Centrally located at 68 Firehouse Lane in Red Hook, it's an interesting location in an historical area where there once was a railroad station that served the chocolate factory -- originally built in 1888 by Baker Chocolates.

Mac's Farm and Garden World is a vivid companion to the avenues of blooming trees, shrubbery and vibrant flowers lining the

nearby roads. A delightful visit to Mac's Farm and Garden World is to experience a true Red Hook reason to live and thrive here in the Hudson Valley. With easy parking it's a magical shopping experience in country living.

Owner Edwin (Win) Faber has lived in the Rhinebeck/Red Hook region his whole life. Serving as a volunteer firefighter in Rhinebeck and then Red Hook, Win supports schools and little league and is a true believer in shopping locally. "50% of all money spent locally stays local" he explains, "compared with only 10% when

Continued on page 12

Free Guided Landscape Walks of Historic Estate at Staatsburgh State Historic Site



This summer, Staatsburgh State Historic Site is offering free guided landscape walks on the Gilded Age estate's beautiful grounds overlooking the Hudson River. The program, entitled "What You See... and What You Don't See," shows how Staatsburgh's landscape architect designed a glorious setting that showcased the good life in the Gilded Age, while deliberately using landscape elements to hide the technology and labor that made a turn-of-the-century estate run. Using historic photos of the grounds, the tour will reveal what visitors would have seen at the turn of the 20th century, but also step behind the curtain to show what was hidden from them.

The free program tour will be offered on Saturdays, June 8, 15 & 29 at 10:00 a.m. Advanced reservations are required: www.Bookeo.com/StaatsburghSHS "On this guided walk, you'll be able to imagine what it would be like to be a guest of Ruth Livingston Mills at one of her very

exclusive parties at Staatsburgh," says site educator, Don Fraser: "On a beautiful afternoon, you might stroll along the Hudson, or sail the river on the Mills' yacht, or take a carriage drive. The grounds would present you with stunning vistas and lovely gardens; but tucked out of view, the estate staff would be shoveling coal, laundering piles of clothes and linens, or tending to animals, and all that would be invisible to you."

Continued on page 3

THE HUDSON RIVER VIEW ONLINE!

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

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

ACCORDING TO QUACKERS



General Father's Day Trivia Quiz

1. During what month is Father's Day celebrated in America?
June.
2. Who founded Father's Day in 1910?
Sonora Smart Dodd.

3. Which flower is traditionally worn to church on Father's Day?
Roses.
4. In which US state was Father's Day founded?
Washington.
5. What is the average age for a first-time dad in America?
Thirty years old.
6. How many Mother's Days were there before Father's Day was introduced?
Fifty-eight.
7. What percentage of first-time dads in America are over the age of 40? 9%, 18%, or 27%?
9%.
8. The oldest first-time father is thought to be Ramjit Raghav who had a child in 2010 at the age of ninety-six. Which country was he from?
India.
9. Which day of the week is Father's Day celebrated in America?
Sunday.
10. Who released the song 'My Father's Eyes' in 1992?
Eric Clapton.

Iron Horse in Hudson from page 1

The earliest European explorers found that Cuban Indians smoked a primitive form of cigar made with twisted, dry tobacco rolled in leaves. Spain and Portugal in the 17th century were the first places to produce cigars in the form they are known today, using Cuban tobacco. Though Cuba and cigars still hold an indisputable reputation for their quality and unique attributes, Roy knows from first-hand experience that cigar-making has flourished in other regions in the modern era. "Right now, in Nicaragua, the Esteli Valley is producing some of the best higher-end cigars," says Roy, who has traveled to cigar-making regions to evaluate products he features at the Iron Horse. "The Dominican Republic also does a great job with cigars. It's all Cuban seed tobacco... when folks left Cuba back in the Castro days, growers took their Cuban seeds and went to the Dominican Republic, Nicaragua, and other countries, and started growing their own varieties of tobacco. So, there are lots of good cigars coming out of Honduras, Nicaragua, the Dominican Republic, and even Mexico... there are some Mexican San Andreas leaves that are very

popular wrappers for cigars." Roy says enjoying cigars can be compared to enjoying a variety of things, like fine wine or craft beer. There are differences that result from soils and climates, as well as types of tobacco leaf, and even parts of the plant that impart nuances of flavor. "It depends on your palette--when you're drinking a glass of wine or beer, you experience certain citrusy flavor notes, whether dry, mellow, strong, or sweet. You get all those same things from a cigar. It's an all-natural leaf, artisan tobacco leaves, no flavor additives. I mean, don't get me wrong, there are some cigars with different added flavors. But typically, most cigars are all natural with no flavor additives." Cigars from those regions and more can be found at the Iron Horse Cigar Depot. As for how they're best enjoyed, this too is something

rooted in history and social traditions, though cigar culture has also had some updates due to its growing popularity over the last decade among rap artists, internet influencers, commentators, and others. For many, cigars are best enjoyed as part of a relaxing social experience, and the Iron Horse has a comfortable smoking lounge just for that purpose. "Most people sit and relax for a couple of hours, smoking their cigar, watching sports on our big screen TV, or playing dominoes. It's all about the experience of slowing down life for a few hours and talking to other like-minded folks to help solve the world's problems!" That jest aside, Roy emphasizes that politics and religion are not topics particularly encouraged as relaxing subjects in the lounge. He says that during his time

Continued on page 4

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Spencertown Academy Presents Mary Gauthier from page 1

is out now on Thirty Tigers. NPR Music proclaimed that Texas-born singer-songwriter Harris, who turned 30 during the pandemic, is "poised to become the next queen of Americana-Folk." Her latest album, "Boomerang Town" is an ambitious song-cycle that explores the generational arc of family, the stranglehold of addiction, and the fragile ties

that bind Americans together. Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration while incorporating more recent forms and influences of the present. This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. Founded in 1972, Spencertown

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

Free Guided Landscape Walks from page 1

The walk will be about one mile of mostly level terrain, with some uphill walking. The program, including the walk, discussion, and looking at historic photos, will take about 1½ hours. Visitors may also wish to picnic along the river, or tour the site's Gilded Age mansion (an admission fee applies to mansion tours, and reservations are required at www.Bookeo.com/StaatsburghSHS) Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's websites at <https://www.Bookeo.com/StaatsburghSHS>, www.facebook.com/StaatsburghSHS, and www.staatsburghstatehistoricsite.blogspot.com. Staatsburgh's events are also listed at parks.ny.gov The New York State Office of

Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which saw a record 84 million visits in 2023. For more information on any of these recreation areas,

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ACROSS

- 1) Stock reducer
- 5) Political plot
- 10) Pork serving
- 14) Long, extended film
- 15) Sorrowful song
- 16) Greek liqueur
- 17) Fishing pole attachment
- 18) Metric liquid measure
- 19) German wife
- 20) It produces poor results
- 23) State flower of Indiana
- 24) Chain units
- 25) Heavy burdens
- 28) ___ Mawr College
- 30) It usually smells
- 31) Song of joy
- 33) Fish for fish sticks
- 36) What workout fanatics desire
- 40) Wee toymaker
- 41) Two sizes too small
- 42) Undercooked, as steak
- 43) Females of the species
- 44) Mirror reflections
- 46) Main blood vessel
- 49) Actor's memorizations
- 51) Airborne bit of gossip?
- 57) Historic Icelandic writings
- 58) Backwoods weapon
- 59) Extra layer in winter?
- 60) "... and ___ the twain shall meet"
- 61) Two quartets
- 62) Barely gets by, with "out"
- 63) Quick gait
- 64) Kitchen ants and gnats
- 65) On its way, as an email

DOWN

- 1) Peasant
- 2) Imitative one
- 3) In ___ of (instead of)
- 4) Lunar and solar events
- 5) Instruments in string quartets
- 6) Sci-fi visitor
- 7) Flagmaker Ross
- 8) Consent and Reason, for two
- 9) Old stringed instrument
- 10) Dracula's resting place
- 11) One of the Great Lakes
- 12) ___ Mountains (Arkansas range)
- 13) Looks sullen
- 21) Simple shirt
- 22) Swashbuckler Errol of old Hollywood
- 25) At an earlier date
- 26) Christmas song
- 27) American mil. branch
- 28) Oscar title starter
- 29) Charlotte of sitcom TV
- 31) Guitar string tighteners
- 32) Barbecue leftover
- 33) Ragged part of a mountain
- 34) Beast of fairy tales
- 35) Changes color, in a way
- 37) "___ Frome"
- 38) More than an exaggeration
- 39) Evidence of changes
- 43) "Little" literary mouse
- 44) Atlas features
- 45) French "sea"
- 46) Hollywood rep
- 47) Community of nuns
- 48) Calf-catching contest
- 49) Some boxing blows
- 50) Spot of land
- 52) Bit of blood
- 53) Some parasites
- 54) Studio singer's need
- 55) Bad sign
- 56) Relax

MIDWAY DROP-OFF By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13	
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63							64				65		

Iron Horse in Hudson from page 2

operating the Iron Horse, he's seen a growing diversity in people who are purchasing and enjoying cigars. More women are taking to the cigar culture, for example.

The Iron Horse is actively engaged in the Hudson area, promoting opportunities for people to explore the world of cigars. To that end, on July 27th, they're set to host a '10-years-in-business celebration.'

"We're going to have a cigar roller in addition to some other cigar reps. We're going to have a barbecue, and there's no charge to the public per se, but we are asking for a \$25 donation to

go to the Altamont American Legion Riders. They do so much for our service men and women, veterans with PTSD and disabled veterans. They build ramps for people's homes, help them out with special toilets or chairs, whatever they need to help them be mobile and comfortable."

The Art and Technique of Enjoying a Cigar

Like any past time meant for adult enjoyment, there can be misconceptions surrounding cigars, including how they're typically enjoyed, and even how to properly experience one.

To that end, Roy offers some insights: "With cigar smoking, you don't



throat. Just like a fine wine, you take in all those flavors on your tongue, the back of your throat, and the back of your mouth."

Advocating for Local Business

Roy has stepped up to the plate in various ways, to try to ensure that his local business and others like it can have the opportunity to offer their products and services fairly and freely to the public.

During Covid, for example, Roy, in his position as Vice President of the New York Tobacconist Association (NYTA), advocated at the state level against "essential business" shut-down policies that many argued were arbitrary.

"I think we were shut down for about four weeks during COVID. We then threatened to go to court as an organization because we're much like any essential convenience store. We won that fight and cigar shops sales started going back up."

Roy has also been active

in fighting for tax relief and other policies that would put New York businesses such as his, on a more competitive footing with neighboring states.

"We have legislation pending for a premium cigar tax cap as many other states have done. Connecticut has a tax cap. There are no taxes in Pennsylvania, New Hampshire, or Florida. A lot of people are buying their cigars online. States, such as New York, are missing out on the sales taxes and the other revenue aspects they would receive from cigar sales. The impacts of New York's cigar tax policy really hurts the brick-and-mortar shops."

The Iron Horse Cigar Depot's great selection of fine cigars, together with their comfortable lounge, and loyal growing community of aficionados, is a winner. This business has survived and grown by perseverance through some tough times and enjoys success that can rightfully be celebrated for their 10th anniversary.

What better way to do that, than by stopping by, and lighting up a fine cigar with some special friends, new or old?

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inhale cigars, you simply puff on them. You get the strength, or the flavors of the tobacco leaf itself. There's a filler, a binder, then there's the outer wrapper...the outer wrapper is where you get most of your flavors. The plant is essentially divided into sections: the very top is called--the Liger-- is the strongest part of the plant, next is the VSO (the top three quarters), that is where you get some moderate strength and some deeper flavors; and lastly the Seco is the half of the plant where you get lighter flavors."

"When you go to a Rolling Event, you'll see people arrive with a binder and filler already packaged. All they're doing at the Rolling Event is putting the outer leaf on. There's a Connecticut leaf, which is a mild leaf. There's a Liger leaf as I just discussed, the strongest part, which gives it more power. Again, you just puff on the cigar...you don't inhale. If you inhale, you're going to turn green quickly, but by puffing on the cigar you take in all the flavors around the back of your



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WHAT EVERY DOG OWNER SHOULD KNOW

Tips to Promote Better Understanding of Man's Best Friend

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

1) A dog is a dog. The greatest misconception many dog owners have is to assume their dogs communicate the way humans do. Dogs live by the same pack rules and exhibit many of the same behavioral patterns as their wild ancestors. To effectively train your dog, you must first understand its instinctual pack behavior. 2) All dogs think in terms of the pack. Dogs instinctively know that living with others, under the leadership of a pack leader, enhances their chances for survival. As a dog owner, one of your responsibilities is to model a leader's strong and consistent characteristics so that you will be accepted as the pack leader and your dog will learn to respect and obey you. Your leadership will make your dog feel safe and eliminate many behavior problems. 3) Dogs don't understand English. In addition to barking, growling and other guttural

sounds, dogs rely heavily on body language. And yet, your body language can easily be misinterpreted. By understanding how dogs communicate, you will avoid the mistake of telling your dog one thing while your body language and voice pitch tell it something completely different. You can learn more about body language and voice tone by visiting BarkBusters.com. 4) Dogs are neither spiteful nor deliberately naughty. There are three reasons why a dog misbehaves or disobeys: 1) it does not understand what you want, 2) it does not consider you its leader, or 3) it is suffering from some kind of stress or fear. Understanding this will help you address your dog's problems and behaviors. 5) Aggression is instinctual in every breed. Whether Chihuahua or German shepherd, a dog's breed has nothing to do with aggression. Instead, aggression is instinctual and caused most often by fear of the unknown — that is, whatever the dog cannot understand or does not recognize as normal. When a dog becomes frightened, it will do one of two things: fight or take flight. By reinforcing leadership over your dog, you can avoid unacceptable or uncontrollable aggression. 6) You can teach an old dog new tricks. Dogs are continuous learners and have good memories. The three things that primarily

influence a dog's behavior are association, instinct, and experience. By conditioning your dog and effectively showing it what you consider good and bad behavior, you can help any dog change its behavior. 7) Bad behaviors may be natural, but they do not have to be normal. Most people consider digging, chewing and jumping as unacceptable dog behavior — but to dogs, these actions are natural. A dog owner needs to associate a dog's bad behavior with a negative experience, such as a harsh or firm voice tone, and good behavior with a positive experience, such as high-pitched praise. 8) It's illogical to get angry with your dog. Dogs only do what comes naturally or what they've learned through association, so getting angry — or using physical force — with a dog is both inappropriate and counterproductive. Moreover, never use your hands for disciplining. Dogs find this provocative and threatening. For this reason, you should use your hands as little as possible when training — and when you do, make sure your dog always associates your hands with gentleness, pleasure and positive interactions. 9) Correct your dog on the spot. Because dogs learn from association, they will comprehend your message only if it is delivered in a timely manner. A correction must be issued at the precise moment the dog is either contemplating or actually doing something wrong. Because it can be difficult to catch your dog in the act, you can find ways to create situations that will cause your dog to misbehave so you can then correct it immediately. 10) Dogs experience the world differently than humans. With 25 times more olfactory receptors than humans, dogs can sense odors at concentrations millions of times lower than humans can. In addition, dogs' sight has been described to be like that of a color-blind human. Dogs use other cues (such as smell, texture, brightness, and position) rather than rely on color. With acutely developed hearing, dogs can hear sounds four times farther away than humans — but dogs also hear selectively. They can sleep beside a blaring television, but they wake up as soon as they hear something unrelated to that. Understanding your dog better will encourage more responsible and enjoyable pet ownership. And the results? Happy Dogs = Happy Families

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

Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 18 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/>

Arthritis in Dogs

By Julianne Porter, DVM

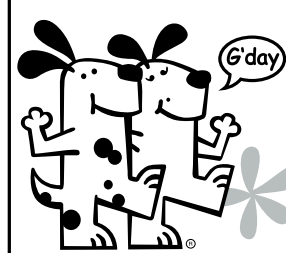
As in humans, arthritis also occurs in dogs, with

approximately 25% diagnosed with arthritis at some point in their lifetime. There are multiple causes such as infectious, autoimmune, endocrine, and traumatic. Similar to people, a common cause of arthritis in dogs is osteoarthritis. This is a degenerative condition where the cartilage wears down and exposes the underlying bone and ligaments. This can cause bony spurs, thickening, and scarring around the joint leading to pain and decreased mobility. Osteoarthritis (OA), also referred to as degenerative joint disease (DJD), occurs due to aging and can be exacerbated by conformation and previous traumas to the joints. OA is not always recognized until it is advanced. Symptoms sometimes observed at home can include changes in gait, changes in posture, slow to stand up or lay down, not jumping, hesitating on stairs, and limping. Behavioral changes are also noted that are often mistaken for getting older such as aggression, irritability, social distancing and sleeping

Continued on page 10

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Blossom will light up your day. She is a young grey tiger girl, about a year old. This friendly beauty showed up at a local residents home. She immediately demonstrated that she wanted to be back inside! Blossom has been fostered in a family with three kids and is an absolute delight. She is eager for pets and cuddles. Blossom is patient even with a 5 year old carrying her around. She doesn't fully appreciate the other cat in the foster home or the very enthusiastic dog, but would likely do fine with a more relaxed canine friend. She is a perfect family companion to curl up with on the couch. Blossom also loves chasing the laser pointer or wand toy. Blossom is fully vetted. Spayed, negative for feline leukemia and aids, vaccines are up to date, and dewormed. Complete an online application at www.pant.org under "Adoption Center." If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.

PHILIPSE MANOR HALL OFFERS TWO FREE MOVIES IN JUNE

Philipse Manor Hall State Historic Site and the Friends of Philipse Manor Hall are pleased to present two films for the "Historian & A Movie" series in June. These programs will be held in-person at Philipse Manor Hall State Historic Site, 29 Warburton Ave. Yonkers, NY.

On Friday, June 7, 2024, at 7:00 p.m., "Captain Kidd" (1945, 90 minutes) follows notorious pirate William Kidd as he goes on one last raid before rebranding himself as respectable at the turn of the 18th century. Sleepy Hollow Historian Henry Steiner and Philipse Manor Hall State Historic Site Manager Michael Lord bring to life the history of the real pirates of the 17th century and the true history behind Captain Kidd, Frederick Philipse and colonial New York.

On Friday, June 21, 2024, at 7:00 p.m., "Master & Commander: The Far Side of the World" (2003, 138 mins) follows a British naval Captain Jack Aubrey and his crew as they experience both boredom and intense battle as they play a game of cat and mouse with a French ship during the Napoleonic Wars. With commentary by historian Chad Johnson of New Windsor Cantonment State Historic Site and historian and librarian Matthew Thorenz, who will reveal the historical accuracies and inaccuracies of the film and how true it is to the novel of the same name by Patrick O'Brian.

Both programs are free and open to the public. Seating is first come, first served. Registration is recommended but not required. Shows start promptly at 7:00 PM. Doors open at 6:00 PM. Museum open 10 am to 5 pm. Popcorn and punch provided by the Friends of Philipse Manor Hall.

To register for either or both programs, call 914-965-4027 or email philipsemanorhall@parks.ny.gov. Learn more at www.philipsemanorhall.com/programs-and-events.

About the Friends of Philipse Manor Hall:

The Friends of Philipse Manor Hall, Inc. is dedicated to supporting and enhancing Philipse Manor Hall State Historic Site. Friends of Philipse Manor Hall offers a variety of events and activities throughout the year, from family-friendly festivals to lectures, concerts, and movie nights. The organization's goal is to foster public interest in and support for Philipse Manor Hall, to make PMH more accessible and inviting to the local community, and to provide funds and volunteers for programs and activities offered by the site staff. The FPMH marketing project was supported with funding from the New York State Park and Trail Partnership Grants and New York's Environmental Protection Fund. The Park and Trail Partnership Grants are administered by Parks & Trails New York, in partnership with the NYS Office of Parks, Recreation, and Historic Preservation. Learn more at www.friendsofphilipsemanorhall.org.

About Philipse Manor Hall State Historic Site
Philipse Manor Hall State Historic Site, located at 29 Warburton Ave., Yonkers, NY, 10701, is open for tours Wednesdays through Sundays, 10:00 a.m. to 5:00 p.m. Dating back to the 1680s, Philipse Manor Hall State Historic Site sits near

the confluence of the Nepperhan (Saw Mill) and Hudson Rivers, the site of a Munsee Lunaape village. Used by four generations of the Philipse family and worked by the people they enslaved as well as European tenant farmers, the Philipse Manor was once over 200,000 acres and helped make the Philipse family the richest in New York. Loyalists during the American Revolution, they fled to England and the Hall was owned by several individuals before becoming the Yonkers Village Hall and later Yonkers City Hall. When a new City Hall was built in the early 20th century, the house was preserved through the generosity of Eva Smith Cochran and donated to New York State to serve as a historic site. Today, Philipse Manor Hall State Historic Site provides visitors with a balanced approach to interpreting the lives of Indigenous, European, and African people to understand the complex relationships that took place at the Manor from the earliest days of the Dutch Colony of New Netherland to the American Revolution and

beyond. Learn more at Philipse Manor Hall's Virtual Wing at www.philipsemanorhall.com. The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which saw a record 84 million visits in 2023. For more information on any of these recreation areas, visit parks.ny.gov, download the free [NY State Parks Explorer app](http://www.parks.ny.gov) or call 518.474.0456. Join us in celebrating our Centennial throughout 2024, and connect with us on Facebook, Instagram, X (formerly Twitter) and the OPRHP Blog.

May Events at Clinton Community Library

June programs are here! For more specific information about any library programs, or to register, please call (845) 495-0655 or email larnold@clintoncommunitylibrary.org

Ongoing Programs:
Qi Gong with Vince (online)

Continued on page 7

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May Events at Clinton Community Library from page 6

Mon. 06/03, Mon. 06/10, Mon. 06/17, Mon. 06/24 at 9:30 AM
Wed. 06/05, Wed. 06/12, Wed. 06/19, Wed. 06/26 at 9:30 AM
Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension.

Audience: Adults & Seniors
Storytime on the Dot (in-person)
Tue. 06/04, Tue. 06/11, Tue. 06/18, Tue. 06/25 at 10:30 AM
Join us every Tuesday at 10:30 for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.

Audience: Children & Caregivers
Mah Jongg (in-person)
Tue. 06/04, Tue. 06/11, Tue. 06/18, Tue. 06/25 at 2:00-4:00 PM
If you're looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you'll want to give Mah Jongg a try! Players of all levels are welcome. (Optimistic Aging)
Audience: Adults & Seniors

AllLevelYoga (in person & online)
Wed. 06/05, Wed. 06/12, Wed. 06/19, Wed. 06/26 at 6:00 PM (online)
Sun. 06/02, Sun. 06/09, Sun. 06/16, Sun. 06/23, Sun. 06/30 10:00 AM (in person or online)
Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. You may also participate online. Please plan according to your comfort and needs as class is held indoors.

Audience: Adults & Young Adults
Chair Yoga, (in-person or online) (Optimistic Aging)
Fri. 06/14, Fri. 06/21, Fri. 06/28 at 11:00 AM
Join Samantha for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-495-0655.

Audience: Adults & Seniors
Zumba, (in-person)
Sat. 06/01, Sat. 06/08, Sat. 06/15, Sat. 06/22, Sat. 06/29 at 9:00 AM

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

Free Tech Help (in-person)
Sat. 06/01, Sat. 06/08, Sat. 06/15, Sat. 06/22, Sat. 06/29 9:00 AM- 1:00 PM
Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on Saturdays between 9AM-1PM or call the library at (845)-495-0655 to book an appointment.

Book Club Meetings:
Never Been in a Book Club, Book Club (in person)
June Selection: *Parable of the Sower* by Octavia Butler
Thursday June 6, at 1:30 PM
Never been in a book club? This is your chance! Join a new group of people new to the book club world! Come with your thoughts, feelings and anything you'd like to share about the monthly selection. Don't be shy, everyone is new just like you!
Audience: Adults

Tea Time Book Club (in person)
June Selection: *The Bandit Queens* by Parini Shroff
Thursday June 13, at 2:00 PM
Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.
Audience: Adults & Seniors

Global Literature Book Club
June Selection: *Prophet Song* by Paul Lynch
Monday June 17 at 7 PM
On a dark, wet evening in Dublin, scientist and mother-of-four Eilish Stack answers her front door to find two officers from Ireland's newly formed secret police on her step. They have arrived to interrogate her husband, a trade unionist. Ireland is falling apart, caught in the grip of a government turning towards tyranny. As

the life she knows and the ones she loves disappear before her eyes, Eilish must contend with the dystopian logic of her new, unraveling country. How far will she go to save her family? And what—or who—is she willing to leave behind?
Audience: Adults

SPECIAL PROGRAMS & EVENTS
Crafts & Coffee (in person)
Monday June 10 at 1:30 PM
Join us for a lovely afternoon of coffee, crafts (and conversation!) On the second Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more. *Note: You must register for each individual who is attending and would like to participate. Materials are limited and there will not be extra!*
Audience: Adults & Seniors

Monday Movie Matinee (in-person)
Monday June 17 at 1:00 PM
Viewing: *Killers of the Flower Moon*
Join us for a viewing of this award winning 2023 film!
Rated: R (viewing is intended for Adults)

Lunch & Learn: My Name is Eleanor: A Bannerman Island Adventure
Thursday May 23 12:30 PM
Greg and Jill are assigned a treasure hunt as part of a class project on mysterious Bannerman Island located in New York's Hudson River. Along the way, Jill and Greg encounter a most unusual woman. Is she real? Is she magical? Will anyone believe them? The ruins of castles provide a looming, almost eerie backdrop for this piece of children's historical fiction. The book is based on the

Continued on page 10

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PHILIPSE MANOR HALL HOSTS TALK ON HISTORY OF TEA

Philipse Manor Hall State Historic Site and the Friends of Philipse Manor Hall are pleased to host Sarah Wassberg Johnson, education and programs manager

of Philipse Manor Hall State Historic Site, for a hybrid in-person and virtual talk on the history of tea. "Spilling the Tea: A History of Tea Drinking in New York State" will be held in-person at Philipse Manor Hall State Historic Site (29 Warburton Ave. Yonkers, NY) on Wednesday, June 12, 2024, at

7:00 p.m. The talk will also be broadcast virtually via WebEx.

How did a beverage developed in Asia make its way to the shores of the Hudson River? Why do Americans sweeten their tea? How did tea drinking affect culture and commerce?

In "Spilling the Tea," Wassberg Johnson explores the origins of tea, how it made its way to American shores, and how American consumption differs from the rest of the world. Learn about the history of tea in colonial New York, from its introduction in Dutch New Netherland to the Tea Act boycotts of the American Revolution and beyond. Join us on a journey through the global and local history of tea and sugar, all the accoutrements necessary to consume it, and New York's unique role in American tea culture.

Sarah Wassberg Johnson is the education and programs manager at Philipse Manor Hall State Historic Site. She has worked in museum education and interpretation since 2007 and has an MA in Public History from the University at Albany. In her spare time, she researches food history and loves hosting tea parties. Tickets for the in-person program are \$6 for adults and \$3 for seniors and students and include light refreshments. To reserve your spot, call 914-965-4027 or email philipsemanorhall@parks.ny.gov. Tickets to the virtual broadcast are free and open to the public, but registration is required. Register at <https://www.philipsemanorhall.com/programs-and-events/lecture-spilling-the-tea>.

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saw a record 84 million visits in 2023. For more information on any of these recreation areas, visit parks.ny.gov, download the free NY State Parks Explorer app or call 518.474.0456. Join us in celebrating our Centennial throughout 2024, and connect with us on Facebook, Instagram, X (formerly Twitter), and the OPRHP Blog.

Art Gallery 71

is pleased to invite the public to view the paintings of this month's featured artist, Mary Belliveau. Ms. Belliveau spent time in East Africa with Heifer International, a global nonprofit that works to eradicate poverty and hunger through gifts of animals and agricultural training. She has captured, in vivid color, scenes of beauty and intrigue from Kenya, Tanzania and Uganda. Come share the Colors of Africa with her at Art Gallery 71. Colors of Africa will be on display from June 7-30 during gallery hours listed below. Or join us for the opening reception on June 15 from 4-6 PM. Gallery address: 71 East Market Street, Rhinebeck, NY 12572. Gallery hours: Fridays: noon-6pm Saturdays: noon-6pm Sundays: 10am-4pm For more information, visit our website: <https://www.artgallery71.com>.



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Zucchini and Ground Beef Skillet



Ingredients

- 1 pound lean ground beef
- 1 medium sweet onion, finely diced
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 (8 ounce) package sliced white mushrooms
- 1 (6.5 ounce) can tomato sauce
- 1 (6 ounce) can sliced black olives
- 2 cloves garlic, minced
- salt and ground white pepper to taste
- 4 medium zucchini
- 1 (8 ounce) package shredded sharp Cheddar cheese

Directions

Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is browned and crumbly and onion is translucent, 5 to 7 minutes. Drain and discard grease. Crush stewed tomatoes into smaller pieces in a bowl, then pour into the skillet. Stir in mushrooms, tomato sauce, olives, garlic, salt, and pepper. Let simmer, uncovered, until liquid reduces, 20 to 30 minutes. Slice zucchini lengthwise, then cut crosswise into 1/2-inch slices. Add zucchini to beef mixture; cover and cook until zucchini is firm yet tender to the bite, 5 to 7 minutes. Stir in Cheddar cheese; cover and cook until melted, 3 to 4 minutes.



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Arthritis from page 5
 more. Whining/crying are not common signs of pain from arthritis. When OA is the culprit, many owners report that their dogs are worse after periods of rest and typically “warm up” as they move around more. A thorough physical exam can often pick up muscle atrophy, reduced range of motion, swelling and crepitus (the crunchy or cracking noise when a joint is moved). Radiographs can be used to confirm and determine the degree of arthritis. We cannot cure OA, but we can take action to slow the progression to keep our dogs comfortable. Keeping them lean

will avoid unnecessary strain on their joints and lessen the “wear and tear” as they age. Adipose (fat) tissue is pro-inflammatory and can lead to the development of OA. Performing low impact exercise (i.e. walking or swimming) will help with weight loss as well as improve mobility and muscle mass. Clinical improvement in lameness has been seen with as little as weight reduction by 6.1%, making weight loss one of the most effective tools at battling OA. Oral chondroprotective agents are a common modality to try to tackle OA, however, some of these are not always as effective as we would like. These products

are aimed at supporting cartilage and reducing inflammation, but limited bioavailability of ingredients, variable cartilage remaining in the joints, and validity of the labels make it difficult to determine how helpful these products are. There are FDA approved injectable polysulfated glycosaminoglycans and hyaluronic acid products that can be used and other oral supplements such as fish oils have been shown to help more consistently. Long-chain omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are effective in reducing the production of pro-inflammatory factors. These are the long-chain fatty acids derived from fish oils. It is important to point out that flaxseed oil contains alpha-linolenic-acid (ALA), which in humans can be converted into DHA and EPA. However dogs are not able to perform this conversion, making flaxseed oil an ineffective source of fatty acids. There are other modalities of managing OA in dogs that are case-specific and range in their availability, costs and benefits. These include CBD oil, non-steroidal anti-inflammatory drugs, pain medications, monoclonal antibody therapy, acupuncture, platelet-rich plasma, cold LASER, pulsed electromagnetic field therapy, and therapeutic ultrasound and intraarticular injections. Surgical interventions can be pursued for certain causes of OA. Corticosteroids for OA in dogs is controversial – injection into the joints can be used for short term relief, but steroids can be toxic to

the cartilage, making long term or repeated administration not ideal. With early intervention by maintaining a lean body weight and implementing a multi-modal approach as a dog ages, OA can be managed in many cases to allow for a good quality of life.

May Events at Clinton Community Library from page 7

memoirs of Eleanor Seeland who lived on Bannerman Island from 1932 to 1943
Audience: Adults & Seniors
Tie Dye Day: School's Out!
 Friday June 28 12:30PM-2:00PM
 Let's tie dye! School is officially out for the summer, so let's celebrate! Come make a tie dye creation (BYO white shirt or other clothing item) listen to music and enjoy some summery snacks! Join us for the official kick off of this year's Summer Reading Program!
Audience: Kids & Teens
About Clinton Community Library

Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the

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

Rhinebeck Community Pride Day Episcopal Church of the Messiah, Rhinebeck Sunday, June 9

2:00 pm - 5:00 pm
 This event kicks off with a nonsectarian gathering of celebration and affirmation outside the church at 2:00 pm. Stick around for food, music, dancing, crafts, a clothing swap and much more-including Morton and Starr Library and their book bike! Books will be available for borrowing. All ages welcome.

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God's Corner

Connection Equals Peace

By Naomi Fata

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." These are the words of Jesus from John 14:27 in the New International Version. Peace.

When we don't feel at peace, what does it mean? Have you ever wondered why there is such a disconnection between the full life that God paints for us and the life that we live? Perhaps you wonder if peace is even attainable.

The months of May and June highlight the celebration of parental figures: Mother's Day and Father's Day. Attachment or detachment from parental figures is often one of the first roots of anxiety, which affects our attachment to God as our Father.

The words of Ann Voskamp's book *The WayMaker* speak directly to this, "If there's a deep disconnect in the church between what we believe and how we actually live, is it because we've forgotten the way to live actually and intimately connected to God? Our walk will only match our talk when we live attached to His heart."

The simple message of the Gospel is that through Christ we reattach to God the Father. Just as we were born craving the affection and connection of earthly parents, in an even greater way, we crave the affection and connection of our Heavenly Father. Disconnection leaves us feeling abandoned, insecure, afraid, and anxious. Recognizing that we may experience emotions opposite of peace is not a condemnation but an observation, to help us have objective information about what is going on internally.

Instead of thinking of peace as a mystical, unattainable aspect of faith, we can find peace when we face the issues of vulnerability and disconnection that prevent us from truly connecting to the Father. Perhaps you have kept Him at arm's length because you fear He will be angry with you for the bad things that you have done.

Knowing we have done things wrong makes us want to hide because I'm sure we've all experienced the wrath of a parent in our life. Yet we view God the Father through the lens of our own experience with earthly parents. But He doesn't ask for perfection

from you. Instead, the death and resurrection of His Son paid for perfection. John 3:17 reminds us that God's purpose in sending Jesus was not to condemn you but to save you - so that you, too, could fully receive the love of Your Father. All you have to do is believe.

Restore your attachment to Him. Connect with Him. Let His love in. This is the peace that He has left us with. The peace that is ours, moment by moment in connection with Him.

HONOR OUR FATHERS AND MOTHERS!

"Honour thy father and thy mother: that the days may be long upon the land which the LORD thy God giveth thee" (Exodus 20:12).

Last month was Mother's Day, and this month is Father's Day. While two days are set aside each year to honor our parents, in reality we should honor our parents all the days of their lives, and all the days of our lives. Family life is so important! God's Word, the Bible, gives excellent instructions on how to have a Godly family. We need to be following the Lord's commandments and teachings on the way to live in obedience to God's Word. Sad to say the Lord's commandments are often neglected or said to be old fashioned. God's Word is timely during any time. In order to live a proper life the Word of God is to be obeyed and followed. The LORD will give the needed help to those who are receptive and obedient to His Word.

THE FIFTH COMMANDMENT: HONOR THY FATHER AND THY MOTHER!

Moses was given the Ten Commandments by the LORD on Mount Sinai. The fifth commandment which states that we are to honor our father and mother was to be obeyed by Israel, and by us today. In the New Testament the Apostle Paul also states the importance of honoring our parents. In fact he says, "Honour thy father and mother, which is the first commandment with promise" (Ephesians 6:2).

PARENTS, TEACH AND TRAIN YOUR CHILDREN THE RIGHT WAY TO LIVE!

Train up a child in the way he should go: and when he is old, he will not depart from it" (Proverbs 22:6). In the Old Testament the people of Israel were instructed to teach their children the commandments. "And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thy house, and when thou walkest by the way, and

when thou liest down, and when thou risest up" (Deuteronomy 6:7). As Christians today we also need to teach our Children and Teens the truth of God's Word, and to live in obedience to His commandments. This is to be done during formal times of teaching, and informal times by the example that is lived before them at all times.

CHILDREN, OBEY YOUR PARENTS!

Children are to be obedient to their parents and to honor them. "Children, obey your parents in the Lord, for this is right" (Ephesians 6:1). We know that we are living in times when people live lives contrary to the teaching of God's Word. It is imperative that we don't follow the ways of the world, but follow the truth of God's Word. **FATHERS, PROVOKE NOT YOUR CHILDREN TO WRATH!**

Fathers, Parents, you shouldn't provoke your children to wrath, but bring them up in the nurture and admonition of the Lord (Ephesians 6:4). Fathers, Parents, you must not be demanding and expect more out of your children than what they are capable of doing. Loving discipline is proper, and encouragement is needed in raising children and teens. We also need to give them some space. It is what I call: "Cut them a little slack."

EXCELLENT OLD TESTAMENT AND NEW TESTAMENT EXAMPLES!

1. Joshua said, "... But as for me and my house, we will serve the LORD" (Joshua 24:15b). We should all be able to say what Joshua said thousands of years ago. It should be known that our homes are Christian homes where the Lord is glorified and all the members of the house are following the Lord.
2. In the New Testament two Godly women (Lois and Eunice), Timothy's Grandmother and Mother, raised Timothy and taught him the truths of God's Word. He knew from a child the teachings of God's Word. Timothy became a strong Christian, and a servant of the Lord. The Apostle Paul said this about Timothy, "For I have no man like minded who will naturally care for your state. For all seek their own, not the things which are Jesus Christ's" (Philippians 2:20,21).

THE SURE AND SOLID FOUNDATION FOR CHRISTIAN LIVING!

It is essential to start with the right foundation. "For other foundation can no man lay than that is laid, which is Jesus Christ" (1 Corinthians 3:11). The key for Godly Family living starts with a solid foundation. Now is the time to believe on and receive the Lord Jesus Christ as your Personal Savior and Lord. Salvation is in Christ, and in Christ alone! Salvation is a gift of God's grace (Ephesians 2:8,9).

If you would like to know more about Christian Family Living and/or ways to teach and train your children and Teens, please contact us. We are here to help and support you. We have excellent Christian material for all ages. If you would like to know more about the Ministries at GBFC, contact us by Email at fdcirone@aol.com or by telephone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is an Independent Bible Church. We are located at the intersection of Route 9 and Route 9G, 1/4 mile north on Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor

"NEW TO YOU" Thrift Shop Celebrating Two Years 30 Benner Road, Red Hook

Have you been to the "New to You" Thrift Shop at St. Christopher's Church? We will be celebrating our second anniversary in June. Since our opening in 2022, we have welcomed shoppers who have favorably remarked upon the variety of items we have for sale at outstanding prices. Prices at our thrift shop are very affordable. If you only want to spend \$1.00 to 10.00, you could come away with an entire bag of goodies or a whole new outfit. Many of our customers relate our shop to gift shops of yore. We present our merchandise in special rooms with decorating to match.

When you enter our shop, you will find seven rooms: Housewares, Fine china, glassware and decorative

collectibles, women's clothing, linens, children's clothing and toys, and books of all kinds. Since we opened, we have tried to make our areas of expertise as interesting as possible. The women's and children's clothing includes purses, hats, scarves, shoes, dresses, tops, shirts, well, about everything you can wear. Gina and Gloria spend hours putting almost-new spotless clothing out for sale. This even sometimes includes steaming clothing to make it perfect. They check the linens for size, cleanliness, and suitability.

Harriet is the "book lady." She goes through every book to make sure it is in undamaged condition, and a topic of interest. Books are in alphabetical order, and separated into cookbooks, manuals, fiction, non-fiction, religion, children, and everything in between. You can browse an entire room of bookshelves and if you cannot find it, she has an overflow if you ask nicely!

Pat organizes the fine china, glassware, decorative collectibles, and housewares. There is everything from potato peelers to Early American cut glass. We have baking, cooking, and serving dishes. Need a turkey roaster? We have several. China includes complete sets of stoneware or porcelain to just buying one place setting. We have enough beautiful barware to outfit a restaurant. Decorative collectibles are not just tchotchkes but lovely vases, figurines, lamps, etc.

Thrift shop Our front room has craft supplies, seasonal decorations, and lots of jewelry. There are earrings, necklaces and bracelets displayed. We have very friendly volunteers who help to make things run smoothly. We could not do it without their assistance. We would welcome the opportunity to serve you. We can be found at 30 Benner Road, Red Hook: take a left off Rte. 199 west. **Thursdays 11:00 to 4:00 and Saturdays 10:00 to 2:00 (also donations)**

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Wednesday Prayer Meeting: 7:00 pm
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Mac's Farm and Garden World from page 1

shopping at the big box stores." Furthermore, eating at local restaurants which grow their own fruits and vegetables or sell to local restaurants (farm to table) or by spending your money on local produce, meats and dairy means you believe in local agriculture. If you shop local and eat local you are a locavore – and you are walking and shopping your talk.

Proponents of eating locavore do it to maintain their health as well as to benefit their local farmers and the environment. The goal is to eat foods primarily grown or harvested within a 100-mile (160-kilometer) radius of home -- or within the state of New York where it was grown or produced. Buying local helps small farmers and their businesses and aids local community economics. [Wikipedia]

"But you can grow your own food," he adds, "If you can imagine a bountiful food garden we can help you make it happen. We have all the tools, gear, deer repellent and expertise necessary to complete your outdoor living space - from open green spaces to hedges, flowerbeds and

containers." Or maybe you want "a relaxing outdoor gathering place, a personal nature sanctuary, a wildlife-friendly oasis, or a productive hobby."

Mac's Farm and Garden World is a creative destination – "where we can be a part of your vision. We offer soil tests to determine what you need to make your flowers bloom and grow." This is a great service and one you won't find at most big box stores.

An enjoyable visit to Mac's features colorful hanging baskets, pet toys and everything you need for lawn and garden supplies, livestock feed and supplies, farm and ranch supplies, poultry feed and supplies, wild bird feed and supplies, wildlife feed and supplies, pond supplies, tools and hardware, horse and feed supplies, apparel and footwear, outdoor-living supplies and household goods. Also, they deliver up to 40 miles from their store. Delivery charge is based on where the delivery is going and what is being delivered. Same day delivery is often possible.

Win says they are planning classes "to cover topics on plant and lawn care as well as different animal feed" and how to feed



chickens. "It's very rewarding," he declares. "The yolks are brighter, firmer and they taste better. Chickens are a good tick preventative. Chickens eat ticks."

The qualified staff at Mac's has answers to all your questions including, for example, roses. "Many people have a lot of questions about roses. We have the answers here." Also, "our [website] blog has helpful advice" about raised garden beds, breeding and socializing animals,

fencing supplies, transforming your property or even "embracing the sunshine and positive vibes."

For more information on loyalty programs, delivery, curbside pickup, call 845-876-1559 or 845-758-3601. Or visit Mac's excellent website <https://macsfarmandgardenworld.com>, or like them on Facebook: @macsfarmandgarden, or Instagram @macsagway where you can see lovely photos and read posts about seasonal advice



and recommendations about country living. It's all there and more. Hours are Mon – Fri: 7:30am – 5:30pm; Saturday: 8am – 5pm; Sundays 9am-3pm.

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Saturday, June 15, 2024
Driving Tour – 11am-4pm
Garden After-Party-4pm-6pm

The Town of Clinton is a little-known Dutchess County gem remarkable for its rich tapestry of historic properties and well-preserved rural landscape. "Clinton has an extraordinary number—338 in fact—of historically significant properties," says Cynthia Koch, Clinton Historical Society president.

Take the Clinton Historical Society's second Self-Driving Tour for a guided ramble through the lanes and back roads of our town. At your own pace visit

twelve historic landmarks in Clinton Corners, Schultsville, Hibernia, and the surrounding countryside. Then join the Society in the garden of the last landmark for an after-party with locally sourced food, wine, beer, cider, and a silent auction. (You can join the after-party even if you do not take the tour!)

You will receive a keepsake map at the start of the tour. Doors will be open from 11am until 3pm. "Start early to see all the landmarks," says Koch. At each site trained docents will provide exterior tours that explain the property's historical and architectural significance. Along the way you can take a ride in a 1929 Woody, enter contests that test your historical knowledge and stop for lunch at one of the local eateries shown on your map. Participants will meet at Mole Manor at 4pm (or later) for

the after-party. (If only attending the after-party, you can purchase admission there.)

Admission per Person
 \$50 for Clinton Historical Society members / \$60 for Non-members / \$40 for Garden After-Party only
 Free for kids 12 and younger
Proceeds will benefit the Society's Creek Meeting House Restoration Fund.

For more info and to register in advance for a 5% discount:
<https://clintonhistoricalsociety.org/2024-driving-tour-registration/>

Germantown Garden Club Holds Terrarium Gardening Demonstration

The Germantown Garden Club expanded its gardening knowledge by holding a program on gardening in a small green space that is created in a transparent container. Member Linda Levitt gave a demonstration on how to properly plant a terrarium including tools, suitable plant material, containers and design. Terrariums can be used to brighten up a home or as a gift. They are also suitable for those that want to garden but cannot garden in the traditional way.



Linda is a Master Gardener with Columbia/Greene Cooperative Extension, has an advanced certification in horticulture and landscape design from Berkshire Community College and Berkshire Botanical Garden, and volunteers as a docent at the Berkshire Botanical Garden.

The *Hudson River View* is published monthly and distributed on the 1st Wednesday of the month.

The View is a Privately owned, independent, Partnership publishing business.

The View is mailed at the Newburgh, NY Post Office to homes in the Northwest part of Dutchess County.

Doreen Baretzky, Publisher
 John Vogt, Publisher.
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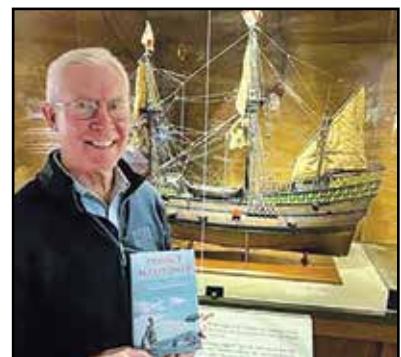
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Discussion was held on next month's Annual Bird Walk and Annual Plant, Bake and Tag Sale. The Germantown Garden Club is free and meets once a month. The public is always welcome. The Germantown Garden Club is a member of the Third District, Federated Garden Clubs of New York State, Central Atlantic Region and National Garden Clubs. For more information about the club call President Irene Clum at 518- 537-4793

The Claverack Free Library

is pleased to announce an informative talk and presentation with Richard A. Stone, author of *Project Mayflower: Building and Sailing a Seventeenth-Century Replica*. *Project Mayflower* tells the true story of the improbable creation of

the famous replica ship and her high-profile voyage across the Atlantic. Those behind the idea had no plans, no crew, and no money, only a grand vision to thank America for its World War II sacrifices. Richard Stone,



former television executive, has researched captivating new details of the Mayflower II venture in this new book featuring a foreword by noted Plymouth historian James W. Baker. Join us Wednesday, June 26th at 6:00 pm and take a

Continued on page 14

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The Claverack Free Library from page 13

fascinating journey into the past. Books will be available for purchase courtesy of Spotty Dog Books and the featured food truck for the evening will be Elaine Elite Chicken and Waffles from 5:00 to 7:30 pm. For more information call the library at 518-851-7120 or email us at info@claveracklibrary.org. The Claverack Free Library is located at the junction of NY

Route 23 and NY Route 9H. Library parking is located at 629 Route 23B, Claverack NY.

Murder Café presents their 26th annual summer show.

In celebration of its 26 years in operation Murder Café is offering a new musical-comedy whodunit: "Mystery at the Starlight Ballroom."

This original dinner theater performance, which offers

music, mystery and comedy, will be presented at a variety of venues throughout the Hudson Valley area of New York State beginning June 1st. In addition to the four-act play, the evening will include a three-course dinner, cash bar and contests. Tickets can be purchased by visiting the calendar page of www.murdercafe.net. For further information call 845-475-7973.

The entertainment is suitable for all ages and costumes are encouraged but not required. Guests will be eligible for prizes if they guess whodunit.

Lauren Roberts, the director of *Mystery at the Starlight Ballroom*, explains the plot as follows: "This show is set in a 1940's dance hall that hosts a weekly radio show featuring the singer *Madeline DeVore*. Donny, the show's master of ceremonies, is hopelessly in love with *Madeline*, but producer *Sidney Meanstreet*, is standing in the way. The studio musician

Victor Olla is furious with being replaced with recorded music, and Penny, the scriptwriter, is vying for her own moment in the spotlight. As tensions rise and secrets are revealed, a body falls, and it's up to you to gather clues and solve the murder mystery."

Mystery at the Starlight Ballroom, written by Murder Café owner-operator Frank Marquette, has interactive elements and contains period songs, commercials and comedy sketches. The cast features the talents of Lauren Roberts, Tom Roberts, David Britton, Ellen Pavloff, Scott Woolley, Karen Hoben, Keith Prince and Kim Schneeberger. Founded in Las Vegas in 1998,

Murder Café is the creation of actor, writer and director Frank Marquette, along with wife and producing partner, Kristen Marquette. Since returning to their native New York in 2009, they have been serving entertainment for both public and private events. Murder Café provides entertainment for mystery weekends, company parties, fundraising events, resorts and dozens of public venues.

"Creative Blackwork on Canvas"

June 5, Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville - Skyllkill, a

Continued on page 15



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Creative Blackwork on Canvas from page 14

local chapter of the Embroiderer's Guild of America (EGA), will present a Zoom presentation by Ann Strite-Kurtz. Ann is certified in canvas embroidery by the National Academy of Needlearts (NAN) and holds a Master Craftsman certificate in canvas from EGA. She specializes in innovative stitch treatments. This program begins at 12:30pm. Join other needleworkers for fun and learning beginning at 10AM or, come for this program only beginning at 12:30pm. For more information visit www.facebook.com/SkylkillEGA.

Join us at the Claverack Free Library for our annual local beer sampling and music fun on Saturday, June 8 at 4:00 pm.

Salt Tooth Serenader, a Columbia County-based string band will be playing old blues, sweet country, and other thrilling selections at the Claverack Free Library. Along with great music and dancing, those donating \$20 will receive a free flight of local beers, including but not limited to Fort Orange Brewery, Suarez Family Brewery, Old Klaverack Brewery, Upper Depot, Hudson Brewing and Chatham Brewing. Additional flights can be purchased for \$10 each. For those who prefer an alternative there will be non-alcoholic "Athletic Beer" and seltzer. The Friends of the

library will be starting up the grill to sell hotdogs and chips. Tickets are pay-what-you-like, with a suggested donation of \$20.00. **To reserve seats email: info@claveracklibrary.org or call 518.851.7120.** *This event is for those over the age of 21.

Germantown Garden Club Hosts Talk on Invasives

At the recent meeting of the Germantown Garden Club speaker Barbara Hughey presented a program on common



invasives in our area, how to control invasives and the reason to do so. With her slideshow she showed examples of invasives that will not support wildlife and some that can actually poison the soil for other natives. Barbara is a self employed land steward consultant, with a Bachelor of Science from Cornell University, has an advanced Certificate in Herbal Studies, and Hudsonia Biodiversity training. She explained that Columbia County is a member of the state's Capital

M o h a w k Region of Prism. Funded by the Real Estate Transfer Tax Prism stands for 'Practices for Priority Invasive Species Management'. The meeting included a discussion of the club's upcoming annual plant sale and the annual flower show in September. The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs. Meetings are free and the public is always welcome. For more information about the garden club and their activities call President Irene Clum at 518-537-4793.

Germantown Garden Club to Visit Beatrix Ferrand Garden at Bellefield

The Germantown Garden Club will be visiting the Beatrix Ferrand Garden at Bellefield on Tuesday, June 18, 2024. The tour will cover the history of the site, the history of Bellefield, Beatrix Ferrand, and the renovation work that has been done on the interior and exterior gardens. The tour starts at 11 am. There is a \$7 visitor suggested donation for the gardens and its upkeep. Please contact Irene Clum for more information, 518-537-4793.



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Sitting Pretty off a Quiet, Country Road

Germantown, NY: As you enter through the classy front door you will note the abundance of natural light that encompasses the open FP. The LA flows gently into the DR w sliders to deck & patio for entertaining. The KIT is sleek, modern & features Quartz counters, SS appliances & back splash w complementary subway tile. Wide board Oak flrs run throughout. The lower level features a FR, Gym, Laundry & 2nd FB. The grounds are of estate quality, abundant w flower/ vegetable gardens & variety of fruit trees & berry bushes. A separate Outbuilding w electric is perfect for studio/extra storage. The home has been meticulously maintained & updated w A/C, new windows & roof. This pretty Ranch sits back off a pretty country road in the Red Hook SD. Asking **\$449,900**

1940's Ranch in Need of Your Vision!

Elizaville, NY: "Little Diamond In the Rough." This sweet home is waiting for someone w skill & creativity. Perfect opportunity to redesign, reimagine & recreate this 1940s Ranch. Situated on knoll surrounded by stone walls on 1+ country acre w tall shade trees. Two story Barn/GAR w electric included plus add'l outbuilding great for hobbyist, gardener, or a few chickens. Whether you're looking for a weekend getaway, starter home or rental income this affordable property may be just the right fit. 10 minutes to Hudson, 15 minutes to the TSP & 10 minutes to Red Hook. Asking **\$259,900**

Affordable Two-Family with Views!

Livingston, NY: Welcome to The Livingston Barn! This cute two-family home is perfect for first time home buyers looking for their little piece of Hudson Valley heaven or investors looking for a low maintenance property in a priceless location. The first floor features a large 1 BR apartment, w custom closets & cozy layout. Second floor features 2 BR's equisized, large open KIT & LA w room for office. Outside there's 1+ Ac of flat beautiful land for gardening, or a patio. Surrounded by farmland & the landscape of Catskill Mountain views, this is a serene setting. Conveniently situated 10 Minutes to Red Hook & Hudson. Asking **\$349,000**

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Oral History Summer School Presents an Oral History Intensive:

June 15 - 26 2024, Hudson, NY
 This month, Oral History Summer School will offer a 12-day oral history intensive,

(June 15 - 26). Adult learners from a range of fields—radio producers, organizers, artists and more—will travel from around the United States and Canada for this immersive oral history training. The workshop covers interview techniques and recording tutorials, plus sessions dedicated

to ethics, trauma, advocacy, and archives. Participants will conduct interviews with Hudson-area community members as part of their training. This summer's lead instructor, oral historian Suzanne Snider, will be joined by guest instructors/artists Rochelle Hoi-

Yiu Kwan (Chinatown Records 華埠錄音) and LJ Amsterdam to support the workshop's sub-focus – music and oral history – through free, public community events, co-sponsored by OHSS and The Spark of Hudson. On Thursday, June 20 from 7 PM - 9 PM, Rochelle Hoi-Yiu Kwan (aka YiuYiu 瑶瑶) will host an intimate living room-like listening session to explore her Chinatown Records 華埠錄音 archive. This event is free and open to the public. All are invited and encouraged to bring a favorite song to share on vinyl or in digital formats. On Friday, June 21 at 5 PM, LJ Amsterdam will present her work as part of a justice-oriented repatriation project involving Iñupiat drum-dance songs and oral narratives collected from – and returned to – Barrow, Alaska, focusing on music as a land-based practice. Both Kwan and Amsterdam will present at The Spark of Hudson in Hudson, New York, 502 Union Street. As our third public event, sound artist Kalli Anderson will guide an intimate public listening and recording event on Sunday, June 23 as part of OHSS's initiative

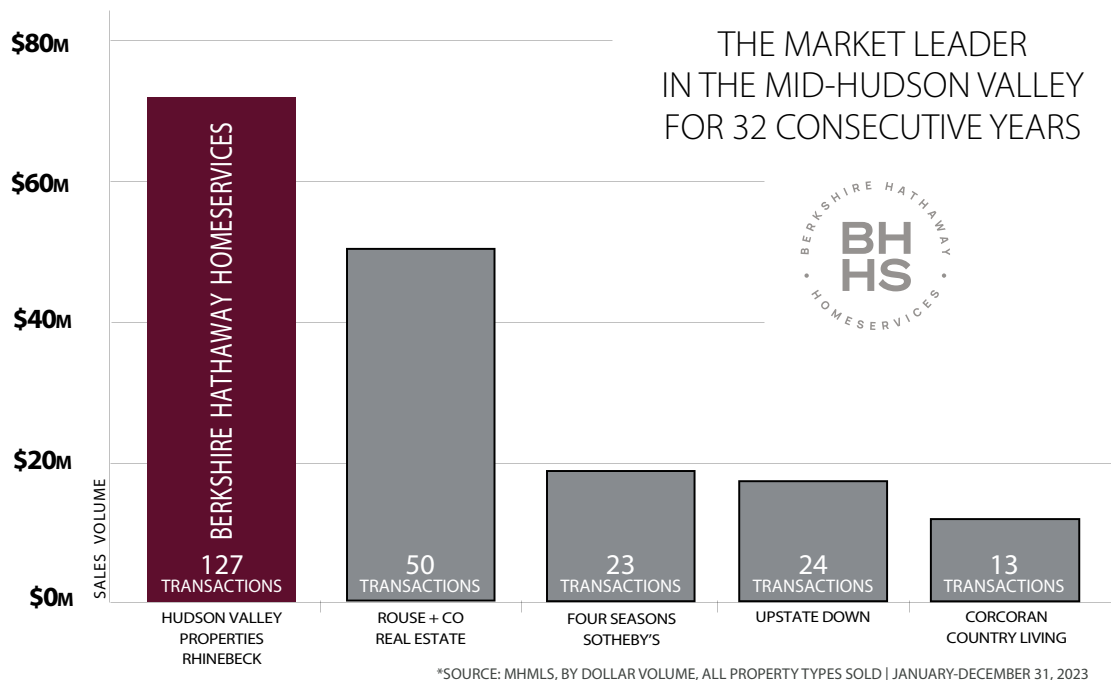
Archive Remix: A Sound Art Collaboration, in partnership with Wave Farm. For more information, email info@oralhistorysummerschool.com. Archive Remix recipients Anderson and artist Khonsu X will share public sound art installations created from OHSS's audio archive, Community Library of Voice and Sound in 2024 and early 2025.

About Oral History Summer School: Oral History Summer School was established in Hudson in 2012 as an immersive training program to help students from varied fields make use of oral history as an ethical interview practice in their lives and work. Spanning the realms of scholarship, advocacy, media-making, and art, OHSS is a hands-on program. Last year, OHSS facilitated seven workshops, serving 171 students from five different countries, including 19 fully-funded fellows. More information about our work, our archive, and our upcoming workshops can be found on our website: www.oralhistorysummerschool.com (archive: www.libraryofvoiceandsound.org)

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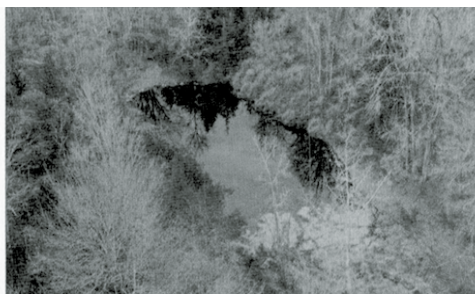
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