



Hudson River View

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For Trusted Home Services, Leave It To Hudson Valley Estate Management, LLC

By Amy Byrne

Whether you're an average homeowner, or have a large property, Hudson Valley Estate Management, LLC has top tier services to offer.

Routine maintenance including landscaping, snow removal, and managing and monitoring residences are all available. And advanced projects including home remodeling and repair jobs can also be

handled by the Hudson Valley Estate Management team.

Catherine Ackert, who established her company in 2020 during the early upheavals of the Covid pandemic, says it was the right time to make the move. She formerly worked managing homes around the country for high net-worth employers, so continuing in the home management field while establishing her own business was a natural evolution. Catherine says that as a greater



Catherine Ackert w/daughter Olivia Grace

influx of NYC residents have been drawn to the area, the demand for home management services has gotten stronger.

"We're really busy right now. Lot's of construction projects, renovations, upgrades and remodels. We're in the midst of a few kitchen projects, bathroom projects, and we're already contracted into work for barns, and lots of hardscapes for landscaping. Trees, driveways. We're doing a

Continued on page 2

Coldwell Banker Village Green Realty Matches Agent Donations Made to the "CB Supports St. Jude®" Partnership

Coldwell Banker Recipient of 2021 "St. Jude's New Partner Campaign of the Year Award"

Coldwell Banker Real Estate agents know the value of home; they've been guiding people home since 1906. St. Jude Children's Research Hospital® treats more than 8,500 kids a year for cancer and other life-threatening diseases. Children and their families come to St. Jude from across the United States and around the globe; St. Jude provides a home-away-from-home when they need it most. Families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live. More than 75% of St. Jude budgeting costs come from generous donors.

Today, Principal Broker Candida Ellis and C.O.O. Guy Barretta



announced the results of Catskills and Hudson Valley Coldwell Banker affiliate Coldwell Banker Village Green Realty's participation in the CB Supports St. Jude partnership, benefiting St. Jude Children's Research Hospital. Local Coldwell Banker agents Allison Morelle, Angela Lanuto, Aysa Morehead, Feng Liu-Winham, and Patricia Lenseth made automatic donations to St. Jude for each home sale they completed in 2021. Coldwell Banker Village Green Realty matched the donations of its agents for a total of over \$8,000 in 2021. Together the Coldwell Banker network of over 100,000 agents has donated over \$500,000 and was recognized by St. Jude with a New Partner Campaign of the Year Award in 2021.

Coldwell Banker Village Green Realty's Chief Operating Officer Guy Barretta said, "We're proud of the generosity of our agents who've made a commitment to

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Scholarships Available

President/CEO Andy Imperati, announced today that the Dutchess County Fairgrounds will continue with the scholarship program which awards a Dutchess County high school senior or student enrolled in college or technical school with an \$8,000 scholarship. The Dutchess County Agricultural Association Inc. sponsors this scholarship. The qualifying student must be a Dutchess County resident and/or participate in the programs operated by the agricultural society. The recipient must seek an undergraduate degree in agriculture, horticulture or human ecology or a career related to agriculture or horticulture. All applicants must submit their applications by May 11, 2022. Information and a fillable pdf application are available at the Dutchess County Fair's website www.dutchessfair.com/participate/scholarships, through Cornell Cooperative Extension of Dutchess County and from local high school offices. The NYSAAF and NYSSA offer an annual scholarship program which is available to students who are New York State residents, who currently are (or have previously been) active in a fair that is a member of the NYSAAF or the NYSSA and who plan to attend (or already attend) college in pursuit of a degree. The fair where you have been active, or the NYSSA must endorse your application and will submit it for you. The website www.nyfairs.org/Scholarship offers a complete list of member fairs, the scholarship application, and instructions. Please visit www.dutchessfair.com/participate/scholarships or www.nyfairs.org/Scholarship for information regarding both scholarships.

Garden Volunteers Needed!

Join the gardeners at the Roosevelt Vanderbilt National Historic Site for an informational meeting to learn about volunteer opportunities in our historic gardens. **When:** Tuesday, March 8 at 10:00 am OR Friday, March 18 at 10:00 am **Where:** The Greenhouses at the Home of Franklin D. Roosevelt, Rt. 9, Hyde Park, NY (GPS: 4097 Albany Post Road, Hyde Park, NY 12538) Questions: Contact Anna de Cordova, NPS Horticulturist, at anna_decordova@nps.gov *Volunteer at the Roosevelt Home Vegetable Garden on Tuesdays from 9-12. * Volunteer at Val Kill, The Home of Eleanor Roosevelt, on Wednesdays from 9-12 * Volunteer at the Roosevelt Home Rose Garden and Presidential Gravesite on Fridays from 9-12. National Park Service garden volunteers contribute to our community while enjoying flexible schedules, learning, sharing, and engaging in the history and legacy of the Roosevelts

No prior gardening experience is required. We will provide the tools and training you need.

Dr. Danielle St. Pierre and Sunny Paws Veterinary Services

Offering Pet Hospice Care and In-Home Euthanasia to Cats and Dogs

By Lisa Dudley

This has been a busy season for veterinarian Dr. Danielle St. Pierre and Sunny Paws Veterinary Service. Dr. Danielle offers pet hospice care and in-home euthanasia to cats and dogs and specializes in geriatric care "for old cats and big dogs" who can't get into their regular veterinarian's office or are in too much pain to be moved. While she doesn't do blood work or x-rays, Dr. Danielle can give an idea of how to proceed based on a physical exam. She has reciprocal relationships with local veterinarians who respect and appreciate her skills and regularly refer her services.

Dr. St. Pierre is a licensed veterinarian with continuing education in herbs, acupuncture and pain management -- which often means extended quality of life for a beloved pet. She has years of experience, having made



Dr. Danielle St. Pierre

this the focus of her career. She "knows when it's time" and gently explains what comes next -- acting as a soothing presence when a cherished member of the family is crossing the rainbow bridge.

Dr. Danielle is so revered that she has expanded to full time service -- mostly due to client demand via word of mouth, repeat customers, veterinarian referrals and of course, Covid. How has Covid made a difference? For one thing, many veterinarian offices still only allow entry to one person/per animal/per visit.

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Panorama: OLANA's Week-Long Summer Youth Program Opens for Registration

Today, The Olana Partnership announced its 13th annual **Panorama Summer Program** for four weeks starting in July through early August 2022 at Olana State Historic Site. Certified teachers, professionals, and museum educators will deliver the week-long programs. This year, instructors developed hands-on educational activities for children ages 7-11 that encourage creative play and discovery at Olana.

Week one will be July 11-15 and will focus on the theme of **Exploring Nature**. Educators from the Taconic Outdoor Education Center will use the lens of environmental education to guide students throughout Olana's 250-acre artist-designed landscape. Students will learn more about the flora and fauna that inhabit their local environments and explore the way artists and historical figures like Frederic Church related to the natural world in their own time. Through hands-on activities, walks, and tours of the site, students will be encouraged to explore their relationship to the environment around them.

Week two will be July 18-22 and will focus on the theme of **Art Expeditions**. Inspired by Frederic Church's art and masterwork, students will use Olana to inspire their artmaking. This week will

draw attention to how artists like Church explored different parts of the world and the American landscape to fuel their artmaking. Students will learn more about how exploration and place can serve as a source of inspiration for artists of all backgrounds. The third week will be July 25-July 29, focusing on **Exploring Architecture**. Led by The Olana Partnership educators, students will learn more about what inspired Frederic Church's unique design of the Main House to create their own architectural vision. Students will use different designs and structures throughout the week to boost their creations.

The fourth and final week will be held from August 1-August 5, focusing on **Garden Adventures**. This week will encourage students to learn more about the land at Olana through the lenses of artmaking, agriculture, and history using hands-on and site-specific activities alongside guest speakers like Olana's resident beekeepers, Fox Farm

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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

The April
Edition Of The
Hudson River View
Will Be In
Area Homes On
April 6th
The Deadline For
Advertising And
Press Release
Submission
Is March 23rd

ACCORDING TO QUACKERS



Who Was St. Patrick?
Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

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HV Estate Management from page 1

little bit of everything, really.”

Comprehensive Property Management Services

The full list of routine and seasonal services Hudson Valley Property Management, LLC can provide covers just about any need a homeowner might have. Common seasonal services include landscaping, snow removal, fall clean up, spring spruce ups, pool maintenance, power washing and more.

Chores like housekeeping, grocery and supply shopping, organizing, laundry service and even car detailing are no problem.

And when it comes to special events, Catherine and her staff have it covered too. They can handle preparations and see to catering for large scale events or more intimate dinner parties. They offer all aspects of planning, catering, staff and rentals. They can also bring an artistic eye and flair to home staging, floral arrangements and seasonal decorating.

One of the most in-demand services that Hudson Valley Estate Management LLC

provides is in home remodeling and repair contracting.

“We’re getting a lot of referrals right now, from both realtors and our current clients,” says Catherine. “When someone buys a house here [in the area], 80 percent of our clients are part-time residents. These are their secondary country homes. So just keeping them maintained, renovating them, is a priority. They’re purchasing them with the notion in mind that they’re going to make changes, expressing that right from the gate.”

“Its my job to execute my clients wishes and needs6. I’m pretty much becoming their eyes and ears! They share their vision with me and I run with it. I’ll go back to our carpenters, landscapers, or painters and convey what’s necessary.”

The company has steadily grown to handle the demand for services. They currently have forty team members, including housekeepers, landscapers, painters, carpenters and other skilled workers.

“We also outsource, and I have preferred electricians, and plumbing and heating guys, because they’re reliable,” Catherine notes. “They answer the phone and take the call no matter. I would say, including contractors we outsource with, we work with about 70 different vendors.”

If there’s one thing that sets her business apart from others, Catherine believes it’s the way her team is always attentive to the expectations of clients.

“When our clients come up on

Continued on page 3

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HV Estate Management
from page 2

Friday nights, they want to be able to walk into their homes knowing that my team and myself have made sure their houses are clean, their grass is green, their pools are blue, their ice is fresh, etc. Some clients ask us to decanter their wine ahead of their arrival, that in itself is a form of art I have learned.. I believe that when you have somebody with several years' experience that's also able to handle the construction and project management as well on top of it, that's key. "On Fridays, all of my workmen know that house should be in its best possible state. When the client walks through the door, the home should be free of any tools, material or construction debri.... It all needs to be cleaned up. All of my workmen know I hold very high standards for respecting the clients space no matter what we are undergoing

that day. I think that kind of thing is what has given me kind of a gold star right now in the local industry. They are so appreciative of that level of management." **Helping Locals and Newcomers With Practically Any Home-Related Need** It's hardly news that Rhinebeck and surrounding locales have been even more of a destination spot for NYC dwellers since the advent of COVID. The housing market remains tight, with low inventories of properties for sale. But that hasn't really impacted her business, says Catherine. "I think even with the lack of home sales, the realtors are still coming to me, because they're like, this person purchased a property seven months ago, and they never looked into the estate management end of it. But they can come up on a Friday night, and if there's renovations or construction, and you will make sure that these homes are ready

and able. And I think that's probably why we're getting a little bit more of an outpouring from the previous sales that weren't last week or last month." New country homeowners can find welcome help via Hudson Valley Estates Management, LLC. "Right now I think your work speaks the loudest for you, especially with the influx. So if you are putting out 100 percent of yourself...that makes a difference. I take the call from morning, noon, night, in the middle of the night. Whenever. I have most of the cameras for the homes we manage on my phone, so I monitor them as well. And if the heat goes down at 11:30 pm, as happened at one of my client's houses a week ago, I'm the one that's here. I'm the one that needs to get the heating and cooling repair out there. You know, we've got to fix this. The pipes will burst causing expensive and unnecessary damage. "These are things a lot of our clients don't realize, because they live in buildings in the city

that have supers, it's a whole different situation when you're in the country, and you're on several acres of land. These houses have to be maintained, and they have to be monitored. You can't just come up every two weeks and wish for the best. When I do my

weekly walk throughs, I have a keen eye. I often bring things to the client's attention that they would have never thought of or wouldn't know to be proactive on. This is the rapport I strive to

Continued on page 4

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ACROSS

1) Snatches

6) Cornfield sounds

10) Semisolid foods

14) In a lather, old-style

15) Toolbar graphic

16) Very full hairstyle

17) "Jealous?"

20) Flub

21) Enough, in some cases

22) Scaling aids

23) Fourth in a series of 12

25) Write footnotes

26) Cheese nibblers

28) Scone, e.g.

32) Bony cavities, anatomically

34) Wheel nuts

35) "Kapow!"

38) "Feed me now!"

42) Render less than perfect

43) Nondormant one

44) Came to

45) Bud holder

48) Steinbeck title starter

49) Italics do it

51) Hardly zesty

53) Signify

55) Wharf's cousin

56) Cross type

59) Nosh

62) What makes green eyes green

63) Easy verbal exchange

64) Makes a long story short?

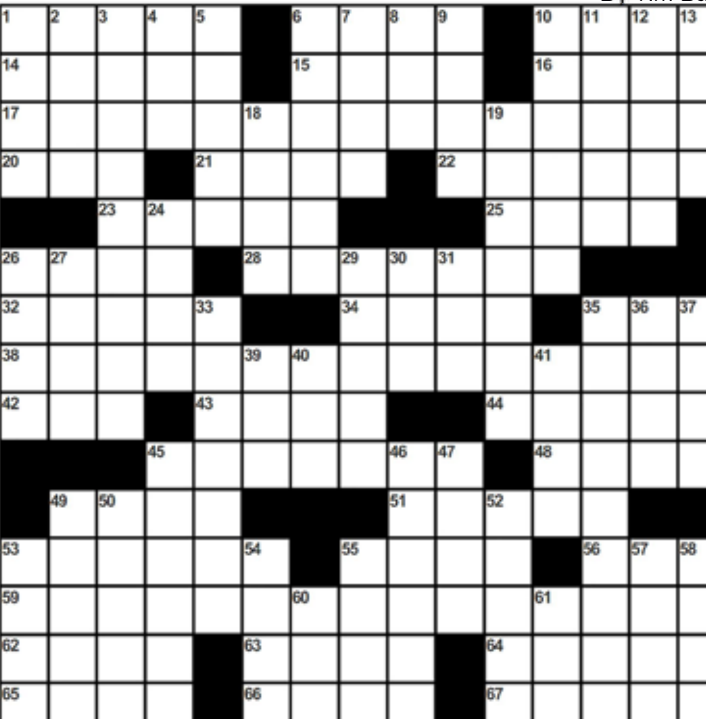
65) Macedonian's neighbor

66) "Silent night, ___ night ..."

67) Great sadness

MEAL TIME

By Tim Burr



DOWN

1) Butter used by Indians

2) Act like a startled horse

3) Drawing card, essentially

4) Pay the price for

5) Hound's trail

6) There's simply no end to it

7) Throbbing pain

8) Distress

9) Break suddenly

10) York peppermint product

11) Not on horseback

12) Shape a shrub

13) They don't say "when"

18) Military body

19) Leg-powered taxi (Var.)

24) Andean land

26) Hurt and disable

27) Andean civilization

29) Word with "false" or "fire"

30) Director's cry

31) Khan's title

33) Firm, spaghetti-wise

35) Karakul pelt

36) Seeks some answers

37) Convene

39) Buck's companion

40) Suffix with "command"

41) "A Prayer for ___ Meany"

45) Thick-trunked African tree

46) State of existing

47) Sheltered valley

49) Sailor's time off

50) Come on stage

52) Holding one's piece?

53) God, in Latin class

54) Carve in stone

55) Thunder sound

57) Choral designation

58) Cold war inits.

60) Which person?

61) Tokyo, formerly

Solution on Page 4

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HV Estate Management from page 3

build with my clients. It builds a solid foundation of trust for them knowing that I’m treating their home as I would mine.”

Hudson Valley Estates Management, LLC provides

services to clients throughout the local region, from Rhinebeck to Catskill, as well as homes on the Ulster side in Saugerties and along the river, and on the Dutchess side in Millbrook and Amenia. They also have clients in Hudson, and elsewhere in

Columbia and Greene counties.

“It’s an amazing industry. And I think this area in itself has really outshined many of the other areas, because it still keeps the small-town vibe. A lot of our clients are higher end clients, there’s a lot of privacy seeking they want. The idea that they can walk through the streets of Rhinebeck and Millbrook, and no one’s saying ‘oh my gosh, that’s...’ whoever. So that’s a big draw. There is a intimate level of respect and space for our beautiful area our locals and new residents appreciate.”

For smaller property owners, acquiring routine service for things like snow removal and landscaping and mowing, is just a call away. And Florida “snowbirds” can leave it to Hudson Valley Estate Management, LLC to monitor and care for their homes while they enjoy the southern sunshine.

“We have accounts that just need their backyard mowed, or they may be older couples that go to Florida. The houses are more modest. It’s not a huge estate. But I take them on, because I want to make sure that we’re not known just as a ‘high-end’ management company.

We work with everybody; we value each client the same. We create a budget that they’re comfortable with, and we build a package around their situation and needs. We also welcome new clients weekly as we continue to grow. Its exciting to see my very own vision flourish as we build a extended family with both our workers and clients. Just as it is to watch their visions come together on their homes.”

Hudson Valley Estate Management LLC
Catherine Ackert
Phone 845-834-8333
hudsonvalleyestatemangement.com

CALL FOR VOLUNTEERS AT WILDERSTEIN HISTORIC SITE

Volunteering at Wilderstein is a fantastic way to learn about local history, make friends, and become involved in the community. Additional volunteers are needed to conduct guided tours, work in the gift shop, help maintain the landscape, and more. Retirees, stay-at-home parents, college students, and anyone wishing to find out about these opportunities are invited to attend Wilderstein’s

Continued on page 5



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Fully Loaded	Hillsdale 4 Brother's Pizza	Red Kapp Route 9H & 66	66 Food Mart	Hudson Red Barn
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Call for Volunteers from page 4

annual orientation meeting for new and returning volunteers on **Saturday, April 9 at 10am.**

Three generations of the Suckley family called Wilderstein their home. The estate, with its exquisite Queen Anne mansion and Calvert Vaux designed landscape, is widely regarded as one of the Hudson Valley's most important examples of Victorian architecture. The last person to reside at Wilderstein was Margaret (Daisy) Suckley, whose remarkable friendship with Franklin Delano Roosevelt has been well-chronicled and is the subject of much interest.



Without Wilderstein's cadre of dedicated volunteers, it would be impossible to keep this historic site open as a cultural destination for visitors from around the region and the world. Wilderstein is located at 330 Morton Road in Rhinebeck. The orientation meeting will take place over Zoom. For further information, call the Wilderstein Office at 845-876-4818.

Statewide Community Regrant Program

Deadline: March 14, 2022

Arts Mid-Hudson announces the Statewide Community Regrant Program, a funding program with over \$125,000 in funds to support the arts in Dutchess, Orange, and Ulster Counties. This funding is available to individual artists to create new work in 2022, and to nonprofit organizations, individual artists, libraries, and municipalities *for arts and cultural activities in 2022. Please note: this program was previously called the Decentralization Program.*

Eligible projects may include but are not limited to: exhibits, performances, concerts, festivals, in-school and community workshops, screenings, readings, cultural programming, and the creation of work. Grant awards are determined by a peer review panel made up of community members.

Three distinct grant programs: **Community Arts Grants** provide project support for arts and cultural activities open to the general public. Nonprofit organizations, unincorporated groups, and individuals located in Dutchess, Orange, or Ulster Counties are eligible and encouraged to submit a grant proposal. **The Individual Artist Commission** supports the

creation of **new work** by an artist. The project must engage a segment of the community through a small-scale public presentation of the work **or** community involvement during the creative process of the artists' project. Presentations and community involvement may be done in-person or virtually.

Arts Learning Grant – supports sequential, skill-based workshop series focused on the arts and artistic process. Projects can take place in-school during the school day and/or in after-school and community-based settings for youth and/or senior learners **Application Overview Session on Zoom:** February 14 at 2:00 p.m. *During the session, the AMH Grants Team will go over the Community Arts Grant, Individual Artist Commission, and Arts Learning Grant applications in-depth and provide grant writing tips. This session will be recorded and posted on YouTube.*

Information Session

Q&A Session Schedule:

February 15 at 12:00 p.m.

February 17 at 4:30 p.m.

February 23 at 4:30 p.m.

March 3 at 11:00 a.m.

March 7 at 6:00 p.m.

March 11 at 12:00 p.m.

March 14 at 11:00 a.m.

Contact AMH with accommodation requests. AMH provides free in-depth support including informational videos, resources, one-on-one appointments, and draft review. grants@artsmidhudson.org or 845-454-3222

These awards are made possible with funds from the Statewide Community Regrants Program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by Arts Mid-Hudson.

In Flight, Inc. Celebrates Selection as a Hannaford Helps Reusable Bag Program Beneficiary

In Flight, Inc. has been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of March. Proceeds will benefit In Flight's mission to empower people with intellectual and developmental disabilities to reach for their hopes and dreams and support a meaningful quality of life. The Hannaford Helps Reusable Bag Program, which launched in April 2014, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

In Flight, Inc. was selected as the March beneficiary of the program by store leadership at the Hannaford located in Red Hook. In Flight will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased at this location during March, unless otherwise directed by the customer through the Giving Tag attached to the bag. Shoppers can also purchase a

reusable Community Bag online via Hannaford-To-Go to support the organization of the month.

"We are honored to be chosen as a recipient of Hannaford Helps Reusable Bag Program, especially during Developmental Disabilities Awareness Month," said Jill Rodriquez, Director of Development & External Affairs for In Flight. "Proceeds will benefit our programs that teach life and work skills so our folks can live independently and obtain employment to

achieve financial independence." In Flight is a non-profit providing services in Dutchess, Ulster, Columbia, and Greene Counties. Founded in 1993, In Flight offers programs to support adults with I/DD of different ability levels to achieve their goals and supports a meaningful quality of life. Learn more about In Flight, Inc. by visiting www.inflightinc.org.

For more information on the Hannaford Helps Reusable Bag Program, visit hannaford.bags4mycause.com



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Slow-Cooker Corned Beef and Cabbage

Ingredients

- 2 large carrots, peeled and cut into 1/2-inch coins
- 1 medium yellow or sweet onion, thinly sliced
- 1 large clove garlic, thinly sliced
- 1 large bay leaf
- 1 3-pound corned beef brisket (in package with spice packet)
- 1 12-ounce bottle of dark beer such as stout or porter (for a nonalcoholic version, replace the beer with an additional 1 1/2 cups beef broth)
- 1 tablespoon apple cider vinegar
- 1 tablespoon light brown sugar
- 1 teaspoon Dijon mustard
- 1-2 cups beef broth (plus additional as needed)
- 6-8 medium red potatoes, rinsed and quartered
- 1 small head green cabbage

Preparation

ASSEMBLE THE CORNED BEEF: Place the carrots, onion, garlic and bay leaf in the bottom of a 6-quart slow cooker. Place the corned beef on top of the vegetables. Whisk the spice packet that came with the corned beef together with the beer, vinegar, brown sugar and mustard. Pour over the corned beef, then pour in the 2 cups beef broth. The liquid should completely submerge the vegetables and partially cover the corned beef — the amount needed to do this will vary depending on the depth and model of slow cooker, so add more broth as necessary. Place the potatoes on top of the corned beef. Close the slow cooker and cook on low for 6 1/2 hours before adding the cabbage. (If your slow cooker has a warm function, you can hold the beef and vegetables for up to 90 minutes before adding the cabbage if needed.)

ADD THE CABBAGE: Core the cabbage and slice into 8 wedges. Open the slow cooker and place the cabbage on top of the potatoes and corned beef. Close and cook for another 1 1/2 hours, until the cabbage is tender but still retains its shape.

FINISH AND SERVE: Remove the cabbage with tongs, then carefully lift the corned beef out of the liquid and transfer to a cutting board. Strain the potatoes, carrots and onions from the cooking liquid, discarding the liquid. Slice the corned beef and serve with the cabbage and vegetables.



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God's Corner

The Season Will Change

By Naomi Fata

Looking out over the frozen landscape of ice and snow, makes me ready for spring to come. During the last weeks of February and into March, when winter's continuing on, thoughts turn to warmer weather. Perhaps by the time this is printed we will have felt the coming spring, or perhaps we still have significant snow on the ground.

As I reflect on the seasons, I'm reminded that often winter is referred to as a barren, challenging season of life. Each year when winter comes to nature, we all know with certainty that it will only last for its season, spring must come again! No one wonders "if" it will come instead the question is rather "when".

When you are stuck in a challenging, unpleasant season of life, it may feel like the winter of your soul will never be over. It may be hard to hold onto hope. I recently finished listening to the audiobook Unbroken, about Olympic runner and WW II vet, Louis Zamperini, who spent 47 days floating on a raft after his plane crashed, only to be captured as a POW, spending the next two years enduring inhumane conditions in prison camp. The time spent in prison camp was most certainly a winter experience, and yet eventually freedom came. Zamperini went on to live a full life after the war when he renewed his faith in Christ.

This season that you are in will not last forever. Don't fall into discouragement thinking that it will never

end. No season is forever.

The other season that we are in, is the season of our own lives. We all know that this life is not forever, with certainty we know that one day we will die. For those who trust in Christ, our certainty is of heaven. We aren't afraid of the season we call 'life' coming to an end because we know with that life goes on forever in heaven.

Perhaps you question how we know for certain that heaven is real, or if the sacrifice Christ made for you on the cross really happened. Hebrews 11:1 says, "Faith is the substance of things hoped for and evidence of things not seen." Faith is not a vague sense that God is real, and heaven is eternal. Faith has substance. There is no intellectual argument that can birth faith to believe. It is a mystery. The choice to believe is yours. Seasons come and seasons go. The season of this life will one day be over. Did you choose to believe? The time is now.

BUILDING OUR LIVES ON A SOLID FOUNDATION.

"For other foundation can no man lay than that is laid, which is Jesus Christ." 1 Corinthians 3:11

In the Old Testament after Joshua and the Israelites had conquered the Land and divided it up among the Twelve Tribes Joshua stated, "Choose you this day whom ye will serve ... But as for me and my house we will serve the LORD" (Joshua 24:15ac). THE TEACHING OF JESUS IN THE SERMON ON THE MOUNT

In order to do as Joshua had challenged the Israelites and us today it imperative that Believers build their lives on a

Solid Foundation. Whether a person builds a house or a life it must start with a Solid Foundation. The Lord Jesus Christ spoke of that when He concluded the Sermon on the Mount. "Therefore, whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock. And the rain descended, and the floods came, and the winds blew, and beat upon that house, and it fell not: for it was founded upon a rock. And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon the house; and it fell: and great was the fall of it" (Matthew 7:24-27). THE CONTRAST OF THE TWO FOUNDATIONS IS CLEAR

From the contrast of what the Lord Jesus spoke about the two Foundation it is very clear. The one that is built upon a rock will stand when difficulties come. Trials, and tribulations come to everyone. We live in a very critical time, and it is important that we take the words of Jesus and the Word of God seriously. Parents, Guardians, and Spiritual Leaders we need to teach and train our young people about the importance of building their lives on the Solid Foundation. On Christ the Solid Rock I stand all other ground is sinking sand! THE SOLID FOUNDATION IS IN HAVING A PERSONAL RELATIONSHIP WITH JESUS!

The Solid Foundation starts when a person has a Personal Relationship with the Lord Jesus Christ. The Lord Jesus Christ died for our sins on the Cross, and Rose Victoriously over death and the grave. Salvation is available to whoever calls upon him to be saved. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13). "For other foundation can no man lay than that is laid, which is Jesus Christ" (1 Corinthians 3:11).

THE LORD KNOWS THOSE THAT BELONG TO HIM!

"Nevertheless, the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, let everyone that nameth the name of Christ depart from iniquity" (2 Timothy 2:19). Those that belong to Christ are on the Sure Foundation which is the Lord Jesus Christ. They will live lives that will please the Lord and will depart from iniquity. THE NEED TO ENSURE THAT THE FOUNDATIONS ARE NOT DESTROYED!

"If the foundations be destroyed, what can the righteous do?" (Psalm 11:3). It is important that we continue to maintain the Strong Foundation we have in Christ and not allow the Foundations to be undercut by the world's philosophy or by the enemy satan. "Laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life" (1 Timothy 6:19). I trust that you Life is built on the Solid Foundation - The Lord Jesus Christ! If you would like to know more about building your Life on the Solid Foundation, and/or more about living the Christian Life, please contact us by Email at fdcirone@aol.com or by Phone at (845)876-2122 or (845)876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone

Panorama OLANA's Youth Program from page 1

Apiary, who manage two active beehives in Olana's historic farm complex. During the final week of *Panorama*, students will explore Olana's history as once having a working farm and participate in activities inspired by Olana's former kitchen garden.

Each week will run Monday-Friday, 9 am to 3 pm. We ask that families register for a maximum of two weeks. Registration will

close on or before June 15, 2022. This program occurs entirely outdoors in a tent by the Wagon House Education Center. Olana is a New York State Park and will adhere to CDC/NYS Covid guidelines.

The cost of attendance is \$350 a week for members of The Olana Partnership or \$400 a week for non-members. Full scholarships and financial support for transportation are available for students who attend Title I schools and/or receive SNAP and EBT benefits. To apply for funding or to learn more email education@olana.org. Visit OLANA.org for additional information and to register.

ABOUT OLANA AND THE OLANA

PARTNERSHIP: Olana is the greatest masterwork of Frederic Edwin Church (1826-1900), the preeminent American artist of the mid-19th century and the most important artist's home, studio, and designed landscape in the United States. Church designed Olana as a holistic environment integrating his advanced ideas about art, architecture, landscape design, and environmental conservation. Olana's 250-acre artist-designed landscape with five miles of carriage roads and a Persian-inspired house at its summit embraces unrivaled panoramic views of the Hudson Valley and Catskill Mountains and welcomes more than 170,000 visitors annually. The landscape is open for guided touring, and reservations are highly recommended. The park is free and open daily 8 AM-sunset. Olana State Historic Site, administered by the New York State Office of Parks, Recreation and Historic Preservation, is a designated National Historic Landmark and one of the most visited sites in the state. The Olana Partnership, a private not-for-profit education corporation, works cooperatively with New York State to support the restoration, conservation, and

Continued on page 11

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Sunny Paws from page 1

Since big families frequently want to be present during end-of-life it's easier on everyone to say goodbye at home.

During the the most daunting phase of covid -- before we fully understood about masks and vaccinations -- Dr. Danielle made house calls outside or in the garage as she followed the often-changing safety guidelines. "Now every set of circumstances is different and I have the ability to be flexible," she explains. "And, in my experience, dogs and cats do not get Covid." However, pets have gotten used to people being at home during lockdown. As employees return to the office, "pets are experiencing separation anxiety." Some dog owners find CBD to be helpful in managing this separation anxiety but Dr. Danielle says, "The American Veterinary Medical Association does not condone any use of CBD products for animals" because there is currently no scientific research on the

effectiveness of CBD to treat anxiety in pets and CBD products are not yet regulated. A statement on the AVMA website says, "The AVMA continues to encourage well-controlled clinical research and pursuit of FDA approval by manufacturers of cannabis-derived products so that high-quality products of known safety and efficacy can be made available for veterinarians and their patients." Meanwhile, there are anxiety medications as well as natural over-the-counter products and tinctures that may help to relieve separation-anxiety symptoms. Any severe or chronic cases may need to be addressed by a licensed veterinarian who can recommend a prescription medication.

Ultimately, Dr. Danielle believes, "Fresh air and exercise are most beneficial as well as proper nutrition and hydration." And she firmly believes in talking to your pet using affectionate words since your furry friend "responds to the emotions conveyed in your tone of voice."

Lastly, Dr. Danielle claims, "If I have learned anything about Covid and veterinary medicine it is this: **People of all ages should have a contingency plan for pet care, should the unthinkable happen.**" During lockdown and during the recent ice storms, folks were buying food and medicine in bulk, putting up bottled water, making sure gas tanks and oil tanks were full in case of emergency, and writing their wills. **"Please remember our pets when making just-in-case plans," she insists, "and make sure friends and relatives are aware of your wishes."**

Dr. St. Pierre covers in-home veterinary visits to pets in the Dutchess County, Ulster County and Columbia County areas including but not limited to Kingston, Hudson, Red Hook, Rhinebeck, Tivoli, Hyde Park, and Poughkeepsie. Visits farther than 20 miles can be arranged on an individual basis for an additional fee. Payment arrangements must be made prior to services. Clients have the choice of burying their pet at home, individual cremation (with ashes returned in person) or selecting group cremation.

For more information about Dr. Danielle St. Pierre and Sunny Paws Veterinarian Services, call (845) 597-6976 or email SunnyPawsVet@gmail.com. Like them on Facebook, follow on Instagram @SunnyPawsVet or visit their website www.SunnyPawsVet.com for a list of options, services and prices, links to pet loss support groups, answers to frequently asked questions including procedure, and discussing euthanasia with children.

One client wrote, "Your compassion and tender kindness allowed me to have the last bit of precious time with my dear little buddy, 15, who was the light of our life. He is deeply missed, at times almost unspeakable pain. But we are also at peace with his euthanasia because of your profound skill." – Suzen Chan

Inappropriate Urination in Cats

By: Julianne Porter, DVM

It is no question that cats can be complex creatures. If you have (or have had) cats in your life, you'll know that they are not always easy to read and can act very different from one another. This can make living with them a bit tricky, especially when their complexity results in urinating on your carpet or shoes!

Urinating outside of the box, often referred to as inappropriate urination, can have a multitude of causes. This can lead to very difficult and tense times as you cannot easily treat the problem if you don't know the cause. Inappropriate urination can be grouped in to three main root causes: Litter box avoidance; preference for somewhere else; and a vague "I don't feel well" – this last one can refer to medical reasons or psychological.

Litterbox avoidance means that there is something about the box

that the cat does not like. This could be the location, the box itself (sides are too tall, covered, not covered), or the type of litter used. Cats are most likely to prefer the finer, clumping litter that is not strongly scented. Be sure the litter box is not near a loud noise (washer/dryer, furnace, a busy street, playroom, and so on). Some cats like covered boxes, whereas others do not. Be sure the kitty is not getting bullied in or around the box by another cat, dog, or child. Many cats like to use the box in privacy. To help this situation, be sure you have enough boxes, offer a few types of litter to see which is preferred, and make sure the boxes are in different (and quiet) locations. The golden rule for boxes is "n + 1", meaning it is the number of cats you have plus 1 more

box. So if you have 1 cat, that's 2 boxes. If you have 5 cats, that's 6 boxes (sorry). You can also use litter that has an attractant to help draw the cats to it. Lastly, if your kitty is older, make sure they can easily access the box and get in/out without much effort.

Preference for somewhere else is tricky and frustrating. There might be nothing exactly wrong with their box, but they've decided they prefer the scent of your shoes or the texture of the couch. This can also be seen with cats who are marking their territory. Marking is differentiated from other urination in that it is often a smaller amount and directed on to a vertical surface. This usually means there is a cat around who is making them anxious. To help this problem, try to make the

Continued on page 11



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Making Hard Decisions

by Charlotte Michos, RN, MS, CNS, CLNC

Advance Care Planning means just that; we make plans about our healthcare in advance. Obviously we cannot predict what will happen to our health, but we can make our wishes known as to what treatments and types of care we want carried

out when the time comes. Adults over the age of 18 y.o. (in most states) have the right to manage their health affairs. An important step is to complete the necessary documents in case you become incapacitated – a situation where you are unable to make medical decisions. Keep in mind that you are not relinquishing your ability to decide when you have full capacity.

When we assign someone to make our wishes known that person is called the healthcare agent and we fill out the health proxy form. Although it is considered a “legal” document, this form does not require a lawyer’s involvement and it does not need to be notarized. It requires the witnessing of two signatures. But that is the simple part; it tells the world “the who” you assigned to take your place. The critical completion of advance care planning is “the what” – having a conversation with your healthcare agent in order to describe your healthcare decisions in detail. “The Conversation” by Angelo E. Volandes, MD. is a helpful guide, since talking to others is often challenging when the subject is “the unspoken” – the decisions about end-of-life care.

In addition to completing the health proxy form and having the conversation, other helpful forms include a living will and/or MOLST/POLST form. These forms list specifics as to what treatments you want done or do not want done. By putting this information in writing and signing it, there is more

weight and clarity placed on your decisions. MOLST stands for Medical Orders for Life-Sustaining Treatment. A POLST form stands for Medical Orders for Life-Sustaining Treatment. A POLST form stands for Medical Orders for Life-Sustaining Treatment. **Continued on page 10**

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Hard decisions from page 8

is the same document; the “P” stands for “Physician.” With MOLST/POLST, you review your decisions with your provider (doctor, nurse practitioner, or physician assistant depending on the state) and in addition to you signing the form, the provider signs the form. By completing this form, it officially makes your decisions medical orders, and those orders are to be followed when/if the time comes. If you are interested in more details about the use of these forms, more information about advance care planning and ordering these forms (they are free), visit the following link: <https://compassionandsupport.org/>.

The next step is to distribute these forms. They

don’t do any good if they remain in your file cabinet. You must give a copy to your healthcare agent, so they can reference your decisions and prove that they are the healthcare agent. You also want to make sure your key providers have a copy of this form, so that includes your primary physician and perhaps any specialists. Some people with severe chronic conditions give a copy to their local ER.

Overall, the above advance care planning steps seem pretty simple. Yet, I have served in assisting many families in my career and people are often not prepared for end-of-life decisions. One family member never told her niece, who lived out-of-state, that she was the healthcare agent.

The niece had no form and never

had a conversation about her aunt’s wishes. Yet when the aunt was dying and unresponsive, the niece had to make the decisions. It is not unusual that healthcare agents have the health proxy form but have failed to obtain a copy of the living will or MOLST form, so they have nothing to reference and are not sure what to do. There are people who have all the forms, but never had the conversation.

Even for those who are prepared, people struggle when the time comes to take action. Do you think you will be ready to manage end-of-life decisions? All too often I have witnessed healthcare agents backing off and changing the outcome of what their loved one’s expressed. So, I will pause here; this is where you want to think long and hard about who you trust to be your healthcare agent. It’s a possibility that the one you love the most may not serve you well in this position. We see this happen in our ICUs throughout the country: aggressive interventions taking place when the person did not want this. Then the question becomes: “Who are We Caring for in the I.C.U.?” This is the title of an opinion piece – described as follows. With the pandemic we are reaching the one-million mark for the number of deaths following end-stage COVID. Here is what it looks like: Your loved ones are intubated, in total respiratory failure, unable to ever breathe again on their own; they are unresponsive and nothing more can be done, except to deeply sedate them in hopes that they are not suffering in pain. But all too often what happens, instead of allowing the person to die, is that family members are not ready to let go. Despite death being inevitable in these cases and even if aggressive treatment is not what the individuals

wished for in their advance care planning, we see family members following their own needs and desires. What happened to respecting the wishes of their loved ones?” As the author states in this article: “There is a largely unacknowledged moment in critical care when doctors and nurses shift from caring for the patients in front of us to caring for their loved ones” (https://www.nytimes.com/2022/02/06/opinion/intensive-care-patient-hospital.html?campaign_id=2&emc=edit_th_20220207&instance_id=52367&nl=todaysheadlines®i_id=38880717&segment_id=81884&user_id=84c20c0fc176cb81ea3bb1ada54911fe).

Taking on the role as a healthcare agent requires contemplation. We need to be realistic about our abilities and determine if we are prepared to

take on the task. The one serving this role must have compassion for the person dying, while overriding their own grief. There is nothing easy about that.

I want to let my readers know that I will be taking a hiatus from writing this column for an indefinite time. Many thanks to all of you and publishers John Vogt and Doreen Baretzky for the many years of support. The Hudson River View has given me a forum to provide health and wellness information to our communities. It is truly appreciated. Stay in touch. 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

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Inappropriate Urination in Cats from page 7

preferred spot less desirable. Block off access, if possible, and clean the area with enzymatic cleansers to clear the urine odor and make it less likely that they'll go back. If it's an area that will allow this, consider placing one of the boxes close by in hopes they'll use the box instead. If there is another cat around, you might need to talk to your veterinarian or a behaviorist. Lastly, when a cat is upset for any reason, this can translate

into inappropriate urination. It is important to note that it can be something medical or emotional. Another pet in the house, lurking wildlife, or nearby construction can be stressful for them. They may be bored or want to watch the birds but are unable to. They may have a urinary tract infection, or another medical issue that is causing them discomfort and distress. Because this area encompasses so many possibilities, the treatments and preventions will have to be aimed at the specific cause.

The best way to get to the bottom of this problem is to check with your veterinarian. They can first rule out medical issues and then work through the scenarios you are dealing with to identify the cause and come up with a treatment and prevention plan. This might include environmental enrichment, pheromone sprays, consultation with a behaviorist, and possibly some medications and/or supplements.

Cats certainly make a statement with their inappropriate urination and it is up to us to team up to find the solution. For a helpful website, please visit: <https://indoorpet.osu.edu/cats>

Panorama OLANA's Youth Program from page 6

interpretation of Olana. The Olana Partnership operates Olana State Historic Site in a cooperative agreement with New York State Parks. Wagon House Education Center programming is made possible in part through support provided by public funds from the New York State Council on the Arts, a State agency; the Hudson River Bank & Trust Foundation; the Golub Family Foundation; The William H. Pitt Foundation, Inc.; Stewart's Shops; the Bank of Greene County; and the members of The Olana Partnership.

Germantown Garden Club Presents 'Get Creative with Your Garden' with Programs for 2022

The Germantown Garden Club

will hold its next meeting on Saturday, March 19, at 9:30 am, in the Hover Room at the Germantown Library, 31 Palatine Park Rd. Each year, the club puts together a series of meetings, field trips, and events that revolve around a theme. This year's theme is "Get Creative with Your

Garden." This year we will focus not as much on the technical aspects of plants and planting, but more on the whimsical aspects that our gardens can inspire us. Our 2022 programs will explore how to photograph nature, using plants to create dyes and inks,

Continued on page 12



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Germantown Garden Club from page 11

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are all about, meet other gardeners from our area, and enjoy some refreshments. Please join us, our meetings are always open to the public. For more information, please call Fran Buft, 518-537-4868. The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.

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BUSINESSES ARE COMPOSTING THEIR FOOD SCRAPS THROUGH LOCAL HAULER

The O Zone Sustainability Center, located on Greig Farm in Red Hook, is a bulk-refill marketplace and a plastic-free shop that opened in February 2020. The O Zone provides a variety of goods, services and workshops for local residents to learn about many new sustainable options for our everyday life. Not only can you refill your own bottle of laundry detergent or body wash, make your own facial scrub, or partake in one of their many free recycling endeavors, such as textile or battery recycling, but you can also participate in their Community Compost CSA program! This local small business inspires our community members to take small everyday steps towards action against the climate crisis.

Since starting their Community Compost CSA program a little over a year ago, they have built a steady foundation of over 50+

residential families & businesses composting their food scraps. In 2021, they diverted over 20 tons of food scraps from the landfill, four times the amount that they diverted in 2020! An amazing community effort. This network of compost participants ranges from Rhinebeck all the way up to Hudson, many of whom would not be able to compost otherwise, as they live in apartments, in the village center, or in a residential community. Not only does The O Zone provide a local drop-off location at their shop, but they also offer weekly residential & commercial pick-up services! They can pick-up your food scraps

right from your doorstep! The O Zone is partnered with the Ulster County Resource Recovery Agency "UCRRA" in Kingston as well as Almstead Nursery in Ghent, to process our local food scraps into a nutrient-rich soil amendment called *compost*.

Municipal models are also in the works, with Village Compost of Rhinebeck, leading the way! Village Compost, a new pilot program put together by Climate Smart Rhinebeck, is selecting 100 families within the Village of Rhinebeck to participate in a 6-month long subsidized compost program, with food

Continued on page 14

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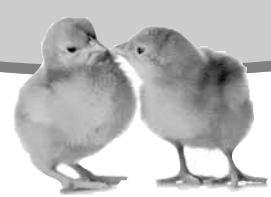


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Businesses are Composting from page 12

scrap collection starting in March 2022. Among the residential families participating, several Rhinebeck businesses have also signed on to be a part of the program, including JSA

Sustainable Wealth Management (offering this composting service as an employee benefit!), Joust Juice Bar & Cafe, Aba’s Falafel, Terrapin & Sunflower Market. All of their food scraps will be picked up for processing by The O Zone once a week!

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Maritime Museum Boat School Offers Lighthouse Painting Series

Weekend introductory classes guide students through local lighthouse scenes

Hudson River Maritime Museum will offer a series of painting classes at the museum’s Wooden Boat School beginning in June. Students can choose from a variety of Sunday classes featuring seven local lighthouses and paint their images under the guidance of a local painter as they spend a day on the historic Kingston waterfront. Students will leave with a finished 11x14 acrylic on canvas painting of one of the remaining lighthouses that dot the Hudson River: Hudson-Athens Lighthouse, Saugerties Lighthouse, Rondout Lighthouse, Esopus Meadows Lighthouse, Stony Point Lighthouse, Sleepy Hollow Lighthouse, and the Little Red Lighthouse. Separate registration is required for each class in the series. Dedicated

painters who commit to six of the classes can attend their seventh class at no charge. A list of the classes can be found at www.hrmm.org/adult-classes. No experience is necessary and the classes are open to anyone who wants to paint or is inspired by lighthouses. Stony Point Lighthouse – June 5, 2022
Hudson-Athens Lighthouse – June 12, 2022
Little Red Lighthouse – June 19, 2022
Esopus Meadows Lighthouse – June 26, 2022
Rondout Lighthouse – July 10, 2022
Sleepy Hollow Lighthouse – July 17, 2022
Saugerties Lighthouse – July 24, 2022

Painter and instructor Catherine Buchanan will provide guidance as students create their works. After studying art at San Francisco State University Catherine Buchanan worked photographing museum collections in California. She paints because she loves the challenge of creating lifelike images. Her series of large animal portraits showed in venues around San Francisco for many years and her dog paintings gained a wider audience after Pomegranate Press published a calendar. In 1999 she sailed to the South Pacific on a 40’ boat with a friend from Mexico to New Zealand, visiting more than forty islands on the way. In 2001 she moved

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Coldwell Banker from page 1

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Maritime Museum Boat School from page 14

ashore in American Samoa to open a thrift store and continue painting in the islands. Catherine is currently building her own house and painting in Kingston. www.catherinebuchanan.com

Of the dozens of lighthouses and lights that once dotted the Hudson River, only seven remain. This iconic American river, at the heart of the rise of New York City and westward expansion into the interior of the continent, was also a transportation super highway long before automobiles were invented. Throughout it all, the lighthouses kept watch, guarding the safety of the Hudson’s waterborne traffic.

This painting series coincides with the development of the film “Seven Sentinels: Lighthouses of the Hudson River,” a feature-length documentary HRMM is producing together with Moonbow Imaging. Learn more at www.hudsonriverlighthouses.org.

For details about classes and to register, visit the Wooden Boat School online at www.hrmm.org/boat-school or call 845-338-

0071. People who have questions can contact Becky Sellinger, Wooden Boat School Manager, at bsellinger@hrmm.org. About the **HRMM Wooden Boat School**

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

The Hudson River Maritime Museum is dedicated to the

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preservation and interpretation of the maritime history of the Hudson River, its tributaries and related industries. In addition to extensive collections documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard Solaris, the 100% solar powered tour boat and floating classroom. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit www.hrmm.org for more information.



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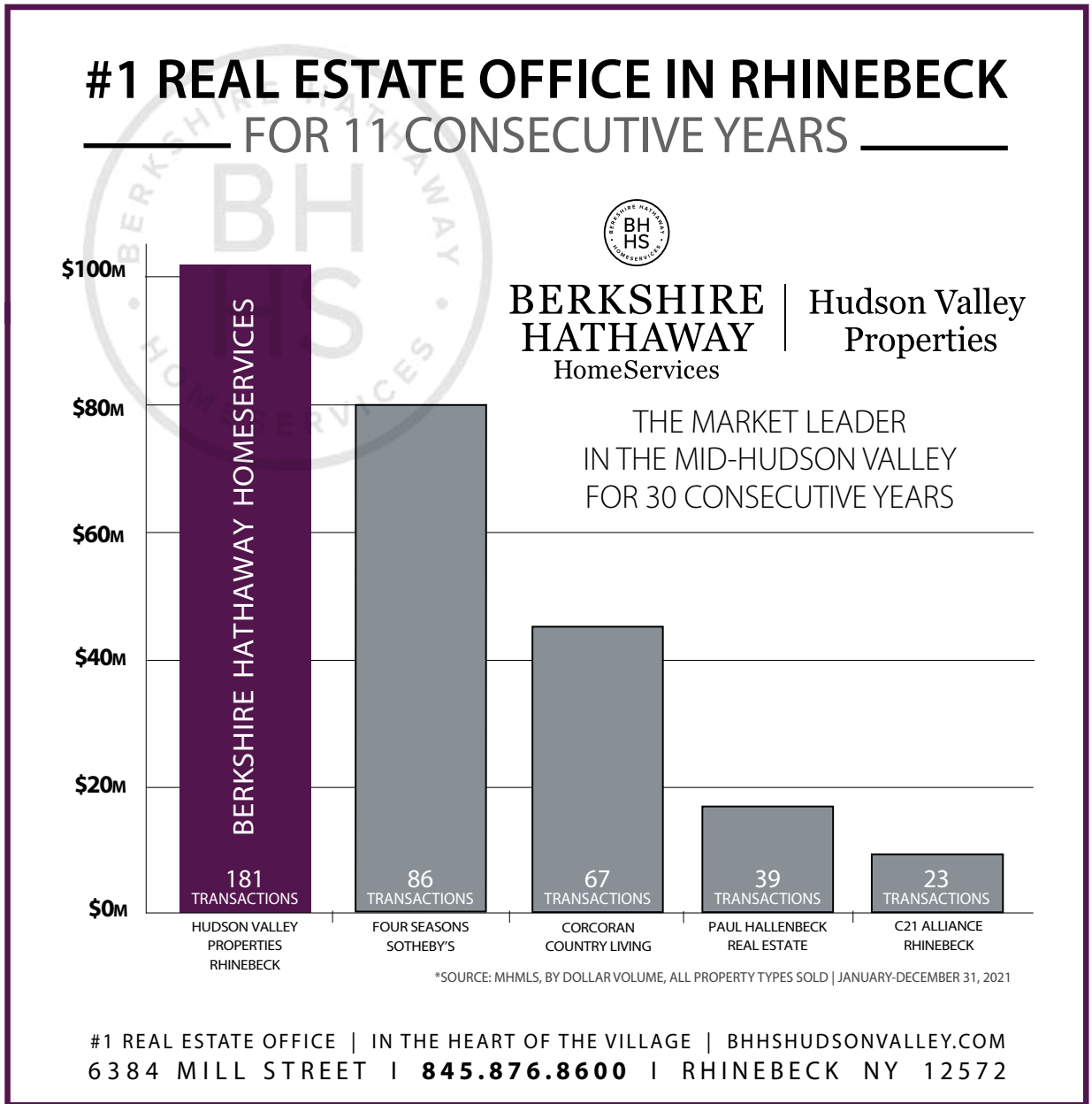
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